



FLORIDA STATE UNIVERSITY

DEPARTMENT OF ATHLETICS



FOR IMMEDIATE RELEASE

APRIL 28, 1997

SELECT FSU TRACK ATHLETES COMPETE AT PENN RELAYS

PHILADELPHIA, PA -- Senior Shannon Cook set a Lady Seminole outdoor record in the discus and All-American Justin Johnston placed second in the javelin this weekend at the 103rd Penn Relays.

Cook, a native of Lake Mary, FL, took second place in the women's discus with an NCAA provisional qualifying mark of 162-6 (49.54m). The throw broke the school record formerly held by Cathy Erickson (153-6). Cook has already provisionally qualified for the 1997 NCAA Outdoor Championships in the shot put, an event in which she also holds the FSU school record.

Johnston, a senior from Belgrade, MT, recorded a collegiate best throw of 232-10 (70.96m) in a second place effort (one inch behind the winner) in the men's collegiate javelin championship. The throw, which stands second on the FSU all-time list, is an NCAA provisional mark for the two-time All-American.

Other results included: Greg Jack - sixth in the men's collegiate javelin (209-7, 63.88m); Jasen Ritter - 18th in the men's 3,000m steeplechase championship (9:43.37); Cook - eighth in the women's shot put collegiate championship (46-6.25, 14.18m) and 11th in the women's collegiate hammer (156-11, 47.82m).

The Florida State men's and women's track teams continue the outdoor season this weekend (May 3) at the Nike Challenge in Gainesville.

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