

14

No.	Position
-----	----------

11.11.10

110 1110

[illegible]

Lady Seminole Track Schedule
1976

Jan. 23	Tennessee All-Comers Meet	Knoxville, Tenn.
Jan. 31	Memphis State Invitational	Memphis, Tenn.
Feb. 13	Montgomery U.S.T.F.F. meet	Montgomery, Ala.
Feb. 21	Georgia Dual Meet	Tallahassee, Fla.
March 6		
March 13	Lady Gator Relays	Gainesville, Fla.
April 3	Troy Relays	Troy, Ala.
April 10	SMSU Interstate Invitational	Springfield, Mo.
April 24	Becky Boone Relays	Richmond, Ky.
April 30	AIAW Region III Championship	Tallahassee, Fla.
May 8	Tom Black Track Classic	Knoxville, Tenn
May 14-15	AIAW National Championship	Kansas State University
May 29	A.A.U. State Championship	Miami, Fla.
June 17-24	Olympic Trials	Eugene, Oregon

Best Track Performances to 2/2/76

50 yard dash	6.3 *	Deborah Patterson
	6.5	Kim Soergel
60 yard dash	7.3 °	Deborah Patterson
	7.4	Karen Keith
50 yard high hurdles	7.4 *	Kim Soergel
60 yard high hurdles	8.7 *	Kim Soergel
440 yard dash	1:02.4 *	Deborah Patterson
880 yard run	2:31.0	Laura Ledbetter
	2:35.0	Sallie Thomas
Mile run	5:28.4 *	Laura Ledbetter
	5:32.4	Kerri Heffernan
2 mile run	11:39.9 *	Kerri Heffernan
Mile Relay	4:14.5 *	Karen Keith
		Kim Soergel
		Sallie Thomas
		Deborah Patterson
Shot Put	41'9¼" *	Kim Travers
	40'7½"	Vickie Smith
High Jump	4'10"	Laura Ledbetter
	4'10"	Sallie Thomas
Long Jump	17'10" *	Kim Soergel

* New Indoor School Record

° Ties Indoor School Record

Lady Seminole Track

Results: Troy State Annual Relays, Troy, Alabama.

Date: 4/3/76

Schools Present: Florida State, Troy State, Auburn Univ., West Georgia Coll.,
Alabama State, Tuskegee.

Shot Put

Kim Travers	44'5 $\frac{1}{4}$ "	1st place (new school record)
Vickie Smith	43'8 $\frac{1}{2}$ "	2nd place

Discus

Kim Travers	140'	1st place (new school record)
Vickie Smith	99'	

Long Jump

Kimberly Soergel	18'7 $\frac{1}{4}$ "	2nd place (new school record)
------------------	----------------------	-------------------------------

Mile

Laura Ledbetter	5:28.3	1st place
Kerri Heffernan	5:35.6	2nd place
Pam Ledbetter	5:45.1	

High Jump

Laura Ledbetter	5'1"	1st place
Sallie Thomas	5'0"	2nd place

440 Relay

Debbie Patterson	1st place	Time: 51.9
Kim Soergel		
Sallie Thomas		
Vickie Smith		

Mile Relay

Debbie Paterson	1st place	Time: 4:08.2
Kim Soergel		
Laura Ledbetter		
Sallie Thomas		

2 Mile Relay

Sallie Thomas	1st place	Time: 9:51
Kerrie Heffernan		
Debbie Patterson		
Laura Ledbetter		

LADY SEMINOLE TRACK 1976

Cross Country

October 2, 1975 Florida State Invitational
Tallahassee, Florida

1st Place Team - FSU

1st Laura Ledbetter

2nd Kerri Heffernan

October 11, 1975 Florida Invitational
Gainesville, Florida

2nd Place Team - FSU

2nd Laura Ledbetter

November 15, 1975 Georgia State University Invitational
Atlanta, Georgia

2nd Place Team - FSU

4th Pam Ledbetter

9th Kerri Heffernan

Indoor Track

January 31, 1976 Memphis State Indoor Meet
Memphis, Tenn. 6 schools competing

1st Place Team - FSU

1st Long Jump Kim Soergel

1st 50 yd. Hurdles Kim Soergel

1st Shot Put Kim Travers

1st 2 Mile Kerri Heffernan

February 13, 1976 Montgomery U.S.T.F.F. Meet
Montgomery, Ala.

2nd 880 Laura Ledbetter

2nd Mile Laura Ledbetter

2nd Mile Relay Ledbetter, Soergel
Thomas, Patterson

Track con't

Outdoor Track

March 6, 1976

Florida vs Florida State.
Tallahassee, Florida

Winner - Florida 49
Loser - FSU 32

1st	Shot Put	43'9"	Kim Travers
2nd	Shot Put	42'11"	Vickie Smith

March 13, 1976

FAMU Relays
Tallahassee, Florida

1st	Shot Put	Kim Travers
1st	Discus	Kim Travers
1st	440	Laura Ledbetter

March 20, 1976

Florida Women's Relays
Gainesville, Florida

1st	Shot Put	Vickie Smith
2nd	Discus	Kim Travers

March 27, 1976

Florida Bicentennial Relays
Gainesville, Florida

800 Meters	2:17.2	Laura Ledbetter
------------	--------	-----------------

April 3, 1976

Troy Relays
Troy, Alabama 5 schools competing
1st Place Team - FSU

1st	Shot Put	44'7"*	Kim Travers
1st	Discus	140'7"*	Kim Travers
2nd	Long Jump	18'7"*	Kim Soergel
"Outstanding Athlete"			Vickie Smith
* School Record			

April 10, 1976

Murray State Invitational
Murray, Kentucky - 11 teams competing
2nd Place Team - FSU

1st	Shot Put	Kim Travers	
1st	Discus	Kim Travers	
"Outstanding Performer"		Kim Travers	
1st	Mile Relay	4:00.2*	Ledbetter, Soergel
*School Record			Thomas, Patterson

Track con't

April 24, 1976 Becky Boone Relays
Richmond, Kentucky - 27 schools competing
4th Place Team - FSU

1st 2 Mile Relay 9:38.5* L. Ledbetter, P. Ledbetter
* School Record S. Thomas, K. Heffernan

May 1, 1976 Tom Black Track Classic
Knoxville, Tenn.

3rd Shot Put Kim Travers
2nd Discus Kim Travers
2nd Long Jump Kim Soergel

May 15, 1976 AIAW Nationals
Manhattan, Kansas

8th Discus Kim Travers
11th Shot Put Kim Travers
12th Shot Put Vickie Smith

May 22, 1976 Martin Luther King Freedom Games
Atlanta, Ga.

1st Shot Put Vickie Smith
3rd Discus Vickie Smith
2nd Discus Kim Travers
2nd Shot Put Kim Travers

TRACK TEAM: Laura Ledbetter, Pam Ledbetter, Sallie Thomas, Kimberly
Soergel, Kim Travers, Deborah Patterson, Karen Keith,
Vickie Smith, Kerrissa Heffernan.

COACH: Paul Toran

FSU women finish indoor track season

The women's indoor track season has ended for Florida State, but not without some surprises from the young squad.

The eleven-member team, made up mostly of freshmen, gave second-year coach Paul Toran more than he asked for this season, breaking eight of 11 indoor records at three invitational meets and copping two team titles. FSU placed first at the Tennessee All-Comers Meet and the Memphis State Invitational.

Freshman Kim Soergel proved to be the highlight of the team, breaking records in the 50 and 60-yard high hurdles, the long jump and as a member of the mile relay team.

Toran cited her as the most versatile team

member, and said her continued progress will undoubtedly be a great asset to the squad in her remaining three years of eligibility.

Freshmen standouts, Kerri Heffernan and Deborah Patterson, also had an excellent indoor season. Heffernan set a school record in the two-mile run at 11:39.9 and Patterson set records in the 50-yard dash, the 440-yard dash and as a member of the mile relay team. She also tied the 7.3 record in the 60-yard dash as did sophomore Karen Keith.

Also adding a new mark in the record book was senior Laura Ledbetter with her time of 5:22.4 in the mile run. Ledbetter was also a member of the mile relay team.

Slated as a building year for the women's team, Toran was delighted in the outstanding showing. "It was an excellent year for the freshmen. If we continue at the same rate we're sure to be national contenders in a couple of years."

Toran will be going with the same women's line-up for the outdoor season which begins March 20 at the Florida Relays for Women in Gainesville.