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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	Montgomety, 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, Flas
Ma y 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	0	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	sk:	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	41.9%"	*	Kim Travers
	4017/211		Vickie Smith
High Jump	4,10,		Laura Ledbetter
	4110"		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%"	lst place	(new school record)
Vickie Smith	43181/211	2nd place	
Discus			
Kim Travers	140	1st place	(new school record)
Vickic Smith	99*		
Long Jump			
Kimberly Soergel	1817%"	2nd place	(new school record)
Mile			
Laura Ledbetter	5:28.3	lst place	
Kerri Heffernan	5:35.6	2nd place	
Pam Ledbetter	5:45.1		
High Jump			
Laura Ledbetter	5'1"	lst place	
Sallie Thomas	5'0"	2nd place	
440 Relay			
Debbie Patterson		lst place	Time:51.9
KimSoergel			
Sallie Thomas			
Vickie Smith			
Mile Relay			
Debbie Paterson		lst place	Time: 4:08,2
Kim Scergel			
Laura Ledbetter			
Sallie Thomas			
2 Mile Relay			
S àll ie Thomas Kerrie Heffernan		lst place	Time: 9:51
Debbie Patterson			
Laura Ledbetter			

LADY SEMINOLE TRACK 1976

Cross Country

Florida State Invitational October 2, 1975 Tallahassee, Florida

1st Place Team - FSU

lst Laura Ledbetter

2nd Kerri Heffernan

Florida Invitational October 11, 1975 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

Memphis State Indoor Meet January 31, 1976

Memphis, Tenn. 6 schools competing

lst Place Team - FSU

lst Long Jump

Kim Soergel

50 yd. Hurdles lst

Kim Soergel

Shot Put lst

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

Ledbetter, Soergel Thomas, Patterson

2nd Mile Relay

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Track con't
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Outdoor Track

March 6, 1976

Florida vs Florida State.

Tallanassee, Florida

Winner - Florida 49

Loser - FSU 32

1st Shot Put 43'9"

Kim Travers

2nd Shot Put 42'il"

Vickie Smith

March 13, 1976

FAMU Relays

Tallahassee, Florida

lst Shot Put

Kim Travers

lst Discus

Kim Travers

1st 440

Laura Ledbetter

March 20, 1976

Florida Women's Relays Gainesville, Florida

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

lst Place Team - FSU

1st Shot Put 44'7"*

Kim Travers

lst 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 Bcone 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

Manhatten, 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

he women's indoor track season has ed for Florida State, but not without a 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 Tonnessee All-Comers Meet and the Memphis State Invitational.

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

foran 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.