

# Florence Griffith Joyner

American sprinter known as *Flo-Jo*.  
Her world records for 100m and  
200m have yet to be broken



■ **Born:** Dec 21, 1959, Los Angeles.  
Died following seizure at age 39

■ **Career:** In 1988 she stunned athletics, setting a 100m record of 10.49 seconds. At the Seoul Olympics Flo-Jo broke the 200m world record twice, setting a time of 21.34 seconds

<b>Olympic gold. 100m:</b>	1988
<b>200m:</b>	1988
<b>4x100 relay:</b>	1988
<b>Silver. 200m:</b>	1984
<b>4x400m relay:</b>	1988