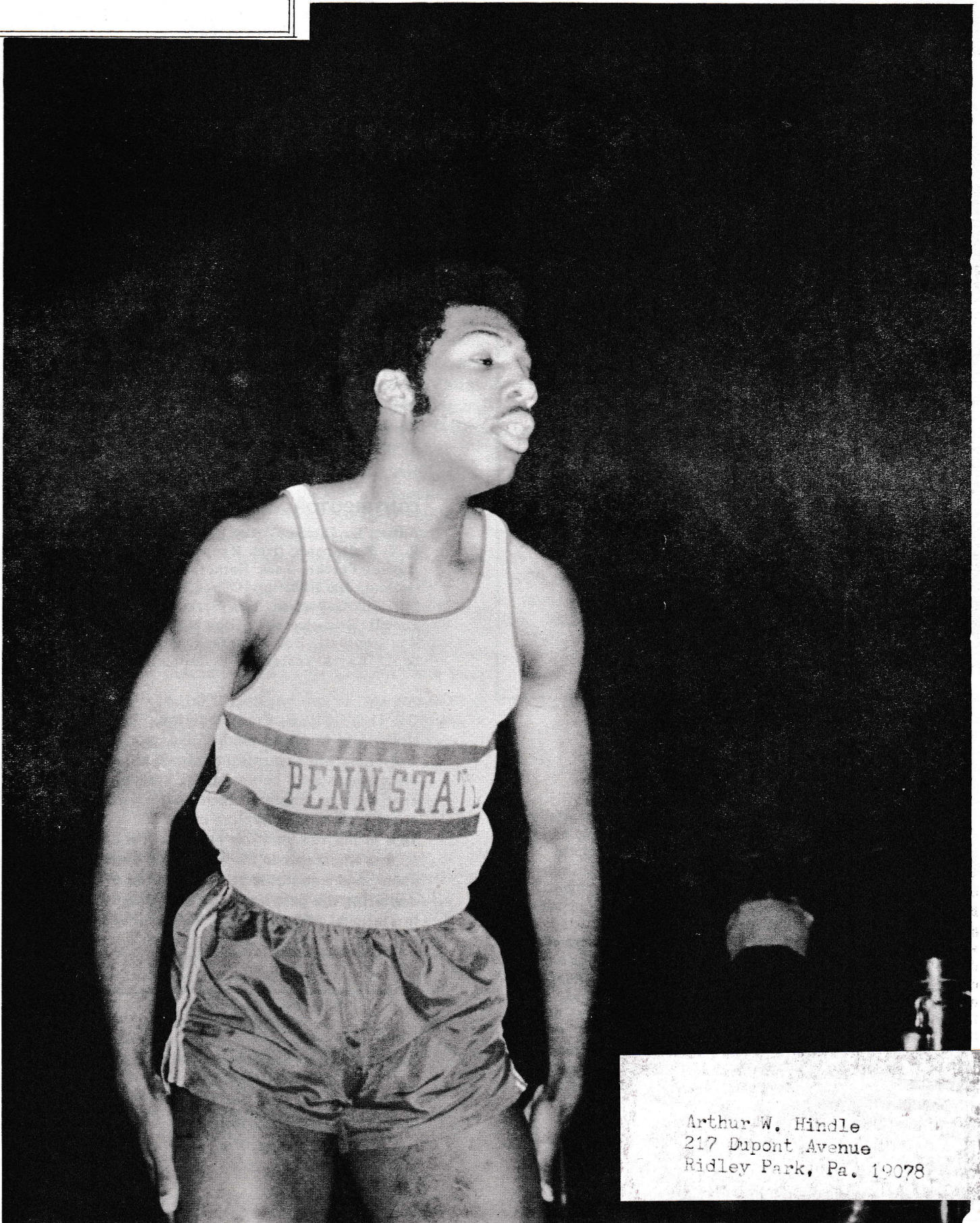


REVIEW



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ANNOUNCEMENT

Pa. Track & Field REVIEW acknowledges and gratefully appreciates the cooperation you, our readers, have given us in the past, in the way of information, statistics, photographs, suggestions, comments, etc. Each coach or fan who has submitted regular reports to us on his athletes or area athletes, have enabled REVIEW to give bi-weekly coverage and chronological stats throughout the outdoor season. When submitting statistics, list the athlete's name, grade, event, performance, date of performance, and when possible, if a performance or mark is wind-aided (aiding wind in excess of 4.5 mph) please denote by writing a W beside the mark. Example: J. Doe, Leesport H.S., Leesport, Pa. Gr. Jr. 100 yards, 3/23/71, 10.2w. If the mark is non-wind aided it would be listed as 10.2. Photos will become the property of REVIEW unless otherwise noted when submitting such materials. Newspaper clippings are another way of submitting information. Be sure to include the date when sending meet results and news from newspapers. Your regular information reports are sincerely appreciated.

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CONTRIBUTORS ...

Adrian L. Jackson, Ray Kressler, Dave Batchelor, R. J. Kellerman, Dick Rapson, Carl T. Albaugh, August Fetcko, Jack Horner, Rich Frerichs, Harry Groves, Jim Rohlfing, Chuck McKinney, Chuck Hemp-hill, Jim Gavaghan, Don Early, Ted Woolery, Bob Shoudt, Ross Kershey, Don Mollenauer, N. E. Baker, Ron Lopresti, Bob Bowersox, Dick Ganslen, John D. Scott, Ray Kressler, D. F. Roth, Allied Pix.

ON THE COVER, Fred Singleton, Penn State University freshman hurdler and quarter miler seen here after completing leg on mile relay. As a high school senior at Mt. Vernon, New York last season, Singleton ripped off a swift wind-aided 13.4 in the 120 yard highs and a legal 18.4 in the 180 yard low hurdles. He has a legal 13.8 to his credit in the scholastic high hurdle event, and was national champ in the event capturing the gold medal at the Golden West Invitational at Sacramento, California last June.

MEET SCHEDULE

March 27 - State College Invitational (High School)
State College, Pa.

April 3 - Chichester Relays
Boothwyn, Pa.

Track & Field in Pennsylvania is gaining momentum ... indicative of this claim are the exceptional early season performances by scholastic athletes. In the Greater Pittsburgh Area, Steve Alexander of Clarion Area, only a sophomore, cleared 14 feet in the pole vault event in winning at the Tri-State Coaches Meet at Slippery Rock State College Fieldhouse. His performance not only bettered the meet record, but it eclipsed the College Fieldhouse record for all comers. As a freshman last season, Alexander finished sixth in the Class B PIAA State Meet. He is coached by Bob Bowersox who has revamped the track program at Clarion.

The name of Bob Young, perhaps will become household words with track nuts across the state, if his early season form is any indication of things to come. Young, a high jumping sensation from Levittown's Woodrow Wilson High near Philadelphia leaped 6-8 1/8 in indoor competition at Swarthmore College on February 6th. This performance also was a best ever ... this being an all-time fieldhouse record for Swarthmore College. Two weeks later at the University of Delaware's Meet of Champions for scholastic athletes, Young showed his consistency with another winning jump of 6'6. Although his 1970 personal best of 6-8 placed him in a tie for second in overall final statewide rankings, he has the best jump of any returnees. The spotlight that belonged to Bristol's Gene White last season is being cast on Young who is a senior at Woodrow Wilson. He has his sights set on seven feet this season, and Young's coach Ron Lopresti is optimistic that Young will do it.

Rich Jacovini started his season off with a 9:46.8 two mile at Swarthmore defeating a good field. Jacovini was a 4:22.1 miler last season and should challenge for the top statewide chronological spot this season. Steve Reckefus who is Jacovini's teammate at Philadelphia Cardinal O'Hara, ran the 600 in 1:15.9 indoors, and can move up to the 880 or down to the quarter and be dangerous. Another Philadelphian Joe O'Rourke of Bartram ran a 2:20.9 in winning the 1,000 at Swarthmore ahead of Jim Davidson of William Tennant. O'Rourke, now a senior, turned in times of 1:58.8, 4:24.6 outdoor last season and 4:22.1 and 9:45.0 indoor, and covered five miles in 26:09.0 as a junior in AAU competition. Coached by N. E. Baker, O'Rourke was Philadelphia Public School Champ in both the 880 and mile last year, and is the present cross-country City Champ.

It was learned Larry Lewis of Coatesville is still in school and is a senior this year. Earlier it was thought that he had graduated in '70. However, he is only 17 years old. His best performance in the high hurdles as a junior was 14.4 and he placed second at the Class A State Meet.

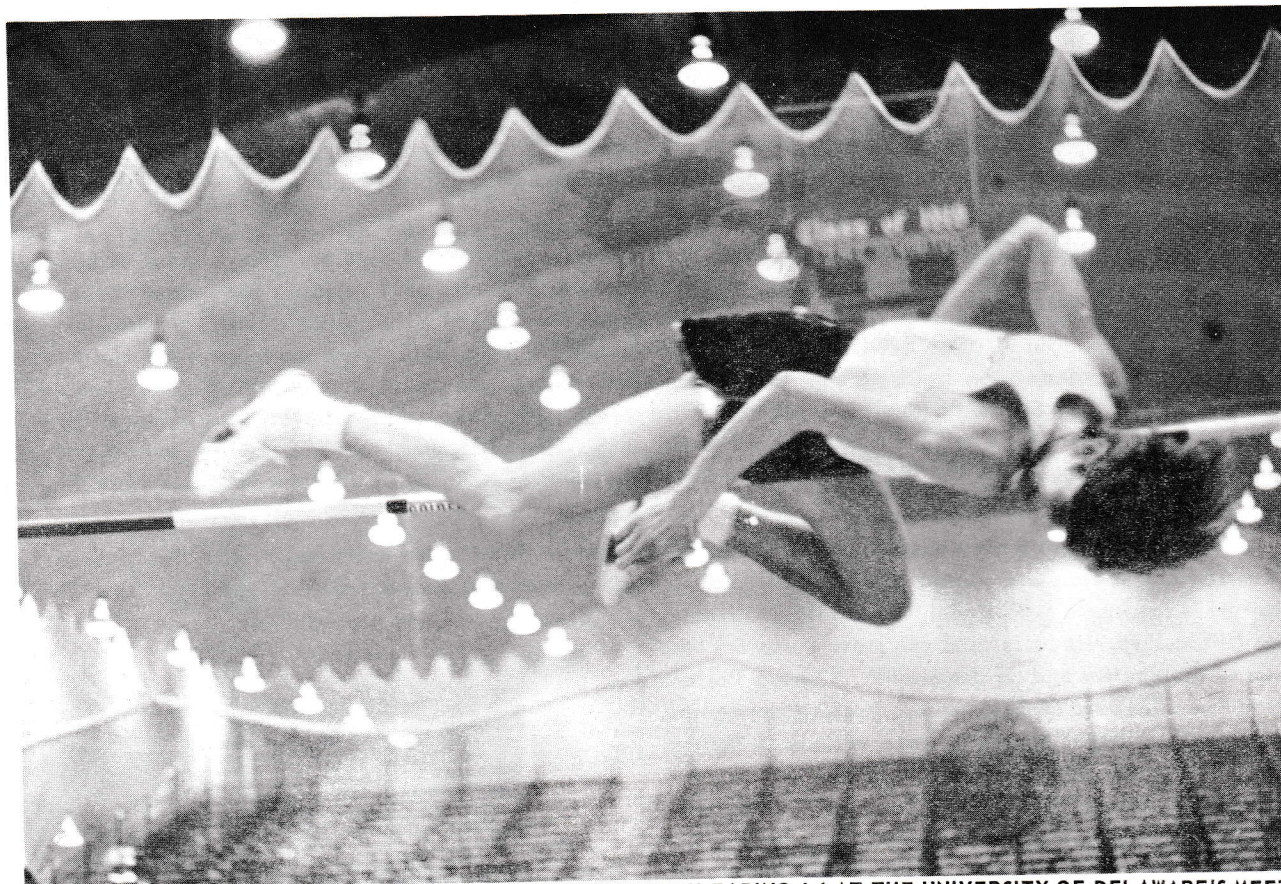
1:53.3 half-miler Rich Matrunick of Derry Area High School was only a junior last season but is illegible to compete this season due to age (19 years). He's finishing his senior year at an academy where he can have limited competition this season.....a school named Greenbrier Military Academy in Lewisburg, Pa. Rich's high school coach Carl Albaugh, reports that Matrunick is considering several colleges, including Slippery Rock State, West Virginia, Edinboro, and Colorado State. Matrunick's four year times were: 8th grade, 2:12.1; 9th, 2:06.2; 10th, 1:59.6; 11th, 1:53.3.



Philadelphia Public School 880 and Mile Champ, Joe O'Rourke of Bartram trains on parking lot this winter outside of school building. Also Cross-Country Champ, O'Rourke owns personal best of 1:58.8, 4:22.1, and 9:45.0.

COMING IN LATER ISSUES OF REVIEW.....

- ARTICLE ON EARL FLICKER, PA.'S FORMER NATIONAL WOMEN'S PAN AMERICAN TEAM COACH
- CHRONOLOGICAL STATS
- ARTICLE ON BARNEY EWELL OLYMPIC SPRINT GREAT
- ARTICLES ON CURRENT HIGH SCHOOL AND COLLEGE STANDOUTS



BOB YOUNG OF WOODROW WILSON, LEVITTOWN IS SHOWN HERE CLEARING 6-6 AT THE UNIVERSITY OF DELAWARE'S MEET OF CHAMPIONS. YOUNG, WHO IS A SENIOR, LEAPED 6-8 1/8 ON FEBRUARY 6TH IN WINNING THE GREATER PHILADELPHIA COACHES HIGH JUMP EVENT.

MR. GLENN DAVIS, SUCCESSFUL HEAD COACH AT PITTSBURGH PENN HILLS HIGH SCHOOL FOR THE PAST THIRTY YEARS. LAST SEASON HE TURNED OUT THE NATION'S FASTEST TWO-MILE RELAY TEAM, A UNIT WHICH RAN 7.44.1.



Mechanics of the Pole Vault

7th

1970 EDITION

7th

The new 1970 edition is here—over 60,000 words of discussion on the world's most complicated track skill. Introduction by Earl Meadows, 1936 Olympic champion. Over 300 photographs by the world's top track photographers—16 complete action strips over 16-17 feet all Olympic finalists. Sections like: You Can Bet Your Life on a Fibreglas Pole; Pole Vaulting for Beginners as Well as Experts; Body Conditioning for Vaulting. . . . 15 Reasons Why Your Fg Pole Did Not Bend Properly; How to Fix Your Take-Off Point; Converting Your Swing into a Rocking Action Style Over the Bar. . . . Questionnaire Interviews with 23 of the World's Greatest Vaulters Including: Pennel, Seagren, Railsback, Sloan, Vaughn, Chase, Smith, Chen, Caruthers, Dias, Burton, Bizzaro, Carrigan, Steben, PLUS Mustakari & Alarotu (Finland), D'Encausse (France), Bull (England), Sola (Spain), Dionisi (Italy), Blomqvist (Sweden), Papanicolaou (Greece) and Schiprowski (Germany). Extensive statistical section on bamboo, steel and fiberglass poles. World rankings every decade since 1929. Historical information never heretofore published in Russian and German. MECHANICS OF THE POLE VAULT is authored by a former natl. AAU, NCAA champion who in 1968 received the Helms Hall of Fame award for outstanding contributions to the science of track & field athletics. This is not a re-hash of other editions; it has been completely re-written from cover to cover.

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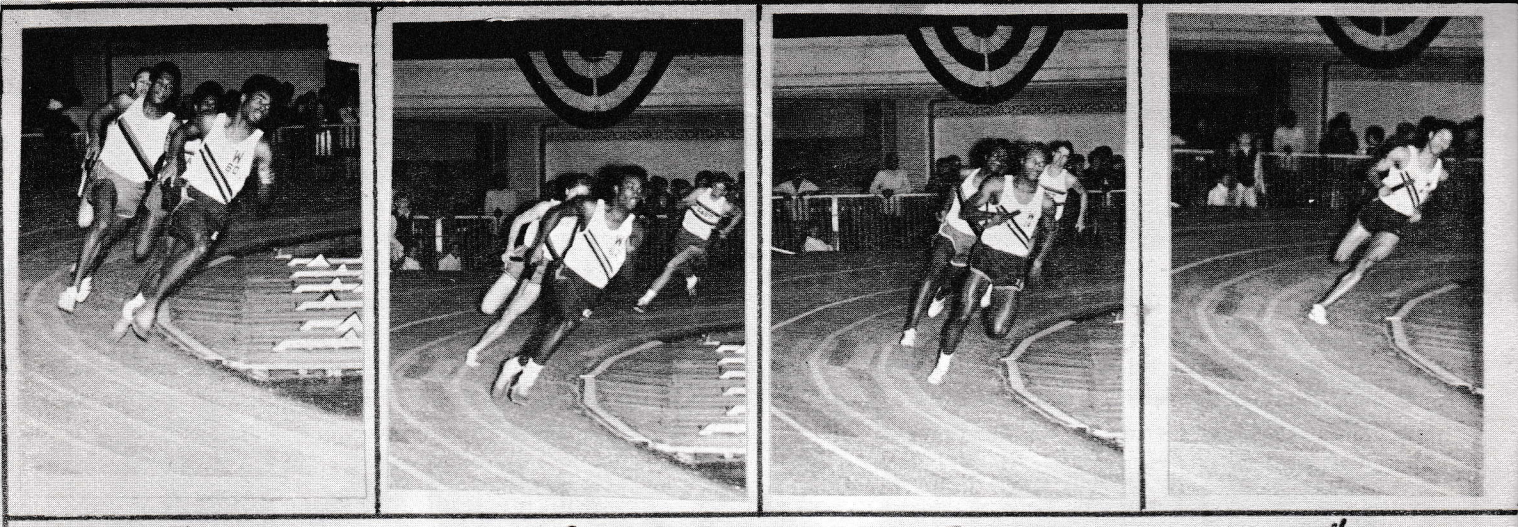
COMING NEXT ISSUE - APRIL 6TH

TODD JONES UNOFFICIAL ALL TIME BEST LISTS
FOR PENNSYLVANIA HIGH SCHOOLS

DATES BACK TO 1912

1970, Pennsylvania had a very fine crop of track & field athletes receive grants and scholarships to outstanding colleges and universities. One of them, Gary Risch of Freeport already has set a varsity record, that being his 5.2 indoor fifty for the University of Pittsburgh this season as a freshman. Another athlete well known for his discus toss of 187-3 3/4 last season at Lower Moreland High, is now attending Memphis State (Tenn.) where indoors he has shoved the 16 lb. shot 52-6. Sherm Lambert, unheralded half-miler from York, finished seventh in the PIAA Class A finals in 1.57.1 is expected by his coach at University of Maryland Eastern Shore to be one of his top quarter and half-milers this season as a freshman. Lambert ran on the winning freshman mile relay unit at The Philadelphia Track Classic in January, and he feels they are capable of a 3.15.0 outdoors. Bill Johnson, who was probably the strongest 220 yard dash prep runner since Don Webster or Larry Floyd picked Penn Military College in Chester, Pa. Johnson was a poor starter as was evident in many of his races. In the 100-yard dash at The PIAA Finals, at the sound of the gun, he slipped to his knees momentarily, jumped straight up, finding himself trailing the field by three yards or more. In the last thirty yards he closed rapidly finishing in virtually a blanket with Hassler of Wilson who finished second, and Gary Diminick who finished third. Johnson's best marks were 9.7 and 21.4. Our list of notables, which is only a partial list, includes the names of some 37 athletes now competing for various colleges. Eight are at The University of Pittsburgh, while six are attending Penn State.

ATHLETE	EVENT	BEST MARKS	HIGH SCHOOL	COLLEGE
Gary Diminick	100/220	9.8/22.0	Mt. Carmel	Notre Dame
Randy Barnes	100/220	9.7/21.9	Abington	U. of Texas-El Paso
Chuck Venie	100/220	9.8/22.0	John Harris	Lock Haven State
Ron Miller	100/220	9.7/22.1	Unionville	Bloomsburg State
Jimmy Scott	100/220	9.7/21.2	Carlisle	Penn State
Bill Johnson	100/220	9.7/21.4	Chichester	PMC
Bill Neely	440	48.1/47.0*	Abington	Norfolk State
Ed Marstellar	440	49.0	Baldwin	Pitt
Gary Risch	100/220	9.9/21.2	Freeport	Pitt
Ron Shaw	100/220	9.7/21.4	Phila. Bartram	Texas Christian
Gary Gittings	880/mi.	1.53.1/4.14.3	Baldwin	Penn State
Bob Hillman	mi.	4.16.6	Upper St. Clair	Penn State
Bob Yiengst	mi.	4.24.0	Conrad Weiser	West Chester
Bill Louv	mi./2 mi.	4.27.3/9.15.4	Upper Merion	Wm. & Mary
Harry Barr	220	22.1	Phoenixville	West Chester
Sherm Lambert	880	1.57.1	York	U. of Md.-E. Shore
Jeff Rideout	440	50.3	Penn Hills	Pitt
Don Clune	HH	14.3	O'Hara, Phila.	U. of Penna.
Don Spiller	LH	19.5	Milton	Temple
Julius Myers	LH	19.5	Pgh. Schenley	Pitt
Mike McKenzie	LH	19.5	Baldwin	Georgia Tech
Gene White	LJ/HJ/TJ	25-4 $\frac{1}{4}$ /6-10/49-1 $\frac{1}{2}$	Bristol	Penn State
Terry Thompson	HJ	6-5	Oil City	Pitt
Roosevelt Randall	LJ/TJ	22-11/46-5	Clariton	Pitt
Bill Rea	LJ/TJ	22-11/47-4	Eliz-Forward	Pitt
Jimmy Joe	SP	57-4 $\frac{1}{4}$	Coatesville	Morgan State
Tom Lacey	SP	60-0 $\frac{1}{2}$	Abington	Penn State
Ty Higgins	D/SP	187-3 $\frac{3}{4}$ /54-11	Lower Moreland	Memphis State
Larry Scola	D	162-8 $\frac{3}{4}$	Canon McMillan	Pitt
Bill Chada	SP	57-10	Highlands	Michigan State
Ed O'Neil	J	218-6	Warren	Penn State
Doug Kotar	J	190-11 $\frac{1}{2}$	Canon-McMillan	Kentucky
Mark Mondschein	PV	15-0 $\frac{1}{4}$	Haverford	U. of Penna.
Glenn Hauze	PV	13-9	Beth. Freedom	U. of Md.
Dennis Red	PV	13-9	Mechanicsburg	U. of Md.
Cliff Brown	PV	13-6	Middletown	Notre Dame
Carlton Huff	PV	13-4	Nazareth	Rutgers



AS IS EVIDENT BY THE ABOVE PHOTOS, WISSAHICKON HIGH SCHOOL, 1970 DISTRICT 1 MILE RELAY CHAMPS AND STATE CLASS A PIAA CHAMPS AT 3.16.8, HAVE ALREADY PUT TOGETHER ANOTHER FINE COMBO. Shown here at the Philadelphia Track Classic in January, they led from the start to finish in winning the event in the fastest high school time of the meet, 3.32.1. Second place went to Coatesville, 3.33.0, while Central Bucks East finished third in 3.33.3. Photo No. 1-Ken Warner, No. 2-Ernie Cupid, No. 3-Leon Hill, No. 4-Tony Bishop.

**PHILADELPHIA TRACK CLASSIC
1/23/71**

John Rothrock formerly of Bishop McDevitt High School of Wyncote, Pa. and now a junior at Manhattan University captured the 1,000 yard run in 2.16.1 by a narrow margin over Pitt's John Aiken 2.16.2, and Mike Schurko also of Pitt, 2.16.4. The event was run in three sections with places decided on time basis. John Carlos, U.S.A.'s top sprinter in 1970, and now of the Philadelphia Eagles was the official starter for the men's 50-yard dash, a field which included top Pennsy scholastic sprinter last season, Ron Shaw of Bartram. Shaw made the finals, but had to settle for a fourth place finish behind winner Mel Pender, Charlie Greene, and Gerald Tinker, of Memphis State, but ahead of Delano Meriwether of the Baltimore Olympic Club. Ben Vaughn, former USA 100 Meter Sprint Champ failed to qualify for the finals in the event. In high school events Wissahickon won the Suburban Phila. High School Mile Relay in 3.32.1 on the banked board Civic Center track in a very competitive and exciting race. Coatesville seems to have another good relay unit once again finished second just a few yards off the pace in 3.33.0. Bartram won the Public Schools event in 3.34.3 while the Philadelphia Catholic Mile Relay was won by Bishop O'Hara in 3.37.7. Wissahickon was awarded the Jack Ryan Trophy for the fastest time of the High School Relays.

RESULTS

SUBURBAN HIGH SCHOOL MILE RELAY

1. Wissahickon 3:32.1
(Ken Warner, Ernie Cupid, Leon Hill, Tony Bishop)
2. Coatesville 3:33.0
3. Central Bucks East 3:33.3
4. Neshaminy 3:39.2

PHILADELPHIA CATHOLIC HIGH SCHOOL MILE RELAY

1. Bishop O'Hara 3:37.7
(Steve Reckefus, Carmen Allegra, Joe Monday, Rich Jaeovini)
2. Bishop McDevitt 3:39.8
3. West Catholic 3:40.3
4. Archbishop Ryan 3:41.6
5. St. Joseph's Prep 3:42.5

PHILADELPHIA PUBLIC HIGH SCHOOL MILE RELAY

1. Bartram 3:34.3
(Elliot Jenkins, Gerald Wilson, George Johnson, Douglas Stoues)
2. Germantown 3:40.9
3. Overbrook 3:42.6
4. West Philadelphia 3:43.8

TWO MILE RUN

1. John Hartnett, Villanova 9:07.2
2. Chris Condon, Manhattan College 9:10.6
3. Garth McKay, Georgetown 9:12.0
4. Larry Rush, Clemson 9:14.0
5. James Dolan, Lock Haven T.C. 9:14.2

MILE RUN

1. Thomas Ammon, Providence College 4:19.9
2. Joseph Lucas, Georgetown U. 4:21.6
3. Marty Walsh, Manhattan College 4:21.8
4. Eddy Silverman, Maryland 4:23.1
5. Steve Mahien, Baltimore Olympic Club 4:24.4

1000

1. John Rothrock, Manhattan College 2:18.1
2. John Aiken, Pitt 2:16.3
3. Mike Schurko, Pitt 2:16.6
4. Allen Sherrett, William and Mary 2:17.5
5. Ken Schepert, Villanova 2:17.7

600

1. David Kaemerer, Quantico Marine 1:13.3
2. Charles Duckworth, William and Mary 1:14.2
3. Scott Poole, Temple 1:14.2
4. Ed Marsteller, Pitt 1:15.5
5. Dennis Smellie, Howard 1:15.6

COLLEGE TWO-MILE RELAY - Section D

1. West Virginia - Don Fosselman, Don Tarasi, Mike Scott
Mike Mosser
2. West Chester State
3. Temple
4. Georgetown 7:57.5

POLE VAULT

1. Pete Kowzun, Sports International T.C.
2. Charles Strode, William and Mary
3. Wayne Findelson, Rhode Island 15.4
4. Al Benaglio, Pitt 15.6
Glen Hauze, Maryland 15.6

HIGH JUMP

1. Brian Bozzone, Maryland
2. Jeff Hery, West Chester
3. Felix Jean-Louis, C. W. Post
Fred Toepke, William and Mary
5. Jerry Farrell, C. W. Post 6.8

SO YOU WANT TO BE A TRIPLE JUMP CHAMPION

by ... Dr. Richard V. Ganslen

The hop step and jump, dreisprung or triple jump as we know it today was contested in the Greek Olympic Games of 708 B.C. as part of the Pentathlon. During this period the jumpers carried weights (halteres) in their hands to augment their spring. Jumps of over 60 "cubits" were recorded during this era, but modern-day archaeologists have never been able to decide on what a cubit is worth in feet and inches ... some say 8", others 12" ... you can take your choice. We do believe that these jumpers made very credible jumps, perhaps in excess of 50 feet.

There have been no new or sensational discoveries in the triple jump to account for the 4 1/2 foot increase in the record over the last 35 years. We have noted increased specialization, greater intensity of training and better application of mechanical principles in the jump itself. In 1939 we completed a detailed cinematographical analysis of the triple jump at Springfield College, which to our knowledge, was the first scientific investigations of this event ever. This article laid down the basic principles of the triple jump with great fidelity and recent research has only tended to re-affirm these basic guidelines. Principles do not change, only people!

Thirty-five years ago we used to read or hear about the Japanese or Australian school of triple jumpers and today we hear the same cliches about the Russian or Polish techniques. What are the essential ideas?

WHAT JUMPING RATIOS REALLY MEAN

It is of greatest significance for the jumper to choose ratios in the triple jump which will (a) compliment his leg strength (b) suit his physique and (c) exploit his speed or spring. We do not like to isolate spring here from the form as some "extra entity." By implication, a short man (under 5'9") MUST NOT TRY TO STEP TOO FAR unless, he has exceptional speed and strength. Overreaching will make it impossible for the jumper to elevate himself for the final jump. Jumping ratios are "guidelines" only and compliment the style of the jumper.

The ideal triple jumper should be tall, light with exceptional speed and spring like Ralph Boston. The taller man has more reach in the step and can therefore use a flatter take-off in the hop. Back strength is essential in this event to prevent the breakdown (body collapse) when the jumper lands on the hop and step.

JUMPING IMPERATIVES

The approach run in the triple jump is LESS INTENSE (relaxed) when it is compared with the broad jump. The jumper gives his all at the board, but the triple jump must have carry-over momentum for three jumps. The run-up is therefore similar to an athlete running the low hurdles, but not diving down over the hurdle.

The triple jumper MUST NOT THROW HIS HEAD BACK AT THE TAKE-OFF in the manner of the broad jumper. The consequence of this is too high a hop, a hard landing, a quick step and too erect body posture during the hop flight. The hop take-off is a DRIVING FLOAT FROM THE BOARD with a minimum elevation to get just enough height to reach the hop goal. The body must be held canted forward all the way up from the ankles, otherwise, WHEN THE LEAD LEG STRIKES THE GROUND THE MOMENTUM WILL CAUSE THE BODY TO BREAK DOWN OVER THE LEG. The consequence of this is a very short and very quick step in order to recover!

Action in the step is critical. In the step take-off the lead knee is brought up to waist level or above AND THE KNEE IS HELD UP AS LONG AS POSSIBLE TO RIDE OUT THE STEP. The arms are used freely

and swung widely to maintain balance and rhythm at this time. Arm action is like breast stroke swimming. To control balance **DO NOT OVERREACH ON THE STEP SINCE**, this will leave you stretched out, too low and you will not be able to come back up on the final jump. The final jump often means the athlete is working off of his weak leg and, the final jump is more difficult because the jumper has little time or distance to get both feet out in front of him.

RHYTHM IN THE TRIPLE JUMP

It is impossible to overstress the necessity for rhythm in the approach to the board and in the triple jump itself. The strides before the board **ARE NOT** consciously shortened at the board as in the broad jump to any material extent because, **YOU ARE GOING TO FLOAT-DRIVE OFF OF THE BOARD BY RUNNING UP OVER IT**. The approach run should have a characteristic pattern I associate with a good low hurdler. If the approach rhythm is off, the athlete cannot reach his maximum potential in the jump because of the complicated nature of the skill and the necessity for rhythm and balance throughout the jump. Optimum control is important.

If the steps are elongated or foreshortened materially coming into the board there will be a great drop off in velocity **WHICH THE ATHLETE WILL NOT SENSE**. Smooth acceleration and the **MAXIMUM CONTROLLABLE SPEED**. Balance is vital in this event. A slow approach is often compensated for by a good jumper by drive from the board therefore, running speed may be misleading. Great approach speed permits the jumper to concentrate on getting height when he needs it.

TRIPLE JUMP IMPERATIVES SUMMARIZED

1. Run up over the board and do not stretch out for the take-off. (e.g.) overrun the board almost as if you were not going to jump at all.
2. Float-drive off of the board to reduce shock of the hop landing.
3. **DO NOT** throw the head back on take-off. You will jump too high and the trunk will be too erect during your flight.
4. Keep the arms swinging wide and freely to control balance and spring.
5. **HOLD** the knee high in the step and **RIDE**. Do not hurry the step! The rhythm is **DAH-DAH-DAH**; not **DAH-DIT-DAH**.
6. Use jump ratios suited to your style and physique.
7. Do not let the body **BREAK DOWN** over the landing leg in the hop and step landing, otherwise, **YOU MUST HURRY YOUR STEP AND CANNOT GET A GOOD FINAL JUMP**.
8. Use the maximum controllable speed since balance is critical to your success.
9. Develop the gluteal muscles which are so vital to pulling your body forward in the step and final jump landing. These muscles help draw the thigh back and extend it on the hip. Duck walking and running up and down stadium stairs will help these muscles.
10. Work over low hurdles to develop rhythm in the approach - do not dive down over the hurdles as is customary. Hold trunk erect.
11. Practice the standing hop step and jump 20-30 times daily. Shoot for 28 feet with a combination 7-9-13 foot combination. It is okay to make your initial take-off from both feet. Use your arms here for spring and balance.

ABOUT THE AUTHOR

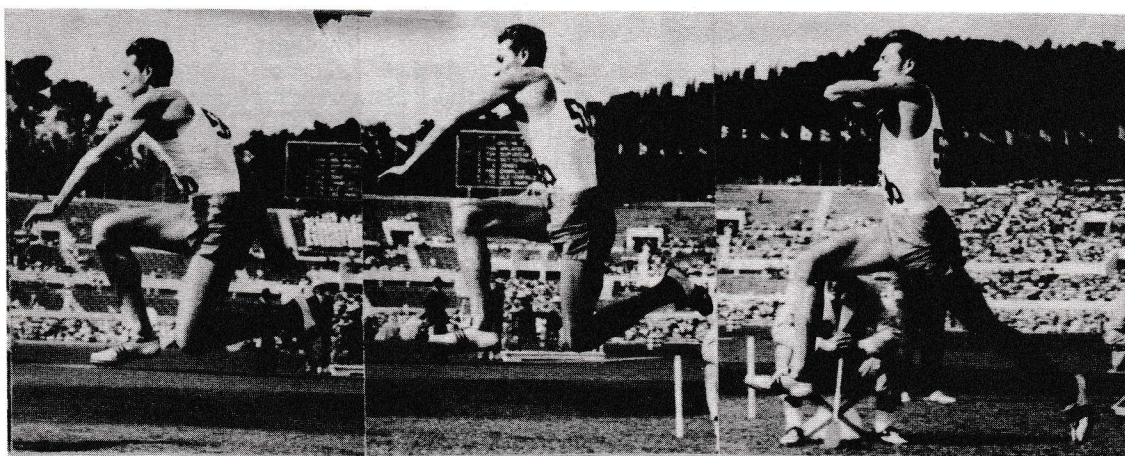
Dr. Richard Ganslen was Varsity Field Coach of the University of Illinois from 1948-1952. Consultant to the Finnish Olympic Association in 1949 and the Cuban Olympic Association in 1954 and 1955. In college he was a Double All American in track, in the Pole Vault and Running Hop. Step and Jump. Runner-up for the National AAU Championship in 1939 and 1947, third in 1937 at 48'8 7/8. He represented the USA on the American Track Team to Japan in the hop step and jump where he defeated Harada, second in the 1936 Olympic Games. Dick Ganslen was never defeated in sectional hop step and jump competition and held the NJAAU Record, among others for more than 10 years. He coached Ken Floerke of K.U. who made the 1956 Olympic Team, Bill Nichols of Kansas City U. who also was a Kansas Relays Champion. His Cuban jumpers Flores broke the Cuban National High School triple jump record and ultimately exceeded 50 feet. Claudio Cabrejas and Victor Hernandez BOTH won USA National AAU Championship titles in 1954 and 1955. Both men were also on the Pan American Olympic Teams with marks of over 50 feet and 51 feet respectively. Without training while on a motion picture film assignment Dick entered the National AAU in Nebraska in 1947 at the age of 30 and took second. At the age of 40 he exceeded 43'6'' in this event while coaching and demonstrating the event in a track clinic.

Comprehensive articles on the Triple Jump by the author may be found in the ATHLETIC JOURNAL for 1955, 1956 and March of 1964.

SOME JUMP RATIOS OF INTEREST

TRIPLE JUMP RATIOS

<u>RECORD</u>	<u>JUMPER</u>	<u>COUNTRY</u>	<u>YEAR</u>	<u>HOP</u>	<u>STEP</u>	<u>JUMP</u>
55' 10 1/2''	J. Schmidt	Poland	1960	(19' 7 3/4''-16' 5 3/4''-19' 9'')		
54' 9 1/2''	O. Fyedosoyev	U.S.S.R.	1959	(21' 3 1/2''-15' 9 3/8''-17' 8 5/8'')		
54' 9 1/2''	V. Einarsson	Iceland	1960	(19' 10 1/4''-16' 5 5/8''-18' 5 5/8'')		
54' 8 3/4''	V. Kreer	U.S.S.R.	1961	(20' 8''-16' 8 3/4''-17' 4'')		
54' 5 1/8''	V. Ryakhovskiy	U.S.S.R.	1958	(21' 2 3/8''-16' 3 3/8''-16' 11 1/8'')		
54' 4''	Da Silva	Brazil	1955	(20' 7 1/4''-16' 2 7/8''-17' 5 7/8'')		
54' 0 3/4''	M. Kogake	Japan	1956	(19' 6 1/4''-16' 10 3/4''-17' 7 3/4'')		
54' 0''	L. Shcherbakov	U.S.S.R.	1956	(20' 1''-17' 0 3/4''-16' 10 3/4'')		
53' 11 1/4''	R. Malcherczyk	Poland	1959	(19' 2 3/8''-16' 4 7/8''-18' 4'')		
53' 10 7/8''	V. Goryayev	U.S.S.R.	1960	(21' 4''-16' 4 7/8''-16' 2'')		
53' 9 1/4''	Y. Mikhailov	U.S.S.R.	1960	(21' 4''-16' 4 3/4''-16' 0 1/2'')		
53' 6 1/4''	G. Boase	Australia	1963	(19' 5''-15' 10''-18' 3 1/4'')		
53' 10''	I. Davis	U.S.A.	1960	(20' 0 7/8''-16' 0 1/4''-17' 9'')		
52' 9 7/8''	E. Cavalli	Italy	1959	(17' 10 3/4''-16' 2 3/4''-18' 8 3/8'')		
52' 7 1/2''	M. Hinze	Germany	1959	(18' 4 1/4''-14' 10''-19' 2 1/4'')		
52' 6''	N. Tajima	Japan	1936	(20' 4 1/8''-15' 4 3/8''-16' 9 1/4'')		
52' 0 3/8''	K. Togami	Japan	1937	(19' 0''-14' 0''-19' 0 3/8'')		
51' 9 1/4''	J. Metcalfe	Australia	1935	(18' 6''-13' 6''-19' 9 1/4'')		
51' 9''	D. Norris	New Zealand	1962	(19' 10''-13' 10''-18' 1'')		
51' 7''	C. Nambu	Japan	1932	(21' 0''-14' 5''-16' 2'')		
51' 5 1/2''	M. Rehak	Czech.	1956	(18' 7 5/8''-16' 1 3/4''-16' 9 1/8'')		
51' 3 3/8''	V. Demantiyev	U.S.S.R.	1954	(19' 0''-16' 1 3/8''-16' 2'')		
51' 3''	K. Hasegawa	Japan	1948	(18' 0 1/4''-15' 5''-17' 9 3/4'')		
51' 1 3/4''	H. Strauss	Germany	1958	(18' 6''-15' 1 1/8''-17' 6 5/8'')		
51' 1 3/8''	M. Oda	Japan	1931	(21' 4''-11' 5 3/4''-18' 3 5/8'')		



(Dr. R. Ganslen)
Notice the style of Josef Schmidt of Poland, Former World Record Holder in the Triple Jump. Here Schmidt is beginning the most difficult 2nd phase or step phase of the Triple Jump. Notice how he maintains balance and momentum throughout his step, which is very important for good distance.

**PENNSYLVANIA TRACK AND FIELD ASSOCIATION
INDOOR TRACK FLEET
EAST STROUDSBURG STATE COLLEGE
KOEHLER FIELDHOUSE
SATURDAY, MARCH 6, 1971**

SHOT PUT

1. Nick Helfrich (Cheltenham)	52-2½
2. Straub (Catasauqua)	48-9
3. Rich Tamanini (Wyoming Valley West)	48-½
4. J. T. Barber (State College)	46-2½
5. Gordon Nelson (Williamsport)	46-2

HIGH JUMP

1. Dave Carter (GAR Memorial)	6-3
2. John Keiper (Muhlenberg)	6-2
3. Laniel Crawford (Coughlin)	6-0
4. Bob Runnels (Williamsport)	6-0
5. Ron Livers (Norristown)	6-0

POLE VAULT

1. Dave Gorman (Biglerville)	12-3
2. Steve Park (State College)	12-0
3. Bill Gifford (State College)	11-6
4. Mike Chervin (Solanco-Quarryville)	11-0
5. Tom Fladmark (Selinsgrove)	11-0

MILE RUN

1. Jim Hostetter (Annville-Cleona)	4.42.5
2. Kent Nation (Upper Moreland)	4.43.2
3. George Dixon (State College)	4.46.1
4. Tom Mincouage (Mahanoy)	4.48.1
5. Mike Black (Elizabethtown)	4.49.5

440 DASH

1. Mike Crecium (Norristown)	53.1
2. Roy Foy (Cheltenham)	53.2
3. Steve White (State College)	54.0
4. Mark Holvey (Meyers)	54.1
5. Mike Kennedy (Easton)	54.6

60 YARD DASH

1. Art Owens (Stroudsburg)	6.4
2. Auston Cooper (Upper Moreland)	6.4
3. Dareal Kehr (York Suburban)	6.7
4. Gabe Sciolla (Cheltenham)	6.7
5. Gary Cromley (Milton)	6.8

70 YARD HIGH HURDLES

1. Stan Settle (Norristown)	8.9
2. Leroy Galaway (William Penn)	9.0
3. Mike McGalliard (Norristown)	9.0
4. John Grabowski (GAR Memorial)	9.2
5. Jim Hildebrand (Gordon Spot)	9.3
Dan Keiper (Muhlenberg)	9.3
Art Herrera (Elizabethtown)	9.3

880 YARD RUN

1. Charles McKee (Norristown)	2.03.0
2. Dave Batt (State College)	2.03.9
3. Dennis Noll (Milton)	2.04.2
4. Kerry Gillespie (Cheltenham)	2.04.8
5. Ben Work (Colanco-Quarryville)	2.06.1

880 YARD RELAY

1. Norristown (Stan Settle, Mike Spearman, Mike Crecium, Vance McGhee)	1.35.6
2. Upper Merion (Bob Thomas, Glenn Snyder, Steve Grant, Cooper Alston)	1.37.4
3. William Penn (Artis Livingston, Harold Edgerton, Tom Brown, Melvin Washington)	1.38.5
4. Chambersburg (Ed Hippensteel, Trent Gadberry, Cliff Kelly, Dave Ranson)	
5. Wyoming Valley West (Howard Rothman, Tom Orson, Steve Schoenholtz, Don Shappell)	1.39.5

(continued on Page 15)

LONG SLOW DISTANCE

by Joe
Henderson

The Humane Way to Train

Much talked about and eagerly-awaited by distance running aficionados, Joe Henderson's new book on LSD (Long Slow Distance), "The Humane Way to Train," is now ready and making itself heard in running circles across the country.

Its approach is away from the rigid schedule, the back-breaking type of training so prevalent today. LSD advocates long, slowish training runs and suggests that workouts should be pleasurable, not a daily grind.

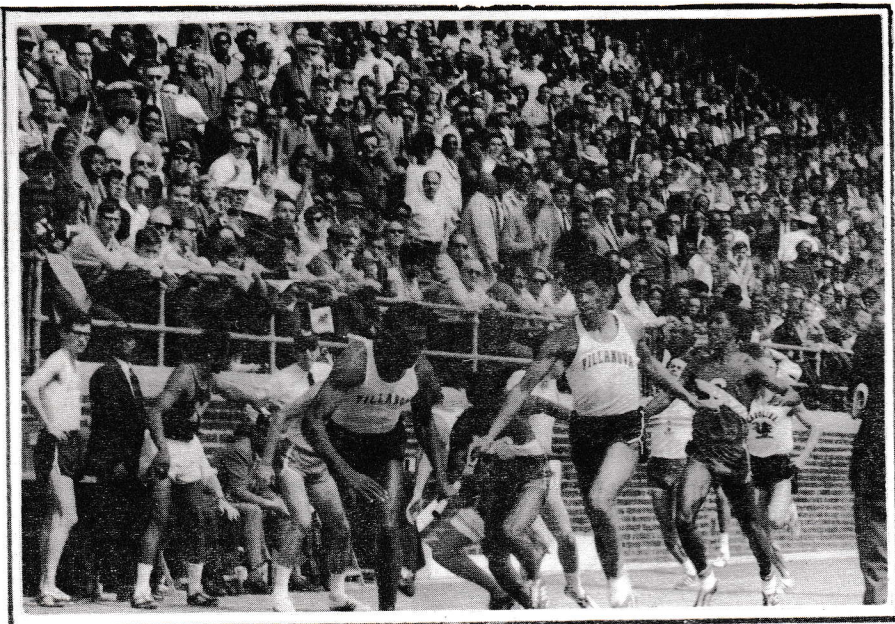
With illustration and example from the training routines of top-class runners (such as Amby Burfoot, Bob Deines, Tom Osler, and Ed Winrow), as well as some lesser lights, the book shows how LSD has been a dramatic aid to performance and should provide food for thought to many.

All runners (road runners, trackmen, Sunday joggers, and others) should find much to stimulate them in this book. And coaches owe it to themselves to learn what LSD can do and has done. Fans, too, will be rewarded by the clear, interesting presentation. Who knows? This just might be the beginning of a distance training revolution!

64 Pages 1969 Illustrated. Paperbound. \$2.50

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HARDGE DAVIS LARRY JAMES (L. Jack)

ALTHOUGH THE 30,200 FANS THAT GATHERED TO WATCH THE 1970 PENN RELAY CARNIVAL WAS THE LARGEST GATHERING TO WATCH ANY TRACK MEET IN THE ENTIRE UNITED STATES LAST SEASON, THAT FIGURE WAS STILL WELL OFF OF THE RECORD OF ALMOST 45,000 THAT WITNESSED THE MEET IN 1957.



MARTY LIQUORI (L. Jack)
VILLANOVA'S DISTANCE ACE

NCAA RESULTS (Indoor) Detroit 2/12-13

LONG JUMP

- 1. Henry Hines, USC 26-1 1/4
- 2. Danny Brabham, Baylor 25-2 3/4
- 3. Tom Geredine, NE Missouri 25-2 1/2
- 4. Greg Johnson, Wisconsin 25-1 1/4
- 5. Ray Lee, Adelphi 24-6 3/4

SHOT PUT

- 1. Karl Salb, Kansas 65-9
- 2. Vincent Monari, UTEP 65-8 1/4
- 3. Steve Wilhelm, Kansas 65-10 1/2
- 4. Fred DeBernardi, UTEP 64-1 1/2
- 5. Jesse Stuart, Kentucky 62-4

440-YARD

- 1. Tom Ulan, Rutgers 48.8
- 2. Clyde McPherson, Adelphi 48.9
- 3. Cliff Branch, Colorado 49.2
- 4. Bob Woodroff, Alilene Christian 49.4
- 5. George Daniels, Colorado 49.5

880-YARD RUN

- 1. Mark Winzenried, Wisconsin 1:50.9
- 2. Chris Mason, Villanova 1:51.6
- 3. Mike Hoses, C.W. Post 1:51.8
- 4. Tom Ericson, New Mexico 1:52.3
- 5. Robert Mango, Illinois 1:56.5

TWO MILE RUN

- 1. Marty Liquori, Villanova 8:37.1
- 2. Sid Sink, Bowling Green 8:38.0
- 3. Jerry Richey, Pittsburgh 8:41.7
- 4. John Jones, Air Force 8:42.1
- 5. Dave Hindley, Brigham Young 8:46.4

TRIPLE JUMP

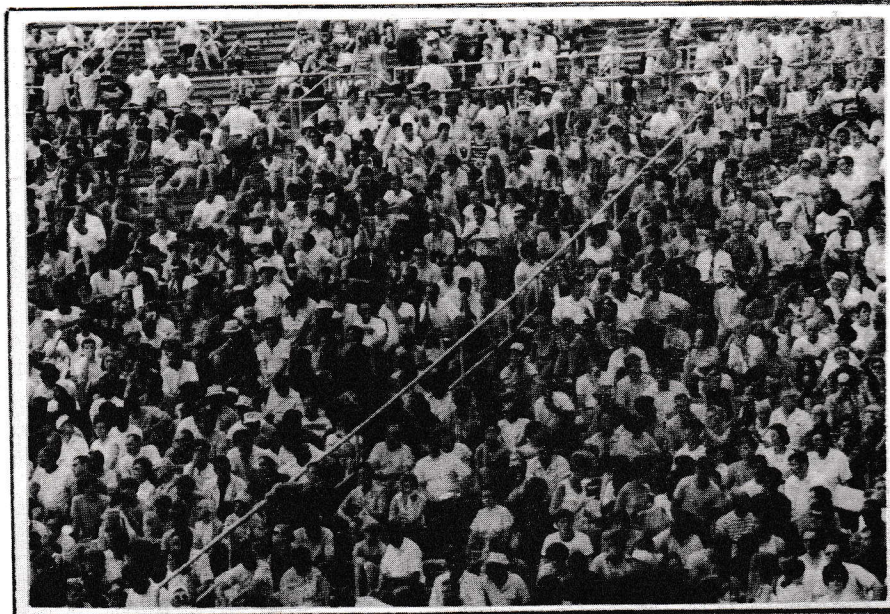
- 1. Mohinder Singh Gill, Cal Poly 52.9 3/4
- 2. Barry McClure, Middle Tenn. 52.4 3/4
- 3. Charles Steffes, New Mexico 52.3 3/4
- 4. Henry Jackson, Southern Cal. 50.11
- 5. Pat Onyanago, Wisconsin 50.0 1/2

60 HIGHS

- 1. Marcus Walker, Colorado 7.0
- 2. Bill High Tennessee 7.1
- 3. Paul Gibson, Utep 7.2
- 4. Richard Taylor, Northwestern 7.2
- 5. Jeff Howser, Duke 7.2

60 DASH

- 1. Jim Green, Kentucky 6.0
- 2. Herb Washington, Michigan State 6.0
- 3. Jim Harris, Ohio State 6.1
- 4. George Daniels, Colorado 6.1
- 5. Gene Brown, Michigan 6.2



SOME OF THE 8500 FANS WHO WERE ON HAND FOR THE 1970 P.I.A.A. STATE CHAMPIONSHIP MEET AT PENN STATE'S BEAVER FIELD.

DISTANCE MEDLEY RELAY

- 1. Pittsburgh (Ken Silay, Smitty Brown, Mike Schruko, Jerry Ritchey) 9:15.7
- 2. Manhattan 9:47.1
- 3. Villanova 9:48
- 4. Georgetown 9:51.0
- 5. Kansas State 9:45.5

600 RUN

- 1. Tommie Turner, Murray State 1:09.6
- 2. Dale Alexander, Kansas State 1:10.8
- 3. Reid Cole, New Mexico 1:11.4
- 4. John Perrigo, Air Force 1:11.5
- 5. Paul Hackett, Brigham Young 1:11.6

TWO MILE RELAY

- 1. Utep (Peter Romeo, Fernando De La Cerda, Rod Hill, Kerry Ellison) 7:37.4
- 2. Nebraska 7:37.5
- 3. Kansas 7:39.6
- 4. Drake 7:40.1
- 5. Florida 7:40.7

1,000 RUN

- 1. Bob Wheeler, Duke 2:07.4
- 2. Larry Rose, Oklahoma State 2:08.7
- 3. Morgan Mosser, West Va. 2:08.7
- 4. Greg Jones, Utep 2:08.8
- 5. Wayne Seiler, Eastern Mich. 2:09.3

MILE

- 1. Marty Liquori, Villanova 4:04.7
- 2. Jim Johnson, Washington 4:05.8
- 3. Ken Popejoy, Michigan State 4:09.0
- 4. Peter Kaal, Oklahoma State 4:10.1
- 5. Dave Dieters, Michigan State 4:10.6

MILE RELAY

- 1. Adelphi (Ray Lee, Keith Davis, Dennis Walker, Clyde McPherson) 3:51.5
- 2. Tennessee 3:15.3
- 3. Villanova 3:15.6
- 4. Murray State 3:17.4
- 5. Michigan State 3:17.6

There are now three large track & field bodies or organizations excluding the P.I.A.A. which has over six hundred member schools. They are Track & Field Association of Greater Philadelphia, The Pennsylvania Track & Field Association, and The Tri-State Coaches Track & Field Association. The Greater Philadelphia group includes schools from New Jersey and Delaware, while the Tri-State group includes members from Ohio and West Virginia. The Pennsylvania Track & Field Association is comprised of members from all areas of the state, including members of the above mentioned associations as well as the Pennsylvania Interscholastic Athletic Association (P.I.A.A.).

Since the organization of these various associations, the overall calibre of competition has begun to improve noticeably, since in many instances highly competitive indoor meets and outdoor development meets have been introduced. Presently, there are some 92 member schools of The Greater Philadelphia Association while Penna. Track & Field Association has on its roles coaches and directors from over 100 schools and colleges. As the results of the efforts of these organizations thousands of athletes have competed regularly with athletes from other areas of the state, as well as the neighboring states.

An individual who has been instrumental in the publicizing of scholastic performances during the last several years has been Charles Hemphill of New Kensington, Penna. He has been keeping a running tabulation each season of all noteworthy performances in the Greater Pittsburgh Area in a weekly newsletter report and statistical compilation entitled: The Southwest Pennsylvania Honor Roll. This publication has been enjoyed by many readers in that area including both the coaches and athletes. It has instilled a competitive spirit in the boys, each striving to have his achievements listed in the Honor Roll. Mr. Hemphill's publication has aided us tremendously in gathering pertinent information for our publication REVIEW, of the Pittsburgh Area. Our hats are off to him.

Another of Pennsy's track experts is Dave Batchelor of Pittsburgh, who as a coach and statistician is credited with starting the W.P.I.A.L. Honor Roll, which Mr. Hemphill took over in 1964. Dave has compiled a complete statistical report of W.P.I.A.L. Schools dating back to the Mid 1950's and believe you me, this list contains many athletes who went on to gain national fame.

W.P.I.A.L. ATHLETES OF NATIONAL ACCLAIM

EVENT	ATHLETE	HIGH SCHOOL	COLLEGE	PERFORMANCE
100	Orin Richburg	Westinghouse	Kent State	9.3w 9.4
220	Orin Richburg	Westinghouse	Kent State	20.7
440	Larry Floyd	W. Mifflin North	Wisconsin	46.8
880	Ray Arrington	Clairton	Wisconsin	1.48.1
800 Meters	Ray Arrington	Clairton	Wisconsin	1.47.1
880	Cary Weisinger	Mt. Lebanon	Duke	1.49.3
Mile	Cary Weisinger	Mt. Lebanon	Duke	3.56.6
1500 Meters	Cary Weisinger	Mt. Lebanon	Duke	3.39.3
1000 Yards	Cary Weisinger	Mt. Lebanon	Duke	2.09.5
1000 Yards	Ray Arrington	Clairton	Wisconsin	2.08.5
880	Jerry Richey	North Allegheny	Pitt	1.52.9
Mile	Jerry Richey	North Allegheny	Pitt	3.58.6
1500	Jerry Richey	North Allegheny	Pitt	3.42.4
Mile	Sam Bair	Scottsdale	Kent State	3.56.7
1500	Sam Bair	Scottsdale	Kent State	3.41.4
Mile	Ray Arrington	Clairton	Wisconsin	4.03.9
1500	Ray Arrington	Clairton	Wisconsin	3.48.0
Mile	Jack Fath	W. Mifflin North	Fordham	3.59.5
1500	Jack Fath	W. Mifflin North	Fordham	3.44.3
2 Miles	Sam Bair	Scottsdale	Kent State	8.46.2
2 Miles	Jerry Richey	North Allegheny	Pitt	8.46.4
3 Miles	Jerry Richey	North Allegheny	Pitt	13.41.4
5,000 Meters	Jerry Richey	North Allegheny	Pitt	14.19.8
3 Miles	Cary Weisinger	Mt. Lebanon	Duke	13.56.7
6 Miles	Jerry Richey	North Allegheny	Pitt	29.24.0
6 Miles	Dave Hein	Mt. Lebanon	W. Michigan	29.29.0
10,000 Meters	Dave Hein	Mt. Lebanon	W. Michigan	30.28.4
Javelin	Joe Schmidt	Canon McMillan	N. Texas State	280-7
Javelin	Jan Sikorsky	Mt. Pleasant	Southern Cal.	261-3½
Javelin	Jim Stevenson	Mt. Lebanon	Penn State	258-5
Javelin	Bob Kovoulo	Ambridge	Pitt	256-2
Javelin	John Gaydeski	Kiski Area	Lafayette	249-4
Javelin	Cal Bowser	Butler	N. Texas State	243-10
Javelin	Bill Kovoulo	Ambridge	E. Michigan	238-0

MID WINTER DISTANCE CARNIVAL
Schoonermaker Hall, South Park, Pa.
2/13/71

Bob Schurko, senior from Bethel Park served notice of his capabilities in the half-mile whipping up a swift 1.54.6 indoor at South Park, although he was disqualified for a reason unknown to us at this time. 2nd place finisher Danny Sullivan, a highly experienced middle distance runner from Mt. Lebanon was credited with the win in 1.55.8, also excellent time. Bob is the younger brother of Pitt's outstanding distance star and former schoolboy sensation at Bethel Park, Mike Schurko.

RESULTS

MILE RUN

1. John Baxter	Upper St. Clair	4.29.4
2. Mike Boyles	Penn Hills	4.34.0
3. Larry Hagger	Thomas Jefferson	4.34.8
4. Wayne Cooley	Ringgold	4.35.6
5. Tom Wolf	Baldwin	4.55.3
6. Tom Murtagh	South Hills Catholic	4.57.8

TWO MILE RELAY

1. Baldwin	8.19.6
2. Ringgold	8.23.2
3. South Hills Catholic	8.25.7
4. Washington	8.30.2
5. Penn Hills	8.34.1

TWO MILE RUN

1. Mark Bonasorte	Thomas Jefferson	9.44.0
2. Leon Kolankiewicz	Mt. Lebanon	9.58.5
3. Pat Heffernan	South Hills Catholic	10.02
4. Joe Curlee	Thomas Jefferson	10.03.1
5. Paul Josephson	Mt. Lebanon	10.18.4
6. Boros	Bethel	10.25.9

DIST. MEDLEY

1. Baldwin	10.52.6
2. Penn Hills	10.56.2
3. Mt. Lebanon	11.02
4. Ringgold	11.16
5. Washington	11.36
6. South Hills Catholic	11.45.4

880

1. Bob Schurko (dis.)	Bethel	1.54.6
2. Dan Sullivan	Mt. Lebanon	1.55.8
3. G. Bonasorte	Thomas Jefferson	2.01
4. Paul Augustine	South Hills Catholic	2.03.8
5. Larry Hager	Thomas Jefferson	2.04
6. Joe Consolhagne	Baldwin	2.04.8

PLACES

1. Thomas Jefferson	19
2. Mt. Lebanon	16
3. Baldwin	15
4. South Hills Catholic	13
5. Penn Hills	12
6. Ringgold	11
7. Bethel	7
8. Upper St. Clair	6
9. Washington	5
10. Trinity	0

NINTH ANNUAL USTFF NATIONAL CROSS COUNTRY CHAMPIONSHIPS ... Penn State University, University Park, Pa. ... November 25, 1970 ... 6 Miles 20° temp. Total Number of Entrants - 133

1. Frank Shorter ... Florida T.C.	29.01.3
<hr/>	
New Course Record. Old Record 29.35	
in 1969 by Jack Bachelor, Florida T.C.	
<hr/>	
2. John Bednarski ... Texas, El Paso	29.02
3. Donald Walsh ... Villanova	29.13
4. Greg Fredericks ... Penn State	29.21
5. Jack Bachelor ... Florida T.C.	29.37
6. Jeff Galloway ... Florida T.C.	29.42
7. John Hartnett ... Villanova	29.43
8. Bill Reilly ... NYAC	29.44
9. George Davis ... Sports International	29.45
10. Carl Hatfield ... Florida T.C.	29.46
11. Don Jayre ... North Carolina T.C.	29.53
12. Marty Liquori ... Villanova	29.54
13. Tom Donnelly ... Philadelphia A.C.	30.00
14. Wilson Smith ... Villanova	30.01
15. Charles Maguire ... Penn State	30.02

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PENNSYLVANIA VS. NEW JERSEY (on paper, that is)

1970 stats

We've conducted a simulated or make-believe meet on paper between Penna. and our neighboring state, New Jersey, which is noted for its track prowess. The best 1970 times and distances of both states were used, and points were awarded on a 5-3-1 basis five for first, three for second and one for third place, as in meet conditions. Using this system, New Jersey outpointed Penna. in the running events 46½ to 25. However, Penna. dominated the field events 43 to 20 which gave the Keystone State the victory by the score of 68 to 66½. "It would be a real thrill to see these two states get together in a real live-action contest."

EVENT	NEW JERSEY (66½)		PENNSYLVANIA (68)	
100	S. Ciemniecki, Linden	9.8	J. Scott, Carlisle	9.7
	E. Jones, Lincoln	9.8	W. Wright, Dougherty, Phila.	9.7
	V. DiCioccio, N. Bergen	9.8	R. Miller, Unionville	9.7
	R. Still, Haddon Hts.	9.8	R. Barnes, Abington	9.7
			R. Shaw, Bartram, Phila.	9.7
			B. Johnson, Chichester	9.7
220	E. Jones, Lincoln	21.1	R. Shaw, Bartram	21.4
	R. Still, Haddon Hts.	21.2	B. Johnson, Chichester	21.4
	S. Ciemniecki, Linden	21.4	W. Wright, Dougherty	21.5
	E. Barrett, Madison Twp.	21.4	D. Mecray, Downingtown	21.6
440	K. Davis, Lincoln	47.8	B. Neely, Abington	48.2
	A. Frierson, Lincoln	48.6	C. Curtis, Wissahickon	48.4
	G. Odat, Highland Park	49.0	R. Weaver, Oil City	48.7
	R. Bassett, Bergenfield	49.3	K. Warner, Wissahickon	49.0
			W. Wright, Dougherty	49.0
		E. Marsteller, Baldwin	49.0	
880	J. Savage, Roselle Cath.	1.50.2	G. Gittings, Baldwin	1.53.1
	A. Artola, Paramus Cath.	1.53.1	R. Matrunick, Derry Area	1.53.3
	G. Proto, Scotch Plains	1.53.2	B. Abraham, Upper St. Clair	1.54.5
	B. LaViolette, Saddle Br.	1.54.2	B. Schurko, Bethel Park	1.54.5
MILE	M. Keogh, Essex Catholic	4.10.1	G. Gittings, Baldwin	4.14.3
	J. Savage, Roselle Cath.	4.11.3	B. Schurko, Bethel Park	4.15.2
	P. Kelly, St. Benedict's	4.15.7	P. Christ, St. Francis	4.16.5
	C. Elliott, Ramapo	4.16.3	B. Hillman, No. Allegheny	4.16.6
2 MILE	M. Keogh, Essex Catholic	8.54.0	B. Louv, Upper Merion	9.15.4
	V. Cartier, Scotch Plains	9.12.8	J. Koster, Ridley	9.23.1
	M. Butynes, Sterling	9.17.0	N. Belden, Kenrick, Norristown	9.25.6
	K. Medlin, Haddon Twp.	9.17.5	J. Bradley, Hempfield	9.26.0
120 HH	J. Jim Robison, Camden	14.0	B. McCutcheon, Penn Crest	14.3
	Stan Perry, Freehold	14.2	D. Clune, O'Hara, Phila.	14.3
	P. Ricciardi, Iselin	14.2	L. Lewis, Coatesville	14.4
	J. Mounger, N. Highlands	14.3	D. Salks, Muhlenberg	14.4
180 LH	J. Robinson, Camden	19.4	P. Ritter, York	19.2
	Gene Hartz, Overbrook	19.4	C. Curtis, Wissahickon	19.3
	S. Perry, Freehold	19.5	J. Myers, Pgh. Schenley	19.5
	B. Ryan, New Milford	19.5	D. Spiller, Milton	19.5

(continued on next page)

EVENT	NEW JERSEY (66½)		PENNSYLVANIA (68)	
LJ	D. Pearson, Englewood	23-8½	G. White, Bristol	25-4¼
	T. Russell, Matawan	23-0¼	G. Gates, Scotland	22-11¾
	S. Finney, Hackensack	22-6¼	B. Goodman, York	22-11
	A. Schewkalow, Millville	22-6	H. Oliver, Valley	22-11
			R. Randall, Clariton	22-11
HJ	F. Zeiher, W. Essex	6-8	G. White, Bristol	6-9
	A. Baker, Woodbridge	6-6¼	M. Sperger, McDevitt, Wyncote	6-8
	W. Purcell, Englewood	6-6	R. Young, Wilson, Levittown	6-8
	L. Bennett, St. Joseph's	6-6	B. Chada, Highlands	6-6
TJ			G. White, Bristol	49-1½
			B. Walker, New Castle	47-9
			A. Nash, W. Chester	47-8
			J. Leonard, Perry	47-6½
SP	S. Adams, St. Joseph's	66-0½	R. Semkiw, Baldwin	61-9¼
	R. Guevara, Essex Cath.	64-6	T. Lacey, Abington	60-0½
	B. Brady, St. Joseph's	63-6	J. Nelson, Bradford	58-3
	C. Getty, Pompton Lakes	61-6	B. Chada, Highlands	57-10
DT	S. Adams, St. Joseph's	181-9½	T. Higgins, Lower Moreland	187-3¾
	J. Stites, Millville	178-0	J. Reihner, Washington	170-3
	N. Carella, Fort Lee	170-8	T. Lacey, Abington	170-3
	B. Zabelski, Springfield	170-1	K. Baker, Radnor	166-9
JT	J. Stites, Millville	215-9	J. Clark, Titusville	222-4
	D. Fisher, Cedar Grove	212-8	E. O'Neil, Warren	218-6
	M. Chapman, Pope Paul	211-5	D. Kisser, Clarion	210-5
	B. Young, Middletown	208-8	D. Kuhn, Central Dauphin, Hbg.	207-11
PV	B. Nake, Hackensack	13-8	M. Mondschein, Haverford	15-0¼
	M. Meagher, Indian Hills	13-4	J. McQuade, Wissahickon	14-6¼
	G. Mouravieff, C. Grove	13-3	S. Raab, McDevitt, Wyncote	14-2
	B. Zimmerman, Cherry Hill	13-2¾	G. Hauze, Bethlehem Freedom	13-9

(New Jersey Stats compiled by Ed Grant, Editor - New Jersey H. S. Track)

PA. TRACK AND FIELD ASSOCIATION INDOOR TRACK FLEET (continued from Page 10)

TWO MILE RUN

1. Tim Cook (Chambersburg)	9.43.4
2. Alvin Ramer (Chambersburg)	10.10.9
3. Bill Davis (Lewisburg)	10.11.4
4. John Wagner (Muhlenberg)	10.19.0
5. Steve Bastman (Upper Moreland)	10.27.9

MILE RELAY

1. Norristown (Sherry Moses, Bernard Christie, Mike DiAmicis, Mike McGalliard)	3.39.5
2. Solanco-Quarryville (Dave White, Al Beattie Doug Barron, Ben Work)	3.42.6
3. State College (Rob Corl, Wally Pledger, Tom Szeliga, Bill Dixon)	3.45.6
4. Muhlenberg (Mike Fowler, Jay Manwiller Dave Herbein, Al Iezzi)	3.45.6
5. Williamsport (Jon Brown, Mike Sullivan Barney Shepard, Tony Brown)	3.46.9

TWO MILE RELAY

1. State College (Howie Trieboid, Dave Batt, George Dixon, Steve White)	8.26.1
2. GAR Memorial (Ron Schneider, Tom Horn, Ted Mike, Jim Rickard)	8.33.6

3. Norristown (Charles McKee, Ray Nelson, Don Smith, Russ Saraulti)	
4. Annville-Cleona (Ron Birch, Dennis Eshleman, Marty Brandt, Jim Hostetter)	8.44.6
5. Meyers (Bob Peryo, Mark Sugarman, Jim Cross, Gay Aston)	9.02.7

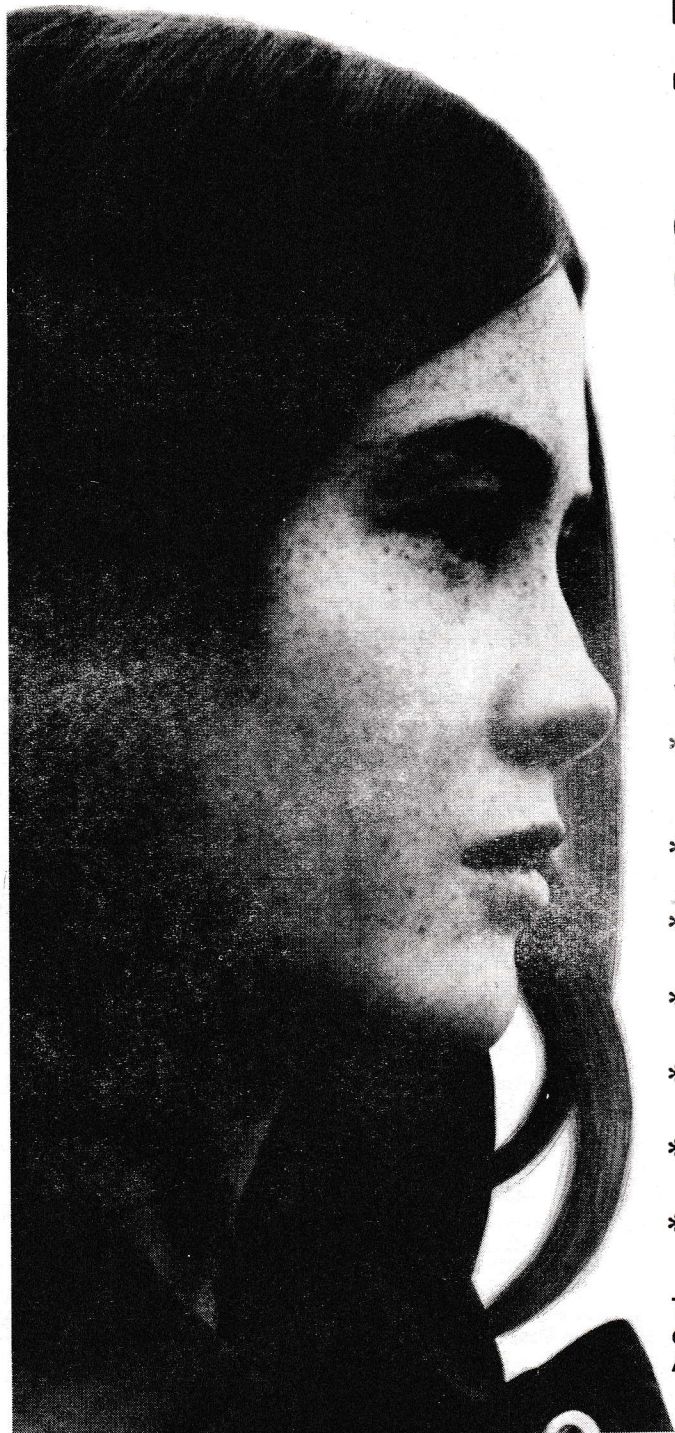
NCAA RESULTS (Indoor) (Continued from Page 11)

HIGH JUMP ... 1) Pat Matzdord, Wisconsin, 7-2 2) Lorenzo Allen, Arizona, 6-10 3) Chris Dunn, Colgate, 6-10 4) John Mann, Michigan, 6-10 5) Tie: Scott English, Utep, Brad Buetow, Minnesota, Tony Wilson, Tennessee, Joseph David, Maryland, all 6-10 (Second thru fifth places awarded on fewer misses.

POLE VAULT ...1) Scott Wallick, Miami of Ohio, 16-8 2) Scott Hurley, Florida, 16-4 3) Vincent Struble, Maryland, 16-4 4) Paul Heglar, Utep, 16-4 5) Tom Blair, Pennsylvania, 16-4

FINAL TEAM STANDINGS...

1) Villanova, 22	8) Michigan State & Pittsburgh, 9 ea.
2) Texas-El Paso, 19 1/4	10) Tennessee, 8 1/4
3) Wisconsin, 15	11) New Mexico, Murray State and Southern California, 8 ea.
4) Colorado & Kansas, 12 ea.	14) Duke and Kentucky, 7 ea.
6) Adelphi, 11	
7) Kent State, 10	



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