


SEPTEMBER 1994

CALIFORNIA

Track News

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Halt Lange
4920 Oak Leaf Avenue
Carmichael CA 95608

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- ✓ "Base ... by Jim Hunt
- ✓ Prep ...
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- ✓ 1994 Top USA
Track Marks
- ✓ Meet Spotlight ...
Junior Track &
Field

Track & Field ■ Cross Country

Twenty-first Year

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

\$2.25

CALIFORNIA Track News

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California Track News is published 9 times per year -- Cover dates are January/February, March, April, May, June, July/August, September, October, November/December. Each issue is mailed about the tenth of the month.

California Track News has an average circulation of 2,000 copies, consisting of paid subscriptions, store sales, and promotional copies. **California Track News** is mailed third class bulk rate and is not forwardable. When you move, please let us know at least 4 weeks in advance.

MAILING RATES: 1 year (11 issues) - \$20.00, 2 years (22 issues) - \$35.00, 3 years (33 issues) - \$46.00. Add \$10 per year for U.S. First Class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special discounted rates for meet / race / clinic ads.



4957 E. Heaton Avenue
Fresno, CA 93727
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EDITORIAL

Previews?

You can feel it in the air; just between the heat of summer and the cool of winter. This feeling is partly due to the start of another academic calendar. Along with the September peal of the school bells comes the anxious expectation of, once again, a brand new cross country season.

Cross country is the kind of thing that you really have to have done, personally, in order to fully appreciate and savor the drama of each new season. There is an excitement and optimism in new beginnings. Cross country coming at the beginning of the school year, is full of eager anticipation. Most coaches are looking for early pre-season previews and rankings to wet their appetite for things to come.

Pre-season polls don't really mean much. It's the end of the season poll, determined in the championship meets that is what counts. However, those polls get us excited and provide an opportunity for some much needed harrier publicity.

What's it look like on the impending California prep cross country scene? There are a lot of good returning runners out there to consider, but it's the newcomers who really make pre-season predictions tricky. One thing you can usually count on is that successful programs breed successful programs. California high school cross country will be no exception to this principle.

On the boy's side, long-time hill and dale developer Jack Farrell will, no doubt, be climbing the Woodward Park victory dais in Fresno at season's close. Look for Jack to climb those steps twice: once for the Thousand Oaks boys and, again, for

the Thousand Oaks girls. Another long-time successful program that will figure at the top (boys) is the Sacramento Jesuit team headed coached by Walt Lange. Southern California's Joe Kelley coached Peninsula team will also be at the top of the girls heap.

Just as tricky as pre-season team favorite picks is trying to outguess who the individual leaders will be. Top boys look to be Brett Strahan out of Newhall, Mike Stember from Sacramento, Eleazar Hernandez from Camarillo, Antonio Arce from Palmdale and Jess Fischer from Thousand Oaks. For top girls, look for Emily Allison of San Jose, Julia Stamps from Santa Rosa, Molly Mehlberg from Palos Verdes and Annie Ebner of Glendora. Don't overlook the return of Agoura High's Amy Skieresz.

The only thing about pre-season picks that you can count on, is that you can't count on pre-season picks. That's one of the exciting things about the sport. Who will the winners be? That's why we have championship events. See you at Balboa Park, Mt. SAC, Woodward Park, Belmont, Rocklin, etc., etc., etc. I can tell you then who number one is.

-B.C.

ON THE COVER: Kingsburg High School's pole vault pioneer **MELISSA PRICE** leads the U.S. with her 11-6 mark (see the 1994 Top USA Track Marks ranking beginning on page 16. Additionally, the All-Time California Girls' List (see page 8) ranks pole vaulters for the first time.

Photo by Bill Cockerham

Photo Inset: **JULIA STAMPS** set a national frosh record in the 3000 meters at the U.S. Junior National Championships in June at Florida State. Julia ran 9:28.50 to win a close race over standouts **SARNA RENFRO** (9:28.95) and **ROSY GARDNER** (9:31.99).

Photo by Phillip L. Enbody

SCHEDULE

Please send cross country and track information to CTN, 4957 E. Heaton Ave., Fresno, CA 93727.

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

High School

Cross Country

October 8 (Saturday)

Castro Valley: Castro Valley Cross Country Invitational. Canyon Middle School. 9 a.m. Includes Coaches race. Peter Brewer, Castro Valley High School, 19400 Santa Maria, Castro Valley 94546 (510) 537-5910 x470 or (510) 945-8869 after 9:00 p.m.

October 22 (Saturday)

Kamuela HI: Hawaii Preparatory Academy's HPI Invitational. 9 a.m. Varsity & junior varsity races. Girls=2 mile, boys=3 mile. Contact Joy Margerum, Phil Conley or Steve Perry (808) 885-8227 or FAX (808) 885-8203. HPA, Box 428, Kamuela, HI 96743.

October 28 (Friday)

Azusa: Arroyo HS/Azusa Pacific University High School Invitational. 2 Mile 7:00 p.m. Azusa Pacific University. All Divisions. Contact Irv Ray (818) 969-3434 x3294 or Tim O'Rourke at Arroyo HS (818) 444-9201..

October 29 (Saturday)

Pacific Grove: Pacific Grove Cross Country Invitational. 10:00 a.m.-1:30 p.m. Small and large school divisions. 15 races boys/10 races for girls. (1st men run in one race, 2nd...etc.). Contact Richard Chamberlin at (408) 372-2009 (FAX too) or write c/o Pacific Grove High School, 615 Sunset Drive, Pacific Grove 93950.

November 13 (Sunday)

Santa Rosa: PA/USATF Junior Olympic Cross Championships National Qualifier. Info: Bob Shor (707) 538-0708.

November 20 (Sunday)

Fresno: Region 14 Junior Olympic Cross Country Championships National Qualifier.

December 3 (Saturday)

Fresno: Foot Locker West Regional Cross Country Championships. Woodward Park. New race schedule for 1994. Includes coaches race. 5K. Contact Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 4 (Sunday)

Portland, OR: USATF Junior Cross Country Championships. Harry Simonis (503) 253-2639.

December 10 (Saturday)

San Diego: Foot Locker Cross Country National Championships. Morley Field, Balboa Park. 5K. Eight boys & eight girls each from 4 regional events.

Reno, NV: National Junior Olympic Cross Country Championships. Wildcreek Golf Course. Meet Director: Bruce Susong. Info: (702) 358-1401 days, (702) 849-0599 nights.

Track & Field

October 22 (Saturday)

Santa Cruz: KELfield Throws Series #32. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

November 19 (Saturday)

Santa Cruz: KELfield Throws Series #33. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

December 17 (Saturday)

Santa Cruz: KELfield Throws Series #34. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

January 21, 1995 (Sat.)

Santa Cruz: KELfield Throws Series #35. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

February 17-18, 1995

Pocatello, ID: Simplot Games. High School Indoor Track & Field Event. Idaho State University. 200m banked board track. Info: Carol Lish 1-800-635-9444.

College & Open

Cross Country

September 10 (Sat.)

Fullerton: CSU Fullerton Invit.

Whittier: Whittier Invitational.

September 17 (Sat.)

San Diego: Aztec Invitational, Balboa Park (original location). Women 5K, Men 10K. (619) 594-5514.

Fresno: FSU/FPC Cross Country Invitational. Woodward Park, 9:00 a.m. Red Estes (209) 278-4097.

Santa Barbara: Westmont Invitational. Westmont College. 10 a.m.

September 24 (Sat.)

Davis: Aggie Invitational. U.C. Davis, 9:00 a.m.

El Cajon: Steve Scott Cross Country Classic. Cuyamaca College. Ron Tabb (619) 670-7204.

Santa Barbara: UCSB Invitational.

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 -Jeff Arbogast, Coach, Bingham HS (Utah)

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 -Lynn Jennings, World Cross Country Champion

Also Available: The New 1994 H.S. Cross Country Yearbook—a 60-page review of all 50 '93 State Meets, plus Natl. Rankings and other features. \$15 plus \$1 postage.

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Marc Bloom, Editor & Publisher

SCHEDULE

October 1 (Saturday)

Stanford: Stanford Invitational. Betsy Riccardi (415) 725-0761.

La Mirada: Biola Invitational.

October 8 (Saturday)

Oakland: Mills College Invitational. PA/USATF Grand Prix Circuit event.

Women's 5K/9 a.m. Men's 5 Mile/9:45 a.m. X-C Coach, Mills College Athletics, 5000 MacArthur Blvd., Oakland 94613. Info: Patty Gray Bellan (510) 430-3282.

Fresno: FSU All-Comers. Woodward Park. (tentative).

San Francisco: Lou Vasquez Memorial Cross Country Invitational. Polo Fields, Golden Gate Park. Ken Grace (415) 239-3208.

October 15 (Saturday)

San Diego: The Balboa Classic Invitational. Balboa Park. Men/5 mile--8 a.m. Women/5K-- 8:45 a.m. Contact Ted Van Arsdale, UC San Diego, Cross Country, ICA-0905, 9500 Gillman Dr., La Jolla, CA 92093 FAX Ted Van Arsdale, Cross Country (619) 534-8172.

San Luis Obispo: Cal Poly SLO Invitational. 10 a.m.

San Francisco: Pacific Associational USATF Cross Country Championships. Tim Wason (415) 646-1467.

October 22 (Saturday)

Fresno: Cal/Nevada Championships. Woodward Park, 10:00 a.m. Red Estes (209) 278-4097.

Tempe, AZ: Canyon West X-Country Classic (Formerly Phoenix Invitational). Kiwanis Park. Women/3.0 mile-10 a.m. Men/5.0 mile--10:45 a.m. Divisions: Junior College, University, Open, Masters. Canyon West Organizing Committee, 2902 East Campbell Ave., Phoenix, AZ 85016 Attn: Fred Moore. FAX (602) 468-0319. Phone: (602) 954-4605 or (602) 981-4025.

October 29 (Saturday)

La Mirada: Biola Invitational. La Mirada Park, 9:00 a.m.

Stanford: Pac 10 Cross Country Championships. Stanford Golf Course. Betsy Riccardi (415) 725-0761.

Turlock: Northern California Athletic

Conference Cross Country Championships. CSU Stanislaus. Kim Dyst (209) 667-3312.

Logan, UT: Big West Conference Cross Country Championships. Utah State university. Kaye Hart (801) 750-1850.

November 5 (Saturday)

San Diego: GSAC Championships.

November 12 (Saturday)

Salt Lake City, UT: WAC/NCAA Region VII. Craig Poole (801) 378-7508.

Walnut: Asics Cup Cross Country Challenge. (In conjunction with CIF XC Prelims.) All Day. Mt. SAC 3 mile course. Men/11:30 a.m., Women/11:45 a.m. This race open to college and open runners. Contact Kevin Galbraith, 7605 Manchester Ave., #103, Playa Del Rey 90293 (310) 641-4303. Pre-entry deadline is November 2.

November 19 (Saturday)

San Francisco: West Region Cross Country Championships. (617) 566-7600.

Kearney, NE: NCAA Div. II Cross Country Championships. Dick Berchner (308) 234-8333.

Alfred, NY: NCAA Div. III Cross Country Championships. Steve Babcock (607) 587-4431.

Kenosha, WI: NAIA National Cross Country Championships. Wally Schwartz (918) 494-8828.

November 22

Fayetteville, AR: NCAA Div. I Cross Country Championships. Bev Lewis (501) 575-5403.

November 26 (Saturday)

Sandy, OR: National Cross Country Championships.

December 4 (Saturday)

Portland, OR: USATF Cross Country Championships. Harry Simonis (503) 253-2639.

December 10 (Saturday)

Reno, NV: USATF Junior Olympic X-C Championships.

SCHEDULE

December 11 (Sunday)

Palm Desert, CA: National 5K Championships.

Track & Field

October 22 (Saturday)

Santa Cruz: KELfield Throws Series #32. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

November 17 (Thurs.)

Fresno: FSU Turkey Trials. Warmerdam Field, 2:00 p.m. Red Estes (209) 278-4097.

November 19 (Saturday)

Santa Cruz: KELfield Throws Series #33. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

December 10-11

Long Beach: VISA Winter Decathlon & Heptathlon. Long Beach State. Andy Sythe (310) 985-1700.

December 17 (Saturday)

Santa Cruz: KELfield Throws Series #34. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire

Grade, Santa Cruz 95060 (408) 458-0202.

January 21, 1995 (Sat.)

Santa Cruz: KELfield Throws Series #35. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

February 24, 1995 (Fri.)

Atlanta, GA: Indoor National Championships.

March 10-12, 1995

Barcelona, Spain: World Indoor Championships.



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SCHEDULE

March 25, 1995 (Sat.)

San Diego: UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

April 8, 1995 (Saturday)

San Diego: UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field Coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

April 9, 1995 (Sunday)

Athens, Greece: World Marathon Cup.

April 29-30, 1995

Beijing, China: World Cup of Racewalking.

June 1995

Los Angeles: National Junior Championships.

August 4-13, 1995

Gothenburg, Sweden: World Track & Field Championships.

Masters

Cross Country

October 22 (Saturday)

Tempe, AZ: Canyon West X-Country Classic (formerly Phoenix Invitational). Kiwanis Park. Women/3.0 mile--10 a.m. Men/5.0 mile--10:45 a.m. Junior College, University, Open, Master divisions. Canyon West Organizing Committee, 2902 East Campbell Ave., Phoenix, AZ 85016. Attn: Fred Moore FAX (602) 468-0319. Phone (602) 954-4605 or (602) 981-4025.

Track & Field

September 10 (Sat.)

Berkeley: NorCal Seniors Classic. Edwards Stadium. Mark Grubi, PO Box 424512, San Francisco 94142-4512. (415) 289-3352.

San Diego: California State Senior Games Championships. 50+. Senior

Sports Festival, 5384 Linda Vista Rd., Suite 200, San Diego 92110 (619) 543-9046. FAX (619) 543-9239.

September 11 (Sunday)

Long Beach: Sri Chinmoy Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271.

September 17

Santa Cruz: KELField First Anniversary Meet. Info: Gary Kelmenson (408) 458-0202.

September 25 (Sunday)

Long Beach: Sri Chinmoy Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271.

September 26-October 8

Brisbane, Australia: World Masters Games. Info: Crowd Pleasers, Inc. Suite 333, 11777 S.E. Zion Hill Drive, Gresham, OR 97080 (503) 658-6011. FAX (503) 658-6011. Toll Free: (800) 424-8735.

October 1 (tentative)

Santa Barbara: Club West Masters Meet. Santa Barbara City College. (805) 682-9540.

October 8 (Saturday)

Santa Barbara: 22nd Annual Club West Masters Meet. Santa Barbara CC. 9 a.m. Beverly Lewis (805) 969-5851.

October 22 (Saturday)

Santa Cruz: KELfield Throws Series #32. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

October 30 (Sunday)

Pasadena: Crown Valley Senior Games. Rose Bowl. Bowl to Bowl Walk '94. 5K Racewalk. Road race. USATF sanctioned. Jim Hanley, Meet Director, Cynthia Vaughan, Walk Coordinator (818) 397-4062.

November 19 (Saturday)

Santa Cruz: KELfield Throws Series #33. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire

Grade, Santa Cruz 95060 (408) 458-0202.

December 17 (Saturday)

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January 21, 1995 (Sat.)

Santa Cruz: KELfield Throws Series #35. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

Camps & Clinics

December 27-31

San Luis Obispo: Sky Jumpers Christmas Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

January 14, 1995 (Sat.)

Manteca: NSCA NorCal Strength & Conditioning Track & Field Clinic. East Union High School. Info: Dan King (209) 823-0414.

All-Comers

October 2 & 23, November 13, December 17, January 14, 1995, February 4, 1995

Atascadero: Sky Jumpers All-Comers Vaulting Competitions. Sky Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero 93422. 1 p.m. Divisions/men & women: under 9, 10-12, 13-14, 15-16, 17-18, 19-34, 35-44, 45-54, 55-64, 65-74, 75-84. Contact Jan Johnson, FAX (805) 466-8273 or phone (805) 466-8119.

SoCAL DIARY

By Bill Minarik

Cross Country Preview

PAC-10

Men -- With Washington State no longer a power, I look for Oregon to take over the number one spot with Washington close behind. UCLA, behind Mebrahtom Keflezighi, should move into the show position.

- | | |
|---------------|---------------------|
| 1. Oregon | 6. Washington State |
| 2. Washington | 7. Cal |
| 3. UCLA | 8. Arizona State |
| 4. Arizona | 9. USC |
| 5. Stanford | |

Women -- You could flip a coin here among any of the top 3 and be just as sure as I am, but I'll go with Stanford over Oregon with Arizona third.

- | | |
|---------------|---------------------|
| 1. Stanford | 6. UCLA |
| 2. Oregon | 7. Washington State |
| 3. Arizona | 8. Arizona State |
| 4. Washington | 9. USC |
| 5. Cal | |

Big West

Men -- With the University of Nevada reportedly having dropped the sport, Utah State should take this conference in a breeze. UCSB then appears to have an edge over New Mexico State for second.

- | | |
|--------------------|-----------------|
| 1. Utah State | 4. CS Fullerton |
| 2. UCSB | 5. UC Irvine |
| 3. N. Mexico State | 6. Long Beach |

Women -- I look for the UCSB swarm to repeat here, with UC Irvine a solid second ahead of Utah State.

- | | |
|---------------|---------------------|
| 1. UCSB | 6. CS Fullerton |
| 2. UC Irvine | 7. New Mexico State |
| 3. Utah State | 8. Nevada (?) |
| 4. Hawaii | 9. UNLV |
| 5. Long Beach | 10. Pacific |

CCAA

Men -- As usual, the Cal Poly SLO men will have a lock here ahead of Cal State LA, with UC San Diego third.

- | | |
|----------|--------------------|
| 1. CPSLO | 4. Cal Poly Pomona |
| 2. CSLA | 5. UC Riverside |
| 3. UCSD | 6. CS Bakersfield |

Women -- I'll go with CPSLO here based on depth, but Cal State LA has the front line strength to win on a given day. No one else will be close.

- | | |
|----------|--------------------|
| 1. CPSLO | 4. Cal Poly Pomona |
| 2. CSLA | 5. UC Riverside |
| 3. UCSD | 6. CS Bakersfield |

SCIAC

Men -- Claremont-Mudd is just too tough up front for the rest of the conference. Look for Oxy to move past Pomona-Pitzer into the place position.

- | | |
|------------------|-----------------|
| 1. Clare-Mudd | 5. Redlands |
| 2. Oxy | 6. Cal Tech |
| 3. Pomona-Pitzer | 7. LaVerne |
| 4. Whittier | 8. Cal Lutheran |

Women -- I'll take Oxy in a very close competition over Claremont-Mudd with Pomona-Pitzer some distance back in third.

- | | |
|------------------|-----------------|
| 1. Oxy | 5. Cal Lutheran |
| 2. Clare-Mudd | 6. Cal Tech |
| 3. Pomona-Pitzer | 7. Redlands |
| 4. Whittier | 8. LaVerne |

Community College

Men -- I don't see things much different than last year as the rich appear to be getting richer. I'll pick Riverside over Cuyamaca, but that could change depending on some last minute recruiting.

- | | |
|--------------|--------------|
| 1. Riverside | 4. El Camino |
| 2. Cuyamaca | 5. Glendale |
| 3. Mt. SAC | |

Women -- On paper, Mt. SAC appears to be the best with last year's state champ Irvine Valley right behind.

- | | |
|-------------------|-----------------|
| 1. Mt. SAC | 4. Orange Coast |
| 2. Irvine Valley | 5. El Camino |
| 3. San Diego Mesa | |

GSAC

Men -- The APU men are loaded with talent and should be 10-deep with strong runners. Westmont returns the entire team from last year's 13th place NAIA National finish. SCC has been building for years and finally is 5-deep with strong runners. FPC returns two of its previous top 5 and had a good recruiting year.

- | | |
|---------------------------|--------------|
| 1. Azusa Pacific | 5. Pt. Loma |
| 2. Westmont | 6. Biola |
| 3. So Cal College | 7. Concordia |
| 4. Fresno Pacific College | |

Women -- Westmont placed 5th at last year's NAIA Nationals and returns most of their team. APU returns several key runners, but had its best recruiting year ever for distance runners. SCC and FPC should be much improved over last year.

- | | |
|---------------------------|--------------|
| 1. Westmont | 5. Pt. Loma |
| 2. Azusa Pacific | 6. Biola |
| 3. So C College | 7. Concordia |
| 4. Fresno Pacific College | |

WAC

Men -- The 1993 WAC champion -- BYU -- is predicted to take the WAC again in 1994.

- | | |
|--------------|-------------------|
| 1. BYU | 5. Colorado State |
| 2. Wyoming | 6. Utah |
| 3. Air Force | 7. New Mexico |
| 4. UTEP | 8. Fresno State |

Women

- | | |
|----------------|--------------------|
| 1. BYU | 5. UTEP |
| 2. Colo. State | 6. Fresno State |
| 3. Utah | 7. New Mexico |
| 4. Wyoming | 8. San Diego State |

Thanks to Eric Schwab of Fresno Pacific, Bryan Wilkins of Southern California College and Red Estes & Adam Brady of Fresno State University for their helpful input.



MELISSA PRICE

Photo by Bill Cockerham

1994 All-Time CALIFORNIA High School Girls List

Here are the all-time California high school girls' lists, updated through August 18, 1994.

The assistance of all those who helped with additions and corrections is gratefully acknowledged, with special thanks to Ron Blackwood, Keith Conning and Doug Speck. Needless to say, the responsibility for any errors belongs to the writer and additions and corrections should be sent to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710.

For the first time this year, we've added a girl's pole vault list. (A special thanks here to Ed Seese, who provided Northern California girl's marks). I understand that the event was strictly an exhibition at this year's State Meet, but, as far as I'm concerned, Melissa Price is the first state girl's PV champion and her winning mark the state meet record.

The various CIF sections treated the event with varying degrees of serious-

ness. The Central Section added it to the sectional meet program (as a non-scoring event) and held qualifications at its regular area qualifying meets. It's hardly coincidence that the section produced not only the first state champion, but also the American record holder.

By the time you read this, the California Interscholastic Federation will have decided what it's going to do with this event. What it should do is add it to the program as a scoring event. The arguments that there aren't enough competitors or that the level of competition is too low won't hold water. Based on our experience with other new events and the history of girl's track in general, we can say, "Add it as a scoring event and watch it take off." (Ed Seese thinks it's possible for a woman with 12-flat 100 speed to vault 17 feet. That may be a while down the road, but I'll predict this within 10 years--A national high school record of 13-6 to 14 feet and the event on the Olympic program.)

--Bob Womack

100 Meters

State Meet Record: 11.14 Marion Jones, (Thousand Oaks) 1992 @ Cerritos. **Frosh:** 11.60 Brenda Winston (San Geronio, San Bernardino) 1976. **Soph:** 11.17 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 11.14 Marion Jones (Thousand Oaks) 1992. **Senior:** 11.28 Marion Jones (Thousand Oaks) 1993.

11.14	Marion Jones (ThouOaks)-4 at Cerr	1992
11.28	Angela Burnham (Rio M. Oxn.)-2	1988
11.34	Sharon Ware (Berkeley)-2	1980
11.48	Inger Miller (Muir, Pasadena)	1990
11.50	Kim Robinson (Westchester, L.A.)	1977
11.51	Gail Devers (Swtwater, NatiCity)-1	1984
11.54	Andrea Anderson (Poly, Long Bch)	1994
11.56	Jackie Thompson (Lincoln, SD)	1973
11.57	Valerie Brisco (Locke, L.A.)	1978

11.58	Brenda Winston (SanGorg S.Bern.)	1977
11.58	Heather Sumpter (Muir, Pasad)-1	1994
11.59	Monica Taylor (Grant, Sacto)	1983
11.61	Sherr Howard (Kennedy, GranHills)	1980
11.61	Gervaise McCraw (Ganasha, Pom) -1	1982
11.61	Carrie Franklin (Muir, Pasadena)	1985
11.61	Lesa Parker (O'Dowd, Oak)	1992
11.62	Inger Peterson (Dorsey, L.A.)	1981
11.63	Lisa Winston (Jordan, Long Bch)-1	1982
11.63	Pam Qualls (Burbank, Sacto)	1984
11.63	Aminah Haddad (Poly, Long Beach)	1994
11.64	Alice Brown (Muir, Pasadena)	1978
11.64	Robin Simmons (Crenshaw, L.A.)	1983
11.64	Tamika Bradfield (Compton)	1991
11.65	Lakeisha Backus (Wilson, LgBch)	1993
11.66	Gwen Loud (Westchester, L.A.)	1979
11.66	Chewuakii Knighten (Locke, L.A.)	1985

Hand Timing

11.4	Jackie Thompson (Lincoln, SD)	1972
11.4	Elaine Parker (Oceana, Pacifica)	1978

200 Meters

(*220 Yards Minus 0.12)

State Meet Record: 22.71 Marion Jones (Thousand Oaks) 1992 @ Norwalk. **Frosh:** 23.70 Marion Jones (Rio Mesa, Oxnard) 1990. **Soph:** 22.76 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 22.58 Marion Jones (Thousand Oaks) 1992. **Senior:** 23.00 Marion Jones (Thousand Oaks) 1993.

22.58	Marion Jones (TOaks)-4 @ NewOr	1992
23.08	Jackie Thompson (Linc,S.D)Munich	1973
23.19	Sherr Howard (Kenn, GranHills)-1	1980
23.21	LaKeisha Backus (Wilson, Lg Bch)-1	1994
23.23	Aminah Haddad (Poly, Long Beach)	1994
23.25	Denean Howard (Kenn, Gran Hills)-2	1982
23.27	Gervaise McGraw (Ganasha, Pom)	1982
23.40	Leslie Maxie (Mills, Millbrae)	1984
23.42*	Gwen Loud (Westchester, L.A.)-1	1979
23.45	Angela Burnham (Rio Mesa, Ox)-2	1988
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-2	1985
23.57	Inger Miller (Muir, Pasadena)	1990
23.59	Cathy Roberts (Cerritos)	1984
23.59	Simone Cain (Hueneme, Port Huen)	1988
23.60	Andrea Anderson (LB Poly)	1993
23.62	Sharon Ware (Berkeley)	1980
23.62	Latasha Gilliam (Pittsburg)	1994
23.69	Tamika Bradfield (Compton)	1991
23.72	Frieda Cobbs (Berkeley)	1978
23.75	Kelia Bolton (Hill, San Jose)-1	1978
23.77	Valerie Brisco (Locke, L.A.)	1978
23.77	Pam Qualls (Burbank, Sacramento)	1984
23.80	Diana Pullins (Muir, Pasadena)	1982

continued next page...

23.80	Kelli White (Logan, Union City)	1994
Hand Timing		
23.0	Andrea Anderson (LB Poly)	1993
23.2	Mable Ferguson (Ganessa, Pomona)	1973
23.2	Chewuakii Knighten (Locke, L.A.)	1985
23.4	Kathy Hammond (Mira Loma, Sacto)	1969
23.5	Brenda Winston (San Gor, S. Bern.)	1977
23.7	Latasha Gilliam (Pittsburg)	1994

400 Meters

(*440 Yards Minus 0.26)

State Meet Record: 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento, 1982. **Frosh:** 53.76 Leslie Maxie (Mills, Millbrae) 1982. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sherri Howard (San Geronimo, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Ken)-2 @Knoxville	1982
51.09	Sherri Howard (San Geronimo)-1	1979
51.91	Mable Ferguson (Ganessa, Pom)	1972
52.17	Chewuakii Knighten (Locke, L.A.)-2	1985
52.25	Janenne Vickers (Pomona)	1986
52.83	Leslie Maxie (Mills, Millbrae)-1	1984
52.91	Marion Jones (Rio Mesa, Oxnard)	1991
53.10	Linnetta Wilson (Muir, Pasadena)	1985
53.12	Frieda Cobbs (Berkeley)	1978
53.13*	Charlette Cooke (St. Mary's, L.A.)	1966
53.20	Paulette Blalock (Compton)	1984
53.34	Jeannie Arnold (Locke, L.A.)	1982
53.42	Arlise Emerson (Westminster)-1	1978
53.42	Gervaise McCraw (Ganessa, Pom)	1982
53.46	Marian Franklin (Balboa, S. Fran)	1979
53.47	Gwen Gardner (Crenshaw, L.A.)	1978
53.49	Princess Bennett (Compton)-1	1986
53.51	Faye Paige (Poly, Long Beach)	1980
53.55	Angela Rolfe (Dorsey, L.A.)-2	1987
53.70	Valerie Brisco (Locke, L.A.)-1	1978
53.76	Gayle Kellon (Walnut)	1982
53.81	Janice Farwell (Muir, Pasadena)	1984
53.83	Nedra Rodgers (Berkeley)	1982
53.89	Janica Nichols (Bakersfield) -1	1990
53.90	Kim White (Berkeley)	1979

Hand Timing:

(*440 Yards Minus 0.3)

51.8*	Kathy Hammond (Mira Loma, Sacto)	1969
53.4*	Janice Wiser (LaJolla)	1973
53.4	Gayle Kellon (Walnut)	1983

800 Meters

(*880 Yards Minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) @ Norwalk, 1981. **Frosh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6* Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8* Charlette Cooke (St. Mary's, L.A.) 1966.

2:02.29	Mary Decker (Orange) @ Durham	1974
2:03.8*	Charlette Cooke (St. Mary's, L.A.)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Bch)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.43	Linda Goen (North, Bakersfield)	1977
2:05.61	Nicole Teter (W Vly, Cottonwd)-1	1991
2:05.7	Rennie Durrand (Laguna Beach)-1	1980
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnyvl)	1970
2:05.9	Lynn Hollins (Riverside)	1976
2:06.01	Donna Curtis (Culver Ctt)-1	1981



Left to right: POLLY PLUMER, LINDA GOEN & MICHELLE BUSH

Photo by Bill Leung, Jr.

2:06.07	Trescia Palmer (Westchester, L.A.)	1982
2:06.13	Kim Toney (Atascadero) -2	1990
2:06.47	Regina Jacobs (Argyll, No Hollywd)	1980
2:07.25	Becky Spies (Livermore)	1991
2:07.3	Marie Mulder (Sacramento)	1965
2:07.6*	Cis Schafer (Washington, Fremont)	1970
2:07.8	Arlise Emerson (Westminster)	1978
2:07.9*	Kathy Costello (PeasHill, SJose)-2	1975
2:08.00	Lesley Noll (Mt. Carmel, San Diego)	1985
2:08.18	Michelle Taylor (Ganessa, Pomona)	1982
2:08.4	Kristin Dowell (StTeresa, SJose)-1	1984
2:08.42	Laura Chapel (UnivCity, SJose)-1	1986
2:08.5*	Paula Rose (Newport Harbor)	1975

1500 Meters

(*Enroute to Longer Distance)

Frosh: 4:24.17 Kathi Denz (Blair, Pasadena) 1978.

Soph: 4:28.2+ Nanette Garcia (Silver Creek, San Jose) 1983. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Fre, Snyv) @Stutt	1969
4:16.8+	Polly Plumer (Univ, Inv) @ Westwd	1982
4:20.9	Cheri Williams (Livermore)	1978
4:21.0+	Vickie Cook (Alemany, Mission Hills)	1981
4:21.5	Eileen Clausus (Rio Amer, Sacto)	1972
4:23.0	Linda Goen (North, Bakersfield)	1979

4:23.9+	Darcy Arreola (Gross, La Mesa)	1986
4:24.17	Kathi Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:24.6	Paula Rose (Newport Harbor)	1976
4:25.0	Regina Jacobs (Argyll, NoHollywd)	1981
4:25.10	Julia Stamps (Pinc Vly Jr., S.Rosa)	1994
4:25.16	Becky Spies (Livermore)	1991
4:25.2	Gladys Pneur (La Lycee Franc, L.A.)	1983
4:25.4	Michelle Bush (Rolling Hills)	1979
4:25.4	Kristen Powell (STeresa, San Jose)	1985
4:25.6	Tracy Weber (Lynbrook, San Jose)	1981
4:25.66	Mary Decker (Portola Jr., Orange)	1973
4:25.7+	Paula Bresnan (Kennedy, GranHills)	1983
4:26.0+	Laurie Chapman (Gund, San Jose)	1986
4:26.8+	Julie Seleine (University, Irvine)	1983
4:27.7	Roxanne Bier (Indep, San Jose)	1979
4:27.8+	Tina Allen (Santana, Santee)	1982
4:27.8+	Jessica Spies (Livermore)	1982

1600 Meters

(* Mile Minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) @ Sacramento 1982. **Frosh:** 4:40.2* Mary Decker (Portola Jr., Orange) 1973. **Soph:** 4:45.98 Kira Jorgensen (Vista) 1987. **Junior:** 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44* Polly Plumer (University, Irvine) 1982.

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All-Time CALIFORNIA High School Girls List

4:33.44*	Polly Plumer (Univ,Irv)-3	@Wstwd	1982
4:38.9*	Eileen Claugus (Rio Amer, Sacto)		1973
4:40.0*	Vickie Cook (Alemany, Mission Hills)		1981
4:40.2*	Mary Decker (Portola Jr., Orange)		1973
4:42.77	Darcy Arreola (Grossm, La Mesa)-1		1986
4:43.15*	Cheri Williams (Livermore)-1		1978
4:43.90	Paula Bresnan (Kennedy, Gran Hills)		1983
4:44.47	Denise Ball (Newbury Park)		1982
4:44.6*	Linda Goen (North, Bakersfield)-2		1979
4:44.76	Tracy Weber (Lynbrook, San Jose)		1981
4:44.93	Cory Schubert (Del Mar, SJose)-1		1983
4:45.00	Julie Selfine (University, Irvine)		1983
4:45.11	Becky Spies (Livermore)-1		1991
4:45.13	Laurie Chapman (Gund, San Jose)		1986
4:45.2*	Jessica Spies (Livermore)		1982
4:45.46	Tina Allen (Santana, Santee)		1982
4:45.6*	Sandy Langan (El Camino, Sacto)		1971
4:45.7*	Debbie Heald (Neff, La Mirada)		1970
4:45.98	Kira Jorgensen (Vista)-2		1987
4:46.0*	Allison Ehlen (Santa Barbara)		1981
4:46.59	Robbyn Bryant (Hesperia)		1987
4:46.74	Nanette Garcia (Silv Crk, San Jose)		1983
4:46.8*	Paula Rose (Newport Harbor)		1975
4:47.0*	Kathi Denz (Blair, Pasadena)		1977
4:47.23	Gladees Prieur (La LyceFran, L.A.)		1983

3000 Meters

(+ Enroute to Longer Distance)

Frosh: 9:28.50 Julia Stamps (Rincon Valley Jr., Santa rosa) 1994. **Soph:** 9:24.8 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

9:11.80	Cory Schubert (DMar, SJ) @ Indy		1983
9:22.3	Vickie Cook (Alemany, Mission Hills)		1981
9:28.50	Julia Stamps (Rinc Vly Jr, S. Rosa)		1994
9:30.3	Polly Plumer (University, Irvine)		1982
9:30.8	Eileen Claugus (Rio Amer, Sacto)		1973
9:33.3+	Laurie Chapman (Gund, San Jose)		1986
9:33.9	Roxanne Bier (Indepen, San Jose)		1978
9:35.33	Tania Fischer (Cham, Canoga Park)		1982
9:35.5+	Kirsten O'Hara (Palos Verdes)		1984
9:35.5	Rebecca Chamberlain (Leigh, SJ)		1986
9:36.6	Kira Jorgensen (Vista)		1987
9:37.7	Su-Mei Lee (Eisenhower, Rialto)		1979
9:38.2	Katie Dunsmuir (Palisades)		1983
9:38.5+	Denise Ball (Newbury Park)		1982
9:41.2	Gladees Prieur (LaLyceeFran, L.A.)		1983
9:41.6	Deena Drossin (Agoura)		1991
9:42.0	Tena Anex (Del Campo, Carm)		1972
9:42.0+	Karen Hecox (South Hills, Covina)		1988
9:42.2+	Lori Lopez (Sacred Heart, L.A.)		1981
9:42.3+	Rayna Cervantes (Montebello)		1988
9:43.33	Vicky Bray (Los Altos)		1977
9:46.0	Lisa Scaduto (Santa Monica)		1979
9:46.1+	Colleen Donovan (Lodi)		1985
9:46.2+	Mary Mendoza (Present, San Jose)		1987
9:46.4+	Milena Glusac (Fallbrook)		1991

3200 Meters

(* 2 Miles Minus 3.6)

State Meet Record: 10:08.14 Cory Schubert (Del Mar, San Jose) @ Bakersfield 1983. **Frosh:** 10:17.1* Vickie Cook (Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 10:04.2 Cory Schubert (Del Mar, San Jose) 1983.

10:04.2	Cory Schubert (DM SJ)-1 @ Berk.		1983
10:06.2*	Cheri Williams (Livermore)-1		1978
10:11.62	Kirstin O'Hara (Palos Verdes)-1		1984
10:11.78	Vickie Cook (Alemany, MissHills)-3		1982
10:12.86	Laurie Chapman (Gund San Jose)-1		1986
10:15.8*	Eileen Claugus (Rio Amer, Sacto)		1973
10:15.99	Denise Ball (Newbury Park)		1982
10:16.14	Karen Hecox (South Hills, Covina)-1		1988
10:16.38*	Cindy Schmandt (Santa Barbara)		1979
10:18.04*	Su-Mei Lee (Eisenhower, Rialto)		1979
10:18.80	Rayna Cervantes (Montebello)		1988
10:19.10	Tania Fischer (Cham Canoga Pk)		1983
10:19.63	Deena Drossin (Agoura)-2		1991
10:19.94*	Susie Meek (Palos Verdes)		1978
10:21.19	Lori Lopez (Sacred Heart, L.A.)		1981
10:23.04	Mary Mendoza (Present, SJose)-1		1987
10:23.4*	Gladees Prieur (La Lycee Fran, L.A.)		1983
10:23.85	Rebecca Chamberlain (Leigh, SJ)-1		1985
10:24.23	Kira Jorgensen (Vista)		1987
10:24.61	Milena Glusac (Fallbrook)		1991
10:24.70	Tracey Williams (Mt. View, El Mon)		1986
10:25.14	Katie McCandless (Castill, PAlto)		1988
10:25.27	Colleen Donovan (Lodi)		1985
10:26.51	Julia Stamps (Rin Vly Jr, S. Rosa)-1		1994
10:26.74*	Michelle Mason (Buena, Ventura)		1981

100 Meter Hurdles - 330

State Meet Record: 14.09 Davetta Shepard (Kennedy, Richmond) @ Cerritos 1994. **Frosh:** 13.86 Davetta Shepard (Kennedy, Richmond) 1994. **Soph:** 14.28 Leslie Maxie (Mills, Millbrae) 1983. **Junior:** 14.09 Alysia Sweeney (Tamalpais, Mill Valley) 1979. **Senior:** 13.83 Bisa Grant (Bishop O'Dowd, Oakland) 1994.

13.83	Bisa Grant (O'Dowd, Oak)Knox-1		1994
13.86	Davetta Shepard (Kan, Richmnd)-1		1994
13.87	Effie Daetz (Indep., SJ) @ Tucson		1987
13.92	Felicia Lipscomb (Santa Monica)		1990
13.95	Wendy Brown (Woodside)		1984
14.01	Joanna Hayas (North, Riverside)		1994
14.07	Aladrian Hunter (Dorsey, LA)		1981
14.09	Alysia Sweeney (Tamal, Mill Vly)		1979
14.11	La Shawn McBride (LB Poly)		1987
14.11	Kam Warner (West, Bkfld)		1992
14.15	Kwani Stewart (Yuba City)		1990
14.21	Michelle Hawthorne (El Cerrito)		1978
14.23	Jennifer Odom (Indep, San Jose)		1994
14.24	Laurie Smith (Valley, Sacto)		1987
14.25	Chewuakii Knighten (Locke, LA)		1984
14.28	Kim Costello (El Cam, SoSanFran)		1978
14.28	Leslie Maxie (Mills, Millbrae)		1983
14.30	Kris Costello (Lynbrook, SJ)		1978
14.30	Judy Young (Berkeley)		1979
14.30	Sherita Sanders (Berkeley)		1980
14.32	Gail Devers (Sweetwater, NatlCity)		1984
14.34	Lori Smith (Gardena)		1979
14.36	Erin Blunt (San Pasq, Escondido)		1992
14.37	Meisha McKelvy (Gahr, Cerritos)		1994
14.37	Andrea Wasden (Rio Mesa, Ox)		1994

Hand-Timing -33*:

13.5	Lorna Tinney (Oceanside)		1972
13.6	Bobbette Krug (La Jolla)		1972

300 Meter Hurdles

State Meet Record: 40.26 Janeene Vickers (Pomona) @ Sacramento 1987. **Frosh:** 42.54 Twila Sims (Lompoc) 1989. **Soph:** 41.76 Twila Sims (Lompoc) 1990. **Junior:** 40.18 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 40.26 Janeene Vickers (Pomona) 1987.

40.18	Leslie Maxie (Mills, Millbr)-2 @ Berk		1984
40.26	Janeene Vickers (Pomona)-2		1987
41.09	Gayle Kellon (Walnut)-2		1982
41.44	Michelle Taylor (Ganesh, Pomona)		1984
41.54	Linnetta Wilson (Muir, Pasadena)		1985
41.69	Felicia Lipscomb (Santa Monica) -1		1990
41.76	Twila Sims (Lompoc) -1		1990
41.78	Ronda Brooks (Oakland)		1985
41.86	Effie Daetz (Leigh, San Jose)		1987
41.94	Laurie Smith (Valley, Sacramento)		1987
42.16	Michelle DeCoux (O'Dowd, Oak)-1		1988
42.25	Audrey Williams (Saugus)-1		1981
42.26	Gail Devers (Swtwater, Natl City)		1983
42.33	Angela Harris (Skyline, Oakland)-2		1994
42.36	Lana Cantrell (Muir, Pasadena)		1985
42.37	Sherita Sanders (Berkeley)		1981
42.50	Janice Farwell (Millikan, Long Bch)		1984
42.55	Sharon Hatfield (Fountain Valley)		1982
42.55	Melissa King (Fremont, L.A.)		1984
42.60	Keri Sanchez (Santa Teresa, SJ)		1989
42.62	Felicia Thompson (Jordan, LBeach)		1982
42.69	Staci Leach (Thousand Oaks)		1987
42.69	Erin Blunt (San Pasq, Escondido)-1		1991
42.74	Karen Brown (Drake, S.Ansel)		1984
42.78	Regina Weatherford (Locke, L.A.)		1988

Hand Timing:

42.5	Laura Ainsworth (Fremont, L.A.)		1987
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High Jump

State Meet Record: 6-0 Latrese Johnson (Clovis) @ Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980 & Kristy Kierulff (Esperanza, Anaheim) 1992. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 3/4 Latrese Johnson (Clovis) 1985.

6-2 3/4	Latrese Johnson (Clov)-1 @ Sanger		1985
6-2 1/4	Wendy Brown (Woodside)-1		1984
6-2 1/4	Julieann Broughton (Woodland)		1989
6-1	Sue McNeal (Carlsbad)-1		1979
6-1	Tonya Mendonca (Mt. Whit, Vis)-1		1983
6-0	Karen Lysaght (St. Fran, Sacto)-1		1980
6-0	Yleana Carrasco (Anaheim)-1		1985
6-0	Celia Willis (Clovis West)		1988



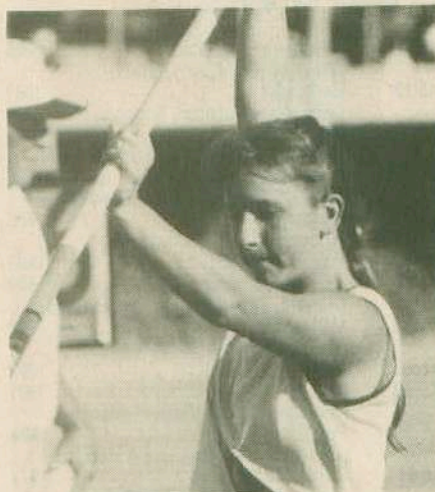
J. C. BROUGHTON

Photo by Bill Leung, Jr.

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All-Time CALIFORNIA High School Girls List

6-0	Crissy Mills (Campbell Hall, L.A.)-2	1989
5-11 1/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Katrena Johnson (Marshall, Pa)-2	1981
5-11	Danielle Boswell (Bullard, Fresno)	1992
5-11	Maggie Van Zeeland (Acalanes)	1981
5-11	Tanya Smith (Rancho Cordova)-1	1991
5-11	Ursula Lovely (Kennedy, LaPalma)	1985
5-11	Chi Johnson (Menlo-Atherton)	1985
5/10 3/4	Lori Svoboda (El Dorado, Placentia)	1989
5-10 3/4	Kristy Kierulff (Espza, Anaheim)-2	1994
5-10 1/2	Denise Yamada (Dos Pueb, Goleta)	1983
5-10 1/2	Lori Mertas (Chatsworth)	1989
5-10 1/4	Cindy Gilbert (Oceanside)	1974
5-10 1/4	Kari Gosswiller (Upland)-2	1978
5-10 1/4	Nancy Redican (Simi Valley)	1978
5-10	Linda Soja (Poly, Los Angeles)	1980
5-10	Laura Campbell (Troy, Fullerton)	1981
5-10	Allison Walker (Hoover, Glendale)	1981
5-10	Beth Vidakovits (St. Fran, Mt. View)	1984
5-10	La Shawn McBride (Poly, Long Bch)	1985
5-10	Debbie Orr (Ocean View, Hunti Bch)	1986
5-10	Karol Damon (Redlands)	1987
5-10	Lynn Patrick (Serra, San Diego)-1	1987
5-10	Julie Jenkins (San Ramon, Danvl)	1992
5-10	Shamia Edwards (Moreno Vly)	1993
5-10	Tracye Lawyer (Cate, Carpint)-1	1993
5-10	Misty May (Newport Harbor)	1993
5-10	Jamilla Churchill (O'Dowd, Oakland)	1994
5-10	Jayme Ullrich (North, Bakersfield)	1994
5-10	Kathy Watson (Saugus)	1994



JOCELYN CHASE

Photo by Bill Leung, Jr.

(Walnut) 1989. **Junior:** 21-3 1/4 Juliana Yendork (Walnut) 1990. **Senior:** 22-0 1/2 Marion Jones (Thousand Oaks) 1993.

22-0 1/2	Marion Jones (TOaks)-1 @ Cerr	1993
21-3 1/4	Juliana Yendork (Walnut)-3	1990
20-11 1/4	Madette Smith (Quartz Hill)-1	1986
20-9 3/4	Wendy Brown (Woodside)-2	1984
20-8 3/4	Kim Attlesley (Corona Del Mar)	1971
20-8 3/4	Marlene Harmon (ThousOaks)-1	1980
20-8 1/2	Jodi Anderson (Washington, L.A.)-3	1975
20-7	Dora Lee Roberts (Riverdale)	1971
20-7	Gail Devers (Sweet, Natil City)-1	1984
20-7	Annette Coleman (Carim, Belmont)	1989
20-6 1/4	Kam Warner (West, Bkfld)-1	1992
20-5	Gwen Loud (Westchester, L.A.)-1	1979
20-5	Amy Littlepage (Mt. Mig, Spr Vly)	1993
20-4 1/2	Carrie McLaughlin (Davis, Mdesto)	1979
20-3 1/2	Joanna Harper (Fremont, L.A.)	1980
20-2 1/2	Denise Paschal (Lowell, San Fran)	1966
20-1 1/4	LaShawn Simmons (El Monte)	1987
20-1	Pam Simpson (Poly, Long Beach)	1994
20-0	Tammy Bryant (Ventura)	1983
19-11 1/2	Sabrina Williams (Vly Christ, Cerri)	1981
19-11 1/4	Serina Strange (Indio)	1987
19-10 1/2	Melanie Markham (Dorsey, L.A.)	1980
19-10	Yvette Roberts (Washi, Easton)-1	1985
19-9 1/2	Lisa Collett (Lynbrook, SanJose)	1991
19-9	Lisa Gourdine (El Toro)-1	1977

Triple Jump

State Meet Record: 44-0 1/2 Juliana Yendork (Walnut) @ Cerritos 1991. **Frosh:** 39-9 1/2 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 42-6 3/4 Juliana Yendork (Walnut) 1989. **Junior:** 42-6 3/4 Juliana Yendork (Walnut) 1990. **Senior:** 44-0 1/2 Juliana Yendork (Walnut) 1991.

44-0 1/2	Juliana Yendork (Waln)-3 @Cerrti.	1991
42-10 1/2	Wendy Brown (Woodside) -3	1984
42-5 1/2	Yvette Bates (Berkeley)	1984
41-8 1/4	Jackie Anderson (Mt. Mig, Spr Vly)	1987
40-11 3/4	Kayla Montgomery (Clovis West)-1	1992

40-11	Sheila Hudson (Rio Linda)-1	1985
40-11	Latasha Burnett (Lynwood)	1992
40-9 3/4	Aithea Moses (Morn, Inglewd)-1	1988
40-8 3/4	La Frenia West (Grossmt, La Mesa)	1988
40-6 3/4	Rochelle Johnson (Henry, SDiego)	1989
40-6 1/4	Tamika Porter (Orange Gl, SDiego)	1993
40-6	Ebone Henderson (Bakersfield)	1993
40-4	Amy Littlepage (Mt. Mig, Spr Vly)	1993
40-2 3/4	Renita Robinson (Manual Arts, L.A.)	1983
40-2	Felicia Harris (San Lorenzo)-1	1986
40-1 1/2	Keri Sanchez (Santa Teresa, SJ)	1989
40-1 1/4	Cheaza Figueroa (Quartz Hill)-1	1993
39-11 1/2	Lisa Fager (Mission Viejo)	1989
39-11	Krystal Kirkland (Hesperia)	1989
39-10	Rosanda Glenn (West Covina)	1989
39-9 1/2	Janis Diggs (Salinas)	1984
39-9 1/2	Vanetta Kinard (ElCamRl, WdHls)	1993
39-8 1/4	Debbie Orr (Ocean View, Hunti Bch)	1986
39-8	Camille Robertson (Redlands)	1984
39-7 1/4	Stephanie Hanf (YgnacioVly)	1991

Shot Put

(4 Kg.)

State Meet Record: 52-11 1/2 Kristen Heaston (Ygnacio Valley, Concord) 1993 @ Cerritos. **Frosh:** 48-4 1/2 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/4 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaaiawahia (Fullerton) 1983.

53-7 3/4	Natalie Kaaiawahia(FI)-4 @ Norwk	1983
52-11 1/2	Kristen Heaston (Ygnacio Vly)-2	1993
50-11 3/4	Dawn Dumble (Bakersfield) -2	1990
50-3 1/2	Lynn Graham (Muir, Pasadena)	1965
50-0 1/2	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Miss Bay, San Di)-2	1974
49-2	Melisa Weis (Bakersfield) -1	1990
49-2	Delores Tuimolouau (Chan Isl, Ox)-1	1994
48-11 3/4	Susie Ray (Villa Park)-1	1980
47-11 1/2	Iva Wright (Edison, Fresno)	1971
47-9 3/4	Debra Corley (Garces, Bakersfield)	1981
47-5 1/4	Gina Heads (Newport Harbor)	1994
47-4 1/2	Brandi Gail (Rowland, Hac Hts.)-1	1986
46-11 1/4	Elaina Oden (Irvine)-1	1985
46-9	Dot Jones (Hilmar)	1982
46-9	Latonia Floyd (Oak Grove)	1984
46-9	Heidi Adams (Mission Viejo)	1985
46-6 1/2	Pam Alexander (Arlington)-1	1983
46-1 1/2	Rosario Ramos (Anaheim)	1979
46-0 1/2	Lorraine Costanzo (Saugus)	1981
45-11 1/2	Crystal Brownlee (Westlake)	1993
45-11 1/4	Mika Hilaire (Pittsburg)-1	1991
45-11	Lisa Missipeka (Temecula Vly)	1993
45-9 1/2	Nada Kavar (Cresenta Vly)	1992
45-7 1/2	Yolanda Fletcher (Crenshaw, L.A.)	1981

Discus

State Meet Record: 176-7 Suzy Powell (Downey, Modesto) 1993 @ Cerritos. **Frosh:** 162-11 Suzy Powell (Downey, Modesto) 1991. **Soph:** 169-8 Suzy Powell (Downey, Modesto) 1992. **Junior:** 180-8 Suzy Powell (Downey, Modesto) 1993. **Senior:** 189-7 Suzy Powell (Downey, Modesto) 1994.

189-7	Suzy Powell (Down, Mod)3 @ Modes	1994
183-11	Leslie Deniz (Gridley)-2	1980
176-2	Melisa Weis (Bakersfield) -3	1990
174-9	Natalie Kaaiawahia (Fullerton)-2	1983
171-2	Dawn Dumble (Bakersfield)-1	1990
167-8	Candy Roberts (Don Lugo, Chino)	1989
167-5	Jacque Norton (Mission Viejo)-1	1982

continued next page...

Pole Vault

State Meet Record: 11-2 Melissa Price (Kingsburg) 1994 @ Cerritos. **Frosh:** 9-5 Brianna Haut (Santa Cruz) 1994. **Soph:** 10-6 Melissa Price (Kingsburg) 1993. **Junior:** 11-6 1/4 Melissa Price (Kingsburg) 1994. **Senior:** 10-6 Jocelyn Chase (Beverly Hills) 1994.

11-6 1/4	Melissa Price (Kings) -1 @ Fresno	1994
10-6	Jocelyn Chase (Beverly Hills)	1994
9-6	Brianna Haut (Santa Cruz)	1994
9-4	Stacy Dodson (Sanger)	1994
9-0	Franci Pleth (Burroughs, Burbank)	1994
8-9	Kolby Kaiser (Sanger)	1994
8-6	Erika Hause (Montgomery, S Rosa)	1994
8-6	Danita Napier (Lemoore)	1994
8-4	Elizabeth Ewing (Castro Valley)	1994
8-0	LaDonna Graham (Kingsburg)	1993
8-0	Tawani Ingram (Clovis)	1993
8-0	Faith Yee (Bullard, Fresno)	1993
8-0	Catherine Azar (Kingsburg)	1994
8-0	Jeane Beyer (San Ramon, Danville)	1994
8-0	Kelly Ewing (Fallbrook)	1994
8-0	Cynthia Lee (Arroyo, Hayward)	1994
7-9	Theresa Villalobos (Sanger)	1994
7-6	Katie Blackburn (Burr, Burbank)	1993
7-6	Angie Grah (Highland, Bakersfield)	1994
7-6	Erica Murdock (Helix, La Mesa)	1994
7-6	Amy O'Connor (Thousand Oaks)	1994
7-6	Yama Phantavody (Roos, Fresno)	1994
7-0	Shawna Snook (Stockdale, Bkfld)	1993
7-0	Rhiannon Adams (Sierra, Tollhouse)	1994
7-0	Alison Meechovet (Temple City)	1994
7-0	Parris (Beverly Hills)	1994

Long Jump

State Meet Record: 22-0 1/2 Marion Jones (Thousand Oaks) 1993 @ Cerritos. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-9 Juliana Yendork

All-Time CALIFORNIA High School Girls List

167-1	Laura DeSnoo (Wash, Fremont)	1981
165-10	Kristen Heaston (Ygnacio Vly)	1993
164-10	Karen Nickerson (Cord, RanCord)	1982
162-11	Kim Kesler (Vintage, Napa)	1983
162-2	Lil Ili (Nogales, La Puente)-1	1985
160-6	Lori Parker (Ramona)	1986
161-10	Linda Langford (Leigh, San Jose)	1969
160-11	Celeste McVay (Redlands)-1	1991
160-6	Alison Franke (Canyon, Anaheim)	1989
159-1	Stacey Hom (Cord, Ran Cord)-1	1984
158-7	Toni Lutjens (Righetti, Santa Maria)	1983
158-4	Christi Pyle (Hoover, Glendale)-1	1981
157-9	Tracy Crawford (SW, San D)-1	1986
157-6	Rashawnda Holmes (Tennys,Hay)	1994
57-6	Lacy Barnes (Burr, Ridgecrest)	1983
156-1	Jennifer Peters (Gunn, Palo Alto)	1989
155-6	Terr Sabol (Buena Park)	1975
155-6	Cindi Durschiag (San Carlos)	1981
155-6	Debbie Cembellin (Amad Vly, Pleas.)	1989

400 Meter Relay

Hand Timing

(* 440 Yards Minus 0.2)

State Meet Record: 45.2 Berkeley (King, Ware, Johnson, Rodgers) @ Norwalk 1981.

45.2	Berkeley (King, Ware, Jackson, Rodgers)	1981
45.2	Hawthorne -1 @ Norwalk (Wheeler, Grant, Amy, Stiles)	1985
45.3	Muir (Pasadena) (Cantrell, Miller, Wilson, Franklin)	1985
45.5	Dorsey (Los Angeles) -1 (Stewart, Peterson, Rolfe, Dawkins)	1982
45.6	Hawthorne (Thomas, Wheeler, Amy Stiles)	1986
45.6	Poly (Long Beach)	1993
45.7	Berkeley (Rodgers, Ware, King, Young)	1980
45.9*	Berkeley	1979
45.9	Kennedy (Granada Hills) -1 (Howard, Thompson, Howard, Howard)	1980
45.9	Morningside (Inglewood) -1 (Nickson, Stringer, Gibson, Arnold)	1991
45.9	Morningside (Inglewood) -1 (Williams, Nickson, Gibson, Arnold)	1992
45.9	Poly (Long Beach)	1992
45.9	Poly (Long Beach)	1994
46.0*	Green, Haddad, Simpson, Anderson	
46.0*	Crawford (San Diego) -1 (Young, Gaston, Reed, Lovelady)	1977
46.0	Hawthorne -1 (Allen, Pierce, Burrell, Grant)	1984
46.1	Poly (Long Beach) (Evans, Smith, Randolph, Paige)	1980
46.1	Muir (Pasadena)	1990
46.1	Skyline (Oakland)	1993
46.2	Dorsey (Los Angeles)	1981
46.2	Berkeley (Whitehead, Rice, Bates, Rodgers)	1982
46.2	Hawthorne (Burrell, Grant, Allen, Hill)	1983
46.2	Muir (Pasadena) (Bryant, Wilson, Cantrell, Franklin)	1984
46.2	Skyline (Oakland) (Wallace, Jackson, Goodwin, Harris)	1994
46.2	Wilson (Long Beach) -1 (Nelson, Backus, Harris, Davis)	1994

400 Meter Relay

(* 440 Yards Minus 0.23)

State Meet Record: 45.13 Berkeley (King, Ware, John-

son, Rodgers) 1981 @ Norwalk

45.11	Hawthorne-1 @ Walnut (Wheeler, Grant, Amy, Stiles)	1985
45.13	Berkeley-1 (King, Ware, Johnson, Rodgers)	1981
45.23	Muir (Pasadena) (Cantrell, Miller, Wilson, Franklin)	1985
45.42	Dorsey (Los Angeles)-1 (Stewart, Peterson, Rolfe, Dawkins)	1982
45.54	Hawthorne-1 (Thomas, Wheeler, Amy, Stiles)	1986
45.59	Poly (Long Beach)-1	1993
45.81	Kennedy (Granada Hills)-1 (Young, Thompson, Howard, Howard)	1980
45.83	Morningside (Inglewood)-1 (Williams, Nickson, Gibson, Arnold)	1992
45.88	Poly (Long Beach)	1992
45.90	Morningside (Inglewood)-1 (Nickson, Stringer, Gibson, Arnold)	1991
45.90	Poly (Long Beach) (Green, Haddad, Simpson, Anderson)	1994
45.91*	Crawford (San Diego)-1 (Young, Gaston, Reed, Lovelady)	1977
45.99	Hawthorne-1 (Allen, Price, Burrell, Grant)	1984
46.01*	Berkeley	1979
46.05	Skyline (Oakland)	1993
46.06	Poly (Long Beach) (Evans, Smith, Randolph, Paige)	1980
46.07	Muir, Pasadena	1990
46.14	Dorsey (Los Angeles)	1981
46.15	Hawthorne-1 (Burrell, Grant, Allen, Hill)	1983
46.15	Wilson (Long Beach) -1 (Nelson, Backus, Harris, Davis)	1994
46.16	Berkeley (Whitehead, Rice, Bates, Rodgers)	1982
46.19*	Centennial (Compton)	1977
46.19	Skyline (Oakland) (Wallace, Jackson, Goodwin, Harris)	1994
46.21	Fremont (Los Angeles) (James, Gill, Harper, Ellery)	1982
46.23	De Anza (Richmond) (Ward, Carpenter, Russell, Brandon)	1980
46.26	Ganesha (Pomona) (McCraw, Sellers, Robinson, Taylor)	1982
46.26	Hawthorne (Burrell, Wadsworth, Allen, Grant)	1982
46.31	Hawthorne (Thomas, Adams, Amy, Wheeler)	1987

1600 Meter Relay

(* Mile Minus 1.1)

State Meet Record: 3:37.71 Kennedy (Granada Hills) (Howard, Cook, Johnson, Howard) @ Norwalk 1981.

3:37.69	Muir (Pasadena)-1 @ Walnut (Cantrell, Caddell, Franklin, Wilson)	1985
3:37.71	Kennedy (Granada Hills)-1 (Howard, Cook, Johnson, Howard)	1981
3:37.98	Kennedy (Granada Hills)-1 (Howard, Cook, Howard, Howard)	1980
3:38.65	Locke (Los Angeles)-1 (Giddens, Culliver, Sims, Knighten)	1984
3:39.07	Manual Arts (Los Angeles) (Holland, Wright, Jackson, Bonty)	1981
3:39.83	Poly (Long Beach) (Rambo, Randolph, Smith, Paige)	1980
3:40.59	Compton (Bennett, Watson, Hull, Blalock)	1984
3:41.21	Hawthorne (Allen, Stiles, Amy, Oates)	1985

3:41.33	Berkeley (Rice, King, Johnson, Rodgers)	1981
3:41.72	Dorsey (Los Angeles)-1 (Willis, Peterson, Rolfe, Dawkins)	1982
3:41.90	Skyline (Oakland) -1 (Wallace, Crockett, Goodwin, Harris)	1994
3:42.31	Compton-1	1986
3:42.58	Poly (Long Beach) (Washington, Siimpson, Haddad, Anderson)	1994
3:42.75	Poly (Long Beach)-1	1993
3:42.79	Manual Arts (Los Angeles) (Holland, Jackson, White, Wright)	1980
3:43.0*	San Geronio (San Bernardino)-1 (Howard, Howard, Howard, Howard)	1979
3:43.0	Skyline (Oakland)	1993
3:43.15	Hawthorne (White, Thomas, Stiles, Amy)	1986
3:43.26	Ganesha (Pomona) (Savage, Robinson, Raylor, McCraw)	1982
3:43.35	Millikan (Long Beach) (Stiles, Zaleski, Hall, Farwell)	1984
3:43.5	Manual Arts (Los Angeles) (Bonty, Munns, Wright, Lowe)	1982
3:43.71	Morningside (Inglewood) (Thomas, White, Daniels, Williams)	1994
3:44.16	Morningside, Inglewood -1	1990
3:44.66	Hawthorne (Allen, Price, Amy, Willis)	1984
3:44.93	Hawthorne	1990
3:44.93	Morningside (Inglewood)	1993
3:44.96	Bishop O'Dowd (Oakland)	1993
3:45.2*	Poly (Long Beach)	1979

Miscellaneous Records

5000 Meters:

16:54.4 Denise Ball (Newbury Park) 1982

10,000 Meters:

34:54.8 Roxanne Bier (Independence, SJ) 1978

Marathon:

2:43:00 Heike Skaden (Encina, Sacramento) 1980

400 H:

55.20 Leslie Maxie (Mills, Millbrae) 1984

4x200:

1:36.77 Poly (Long Beach) 1994

4x800:

9:10.70 Foothill (Tustin) 1983

4x1500:

18:52.5 University (Irvine) 1982

4x1600:

20:29.15 Agoura (Hayward, Nekota, Camp, Skieresz)

4xMile:

20:49.8 Miramonte (Orinda) 1981

800 Medley R:

1:42.00 Hawthorne (Thomas, Wheeler, Amey, Adams) 1987

Sprint Medley:

4:04.70 Hawthorne (Kennerson, Adams, Johnson, Marvin) 1989

Distance Medley:

11:43.53 University (Irvine) 1982

Hammer:

100-8 Gina Heads (Newport Harbor) 1994

Javelin:

196-1 Cathy Sulinski (ElCamino,SSF) 1976

Heptathlon:

5237 Sharon Hatfield (Fountain Valley) 1982

California

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TECHNIQUE & TRAINING

By Jim Hunt

Base

Base to a distance runner is the foundation on which all facets of distance running training are built. You cannot build a house to your specifications until you lay a proper foundation, nor can you reach your racing goals until you establish a proper base.

Exposing the circulatory system to an **accelerated heart rate** for periods of 45 minutes to 2 hours forces blood into latent capillary beds causing an increase in the blood flow to the muscles. The more capillaries that can be developed around each muscle fiber the greater the capacity for oxygen delivery. The more oxygen that reaches the working muscles, the greater the capacity for producing aerobic energy.

Time must also take place as well as effort. The more hours, days, months and years that the body is exposed to an

ic. It is a specific pace, tailor-made for each individual and to that individual's level of fitness.

The mainstay of a distance runner's training is **base running**, which constitutes approximately 75% of all mileage runs. Base miles are run at 70-75% of the individual runner's VO2 Max pace or at 80-85% of an individual's maximum heart rate.

A good way to estimate VO2 Max pace is by running as far as possible around a 400 meter track in 10 minutes. If a person can run 3000 meters in 10 minutes their VO2 Max pace is 300 meters per minute and converts to a 5:20 mile. Base pace for this person would be between 210 and 225 meters per minute or 7:09 to 7:20 per mile.

Running at a specific pace will cause an individual's heart to reach a rate that is specific to that person's level of fitness. The use of a heart monitor is the most accurate way to train. A good way to determine an individual's maximum heart rate is to warm up and run 2 hard 800s separated by 1.5 minutes of rest. The heart rate at the end of the second 800M represents that person's MHR.

high intensity training as it falls into a person's training scheme.

Base running must be kept up during all phases of a workout scheme and always constitutes the major portion of mileage run. When mileage goes up base mileage goes up. When mileage goes down, base mileage goes down, but the percentage of base mileage stays the same. Base mileage is not defined as Long, Slow mileage but rather steady state running at a specific sub-maximal pace. Running some of the base mileage in hills is highly recommended, as going up and down hills recruits some of the fast twitch fibers. Steady state running at a pace that is 70-75% of VO2 Max pace with a few 30-90 second surges will also keep the fast twitch fibers activated. One should never ignore fast twitch fiber stimulation when doing extended periods of aerobic work.

Everyone should plan extended periods of time where they only do base pace running. This is necessary to develop capillaries for better blood supply to the working muscles.

High school and collegiate runners have set competitive schedules so these athletes do their base expansion during the summer months and during December, January and February, prior to track season.

For these athletes, summertime is a perfect time for a gradual build-up of mileage. During the winter months, high school and collegiate distance runners should strive for their highest mileage of the year, as the weather is cooler and there is usually more time for running.

Those who are not bound to a school schedule can plan their strictly base running around important races. Periods of 6 to 12 weeks are recommended for the best results. If your major races are during the winter months, do your base training during the fall, etc. An occasional 5K race during your base period is OK and may help keep your interest going. ♦

" Everyone should plan extended periods of time where they only do base pace running. This is necessary to develop capillaries for better blood supply to the working muscles."

accelerated steady state heart rate the better the delivery of oxygen and the better the endurance of the individual, up to a set point. Each person eventually reaches a point at which steady state running will produce only a minute increase in endurance.

The **intensity** of the base running is an individual thing and is related to each person's level of fitness. Contrary to some definitions, base running is specif-

Running at 80-85% of MHR is a good pace for establishing base. EXAMPLE: MHR = 196, 80% is equal to 156, 85% is equal to 167. Running at an effort that causes the heart to beat 155 to 160 beats per minute would be the best pace to develop a good base.

Since base running is done a sub maximal pace the working muscles and joints that are involved in running are strengthened, helping prepare them for

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1994 TOP USA TRACK MARKS

(as of 31 August 1994)

Compiled by *Track & Field News*

High Schools, Colleges and Clubs provided by Keith Conning

Sources: USATF, Track & Field News, FAST United States Track and Field Annual 1994.

Abbreviations: A=mark made at altitude above 1,000 meters; b.=born; CC=community College; HS=high school; WL=World Leader.

Symbols: +=short of 100 meters.

The world and American records are listed after each event. Athletes are listed with the high school or college they attended, or their club.

If you know the missing high school information, please send it to Keith Conning, 2235 Browning Street, Berkeley, CA 94702, fax (510) 849-3342, or e-mail: Conning@aol.com

Men

100 METERS (9.85, 9.85)

9.85	Leroy Burrell (Penn Wood HS, Lands, PA 85)
9.94	Dennis Mitchell (Edgewood Reg, Atco, NJ 84)
9.97+	Tim Montgomery (Blinn CC, TX)
9.98	Andre Cason (Green Run HS, VABch, VA 87)
9.99	Jon Drummond (NikLA; Overbrook HS, Phil, PA 86)
10.00	Michael Marsh (Hawthorne HS, CA 85)
10.04	Carl Lewis (Willingboro HS, NJ 79)
10.06	Rodney Lewis (LA CA; Houston 91; Remi)
10.09	Michael Johnson (Skyline HS, Dallas, TX 86)
10.10	Anthony Jones (Danville HS, IL 90)

Wind-aided:

10.03	Tim Harden (Kentucky 96)
10.04	David Oaks (Southeast HS, Okla City, OK 90)

200 METERS (19.72A, 19.73)

WL: 19.87(A)	John Regis (GB)
19.94	Michael Johnson (Skyline HS, Dallas, TX 86)
20.19	Jeff Williams (Washington HS, LA, CA 82)
20.22(A)	Kevin Braunskill (Riverhead HS, NY 87)
20.38	Antonio Pettigrew (SoWest HS, Macon, GA 87)
20.40	Rohsaan Griffin (La Marque HS, TX 92)
20.42	Chris Sanders (Montbello HS, Denver, CO 90)
20.44	Aki Bradley (Taft CC 92)
(A)	Milton Mallard (No Garland HS, Garland, TX 92)
20.47	Jason Rouser (NikLA/Eisen HS, Lawton, OK 88)
	Tony Wheeler (Clemson)
	Ron Clark (Byron Adams HS, Dallas, TX 87)

Wind-aided:

20.05	Leroy Burrell (Penn Wd HS, Lansdowne, PA 85)
20.24	David Oaks (Southeast HS, Okla City, OK 90)
20.27	Aki Bradley
20.30	Tony Wheeler
20.38	Tim Harden (Kentucky 96)

400 METERS (43.29, 43.29)

44.04	Michael Johnson (Skyline HS, Dallas, TX 86)
44.43	Antonio Pettigrew (SoWest HS, Macon, GA 87)
44.59(A)	Derek Mills (DeMatha HS, Hyattsville, MD 90)
44.68(A)	Steve Lewis (American HS, Fremont, CA 87)

45.03(A)	Andrew Valmon (ManchTown HS, Lkhrst, NJ 83)
45.11	Chris Jones (Wilmer-Hutchins HS, Dallas, TX 92)
45.14	Darnell Hall (Pershing HS, Detroit, MI 90)
45.18	Butch Reynolds (Arch Hoban HS, Akron, OH 83)
45.19	Jason Rouser (NikLA/Eisen HS, Lawton, OK 88)
45.20	Calvin Davis (Dorchester HS, MA 90)

800 METERS (1:41.73, 1:42.60)

WL: 1:43.17	Benson Koeh (Ken)
1:43.73	Johnny Gray (Granshaw HS, Los Angeles, CA 78)
1:44.36	Mark Everett (Milton HS, Pensacola, FL 86)
1:46.01	Jose Parrilla (South Dade HS, Homestead, FL 90)
1:46.18	Stanley Redwine (Lk Highlnds HS, Dallas, TX 79)
1:46.76	Terrance Herrington (Hartsville HS, SC 84)
1:46.83	Jason Pyrah (Willard HS, MO 87)
1:46.84	Terril Davis (Travis HS, Austin, TX 86)
1:46.97	Erik Nedeau (Kennebunk HS, ME 89)
1:46.98	George Kersh (Taft CC, CA 89)
	Greg Rhymer (Eastern Michigan 95)
1:47.09	Rich Kenah (Immac Concept HS, Mont, NJ 88)
1:47.34	Mark Dailey (St. Edward HS, Lakewood, OH 87)

1500 METERS (3:28.86, 3:29.77)

WL: 3:30.61	Noureddine Morcelli (Alg/Riverside CC, CA 90)
3:34.95	Steve Holman (Richfield HS, MN 88)
3:36.31	Marc Davis (San Diego HS 87)
3:36.80	Jim Spivey (Fenton HS, Bensonville, IL 78)
3:36.81	Terrance Herrington (Hartville HS, SC 84)
3:37.22	Paul Vandergriff (ArchKenHS, Consh., PA 87)
3:38.03	Christian Cushing-Murray (NHollywd HS, CA 84)
3:38.20	Jason Pyrah (Willard HS, MO 87)
3:38.41	Erik Nedeau (Kennebunk HS, ME 89)
3:38.74	Bob Kennedy (WesterNo HS, Westerville, OH 88)
3:38.86	Mark Dailey (St. Edward HS, Lakewood, OH 87)
3:39.23	Tim Plicher (Monroe HS, MI 89)

MILE (3:44.29, 3:47.69)

WL: 3:48.67	Noureddine Morcelli (Alg/Riverside CC, CA 90)
3:50.91	Steve Holman (Richfield HS, MN 88)
3:55.38	Terrance Herrington (Hartville HS, SC 84)
3:56.21	Bob Kennedy (WesterNoHS, Westerville, OH 88)
3:57.05	Christian Cushing-murray (NoHollywd HS, CA 84)
3:57.43	Carleton Jones (Oregon 90)
3:57.47	Shannon Lemora (Brusly HS, LA 88)
3:57.881	Paul Vandegriff (ArchKennHS, Conshoh, PA 87)
3:58.05	Dave Wittman (Taylor HS, Katy, TX 87)
3:58.25	Benny McIntosh (Auburn HS, NY 89)
3:58.671	Reuben Reina (Jay HS, San Antonio, TX 86)

3000 METERS (7:28.96, 7:36.79)

WL: 7:25.11	Noureddine Morcelli (Alg/Riverside CC, CA 90)
7:35.33	Bob Kennedy (WesterNoHS, Westerville, OH 88)
7:39.65	Jim Spivey (Fenton HS, Bensonville, IL 78)
7:46.96	Matt Giusto (San Mateo HS, CA 84)
7:49.94	Reuben Reina (John Jay HS, San Antonio, TX 86)
7:51.721	Danny Lopez (Buena HS, Sierra Vista, AZ 86)
7:53.991	Ron Harris (Eisenhower HS, Rialto, CA 83)
7:54.081	Greg Whiteley (University HS, Irvine, CA 85)

7:54.301	Pete Weilenmann (Land Prep, Bethesda, MD 85)
7:55.621	Brian Abshire (De Anza HS, Richmond, CA 82)
7:55.811	Tom Nohilly (Taft CC 86/MonMcClanHS (East Elmhurst, NY) 84)

STEEPLE (8:02.08, 8:09.17)

WL: 8:08.80	Moses Kiptanui (Ken)
8:10.56	Mark Croghan (Green HS, Greensburg, OH 86)
8:14.30	Marc Davis (San Diego HS, CA 87)
8:31.4	Dan Reese (Wheat Ridge HS, CO 82)
8:31.86	Danny Lopez (Buena HS, Sierra Vista, AZ 86)
8:33.07	Brian Diemer (SoChrisHS, Grand Rapids, MI 79)
8:36.54	Matt McGuirk (SoEugene HS, Eugene, OR 82)
8:36.63	Greg Metcalf (Washington 93)
8:37.5	Francis O'Neill (San PasqHS, Escondido, CA 89)
8:37.92	Gavin Gaynor (NIKS)
8:39.24	Harald Graham (Reeb)

5000 METERS (12:56.96, 13:01.15)

WL: 12:56.96	Haile Gebresilasie (Eth)
13:02.93	Bob Kennedy (NoWesterHS, Westerville, OH 88)
13:15.86	Jim Spivey (Fenton HS, Bensonville, IL 78)
13:42.92	Brian Baker (Batesville HS, AR 89)
13:44.22	Ronnie Harris (Eisenhower HS, Rialto, CA 83)
13:44.30	David Morris (Montana 93)
13:44.63	John Gregorek (adi)
13:44.86	Brad Barquist (Interlake HS, Bellevue, WA 86)
13:45.01	Tim Gannon (Beverly HS, MA 83)
13:45.27	Pete Sherry (HorGreeley NY, Chappaqua, NY 86)
13:45.29	Todd Lewis (Mountain Views HS, Mesa, AZ 87)
13:45.50	John Scherer (Glenelg HS, MD 84)
13:45.84	Jason Casiano (Portage HS, IN 91)

10,000 METERS (26:58.38, 27:20.56)

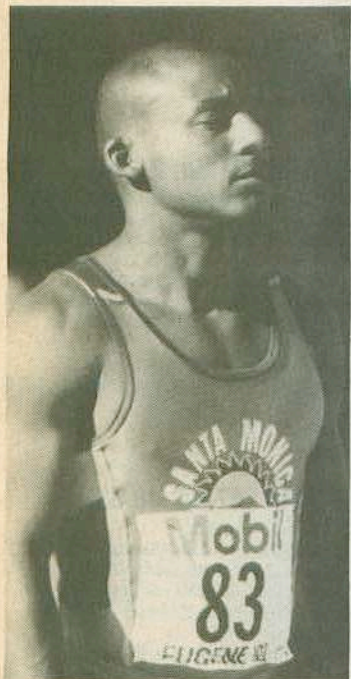
WL: 26:52.23	William Sigei (Ken)
28:20.33	John Scherer (Glenelg HS, MD 84)
28:22.48	Chris Fox (Brk)
28:34.07	Jim Westphal (OakPk-RivForHS, OakPrk, IL 87)
28:39.92	Brad Barquist (Interlake HS, Bellevue, WA 86)
28:40.74	Tom Ansberry (Santa Rita HS, Tucson, AZ 81)
28:41.48	Paul Aufdemberge (NIKN)
28:41.96	Dan Middleman (Clarke HS, Westbury, NY 97)
28:43.68	Tim Gannon (Beverly HS, MA 83)
28:44.48	Jerry Lawson (NIKS)
28:47.57	Bob Kempainen (Hopk-LindHS, Minntnka, MN 84)
28:48.4	Dan Mayer (North Central 93)

MARATHON (2:06:50, 2:10:04)

WL: 2:07:15'	Cosmas Ndetti (Ken)
2:08.47	Bob Kempainen (HopkLindHS, Minntnka, MN 84)
2:12.13	Paul Pilkington (Blackfoot HS, ID 76)
2:13.00	Keith Brantley (Winter Haven HS, FL 80)
2:13.24'	Mark Coogan (BisFeehan HS (Attleboro, MA 84)
2:13.50'	Dan Held (Homestead HS, Mequon, WI 84)
2:14.42	Danny Gonzalez (Mountain View HS, CA 81)
2:14.58	John Tuttle (Asics)
2:15.48'	Doug Kurtis (Stevenson HS, Livonia, MI 70)

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1994 TOP USA TRACK MARKS



MIKE MARSH

Photo by Bill Cockerham



MARC DAVIS

Photo by Bill Cockerham



GEORGE KERSH

Photo by Bill Cockerham



DAN O'BRIEN

Photo by Bill Leung, Jr.

2:16.49 Rob Pierce (Needham HS, MA 78)
2:16.54 Mike Dudley (COR)

4 x 100 (37.40, 37.40)

37.79 Santa Monica TC
37.82 World All-Stars
38.83 Nike LA
38.88 Oly Fest West
38.91 LSU
38.94 Kentucky
38.97 Blinn
39.00 Houston
39.01 United States (GB dual)
39.06(A) UTEP

4 x 400 (2:54.29, 2:54.29)

WL: 2:59.13 Great Britain
2:59.42 United States (Goodwill)
3:01.26 Baylor
3:01.38 United States (GB dual)
3:01.75 Georgia Tech
3:01.89 Blinn JC
3:02.28 UTEP
3:02.39 Illinois
3:02.51 Oly Fest South
3:02.90 Mississippi
3:03.32 United States Jrs.

110m HURDLES (12.91, 12.92)

WL: 13.02 Colin Jackson (GB)
13.07 Mark Crear (Rowland HS, Roland Heights, CA 87)
13.23 Eugene Swift (Berkeley HS, CA 82)
13.26 Greg Foster (UCLA80; ProvisoE HS, Mywd, IL 80)
Allen Johnson (Lake Braddock HS, Burke, VA 89)
13.27 Courtney Hawkins (Leonard HS, Lk Worth, FL 85)
13.34 Robert Reading (St Mary's HS, Berkeley, CA 85)
13.39 Roger Kingdom (Vienna HS, GA 81)
13.40 Anthony Dees (Pascagoula HS, MS 81)
13.41 Brian Armos (Rice HS, Altair, TX 90)
13.48 Duane Ross (North Gaston HS, Dallas, NC 91)
Jack Pierce (Woodbury HS, NJ 80)

Wind-aided:

13.18 Robert Reading
13.22 Greg Foster
13.23(A) Allen Johnson

400m HURDLES (46.78, 46.78)

47.70 Derrick Adkins (Malverne HS, NY 88)
48.18 Dannie Harris (Pemis HS, CA 83)
49.03 Octavius Terry (Creekside HS, Atlanta, GA 91)
49.07 Torrance Zellner (Wdawn HS, Baltimore, MD 88)
49.29 Eric Thomas (Garrison HS, TX 92)
49.52 Kevin Henderson (Chanel HS, Bedford, OH 83)
49.53 Marty Beck (Clayton Valley HS, Concord, CA 80)
49.70 Kevin Young (Jordan HS, Los Angeles, CA 84)
49.72 Bryan Bronson (Jasper HS, TX 91)
Marco Morgan (Chaney HS, Youngstown, OH 90)

20k WALK (1:17:25.5, 1:24.27t)

WL: 1:17:26t Bernardo Segura (Mex)
1:24:27t Allen James (Sac, CA; ShoreHS, Seattle, WA 82)
1:27:13t Jonathan Matthews (NoHollywood HS, CA 74)
1:28:41 Herm Nelson (MarineMilitAcad, Harlingen, TX 80)
1:29:27 Tim Seaman (Wisconsin/Parkside 93)
1:29:57 Dave McGovern (ClarkstwnNoHS, NY 83)
1:30:05 Andrzej Chylynski (TechHS, Warsaw, Poland 80)
1:30:17t Rob Cole (Hendric Hudson HS, Montrose, NY 86)
1:30:31t Phillip Dunn (HS, Portland, OR 89)
1:30:47t Andrew Herman (Williams 93)
1:30:49 Dave Marchese (North Babylon, NY 83)

50k WALK (3:37:41, 3:55.39)

WL: 3:38.43 V. Massana (Spa)
3:55:39 Allen James (b.Sac, CA; ShoreHS, Seat, WA 82)
4:02:59 Jonathan Matthews (NoHollywood HS, CA 74)
4:04:23 Herm Nelson (MarMilitAcad, Harlingen, TX 80)
4:07:48 Andrzej Chylynski (TechHS, Warsaw, Poland 80)
4:08:15 Paul Wick (Elkhorn Area HS, Elkhorn, WI 80)
4:14:46 Rob Cole (Hendric Hudson HS, Montrose, NY 86)
4:32:24 Dave Marchese (North Babylon, NY 83)
4:38:19 Paul Malek (unat)
4:42:16 Steve Pecinovsky (Beaverton, OR 73)
4:46:10 Eugene Kitts (unat)

HIGH JUMP (8-0.5, 7-10.5)

WL: 7-11.25 Javier Sotomajor (Cub)
7-7.25 Charles Austin (Van Vleck HS, TX 86)

continued next page...

1994 TOP USA TRACK MARKS

- 1 Hollis Conway (7-6.5) (FairPlkHS, Shreve, LA 85)
 1 Ray Doakes (7-5.75) (McCullHS, Wdinds, TX 91)
 7-7 Randy Jenkins (Ray County HS, Evensville, TN 88)
 Steve Smith (Southport HS, Indianapolis, IN 89)
 7-6.5 Tony Barton (Milford Mill HS, Baltimore, MD 87)
 7-5.75 Tray Barley (Blinn CC, TX 94)
 Chris Olsen-O'Neil (SFA)
 7-5.25 Steve Parker (Southport HS, Indianapolis, IN 90)
 7-5 Jeff Wylie (Pasadena HS, TX 87)

POLE VAULT (20-1.25, 19-7)

- WL: 20-1.75(A) Sergey Bubka (Ukr)
 19-7 Scott Huffman (Quinter HS, KS 83)
 19-5 Dean Starkov (Maine West HS, Des Plaines, IL 85)
 Logan HS, Union City, CA 84)
 19-2.25 Kory Tarpenning (Sheldon HS, Eugene, OR 80)
 19-1.75(A) Bill Payne (Joshua HS, TX 86)
 19-1.51 Lawrence Johnson (Gl BridgeHS, Chesapeake, VA 92) (19-0.25)
 19-0.25 Pat Manson (Central HS, Aurora, CO 86)
 18-6.25 Brent Burns (Acalanes HS, Lafayette, CA 87)
 Doug Fratey (Clovis West HS, Fresno, CA 83)
 Bill Deering (Dowagiac Union, Dowagiac, MI 88)
 Nick Hysong (Tolleson HS, AZ, 90)

LONG JUMP (29-4.5, 29-4.5)

- 28-8.25(A) Erick Walder (Murphy HS, Mobile, AL 90)
 28-5(A) Carl Lewis (Willingboro HS, NY 79)
 28-3.75 Kareem Streete-Thompson (Cayman Isl HS, Georgetown, Cayman Islands 90)
 28-1.75 Mike Powell (Edgewood HS, West Covina, CA 81)
 27-9.5 Roland McGhee (Trot-MadHS, Trotwd, OH 90)
 27-2 Dion Bentley (Penn Hills HS, Pittsburg, PA 89)
 27-0.5(A) Reggie Jones (Wyandotte HS, KanCity, KS 89)
 26-7 Sheddric Fields (SoOak Cliff HS, Dallas, TX 92)
 26-6.5 Larry Myricks (Forest Hill HS, Jackson, MS 74)
 26-5.75 Chris Sanders (Montebello HS, Denver, CO 90)
 Joe Greene (Stabbins HS, Dayton, OH 86)

Wind-aided:

- 29-4.5(A) Mike Powell
 28-4.25 Kareem Streete-Thompson

TRIPLE JUMP (58-11.5, 58-11.5)

- WL: 58-3.75 Leonid Voloshin (Rus)
 57-5.5 Mike Conley (Luther South HS, Chicago, IL 81)
 57-2.25 Kerry Hamson (Central HS, Brookfield, WI 89)
 56-6.751 Erick Walder (55-5.75) (MurphHS, Mobile, AL 90)
 55-7.75 Reggie Jones (WyandHS, Kansas City, KS 89)
 55-7 LaMark Carter (CaptShreve HS, Shreve, LA 89)
 54-10.75 Tyrell Taitt (Scott CoHS, Laurinburg, NC 89)
 54-8.75 Tyrone Scott (MesaVerde HS, CRHts, CA 88)
 54-7.5 Leonard Cobb (Blinn CC, TX)
 54-3.75 Rich Thompson (Wdinds HS, Hartsdale, NY 87)
 53-11.75 Dmitry Piterman (Ca87, SoShoreHS, Brook, NY 82)

Wind-aided:

- 57-6.5 Mike Conley

SHOT PUT (75-10.25, 75-10.25)

- 69-8.751 Kevin Toth (Friendwood HS, TX 88) (69-1.5)
 69-2.5 Jim Doehring (San Clemente HS, CA 80)
 68-8.5 C.J. Hunter (F.D. Roosevelt HS, Hyde Park, NY 86)
 68-6.5 Gregg Tatrale (Capuchino HS, San Bruno, CA 76)
 68-3.5 Randy Barnes (St. Albans HS, WV 85)
 67-9.75 Brent Noon (Fallbrook HS, CA 90)
 65-9 Chris Volganau (Boulder HS, CO 87)
 65-8.751 John Godina (UCLA; CentHS, Chert, WY 90) (65-2)
 63-0 Steve Albert (Jefferson City HS, MO 82)
 62-6.75 Jeff Brandenburg (WnMI)

DISCUS (243-0, 237-4)

- WL: 225-0 Attila Horvath (Hun)
 213-5 Mike Gravelle (St. IgnHS, San Francisco, CA 83)
 210-7 Jim Seifert (StAgnesCath HS, Rckville Cent, NY 80)
 Anthony Washington (RomeAcadHS, Rome, NY 85)
 205-2 Kevin Fitzpatrick (Brooks-HernHS, Brooksville, FL 88)
 204-2 John Godina (UCLA; Central HS, Cheyenne, WY 90)
 203-8 Adam Setliff (L.D. Bell HS, Hurst, TX 88)
 202-8 Randy Heister (Warsaw HS, IN 80)
 199-10 Mike Buncic (Fair Lawn HS, NJ 80)
 198-5 Jamie Presser (Cupertino HS, CA 89)
 197-1 Carlos Scott (Waller HS, TX 78)

HAMMER (284-7, 270-8)

- WL: 273-6 Andrey Abdullayev (Tal)
 270-8 Lance Deal (Natrona County HS, Casper, WY 79)
 243-11 Scott McGee (Thurston HS, Springfield, OR 86)
 240-6 Jim Driscoll (Smiley HS, Inver Grove Heights, MN 83)
 239-7 Brian Murer (Danville HS, IN 90)
 235-4 Kevin McMahon (Bellarmine HS, San Jose, CA 90)
 233-5 Darren Zaylor (Westlake HS, OH 87)
 230-3 David Loshonkohl (Mesa CC, San Diego, CA 93)
 229-2 Dave Popejoy (Bellarmine HS, San Jose, CA 90)
 228-1 Lou Chisari (Herricks HS, New Hyde Park, NY 87)
 225-9 John Walker (Marian HS, Farmingham, MA 85)

JAVELIN (313-10, 281-2)

- WL: 300-9 Jan Zelazny (Cze)
 270-6 Ed Kaminski (Aquinas HS, Shawnee, KS 86)
 270-1 Tom Pukstys (Stagg HS, Palos Hills, IL 86)
 266-9 Todd Riech (Fresno State 94)
 252-5 Mike Barnett (Edgewood HS, West Covina, CA 79)
 249-2 Jim Connolly (Culver City HS, CA 91)
 247-11 Art Skipper (Sandy Union, Sandy, OR 88)
 247-8 Garrett Noel (Cal State Northridge 93)
 247-5 Ty Sevin (Berwick HS, LA 89)
 242-8 Eric Smith (UCLA 93/LkridgeHS, LkOswego, OR 89)
 242-1 Greg Johnson (UCLA 95)

DECATHLON (8891, 8891)

- WL: 8735 Eduard Hamalainen (Fin)
 8715 Dan O'Brien (Henley HS, Klamath Falls, OR 84)
 8548 Steve Fritz (SEast of Saline HS, Gypsum, KS 86)
 8287 Kip Janvrin (Panora-Linden HS, Panora, IA 84)
 8281 Sheldon Blockburger (NHarbHS, Newport, CA 83)
 8234 Paul Foxson (Regional HS, Hamburg, NJ 89)
 8219 Dave Johnson (AzPac85/CresVly HS, Corv, OR 81)
 8105 Drew Fucci (Cortez HS, Phoenix, AZ 85)
 8043 Muhammad Oliver (NikO)
 7997 Rob Muzzio (Robinson HS, Fairfax, VA 82)
 7996 Aric Long (Liverpool HS, OH 88)

WOMEN

100 METERS (10.49, 10.49)

- WL: 10.77 Irina Privalova (Rus)
 10.83 Gwen Torrence (Columbia HS, Decatur, GA 83)
 11.03 Hollie Hyche (Perry Meridian HS, Indianapolis, IN 90)
 11.07 Cheryl Taplin (Cleveland HS, Seattle, WA 90)
 11.12 Gail Devers (Sweetwater HS, National City, CA 84)
 D'Andre Hill (Mount Healthy HS, Cincinnati, OH 91)
 11.15 Carlette Guidry (Milby HS, Houston, TX 87)
 11.26 Sheila Echols (Meirose Senior HS, Memphis, TN 82)
 11.32 Inger Miller (Muir HS, Pasadena, CA 90)
 Wenda Vereen (Trenton CentHS, Trenton, NJ 84)
 Chryste Gaines (Stan92/SoOkCliffHS, Dallas, TX 88)

Wind-aided:

- 10.77 Gail Devers
 10.97 Carlette Guidry
 10.99 Cheryl Taplin
 Inger Miller
 Chryste Gaines

200 METERS (21.34, 21.34)

- 21.85 Gwen Torrence (Columbia HS, Decatur, GA 83)
 22.29 Danna Young (Ribault Sr HS, Jacksonville, FL 82)
 22.38 Carlette Guidry (Milby HS, Houston, TX 87)
 22.41 Hollie Hyche (Perry Meridian HS, Indianapolis, IN 90)
 22.73 Inger Miller (Muir HS, Pasadena, CA 90)
 22.74 Michele Collins (Lkview CentHS, Garland, TX 89)
 22.88 Cheryl Taplin (Cleveland HS, Seattle, WA 90)
 22.90 Richelle Webb (MI)
 22.94 Sue Walton (Carver HS, Columbus, GA 90)
 22.97 Flirtisha Harris (Calvert HS, Prince Frederick, MD 90)
 Wind-aided:
 22.16 Danna Young
 22.47 Inger Miller

400 METERS (47.60, 48.83)

- WL: 49.95 Marie-Jose Perec (Fra)
 50.05 Malcol Malone (NoCentral HS, Indianapolis, IN 87)
 50.11 Jearl Miles (Buchholz HS, Gainesville, FL 84)
 50.20 Gwen Torrence (Columbia HS, Decatur, GA 83)
 50.38 Natasha Kaiser-Brown (Cheetahs/ TRoosevHS, Des Moines, IA 85)
 51.19 Michele Collins (Lkview Cent HS, Garland, TX 89)
 51.29 Danna Young (Ribault Sr HS, Jacksonville, FL 82)
 51.43 Kim Graham (Jackson HS, Manassas, VA 89)
 51.45 Rochelle Stevens (Melrose HS, Memphis, TN 84)
 51.47 Janeen Jones (Southfield HS, MI 90)
 51.51 Carlette Guidry (Milby HS, Houston 87)

800 METERS (1:53.28, 1:56.90)

- WL: 1:55.19 Maria Mutola (Moz/Springfield HS, OR 92)
 1:58.39 Joetta Clark (Columbia HS, Maplewood, NJ 90)
 1:59.02 Suzy Hamilton (Stevens Point HS, WI 86)
 1:59.90 Meredith Rainey (St. Ann's HS, Brooklyn, NJ 86)
 1:59.98 Regina Jacobs (Stanford 85/Argyll EpisAcad, North Hollywood, CA 81)
 2:00.60 Amy Wickus (Baraboo HS, WI 90)
 2:01.13 Jane Brooker (Chapel ChristHS, Limerick, PA 82)
 2:01.66 Nekita Beasley (FrankCoHS, Camersville, GA 88)
 2:01.69 Tasha Woodward (Villanova 95)
 2:01.77 Jasmin Jones (Hackensack HS, NJ 87)
 2:02.17 Sarah Thorsett (NikN)
 2:02.47 Lesley Noll-Mayne

1500 METERS (3:50.46, 3:57.12)

- WL: 3:59.10 Sonia O'Sullivan (Ire/Villanova 91)
 4:02.15 Regina Jacobs (Stanford 85/Argyll Epis Academy, North Hollywood 81)
 4:04.57 Suzy Hamilton (Stevens Point HS, WI 86)
 4:08.77 Gina Procaccio (Sun Valley HS, Aston, PA 82)
 4:08.79 Kathy Franey (Massapequa HS, NY 85)
 4:10.24 Sarah Thorsett (NikN)
 4:10.47 Julie Speights (W.T. Woodson HS, Fairfax, VA 88)
 4:10.69 Jasmin Jones (Hackensack HS, NJ 87)
 4:10.97 Kristen Seabury (Stoneham HS, MA 87)
 4:12.12 Ceci (Hopp) St. Geme (Stanford 88/Greenwich HS, CT 80)
 4:12.55 Kelly Rabush (Auburn 91)

MILE (4:15.61, 4:16.71)

- WL: 4:17.25 Sonia O'Sullivan (Ire/Villanova 91)
 4:27.78 Regina Jacobs (Stanford 85/Argyll Episcopal

continued next page...

1994 TOP USA TRACK MARKS

Academy, North Hollywood 81)
 4:29.34 Gina Procaccio (Sun Valley HS, Aston, PA 82)
 4:30.20 Kathy Franey (Massapequa HS, NY 85)
 4:31.59 Ceci (Hopp) St. Geme (Stanford 86/Greenwich HS, CT 80)
 4:34.48 Lesley Lehane (VetMemHS, Peabody, MA 81)
 4:35.021 Jasmin Jones (Hackensack HS, NJ 87)
 4:36.57 Kelly Rabush (Auburn 91)
 4:36.91 Kristen Seabury (Stoneham HS, MA 87)
 4:37.471 Suzy Hamilton (Stevens Points HS, WI 86)
 4:37.51 Kate Fonshell (Penncrest HS, Media, PA 87)

3000 METERS (8:06.11, 8:25.83)

WL: 8:21.64 Sonia O'Sullivan (Ire/Villanova 91)
 8:41.97 Annette Peters (CentVly HS, Veradale, WA 83)
 8:46.04 Kathy Franey (Massapequa HS, NY 85)
 8:49.10 Gina Procaccio (Sun Valley HS, Aston, PA 82)
 8:50.61 Libbie Johnson (AmeCollege HS, Cairo, Egypt 83)
 8:57.45 Karl Bertrand (Syra-MinoaHS, ESyracuse, NY88)
 8:58.30 Polly Plumer (UCLA 87/UnivHS, Irvine, CA 82)
 8:59.2 Lynn Jennings (Bromfield Sch Harvard, MA 78)
 8:59.3 Katy McCandless (CastillHS, Palo Alto, CA 88)
 9:00.0 Gwyn Coogan (Cl-Mudd-Scripps 85/Phillips Exeter Academy, Exeter, NH 83)
 9:02.28 Cheri Goddard (Saratoga Springs HS, NY 89)

5000 METERS (14:37.33, 14:56.07)

WL: 15:05.94 Yelena Romanova (Rus)
 15:15.42 Annette Peters (CentVly HS, Veradale, WA 83)
 15:35.81 Katy McCandless (CastillHS, Palo Alto, CA 88)

15:38.41 Lynn Jennings (Bromfield Schl, Harvard, MA 78)
 15:38.64 Cathy Palacios (Naperville NoliHS, Naper, IL 87)
 15:41.46 Trina Painter (Horizon HS, Scottsdale, AZ 84)
 15:43.37 Anne Marie Letko (NoHunteHS, Annadale, NJ 87)
 15:44.10 Kathy Franey (Massapequa HS, NY 85)
 15:46.79 Sammie Gdowski (Shelton HS, NB 85)
 15:48.84 Gwyn Coogan (Clara-Mudd-Scripps 85/ Phillips Exeter Academy, Exeter, NH 83)
 15:50.28 Ceci (Hopp) St. Geme (Stanford 86/Greenwich HS, CT 80)
 15:51.79 Liz Wilson (Alcent InterHS, Brunssum, Holland 86)

10,000 METERS (29:31.78, 31:19.89)

WL: 31:08.75 Fernanda Ribeiro (Por)
 32:03.42 Olga Appell (Reeb)
 32:08.77 Gwyn Coogan (Clara-Mudd-Scripps 85/Phillips Exeter Academy, Exeter, NH 83)
 32:41.67 Anne Marie Letko (NoHunteHS, Annadale, NJ 87)
 32:59.55 Trina Painter (Horizon HS, Scottsdale, AZ 84)
 33:01.02 Vicki Mitchell (Amherst Central, Amherst, NY 87)
 33:05.05 Carole Zajac (Baldwin, Pittsburg, PA 90)
 33:07.33 Shelley Smathers (Morton HS, WA 89)
 33:16.68 Laura Lamena-Coil (Shaker HS, Latham, NY 84)
 33:30.08 Michelle Sloan-Huff (Web)
 33:41.86 Laura Craven (unat)

MARATHON (2:21:06, 2:21:21)

2:28:12 Olga Appell (Reeb)
 2:31:46 Kim Jones (b. Sonoma/Pt Townsend HS, WA 76)
 2:33:42 Linda Somers (Indio HS, CA 79)

2:35:43 Trina Painter (Horizon HS, Scottsdale, AZ 84)
 2:36:14 Elaine Van Blunk (ArchPrenderHS, DrexHill, PA 82)
 2:37:01 Mary-Lynn Currier (Unattached)
 2:37:14 Tammy Slusser (Baldwin HS, Pittsburg, PA 83)
 2:38:08 Kellie Archuleta (San Manuel HS, AZ 80)
 2:38:55 Debbie Kilpatrick (MovCom)
 2:39:08 Roxi Erickson (Unattached)

100m HURDLES (12.21, 12.46)

WL: 12.53 Tatyana Reshetnikova (Rus) & Svetla Dimitrova (Bul)
 12.69 Jackie Joyner-Kersey (UCLA 85/LincHS, East St. Louis, IL 80)
 12.86 LaVonna Martin-Floreal (Trotwd-Madison HS, Trotwood, OH 84)
 12.88 Dawn Bowles (Neptune Senior HS, Neptune, NJ 88)
 13.00 Lynda Tolbert-Goode (Ballou HS, Wash, DC 85)
 13.12 Allison Williams (Brentwood HS, NY 89)
 13.13 Jamie McNeair (unat)
 13.14(A) Tonja Buford (Meadowdale HS, Dayton, OH 88)
 13.15 Cheryl Dickey (M.B. Smiley HS, Houston, TX 85)
 13.22 Anjanette Kirkland (Tall HS, San Antonio, TX 90)
 13.24 Melissa Morrison (Brown HS, Kannapolis, NC 89)
 Wind-aided:
 12.90 Lynda Tolbert-Goode

400m HURDLES (52.74, 52.79)

WL: 53.33 Sally Gunnell (GB)
 53.72 Kim Batten (East HS, Rochester, NY 87)
 55.26 Tonja Buford (Meadowdale HS, Dayton, OH 89)



RAMONA PAGEL

Photo by Bill Cockerham



DONNA MAYHEW

Photo by Bill Cockerham



KATY McCANDLESS

Photo by Bill Cockerham



PAM DUKES

Photo by Elaine Rosenfield

1994 TOP USA TRACK MARKS

55.98 Tonya Williams (Norview HS, Norfolk, VA 92)
 56.21 Treva Williams (M.B. Smiley HS, Houston, TX 87)
 56.45 Connie Elierbe (W Penn HS, New Castle, DE 87)
 56.62 Keisha Marvin (Hawthorne HS 89)
 56.66 Sandra Glover (MizH)
 56.90 Rebecca Russell (unat)
 57.04 Tonya Lee (Rancocas Vly HS, Mount Holly, NJ 88)
 57.21 Tracy Mattes (Pius XI HS, Milwaukee, WI 87)

10k WALK (41:30, 44:42)

WL: 41:38 Gao Hongmiao (Chn)
 44:42 Michelle Rohi (Beaver Dam HS, WI 84)
 45:021 Teresa Vaill (SeySmith Sr HS, Pine Plains, NY 81)
 46:571 Debora Van Orden (East Grand Rapids HS, MI 78)
 47:151 Dana Yarbrough (Burleson HS, TX 85)
 47:161 Debbie Lawrence (Bradford HS, Kenosha, WI 79)
 47:41 Victoria Herazo (Fairfax HS, Los Angeles, CA 77)
 48:07 Linda Brubaker (Hempfield HS, Landisville, PA 75)
 49:17 Sally Richards-Kerr (Front Range Walkers)
 49:331 Cheryl Rellinger (Frontier CenHS, Hamburg, NY 84)
 49:391 Dee Walker (Hart)

4 x 100 RELAY (41.37, 41.49)

42.45 United States (Pan Africa)
 42.93 Sun Angel All-Stars
 42.98 United States (Goodwill)
 43.25 LSU
 43.35 United States (GB dual)
 43.70 Alabama
 43.95 LSU Alums
 Tennessee #
 44.13 Central Ohio
 44.19 Indiana State
 44.24+ Arizona State

4 x 400 RELAY (3:15.17, 3:15.51)

3:22:27 United States (Goodwill)
 3:26.63 United States (Pan Africa)
 3:26.99 United States (GB dual)
 3:28:50 Texas All-Stars I
 3:29.64 Reebok
 3:29.77 Arizona State
 3:30.31 Atoms
 3:30.58 Seton Hall
 3:31.31 LSU
 3:31.42 Texas
 3:31.49 Texas All-Stars II

HIGH JUMP (6-10.25, 6-8)

WL: 6-7.5i Galina Astafei (Rom) out WL: 6-6.75 Britta Bilac (Slo)
 6-6i Angela Bradburn (Norwell HS, Ossian, IN 86) (6-4.75)
 6-5 Tisha Waller (Halifax CoSr HS, South Boston, VA 88)
 6-2.25 Amy Acuff (UCLA 97/Calelien HS, CorpChr, TX 93)
 i Nicole Hudson (Andi)
 Sue (McNeal) Rembao (Carlsbad HS 80)
 Clare Look-Jaeger (Milw Tr&TechHS, Milw, WI 84)
 Gwen Wentland (Grand Blanc HS, MI 90)
 6-2 Melinda Bolce (American Fork HS, UT 93)

Connie Teaberry (Lutheran No HS, St. Louis, MO 88)
 6-1.5i J.C. Broughton (Woodland HS, CA 89)
 Kym Carter (b. Inglewood, CA/E. HS, Wichita, KS 82)
 i Sherry Gould (Lakeside HS, Atlanta, GA 85)
 i Yolanda Henry (Klein Forest HS, Houston, TX 83)
 i Corissa Yasen (Couer d'Alene HS, ID 92)
 Tanya Hughes (Great Mills HS, MD 90)

POLE VAULT (13-5.75, 11-2)

WL: 13-4.5 Nicole Rieger (Ger) & Sun Caiyun (Chn)
 11-6 Melissa Price (Kingsburg HS, CA 95)
 11-1 Phil Raschker (WE)
 10-9 Shannon Walker (ATA)
 10-6 Jocelyn Chase (CA HS)
 10-1.5 Serrina Miller (OR HS)
 10-0i *Stacy Mikaelson (IdSt)
 9-8 Pam Reynolds (PRTC)
 Melissa Feinstein (ATA)
 9-6 Holly Speight (OR HS)
 Alissa White (ATA)

LONG JUMP (24-8.25, 24-7)

24-7 Jackie Joyner-Kersey (UCLA 85/Lincoln HS, East St. Louis, IL 80)
 22-1.75 Marlon Jones (Thousand Oaks HS, CA 93)
 21-11 Cynthia Rhodes (Terrell HS, TX 86)
 21-10.25 Sheila Echols (Melrose Sr HS, Memphis, TN 82)
 21-8.75 Vonetta Jeffrey (Olin-Jackson HS, Birm, AL)
 21-6.75 Sharon Couch (Amelia Co HS, Amelia, VA 87)
 21-5.25 Terri Hairston (New Caney HS, Porter, TX 82)
 21-4.75 Sheila Hudson-Strudwick (Rio Linda HS, CA 85)
 21-3.25 Jacqui Brown (Evanston Township HS, Ev, IL 90)
 21-2.5 Dawn Burrell (Penn Wd HS, Lansdowne, PA 91)
 Wind-aided:
 21-11.75 Terri Hairston
 Marsha Henry (StJ)

TRIPLE JUMP (49-6.25, 46-8.25)

WL: 48-0.25 Inna Lasovskaya (Rus)
 46-8.25 Sheila Hudson-Strudwick (Rio Linda HS, CA 85)
 46-0.5 Diana Orrange (PT)
 45-9 Cynthia Rhodes (Terrell HS, TX 86)
 44-10.75 Carla Shannon (H. Grady HS, Atlanta, GA 86)
 44-10.25 Roshanda Glenn (West Covina HS, CA 89)
 44-4.75 Telisa Young (Henderson HS, WChester, PA 90)
 43-7 Christine Gray (R Sterling HS, Houston, TX 90)
 43-6.5 Robyne Johnson (Berkeley HS, CA 81)
 43-5.75 Rene Woodard (Unattached)
 43-1.75 Lisa Austin (Parkland HS, El Paso, TX 91)
 Karyn Smith (Penn 94)

Wind-aided:
 46-8.25 Sheila Hudson-Strudwick

SHOT (74-3, 66-2.5)

WL: 68-3.75 Valentina Fedyushina (Ukr)
 64-3.75 Connie Price-Smith (NikC/StCharlesHS, MO 80)
 61-7.5 Ramona (Ebert) Pagel (SchurHS, Mont, CA 79)
 60-0.5 Eileen Vanisi (Trinity HS, Euless, TX 90)
 59-5 Valeyta Althouse (UCLA 96/BlueSprHS, MO 92)

58-7.25 Dawn Dumble (Bakersfield HS, CA 90)
 55-10.5i Danyel Mitchell (Vallejo HS, CA 90) 54-3.25
 55-10.25i Stevanie Ferguson (TCU) (55-7.5)
 55-4.25 Peggy Pollock (Cupertino HS, CA 78)
 54-11.25 Paulette Mitchell (LinCHS, Council Bluffs, IA 92)
 54-4.5 Kris Kuehl (Storden-Jeffers HS, Jeffers, MN 88)

DISCUS (252-0, 216-10)

WL: 225-5 Daniela Costian (Aus) & Ilke Wyludda (Ger)
 204-5 Connie Price-Smith (NikC/St. Charles HS, MO 80)
 197-7 Lacy Barnes-Mileham (Burr HS, Ridgecrest, CA 83)
 195-4 Kris Kuehl (Storden-Jeffers HS, Jeffers, MN 88)
 194-4 Danyel Mitchell (Vallejo HS, CA 90)
 194-3 Dawn Dumble (Bakersfield HS, CA 90)
 190-3 Pam Dukes (Stanf86/FreehdTownship HS, NJ 82)
 186-10 Edie Boyer (Hastings HS, MN 84)
 185-6 Carla Garrett (NikC/Santa Fe HS, NM 84)
 184-4 Suzy Powell (Downey HS, Modesto, CA 94)
 181-7 Melisa Weis (Bakersfield HS, CA 90)
 Sarah Andrews (Monterey HS, CA 89)

HAMMER (219-3, 193-4)

WL: 219-7 Olga Kuzenkova (Rus)
 192-6 Sonja Fitts (Gates-Chili HS, Rochester, NY 88)
 188-5 Alexandria Givan (SnCt)
 186-5 Liz Lagault (BAA)
 182-11 Theresa Findlay (Northeastern 94)
 Bonnie Edmondson (NikC/Eastern Connec. State)
 180-11 Crystal Corbell (Northeastern)
 178-3 Deb Templeton (Stanford)
 176-1 Leslie Coons (Serra HS, San Diego, CA 91)
 172-4 Sandy Sparrow (Idaho State 96)
 172-1 Maureen Magnan (unat)

JAVELIN (262-5, 227-5)

WL: 234-3 Natalya Shikolenko (Bis)
 198-6 Donna Mayhew (CrescVly HS, LaCrescenta, CA 78)
 192-1 Kim Hyatt (Crook County HS, Prineville, OR 87)
 190-7 Paula Berry (Dayville HS, OR 87)
 189-10 Nicole Carroll (Alameda HS, CA 86)
 182-11 Cindy Herceg (Holmdel HS, NJ 88)
 182-3 Lynda Lipson (Bishop Fenwick HS, Peabody, MA 89)
 181-11 Erica Wheeler (Stanford 89/Sequim HS, WA 85)
 179-9 Kim Engel (Mount Olive HS, Flanders, NJ 92)
 179-5 Jen McCormick (Stanford 94/San Mateo CC 92)
 174-9 Kristen Dunn (Cal State Northridge 95)

HEPTATHLON (7291, 7291)

WL: 6665 Sabine Braun (Ger)
 6606 Jackie Joyner-Kersey (UCLA 85/Lincoln HS, East St Louis, IL 80)
 6371 Kym Carter (b. Inglewood/East HS, Wichita, KS 82)
 6323 Jamie McNear (PuTC)
 6189 DeDee Nathan (South Side HS, Fort Wayne, IN 86)
 6001w Sharon Hanson (NikC)
 5907 Kelly Blair (Prosser HS, WA 89)
 5746 Clare Look-Jaeger (NikC/Milwaukee Trade & Technical HS, Milwaukee, WI 84)
 5651 Terry Roy (Nashua HS, NH 90)
 5620 Peggy Odit (Stanford 91/Upper Arlington HS, Columbus, OH 86)
 5567 Nicole Hudson (Andi)
 Marvina Almond (Farragut HS, Knoxville, TN 92)



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TODAY!

Prepared by: Keith Conning (CTN), Pete Cava (USATF), Hal Bateman (USATF) and Shawn Price (T&FN).



PREP NOTES

By KEITH CONNING

■ PERSONAL NOTE

I am returning to Berkeley High School part-time (60%) as a teacher of Government and Keyboarding after being on medical leave for two years. I will also continue to coach the girls' cross country team and announce high school track meets in Northern California.

■ BERKELEY HIGH SCHOOL REQUIRES ID'S FOR STUDENTS AND STAFF

BERKELEY, August 15--James Henderson, the principal of Berkeley High School, sent the following letter to the Berkeley High School Community:

Providing a safe campus for every individual must be our highest priority at Berkeley High School. To accomplish this important objective it is necessary to make some fundamental changes in the day-to-day operations of our school. Beginning with the new school year, during school hours, the BHS campus will be open only to BHS students and staff and identified visitors.

The Staff Senate, Department Chairpersons and the School Safety Committee have provided leadership for some basic changes to be implemented in September. These changes listed below are extremely important to making BHS safe for everyone:

1. Students will be required to have their ID card with them at all times and show it when requested.
2. All staff will be required to wear a visible ID card at all times.
3. All students out of class must be in possession of a pass periods 2-7. During periods 1-8 all students in the hallways must have a pass.

4. Teachers in teams, will spend their supervision period in an assigned hallway providing safety for students and staff.

5. All gates to the campus will be closed between the hours of 8:50 a.m. to 11:25 a.m. and 12:10 p.m. to 3:30 p.m. The South Milvia gate will be attended all day until 3:30 for people entering and leaving campus. All gates will be open for lunch.

6. Campus monitors will be wearing yellow security jackets for easy identification.

7. All visitors must report to the principal's office and obtain a visitor's pass.

(Prep Editor: These changes are certainly a sign of the times. Berkeley, the home of free speech, has been forced to get tough in order to fight crime. I never thought, when I started teaching in the Berkeley schools in 1968, that one day I would be required to wear an ID card and become a policeman. Although I regret that these changes are necessary, I still support them. I would be interested to hear from other coaches about the policies at their high schools. Does anyone else have to wear ID cards? Incidentally, a few years ago I had three students throw stones at me on campus, even though they didn't even know me.)

■ NORTHERN CALIFORNIA HIGH SCHOOL CROSS COUNTRY RESULTS WANTED

Please fax Northern California high school cross country results to (510) 849-3342. Or send them to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

■ POLLY PLUMER (UNIVERSITY, IRVINE 1982)

BELLINZONA, Switzerland, June 25--Polly Plumer (University, Irvine 1982) placed fourth in the 1,500 meters in 4:16.18.

■ MARK CREAR (JOHN A. ROWLAND, ROWLAND HEIGHTS 1987)

LINZ, Austria, July 4--Mark Crear (Rowland, Rowland Heights 1987) placed fourth in the 110 hurdles in 13.27.

■ USA-PAN AFRICA

INDIANAPOLIS, July 11--The dual meet between the U.S. national team and the Pan African squad will take place August 12-13 at Duke University's Wallace Wade Track in Durham. Participants will include Gail Devers (Sweetwater HS, National City 1984), Mike Powell (Edgewood HS, West Covina 1981), and Quincy Watts (Taft HS, Woodland Hills 1988). (--by Pete Cava, USATF Press Information Director)

■ JOHN MARSHALL (VILLANOVA)

Olympian John Marshall became the fourth full-time head coach in Villanova University's track history when he was named to replace the retired Marty Stern on June 30. A semifinalist in the 800 meters at the 1984 Olympics, Marshall was the NCAA indoor 880 champion for the Wildcats in 1985. The late Jumbo Elliott, a member of the National Track and Field Hall of Fame, served as Villanova's coach from 1935 until his death in 1981. Long-time Wildcat assistant Jack Pyrah served as an interim coach

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until Charlie Jenkins, another Hall of Famer, took over later in the year. Jenkins resigned in 1990 and Stern picked up the reins. For the past two years Marshall had served as an assistant to Stern, who announced his retirement in June. (Mike Blimm, Villanova Assistant SID)

■ STOCKHOLM GRAND PRIX

STOCKHOLM, Sweden, July 12--Jeff Williams (Washington, Los Angeles 1982) broke the stadium record in the 200 meters with a time of 20.19 ahead of world champion Frankie Fredericks. Williams won a diamond for breaking the stadium record. Four times world pole vault champion Sergei Bubka failed in an attempt on the world record when he failed three times at 6.15 meters. He won at 5.90 meters. Dean Starkey (James Logan, Union City 1984) placed second at 5.80 meters.



DEAN STARKEY

Photo by Elaine Rosenfield

■ IAAF WORLD JUNIOR CHAMPIONSHIPS

The International Amateur Athletic Federation World Junior Championships open Wednesday July 20 at Lisbon's Estadio Universitario track. The U.S. will send a full team to the 5th edition of

the world junior meet, for athletes under 20 years of age. Three Americans go into the meet with the year's best junior performances: Tony Wheeler (20.52 for the 200 meters), Monique Hennagan (52.19, 400 meters) and Suzy Powell (Downey, Modesto 1994) (184-4 for the discus).

The U.S. has completely dominated one of the 42 events at the world junior championships: no American team has ever lost in the men's 4x400 meter relay. Here's a list of each winning squad: 1986 Athens, Greece -- 3:01.90 Clifton Campbell, Percy Waddle, Chip Rish (California HS), William Reed. 1988 Sudbury, Canada -- 3:05.09 Jesse Carr, Chris Nelloms, Jerome Williams, Ralph Carrington. 1990 Plovdiv, Bulgaria -- 3:02.26 Derek Mills, Marvin Samuels, Reggie Harris, Chris Nelloms. 1992 Seoul, Korea -- 3:06.11 William Porter, Milton Mallard, Regan Nichols, Deon Minor.

■ MELISSA PRICE (KINGSBURG) SETS AMERICAN POLE VAULT RECORD

FRESNO, CA. July 13--Sixteen-year-old Melissa Price of Kingsburg, California has vaulted to another American best performance. Price soared 11 feet, 6 inches (3.50 meters) at an all-comers meet. The performance was Price's third American best of the season. She went 11-1 (3.38) in Fresno of April 8 and -- after Philippa Raschker equalled Price's mark on May 17 -- Price went 11-1 on June 4. Price is scheduled to compete in the Goodwill Games in St. Petersburg, Russia, next week.

■ UNITED STATES TRACK TEAM SET FOR DUAL MEET WITH GREAT BRITAIN

INDIANAPOLIS, July 14 -- USA Track & Field on Thursday announced the 96-member United States team for the annual dual meet with Great Britain, scheduled for July 20 in Gateshead, in Northern England. The team was selected

from among top performers at the national championships. Here are the former California preps on the roster with their event, city (if different from city of high school attended), high school, nationals place and mark, club, date of birth, height, weight:

Men

Steeplechase: Francis O'Neill (San Pasqual, Escondido 1989), 6) 8:38.21, unattached, 25Feb70, 1.80, 62.

5000 meters: Ronnie Harris (Arlington, Virginia/Eisenhower, Rialto 1983), 3) 14:04.72, Reebok Enclave, 16May65, 1.88, 68.

110m hurdles: Robert Reading (Los Angeles/St. Mary's, Berkeley 1985), 2) 13.37, Accusplit SC, 09Jun67, 1.93, 91.

Pole Vault: Brent Burns (Acalanes, Lafayette 1987), 3) 5.70, Reebok RC, 02May69, 1.93, 91.

Shot Put: Gregg Tafralis (Capuchino, San Bruno 1976), 6) 19.91, unattached, 09Apr58, 1.83, 125.

Discus Throw: Mike Gravelle (St. Ignatius, San Francisco 1983), 1) 61.38, unattached, 13Apr65, 1.96, 113.

Hammer Throw: Kevin McMahon (Bellarmine, San Jose 1990), 3) 71.72, Georgetown University, 26May72, 1.83, 107.

Women

1500 meters: Regina Jacobs (Oakland/Argyll Episcopal Academy, North Hollywood 1981), 1) 4:07.71, Mizuno TC, 28Aug63, 1.68/52.

3000 meters: Polly Plumer (San Diego/University, Irvine 1982), 4) 9:15.99, Asics, 14Oct64, 1.65, 50.

Triple Jump: Roshanda Glenn (Los Angeles/West Covina 1989), 4) 13.67, unattached, 13Nov71, 1.73, 66.



FRANCIS O'NEILL
Photo by Bill Leung, Jr.

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PREP NOTES

Shot Put: Ramona (Ebert) Pagel (San Diego/Schurr, Montebello 1979), 2) 17.91, Nike Coast Club, 10Nov61, 1.80, 81; Dawn Dumble (Los Angeles/Bakersfield 1990), 3) 17.47, unattached, 25Feb72, 1.78, 72.



DAWN DUMBLE
Photo by
Bill Cockerham

Discus Throw:

Lacy Barnes-Mileham (Fresno/Sherman E. Burroughs, Ridgecrest 1983), 2) 59.00, Nike TC, 23Dec64, 1.68, 75; Dawn Dumble, 4) 57.00, see shot put.

Javelin Throw: Donna Mayhew (Glendale/Crescenta Valley, La Crescenta 1978), 1) 58.94, Nike Coast Club, 20Jun60, 1.60, 71; Nicole Carroll (San Francisco/Alameda 1986), 2) 56.48, San Mateo AC, 18Apr68, 1.68, 68.

■ TSB GAMES

LONDON, England, July 15--Jeff Williams (Washington, Los Angeles 1982) placed third in the 200 meters in 20.71 Robert Reading (St. Mary's, Berkeley 1985) placed third in the 110 hurdles in 13.47.

■ CAROLE

CAROLE, Italy, July 16--Tim Bright (Phoenix HS, Oregon 1978/Soquel HS, California 1976) won the pole vault at 18-4 1/2 (5.60). Doug Fraley (Clovis West, Fresno 1983) placed second at 18-0 1/2 (5.50). Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981) won the 800 meters in 1:59.98. It is the leading American time and the fastest since 1987.

Sheila Hudson-Strudwick (Rio Linda 1985) placed second in the long jump at 20-11 1/4 (6.38).

■ NIKAIA GRAND PRIX

NICE, France, July 18--Olympic champion Mark McKoy set a new Austrian na-

tional record by winning the 110 hurdles in 13.28. McKoy, who won the gold medal for Canada in Barcelona, recently obtained his Austrian citizenship and will compete for his new country at the forthcoming European championships. Robert Reading (St. Mary's, Berkeley 1985) placed fourth in 13.51.

Marc Davis (San Diego 1987) placed sixth in the 3,000 steeplechase in 8:17.93, a personal record. His old personal record of 8:20.14 was set in 1993. His previous season best of 8:21.92 was set on July 12.

Ukraine's Sergei Bubka won the pole vault with 5.90 meters (19-4 1/4), narrowly missing on his third attempt at 6.05. Looking to establish a new season's best, Bubka actually cleared the bar, brushing it with his chest as he dropped into the pit.

"I think it was possible to go over 6.05 tonight," said Bubka, whose next competition will be the Goodwill Games. "I did a small mistake on my last attempt but I'm in good shape and I think I can do better than 6.05."

Dean Starkey (James Logan, Union City 1984) was third at 19-0 1/4.

Sheila Hudson (Rio Linda 1985) placed second in the triple jump at 45-9 1/4. Katy McCandless (Castilleja, Palo Alto 1988) placed tenth in the 3,000 meters in 9:06.78.

■ DANNY HARRIS (PERRIS)

Track's world governing body is willing to consider reducing Danny Harris' drug suspension, IAAF president Primo Nebiolo said in Lisbon. "We have no anger against this boy and we are open to re-considering (his position)," Nebiolo said. "But only our council can ratify such a reconsideration."

Harris, the 1984 Olympic silver medal winner in the 400-meter hurdles, was banned for four years after testing positive for cocaine in February 1992.

■ GREAT BRITAIN VS. UNITED STATES

GATESHEAD, England, Gateshead

Stadium, July 20--The USA won both the men's dual meet (206 points to 180) and the women's meet (168-152). Ronnie Harris (Eisenhower, Rialto 1983) won the 5,000 in 14:02.18.

Robert Reading (St. Mary's, Berkeley 1985) won the 110 hurdles in 13.36. Brent Burns (Acalanes, Lafayette 1987) placed third in the pole vault at 5.60 (18-4 1/2). Gregg Tafrales (Capuchino, San Bruno 1976) won the shot put at 20.89 (68-6 1/2), a season best. His previous season best was 20.22 (66-4 1/4) on May 28 at the Bruce Jenner Classic in San Jose.

Mike Gravelle (St. Ignatius, San Francisco 1983) won the discus at 63.68 (208-11). Robert Weir (Great Britain), the Stanford assistant track coach, was



GREGG TAFRALIS
Photo by Bill Cockerham

fourth at 58.72. Kevin McMahon (Bellarmine Prep, San Jose 1990) placed third in the hammer throw at 66.98 (219-9).

Dawn Dumble (Bakersfield 1990) placed second in the shot put at 17.38 (57-0 1/4). Ramona (Ebert)

Pagel (Schurr, Montebello 1979) was third at 17.36 (56-11 1/2). Lacy Barnes-Mileham (Burroughs, Ridgecrest 1983) won the discus at 56.94 (186-10). Dawn Dumble (Bakersfield 1990) was second at 56.62 (185-9).

Donna Mayhew (Crescenta Valley, La Crescenta 1978) won the javelin at 61.50 (201-9), a season best. Her previous season best of 58.94 (193-4) was set at the national championships on June 18. Nicole Carroll (Alameda 1986) was second at 57.86 (189-10), a personal record. Her previous personal record

continued next page...

PREP NOTES

of 56.48 (185-4) was set at the national championships on June 18.

■ IRISH NATIONAL CHAMPIONSHIPS

DUBLIN, Ireland, July 23-24--Tom McGuirk (California 1994/St. Ignatius HS, San Francisco), won the 400 hurdles in 51.40 and the 200 meters. McGuirk will represent Ireland in the European Championships. McGuirk placed fifth in the California State Meet 300 meter hurdles in 1988. He was a two-time All-American and CCAA champion at Cal Poly SLO before transferring to California. His personal record of 50.80 in the 400 hurdles was set in 1993. He was born on March 2, 1972 in San Francisco.

His parents are Patrick and Maryann McGuirk. He comes from an athletic family as his father was All-Ireland in hurling (an Irish game resembling field hockey or lacrosse, played by two teams of 15 players each). His brother, Pat, was a starting DB for Frankfurt of the World League of Football. He majored in psychology at California.

Kevin Keane (California 1994/De La Salle HS, Concord 1989), whose grandparents were born in Ireland, won the high jump at 2.11 meters (6-11). Keane recorded a personal best of 2.22 meters (7-3 1/4) this season. He now faces a big decision. Does he go after a good job, or does he pursue his high jumping with a chance of representing Ireland in the 1996 Olympic Games in Atlanta? Keane also throws the javelin. He was born on November 20, 1970 in Alameda. His parents are Vincent and Maria Keane. He majored in political economy of industrial societies at California.

■ EUGENE SWIFT (BERKELEY 1982)

BYRKJELO, Norway, July 24--Eugene Swift (Berkeley 1982), who is competing in Europe for the first time, placed fourth in the 100 meters in 10.61 (0.6).

■ LAKEISHA BACKUS

(WILSON, LONG BEACH)

LISBON, Portugal--Results Saturday of the 5th IAAF Annual World Juniors Championships (race distances in meters): Women

200--1, Heide Seyerling, South Africa, 22.80. 2, Lakeisha Backus, USA, 22.88.

■ USATF JUNIOR OLYMPICS

GAINESVILLE, Florida, July 26-31--Young Men (age 17-18): Howard won the 100 in 10.45. Johnson won the 200 in 21.21 (-0.9). Russell won the 800 in 1:52.83. The West Valley Eagles won the 4x400 in 3:07.41.

Intermediate Boys (15-16): Moore won the 400 in 46.96. Young Women (17-18): Nwaoguakor' won the 3,000 in 10:30.61. Harris won the 400 hurdles in 58.79. Hayes placed second in 59.12.

Intermediate Girls (15-16): Edmonson won the 400 in 54.98.

■ BENEFACTOR AIDS KICKERS--COMPUTER CHIP COMPANY WILL PAY TRACK TEAM'S WAY TO JUNIOR OLYMPICS

SAN JOSE, July 27--The members of the West Side Kickers Track Club figured their season was over. After qualifying six members of the team for the National Junior Olympics Championships this week, they didn't have the funds to attend the meet. But instead of sitting at home wondering how they would have fared, the Oakland-based team will be on the track in Gainesville, Fla., competing against the best America has to offer thanks to a generous donation from a San Jose computer chip manufacturer.

"I'd already started preparing for football season," said Hasani White. "I stopped working out (for track), but now I've got to catch up."

White, 16, will be entered in the long jump, triple jump and high jump. After the Kickers' plight was broadcast on radio station KCBS Friday, Cypress Semi-

conductor of San Jose stepped in to provide the round-trip airfare to Florida at a cost of about \$3,000. Other groups, including BASS Tickets and members of the Santa Rita Employees Association, have also donated to help pay for the Kickers' lodging, said head coach Bernard White.

Cypress CEO T.J. Rodgers ran the 100-yard dash in 10.6 when he was a high school student in Oshkosh, Wisconsin. He said it took him even less time to figure out what to do once he heard the story on his car radio.

"The decision making process took about two seconds," Rodgers said. "After I heard the story on the radio, I came into the office Monday and told my staff to get them whatever they need to get them there."

Rodgers said he was impressed with the amount of time the Kickers parents and athletes spend on raising money so they can go on trips such as the one to Florida. But after qualifying at the regional meet in San Jose two weeks ago, there just wasn't enough time to raise that amount of money.

"This one was just an accident," he said of the donation. "If I wasn't listening to the radio at that time..."

(Prep Editor: The preceding article appeared in the Oakland Tribune on July 27.)

■ LEADING WORLD BEST PERFORMANCES BY FORMER CALIFORNIA PREPS

LONDON, July 29--Leading 1994 world best performances by former California preps issued by the International Amateur Athletic Federation on Friday.

Men

800 meters

1:43.29 Wilson Kipketer (Kenya)
1:43.5 Vebjoern Rodal (Norway)
1:43.73 Johnny Gray (Crenshaw, Los Angeles, 1978)

110 meter hurdles

13.15 Mark McKoy (Austria)

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PREP NOTES

- 13.20 Colin Jackson (Britain)
13.23 Eugene Swift (Berkeley '82)

Long jump

- 8.74 Erick Walder (U.S.)
8.63 Kareem Streete-Thompson
(U.S.)
8.51 Mike Powell (Edgewood,
West Covina 1981)

Shot put

- 21.09 Jim Doehring (San Clemente
1980)

4x100

- 37.79 Santa Monica TC (Mike
Marsh, Hawthorne 1985)

■ CURRENT WORLD RECORDS SET BY FORMER CALIFORNIA PREPS

July 31--The following current world records were set by former California preps.

Men

400 hurdles--Kevin Young (Jordan, Los Angeles 1984), 46.78, 1992.

400 relay--United States Olympic team (Mike Marsh, Hawthorne 1985, Leroy Burrell, Dennis Mitchell, Carl Lewis), 1992, and United States (Jon Drummond, Andre Cason, Dennis Mitchell, Leroy Burrell), 37.40, 1993.

800 relay--Santa Monica Track Club (Mike Marsh, Hawthorne 1985, Leroy Burrell, Floyd Heard, Carl Lewis), 1:18.68, 1994.

1,600 relay--United States (Andrew Valmon, Quincy Watts, Taft, Woodland Hills 1988, Butch Reynolds, Michael Johnson), 2:54.29.

Long jump--Mike Powell (Edgewood, West Covina 1981), 29-4 1/2, 1991.

Triple jump--Willie Banks (Oceanside), 58-11 1/2, 1985.

Women

100--Florence Griffith Joyner, 10.49, 1988.

200--Florence Griffith Joyner, 21.34, 1988.

■ GOODWILL GAMES-- MARC DAVIS SETS PERSONAL RECORD IN FIRST MAJOR INTERNATIONAL WIN

ST. PETERSBURG, Russia, July 24-29--Mike Marsh (Hawthorne 1985) placed fourth in the 200 meters in 20.48 (0.6) Quincy Watts (Taft, Woodland Hills) won the 400 meters in 45.21. Steve Lewis (American, Fremont) placed sixth in 45.90. Johnny Gray (Crenshaw, Los Angeles) placed tenth in the 800 meters in 1:51.21.

Christian Cushing-Murray (North Hollywood 1984) placed ninth in the mile in 3:57.05, a personal record. His previous personal record was 3:57.94 in 1992. He was ranked seventh in the U.S. that year.

Marc Davis (Oceanside/San Diego 1987) set a meet and personal record of 8:14.30 in the 3,000 meter steeple-



QUINCY WATTS

Photo by Bill Cockerham

chase. His old personal record was 8:17.93 at Nice, France on July 18. It was his first major international victory. He placed 11th in the 1993 World Championships. He won the NCAA for Arizona in 1992 and the national championship in 1993.

Matt Giusto (Atascadero/San Mateo) placed ninth in the 5,000 meters in 13:45.70. Mark Crear (John A. Rowland, Rowland Heights 1987) placed fifth in the 110 hurdles in 13.50 (-1.9).

World record holder Mike Powell (Rancho Cucamonga/Edgewood, West Covina 1981) won the long jump with a wind-

aided leap of 27-8 3/4 on his final attempt to beat fellow American Erick Walder. Powell had troubles of his own before winning the long jump. Slowed by a right hamstring injury, he fouled on three of his attempts and was in second place behind 1994 NCAA champion Erick Walder, who had a jump of 27-6 1/2. But Powell came up with a wind-aided leap of 27 feet, 8 3/4 inches on his last jump for the gold -- then sprinted over to the stands to hug his agent Brad Hunt.

"Coming into the meet, I was worried I wouldn't get any jumps off," Powell said. "I figured if I just took my time and let my hamstring warm up, I would get one off. After my third jump, I thought, 'Now it's OK.' I'm happy I didn't foul that last jump."

Powell's best legal jump was 27-4.

Michael Gravelle (St. Ignatius, San Francisco 83) placed sixth in the discus at 193-3. Katy McCandless (Castilleja, Palo Alto 88) placed sixth in the 3,000 meters in 8:59.64 on July 24. McCandless also placed fourth in the 5,000 meters in 15:35.81 on July 29. Melissa Price (Kingsburg) placed seventh in the pole vault at 11-5 3/4, the second best performance by an American. She set the American record of 11-6 on July 13.

Sheila Hudson-Strudwick (Rio Linda 1985) placed third in the triple jump at 45-10 (13.97), which equals the 8th best American performance. Donna Mayhew placed eighth in the javelin at 182-3 (55.54).

■ LEWIS ANCHORS SANTA MONICA TO RELAY GOLD

ST. PETERSBURG, July 29 (Reuter) - Carl Lewis anchored the Santa Monica Track Club 4x100 meters relay team to victory on the final day of the Goodwill Games athletics programmed on Friday. The Santa Monica team were billed as the American All Stars, a description

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which pleased neither Lewis nor the club's manager Joe Douglas. For the first time, Santa Monica included Sam Jefferson in their lineup and he did not distinguish himself with a ragged handover to Lewis on the final leg.

Lewis still believes, however, the new team can break the world record set by the United States at the 1992 Barcelona Olympics and equalled by the Americans in last year's Stuttgart world championships.

"We should have run a little faster today but we didn't have any competition," Lewis said. "When the conditions are right we definitely can break the record."

The Santa Monica quartet, representing the United States, clocked an unofficial 38.30 seconds, outside their own year's best. Olympic 200 meters champion Mike Marsh (Hawthorne 1985) handed off to world 100 meters record holder Leroy Burrell with Sam Jefferson running the third leg. Lewis, whose only other appearance here was in Monday's 100 meters final, ran the final leg.

■ RHEDE

RHEDE, Germany, July 29--Eugene Swift (Berkeley 1982) placed third in the 110 hurdles in 13.37 (1.0). Doug Fraley (Clovis West, Fresno 1983) placed third in the pole vault at 17-8 1/2 (5.40).

■ HECHTEL

HECHTEL, Belgium, July 30--Ronnie Harris (Eisenhower, Rialto 1983) placed tenth in the 5,000 meters in 13:46.82. Tim Bright (Phoenix HS, Oregon 1978/ Soquel HS, California 1976) placed second in the pole vault at 18-4 1/2 (5.60).

■ BARB MYERS-ACOSTA (MADISON, SAN DIEGO 1975)

SAN FRANCISCO, July 31--Barb Myers-Acosta (Santa Cruz/Madison, San Diego 1975), 36, placed second in the San Francisco Marathon in 2:47:18. Karolina Szabo, Hungary, 32, won in 2:44:34.

Szabo unlike most distance runners, likes hot weather. She raced with tights for warmth, and even wore gloves the first part of the race.

"Today was not racing, it was training," said Szabo to Jim Grodnik (*Oakland Tribune*). She's tuning up for the more lucrative payoffs offered at the Chicago and Twin Cities marathons this fall.

Women's runner-up Myers-Acosta had fleeting thoughts about taking off after the leader.

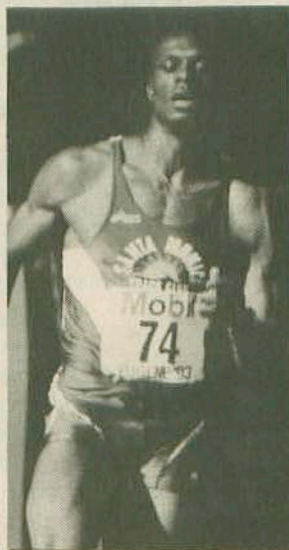
"At mile 12 she was in sight, and I thought about trying to catch her," said Myers-Acosta, who juggles 100 miles a week of training with raising a 1-year-old and holding a full-time job as a market analyst for a Mountain View computer firm.

"I said to myself, 'Why not think about it at mile 18?' but she was so far ahead then, there was really nothing to consider."

■ SESTRIERE

SESTRIERE, Italy, July 31--Mike Marsh (Hawthorne 1985) placed seventh in the 100 meters in 10.24 (3.5). Steve Lewis (American, Fremont 1987) placed second in the 400 meters in 44.68.

Johnny Gray (Crenshaw, Los Angeles 1978) placed sixth in the 800 meters in 1:50.34. Eugene Swift (Berkeley 1982) placed sixth in the 110 hurdles in 13.48 (2.8). Dean Starkey (Maine West



STEVE LEWIS

Photo by Bill Cockerham

HS, Des Plaines, IL 1985/James Logan HS, Union City 1984) placed second in the pole vault at 19-0 1/4 (5.80).

Mike Powell (Edgewood, West Covina 1981) equalled his own world long jump record with a leap of 8.95 meters (29-4 1/2) but a strong following wind (3.9) made the jump unofficial. Powell's series: foul, 29-4 1/2, foul, foul, pass, foul. Powell beat countryman Carl Lewis by nine inches in their first confrontation since 1992. Lewis placed second at 28-7 1/2 (3.9). Streete Thompson was third at 28-1 3/4 (2.7). It was the first meet ever with three 28-footers!

Mike Marsh (Hawthorne 1985), Leroy Burrell, Sam Jefferson and Carl Lewis won the men's 400 relay in 38.30.

■ CANADIAN CITY WINNIPEG CHOSEN FOR 1999 PAN-AM GAMES

WINNIPEG, August 1 (Reuter)--Organisers of a bid to bring the Pan-American Games to Winnipeg in 1999 were elated Monday after the central Canadian city was selected to host the Games for the second time.

"This will just be bringing the Games home," said Winnipeg Mayor Susan Thompson.

The city, which hosted the 1967 Pan-Am Games, beat Santo Domingo, Dominican Republic, and Bogota, Colombia, in the competition to host the 1999 Games.

The next Pan-Am Games will be held in Mar de Plata, Argentina in 1995. The Pan-Am Games will involve over 6,000 athletes from 42 nations of North, South and Central America and the Caribbean.

"All Canadians can be proud that Winnipeg will host the Pan-American Games," Prime Minister Jean Chretien said in a statement.

■ BEST-EVER USA PERFORMANCE AT WORLD JUNIOR MEET

INDIANAPOLIS, Indiana, August 1--American athletes took 17 medals (five

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gold, eight silver, four bronze) at the International Amateur Athletic Federation World Junior Championships in Lisbon, Portugal, July 20-24. No U.S. team had produced such a medal harvest at the four previous world junior meets, for athletes under 20 years of age. Russia had a total of eight medals, matching the U.S. with five golds and picking up a silver and a pair of bronze medals. Second to the U.S. in total medals was Kenya, with 10 (3-4-3).

The American medalists were:

Gold: M200 - Anthony Wheeler (Clemson U.); M4x400 - Desmond Johnson (St. Augustine's HS, New Orleans), Anthony Wheeler, Milt Campbell (Douglass HS, Union City GA), Ramon Clay (Hunters Lane HS, Madison, TN); MSP - Adam Nelson (Dartmouth College); W100 - Sabrina Kelly (San Jacinto JC); W4x400 - Cicely Scott (UCLA), Monique Hennagan (Spring Valley HS, Columbia, SC), Michelle Brown (U. of Kentucky), Jawauna McMullen (Christ the King HS, Queens, NY).

Silver: M400 - Ramon Clay; M110H - Dudley Dorival (U. of Connecticut); M4x100 - Deworski Odom (Overbrook HS, Philadelphia, PA), Anthony Wheeler, Patrick Johnson (Redlands, CA, HS), Toya Jones (Refugio, TX, HS); MTJ - Leonard Cobb (Blinn JC); W100 - Aspen Burkett (East HS, Denver, CO); W200 - Lakeisha Backus (Wilson HS, Long Beach, CA); W400 - Monique Hennagan; W100H - LaTasha Colander (Wilson HS, Portsmouth, VA).

Bronze: M100 - Deworski Odom; M110H - Darius Pemberton (U. of Tennessee); WHJ - Amy Acuff (UCLA); WDT - Suzy Powell (Downey HS, Modesto, CA). (Pete Cava, USATF Press Information Director)

■ LOCAL TRACK ATHLETES STAND OUT AT JUNIOR OLYMPICS

GAINESVILLE, Fla., August 1--Local athletes representing the Acorn Track Club and 3M Track Club stood out

among a field of more than 6,000 athletes at the U.S. Track & Field Junior Olympics during the weekend.

Acorn runners took five top three finishes at the meet and 3M, only able to send two of 18 athletes that qualified to the meet, because of financial constraints, took three top three finishes. Natasha Neal of 3M placed second in the nation in the youth girls 100 hurdles with a time of 14.1. Neal, 14, also finished second in the 200 hurdles with a time of 26.7. Both times are 3M club records.

Kymerlee Towns also won a silver medal for 3M. Towns placed second in the midget girls shot put with a heave of 35-foot-1. She finished 10th in the discus.

The Acorn Girls 17-18 relays continued to shine. The quartet of Angela Harris (Skyline, Oakland), Aisha Wallace (Skyline), Malika Freeman (Skyline 1993) and Reyna Goodwin (Skyline) won the 4x100 relay when Harris overtook the anchor runner of the Texas Wildcats in the final leg. Their winning time was 46.39. Acorn also won the 4x400 relay with Kaselah Crockett (Skyline) running for Goodwin. The time of 3:40.46 was the fastest time recorded this year in the 17-18 age group.

Individually, Harris won the 400 hurdles, just missing the national record of 58.77 with a time of 58.79. Freeman placed third in the 400 with a time of 56.24 and Crockett finished eighth with a time of 57.50.

The Acorn Youth relay (Tamilla Brown, Anita McCallum, Tasha Williamson, and Aisha Margain) placed third in the 4x100 with a time of 48.39. The foursome placed fifth in the 4x400 with a time of 3:59.43. Margain added a fourth placed finish in the youth 400 with a time of 56.19. (*Oakland Tribune*, August 2)

■ HERCULIS GRAND PRIX

MONTE CARLO, Tuesday, August 2--The Herculis Grand Prix track and field meeting gives Europe's leading athletes the chance to reach top gear and earn

some cash before the European Championships start on Sunday.

Mike Marsh (Hawthorne 1985) placed sixth in the 200 meters in 20.64 (0.0). Dean Starkey (Maine West HS, Des Plaines, IL 1985/James Logan HS, Union City 1984) placed ninth in the pole vault at 18-4 1/2. Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981) placed third in the 1,500 meters in 4:02.15. It is the American leading time and the fastest since 1988.

■ JOYNER-KERSEE WALKS OUT OF GRAND PRIX

MONTE CARLO, August 2--Jackie Joyner-Kersey, arguably the best female athlete in the world, pulled out of a top Grand Prix meeting on Tuesday in an apparent squabble over appearance money. Although no official reason was given for her late withdrawal and that of men's 400 meters Olympic champion Quincy Watts (Taft, Woodland Hills), neither athlete appeared to be suffering from any injury when they arrived in Monte Carlo on Monday.

Joyner-Kersey, the world and Olympic heptathlon champion and Watts are both coached by Joyner-Kersey's husband Bobby Kersey, and both were understood to have left Monaco on Tuesday afternoon. Although there was no official comment, it was widely believed the pair quit after organizers refused their demands for increased appearance fees.

■ TOM MCGUIRK (IRELAND/CALIFORNIA 94/ST. IGNATIUS HS, SAN FRANCISCO)

HELSINKI, Finland, August 7--Tom McGuirk (Ireland/California 94/St. Ignatius HS, San Francisco) placed sixth in heat two of the 400 meter hurdles in 50.84. There were five heats. The first two in each heat and six fastest qualify for semi-finals. McGuirk did not qualify. The slowest qualifying time was 50.28.

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■ JUNIOR OLYMPICS A SUCCESS

INDIANAPOLIS, August 8--Twenty-one records fell at the U.S. Junior Olympic Track and Field Championships at the University of Florida's Percy Beard Track in Gainesville, July 26-31. More than 6,000 athletes between eight and 18 years old entered USATF's premier youth meet, which offers competition in five age divisions.

"This thing gets bigger every year, said Gator coach John Webb, who served as meet director. "In the 1970s and 1980s you basically bought yourself a medal at this meet. Not that many kids could afford to travel to a national meet. Now, you have a lot more sponsors --- even parks and recreation departments are getting in on it --- for youth track clubs. This is a real track meet now.

Sharing Webb's optimism is Lance Phegley of *Starting Line* magazine. "Some of what you see in... the newspapers about the demise of track and field is much ado about nothing," Phegley told Buddy Collings of the *Gainesville Sun*. "Age group track is definitely growing. Look at the numbers from this meet." On hand for the NJO's were former long jump world record holder Bob Beamon, who served as grand marshal, plus special guests Robin Campbell and Cliff Wiley. Campbell and Wiley are among the many Junior Olympians who have used the NJO meet as a springboard to the Olympic Games. USATF consultant Marty Weiss estimates nearly 70 per cent of each U.S. Olympic track and field team is made of Junior Olympic alumni. "Myself, Quincy Watts (Taft, Woodland Hills 1988), Jackie Joyner-Kersey, Gail Devers (Sweetwater, National City 1984) --- all of these athletes have come through the Junior Olympics," Campbell told the *Sun*.

"This is the most amazing thing I ever saw...the biggest track meet I've ever seen," said former University of Florida assistant coach Dick Jones on the fifth day of the U.S. Junior Olympic Championships. "Yesterday (Thursday, July),"

the 79-year-old Jones told the *Gainesville Sun*, "was the biggest crowd that's ever been in this place."

The crowd swelled to even greater proportions on Saturday, July 30. A total of 9,265 fans were on hand, breaking the Percy Beard attendance record and, claim meet officials, topping the record for the largest crowd at a track meet in the state of Florida.

Among the spectators was Roger Mosley, a former scholastic hurdler who is best known for his playing the helicopter pilot 'T.C.' on the television series "Magnum P.I." Mosley is a coach for the Pasadena (Calif.) Running Roses club. His daughter Ch'a (pronounced chee'ah), is a Junior Olympic product who is now on scholarship at Georgia Tech. Mosley, a self-described playground rat as a kid, took a turn announcing the meet from the press box.

(Pete Cava, USATF Press Information Director)

■ REEBOK REGAINS FOOTING BY EXPANDING PRODUCT OFFERINGS

By Marilyn Much
Investor's Business Daily

After watching its growth slow to a crawl over the past two years, Reebok International Ltd. has regained some financial footing as it benefits from a move into new footwear and apparel markets and renewed vigor overseas. Stoughton, Mass.-based Reebok is the No. 2 maker of athletic footwear with a 19% share of the total world market, according to Sporting Goods Intelligence, an industry newsletter.

Reebok's other lines include casual footwear, such as Rockport, and Reebok apparel.

Getting Fit Again

But it has been in the fitness market where Reebok had made its mark over the years. Throughout the 1980s, Reebok profited handsomely from its strong position in athletic footwear. But all that changed in the 1990s when, amid growing competition, industry fundamentals

changed. Sales of athletic footwear peaked and consumers traded in their sneakers for casual outdoor shoes like hiking boots. Reebok Chairman and Chief Executive Paul Fireman began steering the company along a new course, expanding into outdoor and rugged casual footwear, shedding lackluster businesses in apparel and beefing up its presence overseas.

Now the strategy is starting to pay off. (Prep Editor: The preceding article appeared in *Investor's Business Daily* on August 8, 1994.)

■ GIRLS PARTICIPATION IN PREP SPORTS INCREASING -- TRACK IS THE SECOND HIGHEST PARTICIPATION SPORT FOR GIRLS

KANSAS CITY, Mo., August 9--The increasing number of girls in high school athletics has boosted overall participation to the third-highest level in 24 years, the National Federation of State High School Associations said Tuesday. The group reported that participation in high school athletics increased for the fifth straight year in 1993-94. The federation has conducted the survey since 1971. The survey is based on figures from state high school associations across the country. It found there were 5,614,980 athletic participants during the last school year, the highest since the baby boom figure of 6.5 million in 1977-78. The 1993-94 figure is up by 201,102 from the previous year -- 127,266 in girls' sports, 62,141 in boys' sports and 11,695 in coed sports. The survey said there were 2,124,755 participants in girls' athletics, more than 41,000 ahead of the record set in 1977-78.

Bruce Howard, a federation spokesman, said that athletic participation by girls is up in part due to an increase in opportunities.

"Participation has, perhaps, plateaued for boys. For girls, in fast-pitch softball

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and soccer, for example, more and more schools are starting those sports," Howard said. "So, you have a continual increase in chances for girls to participate." Basketball remained the most popular sport among girls with 412,576 participants. Fast-pitch softball registered the biggest gain with an additional 1,086 schools and 31,480 participants nationally. Girls soccer continued a rise in popularity, with participation increasing by more than 17,000 in the past year. Participation has increased from 23,475 in 1975 to 166,173 last year.

The top 10 girls' participation sports in 1993-94 were basketball 412,576; outdoor track and field, 345,700; volleyball, 327,616; fast-pitch softball, 257,118; soccer, 166,173; tennis, 136,239; cross country, 124,700; swimming and diving, 102,652; field hockey, 53,747, and slow-pitch softball, 41,118.

Football continued to be the most popular sport for high school boys and it registered the biggest gain -- 17,727 -- in the number of participants.

The federation said interest in boys' soccer parallels the growth in the girls' competition. Participation was up by 13,443 over the previous year to 255,538. Participation in the sport has almost doubled since 1979 when there were 132,073 participants and has pushed it ahead of tennis, cross country and wrestling in popularity.

The top 10 boys' participation sports in 1993 were football, 928,134; basketball, 530,068; baseball, 438,846; outdoor track and field, 419,758; soccer, 255,538; wrestling, 233,433; cross country, 162,188; tennis, 135,702; gold, 131,207, and swimming and diving 81,328. There were sizable increases in the number of schools offering each of the top 10 sports except tennis.

"While schools have budget problems and some sports have been cut, schools are finding ways to keep programs afloat. The numbers are continuing to increase," Howard said. In the listing of athletic participants by state, Texas was tops with 567,470. California followed with 489,617; New York,

296,438; Ohio, 277,526; Michigan, 261,573; Illinois, 253,408; Pennsylvania, 220,552; New Jersey, 180,613; Wisconsin, 159,951, and Florida, 157,325.

■ AROUND THE WORLD

HENGELO, Netherlands, August 9-- Drug sales to tourists OK'D: A judge ruled Monday that a coffee shop in the border town of Hengelo may sell marijuana and hashish to foreigners, striking down a local law banning drug sales to tourists. The Happy Days Coffee Shop in Hengelo on the German border was shut down in June for violation the 1992 municipal law. But a court ruled Monday that the policy excluding foreigners was discriminatory. Hengelo is the site of an international track meet each June.

■ ARTICHOKE INVITATIONAL CROSS COUNTRY MEET

HALF MOON BAY, August 10--Time and Place of Meet: For the twenty-fourth straight year our meet will be held on the first Saturday in October -- October 1, 1994 -- on the Half Moon Bay High School campus. Our school is located a quarter mile north of the slumbering village of Half Moon Bay, which is twelve miles west of San Mateo on Highway 92. The course is 2.33 miles long for all divisions of competition.

Order of Events and Medals Awarded:

Small Schools (under 1200)

- 9:00 Freshman (15)
- 9:25 Frosh/Soph (20)
- 9:50 Varsity Boys (25)
- 10:15 J.V. Boys (15)
- 10:40 Girls Varsity (25)
- 11:05 Girls Frosh/Soph (20)
- 11:45 Awards (Small Schools)

Large Schools (1200 and over)

- 12:15 Freshman (15)
- 12:40 Frosh/Soph (20)
- 1:05 Varsity Boys (25)
- 1:30 J.V. Boys (15)
- 1:55 Girls Varsity (25)
- 2:20 Girls Frosh/Soph (20)

3:00 Awards (Large Schools)
PLEASE DON'T ENTER ANY OF YOUR TOP FIVE MALE VARSITY RUNNERS IN THE J.V. RACE.

Team Awards: A plaque will be awarded to the winning team in each of the twelve events, and a medal will be given to each member of the various winning teams (seven maximum). A runner won't receive more than one medal.

Entry fees: \$20 per team (7 runners), \$4 per individual, \$10 minimum fee, \$80 maximum fee. Facilities: Lavatories and showers are located in the high school locker rooms. Bring your own towels and locks. Restrooms are also located at the entrance to the library. Refreshments: A snack bar will be open to provide food and drink.

Tentative Entry Lists: Please send your entry fees and tentative entry list by September 23, 1994, if at all possible. I am looking forward to hearing from you soon. Contact: Dick Calvin, Meet Director, home phone (415) 726-4611. Half Moon Bay High School, Lewis Foster Drive, Half Moon Bay, CA 94019, phone: (415) 712-7200.

(Prep Editor: I received the preceding meet announcement by mail on August 11. I will be bringing my Berkeley girls' team to the meet. Please say hello. This is a great meet. It attracts teams from all over Northern California. The course is highly visible and coaches can easily circulate. If you are looking for a meet to go to on this date, I would certainly recommend this one highly.

Our team likes to go to Half Moon Bay State Beach after the meet. The water is cold! There is also a good Mexican restaurant on Highway 1 at the turnoff for the beach. I leave Dallas, the bus driver, and Aaron Ward, the boys' coach, there, while I accompany the team to the beach.)

■ MARY DECKER SLANEY (ORANGE 1976) WOUNDED KNEE

Ten years ago (August 10, 1984), Mary Decker Slaney was tripped by Zola

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Budd in the finals of the 3,000-meter run at the Los Angeles Olympic Games, costing her a chance at a gold medal. During her track career, Slaney underwent 14 leg operations, making her one of the most sutured athletes in history. Six others who reached double digits in surgical procedures:

- | | | |
|--------------------------|----|-----------------------------------|
| 1. Jim Otto NFL | 16 | All were knee operations |
| 2. Sean Farrell, NFL | 14 | Various operations |
| 3. Bobby Orr, NHL | 13 | Between 1967-80, all on left knee |
| 4. Laffit Pincay, jockey | 11 | All were broken collar-bones |
| 5. Andre Dawson, MLB | 10 | All were knee operations |
| 6. Dan Hampton, NFL | 10 | All were knee operations |

[Prep Editor: The preceding appeared in the Oakland Tribune on August 10, 1994. Mary Decker graduated from Portola Junior High in Orange in 1973 and Orange High School in 1976. Decker currently holds five national high school records: 1) 800 meters sophomore class record of 2:02.29 (1974), 2) mile freshman class record of 4:42.0 (1973), 3) 800 meters age-14 record of 2:02.43 (1973), 4) 800 meters age-15 record of 2:02.29, and 5) mile age 14 record of 4:42.0 (1973).

In addition to the five national records, Decker currently holds the California high school 800 meters record of 2:02.43 (1973). It is the second oldest California women's high school track record. Francie Larrieu (Fremont, Sunnysvale) set the 1,500 meter record of 4:16.8 in 1969.]

■ ACORN GIRLS SWEEP AAU RELAY RACES

MELBOURNE BEACH, Florida, August 11--A new generation of Acorn runners appears ready to step into the shoes of their older teammates after sweeping the Youth Girls relays at the A.A.U. Junior Nationals last weekend. Anita McCallum, Kamelah Brown, Natasha Williamson and Aiesha Margain finished first in both the Youth Girls 4 x 100 and 4 x 400 relays. After recording a time of 48.81 in the 4 x 100, Acorn took the 4 x 400 final in 4:01.88. The Youth Girls division is for girls aged 12-14. In addition to their relay victories, McCallum finished sec-

ond in the 100 with a time of 12.71 and Margain took second in the 400 with a time of 56.98.

(Prep Editor: The preceding article appeared in the Oakland Tribune on August 11, 1994.)

■ BEARS HIRE JOHNSON AS ASSISTANT TRACK & FIELD COACH

BERKELEY, August 11--Robyne Johnson, a five-time All-American at Texas and prep standout at Berkeley High School, has been named assistant track and field coach at California, head coach Erv Hunt announced today.

"I think Robyne will be a big part of our program," said Hunt.

"She has very good experience and is an outstanding athlete. Being from Berkeley High, she knows the area and knows a lot about the Cal track & field program." Johnson joins the Cal staff after serving as an assistant at Penn State from 1987-92, where she coached three all-Americans. Johnson placed second in the triple jump at the 1992 U.S. Olympic Trials and continues to compete internationally. Johnson replaces American triple jump record holder Sheila Hudson, who resigned to focus on training for the Olympics.

(Prep Editor: The preceding press release came from the Media Relations Office of the University of California. Sheila Hudson-Strudwick (Rio Linda High School 1985) jumped 40-11 as a senior in high school, the sixth best mark in California high school history.

Robyne Johnson is the daughter of Sylvester Johnson, who is an assistant coach at Chabot College in Hayward. Sylvester coaches Eugene Swift, who is the American leader in the 110 hurdles at 13.23.

Following is the entry in the FAST UNITED STATES TRACK AND FIELD ANNUAL 1994: Robyne Marie Johnson was born in Newark, New Jersey on August 22, 1963. She is 5-4.5 and 118. Mizuno TC; Texas '85; Berkeley (Ca) HS

'81; Mount Eden (Hayward, Ca) HS '79.

100 hurdles:
80 (14.94w), 13.6 LH 6h)Jr
81 (15.00), 13.88 LH 7h)Jr

300H:
81 44.86

Long Jump:

78 17-6
79 18-7
80 19-4 2)Jr 4)PAJ
81 19-2, 19-9w 5)Jr
82f
83s 19-9.5

84j
85S 20-7.5 30q)NCAA

Triple Jump:

84j 40-6.5, 41-4.75w 2)NCAA
85S 42-1.75 (x, 5) 5)NCAA
86 41-11.25A (x, 8) 7)TAC 41-10.5
87 41-4.25 9)TAC
88 41-10.25w 4)OT
89
90 43-7 (x, 4) 4)TAC 44-3.5w
91 44-0 (x, 6) 4)TAC
92 44-4.25 (x, 2) 2)OT
93 42-0.75, 43-3.25w 6)USA

■ "CARL IS A WUSS," POWELL (EDGEWOOD, WEST COVINA 1981) SAID AT PAN-AFRICA-USA

DURHAM, North Carolina, August 12 (Reuter) - World record holder Mike Powell (Edgewood, West Covina) pulled out a victory in the men's long jump on his last attempt as he battled hamstring and heel injuries. Powell's winning effort, which he described "as the ugliest jump in track and field history," was a mere 8.02 meters (26 feet, 3 3/4 inches), far from his world record of 8.95 meters (29 feet, 4 1/2 inches). But under the circumstances the American was more than happy with the victory. His injuries would have stopped many athletes from competing, he noted, and chastised Olympic champion Carl Lewis for not attending the meeting, which matches athletes from the United State and the African continent.

"Carl is a wuss," Powell said of Lewis, who declined to accept the financial offer organizers made him. "Carl should be out there jumping with me. He's the defending Olympic champion, but he won't compete against the best in the world. That's weak."

(Prep Editor: According to the Ran-

continued next page...

PREP NOTES

dom House Webster's College Dictionary 1992, a "wuss" is defined as a weakling or wimp.)

■ PAN-AFRICA-USA

DURHAM, North Carolina, August 12--Bryan Bridgewater (Washington, Los Angeles 1988) placed fifth in the 200 meters in 21.23 (1.2). Matt Giusto (San Mateo 1984) placed third in the 3,000 meters in 7:58.68. The U.S. 4x100 team of Bridgewater, Clark, Henderson, and Amos placed second in 39.68.

■ GAIL DEVERS (SWEETWATER, NATIONAL CITY 1984)

DURHAM, North Carolina, August 12 (AP)--Gail Devers (Sweetwater, National City 1984), the 1992 Olympic gold medalist in the 100 meters and American record holder in the 100-meter hurdles will miss the remainder of the 1994 track and field season with a left hamstring injury. Devers was slated to run in the Pan Africa-USA Track and Field Meet in Durham.

"It didn't get well until a couple of weeks ago, just after her last training bouts," Devers' coach Bob Kersee said. "She is not up to par where I wanted her, so I just decided to back her off for the rest of the season and have her concentrate on getting totally healthy and being prepared for 1995."

According to Kersee, Devers was struggling with the hamstring during the indoor season. She aggravated it at the national championship at Knoxville, TN., in June. Although Devers has recovered, Kersee suggested rest.

"I just didn't want her to try to come back too fast and aggravate it again and push herself further back next year," he said. "I just determined last week not to run her anymore."

Kersee predicted that Devers will come back stronger than ever --but only after more rehabilitation and work with a physical therapist. She'll also have to overcome the lack of competition.

"She knows once that decision is being made by me, it's nothing she can do about it but live with it, bottle that and save it for next year," he said.

■ USA-PAN AFRICAN

DURHAM, N.C., August 13--Mark Crear (Rowland, Rowland Heights 87) won the 110 hurdles in 13.20 (1.5), the American leading mark and a personal record. His previous best was 13.26 in 1993. It equals the 12th best performer all-time in the world and eighth best in the U.S. The U.S. 4x400 relay team of Calvin Davis 45.4, Quincy Watts (Taft HS, Woodland Hills 1988) 44.8, Octavius Terry 46.4, and Jason Rouser (Nike LA) 45.1, won in 3:01.70.

Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981) outran 1992 Olympic women's 1,500 meter gold medalist Hassiba Boulmerka of Algeria to win in 4:10.24 to 4:10.63.

■ U.S. CAN GET BACK ON THE FAST TRACK

By William C. Rhoden, *New York Times* News Service

DURHAM, N.C., August 14--Mike Powell (Edgewood, West Covina 1981) added some unexpected sizzle to the Pan African-USA track and field meet when he castigated Carl Lewis, his rival and arch-enemy, for avoiding him in the long jump. In the middle of an upbeat news conference after his dramatic victory Friday in the long jump, Powell, who astonished the world in 1991 by jumping 29 feet 4.50 inches to break Bob Beamon's 23-year-old record, chastised Lewis for ducking out of the two-day dual meet.



BRYAN BRIDGEWATER

Photo by Kirby Lee

One reporter asked Powell whether his victory would have been sweeter had Lewis been present. Powell, noting that he was competing with a bruised heel and pulled hamstring, lit into Lewis.

"Carl should be out there jumping with me," Powell said. "I came out here, I could barely run, messed up heel, but I jumped anyway. Carl says his back is sore or 'It's too cold today so I won't jump.' That's not a champion. If you're going to be a champion, you got to jump when you're hurt. He's the defending Olympic champion and he won't even compete against the best in the world. That's weak."

Powell, by the way, has signed a six-figure contract with USA Track and Field to compete in five of its indoor-outdoor meets, though he said he would have shown up anyway.

"Carl is the icon of our sport," Powell said. "We need him out there for matchups. He's running against Linford Christie and Leroy Burrell, but he won't come to the long jump pit. Because of my breaking Bob Beamon's record and everything, we have the most romantic duel - it's the most looked-at matchup. But he pulled out."

Powell did pretty well as a solo act. He seemed on his last leg after each of his first two jumps and passed on his third and fifth attempts. But when it counted, Powell uncorked "the ugliest jump of my life" on his final attempt and won with a leap of 26- 3.75.

In one fluid motion Powell floated from pit to the track, knelt and kissed the track as cameras zoomed in. Moments later he tossed pieces of his uniform to screaming young fans draped over the wall. I'm not sure the pit would have been large enough for Lewis and Powell. But track and field certainly is.

Friday was a great day of track and field, but only 5,500 watched it. The meet's marketing manager pulled out near the end and Leroy Walker, president of the U.S. Olympic Committee and co-founder of the meet, changed the days from Saturday and Sunday to Friday and Saturday to accommodate ath-

continued next page...

PREP NOTES

letes who are competing in Zurich, beginning Wednesday. Beyond all these specific logistical problems, everyone has a personal laundry list of what generally ails track and field. Some say the failure to have more meets on television heads the list. But merely putting a meet on television won't solve the sport's failure to promote itself.

With basketball, football and baseball consuming so many young potential athletes, track, which has been a fully professional sport in the United States for nearly 12 years, has to do a better job of letting would-be athletes know that the sport is no longer a bastion of amateurism. Not only can you get paid, but running is a viable route to education, global travel and a good living.

"People don't realize that we are professionals," Powell said. People are still asking me, 'What do you do for a living?' I say, 'I'm a professional athlete and I make seven figures a year.'"

"I think part of the problem is that a lot of people in decision-making positions have a purist track and field mentality: You go out there and run for love of your country. That's good, that's what we do when the Olympics come around. But when you get that Olympic medal it's not going to keep rain off your head--you can't eat it. You've got to make some money."

Track and field is not dead in the United States, and it's not dying. It's simply too controlled. Track athletes are regulated by USA Track and Field, which governs every level of the sport from elite to seniors to high schools and group competition. It's like the National Basketball Association trying to keep its hands on everything from peewee basketball to the Dream Team.

What has been lost, subsequently, is the creative instinct for marketing a sport that represents one of the purest forms of sports competition: Who runs fastest, who jumps highest, who throws farthest? The magnet of sports is polarity: offense-defense; good guy- bad guy; obstacle presented-obstacle overcome.

Walker-chuckled when he heard how

Powell had challenged Lewis. He understood that Powell's words were meant as a challenge.

"You need to have a rivalry," he said. "You have to have two clearly evident, opposing forces."

■ ZURICH GRAND PRIX

ZURICH, Switzerland, August 17--
Michael Johnson of the United States

won the 200 meters in 20.33 after fighting a strong headwind, followed by Daniel Effiong of Nigeria at 20.46 and Jeff Williams (Washington, Los Angeles 1982) at 20.53. Mike Marsh (Hawthorne 1985) was fifth in 20.73.

"In normal conditions, it would for sure have been under 20 seconds," said Johnson, the world champion in the 400

continued next page...

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PREP NOTES

meters. "I think I am back in shape and want to show consistency in the next races so that I can be ranked No. 1 at the end of the season in both the 200 and 400 meters."

Americans finished one-two-three in the 400 meters with Derek Mills the winner at 44.93, followed by Quincy Watts (Taft, Woodland Hills 1988) at 45.03 and Steve Lewis (American, Fremont 1987) at 45.12. Johnny Gray (Crenshaw, Los Angeles 1978) placed sixth in the 800 meters in 1:48.36.

The rain -- torrential at times -- and wind ended any prospect of a world record at a meeting normally blessed with a warm, still night.

Colin Jackson, who planned to attack the 12.91 he set when winning the world 110m hurdles title a year ago, ran 13.19. But he had the satisfaction of his 13th straight victory of the season, ahead of Mark Crear's (Rowland, Rowland Heights 1987) 13.29.

Mike Powell (Edgewood, West Covina 1981) won the long jump at 27-4. Mozambique's world champion Maria Mutola, who ran in the 1992 Kinney Western Regional Cross Country Championship in Fresno as a high school senior at Springfield, Oregon, ran the fastest women's 800 meters of the year, but her world record bid was thwarted by rain. Mutola ran a brave last 300 meters alone to clock 1:55.19. Although Dutch pace-maker Ester Goossens took Mutola through the first lap in 55.11, just outside the scheduled world record pace, the 21-year-old Mutola was unable to keep up the pace in the cool, wet conditions and finished outside the world record of 1:53.28.

Ironically, the heavens opened as the main events started at the richest meeting in the sport. Winners of specific events at this season's Golden Four series of meetings in Oslo, Zurich, Brussels and Berlin have a chance to share a jackpot of 20 one-kilo bars of gold. Officials used a special drying machine to take up water from the track which has a new surface this year. The wet weather was a blow to organizers who have paid

out more money than ever for the sport's top names this year.

■ WORLD SPORTS DIARY

LONDON, August 17--Thursday, August 18 to 28 Commonwealth Games in Victoria, Canada.

Friday, August 19: Brussels: Ivo Van Damme Grand Prix Athletics.

Sunday, August 21: Cologne: Grand Prix Athletics.

Wednesday, August 24: Gothenburg: International Athletics.

■ MOBIL OUTDOOR

NEW YORK, August 19--Standings in the 1994 Mobil Outdoor Grand Prix through August 19.

Shot Put--2. Jim Doehring (San Clemente HS 1980) 21.

■ ANN TRASON (PACIFIC GROVE HS) TOP ULTRAMARATHON RUNNER TRIUMPHS

LEADVILLE, Colorado, August 20--Ann Trason of Kensington, the world's top female ultramarathon runner, broke her own record to win the Leadville Trail 100, which is a 100-mile foot race run at elevations above 10,000 feet in the Colorado Rockies. All of the race is run above 9,300 feet and goes over the 12,600-foot-high Hope Pass -- twice, since it is an out-and-back race.

Trason, 33, finished in 18 hours, 6 minutes, and 24 seconds, smashing the record of 20:38 she set in 1990. Trason placed second overall.

In the men's division, Juan Herrera, a 25-year-old Tarahumara Indian farmer from Chihuahua in the Copper Canyon area of Mexico, won in 17:33:42, breaking the old event record of 17:55 set in 1990.

by Jim O'Brien.

Only recently have visitors to the isolated Copper Canyon found that the Tarahumaras can run great distances and sponsors have begun bringing them to ultra-marathons in the United States.

The seven Tarahumaras participating at

Leadville all finished within the top 11 runners. Overall, 157 of the 316 runners completed the race. The race began at 4a.m. Saturday and Herrera crossed the finish line long after dark later that day.

■ AMERICAN DAVIS UPSETS SKAH IN RECORD ATTEMPT

By Lars Foyen

GOTHENBERG, Sweden, August 24 (Reuter) - Khalid Skah was upstaged by unsung American Marc Davis (San Diego HS 87) as he made an attempt on the two miles world best on Wednesday. A 13,000-strong crowd at an international athletics meeting here were cheering the Moroccan Olympic 5,000 meters champion towards the finish line when Davis came through to pip him for first place. Davis, whose best result in a major championship was 11th place over 5,000 meters in the 1993 world championships, clocked eight minutes 12:74 seconds to Skah's 8:12.92.



MARC DAVIS

Photo by Bill Leung, Jr.

Kenya's Moses Kiptanui holds the world best of 8:09.01.

"I had hoped for a faster pace but I was really happy to beat the national (U.S.) record. It was fantastic to beat such a great athlete as Skah," Davis said.

The meeting, a dress rehearsal for

continued next page...

CONGRATULATIONS TO CALIFORNIANS

honored in the
1994 USA Today All-USA High School Track & Field Team
 ~August 12, 1994 Issue~

▼ GIRLS

SPRINTS (100, 200, 400 meters)

Andrea Anderson*	Long Beach, CA/Poly	Jr	11.57, 23.74, 23.48w
LaKeisha Backus	Long Beach, CA/Wilson	Jr	11.65, 23.21, 22.88w
Latasha Gilliam	Pittsburg, CA	Sr	23.62, 53.93
Aminah Haddad*	Long Beach, CA/Poly	Jr	11.63, 23.23

DISTANCES (800, 1500, 1600, 3000, 3200 meters)

Kristie Johnson	Fresno, CA/Central	Jr	2:08.93
Julia Stamps	SRosa, CA/Rincon Jr Hi	Fr	4:25.10, 9:28.50, 10:26.51

HURDLES (100 high, 300 and 400 low)

Bisa Grant	Oakland, CA/B'Dowd	Sr	13.83
Angela Harris	Oakland, CA/Skyline	Sr	42.33, 58.79
JoAnna Hayes	Riverside, CA/North	Jr	59.12
Davetta Shepherd	Richmond, CA/Kennedy	Fr	13.86

JUMPS (high, long, triple, pole vault)

Kristy Kierulff	Anaheim, CA/Esperanza	Jr	5-10 3/4
Melissa Price	Kingsburg, CA	Jr	11-6
Pam Simpson	Long Beach, CA/Poly	Jr	20-1

THROWS (shot put, discus, javelin)

Suzy Powell*	Modesto, CA/Downey	Sr	189-7
Delores Tuimuloau	Oxnard, CA/Channel Isl.	Sr	49-2

* All-USA TODAY repeaters from 1993

▼ BOYS

SPRINTS (100, 200, 400 meters)

Ali Evans	Vallejo, CA	Sr	10.53, 21.37
Marques Holiwell	Bakersfield, CA/West	Jr	10.52
Bryan Howard*	Moreno Vly, CA/CynSpr	Jr	10.31, 20.76
Pat Johnson	Redlands, CA	Sr	10.38, 20.83

MIDDLE DISTANCE (400, 800 meters)

Vondre Armour*	Bakersfield, CA	Sr	1:49.42
Michael Granville	Bell Gardens, CA	So	46.34, 1:48.98
Mark Hauser	San Diego, CA/St. Aug.	Sr	1:53.05

DISTANCES (1500 to 5000 meters)

Mark Hauser	San Diego, CA/St. Aug.	Sr	3:52.28, 4:08.97
Mebr. Keflezighi	San Diego, CA	Sr	4:05.58, 8:25.07, 8:51.8
Michael Stember	Carmichael, CA/Jesuit	So	4:08.52

HURDLES (110 high, 300, 400 intermediate)

Kenny Haslip	Pasadena, CA/Muir	Sr	13.94, 36.85
Jason Medearis	Santa Clarita, CA/Hart	Sr	14.12, 36.80

HIGH JUMP, POLE VAULT

Jeremy Fischer*	Camarillo, CA	Sr	7-4
Art Lloyd	Rialto, CA/Eisenhower	Sr	7-2
Scott Slover*	San Jose, CA/Leland	Sr	17-0 3/4

LONG, TRIPLE JUMPS

Von Ware	Vista, CA/RanBuenVista	Sr	52-0
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SHOT PUT, HAMMER, DISCUS, JAVELIN, DECATHLON

No Californians

next year's world championships in Gothenburg, produced a string of fine performances but no records.

Maria Mutola of Mozambique (Springfield HS, Oregon 92), world champion over 800 meters, clocked two minutes 33.02 seconds in an attempt on Christine Wachtel's world record of 2:30.67.

(Prep Editor: The word "pip" is British slang meaning to defeat an opponent). Jeff Williams (Washington, Los Angeles 82) placed second in the 200 meters in 20.72. Steve Lewis (American, Fremont 87) was third in 20.78. Mark Crear (John A. Rowland, Rowland Heights 87) won the 110 hurdles in 13.30.

Marc Davis set a personal record. His previous best was 8:31.85 indoors in 1991.

Regina Jacobs (Argyll Episcopal Academy, North Hollywood) placed second in the 1,000 in 2:35.03, a personal record. Her previous best was 2:43.0 in 1988.)

■ IVO VAN DAMME MEMORIAL GRAND PRIX

BRUSSELS, Belgium, August 19--Jeff Williams (Washington, Los Angeles 1982) placed eighth in the 100 meters in 10.58 and second in the 200 meters in 20.33. Johnny Gray (Crenshaw, Los Angeles 1978) placed seventh in the 800 meters in 1:46.26. Mike Powell (Edge-wood, West Covina 1981) won the long jump at 28-1 3/4.

■ COLOGNE GRAND PRIX

COLOGNE, Germany, August 21--Mark Crear (John A. Rowland, Rowland Heights 1987) won the 110 hurdles in 13.13. Dean Starkey (Maine West, Des Plaines, IL 1985/James Logan, Union City 1984) placed second in the pole vault at 19-1 1/2.

■ BOB WEIR (STANFORD)

Commonwealth Games, VICTORIA, B.C., August 27--Bob Weir, an assistant coach at Stanford, added to England's medal collection when he struck bronze in the discus. The Birchfield strongman threw 60.86 meters -- nearly two meters down on Australian Werner Reiterer who

continued next page...

PREP NOTES

went one better than four years ago in Auckland with a winning effort of 62.76.

■ FRESNO STATE HURDLER OUSTED FOR DRUGS IN COMMONWEALTH

VICTORIA, B.C., August 27--Jamaican hurdler Robert Foster, this season's NCAA indoor and outdoor champion at Fresno State, became the second Commonwealth Games competitor in two days to be disqualified over drugs on Saturday. The day after bantamweight boxer Godson Sawah of Ghana was stripped of his bronze medal for using the weight-losing diuretic furosemide, Foster, who finished sixth in the 110 hurdles, was sent home for using the banned stimulant ephedrine.

A Commonwealth Games Federation (CGF) statement said Foster's sixth place finish would be nullified. Details of the positive test would be passed on to track's world governing body, the IAAF, who could further punish the hurdler.

Foster has lived in the United States since he was 13.

While it was shame for Foster, it was glory for another Jamaican hurdler, Michelle Freeman (Florida 1992), who won the women's 100 hurdles in 13.12.

Games Federation officials said Foster had failed to offer any satisfactory explanation for the presence of ephedrine in his urine sample. The stimulant is commonly found in cold cures and other over-the-counter medications, but there was no suggestion that Foster, who had already left Victoria, had taken the drug unwittingly. After an initial analysis of Foster's urine sample taken after Monday's heats had tested positive, the B test was conducted in the presence of a neutral observer on behalf of the Jamaican Olympic Committee.

The findings were considered by the CGF court which disqualified Foster from the 110 meters hurdle final. The athlete was represented at Saturday's hearing by four Jamaican team officials--general manager Lloyd Gooden, athletics team manager Brian Smith and team doctors Keith Williams and Paul Austin. The court will pass on its findings to the International Amateur Athletic Federation (IAAF), which can suspend Foster from athletics for a minimum of three months.

Foster "steadfastly denied" taking any banned substance when he was questioned by team officials, federation medical adviser George Haigh said. He said he hadn't taken anything except vitamin and mineral preparations," Haigh said.

(Prep Editor: Robert Foster competed for Fresno State '94; Porterville CC '92, Taft CC '90; and Copiague (NY) HS '89. As a senior in high school in 1989 he ran the 110 meter high hurdles in 14.77, long jumped 24-7.25, and triple jumped 49-3.5. He placed sixth in the NCAA semi-finals of the 110 hurdles in 1993 as a junior at Fresno State.)

■ ISTAF BERLIN

BERLIN, August 30, (AP)--Hurdler Colin Jackson and long jumper Mike Powell (Edgewood High School, West Covina) split a jackpot of about 44 pounds of gold Tuesday by winning their events at the ISTAF track and field meet.

Jackson ran the fastest 110-meter hurdles of the season, while Powell won the long jump by soaring 26-feet, 11

inches to claim the richest prize in track and field. Jackson, the world champion and the world record holder from Britain, was clocked in 13.02 seconds, the fastest in the world this year after the 13.04 that he ran at the European Championships in Helsinki earlier this month. He was challenged all the way by Mark Crear (John A. Rowland High School, Rowland Heights), but had enough power to finish half a step ahead of the American, who clocked 13.07.

"The gold was not that important. I wanted to have a good race," Jackson said.

Mark McCoy, the Olympic champion formerly of Canada who now competes for Austria, finished third in 13.29.

The meet was the last Grand Prix event before next week's final in Paris and saw another best performance of the year when American Michael Johnson ran the 400 meters in 44.04 seconds.

(Prep Editor: Steve Lewis (American High School, Fremont) placed second in 44.73.)

The hurdles race attracted most of the attention and Jackson's victory enhanced his status.

"Colin is the best hurdler in history," McKoy said.

Crear ran his third personal best in a row. "I wanted to win. Colin has been undefeated all year and I wanted him to taste second place."

"I have respect for him," said Crear, whose personal best coming into the season was 13.26.

"The year has had its ups and downs, but now I can go home and rest," he said.

The ISTAF meet was the last leg of the Golden Four, the track meets in Oslo, Zurich, Brussels and Berlin, which combine to offer the biggest prize in track and field, worth about \$285,000. Winners of their events at all four meets qualify for the jackpot. Only Jackson and Powell were still in the running coming into the Berlin meet.

(Prep Editor: Johnny Gray (Crenshaw High School, Los Angeles) placed sev-

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PREP NOTES

enth in the 800 meters in 1:47.77. Dean Starkey (James Logan High School, Union City) placed sixth in the pole vault at 18-4 1/2.)

■ USA TEAMS SET FOR WORLD CUP TRACK & FIELD

INDIANAPOLIS, September 2--USA Track & Field on Friday announced the United States team for the International Amateur Athletic Federation World Cup, September 9-11 at London's Crystal Palace. The U.S. in one of eight teams competing in the finals-only event. The others are Great Britain, Germany, Africa, the Americas, Asia, Europe and Oceania.

Here are the Californians on the U.S. roster:

Men

4x100m relay	Jeff Williams (Los Angeles)
4x400m relay	Jason Rouser (Los Angeles)
High Jump	Jeff Wylie (Pasadena)
Discus Throw	Mike Gravelle (San Francisco)
Javelin Throw	Todd Reich (Fresno)

Women

Triple Jump	Sheila Hudson-Strudwick (Oakland)
Shot Put	Dawn Dumble (Los Angeles)
Javelin Throw	Donna Mayhew (Glendale)

Staff

Manager	Skip Stolley (Asics Track West, Santa Monica)
Assistant	Jean Perricalli (Huntington Beach)

Prep Notes From Doug Speck

■ ROGER LIPKIS

Long-time Coach of the West Valley Eagles and mentor lately to many ath-

letes up through the Olympic level, has it all over anyone in California as far as "fingers in the pie" of Track & Field. While most of us have a single area of interest (prep "honk," collegiate fan of some university, or maybe a dabbler at a couple of levels), Roger is into at least three different areas really "big-time." Typical track season focus can involve awaiting results from an Open athlete competing on the European circuit, arranging travel plans so his prep level athletes who competed for the U.S. Junior National team at the International dual and World Championship level can rejoin the West Valley crew at the Junior Olympic National Championships in Florida, and arranging travel for rest of the West Valley entourage of fifty to travel to Gainesville for the JO's, complete with a sidelight excursion to Disney World. And you think you had it tough!!

If there's a track meet, Roger is there. Typically, a late June weekend included the two-day Junior Olympic Regional, which is a real dawn-to-past-dusk all-weekend affair. Yours truly wandered in partway through the second afternoon

and was just about overloaded with just that part of the weekend. When the length of the meet was mentioned, Mr. Lipkis just slyly smiled, with one taking the hint that this was just another weekend that was par for the course this time of year.

At the Junior Olympic National Championships in Gainesville, Florida in late July, many comments were heard from participants and officials from other area of the nation that it was so great, for a change, to see some of the better Southern California high-schoolers involved at the JO Championship level. Young Men division Champions included Bryan Howard, Pat Johnson, Mike Russell, and West Valley Eagle relay groups from Mr. Lipkis's team.

Roger's works in the travel business, with his "Classic Sports Travel" a division of Travel Syndicate, with any travel needs handled in an expert, courteous, and pleasant manner our of their Southern California offices at (800) 248-0388 or (818) 710-0166.

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MEET SPOTLIGHT

By Doug Speck

American Airlines National Scholastic Outdoor Championships

June 18-19. Raleigh, North Carolina (North Carolina State University).

Californians were a very strong presence at this Meet, which for the previous three years was held in the Los Angeles area at Birmingham H.S. (Van Nuys) and UCLA. With the spring weather-hindered track & field season in many parts of the nation, people who live where winter snow is followed by spring rains are still hungry for the sport come June, with the turnout for the Meet this year the best ever with over 550 athletes from 43 states. The facilities at North Carolina State University are outstanding, with Coach Rollie Gieger and the school willing to do all that they can to make the meet first rate. It was a very fine meet for the first year in a new venue. The Meet was spread out over two days, with the distance events spread out and enough qualifying on the first evening to make the second day's show a good one for spectators.

Californians interestingly were big-time factors in all the Boys' flat races and relays, with some other very, very impressive performances by male and female athletes during the Meet. Roger Lipkis's West Valley Eagles age-group club has edged up into the prep ranks, with a fine group wearing the blue and white uniforms during some fine efforts here.

San Diego's Mebrahtom Keflezighi would have his toughest distance competition of the year in the person of Seneca Lassiter of Virginia, who had whipped Keflezighi soundly in the Na-

tional Scholastic Indoor Meet in Syracuse in mid-March, winning by two seconds over the final quarter mile at the mile distance. "Meb" hoped for a reverse of fortunes here. Showing up Saturday in good spirits, Keflezighi asked if he could enter the 3000m that evening. The Californian rolled through the first 1600 at 4:30.8 leaving the field behind, with 68.6-68.7 and 65.8 laps and a 31.5 200 to finish the event (7 1/2 laps) at



MEBRAHTOM KEFLEZIGHI

Photo by Bill Cockerham

8:25.07, a win by twenty-five yards. Just a warm-up! On Sunday the Meet was off to a cranking start, with 1994 nation-leading efforts in both 400 hurdles and the Girls' Mile before the Boy four lappers stepped out on the track. Keflezighi let no one down and had made up his mind how he was going to win, taking the pace out through the 880 at 58.2-

2:00.9. Lassiter, who had relayed 1:50.9 for 800 meters at the Penn Relays and took the East's best by 2 1/2 seconds there over 1500 meters, remained just within contact, at the end of a short 3 meter rope through two laps. The San Diegan kept the pressure on during a 63.5 third lap (3:04.4 1320). During a furious last lap Lassiter, despite better leg speed, could not mount a big finishing sprint against the Foot Locker National Championship runner-up, with Keflezighi charging a 61.2 final 440 to win at 4:05.58-4:07.13. The winning mile was the fastest prep four-lapper run since 1987! Lassiter was rewarded with one of the top eleventh grade times ever! It was one of those events that lives up to all the billing!!! Keflezighi was named male Athlete of the Meet for his efforts.

California excitement far from stopped there! Michael Granville does not like to lose, and was in a great 400 field here, headlined by Desmond Johnson (Louisianan who has won the last two Arcadia/Foot Locker Meets and has a 46.20 best). It was Jamaican eleventh grader Jerome Young (a CT prep) on the outside in Lane 6, who shocked with a three meter field as the strong group came into the homestretch. Johnson and Granville are both champions of the first order! Johnson mounted a desperate last fifteen meter sprint, with Granville lunging the final few meters and ending up on his face at the finish line as the duo closed on the leader. Young held on to win 46.31-46.32-Granville 46.34 in one of the finest prep one lap races you will ever see.

Sprinters Bryan Howard and Pat Johnson, part of the West Valley Eagle crew, along with Granville and others, starred in the sprints. Meeting old rival Jermaine Stafford (New York), who blasted both the Californians with a big

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MEET SPOTLIGHT

final 20-meter move at the April Arcadia/Foot Locker Meet, Bryan (10.31--one of the top twenty prep times ever run and 20.95) and Pat (10.37 and 20.83) dominated Saturday's qualifying. Sunday's Finals had Bryan take the 100 (10.36) over Pat (10.41) and Stafford (10.52). The 200 was kind of a strange story, when after Howard scratched with slight knee pain, both the starter and re-call starter's guns misfired after a recall, and a 20.93w Johnson win was nullified with a re-run ordered thirty minutes after the last event. The West Valley crew (Howard-Tyree Washington-Mike Russell-Johnson) took the 4x100 event at 40.55, the fastest prep group time of the year. In the 4x400 event Washington busted things open with a 47.2 lead-off, handing to Johnson. Pat, used to running the anchor, forgot to cut in out of lane four after the first turn, racing 47.3 out of that lane all the way around (about ten and a half meters extra to the 400m event), with Mike Russell 46.9 and Granville 46.1 finishing off the 3:07.67 win. Johnson then took the 200 re-run at 21.29 to complete quite a weekend of running!

Vondre Armour kept the California action solid in the 800 meter, hot off a Golden West triumph. Three other sub 1:51 athletes would make it interesting! Charging out at 25.4 the Arizona-State bound Armour had 4:09 1600m runner from Virginia, Robbie Pearce, closest through a 52.9 first lap. After a 1:20.9 600 Armour held off the pack with a fine 1:49.68 win.

Jeremy Fischer took another High Jump title at 7-0.5.

Some of the California Girls did super jobs also! Gina Heads pr'd big-time in the Shot Put, winning at 47-05.25, then placing 2nd in the Discus (133-5), and taking the Hammer Throw at 100-08. Lisa Domico amazed with a Triple Jump effort that shot all the way past the 38-foot barrier to 39-1.25 from her previous best of 37-9! Joanna Hayes showed that she is among the nation's best hurdlers with a 14.24 for third in the 100 me-

ter event and 2nd in the 400m barrier event at 61.34.

Tyree Washington took the Section 2 400 at 47.65 and had a 23-05.25 in Long Jump qualifying for the Finals in the Long Jump, where he was eleventh (21-00.5). Mike Russell was 5th in the Section 1 race at 47.67. Wade Tift was 2nd in the SP at 58-10.5, with teammate Steve Gonzalez finishing his season with a 166-0 in the Discus for 7th.

(Hy Tek Meet Management Software 919 - 633-5111)

RESULTS

Weather: Saturday evening 80 degrees and calm. Sunday--low 90's, very slight breezes, wind readings noted below. (Saturday evening events 100, 200, 100HH, 110mHH trials, 3000m, 5000m finals, Triple Jump, Shot Put Finals, Pole Vault, Men's High Jump and Long Jump qualifying. All other events Sunday afternoon).

Girls 100 Meter Dash: Finals (w:+0.4): 1. Colander, LaTasha, Wilson (Va) 11.83

Boys 100 Meter Dash: Finals (w:+1.3): 1. Howard, Bryan, W. Valley TC 10.36; 2. Johnson, Pat, W. Valley TC 10.41; 3. Stafford, Jermaine, Benjamin Fra 10.52 Heat 2 (w:+0.0): 1. Howard, Bryan, W. Valley TC 10.31 (national prep leader for year-inside top twenty prep all-time) Heat 3 (w:+0.0): 1. Johnson, Pat, W. Valley TC 10.37; **Girls 200 Meter Dash:** Finals (w:+0.9): 1. Colander, LaTasha, Wilson (Va) 23.56 (#4 prep time year); **Boys 200 Meter Dash:** Finals (w:+0.0): 1. Johnson, Pat, W. Valley TC 21.29; 2. Winston, Ian, Hayfield 21.63 Heat 1 (w:+0.0): 1. Johnson, Pat, W. Valley TC 20.83 (#2 prep time year) Heat 3 (w:+0.0): 1. Howard, Bryan, W. Valley TC 20.95.

Girls 400 Meter Dash: 1. Marshall, Santosha, Washington 55.72; **Boys 400 Meter Dash:** 1. Young, Jerome, Prince Tech 46.31 (#3 prep time year); 2. Johnson, Desmond, St Augustine 46.32; 3. Granville, Michael, W. Valley TC 46.34; 4. Reed, Royce, Bridgeton 47.03; 5. Washington, Tyree, W. Valley TC 47.65; 6. Russell, Mike, W. Valley TC 47.67; **Girls 800 Meter Run:** 1. McMullen, Jawauna, Jeuness Trac 2:06.41 (yearly prep leader) **Boys 800 Meter Run:** 1. Armour, Vondre, Bakersfield 1:49.68; 2. Pearce, Rob, Springfield 1:50.08; 3. Tidwell, Winston, Topeka HS 1:50.37.

Girls 1 Mile Run: 1. Renfro, Sarna, Federal Way 4:46.98 (yearly prep leader); **Boys 1 Mile Run:** 1. Keflizihi, Mebrathom, San Diego 4:05.58 (yearly prep leader - fastest prep mile in last seven years); 2. Lasser, Seneca, Lafayette HS 4:07.13 (eleventh grader) **Girls 3,000 Meter Run:** 1. Fry, Jessica, Rogers 9:50.37 **Boys 3,000 Meter Run:** 1. Keflizihi, Mebrathom, San Diego 8:25.07; 2. Alemu, Kifle, English High 8:29.75 **Boys 5,000 Meter Run:** 1. Wolff, Jordan, Hastings HS 15:37.66 **Girls 100 Meter High Hurdles:** Finals

(w:+1.0): 1. Colander, LaTasha, Wilson (Va) 13.73; 2. Agnew, Angela, Team Cleve. 14.18; 3. Hayes, Joanna, N. Riverside 14.24 Heat 1 (w:+0.4): 1. Bates, Joyce, Simon Gratz 14.19; 2. Hayes, Joanna, N. Riverside 14.42; **Boys 110 Meter High Hurdles:** Finals (w:+0.0): 1. Wallace, Dawane, W. Potomoc 13.97 **Girls 400 Meter Int Hurdles:** 1. Foster, Char, Clearwater 59.40 (yearly prep leader - eighth grader from Florida); 2. Hayes, Joanna, N. Riverside 1:01.34 **Boys 400 Meter Int Hurdles:** 1. Hines, Greg, Whitman HS 51.88 (yearly prep leader) **Girls 4x400 Meter Relay:** 1. Jeuness Trac 3:44.13 (Julian Reynolds 53.3 2nd leg, Jawauna McMullen 54.2 anchor) **Boys 4x400 Meter Relay:** 1. W. Valley TC 3:07.67 (Michael Granville soph anchor 46.1); **Girls 4x100 Meter Relay:** 1. E. Brch Stri 46.54; **Boys 4x100 Meter Relay:** 1. W. Valley TC 40.55 **Boys Javelin Throw:** 1. Warren, Scott, Central Buck 62.00m (203- 05) **Girls High Jump:** 1. Moncrieffe, Magon, Mt. Vernon 1.76m (5- 09.25) **Boys High Jump:** Finals: 1. Fischer, Jeremy, Camarillo HI 2.15m (7-00.5) **Girls Long Jump:** 1. Miller, Kelly, St. Gertrude 5.95m w:+0.1 (19- 06.25).....8. Domico, Lisa, Claremont 5.41m w:+0.1 (17-09) **Boys Long Jump:** Finals: 1. Mill-



GINA HEADS

Photo by Bill Cockerham

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MEET SPOTLIGHT

ner, Dominick, Fleming High 7.35m w:+0.0 (24-01.5).....11. Washington, Tyree, W. Valley TC 6.41m w:+0.1 (21-00.5). **Prelims Boys Long Jump:** 4. Washington, Tyree, W. Valley TC 6.97m (22-10.5) **Girls Shot Put:** 1. Heads, Gina, Newport Harb 14.46m (47-05.25) **Boys Shot Put:** 1. Bradd, Allen, Tri-Valley 18.48m (60-07.75); 2. Tift, Wade, Newport Harb 17.94m (58-10.5).....7. Gonzales, Stephen, Newport Harb 16.83m (55-02.75) **Girls Triple Jump:** 1. Miller, Kelly, St. Gertrude 12.50m (41- 00.25) (#4 prep yearly mark); 2. Gamble, Nicole, Sumter High 12.32m w:+0.6 (40-05); 3. Domico, Lisa, Claremont 11.92m w:+0.5 (39-01.25) **Boys Triple Jump:** 1. Sutton, Raymond, Hillhouse HS 15.00m (49-02.75)

Boys 3,000 Meter Steeplechase: 1. Harper, Billy, Junction HS (Or) 9:35.12 **Boys Pole Vault:** Finals: 1. Dali, Ryan, N. Rockland 4.60m (15- 01) **Girls Hammer Throw:** 1. Heads, Gina, Newport Harb 30.68m (100-08); **Boys Hammer Throw 12lb:** 1. Connolly, Adam, Springbrook 68.16m (223-07); 2. Parker, James, Northridge 67.50m (221-05) **Girls Discus Throw:** 1. Lackovich, Jill, Titusville 43.40m (142- 05); 2. Heads, Gina, Newport Harb 40.66m (133-05) **Boys Discus Throw:** 1. Sullivan, Luke, Verona HS 59.92m (196-07).....7. Gonzales, Stephen, Newport Harb 50.60m (166-0).....9. Tift, Wade, Newport Harb 48.38m (158-09)

Athletes of the Meet

Women: - Latasha Colander (Wilson, Portsmouth, Va)
Men: - Mebrahthom Keflezighi (San Diego, Ca)

U.S. Junior National Championships

June 24-25. Florida State University, Tallahassee, FL.

A super crew from California and across the country turned out for the 1994 Junior National Championships at Florida State University in late June. The Meet is open to athletes who will not turn 20 during this year of competition (those born 1975 or later for 1994) who meet a certain time standard. Great fields showed up for this qualifier for the World Junior Championships in Lisbon, Portugal, in mid-July. Californians were very, very prominent, with an impressive ten wins by California natives or athletes representing California Universities. It was a great weekend for the sport under what turned out to be some quite challenging circumstances on Friday with quite a bit of rain (though it was eighty degrees out with the rain falling!). Saturday was described by locals as the best weather

in years for a June Sunday, with 75 degrees and cloudy conditions that were perfect!

Speedsters and hurdlers from the Golden State were very significant factors in most of those events here. Friday evening's 100 meter finals were run in eighty degree rain, with the Women's race in a very driving storm. Philadelphia Deworski Odom was right at home in the Men's event, taking it at 10.51, with Southern Californians Bryan Howard third at 10.60 and Pat Johnson fourth at 10.61. The next day over 200 meters, under better conditions, Bryan was 2nd to NCAA third placer Tony Wheeler (Clemson-20.67) with a fine 20.80, with Johnson next at 21.07. Both the Californians were placed on the World Junior Championship squad, with both competing for the U.S. 400 meter relay baton squad, and Bryan in the 200.

The Women's 100 meter event was run in a driving rain, with Aminah Haddad and LaKeisha Backus probably wondering what the heck they were doing at the starting line under such conditions! Floridan Sabrina Herring-Kelly took the run at 11.55, with the thoroughly drenched Haddad 5th and Backus 7th. The next day over 200 meters Backus was 2nd to Aspen Burkett 23.54-23.62, with Haddad 4th at 23.86. Backus was named to the U.S. team over the 200 meter distance. Haddad can take solace in the



AMINAH HADDAD

Photo by Bill Cockerham

fact that she was two years younger than any of the 100 or 200 meter finalists with her 1978 birthdate. East St. Louis's Cicely Scott of UCLA was second to Monique Hennagan over 400 meters 52.19-53.15 to qualify for the individual event and 4x400 relay team.

Prep Coke Edmon shocked with a perfect 400 meter hurdle race, placing a very impressive third at 51.81 at a distance he certainly had not run many times. Only Charles White (51.5-1976) and Rich Greybehl (51.6-1974) have ever run faster among Golden State preps! Very hot competition headlined the Women's 100 meter barrier event, with Latasha Colander, winner of April's Arcadia/Foot Locker event racing 13.36 (#4 AT HS), with Bay area rivals Bisa Grant (13.83-3rd) and super frosh Daveetta Shepherd (13.86-4th) competing very strongly. Angela Harris, hoping to make the U.S. Junior team, came so, so close, racing a fine 58.93, but only placing third behind super eighth grader Char Foster (57.98 a world age 14 record), and Yvonne Harrison (Odessa JC, Texas), who ran easily her best race of the year at 58.88. Harris will go on to UNLV and should be a super collegiate long sprinter and one lap hurdler for the Lady Rebels. Joanna Hayes was seventh in the short hurdles.

Ninth grader Julia Stamps continued the famed start to her prep career, here over 3000 meters against a top group. Sarna Renfro, national prep mile (4:46.98) and 3200m (10:19.5) leader, Rosy Gardner, 4:48.80 (mi) and 10:25.78 (3200m at altitude), and a flock of fast Collegians would test the California State 3200m champ. All had in mind that they had to run a World Junior Championship standard 9:35.0 for the seven and a half-lap event to compete in that Championship meet, with the first two from this race selected for the U.S. team. After a 5:07 opening 1600m, a 79 second lap put the group behind qualifying pace, with the alert

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MEET SPOTLIGHT

Gardner pushing the sixth lap at 75 seconds, with Renfro and Stamps the only ones close behind. Building up with a 72 second seventh lap, the contest came down to as exciting a last 250 meters as one will see in a quality distance race. Gardner, with a long, "up on her toes" powerful stride, and the long, powerful striding Renfro, were joined by the short and economically striding Stamps for the last half lap sprint. Amazingly the fifteen year old Californian edged by both around the final turn, holding off the PAC-10 bound twosome (Renfro to Stanford - Gardner to Oregon), with Stamps the winner at 9:28.50, Renfro 9:28.95, and Gardner 9:31.99 in third. Very sadly only two could make the team with all three so deserving. Gardner was very gracious in defeat, with Rosy a sure big-time star at Oregon along with Milena Glusac and crew. Stamps set a national frosh record with her time!!

Frosh Miesha Marzell (Georgetown via Bishop O'Dowd of Oakland) helped put the finishing touches on a sterling frosh season with a 4:23.97 1500m win that handled some pretty hot prep athletes. Marzell's 4:23.97 barely made the World Jr Standard of 4:24.0. State 800 Meter Champion Kristie Johnson took a big step up here, with Jawauna McMullen dragging the pack out at 59 seconds for the first lap in the final, with Johnston in last at under 62 seconds. Kristie showed real toughness in racing a lifetime best of 2:08.93 for fourth place behind McMullen's 2:05.95.



JULIA STAMPS

Photo by Phillip L. Enbody

Field eventers represented California nicely! Suzy Powell continued her magical twelfth grade discus season, looking ahead to the World Juniors and a high placing after taking the event here by over twenty feet at 172-11. UCLA frosh Amy Acuff took the High Jump in probably close to the worse weather conditions a field ever had to face, clearing 5-8 in a driving Friday rain. Jeremy Fischer also finished out his prep career with a big win, taking the High Jump at 7-2 1/2 (better Saturday conditions!). Fischer evened a score with Eric Bishop of Georgia, the only prep to defeat Jeremy this year--in the National Scholastic Indoor Meet (it took a 7-4 1/2 leap to do it!). Scott Slover impressively took the Pole Vault at 16-4 3/4 in some rainy Friday weather.

Californians swept the two team positions in the Decathlon, with Russ Bomben (6863) and super Azusa Pacific frosh (via Arizona), Tage Peterson (6851), with the duo overcoming some pretty horrendous conditions. Kerry O'Brick was the youngest in the Women's Heptathlon field, with her 4374 great experience for the three more years she has of "Junior-age" eligibility.

Stanford red-shirt frosh via South Dakota, Greg Jimmerson, took the 10,000 on Friday at 30:33.24, then the 5000 the next evening at 14:39.06. Ray Butman, two years out of high-school, from the Alta Loma area, took the Steeplechase at 9:13.23, and showed some real potential in the event. Mark Hauser, University of Wisconsin bound, raced one of the year's fastest prep 1500's with a 3:52.28 for fourth place.

Justin Marrujo of Temecula added a win in the Men's 10,000 Meter racewalk at 46:40.31, with the auto trip to Florida (yes the family drove!) complete with a tow-job in the middle of the New Mexico desert.

The 1995 Junior Nationals will be in the Los Angeles area in late June, with the meet the qualifier for the Pan-

American Junior Championships in the sport. Information on the 1995 Meet will be placed in *California Track News* when it is available this coming winter.

RESULTS

MEN

ATHLETES IN FOLLOWING RESULTS WITH 1975 BIRTHDATES NOT ELIGIBLE BY AGE FOR 1995 JUNIOR NATIONALS

100 meter dash (6/24) (Wind:+.10): 1. Deworski Odom, (Wynne Field TC/Overbrook HS, Philadelphia, Pa)/77 10.51; 3. Toya Jones, (Refugio HS, Tx)/76, 10.58; 3. Bryan Howard, (West Valley Eagles/Canyon Springs HS, Moreno Valley, Ca)/76, 10.60; 4. Pat Johnson, (West Valley Eagles/Redlands HS, Ca)/76, 10.61; 5. Chris Jackson, (Univ Kentucky)/75, 10.71; 6. Micah Morris, (Bay City Central HS, MI)/76, 10.81; (Heats 6/24) (H-1) (wind 0) 1.-Johnson/76 10.55, (H-2) (wind 0) 2. Howard/76 10.40.

200m (6/25) (wind -.16) 1. Tony Wheeler (Clemson Univ)/75 20.67, 2. Bryan Howard (West Valley Eagles/Canyon Springs HS, Moreno Valley, Ca)/76 20.80, 3. Pat Johnson (West Valley Eagles/Redlands HS)/76 21.07, 4. Demetrius Snaer (San Joaquin Delta College)/75 21.55, 5. Cory Ward (Syracuse Univ)/75 21.60, 6. Ed Turner (Univ Washington)/75 21.75 (Heats) 6/25 (H-1) (wind +.60) 1. -Johnson/76 21.12 (H-2) (+.38) 1. Howard/76 20.96, 2. Ward/75 21.57, 3. Turner/75 21.87, (H-3) (+.27) 1. Wheeler/75 20.83, 3. Demetrius Snaer/75 21.71.

400m - (6/25) 1. Desmond Johnson (St. Augustine HS, New Orleans, La)/77 45.77, 2. Ramon Clary (Music City TC/Hunters Lane HS, Nashville, TN)/75 45.82, 3. Tyrell Harrison (Plainfield HS, NJ)/75 46.85, 4. Milton Campbell (Quicksilver TC/Douglass HS, Atlanta, Ga)/76 47.72, 5. Robert Covington (Winter Haven HS, FL)/76 48.03, 6. Kevin Jefferson (Southern Univ)/75 48.07.

800m (6/25) 1. Brian Klein (Rice Univ)/75 1:48.95, 2. David Krummenacker (Georgia Tech Univ)/75 1:49.50, 3. Kevin Murphy (Boston Univ)/75 1:49.90, 4. Luther Kopf (Univ Az)/75 1:51.14, 5. Damon Griffiths (Univ Miami)/75 1:51.45, 6. Jason Owen (Stewartville HS, Mn)/77 1:51.67.

1500m (6/25) 1. Karl Paranya (Haverford Coll)/75 3:49.05, 2. Mike Moran (Univ Tennessee)/75 3:49.71, 3. Che Arosemena (Penn St Univ)/75 3:51.29, 4. Mark Hauser (St. Augustine HS, San Diego, Ca)/76 3:52.28, 5. Brian Gallagher (La Salle Univ)/75 3:53.68, 6. Jason Larabee (Unat)/75 3:54.61.... 15. Charles Williams (Southern Methodist Univ)/75 4:04.71.

5000m (6/25) 1. Greg Jimmerson (Unat)/75 14:39.06, 2. Brian Hesson (Univ Alabama)/75 14:43.85, 3. Doug Bockenstette (La Salle HS, Cincinnati, Oh)/75 14:44.72, 4. Robert Hill (Univ Alabama)/75 15:01.95, 5. Tim Broe (East Peoria HS, IL)/77 15:07.37, 6. Matthew Byrne (St. Joseph's Univ)/75 15:15.35.

10,000 Meter Run (6/24): 1. Greg Jimmerson (Unattached)/75 30:33.24; 2. Matthew Brill (BH Running Club)/75 30:59.46; 3. Bob Busquaert (Alabama-Birmingham)/75 31:01.83; 4. Marc Lawson, (Brigham Young)/75 31:23.59; 5. Chris Graft, (St. Johns)/75

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MEET SPOTLIGHT

31:29.34; 6. Brian Brodrick, (Berry College)/75
31:38.47 8. Benjamin Flamm, (Unattached/Univ Wisc/
Huntington Beach HS 93)/75 32:31.42

3000m Steeplechase (6/25) 1. Ray Butman (Unat/
Etiwanda Ca)/75 9:13.23, 2. Mark Jolley (Weber St
Univ)/75 9:20.23, 3. Kevin Jones (Univ So Alabama/
75 9:45.31, 4. Matthew Moran (Univ Houston)/75
9:53.06, 5. James Weccessor (Centerville HS, Oh)/75
10:02.71, 6. Timothy Rieger (Centerville HS, Oh)/77
11:20.64.

110mH (6/25) (wind +.41) 1. Dudley Dorival (Univ
Connecticut)/75 13.79, 2. Darius Pemberton (Univ
Tennessee)/75 14.13, 3. Reginald Torian (Univ Wisconsin/
Madison)/75 14.23, 4. Charles Reid (Salem HS,
Virginia Beach, Va)/76 14.26 (#18 All-Time HS
42"), 4. Khary Burnley (Unat/Mich)/75 14.39, 5.
Braxton Cosby (Univ Miami)/76 14.49, 6. Douglas Hay-
nesworth (Farleigh Dickinson Univ)/75 14.53, (H-2)
(wind +1.30) Burnley/75 14.08, 7. Tyson Murphy
(Santa Monica TC/Santa Monica HS, Ca)/76 15.36.

400m IH (6/25) 1. Corey Murdock (Utah St Univ)/
75 51.01, 2. Aaron Haynes (Wilbur Cross HS, New Haven,
Ct)/75 51.42, 3. Coke Edmon (Bellarmine Prep
HS, San Jose, Ca)/76 51.81, 4. Anthony Hampton
(Dwight Morrow HS, Englewood, NJ)/75 52.01, 5. Jimmie
Foster (Unat/Norview HS, Norfolk, Va)/75 53.02,
6. Lee Hutton (La Marque HS, Tx)/76 53.21 (H-3) Ro-
drigues Pfister (Ballou HS, Wash DC)/77 53.21, Ed-
mon/76 53.86

10,000 meter racewalk (6/24): 1. Justin Marujo,
(Unattached, Temecula, Ca)/76, 46:40.31; 2. William
Vanaxen, (Wisconsin-Parkside)/75, 47:27.95; 3. Kevin
Eastler, (W. Maine Racewalkers)/77, 48:23.07; 4. Yi-
riv Pomeranz, (New York U.)/75, 51:25.44; 5. William
Leggett, (Potomac Valley T.C.)/76, 51:39.69; 6. Dar-
ren Paruolo (Connetquot HS, Bohemia, NY)/76,
52:09.86

High Jump (6/25) 1. Jeremy Fischer (Camarillo HS,
Ca)/76 7-2 1/2 (2.20), 2. Henry Patterson (Univ To-
ledo)/75 7-1 1/2 (2.17), 3. Robert Bishop (Murray
HS, Chatsworth, Ga)/76 7-00 1/4 (2.14), 4. Chris
Nelson (Univ Oregon)/75 6-11 (2.11), 5. Shawn Nielsen
(Cambridge HS, Mn)/75 6-9 3/4 (2.08), 6. Robert
Blakey (Poudre HS, Ft Collins, Co)/76 6-8 3/4
(2.05).

Pole Vault (6/24) 1. Scott Slover (Leland HS, San
Jose, Ca)/75 16-4 3/4 (5.00), 2. Eric Boxley (Arkan-
sas State Univ)/75 16-4 3/4, 3. Dominic Johnson (Univ
Arizona/Amphitheater HS, Tucson, Az)/75 16-00 3/4
(4.90), 4. Rob Weighall (Unat/Highland HS, Bakers-
field, Ca)/76 15-9 (4.80), 5. Ryan Dall (North Rock-
land HS, Thiells, NY)/75 15-5 (4.70), 6. Brian Madche
(Univ Washington)/75 15-5 (4.70), 9. Borya Orlof
(Unat/St. John Bosco HS, Bellflower, Ca)/76 15-5
(4.70).

Long Jump (6/24): 1. Darius Pemberton, (Tennes-
see)/75, 7.83 (25-9.25) (Wind: +1.50); 2. Reginald
Torian, (Wisconsin)/75, 7.45 (24-5.5) (+2.00); 3.
Frankie Young, (Kokomo HS, In)/75, 7.41 (24-3.75)
(wind not available—gauge broke on this jump), 4. Jau-
ron Pigg, (Kokomo HS, In)/77, 7.37 (24-2.25w)
(+2.80 (no wind legal); 5. John George, (Acadiana
HS)/75 7.34 (24-1) (+.70); 6. Leonard Cobb (Blinn
College)/75 7.34 (24-1) (+1.00)...8. Derrick Mitchell,
(Fresno State)/75 7.20 (23-7.5w) (+2.20 19-4 1/4
wind legal)...13. Ed Turner (Univ Washington)/75 22-
8 (+.90)

Triple Jump (6/25) 1. Walter Landry (Univ of
Southwest Louisiana)/75 52-1 (15.87) (+.30), 2. Leo-
nard Cobb (Blinn College)/75 51-6 1/2 (15.71)

(+1.10), 3. Robert Howard (Shea HS, Pawtucket,
RI)/76 51-5 3/4 (15.69) (+1.10), 4. Tony Parish
(Univ Washington)/75 48-3 1/2 (14.72) (+.30), 5.
Cyril Adkins (Smithville HS, Tx)/76 48-1 3/4
(14.67) (+1.70), 6. Willente McKnight (Rowan TC/
Roman Catholic HS, Philadelphia, Pa)/76 47-5
(14.45) (-.10)...8. Myron McClure (Rowland HS, Row-
land Heights, Ca)/76 46-11 1/2 (14.31) (+1.30).

Shot Put (6/24): 1. Adam Nelson, (Dartmouth)/75
17.01 (55-9.75); 2. Jason Sluke, (Emporia State)/75
16.60; 3. Doug Reynolds, (Arizona)/75 16.27 (53-
4.5); 4. Tyson Lingenfelter, (Dartmouth)/75 16.11 (52-
10.25); 5. Allen Bradd, (Tri Valley, Downs, Il)/75 15.92
(52-2.75); 6. John Densovich, (Kent State Univ)/75
15.86 (52-0.5).

Discus (6/25) 1. Doug Reynolds (Univ Arizona)/75
176-9 (53.88), 2. Scott McPherrin (Lincoln East HS,
Ne)/76 167-9 (51.14), 3. Jeff Singleton (Univ Colora-
do)/75 162-0 (49.38), 4. Lawrence Wilson (Chaswood
TC/Hawken HS, Gates Mills, Oh)/77 161-3 (49.14),
5. Alexander Ghanotakis (Dartmouth College)/74 160-
2 (48.82), 6. Jason Huber (Mascoutman HS, Il)/76
155-00 (47.24)...10. Travis Nutter (Unat/Pleasanton,
Ca)/75 153-11 (46.92)...15. Billy Bush (Downey HS,
Modesto, Ca)/77 139-8 (42.58).

Hammer Throw (6/24): 1. Sean McGehearty, (Bos-
ton College)/75, 62.38 (204-8); 2. Adam Connolly,
(Sallie Mae TC/Springbrook HS, Silver Spring, Md)/
75, 57.78 (189-7); 3. James Parker, (Northridge HS,
Layton, Ut)/75, 55.84 (183-2); 4. Travis Nutter,
(Unattached-Pleasanton, Ca)/75, 52.08 (170-10); 5.
Brandon Murer, (Indiana State)/75, 48.88 (160-4); 6.
Jeff Singleton, (Univ Colorado)/75, 46.04 (151-0)

Javelin (6/24) 1. Ozia Duncan (Univ Idaho)/75 207-
2 (63.14), 2. Darby Roberts (Univ Kentucky)/75
200-7 (61.14), 3. Brian Hickman (Weber St Univ)/75
199-10 (60.90), 4. Andrew Oliver (Univ Maine)/75
192-11, 5. Jonathan Griffin (Seton Hall Univ)/75 191-
9, Joshua Johnson (unat)/75 190-2 (57.96), 6. Ralph
Junius (Tulane Univ)/75 188-5 (57.44)

Decathlon (6/24-25) 1. Ross Bomben (unat)/75
6863, 2. Tage Peterson (Azusa Pacific Univ)/75
6851, 3. James Cook (Kennebunk HS, Maine)/76
6789, 4. Ryan Theriault (Texas A&M Univ)/75 6764,
5. Collin Kinsey (unat/Wellsville HS, Oh)/75 6265, 6.
Mike Kuoppanaki (Sacramento TC/UC Davis)/75
6234

Women

100 meter dash (6/24) (Wind: +.10): 1. Sabrina Kel-
ly, (San Jacinto College)/75 11.55; 2. Aspen Burkett,
(Colorado Flyers/East HS, Denver, Co)/76 11.59; 3.
Karen Boone, (LSU)/75 11.76; 4. Kisha Jett, (Ham-
mond HS, Columbia, Mo)/75 11.84; 5. Aminah Haddad,
(Long Beach Poly HS, Ca)/78 11.85; 6. Kimberly Bald-
win, (George Mason)/75 11.87; 7. Laketsha Backus,
(Unattached/Long Beach Wilson HS, Ca)/76 11.89.
Heats (6/24) (H-1) (wind +.10) 1. Backus/76 11.65
(H-3) 3. Oshanda Posey (Cal State L.A.) 12.27, (H-4)
(0) Haddad/78 11.76.

200m (6/25) (wind +.03) 1. Aspen Burkett (Colo-
rado Flyers/East HS, Denver, Co)/76 23.54, 2. Lakei-
sha Backus (Unat/Long Beach Wilson HS, Ca)/76
23.62, 3. Karen Boone (LSU)/75 23.80, 4. Aminah
Haddad (Long Beach Poly HS, Ca)/78 23.86, 5. Kim-
berly Baldwin (Geo Mason Univ)/75 24.04, 6. Kisha
Jett (Hammond HS, Columbia, Mo)/75 24.28 Heats
(6/25) (H-1) (+.39) 1. Burkett/76 23.85, 2. Kinchas-
sa Davis (Unat/Long Beach Wilson HS, Ca)/?? 24.59
(H-2) (+.47) Haddad/78 24.06...7. Oshonda Posey

(Cal St Univ L.A.)/75 26.14 (H-3) (+.32) Backus/76
23.77...6. Malika Freeman (Acorn TC/San Diego State
Univ)/76 25.23

400m - (6/25) 1. Monique Hennagan (Unat/Spring
Valley HS, Columbia, SC)/76 52.19, 2. Cicely Scott
(UCLA)/75 53.15, 3. Michelle Brown (Univ Ken-
tucky)/75 53.75, 4. Cynthia Newsome (Colorado Fly-
ers/South HS, Denver, Co)/76 54.19, 5. Jennifer Jor-
dan (Athletes in Action/Clear Creek HS, League City,
Tx)/76 54.40, 6. Shenita Wilson (Unat)/75 54.97
Heats (6/24) (H-2) 3. Malika Freeman (Acorn TC/
San Diego St Univ)/76 56.27, (H-3) Scott/75 53.86.

800m (6/25) 1. Jawaanna McMullen (Jeuness TC/
Christ the King HS, Queens, NY)/76 2:05.95, 2. Julian
Reynolds (Jeuness TX/Benjamin HS, N. Palm Beach,
Fl)/77 2:06.98, 3. Maxine Clarke (Sallie Mae TC/
Georgetown Univ)/75 2:08.62, 4. Kristie Johnston
(Unat/Central HS, Fresno, Ca)/77 2:08.93, 5. Rayna
Deniard (The Putney School, Vt)/78 2:09.58, 6. Ro-
chelle Walling (Washington Irving HS, NYC, NY)/77
2:13.54...8. Dena Dey (Stanford Univ)/75 2:16.76,
(Heats) 6/24 - (H-1) Dey/75 2:14.33, (H-2) 3. K.
Johnston/77 2:13.48, Walling/77 2:14.38.

1500m (6/25) 1. Miesha Marzell (Sallie Mae TC/
Georgetown Univ)/75 4:23.70, 2. Sally Glynn (Walter
Johnson HS, Bethesda, Md)/78 4:24.84, 3. Kristin
Nicolini (Annapolis HS, Md)/77 4:25.69, 4. Carrie Tol-
lefon (Dawson-Boyd HS, Dawson, Mn)/77 4:28.77,
6. Whitney Spanuth (Vanderbilt Univ)/75 4:29.01, 6.
Courtney Adams (Brebuef Prep HS, Indianapolis, In)/
77 4:32.63, Heats (6/24) (H-1) 8. Marjorie Hsu
(Stanford Univ)/75 11. Enca Sumi (UCLA)/75
4:51.02, 13. Tanya Futami (Long Beach St Univ)/75
4:58.44, (H-2) 2. Marzell/75 4:33.60, 10. Sarah
Dawson (Fresno St Univ)/75 4:45.01.

3000m (6/25) (R-1) 1. Donna Fidler (Norrinstown
HS, Pa)/77 10:03.68, 2. Bobbi McCleod (Miami Univ,
Oh)/75...5. Sarah Dawson (Fresno St Univ)/75
10:21.65...6. Heather Wallace (Clayton Valley HS, Ca)/
78 10:40.66 (R-2) 1. Julia Stamps (Unat/Rincon Val-
ley JHS, Santa Rosa, Ca)/78 9:28.50 (US High School
Frosh Record #20 US High School All-Time), 2. Sar-
na Renfro (Federal Way TC/Bellarmino Prep HS, Tac-
oma, Wa)/76 9:28.95, 3. Rosy Gardner (Oregon TC/
East HS, Salt Lake City, Ut)/76 9:31.99, 4. Kimberly
McGreavy (US Naval Academy)/75 9:48.14, 5. Mari-
bella Aparicio (Brigham Young Univ)/75 9:50.88, 6.
Erin St. John (Penn St Univ)/75 9:54.80...9. Amanda
White (Stanford Univ)/75...11. Kelly Jacobson (Fresno
St Univ)/75 10:16.10

10,000m (6/24) 1. Donna Fidler (Norrinstown HS,
Pa)/77 36:07.94, 2. Molly Dinan (Greely HS, Cumber-
land Center, Mne)/75 36:19.84, 3. Christy Nichols
(Arundel HS, Gambrills, Md)/78 37:33.13, 4. Amy
Yoder (East Noble, Kendallville, In)/78 37:37.22, 5.
Danielle Safran (Mercury Brentwood HS, NY)/78
37:41.43, 6. Stacey Strothmann (Univ Buffalo)/75
37:50.18...8. Elizabeth Leigh-Wood (Fresno St Univ)/
75 38:07.26...17. Michelle Greening (Long Beach St
Univ)/75 40:40.74, 18. Jamie Cummings (Long Beach
St Univ)/75 40:50.16.

100m HH (6/25) (wind +.0.18 mps) 1. Latasha Co-
lander (Striders Int'l/Wilson HS, Portsmouth, Va)/76
13.36 (#4 AT US High School), 2. Carmen Banks
(Adams HS, Cleveland, Oh)/75 13.76, 3. Bisa Grant
(Unat/Bishop O'Dowd HS, Oakland, Ca)/76 13.83, 4.
Daveetta Shepherd (Bay Area TC/Kennedy HS, Rich-
mond, Ca)/79 13.86, 5. Heather Burns (Booker T.
Washington HS, Tulsa, Ok)/76 13.96, 6. Dominique
Calloway (Colorado Flyers/South HS, Denver, Co)/78

continued next page...

MEET SPOTLIGHT

14.03, 7. Joanna Hayes (North HS, Riverside, Ca)/76 14.08, (H-1) (wind +1.10) Banks/75 13.50 (=#5 AT US HS Auto-Timed)...3. Grant/76 14.00 (H-3) (+.80) 1. Hayes/76 14.08, 2. Sheppard/79 14.18, **400m H** (6/25) 1. Char Foster (Alpha Omega TC/Oak Grove MS, Clearwater, Fl)/80 57.98 (U.S. Age 14 record - old record 58.90 Sandra Farmer 1977), 2. Yvonne Harrison (Odessa Jr Coll)/75 58.88, 3. Angela Harris (Acom TC/Skyline HS, Oakland, Ca)/76 58.93, 4. Ayanna Reece (Zodiacs TC/G. Washington HS, NYC, NY)/76 60.73, 5. Carmen Banks (Adams HS, Cleveland, Oh)/75 61.10, 6. Patrice Davis (Joe Gentry Track Troupe, Ramparts HS, Colo Springs, Co)/77 62.32...Joanna Hayes/76 did not start. Heats (H-2) 1. Harrison/75 60.48, 2. Hayes/76 62.21, (H-3) 1. Foster/80 59.80, 2. Harris/76 61.30,

5000 meter racewalk (6/24): 1. Anya-Maria Ruoss, (Unat / Fayetteville Ark)/78 24:37.78; 2. Deborah Iden, (Wisconsin-Parkside)/75 25:59.31; 3. Anne Lonkowicz, (Unattached)/75 26:19.66; 4. Roselle Safran, (Mercury Brentwood HS)/78 26:24.84; 5. Debra Scott, (Wisconsin-Parkside)/75 26:37.28; 6. Lisa Chumbley, (Walk Texas)/76 26:45.21; **High Jump** (6/24): 1. Amy Acuff, (UCLA)/75 1.73 (5-8); 2. Nora Weber, (Illinois)/75 1.73 (5-8); 3. Stacy-Ann Grant, (Bronx Express/South Shore HS, Brooklyn)/77 1.70 (5-7); 4. Sharia Clinckscals (South Carolina) 5-7, 5. Gretchen Francois, (Iota HS, La)/75 1.64 (5-4.5)

Long Jump - (6/24) 1. Angae Henry (Univ Nebraska)/75 20-11.75 (6.39) (wind +1.60), 2. Angela Brown (Villa Maria Academy, Malverne, Pa)/76 20-1 (6.12) (+1.60), 3. Pamela Simpson (Long Beach Poly HS, Ca)/77 19-9 1/2 (6.03) (+1.40), 4. Heather Hyland (Univ Wisconsin-Madison)/75 18-8w (5.69) (+2.20) (18-4 3/4 (5.61) wind legal), 5. Dawn Kline (Purdue Univ)/75 18-7 1/2 (5.68) (+1.10), 6. Erin Narzinski (Unat/Oakville HS, St. Louis, Mo)/76 18-3 3/4w (5.58) (+2.10) (17-7 1/4 (5.37) wind legal)

Triple Jump (6/25) 1. Jamila Codrington (Syracuse Univ)/75 40-7 3/4 (12.39) (+.40), 2. Nicole Gamble (unat/Sumter HS, SC)/77 40-1 1/2 (12.23) (+.70), 3. Deanne Davis (Durham Striders/Cummings HS, Burlington, NC)/77 39-10 3/4 (12.23) (+.90), 4. Alisha Broussard (Southeast TC/Dobie HS, Houston, Tx)/78 39-10 3/4 (lesser second jump) (12.16) (+.90), 5. Zakiah Modeste (Bronx Express/Mt. Vernon HS, NY)/77 39-7 3/4 (12.08) (+.80), 6. Jennifer Walker (Jefferson HS, Alexandria, Va)/78 38-11 3/4 (11.88) (+.90)...10. Wintress Lang (Compton TC, Ca)/75 37-11 1/4 (11.56) (+.40)

Shot Put (6/24) 1. Amy Christiansen (Brigham Young Univ)/75 51-5 (15.62), 2. Teri Steer (Southern Methodist Univ)/75 50-11 1/2 (15.53), 3. -Collinus Newsome (Colorado Flyers/South HS, Denver, Co)/76 49-9 3/4 (15.18), 4. Kristin Heaston (Sacramento TC)/75 49-3 1/2 (15.02), 5. Bath Burton (Cal St Univ Northridge)/75 46-03 1/4 (14.10), 6. Nicole Sims (Clemson Univ)/75 46-02 1/2 (14.08)

Discus (6/25) 1. -Suzy Powell (Sacramento TC/Downey HS, Modesto, Ca)/75 172-11 (52.72), 2. Tamika Powell (Geo Mason Univ)/75 151-9 (46.26), 3. Allison Morgan (Indiana Univ)/75 151-9 (46.26) (lesser second throw), 4. Staci Darden (Fresno St Univ)/75 149-9 (45.84), 5. Kristin Heaston (Sacramento TC)/75 148-11 (45.40), 6. *Kelli Schrader (Bellville HS, Tx)/76 144-11...13. Lavera Clark (Cal St Univ L.A.)/75 129-9 (39.54)

Javelin (6/24): 1. Mary Jo Schultz, (Kentucky)/75 48.44 (158-11); 2. Tiffany Lott, (Brigham Young)/75

45.30 (148-7); 3. Becky Gusic, (Penn State)/75 44.22 (145-1); 4. Heather Brown, (Mass.-Amherst)/75 43.44 (142-6); 5. *Denika Kisty, (Brentwood HS, Pittsburgh, Pa)/77 43.38 (142-4); 6. -Ann Crouse, (Stonington HS, Ct)/76, 42.10 (138-1)

Heptathlon (6/24-25) 1. Tiffany Lott (Brigham Young Univ)/75 5267, 2. Leslie Henley (Univ Tenn)/75 5209, 3. -Erin Narzinski (unat/Oakville HS, St. Louis, Mo)/76 4675, 4. Rebecca Williams (Miami Univ, Oh)/75 4612, 5. -Shania Hambrick (Moreno Valley HS, Ca)/75 4544, 6. *Apasha Blocker (Outsiders TC/Brockport HS, NY)/77 4529...10. **Kerry O'Bric (Edison HS, Huntington Beach, Ca)/78 4374.

WORLD JUNIOR CHAMPIONSHIPS

July 20-24. Lisbon Portugal.
All athletes born 1975 or later.

No greater honor can come to an athlete than to represent their country in international competition. Off of their performances at the late June Tallahassee Junior National Championships, where an amazing ten events were won by athletes raised in California or attending a University in the Golden State, fifteen athletes who were raised in California or attend school here competed in the World Junior Championships summarized below with some very, very impressive performances.

MEN

100 (7/21, wind +1.2), Aliu (Nig) 10.21 200 (7/23, +1.7), Wheeler (US) 20.62; 2. Aliu 20.88; 3. Mackie (GB) 20.95; 4. Frempong-Manso (Can) 21.01; 5. Kedell (NZ) 21.02; 6. Han C. (Chn) 21.08... **8. HOWARD** (US/Canyon Springs HS, Moreno Valley) 21.25. Heats (7/22): 111-2. Howard 21.70. Quarters (7/22): IV-3. Howard 21.33. Semis (7/23): 1-4. Howard 21.11.

10,000 (7/20), Komen (Ken) 28:29.74... **29. JIMMERSON** (US/Unat/ Redshirt Stanford Univ) 31:47.32.

20km Road (7/24) Silva (Bra) 1:03:21... **14. Marc LAWSON** (US/BYU/ California prep) 1:06:47; **10,000W** (7/21; track), Segura (Max) 40:26.93... **28. MARRUJO** (US/grad Temecula Valley HS) 45:22.404x100 (7/24), Great Britain 39.60 (Gardener, Golding, Mackie, Cameron); 2. United States 39.78. (Odom, Wheeler, PAT

JOHNSON (West Valley Eagles/Redlands HS/Univ

Ore bound), T. Jones); 3. Canada 39.90; 4. Japan 40.03. **High Jump** (7/24), Hames (Aus) 7-3 3/4 (2.23) Qual (7/22); **dnq FISCHER** (US/Camarillo HS grad/Univ Wisc bound) 6-6 3/4 (2.00). **Pole Vault** (7/22), Chistyakov (Rus) 18-4 1/2 (5.60)... **9. SLOVER** (US/grad Leland HS (San Jose) 16-8 3/4 (5.10) **Discus** (7/21), Kruger (SA) 191-0 (58.22)... **12. MCPHERREN** (US/grad Lincoln East HS, Nebr/UCLA bound) 150-9 (45.96). **Decathlon** (7/20-21), Jensen (Nor) 7676... **8. PETERSON** (US/Azusa Pacific Univ) 6973;... **dnf BOBEN** (US) 1379 (2 events) (inj).

WOMEN

100 (7/21, +2.0), Herring-Kelly (US) 11.36; 2. Burkett (US) **200** (7/23, +2.2), Seyarling (SA) 22.60w; **2. BACKUS** (US/Wilson HS, Long Beach) 22.86w; 3. Tkalic (Ukr) 23.35; 4. Ferguson 23.59 (Jam). Heats (7/22): V-1. Backus 23.77. Quarters (7/22): I-1. Backus 23.74w. Semis (7/23): 1-2. Backus 23.51. **400** (7/22), Alolabi (Nig) 51.91, 2. Hennagan (US) 52.25; Heats (7/20): 1-2. **SCOTT** (UCLA frosh) 54.63. IV-1. Hennagan 53.50. Semis (7/21): I 4. Scott 53.65. 11-2. Hennagan 52.74. **1500** (7/24), Weyermann (Swi) 4:13.93; Heats (7/22): 1-10. **MARZELL** (US/Georgetown via Bishop O'Dowd HS of Oakland) 4:33.98. **3000** (7/22), Szabo (Rom) 8:47.40 (8.6, WJ); 2. Power (Aus) 8:56.93; 3. Barsosio (Ken) 8:59.43; 4. Sandell (Fin) 9:04.10; 5. Chepchumba (Ken) 9:13.33; 6. Takahashi (Jpn) 9:14.22. Semis (7/20): 1-9. **RENFRO** (US/grad Belarmine Prep Tacoma/Stanford bound) 9:45.43. II-11. **STAMPS** (US/Santa Rosa HS) 10:18.98 (fell). (7/24), United States 3:32.06(3 AJ) **SCOTT** (UCLA) 54.1, Hennagan 52.7, Brown 51.2, McMullen 54.1; 2. Romania 3:36.59; 3. Germany 3:36.65; . Heats (7/23): 1-4 United States 3:37.13. **High Jump** (7/23), Kaliturna (Rus) 6-2 (1.88). 2. Bergqvist (Swe) 6-2; 3. tie, **ACUFF** (US/UCLA) & Rihakova (Sik) 6-2. **Discus** (7/24), DeBruin (Holl) 181-0 (55.18) 2. Slevers (Ger) 180-0 (54.86); 3. **POWELL** (US/grad Downey HS, Modesto/UCLA bound) 172-8 (52.62).

TOTAL MEDAL COUNT STANDINGS: 1. US (5 gold-8 silver-4 bronze) 17 total, 2. Kenya (3 gold-4 silver-3 bronze) 10 total

1994 USA Track & Field National Junior Olympics

July 26-31. University of Florida (Gainesville).

The huge mid-summer US Track & Field Junior Olympic Championship Meet had Junior National team members Char Foster and Milton Campbell as the stars, with fellow Lisbon World Junior Championship competitors, Bryan Howard and Deworski Odom, continuing their torrid sprint rivalry. Over 5,000



SCOTT SLOVER
Photo by Bill Cookham

continued next page...

MEET SPOTLIGHT

young people up to the age of eighteen took part in the week-long extravaganza that showed all involved that track at this level is very, very alive! There were a ton of competitive and exciting events, with big crowds of followers that stayed during the lengthy days of competition. This year's host association of USA T&F, Florida, under the leadership of Meet Director Jeff Wentworth, and USA T&F Youth Athletics Chair Kim Haines, ran another flawless affair due to a ton of the best volunteers and officials you will ever find! The 1995 Junior Olympic National Championships will be held in San Jose.

Clearwater, Florida, eighth grader and U.S. Junior National 400 Meter hurdle champion (57.90), Char Foster, had an exciting final (7/31) day of competition, in which she took down three national age-group divisional records at her Youth Girls (13-14) level. An early morning 200m hurdles race had her pull ahead of San Francisco Bay area star Natasha Neal (26.89) over the final hurdle on the way to a 26.63 record, with a strong 53.43 400m win significantly taking down the 53.82 Age-14 national standard of Denean Howard, in addition to the Age-Group meet standard. The true test came a couple of hours later when Foster's heavy legs attacked the 100 meter hurdles, an event in which she lowered her pending 14.15 national group record with a 14.12 run which the pesky Neal was close with a 14.21. Foster caught a time when the pesky "into the face" winds died down in her 100 meter barrier event, with most of the dash events run into meter or two per second winds that cost athletes a couple of tenths. Neal's two hurdle efforts in pushing Foster were the second best ever run by an athlete in this age-group.

Georgian Milton Campbell, fresh from anchoring the U.S. World Junior Champion 4x400m relay team in Lisbon, raced to 46.45 (heat) and 46.38 (finals) 400m clockings to take down Marlin Cannon's 46.58 Young Men's Age-Group record.

Bryan Howard, eighth in the World Junior 200m, comfortably handled World Silver medalist over 100 meters, Deworski Odom, in a 10.45-10.50 Young Men's 100m final. Odom returned to edge Ohian Darrick Trimble 14.02-14.03 in an exciting Highs contest. Other very impressive performances on the male side of the meet were fifteen year old Obea Moore's 46.96 400m win and Pat Johnson's 21.21 200m Young Men's triumph. Obea's L.A. Jet crew unfortunately dropped the stick during the 4x400 event, with Obea anchoring in 45.8 for the squad that ended in fourth.

The female side of the meet had a number of stars. The Young Women's division featured a series of fine performances. Georgian Kelly Perryman took the sprints over a top group (100m-11.82 (wind -1.4 mps) 200m-23.84). Jamaican Suziann Reid raced 53.95 (heat) and 54.02 (final) 400 efforts, with Tameika Grizzle cruising a 2:07.73 800 win. Texan Kim Smallwood was 13.98 (wind +.5) in the 100m H to edge Californian Joanna Hayes (14.02), with Hayes a great meet with a 59.12 400h that also was second, with Oakland's Angela Harris (58.79) over the one lap hurdles. In the field, Knoxville's Lynn Houston surprised with a 5-10 1/2 (1.79) High Jump, with U.S. Junior National Champion, Angela Henry, setting a Young Women's Long-Jump record with her 20-10 1/2 (6.36) effort. Angela Williams, an eighth grader at Magnolia JHS in Chino, California, will add to Southern California's great stock of prep sprinters next year with an 11.88 (100 wind -1.9) and 24.18 (200m wind -1.4) Youth Girls sprint double. Missouri's Jennifer Gardner was equally as impressive at that level with a 2:12.03 800m win. New York's Desiree McQueen showed poise in running down Californian Daveetta Shepherd in the Intermediate Girls 100m (33") Hurdles 14.09-14.25 (into a big -2.5 mps wind) when the Golden Stater hit the eighth hurdle.

There are many facets to this competition that defy descriptions of wins and losses and good times. The range of races, from the tiny 10 and under Bantams through the physically impressive teenagers, provides some fun contrasts. Many of the Finals are set up to go in order from the youngest to the oldest divisions, with the very competitive Bantam and Midget divisions often eliciting more of a response than the older athletes racing national and world class times.

Each division does have athletes that stood out along the way. San Diego elementary school student, Monique Henderson, blazed 26.09 (200m) and 57.32 (400m) Midget Girl wins, with Wrightwood (Ca) resident Megan McGowan taking the 3000m there in 10:27.43, then being outkicked by Fresno's Kristen Kinder at 4:50.21 for 1500m. Ohian Kelly Plummer was a four-foot 49-09 (15.16) Youth Girls Shot Put winner. St. Bernard High's Malika Edmonson was an impressive Intermediate 400m winner at 54.98, with Florida's Brandy Dames surprisingly breaking the Age Group record with a 61.50 400m hurdles win. Texas prep sophomore Alicia Broussard took Illinois' Deana Simmons 40-06.75 to 40-01.5 in the Intermediate Triple Jump. Nebraskan April Cockrow was an impressive weight doubler, with a 43-08.5 (13.32) SP and 143-03 (43.68) DT efforts.

On the male side, Texan Jonas Lusk took down the Youth (13-14) 200m hurdles record with a 24.97, with Bakersfield's (Ca) Van Mounts a big weight doubler at that level with 57-11 1/2 (SP) and 168-11 3/4 (DT) wins. Intermediate Boys sprint star was Gainesville (Fl) area eleventh grader Bobby Williams, who raced 21.49 (200m) into a 3.0 meter per second headwind. New Jersey's Arif Welcher took the 800 there at 1:54.25, with 7-2 1/4 (HJ) New Mexico prep soph Kevin Dotson a 6-9 1/4 winner here. Intermediate athletes, Floridans Sheddric Gorley and Donald Heaven

continued next page...

MEET SPOTLIGHT

started a big weight event rivalry, with Gorley taking the SP at 57-00 and Heav-en the DT 166-00 to 164-03.

RESULTS

Gainesville, Florida - Tuesday July 26 (a) - Wed July 27 (b) - Thur July 28 (c) - Fri July 29 (d) - Sat July 30 (e) - Sun July 31 (f)

Girls

Bantam Girls - (10 and under)

100m (f) (wind -1.2 mps) Sharonda Duncan (Seattle, Wa) 13.72. **200m** (e) (wind -2.0) Tiffany Bradley (Philadelphia, Pa) 27.49. **400m** (f) Angel Perkins (Los Angeles, Ca) 62.15. **800m** (e) Shannon Pademarcher (Houston, Tx) 2:24.70...3. Eva Dancer (Mission Hills) 2:31.63, 4. Leah Jackson (Rialto) 2:34.19. **1500m** (f) Eva Dancer (Mission Hills, Ca) 5:06.89. **4x100m Re** (f)-L.A. Jets (Ca) 54.86...3. So Cal Cheetahs 56.51. **4x400m** - United Stars (Philadelphia) 4:22.44, 2. L.A. jets 4:34.06, 3. West Valley Eagles 4:39.83...5. So Cal Cheetahs 4:41.52. **1500m Racewalk** 1. Kristen Merski (Marlton, NJ) 8:15.35, 2. Kaleen Ramirez (La Mirada) 8:25.09. **HJ** (d) Danielle Santos (Marietta, Ga) 4-04 (1.32)...5. Laura Imai (Reedley) 4-02 (1.27). **LJ** (c) Jordann Zachary (Chicago, Ill) 13-4 (4.06), 2. Kristin Mondiantz (Bakersfield) 12-11.25 (3.94). **SP** (c) Keri-Faith Groover (Riviera Beach, Fl) 28-6 1/4 (8.69), 2. Danielle Debeaubien (Mission Viejo) 26-11 (8.20). **Triathlon** (b) - Danielle Santos (Marietta, Ga) 12:05 (SP 26-10 1/2 (8.19) - HJ 4-1 1/4 (1.25) - 200m 30.71)...3. Cherse Fomo (San Dimas) 943.

Midget Girls (11-12)

100m (f) (wind -1.6) Natasha Cain (Tanner, Al) 12.66, 2. Miya Edmonson (L.A.) 12.84, 3. Sani Roseby-Barber (Seaside) 12.94...6. Shakerah Merritt (L.A.) 13.15. **200m** (e) (wind -2.0) Monique Henderson (San Diego, Ca) 26.09, 2. Miya Edmonson 26.28...4. Sani Roseby-Barber 26.69. **400m** (f) Monique Henderson (San Diego, Ca) 57.32...3. Angelita Green (L.A.) 59.81. **800m** (e) Lashinda Demus (Los Angeles, Ca) 2:17.93...3. Kristen Kinder (Fresno) 2:20.90, 4. Nadia Monasterio (Fresno) 2:21.83. **1500m** (f) Kristen Kinder (Fresno, Ca) 4:50.21, 2. Megan McGowan (Wrightwood) 4:53.22...5. Nadia Monasterio (Fresno) 4:58.35. **3000m** (e) Megan McGowan (Wrightwood, Ca) 10:27.43, Kenya Benjamin (Jamaica, NY) 10:27.79, Christina Nieto (Elgin, Ill) 10:35.87. **1500m Racewalk** (b) - Stephanie Gray (Miami, Fl) 7:24.22. **80m Hurdles** (f) (wind 0) Elizabeth Vanwagner (Traverse City, Mi) 12.42 (National and JO Record). **4x100m Re** (f)-South Bay Panthers (L.A., Ca) 50.60...6. Inland Empire Sprinters 52.19. **4x400m Re** (f) - South Bay Panthers (L.A., Ca) 4:07.73, 2. L.A. Jets 4:07.73. **4x800** (d) Fast Action TC (L.A., Ca) (Nissa Abdur-Rahman Lashinda Demus-Sommer-Quaina Powell) 9:50.96. (NATIONAL RECORD - old 10:09.65), 2. Fresno City Striders 10:04.10, 3. L.A. Jets 10:11.15. **3000m Racewalk** Stephanie Gray (Miami, Fl) 7:24.22...4. Melissa Garza (Palm Desert) 7:36.57. **HJ** (e) Kaylah Burks (Mobile, Al) 4-09.5 (1.46). **LJ** (d) Miya Edmonson (Inglewood, Ca) 16-4 1/2 (4.99). **SP** (d) Michelle Meeks (Florissant, Mo) 38-0 3/5 (11.60), 2. Kymberlee Towns (Castro Valley) 34-09. **DT** (c) Brocklynn Icalia (Salem, Or) 92-5 1/2 (28.18). **Pentathlon** - (b) Alisha Pearson (Phoenix, Az) 2690 (80mH 13.62) - SP (30-02.75 (9.21) - HJ 4-9 1/4 (1.45) - LJ 12-8 3/4 (3.88) - 800m 3:03.62), 2. Lashinda Demus (L.A.) 2647.

Youth Girls (13-14)

100m (heats d) (H-1) (wind -1.5 mps) Angela Wil-

liams (Pomona, Ca) 12.21 (finals f) (wind -1.9) Angela Williams (Pomona, Ca) 11.88, 3. Miesha Withers (Los Angeles, Ca) 12.16. **200m** (Heats c) (H-1) (wind +0.9) Angela Williams (Ontario, Ca) 24.21. (finals e) (-1.4) Angela Williams 24.18, Miesha Withers (Los Angeles, Ca) 24.51. **400m** (finals f) Char Foster 53.43 (NATIONAL AGE GROUP RECORD AND AGE 14 RECORD - old record age 14 record 53.82 by Denean Howard 1979), 4. Aisha Margain 56.14, **800m** (finals e) Jennifer Gardner 2:12.03, **1500m** (finals f) April Lyon 4:41.34, **3000m** (c) Jamilah Vargas (Brooklyn, NY) 10:29.01. **1000m H** (finals f) (wind 0) Char Foster 14.12 (NATIONAL AGE GROUP RECORD breaking Foster's 14.15 run in the Knoxville Youth Nationals at Knoxville 1994), 2. Natasha Neal (Castro Valley, Ca) 14.21, 3. Janae Mitchell (Richmond, Ca) 14.31, 4. Ashley Bethel (Lake Forest, Ca) 14.98 (14.85 2nd). **200m Hurdles** (Finals f) (wind -0.6) Char Foster 26.63 (NATIONAL AGE GROUP RECORD, old record 27.03 Char Foster 1993), 2. Natasha Neal (Castro Valley, Ca) 26.89, 3. Janae Mitchell (Richmond, Ca) 27.09...5. Ashley Bethel 28.28. **4x100m** (fin f) Texas Heat (Dallas) 47.68, 2. South Bay Panthers (L.A.) 48.04, 3. Acorn TC (Oakland) 48.63. **4x400m** (f) - West Valley Eagles (Ca) 3:52.38...4. L.A. Jets 3:58.27, 5. Acorn TC (Oakland) 3:59.68, 6. Billy Hutton TC 4:00.11. **4x800m** (d) South Central AA (Seattle, Wa) 9:39.08...5. L.A. Jets 10:10.65. **3000m Walk** (d) Lisa Kutzing (Port Jefferson, NY) 15:57.33. **HJ** (c) Lakesiah Valley (St. Gabriel, La) 5-03 (1.60)...Ashley Bethel 5-01.25 (1.55). **LJ** (c) Tameisha King (Mableton, Ga) 18-3 (5.56), 2. Ashley Bethel (Lake Forest, Ca) 18-2 1/2 (5.55). **TJ** (d) Nicole Kelly (Williamsburg, Va) 37-03.25 (11.36), Kristie Porter (Dallas, Tx) 36-07 (11.15). **SP** (e) Kelly Plummer (Huber Heights, Oh) 49-09 (15.16), 2. Chanique Ross (Elk Grove, Ca) 45-05.75 (13.86). **DT** (d) Chanique Ross (Elk Grove, Ca) 138-02 (42.12) **Jav** (c) Ashley Herndon (Morgantown, Ga) 104-07 (31.88). **Pentathlon** (a) Ashley Bethel (Lake Forest, Ca) 3196.

Intermediate Girls (15-16)

100m (finals f) (-1.9) Michelle Perry (Quartz Hill, Ca) 12.21...4. Jernae Wright (Hayward) 12.38. **200m** (Finals e) Aleisha Latimer 24.29, 5. Michelle Perry 24.66, 6. Madinah Ali 24.74, 7. Daveetta Shepherd (Richmond, Ca/Kennedy HS) 24.83. **400m** (finals f) Mailka Edmonson 54.98...6. Carla Estes (Hayward) 57.28. **800m** (e) 1. Rayna DeNiord (Putney, Vi) 2:15.19...6. Regine Caruthers (Inglewood, Ca/St. Bernard HS, Playa del Rey) 2:19.20. **1500m** (f) Jami Temple (Marysville, Ky) 4:41.04. **3000m** (c) Lisa Welter (New Braunfels, Tx) 10:22.09. **1000m H** (finals f) (-2.5) Desirae McQueen (Bronx, NY) 14.09, 2. Daveetta Shepherd 14.25. **400mH** (final f) Brandy Dames (Miami, Fl) 61.50 (NATIONAL AGE GROUP RECORD, old record 61.66 Ann Bensenir 1984). **4x100m** (f) - So Cal Sports Club (Inglewood, Ca) 46.83. **4x400m** (f) Southern Cal Sports Club (Inglewood, Ca) 3:48.25...6. SF Senators (San Francisco) 3:58.51. **4x800m** (d) Southern Stars TC (Marietta, Ga) 9:33.78. **HJ** (c) - Bianca McKell (El Paso, Tx) 5-09 (1.75), 2. Liz Giltner (Panorama City, Ca/Chaminade HS, Canoga Park) 5-07 (1.70). **LJ** (d) - Deana Simmons (Decatur, Ill) 18-11 (5.76)...3. Carla Estes (Hayward) 17-07.5 (5.37). **TJ** (e) Alicia Broussard (Houston, Tx/Dobie HS, Houston, Tx) 40- 06.75 (12.36) (wind 0). **SP** (d) - April Cockrow (Crete, Ne) 43-08.5 (13.32). **DT** (e) - April Cockrow (Crete, Ne) 143-03 (43.68). **Jav** (c) Emily Caristen (Warwick, RI)

129-02 (39.38). **Heptathlon** - (a-b) Angela Montgomery (Franklin, Pa) 4068.

Young Women (17-18)

100m (heats d) (finals (-1.4) (f) Kelly Perryman 11.82. **200m** (finals e) (wind -0.9) Kelly Perryman 23.84. **400m** 1. Suziann Reid (Riverdale, Md) 54.02...3. Malika Freeman (Oakland) 56.13. 5. Veronica Woods (San Jose) 56.59. **800m** (e) Tamiaka Grizzle (Bronx, NY/G Washington HS, NYC) 2:07.73. **1500m** (f) Danielle Fonzino (Chicago, Ill) 4:43.32. **3000m** (c) Mary Nwaoguakor' (Pasadena, Ca/Muir HS, Pasadena)/Nig 10:30.61. **1000m H** (final f) (+5) Kim Smallwood (Richmond, Tx) 13.98, 2. Joanna Hayes (Riverside) 14.02. **400mH** (Final f) Angela Harris 58.79, 2. Joanna Hayes 59.12, **4x100m** (fin f) - Acorn TC (Oakland, Ca) 46.39. **4x400m Re** - Acorn TC (Oakland, Ca) 3:40.46. **4x800m** (d) - Lord's Flyers (Hartford, Ct) 9:23.61. **HJ** (f) Lynn Houston (Knoxville, Tn/Farragut HS) 5-10.5 (1.79). **LJ** (d) Angela Henry (Omaha, Ne/Univ Nebraska) 20-10.5 (6.36) (wind +1.7 mps) (NATIONAL AGE GROUP RECORD OLD 6.32 Mariene Harmon 1980). **TJ** (f) (all jumps wind-legal) Zakiyyah Modeste (Mt. Vernon, NY) 38-11 (11.86) (0 wind). **SP** (e) Jackie Sedgewick (Tonawanda, NY) 43-05.75 (13.25), 2. Nicole Brooks (Oakland, Ca/Berkeley HS) 43-05.25 (13.24). **DT** (f) Roberta Collins (Sandusky, Oh) 153-00 (46.64). **Jav** (f) - Ann Crouse (Old Mystic, Ct) 144-02 (43.94). **Heptathlon** - (a-b) Tish Henes (Baker City, Or) 4475. **Boys** -

Bantam Boys (10 and under)

100m (f) (wind -1.5 mps) Arnold Hider (Dallas, Tx) 13.42...3. Everett Savoy (Fairfield) 13.78. **200m** (e) Glenn Sharpe (Miami, Fl) 26.89...5. Savoy 27.78. **400m** (f) Arnold Hider (Dallas, Tx) 61.44. **800m** (e) Dominique Brown (Brooklyn, NY) 2:22.81. **1500m** (f) Hamud Shahid (New York, NY) 4:53.84, 2. Benjamin Hakes (Bakersfield) 4:55.50. **4x100m Re** (f) - Track Houston (Tx) 53.82...4. Fast Action (L.A.) 54.84. **4x400m Re** (f) - Kenyan Runners (Brooklyn, NY) 4:17.85...5. West Valley Eagles (Alto) 4:30.81. **1500m Racewalk** (b) - Brian Foster (LaGrange, Ga) 8:30.58. **HJ** - (d) Willie Rogers (Bartlesville, Ok) 4-07.75 (1.41)...6. (tie) Kenneth Taylor (Camarillo) & Michael Mahoney (Fresno) 4-01.75 (1.26). **LJ** - (c) Vincent Meeks (Minneapolis, Mn) 15-00.5 (4.58) **SP** - (c) Jesse English (Boerne, Tx) 30-05 (9.27), 2. Chad Chooljian (Fresno) 30-04.75 (9.26)...5. Hodari Terry (Pasadena) 28-02.25 (8.59)... **Triathlon** - (b) Brandon Comfort (Minneapolis, Mn) 795...6. Willie Matt (L.A.) 643.

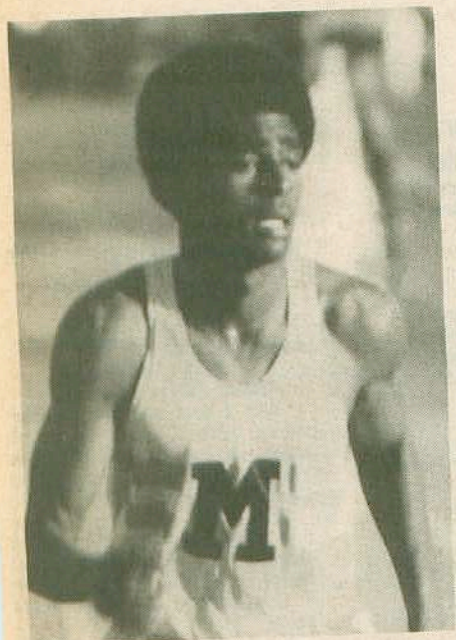
Midget Boys (11-12)

100m (f) (wind -.7) Howard Jefferson (Capital



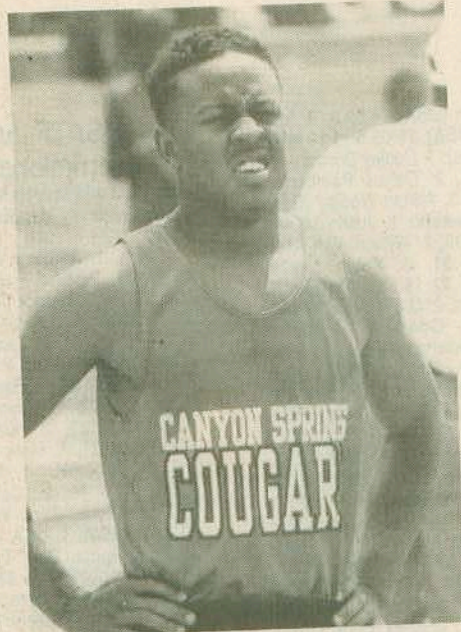
ANGELA HARRIS
Photo by Bill Cockerham

MEET SPOTLIGHT



OBEA MOORE

Photo by Bill Cockerham



BRYAN HOWARD

Photo by Bill Cockerham

Heights, Md) 12.29, 2. Dejuan Crockett (L.A.) 12.38.
200m (e) (wind -1.1) Kenneth Lewis (Washington DC) 24.66...5. Andrew White (Fairfield) 25.26. **400m** (f) Bruce Haighler (Capital Heights, Md) 55.47, 2. Juaune Armon (San Jose) 56.15...5. Darryl Williams (Quartz Hill) 58.49, 6. Monroe Labeau (L.A.) 59.03. **800m** (e) Shannon Hughes (Smithland, Md) 2:16.21...3. Travis Abeyeta (Panorama City) 2:17.41. **1500m** (f) Eugene Robert (Beaverton, Or) 4:32.18...3. Travis Abeyeta (Panorama City) 4:40.05, 4. Oscar Mendez (L.A.) 4:43.85. **3000m** (e) Joshua Rohatinsky (Provo, Ut) 9:50.71. **80m Hurd** (f) (-.1) Andrew White (Fairfield, Ca) 12.20 (National and JO Record) **4x100m Re** - Glenarden TC (Upper Marlboro, Md) 47.75...4. West Valley Eagles 49.40. **4x400m Re** (f) - Glenarden TC (Lanham, Md) 3:47.50, 2. South Bay Panthers (L.A.) 3:54.24...4. West Valley Eagles 4:03.55 **1500m Racewalk** - (c) Byron Murphy (Lenexa, Ks) 7:26.89 (NATIONAL AGE GROUP RECORD old 7:32.27 Bryon Murphy 1993). **4x800** - (d) K Y T C (Baton Rouge, La) 9:38.69, 2. Fast Action (L.A.) 9:41.15. **HJ** - (e) Daron Powell (Bellevue, Wa) 5-01.5 (1.56), 2. Christopher Station (San Diego) 5-01.5 (1.56). **LJ** - (c) Matthew Mason (Marietta, Ga) 17-8 (5.38), 2. Court Bullard (Panorama City) 17-02 (5.23)...4. Kenzy Davis (Pasadena) 16-07.25 (5.06). **SP** - (d) Marqus Johnson (Tampa, Fl) 46-05 1/4 (14.15)...4. Rusy Price (Snellmore, Ok) 126-08 (38.62) **Pentathlon** - (b) Matt Mason (Atlanta, Ga) 2671, 2. Christopher Station (San Diego) 2595...5. Kenzy Davis (Pasadena) 2445.

Youth Boys (13-14)

100m (f) (wind -.7) Brice Montgomery (Los Angeles, Ca) 11.23...3. Miguel Fletcher (L.A.) 11.37. **200m** (e) (wind 0) Michael Franklin (Ft. Worth, Tx) 22.46, 2. Miguel Fletcher (L.A.) 22.53, 3. David Baker (L.A.)

22.79. **400m** (f) Kenneth Williams (Dallas, Tx) 50.97. **800m** (e) Marques Parker (Staten Island, NY) 2:02.04. **1500m** (f) Steve Slatter (N.J.) 4:14.30. **3000m** (c) - Steven Slattery (N.J.) 9:20.20. **100mH** (f) (-.9) Kama-ni Bayano (Houston, Tx) 14.10, Marquis Thomas (Pasadena) 14.12. **200mH** (f) (-.2) Jonas Lusk (Dallas, Tx) 24.97 (NATIONAL AGE GROUP RECORD, old record 25.11 Charles Burton 1993)...4. Marquis Thomas (Pasadena) 26.21. **4x100m Re** (f) - West Valley Eagles (Ca) 44.67. **4x400m Re** (f) - Wynnefield TC (Philadelphia) 3:31.97...3. Fast Action (L.A.) 3:37.89. **4x800** (d) - Cornhusker Flyers TC (Ralston, Ne) 8:59.93, 2. Fast Action (L.A.) 9:01.27...6. Merced Valley Flyers (Livingston) 9:13.98. **3000m Racewalk** (e) Brian Colby (Madison, WI) 15:28.12. **HJ** (c) Brandon Brown (Asheville, NC) 6-01 (1.85). **PV** (d) Jay Dennis (Marlow, Ok) 12-11.5 (3.95). **LJ** (c) Cordell Davis (Hillsboro, Al) 20-06.25 (6.25) (nwi). **TJ** (d) Elijah Mallery (Houston, Tx) 41-05.75 (12.64) (nwi). **SP** (e) Van Mounts (Bakersfield, Ca) 57-11.5 (17.66), Chris Sprague (Eugene, Or) 55-07.5 (16.95). **DT** (d) Van Mounts (Bakersfield, Ca) 168-11 3/4 (51.50). **Jav** (e) Brian Kollar (Virginia Beach, Va) 160-00.5 (48.78)...3. Dominic Washington (Quartz Hill) 14402 (43.94).

Intermediate Boys (15-16)

100m (f) (+.5) Bobby Williams 10.72...4. Bryan Harrison (Lake Forest) 11.14. **200m** (Heats c) (H-1) (wind -1.2) Jody Charles (Fresno, Ca) 21.38. (finals e) (-3.0) Bobby Williams (Gainesville, Fl/Bucholz HS) 21.49, Jody Charles 21.59...4. Clarence Scott (L.A.) 22.53. **400m** (f) Obea Moore 46.96, George Williams (Hartford, Ct) 48.53. **800m** (e) Arif Welcher (East Orange, NJ) 1:54.25...5. Jerome Morton (Sacramento) 1:58.95, 6. Ajani Brown (San Diego) 1:59.27. **1500m** (f) David Gonzalez (Chicago, Il) 4:00.23...6. Jerome

Morton (Sacramento) 4:08.29. **3000m** (e) David Gonzalez (Chicago, Il) 8:57.30, Mathew Whaley (Bonina Springs, Fl) 9:05.17. **110m HH** (39") (f) (-.7) Kenyon Rambo (Los Angeles, Ca/Long Beach Poly HS) 14.70. **400m IH** (f) Angelo Taylor (Decatur, Ga) 54.91, Mike Roberts (Wilmington, De) 55.14, Lazerick Brown (Port Gibson, Ms) 56.19. **2000m Steeplechase** (c) - Jeremy Lyon (Apple Valley, Ca) 6:21.74...6. Dan Brcht (Petaluma) 6:29.74. **4x100m Re** (f) - L.A. Jets (Ca) 42.11...3. Alameda/Contra Costa TC (Oakland) 42.74. **4x400m Re** (f) - Lord's Striders TC 3:20.01, Texas Heat 3:20.61...4. L.A. Jets 3:22.81 (dropped baton - Obea Moore 45.8 anchor). **4x800m** (d) - Ed Waters TC (Baltimore, Md) 8:14.30...4. L.A. Jets (L.A.) 8:25.75. **HJ** (c) - Kevin Dotson (Los Alamos, NM) 6-9 1/4. **PV** (e) - Rob Little (Somerville, Oh) 14-03.25 (4.35). **LJ** (e) - Ivan Gaines (Dallas, Tx) 22-11.75 (7.00) (+1.1), 2. Clarence Scott (L.A., Ca/ Fremont HS, L.A.) 22-09 (6.93) (+.3), 3. Patrick McCall (L.A., Ca/Carson HS) 22-08.5w (6.92) (+2.2) (22-5 3/4 6.85 wind legal +1.1)...6. Deangelo Steward (L.A.) 21-08.75 (6.62). **TJ** (e) - Michael Richardson (North Chicago, Il) 46-08.75 (14.24). **SP** (d) - Sheddric Gorley (Tallahassee, Fl) 57-00 (17.37). **DT** (e) - Donald Heaven (Miami, Fl) 166-00 (50.60). **Jav** (c) - Nathan Junius (New Orleans, La) 171-0.75 (52.14). **Decathlon** (a-b) - Rashad Stafford (Dallas, Tx) 5588

Young Men's (17-18)

100m (f) (+1.0) Bryan Howard (Moreno Valley) 10.45 **200m** (e) (-0.9) Pat Johnson (Redlands) 21.21. **400m** (H-2) Tyree Washington (Tarzana, Ca/La Sierra HS, Riverside) 47.49. (finals f) Milton Campbell (Douglass HS, Atlanta, Ga/Union City, Ga) 46.38 (NATIONAL AGE-GROUP RECORD, old record Campbell in Heats). **800m** (c) (e) Mike Russell (Tarzana, Ca/Rowland HS, Rowl Hts, Ca) 1:52.83, Winston Tidwell 1:52.95. **1500m** (f) Adam Ellison (Leavenworth, Ks) 3:58.28...3. Yonathan Asmeron 4:00.75. **5000m** (e) James Longoria (Wilder, Id) 15:28.16. **110mH** (f) (-1.8) Deworski Odum (Philadelphia) 14.02. **400mIH** (e) Aaron Haynes (New Haven, Ct) 52.24...3. Coke Edmon (San Jose HS/Bellarmino Prep HS) 53.08. **2000m Steeplechase** (c) - Nolan Swanson (Sherman, NY) 6:07.22. **4x100m Re** (fin f) - West Valley Eagles (Tyree Washington-Bryan Howard-Lamar Reed-Pat Johnson) 40.34, **4x400m** (Heats c) - (H-1) West Valley Eagles (Tyree Washington-Pat Johnson-Lamar Reed-Mike Russell) 3:07.41 (NATIONAL AGE GROUP RECORD - old 3:07.90 Track Florida 1990). **4x400m Re** (f) - Lubbock Olympians (Lubbock, Tx) 3:14.08, San Francisco Senators (Ca) 3:14.09. **4x800m** (d) Thunderbolt TC (Topeka, Ks) (Winston Tidwell 1:52.5) 7:46.74...4. SF Senators (San Francisco) 7:57.32. **HJ** (f) James Ballard (Springfield, Il) 6-11 1/4 (2.11). **PV** (f) - Casey Freed (Parksburg, WV) 15-05.25 (4.70). **LJ** - (e) Orlando McKee (E. St. Louis, Il) 23-11 (+1.7). **TJ** (f) James Ballard (Springfield, Il) 48-04 (14.73) (+2.0). **SP** - (d) Ray Wilks (Bridgeton, NJ) 57-10.25 (17.63)...4. Ihsan Warren (Oakland, Ca) 55-2 (16.81). **DT** (f) - Kevin Mannon (West Jefferson, Oh) 174-02 (53.10)...5. Ihsan Warren (Oakland, Ca) 166-9 (50.83), William Hanagan (Adrian, Mi) 166-1 (50.64). **Jav** (f) Ryan Eddington (Colbert, Wa/ Mead HS Spokane) 199-11.25 (60.94) **Decathlon** - (a-b) Daves Yimsumruay (Columbus, Oh) 6723...4. Danny Haag (Granada Hills, Ca) 6302.

RESULTS

Please send track & field / cross country results directly to: CTN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

PA-USA Track & Field Multi-Events

June 25. Sequel High School
Men/Age-graded

1. Simon Poelman (un/open) 7605, 2. John Parks (WVTC/55) 5940, 3. Ken Rowland (un/open) 5808, 4. Dave Hebert (Team Hebert/31) 5797, 5. Joseph Miyoshi (SCTC/46) 5726, 6. Tim Shields (un/open) 5573, 7. Matt Zubr (USAF/open) 5324, 8. Jimmy Meyer (SCTC/HS 17-18) 5310, 9. Nguyen Vong (Raider TC/HS 15-16) 4876, 10. Ryan Farrell (Team Hebert/HS 15-16) 4731.

Women

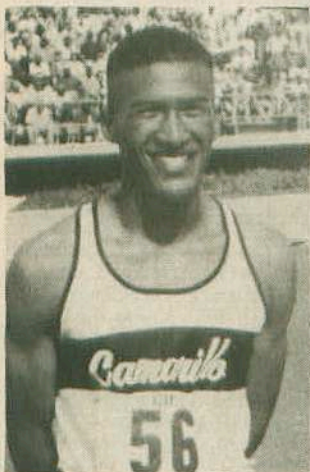
1. Joy Margerum (un) 3829, 2. Kathy Costello (un) 3108.

World University Games

July 14. University of Buffalo, N.Y.

Men

100m (wind +1.88) 1. Daworski Odom (USA) 10.38, 2. Carlton Chambers (Can) 10.40, 3. Dave Tomlin (Can) 10.56. 400m: 1. Ramon Clay (USA) 46.1 ht, 2. Milton Campbell (USA) 46.7, 3. Desmond Johnson (USA) 46.8, 4. Tyrell Harrison (USA). 1500m: 1. Karl Paranya (USA) 3:49.56, 2. Sean Kaley (Can) 3:49.90, 3. Jeremy Deere (Can) 3:51.40, 4. Michael Moran (USA) 4:02.07. 5000m: 1. Greg Jimmerson (USA) 14:52.7 ht, 2.



JEREMY FISCHER

Photo by Bill Cockerham

Brian Hesson (USA) 14:59.2, 3. Matthew Brill (USA) 15:03.5. 110mHH (wind -.59 mps): 1. Dudley Dorival (USA) 14.03, 2. Darius Pemberton (USA) 14.25, 3. Adrian Wooley (Can). 5000m Racewalk: 1. Justin Marujo (USA) 22:12.25, 2. William Van Axen (USA) 22:15.81, 3. Kevin Eastler (Guest/USA) 22:18.35. 4x100m: 1. Canada 39.4 ht, 2. U.S. (Jones, Wheeler, Johnson, Odom) 57.4 (baton dropped third exchange).

HJ: 1. Jeremy Fischer (USA) 6-10 3/4, 2. Henry Patterson (USA) 6-8 3/4, 3. Mark Boswell (Can) 6-8 3/4. PV: 1. Ross Bomben (USA) 14-4 1/2. LJ: 1. Darius Pemberton (USA) 25-2 1/2, 2. Andrew Channer (Can) 25-2 1/2, 3. Reginald Torian (USA) 24-1. SP: 1. Adam Nelson (USA) 59-9 1/2, 2. Jason Tanks (Can) 54-7 1/4, 3. Brad Snyder (Can) 53-9, 4. Jason Stuke (USA) 52-6 3/4. JT: 1. Ozie Duncan (USA) 228-2, 2. Christian Gilbert (Can) 213-0, 3. Charles Beck (Can) 204-3, 4. Darby Roberts (USA) 194-3.

Scores: USA 80, Canada 49 (12 events)

Women

100m (wind +1.63 mps): 1. Aspen Burkett (USA) 11.2 ht, 2. Sabrina Kelly (USA) 11.3, 3. Simone Tomlinson (Can) 11.3. 400m: 1. Monique Hennagan (USA) 53.1 ht, 2. Cicely Scott (USA) 53.3, 3. Samantha Wait (Can) 55.1. 1500m: 1. Angela Froese (Can) 4:23.86, 2. Angela Graham (Can) 4:24.86, 3. Julia Stamps (USA) 4:25.10, 4. Miesha Marzell (USA) 4:28.72, 5. Kristin Nicolini (USA) 4:29.29. 100mH (wind +2.54 mps): 1. Latasha Colander (USA) 13.84w, 2. Carmen Banks (USA) 14.03w, 3. Veronica Dyer (Guest) 14.52w. 4x100mR: 1. USA (Burkett, Backus, Colander, Kelly) 44.2 ht, 2. Canada 45.2, 3. USA "B" (Banks, Boone, Brown, Henry) 45.1.

HJ: 1. Apasha Blocker (Guest) 5-3 1/4, 2. Tiffany Lott (USA) 5-2 1/4. TJ: 1. Nicole Gamble (USA) 42-3 1/4, 2. Jamila Codrington (USA) 40-11 1/2, 3. Crystal Shadd (Can) 39-10. SP: 1. Amy Christiansen (USA) 49-7 1/4, 2. Teri Steer (USA) 48-6 1/4, 3. Jackie Segwick (Guest/USA) 43-7 3/4. JT: 1. Karry Schrader (Can) 150-7, 2. Mary Jo Schultz (USA) 144-8, 3. Tiffany Lott (USA) 142-4.

Scoring: USA 53, Canada 32 (8 events)

USATF Junior International Meet

July 15. World University Games Stadium. University at Buffalo, New York.

200m 1. Anthony Wheeler (USA) 20.4w ht, 2. Eric Frempong-Manso (Can) 20.5, 3. Patrick Johnson (USA) 20.7. 800m: 1. David Krummenacker (USA) 1:50.6 ht, 2. Zack Whitmarsh (Can) 1:50.9, 3. Karl Paranya (USA) 1:51.9. 2000m SC: 1. Raymond Schmidt (Can) 5:54.02, 2. Raymond Butman (USA) 5:55.85, 3. Klauss Mueller (Can) 6:01.08, 4. Mark Jolley (USA) 6:07.36. 400mH: 1. Aaron Haynes (USA) 51.4 ht, 2. Corey Murdock (USA) 51.5, 3. Chris Wagner (Can) 52.9. 4x400m: 1. USA "A" (Desmond Johnson, Ramon Clay, Tyrell Harrison, Milton Campbell) 3:05.89, 2. USA "B" (Aaron Hayes, Pat Johnson, Corey Murdock, Anthony Wheeler) 3:07.73, 3. Canada 3:15.33.

PV: tie/1. Scott Slover (USA) & Eric Boxley (USA) 16-4 3/4, 3. Todd Zubyc (Can) 16-0 3/4. TJ: 1. Leonard Cobb (USA) 52-10 3/4w, 2. Walter Landry (USA) 51-3 1/2w, 3. Chris Robinson (Can) 47-7 3/4w. DT: 1. Doug Reynolds (USA) 177-3, 2. Jason Tunks (Can) 170-7, 2. Scott McPherrin (USA) 166-11.

Scores: USA 135, Canada 79.

Women

800m: 1. Heather DeGeest (Can) 2:09.5 ht, 2. Nadine Nembhard (Can) 2:09.8, 3. Julian Reynolds (USA) 2:12.5. 3000m: 1. Deanna Arnill (Can) 9:34.0 ht, 2. Mary Jane Richards (Can) 9:37.9, 3. Sarna Renfro (USA) 9:48.9. 3000m Racewalk: 1. Anya-Mana Rouss (USA) 13:53.71, 2. Deborah Iden (USA) 14:28.89, 3. Martine Rainville (Can) 14:55.44. 400mH: 1. Char Foster (USA) 59.39, 2. Denice Bell (Can) 61.0, 3. Yvonne Harrison (USA) 61.56. 4x400mR: 1. USA "A" (Yvonne Harrison, Cicely Scott, Michelle Brown, Monique Hennagan) 3:34.16, 2. USA "B" (Julian Reynolds, Char Foster, Angee Henry, Miesha Marzell) 3:41.86, 3. Canada 3:45.72.

HJ: 1. Amy Acuff (USA) 5-11 1/2, 2. Wanita Dykstra (Can) 5-8, 3. Nora Weber (USA) 5-5. LJ: 1. Angee Henry (USA) 20-1w, 2. Trina Radske (Can) 19-10 3/4, 3. Veronica Dyer (Can) 19-7 3/4, 4. Angela Brown (USA) 19-6 1/2w. DT: 1. Suzy Powell (USA) 184-4 (American Junior Record, old record 184-4 set by Powell at Modesto 5/4/94), 2. Tamika Powell (USA) 158-9, 3. Sami Jo Small (Can).

Scores: USA 99, Canada 70
Overall Scoring: USA 234,
Canada 149.

Dan O'Brien/VISA National Invitational High School Decathlon Championships

July 9-10. Klamath Falls, OR.

By Steve Matthes,

Klamath Falls Herald and News

With a solid second-day performance, James Cook of Kennebunk, Maine, captured the first Dan O'Brien/VISA National Invitational High School Decathlon Championships title.

Cook scored 7,038 to become the first national high school decathlon champion in a heated battle against Nathan Boyd of Chelan, WA.

Boyd finished second with 6,934 points.

"I had a great hurdles race," Cook said after the first event of the second day as the senior from Kennebunk started himself off toward the title with a 3,473-point in the final five events in the two-day, 10-event competition.

"The discus, pole vault and javelin were just average," he added. "I didn't do a whole lot of work the last three weeks, so was a little out of shape."

Cook was in good enough shape, though, to beat Boyd in the 1500-meter race that ended the meet.

Boyd needed to beat Cook by 15 seconds in the 1,500 if he was going to wrest the crown from Cook, who completed his second decathlon in three weeks.

Cook had been the highest placing high school athlete in the Junior Olympic National Decathlon June 24-25 at Tallahassee, FL.

"I just wanted to stay with him," Cook said of Boyd. "I did enough to win and that's all I was thinking about."

Boyd knew what he had to do to win the title.

"I knew that to beat Cook by 15 seconds would be tough, so I wanted to break 7,000 points instead," Boyd said, "and I came up about nine seconds short of doing that."

Actually, the meet might have been decided in the pole vault. Boyd won the pole vault at 14-5 1/4 inches, but did not outscore Cook by as many points as both athletes had anticipated. Cook was third in the event.

Boyd's only event victory came in the

RESULTS

pole vault in a decathlon that saw eight different athletes win at least one event. Cook was one of the double winners, along with Gabe Garrett of Olympia, WA. Cook won the shot put and discus, while Garrett won the 100-meter and 400-meter dashes, the latter one of the two national high school decathlon records to fall during the meet.

Garrett scorched the parched Mazama High School track in 47.92 seconds to wipe out one of the oldest records on the books, a 49.1 set by Aubrey Lewis in 1954. Garrett was seventh overall.

Cantrell Gaddis of Leeds, AL, also broke a national high school decathlon record when he won the 110-meter hurdles in 14.38 seconds in the meet that was fully-automated timed.

The old record was 14.3 hand-held by a 1956 Olympic gold medal winner Milt Campbell and set in 1953.

Gaddis' time would convert to about a 14.14 hand-held time.

"I knew if I was to have a chance to win (the championship), or stay in the top three, I would have to have a good hurdles time," Gaddis said. "I was trying to break 14 seconds."

"(The national record) feels pretty good. Not many people set those. It wasn't a big goal of mine, but was one of my goals while I was here."

Collin Kinsey of Wellsville, OH, was third in the meet with 6,673 points,

while first-day leader Aaron Fox of Flagstaff, AZ, was fourth in 6,533.

While two national high school decathlon records fell, another was tied.

Bobby Williams and Great Bend, KS, cleared 6-11 inches to win the high jump and equal the record of Steve Hensen of McPherson, KS.

"I didn't know what any of the records were," Williams said. "When I started to jump, I just wanted to jump well."

"Then, I heard (the public address announcer) say 'Steve Hensen' and I said to myself: 'Hey, I know this guy. He's from Kansas.' I remember watching him (high) jump."

Hensen now plays in the National Basketball Association for the Milwaukee Bucks.

Other individual event winners were Fox in the long jump, Kinsey in the javelin and Keller in the 1500-meter run.

Keller ran a gutsy 1500 to win in 4:35.79 in the final event of the competition in uncharacteristically high temperatures for Klamath Falls, in the 90's, combined with unusually high humidity (about 40 percent), altitude (4,300 feet) and smoke from two forest fires within 25 miles of Mazama Stadium.

RESULTS

1. James Cook (Kennebunk, ME) 7,038,
2. Nathan Boyd (Chelan, WA) 6,933,
3. Collin Kinsey (Wellsville, OH) 6,673,
4. Aaron Fox (Flagstaff, AZ)

- 6,532,
5. Hyrym Prince (Bloomfield, NM) 6,392,
6. Stevie Keller (Harvey, ND) 6,319,
7. Gabe Garrett (Olympia, WA) 6,317,
8. Bobby Williams (Great Bend, KS) 6,288,
9. Clark Humphreys (Nashville, TN) 6,277,
10. Cantrell Gaddis (Leeds, AL) 6,212,
11. Bill Higginbotham (Alexandria, VA) 6,151,
12. Jason Wilson (Theodore, AL) 5,826,
13. Jared Scott (Spanish Forks, UT) 5,781,
14. Vicky Tutt (Garrison, TX) 5,720.

Sky Jumpers Age Group Pole Vaulting Championships

August 6. Atascadero.

Men

- 8&u:** 1. Clay Johnson 4-6. **10-12:** Kendal Bryson 6-0. **15-16:** 1. Scott Wenholz 14-6. **17-18:** 1. Mike Halberos 15-0, 2. Logan Nichols 13-6. **19-34:** 1. Brooks Morris 16-4 3/4, 2. Pete Moreci 14-6. **35-44:** 1. Kevin Moody 14-0, 2. Eddie Seese 12-6. **45-54:** 1. Greg Miguel 14-0, 2. Steve Morris 14-0. **55-64:** 1. Terry Cannon 11-6.

Women

- 10-12:** 1. Chelsea Johnson 5-0. **19-34:** 1. Kathy Costello 8-0.

USA vs. Germany Decathlon

August 6-7. Cal Poly San Luis Obispo
By Libby Waterbury

Track and Field came alive for the weekend at Cal Poly San Luis Obispo as the school hosted national decathlon teams from the United States and Germany in their annual dual meet. For two days over 1,000 people were treated to real international track and field competition, as fans were allowed to sit alongside the runways and rhythmically clap and cheer as each athlete completed his event. The ten-event competition was sponsored by Visa and impressed spectators with the drama that track and field used to have.

The event did not just bring out spectators, also in attendance were current stars Dan O'Brien and Dave Johnson, along with former gold medal Olympic decathletes Bruce Jenner, Rafer Johnson and Bob Mathias. All were on hand to sign autographs both days. O'Brien stepped in to compete in the discus event and Johnson warmed up with the athletes in the javelin throw. Bruce Jenner watched as his twenty-year meet record was broken in the discus by Germany/Zehnkampf's Norbert Demmel.

Aric Long from the USA/Visa team was in third place after the first day, but took the lead after hurling the second best throw in the discus competition. His strong performances in the pole vault and javelin throw gave him a

good lead going into the last event, the 1500 meter race. A close second place was posted by another USA team member, Rickey Barker, who was taken over by Long after the seventh event.

1. Aric Long (USA) 7996,
2. Rickey Barker (USA) 7871,
3. Helge Gunther (Germany) 7741,
4. Frank Muller



ARIC LONG

Photo by Vikki Waterbury

- (Germany) 7713,
5. Norbert Demmel (Germany) 7571,
6. Drew Fucci (USA) 7554,
7. Mike Bennett (USA) 7414,
8. Udo Jacobasch (Germany) 7310,
9. Georg Zwimer (Germany) 7245,
10. Brian Brophy (USA) 7163,
11. Rob Muzzio (USA) 6871,
12. Chris Wilcox (USA) 6773.

Total Team Scores: USA/VISA 37,997; Germany/Zehnkampf 37,580.

Central Coast Pole Vault Competition

August 21. Soquel HS, Soquel.

Men

- High School Girls:** 1. Cynthia Lee (PRTC) 5-6. **High School Boys:** 1. Scott Slover (Leland HS) 16-10 1/2, 2. Jeff Griffith (Mariposa HS) 13-4 1/4, 3. Taylor Scott (un) 11-0. **Open Women:** 1. Kathy Costello (SCTC) 8-0. **Open Men:** 1. Nick Hysong (SSTC) 18-2 1/2, 2. John Besmer (un) 18-1/2, 3. Christos Simon (France) 16-4 3/4. **Masters Men 40-44:** 1. Eddie Seese (PRTC) 12-7 1/2, 2. Davis Earsley (un) 11-0. **Masters 45-49:** 1. Joe Miyoshi (SCTC) 11-6.

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