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STARTING LINE

TRACK & FIELD FOR YOUNG ATHLETES

APRIL 1971

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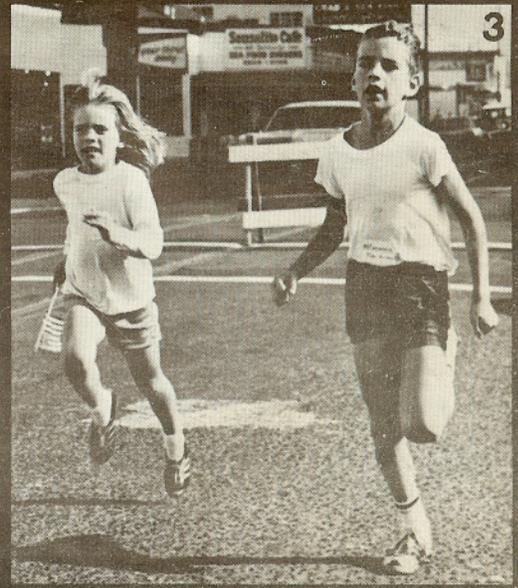
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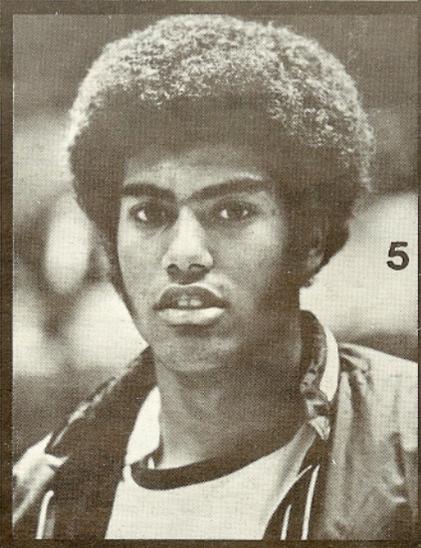
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1 PHOTO/Steve Sutton/ Vince Cartier, 9:12.8 two mile as 16 year old (see Across the USA)
 2 /Max Zucker/ Richard Nance, 14, 4:48.5 mile and 10:26.4 two mile from San Fernando Valley, Calif.
 3 Marathoners Maryetta and Mike Boitano, age 7 & 9 respectively (see Across the USA)
 /Calvin Brown/ Discus throw phenoms Vickie Chiarello and Debbie Rivera (see Girls Age-Group)

5 /Steve Sutton/ Larry Shipp, national record breaking high school hurdler from Washington, D.C.
 6 /Roy Swett/ Deanne Wilson, 15 year old jumper, hurdler from La Mirada, Calif. (see Finish Line)
 7 /Lyn Carman/ Running for Education in Santa Barbara, Calif. (see Across the USA)
 8 /Calvin Brown/ Donna Corley, 9 year old sprint sensation from New Mexico (see Girls Age-Group)

FORUM

Issues & Answers

The opinions expressed in this column are not necessarily those of the editors of STARTING LINE. It is hoped that the pertinence and timeliness of the subjects discussed will stimulate readers to re-examine their attitudes toward the sport of track and field. The editors invite comments on this and other topics.

This month's commentator is DALE KNOX, coach of the well known Wasco Wildkats - an experienced and outspoken friend of age-group track - he is the correspondent for STARTING LINE from central California.

One area of the budding boys AAU age group track and field program that seriously concerns me is the total lack of uniformity concerning rules and regulations from one AAU association to another.

The Wasco Wildkats do much traveling and from our experience I feel that the age group is going to be seriously hampered in its development if the governing AAU bodies, meet directors, and coaches do not start exercising their duties and responsibilities.

The AAU age group rules (not to be confused with Junior Olympic rules) are spelled out very clearly, but the AAU will issue sanctions for any type meet, even if it is run in flagrant violation of its own AAU rules.

I am certainly not in complete accord with all AAU rules and regulations, but they are certainly the governing code and should be respected. It seems to me that to allow directors and coaches groups to "think up" their own rules is not only wrong, but will eventually seriously effect the total growth of nation-wide competition and development.

Almost all AAU associations that we have had contact with are violating some regulation. In Oregon they run different age groups (example: 9 & 10 division); in the Southern Pacific Association they do not enforce the regulations concerning the number of events a distance runner can run (example: Run 880 - mile - 2 mile if the boy is strong enough); and in the Northern California Pacific Association the track clubs have even gone so far as to set up their own regulation even to the point of setting up illegal cut off dates concerning age (example: a boy can run 9 & under track until he is 10 years, 4 months). These are just a few examples of what is actually happening.

If the program is to grow we must all be responsible and in accord concerning the fundamental element of standardized regulations. If each area insists on their own specific rules, this will be a large hurdle in the path of beneficial development.

The solution is very simple. Do not vary from the official AAU rules and regulations. This will give equal opportunity to every boy in each area.

It is my opinion that the responsibility for seeing that this is done rests with the sanctioning body, but it is also my opinion that this responsibility will not be exercised properly. Therefore, it is the duty of coaches and meet directors to insist that national rules (not local edicts) be followed to the letter. If you don't like some rule, work to have it changed on a national level. I am certainly going to do so.

From the Mail Box

Editors:

I read with interest the article that appeared in the March issue of your magazine dealing with men coaches in girl's track. After four years of coaching girls, I must confess Jim Santos has come up with some very factual problems relating to the coach-athlete relationship.

Perhaps, rather than dwelling on the unique problems that Jim mentioned, we might further examine the genesis of the problem: Emotional Attachments-This problem crops up in any situation where a man is in charge of a group, class or club made up of members of the opposite sex. This is the nature of women and although men may at times have similar feelings, they repress these feelings while a woman often lets them show. Also to be taken into consideration is the fact that anyone who spends as much time with their athletes as many of us do, cannot help but form strong attachments. No one who expects to coach or teach will be rid of these problems because of the very nature of men and women.

Ego Trips by Coaches-It seems to be fashionable these days to look to Mr. Freud for ways to explain our drives and he may be right, yet might not we generalize? Instead of connecting the egocentric coach with women's track cannot we include all coaches in this bag? Anytime any coach takes on a "father" or "mother" role (or "you're my pal" role), problems will develop.

Controlling the Athletes-This is something all of us are probably guilty of in certain degrees and simply being thoughtless is often the cause. On the other hand, voice coaches and piano teachers are accused of the same thing. How many Peggy Flemings or Rudolf Nureyevs would be around if not for some self discipline during their youth? I myself will encourage the top girls to dedicate themselves to the sport. For the average athlete I cannot demand complete dedication as she might better be spending her time elsewhere. She knows it and I do also. If she really wants to still dedicate herself, who am I to discourage this as long as I am realistic with the girl.

Women Coaches-With the exception of a few, there aren't many qualified women coaches around. Very few colleges prepare women in the area of coaching and still fewer teach track except at the very basic level. Until more women get the background to coach, we can't expect them to enter the field. Why is it that our country is full of fine women field hockey coaches and yet the same woman doesn't know a shot put from a starting block? Knowledgeable persons are needed in our sport. Regardless of their sex, certain qualities are necessary such as understanding, kindness and fairness. The ability to relate with others and to attempt to meet with and conquer human problems should be of concern to all of us who teach or coach.

Steve Price
Head Coach
Kettering Striders

(Steve Price is STARTING LINE's correspondent from the Ohio area. Anyone from that area who has news, feature material, schedules etc. may contact Steve at 1117 Pursell, Dayton, Ohio 45420)



STARTING LINE

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SUBMIT MATERIAL (news, features, photographs etc.) for inclusion in the next issue of Starting Line no later than the 20th of the month.

In order to have good coverage from all areas, we are in need of interested individuals who will contribute news, feature material and PHOTOS from their specific region.

From the Editors

This month's editorial will discuss the issue of age-grouping for young athletes. The widely differing age requirements from district to district as well as between the many organizations has created general confusion, typically expressed by Dale Knox on the opposite page. Differences include the upper and lower age limits for each age-group, the point at which an athlete is considered to have advanced a year in age, and the way in which an athlete's age is "proved."

AAU age-groups are 9 and under, 10-11, 12-13 etc. Junior Olympic divisions are the same, but Road Runners Club of America adds a 6-7 group. The Junior Champ program has 7-8, 9-10, 11-12 etc. School meets are often divided according to an 11 and under, 12-14, 15 and over plan if they have any age-groups at all. Recreation department activities have other age division variations.

"Athletic age", as it is sometimes called, can date from January 1st for some organizations to June 1st for others. Many programs determine the "athletic age" as of the actual age of the athlete on the day of competition. Some organizations require no proof of age at all. Others require the presentation of a birth certificate of equivalent. At a young age it is important that a young boy or girl be competing against his or her peers.

STARTING LINE recommends that the various age rules be simplified and unified. After considering the various systems now in use, we have come to the conclusion that the birth year should be the criteria for determining age rather than birth date. For example, the normal Junior division for the year 1971 would consist of athletes born in the years 1957 and 1958 instead of being designated as 12 & 13 year olds. Though most organizations require that athletes compete in their proper age-group, we advocate allowing athletes to move up one age-group in programs at the local level, if the individual athlete and the total program would benefit.

If these recommendations were followed it would allow the needed flexibility for all types of programs (national, local, novice, and championship). These programs would be much easier to administer due to the elimination of mid-year age-group changes and it would form the basis for a coordinated age-group track & field program from bottom to top rather than the disconnected maze of programs now in existence. Finally, this system would be no more of hardship on age group athletes than the present system because the span within any one age-group would remain at two years. As a matter of fact, the emotional trauma of mid-year age-group changes would be entirely eliminated. No longer would a youngster be confronted with the sudden mid-year shock caused by switching from competing against younger athletes to competing against older ones.

What do you think? The editors of STARTING LINE intend to press this issue with the administrators who can correct this confusing situation. Our arguments will bear much more weight if we are armed with a consensus of opinion from our readers.

BULLETIN BOARD

● Coach Needed: West Valley Pacers, AAU boys & girls club, starting June 1971. Expenses paid. San Fernando Valley, so. Calif. Inquire, Terry Nate, 5740 Ostin Ave, Woodland Hills, Cal. (213)346-7820

● New York State Scholastic Track, fact-filled newsletter covering high school track in the Empire State, is published 20 times per yr. for \$3.00 sub. 2411 E. 3rd St., Apt. 3D, Brooklyn, N.Y. 11223.

● New Mexico Junior Sports Review is a well illustrated new monthly covering all junior sports (including lots of track) in that state. \$5.00 per year from PO Box 14114, Albuquerque, New Mexico 87111.

● Patches and T-Shirts, with an attractive cardinal and gold emblem on a white background, from the Junior Women's National Cross-Country Championships are available at reduced prices from Will Stephens, 6349 Dorchester Court, Carmichael, Calif. 95608. \$1.25 for patch. \$1.50 for T-Shirt (specify size, from 32 thru 40).

● A 40 page illustrated yearbook of the 1970 Lipke Track Club is now available for \$1.00. The 8" by 11" book contains many hours of enjoyable reading. Order from Lipke TC, 11727 Christy, Detroit, Mich. 48205

GIRLS *Age Group*

Editors: ROY SWETT / CALVIN BROWN

PHOENIX INVITATIONAL (Complete Results on pages 9-10)

Forty-two teams from 13 states converged for the 6th annual Phoenix Invitational on March 20-21, with the Duke City Dashers (New Mexico) and Long Beach Comets (Calif.) emerging as the strongest teams of the year. Among the 790 competitors were most of the hottest age-groupers in the west.

Early season performances of Wendy Koenig, Debbie Rivera, Linda Stecker, Mary Decker and Donna Corley have been nothing less than startling and they all got a chance to show their talents in the Valley of the Sun.

Wendy Koenig, a 15 year old who began the year unknown in track circles, showed herself to be a contender for national honors in the 440 with speedy 55.7 (heat) and 56.2 (final) clockings on the fast reslite track at Phoenix College. The Colorado Gold nugget had trounced talented Carol Hudson indoors at the same distance. She had trouble in the long jump on the Phoenix runway, however, failing to qualify for the final in the 14-17 group after recording a 19-10 jump indoors.

In the always tough 12-13 division, the big noise was the superb weight event efforts of Debbie Rivera, who left her main rival - Vickie Chiarello - far behind in both the Shot Put and Discus. Debbie won a triple at Phoenix with 46-3 $\frac{3}{4}$, 130-2 and 255-3 (baseball throw), but achieved even better distances later. She put 48-7 $\frac{1}{2}$ and threw 141-1 in separate meets on March 28, just two days before turning 14. The 5'5 $\frac{1}{4}$ " and 160 pounder from Long Beach Track Club has thus recorded U.S. and world bests for age 13 in both the shot and discus!

On the track, Linda Stecker of Duke City scampered to a 57.9 quarter-mile, the second fastest one-lapper ever run by a 13 year old. Mary Decker (12) of the Comets won her specialty, the mile, in 5:16.3, but earlier had raced to a 5:06.2 (Feb. 21) for an age best on record.

Even more astonishing has been the performances of Donna Corley, Duke City's 9 year old phenom. At Phoenix she won the long jump in a cool 13-8 $\frac{3}{4}$ (second best ever) in her first try at the event! Then she merely tied the best on record for the 220 at 29.3 and demolished a strong field in 12.6. Indoors she had turned a 71.7 440 and an all-time best (indoor or out) 6.6 for 50 yards.

Look for Girls Age-Group List for 1971, compiled by Calvin Brown, beginning in next issue of STARTING LINE.

Though dates for the National A.A.U. Girls (14-17) Track & Field Championships have not been announced for this year, qualifying standards have been set for the events to be contested. They are as follows:

100 yd--11.3 (100 m.--12.3)	High Jump--5'1"
220 yd--25.6 (200 m.--25.5)	Long Jump--17'6"
440 yd--59.7 (400 m.--59.4)	Shot Put
880 yd--2:24.0 (800 m.--2:23.0)	(8 pound)--36'0"
Mile--5:25.0 (1500 m.--5:04.0)	Discus
80 yd Hurdles--11.5 (7 hurdles)	(1 kilo)--105'0"
30" height, distance to first	Javelin
42'7 $\frac{3}{4}$ ", between 27'10 $\frac{1}{2}$ "	(600 gram)--115'0"

Standard A.A.U. events for other age divisions are:
12-13 Division - 50 yd Dash, 100 yd Dash, 220 yd Dash, 440 yd Dash, 880 yd Run, 1 mile Run, 50 yd Hurdles (4 hurdles, 30" height, distance to first 39'4 $\frac{1}{2}$ ", between 26'3"), 4 X 110 yd Relay, 880 yd Medley Relay (220, 110, 110, 440), Long Jump, High Jump, Shot Put (6 pound), Discus Throw (1 kilo), Baseball Throw, Pentathlon (50 yd Hurdles, 6#Shot Put, High Jump, Long Jump, 200 m. Dash)

10-11 Division - 50 yd Dash, 100 yd Dash, 220 yd Dash, 440 yd Dash, 660 yd Run, 880 yd Run, 4 X 110 Relay, 880 yd Medley Relay, High Jump, Long Jump, Shot Put (6 lb.) Baseball Throw, Triathlon (100 m. Dash, H J, 6#Shot).

9-Under Division - 50 yd Dash, 100 yd Dash, 440 yd Dash, 660 yd Run, 4 X 110 yd Relay, 4 X 220 yd Relay, Long Jump, High Jump, Baseball Throw, Triathlon (100 meter Dash, High Jump, Baseball Throw).

Shot Put and Discus Contest

Without a doubt the two weakest events in U.S. girls track and field are the shot put and discus throw. Girls who toss these implements usually suffer from inadequate attention, both in practice and competition.

In order to stimulate improved performances and greater concentration on these events by athletes and coaches alike, STARTING LINE is pleased to announce a special contest. At the conclusion of 1971 the editors will award special plaques to the outstanding team of girls in the following events:

- Shot Put (8 pound or 4 kilo) - 17 years and younger
 - Shot Put (6 pound) - 13 years and younger
 - Discus Throw (1 kilo) - 17 years and younger
 - Discus Throw (1 kilo) - 13 years and younger
- RULES:

1. A team consists of three girls who compete for a single recognized school, AAU club, or other team. Regional, all-state teams, etc. are not eligible.
2. The total distance of the best marks of the three girls will be added together to determine the winning team.
3. The best marks may be recorded at any time during the calendar year 1971, in one or more meets.
4. Any mark, to be considered, must be made in a bona-fide, regularly scheduled meet. Complete results of meet must reach STARTING LINE by December 31, 1971.
5. Any girl under 13 may also score for a 17 and younger team as long as all the other rules are followed.
6. A differential will be allowed between the 8 pound and 4 kilo shots. Two feet will be added to any mark known to be with a 4 kilo shot (e.g. 34'6" with 4 kilo = 36'6" with 8 pound)
7. All three girls on each winning team will receive plaques from STARTING LINE.

Watch this page in the next issue for leading teams. Final results will be announced in January, 1972.

MT. SAN ANTONIO RELAYS

GIRLS AGE-GROUP EVENTS

SATURDAY, April 24 -
INVITATIONAL

10-11 Div.: 880 yd Run
 12-13 Div.: Pentathlon
 14 & Over : High Jump
 100m Hurdles
 880 yd Run
 220 yd Dash
 1 mile Relay

SUNDAY, April 25 -

Open to all registered
A.A.U. athletes

Full schedule of events
in 9-Under, 10-11, 12-
13, 14-17 and Womens
Divisions.

FOR INFORMATION CONTACT JIM ALLEN
 10044 Central Ave., Montclair, Calif.
 or CALL: (714) 624-7434

BOYS *Age Group*

Editor: MAX ZUCKER

1970 Review: PART THREE The Field Events

We have reached the last installment of our summary of past performances. In this issue we will conclude with the FIELD EVENTS.

The Field Events can be split in two categories: the Jumps and the Weights. Performances in the Jumps are quite competitive as they are regular events in age-group track meets. But very few areas promote the weight events or pole vault at this age level. The explanation offered is the lack of training facilities, insufficient safety standards, poor instructional guidance, etc. STARTING LINE will attempt to promote more activity in these neglected events.

THE JUMPS: 9-Under Division

Long Jump - Four of the best jumpers in the U.S. last year sprang from Central Calif. Leading the group was Duane Keathley from Bakersfield, with a leap of 14-2. Following were Lee Lewis (Stratford) with 14-0, Mike Day (Fresno) 13-8½ and David Thompson (Merced) 13-8.

As a matter of interest, note the 5-1½ jump by 4 year old Scott Parks (Ypsilante, Mich.) and the 6-4 effort by 5 year old Carl Bolchi from Detroit, Michigan.

High Jump - Again coming from Central California, definitely a hot spot in age-group track, Gene Underwood (Merced) jumped 4-4 in a new J.O. Record and was closely followed by Van Dhurman (Bakersfield) at 4-3. The AAU record was bettered at San Jose, Cal by Bob Lacy at 4-1.

It seems that 4 feet is becoming the minimal standard in that age-group, as quite a few youngsters cleared the height. From various parts of the country: Clifford Smith (Marrero, Louisiana), Joel Kuchara (Lincoln, Kansas), Cliff Chatham (Gregory, Texas) and Ken Day of Fresno, Calif. all clearing 4 feet. Compare this with the mark of John Rambo, bronze medalist in the 1964 Olympic Games, when he was nine. He cleared 4-6.

In the Triple Jump, uncontested was Mark Carson, from Milwaukee, Wisconsin with a fine 27-4. Rarely contested in most parts of the U.S., but worthy of mention, is the standing Long and Triple Jumps. 10 year old Eric Thias from Sunset Hills, Missouri, is a consistent winner in those events with 8-0½ and 20-9½ marks respectively. With a recorded 13.2 in the 100 yard dash, what could he do if he were to try the running jumps.

In the Pole Vault, the outstanding performance belongs to Tobie Hatfield from Halsey, Oregon, who vaulted a tremendous 8-0 at the age of 8. He had already done 7-3 as a 7 year old. We are going to hear much of him.

10-11 Division

Long Jump - In this division 15 feet is becoming practically an absolute minimum. In 1970 two boys even went over 16 feet: Jerry Stovall (Fresno, Cal) with 16-2 and Dwayne Evans (Phoenix, Ariz) jumping 16-1½.

Behind them, Central Cal. boys are again in prominence. At 15-11½ is Vance Curtis (Tulare), at 15-11 is Terrell Johnson (Lemoore) and Steve Hare (Bakersfield) at 15-8½. Two outstanding prospects are Greg Hansen (Woodland, Wash.), one of the better all-around athletes, who long jumped 15-7½ and Melvin Holland (Menlo Park, Cal), a fine sprinter, who did 15-3½. Both were 10.

High Jump - the AAU and J.O. records changed hands last season and the new owners were Jeffrey Jones (Spokane, Wash.) with a Jr. Olympic best of 5-2½ and another Jeff Jones (from Fresno, Cal) with a AAU best, 4-10.

In other areas, the best performers were: Kim Smith (Springfield, Pa) and John Schivering of Wilmington, Delaware, both at 4-11; Guy Gump (Reading, Pa) and Tom Kernes (Greeley, Colo) at 4-10. STARTING LINE's official age 11 best was captured by Jeff Siemens (Wasco, Cal) with 4-9¼.

The best Triple Jump of the year and all-time No. 1 was 31-11½ by Chuck Gardiner from Phoenix, Ariz. Greg Hansen (Woodland, Wash) jumped to an age 10 best of 29-3. It is probable he will also become the best in this division before long. Greg has also pole vaulted 8-3 and is the best in that event as well, replacing Larry Crites (Kokomo, Ind) and Kenny Kring (the young High School decathlon sensation from Santa Maria, Cal), who had a best of 8-0½ back in 1964.

12-13 Division

Long Jump - The top three boys in this division went 19 feet & over and this is an indication of things to come. Leading was Lelvin Crowe (West Covina, Cal) who went 19-11¾ for a new AAU record. Right behind were Jerome Smith (Detroit, Mich) 19-4 and Millard Hampton (Menlo Park, Cal) with 19-0 as well as a 41-1 in the triple jump - best in the nation last year.

Pushing the 19 foot barrier were Doug Johnson (Bakersfield, Cal) 18-11¾, Bob Hill (Ambler, Pa) 18-11, L. Balara (Los Angeles) 18-8¾ and Tony Pino (Buttonwillow, Cal) 18-8½.

High Jump - Back in 1969, the magic height of 6 feet was cleared by two athletes, Tony Patta (Encino, Cal) 6-0¼ and Monty Embry (Bakersfield, Cal) with a J.O. record of 6-0. Last year the majority of athletes were climbing 5-6. Some of the better marks: Brad Bright (Chanut, Kan) with 5-7½ and at 5-7 were Skip Peterson (Sparks, Nevada) and Kim Johnson from Albany, Oregon.

An up and coming vaulter was Glen Neurohr from Richardson, Texas with an excellent 11-9. Bob Crites of Kokomo, Indiana holds the best with an amazing 13-0 in 1968. Since then Crites has done 13-9 at age 14 and 14-8½ at 15 (the best High School sophomore in the USA).

WEIGHT EVENTS

This particular area of the sport is not widely practiced at the age-group level. The young athletes who are successful in the weights are what I might call "specialists"; they are specifically coached in those disciplines and their performances amply demonstrate what careful, long range coaching can do. A case in point are two brothers - Jack and Steve Wall from Erie, Pa. Their progression:

Jack Wall	- Shot Put	Shot Put	Discus	Discus
	(6 lbs.)	(8 lbs.)	(2#3¼oz.)	(3# 9oz.)
Age 7	19- 4		49-6	
Age 8	25- 2		63-1	43-0
Age 9	29-11	23-8½	74-6	54-7
Age 10	39- 2	29-4½	88-6	69-2
Age 11		35-7	112-3	87-8

Steve Wall - Javelin Throw (600 grams/ 1 lb. 5.2 oz.)

Age 5	40-5	Age 7	52-8	Age 9	81-9
Age 6	51-6	Age 8	77-4	Age 10	94-4

The same can be said about some other fine athletes such as Howard Banich (Arvada, Colo.) - age 13, 53-7½ in the 8 lb Shot and 162-8 in the 1 Kilo Discus; at age 14, 60-4 and 198-6 (all age bests, by far); Brad Hiles (Granite City, Ill.) with throws of 48-7 and 150-3½ with the same implements at age 13. John Van Bentham from La Jolla, Cal. threw the spear 100-2 at age 12.

More detailed statistics can be found in STARTING LINE's list of best performances, now available.

Recommended by
the editors
of **STARTING LINE**

BOOKS

For young athletes
and their coaches

COMPUTERIZED RUNNING TRAINING PROGRAMS, Jim Gardner and Gerry Purdy. A new concept in training. Using a computer, the authors have taken the guesswork out of interval training—devising sets of workouts geared to the specific ability of each runner, all distances. 100pp. of text, 122pp. of tables. \$4.50.

NO BUGLES NO DRUMS, Peter Snell. The candid autobiography reveals much about Snell himself, those he competed against, his coaches, etc. The multi-world record holder and Olympic champion pulls no punches. 1965. Hardback, 240pp., illustrated. \$4.95.

HIGH SCHOOL RUNNERS AND THEIR TRAINING PROGRAMS, Joe McNeff. A "How They Train" for the high school runner and coach. Includes the workout programs of over 100 recent prep aces, 440 and up 1968. Paperback, 128pp., illustrated. \$3.00. (Hardback, \$4.50.)

RUN RUN RUN, Fred Wilt. The most complete book available on running technique. All training methods, theory, tactics, warmup, pace—from sprinting through marathon. 1964. 281pp. Paperback, \$3.50.

THE LONELY BREED, Ron Clarke. Clarke looks deeply into the personalities and methods of 21 distance greats that he admires most. 1967. Hardback, 187pp., illustrated. \$5.75.

JIM RYUN STORY, Corder Nelson. A detailed description of the life and times of America's number one track hero. Brilliantly illustrated with nearly 200 photos by Rich Clarkson. Hardback, 272pp. \$5.95.

COMPLETE GUIDE TO HIGH SCHOOL TRACK AND FIELD COACHING, Ray Kring. An essential book for every prep coach. Chapters on selling your program, practice organization, staging meets, coaching all events, making equipment, much more. 1968. Hardback, 235pp., illustrated. \$11.95.

HOW THEY TRAIN, Fred Wilt. Still one of the most complete collections of running training data ever published. Contains training programs of top stars, 800-10,000m, plus articles on interval training, running form, etc. 121pp., illustrated. Paperback, \$2.00.

RACE WALKING

Editor: JIM HANLEY

In our last issue, we gave information on our National Postal Mile Walk Championship. To date the following teams are leading:

Elementary School - Suffolk AC (New York): Ray Ross, 10:21.5; Jim McCresh, 10:36.2; John McCresh, 10:53.1
Junior High School - Stockton Race Walkers (California): James Bentley, 7:39.2; Brad Bentley, 7:59.8; Kevin Brintnall, 8:19.2. Three walkers from Boulder, Colorado are second in this division: Rick Colson, 8:42.4; Jeff Bartelson, 9:08.5 and Mike Pent, 10:59.0.

No high school teams have entered though we have received individual entries (which don't count in the postal competition). We will have to refund the money and hope that the athletes involved can get up a team for another try. The fastest individual high school times reported have been turned in by Jerry Lansing of San Rafael, California at 7:16.9 followed by Steve Nelson of Shawnee Mission South H.S. (Kansas) with 7:30.2.

Repeating the rules of our Postal competition:

Divisions:

Elementary School (maximum age: 12 years)
Jr. High School (maximum age: 14 years)
High School (maximum age: 18 years)

Rules:

- 1) All entries must be by team; any three athletes walking together comprise a team.
- 2) Competition can take place any time until the end of June, 1971.
- 3) All times must be made on a standard quarter-mile track or any indoor track provided the coach or official signs a statement that the athletes walked exactly one mile.
- 4) Entries must include the following information: a) date, b) site, c) an adult witness' statement that athletes legally walked one mile, d) name of the team, e) names and exact birthdates of the three walkers, f) times of the three walkers timed to 1/10 of a second, g) a return address, where your awards can be mailed, h) 75¢ entry fee.
- 5) Teams may enter as often as they like, but the 75¢ entry fee must accompany each entry.
- 6) Any boy or girl is eligible for the competition
- 7) Entries and fees must reach STARTING LINE no later than July 5, 1971. Mail your entry and fee to: STARTING LINE, Walking Editor, P.O. Box 878, Reseda, Ca
- 8) When submitting an entry the adult witness agrees to waive any claims for damages or injury against STARTING LINE or its officers.

Entry fees have been kept to a minimum - 75¢ per three-man team. All money collected will go for awards; the more entries, the bigger the awards!

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The STOCKTON RACE WALKERS will be holding age-group all-comers walks for 9-Under to 16-17 divisions. For info contact: Stockton R.W., PO Box 8452, Stockton, Cal.

SEVENTH ANNUAL PODIATRY WALKATHON

Saturday, May 9 - 10:30 a.m. at Cal State Fullerton
- Open AAU 5000 m. Walk
- High School 5 mile Walk
(Orange County & Lakewood area H.S. students only)
AWARDS: Trophies to top ten, T-Shirts to all students

THE FINISH LINE

A Summary of Results

This section includes results of national significance. Other summaries may be found in local and regional news on pages 12 and 13.

Deadline for submitting results for inclusion in next issue is 8 days prior to mailing date. When submitting summaries of meets please include the following:

- Date of meet
- Meet site (place and city)
- Type of facilities (all-weather, indoor, cinder etc.)
- Sponsoring organization
- Meet Director
- Marks of all timed or measured competitors (including heats and qualifying rounds if significant)
- First and last names of competitors
- Wind assistance information on sprints, hurdles, and long jump
- Weight of implements (shot, discus etc.)
- Other pertinent or interesting information

ALBUQUERQUE OLYMPETTES GIRLS INDOOR INVITATIONAL

JANUARY 16, 1971

TINGLEY COLISEUM
ALBUQUERQUE, NEW MEXICO

Track-Pro-West, 176 yards
Sponsor-Albuquerque Olym-
pette Club
Meet Director-Floyd Highfill
No. of Competitors-310

9-Under Division

50 yard Dash	
Donna Corley, DCD (6.6h)	6.8
K. George, AOC	7.1
Cynthia Rhodes, MSA	7.1
R. Glovet, CLC	7.5
Kelly Dodd, DCD	7.5
R. Watkins, CLC	7.6

440 yard Dash

Donna Corley, DCD	71.7
K. George, AOC	72.5
Tracy Bear, DCD	73.6
Lisa Gilliland, DCD	75.1
V. Flanders, DCD	76.4
Teddia White, DCD	76.4

Baseball Throw

Shannon Turpin, ALB	133-11
Gloria Gowan, MSA	99-10
K. Mallow, DCD	97-8

10-11 Division

50 yard Dash	
Stephanie McDade, DCD	6.7
Kathy Ward, ALB	6.7
Valorie Boyer, DCD	6.8
M. Alcalá, FWC	7.0
Tana Meadows, DCD	7.1
Renee Van Natta, PCH	7.1

440 yard Dash

Mary Barela, COP	67.1
Terri Harrell, MSA	67.4
L. Talley, CLC	67.6
Karleen Clark, COG	68.0
J. Wheelch, ALB	68.3
M. Alcalá, FWC	68.4

Long Jump

J. Wheelch, ALB	13- 8 $\frac{1}{2}$
Mary Barela, COP	13- 3
Renee Van Natta, PCH	13- 1
Ann Gilliland, DCD	13- 0 $\frac{1}{2}$
Shelly South, PHX	12-11 $\frac{1}{2}$
Peggy Malloy, DCD	12-10 $\frac{1}{2}$

12-13 Division

50 yard Dash	
Jackie Rhodes, MSA	6.5
Lou Ann Bolick, VOS	6.5
Susie Vigel, DCD	6.5
T. Trantham, FWC	6.5

440 yard Dash

Linda Stecker, DCD	59.0
Renald England, HAB	59.8
N. Weeks, TEX	63.8
C. Newton, DCD	64.2
L. Covington, COG	66.6
G. Talley, CLC	66.8

880 yard Run

Sally Balderston, DCD	2:26.3
Pam Young, COG	2:31.4
T. Scott, TEX	2:32.4
V. Patrick, ARZ	2:33.2
B. Hamilton, GAL	2:34.9

One mile Run

L. Bjorklund	5:46.0
Ruth Benavidez, DCD	5:46.6
L. Alonzo, ALB	5:52.8
Jackie Strickland, PHX	5:55.3
Debbie Kirchofer, COP	6:07.2
Michele Rauch, COP	6:07.9

50 yard Hurdles

S. Griffith, TEX	7.6
Meg Swenson, COG	7.6
Katie Solon, DCD	7.7
K. Meadows, ALB	8.0
Anne Bratun, DCD	8.3

High Jump

Kathy Hart, DCD	4-10 $\frac{1}{2}$
Katie Solon, DCD	4- 9
Jill South, PHX	4- 8
P. Polk, TEX	4- 8
Michele Rauch, COP	4- 6
S. Edwards, COP	4- 6

Long Jump

Linda Stecker, DCD	16-11 $\frac{1}{2}$
Dinie Norero, DCD	16- 1
Karen Boardman, ALB	15- 5 $\frac{1}{2}$
Meg Swenson, COG	
Kathy Hart, DCD	15- 2 $\frac{1}{2}$

Shot Put (6 pound)

Tammy Cordes, ALB	34- 2 $\frac{1}{2}$
Pam Young, COG	33- 3 $\frac{1}{2}$
Mary O'Banner, MSA	33- 3 $\frac{1}{2}$
Kathy Hart, DCD	30- 8 $\frac{1}{2}$
Lucy De Santis, GAL	30- 8
Kelly Fuiks, PCH	30- 0

ARIZONA AAU GIRLS ALL-COMERS

JANUARY 23, 1971 and

FEBRUARY 13, 1971

PHOENIX COLLEGE

PHOENIX, ARIZONA

Weather-Clear, Calm

Track & Runways-Reslite

Sponsor-Arizona AAU Women's

Track & Field

Meet Director-Roger Simpson

No. of Competitors-293(1-23)

296(2-13)

(Combined Results)

9-Under Division

50 yard Dash	
Cynthia Rhodes, MSA	7.2
Debbie Whitt, PCH	7.4
Melanie Mandelin, VOS	7.6
Tina Davenport, MSA	7.6
Shannon Newsome, PRP	7.6
Sabrina Jackson, CRT	7.6

100 yard Dash

Cynthia Rhodes, MSA	13.7
Julie Cooper, ARZ	14.2
Debbie Whitt, PCH	14.2
Sabrina Jackson, CRT	14.4
Sandy Cuevas, ARZ	14.4
Tina Davenport, MSA	14.6

220 yard Dash

Lori Anderson, CHL	32.2
Cynthia Rhodes, MSA	32.3
Cynthia Cooke, CRT	33.0
Laurie Wright, ARZ	33.1
Julie Cooper, ARZ	33.5
Bernice Moore, VOS	33.7

440 yard Dash

Sandy Cuevas, ARZ	70.9
Cynthia Cooke, CRT	73.0
Lori Anderson, CHL	74.6
Laurie Wright, ARZ	75.4
Julie Cooper, ARZ	78.4
Linda Lindsay, PRP	78.7

660 yard Run

Heidi Dobberstein, CHL	2:04.6
Karen Lawrence, MSA	2:07.4
Linda Lindsey, PRP	2:08.1
Lauri Wright, ARZ	2:08.4
Beth Beach, PRP	2:11.5
Karen Lawrence, MSA	2:12.4

High Jump

Cecily Ellsworth, CRT	3-11 $\frac{1}{4}$
Cynthia Cooke, CRT	3- 7 $\frac{1}{4}$
Janelle Anderson, CRT	3- 7 $\frac{1}{2}$
Melanie Mandelin, VOS	3- 2
Dawn Freeman, VOS	3- 2

Long Jump

Lori Anderson, CHL	12-5 $\frac{1}{2}$
Cynthia Rhodes, MSA	12- 3 $\frac{1}{2}$
Cynthia Cooke, CRT	11-9 $\frac{1}{2}$
Roxanne Keating, PCH	11-6 $\frac{1}{2}$
Heidi Dobberstein, CHL	10-7
Lori Spiva, PRP	10-5

Baseball Throw

Lori Anderson, CHL	117-9
Nancy Smith, CRT	102-6
Gloria Gowan, MSA	101-4
Terisa Ybarra, VOS	93-0
Lisa Zetterlof, VOS	86-2
Tina Davenport, MSA	86-1

10-11 Division

50 yard Dash	
Terri Harrell, MSA	6.8
Donna Martin, VOS	6.9
Dawn Erb, PRP	6.9
Lori Lott, MSA	7.2

100 yard Dash

Terri Harrell, MSA	12.6
Donna Martin, VOS	13.0
Barrie Beach, PRP	13.1
Connie Jackson, MSA	13.1
Debra McCarthy, VOS	13.2
Gail Weigert, MSA	13.4

220 yard Dash

Terri Harrell, MSA	29.3
Jan Burnett, CHL	30.5
Amy Odegard, PHX	30.7
Pam Wilson, VOS	31.1
Vicki Murray, VOS	31.2
Jane Snapp, PCH	31.4

440 yard Dash

Debbie Cassidy, VOS	65.3
Terri Harrell, MSA	66.7
Gail Weigert, MSA	68.7
Tammy Smith, PRP	68.8
Liz Dufour, ARZ	69.3
Connie Jackson, MSA	69.6

660 yard Run

Crystal Karchner, MSA	1:49.6
Vickie Murray, VOS	1:51.5
Shari Cassin, ARZ	1:57.5
Gail Weigert, MSA	1:58.7
Julie VanBuskirk, VOS	2:00.7
Vicki Belleavalline, PRP	2:02.4

880 yard Run

Liz Dufour, ARZ	2:37.0
Debbie Cassidy, VOS	2:42.5
Jan Burnett, CHL	2:45.4
Debbie Cuevas, ARZ	2:48.9
Sherry Reidhead, CRT	2:50.8
Shari Cassin, ARZ	2:52.0

High Jump

Sherry Reidhead, CRT	4- 2 $\frac{1}{2}$
Monique Donihan, VOS	4- 1 $\frac{1}{2}$
Debe McCarty, VOS	3-10 $\frac{1}{2}$
Anita Green, CRT	3-10 $\frac{1}{2}$
Brenda Stone, CRT	3- 8
Fawn Sayre, CRT	3- 8
Shelly South, PHX	3- 8

12-13 Division

50 yard Dash	
Jackie Rhodes, MSA	6.5
Sharon Andrews, MSA	6.5
Mary O'Banner, MSA	6.6
Lou Ann Bolick, VOS	6.7
Bobbie Nestor, CRT	6.8
Janet Bridgewater, CRT	6.8
Myra Wesson, CRT	6.8

100 yard Dash

Jackie Rhodes, MSA	11.6
Susan Winningham, ARZ	12.0
Tracy Horn, PCH	12.1
Janet Bridgewater, CRT	12.1
Sharon Andrews, MSA	12.1
Devoniaer Moore, MSA	12.2

220 yard Dash

Lou Ann Bolick, VOS	27.0
Janet Bridgewater, CRT	28.0
Tracy Horn, PCH	28.0
Devoniaer Moore, MSA	28.0
Mary O'Banner, MSA	28.8
Donna Nelesen, PCH	28.8

440 yard Dash

Lou Ann Bolick, VOS	62.5
Karla Moody, ARZ	66.0
Colleen Weigert, MSA	67.3
Joyce Snedigar, ARZ	67.5
Sheryl Norwitz, PCH	67.8
Jackie Strickland, PHX	69.7

880 yard Run

Joyce Snedigar, ARZ	2:33.1
Phyllis Trim, PRP	2:37.4
Toni Wall, MSA	2:40.5
Vickie VanBuskirk, VOS	2:41.7
Colleen Weigert, MSA	2:43.3
Sandy Tevis, ARZ	2:44.6

One mile Run

Sandy Tevis, ARZ	5:51.0
Suzy Laverance, MSA	5:57.5
Nadine Moffit, MSA	6:19.0
Marjorie Kaput, CRT	6:21.0
Pam Hanson, CRT	6:25.6
Carol Smith, MSA	6:35.2

50 yard Hurdles

Jill South, PHX	7.7
Rita Brown, VOS	8.3
Shelly Harris, VOS	8.4
Phyllis Trim, PRP	8.8
Nancy Miller, PHX	8.8
Cecelia Thomas, PRP	8.8

High Jump

Jill South, PHX	4-9 $\frac{1}{2}$
Lynda Fleming, VOS	4-4 $\frac{1}{2}$
Tammy Reese, MSA	4-3 $\frac{1}{2}$
Mary Beth Ricci, CRT	4-2 $\frac{1}{2}$
Patsy Maldonado, CRT	4-2 $\frac{1}{2}$
Drene Cassidy, VOS	4-1 $\frac{1}{2}$

Long Jump

Lou Ann Bolick, VOS	15-10 $\frac{1}{2}$
Devoniaer Moore, MSA	14-10
Patsy Maldonado, CRT	14- 9 $\frac{1}{2}$
Jill South, PHX	14- 6 $\frac{1}{2}$
Mary O'Banner, MSA	14- 6
Donna Nelesen, PCH	14- 5

Shot Put (6 pound)

Vickie Chiarello, CRT	35-11 $\frac{1}{2}$
Mary O'Banner, MSA	35- 4 $\frac{1}{2}$
Faye Longmaker, CRT	32-10
Pat Prelux, MSA	31- 7
Debby Houser, CRT	30- 0
Annette Harrell, MSA	28-11 $\frac{1}{2}$

Discus Throw (1 kilogram)

Vickie Chiarello, CRT	108- 8
Annette Salazar, CRT	85- 1 $\frac{1}{2}$
Kelly Fuiks, PCH	82-10
Debby Houser, CRT	75- 1 $\frac{1}{2}$
Annette Harrell, MSA	70- 8 $\frac{1}{2}$
Kitty Neill, PHX	67- 9

Baseball Throw

Sheri Morgan, MSA	191- 3
Tammy Reese, MSA	187- 8
Kelly Fuiks, PCH	168-11
Pat Prelux, MSA	167-11
Nancy Miller, PHX	158-10
Debby Houser, CRT	152- 3

Javelin Throw

Kelly Fuiks, PCH	94- 3
Annette Salazar, CRT	83- 0
Vickie Chiarello, CRT	81- 0
Mary O'Banner, MSA	80-10
Pat Prelux, MSA	74- 3
Tammy Reese, CRT	69-10

Long Jump

Nina Keating, PCH	14-2 $\frac{1}{2}$
Renee VanNatta, PCH	13-8 $\frac{1}{2}$
Shelly South, PHX	13-2 $\frac{1}{2}$
Norma Maldonado, CRT	12-7 $\frac{1}{2}$
Patty Wright, CHL	12-6 $\frac{1}{2}$
Sherry Reidhead, CRT	12-6 $\frac{1}{2}$

Shot Put (6 pound)

Kellye Richardson, CRT	27- 1
Betty DiSilvester, PRP	25- 9 $\frac{1}{2}$
Jane McCaskill, CRT	23-10 $\frac{1}{2}$
Donna Yarbrough, CRT	22- 9 $\frac{1}{2}$
Ellen Colleary, MSA	22- 6 $\frac{1}{2}$
Cindy Chiarello, CRT	22- 4 $\frac{1}{2}$

Baseball Throw

Loven O'Banner, MSA	150-5
Kellye Richardson, CRT	149-3
Jeannie Custer, CRT	142-9
Terri Smith, CHL	134-2
Linda Troughber, PRP	132-2
Gayle Jackson, CRT	127-9

PACIFIC AAU WINTER GAMES (GIRLS)

Baseball Throw	
D. Keough, ORI	138-9
K. Jones, USJ	129-2
C. Allred, USJ	115-8

12-13 Division	
50 yard Dash	
C. Grayson, STG	6.3
L. Ellis, INT	6.3
N. Porter, STG	6.6

100 yard Dash	
T. Strickland, DBV	11.8
L. Ellis, INT	12.1
M. O'neill, USJ	12.4

220 yard Dash	
T. Strickland, DBV	27.5
S. Uhalde, DBV	28.4
C. Ellis, DBV	28.9
C. Nelson, USJ	28.9

440 yard Dash	
D. Davidson, DUS	69.6
C. Grayson, STG	69.9
B. Bell, USJ	70.1

880 yard Run	
C. McManus, SJC	2:32.4
R. Reneau, BRR	2:40.9
C. Hyrkas, USJ	2:49.5

One mile Run	
D. Johnson, RRR	5:20.8
R. Kleinsasser, RRR	5:29.1
R. Nelson, USJ	5:49.5

50 yard Hurdles	
R. Robertson, USJ	7.8
K. Didenenico, RCS	8.1
R. Davis, ROS	8.2

High Jump	
D. Stuart, DBV	4-10
R. Robertson, USJ	4-6
M. Dorking, ORI	4-6
B. McQuillia, WS	4-6
S. Crawford, SJC	4-6

Long Jump	
C. Ellis, DBV	14-2½
M. Zackery, DUS	13-9
D. Davidson, DUS	13-8

Baseball Throw	
T. Gillmore, ROS	224-4
G. Guzzo, ORI	161-4
S. Fuller, USJ	136-0

**WHITE OAK A.C.
ALL-COMERS TRACK MEET**

MARCH 14, 1971
BIRMINGHAM HIGH SCHOOL
RESEDA, CALIFORNIA

Weather-Clear, Warm, Calm
Track & Runways-Dirt
Sponsor-White Oak Ath. Club
Meet Director-John O'Hara

Boys 9-Under	
50 yard Dash	
James Mims, LAJ (7)	8.0
Bruce Thabit, WOK	8.5
Eric Routh	8.7

100 yard Dash	
James Mims, LAJ	15.2
Kent Schumacker, WVP	15.4
Bruce Thabit, WOK	16.3

220 yard Dash	
James Mims, LAJ	36.5
Eric Routh	41.5
Jeff Roncone, WOK	44.4

440 yard Dash	
Mark Zucker, WVP	80.7
Brian McDaniel, WOK	85.7
Bruce Thabit, WOK	87.2

One mile Run	
Mark Zucker, WVP	6:31.4
Mark Blakely, WOK	6:57.2
Brian McDaniel, WOK	6:58.4

Girls 9-Under	
50 yard Dash	
Evette White	8.8
Charla Rouso, VNB	9.0
Stacy Payne, WOK	9.1

Boys 10-11	
50 yard Dash	
Kenneth Lawler, LAJ (6.9h)	6.3
Mark Goodwin, WOK	7.1
Bret Wightman, VNB	7.2
Steven Dean	(6.9h)7.2

100 yard Dash	
Kenneth Lawler, LAJ	12.5
Steven Dean	13.7

220 yard Dash	
Kenneth Lawler, LAJ	29.3
Kevin Terrell, LAJ	33.0
Douglas Hasley	33.6

440 yard Dash	
Ronald Jordan, LAJ	64.9
Brett Wightman, VNB	71.2
Douglas Hasley	75.3

880 yard Run	
Ronald Jordan, LAJ	2:45.2
Brett Wightman, VNB	2:49.1
Terry O'Donnell, VNB	2:53.0

One mile Run	
Brett Wightman, VNB	5:48.1
Terry O'Donnell, VNB	6:14.2
Eric Zucker, WVP	6:17.2

High Jump	
Anthony Curran, WOK	4-0
Mark Goodwin, WOK	3-9
Kevin Terrell, LAJ	3-8

Long Jump	
Douglas Hasley	12-6½
Anthony Curran, WOK	11-8
Kevin Terrell, LAJ	10-9

Shot Put (8 pound)	
Mark Goodwin, WOK	19-11
Gordon Clark, WOK	19-9
Mark Feliciano, WOK	19-5

Girls 10-11	
50 yard Dash	
Ella Rich, LAJ	7.1
Shiavonne Shy, LAJ	7.2
Stephanie Demery, LAJ	7.2

100 yard Dash	
Stephanie Demery, LAJ	13.3
Arnetta Robinson, LAJ	13.3
Shiavonne Shy, LAJ	13.4

220 yard Dash	
Arnetta Robinson, LAJ	31.2
Carol Young	31.5
Stephanie Demery, LAJ	31.7

440 yard Dash	
Carol Young	69.1
Ella Rich, LAJ	70.3
Arnetta Robinson, LAJ	70.4

High Jump	
Stephanie Demery, LAJ	3-8
Shiavonne Shy, LAJ	3-7
Arnetta Robinson, LAJ	3-6

Long Jump	
Michele Klein, WVP	13-3½
Arnetta Robinson, LAJ	11-11½
Stephanie Demery, LAJ	11-8

Boys 12-13	
50 yard Dash	
Hector Burrell	6.1
Gary Harrell	6.5
Larry Mims, LAJ	6.6

100 yard Dash	
Hector Burrell	11.7
Gary Harrell	12.2
Robert Anderson	12.7

220 yard Dash	
Hector Burrell	26.5
Gary Harrell	26.9
Larry Mims, LAJ	29.7

Shot Put (8 pound)	
Gregg Clark, WOK	27-0
Andy Feder, WOK	21-11

Girls 12-13	
50 yard Dash	
Michele Ridley, LAJ	6.6
Andrea Allen, LAJ	6.8
Eustacia Angelo, LAJ	7.0

100 yard Dash	
Michele Ridley, LAJ	12.5
Charlene Mitchell, LAJ	12.7
Eustacia Angelo, LAJ	13.2

220 yard Dash	
Michele Ridley, LAJ	28.5
Charlene Mitchell, LAJ	28.6
Andrea Allen, LAJ	29.2

440 yard Dash	
Andrea Allen, LAJ	66.3
Eustacia Angelo, LAJ	71.2

Boys 14-15	
50 yard Dash	
Derrick Ford, LAJ (14)	6.1
Gregg Levy, WOK	6.9

100 yard Dash	
Derrick Ford, LAJ	11.2
Gregg Levy, WOK	12.8

220 yard Dash	
Derrick Ford, LAJ	25.5
Gregg Levy, WOK	27.8

High Jump	
Derrick Ford, LAJ	4-11
Tom Curran, WOK	4-10

Shot Put (8 pound)	
Gregg Levy, WOK	28-6
Tom Curran, WOK	26-0

**GREEN N' GREYHOUNDS
BOYS ALL-COMERS**

MARCH 7, 1971
EAGLE ROCK HIGH SCHOOL
LOS ANGELES, CALIFORNIA

Weather-Clear, Warm, Calm
Track & Runways-Dirt
Sponsor-Green N'Greyhounds
Track Club
Meet Director-Ed Sylvis

9-Under Division	
50 yard Dash	
Jimmy Spotville, WCJ	7.4
Dimitrius Cook, RRR	7.5
Myles Stuart, WV	7.7

220 yard Dash	
Jimmy Spotville, WCJ	31.0
Dimitrius Cook, RRR	31.6
Barry Ruderman, RRR	33.0

440 yard Dash	
Barry Ruderman, RRR	76.0
Donna Sanchez, RRR	77.7
Danny O'Brien	81.5

One mile Run	
Barry Ruderman, RRR	6:11.6
Donna Sanchez, RRR	6:26.0
Danny O'Brien	6:34.0

Long Jump	
Dimitrius Cook, RRR	12-4
Barry Ruderman, RRR	11-8½

Shot Put (6 pound)	
Walter Illengo	14-5
Andy Raymond, GNG	11-9

10-11 Division	
50 yard Dash	
Ken Lawler, LAJ	7.0
Bill Brodine, WV	7.1
Janet Humphrey, LAM	7.1

220 yard Dash	
Ken Lawler, LAJ	29.4
Willy Curran	29.4
Alan Aiken, JRS	30.0

440 yard Dash	
Ron Jordan, LAJ	67.0
Mike Carnel, RRR	68.9
Willy Curran	69.7

880 yard Run	
Brian Elington, WVP	2:40.5
Andre Pawns	2:57.9
Bernard Yancey	3:00.0

One mile Run	
Victor Jasso, RRR	6:06.5
Jerry Minjares	6:11.0
Bret Wightman, VNB	6:13.8

Two mile Run	
Justin Linam	12:56.0
Terry O'Donnell, VNB	13:20.4
Chris Linam (8)	14:03.3

High Jump	
M. Wright, WV	4-6
Sharon Laughlin, RRR	4-4
Willy Curran	4-0

Long Jump	
Lane	13-4½
Willy Curran	13-2
M. Wright, WV	12-9½

Shot Put (6 pound)	
M. Elington, WVP	19-11
John Routh	15-5½

12-13 Division	
440 yard Dash	
Kyle Morgan	58.0
Ken Shugars, Markham JHS	58.4
Vernell Ferguson, WCJ	58.5

880 yard Run	
Tim Wolfinger, RRR	2:17.4
Gary Wright	2:24.6
Steve Busati	2:25.0

One mile Run	
Walter Bridges, RRR	5:08.9
Darryl Mondini	5:20.0
Steve Phillips, WV	5:25.6

High Jump	
Dan Bryson	5-2
Tom Whiston	4-6
Eric Gustafson	4-6

Long Jump	
M. Enders	16-0½
T. Jenkins	16-0
D. Johnson	15-11

Shot Put (6 pound)	
Ken Czarnecki	40-7
Michael Williams	35-3
Tim Raymond, GNG	34-2

**SOUTHERN PACIFIC AAU
OPEN GIRLS MEET**

MARCH 6, 1971
GOLDEN WEST COLLEGE
HUNTINGTON BEACH, CALIFORNIA

Weather-Clear, Gusty Winds
Sponsor-So. Pacific AAU
Women's Track & Field

9-Under Division	
50 yard Dash	
Rena Wynn, WCJ	7.4
Yvette Black, WVJ	7.5
Joye Miles, WVJ	7.5

100 yard Dash	
Janette Windle, LBC	13.4
Debra Smothers, WVJ	13.4
Debbie Kainz, OMC	13.4

220 yard Dash	
Janette Windle, LBC	29.9
Debbie Kainz, OMC	30.3
Brigetta Meek, WVJ	31.3

440 yard Dash	
Myra Davies, WVJ	73.8
Mari Gibbs, LS	77.5
Tina Scott, OMC	78.1
Rena Wynn, WCJ	78.2

660 yard Run	
Marcie Riccardi, OMC	1:58.9
Stephanie Romero, LBC	2:02.5
Susan Sanchez, RRR	2:05.0
Pam Robison, LOM	2:05.6

High Jump	
Terri Smithy, LBC	3-10
Laurie Koustik, OMC	3-8
Charm Bishop, OMC	3-4

Long Jump	
Janette Windle, LBC	12-4½
Terri Smithy, LBC	11-3½
Mari Gibbs, LS	9-10½

Baseball Throw	
Charm Bishop, OMC	130-5
Sherril Sexton, WVJ	126-2
Laurie Koustik, OMC	123-1

10-11 Division	
50 yard Dash	
Linda McQuarrie, LBC	6.9
Sharon Dill, LS	7.0

100 yard Dash	
Linda McQuarrie, LBC	12.4
Alice Howell, WVJ	12.8
Terri Jordan, WVJ	12.9

220 yard Dash	
Laura Janousek, OMC	28.5
Debra Hayes, WVJ	28.9
Sharon Dill, LS	29.6

440 yard Dash	
Debra Hayes, WVJ	68.5
Carroll Young, LAJ	71.2
Christie Mahler, WVP	73.5

660 yard Run	
Laura Janousek, OMC	1:47.0
Donna Mueller, RRR	1:47.6
Jill Boyd, OMC	1:48.4

880 yard Run	
Teresa Tomasic, LBC	2:36.8
Michelle Klein, WVP	2:38.0
Laurie Jewell, LBC	2:39.0

High Jump	
Chris Shawhan, CCS	4-7½
Sue Beuger, LAM	4-5½
Sharon Laughlin, RRR	4-3½
Juanita Barnett, RRR	4-3½

Long Jump	
Laura Janousek, OMC	14-0
Linda McQuarrie, LBC	13-1½
Jill Boyd, OMC	13-0

Shot Put (6 pound)	
Julie Williamson, LBC	27-10
Sharon Laughlin, RRR	24-11
Jill Faber, RRR	24-9

Baseball Throw	
Jill Faber, RRR	177-7
Eleanor Painter, LBC	167-7
Mariema Pond, LBC	142-5

12-13 Division	
50 yard Dash	
Janette Steward, OMC	6.5
Mesheal Ridley, LAJ	6.5
Debbie Beckstrom, SCM	6.

10-11 Division	
50 yard Dash	
Peggy Mallory, DCD	6.6
Valorie Boyer, DCD	6.8
Carol Von Drehle, COG	6.9
Jan Fox, COP	6.9
220 yard Dash	
Carol Von Drehle, COG	30.4
Marilyn Johnson, DFY	30.6
K. Ward, ALB	31.5
B. Hobbs, DCD	31.7
440 yard Dash	
S. McDade, DCD	67.6
Lori Thomas, COP	71.4
Marilyn Johnson, DFY	71.4
K. Boardman, AIB	72.8
660 yard Run	
A. Lucero, DCD	1:48.7
Mary Barela, COP	1:49.0
Karleen Clark, COG	1:50.0
880 yard Run	
Chrishelle Speller	2:34.9
C. Sanchez, DCD	2:39.9
K. Conner, GAL	2:44.4
C. Lackey, DCD	2:46.1
High Jump	
Ann Gilliland, DCD	4-6 $\frac{1}{2}$
Mary Barela, COP	4-6 $\frac{1}{2}$
S. Green, DCD	4-2
Carrie Hudiburgh, DCD	4-0 $\frac{1}{2}$
Long Jump	
Ginger Nielsen, COG	16-0 $\frac{1}{2}$
Ann Gilliland, DCD	14-0 $\frac{1}{2}$
Peggy Mallory, DCD	13-8 $\frac{1}{2}$
Shot Put (6 pound)	
Kelly Curran, COG	32-7 $\frac{1}{2}$
Lisa Thomas, COP	21-6
K. Fletcher, DCD	21-0

Shot Put (6 pound)	
Tammy Cordes, ALB	41- 3 $\frac{1}{2}$
Pam Young, COG	35-11 $\frac{1}{2}$
Lucy De Santis, GAL	32- 5 $\frac{1}{2}$
D. Longenbaugh, DCD	31- 5 $\frac{1}{2}$
Kathy Hart, DCD	29- 7 $\frac{1}{2}$
Michelle Rauch, COP	29- 4 $\frac{1}{2}$

SACRAMENTO INVITATIONAL BOYS AGE-GROUP MEET

MARCH 20, 1971
 RANCHO CORDOVA, CALIFORNIA
 Weather-Clear, No wind
 Track-Crushed granite
 Sponsor-Rancho Cordova
 Jaycee Dusters
 Meet Director-Dave Andreotti
 No. of Competitors-250

7-Under Division	
50 yard Dash	
Redigo, USJ	7.1
Brian Tyner, DUS	7.2
James Garvin, SAL	7.3
Greening, SPA	7.3
Hickerson, SJY	7.4
440 yard Dash	
Brian Tyner, DUS	78.1
Salisbury, USJ	83.2
Mike Hale, SAL	83.8
Redigo, USJ	85.9
James Garvin, SAL	86.6
Long Jump	
Dave Oliver, RCS	10-10
Mike Sherrard, HHM	10- 3 $\frac{1}{2}$
Jim Scattini, SAL	9- 6
Brian Tyner, DUS	9- 3
Mike Hale, SAL	8-10

9-Under Division	
50 yard Dash	
Craig Capestany, RCS	7.0
McCreary, HHM	7.0
Holland, HHM	7.1
John Flannery, SAL	7.1
Cohona, SAL	7.2
100 yard Dash	
McCreary, HHM	13.3
Cohona, SAL	13.6
Holland, HHM	13.7
Oliver, RCS	14.0
Eddy, USJ	14.1
220 yard Dash	
Robin Messick, WW	30.4
Pat Connors, DUS	32.2
Washington, SJY	32.3
Deams, SAL	32.6
Chris Fowler, SJY	33.7
440 yard Dash	
Todd Knox, WW	66.8
Robin Messick, WW	70.9
Artie Stebbins, SJY	71.6
John Flannery, SAL	73.9
McConoche, SJY	75.0
D. Sullivan, RCS	77.0
880 yard Run	
Todd Knox, WW	2:31.0
Artie Stebbins, SJY	2:43.4
Eddy, SJY	2:54.4
Nick Sakelarios, RCS	2:58.3
High Jump	
Tim Bryggman, SAL	3-11 $\frac{1}{2}$
Craig Capestany, RCS	3-10 $\frac{1}{2}$
Chris Fowler, SJY	3- 5
E. Green, DUS	3- 3
Long Jump	
Craig Capestany, RCS	12- 8
John Flannery, SAL	12- 6
Pat Connors, DUS	11-11
Tim Bryggman, SAL	11- 0
Chris Fowler, SJY	10-11

10-11 Division	
50 yard Dash	
Melvin Holland, HHM	6.4
S. Beal, RCS	6.6
McCluskey, USJ	6.8
Fuller, USJ	7.0
Casas, SAL	7.2
100 yard Dash	
Melvin Holland, HHM	11.7
Scott Collie	12.5
J. Wilhite, DUS	12.6
Casper, SAL	12.9

220 yard Dash	
Scott Collie	28.6
Sean Giblin, SPA	29.4
J. Wilhite, DUS	29.7
Lanting, USJ	30.0
440 yard Dash	
Kevin Knox, WW	62.1
Davis, SAL	64.0
Eddie Lujan, WW	64.8
Robert Nunez, WW	67.0
Porter, USJ	67.1
S. Menace, RCS	68.2
880 yard Run	
Kevin Knox, WW	2:21.0
Davis, SAL	2:26.6
Eddie Lujan, WW	2:28.7
Porter, USJ	2:36.1
S. Menace, RCS	2:39.5
One mile Run	
Robert Nunez, WW	5:20.5
Shawn Shambaugh, WW	5:32.9
Danny Martinez, SJY	5:49.2
Graycar, RCS	5:50.5
Giblin, SPA	5:58.0
Wilson, RCS	5:58.2
70 yard Low Hurdles	
Sean Giblen, SPA	11.0
Carothers, SAL	11.7
McCluskey, USJ	11.7
K. McKeen, SJY	11.8
Robles, USJ	11.9
High Jump	
Sean Giblen, SPA	4- 0
M. Sturdivant, USJ	3-10
M. Anderson, SAL	3- 8
J. Robledo, USJ	3- 8
D. Gwaizdon, USJ	3- 8
Long Jump	
Melvin Holland, HHM	15- 5
T. Barnes, HHM	14- 2
Scott Collie, RCS	13-11 $\frac{1}{2}$
J. Wilhite, DUS	13-10 $\frac{1}{2}$
K. McKeen, DUS	13- 9
Shot Put	
S. Beal, RCS	24- 1
P. Proul, USJ	23- 5
R. Rose, RCS	22- 2
C. Seydel, SAL	21- 4 $\frac{1}{2}$
J. Holmgren, USJ	20- 4

14-15 Division	
100 yard Dash	
C. Roscrow, USJ	11.6
B. Foulke, RCS	11.9
220 yard Dash	
K. Martin, USJ	26.3
B. Foulke, RCS	26.8
440 yard Dash	
Leighton, SJY	57.3
Johnson, DUS	64.2
880 yard Run	
L. Rosing, RCS	2:28.3
Vega, DUS	2:31.7
One mile Run	
Mitch Kingery, RCS	4:47.9
Leighton, SJY	4:56.5
70 yard Low Hurdles	
Anicich, DUS	11.5
Montoya, DUS	11.7
High Jump	
K. Martin, USJ	4-11
L. Rosing, RCS	4-10
C. Roscrow, USJ	4- 9
Long Jump	
K. Martin, USJ	16-7
C. Roscrow, USJ	16-5

70 yard Low Hurdles	
Sean Giblen, SPA	11.0
Carothers, SAL	11.7
McCluskey, USJ	11.7
K. McKeen, SJY	11.8
Robles, USJ	11.9
High Jump	
Sean Giblen, SPA	4- 0
M. Sturdivant, USJ	3-10
M. Anderson, SAL	3- 8
J. Robledo, USJ	3- 8
D. Gwaizdon, USJ	3- 8
Long Jump	
Melvin Holland, HHM	15- 5
T. Barnes, HHM	14- 2
Scott Collie, RCS	13-11 $\frac{1}{2}$
J. Wilhite, DUS	13-10 $\frac{1}{2}$
K. McKeen, DUS	13- 9

12-13 Division	
100 yard Dash	
M. Adan, SJY	11.1
Lewis Richardson, WW	11.4
R. Monighetti, SAL	11.5
Greggans, RCS	11.6
Martinez, SJY	11.7
Luethcke, SJY	11.8
220 yard Dash	
M. Adan, SJY	25.6
Lewis Richardson, WW	26.3
R. Monighetti, SAL	26.6
Boyd, SAL	26.7
Luethcke, USJ	26.8
Greggans, RCS	26.9
440 yard Dash	
Bret Layton, USJ	59.3
E. Van Brenk, RCS	60.2
Graycar, RCS	64.8
Maddeck, SJY	65.6
J. McDonald, RCS	66.2
880 yard Run	
Bret Layton, SJY	2:25.1
Maddeck, SJY	2:27.8
Martinez, SJY	2:30.6
J. McDonald, RCS	2:32.1
One mile Run	
Vance Eberly, SPA	5:11.3
Dave Cortez, RCS	5:11.4
Ragland, DUS	5:20.5
Giblin, SPA	5:23.1
O'Malley, RCS	5:34.0
Two mile Run	
Dave Cortez, RCS	11:12.6
Tolleson, USJ	11:13.3
Graycar, RCS	11:45.5
Weede, SJY	12:10.0
70 yard Low Hurdles	
M. VanBrunt, SJY	11.1
M. Capestany, RCS	11.4
Martinelli, RCS	11.6
S. Cloutier, DUS	11.7
High Jump	
L. Wright, RCS	4-6
M. McKeen, DUS	4-4
M. VanBrunt, USJ	4-2

12-13 Division	
100 yard Dash	
M. Adan, SJY	11.1
Lewis Richardson, WW	11.4
R. Monighetti, SAL	11.5
Greggans, RCS	11.6
Martinez, SJY	11.7
Luethcke, SJY	11.8
220 yard Dash	
M. Adan, SJY	25.6
Lewis Richardson, WW	26.3
R. Monighetti, SAL	26.6
Boyd, SAL	26.7
Luethcke, USJ	26.8
Greggans, RCS	26.9
440 yard Dash	
Bret Layton, USJ	59.3
E. Van Brenk, RCS	60.2
Graycar, RCS	64.8
Maddeck, SJY	65.6
J. McDonald, RCS	66.2
880 yard Run	
Bret Layton, SJY	2:25.1
Maddeck, SJY	2:27.8
Martinez, SJY	2:30.6
J. McDonald, RCS	2:32.1
One mile Run	
Vance Eberly, SPA	5:11.3
Dave Cortez, RCS	5:11.4
Ragland, DUS	5:20.5
Giblin, SPA	5:23.1
O'Malley, RCS	5:34.0
Two mile Run	
Dave Cortez, RCS	11:12.6
Tolleson, USJ	11:13.3
Graycar, RCS	11:45.5
Weede, SJY	12:10.0
70 yard Low Hurdles	
M. VanBrunt, SJY	11.1
M. Capestany, RCS	11.4
Martinelli, RCS	11.6
S. Cloutier, DUS	11.7
High Jump	
L. Wright, RCS	4-6
M. McKeen, DUS	4-4
M. VanBrunt, USJ	4-2

Long Jump	
M. Capestany, RCS	16-4
R. Monighetti, SAL	16-3 $\frac{1}{2}$
B. Nugent, USJ	15-6
M. Adan, SJY	15- $\frac{1}{2}$
Shot Put	
E. VanBrenk, RCS	36-10 $\frac{1}{2}$
R. Wilson, SAL	34- 1
P. O'Malley, RCS	32- 4
H. Witmore, SPA	26- 9

14-15 Division	
100 yard Dash	
C. Roscrow, USJ	11.6
B. Foulke, RCS	11.9
220 yard Dash	
K. Martin, USJ	26.3
B. Foulke, RCS	26.8
440 yard Dash	
Leighton, SJY	57.3
Johnson, DUS	64.2
880 yard Run	
L. Rosing, RCS	2:28.3
Vega, DUS	2:31.7
One mile Run	
Mitch Kingery, RCS	4:47.9
Leighton, SJY	4:56.5
70 yard Low Hurdles	
Anicich, DUS	11.5
Montoya, DUS	11.7
High Jump	
K. Martin, USJ	4-11
L. Rosing, RCS	4-10
C. Roscrow, USJ	4- 9
Long Jump	
K. Martin, USJ	16-7
C. Roscrow, USJ	16-5

70 yard Low Hurdles	
Sean Giblen, SPA	11.0
Carothers, SAL	11.7
McCluskey, USJ	11.7
K. McKeen, SJY	11.8
Robles, USJ	11.9
High Jump	
Sean Giblen, SPA	4- 0
M. Sturdivant, USJ	3-10
M. Anderson, SAL	3- 8
J. Robledo, USJ	3- 8
D. Gwaizdon, USJ	3- 8
Long Jump	
Melvin Holland, HHM	15- 5
T. Barnes, HHM	14- 2
Scott Collie, RCS	13-11 $\frac{1}{2}$
J. Wilhite, DUS	13-10 $\frac{1}{2}$
K. McKeen, DUS	13- 9

12-13 Division	
100 yard Dash	
M. Adan, SJY	11.1
Lewis Richardson, WW	11.4
R. Monighetti, SAL	11.5
Greggans, RCS	11.6
Martinez, SJY	11.7
Luethcke, SJY	11.8
220 yard Dash	
M. Adan, SJY	25.6
Lewis Richardson, WW	26.3
R. Monighetti, SAL	26.6
Boyd, SAL	26.7
Luethcke, USJ	26.8
Greggans, RCS	26.9
440 yard Dash	
Bret Layton, USJ	59.3
E. Van Brenk, RCS	60.2
Graycar, RCS	64.8
Maddeck, SJY	65.6
J. McDonald, RCS	66.2
880 yard Run	
Bret Layton, SJY	2:25.1
Maddeck, SJY	2:27.8
Martinez, SJY	2:30.6
J. McDonald, RCS	2:32.1
One mile Run	
Vance Eberly, SPA	5:11.3
Dave Cortez, RCS	5:11.4
Ragland, DUS	5:20.5
Giblin, SPA	5:23.1
O'Malley, RCS	5:34.0
Two mile Run	
Dave Cortez, RCS	11:12.6
Tolleson, USJ	11:13.3
Graycar, RCS	11:45.5
Weede, SJY	12:10.0
70 yard Low Hurdles	
M. VanBrunt, SJY	11.1
M. Capestany, RCS	11.4
Martinelli, RCS	11.6
S. Cloutier, DUS	11.7
High Jump	
L. Wright, RCS	4-6
M. McKeen, DUS	4-4
M. VanBrunt, USJ	4-2

12-13 Division	
100 yard Dash	
M. Adan, SJY	11.1
Lewis Richardson, WW	11.4
R. Monighetti, SAL	11.5
Greggans, RCS	11.6
Martinez, SJY	11.7
Luethcke, SJY	11.8
220 yard Dash	
M. Adan, SJY	25.6
Lewis Richardson, WW	26.3
R. Monighetti, SAL	26.6
Boyd, SAL	26.7
Luethcke, USJ	26.8
Greggans, RCS	26.9
440 yard Dash	
Bret Layton, USJ	59.3
E. Van Brenk, RCS	60.2
Graycar, RCS	64.8
Maddeck, SJY	65.6
J. McDonald, RCS	66.2
880 yard Run	
Bret Layton, SJY	2:25.1
Maddeck, SJY	2:27.8
Martinez, SJY	2:30.6
J. McDonald, RCS	2:32.1
One mile Run	
Vance Eberly, SPA	5:11.3
Dave Cortez, RCS	5:11.4
Ragland, DUS	5:20.5
Giblin, SPA	5:23.1
O'Malley, RCS	5:34.0
Two mile Run	
Dave Cortez, RCS	11:12.6
Tolleson, USJ	11:13.3
Graycar, RCS	11:45.5
Weede, SJY	12:10.0
70 yard Low Hurdles	
M. VanBrunt, SJY	11.1
M. Capestany, RCS	11.4
Martinelli, RCS	11.6
S. Cloutier, DUS	11.7
High Jump	
L. Wright, RCS	4-6
M. McKeen, DUS	4-4
M. VanBrunt, USJ	4-2

PHOENIX INVITATIONAL GIRLS AAU MEET

MARCH 20 & 21, 1971
 PHOENIX COLLEGE
 PHOENIX, ARIZONA
 Weather-Warm, Slight breeze
 Track & Runways-Reslite
 Sponsor-Arizona AAU Womens
 Track & Field
 Meet Director-Roger Simpson
 No. of Competitors-780

9-Under Division	
50 yard Dash	
Cynthia Rhodes, MSA(7.1h)	7.2
Yolander Jones, DFY(7.1h)	7.3
Melanie Mandelin, VOS	7.3
Shanon Newson, PRP	7.3
Lisa Erickson, OIM	7.3
Teria Perry, DFY (7.3h)	7.5
100 yard Dash	
Donna Corley, DCD	12.6
Janette Windle, LBC(11.4h)	13.5

440 yard Dash	
Linda Stecker, DCD	57.87
Signe Carlson, LMM	60.11
Therese SanAgustin, LBC	60.17
Cindy Gilbert, LJA	60.65
Mary Stirwalt, LS	61.91
Julie Lake, LS	63.07

880 yard Run	
Effie Jordan, RRR(12)	2:20.93
Dianne Holder, LBC	2:23.51
Sally Balderston, DCD	2:23.55
Joyce Snedigar, ARZ	2:27.15
Pam Young, COG	2:28.38
Anita Shoemaker, OMC	2:29.22

One mile Run	
Mary Decker, LBC	5:16.26
Doreen Assumma, RRR	5:19.36
Kathy Jewell, LBC	5:24.22
Margit Sturban, LMM	5:27.89
RuthAnn Benavidez, DCD	5:30.68
Virginia Middleton, GAL5	5:32.37

50 yard Hurdles	
Meg Swenson, COG	7.63
Katie Solon, DCD (7.8h)	7.88
Linda Yount, DCD	7.89
Karla Meadows, ALB	7.99
Jill South, PHX (8.0h)	8.43
Rita Brown, VOS	8.58

High Jump	
Patty Carman, RRR	4-10½
Cindy Gilbert, LJA	4-9½
Katie Solon, DCD	4-9½
Jill South, PHX	4-7½
Michele Rauch, COP	4-7½
Anne Bratum, DCD	4-7½

Long Jump	
Andee Garcia, LBC	16-4½
Cathy Clarke, LJA	16-3½
Dinie Novero, DCD	16-2½
Diana Windle, LBC	16-0½
Terri Taylor, MM	15-7
Sherri Beugan, LOM	15-5½

Shot Put (6 pound)	
Debbie Rivera, LGB	46-3½
Vickie Chiarello, CRT	35-9½
Tammy Cordes, ALB	35-0½
Kathy Devine, LJA	34-8
Cheryl Holley, LMM	34-3½
Honey Johnson, OIM	34-0½

Discus Throw (1 kilogram)	
Debbie Rivers, LGB NR-130-	2
Vickie Chiarello, CRT	106-10
Tammy Cordes, ALB	93-9
Annette Salazar, CRT	88-8
Lorraine Painter, LBC	84-4
Cathy Slater, LBC	78-7

Baseball Throw	
Debbie Rivera, LGB	255-3
Cheryl Holley, LMM	214-10
Pam Young, COG	214-2
Lorraine Painter, LBC	213-8
Brenda Mills, MM	194-5
Valerie Moore, LJA	190-3

Javelin Throw	
Heather McNair, LJA	92-7
Cheryl Holley, LMM	90-9
Kelly Fuiks, PCH	90-6
Lorraine Painter, LBC	89-6
Annette Salazar, CRT	81-2
Pam Johnson, COP	80-9

14-17 Division (Electronic Timing)	
100 yard Dash	
Kim Attlesley, LS(11.4h)	11.48
Lorna Tinney, LJA	11.56
Janine Stirewalt, LS	11.56
Mary Buchanan, LJA	11.64
Donna Washington, DAS	11.79
Edna Drew, LJA	11.83

220 yard Dash (Rolling Start)	
Pam Green, DAS	24.51
Pat Benson, DAS	24.81
Maureen Abare, MM	25.30
Janine Stirewalt, LS	25.50
Nora Johnson, LJA(26.0h)	26.04
Sharon Farrell, VEN	26.08

440 yard Dash	
Wendy Koenig, COG(57.7h)	56.20
Pat Benson, DAS	56.98
Maureen Abare, MM	57.40
Carol Mayes, LS	57.52
Linda Wright, ARZ(58.1h)	58.84
Clydine Crowder, LMM	59.72

880 yard Run	
Ann Gallaher, PHX	2:14.97
Donna Ten Eyck, COG	2:15.76
Tanya Gould, ARZ	2:20.04
Jeanne Abare, MM	2:21.82
Nancy Thompson, PHX	2:22.71
Vicki Mills, LBC	2:22.85

1500 meter Run	
Debbie Heald, LMM	4:34.67
Debra Johnson, RRR	4:41.94
Ruth Kleinsasser, RRR	4:46.84
Debbie Derr, ARZ	4:47.11
Lucille Jones, ALB	4:51.29
Diane Byington, RRR	5:01.99

80 yard Hurdles (30 inch)	
Lorna Tinney, LJA	10.61
Terry Wheeler, KLT	10.70
Sue Harris, LS	10.93
DeAnne Wilson, LMM	10.93
Clydine Crowder, LMM	11.03
Diane Leineke, VEN	11.08

High Jump	
Sandi Goldsberry, LS	5-5
DeAnne Wilson, LMM	5-4
Jan Dill, LS	5-4
Ellen McLaughlin, WW	5-1
Kim Erekson, KLT	5-1

Long Jump	
Kim Attlesley, LS	18-7½
Nora Johnson, LJA	18-4
DeAnne Wilson, LMM	17-6½
Sandi Goldsberry, LS	17-5½
Jennifer Henry, MM	17-0½
Pat McPhatter, MM	16-8½

Shot Put (8 pound)	
Debbie Brown, CCS	37-11½
Monica Marshall, SPT	36-0½
Lori Lyford, KLT	35-6
Debbie Langevain, LS	34-0½
Eva Williams, MM	33-7
Debra Luther, VOS	32-2½

Discus Throw (1 kilogram)	
Debbie Brown, CCS	119-4
Lori Lyford, KLT	117-4
Debra Luther, VOS	103-7
Kim Erekson, KLT	102-11
Denise Sherrill, LS	95-3
Eva Williams, MM	94-9

Javelin Throw	
Debbie Langevain, LS	130-5
Denise Sherrill, LS	122-9
Rita Walker, MM	121-2
Karen Schwantje, PHX	118-2
Kamie Franks, MSA	108-3
Jamie MacEning, LJA	107-11

COASTAL LEAGUE GIRLS MEET
SOUTHERN PACIFIC AAU
FEBRUARY 13, 1971 and
FEBRUARY 21, 1971
CALIFORNIA STATE COLLEGE
LONG BEACH, CALIFORNIA
Track & Runways-Grasstex
Meet Director-Phil Snyder

(Combined Results)	
9-Under Division	
50 yard Dash	
Debra Smothers, WVJ	7.0
Shirley Jones, WVJ	7.2

100 yard Dash	
Janette Windle, LBC	13.5
Debra Smothers, WVJ	13.6
Brigetta Meek, WVJ	13.7
Sherri Sexton, WVJ	13.9

220 yard Dash	
Janette Windle, LBC	30.7
Debra Smothers, WVJ	32.6
Myra Davies, WVJ	33.3

440 yard Dash	
Myra Davies, WVJ	74.9
Stephanie Romero, LBC	75.8
Rena Wynn, WJ	75.8
Sherry Sexton, WVJ	77.1

660 yard Run	
Stephanie Romero, LBC	2:01.8
Pam Robison, LOM	2:04.0
Tami Darr, LS	2:12.0
Joni Caldwell, LBC	2:14.1

10-11 Division	
50 yard Dash	
Terri Jordan, WVJ	6.7
Linda McQuarrie, LBC	6.8
Linda Walker, WVJ	6.8
Alice Howell, WVJ	6.9
Sharon Dill, LS	6.9

100 yard Dash	
Linda McQuarrie, LBC	12.5
Linda Walker, WVJ	12.8
Terri Jordan, WVJ	12.8
Ella Rich, LAJ	13.1

220 yard Dash	
Linda McQuarrie, LBC	28.2
Terri Jordan, WVJ	29.7
Linda Walker, WVJ	30.1
Bernadette Prudhomme, WVJ	30.6
Mariena Pond, LBC	30.6

440 yard Dash	
Ella Rich, LAJ	68.6
Debra Hayes, WVJ	68.6
Sybil Hindman, WVJ	70.5
Beth Miller, LOM	70.7
Michelle Klein, WVP	71.2

660 yard Run	
Teresa Tomic, LBC	1:50.1
Perri Barrett, LOM	1:50.3
Crystal Ingram, WVJ	1:52.2

880 yard Run	
Teresa Tomic, LBC	2:34.0
Wanda Keller, WVJ	2:37.5
Laurie Jewell, LBC	2:37.5
Julia Woods, LBC	2:43.2
Sybil Hindman, WVJ	2:43.2

High Jump	
Beth Miller, LOM	4-6
Suzy Beugen, LOM	4-5
Gail Pharris, LOM	4-3
Chris Tomic, LBC	3-11
Sharon Dill, LS	3-11

Long Jump	
Julie Williamson, LBC	14-9½
Michelle Klein, WVP	13-4
Chris Tomic, LBC	13-1½
Crystal Ingram, WVJ	12-5½
Susie Gengen, LOM	12-4

Shot Put (6 pound)	
Julie Williamson, LBC	26-4½
Linda Walker, WVJ	25-8
Alice Howell, WVJ	24-5
Wilma Hill, WVJ	21-2

Baseball Throw	
Eleanor Painter, LBC	147-5
Mariena Pond, LBC	137-0

12-13 Division	
50 yard Dash	
Judy Johnson, LBC	6.2
Andee Garcia, LBC	6.4
Therese SanAgustin, LBC	6.5
Debra Howell, WVJ	6.5
Debbie Beckstrom, SCM	6.5

100 yard Dash	
Judy Johnson, LBC	11.3
Yolanda Rich, LAJ	11.7
Andee Garcia, LBC	11.9
Therese SanAgustin, LBC	12.0
Tami Crowell, LS	12.1

220 yard Dash	
Judy Johnson, LBC	25.9
Therese SanAgustin, LBC	26.2
Yolanda Rich, LAJ	26.5
Mary Stirewalt, LS	26.9
Julie Lake, LS	27.0

440 yard Dash	
Yolanda Rich, LAJ	59.8
Therese SanAgustin, LBC	60.5
Mary Stirewalt, LS	61.8
Julie Lake, LS	62.3
Carla Lopes, LBC	65.3

Long Jump	
Andee Garcia, LBC	15-7½
Dianna Windle, LBC	15-2
Maria McQuarrie, LS	14-8

Shot Put (6 pound)	
Debra Howell, WVJ	30-11
Jane Hamade, LBC	30-7½
Melanie Goodwin, LBC	28-1½
Lorraine Painter, LBC	26-8½

Baseball Throw	
Lorraine Painter, LBC	192-1
Venus Johnson, LAM	188-11
Laurie Boleman,	175-2

Javelin Throw (600 gram)	
Cathy Slater, LBC	80-0
Lorraine Painter, LBC	71-1

PACIFIC AAU GIRLS (14-17)
WINTER CHAMPIONSHIPS
FEBRUARY 7, 1971
MILLS HIGH SCHOOL
MILLBRAE, CALIFORNIA
Weather-Sunny, Cool, No wind
Track-Cinder

14-17 Division	
60 yard Dash	
C. Poor, SJC	7.2
D. Scott, LRL	7.3
Winlock, DUS	7.4
Hager, USJ	7.4
Meek, SJC	7.6
Watton, RJC	7.6

220 yard Dash	
C. Poor, SJC	25.5
Winlock, DUS	26.4
Hager, USJ	26.5
Meek, SJC	26.6
Hines, DUS	26.9

440 yard Dash	
L. Wooten, SJC	58.0
K. Miller, SJC	59.0
D. Yost, DUS	60.3
J. Mauch, WS	61.4
A. Noack, ORI	63.9
C. Hoaghey, SJC	64.1

880 yard Run	
Miller, SJC	2:17.0
T. Anex, WS	2:19.5
R. Slossen, WS	2:19.9
S. Wooten, SJC	2:28.6

One mile Run	
E. Claugus, WS	4:58.8
S. Langan, WS	5:10.4
T. Anex, WS	5:15.5
M. Cortez, RCS	5:22.3

60 yard Hurdles	
Benford, LRL	8.5
Seydel, SAL	8.6
Albers, SNL	8.8
Scott, LRL	8.9

High Jump	
H. Smith, RCS	5-0
R. Bell, SJC	4-10
J. McGuckin, SJC	4-10
K. McQuinlan, WS	4-10
C. Hyrkas, USJ	4-8
A. Noack, ORI	4-8

Long Jump	
J. Seydel, SAL	17-5½
J. Cross, ORI	17-1½
R. Albers, SNL	16-11½
D. Yost, DUS	16-7
J. Richmond, WS	15-11½
J. Jordan, DUS	15-8

Shot Put (8 pound)	
J. Lane, ROS	34-10
D. Trimble, ML	34-8½
K. Dunn, USJ	27-11

Key

KEY TO TEAM ABBREVIATION :

- (B=Boys Team, G=Girls Team)
- ALB-Albuquerque Olympettes, N Mex (G)
- ARZ-Arizona TC, Phoenix (G)
- CCS-Crescenta-Cañada Spikettes, Calif (G)
- CHL-Cholla Cheetahs, Ariz (G)
- CLC-Columbus Community TC, Ohio (G)
- COG-The Colorado Gold (G)
- COP-Colorado Pacers (G)
- CRT-Creighton TC, Phoenix, Ariz (G)
- DCD-Duke City Dashers, N Mex (G&B)
- DBV-Diablo Valley, Calif (G)
- DAS-Denver All-Stars, Colo(G)
- DPY-Denver Flyers, Rancho Cordova, Calif (B&G)
- DUS-Cordova Dusters, Rancho Cordova, Calif (B&G)
- FCB-Fontana Cinder Belles, Calif (G)
- GAL-Gallup TC, N Mex (G)
- GNG-Green n'Greyhounds, Los Angeles, Calif (B)
- HIM-Herbert Hoover Memorial Boys Club, Menlo Park, Cal (G)
- HAB-Houston Astro-Belles, Tex (G)
- INT-Integra TC, Calif (G)
- JRS-Junior Striders, Compton Calif (B)
- KLT-Kalispell Timberettes, Mont (G)
- LAJ-Los Angeles Jets, Cal(G&B)
- LBC-Long Beach Comets, Cal(G)
- LJA-La Jolla TC, Calif (G&B)
- LOM-Lomita TC, Calif (G&B)
- LS-Lakewood Spartans, Cal(G)
- LMM-La Mirada Meteors, Cal(G)
- ML-Millbrae Lions TC, Cal(G)
- MM-Mickey's Missiles, San Diego, Calif (G)
- MSA-Mesa TC, Ariz (G)
- OIM-Ontario Impalas, Cal (G)
- OMC-Ontario-Montclair Cheetahs, Calif (G)
- ORI-Orinda TC, Calif (G)
- PCH-Phoenix Chapparals, Ariz (G)
- PHX-Phoenix TC, Ariz (G)
- PRP-Pear's Peaches, Phoenix, Ariz (G)
- PSP-Palm Springs Fillies, Calif (G)
- RJL-Ravenswood Juliettes, Calif (G)
- RCS-Redwood City Striders, Calif (B&G)
- ROS-Roseville AC, Calif (G)
- RRR-Rialto Road Runners, Calif (G&B)
- SAL-Salinas Valley TC, Calif (B&G)
- SIM-San Diego Metro TC, Calif (G)
- SCM-Southern California Missiles (G)
- SJC-San Jose Cindergals, Calif (G)
- SJY-San Jose Yearlings, Calif (G&B)
- SPA-Sparta, San Jose, Cal (B)
- SPT-Santa Paula Tigerettes, Calif (G)
- STG-St George TC, Stockton, Calif (G)
- SNL-San Leandro TC, Cal (G)
- USJ-United San Juan Striders Sacramento, Cal (G&B)
- VEN-Ventura Girls TC, Calif
- VNB-Van Nuys Bengals, Cal (B)
- VOS-Valley of the Sun TC, Phoenix, Ariz (G)
- VV-Valley Vikings, Covina, Calif (B)
- WCJ-West Coast Jets, Covina, Calif (G&B)
- WCV-West Covina TC, Cal(G&B)
- WOK-White Oak AC, Reseda, Calif (B&G)
- WS-Will's Spikettes, Sacramento, Calif (G)
- WVJ-West Vernon Jets, Los Angeles, Calif (G&B)
- WVP-West Valley Pacers, Woodland Hills, Cal (B&G)
- LGB-Long Beach TC, Calif (G)

TECHNIQUE & TRAINING

Editors: FRANK LAGOTIC / BILL PECK

Currently throughout the United States there is a tremendous upsurge of distance running for all ages. World and American best marks have been recorded for the marathon from ages six (Mary Etta Boitano, 4 hrs. 27 min. 32 sec.) to 72 (Fred Grace, 3 hrs. 44 min. 6 sec.). Styles and methods of training are almost as numerous as the number of athletes running, but most follow a recognizable pattern. There are four general methods of distance training that are accepted by most authorities. They are interval training, tempo training (speed/endurance), long slow distance and Fartlek.

INTERVAL TRAINING

The basic elements of all interval systems are:

1. distance to be covered (generally 440 yards or less)
2. speed over the distance (time for a certain distance)
3. number of repetitions (usually over the same distance)
4. length of recovery time between repetitions
5. method of recovery (walk, jog)

Any or all of the basic elements can be changed to vary the workouts. It is generally considered that runs requiring more than one minute are not interval training. The system is based on attaining a certain heart rate through running, then resting for a period not to exceed 90 seconds. During this recovery time heart rate has reached a certain level. At that moment another work load is required. This is done repeatedly, working then resting the heart muscle, so that the body will become accustomed to the strain of a competitive effort.

The primary advantages are:

1. requires less time for a training session
2. exact measurement of progress can be made in the form of time to cover a set distance
3. during the recovery periods the heart muscle undergoes a tremendous period of efficient development

The main disadvantages are:

1. boredom in running the same distance over the same track day in and day out
2. psychological strain of the runner being constantly aware of fatigue, length of rest periods, etc.
3. lack of rest periods in real competition

TEMPO TRAINING

This method is actually a longer distance form of interval training. The basis of interval training is heart rate during running and heart rate during recovery. Tempo running utilizes longer runs approximating the competitive race distance and pace. Generally, if the distance to be run is longer than the race distance, the pace in training is slower. Conversely, if the tempo distance is shorter, the pace is quicker.

Tempo running has the advantage of being similar to actual race conditions, thereby making the athlete accustomed to competition. A tempo workout does not include a great number of repetitions, however.

LONG SLOW DISTANCE TRAINING

This type of training consists entirely of continuous runs of at least five miles up to 30-35 miles. The two elements of the program are distance (measured in miles) and pace (measured in minutes per mile). There is not a great deal of scientific justification for long slow runs but they have been extremely effective as part of the training schedules of outstanding distance runners. There is no set standard as to how far or how fast the run should be. Generally runs of less than 30 minutes are not considered long slow distance training.

Physiologically, the main advantage of such training is the tremendous amount of capillarization that takes place. This is an actual increase in the number and size of small blood vessels (capillaries) in all muscle which allows a greater and more efficient exchange of oxygen and waste products in the exercising muscles. The main disadvantage is the extended period of time necessary to complete long runs at a slow pace.

FARTLEK

"Running play" is another name for this type of conditioning. It does away with the rigid structures of most of the other systems of training in that the individual runner determines how far and how fast he will run as well as the terrain he will run on. Experienced runners, particularly in New Zealand, have used this method with great success. The run usually covers varied terrain (hills, sand, grass, roads) but can be done even on the track. The object is to vary the pace from easy to medium to hard depending on the athlete's inclination.

An advantage of this method is that the athlete is on his own to run, free as the spirit moves, unfettered by the stop watch or measured distances. This can develop a sense of self-reliance and resourcefulness, which is a valuable asset in competition.

One of the problems of Fartlek is the need for interesting and varied terrain in order to make the run different and challenging. The lack of coaching supervision, particularly for the beginning age group athlete, could be considered a drawback.

Having briefly introduced the basic training methods we may ask which one is best for the young athlete? In the next issue of *STARTING LINE* we will offer some suggestions and guidelines for the coach and the athlete.

The books listed below have been used in researching material for this article and are recommended to readers who desire more details. Most of the books are available from *STARTING LINE*; price is listed.

- Astrand, Per-Olof, *Textbook of Work Physiology*, New York: McGraw-Hill, 1970
- Costil, David L., *What Research Tells the Coach about Distance Running*, Washington: AAHPER, 1968 (SL - \$2.95)
- Doherty, J. Kenneth, *Modern Track and Field*, Englewood Cliffs, N.J., Prentice-Hall, 1963 (SL - \$11.95)
- Doherty, J. Kenneth, *Modern Training for Running*, Englewood Cliffs, N.J., Prentice-Hall, 1964 (SL - \$10.95)
- Freeman, William H., "Basic Elements of all the Distance Training Programs", *Scholastic Coach*, March, 1971
- Henderson, Joe, *Long Slow Distance, The Humane Way to Train*, Los Altos, Cal., Tafnews Press, 1969 (SL - \$2.00)
- Henderson, Joe, "Question of the Ages", *Runner's World*, March 1971
- Lydiard, Arthur, and Garth Gilmore, *Run to the Top*, Auckland, N.Z., Minerva Limited, 1967 (SL - \$4.95)
- Osler, Thomas J., *The Conditioning of Distance Runners*, Long Distance Log Publications, 1967 (SL - \$1.25)
- Smit, Claude, "Interval Training", *Run Run Run*, Ed. Fred Wilt, Los Altos, Cal., Tafnews Press, 1969 (SL - \$3.50)
- Ward, A.P., *Middle Distance Training*, London, AAA, 1967 (SL - \$1.50)

ACROSS the USA

Regional News & Highlights

In these pages we hope to encourage beginners, promote the formation of new teams, publicize worthwhile programs, and honor those individuals who are instrumental in improving the track picture near your home. Local teams and activities will be emphasized.

If you know of any events which, if publicized, will help encourage the athletes in your or might inspire other communities to follow your good example, by all means report such information to STARTING LINE. This is your page. Make good use of it.

THE WEST

Northern California

STOCKTON - Mar. 13 - Seven 16 & Under boys participated in the first National AAU Junior one hour Race Walking Championship (in this case the word "Junior" refers not to the age of the competitor, but to his prior performance level).

Jerry Lansing (16) of San Rafael, placed third with 7 miles 252 yards; James Bentley, Jr. (15) sixth with 6 mi. 1339 yds; Brad Bentley (13) eighth with 6 mi. 755 yds; and Kevin Brintnall (15) eleventh in 6mi.608yd. The last three boys compete for the Stockton Race Walkers. Glenn Parker (16) and Terry Allen (15) from the Pleasant Hill Track Club also completed the race.

SAN FRANCISCO. A family that runs together, stays together; but isn't running marathons stretching the idea too far? The four members of the Boitano family certainly don't think so. From the father, John, to 8 year old Maryetta, a marathon is just the thing to do when things get dull around the house. Maryetta has already completed five of them. In her latest jaunt she ran the 26 miles plus distance in 3h:57:42. Her brother Mike has logged 3 marathons and at age 8 had a best of 4h:10; he is also the '70 Pacific AAU X-Country Champ in the 9 and under division. Mary Lucille Boitano, the mother of these two prodigies, claims to be the oldest woman marathoner in the country (a dubious title at a young 46).

Southern California - from John Van Bentham

SAN DIEGO - Mar. 6 - The third annual dual meet between the La Jolla Track Club and Mickey's Missiles opened the San Diego girls outdoor season. La Jolla, victor in three of the four divisions edged the Missiles 193 to 190. The 14-17 division and the meet was decided by the final event, the mile relay.

Under Audrey "Mickey" Tyler's direction, the meet was held under sunny skies on the hyper-fast grasstex track at Balboa Stadium. Competitors, including non-scorers, numbered 125. Highlights included:

9-Under: 50/100--Renita Smith,MM, 7.5/14.9; 440/LJ-- Donna Smith,MM, 77.2/10-11; BBT--Becky Howell,LJA 117-5; 220--Julie Draiss,LJA, 33.4; 10-11: 50/100--Regina Johnson,MM, 6.3/12.3; 220--Cynthia Tyler,MM, 29.2; LJ--Mary Green,MM, 12-8; BBT--Lisa Van Bentham,LJA, 161-7; 12-13: 100--Toni Griffin,LJA, 12.1; 220--Leona Hampel,MM 26.7; 440/HJ--Cindy Gilbert,LJA, 62.6/4-10; 880/LJ--Shelley Earl,MM, 2:33.2/16-4; #6SP--Kathy Devine,LJA, 35-6 $\frac{1}{2}$; DT--Debbie Bell,MM, 73-2; JT--Heather McNair,LJA (12) 90-3, Debbie,MM, 80-11; BBT--Brenda Mills,MM, 194-2.

Southern California - from Lyn Carman

SANTA BARBARA - Feb. 14 - The people of Santa Barbara believe they have set a world record that may never be beaten. Within one 24 hour period they logged an official 7,015 miles of running, jogging and walking.

School children with the help of parents, teachers, and citizens of the community (such as Olympic Champ Bill Toomey) were running in support of a tax vote to provide money for the local school system. During the day up to 400 people were running on one track at the same time. Over 2000 persons put in miles on the oval and hundreds more gave their support from the stands. For the record, the vote on the tax issue was NO. It is obvious the vote for running was YES.

Some noteworthy performances: Fred Failla (15) ran what is probably an age-group best for 24 hours on the track with 73 $\frac{1}{2}$ miles; Mary Carman (10) and her sister Patty (13) logged 35 and 40 $\frac{1}{2}$ miles, respectively; their parents, Bob and Lyn, ran 53 miles each; and a small boy on crutches logged one mile /see photo on cover/

Southern California

Due to the large number of girls competing in age-group track in the area, the AAU teams within the So. Pacific Assn. have organized themselves into three leagues for the purpose of early season competition. The leagues, which are AAU sanctioned, provide competition for non-AAU athletes, on-the-field coaching opportunities, low cost meets, short travel distances and an informal atmosphere in which veteran athletes can try new events and novices can gain valuable experience.

Each league has been drawing 150-300 athletes per meet (starting in January), numbers which could not easily be accommodated in a single combined meet. The Channel Counties League consists of the Ventura Girls TC, Santa Ynez TC, Lompoc Valley TC, Oxnard Rec Dept, Santa Paula Tigerettes and Loretts of Santa Barbara. The Coastal League is composed of Long Beach Comets, Los Angeles Mercuresses, West Vernon Jets, Los Angeles Jets, Lakewood Spartans, Lomita AC, and the So. Cal. Missiles. The Inland Empire League contains Fontana Cinderbells, Ontario-Montclair Cheetahs, Palm Springs Fillies, Rialto Road Runners, La Mirada Meteors, Ontario Impalas and the Long Beach TC. (Results of coastal league on page 10). Combined best marks of Inland Empire League below:

12-13 Pentathlon	9-Under 220 yard Dash
Cindy McKenzie, OIM 3610	Debbie Kainz, OMC 31.4
Patty Carman, RRR 3221	Lisa Erickson, OIM 32.2
12-13 Shot Put (6 pound)	9-Under Baseball Throw
Debbie Rivera, LGB 44-7 $\frac{1}{2}$	Charm Bishop, OMC 132-6
Cheryl Holley, LMM 34-4 $\frac{1}{2}$	Laurie Koustic OMC 119-3
12-13 220 yard Dash	6-7 440 yard Dash
Signe Carlson, LMM 27.1	Tina Scott, OMC 80.1
Joyce Wolak, LMM 27.3	Cimi Ruderman RRR 88.2
10-11 880 yard Run	Open one mile Run
Becky Wolfinger OIM 2:36.1	Debbie Johnson,RRR(14)5:09.1
Monique Gregoire, OIM 2:36.1	Ruth KleinsasserRR(13)5:14.1
Ronda Holland, FCB 2:36.5	Doreen Assumma,RRR(13)5:28.0

THE SOUTH

Texas - from Herman Goldberg

HOUSTON - Feb. 27 - A special 880 yard race for girls of all ages, sanctioned by the Gulf Assn. AAU was staged during the Madison relays in Butler Stadium. Results:

1--Sheila Whitley (15) 2:39.0; 2--Gwin Smith, Houston Astrobelles (11) 2:39.3; 3--Jackie Smith, HAB(9) 2:52.8; 4--Belinda Limbrick (12) 2:57.0; 5--Sheila Labome, HAB (10) 3:01.0 and Diane Lewis (12) also in 3:01.0.

KALISPELL TIMBERETTES

Back in 1961, when Neil Eliason began coaching at Flathead High School, Kalispell, Montana was virtually unknown in track and field. Today the girls of the Kalispell Timberettes, are recognized by knowledgeable track fans in all parts of the nation.

The Timberettes have gathered hundreds of team and individual honors. Such nationally prominent athletes as Connie Peterson, Diane Franklin, Merridy Taylor and Mary Lalum have helped the Timberettes to a U.S. Junior Championship and seven successive regional titles.

Kalispell girls raise their own money for travel and other expenses by sponsoring donkey baseball games, raffling off beef at the Northwest Montana Fair and other more normal fund-raising activities.

These days, track begins at the nine year old level for many girls. Altogether, Kalispell boasts nearly 500 girls participating in the track program, a figure unexcelled across the entire country. It is not unusual to find several hundred orange clad Timberettes working out on the same field. Track knows no season in the Flathead region. Some of the girls train the year-around, which is quite an effort when one considers the way-below-zero temperatures of winter and the frequent spring floods.

Asked how girls respond to coaching compared to boys, Eliason, who has coached both, replies "They'll work harder and compete with even more desire than boys. I suppose the fact that girls have fewer opportunities to compete than boys has something to do with it. The coaches are first to admit that they could produce better performers if they reduced the number of participants and concentrated only on those who excel, but it is felt that even those who are not able to win gain from sharing in the "togetherness" of the Timberettes, who stress being ladies first and athletes second.

International News

Australia

BRISBANE - Boys age-group track in Australia is still in its infancy; the meets are very few and far between. Although Brisbane is the third largest city in Australia there is only one track (it is grass) in the city. Whatever age-group competition there is takes place from October to March (these are the summer months in Australia, sometimes called the "Land Down-Under")

A few world class age-group athletes have managed to emerge from that continent. The most notable of them is unquestionably 13 year old Donald Wilkinson, a student at the Church of England Grammar School in Brisbane, where he is trained by athletic coach Tony Booth. Donald holds the world's best times, for his age, in the following events: 660 yds in 1:28.1; 800 meters in 2:03.2; 1320 yds in 3:24.0; 16:30.8 for 3 miles; 33:10.6 in the 6 miles and is No. 1 in the 5000 and 1000 meters with 17:06.6 and 34:09.0 respectively. In future issue we will introduce other Australian age-groupers.

Canada

QUEBEC - "Athletisme '71", a monthly track & field magazine published under the auspices of the Quebec T&F Federation and edited by George MacAuley, is now in print. In the first issue we are presented with a collection of statistics pertaining to athletes (including age-group boys and girls) residing in the Quebec area.

For information contact: ATHLETISME '71, C.P. 231. St. Jean, Quebec, Canada. Subscription: \$3.00 a year.

Bienvenue et bonne chance.

PARK JUNIOR HIGH SCHOOL

You are a student in junior high...you have run the mile in 5:00 and the two mile in 10:40...you are the coaches dream come true and the top in your school. Right? Well...maybe in your school, but not at Park Jr. High School in Scotch Plains, New Jersey.

At Park, my running friend, you wouldn't qualify for the team. Last year, the school had 7 runners under 5:00 in the mile and five under 10:30 in the two mile.

Let us introduce this truly remarkable team:

TIM PROVOST, mile in 4:24.7 and 2 mile in 10:14.0,	
MARK ZMUDA, 4:45.6 and 10:26.0,	
JOHN McGUIGAN, 4:50.2 and 10:18.2,	
CRAIG WILLIAMS, 4:52.7 and 10:19.0,	
CARL AHLE, 4:56.2 and 10:20.8,	

not to mention PAT MAHON(4:45.9)and DAVID SWEET(4:57.1).

Tim Provost was the fastest ninth grade miler in the U.S. and received an Honorable Mention in SCHOLASTIC COACH All-American Track Team. He also ran the 440 in 54.5 and the half mile in 1:59.6 in a relay leg.

For age 13, Mark Zmuda holds the national best in the 880 with 2:05.1, in the mile with 4:45.6 and the 6 mile with 34:51.0!

The mile relay team had four boys who could run the quarter under 57.0 and the 2 mile relay team had 4 half milers at 2:10 and under!

Among recent products of the Park program are high school sophomore Vince Cartier (4:17.0 and 9:12.0!) and junior Gary Proto (1:53.0 and 4:17.0).

The man most responsible for this display of power is GEORGE MILLER, a 29 year old Math teacher, who has also been the track coach at Park for the past 6 years.

His program includes 7th and 8th graders and since the state athletic association only provides competition for ninth graders and older, Miller was forced to organize his own schedule, which consisted of several dual meets and even five championship meets at the freshman level. Park JHS became the first junior high in New Jersey to initiate a winter track program and as a result they never lost an age-group race they competed in.

Their training consists of a modified long slow distance program, coupled with a heavy racing schedule. Between September and June, his distance boys competed 66 times, using those meets as speed workouts. Typically Park JHS athletes cover about 30 miles per week in spring workouts.

George Miller's track program gets little support from the school. The boys sell candies to earn money for sweats, uniform, and entry fees; Miller pays the rest from his own pocket - a sad commentary of administrative neglect, but not an unusual situation.

Hopefully, George Miller and his boys, who have earned so much distinction for their school, will be able to continue as they have in the past and hear again, as they enter the stadium, the whispered words, "Oh - oh, there's Park."

NEW YORK Metro. Track Clubs age-group one mile Festival Record runs will be held on May 9, 1971 at 2:00 p.m. on Van Cortlandt Park's, quarter-mile cinder track, Bronx, N.Y. All athletes must be registered with the AAU. Age-group races from 6-Under to age 14. Entry blanks and information may be obtained from Kurt Steiner, 1660 East 21st Street, Brooklyn, N.Y. 11210. (Enclose stamped, self-addressed envelope).

STARTING LINE CALENDAR

On these pages STARTING LINE presents the Calendar of forthcoming events as a service to readers. While this is by no means a complete listing, it is intended to provide data for coaches, parents, and schedule planners. We will list track & field, long distance running and race walking competition as well as other related activities of any organization catering to athletes 17 years and younger.

This Calendar is a good way to publicize the activities sponsored by your group. When submitting information please include as much detail as possible along the lines of the material presented below.

Groups wishing more space may inquire about STARTING LINES' rates for advertising track meets or other related activities.

NOTES Information listed in the Calendar includes (left to right):

1. Date of competition or other activity 2. Eligible participants (Boys, Girls, Coaches)
 3. Type of events (T=track; F=field; LDR=long distance run, including road runs, cross country; W=race walk; CL=clinic, workshop, or training camp) 4. Youngest age-group eligible (9-Under, 10-11, 13-Under, 14-Over, 16-17, High School, Junior High School, Elementary School etc.) 5. Sponsoring Organization (REC=recreation department; SCHOOL; JO=junior olympic; JCH=junior champ; RRC=Road Runners Club; USTFF; AAU; A-C=all-comers; LEAGUE etc.) Note: AAU and JO activities listed require pre-registration (fees included), others usually do not 6. Athletes eligible (open=open to any athlete who qualifies under the rules of sponsoring organization, regardless of place of residence; closed=restricted to athletes within the district mentioned; inv=invited athletes only; qual=previous qualification required) 7. Location, title and/or description of activity 8. Director of event and address (contact for more information). Note: Blank space indicates information not available at press time. STARTING LINE is not responsible for changes by sponsoring organization for which we have not received notice. Send additional information and corrections to STARTING LINE, P.O. Box 878, Reseda, California 91335.

APRIL

17	B & G	LDR		YMCA			Houston (Texas) Family Run Jim Austin, 1600 Louisiana, Houston, Tex 77002
17	Boys	T&F	9-Under	A-C	open		Rialto Road Runners All-Comers, San Bernardino (Calif) Valley Coll Dave Japs, 835 Oakdale, Rialto, Calif 92376 (714) 884-7637
18	B & G	T&F	9-Under	A-C	open		White Oak AC All-Comers, Birmingham High School, Reseda, Calif John O'Hara (213) 886-3693
18	Girls	T&F	9-Under	AAU	open		Phoenix (Ariz) College All-Comers Roger Simpson, 6809 N 36th Drive, Phoenix, Ariz 85019
18	G & B	T&F	9-Under	REC	open		Branford Recreation Center All-Comers, Arleta, Calif Dick Ortiz, 13310 Branford St, Arleta, Calif
18	Girls	Track	9-Under	LEAGUE	closed		Inland Empire League Meet, Fontana, Calif Bob Bollinger, 1539 N Clifford, Rialto, Calif 92376
24	Girls	T&F		AAU			Ozark Invitational, St Louis, Missouri Bob Hyten, 1033 Randle St, Edwardsville, Ill 62025
24	Girls	T&F		AAU			Colorado Pacers Invitational, Lakewood, Colo
24	Girls	T&F	9-Under	AAU	open		Salinas (Calif) Invitational, Hartnell College, Salinas Dick Casper, 1427 Lassen Ave, Salinas, Calif 93901
24	Girls	T&F		REC	qual		Los Angeles City Recreation and Parks Finals Ivey Lewis, Municipal Sports, Los Angeles City Dept of Rec & Parks
24	Boys	T&F		REC	qual		So California Municipal Athletic Fed Finals, Citrus College, Azusa Mike Shively, 3130 Tyler Ave, El Monte, Calif 91733
24	Girls	T&W/P	10-11	AAU	inv		Mt San Antonio Relays Invitational, Walnut, Calif Jim Allen, 10044 Central Ave, Montclair, Calif 91763
25	Girls	T&F	9-Under	AAU	open		Mt San Antonio Relays, Walnut, Calif Les Berman, 14514 Eastbrook, Bellflower, Calif 90706
25	B & G	LDR	7-Under	RRC	open		District of Columbia RRC 1 mile Run, Madison H S, Vienna, Va Gabe Mirkin, 14411 Butternut Court, Rockville, Md 90706
25	B & G	Walk	13-Under	AAU	open		Wilmington (Calif) Lions 2 mile Walk Jim Hanley, 17214 Welby Way, Van Nuys, Calif 91406

MAY

1	Girls	T&F		AAU			Jackson-SEMO Invitational, Cape Girardeau, Missouri Ronald Wood, 412 N Russell, Jackson, Mo 63755
1	Girls	Track					Graceland Relays, Lamoni, Iowa
1	Girls	T&F					Kalispell Invitational, Kalispell, Mont Neil Eliason, 46 Meadowlark Dr, Kalispell, Mont 59901

1	Girls	Track		AAU		Albuquerque Olympette Club Relays, New Mexico Floyd Highfill, 1201 Princeton N.E., Albuquerque, N Mex, 87106
1	Girls	T&F	9-Under	AAU	open	Roseville Invitational, Roseville, Calif Gil Duran, 1325 Susan Circle, Roseville, Calif
1	Girls	T&F	9-Under	LEAGUE	closed	Inland Empire League Finals, Palm Springs, Calif Mike Faraday, 1111 San Joaquin Drive, Palm Springs, Calif 92262
1	Girls	P/T		AAU	open	Coastal League Pentathlon/Triathlon, California Phil Snyder, 27102 Woodbrook Pl, Palos Verdes Peninsula, Cal 90274
2	B & G	LDR	7-Under	RRC	open	Dist of Columbia RRC 1 mile Run, American Univ, Washington, D.C. Gabe Mirkin, 14411 Butternut Court, Rockville, Md 20853
2	Boys	T&F	9-Under	AAU	open	Redwood City Striders Invitational, Sequoia HS, Redwood City, Cal Mike Ipsen, P.O. Box 868, Redwood City, Calif 94064
8	B & G	LDR	7-Under	RRC	open	Dist of Col RRC 1 mile Run, Prince George Comm Coll, Largo, Md Gabe Mirkin, 14411 Butternut Court, Rockville, Md 20853
8	Girls	Pen		AAU	open	Ozark Open Pentathlon Championships Bob Hyten, Box 67A, So Illinois Univ, Edwardsville, Ill 62025
8	Girls	T&F				Helena (Mont) Invitational
8	Boys	Walk				2 mile Handicap Walk, Adams County Fairgrounds, Northglenn, Colo Ned Amstutz, 2835 3rd St, Boulder, Colo
8	Girls	T&F	9-Under	AAU	open	Phoenix College All-Comers, Phoenix, Ariz Roger Simpson, 6809 N 36th Drive, Phoenix, Ariz 85019
8	Girls	T&F		AAU	open	San Diego Lancerettes Invitational, Grossmont Coll, Calif Betty Bennett, 1219 Oliver Ave, San Diego, Calif
8	Boys	T&F		AAU	open	Herbert Hoover Mem Boys Club Relays, Ravenswood HS, Palo Alto, Cal Van Parish, 148 Hedge Road, Menlo Park, Calif 94025
8	Girls	T&F	9-Under	AAU	open	Orinda (Calif) Invitational, Capalinda High School Don Bailes, 133 Selborne Way, Moraga, Calif 94556
8	Girls	T&P/T		AAU	closed	Pacific AAU Pentathlon/Triathlon Champ, Mills HS, Millbrae, Calif Harmon Brown, 2335 David Court, San Mateo, Calif 94403
8	Boys	Walk	High Sch		closed	Orange County Podiatry Walk-A-Thon, Calif State Univ, Fullerton John Pagliano, 4128 Paramount Blvd, Lakewood, Cal 90712 /ad on p.6/
8	Boys	Walk	High Sch			Los Angeles County Podiatry Walk-A-Thon Jim Hanley, 17214 Welby Way, Van Nuys, Calif (213) 342-6532
8	Girls	T&F		REC	qual	So California Municipal Ath Fed Finals, Cerritos Coll, Norwalk, Cal Dave Rodda, 6142 Monlaco Road, Long Beach, Calif 90808
9	Girls	T&F				Terre Haute TC Meet, Terre Haute, Ind Pete Jones, 19 Marigold Ave, Terre Haute, Ind 47807
9	Boys	LDR	Elem Sch	RRC		$\frac{1}{4}$ mile Run, South Lake, Colo Joe Arrazola, 12336 E Kentucky, Aurora, Colo
15	B & G	T&F	9-Under	AAU	closed	Ozark AAU Age-Group Championships, Poplar Bluff, Missouri Sam Giambelluca, 1020 Kendall Ave, Poplar Bluff, Mo
15	Girls	T&F		SCH	closed	Montana State District Championships
15	B & G	LDR		YMCA		Houston YMCA Family Run, Houston, Texas Jim Austin, 1600 Louisiana, Houston, Tex
15	B & G	T&F	9-Under	J O	closed	Pacific Southwest Association Junior Olympic Championships
15	Girls	T&F	9-Under	AAU	open	Poinsettia Invitational, Ventura, Calif Jack Greene, P.O. Box 2026, Ventura, Calif 93001
16	B & G	LDR	7-Under	RRC	open	Dist of Columbia RRC 1 mile Run, McLean (Va) High School Gabe Mirkin, 14411 Butternut Court, Rockville, Md 20853
16	Girls	T&F		AAU	open	The Colorado Gold Open, Broomfield (Colorado) High School Lyle Knudson, 1330 Georgetown Road, Boulder, Colo 80303
16	Boys	T&F	9-Under	AAU	closed	Pacific AAU Boys Championships, Hartnell Coll, Salinas, Calif Dick Casper, 1427 Lassen Ave, Salinas, Calif 93901
16	B & G	T&FW	9-Under	REC	open	Branford Recreation Center All-Comers, Arleta, Calif Dick Ortiz, 13310 Branford St, Arleta, Calif
22	Girls	T&F		AAU	closed	Region 8 Qualifying and Missouri Valley AAU, Shawnee Mission, Kan Dr. John Davis, Garlinghouse Bldg, Topeka, Kansas
22	Girls	Track	12-13	AAU	inv	Gulf AAU Championships Special Events Herman Goldberg, 9706 Burdine, Houston, Tex 77035
22	Girls	T&F				Boulder Cinderbelle Invitational, Boulder, Colo
22	Girls	T&F		SCH	qual	Montana State Divisional Meets
22	Girls	T&F	9-Under	AAU	closed	Arizona AAU Championships, Phoenix College Roger Simpson, 6809 N 36th Drive, Phoenix, Ariz 85019
22	Girls	T&F	9-Under	AAU	closed	Pacific AAU Championships, Mills High School, Millbrae, Calif Harmon Brown, 2335 David Court, San Mateo, Calif
22	Girls	T&F	9-Under	AAU	closed	Pacific Southwest AAU Championships
22	Girls	P/T	9-Under	AAU	closed	Southern Pacific AAU Pentathlon/Triathlon Championships Calvin Brown, 10221 8th Ave, Inglewood, Calif 90303

CLOSE-UP

Profiles of Athletes

Brenda Webb

Who is Brenda Webb? A year ago no track buff could tell you. Brenda began 1970 as a novice 15 year old with a best 440 of 69 seconds. She ended the year as the Central States Cross Country Champion, defeating internationalist Pam Bagian in the process.

The tiny (5'1½", 95 pounds) sophomore at Kettering Fairmont East High School, who runs for Steve Price's powerhouse Kettering Striders, has not yet completed a full year of competition yet she placed sixth in the National AAU Indoor Championships on February 27! In doing so she accomplished one of her two goals for the year. The other? To reach the finals in the outdoor AAU championships. Her long range objectives include representing the U.S. in international cross country and in the Olympic Games.



Brenda, who takes part in gymnastics, hockey, basketball, sailing and art in addition to her track activities, has a 5:11.3 mile and a 2:40.5 for 1000 yards (both indoors this year) to her credit. The petite brunette enjoys running greatly. "When I run I feel free, I just feel good all over," says Brenda.

Perhaps she is best summed up by coach Price, "Brenda is quite a young lady. She has a great competitive attitude and is not afraid to go after the established stars. She'll be on top one of these days." And feeling good all over, no doubt.

As the title of this page implies, STARTING LINE will be looking at young athletes from close range.

We invite readers to submit photos and feature material related to this and other sections in the magazine.

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Kevin Knox

In the young history of track & field for boys, no one has received as much attention nor gained as many awards as KEVIN KNOX, from Wasco, a tiny hamlet in the talent-rich central San Joaquin Valley of California. If one considers young Kevin's achievements, every honor earned was richly deserved. From the moment he began to run (he actually started by race walking at the age of 7), he has held just about every age-best performance from the 220 to 2 miles. A member of the Wasco Wildkats, a powerful track club coached by his proud father, Dale Knox, Kevin's progression has been just outstanding. By the age of 10, his best performances stood thus:



220	440	660	880	Mile	2 Mile
28.7	64.0	1:41.2	2:23.0	5:08.9	11:01.1

He has just turned 11 and already has improved his quarter to 62.1 and the half mile to 2:21.0. In his first attempt at the one hour run, he covered 9 miles, 1128 yards (the best on record, of course).

Having a father as a coach is not always conducive to good results, but Kevin and his Wasco teammates (including younger brother Todd) have continued to improve. The training program consists of running once a day, seven days per week; workouts vary considerably depending on the season, but is primarily based on long runs - overdistance training - with interval work between March and May, and plenty of races all year around to keep sharp on speed.

Kevin does not let running interfere with other activities. He is active in school and church programs, is a Cub scout, plays little league baseball and does a lot of swimming during the summer.

As his father would point out, "Running must be fun - and exciting and kept in its proper perspective." There might very well lie the secret of Kevin's success.

Carolyn McDonald

Carolyn McDonald, a 12 year old 7th grader from southern California, finished first among nine female competitors in the January 9th San Diego marathon, the first "official" AAU women's marathon. Her time for 26 miles and 385 yards was 3 hours, 37 minutes, 4 seconds.

Carolyn started running in June of 1969 with her father. He states that "because she is quite deficient in basic speed, I have trained her primarily for cross-country running. Instead of quantity, she emphasizes quality in form, stride, relaxation, and breathing. She generally averages 15-18 miles per week and for two weeks before a long race we up it to 25-30 miles per week. She has only gone over 5 miles in a continuous run on 5 occasions."

