

# STARTING LINE

### TRACK & FIELD FOR YOUNG ATHLETES

JANUARY 1971

VOL. 1 NO. 1

P.O. BOX 878.

RESEDA, CALIFORNIA 91335

50¢











# FIRST ISSUE







# **FORUM**

## **Remarks & Retorts**

RESERVED FOR OUR READERS

From Tom Hallstrom Chairman, Junior Olympic Track & Field for Boys Omaha, Nebr.

Congratulations on initiating a youth track & field magazine. An excellent idea which could serve a real need in this country and give pronounced impetus to our program which needs to get in high gear in all parts of the country.

From Edward A. Day Coach, Creighton Track Club Phoenix, Ariz.

I am looking forward to your publication. It sounds great for clubs like ours...

From Hal Higdon Track columnist and author Michigan City, Ind.

Very glad to hear about your new publication. By coincidence my next column in Runner's World will be about Age-Group running. I did have some negative things to say about it. I merely exercised my freedom of speech to give one man's opinion. You may demonstrate otherwise. Please send me a one year subscription to your magazine.

From Carl W. Cooper Executive Director, U.S.T.F.F. Tucson, Ariz.

The Starting Line magazine is certainly a worthwhile project and I hope that you are successful with it. Rest assured that the United States Track & Field Federation will cooperate to the fullest extent with your publication...

From Daniel G. Webber Coach, Holy Trinity School Okarche, Okla.

Let me express my sincerest appreciation and my good wishes for your fine intentions; it is time that someone with the ability took on this project. Enclosed is my subscription-Good Luck.

From Max Truex Secretary-Treasurer, Southern Pacific A.A.U. North Hollywood, Calif.

We feel that your magazine would be a tremendous assistance to our organization because we deal with the public in track and field daily. We also feel that we may be of some assistance to your magazine by answering questions that come through our office. Thank you.

From Steven Sutton Brooklyn Tech Alumni Spiked Shoe Club Forest Hills, N.Y.

I was very happy to hear of your plans to initiate a magazine devoted to young track athletes. I, personally, am fully aware of the lack of any kind of extensive coverage in this area and I am glad that you are attempting to correct this situation. As I am involved with the development of young athletes, I would be most interested in helping make your effort a success.

From Jesse C. Owen Valley of the Sun Track Club Phoenix, Ariz.

I wish you the very best in your publication of Starting Line. I do hope that you do not let it get cluttered up with a lot of foreign statistics. Do let me know if I can be of any help in any way...

STARTING LINE welcomes expressions of all viewpoints from readers. Letters are subject to condensation.

### **Issues & Answers**

BOARD OF ADVISERS: C. Harmon Brown M.D./Hal and Olga Connolly

DR. HARMON BROWN is the National Age-Group Girls Track and Field Chairman for the AAU. He has conducted extensive research on the effect of training on young athletes and has directed a number of track and field coaching clinics.

As a member of STARTING LINE'S Advisory Board, he will answer questions specifically related to philosophical and practical aspects of age-group track.

#### QUESTIONS:

What, in your opinion, are the greatest needs in developing better track and field programs for the youth of the U.S.?

Track and field should be the most natural activity for young people, as everyone loves to run, jump, and throw. If track and field for the young is to be improved in the U.S., there must be a concerted effort along several fronts to popularize the sport and do a real "selling job" on the merits of track as an all-around developer of fitness, and as an outlet for youngsters with varied types and levels of ability. Pressure should be brought to bear on the schools to increase their track activities and to include more running and endurance activities in the curriculum. The AAU and others interested in track need to do a better nationwide promoting job to obtain funds for the training of coaches and the support of local track clubs, and the organization of competitive programs, in a manner similar to the organization of Little League baseball, Canadian Legion ice hockey, etc. A program of clinics, training camps, local league organization and promotion would provide the base for a sound, long range program for track and field for American youth.

How can STARTING LINE best serve the interests of young boys and girls involved in track & field?

Dr. Brown 1- Point out that track and field can be fun! This needs to be emphasized to the coaches and parents as much as to the young athlete.

- 2- Inform youngsters of what is going on around the rest of the country, in the way of meets, league organization, innovations in types of events, and how other boys and girls train.
- 3- Tell how various areas have had problems in getting their organizations started, and how these problems have been met and solved, especially in ways to raise money.
  - 4- Keep up with rule changes.
- 5- Give tips on meet conduct and organization, and provide ideas of how to fabricate equipment inexpensively
- 6- Provide meet results and tabulations, but de-emphasize records, especially for the very young. Too many young children get pushed too hard too soon by ambitious parents and coaches who are trying to set records. A conscious philosophy of emphasizing the enjoyable and recreational aspects of track and the great feeling of being in good physical condition are needed.

#### **BULLETIN BOARD**

ALL - TIME AGE - GROUP LISTS

GIRLS - 25 DEEP IN MOST EVENTS 50¢ for each list BOYS - 20 DEEP IN MOST EVENTS

Never been done before for U.S. age-group athletes

Order from: STARTING LINE, Box 878, Reseda, Calif.

By the time you receive this issue, two outstanding indoor meets for girl age-groupers will have taken place. John Harwick has organized the Pittsburgh Indoor Track Classic for January 16 for girls 13 and under with a full schedule of events. Another meet on the same day, for the same ages, will take place at the other end of the country in conjunction with the Sunkist Invitational in the Los Angeles Sports Arena. STARTING LINE will have results in the next issue....



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CHANGE OF ADDRESS - keep us notified of your change of address as STARTING LINE cannot be forwarded; include old and new address with your zip code number.

Direct all feature and news material, subscription and other business matters to STARTING LINE, P.O. Box 878, Reseda, Cal 91335.

News articles, Photographs, schedule and editorial matters should be received by STARTING LINE at least eight days before mailing date. An exception will be made when the material is of major importance.

#### **CLASSIFIED ADS**

If you wish to advertize a meet or promote a product that would be of interest to our readers, we will be glad to assist and advice you. Please inquire about our space rates.

#### FROM THE EDITORS

We are very pleased to present our first issue of STARTING LINE, in the conviction that a publication such as ours can make a significant contribution to Track & Field and related Sports.

STARTING LINE's primary purpose is to encourage the participation of young boys and girls in track and field activities.

In order to assist in bringing this about, we intend to disseminate useful and pertinent information and help promote the development of quality programs for young athletes. We could not fail to recognize the tremendous yearning for a publication that would satisfy these needs and fulfill those purposes.

STARTING LINE, as a matter of policy, will attempt to meet the following objectives:

- 1. To serve as a media for the exchange of ideas and information between athletes, coaches, parents and officials,
- 2. To be a center for the coordination of research and information pertaining to concepts and methods of training and developing young athletes,
- 3. To serve as a nucleus for news and feature material relating to individuals and organizations.

STARTING LINE will not be a mere duplication of the numerous track and field publications already in existence, nor does it intend to set itself in direct competition with other periodicals This magazine is solely concerned with track and field activities for the elementary, junior high and high school age athlete. In that sense STARTING LINE is a unique endeavor.

In our first year of operation we will publish ten issues with a minimum of sixteen pages per issue. Expansion of our coverage will be directly proportionate to the increase in our circulation In other words, we need your help. By telling your friends and associates about STARTING LINE and by supporting us through your subscription, you will, in effect, have greatly contributed to the growth of this publication and the realization of its aims.

We have designed the format of STARTING LINE to accomodate as much newsworthy material as possible, without creating conflict or confusion between specified sections. Each division will be self-contained. Our concept is to arrange material in a systematic and orderly manner so as to make STARTING LINE easy to read and effortless to follow.

Each issue will have national and regional coverage on age group athletes, coaches and teams; it will contain information, profiles and technique as well as results of previous meets and calendar of forthcoming events.

We believe that track and field activities for young boys and girls are instrumental not only in the development of the great athletes of tomorrow, but also holds one of the keys to a more wholesome and enlightened society.

In future issues we will discuss our point of view of the respective relationships of track and field at the age - group level to track in general, track in comparison to other sports, and sports within the context of society as a whole.

We invite your comments and suggestions in regard to the style and substance of STARTING LINE.

#### HIGH SCHOOL

One special area of concern to the editors has been the manner in which we should approach the boys of the 14-17 age group.

The problems we encountered were two-fold: (1) the lack of continuity in the coverage between the pre-high school and high school age athletes, and (2) how to bridge the gap between interscholastic competition and age-group/all-comers programs for high school age athletes, which have greatly expanded in recent years.

In an attempt to resolve this dilemma, we have included in our magazine a special section on California High Schools. This self contained section is in the nature of a pilot project. We invite readers from other states, who are in need of more comprehensive and in-depth coverage of high school track and field and crosscountry in their area, to help us develop this section so as to serve their needs.

For further details refer to the High School section on Pg.14.

In order to have good coverage from all areas, we will need interested individuals to contribute news, feature material and photos from their specific region. We cannot offer monetary compensation to anyone at this time, however, we will give a byline to any regular contributor.

### GIRLS AGE GROUP

EDITORS: Roy Swett Calvin Brown

1970 Review: PART ONE: The Sprints and Hurdles 14-17 Division

It seems strange to think of 18 year olds as has beens, but as far as this column is concerned, that will be exactly the situation. We will cover only those athletes 17 and younger.

Gone from the girls' division this year are internationalists Francie Larrieu, Cheryl Toussaint, Brenda Simpson, Maria Stearns, Vicki Betts, and Jan Glotzer as well as internationalist-to-be Beth Bonner.

Heading the list of returnees is super talented Mavis Laing. The fabulous Phoenician won national titles in the girls' 220 and women's 440 with bests of 23.7y,23.2m and 52.9y. She followed this up with a successful European tour.

Another outstanding sprinter is diminutive Williamae Fergerson of the West Coast Jets (Covina, Cal). She ran wind-aided 10.6 and 23.6 in winning the girls' 100 over Pam Greene of Denver and placing second in both the women's and girls' 220. Speaking of Pam, the two time internationalist zipped to 10.6 and 23.7w clockings and will be back for her final year in the girls' division. Two others who could make big breakthroughs this season are 15 year old Alfreda Daniels of the Detroit Striders (10.7) and Donna Beckstrom of the Southern California Missiles (10.8, 24.2w, 57.0).

The two best quartermilers in this age group come from opposite ends of the country. They are 17 year old Esther Stroy of Sports International (Washington, D.C.) and 16 year old Mabel Fergerson, Williamae's sister. Esther, who ran in the Olympics as a 15 year old phenom, should be over the injuries which restricted her last year. She has bests of 23.8w and 53.5m. Mabel placed second in the girls' nationals and had a best of 54.8.

A big surprise in the hurdles was Bobbette Krug of La Jolla, Cal. who was unranked as a 12-13 hurdler in 1969 but was AAU champion and national record holder in the girls' 80 yard barriers (10.3) in 1970.

#### 12-13 Division

National records fell in six events as the 12-13's were led by Cordella Ingram of LaMott TC, Pa. who took nearly  $1\frac{1}{2}$  seconds off the 440 mark with a 56.7 clocking at UCLA.

No one girl dominated the sprints. Karen McDaniel of the Pioneer TC (Washington, D.C.) had an unblemished record and zipped to a 10.7 100 in the U.S. Youth Games, but she was injured and didn't get to compete against the cream of the crop at UCLA. La Mirada's Carol Burkland recorded the year's best 220 (24.9) plus having an 11.1. Pat Benson won the 100 at UCLA in 11.2, recorded a 25.0 and tied the national record in the 50 at 6.0. Cordella Ingram took the 220 at UCLA in 25.0. The duo of Denise Julian and Creola Miller from Ravenswood, Cal. both have run 6.1 and 11.2. Marsha Talley of Texas whipped off 6.1, 11.4 and 25.6 clockings. When she was hot, Bakersfield's Juanita Kelley ran 6.1, 11.3 and 25.9.

Following Ingram on the 440 list was Patty Cape, who hit 58.3 before turning 14. Carol Burkland and Donise Johnson of the PAL both ran 59.5. Betsy Hager, United San Juan, Cal. heads the list of returnees in this division. Others are Duke City Dashers (N.M.) Linda Strecker (59.7) and Joyce Wolak and Signe Carlson of La Mirada, both at 60.0.

Bobbette Krug was the class of the hurdlers until she turned 14. She ran 7.0 several times and had a wind-

aided 6.8. From that point on Carol Burkland took over, winning the state and national titles in 7.1. Twelve year old Sue Kelley of Chicago Heights ran a questionable 6.8, a legit 7.0 and lost only to Burkland. Sue's teammates Vicki Ward and Denise Cable ran 7.0 and 7.1 respectively behind the 6.8. Discus record breaker Terri Sabol of La Mirada also ran a 7.1.

#### 10-11 Division

The highlight of the 1970 season came on July 3 when Tanya Bryant of Sports International took 59.7 seconds to tour UCLA's red tartan track. Solely on the basis of this one feat, Tanya must be considered athlete of the year in the 10-11 division.

The fastest time in the 100 was recorded by another D.C. girl, Clenitha Ray of the Travelers TC who zipped to a national record equaling 11.8 in a heat at UCLA. In the finals she was beaten by Bakersfield's consistent Sherry Hughes who recorded 12.0 as well as 6.4 and 26.8 during the year. Bakersfield's stable of sprinters also included Joyce Lee, who set a short lived national record of 62.0 in the 440 to go with 6.4 and 12.1 in the short sprints, and 10 year old Terri Frye, who ran 12.0 and 27.8 and will be back to do damage to the record book this year. Mickey's Missiles of San Diego were strong in the sprints with Shelley Earl powered to times of 27.1 and 63.4, picking up where Regina Johnson (6.4 and 12.2) left off.

Pam Hammond of Sacramento ripped off a 63.4 quarter and good sprint clockings and Sue White, who was nearly overlooked as Tanya Bryant's teammate, ran 62.2 and is third on the all time 10-11 440 list. Her talents lie on the longer side of the quarter. All-arounder Sonia Fountain of Oxnard, Cal. sprinted 6.5 and 12.0.

#### 9- Under Division

The 1970 season produced many speedy mighty mites but none outshone little Jackie DeVose of the Detroit Striders. Jackie set national records in the 220 and 440 at 29.3 and 67.0 and missed the 100 mark by only a tenth with a 12.4. She ran a 7.1 50 and produced a 1:52.8 660 in her only attempt at the distance.

Other top sprinters were Bakersfield's Thea Parrish (6.8, 30.9) and Kayvon Hughes (13.3, 29.0w), Mickey's Missiles' Cynthia Tyler (29.0w, 29.9, 69.4), Marla Roberts of the Wasco (Cal.) Wildcats (6.7, 13.3), and Tanna Meadows of Duke City (29.8w). The girl to watch this year will be Debbie Kainz of Ontario-Montclair, Cal. who sped to 13.6 and 30.4w clockings as an eight year old.

The following statistics reflect the dramatic growth of the girls cross-country program in the U.S. during the last five years. Figures shown below are the totals for the National AAU Women and Girls Championship meet; (dash means division not run in that year):

Total Finishers	1966	1967	1968	1969	1970	
(all divisions)	162	240	358	491	532	
14-17 Division				87	101	
12-13 Division	52	77	112	138	125	
10-11 Division		58	121	120	123	
9-Under Division				83	78	
		-				

Roy Swett, an elementary school teacher, attended Principia College (Illinois) and Long Beach State College (Calif) where he engaged in distance running, providing him "the opportunity to combine two of my strongest attributes, a lack of speed and size". His interest in girls track began while coaching playground recreation teams. Roy is the mentor and coach of the nationally known La Mirada Meteors of southern California.

# **BOYS** AGE GROUP

**EDITOR: Max Zucker** 

If you have been looking in newspaper clippings or magazine sections for some news of track & field activities for boys at the age group level, chances are that you looked in vain. We, at STARTING LINE have felt for some time that we should do something about it; and we have. For obvious reasons, the great majority of our readers have yet to be aquainted with the age group T&F scene. This column, therefore, will serve to introduce, as comprehensively as possible, a summary of boys activities in age-group competition. Due to the vastness of the subject, we will split our coverage in three parts: 1) the Sprints, 2) the Middle and Long Distances, and 3) the Jumps and Field events.

#### 1970 Review: PART ONE: The Sprints

9 & UNDER - Each track season introduces us to new names. Last season was no different. The outstanding performers of the 1970 season were: GEORGE GAFFNEY of Le-moore, Cal., with times of 6.6 and 12.4 in the 50 and 100 respectively; ALAN AIKEN fom Baldwin Hills, Cal., 6.7, 12.7 as well as a 29.5 in the 220 yds.dash, which puts him in 3rd place on the STARTING LINE's nat. list; DENNIS DAVIS (Menlo Park, Cal) with 6.7 and 13.0 in the short sprints and 31.3 in the 220; CURTIS THOMAS from Port Arthur Lincoln, Texas, racing to 6.8, 50 and 12.9 in the 100. From Portland, Oregon, we hear from CLARK CHRISTIANSON with 13.0 in the 100, 30.7 in the 220 and 71.0 in the 440yds; speedster 0.J.WADDELL, with a 13.2 in the 100 and a fast 29.1, 220(2nd best on S.L.'s national list).

A big surprise, was MOBIE OLIVER from Compton, Cal., running a startling 29.0 in the 220, at the So. Pac.Jr. Olympics, ranking him no.1 on S.L.'s national list.

Is the 440 a run or a dash? You will be the judge. WILLIE BAILEY from Bakersf.Cal sprinted the distance in 66.9 - a new Jr. Olympic Rec. -(S.L.'s official age 9 best still belongs to Wasco,Cal ace KEVIN KNOX with 67.2 last year). Other names in the news: ROBERT SCOTT (Delano,Cal) 67.7; TIM MABRY (Fresno,Cal) 68.9; AARON STRIEGEL (New Albany,Indiana) 70.2 and from Alberquerque, N.M., STEVE WILKINS, with a fine 70.3. That's all the space.

10 and 11 - Undeniably, the big news belongs to 11 years old ARMANDO RIOS from New York City. Running for the Atom T.C., he dashed to an incredible 10.6 in the 100 at the U.S. Youth Games in N.Y.; his time is one second faster than the nearest boy on the national list. Just before this meet, he gave notice of what was to come. In the local Jr. Olympics, he won, with total ease, the 100 in 11.1 and the 440 in 59.8(an age 11 super Best).

Just turning 11 and a real threat this year is MELVIN HOLLAND from Menlo Park, Cal. Last season he ran the 50 in 6.2. the 100 in 11.8, and the 220 in 27.2 (A.A.U.Rec). Other excellent performances came from: DWAYNE EVANS, from Phoenix, Ariz, with 6.2, 11.6, and 27.5; GREGORY DA-VIS(Menlo Park, Cal) in 6.4, 12.0, and 28.5. Nol in the 50 yds dash was RONNIE CRANSHAW (S.Texas) in 5.8(Jr.0lympic Rec.). Following him were KENNY HALL, JOHNY WIL-LIAMS and S.MOSHER all with 6.3. Outstanding in the 440 were GEORGE McKNIGHT (Meadville, Pa) with 62.0 - a new Jr. Olymp. Rec .- at least for the moment -, RICKY MERRELL from Florida with 63.3 and from Kansas, ROBERT PETERSON, with 64.1. A special mention about two ten years old whiz kids is in order. KEVIN KNOX (Wasco, Cal) improved his own age 10 best in the 440 with a swift 64.0, and DAVID HARGUS, the pride of San Diego, Cal, ran the same distance in 66.4; they are even better at longer dis tances. Believe it ...

#### RACE WALKING

**EDITOR:** Jim Hanley

Race-Walking Editor JIM HANLEY is an All-American and world class walker, as well as being the So.Calif. Race-Walking chairman. His articles have appeared in many publications. Jim is also a H.S. teacher in Canoga Park, Cal.

The purpose of this column is to build interest in the walking events, so as to increase participation and therefore improve the quality of walking programs in America.

The Race-Walk is probably the most misunderstood event in track & field. Let me clarify this situation a bit.

My advice is to just watch for those three things:
1) the step should be first heel and then toe, 2) there should always be contact with the ground, and 3) your leg must be straightened after every step (avoid cree ping or shuffling). Remember: keep CONSTANT contact -

Race-Walking has improved tremendously; in fact every American Race-Walking record has been bettered the past two years. Too few realize that the U.S. actually dominates the world in sprint walking lists and has won major international competitions at the longer distances.

Walkers are not born-they are made.Race-Walking,like Distance running requires a substantial sum of training. The world's best walkers are about 35 years of age, and they started training in that discipline in their twenties. Imagine what would happen if school-age athletes could have similar experience behind them when their bodies have physically matured in their late teens or early twenties. Need I say more...

TIONAL L	IST of Be	ests in Race-Wa	alking follows:
220	49.2	Kelly Walters	Spokane, Wash.
440	1:45.4	Kevin Knox	Wasco, Cal
1 Mile	9:59.5		
440	1:46.9	Rodney Napier	Bakersfield, Cal
1 Mile	8:55.5	T. Waldschmidt	Lacross, Kansas
1 Mile	8:31.0	Bob Harwick	Mount Lebanon, Pa
2 Miles	18:14.0	Bob Harwick	Mount Lebanon, Pa
			Wasco, Cal
3 Miles	25:38.0	Barry Harwick	Mount Lebanon, Pa
1 Mile	7:10.5	Steve Nelson	Leawood, Kansas
3 Miles	26:22.3	Paul Ide	Lacross, Kansas
6 Miles	55:43.0	Tom Wolf	Pittsburgh, Pa
	220 440 1 Mile 440 1 Mile 1 Mile 2 Miles 1 Mile 3 Miles 1 Mile 3 Miles	220 49.2 440 1:45.4 1 Mile 9:59.5 440 1:46.9 1 Mile 8:55.5 1 Mile 8:31.0 2 Miles 18:14.0 1 Mile 7:45.6 3 Miles 25:38.0 1 Mile 7:10.5 3 Miles 26:22.3	440 1:45.4 Kevin Knox 1 Mile 9:59.5 Phil Ragland 440 1:46.9 Rodney Napier 1 Mile 8:55.5 T.Waldschmidt 1 Mile 8:31.0 Bob Harwick 2 Miles 18:14.0 Bob Harwick

12 and 13 - Last year the following boys made the headlines: ROBERT KOKKA and HIME BUNTING, both from the Central Cal area, ran the 100 yds dash in 10.3 in Jr. 0-lympic competition, which is only one tenth off recognized stars such as ENNIS JONES('64), KEN CURL('66) and DAN WBSTER(in '68). In the 220 yds dash, D. LUCAS (Colorado)ran to a A.A.U. Rec. breaking 23.9 and JASON JOHNSON from Bakersfield recorded a 24.0 for a new Jr. 0. Rec. DARRYL EVERETT from N.Y.C. had the best time of the year in the 440 with 53.8 along with a 10.5, 100.

Going down the list, MILLARD HAMPTON, (Menlo Park, Cal) -10.5, 24.1, and 57.5; LELVIN CROWE, (W.Covina, Cal) - 10.9, 24.3, and 55.0; ELVIS PEACOK, (Florida) - 10.8 and 24.3; VICTOR THOMPKINS, (Richmond, Fla) 24.7 and 54.8; on and on...

The 14 to 17 boys will be covered in depth at the conclusion of the High School track season.

On November 21, 1970, ten year old KEVIN KNOX ran an amazing mile-two mile double at the Wasco, California Distance Derby. The Wasco Wildkat ace recorded times of 5:08.9 and 11:01.1, both bettering the known age bests for those distances.

Kevin's split times in the two mile show his knowledge of pace: 75.9, 82.4, 83.3, 85.2 (5:26.8 at the mile), 84.6, 86.0, 85.5, and 78.2 (5:34.3 final mile).

### 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

#### REEDLEY FIESTA ROAD RACES

OCTOBER 17, 1970 DOWNTOWN REEDLEY, CALIFORNIA

Weather-Clear, 67° Course-Flat, Macadam Road Sponsor-Reedley Fiesta Committee

Girls 12-13 (1.00 Mile) Debbie Johnson, RRR Ruth Kleinsasser, RRR 5:10 Mary Decker, LBC Kathy Jewell, LBC 5:17 5:18 Dianne Holder, LBC 5:22 Ther. San Augustin.LBC 5:23 Doreen Assumma, RRR 5:24 Jean Aguilera, RRR 5:27 Vickie Mills, LBC 5:28 Louise Velasco, USJ 5:29 Julie Aguilera, RRR 5:31 Cindi Steinbeck, WW 5:32 Betty Burns, WW 5:33 Effie Jordan, RRR 5:33 Judy Johnson, LBC 5:34 Roberta Gomez, FCB 5:35 Sonia Gerth, RRR 5:35 Andee Garcia, LBC 5:37 Lorraine Painter, LBC Carol Hyrkas, USJ 5:39 5:39 Julie Schlict, LBC 5:39 Sue Brodock, FCB 5:41 Karen Kosmala, LMM 5:42 Wendy Hahesy, FEL 5:45 Robin Camareno, USJ 5:46 Renee Robertson, USJ 5:47 Ann Dandoy, LOM 5:47 Susan Seibel, USJ 5:50 Anita Shoemaker, OMC 5:51 Elizabeth MacDonald, LB Signe Carlson, LMM 5.52 R. Reneau, BRR 5:53 Michelle Timpke, OMC Patty Anderson, CCH Lana Schimek, USJ 5:55 5:56 (77 Finishers)

Leading Teams
Long Beach Comets 27
Rialto Road Runners 29
United San Juan 86

Boys Elem. Sch. (1.00 Mile) Kevin Knox, WW Frank Assumma, RRR 5:23 Walter Bridges, RRR 5:25 Charles Assumma, RRR Ed Lujan, WW 5:30 Daniel Stone, RRR 5:36 Robert Nunez, WW 5:37 Ruben Garza, CCH 5:37 Russell Riddell, WW 5:39 Todd Knox, WW 5:52 Bruce Skousen, RRR 5:56 Joe Marshall, RRR 5:59 Pat McLean, CCH 6:06 Mike Mosby, WW 6:08 Mike Cornell, RRR 6:09 Robert Montalvo, CCH 6:10 Ron Brewer, CCH Rob Massick, WW 6.12 Kim Crawford, WW 6:17 Rolando Montalvo, CCH Rene Gaeta, JEFF ES 6:18 Mario Savala, RRR 6:18 Don Carter, SLS Joey Corella, VERMONT 6:21 Joe Duran, CCH 6:22 John Rivas, SLS

Greg Perry, CCH 6:23 Charles Martinez, RRR 6:24 Barry Ruderman, RRR 6:25 Pete Pizano, CCH 6:25 Britt Clauson, RRR 6:26 Darrell Rohn, CCH 6:29 Lewis Agrifoglio, SLS Larry Jackson, CCH 6:34 (76 Finishers)

Girls 10-11 (1.00 Mile) 5:29 Renee Nelson, USJ Lisa Edgington, USJ 5:31 Linda McQuarrie, LBC 5:32 Donna Mueller, RRR 5:33 Jill Caldwell, LBC 5:34 Teresa Tomasic, LBC 5:37 Marie Albert, RRR 5:38 Margit Sturhann, LMM 5:38 Kathy Adams, USJ 5:41 Monique Gregoire, RRR 5:42 Laurie Jewell, LBC 5:42 Michelle Klein, OMC 5:43 Perri Barrett, LOM 5:45 Deidre Eddy, USJ 5:46 Sharon Laughlin, RRR Tammy Sheets, RRR Becky Wolfinbarger, RRR 5.48 5:49 Lori Janousek, OMC Rhonda Hollan, FCB 5.53 Susan Pearson, RRR 5:55 Linda Brodock, FCB Dayna Gerth, FCB 5 . 56 Jackie Strickland, PHX 5:57 Karen Nachbar, USJ Paula Marshall, RRR 6.00 (60 Finishers)

 Leading Teams
 49

 United San Juan
 52

 Rialto Road Runners
 52

 Long Beach Comets
 57

Girls 9-Under (1.00 Mile) 5:38 Shaun Seibel, USJ Renee Quigley, LMM Suzanne Keith, FCB Julia Woods, LBC 5:53 5:55 Jeanette Allred, USJ 5:59 Patty Dillingham, WW 6:00 Pam Robinson, LOM 6:02 Charm Bishop, OMC 6:03 Stephanie Romero, LBC 6:03 Francie Cotner, LMM 6:04 Laura Katzer, LBC 6:08 Chris Tomasic, LBC 6:09 Maggie Knickrehm, CAB 6:10 Teri Beamish, LMM 6:11 Mary Jo Kosmala, LMM C. Tilkey, USJ 6:12 Mariena Pond, LBC 6:14 Renee Proulx, RRR 6:15 Becky Gomez, FCB 6:19 Amy Van Tassell, USJ 6:20 Jill Linebarger, 6:21 Jeanette Baer, CAB 6:23 Debbie Kainz, OMC 6:25 Marci Riccardi, OMC 6:26 Kristy Wilson, LBC 6:27 Megan Bornyasz, LOM 6:27 (64 Finishers)

Leading Teams
Long Beach Comets 48
United San Juan 62
La Mirada Meteors 67

SOUTHERN PACIFIC AAU GIRLS CHAMPIONSHIPS

NOVEMBER 1, 1970 ARROYO VERDE PARK VENTURA, CALIFORNIA

Weather-Clear, 70° Course-Grass & Steep Paths Sponsor-Ventura Girls TC Meet Director-Jack Greene

12-13 Division (1.50 Miles) Debbie Johnson, RRR Doreen Assumma, RRR 11:23 Jean Aguilera, RRR 11:25 Judy Johnson, LBC Ruth Kleinsasser, RRR 11:36 Vicki Mills, LBC 11:37 Kathy Jewell, LBC Julie Aguilera, RRR 11:44 Dianne Holder, LBC 11:51 Effie Jordan, RRR Sonia Gerth, RRR 11:58 T. San Augustin, LBC 12:03 Ann Dandoy, LOM Lauren Traister, RRR 12:21 Anita Shoemaker, OMC 12:28 Paula Marshall, RRR Karen Kosmala, LMM 12:38 Lorraine Painter, LBC 12:41 Sandy Brodock, FCB 12:42 Andee Garcia, LBC 12:46 Juanita Cobbs, RRR 12:48 Roberta Gomez, FCB 12:51 Julie Schlict, LBC 12:55 Shelley Lewis, LMM 12:59 Loraine Churilla, FCB 13:15 (46 Finishers)

Leading Teams
Rialto Road Runners 19
Long Beach Comets 38

10-11 Division (1.25 Miles) Jill Caldwell, LBC 9:52 Monique Gregoire, RRR 10:06 Teresa Tomasic, LBC 10:09 Margit Sturhann, LMM 10:12 Linda McQuarrie, LBC 10:15 Laurie Jewell, LBC 10:19 Jill Boyd, OMC 10:29 Becky Wolfinbarger, RR 10:29 Perri Barrett, LOM 10:30 Rhonda Hollan, FCB 10:34 Donna Mueller, RRR 10:36 Marie Albert, RRR 10:39 Tracy Roberts, RRR 10:53 Tammy Sheetz, RRR 10:55 Donna Traister, OMC 11:00 Susan Pearson, RRR 11:07 Kerri Marshall, CAB 11:12 Jaime Gale, PSF Sharon Laughlin, RRR 11:16 Elizabeth Miller, LOM 11:17 Susan Moreno, LS Mariena Pond, LBC 11:21 Renee Proulx, RRR 11:23 Linda Brodock, FCB

(52 Finishers)

Leading Teams

Long Beach Comets 32
Rialto Road Runners 44
Ontario-Mont Cheetahs95
Fontana Cinderbelles100

Lori Janousek, OMC

9-Under Division (1.0 Mile) Renee Quigley, LMM 7:01 Suzanne Keith, FCB 7:12 Laura Katzer, LBC 7:19 Julia Woods, LBC Chris Tomasic, LBC 7:27 Francie Cotner, LMM 7:32 Charm Bishop, OMC Maggie Knickrehm, CAB 7:39 Pam Robinson, LOM 7:44 Mary Jo Kosmala, IMM Jeanette Baer, CAB 7:53 Stephanie Romero, LBC 7:55 Emily Diaz, OMC Becky Gomez, FCB 8:01 Jill Linebarger, RRR 8:04 Megan Bornyasz, LOM 8:09 Mary Carter, FCB Joni Caldwell, LBC 8:12 8:12 Marci Riccardi, OMC 8:16 Heidi Vanderlei, VEN 8:19 Joy Hoefling, LMM 8:20 8:23 Vicki Almeida, IMM Susan Sanchez, RRR 8:24 Lizzie Lukens, RRR Judy Aria, OMC 8:24

(56 Finishers)

Leading Teams
Long Beach Comets 31
La Mirada Meteors 45
Ontario-Mont Cheetahs70
Rialto Road Runners 78

### RRC OF AMERICA NATIONAL A-G CHAMPIONSHIPS

NOVEMBER 8, 1970 VAN CORTLANDT PARK BRONX, NEW YORK

Sponsor-Road Runners Club of America (New York Assn.) Meet Director-Barry Geisler

Boys 14-15 (1.50 Miles) Mark Zmuda, NJ Kevin Dye, NY 8:30 Carl Ahle, NJ 8:31 John Shea, NC 8:32 Ed Rogers, NY Walter Bodley, MD 8:44 William Moritz, MD 8:47 Mike Glazer, NY Mickey McCartney, MASS 8:50 Tom Deale, NY 8:53 Mike Ferrara, NJ Tony Mecca, CONN 8:59 Bill Witter, MASS 9:01 Clauchio Fraticelli, NY 9:05 David Fulton, NY 9:08 Aldo Scandurra, NY 9:12 Kevin Reddington, NJ 9:13 Leon McMorris, NY 9:15

Girls 14-15 (1.50 Miles) Judy Kidd, MD Debbie Trudel, NY 9.38 Anita Scandurra, NY 9:39 Anne McRae, NY 10:01 Mary Gallagher, NJ 10:18 Kay Fowler, DC 10:30 Judy Miles, MASS 10:43 Kathleen Whitcomb MAS 10:48 Kathy Dunn, NJ 10:53 Doreen Ennis, NJ 10:56 Carla Richards, MASS 11:04 Karen Sapienza, MASS 11:10 Sue Comneck, NY Laurie Tanner, MASS 11:14 Gene Kasytanski, NY 11:27 Jane Doyle, MASS Maurie Harlow, MASS 12:04 Diane Hotnagle, MASS 12:27 Cheryl Spear, NY 12:27 Diane Drew, MASS 12:45 (94 Starters-Girls & Boys)

Boys 12-13 (1.50 Miles) Richard Buckstad, NJ 9:04 Kurt Hardy, DC 9:07 Lester Bowers, DEL 9.07 Billy Burke, MASS 9:11 Bill Taylor, NJ Dan Lockerbie, NY 9:19 Don Tonerv, NY 9:22 Peter Madden, NY 9:26 Brink O'Toole, DEL 9:31 Jim Kinney, NY 9:33 David Nelson, NY 9:33 Eric Geisler, NY 9:42 Bob Lennon, PA 9:43 Rock Scarborough, MD 9:46 Henry Parker, DEL 9:48 Robert Douglas, PA 9:50 Dave Griffin, NJ 9:53 David Moore, DEL 9:53 Mike Cox. NY 9:55 John Wernicki, NJ 9:56

Girls 12-13 (1.50 Miles) 9:41 Alison Hoskins, DC Sue White, DC 9:44 Elyse Wagner, NY 9:50 Pati Cornish, MD 9:58 Bobby Murray, DC 10:07 Mary Albricht, NJ 10:17 Ricky Ross, NY Cathy McCreesh, NY 10:20 10:21 Jennifer Biller, CONN 10:27 Antoinette Rollins, DC 10:32 Robin Ross, NY 10:38 Angelika Achel, NY 10:49 Donna Lantz, NY 10:54 Cindy Mitchell, NJ 11:01 Sheryl Poirier, 11:03 Shellia Brown, NY 11:08 Jan O'Dell, NY 11:10 Lu Ann Powers, NJ Brenda Murphy, NY 11:13 Eleanor Hickey, NY 11:14 (166 Starters-Girls & Boys)

Boys 10-11 (1.50 Miles) Vincent Hogan, NY Ed Taylor, NJ 9:44 Gordon Thomson, DEL 9:45 Mike Stuart, NY 9:45 Jim McCreesh, NY 9:56 Sean Downs, NY 10:05 Billy McClay, DC 10:07 Lee Geisler, NY 10:13 Tony Pistone, MASS 10:14 Thomas Cummings, NY 10:15 Scott Dodd, NY 10:17 Kelly Beckett, CONN 10:20 Charles Peasons, NJ 10:21 Vin Caricli, NY 10:23 James Wynn, NY 10:26 John Lucks, NY 10:27 Julio Medina, NY 10:28 Peter Morales, NY 10:31 Joe Burns, NY 10:36 Vince Chiappetta 10:39

Girls 10-11 (1.50 Miles) Robin Campbell, DC 9:18 Julie Shea, NC 9:33 Ruth Merrick, NY 10:08 Rhonda Ross, NY 10:36 Katie Smith, NY 10:39 Kim Woodruff, NY Debra Bryant, NY 11:13 Leslie Fowler, DC 11:14 Sue Handlan, NJ Margaret Shahahan, NY 11:19 Pat Thomas, NY 11:24 Kathleen Rother, NY 11:26 Crystal McMillian, NY 11:42 Don Madden, DEL 11:49 Gina Interland, MD 11:50 Liz Soper, NY 11:54 Bretta Sykes, NY 11:55 Alice Kelmore, NY 12:05 Kerry O'Shea, NY 12:07 Doris Minguis, NY 12:10 (193 Starters-Girls & Boys)

Boys 8-9 (1.50 Miles) Frank Assumma, CALIF 9:25 Charles Assumma, CALIF 9:36 John Sullivan, NY 10:06 Ray Ross, NY 10:12 James Engel, NY Mike Cleary, NY 10:29 John McCarthy, NY 10:29 George Linitz, NY 10:35 John McCreesh, NY 10:46 Vincent Rom. NY 10:50 Ken Mueller, MASS 10:50 Gene Mirkin, MD 10:57 Brian Sheridan, NY 11:04 Ken Morris, MD 11:07 John Downing, CONN 11:09 Robert Schwab, NY 11:15 Tim Engel, NY 11:16 Joe Inperland, MD 11:18 Sean Travers, NY Kevin Boyle, MASS 11:26 11:28

Girls 8-9 (1.50 Miles) Lee Ann Pistone, MASS 10:09 Mary Shea, NC 10:12 Vallerie Mooan, NJ 10:45 Jane Williams, NY 10:45 Jane Fecunch, NY 10:55 Chris Stancell, NJ 10:56 Alberta Ancrum, NY 10:57 Sinita Wright, NY Joey Edwards, NY 11:07 Hallie Stevens, CONN 11:21 Judy Dulin, NY Dori Adler, NY 11:38 Lesha Palmer, NY 11:45 Renee Miolino, NY 11:45 Mary Mulare, NY 11:47 Caron Spear, NY 11:53 Gina DiMagio, NY 12:02 Cathy Hackett, NY 12:07 Clare Noonan, CONN 12:10 Ann Graham, NY 12:12 (140 Starters-Girls & Boys)

Boys 6-7 (1.50 Miles) Mike McKinney, VA 10:48 Tom McCarthy, NY 11:13 Ronald Geisler, NY 11:49 David Lucks, NY 12:11 Bill Daily, NY Walter Morals, NY 12:16 Robert Cleary, NY 12:22 Mickey Spalding, MD 12:35 Mike McCarthy, NY 12:39 Kevin Powderly, NY 12:43 John Kelso, MASS 12:44 Chris Deneky, NY 12:48 John Escararage, NY 13:27 John Tully, NY

Jamie Alonso, NY	13:31
Thomas Mitchel, NY	13:31
Mark Shea, NC	13:49
John Blaszczyk, NY	14:02
John Keane, NY	14:10
Christopher O'Shea,NY	14:11
Girls 6-7 (1.50 Miles	)
Kim Campbell, DC	11:50
Marian Fowler, DC	12:23
Sheila Pistone, MASS	12:41
Jayne Ancrum, NY	13:05
Dianne Branche, NY	13:35
Denise Scarpato, NY	13:38
Debbie Dulin, NY	13:51
Madelin Maier, NY	14:24
Christine Montero, CHL	14:34
Peggy Powers, NJ	15:26
(90 Starters-Girls & )	Boys)
GIRLS CHAMPIONSHIPS	
NOVEMBER 8, 1970 MT. SAN ANTONIO COLLEX WALNUT, CALIFORNIA	Œ
Weather-Clear, 75°	200

#### Course-Dirt, Steep Hills Sponsor-Ontario Montelair Cheetahs & Gen. Telephone Meet Director-Bill Peterson 14-17 Division (1.50 Miles) Debbie Heald, LMM Eileen Claugus, WS Ronlee Slosson, WS 8:49 8:51 Diane Byington, RRR Sandy Langan, WS Tina Anex, WS 9:25 9:41 Ester Marquez, RRR Linda Powell, SJC Robin Reade, WS Mary Cortez, RCS 9:42 9:42 9:48 9:52 Merrill Rogers, SAL Nancy Paul, VEN Rita Carter, FEL 9:54 9:57 9:58 Cindy Poor, SJC Nancy Stuart, ORI Janet Richmond, WS 9:58 9:59 10:13 Jennel Mauch, WS Mary Mueller, RRR Linda Wooten, SJC 10:14 10:17 10:18 Kim Miller, SJC Theresa Pecoraro, WS 10:18 10:18

Depute Envis, wo	10.0
Julie Martin, SJC	10:4
(50 Finishers)	
Leading Teams	
Will's Spikettes	25
San Jose Cindergals	69
Rialto Road Runners	72

10:23 10:24

10:29 10:34 10:35 10:38

10:46

Vicy Wright, WS Karen Kosmala, LMM Clydine Crowder, LMM Glenna Stephens, WS

Carol Hyrkas, USJ Barbara Ellis, SJY Reeny Westcott, LMM Debbie Eavis, WS

12-13 Division (1.50)	Miles
Debbie Johnson, RRR	9:10
Doreen Assumma, RRR	9:23
Ruth Kleinsasser, RRR	9:3
Kathy Jewell, LBC	9:3.
Pam Allen, LC	9:35
Shellie Lucas, WS	9:36
Lana Schimek, USJ	9:40
Mary Decker, LBC	9:4
Jean Aguilera, RRR	9:4
Judy DeVas, SAL	9:4
Estelle Guina, SJC	9:47
Judy Johnson, LBC	9:48
Cynthia Gentry, WS	9:50
Nadine Bowers, SJC	9:50
Julie Aguilera, RRR	9:51
Effic Jordan, RRR	9:57
Theresa SanAgustin, LB	9:58
Gayle Proteau, WS	10:01
Louise Velasco, USJ	10:0.
Linda Meyer, WS	10:0.
Robin Camereno, USJ	10:05
Susan Seibel, USJ	10:00
Colleen McManus, SJC	10:07
Gayle Julian, SAL	10:05
Vickie Mills, LBC	10:09
Wendy Habesy, FEL	10:12
Betty Burns, WW	10:12
Sandy Crawford, SJC.	10:15
Sonia Gerth, RRR	10:16
Teri Bjorgum, WS	10:20
Paula Marshall, RRR	10:24
Vicki Alford, SJC	10:27
Amber Souza, SJC	10:27

Lori Anderson, SAL	10:27
Lorraine Painter, LBC	10:28
Anne Dandoy, LOM	10:28
Susan Brodock, FCB	10:29
Dianne Holder, LBC	10:29
Liz Bowman, USJ	10:29
Julie Peterson, SJC	10:34
Julie Schlict, LBC	10:36
Ann Perich, WS	10:38
Renee Robertson, USJ	10:40
Sharon Kelton, ROS	10:41
Shelley Lewis, LMM	10:41
(88 Finishers)	
Leading Teams	

Rialto Road Runners	26
Long Beach Comets	54
Will's Spikettes	68
United San Juan	82
San Jose Cindergals	98

10-11 Division (1.25 M Victoria Jones, SJC	iles)
Victoria Jones, SJC	7:51
Lisa Edgington, USJ	7:52
Renee Nelson, USJ	7:55
Ronell Powell, SJC	7:55
Margit Sturhann, LMM	7:55
Donna Mueller, RRR	7:56
Jill Caldwell, LBC	7:59
Monique Gregoire, RRR	7:59
Jill Purdy, SJC	8:01
Linda McQuarrie, LBC	8:04
Teresa Tomasic, LBC	8:04
Laurie Jewell, LBC	8:05
Becky Wolfinbarger, RRR	8:05
Janet Burns, SJC	8:06
Lezli Peterson, SJC	8:07
Perri Barrett, LOM Linda Brodock, FCB	8:09
Linda Brodock, FCB	8:12
Tammy Sheetz, RRR	8:13
Marie Albert, RRR	8:15
Kathy Adams, USJ	8:17
Karen Machbar, USJ	8:18
Ann Slivkoff, SJC	8:18
Denise Gordon, SJC	8:20
Mary Moulton, ORI Shaun Seibel, USJ	8:21
	8:21
JoAnne Zwaig, SJC	8:21
Rhonda Hollan, FCB	8:24
Laura Janousek, OMC	8:25
Carjs Sakelaras, RCS	8:29
Charlene Allred, USJ	8:31
Roxana Vargas, UNAT	8:32
Michelle Klein, OMC	8:36
Deidre Eddy, USJ	8:37
Susan Pearson, RRR	8:38
Brenda Dake, SAL	8:38
Kerry Marshall, CAB	8:41
Donna Traister, OMC	8:43
Cindy Miniaci, USJ	8:44
Maureen Seibel, USJ	8:45
LaDonna Phillips, OMC	8:48
Elaine Kent, WW	8:52
Renee Tarver, SJC	8:52
Beth Miller, LOM	
Tracy Roberts, FCB	8:55
Margaret O'Neil, USJ (88 Finishers)	8:56
(oo rinishers)	

Leading Teams	
San Jose Cindergals	43
Rialto Road Runners	62
United San Juan	65
Long Beach Comets	83
Ont-Mont Cheetahs	142

9-Under Division (1.0	
Renee Quigley, LMM	5:51
Suzanne Keith, FCB	5:53
Maggie Knickrehm, CAB	6:00
Julia Woods, LBC	6:01
Judy Cobb, SAL	6:02
Tracy Miller, SJC	6:02
Pam Robinson, LOM	6:04
Mary Jo Kosmala, LMM	6:06
Laura Katzer, LBC	6:07
Patty Dillingham, WW	6:08
Debbie Kainz, OMC	6:09
Chris Tomasic, LBC	6:09
Francie Cotner, LMM	6:09
Jeanette Allred, USJ	6:12
Amy Van Tassel, USJ	6:16
Jill Linebarger, RRR	6:18
Charm Bishop, OMC	6:21
Jeanette Barr, CAB	6:22
Becky Gomez, FCB	6:23
Teri Beamish, LMM	6:24
Maureen Gardepie, SAL	6:28
Beth Ann Carothers, SAL	6:28
Paula Jones, USJ	6:29
Stephanie Romero, LBC	6:31
Kristy Wilson, LBC	6:32
Megan Bornyasz, LOM	6:33
M. Cantu, FCB	6:36
L. Huffines, FCB	6:39
Heidi Vanderlei, VEN	6:40

Long Beach Comets	60
Leading Teams	
(80 Finishers)	6:50
Susan Sanchez, RRR	6:49
Janet Sims, LOM	6:47
Emily Diaz, OMC	6:46
Vicki Almeida, LMM	6:45
Joy Hoefling, LMM	6:44
Hollie Shambaugh, WW	6:44
Veronica Garnett, ROS	6:43
Georgia Sakelarios, RCS	
Jill Titus, ROS	6:41
Suzette Pinola, USJ	6:40

The J.A. A. Class. Towns.
United San Juan
Salinas Valley TC

La Mirada Meteors

BOYS CHAMPIONSHIPS November 7, 1970 Royal Oaks Park Salinas, California

Weather-Clear, warm Course-Sandy, fairly hilly Sponsor-Salinas Valley TC Meet Director-Dick Casper

Age 14 Only (2.00 Miles)		
Mitch Kingery, RCS	11:20	
Vincent Orenales, RCS	12:17	
Greg Wardwell, SAL	12:21	
Phil Cortez, RCS	12:23	
Chris Vigil, RCS	12:31	
(8 Finishers)		

12-13 Division (2.00 )	Miles)
Dave Cortez, RCS	11:46
Donny Lee, SJY	11:56
Richard Green, SAL	12:14
Bret Layton, SJY	12:17
Jerry Lowmiller, SAL	12:18
Tom Guevara, SAL	12:29
Marty Wright, SJY	12:33
Steve Dake, SAL	12:34
Richard Martinez, SJY	12:53
Chris Giblen, SJY	12:55
(20 Finishers)	

Leading Teams	
San Jose Yearlings	32
Salinas Valley TC	35

10-11 Division (1.50	Miles)
Vance Eberly, SJY	9:08
Rick Volk, RCS	9:37
Bill Davis, SAL	9:46
Ted Peterson, SCS	9:55
Danny Martinez, SJY	9:56
Ernie Castro, SAL	10:02
Jim Lowmiller, SAL	10:02
Sean Giblen, SJY	10:16
Steve Clifton, SAL	10:18
Bob Kennedy, SAL	10:28
(24 Finishers)	

Leading Teams	
Salinas Valley TC	31
San Jose Yearlings	41
RedwoodCity Striders	48

9-Under Division (1.0	Mile)
Mike Boitano, UNAT	6:03
Pat Ellis, SJY	6:04
Larry Lowmiller, SAL	6:15
Mark Rodriguez, SAL	6:18
Dion Giblen, SJY	6:19
Steve Burke, SAL	6:24
Robert Martinez, SJY	6:26
Leland Mora, SAL	6:26
Bob Casper, SAL	6:28
Jeff Jufiar, SAL	6:31
Mark Ramon, SJY	6:32
Alan Green, SAL	6:33
Bill Casper, SAL	6:43
Artie Stebbins, SJY	6:44
Nick Sakelarios, RCS	6:45
(34 Finishers)	
Leading Teams	
Salinas Valley TC	25

San Jose Yearlings

34

#### CALIFORNIA & NEVADA AAU BOYS CHAMPIONSHIPS

November 14, 1970 Mirassou Elementary School Los Gatos, California

Weather-Clear, warm Course-Very Steep Hills Sponsor-San Jose Yearlings Meet Director-Gary Gallego

Age 14 Only (2.40 Miles)	
Mitch Kingery, RCS	15:0
Bill Skousen, RRR	15:28
Gil Brooks, UNAT	15:48
Joel Savage, RER	16:3
Duff Armstrong, RER	16:40
Dan Nore, UNAT	16:43
Greg Wardwell, SAL	16:47
Steve Villa, UNAT	16:53
Bruce Veal, RCS	16:59
Brian Suiarmando, UNAT	17:0

12-13 Division (2.40 )	Miles)
Dave Cortez, RCS	15:55
Ron Wolfinbarger, RRR	16:33
Roy Hogland, MLP	16:48
Tom Guevara, SAL	16:54
Donny Lee, SJY	17:01
Chris Giblen, SJY	17:02
Steve Dake, SAL	17:05
Dave Gregory, RER	17:11
Richard Green, SAL	17:19
Jerry Lowmiller, SAL	17:22
Kevin Hampton, RER	17:34
Jim Gray, RER	17:39
Don Nickel, RCS	17:43
	17:58
Richard Martinez, SJY (35 Finishers)	18:10

Leading Teams	
Salinas Valley TC	47
Reno Ramblers	54
San Jose Yearlings	61

10-11 Division (1.80 )	Miles
Vance Eberly, SJY	11:0
Kevin Knox, WW	11:4
Danny Martinez, SJY	11:50
Robert Nunez, WW	11:59
Rick Volk, RCS	12:0
Bill Davis, SAL	12:05
Ted Peterson, SCS	12:09
Eddie Lujan, WW	12:18
Ernie Castro, SAL	12:27
Jim Lowmiller, SAL	12:28
Sean Giblen, SJY	12:36
Mitchell BurkhardtSCS	12:39
Bruce Skousen, RRR	12:43
Steve Clifton, SAL	12:46
Skip Morehead, MLP	12:50
Dave Bingley, RCS	12:5
Sam Monaco, RCS	12:53
Bobby Kennedy, SAL	12:59
Joe Marshall, RRR	13:02
Joe Corrella, RRR	13:07
Joe Romo, SAL	13:10
Stu Walters, SCS	13:12
Tom Buwalde, RCS	13:17
Mike Carnell, RRR	13:18
Joe Negrete, RRR	13:18
(44 Finishers)	

T 3' 10	
Leading Teams	_
Salinas Valley TC	43
San Jose Yearlings	72
Redwood City Strider	rs73

9-Under Division (1.25	Mi.)
Frank Assumma, RRR	8:04
Dion Giblen, SJY	8:09
Charles Assumma, RRR	8:11
Mike Boitano, UNAT	8:20
Russel Riddel, WW	8:26
Pat Ellis, SJY	8:28
Charles Martinez, RRR	8:38
Larry Lowmiller, SAL	8:41
Todd Knox, WW	8:51
Mark Rodriguez, SAL	8:54
Robert Martinez, SJY	8:56
Steve Burke, SAL	8:58
Demetrius Cook, RRR	9:07
Steve Bennett, MLP	9:09
Mark Ramon, SJY	9:10
Billy Tracy, RCS	9:10
Jeff Jufiar, SAL	9:12
Bob Casper, SAL	9:15
Leland Mora, SAL	9:20
Mike Assuma, RRR	9:24
Tom Owen, RCS	9:26
Alan Green, SAL	9:27
Mario Sawalla, RRR	9:28
Barry Ruderman, RRR	9:29
John Kinn, SAL	9:30

(52 Finishers)

Rialto Road Runners	36
San Jose Yearlings	49
Salinas Valley TC	51

#### NATIONAL AAU GIRLS CHAMPIONSHIPS

NOVEMBER 28, 1970 FOREST PARK ST. LOUIS, MISSOURI

Weather-Cloudy, Humid, 40° Course-Grass, Moderate Hill Sponsor-Ozark Track Club Meet Director-Bob Hyten

14-17 Division (1.50 )	Miles)
Carol Frederick, MCH	8:05
Carol Frederick, MCH Eileen Claugus, WS	8:09
Branda Wall WMC	
Brenda Webb, KTS Robin Evans, UN-IOWA	8:16
Robin Evans, UN-10WA	8:17
Sandy Langan, WS	8:17
Tina Anex, WS	8:18
Debbie Beck, AMB	8:18
Vicki Slater, WOL	8:19
Vicki Clark, HAB	8:20
Ronlee Slosson, WS	8:22
Linda Rufner POR	8:31
Linda Rufner, POR Karen Zimmerman, WOL	
Leanne Hening VVD	8:33 8:35
Leanna Haring, KWD	
Susan Abernathy, HAB Nancy Paul, VEN	8:37
Nancy Paul, VEN	8:38
Donna Shell, KTS	8:38
Diane Byington, RRR	8:39
Nancy Ihrman, PHX Robin Wright, WOL	8:40
Robin Wright, WOL	8:41
Anne Gallaher, PHX	8:42
Helen Adams, DCD	8:43
Gwen Eberle, OZ	8:44
Nancy Thompson, PHX	8:45
Jean Benkert, KWD	8:46
Linda Mayer, WS Ann Taylor, KWD	8:47
Ann Taylor, KWD	8:47
Ann Forshee, MCH	8:48
Toni St. Pierre, TWC	
Elizabeth Clugston, AME	3
Gail Wagner, KTS	
Sue Parks, WOL	
Lynn Olson, WOL	
Susan Bylicki, MOT	
Karin McKeechie, MCH	
Rose Gilbert, WS	
Paula Strack, KTS	
Linda Simon, WOL	
Pamela Herbst, KWD	
Lynn Seippel, KTS	8:55
Liz Lyon, PHX	8:56
	8 - 57
Lynne Scherzer, KWD	8:57
Laurie Tuchalski, TOL	8:57
Laurie Tuchalski, TOL Kathy Hovey, KTS	8:57 8:58
Laurie Tuchalski, TOL Kathy Hovey, KTS Janet Richmond, WS	8:57 8:58 8:59
Laurie Tuchalski, TOL Kathy Hovey, KTS Janet Richmond, WS Mary Cortez, RCS	8:57 8:58 8:59 8:59
Laurie Tuchalski, TOL Kathy Hovey, KTS Janet Richmond, WS Mary Cortez, RCS Sarah Perkins, MCH	8:57 8:58 8:59 8:59 9:00
Laurie Tuchalski, TOL Kathy Hovey, KTS Janet Richmond, WS Mary Cortez, RCS Sarah Perkins, MCH Robin Reade, WS	8:57 8:58 8:59 8:59 9:00 9:02
Laurie Tuchalski, TOL Kathy Hovey, KTS Janet Richmond, WS Mary Cortez, RCS Sarah Perkins, MCH Robin Reade, WS Pat Hanna, TRR	8:57 8:58 8:59 8:59 9:00 9:02 9:04
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# 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:

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

- 1. Date of competition or other activity 2. Eligible participants (B=boys, G=girls, C=coaches)
- 3. Type of events (T=track, F=field, XC=cross country, R=road run, W=race walk, CL=clinic)
- 4. Youngest age-group eligible (9-Under, 10-11, 12-13, 14-15, 16-17, HS=high school, JH=junior high school, EL=elementary school etc.) 5. Sponsoring organization (REC=recreation department, SCH=school, JCH=Junior Champ, JO=Junior Olympic, AAU etc.) Note; AAU and JO activities mentioned require pre-registration (fees included), others usually do not 6. Athletes eligible (o=open to any athlete who qualifies under rules of the sponsoring organization, c=closed to athletes outside of district where meet is being conducted, i=invited athletes only, q=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. Send additional information and corrections to STARTING LINE.

JAN	UARY					
22	Boys	T&F	HS/JH	SCH	o	, , , , , , , , , , , , , , , , , , , ,
23	Girls	Т		USTFF		John Tansley, Glendale C, 1500 N Verdugo Rd, Glendale 91208 USTFF Midwest Indoor Meet, Columbus, Ohio Harry McKnight, 1795 Brinwood Ct, Columbus 43227
23	Girls	T&F		AAU	i	SEMO Indoor Invitational, Sikeston, Mo
						Sam Giambelluca, 1020 Kendall, Poplar Bluff, Mo 63901
23	Girls	T			i	Jaycee Indoor Invitational, Albuquerque, NM
23	Girls	T&F	9-U	AAU	0	Arizona AAU All-Comers, Phoenix College
						Roger Simpson, 6809 N 36th Dr, Phoenix 85018
23	B&G	XC	9	REC	q	SCMAF Novice Meet, Bloomfield Park, Lakewood, Calif
						Gary Davis, P O Box 190, Huntington Beach, Calif 92648
23	Boys	R	EL	AAU	0	Lunada Bay Road Run, Palos Verdes, Calif
						Frank Sax, P O Box 6015, North Hollywood, Calif 91603
29	Boys	T&F	HS/JH	SCH	0	Glendale (Calif) College All-Comers
	Ü		,			John Tansley, Glendale C, 1500 N Verdugo Rd, Glendale 91208
30	Boys	T&F		SCH	0	Mt San Antonio College (Calif) All-Comers
	v					Don Ruh, Mt SAC, 1100 N Grand Ave, Walnut, Calif 91789
31	Boys	R	EL	AAU	0	Long Beach Ocean Run (Calif)
						Frank Sax, P O Box 6015, North Hollywood, Calif 91603
						suri, - o zon oozo, nor on norry wood, ourir 71005

LEDI	TUART					
5/6	C	Clinic	Men & Women	SCH		Coaches Clinic, Fresno State College
6	G&B	T&F	women			Red Estes, Fresno State College, Fresno, Calif. Alberta Indoor Championships, Lethbridge, Alberta, Canada
						and the state of t
6	Girls	T&F	14	AAU	c	Region 6 Indoor Championships, U. of Illinois, Champaign, Ill.
						Nell Jackson, Freer Gym, U. of Illinois, Urbana, Ill.
7	Girls	T&F	14	AAU	c	Pacific AAU Winter Championships, College of San Mateo, Cal.
						Dr. Harmon Brown, 2335 David Court, San Mateo, Calif. 94403
34						

13	Girls	T&F				Mason-Dixon Indoor Games, Louisville, Kentucky
13	Girls	T&F		AAU		Bill Hawkes, 8505 Blossom Lane, Louisville, Ky. 40222 SEMO Indoor Invitational, Sikeston, Missouri
13	Girls	T&F		AAU	С	Sam Giambelluca, 1020 Kendall Ave, Poplar Bluff, Mo Region 10 Indoor Championships, Alamosa, Colorado
13	Girls	T&F	9-U	AAU	0	Arizona AAU All-Comers, Phoenix College
13	B&G	T&F	9-U	REC	0	Roger Simpson, 6809 N 36th Dr, Phoenix, Ariz 85018 Fernangeles Park All-Comers, Sun Valley, Calif.
	Girls					Jim Al-Kuraishi, 8851 Laurel Canyon Blvd, Sun Valley, Calif Illinois Track Club Indoor Meet, Urbana, Illinois
			FIG	AATT		Lori Schutt, 408 E Stoughton, Apt 2, Champaign, Ill
		R	ES	AAU	0	Pop Marty Memorial Run, Montebello, California Frank Sax, P O Box 6015, North Hollywood, Calif 91603
20	Girls	T&F	9 <b>–</b> U	AAU	С	Pacific AAU Winter Games, Sacramento, Calif
20	Boys	R	ES	AAU	0	Peters Canyon Run, Irvine, California Frank Sax, P O Box 6015, North Hollywood, Calif 91603
21	B&G	T&F	9 <b>–</b> U	REC	0	Branford Recreation Center All-Comers, Arleta, California Dick Ortiz, 13310 Branford St, Arleta, Calif
	Girls	T&F	14	AAU	q	National AAU Indoor Championships, New York
27 28	Boys	R		AAU	o	LAPD Run, Elysian Park, Los Angeles, California
						Frank Sax, P O Box 6015, North Hollywood, Calif 91603
MAR	CH					
6	Girls	T&F				Illinois Track Club Indoor Meet, Urbana, Illinois
6	Girls	T&F	9 <b>–</b> U	AAU	O	Lori Schutt, 408 E Stoughton, Apt 2, Champaign, Ill Arizona AAU All-Comers, Phoenix College
13	Girls	T&F				Roger Simpson, 6809 N 36th Dr, Phoenix, Ariz 85018 Colorado University Indoor Meet, Boulder
13	Girls	T&F		AAU	0	Pacific AAU Outdoor Season Opener, Concord, California
	B&G	T&F	9-U	REC	0	Fernangeles Park All-Comers, Sun Valley, Calif
						Jim Al-Kuraishi, 8851 Laurel Canyon Blvd, Sun Valley, Calif
21	Girls		9 <b>–</b> U	AAU	0	Phoenix Invitational, Phoenix College, Arizona Roger Simpson, 6809 N 36th Dr, Phoenix, Ariz 85019
20	Girls	T&F		AAU		Rocky Mountain Indoor Championships, Boulder, Colo
20	Girls	T&F	9 <b>–</b> U	AAU	0	Will's Relays, Sacramento, California Will Stephens, 6349 Dorchester Court, Carmichael, Cal 95608
21	B&G	T&FW	9 <b>–</b> U	REC	0	Branford Recreation Center All-Comers, Arleta, Calif
27	Boys	T	ES	SCH	i	Dick Ortiz, 13310 Branford St, Arleta, Calif Florida Relays, Gainesville
27	Girls	T&F		AAU	0	Jimmy Carnes, U of Fla, Ath Dept, Gainesville, Fla 32601 Pacific AAU Sectional, San Jose, Calif
28	Boys	R	ES	AAU	0	Gary Gallego, 730 Harding Ave, San Jose, Calif 95126 Newport Beach Handicap Run, Calif
						Frank Sax, P O Box 6015, North Hollywood, Calif 91603
APR	LIL		,			
3	Boys	T&F		AAU	0	San Jose Yearlings Invitational, California
17	Girls	T&F	9 <b>–</b> U	AAU/	o	Gary Gallego, 713 Harding St, San Jose, Calif 95126 Hanford Invitational, California
1.5				SCH		George Brown, 1010 N Irwin St, Hanford, Calif 93230
24/ 25	Girls	T&F		AAU		Ozark Invitational, St. Louis, Missouri Bob Hyten, 1033 Randle St, Edwardsville, Illinois 62025
	G&B	T		AAU	i	Mt SAC Relays, Walnut, California
	Girls	T&F	9-U	n	0	Jim Allen, 10044 Central Ave, Montclair, Calif 91263

(continued from page 7)	)	Luanne Powers, DEL	9:5
Chanan Haganmaullan VW	DO.55	Melody Miller, NWS	9:5
Sharon Hagenmeuller, KW Susan Holmes, PHX	9:55	Ty Mosser, PSP Shelley May, WOL	10:0
Gail Churchill, TRR	9:56		10:0
Carol Mohanco, KTS	9:57		10:0
(101 Finishers)	,.,,		10:0
			10:0
Leading Teams	24		10:0
Will's Spikettes	34	Lauri Jones, MTL	10:0
Wolverines Kettering Striders	69 83	Sherry Cumbow, OZ	10:
Kirkwood TC	94	Wendy Wall, OH	10:
	103	(125 Finishers)	
	111	Leading Teams	
	***	Rialto Road Runners	33
12 13 Division (1 50 N	(ilee)	Long Beach Comets	68
12-13 Division (1.50 M Debbie Johnson, RRR	8:09	Duke City Dashers	78
Sally Balderston, DCD	8:10	Kettering Striders	94
Robin Perry, AMB	8:18		117
Lynn Lovat, WOL	8:20		
Ruth Kleinsasser, RRR	8:21	10-11 Division (1.00 M	ile
Lisa Vernon, AMB	8:24	Robin Campbell, SPI	5:
Teri Seippel, KTS	8:25	Janet Burns, SJC	5:
Pam Allen, LC	8:27	Julie Shea, UN-NCAR	5:
Estella Guina, SJC	8:31	Ronell Powell, SJC	5:
Effie Jordan, RRR	8:32	Renee Nelson, USJ	5:
Doreen Assumma, RRR	8:33	Margit Sturhann, LMM	5:
Kathy Jewell, LBC	8:34	Shawn Seibel, USJ	5:
Joyce Brown, KTS	8:35	Cheryl Sanchez, DCD	5:
Emy Burt, TRR	8:36	Linda McQuarrie, LBC	5: 5:
Judy Johnson, LBC	8:37	Jill Caldwell, LBC Teresa Tomasic, LBC	5:
Vicki Mills, LBC	8:39	Kathy Adams, USJ	5:
Shellie Lucas, WS	8:40	Stephania McDade, DCD	5:
Susan White, SPI	8:42	Amy Lucero, DCD	5:
Linda Stacker, DCD	8:42 8:43	Chrishelle Speller, DCD	
Ella Willis, LPK Sonia Gerth, RRR	8:43	Monique Gregoire, RRR	5:
Ruth Ann Benavidez, DCI		Anne Slivkoff, SJC	5:
Betty Shell, KTS	8:45	Cindy Kilbourne, DCD	5:
Jean Aguilera, RRR	8:46	Lezli Peterson, SJC	5:
Rita Ames, KLT	8:47	Lisa Edgington, USJ	5:
Jocelyn Skelly, FLF	8:47	Mary Barela, COP	5:
Pam Johnson, COP	8:48	Shelly Cooper, COG	5:
Ther. SanAugustin, LBC		Victoria Jones, SJC	5:
Dianne Holder, LBC	8:50	Ann Gilliland, DCD	5:
Nan DuChamp, WOL	8:52	Gwen Robinson, AMB	5:
Linda Yount, DCD	8:52	Donna Mueller, RRR	5: 5:
Roberta Murray, SPI	8:53	Janet Jarvis, KTS	5:
Julie Aguilera, RRR	8:53	Deidre Eddy, USJ Bev Jarvis, KTS	5:
Elyse Wagener, SUF	8:53	Tammy Sheetz, RRR	5:
Sheryl Newton, DCD	8:54 8:55	Becky Wolfinbarger, RRR	
Chris Slater, WOL Marlene Harewicz, MTL	8:57	Cynthia Lackey, DCD	5:
Anne Bratun, DCD	8:58	Cathy Bjork, FLF	5:
Janice Kolankewicz,MTI		Laurie Jewell, LBC	5:
Susan Parsons, AMB	9:02	Kerri Marshall, CAB	6:
Meg Swenson, COG	9:04	Katie Smith, SUF	6:
Debbie Stephens, KTS	9:05	Christy Scott, KTS	6:
Pam Young, COG	9:07	Karen Van Tassel, USJ	6:
Antoinette Rollins, SPI	9:08	C. Casebolt, PSP	6:
Mary Mesch, COP	9:09	Diana Schneider, DCD	6:
Carrie Gilliland, DCD	9:10	Marie Albert, RRR	6:
Loretta Matejko, WOL	9:11	Robin Castor, COP	6:
Rosalyn Bryant, SPI	9:11	Mary Ann Opalewski, MOT	
Cindy Brown, CIN	9:12	Karleen Clark, COG	6:
Mariann Sturr, KTS	9:12	Tina Jackson, RRR	6:
Genita Billups	9:13	Rhonda Ross, SUF Jill Purdy, SJC	6:
Denise Asbury, WOL	9:13	Karen Nachbar, USJ	6:
Debbie Kirchhafer, COI		Ginger Nielsen, COG	6:
Monica Keifer, KTS	9:15	Julia Woods, LBC	6:
Jeanne Kroker, DCD Paula Marshall, RRR	9:15 9:16		-6:

Leading Teams	
Rialto Road Runners	33
Long Beach Comets	68
Duke City Dashers	78
	94
Kettering Striders	
Wolverines 1	17
10 11 P: : : /3 00 W	2-1
10-11 Division (1.00 Mi Robin Campbell, SPI	1e)
Robin Campbell, SPI	5:34
Janet Burns, SJC Julie Shea, UN-NCAR	5:36
Julie Shea, UN-NCAR	5:37
Ronell Powell, SJC	5:39
Renee Nelson, USJ	5:40
Margit Sturhann, LMM	5:40
Shawn Seibel, USJ	5:41
Cheryl Sanchez, DCD	5:41
Linda McQuarrie, LBC	5:43
Jill Caldwell, LBC	5:44
Teresa Tomasic, LBC	5:45
Kathy Adams, USJ	5:45
	5:46
Stephania McDade, DCD	
Amy Lucero, DCD	5:48 5:48
Chrishelle Speller, DCD	
Monique Gregoire, RRR	5:49
Anne Slivkoff, SJC	5:50
Cindy Kilbourne, DCD	5:51
Lezli Peterson, SJC	5:51
Lisa Edgington, USJ	5:52
Lisa Edgington, USJ Mary Barela, COP	5:52
Shelly Cooper, COG	5:53
Victoria Jones, SJC	5:53
Ann Gilliland, DCD	5:54
Gwen Robinson, AMB	5:54
Donna Mueller, RRR Janet Jarvis, KTS Deidre Eddy, USJ	5:55
Janet Jarvis, KTS	5:55
Deidre Eddy, USJ	5:55
Bev Jarvis, KTS	5:55
Tammy Sheetz, RRR	5:55
Becky Wolfinbarger, RRR	5:56
	5:57
Cynthia Lackey, DCD	5:58
Cathy Bjork, FLF	
Laurie Jewell, LBC	5:59
Kerri Marshall, CAB Katie Smith, SUF	6:00
Katie Smith, SUF	6:01
Christy Scott, KTS	6:02
Karen Van Tassel, USJ	6:03
Karen Van Tassel, USJ C. Casebolt, PSP	
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD	6:03
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD	6:03 6:04
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP	6:03 6:04 6:05
Karen Van Tassel, USJ C. Casebolt, PSP	6:03 6:04 6:05 6:05
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG	6:03 6:04 6:05 6:05 6:06
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG	6:03 6:04 6:05 6:05 6:06 6:06
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG	6:03 6:04 6:05 6:05 6:06 6:06 6:07
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUP Jill Purdy, SJC Karen Nachbar, USJ	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07 6:08 6:09
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07 6:08 6:09 6:10
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07 6:08 6:09 6:10 6:11
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07 6:08 6:09 6:10
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07 6:08 6:09 6:10 6:11 6:12 6:13
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUP Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ Pam Isaacs, KTS	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07 6:08 6:09 6:10 6:11 6:12 6:13 6:14
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ Pam Isaacs, KTS Kim White, KTS	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07 6:08 6:09 6:10 6:11 6:12 6:13 6:14 6:15
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ Pam Isaacs, KTS Kim White, KTS Janyce Jaramillo, COP	6:03 6:04 6:05 6:05 6:06 6:06 6:07 6:07 6:07 6:08 6:09 6:10 6:11 6:12 6:13 6:14 6:15 6:16
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUP Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ Pam Isaacs, KTS Kim White, KTS Janyce Jaramillo, COP Deb Coleman, PSP	6:03 6:04 6:05 6:05 6:06 6:07 6:07 6:07 6:08 6:09 6:10 6:11 6:12 6:13 6:14 6:15 6:16 6:17
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ Pam Isaacs, KTS Kim White, KTS Janyce Jaramillo, COP Deb Coleman, PSP Lisa Thomas, COP	6:03 6:04 6:05 6:05 6:06 6:07 6:07 6:07 6:08 6:09 6:10 6:11 6:12 6:13 6:14 6:15 6:16 6:17 6:19
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUF Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ Pam Isaacs, KTS Kim White, KTS Janyce Jaramillo, COP Deb Coleman, PSP Lisa Thomas, COP Donna Grubbs, KTS	6:03 6:04 6:05 6:05 6:06 6:07 6:07 6:07 6:08 6:09 6:11 6:12 6:13 6:14 6:15 6:16 6:17 6:19
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski,MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUP Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ Pam Isaacs, KTS Kim White, KTS Janyce Jaramillo, COP Deb Coleman, PSP Lisa Thomas, COP Donna Grubbs, KTS Kathy Kolankiewicz,MTL	6:03 6:04 6:05 6:05 6:06 6:07 6:07 6:08 6:09 6:10 6:11 6:12 6:13 6:14 6:15 6:16 6:17 6:19 6:20
Karen Van Tassel, USJ C. Casebolt, PSP Diana Schneider, DCD Marie Albert, RRR Robin Castor, COP Mary Ann Opalewski, MOT Karleen Clark, COG Tina Jackson, RRR Rhonda Ross, SUP Jill Purdy, SJC Karen Nachbar, USJ Ginger Nielsen, COG Julia Woods, LBC Carol Dye, PSP Cindi Miniachie, USJ Pam Isaacs, KTS Kim White, KTS Janyce Jaramillo, COP Deb Coleman, PSP Lisa Thomas, COP Donna Grubbs, KTS Kathy Kolankiewicz, MTL Susan Gailey, MTL	6:03 6:04 6:05 6:05 6:06 6:07 6:07 6:07 6:08 6:09 6:10 6:11 6:12 6:13 6:14 6:15 6:16 6:17 6:19 6:20 6:20
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San Jose Cindergals	52
Leading Teams	
(128 Finishers)	
Anne Downing, WOL	6:42
Stacie Porter, WOL	6:41
Stephanie Kirkland, WOL	
Lorene Knobbe, COP	6:39
Amy Wright, KTS	6:38
Kathy Hagan, KTS	6:37
Cindy Kresslac, FLF	6:36
Celia Duran, ROS	6:36
Tracy Villalobos, WOL	6:35
Joan Ten Eyck, COG	6:35
Cathy Reed, COG	6:34
Danielle Skelly, FLF	6:34
Diane Simon, WOL	6:33
Marcia Henry, KTS	6:33
Anneyeus Robinson, SPI	
Cathy Martin, FLF	6:32
Kristy Schwab, KTS	6:31
Kristy Schwab, KTS	6:3

San Jose Cindergals	52
Duke City Dashers	54
United San Juan	56
Long Beach Comets	84
Rialto Road Runners	116

9-Under Division (1.00	Mi.)
Renee Quigley, LMM	6:01
Lisa Gilliland, DCD	6:06
Suzanne Keith, FCB	6:07
Tracy Miller, SJC	6:08
Kathy Gill, DCD	6:09
Kathy Weiss, COP	6:16
Maggie Knickrehm, CAB	6:19
Donna Campbell, SPI	6:20
Tana Meadows, DCD	6:21
Laura Katzer, LBC	6:23
Tracy Bear, DCD	6:24
Jeanette Baer, CAB	6:28
Cinda McDade, DCD Teddia White, DCD	6:28
Teddia White, DCD Nanetta Hieb, KTS	6:29
Nanetta Hieb, KTS	6:30
Chris Tomasic, LBC	6:31
Mary Swain, COP	6:31
Deanna Anderson, MOT	6:32
Ruth Sixkiller, KWD Cheryl Cavilli, COP	6:33
Cheryl Cavilli, COP	6:33
Norma Howitt, COP	6:34
Beth Gailey, MTL	6:35
Marlene Maloy, DCD	6:35
Stephanie Romero, LBC	6:36
Gloria Butterfield, ROS	6:36
Terry Tucker, KWD	6:37
Heather Hearves, KWD	6:38
Alisa Zucht, DCD	6:39
Stephanie Tompkins, DEL	6:40
Michele Rosandich, PRK	6:40
Joan Luebben, KTS	6:41
Colleen Slater, WOL	6:42
Kim Campbell, SPI	6:43
Jill Titus, ROS	6:44
Kristy Wilson, LBC	6:45
Valery Morgan, DEL	6:47
Jean Bieser, KWD	6:48
Elise DuChamp, WOL	6:49
Julie Yockey, COP	6:50
Susie Jaramillo, COP	6:54
Debbie Wilson, COP	6:55
Jenna Beck, KTS	6:56
Kathy Lahman, ROS	6:57
Franchette Freeman, COP	6:58
Gina Morrison, COP	6:59
Joni Caldwell, LBC	7:00
Marion Fowler, SPI	7:02
Julianne Duran, ROS	7:05
Tammy Tipps, KTS	7:07
Veronica Ijarnett, ROS	
(78 Finishers)	

Duke City Dashers	23
Colorado Pacers	67
Long Beach Comets	86
Kirkwood TC	115
Kettering Striders	126

#### CENTRAL CALIFORNIA AAU AGE-GROUP CHAMPIONSHIPS

DECEMBER 19, 1970 BAKER PARK WASCO, CALIFORNIA

Weather-Foggy, Very Cold Course-Flat, Grass, Dirt, and Pavement Sponsors-Wasko Wildkats, Wasco Sports Boosters, and Wasco Parks & Recreation Meet Director-Brad Tomasini

Mike Hagerman, 1	MERCED 12:24
Dave Taylor, ME	RCED 12:28
Robert Bray, BA	KERS. 12:59
Sammy Garcia, W.	ASCO 13:02

Betty Burns, WASCO	4:00
Patty Anderson, CLOVIS	4:09
Mary Ann Maric, BAKERS.	4:24
Lynette Maston, WASCO	4:29
Rosa Medina, ARVIN	4:32
Roberta Obert, OILDALE	4:40
(12 Finishers)	

Boys 12-13 (1.00 Mile) Roy Gomez, ARVIN (tie	
Roy Gomez, ARVIN (Lie	10:23
Phillip Higalgo, ARVIN	5:23
Charles Cannon, BAKERS.	5:25
Kris Geraghty, BAKERS.	5:31
Reggie Medina, ARVIN	5:33
(11 Finishers)	

Girls 10-11 (0.75 Mile	)
Connie Vasquez, ARVIN	4:28
Elaine Kent, WASCO	4:32
Lonzetta Neal, BAKERS.	4:34
Terri Frye, BAKERSFIELD	4:47
Kathy Pippen, BAKERS.	4:48
Linda Ernst, BAKERS.	4:49
Leslie Fulmer, BAKERS.	4:50
Louise Marlow	4:52
Nami Nielsen	4:54
Tonya Ederra, BAKERS. (16 Finishers)	4:57

Boys 10-11 (0.75 Mile)	
Kevin Knox, WASCO	3:55
Eddie Lujan, WASCO	4:08
Robert Nunez, WASCO	4:18
Shawn Shambaugh, WASCO	4:23
Mike Mosby, WASCO	4:26
Michael Houghton, BAK.	4:28
Robert Gautney, BAKERS	4:29
Kirk Yeargan, BAKERS. (14 Finishers)	4:30

Girls 9-Under (0.50 Mil	le)
Patty Dillingham, WASCO	2:55
Hollie Shambaugh, WASCO	3:06
Maria Medina, ARVIN	3:08
(6 Finishers)	

Boys 9-Under (0.50 Mil	e)
Todd Knox, WASCO	2:38
Russell Riddel, WASCO	2:44
Robin Messick, WASCO	2:51
(6 Finishers)	

### OREGON AAU BOYS CHAMPIONSHIPS

Weather-Cold, Raining Course-Grass, Hilly

14-15 Division (1.50 Ron Hansen, SCAP	8:57
Dan Rennels, SCAP	9:05
Chris Deulen, SCAP	9:23

12-13 Division (1.50	Miles)
John Bolton, UN-TIGAL	RD 8:14
Terry Trimble, UN-TIO	G 8:27
Mike Jackson, RIDG	8:29
Randy Austin, SCAP	8:42
Kerry Engen, SCAP	8:43
Randy Finkbeiner, SO	R 8:45
Jeff Ward, POR	8:46
Pat Weidmann, POR	8:47
Steve Snelling, POR	8:48
Tony Glasscock, SCAP	8:49
Tony Garvey, POR	8:50
Neal Bicker, UN-TIGAL	RD 9:00
Tom Berning, UN-TIGAL	RD 9:02
Neal Adkins, POR	9:07
Steve Melton, SCAP	9:12
Matt Rilling, POR	9:14
Richard Kemper, RIDG	9:24
Paul Reed, SCAP	9:28
Raymond Lillard, POR	9:29
John Throckmorton, U- (32 Finishers)	ri 9:33

Portland TC	27
Scappoose TC	28
10-11 Division (1.00 M	ile)
Roger Bates, UN-COOSBAY	5:36
Dirk Lakeman, POR	5:38
Greg Hansen, WOOD	5:38

6:11 6:12 6:16 6:17 6:17 6:20
6:16 6:17 6:17
6:17 6:17
6:17
6:20
26
39
Mi.)
6:08
6:24
6:26
0:20
6:35

### ARIZONA AAU GIRLS ALL - COMERS

Leading Teams
Portland TC
SE Oregon Lions TC

29

DECEMBER 19, 1970 PHOENIX COLLEGE PHOENIX, ARIZONA

9-Under Division

Weather-Cloudy and Breezy (all winds non-aiding) Track & Runways-Reslite Sponsor-Arizona AAU Women's Track & Field Meet Director-Roger Simpson No. of Competitors-332 No. of Teams-10

9-Under Division	
50 yard Dash	
Cynthia Rhodes, MSA	7.4
Debbie Whitt, PCH	7.4
Roxanne Keating, PCH	7.6
Sabrina Jackson, CRTN	7.6
Laura Manley, ARZ	7.7
Julianne Cooper, ARZ	7.8
100 yard Dash	
Cynthia Rhodes, MSA	14.3
Debbie Whitt, PCH	14.3
Cynthia Cooke, CRTN	15.4
Laura Manley, ARZ	15.4
Monica Brown, PRP	15.5
Rebecca Stout, MSA	15.5
220 yard Dash	
Bernice Moore, VOS	33.0
Lauri Wright, ARZ	34.5
Cecily Ellsworth, CRT?	N 34.6
Michelle Enders, VOS	35.7
Monica Brown, PRP	37.2
Karen Lawrence, MSA	38.0
440 yard Dash	
Sandy Cuevas, ARZ	76.4
Bernice Moore, VOS	78.0
Cynthia Cooke, CRTN	79.4

Cynthia Cooke, Chin	17.4
Becky Stout, MSA	79.7
Heidi Dobberstein, CH	LA 82.0
Cheryl Berech, CHLA	85.0
660 yard Run	
Linda Lindsey, PRP	2:04.8
Beth Beach, PRP	2:05.0
Lisa Zetterlof, VOS	2:12.0
Patsy Navarro, PRP	2:14.4

440 yard Relay	
CREIGHTON TC "A"	64.2
ARIZONA TC	64.5
VALLEY OF THE SUN TO	65.0
MESA TC	65.0
PHOENIX CHAPARRALS	66.2
PEAR'S PEACHES "A"	66.8
Long Jump	

Long Jump	
Lori Anderson, CHLA	11'74"
Sabrina Jackson, CRTN	11'13"
Michelle Ransey, CRTN	11'14"
Roxanne Keating, PCH	11'1 "
Sandy Cuevas, ARZ	10'74"
Michelle Enders, VOS	10'6 "

500 yard mediey ketay	
VALLEY OF THE SUN "A"	2:07.7
MESA TC	2:12.8
PHOENIX CHAPARRALS	2:14.5
CREIGHTON TC	2:16.1
VALLEY OF THE SUN "A"	2:17.2
ARIZONA TC	2:19.1

Paula Marshall, RRR Kathy Vidrih, MCH Renalda England, HAB Cheri Miller, KTS Tanya Byyant, SPI

Wendy Bucey, MTL Ricky Ross, SUF Mitz Bayer, TRR

Jane Sullinger, AMB Cindy Mitchell, DEL

Allison Hoskins, SPI Sharon Groth, LFK Bev Roland, PEO

Michele Cummings, WOL

G. Gibson, PSP Kaye Woodyard, KTS N. Santistevan, PSP

Lorraine Painter, LBC Cathy Specei, LPK Kathy Good, SPI Diane Smarjesse, PEO Cathy McCreesh, SUF

Sharon Gough, MTL Danna Pheams, KTS Justine Titeca, LPK Robin Ross, SUF

Jacque Strickland, PHX 9:21 Kim Gray, PSP 9:22 Ashley Sutherland, MTL 9:23

9:16 9:16 9:17

9:20

9:23 9:24 9:24

9:24 9:27

9:29 9:31

9:31

9:32

9:35

9:36

9:39

9:44 9:45

9:47 9:48

9:48 9:51

Long Jump Renee Van Natta, PCH 13'7 <sup>3</sup> / <sub>4</sub> " Lynda Fleischer, CHLA 13'6 <sup>3</sup> / <sub>4</sub> "
Lynda Fleischer, CHLA 13'64"
Nina Keating, PCH 13'5" Shelly South, PHX 13'04" Sherry Reidhead, CRTN 12'9½" Monique Donithan, VOS 12'9"
Sherry Reidhead, CRTN 12'92"
High Jump Monique Donithan, VOS 4' 2"
Sherry Reidhead, CRTN 4' 1" Anita Green, CRTN 4' 1"
Debra McCarty, VOS 3'10" Fawn Sayre, CRTN 3'8"
Cathy Boyle, CRTN 3' 7"
Shot Put (6 pound)
Kelly Curran, COG 31'0" Kathy Baker, CRTN 27'2"
Kellve RichardsonCRT 26'7"
Linda Traughler, PRP 22'2" Betty DiSilvesterPRP 21'62"
Donna Yarbrough, CRTN 21'43"
Baseball Throw
Kellye RichardsonCRT 160'7" Terri Harrell, MSA 150'7"
Jeannie Custer, CRTN 145'11
Kelly Curran, COG 145'0"
Linda Traughler, PRP 144'5" Lavonne O'Banner, MSA 138'9"
12-13 Division
50 yard Dash
Sharon Andrews, MSA 6.6 Christine Martin, VOS 6.7
Sara Scagnelli, PHX 7.1
Myra Wesson, CRTN 7.2
Carol Cheuvront, PHX 7.4 Vickie Stamper, CRTN 7.4
100 yard Dash
Diana Owen, VOS 12.0
Jackie Rhodes, MSA 12.1 Sheron Andrews, MSA 12.3
Patsy Maldonado, CRTN 12.9
Sharon Sievert, PCH 13.3 Debbie Sanders, MSA 13.3
220 yard Dash
Diana Owen, VOS 26.9
Susan Winningham, ARZ 27.7
Tracy Horn, PCH 28.4 Meg Swenson, COG 28.7
Janet Bridgewater, CRTN 28.9
Debbie Derr, ARZ 30.2
440 yard Dash Lou Ann Bolick, VOS 62.2
Venetia Patrick, ARZ 64.7
Jill South, PHX 66.3 Karla Moody, ARZ 66.7
High Jump Cecily Ellsworth, CRTN 3' 8"
Kim Terhune, CRTN 3' 1"
Sharon Martin, VOS 3' 1" S. Mooningham, CRTN 3' 0"
S. Mooningham, CRTN 3'0" Jovanna Valencia, CRTN 2'10"
Kim Custer, CRTN 2'8"
Baseball Throw
Baseball Throw Lori Anderson, CHLA 114'7" Gloria Gowan, MSA 94'7"
Lisa Zetterlof, VOS 85'3"
Cynthia Cooke, CRTN 83'9" Wanda Ewing, CRTN 80'9"
Carol Burton, CHLA 80'5"
10-11 Division
50 yard Dash
Donna Martin, VOS 7.1
Dawn Erb, PRP 7.2
Lynn Berry, PCH 7.2 Pam Wilson, VOS 7.4
Norma Maldonado, CRTN 7.6
100 yard Dash Donna Martin, VOS 13.0
Donna Martin, VOS 13.0 Anita Anderson, MSA 13.2
Barrie Beach, PRP 13.8
Renee Frisk, VOS 13.9
Connie Jackson, MSA 14.1 Diane Adams, PCH 14.1
220 yard Dash
Debbie Crane, MSA 30.2
Debbie Cassity, VOS 30.5 Jan Burnett, CHLA 31.3
Connie Jackson, PRP 32.0
Cecilia Thomas, MSA 32.0 Crystal Kartchner, MSA 32.2
440 yard Dash
Debbie Crane, MSA 68.1
Amy Odergaard, PHX 68.2
Carolyn Canady, PCH 70.6 Debra Cuevas, ARZ 73.0
Debia Cuevas, ALL
Debra Cuevas, ARZ 73.0 Diane Allen, MSA 79.0 Judy Thompson, PCH 79.5

660 yard Run Debra McCarty, VOS 2:03.7 Linda Valentine, PCH 2:15.0 Jackie Dunlap, PCH 2:16.2	
880 yard Run Karleen Clark, COG 2:33.5 Liz Dufour, ARZ 2:40.6 Shari Cassin, ARZ 2:42.0 Vicki Murray, VOS 2:44.9 Sherry Reidhead, CRTN 2:50.9	
440 yard Relay MESA TC 57.5 PEAR'S PEACHES "A" 57.8 VALLEY OF THE SUN "A" 58.5 PHOENIX CHAPARRALS "A" 58.7 CHOLLA CHEETAHS "A" 59.7 VALLEY OF THE SUN "B", 61.2	
880 yard Run Joyce Snedigar, ARZ 2:39.5 Vickie VanBuskirkVOS 2:41.8 Colleen Weigert, MSA 2:42.5 Marjorie Kaput, CRTN 2:52.3 Margo Tongate, CRTN 3:42.7	
One mile Run Debbie Derr, ARZ 5:23.3 Pam Young, COG 5:39.7 Jacque Strickland, PX 5:47.2 Sandy Tevis, ARZ 6:22.5 Pam Hansen, CRTN 6:25.5 50 yard HURDLES	
Meg Swenson, COG 8.0 Rita Brown, VOS 9.0 Phyllis Trim, PRP 9.5	
440 yard Relay VALLEY OF THE SUN "A" 52.7 ARIZONA TC 55.5 CREIGHTON TC 55.5 PHOENIX TC 56.3 PHOENIX CHAPARRALS 56.8 VALLEY OF THE SUN "B" 56.8	
880 yard Medley Relay ARIZONA TC 2:02.8 VALLEY OF THE SUN TC 2:04.3 CREIGHTON TC "A" 2:08.4 MESA TC 2:09.5 PHOENIX CHAPARRALS 2:09.9 CREIGHTON TC "B" 2:19.8	
Long Jump Meg Swenson, COG 16' 0½" Lynda Fleming, VOS 14' 9½" Devoniaer Moore,MSA 14' 7" Debbie Sanders, MSA 13' 9¼" Kitty Neill 12'10¾" Pam Hansen, CRTN 12' 5¾"	
High Jump Peaches Seniuk, VOS 4'6" Jill South, PHX 4'6" Mary Beth Ricci, CRTN 4'4" Jet Nienaber, CRTN 4'2" Drene Cassity, VOS 4'0" Jacque Strickland, PHX 3'6"	
Shot Put (6 pound)   Charlene Arnold, CR 36'104"   Mary O'Banner, MSA 35' 1 "   Pam Young, COG 35' 04"   Vickie Chiarello,CR 35' 0 "   Donna Utz, CRIN 32' 04"   Faye Longnaker,CRIN 29'11½"	
Discus Throw   Vickie Chiarello,CR   99'9 "   Donna Utz, CRTN   85'8½"   Charlene Arnold,CRTN   85'5½"   Annette Salazar,CRTN   80'1½"   Kitty Neill   70'2 "	
Baseball Throw Pam Young, COG 198'7" Tammy Reese, MSA 178'9" Peaches Seniuk, VOS 170'6" Mary O'Banner, MSA 156'5" Nancy Miller, PHX 148'1" Kelly Fuiks, PCH 147'6"	
Javelin Throw Jayne Hancock, VOS 79' 9" Annette Salazar, CRT 74' 4" Kelly Fuiks, PCH Vickie Chiarello, CRT 71' 5"	

Vickie Chiarello, CRT 71' 5"

Donna Utz, CRTN 68'10" Sara Scagnelli, PHX 64'11"

ARIZONA AAU GIRLS EARLY BIRD RELAYS
DECEMBER 5, 1970 PHOENIX COLLEGE PHOENIX, ARIZONA
Weather-Clear, Calm, 75° Track & Runways-Reslite
Sponsor-Arizona AAU Women's
Track & Field
Meet Director-Roger Simpson No. of Competitors-315
9-Under Division
9-Under Division 4 x 110 yard Relay
CREIGHTON TC 64.2
ARIZONA TC 64.9 VALLEY OF THE SUN TC 66.4
4 x 220 yard Relay
ARIZONA TC 2:21.3
MESA TC 2:22.9 CREIGHTON TC 2:29.0
3 x 440 yard Relay ARIZONA TC 3:57.5
VALLEY OF THE SUN TC 4:06.7
PEAR'S PEACHES 4:21.5
High Jump
Cecily Ellsworth, CRTN 3' 9"
Janelle Anderson, CRTN 3' 4" Stephanie MooninghamCR3' 3"
Sharon Martin, VOS 3' 2"
Sharon Martin, VOS 3' 2" Lisa Zetterlof, VOS 3' 1"
Melanie Mandelin, VOS 2'11" Kim Terhune, CRTN 2'11"
- Control of Control o
Long Jump Lori Anderson, CCH 11' 74'' Roxanne Keating, PCH 11' 44'' Melanie Mandelin, VS 10'10'' Sabrina Jackson, CRT 10' 8'' Heidi Dobberstein, CH 9' 82'' Michelle Ramsey, CRTN 9' 71''
Roxanne Keating, PCH 11' 44"
Melanie Mandelin, VS 10'10 "
Sabrina Jackson, CRT 10' 8"
Michelle Ramsey, CRTN 9' 72"
Baseball Throw Cynthia Cooke, CRTN 106'5"
Lori Anderson, con 100.0
Lisa Zetterlof, VOS 91'5" Carol Burton, CCH 89'9"
Wanda Ewing, CRTN 88'6"
PART IN THE POST COLOR
Debbie Whitt, PCH 88'2"
10-11 Division 4 x 110 yard Relay
10-11 Division 4 x 110 yard Relay MESA TC 57.3
10-11 Division 4 x 110 yard Relay MESA TC 57.3
10-11 Division 4 x 110 yard Relay MESA TC 57.3
10-11 Division  4 x 110 yard Relay  MESA TC 57.3  VALLEY OF THE SUN TC 57.6  PEAR'S PEACHES 59.6  PHOENIX CHAPARRALS  10-11 Division  57.3  4 x 110 yard Relay  57.6  57.6  67.6  FHOMMAR AND THE SUN "B*16.59.6
10-11 Division  4 x 110 yard Relay  MESA TC 57.3  VALLEY OF THE SUN TC 57.6  PEAR'S PEACHES  VALLEY OF THE SUN "B <sup>†</sup> ie <sup>5</sup> 9.6  PHOENIX CHAPARRALS  4 x 220 yard Relay
10-11 Division  4 x 110 yard Relay  MESA TC 57.3  VALLEY OF THE SUN TC 57.6  PEAR'S PEACHES 59.6  VALLEY OF THE SUN "Btie59.6  PHOENIX CHAPARRALS 59.6  4 x 220 yard Relay  PEAR'S PEACHES 2:06.0
10-11 Division  4 x 110 yard Relay  MESA TC 57.3  VALLEY OF THE SUN TC 57.6  PEAR'S PEACHES 59.6  VALLEY OF THE SUN "B <sup>10</sup> 59.6  PHOENIX CHAPARRALS  4 x 220 yard Relay  PEAR'S PEACHES 2:06.0  VALLEY OF THE SUN TC 2:08.8  VALLEY OF THE SUN "B"2:12.6
10-11 Division
10-11 Division  4 x 110 yard Relay  MESA TC 57.3  VALLEY OF THE SUN TC 57.6  PERR'S PEACHES 59.6  VALLEY OF THE SUN "B <sup>†1e</sup> 59.6  HOENIX CHAPARRALS  4 x 220 yard Relay  PEAR'S PEACHES 2:06.0  VALLEY OF THE SUN TC 2:08.8  VALLEY OF THE SUN TC 2:12.6  ARIZONA TC 2:12.8  880 yard Medley Relay
10-11 Division
10-11 Division  4 x 110 yard Relay  MESA TC 57.3  VALLEY OF THE SUN TC 57.6  PERR'S PEACHES 59.6  VALLEY OF THE SUN "B <sup>†1e</sup> 59.6  HOENIX CHAPARRALS  4 x 220 yard Relay  PEAR'S PEACHES 2:06.0  VALLEY OF THE SUN TC 2:08.8  VALLEY OF THE SUN TC 2:12.6  ARIZONA TC 2:12.8  880 yard Medley Relay
10-11 Division
10-11 Division  4 x 110 yard Relay  MESA TC 57.3  VALLEY OF THE SUN TC 57.6  PEAR'S PEACHES 59.6  PHOENIX CHAPARRALS  4 x 220 yard Relay  PEAR'S PEACHES 2:06.0  VALLEY OF THE SUN TC 2:08.8  VALLEY OF THE SUN TC 2:08.8  VALLEY OF THE SUN TC 2:12.6  ARIZONA TC 2:12.8  880 yard Medley Relay  VALLEY OF THE SUN TC 2:09.6  MESA TC 2:10.0  PHOENIX CHAPARRALS 2:17.0  3 x 660 yard Relay  VALLEY OF THE SUN TC 6:05.4
10-11 Division
No.
10-11 Division
10-11 Division
No.
No.
10-11 Division
Norma   Norm
No.
10-11 Division
No.
Normal Relay
No.
No.

Jill Homer, CCH

Terri Smith, CCH

Jeannie Custer, CRT 132' 0" Ellen Colleary, PHX 132' 0" Julie VanBuskirk, VO 131'11"

133' 7"

12-13 Division 4 x 110 yard Relay VALLEY OF THE SUN TC 51.2
ARIZONA TC 54.2 PHOENIX CHAPARRALS 54.3
4 x 220 yard Relay MESA TC 1:54.8 ARIZONA TC 1:55.7 VALLEY OF THE SUN TC 2:00.1
880 yard Medley Relay VALLEY OF THE SUN TC 1:56.2 MESA TC 2:02.1 ARIZONA TC 2:04.2
3 x 880 yard Relay ARIZONA TC 8:00.6 PHOENIX TC 8:17.6 VALLEY OF THE SUN TC 8:21.8
High Jump Peaches Seniuk, VOS 4'8"
Jill South, PHX 4'7" Dawna Clayton, VOS 4'7" Mary Beth Ricci, CRTN 4'2" Drene Cassity, VOS 4'1" Jet Nienaber, CRTN 3'9"
Long Jump Lou Ann Bolick, VOS 15' 8 " Angie Whitt, PCH 15' 5 " Lynda Fleming, VOS 13'102"
Shot Put (6 pound)  Vickie Chiarello,CR 35' 24"  Charlene Arnold,CRT 34' 84"  Debby Houser, CRTN 28'104"  Lynnae Giles, ARZ 28' 15"  Sherrie Morgan, MSA 27' 04"  Faye Longnaker,CRTN 26' 94"
Discus Throw Vickie Chiarello,CR 99'1 " Annette Salazar,CRTN 84'8\frac{1}{2}" Charlene Arnold,CRTN 82'8 " Debby Houser, CRTN 70'9 " Kitty Neill 59'9 " Lynnae Giles, ARZ 58'3\frac{1}{2}"
Baseball Throw Angle Whitt, PCH 178'll" Peaches Seniuk, VOS 161' 6" Nancy Miller, PHX 600' 0" Annette Salazar, CRT 155' 4" Debby Houser, CRT 149' 9"
Jayne Hancock, VOS 141' 9"  Javelin Throw  Jayne Hancock, VOS 79' 7"  Peaches Seniuk, VOS 76'11"  Annette Salazar, CRTN 71' 3"  Sara Scagnell, PHX 65' 8"  Vickie Chiarello, CRT 60' 4"  Tammy Bennett, CRTN 58' 7"
ASC

KEY TO TEAM ABBREVIATION :

(B=Boys Team, G=Girls Team)

ALB-Albuquerque Olympettes,

ARZ-Arizona TC, Phoenix,

BRR-Bridgeport Road Runners,

Bloomfield, Colo (G)

N Mex (G)
AMB-Ambler Olympic Club,
Pa (G)

Ariz (G)

Calif (G)
CAB-Cabrillo TC, Lompoc,
Calif (G)
CCH-Clark Chiefs, Clovis,

Calif (B&G) COG-The Colorado Gold,

N Mex (B&G) DBV-Diablo Valley TC,Cal(G)
DEL-Delaware T&FC (G) FCB-Fontana Cinder Belles, Calif (G) FEL-Fresno Elans, Cal (G) FFS-Fairfield Striders, N J (G) FLF-Fleet Feet TC, Mich (G) FRED-Frederick TC, Md (G) HL-Hanford Lions, Cal (G) HAB-Houston Astro-Belles, Tex (G) KLT-Kalispell Timberettes, Mont (G) KTS-Kettering Striders, Ohio (G) KWD-Kirkwood TC, Mo (G) LBC-Long Beach Comets, Calif (G) LC-Lassen Cinderellas. Calif (G) LIB-Liberty AC, Mass (G) LMM-La Mirada Meteors, Calif (G) LOM-Lomita TC, Calif (G&B) LPK-Lipke TC, Detroit, Mich (G) LS-Lakewood Spartans, Cal (G) MCH-Michigammes, Ann Arbor, Mich (G) MI-Montario Impalas, Cal (G) ML-Millbrae Lions, Cal (G) MLP-Milpitas TC, Calif (B) MOT-Motor City TC, Detroit, Mich (G) MSA-Mesa TC, Ariz (G) MTL-Mt. Lebanon TC, Pa (G&B) NLW-Nile West TC (G) OH-Ohio TC, Columbus (G) OMC-Ontario-Montclair Cheetahs, Calif (G) ORI-Orinda TC, Calif (G) OZ-Ozark TC (G) PCH-Phoenix Chapparals, Ariz (G) PEO-Peoria TC, Ill (G) PHX-Phoenix TC, Ariz (G) POR-Portland TC, Ore (B&G) PRP-Pear's Peaches, Phoenix, Ariz (G) PSF-Palm Springs Fillies, Calif (G) PSP-Poison Spider TC, Casper, Wyo (G) RCS-Redwood City Striders, Calif (B&G) RER-Reno Ramblers, Nev (B) RIDG-Ridgefield TC, Ore (B) ROS-Roseville AC, Calif (G) RRR-Rialto Road Runners, Calif (G&B) SAL-Salinas TC, Calif (B&G) SCAP-Scappoose TC, Ore(B&G) SCS-Santa Cruz Sandpipers, Calif (B) SDL-San Diego Lancerettes, Calif (G) SEOL-Southeast Oregon Lions, (B&G) SJC-San Jose Cindergals, Calif (G) SJQ-San Joaquin TC, Cal (G) SJY-San Jose Yearlings, Calif (B&G) SMA-Santa Monica AA, Cal(B&G) SOR-Southern Oregon TC, Medford (B&G) SPI-Sports International, Washington, D.C. (G&B) SSH-South Shores TC, San Diego, Calif (G) SUF-Suffolk AC, New York(G) TRR-Toledo Road Runners, Ohio (G) TWC-Twin City TC, St Paul-Minneapolis, Minn (G) VEN-Ventura Girls TC, Cal (G) WLV-Willamette Valley TC, Ore (G) WOL-Wolverines AC, Lincoln Park, Mich (G&B) WOOD-Woodland TC, Wash(B&G) WS-Will's Spikettes, Sacramento, Calif (G) WSH-Washington TC, Pa (B) WVP-West Valley Pacers. Woodland Hills, Cal(G&B) WW-Wasco Wildkats, Cal(B&G)

CIN-Cinderettes (G)
CJY-Central Jersey TC (G)
CRTN-Creighton TC, Phoenix,
Ariz (G)
DCD-Duke City Dashers,

### **ACROSS the USA**

#### **REGIONAL & LOCAL NEWS & HIGHLIGHTS**

The editors consider this section to be one of the most important in STARTING LINE. Through 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. This space will feature material contributed by both regular contributors and the general reader. It will contain, among other things, news of forthcoming local events, results of novice and intermediate level competition, newsworthy and novel ideas and programs used in promoting track in your area. Local teams and activities will be emphasized.

If you know of any events which, if publicized, would help encourage the athletes in your area 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

There will be a national championship in the mile for age-group boys and girls in the late spring with a West-ern Section (Hopefully at Bakersfield College). For information contact Dale Knox, 714 Sixth Street, Wasco, California 93280

#### Southern California - from LYN CARMAN -

With Bill and Mary (Rand) Toomey among the interested spectators, 110 girls finished the first annual Hill and Dale cross country run, at Westmont College in Santa Barbara. The meet was sponsored by the La Colina Jr. High girls league with R.J. MacDonald as meet director.

Results: 12-13 (1.2 miles) - Mary Gilzean (Vandenberg JHS) 7:15, Patty Carman (La Colina JHS) 7:29, Barbara Johnson (Van) 7:32, Linda Hetzler (LC) 7:48, Laura Borghi (Van) 7:48,... Winning Team - La Colina; 10-11 (0.75 mile) - Kerri Marshall (Miguelito ES, Lompoc) 3:48, Susan Maginnis (Santa Barbara Lorrettes) 4:03, Debbie Myjack (Buena Vista ES,Lompoc) 4:05, Brenda Feld (unat), Laurie Carman SBL) 4:11,..Winning Team - WashingtonES 9-Under (0.50 mile) - Maggie Knickrehm (Hapgood ES,Lompoc) 2:50, Jeanette Bare (La Mesa ES,Lompoc) 2:54, Mary Carman (SBL),.. Winning Team - Lorrettes.

#### Oregon - from PORTER MARTIN -

The growing popularity of age-group track in Oregon was one of the highlights of the 1970 season. For two years RUDY ROJAS of Tigard and BRUCE FLANAGAN of Woodland, Washington, have held a series of spring meets every saturday during the track season. These meets have been climaxed by the Oregon Association AAU Championship for age-group boys and girls.

Next spring Oregon and Montana will hold their fifth annual girls postal Championship. BRUCE FLANAGAN is interested in arranging such meets with other areas. For more information: Box 149, Woodland, Washington 98674

The 1970-71 Oregon Coaches Directory published by the Oregon H.S. Coaches Association lists 230 high schools, of which nearly 200 list a girl's track coach!

Two new track clubs in the state: the Pilot Track Club in Canyonville and the Southern Oregon Track Club in Medford; there are now ten clubs in the state that have girls as members.

#### Central California - from DALE KNOX -

Kern County Parks & Recreation Dept. sponsors a cross country meet for 14 year olds & younger, boys and girls. The 1970 edition took place on December 12 at Heritage Park in Bakersfield on a hilly, all grass course under the meet direction of Joe Davis. Prior qualifying meets were held. Results included: Boys 8-Under (0.50 Mile) 1-Raul Sanchez (Wasco) 3:06; 2-Keith Harrison (W) 3:11: Girls 8-Under (0.50 Mi.) 1-Lucy Vasquez (Arvin) 3:06; 2-Shelley Roberts (W) 3:08: Boys 9 Yr. Old (0.75 Mi.) 1-Todd Knox (W) 4:14; Robin Messick (W) 4:20: Girls 9 Yr. (0.75 Mi.) 1-Patty Dillingham (W) 4:32; 2-Davetta Turner (Bakersfield) 4:52: Boys 10 (0.75 Mi.) 1-Eddie Lujan (W) 3:55; Robert Nunez (W) 3:55: Girls 10 (0.75 Mi.) 1-Lonzetta Neal (B) 4:27; 2-Elaine Kent (W) 4:33: Boys 11 (1.00 Mi.) 1-Kevin Knox (W) 5:37; 2-Joe Garza (B) 6:06: Girls 11 (0.75 Mi.) 1-Connie Vasquez (Arvin) 4:30; 2-Terri Frye (B) 4:40: Boys 12 (1.50 Mi.) 1-Jesse Rodriguez (Lamont) 8:54; 2-Jimmy Dillingham (W) 8:56; Girls 12 (1.00 Mi.) 1-Betty Burns (W) 5:50; 2-Mary Ann Marvic (B) 6:20: Boys 13 (1.50 Mi.) 1-Roy Gomez (A) 8:35; 2-Rudy Gonzales (B) 8:36: Girls 13 (1.00 Mi.) 1-Cindi Steinbeck (W) 5:51; 2-Roberta Obert (B) 6:00: Boys 14 (2.00 Mi.) 1-Sammy Garcia (W) 11:09; Robbie Bray (B) 11:13: Girls 14 (1.00 Mi.) 1-Linda Bernal (Greenfield) 6:35; Cheryl Thompson (B) 7:08

#### THE EAST

#### New York - from DR. GABE MIRKIN -

The Road Runners Club of America, New York Association, sponsored what was referred to as their first-ever national age-group cross country championship. The meet certainly deserves that qualification if we are to consider the tremendous success of the event. 839 entrants (!) ran in the large program; it was the largest nonschool field in the history of the Van Cortlandt Park cross country course. Trophies were given to every finisher!

The top performers in the meet were the Assumma twins, Frank and Charles, who came all the way from California representing the Rialto Road Runners. They placed first and second in the 8 & 9 Division and their time was faster than the winning 10-11 mark.

The best girl was Robin Campbell of Washington D.C.'s Sports International, who had the fastest girl's time of the day. Only 11 years old, her time was also better than the boys of the same age-group. She ran a beautiful race in beating highly regarded Julie Shea of Raleigh, North Carolina, with a devastating kick.

The meet director was Barry Geisler Sr. and was assisted by Kurt Steiner and Dr. Gabe Mirkin.

#### Pennsylvania - from JOHN HARWICK -

The Eighth Annual John F. Kennedy Memorial 3 Mile Run drew over 100 runners to Pittsburgh's Schenley Park last November 15. The race was first run in Waynesburg in 1963, though it wasn't until 1968 that a boys 13 and under race was added and not until 1970 that a similar girls race was included. This is the first sports event to honor the late president's support of fitness.

After being run for two years in Olean, N.Y., the generosity of the Knights of Columbus has given the JFK Run a permanent home in Pittsburgh.

Results of 1970 races: Boys 13-Under (3.00 Miles) 1-Ron Adams (Ashtabula, 0.) 20:04; 2-Brett McKenzie (Mt Lebanon TC) 20:04.5; 3-Mike Rauso (Penn Hills) 20:28; 4-Hugh Hitchcock (Washington TC) 20:43; 5-Clint Weber (Pittsburgh) 20:55; 6-Bob Adams (Ashtabula) 21:07; 7-Walt Donnellan (Mt Leb TC) 21:10 Winning Team-Mt Lebanon TC Girls 13-Under (3.00 Miles) 1-Janice Kolankiewicz (Mt L) 21:56; 2-Marlene Harewicz (Mt Leb TC) 22:17; 3-Ashley Sutherland (Mt Leb TC) 22:46 Win.Team-Mt Lebanon TC

New York - from STEVEN SUTTON -

Brooklyn Tech High School, the defending New York public school cross-country, indoor and outdoor track champions, may have the only active high school alumni support group in the United States. In December of 1967 the Brooklyn Tech Alumni Spiked Shoe Club was established, with the intention of forming a continuous chain from high school through college studies to the business world, while maintaining a continuity of interest toward the current Tech track team.

The club, under the guidance of president Steven E. Sutton, publishes a quarterly newsletter, holds socioathletic functions, and conducts an annual Varsity Awards Dinner in cooperation with coach Ed Zarowin. In addition, a "College Contact Program" and "Tutorial Program" for Tech tracksters is sponsored by the alumni. The College Contact Program, by making athletes aware of the college opportunities available to them and assisting them in making the proper contacts in order to get in to the college of their choice is a typical example of how the Tech Spiked Shoe Club is helping the undergrads.

There will be a National Championship in the mile for age-group boys and girls in the late spring with an East-ern Section in Washington, D.C. For information contact Gabe Mirkin, M.D., 14411 Butternut Court Rockville, Md. 20853

#### THE MIDWEST

Nebraska - from TOM HALLSTROM -

An example of what can be done is provided by the Mid-western Association Junior Olympic program under the direction of Don Watchorn and Tom Hallstrom. Last year, the Midwestern JO Finals at Burke Stadium in Omaha had approximately 1200 boys and girls competing on the 8 lane all-weather track in a meet which set 6 national JO records.

Even more impressive was the fact that 16 qualifying meets were held with a total participation of 5,740 athletes each of which payed a \$1.00 entry fee. The fees collected were used not only to pay the meet expenses but also provide a multi-color program (with lots of individual pictures) and to pay for T-shirts and travel expenses for qualifiers to the Regional JO meet.

The final meet program listed every qualifier in every event, a total of 2,176 slots. And the whole program is summarized in an annual report at the end of the year.

Those who need some hints in organizing their local Junior Olympic programs would do well to contact Tom Hallstrom, 3902 Davenport, Omaha, Nebraska 68131.

Joe Smetanka, coach and organizer of the Lipke Track Club in Detroit, figures that the girls on his relatively new team have traveled 30,000 miles to 36 cities in 10 states and Canada in the three years of their operation. In addition, the club hosts one of the few cross-country meets which draws both big AAU and novice fields.

#### THE SOUTH

Florida - from JIMMY CARNES -

Gainesville, Florida can claim one of the top Junior Champ programs in the country. Last summer the Gainesville Junior Chamber sponsored not only track meets for boys and girls of all ages, but also organized four clinics per week. The clinics included movies, demonstrations by University of Florida athletes, and instruction by Dave Kaplan and George Rone, local high school coaches.

On the average, the weekly track meets attracted over 200 athletes. STARTING LINE will keep its readers informed of developments in this rapidly expanding track area.

#### THE CLUB / A PROFILE

The COLORADO GOLD A new girls team, the COLORADO GOLD, was initiated during last summer after reorganization of the Colorado Pacers.

The head coach is LYLE KNUDSON, a mathematics teacher at Broomfield H.S., and he is assisted by JOHN BOYD, DWIGHT AUSTIN, DOUG DIENELT, GORDON FOX and DEL HESSEL.

The club has an abundance of fine distance runners: BARBARA LAWSON (2:12, 880), DONNA TEN EYCK (2:12, 880), PAM YOUNG (2:25.3 as an 11 year old), MARLENE CLARK (2:36.8 - 10 yr. old), and SHELLY COOPER (11) are among the better distance runners nationally at their respective age-group. The depth in the distances is further demonstrated by young talents such as KIM CLARK, LYNN SUTTON, SUE EDWARDS, LORI COVINGTON and SALLY & JOAN TEN EYCK.

In the sprints, some excellent prospects in JILL WEE-LAND, 12.1 in 100 and 29.6, 220 at age 11, DEBBIE PATTON - 11.0 and 25.3, and CINDY STUHLMILLAN.

In the jumps, GINGER NIELSEN (12) 15'9 $\frac{1}{2}$ " in L.J., WENDY KOENIG (15), 18'2 and 5'4 $\frac{1}{2}$  in H.J. and JAYNE FREDERICKS, 18'6 and 5'5, will be right on top this coming season.

A fast improving trio in the weights: KELLY CURRAN (11) - 29'11½ with the 6 lbs., NANCY COLLINGSWORTH (13) 35'5 (6 lbs.) and JOAN STRATTON in the discus with 131'. The COLORADO GOLD - a young club that's growing fast.

SAN JOSE YEARLINGS It was in the spring of 1968 that Gary Gallego, who was a member of the San Jose City College track team that year, began to conceive the idea of creating a track club for boys. A youngster who was always helping him out in his practice on the field first made him aware that there were no boys teams in the San Jose area. He decided then that he would create his own club. The boy - Vance Eberly, now a sensational age-group athlete. The club - the San Jose Yearlings. From that one runner the club has now a membership of over 50 athletes.

The club's basic philosophy can be summarized in four points: (a) any boy or girl willing to work and interested in joining the club, will be welcomed to the team, (b) as a member of the club, an athlete is expected to try to do his very best, whether he or she be winning or losing, (c) although there are membership fees, no one will be denied the right to join the club for lack of money, (d) the goal is to teach the young the wonderful sport of track and field.

In three years, the San Jose Yearlings have compiled a remarkable record of team and individual performances. There are too many fine individuals on the team for a complete profile; let us list a few of the outstanding ones: VANCE EBERLY (11) the first Yearling ever has been the winner of three Pacific AAU and California State cross-country championships and has times on the track of 68.0, 440; 2:27.5, 880; 5:10.5 in the mile and 11:05 for two miles; a great walker: 1:54.6, 440 and 8:50.2 in the mile walk. DION GIBLEN (10) 2:50.4; 3'11", HJ; 9:55 in the mile walk. SEAN GIBLEN (11) 5:36, 4'5" and 9:16 mile walk. MARTY WRIGHT (12) as an 11 year old 65.8, 2:32.1, 5:27.0, and 33' $4\frac{1}{2}$ " in triple jump. CHRIS GIBLEN (12) the club's best race walker with an 8:31 for one mile and has covered 6 miles and 73 yards in the one hour walk. BETH SCLAR (14) excellent walker, with a 9:26.1 in the one mile walk at age 13.

The San Jose Yearlings are hoping to enlarge the club by adding new coaches and raising their present membership to 100-180 boys and girls. Quoting Gary Gallego, "I would like to set out and prove that it is more practical as well as more fun to have a team that is composed of both boys and girls rather than two separate organizations."



#### SPECIAL CALIFORNIA HIGH SCHOOL

EDITORS: Mike Kennedy / Bob Lord

The high school section of STARTING LINE will attempt to provide a variety of information about high school track that have not been readily available in the past.

We will be reporting the California high school scene in more detail than any other national publication, with highlights and results from the CIF Southern Section, Los Angeles, Northern California and San Diego areas.

We will include profiles of athletes and coaches, and, whenever possible, provide information relating to age and year in school. Since the majority of high school marks reported in newspapers and other publications omit mention of the age or school year of the athlete, we need the help of our readers in providing this type of information about athletes in their area.

A certain degree of national coverage will be included, designed to complement the types of information already available in other publication, such as Track and Field News.

After the conclusion of the high school season, STARTING LINE will continue providing information on teen-age athletes. Many top marks are recorded during the summer months in A.A.U. and other age-group competitions such as all-comers meets, district, regional and national Junior Olympics, Jaycee meets, and so on; we will furnish you with significant results from these events.

The high school section of STARTING LINE may eventually be expanded in size and scope, or it might even develop into a separate publication, depending on your response.

We welcome your comments and suggestions in our endeavor to provide the type of information you would like to see in print.

#### **CROSS COUNTRY RESULTS**

SOUTHERN SECTION

LARRY GREER of Lakewood was the individual winner and Burbank copped the team title in the Southern Section AAAA Division of the California Interscholastic Federation (CIF) cross country championships held Nov. 28 on the flat 2.1 miles course at Cal State in Long Beach.

GREER, a 9:06.4 two miler, hung close to the pace for the first mile, ran his next half-mile very hard and then coasted home in 9:29.5. RICH WALKER of Arroyo, El Monte(9:39), finished second and SCOTT SCHWEITZER of Burbank (9:40) followed in third position. It was the first defeat of the year for WALKER.

Despite the fact that Burbank's top runner, REX BOWLBY ran with a sprained ankle and finished 35th, the Bulldogs still accomplished to log a 54-65 victory. Runners responsible for Burbank's victory included: MARK KUSHNER, 6th in 9:53; CRAIG WHATCOTT, 11th in 9:59; ED BIRRER, 16th in 10:03 and BOB GARDENA, in 18th place in 10:04. The highest finishing Junior was MARK GENET of Santa Anna, 5th in 9:48, while BARRIE WILLIAMS, of N. Torrance, 14th in 10:00, was the fastest sophomore in the race.

North Torrance, which finished third in the team race, should prove to be very tough in the next two years as four of its top five runners are sophomores.

Sophomore TERRY WILLIAMS of Lompoc pulled the biggest surprise of the day in winning the AAA Division race in 9:39.5 as he and his Brave teammates scored a 45-97 victory over second place Palos Verdes. Lompoc was a solid favorite to win the team title but LARRY HILDENBRAND, a second place finisher last year and a 4:18.3 miler, not WILLIAMS, was expected to be the leader of the Braves. HILDENBRAND broke on top early but he faded after the mile mark and finished fifth. Juniors GORDON IN-NES of Upland (9:41) and ED GRACE of Aviation, Manhattan Beach (9:43) finished secon and third while MARK DULANEY of Palos Verdes(9:45), a 9:04.2 two miler, finished fifth. INNES, the top qualifier a week ago in 9:28, slipped and fell in the early stages of the finals but still recovered to give WILLIAMS a tough race. In addition to HILDENBRAND's "poor" finsh the Braves No3 runner sophomore ALVIN GILMORE, who has been just behind WIL -LIAMS all year, finished 48th. Last year GILMORE ran 4:29.2 to become the fastest black 14 year old miler in the world.

In winning the team title, the Braves also managed to clock

the fastest team time (49:35.5) for any division. It was the second straight team title for Lompoc.

Last year, San Marino and La Canada finished first and third respectively in the A Division finals. This year with an expansion to four divisions, the same pair moved up to the tougher AA Division. The titans still remained on top, 49-77, but the Spartans moved into the runner-up position. It was the fifth title in the last seven year for San Marino. Since six of the seven San Marino runners are underclassmen, it seems likely they will retain their title next year.

Individual AA Division winner was DAVID CALDERA of Rowland, in 9:45.5. He was followed by sophomore IVAN PORTO of San Marino in 9:53; RICK PIERCY of Victor Valley in 9:57 and CESAR TALAVERA of Salesian, L.A. in 9:58. PORTO, a native Brazilian, who ran a 4:28 mile last year, finished very strong and might have caught CALDERA, had he not given up such a large early lead.

CHRIS HOFFMAN of St. Bernard, Playa del Rey, led his Viking teammates to the A Division title with a 9:42.6 first place finnish. HOFFMAN remained undefeated for the year, finishing with about a 50yds lead to second place finisher, DENIS CUFF of Webb School, Claremont, a 4:19.4 miler last year. The next three placers were all juniors: ROGER HENDERSON of Santa Paula (9:50); TOM KOPPES of St. John Bosco, Bellflower (9:55) and TOM RAZZETO of St. Bernard. Last year, HOFFMAN won the A Division and St. Bernard had finished second behind San Marino.

#### LOS ANGELES CITY

JOSE AMAYA of Wilson scored an unexpectedly easy victory over BRENT TUBB of Cleveland in the L.A. City cross country finals held December 12 on the hilly two mile course at Pierce college. A year ago, AMAYA was leading in the latter stages of the race with TUBB closing in quickly, when an unidentified man accidently knocked AMAYA to the ground. He was able to recover for third in 9:59 but TUBB raced home the winner in 9:52.

However this year was a different story as AMAYA who had reduced the course record, first to 9:43 in the N. League finals then to 9:41 in the City prelims won easily over TUBB. Brent, in the finals, ran as though he had been reading Amaya's press clippings; he jumped to a quick 12 yard lead as the runners ascended the top of the hill, and by the time he reached the bottom he had increased his lead to approximately 50 yards.But the rapid pace began to tell and AMAYA quickly closed the gap and soon overtook the Cleveland harrier. Fom that moment Tubb lost interest in the race, and he coasted in the finish line a well beaten eight. AMAYA's winning time was an impressive 9:35, a new course record.

A surprising result, at Pierce, was the team victory of Fairfax. Without placing a runner in the top ten, the Lions defeated Granada Hills 71-75. STEVE ACUFF, fifth in 10:11; DAVE ASKREN, sixth in 10:11, and JOHN LOOMIS, ninth in 10:16, all of Granada Hills, finished in front of JUAN MALDINADO, 12th in 10:20, the first Faifax finisher. It was the first title for Fairfax.

#### LOOKING AHEAD

Feb 25/26 Shorty Smith Relays, Santa Ana College Feb 27 Bassett High Relays, Mt San Antonio College

Feb 27 Mira Costa Relays, Mira Costa

Mar 6 Lynwood Relays, Lynwood

Mar 6 Fontana Steeler Relays, Fontana

Mar 6 Oxnard District Track Relays, Oxnard

Mar 6 Temple City Relays, Temple City

Mar 13 Twenty-Nine Palms Invitational, Twenty-Nine Palms

Mar 13 Lompoc Relays, Lompoc

Mar 13 Palmdale Relays, Palmdale

Mar 13 Glendora Invitational, Citrus College

Mar 13 Kiwanis Relays, Central HS, El Centro

Mar 13 Tustin Relays, Tustin HS

Mar 13 Cal Sierra Relay Track Meet

We welcome additional information pertaining to schedules of major high school meets throughout the state.

In the next issue look for a list of all-time California age-group bests in each event, 14 through 18.

MIKE KENNEDY, a graduate of the University of California, has been following the California High School track scene for years and has recently expanded this coverage nationally.

Mike is a member of the Los Angeles Times prep sports staff and teaches history in high school.

SOUTHERN SECTION FINALS Cal State, Long Beach 2.1 Miles

AAAA Schools - 1. Larry Greer (Lakewood) 9:29.5; 2. Richard Walker (Arroyo) 9:39; 3. Scott Schweitzer (Burbank) 9:40; 4. Don Barbray (N.Torrance) 9:47; 5. Mark Genet (Santa Anna) 9:48; 6. Bob Gollnick (Costa Mesa) 9:49; 7. Mark Kushmer (Burbank) 9:53; 8. Doug MacLean (Costa mesa) 9:54; 9. David Cottrell (Long Beach Poly) 9:56; 10. Rick Fleming (Newport Harbor) 9:56; 11. Tony Torres (Arroyo) 9:57; 12. John Torres (Arroyo) 9:58; 13. Craig Whatcott (Burbank) 9:59; 14. Barrie Williams (N.Torrance) 10:00; 15. Dave Lockman (Marina) 10:00; 16. Chuck Harris (S.Torrance) 10:01; 17. Steve Walsh (N.Torrance) 10:02; 18. Ed Birrer (Burbank) 10:03; 19. John Holcomb (Newport Harbor) 10:04; 20. Bob Gardena (Burbank) 10:06; 21. Robert Cardera (El Rancho) 10:06; 22. John Santistevan (Arroyo) 10:08; 23. Tom Olswang (Costa Mesa) 10:10; 24. Enrique Adame (Santa Anna Valley) 10:10; 25. Dick Bland (S.Torrance) 10:10;

TEAM - 1. Burbank 54; 2. Arroyo 65; 3. N.Torrance 106; 4.Costa Mesa 119; 5. Lakewood 138; 6. S.Torrance 145; 7. Newport Harbor 158; 8. Santa Anna Valley 178; 9. Marina (Huntington Beach) 183; 10. El Rancho (Pico Rivera) 228.

AAA Schools - 1. Terry Williams (Lompoc) 9:39.5; 2. Gordon Innes (Upland) 9:41; 3. Ed Grace (Aviation, Redondo Beach) 9:42; 4. Mark Dulaney (Palos Verdes) 9:45; 5. Larry Hildenbrand (Lompoc) 9:48; 6. Randy Gray (Lowell, La Habra) 9:51; 7. Tom Phillips (Dos Pueblos, Goleta) 9:52; 8. Tom Vanderhout (Rancho Alamitos, Garden Grove) 9:54; 9. Joe Barry (Palos Verdes) 9:55; 10. Roger Hanson (Lompoc) 9:56; 11. Percell Keeling (Morningside, Inglewood) 9:57; 12. Tony Nunez (Lompoc) 9:59; 13. Rudy Krause (Lynwood) 9:59; 14. Richard Meza (Fullerton) 10:03; 15. Randy Spotts (Orange) 10:06; 16. Darrell Hatfield (Rancho Alamitos) 10:09; 17. Jerry Brott (Claremont) 10:10; 18. Keith Vanderhout (Rancho Alamitos) 10:11; 19. Roy Buchanan (Norte Vista, Riverside) 10:11; 20. Harold Ketting (Aviation) 10:12; 21. Bruce Eiles (Lompoc) 10:12; 22. Robert Rodriguez (Norte Vista) 10:14; 23. Pete Keeney (Upland) 10:15; 24. Marty Garcia (Aviation) 10:16;

TEAM - 1. Lompoc 45; 2. Palos Verdes 97; 3. Rancho Alamitos (Garden Grove) 100; 4. Aviation (Redondo Beach) 118; 5. Norte Vista (Riverside) 129; 6. Upland and Lowell (La Habra) 155

AA Schools - 1. David Caldera (Rowland, Rowland Heights) 9:45.5; 2. Ivan Porto (San Marino) 9:53; Rick Piercy (Victor Valley, Victorville) 9:56; 4. Cesar Talavera (Salesian, Los Angeles) 9:56; 5. Bruce Schulte (Norco) 10:00; 6. Greg Frame (La Canada) 10:01; 7. Bobby Bell (Bassett) 10:02; 8. Dick Mapel(San Marino) 10:07; 9. Dick Lankhaar (Rowland) 10:08; 10. Bob Guerin (La Mirada) 10:09; 11. Pat Curran (Quartz Hill) 10:10; 12. John Hatch (La Canada) 10:12; 13. Mike Campbell (San Marino) 10:13; 14. Paris Masek (San Marino) 10:13; 15. Doug McLean(La C.)10:18

TEAM - 1. San Marino 49; 2. La Canada 77; 3. Salesian 96; Rowland 125; 5. Central (El Centro) 135; 6. Quartz Hill 160

A Schools - 1. Chris Hoffman (St. Bernard, Playa del Rey) 9:42.6; 2. Denis Cuff (Webb School, Claremont) 9:47; 3. Roger Henderson (Santa Paula) 9:50; 4. Tom Koppes (St. John Bosco, Bell flower) 9:55; 5. Tom Razzeto (St. Bernard) 10:06; 6. Bill Bowie (Miraleste) 10:07; 7.Mike Saykally (Crespi, Encino) 10:09; 8. Jose Sanchez (Channel Island, Oxnard) 10:10; 9. Richard Fox (Miraleste) 10:10; 10. Scott Davis (Agoura) 10:14; 11. John Alfaro (Channel Island) 10:15; 12. Kevin Neff (St. Bernard) 10:17; 13. Pat Hindman (St. Bernard) 10:17; 14. Dave Schiowitz (Agoura) 10:18; 15. Jim Reisig (Crespi) 10:18;

TEAM - 1. St. Bernard (Playa del Rey) 43; 2. Agoura 100; 3. Crespi (Encino) 108; 4. Miraleste 114; 5. Channel Island(Oxnard) 123; 6. Morro Bay 153; 7. St. Monica 170; 8. John Bosco 177; 9. Webb School 206; 10. Cantwell (Montebello) 217.

CHRIS HOFFMAN begin his undefeated season by winning the Small Schools division of the Long Beach Invitational with the fastest time of the day (9:43). Two weeks later, in the same division, he won the Kenny Staub Invit. in the record time of 9:53.

In December, HOFFMAN ran 9:06.8 in the Westminster Invitational - a two miles race run on the track. In that race, junior MARK GENET was more than ample competition as he alternated the lead with HOFFMAN for laps and finished in 9:11.8 for second place. Third went to MARK DULANEY in 9:27.5. Other race winners RANDY SPOTTS of Orange(9:30.7) and Junior JOE SMITHSON (9:26.7).

LOS ANGELES CITY FINALS

Pierce College 2 miles

1. Jose Amaya (Wilson) 9:35 - course record; 2. Mike Steiner (Wilson) 10:02; 3. Jim Bonnell (Sylmar) 10:05; 4. Hector DeAnda (Bamning) 10:07; 5. Steve Acuf (Granada Hills) 10:11; 6. Dave Askren (Granada Hills) 10:11; 7. Eric Parker (Los Angeles) 10:13; 8. Brent Tubb (Cleveland) 10:13; 9. John Loomis (Granada Hills) 10:16; 10. Tom Dettmer (University) 10:18; 11. Curtis Fitzgerald (Carson) 10:18; 12. Juan Maldonado (Fairfax) 10:20; 13. Kevin Burroughs (Locke) 10:23; 14. H. Sneider (Fairfax) 10:23; 15. L.Hill (Hamilton) 10:24; 16. G. Green (Fairfax) 10:24; 17. S. Kilgore (Carson) 10:24; 18. L. Valdez (Huntington Park) 10:29; 19. T. Trigg (Sylmar) 10:30; 20. J. Morales(Belmont) 10:31; 21. K.Aaron (Fairfax) 10:34; 22. E. Robinson (Westchester) 10:33; 23. T.Flesh (Fairfax) 10:34; 24. T. Chavez (Banning) 10:37;

<u>TEAM</u> - 1. Fairfax 71; 2. Granada Hills 75; 3. Sylmar 96; 4. Carson 97; 5. Wilson 125; 6. Banning 129; 7. Cleveland 132; 8. University 171; 9. Belmont 211.

CENTRAL COAST SECTION FINALS Golden Gate Park 2.5 Miles

Large Schools - 1. Hans Templeman (Carlmont, Belmont) 12:01; 2. Mark McConnell(Soquel) 12:03; 3.Dave Chamness (Awalt) 12:07; 4. Joel Jameson (Watsonville) 12:08; 5.Ed Noyes (Soquel) 12:08; 6. Mike Hart (Willow Glen, San Jose) 12:09; 7. Steve Miller (Carlmont) 12:11; 8. Juan Garcia (Watsonville) 12:12; 9. Walt Brooks (Mt. Pleasant) 12:13; 10. Steve Peth (Willow Glen) 12:14

TEAM - 1. Willow Glen (San Jose) 69; 2. Soquel 76; 3. Carlmont (Belmont) 84; 4. Awalt (Mountain View) 97; 5. Mt. Pleasant (San Jose) 136; 6. Watsonville 159; 7. Los Altos 248

<u>Small Schools</u> - 1. Sena (Lick, San Jose) 12:40; 2. Sanchez (Lick) 12:49; 3. Goodman (Santa Clara) 12:50; 4. Sanchez (Milpitas) 12:54; 5. Morales (Gilroy) 12:55; 6. Lopez (Gilroy) 12:56; 7. Pelton (Carmel) 13:03; 8. Neje (Live Oak) 13:08; 9. Tamagni (Palma) 13:11; 10. Thompson (Menlo) 13:12

TEAM - 1. Lick (San Jose) 58; 2. Gilroy 83; 3. Live Oak 88; 4. Santa Clara 103; 5. Carmel 128; 6. Pacific Grove 132

#### TRACK & FIELD RESULTS

CENTRAL COAST SECTION POSTAL RESULTS

November	7, 1970	Host School - Carlmont
Distance	- Two Miles	Meet Site - San Jose State

#### Top 5 Juniors Top 5 Seniors Steve Brooks, Mt Pleas 9:24.5 Mike Hart, Willow Glen 9:10.0 9:28.0 Robert Grubbs, Wash Chuck Mort, Washington 9:13.5 9:29.0 Hans Templeman, Carlmont 9:14.0 Jack Jameson, Watsonv 9:24.5 Juan Garcia, Watsonv 9:30.5 Mark McConnel, Soquel Chris Berka, Los Altos 9:35.6 Walt Mitchell, Mt Pl 9:26.0 Top 5 Freshman Top 5 Sophomores

Steve Miller, Carlmont 9:18.2 Kelly Lawson, SanCarlos10:08.0 Larry Chamness, Awalt 9:32.2 P. Erbes, Homestead 10:26.2 George Manriquez, M P 9:34.5 Bob Powers, Los Altos 10:29.0 Alan Donaldson, M P 9:41.5 Carl Cattarin, Carlmont 9:47.5 Fredrickson, Homestead 10:32.8

Team Results

Carlmont, Belmont	47:43.2	Soquel	49:04.5
Willow Glen, San Jose	47:50.5	Los Altos	49:30.8
Mt. Pleasant, San Jose		Camden, San Jose	49:40.0
	48:42.0	Washington	49:46.0
Watsonville	48:48.2	Willow Glen #2	50:01.0

In order to have good coverage from all areas of the state, we welcome contributions of news and feature material from your area. Send material directly to STARTING LINE.

#### HIGH SCHOOL TRACK - 1971

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# **Technique & Training**

Frank Lagotic / Bill Peck

Your son has been training with the track team and is preparing for his first competition on Saturday. What should he eat for breakfast? What foods should he avoid? Can he drink milk without ill effect?

One of the girls in your track club complains of pain in her hamstring muscle after her heat in the 50 yard dash. Should she run in the finals? Is the pain an indicator of a pull, strain, or cramp?

You have organized an age group track club for boys and girls. After the first few practices a number of runners complain of side aches. Can they continue running without harm? What causes the pain? Are there any exercises that can relieve the ache?

Along with the growing popularity of age group track there have been growing pains. The questions posed above are typical of the questions that coaches, parents, and the athletes themselves ask. Up to this time there has been a noticeable lack of published information specifically related to age group track and field. Some information has been passed by word of mouth, but has failed to reach the majority of those who could most benefit from it.

STARTING LINE attempts to correct this problem in that it presents all facets of the age group track picture - results, news, coming events, technical information etc. The purpose of this column is to present the technical aspect in an <u>understandable form</u> for all those interested in age group track and field.

The column will survey three major technical areas; training, technique, and philosophy of coaching. The training aspect will cover topics such as the following: methods of training, nutrition for age group athletes, physiological changes brought about through training, and general information to aid the coach, parent, and athlete to better understand the how and why of all facets of training.

Technique involves the methods of teaching beginners, improving intermediates, and refining the veteran competitor so that he or she may run faster, jump better, or throw further. This will include the discussion of principles of physics as well as information related to body mechanics.

Coaching philosophy will deal with various approaches used in coaching young athletes, the opinions of medical experts and psychologists concerning competition for young boys and girls, making practices interesting and beneficial, and any aspect not specifically covered under technique and training.

#### USOC GIRLS COACHING CLINICS

A number of clinics for outstanding girls field event athletes and their coaches were sponsored in 1970 by the United States Olympic Committee. One such clinic was held at Millbrae, California under the able direction of Dr. Harmon Brown on December 27-29.

About 25 girls, 12 years and older, and an equal number of coaches and phys. ed. teachers were in attendance at the five sessions, which were organized primarily to aid the development of U.S. female jumpers and throwers. Instructors included such specialists as John Dobroth, Jim Santos, Werner Schwantje, Ed Parker, and others.

Lectures and practical learn-by-doing sessions dealt with weight training, the "flop" style of high jumping, rhythm drills, teaching beginners, "elastic communication" etc. Other such clinics were held at Champaign, Illinois and Seattle, Wash. More are contemplated.

In writing and editing any article of this type a major problem is finding published material particularly oriented to very young athletes. A great deal of scientific information has been published on athletes in general, the older, fully matured athlete. However, many investigators are somewhat reluctant to undertake scientific studies as they relate to children because the results are often inconclusive and open to criticism.

The scientific investigator has a problem in examining the factors affecting boys and girls and in determining what causes a particular change. Does a boy or girl run faster or jump further this year as opposed to last year because of 1) training, 2) experience, or 3) maturation? The improvement is considered to be a combination of these three influences, but the problem arises when considering the maturation factor. The investigator has no control over how fast, slow or for that matter when or how a youngster matures. The other factors of experience and training can to a certain extent be controlled.

When reading scientific articles on training it is important to remember that the growing body of a child does not necessarily react or respond as would a matured human body. It is of paramount importance to suit the training program, technique, and coaching philosophy to the individual, particularly in the case of the age group athlete. Do not try to mold the athlete to PER-FECTLY fit the published program. The system should make the major adjustments, the athlete minor ones.

This column is going to be interesting informative, and helpful. We invite your comments, ideas, and criticisms. Articles are welcome and appreciated.

Frank Lagotic, age 25, was raised in Miami, Fla. He attended the U.S. Military Academy, West Point and holds a masters degree in P.E. from the Univ. of Florida where he was a 4:07 and 8:55 distance runner. Frank teaches adapted P.E. in Los Angeles, coaches the West Valley Pacers T.C., and competes for the So. California Striders.

#### ELASTIC COMMUNICATION

Mal Andrews, well known jumping event coach, currently at California State College, Hayward, has developed a method of muscle conditioning which he calls "Elastic Communication". Flexibility, "body discovery", psychological development, and prevention of muscle injuries are the goals of this method which combines meditation with leisurely, but purposeful stretching of the various muscle groups.

The technique sharply contrasts with the normal violent and hurried stretching exercises which many jumpers and hurdlers employ in warming up for workout or competition. Elastic communication/meditation emphasizes very slow muscle stretching to and beyond the point of discomfort by deliberate stages. At the same time the athlete "tunes in" mentally on the muscle group being slowly but forcefully extended as the pain appears and then disappears while the involved body parts are held steady. The same muscles are then extended slightly further and the process is repeated until the particular muscles are adequately stretched.

The concept is comparitively simple in practice in that any known stretching may be used. It is the gentle force applied and the corresponding mental concentration which distinguishes this method from others.

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