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STARTING LINE

TRACK & FIELD FOR YOUNG ATHLETES

JUNE 1973 VOL 3 NO 22 P. O. BOX 878, RESEDA, CALIFORNIA 91335



INITIAL 1973 AGE-GROUP GIRLS RANKING

INTERSCHOLASTIC TRACK

**Results &
Highlights**



FORUM

Surely the most significant development in sports in the '70,s is the increasingly successful demand for equal opportunities for girls. Court decisions forbidding discrimination against girls in public institutions have come so thick and fast, that it is already the unusual state of affairs for a school not have girls interscholastic teams...or to allow girls to try out for the school teams available.

For some areas this means that girls are allowed to compete on what have traditionally been "boys" teams. In other schools, which formely have not had a girls interscholastic sports program, there has been a rush to establish girls sports, so that they will have to allow girls to try out for the "boys" teams.

One young lady has had the unusual experience of trying several different types of competition. She has been successful in girls age group events (one of the all-time best 12-13 high jumpers). She has placed well in National Women's and girls Championships. She has represented the USA in International competition ('67 Pan American Games). And she has competed for her school in girls and boys competition.

SUE PARKS is seventeen and the editor thought you would like to read what she has to say, so...

COMPETING ON BOYS TRACK & X-COUNTRY TEAMS

by SUE PARKS

In May of 1970 it was ruled that girls could compete on boy's teams in interscholastic sports in Michigan. Since then, I have competed on the Ypsilanti High School Boys Track and Cross Country Teams.

1972 was somewhat of a disappointment. There was a lot of publicity built up about me competing on the track team and people just couldn't understand why I never won. Since half of the team's season was over when the ruling took effect, I only ran in about five meets, including the league and regional meets.

Although my individual times weren't all that good, I did run some pretty good relay legs and I did score a few points for the team. My first meets were difficult, as I experienced quite a bit of teasing and kidding (mostly by unknowledgable track spectators).

I did enjoy the experience of competing and training with the boys and I think that it definitely helped me in my races later on against girls. I ended running personal bests in the 880, 1500 meters, and Mile last year in girls competition.

* * *

Last Fall I competed for the Ypsilanti High Cross Country Team. I ran in every meet, and I was on the varsity all year. I was as high as third (wo)man on my team. I have never been that good of a Cross Country runner, but this year I ran much better than ever before.

The boys XC distance is 3 miles and I ended up running a best of 17:06. I also ran my best two mile time (in practice). I competed in the league and regional meets and I received a varsity letter in Cross Country.

This Spring I competed on the boy's track team. We recently completed our season. I experienced a much better season than the last one, scoring quite a few points for my team. Although our meets were hampered by horrible weather all year, I did manage some decent performances.

I ran the 880 all season, taking several thirds (best of 2:12). I was also a regular member of our mile relay team. I didn't high jump until the last meet against rival Pioneer HS, which placed fifth in the state meet. I took second with a jump of 5'6" (and had 3 close misses at 5'8").

I competed in the girls state HS regional instead of the boys, taking four firsts (LJ, HJ, 880, 440). This placed me third in the team standings, all by myself. I also competed in the state meet, scoring 20 points for my school, which placed me fifth in the team standings.

* * *

I have thoroughly enjoyed my experiences of competing on the boy's team. The coach is real nice to me and all the boys on the team treat me fine. Most of the boys on the other teams treat me good too. People have gotten used to having me around by now, but the boys who get beat by me still experience some harassment.

I will be competing on the XC team again in the Fall and supposedly Ypsi High will be having a girls track team in the Spring. I think that girls competing in boys sports is a good thing. It has definitely benefited me because during the Spring months there are very few AAU meets around here. Also it gives me someone to workout with. Before I joined the team, I worked out on my own or sometimes with my Dad's college team.

I hope that the high schools in the United States get a good track and field program going for girls, but until that time I think you will find more and more girls competing on Boy's Track and Cross Country Teams.

Are there any other young readers who would like to express their opinion on this, or any other subject related to track or life in general? We would love to hear from you. You can either write us your ideas, or let us know that you would like to be interviewed.

WRITE A LINE TO STARTING LINE



STARTING LINE

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On the Cover

PHOTO CREDITS

- 1) Photo of Chuck Assumma by MAX ZUCKER
- 2) Photo of Mary Officer submitted by SHARON L. WATKINS
- 3) Photo of Von's Open Mile Run by DOUG SCHWAB

1) Whether if be in the field of Music, Art or Sport, there will always be unusually gifted individuals who stand apart from the rest of the field, unchallenged among their peers.

12 year-old CHUCK ASSUMMA, from Rialto, Ca., is one of them. An AAU Championship meet News Release announced that Chuck would most likely break 10:00 in the two-mile run.

Not too bold a statement, if you consider that his personal best is 10:05.7 (as well as 4:50.8 in the mile).

2) MARY OFFICER (se page 10) received the high point athlete award at the Oregon State Girls Championships. She placed first in the 220, 100 meter hurdles and the long jump.

At Madison High, in Portland, Mary has participated in volley ball, basketball and lettered four years in track. This year's event was her fourth State meet, placing in the top six the last three years.

3) At the Von's Classic, running against a national class field in the 880 yd Run, 14 year-old MARY DECKER (at right) battled another age group sensation WENDY KOENIG to the finish. Their times were astounding: Mary, 2:03.6 and Wendy, 2:03.8!!

The field on the photo (from right to left):

Mary Decker, Wendy Koenig, Francie Larrieu, Ruth Kleinsasser, Kathy Gibbons, Judy Graham, Lynn Hollins, Vicki Eberly and Patty Cape.

From the Editors

ON THE FIELD OR BEHIND CLOSED DOORS????

Most young people will consider it an honor to compete overseas against athletes from other countries. We applaud those who arranged the competition between the U.S. Junior Boys and their counterparts from the Soviet Union last year. This year, both the girls and the boys from the "States" will have the marvelous opportunity to travel to Europe to meet the best juniors from West Germany, Poland and the USSR in track & field - if they can qualify.

So that all of those eligible will have an equal chance to make the squad, all that is needed is for the selection of the U.S. teams to be fair and open.

For the boys, the selection method is clear - the top two boys in each event in the National AAU Boys Junior Championship will be chosen for the U.S. Boys Team. Alternates and relay team members will be selected from the next highest finishers. Quite simple and very fair.

For the girls it is different. As the time for qualifying approaches, no one seems to know how the U.S. Girls Team will be chosen. Incredibly, the coaches of the International team do not know, nor does the meet director of the supposed qualifying meet (s). The nearest thing that can be gathered is that the team will be selected after the AAU National Girls and Women's Championships by the International section of the AAU Women's Track & Field Committee. Their task will be to select the "best" team, whatever that means.

We believe that international teams should be selected on the basis of merit, as determined by an athlete's performance on the field of competition and not behind closed doors.

The "method" used in selecting the 1973 Girls Junior Team shows the AAU Women's Track & Field Program to be confused (at best) or politically motivated with a cynical disregard for the rights of all athletes (at worst).

It is most unfortunate that the leadership has chosen to infest the junior girls program with this incredible lack of concern for openness and fairness, which has been so characteristic of AAU Women's Track & Field over the last decade.

Frosh/Soph '73 Standouts

The following article is a continuation of last issue's Frosh/Soph 1973 Review.

It contains many additions and corrections.

Please send further information to:

STARTING LINE, c/o JACK SHEPARD, P.O. Box 878, Reseda, California 91335

FRESHMAN CLASS

The following youngsters represent only a selected number of athletes of the Freshman Class. They are certainly not of the average mold. Their performances reflect the upper levels of National talent. As you will be able to judge they are not what one may call typical 9th grade P.E. class performances.

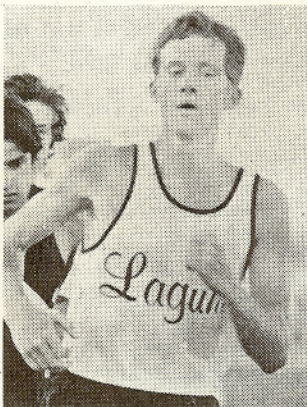
* * * * *

FRED DUGARD (Jamaica, NY), an excellent prospect in the sprints, with some speedy 9.9/100 and 21.9 in the 220.

Junior high schooler STARR ROBERTS, from Chauncey Rose, Indiana, even better at 9.7, but with no wind information.

DYRK DAHL (Okmulgee, Okla) established a new National Frosh record in the 880 with a non-winning 1:53.0.

ERIC HULST, the 16 year-old sensation from Laguna Beach, California, became the new Freshman class record holder in the 2-mile with a surprizingly strong 9:04.4; his previous best had been 9:15.7 in a CIF sectional win. All this with only (!) a 4:24.8/mile. Eric also holds the best 3-mile on record at 14:28.2.



Photo/DON CHADEZ / T & F NEWS

Just one-half inch off the National Class record in the high jump, was MATT BARNEY (Safford, Az.), clearing 6-8 twice.

At 6-4 was Escondido's JAY KEESLING.

15 Year-old KEN WILLIAMS, from Wilmington, Del., had a fine 45-2 1/4 triple jump.

Up-and-coming JEFF DEVILDER, a 14 year-old from Brooklyn, Iowa with an excellent throw of 50-1 with the 12 pound shot.

One of the more outstanding 9th grade mark of the year, belongs to 15 year-old MARLIN VAN-HORN (Selinsgrove, Pa.) throwing the spear 210-7 for a new frosh record.

Although he is no longer a freshman, DAVE KURRASCH from Santa Anna, Ca., belongs in this column by virtue of his young age.

Only 15 years old, soph Dave has been destroying quite a few Age Bests in the Shot Put this year: with the 12 lb shot, 61-1 and with the 8 pound ball 65-11 1/2; he is also getting awfully close with the 16 pounder with a heave of 49-4 1/2, only five inches off Howard Banich's age Best and Dave has all the rest of the year (to Dec.) to improve.

* * * * *

Next issue, the continuation of the '73 Soph scene.

This is STARTING LINE's last call to all boys 15 & under, to note and take part in the National AAU Boys Age Group Championships at Lakewood, Colo. on August 3 and 4.

There will be competition in four age groups, with qualifying standards in the 12-13 and 14-15 divisions (see last issue of S.L.).

The younger divisions are open to all.

National AAU Championship medals will be given to the top 6 placers, and patches to all participants. For all information, contact:

JERRY SHAFFER or BILL JONES, P.O. Box 15035, Lakewood, Colo 80215.

CLOSING DATE: July 28, 1973

* * * * *

NOTICE - NATIONAL POSTAL MILE

We had hoped to cover the National Postal Mile (AAU/Boys and RRCA/Girls) in this issue. However, at deadline date, only the results of 2 of the 6 sites had reported.

The logical thing to do was to postpone the insertion of this event until the next issue. And the suspense goes on..

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The 1973 Best Performers Lists appearing on these pages show the best outdoor marks reported to the compilers. Marks reported in fragmentary form are shown with the "questionable" or invalid marks at the end of the tabulated list of valid marks. Only marks taken from detailed reports of complete meets are considered for the regular list, though additional information on "questionable" marks would be greatly appreciated. Please submit additional results and/or corrections to the compilers in care of STARTING LINE, P.O. Box 878, Reseda, California 91335

Marks to be included in STARTING LINE's Outdoor Rankings must meet the following requirements:

- Marks must be made on standard outdoor facilities (surveyed track, reasonably legal jumping pits, throwing rings, toe boards, etc..).
 - There must be at least three timed or measured competitors in the event, which is part of a regularly scheduled meet (hastily improvised record attempts are not acceptable).
 - In the sprints, hurdles, long jump and triple jump, the wind assistance should be reported (wind gauge readings remove all doubts; wind estimate helps determinate validity of mark).
 - The weight of shot, discus, hammer and javelin must be reported (some indication that implements have been properly checked for weight and dimensions will help determinate validity of mark).
 - In hurdle races, note height and number of hurdles as well as the distance of the race.
- *****
- Data in lists include (left to right):
 (1) Time or distance, (2) Name of athlete,
 (3) Birth year, if known, (4) Home state,
 (5) Date of best performance for the year.

'73 Girls Best Performers List

Compiled by Bill Peck

Marks listed in the following pages were taken from complete summaries of bona-fide meets received by June 5. With these tabulations we are attempting to incorporate several different types of information.

First, since most of the marks are taken from the AAU Age - Group competition, we are using the standard AAU events and age groups as a basis. However, we have included results from many other valid sources as well (e.g. school, CYO, RRCA, Junior Olympic meets).

There are a variety of age definitions used (even within AAU districts) and information received is often incomplete, especially in regard to the exact age of the athletes.

we are assuming - for purposes of these lists - that a girl remains in the same group for the entire year, even if she "graduates" into a new AAU age group in mid year.

We have attempted to point out, where the information is available, those girls who are at the younger end of the age group (age 8, 10, 12, etc.) by marking them with an asterisk (*). We have also added some additional performers, below the dotted lines at the end of most lists, who fall into this younger age category. Girls who have "graduated" into the next highest age group category are marked with a (+).

Girls 9-Under Division (GIRLS BORN IN 1963 OR LATER)

NOTE: Girls marked with an asterisk (*) were 8 years-old on date of performance. Those who are now 10 are marked (+).

100 yard Dash

| | | | |
|------|-----------------------|------|------|
| 12.7 | *Latanya Dawkins(64) | SCal | 1/ 6 |
| 12.9 | +Jiwa Lea (63) | DC | 5/13 |
| 13.0 | +Tina Scott (63) | SCal | 3/25 |
| 13.0 | Vanessa Patrick, NCal | | 4/29 |

| | | | |
|------|----------------------|------|------|
| 13.1 | Anna Harvey, CenCal | | 5/ |
| 13.2 | Linda Ricardo, SCal | | 1/ 6 |
| 13.2 | Michelle Smartt(63) | Mch | 5/19 |
| 13.3 | Stephani Farley(63) | SCal | 3/24 |
| 13.3 | Lisa Filkowski, NCal | | 4/29 |

Wind-aided: 13.1-Michelle Smartt on 5/5; 13.2-Kathy Rohrs, Ohio on 4/29

220 yard Dash

| | | | |
|------|----------------------|------|------|
| 29.4 | Kim Mickens, Fla | | 3/ 3 |
| 29.5 | +Tina Scott (63) | SCal | 3/25 |
| 30.0 | *Latanya Dawkins(64) | SCal | 1/28 |
| 30.3 | +Jiwa Lea (63) | DC | 5/13 |
| 30.4 | L.Green, Pa | | 5/13 |

| | | | |
|------|---------------------|------|------|
| 30.6 | Alana Capozzi, SCal | | 3/24 |
| 30.9 | Tracee Hackett (63) | Pa | 4/ 1 |
| 31.0 | Stephani Farley(63) | SCal | 3/24 |
| 31.2 | Angie McCarty, Arz | | 2/17 |
| 31.3 | Linda Ricardo, SCal | | 3/24 |
| 31.4 | Debra Smith, Fla | | 2/17 |

Wind-aided: 30.5-Michelle Smartt, Mich on 5/5; More info needed: 30.9-Lisa Filkowski, NCal on 3/31

440 yard Dash

| | | | |
|------|-----------------------|------|------|
| 69.5 | *Latanya Dawkins(64) | SCal | 1/28 |
| 70.0 | LaDonna Omori, NMex | | 3/25 |
| 70.6 | Cimi Ruderman (64) | SCal | 3/25 |
| 70.6 | Denise Sandoval, NCal | | 5/13 |
| 71.0 | Susan Metcalf, SCal | | 5/13 |

| | | | |
|------|----------------------|------|------|
| 71.2 | Dawnella Jones(63) | Colo | 3/24 |
| 71.3 | +Jane Morgan (63) | Arz | 3/ 3 |
| 71.3 | Andrea Kirkorn, SCal | | 4/ 8 |
| 71.3 | Lama Norris, SCal | | 6/ 3 |
| 71.5 | Kim Shaffer (63) | Arz | 5/19 |
| 71.6 | Tiffany Choy, NCal | | 4/29 |

880 yard Run (# = ? on track)

| | | | |
|---------|------------------------|------|------|
| 2:35.2 | Carol Lantry (63) | SCal | 5/13 |
| 2:37.4 | Danielle Mojica(63) | SCa | 4/29 |
| 2:38.9 | Andrea Kirkorn, SCal | | 5/13 |
| 2:40.5# | Patricia Collins, NMex | | 3/25 |
| 2:40.7# | Kelly McElroy, SCal | | 3/25 |
| 2:41.4 | Cimi Ruderman(64) | SCal | 5/ 5 |
| 2:41.9 | Michelle Smartt(63) | Mch | 5/19 |

| | | | |
|---------|-----------------------|------|------|
| 2:42.1# | Kristina Wilson(63) | SC | 3/24 |
| 2:42.2 | Anne Vargo (63) | Ohio | 5/19 |
| 2:42.5 | Kelly Cerda, SCal | | 5/13 |
| 2:44.8 | Laurie Craven, Ohio | | 5/19 |
| 2:45.4 | Maggie Stein, NCal | | 5/13 |
| 2:52.1# | *Cindy Nunez (64) | SCal | 3/24 |
| 2:53.8 | *Frankie Waters, SCal | | 3/16 |

One mile Run (# = ? on time)

| | | | |
|---------|---------------------|------|------|
| 5:37.1# | *Kim Gallaher (64) | Pa | 5/20 |
| 5:43.1 | Danielle Mojica(63) | SCa | 2/25 |
| 5:47.5 | Anne Berry (63) | Mch | 6/ 2 |
| 5:56.0 | Cimi Ruderman(64) | SCal | 2/25 |
| 6:03.9 | Tracy Grant (63) | DC | 6/ 2 |
| 6:04.1 | Vickie Cook, SCal | | 2/25 |

| | | | |
|--------|-----------------------|--|------|
| 6:05.2 | Kelly McElroy, SCal | | 2/25 |
| 6:06.3 | *Frankie Waters, SCal | | 2/25 |
| 6:10.5 | Tanya Richardson, Pa | | 6/ 2 |
| 6:10.8 | Nadine Dahm, Ohio | | 6/ 2 |
| 6:10.9 | Karen Gamel, Ga | | 6/ 2 |
| 6:14.9 | Sherri Graham, Va | | 6/ 2 |
| 6:14.9 | Michaela Skelly, Mch | | 6/ 2 |

High Jump

| | | | |
|------|---------------------|-----|------|
| 4- 2 | Ladonna Omori, NMex | | 5/13 |
| 4- 1 | +Jane Morgan (63) | Arz | 5/19 |
| 4- 0 | Rena Wright, SCal | | 3/ 3 |
| 4- 0 | Debra Gerard, NCal | | 3/31 |
| 3-11 | Barbara Dale, Arz | | 5/19 |

| | | | |
|------|----------------------|--|------|
| 3-10 | Sheryl Shook, NCal | | 3/17 |
| 3-10 | Glenda Padilla, NMex | | 4/14 |
| 3-10 | C.Siefert, Ohio | | 5/19 |
| 3-10 | Tricia Hill, Colo | | 5/27 |
| 3-10 | Havens, DC | | 5/29 |
| 3- 9 | Cezanne Fritz, NMex | | 3/25 |

Long Jump

| | | | |
|-------|----------------------|-----|------|
| 13-4½ | Signe Thompson, Arz | | 5/19 |
| 12-6½ | Laura Nida (63) | Arz | 4/21 |
| 12-6½ | Jeannine Marks, NMex | | 3-11 |

| | | | |
|-------|---------------------|--|------|
| 12-2½ | Brenda Wagner, NCal | | 4/29 |
| 12-2½ | Tina Brown, SCal | | 5/13 |
| 12-2 | Sally Meyers, Colo | | 5/13 |

More info needed: 13'1"-J.Lea, DC on 5/13; 12'11¼"-Chevelle Hartridge, NY on 5/6; 12'5½"-Tina Scott (63) SCal on 2/25; 12'2"-J.Petter, Va on 5/13

Baseball Throw

| | | | |
|--------|----------------------|--|------|
| 143- 4 | Lisa Filkowski, NCal | | 5/13 |
| 136- 4 | Sheri Ball, SCal | | 5/13 |

| | | | |
|--------|---------------------|--|------|
| 135- 9 | Robbie Tedder, Arz | | 3/16 |
| 134-11 | Monica Johnson, Arz | | 4/21 |
| 132-11 | Rayna Lackman, Arz | | 4/21 |

BEST MARKS IN OTHER EVENTS:

50 yard Dash

| | | | |
|-----|-----------------------|--|------|
| 6.8 | Anna Harvey, CenCal | | 5/ |
| 7.6 | *Kathy Aria, SCal | | 2/25 |
| 7.6 | *Frankie Waters, SCal | | 2/25 |

660 yard Run

| | | | |
|--------|---------------------|----|------|
| 1:53.7 | *Kim Gallagher (64) | Pa | 5/13 |
| 1:57.8 | Tracee Hackett(63) | Pa | 5/20 |

Triathlon (100m, BBT, High Jump)

| | | | |
|---------|------------------|--|------|
| 894 pts | Jody Marks, NCal | | 5/ 5 |
|---------|------------------|--|------|



DAVID SAUNDERS of Nativity parish is timed by Joe Mills, as he wins the boys' 10-11 440-yard dash at the CYO Track & Field Championships. David was timed in 59.7, an age 11 Best.

**LOS ANGELES CITY NOVICE ALL-COMERS MEET
EAST LOS ANGELES, CALIFORNIA - APRIL 28**

A series of four all-comers track and field meets for Junior High School boys and Junior/Senior High Girls, attracted more than 300 athletes to the meet sites of Eagle Rock and Garfield High Schools.

Special awards were presented to the high scorers for the series. The recipients of the awards were: for the boys, DAVID SATTLER of Dexter Junior High in Whittier, who long jumped 17-11 and ran the 120 hurdles in 15.4; for the girls, ANA SANDOVAL, a distance runner (2:39.5 and 5:57.2) and shot putter (31-2 / 61b) from Wilson High in La Puente, Ca.

Many fine marks were turned in by other distance runners and shot putters. Best marks of the four meets are shown below:

- Boys (born in 1959 or later)** 100-Kal McCune(Peary JHS, Gardena) 11.2; 440-Ed Mancilla (King JHS,LA) 57.8, Tim Ball (Suzanne IS, Walnut) & Greg Gipson (Peary) 59.2; 880-Camilo Arca(King) 2:14.2; Mile-Scott McDonough (La Merced IS, Montebello) 5:07.4, David Mendoza (Suz) 5:14.0, Carlos Mancilla (King) 5:14.3, Ed Burke (Orangeview JHS, Anaheim) 5:15.6; 120H(30'')-Leon Smith (St Lawrence, LA) 15.3; LJ-Smith 19-0, Kevin Morgan (Suz) 18-4½; 8#SP-Ed Martinez (Dexter, Whittier) 46-6½, Robert Davis (Or) 45-1½, Mike Aguilar (Dex) 44-2½
- Boys (born in 1957-58)** 440-Victor Rayme (King) 55.8; 880/Mile-Jimmy Richards (K) 2:10.0/5:00.5

- Girls (born in 1959 or later)** 100-Cheryl Fausel (Suz) 12.2, Glenda Smith (Peary) 12.4; 440/880' Mile-Jill Mooradian (Dex) 64.7/2:30.4/5:37.4; 120H(30'')-Brenda Peterson (Peary) 17.0; LJ-Fausel 15-6½; 6#SP-Martha Arellano (Belv) 33-5
- Girls (born in 1955-58)** 100-Iris Stanley (Manual Arts, LA) 11.9; 440-Sherryl Daley (Gompers JHS, LA) 65.7; 880-Peggy Stephens (Banning HS, Wilmington) 2:39.3

**COLORADO GIRLS HIGH SCHOOL CHAMPIONSHIPS
PUEBLO, COLORADO -**

FROM GORDON FOX

TINA JORDAN won two sprints and ANN SCOTT turned in a fine mile, as girls from 31 schools entered into the scoring.

Tina's Air Academy school took three first places, including one relay, and Ann's four-lap time was really excellent for the Rockies.

WINNERS:

50/100-Tina Jordan (Air Acad) 6.0/11.1; 220-Dianna Baker (Cheyenne Mt) 25.3; 440-Faith O'Toole (Aurora Central) 59.6; 880-Donna Ten Eyck (Ranum) 2:20.0; Mile-Ann Scott (University HS) 5:17.2; 80H(30'')-Joan Aalend (AA) 11.0; HJ-Lori West(Denver East) 5-1; LJ-Carol Hancock (Lakewood) 17-2; SLJ-Cheryl Puck (Arvada) 8-¾; SP-Sheryl Riley (Widefield) 33-0½; DT-Joni Kent (Ranum) 112-2

**FRESNO JUNIOR HIGH SCHOOL CHAMPIONSHIPS
FRESNO, CALIFORNIA -**

FROM JOE HERZOG

Weight events and sprints were deep in quality, which is not unusual for this city (the hometown of Olympic Champ RANDY WILLIAMS and many other greats). For a city of 162 thousand (latest count) this community produces an unusual amount of outstanding track athletes. Much of the reason is the outstanding Junior High program, the latest results of which are shown below:

- Seventh Grade Boys** 100-Williams (Tioga) 11.3; 880-Little (Ahhawnee) 2:17.5; 120H(30'')-Chapman (Kings Canyon) 15.8; HJ-Waits (Hamilton) 5-0; LJ-Gonzales (Addams) 16-9½; DT-Blongren (Ti) 91-7½; 4x110Re-Tioga 50.2, Fort Miller & KC 51.4;
- One mile Run** Shot Put (8 pound)
Simons, Tenaya 5:13.9 Lopez, Sierra 38-7
Hunter, Irwin 5:19.2 Jimenez, Wawona 37-1
Guveria, Sierra 5:21.9 McComb, Ahwahnee 36-4

- Eighth Grade Boys** 220(straightaway)-Turner (FM) 24.0, Haynes (I) 24.3; 880-Mancillas (Yosemite) 2:11.5, Ross (Ahh) 2:11.6; 120H(30'')-Hutchinson (Sierra) 13.8; HJ-Bell (Ham) 5-7; DT-Williams (Ham) 105-7; 4x110Re-Irwin 47.3, Ft Miller 47.6;

- 100 yard Dash** One mile Run
John Hutchinson, Si 10.7 Grieco, Ahwahnee 5:01.5
Haynes, Irwin 10.7 Bean, Ft Miller 5:01.9
Turner, Ft Miller 10.7 McDanel, Ahwahnee 5:02.7
Conway, Irwin 10.8
- Long Jump** Shot Put (8 pound)
Hutchinson, Si 19-10½ Hunter, Tenaya 45-4
Fujimoto, Ft M 19-7 Tatarian, KC 44-5
Alexander, Seq 19-5½ Williams, Hamilton 43-0
Conway, Irwin 42-5

- Ninth Grade Boys** 880-Stevenson (Ahh) 2:06.4; Mile-Southwick (Ahh) 4:40.0, Ketner (Ham) 4:40.7, Sadler (Si) 4:52.9; 70H(39'')-Brown (Ham) 9.2; 120H(30'')-Watkins (Sequoia) 13.6; HJ-Brangham (Ahh) 5-9, Araki (KC) 5-9; LJ-McCreary (I) 19-11; DT-Endler (Si) 144-7, Brown (Ham) 144-2, McNaughton (Si) 139-7; 4x110Re-Irwin 44.6, Sq 45.4;

- 100 yard Dash** 220 yd Dash (straight)
Geary, Irwin 10.2 Geary, Irwin 22.3
Perez, Ft Miller 10.3 Perez, Ft Miller 22.5
Martin, Irwin 10.4 Hardamon, Ahwahnee 22.7
- Shot Put (8 pound)** Glein, Yosemite 50-7
McNaughton, Sierra 54-0 Endler, Sierra 50-1
Fuller, Tenaya 52-2 Boyd, Irwin 49-3

**MASSACHUSETTS GIRLS H.S. CHAMPIONSHIPS
BRAINTREE, MASSACHUSETTS - JUNE 2**

FROM JOHN CARROLL

There were a number of super-close events and two Karens had the top marks of the day. KAREN KEITH led her Brookline High School team to the state title, by winning two sprints and leading off a relay. Falmouth, with CINDY SHEPHERD and MICHELLE DUFRESNE setting state records in the 880 and hurdles, was second.

Best in the field was Haverhill's KAREN SAPIENZA, who set a state mark in the shot. Winners and others who were close included:

- 50-Karen Keith (Brookline) 6.2, Felicia Carpentier (Brk) 6.2 & 6.1h; 100-Spinney (Whitman-Hanson Regional) 11.2, Carpentier 11.3; 220-Keith 25.9, Barr (Falmouth) 26.1; 440-Malonoris (Norwell) 60.5; 880-Cindy Shepherd (Fal) 2:23.0, L.Boucher (Bishop Stang) 2:26.3; 50H(30'')-Michelle Dufresne (Fal) tied Jill Henze (Needham) at 7.1; LJ-Jacque (Auburn, 9th grade) 16-7½; HJ-Constantine(Ipswich) 5-1, Grindell (Norwell) 5-0; DT-Alexis Williams (Brockton) 110-7, Lyman (Amherst Reg) 110-4; JT-Cameron (Weymouth No) 113-7, Holmes (Brockton) 108-3, Rickus (W Springfield) 106-10; 4x110Re-Falmouth 51.2, Ayer 51.8;
- One mile Run** Shot Put
Cossi, Leonin'r 5:25.3 K.Sapienza,Haverh'l 41-7¼
Martin, LynnEng 5:29.0 Holmes, Brockton 40-6
Milligan, Needh 5:30.2 Veale, Wakefield 38-4¼
Nicholas,Ashl'd 5:31.0 Meadows, Ayer 37-0½
C.Boucher, BshSt :33.7 Lyman, Amherst Reg 36-7¼

**ABILENE BOYS JUNIOR HIGH SCHOOL MEET
ABILENE, TEXAS - MARCH 30**

Hurdlers and sprinters are very emphasized in this famous track town. This is one of the few places that runs 220 low hurdles for junior high boys.

An example of the good quality competition are the results below, which were compiled from triangular meets (no field events) on one spring day:

- Seventh Grade Boys** 100-Bernard Brooks (Lincoln) 10.8; 220-David Butler (L) 26.2; 660-Meeks (Madison) 1:40.7; 220H(30'')-Eagleston (Mad) 32.0; 4x110Re-Lincoln 52.0
- Eighth Grade Boys** 100-Herman Reece (Mann) 10.5; 220-Eddie Johnson (Mann) 25.4, Jones (Mad) 25.7; 330-Caldwell (Jefferson) 40.5; 660-Hood(J) 1:38.0; 70H(39'')-Britt Garner (L) 10.1; 220H(30'')-Stewart (Franklin) 29.7; 4x110Re-Franklin 48.8
- Ninth Grade Boys** 100-Charles Greene (L) 10.3; 220-Donnell Baldwin (Mann) 23.5; 330-Brennan(Mad) 38.2, Tony Fields (Mann) 38.3; 660-Andrews (Mad) 1:28.1; 1320-Fergus (Mad) 3:31.8; 70H(39'')-Gill (Mad) 9.4; 220H(30'')-John Booker (Mann) 27.6, Castro (Mad) 27.7; 4x110Re-Lincoln 46.5

**MANCHESTER ROTARY RELAYS
MANCHESTER, TENNESSEE - APRIL 28
FROM WINSTON WALLACE**

The third annual Relays for Senior and Junior High School girls, saw a rather substantial increase in the number of schools competing and girls participating.

Teams came from as far away as Memphis in west Tennessee and Church Hill in the eastern part of the state. For the first time, there was even an out of state team - Ringgold, from Georgia.

Best high school competition came in the high jump, where local girls LAURA WARD edged out CARLA TART, both girls at 5-4.

The best all-around performance was by SHERRY SALLEY of Church Hill in the 100 hurdles and long jump.

Variable headwinds and cool temperatures hampered the sprints and the long jump.

TOP RESULTS:

- Junior High School Girls** 50-Labora Whitaker(Tul-lahoma West) 6.6, Phyllis Wiggins (New Providence) 6.6; 100-Wiggins 12.7 & 12.6h, Beverly Talley(TW) 12.7 & 12.5h; 220-Angie Bradley (NP) 28.4; 440-Ann Rego (Dupont JHS) 63.7, Karen Herrington(Westwood JHS) 64.2; 880-Darlene McEwan (West End JHS) 2:39.6; 110yH-Joan Pruitt (NP) 17.6 & 17.1h, Talley 17.7 & 17.1h; 4x110Re/4x220Re-New Providence 53.2/1:54.7

- High School Girls** 50-Deborah Young (Shelbyville) 6.5; 100-Sherry Salley(Church Hill) 12.3, Vanessa Anderson (Manchester) 12.3; 220-Sally Clunan (Hillsboro) 27.4 & 27.0h; 440-Joyce Henderson(Oak Ridge) 63.7 & 63.5h, Amy Kinser (David Lipscomb) 63.9 & 63.8h; 880-Chris Skinner (Hi) 2:27.2; Mile-Kathy Love (Dickson County) 5:57.4; 110yH-Salley 16.2; HJ-Laura Ward (Hi) 5-4, Carla Tart (Man) 5-4; LJ-Glenda Hime (Hi) 15-9¼, Amy Crumpacker (Hi) 15-2½, Salley 15-0½; SLJ-Hime 7-8, SP-Ginny Tacker (Overton) 33-11½; DT-Janie Seat (DL) 105-6, Tacker 101-6; 4x110Re-Hillsboro 52.4; 4x220Re-Brentwood Academy 1:54.8

Interscholastic Track was reported as "Feature Events" in this issue in order to dramatize and focus the attention on 1) the recognition in most states (and soon nationwide) of High School competition for Girls, 2) the excellent performance level that exists in C.Y.O. programs and 3) the progress that has been made in Organized Junior High School track.

STARTING LINE, as the proponent of Track & Field for young boys and girls, intends to stay in close rapport with all the news and developments of The Sport at the School level.

We welcome the submission of material - results, profiles and Photos - from everyone. Pass the word.... Pass the Magazine....

LETS HEAR FROM ALL....

THE COLORADO GOLD GIRLS "INVITATIONAL"
BOULDER, COLORADO - MAY 13

The trademark at this annual meet was the high quality efforts by several well known Coloradans and visitors from New York, California and Louisiana.

The highlights of the meet were provided by Boulder's DESIREE GRONWALD and the Gold's trio of WENDY KOENIG, JAN FOX and KELLY CURRAN, who showed their usual talents in the older division, and by Albuquerque girls, notably LADONNA OMORI, who were exceptional in the younger age brackets.

Seldom have the three 12-13 sprints been run in mass, as they were at Potts Field. With wind barely measurable, swift times barely placed, and Fox finally dipped under 58 seconds in the quarter. In the same group, SONJA HARDY showed she is one of the best hurdlers around.

Wendy and Desiree did their "thing", which amounts to just about everything in the flat races, hurdles, jumps and throws - in the Open (Women's) division. Especially noteworthy was their times in the 100 meter hurdles.

Albuquerque Track Club's eleven & under squad is a little short of amazing, especially high jumper/quarter-mile Omori, plus distance runners PAT LUJAN and SANDRA BEACH, who ran about as fast as you can go at the mile high altitude.

Of note was the appearance of "nomads" SUSAN HACKETT from New Orleans and CLYDINE CROWDER (Southern California), who are obligated to travel the country in order to get the right kind of competition in their pet events, high jump and 400 meter hurdles, respectively.

BEST OF THE "NUGGETS" INCLUDED:

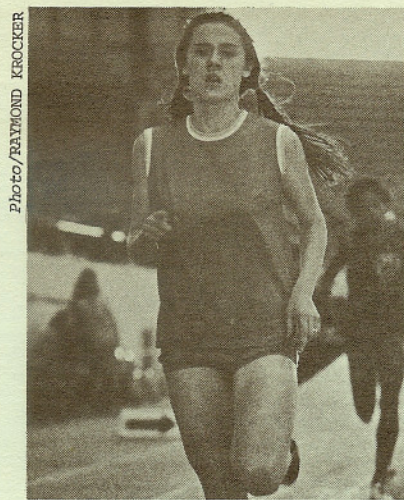
Girls 9-Under 100-Barbara Gillman (Boulder Cinderbellies) 13.9, Dawnella Jones (Denver Flyers) 14.0; 220-Stephanie Carter (Albuquerque TC) 32.7; 440-LaDonna Omori (Alb) 71.7, Jones 76.3; LJ-Sally Meyers (BC) 12-2, Mary LeMaster (Alb) 10-11½; 4x110Re-Albuquerque TC 61.7;

880 yard Run Kathy Rogers, BC 2:49.1; DeAnn Burrhight, Alb 5:47; Kristal Wolfe, CP 2:54.8; Holly Haskeu, Alb 2:56.9

Girls 10-11 100-Rhonda Adams (Alb) 12.7, Teria Perry (DF) 12.8; 880-Pat Lujan (Alb) 2:35.2, Ruth Anderson (Alb) 2:37.7, Paula Frakes (Alb) 2:43.8; Mile-Sandra Beach (Alb) 5:49.2; LJ-Sally Marques (Albuquerque Olympettes) 13-11½; 4x110Re-Alb 57.1;

220 yard Dash Cheryl Thompson, Alb 28.4; Teria Perry, DF 28.6; Sally Marques, AO 28.8

440 yard Dash Sally Marques, AO 65.6; Janice Quintana, Alb 67.7; Mary Griffin, Alb 67.8



JANE FOX

Girls 12-13 880-Kathy Slattery (AO) 2:28.8; 8#SP-Kelly Curran (The Colorado Gold) 43-9, Sandy Watford (BC) 32-7½; 1kgDT-Curran 105-8;

100 yard Dash Denise Bailey, Alb 11.3; Dwan Shields, MHD 11.5; Marie Davenport, Aur 11.6; Donna Corley, Alb 11.6; Brenda Coash, UC 11.7

220 yard Dash Jan Fox, CG 25.1; Marilyn Johnson, MHD 5.3; Dwan Shields, MHD 25.4; Brenda Coash, UC 26.4

Girls 14-15 100-Kathy Ward (AO) 11.6; 220-Kim Kloepfel (AO) 26.2, Ward 26.6; 440-Lisa Gibbs (AO) 57.5, Yvonne Braskton (DF) 60.1, Chessa McFarland 60.2, Lisa Thomas (CP) 60.4; 880-Cindy Ashby (AO) 2:19.6; Mile-Cindy Rice (AO) 5:21.5, Karen Cramond 5:22.8; 2Mile-Laurie Ross (AO) 12:31.6; 100mH (30")/HJ-Susan Petrelli (BC) 16.2/4-7; LJ-Gibbs 17-1; 8#SP/1kgDT-Terry Blog (AO) 30-5½/107-6

Girls 14-Over 440/400mH (30")-Wendy Koenig (OG) 56.0/60.0, Clydine Crowder (La Mirada Meteors) 58.6/62.8; 880-Carol Hudson (AO) 2:14.2; 100mH (33")-Desiree Gronwald (BC) 14.6, Crowder 14.8, Koenig 14.9; HJ-Susan Hackett (Dryades Street YMCA, La) 5-2, Koenig 5-2, Katie Solon (AO) 5-2; LJ-Gronwald 17-8½; 4kgSP-Gronwald 42-1½

METROPOLITAN AAU GIRLS DEVELOPMENT MEET
BRONX, NEW YORK - MAY 6

FROM HUGO PRUTER

Aside from some fine competition in the 12-13 "hundred" and a good all-around performance by CHEVELLE HARTRIDGE, the New York area girls were somewhat slowed by the cool weather at Van Cortland Park.

The limited program, nevertheless, provided an opportunity for the girls to flex their "out-door legs". BEST AGE GROUP RESULTS:

Girls 9-Under 100/220/LJ-Chevelle Hartridge (Mercury Striders) 13.6/34.3/12-11½

Girls 10-11 100-Jackie McNeil (New York Police AL) 13.1; 220/440/LJ-Robin Ervin (PAL) 29.3/69.9/13-5½; 4x110Re-New York PAL 63.4

Girls 12-13 220-Kim Moore (PAL) 27.2, Tesa Anderson (PAL) 27.5; 440-Regina Coiro (Long Is Golden Spikes) 63.7; 880-Jane McKay (LIGS) 2:45.7; 8#SP-Rise Gist (PAL) 21-8; LJ-Juanita Williams (PAL) 15-6; 4x110Re-PAL 54.9;

100 yard Dash Juanita Williams, PAL 11.7; Kim Moore, PAL 11.5; Esther Perry, PAL (11.6h); Rise Gist, PAL 11.5; Estelle Perry, PAL (11.7h)

Girls 14-15 100-Beverly Hill (PAL) 11.4; 220-Ruth Merrick (Philadelphia Hawks) 27.6; 440-Nancy Nelle (LIGS) 64.0

SOUTHERN PACIFIC AAU BOYS AGE GROUP MEET
UPLAND, CALIFORNIA MAY 12

FROM JOANNA GORNER

Brilliant triple wins were put together by O.J. WADDELL and CLARK SANDERS at Upland High. Eleven year-old O.J. cleared the 17 foot "barrier" in the long jump. His effort, however, is questionable due to lack of information as to wind, facilities, etc. His ability in this event, as well as in the sprints, is unquestioned, since he has jumped consistently well for four years...a veteran already.

Sanders, a real decathlon prospect, had a very nice 440, long jump and pole vault triple in the 14-15 age group. This division is showing increasing strength overall, as is the 9 & under group.

RAY COOK of Canoga Park, a recent graduate of the younger division, turned in a top age 10 2 mile time.

OTHER RESULTS INCLUDED:

Boys 9-Under HJ-Tom Barrett (Huntington Beach BC) 3-9, Drew Stevens (Blue Angels) 3-6; 4x110Re-Los Angeles Jets 60.7;

50 yard Dash John West, HB 7.2; Jerome Waddell, JS 7.2; Mark Johnson, LAJ 7.3; Bruce Jackman, BA 7.3

100 yard Dash Rodrick Emery, BA 13.0; Johnny Nelson, Aur 13.1; Mark Johnson, LAJ 13.1; Aaron Lybarger, BA 13.5

Long Jump John West, HB 13-3½; Todd Henry, JS 13-2½; John Verdum, WV 13-2½

Boys 10-11 50-Deron Linsacum (HB) 6.6; 100-O.J. Waddell (Junior Striders, Compton) 12.4, Linsacum 12.5; 440-Anthony Woods (Lancers TC) 66.1, Roger Phillips (Valley Vikings) 67.4; Mile-John Langtry (VW) 5:23.2, Mike Assuma (age 9, SUR) 5:27.7; HJ-Criss McPherson (HB) 4-3½; 4x110Re-Lancers 55.8;

220 yard Dash O.J. Waddell, JS 27.5; Robbie Rampsch, BA 28.7; Bruce Crenshaw, Lan 28.9

Long Jump O.J. Waddell, JS 17-0; Deron Linsacum, HB 16-0½; Bob Riedens, HB 15-3½; Tom Vertrees, HB 14-7½

Boys 12-13 100-Daryl Tyler (Aurora AC) 11.3; 440-Ed Corpuz (SUR) 57.2; Mile-Frank Assuma (SUR) 4:59.5; 2Mile-Ray Cook (age 10, SUR) 11:18.8, David Daly (BA) 11:22.0; 70H(30")-Willie Curran (VW) 10.2; LJ-Dan Ertel (VW) 17-1½, Adrian Jones (Lan) 16-7½;

220 yard Dash Sam Radd, Aur 24.9; Daryl Tyler, Aur 25.2; Adrian Jones, Lan 25.4; Ed Corpuz, SUR 25.6

High Jump Gary Lee, Lan 5-1; John McCollum 5-1; Calvin Anderson, LC 5-0

Boys 14-15 100-Alfred Walker (Union TC) 10.2, Rodney Scott (Un) 10.4; 220-Scott 22.8, Walker 23.1; 440-Clark Sanders (Upland TC) 55.9; 880-David Stauffer 2:05.2; Mile-Walter Bridges (SUR) 4:40.0, Jeff Spangler 4:42.5; 2Mile-Tom Resh 10:22.7; 120H(39")-Mark Ziv (Up) 17.6; 180H(30")-Walker 23.0; HJ-Kevin Hall 5-8, Paul Reining (California Flyers) 5-8; LJ/EV-Sanders 19-7/11-0; 10#SP-Bill Helms (Sierra Vista TC) 43-6; 12#SP-Henry Montoya (Up) 36-1; 4x110Re-Union TC 45.8

NEW JERSEY AAU GIRLS DEVELOPMENT MEET
NEWARK, NEW JERSEY - MAY 13

BONNIE HUGHES, 11, was the star at Iron-bound Stadium, as New Jersey girls begin to make their presence felt:

Girls 10-11 100-Bonnie Hughes (Leaguers TC) 12.3, Jackie Baker (L) 12.4, Johnnie Royal (L) 12.8; 440-Hughes 63.4; Girls 12-13 100-Darlene Williams (L) 12.0; 880-Michele Royal (L) 2:49.0; Girls 14-Over 100-Diedre Wilson (New York PAL) 11.0

BACK ISSUES

Below are the partial contents of the Back Issues we still have available.

JANUARY 1971 (1)

FIRST ISSUE - A COLLECTOR'S ITEM
GIRLS 1970 REVIEW - SPRINT & HURDLES
BOYS 1970 REVIEW - THE SPRINTS

APRIL 1971 (3)

EDITORIAL ON THE ISSUE OF AGE GROUPING
PHOENIX INVITATIONAL - HIGHLIGHTS/RESULTS
BOYS 1970 REVIEW - FIELD EVENTS
DISTANCE TRAINING FOR YOUNG ATHLETES

MAY 1971 (4)

PHOTO COVERAGE OF PHOENIX INVITATIONAL
OUTSTANDING AGE GROUP GIRLS OF 1970
EARLY HIGHLIGHTS OF BOYS IN 1971

JUNE 1971 (5)

13 AND UNDER BOYS BEST PERFORMERS OF '71
14 TO 17 GIRLS 1971 LIST OF PERFORMANCES
IMPORTANT PUBLICATIONS ON DISTANCE RUNNING

JULY 1971 (6)

RRCA NATIONAL MILE - PHOTOS/HIGHLIGHTS/RESULTS
13 AND UNDER GIRLS BEST PERFORMERS OF '71
14 AND OVER GIRLS SEASON REVIEW
TECHNIQUE: ARM ACTION IN RUNNING

AUGUST 1971 (7)

GIRLS AAU NATIONALS - HIGHLIGHTS/RESULTS
LATEST BOYS 1971 RANKINGS
TECHNIQUE: EFFECTS OF X-COUNTRY RUNNING
ON PRE-ADOLESCENT GIRLS

SEPTEMBER 1971 (8)

U.S. YOUTH GAMES - COMPLETE SUMMARY
NATIONAL JUNIOR OLYMPICS - HIGHLIGHTS/RESULTS
LATEST RANKING OF 1971 GIRLS (13 & UNDER)
TECHNIQUE: BLISTERS - CAUSE/EFFECT/PREVENTION

DECEMBER 1971 (10)

NATIONAL X-COUNTRY HIGHLIGHTS & PHOTOS
NATIONAL JUNIOR AAU GIRLS CHAMPIONSHIPS
PHOTO LAYOUT OF RRCA NATIONAL IN N.Y.
BOYS 15 & UNDER 1971 LISTS
GIRLS 12-13 '71 BEST PERFORMERS

JANUARY 1972 (11)

REVIEW OF THE 1971 SEASON
JUNIOR OLYMPIC NATIONAL TABULATIONS
RESULTS OF NATIONAL GIRLS X-COUNTRY CHAMPS
RESULTS OF SHOT PUT & DISCUS POSTAL CONTEST

MARCH 1972 (12)

REVIEW OF GIRLS INDOOR SEASON
TECHNIQUE: MIDDLE DISTANCE RUNNERS
TRENDS IN AGE GROUP TRACK

APRIL 1972 (13)

PHOENIX INVITATIONAL - PHOTOS/HIGHLIGHTS
PREVIEW OF BOYS OUTDOOR SEASON
FORUM: THE COST OF WINNING
TECHNIQUE: JAVELIN THROWING

JULY 1972 (15)

BOYS NATIONAL JUNIOR CHAMPIONSHIPS
NATIONAL AAU BOYS AGE GROUP CHAMPIONSHIPS
NATIONAL AAU GIRLS 14-17 CHAMPIONSHIPS
GIRLS AGE GROUP TRACK CLASSIC

AUGUST 1972 (16)

USA -USSR JUNIOR DUAL MEET (BOYS)
U.S. NATIONAL YOUTH GAMES
NATIONAL SPECIAL OLYMPICS

OCTOBER 1972 (17)

REPORTS ON THE OLYMPIC GAMES
JUNIOR OLYMPIC HIGHLIGHTS/RESULTS
1972 GIRLS BEST PERFORMERS LISTS (12 & OVER)
1972 BOYS BEST PERFORMERS (11 AND UNDER)

DECEMBER 1972 (18)

NATIONAL AAU X-COUNTRY CHAMPIONSHIPS /GIRLS
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12-13 and 14-15 1972 boys list
9-UNDER and 10-11 GIRLS '72 AGE GROUP LIST

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HOUSE CALL

by DR. GABE MIRKIN

THE IMPORTANCE OF A PROPER SHOE FIT

Most young runners who have very narrow or very wide feet, seem to experience a history of repeated injuries.

When one attempts to run high mileage, even a slight imbalance between the foot and the shoe is markedly exaggerated.

Most track shoes do not have a great variety of widths, however some do (see ad, opposite page).

The explanation for the importance of a proper fit is that hip injuries come from some imbalance from the knee down, knee injuries come from an imbalance from the ankle down and ankle injuries are caused by imbalance in the foot.

A most common example of an injury caused by an imbalance is in Achilles' tendonitis.

This painful experience is due to a variety of reasons. It is usually due to a shoe heel which is too wide so that there is a wobbly heel plant when the runner runs fast intervals.

It may also be due to an inadequate arch support in a runner with high arches, so that his foot rolls in and forces a torque on the Achilles' tendon. Another reason may be a heel which is too low, so that the tendon is stretched one half inch further than when one wears street shoes. Finally, a high collar on the back of the shoe which presses directly on the tendon will certainly create problems.

One cannot overemphasize the importance of a proper shoe fit for injury free training, especially the high mileage kind. You may get away with walking in poorly-fitting shoes (although I would hardly recommend it), but you will never run a series of long distance training in ill-fitting shoes without incurring severe injuries.

Most kids have narrow feet. Ninety percent of the girls in our club have a B or narrower width. Twenty five percent have AA or AAA widths.

We tried many brands of shoes with Spenco insoles to reduce the width. We had to limit our workouts because of hip, knee, ankle and foot pains. Since we have had our kids get their proper widths, we have not had a girl miss more than one workout because of a foot or leg injury.

Encyclopedia
of Athletic
Medicine



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The emphasis is on PREVENTION—stopping injuries and illnesses at the source, before they get a chance to stop the runner.

Structural problems—those affecting the feet and lower legs—are the most common and frustrating among runners.

Internal problems—respiratory, digestive and circulatory disorders—are the subject of the third chapter.

It can get you out of painful situations.

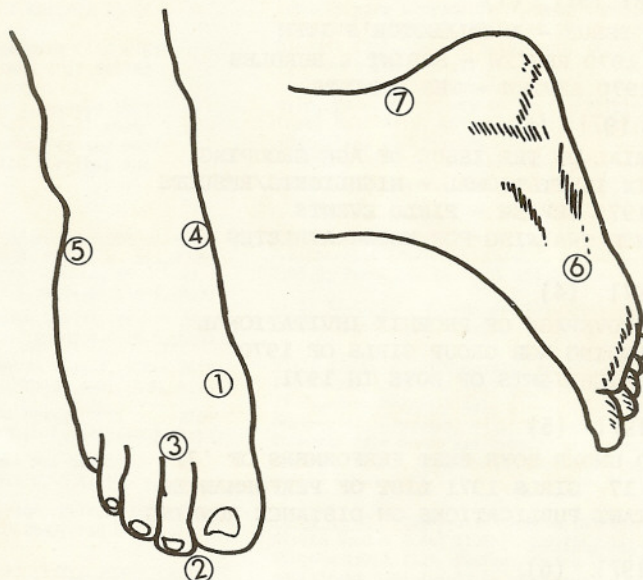
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DR. MIRKIN: All blisters are caused by excessive contact of the feet with a point on the shoe.

The most common specific causes are listed below.



- FIRST METATARSAL:**
The shoe is too narrow. Wet the leather on the inside and rub bath oil on the area where you get a blister. Repeat this procedure several nights.
Or there may be a seam or stitch there. Try to cover the area with tape. The next step is to throw away the shoes.
- END OF TOES:**
The shoes are too short. Get rid of them.
- DORSUM OF TOES:**
The shoes are too narrow. Treat as in 1.
- INNER QUARTER OF FOOT:**
Cut down the area of the shoe that rubs and water and oil the area.
- LATERAL QUARTER:**
Same as 4.
- METATARSAL ARCH:**
Nylon shoes frequently cause this problem, because they do not hold the feet in the shoes and the foot moves in the shoe.
For this reason, a person with a size A or B width should almost never wear nylon shoes. A too wide shoe can also cause this problem.
- ACHILLES TENDON:**
The back of the shoe is too high or too rough. The back may have to be cut down. The oil and water treatment may also help.

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