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STARTING LINE

TRACK & FIELD FOR YOUNG ATHLETES

MARCH 1971

VOL. 1 NO. 2

P. O. BOX 878, RESEDA, CALIFORNIA 91335



NAMES TO REMEMBER

- 1) Frank Assumma
- 2) Doreen Assumma
- 3) Michelle Klein
- 4) Elaine Saaren, Eric Zucker and Lori Seidensticker
- 5) Tom Quinn
- 6) Ron Jordan
- 7) Jose Amaya
- 8) Debbie Johnson
- 9) Barrie Williams

Read about them and others like them all year long, in every issue of

STARTING LINE



FORUM

Issues & Answers

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

JIM SANTOS, this month's guest expert, has coached high school girls and boys in Lebanon, Oregon, Portales, New Mexico and Bloom High School in Chicago Heights, Illinois. He has developed prominent athletes in each spot including pole-vaulter Jan Johnson as well as nationally ranked hurdlers Gail Boyd and Jennifer Otto. Currently he is assistant men's coach and head women's coach at California State College, Hayward.

* * * * *

STARTING LINE - QUESTION. Jim, you have stated that you do not favor men coaching girls in track. Why?

JIM SANTOS - ANSWER. Mostly because of the many emotional attachments which girls tend to form with male coaches and vice versa. I don't believe a man can only be a coach to a girl athlete. He is expected to be more. The girl will depend on her male coach not only for training but for affection as well. This can lead to jealousy problems on a girls team, as girls vie for the coaches attention.

Q. What evidence do you have for this opinion?

A. Girls often complain that I don't help them enough and spend too much time coaching other girls on the team. Also, girls quite often cry during workouts. Boys don't often react this way. From my observations, girls don't react this way either with women coaches.

Q. How does this girl-man emotional attachment affect the coach?

A. I believe that many coaches, no matter who they coach, are on "ego trips". It flatters them to be looked upon as a source of knowledge, advice, and sympathy. I can see this in my own experience and in the experience of other coaches I have known. Many times we have seen the male coach take on the "father image" and at times assume the role of the "great protector". This can have serious consequences when male coaches are training girls. Many men are bound to respond in some way when they work with highly successful female athletes. They become both coach and father all rolled into one being.

Q. How do they respond and what do you mean by serious consequences?

A. A coach often takes an interest in the personal life of the athletes he coaches. In the case of girl athletes especially, this includes an interest in the problems of growing up; physical appearance, "identity crises" and matters such as dating. For instance, planning workouts so that they interfere with the girls social life and dictating a girl's life so that track is their whole life and not just a segment are common occurrences. Some coaches spend a considerable amount of time involved with these problems. I have known of men whose families break up because their wives objected to their spending too much time with their athletes. On the other hand, we are seeing women athletes dating and even marrying their male coaches with increasing frequency in Europe and the U.S.

From the Mail Box

I would like to make some comments about your magazine. The lay-out is good, the features very interesting and generally I like it. However, you should have more features on the many boys and girls now running. I would like to read about what makes these kids good runners instead of how they placed in a certain race. Sure these things are of interest but how about mixing some of the other too.

Bob Anderson
Publisher, Runner's World
Mountain View, Calif.

(Ed.- Bob, we couldn't agree more and if you look this issue over, you'll notice we are getting there.)

I compliment you upon what you are doing in the interest of the young track and field athlete and the fine sport. Certainly such recognition means a great deal to an athlete whether he be an internationalist or a beginner. I would urge you to continue to report events and performances in the wholesome and un-biased manner you are presently following. Too, the positive tone of your magazine will win many readers. People in sports prefer hearing about man's accomplishments rather than his failures. Keep up the fine work and good success to you.

Payton Jordan
Head track coach
Stanford Uni. &
'68 Olympic Team

Gentlemen: the STARTING LINE is a happy surprise and so much needed. First, your aims sound exactly right; second, results are printed in a form which can be understood; third, nearly all the names were spelled right! Important? You bet your last dollar! Little girls (and big ones) are hurt when their names are misspelled. Santa Ana was misspelled six times in the H.S. section but I don't think towns get their feelings hurt as easily as girls. "Across the U.S.A." should be appreciated by a lot of my friends in the east and midwest who have resented seemingly being ignored in the past. I've tried to convince them that no magazine can print results, news or any information for that matter, unless somebody takes the trouble to send it in....

Casey Ide
Roving track commentator
USA..and elsewhere

Letters are subject to condensation.

Q. Having this attitude, how do reconcile the fact that you continue to coach women and girls?

A. Obviously, until such time that women coaches step forward in sufficient numbers to do the job, it is still better to have men coaching girls than no coaches at all.

Q. What do you recommend as a remedy for this situation?

A. The most important thing is for more women to become coaches. There is no reason why women can't become outstanding coaches. Up to now, men have assumed coaching duties for girls track teams mostly by default. It is about time for women physical education teachers and former women athletes to get in gear and take over.



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

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

From the Editors

Since STARTING LINE announced its publication, we have received generous offers of support and cooperation from many sources, including such well known periodicals as Track & Field News, Runners World, and Long Distance Log. These and other publications frequently exchange information and borrow material from each other. Unfortunately, this is seldom true among the organizations which sponsor track and field.

There is little or no communication among the hundreds of groups which promote track and field, race walking, and long distance running at the national or local levels. The AAU, Jaycees, NCAA, Quaker Oats Company, Road Runners Club of America, USTFF, and the federal government are among those involved in sponsoring nationwide programs. Countless local activities are promoted by schools, service organizations, government agencies, recreation departments, and private businesses. Beyond that, there are thousands of individual citizens participating in these programs, mostly volunteers.

With all this activity one would think there would be few problems finding adequate training and competition for young athletes. As the readers well know, this is not the case. In most areas the junior track program, with the exception of boys high school competition, is either nonexistent or in a state of near chaos. Time and effort are needlessly consumed. Money is lavishly wasted. Athletes, parents, and others are constantly frustrated.

STARTING LINE believes that many of the common complaints associated with junior track & field can be overcome by better planning and especially more communication. For example:

"There are no track meets available, except for high school boys." Wrong! STARTING LINE will be listing over 500 meets in our Calendar section before the year is out. We are certain this is not one-tenth of the competition available.

"People just won't come out to help us with our meets." Wrong! In every community there are numerous people, young and old, who volunteer their services for interesting and worthwhile activities, not to mention those on payrolls who are responsible for such events. However, many potential volunteers are justifiably turned off by the disorganized state of many age-group track programs.

"We don't have a place to workout." Wrong! There are school and recreation department facilities in every locality in the U.S. They are available to groups which present well planned activities for the community.

"We can't get enough money to support our team." Wrong! Numerous service clubs and businesses are eager to support well-organized programs for kids. On the other hand, some organizations have withdrawn financial support from poorly organized and un-businesslike track and field programs.

"The different rules, events, eligibility requirements, age-groups, and schedules among the various organizations are confusing and frustrating." Right! STARTING LINE believes that there is room for a great deal of variation among individuals and groups in track and field. But we also believe that it is to the advantage of the many organizations and the athletes themselves to conserve time, energy, and money by communicating with each other. We trust our publication will be means to accomplish this.

B.P.

BULLETIN BOARD

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

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

Joe Ruderman announces an organizational meeting for so. California boys teams at Green N' Greyhounds track meet, March 7th (see Calendar page). Contact Joe at 306 E. Home St, Rialto, Calif. 92376 for info.

GIRLS *Age Group*

Editors: ROY SWETT / CALVIN BROWN

1970 Review: PART TWO: The Distances and Field Events

14-17 Division

Four exciting young talents make the United States' future in the 880 look promising indeed. They are Carol Hudson of Albuquerque (2:08.7), Patty Cape of Long Beach (2:11.6), Anne Gallaher of Phoenix (2:12.0) and Donna Ten Eyck of the Colorado Gold (2:12.0). Patty is 14, the rest 15. These four placed 2-3-4-5 in the girls national AAU meet with Carol pushing Francie Larriue to her limits and establishing a world best for age 14.

The distance picture appears bright also with two national champions and two new internationalists returning. Sixteen year old Kathy Gibbons won the women's indoor mile in 4:58.9 and placed fifth in the womens 1500 in 4:31.5. She has also half-miled in a good 2:12.3. Fifteen year old Debbie Heald of La Mirada, Cal. produced a 14 year old world best of 4:47.5 at Portland and won the girls AAU championship in the mile.

The East is heard from in the form of 15 year olds Ellen Cornish of Frederick, Maryland and Janet Bristol of the Green Mountain AA who will represent the U.S. in the World Cross Country Championships in Spain this month. Janet was a virtual unknown on the national scene when she clinched her international spot by placing fifth in the cross country nationals at St. Louis

National long jump champion Dora Lee Roberts (Riverdale, Cal.) at 19'5 $\frac{1}{2}$ " returns. Long on talent and short on form, Dora Lee should be challenged by multi-talented Judy Rejebian (18'7 $\frac{1}{2}$ " of Phoenix and Wendy Koenig, a newcomer from the Colorado Gold who leaped 19'5" indoors.

Wendy also leaped 5'6 $\frac{7}{8}$ " indoors and challenges high jumpers Jill Halgrimson of Mayor Daley YF (5'6 $\frac{3}{4}$ " and Brenda Simpson of Mickey's Missiles (5'8") who are the top returnees in this event. The latter two turn 18 in the early spring while Wendy is only 15.

Kathy Schmidt of the Long Beach (Cal.) Track Club is easily the best field event returnee. Although inactive after early April because of an injury, Kathy led the U.S. javelin throwers with 191'6".

12-13 Division

Smooth running Nancy Paul (Ventura, Cal.) dominated the 880, going undefeated, winning the nationals and setting the U.S. record at 2:15.9. Another outstanding prospect is Tina Anex of Will's Spiketettes who ran 2:16.9. The half miler to watch this season is 12 year old Sally Balderston of New Mexico's Duke City Dashers who ran 2:22.4 just after turning 12. In the cross country nationals she gained 20 yards on Debbie Johnson in the last quarter mile to finish only three yards back. She has until April of 1972 to chase the record.

Debbie Johnson (Rialto, Cal.) who was supreme in the mile, going undefeated and setting the NR of 5:04.8 turned 14 on February 22, missing Debbie Roth's age 13 best of 4:59.6. Teammate Ruth Kleinsasser ranked number two nationally with a 5:08.5.

1970 produced a bumper crop of high jumpers. Mitzi McMillin of Seattle set the NR of 5'4" in March. Lakewood, California's Jan Dill raised that $\frac{1}{4}$ " in May. Three great 12 year olds return this year. They are Anita Lee of the Detroit Striders (5'3"), Cindy Gilbert of Oceanside, Cal. (5'2 $\frac{1}{4}$ " and Chicago's Sue Kelley (5'1 $\frac{1}{2}$ ").

Anita also won the national championship in the long jump and had a U.S. best of 18'6 $\frac{1}{4}$ ". She will be taking aim at Judy Rejebian's NR of 18'9 $\frac{1}{4}$ ". Others over 17 feet were Jan Dill, Angie Whitt of the Phoenix Chaparrals, Darla Crowell of Lakewood, and Ina Wisdom of D.C.

Terri Sabol of La Mirada, Cal. was undefeated in 19 meets in the discus and added over 11 feet to the national record with a throw of 124'6". Following her were Vicki Chiarello (111'4"), Judith Lane of Roseville, Cal. (106'7") and Lakewood's Debbie Rivera. Vicki, of the Creighton Track Club (Phoenix) has all season to shoot at Terri's record but the big threat will be Debbie, who now competes for the Long Beach TC. She recently threw 121'8" in all-comers competition and over 127 feet in practice. However, powerful Sheila Yurkshot of Mayor Daley YF had the nation's best shot put effort at 46'0". Until she turned 14, Monica Marshall of Santa Paula, Cal. was undefeated with a best of 41'10".

10-11 Division

RRC and AAU cross country champ Robin Campbell of Sports International scorched a 2:22.1 880 indoors at Pittsburgh in January. She seems to have everything - speed, stamina, coaching, and November birthdate - for an assault on sub 2:20 times. The outstanding middle distance runner of 1970 was Rialto's Effie Jordan, who went from a quietly good quarter miler to a national record setting half miler in the space of 2:23.1 at UCLA. Close behind in the yearly stats were Pam Young of Colorado (2:25.4) and Diane Holder of Long Beach (2:26.9). Pam also threw the baseball 211'5". Sandwiched between these two was Julie Shea of North Carolina, who clocked 2:26.0 only two weeks after her 11th birthday. Junior national cross country champ Renee Nelson of San Juan United set a NR in the 660, clocking 1:43.8.

The 1970 season produced two fine shot putters. Heidi Kauti of Crescenta-Canada, Cal. set the NR of 33'3 $\frac{1}{4}$ " early in the season before turning 12 then sweated out the attempts of Montario's Honey Johnson to break it. Honey came up just short at 32'8 $\frac{3}{4}$ ".

Before turning 12 early in the season, Sharon Groth of Lipke TC (Mich.) high jumped 4'7". She was closely followed by Jill South of Tempe, Ariz. who leaped 4'6 $\frac{1}{2}$ ". Ten year old Chris Shawhan of Crescenta-Canada cleared 4'6" and could be a threat to Anita Lee's NR of 4'10 $\frac{1}{4}$ ".

The best all around performer of the 10-11's was Sonia Fountain of Oxnard, Cal., who sprinted 6.5 and 12.0 in addition to jumping 15'2 $\frac{1}{4}$ " and 4'3 $\frac{1}{4}$ ". She set a NR in the triathlon with 1863 points.

9-Under Division

Close behind Jackie DeVose as this division's outstanding athlete was Renee Quigley of the La Mirada (Cal) Meteors. Renee set the national record of 1:48.9 in the 660, won the AAU cross country title, and has time trial clockings in December of 2:28.3 and 5:32.2 for 880/mile. Renee's only defeat was administered by Shaun Seibel of United San Juan during the cross-country season. Shaun also ran a 1:53.8 660. Dale Keough of Orinda, Cal ranked number two in the 660 at 1:50.9. Jill Boyd of Ontario-Montclair, Cal. (69.9, 1:54.2), Vicki Murray of Valley of the Sun (69.7) and Michelle Klein of Woodland Hills, Cal. (70.0, 1:55.6) were other top notchers. Another fine prospect to watch this season is tough little Suzanne Keith (1:55.8) of Fontana, Cal. who improved greatly in cross country to take third in the AAU.

The best field event performers were Chris Tomasic of Long Beach Comets who long jumped 13'1 $\frac{1}{2}$ " to edge Bakersfield's Kayvon Hughes by $\frac{1}{4}$ ", Vicki Murray who leaped 3'11 $\frac{1}{4}$ " and the Comet's fine little baseball thrower, Eleanor Painter, who reached 152'6".

BOYS *Age Group*

Editor: MAX ZUCKER

1970 Review: PART TWO Middle and Long Distances

The primary intent of this column is to report and analyze national highlights of news and events that are of particular interest to the boys Age-Group scene.

However, as we explained in our last issue, we felt that a recapitulation of previous track & field activities was necessary, in order to introduce what used to be a rather obscure subject.

Last month we covered the sprints; in this issue we will continue with part II which covers the middle and long distances.

1970 Review: PART TWO: The Middle & Long Distances

The long distance runs were long considered objectionable for boys of a young age. Tinted with controversy, they took a while to take their place as legitimate events. However, negative attitudes are fast disappearing and there has been more and more emphasis on middle and long distances; in the past two years they have virtually become the glamor events. Their popularity was amply demonstrated at the recent and first ever National Age-Group Cross Country Championship at Van Cortlandt Park in New York, where 839 young boys and girls entered in what was considered to be the largest non-school field in the history of the course.

While we are on the subject, we would like to remind everyone that there will be a national Championship in the mile run for Age-Group boys and girls in the late spring. The Eastern section will be in Washington, D.C. - contact Gabe Mirkin, M.D., 14411 Butternut Court, Rockville, Md. 20853 - and the western section tentatively set to take place at Bakersfield College - for information, write to Dale Knox, 714 Sixth Street, Wasco, Calif. 93280.

9-Under Division

In this division, no one can really come close to the most amazing set of twins to ever put on spikes: Frank and Charles Assumma from Rialto, Calif. During the Cross Country season they were unbeatable in their age group and their times seemed incredible to those who had never seen them run.

To demonstrate that they were no figment of the imagination, they went to N.Y. for the Nationals and just creamed the opposition - their time was faster than the winning 10-11 mark. In the mile, Frank with a 5:23.9 holds a slight edge over brother Charles who has run 5:25.9. Charles 11:41.2 in the 2 mile is the best ever recorded at that age, and the 12:28.2 by Frank is near the top of the all-time list. For additional spice, consider the intermediate times of these two youngsters - Frank: 880 in 2:45.6; 1320 in 4:03.8 (#1 time on national list) and Charles: 880 in 2:41.2 and 1320 in 4:08.2. Relax, they are ten as of March 3rd. Let the 10-11 group worry about them now.

Other names in the news: Todd Knox of the Wasco Wildkats in California, following right in the footsteps of his illustrious brother, with the excellent time of 2:39.5 in the half and 5:41.5 for the mile; from the same team, Robert Nunez with 2:39.7 and 5:42.1 marks; tremendously improved Daniel Stone (San Bernardino, Cal.) with 2:48.2 and 5:32.4; from the Bronx, N.Y., Lee Geisler with 2:50.0 and 5:47.0; eight year old Lynn Couch of Talent, Ore. in 2:44.5 and 5:53.0; Mark Dagg (Beaverton, Ore.) 2:40.6; Mike Carathers (Salinas, Cal.) 2:40.9 and Joe Fitzhenry (Buffalo, N.Y.) 2:42.2.

Coming up fast - 8 year olds such as Gene Mirkin (Rockville, Md.) 5:47.7 for the mile indoors and Michael Cleary of the Bronx, N.Y. at 5:53.0. A fitting climax for the 9-under long distance scene is provided by eight year old Mike Boitano (San Francisco, Cal.) running the Marathon (all 26 miles plus) in 4 hours 10:46.0.

10-11 Division

This division has in its ranks some of the finest young athletes to ever appear in age-group track.

The name that comes most readily to mind is Kevin Knox, from Wasco, Cal. His reputation as the best runner in his age is no exaggeration. The only other boys that might challenge such a claim are David Hargus from San Diego and Vance Eberly from San Jose, both Calif.

Kevin's track credentials are impressive. Besides owning a multitude of age bests, beginning at age 7, ranging from the 220 to 3 miles, he has really been outstanding as a 10 year older. Expertly trained by his father, coach of the famed Wasco Wildkats, his times in competition has been nothing less than sensational: 880 yards in 2:23.0, the mile in 5:08.9 and the 2 mile in 11:01.1. In that 2 mile run, his intermediate at 1320 yards was 4:01.6, best on record for the age. He has an entire season left in the 10-11 group. What is next?

David Hargus started running a few years back, when his father began to jog in order to recuperate from a heart attack. The daily outings became longer in time and in the process David became a young athlete with a tremendous range of ability. His performances at age 10 extend from the 440, which he runs in 66.4 to the marathon which he completed in 3h:18:15.0. He has also accomplished 2:35.0 in the half, 5:27.1 in the mile, 11:41.0 and 17:31.6 in the 2 and 3 miles.

Vance Eberly of the San Jose Yearlings, is a fine little runner with a 2:27.5 half-mile (AAU record) and a 5:10.5 mile. He is also a very good race walker. Tim Riley, younger brother of Rick Riley (former high school 2 mile record holder), is becoming quite a runner himself if you consider his 2:26.5 in the 880, the second best all-time in the 10-11 group.

Other ranking athletes: Daniel Stone (10) 2:34.9, 5:32.8 and 12:13.6 (two mile); Lee Cherney of Mt. Vernon N.Y., 5:36.4, 12:25.0 and 3h:44:45.0 in the marathon; Marty Wright (San Jose, Cal.) 2:32.1 and 5:38.0; Clayton Taylor (Palo Alto, Cal.) 2:30.1; Jerry Lowmiller (Salinas, Cal.) 2:31.1; and two 10 year olds from Wasco - Eddie Lujan, 5:28.8 and Robert Nunez 5:29.2.

12-13 Division

From this age-group a few truly outstanding athletes emerged. No. 1 on the all-time national list is the 880 and the mile and a real prospect was Mark Zmuda from Scotch Plains, N.J. A member of the highly respected Scotch Plains Junior High track team, he was the winner of the national 14-15 age-group X-country Championship in N.Y. last fall. As a 13 year old he realized 2:05.1 in the 880, 4:45.6 in the mile, 10:40.2 and 16:48.0 in the two and three mile runs.

A consistent and dedicated runner, Daniel Udoutch from Milpitas, Cal., is progressing rapidly. Last year he had times of 2:12.5 and 4:46.2 (both performances are considered official AAU records). Tommy Papst, from Duncanville, Texas, performed admirably with 2:12.3 & 4:59

Last year in the 880 Bill Hines (New Orleans) ran 2:11.3, Javier Garcia (Clovis, Cal.) ran 2:13.0 for an official Junior Olympic record and Patrick Garcia (Bakersfield, Cal.) turned in a 2:13.1.

In the mile Phil Barker (Vincennes, Ind.) ran 4:48.3 and Richard Kimball had a 4:58.0 best. Doug Berry from Olney, Ill. ran a 10:42.4 two mile.

TECHNIQUE & TRAINING

Editors: FRANK LAGOTIC / BILL PECK

THE FOSBURY FLOP - AVOIDING THE DANGERS

The Fosbury Flop is rapidly gaining popularity as a method of high jumping among younger age group athletes. Although the style is considered to have certain mechanical and physiological advantages over the straddle style, for some jumpers, there are inherent dangers in landing incorrectly. Fosbury himself has sustained injuries to the vertebrae in his upper back and lower neck region. These injuries have been compression type fractures which have resulted from the stress of landing with the body's whole weight centered upon one area of the spinal column. Modification of the landing technique, without a radical change in the overall style, is not only possible but necessary to prevent serious injury.

For the beginner, the coaching progression should be such that the landing does not hinder the basic technique. In teaching the landing aspect of the jump the main concept is landing with entire back (from the hips to the shoulders) contacting the mat at the moment of impact. The purpose of this is to spread the force of the landing over a wide base so that no one small area is under great stress.

The first step in teaching this technique is to pile a stack of gym mats or portable pits high enough so that the jumper is just able to jump onto them in a sitting position. No run-up is used at first; the idea in the beginning being to land in a wide base, seated position.

Once this sitting position has been achieved with relative ease a few mats can be removed and the attempt to land on the whole back can begin (figure 1). Again no run-up is used, the point of emphasis being the landing. A word of caution at this point. A backward roll should never be permitted, for this type of maneuver, while not dangerous in itself tends to lead the jumper into a dangerous habit of landing on the upper back/lower neck region. Remember that the main idea of landing is the even distribution of weight over a wide area, from the hips to the shoulders, rather than allowing the shock to concentrate upon one area.

Noted West German coaches suggest the use of a mini-trampoline as a learning aid (figure 2). After first accustoming the jumper to the action of the mini-tramp, some careful jumps emphasizing the whole back landing may be attempted. The landing mats should be elevated so as to allow for a minimum distance of descent from the apex of the jump. When using this technique one should be conscious of the angle of the legs, thighs, and hips (refer to fig.2). The hips should be forced downward while in the descent phase of the jump. This helps to prevent the legs from swinging over the head and the accompanying backward roll motion with its dangerous neck landing.

A few other safety considerations are the type, height and placement of the pit. A foam rubber landing surface is a necessity, not a luxury, for young athletes attempting the Fosbury Flop. Sawdust or sand does not provide the needed consistency or resiliency for back landings, regardless of how high these materials are piled. A foam rubber pit with a flat covering gives consistent support over the whole back landing area while also doing the best job of absorbing the shock. Open foam pits are not as safe as the covered foam-filled type.

Consideration should be given to the height of the pit in relation to the height of the bar. For very young athletes this is not a particularly difficult problem since the jumping heights are fairly low. But consider the impact of a fall from a height of 7 feet, down into a 2 foot thick foam pit, a fall of 5 feet landing on the back. The pit should be raised by some means to keep this falling distance at a minimum.

Location of the pit may seem a trivial point, but witness many meets and you will see how many jumpers land on the outside edge or miss the pit altogether when using the flop. It takes time and energy to move a foam pit during competition, but for the safety of the young athlete it may be a necessity.

Given the safety precautions discussed here, your young athletes should not be discouraged from trying the Fosbury Flop. But do consider the possible hazards of poor or improper technique.

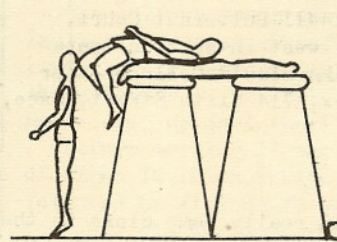


Figure 1.

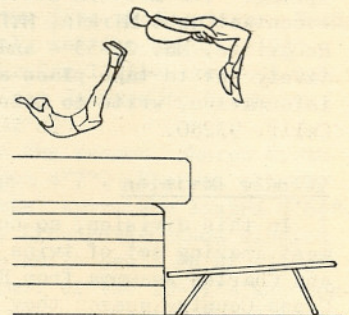


Figure 2.

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- Kerssenbrock, Klement, "Mit fünf Übungen zum Fosbury-Flop," Die Lehre der Leichtathletik, Nr. 32, 8-9-1970, pp 1277-1279.
- Martin, Dietrich, "Zur Lehrweise des Fosbury-Flop," Die Lehre der Leichtathletik, Nr. 16, 21-4-1970, pp 558-560.

BOOKS

Recommended by
the editors
of **STARTING LINE**

For young athletes
and their coaches

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

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

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

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

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

Recently, national attention has been focused on the possible beneficial effects of rather large doses of Vitamin C (ascorbic acid) for the treatment and prevention of the common cold. Professor Linus Pauling, a Nobel Prize winner in chemistry, has published a book, Vitamin C and the Common Cold, in which he recommends 250 to 10,000 milligrams (10 grams) daily as a preventative measure and 1 to 15 grams daily as a treatment for the cold. He does caution that the optimum amount of daily intake varies with the individual. The above suggested dosages are from 4 to 250 times the daily requirement for adults as recommended by the Food and Nutrition Board of the National Research Council.

However, most medical authorities doubt the effectiveness of large intakes of vitamin C and caution against its possible side effects. For example, large doses of 4 or more grams increases the acidic content of the urine, which could lead to the incidence of kidney stones in persons disposed to gout. Doses of 10 or more grams could create an overload upon the body, particularly in those persons with some type of kidney dysfunction.

Heavy dosages of vitamins - particularly A and D have had toxic effects on infants and children. Consumption of vitamins above the recommended adult levels should be cautioned against, particularly in regard to young athletes, unless recommended by a physician. The fact that a youngster, involved in heavy training, requires and uses large stores of energy still does not eliminate the possible toxic effects of overdosages. We must remember that, in some cases, youngsters react differently than adults to heavy doses of vitamins.

Unfortunately, large scale testing of food supplements like vitamin C has not been undertaken. Until there is more conclusive evidence concerning the reactions, side effects, benefits, and toxic effects of vitamin supplements, we suggest exercising caution with heavy dosages of any vitamin, particularly with children.

Insomuch as an athlete uses a greater amount of energy, he probably does require a corresponding increase in his vitamin and nutritional intake. Further studies in this area is needed before any definitive standards can be set. Until such studies are made, a well balanced diet that meets the daily adult requirements for vitamins and minerals would seem to be the best guide to the nutritional needs of young athletes.

References:

Pauling, Linus, Vitamin C and the Common Cold, San Francisco, W.H. Freeman and Company, 1970.

"Vitamin C, Linus Pauling and the Common Cold" Consumer Reports, 36, Feb., 1971, pp 113-114.

RACE WALKING

Editor: JIM HANLEY

In keeping with STARTING LINE's aim of building interest in track's weaker events, we are sponsoring a unique event - a nationwide postal competition for young race walkers. Prior notice has been sent out and so far the best times for the one mile distance are from Stockton, Calif. - James W. Bentley Jr. (7:38.2), Brad Bentley (7:59.8) and Kevin Brintnall (8:19.2). All three are students at Daniel Webster Jr. H.S. and walk for the Stockton Race Walkers. Their cumulative time was 23:58.2.

Our postal competition is an attempt to increase interest and promote participation in Race Walking among high school-age and younger athletes. Our long range goal is an improvement of U.S. Olympic team potential due to greater participation in the sport.

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

Divisions:

Elementary School (maximum age: 12 years)

Jr. High School (maximum age: 14 years)

High School (maximum age: 18 years)

Medals will awarded to the top five individuals and plaques to the top team in each division. Certificates will be given to all finishers.

Rules:

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

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

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

NOW IN PRINT: official United States A.A.U. Race Walking Statistics, 1969-70. This 40 page booklet is a complete statistical summary of all walking events. Not primarily for juniors, but a guide for coaches. \$1.25

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

ORDER FROM:
STARTING LINE,
P. O. BOX 878
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Add 25¢ for postage
and handling
Calif. residents
add 5% sales tax
Payment must
accompany order

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

ARIZONA AAU GIRLS ALL-COMERS

JANUARY 9, 1971
PHOENIX COLLEGE
PHOENIX, ARIZONA

Weather-Clear, Calm, 64°
Track & Runways-Reslite
Sponsor-Arizona AAU Women's
Track & Field
Meet Director-Roger Simpson
No. of Competitors-282

9-Under Division

50 yard Dash	
Cynthia Rhodes, MSA	7.4
Debbie Whitt, PCH	7.4
Julie Cooper, ARZ	7.5
Sandy Cuevas, ARZ	7.6
Laura Wright, ARZ	7.7
Melanie Mandelin, VOS	7.8

100 yard Dash

Cynthia Rhodes, MSA	14.1
Sabrina Jackson, CRT	14.2
Debbie Whitt, PCH	14.7
Julie Cooper, ARZ	14.9
Melanie Mandelin, VOS	15.1
Kathy Cherry, PCH	15.5

220 yard Dash

Bernice Moore, VOS	32.5
Becky Stout, MSA	33.9
Cynthia Cooke, CRT	34.4
Laura Wright, ARZ	34.4
Cecily Ellsworth, CRT	34.9
Michelle Endres, VOS	36.3

440 yard Dash

Cynthia Cooke, CRT	76.2
Beth Beach, PRP	79.9
Lisa Zetterlof, VOS	84.7
Dawn Freeman, VOS	85.4

660 yard Run

Sandy Cuevas, ARZ	2:02.8
Linda Lindsey, PRP	2:08.9
Karen Lawrence, MSA	2:16.3
Bernice Moore, VOS	2:20.9
Dorothy Walker, VOS	2:21.0
Patsy Navarro, PRP	2:21.7

440 yard Relay

Mesa TC	64.6
Creighton TC	64.8

High Jump

Cecily Ellsworth, CRT	3' 10" "
Janelle Anderson, CRT	3' 5 1/2" "
Sharon Martin, VOS	3' 2 1/2" "
Dawn Freeman, VOS	3' 0" "
Teresa Ybarra, VOS	3' 0" "
Kimm Terhune, CRT	3' 0" "

Long Jump

Cynthia Cooke, CRT	12' 2 1/2" "
Sabrina Jackson, CRT	11' 6 1/2" "
Roxanne Keating, PCH	11' 3 1/2" "
Michelle Ramsey, CRT	10' 9 3/4" "
Michelle Enders, VOS	10' 1 1/2" "
Lisa Zetterlof, VOS	9' 4 1/2" "

Baseball Throw

Gloria Gowan, MSA	103' 2" "
Nancy Smith, CRT	99' 0" "
Teresa Ybarra, VOS	94' 2" "
Rhonda Jones, CRT	91' 1" "
Lisa Zetterlof, VOS	85' 3" "
Wanda Ewing, CRT	84' 2" "

10-11 Division

50 yard Dash	
Andrea Shapiro, NSY	6.4
Donna Martin, VOS	6.8
Anita Anderson, MSA	6.8
Dawn Erb, PRP	7.1
Lori Lott, MSA	7.2
Diane Allen, MSA	7.4

100 yard Dash

Terrie Harrell, MSA	13.0
Donna Martin, VOS	13.1
Barrie Beach, PRP	13.1
Diane Adams, PCH	14.0
Joy Chavis, VOS	14.0
Allison Roew, CRT	14.1

220 yard Dash

Andrea Shapiro, NSY	28.2
Debbie Cassity, VOS	30.0
Anita Anderson, MSA	30.3
Renee Frisk, VOS	30.5
Connie Jackson, MSA	31.4
Shelly South, PHX	31.4

440 yard Dash

Debbie Cassity, VOS	67.0
Debbie Crane, MSA	67.9
Amy Odergaard, PHX	70.3
Carolyn Canady, PCH	71.0
Connie Jackson, MSA	71.0
Debra Cuevas, ARZ	75.5

660 yard Run

Gail Wiegert, MSA	1:54.7
Shari Cassin, ARZ	1:55.8
Cecilia Thomas, PRP	2:06.5
Wanda Campbell, VOS	2:09.2
Julie Van Buskirk, VOS	2:10.0
Debbie Turner, VOS	2:11.0

880 yard Run

Liz Dufour, ARZ	2:40.9
Vickie Murray, VOS	2:48.6
Anita Green, CRT	3:06.7
Anna Lopez, CRT	3:11.7

High Jump

Andrea Shapiro, NSY	4' 2 1/2" "
Monique Donithan, VOS	4' 1 1/2" "
Sherry Reidhead, CRT	4' 0" "
Anita Green, CRT	3' 10" "
Debra McCarty, VOS	3' 9" "
Cathy Boyle, CRT	3' 6" "

Long Jump

Nina Keating, PCH	14' 1 1/2" "
Amy Odergaard, PHX	13' 8 1/2" "
Renee Van Natta, PCH	13' 2" "
Shelly South, PHX	13' 0 1/2" "
Sherry Reidhead, CRT	12' 10" "
Monique Donithan, VOS	12' 3 1/2" "

Shot Put (6 pound)

Kellye Richardson, CRT	26' 7" "
Betty DiSilvester, PRP	24' 0 1/2" "
Ellen Colleary, MSA	23' 11" "
Jane McCaskill, CRT	23' 3" "
Linda Traugher, PRP	23' 0 1/2" "
Cindy Chiarello, CRT	22' 0" "

Baseball Throw

Kellye Richardson, CRT	138' 7" "
Linda Traugher, PRP	136' 0" "
Terrie Harrell, MSA	135' 9" "
Jeannie Custer, CRT	133' 2" "
Ellen Colleary, MSA	131' 7" "
Lavon O'Banner, MSA	131' 5" "

12-13 Division

50 yard Dash	
Jackie Rhodes, MSA	6.4
Sheron Andrews, MSA	6.7
Cathy Specci, LFK	6.7
Sara Scagnelli, PHX	6.8
Sue Fouchey, LFK	6.8
Bobbie Nestor, CRT	6.9

100 yard Dash

Susan Winningham, ARZ	12.5
Tracy Horn, PCH	12.5
Janet Bridgewater, CRT	12.5
Sheron Andrews, MSA	12.9
Christine Martin, VOS	13.0
Sue Fouchey, LFK	13.1

220 yard Dash

Jackie Rhodes, MSA	27.3
Lou Ann Bolick, VOS	27.8
Tracy Horn, PCH	28.5
Cathy Specci, LFK	28.6
Sue Fouchey, LFK	29.0
Sharon Groth, LFK	29.0

440 yard Dash

Lou Ann Bolick, VOS	62.3
Sharon Groth, LFK	64.0
Carol Smith, MSA	66.9
Joyce Snedigar, ARZ	67.8
Jill South, PHX	69.3
Toni Wall, MSA	70.4

880 yard Run

Sandra Tevis, ARZ	2:40.5
Vickie Van Buskirk, VOS	2:41.2
Colleen Wiegert, MSA	2:41.3
Jamie Bruns, PRP	2:42.5
Rhonda Moore, CRT	3:10.2
Margo Tongate, CRT	3:27.7

One mile Run

Jacque Strickland, PHX	6:01.2
Pam Hansen, CRT	6:19.3
Marjorie Kaput, CRT	6:34.1

50 yard Hurdles

Rita Brown, VOS	8.5
Drene Cassity, VOS	9.7
Jamie Bruns, PRP	10.3
Phyllis Trim, PRP	10.5

High Jump

Sharon Groth, LFK	4' 5 1/2" "
Mary Beth Ricci, CRT	4' 2" "
Drene Cassity, VOS	4' 2" "
Cheryl Johnson, CRT	3' 11 1/2" "
Tasha Boyle, CRT	3' 8 1/2" "
Marjorie Kaput, CRT	3' 8 1/2" "

Long Jump

Devoniaer Moore, MSA	14' 8 1/2" "
Mary O'Banner, MSA	14' 5 1/2" "
Jill South, PHX	14' 4 1/2" "
Debbie Sanders, MSA	14' 0 1/2" "
Donna Nelesen, PCH	14' 0 1/2" "
Lynda Fleming, VOS	13' 11 1/4" "

Shot Put (6 pound)

Vickie Chiarello, CRT	38' 8 1/4" "
Charlene Arnold, CRT	37' 1" "
Mary O'Banner, MSA	34' 0 1/4" "
Tammy Reese, MSA	29' 7" "
Annette Salazar, CRT	29' 2 1/2" "
Faye Longaker, CRT	28' 3 1/4" "

Discus Throw

Vickie Chiarello, CRT	108' 3" "
Annette Salazar, CRT	85' 3 1/2" "
Charlene Arnold, CRT	85' 3 1/2" "
Kelly Fuiks, PCH	75' 3" "
Debby Houser, CRT	67' 6" "
Kitty Niell, PHX	67' 0" "

Baseball Throw

Sherri Morgan, MSA	172' 6" "
Nancy Miller, PHX	167' 8" "
Tammy Reese, MSA	165' 8" "
Cathy Specci, LFK	164' 2" "
Debby Houser, CRT	148' 5" "
Tammy Bennett, CRT	143' 10" "

Javelin Throw

Vickie Chiarello, CRT	83' 8" "
Kelly Fuiks, PCH	80' 6" "
Annette Salazar, CRT	79' 3" "
Sherri Morgan, MSA	74' 0" "
Tammy Bennett, CRT	70' 10" "
Sara Scagnelli, PHX	70' 8" "

PITTSBURGH INDOOR TRACK CLASSIC (GIRLS)

JANUARY 16, 1971
SCHOONMAKER HALL, SOUTH PARK
PITTSBURGH, PENNSYLVANIA

Track-Banked Dirt (12 laps
to the mile)

Sponsor-Mt Lebanon Track
Club/Pittsburgh Knights of
Columbus
Meet Director-John Harwick

9-Under Division

50 yard Dash	
Robin Powell, SPI	8.1
Wendy Murk, MTL	8.2
Robin Stoner, MTL	8.2

220 yard Dash

Donna Campbell, SPI	33.6
Beth Gailey, MTL	35.4
Kim Campbell, SPI	36.6

440 yard Dash

Donna Campbell, SPI	72.9
Beth Gailey, MTL	77.5
Kim Campbell, SPI	79.3

High Jump

Wendy Murk, MTL	2' 8" "
Lisa Donnellan, MTL	2' 7" "
Heather Sutherland, MTL	1' 7" "

Long Jump

Beth Gailey, MTL	9' 4 1/2" "
Wendy Murk, MTL	8' 11 1/2" "
Robin Stoner, SPI	8' 11" "

Basketball Throw

Robin Stoner, MTL	22' 8" "
Lisa Donnellan, MTL	18' 4" "
Heather Sutherland, MTL	9' 5" "

10-11 Division

50 yard Dash	
Robin Campbell, SPI	6.7
Gina Interlandi, SPI	7.2
Aneyeus Powell, SPI	7.2

220 yard Dash

Aneyeus Powell, SPI	31.1
Angela Crapis, MTL	31.3
Gina Interlandi, SPI	31.5

440 yard Dash

Robin Campbell, SPI	65.0
Gina Interlandi, SPI	68.8
Anne Eisele, MTL	73.0

880 yard Run

Robin Campbell, SPI	2:22.1
Susan Gailey, MTL	2:48.8
Carol Jackson, TRS	2:49.1

High Jump

Leslie Palmer, TRS	3' 7 1/2" "
Sandy Blomfield, MTL	3' 6" "
Anne Eisele, MTL	3' 4" "

Long Jump

Aneyeus Powell, SPI	12' 1 1/2" "
Vicki Murk, MTL	11' 6 1/2" "
Kathy Kolankiewicz, MTL	11' 3 1/4" "

Basketball Throw

Kathy McClain, MTL	50' 9" "
Katy Komara, MTL	49' 5" "
Angela Crapis, MTL	48' 9" "

12-13 Division

50 yard Dash	
Clenitha Ray, TRV	6.3
Tina Leatherman, FRD	6.7
Anita Lee, DETROIT, MICH	6.8

220 yard Dash

Karen McDaniel, PIO	26.8
Clenitha Ray, TRV	28.6
Cathy Specci, LFK	29.0

440 yard Dash

Sheila Ingram, PIO	58.1
Tanya Bryant, SPI	63.8
Roslyn Bryant, SPI	65.0

880 yard Run

Roberta Murray, SPI	2:29.2
Marlene Harewicz, MTL	2:29.5
Susan White, SPI	2:32.9

One Mile Run

Pat Cornish, FRD	5:30.5
Janice Kolankiewicz, MTL	5:34.5
Beth Harwick, MTL	6:18.8

High Jump

Anita Lee, DETROIT	4' 10" "
Toni Jones, PIO	4' 8" "
Cheryl Poirier, FRD	4' 8" "

Long Jump	
Anita Lee, DETROIT	16' 5 1/2" "
Tina Leatherman, FRD	14' 5 1/2" "
Clenitha Ray, TRV	13' 10 1/4" "

Shot Put (6 pound)

Laurie Jones, MTL	28' 8" "
Esther Hornel, BRV	24' 4" "
June Mellinger, TRS	24' 2" "

DETROIT STRIDERS INDOOR INVITATIONAL GIRLS MEET

JANUARY 23, 1971
MUMFORD HIGH SCHOOL
DETROIT, MICHIGAN

Sponsor-Detroit Striders
Meet Director-Jeff Cohane

9-Under Division

220 yard Dash	
Denise Morrow, DTS	32.1
Cynthia Banks, MCP	34.2
Sheila Ross, DTS	36.4

440 yard Dash	
Cynthia Banks, MCP	78.5
Diana Anderson, MCP	82.0
Leslie Rose	84.4

Long Jump	
Leslie Rose	10'7"
Debbie Smith, SUS	8'5"
Janis Lelacheur, SUS	9'1"

10-11 Division

220 yard Dash	
Kathy Thompson, DTS	32.9
Wanda Summerville, DTS	33.6
Denise Thomas, DTS	33.9

440 yard Dash	
Sabrina Plummer, DTS	77.8
Amy Tucker	79.6
Youretha Dotson, DTS	82.8

880 yard Run	
Mary Opalewski, MCP	2:59.1
Fawzia Ali, WOL	3:11.1
Karen Jacobs, WOL	3:13.4

High Jump	
Kim Howard, DTS	4'0"
Barb Manson, HAS	4'0"
Gail Ragsdale, DTS	3'8"

12-13 Division

220 yard Dash	
Rosalie Wright, DTS	29.9
Carol Ussery, DTS	30.6
Cathy Specki, LPK	30.7

440 yard Dash	
Sharon Groth, LPK	69.9
Sonequa Daniels, DTS	71.7
Linda Pruitt, DTS	77.0

880 yard Run	
Justine Titeca, LPK	2:52.9
Vandarlyn Fish, DTS	2:52.9
Vivienne Burke, HAS	3:00.5

High Jump	
Anita Lee, DTS	5'0"
Sharon Groth, LPK	4'8"
F. Aldrich, HAS	4'2"
Laura Listerman, LPK	4'2"

Long Jump	
Anita Lee, DIS	17' 7"
Ella Willis, LPK	14' 6"
Karen Jones, DTS	13'11"

Shot Put (6 pound)	
Cathy Specki, LPK	24'2 1/2"
Luann Burdine, DTS	22'2 1/2"
Mary Martin, SUS	17'8 1/2"

COLORADO UNIVERSITY OPEN INDOOR MEET (GIRLS)

JANUARY 31, 1971 and
FEBRUARY 7, 1971
U OF COLORADO FIELDHOUSE
BOULDER, COLORADO

Track-Tartan (220 yards)
Sponsor-Colorado University
Track Club
Meet Director-Dave Merkwitz

9-Under Division

50 yard Dash	
Teria Perry, DFY	7.4
Kathy Weiss, COP	7.5
Sylvia Hardy, BCB	7.5

440 yard Dash	
Kathy Weiss, COP	76.4
Mary Swain, COP	78.9

10-11 Division

60 yard Dash	
Joyce Whelchel, ALB	7.8
Andrea Wilson, BCB	8.0
Lisa Thomas, COP	8.1

220 yard Dash	
Andrea Wilson, BCB	29.1
Ginger Nielsen, COG	29.3
Carol Von Drehle, COG	29.5

440 yard Dash	
Lisa Thomas, COP	65.3
Mary Barela, COP	65.8
Joyce Whelchel, ALB	66.2
Karleen Clark, COG	66.3

880 yard Run	
Karleen Clark, COG	2:40.8
Kathy Reed, COG	2:49.2
Joan Ten Eyck, COG	2:50.4

12-13 Division

60 yard Dash	
Cathy Dukes, DAS	7.5
Elizabeth Jones, DAS	7.6
Helen Cole, DAS	7.8

220 yard Dash	
Meg Swenson, COG	28.6
Lori Covington, COG	29.3

440 yard Dash	
Meg Swenson, COG	64.3
Pam Young, COG	65.4
Jean Raikes, BCB	65.6

High Jump	
Michelle Rauch, COP	4'7 1/2"
Karla Meadows, ALB	4'6 1/2"
Meg Swenson, COG	4'4"

GREEN N' GREYHOUNDS BOYS ALL-COMERS

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

Weather-Hazy, 72°
Track & Runways-Dirt
Sponsor-Green N' Greyhounds
Track Club
Meet Director-Ed Sylvis

9-Under Division

50 yard Dash	
Demettries Cook, RRR	7.6
Doug Shy, LAJ	7.6
Roger Phillips, VV	7.7

100 yard Dash	
Demettries Cook, RRR	14.3
Doug Shy, LAJ	14.5
Barry Ruderman, RRR	14.9

220 yard Dash	
Demettries Cook, RRR	32.9
Roger Phillips, VV	33.5

440 yard Dash	
Roger Phillips, VV	74.6
Demettries Cook, RRR	74.6
Barry Ruderman, RRR	78.2

One mile Run	
Frank Assumna, RRR	5:24.1
Mark Zucker, WVP	6:37.3

Long Jump	
Roger Phillips, VV	10' 7"
Mark Zucker, WVP	8'10"
Wade Russell	7'10"

10-11 Division

50 yard Dash	
Bill Brodine, VV	6.8
Brian Edrington, WVP	tie 6.9
Ken Lawler, LAJ	tie 6.9
Mark Wright, VV	tie 6.9

100 yard Dash	
Ken Lawler, LAJ	12.3
Bill Brodine, VV	12.5
Mark Wright, VV	12.9

220 yard Dash	
Ken Lawler, LAJ	28.6
Brian Edrington, WVP	31.7
Jerry Minjares, RRR	33.3

440 yard Dash	
Ron Jordan, LAJ	66.0
Daniel Stone, RRR	68.7
Mike Carney, RRR	72.0

880 yard Run	
Ron Jordan, LAJ	2:33.4
Daniel Stone, RRR	2:37.6
Mike Carnell, RRR	2:41.8

One mile Run	
Victor Jasso, RRR	6:14.8
Eric Zucker, WVP	6:30.7

Long Jump	
Mike Stehli	11'9"
Steve Goetz, VV	11'6"

Shot Put (6 pound)	
Bryan Boos, VV	27'11"
Britt Clauson, RRR	25' 2"
Mike Carnell, RRR	24'10"

12-13 Division

100 yard Dash	
Derek Ford, LAJ	11.2
Hector Burrell, LAJ	11.8
Gary Harrell, LAJ	12.0

220 yard Dash	
Derek Ford, LAJ	26.2
Hector Burrell, LAJ	26.6
Gary Harrell, LAJ	27.5

440 yard Dash	
Walter Bridges, RRR	66.0
Stan Andrade, VV	66.2

880 yard Run	
Stan Andrade, VV	2:51.0
Steve Phillips, VV	2:52.5

1 1/2 Mile Run	
Walter Bridges, RRR	8:25.0
Steve Phillips, VV	8:55.2
Ernest Rich, LAJ	9:56.7

High Jump	
Tony Ostrom, GNG	5'4"
David Stevens, GNG	4'8"

Long Jump	
Derek Ford, LAJ	16' 5"
Tom Roberts, GNG	15' 0"
Gary Harrell, LAJ	14'11"

Shot Put (8 pound)	
Ernest Rich, LAJ	19'6"
Derek Angelo, LAJ	16'9 1/2"

14-15 Division	
100 yard Dash	
Tony Edwards	10.3
Steve Kronis	11.4
Mike Gaisford, GNG	tie 11.4

220 yard Dash	
Tony Edwards	22.6
Mike Gaisford, GNG	26.3
Scott Baird, GNG	26.9

440 yard Dash	
Steve Ninz	56.2
Ron McNeal, GNG	62.2
Hal Geant, GNG	63.7

Two mile Run	
Rich Nance, WVP	10:26.4
George Cerda	10:35.9
Henry Fernandez	10:39.6

120 yard High Hurdles (39")	
Mike Jordan	15.3
Threthane, GNG	16.0

Long Jump	
Wayne Charles	15'10"
Scott Baird, GNG	15' 6 1/2"
Sandy Clifford	14' 8"

Shot Put (10 pound)	
D. Marsh	45'11 1/2"
Leonard Angelo, LAJ	33'10 1/2"
C. Basaites	27' 8"

COASTAL LEAGUE GIRLS MEET SOUTHERN PACIFIC AAU

FEBRUARY 7, 1971
WILSON HIGH SCHOOL
LONG BEACH, CALIFORNIA

Track & Runways-Dirt
Meet Director-Phil Snyder

9-Under Division	
50 yard Dash	
Jeannette Windle, LBC	7.3
Sherry Sexton, WVJ	7.5
Myra Davie, WVJ	7.5

100 yard Dash	
Jeannette Windle, LBC	13.5
Sherry Sexton, WVJ	14.1
Brigetta Meek, WVJ	14.1

220 yard Dash	
Myra Davies, WVJ	32.7
June Richard, WVJ	33.9
Sherry Sexton, WVJ	34.5

440 yard Dash	
Brigetta Meek, WVJ	76.3
Stephanie Romero, LBC	76.4
Janet Sims, LOM	80.5

660 yard Run	
Mari Gibbs, LS	2:14.1
S. Vessy, LS	2:18.5
Elanie Sims	2:32.6

High Jump	
Terri Smithy, LBC	3'11"
Brigetta Meek, WVJ	3' 4"
Myra Davies, WVJ	3' 2"

Long Jump

Jeannette Windle, LB	12' 5"
Kristy Wilson, LBC	8'11"
Christy Windle, LBC	8'10 1/2"

10-11 Division

50 yard Dash	
Terri Jordan, WVJ	6.9
Shiavonn Shy, LAJ	7.1
Alice Howell, WVJ	7.1

100 yard Dash	
Terri Jordan, WVJ	12.6
Linda McQuarrie, LBC	12.8
Arnetta Robinson, LAJ	12.9

220 yard Dash	
Terri Jordan, WVJ	30.6
Mariena Pond, LBC	31.0
Eleanor Painter, LBC	31.0

440 yard Dash	
Debra Hayes, WVJ	71.2
Carroll Young, LAJ	71.4
Sybil Hindman, WVJ	72.5

880 yard Run	
Teresa Tomasic, LBC	2:39.0
Wanda Keller, WVJ	2:42.0
Laurie Jewell, LBC	2:42.0

440 yard Relay	
West Vernon Jets	56.6
Los Angeles Jets	58.6
Long Beach Comets	60.1

High Jump

Wanda Keller, WVJ	3'10"
Chris Tomasic, LBC	3' 7"
Laura Katzer, LBC	3' 5"

Long Jump	
Linda McQuarrie, LBC	13'8 1/2"
Chris Tomasic, LBC	12'6 1/2"
Arnetta Robinson, LAJ	12'1 1/2"

Shot Put (6 pound)	
Iris Robinson, WVJ	31'9 1/2"
Linda Walker	24'1"
Alice Howell, WVJ	23'0"

Baseball Throw	
Eleanor Painter, LBC	162'5"
Mariena Pond, LBC	146'2"

12-13 Division

50 yard Dash	
Andee Garcia, LBC	6.5
Debra Howell, WVJ	6.7
Denise Martin, LAM	6.7

100 yard Dash	
Gail Douglas, LAM	tie 11.9
Judy Johnson, LBC	tie 11.9
Therese San Agustin, LBC	12.2

220 yard Dash	
Andee Garcia, LBC	26.7
Judy Johnson, LBC	26.7
Gail Douglas, LAM	27.9

440 yard Dash	
Therese San Agustin, LBC	63.3
Liz Ogden, LS	71.0
Julie Schlicht, LBC	75.4

880 yard Run	
Dianne Holder, LBC	2:25.9
Vicki Mills, LBC	2:28.0
Julie Lake, LS	2:37.3

One mile Run	
Mary Decker, LBC	5:21.3
Kathy Jewell, LBC	5:34.7
Jill Caldwell, LBC	5:37.0

440 yard Relay	
Long Beach Comets	52.0
Lakewood Spartans	53.1
Los Angeles Jets	56.0

High Jump	
Cathy Slater, LBC	4' 2"
Tina Smith, WVJ	3'11"

Long Jump	
Andee Garcia, LBC	16' 2 1/2"
Diane Windle, LBC	14'11"
Marla McQuarrie, LS	14' 8"

Shot Put (6 pounds)	
Jane Hamade, LBC	30'4"
Debra Howell, WVJ	29'4 1/2"
Lorraine Painter, LBC	26'1 1/2"

Baseball Throw	
Lorraine Painter, LBC	192'0"
Cathy Slater, LBC	163'5"

Javelin Throw	
Lorraine Painter, LBC	81'3"
Cathy Slater, LBC	76'5"

Key

KEY TO TEAM ABBREVIATION :

- (B=Boys Team, G=Girls Team)
- ALB-Albuquerque Olympettes, N Mex (G)
- ARZ-Arizona

STARTING LINE CALENDAR

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

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

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

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

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

MARCH

6	Girls	T&F				Illinois Track Club Indoor Meet, Urbana, Illinois Lori Schutt, 408 E Stoughton, Apt 2, Champaign, Illinois
6	Girls	T&F	9-Under	AAU	open	Arizona AAU All-Comers, Phoenix College Roger Simpson, 6809 N 36th Dr, Phoenix, Arizona 85019
6	Girls	T&F	9-Under	AAU	open	Pacific AAU Season Opener, Hartnell College, Salinas Dick Casper, 1427 Lassen Ave, Salinas, California 93901
7	Boys	T&F	9-Under	A-C	open	Green N' Greyhounds All-Comers, Eagle Rock HS, Los Angeles, Calif Ed Sylvis, 5618 1/2 Meridian, Los Angeles, California 90042
13	Boys	Walk	13-Under		open	Two Mile Handicap Walk, Broomfield (Colorado) High School Ned Amstutz, 2835 3rd Street, Boulder, Colorado
13	Girls	T&F				Colorado University Indoor Meet, Boulder, Colorado
13	B & G	Walk	9-Under	A-C	open	Stockton All-Comers Race Walks, No California Youth Authority Jim Bentley, PO Box 8452, Stockton, California 95204
13	Girls	T&F	9-Under	AAU	open	Pacific AAU Season Opener, Clayton Valley HS, Concord, California Norm Woods, 5520 Arizona, Concord, California 94521
13	B & G	T&F	9-Under	REC	open	Fernangeles Park All-Comers, Sun Valley, California Jim Al-Kuraishi, 8851 Laurel Canyon Blvd, Sun Valley, California
19	Girls	Track	14	AAU	inv	Cleveland Knights of Columbus Indoor Games, Cleveland, Ohio
20	Girls	T&F		AAU		Rocky Mountain Indoor Championships, Boulder, Colorado
20	Girls	T&F	9-Under	AAU		Will's Relays, Encinal High School, Sacramento, California Will Stephens, 6349 Dorchester Court, Carmichael, California 95603
20	Boys	T&F	9-Under	AAU	open	Sacramento Invitational, Sacramento, California Dave Andreotti, 2649 Palo Vista, Rancho Cordova, California 95670
20	B & G	LDR	Elem Sch	AAU	open	Laton Road Run, Laton, California Rich Peterson, Box 206, Laton, California
20	Girls	T&F	9-Under	AAU	open	Phoenix Invitational, Phoenix College, Arizona Roger Simpson, 6809 N 36th Drive, Phoenix, Arizona 85019
21	Girls	T&F	12-13	AAU	open	Phoenix Invitational, Phoenix College, Arizona Roger Simpson, 6809 N 36th Drive, Phoenix, Arizona 85019
21	B & G	T&FW	9-Under	REC	open	Branford Park All-Comers, Arleta, California Dick Ortiz, 13310 Branford Street, Arleta, California
27	Boys	Track	Elem Sch	SCHOOL	inv	Florida Relays, University of Florida, Gainesville Jimmy Carnes, U of Florida, Athletic Dept, Gainesville, Fla 32601
27	Boys	T&F	9-Under	AAU		Redwood City Sectional, Sequoia HS, Redwood City, California Mike Ipsen, PO Box 868, Redwood City, California 94064

27	Girls	T&F	9-Under	AAU		Pacific AAU Sectional, San Jose, California Gary Gallego, 730 Harding, San Jose, California 95126
28	Boys	LDR	Elem Sch	AAU	open	Newport Beach Handicap Run, Newport Beach, California Frank Sax, PO Box 6015, North Hollywood, California 91603
28	Girls	Field	9-Under	LEAGUE	closed	Inland Empire League Meet, California Chuck Debus, 10 Avenue 27, Venice, California
28	Boys	T&F	9-Under	A-C	open	Green N' Greyhounds All-Comers, Eagle Rock HS, Los Angeles, Calif Ed Sylvis, 5618 $\frac{1}{2}$ Meridian, Los Angeles, California 90042

APRIL

3	Boys	Walk	13-Under			2.5 Mile Handicap Walk, Adams County Fairgrounds, Northglenn, Colo Ned Amstutz, 2835 3rd Street, Boulder, Colorado
3	Girls	T&FW	9-Under	AAU	open	Millbrae Lions Relays, California Dr. Harmon Brown, 2335 David Court, San Mateo, California 94403
3	Girls	T&F	9-Under	AAU	open	Mickey's Missiles Invitational, San Diego, California Mickey Tyler, 1142 Kehan Road, San Diego, California 92114
3	Boys	T&F		AAU		San Jose Yearlings Invitational, Leigh HS, San Jose, California Jane Ellis, 2618 Malaga Drive, San Jose, California 95125
4	Girls	T&F	9-Under	LEAGUE	closed	Inland Empire League Meet, Ontario, California Jim Allen, 10044 Central Ave, Montclair, California 91763
7	Coaches	Clinic		SCHOOL		Pacific Coast Club Track Clinic, Long Beach (Calif) City College
10	Women	Clinic		SCHOOL		Southern Illinois Univ (Edwardsville) Officiating Clinic Bob Hyten, Box 67A, So Illinois University, Edwardsville, Ill 62025
10	Girls	T&FW	9-Under	AAU	open	Long Beach Comets Invitational, Wilson HS, Long Beach, California Don DeNoon, 141 Yale Lane, Seal Beach, California 90740
15/17	B & G	Track				Kansas Relays, Lawrence, Kansas
17	Girls	Track				Dogwood Relays, Knoxville, Tennessee
17	Boys	T&F	9-Under	AAU		Milpitas Sectional, Milpitas (California) High School Keith Avera, 545 Coakley, San Jose, California
17	Girls	T&F	9-Under	AAU	open	San Jose Invitational, San Jose (California) City College Estle Argabright, 1600 Stokes Street #1, San Jose, California 95126
17	Girls	T&F	9-Under	SCHOOL/AAU	inv/open	Hanford (California) Invitational George Brown, 216 N Douty Street, Hanford, California
17	B & G	T&F		SCHOOL/AAU	inv	Arcadia (California) Invitational, Arcadia High School
17	B & G	T&F		SCHOOL/AAU	inv	Santa Barbara (California) Invitational
18	Girls	T&F	9-Under	AAU	open	Arizona AAU All-Comers, Phoenix College, Arizona Roger Simpson, 6809 N 36th Drive, Phoenix, Arizona 85019
18	B & G	T&FW	9-Under	REC	open	Branford Park All-Comers, Arleta, California Dick Ortiz, 13310 Branford Street, Arleta, California
18	Girls	Track	9-Under	LEAGUE	closed	Inland Empire League Meet, Fontana, California Bob Bollinger, 1539 N Clifford, Rialto, California 92376
24	Girls	T&F		AAU		Ozark Invitational, St Louis, Missouri Bob Hyten, 1033 Randle Street, Edwardsville, Illinois 62025
24	Girls	T&F		AAU		Colorado Pacers Invitational, Lakewood, Colorado
24	Girls	T&F	9-Under	AAU	open	Salinas Invitational, Hartnell College, Salinas, California Dick Casper, 1427 Lassen Ave, Salinas, California 93901
24	Girls	T&F		REC	qual	Los Angeles City Recreation & Parks Final
24	Boys	T&F		REC	qual	So Calif Municipal Athletic Fed Finals, Citrus Coll, Azusa, Calif Mike Shively, 3130 Tyler Ave, El Monte, California 91733
24	Girls	Track		AAU	inv	Mt San Antonio Relays, Walnut, California Jim Allen, 10044 Central Ave, Montclair, California 91763
25	Girls	T&FW	9-Under	AAU	open	Mt San Antonio Relays, Walnut, California Les Berman, 14514 Eastbrook, Bellflower, California 90706
29	Girls	T&F			closed	Montana Quadrangular Meet, Great Falls, Montana



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STARTING LINE

ALL-TIME AGE - GROUP LISTS

BOYS AGE-GROUP LIST

twenty deep in most events
compiled by Max Zucker

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for boys and girls
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ACROSS the USA

Regional News & Highlights

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

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

THE WEST

Central California - from DALE KNOX

REEDLEY - Feb. 13 - Boys and girls raced together in the Kings River Road Run sponsored by the High Sierra Track Club. The meet, directed by Bob Lehman, was run on a course which was mostly flat except for one rough hill. Athletes from Laton, Reedley, Wasco and Hamilton dominated. Course records were set in every race. Results:

<u>9-Under (1.00 mile)</u>		<u>10-11 (1.00 mile)</u>	
Russell Riddell, W	5:42	Kevin Knox, W	5:21
Todd Knox, W	5:48	Eddie Lujan, W	5:35
Patty Dillingham, W	6:06	Robert Nunez, W	5:43
Robin Messick, W	6:45	Gary Martinez, L	6:06
Hollie Shambaugh, W	7:14	Elaine Kent, W	6:14
Todd Oberman, R	7:31	David Gonzales	7:18
<u>12-13 (1.00 mile)</u>		<u>14-16 (1.25 mile)</u>	
Dan Grigsby, H	5:25	Ron Vogt	7:31
Jimmy Dillingham, W	5:44	Randy Wright	7:52
Betty Burns, W	5:51	Sammy Garcia, W	7:53
Randy McGill, L	6:18	Mark Oberman	8:04
Barry Bryson, L	6:48	Ron Monteverde	8:07

* * * * *

LOS ANGELES - Jan. 16 - Twelve year olds Lori Seidensticker and Linda Warner, both from the Bumble Bee A.C. (coached by former L.A. City H.S. mile champ Dick Ortiz), placed 3rd and 5th in the Sunkist invitational women's 880 walk. Times: 4:34.3 and 4:42.0 respectively.

Southern California - from LYN CARMAN

SANTA BARBARA - Jan. 30 - Over 200 runners turned out for the first La Colina Hill and Dale Run. The meet was open to male runners of all ages. The Boys League of La Colina Jr. High School used money they had earned to sponsor the meet; they hope to make it an annual event.

R. J. McDonald was the meet director and was assisted by Lyn Carman. Results:

<u>9-Under (0.50 mile)</u>		<u>10-11 (0.75 mile)</u>	
Mark Dodd	3:03	Andy Schuck, Wash	4:53
Wayne Scallin, Wash	3:07	Brad Curry, Wash	4:54
Sean Patton, Wash	3:08	Don Lawry, Mont	4:56
Mark Brisby, Wash	3:09	David Tulk, Wash	4:58
Mike Hobbs, Wash	3:10	Donald Haskell, Wash	4:59
<u>12-13 (1.50 mile)</u>		<u>14-15 (1.25 mile)</u>	
Pat Gallagher, Gol V	8:12	Alvin Gilmore, Lom	5:50
Paul Lester, La Col	8:13	Terry Jackson, Lom	6:02
Tom Guzman, La Cum	8:22	Gary Heller, Lom	6:03
George Aguirre, LaCum	8:29	P. Nickel, Dos Pueb	6:04
Arturo Ruiz, La Cum	8:36	Jim Warwick, Lom	6:05

Southern California - from BILL CORDTZ

SAN DIEGO - There are presently five registered track teams in San Diego: the La Jolla T.C. and Mickey's Missiles who are planning to compete in all classes, the South Shores T.C., Lancerettes, and San Diego Metro will field smaller groups specializing in certain events.

Because of a change of sponsors, the La Jolla Youth Group has changed its name to La Jolla Track Club. They will field a girls team from age nine to womens.

The club is now actively seeking athletes from the northwestern section of San Diego city and county. Head coach is Bill Cordtz and assistants are: John Gallagher, middle distance; John Van Bentham, distance; Tom Jennings, weights and long jump; Bob Clark, trainer and Dr. Adrian Maeshall, team physician.

* * * * *

The Redlands, Calif. Recreation & Parks Dept. is sponsoring a track & field club for age-group boys and girls. Practice will be held on Sundays from 1 to 3 at Redlands H.S. Meets will be held on Saturdays starting in March. Sherman Pallmore and Jerry Pyle will be in overall charge of the program.

Southern California - from DAVE RODDA

LAKEWOOD-Jan.23-Over 300 athletes ran in the S.Cal. Municipal Athletic Fed. novice cross-country finals at Bloomfield Park. The athletes qualified thru recreation districts representing Orange & San Diego Counties; S. San Joaquin, San Gabriel and Inland Valleys as well as SE (L.A. County)

<u>Boys-born 1960 (3/4 Mi)</u>	<u>Girls-born 1959(3/4 Mi)</u>	<u>Boys-born 1959 (3/4 Mi)</u>	<u>Girls-born 1958(3/4 Mi)</u>	<u>Boys-born 1958 (1 Mi)</u>
Gregg Woolever OC 4:13	Elaine Kent SSJ 4:21	Mike Gifford OC 4:05	Heather Clarke IV 4:10	Forrest Metcalf OC 5:24
Ricky Glenn OC 4:15	Nancy Koester OC 4:21	Bobby Hicks OC 4:09	Connie Vasquez SJ 4:15	Sh. Shambaugh SSJ 5:39
Todd Broussard SF 4:24	Rita Kysella OC 4:40	Mike Mosby SSJ 4:10	Julie Osgood OC 4:23	Randy Simdorn OC 5:48
Darren Linsalm OC 4:24	Eliz. Kennedy SG 4:45	Dickey Lake SE 4:12	Kathy Pippin SSJ 4:25	Mike Houghton SSJ 5:52
Chuck Dunn OC 4:27	Susan Holmes SE 4:45	Kim Crawford SSJ 4:14	Louise Marlow SSJ 4:30	Fred Logan OC 6:02
Dave Stobo OC 4:28	Anita Flores SSJ 4:50	Dennis Fells SE 4:20	Jamie Bowen SE 4:31	David Eagle SE 6:05
John Gomez SG 4:29	Una Carlin OC 4:52	Gary Ward SE 4:23	Terri Frye SSJ 4:38	Terry Hatley OC 6:05
<u>Girls-born 1957(1 Mi)</u>	<u>Boys-born 1957(1 1/2 Mi)</u>	<u>Girls-born 1956(1 Mi)</u>	<u>Boys-born 1956(1 1/2 Mi)</u>	<u>Girls-born 1955(1 Mi)</u>
Betty Burns SSJ 5:35	Mark Robinson SG 7:59	S. Steinbeck SSJ 5:51	Robert Angel OC 7:34	Rosa Medina SSJ 6:16
Marianna Marie SSJ 6:11	J. Dillingham SSJ 8:00	Fr. Daloyola OC 6:08	Tom Whiston SG 7:54	Linda Bergen SG 6:23
Kim Hicks OC 6:29	Craig Hardy OC 8:00	Lynette Maston SSJ 6:16	Daniel Prince OC 7:57	
Cheryl Bowman OC 6:31	Dave Linhart SE 8:19	Rene Miller OC 6:20	Roy Gamez SSJ 8:00	<u>Boys-born 1955 (2 Mi)</u>
Danel Pitts OC 6:36	Simon Sanchez SSJ 8:22	Joanne Hawks SG 6:23	Kurk Clarke OC 8:01	Sammy Garcia SSJ 9:59
Pam Dikeman OC 6:44	Frank Dunton SG 8:27	C. Jenkins SG 6:29	Felipe Hidalgo SSJ 8:07	Jack Martinez OC 10:00
Diane Murray OC 6:44	Adam Verduzco SG 8:32	Wendy Siehl OC 6:33	Sam Ward OC 8:08	Scott Pitcher SE 10:48

THE EAST

Maryland - from GABE MIRKIN, M.D.

ANNAPOLIS - Jan. 30 - The naval Academy High School invitational attracted 1500 athletes from all over the state. We don't have the results of that but we have the results of the special 9-under race on the eight lap to the mile tartan track and it was a real good one. 8 year old Gene Mirkin from Sports International took first place in a national indoor best of 5:49.0. Gene comes from Rockville, Md. and is coached by Brooks Johnson. There were six watches on first place, which is a rare occurrence in age-group track. Right behind him were a group of outstanding youngsters. Look at the results: 2.-Kenny Morris, SPI (age 8) 5:59.4; 3.-Mike McKinney, SPI (7) 6:02.0; 4.-Tim McCarthy, Yonkers, N.Y. (9) 6:09.9; 5.-Joe Interlandi, SPI (8) 6:21.5; 6.-John Sullivan, Flushing, N.Y. (9) 6:31.0. A few weeks later, at the University of Maryland Armory, Gene improved his time to 5:47.7, which places him in the first ten on the national list for 9-Under; Joe Interlandi, another 8 year old, improved his mile to 6:11.4

Pennsylvania - from JOHN HARWICK

PITTSBURGH - Feb. 7 - The Allegheny Mountain Association girl's age-group indoor track championship was dominated by the Mt. Lebanon Track Club. Defending champion Pennsylvania Striders was the runnerup team. Tri-State TC of East Liverpool, Ohio was third. Results:

9-Under Events

50--Carla Scales	7.5	2. Charlotte Korey, ML	
220--Carla Scales	34.3	2. Charlotte Korey, ML	35.5
440--Kathy Delhagen, ML	86.0	2. Candi Ferguson, ML	91.3
HJ--Wendy Murk, ML	2'9"	2. Candi Ferguson, ML	2'6"
LJ--Janet Guidos	9'10"	2. Charlotte Korey, ML	8'11"
BBT--Kathy Delhagen, ML	32'6"	2. Wendy Murk, ML	23'9"

10-11 Events

50--Angela Crapis, ML	7.3	2. Karen Wurtzer, ML	7.4
220--Angela Crapis, ML	31.4	2. Karen Wurtzer, ML	32.7
440--Diana Thompson, ML	72.4	2. Anne Eisele, ML	75.6
880--Susan Gailey, ML	2:50.6	2. Kathy Kolankiewicz	2:53.1
LJ--Leslie Palmer, TS	11'7"	2. K. Kolankiewicz, ML	10'7"
HJ--Leslie Palmer, TS	3'8"	2. Diana Thompson, ML	3'6"
BBT--Diana Thompson, ML	57'7"	2. Katy Komara, ML	55'11"

12-13 Events

50LH--Ashley Sutherland	8.8	2. Kathy Schulte	9.2
50--Betty Scales	6.8	2. A. Sutherland, ML	6.8
220--Betty Scales	29.3	2. Laurie Jones, ML	29.7
440--A. Sutherland, ML	68.5	2. Susanne Hahner, PS	71.8
880--Marlene Harewicz	2:32.6	2. Sharon Gough, ML	2:44.7
Mi--M. Harewicz, ML	5:33.0	2. Sharon Gough, ML	5:49.0
LJ--Heidi Balint	12'7"	2. Janet Licciardello	12'1/2"
HJ--Heidi Balint	3'6"	2. Denise DelGreco, ML	3'6"
BBT--Laurie Jones, ML	72'0"	2. Janet Licciardello, PS	
SP6#--J. Licciardello	33'0"	2. Laurie Jones, ML	31'6"

New Jersey

LAWRENCEVILLE - Jan. 31 - Race Walking has been somewhat late in making inroads in age-group competition, but interest in this sport seems to be on the ascent if you consider the walking results that come to us from New Jersey. 14 year old Stella Palamarchuck of the Ambler O.C. was the winner of 880 race-walk in the very fast time of 4:14.6 (Brenda Whitman, a star race walker, won the 880 at the Sunkist Invitational in 4:19.4). Following her were: Sharon Ford (Leaguers) 4:37.0; and Donna Henriksen (Central Jersey AA) 4:47.5.

THE MIDWEST

Michigan - from PATRICIA PRICE

SAGINAW - Last October, Michigan gained a new track club for boys and girls. The official name is the Saginaw Valley Olympians Track Club. It is organized and coached by Roger Hanson, a P.E. teacher in Saginaw school system. The club contains among its members many athletes who have already won reputations for themselves as individuals such as the 3 Singer brothers, nationally ranked in their age-group. They hosted their first X-Country meet on Nov. 8 in which 180 youngsters participated. Anyone interested in contacting the club, should write to the Secretary, Patricia M. Price, 2237 Bock Rd., Saginaw, Michigan 48603.

THE SOUTH

Florida - from JIMMY CARNES

GAINESVILLE - Special events for age-groupers are run every other Monday at the University of Florida. The emphasis at this time is on distance runs. All those interested may participate. Latest results:

Mile Run		2 Mile Run	
1. Steve Cade (11)	6:00.8	1. Steve Cade	13:10.9
2. Bob Carnes (9)	6:02.5	2. Jerry Carnes	13:34.1
3. Jerry Carnes (11)	6:11.0	3. Bob Carnes	13:58.5

Texas

DALLAS - Jan. 2 - In conjunction with the Cross Country Club of Dallas Marathon, a 10.3 mile run was held for females around White Rock Lake. Though women of all ages competed, the top six places were taken by youngsters. Results included: 1.-Lisa Howell (16) 1:24:32; 2.-Tina Pendleton (13) 1:27:50; 3.-Four way tie among Terry Lemmons (10), Lynn McCoristin (11), Lisa Chapman (9), and Lisa McCoristin (8) 1:36:45.

International News

We are beginning in this issue a new section - the International Scene. We received inquiries from abroad whether we would consider covering age-group news from other countries besides the U.S.A. The idea seemed interesting and we felt it would add a dimension to age-group performances in this country. Furthermore, the good will it will create can only bring about a better understanding between young boys and girls of different nations and continents. We are in the process of seeking correspondents who will be able to transmit to us material and photos of track and field activities in their area of the world. We are, for the moment at least, primarily interested in English speaking nations, such as Canada, England and Australia.

Most countries have been on the metric system or are in the process of doing so. In the U.S. we are still very far from taking that step. It is a matter of fact, if we were to begin today it would take approximately ten years to complete the transition. However, the Olympic Games are right around the corner, and as you know, all the events are in the metric system. We will therefore begin this section by an explanation of the relative values between yards and meters. For example:

100 yd. in 11.0	≠	100 m. (109yd 1'1")	in 11.9 or 12.0
220 yd. in 25.0	≠	200 m. (218yd 2'2")	in 24.9
440 yd. in 60.0	≠	400 m. (437yd 1'4")	in 59.6 or 59.7
880 yd. in 2:40.0	≠	800 m. (874yd 2'8")	in 2:39.0/2:39.1
880 yd. in 2:10.0	≠	800 m. in 2:09.1 or 2:09.2	
1 mile in 5:30.0	≠	1500 m. (1640yd 1'3")	in 5:07 to 5:10
1 mile in 5:00.0	≠	1500 m. in 4:40 to 4:42	

STARTING LINE

Special California High School Section

Editors: MIKE KENNEDY / BOB LORD

CALIFORNIA OUTDOOR AGE-GROUP RECORDS

Compiled by Jack Sheppard

Age 14-15

event	mark	name (school)	birthdate	year
100y	9.6	Charles Moch	(Los Angeles)6/8/48	64
220yt	21.3	Charles Moch	(Los Angeles)6/8/48	64
440	49.3	Larry Boaen	(West,Bakersfield)9/1/53	69
880	1:53.8	Bruce Bess	(La Habra)9/4/44	60
Mile	4:17.5	Bruce Bess	(La Habra)9/4/44	60
2-Mile	9:13.2	Ralph Gamaz	(Foothill,Hayward)4/6/48	63
3-Mile	15:06.0	Eddie Ramirez	(Hueneme,Oxnard)1/7/50	65
5000m	15:51.2	Darrell Hatfield	(Ran.Alamitos)1/1/55	70
6-Mile	32:09.6	Bill Mackey	(Leigh,San Jose)10/31/49	65
10000m	33:38.6	Darrell Hatfield	(Ran.Alamitos)1/1/55	70
1-Hr	10mil440y	Darrell Hatfield	(Ran.Alamitos)1/1/55	70
Mar	2:34:21	Mike Baer	(South,Torrance)6/6/53	69
180LH	18.9	Alvin Mann	(Edison,Fresno)6/12/45	61
330IH	41.9	Allen Glazer	(Upland)12/22/54	70
HJ	6'8 $\frac{1}{4}$ "	Joe Faust	(Culver City)9/21/42	58
PV	13'10"	Paul Heglar	(Muir,Pasadena)5/17/48	64
LJ	24'1 $\frac{1}{2}$ "	Bob McKeever	(Fremont,LA)5/26/45	61
		Willie Crawford	(Fremont,LA)9/7/46	62
TJ	45'0"	Mike Woods	(Hollenbeck JHS,LA)6/3/46	62
SP(12#)	58'1 $\frac{3}{4}$ "	John Hubbell	(Poly,Long Beach)9/1/48	64

Age 16-17

100y	9.4	Forrest Beaty	(Hoover,Glendale)9/5/44	62
		Jimmy Hines	(McClymonds,Oak.)9/10/46	64
100m	10.4	Eddie Morris	(Huntington Beach)8/9/22	40
220y	20.2	Forrest Beaty	(Hoover,Glendale)9/5/44	61
220yt	20.7	Phil Underwood	(Dorsey,LA)4/2/49	66
440	46.7	Edesel Garrison	(Centennial,Com)8/17/50	68
880	1:49.2	Dennis Carr	(Lowell,Whittier)10/25/45	63
		Bob Hose	(Madison,San Diego)8/27/46	64
1500m	3:52.5	Dennis Carr	(Lowell,Whittier)10/25/45	62
Mile	4:08.5	Carl Trentadue	(Westminster)7/20/47	65
3000m	8:47.4	Mike Ryan	(Wilcox,Santa Clara)1/8/47	64
2-Mile	8:55.6	Ron Johnson	(West,Torrance)9/15/52	70
3-Mile	14:19.8	Dave White	(El Modena,Orange)3/4/52	69
6-Mile	29:25.8	Chuck Smead	(Santa Paula)8/4/51	69
10000m	31:49.4	Mike Ryan	(Wilcox,Santa Clara)1/8/47	64
10-Mi	50:28.0	Chuck Smead	(Santa Paula)8/4/51	69
1-Hr	11mil1463y	Chuck Smead	(Santa Paula)8/4/51	69
Mar	2:23:04	Chuck Smead	(Santa Paula)8/4/51	69
120HH	13.7	Steve Caminiti	(Crespi,Encino)8/15/46	64
		Charles Rich	(Washington,LA)10/30/51	67
		Milt Turner	(Castlemont,Oak.)8/31/52	70
180LH	18.1	Steve Caminiti	(Crespi,Encino)8/15/46	64
180LHt	18.6	Wayne Collett	(Gardena)10/20/49	67
330IH	38.7	Jerry Proctor	(Muir,Pasadena)5/4/49	66
440IH	52.7	Mark Low	(Pomona)12/17/51	69
HJ	7'3"	Reynaldo Brown	(Compton)12/6/50	68
PV	16'8 $\frac{3}{4}$ "	Steve Smith	(South,Torrance)11/24/51	69
LJ	25'10 $\frac{3}{4}$ "	Heulon Hewitt	(Merced)1/6/51	68
TJ	51'8"	Mike Woods	(Manual Arts,LA)6/3/46	63
SP(12#)	67'9 $\frac{1}{4}$ "	John Hubbell	(Poly,Long Beach)9/1/48	66
SP(16#)	57'10 $\frac{1}{4}$ "	Dave Murphy	(Sunny Hills,Full.)8/21/48	66
DT(1 $\frac{1}{2}$ k)	195'4"	Bob Stoecker	(Los Altos)11/11/44	62
		Tom Birtwhistle	(Gunn,Palo Alto)8/3/51	69
DT(2 k)	164'4"	Bob Stoecker	(Los Altos)11/11/44	62
HT(16#)	173'11"	Chuck Vandagriff	(Castro Valley)6/11/49	67
JT	212'5"	John Yancy	(Poly,Long Beach)2/18/45	62
Dec	6899	Bob Mathias	(Tulare)11/17/30	48

CALIFORNIA'S HIGH SCHOOL INDOOR SEASON consisting of four major meets plus two races at the Times Indoor Games has just come to an end and two conclusions can be drawn from the results. One, that if California's indoor season was as extensive as those of the northeastern US, the sunshine state might dominate undercover competition; and two, the 1971 outdoor season promises to be the best ever for Californians.

In support of the first point, Randy Williams of Edison High, Fresno set a national indoor record of 50- $\frac{1}{2}$ in the triple jump (bettering the old mark of 49- $\frac{6}{2}$ set by Doug Dickenson of Newport News, Va. in 1969) and Al Hall of Morningside, Inglewood tied the short-lived national indoor 60HH record with a 7.1 (first established by the great Richmond Flowers in 1965). Both were competing in their only indoor appearances of the season. In fact, the vast majority of athletes competed in only one of the four major meets.

Supporting the second point are record performances for Californians in eight of the thirteen more commonly contested events. These and other performances are covered in a brief meet-by-meet rundown of the California indoor season on the next page.

Profile JOSE AMAYA

Spectators at the Sunkist Invitational and L.A. Times Indoor Games were astonished by the ease with which Jose Amaya defeated strong field in the two-mile runs. Among the victims was Larry Greer, 1970 national leader at 3 and 6 miles and Brent Tubbs, California State mile champ. At the Times meet Jose led from the opening gun and recorded the nation's second fastest time, 9:06.6.

Just as impressive was the 5'8", 122 pound junior's victory at the 1970 Los Angeles City cross country final, which he won by a 27 second margin and gained the championship which eluded him the previous year when he collided with a spectator while leading late in the race.

Born December 9, 1953, Amaya's first interest in running developed in a 7th grade gym class which stressed cross country running. A "B" student with a mathematics major, he is undecided as to his future, but hopes to stay in the Los Angeles area. With regards to extra-curricular interests, Jose lists only one: running.

Without hesitation, he mentions Ron Clark as the athlete he most admires. Jose's goals for the upcoming season are a State Championship and a sub 9:00 clocking in the two-mile. As a long range goal, he hopes to be an Olympian in the 5000 or 10000 meters. He does most of his training away from the track: pace and distance vary. During the track season his workouts stress speed work. A typical track workout in mid-season may be 3 X 880 (2:12, 2:10, 2:08) with a lap jog between.

His track coach, Phil Pratt, is lavish in his praise of the young athlete. "Jose is a great natural prospect. We don't teach him very much, we just manage him. Jose is completely co-operative and does everything we ask of him.

"In 1969, four of coaches who had worked with Jose decided to get together and talk over what our goals and workouts would be. We felt we had a possible Olympic-caliber prospect and we didn't want three or four coaches telling him different things each day. Hal Harkness, Paul Barthel (his cross country coach), George Carone, and I have all played a part in planning Jose's workouts, but none of us wants to claim credit for his achievements. Jose has tremendous natural talent and the recognition should go to him."

The high school section of STARTING LINE will alter its format, in size and scope, depending on the response of the readers. We welcome your comments and suggestions.

SUNKIST INVITATIONAL (Los Angeles - Jan. 16) Al Hall, the State outdoor 120HH champ led all the way in equaling the national indoor record in the 60HH. In addition, three other California all-time indoor bests were broken or tied. Glendale's Dwight Stones "flopped" over 6-10 on his second try to edge 5-7 $\frac{1}{2}$ leaper Randy Fulkerson. Stones equaled Reynaldo Brown's all-time state

<u>60 yard Dash</u>	
Thomas Reddick (Hamilton, LA)	6.2
Gordon Peppers (Compton)	6.3
Al Jackson (Centennial, Compton)	6.3
Jim Beyers (Loara, Anaheim)	6.3

<u>60 yard High Hurdles</u>	
Al Hall (Morningside, Inglewood)	7.1
Charles Jackson (Lompoc)	7.4
Alton Colbert (Centennial)	7.4

<u>500 yard Run</u>	
Carl Shaw (Morningside)	1:00.3
Gary Greene (Fairfax, LA)	1:01.1
Barry Franks (Dominguez)	1:01.3
Charles Steinbroner (P. Verdes)	1:01.6

EXAMINER INDOOR GAMES (San Francisco - Jan. 22) If you didn't come early you missed the show. Competing in the afternoon, Randy Williams not only set the national triple jump record but ran a 45 yard dash heat in 4.9, with

<u>60 yard Dash</u>	
Randy Williams (Edison, Fresno)	6.3
Dotson Wilson (Albany)	6.3

<u>60 yard High Hurdles</u>	
Lew Bartholomew (Fremont)	7.6
John Alexander (Hoover, Fresno)	7.6
Mike Lyons (Fresno)	7.6

<u>440 yard Dash</u>	
Tony Lawson (Pittsburg)	51.9
Michael Jameson (Poly, SF)	52.0

NO. CALIF. CHAMPIONSHIPS (Oakland - Feb. 13) Long Jumpers Craig Conway and Ed Bryant recorded marks that would have made the national top ten list last year. Bryant also ran a speedy 6.2 heat in the 60, but consistent Joe

<u>60 yard Dash</u>	
Joe DeDora (Santa Rosa)	6.4
Anthony Bartholomew (Fremont)	6.4
Dotson Wilson (Albany)	(6.3h)6.4
Ed Bryant (Wilcox, Sta. Cl.)	(6.2h)6.5
Mike Shavers (Albany)	6.5

<u>Two mile Run</u>	
Tom Hale (Campolindo)	9:13.6
Mark McConnell (Soquel)	9:30.8
Jerry Metcalf (Arroyo, S. Lor.)	9:40.8

SAN DIEGO CHAMPIONSHIPS (San Diego - Feb. 19) Clairemont High's crew of distance runners gave warnings of things to come (such as a threat to the national record in the four-mile relay) and their best known leather-lunger (4:12.5 miler Dave Harper) didn't even run due to injury. Dave Fleet did run, however, and passed the

<u>60 yard High Hurdles</u>	
Wesley Babcock (Lincoln, SD)	7.6
David Watson (Crawford, SD)	7.7

<u>60 yard Dash</u>	
Jim Howe (Patrick Henry, SD)	6.3
Melvin Jones (San Diego)	6.4
Jesse Ochoa (St Augustine)	6.4

<u>500 yard Run</u>	
Mike Salazar (Hoover, SD)	1:01.0
John Flanigan (Mar Vista)	1:01.4

<u>One mile Run</u>	
Brent Tubb (Cleveland, Reseda)	4:17.3
Larry Hildenbrand (Lompoc)	4:20.1
Mark Schilling (Garden Grove)	4:21.5
Richard Walker (Arroyo, El M.)	4:21.5

<u>Two mile Run</u>	
Jose Amaya (Wilson, LA)	9:10.8
Chris Hoffman (St. Bernard)	9:19.6
Ed Grace (Aviation, Manh. Bch)	9:22.2
Gordon Innes (Upland)	9:22.2

<u>1000 yard Run</u>	
Percell Keeling (Morningside)	2:19.4
Joe Barry (Palos Verdes)	2:20.7
Craig Whatcott (Burbank)	2:20.8
Earl Robinson (Westchester, LA)	2:20.8

<u>One mile Run</u>	
Brad Duffey (Lowell, SF)	4:25.1
Bob Ebert (Willow Glen)	4:26.1
James Robinson (McClymonds, O.)	4:27.2
Butch Alexander (Sonoma Vly)	4:27.5
Pete Marks (Woodside)	4:27.9

<u>Two mile Run</u>	
Kurt Schoenrock (La Sierra)	9:27.8
Chuck Mork (Washington, Frem.)	9:31.0
Tom Hale (Campolindo)	9:35.2

<u>60 yard High Hurdles</u>	
Lewis Bartholomew (Fremont)	7.6
Robert Washington (Salinas)	7.6

<u>High Jump</u>	
Randy Dawson (Albany)	6'7"
Lewis Bartholomew (Fremont)	6'4"
Clarence Burges (Castlemont, O.)	6'4"

<u>Pole Vault</u>	
Tom Webb (Hillsdale, S. Mateo)	14'1 $\frac{1}{2}$ "
Joe Verstreppen (Overfelt, SJ)	13'6"

<u>1000 yard Run</u>	
Rory Trup (Mission Bay)	2:15.0
Dick Wilson (Madison, SD)	2:18.1

<u>One mile Run</u>	
Terry Cotton (El Cajon)	4:15.0
Mark Novak (Clairemont)	4:18.1

<u>Two mile Run</u>	
Dale Fleet (Clairemont)	8:58.6
Leo Nicolet (El Cajon)	9:24.2

<u>Shot Put</u>	
Bruce Haines (Patrick Henry)	53'4"

best. LA City sprint champ Thomas Reddick sped to a convincing 6.2 win in the 60. Football star Carlos McCall won the shot with a state indoor best of 58-6. State mile champ Brent Tubb (the best junior miler in the nation last year) blitzed a 59.3 last quarter to win his specialty convincingly.

<u>High Jump</u>	
Dwight Stones (Glendale)	6'10"
Randy Fulkerson (Santa Fe)	6' 8"
Rory Kotinek (Millikan, L. Bch)	6' 8"

<u>Pole Vault</u>	
Tom Quinn (Monroe, Sepulveda)	14'0"
Rick Yates (Inglewood)	tie 13'6"
Woody Roosevelt (University, LA)	13'6"
Ron Hill (Dominguez)	13'6"

<u>Long Jump</u>	
Mark Wilczynski (Notre Dame)	22'11 $\frac{3}{4}$ "
Charles Jackson (Lompoc)	22' 4 $\frac{3}{4}$ "

<u>Shot Put</u>	
Carlos McCall (Centennial)	58'6"
John Hoggan (Muir, Pasadena)	54'1 $\frac{1}{2}$ "

which he qualified for his 60 win in the evening. Dale Krebs second place 46-9 $\frac{1}{2}$ in the TJ is the fifth best ever indoors. Junior Dotson Wilson was second in the 60.

<u>Triple Jump</u>	
Randy Williams (Edison, Fr.)	50' 1 $\frac{1}{4}$ "
Dale Krebs (Gunn, Palo Alto)	46' 9 $\frac{1}{4}$ "
John Triplett (Branham, SJ)	44'10 $\frac{1}{2}$ "

<u>Shot Put</u>	
Brett Mann (Los Gatos)	52'10 $\frac{1}{2}$ "
Craig Coffey (Eureka)	52' 1 $\frac{1}{2}$ "
Craig Pinto (Pinole Valley)	50' 7"

DeDora, a 47.9 quarter miler, rode a 6.4 to victory. Tom Webb cleared the third best mark in the nation this year in the vault and Randy Dawson "flopped" his way to victory in the high jump.

<u>Long Jump</u>	
Craig Conway (Cupertino)	23'8"
Ed Bryant (Wilcox, S. Clara)	22'7"
Keith McNeil (Castlemont, Oak)	22'1 $\frac{1}{2}$ "

<u>Shot Put</u>	
Brett Namon (Los Gatos)	55'10 $\frac{1}{2}$ "
Rich Baldwin (Washington, Fr.)	51' 7 $\frac{1}{2}$ "
Jerry Gifford (Berkeley)	50' 6 $\frac{1}{2}$ "

mile in 4:28.5 on his way to the nation's second best two-mile time. Teammate Mark Novak ran well in the mile, but was no match for junior Terry Cotton who attacked a 59 first quarter on his way to victory. Another junior, Rory Trup blazed to a fast clocking in the 1000, passing the half in 1:58.

<u>Pole Vault</u>	
Craig Lanahan (El Cajon)	13'6"
Max Gabaldon (Monte Vista)	13'0"

<u>High Jump</u>	
Greg Gorsuch (Castle Park)	6'6"

<u>Long Jump</u>	
L. Leath (Lincoln, SD)	22' 2"
B. McColl (St Augustine)	21'11 $\frac{1}{2}$ "
D. Crouch (Crawford, SD)	21'10 $\frac{1}{4}$ "

CLOSE-UP

Profiles of Athletes

Ellyn Cornish

At the age of 13, Ellyn Cornish placed tenth in the 12-13 division of the National AAU Cross Country Championships. Two work-filled years later she finished third in the women's division of the same meet and earned a spot on the U.S. team which will run in Spain on March 20. If she keeps improving at the same rate, no one will be beyond her reach.

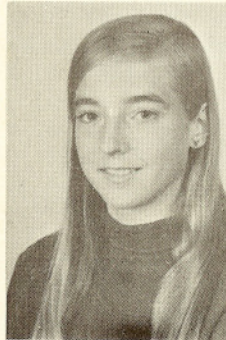
A typical small town girl whose interests run to the girl scouts, swimming, the school band and singing in the church choir, Ellyn has hopes of going to medical school and becoming a doctor.

Ellyn is a 5'5", 110 pound sophomore at Frederick (Md.) High School. She runs for the Frederick Track & Field Club under the guidance of coach Jack Griffin.

Her yearly progression:

year	age	880	Mile	2 Mile
1966	11		5:51.0	
1967	12	2:35.0	5:40.7	
1968	13	2:27.8	5:28.3	12:27.0
1969	14	2:15.1	5:14.0	11:14.6
1970	15	2:15.0	5:01.2	10:45.0

Other bests: 440-59.1, 220-27.5
100-12.3 50 - 6.7



Ellyn's goals for this season include a sub 58 second quarter, a 2:11 half and a 4:50 mile. Before she hangs up her spikes she hopes to win the national cross country title and make an Olympic team.

A new page has been introduced in this issue. As the title implies we will look at young athletes from close range.

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

We hope you'll enjoy it.

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the Assumma Twins

CHARLES on the left
FRANK on the right
Read about them
in the Boys Section



Suzanne Keith

If one believes the adage that good things come in small packages, then it follows that Suzanne Keith of the Fontana (Calif.) Cinder Belles is going to be great. Only 4'5" tall and weighing 77 pounds, Suzanne, clad in her green uniform, looks more like a woodland elf than an athlete. Her sparkling personality and impish sense of humor do nothing to detract from this impression.

At the age of 10, Suzanne is already a seasoned veteran of the competitive wars. As an eight year old in 1969, Suzanne showed promise but also took her lumps. After finishing fifth in the Reedley Holiday Road Run, she could place no better than 82nd in a field of 83 at the cross country nationals. Her 1970 performances showed the results of a year of hard work. She finished third at the nationals in St. Louis.

Her most satisfying performance came in the 1970 California State Cross Country meet. She challenged the national champ Renee Quigley down the stretch and missed the title by only two seconds.

This year Suzanne is aiming at 880 and mile times of 2:40 and 5:35. Since she has run 1:54.1 for 660 and a 5:44.0 mile, these goals are within her reach.

Suzanne's workout schedule is rigorous. Three mornings each week are devoted to work on the universal gym. Her track workouts consist primarily of hard interval training five days a week. Typical workouts are 12 X 440 at 80 seconds with a two minute rest and 10 X 660 at 2:00 to 2:05. She rests one day each week with a meet or a five mile jog taking up the other day.

Her favorite off the track activity is soccer. Always looking for a challenge, she prefers to play against her school's boys team. She says she runs because "it give me a chance to travel and meet other girls, especially Chi Cheng, my idol." Suzanne credits her progress to her coaches, Bob Bollinger and Dennis White.

Keep an eye out for this little super-scooter in the future.

clips from AUSTRALIA

Some clippings from an Australian newspaper. Look at the form shown by those youngsters.

How about sending us some good action shots like that from the USA

