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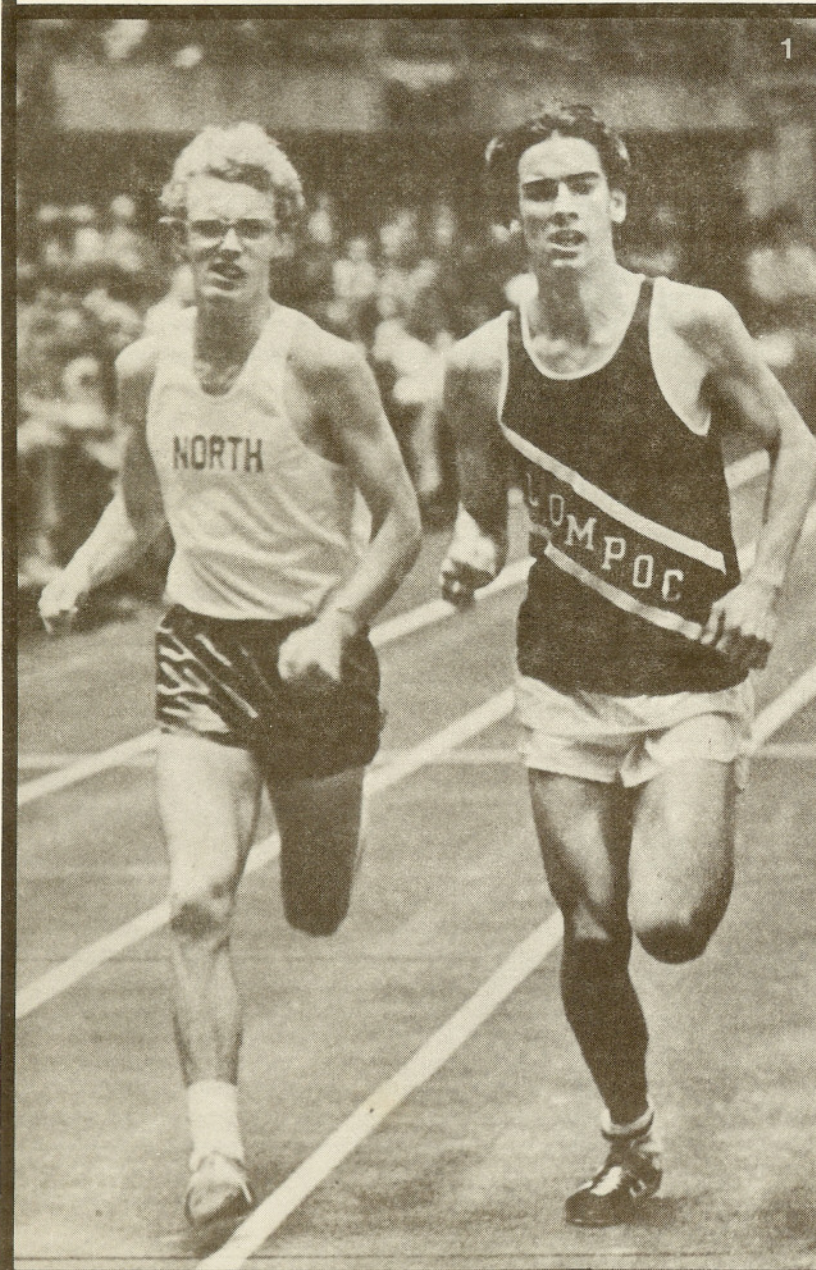
STARTING LINE

TRACK & FIELD FOR YOUNG ATHLETES

MARCH-APRIL 1973 VOL 3 NO 20 P. O. BOX 878, RESEDA, CALIFORNIA 91335

1972 AAU Girls NATIONAL TABULATIONS

Indoor Highlights and Summary



THE DEBATE GOES ON

The ongoing dialogue about Mary Decker and her competing out of her age bracket really is sort of absurd in some instances. First of all, what makes us so sure that a girl of 13 is not ready to compete against girls older. Does some magical thing happen at age 14, the exact minute, instant, and breath taken at that point?

The obvious answer is no. The truth is that girls develop at staggered rates and some certainly are ready for any level competition at 13 or even 12. Some kids are simply mentally and competitively mature at earlier stages than others.

I have a case in point, Robin Campbell (see pages 4 and 5, ed.). She has been competitively mature since I first saw her at age ten!! She has no innate fear of anyone, and if the devil put on a pair of spikes and took the lane next to her he would be in for one hell of a race.

I have had other girls who were ready for all levels of competition mentally at earlier ages than the AAU rules permitted. Conversely, I have had girls that were not ready, and would not be ready for several years after the rules said that magically they would be ready.

The upshot of what I'm saying is simply this: First, the AAU Rules regarding age group is too rigid, and is not always consistent. For example, Donna DeVarona made the Olympic team in swimming at age 13. No one for an instant is going to suggest that swimming on that level is less strenuous physically and mentally than running.

Second, the "powers that be" really are out of touch with the simple realities of the rapid growth and development of young ladies in the sport today.

Third, that when a girl gets to be advanced as Mary Decker was/is, some one obviously knows what they are doing, and perhaps they, not some remotely involved AAU official and/or rule, know what the athlete is really capable of. I think that no coach in his right mind with such a talented athlete is going to expose them to pressures they can not reasonably handle.

Even if errors in judgement occur, I would think that is less of a cross to bear than having the decision made at a National Convention, by people two or three degrees removed from the front lines of what is really going on in the sport. Let us have more faith in the common sense of a coach who has proved his merit by developing a girl to the point where she can reasonably challenge older girls in her specialty.

If we really were concerned about the girl's welfare, we would sit back, mind our own business, let those who know her best make the decisions, and heartily cheer her on!

Brooks Johnson,
Coach, Sports International
Washington, D.C.

There are proposals to have longer distance runs and more skill events introduced into the lower age groups, perhaps under the notion that if these events are introduced earlier then we will produce more and better athletes in these events at the National and International levels later on.

I think that we must take a hard look at our program as it is presently organized and realize that participation in the 9 and under and 10-11 Age Groups probably is not (I emphasize NOT) the great spawning ground for our Girls and Women's programs that we have supposed it to be, or as is purported to be the case in Age Group Swimming. Certainly it is hard to document this, and I always believe in trying to back up my statements with some evidence. Here are some examples:

1 - Since 1967 I have tabulated the participation of each girls in the California State Cross-Country Championships. While this is admittedly an imperfect barometer, I have found that in the age group runs there is a drop-out rate of approximately 50% each year, so that after three years only 15% of the original group are continuing to participate. Although the drop-out rate is higher among the lower-ranked runners, the best are not immune.

2 - In 1968-69 we studied twelve randomly selected volunteer age group cross-country runners and used eight sprinters as controls. Last fall we wanted to re-test some of these athletes but found none of the cross country runners were still active, and only two of the sprinters are still in competition.

This situation is not unique to distance running. In our own community-based track club there is a turnover rate of about 40% each year among the age group participants.

I think that the message is clear. In our present Age Group program may are called, but few choose to stay. It is up to us to find solutions to this inordinate drop-out rate, and I don't believe that adding longer runs or more complex events is the answer.

Most track distance runs in high school and college programs are half of the distance of their cross-country event, and I believe that the Age Group program should also adhere to that principle.

Harmon Brown, M.D.
Chairman, AAU Girls Age Group
Track & Field Sub-Committee

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 our readers to re-examine their attitudes toward the sport of Track & Field. The editors invite comments on this and other topics.



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On the Cover

PHOTO CREDITS

Photo of Barrie and Terry Williams by DON CHADEZ
Photo of Carol Hudson and Anne Gallaher by RAYMOND KROKER
Photo of Robin Campbell by STEVE SUTTON

- When two talented runners of the class of BARRIE WILLIAMS, from North Torrance, and TERRY WILLIAMS, from Lompoc, get together in a race, one can expect some fireworks. The boys credentials are impressive. Barrie ran 4:06.7 in the mile last year, surpassing Jim Ryan's age 16 all-time best and Terry is simply the nation's best two miler. The two 17 year-old high school seniors ran shoulder to shoulder for 22 laps at the Times Invitational Indoor meet, with Terry outlasting Barrie in the end. The duel, however, produced the two best 2-mile marks in the nation this year, 8:55.0 and 8:56.2 (Barrie, at left and Terry at right)
- At the Albuquerque Olympette Track Club Invitational, the highlights came in the open 880 yard run. Seventeen year-old CAROL HUDSON, in the lead, outdueled ANNE GALLAHER of Phoenix (right behind) in the fine time of 2:11.2 to 2:12.6. BARBARA LAWSON finished in third position.
- fourteen year-old ROBIN CAMPBELL (at right) from Sports International TC, placed second at the U.S. Olympic Invitational meet in the outstanding time of 2:09.5, the second best mark on the all-time age 14 list. Carol Hudson, mentioned above, holds the number one spot with a 2:08.7 made in 1970. At left of Robin is GAIL OLINECK from Canada.

From the Editors

Starting Line's most recent contributor is CHRISTINA (with two R,s) A'HARRAH. In addition to her writing talent, as you can tell by the article on page five, she also runs pretty well, as you can tell by the results any old place.

She can also claim to being the champ in our Olympic Games Prediction Contest, for which she won a mammoth full color picture of the opening ceremonies that now decorates her wall.

At age 17, Chris says she would like to use track, eventually, as a basis for encouraging inner-city youth to improve their lives.

We welcome Christina to the team, and are very proud to have such a fine youngster become a part of the STARTING LINE organization.

Why not follow Christina's example, and volunteer your services. You could have a lot of fun being a Starting Line reporter, with your name next to your article.

Cover the local meets, send us the news from your area, interview some young aspiring champion, take some pictures... try your hands at journalism, it could be the beginning of a new career.

If you are interested and want to earn a Starting line Press Card, drop us a note and we will tell you all about it.

STARTING LINE is generally devoted to reporting track and field for boys and girls of high school age and younger, though no attempt is made to cover boys interscholastic track & field in depth.

GIRLS and BOYS TRACK SCENE

CAMPBELL and "KIDS" lead USA over USSR Women Indoors
RICHMOND, Virginia - March 16 - from LYLE KNUDSON

In the first decade of track and field competition between the world's two biggest powers, the Soviet Union could never defeat the USA Men and the American Women were always trounced, as a team, by their Russian counterparts. Recently, for one reason or another, the situation has often been reversed. The second year of of USSR versus USA Indoor Dual Meet was one such case.

While the US Men's team was missing many "stars" and was beaten by the visitors, the US Women, largely with the services of the 14-17 corps, edged the Russian Women by a score of 55 to 52. In international duals, two members from each team score on a 5-3-2-1 basis, according to their finish in the event. Non-finishers score nothing, so every member is important for their team in a close match.

The red, white and blue's youngest member, ROBIN CAMPBELL, stole the show. Having the elderly class (14 years and almost two months) and relying on her great backlog of experience in international meets (the first lap), the lanky D.C. lass toughed her way to a mere centimeters victory in 2:11.1 for 880 yards. Though her youthful teammate, CAROL HUDSON was only fourth (2:12.3) the event proved to be a turning point as the hosts hung on for a big upset win. Robin returned to anchor the American squad to victory in the 4 by one lap relay.

Also scoring important points were second placers DEANNE WILSON (high jump) and CHRIS A'HARRAH (440). Deanne "flopped" 5-7 $\frac{1}{4}$ to combine with winner Alice Pfaff for a sweep of the way-below-par Europeans. Chris followed Kathy Hammond in nosing out her hammer-and-sickle rivals in 55.6 seconds, for another sweep.

Though they were outlegged in the two long distance events by the unexcelled Soviet duo of Bragina (Olympic 1500m champ) and Pangelova, USA teenagers acquitted themselves well. MARY DECKER returned a 4:50.1 mile in third place, while DEBBIE HEALD (10:34.2) and DEBBIE ROTH (10:59.0) gave it a good try in the two mile.

To finish out the efforts by the younger set, SUSAN McLALIN of Michigan leaped 18-9 $\frac{1}{2}$, but had to be satisfied with a distant fourth in the long jump. Since the team score difference was only three points, the USA advantage in youth was a most important factor.

*** Sites have been finalized for the Age Group Postal One Mile Run for Boys and Girls to be held June 2, 1973 at six sites; (1) Gainesville, Florida, (2) Saginaw, Michigan, (3) Houston, Texas, (4) Denver, Colorado, (5) Bakersfield, California, and (6) Washington, D.C. In addition to the Boys National Championship of the AAU the meets will be the Girls National Championship for the Road Runners Club of America.

Age groups will extend from 9 & Under to 14-15. Entry blanks and information should be obtained from the Meet Director at each site (see Calendar on page 6). Entries must be in no later than May 29. There will be individual and team awards (teams based on cumulative times for top three runners).

MORE NEWS FOR '73

*** Philadelphia, Pennsylvania has been selected as the site of the 1973 National AAU Junior Olympic Decathlon Championships to be held June 29-30. The event is to held at famous Franklin Field. All decathlon participants in the Championship will come from the Junior Olympics Senior Division (age 16-18). Local AAU association officials should be contacted for details or write Thomas Elrod at AAU House, 3400 West 86th Street, Indianapolis, Indiana 46268.

Winner of the 1972 championship, over athletes from seven states, was Brian Mondschein (17) from Havertown, Pennsylvania. He amassed a record total of 7078 points for the two day event, which encompasses ten track & field events (100 meter dash, long jump, 16 pound shot put, high jump, 400 meter dash, 120 yard high hurdles - 42 inch, discus throw - 2 kg., pole vault, javelin throw - 800 gram, and 1500 meter run).

*** First returns from the experimental Six-Minute Run National Postal Contest are in. Leading five man teams in the Intermediate Boys Division (eighth grade or under) are Dexter Junior High School of Whittier, Ca. with 21 laps and Suzanne Intermediate School of Walnut, Ca. with 20 $\frac{1}{2}$ laps. Top Elementary team (sixth grade or under) is Lorena School of Los Angeles, California.

Team entries must be in to STARTING LINE by May 15, so we can send the awards to the winning teams before school closes. In addition to certificates to all members of top three teams, we will send a copy of the 1973 STARTING LINE HANDBOOK to the top team in each division.



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BY CHRIS A'HARRAH

Indoor action for the young ladies began early in December, reaching a climax at the AAU Championships in New York. A few of the girls who achieved the national spotlight earned positions on the National Team which competed against the Russians on March 16 (see story opposite page).

In the shortest sprint, the 50y/60y, ALFREDA DANIELS led with an early season 5.8 win over Kathy Lawson in Vermont. She backed the speedy 50 time with a handful of sub-vein second 60s, which were highlighted with a 6.6 heat in Champaign. The seventeen year-old sprinter from Detroit soundly trounced some of the country's veteran speedsters, winding up her season in New York as the only sub-eighteen finalist. JACKIE TAYLOR of Washington, DC, was restricted to the short sprints when none of the east coast meets in which she competed had her specialty, the long jump. Her best time was run in early January - 6.9 - and she was the surprising Region II champ.

The middle sprints belonged to CAROL HUDSON, WENDY KOENIG and CHRIS A'HARRAH. The New Mexican lass, Carol, came into the Nationals with the fastest time in the country in the 440 (55.7). However, she was far off that time in her heat as she finished a trailing last. Only hours later, with a more competitive spirit, she finished third in the 880 and qualified for the US versus USSR meet. Chris had early season marks of 6.8, 25.4, 36.1 (300y) and 56.0y but sat out a few weeks, right before the Championships, due to an injured hamstring. She eventually finished fourth (second American) in the Nationals "quarter", also qualifying for the International Team. Wendy Koenig, looking stronger and smoother than ever before, was the sensation of the west with her impressive 300y, 500y and 600y wins. The versatile seventeen year-old also long jumped consistently well.

RGBIN CAMPBELL turned 14 in January, after two respectable age group races in Columbus (Ohio) - 57.6 and 2:20. Only days after celebrating her eligibility for the Women's competition, the Washington, DC, sensation dipped under the best all-time global 1000y mark as she followed the Canadian distance ace, Glenda Reiser, into the tape. Then, the week before the Nationals, Robin blasted through an eye-opening 2:09 half, defeating many top east coast runners, in the Olympic Invitational. Facing a top notch field in the Nationals at only fourteen is certainly an experience of a lifetime and Robin dealt with it as such. After an eventless first quarter, Robin jumped the field and with two laps to go she had complete control of the race...almost. Cheryl Toussaint came on with her breathtaking, tape-diving acceleration and caught the youngster in the final strides as both were credited with 2:08.8. Robin joined Carol in the 880 vs. USSR at Richmond.

Another fourteen year-old sensation, from the opposite coast, represented the USA on March 16th. MARY DECKER, a petite miler, had a sparkling distance season, almost flawless timewise. She dipped beneath the 4:50 mark and had a handful of effortless appearing 4:50-5:00 times. Pushing Olympian Francie Larrieu frequently and exchanging places with such aces as Kathy Gibbons, DEBBIE ROTH and DEBBIE HEALD highlighted Mary's season. In New York, both Debbie's and Mary got places on the US team (Roth in the two mile) though they took a back seat to older - but not much bigger - foreigners in the Nationals.

SUE McLALIN, runner-up in the Girls' Outdoor Nationals leaped over eighteen feet for the fourth spot in the long jump at New York. She was the second American (another qualifier for the US team); as in the past, foreigners proved superior in this field event. Her Michigan mate, SUE PARKS, turned in some respectable, sub 2:12 halves during the season; New York's DIEDRA WILSON (15) ran some sizzling relay legs and may be one to watch in the future (in both the sprints and long jump); LaVONNE NEAL, Philadelphia's hurdle queen, turned in a good 7.7 and finished fourth in the Nationals; unknown high jumper from New England, JANET LYNCH, has reportedly jumped 5-8 (?!!). The springy high schooler was consistently over 5-4.

Fifteen year-old TRUDI REBSAMEN turned in a respectable 57.0 in Champaign, Illinois in defeating some of the "big" names. The midwest furlong was dominated by Chicago's ROSLYN BRYANT, a smooth, graceful runner who won repeatedly in sub 25 second times. Two 24.6s highlighted her season. PAT HELMS, the 1972 surprise, had a good season in the 440 with 56.7 topping her runs. Top 17-unders in NAAU included:

60-Daniels (Motor City PAL) 7.0, sixth in final and 6.9h, Mable Ferguson (West Coast Jets) 7.1h; 220-Bryant (Murcherettes) 24.6, first; 440-A'Harrah (Delaware Sports Club) 56.3, Maeoper West (Illini TC) 57.2h, Hudson (Albuquerque Olympettes) 57.9h, Trudy Rebsamen (NW Suburban YTC) 59.3h; 880-Campbell (Sports International) 2:08.9, 2nd; Hudson 2:11.1, fourth, Parks (Golden Triangle TC) 2:12.3, sixth, Anne Gallaher (Phoenix TC) 2:13.8, fifth; Mile-Heald (La Mirada Meteors) 4:46.7, third, Decker (Blue Angels) 4:47.7, fourth, Roth (Oregon TC) 4:53.0, fifth; 60H(33in)-Neal (Philadelphia Hawks) 7.9, fourth & 7.8h, Cheryl Poirier (Frederick T&FC) 8.2h, Bobbette Krug (San Diego St Univ) 8.3h; HJ-Deanne Wilson (So Coast TC) 5-8, second, Joni Huntley 5-7, third, Cheryl Friesen (Topeka Cosmos) 5-6, fourth, Cindy Gilbert, 5-6, fifth, Katie Solon (AO) 5-6, sixth, Lynch (Green Mountain AA) 5-6, seventh; LJ-McLalin (Wolverines) 18-6½, fourth

BY JIM HANLEY

As we reported in our last issue, the AAU has revised the format of its national championships; a Junior National Championship has now been included. Just as the name implies, it is open to Junior athletes, meaning any walker from 14 to 19 years of age.

Formerly, Junior National Championships were open to any athlete who had not won an individual National Championship or been a member of an Olympic, Pan American Games, or other international team. It was not uncommon to see "old men" or 25 year-old national class race walkers competing in Junior meets.

With only a dozen or so serious Junior race walkers in the country, the move will make the sport "wide open". Any young man willing to put in a year or two of hard training should be able to place high in any of the National Championships.

Opponents of the move argued that there would not be enough Junior walkers to go around since SIX national championship medals and team prizes (three-man team) are awarded in each race. Hear that kids? There are a lot of medals up for grabs!

For years, Race Walking has been stagnant in terms of new talent. Meet after meet, one would see the same veteran walkers. Young kids who tried to crack in to the National Championships placings were generally soundly thrashed and lost interest...despite the fact many had great potential.

With the National Championships really Junior in scope, such things should never happen again. And as more and more athletes get into race walking, the quality of the sport as a whole is bound to improve.

Of course, for true progress to take place, it will be necessary for coaches and physical educators to follow through and promote the sport of race walking. Otherwise these rule changes will be in vain. Certainly, no group of athletes has ever had a better opportunity for national recognition and international trips than 1973's crop of young walkers

For athletes and coaches interested in race walking, I would suggest reading Ron Laird's excellent book, COMPETITIVE RACE WALKING (available from STARTING LINE for \$3.00). Laird has won more championships than any athlete in any sport, so he knows what he is talking about. The sequence photos alone are invaluable in learning form and technique. Specific questions directed to the Race Walking Editor of STARTING LINE will be promptly answered.

At its convention the the AAU passed a videotape rule which, though not affecting young walkers in most meet, will greatly improve the sport in big meets. Now, walkers will be able to be disqualified up to one hour after the conclusion of their event if a review of videotapes by officials shows violations of legal walking form. This should eliminate much squabbling over poor judging, etc. and bring the walk up to the objective level of other track & field events, where the subjective judgement of men is minimized.

The new AAU president is DAVID RIVENES, a part-time race walker. In his acceptance speech, Rivenes promised to do everything possible to improve the so-called minor sports like gymnastics, luge and race walking. The new race walking chairman is BUTCH HAMMER, an active athlete from Des Moines, Iowa. With knowledgeable people like Hammer and Rivenes in key positions, it is easy to see why the sport of race walking is moving ahead.

JIM BENTLEY WINS NATIONAL ONE HOUR RACE WALKING TITLE

RENO, NEVADA - MARCH 3 -

In the year's first Junior Championships, a dozen athletes were attracted to the starting line for the 1973 National AAU Junior One-Hour Race Walking Championships. Held in 30 degree weather (snow had forced many cancellations) on the 440 yard all-weather track of the University of Nevada, the SIERRA RACE WALKERS, led by JIM BENTLEY took the team award.

The judges for the competition were Fred Young, Bob Whitman and Frank Hagerty. Top placers:

- 1- Jim Bentley, Jr. (17) Sierra Race Walkers... 7 miles, 136 yards
- 2- Bryan Snazelle (17) Sierra Race Walker... 7 miles, 91½ yards
- 3- Bob Rozencrantz (17) Snohomish Track Club... 6 miles, 1599 yds
- 4- Brad Bentley (16) Sierra Race Walkers... 6 miles, 1098 yards
- 5- Pete Forman (17) Reno High School... 5 miles, 1477½ yards
- 6- Casey Kozlowsky (14) Sparks High School... 5 miles, 335 yds
- 7- Brandon Wong (14) Reno High School... 5 miles, 22 yards +
- 8- Paul Bailey (15) Unattached... 5 miles, 22 yards.

STARTING LINE CALENDAR

MAY

- 4 MEDICAL & SPORT INJURIES CLINIC, Albuquerque, New Mexico.....Joe Newton, 1212 Jackson SE, Albuquerque, New Mexico 87106
5 FLORIDA GOLD COAST AAU GIRLS MEET, Miami Dade Jr Coll, South (9-under & up, Track & Field) Eli Gagich, 400 Northwest 43 Place, Miami, Florida
5 POLAR ICE CAP SPECIAL, Midland, Michigan (Girls, 9-under to 17, Track & Field) Norm Skelly, Box 1185, Midland, Michigan 48640
5 TERRE HAUTE (Indiana) "INVITATIONAL" (Girls, 9-under & up, Track & Field) Pete Jones, 2423 Tippecanoe Street, Terre Haute, Indiana 47807
5 PACIFIC AAU PENTATHLON/TRIATHLON CHAMPIONSHIPS, Millbrae, Calif (Girls, 9-under & up) Harmon Brown, 2335 David Court, San Mateo, California 94403
5 LAKEWOOD (Calif) SPARTANS SPORTS KAVALCADE MEET, Lakewood HS (Girls, 9-under & up, Track & Field) Ron Cole, 6007 Deerford, Lakewood, California 90713
6 NEW JERSEY AAU AGE-GROUP MEET, St Joseph's HS, Metuchen (Boys, 13-under & 14-15, Track only, 12:00 noon) George Miller, 38 Autumn Avenue, Clark, NJ 07066
6 REGION ONE AAU GIRLS OPEN MEET, Van Cortlandt Park, Bronx, New York (Track & Field, 11:00 a.m.) Hugo Pruter, 316 East 6th Street, New York, NY 10003
6 ALBUQUERQUE (New Mexico) TRACK CLASSIC, Wilson Stadium (Girls, 9-under & up, Track & Field) Floyd Highfill, 1516 Hoffman NE, Albuquerque, N Mexico 87110
6 HERBERT HOOVER RELAYS, Ravenswood HS, East Palo Alto, Ca (Boys & Girls, 9-under & up, Relays only) Van Parish, 148 Hodge Rd, Menlo Park, California 94025
12 LAUREL (Maryland) "INVITATIONAL" (Boys & Girls) Glenn Austin, 4021 Pont Hill Drive, Ellicott City, Maryland 21043
12 FLORIDA GOLD COAST AAU GIRLS MEET, Miami Dade Jr College, North (9-under & up, Track & Field) Eli Gagich, 400 Northwest 43 Place, Miami, Florida
12 GRAHAM FALCONS "INVITATIONAL", St Paris, Ohio (Boys & Girls, 9-under & up, Track & Field) Jim Cook, 2502 Jackson Road, St Paris, Ohio 43072
12 THE COLORADO GOLD "INVITATIONAL" (Girls, 9-under & up, Track & Field) Gordon Fox, 9350 Osceola, Westminster, Colorado 80030
12 PLEASANT HILL (Calif) "INVITATIONAL", Diablo Valley College (Boys, 9-u to 14-15, Track & Field) Gary Santos, 1961 Lucille Lane, Pleasant Hill, Ca 94523
12 SOUTHERN PACIFIC AAU BOYS AGE GROUP MEET, Coll of the Canyons, Valencia, Ca (9-u to 14-15, T & F) Jeanne Hounsell, 8209 Rexall Ave, Whittier, Calif 90606
12-13 CHEETAH "INVITATIONAL", Mt San Antonio Coll, Walnut, Calif (Girls, 9-under & up, Track & Field) Bill Peterson, 1840 Hawkbrook Dr, San Dimas, Cal 91773
13 NEW JERSEY AAU AGE GROUP MEET, St Joseph's HS, Metuchen (Boys, 13-under & 14-15, Track only, 12:00 noon) George Miller, 38 Autumn Avenue, Clark, NJ 07066
13 REGION ONE GIRLS AAU OPEN MEET, Victory Field, New York, NY (Track & Field, 11:00 a.m.) Hugo Pruter, 316 East 6th Street, New York, NY 10003
19 MIAMI VALLEY "INVITATIONAL", Dayton, Ohio (Girls, 9-under & up, 9:00 a.m.) Steve Price, 1117 Pursell, Dayton, Ohio 45420
19 ARIZONA STATE AAU GIRLS CHAMPIONSHIPS, Phoenix College (9-under & up, Track & Field) Roger Simpson, 6809 North 36th Drive, Phoenix, Arizona 85018
19 PACIFIC AAU GIRLS JUNIOR CHAMPIONSHIPS, San Jose (Calif) City College (14-15 & 16-19) Estle Argabright, 18430 Baylor Avenue, Saratoga, California 95070
19 SOUTHERN PACIFIC AAU GIRLS PENTATHLON/TRIATHLON CHAMPIONSHIPS, Univ of California, Irvine (9-under & up) Calvin Brown, 20119 S Hillford Ave, Carson, Cal
20 NEW JERSEY AAU AGE GROUP MEET, St Joseph's HS, Metuchen (Boys, 13-under & 14-15, Track only, 12:00 noon) George Miller, 38 Autumn Avenue, Clark, NJ 07066
20 DENVER (Colorado) RELAYS, Manual High School (Boys & Girls, 9-under & up) Robert Smith, 3210 Ivy Street, Denver, Colorado
20 PACIFIC AAU BOYS AGE GROUP CHAMPIONSHIPS, Hartnell Coll, Salinas, Calif (9-under to 14-15, Tr & Field) Dick Casper, 1330 Byron, Apt 13A, Salinas, Ca 93901
20 RIALTO RELAY CARNIVAL, Univ of California, Riverside.....Dave Japs, 835 Oakdale, Rialto, California 92376
26 CONNECTICUT AAU GIRLS AGE GROUP CHAMPIONSHIPS, Greenwich (Track & Field, 11:00 a.m.) Bill Mongovan, 96 Valley Road, CosCob, Connecticut 06870
26 EASTERN GIRLS TRACK LEAGUE CHAMPIONSHIPS, Ambler, Pennsylvania (Track & Field) Leon Hill, 6 East Francis Avenue, Ambler, Pennsylvania
26 INDIANA RELAYS, Terre Haute (Girls, 9-under & up) Pete Jones, 2423 Tippecanoe Street, Terre Haute, Indiana 47807
26 MOUND "INVITATIONAL", Miamisburg, Ohio (Boys, 9-under to 15, Track & Field) Mark Becker, 708 North 12th Street, Miamisburg, Ohio 45342
26 CENTRAL AAU GIRLS CHAMPIONSHIPS, Peoria, Illinois (Track & Field) Dave Miller, Box 47A, Tremont, Illinois 61568
26 WEST KANSAS AGE GROUP MEET, La Crosse.....John Rose, Box 728, La Crosse, Kansas 67548
26 SOUTHERN PACIFIC AAU BOYS AGE GROUP MEET, Upland (Calif) HS (9-under to 14-15, Track & Field) Jeanne Hounsell, 8209 Rexall Avenue, Whittier, Calif 90606
27 PALMOUTH (Massachusetts) "INVITATIONAL" (Girls, Track & Field) John Carroll, PO Box 756, North Falmouth, Massachusetts 02556
27 NEW JERSEY AAU AGE GROUP MEET, St Joseph's HS, Metuchen (Boys, 13-under & 14-15, Track only, 12:00 noon) George Miller, 38 Autumn Avenue, Clark, NJ 07066
27 CINDERETTES "INVITATIONAL", Fort Wayne, Indiana (Girls, Track & Field) Roberta Widmann, 613, Till Road, Fort Wayne, Indiana 46825
27 CENTRAL AAU PENTATHLON CHAMPIONSHIPS, Peoria, Illinois (Girls) Dave Miller, Box 47A, Tremont, Illinois 61568
27 PACIFIC AAU GIRLS AGE GROUP CHAMPIONSHIPS, So Lake Tahoe, Calif (9-under to 14-15, Track & Field) Don Miniaci, PO Box 7942, South Lake Tahoe, California
27-28 DEMONS "INVITATIONAL", Balboa Stadium, San Diego, Calif (Girls, 9-under & up, Track & Field) William Cordtz, PO Box 881, La Jolla, California 92037

JUNE

- 1-2 CALIFORNIA STATE BOYS AAU CHAMPIONSHIPS, Sacramento (9-under to 14-15, Track & Field) Larry Neverkovec, 6401 Stanley Avenue, Carmichael, California 95608
2 REGION FOUR GIRLS AAU CHAMPIONSHIPS, Miami Dade Jr College, South, Florida (Track & Field) Eli Gagich, 400 Northwest 43 Place, Miami, Florida
2 ALLEGHENY MOUNTAIN AAU GIRLS AGE GROUP CHAMPIONSHIPS, Pittsburgh (9-under & up) Jim Wurtzer, 1727 Potomac Avenue, Pittsburgh, Pennsylvania 15216
2 WEST KANSAS JUNIOR OLYMPIC QUALIFYING, La Crosse.....John Rose, Box 728, La Crosse, Kansas 67548
2 KLEIN SOUTHWEST FESTIVAL, Spring, Texas (Boys, High School Seniors, Track & Field) Randall Dorsett, 16715 Steubner-Airline, Spring, Texas 77373
2 AURORA (Colorado) "INVITATIONAL" (Girls, Track & Field) Vicki Horken, 11600 East 16th, Apt 109, Aurora, Colorado 80010
2 ARIZONA JUNIOR OLYMPIC CHAMPIONSHIPS (Boys & Girls, Track & Field) Roger Simpson, 6809 North 36th Drive, Phoenix, Arizona 85018
2 NATIONAL AGE GROUP POSTAL MILE CHAMPIONSHIP, Washington, DC (Boys & Girls, 9-under to 14-15) Gabe Mirkin, 9900 Georgia Ave, Silver Spring, Maryland 20902
2 NATIONAL AGE GROUP POSTAL MILE CHAMPIONSHIP, Gainesville, Fla (Boys & Girls, 9-under to 14-15) Ken Burnsed, Apt 252-R Flavet 3, Gainesville, Fla 32601
2 NATIONAL AGE GROUP POSTAL MILE CHAMPIONSHIP, Saginaw, Mich (Boys & Girls, 9-under to 14-15) Roger Hanson, 3865 Hospital Road, Saginaw, Michigan 48603
2 NATIONAL AGE GROUP POSTAL MILE CHAMPIONSHIP, Houston, Tex (Boys & Girls, 9-under to 14-15) Neil Picken, 10106 Neudale, Houston, Texas 77072
2 NATIONAL AGE GROUP POSTAL MILE CHAMPIONSHIP, Denver, Colo (Boys & Girls, 9-under to 14-15) Dick Haggerty, 5905 Estes, Arvada, Colorado 80002
2 NATIONAL AGE GROUP POSTAL MILE CHAMPIONSHIP, Bakersfield, Calif (Boys & Girls, 9-under to 14-15) Dale Knox, 714 Sixth Street, Wasco, California 93280
2-3 SOUTHERN PACIFIC AAU GIRLS DISTRICT CHAMPIONSHIPS (9-under & up, Track & Field) Bob Seaman
3 REGION ONE GIRLS AAU CHAMPIONSHIPS, Albany, New York (Track & Field) Barbara Palm, Women's Phys Ed, SUNYA, 1400 Washington Avenue, Albany, NY 12223
3 NEW JERSEY AAU AGE GROUP MEET, St Joseph's HS, Metuchen (Boys, 13-under & 14-15, Track only, 12:00 noon) George Miller, 38 Autumn Avenue, Clark NJ 07066
3 KANSAS JUNIOR CHAMP RACE WALKING MEET, LaCrosse, Kansas.....John Rose, Box 728, La Crosse, Kansas 67548
3 ROCKY MOUNTAIN AAU PENTATHLON/TRIATHLON CHAMPIONSHIP (Girls) Ernie Dennis, 8072 Cook Street, Denver, Colorado 80205
7 ARIZONA AAU GIRLS PENTATHLON/TRIATHLON CHAMPIONSHIP (Girls, 9-under & up) Roger Simpson, 6809 North 36th Drive, Phoenix, Arizona 85019
7 NEW ENGLAND JUNIOR GIRLS AAU CHAMPIONSHIP, Falmouth, Massachusetts.....John J Carroll, Jr, Box 756, North Falmouth, Massachusetts 02556
9 OHIO AGE GROUP CHAMPIONSHIPS, Dayton (Boys & Girls, 9-under & up, Track & Field) Steve Price, 1117 Pursell, Dayton, Ohio 45420
9 NOVICE JUNIOR OLYMPIC MEET, Detroit, Michigan (Boys & Girls) Bettye Lou Robinson, 18410 Sorrento, Detroit, Michigan 48235
9 INTERNATIONAL HIGH SCHOOL CHAMPIONSHIPS, Mt Prospect, Illinois (Boys, High School Seniors, Track & Field) Joe Newton, York High Sch, Elmhurst, Ill 60126
9 ALL-AMERICAN CHAMPIONSHIPS, Des Moines, Iowa (Boys, High School Seniors, Track & Field) Tom Rosandich, Athletic Dir, Univ of Wisconsin, Milwaukee 53201
9 SOUTHERN PACIFIC BOYS AGE GROUP MEET, Huntington Beach (Calif) HS (9-under to 14-15, Tr & Field) Jeanne Hounsell, 8209 Rexall Ave, Whittier, Calif 90606
9-10 ROCKY MOUNTAIN AAU & REGION TEN CHAMPIONSHIP, U of Colorado, Boulder (Girls, 9-under & up, T & F, Pent) John Greene, Box 29226, Thornton, Colo 80229
10 NEW JERSEY AAU AGE GROUP MEET, St Joseph's HS, Metuchen (Boys, 13-under & 14-15, Track only, 12:00 noon) George Miller, 38 Autumn Ave, Clark, NJ 07066
10 INDIANA GIRLS AGE GROUP CHAMPIONSHIPS, Terre Haute (Girls, 9-under & up, Track & Field) Pete Jones, 2423 Tippecanoe Street, Terre Haute, Indiana 47807
10 CALIFORNIA STATE GIRLS AAU CHAMPIONSHIPS, Balboa Stadium, San Diego (Track & Field) John van Benthem, Suite 636, 525 B Street, San Diego, Calif 92101
16 MASSACHUSETTS JUNIOR OLYMPICS, Falmouth.....John J. Carroll, Jr, Box 756, North Falmouth, Massachusetts 02556
16 FLORIDA GOLD COAST JUNIOR OLYMPICS, Miami Dade Junior College, North (9-under to 12-13, Track & Field) Stan Romero, 5595 W 14th Ave, Hialeah, Fla 33012
16 MIDLAND (Michigan) "INVITATIONAL" (Girls, 9-under & up, Track & Field) Norm Skelly, Box 1185, Midland, Michigan 48640
16 ROCKY MOUNTAIN AAU GIRLS AGE GROUP CHAMPIONSHIP (9-under & up, Track & Field) Ernie Dennis, 3072 Cook Street, Denver, Colorado 80205
16 GOLDEN WEST INVITATIONAL, Sacramento, California (Boys, High School Seniors, Track & Field) Bob Jarvis 1229 Monte Vista Way, Sacramento, California

THE FINISH LINE

A Summary of Results

This section includes nationwide results. In order to have good coverage from your area, everyone is encouraged to submit results to STARTING LINE, P.O. Box 878, Reseda, Calif. 91335. For inclusion in next issue, please submit results at least two weeks prior to mailing date shown on page 3 of this magazine. If possible, include the following information:

- ** Date of Meet and Meet Site (name of stadium and city)
- ** Type of facilities (all-weather, cinder, indoor, etc.)
- ** Name of Meet Director and Sponsoring Organization
- ** First and last names of all timed or measured competitors with their marks (including heats & qualifying rounds)
- ** Wind assistance information (sprints, hurdles and jumps)
- ** Weight of implements (shot, discus, javelin, etc.)
- ** Height and number of hurdles, plus distance of hurdle races
- ** Hometown or team affiliation of listed athletes
- ** Other pertinent or interesting information (weather, number of competitors, age of outstanding athletes, etc.)

INDOOR MEETS

CONNECTICUT AAU GIRLS DEVELOPMENT MEET

NEW HAVEN, CONNECTICUT - DECEMBER 17 - FROM HUGO PRUTER

Age Group AA's JUDY FONTAINE was one of the dominant figure among the youth competing in this meet. Judy had the fastest quarter (59.8), took second in the long jump (17-3 1/4) and ran the 60 yard dash and the 220 in 7.0 and 27.4. Not a bad day!

Other top marks were turned in by DIEDRE WILSON (14), who ran the 60 in 7.0 and long jumped 16-3 1/4. In the sprint, the New York PAL speedster outlegged ELAINE JOHNSON, 15 year-old from the Atoms (7.3) and 14 year-old teammate BEVERLY HILL (7.4). Johnson returned a 27.1 in one lap around Yale University's 220 yard, flat dirt track.

BETTY BULLARD of the Suffolk AC won again the 4 kg. Shot in 35-1 1/4, and her teammate ANITA SCANDURRA was a double winner in the 880 and the mile in 2:21.5 and 4:58.2, respectively.

In the 10-11 class, LISA SHERRILL of the Atoms toured a very fast quarter, and other New Yorkers NNEMDI AROH plus KIM MOORE were equally outstanding. WILLIAM MONGOVAN directed the meet. Age group results:

Girls 9-Under 60-Sharon Adams (New York PAL) 8.5, Dionne Knight(Raylettes) 8.8; 220-Knight 34.1, Adams 34.2

Girls 10-11 60-Nnemdi Aroh (Atoms) 8.1, Robin Ervin (PAL) 8.3, Renee Adams (PAL) 8.4, Tracie Adams (PAL) 8.5; 220-Aroh 29.3, Martha Minguies (At) 31.7, R.Adams 31.7, Toya Williams (At, age 9) 33.0; 440-Lisa Sherrill (At) 65.2, Minguies 72.4; Mile-Alberta Ancrum (Ray) 6:08.1; 880MedRe-Atoms TC 2:07.2

Girls 12-13 60-Kim Moore (PAL) 7.3, Juanita Williams (PAL) 7.6, Leslie Cordy (At) 7.6; 220-Moore 28.1, Crystal McMillion (At) 29.3, Williams 29.3, Martiza Anderson (PAL) 29.5; 440-Moore 65.5, Williams 67.8; Mile-Nancy Frank (Long Island Golden Spikes) 5:44.2, Kelly O'Toole (LIGS) 5:47.5; 60H (30in)-Nnemdi Aroh (age 11) 12.2, Michelle Adams (PAL) 12.4,

UNIVERSITY OF COLORADO GIRLS INDOOR MEET

BOULDER, COLORADO - JANUARY 14 - FROM LYLE KNUDSON

Largely due to the impetus of these series of indoor meets, the home-town Boulder Cinderbellies are one of the up-and-coming girls track clubs in the Rockies. 'Belles age groupers are giving the other "old" clubs (the Colorado Golds, Colorado Pacers, Denver Flyers, the newly named Mile High Denver Track Club, etc.) all they can handle in the younger divisions, in all events.

The outstanding mark in the meet, at the University of Colorado Fieldhouse, was turned in by KELLY CURRAN in the 12-13 Shot. Other top results:

Girls 9-Under 50-Michelle Moore & Donella Jones (both Denver Flyers) tied at 7.4; 220-Tricia Hill (Boulder Cinderbellies)31.9, Jones 32.7, Moore 33.9; 440-Portia Bowman (BC) 77.5; 880-Ann Jarvis (BC) 3:02.8; HJ-Hill 3-6; LJ-Aniko Molnar (BC) 10-7

Girls 10-11 50-Yolanda Jones & Felicia DuPuch (both Denver Flyers) tied at 6.8; 220-Kathy Weiss (The Colorado Gold) 28.7, Kelly Gentry(BC) 29.5, Trina Watson (DF) 29.7; 440-Weiss 67.7; 880-Bernice Bullock (BC) 2:44.0; Mile-Nancy Rogowski (BC) 6:13.7; HJ-Sylvia Hardy (BC) 4-0 1/2; LJ-Weiss 13-5 1/2, Gentry 13-4; 6#SP-Hardy 23-2 1/2

Girls 12-13 50-Andrea Wilson (BC) & Marilyn Johnson (Mile High Denver TC) tied at 6.3; 220-Johnson 27.2, Wilson & Brenda Coash (Univ of Colorado TC) & Jan Fox (CG) tied at 27.3, Carol Von Drehle (CG) 27.5, Dwan Shields (MHD) 27.6; 440-Fox 61.0, Chressa McFarland (MHD) 62.2; 880-Karleen Clark (CG) 2:28.4; 50H(30 in)-Diane Rogowski (BC) 7.8; HJ-Tammie Welton (Jeffco Jets) 4-8, Coash 4-8, D.Rogowski 4-8; LJ-Welton 14-4 1/2; 6#SP-Kelly Curran(CG)46-1 1/2

FEATURE MEET OF THE MONTH

PITTSBURGH GULF INDOOR TRACK CLASSIC

PITTSBURGH, PENNSYLVANIA - FEB 10/11 - FROM JOHN HARWICK

This event has to be track's most successful indoor age group meet. This year drew boys and girls from 35 teams from 8 states in the 13-under events alone.

The two days of events included a complete schedule of individual events for all age groups on Saturday at Schoonmaker hall's 12-lap-to-the-mile dirt track, and two relay events for each age group on the all-weather 220 oval of Pitt Field House on Sunday.

Philadelphia area teams dominated the relay events. Ambler Olympic Club alone won six of the twelve relays (four boys, two girls), with one each to neighboring Southside and Padukies Track Clubs. Motor City Track Club from Detroit, copped three relays and the other went to the Buckeye Track Club of Ohio.

Among the many multiple winners in individual events, the standout may have been SCOTT (DYNAMITE) GREENWALD from Louisville, Ky, who took three 9-under events with good marks and SCOTT DAHM (Ohio) who did the same in the 10-11 division.

LOUIS McLENDON (Detroit) and Greenwald's teammate DENNIS CONNELL had nice double wins too. The outstanding performance could very well have been the 2:16.1 half mile win of ALFRED DEL ROSSI from New York in the 12-13 group. The top girls were MICHELLE SMARTT and CYNTHIA BANKS from Detroit and BRIDGET CALLAHAN.

A very informative program accompanied the summaries of this important meet, which also included women's, men's and Masters events. Results:



SCOTT GREENWALD

SCOTT DAHM (LEFT) & FRIEND

Boys 9 & Under LJ/HJ-Scott Greenwald (Louisville TC) 11-10 1/2/3-9; 880-Louis McClendon (Detroit Striders) 2:42.7, Jeff Stewart (DS) 2:53.5;

<u>50 yard Dash</u>	<u>220 yard Dash</u>	<u>440 yard Dash</u>
Scott Greenwald, Lsv 7.1	Brian Smith, DS 33.2	Louis McClendon, DS 72.4
Brian Smith, DS 7.3	David Francis, Com 35.3	Jim Olson, Mt Leb 73.8
Jim Olson, Mt Leb 7.5	Darrell Milner, Com 35.5	Jeff Stewart, DS 76.0

Boys 10-11 HJ-Tom Hajnak (Greater Johnstown TC) 4-2; LJ-Reggie Ashley(DS) 13-8 1/2; 6#SP-Scott Dahm 32-3, Mike Simone (GJ) 25-3, John Petrosky (GJ) 24-9 1/2; 440-Dennis Connell (Lsv) 64.7, Howie Millick (Washington TC) 68.5, Anthony Grimmett (Motor City TC) 69.4; Mile-Dahm 5:26.5;

<u>50 yard Dash</u>	<u>220 yard Dash</u>	<u>880 yard Run</u>
Reggie Ashley, DS 6.3	Dennis Connell, Lsv 30.1	Scott Dahm 2:35.1
Roderick Avery, DS 6.6	Reggie Ashley, DS 30.4	Lee Shackelford, PS :42.9
Dennis Connell, Lsv 6.7	Havert King, GJ 31.5	Dean Halker, Mt L 2:43.1

Boys 12-13 HJ/LJ-Frank Moreman (Fox Chapel TC) 15-5 1/4/4-9; PV-Mike Klempay (Austintown TC) 7-6; SP-Greg Bolitich (Hopewell Striders) 27-10 1/2; 50H-Brian Leverett (MC) 7.4, Mark Wilson (Austintown TC) 7.9; 50-Calvin Carter (MC) 6.0, Bernard Long (Southside TC) 6.1; 880-Alfred Del Rossi (Golden Torch TC) 2:16.1, Aaron Striegel (Louisville TC) 2:28.2;

<u>220 yard Dash</u>	<u>440 yard Dash</u>	<u>One mile Run</u>
Bernard Long, SS 28.2	Fred Weiland, Cav 57.5	Chris Wakeford, Oh 5:22.9
Calvin Carter, MC 28.5	Frank Moreman, FC 60.8	Vincent Hogan, GT 5:23.7
Peter Williams, GT 29.5	Bernard Long, SS 60.9	Jim Blettner 5:26.4

Girls 9 & Under HJ-Karlynn Hassle (Frederick TC) 3-5 1/4, Nadine Dahm 3-5 1/2; LJ-Hassle 10-8 1/2; 220-Michelle Smartt (DS) 34.5, Yolanda Thomas (Frd) 34.7;

<u>50 yard Dash</u>	<u>440 yard Dash</u>	<u>880 yard Run</u>
Tammy Jackson, Com 7.2	Michelle Smartt, DS 74.3	Anne Vargo, CHC 2:53.3
Susan Bentz, Church 7.4	Pam Mahoney, Grnsbg 78.3	Nadine Dahm 3:00.7
Andrea Katchur, Frd 7.4	Fran Dorsey, MC 79.0	Leslie Duckwall, Bck 01.2

Girls 10-11 6#SP-Margaret Yurko (Greensburg TC) 21-11;

<u>50 yard Dash</u>	<u>440 yard Dash</u>	<u>High Jump</u>
Mary Neumeister, BB 6.9	Cynthia Banks, MC 69.2	Sally Slocum, Buckye 4-3 1/2
Vickie Gunn, Com 6.9	Vicki Gunn, Com 69.7	Nancy Feeney, Dormt 4-2
Sheri Bell, T Haute 7.0	Marlette Harris, Gz 70.0	Leslie Rose, Lipke 4-0
<u>220 yard Dash</u>	<u>880 yard Run</u>	<u>Long Jump</u>
Denise Morrow, DS 30.6	Leslie Rose, Lpk 2:40.9	Cynthia Banks, MC 13-0
Charlotte Wynn, DS 30.9	Sally Slocum, Bckye 43.4	Denise Morrow, DS 12-5
Vicki Gunn, Com 31.8	Deanna Anderson, MC 45.0	Leslie Rose, Lipke 12-4 1/2

Girls 12-13 HJ-Sue Harder (BB) 4-6, Michelle Owens (Pennsylvania Striders) 4-5; LJ-Elizabeth Cox (BB) 14-4; 6#SP-Andrea Foust (Mt Lebanon TC) 28-3 1/2; 50-Bridget Callahan 6.5, Leila Green (Community TC, Columbus) 6.5; 220-Callahan 30.0, Sherrylynn Brown (Com) 30.4; Mile-Mary Palmore (DS) 5:38.5;

<u>50 yard Hurdles (30 in)</u>	<u>440 yard Dash</u>	<u>880 yard Run</u>
Leslie Palmer, TriSt 7.5	Sherrylynn Brown 65.5	Carm. Phillips, MC 2:35.2
Rene Felton, Grnsbg 8.0	Diana Snivak, Com 66.1	Laurie Tate, MtL 2:35.7
Candie Anderson, Frd 8.0	Rochelle Collins, MC 6.6	Mary Palmore, DS 2:38.0

Photo/DONIS SCHMAB

ALLEGHENY MOUNTAIN AAU BOYS/GIRLS INDOOR CHAMPIONSHIPS

SOUTH PARK, PENN - JAN 20 - FROM JOHN HARWICK & DON LENZ;

Not many AAU Associations can claim to have an age group championship indoors for both boys and girls. Athletes from fifteen teams scored among the top three places in the extensive program, which included of 50 events for under age 14 runners, jumpers and throwers.

The sprinting of JIM OLSON in the 9-under highlighted the boys program. SANDY WALLACE, JOAN SAPOVICH, RENEE FELTON and SUE KOVALIK were double individual winners in the girls events.

JUDIE McCAFFERY was meet director for the boys' meet and DON LENZ directed the girls' portion. Leading results:

Boys 9-Under 50/440-Jim Olson (Mt Lebanon TC) 7.4/77.9; 220-Jim Horvath (Austintown T&P) 33.2, Olson 33.7, Rich Price (Greater Johnstown AC) 34.0

Boys 10-11 50/220-Havert King (GJ) 6.9/31.7; 440-Howie Millick (Washington TC) 70.8; Mile-Tom Rhodes (ML) 5:51.1, Lee Shackelford (Pennsylvania Striders) 6:07.5; HJ-Steve Williamsburg (GJ) 3-10; SP-Mike Simone (G-7) 24-8

Boys 12-13 50-Steve Schultz (Wash) 6.7; 220/LJ-Marc Wilson (Aus) 30.8/15-0; 440/50H-Marc Troutman (GJ) 68.4/8.0; 880/Mile-Keith Clayborne (GJ) 2:34.6/5:50.8; HJ-Gene Lemke (Aus) 4-2; SP-John Mirabelli (ML) 25-7½

Girls 9-Under 50-Bentz (Churchill TC) 7.3, Clark (Latrobe TC) 7.4; 220-Bentz 35.8; 440-Mahoney (Greensburg TC) 82.1; 660/LJ-Wallace (ML) 2:05.0/10-5½; HJ-Payne (Latrobe) 3-1

Girls 10-11 50-Johnston (GJ) 6.5, Harding (YWCA Spikettes) 6.7, Guidas Wight (JHS) 6.7; 220-Stewart (Greensburg) 32.5; 440-Stouffer (Lat) 73.1; 880/50H-Sapovich (Lat) 2:47.7/9.5; Mile-Gailey (ML) 5:55.3, Neurohr (Gr) 5:55.9; HJ-Peeney (Dormont) 4-4; LJ-Guidas 11-3; SP-McGinnis (Lat) 24-0½

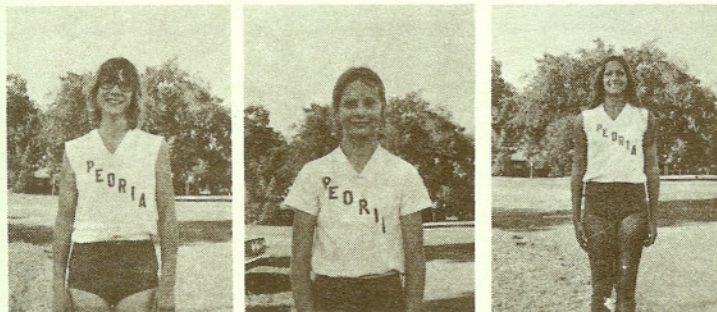
Girls 12-13 50-Mayshar (Y-Sp) 6.6; 220-Williams (Tri-State TC) 31.6; 440-Kovalik (Gr) 69.0; 880-Tate (ML) 2:42.1; Mile-Gailey (ML) 5:49.8; HJ-McNichol (T-S) 4-6; LJ-Novak (Wight) 12-8; SP-Foust (ML) 28-5; 50H-Felton (Gr) 7.9, Palmer (T-S) 7.9, McNichol (T-S) 8.1

INDIANA INDOOR U.S.T.F.F. CHAMPIONSHIPS

BLOOMINGTON, INDIANA - JANUARY 20 - FROM STEPHEN BEATTIE

A fine group of young female jumpers were brought together for this meet directed by Sam Bell at Indiana University.

ANITA LEE, still 14, was second in both the high jump at 5-5 and long jump at 17-5. Anita, who now competes for the Motor City PAL of Detroit, was behind two Terre Haute TC girls, CONNIE DORSEY (5-5) in the vertical jump and ANN EGENOLF (18-4) in the horizontal. Peoria (Ill.) Pacers took third in both events, with JANIE BLAKEMAN (5-2) and JEAN KILHOFFER (17-0).



JEANNE KILHOFFER

DEBI KILHOFFER

JANIE BLAKEMAN

In the running events, DEBBIE VETTER ran 2:19.5 in the 880 and her sister JANIS covered the 440 in 59.3. Another fine Ohian, JOY JARVIS, ran an excellent 5:03.5 for the mile. An innovation was the addition of a number of age group events, the results of which follow:

Boys 8-10 60-Greg Carlson (Childs) 8.4, Greg Untterbrink 8.7, David Schroeder (Childs) 8.7, Dwayne Higgins 8.8

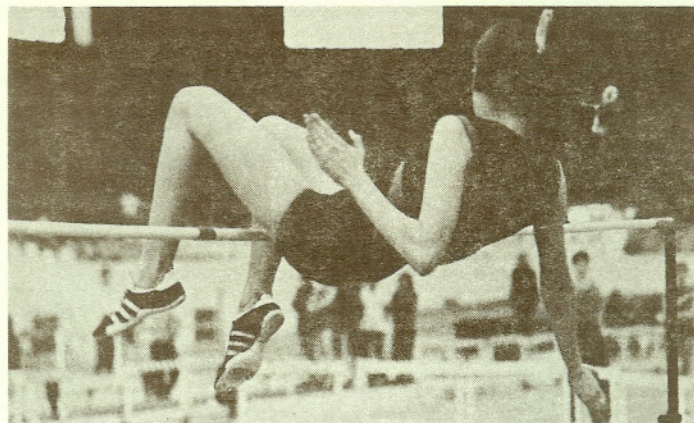
Boys 11-13 60-Jeff Fultz (Dyer) 7.8, Doug May (Smithville) 8.1; 440-Keith Fender (Smithville) 74.6, Danny Thompson (Dyer) 77.0; HJ-Fultz 4-10

Girls 8-10 60-Kim Adams (McCalla) 9.2, Lia Dawn Deckard (Grandview) 9.3

Girls 11-13 60-Lynn Haynes (Univ) 8:0; 440-Dianne Porter (Central) 75.2

ALBUQUERQUE OLYMPETTE INDOOR INVITATIONAL

ALBUQUERQUE, N.M. - JANUARY 20 - FROM FLOYD HIGHFILL



KATIE SOLON

Photo/RAY KROKER

Tingley Coliseum was the meeting place for 343 girls in the eight annual edition of this very popular meet.

Highlighting the competition was an 880 duel in the women's division between 17 year-olds, CAROL HUDSON, of the host club, who bested ANNE GAL-LAHER of Phoenix in excellent times of 2:11:2 to 2:12.6. Carol also was second in the 220 at 26.2 on the 176 yard banked plywood track.

Coloradan WENDY KOENIG was her usual self, winning the 440 (56.2), the long jump (18-9) and the 50 yard Hurdles (33in.) with a time of 7.1. LINDA WRIGHT, 16, of the Arizona Track Club was a good third in the Hurdles (7.4) and the 440 (59.7). Olympette KATIE SOLON, 15, took the high jump with a fine 5-4 and Arizona KELLY FUIKS, still 14, shoved the 4 kg. Shot 35-9 3/4, both nice field event efforts.

Top age group marks were turned in by 12-13's MONIQUE DONITHAN, who negotiated 5-1 in the high jump and fellow Arizonan ANDIE SHAPIRO, who turned back a strong field in the 30 inch Hurdles (7.4). In the same division, the victory column showed the excellent win in the long jump by KAREN BARKER of the Texas Track Club.

In all eighteen teams from four states were represented in the results which are summarized below:

Girls 9-Under HJ-LaDonna Omori (Albuquerque TC) 3-9, Glenda Padilla (Alb) 3-6½; 50-Susan Adler (Scottsdale TC), Signe Thompson (Sc), Kim Shaeffer (Valley of the Sun TC), all 7.6; 220-Dolores Archuleta (Alb) 31.7, Jane Morgan (Sc) 32.0, Mary LeMaster (Alb) 32.2; 440-Joyce Anderson (Alb) 75.8, Shaeffer 79.1; 880-Deanne Burright (Alb) 3:03.9; 4xLapRe-Alb 1:41.6

Girls 10-11 50-Donna Corley (Alb) 6.6, Rhonda Adams (Alb) 6.8, Kathy Weiss (The Colorado Gold) 6.8; Mile-Dawn Freeman (VOS) 5:53.5, Linda Lindsey (Pear's Peaches) 6:00.7; 4xLapRe-Albuquerque TC 1:32.5; MedRe-Alb 2:32.2;

440 yard Dash	880 yard Run	Long Jump
Kathy Weiss, CG 65.1	Bernice Moore, VOS 2:37.2	Rox. Keating, PC 14-5½
Robin Johnstone, PC 67.4	Pat Lujan, Alb 2:39.0	Lori Anderson, Sc 13-5½
Kelley Schuelke, Glp 8.3	Vickie Secrest, AO 41.6	Mary Lou Taylor 13-4
Sally Marquez, AO 68.4	Mary Lou Taylor 2:45.8	Martha Moroney, VOS13-3½

Girls 12-13 HJ-Monique Donithan (VOS) 5-1, Amy Odegaard (Phoenix TC) 4-8; 6#SP-Kelly Curran (CG) 44-8; 50-Terrie Harrell (Mesa TC) 6.2, Andrea Wilson (Boulder Cinderbells) 6.3, Pam Secchiari (Sc), Valerie Boyer (Alb), Andie Shapiro (Mesa), all 6.4;

50 yard Hurdles (30 in)	440 yard Dash	One mile Run
Andie Shapiro, Mesa 7.4	Jan Fox, CG 61.2	Tena Miranda, AO 5:40.6
Renee VanNatta, Sc 7.5	Connie Jackson, Mesa 62.9	Kathy Slattery, AO 41.1
Jeanne Custer, Cr 7.5	Joyce Whelchel, AO 63.5	Shelly Cooper, CG 5:45.3
Diane Rogowski, BC 7.7	Brenda Coash, UC 63.5	Janelle Miller, AO 48.9

220 yard Dash	880 yard Run	Long Jump
Jan Fox, CG 27.0	Karleen Clark, CG 2:32.2	Karen Barker, Tex 15-6
Carol Vondrehle, CG 27.2	Jeana West, AO 2:33.2	Monique Donithan, VS 4
Terrie Harrell, Msa 27.6	Liz Dufour, Ariz 2:33.2	Melinda Alcalá, WS 15-3½
Anita Anderson, Msa 27.7	Kim Carvahlo, Sc 2:33.3	Shelly South, Phx 15-1½

CONNECTICUT AAU WOMEN'S INDOOR CHAMPIONSHIPS

NEW HAVEN, CONNECTICUT - JANUARY 21 - FROM WILLIAM MONGOVAN

JUDY FONTAINE made this her meet, as she sped to 7.0 and 26.1 clockings on the 220 yard unbanked track of Yale's Cox Cage, then leaped 18-10 1/2 on her last try in the long jump. She also anchored the winning Age Group Athletic Association 880 Medley Relay team for good measure.

Other highlighters were JENNIFER BILLER, 15, of the Gateway Track Club, who was a double winner in the 880 (2:28.4) and Mile (6:01.5). Age Group AA's CAROLYN COURT ran a good quarter in 61.0.

In special invitational events, out-of-staters ANITA SCANDURRA from Long Island won the 440 (60.9) and 880 (2:17.5), while DOREEN ENNIS from the Nutley Track Club (N.J.), captured the mile in 5:14.6. Doreen had finished second to Anita in both shorter races.

COLORADO TRACK CLUB OPEN INDOOR MEET

BOULDER, COLORADO - JANUARY 28 - FROM LYLE KNUDSON

Meet Director DAVE MERKOWITZ' winter series of meets in the University of Colorado Fieldhouse are becoming increasingly popular with the age group set in the Rockies. Some truly fine performances were turned in by area boys and girls on the 220 yd unbanked tartan track.

In the second of four meets, originally designed for men and women, the meets have become a mecca for local youngsters as well as out-of-staters. Denver PAL sprinters VINCE WHITE, DALE CARROLL and BRIAN MORTON showed very good sprinting form, and SCOTT KANNENBERG was the only double winner in the boys events.

In the girls events, KELLY GENTRY of Boulder and JAN FOX were quite excellent. Major age group results included:

Boys 9-Under 50-Scott Kannenberg (Jefferson County TC) 7.5, Rudy Germany (Denver Police Athletic League) 7.5; 440-Tom Ray (Jef) 76.8, Kurt Magsamen (Fort Collins TC) 78.6; LJ-Kannenberg 10-5; 4x220Re-Jefferson Co TC 2:25.7

Boys 10-11 50-Vince White (PAL) 6.7, Arnold Campbell (PAL) 6.8; 440-Mike O'Neil (PAL) 66.4, White 68.7, Chris Turner (PAL) 69.4

Boys 12-13 60-Dale Carroll (PAL) tied Ken Riedl (Cheyenne TC) at 7.4, Brian Morton (PAL) 7.5; 440-Morton 61.9, Carroll 63.4, Dean Christian (PAL) 63.7; Mile-Randy Bridgwall (FC) 5:22, Ray Schaffer (Jef) 5:47.7; LJ-Brad Pickett (Ch) 15-3, Riedl 15-0½, Greg Brittenham (PAL) 14-7½

Girls 9-Under 50-Lila Wood (Boulder Cinderbellies) 7.5; 440-Tricia Hill (BC) 73.0, Kathy Rogers (BC) 76.7, Portia Bowman (BC) 78.0

Girls 10-11 50-Kelly Gentry (BC) 6.7, Kathy Weiss (The Colorado Gold) 6.8; 440-Weiss 65.6, Stephanie Lofton (Mile High Denver TC) 67.5, Gentry 67.6; HJ-Sylvia Hardy (BC) 4-4, Norma Howitt (Colorado Pacers) 4-2

Girls 12-13 50-Marilyn Johnson (MHD) 7.2, Brenda Coash (Univ of Colo TC) 7.4, Sonya Hardy (BC) tied with Jan Fox (CG), Chressa McFarland (MHD) and Dwan Shields (MHD) all at 7.5; 440-Fox 61.9, Coash 62.7, Karleen Clark (CG) 62.8, Carol Von Drehle (CG) 63.8, Lisa Thomas (CP) 64.2; Mile-Shelly Cooper 5:52.7; 880Walk-Lori Thomas (CP) 4:57.5; HJ-Lisa Thomas 4-10

METROPOLITAN AAU GIRLS DEVELOPMENT MEET

NEW YORK, N.Y. - FEBRUARY 10 - FROM HUGO PRUTER

Girls from up and down the Atlantic seaboard, got in some good winter competition at Columbia's Baker Field.

ROBIN CAMPBELL, who is now 14, prepped for important indoor meets by recording 2:14.5 in the 880, beating Sports International teammate SUSAN WHITE (2:20), and a 5:08.2 mark in the mile, ahead of New Jersey's DOREEN ENNIS (5:12.2).

CONNIE SIMPSON, 15, of the PAL scored a big win in the 220 at 25.0, ahead of teammate DENISE JOHNSON (25.5) and olympian Esther Stroy. Johnson turned a 57.5 quarter over Simpson's 58.6.

DIEDRE WILSON ran 7.0 for second (6.9 in heat) in the 60, while other PAL gals MARSHA BRIDGEWATER (6.9h) and DENISE HAMPTON (7.0h) looked very impressive too.

Other highlights were provided by Sports International's JACKIE RANDOLPH who had a fine 8.4 in a heat of the 60 yd hurdles, while BETTY BULLARD of the Suffolk AC shoved the 4 kg. Shot 36-11 1/2.

NNEMDI AROH, KIM MOORE and Connecticut's DIANE LEWIS were double winners in the following age group events:

Girls 11-Under 60-Nnemdi Aroh (Atoms TC) 8.1 & 7.9h, Lisa Sherrill (At) 8.2 & 8.0h, Martha Mingues (At) 8.2 & 8.1h, Tracie Adams (PAL) 8.2h; 220-Aroh 29.1, Teya Williams (age 9, At) 31.6; 440-Sherrill 65.2; 880-Mingues 2:50.3; LJ-Dorothy Chavis (PAL) 11-9½, Williams 11-4½

Girls 12-13 60-Kim Moore (PAL) 7.3 & 7.2h, Juanita Williams (PAL) 7.5 & 7.4h, Patsy James (PAL) 7.5 & 7.4h, Gloria Gooden (Leaguers TC) 7.3h, Estelle Perry (PAL) 7.4h; 220-Moore 27.1, Gooden 27.1, Williams 27.5, James 28.1; 440-Williams 67.7; 880/Mile-Diane Lewis (Gateway TC) 2:49.0/5:47.8; LJ-Leslie Cordy (At) 15-10½, Williams 15-0

HOUSTON POST - ASTRODOME FEDERATION INDOOR MEET

HOUSTON, TEXAS - FEB 10 - FROM HERMAN GOLDBERG

ALVIN CRENSHAW toured one of the fastest indoor quarter miles ever run by a school boy. Alvin, who hails from Dallas, sped to a 47.4 clocking to highlight the boys high school events.

DEBRA EDWARDS (age 17), SUSAN ABERNATHY (16) and SUZY BARKER won the women's events in the nation's biggest indoor "playpen". Olympian Edwards won the girls 60 in 6.9, while fellow Houstonian Abernathy took the 880 (actually run at San Jacinto College's outdoor track) in 2:18.2, ahead of 13 year-old RENE MOORE (2:21.6) and 15 year-old RHONDA GARRISON of Fort Worth (2:21.7).

Miss Barker of the Texas School for the Deaf ran 8.4 to win the 60 yd hurdles, just ahead of MONICA WILLIAMS (8.4) and MILDRED COLLINS (8.5), both from the Dryades YMCA in New Orleans.

NEW MEXICO STATE AAU INDOOR CHAMPIONSHIPS

ALBUQUERQUE, NEW MEXICO - FEB 2/3 - FROM JOHN HAALAND

It is a pleasure getting results from the "Land of Enchantment". The summaries of these state championships, for example, list all the recorded competitors in eight divisions (including Women & Men's), all the times in the heats, notation of the state's age indoor records and much additional information. It is no wonder that New Mexico is one of the dominant areas of age group track. Albuquerque athletes, of course, were most prominent.

Top effort among the boys was the Shot Put/Mile double by BILLY POWELL in the 10-11 group. Numerous good marks were turned in by age group girls in the distance events.

In the Women's (14-over) events ALICE WATSON, 15, took the 50 (6.2) and 220 (25.7); Alamagordo's find DEBORAH SCOTT, 17, was second in both sprints (6.2 and 26.3) and the long jump (17-2); ELLEN HART, 14, took the 3000M run in 10:55.8; LAURIE GILLILAND, 16, was runner-up in the 50 yd Hurdles and 4 kg. Shot (7.4 and 35-4 1/4, respectively); KATIE SOLON, 15, took the high jump (5-4) from BRENDA POWELL and Gallups' BEVERLY HAMILTON (both 5-2) and "big guns" CAROL HUDSON (55.7) and LINDA STECKER (2:15.9) took the middle distances, the latter from CINDY ASHBY, 15, who ran 2:19.4.

Boys 9-Under 50-Willie Goldsmith 7.5; 220-Chris Speller (Duke City Dashers) 33.3, Mark Maloy (DCD) 33.6; 440-Maloy 78.1; 880-Speller 2:53.7

Boys 10-11 880-Tim Sanchez (DCD) 2:37.8; Mile/6#SP-Billy Powell 5:24.9/26-11; 440/LJ-Barney Vallo (Grants Area TC) 76.1/10-4

Boys 12-13 50/6#SP-Mike Carter (Albuquerque TC) 6.1 & 5.9h/42-7½; 220/440-Ron Easterly (Alb) 26.8 & 26.3h/60.2; 880-Phil Luna (Alb) 2:32.3; Mile-Gary Louis (GA) 5:02.2, David Segura (New Mexico TC) 5:11.4; HJ-Anthony Marez (GA) 4-10; LJ-Todd Van Buskirk (Alb) 14-5

Girls 9-Under 50-Dolores Archuletta (Alb) 7.3 & 7.1h; 220-Archuletta 31.9 & 31.3h, Jeannine Marks (DCD) 32.7; LJ-Lynn Schreyer (DCD) 10-8½;

440 yard Dash	880 yard Run	High Jump
LaDonna Omori, Alb 73.4	Pat Collins, DCD 2:44.2	LaDonna Omori, Alb 3-9
Lynn Schreyer, DCD 78.5	Ann Polnaszek, DCD 2:50.0	Glenia Padilla, Alb 3-6
Joyce Anderson, Alb 79.6	Christine Silva, DCD 53.2	Zizi Fritz 3-6

Girls 10-11 6#SP-Theresa Smithart (DCD, age 10) 20-4½; HJ-Vickie Diamond (Alb) 4-4, Jamey Harp (Alb) 4-2, Becky Smatana (DCD) 4-0; LJ-Sandra Tatum (DCD) 13-2½; 50-Donna Corley (Alb) 6.6, Rhonda Adams (Alb) 6.8; 220-Corley 28.4, Tatum 29.5 & 29.0h, Diane Deford (DCD) 29.7, Sheryl Thompson (Alb) 29.7;

440 yard Dash	880 yard Run	One mile Run
Sandra Tatum, DCD 65.4	Tracy Bear, DCD 2:32.6	Cathy Gill, DCD 5:34.2
Vicki Secret, AO 67.0	Lesla Gilliland, DCD 2:37.1	Cinda McDade, DCD 5:37.0
Sally Marquez, AO 67.1	Cassandra Buehler, DCD 40.9	Sandra Beach (10) Alb 42.3
Kelly Schuelke, Gal 7.7	Barbara Lawyer, DCD :45.5	Marlene Maloy, DCD 5:43.9
Pam Murray, DCD 68.8	Lisa Matthews, DCD 2:48.9	Pat Lujan, Alb 5:44.0

Girls 12-13 6#SP-Carrie Hudiburgh (DCD) 27-1; HJ-Anne Gilliland (DCD) 5-0, Hudiburgh 4-8; LJ-Kathy Ward (Albuquerque Olympettes) 14-0½; 50H(30in)-Gilliland 8.0; 50-Denise Bailey 6.5; 440-Eileen Blog (AO) 63.3;

220 yard Dash
C.Brockhoff(12)Alb 27.6
Kelly Kloepfel, AO 27.7
Alice Nunley, Alb 28.4
Denise Bailey(28.Jh)28.4
E.Blog, AO (28.1h) 28.8

880 yard Run
Steph.McDade,DCD 2:25.9
Jeanna West, AO 2:28.2
Tena Miranda, AO 2:28.4
Debbie Leeper,DCD 3:1.3
Brenda Goble,Alb 2:32.9

One mile Run
Amy Lucero, DCD 5:34.8
Cynthia Lackey,DCD :35.0
Kathy Slattery,AO 5:36.2
Jyme Kay Borges,DCD 36.8
Diana Schneider,DCD 36.9



STEPHANIE MCDADE Photo/DOUG SCHWAB

REGION ONE AAU WOMEN'S INDOOR CHAMPIONSHIPS

BURLINGTON, VERMONT - FEBRUARY 3 - FROM DON MC INTYRE

Thirteen clubs braved chilling rain and poor travel conditions to compete in this meet. Meet director Duane Ranard welcomed over 70 girls to the University of Vermont Fieldhouse.

Age group competition saw fine performances by BRIDGET CALLAHAN of Buffalo, New York, who won both sprints in good time and DEBBIE MUELLER of Boston, who won the mile in good time for this time of year in New England. Most other places were taken by the Long Island Golden Spikes.

RESULTS of the 12-13 division:

50-Bridget Callahan (Buffalo Belles) 6.2, Sue Suhr (Long Is. Golden Spikes) 6.3; 440-Callahan 65.2, Regina Coiro (LIGS) 65.6; 880-Robin Fey (LIGS) 2:34.6, Doreen Combs (LIGS) 2:36.7; Mile-Debbie Mueller (Liberty AC) 5:31.6, Nancy Frank (LIGS) 5:36.3, Maureen Dunn (LIGS) 5:39.5

OAKLAND INDOOR INVITATIONAL

OAKLAND, CAL - FEBRUARY 10 - FROM HARMON BROWN

Fast improving MARY DECKER got up to overtake KATHY GIBBONS and EILEEN CLAUGUS in the stretch, to take second place in the mile at the Oakland Coliseum. Behind winner Francie Larrieu, 14 year-old Mary was clocked in 4:52.7 and Eileen, 16, stopped the watches at 4:55.7.

COLORADO TRACK CLUB OPEN INDOOR MEET (GIRLS EVENTS)

BOULDER, COLORADO - FEBRUARY 11 - FROM LYLE KNUDSON

DESIREE GRONWALD amply showed her all-around talent in the U. of Colorado Fieldhouse. The 17 year-old Boulder miss put the shot (4kg.) 40 feet even, high jumped 5-2 (she finished third behind Kansan CHERYL FRIESEN's fine 5-6) and sprinted a 7.3 for 60 yards.

Teammate TRICIA HILL took two events in the 9-under division, while KARLEEN CLARK toured the 220 yard unbanked tartan track for a fine time (2:25.6) in the half mile. Karlene's Colorado Gold mate, WENDY KOENIG leaped 18-3 in the long jump. Other results, in the meet conducted by director DAVE MERKOWITZ, follow:

Girls 9-Under 220-Tricia Hill (Boulder Cinderbellies) 32.3, Sally Myers(BC) 33.2, Julie Kautz (The Colorado Gold) 33.9; 440-Hill 74.8, Dawnella Jones (Denver Flyers) 78.9; LJ-Aniko Molnar (BC) 10-7½; 880Walk-Becky Gappa 5:08

Girls 10-11 220-Kelly Gentry (BC) 29.0, Kathy Weiss (CG) 29.0; 880-Nancy Rogowski (BC) 2:38.6, Bernice Ballock (BC) 2:43.3, Missy Gappa (BC) 2:44.8; 880Walk-Sylvia Hardy (BC) 5:07; LJ-Patricia Welch (Aurora TC) 13-4½

Girls 12-13 880Walk-Lori Thomas (Colo Pacers) 4:27, Mary Barela (CP) 4:35;
220 yd Dash(42 runners) 880 yard Run Long Jump
Marilyn Johnson,MHD 27.0 Karleen Clark,CG 2:25.6 Lisa Thomas, CP 15-10½
Jan Fox, CG 27.7 Robin Castor, BC 2:34.1 Jean Sullivan, CP 15-10
Lisa Thomas, CP 27.8 Brenda Coash, UC 2:35.9 Marie Davenport,Aur - 4½
Dwan Shields, MHD 27.9 Lori Thomas, CP 15- 1

COMMUNITY PRE-TEENAGE MEET FOR BOYS

NEW YORK, N.Y. - FEBRUARY 24 - FROM HUGO PRUTER

DEXTER NICHOLAS of the 73rd Precinct Police Athletic League of New York City, received the trophy for the meet's outstanding athlete, for winning the 50 yard low hurdles and placing second in the long jump in the 16th annual edition of this meet.

The Westside YMCA was the top team in the section for boys 10 to 12 years of age. Individual winners of the five event program included:

50-John Beard (73rd PAL) 6.5; 50H(30in)-Dexter Nichols (73rd PAL) 8.4; HJ-Claude Williams (Westside "Y") 4-6; LJ-John Lucks (Westside "Y") 16-11

COMMUNITY JUNIOR MEET FOR BOYS

NEW YORK, N.Y. - MARCH 3 - FROM HUGO PRUTER

ALLAN ROLLE of the Westside "Y" earned the Outstanding Athlete Trophy in the section for boys 13 thru 15, by virtue of winning the 60 yd dash and placing second in the long jump at Baker Field, Columbia University.

Junior High School #43 was the team victor in this section of the 16th Annual meet. All boys placing in the top three of the seven event program received medals. Individual winners included:

60-Allan Rolle (Westside "Y") 7.0; 300-Peter Williams (90th PAL) 38.2; 600-Persco Infante (JHS 43) 1:33.4; 60H(30in)-Reginald Le Grier (JHS 43) 9.0; HJ-Kevin MaJette (JHS 43) 5-3; LJ-Jeffery Gordon (Westside "Y") 19-8

REGION TWO WOMEN'S INDOOR CHAMPIONSHIPS

CATONSVILLE, MARYLAND - FEBRUARY 4 - FROM CHRIS A'HARRAH

Fast improving BETTY CUTHBERT, 15, and tough DELORES JACKSON were the only double winners in a meet handicapped by endless heats in the sprints and the prohibition of spikes. Betty scored convincing wins in the 14-over mile and half-mile, then Delores outsprinted the 13-under youngsters in the 60 and 440. The oval was a slippery 176 yards. Top results:

Girls 13-Under 60-Delores Jackson (Challengers) 7.5, Rhonda Jones (LaMott TC) 7.6, Cathy Kirshner (Delaware Sports Club) 7.6; 440-Jackson 62.3, Ann Morrison (Cavalettes) 62.9, Kirshner 62.9; 60H-Raylene Boyd (Frederick TC) 9.6, Candie Anderson (Fr) 9.8, Kathie Wallace (Mt Lebanon TC) 10.0

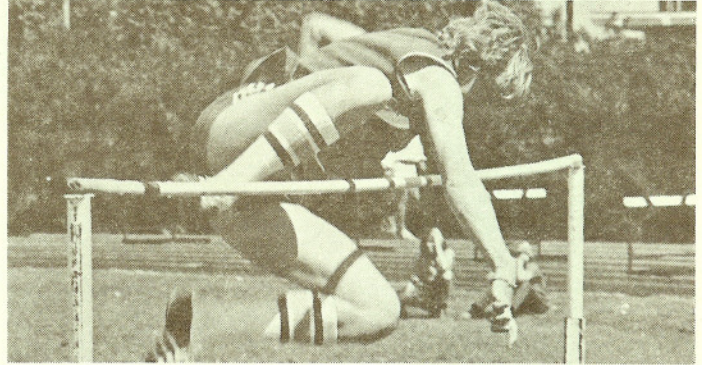
Girls 14-Over 60-Jackie Taylor (Travelers) 7.0, Chris A'Harrah (Del) 7.1, Carol Ihrig (Cav) 7.2 & 7.1h, Denise Robinson (LaM) 7.3; 220-Ihrig 27.2, A'Harrah 27.3, Linda Wortham (Gazelles) 27.4; 440-A'Harrah 61.1, Candy James (Trav) 61.3; 880-Betty Cuthbert (Padukies) 2:20.3, Susan Henshaw (Cav) 2:22.8; Mile-Cuthbert 5:24.8; MileWalk-Mary Devlin (Fairfield Str'drs)9:02

REGION TEN GIRLS INDOOR CHAMPIONSHIP MEET

ALAMOSA, COLORADO - FEB 17 - FROM EVIE DENNIS

New Mexico met Colorado in what amounted to their annual indoor "dual" meet, at Adams State College, conducted by Joe Vigil. The times were somewhat limited by the small (146 1/2 yard) unbanked track and by the elevation (Alamosa is used as a high altitude training center). However the competition was close and some field event performances were outstanding.

In the open Women's division, fine performances were turned in by ALICE WATSON (Albuquerque), who place second twice in the 60 and 220 (6.9/26.6) and third in the long jump with 18-0 3/4. DESIREE GRONWALD (Westminster, Colo) won an interesting double in the 4 kg. Shot (40-8) and the high jump (5-5 1/2), just ahead of KATIE SOLON of Albuquerque (5-4 1/2). Desiree's teammate DANETTE WILSON ran second in the 60 Hurdles at 8.4 and LINDA STECKER of Albuquerque got a workout in the mile (5:44.4).



DESIREE GRONWALD

Photo/DOUG SCHWAB

Of note was the triple win for the Duke City Dasher's-GILLILAND family. LAURIE (16) took the open "quarter" in 63.1, CARRIE (14) topped the women's half-mile in 2:43.8 and 13 year-old ANNE turned in the outstanding mark of the meet, with a 5-1 1/2 high jump.

The versatility honors have to go to LISA THOMAS, who won the 440, plus the Shot and also placed in the high jump in the 12-13 class. Top Results:

Girls 9-Under HJ-LaDonna Omori (Albuquerque TC) 4-2, Cezanne Fritz 3-10, Glenda Padilla (Alb) 3-8; LJ-Jeannie Marks (Duke City Dashers) 11-0½, Lynn Schreyer (DCD) 10-10½; 50-Dolores Archuleta (Alb) 7.1, Michelle Moore (Denver Flyers) 7.3, Holly Haskins & Mary Lemaster (both Alb) 7.4; 220-Archuleta 31.7, Tricia Hill 33.6; 440-Dwanella Jones (DP) 72.0, Omori 77.5; 880-Pat Collins (DCD) 2:52.6, Christine Silva (DCD) 2:56.2

Girls 10-11 6#SP-Jal Washington (Alb) 24-4, Christina Ault (JJ) 23-8½, Dana Guadagnoli (Aurora TC) 23-6½; 220-Donna Corley (Alb) 28.8, Kathy Weiss (The Colorado Gold) 29.2, Kelly Gentry (Boulder Cinderbellies) 29.6; 440-Diane Deford (DCD) 69.2; 50-Corley (DCD) 6.4, Yolanda Jones (DF) 6.5, Felicia Dupuch (DF) 6.6; Mile-Tracy Bear (DCD) 5:44.0;

880 yard Run	Long Jump	High Jump
Cathy Gill, DCD 2:42.3	Sandra Tatum DCD 15-1½	Sylvia Hardy, BC 4-6
Sandra Beach, Alb 2:42.6	Tricia Welch, Alb 14-5	Christina Ault, DCD 4-2
Pat Lujan, Alb 2:45	Pam Murray, DCD 14-1½	Jamey Harp, Alb 4-2
Ruth Anderson, Alb 2:45.5	Kelly Gentry, BC 13-7½	Mary Griffin, Alb 4-2
Cinda McDade, DCD 2:45.5	Debbie Wilson, CP 13-3½	Theresa Dorwart, DCD 4-2
Debbie Dimas, Glp 2:46.3	Kelly Griffith, Alb13-2½	

Girls 12-13 6#SP-Lisa Thomas (Colorado Pacers) 36-0; LJ-Marie Davenport (Aur) 16-2½, Ann Gilliland (DCD) 15-6½, Debbie Miller (DCD) 15-4½; Mile-Stephanie McDade (DCD) 5:35.6, Diana Schneider (DCD) 5:43.7;

50 yard Dash	440 yard Dash	High Jump
Marilyn Johnson,MHD 6.1	Lisa Thomas, CP 64.9	Anne Gilliland, DCD 5- 1½
Dwan Shields, MHD 6.2	Tammie Welton, JJ 65.8	Brenda Coash, UC 4-10
Marie Davenport,Aur 6.3	Chriselle Speller, DC 69.9	Chris Brockhoff, Alb- 8
<u>220 yard Dash</u>	Chris Brockhoff, Alb 66.4	Carrie Hudiburgh, DCD 8
Chr. McFarland, MHD 27.4	Paulette Silva, DCD 67.8	Lisa Thomas, CP 4- 8
Marilyn Johnson,MHD 8.2	<u>50 yard Hurdles (30 in)</u>	Tracy Mondt, DCD 4- 8
Carol VonDrehle,CG 28.4	Diane Rogowski, BC 7.6	<u>880 yard Run</u>
Valery Boyer, Alb 28.6	Brenda Coash, UC 7.9	Karleen Clark,CG 2:28.9
Jean Sullivan, CP 29.0	Ann Gilliland, DCD 7.9	Amy Lucero, DCD 2:32.1

Girls 14-15 50-Rhoda Bell (Mile High Denver TC) 6.1; 440-Melinda Johnson (BC) 63.0; LJ-Kathy Jacobs (Jeffco Jets) 16-2½, Julie Varela (Aur) 16-1

SAN FRANCISCO EXAMINER INDOOR GAMES

SAN FRANCISCO, CALIFORNIA - JANUARY 27 - FROM HARMON BROWN

Juniors swept all the top places in the Women's high jump and 60 yard dash, as well as taking the runner-up spot in the mile (to Francie Larrieu) at this annual big-time meet.

KATHY McQUILLAN beat olympian CINDY GILBERT on fewer misses in the high jump, while MABLE FERGERSON edged another one-time age group phenom, CREOLA MILLER, in the sprints. TOP RESULTS:

60-Mable Ferguson (West Coast Jets) 6.8, Creola Miller (Ravenswood Juliettes) 6.9, Annette Robinson (Berkeley TC) 7.0; Mile.....2-Mary Decker (Blue Angels) 4:59.2, Tena Anex (Will's Spikettes) 4:59.2; HJ-Kathy McQuillan (WS) 5-6, Cindy Gilbert (La Jolla TC) 5-6, Beth McQuillan (WS) 5-4, Denise Kemp (WS) 5-4; 6x160Relay (2 each 9-u, 10-11, 12-13)-Richmond Lions 2:10.1

METROPOLITAN AAU GIRLS DEVELOPMENT MEET

WEST POINT, NEW YORK - MARCH 18 - FROM HUGO PRUTER

PAT HELMS from Philadelphia was the individual standout at the late season indoor meet at the U.S. Military Academy. Pat clocked 36.2 in winning the 300 yard dash, sped 6.9 in a heat of the 60 and topped the long jumpers with and 18-2 mark for good measure.

DIEDRE WILSON, 15, was a half inch back in the long jump and won the 60 yard dash final in 6.9. Teammate DENISE JOHNSON chased Diedre in the 60 at 7.1 and Helms in the 300 (36.5). Wilson was 37.2 in the latter race. JENNIFER BILNER, 15, from Connecticut, won the two mile in 13:04.1 and PAL FRANCINE SIMUEL, 15, turned a 7.1 in a 60 heat, while her teammate BEVERLY HILL, 14, recorded a 7.2 mark. Age Group Results:

Girls 9-Under 300-Chevelle Hartridge (Mercury Striders) 50.8, Tracey Bush (MS) 52.9, Madaline Santiago (MS) 53.2; 50-Hartridge 8.4

Girls 10-11 60-Shirley Cooper (MS) 8.3, Tanya Rosensweig (MS) 8.3; 300-Collen Mars (MS) 44.5, Regina Felix (MS) 45.5; 1000-Mars 3:20.8

Girls 12-13 60-Kim Moore (New York PAL) 7.4, Juanita Williams (PAL) 7.4; 300-Moore 40.0, Tesa Anderson (PAL) 40.0, Williams 40.0; 1000-Diane Lewis (Gateway TC) 3:10.1

COLORADO TRACK CLUB OPEN INDOOR MEET

BOULDER, COLORADO - FEBRUARY 24 - FROM LYLE KNUDSON

Besides some very close competition in the under-14 events, the Boulder Cinderbells DESIREE GRONWALD got in a couple of fine performances in the Women's events at another in the fine series directed by Dave Merkwitz at the University of Colorado Fieldhouse. Desiree used the tartan facilities to run the 60 on the flat in 7.2 and the 60 with hurdles (33 inch) in 8.5 seconds. Teammate DANETTE WILSON was runnerup in the hurdles was runner-up in the hurdles (9.1). Top age group results:

Girls 9-Under 50-Kelly Meece (Fort Morgan TC) 7.2, Lila Wood (Boulder Cinderbells) 7.4, Aniko Molnan & Sallie Meyers & Kathy Rogers (all BC) ran 7.5 440-Meyers 74.2, Rogers 75.1, Portia Bowman (BC) 75.6; 880Walk-Becky Gappa (BC) and Bowman 4:56

Girls 10-11 50-Kathy Weiss (The Colorado Gold) and Kelly Gentry (BC) tied at 6.8; 440-Weiss 67.9, Stephanie Lofton (Mile High Denver TC) 68.4, Gentry 68.8; 880Walk-Sylvia Hardy (BC) 5:14, Ann Jarvis (BC) 5:14

Girls 12-13 60-Marilyn Johnson (MH) 7.1, Chressa McFarland (MH) and Andrea Wilson (BC) 7.3, Sonya Hardy (BC) 7.4, Dwan Shields (MH) 7.4, Jan Fox (CG) 7.5, Carol Von Drehle (CG) 7.5; 440-McFarland 61.2, Lisa Thomas (Colorado Pacers) 62.0, Karleen Clark (CG) 62.4, Johnson 63.1, Von Drehle 63.2, Tammy Welton (Jeffco Jets) 63.5, Sonya Hardy 63.8; 880Walk-Lori Thomas (CP) 4:51, Norma Howitt (CP) 4:52; 1/2 MileRun-Robin Castor (CP) 4:01.1, Shelly Cooper (CG) 4:02.0, Lisa Ramsey (FC) 4:02.6

CATHOLIC YOUTH ORGANIZATION BOYS / GIRLS INDOOR MEET

QUEENS, NEW YORK - JANUARY 28 - FROM THOMAS FRANKE

This competition was made up of boys and girls from Brooklyn and Queens and was divided into four age categories.

Saint Sebastian proved the strongest team in the boys divisions, while Holy Rosary edged Saint Kevin in the girls team standings. The site was Queens College. TOP INDIVIDUAL RESULTS:

Bantam Boys (born '62 & later) 60-Craig Rowe (St Gabriel) 8.0; 140-Wally Bishop (St Sebastian) 16.0; SLJ-Paul Chodkowski (Mary's Nativity) 6-3

Junior Boys (born '60 & later) 60-John Tirone (St Rose of Lima) 7.6; 200-Joseph Chatham (St Andrew) 27.0; SLJ-Curtis Brown (Sacred Heart) 7-0

Senior Boys (born '58 & later, under 5-4 tall) 60-Edward Jost (St Kevin) 7.5; SLJ-Anthony Bergamo (Our Lady of Mt Carmel) 7-4

Open Boys (born '58 & later, taller than 5-4) 60-Michael Cokley (St Catherine) 7.3; 660-Pred Del Rossi (OLBS) 1:38.4, Michael Deinko (St An) 1:42.5

Bantam Girls (born '62 & later) 60-Karen Watson (Holy Rosary) 8.2; SLJ-Elizabeth Mantione (St Sebastian) 6-3

Junior Girls (born '60 & later) 60-Frances Rini (St Malachy) 8.2; SLJ-Ingrid Grein (St Sebastian) 7-1

Senior Girls (born '58 & later, in grammar school) 60-Mary Napolitano (St Kevin) 7.7; SLJ-Barbara Cooper (St Gabriel) 7-3

Open Girls (in high school) 60-Peggy Podmore (St Fidelis) 7.9; SLJ-Karen Hutchinson (St Matthew) 7-6

NEW JERSEY AAU AGE GROUP WINTER CROSS-COUNTRY PROGRAM

ELIZABETH, NEW JERSEY - FEBRUARY 4 - FROM GEORGE MILLER

Windy, cool (420) weather hampered the sixty-three runners who competed in another of the series sponsored by the Union County Parks Commission. JEROLD LAMBERT (Cranston) and TOM QUINN (Tom's River) won the two age group races over the Warinanco Park loops. RESULTS:

Boys 13-Under (1.96 miles)	Boys 14-15 (2.23 miles)
Jerold Lambert, Cranford 11:07	Tom Quinn, Tom's River 13:09
Bill Nizolek, Parsippany 11:47	Chris Burd, Cranford 13:26
Brian Murphy, Cranford 11:55	Henry Menke, Tom's River 13:37
Brian O'Connor, Metuchen 12:10	Jim Carroll, Wayne Hills 13:44
Mike Peters, Parsippany 12:13	Kevin Murphy, Cranford 13:53
Rich Povacz, Metuchen 12:22	Tim Kiernan, Tom's River 13:59
(29 Finishers)	(20 Finishers)

KELLY CURRAN



Photo/DOUG SCHWAB

ROCKY MOUNTAIN AAU GIRLS INDOOR CHAMPIONSHIPS

BOULDER, COLORADO - MARCH 18 - FROM EVIE DENNIS

Red hot KELLY CURRAN edged ever closer to the first 50 foot shot put in the history of the 12-13 age group, by pushing the 6 pound ball 49.5 in the University of Colorado Field House. She was over 20 feet (!) ahead of her nearest competitor in this meet, as she stole the show from many fine performances by teenagers competing in the women's division.

DESIREE GRONWALD has apparently succeeded Susie Snider as the best all-around field event performer in the nation. The Boulder Cinderbelle phenom (age 17) pushed the 4 kg. Shot 42-7 3/4, jumped 5-7 and 18-7, and for good measure, ran the 60 yd Hurdles (33 inch) in 8.2.

WENDY KOENIG confined her usual prolific activity and ran a superb 440/880 double win in 56.6/2:12.0. Her Colorado Gold teammate JAN FOX had a very swift 220/440 twin win in the 12-13 group.

In all, fourteen teams competed in the districts championships of this rapidly improving track region. Age Group Results:

Girls 9-Under HJ-Kristi Meece (Fort Morgan TC) 3-8; LJ-Angie Meininger (FM) 11-3, Marie Cavalli (Colorado Pacers) 11-0; 50-Michelle Moore (Denver Flyers) and Meininger 7.3, Shannon Compton (Poison Spiders) and Meece, both 7.4; 220-Sally Myers (Boulder Cinderbells) 33.0, Latrice Hunter (DF) 33.4; 440-Dwanella Jones (DF) 74.8, Myers 75.3, Julie Kautz (The Colorado Gold) 77.5; 880-Kathy Rogers (BC) 2:55.0; 4x110Re-Boulder Cinderbells 62.8

Girls 10-11 HJ-Sylvia Hardy (BC) 4-3, Terry Hergenreter (FM) 4-2; LJ-Debbie Wilson (CP) 12-8; 6#SP-Christi Ault (Jeffco Jets) 26-1; 50-Yolanda Jones (DF) and Felicia Dupuch (DF) both 6.6, Teria Perry (DF) and Kelly Gentry (BC) both 6.7; 220-Kathy Weiss (CG) 28.2, Gentry 28.6; 440-Weiss 64.3, Stephani Lofton (Mile High Denver TC) 68.3; 880-Nancy Rogowski (BC) 2:38.0, Mary Swain (CG) 2:41.8; 4x110Re-DF 55.4; 880MedRe-DF 2:07.2

Girls 12-13 HJ-Tammy Welton (JJ) 4-10; Brenda Coash (Univ of Colorado TC) 4-9; 6#SP-Kelly Curran (CG) 49-5; 50-Andrea Wilson (BC) & Maureen Kelleher (JJ) both 6.3; 880Walk-Maureen Wood (CP) 4:49.3; 880-Karleen Clark (CG) 2:27.4; 1/2 Mile-Robin Castor (CP) 5:37.0, Shelly Cooper (CG) 5:40.7;

220 yard Dash	440 yard Dash	50 yd Hurdles (30 in)
Jan Fox, Colo Gold 26.9	Jan Fox, CG 58.7	Sonya Hardy, BC 7.4
Dwan Shields, MHD 27.0	Lisa Thomas, CP 60.6	Diane Rogowski, BC 7.8
Maureen Kelleher 27.0	Chressa McFarland, MHD 61.4	Brenda Coash, UC 7.9
Sonya Hardy, BC 27.2	Carol Von Drehle, CG 61.4	<u>Long Jump</u>
Carol VonDrehle, CG 27.3	Tammy Welton, JJ 62.7	Mary Barela, CP 15-6
Brenda Coash, UC 27.5	Yvonne Wallace, DF 64.4	Cheryl Jacobs, JJ 15-4

WEST VALLEY MARATHON

BURLINGAME, CA - FEBRUARY 11 - FROM LONG DISTANCE LOG

MITCH KINGERY continues to exceed the "possible" in the marathon. The 16 year-old Redwood City Flyer youth took the occasion of this popular annual 26 miler to run 2 hours 23:47 on this certified course. His effort was good enough to (1) place him second among the 176 finishers of all ages, (2) set a best performance for the age - Mitch held the old standard himself, nearly eight minutes slower and (3) establish the best on record by a high school boy, breaking the old mark held by Chuck Walker by over a minute - and Kingery is only a sophomore! Overall, there were twelve other runners under 18 years of age who bettered three hours. ALEX AGUILAR, 17, ran 2:33:54 for tenth place, while the top 15 year-old was BOB BARNETT who took 2:53:50 to complete the distance.

Perhaps as significant was the 3:03:56 of MIKE BOITANO, who has reached the ripe old marathon age of eleven! No one so young has run within 13 minutes of that time for the distance. Mike's sister MARYETTA, age 9, covered the course in 3:49:01, which was a little behind Kingery's sister LONDA, age 16, who finished in 3:47:57. Twelve year-old BILL TRACEY covered the distance in 3:22:15, ROBERT MARTINEZ (11) ran 4:00:40 and TOM OWEN, age 9, was close behind in 4:04:45. It was sumptin'!

BELMONT WINTER INDOOR TRACK MEETS

BELMONT, MASSACHUSETTS - FEBRUARY 3 - FROM PETER KENNEY

The fifth in a weekly series of meets saw a good turnout in boys and girls age group events. BEST RESULTS INCLUDED:

Boys 9-Under 45-David Tierney 7.3; Boys 13-U 45/Mile-Jim Tierney 5.8/5:24
Girls 9-Under 45-Martha Hanlon 7.9; Girls 13-U 45-Debbie Pillion 6.5;

NEW JERSEY AAU AGE GROUP WINTER TRACK

METUCHEN, NEW JERSEY - FEBRUARY 11 - FROM GEORGE MILLER

With the onslaught of cold weather, the largest field of the winter series gathered at St. Joseph's High School to battle their way through the 4 event program in two divisions.

Despite the gusty winds and nippy (24°) weather, there were some good performances, especially in the quarter miles.

KEVIN BYRNE recorded a fine 61.5 in the 13-under race, while DAVE HEINS outleaped Cranford teammate SCOTT GRAMLING in the 14-15 race, both at 56.2. Other Results:

Boys 13-Under Novice 880-Mike Ragan 2:37.3, Steve Oakes 2:38.0, Tom Sharp 2:39.4...22 runners finished

Boys 14-15 TwoMile-Brian Byrne (Montvale) 10:39.3, Tom Bobseim (Tom's River) 10:46.1, Kevin Murphy 10:48.0....17 runners finished

ARIZONA AAU GIRLS ALL-COMERS MEET

PHOENIX, ARIZONA - FEB 17 - FROM SUE HUMPHREY

DONNA YARBROUGH, one of the many hard-working weight tossers from the Creighton Track Club, set three personal bests (all winning), to high-light the third meet of the year at Phoenix College.

In topping 100 feet in both the javelin and discus, the 13 year-old miss overshadowed the usual fine weight triple of KELLY FUIKS (newly turned 15) in the women's division and many close competitive battles in all age classes.

ANDIE SHAPIRO is showing great versatility in the 12-13 events and LIZ DUFOUR continues to improve rapidly in the distance runs of the same age bracket. The track is all-weather and the weather was sunny, as usual, with light wind. there were 331 competitors. Best Results:

Girls 9-Under 100-Jane Morgan (Scottsdale TC) 13.6, Kim Shaffer (Valley of the Sun TC) 13.7; 220-Angie McCarty (Mesa TC) 31.2; LJ-Barbara Dale (Creighton TC) 3-7, Rhonda Weddle (Cr) 3-6; BBT-Rayna Luckman (VOS) 123-10, Robbie Tedder (Cr) 117-3, Coty Hernandez (VOS) 107-0; 4x110/880MedRe-Sc 62.92:21.9;
440 yard Dash 880 yard Run Long Jump (wind nil)
Kim Shaffer, VOS 74.4 Jane Morgan, Sc 2:52.1 Laura Nida, VOS 11-10
Elena Smith, Cr 77.4 Karen Crookston, Sc 2:58.4 Signe Thompson, Sc 11-5½
Kalyn Gangelhoff, Sc 78.0 Lisa Anetsberger, Az 3:00.0 Donna Edens, VOS 10-9

Girls 10-11 100-Shannon Newsome (VOS) 13.0, Sabrina Jackson (Cr) 13.0; 220-Leigh Fox (Sc) 29.6; MileWalk-Sandra Pollock (Sc) 10:30.1; LJ-Lori Anderson (Sc) 14-5, wind nil; 4x110Re/880MedRe-Scottsdale TC 56.8/2:08.0;
440 yard Dash 880 yard Run One mile Run
Denise Gowdy, Msa 65.7 Bernice Moore, VOS 2:35.1 Dawn Freeman, VS 5:40.0
Sandy Cuevas, Arz 65.8 Drew Cornell, PhxTC 2:39.7 Pat Paul, Sc 5:42.1
Cynthia Rhodes, Ms 66.6 Heidi Dobberstein, Sc :40.5 Linda Lindsey, PP :54.0
50 yd Hurdles (w/a 4.5m) High Jump Shot Put (6 pound)
Cecily Ellsworth, Cr 8.9 Dawn Freeman, VOS 4-5 Shafer Johnson, Cr 24-4½
Lori Anderson, Sc 8.9 Lori Anderson, Sc 4-3 Kim Wykoff, VOS 24-3½
Denise Gowdy, Mesa 9.0 Cecily Ellsworth, Cr 4-1 Debra Edens, VOS 23-2½
Cynthia Rhodes, Mesa 9.1 Patty Holder, Cr 4-1 Lisa Stark, Arz TC 23-2
BBT-Edens 152-3, Rhodes 152-2, Stark (Arizona TC) 151-0

Girls 12-13 100-Pam Secchiari (Sc) 12.0, wind -2.0mps; 220-Anita Anderson (Mesa) 27.6; Mile-Kim Carvalho (Sc) 5:28.2; MileWalk-Patty Brown (Mesa) 9:52.0; BBT-Lavon O'Banner (Mesa) 206-9; 4x110Re-Mesa 50.6; 880MR-VOS 1:56.9
440 yard Dash 200m Hurdles (30 inch) Long Jump (wind -2.0mps)
Connie Jackson, Msa 61.6 Andie Shapiro, Mesa 29.6 Sada McCoy, Sc 16-3½
Debbie Cuevas, Arz 62.4 Connie Jackson, Msa 31.7 Marena Chmelar, VOS 16-0½
Debbie Crane, Mesa 62.8 Terri Harrell, Mesa 31.8 Roxanne Keating, FC 15-8½
Cindy Frey, PhxChap 63.4 Renee VanNatta, Sc 31.9 Tammy Carr, Cr 15-4½

80m Hurdles (w -2.0mps) High Jump Shot Put (6 pound)
Nina Keating, FC 13.1 Cindy Mitchell, FC 4-9½ Donna Yarbrough, Cr 35-11½
Amy Odegaard, PhxTC 13.4 Vicki Murray, VOS 4-8½ Dorinda Musa, Sc 33-1½
Shelly South, PhxTC 13.6 Amy Odegaard, Phx 4-8½ Sherrie Novak, Arz 32-11½
880 yard Run Discus Throw (1 kg) Javelin Throw (600 gram)
Liz Dufour, ArzTC 2:23.5 D.Yarbrough, Cr 105-1½ Donna Yarbrough, Cr 108-2
Crystal Kartchner 2:24.5 K.Richardson, Cr 84-7½ Lavon O'Banner, Mesa 93-7
Shari Cassin, Arz 2:26.0 Cindi Chiarello 78-9½ Julie Schmelzer, Mesa 91-0
Vicki Murray, VOS 2:26.7 Ellen Colleary 77-9 Windy Williams, VOS 89-7
Andie Shapiro, Msa 2:28.6 Dorinda Musa, Sc 76-3 Ellen Colleary, Mesa 86-7

Girls 14-15 100mH(30in)-Cecelia Thomas (Pear's Peaches) 18.2; 300mH(30in) Tasha Boyle (Cr) 49.9, Jeannie Custer (Cr) 50.8

Girls 14-Over 880/1500m-Nancy Thrman (Phoenix TC) 2:26.0/4:40.2; SP(4kg)-Mary O'Banner (age 15, Mesa) 36-10, Kelly Fuiks (Cactus Wrens) 36-0; DT(1kg) Fuiks 110-3, Vicki Chiarello 106-1; JT(600gr)-Fuiks 136-1, Carol Duron (Msa) 129-4; 100mH(33in)-Diana Johnson (Arizona TC) 15.7, wind assisted 2.0mps

SOUTHERN PACIFIC AAU GIRLS ALL-COMERS MEET

VALENCIA, CALIFORNIA - FEBRUARY 17 - FROM BOB SEAMAN

Increased attendance brought the return of the usual depth of good performances in the third early season meet, at the all-weather facilities of the College of the Canyons, directed by PHIL SNYDER.

Among the interesting notes was the introduction in California competition of National Junior Olympic sprint champ, JANICE WISER, formerly of Chillum, Maryland and now representing the San Luis Obispo T.C.

There were several standout performances in the weight events, as KELLY ROBERTSON outdistanced the vanBENTHEM triplets of La Jolla in the 12-13 javelin. DENISE SHERRILL exceeded 150 feet in the open spear toss, and EMILY DOLE (now 15) shoved the 4 kg. Shot over 42 feet.

LINDA McQUARRIE was a triple victor in the 12-13 sprints and jumps and speedy TINA SCOTT hooked up with hot TANYA DAWKINS in the 9-under short races. Top results included:

Girls 9-Under 100-Tanya Dawkins (age 8, Los Angeles Jets) 13.3, wind 0.6 mps, Tina Scott (Southern California Cheetahs) 13.4, wind 1.1mps; 440-Dawkins 72.0, Danielle Mojica (SCC) 73.4; HJ-Rena Wright (Lomita TC) 3-9½; LJ-Linda Ricardo (Orange Coast Girls TC) 11-4½, Cimi Ruderman (Sports United Rialto Road Runners) 10-8½; BBT-Carol Lantry (Blue Angels) 97-0;

220 yard Dash 880 yard Run
Tina Scott, SCC 30.0 Andrea Kirkorn, LMM 2:42.5 Kelly McElroy, SUR 2:55.3
Tanya Dawkins, LAJ 30.5 Cimi Ruderman, SUR 2:47.9 Wendy Bigham, SUR 2:56.9
Linda Ricardo, OC 31.5 Victoria Cook, SUR 2:52.8 Diana Hafen, SCC 3:01.0

Girls 10-11 100-Tanya Willis (OC) 12.3, wind 1.0mps, Pat McFall (OC) 12.5, wind 1.1mps, Joanne Erb (Los Angeles TC) 12.5, wind 1.4mps, Erin Pike (La Mirada Meteors) 12.6, wind 2.0mps; 440-Rose Sweeney (OC) 68.5; LJ-Pike 14-8½, Janette Windle (Long Beach Comets) 14-6½; BBT-Charms Bishop (SCC) 167-3, Susan Ray (OC) 151-7; 4x110Re-Orange Coast GTC 57.3, SCC 57.6

220 yard Dash 50 yd Hurdles (w 1.8mps) Shot Put (6 pound)
Tanya Willis, OC 28.2 Erin Pike, LM Meteor 8.1 Jackie Nelson, OC 26-9½
Joanne Erb, LATC 28.2 Kathy Kroeger, LBC 9.2 Darcy Emerson, LBC 26-3½
Pat McFall, OC 29.3 Yvette Irons, CCS 9.2 Cathy Cano, Lomita 24-8

880 yd Run (in flights) One mile Run High Jump
Sheri Webster, SCC 2:35.8 Corinne Nunez, SUR 5:35.8 Terri Smitley, LBC 4-6
Susie Sanchez, SU 2:38.2 Hedy Hafen, SCC 5:48.5 Kelly Hoban, Lomita 4-4
Vicky Flores, SUR 2:40.9 Donna Sanchez, SUR 5:49.7 Charm Bishop, SCC 4-2
Terri Lorenz, SUR 2:42.3 Charm Bishop, SCC 5:54.1 Pam Passarello, LMM 4-2

Girls 12-13 100-Linda McQuarrie (LBC) 11.9, wind 1.0mps; 440-Debbie Morelli (LBC) 62.6; 880-Virginia Lantry (BA) 2:28.0; Mile-Kathy Mintie (LMM) 5:11.8, Suzanne Keith (SUR) 5:30.3; 800mH(30in)-Karen Ueda (LBC) 13.8, wind 1.8mps, Arnetta Robinson (LAJ) 14.4; HJ-Gail Pharris (Lom) 4-10, Laurie Carman (Santa Barbara Sandpipers) 4-10; LJ-McQuarrie 17-0½, Joni MacGowan (OC) 15-4½; 6#SP-Bea Hunt (SUR) 36-0½, Christy Pyle (Crescenta-Cañada Spikes) 35-9½; DT(1kg)-Hunt 85-4½, Sue Carney (Lom) 78-2; 4x110Re-LBC 52.6;

220 yd Dash (wind nil) Javelin Throw (600 gram) One mile Walk
Linda McQuarrie 27.0 Kelly Robertson, SCC 116-3 Joyce Brodock, SUR 9:03.0
Leia Johnson, LAJ 27.3 Lori van Benthem, LJ 107-3 Lisa Metheny, SUR 9:04.0
Debbie Morelli 27.4 Lisa van Benthem, LJ 93-11 Becky Villalvazo 9:30.0
Kathy Dragan, OC 27.5 Lynn van Benthem, LJ 91-7 Karlene Waskow, SU 9:40.0
(run in flights) Sue Carney, Lomita 89-8 Tami Furgeson, SCC 9:48.5

Girls 14-15 HJ-Virginia Oliver (LMM) 5-2; 8#SP-Alexis Lettington (SBS) 32-10½; DT(1kg)-Edie Bradbury (SUR) 95-10½; JT(600gr)-Donna McFall (OC) 102-0

Girls 14-Over 60/100-Janice Wiser (San Luis Obispo TC) 7.1w/11.2, wind 1.0 mps; 220-Mable Ferguson (West Coast Jets) 24.0w...Wiser 25.0w, Judy Johnson (LATC) 25.0w; 440-Yolanda Rich (LAJ) 57.8; SP(4kg)-Emily Dole (LMM) 42-4½; JT(600gr)-Denise Sherrill (LATC) 151-5; 60H-Mary Lee Erickson (SCC) 8.9w

NEW JERSEY AAU AGE GROUP WINTER TRACK

METUCHEN, NEW JERSEY - FEBRUARY 25 - FROM GEORGE MILLER

Fifty nine finishers battled in the 2 three-quarter mile events , in another in the series of winter races, at the all-weather track of St. Joseph's High.

The relatively good weather returned and MATT KELSH found it to his liking, as he won his third race in four tries in the 13-under race.

Leading runners included:

Boys 13-Under ¼ Mile 1-Matt Kelsh (Metuchen) 3:46.0, 2-Brian Murphy (Cranford) 3:53.7, 3-Brian O'Connor (Metuchen) 3:58.8.....35 finishers.

Boys 14-15 ¼ Mile 1-Jim Carroll 3:28.2, 2-Brendon Higgins 3:29.2, 3-Mark Wilsey 3:29.4.....24 finishers in two sections.

Parade/ Jr. Track Clubs and Teams

POISON SPIDER TRACK CLUB



Those happy looking young gals are some of the members of the POISON SPIDER TRACK CLUB, from Casper, Wyoming. They compete indoors, X-Country, Distance track and wherever there is good competition. They are coached by DAN ALEXANDER.

"THE HUNKY BUNCH"



The "HUNKY BUNCH" is the nickname of the team made up of members of the CHUN family from Honolulu, Hawaii. Pictured are the six kids and Dad (Dr. Chun). The mother is also a runner.



NOTRE DAME TRACK TEAM

Pictured are the members of last year's Junior Olympic team of the NOTRE DAME TRACK TEAM. The Club was founded in 1967, its members are boys and girls 14 and under from the New Hyde Park area of New York and is coached by Pat Powderly



ALBUQUERQUE TRACK CLUB

This is the Girls 12/13 division Cross Country team of the ALBUQUERQUE TRACK CLUB from New Mexico. The Club is involved with age group boys and girls and its coach is BARRY RODRIQUE.

2nd Annual Mound Invitational May 26, 1973



Boys Age Group

- 9 and under
- 10 and 11
- 12 and 13
- 14 and 15

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TECHNIQUE & TRAINING

THE SPRINTER (PART 3) BY BROOKS JOHNSON

This is the third and final chapter on the subject of "The sprinter".

In two previous issues (#14 and #19), Brooks Johnson, coach of the Sports International TC, discussed his views on the psychology of sprinters, the relationship of arm action to leg speed and leg span, as well as arm, hand and forearm actions.

* * * * *

Hopefully having made a case for the arms, I would like to point up three more areas of importance to sprinting.

ABDOMINAL MUSCLES

First, I think that the abdominal muscles are extremely important, because they keep the sprinter from hyper extending on his backward swing to some extent, but even more important is the fact that they are partially responsible for the amount of power and drive the sprinter can generate on his forward thrust of the arms. Simple sit-ups are adequate here to help strengthen this area.

"THIGH MUSCLES"

The second area of concern is the muscle system that lifts the knee, generally called the "thigh muscles". Too often these muscles are neglected and the sprinter becomes victim of "knee drag", which I feel contributes to pulls.

The body is generally moved by a combination of levers (bones) that are pulled and pushed by muscle tissue. Usually the muscles are in antagonistic sets, one working opposite the other. The thigh muscles are the cooperative muscles of the system we generally refer to as the hamstrings. If you lift the knee using the thigh muscles, the hamstrings have a tendency to relax. This facilitates the contraction action that the hamstring system is going to have to execute later in the sequence.

Using the two systems (thigh and hamstring) properly we should have the systems alternating between stress (contraction) and recovery (relaxation). The problem with this is that usually the hamstrings are much more developed than the thigh muscles, and without proper attention and utilization they will take the majority of the stress of sprinting and thus are more susceptible to pulling. When the two systems are used to complement each other, which involves the thigh muscles taking on their relatively equal share of the burden, pulls are less likely because the work load is better distributed.

CALF MUSCLE & FOOT POSITION

The third area of problems is the poor utilization of the calf (gastrocnemius) muscle and foot position.

The sprinter should be well up on the ball of his foot for several reasons. First the push against the resistance surface (track) is better, thus resulting in better forward thrust. Second,

the shock of coming into contact with track is lessened, resulting in less general leg fatigue and related injuries. Third, it places more stress upon the calf and forces it to work harder and take on a greater load in the overall running function.

But from the standpoint of pulls, I think that this (running high on balls of feet) helps prevent pulls because the calf muscles seem to cramp faster than the other muscles, forcing the athlete to stop running short of an actual pull that usually occurs from an overload of the muscles that pull before the athlete can reduce the stress enough to prevent the injury. I rather feel that perhaps it is nature's way of providing the body with a safety device against injury that a lot of sprinters don't take advantage of, because of their poor running technique and form.

IN CONCLUSION

As the opening sentence stated, what I have attempted to do is to put forth "certain ideas, opinions and facts" about sprinting.

I do not for a minute believe that this even approximates the final word on the subject. I'm sure there are other approaches to the subject that are just as valid. But this article is an approach to sprinting that other might like, and further and even more important, here is a target at which you can throw darts of your own ideas at.

To the extent I have succeeded in this, then the piece has been a success, and that is the real name of the game, SUCCESS.

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by DR. GABE MIRKIN

QUESTION: *My older brother takes 17 pills a day (2 bone meals, 6 vitamin C, 4 vitamin E, 3 multi-vitamins and 2 mineral pills with iron). My father thinks he is crazy. My brother is a state 2-mile champion. Should I train like my brother?*

DR. MIRKIN: I have been amazed by the number of pills that athletes are taking. I have seen so many side effects resulting from such indulgence. Lets take a look at some of those vitamins and what they do.

VITAMIN C

As it is known that large amounts of vitamin C are lost in the sweat, it was felt that athletes require higher doses. This is probably true. However, remember that high doses of vitamin C (ascorbic acid), over 1 gram per day, function as a drug not just as a vitamin. For example, it was popularized that vitamin C prevents colds. It does not. High doses of vitamin C function as an antihistamine to decrease nasal secretions.

Thus, it was erroneously felt that vitamin C prevents colds, when all it did was decrease nasal secretions.

High doses of vitamin C can cause kidney stones in people who are predisposed to gout. There is no evidence that C improves athletic performance, unless there is a pre-existing vitamin deficiency.

Also to be considered is the fact that excessive doses of body nutrients can make the body depend on much more of that nutrient. For example, years ago physicians used to give endurance athletes salt tablets when they exercised in the heat. We now know that this is wrong, because your ability to handle heat depends in part on your ability to conserve salt. People taking excess salt do not teach their bodies to retain salt and do not handle heat well.

I would recommend no vitamin C tablets, but a lot of fruit, particularly orange and orange juices.

VITAMIN E

It is well known that endurance athletes have lower levels of vitamin E in their blood. We do not know if this means anything. We also know that that vitamin E has something to do with the body's ability to handle oxygen.

There is no hard data to show that vitamin E enhances performance. It may be that when you take large doses of E, your body requires high doses of E for top performance.

I would recommend that you take 200 mgms. of vitamin E the day before a competition.

I do NOT recommend taking it any other time. There is no scientific proof to deny or back this recommendation.

POTASSIUM

Tremendous amounts of potassium are lost with heavy exercise. It is wise to take potassium without piling on salt.

This can be accomplished by taking orange juice and dried fruits. I discourage potassium pills or liquid as they taste terrible to begin with, and they can cause intestinal ulcers.

BONE MEAL TABLETS

There is no evidence to support the use of bone meal tablets. Calcium deficiency in endurance athletes has never been reported and with our diets, it is virtually impossible.

Once Iron is taken into his body, the male has no way to get rid of it, other than frank bleeding. The female gets rid of iron by menstruation.

Iron in over dosage is a potent poison. Nobody should ever take supplemental iron, unless a physician diagnoses iron deficiency.

VITAMIN A AND D

Both of these vitamins are poison in massive over dosage. There is no evidence that athletes require more of these vitamins than their non-athletic counterparts.

For that reason, only a balanced diet with occasional fish and some enriched milk is necessary for ample supply of vitamin A and D.

PROTEIN SUPPLAMENTS

This is one of the biggest hoaxes ever perpetrated on the athlete. I am firmly convinced that most of this sheer dishonesty is spread by people who stand to make money from the sale of these products. There is no evidence to show that protein supplaments are of any value in our society.

Normal American diets contain much more protein than the body even knows how to handle.

I would recommend strict action against charlatans who push protein supplaments.

CONCLUSION

As we are a drug society with many of our ills coming from drugs, I would strongly recommend natural means of nutrition.

For example, all the trace metals can be obtained from nuts and leafy-green vegetables. High potassium-low salt foods such as citrus and dried fruits are ideal for an athlete. The only pill that may offer something is 200 units of vitamin E the day before a competition.

Dr. Mirkin is in the process of compiling material for a book dealing with track injuries.

He would like to hear from any runner who has had a chronic problem and how he feels he solved it. He also would be happy to receive comments and remarks from coaches everywhere, who certainly are not alien to such problems.

This book is much needed in age group track, and we urge you to contribute to your favorite sport by sending in letters to:

Dr. GABE MIRKIN, M.D., 9900 Georgia Avenue, Silver Spring, Maryland 20902.

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- * Complete results, highlights and photo layout of the PHOENIX INVITATIONAL
- * A major article by Dr. Mirkin on "EXERCISE INDUCED ABDOMINAL PAIN"
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