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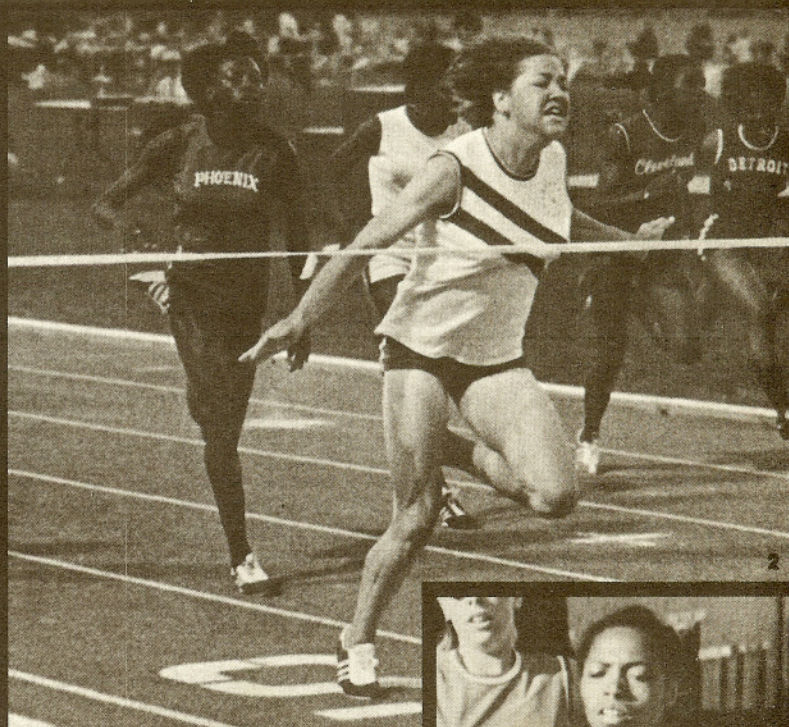
STARTING LINE

TRACK & FIELD FOR YOUNG ATHLETES

SEPTEMBER 1971

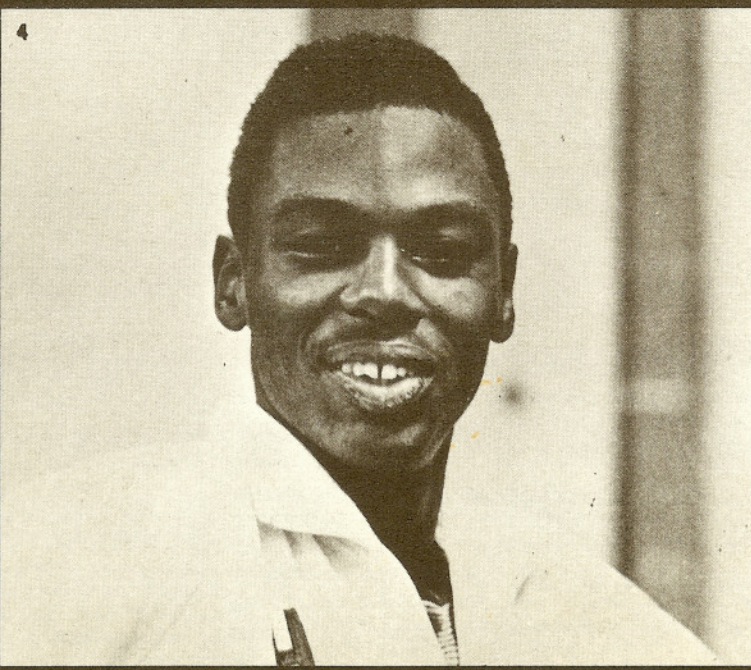
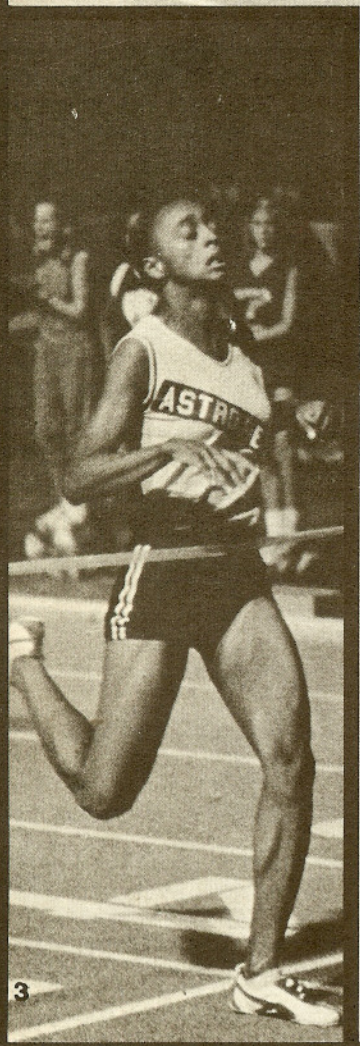
VOL. 1 NO. 8

P. O. BOX 878, RESEDA, CALIFORNIA 91335



**Boston hosts
US YOUTH GAMES**

**JUNIOR OLYMPICS
In the Rockies**



FORUM

System Of Success

(East Germany, a country with one-tenth the population of the United States, can now claim to be the top track nation in the world. Many experts in the west, including Arthur Lydiard, Ron Clarke, Hal and Olga Connolly, have been impressed by the tremendous athletic development and achievement of East German athletes in recent years. The article below may help explain, in part, the reasons for this success. It may also provide food for thought for those who deal with the development of youth in the USA).

The following article, written by Wolfgang Gitter (Editor of the East German track magazine, Der Leichtlet) is excerpted from Track & Field News, Oct. 1970.

"Out of 1,933, 094 pupils attending school in the GDR not less than 1,818,570 have been practicing in athletic (track & field) competitions. The aim is not to rule the athletic world, but to have athletics ruling the common mind of everybody, corresponding to the Olympic ideas of Baron de Coubertin (founder of the modern Olympics).

'Effort has been made in the GDR to make this Olympic ideal a reality in social life. The new Constitution of the German Democratic Republic is the first constitution in the world in which the right to sport is guaranteed.

'In 1969, 1.819 million schoolboys and schoolgirls took part in a triathlon (60 or 100 meters, long jump and throwing the cricket ball or putting the shot), the events of which were differing according to sex and age group. A special scoring table is used and anyone accumulating more than 140 points is presented a diploma by the Chairman of the State Council (head of government). In 1969, about 70,065 participants reached 140 points.

'The most talented children are picked for special trials attentively watched by instructors and coaches from athletic clubs. Children are often encouraged at school to become members of an athletic section.

'In spring of each year a "Youth Cross-country program is conducted. There was an impressive result in 1969; about one million boys and girls in different age groups competed over distances between 600 and 3000 meters. In 1965, Dieter Fromm had his track & field baptism at the Youth Cross Country and only three years later he lined up at the start of the Olympic 800 meter final in Mexico.

'Another competition is the inter-village competition. Sometimes even the mayors take charge of this team triathlon. In small villages adults, young people and children of both sexes may form mixed teams.

'The competitive system in its various forms encourages young people and adults to compete several times a year, i.e., it stimulates interest for regular training and doesn't require the athletes to be members of a sports club.

'The sports university in Leipzig developed a system which was popularized in the GDR as the "Run for your

health movement." The most remarkable feature about this sports university is that a mutual relationship and practical cooperation exists between its sports scientists on the one hand and the coaches in the sports clubs and in the German Athletic Association of the GDR on the other.

'Everywhere in the GDR there are young and old coaches and sports teachers equipped with modern knowledge, which is continuously kept up to date. They are working unselfishly together and in this way modern, promising training methods are spread to all parts of the country.

'There had been a problem, for instance, that young sports teachers, eager for a youth record, neglected the basic training of young athletes so that they could not improve their prowess from their junior level. The association decided that participants in the finals of the childrens and youth spartakiad were eligible to compete in their favorite event (such as hammer throwing or pole vaulting), only if they had successfully competed in a combined event.

'It is certainly not true that the GDR is a "dream-land of track and field". There are many problems which have to be solved to keep the system going and imbue it with new ideas. The object of our endeavors is in the age of the scientific-technological revolution, in which physical work is reduced more and more, to conserve fitness and to preserve the balance between physical and mental culture. And to achieve this, top-class athletes are wanted, too, as demanded by Baron de Coubertin in 1935: "That one hundred train their bodies it is necessary that 50 practice sport. That fifty practice sport it is necessary that twenty specialize. That twenty specialize, however, it is necessary that five are capable of top-class performances"

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SUBMIT MATERIAL (news, feature, photographs, etc) for inclusion in the next issue of STARTING LINE no later than the 20th of the month.

STARTING LINE needs contributions of news and black-and-white photos from all areas

From the Editors

COMING OF AGE IN THE U.S.A.

Early in October, many questions relating to the future of age group competition will be decided at the National AAU convention. STARTING LINE believes no question more important than the proposed legislation which would require the determination of age-grouping by birth year rather than birth date. The legislation says, in effect, that an athlete's age on January 1st of the new year shall be used in determining the age-group in which he or she competes for the entire calendar year (including track and cross country seasons).

It is time to end the hodge-podge of conflicting and confusing age "cut-off" dates. For example, this year the Junior Olympic program used May 1 for determining age groups, August 22 was used by the U.S. Youth Games while the AAU had dozens of different age determining dates; for nearly every meet there is a different date for deciding the athlete's age group. The Pacific Association of the AAU, normally a very progressive area in age-group track, has a completely different set of age rules for boys and girls meets.

While the AAU does not control the policies of all organizations involved in age-group track, it would at least be helpful for this one national group to set its own house in order and lead the way to a more unified system. Such well organized track & field countries as West Germany and Canada determine age groupings on the basis suggested; it is just plain more efficient and it eliminates the traumatic mid-year age changes.

Many of our readers have contact with those who will be representing their interests in the AAU Age-Group Track & Field meetings at Lake Placid, New York (some who read this will be voting members of the convention). We urge all those involved to support this recommendation and help end this source of endless friction and frustration.

We hope the U.S.A. will finally come of age!

On the Cover

The nation's best junior sprinters - Photos 1, 2, 3 & 5 by Jeff Johnson; Photo 4 by Steven Sutton.

- (1) Rhonda McManus, lanky Tennessee State surprise, who set a meet record in winning the Girl's AAU 220 (23.8) from the fastest field ever. She confirmed her class by winning both NAAU Jr. Women's sprints.
- (2) Kathie Lawson, the top U.S. sprinter of '71. Keene, New Hampshire's speedster is shown trouncing a strong Girls AAU 100 field in 10.5. She lost only to only to Olympic medallist Raelene Boyle, both in the AAU Women's 220 and U.S.-U.S.S.R 200m (best time 23.1m).
- (3) Renelda England, 13-year-old from Houston, shown winning the AAU age-group 440 in 56.2, fastest ever run by a sub 14 year old. She also won the USTFF Women's (!) quarter and has run a windy 11.1 100.
- (4) Harold Williams, who accomplished the rare feat of winning the Junior Olympic 100 two straight years, tied his own record of 9.5. The Elmhurst, New York youth is bound for the U of Texas, El Paso.
- (5) Olympian Esther Stroy, represented her country in the USA-USSR meet, Pan-American Games and USA-Africa meet (bests of 23.8m & 54.6y)

BULLETIN BOARD

*** Meet Director Porter Martin announce that entry blanks for the National AAU Junior Women's Cross Country Championships will be available about Oct. 15. Meet is in ~~Portland~~, Ore. on Nov. 13. For info, write the Martin's, 5541 SW Beaverton Hwy, Portland 97221.

*** Remember what happened last cross country season? The first (January) issue of STARTING LINE has extensive results of major 1970 cross country meets - nearly 100 deep in some cases. Back copies of this issue, as well as April, May and August issues are available at 50¢ apiece. March & June issues are 75¢. Minimum order (including books, lists, back issues and subscriptions-\$1.00)

GIRLS and BOYS Age Group

National Junior Olympics

COLORADO SPRINGS - from Richard McArthur

High altitude marked the location and high excitement the mood for the Fifth Annual National AAU Junior Olympic Track and Field Championships held August 12 at the United States Air Force Academy located near the Rocky Mountain city of Colorado Springs.

Five records - four of them in the girl's events - fell at the 7200-foot altitude of the Academy as more than 250 of the finest track and field competitors from across the United States met under the joint auspices of the AAU of the United States and the Quaker Oats Company, national sponsors for the event.

New York City's Harold Williams repeated as the gold medallist in the 100 yard dash, equalling his own National Junior Olympic Championship record of 09.5, but little fourteen year-old Sheila Ingram, from Washington, D.C., was clearly the crowd favorite as she raced past more experienced competitors to obliterate the record of 55.3 in the girl's 440 yard dash. The soon-to-be eighth grader was timed in an incredible 53.9 seconds.

Shortly after Miss Ingram's spectacular race, fifteen thousand spectators saw Needham Massachusetts's Kathy Guiney steal the year-old girl's 220 mark with a 23.9 clocking over the furlong. She was followed closely by the old record holder, Robyn Russell of Cleveland, Ohio who ran her record 24.0 in the preliminaries. The two other records in the girl's competition came in the high jump with a 5-4 $\frac{3}{4}$ effort by Denise Kemp of Reno, Nevada (second placer Alice Pfaff of Lexington, Massachusetts cleared the same height) and a winning 440 yard relay mark of 47.1 by the Region 6 team.

The only boy's record to fall came in the shot put when two-time Pennsylvania State champion Ronald Semkiw of Pittsburgh, Pa. heaved the 12-pound ball 62-6. Hundred yard dash winner Harold Williams teamed with Steve Williams (no relation) of the Bronx, N.Y., half-mile champion Bob Smith of Simsbury, Conn., who had narrowly missed the national record in his winning effort, and Jed Hauck of Saddle River, N.J., who had earlier placed sixth in the 120 yard high hurdle event to capture the boy's 880 yard relay event.

Closing ceremonies for National Junior Olympic Championships, which also included competition in diving, judo, swimming and gymnastics, were highlighted by a performance by the United States Air Force Aerial Demonstration team, the Thunderbirds.

The AAU's Junior Olympic program is held in thirteen sports throughout the fifty-eight district associations of the AAU on a local, district and regional basis during each year and is sponsored by the Quaker Oats Company.

* * * * *

J. O. NOTES—The most national in scope of all the major "junior" meets had finalists in in the sixteen individual events from 37 (!) different states and the District of Columbia. Strength was very evenly distributed geographically. The East had most gold medalists (6) to edge the West (5), but the Southern states had the most athletes in the top three (14), just ahead of the East (13)...High altitude proved a boon to jumpers, putters and sprinters (especially quarter-milers) but it slowed the distance runners. Winning mile time was more than 15 seconds slower than the J.O. record.

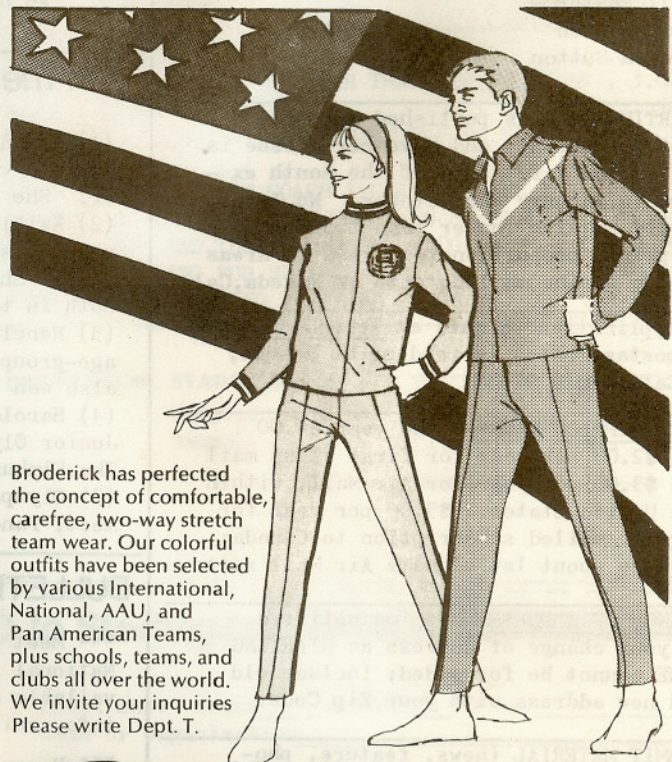
GIRLS SHOT/DISCUS CONTEST...Fresno Elans have the lead in both divisions of the Shot Put. The Central Calif. lassies are also second to the Long Beach TC in the 17-under Discus and third to Creighton TC (Phoenix) and Rialto Roadrunners (Calif.) in the 13-under platter toss. The latter club, noted previously for distance runners, has made the most progress during the summer. Results:

13-Under 6#Shot...1-FEL (116-9) with Debra Haynes (43-4), Martha Quinn (38-6) & Gwen Brownlee (34-11); 2-CREIGHTON (110-9 $\frac{1}{4}$) with Vickie Chiarello (39-3 $\frac{1}{2}$), Charlene Arnold (37-1) & Debbie Houser (34-4 $\frac{3}{4}$); 3-RRR (106-5 $\frac{1}{4}$) with Edie Bradbury (39-4 $\frac{1}{4}$), Lydia Nava (33-9) & Val Tanguay (33-4).

13-Under Discus...1-CRT (285-11 $\frac{1}{2}$) with Chiarello (111-0), Annette Salazar (88-8) & Houser (86-3 $\frac{1}{2}$); 2-RRR (281-4) with Bradbury (100-7), Nava (91-10 $\frac{1}{2}$) & Tanguay (88-11); 3-FEL (261-4) with Haynes (110-0), Brownlee (84-2) & Tarea Brewer (67-2).

17-Under 8#/4 Kilo Shot...1-FEL (126-5) with Iva Wright (46-5), Yvette Brownlee (41-10 $\frac{1}{2}$) & Debra Haynes (38-1 $\frac{1}{2}$); 2-LONG BEACH (120-7 $\frac{3}{4}$) with Kathy Schmidt (42-8 $\frac{3}{4}$), Debbie Rivera (42-0 $\frac{1}{2}$) & Debbie Nolan (35-10 $\frac{1}{2}$).

17-Under Discus...1-LONG BEACH (406-11) with Rivera (143-9), Schmidt (141-2) & Nolan (122-0); 2-FEL (383-9) with Wright (150-5), Yvette Brownlee (123-4) & Haynes (110-0).



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U.S. Youth Games - submitted by Steven Sutton

One of the best summer program that has emerged from the many government sponsored recreational activities, is one initiated by New York major, John V. Lindsay, the United States Youth Games.

The US youth Games is an outgrowth of the N.Y. City Jr. Olympics and major Lindsay's Eastern Sports Festival. The Games is a cooperative effort by many youth agencies and community groups with the Department of Recreation coordinating the total effort. Boys and Girls, 9-15 yrs of age, from recreation facilities and agencies throughout the city work together to establish teams that will represent their city in National competition.

This year, the fifth US Youth Games took place in Boston, from August 19 to 22. Nine Cities were represented - Baltimore, Boston, Detroit, Newark, New York City, Paterson (New Jersey), St. Louis, and Washington, D.C.

Each of the participating cities held qualifying meets in track & field, basketball and bowling, resulting in 62 member teams, to meet for the finals in Boston.

The total participation of Boys and Girls in the entire program is estimated to be about 100,000 youngsters.

In New York alone, 20,000 athletes vied for the finals.

Those that made the Boston trip, were looking forward to 4 days of fun filled activities. As the schedule will show, athletics was not the only thing on the program:

Thursday, Aug 19 - 12-5PM, Teams arrive - 4:30-6PM, Dinner - 7PM, Parade begins - 8-9:30PM, Opening ceremonies - 10PM, Coaches meeting.

Friday, Aug 20 - 7:30-8:30AM, Breakfast - 10AM, Basketball and Bowling - 11AM, Track & Field begins (Heats) - 12 Noon, Box lunches - 4:30-6PM, Dinner - 7-10PM, Sight-seeing.

Saturday, Aug 21 - 7:30-8:30, Breakfast - 10AM, Basketball and Bowling (Finals) - 11AM, All Track & Field Finals 12 Noon, Box lunches - 4:30-6:30PM, Dinner - 8:00-Midnight Farewell Dance.

Sunday, Aug 22 - 9:30-11:30AM, Awards Breakfast.

A thorough analysis of the T&F activities of the Games was made possible this year, thanks to Steve Sutton, our NY correspondent, who made available to us detailed results, as well as pertinent feature material.

BOYS COMPETITION

9-11 Division - Tony Herndon, from Washington, won the 100 in 11.5 (heat 11.4), which might not be as great as last year's sensational performance by Armando Rios (10.6 Wind aided), but is still one of the best time ever by an 11 year old. Mark Cooks' (Detroit) 16-1 Long Jump was sufficient to win; John Lucks from the Bronx placed 2nd with 15-10. In the 440 Relay, Washington edged out Detroit for the 2nd year in a row in 53.4 (52.9h).

12-13 Division - After a fast 10.5 in the heats, Harlan Huckleby (Detroit) was the favorite and winner of the 100 (10.7), defeating his teammate Coleman Burkette. Detroit youngsters completed the sweep in the sprints, by running 1-2 in the 220 as well. Sam White edged Mark Wiedel in a tight race both being timed in 24.5. M. Thomas (Birmingham) won the Long Jump with 17-10 $\frac{3}{4}$, a far cry from the 20-8 $\frac{1}{2}$ by Kenneth Hill last year. The 440 Relay was a hotly contested affair with Detroit outleaning New York, 47.0/47.1.

14-15 Division - Sylvester Smith (Wash.) took the 100 in 10.1, followed closely by two New York boys Gerald Russell and David Graves. Gerald had the fastest qualifying time in the heats (10.1). Jimmy Loftin from Washington, emerged the winner in the 220 edging Rich Ingram from N.Y.C. in the excellent time of 22.8. One of the more exciting race in the meet was the 440yds Run. 14 year old Hugh Mighty (N Y), after a remarkable 52.0 in the heats, was nipped by inches in the finals by R. Williams (Detroit) with both being timed in 52.0. (See Hugh's profile on

back page). History repeated itself in the Long Jump. It was Carlton Shaw from Washington winning again over John Gentry (St. Louis), with a leap of 22.0 vs 21- $\frac{1}{2}$. Last year, as 14 year olds, they had finished 1-2 with identical jumps of 21-4 $\frac{1}{2}$; Carlton declared the winner on the strength of a better 2nd jump. Two boys over 6 feet in the High Jump with L. Stephens (Balt.) taking 1st with 6-1, followed by K, Robbins (Birm.) at 6-0. Jeff Hilliar from St. Louis, completely dominated the Shot event (8lb) with a heave of 62-3 $\frac{1}{2}$ an improvement of almost 10 ft. since last year, where he had finished 4th with 53-2.

GIRLS COMPETITION

9-11 Division - Recently crowned AAU 10-11 National Champ in the 220, Schydonia Rudisill (Pioneer TC, Wash.) was the 100 winner in 11.8 over Angela Johnson (Detroit), Cynthia Banks from Detroit outjumped Jackie Roth (Wash.), 13-11 versus 13-9 $\frac{1}{4}$. Timed in 53.5, the Detroit Relay team had no problem with runnerup Washington (54.9).

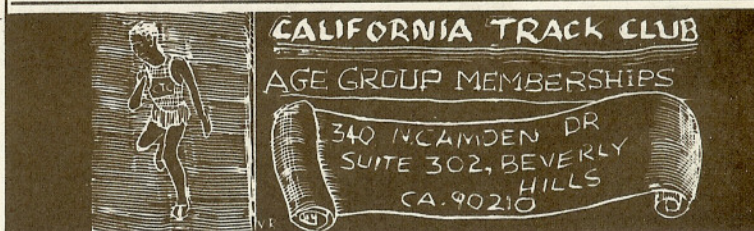
12-13 Division - Debbie Carter (St. Louis) just ignored the reputation of Shirley Finney from the Pioneer TC, and went on to take the 100 in 11.3. After all Shirley happen to be the National Champ in the same event. Not to be overlooked is 3rd placer Clenitha Ray (Wash.) who was the '70 9-11 Champion and who will be returning next year in this division. Deidre Wilson, (Brooklyn), a finalist at the Nationals, was a clear winner in the 220 (25.6) over Linda Blakely from Dtroit. NOTE - in 3rd place was Tanya Bryant, the 1st and only 11 year old girl to ever break the minute in the 440, and in 4th we find no other than Robin Campbell, the National Champion in the 880. Both girls compete for Sports International, Washington. M. Smith (St. Louis) defeated last year's 12 yr old sensation Anita Lee (Detroit) in the Long Jump, 17-3 $\frac{3}{4}$ vs 17-1 $\frac{1}{4}$. In New York, Anita had been No1 in the Long and High Jump; she still holds the National Rec. in both Jumps in the 10-11 Division. A runner-up in the previous Games, Toni Jones from Washington, took home a gold medal in the High Jump clearing 4-11, and the Washington Relay team outduelled Detroit 49.7 to 50.0.

14-15 Division - The gals from Washington made a shamble out of this division, winning 6 out of the 7 events on the program. In the 100, Karen McDaniels won the title for the second year in a row, edging out the pride of Brooklyn, lithe and leggy Elaine Johnson in a speedy 11.1.

1-2 for Washington in the 220 with Jackie Randolph on top in 25.6 and Chris A'Harrah right behind. Michelle Johnson (NY) was a close third. 14 yr old Sheila Ingram came to Boston with one thing in mind. To repeat her sensational win in the Jr. Olympics. She accomplished her purpose with absolute ease (54.8), leaving her nearest competitor 3 seconds behind. Francina Simuel from Manhattan (just 14), took the L.J. title with a fair jump of 16-10 $\frac{3}{4}$. C. Butler was victorious in the High Jump (5-3) over 14 yr old Loretta Matejko (Detroit), who has been credited with a 5-7 this year. Kim Pyles, an excellent prospect in the weight events, who had place 3rd in the discus and 4th in the Shot at Bakersfield, threw the 8 pound ball 36-9 to defeat A. Lyons (Boston) 36-6 $\frac{1}{2}$.

Completing the rout, the Washington team, putting it all together, amused themselves in the 880 Medley Relay, winning the title in an eased up 1:45.6

(See all the results in the FINISH LINE section)



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STARTING LINE CALENDAR

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

STARTING LINE is not responsible for late changes, of which the editors have not been notified. Send additional information and corrections to STARTING LINE, P. O. Box 878, Reseda, California 91335. Include name and address of meet director or other source of info.

This Calendar is a good way to publicize the activities sponsored by your group. When submitting information, please include complete details, along the lines of the material presented on this page.

Groups wishing more space may inquire about special low rates for advertising track meets or other activities in STARTING LINE.

SEPTEMBER

- 25 HOUSTON YMCA FAMILY RUN, Houston, Texas (Boys & Girls, All Ages, Long Distance Runs) Jim Austin, 1600 Louisiana, Houston, Texas 77002
- 25 PORTLAND TC CROSS COUNTRY RUNS, Gabriel Park, Portland, Ore (Boys & Girls, All Ages, 10:00 a.m.) Porter Martin, 5541 SW Beaverton Hwy, Portland, Ore 97221
- 25 ROSEVILLE INVITATIONAL CROSS COUNTRY RUNS, Sierra Coll, Roseville, Calif (Girls, 9-Under and up) Dick Casper, 1427 Lassen Ave, Salinas, Calif 93901
- 25 LA MIRADA METEORS CROSS COUNTRY RUN, La Mirada, Calif (Girls, 9-Under and up) Roy Swett, 14514 Gardenhill Dr, La Mirada, Calif 90638, (213) 868-1097
- 25 LOS ANGELES CITY ALL-COMERS CROSS COUNTRY RUNS, Hollenbeck Park, Los Angeles, Cal (Boys & Girls, 9-Under and up, 3:30 p.m.) Ken Stallcup, (213) 225-6352
- 26 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, Marine Park, Brooklyn, NY (Boys & Girls, 5-Under and up, Long Distance Runs) Bill Moran, (212) 339-6100
- 26 ALBUQUERQUE OLYMPETTES AAU CROSS COUNTRY MEET, Roosevelt Park, Albuquerque, NM (Girls, 9-Under and up) Floyd Highfill, (505) 256-2985
- 26 FERIA DE LOS NINOS ALL-COMERS CROSS COUNTRY RUNS, Hollenbeck Park, Los Angeles, Cal (Boys & Girls, 9-Under and up) Jeff Harrison, (213) 263-3418

OCTOBER

- 2 GALVESTON YMCA FAMILY RUNS, Galveston, Texas (Boys & Girls, All Ages, Long Distance Runs) Gerald Tucker, 2222 Avenue L, Galveston, Texas 77550
- 2 MILLBRAE WATERMELON FESTIVAL RUNS, Millbrae, California (Girls, 9-Under and up, LD Runs, 11:00 a.m.) Dick Casper, 1427 Lassen Ave, Salinas, Calif 93901
- 2 LOMITA AC CROSS COUNTRY RUNS, Lomita, Calif (Girls, 9-Under and up) Paul LeSage, 24428 Eshelman Ave, Lomita, Calif 90717, (213) 326-0140
- 3 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, Van Cortlandt Park, Bronx, NY (Boys & Girls, 5-Under and up, LD Runs) Barry Geisler, (212) 536-3303
- 3-9 NATIONAL AAU CONVENTION, Lake Placid, New York (Proposed rule changes, see editorial on Page 3)
- 9 D.C. ROAD RUNNERS CROSS COUNTRY RUNS, Battery Kimball Park, Washington, DC (Boys, 9-U to 12-13, 9:30 a.m.) Gabe Mirkin, 14411 Butternut Ct, Rockville, Md
- 9 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, Alley Pond Park, Queens, NY (Boys & Girls, 5-Under and up, LD Runs) Nat Cirulnick, (212) 276-7451
- 9 KETTERING STRIDERS AAU CROSS COUNTRY RUN, Kettering, Ohio (Girls, 9-Under and up) Steve Price, 1117 Pursell, Dayton, Ohio 45420
- 9 2 mile HANDICAP WALK, Colorado University, Boulder (Boys, 13-Under) Ned Amstutz, 2835 3rd Street, Boulder, Colorado
- 9 ARIZONA AAU CROSS COUNTRY RUN, Prescott, Ariz (Girls, 9-Under and up, 10:00 a.m.) Roger Simpson, 6809 North 36th Drive, Phoenix, Arizona 85019
- 9 PORTLAND TC CROSS COUNTRY RUNS, Gabriel Park, Portland, Ore (Boys & Girls, All Ages, 10:00 a.m.) Porter Martin, 5541 SW Beaverton Hwy, Portland, Ore 97221
- 9 SACRAMENTO INVITATIONAL CROSS COUNTRY RUNS, Sacramento State Coll, Calif (Girls, 11-Under and up) Dick Casper, 1427 Lassen Ave, Salinas, Calif 93901
- 9 LOS ANGELES CITY ALL-COMERS CROSS COUNTRY RUNS, Hazard Park, Los Angeles, Cal (Boys & Girls, 9-Under and up, 10:30 a.m.) Ken Stallcup, (213) 225-6352
- 9 RIALTO ROAD RUNNERS AAU CROSS COUNTRY RUNS, Rialto, Calif (Boys & Girls, 9-Under and up) Virginia Stone, 365 So Meridian, San Bernardino, Calif 92410
- 10 AMOCO MARATHON, Canton, Ohio (Boys & Girls, 9-Under and up, 12:00 noon) Canton YMCA, Canton, Ohio
- 10 BOULDER VALLEY INVITATIONAL CROSS COUNTRY RUNS, Broomfield City Park, Colorado (Girls) Lyle Knudson, 1330 Georgetown Road, Boulder, Colorado 80303
- 16 NEW YORK & BROOKLYN INTER-DIOCESAN TRACK CHAMPIONSHIPS, Victory Field, Queens, NY (Boys & Girls, T & F) New York CYO, 122 E 22nd St, New York, NY 10010
- 16 PORTLAND TC CROSS COUNTRY RUNS, Gabriel Park, Portland, Ore (Boys & Girls, All Ages, 10:00 a.m.) Porter Martin, 5541 SW Beaverton Hwy, Portland, Ore 97221
- 16 ORINDA INVITATIONAL AAU CROSS COUNTRY RUNS, Cowell Park, Orinda, Calif (Girls, 9-Under and up) Dick Casper, 1427 Lassen Ave, Salinas, Calif 93901
- 17 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, Clove Lake Park, Staten Is, NY (Boys & Girls, 5-Under and up, LD Runs) Bill Welsh, (212) 981-7210
- 17 BRANFORD PARK ALL-COMERS, Arleta, California (Girls & Boys, 9-Under and up, Track & Field) Dick Ortiz, 13310 Branford St, Arleta, Calif, (212) 767-0347
- 23 HOUSTON YMCA FAMILY RUN, Houston, Texas (Boys & Girls, All Ages, Long Distance Runs) Jim Austin, 1600 Louisiana, Houston, Texas 77002
- 23 PORTLAND TC CROSS COUNTRY RUNS, Gabriel Park, Portland, Ore (Boys & Girls, All Ages, 10:00 a.m.) Porter Martin, 5541 SW Beaverton Hwy, Portland, Ore 97221
- 23 REEDLEY ROAD RUN, Reedley, California (Boys & Girls, 9-Under and up, LD Runs) Wayne Van Dellen, 498 Castle Rock, Woodlake, Calif 93286
- 23 LOS ANGELES CITY ALL-COMERS CROSS COUNTRY RUNS, Hollenbeck Park, Los Angeles, Cal (Boys & Girls, 9-Under and up, 3:30 p.m.) Ken Stallcup, (212) 225-6352
- 24 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, C W Post College, Brookville, NY (Boys & Girls, 5-Under and up, LD Runs) Peg O'Shea, (516) 221-6718
- 30 D.C. ROAD RUNNERS CROSS COUNTRY RUNS, University of Maryland (Boys, 9-Under to 10-11, 10:00 a.m.) Gabe Mirkin, 14411 Butternut Court, Rockville, Md 20953
- 30 ARIZONA AAU CROSS COUNTRY RUNS, Mesa, Arizona (Girls, 9-Under and up, 10:00 a.m.) Roger Simpson, 6809 North 36th Drive, Phoenix, Arizona 85019
- 30 OREGON AAU CROSS COUNTRY CHAMPIONSHIPS (Girls & Boys, 9-Under and up) Porter Martin, 5541 SW Beaverton Hwy, Portland, Oregon 97221
- 30 LONG BEACH COMETS AAU CROSS COUNTRY RUN, Long Beach, Calif (Girls, 9-Under and up) Ken Karnes, 7911 Ring St, Long Beach, Calif 90815
- 31 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, Marine Park, Brooklyn, NY (Boys & Girls, 5-Under and up, LD Runs) Bill Moran, (212) 339-6100

NOVEMBER

- 6 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, Alley Pond Park, Queens, NY (Boys & Girls, 5-Under and up, LD Runs) Nat Cirulnick, (212) 276-7451
- 6 SOUTHERN PACIFIC AAU CROSS COUNTRY CHAMPIONSHIPS (Girls, 9-Under and up) Phil Snyder, 27102, Woodbrook Road, Palos Verdes Peninsula, Calif 90274
- 6 LOS ANGELES CITY ALL-COMERS CROSS COUNTRY RUNS, Hazard Park, Los Angeles, Calif (Girls & Boys, 9-Under and up, 10:30 a.m.) Ken Stallcup, (213) 225-6352
- 7 JOHN F KENNEDY MEMORIAL 3 mile RUN, Schenley Park, Pittsburgh, Penna (Girls & Boys, 13-Under) John Harwick, 467 Beverly Rd, Mt Lebanon, Pa 15216
- 7 ROAD RUNNERS CLUB OF AMERICA NATIONAL CROSS COUNTRY CHAMP, Van Cortlandt Park, Bronx, NY (Boys & Girls, 6-7 and up) Barry Geisler, 1134 Findley Ave, Bronx
- 12 D.C. ROAD RUNNERS CROSS COUNTRY RUNS, Naval Academy, Annapolis, Md (Boys, 9-U to 12-13, 12:00 noon) Gabe Mirkin, 14411 Butternut Ct, Rockville, Md 20953
- 13 1 mile HANDICAP WALK, Webster Lake, Northglenn, Colorado (Boys, 13-Under) Ned Amstutz, 2835 3rd Street, Boulder, Colo, (303) 447-9032
- 13 ARIZONA AAU CROSS COUNTRY CHAMPIONSHIP, Scottsdale, Ariz (Girls, 9-Under and up, 10:00 a.m.) Roger Simpson, 6809 N. 36th Drive, Phoenix, Ariz 85019
- 13 NATIONAL AAU JUNIOR WOMEN'S CROSS COUNTRY CHAMP, Gabriel Park, Portland, Ore (Girls, 14-Over) Porter Martin, 5541 SW Beaverton Hwy, Portland, Ore 97221
- 14 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, C W Post College, Brookville, NY (Boys & Girls, 5-Under and up, LD Runs) Peg O'Shea, (516) 221-6718
- 14 CALIFORNIA STATE AAU MEET, Sacramento, Calif (Girls, 9-Under and up) Dick Casper, 1427 Lassen Ave, Salinas, California 93901
- 20 LOS ANGELES CITY ALL-COMERS CROSS COUNTRY RUNS, Hollenbeck Park, Los Angeles, Calif (Girls & Boys, 9-Under and up, 3:30 p.m.) Ken Stallcup, (213) 225-6352
- 21 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, Clove Lake Park, Staten Island, NY (Boys & Girls, 5-Under and up, LD Runs) Bill Welsh, (212) 981-7210
- 21 BRANFORD PARK ALL-COMERS, Arleta, California (Girls & Boys, 9-Under and up, Track & Field) Dick Ortiz, 13310 Branford St, Arleta, Calif, (213) 767-0347
- 27 NATIONAL AAU GIRLS CROSS COUNTRY CHAMPIONSHIPS, Cleveland, Ohio (Girls, 9-Under and up)
- 28 NEW YORK ROAD RUNNERS CLUB AGE GROUP RUNS, Marine Park, Brooklyn, NY (Boys & Girls, 5-Under and up, Long Distance Runs) Bill Moran, (212) 339-6100

Key KEY TO TEAM ABBREVIATION :

(B=Boys Team, G=Girls Team)

- | | | | |
|---------------------------------------|---|---------------------------------------|---|
| ANG-Angels TC, Kent, Washington (G) | DAS-Denver All-Stars, Colorado (G) | LEG-Legs TC, La Mesa, Calif (B & G) | RCD-Rancho Cordova Dusters, Calif (B&G) |
| AMB-Ambler Olympic Club, Penna (G) | DEL-Delaware Sp. Club, Wilmington (G&B) | LIB-Liberty AC, Wellesley, Mass (G) | RCS-Redwood City Striders, Calif (B&G) |
| ATM-Atoms TC, Brooklyn, NY (G & B) | DCY-Dayton CYO, Ohio (B & G) | LIM-Long Island Mercuresses, NY (G) | RCT-Redwood City TC, California (B) |
| AUR-Aurora TC, Colorado (G) | DFY-Denver Flyers, Colorado (G) | LK -Longview-Kelso TC, Washington (B) | RDG-Ridgefield TC, Oregon (B & G) |
| BCB-Boulder Cinderbells, Colo (G) | DRY-Dryades St AC, New Orleans, La (G) | LMP-LaMott TC, Philadelphia, Pa (G) | SAL-Salinas Valley TC, Calif (B & G) |
| BLB-Bellbrook Boosters, Ohio (B & G) | FLC-Flanagan's Clan, Woodland, Wash (G) | LS -Lakewood Spartans, California (G) | SDY-Seattle Dynamics, Washington (G) |
| BRB-Blue Ribbon TC, ???, (G) | FPS-Fairfield Striders, New Jersey (G) | MA -Mid America TC, Kansas (G & B) | SJY-San Jose Yearlings, Calif (B & G) |
| CCM-Columbus Community TC, Ohio (G&B) | FTM-Port Morgan TC, Colorado (G) | MCH-Michigammas, Ann Arbor, Mich (G) | SJS-San Juan Striders, California (B) |
| CAN-Canton TC, Ohio (G) | FWC-Port Worth Cinderettes, Texas (G) | MDY-Mayor Daley YF, Chicago, Ill (G) | SOJ-South Jersey Chargers, N J (G) |
| CG -The Colorado Gold, Broomfield (G) | GAZ-Gazelles TC, Mercer Is, Wash (G) | MSC-Mesa County TC, Colorado (G) | SFA-Sparta TC, San Jose, Calif (B) |
| CHZ-Chicago Zephyrs, Illinois (G) | GRF-Graham Falcons, Ohio (B & G) | NCH-North College Hill TC, Ohio (G&B) | SPI-Sprints International, D.C. (G&B) |
| CL -Cursor Lilaacs, Washington (G) | HAB-Houston Astrobells, Texas (G) | NWK-Northwest Kiwanis TC, Wash (G) | SFS-Springfield Striders, Ohio (B&G) |
| CJY-Central Jersey TC, New Jersey (G) | HI -H.Hoover Boys Cl, Menlo Park, Cal (B) | NYP-New York City Police Al, NY (G) | TEN-Tennessee State U, Nashville (G) |
| COR-Corning TC, Ohio (B & G) | HTS-Heights TC, Albuquerque, NM (I&G) | OH -Ohio TC, Columbus (G) | TRR-Toledo Road Runners, Ohio (G) |
| CP -Colorado Pacers (G) | JFJ-Jefferson County Jets, Colo (G) | ORE-Oregon TC (G) | TRV-Travelers, Washington, D.C. (G) |
| CXO-Calexico AC, California (B) | JRS-Junior Striders, Compton, Cal (B) | PCM-Pacemakers, Spokane, Wash (G) | WCJ-West Coast Jets, Pomona, Cal (G&B) |
| | KTS-Kettering Striders, Ohio (G & B) | PIO-Pioneer AC, Washington, DC (G&B) | WOD-Woodland TC, Washington (B) |
| | LAJ-Los Angeles Jets, Calif (B & G) | POR-Portland TC, Oregon (B & G) | WW -Wasco Wildkats, California (E&G) |

THE FINISH LINE

A Summary of Results

This section includes results of national significance. Other summaries may be found in local news on pp. 12 & 13. Deadline for submitting results for inclusion in the following issue is the 20th of the month. When submitting summaries of meets please include the following:

- Date of Meet
- Meet Site (Place and City)
- Type of Facilities (all-weather, indoor, cinder etc.)
- Sponsoring Organization
- Meet Director
- Marks of all timed or measured competitors (including heats and qualifying rounds if significant)
- First and last names of competitors
- Wind assistance information on sprints, hurdles & jumps
- Weight of Implements (shot, discus, javelin, etc.)
- Ages of outstanding competitors, if possible
- Other pertinent or interesting information

NATIONAL AAU JUNIOR WOMEN'S CHAMPIONSHIPS

JULY 30-31
WILMINGTON, DELAWARE
Track—Rubberized Asphalt
Weather—Overcast, humid,
slight headwind for sprints
Sponsor—Delaware Sports Club
Meet Director—Bill Thomson

14-Over Division

100 yard Dash
Rhonda McManus/TEN(10.9h)11.1
Ditra Henry, MDY (11.1h)11.2
Rosalya Bryant/CHZ(11.0h)11.4
Karen McDaniel, PIO 11.4
Linda Cordy, ATM (11.3h)11.5
Toloria Weaver/PIO(11.2h)11.8
Elaine Johnson, ATM (11.3h)
Jackie Taylor, TRV (11.3h)
Veronica Harris, CHZ(11.3h)
Desma Reed, AMB (11.3h)

220 yard Dash
Rhonda McManus/TEN(24.3h)24.4
M. McMillan, ATM (24.5h)24.7
Rosalya Bryant/CHZ(24.7h)25.0
Toloria Weaver/PIO(25.0h)25.4
Linda Cordy, ATM (24.9h)25.5
Ditra Henry, MDY (25.1h)
Desma Reed, AMB (25.3h)
Cordella Ingram, LMT(25.4h)
Karen McDaniel, PIO (25.6h)

440 yard Dash
Sheila Ingram, PIO(55.3h)55.4
Cordella Ingram, LMT 56.6
Susan Kirkland, LIB 56.9
Linda Reynolds/ATM(57.5h)57.6
Lisa Natkin, SPI (57.7h)57.8
Deb. Jefferson, TRV(57.9h)58.2
Bobby Walker, CHZ (58.8h)
Chris A'Harrarh, SPI (58.9h)
Janis Vetter, BRB (59.1h)
Cathy Prendergast/MDY(58.5h)
Sharon Fitzgerald/KTS(59.0h)
Sherry Kemp, CCM (59.2h)

880 yard Run
Cathy Prendergast, MDY 2:15.7
Shelley Marshall, ATM 2:18.0
Anita Scandurra, SUP 2:19.3
Debbie Beck, AMB 2:20.6
Pat Hanna, TRR 2:20.6
Mary Schiltz, CAN (2:17.8h)
Kathy Anderson, CAN(2:21.3h)
Amy Prentiss, TRR (2:21.7h)
Ann Forshee, MCH (2:22.5h)
Kitty Martin, NCH (2:22.5h)

One mile Run
Brenda Webb, KTS 5:06.3
Diana Andrade/LIM(5:09.4)5:11.3
Mary Gallagher, C/JY 5:15.9
Sylvia Elsen, CHZ 5:18.3
Debbie Beck, AMB 5:23.3
K. Whitecomb, LIB(5:25.7h)5:26.0

100 meter Hurdles
Lorraine Tummings, ATM 14.2
Claudia Johnson, PIO 14.6
Kathi Guiney, LIB (14.4h)14.6
Sherrice Duchamp/TRR(15.1h)15.2
Joanne Dean, AMB 15.3
Mary Wisniewski/DEL(15.5h)15.8

200 meter Hurdles
Lorraine Tummings, ATM 28.1
Joanne Dean, AMB 29.1
Cathy Anderson, CAN 29.5

JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

AUGUST 12, 1971
U. S. AIR FORCE ACADEMY
COLORADO SPRINGS, COLORADO

Track—All-weather
Weather—Warm, mostly clear
Sponsor—Quaker Oats Company and AAU

Boys Events
100 yard Dash
Harold Williams, New York 9.5
Andre Releford, Tennessee 9.8
Barney Cobb, Virginia 9.8
Ricky Eaton, Oregon 9.8
Elijah Davis, Kansas 9.9
Jerry Landrum, New Mexico 9.9
Burt Chism, Colorado (9.8h)
Wendell Tyler, Calif (10.2h)

440 yard Dash
Steve Williams, New York 48.1
Doran Marcus, Tennessee 48.5
Warren Anderson, Va 48.6
Dave Sande, No Dakota 49.0
Donald Robbins, La 49.1
Gary Washington, Colo 49.3
Cecil Fields, Calif (49.4h)
Larry Butler, Mo (51.3h)

880 yard Run
Bob Smith, Connecticut 1:53.7
Paul Rice, Missouri 1:54.2
Paul Cummings, Calif 1:54.3
John Brown, No Carolina 1:57.6
Terry Pitts, Montana 1:58.3
Larry Mendenhall, Colo 1:58.3

One mile Run
Chuck Musick, Colorado 4:26.7
Dave Bernardy, Oregon 4:27.7
Rodney Cremons, Texas 4:29.4
Steve Bolt, Alabama 4:30.7
Henry Marsh, Hawaii 4:31.5
Robin Shipman, Indiana

120 yard Hurdles (39 inch)
Charles Poster, So Car 13.9
Mike Shine, Pennsylvania 14.2
Larry Holcomb, Texas 14.2
Gary Woolford, Illinois 14.4
Gregg Densmore, Calif (14.7h)
Jed Hauck, New Jersey (15.1h)
Greg Coleman, Florida (14.8h)
Steve Williams, Ariz (15.2h)

High Jump
Randy Smith, Kansas 6-9 $\frac{3}{4}$
Shannon LeRoy, Tenn(15y) 6-6
Troy Hvass, California 6-6
Robert Nally, Dist Col 6-2
Grey McEachern, Indiana 6-2
Steve Armstrong, Wash(15y)6-2

Long Jump
Alvin Brown, Florida 23-8 $\frac{3}{4}$
Al Kolarik, Kansas 23-3 $\frac{3}{4}$
Donald Robbins, La 22-8 $\frac{3}{4}$
John McCallum, So Car 22-3
Clydel Atkins, Arizona 22-1 $\frac{1}{2}$
Carleton Shaw, Md (15y) 22-1 $\frac{1}{2}$
Mike White, Washington 22-0 $\frac{1}{2}$

Shot Put (12 pound)
Ronald Semkiw, Penna 62-6
Terry Albritton, Calif 59-3 $\frac{3}{4}$
Bill Johnson, Arizona 59-0 $\frac{1}{4}$
Howard Banich, Colo(15y)57-9 $\frac{3}{4}$
Tom Gibson, Florida 57-4 $\frac{1}{2}$
Marty Akins, Texas 56-6 $\frac{1}{2}$
Jim Waleczek, Wisconsin 54-2 $\frac{1}{2}$

Girls Events
100 yard Dash
Ditra Henry, Illinois(14y) 10.9
Jane Oas, Minnesota 11.0
Deborah Edwards, Texas 11.0
Charlene Johnson, N J 11.1
Karen McDaniel, Dist Col 11.1
Jennifer Hughes, Colo 11.1
Debbie Hileman, Mont (11.3h)
Beverly McNeely, Tex (11.4h)

220 yard Dash
Kathy Guiney, Mass 23.9
Robyn Russell, Ohio 24.0
Deborah Edwards, Texas 24.2
Desma Reed, Pennsylvania 24.8
Karen Willis, Georgia(15y)25.0
Pat McPhatter, Calif 25.0
Beverly McNeely, Tex (25.0h)
Helen Diggs, Wash (25.1h)

110 yard Dash
Sheila Ingram, DC (14y) 53.9
Wendy Koenig, Colo 57.5
Dee Ann Blinger, Oklahoma 56.7
Dianne Yost, Calif(57.4h)57.6
Beverly Haupt, Wash 58.0
Mary Ayers, Ohio 58.3
Linda Stecker, NM(14y)(58.5h)
Rose Stout, Texas (60.7h)

880 yard Run
Liane Swegle, Wash 2:16.8
Debbie Beck, Penna(15y) 2:21.3
Anita Scandurra, NY(15y)2:22.0
Lynne Larson, No Dakota 2:22.2
Susan Abernathy, Tex(14)2:23.5
Tanya Gould, Ariz (15y)2:23.9

80 yard Hurdles (30 inch)
Bobette Krug, Cal(15y) 10.4
Claudia Johnson, Dist Col 10.4
Lorraine Tummings, NY 10.4
Wendy Koenig, Colorado 10.5
Spider Baker, Mex (15y) 10.7
Mari Lyn Carlson, Mo 10.7
Sherrice Duchamp, Mich (11.0h)
Mary Lalum, Montana (11.0h)

High Jump
Denise Kemp, Nevada(15y) 5-4 $\frac{1}{2}$
Alice Pfaff, Mass 5-4 $\frac{1}{2}$
Connie Dorsey, Calif 5-4
Cheryl Friesen, Kans(15y)5-4
Mitzi McMillan, Wash(15y)5-4
Desiree Gronwald, Colo 5-1

Long Jump
Gaylene Barber, Ill(15)19- 3
Debbie Flippen, NY 19- 3
Judith Salley, SoCar 18-10 $\frac{1}{2}$
Jackie Taylor, DC (15y)18- 4 $\frac{1}{2}$
Wendy Koenig, Colo 18- 0 $\frac{1}{2}$
Connie Weeks, Okla(14y)17-10 $\frac{1}{2}$
Libby Bryan, Louisiana 17- 2 $\frac{1}{2}$

Shot Put (8 pound)
Iva Wright, California 46- 5
Susie Snider, Tex(15y) 44- 5
Ursula Radford, Wash 43- 2
Waynette Mitchell, Haw(15)42-8
Mary Lipelt, So Dakota 41-10 $\frac{1}{2}$
Betty Fohiker, Mo 40-11 $\frac{1}{2}$
Desiree Gronwald, Colo 39- 1 $\frac{1}{2}$

220 yard Dash
Jimmy Loftin, Washington 22.8
Rich Ingram, New York (23.5h)
Mike Delancey, Boston (23.4h)
Greg Jenkins, New York
Robert Briceo, Detroit
Don Burrell, Birmingham

220 yard Dash
L. Stephens, Baltimore 6-1
K. Robbins, Birmingham 6-0
C. Littlejohn, Detroit 5-8
Glen Smith, New York 5-7
B. Thomas, Paterson 5-4
G. Randall, Washington 5-2

75 yard Dash
Alfonso Kelly, Paterson 9.3
Mark Shaw, Washington (9.4h)
Kurt Weidel, Detroit (9.6h)
Steve Anderson, Birmingham
Paul Daughtry, Boston
Bill Jackson, Baltimore

100 yard Dash
Tony Herndon, Wash(11.4h)11.5
Lane Billingsley, Birmingham
Ken Jackson, Paterson (12.6h)
Kevin Doris, Boston
Lionel Brooken, Balt (12.8h)
Kevin Breland, New York

Long Jump
Mark Cooks, Detroit 16- 1
John Luks, New York 15-10
Victor Harrison, Wash 15- 2 $\frac{1}{2}$
Bill Daughtry, Boston 14-11 $\frac{1}{2}$
Barsey Armwood, Balt 14-10
Eric Thias, St Louis 14- 4 $\frac{1}{2}$

4 X 110 Relay
Washington (52.9h)53.4
Detroit 53.6
New York 54.6
St Louis 60.0
Paterson (54.0h)

Boys 12-13
100 yard Dash
Harlan Huckleby/Det(10.5h)10.7
Coleman Burkett, Det (11.0h)
Nelson Broomfield, NY(11.1h)
Keith Brown, Baltimore
Tony Broncato, New York
Willie Banks, Washington

220 yard Dash
Sam White, Detroit 24.5
Mark Weidel, Detroit 24.5
David Blutcher, Birm 24.8
R. Supter, Paterson 25.0
L. Blair, Washington 25.6
G. Austin, Baltimore 25.6

Long Jump
M. Thomas, Birmingham 17-10 $\frac{1}{2}$
R. Grigsby, Detroit 17- 9 $\frac{1}{2}$
Charles Duront, NY 17- 7 $\frac{1}{2}$
J. Kinney, Washington 17- 7 $\frac{1}{2}$
B. Davis, St Louis 17- 3 $\frac{1}{2}$
C. Kratochvil, Pat 16- 0 $\frac{1}{2}$

High Jump
E. Smith, New York 4-9
A. Szaszsiul, Detroit 4-9
T. McGrath, Washington 4-7
J. Wilson, St Louis 4-7
D. Stanton, Boston 4-7
J. Basket, Birmingham 4-7

4 X 110 Relay
Detroit 47.0
New York 47.1
Washington 47.7
Paterson 48.6
Baltimore 49.7

Boys 14-15
100 yard Dash
Sylvester Smith, Wash 10.1
Gerald Russell, NY (10.1h)
David Graves, NY (10.5h)
Duane Anderson, Washington
Kevin Perry, Detroit
C. Carroll, Detroit

220 yard Dash
Jimmy Loftin, Washington 22.8
Rich Ingram, New York (23.5h)
Mike Delancey, Boston (23.4h)
Greg Jenkins, New York
Robert Briceo, Detroit
Don Burrell, Birmingham

440 yard Dash
R. Williams, Detroit 52.0
Hugh Mighty, New York 52.0
Eric Banks, Wash (52.6h)52.2
Kerry Key, St Louis 53.4
David Covert, Boston 54.0
Abu El, Detroit 54.1

Long Jump
C. Shaw, Washington 22- 0
J. Gentry, St Louis 21- 0 $\frac{1}{2}$
S. Saia, Boston 19-11
Angel Garcia, New York 19- 7 $\frac{1}{2}$
W. Chandler, Baltimore 18-11
M. Gloomis, Detroit 18-10 $\frac{1}{2}$

High Jump
L. Stephens, Baltimore 6-1
K. Robbins, Birmingham 6-0
C. Littlejohn, Detroit 5-8
Glen Smith, New York 5-7
B. Thomas, Paterson 5-4
G. Randall, Washington 5-2

Shot Put (8 pound)
J. Hilliar, St Louis 62- 3 $\frac{1}{2}$
J. Hutchins, Wash 55- 3
M. Tetreault, Detroit 51-11 $\frac{1}{2}$
John Hughes, New York 49- 0 $\frac{1}{2}$
D. Hunter, Paterson 46- 7 $\frac{1}{2}$
M. Jones, Baltimore 45-10 $\frac{1}{2}$

880yd Relay(220-110-110-440)
Washington 1:35.9
Baltimore 1:36.5
Detroit 1:38.5

Girls 9-11
75 yard Dash
Kim Howard, Detroit 9.4
Lisa Glenn, Detroit (9.6h)
Teri Matthews, Wash (9.6h)
Sharon Johnson, St Louis
Cynthia Basket, Birmingham
Cynthia Hall, Baltimore

100 yard Dash
Schydona Rudisill, Wash 11.8
Angela Johnson, Det (12.0h)
Neomia Coleman, St Louis
Jeannette Glover, Wash(12.2h)
Roslyn Love, St Louis
Bridgette Davis, Detroit

Long Jump
Cynthia Banks, Detroit 13-11
Jackie Rooths, Wash 13- 9 $\frac{1}{2}$
Lora Davis, St Louis 13- 7 $\frac{1}{2}$
Kim Woodruff, New York 13- 5 $\frac{1}{2}$
Cynthia Bowen, Birm 12-11 $\frac{1}{2}$
Iris Wright, Balt 12- 8 $\frac{1}{2}$

4 X 110 Relay	
Detroit	53.5
Washington (54.5h)	54.9
New York	56.2
St Louis	57.0
Baltimore	58.0

Girls 12-13	
100 yard Dash	
Debbie Carter, St Louis	11.3
Shirley Finney, Wash (11.3h)	
Clenitha Ray, Wash (11.7h)	
Angela McLaughlin, New York	
Pett Newham, Detroit	
Rosalie Wright, Detroit	

220 yard Dash	
Deidre Wilson, New York	25.6
Linda Blakely, Detroit	25.9
Tanya Bryant, Washington	26.3
Robin Campbell, Wash (27.6h)	27.8
Jamie Sanders, Paterson	28.4
Laura Lee, Paterson	29.0

Long Jump	
M. Smith, St Louis	17-3 $\frac{1}{2}$
Anita Lee, Detroit	17-1 $\frac{1}{2}$
C. Vanhorn, Birmingham	16-0 $\frac{1}{2}$
Natalie Adams, New York	15-8
Sharon Taylor, Wash	15-4 $\frac{1}{2}$
S. Brown, Boston	15-2 $\frac{1}{2}$

High Jump	
T. Jones, Washington	4-11
S. Murray, Birmingham	4-8
R. Chandler, Baltimore	4-6
A. Mahone, St Louis	4-2

4 X 110 Relay	
Washington	49.7
Detroit	50.0
New York	51.2
St Louis	52.5
Baltimore	53.5
Birmingham	53.6

Girls 14-15	
100 yard Dash	
Karen McDaniels, Wash	11.1
Elaine Johnson, NY (11.2h)	
Lynn Smith, Detroit	
Jackie Taylor, Wash (11.2h)	
Deborah Jones, Baltimore	
Adrian Ephron, Birmingham	

220 yard Dash	
Jackie Randolph, Wash	25.6
Chris A'Harrah, Wash (26.1h)	
Michelle Johnson, NY (26.5h)	
W. Jackson, Detroit	
Camella Jones, St Louis	
Shila Gilliam, Detroit	

440 yard Dash	
Sheila Ingram, Wash	54.8
Annette Moore, Wash	57.7
Lynne Scherzer, StLouis	58.7
Julie Gibson, Detroit	60.4
Lynn Lovat, Detroit	60.5
Connie Simpson, NewYork	60.6

Long Jump	
Francina Simuel, NY	16-10 $\frac{1}{2}$
J. Hagenmueller, StLou	16-9
P. Hull, Baltimore	16-5 $\frac{1}{2}$
B. Relf, Detroit	16-4 $\frac{1}{2}$
Ina Wisdom, Wash	15-11 $\frac{1}{2}$

High Jump	
C. Butler, Washington	5-3
Loretta Matejko, Detroit	5-2
A. Franklin, St Louis	4-5
R. Briggs, Boston	4-5
Jeminia Tranberg, NY	4-3

Shot Put (8 pound)	
Kim Fyles, Washington	36-9
A. Lyons, Boston	36-6 $\frac{1}{2}$
T. Toney, Birmingham	33-7 $\frac{1}{2}$
A. Williams, Detroit	33-5
Michael Wheatle, NY	30-7 $\frac{1}{2}$

880 yard Relay (220-110-110-440)	
Washington	1:45.6
Detroit	1:48.3
St Louis	1:51.0
New York	1:56.0
Boston	1:56.1
Birmingham	1:58.7

OHIO AAU BOYS & GIRLS
AGE GROUP CHAMPIONSHIPS

JUNE 5, 1971
TROTWOOD HIGH SCHOOL
DAYTON, OHIO

Boys 9-Under	
100 yard Dash	
W. Lytle, SPS	14.0
B. White, SPS	14.5
B. Lavery, COR	14.9
R. Taylor, KTS	14.9

220 yard Dash	
W. Lytle, SPS	33.2
P. Lytle, SPS	34.1
M. Robinson, SPS	34.6

660 yard Run	
B. White, SPS	2:11.5
J. McGrath, KTS	2:16.7
T. Saine, DCY	2:18.7

Long Jump	
J. McGrath, KTS	12-0 $\frac{1}{2}$
R. Taylor, KTS	10-8 $\frac{1}{2}$
M. Malesko, KTS	10-5 $\frac{1}{2}$

High Jump	
J. Welch, GRF	3-11
R. Taylor, KTS	3-7

Baseball Throw	
J. McGrath, KTS	140-6
J. Welch, GRF	134-5

Boys 10-11	
100 yard Dash	
L. Wilson, DCY	13.0
D. Albers, KTS	13.2
D. Dorsey, COR	13.3

220 yard Dash	
B. Welch, GRF	29.7
D. Albers, KTS	30.0
L. Wilson, DCY	30.2

440 yard Dash	
B. White, CCM	71.1
A. Washington, NCH	71.3
M. Mayhew, COR	71.3

880 yard Run	
R. White, SPS	2:44.3
T. Teegarden, KTS	2:52.1
G. Shafer, GRF	2:57.3

High Jump	
D. Ream, NWF	3-10
F. Cook, GRF	3-8
M. Yountz, GRF	3-8

Long Jump	
B. Welch, GRF	13-11 $\frac{1}{2}$
T. Saine, DCY	12-8
M. Malesko, KTS	11-8 $\frac{1}{2}$
K. White, CCM	11-8

Shot Put	
B. Welch, GRF	37-7 $\frac{1}{2}$
A. Sloan, KTS	25-6 $\frac{1}{2}$
C. Holmes, BLB	24-3 $\frac{1}{2}$
C. Henderson, DCY	22-6

Boys 12-13	
100 yard Dash	
D. Dimmy, CCM	11.5
L. White, DCY	11.9
T. Elwood, COR	12.1

220 yard Dash	
D. Dimmy, CCM	27.2
D. Burger, KTS	27.8
J. Miller, NCH	29.0

440 yard Dash	
Hess, Buckeye Trail Cl	58.5
C. Blair, Trotwood HS	60.5
Saine, DCY	63.6

880 yard Run	
Davis, Buckeye TC	2:18.9
C. Blair, Trotwood HS	2:22.8

One mile Run	
M. Cross, NWF	5:37.4
T. Teegarden, KTS	5:47.2
E. Bronston, SPS	5:51.2

70 yard Hurdles	
A. Underwood, SPS	10.0
M. Reid, Trotwood HS	12.5

High Jump	
A. Underwood, SPS	4-10
R. Welch, GRF	4-8

Long Jump	
D. Hoarns, Buckeye TC	16-0 $\frac{1}{2}$
U. Saine, DCY	15-9 $\frac{1}{2}$
M. Harris, DCY	15-9

Shot Put	
R. Welch, GRF	38-9 $\frac{1}{2}$
M. Hando, GRF	30-10 $\frac{1}{2}$

Discus Throw	
R. Welch, GRF	92-0
M. Handow, GRF	77-8

Boys 14-15	
100 yard Dash	
G. Griffin, SPS	10.5
R. Henderson, DCY	10.6
S. Malesko, KTS	10.7

220 yard Dash	
G. Griffin, SPS	24.3
R. Henderson, DCY	24.4
L. Pryor, Trotwood HS	24.7

440 yard Dash	
A. McConnell, SPS	53.2
C. Valentine, DCY	55.1
P. Zanovich, Mound TC	56.9

880 yard Run	
D. Fluellen, CCM	2:06.1
C. Valentine, DCY	2:11.3
M. Angelo, Buckeye TC	2:12.4

One mile Run	
M. Stephenson, Oakwood	4:51.5
W. Rakosky, NWF	4:58.0

120 yard Hurdles	
A. McConnell, SPS	13.3
Spaulding, Mound TC	14.4
R. Black, DCY	14.4

High Jump	
A. McConnell, SPS	5-10 $\frac{1}{2}$
R. Essex, COR	5-9 $\frac{1}{2}$
W. Greene, Mound TC	5-8
K. Coleman, Oakwood	5-8

Long Jump	
D. Spaulding, Mound TC	19-9 $\frac{1}{2}$
B. Wagoner, COR	18-3

Shot Put	
K. Coleman, Oakwood	46-5
Bostater, NWF	46-4 $\frac{1}{2}$
K. Davis, Oakwood	46-1

Discus Throw	
B. Dearth, Mound TC	127-2
P. Davis, Oakwood	112-9
R. King, KTS	99-7

Girls 9-Under	
100 yard Dash	
V. Gunn, CCM	13.4
V. Staidimime, CCM	13.6
S. Sampson, DCY	13.7
T. Bass, SPS	13.8
M. Carton, KTS	13.8

220 yard Dash	
V. Gunn, CCM	31.9
S. Sampson, DCY	32.8
V. Staidimime, CCM	33.1
M. Carton, KTS	33.3

660 yard Run	
J. Luebhen, KTS	2:01.1
K. Belton, DCY	2:05.8
J. Wood, NCH	2:10.0
C. Janock, St Anne's	2:10.6

High Jump	
J. Wood, NCH	3-10
K. Belton, DCY	3-8
N. Huxel	3-6

Long Jump	
K. Belton, DCY	13-3 $\frac{1}{2}$
J. Danue, NCH	11-1
J. Albers, KTS	10-11 $\frac{1}{2}$
M. Banks, DCY	10-9 $\frac{1}{2}$

Baseball Throw	
J. Albers, KTS	128-10
L. Zook, GRF	92-5

Girls 10-11	
100 yard Dash	
C. Browning, SPS	12.3
A. Bass, SPS	12.6
J. Edwards, SPS	12.7
K. White, SPS	12.8

220 yard Dash	
C. Browning, SPS	28.7
S. Brown, CCM	29.4
D. Dimmy, CCM	30.4
P. Cohlverson, CCM	30.4

440 yard Dash	
S. Brown, CCM	65.9
K. Browning, SPS	66.7
S. Huxel, NCH	68.8
C. Scott, KTS	69.8

880 yard Run	
B. Jarvis, KTS	2:38.4
B. Hathaway, NCH	2:41.1
C. Craven, OH	2:42.8
C. Lehoe, COR	2:46.9

High Jump	
B. Hathaway, NCH	3-10
S. Huxel, NCH	3-10
A. Wright, KTS	3-10
B. McCraw, DCY	3-10

Long Jump	
A. Bass, SPS	13-7
K. Schwab, KTS	13-4 $\frac{1}{2}$
C. Scott, KTS	13-0 $\frac{3}{4}$
C. Addy, OH	13-0 $\frac{1}{4}$

Shot Put	
S. Huxel, NCH	25-6 $\frac{1}{4}$
K. Dauwe, NCH	21-8
K. Schwab, KTS	21-1 $\frac{1}{2}$
T. Fitzgerald, NCH	20-10 $\frac{1}{2}$
P. Smith, GRF	20-3 $\frac{1}{4}$

Girls 12-13	
100 yard Dash	
L. Banks, DCY	12.0
D. Jones, CCM	12.2
T. Bass, SPS	12.2
R. Turner, CCM	12.4

220 yard Dash	
L. Talley, CCM	27.5
T. Seippel, KTS	27.5
G. Talley, CCM	28.1
L. Banks, DCY	28.1

440 yard Dash	
L. Talley, CCM	63.7
G. Talley, CCM	64.0
M. Keifer, KTS	68.1

880 yard Run	
B. Shell, KTS	2:35.2
M. Sturr, KTS	2:35.4

One mile Run	
T. Seippel, KTS	5:23.3
B. Miller, St Anne's	5:27.2
D. Stephens, KTS	5:55.4

High Jump	
J. Jarvis, KTS	4-7
C. Tobin, BLB	4-7
S. Hermey, COR	4-6
K. Jett, DCY	4-5

Long Jump	
J. Jarvis, KTS	15-0
De. Pheanis, KTS	13-10 $\frac{1}{4}$
C. Ott, NWF	13-10

Shot Put (6 pound)	
L. Traylor, GRF	28-4 $\frac{1}{2}$
D. Stephens, KTS	26-11 $\frac{1}{2}$
K. Tobin, BLB	26-1 $\frac{1}{2}$

Discus Throw (1 kilogram)	
D. Stephens, KTS	72-5
K. Tobin, BLB	57-9 $\frac{1}{2}$

50 yard Hurdles (30 inch)	
Joy Jarvis, KTS	7.8
R. Potts, OH	7.8
M. Keifer, KTS	8.1
T. Black, SPS	8.5
B. Miller, St Anne's	8.5

Girls 14-15	
100 yard Dash	
D. Pearson, NWF	11.5
G. Gunn, CCM	11.6
C. Adams, KTS	11.7
K. Muschel, OH	11.8

220 yard Dash	
G. Gunn, CCM	26.9
S. Fitzgerald, KTS	27.4
D. Pearson, NWF	27.5
C. Adams, KTS	27.6

440 yard Dash	
S. Fitzgerald, KTS	61.0
S. Kemp, CCM	63.6
L. Seippel, KTS	63.7

880 yard Run	
Bev Fry, NCH	2:36.7
K. Hovey, KTS	2:41.0
S. McCray, CCM	2:44.0

One mile Run	
Bev Fry, NCH	5:48.8
L. Wilson, KTS	6:08.8

70 yard Hurdles	
M. Henry, KTS	11.0
D. Hamilton, DCY	11.9

High Jump	
J. Gill, NWF	4-9
M. Henry, KTS	4-6

Long Jump	
J. Gill, NWF	16-1 $\frac{1}{2}$
A. Kuhner, OH	15-10 $\frac{1}{2}$
M. Henry, KTS	15-4 $\frac{1}{2}$

Shot Put	
J. Bierman, BLB	36-2 $\frac{1}{2}$
A. Heckelman, NWF	33-1 $\frac{1}{2}$
L. Seippel, KTS	30-1

Discus Throw (1 kilogram)	
L. Seippel, KTS	99-9
M. Childers, KTS	87-8

OREGON AAU BOYS
AGE GROUP CHAMPIONSHIPS

JUNE 6, 1971
BATTLE GROUND, WASHINGTON

220 yard Dash	
Roulette, LK	25.3
Orth, WOD	25.8
Christiansen, POR	27.0

440 yard Dash	
Stuart, WOD	60.1
Schimler, POR	61.5
Stump	63.3

880 yard Run	
Snelling, POR	2:18.8
Rodgers, LK	2:26.9
Grant, RDG	2:36.9

One mile Run	
Adkins, POR	5:13.7
Jackson, RDG	5:18.2
Weidman, POR	5:28.6

70 yard Hurdles (30 inch)	
Orth, WOD	9.7
Stump	9.8
Snelling, POR	10.2

High Jump	
Davis, LK	5-1
Catlin, LK	4-10
Rodgers, LK	4-10

Pole Vault	
Canales, LK	9-0
Miles, RDG	8-0
Blodgett, WOD	7-6

Long Jump	
Stuart, WOD	17- 2 $\frac{1}{2}$
Orth, WOD	16-10 $\frac{1}{2}$
Spingath, LK	16- 5 $\frac{1}{4}$

Shot Put	
Hannan, WOD	40-0
Stuart, WOD	37-2
Griffith, POR	33-6

Discus Throw	
Hannan, WOD	117-1
Carter	97-8
Griffith, POR	86-5

14-15 Division	
100 yard Dash	
Hutchinson, RDG	10.4
Erland, LK	11.1
Hoffman, LK	11.1

220 yard Dash	
Hutchinson, RDG	23.6
Johannes, LK	24.2

440 yard Dash	
Johnsen, LK	54.7
Parsons, LK	57.8

880 yard Run	
Newman, LK	2:07.2
Rieke, LK	2:19.4
Luce, WOD	2:20.3

One mile Run	
Maszek, LK	5:16.1
Blackstone, LK	5:17.0

70 yard Hurdles (39 inch)	
Feyrer, RDG	10.0
Pollock, LK	11.0
Wheeler, LK	11.6

High Jump	
Radford, WOD	5-8
Neuswanger,	5-4
Greene, LK	5-4

Long Jump	
Parsons, LK	19-2 $\frac{1}{2}$
Newman, LK	18-0

Pole Vault	
Neuswanger	10-6
Olson, LK	10-0

Shot Put (8 pound)	
Kalisch, LK	52-11
May, LK	52- 2
Studdard, RDG	50- 9 $\frac{1}{2}$

Discus Throw	
Kalisch, LK	158-3
Studdard, RDG	138-0
Pollack, LK	136-3

OREGON AAU GIRLS AGE-GROUP CHAMPIONSHIPS	
JUNE 19, 1971 BATTLE GROUND, WASHINGTON	
Bantam Division (9-Under)	
50 yard Dash	
Teresa Makin, FLC	7.8
Tami Thomas, FLC	8.3
Kathy Burn, POR	8.3

100 yard Dash	
Teresa Makin, FLC	15.1
Lisa Thornberry RDG	15.4
Kathy McClanahan, POR	15.4

220 yard Dash	
Kendal Makin, FLC	33.6
Karen Gruen, PastbackTC	37.0
Bridgett Dagg, POR	37.6

440 yard Dash	
Bredgett Dagg, POR	78.4
Dawn Cox, Pastback TC	78.5
Rene Coffey, FLC	80.0

660 yard Run	
Murella Chacon, Fastb	2:11.4
Angie Arvidson, POR	2:13.8

High Jump	
Kelly Kroon, FLC	3-5
Rene Coffey, FLC	3-3
Karen Gruen, Pastback TC	3-1

Long Jump	
Kendal Makin, FLC	11-0
Bambi Foulkes	10-8

Baseball Throw	
Alison Tarbox, FLC	97- 6
Tina Alderman, FLC	89- 4
Francis Olson, RDG	85-10

Midget Division (10-11)	
50 yard Dash	
Mary Ward, RDG	7.3
Lori Madsen, FLC	7.4
Margo Johnson, POR	7.5

100 yard Dash	
Kathy Pearson, POR	13.8
Kathy Haas, POR	14.0
Lori Madsen, FLC	14.0

220 yard Dash	
Kathy Pearson, POR	31.6
Marla Day, POR	31.9
Lori Madsen, FLC	32.1

440 yard Dash	
Kelly McKinley, FLC	72.9
Denise Iverson, RDG	75.7

880 yard Run	
Jamie Mitchell, POR	2:40.3
Lisa Sykes, RDG	3:08.2

High Jump	
Casey Swan, POR	3-11
Joni Osborne, Springfield	3-6
Lisa Sykes, RDG	3- 6

Long Jump	
Casey Swan, POR	13-11 $\frac{1}{4}$
Kelly McKinley, FLC	12-11 $\frac{1}{2}$
Susan Van Galder, POR	12- 6

Shot Put (6 pound)	
Michelle Sullivan, Spr	26- 0 $\frac{1}{2}$
Sally Pfeifer, RDG	22- 8
Mary Ward, RDG	20-10

Baseball Throw	
Michelle Sullivan, Spr	133- 6
Ellen Thomas, FLC	128-10
Kathy Haas, POR	125- 0

CALIFORNIA STATE BOYS AGE GROUP MEET	
JUNE 19-20 AMERICAN RIVER COLLEGE SACRAMENTO, CALIFORNIA	
Track-Dirt	
Weather-Very hot, No wind	
Sponsor-San Juan Striders	

6-7 Division	
50 yard Dash	
David Rodigo, SJS	7.2
Mike Sherrard, HH	7.4
Jerome Waddell, JRS	7.8
Anthony Hodges, HH	7.9

100 yard Dash	
David Rodigo, SJS	13.7
David Oliver, RCS	14.0
Mike Sherrard, HH	14.2
Ken Taylor, HH	14.2
Bryan Tyner, RCD	14.5

Long Jump	
David Oliver, RCS	11-9 $\frac{1}{4}$
Mike Sherrard, HH	11-7 $\frac{1}{2}$
David Rodigo, SJS	11-2 $\frac{1}{2}$
Bryan Tyner, RCD	11-1 $\frac{1}{2}$
Kenneth Taylor, HH	11-0

440 yard Dash	
David Oliver, RCS	74.4
Bryan Tyner, RCD	75.5

8-9 Division	
50 yard Dash	
Daryl Lawler, LAJ	6.9
Greg Capestani, RCT	7.0
Mike Bunds, SJS	7.2
Ray Holland, HH	7.5
Jerry Jones, SJS	7.5
G. Cohen, SAL	7.5

100 yard Dash	
O. J. Waddell, JRS	13.0
Daryl Lawler, LAJ	13.4
James Lever, HH	13.7
Mike Bunds, SJS	13.7
G. Cohen, SAL	13.7

220 yard Dash	
O. J. Waddell, JRS	30.6
Ray Eddy, SJS	31.9
Robin Messick, WW	32.1
Rod McConocha, SJS	32.2
Mark Jenkins, HH	32.5
Pat Connors, RCD	32.9

440 yard Dash	
Greg Capestani, RCT	66.8
Robin Messick, WW	68.8
Rod McConocha, SJS	68.9
Pat Connors, RCD	74.9
Mark Matranga, SJS	75.0
Dan Clements, SJS	76.7

880 yard Run	
Ray Eddy, SJS	2:38.2
Todd Knox, WW	2:39.3

One mile Run	
S. Burk, SAL	5:46.5
Larry Lowmiller, SAL	5:57.0
Tom Cunningham, SJS	6:00.5
Robert Martinez, SJS	6:05.0
Tom Owen, RCS	6:05.0

440 yard Walk	
Eric Green, RCD	2:33.0
Lee Finley, HH	2:33.1

880 yard Walk	
Greg Bentley, StockRW	4:47.3
Robert Martinez, SJS	5:23.9
Nick Sakelarios, RCS	5:35.5
Eric Green, RCD	5:39.4

One mile Walk	
G. Bentley, Stock RW	10:48.1
Robert Martinez, SJS	11:53.3

10-11 Division	
50 yard Dash	
Dennis Davis, HH	6.6
Paul Bates, HH	7.0

100 yard Dash	
Ken Lawler, LAJ	11.8
Melvin Holland, HH	11.8
Scott Collie, RCT	12.8
Steve Bruce, HH	12.8
James Donald, HH	12.9
Dennis Davis, HH	12.9

220 yard Dash	
Ken Lawler, LAJ	27.5
Scott Collie, RCT	28.4
Steve Bruce, HH	29.8
Ron Jordan, LAJ	30.4

440 yard Dash	
Melvin Holland, HH	62.5
Shawn Shambaugh, WW	65.0
Sam Monaco, RCS	68.4
Ken Chalecki, SJS	68.5

880 yard Run	
Randy White, WW	2:22.8
Eddie Lujan, WW	2:26.4
Ron Jordan, LAJ	2:28.4
Sam Monaco, RCS	2:34.2
Rod Cox, SJS	2:41.2

One mile Run	
Kevin Knox, WW	5:14.1
Robert Nunez, WW	5:22.4
Mike Houghton, WW	5:30.2
Scott Porter, SJS	5:36.2
Danny Martine , SJS	5:39.0
Jerry Lowmiller, SAL	5:42.2

880 yard Walk	
Danny Martinez, SJS	4:28.8
Jim Lowmiller, SAL	4:40.2
Rod Cox, SJS	4:42.8
David Wilson, RCS	4:45.2

One mile Walk	
Rummy Martinez, SJS	9:51.7
Rod Cox, SJS	10:43.9
Kirk Fusaak, SJS	10:51.3

70 yard Hurdles (30 inch)	
Curtis Sells, SAL	11.0
Rick Luttrell, HH	11.1
Bryan Platner, SJS	11.5

Norman Alexander, SAL	11.5
Joe Walker, SJY	11.5
Darryl Fort, HH	11.7

High Jump	
James Johnson, HH	4-6
Joel Wyrick, SJY	4-4
Rick Luttrell, HH	4-2
Mark Sturdivant, SJS	4-0

Long Jump	
Melvin Holland, HH	16-10 $\frac{1}{2}$
Jerry Willhite, RCD	14- 8 $\frac{1}{2}$
Paul Bates, HH	14- 6
Steve Bruce, HH	14- 4

Triple Jump	
Curtis Sells	33-6 $\frac{1}{2}$
Scott Collie, RCT	31-4 $\frac{1}{4}$
Rick Luttrell, HH	30-4
James Johnson, HH	29-8 $\frac{1}{2}$
Scott Porter, SJS	28-0 $\frac{1}{2}$
B. Casper, SAL	28-0 $\frac{1}{4}$

Shot Put (6 pound)	
Craig Seydell, SAL	27-5
Paul Bates, HH	27-2 $\frac{1}{2}$
Jeff Proul, SJS	24-2 $\frac{1}{2}$
Scott Porter, SJS	23-2
Chris Fowler, RCT	22-10

12-13 Division	
100 yard Dash	
Mark Perry, RCT	11.3
Mark Kilmer, RCT	11.7
John Ross, HH	11.7
Hoze, Del Paso	11.7

220 yard Dash	
Mark Kilmer, RCT	26.0
Keith Taylor, HH	26.2

440 yard Dash	
Richard Martinez, SJY	57.5
Mark Perry, RCT	58.1
Doug Williams, SJS	58.3
Dave Luethcke, SJS	58.3

880 yard Run	
Ernie Jenson, RCS	2:18.0
Tom Maddock, SJY	2:21.6
Richard Martinez, SJY	2:27.6

One mile Run	
David Cortez, RCS	5:07.0
Tom Maddock, SJY	5:09.8
Bret Layton, SJY	5:17.4
Dave Ragland, RCD	5:17.5
Mark Farely, SJS	5:23.5
Jamie McDonald, RCS	5:25.0

Two mile Run	
David Cortez, RCS	11:23.9
Pete Graycar, RCS	11:35.3
Steve Tolleson, SJS	11:57.0

High Jump	
Mark Kilmer, RCT	5-0
Gary Harrington, Del Paso	5-0

Long Jump	
Mark Perry, RCT	17-0 $\frac{1}{4}$
Randy Monighetti, SAL	16-5
Jay Nelson, Del Paso	16-4
Eddy Van Brenk, RCS	16-2 $\frac{1}{2}$

Triple Jump	
Eddie Van Brenk, RCS	35-6 $\frac{1}{2}$
Bret Layton, SJY	34-7
Richard Martinez, SJY	33-9

Shot Put	
Rick Pope, SJS	49-4
Harold James, Del Paso	41-5
John Ross, HH	36-8

Discus Throw	
Bret Layton, SJY	109- 9
Randy Wilson, SAL	94-10
Mark Van Brenk, SJS	83- 5

70 yard Hurdles (30 inch)	
Jay Nelson, Del Paso	10.2
Keith Taylor, HH	11.0
Mark Van Brenk, SJS	11.0
Jerry Lowmiller, SAL	11.2
Eddie Van Brenk, RCS	11.2

Two mile Walk	
Chris Giblen, SPA	19:32.4
Chris Johnson, SJY	20:51.4
Russell Crow, StockRW	21:34.6

14-15 Division	
100 yard Dash	
Millard Hampton, HH (14)	10.4
Derrick Ford, LAJ (14)	10.5

220 yard Dash	
Millard Hampton, HH (14)	24.2
Mike Adan, SJY	24.8
Dave Barker, SJY	24.8
Gary Harris, LAJ	24.8

440 yard Dash	
Steve Riggins, LEG	53.9
Mike Kasser, RCS	54.5

880 yard Run	
Mike Kasser, RCS	2:10.5
Emilio Rodriguez, CXO	2:12.2

One mile Run	
Ron Rowden, S Diego TC	4:34.9
Mitch Kingery, RCS	4:41.2
Emilio Rodriguez, CXO	4:41.3
Sammy Garcia, WW (14)	4:51.5

<u>High Jump</u>	
Diane Rogowski, BCB	4-1
Julie Wiederspan, FTM	4-0
<u>Long Jump</u>	
Christine Brockhoff, HTS	14-5
Brenda Billiard, FTM	14-1 $\frac{1}{2}$
Susan Jenkins, AUR	13-6 $\frac{1}{2}$
Melinda Alcalá, FWC	13-5
Kathy Marek, FTM	13-5
Louise Stanton, MSC	13-4 $\frac{1}{2}$

<u>Baseball Throw</u>	
Kelly Rairden, MSC	154-9
Barbara Drain, FWC	131-2

<u>12-13 Division</u>	
<u>100 yard Dash</u>	
Renelda England, HAB	11.1
Cathy Dukes, DAS	11.2
Betty Jones, DAS	11.5
Helen Cole, DAS	11.7
Andrea Wilson, BCB	11.9
Cynthia Mace, MA	11.9

<u>220 yard Dash</u>	
Cathy Dukes, DAS	26.1
Betty Jones, DAS	26.9
Andrea Wilson, BCB	27.6
Dobbie Ottman, MSC	27.8
Helen Cole, DAS	27.8
Tammy Smith, DPFY	27.9

<u>440 yard Dash</u>	
Renelda England, HAB	56.8
Jan Fox	62.5
Carol Von Drehle, CG	62.9

<u>One mile Run (13-Under)</u>	
Shelly Cooper, CG	5:56.1
Barbara Drain, FWC(11)6:50.8	

<u>50 yard Hurdles (30 inch)</u>	
Susan Petrelli, BCB	7.9
Jean Raikes, BCB	8.0
Patty Zellner, MSC	8.6
Cathy Jacobs, JFJ	8.8

<u>High Jump</u>	
Jean Raikes, BCB	4-4
Cindy Ruhl, FTM	4-2
Cathy Thornsbey, FTM	4-2

<u>Long Jump</u>	
Iris Burleson, AUR	15-11 $\frac{1}{4}$
Marla McQuarrie, LS	15-10
Debbie Ottman, MSC	15-6 $\frac{1}{2}$
Megan Griffith, AUR	15-5 $\frac{1}{4}$
Cathy Thornsbey, FTM	15-4

<u>Shot Put (6 pound)</u>	
Kelly Curran, CG	36-5 $\frac{1}{2}$
(also 77-0 Discus Throw)	
Patty Zellner, MSC	27-1 $\frac{1}{4}$

<u>Baseball Throw</u>	
Pam Young, CG	223-11
(also 97-1 Javelin throw)	
Patty Zellner, MSC	170-0
Kelly Curran, CG	168-9

**FLORIDA JUNIOR CHAMP
BOYS & GIRLS ALL-COMERS**

JULY 2, 9, 16, 23, 30
& AUGUST 6, 13, 20
UNIVERSITY OF FLORIDA
GAINESVILLE, FLORIDA

Track-All-weather
Meet Director-Ken Burnsed

(Best marks from series)

<u>Boys 6-Under</u>	
<u>50 yard Dash</u>	
George Gilchrist	8.0
Bret Gainey	8.4
Mike Carter	8.4
Phillip Sallet	8.4
Felton Sallet	8.4

<u>100 yard Dash</u>	
Felton Sallet	15.4
George Gilchrist	15.7
Greg Sherman	15.8

<u>220 yard Dash</u>	
George Gilchrist	37.0
Felton Sallet	37.8
Greg Sherman	39.0

<u>880 yard Run</u>	
Sean Foster	3:44
Travis York	3:58
Michael Patton (age 5)	4:00

<u>One mile Run</u>	
Michael Patton (5)	8:09
Tracy Brown (5)	8:33
John Carnes (4)	8:52

<u>Long Jump</u>	
Greg Sherman	5-7
Felton Sallet	5-5
Charlie Tyner	4-10
Mark Whaling	4-10

<u>Baseball Throw</u>	
Felton Sallet	88-6
Greg Sherman	85-2
Stanley Zody	80-1

<u>60 yard Hurdles (30 inch)</u>	
George Gilchrist	12.0
Michael Carter	12.6
Phillip Sallet	13.0

<u>Boys 7-8</u>	
<u>50 yard Dash</u>	
Eddie George	7.3
Darrel DeRuzzo	7.3
Greg Debose	7.4
Dezzell Bessant	7.4

<u>100 yard Dash</u>	
Darrel DeRuzzo	13.7
Pat McLean	14.0
Eddie George	14.0

<u>220 yard Dash</u>	
Darrel DeRuzzo	32.5
Gilford Carter	33.4
Eddie George	33.5

<u>440 yard Dash</u>	
Pat McLean	79.1
Derek Holland	79.8
Eddie George	80.0
David Patton	82.6

<u>880 yard Run</u>	
Derek Holland	2:49
Darrel DeRuzzo	3:04
Brian Foster	3:05

<u>One mile Run</u>	
Derek Holland	6:40
Kevin Burnsed (7)	6:52
Pat McLean	7:03

<u>60 yard Hurdles (30 inch)</u>	
Pat McLean	10.5
Darrel DeRuzzo	10.7
Eddie George	11.0

<u>High Jump</u>	
David Lee	3-8
Derek Holland	3-4

<u>Long Jump</u>	
Greg Debose	11-11
Darrel DeRuzzo	11-8
David Lee	11-4

<u>Shot Put</u>	
Robert Hardin	14-3
Kern Alexander	12-8

<u>Baseball Throw</u>	
Eddie George	123-6
David Lee	118-0

<u>Boys 9-10</u>	
<u>50 yard Dash</u>	
Kenneth James (9)	6.6
Michael Sherman	6.7
Joey Jay	6.8

<u>100 yard Dash</u>	
Joey Jay	12.2
Kenneth James (9)	12.4
Darren Williams	12.8

<u>220 yard Dash</u>	
Kenneth James (9)	29.0
Joey Jay	29.4
Michael Sherman	30.5

<u>440 yard Dash</u>	
Jeff Day	69.5
Kenneth James (9)	69.9
Michael Sherman	72.0

<u>880 yard Run</u>	
Kenneth James (9)	2:42
Shane Holland	2:44
Michael Sherman	2:45
Jimmy Hartle	2:46

<u>One mile Run</u>	
Jimmy Hartle	5:50
Bob Carnes	6:08
Shane Hollani	6:11

<u>60 yard Hurdles (30 inch)</u>	
Lansing Jones	9.5
Greg Spindler	9.5
Kenneth James (9)	9.6
Greg Bradley	9.6
Joey Jay	9.6

<u>High Jump</u>	
David Smith	4-2
Joey Jay	4-0 $\frac{1}{2}$
Shane Holland	4-0
Jimmy Hartle	4-0

<u>Long Jump</u>	
Joey Jay	11-8
Shane Holland	13-5 $\frac{1}{2}$
David Glucksberg	12-1

<u>Shot Put</u>	
Jeff Day	20-11
Bret Weshbury	20-7
Greg Bradley	19-11 $\frac{1}{4}$
Mark DeRuzzo	19-3

<u>Baseball Throw</u>	
Leon Johnson	189-11
Henry Gregg	171-3
Michael Sherman	152-6

<u>Boys 11-12</u>	
<u>50 yard Dash</u>	
Clive Debose	6.3
Bert Yancey	6.4

<u>100 yard Dash</u>	
Lorenzo James	12.0
Kyle Colburn	12.1
Clive Debose	12.2

<u>220 yard Dash</u>	
Kyle Colburn	27.8
Ronnie Carter	28.5
Kenneth Hill	28.6
Duane Osgood	28.6

<u>440 yard Dash</u>	
Ronnie Carter	65.5
Phillip Clifford	71.4

<u>880 yard Run</u>	
Philip Crawford	2:37
Leonard Perry	2:38
Rob McCoy (11)	2:41

<u>One mile Run</u>	
Stephen Cade (11)	5:44
Rob McCoy (11)	5:49
Joey Welcome	6:07

<u>120 yard Hurdles (30 inch)</u>	
Kenneth Hill	18.9
Duane Osgood	19.1
David Ackell	19.7
Kyle Colburn	19.7
Tracey Fitz	19.7

<u>High Jump</u>	
Calvester Birmingham	4-8
Bobby Koeppl	4-4
Derek Hope	4-0 $\frac{1}{2}$

<u>Long Jump</u>	
Kenneth Hill	16-11
Lorenzo James	16-5

<u>Triple Jump</u>	
Duane Osgood	33-2
Jan Chellimi	30-5
Bob Carnes (10)	26-2

<u>Shot Put</u>	
Duane Osgood	33-1
Lamar Williams	29-3
Elmer Sherman	28-10

<u>Discus Throw</u>	
Elmer Sherman	75-3
Alvin Young	71-0

<u>Boys 13-14</u>	
<u>100 yard Dash</u>	
Jackie Joiner	11.1
Kevin Gartner	11.2
Dwayne Ayers	11.3

<u>220 yard Dash</u>	
Dwayne Ayers	25.5
Brian Johnson	25.6
Jackie Joiner	26.0

<u>440 yard Dash</u>	
Brian Johnson	57.4
Ricky Doucette	61.5

<u>880 yard Run</u>	
Allen Stults	2:15.7
Dwayne Ayers	2:34

<u>One mile Run</u>	
Bill Schmidt	5:20
Allen Stults	5:26

<u>High Jump</u>	
Dwayne Ayers	5-4
John Gamble	4-9

<u>Long Jump</u>	
Dwayne Ayers	18-11
Jackie Joiner	17-7

<u>Shot Put</u>	
Keith Gartner	39-3
Brian Johnson	36-0

<u>Discus Throw</u>	
Keith Gartner	125-0
Brian Johnson	120-0

<u>Girls 6-Under</u>	
<u>50 yard Dash</u>	
Megan Carroll	8.8
Karen Going	8.8
Lynn Tate	9.2

<u>100 yard Dash</u>	
Megan Carroll	16.7
Karen Going	17.1
Elizabeth Key (4)	18.3

<u>220 yard Dash</u>	
Megan Carroll	40.5
Karen Going	43.1
Stephanie Hodge	45.3
Andrea Taylor (3)	46.0

<u>880 yard Run</u>	
Karen Going	3:58
Megan Carroll	4:01

<u>Long Jump</u>	
Karen Going	5-1
Jennifer Davison (5)	4-8
Carrie Thatcher	4-6

<u>Baseball Throw</u>	
Carrie Thatcher	36-0
Adrian Gets (4)	29-8
Lisa Wallace	28-4

<u>Girls 7-8</u>	
<u>50 yard Dash</u>	
Leland Baldwin	7.6
Kathy Watson	8.0
Carline Knights	8.0

<u>100 yard Dash</u>	
Leland Baldwin	15.2
Karen Carnahan	15.4

<u>220 yard Dash</u>	
Lynn Walker	35.8
Karen Carnahan	35.8
Felicia Hall	37.0

<u>440 yard Dash</u>	
Karen Larkin	87.1
Theresa Bass	90.8
Karen Carnahan	92.6

<u>880 yard Run</u>	
Cindy Carnahan (7)	3:31
Laura Edmondson (7)	3:39
Phoebe Cade (7)	3:39

<u>One mile Run</u>	
Nancy Carnes (7)	7:43
Karen Larkin	7:49
Phoebe Cade (7)	7:54

<u>60 yard Hurdles (30 inch)</u>	
Karen Carnahan	12.0
Kathy Watson	12.1
Megan Carroll (6)	12.4
Leland Baldwin	12.5

<u>High Jump</u>	
Laura Edmondson (7)	3-
Phoebe Cade	3-3
Leland Baldwin	3-1

<u>Long Jump</u>	
Karen Carnahan	10-5
Laura Edmondson (7)	9-0

<u>Baseball Throw</u>	
Cheri McDonald	66-0
Leland Baldwin	55-9
Cissy Whittington	55-3

<u>Girls 9-10</u>	
<u>50 yard Dash</u>	
Nancy Tefertiller	6.7
Brigitte Williams	6.9

<u>100 yard Dash</u>	
Nancy Tefertiller	12.5
Alisa Griffin	13.4
Karlyn Gansel	13.6

<u>220 yard Dash</u>	
Nancy Tefertiller	29.2
Brigitte Williams	29.4
Alisa Griffin	31.1

<u>440 yard Dash</u>	
Nancy Tefertiller	71.1
Brigitte Williams	74.4
Karlyn Gansel	79.4

<u>880 yard Run</u>	
Alisa Griffin	2:53
Nancy Williams (9)	2:54
Vickie Jarrett (9)	3:00

<u>One mile Run</u>	
Alisa Griffin	6:38
Nancy Williams (9)	6:51
Tari Losecke (9)	7:44

<u>60 yard Hurdles (30 inch)</u>	
Nancy Tefertiller	9.8
Susan Wilson	10.6
Kim Bogel	11.0
Karen Watson	11.0

<u>High Jump</u>	
Vickie Jarrett	3-9
Nancy Tefertiller	3-9
Mary Jo Dunlap	3-8 $\frac{1}{2}$

<u>Long Jump</u>	
Karlyn Gansel	13-7 $\frac{1}{2}$
Nancy Tefertiller	13-4

<u>Shot Put</u>	
Karlyn Gansel	20-11
Mary Jo Dunlap	18-1

<u>Baseball Throw</u>	
Karlyn Gansel	118-2
Marcie Heyman	104-0

TIME & SPACE

Best Performers of '71

The 1971 Best Performers Lists appearing here include marks made in outdoor meets reported to the compilers by August 25. Only marks taken from complete result sheets are acceptable. Performances reported in fragmentary form are considered unconfirmed and will be dropped from the final list unless more complete information is obtained. Please submit additional results and/or correction to: STARTING LINE, P.O. Box 878, Reseda, California 91335.

Data listed includes (left to right):

1. Time/distance of athlete's best '71 effort
2. Symbols indicating questionable performance - upper case (capital) letter signifies that mark has been disqualified for that reason

w=wind assistance unknown c=? competition
i=wt of implement unknown f=? facilities
a=athlete's age questioned t=? timing
u=performance unconfirmed m=? measurement

3. Athlete's name and team, state, or area
4. Date of performance (all dates 1971)

Marks to be included in STARTING LINE's Final Outdoor Ranking for 1971 must meet the following requirements:

1. Marks must be made on standard outdoor facilities (surveyed track, reasonably legal throwing rings, toe boards, etc.)
2. There must be at least 3 timed or measured competitors in the event and the event must be part of a regularly scheduled meet (hastily improvised record attempts are not acceptable).
3. In the sprints, hurdles, long jump and triple jump wind assistance should be reported (wind gauge readings remove all doubt; wind estimate may help prevent disqualifying mark).
4. The weight of shot, discus, hammer and javelin must be reported (some indication that implements have been properly checked for weight and dimensions will remove doubts).
5. In the hurdles; number of hurdles, hurdle height and distance between hurdles should be noted as well as distance of race.

NOTE: Performances listed below dotted line indicate that marks were made under unacceptable or very questionable conditions. In all cases, more details would be greatly appreciated.

Girls 9&Under

50 yard Dash		
6.8	w	Donna Corley, NewMex 3/6
6.8	w	Cynthia Mosley, CenCal 5/22
6.9	w	Brigette Williams, Fla 4/4
6.9	w	Leticia Morales, CCal 5/1
6.9	w	Joyce Bowie, SoCalif 6/13
7.0	w	Debra Smothers, SCalif 2/21
7.0	w	Kim Edmunds, CentCalif 5/1
7.0	w	Cynthia Rhodes, Ariz 5/22
7.0	w	Janet Jorgensen, Colo 6/12
7.0	w	Lisa Sherrill, NewYork 6/20
6.9	wa	Marla Roberts, CenCal 5/22

100 yard Dash		
12.5	w	Denise Morrow, Mich 5/29
12.6	w	Donna Corley, NewMex 3/21
12.7	w	Felicia Dupew, Colo 5/16
12.8	w	Regina Robinson, CCal 5/22
12.9	w	Brigette Williams, Fla 4/4
13.1	w	Kim Edmunds, CentCalif 5/1
13.1	w	Leticia Morales, CCal 5/22
13.1	w	Denise Council, Pa(13.0u) 7/8
13.1	w	Teria Perry, Colorado 7/31
13.1	w	Rena Wynn, SoCal (8 yr) 7/31
13.2	w	Teresa Barr, Florida 3/20
13.2	w	Regina Mattingly, CCal 5/22
13.2	w	Sonia Mattingly, CCal 5/22
13.2	w	Cindy Griffith, Colo 7/31
12.7	wa	Marla Roberts, CenCal 5/22
13.2	w	Janette Windle, SoCal 4/25

220 yard Dash		
29.2	w	Janette Windle, SoCal 6/13
29.3	w	Donna Corley, NewMex 3/20
29.4	w	Debbie Kainz, SoCalif 6/13
29.5	w	Lisa Sherrill, NewYork 5/23
29.6	w	Denise Morrow, Mich 6/12
29.6	w	Leticia Morales, CCal 6/13
30.5	w	Felicia Dupew, Colo 5/16
30.6	w	Ann Regan, NorthCalif 4/24
30.6	w	Brig. Williams, Fla(34C) 6/5
30.9	w	Teresa Barr, Florida 4/4
31.0	w	Lisa Leivo, SoCalif 6/13
31.0	w	Helen Jacobs, SoCalif 7/24
31.1	w	Cynthia Banks, Mich 6/12
31.1	w	Rena Wynn, SoCalif (8) 7/31
31.2	w	Janet Jorgensen, Colo 6/12

440 yard Dash		
64.4	w	Janette Windle, SoCal 7/8
69.6	w	Emily Diaz, SouthCalif 7/8
70.5	w	Lisa Leivo, SouthCalif 7/8
70.7	w	Tracy Bear, NewMexico 5/2
70.9	w	Sandy Cuevas, Arizona 2/13
71.0	w	Brigette Williams, Fla 4/4
71.5	w	Debbie Kainz, SoCalif 5/1
71.7	w	Lisa Gilliland, NewMex 3/21
71.8	w	Helen Jacobs, SoCalif 7/24
71.9	w	Adrian Nelson, Arizona 6/5
72.2	w	Sharon Miller, CenCal 5/22
72.2	w	Melba Morris, SoCalif 5/29
73.0	w	Cynthia Cooke, Ariz 2/13
73.0	w	Julie Mickens, NoCalif 3/27
73.1	w	Kathy Weiss, Colorado 4/10
73.2	w	Rena Wynn, SoCalif (8) 7/24

660 yard Run		
1:49.9	w	Janette Windle, SoCal 7/24
1:53.6	f	Lisa Gilliland, NewMex 3/6
1:54.5	w	Susie Sanchez, SoCalif 7/8
1:55.6	w	Jeannette Allred, NoCalif 7/8
1:55.7	w	Aliza Zucht, NewMexico 7/8
1:56.0	f	Cinda McDade, NewMex 3/6
1:57.2	w	Mary Swain, Colorado 7/8

1:57.9	f	Tracy Bear, NewMexico 3/6
1:58.0	c	Leslie Rose, Michigan 5/23
1:58.2	w	Donna Sanchez, SoCalif 7/8
1:58.3	w	Becky Gomez, SoCalif 6/5
1:58.4	w	Mary Jo Kosmala, SoCal 6/5
1:58.8	w	Kathy Gill, NewMexico 4/17
1:58.9	w	Marcie Riccardi, SoCal 3/6
1:59.7	w	Dawn Freeman, Arizona 7/8
1:59.8	w	Amy Van Tassel, NoCal 7/8

880 yard Run		
2:42.7	w	Lisa Gilliland, NewMex 5/31
2:43.1	w	Donna Campbell, DistCol 4/18
2:59.0	w	Mary Swain, Colorado 5/16

High Jump		
4-1		Terri Smithey, SoCal 4/1
4-0 1/2	m	Cecily Ellsworth, Ariz 4/3
4-0	m	Dawn Freeman, Arizona 6/5
3-11		Laurie Koustik, SoCal 4/25
3-11 m		Pam Allen, CentCalif 5/22
3-11 m		Barbara Beavers, CCal 5/22
3-10		Cynthia Cooper, NMex 3/6
3-10 f		Janet Brown, NoCalif 3/27
3-10 m		Stacy Doll, CenCalif 5/22
3-10		Desiree Mulvaney, NMex 5/31
3-10 f		J. Wood, Ohio 6/5
3-10		Sylvia Hardy, Colo 6/26
3-10		Debbie Johnson, Ariz 5/22
3-9 f		Nancy Knowles, NoCal 5/1
3-9 f		Maureen Amen, NoCalif 5/1
3-9		Terri Trumble, NwMex 5/2
3-9		Debra Lawson, CenCal 5/22

Long Jump		
13- 8 1/2	w	Donna Corley, NewMex 3/21
13- 8 1/2	w	Janette Windle, SoCal 7/8
13- 5 1/2	w	Lori Anderson, Ariz 6/5
13- 1 1/2	w	Shannon Newsome, Ariz 6/5
12-10 1/2	w	Denise Gowdy, Ariz 6/5
12-10	w	Debbie Wilson, Colo 6/26
12- 7 1/2 f		Sandra Tatum, NewMex 5/31
12- 7 1/2 w		Debra Smothers, SoCal 4/10
12- 7 1/2	w	Cynthia Rhodes, Ariz 3/21
12- 7 w		Donna Mills, SoCalif 4/3
14- 5 1/2 wf		Cynthia Banks, Mich 6/12
13-10 1/2 fc		Leslie Rose, Michigan 5/23
13- 8 1/2 wf		Kim Dawson, CenCalif 6/5
13- 3 1/2 wf		Kim Belton, Ohio 6/5
12- 9 wf		Linda Backus, Wash 5/8
12- 7 1/2 wf		Joyce Bowie, SoCalif 6/13

Baseball Throw		
154- 5	w	Charm Bishop, SoCalif 3/20
140-11 m		Laurie Koustik, SoCal 6/13
140- 2	w	Kathi Mallow, NewMex 5/2
140- 0	w	Janet Albers, Ohio 5/29
139- 5	w	Shannon Turpen, NwMex 3/21
139- 1 m		Becky Howell, SoCalif 6/13
138- 4 m		Joni Argento, SoCalif 6/13
135- 5 m		Christy Wilson, SoCal 6/13
132- 0	w	Julie Root, Arizona 3/21
129- 0	w	Tina Stanton, SoCalif 7/24
127- 1	w	B. Wood, NorthCalif 3/27
126-11	w	Susan Springer, NoCal 3/27
126- 2	w	Sherri Sexton, SoCal 3/6
123- 9	w	Cheri Dewitt, Wash 4/3
123- 3	w	Lori Anderson, Ariz 3/6

Triathlon (100m, HJ, Baseball Throw)		
1:17.8	f	Laurie Koustik, SoCal 5/23
9:91 f		Tracy Hanton, SoCalif 5/23
9:49	w	Charm Bishop, SoCalif 2/21
9:39 f		Terri Smithey, SoCalif 5/23

Compiled by
CALVIN BROWN

1:47.0	w	Laura Janousek, SoCal 3/6
1:47.6	w	Donna Mueller, SoCalif 3/6
1:48.4	w	Jill Boyd, SoCalif 3/6
1:49.2	w	Diane Rodriguez, SoCal 5/15
1:49.4 f		Debbie Cassity, Ariz 3/6
1:49.4	w	Karleen Clark, Colo 6/12
1:49.8	w	Becky Wolfenbarger, SCal 3/28
1:49.8 f		Crystal Kartchner, Ariz 2/13
1:49.0 cu		Ann Slivkoff, NoCalif

880 yard Run		
2:25.5	w	Gwen Dillingham, CCal 7/8
2:25.5	w	Teresa Tomasic, SoCal 7/8
2:26.7	w	Jill Boyd, SouthCalif 7/8
2:26.9	w	Pam Penn, SouthCalif 7/8
2:27.8	w	Renee Quigley, SoCalif 4/24
2:28.3	w	Debbie Leeper, NewMex 7/8
2:28.5	w	Becky Wolfenbarger, SCA 4/24
2:29.8	w	Terry Brooks, Michigan 5/29
2:30.1	w	Janet Burns, NoCalif 5/1
2:30.5	w	Donna Mueller, SoCalif 7/8
2:30.6	w	Ann Slivkoff, NoCalif 5/1
2:30.8	w	Chrishelle Speller, NMex 5/2
2:31.5	w	Crystal Kartchner, Ariz 4/24
2:32.0 f		Karleen Clark, Colo 3/21
2:32.0	w	Rhonda Ross, NewYork 7/11
2:24.8 cu		Julie Shea, NCarolina

One mile Run		
5:33.9	w	Donna Campbell, DC 6/5
5:35.9 t		Nancy Frank, NewYork 6/5
5:35.8	w	Rhonda Ross, NewYork 6/5
5:37.2	w	Gwen Dillingham, CCal 6/5
5:41.4	w	Patty Gnehm, SoCalif 6/5
5:46.2	w	Karen Derryberry, NCal 6/5
5:48.3	w	Patty Dillingham, CCal 6/5
5:50.9	w	Elaine Kent, CenCal 6/5
5:53.2	w	Shelly Cooper, Colo 5/16
5:55.0	w	Tammy Sheetz, SoCalif 6/15

High Jump		
4-10 1/2	w	Lori Krug, SoCalif 7/8
4-10	w	Juanita Barnett, SCA 6/13
4- 9 1/2 f		Chris Shawhan, SoCal 5/23
4- 9 m		Janice Jones, CenCal 5/22
4- 7 1/2	w	Rita Moraga, NoCalif 5/1
4- 7 1/2 m		Suzi Beugen, SoCalif 4/3
4- 7 1/2	w	Sandy Dewitt, NoCalif 4/24
4- 7 1/2	w	Ann Gilliland, NwMex 5/2
4- 7	w	Kathy Schroeder, Colo 6/26
4- 7	w	Diane Rogowski, Colo 6/26
4- 7	w	Laurie Carman, SoCal 7/24
4- 6 1/2	w	Ronell Powell, NoCal 4/24
4- 6 1/2	w	Carrie Hudiburgh, NMex 5/2

Long Jump		
16- 2 1/2	w	Pam Secchiari, Ariz 6/5
16- 0 1/2	w	Ginger Nielsen, Colo 5/16
16- 0	w	Gloria Houpe, NewYork 7/11
15- 5 w		Linda James, Florida 4/4
15- 3 1/2	w	Marie Davenport, Colo 7/8
14-11 w		L.McQuarrie, SCA(5-9 1/2 wf) 4/10
14-10	w	Jan Fox, Colorado 5/16
14- 8 1/2	w	Linda Morrison, SoCal 3/21
15- 7 wf		Susan Staley, CenCal 6/5
15- 3 1/2 wf		Lisa Harnes, Wash 4/17
15- 2 wf		Laura Janousek, SCA 3/28
14- 9 1/2 wf		Michelle Obert, CenCal 6/5
14- 8 1/2 wf		Arnetta Robinson, SCA 6/13
14- 8 1/2 wf		Lula Jenkins, CenCal 5/22
14- 8	w	Janet Willsey, NoCal 4/24

Shot Put (6 pound)		
34- 6 1/2	w	Kelly Curran, Colo 5/16
31- 4 1/2	w	Julie Williams, SCA 7/24
30- 4	w	Liz Baccelli, NoCalif 4/24
29- 8	w	Bea Hunt, SouthCalif 6/13
29- 7 1/2	w	Sharon Laughlin, SCA 3/20
29- 4 1/2	w	Marta Kuehl, NoCalif 6/13
28-11 1/2	w	Kellye Richardson, Ariz 5/22
28- 8 1/2	w	Donna Summers, NoCal 4/24
28- 3 1/2	w	S. Houghtalin, Mich 6/12
28- 1	w	Jane McSkall, Ariz 6/5
27- 9 1/2	w	Terri Harrell, Ariz 6/10
27- 7	w	Jill Faber, SoCalif 3/28
27- 3	w	Donna Yarbrough, Ariz 3/20
27- 0	w	Tina Johnson, NoCalif 6/13

Baseball Throw		
223- 3 m		Tina Johnson, NoCalif 6/13
216- 1	w	Jill Faber, SoCalif 5/1
187- 2	w	Bridget Cross, SoCal 5/29
186- 7	w	Karen Daniels, SoCal 6/5
186- 6	w	Karen Volkamp, Ohio 5/29
184-11	w	Mildred Oliver, SoCal 6/5
178-11	w	Kellye Richardson, Ariz 6/5
177- 8	w	Lisa Van Bentham, SCA 5/15
173- 5	w	Felicia Richard, SoCal 5/29

Triathlon (HJ, 6#SP, 100m)		
1961 f		Chris Shawhan, SoCalif 5/23
1783	w	Terri Harrell, Arizona 6/10
1731	w	Pam Secchiari, Arizona 6/10
1730	w	Diane Rogowski, Colo 6/27
1640	w	Karleen Clark, Colo 6/27
1595	w	Suzi Beugen, SoCalif 5/23
1513	w	Vicki Aston, SoCalif 5/23
1511	w	Carol Von Drehle, Colo 6/27

ACROSS the USA

Regional News & Highlights

THE EAST

Pennsylvania

MT. LEBANON - June 27 & July 3 - The Allegheny Mountain Assn. held its annual Junior Olympic Race Walking Championship at Mellon Jr. High. The team title was hotly disputed affair between Burgettstown TC and Mt. Lebanon TC, with the former holding on to win by a score of 58 to 53.

The highlights of the meet were as follows:

9-Under - 440, Mike Rencheck (B) 1:54.2; Mile, 1-John Resnik (B) 10:06.9, 2-Rencheck (B) 10:08.9; 10-11 - 440, Joe Harewicz (M) 1:59.0; 880, Harry Bertrand (B) 4:20.1; Mile, 1-Mac Sutherland (M) 9:48.1, 2-Jim Bennett (B) 9:49.5
12-13 - 880/Mile/2 Mile, Tim Havelka (B) 4:17.8/9:26.7/22:53.4; Mile, Geoff Rhodes (M) 9:28.7 for 2nd place;
14-15 - Mile/2 Mile/3 Mile, Bob Harwick (M) 8:26.9/19:37.1/30:02.1; 16-17 - Mile, Barry Harwick (M) 7:41.7; 3 Mile, 1-Harwick, 25:19.8, 2-Tom Wolfe (Pittsburgh WA) 25:20.4; 6 Mile, 1-Wolfe, 54:23.2, 2-Harwick, 56:12.0

MT. LEBANON - May 28 & 29 - Fifty-four teams scored and uniformly good competition highlighted the Allegheny Mt. Association's tenth annual Girls Junior Olympic Championships at Bethel Park High School. Carla and Betty Scales of Homeville won three events each, but Mt. Lebanon TC won its third consecutive team title. Possibly the outstanding individual effort in the meet involving more than 2000 entries from western Pennsylvania was the 104-0 discus throw of 13-year-old Kim Travers of Wilmington or the 12-8 long jump of Ruth Ann Rodosevich of Brentwood in the 9-Under Division. Other highlights:

Bantam (9-Under) - 50/100/220, C. Scales, 7.9/15.0/34.1; 440, Alexis Bleggi (Wilmington) 78.6; 660, Antoinette Phillips (Hill YWCA) 2:05.7; HJ, Tanya Jones (Coraopolis) 3-11, 2-Tina Matthews (Sharon) 3-7; Baseball Throw, Betsy Kalmeyer (North Hills) 111-2.

Midget (10-11) - 50, Bobbi Morris (Cor) 7.0; 100, Mary Jane Wardzinski (Carlynton) 13.7; 220, Stephanie Weissberg (MTL) 30.2; 440, Ronna Price (Greensburg) 73.9; 660 Judy Shore (Brentwood) 1:58.3; 880, Kim Flam (W Beaver) 2:45.9, 2-Susan Gailey (MTL) 2:47.2; LJ/HJ, Ellen Crandall (Gen McLane) 13-4½/4-2; Baseball, Donna Wachnowsky (Carlyn) 162-1; 6#Shot, Casey Walsh (GMC) 27-1¼, 2-Peri Jude Raderic (Brent) 25-2¼, 3-Sherry Mahon (John'wn) 25-0½

Junior (12-13) - 50/100/220, B. Scales 6.8/12.9/29.1; 440 Ashley Sutherland (MTL) 66.9; 880, Lorna Lewis (Cor) 2:32.3, 2-Marlene Harewicz (MTL) 2:32.8; Mile, Janice Kolankiewicz (MTL) 5:57.9; LJ, Sherrie Spackman (Beaty) 15-10, 2-Marcie Radosevich (Brent) 15-5¼; HJ, Joyce Heidelberg (Roosevelt) 4-8, 2-Peggy Mather (Corry) 4-7; Baseball, Kathy Galabrace (Latrobe) 192-4; 6#SP/DT, Kim Tomehak (W Beav) 30-10/76-11½; DT, Kim Garrison 81-4

New York

BRONX - August 7 - Metropolitan AAU's Junior Olympic meet drew athletes from ten teams to the cinder track of Van Cortlandt Park. Warm & sunny skies and a slight headwind prevailed. Major highlights:

Boys 8-9 - 50/220/HJ, Wendell Smith (Police Athletic League, NYC) 7.4/34.0/3-9; Boys 10-11 - 50, S. Thewes, 7.1; 100/440, Peter Williams (PAL, 12 yrs) 12.2/66.7;

880, Gerry Stoll (Police Boys Club, Valley Stream) 2:38.1, 2-Ray Ross (Suffolk AC); Boys 12-13 - 100, N. Broomfield (West Side YMCA) 11.1; 440, M. Laga (PBC) 62.9; 880, Jeffery Harris (PAL) 2:25.0; LJ, C. Durant (WSY) 19-6¼, 2-J. Gordon (WSY) 18-0.

Girls 10-11 - 50, Stephanie Norwood (PAL) 6.8, 2-Kim Moore (PAL) 6.8, 3-Robin Sutter (PAL) 6.8h; 100, Moore 13.0; 440, Janet Fecunda (PAL) 70.6; 880, Rhonda Ross (SUF) 2:36.2, 2-Kim Woodruff (PAL) 2:40.3, 3-Nancy Frank (Valley Stream Comets) 2:43.0, 4-Lynn Trefilio (SUF) 2:44.9; LJ, Woodruff (PAL) 14-1, 2-J. McCarty (Long Is Spartans) 13-6; Girls 12-13 - 50/100, Diedre Wilson (PAL) 6.5/11.5; 440, Ruth Merrick (PAL) 64.1; LJ, Francine Simuel (PAL, 14 years old) 16-7¼.

THE WEST

California - from Willis Kleinsasser

RIALTO - About 75 young boys and girls, all members of Rialto Runners, plus some 30 young runners from other clubs, spent nine days training near Wrightwood, in the San Bernadino mountains, August 29 through Labor day.

Led by experienced runners, the young athletes went on twice daily workouts over rugged terrain, ranging from 6500 to 8000 feet in elevation. The whole gang was divided into seven squads based on present running level rather than age. Ten year old Chuck Assumma (one of the best age grouper in the nation - 5:07.3/10:51.9 / mile/2-mile) spent the week keeping up with speedy High School runners. Nine year old Susie Sanchez (9-Under, National 660 winner) was in a group with one time national Champions Debbie Johnson, Ruth Kleinsasser and Doreen Assumma among others. The top 50-60 runners averaged better than ten miles daily.

With head coach Dave Japs unable to attend all the sessions, Willis Kleinsasser, who coaches Roadrunners in the Azusa/Covina area, served as camp Director. He was ably assisted by several members of the Seniors Track Club and others from the RRR staff.

Dailies activities included forest walks, yoga training, indoor and outdoor games, swimming, horseback riding, crafts and endless conversations. Evening highlights included films, karate demonstration, a magician, a dance band and indian dancing, plus traditional skits.

An amazing "all you can eat" diet was made possible by the all out support of various Rialto merchants and interested friends whose donations kept the cost of the 9 days to \$15 for Roadrunners and only \$30 for non-members, not to mention even lower rates for families.

Whether or not the base training offered pays off in championships or not, the 105 youngsters had one of the finest vacations of any group in the country.

Needless to say that coach Dave Japs is already plotting next year's camp. If any other group is interested in setting up a camp for runners, they might contact Dave at 835 Oakdale, Rialto, Cal. Since this is the third such camp conducted by his club, he certainly has the experience and know-how on such an endeavor.

The Rialto Roadrunners have always emphasized distance running over other track events. In the last three years the club has won at least one National age-group Championship (girls) each year. It would appear the Rialto team is set to compete in all age-groups this year, both boys and girls, with a strong 14-17 girls team for the first time in the club's history. The conscious philosophy of fun and good training, as expressed by the camp, is certainly the greatest part of the club's obvious success.

TRACKTOWN, U.S.A.

Starter Wade Bell strode briskly toward the registration table with a broad grin on his face and announced that the final event of the weekly Saturday morning Oregon Track Club all-comers meet was concluded. "And it's only 10 past 12", he added with a triumphant beam.

This comment serves to illustrate one of the features that made the OTC all-comers program successful and has kept it that way for the past 15 years. Spectators, especially newcomers, marvel at the manner in which the small crew manages to run the meet with such dispatch.

One particular Saturday, for instance, there were 17 heats in the 70 yard Dash - all the way from age four to twelve - and 10 heats in the 220. Experience, along with a willingness to try new suggestions and ideas make all the difference.

The all-comers program was started about fifteen years ago by Bob Newland from North Eugene High, Bill Bowerman, one of the most respected coaches in the country, and Tom Ragsdale, the present meet director.

In order to speed up the proceedings they have come up with some ingenious innovations such as.....using three long jump pits with a T-square and pegs along side the pit, marking each jumpers attempts with the pegs, and measuring to the pegs when the event is completed.....a contestant fills out an event slip (up to three for a 25¢ entry fee) and gives it to the official at the start of his, or her, event.....in the field events, his slip becomes his entry; a big board with big rubber bands on it is used to hold the slips in place, age groups are then sorted out and puts, jumps and heights are recorded on those slips.....ribbons are given immediately after each race or heat by the judges (no finals are run).....in longer races all age groups run together, cards are given out at the finish of the race (like cross-country), age groups are sorted out and ribbons are given out on the infield while the next race is in progress.

The need for such measures is demonstrated by the large attendance at the Eugene all-comers. Last summer, there were a total of about 2500 entries. Over 3000 ribbons were given out (cost - 219 dollars).

High school boys, girls 15-18 years of age, and open events were held on Friday nights, with over 200 participants on occasion. The 14-under boys and girls held their meets on Saturday mornings with up to 385 entries and dozens of events. Meets, which start at 10:00 a.m. are finished by 12:30 p.m. at the latest.

The reputation of the Eugene age-group program is such that track enthusiasts from other states will take their vacation there, so that their children or they themselves can compete in at least one of the meets.

Some of the best age-groupers have competed there at one time or another. Among the boys, all-arounder Tinker Hatfield, RRCA national distance running champs Lynn Couch and Kevin Knox, jumper Greg Hanson, etc. have been prominent. Such girls as distance phenom Debbie Roth, AAU shot put champs Mary Jacobson and Beth Smith, Canadian discus record holder Joan Pavelich, and Olympic sprint finalist Margaret Johnson Bailes have gained prominence at Eugene.

This year's harvest of champions was no less impressive. The results, which will be published in a forthcoming issue of STARTING LINE, attest to this.

As the summer program of meets came to a conclusion on August 7th for the residents of the Emerald Empire and others, it was obvious that such an event in Tracktown, U.S.A., is much more than that; for the self-proclaimed track and field capital of the world, an all-comers meet in Eugene is an institution that promises to be around for another 15 years. See you there next year.

SOUTH OF THE BORDER

MEXICO CITY - June 18 to 20 - As part of an exchange program between Mt San Antonio College (Walnut, California) and the Instituto Nacional Juxentud Mexico, a U.S. team sponsored by Mt SAC competed in the annual International Junior in Mexico City. In return, a team from the Mexican capital takes part in the Mt SAC relays. The program has been going for seven years and involves boys 19 and younger and girls 17 years and younger.

Although relatively unknown in the United States, the Mexico City meet has the most international flavor of any junior meet in the western hemisphere. Teams from Cuba, other Latin American countries and as far away as West Germany participate in the three day program.

Clydine Crowder (La Mirada Meteors), 15 year old member of this year's U.S. team, brought back the following interesting notes of her experiences on the trip:

On June 16th, after having assembled at Mt. SAC at the early hour of 6 in the morning, we left by bus for Mexicali. We had begun a journey that was to last a week.

Six hours later, and after a two hour wait for our plane to arrive, we went to Mexico City. It was a bumpy ride, especially when we were trying to eat; my salad ended up on the floor. After five hours of that we arrived, at long last, at our destination only to be greeted by a pouring rain. As a matter of fact, it rained EVERY day we were there.

We stayed at the Hotel Premier and the local bus was taking us back and forth from and to our workouts. It was really fun trying to talk to the other teams, most of which didn't speak any english.

On Friday, our first day of competition began. The meet was held at the Sports City Municipal Stadium. All the teams went on to the field for a flag raising ceremony. Afterwards, everybody got their cameras and started taking pictures of the other teams.

Besides the men's 400m hurdles, where Doug Todd took third and the women's 400m relays (which we won), the running events were all prelims. In the field events, Mike Hill (one of the nation's best decathlons, from Covina, Calif.) took first place in the long jump and Debbie Brown (La Canada, Cal) placed 3rd in the women's javelin and shot put. I placed 3rd in the 200m hurdles behind Bobbette Krug (La Jolla, Cal) and a Cuban girl. This is how the rest of our team fared:

Boys - Mike Hill, 3rd in the high jump and 110m hurdles; Vince Breddell, 2nd in the 200m; Mark Turnette, 5th in the 200m; 400m relay team (Doug Todd, Mike Hill, Vince Breddell, James Miley) 2nd place in a pouring rain. Girls - Bobbette Krug, 2nd in the 100m hurdles; Roberta Fore (Manhattan Beach, Cal), 5th in 100m hurdles; Sharon Farrell, 4th in the high jump; Martha Bubbell, 2nd in the 200m and 5th in the high jump. I placed 3rd at 200m.

Then the closing ceremony started. Was I ever shocked when I received a trophy for the best female juvenile. It was awarded by the pressmen covering the meet. What a trophy - 2½ feet high and weighing 22 pounds!

In the end, our girls got 2nd and the guys 3rd overall.

With the competition behind, we went sightseeing to the Pyramids and the churches. We also went on a shopping spree. Debbie Brown had her birthday and we had a party for her (we had a few parties at the hotel too - every night!)

After a long train trip home, stopping off a few places along the way (including Guadalajara), we arrived at Mexicali, where a bus was to take us back to Mt SAC, USA.

It had been an exciting journey and I am glad that I had been part of it.

TECHNIQUE & TRAINING

EDITORS: FRANK LAGOTIC / BILL PECK

As cross-country season returns, the problem of blisters increases. Bob Carman, who offers the ideas below has had many years of practical experience in all facets of cross country and road running as a coach, trainer and one of America's leading long distance runners.

BLISTERS

CAUSE AND EFFECT - Foot blisters in runners are caused by heat - they are essentially burns. The heat may come from running in thinsoled shoes on hot paved surfaces or, more often, from the abrasive action of shoes or socks on skin. Ill fitting shoes, shoes with improperly placed stitching, worn insoles, etc. may be the source of the irritation. Ill fitting socks, holes in socks, seams or folds in socks, etc. all may produce blisters. Tape worn as protection for previous blisters is a prime source of the "hot spots" that quickly become blisters.

The effect of any of these is to produce a minor hot spot where a water-filled bubble of skin appears. Continued friction may enlarge the blister, break it and expose the tender lower layers of skin to further blistering. If one continues to run there is an unconscious tendency to adjust the posture and action of the blistered foot to minimize pain and the resulting action may lead to other, more serious leg injuries and to reduced efficiency of running action. For succeeding days the injury may cause a reduced quantity and intensity of training. Taping may result in more blisters and lack of proper attention may lead to infection.

PREVENTION - By far the best way of treating a blister is to arrange that one never appears. Super marathoners race up to 50 and even 100 miles on paved roads and many put in 100 to 200 miles per week of running with never a blister. Some suggestions for prevention from these obvious experts:

- (1) Don't wear socks. Few super marathoners wear socks. They sacrifice the small comfort of the sock for the reduction in potential trouble they represent. If you insist on wearing socks wear clean, properly fitting ones and be prepared to suffer.
- (2) Get comfortable, properly fitting shoes. Break them in gradually, identifying and removing or adjusting the potential blister causing agents.
- (3) Never wear a new pair of shoes in a race. Be certain that every pair of shoes is thoroughly checked out for potential trouble before using them in a race. In practice, when breaking in new shoes, be sure to bring an older pair for a quick change when trouble appears.
- (4) Don't get blisters. The best prevention is simply to be extremely careful at all times. Remember: blisters lead to trouble and probably more blisters. Don't stubbornly push on in a training run when you know your feet are being chewed up. Think of the future, stop and pay attention to the trouble. Don't be a stubborn, dull-witted, stoic anti-hero. Stoics make great racers, but it takes brains also.
- (5) Buy good shoes. Most shoes are not designed to fit feet - no one has been able to determine just what they are supposed to fit. But some shoes are designed for foot comfort and minimum blister troubles with sockless running. Not all shoes will be suitable for all runners and one must experiment a great deal until the best shoe is found. All feet are different in shape and shoes from different manufacturers have their own characteristics.

(6) When a friction spot is located in a shoe use vasoline liberally on the foot at this point. This has two useful results; (a) the friction between foot and shoe is reduced for a while and (b) the vasoline soaks into the shoe at the point of friction causing the leather to soften so that continued wearing reshapes the shoe and may remove the difficulty.

(7) Avoid the use of so called "skin-tougheners" advertised as the solution to blister problems of baseball, football and basketball players. In general, they do not help distance runners. A runner in a 2 mile race takes something more than 2,000 steps, each one in almost exactly the same manner and direction as every other. This is true in no other sport and it is unreasonable to expect that their remedies will solve your problems.

TREATMENT - Despite all your efforts at prevention you will acquire an occasional blister if you run long distances. The important goals of treatment are to (a) prevent infection, (b) keep the athlete running without impairment and (c) prevent the initial blister from becoming a major problem. The following suggestions should help:

- (1) Keep it clean - especially if the blister has broken.
- (2) Do not puncture small blisters immediately. Ideally one would like the skin to simply heal itself. 24 hours after acquiring the blister it may have disappeared. In this case, protect the tender spot with a bit of foam rubber and tape, and go to work on the cause of the blister.
- (3) If after 24 hours the blister has not disappeared it is probably best if it is punctured and the fluid pressure released. Clean the blister and surrounding area with an antiseptic solution, puncture the blister with a sterile needle, squeeze out the fluid gently with a sterile gauze pad over the blister site, foam rubber and tape. Do not remove the skin that formed the blister - removing it might be a sensible procedure for a baseball or football player, but it is not reasonable for a long distance runner who is trying to maintain his regular arduous daily training schedule. Let it remain and protect the tender skin beneath during the healing.
- (4) When taping a blister tape carefully, avoiding any bulges, wrinkles or turned edges that may cause further blisters. Tape on a clean, dry foot with 1 inch or 2 inch wide tape. After taping, wax the tape by rubbing with a block of parafin or candle wax to prevent the tape from sticking to the shoe and causing a hot-spot.
- (5) If any sign of infection or serious complication appears hustle to a competent M.D. or podiatrist (foot specialist) immediately. If you can find an M.D. interested in distance running or sports medicine you are indeed fortunate. Otherwise, expect to have your sanity questioned and to be instructed to take a week off to allow it to heal. (Most M.D.'s are too busy to "waste time" on a blister, even if it means an Olympic gold medal to you. A heart transplant is another thing, but distance runners rarely need them.)

In summary, the key to treatment of blisters is to not get any. The key to avoiding them lies in meticulous attention to the details of suitable shoes and foot care.

SPORTS INTERNATIONAL

Experiment in Living

If you have been following track in recent years, you could hardly have missed hearing of Sports International Track Club of Washington, D.C. SI men and women have been on Olympic teams and SI age-groupers, both boys and girls, are among the nation's "cream" runners.

Outstanding young athletes from seven years and up, regularly share the same practice field and the same (or similar) workouts with such established international stars as Edwin Roberts, Gwen Norman, Martin McGrady, Jean Louis Ravelomanantsoa and Esther Stroy. Sports International philosophy dictates that all athletes receive the same type of coaching, within the limits of their natural abilities and experience, whether they be novices or Olympians.

It all started in 1965, when Jane Burnett's father approached Brooks Johnson for coaching assistance. At the time, Brooks and American University coach, Jack Linden, were handling the A.U. Track Club, which was mainly for college and high school track men in the D.C. area.

With the addition of Jane Burnett (who placed in the NAAU Women's 440 in her first year of competition) the group took on a different tone, eventually leading to the present varied group of 55-60 athletes. Coach Johnson borrowed the name Sports International from a U.S. government related organization with which he had contact (at that time Brooks served as a protocol officer with the U.S. State Department) and moved the workouts to various sites, eventually ending up at St. Albans School where he now teaches Sociology and Anthropology.

With this background, it is not surprising that the coach conceives track as a means to several ends. Though the athletic exploits of SI members are well known, other aspects of the team are emphasized. For example, all athletes are required to keep a log of their workouts and competition - an invaluable aid to the athlete and coach as a reference source and for making the athlete aware of his or her development.

Sports International is a very mixed group, racially and economically, ranging from rural Virginia whites and ghetto blacks from welfare families to upper middle class blacks and whites. Both the rich and poor gain culturally from the other. The poor assume some of the outlooks of the more affluent and college orientation is encouraged through required tutorial classes at St. Albans for the boys and girls of Junior High age and younger who belong to the team. On the other hand, the culturally "advantaged" athletes learn not to take things for granted and frequently gain a better competitive instinct, a better sense of humor and the ability to cope with problems - attributes which make for better athletes and certainly better people.

Unlike some clubs, SI is not seeking financial support from organizations. It is felt that the usual fund raising activities (raffles, candy sales, etc.) of the parents helps tie the supporters of the club together. Parents, however, are required to stay off the practice field unless they themselves are doing the workouts. Joggers and run-for-funners are welcome, but the workouts are stiff for everyone - though the very young have the option of terminating workouts early. Not many want to take that option - even such sub teens as Mike McKinney, Gene Mirkin, Susan White, Tanya Bryant and the Campbell sisters.

All out competition is not discouraged for even the youngest. Most kids tend to compete constantly with one another anyway, observes Coach Johnson. However, because of the size, quality and diverse nature of the team, tra-

veling competition is emphasized according to the following seasonal schedule: fall - age group boys and girls; winter - men; spring and summer - girls and women. More combined boy/girl meets would be a help, opines the coach.

Workouts, at the barely adequate St. Albans track, are generally of the interval type and vary according to the season but fall into the following general categories: heavy stamina, mid stamina, timing, speed and mid speed. The major goal is to accustom all athletes to the specific fatigue of their race. Rhythm is heavily emphasized as becomes obvious when one watches a Sports International athlete of any age.

Field events have been largely subordinate to middle distances and sprints in the SI scheme, but the coach threatens the emphasis may be changing in the near future. If Sports International enters the jump and weight events with the same dedication and enthusiasm as it has shown heretofore on the track, athletes on other teams are going to have to hustle to keep up.

The attitude of Sports International is possibly best summed up by paraphrasing the favorite expression of 12-year-old Robin Campbell, the number one middle distance runner for her age in the United States, when she says, "We're gonna getcha".

THE ATHLETE / A PROFILE

KAREN MCDANIEL

Since 1967, the U.S. Youth Games have been the highlight of the track season for many young athletes in the major cities of the east. Among them is Karen McDaniel, who maintained her record of never having lost in the Youth Games, by winning the 14-15 100 yard dash at Boston in August.

As a matter of fact, Karen's most eye-opening performance, occurred in the 1967 Games in New York City where she zipped to a sensational (though wind-aided) 10.7 100 while still a 13 year old. The following progression of her best times show why she has been tough to beat:

age	year	50	100	220	440
10	'67	6.5	12.0	28.1	
11	'68	6.3	11.8	27.6	
12	'69	6.1	11.2	25.9	
13	'70	6.0	10.7w	24.9	61.0

This year, after running 6.0, 11.4 and 26.4 early in the season, Karen was a "victim" of her 14th birthday on May 30. While not being able to accomplish her goal of winning a national girls AAU championship in the 14-17 division (against the likes of Kathie Lawson, Pam Greene, Mable Ferguson, Esther Stroy, etc.), Karen has run 11.0 and placed in the final of the National Junior Olympics and AAU Junior Women's Championships in addition to her Youth Games triumph. This was accomplished, without exception, against older competitors.

Karen, who is well proportioned for a sprinter at 5-6 and 124 pounds, runs for the Pioneer Athletic Club of Washington, D.C. under the guidance of coach Adrian Dixon. She excels not only on the track but in the classroom as well, having been an honor student in the 8th grade at Rabaut Junior High in the District of Columbia.

As far as her career goals are concerned, she would like to make the Olympic team in 1972, perhaps as a relay runner. She has reserved 1976 as the year to make the team in the sprints. Karen also states that she would be happy to receive a college scholarship. She may just get an offer or two.

CLOSE-UP Profiles

PAM SECCHIARI

Impossible for a girl who has been running only three months to win Regional and National Championships? Not for Pam Secchiari of the Valley of the Sun Track Club of Scottsdale, Arizona.



Running in AAU meets since May, the 6th grader at Navajo Elementary School has dominated the 10-11 sprints in her state and the nation. At the AAU age group Nationals, she handily won the 100 in 12.3 and the long jump with a 16-1 $\frac{3}{4}$ mark, while placing fifth in the 220 at 28.3.

Later Pam gained notice at the Region 10 Junior Olympics in Albuquerque. Beside winning the 100 (12.1), she leaped 16-2 in the long jump and anchored the victorious VOS 440 relay team (56.1), defeating the Duke City Dashers, national relay champions, in the process.

In her first triathlon competition, Pam scored 1731 points with performances of 13.2 (100m), 24-5 $\frac{1}{2}$ (shot) and 4-1 (high jump), ranking her third nationally.

When Pam becomes 12 years old on December 10, some older girls will have to work hard to stay ahead of the swift miss from Arizona.

HUGH MIGHTY

- Born 9/13/56 - Age 14 - Ht. 6-0 - Wt. 146 lbs.

Hugh has competed in track for four years. His interest in the sport began while attending school in Jamaica, West Indies. He came to the U.S. in July of 1970, establishing residence in New York City.



Hugh made his mark rapidly, first as a member of the La Salle Academy City Championship team and later by winning the CHSAA 280 yd Novice Championship. At the New York Youth Games Qualifying meet he made his presence felt in the 14-15 division by winning the 440 in 52.8, tying for first in the 220 at 22.9 and long jumping 19-4 for third place. A week

later at the Youth Games finals in Boston, Hugh first registered the fastest qualifying time in the 440 (52.0) then returned to place second in the final with the same time after a torrid duel with the winner, R. Williams of Detroit who was also timed at 52.0.

Lee Evans is Hugh's favorite athletes. Other may someday be saying that their's is Hugh Mighty.

KATHY DAY

Springing from Gainesville, Florida, 12 year old Kathy Day just has to be one of the most versatile young athletes competing in age-group track. Whether it be the sprints, hurdles, distances, jumps or weights - you name it - Kathy does it, and usually very successfully.

She started running when she was 7 years old, first in AAU meets and later in the Jr. Champ program (see results in this issue). An excellent student at St. Patricks Catholic School, Kathy has been ably coached by Ted Benz

MIKE AGUILAR

To enter a track meet doubling in the 440 and the Shot Put is rather unusual. But that's exactly what Michael Aguilar does every time she shows up; and he is "tops" in both events. Mike, a personable youngster from Whittier, S. Calif., was born Sept. 30, 1959. An all-around athlete who had excelled in football, basketball, etc. had little interest in track until this summer. His coach, Dale Hedley, aware of Mike's potential, entered him in his first AAU track meet in June. Without benefit of formal training or conditioning, Mike won his first gold medal in the quarter with an excellent 64.5 and placed third in the shot - a good start.



After that first experience, track became an important aspect in his life. After joining a local track club, the Valley Vikings, and with the help of coach Vic Giardina, Mike's improvements were swift and impressive. In just a few weeks, still doubling in the unorthodox 440/Shot Put combination, he demonstrated his talent by running 63.1 and exceeding Jack Wall's previous all-time 10-11 U.S. best in the 6 pound Shot, with a heave of 39-5 $\frac{1}{2}$. Wall's best mark, made in 1969, was 39-2.

Mike's coaches feel that this young man's forte is his combination of strength and endurance, as well as speed. They believe he should set his sights on the decathlon. And Mike certainly has.

NANCY TEFERTILLER

The Gainesville, Florida Junior Champ Program has been, for many years, a rallying point for that state's young track enthusiasts. The summer program has seen the blossoming of many great talents. One of the outstanding youngsters in this year's series was Nancy Tefertiller.

Nine-year-old Nancy, a student at Terwilliger Elementary School in Gainesville, has taken part in the Junior Champ program since she was 6 years old. Besides the Florida AAU Championships, her track activities do not extend beyond the Junior Champ clinics and meets.

Her father, a professor of Agriculture at the University of Florida, has been in charge of her training. Judging from her results, he has certainly done very well with his protegee.

At the Florida AAU meet, in Orlando, Nancy swept the 100 in 13.0, the 220 in 32.4 and 440 in 69.7! During the summer JC series her performances included 6.7 (50yd), 29.2 (220), 13-9 and 3-9 in the jumps. On a comparative basis, Nancy's long jump and 220 best performances would have placed her first at the age group championships in Bakersfield, even against the sensational Janette Windle.

You can begin to get the picture.

(formerly Asst. Coach at Florida U and now coaching at Edgewater High in Orlando).

Her workouts consist of aerobic running (long, slow distance)& 7-8 minutes of sprints (step downs) five or six days per week during the summer only. She has never run outside of Florida. The range of her talent is demonstrated by her best marks this year: 50-6.2; 100-12.1; 220-27.4; 440-64.7, 880-2:36.3, 50LH-7.4; 120LH-18.5; HJ-4'8; LJ-15'7; Triple Jump-36'8(!); SP-27'4; Discus-77'3.

As we said, you name it and Kathy will do it.