

WOMEN'S TRACK WORLD

A full-page photograph of a female athlete in a white and red uniform running on a track. She is captured in a dynamic, forward-leaning pose, with her arms pumping and legs in mid-stride. The background is a blurred outdoor track setting.

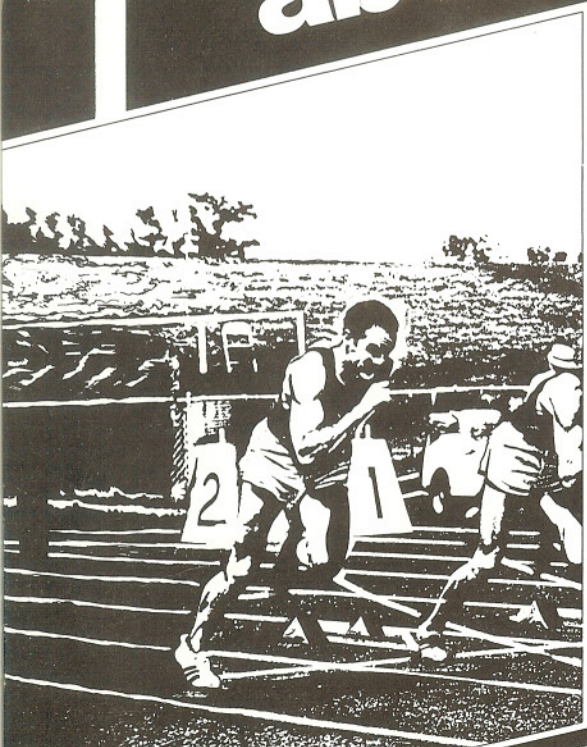
JUNE 1981
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● **AIAW
CHAMPIONSHIPS**

● **TRYING
ISN'T
ENOUGH**

THE MAGAZINE FOR WOMEN INTERESTED IN RUNNING THEIR LIVES

What do the Champions say about THE COMPETITIVE EDGE?



Bill Toomey is, in the opinion of many, one of the finest all-round athletes in the world. The winner of the 1968 Decathlon, Bill also set a new World Record in the Olympic Decathlon in 1966 and 1969, is a former "World's Greatest Athlete," and recipient of the "Sullivan Award." In addition to his many sports awards and honors, Toomey also was a member of the Board of Directors of the U.S. Olympic Committee. Currently, he is on the President's Council on Physical Fitness and Sports, and the President's Commission on Olympic Sports.



Mary Rand Toomey set a World and Olympic record for the long jump in Tokyo in 1964 (22' 2^{3/4}") and was the first woman ever to win a gold medal in the long jump for Great Britain. Mary competed internationally for eleven years before an Achilles tendon complication forced her retirement just after her selection for the 1968 Olympics in Mexico. Her set of Olympic medals include a gold for the long jump, a silver in the pentathlon, a bronze for the 4 x 100 meter relay, a Commonwealth gold and silver, and two European bronzes.



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Toomey, Mary Rand

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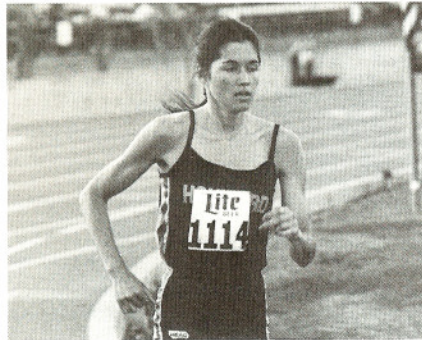
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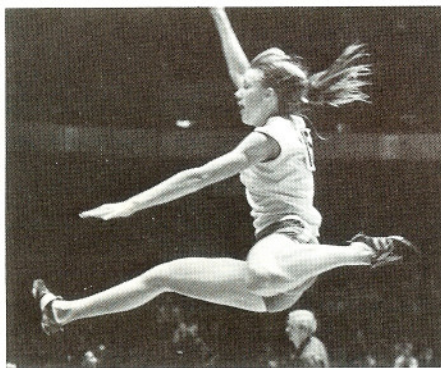
Cover Photo: LYUDMILA KONDRATYEVA (USSR)

Photo by: TONY DUFFY



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Publisher — A. LINDBERGH ALLEN

Editor — S.F. VINCENT REEL

High School Editor — RICH EDE

Editorial Assistants — CASEY IDE

Art Assistant — Sandy Redlinger

Contributing Editors — Walter F. Jekot, M.D.

Photographic Consultant — Wendell Osborne

Contributing Photographers — Don Chadez, Ralph Merlino, Jeff Johnson,
Bill Leung, Sr., Dodie Bump

GFR—Peter Probst, ENGLAND—Tony Duffy, CANADA—Mike Bailey,

USSR—Ziguror Mesavilks, AUSTRALIA—Darryl Cross

Circulation Director — Barbara E. Price Allen

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KALEIDOSCOPE

California's Kristen Engle, who had qualified for the National Championships was forced out of the big meets with stress fractures in BOTH legs . . . Four members of Western University's women's track team had perfect 4.0 scholastic averages this year. The perfect ones were Darcy Tomlinson (three straight years of 4.0), Gina Douglas, Gina Erwin and Kim Rosensteel . . . Among the participants at the recent "Celebration of Women in Sports" Fun Run at Barnard College was Julia Chase. Twenty years ago, November 1961, Julia Chase snuck into the Manchester Road Race when officials rejected her application because she was a (ugh) "girl". Guess 'tis true you've come a long way . . . Betty Smith, the University of Arkansas sprinter who admits to being bowlegged says, "I think being bowlegged has a lot to do with my speed. I run like scissors. At least I don't have to worry about my knees knocking together" . . . Chris McMeekin, Big Eight 1500m champion, was bothered all year by tendonitis in her knee . . . Florida State will add six foot high school high jumper Wendy Markham to its roster in 1982. Plus 13.7 hurdler Carolyn Faison . . . England's Leslie Watson ran five marathons in six weeks during the latter part of March and April and then topped it all with a new world best for 50 miles the first weekend of May . . . Cal State Hayward and Cal State Sacramento, the 1-2 finishers in AIAW Division III Championships this year, will both move to Division II for 1982 . . . Wisconsin suffered some bad luck at the AIAW Nationals with Big Ten 400 champ Pam Moore suffering a muscle pull, Rose Thomson with a sore foot and Amy Dunlop with a sore leg.

Want to run the original marathon course? Run the plains of Marathon to Athens as old Pheidippidas did in 490 B.C. on October 18. Contact Bob Marshall at (408) 438-0835 . . . When East Germany's

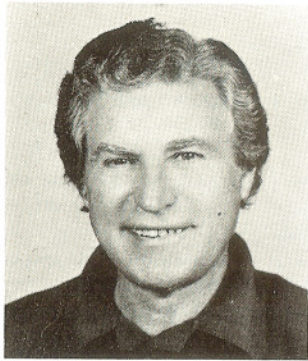
Ramona Neubert scored 6621 for the best in the heptathlon, her individual events were: 13.58-48'4³/₄-5'11"-23.70-22'4¹/₂-134'5"-2:07.55. Not too shabby . . . For six consecutive years, Berkeley High School relay teams dropped the baton in either the sectional or state championships . . . Berkeley's fine sprinter Tanya King will be at Georgia in 1982 . . . Michele Glover and Carol Lewis will be at Houston next year . . . Another sufferer from stress fracture was Cal State Hayward's Steffani Stoutt along with San Diego State's Lynn Kanuka . . . Two of the smallest athletes in collegiate ranks have to be Lisa Last of Michigan State and Leatha Davis of Drake. Both must stretch to reach five feet . . . Dawn Race is track coach at Indiana Central University and Muffy Brush is a swimmer at Wyoming . . . Junior National (1980) 400H champ Tracy Nelson will enroll at Tennessee . . . There's yet another Vetter on the tracks. This one is Juanita at Slippery Rock . . . Names I Like: Rigiana Hasereau of Eastern Michigan, Rokesha Crummie of the Santa Clara Valley North Stars and Nay Nay Guss of Long Beach (Cal) Poly High School . . . Add a "rhymer" — Suzy Nubie of the Herbert Hoover Track Club . . . And I like Lydia Shook of Lamar . . . But the biggest "Name" news come from Utica, New York, where the Uwah sisters compete for Notre Dame High School. Pappa Uwah is a psychologist in Utica and their mother is French. The three look alike, have the same build, the same hairdos and all wear the same style eye glasses. The three are senior Chinyere, sophomore Unchenwa and freshman Ijeoma. Their 4x440 time, while not earth-shattering, is quite acceptable as a non-Uwahian led off with a 63 lap followed by Chinyere and Ijeoma with 61's and an anchor by Unchenwa in 57 and a total clocking of 4:02.6. The family is American born of French-Nigerian parents. Result

sheets list the team as "Uwah-Uwah-Uwah-Plus 1" . . . Photographer Mike Bailey reports from Canada that former long jumper Brenda Eisler is now Lee Eisler and teaches dance at Simon Fraser University and ex-sprinter Irene Piotrowski is a partner in a jewelry shop and is training to be a body builder . . . How about Okwitha Husbands from Barbados.

South Africa's Charmaine Gale set a new world junior record in the high jump at Bloemfontein when she cleared 6'5¹/₄. Charmaine is just 17. At the same meet, her sister, 13-year-old Audrey cleared 5'9¹/₄. . . When 30-year-old Jarmila Kratochvilova toured the 200 meters in 21.97, she left Merlene Ottey six meters to the rear. Kratochvilova is planning to run the 100, 200, 400 and both relays at the World Cup in Rome . . . A retired Irena Szewinska is expecting her second child at age 35 . . . 100m hurdles record holder Grazyna Rabsztyn is toying with the idea of retirement . . . Another world junior record went to Russia's Antoinette Todorova who tossed the javelin 228'6.

California will join the handful of states holding the triple jump for girls next year . . . When Gail Kellon learns how to hurdle, look out. Her 41.91 came with several step adjustments and lots of float over the barriers . . . Natalii Kaaiswahia came off her state discus win (held down the street from the main stadium due to insurance requirements) and settled the shot with a 48'+ on her first toss, good for a 3-foot win without any other . . . The awaited duel between juniors Polly Plummer and Vickie Cook lasted two laps before Cook dropped out at 1200 meters and immediately applied ice to an injured knee . . . California raises the boys' 300 hurdles to 36" in 1984 — when do the 100 hurdles go to 33"? . . . The Golden State will "add another girls' event to the boys" in 1983. Does that mean pole vault?

WTW



REEL OFF

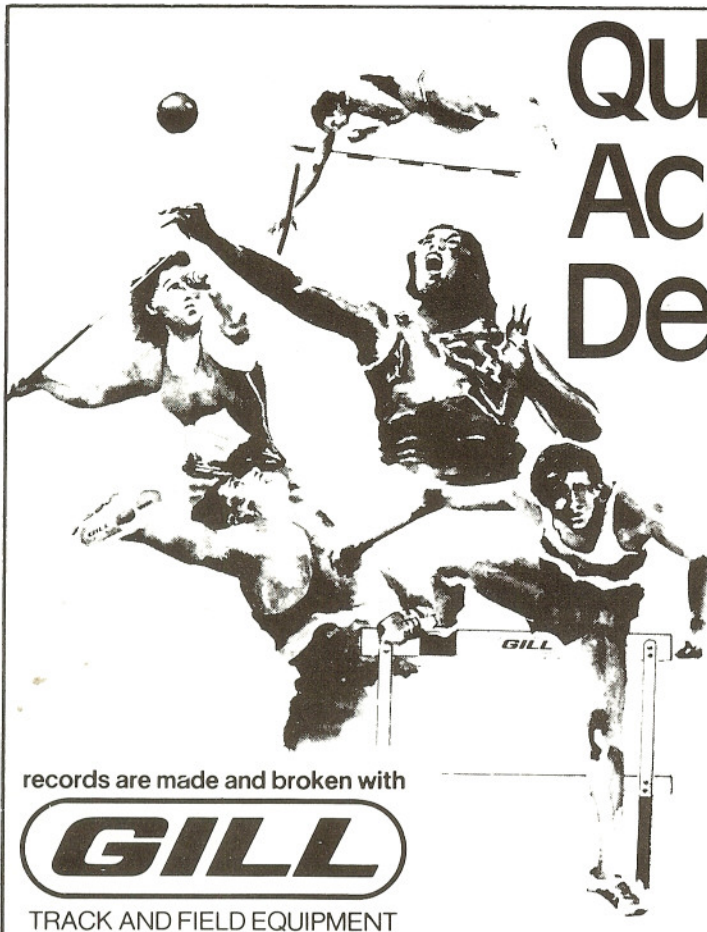
QUIZ TIME

Listed here are colleges and universities whose names you hear whenever track and field results are mentioned. Do you know where these institutions are located? Give yourself a point if you correctly name the state where the school is located, and another point if you can name the city.

SCORING: 1-10, do your homework; 11-20, you are pretty smart; 21-30, you are very smart; 31-40, unbelievable; 41-50, you probably cheated!

School	City	State
1. Adelphi	_____	_____
2. Baylor	_____	_____
3. Bowdoin	_____	_____
4. BYU	_____	_____
5. Colgate	_____	_____
6. Cornell	_____	_____
7. Dartmouth	_____	_____
8. Drake	_____	_____
9. Duke	_____	_____
10. Farleigh Dickinson	_____	_____
11. Harvard	_____	_____
12. Howard	_____	_____
13. Lamar	_____	_____
14. Moorhead State	_____	_____
15. Morehead State	_____	_____
16. Morgan State	_____	_____
17. Murray State	_____	_____
18. Old Dominion	_____	_____
19. Oial Roberts	_____	_____
20. Rice	_____	_____
21. Rutgers	_____	_____
22. St. John's	_____	_____
23. Temple	_____	_____
24. William & Mary	_____	_____
25. Yale	_____	_____

Results may be found on page 19



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AIAW CHAMPIONSHIPS

Tennessee Upset Winner

By Vince Reel

Austin, Texas, May 28/30 — Tennessee, with every team member performing as needed, upset UCLA to win the 1981 version of the AIAW National Championship 61-57. UCLA was the victim of several bad breaks, but nevertheless turned in great performances. As assistant coach Steve Wennerstrom said after the meet, "If you had told me we would run 11.28, 22.99, 52.49, 4:17, 44.49, 1:37.4, 3:32.08, score 5578 in the heptathlon and still lose the meet, I would have laughed in your face. It was a tremendous effort on the part of Tennessee".

And so it was. The Vols held their own on the track and in the field, then won the meet in the relays where the Bruins were expected to be strongest. Every one of the Knoxville crew could be called a "workhorse" during the three days of competition. With weather ranging from very hot and humid to flash flood conditions, Benita Fitzgerald took part in three 100's, three hurdle races, two 200's on the medley relay team and went home with three golds and an important fourth in the 100; Delisa Walton whisked three 800's and anchored the winning sprint medley and 4x400 relay teams and took home two golds and a silver; Cathy Rattray scampered three 400's plus a couple of sprint medley legs and a couple more 4x400 legs and displayed two golds and another valuable fourth place in the 400; Joetta Clark turned in the 3x800 bit plus legs on the 4x400 and sprint medley teams and finished with two golds and a bronze in the 800. You just can't come through any better than that!

Tennessee admittedly was helped by several things. First of all, Maryland coach Stanley Pitts forgot to 'declare' his athletes, so out of the meet went Marita Walton, a 54 foot shot putter and 166 foot discus thrower, Pat Walker with a 4:24 mark in the 1500, distance ace Mary Walsh and heptathlete Juanita Alston. UCLA 10000m runner Michele Bush, whose religion prohibits her from running from sundown Friday to sundown Saturday, was the victim of a "Games Committee" decision. After entries had been declared, the Games Committee moved the 10000 from its original time to the last event on Friday night — and that put Bush out of the meet. She could have run 10 or 15 minutes before the sun sank, but that was all. There were several fine athletes who did not enter and whose presence would



Ria Stalman, upset winner of shot put.

have made a big difference. June Griffith of Adelphi would have changed the 400 results, Kathy Mills of Penn State might have altered the 5000, Pam Donald of Stanford could have changed the long jump and Darlene Beckford of Harvard should have scored in the 800. In addition, injuries during the competition affected many results. UCLA's Tanya Alston pulled up in the 200 while leading the heptathlon, TWU's Dorothy Scott couldn't make it in the long jump, sprints or relays with a muscle injury, Boston's Sharon Colyear, aiming for a win in the 400 hurdles, lost her step at the fifth hurdle of the heats and was out, Florida State's Tonya Brown fell in the 400 hurdle semi-finals and Morgan State's Nellie Bullock never made it to any final after pulling in the trials. And don't forget Karin Smith who would have knocked UCLA down two points by winning the javelin — but she didn't come to Austin.

None of this, however, is to take away anything from Tennessee. Every one of their athletes did exactly what she had to do for a team victory and too much praise cannot be heaped on Fitzgerald, Walton, Rattray and Clarke who bore the brunt of the attack.

KALEIDOSCOPE — Happy to report, Women's Track World defeated Track and Field News (Jon Hendershott) in a "prediction contest" during the meet. Perhaps Hendershott's demise came from his walking into a sign post the night before and suffering a big gash in his forehead . . . Decision on the "Ugly Uniform" contest at the meet went to

Grambling and Texas Southern. We liked the uniforms from North Texas State and Western Kentucky . . . Oregon's Sally Harmon won the javelin and set a new "stadium" record in the process. One wonders how a 'stadium record' can be set when the event took place four miles away . . . It was discovered the staggers for the start of the 200 and 800 were not correct for Lane 5. This was corrected after the semis much to the chagrin of men's head coach Phil Delavan who muttered something about people in Lane Five having run 2½ feet too far ever since the stadium was built . . . When are schools going to abide by the rule that identical uniforms must be worn by ALL athletes. Can you imagine a football team or basketball team with members wearing different uniforms? It's against the rules and it's time the officials moved in . . . Speaking of officials, the group in Austin turned in an "A" job. The meet had less complaints than any held in the past . . . Most obnoxious individual in attendance was UNLV's coach Al McDaniels who had just won \$10,000 and a trip to Rio on Hollywood Squares . . . Sorry to report the most excitement of the three days came away from the track when I returned to my motel after the Friday events and discovered two fire engines on hand pouring water into the establishment.

100 METERS: Trial heats eliminated no one of stature except Morgan State's Nellie Bullock who suffered a muscle injury at about the 80m mark. Heat times were pretty swift as the athletes were aided by winds up to 4.59mps. Winning times ranged from Ottey's 10.97 (+4.40) to Leleith Hodges' 11.34 (+4.59). Ottey finally had a legal wind for her semi-final heat and zipped to a new collegiate record of 11.07 with a 2.0 wind at her back. Lost in the semis was Oklahoma's Felicia Moore who earlier in the year was credited with a super-fast 11.35 but managed only 11.91 in the championships.

Ottey drew Lane 1 for the final, a lane filled with puddles from the deluge which caused a one hour delay of the meet. The Nebraska sophomore was not out quickly, but as the saying goes "a fast start is not necessarily a good start", a fact proved by both Leleith Hodges and Jeanette Bolden who were off their blocks in minimum time. Ottey caught the flying duo about 40 meters out and just powered on by to win in 11.20, her slowest time of the three races. Ten-

nessee's Benita Fitzgerald who was back in the pack at 70 meters, came on like gangbusters over the final 30 and pipped Esmeralda Garcia for fourth.

RESULTS: Trial Heats (Qualify first three from each heat plus next four best times). **I** (+2.67), 1—Jeanette Bolden (UCLA) 11.30, 2—Darlene Jefferson (Houston) 11.78, 3—Cheryl Gilliam (Mich. St) 11.78, 4—Normalee Murray (Nb) 11.79, 5—Brenda Brown (Va) 11.80, 6—Falecia Freeman (Tx. Tech) 11.96, 7—Betty Jean Smith (Ark) 12.02; **II** (+4.40), 1—Merlene Ottey (Nb) 10.97, 2—Amanda Fields (NM) 11.50, 3—Tara Mastin (Hst) 11.56, 4—Kim Robinson (USC) 11.61, 5—Felicia Moore (Ok) 11.71, 6—Cheryl Johnson (Il. St) 11.89, 7—Dorthea Patterson (N. Il) nt; **III** (+4.59), 1—Leleith Hodges (TWU) 11.34, 2—Jennifer Innis (CSLA) 11.57, 3—Ronda Boyd (Ky) 11.81, 4—Sharielle Barksdale (Tn) 11.83, 5—Felicia Dupuch (Ariz) 11.86, 6—Nellie Bullock (Morgan St) 12.18; **IV** (+2.48), 1—Esmeralda Garcia (Fl. St) 11.29, 2—Benita Fitzgerald (Tn) 11.45, 3—Lisa Thompson (UNLV) 11.58, 4—Michelle Walsh (Ariz) 11.98, 5—Sara Lewis (W. Ky) 12.05, 6—Josephine Williams (W. Mich) 12.51.

Semi-finals (Qualify first four from each heat). **I** (+2.0), 1—Ottey (Nb) 11.07, 2—Hodges (TWU) 11.21, 3—Innis (CSLA) 11.57, 4—Mastin (Hst) 11.62, 5—Fields (NM) 11.67, 6—Moore (Ok) 11.91, 7—Boyd (Ky) 12.03, 8—Brown (Va) 12.15; **II** (+2.6), 1—Bolden (UCLA) 11.23, 2—Garcia (Fl. St) 11.45, 3—Fitzgerald (Tn) 11.59, 4—Thompson (UNLV) 11.63, 5—Robinson (USC) 11.67, 6—Gilliam (Mich. St) 11.83, 7—Murray (Nb) 11.86, 8—Jefferson (Hst) 11.93.

FINAL (+3.2), 1—Merlene Ottey (Nb) 11.20, 2—Leleith Hodges (TWU) 11.24, 3—Jeanette Bolden (UCLA) 11.28, 4—Benita Fitzgerald (Tn) 11.54, 5—Esmeralda Garcia (Fl. St) 11.55, 6—Jennifer Innis (CSLA) 11.68, 7—Lisa Thompson (UNLV) 11.85, 8—Tara Mastin (Hst) 11.86.

200 METERS: The 200 lost a couple of good performers before the event ever got underway as TWU's Dorothy Scott and Morgan State's Nellie Bullock were forced out with injuries suffered during the early going. Ottey scurried to a 22.38 clocking in the very first heat, nearly two seconds better than the field record set by the Soviet's Lyudmilla Ushatik in 1974, but the race was wind-aided and Ushatik kept her record for another day in spite of heat wins in 22.61 by UCLA's Florence Griffith and 23.55 by Houston's Tara Mastin as their races were also wind-aided. All in all, the only person eliminated in the trials was Virginia's Brenda Brown. Everyone else advanced to the semis.

Ottey ctacked the records once again in her semi-final heat as she won in 22.47, but once again the winds were against her — or, if you want to be technical "with" her. But old friend Ushatik was forever erased when Florence Griffith took the second semi in a legal 22.99.

The final saw Griffith go to the front early, but down the home straight it was all Ottey as the Nebraska sophomore snatched the field record from Griffith and set a new meet record with a legal 22.78 running in Lane One. Ottey once again ran her heat faster than her semi and her semi faster than her final, but she is the champion and a good one.

RESULTS: Trial Heats (Qualify first three from each heat plus next four best times). **I** (+3.69), 1—Merlene Ottey (Nb) 22.38, 2—Michelle Mathias (NM) 23.20, 3—Randy Givens (Fl. St) 23.35, 4—Lisa Thompson (UNLV) 23.67, 5—Kim Jamison (Bowling Green) 23.74, 6—Cheryl Gilliam (Mich. St) 23.91, 7—Brenda Brown (Va) 24.62; **II**



Double winner — Leann Warren (Oregon).

JEFF JOHNSON

(+6.13), 1—Florence Griffith (UCLA) 22.61, 2—Normalee Murray (Nb) 23.77, 3—Kim Robinson (USC) 23.85, 4—Janet Dodson (Morgan St) 23.93, 5—Falecia Freeman (Tx. Tech) 24.41, Dorothy Scott (TWU) did not start; **III** (+2.81), 1—Tara Mastin (Hst) 23.55, 2—Melanie Batiste (Ore) 23.66, 3—Jeanine Brown (UTEP) 23.73, 4—Ruperta Charles (Howard) 23.96, 5—Felicia Dupuch (Ariz) 24.25, Nellie Bullock (Morgan St) did not start.

Semi-finals (Qualify first four). **I** (+2.5), 1—Ottey (Nb) 22.47, 2—Mathias (NM) 23.41, 3—Brown (UTEP) 23.50, 4—Batiste (Ore) 23.85, 5—Jamison (BG) 23.87, 6—Robinson (USC) 23.99, 7—Charles (Howard) 24.07, 8—FREEMAN (Tx. Tech) nt; **II** (+1.2), 1—Griffith (UCLA) 22.99, 2—Givens (Fl. St) 23.57, 3—Thompson (UNLV) 23.96, 4—Gilliam (Mich. St) 24.03, 5—Mastin (Hst) 24.05, 6—Murray (Nb) 24.17, 7—Dodson (Morgan St) 24.23, 8—Dupuch (Ariz) 24.36.

FINAL (+1.0), 1—Merlene Ottey (Nb) 22.78, 2—Florence Griffith (UCLA) 23.11, 3—Randy Givens (Fl. St) 23.72, 4—Michelle Mathias (NM) 23.77, 5—Jeanine Brown (UTEP) 23.80, 6—Melanie Batiste (Ore) 24.01, 7—Cheryl Gilliam (Mich. St) 24.14, Lisa Thompson (UNLV) did not finish.

400 METERS: Heats in the 400 saw the demise of some pretty good one lappers. Chief disappointment was Morgan State's Roberta Belle. She was joined on

the sidelines by Virginia's Lisa Garrett, Ruth Simpson of TWU and the injured Pam Moore of Wisconsin, the Big 10 champion. Imported Charmaine Crooks of UTEP set a new stadium record of 52.93 in the heats, but her mark was to last only 24 hours.

The semis were won by CSLA's Jackie Pusey and Robbin Coleman of the home team and the town of Austin was hoping for a winner as both semi victors were clocked in identical 52.2 times. But it was not to be for the hometown as an experienced Jackie Pusey, running in Lane 8, turned in a tactfully perfect race, led into the final straight and held off all challenges to win in 51.85. Coleman, who looked like a possible winner with 100m remaining, dropped off to fifth and Florida State's Marita Payne nabbed the silver. UCLA, expecting big points from Oralee Fowler, got their points instead from Arlise Emerson who turned in a lifetime best of 52.49 for third while Fowler faded to seventh. Tennessee kept pace with the Bruins as Cathy Rattray scored four valuable digits in fourth place.

RESULTS: Trial Heats (Qualify two from each heat plus next fastest six times). **I**, 1—Jackie Pusey (CSLA) 53.99, 2—Tammi Hart (Penn St) 54.14, 3—Gloria Jackson (Ga) 55.32, 4—Laura Wright (Rice) 55.72, 5—Debra Spencer (Memphis St) 55.98, 6—Pam Sedwick (Mich. St) 56.07, 7—Judy Richardson (Ky) nt; **II**, 1—Charmaine Crooks (UTEP) 52.93, 2—Cathy Rattray (Tn) 53.60, 3—Lori McCauley (Rutgers) 54.45, 4—Kim White (Cal) 54.71, 5—Lana Zimmerman (LSU) 55.00, 6—Kathy Williams (Ohio) nt, 7—Willetta Page (Morgan St) nt; **III**, 1—Robbin Coleman (Tx) 53.58, 2—Grace Bakari (Ore) 53.98, 3—Wanda Trent (Kan. St) 54.49, 4—Cindy Cumbess (UCLA) 54.63, 5—Lisa Garrett (Va) 55.04, 6—Gladys Boone (Temple) nt, 7—Ruth Simpson (TWU) nt; **IV**, 1—Arlise Emerson (UCLA) 53.48, 2—Angela Wright (Fl. St) 54.21, 3—Antoinette Browning (Ky) 54.54, 4—Barbara Wells (Iowa St) 54.81, 5—Lorna Tucker (Kan) 55.28, 6—Pam Moore (Wis) nt; **V**, 1—Oralee Fowler (UCLA) 53.97, 2—Marita Payne (Fl. St) 53.98, 3—Roberta Belle (Morgan St) 54.84, 4—Sheila Barney (W. Il) 55.37, 5—Annette Campbell (Ok) nt, 6—Loretta Thompson (Ga) 56.91.

Semi-finals (Qualify first four). **I**, 1—Pusey (CSLA) 52.2, 2—Payne (Fl. St) 52.3, 3—Fowler (UCLA) 53.1, 4—Crooks (UTEP) 53.5, 5—Hart (Penn St) 54.0, 6—Browning (Ky) 54.4, 7—Wells (Iowa St) 54.6, 8—Trent (Kan. St) 55.2; **II**, 1—Coleman (Tx) 52.2, 2—Rattray (Tn) 52.4, 3—Emerson (UCLA) 53.0, 4—Wright (Fl. St) 53.1, 5—Bakari (Ore) 53.6, 6—McCauley (Rutgers) 53.9, 7—White (Cal) 54.0, 8—Cumbess (UCLA) 54.9.

FINAL, 1—Jackie Pusey (CSLA) 51.85, 2—Marita Payne (Fl. St) 52.01, 3—Arlise Emerson (UCLA) 52.49, 4—Cathy Rattray (Tn) 52.84, 5—Robbin Coleman (Tx) 52.92, 6—Angela Wright (Fl. St) 52.11, 7—Oralee Fowler (UCLA) 53.48, Charmaine Crooks (UTEP) did not start.

800 METERS: The three trial heats eliminated only three people with Jane Hunziker's 2:10.99 not advancing her to the semis. The three favorites, Leann Warren, Delisa Walton and Joetta Clark were the heat winners with Warren's 2:07.61 the fastest of the three.

The semis were a little tougher. Janette Wood, Florida State, ran 2:07.84 and was eliminated along with other top-ranked runners Chris Mullen, Maureen Houghton, Rochelle Collins and Regina Dramiga. The two Tennessee runners, Walton and Clark, were the semi victors

with mass bunch finishes the order in both races.

Warren had already won the 1500 final when the 800 was called and she was content to stay in the pack through the first lap as Walton and Grambling's Revah Knight led at the 200 in 29 and still were together at the bell in 60.5. Warren was a full second back in fifth position. At the 600, Walton was all alone in front in 1:35.2 when Warren began to move slowly past the other runners and the two hit the final straight together. In the last 100 meters, Warren sped to a 2.3 second margin, winning the race by more than 20 meters in a slow 2:06.07. Walton was next in 2:08.37, a time all eight finalist had bettered to get into this race. Shall we simply say the weather did not help. Warren was great!

RESULTS: Trial Heats (Qualify first four from each heat plus next fastest four times), **I**, 1—Leann Warren (Ore) 2:07.61, 2—Terese Pioli (Penn St) 2:07.74, 3—Regina Dramiga (NM) 2:07.85, 4—Chris Mullen (Gtn) 2:07.91, 5—Fran Castro (CS Hayward) 2:08.62, 6—Suzanne Frederick (Mich) 2:10.13, 7—Michelle Bonds (CSLB) 2:13.84; **II**, 1—Delisa Walton (Tn) 2:10.08, 2—Doriane Lambelet (Cornell) 2:10.09, 3—Ranza Clark (Ore) 2:10.29, 4—Rochelle Collins (UTEP) 2:10.45, 5—Jane Hunziker (Il./Urbana) 2:10.99, 6—Marie Simonsson (Drake) 2:11.35; **III**, 1—Joetta Clark (Tn) 2:09.70, 2—Revah Knight (Grambling) 2:09.75, 3—Maureen Houghton (Ok) 2:10.50, 4—Catherine Baker (Rice) 2:10.51, 5—Janette Wood (Fl. St) 2:10.58, 6—Kay Stormo (Iowa) 2:10.70.

Semi-finals (Qualify first four), **I**, 1—Walton (Tn) 2:07.44, 2—Warren (Ore) 2:07.45, 3—Baker (Rice) 2:07.68, 4—Knight (Grambling) 2:07.85, 5—Houghton (Ok) 2:08.31, 6—Mullen (Gtn) 2:08.75, 7—Stormo (Iowa) 2:10.08, 8—Castro (CSH) 2:11.65; **II**, 1—Clark (Tn) 2:06.61, 2—Pioli (Penn St) 2:06.68, 3—Clark (Ore) 2:06.89, 4—Lambelet (Cornell) 2:06.90, 5—Wood (Fl. St) 2:07.84, 6—Frederick (Mich) 2:07.86, 7—Collins (UTEP) 2:07.90, 8—Dramiga (NM) 2:11.31.

FINAL, 1—Leann Warren (Ore) 2:06.07, 2—Delisa Walton (Tn) 2:08.37, 3—Joetta Clark (Tn) 2:08.79, 4—Doriane Lambelet (Cornell) 2:09.21, 5—Catherine Baker (Rice) 2:09.45, 6—Terese Pioli (Penn St) 2:09.78, 7—Revah Knight (Grambling) 2:11.04, 8—Ranza Clark (Ore) 2:12.04.

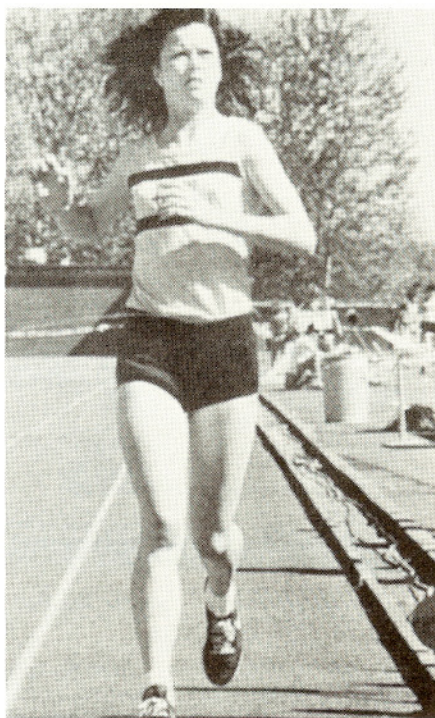
1500 METERS: The trials eliminated only two runners, but both were highly rated, Ileana Hocking of North Texas State and Tennessee's Linda Portasik. Both heats were run in almost identical clockings of 68-2:23-3:34 and there was a nice fat pack at the tape in both races.

The top two collegiate runners of the year, Leann Warren and Monica Joyce produced a good final run as Joyce sped to the front in 63.7 on the first lap followed by Goen, Warren, Rawe and Thomson. The group stayed the same through the second lap with Joyce passing the 800 in 2:13.6 and Haworth moving into fifth. It was still Joyce at the bell and she led at 1200 in 3:23.9 with Warren now second followed by Gregg and Rawe. Warren turned it on with 200 remaining and whisked the final 400 in 67.6 to win by more than a second over Joyce. Rawe

caught Goen in the final strides, knocking two points off the UCLA score.

RESULTS: Trial Heats (Qualify first four from each heat plus next fastest four), **I**, 1—Leann Warren (Ore) 4:22.77, 2—Jill Haworth (Va) 4:22.93, 3—Mary Rawe (Penn St) 4:35.05, 4—Sheila Ralston (UCLA) 4:23.16, 5—Suzie Houston (Wis) 4:23.77, 6—Margaret Coomber (Fl. St) 4:24.91, 7—Linda Portasik (Tn) 4:27.95; **II**, 1—Linda Goen (UCLA) 4:23.59, 2—Monica Joyce (SDS) 4:23.82, 3—Pat Murnane (Penn St) 4:23.86, 4—Rose Thompson (Wis) 4:24.03, 5—Sandra Gregg (Wash) 4:24.12, 6—Andrea Marek (Purdue) 4:24.68, 7—Leana Hocking (N. Tx. St) 4:32.07.

FINAL, 1—Leann Warren (Ore) 4:15.00, 2—Monica Joyce (SDS) 4:16.15, 3—Mary Rawe (Penn St) 4:17.05, 4—Linda Goen (UCLA) 4:17.59, 5—Sandra Gregg (Wash) 4:18.31, 6—Sheila Ralston (UCLA) 4:18.76, 7—Pat Murnane (Penn St) 4:19.83, 8—Jill Haworth (Va) nt, 9—Rose Thompson (Wis) nt, 10—Andrea Marek (Purdue) nt, 11—Suzie Houston (Wis) nt, 12—Margaret Coomber (Fl. St) nt.



3000 winner Regina Joyce.

3000 METERS: The two trial heats eliminated such well-known runners as Nancy Scardina, Bernadette Madigan, Ann Pewe and Becky Cotta and they (the heats) did it in a strange manner. In the first heat, Cotta led in 72.5-2:23.5 for a fast pace and eventually finished last. The second heat was much slower with Joan Hansen leading the first 400 in 76 and Cindy Schmandt in front at the 800 in 2:34 in a heat in which 10 athletes advanced to the final. Marianne Dickerson (Illinois) and Cindy Duarte (Clemson) fell in the first heat, but Duarte made it to the final anyway finishing fourth in her heat and fourth again in the final.

The final was a two-person affair

bringing together Regina Joyce of Washington and Joan Hansen of Arizona. Joyce went to the front immediately with Hansen a step back and by the time the field had gone 50 meters, they had separated themselves from the pack. Pia Palladino tried to stay with the leaders for the first three laps as Joyce led with 70.8-2:25-3:37 but by the end of the fourth lap, passed in 4:50, the two leaders were 20 yards in front of Palladino. At the end of five laps, Joyce had a 10 yard lead over Hansen in 6:02 and increased her lead to 25 yards at the end of lap seven (7:14.5) and by 50 yards at the end of the eighth lap (8:25.1). Palladino, meanwhile, had a 50 yard lead over the rest of the field at the end of four laps, but gradually came back to the crowd and finally finished eighth.

Joyce's winning time of 9:00.2 was the second best ever by a collegian bettered only by her recent 8:59.39. Although some nine seconds behind the winner, Hansen was 14 seconds in front of third.

RESULTS: Trial Heats (Qualify six from each heat plus next fastest four), **I**, 1—Regina Joyce (Wash) 9:37.16, 2—Sandra Cullinane (NCS) 9:37.91, 3—Rose Thompson (Wis) 9:38.34, 4—Cindy Duarte (Clemson) 9:38.36, 5—Melanie Weaver (Mich) 9:38.40, 6—Lisa O'Dea (Ore) 9:38.45, 7—Nancy Scardina (NH) 9:40.82, 8—Bernadette Madigan (Ky) nt, 9—Kirschen Hagenlocher (Hst) 9:52.85, 10—Nino Zollo (Princeton) 9:55.54, 11—Marianne Dickerson (Il./Urbana) 9:56.01, 12—Ann Pewe (Mich. St) nt, 13—Becky Cotta (Purdue) nt; **II**, 1—Joan Hansen (Ariz) 9:30.84, 2—Sue Overby (NCS) 9:31.21, 3—Suzie Houston (Wis) 9:31.21, 4—Cynthia Schmandt (Cal) 9:31.42, 5—Pia Palladino (Gtn) 9:31.54, 6—Sue Girard (NCS) 9:31.70, 7—Darcy Tomlinson (W. Mich) 9:32.13, 8—Karen Campbell (Mich. St) 9:32.25, 9—Mary Wright (Va) 9:34.54, 10—Connie Case (Ore. St) 9:40.63, 11—Patti Plumer (Stanford) 9:42.02, 12—Mary Ann Scannell (CS Sac) 9:43.82.

FINAL, 1—Regina Joyce (Wash) 9:00.2, 2—Joan Hansen (Ariz) 9:09.5, 3—Sue Girard (NCS) 9:23.6, 4—Cindy Duarte (Clemson) 9:23.9, 5—Cindy Schmandt (Cal) 9:25.9, 6—Lisa O'Dea (Ore) 9:29.9, 7—Suzie Houston (Wis) 9:32.0, 8—Pia Palladino (Gtn) 9:32.4, 9—Sandi Cullinane (NCS) 9:33.1, 10—Connie Case (Ore. St) 9:33.8, 11—Sue Overby (NCS) 9:34.3, 12—Darcy Tomlinson (W. Mich) 9:35.4, 13—Karen Campbell (Mich. St) 9:35.9, 14—Mary Wright (Va) 9:38.3, 15—Rose Thompson (Wis) 9:44.2, 16—Melanie Weaver (Mich) 9:52.4.

5000 METERS: In 1980, the crew of Shea-Shea-Springs completely dominated the three distance runs, but in 1981 circumstances kept the trio from sweeping all the laurels again. But not in the 5000. Here Julie Shea, a three time winner in 1980, made her only appearance of 1981 and along with sister Mary and Springs scored the old familiar 1-2-3 for North Carolina State. Julie's winning time would only have placed her seventh in 1980, but it was good for a five second victory in Texas in 1981.

Southern Illinois' Lindy Nelson led the field through the first three laps in 75.5-2:34-4:43 and then Kelly Spatz (Michigan State) took over for a short spell, but with five laps to go, Julie Shea moved to the front and kept right on moving as she

built a bigger and bigger lead lap by lap.

RESULTS: FINAL. 1—Julie Shea (NCS) 16:11.04, 2—Mary Shea (NCS) 16:16.02, 3—Betty Springs (NCS) 16:18.76, 4—Patsy Sharples (Idaho) 16:25.88, 5—Sue Schaefer (E. Ky) 16:28.43, 6—Eryn Forbes (Ore) 16:29.52, 7—Kathy Bryant (Tn) 16:31.59, 8—Letha Davis (Drake) 16:39.60, 9—Kelly Spatz (Mich. St) 16:42.72, 10—Peg Cleary (Penn St) 16:45.99, 11—Marjorie Kaput (Ariz) 16:56.15, 12—Nan Doak (Iowa) 16:59.71, 13—Rocky Racette (Minn) 17:04.27, 14—Ellen Lyons (Stanford) 17:06.72, 15—Lisa Last (Mich. St) 17:12.06, 16—Lindy Nelson (S. Il) 17:12.42, 17—Marta Wilson (Wis) 17:19.81, Kristen O'Connell (Al) did not finish.

10000 METERS: Aileen O'Connell gave the University of Virginia its first-ever national individual title as she outlasted a field of 23 runners to score a six second margin over Idaho's Patsy Sharples in the 10000. Mary Shea and Betty Springs, the 2-3 finishers in 1980, were further back this time with Springs grabbing fourth and Shea seventh. Not long after the start, Stanford's Kim Schnurpfeil took over and stayed in the lead until only 7½ laps remained. Schnurpfeil (which we discovered means "straight arrow") led at the 5000 mark in 16:55.5 with Springs, Hamrin, O'Connell, Davis, St. Hilaire, Shea, Sharples and Quick among the leaders. O'Connor moved to the front and with seven laps remaining began to push the pace and before the bell lap had succeeded in ridding herself of any real challenge. Fastest finisher was Patsy Sharples who came on to grab the silver medalion ahead of Midde Hamrin. For many years, the Russians and Eastern European countries have been taking films of our best athletes for study and as one wag remarked "All we have to do is get the Soviets to photograph the two Shea's and Sharples running together and we'll set their running program back 50 years."

RESULTS: FINAL. 1—Aileen O'Connor (Va) 33:28.20, 2—Patsy Sharples (Idaho) 33:34.85, 3—Midde Hamrin (Lamar) 33:37.48, 4—Betty Springs (NCS) 33:39.77, 5—Glenys Quick (TWU) 33:57.82, 6—Judi St. Hilaire (Vt) 34:09.49, 7—Mary Shea (NCS) 34:13.30, 8—Darren Andreau (Fl. St) 34:47.50, 9—Letha Davis (Drake) 34:51.20, 10—Nancy Seeger (Rutgers) 34:56.60, 11—Kim Schnurpfeil (Stanford) 34:58.00, 12—Elizabeth Baker (SDS) 35:17.74, 13—Kellie Cathey (Ok) 35:22.76, 14—Ellen Lyons (Stanford) 35:22.94, 15—Anne Schiavone (Vt) 35:29.16, 16—Michele Aubuchon (CS Hayward) 35:30.83, 17—Linda McLennan (Al) 35:40.58, 18—Bonnie Tamis (Col. St) 35:42.29, 19—Mary Stepka (Wis) 35:51.67, 20—Jill Washburn (Mich. St) 36:04.49, 21—Maria Trujillo (Ariz. St) 36:05.20, 22—Deborah Ulian (Yale) 36:21.52, Ellen O'Malley (Brown) did not finish, Michele Bush (UCLA) did not start.

100 METER HURDLES: The four top seeds, Fitzgerald, Turner, Young and Weekly, won their heats in speedy wind-aided time and moved to the semis which saw the 1-2 favorites, Young and Fitzgerald, come through with wins, Young with a windy 13.42 and Fitzgerald with a legal 13.33. Surprise of the heats and semis was Kansas ace Gwen Poss who turned in clockings of 13.69w and 13.66 (legal) after struggling all year to break 14 seconds.

The final was no contest for first once Fitzgerald got her momentum, but



Tennessee workhorse Benita Fitzgerald.

Young, Weekly and Turner finished within a tick of each other for the next three spots. The short hurdles field was the best balanced field of the competition and in the final, only Fitzgerald turned in a season best.

RESULTS: Trial Heats (Qualify three from each heat plus next fastest four), **I** (+2.74), 1—Benita Fitzgerald (Tn) 13.41, 2—Tonja Brown (Fl. St) 13.53, 3—Kim Willis (Ohio St) 13.56, 4—Gwen Poss (Kan) 13.69, 5—Lexie Miller (Ore) 13.72, 6—Wanda Harris (Ark) 14.02, 7—Brenda Allwine (Ok) 14.25; **II** (+2.21), 1—Kim Turner (UTEP) 13.34, 2—Karen Holmes (TWU) 13.69, 3—Kris Costello (Ore) 13.76, 4—Judy Thomas (Ky) 13.90, 5—Kathy Borgwarth (Wis) 13.94, 6—Missy Jerald (UCLA) 14.31, 7—Almetha Roland (Fl. St) nt; **III** (+3.21), 1—Candy Young (FD) 13.24, 2—Brenda Calhoun (Ariz. St) 13.34, 3—Margo Edwards (Redlands) 13.78, 4—Tonya Lowe (Ky) 13.97, 5—Julie Smithers (Rutgers) 13.98, 6—Robin Marks (Ariz) 14.09, 7—Holly Foster (E. Ky) nt; **IV** (+2.88), 1—Linda Weekly (Tx. St) 13.52, 2—Lori Dinello (Fl) 13.59, 3—Kelly Mathews (Iowa St) 13.94, 4—Pat Lovallias (Hst) 13.96, 5—Connie McKernan (Kan) 14.31, 6—Debi Kilhoffer (Il. St) 14.50, Veronica Flowers (Tx. Tech) did not finish.

Semi-finals (Qualify first four), **I** (+2.4), 1—Candy Young (FD) 13.42, 2—Willis (Ohio St) 13.50, 3—Weekly (Tx. St) 13.55, 4—Dinello (Fl) 13.56, 5—Brown (Fl. St) 13.58, 6—Miller (Ore) 13.85, 7—Mathews (Iowa St) 14.06, 8—Thomas (Ky) 14.42; **II** (+1.8), 1—Fitzgerald (Tn) 13.33, 2—Turner (UTEP) 13.38, 3—Calhoun (Ariz. St) 13.61, 4—Poss (Kan) 13.66, 5—Costello (Ore) 13.76, 6—Holmes (TWU) 13.77, 7—Borgwarth (Wis) 13.98, 8—Edwards (Redlands) 14.09.

FINAL (+0.7), 1—Benita Fitzgerald (Tn) 13.12, 2—Candy Young (FD) 13.37, 3—Linda Weekly (Tx. St) 13.38, 4—Kim Turner (UTEP) 13.39, 5—Brenda Calhoun (Ariz. St) 13.66, 6—Lori Dinello (Fl) 13.73, 7—Kim Willis (Ohio St) 13.77, 8—Gwen Poss (Kan) 13.78.

400 METER HURDLES: This event became known around the stadium as the

"heartbreak event" with favorites crashing into hurdles, missing their step, falling, and so on and on in every round. Things began normally enough with favorite undefeated Tammy Etienne of Texas winning the first heat, but even here all was not as projected as veteran Stephanie Vega failed to advance to the semis. Neophyte Robin Marks took the next heat, but Penny Fales of Penn State was eliminated. Florida State's Tonya Brown easily won the third heat but lost over Chris Davenport and Amy Dunlop. Almetha Roland, another of the Florida State stable won the final heat, but the field lost a potential winner when Boston's Sharon Colyear lost her step at the fifth barrier and dropped out. Colyear, who had worked all year for this event and who had the benefit of probably the coach with the best credentials for the 400m hurdles, Olympic champion Dave Hemrey, was devastated. Another favorite losing out in this heat was Colorado's Brenda Chambers who finished last.

The semis were no less kind to the runners. Heat winner Roland finished last in the first semi and teammate Tonya Brown, running in the second semi, hit the eighth hurdle, fell, and was taken to the hospital. Etienne turned in a lifetime best in winning her semi-final heat in 57.10 and Marks won the second heat in 57.55.

In the final, Etienne drew Lane 8 and ran very well under adverse circumstances until the ninth hurdle which she hit hard with her lead foot. By the time she had recovered her balance, Marks had gone past, but Marks ticked the final hurdle and stumbled the final 30 yards as Edna Brown passed a struggling Etienne. No one ran a season best in the final.

RESULTS: Trial Heats (Qualify first three from each heat plus next fastest four). **I**, 1—Tammy Etienne (Tx) 58.22, 2—Ellen Smith (Tx, A&M) 59.84, 3—Pat Melton (Yale) 59.99, 4—Denise Waddy (Ariz) 60.76, 5—Stephanie Vega (Brooklyn) 62.47, 6—Vata Allen (W. Ky) 63.25, 7—Gretchen Baker (Ind) 63.83; **II**, 1—Robin Marks (Ariz) 59.07, 2—Rachel Clary (Hst) 59.14, 3—Vivian Scruggs (Va) 59.57, 4—Sally Anderson (Princeton) 60.24, 5—Dana Wright (Old Dominion) 60.28, 6—Penny Fales (Penn St) 61.03, 7—Jeannette Bradley (Fl. St) 61.38; **III**, 1—Tonya Brown (Fl. St) 58.46, 2—Lexie Miller (Ore) 60.22, 3—Deborah McClendon (Col) 60.30, 4—Judi Brown (Mich. St) 60.35, 5—Karen Hatchett (Va) 61.36, 6—Chris Davenport (Iowa) 61.42, 7—Amy Dunlop (Wis) nt; **IV**, 1—Almetha Roland (Fl. St) 59.48, 2—Jill Lancaster (Ok) 59.70, 3—Edna Brown (Temple) 60.40, 4—Alverretta Pitts (Fl) 61.59, 5—Kathy Bower (CSLB) 61.90, 6—Brenda Chambers (Col) 65.52, Sharon Colyear (Boston) did not finish.

Semi-finals (Qualify first four). **I**, 1—Etienne (Tx) 57.10, 2—E. Brown (Tem) 57.99, 3—Scruggs (Va) 58.69, 4—Smith (Tx, A&M) 58.75, 5—Lancaster (Ok) 59.03, 6—Waddy (Ariz) 59.12, 7—Wright (OD) 60.20, 8—Roland (Fl. St) 60.30; **II**, 1—Marks (Ariz) 57.55, 2—Miller (Ore) 58.54, 3—Clary (Hst) 58.64, 4—Anderson (Prin) 59.10, 5—Melton (Yale) 59.89, 6—McClendon (Col) 61.09, 7—J. Brown (Mich. St) 61.53, T. Brown (Fl. St) did not finish.

FINAL, 1—Robin Marks (Ariz) 58.41, 2—Edna Brown (Temple) 58.59, 3—Tammy Etienne (Tx) 59.47, 4—Rachel Clary (Hst) 60.11, 5—Ellen Smith (Tx, A&M) 60.65, 6—Vivian Scruggs (Va) 60.71, 7—Sally Anderson (Princeton) 61.21, 8—Lexie Miller (Ore) 61.44.

400 METER RELAY: UCLA was to live or die by the relays. Favored to win all three of the baton events in which they were entered, they won none. Instead they grabbed three second places with great times of 44.49, 1:37.41 and 3:32.08. Winning any of the three would have altered final team placings.

In the 4x100, the Bruins set a stadium and AIAW record as they won the first heat in a swift 44.99, the first time the foursome of Bolden-Howard-Griffith-Jerald had run together. Chief opponent Texas Women's University won the other heat in 45.05 but disaster struck the Denton crew as Dorothy Scott was injured and forced out of the meet.

The Bruins were well placed in the final in Lane Two with TWU (Lane 4) and Florida State (Lane 7) within view. The Bruins improved to 44.49 in the final but Florida State's Randy Givens swept past Missy Jerald to break the tape in 44.35 and victory. Florida State was the only team in the final to turn in a season best. TWU, with Hunca substituting for Scott, stayed in there for third and ran 44.95.

RESULTS: Trial Heats (Qualify first two from each heat plus four fastest times). **I**, 1—UCLA 44.49, 2—CSLA 45.12, 3—UTEP 45.58, 4—Houston 45.84, 5—Nebraska 46.38, 6—Texas 46.45; **II**, 1—TWU 45.05, 2—Florida State 45.36, 3—Arizona State 45.43, 4—New Mexico 45.55, 5—Morgan State 45.65, 6—Kentucky 45.66.

FINAL, 1—Florida State (Garcia-Payne-Bennett-Givens) 44.35, 2—UCLA (Bolden-Sherri Howard-Griffith-Jerald) 44.49, 3—TWU (Hodges-Punch-Holmes-Simpson) 44.95, 4—CSLA (Innis-Sandra Howard-Smith-Pusey) 45.15, 5—New Mexico (Zephevin-Fields-Mallory- Mathias) 45.63, 6—Morgan State (Yancy-Dodson-Hatcher-Belie) 46.05, 7—UTEP (Otieno-Hayward-Simpson-Brown) 46.11, 8—Arizona State (Boyer-Van-Bentley-Calhoun) 46.15.

800 METER MEDLEY RELAY: The medley, first final of the four relays, gave an indication of things to come as Marita Walton, with a 51.1 leg, overtook Sherri Howard (52.1) to win the event with a new stadium, AIAW and collegiate record of 1:36.70. Jackie Pusey's 51.6 anchor leg pulled Cal State LA into third while Florida State, who had whipped UCLA in the trials with a 1:38.67 clocking, was disappointed with their sixth place and 1:40.09 time.

RESULTS: Trial Heats (Qualify first two and next four fastest). **I**, 1—Florida State 1:38.67, 2—UCLA 1:38.69, 3—CSLA 1:40.26, 4—Morgan State 1:40.74, 5—Texas 1:43.10, 6—Wisconsin 1:49.98; **II**, 1—Tennessee 1:39.16, 2—UTEP 1:40.26, 3—North Texas State 1:40.73, 4—Arizona State 1:42.19, 5—Georgia 1:42.95.

FINAL, 1—Tennessee (Barksdale-Rattray-Fitzgerald-Walton) 1:36.70, 2—UCLA (Jerald-Bolton-Griffith-Howard) 1:37.41, 3—CSLA (Bowie-Howard-Innis-Pusey) 1:39.06, 4—Morgan State (Yancy-Dodson-Bullock-Belle) 1:39.35, 5—UTEP (Reese-Hayward-Brown-Crooks) 1:39.42, 6—Florida State (Garcia-Bennett-Givens-Payne) 1:40.09, 7—North Texas State (Bergeron-Bennett-Tinnex-Smith) 1:41.96, 8—Arizona State (Calhoun-Bentley-Boyer-Acker) 1:42.80.

1600 METER RELAY: The championship came down to this event. Texas, with times of 53.6-53.4-54.6-52.6 for Etienne-Holmes-Sherfield-Coleman, turned in the fastest time in the trials and set a new meet record at 3:34.43, but everyone knew the real battle would come down to UCLA and Tennessee in the final. With the championship at stake, Cathy Rattray ran 54.6 to open the event for the Vols to 55.1 for UCLA's Cindy Cumbess and the Tennessee crew was off to a lead. Sherri Howard covered the second leg for UCLA in 51.9 and gave the baton to Arlise Emerson with a small lead. Howard's opponent, Shareiffa Barksdale, had run a fine 52.4 to keep the Vols close. Joetta Clark circled the oval in 52.8 to 53.0 for Emerson and gave Walton a two foot lead over Fowler as the two began the final 400. Fowler immediately went to the front, a tactical error against Walton, and held the lead until the Tennessee veteran wanted to turn it on. Walton took over the lead down the home straight and won with her 51.8 leg and a new collegiate mark of 3:31.70. Fowler's 52.8 gave UCLA an excellent 3:32.08, also better than the old record.

Meanwhile, Oregon, the defending champion, silently slipped into third without the services of Leann Warren. The Oregon crew ran 3:34.13 with splits of 53.6 by Batiste, 54.4 by Massey, 53.9 by

Fritzon and 51.2 by Grace Bakari. Texas couldn't do it two days in a row and ended up fifth behind Florida State. The FSU team also had to use a substitute for the injured Tonya Brown.

RESULTS: Trial Heats (Qualify first two and next four fastest). **I**, 1—Tennessee 3:37.39, 2—Oregon 3:37.79, 3—Morgan State 3:39.17, 4—Oklahoma 3:39.61, 5—Texas A&M 3:40.60, 6—Indiana 3:45.48, 7—Howard 3:45.79, 8—Michigan 3:46.66; **II**, 1—Texas 3:34.43, 2—UCLA 3:35.33, 3—Florida State 3:38.30, 4—Virginia 3:38.95, 5—Temple 3:42.32, 6—Kentucky 3:43.92, 7—Old Dominion 3:45.39, 8—Texas A&M nt.

FINAL, 1—Tennessee (Rattray-Barksdale-Clark-Walton) 3:31.70, 2—UCLA (Cumbess-Howard-Emerson-Fowler) 3:32.08, 3—Oregon (Batiste-Massey-Fritzon-Bakari) 3:34.13, 4—Florida State (Wright-Golden-Wood-Payne) 3:34.80, 5—Texas (Etienne-Holmes-Sherfield-Coleman) 3:36.73, 6—Oklahoma (Moore-Houghton-Campbell-Lancaster) 3:38.05, 7—Virginia (Brown-Scruggs-Hatchett- Garret) 3:40.97, 8—Morgan State (Dixon-Page-Cook-Hatcher) 3:41.05.

3200 METER RELAY: No one performed up to or close to their season best in this event, but Wisconsin was best of all and turned in a good competitive race, winning by six seconds over runner-up Iowa State. Practically every team was 20 seconds slower than normal, thanks to the weather man in Austin. Wisconsin's team, which had been following a strict training routine scheduled by Coach Pete Tegren, was the class of the field and Ellen Brewster, looking like a potential top flight runner, broke it open on the third leg with a good 2:10.4 clocking. It was nice to see another Vetter finish her college career with a good run as Diane led the Iowa State crew to the silver medal.

RESULTS: FINAL, 1—Wisconsin (Beischal-Brunner-Brewster-Spalholz) 8:53.44, 2—Iowa State (Schafer-McCarthy-Meekie-Vetter) 8:59.14, 3—Nebraska (Stricker-Kromer-Schubarth-Essington) 9:02.80, 4—Virginia (Nicholson-Scruggs-Waller-Haworth) 9:03.83, 5—Louisiana State (Zimmerman-Gilmore-Gross-Bengston) 9:04.09, 6—Kansas State (Pihl-LaValley-Thomas-Trent) 9:05.74, 7—Texas (Anderson-Hansen-Pils-Morell) 9:14.18, 8—Iowa (O'Brien-Camarigg-Williams-Stormo) 9:16.94.

HIGH JUMP: Not much to be said of the high jump. Scheduled to be the first event on the final day of competition, the high jump was the event most affected by the rains. Postponed for more than an hour, the jumpers took off from more of a sponge than an apron and did that while running into the wind on their approach. It should have been one of the best events of the meet, but it wasn't. The 12 finalists took 63 jumps during the competition, and only 20 of them were successful — 11 of these successful jumps were on the opening height of 5'8¾. The survivor of all this was Coleen Rienstra who upset Louise Ritter and won the title at 6'0 even. Rienstra took three tries at 6'3½ but did not succeed. Ritter, who stayed out of collegiate competition last season, has rarely lost in a college meet and was a two-time AIAW champion. Rienstra will

be back for two more years, but not for Arizona State according to latest reports.

RESULTS: Qualifying (The following qualified for the final by clearing 5'9"). Coleen Reinstra (Ariz. St), Anne Erpenbeck (Drake), Mary Garrison (Wash), Phyllis Blunston (CS Bakersfield), Sharon Burrill (Nb), Ann Bair (Va), Maria Betioli (BYU), Sybil Reddick (Tx. Sth), Carolyn Ford (Lamar), Patricia Stafford (SDS), Disa Gisladdottir (Ala) and Louise Ritter (TWU). The following did not qualify: Yvonne Heinrich (NCS), Joan Brockhaus (Wis), Julie White (Boston), Hellen Ogar (Missouri), Thea Ackerman (Mt. St. Mary's), Edyth Childress (Ky) and Melinda Morris (W. Il).

FINAL, 1—Coleen Reinstra (Ariz. St) 6'0, 2—(tie) Maria Betioli (BYU), Ann Bair (Va) and Louise Ritter (TWU) 5'10, 5—Disa Gisladdottir (Ala) 5'10, 6—(tie) Maggie Garrison (Wash) and Phyllis Blunston (CSB) 5'10, 8—Carolyn Ford (Lamar) 5'10, 9—Patricia Stafford (SDS) 5'8, 10—(tie) Sybil Reddick (Tx. Sth) and Sharon Burrill (Nb) 5'8, 12—Anne Erpenbeck (Drake) no height.

LONG JUMP: Rain and wind didn't help the long jumpers and things began happening right from the start of the qualifying. UCLA's Jackie Joyner, expected to place in the top four, failed to qualify as she was far off the mark with her approach run and managed a best leap of only 17'5". Dorothy Scott, TWU, who had jumped the 21 foot mark in recent meets, injured herself in a 200 the previous weekend and was forced to withdraw. Jennifer Innis, CSLA, although qualifying with a 19 foot jump, was having difficulties with her right arm on landing and was losing 2-3 feet on each attempt.

The final started out to be a complete flop with Donna Thomas of North Texas State leading after the first round at only 19'9 and only three others over 19 feet. On the second round, Thomas became the only jumper over 20 feet as she increased her lead to 20'2 and defending champion Pat Johnson, Wisconsin, moved into second at 19'11. Johnson took over the lead after three jumps at 20'5 and lost from the final eight was Innis whose right hand had touched the sand far behind her on all three of her attempts.

In round four, Esmeralda Garcia sailed 20'8½ to take command and the Florida State Seminoles began a war dance of their own. In the fifth round, Johnson improved to 20'6 and Thomas moved up to 20'7 and Garcia reverted to 18'10 but still led going into the final round. Johnson did not improve, but freshman Thomas came through with a leap of 20'9¼ to take the title and have the chance to win four straight — if there are three more AIAW championships.

RESULTS: Qualifying, 1—Pat Johnson (Wis) 20'6, 2—Evalene Hatcher (Morgan St) 20'3, 3—Donna Thomas (N. Tx. St) 20'2½, 4—Esmeralda Garcia (Fl. St) 20'1¼, 5—Kathy Rankins (Ga) 20'0¼, 6—Tudie McKnight (Kan) 19'9¼, 7—Sharon Moultrie (Tx. Tech) 19'4¼, 8—Michelle Kelley (UC Irvine) 19'0¼, 9—Jennifer Innis (CSLA) 19'0¼, 10—Becky Kaiser (Il) 18'11½, 11—(tie) Esther Otieno (UTEP) and Alice Bennett (Fl. St) 18'9½. Non-qualifiers: Robin Taylor (Old Dominion) 18'7¼, Anna Van (Ariz. St) 18'6, Linda Spent (Missouri) 17'11¼, Jackie Joyner (UCLA) 17'5¼, Lorrie Thornton (Mich) and Dorothy Scott (TWU) had no marks, Princess Reese (Al) did not compete.



Javelin winner Sally Harmon.

JEFF JOHNSON

FINAL, 1—Donna Thomas (N. Tx. St) 20'9¼, 2—Esmeralda Garcia (Fl. St) 20'8½, 3—Pat Johnson (Wis) 20'6, 4—Esther Otieno (UTEP) 19'10¼, 5—Evalene Hatcher (Morgan St) 19'9, 6—Sharon Moultrie (Tx. Tech) 19'2¼, 7—Becky Kaiser (Il) 19'2, 8—Kathy Rankins (Ga) 18'10, 9—Michelle Kelley (UC Irvine) 18'6½, 10—Alice Bennett (Fl. St) 18'6, 11—Tudie McKnight (Kan) 18'2½, 12—Jennifer Innis (CSLA) 18'0½.

SHOT PUT: The shot played an important part in Tennessee's victory. Two things combined to give the Vols the points to win the meet. First of all, Maryland's Marita Walton had not been declared by her coach and Walton (with a best of 54'0 this season), was out. Second, as was the case with the entire Tennessee team at this meet, Rosemarie Hauch came through with her PR at 53'5¼ to nab second place and eight valuable points.

Meg Ritchie, who lost the discus in a big upset the day before, socked it to everyone with her first throw of 54'10 and then finished with a last toss of 57'1 for a new collegiate record. Sandy Burke, who has been having fluctuating results for the past two seasons, cut loose with a fine throw of 52'11½ to edge Penn State frosh Elaine Sobansky (52'10) and Ramona Pagel (52'2).

The event was delayed by the deluge and the implement landed in gooey-ucky mud once the competition began. This, however, didn't stop Pagel from giving the shot a big smacker when she set her PR at 52'2.

RESULTS: Qualifying (First 12 qualify for final), 1—Meg Ritchie (Ariz) 53'10, 2—Rosemarie Hauch (Tn) 53'5¼, 3—Elaine Sobansky (Penn St) 53'0¼, 4—Sandy Burke (NE) 51'2½, 5—Caryl Van Pelt (Wash) 51'0¼, 6—Ramona Pagel (CSLB) 49'9¼, 7—Cecil Hansen (Ok)

49'8¼, 8—Ria Stalman (Ariz. St) 49'3¼, 9—Susie Ray (UCLA) 48'11¼, 10—Oneitha Davis (St. John's) 48'11¼, 11—Cindy Crapper (Ky) 47'4½, 12—Carol Cady (Stanford) 46'7, 13—Sharon Hamilton (CS Bakersfield) 46'2¼, 14—Annie McElroy (CSLB) 45'11½, 15—Debi Och (Ala) 45'7¼, 16—Heidi Kauti (UCLA) 45'3¼, 17—Lisa Ferry (Hst) 44'11.

FINAL, 1—Meg Ritchie (Ariz) 57'1, 2—Rosemarie Hauch (Tn) 53'9, 3—Sandy Burke (Northeastern) 52'11½, 4—Elaine Sobansky (Penn St) 52'10, 5—Ramona Pagel (CSLB) 52'2, 6—Cecil Hansen (Ok) 51'11¼, 7—Oneitha Davis (St. John's) 50'4, 8—Ria Stalman (Ariz. St) 50'3¼, 9—Cindy Crapper (Ky) 49'3¼, 10—Susie Ray (UCLA) 48'8½, 11—Carol Cady (Stanford) 46'11, 12—Caryl Van Pelt (Wash) 45'2¼.

DISCUS THROW: Our pre-meet flyer and dope sheet predicted "No one is going to beat Merlene Ottey, Meg Ritchie, Karin Smith or UCLA". Well, one for four isn't too bad. Only Ottey kept us from striking out completely for Smith didn't show and UCLA and Meg Ritchie went down to inglorious defeat. Ritchie's loss in her favorite event must be classed as the upset of the year but can be blamed on the weather and/or failure to adjust. The event was held in intermittent rain and on a slippery ring. Arizona State's Ria Stalman opened the competition with a first round throw of 195'5 and Ritchie fouled. Stalman improved in the second round to 196'8 while Ritchie saw the disc slip and land only 141'0 from the ring. Stalman fouled her third try and Ritchie, needing a good mark to move into the final, took a standing throw for 176'9 to advance.

In the final three throws, Stalman improved in round five to 198'3 while Ritchie also improved in round four to 184'10 and then fouled her final two attempts. The State of Arizona took the first three places as ASU freshman Leslie Deniz picked up the bronze with a throw of 174'3.

RESULTS: Qualifying (Qualify first 12 to final), 1—Meg Ritchie (Ariz) 192'7, 2—Ria Stalman (Ariz. St) 187'9, 3—Leslie Deniz (Ariz. St) 176'11, 4—Carol Cady (Stanford) 170'8, 5—Penny Neer (Mich) 165'9, 6—Leslie Hoerner (CSLB) 164'0, 7—Karen McDonald (Ore) 162'11, 8—Laura Messner (Tx) 161'2, 9—Betty Bogers (UTEP) 161'1, 10—Victoria Bowman (W. Ky) 157'1, 11—Pat Shaw (CSLB) 155'4, 12—Pat Herrington (Idaho St) 154'5, 13—Queen Beasley (Ore) 154'4, 14—Becky McGranahan (Kan) 150'9, 15—Cindy Crapper (Ky) 150'6, 16—Dana Olson (Hst) 149'0, 17—(tie) Nadine Cox (Ohio St) and Brenda Denny (Col) 144'11, 19—Heather Kuusela (BYU) 144'8, 20—Vickilee Coburn (Tx. A&M) 141'9, 21—Francine Kaylor (Col. St) 139'0, 22—Mary Ruch (Ala) 133'6, Karen Wood (Nb) did not compete.

FINAL, 1—Ria Stalman (Ariz. St) 198'3, 2—Meg Ritchie (Ariz) 184'10, 3—Leslie Deniz (Ariz. St) 174'3, 4—Laura Messner (Tx) 163'11, 5—Penny Neer (Mich) 163'7, 6—Victoria Bowman (W. Ky) 163'1, 7—Carol Cady (Stanford) 160'9, 8—Pat Herrington (Idaho St) 160'1, 9—Leslie Hoerner (CSLB) 158'10, 10—Karen McDonald (Ore) 143'11, 11—Betty Bogers (UTEP) 139'11, 12—Pat Shaw (CSLB) 139'7.

JAVELIN THROW: The javelin competition, which was staged some four miles from the stadium, symbolized the weather of the meet. Upon arrival at the field, spectators were rubbing on the sun lotion, sitting under umbrellas and downing cool drinks. Just as the final spear hit the ground, the skies opened up

and the Texas monsoon hit the town. All that change took place in an hour and people wearing sun lotion were drowning in the torrent.

The event, however, was completed without weather incident and was won in a small upset by Oregon's left-handed Sally Harmon. Harmon got off her winning toss on her second throw at 177'10 and had a good series with 164'0-177'10-170'7-168'8-163'1-164'1. Most of the damage was done early with Alabama's Sue Gibson (175'9) and Houston's Dana Olson (173'5) having their best throws in the preliminary rounds. Stanford's Mary Osborne moved into fourth on her fourth throw and defending champ Jacque Nelson of UCLA nearly caught her with her last effort at 169'2 — and another near-miss for UCLA.

The site of the competition gave a carnival atmosphere to the event and on at least one occasion officials had to remind coaches and athletes there must be no communication during the event. This never bothered champion Harmon, however. While all the throwers mixed with spectators, Harmon hied herself far away and spent the time between throws in communion with herself and concentration on her task ahead. And that's the way to do it.

RESULTS: Qualifying (Qualify first 12 to final), 1—Sally Harmon (Ore) 172'5, 2—Sue Gibson (Ala) 171'5, 3—Dana Olson (Hst) 171'1, 4—Donna Mayhew (Ariz) 165'8, 5—Lorri Kokkola (W. Ky) 163'5, 6—Deanna Carr (Wash) 162'5, 7—Mary Osborne (Stanford) 162'2, 8—Jacque Nelson (UCLA) 160'10, 9—Debra Williams (Mich) 159'1, 10—Cheryl Movak (W. Il) 155'10, 11—Jeanne Eggart (Wash. St) 155'7, 12—Marilyn Senz (Penn St) 154'5, 13—Pam Passera (Tn) 151'2, 14—Nancy Raczka (Fla) 147'3, 15—Deborah Dibb (SDS) 146'9, 16—Teresa Cooper (Ore. St) 144'10, 17—Cindy Crapper (Ky) 144'3, 18—Judy Madea (W. Il) 143'11, 19—Kristin Terpening (Auburn) 139'3, 20—Susie Ray (UCLA) 138'1.

FINAL, 1—Sally Harmon (Ore) 177'10, 2—Sue Gibson (Ala) 175'9, 3—Dana Olson (Hst) 173'5, 4—Mary Osborne (Stanford) 169'8, 5—Jacque Nelson (UCLA) 169'2, 6—Lorri Kokkola (W. Ky) 165'10, 7—Jeanne Eggart (Wash. St) 163'5, 8—Debbie Williams (Mich) 158'9, 9—Donna Mayhew (Ariz) 158'8, 10—Marilyn Senz (Penn St) 158'6, 11—Deanna Carr (Wash) 152'1, 12—Cheryl Novak (W. Il) 147'5.

HEPTATHLON: The heptathletes had the pleasure of competing in rain, sunshine and wind during the two days and the title was not decided until the final event. UCLA's Tonya Alston took the lead after the first event when she sped to a 14.34 clocking over the 100m hurdles. Only five-hundredths of a second back was Houston's Patsy Walker, and two-hundredths later came Debra Deutsch and Nancy Kindig. Alston won the shot in a surprise over favored Kerry Zwart of USC, 43'3½ to 42'0½ and increased her point lead. Walker was fourth with 40'5½ and Kindig sixth at 37'5¼. Meanwhile, UCLA's number two, Jackie Joyner, ran

SCORING

	Track	Relays	Field	Total	
1—Tennessee	33	20	8	61	
2—UCLA	25	24	8	57	
3—Oregon	24	6	10	40	
4—Florida State	17	15	8	40	
5—North Carolina State	37	0	0	37	
6—Arizona	18	0	18	36	
7—Nebraska	20	6	8	34	
8—Arizona State	4	0	26	30	
9—TWU	12	6	6	24	
10—Virginia	11	4	7	22	
11—CSLA	11	10	0	21	
12—Houston	4	0	16	20	
13—Wisconsin	16,	14—UTEP and Texas	14,	16—Washington	13,
17—Penn State	12,	18—San Diego State, Alabama and North Texas	10,	21—Lamar, Texas Southern, Temple and Iowa State	8,
25—Morgan State	7,	26—New Mexico, BYU and Northeastern	6,	29—Cornell, Clemson, Eastern Kentucky, Stanford and Oregon State	4,
34—California, Vermont, Florida, Texas A&M, Oklahoma, LSU, CSLB, Michigan and Western Kentucky	2,	43—Grambling, Ohio State, Kansas State and Texas Tech	1.		

14.66 in the hurdles and tossed the shot 37'1 for a PR.

Alston and Walker tied in the high jump at 5'11, Joyner had another PR at 5'8½ while Kindig had to be content with 5'6¼ as the field headed for the 200, final event of the first day. Alston now led Walker by 46 points, 2646 to 2600, Oregon State's Cynthia Grenier was next with 2484 and Virginia's Susan Brownell in fourth at 2467. Joyner was in fifth at 2425. Disaster struck Alston in the 200 as she pulled up with a torn plantar fascia and was out of the meet. Walker went on to turn in the fastest 200 time at 25.15 and ended the first day in front with 3433 points. Grenier was now in second at 3294 and Joyner, with her 25.41 200 time was third at 3246.

Joyner won the long jump as expected to start off the final day, but again she had step problems and recorded only 19'6¼ as she repeatedly took off from behind the board. Kindig had a good leap of 19'3¼ while Walker could manage only 18'10½ so with only two events remaining, Walker still led with 4284 followed by Joyner at 4143 and Brownell with 4046.

Javelin results went all the way from a paltry 74'5¼ to a fair 126'0. Walker could manage only 88'6 scoring 543 points. Joyner had another PR at 115'11 and moved into the lead with 4834. San Diego's Carrie McLaughlin had the best toss and moved to fifth. Kindig was third with 4796.

The 800 settled it all. Walker turned on the speed early and cruised to a 2:16.48 clocking. Kindig outlegged Joyner by three seconds and grabbed the silver with Joyner ending up in third followed by Greiner and McLaughlin.

RESULTS: 1—Patsy Walker (Hst) 5662 (14.29-40'5½-5'11-25.15-18'10½-88'6¼-2:16.48), 2—Nancy Kindig (Nb) 5585 (14.35-37'5¼-5'6¼-26.02-19'3¼-125'6-2:20.08), 3—Jackie Joyner (UCLA) 5578 (14.66-37'1-5'8½-25.41-19'6¼-115'11-2:23.62), 4—Cynthia Greiner (Ore. St) 5420, 5—Carrie McLaughlin (SDS) 5372, 6—Susan Brownell (Va) 5311, 7—Kerry Zwart (USC) 5228, 8—Myrtle Chester (Tn) 5189, 9—Debra Deutsch (Rutgers) 5041, 10—Karen Roth (Il. St) 4875, 11—Sonya Crowther (Ore. St) 4837, 12—Rene Nickles (Ok) 4654, Tonya Alston (UCLA) and Sandra Obermeier (Nb) did not finish. Event winners: **100H**, Patsy Walker 14.29; **SP**, Tonya Alston 43'3¼; **HJ**, Tonya Alston and Patsy Walker 5'11; **200**, Patsy Walker 25.15; **LJ**, Jackie Joyner 19'6¼; **JT**, Carrie McLaughlin 126'0; **800**, Patsy Walker 2:16.48.

WTW

Tenth Carifta Games

Nassau, Bahamas, April 19/22 — Good sprinting highlighted the staging of the Tenth Annual Caribbean Junior Championships held in Nassau. As a matter of fact, sprinting was about the only thing to shout about as field events, distances and hurdles were far below international standards. In the Under 17 Division, Candy Forde from Bermuda won the top prize in all three short dashes while Maryann Higgs took the 200/400 in the Under 20 Division, the 400 in good time of 53.04.

RESULTS: Under 17: 100, 1—Carolyn Forde (Ber)

11.7, 2—Camille Coates (Jam) 11.8; **200**, 1—Candy Forde (Ber) 24.12, 2—Maxine McMillan (Tri) 24.40; **400**, 1—Candy Forde (Ber) 55.3, 2—Veronica Williams (Jam) 55.5, 3—Rosemarie Bailey (Jam) 55.8; **800**, Bernadette John (Tri) 2:12.5. **Under 20:** 100, 1—France Lovel (Guad) 11.6, 2—Janet Burke (Jam) 11.7; **200**, 1—Maryann Higgs (Bah) 24.04, 2—Ruperta Charles (Ant) 24.07, 3—Liane Gaschel (Mar) 24.19; **400**, 1—Maryann Higgs (Bah) 53.04, 2—Fredericka Wright (Jam) 54.93, 3—Ruperta Charles (Ant) 55.26, 4—Cheryl Innis (Bar) 55.41; **800**, 1—Whelma Colebrook (Bah) 2:10.5, 2—Eugenie Beason (Jam) 2:11.3, 3—Filomin (Guad) 2:11.8, 4—Cheryl Innis (Bar) 2:11.9; **1500**, Eugenie Beason (Jam) 4:44.66; **3000**, Margaret Williams (Jam) 10:20.97; **100H**, Karlene Allen (Jam) 14.9; **4x100**, 1—Bahamas 46.36, 2—Jamaica 46.69, 3—Antigua 46.84; **4x400**, 1—Bahamas 3:42.7, 2—Antigua 3:45.5; **HJ**, Charlene Scaron (Mar) 5'9; **LJ**, Ingrid Boyce (Bar) 18'10; **SP**, Claire Cantuant (Guad) 43'10; **DT**, Kathy Bartlett (Bah) 127'8; **JT**, 1—Sonia Smith (Ber) 171'10, 2—Marie Boertimon (Guad) 152'6.

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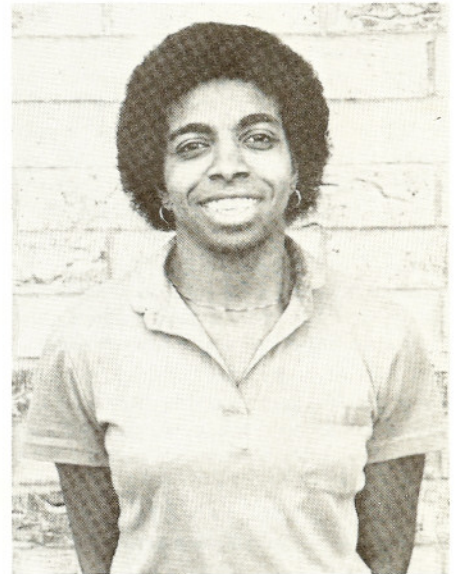


DORRIS HERITAGE — SEATTLE PACIFIC

JEFF JOHNSON



JONI HUNTLEY — OREGON STATE



CARLA COFFEY — KANSAS

"Trying Isn't Enough"

from "B.C. Track Record"

Back in the 1950's, Abe Martin, a football coach at TCU, summoned a player off the bench.

"Jimmy", Abe said, putting his arm around the boy's shoulder, "look at old Billy out there at defensive end. They're wearing him out with that end sweep. I want you to go out there and stop that play."

"I'll try, Coach!" the boy said eagerly.

"Sit down, Jimmy", Abe said, removing his arm from the player's shoulder. "Billy's trying."

Donald Ronan, a guidance/sports counselor at West Islip High School in New York, uses this story to vividly illustrate his main point in his article, "Introduction to Mental Training for the Competitive Athlete", in the September 1978 issue of *Scholastic Coach*.

Ronan claims that coaches still believe "I'll try" is the best answer they can get from an athlete. He, however, believes it's an excuse, the gimmick of a fence-straddler. If the athlete happens to get the job done, he gets the credit. If he doesn't, nobody will hold him responsible. Since the athlete has nothing to lose, argues Ron, that's just the way he'll perform.

"You can't imagine success when you're merely out there to try. You can imagine success when you believe it is possible", asserts Ronan.

The New York school counselor believes that we have been overeducated on the mental aspects. It is time for us to become more aware of the power of the mind, the power of thought. It is the driving force of our existence. What we think, what we concentrate on, claims Ronan, is what we become.

"All athletes start as participants, but as they progress to higher levels of competence, the top performers become competitors. The turning point comes when they perceive what they can become rather than what they are", writes Ronan.

Self-Image Is Crucial

Ronan's method of mental training is based upon the view that self-image controls the individual's accomplishments.

"Once an experience, an idea, a belief about oneself goes into this picture, it becomes true, and we perform like the sport of person/athlete we picture ourselves to be!

"Picture yourself as not being able to perform at a certain level, and sure as hell, you won't!

"Picture yourself as defeated, and that

picture alone will make victory impossible!

"On the other hand, picture yourself as winning, and that picture will contribute immeasurably to your success!

"Winners see what they want to happen, losers see what they want to avoid. It is a self-fulfilling prophecy — what you expect is what you get", writes Ronan.

The first step in mental training is then to improve the athlete's self-image from the "I can't" type of thinking to "this is possible" type of thinking. To do so, Ronan proposes a three step program for the athlete.

1. Value Yourself. Most aspiring athletes start near the bottom of the ladder and work their way up to the top. Whenever they become discouraged they must be reminded and must remind themselves that they have value, that they are unique, and that there is no such thing as poor competitive athletes, only athletes at different stages of development, and that with courage and perseverance they will eventually reach any realistic goal they have set.

2. Know Yourself. The athletes must be honest with themselves, recognize and accept their strengths and weaknesses, and then do something about the weaknesses. They must be able to tolerate some imperfections, while also being able to take pride in accomplishments — not alibing a poor performance and not minimizing a good one.

3. Don't Underestimate Yourself. People use only a fraction of the talent and power they possess. Every record in the books is capable of being broken. It is just a matter of making maximum use of the talent and power one possesses. As an example, Ronan cites the four minute mile barrier. For many years, experts in track and human physiology claimed that man was incapable of running a sub-four minute mile. But Roger Bannister did it — and within two years of his breakthrough, over 50 other runners cracked the four minute barrier! It had always been a mental barrier, not a physical one.

Automatic Guidance System

The human brain and nervous system, according to Ronan, is a marvelous goal-striving mechanism that can work for the individual as a success mechanism or against him as a failure mechanism, depending upon how the individual operates it.

The brain is an automatic guidance system that works in the same way as electronic computer programmer

machines. Negative and positive feedback data are relayed back and forth by electrical impulses. Negative feedback allows for course corrections while positive feedback makes for smooth performance. This feedback data is then recorded in memory banks to be replayed at appropriate times.

"All of us should understand", writes Ronan, "that every time we experience something, we either create new neural pathways or, in the event of a repeated experience, we strengthen the neural pathways already programmed in our brain and nervous system.

"These neural pathways or patterns are then stored in our memory just like magnetic tapes in computer use, and they can be reactivated and replayed whenever we recall a past experience. The trick is to learn how to replay the successful experience rather than the failed one", says Ronan.

The crucial point is that scientists have confirmed that "the human brain and nervous system cannot tell the difference between an actual experience and one that is vividly imagined. This means that mental skill training can be as effective as actually practicing the skill."

The three principles upon which this automatic guidance system works are as follows:

1. Set the goal. The system is a goal-striving mechanism. The goals should be realistic; high enough to present a challenge and yet within reach. They should be personal goals and not those imposed by others.

2. Picture the goals. By means of imagination one can practice new traits and attitudes. The degree of sameness will depend upon the vividness and detail of the individual's mental pictures. One should seek not only to see the action, but to feel it also.

3. Let it happen . . . Do it. If one has conditioned oneself both mentally and physically, one doesn't have to think about it when it comes time to execute. Just go ahead and execute!

Ronan's Training Program

Ronan suggests the following method of mental training to help the athlete build successful experiences.

He suggests that this training should be done daily for some 10 to 20 minutes. The best time is just before falling asleep or before taking a nap sometime during the day. The method consists of three main steps: 1) Relaxation, 2) Concentration, and 3) Mental Picturing.

(continued on page 21)

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50 Yards

5.83	Evelyn Ashford	81
5.84	Chandra Cheeseborough	81
5.86	Deandra Carney	78
5.89	Kim Robinson	78
5.96	Brenda Morehead	80
5.97	Pat Miller	80
6.11	B. J. Eldridge	80
6.16	Damita McClinton	80
6.17	Denise Cox	80
6.17	Tracey Valentine	81

50 Meters

6.13	Jeanette Bolden	81
6.21	Alice Brown	81
6.26	Evelyn Ashford	80
6.38	Brenda Morehead	80
6.40	Dollie Fleetwood	80
6.43	Florence Griffith	81
6.44	Sharon Ware	81
6.46	Jodi Anderson	81
6.47	Lisa Hopkins	81
6.52	Gwen Loud	80

60 Yards

6.62	Alice Brown	81
6.63	Evelyn Ashford	81
6.67	Jeanette Bolden	81
6.68	Chandra Cheeseborough	79
6.69	Carrie Sherman	79
6.72	Deandra Carney	78
6.73	Brenda Morehead	79
6.73	Michelle Glover	81
6.74	Janice Bernard	79
6.75	Dollie Fleetwood	79

300 Meters (* = Hand time plus 0.24)

37.98	Robin Jackson	81
38.33	Randy Givens	81
38.47	Ella Smith	78
38.56	Wanda Hooker	78
38.59	Maria Parsons	80
38.68	Jeanine Brown	80
38.74*	Rosalyn Bryant	80
37.76	Nancy Miller	80
38.80	Gail Stephens	80
38.97	Reba Jackson	81

400 Meters (* = Hand time plus 0.14)

(* = Yards converted to meters)		
53.11°	Sharon Dabney	78
53.31	Gwen Gardner	80
53.62°	Rosalyn Bryant	80
53.67°	Kim Thomas	80
53.88	Pam Moore	81
54.04*	Charlotte Cooke	66
54.07	Lisa Garrett	81
54.14*	Janell Smith	65
54.20°	Yolanda Rich	80
54.33*	Maxine Underwood	81

500 Yards

1:03.3	Rosalyn Bryant	77
1:04.1	Deanine Howard	81
1:04.5	Kathy Hammond	72
1:04.5	Paulette Clagon	81
1:04.6	Brenda Peterson	81
1:05.0	Lorna Forde	81
1:05.1	Jarvis Scott	76
1:05.1	Gwen Gardner	80
1:05.1	Diane Gutowski	81
1:05.4	Arlise Emerson	78

800 Meters (* = Hand time plus 0.14)

(* = 880y minus 0.70)		
1:59.04*	Mary Decker	80
2:03.94**	Madeline Manning	80
2:04.14**	Robin Campbell	80
2:04.84**	Delisa Walton	81
2:05.44**	Jan Merrill	78
2:05.44*	Wendy Knudson	79
2:05.54*	Francie Larrieu	79
2:05.75	Darlene Beckford	81
2:05.94*	Debbie Vetter	78
2:06.04**	Cheryl Toussaint	74

1000 Yards

2:23.8	Mary Decker	78
2:25.6	Debbie Heald	79
2:25.8	Wendy Knudson	79
2:26.8	Francie Larrieu	75
2:27.2	Marcia Romesser	79
2:27.2	Robin Campbell	81
2:28.8	Cheryl Toussaint	75
2:29.0	Diane Richburg	81
2:29.9	Debbie Vetter	79
2:30.3	Barbara Lawson	74

1000 Meters

2:40.2	Francie Larrieu	75
2:42.1	Cyndy Poor	77
2:42.2	Jan Merrill	76
2:43.9	Chris Mullen	80
2:45.5	Dana Glidden	80
2:46.4	Brigid Leddy	80
2:47.0	Julie Brown	76
2:47.1	Jacqueline Richards	80
2:48.0	Thoman	80
2:48.2	Judy Graham	76

USA All-Time Indoor Top Ten

60 Meters

7.28	Brenda Morehead	80
7.28	Sherri Funn	81
7.32	Deandra Carney	79
7.34	Chandra Cheeseborough	81
7.34	Lisa Thompson	81
7.42	Maria Parsons	80
7.43	Michelle Glover	81
7.44	Leola Toomer	81
7.48	Sharieffa Barksdale	81
7.48	Sheryl Pernell	81
7.48	Tara Mastin	81

500 Meters

1:11.7	Delisa Walton	80
1:11.8	Rosalyn Bryant	77
1:12.3	Kim Thomas	80
1:12.3	Marie Dwyer	80
1:12.6	Edna Brown	80
1:12.7	Kathy Weston	79
1:13.4	Pam Sedwick	78
1:13.5	Wendy Koenig	75
1:13.7	Judy Fontaine	78
1:13.9	Robin Campbell	78

1500 Meters

4:00.8	Mary Decker	80
4:09.8	Francie Larrieu	75
4:10.9	Cindy Bremser	80
4:13.4	Maggie Keyes	80
4:13.6	Jan Merrill	80
4:14.0	Darlene Beckford	80
4:17.2	Debbie Heald	79
4:17.2	Margaret Groos	81
4:17.9	Debbie Vetter	78
4:18.9	Lynn Jennings	78
4:19.2	Ruth Caldwell	78

200 Meters (* = Hand time plus 0.24)

(* = Yards converted to meters)		
23.17*	Chandra Cheeseborough	81
23.76*	Florence Griffith	81
23.88*	Sheryl Pernell	81
23.94*	Gwen Gardner	79
24.00	Wanda Hooker	80
24.00	Deborah Jones	80
24.09	Liz Young	79
24.10	Brenda Morehead	81
24.24*	Lorna Forde	81
24.35*	Maria Parsons	80

600 Yards (* = Hand time plus 0.14)

1:19.24	Delisa Walton	81
1:19.44*	Robin Campbell	74
1:20.64*	Kathy Hammond	72
1:20.80	Pam Sedwick	81
1:20.84*	Cheryl Toussaint	73
1:20.94*	Wendy Knudson	73
1:21.04*	Madeline Manning	75
1:21.14*	Wanda Trent	81
1:21.24*	Jarvis Scott	72
1:21.24*	Debbie Vetter	78
1:21.24*	Jill Lancaster	81

One Mile (* = Hand time plus 0.14)

(* = Oversized track)		
4:17.74*	Mary Decker	80
4:28.34*	Francie Larrieu	77
4:31.14*	Jan Merrill	77
4:32.24*	Debbie Heald	78
4:32.44*	Darlene Beckford	80
4:34.14*	Brigid Leddy	80
4:35.44*	Cindy Bremser	79
4:35.47	Maggie Keyes	81
4:37.04*	Joan Hanson	81
4:38.44*	Kate Keyes	78
4:38.64*	Julie Brown	76

300 Yards (* = Hand time plus 0.24)

34.07	Rosalyn Bryant	80
34.50	Liz Young	79
34.54	Val Boyer	81
34.80	Jenny Gorham	80
34.84	Maxine Underwood	80
34.92	Jeanine Brown	79
34.93	Sheila Calmese	79
34.94*	Sharon Dabney	78
35.10	Lori Green-Jones	81
35.12	Nancy Miller	79

600 Meters (* = Hand time plus 0.14)

1:26.56	Delisa Walton	81
1:28.82	Pam Sedwick	81
1:28.94*	Chris Mullen	80
1:29.54*	Wendy Knudson	76
1:30.04*	Marie Dwyer	80
1:30.20	Wanda Trent	81
1:30.24*	Robin Campbell	74
1:30.34*	Rosalyn Dunlap	80
1:30.44	Diann Ousley	80
1:30.63	Lorna Forde	81

3000 Meters

8:57.6	Jan Merrill	78
9:02.4	Francie Larrieu	74
9:08.4	Brenda Webb	80
9:08.5	Margaret Groos	80
9:11.0	Joan Hansen	81
9:22.7	Julie Shea	79
9:23.5	Julie Brown	79
9:27.6	Joan Benoit	78
9:28.3	Ellison Goodall	78
9:29.0	Debbie Quatier	74

Two Miles (* = Hand time plus 0.14)		
(# = Made in mixed competition)		
9:31.84*	# Jan Merrill	79
9:38.24*	Francie Larrieu	81
9:38.44*	Margaret Groos	81
9:45.14*	Cindy Bremser	80
9:45.74*	Brenda Webb	81
9:46.24*	Julie Brown	79
9:52.53	Judi St. Hilaire	81
10:01.89	Kim Schnurpfeil	81
10:02.04*	Kathy Mills	78
10:02.14*	Carol Cook	77
10:03.64*	Sue Kinsey	78

Three Miles (* = Hand time plus 0.14)		
15:41.54*	Pia Palladino	80
15:44.44*	Anne Sullivan	80
15:48.16	Kellie Cathey	81
15:53.24*	Debra Pavik	81
15:57.44*	Peggy Cleary	80
15:58.24*	Mary Walsh	80
16:05.64*	Dana Slater	79
16:05.97	Donna Ganly	81
16:09.24*	Mary Seybold	80
16:10.34*	Karen Bridges	79

5000 Meters		
15:34.5	Margaret Groos	81
16:28.6	Ellen Hornberger	80
16:34.1	Donna Gathje	80
16:36.9	Alanna McCarthy	80
16:39.5	Melanie Weaver	80
16:39.7	Rocky Racette	80
16:40.5	Pia Palladino	80
16:45.3	Peggy Cleary	80
16:51.4	Cynthia Wadsworth	80
16:51.7	Kelly Spatz	80

50 Yard Hurdles		
6.37	Deby LaPlante	78
6.39	Patty VanWolvelaere	78

6.44	Candy Young	80
6.61	Lori Dinello	78
6.65	Stephanie Hightower	80
6.72	Benita Fitzgerald	81
6.73	Kim Turner	81
6.83	Carol Lewis	81

50 Meter Hurdles		
6.95	Candy Young	79
6.98	Stephanie Hightower	80
6.98	Kim Turner	80
7.01	Linda Bourne	79
7.03	Deby LaPlante	79
7.11	Carol Thomson	77
7.25	Jackie Washington	80
7.26	Rhonda Brady	79
7.34	Jodi Anderson	79

60 Yard Hurdles		
7.47	Stephanie Hightower	80
7.48	Candy Young	80
7.51	Deby LaPlante	79
7.54	Patty Van Wolvelaere	72
7.69	Benita Fitzgerald	81
7.72	Rhonda Brady	79
7.72	Lori Dinello	80
7.72	Jackie Washington	80
7.74	Kim Turner	80
7.74	Karen Wechsler	80

60 Meter Hurdles		
8.17	Stephanie Hightower	80
8.18	Candy Young	81
8.24	Benita Fitzgerald	81
8.25	Deby LaPlante	78
8.25	Karen Wechsler	81
8.30	Kim Turner	80
8.34	Lori Dinello	81
8.45	Kim Willis	79
8.46	Gayle Watkins	81

8.48	Debra Deutsch	80
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High Jump		
6'4 $\frac{3}{4}$	Joni Huntley	81
6'3 $\frac{3}{4}$	Colean Reinstra	81
6'3 $\frac{1}{2}$	Louise Ritter	80
6'3	Sharon Burrill	80
6'2	Paula Girven	80
6'1 $\frac{1}{4}$	Sally McCarthy	80
6'0 $\frac{1}{2}$	Maggie Garrison	78
6'0 $\frac{1}{2}$	Yolanda Gibson	81
6'0 $\frac{1}{2}$	Daebelliehn	81
6'0	Pam Spencer	76
6'0	Wendy Markham	80
6'0	Jalene Chase	80
6'0	Phyllis Blunston	81

Long Jump		
21'7 $\frac{1}{2}$	Carol Lewis	81
21'4 $\frac{3}{4}$	Martha Watson	73
21'4 $\frac{3}{4}$	Kathy McMillan	76
21'2 $\frac{3}{4}$	Jodi Anderson	79
21'0	Pat Johnson	81
20'8	Willye White	72
20'7 $\frac{3}{4}$	Evalene Hatcher	81
20'7	Donna Thomas	81
20'5 $\frac{1}{2}$	Becky Kaiser	80
20'5	Pat Miller	80

Shot Put		
61'2 $\frac{1}{4}$	Maren Seidler	78
53'5 $\frac{3}{4}$	Lorna Griffin	80
53'5 $\frac{3}{4}$	Ann Turbyne	80
52'9	Elaine Sobansky	81
52'7	Denise Wood	81
52'2 $\frac{1}{4}$	Kathy Devine	80
52'1	Marcia Mecklenberg	79
51'5 $\frac{1}{4}$	Jill Stenwall	80
51'2	Sandy Burke	80
50'11 $\frac{1}{2}$	Mary Jacobson	79
50'11 $\frac{1}{2}$	Nini Davis	81

WTW

QUIZ ANSWERS

1. Adelphi, Garden City, NY
2. Baylor, Waco, TX
3. Bowdoin, Brunswick, ME
4. BYU, Provo, UT
5. Colgate, Hamilton, NY
6. Cornell, Ithaca, NY
7. Dartmouth, Hanover, NH
8. Drake, Des Moines, IA
9. Duke, Durham, NC
10. Farleigh Dickinson, Teaneck, NJ
11. Harvard, Cambridge, MA
12. Howard, Washington, DC
13. Lamar, Beaumont, TX
14. Moorhead State, Moorhead, MN
15. Morehead State, Morehead, KY
16. Morgan State, Baltimore, MD
17. Murray State, Murray, KY
18. Old Dominion, Norfolk, VA
19. Oral Roberts, Tulsa, OK
20. Rice, Houston, TX
21. Rutgers, Piscataway, NJ
22. St. John's, Jamaica, NY
23. Temple, Philadelphia, PA
24. William & Mary, Williamsburg, VA
25. Yale, New Haven, CT

Indoor Review

Seventy new names appear on the All-Time USA Top Ten Indoor List as the result of a potent 1981 indoor season. The 1980 season, however, is still the tops in producing marks on the Top Ten List with 76 positions. Of the 287 persons named on the US List, 146 come from 1980 and 1981. There are 38 marks made in 1979 still on the list and 29 from 1978. Only 39 performances remain on the list which were made prior to 1978. The oldest marks still remaining come in the 400 meter dash where Janell Smith ran 54.14 in 1965 and Charlotte Cooke ran 54.04 in 1966. These are the only marks remaining from the sixties. All sprint marks, except Rosalyn Bryant's 38.74 in 1977, were made in the last four years. Three old distance marks remain in the 800/5000 range: Cheryl Toussaint is #10 in the 800 with her 2:06.04 made in 1974, Barbara Lawson is #9 in the 1000y made in 1974 and Debbie Quatier's 9:29.0 for 3000m is #10 in that event established in 1974. And it appears none of these three will survive the 1982 indoor season. There were no new American records in the four hurdle races in 1981, and the hurdles had the least change of all events with only nine new names in all four events,

five of these changes coming in the 60m event, a distance at which the AIAW was staged. The two jumps are nearly all 1980/1981 marks. Exceptions are Pam Spencer's six foot high jump in 1976 and Martha Watson at 21'4 $\frac{3}{4}$ in 1973 and Willye White's 20'8 in 1972 in the long jump. In spite of the shot being dominated by foreign throwers in recent years, only Maren Seidler's AR made in 1978 is as old as four years. Here's the breakdown by years:

1981	— 70 positions
1980	— 76
1979	— 38
1978	— 29
1965/1977	— 39

As far as individuals are concerned, Francie Larrieu wins the gonfalon appearing on seven lists (800, 1000y, 1000m, 1500, mile, 3000, 2 miles). Next in line comes another distancer, Jan Merrill with six positions, all the same events as Larrieu except she misses the 1000y. Brenda Morehead, Rosalyn Bryant, Wendy Koenig/Knudson and Robin Campbell are all on five lists. Although she only appears on four of the lists, Mart Decker deserves special mention for she is Number One on all four (800, 1000y, 1500 and mile). Delisa Walton is tops in three events (500m, 600y, 600m) and fourth in the 800.

WTW

HIGH SCHOOL TRACK

By Rich Ede

Cerritos, California, June 5/6 — When you schedule a track meet and have the national leaders in eight of the 14 commonly contested events, you expect to have some fireworks and the California State Meet was no exception. Two national marks fell and two national leaders failed to win their specialties on the extremely fast ACI surface.

Southern Section athletes served notice of things to come in the two weeks prior to the State Meet as they held their divisional finals (May 23) and qualifying meet (May 28) in the same stadium. Walnut sophomore Gail Kellon led off the AAA 300 hurdles with a 41.91 national record, and Fullerton soph Natalii Kaaiahia upped her own national mark in the shot to 52'4½ at the qualifying meet.

But it was at the State Meet that the sparks flew. Kellon, leading off the eighth hurdle, fell five meters from the finish and rolled across the line in third at 42.57. The winner was another sophomore, from Saugus, Audrey Williams (42.25) followed by Berkeley's Sherifa Sanders (42.37). Sanders had benefitted from another fall earlier as Northgate's (Walnut Creek) Val Flemmings fell over the ninth hurdle while leading the 100 hurdles. Sanders claimed that win in 13.74 over Aladrienne Hunter (Dorsey, Los Angeles—13.80) and Robyne Johnson (Berkeley—13.88).

Kaaiahia, meanwhile, shocked national leader Laura Desnoo (and just about everyone else) by claiming the discus at 162'10. Going into the meet with a PR of 147'7 in her first year of throwing, Natalii qualified eighth, then hurled all four of her legal throws over 154'5. Desnoo finished second at 158'1.

The relays provided plenty of action as Berkeley (without Sanders) claimed a national record of 45.13 to win over a second from an outstanding field. Kennedy of Granada Hills made it bookends for national records by breaking its own national mark in the 1600 relay with 3:37.71. Denean Howard, passing up the 400 for a 100/200 double (second—11.83/-first—23.73) blazed a 50.8 anchor. Manual Arts (Los Angeles) ran 3:39.07, with Berkeley third at 3:41.33.

RESULTS: **100**, 1—Sharon Ware (Berkeley) 11.66 (11.50w hts), 2—Denean Howard (Kennedy) 11.83 (11.64h), 3—Tameala Holland (Manual Arts, LA) 11.85; **200**, 1—Denean Howard 23.73, 2—Latanya Dawkins (Dorsey, LA) 24.10, 3—Sharon Ware (Berkeley) 24.17; **400**, 1—Gervaise McCraw (Ganesh, Pomona) 54.15, 2—Tina Howard (Kennedy) 54.38, 3—Carla Johnson (Man. Arts, LA) 55.08; **800**, 1—Donna Curtis (Culver City) 2:06.08, 2—Jessica Spies (Livermore) 2:07.36, 3—Rennie Durand (Laguna Beach) 2:07.89, 4—Louise Romo (N. Torrance) 2:09.36, 5—Michelle Lowe (Man. Arts, LA)



SHARON WARE

2:09.86; **1600**, 1—Polly Plummer (University/Irvine) 4:42.43, 2—Tracy Webber (Lynbrook, San Jose) 4:44.76, 3—Marilyn Davis (Miramonte, Orinda) 4:48.88, Vicki Cook (Alemany) DNF; **3200**, 1—Vicki Cook (Alemany, Mission Hills) 10:12.31, 2—Lori Lopez (Sacred Heart, LA) 10:21.54, 3—Michelle Mason (Buena, Ventura) 10:26.74; **100H** (30"), 1—Sanders 13.74, 2—Hunter 13.80, 3—Johnson 13.88, 4—Sharri Pendleton (Fremont, LA) 14.07; **300H**, 1—Williams 42.25, 2—Sanders 42.37, 3—Kellon 42.57 (fell), 4—Cynthia Cooper (Locke, LA) 43.13, 5—Margaret Demorst (Buchser, Santa Clara) 43.17, 6—Lynn Bevan (Miramonte, Orinda) 43.96; **400R**, 1—Berkeley 45.13, 2—Dorsey, LA 46.14, 3—Muir, Pasadena 46.92, 4—DeAnza, Richmond 47.18, 5—Ganesh, Pomona 47.28, 6—Manual Arts, LA 47.31; **1600R**, 1—Kennedy (T. Howard—54.2-Tanya Cook—57.4-Anette Johnson—55.3-D. Howard—50.8) 3:37.71, 2—Manual Arts, LA 3:39.07, 3—Berkeley 3:41.33, 4—North Torrance 3:47.11, 5—Dorsey, LA 3:47.66, 6—Crawford, San Diego 3:49.27; **LJ**, 1—Chris Mose (El Cajon) 18'10¼, 2—Vivian Riley (Mt. Pleasant) 18'5¼, 3—Yolanda Fletcher (Crenshaw, LA) 18'4¼, 4—Johnson (Berkeley) 18'4¼, 5—Yvette Bates (Berkeley) 18'4, 6—Sabrina Williams

(Valley Christian, Cerritos) 18'3¾; **HJ**, 1—Katrina Johnson (Marshall, Pasadena) 5'11, 2—Maggie Vanzeeland (Acalanes, Lafayette) 5'9, 3—Karen Lysaght (St. Francis, Sacramento) 5'9; **SP**, 1—Natalii Kaaiahia (Fullerton) 51'8½, 2—Debbie Corley (Garces Memorial, Bakersfield) 45'11½; **DT**, 1—Kaaiahia 162'10, 2—Desnoo 158'1, 3—Jacque Norton (Mission Viejo) 146'4.

ARCADIA INVITATIONAL (May 2) — Natalii Kaaiahia almost turned this California showcase meet into a one-girl show with a national record in the shot (50'10) eclipsing her own mark of 50'1¾ set earlier and also blasting Elaine Sobanski's 50'9¾ mark from last year. The Fullerton sophomore led a host of national bests as this rain-delayed meet fulfilled its promises.

New national leaders emerged in the 1600 (Marilyn Davis, Miramonte, Orinda) 4:53.89, 3200 (Lori Lopez, Sacred Heart, LA) 10:42.04 and discus (Laura Desnoo, Washington, Fremont) 164'9 and excellent sprint marks came from Berkeley's Sharon Ware and Sherifa Sanders. Ware claimed the 100 and 200 (11.9/24.62) and Sanders copped the long jump (19'2¾) and 100 hurdles (14.17).

RESULTS: **100**, 1—Sharon Ware (Berkeley) 11.9, 2—Latanya Dawkins (Dorsey, LA) 12.07; **200**, 1—Ware 24.62, 2—Lisa Winston (Jordan, Long Beach) 24.91; **400**, Carla Johnson (Manual Arts, LA) 55.67; **800**, 1—Rennie Durand (Laguna Beach) 2:11.80, 2—Vicki Cook (Alemany, Mission Hills) 2:12.33; **1600**, Marilyn Davis (Miramonte, Orinda) 4:53.89, 2—Kelly Spotts (Redondo Beach) 4:54.66, 3—Michelle Mason (Buena, Ventura) 4:56.14; **3200**, Lori Lopez (Sacred Heart, LA) 10:42.04, 2—Theresa Barrios (University, Irvine) 10:44.02; **100H**, 1—Sherifa Sanders (Berkeley) 14.17, 2—Sharri Pendleton (Fremont, LA) 14.37, 3—Robyne Johnson (Berkeley) 14.43; **300H**, 1—Gail Kellon (Walnut) 43.34, 2—Audrey Williams (Saugus) 43.88, 3—Cynthia Cooper (Locke, LA) 44.22, 4—Johnson 44.66; **400R**, 1—Berkeley 46.79, 2—Dorsey (LA) 47.19; **1600R**, Manual Arts (LA) 3:48.07; **DisMedR**, 1—Santa Barbara 12:04.27, 2—Buena (Ventura) 12:18.40; **SP**, 2—Debbie Corley (Garces Memorial, Bakersfield) 46'3.

KAH-AH-EE-AH-WAH-HEE-AH!!!

Learn how to pronounce it if you expect to be conversant with high school track and field for the next couple of years. Natalii Kaaiahia is "only" a 15-year-old sophomore at Fullerton High School in Southern California, but she has already set the art of weight throwing on its ear. Listed at 6'0, 170 pounds, but looking bigger and stronger than that, Natalii first made a splash as she upset Susie Ray at the California State Meet last year as a freshman, putting 48'4. She served notice early this year that her frosh season-ender was no fluke as she upped the National Federation record to 50'1¾, then to 50'10 at Arcadia, finally to 52'4½ at the Southern Section's State Qualifying Meet.

Unlike many of her young American predecessors who parlayed a lot of size and strength into long heaves, Kaaia-



NATALII

wahia has a good grasp on the technique of her event. That grasp transfers quickly.

Taking up the discus seriously for the first time this year, she brought a best of 147'7 into the State Meet; qualified quietly for finals (in eighth position), then shocked national leader Laura Desnoo in the finals with 162'10. All four of her fair throws were over 154'5 on a windless day on which no other finalist was able to set a PR. She then returned to the shot put ring and settled things on her first throw, then improved to 51'8½ on her fourth throw.

Her coach at Fullerton, Hugo DeGroot, is choosing her competitions carefully. Her one big-meet appearance this year came at the Pepsi Meet but she will concentrate on her own age-level competition for the remainder of the year.

WTW

Santa Barbara Relays

Santa Barbara, California, March 28 — This was the place to be if you had a distance medley team. Santa Barbara led it all with a 12:01.0y to top Buena (Ventura) at 12:08.8. Allison Ehlen anchored Santa Barbara in 4:47.8.

WTW

Sun Devil Invitational

Poway, California, April 18 — The featured discus duel between Jacque Norton of Mission Viejo and Cindy Johnson of Chandler, Arizona, failed to materialize as Johnson arrived late for the competition and Norton won at 149'3 over Sue Compton (Marian, San Diego) at 147'7. Norton also claimed the shot at 42'2½.

WTW

TRYING ISN'T ENOUGH *(continued from page 16)*

1) Relaxation

This requires as much diligent practice as any other skill and must be learned and practiced in order to be effective. Set aside a period of 10 to 20 minutes every day for you to be by yourself. Make yourself comfortable, either reclining or sitting. Then close the eyes.

"Next, to clear your mind", says Ronan, "start to focus on your breathing. Exaggerate your breathing slightly and start to focus on the physical reactions to your breathing — feeling the rib cage expanding and contracting, feeling the movement of the stomach muscles. Then increase the depth of your breathing until you can feel the hair inside your nostrils moving first one way and then the other.

"You're now ready to go into a 'warming-up exercise' for mental picturing. Recreate some pleasurable scene in your mind. Remember, you want your mental picture to approximate the actual experience as much as possible. The way to do this is to pay attention to the small details, sights, sounds, touch, and objects in your imagined environment. Gradually fill in your imagined environment with as many details as possible.

"The next important thing to recall is the actual feeling. The more of these incidental details you can see and feel, the more successful you will be at relaxing — and removing those excessive states of concern, tension, and anxiety which stunt your creative imagination."

The athlete should aim to make these mental pictures so vivid that the body actually responds to them. For example, the mental picturing of going swimming in cold water will cause the body to shiver or raise goose pimples on the skin.

Ronan encourages the athlete not to be disappointed if the desired results are not achieved immediately. Continue to perform this exercise and each time the athlete should find that he or she is becoming more comfortable and developing more feelings.

2) Concentration

Concentration is one of the major keys to athletic excellence — the ability to focus completely on one point. It enables one to tune out all stimuli that can distract one from one's goal.

"A simple way to increase your power to concentrate", writes Ronan, "is to see how long you can hold on to a thought — any thought, any place, any time. Practice this simple routine a few times each day and you'll be surprised at the gradual improvement in your ability to stay with a thought.

Taking this exercise one step further; concentrate on some physical movement connected with your sport, allowing your mind to become so absorbed in the activity that you won't be able to hear the telephone ring."

3) Mental Picturing

Start with the relaxation technique described previously, perform the warm-up exercise, and then move to your immediate goals.

"Once you're ready to move onto the main attraction", asserts Ronan, "you can visualize an entire game, meet, match, or event, or just a part of it — in slow motion or regular speed, black and white, or in color. The possibilities in mental picturing are limitless.

"Take a racing start in swimming. See yourself confidently stepping on the starting block. See and feel your toes gripping the edge of the block. Feel and hear the starter's command. See yourself getting down into your starting position. Feel your leg muscles contracting. Hear the starter's gun. See and feel yourself explode from the block. Feel the power of your thrust. See and feel yourself cutting into the water at just the right depth and see and feel your fantastic glide to the surface, where your effortless first few powerful strokes take you into the lead."

The athlete should use action-oriented words whenever visualizing "word" thoughts and he should play the scene over and over again until the picture becomes so clear that the action can be felt.

Again, athletes should be cautioned not to be disappointed if they can hold their pictures only briefly. Their ability to train mentally will develop slowly. "But once you take a small step upward", claims Ronan, "you'll never slide back. You'll always build from there. In short, you'll build an ever-mounting stairway of mental-picture power with each effort. Eventually you'll be able to hold your mental picture as long as you want."

Ever the enthusiastic positive thinker, Ronan concludes his article with the following admonition:

"It's extremely important to recognize that your success will be directly related to your attitude. The more positive your attitude, the more positive your results will be.

Remember also that few things are impracticable in themselves. Most things fail not for the want of means, but simply for lack of application.

This method cannot fail, provided the athlete is interested, enthusiastic, and aggressive about the challenge and has some ability to develop vivid mental pictures."

WTW

Results — Results — Results

Oregon Defeats Oregon State

Corvallis, Oregon, May 2 — Coach Tom Heinonen scattered his charges into different events but still saw his University of Oregon crew easily defeat intra-state rival Oregon State by an 88-39 score. Best race of the day was the 3000 meters where the Oregon crew stacked Leann Warren, Eryn Forbes and Lisa O'Dea against OSU's Connie Case with all four finishing under 4:29.

RESULTS: **JT**, Sally Harmon (Ore) 160'7; **LJ**, Loxie Miller (Ore) 19'6³/₄; **SP**, Queena Beasley (Ore) 44'7¹/₂; **3000**, 1—Leann Warren (Ore) 9:25.94, 2—Connie Case (OSU) 9:26.49, 3—Lisa O'Dea (Ore) 9:26.98, 4—Eryn Forbes (Ore) 9:28.33; **4x100**, Oregon (Fritzon-Costello-Bakari-Batiste) 47.23; **100H**, Kris Costello (Ore) 14.82; **400**, Rhonda Massey (Ore) 55.99; **100**, Asa Pennington (OSU) 12.17; **200**, Pennington 24.73; **1500**, 1—Ranza Clark (Ore) 4:33.94, 2—Robin Baker (Ore) 4:36.36; **DT**, 1—Karen McDonald (Ore) 170'11, 2—Queena Beasley (Ore) 157'3; **4x100**, Oregon (Batiste-Nicholson-Miller-Stapleton) 3:50.69.

Eastern Michigan Invitational

Ypsilanti, Michigan, May 2 — In a meet devoid of good marks, Eastern Michigan hosted its Invitational on the famous Olds/Marshall track. Gina Temporo of the home team in the 100 and 100 hurdles, and Darcy Tomlinson of Western Michigan (1500/3000) were the meets double winners. An old name popped up in the 1500 and 3000 — Sue Parks from the distant past finished second to Tomlinson in both races.

RESULTS: **HJ**, Heidi Asmus (Bowling Green) 5'8; **LJ**, Sue Reimer (C. Mich) 18'8¹/₂; **10000**, 1—Bonnie Arnold (E. Mich) 36:55.7, 2—Melanie Decker (W. Mich) 37:10.5; **DT**, Lisa Mowers (W. Mich) 141'4; **5000**, Sue McDonald (W. Mich) 17:17.54; **1500**, 1—Darcy Tomlinson (W. Mich) 4:37.25, 2—Sue Parks (Un) 4:39.13; **4x100**, 1—Bowling Green 47.32, 2—Western Michigan 47.76; **100/100H**, Gina Temporo (E. Mich) 12.14/14.42; **3000**, 1—Darcy Tomlinson (W. Mich) 10:02.6, 2—Sue Parks (Un) 10:15.8; **400H**, Ruth Hubbard (C. Mich) 62.12.

North Central Conference

Fargo, North Dakota, May 9/10 — South Dakota State's Elaine Zell led her team to victory at the North Central Conference Championships with wins in the long jump and 400, a leg on the winning 4x400

relay team and a second place in the high jump.

RESULTS: **5000**, Nancy Gieske (SD St) 16:51.12; **1500**, Nancy Gieske (SD St) 4:37.56; **JT**, Lisa Boomsma (SD St) 140'11; **400**, Elaine Zell (SD St) 57.38. **Scores**, 1—South Dakota State 198, 2—Nebraska/Omaha 115, 3—North Dakota 94, 4—North Dakota State 65, 5—South Dakota 62, 6—Augustinia 16.

Wisconsin Wins Big 10

East Lansing, Michigan, May 1/2 — Conditions were not conducive to top performances, but nothing could hold back the University of Wisconsin in its quest to maintain its perfect record of never having lost a Big 10 meet. The Pete Tegren coached crew won eight events and picked up nine second places to win the meet with ease scoring 182 points to 121 for Michigan State. The other eight schools were far behind.

Only the distancers found things to their liking and good times were recorded in all events 800 meters and up. It was havoc for the sprinters, hurdlers and jumpers, i.e., the long jump was won by Pat Johnson at 19'3¹/₄.

RESULTS: **JT**, 1—Debbie Williams (Mich) 159'6, 2—Clara Simon (Iowa) 146'3; **4x110**, 1—Wisconsin (Winski-Johnson-Dunlop-Jackson) 46.75, 2—Michigan State 46.86, 3—Michigan 47.59, 4—Iowa 47.59; **1500**, 1—Andrea Marek (Pur) 4:25.53, 2—Rose Thompson (Wis) 4:27.02, 3—Suzie Houston (Wis) 4:27.82, 4—Suzanne Frederick (Mich) 4:28.42, 5—Kay Stormo (Iowa) 4:29.50, 6—Ann Pewe (Mich. St) 4:30.90; **100H** (0.0), 1—Kim Willis (Ohio St) 14.05, 2—Kathy Borgwarth (Wis) 14.37, 3—Joanna Bullard (Mich) 14.75; **HJ**, 1—Inge-Lise Christensen (Ohio St) 5'9, 2—Joan Brockhaus (Wis) 5'9; **400**, 1—Pam Moore (Wis) 54.32, 2—Mary Knoblauch (Iowa) 56.42, 3—Pam Sedwick (Mich. St) 56.84; **SP**, 1—Nadine Cox (Ohio St) 46'9, 2—Rhea Rogers (Ill) 44'7; **100**, Cheryl Gilliam (Mich. St) 12.07; **400H**, 1—Judi Brown (Mich. St) 59.49, 2—Gretchen Baker (Ind) 60.55 (60.44h), 3—Amy Dunlop (Wis) 60.62, 4—Chris Davenport (Iowa) 60.95; **4x880**, 1—Wisconsin (Beishel-Brunner-Brewster-Spaltholz) 8:50.18, 2—Iowa 8:54.40, 3—Indiana 9:04.14, 4—Michigan 9:05.82, 5—Purdue 9:06.56, 6—Minnesota 9:15.10, 7—Michigan State 9:16.70; **200** (0.0), 1—Cheryl Gilliam (Mich. St) 24.14, 2—Pam Moore (Wis) 24.32, 3—Judy Winski (Wis) 24.69; **LJ**, 1—Pat Johnson (Wis) 19'3¹/₄, 2—Becky Kaiser (Ill) 18'11¹/₄; **5000**, 1—Kelly Spatz (Mich. St) 16:18.40, 2—Nan Doak (Iowa) 16:20.72, 3—Jill Washburn (Mich. St) 16:24.49, 4—Mary Stepka (Wis) 16:40.48, 5—Lisa Last (Mich. St) 16:43.06, 6—Marta Wilson (Wis) 16:47.90, 7—Rocky Racette (Minn) 16:52.12, 8—Mary Stoner (Ohio St) 17:01.66; **4x400**, 1—Michigan State (Brennan-Sedwick-Gilliam-Brown) 3:43.61, 2—Wisconsin 3:48.91, 3—Indiana 3:49.27, 4—Iowa 3:49.72; **10000**, 1—Jill Washburn (Mich. St) 34:36.52, 2—Mary Stepka (Wis) 34:37.52, 3—Melanie Weaver (Mich) 34:38.40, 4—Nan Doak (Iowa) 34:40.23, 5—Mary Shuber (Ohio St) 36:26.76, 6—Candy Strobach (Mich. St) 36:43.48; **DT**, 1—Penny Neer (Mich) 167'4, 2—Nadine Cox (Ohio St) 157'0; **800**, 1—Sue Spaltholz (Wis) 2:08.90, 2—Ellen Brewster (Wis) 2:09.01, 3—Kay Stormo (Iowa) 2:09.20, 4—Pam Sedwick (Mich. St) 2:11.25, 5—Suzanne Frederick (Mich) 2:11.59; **3000**, 1—Rose Thompson (Wis)

9:28.69, 2—Suzie Houston (Wis) 9:28.82, 3—Kelly Spatz (Mich. St) 9:31.06, 4—Rebecca Cotta (Pur) 9:39.61, 5—Ann Pewe (Mich. St) 9:40.19, 6—Marta Wilson (Wis) 9:40.44, 7—Kamren Campbell (Mich. St) 9:41.70; **880yMed**, 1—Wisconsin (Winski-Johnson-Jackson-Moore) 1:42.84, 2—Michigan State 1:44.30; **Heptathlon**, 1—Cheri Essman (Wis) 4882 (16.80-34'1¹/₂-5'6¹/₂-28.4-16'4¹/₂-110'10-2:29.0), 2—Janet Adams (Iowa) 4842, 3—Jan Wacaser (Ill) 4783; **Scores**, 1—Wisconsin 182, 2—Michigan State 121, 3—Iowa 75, 4—Michigan 60, 5—Ohio State 52, 6—Indiana 50¹/₂, 7—Illinois 41, 8—Minnesota 20¹/₂, 9—Purdue 18, 10—Northwestern 0.

Record for Joyce

Corvallis, Oregon, May 7/8 — Regina Joyce, Washington University, set a new collegiate mark of 8:59.39 when she won the 3000 meters at the NCWSA Championships. Joyce became the first collegian to break the nine minute barrier lowering Julie Shea's record of 9:02.6. To state she did it alone is an understatement for second place Connie Case was nearly 30 seconds to the rear in 9:28.81.

As expected, the University of Oregon easily annexed the team title with 257 points, more than a hundred ahead of runner-up Oregon State. The Oregon crew was once again led by Lexie Miller's triple in the hurdles and long jump. Other good performances were turned in by Caryl Van Pelt, Washington, with a



Cindy Greiner, Heptathlon winner.

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RESULTS - RESULTS - RESULTS (continued)

toss of 51'10½ in the shot and a 5000/10000 double by Oregon's Eryn Forbes.

RESULTS: **4x100**, 1—Oregon (Fritzson-Costello-Bakari-Batiste) 47.07, 2—Oregon State 47.97; **100H**, 1—Lexie Miller (Ore) 14.43, 2—Sonya Crowther (OSU) 14.68; **JT**, 1—Sally Harmon (Ore) 168'5, 2—Teri Cooper (OSU) 166'2, 3—Jeanne Eggart (Wash. St) 157'3, 4—Liz Dickenson (WSU) 150'10; **1500**, 1—Sandra Gregg (Wash) 4:22.9, 2—Lisa O'Dea (Ore) nt, 3—Robin Baker (Ore) nt; **400**, 1—Grace Bakari (Ore) 54.0, 2—Rhonda Massey (Ore) 54.9; **100**, 1—Asa Pennington (OSU) 12.3, 2—Melanie Batiste (Ore) 12.3; **800**, 1—Ranza Clark (Ore) 2:11.9, 2—Susan Gregg (Wash) 2:12.7; **400H**, Lexie Miller (Ore) 61.09 (59.19H); **200**, Melanie Batiste (Ore) 24.65; **LJ**, Lexie Miller (Ore) 19'7½w; **HJ**, 1—Sonya Crowther (OSU) 5'9, 2—Maggie Garrison (Wash) 5'9; **SP**, Caryl Van Pelt (Wash) 51'10½; **5000**, 1—Eryn Forbes (Ore) 16:48.3, 2—Bridgette Baker (Mon) 17:07.06; **4x400**, Oregon (Batiste-Stapleton-Mickelson-Fritzson) 3:49.49; **4x800**, 1—Washington (Gregg-Nomiyama-Gregg-Phillips) 8:58.6, 2—Oregon 9:05.9; **3000**, 1—Regina Joyce (Wash) 8:59.39, 2—Connie Case (OSU) 9:28.81, 3—Lisa O'Dea (Ore) 9:29.21; **DT**, 1—Karen McDonald (Ore) 170'6, 2—Queenie Beasley (Ore) 166'2; **Med**, Oregon (Batiste-Nickelson-Massey-Warren) 1:44.49; **Heptathlon**, 1—Cindy Greiner (OSU) 5338 (15.19-37'3¼-57'¾-25.78-17'11-124'2-29.29), 2—Judy Sommer (OSU) 4762; **10000**, 1—Eryn Forbes (Ore) 33:55.82, 2—Bridgette Baker (Mont) 35:12.39; **Scores**, 1—Oregon 257, 2—Oregon State 138, 3—Washington 107, 4—Washington State 31, 5—Montana State 15.



Diane Vetter, collegiate career ends.

Mid-West Track Classic

Des Moines, Iowa, May 8/9 — Diane Vetter scored wins in the 800 and 1500, both in good times, to grab the spotlight at the Mid-West Track Classic staged on the Iowa State facility. Vetter, who is completing her collegiate career, won in 2:09.61 and 4:26.87.

RESULTS: **100**, Pat Foster (Wichita St) 12.10; **100H**, 1—Kelley Mathews (Iowa St) 14.09, 2—Lisa Hansen (Minn) 14.60; **400**, Sumetia Wells (Iowa St) 55.27; **HJ**, Anne Erpenbeck (Drake) 5'9; **800**, 1—Diane Vetter (Iowa St) 2:09.61, 2—Wren Schafer (Iowa St) 2:10.54, 3—Kris Wrens (Minn) 2:11.59; **200**, Damita McClinton (Drake) 24.88; **3000**, Letha Davis (Drake) 9:40.13; **4x100**, Central College 48.50; **5000**, Beth Stronge (St. Olaf) 16:59.04; **1500**, 1—Diane Vetter (Iowa St) 4:26.87, 2—Leslie Seyaur (St. Olaf) 4:27.46, 3—Margaret Smith (Mo) 4:28.57, 4—Katy Schilly (Iowa Un) 4:28.94, 5—Marie Simonsson (Drake) 4:30.45; **JT**, 1—Kelly Owen (Moorhead St) 146'6, 2—Clara Simon (Iowa) 145'1; **10000**, 1—Tina Gandy (Iowa Prairie TC) 35:46.23, 2—Barb Thompson (C. Mo) 37:34.39; **DT**, Brenda Johnson (Wis/RF) 140'4; **4x400**, 1—Iowa State 3:49.58, 2—Minnesota 3:53.02, 3—Drake 3:54.47; **SP**, Onetha Jackson (C. Mo) 43'5½; **4x800**, 1—Moorhead State 9:21.48, 2—St. Olaf 9:25.97; **Heptathlon**, 1—Char Nelson (Southwest State) 4556 (16.6-32'11¼-4'11½-27.4-15'7-115'3-2:30.40), 2—Polly Oas (Minn) 4496.

UTEP Wins Region Seven

Ogden, Utah, May 9 — The University of Texas at El Paso used team depth to win the AIAW Region Seven title over BYU, 148-108, as the nine member schools gathered in the hills of Ogden. The Miners won five events plus two of the three relays while Colorado State and surprising New Mexico grabbed off three

wins each. UTEP's Betty Bogers won a good discus competition and the two sprints provided quick times.

RESULTS: **SP**, 1—Kelly Curran (Col. St) 46'7, 2—Heather Kuusela (BYU) 46'7, 3—Sue Doucette (Idaho St) 45'9; **5000**, Bonnie Tams (Col. St) 17:27.03; **4x110**, 1—UTEP (Reese-Hayward-Simpson-Brown) 46.08, 2—New Mexico 46.11; **1500**, 1—Val Fisher (NM) 4:33.25, 2—Jackie Richards (UTEP) 4:34.05; **100H**, 1—Kim Turner (UTEP) 14.13, 2—Konnie Mackey (Utah St) 14.74; **400**, Charmaine Crooks (UTEP) 54.29; **100**, 1—Michelle Mathias (NM) 11.55, 2—Amanda Fields (NM) 11.72, 3—Beatrice Reese (UTEP) 11.81; **800**, 1—Regina Dramiga (NM) 2:09.23, 2—Rochelle Collins (UTEP) 2:09.52; **HJ**, 1—Maria Betioli (BYU) 5'11, 2—Anneke Magendans (UTEP) 5'9½; **JT**, Francine Kaylor (Col. St) 146'7; **DT**, 1—Betty Bogers (UTEP) 163'0, 2—Heather Kuusela (BYU) 160'5, 3—Karlyn Gansel (Utah St) 148'7, 4—Francine Kaylor (Col. St) 147'6; **LJ**, Esther Otieno (UTEP) 19'2¼; **10000**, Sissel Bjerkenas (Wy) 38:07.50; **880y Med**, 1—UTEP (Simpson-Hayward-Crooks-Biggers) 1:46.01, 2—Utah State 1:46.16, 3—New Mexico 1:46.20; **400H**, 1—Konnie Mackey (Utah St) 61.59, 2—Esmeralda Tagaban (Idaho St) 61.91; **200**, 1—Jeanine Brown (UTEP) 23.53, 2—Michelle Mathias (NM) 23.62, 3—Doreen Hayward (UTEP) 24.28, 4—Beatrice Reese (UTEP) 24.31; **4x880**, 1—BYU (Van Horn-Alexander-Kenny-Robinson) 9:20.72, 2—Wyoming 9:28.33; **3000**, Carmen Garduno (Weber St) 10:20.32; **4x440**, 1—UTEP (Biggers-Otieno-Haynes-Brown) 3:49.19, 2—Utah State 3:51.19; **Heptathlon**, 1—Vivian Echavarría (BYU) 4907 (14.6-5'5-38'7-27.8-16'9¼-91'8-2:33.5), 2—Wendy Limbaugh (Utah St) 4836; **Scores**, 1—UTEP 148, 2—BYU 108, 3—Utah State 96, 4—New Mexico 75, 5—Colorado State 58, 6—Idaho State 55, 7—Wyoming 38, 8—Weber State 28, 9—Utah University 23.

Western Illinois State Champs

Champaign, Illinois, May 8/9 — Winning six events, Western Illinois upset the University of Illinois to win the State AIAW title in a close contest that also saw Illinois State finishing very close to the top two. Scoring was 179 for Western Illinois, 161 for Illinois and 140 for Illinois State. Best performance was turned in by Lindy Nelson of Southern Illinois/Carbondale when she won the 3000 (9:39.2) and 5000 (16:44.8) runs.

RESULTS: **LJ**, 1—Becky Kaiser (Ill) 19'5, 2—Wendy Winters (W. Ill) 19'2¼; **3000**, 1—Lindy Nelson (S. Ill/C) 9:39.2, 2—Marianne Dickerson (Ill) 9:45.8; **800**, 1—Lisa DeLap (W. Ill) 2:12.20, 2—Janae Hunziker (Ill) 2:12.88; **200**, 1—Cheryl Johnson (Ill. St) 24.58, 2—Sheila Barney (W. Ill) 24.69; **5000**, Lindy Nelson (S. Ill/C) 16:44.8; **4x800**, Western Illinois (DeLap-Schneider-Potts-Macklin) 9:13.92; **400**, 1—Sheila Barney (W. Ill) 54.88, 2—Debra Davis (S. Ill/C) 55.1; **100H**, 1—Debi Kilhoffer (Ill. St) 14.35, 2—Lisa Allen (W. Ill) 14.52, 3—Karen Roth (Ill. St) 14.68; **100**, 1—Cheryl Johnson (Ill. St) 11.6, 2—Dolly Patterson (N. Ill) 11.8; **10000**, Patty Plymire (S. Ill/C) 37:33.36; **SpMed**, Western Illinois (Onyemelukwe-Gully-Schockmel-Barney) 1:44.87; **4x100**, 1—Illinois State (Unes-Kilhoffer-Hall-Johnson) 47.3, 2—Western Illinois 47.3; **HJ**, 1—Melinda Morris (W. Ill) 5'8½, 2—Marche Harris (Ill. St) 5'8½; **JT**, 1—Cheryl Novak (W. Ill) 155'8, 2—Judy Madea (W. Ill) 153'10, 3—Linda McDuffy (Ill. St) 150'6; **400H**, Jayne Glade (Ill) 61.5; **1500**, 1—Marianne Dickerson (Ill) 4:33.97, 2—Jean Meehan (S. Ill/C) 4:37.53; **4x400**, Illinois (Glade-Meyle-Pannier-Hunziker) 3:50.4; **Heptathlon**, Lynn Adams (Ill. St) 4937 (16.42-38'4½-5'3-28.4-16'4-132'11-2:21.7); **Scores**, 1—Western Illinois 179, 2—Illinois 161, 3—Illinois State 140, 4—Southern Illinois/Carbondale 79, 5—Northern Illinois 56, 6—Northwestern 8.

Eastern AIAW

University Park, Pennsylvania, May 8/9 — Although they won only four events, Penn State University dominated the scoring at the Eastern AIAW Championships and topped the 25 teams in the competition with 163 points. Good marks were turned in in the longer races and relays and Sharon Colyear had a swift flight of 400m hurdles.

RESULTS: **10000**, 1—Mary Walsh (Md) 34:20.45, 2—Nancy Seeger (Rut) 35:08.75, 3—Ellen O'Malley (Brown) 35:26.69; **SP**, 1—Marita Walton (Md) 52'3½, 2—Sandy Burke (NE) 50'9, 3—Oneitha Davis (St. John's) 49'0½; **4x100**, 1—Morgan State 46.38, 2—Howard 47.08, 3—Penn State 47.77; **HJ**, Julie White (Boston) 5'9; **1500**, 1—Mary Rawe (Penn St) 4:20.60, 2—Doriane Lambelet (Cornell) 4:21.65, 3—Patty Murnane (Penn St) 4:24.03; **100H**, 1—Julie Smithers (Rut) 14.31, 2—Sue Lindner (Penn St) 14.59; **JT**, 1—Marilyn Senz (Penn St) 151'0, 2—Karen Snow (Mass) 149'7, 3—Maureen Hogan (RI) 148'7; **400**, 1—Tammie Hart (Penn St) 53.80, 2—Lori McCauley (Rut) 54.47, 3—Gladys Boone (Temple) 55.09; **100**, 1—Nellie Bullock (Morgan St) 11.64, 2—Janet Dodson (Morgan St) 12.08, 3—Leola Toomer (Md) 12.09; **800**, 1—Doriane Lambelet (Cornell) 2:06.58, 2—Chris Mullen (Gtn) 2:07.26, 3—Terry Lioli (Penn St) 2:07.35; **SpMed**, 1—Morgan State 1:43.78, 2—Howard 1:44.99; **400H**, 1—Sharon Colyear (Boston) 58.84, 2—Pat Melton (Yale) 60.50, 3—Venita McDavid (Temple) 61.84; **200**, 1—Nellie Bullock (Morgan St) 24.25, 2—Rupert Howard (Howard) 24.35, 3—Roberta Belle (Morgan St) 24.85; **4x800**, 1—Penn State 8:48.27, 2—Georgetown 9:01.82, 3—Harvard 9:04.06; **3000**, 1—Judi St. Hilaire (VT) 9:21.67, 2—Kathy Mills (Penn St) 9:31.49, 3—Peggy Cleary (Penn St) 9:33.23; **4x400**, 1—Temple 3:40.12, 2—Morgan State 3:41.17, 3—Howard 3:42.96; **Heptathlon**, 1—Juanita Alston (Md) 5179, 2—Helen Obermann (Penn St) 5060, 3—Martina Breitung (Penn St) 4974; **Scores**, 1—Penn State 163, 2—Morgan State 84, 3—Maryland 75, 4—Howard 42, 5—Rutgers 40, 6—Temple 30, 7—Boston 20, 8—Cornell, Georgetown and St. John's 18, 11—Rhode Island 16, 12—Vermont 14 and 14 other schools.

Michigan State Wins

East Lansing, Michigan, May 8/9 — Although Bowling Green University went home with more gold medals, Michigan State's depth paid off and the home team won the Annual Michigan AIAW title 130-104 over the Falcons. There were no outstanding marks during the two days of competition.

RESULTS: **DT**, 1—Penny Neer (Mich) 158'0, 2—Terri Byland (Kent St) 148'9; **800**, Barb Douglas (Mich. St) 2:13.6; **4x110**, 1—Bowling Green (Jamison-Guilford-Jennings-Jamison) 47.4, 2—Michigan State 47.6, 3—Western Michigan 47.7; **1500**, Suzanne Frederick (Mich) 4:29.4; **SP**, 1—Terri Byland (Kent St) 45'4½, 2—Delores Bennett (Mich. St) 44'11½; **100H**, 1—Gena Tempio (E. Mich) 14.13, 2—Jacqui Sedwick (Mich. St) 14.32, 3—Jeanna Bullard (Mich) 14.41; **400**, 1—Pam Sedwick (Mich. St) 55.52, 2—Diane Jennings (BG) 56.11, 3—Debbie Mullice (E. Mich) 56.16, 4—Cheri Laycock (C. Mich) 56.16; **100**, 1—Kim Jamison (BG) 11.94, 2—Cheryl Gilliam (Mich. St) 11.96; **400H**, 1—Judi Brown (Mich. St) 60.06, 2—Ruth Hubbard (C. Mich) 61.47; **JT**, Deb Williams (Mich) 160'7; **HJ**, (tie) Zenobia Johnson (Kent St) and Joann Bullard (Mich) 5'9; **3000**, Melanie Weaver (Mich) 9:31.3; **880 Med**, Michigan State (Brennan-Brown-Sedwick-Gilliam) 1:43.8; **200**, Kelly Jamison (BG) 24.46; **LJ**, 1—Ann Meachum (E. Mich) 19'3, 2—Lorrie Thornton (Mich) 19'0½; **4x440**, 1—Bowling Green (Thornton-Clawson-Eaton-Jennings) 3:52.69, 2—Central Michigan 3:53.62, 3—Michigan 3:54.2; **Scores**, 1—Michigan State 130, 2—Bowling Green 104, 3—Eastern Michigan 73, 4—Michigan 70, 5—Western Michigan 50, 6—Kent State 49, 7—Central Michigan 40, 8—Miami 29, 9—Ball State 14, 10—Wisconsin/Superior 10, 11—Spring Arbor 6, 12—Calvin and Adrian 1, 14—Sienna Heights 0.

Cal Poly Division II Champ

Indiana, Pennsylvania, May 14/16 — Led by record-setter Karin Smith, Cal Poly/San Luis Obispo, won the AIAW Division II National title with 69 points. South Carolina State with 51 and University of Idaho with 50 followed the Mustangs. Idaho was led by South African import Patsy Sharples who won the 3000, 5000 and 10000 meter runs for 30 of the team's 50 points. Colleen Williams, who loves to ride horses, won the 400 hurdles for the Vandals and added another 10 points to the score.

Smith won the javelin competition by more than 53 feet as she threw 204'1 for her victory. Bakersfield's Phyllis Blunston took the high jump at an even six feet and Candy Young triumphed in a good 100m hurdles race.

RESULTS: **DT**, 1—Pat Washington (SE Missouri) 149'3, 2—Jane Sumner (S. Ill/Ed) 148'1, 3—Peri Radeic (Pitt) 145'2; **400**, 1—Laura Wright (Rice) 55.01, 2—Roxanne Jackson (CP/P) 55.06, 3—Elizabeth Douglas (CP/SLO) 55.87; **800**, 1—Catherine Baker (Rice) 2:08.0, 2—Pamala Estwick (SC St) 2:10.4, 3—Lori Bearson (Mankato St) 2:10.5; **200**, 1—Jacki Mays-Durham (Angelo St) 23.75, 2—Elizabeth Greathouse (E. Ill) 23.95, 3—Sonia Clarke (SC St) 24.11; **SP**, 1—Sharon Hamilton (CS Bakersfield) 49'6½, 2—Sarah Albers (N. Cal) 45'5¾, 3—Paula Phillips (SF Austin) 45'2½; **4x800**, 1—Idaho (Roloff-Ward-Falkenberg-Waterhouse) 8:56.8, 2—Moorehead State 8:59.8, 3—Villanova 9:04.6; **HJ**, 1—Phyllis Blunston (CS Bakersfield) 6'0, 2—Sue McNeal (CP/SLO) 5'9¼; **100H**, 1—Candy Young (Farleigh Dickinson) 13.43, 2—Delores Gibbs (LIU) 13.84, 3—Alesia Sweeney (CSN) 13.87, 4—Joanne Arnold (Austin Peay) 14.03; **100**, 1—Constance Ward (CS Bakersfield)

JEFF JOHNSON



Nancy Kindig, Big-8 Heptathlon Champion.

11.73, 2—Jacki Mays-Durham (Angelo St) 11.74, 3—Sherri Funn (George Mason) 11.86; **JT**, 1—Karin Smith (CP/SLO) 204'1, 2—Darlene Ourso (Sam Houston) 148'10; **800 Med**, 1—South Carolina State (Hinkson-Horton-Clark-Parker) 1:41.20, 2—Rice 1:42.37, 3—Alabama A&M 1:42.42; **10000**, 1—Patsy Sharples (Idaho) 34:39.92, 2—Beth Milewski (CSN) 35:03.80, 3—Wendy Burman (UW/Parkside) 35:04.02; **4x400**, 1—Eastern Illinois (Greathouse-Ball-Stephens-Johnson) 3:45.83, 2—South Carolina State 3:47.41, 3—Florida A&M 3:47.67; **3000**, 1—Patsy Sharples (Idaho) 9:44.11, 2—Nancy Gieske (S. Dak. St) 9:44.52; **5000**, 1—Patsy Sharples (Idaho) 16:31.3, 2—Nancy Gieske (SD St) 16:34.1, 3—Donna Gathje (Mankato St) 16:44.0; **1500**, 1—Eileen Kraemer (CP/SLO) 4:27.99, 2—Rita Burr (Air Force) 4:31.11, 3—Sue Shea (Villanova) 4:31.32, 4—Aronson (Boise St) 4:31.52; **400H**, 1—Colleen Williams (Idaho) 59.96, 2—Tangerlia Thomas (Alabama A&M) 60.45, 3—Candice Williams (SE MO St) 60.96, 4—Carol Drummond (NE MO St) 61.09, 5—Sue Shreckhise (James Madison) 61.45; **LJ**, 1—Henry (Ala. A&M) 20'5, 2—Brandon (E. Ill) 20'2¼, 3—Slaughter (SE MO) 19'2; **Heptathlon**, 1—Kathy Wilson (Seattle Pacific) 5155 (15.40-42'5¼-5'4½-27.55-16'9½-139'0-2:31.9), 2—Christine Dubois (CP/SLO) 4843, 3—Donna Tiegs (Mankato St) 4797; **Scores**, 1—Cal Poly/San Luis Obispo 69, 2—South Carolina State 51, 3—Idaho 50, 4—Eastern Illinois 38, 5—Cal State Bakersfield 36, 6—Rice 33, 7—Alabama A&M 32, 8—Southeast Missouri 25, 9—Angelo State 22, 10—Villanova 20 and Mankato State 20, 12—Seattle Pacific 18, 13—South Dakota State 17, 14—Cal State Northridge 15, 15—Cal Poly/Pomona 14.

Ottoy 5 Time Winner

Ames, Iowa, May 15/16 — Nebraska's Merlene Ottey went home with five gold medals as she led her Nebraska team to the championship of the Big Eight Conference. Ottey won the two sprints and then anchored three winning relay teams for her big day.

RESULTS: **880 Med**, 1—Nebraska (Mills-Zajic-Murray-Ottey) 1:41.05, 2—Oklahoma 1:42.63; **4x100**, 1—Nebraska (Mills-Murray-Zajic-Ottey) 46.16, 2—Kansas 46.97; **4x400**, 1—Nebraska (Zajic-Murray-Essington-Ottey) 3:44.28, 2—Kansas 3:45.20; **4x800**, 1—Iowa State (Schaefer-McCarthy-McMeekin-Vetter) 8:41.63, 2—Nebraska 8:44.32, 3—Kansas State 8:45.1; **10000**, Brenda Saunders (Mo) 37:17.66; **3000**, 1—Kellie Cathey (Ok)

9:39.29, 2—Margaret Smith (Mo) 9:43.27, 3—Diane Vetter (Iowa St) 9:59.32; **1500**, 1—Chris McMeekin (ISU) 4:30.06, 2—Kellie Cathey (Ok) 4:32.91; **800**, 1—Tami Essington (Nb) 2:10.13, 2—Pam Schubarth (Nb) 2:10.91; **400**, 1—Sumetia Wells (ISU) 54.37, 2—Wanda Trent (Kan) 54.56, 3—Lorna Tucker (Kan) 54.58; **100**, 1—Merlene Ottey (Nb) 11.88, 2—Lori Green-Jones (Kan) 12.43; **200**, 1—Merlene Ottey (Nb) 22.7, 2—Felicia Moore (Ok) 24.2, 3—Lori Green-Jones (Kan) 24.2; **5000**, 1—Kellie Cathey (Ok) 17:25.10, 2—Diane Vetter (ISU) 17:34.02; **400H**, 1—Jill Lancaster (Ok) 60.3, 2—Debbie McLendon (Col) 61.4; **100H**, 1—Gwen Poss (Kan) 14.86; **JT**, Cecil Hansen (Ok) 152'8; **DT**, Karen Wood (Nb) 153'5; **LJ**, 1—Halcyon McKnight (Kan) 20'1, 2—Nancy Kindig (Nb) 19'5¼; **HJ**, 1—Sharon Burrill (Nb) 5'11, 2—Helen Ogar (Mo) 5'9; **SP**, 1—Cecil Hansen (Ok) 49'10¼, 2—Janice Stucky (Kan) 46'1¼; **Heptathlon**, 1—Nancy Kindig (Nb) 5839 (14.3-38'6½-5'7-25.5-20'5-145'6-2:20.81), 2—Rene Nickles (Ok) 5338, 3—Sondra Obermeier (Nb) 5222, 4—Linda Spent (Mo) 5210, 5—Bev Fuller (Kan) 5117; **Scores**, 1—Nebraska 159, 2—Oklahoma 128, 3—Iowa State 94, 4—Kansas 80, 5—Kansas State 57, 6—Missouri 52, 7—Colorado 42, 8—Oklahoma State 6.

Winski Wins Two

Madison, Wisconsin, May 16 — Judy Winski was the only double winner as the University of Wisconsin hosted the Fifth Annual Wisconsin Invitational. Winski whisked through the sprints in so-so times of 12.13 and 24.99. Best event of the day was the 800 which saw Wisconsin runners finish 1-2-3- as Rose Thompson won it in 2:08.73.

RESULTS: **100H**, Kathy Borgwarth (Wis) 14.06; **1500**, Suzie Houston (Wis) 4:32.8; **HJ**, Joan Brockhaus (Wis) 5'11; **400**, Robin Jackson (Wis) 55.8; **800**, 1—Rose Thompson (Wis) 2:08.73, 2—Ellen Brewster (Wis) 2:09.24, 3—Sue Beischel (Wis) 2:10.56; **400H**, Amy Dunlop (Wis) 61.11; **LJ**, Pat Johnson (Wis) 19'9¼; **4x400**, Wisconsin (Brewster-Beischel-Thompson-Bruner) 3:47.90.

Fitzgerald Sharp

Knoxville, Tennessee, May 15/16 — Benita Fitzgerald led the University of Tennessee to the Southeastern Conference title as she went home with four gold medals after two days of running. Fitzgerald won the 100 (11.44), the 200 (23.55), the 100 hurdles (13.24) and sped a leg on the winning medley relay team, all this in addition to running heats in the two sprints.

The meet was filled with fine performances including a 178'11 toss of the javelin by Alabama's Sue Gibson and fine relay marks by Tennessee. The 400 produced a strange result when all eight finalist ran slower in the final than in the trials.

RESULTS: **4x100**, 1—Kentucky (Boyd-Barber-Browning-Browning) 46.04, 2—Tennessee 46.18, 3—Georgia 46.24, 4—Alabama 47.12; **SP**, 1—Rosemarie Hauch (Tn) 52'7¼, 2—Cindy Crapper (Ky) 48'3¼, 3—Sharon Lotmore (Fl) 46'11½, 4—Debbie Och (Ala) 45'4; **1500**, 1—Linda Portasik (Tn) 4:28.07, 2—Bernadette Madigan (Ky) 4:28.79, 3—Joetta Clark (Tn) 4:33.11; **100H**, 1—Benita Fitzgerald (Tn) 13.24, 2—Lori Dinello (Fl) 13.36, 3—Judy Thomas (Ky) 14.00; **400**, 1—Delisa Walton (Tn) 53.33 (53.24h), 2—Cathy Rattray (Tn) 54.21 (53.80h), 3—Gloria Jackson (Ga) 55.22 (54.09h), 4—Lana Zimmerman (LSU) 55.36 (54.70h), 5—Antoinette Browning (Ky) 55.48 (55.29h); **100**, 1—Benita Fitzgerald (Tn) 11.44, 2—Sharriffa Barksdale (Tn) 11.67, 3—Ronda Boyd (Ky) 11.76 . . . 7—Lori Dinello (Fl) 12.12; **800**, 1—Joetta Clark (Tn) 2:08.96, 2—Donna Campbell (Fl) 2:11.91, 3—

RESULTS - RESULTS - RESULTS (continued)

Tina Bengston (LSU) 2:12.96; **LJ**, 1—Sharrieffa Barksdale (Tn) 19'7/4, 2—Kathy Rankins (Ga) 19'2/2; **400H**, 1—Judy Thomas (Ft) 61.52, 2—Alveretta Pitts (Fl) 61.54; **200**, 1—Benita Fitzgerald (Tn) 23.55, 2—Cathy Rattray (Tn) 23.90, 3—Cathy Barber (Ky) 24.40; **3000**, 1—Kathy Bryant (Tn) 9:32.79, 2—Kristen O'Connell (Ala) 9:50.45; **4x800**, 1—Tennessee (Portasik-Kirchner-Wells-Walton) 8:54.90, 2—Florida 9:04.80, 3—LSU 9:19.14; **4x400**, 1—Tennessee (Rattray-Barksdale-Manning-Clark) 3:44.02, 2—Georgia 3:46.52, 3—Kentucky 3:46.89, 4—Alabama 3:48.15; **DT**, 1—Kris Terpening (Aub) 152'6, 2—Cindy Crapper (Ky) 150'11, 3—Rosemarie Hauch (Tn) 148'9; **5000**, 1—Kathy Bryant (Tn) 16:34.83, 2—Linda McLennon (Ala) 16:40.60, 3—Kristen O'Connell (Ala) 16:52.98; **HJ**, 1—Terri Johnson (Ala) 5'9, 2—Lisa Gisladdottir (Ala) 5'9; **JT**, 1—Sue Gibson (Ala) 178'11, 2—Pam Passera (Tn) 167'9, 3—Kris Terpening (Aub) 157'0, 4—Cindy Crapper (Ky) 140'1; **10000**, 1—Linda McLennon (Ala) 35:41.30, 2—Karen Porter (Ky) 36:24.35, 3—Jean Bass (Ky) 36:43.53, 4—Ann O'Mara (Aub) 36:46.54; **Med**, 1—Tennessee (Barksdale-Hines-Fitzgerald-Walton) 1:40.34, 2—Georgia 1:40.97, 3—Kentucky 1:42.81, 4—Alabama 1:44.04; **Heptathlon**, 1—Nora Araujo (Aub) 4894 (15.3-38'1/2-5'4/4-27.53-18'0/4-104'9-2:29.86), 2—Myrtle Chester (Tn) 4817, 3—Jo Laurie Smith (Aub) 4632; **Scores**, 1—Tennessee 197, 2—Kentucky 150, 3—Alabama 95, 4—Georgia 54, 5—Auburn 52, 6—Florida 43, 7—LSU 26, 8—Vanderbilt 0.

Northwestern Open

Evanston, Illinois, May 16 — Drake's tiny freshman, Letha Davis, had the best mark of the Northwestern Open when she annexed the 10000 meters in a good 35:04.7s. No team score was kept as athletes from the Illinois district gathered for the competition.

RESULTS: **3000**, Becky Cotta (Purdue) 10:05.29; **800**, 1—Jane Hunziker (Il) 2:09.7, 2—Andrea Marek (Pur) 2:10.98; **100**, Kim Gowan (THTC) 11.96; **100H**, Debi Kilhofer (Il St) 14.42; **400**, Sheila Barney (W. Il) 55.8; **10000**, Letha Davis (Drake) 35:04.7; **HJ**, Marche Harris (Il St) 5'8/2; **400H**, Jayne Glade (Il) 61.95; **1500**, Andrea Marek (Pur) 4:28.13; **4x400**, Indiana State 3:54.35.

Cavalier Classic

Charlottesville, Virginia, May 17 — Excellent distance running, fast sprinting and outstanding hurdling highlighted the staging of the Cavalier Classic at Pop Lannigan Stadium on the campus of the University of Virginia. Add to these fine performances, some swift relays and you have the makings of an excellent track meet. Only good field event was the long jump where Evalene Hatcher hopped 20'9/4 to defeat Esmeralda Garcia. Ann Bair (Virginia) hopped over 6'0/2 while winning the heptathlon with 5340 points.

RESULTS: **LJ**, 1—Evalene Hatcher (Morgan St) 20'9/4, 2—Esmeralda Garcia (Fl St) 20'2/4; **DT**, Nadine Cox (Ohio St) 156'10; **100**, 1—Esmeralda Garcia (Fl St) 11.2, 2—Brenda Brown (Va) 11.7, 3—Stephanie Hightower (Ohio St TC) 11.7; **100H**, 1—Stephanie Hightower (Ohio St TC) 13.3, 2—Claire Hariston (Greensboro TC) 13.5, 3—Kim Willis (Ohio St) 13.6, 4—Tanya Brown (Fl St) 13.6, 5—Susan Brownell (Va) 14.0, 6—Almetha Roland (Fl St) 14.2, 7—Karen Hatchett (Va) 14.2; **200**, 1—Randy Givens (Fl St) 23.5, 2—Esmeralda Garcia (Fl St) 23.6, 3—Nellie Bullock (Morgan St) 23.6, 4—Brenda Brown (Va) 23.7, 5—Janet Dodson (Morgan St) 23.7; **400**, 1—Maurita Payne (Fl St) 52.9, 2—Lisa Garrett (Va) 53.9, 3—Angela Wright (Fl St) 54.8, 4—Scooby Golden (Fl St) 54.8, 5—Cheryl Cook (Morgan St) 55.4; **400H**, 1—Vivian Scruggs (Va) 58.3, 2—Tanya

Brown (Fl St) 58.3, 3—Almetha Roland (Fl St) 59.2, 4—Dana Wright (Old Dom) 59.9, 5—Karen Hatchett (Va) 60.3, 6—Janette Bradley (Fl St) 61.6; **4x100**, 1—Florida State 44.7, 2—Howard 46.6; **SpMed**, 1—Morgan State 1:41.9, 2—Howard 1:43.4; **4x400**, 1—Howard 3:41.4, 2—Florida State 3:42.3; **800**, 1—Chris Mullen (Gtn) 2:06.5, 2—Janette Wood (Fl St) 2:09.1, 3—Margaret Groos (Un) 2:11.1, 4—Jill Haworth (Va) 2:13.1; **1500**, 1—Margaret Groos (Un) 4:16.6, 2—Jill Haworth (Va) 4:20.6, 3—Suzanne Girard (NC St) 4:21.3, 4—Sandi Cullinane (NC St) 4:22.8, 5—Margaret Coomber (Fl St) 4:24.3, 6—Sue Overby (NC St) 4:24.4, 7—Cindy Duarte (Clemson) 4:25.3, 8—Linda Nicholson (Va) 4:29.5, 9—Aileen O'Connor (Va) 4:29.6, 10—Mary Jean Wright (Va) 4:29.9; **3000**, 1—Darren Andreau (Fl St) 9:36.7, 2—Nancy Radford (NC) 9:49.4; **5000**, Julie Shea (NC St) 16:28.1; **Heptathlon**, Ann Bair (Va) 5340 (15.2-33'4/2-6'0/2-26.6-18'6-114'0-2:26.4).

Utah TAC Championships

Logan, Utah, May 22/23 — Delene Thomas and Camille Davis were double winners as Utah staged its TAC Championships at the home of Utah State University. Thomas won the 100 (12.3) and long jump (17'7) while Davis took the 800 (2:16.2) and the 1500 (4:46.2). Best mark was Linda Bourn's 13.6 for the 100m hurdles.

RESULTS: **400**, Nancy Miller (Utah St) 55.1; **100H** (-2.0), 1—Linda Bourn (Un) 13.6, 2—Stella Edwinston (BYU) 14.2; **400H**, 1—Esmeralda Tagaban (Idaho St) 61.2, 2—Konnie Mackey (Utah St) 61.6, 3—Jennifer James (Utah St) 61.8; **SP**, Sue Doucette (Idaho St) 45'0/2; **DT**, Pat Heerington (Idaho St) 155'0; **JT**, Angie Stubblefield (Idaho St) 146'7; **Heptathlon**, Wendy Limbaugh (Utah St) 4979 (15.4-5'4/2-38'0/2-27.0-17'6-93'1-2:27.8).

Pacific Coast Invitational

Berkeley, California, May 17 — Vern Gambetta staged his annual Pacific Coast Invitational on the tartan of Edwards Stadium and the result was an afternoon of fantastic duels, great marks and anticipation for the AIAW championships just a couple of weeks in the future.

Best mark of the affair was turned in by Arizona's Joan Hansen who scurried the 3000 meters in a speedy 9:03.5 to become the Number 11 performer on the All-Time USA List. Hansen ran alone for most of the race although second placer Lisa O'Dea of Oregon was clocked in 9:22.4 and Eryn Forbes (Oregon) 9:22.9.

Arizona's Meg Ritchie met defeat for the first time this year when she tossed the shot only 52'2/4 and was downed by foreigner Mariette Van Heerden who won with a throw of 52'10. Ritchie did come back to win her favorite event, the discus, with a mighty throw of 213'10.

Lexie Miller, Oregon, turned in two upset victories as she twice defeated Arizona's Robin Marks in the hurdles. Miller won the 100 distance in 13.97 and

then applied the crusher to Marks, the nation's number one 400m hurdler this year, by winning the one lap race in a personal best of 58.41.

Washington's distance aces had a busy afternoon with Sandra Gregg taking the 800 in her season best of 2:06.80 and Regina Joyce triumphing in the 1500 in a very swift 4:12.7. Competition was keen in every event, for example a toss of 143'1 in the discus by Washington's Caryl Van Pelt was good enough for only 10th place and 173'8 only grabbing 4th.

RESULTS: **10000**, Eliza Carney (Ariz) 36:22.0, (only finisher); **LJ**, 1—Shonnel Ferguson (Un) 20'1/4, 2—Lexie Miller (Ore) 18'8/4; **5000**, 1—Cathy Twomey (Ath West) 15:57.6, 2—Lynne Hjelte (Cal) 16:56.0; **JT**, 1—Patty Kearney (Ore. TC) 184'4, 2—Jeanne Eggart (Wash. St) 163'9, 3—Donna Mayhew (Ariz) 163'3, 4—Sally Harmon (Ore) 162'7, 5—Liz Dickenson (Wash. St) 147'8, 6—Deanne Carr (Wash) 145'0; **1500**, 1—Regina Joyce (Wash) 4:12.7, 2—Debbie Eide (Ore. TC) 4:26.5, 3—Debbie Vetter (Ore) 4:27.8, 4—Robin Baker (Ore) 4:32.8; **100H** (+0.9), 1—Lexie Miller (Ore) 13.97, 2—Robin Marks (Ariz) 14.02, 3—Kris Costello (Ore) 14.26, 4—Sandra Farmer (Ariz) 14.50, 5—Konnie Mackey (Utah St) 14.83; **400**, 1—Grace Bakari (Ore) 53.3, 2—Kim White (Cal) 53.8, 3—Ruth Waitheara (Un) 54.2, 4—Nancy Miller (Utah St) 55.23, 5—Rhonda Massey (Ore) 55.48, 6—Lena Fritzon (Ore) 55.53, 7—Denise Waddy (Ariz) 55.6, 8—Freida Cobbs-Brown (BEBTC) 55.6; **100**, 1—Lisa Thompson (UNLV) 11.99, 2—Melanie Batiste (Ore) 12.13, 3—Felicia DuPuch (Ariz) 12.28, 4—Michelle Walsh (Ariz) 12.39; **800**, 1—Sandra Gregg (Wash) 2:06.80, 2—Rhonda Patcha (Fullerton JC) 2:08.26, 3—Ranza Clark (Ore) 2:09.06, 4—Susan Gregg (Wash) 2:10.0; **SP**, 1—Mariette Van Heerden (Un) 52'10, 2—Meg Ritchie (Ariz) 52'2/4, 3—Carol Van Pelt (Wash) 50'11, 4—Lorna Griffin (Ath. West) 48'11, 5—Carol Cady (Stan) 46'7; **HJ**, 1—Maggie Garrison (Wash) 5'9, 2—Maggie Van Zealand (Un) 5'9; **400H**, 1—Lexie Miller (Ore) 58.41, 2—Robin Marks (Ariz) 58.42, 3—Cheryl Hawthorne (Cal) 61.44, 4—Konnie Mackey (Utah St) 61.54, 5—Jennifer James (Utah St) 61.88; **3000**, 1—Joan Hansen (Ariz) 9:03.5, 2—Lisa O'Dea (Ore) 9:22.4, 3—Eryn Forbes (Ore) 9:22.9, 4—Cindy Schmandt (Cal) 9:30.4, 5—Patti Sue Plummer (Stan) 9:39.0, 6—Connie Case (Ore. St) 9:42.9; **200** (+0.7), 1—Melanie Batiste (Ore) 24.10, 2—Ruth Waitheara (Un) 24.19, 3—Felicia DuPuch (Ariz) 24.27, 4—Michelle Walsh (Ariz) 24.97; **4x400**, 1—Oregon (Batiste-Massey-Frickson-Bakari) 3:42.5, 2—Utah State/Athletes International 3:48.4, 3—UNLV 3:48.9; **DT**, 1—Meg Ritchie (Ariz) 213'10, 2—Mariette Van Heerden (Un) 185'2, 3—Lorna Griffin (Ath. West) 178'0, 4—Karen McDonald (Ore) 173'8, 5—Carol Cady (Stan) 165'7, 6—Quenna Beasley (Ore) 152'10, 7—Wendy Robinson (Millbrae Lions) 154'1, 8—Karlyn Gansle (Utah St) 150'8, 9—Sue Springer (Cal) 149'4, 10—Carol Van Pelt (Wash) 143'1; **Heptathlon**, 1—Sonya Crowther (Ore. St) 5163 (14.65-32'7/4-5'6/4-27.15-18'5/4-103'0-2:23.8), 2—Wendy Limbaugh (Utah St) 5005, 3—Chris Viguie (Cal) 4819, 4—Jody Sommer (Ore. St) 4545.

TFA Championships

Wichita, Kansas, May 29/30 — The Los Angeles Track Club turned the TFA/USA National Championships into a club workout as they outscored all other teams by a super-huge margin. The Chuck Debus coached club tallied an even 100 points, more than four times as many digits as runnerup Jackson State who managed 24 and the other 28 participating teams.

Pam Spencer, whom Debus had predicted would be the next world record holder in the high jump, did her maestro proud as she upped the American Record to 6'5/4 and had three good tries at the world record.

Biggest surprise of the competition came in the 100m hurdles where Jackie Washington edged Stephanie Hightower with both runners being clocked in a manual 13.1 seconds. In other good performances, Jodi Anderson had her best long jump of the 1981 season with a wind-aided hop of 21'8¼ and Sandy Myers zipped to a speedy 56.78 clocking for the 400m barriers.

RESULTS: 10000, Debbie Anderson (Air Force) 37:09.3; **DT**, 1—Robin Small (Un) 159'6, 2—Francine Kaylor (Un) 149'2; **HJ**, 1—Pam Spencer (LATIC) 6'5¼, 2—Mary Cragoe (Mo) 5'11¼, 3—Kym Carter (Wichita) 5'11¼, 4—Wendy Meyle (Ill) 5'9¼; **LJ**, 1—Jodi Anderson (LATIC) 21'5¼w, 2—Marlene Harmon (LATIC) 20'3¼w, 3—Gayle Brandon (THTC) 20'1¼, 4—Kim Gowan (THTC) 20'0¼w, 5—Anette Reaves (Jackson St) 19'7¼; **400H**, 1—Sandy Myers (LATIC) 56.78, 2—Debra Melrose (Un) 60.08, 3—Chris Crowther (Un) 60.69, 4—Esmeralda Tagaban (Un) 60.89, 5—Cathy Gebhards (Un) 61.56; **4x100**, 1—LATIC (Anderson-Rich-Bryant-Gorham) 45.40, 2—Jackson State 45.59, 3—Texas TC 46.75; **1500**, 1—Debbie Vetter (Un) 4:26.7, 2—Ginny Strickler (Col. Gold) 4:31.3, 3—Kathy Schilly (Un) 4:36.1; **100H**, 1—Jackie Washington (Shaklee TC) 13.1 (wind 0.05), 2—Stephanie Hightower (Ohio State TC) 13.1, 3—Gayle Watkins (Un) 13.3, 4—Pam Page (Un) 13.6, 5—Mary Harrington (Un) 14.1, 6—Jill Redo (Tx. TC) 14.1; **100** (+0.27), 1—Stephanie Brown (Morris Brown) 11.58, 2—Yolanda Rich (LATIC) 11.66, 3—Esther Hope (Jackson St) 11.68, 4—LaShon Nedd (Metro St) 11.69, 5—Jodi Anderson (LATIC) 11.75, 6—Lorna Forde (Atoms) 11.94; **SP**, Robin Small (Un) 45'11; **4x400**, 1—LATIC (Myers-Bryant-Gorham-Rich) 3:36.22, 2—Jackson State 3:44.61, 3—Colorado Flyers 3:45.49; **Scores**, 1—LATIC 100, 2—Jackson State 24; 3—Metropolitan Striders 21, 4—Wichita State 17, 5—Iowa Univ TC 16 and Colorado Gold 16, and 24 other teams.

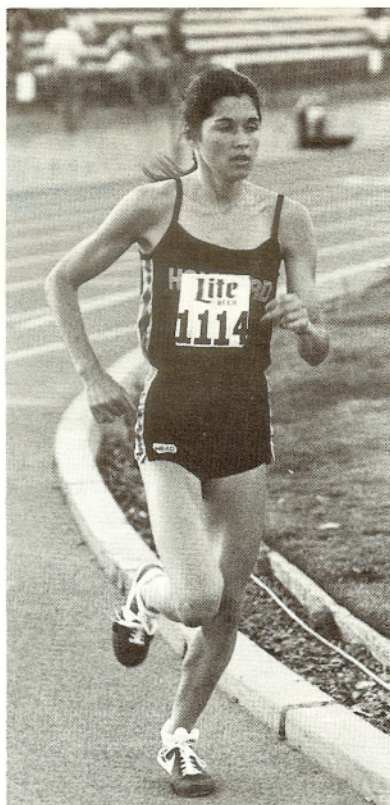
Big-8 Championship

Des Moines, Iowa, May 15/16 — Merlene Ottey and Nancy Kindig led the University of Nebraska to the Big Eight Conference Crown on a wind-swept track on the campus of Iowa State University. Ottey was the big gun winning the two sprints, running the 400 leg on the victorious sprint medley team, anchoring the winning 4x400 relay and anchoring the winning 4x100 relay. Kindig had the best performance of the meeting with a best-ever collegiate mark of 5839 in winning the heptathlon. Kindig had some fine marks in her multi-event competition including 20'5 in the long jump and 145'6 in the javelin, a bugaboo for many in this new event.

There were two other double winners. Oklahoma's Kellie Cathey took the 3000 and 5000 and teammate Cecil Hansen annexed the shot and javelin and picked up sixth place in the disc. The wind played havoc with the athletes and most ran trial heats on Friday faster than they ran the final.

RESULTS: Heptathlon, 1—Nancy Kindig (Nb) 5839 (14.3-38'6½-57-25.5-20'5-145'6-2:20.81), 2—Rene Nickles (Ok) 5338, 3—Sondra Obermeier (Nb) 5222, 4—Linda Spent (Mo) 5210, 5—Bev Fuller (Kan) 5117, 6—Christy Lee (Nb) 4886; **HJ**, 1—Sharon Burrill (Nb) 5'9, 2—Helen Ogar (Mo) 5'9; **200**, 1—Merlene Ottey (Nb) 22.7, 2—Felicia Moore (Ok) 24.2, 3—Lori Green-Jones (Kan) 24.2, 4—Norma Murray (Nb) 24.3; **DT**, 1—Karen Wood (Nb) 153'5, 2—Brenda Denny (Col) 145'4, 3—Jolurn Tangen (Ok) 142'0; **5000**, 1—Kellie Cathey (Ok) 17:25.10, 2—Diane Vetter (Iowa St) 17:34.02; **800**, 1—Tami Essington (Nb) 2:10.13, 2—Pam Schubarth (Nb) 2:10.91,

JEFF JOHNSON



Michele Aubuchon, 5 & 10 winner.

3—Maureen Houghton (Ok) 2:11.42 (2:11.19h), 4—Wren Schafer (Iowa St) 2:12.70 (2:11.49h); **400H**, 1—Jill Lancaster (Ok) 60.3, 2—Debbie McLendon (Col) 61.4 (60.11h), 3—Kelley Mathews (Iowa St) 61.6, 4—Brenda Chambers (Col) 61.7 (61.57h), 5—Gwen Poss (Kan) 62.2 (61.50h); **4x100**, 1—Nebraska (Mills-Murray-Zajic-Ottey) 46.16, 2—Kansas 46.97, 3—Oklahoma 47.18; **1500**, 1—Christine McMeekin (Iowa St) 4:30.06, 2—Kellie Cathey (Ok) 4:32.91, 3—Sharon Hulise (Col) 4:33.48, 4—Margaret Smith (Mo) 4:33.95, 5—Siri Bjelland (Ok) 4:34.11, 6—Diane Vetter (Iowa St) 4:34.80; **4x800**, 1—Iowa State (Schafer-McCarthy-McMeekin-Vetter) 8:41.63, 2—Nebraska 8:44.32, 3—Kansas State 8:45.1, 4—Oklahoma 8:46.4; **SpMed**, 1—Nebraska (Mills-Zajic-Murray-Ottey) 1:41.05, 2—Oklahoma 1:42.63, 3—Kansas 1:43.08; **JT**, 1—Cecil Hansen (Ok) 152'8, 2—Melanie Heitman (Iowa St) 149'10, 3—Cindy Peterson (Ok) 148'10; **10000**, 1—Brenda Saunders (Mo) 37:17.66, 2—Sara Stricker (Nb) 38:21.95; **100H**, 1—Gwen Poss (Kan) 14.86 (14.11h), 2—Cheryl Zajic (Nb) 14.97 (14.21h), 3—Kelley Mathews (Iowa St) 14.98 (13.99h), 4—Connie McKernan (Kan) 15.12 (14.20h), 5—Nancy Kindig (Nb) 15.22 (14.41h); **400**, 1—Sumetia Wells (Iowa St) 54.37 (53.34h), 2—Wanda Trent (Kan. St) 54.56, 3—Lorna Tucker (Kan) 54.58, 4—Annette Campbell (Ok) 56.38 (54.35h); **100**, 1—Merlene Ottey (Nb) 11.88, 2—Lori Green-Jones (Kan) 12.43, 3—Norma Murray (Nb) 12.55, 4—Felicia Moore (Ok) 12.64; **3000**, 1—Kellie Cathey (Ok) 9:39.29, 2—Margaret Smith (Mo) 9:43.27, 3—Diane Vetter (Iowa St) 9:59.32; **SP**, 1—Cecil Hansen (Ok) 49'10¼, 2—Janice Stucky (Kan. St) 46'1¼, 3—Karen Wood (Nb) 45'5; **LJ**, 1—Tudie McKnight (Kan) 20'1, 2—Nancy Kindig (Nb) 19'5¼; **4x400**, 1—Nebraska (Zajic-Murray-Essington-Ottey) 3:44.28, 2—Kansas 3:45.20, 3—Iowa State 3:49.09; **Scores**, 1—Nebraska 159, 2—Oklahoma 128, 3—Iowa State 94, 4—Kansas 80½, 5—Kansas State 57, 6—Missouri 52½, 7—Colorado 42, 8—Oklahoma State 6.

Jumbo Elliot Invitational

Villanova, Pennsylvania, May 30 — Good distance events were the highlights of the Jumbo Elliot Invitational with Jo White winning the 800 in 2:07.70, Jan Merrill taking the 3000 in 9:03.71 and Kim Gal-

agher the mile in 4:43.78 — with competitors close behind.

RESULTS: 400, 1—Alice Jackson (DC Int) 53.55, 2—Diane Dixon (Atoms) 53.91, 3—Bev Kearney (Con. Ath) 54.69, 4—Sharon Dabney (Clippers) 54.91; **100**, Grace Jackson (Atoms) 11.95; **800**, 1—Jo White (Boston) 2:07.70, 2—Ella Willis (Con. Ath) 2:07.85, 3—Henrietta Nancis (DC Int) 2:08.36, 4—Monica Oesterlin (Gazelle Int) 2:09.29, 5—Gina Procoscio (Club Keystone) 2:10.97; **200**, Beverly Kearney (Con. Ath) 23.99; **3000**, 1—Jan Merrill (AGAA) 9:03.71, 2—Francie Larrieu (PCC) 9:05.84, 3—Cathie Twomey (Ath. West) 9:06.45, 4—Brenda Webb (Knoxville TC) 9:08.07, 5—Maggie Keyes (Ath. West) 9:09.65, 6—Cindy Bremser (Wis. United) 9:17.59; **5 Mile**, 1—Kim Gallagher (NJ HS) 4:43.78, 2—Cindy Wuss (Atoms) 4:50.55, 3—Ella Willis (Con. Ath) 4:56.90.

Hayward Wins Division III

Hayward, California, May 21/23 — Two California schools dominated the First AIAW Division III Championships. Host Cal State Hayward took the title with 93 points over Conference rival Cal State Sacramento who finished second with 70 points. Third place Wisconsin/La Crosse was far down the scoring with 38 points. Fifty-three institutions scored points in this first-ever meet.

Hayward won six of the events with Michele Aubuchon leading the way with victories in the 5000 and 10000 meter runs. Other winners for the Pioneers included Fran Castro in the 800, Glenda Ford in the discus and the 4x440 and sprint medley relay teams. There was one other double winner with Edna Davis of Christopher Newport (Newport News, VA) taking top honors in the tough 200/400 double. Cal Lutheran's Beth Rockliffe won the javelin and placed second in the heptathlon for another fine performance.

RESULTS: 3000, 1—Mary Ann Scannell (CS Sac) 9:47.1, 2—Patti Gray (UC Davis) 10:01.8, 3—becky Braddy (Carleton) 10:02.0; **4x400**, 1—Cal State Hayward (Preisser-Castro-Buckley-Banks) 3:50.93, 2—CS Sacramento 3:56.73, 3—Wisconsin/La Crosse 3:58.68; **800**, 1—Fran Castro (CS Hayward) 2:10.21, 2—Carol Howard (Wis/LC) 2:14.27, 3—Dianne Pappas (CS Sac) 2:14.94; **400H**, 1—Stephanie Vega (Brooklyn) 60.49, 2—Adriane Pitts (Cen. Conn) 62.4(h); **200**, 1—Edna Davis (Christopher Newport) 24.70, 2—Delphina Banks (CS Hay) 24.80, 3—Valerie Bell (SF State) 24.90; **HJ**, 1—Thea Ackerman (Mt. St. Mary's) 5'11, 2—Yolanda Gibson (Brooklyn) 5'9; **100H**, 1—Margo Edwards (Redlands) 14.59, 2—Patsy Baptiste (CCNY) 14.64, 3—Heather Sibbison (Tufts) 14.84; **400**, 1—Edna Davis (Christopher Newport) 54.42, 2—Laurel Seiter (Occidental) 55.24, 3—Bobbie Gilmore (CS Sac) 55.61; **100**, 1—Valerie Bell (SF State) 12.18, 2—Debbie Alford (Trenton State) 12.21, 3—Jackie Jackson (George Fox) 12.23; **SP**, 1—Kathy Lisle (CS Chico) 45'9¼, 2—Dail Haynes (Marion) 45'4; **5000**, 1—Michele Aubuchon (CS Hay) 17:08.8, 2—Debbie Thometz (St. Thomas) 17:13.8, 3—Julie Ann Quigley (Wesleyan) 17:17.7; **4x100**, 1—CS Sacramento (Banks-Moore-Gilmore-Thompson) 47.00, 2—Central College 47.88, 3—CS Hayward 48.03, 4—Occidental 48.50; **1500**, 1—Leslie Seymour (St. Olaf) 4:28.68, 2—Karin Von Berg (Middlebury) 4:30.74, 3—Connie Hester (CS Hay) 4:32.57; **JT**, 1—Beth Rockliffe (Cal Lutheran) 153'11, 2—April Gray (Wis/Eau Claire) 147'9, 3—Jill Watts (Trenton St) 147'3; **LJ**, 1—Antonette Blyth (NW Nazarene) 18'1, 2—Darlene Kemp (Wooster) 18'0¼; **DT**, 1—Glenda Ford (CS Hay) 149'8, 2—Deb Hildebrandt (Wis/LC) 144'5; **10000**, 1—Michele Aubuchon (CS Hay) 35:49.3, 2—Debbie Thometz (St. Thomas) 36:03.2; **800Med**, 1—CS Hayward (Peters-Buckley-Banks-Castro) 1:44.18, 2—Central College (Iowa) 1:44.96, 3—San Francisco State 1:46.34; **Heptathlon**, 1—Sherry Odlevak (Wis/Superior) 5042, 2—Beth Rockliffe (Cal

RESULTS - RESULTS - RESULTS (continued)

Lutheran) 4850, 3—Gail Glave (Frostberg) 4719; **Scores**, 1—Cal State Hayward 93, 2—Cal State Sacramento 70, 3—Wisconsin/La Crosse 38, 4—San Francisco State 22, 5—Central College (Iowa) 21, 6—Christopher Newport 20, 7—Brooklyn College and Cal Lutheran 18, 9—St. Thomas 17, 10—St. Olaf, Wesleyan and CCNY 16, 13—Occidental 15, 14—Trenton State 14, 15—UC Davis, Holy Cross and Wooster 12, 18—George Fox 11, 19—Chico State, Mt. St. Mary's, NW Nazarene, Redlands, W. Washington, Wisconsin/Eu Claire and Wisconsin/Superior 10.

Naturite Invitational

By Rich Ede

Cerritos, California, June 14 — "She wasn't even *running* today," marveled a rival coach after Evelyn Ashford trounced an excellent field of sprinters to clock a 10.85w, the fastest ever by an American. Coach Pat Connolly confided that Ashford has changed her start, even switched feet, and that "We were here today just to see if it works". It did. The winds that had been calm all day, started gusting just before the 100 and clocked +5.17mps for the race, but Ashford and Alice Brown duelled for 50 meters before Evelyn simply ran away from the field. She was so far in front of the field that the Accutrack sweep ran out of film before the last two finishers crossed the line.

The winds which aided the sprinters had little effect on the 100+ degree heat which led to some below-par performances from fields including five national record-holders and a past record-holder. The last, Sandy Myers, made an excellent bid to regain her 400 meter hurdle mark, racing 56.47. Karen Taylor sped to a lifetime best of 59.04 in second.

Jodi Anderson, Pam Spencer, and Lorna Griffin all won their specialties with solid, but not spectacular performances. The fifth record-holder, Rosalyn Bryant, contented herself with the shorter sprints. Multi-eventer Marlene Harmon cleared 1.78/5'10 in the high jump before withdrawing to run the 400 hurdles.

RESULTS: 100 (+5.17mps), 1—Evelyn Ashford (Medalist TC) 10.85w, 2—Alice Brown (Shaklee TC) 11.13w, 3—Jackie Pusey (LATC) 11.18w, 4—Sandra Howard (LATC) 11.28w, 5—Jodi Anderson (LATC) 11.54w, 6—Gale Douglas (Coast Ath.) 11.65w; 200 (+2.02), 1—Sandra Howard (LATC) 23.64w, 2—Yolanda Rich (LATC) 23.70w, 3—Rosalyn Bryant (LATC) 23.85w; 400, 1—Denean Howard (Shaklee TC) 53.73, 2—Jennie Gorham (LATC) 54.39, 3—Yolanda Rich (LATC) 54.64; 800, 1—Regina Jacobs (LATC) 2:09.28, 2—Rhonda Patcha (SC Cheetahs) 2:10.67, 3—Roma Antonowicz (LATC) 2:11.27; 1500, 1—Michelle Hopper (MedTC) 4:34.84, 2—Regina Jacobs (LATC) 4:38.49, 3—Sharon Hulse (Coast Ath.) 4:39.31; 100H (+1.47), Jackie Washington (Shaklee TC) 13.64; 400H, 1—Sandy Myers (LATC) 56.47, 2—Karen Taylor (Shaklee TC) 59.04, 3—

Sandra Farmer (Shaklee TC) 59.06, 4—Marlene Harmon (LATC) 60.56, 5—Missy Lerald (Shaklee TC) 61.74; **LJ**, 1—Jodi Anderson (LATC) 21'2¾w, 2—Veronica Bell (SCC) 20'5½, 3—Karen Taylor (Shaklee TC) 20'5w, 4—Marlene Harmon (LATC) 19'10, 5—Sandy Myers (LATC) 19'7½; **DT**, 1—Lorna Griffin (Ath. West) 181'3, 2—Marianne Van Heerden (LATC) 173'7, 3—Julie Cart (Sundevil Sts.) 167'1, 4—Jan Svendsen (Un) 164'0, 5—Ramona Pagel (Un) 158'5; **JT**, 1—Celeste Wilkinson (LATC) 156'3, 2—Debbie Williams (Un) 150'6; **SP**, 1—Marianne Van Heerden (LATC) 52'1, 2—Ramona Pagel (Un) 51'0½, 3—Lorna Griffin (Ath. West) 50'11½, 4—Annie McElroy (Un) 47'5¼, 5—Ronnie Dassel (Un) 45'4¼; **HJ**, 1—Pam Spencer (LATC) 6'2, 2—Marlene Harmon (LATC) 5'10, 3—Kari Gosswiller (Shaklee TC) 5'8.

Taiwan Games

Taipei, Taiwan, June 13 — Eleven nations gathered in Taipei for the Annual International Friendship Games, but one uninvited guest spoiled the party. Rain. One would have thought it was the AIAW post-meet. The rain came down from early morning until long after festivities had ceased, and it came in such supply that according to one spectator, one could not see the runners in the 100m dash.

But it was in that 100 meter sprint that Guyana's Jennifer Innis scored the upset of the day when she whipped Australia's Denise Boyd in a fine 11.5 clocking. Boyd came back to win the 200 and Innis picked up a second in the long jump when she was beaten on the last leap of the competition by Denmark's Lene Humleback.

Two other US competitors scored vic-

tories. Joan Hansen outswam New Zealand's Dianne Roger to win the 1500 in 4:22.2 and Coleen Rienstra took the high jump at 5'8½ stating afterward she had difficulty seeing the crossbar.

Canada's Francine Gendron had a good 2:05.9 clocking in the 800 for one of the top marks. Nations taking part in the competition included the USA, Denmark, Guyana, Austria, Australia, Thailand, Philippines, Korea, New Zealand, Canada and the home team.

RESULTS: 100, 1—Jennifer Innis (Guyana) 11.5, 2—Denise Boyd (Aus) 11.6, 3—Ulaipa Loupinkarn (Thailand) 11.8; 200, 1—Denise Boyd (Aus) 23.6, 2—Lydia De Vega (Phi) 24.2, 3—Joung-Sik Joeon (Kor) 24.6; 800, 1—Francine Gendron (Can) 2:05.9, 2—Wu Chin-Yu (ROC) 2:15.1; 1500, 1—Joan Hansen (USA) 4:22.2, 2—Dianne Roger (NZ) 4:26.1; 100H, 1—Prenner Petra (Aut) 14.13, 2—Lin Yue-Shiang (ROC) 14.28, 3—Hsiao Chun-Lan (ROC) 14.54; 400H, 1—Lai Li-Chiao (ROC) 60.6, 2—Marian O'Shaughnessy (Aus) 60.8; 4x100, 1—International Team 45.73, 2—Thailand 46.29, 3—ROC 46.58.

Mid-American Conference Champion

Kalamazoo, Michigan, May 15/16 — Bowling Green University edged Eastern Michigan and Central Michigan in a tight team battle to win the First Annual Mid-Western Conference title with 118 points, only seven points in front of the two

(continued on page 32)



Post-race routine.

L'eggs Has Been Busy

Winners in Recent L'eggs/YWCA 10000 Runs



Carol Cook, 27, won at Forest Park in 37:43.



24-year-old Beverly Miller was first in Chicago in 34:35.



Happy Nancy Jaquish, 23, was the victor in 36:49 at Winston-Salem.



It took 36:43 for Deborah Anderson, 32, to win in Denver.

USA Top 20 to June 20, 1981

(Marks received to 20 June)

* = Not a US citizen

100 METERS (* = Hand time plus 0.24)

10.99	Evelyn Ashford (10.85w)
11.07	+Merlene Ottey (10.97w)
11.18	Jeannette Bolden
11.21	+Leleith Hodges
11.28	Alice Brown (11.13w)
11.29	Chandra Cheeseborough
11.29	Florence Griffith
11.35	Felicia Moore
11.42	Brenda Morehead
11.42	Michele Glover
11.44	+Jackie Pusey (11.18w)
11.44	Allison Dotson
11.44	Benita Fitzgerald (11.25w)
11.44*	+Esmeralda Garcia (11.29w)
11.46	Linda Weekly (11.43w)
11.47	+Dorothy Scott
11.50	Wanda Nicholson
11.51	Stephanie Brown
11.51	+Jennifer Innis (11.35w)
11.51	Dana Devan

200 METERS (* = Hand time plus 0.24)

22.30	Evelyn Ashford
22.35	+Merlene Ottey
22.65	Chandra Cheeseborough
22.99	Florence Griffith (22.61w)
23.14	+Jackie Pusey
23.24*	LaShon Neddd
23.34*	Sandra Howard
23.40	Denean Howard
23.44*	Alice Jackson
23.47	+Dorothy Scott
23.47*	Angel Doyle
23.53	Jeanine Brown (23.50w)
23.54*	Lorna Forde
23.55	Benita Fitzgerald
23.55	Green
23.57	Randy Givens (23.35w)
23.62	Michelle Mathias (23.20w)
23.64*	Tara Mastin (23.55w)
23.64*	Delores Gibbs
23.66	Pam Marshall

400 METERS (* = Hand time plus 0.14)

51.79	Denean Howard
51.80	Evelyn Ashford
51.85	+Jackie Pusey
52.01	+Marita Payne
52.34*	Robbin Coleman
52.49	Arlise Emerson
52.53	Rosalyn Bryant
52.54*	+Cathy Rattray
52.62	Valerie Brisco
52.64	Delisa Walton
52.74*	Robin Campbell
52.87	Lorna Forde
52.93	+Charmaine Crooks
53.01	Pam Moore
53.08	Kelia Bolton
53.11	Angela Wright
53.15	+Oralee Fowler
53.44*	+Grace Bakari
53.55	Alice Jackson
53.56	Paulette Clagon

800 METERS (* = Hand time plus 0.14)

1:58.50	Madeline Manning
2:00.08	Leann Warren
2:01.02	Robin Campbell
2:01.39	Delisa Walton
2:01.82	Kim Gallagher
2:02.67	Lee Ballenger
2:03.45	Joetta Clark

2:04.20	Kelly Washington
2:04.31	Chris Mullen
2:04.54*	+Jo White
2:04.97	Brenda Peterson
2:05.68	Diane Richburg
2:05.84	Jessica Spies
2:06.01	Donna Curtis
2:06.34	Essie Kelley
2:06.42	Rennie Durrand
2:06.35	Kay Stormo
2:06.58	+Doriane Lambelet
2:06.59	+Monica Joyce
2:06.68	Terry Pioli

1500 METERS (* = Hand time plus 0.14)

4:11.96	Cathie Twomey
4:12.09	Joan Hansen
4:12.21	Cindy Bremser
4:12.84*	+Regina Joyce
4:13.33	Maggie Keyes
4:14.62	+Monica Joyce
4:14.62	Jan Merrill
4:15.00	Leann Warren
4:15.75	Linda Goen
4:16.74*	Margaret Groos
4:17.05	Mary Rawe
4:18.31	Sandra Gregg
4:18.76	Sheila Ralston
4:18.97	Michelle Bush
4:19.77	Kim Gallagher
4:19.83	Patty Murnane
4:20.04	Debbie Eide
4:20.24*	Cindy Schmandt
4:20.34*	+Rose Thompson
4:20.74*	Jill Haworth

3000 METERS (* = Hand time plus 0.14)

8:59.39	+Regina Joyce
9:02.04*	Francie Larrieu
9:02.74*	Brenda Webb
9:03.64*	Joan Hansen
9:03.71	Jan Merrill
9:03.88	Cathie Twomey
9:06.32	Mary Shea
9:09.65	Maggie Keyes
9:09.74*	Betty Springs
9:13.13	+Lynn Kanuka
9:14.44*	+Monica Joyce
9:14.54*	Pia Paladino
9:17.59	Cindy Bremser
9:18.34*	Aileen O'Connor
9:19.19	Margaret Groos
9:19.50	Carol Urish
9:21.14*	Ceci Hopp
9:21.67	Judi St. Hilaire
9:21.74*	+Bernadette Madigan
9:21.90	Debbie Eide

5000 METERS (* = Hand time plus 0.14)

15:42.61	Brenda Webb
15:49.37	Kathie Mintie
15:50.64*	Mary Shea
15:52.64*	Betty Springs
15:57.74*	Cathie Twomey
16:02.11	+Midge Hamrin
16:02.59	+Lynn Kanuka
16:07.07	Eryn Forbes
16:07.44*	Kim Schnurpfeil
16:09.02	Joan Hansen
16:09.44*	Debbie Eide
16:11.04	Julie Shea
16:11.14	Kathy Mills
16:17.37	Kellie Cathey
16:18.40	Kelly Spatz

16:20.72	Nan Doak
16:20.72	Peg Cleary
16:21.14	Rocky Racette
16:21.41	Carol Urish
16:23.94*	Ellen Lyons

10000 METERS (* = Hand time plus 0.14)

33:17.94*	Judy St. Hilaire
33:28.20	Aileen O'Connor
33:34.85	+Patsy Sharples
33:35.64*	+Midge Hamrin
33:37.64*	Joan Benoit
33:39.77	Betty Springs
33:55.82	Eryn Forbes
33:57.82	+Glynns Quick
34:07.24*	Mary Shea
34:10.14*	Ellen Lyons
34:13.88	Mary Walsh
34:22.24*	+Lynn Kanuka
34:22.73	Carol Urish
34:30.74*	Julie Shea
34:32.34*	María Trujillo
34:36.52	Jill Washburn
34:37.52	Mary Stepka
34:38.40	Melanie Weaver
34:39.34*	Peg Cleary
34:39.44*	Kim Schnurpfeil

100 METER HURDLES (* = Hand time plus 0.24)

13.09	Stephanie Hightower
13.10	Benita Fitzgerald
13.18	Jackie Washington
13.32	Candy Young (13.24w)
13.34*	Linda Weekly (13.26w)
13.36	Lori Dinello
13.38	Kim Turner (13.17w)
13.54*	Gayle Watkins
13.58	Brenda Calhoun (13.34w)
13.64*	Linda Bourn
13.64*	Karen Holmes
13.66	Gwen Poss
13.67	Lexie Miller
13.69	Maureen McGee
13.73	Carol Lewis
13.74*	Kim Willis
13.74*	Clare Hariston
13.76	Kris Costello
13.79	Kelley Mathews
13.81	Rene Felton

400 METER HURDLES (* = Hand time plus 0.14)

56.43	Sandy Myers
57.10	Tammy Etienne
57.24	Robin Marks
57.28	Edna Brown
57.53	Tonya Brown
57.54	+Sandra Farmer
57.55	+Sharon Colyear
57.82	Lexie Miller
58.44*	Vivian Scruggs
58.46	Stephanie Vega
58.64	Rachel Clary
58.66	Tracey Nelson
58.75	Ellen Smith
58.82	Marlene Harmon
58.84	Vata Allen
58.89	Karen Taylor
59.03	Jill Lancaster
59.07	Betsy Baymiller
59.10	Sally Anderson
59.12	Denise Waddy

(* = 4x110y minus 0.30)

4x100 RELAY (* = Hand time plus 0.14)	
43.39	Shaklee TC

44.04	LATC
44.35	Florida State
44.44	UCLA
44.74*	Tennessee State
44.95	TWU
45.02	LA Mercurettes
45.06	DC International
45.07°	UTEP
45.10°	Nebraska
45.12	CS Los Angeles
45.13	Berkeley HS, California
45.20	Texas Southern
45.30	Prairie View
45.32°	New Mexico
45.33	Arizona State
45.39	NY PAL
45.41	Houston
45.43	Jackson State
45.50	Tennessee

(° = 4x220y minus 0.50)

4x200 RELAY (* = Hand time plus 0.14)

1:35.40	UCLA
1:36.04*	Prairie View
1:37.04*	Adelphi
1:37.14*	TWU
1:37.23°	South Carolina State
1:37.34*	Texas Southern
1:37.64*	Morgan State
1:38.14*	Southern
1:38.24*	Berkeley HS, California
1:38.52	LATC
1:38.94*	Long Island
1:39.29°	CS Los Angeles
1:39.44°*	Montclair HS, New Jersey
1:39.67°	Skyline HS, Texas
1:39.94°*	Howard
1:39.94*	Bloom Township HS, Illinois
1:40.24°*	Florida A&M
1:40.24*	Dynamite TC
1:40.33	Le Marque HS, Texas
1:40.34*	Penn State

(° = 4x440y minus 1.20)

4x400 RELAY (* = Hand time plus 0.14)

3:27.90	LATC
3:29.34	Shaklee TC
3:31.70	Tennessee
3:32.08	UCLA
3:33.04	Tennessee State
3:33.43	LA Mercurettes
3:34.13	Oregon
3:34.43	Texas
3:34.80	Florida State
3:36.55	Prairie View
3:36.95	DC International
3:37.24*	Kennedy HS, LA, California
3:38.05	Oklahoma
3:38.16°	Stanford TC
3:38.95	Virginia
3:39.07	Manual Arts HS, LA, California
3:39.17	Morgan State
3:39.20	SC Cheetahs
3:39.94*	Atoms TC
3:40.06	Texas Southern

4x800 RELAY (* = Hand time plus 0.14)

8:35.67	Wisconsin
8:36.17	Tennessee
8:36.61	Nebraska
8:36.94	SportsWest
8:37.94*	Oklahoma
8:38.45	Texas Southern
8:41.63	Iowa State
8:41.87	San Jose Cindergals
8:44.21	LATC
8:45.24*	Kansas State
8:48.24*	Villanova
8:48.27	Penn State
8:49.34*	Virginia
8:51.40°	Iowa

8:51.44	Louisiana State
8:51.89	Coast Athletics
8:52.81	SC Cheetahs
8:53.43	UCLA
8:54.61	Texas
8:55.74*	Florida State

(° = 880y minus 0.50)

800m MEDLEY (* = Hand time plus 0.14)

1:36.70	Tennessee
1:37.41	UCLA
1:37.86	LATC
1:38.38	Shaklee TC
1:38.67	Florida State
1:39.01	CS Los Angeles
1:39.24*	Texas
1:39.35	Morgan State
1:39.42	UTEP
1:39.53	SC Cheetahs
1:39.55	Prairie View
1:40.44	DC International
1:40.54	Skyline HS, Texas
1:40.62	LA Mercurettes
1:40.65°	Nebraska
1:40.73	North Texas State
1:40.88°	Tennessee State
1:40.95	Southern
1:40.97	Georgia
1:41.20	South Carolina State

HIGH JUMP

6'5¼	Pam Spencer
6'3½	Louise Ritter
6'3½	Coleen Rienstra
6'2½	Paula Girven
6'2	Phyllis Blunston
6'1¼	Ann Bair
6'1	Sue McNeal
6'1	+Disa Gisladdottir
6'1	Carolyn Ford
6'1	Mary Moore
6'0½	Tanya Alston
6'0	Kari Gossweiler
6'0	Sybil Reddick
6'0	Shari Collins
6'0	Anne Erpenbeck
6'0	Julie Waters
6'0	Sharon Burrill
6'0	Kathy Raugust
6'0	Joni Huntley

LONG JUMP

22'0¼	Jodi Anderson
21'11½	+Shonell Ferguson
21'7½	Kathy McMillan
21'6½	+Esmeralda Garcia
21'6	+Dorothy Scott
21'5¼	Pat Johnson
21'4	Lorraine Ray
21'2¾	Jackie Joyner
20'9¾	Donna Thomas
20'9¼	Carol Lewis (21'5½w)
20'9¼	Sandy Myers
20'8	Agnes Riley
20'7¼	Gwen Loud (20'9w)
20'5¾	Pam Donald (20'10w)
20'5½	Veronica Bell (21'0½w)
20'5	Nancy Kindig
20'5	S. Henry
20'4¾	+Allison Manley (20'9½zw)
20'4¼	Ann Meachum
20'3¾	+Jennifer Innis

SHOT PUT

57'1	+Meg Ritchie
55'5¾	Denise Wood
54'0	+Marita Walton
53'9	+Rose Hauch
53'4½	Loma Griffin
53'4¼	Elaine Sobansky

53'4¼	+Cecil Hansen
53'1½	+Marietta Van Heerden
52'11½	Sandy Burke
52'5¼	+Ria Stalman
52'4½	Natalie Kaaiswahla
52'2	Ramona Pagel
51'11¼	Sue Thornton
51'10½	Caryl Van Pelt
51'8¼	Jane Frederick
51'6¼	Oneitha Davis
50'7½	Jill Stenwall
49'8	Spillers
49'6½	Sharon Hamilton
49'6	+Cindy Crapper

DISCUS THROW

221'5	+Meg Ritchie
204'6	+Ria Stalman
187'9	Denise Wood
186'11	Loma Griffin
185'2	+Marietta Van Heerden
182'9	Leslie Deniz
179'1	Jan Svendsen
177'11	+Betty Bogers
177'7	Laura Messner
174'0	Julia Hansen
173'8	Karen McDonald
172'11	Julie Cart
172'6	Carol Cady
172'3	Penny Neer
171'8	Kathy Picknell
169'7	+Heather Kuusela
167'11	Leslie Hoerner
166'6	Victoria Bowman
166'2	Queena Beasley
166'1	+Marita Walton

JAVELIN THROW

211'5	Karin Smith
200'1	Kate Schmidt
189'4	Patty Kearney
182'4	Lynda Hughes
179'8	Dana Olson
178'11	+Sue Gibson
177'10	Mary Osborne
177'10	Sally Harmon
177'8	Sherry Calvert
172'10	Teresa Cooper
171'4	Jeanne Eggart
171'3	Celeste Wilkinson
169'2	Jacque Nelson
168'7	Donna Mayhew
167'9	Pam Passera
166'9	Dodie Campbell
165'10	+Lorri Kokkola
165'1	Barbara Moro
165'0	Debbie Williams
164'7	Susie Ray

HEPTATHLON

6308	Jane Frederick
5839	Nancy Kindig
5827	Jackie Joyner
5752	Patsy Walker
5704	Marlene Harmon
5698	Mary Harrington
5595	Tanya Alston
5477	Carrie McLaughlin
5438	Joan Russell
5387	Jane Stary
5373	+Allison Manley
5371	Kerry Zwart
5366	Susan Brownell
5343	Teresa Smith
5340	Ann Bair
5338	Cindy Greiner
5338	Renee Nichols
5277	Karen Roth
5222	Sondra Obermeier
5210	Debra Deutsch
5210	Linda Spenst

Michigan schools who tied for second. Darcy Tomlinson of Western Michigan and Bowling Green's Kim Jamison were the meet's only double winners, Tomlinson annexing the 1500 and 3000 and Jamison the two sprints.

RESULTS: **4x800**, 1—Western Michigan (Fowlkes-MacDonald-Slocum-Tomlinson) 9:03.4, 2—Central Michigan 9:07.2, 3—Western Michigan 9:14.1; **HJ**, 1—Ellie Hayden (EM) 5'9, 2—Sue Raimer (Cent. Mich) 5'8, 3—Debbie Graski (EM) 5'8; **JT**, Kathy Calo (Kent St) 142'7; **10000**, Connie Stampien (CM) 36:34.8; **SpMed**, Ohio University (Cotner-Kimbrough-Harris-Williams) 1:43.4, 2—Bowling Green 1:44.2; **DT**, 1—Terri Byland (KS) 151'11, 2—Lisa Mowers (WM) 148'7; **LJ**, Ann Meachum (EM) 19'3¼; **5000**, Julie Montgomery (EM) 17:18.4; **4x100**, Bowling Green (K. Jamison-Guilford-Jennings-K. Jamison) 47.4, 2—Eastern Michigan 47.4, 3—Ohio University 47.8; **1500**, 1—Darcy Tomlinson (WM) 4:31.6, 2—Cheryl Scheffer (EM) 4:35.3; **100H**, 1—Gina Tempio (EM) 14.3, 2—Rochelle Kimbrough (BG) 14.6; **400**, 1—Kathy Williams (OU) 54.9, 2—Debbie Mullice (EM) 55.6; **100**, 1—Kim Jamison (BG) 11.6, 2—Gina Tempio (EM) 12.0; **800**, Pam Brown (CM) 2:13.1; **400H**, Ruth Hubbard (CM) 61.7; **3000**, Darcy Tomlinson (WM) 9:56.4; **200**, 1—Kim Jamison (BG) 23.9, 2—Josephine Williams (WM) 24.6, 3—Kathy Williams (OU) 24.6; **4x400**, 1—Ohio University (Eickholt-Hutzler-Cotner-Williams) 3:49.1, 2—Bowling Green 3:51.6; **Heptathlon**, 1—Sue Reimer (CM) 5030 (15.0-30'7-5'7¼-26.6-17'11½-95'5-2:27.2), 2—Gloria Tyree (Ball St) 4839; **Scores**, 1—Bowling Green 118, 2 (tie)—Eastern Michigan and Central Michigan 111, 4—Ohio University 81, 5—Western Michigan 79, 6—Northern Illinois 34, 7 (tie)—Ball State and Kent State 33, 9—Miami (Ohio) 20.

DDR Whomps England

Dresden, East Germany, June 13/14 — Powerful East Germany won every event and allowed visiting Great Britain only two second places as they handed the Britishers their worst-ever defeat, 111-46. Best marks came in the field events with winning performances of 6'4¼ in the high jump, 22'11½w in the long jump, 68'11½ and 68'11½ in the shot, 220'8 in the discus and 220'7 in the javelin. Best on the track was the 11.19 century by Marlies Gohr.

RESULTS: **100**, 1—Gohr (DDR) 11.19, 2—Walther (DDR) 11.30, 3—Smallwood (GB) 11.35; **200** (+4.5m), 1—Walther (DDR) 22.55, 2—Walther (DDR) 22.71, 3—Goddard (GB) 22.79; **400**, 1—Rubsam (DDR) 51.94, 2—Scutt (GB) 52.54; **800**, 1—Ullrich (DDR) 2:00.20, 2—Steuk (DDR) 2:00.40, 3—Boxer (GB) 2:02.23; **1500**, 1—Brunns (DDR) 4:07.05, 2—Ullrich (DDR) 4:15.89, 3—Monica Joyce (GB) 4:24.17; **3000**, 1—Zauber (DDR) 9:08.08, 2—Smeeth (GB) 9:14.14; **100H** (+3.3m), 1—Knabe (DDR) 12.90, 2—Reifstahl (DDR) 13.05, 3—Strong (GB) 13.18, 4—Boothe (GB) 13.52; **400H**, 1—Neumann (DDR) 56.80, 2—Sontag (DDR) 57.59, 3—Warden (GB) 58.16; **4x100**, 1—DDR (Scholzel-Walther-Walther-Gohr) 42.95, 2—GB 43.75; **4x400**, 1—DDR (Hartmann-Sonntag-Neumann-Rubsam) 3:30.23; **HJ**, 1—Dedner (DDR) 6'4¼, 2—Reichstein (DDR) 6'2; **LJ**, 1—Neubert (DDR) 22'11½w (22'7¼ legal), 2—Ulbricht (DDR) 22'4¼w (21'8¼ legal), 3—Manley (GB) 21'0½w; **SP**, 1—Slupianek (DDR) 68'11½, 2—Knirscheid (DDR) 68'11¼, 3—Head (GB) 58'3¼; **DT**, 1—Jahl (DDR) 220'8, 2—Reissmuller (DDR) 215'10; **JT**, 1—Hommola (DDR) 220'7, 2—Felke (DDR) 213'3, 3—Whitbread (GB) 206'2. Non-scoring events: **LJ**, Fuchs (DDR) 21'9¼w; **SP**, Pufe (DDR) 67'11¼.

WTW



AMA Symbol Gains Usage

Fifteen years ago the American Medical Association announced a universal symbol which tells anyone rendering emergency care to a person who is unconscious or otherwise unable to communicate that its wearer has a physical condition requiring special attention.

In the intervening years the symbol has gained world-wide acceptance. It has been widely disseminated throughout the United States, and, through the World Medical Association, has been distributed throughout the world.

The symbol may be displayed on a wristlet, an anklet, a medallion around the neck or elsewhere. It is a sign that there are vital medical facts on a personal health information card in the bearer's purse or wallet, or on an alerting device.

The symbol is a hexagon-shaped emblem containing a six-pointed figure and a staff with a snake entwined about it — the staff of Aesculapius, the insignia of the medical profession.

It is used by many individuals. Diabetic coma, for instance, sometimes makes its victims appear intoxicated, and treatment may be dangerously delayed. The symbol also is used to indicate allergies to antibiotics, such as penicillin.

The need for certain medicines must be known. Heart patients taking drugs to prevent blood clots may bleed profusely if injured unless they receive special care. Epileptics could be saved much trouble and unnecessary hospitalization if they carried a card indicating they may have seizures.

The American Medical Association recommends that everyone have a card, such as the AMA emergency medical identification card, to show who they are, where they live, whom to call if they become ill or injured, the name of their doctor, and when they were immunized, particularly against tetanus, or lockjaw. On this card should be noted any special problems that need immediate attention in an emergency or could cause an emergency.

Some people's problems are so serious that it is absolutely essential for the first aider to know about them in an emergency. A durable signal device made of metal should be worn by such people, preferably about the neck giving important information.

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Runner's Shop

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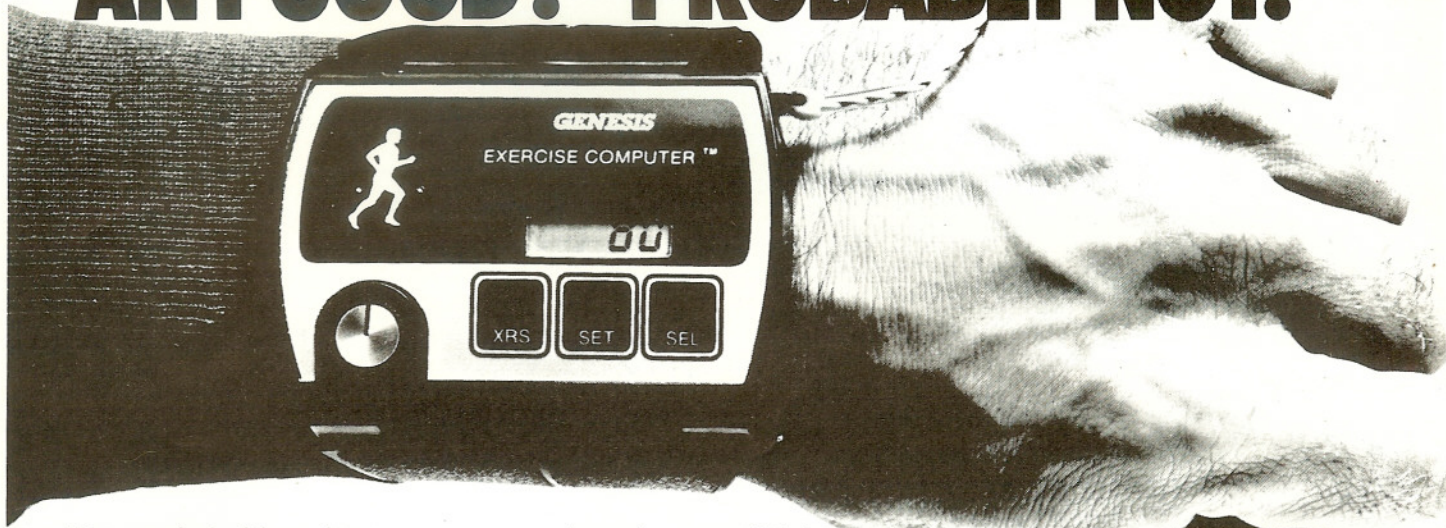
Wear ID Tags As Well As Shoes

Next time you go out jogging, consider taking along some identification. According to hospital emergency rooms, there is a problem far greater than blisters, sore feet, or fallen arches, and that is anonymity.

Runners who run into trouble may wind up in the hospital without any identifying papers. Recently a jogging out-of-state businessman suffered a cerebral hemorrhage and another jogger was struck by a passing car. In both cases they carried no ID. No one in the hospital emergency room — where they lay in critical condition — could alert friends or relatives, and, more important, the medical staff had no information about possible allergies or other medical conditions. Eventually relatives were located through radio and television appeals.

Doctors, therefore, recommend that joggers wear ID tags that include not only their names and addresses but vital medical information as well.

IS EXERCISE DOING YOUR HEART ANY GOOD? PROBABLY NOT.



Most people don't know how to exercise. Many doctors believe accurate monitoring of pulse and recovery time is the best way to measure your efforts.

But if you've ever tried to use a pulse meter, you know this is easier said than done. No pulse meter on the market has been able to give you accurate readings conveniently while you exercise.

The crystal breakthrough

The trouble with most pulse meters is that they use an older, temperamental monitoring process. They read blood density through your skin with a projection of infrared light. The slightest movement, light, or pressure can throw them off completely.

The Genesis Exercise Computer overcomes this problem for the first time. It uses a patented crystal which picks up the actual sound waves of your pulse. Much more precise, and movement or light don't interfere.

It's the first truly accurate pulse meter you can conveniently wear while you exercise.

Readings on the run

Strap the compact, 3-ounce Genesis Exercise Computer to your wrist. Program it easily with your minimum, maximum, and resting pulse rates. And go.

Not only will Genesis give you an on-the-mark pulse reading at any second. It'll tell you if you're over or under your preset maximum or minimum.

90% of other pulse monitors force you to stop while taking readings, because movement upsets the computation. Genesis is unique in that it works while you move.

Why is this important? Two reasons. The first has to do with exercise. To strengthen your heart, doctors recommend 20-30 minutes of continuous exercise at 70% to 85% of

your maximum heart rate. This is your "training zone." The Genesis computer tells you how many minutes you've exercised at the right pulse rate and warns you if you're not working hard enough.

The other reason has to do with life itself. The Genesis computer will give an audible warning if you're pushing your heart dangerously. While you exercise—or during a stressful day at the office. If your doctor has warned you about your heart rate, you know right away if things are getting out of hand.

Medical chip

A medically designed micro-processor chip inside the Genesis Exercise Computer makes it smarter than any other pulse meter.

This is why it does much more than units costing 2-3 times as much. Genesis takes your pulse; lets you program your exercise zone simply and quickly; measures your cardiac recovery time, another key to fitness; paces you with a built-in metronome, if you like; and even tells time, in hours and seconds.

Reading your pulse properly isn't as simple as it might seem, because everyone's pulse is erratic. Your heart might have 5 fast beats, followed by 2 slow ones, 1 fast one, 4 slow ones, and so on.

The medical chip and patented Genesis sensor take this into account. Other less expensive devices "hold" an average of beats over a period of time (such as 20 seconds), which often gives distortedly high or low readings. Who wants to know what their pulse was 20

seconds

ago? Instead, Genesis picks up every single beat of your heart and makes the computations instantly.

Program your pulse

Imagine having a direct line to your heart. That's exactly what the Genesis Exercise Computer gives you. It's an important tool for the serious exerciser, the cardiac patient, or anyone who wants to monitor the key indicator of health, fitness, and longevity.

Just program the Genesis Computer to tell you exactly what you need to know about your pulse rate. It's as simple as a digital watch, if not simpler.

Want an idea of how exact it is? In a recent comparison with clinical EKG equipment, it was rated at 94% accuracy that even amazes doctors. Pretty incredible for a device you wear on your wrist.

Only \$159.95, 30 days free.

Units on the market costing \$350 to \$800 don't do nearly as much as the Genesis Exercise Computer. Plus they're awkward to use, and less accurate.

Which makes the low price of Genesis even more amazing. It's only \$159.95. Plus \$2.50 postage and handling.

Better yet, you can try it for 30 days absolutely free. If you're not satisfied, mail it back for a refund, no questions asked. Genesis is factory warranted for one year.

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BEFORE INTRODUCING THE ZOOM, WE RAN A FEW TESTS.

They looked good on paper. And even better in the lab. These new spikes were definitely the lightest prototypes we'd ever put together—by about 90 grams.

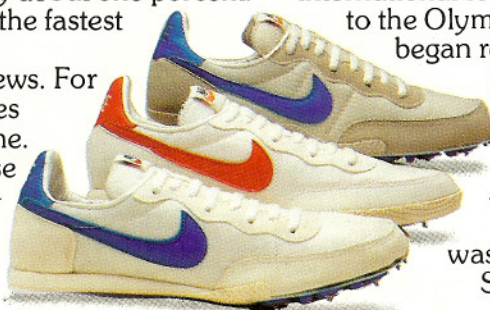
What made that important was the old physiologist's rule-of-foot: for every 100 grams you knock off a pair of shoes, you also cut energy costs by about one percent.

It appeared we'd come up with the fastest Nikes ever.

But that wasn't the only good news. For all the weight loss, these prototypes showed no loss in cushioning. None.

That really got us going. Because our own studies showed that comfort can also save runners energy.

So we went even further. Introduced the Variable Width Lacing



System™, for a nice, snug fit, especially through the arch. And redesigned the spike plate. So during the weight-bearing phase, the spikes would bite the dirt. Not the foot.

We developed models for sprints, distance and indoor. Then the heavy research began. We put them on international tour. And from the Pan American Games, to the Olympic Trials, to Moscow itself, these spikes began rewriting the record books. Taking more than their share of victory laps.

That started a lot of people talking.

But nobody, nowhere used their proper name: Prototype #45711 TF.

All they could say was Zoom.

Sounded good to us.

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