

WOMEN'S TRACK & FIELD WORLD

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1981 U.S. List

The Warmup

Role of The Coach

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A note to subscribers: We have added six months to your subscription and hope you will renew when your time comes.

Lorna Griffin sharp outdoors

Veteran weight thrower Lorna Griffin has turned in some outstanding early season marks in the shot and discus. At Long Beach on February 6, Griffin became the Number Two shot putter in US history when she tossed the implement 56'9". In early January, Griffin threw the disc 186'0. Ramona Pagel, CSLB, has also had some good early season marks in the shot, her best so far a 52 footer on January 30.

Mile Run World Record Progression

4:37.0	Anne Smith (GB)	London	1967
4:36.8	Maria Gommers (Holland)	Leicester	1969
4:35.3	Ellen Tittel (West Ger)	Sittard	1971
4:29.5	Paoli Pigni (Italy)	Viareggio	1973
4:23.8	Natalia Marasescu (Rum)	Bucharest	1977
4:22.1	Natalia Marasescu (Rum)	Auckland	1979
4:21.7	Mary Decker (USA)	Auckland	1980

Electric Timing

4:20.89	Lyudmila Vesselkova (SU)	Bolgna	1981
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COVER PHOTO - Washington State University long jumper Cheryl Byers. (WSU photo)

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Dale Kennedy resigned as coach at Spokane Community College and is now head coach at Montana State in Bozeman....High schooler Erika Harris from the state of Washington, who ran the 400 in a swift 51.45 last season, was only a junior.... Another Washington high school junior was Mary Moore who leaped over 6'2....Mary Decker is now Mary Tabb....Results of the 400 meters in a meet at Caorle, Italy, last August, saw four US collegians in the first four places: June Griffith of Adelphi won it in 52.53, UTEP's Charmaine Crooks was next in 52.70, Marita Payne of Florida State was third in 53.69 and Tennessee's Cathy Rattray fourth in 54.08. Unfortunately for the schools, the runners were all entered from their home countries of Guyana, Canada, Canada and Jamaica....Cyndy Poor is now Cyndy Jensen....

The beat goes on and will continue in East Germany. Here are some marks by some of their youngsters: the Grabner twins ran the 800 in 2:03.85 and 2:04.31 and the 1500 in 4:28.44 and 4:24.52 at age 15. Watch for Yvonne and Yvette; 15 year old Kristin Patzwahl ran the 100m hurdles in 13.56 and 16y old Gloria Kovarik did it in 13.26; Manuela Riha (15y) tossed the javelin 174'5, Heike Daute (16y) jumped 22'8 in the long jump, 17y Diana Sachse threw the disc 193'7, Antje Kempe (17y) threw the spear 212'0 and Anke Troger (17y) had 6032 points in the heptathlon....University of Virginia cross country team was undefeated in 1981 and won the NCAA - and everyone returns for 1982....

Marathoner Lorraine Moller is now Lorraine Davis....Evelyn Ashford (track) and Pam Spencer (field) were named winners of the C. C. Jackson award as the year's outstanding female athletes....Bob Seaman, long-time major domo of feminine track in southern California, was the recipient of the Joseph Robichaux Award for contributions to women's track....1983 TAC Championships will be in Indianapolis....The 1983 Junior TAC Championships go to State College, Pennsylvania....Japan has turned up a pretty good distancer in 17 year old Akemi Masuda who covered the 10000 meters in 33:01.5....Are you aware of the new IAAF rule for relays? Said rule says a coach can enter six runners in a relay and can use any combination of these athletes in qualifying and final races. In other words, the team's good runners could sit out the prelims and have a go in the final....

Oregon's Lisa O'Dea is now Lisa Martin....Esther (Stroy) Fair is the new women's coach at Stanford....Spokane CC came up with a new head coach to replace Dale Kennedy in Max Jensen....Speaking of youngsters, Rumania's new long jump record holder Anisoara Cusmir (22'8) is only 18. Same age as the new javelin record-holder (235'10), Bulgaria's Antiabetz Todorova....World record holder for 100m, Marlies Gohr, had operations on both legs for achilles tendons....New York prepster Diane Richburg, celebrated her 17 birthday by winning the National Junior 800 in 2:05.6. She competes for the Gazelles Track Club and was voted Capital District Female Athlete of the year. Some foreign Names I Like: Shiny Abraham of India, weight person Bring Lea of Israel and marathoner Julie Barleycorn of Great Britain....

Mobil will sponsor the TAC Indoor Championships on live TV from New York on February 26....University of Illinois has 39 tracksters on its 1982 roster - one from Kansas, one from Indiana and all the rest home-grown from Illinois....Stanford will join the Western Collegiate Athletic Association this summer making that group one of the toughest conferences in the nation. In addition to the Palo Alto-ers, other members are Arizona State, Arizona, UCLA, USC, San Diego State, Cal State Long Beach and Cal State Fullerton....Wisconsin's Maryann Brunner zipped to a 2:47.1 clocking for 1000 meters way back on December 7 and moved into a tie for 8th on the all-time USA indoor list....

Brigham Young University has five members on its roster with the name of "Julie". And two of them are Julie A. Jones

Continued on Page 3

Kaleidoscope

who now sign their names as Julie T (for thrower) and Julie J (for jumper) Jones....Murray State's Jenny Oberhausen has been selected as a recipient of the Ohio Valley Conference Scholar-Athlete Award....Coach of the University of Connecticut is Betty Remigino. Betty's father Lindy, was the upset winner of the 1952 Olympic Games 100m dash....Javelinist Jeanne Eggart of Washington State has been named one of the 30 finalists for the Wade Trophy, emblematic of the finest female basketball player in the USA....

Fastest 100m hurdler in the world last year was the Soviet ace Tatyana Anisimova with 12.68 - she's 32....Canadian high jumper Debbie Brill is now Mamma Brill with the appearance of Neil Bogart Ray last August. Debbie will be jumping again this year....That 16-year old East German long jumper, Heike Daute, who had a legal 22'8 last year also hopped 23'0½ with the wind....Top international meet of 1982 will be the USA-East Germany meet in Cottbus on June 25/26. The Americans will also tangle with the Russians in Indianapolis on July 2 and 3....Swedens outstanding female sprinter, Linda Haglund (11.06w) has been banned for life for taking steroids..BUT she says the pills were given to her by her coach and she took them with the conviction they were, as he had said, vitamins....British sprinter Heather Hunte is now Heather Oakes and Britisher/Bostonian Sharon Collyea is Sharon Danville and is expecting a family addition soon....Were you aware that at one time all female athletes were required to wear black shorts?....

Want a good statistical book? Write to Luigi Mengoni at Casella Postale 135, 63100 Ascoli Piceno, Italy, for a copy of NATIONAL TRACK RECORDS OF ALL COUNTRIES IN THE WORLD. Cost is \$10 for air mail delivery....Gotta young brother or sister who's a budding trackster? Order them a subscription to "Starting Line" at Box 878, Reseda, California 91335. Four issues per year for only \$6.50....And speaking of good publications, CALIFORNIA TRACK & RUNNING NEWS and the NOR-CAL RUNNING REVIEW have combined. Twelve issues for \$10 to PO Box 6103, Fresno, California 93703....

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The Coach Says ...

PAN FANARITIS (Georgetown): "We expect to equal or better our relay times from last year. We've never had this kind of depth before. I think Pia (Palladino) will emerge as the leader as she strives for success on the track and on the roads. We're looking for a good year."

JIM KLEIN (Boise State): "We have some balance, but we will be thin in some events."

DORSEY REIRDON (Oklahoma State): "Every year we start out the indoor season kind of slow. Coming off the Christmas break, the girls are usually not in top condition and this year was no different. We usually improve quite a bit during the first two weeks of the season because the girls get back into the regular routine of workouts."

RON RENKO (Iowa State): "All of our freshmen ran experienced last week. Our biggest surprise was the good quality of the sprinters and hurdlers."

TOM TELLEZ (Houston): "Our women's team is excellent. They have the depth and strength needed for a winning team."

STEVE MILLER (Kansas State): "Coming off a four week vacation would leave the best coach confused."

BOB CONDON (Nebraska/Omaha): "This season looks like it will be a good one. We are set in virtually every event and we have almost every school record-holder back. Sandra (Middleton) is probably UNO's best all-time sprinter and Kristi (Grace) our greatest distance runner."

JIM CRUMPTON (Cal State Fullerton): "What do you mean we're in the same Conference with UCLA, Arizona State, Stanford and USC?"

FRED WILT (Purdue): "We have team balance this year that we haven't had in the past. We have had a very successful recruiting year to boost the sprinting line-up and now they compliment the already reputable roster of distance runners."

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Allison Roe

World Trophy Winner for Australasia



Jeff Johnson photo

By Bill Schroeder, Director First Interstate Athletic Foundation

Allison Roe, a former Auckland, New Zealand secretary, now 25 years of age, earned the title of Queen of the Marathon in 1981. She fits the bill, too. In addition to her exceptional long-distance running talents, Allison is blonde and attractive. In fact, there are some who say she resembles actress Meryl Streep.

Following some trials and tribulations in the running sport, Allison registered well in 1980, posting a 2:34:29 in the marathon. It was a 9th all-time best by a feminine marathoner. But it didn't match the 2:31:42 which was clocked by Lorraine Moller, another New Zealander. Moller's time was 6th all-time best, and it gained for her honors as New Zealand's Athlete of the Year for 1980.

Moller, unlike Roe, won the first five marathons which she entered, scurrying all in under 2:40.

Roe went to the drawing board, and analyzed that the only way to go was 'up', but down on the marathon clock. The world record at that time for the women's marathon was 2:25:42, a mark established by Norway's Grete Waitz. Roe, in 1980, was nearly nine minutes behind that time.

However, Allison Roe is a determined individual. She trained faithfully, watched her diet, and partook sparingly of New Zealand's favorite dessert, pavlova - a meringue dish topped with native kiwi fruit or fresh strawberries.

Roe was primed for the Boston Marathon in April 1981. Awaiting her as a rival was the USA's Patti Catalano, who had become one of America's top distance runners. Catalano provided stiff competition until Roe sped to the front on the Boston Marathon's Heartbreak Hill.

Roe won the Boston in fantastic time - 2:26:46. It was the second fastest time ever for a woman marathoner.

The summer of '81 came and disappeared. It was now October 25, the day of the New York City Marathon. Of course, Allison Roe was an entry - being seeded Number 2. In New York, Roe faced a more formidable lineup of rivals than at Boston.

The world record-holder, Grete Waitz, was on hand in New York City, as was the USA's Julie Brown, a veteran of the marathon trade (with a best of 2:36:24 in 1978), Norway's Ingrid Christensen, and America's Julie Shea (2:30:12 in 1981).

Brown led the New York at 12 miles, with Waitz and Roe pressing. Shortly after this distance, Waitz, who had previously suffered shin splints, found it necessary to give up the chase, retiring to the sidelines.

Roe, running strongly, finally caught Brown, who was beginning to falter, and led all the way to the tape. Her time? ...2:25:29! A new world record for women. Christensen placed second with 2:30:09. Julie Shea was third in 2:30:12. Brown faded to ninth.

In recognition of her marathon achievements in 1981, Allison Roe was chosen World Trophy winner for Australasia by the First Interstate Bank Athletic Foundation's Board, selections which date back to 1896. Allison's name will be developed upon the huge seven-foot World Trophy which reposes in the Athletic Foundation's sports museum.

Progress in Maghreb

From Yves Pinaud

The Maghreb (North Africa, including Morocco, Algeria and Tunisia) has had great improvements during the 1981 season. The top performers are now among the best in Africa. To illustrate, here are the best in each event last year:

100	11.86	Nawal el Moutawakil (Morocco)
200	24.23	Nawal el Moutawakil (Morocco)
400	55.0	Nawal el Moutawakil (Morocco)
800	2:08.8	Leila M'hamdi (Morocco)
1500	4:26.95	Hassania Darami (Morocco)
3000	9:33.71	Hassania Darami (Morocco)
100H	13.9	Cherifa Meskaoui (Morocco)
400H	60.1	Nawal el Moutawakil (Morocco)
HJ	5'9"	Kwather Akremi (Tunisia)
LJ	20'0"	Dalila Tayebi (Algeria)
SP	45'9"	Cherida Meskaoui (Morocco)
DT	164'7	Zoubida Laayouni (Morocco)
JT	154'7	Fatiha Belamghar (Morocco)
Hept	5219	Dalila Tayebi (Algeria)

U.S. Road Runners 10k Records

(From National Running Data Center)

16-19	33:30	Martha White	18	Pennsylvania
35-39	34:23	Judy Fox	39	California
40-44	35:23	Miki Gorman	43	California
45-49	36:29	Mila Kania	49	New York
50-54	38:08	Marion Irvine	51	California
55-59	40:40	Helen Dick	57	California
60-69	46:23	Marcia Trent	63	Arkansas
70+	57:57	Bess James	72	California

Kaleidoscope

If the "signees" showed up, Coach Joe Hilbe will have some good ones at Hawaii. Signing on the dotted line were Australians Diane Holden (11.1/51.8) and Sharyn Saxby (2:07.4)... Does China believe sports are important? They report more than 10 million young people have qualified as 'graded athletes' with 5000 of them "Masters of Sports"... Vicki Hoops plays center on Virginia's basketball team.... New assistant women's coach at Maryland is Carol McDaniel.... The men's and women's track teams at West Point competed together for the first time ever in a meet against Cornell and St. John's on January 30.... Russian long jumpers have been bombing away this indoor season. As of this writing, Svetlana Wanuschina is now the all time world leader with 22'5, Margita Butkiene is #2 with 22'2 1/2 and Niele Medvedia #11 with a paltry 22'0"... We know him as Tony Sandoval, coach at the University of New Mexico, but his mother calls him Anthony.... Washington State freshman Sandy Heinrich has been named the Inland Empire Junior Female Athlete of the Year. All she did at the State high school championships was win the 100, 200, long jump and high jump for 40 points.

Montana's Bridgette Baker



Bridgette Baker never ran a seriously competitive race of over 400 meters in high school, but she has come on to be the most prolific distance runner in the history of the women's track program at the University of Montana.

"I was exclusively a sprinter in high school," Bridgette explained. "I ran cross country, but that was just to keep in shape for track season."

"I had narrowed down my college choices to Montana and Arizona because of the athletic training programs, so I sent my times to the coaches of the two schools. Montana's coach replied my sprint times were not good enough, but I had some potential in cross country, so

I tried for the cross country team as a walk-on."

Baker, a native of Fernley, Nevada, has proved her talents truly lie in distance running. She has been one of the top cross country runners every season she has been here.

However, her greatest success has come in outdoor track. Baker has established school records in the 3000, 5000 and 10000 meter races. She has also qualified for the nationals each of the last two seasons.

"Running in the nationals has really been a good experience for me," Bridgette said. "It does me a lot of good to run against tougher competition. I know my time comes down when I'm competing against better runners."

Baker has seen more competition from her own teammates this season than she had in the past and she thinks this will make her an even better runner.

"Our cross country team this year was extremely strong," Baker said. "In the past, I've always had to run alone, but this year there were three girls right with me. This makes me push myself a little harder."

Much of Bridgette's success is due to the fact she has learned how to motivate herself.

"The biggest part of running is mental," she said. "You have to believe in yourself or you'll never succeed. I've learned that when you go into a race thinking you're going to lose, you will. I just try and tell myself that all the hard work will pay off. So far, it has."

400 Meters World Record Progression

(From "Der Leichtathlete," East Germany).

57.0	Marlene Mathews (Australia)	Sydney	1957
57.0	Marise Chamberlain (New Zealand)	Christchurch	1957
56.3	Nancy Boyle (Australia)	Sydney	1957
55.2	Polina Lasaryeva (USSR)	Moscow	1957
54.0	Maria Itkina (USSR)	Minsk	1957
53.6	Maria Itkina (USSR)	Moscow	1957
53.4	Maria Itkina (USSR)	Krasnodar	1959
53.4	Maria Itkina (USSR)	Belgrad	1962
51.9	Shin Kim Din (N.Korea)	Pyongjong	1962
51.7	Nicole Duclos (France)	Athens	1969
51.7	Colette Besson (France)	Athens	1969
51.0	Marilyn Neufville (Jamaica)	Edinburgh	1970
51.0	Monika Zehrt (DDR)	Paris	1972
49.9	Irena Szewinska (Poland)	Warsaw	1974

(Electric Timing)

50.14	Riita Salin (Finland)	Rome	1974
49.77	Christina Brehmer (DDR)	Dresden	1976
49.75	Irena Szewinska (Poland)	Bydgoszcz	1976
49.29	Irena Szewinska (Poland)	Montreal	1976
49.19	Marita Koch (DDR)	Leipzig	1978
49.03	Marita Koch (DDR)	Potsdam	1978
48.94	Marita Koch (DDR)	Prague	1978
48.60	Marita Koch (DDR)	Turin	1979

Dorothy Ptomey, Springfield Jumper



From Springfield College Sports Information

Dorothy Ptomey is recreating her freshman year. A sophomore on the Springfield College Women's Track and Field team, Dorothy broke the New England Collegiate long jump record in the opening meet of the year at Boston College, just as she had done in her freshman year. A year ago, Dorothy established the record with a leap of 18'9". This year the Duxbury, Massachusetts, native improved her record with a leap of 19'1½". She is unbeaten as a collegian in the long jump.

"Dorothy is a consistent 19' jumper but our long range goal is for her to be a 20' plus jumper," said Springfield Coach Connie Putnam, in his first season at SC. Dorothy has qualified for the Division II Nationals at Cal State Sacramento, May 25-29. Putnam feels that Dorothy is one of the top 40 female long jumpers in the country and noted, "a jump of twenty feet would put her on the list of the 24 top women jumpers in the USA. (Ed.note:-Not quite. A jump of 20' in 1981 would have placed her tied for 39th).

Putnam, who guided the Springfield Cross Country team to the NCAA Eastern title, feels that Dorothy has a lot of natural abilities but she also works hard for what she accomplishes. "Dorothy wants to achieve and her training regiments prove that. She has been hitting the weights pretty hard. The increased strength will add that extra foot she needs and wants," added Putnam.

Besides her potential in the long jump, Coach Putnam feels Dorothy is untapped in her capabilities in running events, particularly in the 400 meters. Putnam encourages Dorothy to participate in the 400 in which she turned in a 57.2 mark without any concentration in training for that event.

Putnam remarked, "Dorothy is delightful to work with. After a rough freshman year, she is settling down to work both academically and athletically. I believe one of her biggest assets is her ability to take criticism and apply it to what she is working on," said Putnam.

Dorothy has her goals set for the next two years at Springfield, with the twenty foot jump well within her grasp. With her drive and determination there's no telling how far she might go.

RESULTS-RESULTS- RESULTS-RESULTS-

Boston College Relays

Boston, Massachusetts, December 2:-Northeastern's Sandy Burke had the best mark of this very early season affair as she tossed the shot 50'4½ for victory.

RESULTS: 4x200, Boston International TC 1:44.1; 4x800, 1-Connecticut 9:42.3, 2-Massachusetts 9:47.4; 4x400, Boston College 4:13.8; SP, Sandy Burke (NE) 50'4½; LJ, Dorothy Ptomey (Springfield) 17'8½; HJ, 1-Deanna Michaels (Conn) 5'6, 2-Lianne Supple (BC) 5'4; 55m, 1-Maxine Underwood (BITC) 7.1, 2-Janice Reid (BITC) 7.2; 55mH, Heather Sibbison (Tufts) 8.4; DistMed, 1-Boston College 12:43.8, 2-Springfield 12:53.4.

DeVan Swift in Logan

Logan, Utah, December 2:-Dana DeVan sped to two quick December clockings as Utah State began its indoor season. DeVan annexed the 50m in 6.4 and returned to win the 300m in 41.6.

RESULTS: 50m, 1-Dana DeVan (US) 6.4, 2-Lola Rockwell 6.8; 300m, 1-Dana DeVan 41.6, 2-Jennifer James 42.1; 600m, Gwen White 1:38.9; 1000m, 1-Gwen White 3:03.2, 2-Noreen Shea 3:04.3; 3000m, 1-Noreen Shea 10:15.7, 2-Barbara Boileau 10:35.8; 50mH, Wendy Limbaugh 8.1; LJ, Lola Rockwell 17'7; HJ, Candy Cashell 5'6.



MARY WALSH DOUBLE WINNER AT BUCKNELL INVITATIONAL
(Jeff Johnson Photo)

Bucknell Invitational

Lewisburg, Pennsylvania, December 4:-Maryland's Mary Walsh took top honors as Bucknell University opened the 1982 indoor season a month early. Walsh sped to a double victory with wins in the two mile (10:41.58) and three mile (16:13.0). Other good early marks came from Temple's Sharon Mitnik with 46'2 in the shot, the Temple 4x220 relay team (1:44.1) and Pat Ice of Temple with a 57.7 quarter.

RESULTS: 4x220, Temple 1:44.1; 3M, 1-Mary Walsh (Md) 16:13.0, 2-Ginger Bressler (Navu) 17:41.0; SP, Sharon Mitnik (Temple) 46'2; 60y, Tamela Penny (Md) 7.2; Mile, Mary Turner (Penn) 5:04.9; 440, Pam Ice (Temple) 57.7; 60yH, 1-(Tie) Edna Brown (Temple) and Glenda Trusdak (Temple) 8.1; 220, Jeannine Huggins (St.Johns) 26.5; LJ, Tamela Penny (Md) 18'8½; 4x440, Temple 3:58.9; 4x880, 1-Temple 9:36.5, 2-Pennsylvania 9:42.5; 2M, 1-Mary Walsh (Md) 10:41.58, 2-Riva Bensib (Penn) 10:50.8.

Springfield Whips Boston College

Boston, Massachusetts, December 8:-Springfield College, led by the long jumping of Dorothy Ptomey, scored an easy win over two foes as the indoor season got under way. Ptomey leaped 19'1¼ to take top honors as her teammates scored 64 points to 43 for Boston College and 28 for Fitchburg.

RESULTS: 3000, 1-Patty McGovern (BC) 10:31.5, 2-Kathy Daley (BC) 10:31.9; 4x400, Boston 4:15.5; 4x800, Springfield 10:01.8; LJ, Dorothy Ptomey (S) 19'1¼; SP, Pam Spencer (F) 38'5; 4x200, Springfield 1:48.6; 1500, Patty McGovern (BC) 4:51.4, 2-Kathy Daley (BC) 4:51.4; 55mH, Penny Dalton (S) 8.6; HJ, Kim Boykin (F) 5'2; 200, Barb Skiba (S) 26.8.

Utah State Wins Dual

Logan, Utah, January 9:-Utah State had no trouble downing visiting Weber State 76-20 in an early dual meet. Unattached Cheryl Osborne took two duels from Utah's Dana DeVan in the 50 (6.5) and 300 (41.7) meter sprints.

RESULTS: 50mH, Chrystal Tolman (WS) 8.0; SP, Vicki Powell (US) 42'4; 50m, 1-Cheryl Osborne (Un) 6.5, 2-Dana DeVan (US) 6.6, 3-Tonette Davoll (US) 6.7; LJ, Jo Simonson (US) 17'7; HJ, Chrystal (Tolman) WS) 5'2; 300m, Cheryl Osborne (Un) 41.7, 2-Dana DeVan (US) 42.5; 5000, Noreen Shea (US) 18:59.9; 4x400, Utah State (Pidcock-DeVan-James-White) 4:08.0.

Burke the Star at Boston Games

Boston, Massachusetts, December 12:-Northeastern's Sandy Burke tossed the shot for a personal indoor best of 51'10½ to grab top honors at the December Boston University Relays. Burke's effort moved her to the #8 spot on the all-time USA list. Her best previous effort was 50'11 in 1980. Maxine Underwood, running for the Boston International Track Club, won two events in good early season times. Underwood took the 55m dash in 7.0 and the 400 in 54.9. Another good early mark was the 1:30.7 by Jeremy Edmonds to win the 600m.

RESULTS: 55mH, Marcia Peahl (BITC) 8.3; 55m, 1-Maxine Underwood (BITC) 7.0, 2-Stephanie Woodson 7.3; 200, Stephanie Woodson (BUTC) 25.3; SP, Sandy Burke (NE) 51'10½; LJ, Dorothy Ptomey (Conn) 17'11; 400, 1-Maxine Underwood 54.9, 2-Doreen Best 57.7; 600m, 1-Jeremy Edmonds (BUTC) 1:30.7, 2-Diane Richburg 1:31.6; 800, Deidra Best 2:13.5; 1500, Kelly Madden (Un) 4:44.4; HJ, Deanna Michaels (Conn) 5'8; 3000, 1-Cindy Sturm (Westfield State) 9:36.7, 2-Alyssa Terry 9:59.7; 4x200, BUTC (Butler-Edmonds-Woodson-White) 1:44.0; 4x400, BUTC (Butler-McQueeney-Koveces-White) 3:56.6.

East Tennessee Invitational

Johnson City, Tennessee, January 8/9:-Merlene Ottey whipped through a speedy 53.20 quarter and Brenda Webb turned in a fine 9:44.29 two mile jaunt to brighten the East Tennessee State Invitational. Unfortunately, these marks must bear an asterisk as the track is oversized (293 yards).

RESULTS: 60y, 1-Janet Burke (Nb) 6.91, 2-Benita Fitzgerald (Tn) 6.95, 3-Alice Jackson (DC Int) 7.01; 440, 1-Merlene Ottey (Nb) 53.20, 2-June Griffith (Stanford TC) 54.15; 880, 1-Delisa Walton (Tn) 2:07.43, 2-Robin Campbell (Stanford TC) 2:08.80, 3-Willis (GAIA) 2:12.50; Mile, 1-Linda Portasik (Tn) 4:55.07, 2-Joetta Clark (Tn) 4:56.01; 2M, 1-Brenda Webb (AthWst) 9:44.29, 2-Margaret Groos (Un) 10:11.85; 60yH, 1-Benita Fitzgerald (Tn) 7.85; 4x440, 1-Stanford TC 3:41.41, 2-Virginia 3:46.61; HJ, 1-Ann Bair (Va) 5'10, 2-Harrell (US Marines) 5'10; SP, 1-Denise Wood (KnoxTC) 52'9½, 2-Rose Hauch (Tn) 51'10½.

Continued on Page 8

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The Arizona Women's Track Coaches Association will be hosting the 17th Annual Phoenix Invitational Women's Track and Field Meet:

DATE: Saturday and Sunday,
March 27 and 28, 1982
TIME: Starting time 8:00 A.M.
SITE: Hoy Field, Phoenix
College, Phoenix, Ariz.

To register contact Pat Linderman,
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Indoor Marks (Continued)

55m/60y Hurdles

7.47 Candy Young (FarDick)
7.47 Stephanie Hightower (LAN)
7.54 Benita Fitzgerald (Tn)
7.66 Kim Turner (UTEP)
7.68 Maureen McGee (LAM)
7.90 Carol Lewis (Hst)
7.91 Gayle Watkins (CoastAth)
7.93 Kim Whitehead (MorgSt)
7.99 Julie Smithers (Rutgers)

60 Meter Hurdles (*=Hand time +0.24)

8.05 Stephanie Hightower (LAN)
8.25 Candy Young (FarDick)
8.28 Benita Fitzgerald (Tn)
8.65 Gina Temprow (E.Mich)
8.69 Kathy Borgwarth (Wis)
8.74* Lorna Russell (Purdue)
8.84* Marquita Patterson (Harvard)
8.89 Jeanna Bullard (Mich)

High Jump

6' 6¼ Debbie Brill (PCC)
6' 4 Louise Ritter (PCC)
6' 2¾ Colleen Reinstra (WAC)
6' 2¼ Joan Huntley (PCC)
6' 0¼ Yolanda Gibson (Atoms)
6' 0 Ellie Hayden (E.Mich)
6' 0 +Disa Gisladdottir (Al/Ice)
5'11 Ann Bair (Va)
5'10 Harrell (US Marines)
5'10 +Maria Betioli (BYU/Bra)
5'10 Sally McCarthy (Ok)
5'10 Jane Clough (Ok)
5'10 Beets Kolarik (KanSt)

Long Jump

20'10¼ Pat Johnson (Wisconsin)
20' 9¼ Carol Lewis (Hst)
20' 1¾ Kathy McMillan (WAC)
20' 0¼ Donna Thomas (N.Tx.St)
19'11¼ Dorothy Ptomey (Sprngfld)
19'11 Tamela Penny (Md)
19'10¼ Piper Bressant (Florida)
19'10 Veronica Bell (USC)
19' 9 Evalyn Hatcher (MorgSt)
19' 8½ Pat Miller (Wyoming)

Shot Put

55' 7¼ +Rose Hauch (Tn/Can)
53' 5¼ Denise Wood (KnoxTC)
53' 5½ Sandy Burke (NEstn)
52' 0¼ Elaine Sobansky (Penn St)
51' 1 Nini Davis (St.John's)
50' 0¼ Carol Van Pelt (Wash)
49' 8 +Cindy Crapper (Ky/GB)
48'11¼ Carol Cady (Stanford)
48' 8¼ Patricia Walsh (Tn)
48' 5½ Marcia Mecklenberg (Un)

4x220 (*=HT +0.14; #=800m +0.50)

1:40.22 Temple
1:40.52 Ms AC
1:42.53# UNLV
1:42.64* Boys&Girls HS, NY
1:43.27 Dynamite TC
1:43.33 Boston International TC
1:43.44* Michigan
1:44.64 Eastern Michigan
1:44.65 St. John's
1:44.74* Boston University TC

4x440 (*=HT +0.14; #=1600m + 1.20)

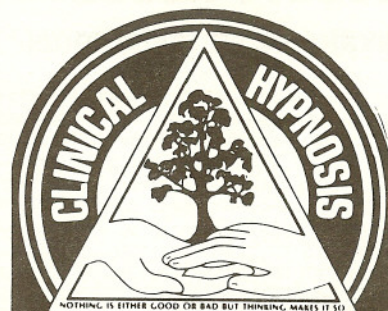
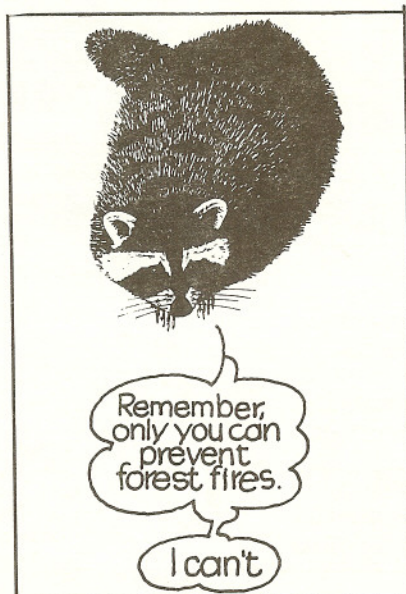
3:39.32 MsAC
3:41.05# Stanford TC
3:44.39# Atoms TC
3:47.73# Florida State
3:46.44* DC International
3:46.61@ Virginia
3:47.70# Morgan State
3:47.92 BOHAA
3:50.00 Boston International TC

4x880 (*=HT +0.14; #=3200m +3.00)

9:06.44* Michigan State
9:13.94#* Purdue
9:15.00# BYU
9:19.54* Rutgers
9:19.75 Nebraska
9:27.14* Boston International TC
9:29.29 Kansas State
9:30.34* Liberty AC
9:30.54* Harvard
9:33.24#* Indiana State

Distance Medley (*=HT +0.14)

11:49.54* Georgia
11:51.04* Michigan
11:53.14* Georgetown
11:53.24* Wisconsin
11:57.90 Drake
12:06.16 BYU
12:08.54* Florida
12:14.14* Eastern Michigan
12:15.13 Kansas State
12:16.04* Ohio State



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Saskatchewan Invitational

Saskatoon, Saskatchewan, Canada, December 28/29:-The indoor season always opens with the Saskatoon K of C meet and the 1981 finale, (or the 1982 opener), staged three women's events, all of which provided good marks. Canada's Angela Bailey annexed the 300 meters in 37.97, a mark which is good enough for the number nine spot on the World All Time List.

June Griffith, formerly of Adelphi and now running for the Stanford TC, took the 500 in a fast 1:12.97 over Canada's (and UTEP's) Charmaine Crooks, who was also fast in 1:12.99.

Robin Campbell (Stanford TC) won a slow 800 in 2:11.75 over Canada's McRoberts (2:11.86) and a returning Susan Vigil-Belger (2:13.05).



JUNE GRIFFITH wins Saskatchewan 500
(Jeff Johnson photo)

Jo White Stars at East Coast

Richmond, Virginia, January 8/9:-Great Britain's Jo White, running for the University of Richmond, covered 1000 yards in a very swift 2:26.1 and moved to the number four spot on the All Time World List for that event. White won the event by nearly 14 seconds, far ahead of runner-up Alda Cossi of DC Capitol Club. Other good marks saw Maryland's Tammela Penny capture the long jump at 19'11, Sherri Funn take the 60 in 6.9 and Old Dominion's Dana Wright break the tape in the 600y in 1:24.0 flat.

RESULTS: HS 60y, 1-Fawn Young 7.1, 2-Cynthia Fife 7.2; 60yH, 1-Arnita Epps (Tidewater Tech) 7.9, 2-Tomasina Busch (Hampton Inst) 8.1; LJ, 1-Tamela Penny (Md) 19'11, 2-Tobin Taylor (OD) 18'5½; 60y, 1-Sherri Funn (George Mason) 6.9, 2-Renita Dingle (Va State) 7.1, 3-Denise Daye (St. Augustines) 7.1; 1000y, 1-Jo White (Richmond) 2:26.1 (#4AT), 2-Alda Cossi (DC Cap) 2:40.0, 3-Kathy Anderson (Klub Key-stone) 2:41.2; 2M, 1-Eleanor Simonsick (Un) 10:46.3, 2-Pat Walker (Md) 10:49.4, 3-Mary Walsh (Md) 10:50.2; 600y, 1-Evette Jones (HamInst) 1:26.9, 2-Sheila Ingram (St.Aug) 1:27.1, 3-Derial Rhodes (OD) 1:27.7; 600y, 1-Dana Wright (OD) 1:24.0, 2-Helen Black (DC Int) 1:24.7, 3-Cynthia Colquitt (KK) 1:26.8, 4-Roberta Belle (DC Int) 1:26.9; 4x440, 1-Cavalette TC 3:56.1, 2-DC International 3:56.6, 3-Old Dominion 3:57.8.

Towson Open

Towson, Maryland, January 10:-Double winners were the order of the day as Towson State staged its opening indoor meet of 1982. Villanova's Peggy Stewart annexed the high jump with a good mark of 5'8 and returned to break the tape in the 60y hurdles in 8.2. Teammate Jennifer Whitfield won the 600 and 880 yard runs and Debbie Pavik, Ms AC, was the winner in the mile and 1000 yard jaunts. Thirteen teams took part.

RESULTS: SP, Daniels (Wm&Mary) 41'0; HJ/60yH, Peggy Stewart (Villanova) 5'8/8.2; 60y, 1-Angie Barnes (G.Mason) 7.1, 2-Liz Feeney (Vil) 7.2; 300y, Cres Harris (Lasalle) 38.8; 600y, 1-Jennifer Whitfield (Vil) 1:28.0, 2-Veronica McIntosh (Vil) 1:28.0; 880, 1-Jennifer Whitfield (Vil) 2:17.2, 2-Jane Ashton (Vil) 2:18.4; 1000y/Mile, Debbie Pavik (Ms AC) 2:41.0/4:58.0; 2M, Phoebe Williams (W.Chester) 11:16.7; 4x440, Villanova (Allen-McIntosh-Stewart-Bernardi) 4:12.6; 4x880, West Chester State (Turner-Fileshifter-Wallace-Bowers) 9:41.9; Pent, Tina Shriver (Towson St) 3165.

Janet Burke Star at Illinois

Champaign, Illinois, January 16:-Nebraska's Janet Burke had two victories to highlight a non-scoring affair staged in the University of Illinois Armory. Burke annexed the 60y sprint in seven flat and was home first in the 300y event in a good 36.1. Teammate Rhonda Blanford was also a double winner with firsts in the hurdles and long jump.

RESULTS: LJ, Rhonda Blanford (Nb) 18'6½; HJ, 1-Wendy Meyle (Ill) 5'8, 2-Lisa Plummer (Ill) 5'8; 60yH, 1-Rhonda Blanford (Nb) 8.0, 2-Nancy Kindig (Nb) 8.3; 600y, 1-Ruth Pugh (Nb) 1:25.3, 2-Gretchen Grier (Ill) 1:26.0; 60y, 1-Janet Burke (Nb) 7.0, 2-Alicia McQueen (Nb) 7.1; 1000y, 1-Sue Nelson (Nb) 2:40.3, 2-Veegee Elsen (Ill) 2:41.2; 300y, 1-Janet Burke (Nb) 36.1, 2-Rolanda Conda (Ill) 37.2, 3-Alicia McQueen (Nb) 37.9; SP, Rhonda Nicholson (Nb) 42'11; 2M, Sara Stricker (Nb) 10:56.06; 4x880, Nebraska (Rosen-Mason-Schubert-Brauer) 9:38.0.

Badger Track Classic

Madison, Wisconsin, January 16:-Cindy Bremser turned in the top performance at the Annual Badger Track Classic when she won the 1000 yard event in 2:28.26 to move to the number 8 spot on the All-Time US List and the #9 position on the World List.

RESULTS: 60yH, 1-Kathy Borgwarth (Wis) 8.23, 2-Nancy Roeller (Iowa St) 8.40, 3-Kelley Matthews (Iowa St) 8.45; 60y, 1-Colleen Hanna (ISU) 7.20, 2-Judy Winski (Wis) 7.21, 3-Pat Johnson (Wis) 7.28; Mile, Rose Thomson (Wis) 5:06.87; 4x220, Iowa State (Hanna-Groen-Roeller-Mathews) 1:46.49; 600y, 1-Sue Spaltholz (Wis) 1:25.79, 2-Sumetia Wells (ISU) 1:27.35; 1000y, 1-Cindy Bremser (WisUn) 2:28.86, 2-Maryann Brunner (Wis) 2:33.52, 3-Sheila Wagner (ISU) 2:41.02, 4-Mary Mulrooney (Un) 2:41.82; LJ, Pat Johnson (Wis) 19'1½; 3M, 1-Margaret Davis (ISU) 16:15.63, 2-Cathy Branta (Wis) 16:28.96, 3-Anne Hicks (ISU) 17:26.55; SP, Karen Nitsch (Wis) 45'8½; 300y, 1-Robin Jackson (WisUn) 37.33, 2-Colleen Hanna (ISU) 37.73, 3-Nancy Roeller (ISU) 37.98; 440, 1-Sumetia Wells (ISU) 58.35...3-Cindy Bremser (WisUn) 59.50; HJ, Cheri Essman (Un) 5'7.

Mountain States Classic

Focatello, Idaho, January 15/16:-Idaho State's famous Mini-Dome was the sight of the Mountain States Classic which brought together 13 teams and a passel of unattached performers. Although no score was kept, UN Las Vegas and Brigham Young athletes turned in the best performances.

RESULTS: 55m, 1-Lisa Thompson (UNLV) 7.04, 2-Cheryl Brown (UNLV) 7.25, 3-Dana DeVan (Utah State) 7.33; 300m, 1-Cheryl Osborne (AIRC) 40.62, 2-Sheila Polk (UNLV) 41.59; 400m, 1-Veronica Smith (UNLV) 57.47, 2-Cheryl Osborne (AIRC) 58.20; 600m, 1-Liz Douglas (CP/SLO) 1:39.37, 2-Jennifer James (Utah St) 1:39.40; 800m, Karen Alexander (BYU) 2:21.47; 1000m, 1-Judith Croasdale (BYU) 2:50.52, 2-Carla Pittlekow (Utah) 3:00.01; 1500, 1-Janelle Neeley (BYU) 4:37.0, 2-Andrea Wilson (Boise St) nt; 5000, 1-Jenny Tuthill (Wind-drinkers) 17:25, 2-Diedre Hathhorn (Montana) 17:47, 3-Carrie May (BYU) 17:50, 4-Amy Laffoon (Idaho St) 17:52; 55mH, 1-Janet Yarbrough (CP/SLO) 8.13, 2-Val Flemmings (UNLV) 8.23; LJ, Janet Yarbrough (CP/SLO) 18'6; HJ, Maria Betioli (BYU) 5'10; SP, 1-Marcia Mecklenburg (Un) 48'5½, 2-Julie Jones (BYU) 47'8, 3-Sue Doucette (Idaho St) 44'10½, 4-Sandy Johnson (Boise St) 44'0¼; Pent, 1-Wendy Limbaugh (Utah St) 3479, 2-Brenda Poyfair (BYU) 3353, 3-Julie Jones (BYU) 3253; 4x200, 1-UNLV 1:42.03, 2-BYU 1:46.43; 4x400, 1-UNLV 3:51.78, 2-Montana 4:04.04; 4x800, 1-BYU "A" 9:12.00, 2-BYU "B" 9:30.1...5-BYU "C" 9:59.2; DMed, 1-BYU 12:03.06, 2-Utah 12:22.85, 3-Montana 12:39.14.

Penn Wins Triangular

West Point, New York, January 16:-University of Pennsylvania downed the Army and Lehman colleges by scoring 74 points to 41 for the Cadets and 22 for Lehman. Penn's Riva Gensib was a double winner in the 800 and 1500 and teammate Kay Moore took the short sprint and hurdles.

RESULTS: LJ, Kim McNeal (L) 18'1; 55m/55mH, Kay Moore (P) 7.6/8.7; 800/1500, Riva Gensib (P) 2:17.7/4:49.9; HJ, Ann Buckingham (A) 5'4; 4x200, Lehman 1:50.4.

Lady Bucks Invitational

Columbus, Ohio, January 15/16:-National champion Tennessee spread itself too thin this weekend and wound up losing to Ohio State by one point, 124-123, at the Annual Lady Bucks Invitational. Outstanding marks were missing in this early season clash, but Tennessee's Rose Hauch got off a toss of 53'3 to win the shot over a good field for the best mark of the competition. Linda Portasik won the 1000 and 1500 meter runs for Tennessee. The Vols also won the long jump, 5000, 3000, 60 and 600 making one wonder how they could lose!

RESULTS: LJ, Paula Hines (Tn) 18'7; 1500, 1-Linda Portasik (Tn) 4:33.1, 2-Missy Vaughn (Ky) 4:42.6; Pent, Catherine Williams (Ohio St) 9.0/39'2¼/4'11¾/16'6½/2:38.6 - 3509; 4x200, 1-Eastern Michigan (Tempo-Hayden-Boyce-Clark) 1:45.2, 2-Ohio Univ 1:47.9, 3-Illinois St 1:50.0; DisMed, 1-Ohio State (Shuster-Jones-Cline-Cogan) 12:15.9, 2-Eastern Michigan 12:37.0, 3-Ohio Univ 12:42.1, 4-Illinois State 12:52.3; 5000, 1-Kathy Bryant (Tn) 16:32.0, 2-Bernadette Madigan (Ky) 16:39.0, 3-Susan Baxter (Tn) 17:35.0, 4-Mary Witt (Ky) 17:54.3, 5-Eileen Hornberger (Tn) 17:59.5; 60mH, 1-Gina Tempo (EMich) 8.8, 2-Tracy Nelson (Tn) 8.8, 3-Judy Thomas (Ky) 8.9, 4-Jessica Harris (IllSt) 8.9, 5-Holly Foster (E-Ky) 8.9; 60m, 1-Paula Hines (Tn) 7.8, 2-Renee Henderson (Ky) 7.8, 3-Tonya Lowe (Ky) 7.9; 4x800, 1-Ohio University (Hutzel-Neville-Nortz-Eickholt) 9:38.5, 2-Ohio State 9:41.3; 600m, 1-Tracy Nelson (Tn) 1:36.6, 2-Judy Thomas (Ky) 1:40.0, 3-Carrie Shuster (Ohio St) 1:40.0; 400, 1-Donithy Jones (Ohio St) 56.4, 2-Kathy Williams (Ohio U) 57.4; 300m, 1-Renee Henderson (Pitt) 41.3, 2-Linda Dukes (Ohio U) 42.1; SP, 1-Rose Hauch (Tn) 53'3, 2-Cindy Crapper (Ky) 49'7¼, 3-Patricia Walsh (Tn) 48'8¾, 4-Nadine Cox (Ohio St) 46'1½; 1000m, 1-Linda Portasik (Tn) 2:54.3, 2-Susan Baxter (Tn) 2:59.4; HJ, Ellie Hayden (EMich) 5'10; 800, Denise Lores (Ill St) 2:19.2; 3000, 1-Ellen McCallister (Tn) 10:06.7, 2-Maureen Cogan (Ohio St) 10:08.2; 4x400, 1-Ohio State (Jones-Graeff-Jackson-Shuster) 3:58.4, 2-Ohio Univ 3:59.8; Scores, 1-Ohio State 124, 2-Tennessee 123, 3-Eastern Michigan 75, 4-Kentucky 68, 5-Ohio University 64, 6-Illinois State 46, 7-Pittsburgh and Ohio Wesleyan 20, 9-Eastern Kentucky 16.

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RESULTS-RESULTS-RESULTS

Sandy Burke Tops at Dartmouth



SANDY BURKE, 53'5½ PR at Dartmouth
(Jeff Johnson photo)

Dartmouth, New Hampshire, January 8:--Northeastern's Sandy Burke, deep in hibernation during 1981, opened the 1982 indoor season with a bang as she pushed the 4 kilo shot to a personal best of 53'5½ and moved to the number four spot on the All Time US indoor list. Burke's best previous indoor mark was 51'2 which she made back in 1980. Not only does she grab the number four position, she is only a half inch away from moving to the number two spot behind Maren Seidler. The second and third places in the shot were also high quality with Nini Davis putting 51'1 and Elaine Sobansky 50'2½.

Maxine Underwood established a national prep record, (yes, she's STILL in high school) with her 1:13.15 clocking for 500 meters. This time also moved her to the number seven position on the US List.

A strong field assembled for the 3000 with Francie Larriue winning it in 9:16.72 over Pia Paladino and Judi St. Hilaire.

RESULTS: 55m, 1-Parsons (MorgSt) 7.0, 2-Jefferson (MsAC) 7.1; 55mH, 1-Whitehead (MorgSt) 7.95, 2-Julie Smithers (Un) 7.99, 3-Lorraine Tummings (NYPAL) nt, 4-Debbie Deutsch (Un) 8.15; 200, 1-Angela Williams (FlashTC) 25.45, 2-Parkinson (Temple) 25.80; "B" Race, Johnson (MsAC) 25.5; "C" Race, Jefferson (MsAC) 25.19; 400, 1-Edna Brown (Temple) 54.36, 2-Lee (Temple) 56.89; 500m, 1-McCauley (Rutgers) 1:13.53, 2-Hart (Penn St) 1:14.62; "B" Race, Maxine Underwood (Mass HS) 1:13.15; 800, 1-Best (BOHAA) 2:14.3, 2-Piolo (Penn St) 2:15.9; "B" Race, 1-Goodwin (DynTC) 2:12.7, 2-Saunders (Mass HS) 2:12.7; Mile, 1-Patty Murnane (Penn St) 4:51.3, 2-Chris Mullen (AthWst) 4:51.7; 3000, 1-Francie Larriue (New Bal TC) 9:16.72, 2-Pia Paladino (Gtn) 9:19.14, 3-Judi St. Hilaire (AthWst) 9:35.0, 4-Nancy Scardino (Un) 9:43.40; LJ, Evelyn Hatcher (MorgSt) 19'1½; SP, 1-Sandy Burke (NE) 53'5½, 2-Nini Davis (St. John's) 51'1, 3-Elaine Sobansky (PennSt) 50'2½, 4-Koziara (Dart) 46'8½, 5-Sharon Mitnik (Temple) 46'1¼; Pent, 1-Lesley (Viking TC) 3400, 2-Supple (Boston College) 3364, 3-Zarzycki (St.J) 3360; 4x220, 1-Temple 1:40.22, 2-MsAC 1:40.52; 4x440, 1-Temple 3:46.99 (Edna Brown 53.1), 2-BOHAA 3:47.92, 3-Boston International 3:50.00; "B" Race, 1-Morgan State 3:51.51, 2-Rutgers 3:55.82; 4x880, 1-Rutgers 9:19.4, 2-Boston International 9:27.0, 3-Liberty AC 9:30.2; DisMed, 1-Georgetown 11:53.0.

Bucknell the Best

Newark, Delaware, January 15:--Bucknell scored a 71-32 victory over host Delaware to claim top honors in an early season affair at the Delaware Field House. The Fightin' Blue Hens in turn outscored both St. Joseph's and Mt. St. Mary's. No outstanding marks were recorded as Bucknell's Nancy Russo had the busiest night winning the 60 and long jump and going a leg on the winning 4x220 relay. Mt. St. Mary's Thea Ackerman won her specialty by clearing only 5'6½ in the high jump.

RESULTS: 3M, Stacey Nicholson (B) 17:45.7; 4x220, Bucknell (Russo-Bruns-Van Wyck-Dignazio) 1:50.2; 60y/LJ, Nancy Russo (B) 7.6/15'10¼.

Gator Invitational

Gainesville, Florida, January 16:--The short races stole the spotlight at the Gator Invitational, although there were some strange timings et al. Nearly everyone ran the final of the sprints and hurdles from 0.5 to 1.0 faster than in the prelims. In addition, the sprint and hurdles was listed at 55 meters when in truth they were 50 meters. The hurdle timing was done by hand which negates some sensational times by the athletes.

RESULTS: SP, Sharon Lotmore (Fl) 45'8; LJ, 1-Piper Bressant (Fl) 19'10¼, 2-Alice Bennett (FlSt) 19'5½, 3-Kim Schofield (Fl) 19'4¼, 4-Eunice Golden (FlSt) 19'1½; HJ, Carolyn Faison (FlSt) 5'8; 55mH, Tonja Brown (FlSt) 7.0, 2-Carolyn Faison (FlSt) 7.1, 3-Almetha Roland (FlSt) 7.1, 4-Piper Bressant (Fl) 7.3; 50m, 1-Randy Givens (FlSt) 6.41, 2-Marita Payne (FlSt) 6.43, 3-Kim Parrish (FlSt) 6.58, 4-Horton (S.CarSt) 6.63, 5-Veronica Walker (Ga) 6.65; 1500, Bev Cox (FlSt) 4:29.0; 400, 1-Marita Payne (FlSt) 56.58, 2-Eunice Golden (FlSt) 57.09; 800, 1-Donna Campbell (Fl) 2:13.08, 2-O.Brown (FlSt) 2:13.27; 3000, 1-Weikert (Clemson) 9:38.9, 2-Briscoe (Clemson) 9:39.8, 3-K.Robinson (Clemson) 9:41.0; 4x400, Florida State "A" 3:46.53, 2-Florida State "B" 3:47.71, 3-Florida A&M 3:55.11, 4-Georgia 3:55.12, 5-Florida 3:56.5.

Kearney State Wins

Kearney, Nebraska, January 16:--Kearney State scored a 78-30 victory over visiting Fort Hays State in a dual meet. Best mark was Anita Steffen's 7.4 while winning the 60y dash.

RESULTS: SP, Becky Edgren (KS) 42'5½; HJ, Donna Kuhlennual (KS) 5'4; 60yH, Susan Lala (FH) 8.8; 60y, 1-Anita Steffen (KS) 7.4, 2-Sandi Crotts (FH) 7.4, 3-Lora Bolte (KS) 7.4.

Philadelphia Track Classic

Philadelphia, Pennsylvania, January 22:--An evening of average performances was all that developed in the Annual Philadelphia Track Classic. Best of the evening was Stepahnie Hightwoer's win over Candy Young in the 60y hurdles. The 60y dash final was marred by the failure of the electric timing and the first four finishers were all credited with 6.8 hand time.

RESULTS: 60yH, 1-Stephanie Hightwoer (LAN) 7.52, 2-Candy Young (FD) 7.59, 3-Julie Smithers (Un) 8.15; 60y, 1-Brenda Morehead (NY PAL) 6.8, 2-Sherri Funn (GM) 6.8, 3-Michele Glover (Houston) 6.8, 4-Angela Williams (Flashettes TC) 6.8; HS 4x440, Simon Gratz HS 3:58.9; 440, 1-Edna Brown (Temple) 55.93, 2-Roberta Belle (DC Int) 56.79, 3-Lori McCauley (Rutgers) 56.80; 880, 1-Diane Richburg (Gazelle Int) 2:11.11, 2-Jo White (Richmond) 2:17.43; Mile, 1-Pat Walker (Md) 4:55.80, 2-Gina Procaccio (Klub Key) 4:56.60, 3-Sue Shea (Vil) 4:58.28; 4x440, 1-Club New York (Prendergast-Small-Kendall-Henry) 3:50.3, 2-Morgan State 3:51.7, 3-Temple 3:52.4, 4-DC International 3:53.5, 5-Rutgers 3:53.9, 6-Old Dominion 3:54.0.

Michigan State Relays

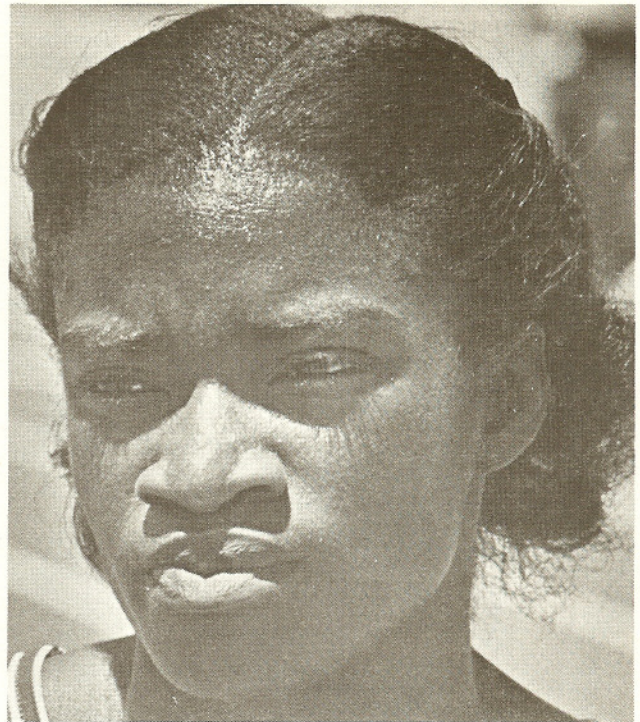


Michigan's MELANIE WEAVER became the #7 US performer by running the three mile event in 15:58.8.
(Jeff Johnson photo)

East Lansing, Michigan, January 16:-Winning two relays and four of the five individual events, the University of Michigan captured top honors at the Michigan State Relays staged in famous Jenison Field House. Best marks of the competition came in the three mile run won by Michigan's Melanie Weaver in 15:58.8, a step in front of MSU's Diana Bussa. By virtue of the fact this event has rarely been run indoors, the first four finishers find themselves on the All-Time US List in 7th, 8th, 9th and 10th places.

RESULTS: 4xMile, 1-Michigan State (Campbell-Last-Peek-Pewe) 20:17.2, 2-Western Ontario 20:18.6, 3-Michigan 21:18.3, 4-Bowling Green 21:19.9; Med (220-110-110-440), Western Ontario (Plantz-Brown-Kameli-Rasenberg) 1:46.8; DisMed, 1-Michigan (Frederick-Woodruff-Larsen-Weaver) 11:50.9, 2-Western Ontario 12:29.7; SP, Penny Neer (Mich) 41'4; 2MR, 1-Michigan State (Pewe-Campbell-Douglas-Sedwick) 9:06.3, 2-Michigan 9:39.0, 3-Saginaw Valley 9:55.3; LJ, 1-Lorrie Thornton (Mich) 19'2½, 2-Cassandra Burkett (MSU) 19'0¾; 4x220, 1-Michigan (Sharpe-Thornton-Turner-Kazibec) 1:43.3, 2-Western Ontario 1:44.7; HJ, Joanne Ballard (Mich) 5'6½; 3M, 1-Melanie Weaver (Mich) 15:58.8, 2-Diana Bussa (MSU) 15:58.9, 3-Lisa Larsen (Mich) 16:01.0, 4-Jill Washburn (MSU) 16:02.9; 4x440, 1-Western Ontario (Quartel-McFarlane-Rasenberg-Plantz) 3:51.8, 2-Michigan State 3:55.3, 3-Michigan 3:59.9; 300y, 1-Elaine Jones (MSU) 36.9, 2-Melody Middleton (Mich) 38.4; Scores, 1-Michigan 104, 2-Michigan State 74, 3-Western Ontario 70, 4-Western Michigan 46, 5-Bowling Green 40, 6-Saginaw Valley 29.

Ashford Gets 50y Record



ESTHER HOPE became #7 on the USA All-Time List with her 6.01 50y.
(Jeff Johnson photo)

Rosemont, Illinois, January 17:-Evelyn Ashford sped to a quick 5.64 to win her heat in the 50y dash at the Chicago Goodwill Games and set a new world mark. The short dash provided some strange statistics for track fans as the following things took place during the heats, semi-finals and finals: Of the eight runners who advanced from the heats to the semis, only one (Cheeseborough) ran faster in the semis than in the heats; of the four finalist, only one (Ottey) ran faster in the final than they had run in the heats; Ashford got progressively worse running her record 5.64 in her heat, then losing the semi to Cheeseborough with a 5.82 and winning the final in even slower time at 5.87; the All Time 50y Lists for both the USA and the world were rewritten as Ashford became number one everywhere, Janet Burke moved to #9 US with her losing heat time of 6.05, Jackie Washington is US #10 in spite of being eliminated in the heats with 6.10, Esther Hope is US #7 with 6.01, Cheeseborough became US #2 and world #3 when she won the semi in 5.81 and Ottey became world #8 with her 5.89 in the final. Strange happenings.

Cheeseborough got her gold medal when she whipped Rosalyn Bryant to win the 300 and Italy's Gabrielle Dorio won the 800 over Robin Campbell.

RESULTS: 600y, 1-Deann Gutowski (IAM) 1:23.6, 2-Essie Kelly (AthAttic) 1:26.2, 3-Ruth Pugh (Nb) 1:26.3; 300y, 1-Chandra Cheeseborough (TSU) 35.31, 2-Rosalyn Bryant (IAN) 36.21, 3-Sheryl Parnell (TSU) 36.50, 4-Ernestine Davis (TSU) 36.90, 5-Kelia Bolton (StanTC) 37.15...7-Darlene Jefferson (Houston) 37.79; 4x440, 1-Stanford TC 3:53.20, 2-Jackson State 4:09.20; 50y, Heat 1, 1-Evelyn Ashford (MedTC) 5.64, 2-Janet Burke (Nb) 6.05, 3-Sheryl Parnell (TSU) 6.22; Heat 2, 1-Chandra Cheeseborough (TSU) 5.90, 2-Diana Williams (LAN) 6.02, 3-Jackie Washington (Jackson State) 6.60; Heat 3, 1-Merlene Ottey (Nb) 5.96, 2-Michele Glover (Un) 6.09, 3-Barbara Frazer (TSU) 6.18; Heat 4, 1-Brenda Morehead (Tiger Int) 5.99, 2-Esther Hope (Jackson St) 6.01, 3-Deborah Clay (MHYF) 6.12, 4-Elizabeth Crowder (UCTC) 6.27; Semi 1, 1-Cheeseborough 5.81, 2-Ashford 5.82, 3-Williams 6.09, 4-Burke 6.16; Semi 2, 1-Ottey 5.97, 2-Morehead 6.06, 3-Hope 6.10, 4-Glover 6.15; Final, 1-Ashford 5.87, 2-Cheeseborough 5.88, 3-Ottey 5.89, 4-Morehead 5.99; 50yH, 1-Stephanie Hightower (Un) 6.52, 2-Candy Young (FD) 6.59, 3-Lori Dinello (Fl) 6.89; 880, 1-Gabrielle Dorio (Italy) 2:09.0, 2-Robin Campbell (Stanford TC) 2:13.4, 3-Cathy Hall (UCTC) 2:14.2.

RESULTS-RESULTS-RESULTS

Vitalis/Olympic Invitational



JOETTA CLARK - Her 2:07.07 wasn't good enough!
(Jeff Johnson photo)

East Rutherford, New Jersey, January 16:-Biggest news of the Vitalis/Olympic Invitational was the shunting of World Cup double winner Evelyn Ashford to third place in the 55m dash. UCLA's Jeanette Bolden won the sprint with Chandra Cheeseborough next. The best running, however, was turned in by the 800 and 1500 meter performers as Delisa Walton edged Tennessee teammate Joetta Clark in a swift 2:06.51 over 800 meters and Mary Decker covered the 1500 in 4:08.32 to defeat a fine field that included Italy's Gabrielle Dorio. Dorio was forced to drop out before the finish.

RESULTS: 55m, 1-Jeanette Bolden (Wilt's AC) 6.74, 2-Chandra Cheeseborough (TSU) 6.76, 3-Evelyn Ashford (Un) 6.80, 4-Brenda Morehead (NY PAL) 6.89, 5-Michele Glover (Hst) 6.97, 6-Florence Griffith (Wilt's AC) 7.06; 55mH, 1-Stephanie Hightower (Un) 7.50, 2-Candy Young (FDU) 7.68, 3-Kim Turner (UTEP) 7.69, 4-Benita Fitzgerald (Tn) 7.72, 5-Carol Lewis (Hst) 7.90, 6-Julie Smithers (Un) 8.03, (Turner 7.66 heat); 400, 1-Merlene Ottey (Nb) 53.40, 2-June Griffith (StanTC) 53.76, 3-Gwen Gardner (LAM) 55.26, 4-Diane Dixon (Atoms) 55.78; 800, 1-Delisa Walton (Tn) 2:06.51, 2-Joetta Clark (Tn) 2:07.07, 3-Robin Campbell (StanTC) 2:08.45, 4-Diana Richburg (NYHS) 2:08.98, 5-Lorna Forde (Atoms) 2:10.96; 1500, 1-Mary Decker (AthWst) 4:08.32, 2-Josephine White (Richmond) 4:16.03, 3-Jan Merrill (AGAA) 4:18.75, 4-Francie Larrieu (New Balance TC) 4:18.79, 5-Ceci Hopp (Stanford) 4:28.85; 4x400, 1-Morgan State 3:46.50, 2-MSAC 3:48.07, 3-Virginia 3:48.28, 4-Temple 3:48.89; "B" Race, 1-Stanford TC 3:39.85, 2-Atoms 3:43.19, 3-DC International 3:45.24.

Mackey Wins Three

Air Force, Colorado, January 22:-Colorado State's Connie Mackey scored a triple win for a losing cause when she won the 60y, 60y hurdles and 300y events at a quadrangular meet at the Air Force Academy. The home team tied for the victory with Adams State as both teams tallied 113 points. Colorado State was next with 61 points, followed by Wyoming with 60.

RESULTS: 4x880, Air Force (Mazik-Meyen-Burr-Weber) 9:48.7; SP, Dalanne Podensky (Wyo) 43'5; 60y/60yH/300y, Connie Mackey (ColSt) 7.3/8.4/38.3; Mile, Rita Burr (AF) 5:18.1.

Indiana Surprise Winner

Bloomington, Indiana, January 23:-The University of Indiana scored a surprisingly easy win over visiting powers Wisconsin and Kentucky by scoring 64 points to 38 for the two other teams. Reba Jackson led the Indiana bunch with victories in the 60y and 300y sprints. Kentucky's Bernadette Madigan was also a double winner with tape breaking in the mile and 1000y events.

RESULTS: Mile, 1-Bernadette Madigan (Ky) 4:45.67, 2-Maryann Brunner (Wis) 4:55.47; 440, Gretchen Baker (Ind) 57.16; 60y, 1-Reba Jackson (Ind) 7.21, 2-Judy Winski (Wis) 7.23; SP, 1-Cindy Crapper (Ky) 49'8, 2-Annette Bohach (Ind) 45'7, 3-Karen Nitsch (Wis) 44'11½; 60yH, 1-Kathy Borgworth (Wis) 8.10 (8.06h), 2-Kathy Klaehn (Ky) 8.31; 600y, 1-Barb Ennis (Ind) 1:23.99, 2-Sue Spalholz (Wis) 1:24.20, 3-Lisa Allen (Ky) 1:25.63, 4-Nancy Winter (Wis) 1:27.62; HJ, 1-Edyth Childress (Ky) 5'8¾, 2-Trish Eiting (Ind) 5'8¾; 300y, 1-Reba Jackson (Ind) 36.31, 2-Judy Winski (Wis) 36.99, 3-Andrea Nranian (Ind) 37.03, 4-Kathy Borgworth (Wis) 37.74; IJ, Trish Eiting (Ind) 19'0; 1000, 1-Bernadette Madigan (Ky) 2:35.63, 2-Missy Vaughn (Ky) 2:40.00; 2M, 1-Cathy Branta (Wis) 10:37.29, 2-Johanna Reneke (Ind) 10:42.81; 4x440, Indiana 3:53.43 (Young-Ennis-Montgomery-Baker).

World Record for Brill

Edmonton, Alberta, Canada, January 23:-Debbie Brill scooted over the high jump bar at 1.99/6'6¼ to establish a new world best in only the second competition since the birth of new son Paul Bogart. Brill, who began her 1982 competition just 24 hours earlier in Los Angeles with a leap of 6'5, replaces Hungary's Andrea Matay as the best-ever under cover jumper. Matay's mark was 6'6.

The meet had only four events for women, but they were all good ones. On the track Francie Larrieu took top honors in the 3000, Leann Warren won the 800 and Florence Griffith was best at 200 meters.

RESULTS: 800, 1-Leann Warren (Oregon) 2:07.20, 2-Brit McRoberts (Can) 2:08.29, 3-Birgit Otto (Can) 2:11.93, 4-Gillian Dainty (GB) 2:12.10, 5-Robin Campbell (StanTC) 2:12.60, 6-Debbie Campbell (Can) 2:12.69, 7-Ranza Clark (Oregon) 2:14.66, 8-Susan Belger (PCC) 2:16.15; 200, 1-Florence Griffith 23.93, 2-Angela Bailey (Can) 24.09, 3-Jullian Richardson (Can) 25.12, 4-Gwen Gardner (IAM) 25.27; HJ, 1-Debbie Brill (PCC) 6'6¼, 2-Louise Ritter (PCC) 6'2¾, 3-Susanne Lorentson (Swe) 6'0¾, 4-Joni Huntley (PCC) 6'0¾, 5-Hisayo Fukumitsu (Jap) 5'11; 3000, 1-Francie Larrieu (New Balance TC) 9:20.01, 2-Lynn Kanuka (Can) 9:23.78, 3-Kathy Hayes (Oregon) 9:29.08, 4-Patty Plummer (Stanford) 9:32.52, 5-Tracy Kelly 9:39.48, 6-Kim Schnurpfeil (Stan) 9:41.83, 7-Ellen Lyons (Stan) 9:54.15.

Bressler Leads Navy to Victory

Annapolis, Maryland, January 22:-Ginger Bressler won the 3 and 5 thousand meter runs to lead her Navy team to victory over three visiting schools. Navy won with 97 points to 62 for Towson State, 28 for Mt. St. Mary's and 12 for Mary Washington College. Mt. St. Mary's Anderson was also a double winner taking the 800 and 1500.

RESULTS: HJ, Ackerman (MSM) 5'8; 55m, Bower (T) 7.7; 800/1500, Anderson (MSM) 2:18.0/4:49.1; 3000/5000, Ginger Bressler (N) 11:11.4/18:32.5

Record for Decker at Sunkist

Los Angeles, California, January 22:-Mary Decker got her mile record to grab the spotlight at the annual Al Franken extravaganza known as the Sunkist Invitational. Decker toured the distance in 4:24.6 breaking the record of 4:28.5 set by Francie Larrieu back in 1975. Larrieu was second here tonight in 4:36.4 in the evening's best battle with fifth place by Cindy Bremser only three-tenths back of Larrieu. Of course Decker has run faster indoors, (4:17.6), but it was done on an oversized track and therefore cannot be counted as an indoor record and, of course, can not be counted as an outdoor record. Be that as it may, Decker is now Queen of the milers as she continues in her "comeback" after yet another battle with injuries and operations. Splits were 62-2:07-3:14.

One of the best events took place before most of the spectators had filed into the arena. Debbie Brill, jumping for the first time since the birth of her son, hopped over 6'5 for the number three spot on the world all-time list. Brill had to clear that height to win it with Louise Ritter clearing 6'4 and 6'2½ by Joni Huntley good for no better than 4th. Ritter's 6'4 moves her to #2 on the US List and #10 on the World List.

Arlise Emerson moved over 500 yards in 1:04.6 for a time good enough to place her #5 on the All Time US List and #6 on the world list. Emerson's previous best was scored in 1978 when she ran 1:05.4 while still in high school.

Carol Lewis, Houston freshman, upset Olympian Kathy McMillan to win the long jump at 20'7½ and Evelyn Ashford won the short sprint over a nondescript field in 6.78.

RESULTS: 60y, 1-Evelyn Ashford (Un) 6.78, 2-Diana Williams (LAN) 6.92, 3-Dollie Fleetwood (USC) 6.96; 60yH, 1-Aki-moto (Japan) 7.76, 2-Maureen McGee (LAM) 7.85; 500y, 1-Arlise Emerson (UCLA) 1:04.6, 2-Sharon Dabney (CSLA) 1:05.6, 3-Deanne Gutowski (LAM) 1:05.6, 4-Gwen Gardner (LAM) 1:06.4; 800, 1-Robin Campbell (StanTC) 2:10.5, 2-Susan Vigil-Belger (Un) 2:12.0; Mile, 1-Mary Decker (Ath Wst) 4:24.6, 2-Francie Larrieu (New Balance TC) 4:36.4, 3-Joan Hanson (AthWst) 4:36.5, 4-Cathie Toomey (AthWst) 4:36.6, 5-Cindy Bremser (WisUn) 4:36.7; 640yRelay, 1-LAM 1:10.8, 2-SC Cheetahs 1:11.0; HJ, 1-Debbie Brill (PCC) 6'5, 2-Louise Ritter (PCC) 6'4, 3-Colleen Rienstra (Wilts AC) 6'2½, 4-Joni Huntley (PCC) 6'2½, 5-Yolanda Gibson (Atoms) 6'0; LJ, 1-Carol Lewis (Houston) 20'7½, 2-Kathy McMillan (Wilt's AC) 20'1½, 3-Veronica Bell (SCC) 19'6½.

High School Division: 500y, Gervaise McGraw 1:06.9; 800, Jessica Spies 2:11.7; 4x400, Manual Arts HS, LA 3:58.2; 4x880, University HS, Irvine 9:42.4.

Florida in Narrow Win

Gainesville, Florida, January 23:-The University of Florida entertained Alabama and Georgia in a triangular meet and came away with a narrow victory scoring 50 points to 43 for Alabama and 33 for Georgia. Some good marks were recorded including a 6'0 leap by Alabama's Lisa Gisladottir and a 7.22 flight of 50m hurdles by Florida's Lori Dinello. There were no double winners, but Florida's Piper Bressant came close with a win in the long jump and a second in the hurdles.

RESULTS: SP, 1-Sharon Lotmore (Fl) 46'9, 2-Pia Iacovo (Al) 45'4½; LJ, 1-Piper Bressant (Fl) 19'0¾, 2-Nancy Rankins (Ga) 18'10½; HJ, 1-Dia Gisladottir (Al) 6'0, 2-Cindy Gilbert (Ga) 5'8; DMed, 1-Georgia 11:49.4, 2-Florida 12:08.4, 3-Alabama 12:36.6; 1500, Leann Steizenmuller (Al) 4:41.1; 50mH, 1-Lori Dinello (Fl) 7.22, 2-Piper Bressant (Fl) 7.36, 3-Barbara Scott (Al) 7.66, 4-Disa Gisladottir (Al) 7.68, 5-Charlotte Reese (Ga) 7.70; 600m, 1-Karen Key (Al) 1:33.6, 2-Cynthia Gilbert (Ga) 1:34.3, 3-Susan Seebers (Fl) 1:34.8, 4-Cecilla Palmcrantz (Fl) 1:35.5; 50m, 1-Veronica Walker (Ga) 6.60, 2-Lori Dinello (Fl) 6.60, 3-Kim Schofield (Fl) 6.64, 4-Carolyn Berry (Al) 6.65, 5-Tanya King (Ga) 6.69, 6-Rhonda Champion (Al) 6.71; 800, Donna Campbell (Fl) 2:14.56; 300, 1-Belinda Little (Al) 40.03, 2-Veronica Walker (Ga) 40.15, 3-Sidda Kjarpan-dottir (Al) 40.85, 4-Kim Schofield (Fl) 41.41, 5-Lori Dinello (Fl) 41.42, 6-Kathy Rankins (Ga) 42.00; 3000, 1-Sabina Horn (Ga) 9:50.8, 2-Beth Farmer (Fl) 9:51.1; 4x400, 1-Florida 3:48.7, 2-Georgia 3:54.9, Alabama was second, but was disqualified.

Purdue Wins ISU Invitational

Normal, Illinois, January 23:-Led by Lorna Russell who won the long jump and 60m hurdles, Fred Wilt's evenly balanced Purdue Boilermakers easily annexed top honors at the Illinois State University Invitational. Ohio State, which upset national champion Tennessee just seven days earlier, was 19 points back of the winning team. The Buckeyes had their own double winner however, as Donity Jones took the blue ribbon in the 300 and 600 meter affairs.

RESULTS: 60mH, 1-Lorna Russell (Pur) 8.7 (8.5h), 2-Beverly Neal (IllSt) 9.0 (8.9h), 3-Antoinette Jackson (OhioSt) 9.1 (9.0h), 4-Marcia Williams (Pur) 9.1 (8.9h); 60m, 1-Sybil Perry (Pur) 7.4, 2-Jeanette Williams (IndSt) 7.7, 3-Judy Hazelett (IndSt) 8.0 (7.8h), 4-Jessica Harris (IllSt) 8.0 (7.8h); 4x200, 1-Indiana State 1:44.3, 2-Purdue 1:48.4, 3-Illinois State 1:48.8; 1500, 1-Andrea Marek (Pur) 4:30.3, 2-Shannon Cline (OhioSt) 4:38.9, 3-Jeannie Molohon (Pur) 4:39.3; 600m, 1-Donithy Jones (OhioSt) 1:34.8, 2-Marian Kidd (IndSt) 1:35.1, 3-Denise Lores (IllSt) 1:35.8; 5000, 1-Alana McCarthy (Pur) 16:39.8, 2-Kris Haeckler (IndSt) 18:03.4; 300m, 1-Donithy Jones (OhioSt) 40.3, 2-Darcel Church (IndSt) 40.6, 3-Teresa Sanders (IndSt) 41.6; 1000m, 1-Dawn Garoutte (Pur) 2:57.0, 2-Carrie Shuster (OhioSt) 2:58.0, 3-Patty Carrell (IllSt) 2:58.5; 3000, 1-Wendy Van Mierlo (IllSt) 9:35.5, 2-Becky Cotta (Pur) 9:41.8; 4x800, 1-Purdue 9:10.8, 2-Indiana State 9:30.1, 3-Illinois State 9:49.3; 4x400, 1-Purdue 3:58.3, 2-Ohio State 4:01.7; HJ, 1-Maggie Woods (Pur) 5'7, 2-Inge-Lisa Christensen (OhioSt) 5'7, SP, Nadine Cox (OhioSt) 46'5; LJ, 1-Lorna Russell (Pur) 19'4½, 2-Tracy Hopkins (IllSt) 19'0¾; Scores, 1-Purdue 74½, 2-Ohio State 53, 3-Indiana State 46, 4-Illinois State 38½, 5-Northern Illinois 9.

USU All-Comers

Logan, Utah, January 23:-Dana DeVan's 6.4 hand clocking for 50 meters was the best of the performances as impressario Lyle Knudson staged another of his regular All-Comers affairs. Bad weather kept many athletes from making an appearance.

RESULTS: DT, 1-Karlyn Gansel 142'1, 2-Vicki Powell 135'11; 50mH, Wendy Limbaugh 8.0; 50m, 1-Dana DeVan 6.4, 2-Tonette Davoll 6.7; 1500, 1-Noreen Shea 4:49.7, 2-Cindy Wills 4:50.0, 3-Vicky Bray 4:50.3; 400, Cheryl Osborne 58.3.

Western Michigan Invitational

Kalamazoo, Michigan, January 23:-Powerful University of Michigan walked off with the team title at the Sixth Annual Western Michigan Invitational with 145 points. Western and Eastern Michigan followed in second and third positions. Eastern Michigan's Gina Tempro won both hurdle races (60 and 200) and teammate Ellie Hayden hopped over six feet to win the high jump.

RESULTS: SP, Penny Neer (Mich) 44'7; LJ, 1-Lorrie Thornton (Mich) 19'7¾, 2-Keri Giggord (WM) 18'6¾; 4x200, 1-Michigan 1:43.56, 2-Eastern Michigan 1:44.64, 3-Western Michigan 1:46.12; 1500, 1-(Tie) Sue Frederick (Mich) and Melanie Weaver (Mich) 4:32.56, 3-Sue MacDonald (WM) 4:35.32; 60mH, 1-Gina Tempro (EM) 8.73 (8.65h), 2-Joanna Bullard (Mich) 8.89; HJ, 1-Ellie Hayden (EM) 6'0, 2-Joanna Bullard (Mich) 5'8; 600m, 1-Dawn Woodruff (Mich) 1:37.73, 2-Mirtle Gray (Mich) 1:39.85; 200mH, Gina Tempro (EM) 28.94; 5000, 1-Melanie Decker (WM) 17:31.82, 2-Bonnie Arnold (EM) 18:01.1; 300m, 1-Brenda Kazinec (Mich) 40.88, 2-Ingrid Boyce (EM) 42.08; Pent, 1-Charlene Dewey (Bradley) 3138, 2-Shelly Owen (EM) 3053; 4x400, Michigan 4:00.97; DisMed, 1-Eastern Michigan 12:14.0, 2-Western Michigan 12:17.01, 3-Michigan 12:28.78; Scores, 1-Michigan 145, 2-Western Michigan 119, 3-Eastern Michigan 117, 4-Ferris State 29, 5-Southwestern Michigan 27, 6-Bradley 20, 7-Aquinas 0.

RESULTS-RESULTS-RESULTS

TFA/USA

Kansas City, Missouri, January 22/23:-Good marks were common as the TFA/USA staged its Second Annual International Invitational in the Municipal Auditorium. Wyoming's Pat Miller continued to impress in this 1982 indoor season with a win over Wisconsin's Pat Johnson in the long jump. Oklahoma's Sherifa Sanders scored a double win in the Open Division by taking the long jump and the 60y hurdles.

RESULTS: Open Division; 60yH, 1-Sherifa Sanders (Ok) 8.03, 2-Rhonda Scott (Sth) 8.21; 60y, 1-Deborah Edwards (TxTC) 7.06, 2-Angela Chenault (W.Ky) 7.08, 3-Deborah James (Nb) 7.12; 440, 1-Annette Campbell (Ok) 57.61, 2-Lisa Pinkney (Sth) 57.73; 880, 1-Revah Knight (TxTC) 2:15.64, 2-Andrea Bush (ColFly) 2:18.96, 3-Tammy Etienne (MetroStr) 2:19.00; Mile, Stacey Zartler (MetroStr) 4:59.26; 3M, 1-Marianna Dickerson (Ill) 16:45.02, 2-Sandy DeNoon (Drake) 16:59.64, 3-Dana Schaulis (KanSt) 17:01.34; LJ, 1-Sherida Sanders (Ok) 19'4, 2-Lorna Chatman (Jackson St) 19'3 $\frac{3}{4}$, 3-Nancy Kindig (Nb) 19'1 $\frac{1}{4}$; HJ, Jane Clough (Ok) 5'10; SP, 1-Janice Stucky (KanSt) 47'4 $\frac{1}{2}$, 2-Robin Small (Un) 45'11; 4x400, 1-Jackson State 3:53.62, 2-Texas TC 3:59.76; 4x880, 1-Nebraska 9:19.75, 2-Kansas State 9:29.29, 3-Western Kentucky 9:38.63; DMed, 1-Drake 11:57.90, 2-Kansas State 12:15.13. Invitational Division; 60y, 1-Merlene Ottey (Nb) 6.78, 2-Janet Burke (Nb) 6.83, 3-Alicia McQueen (Nb) 7.04; 60yH, 1-Kathy Freeman (Sth) 8.07, 2-Rhonda Blandford (Nb) 8.10; 440, 1-Rosalyn Bryant (LAN) 56.70, 2-Jenny Gorham (Nb) 57.11, 3-Sumetia Wells (IowaSt) 58.09; 880, 1-Kay Stormo (Iowa) 2:10.84, 2-Maureen Houghton (Ok) 2:14.87; Mile, 1-Dorthe Rasmussen (IowaSt) 4:41.76, 2-Cindy Bremser (WisUn) 4:41.87, 3-Kellie Cathey (Ok) 4:46.86, 4-Michele Bush (UCLA) 4:49.15, 5-Nan Doak (Iowa) 4:51.46; LJ, 1-Pat Miller (Wy) 19'8 $\frac{1}{2}$, 2-Kelly Wenlock (KanSt) 19'5 $\frac{1}{2}$, 3-Pat Johnson (Wis) 19'5 $\frac{1}{2}$, 4-Becky Kaiser (Ill) 18'3 $\frac{3}{4}$; HJ, 1-Sally McCarthy (Ok) 5'10, 2-Beets Kolarik (KanSt) 5'10; 4x400, 1-Southern University 3:51.77, 2-Oklahoma 3:54.86

Virginia Tech Invitational

Blacksburg, Virginia, January 30:-A swift 5000 meters by Tennessee's Kathy Bryant highlighted the staging of the Virginia Tech Invitational. Bryant's time of 16:23.7 was the second fastest ever run by an American indoors. Martha White from Virginia moved into the number five position on the All-Time US List with her 16:31.6 and Susan Girard is now #8 by virtue of her 16:34.4 clocking.

On the field, Rose Hauch, Tennessee, tossed the shot 55'7 $\frac{1}{2}$ for the best mark in the US to date while Denise Wood, with her second place throw of 53'5 $\frac{1}{2}$ moved into a tie for #2 position on the All-Time US List. Penn State's Elaine Sobansky was third in spite of a fine mark of 52'0 $\frac{1}{2}$.

RESULTS: 60y, Sherri Funn (GM) 6.85; 1000m, Margaret Coomber (FlSt) 2:53.4; 1500, 1-Jill Haworth (Va) 4:25.0, 2-Lesley Welch (Va) 4:26.2, 3-Startere (Penn St) 4:29.6, 4-Sandi Cullinane (NC St) 4:29.6; 5000, 1-Kathy Bryant (Tn) 16:23.7, 2-Patsy Sharples (Idaho) 16:26.1, 3-Martha White (Va) 16:31.6, 4-Susan Girard (NC St) 16:34.4; LJ, 1-Evaline Hatcher (MorgSt) 19'9, 2-Tammy Penny (Md) 19'6 $\frac{1}{2}$, 3-Kathy Rankin (Ga) 19'6 $\frac{1}{2}$, 4-Staton (NC) 19'6 $\frac{1}{2}$; SP, 1-Rose Hauch (Tn) 55'7 $\frac{1}{2}$, 2-Denise Wood (KnoxTC) 53'5 $\frac{1}{2}$, 3-Elaine Sobansky (Penn St) 52'0 $\frac{1}{2}$, 4-Walsh (Tn) 48'0.

Connecticut the Winner

Storrs, Connecticut, January 30:-The University of Connecticut defeated Rhode Island University in a dual meet 52-47 staged on the Connecticut campus. The winners had two double blue ribbon performers in junior Sheila McCabe and sophomore Deanna Michaels. McCabe annexed the 55 and 200 meter sprints while Michaels took top honors in the hurdles and high jump.

RESULTS: SP, Elina Gervino (RI) 38'2 $\frac{1}{2}$; LJ, Tammy Lander (Ct) 17'4; 1500, O'Connell (RI) 4:42.2; 55H/HJ, Deanna Michaels (Ct) 8.6/5'4; 55/200, Sheila McCabe (Ct) 7.2/26.1; 800, Kothe (RI) 2:17.9; 5000, Mary Walsh (RI) 17:52.4.

World Mark for Ottey

Lincoln, Nebraska, January 30:-Merlene Ottey led her Nebraska squad to a victory over visiting Kansas State 73-45 and set a new world mark in the 300y sprint while so doing. Ottey had a 33.10 clocking which bettered her own mark by 0.01 which she set at last year's AIAW Championships. Ottey also annexed the 60y sprint as the Cornhuskers demonstrated terrific depth in the speed department. Nebraska grabbed the first seven places in the 60 and the first four in the 300 - yet lost the 4x220. Kansas State's Deb Pihl did her best to keep her team in the running as she won the 880 and mile. And look who's back at old N.U. - Jennie Gorham with two good return performances in the 60 and 300.

RESULTS: 2M, 1-Janel LeValley (KS) 10:40.34, 2-Dana Schaulis (KS) 11:26.32; 4x220, Kansas State (Hopkins-Wenlock-Brogden-Harrison) 1:47.32, Nebraska did not finish; Mile, Deb Pihl (KS) 4:51.00; HJ, 1-Sharon Burill (Nb) 5'8 $\frac{1}{2}$, 2-Beets Kolarik (KS) 5'7; SP, 1-Robin Small (Nb) 48'0, 2-Janis Stuckey (KS) 44'11 $\frac{1}{2}$, 3-Karen Wood (Nb) 44'9; 60y, 1-Merlene Ottey (Nb) 6.77, 2-Janet Burke (Nb) 6.87, 3-Alicia McQueen (Nb) 6.99, 4-Deb James (Nb) 7.03, 5-Jennie Gorham (Nb) 7.16, 6-Rhonda Blandford (Nb) 7.18 7-Cheryl Zajic (Nb) 7.34; 600y, 1-Marcia Tate (Nb) 1:22.20, 2-Ruth Pugh (Nb) 1:25.35, 3-Ann Riedy (KS) 1:29.36; 440, Wanda Hartso (Nb) 60.20; 300y, 1-Merlene Ottey (Nb) 33.10, 2-Janet Burke (Nb) 34.75, 3-Jennie Gorham (Nb) 35.66, 4-Alicia McQueen (Nb) 36.66; 60yH, 1-Rhonda Blandford (Nb) 8.02, 2-Cheryl Zajic (Nb) 8.28; 1000y, 1-Tami Essington (Nb) 2:31.12, 2-Janel LeValley (KS) 2:47.12; LJ, 1-Kelly Wenlock (KS) 19'6, 2-Marjan Goedhart (Nb) 18'7 $\frac{1}{4}$; 880, Deb Pihl (KS) 2:13.43; 4x400, Nebraska (Pugh-Tate-Zajic-Essington) 3:50.64.

Record for Bolden

Dallas, Texas, January 30:-For the third time this indoor season, Jeanette Bolden has taken the measure of Evelyn Ashford in the short sprints. This time Bolden picked off the world record with her win in 6.60 seconds. Ashford was right there in 6.65 for the runner-up spot. The former world mark was 6.62 set by Alice Brown in this same meet last year. If this was horse racing, there would probably be a "Stewards Inquiry" sign and an investigation of the Dallas distance and time. In spite of winning all indoor season, Bolden's best 1982 mark was 6.74 until she stepped on the boards at Dallas, Suddenly she improves 0.14 seconds in just 60 yards! Ashford's 1981 best was 6.78 - until Dallas where she cut 0.13 off her best to 6.65. Third placer Diane Williams also had a sudden improvement from 6.92 to 6.81.

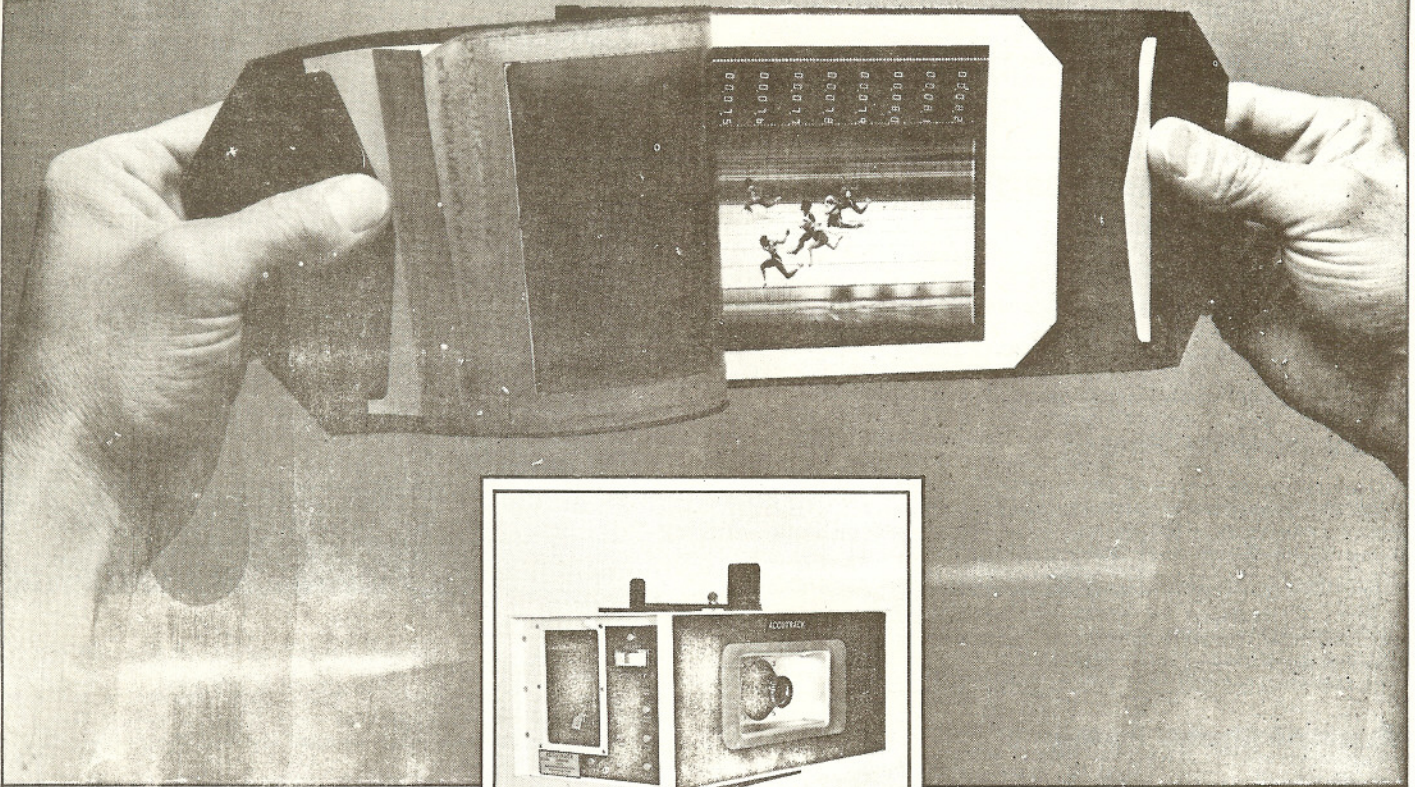
Same strangeness was true in the 60y hurdles which were won by Candy Young in a swift 7.47. Candy's 1981 best had been only 7.59 - until Dallas. Equals the world record for that distance. Stephanie Hightower, the runner-up, didn't improve as much, but her 7.47 was 0.03 faster than previous. Benita Fitzgerald who finished third in 7.54 had an improvement of 0.18 on this hallowed night and fourth placer Maureen McGee was 9/100 faster than ever before.

One also notes that the US leader in the 60 and 60 hurdles in 1981 made their year's best at - you guessed it - Dallas. We are happy for the athletes, but it is a strangeness.

The other women's events were rather routine affairs with Mary Decker trotting a 4:30.09 mile, Gwen Gardner clocking 56.15 to take the 440, Debbie Brill whipping Ritter and Huntley with 6'2 $\frac{1}{2}$ and Carol Lewis improving her 1982 indoor best to 20'9 $\frac{1}{2}$ in the long jump.

RESULTS: 60y, 1-Jeanette Bolden (UCLA) 6.60, 2-Evelyn Ashford (MedTC) 6.65, 3-Diane Williams (Un) 6.81, 4-Jackie Washington (Houston) 6.90, 5-Leleith Hodges (TWU) 7.00, 6-Dollie Fleetwood (USC) 7.01; 440, 1-Gwen Gardner (LAM) 56.15, 2-Rosalyn Bryant (LAN) 56.37, 3-LaShon Nedd (UCLA) 56.43; Mile, 1-Mary Decker (AthWst) 4:30.09, 2-Francis Larrieu (PCC) 4:37.92, 3-Joan Hanson (AthWst) 4:38.03, 4-Cathie Twomey (AthWst) 4:38.53, 5-Cindy Bremser (Un) 4:39.30; 60yH, 1-Candy Young (FD) 7.47, 2-Stephanie Hightower (Un) 7.47, 3-Benita Fitzgerald (Tn) 7.54, 4-(Tie) Maureen McGee (LAM) and Kim Turner (UTEF) 7.70; HJ, 1-Debbie Brill (PCC) 6'2 $\frac{1}{2}$, 2-Joni Huntley (PCC) 6'2 $\frac{1}{2}$, 3-Louise Ritter (PCC) 6'2 $\frac{1}{2}$; LJ, 1-Carol Lewis (Houston) 20'9 $\frac{1}{2}$, 2-Donna Thomas (N.TxSt) 20'0 $\frac{1}{2}$, 3-Veronica Bell (USC) 19'10.

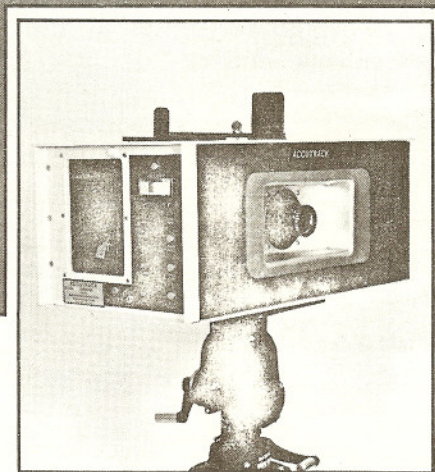
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RESULTS-RESULTS-RESULTS

Oregon Invitational

Portland, Oregon, January 30:-Japan's Michiko Akimoto was a two time winner at the Annual Oregon Invitational. The lithe Japanese won the 60y dash in 7.00 and the 60y hurdles in 7.86 over so-so fields. Oregon's Leann Warren had a good solo run in the mile, clocking 4:37.9 and about a 40 yard margin over UCLA's Michele Bush. Arlise Emerson had a fast 1:04.7 clocking in winning the 500y.

RESULTS: 60y, Michiko Akimoto (Jap) 7.00, 2-Gwen Loud (Un) 7.11; 500y, 1-Arlise Emerson (WAC) 1:04.7, 2-Brenda Peterson (WAC) 1:08.1; 880, Ranza Clark (Can) 2:10.8; Mile, 1-Leann Warren (Ore) 4:37.9, 2-Michele Bush (UCLA) 4:42.1; 60yH, 1-Michiko Akimoto (Jap) 7.86, 2-Lexie Miller (Oregon) 8.07, 3-Missy Jerald (WAC) 8.10; SP, 1-Carol Van Pelt (Wash) 50'04, 2-Kathy Picknell (OreTC) 47'64.

Maine Whomps Bates 89-11

Orono, Maine, January 23:-Distance ace Mary Choiniers took top honors in the mile and two mile as her University of Maine teammates swamped visiting Bates 89-11.

RESULTS: Mile/2M, Choiniere (M) 5:14.1/10:55.9; 60y, Mathieu (M) 7.6.

Delaware Wins Three

Newark, Delaware, January 29:-University of Delaware downed three opponents in a triple dual meet. The Blue Hens outscored Towson 65-38, Navy 60-43 and Catholic 66-12.

RESULTS: 3M, Ginger Bressler (N) 17:51.0; 300y, Pam Hohler (Del) 37.8; 60y, Jill Bowman (T) 7.6; DisMed, Delaware (Adams-Taglieri-Campbell-Davis) 12:57.6.

Stanford Shows Power

Pocatello, Idaho, January 30:-Stanford University, even without full strength, had too much power and depth for host Idaho State and visiting Utah State in a three-way affair in Pocatello's Mini-Dome. The Palo Alto based team waltzed off with the win by scoring 101 points to 65 for Lyle Knudson's Utah charges and 62 points for the home team.

Stanford's Margaret Demorest was the meet's only double winner with victories in the 300 and 400 meter dashes. Demorest also picked up a third in the 55m hurdles.

RESULTS: 55m, 1-Dana DeVan (U) 7.29, 2-Pam Donald (S) 7.37; 400, Margaret Demorest (S) 57.52; 300m, 1-Margaret Demorest (ST) 40.7, 2-Pam Donald (S) 41.2, 3-Dana DeVan (U) 41.5; 800, 1-Regina Jacobs (S) 2:13.88, 2-Patti Plummer (S) 2:14.77, 3-Brenda Billiard (I) 2:18.02; 1500, 1-Patti Plummer (S) 4:34.0, 2-Kim Schnurpfeil (S) 4:34.1; 3000, 1-Ellen Lyons (S) 9:52.6, 2-Ann Locke (S) 9:54.6, 3-Noreen Shea (U) 10:17.8; 55mH, 1-Tonya Scarborough (I) 8.69, 2-Esmeralda Tagaban (I) 8.71, 3-Margaret Demorest (S) 8.72; LJ, Pam Donald (S) 18'74; HJ, Julie Cosgrove (I) 5'9; SP, 1-Carol Cady (S) 48'113, 2-Sue Doucette (U) 45'04; 4x400, Utah State (James-White-Limbaugh-Wilson) 3:57.9.

Air Force Easy Winner

Air Force, Colorado, January 29:-The Air Force Academy had no difficulty defeating visiting Weber State and Northern Colorado in a triangular meet. The Falcons tallied 74 points to far outdistance Weber State (29) and Northern Colorado (21). Gail Brown led the Air Force with wins in the 60y and 300y sprints.

RESULTS: 4x880, Air Force (Mazik-Ginder-Yaha-Meyen) 9:47.0; SP, Janette Buhler (WS) 40'92; 60yH, Lisa Somerson (AF) nt; 70/300, Gail Brown (AF) 7.3/38.5.

All-Ohio Indoor Championship

Columbus, Ohio, January 30:-Ohio State University had no difficulty winning the All-Ohio State Championship over 9 other opponents. The Buckeyes scored 185½ points to 130 for runner-up Bowling Green. Mary Stoner of the winning team was the only double winner annexing the 1000 and 1500 meter runs.

RESULTS: HJ, Heidi Adams (BG) 5'7; 1500, 1-Mary Stoner (OhSt) 4:40.0, 2-Jo Ann Lanciaux (BG) 4:42.0, 3-Shannon Cline (OhSt) 4:44.5; 4x200, 1-Ohio University (Kimbrough-Dukes-Brown-Williams) 1:46.1, 2-Bowling Green 1:47.0; Dis Med, 1-Kent State (Hyland-Chomyak-Sullivan-Nicklos) 12:24.7, 2-Ohio University 12:29.9, 3-Ohio State 12:34.1; SP, 1-Nadine Cox (OhSt) 46'9, 2-Terri Byland (KS) 45'52, 3-Pam Hall (Miami) 44'9; 5000, 1-Noreen Harrison (OhSt) 17:54.5, 2-Rosalie Cocita (BG) 18:33.5; 600m, 1-Annette Cotner (OhU) 1:37.1, 2-Lisa Graeff (OhSt) 1:40.0; 4x800, 1-Ohio University (Nortz-Neville-Hutzel-Eickholt) 9:35.7, 2-Kent State 9:40.0, 3-Ohio State 9:41.4; LJ, Linda Boyan (KS) 17'102; 60m, 1-Kathy Williams (OhU) 7.8, 2-Rose Johnson (KS) 7.9; 60mH, 1-Antoinette Jackson (OhSt) 8.9, 2-Janet Tracy (OhSt) 9.1; 400, 1-Donithy Jones (OhSt) 56.9 (56.6h), 2-Kathy Williams (OhU) 58.0; 300m, 1-Linda Dukes (OhU) 41.2, 2-Sabrina Spencer (OhWes) 42.2; 1000m, 1-Mary Stoner (OhSt) 2:55.4, 2-Laura Murphy (BG), 3-Shannon Cline (OhSt) 3:06.8; 800, Maureen Newkold (OhSt) 2:22.6; 3000, 1-Maurleen Cogan (OhSt) 10:12.8, 2-Mary Shuber (OhSt) 10:31.5; Pent, 1-Sandy West (KS) 3406, 2-Catherine Williams (OhSt) 3390; 4x400, Ohio State (Jones-Graeff-Jackson-Tracy) 4:00.0; Scores, 1-Ohio State 185½, 2-Bowling Green 130, 3-Ohio University 118½, 4-Kent State 64, 5-Miami (Ohio) 37, 6-Ohio Wesleyan 13, 7-Toledo 5, 8-Cincinnati 3, 9-Otterbein 0.

Wisconsin Open

Madison, Wisconsin, January 30:-University of Wisconsin athletes won every event except the 300 meter dash to completely dominate their own Wisconsin Open. Most impressive performance was turned in by the Wisconsin distance medley team of Spalholz-Beischel-Brunner-Thomson who won their event by more than 1½ minutes.

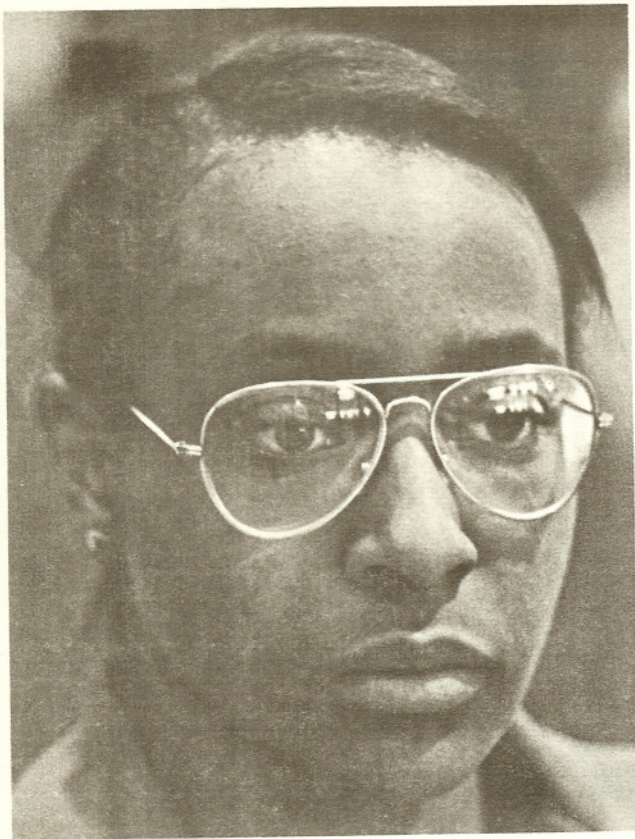
RESULTS: 60mH, 1-Kathy Borgwarth (Wis) 8.69, 2-Crystal Jones (Wis) 9.15; DisMed, Wisconsin 11:53.10; 60m, 1-Judy Winski (Wis) 7.62, 2-Nina Williams (ChiZeph) 7.77, 3-Pat Johnson (Wis) 7.84 (7.72h); SP, Karen Nitsch (Wis) 43'104; 1000m, 1-Sue Spalholz (Wis) 3:01.30, 2-Sue Beischel (Wis) 3:02.52; 600m, 1-Mary Mulrooney (Wis) 1:36.64, 2-Nancy Winter (Wis) 1:38.12; LJ, Pat Johnson (Wis) 20'04; 300m, 1-Robin Jackson (WisIn) 4'56, 2-Kathy Borgwarth (Wis) 41.51, 3-Judy Winski (Wis) 41.54, 4-Kelly Mathews (IowaSt) 41.90; Mile, 1-Cathy Branta (Wis) 4:52.24, 2-Maryann Brunner (Wis) 4:59.15.

Wyoming Invitational

Laramie, Wyoming, January 30:-Wyoming's Pat Miller won the long jump and 50y dash in the Open Division of the Wyoming Invitational, but her twin triumphs paled beside the efforts of Colorado State's Connie Mackey. Mackey was a triple winner in the College and University Division winning the 50 yard hurdles, 50 yard dash and 440. Mackey returned in the Open Division and won the 50y hurdles and picked up a third in the 50y sprint.

RESULTS: (University and College Division), 50yH, 1-Connie Mackey (ColSt) 7.37, 2-Debbie McClendon (Un) 7.38, 3-Margaret Farrell (Wy) 7.40; 440, 1-Connie Mackey (ColSt) 61.26, 2-Laura Novell (Col) 61.44; HJ, 1-Lisa Greenfield (Col) 5'7, 2-Carol Steadman (WyTC) 5'7; SP, Dalanne Podenski (Wy) 42'9; 50y, 1-Connie Mackey (ColSt) 6.41, 2-Dee Herrmann (Wy) 6.49; LJ, Annette Tannader (Col) 18'22. Open Division; 50yH, 1-Connie Mackey (ColSt) 7.02, 2-Dee Herrmann (Wy) 7.03; 880, 1-Kerry Cerda (Wy) 2:18.99, 2-Sally Rand (Col St) 2:21.36; 50y, 1-Pat Miller (Wy) 6.04, 2-Penni Nesmith (Col) 6.08, 3-Connie Mackey (ColSt) 6.30; LJ, Pat Miller (Wy) 19'3.

St. John's Wins Triangular



NINI DAVIS of St. John's won the shot against Army and Cornell with a put of 50'2½.

(Jeff Johnson photo)

West Point, New York, January 30:-Paced by Neni Davis' fine shot put effort of 50'2½, St. John's University swamped Cornell and Army 82-33½-22½ in a triangular meet. The winners won 10 of the 13 events and were never pressed in the point department.

RESULTS: SP, Neni Davis (SJ) 50'2½; HJ, Michelle Holley (SJ) 5'7½; 4x200, St. John's (Rice-Hayes-Taylor-Huggins) 1:44.7, 2-Cornell 1:48.9; 1500, Dorien Lambelet (C) 4:43.5, 2-Eva Shields (SJ) 4:53.4; 55mH, 1-Shell Rice (SJ) 8.3, 2-Lolita Jones (SJ) 8.4; 400, Sophia Davis (SJ) 57.9; 300m, 1-Keri Lynn Hayes (SJ) 39.6, 2-Evelyn Taylor (C) 39.9, 3-Sonia Taylor (SJ) 41.3; 800, Theresa Jaeger (SJ) 2:21.2; 55, 1-Sonia Taylor (SJ) 7.1, 2-Trina Russell (C) and Shell Rice (SJ) 7.2; 3000, Tricia Eumont (SJ) 10:03.7; 4x400, St John's (Hayes-Rivera-Jones-Davis) 3:56.2, 2-Cornell 3:59.6.

Bolden Whips Ashford Again

Toronto, Canada, January 29:-UCLA's Jeanette Bolden took the measure of speed queen Evelyn Ashford once again as she won the 50y dash at the Annual Toronto Indoor Meet. In fact, Ashford was only third behind Angela Bailey of Canada. Bolden's 5.80 clocking moves her to equal number two on the All-Time World List.

RESULTS: 50y, 1-Jeanette Bolden (UCLA) 5.80, 2-Angela Bailey (Can) 5.85, 3-Evelyn Ashford (MedTC) 5.86; 50yH, 1-Stephanie Hightower (LAN) 6.50, 2-Kim Turner (UTEP) 6.60, 3-Nelson (Canada) 6.70; 600m, 1-Deann Gutowski (LAM) 1:31.40, 2-Lorna Forde (Atoms) 1:31.47, 3-Donna Campbell (Can) 1:34.56; 1500, 1-Jan Merrill (AGAA) 4:17.46, 2-Hansom (GB) 4:18.42, 3-Gillian Dainty (GB) 4:21.23, 4-Kellie Cathey (Ok) 4:23.11.

World 3000 Mark to Decker

Inglewood, California, February 5:-Mary Decker, running the second 3000 indoors in her career, cut more than three seconds off Grete Waitz world best for the distance as she broke the finish tape in 8:47.3. Decker passed the mile in 4:38.9 and finished far ahead of a field of good competitors. Joan Hansen was second in 9:15.9, a few ticks off her lifetime best. Stanford's Polly Plumer put her name on the All-Time US List with her 9:18.1 third place finish (#7US) and Cathie Twomey moved onto the List in 8th position with her 9:19.3 clocking.

Yet another world mark was equalled as Britains Janine McGregor zipped the 500 yards in a record-equaling 1:03.3. Gwen Gardner's 1:05.0 in third place got her onto the US List in 8th spot. Maureen McGee had her best-ever flight of hurdles, winning the 60y event in 7.68 and became the #6 on the US List. Jeanette Bolden won the sprint by a large margin over Canada's Angela Bailey and Gilian Dainty of Britain won a slowish 880 in 2:10.0.

RESULTS: 60y, 1-Jeanette Bolden (Wilt's AC) 6.66, 2-Angela Bailey (Can) 6.84, 3-Diane Williams (IAN) 6.89, 4-Alice Brown (Wilt's AC) 6.94; 60yH, 1-Maureen McGee (LAM) 7.68, 2-Cannon (Un) 7.70, 3-Akimoto (Jap) 7.84, 4-Gayle Watkins (CoastAth) 7.91; 500y, 1-Janine McGregor (GB) 1:03.3, 2-June Griffith (Guy) 1:04.5, 3-Gwen Gardner (LAM) 1:05.0, 4-Deann Gutowski (LAM) 1:05.7; 500y "B" Race, 1-Arlise Emerson (WAC) 1:05.0, 2-LaShon Nedd (WAC) 1:07.1, 3-Sharon Dabney (LAN) 1:07.9; 880, 1-Gilian Dainty (GB) 2:10.0, 2-Donna Campbell (Can) 2:10.2, 3-Diane R chburg (GazInt) 2:11.2, 4-Monica Joyce (SDS) 2:12.3, 5-Sue Belger (PCC) 2:13.9; 3000, 1-Mary Decker (AthWst) 8:47.3, 2-Joan Hanson (AthWst) 9:15.9, 3-Polly Plumer (Stanford) 9:18.1, 4-Cathie Twomey (AthWst) 9:19.3, 5-Regina Joyce (Wash) 9:21.2. (Decker timed at 2000m in 5:53.4, bettering world mark of 5:55.2 by Francie Larrieu in 1981.)

Tempo in Double Win

Ypsilanti, Michigan, January 30:-Gina Tempo turned in a neat double as she won the 60y hurdles (8.23) and 60y sprint (7.15) to lead Eastern Michigan to a win over Central Michigan and Athletes in Action TC.

RESULTS: SP, Julie Ravary (CM) 40'1; LJ, Ingrid Boyce (EM) 17'11½; 60yH, 1-Gina Tempo (EM) 8.23, 2-Kyle Mol (CM) 8.68; 440, 1-Debbie Mullice (AATC) 57.5, 2-Ingrid Boyce (EM) 58.7; 880, 1-Wendy Gusie (EM) 2:18.53, 2-Sue Parks (AATC) 2:19.44; HJ, Ellie Hayden (EM) 5'8; 4x220, Eastern Michigan 1:44.64; Mile, Cheryl Scheffer (EM) 5:01.7; 60y, 1-Gina Tempo (EM) 7.15, 2-Joyanne Clark (EM) 7.36; 300y, 1-Cheryl Laycock (CM) 38.34, 2-Joyanne Clark (EM) 38.84; Scores, 1-Eastern Michigan 81, 2-Central Michigan 52, 3-AATC 16.

Cleveland KC Games

Richfield, Ohio, February 6:-Tennessee's Delisa Walton, with a 54.54 win over 400 meters, was the top performer at the Annual Cleveland Knights of Columbus Games.

RESULTS: 55m, 1-Jackie Washington (Houston) 6.91, 2-McKenzie (Motor City TC) 7.02, 3-Jules (Cleveland St) 7.20; 400, 1-Delisa Walton (Tn) 54.54, 2-Deann Gutowski (UCLA) 55.12, 3-Charmaine Crooks (UTEP) 55.21, 4-Gwen Gardner (LAM) 56.56; Mile, 1-Laura Craven (Ohio HS) 4:51.54.

AR For Hightower

Louisville, Kentucky, February 6:-Stephanie Hightower raced over the 60m hurdles in 8.05 to break her own American Record for the distance. The previous record was 8.17 set last year.

RESULTS: 60m, 1-Chandra Cheeseborough (TSUTC), 2-Jones (MichSt) 7.55, 3-Fort (TSUTC) 7.59; Mile, 1-Cindy Brems-er (WisUn) 4:41.1, 2-Ann Pewe (MichSt) 4:41.5, 3-Bernadette Madigan (Ky) 4:41.9; 60mH, 1-Stephanie Hightower (IAN) 8.05, 2-Candy Young (FD) 8.25, Benita Fitzgerald (Tn) 8.28; HJ, 1-Louise Ritter (PCC) 5'11, 2-Ann Bair (Va) 5'9, 3-Herrell (US Marines) 5'9.

Indoor Marks

Marks Received to February 6

@=Oversized Track
+=Not a US Citizen

50 Yards

5.64 Evelyn Ashford (MedTC)
5.80 Jeanette Bolden (WAC)
5.81 Chandra Cheeseborough (TTC)
5.89 +Merlene Ottey (Nb/Jam)
5.99 Brenda Morehead (TTC)
6.01 Esther Hope (Jackson St)
6.02 Diana Williams (LAN)
6.04 Pat Miller (Wy)
6.05 Janet Burke (Nb)
6.06 Jackie Washington (JackSt)

50 Meters (*=Hand time + 0.24)

6.41 Randy Givens (FlSt)
6.43 +Marita Payne (FlSt/Can)
6.58 Kim Parish (FlSt)
6.60 Veronica Walker (Ga)
6.60 Lori Dinello (Florida)
6.63 C.Horton (S.Car.St)
6.64* Dana DeVan (Un)
6.64 Kim Schofield (Florida)
6.65 Carolyn Berry (Ala)
6.66 J.Hinkson (S.Car.St)

55m/60y

6.60 Jeanette Bolden (WAC)
6.65 Evelyn Ashford (MedTC)
6.76 Chandra Cheeseborough (TTC)
6.77 +Merlene Ottey (Nb/Jam)
6.81 Diane Williams (LAN)
6.83 Janet Burke (Nb)
6.85 Sherri Funn (G.Mason)
6.89 Brenda Morehead (TTC)
6.90 Jackie Washington (Hst)
6.94 Alice Brown (LAN)

60 Meters (*=Hand time + 0.24)

7.38 Chandra Cheeseborough (TTC)
7.55 Jones (MichSt)
7.59 Fort (TTC)
7.62 Judy Winski (Wisconsin)
7.64* Sybil Perry (Purdue)
7.72 Pat Johnson (Wisconsin)

200 Meters (*=Hand time plus 0.24)

23.93 Florence Griffith (UCLA)
25.19 Darlene Jefferson (MsAC)
25.22 Cecelia Munez (NYHS)
25.27 Gwen Gardner (LAM)
25.34* Angela Williams (NYHS)
25.34* Cerina Henry (NYHS)
25.74* Sharon Johnson (MsAC)
25.74* Diane Dixon (NYHS)
25.80 Edyrl Parkinson (Temple)

300 Yards (*=Hand time + 0.14)

33.10 +Merlene Ottey (Nb/Jam)
34.75 Janet Burke (Nb)
35.31 Chandra Cheeseborough (TTC)
35.44* Sharon Johnson (MsAC)
35.66 Jennie Gorham (Nb)
36.21 Rosalyn Bryant (LAN)
36.31 Reba Jackson (Indiana)
36.50 Sheryl Pernell (TSU)
36.66 Alicia McQueen (Nb)
36.90 Ernestine Davis (TSU)

300 Meters (*=Hand time + 0.14)

39.74* Keri-Lynn Hayes (St.John's)
40.03 Belinda Little (Ala)
40.04* Evelyn Taylor (Cornell)
40.15 Veronica Walker (Georgia)
40.44* Donithy Jones (OhioSt)
40.56 Robin Jackson (WisUn)
40.62 Cheryl Osborne (AITC)
40.74* Darcel Church (IndSt)
40.84 Margaret Demorest (Stanford)
40.85 +Sidda Kjarpanstottir (Al/Ic)

400m (*=HT + 0.14; #=440y - 0.30)

53.40 +Merlene Ottey (Nb/Jam)
53.76 +June Griffith (StanTC/Guy)
54.36 Edna Brown (Temple)
54.54 Delisa Walton (Tn)
55.04* Maxine Underwood (BITC)
55.12 Deann Gutowski (UCLA)
55.21 +Charmaine Crooks (UTEF/Can)
55.26 Gwen Gardner (LAM)
55.44* Diane Dixon (Atoms)
55.59#@ Lisa Garrett (Va)

500 Yards

1:04.5 +June Griffith (StanTC/Guy)
1:04.6 Arlise Emerson (UCLA)
1:05.0 Gwen Gardner (LAM)
1:05.6 Sharon Dabney (CSLA)
1:05.6 Deann Gutowski (UCLA)
1:06.9 Gervaise McGraw (CaHS)
1:07.1 LaShon Nedd (WAC)
1:08.1 Brenda Peterson (WAC)
1:08.2 Arnold (Cal HS)
1:08.4 Rolfe (Cal HS)

500 Meters (*=Hand time plus 0.14)

1:12.97 +June Griffith (StanTC/GUY)
1:12.99 +Charmaine Crooks (UTEF/Can)
1:13.15 Maxine Underwood (Mass HS)
1:13.53 Lori McCauley (Rutgers)
1:14.62 Tammy Hart (PennSt)
1:15.34* Dorean Best (NYHS)

600 Yards (*=Hand time + 0.14)

1:22.20 Marcia Tate (Nb)
1:22.74* Wanda Trent (MsAC)
1:23.74* Deann Gutowski (UCLA)
1:23.94* Diana Richburg (NY HS)
1:23.99 Barbara Ennis (Indiana)
1:24.14* Dana Wright (Old Dominion)
1:24.20 Sue Spalholz (Wisconsin)
1:24.84* Helen Blake (DC Int)
1:24.94* Samantha Green (Pa HS)
1:25.34* Monika Osterlin (GazInt)

600 Meters (*=Hand time + 0.14)

1:30.84* Jeremy Edmonds (BUTC)
1:31.40 Deann Gutowski (UCLA)
1:31.47 Lorna Forde (Atoms)
1:31.74* Diana Richburg (NYHS)
1:33.74* Karen Key (Alabama)
1:34.44* Cynthia Gilbert (Ga)
1:34.94* Susan Seebers (Florida)
1:34.94* Donithy Jones (OhioSt)
1:35.64* Cecelia Palmcrantz (Fl)

800m (*=HT + 0.14; #=880y - 0.70)

2:06.51 Delisa Walton (Tn)
2:07.07 Joetta Clark (Tn)
2:07.20 Leann Warren (Oregon)
2:08.45 Robin Campbell (StanTC)
2:08.98 Diana Richburg (NYHS)
2:10.04* +Dorian Lambelet (Cor/Swi)
2:10.14# Kay Stormo (Iowa)
2:10.24*#+Ranza Clark (Ore/Can)
2:10.96 Lorna Forde (Atoms)
2:11.44*# Sue Belger (Un)

1000 Yards (*=Hand time + 0.14)

2:26.24* +Jo White (Richmond/GB)
2:28.86 Cindy Bremser (WisUn)
2:31.12 Tami Essington (Nb)
2:33.52 Maryann Brunner (Wisconsin)
2:35.63 +Bernadette Madigan (Ky/GB)
2:40.00 Missy Vaughn (Ky)
2:40.14* Alda Cossi (DC Capitol)

1000 Meters (*=Hand time + 0.14)

2:47.24* Maryann Brunner (Wisconsin)
2:50.52 Judith Croasdale (BYU)
2:53.54* +Margaret Coomber (FlSt/GB)
2:54.44* Linda Portasik (Tn)
2:55.54* Mary Stoner (OhioSt)
2:57.14* Dawn Garoutte (Purdue)
2:58.14* Carrie Shuster (OhioSt)
2:58.44* Laura Murphy (BowGreen)
2:58.64* Patty Carrell (IllSt)
2:59.54* Susan Baxter (Tn)

1500 Meters (*=Hand time + 0.14)

4:08.32 Mary Decker (AthWst)
4:16.03 +Jo White (Richmond/GB)
4:17.46 Jan Merrill (AGAA)
4:18.24* Darlene Beckford (Harvard)
4:18.79 Francie Larrieu (NBTC)
4:23.11 Kellie Cathey (Ok)
4:25.14* Jill Haworth (Va)
4:26.34* Lesley Welch (Va)
4:28.04* +Dorian Lambelet (Cor/Swi)
4:28.85 Ceci Hopp (Stanford)

One Mile (*=Hand time + 0.14)

4:24.74* Mary Decker (AthWst)
4:36.54* Francie Larrieu (NBTC)
4:36.64* Joan Hanson (AthWst)
4:36.74* Cathie Twomey (AthWst)
4:36.84* Cindy Bremser (WisUn)
4:38.04* Leann Warren (Oregon)
4:41.64* Ann Pewe (MichSt)
4:41.76 +Dorothe Rasmussen (IaSt/Den)
4:42.04* +Bernadette Madigan (Ky/GB)
4:42.24* Michelle Bush (UCLA)

3000 Meters (*=Hand time + 0.14)

8:47.44* Mary Decker (AthWst)
9:16.04* Joan Hanson (AthWst)
9:16.72 Francie Larrieu (NBTC)
9:18.24* Patti Plummer (Stanford)
9:19.14 Pia Palladino (Gtn)
9:19.44* Cathie Twomey (AthWst)
9:21.34* +Regina Joyce (Wash/GB)
9:23.78 +Lynn Kanuka (SDS/Can)
9:29.08 Hayes
9:35.46 Judi St.Hilaire (AthWst)

Two Miles (*=Hand time + 0.14)

9:44.29@ Brenda Webb (AthWst)
10:11.85@ Margaret Groos (Un)
10:23.90 Cindy Dixon (Un)
10:36.64* Lynn Strauss (Pa HS)
10:37.29 Cathy Branta (Wisconsin)
10:40.34 Janel LeValley (KanSt)
10:41.58 Mary Walsh (Md)
10:42.81 Johanna Reneke (Indiana)

Three Miles (*=Hand time + 0.14)

15:58.94* Melanie Weaver (Mich)
15:59.04* Diana Bussa (MichSt)
16:01.14* Lisa Larsen (Michigan)
16:03.04* Jill Washburn (MichSt)
16:13.14* Mary Walsh (Md)
16:15.63 Margaret Davis (Iowa St)
16:28.96 Cathy Branta (Wisconsin)
16:45.02 Marianne Dickerson (Ill)
16:59.64 Sandy DeNoon (Drake)
17:01.34 Dana Schaulis (KanSt)

5000 Meters (*=Hand time + 0.14)

16:23.84* Kathy Bryant (Tn)
16:28.24* +Patsy Sharples (Id/RSA)
16:31.74* Martha White (Va)
16:34.54* Susan Girard (NC St)
16:39.14* +Bernadette Madigan (Ky/GB)
16:39.94* Alanna McCarthy (Purdue)
17:25.14* Jenny Tuthill (Wind TC)
17:31.82 Melanie Decker (W.Mich)
17:35.14* Susan Baxter (Tn)
17:46.26 Kathy Boyle (Fleet Feet)

50 Yard Hurdles

6.50 Stephanie Hightower (LAN)
6.59 Candy Young (FarDick)
6.60 Kim Turner (UTEF)
6.89 Lori Dinello (Florida)

50m Hurdles (*=Hand time + 0.24)

7.22 Lori Dinello (Florida)
7.24* Tonja Brown (FlSt)
7.34* Carol Faison (FlSt)
7.34* Almetha Roland (FlSt)
7.36 Piper Bressant (Florida)

Continued on Page 7

The Coach Says... (Continued)

J. D. MARTIN (Oklahoma): "We have some excellent people returning and we have some good recruits. On paper, we look to be strong in every area but the sprints. We have very versatile people who can run a variety of races and compete in a variety of events. We have had excellent training this fall and we should be a good team. We have to stay healthy and if we do, we will give Nebraska a run for the money again in the Big Eight."

JOYCE MORTON (Illinois State): "I think we'll still be strong this year, but in different places than last year. Last year it was in the high jump, sprints and hurdles. This year I think we'll do well in middle distances and the long jump. We brought in some strong people, but I was hoping to double the talent we already had. We just won't have as much depth."

VERN GAMBETTA (California): "We'll be about 200% better than we were last year. We have some super athletes returning, and such a great new group coming in. I'm very excited about the season. We should have one of the top 10 dual meet teams in the US."

DICK KOONIZ (Montana): "We have an extremely talented team assembled here. The newcomers have already developed the Grizzly pride. A lot of top girls will be competing in unfamiliar events during the indoor season, but I think we can still be very successful. We want to do well, but we are focusing on the outdoor season. We will be in some good meets, but we don't want to strain ourselves. We will be working towards a mild peak at the end of the indoor season and a major peak at the end of outdoors."

JARVIS SCOTT (Texas Tech): "Our seven returning athletes will give us the talent and the leadership to help the freshmen adjust to the rigors of collegiate competition. I think this single factor will give Texas Tech the strength to be one of the top three teams in the State."

KEN BOGGS (Colorado State): "It will be hard to predict how we will do indoors since we're not pushing for regionals and will not go to nationals. We will develop speed work throughout the indoor season with the athletes and groom them for the big push during the outdoor season. We have specific goals we want our women to accomplish."

BEV ROUSE (Arkansas): "I think we'll have a good indoor season. It would be nice to get a relay team to nationals again along with some individuals. But I don't want to lean too heavily on the indoor season. A lot of teams run well indoors and then fall apart in the spring. Outdoors is our priority."

BILL BUTLER (West Chester State): "A very strong nucleus returns, and probably the best group of freshmen coming in that we have ever had. So, the outlook is very bright and this could be our most successful season."

GUNTHER PADOO (Omaha U): "I wouldn't enter her in a dog fight even if I thought she could win!"

CONNIE EDLUND (Central Missouri): "We're really strong and deep in the middle and long distance runs. We still need a lot of work in the field events, but I think we're a lot better than last year's team."

MIKE LAWLESS (Minnesota): "We've got good depth in some areas, but we don't have a lot of potential Big Ten champions - we're missing the real super athlete. But we do have a number of athletes capable of scoring well in the Big Ten meets, and we have some relay teams that should do well. We're capable of being better than we were last year."

MARY ITEN (Kearney State): "This year's squad is young; we have only three seniors. In addition to the youth, we're not too deep at several events."

DENNIS CRADDOCK (Virginia): "The team has not been outside to get in a lot of practice, so our only chance to get in shape is in the meets. (Our team) has great athletes and a number have already qualified for the nationals. We expect to do well."

High School Track by Rich Ede

When I first began writing this column nearly ten years ago, the magazine was full of high school athletes. The national lists were loaded with those under 19 years and an athlete over 25 was a rarity. High school track itself, wasn't a major factor since few states had high school programs per se. Iowa and Texas were notable exceptions, but even in Texas, the longest race for girls was an 880. Nevertheless, the athletes were there and dominated US women's track and field.

Since that time, high school track has grown, but so have the opportunities for college-age athletes. The national lists have gradually grown older. Rarely have 'juniors' cracked the top 10 in the past few years - until 1981!

Last year's national women's lists (found in this issue) feature a resurgence of high school athletes. To be sure, there are fewer of them in the distances and field events than in the sprints. Experience has to tell somewhere, but even that "rule" runs into violation at two miles where junior Vicki Cook (Alemany, Mission Hills, Ca) and sophomore Patty Matava (Bellevue, Wa) hold down the second and third spots and 8 of the top 10 are high school products. (Of course, few collegians contest 2 miles anymore and most high school "2 miles" are converted 3200 meters.)

Of the commonly contested events, the most notable HS placers come in the 400 where Ericka Harris (Gig Harbor, Wa/51.45) and Denean Howard (Kennedy, Granada Hills, Ca/51.65) are the top two Americans on the list. Howard also ranks seventh in the 200 (23.40), behind Texas' (Skyline, Dallas) LaShon Nedd (23.0). Incidentally, Harris ranks 25th in this event. Michele Glover (Willingboro, NJ) heads the short sprinters (7th/11.42) while teammate Carol Lewis is 3rd in the long jump (21'6").

Moving out of the sprints, Upper Dublin's (Pa) Kim Gallagher clocked 2:01.82 at TAC to rank 5th in the 800 and is the highest ranked prep in the 1500 also (4:19.77). Cook, 20th in the 1500, moves to 10th in the mile (4:39.3) ahead of Ceci Hopp (Greenwich, Ct) at 4:42.6. Gallagher, Hopp and Cook rank 13-15-17 in the 3000 also.

Few high schoolers make the lists in the non-high school events of 5 and 10K. Notable exceptions are twins Leslie and Lisa Welch (Veterans, Peabody, Mass) in the 10000 where they rank 23 and 30.

In the technical events, the jumps seem to better for preps. Lewis was alone in the long jump, but Mary Moore (Issaquah, Wa) at 6'2 was 5th in the high jump and Kym Carter's (East, Wichita, Kan) 6'0 3/4 was 10th best ahead of Shari Collins (Chillicothe, Ore) and Julie Waters (Orem, Ut), both at 6'0. Gone are the days when 6'0 was all alone in high school.

And then there was - and is - Natalii. Kaaiawahia that is, (Fullerton, Ca, sophomore). Fifth in the shot (52'4 1/2) and 23rd in the discus (162'10) with almost no work on the latter.

In the hurdles, Tracy Nelson (Plainfield, NJ/58.56/9th) and Clara Hairston (Kern, NC/13.67/14th) reflect the technical nature of the events. There, too, it takes a few years to move higher in the ranking. (The world number one last year was 32 years old.)

Relays, too, reflect maturity (and recruiting) and the best HS rankings are in the 4x400 with 12th position (3:37.24) by Kennedy with Denean Howard and company, and 13th (45.13) by Berkeley in the 4x100.

Many of those ranking in the top of the women's list will be showing up again this year as juniors or seniors in high school. Many of our older athletes will have to watch out!

HIGH SCHOOL KALEIDOSCOPE: More and more states are adding the triple jump for girls. This year California places it in their state meet to join Florida, Texas, Connecticut and others....still no 33" hurdles however....Is the vault coming? A highly placed California Interscholastic Federation official claims the state will "add one more event comparable to the boys" in 1983....Marilyn Davis (Miramonte, Orinda, Ca), Kinney Western cross-country winner, was declared ineligible for her school's championship meets for violation of a school drinking rule. She was quoted as saying that such a rule had no place in her community (a San Francisco suburb). Something about rules being made to be....It was Jessica Spies night at the Sports Arena's Sunkist Invitational as the Livermore speedster first decimated the high school 880 field in 2:11.7 (second was seven second back - that's 60 yards!), then returned to outkick Polly Plumer (University, Irvine) in the mile (4:58.2 to 4:58.3). Plumer's teammate Teresa Barrios clocked 4:59.3 in third. For other results see the report on the Sunkist Meet in this issue....Send results, commentary, photos, etc., to High School Editor Rich Ede, 1424 Lynoak Drive, Claremont, Ca, 91711.

The Warmup

What It Is and How To Do It

By Fred Wilt. (Fred Wilt is now women's track coach at Purdue University. Fred was an FBI agent for 30 years, was a member of two USA Olympic teams and formerly held the world record for two miles - among other things. Ed)

For the runner, jumper and thrower, a warmup is merely preliminary exercise as physical and mental preparation for strenuous exercise to follow. I strongly recommend that the athlete's warmup prior to competition should be identical to the warmup she has been accustomed to using prior to daily workouts. It is not uncommon to see athletes taking a proper warmup before daily training, and two or three times the workout warmup prior to competition. Surely this practice is difficult to justify, whereas the wisdom of using the same warmup before both training and competition may be readily understood.

Coaches have long suspected that the psychological preparation achieved by warming-up is as important as the physical benefits which accrue. Some of the physiological adjustments which may occur during warmup include:

- Slight increase in body temperature.
- Arterioles supplying blood to the muscles dilate.
- Muscle viscosity increases.
- Stroke volume of the heart increases.
- Heart rate increases.
- Blood pressure rises.
- Pulmonary and bronchial blood-flow increases.
- Respiration becomes deeper and faster.
- Splanchnic circulation diminishes.
- The process of digestion and absorption slow down.
- Glycogen stores in the liver are converted to glucose and passed into the general circulation.
- Vasodilation of the skin.
- Perspiration may appear.

Coaches may become concerned that warming-up by some athletes occupies an extended period of time. Possible excessive socialization and seemingly interminable idle conversation among team-mates may prolong the warming-up period to the point of time-wasting.

There is no single warmup that is perfect for every athlete, or even ideal for the same athlete every day. There may be many warmups equally adequate for the same athlete. In an effort to insure that the athlete is adequately warmed-up without wasting time, I have arbitrarily evolved the following routine which well-conditioned runners, jumpers and throwers may use prior to both training and competition: Run 1600m (one mile) continuously in the following general manner without being timed:

- First 400 in 2½-3 minutes.
- Second 400 in 2 minutes.
- Third 400, alternately run "fast" for 50m then jog slowly for 50m throughout the lap. Each of the "fast" 50m segments should be faster than the previously run 50m, and the fourth "fast" 50m should be near the athlete's full sprinting speed at the moment.
- Fourth 400 in 2½-3 minutes.

This continuous 1600 (mile) at variable speeds is followed by approximately five minutes of slow stretching-type calisthenics. The muscles stretched should in general be the large-muscle groups used in actual performance of the athlete's event. Care must be taken to avoid injury by overstretching and contortionism.

Following the above warmup activities, the athlete may walk perhaps five minutes until the pulse recovers to approximately 120 beats per minute or slower, and then go directly into the workout. Such a warmup should not require much longer than 15 to 20 minutes. Prior to competition, many athletes walk as much as 15 minutes before racing.

An athlete who has not previously achieved a certain degree of physical fitness should not expect to use this warmup. One should follow the usual procedure of gradually increasing the volume and intensity of training over an appropriate number of weeks until such a warmup appears quite easy. On the other hand, an experienced athlete who becomes excessively fatigued by such a warmup might want to consider additional general fitness training. Use of this warmup may produce much of the aerobic (with oxygen) endurance needed by jumpers and throwers.

The Role of the Coach

By Harry Wilson, National Long Distance coach of Britain. Reprinted from South Africa Athlete.

ANXIOUS COACHES MAKE ANXIOUS ATHLETES.

The above comment at a Coaches Conference some years ago is a phrase that should be remembered by every coach. Some athletes get apprehensive before a big event and it's no good for her to turn to her coach for support if she finds that her coach is also tense and worried. If an athlete's training is going well then she should be encouraged to look forward to be excited at the idea of matching herself against her rivals. If the coach has done his job of preparing the athlete well, he should be able to sit back on a raceday and say something like "Over to you now - go out and do justice to yourself". On race-days the coach is a reassuring figure in the background. He's going to the meet to enjoy watching the athlete run. He shouldn't be fussing around and bewildering the athlete with complicated instructions. The athlete should know how to prepare for her race and should be encouraged to get on her own and to channel her thoughts into what's coming up. After the race I feel it is important to discuss the result and to see if there are any lessons to be learned. This should be fairly soon afterwards while the feelings are still fresh in the athlete's mind. Obviously, you allow sufficient time for the athlete to recover her full facilities and to enter the realm of normalcy again.

The training program immediately after a major race often sets tricky problems for the coach and again the individual approach is needed. A runner may have a disappointing run and want to make up for it by training twice as hard. In fact, it may be best for her to ease up for a few days. Or a runner may be so elated by a good performance that she feels like doing much more training. Again, it may be more beneficial for her to have a few easy sessions to insure complete recovery. If a disappointing run is due to fitness, then the runner has to alter or step up her training and by taking this positive step she should soon get over her despondency.

YOU DON'T HAVE TO PEDAL HARD DOWNHILL.

When an athlete is going well, you don't have to keep putting pressure on her - you just keep her ticking over. You keep life as simple as possible for her. On the other hand, when an athlete is going through a difficult time you have to be prepared to spend more time with her. Life can be fairly easy for a coach when things are "clicking" but it brings out the best in you when working with an athlete through hard times.

THEY MAY RUN FASTER BUT THEY DON'T RUN HARDER

A typical quote from the incomparable Percy Cerutti, used to put over the point that coaches should be aware of what hard training feels like. You don't have to have been a runner to be a coach, but it's a great help. Runners respect someone who has been through the mill and can appreciate both the mental and physical stresses of training and competition. I think it's important to keep in reasonable condition and now and then to give yourself a bit of your own medicine. It is surprising how soon you can forget what fatigue feels like.

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The Warmup (Continued)

I have found the above warmup to be adequate for most age 15 and older track and field performers, with the added advantage of it not requiring an excessive amount of time to complete.

An exception to the above warmup may be prior to an athlete running a long, continuous training jaunt at very modest speed. On such an occasion, I recommend the runner take approximately five minutes of slow stretching calisthenics, and then go directly into running the first 1600m at a very slow speed, before increasing the pace to the desired workout speed. In such a case, the first 1600m may be as easy as 10 minutes.

I would be remiss without reiterating there may be innumerable warmup routines which might accomplish the same objective. This objective is merely providing appropriate preliminary exercises in preparation for strenuous exercise to follow. With "all things considered", I have found this warmup most efficient for our over-all situation at Purdue University.

Role of the Coach (Continued)

NO MAN IS AN ISLAND.

There are rare occasions when a problem crops up that you and an athlete can't solve without some outside help and it's important then to know where to turn for advice. Make sure you have contacts who can help on these occasions. The most useful allies to have are:

- A. Someone in the medical profession who can quickly and efficiently attend to injuries. Prompt treatment is a must for injuries and athletes are notorious procrastinators when it comes to going to an expert for treatment.
- B. A physiologist who can give your athletes a checkup.
- C. Another coach who can discuss things with you objectively and confidentially.

STALEMATE.

Years ago, coaches were advised to keep their eyes open for signs of staleness in athletes. Usual symptoms were: loss of performance, no desire to train, irritability, and the athlete was generally fed up with athletics. Invariably, the cure was simple - rest. And athletes were told they had done enough for the season. In most sport, there are times when the participant gets sick of the sight of the track or the field, or the court and the term "being stale" seems most apt on these occasions. A complete break is called for until the athlete's desire to train and compete is revived. However, I am sure that in many instances the diagnosis "staleness" was too simple and the loss of form and interest was due to some other factor. If an athlete does show the symptoms mentioned above, I suggest the coach check the following points:

- A. Insufficient variety in training. Is training always in the same surroundings? Is it always the same type of exercise? Does the athlete feel there is constant pressure on her in training? A change in any of these factors can bring about a favorable response. The athlete has to accept that a lot of her training is going to be hard and that it means developing a routine, but the danger signs are there when an athlete constantly dreads training sessions and starts thinking, "Oh, not again!"
- B. Too many races at the same distance. The anticipation and excitement of competition releases adrenalin which acts as a stimulant to the heart and the athlete counts on this phenomenon to bring out that bit extra in a race. This effect isn't present when the athlete starts thinking "it's just another race" and this attitude can creep in if she always races over the same distance. Under and over distance races provide variety as well as being valuable training distances.
- C. A badly planned program. The training and racing program should be planned so that the heaviest training load comes in the time of least competition. It is unreasonable to expect an athlete to feel lively and race-ready when she is in the middle of a heavy training period. It's quite likely that during some periods of training an athlete will feel a bit tired for most of the time and with feelings like this, she's not likely to look forward to races. When the athlete has an intensive racing program she will only need to train lightly so it's no good expecting her to be thrilled by the prospect of interspersing hard races with tough training sessions. I try not to do a hard interval session within five days of a major race. Also, some athletes are so emotionally drained after a big event that they may need two or three days rest or easy running before tackling any serious training.
- D. Insufficient sleep or rest. No need for any comment and the solution is simple - go to bed earlier.
- E. Poor diet. A runner in hard training is quite a different animal from the so-called average person in the street, so it's important to check that this diet is adequate for her requirements. As a result of her hard training, the runner will be using up at least 4000 calories of food a day, so it's important that her food intake matches this demand or else she will lose weight. This is why many coaches keep a careful check of an athlete's weight and once she has reached her best racing weight, it's vital to see there is no significant loss of weight. If an athlete is overweight, this extra weight will disappear with training and a careful check on her calorie intake. Most experienced coaches develop a keen eye for detecting overweight athletes and the extra pounds are usually most noticeable around the hips, backside and thighs. It requires more energy to

drive an overweight body and the extra bulk also restricts mobility.

- F. Low hemoglobin level. This is proving to be a common cause of poor performance and can easily be checked by arranging for the athlete to have a blood count. If an athlete has a low count, then it is usual to prescribe an iron supplement. This should be done in consultation with a doctor or physiologist.
- G. Stress. There are occasions when outside pressures will pre-occupy an athlete so much that she is unable to concentrate on training or racing. Problems associated with work, studies, finance, personal relationships, etc., can worry a person so much that their general health can be affected, let alone athletic fitness. When an athlete is going through such a period, it would be foolish to add further stress by putting pressure on her to keep up a high level of training. Under these circumstances I feel training should be very light, (sufficient to provide a diversion and not requiring great mental concentration), until she has eased her problems and is able to give adequate attention to her running again. However, it's not sufficient for an athlete to say she has problems and hope they'll go away - she's got to take action to solve them.

SUMMING UP.

I hope this article hasn't given the impression the coach is merely a benevolent problem-solver who is at the athlete's beck and call. Far from it. When an athlete starts working with a coach she must understand that the benefit she gains from the partnership will depend on the effort she puts into it. It's not sufficient for her to say "I'll do the running - you do the thinking and worrying". The athlete has a responsibility to her coach to be honest, to be loyal and to give him her full confidence. An athlete works with a certain coach because she respects his judgement and is generally in agreement with the coach's ideas and methods. There are bound to be occasional differences of opinion which should be discussed frankly, but these should be rare. There is not much point in an athlete having a coach with whom she perpetually disagrees. The coach should make his views known to an athlete very early on in their relationship and the athlete should be quick to realise that to warrant enthusiasm and dedication from her coach, she must herself contribute these same factors.

By the very nature of his role, the coach must believe in himself and believe his aid can assist an athlete to reach her potential. Athletes will look to a coach for advice and information and she will be called upon to make and take decisions. The necessity of taking decisions will mean she will hold definite views but these views can change or be modified in the light of experience. The athlete usually expects a positive answer, otherwise there is no point in her asking for advice. So coaching athletes is no pastime for the person who likes to sit on the fence or who use "please yourself" as an answer to an athlete's problems. There are times when a coach will have to say "I don't know", but he'll follow this up with "But I'll find out". At times the coach will need to be sympathetic - at other times he'll need to be tough. He will be constantly using his judgement so it's not surprising if he makes the odd mistake now and then. He has to realise that this will occur but it should not make him afraid of making decisions. Because he is an enthusiast and always looking for more efficient ways of training and motivating athletes, he is bound to attract criticism on occasion. If he's successful he'll gain supporters and imitators but he'll also arouse jealousies. Sometimes the coach will develop a way of inspiring performances from athletes that others will view with scepticism and, at times, alarm. But it is the opinion of his own results. The dedicated coach will not set or accept limits either for himself or his athletes. So it's not surprising if at times he is accused of "going too far". He can be reassured by the knowledge that most of the major athletic advances have been made by athletes and coaches who did something differently or who took existing methods to extremes. Today's extreme becomes tomorrow's norms.

A coach's view and actions have a big influence on the character of the athletes that he assist, so he must bear in mind the responsibility that rests in him. He can influence an athlete's way of life to a considerable extent so the example he sets must be a good one. I like athletes to feel richer because of their involvement. There's plenty of hard work involved in being a runner or a coach but there's also plenty of satisfaction and pleasure.

1981 U.S.A. LIST

Legend: +=Not a US Citizen
 h=Mark made in trial heat
 s=Mark made in semi-final
 q=Mark made in qualifying round
 d=Disqualified
 H=Mark made in heptathlon
 t=Tie
 w=Windy

100 Meters (*=Hand time plus 0.24)

11.90	(1)	Evelyn Ashford (MedTC)	10.85w	ColSpr	7-22
11.07s	(1)	+Merlene Ottey (Nb/Jam)	10.97w	Austin	5-29
11.18	(2)	Jeanette Bolden (UCLA)		LA	5-10
11.21s	(2)	Leleith Hodges (TWU/Jam)	11.19w	Austin	5-29
11.23	(3)	Alice Brown (Shak)	11.13w	Brussels	7-28
11.23	(4)	Florence Griffith (UCLA)		Brussels	7-28
11.29	(1)	Chandra Cheeseborough (TSU)		Nashville	4-11
11.29		+Jackie Pusey (CSLA/Jam)	11.18w		
11.42	(5)	Brenda Morhead (NYPAL)		Sacramento	6-20
11.42	(1)	Michelle Glover (NJ HS)		LA	7- 1
11.44	(1)	Benita Fitzgerald (Tn)	11.25w	Knoxville	5-16
11.44*	(1)	+Esmeralda Garcia (FlSt/Bra)	11.29w	Charlotvle	5-17
11.47	(d)	+Dorothy Scott (TWU/Jam)	11.36w	Houston	5- 2
11.51	(1)	Stephanie Brown (M.Brown)		Memphis	3-28
11.51	(1)	+Jennifer Innis (CSLA/Guy)	11.35w	LA	5-17
11.51		Jackie Washington (Tx HS)			
11.51		Dana DeVan (Col HS)			
11.53	(1)	Falecia Freeman (Tx Tech)		Lubbock	4-11
11.55	(1)	Michele Matthias (NM)	11.48w	Ogden	5- 9
11.56	(2)	Lori Green-Jones (Kan)		Memphis	3-28
11.56	(1)	Angel Doyle (Sth)	11.45w	Baton Rouge	4-18
11.56	(1)	Ada Hay (SMCC, Cal)		LA	5- 1
11.56	(2)	Valerie Brisco (Shak)		LA	5-17
11.56	(1)	Sharon Ware (Cal HS)	11.50w	Cerritos	6- 5
11.60		+Marita Payne (FlSt/Can)			
11.60	(2)	Deandra Carney (TSU)		Nashville	4-11
11.62	(1)	Lisa Hopkins (IngPan)		Houston	5- 9
11.62s	(4)	Tara Mastin (Hst)	11.56w	Austin	5-29
11.62	(2)	Inger Peterson (Cal HS)		LA	7- 1
11.64*	(1)	+Michelle Walsh (Ariz/Ire)		Tucson	3- 7
11.64*		Linda Weekly (Tx Sth)	11.43w		
11.64*s	(5)	Jodi Anderson (LAN)	11.54w	Sacramento	6-20
11.64		Nellie Bullock (Morg St)			
11.64*		+Janice Bernard (DC Int/Tri)			
11.64h	(1)	LaShon Nedd (Tx HS)		LA	6-20
11.66	(1)	Catherine Horton (SCarSt)		Tallahassee	4-19
11.66	(2)	Yolanda Rich (LAN)		Wichita	5-30
11.66		Carmen Gordon (Mo HS)			
11.67	(1)	Lisa Thompson (UNLV)	11.58w	Tempe	4- 4
11.67		Lori Dowers (Del St)			
11.67	(1)	Kim Robinson (USC)	11.61w	Walnut	4-25
11.67	(2)	Sharrieffa Barksdale (Tn)		Knoxville	5-16
11.67s	(5)	Amanda Fields (NM)	11.50w	Austin	5-29
11.67		Angela Thacker (Mo HS)			
11.68	(3)	+Esther Hope (JksSt/Tri)	11.14w	Wichita	5-30
11.69	(1)	Pam Marshall (Coast AC)		LA	3-28
11.70	(3)	Alicia McQueen (BarCC)	11.62w	Fyettville	3-28
11.70		+Sonia Clark (SCarSt/Bar)			
11.70h	(2)	Zalda Johnson (Cal HS)	11.56w	Cerritos	6- 4
11.71h	(1)	Darlene Jefferson (Hst)	11.51w	Philadelphia	4-24
11.71	(1)	Brenda Cliette (Ga HS)		Lincoln	8- 2
11.72		Debra Martin (TSU)			
11.72	(1)	Gervaise McGraw (Cal HS)			4-25
11.72		Teri Smajstria (Tx HS)			
11.73	(1)	Constance Ward (CS Bakersfield)		Indiana	5-16
11.73		+Janice Hinkson (SCarSt/Tri)			
11.73		Lisa Stengel (Mo HS)			
11.74*	(3)	+Linda Wilson (Sth/Nor)		Houston	3-20
11.74h	(1)	+Norma Murray (Nb/Jam)		Des Moines	4-11
11.74*	(1)	Randy Givens (FlSt)		Gainesville	4-24
11.74*	(1)	Barbara Bell (Tx HS)	11.54w	Denton	4-25
11.74	(2)	Jackie Durham (Angelo St)		Indiana	5-16
11.74*	(1)	+Angela Williams (NY HS/Tri)		Baltimore	7-19

Wind Aided (Runners not listed above)

11.15w	(2)	Sheila La Bone (PV)		Houston	5- 2
11.23w	(3)	Cora Sherman (Tx Sth)		Houston	5- 2
11.29w	(4)	Sandra Howard (LAN)		Cerritos	6-14
11.47w	(6)	Cassandra Graham (PV)		Houston	5- 2
11.48w	(7)	Donna Hazzard (Tx Sth)		Houston	5- 2
11.54w	(2)	Janet Davis (Sth)		Syracuse	7-25
11.63w	(2)	Brenda Brown (Va)		Knoxville	4-10
11.64*	(1)	Cynthia Williams (Grambling)		Grambling	3-12
11.64hw	(1)	Denean Howard (Cal HS)		Cerritos	6- 4
11.64*w		Felicia Moore (Ok)			
11.65w	(6)	Gail Douglas (CstAth)			6-14
11.65hw	(3)	Lillie Hayes (San Jacinto JC)		Austin	4- 4
11.70w	(1)	Nedra Rogers (Cal HS)		Lincoln	8- 2
11.70w	(1)	Tamela Holland (Cal HS)		Cerritos	6- 4
11.71w	(4)	Sybil Perry (Ind HS)		Syracuse	7-25
11.71hw	(3)	Narsha Evans (Angelo St)		PV	6- 4
11.71w	(4)	Sheila Harrison (Kan St)		Fayetteville	3-28
11.71w	(1)	Sherri Funn (George Mason)		Wilmsburg	4- 4
11.74*hw	(2)	Wanda Nicholson (Sth)		PV	3-28
11.74w	(1)	Gwen Loud (LAM)		Modesto	5-16
11.74w	(2)	Roberta Belle (Morgan St)		Wilmsburg	4- 4
11.74*w		Betty Jean Smith (Ariz)			

Doubtful Timing

11.35	(1)	Felicia Moore (Ok)	Fayetteville	3-28
11.44	(2)	Allison Dodson (E.Ok JC)	Fayetteville	3-28

200 Meters (*=Hand time plus 0.24)

21.84	(1)	Evelyn Ashford (MedTC)	Brussels	7-28
22.35	(1)	+Merlene Ottey (Nb/Jam)	Des Moines	4-21
22.65	(2)	Chandra Cheeseborough (TSU)	Guadalupe	5-15
22.81	(2)	Florence Griffith (UCLA)	Zurich	8-19
23.12	(2)	+Jackie Pusey (CSLA/Jam)	Walnut	4-26
23.22	(1)	Benita Fitzgerald (Tn)	Lausanne	7-14
23.24*	(1)	LaShon Nedd (Tx HS)	Denton	4-25
23.34*	(1)	Sandra Howard (LAN)	Compton	6- 7
23.40	(1)	Denean Howard (Cal HS)	LA	5-29
23.44*	(1)	Alice Jackson (DC Int)	Atlanta	3-21
23.44*		+Marita Payne (FlSt/Can)		
23.47	(1)	+Dorothy Scott (TWU/Jam)	Houston	5- 2
23.49	(1)	Valerie Brisco (LBCC, Cal)	Cerritos	6-30
23.53	(1)	Jeanine Brown (UTEF)	Ogden	5- 9
23.53		Deandra Carney (TSU)		
23.54*		Linda Weekly (Tx Sth)		
23.54h*	(3)	Lorna Forde (Atoms)	Guadalupe	5-15
23.54*		Angel Doyle (Sth)		
23.55	(1)	Green (Sth)	Houston	5-23
23.57s	(2)	Randy Givens (Fl St)	Austin	5-29
23.62	(2)	Michele Matthias (NM)	Ogden	5- 9
23.64*	(1)	Tara Mastin (Houston)	Houston	4-11
23.66h	(1)	Pam Marshall (Coast Ath)	LA	3-28
23.68	(3)	Sheryl Pernel (Tn)	Nashville	4-11
23.73	(1)	Kim Parrish (Mt Hood CC)	San Angelo	5-23
23.74	(3)	Jeanette Bolden (UCLA)		8-11
23.74h*	(1)	+Norma Murray (Nb/Jam)	Ames	5-15
23.75	(1)	Jackie Mays (Angelo St)	Indiana	5-16
23.77	(1)	Ericka Harris (Wa HS)	Lincoln	8- 2
23.80		Jackie Washington (Tx HS)		23.14w
23.84*	(2)	Easter Gabriel (PV)	Houston	5- 2
23.84*	(2)	Barbara Bell (Tx HS)	Denton	4-25
23.84*		Michelle Glover (NJ HS)		23.69w
23.88	(3)	+Esther Hope (Jackson St/Tri)	Houston	5- 2
23.88	(1)	Nedrea Rogers (Cal HS)	Lincoln	8- 2
23.90	(2)	+Cathy Rattray (Tn/Jam)	Knoxville	5-16
23.90		Yolanda Rich (LAN)		
23.91	(2)	Angela Thacker (Mo HS)	Lincoln	8- 2
23.93h	(1)	Michelle Collins (Md HS)	Winston-Sal	8- 8
23.94*	(2)	+Oralee Fowler (UCLA/Bah)	S Barbara	2-15
23.94*	(1)	Dana Devan (Col HS)	Des Moines	5- 9
23.94*	(1)	Dora Spearham (Ill HS)	Charleston	5-16
23.94*		Tonya Stevens (Pa Jr HS)	Towson	7-19
23.94*		Lawanda Echols (DC Int)		
23.94*	(4)	Dora Sherman (Tx Sth)	Houston	5- 2
23.95	(2)	Elizabeth Greathouse (E.Ill)	Indiana	5-16
23.96s	(3)	Lisa Thompson (UNLV)	Austin	5-29
23.97	(4)	Deandra Carney (TSU)	Nashville	4-11
23.97	(4)	Latanya Dawkins (Cal HS)		5-10
23.99	(1)	Lori Green-Jones (Kan)	Murray	4-11
23.99	(1)	Bev Kearney (Un)	Philadelphia	5-30
24.01	(2)	Kim Robinson (USC)	San Diego	5- 3
24.01	(6)	Melanie Batiste (Ore)	Austin	5-30
24.03	(1)	Diane Pullins (Cal HS)	Cerritos	5-23
24.03s	(4)	Cheryl Gilliam (MichSt)	Austin	5-29
24.04*	(1)	Gilbert (St Augustines)	Chapel Hill	4-11
24.04*	(1)	Jackie Durham (Angelo St)	Houston	5- 2
24.04*		Cecelia Nunez (NY HS)		
24.04*	(2)	+Jennifer Innis (CSLA/Guy)	Compton	6- 7
24.04*	(3)	Karen Taylor (Shaklee)	Compton	6- 7
24.04*		Wendy Vereen (NJ HS)		
24.04h	(2)	Inger Peterson (Cal HS)	LA	6-30
24.04		+Mary Ann Higgs (PV/Bah)		
24.04*	(2)	+Angela Williams (NH HS/Trin)	Baltimore	7-19
24.06		Stephanie Brown (M Brown)		23.74w
24.07	(2)	+Ruperta Charles (Howard/Ant)	Nassau	4-22
24.07	(1)	Michelle Collins (Md HS)	Winston-Sal	8- 9
24.07	(2)	Bridgette Tate (Fl HS)	Winston-Sal	8- 9

Wind Aided (Runners not listed above)

23.54w	(1)	Kelia Bolton (Stan TC)	San Jose	5-31
23.64hw	(1)	Delores Gibbs (LIU)	Brooklyn	5-24
23.74hw	(5)	Kim Jamison (Bow Green)	Austin	5-28
23.77w	(1)	Zalda Johnson (Cal HS)	Cerritos	5-23
23.84*w	(1)	+Esmeralda Garcia (FlSt/Bra)	Charltsvle	5-17
23.84*w	(3)	Nellie Bullock (Morgan St)	Charltsvle	5-17
23.85w	(3)	Rosalyn Bryant (LAN)	Cerritos	6-14
23.88w	(1)	Gervaise McGraw (Cal HS)	Cerritos	5-23
23.94*w		Susan Shurr (Tx HS)		
23.94*w	(4)	Brenda Brown (Va)	Charltsvle	5-17
23.94*w	(5)	Janet Dodson (Morgan St)	Charltsvle	5-17
24.04w	(1)	Sharon Ware (Cal HS)	San Jose	5- 9
24.07w	(1)	Pam Greene (Un)	Modesto	5-16

400 Meters (*=Hand time plus 0.14; #=440y minus 0.3)

(@=Oversized track)

51.38	(1)	+Jackie Pusey (CSLA/Jam)	Bolivar	8-15
51.45	(1)	Ericka Harris (Wa HS)	Lincoln	8- 2
51.65	(2)	Denean Howard (Cal HS)	Moscow	7-10
51.80	(1)	Evelyn Ashford (MedTC)	LA	5-10



ALICE BROWN (Jeff Johnson photo)



MICHELLE MATHIAS (Jeff Johnson photo)



ALICE JACKSON (Jeff Johnson photo)

51.98	(2) +June Griffith (Adelphi/Guy)	Bolivar	8-15
52.01	(2) +Marita Payne (FlSt/Can)	Austin	5-30
52.34s*	(1) Robbin Coleman (Texas)	Austin	5-29
52.49	(3) Arlise Emerson (UCLA)	Austin	5-30
52.50	(2) Madeline Manning (ORTC)	Col Springs	7-22
52.53	(2) Rosalyn Bryant (LAN)	Sacramento	6-21
52.54s*	(2) +Cathy Rattray (Tn/Jam)	Austin	5-29
52.62	(1) Valerie Briscoe (LBCC, Cal)	Oceanside	5-23
52.64	(1) Delisa Walton (Tn)	Knoxville	4-10
52.70	(2) +Charmaine Crooks (UTEF/Can)	Caorle	8-23
52.74*	(3) Robin Campbell (Stan TC)	Stanford	3-28
52.87	(3) Lorna Forde (Atoms)	Sacramento	6-21
53.01	(1) Pam Moore (Wisconsin)	Des Moines	4-25
53.04	+Mary Ann Higgs (PV/Bah)		
53.05	(2) Maxine Underwood (Mass HS)	Lincoln	8- 2
53.08	(1) Kelia Bolton (Stan TC)	Walnut	4-26
53.11	(6) Angela Wright (Fl St)	Austin	5-30
53.15	(1) +Oralee Fowler (UCLA/Bah)	Eugene	4-11
53.44*	(1) Grace Bakari (Ore/Gha)	Berkeley	5-17
53.49	(3) Brenda Cliette (Ga HS)	Lincoln	8- 2
53.55	(1) Alice Jackson (DC Int) 53.24@	Philadelphia	5-30
53.56	(1) Paulette Glagon (LAM)	San Diego	6-13
53.65	(1) Robin Marks (Arizona)	Tucson	5- 9
53.67	(2) Judy Richardson (Ky)	Des Moines	4-25
53.69	(2) Jeanine Brown (UTEP)	Tucson	3-28
53.69	(1) Rhonda Bell (Bellvue CC)	Seattle	5-16
53.74*	(1) Gwen Murray (Pitt)	Gainsvle	3-21
53.75s	(3) Roberta Belle (MorgSt) 53.74@	Sacramento	6-20
53.80	(1) Tammie Hart (Penn State)	Un Park	5- 9
53.89	(2) Ernestine Davis (TSU)	Nashville	4-11
53.91	(2) Diane Dixon (NY HS)	Philadelphia	5-30
53.93	(1) Easter Gabriel (PV)	Houston	5- 2
53.94*	(2) Kim White (Cal)	Berkeley	5-17
53.96	(3) Deann Gutowski (UCLA)	Des Moines	4-25
53.98	(2) Esther Mahr (Un)	College Pk	4-18
54.00s	(4) Lori McCauley (Rutgers) 53.34@	Sacramento	6-20
54.04*	(2) Lisa Garrett (Va)	Charlsvle	5-17
54.06	(1) LaShon Nedd (Tx HS)	LA	7- 6
54.08	(1) Leann Warren (Oregon)	Eugene	4- 4
54.09h	(2) Gloria Jackson (Georgia)	Knoxville	5-15
54.13	(2) Marcella Elliott (Southern)	Houston	5- 2
54.15	(1) Gervaise McGraw (Cal HS)	Cerritos	6- 6
54.18	(2) +Dorothy Scott (TWU/Jam)	Austin	3- 7
54.23#	Annie Bustabad (Fl HS)		
54.24*	Donithy Jones (NJ HS)		
54.24*	(1) Michelle Collins (Ma HS)	Baltimore	7-19
54.26	(1) Brenda Peterson (LAM)	Northridge	4-18
54.29	Lee Ann VanLandingham (Mass HS)		
54.32	(4) +Deborah Jones (TSU/Ber)	Nashville	4-11
54.34	(4) Loretta Edwards (PV)	Des Moines	4-25
54.34*	(3) Ruth Walthera (Un)	Berkeley	5-17
54.34h	(1) Sumetia Wells (Iowa St)	Ames	5-15
54.34*	Cerina Henry (NY HS)		
54.35h	(2) Annette Campbell (Ok)	Ames	5-15
54.35	(2) Gwen Gardner (WLAJC)	Cerritos	6-30
54.38	(2) Tina Howard (Cal HS)	Cerritos	6- 5
54.39	(2) Jennie Gorham (LAN)	Cerritos	6-14
54.42	(1) Edna Davis (Chris.Newport)	Hayward	5-23
54.44	(4) Sharon Acker (Arizona St)	Tempe	4- 4
54.46	(3) Mary Riggs (PV)	Houston	5- 2
54.47	(2) +Ruth Simpson (TWU/Jam)	Houston	5- 2
54.49h	(3) Wanda Trent (Kan St) 54.34@	Austin	5-28



ESMERALDA GARCIA (Jeff Johnson photo)



BRENDA MOREHEAD (Jeff Johnson photo)

800 Meters (*=Hand time plus 0.14)

1:58.50	(1) Madeline Manning (ORTC)	Sacramento	6-21
1:59.63	Leann Warren (Oregon)		
2:01.02	(3) Robin Campbell (Stan TC)	Sacramento	6-21
2:01.39	(4) Delisa Walton (Tn)	Sacramento	6-21
2:01.82	(5) Kim Gallagher (Pa HS)	Sacramento	6-21
2:02.67	(2) Lee Ballenger (AthWst)	Eugene	6- 7
2:02.94	(1) +Josephine White (Richmond/GB)	Birmingham	7-23
2:03.45s	(3) Joetta Clark (Tn)	Sacramento	6-20
2:04.20	(3) Essie Kelly (AthWst)	Knoxville	5-23
2:04.31s	(4) Chris Mullen (Gtn)	Sacramento	6-20
2:04.97s	(5) Brenda Peterson (LAM)	Sacramento	6-20
2:05.68	(1) Diana Richburg (NY HS)	LA	7- 1
2:05.84	(2) Jessica Spies (Cal HS)	LA	7- 1
2:05.90s	(6) Darlene Beckford (Harvard)	Sacramento	6-20
2:06.01	(1) Donna Curtis (Cal HS)	Cerritos	5-28
2:06.19	+Tecla Chemabwai (LoboTC/Ken)		
2:06.42	(2) Rennie Durrand (Cal HS)	Cerritos	5-28
2:06.47	(8) Regina Jacobs (Cal HS)		5-10
2:06.53	(3) Kay Stormo (Iowa)	Lawrence	4-18
2:06.58	(1) +Doriane Lambelet (Atoms/Swi)	Un Park	5- 9
2:06.59	(2) +Monica Joyce (SDS/GB)	Walnut	4-26
2:06.68s	(2) Terry Pioli (Penn State)	Austin	5-29
2:06.80	(1) Sandra Gregg (Washington)	Berkeley	5-17
2:06.80	(3) Tara Arnold (La HS)	LA	7- 1
2:06.84*	(1) Joan Hanson (Arizona)	Eugene	8- 7
2:06.89s	(3) +Ranza Clark (Oregon/Can)	Austin	5-29
2:07.04*	+Maureen Houghton (Ok/Can)		
2:07.16	+Marie Simonsson (Dpake/Swe)		
2:07.24	(1) Cindy Bremser (WisUnited)	Madison	7-11
2:07.42	(4) Lee Ann VanLandingham (Mass HS)	LA	7- 1
2:07.44*	Rochelle Collins (UTEP)	Modesto	5-16
2:07.49	(5) Stacy Zartler (Tx HS) 15y	LA	7- 1
2:07.51	Robbin Coleman (Texas)		
2:07.64*	Maggie Keyes (AthWst)		
2:07.68s	(3) Catherine Baker (Rice)	Austin	5-29
2:07.78	+Chris McMeekin (Iowa St/GB)		
2:07.84s	(5) Janette Wood (Florida St)	Austin	5-29



FLORENCE GRIFFITH (Jeff Johnson photo)

1981 US List

2:07.85h (3)	+Regina Dramiga (NM/Uga)	Austin	5-28	4:28.42 (4)	Suzanne Frederick (Minn)	E.Lansing	5-9
2:07.85e (4)	+Revah Knight (Grambling/Jam)	Austin	5-29	4:28.46	Tiki Morrow (Ore HS)		
2:07.85 (2)	Ella Willis (ConAth)	Philadelphia	5-30	4:28.54* (5)	Pat Walker (Md)	College Park	4-18
2:07.86e (6)	+Suzanne Frederick (Mich/Can)	Austin	5-29	4:28.57 (3)	Margaret Smith (Mo)	Des Moines	5-9
2:08.03 (1)	Diana Figliomeni (WVTC)	Cerritos	6-30	4:28.64*	Patty Ley (Wash HS)		
2:08.04 (1)	Sue Spalholz (Wisconsin)	Des Moines	4-11	4:28.64*	Patty Matava (Wash HS)		
2:08.19 (3)	Cathy Twomey (AthWst)	Nijmegen	7-19	4:28.64* (2)	Diana Richburg (NY HS)	LA	7-6
2:08.26 (2)	Rhonda Patcha (Fullerton CC,Cal)	Berkeley	5-17	4:28.94* (4)	Katie Schilly (Iowa Un)	Des Moines	5-9
2:08.36 (3)	+Henrietta Nancis (DC Int/Tri)	Philadelphia	5-30	4:28.94*	Michelle Rowan (NJ HS)		
2:08.38	+Tina Beneston (LSU/Swe)			4:28.99	Doreen Startars (Penn State)		
2:08.54* (5)	Sue Latter (Oregon TC)	Walnut	4-26	4:29.15 (2)	Robin Baker (Oregon)	Eugene	4-25
2:08.54* (9)	Michelle Bonds (CSLB)		5-10	4:29.24* (2)	Fran Castro (CS Hayward)	Berkeley	3-21
2:08.62h (5)	Fran Castro (CS Hayward)	Austin	5-28	4:29.43	Barbara Higgins (NH HS)		
2:08.64*	Margaret Salinas (Tx HS)			4:29.51	Carol Urish (HstHar)	Houston	5-17
2:08.73 (1)	+Rose Thomson (Wisconsin/Ken)	Madison	5-16	4:29.54* (2)	Debbie Pavik (Md)	Charlottesville	4-5
2:08.74* (1)	Tracy Weber (Cal HS)	San Jose	5-30	4:29.74* (9)	Aileen O'Connor (Va)	Charlottesville	5-17
2:08.92 (2)	Esther Mahr (Un)	Madison	7-11	4:29.84*	Andrea Fischer (Mo HS)		
2:09.00 (2)	Karel Jones (Hunter)	Tempe	4-4	4:29.94* (4)	Barbara Higgins (Team Converse)	LA	7-6
2:09.01 (2)	Ellen Brewster (Wisconsin)	East Lansing	5-2				
2:09.04* (1)	Gwen Murray (Pitt)	Towson	3-28				
2:09.04*	Lorna Forde (Atoms)						
2:09.20 (4)	Mary Rawe (Penn State)	Univ Park	5-9				
2:09.24* (6)	Gail Bryant (NJ HS)	LA	7-1				
2:09.29 (4)	Monica Oesterlin (Gaz Int)	Philadelphia	5-30				
2:09.36 (4)	Louise Romo (Cal HS)	Cerritos	6-6				
2:09.38 (4)	Joan Sterrett (Elite Int)	Ames	5-30				
2:09.54* (1)	Maria King (Cal HS)		5-2				
2:09.57 (2)	Tracy Weber (Cal HS)	LA	5-2				
2:09.61 (1)	Diane Vetter (Iowa State)	Des Moines	5-9				
2:09.62	Brenda Bushell (Ore HS)						
2:09.74*	Jolanda Jones (Tx HS)						
2:09.77 (1)	Ileana Hocking (N Tx St)	Arlington	4-11				
2:09.79 (5)	Monica Egbuono (Princeton)	Univ Park	5-9				
2:09.84* (2)	Marilyn Davis (Cal HS)	San Jose	4-10				
2:09.84 (1)	Janae Hunziker (Ill)	Evanston	5-16				
2:09.86 (5)	Michelle Lowe (Cal HS)	Cerritos	6-6				
2:09.94* (1)	Kaye Morrison (Tx Tech)	Fayetsvle	5-8				
1500 Meters (*=Hand time plus 0.14)							
4:08.98 (5)	Jan Merrill (AGAA)	Rome	9-5				
4:09.32 (2)	Leann Warren (Oregon)	Luxembourg	7-30				
4:09.58 (3)	Cindy Bremser (WisUn)	Luxembourg	7-30				
4:10.67 (1)	+Josephine White (Richmond/GB)	Skovde	8-9				
4:11.96 (1)	Cathie Twomey (AthWst)	Eugene	6-6				
4:12.09 (2)	Joan Hanson (Arizona)	Eugene	6-6				
4:12.84* (1)	+Regina Joyce (Wash/GB)	Berkeley	5-17				
4:13.33 (3)	Maggie Keyes (AthWst)	Eugene	6-6				
4:13.84*	+Monica Joyce (SDS/GB)						
4:15.74*	Francie Larriau (PCC)						
4:15.75 (2)	Linda Goen (UCLA)	San Diego	5-3				
4:16.74* (1)	Margaret Groos (Un)	Charltsvle	5-17				
4:17.05 (3)	Mary Rawe (Penn State)	Austin	5-30				
4:17.94*	Michele Bush (UCLA)	LA	5-10				
4:18.31 (5)	Sandra Gregg (Washington)	Austin	5-30				
4:18.76 (6)	Sheila Ralston (UCLA)	Austin	5-30				
4:19.77 (1)	Kim Gallagher (Pa HS)	LA	7-1				
4:19.83 (7)	Patty Murnane (Penn State)	Austin	5-30				
4:20.04 (6)	Debbie Eide (Oregon TC)	Eugene	6-6				
4:20.24* (1)	Cindy Schmandt (Cal)	Berkeley	4-4				
4:20.34* (6)	+Rose Thomson (Wis/Ken)	Sacramento	6-21				
4:20.74* (2)	Jill Haworth (Va)	Charltsvle	5-17				
4:21.14*	Vickie Cook (Cal HS)	LA	5-10				
4:21.32 (3)	Sande Cullinane (NC State)	College Park	4-18				
4:21.44* (3)	Suzanne Girard (NC State)	Charltsvle	5-17				
4:21.65 (2)	+Dorien Lembelet (Cornell/Swi)	Univ. Park	5-9				
4:21.70 (4)	+Bernadette Madigan (Ky/GB)	Des Moines	4-25				
4:21.94*	Andrea Marek (Purdue)						
4:23.14* (1)	+Margaret Coomber (FlSt/GB)	Gainesvle	5-1				
4:23.44* (2)	Ceci Hopp (Ct HS)	Piscataway	6-13				
4:23.77h (5)	Suzie Houston (Wisconsin)	Austin	5-28				
4:24.44*	Ileana Hocking (N Tx State)						
4:24.54* (6)	Sue Overby (NC State)	Charltsvle	5-17				
4:24.54	Claudette Groenendall (Ore HS)						
4:24.54	Kathy Hayes (Ore HS)						
4:25.06 (2)	Polly Plumer (Cal HS)	LA	7-1				
4:25.14* (1)	Regina Jacobs (Cal HS)	LA	7-6				
4:25.44* (1)	Linda Portasik (Tn)	Houston	3-20				
4:25.44* (7)	Cindy Duarte (Clemson)	Charltsvle	5-17				
4:25.46 (1)	+Pia Paladino (Gtn/Ita)	College Park	4-18				
4:25.68 (4)	Tara Arnold (La HS)	Syracuse	7-27				
4:25.74*	Tracy Weber (Cal HS)						
4:26.16 (5)	Jenny Stricker (Nb HS)	Syracuse	7-27				
4:26.24* (2)	+Bev Cox (FlSt/Can)	Gainesvle	5-1				
4:26.34*	+Cary Robinson (Clemson/GB)						
4:26.39 (2)	Eileen Kramer (CP/SLO)	Walnut	4-25				
4:26.67 (2)	Penny O'Brien (Iowa)	Des Moines	4-11				
4:26.84* (1)	Debbie Vetter (Un)	Wichita	5-30				
4:26.87 (1)	+Midde Hamrin (Lamar/Swe)	Houston	3-14				
4:26.87	Diane Vetter (Iowa State)						
4:27.09 (1)	Val Fisher (NM)	LA	5-17				
4:27.24* (1)	+Debbie Schulte (Princeton/Can)	Princeton	4-11				
4:27.36 (3)	Lisa Welch (Mass HS)	LA	7-1				
4:27.45 (2)	Jo Ann Dohanich (N Tx State)	Arlington	4-11				
4:27.46 (2)	Leslie Seymour (St. Olaf)	Des Moines	5-9				
4:27.99 (1)	Elizabeth Kraemer (CP/SLO)	Indiana	5-16				
4:28.04*	Marilyn Davis (Cal HS)						
4:28.14* (1)	Linda Nicholson (Va)	Charltsvle	4-5				
4:28.16 (2)	Michelle Hopper (MedTC)	LA	5-17				
4:28.19 (2)	Kay Stormo (Iowa)	Lawrence	4-17				
4:28.34* (9)	+Lisa O'Dea (Oregon/Aus)	Eugene	6-6				
3000 Meters (*=Hand time plus 0.14)							
8:51.99 (1)	Jan Merrill (AGAA)			8:51.99 (1)	Jan Merrill (AGAA)	Koblentz	8-26
8:55.39 (4)	Cindy Bremser (Wis Un)			8:55.39 (4)	Cindy Bremser (Wis Un)	Koblentz	8-26
8:59.39 (1)	+Regina Joyce (Wash State/GB)			8:59.39 (1)	+Regina Joyce (Wash State/GB)	Corvallis	5-7
9:02.04* (1)	Francie Larriau (PCC)			9:02.04* (1)	Francie Larriau (PCC)	San Jose	4-10
9:02.74* (1)	Brenda Webb (Knox TC)			9:02.74* (1)	Brenda Webb (Knox TC)	Knoxville	4-10
9:03.64* (1)	Joan Hanson (Arizona)			9:03.64* (1)	Joan Hanson (Arizona)	Berkeley	5-17
9:05.88 (1)	Cathie Twomey (AthWst)			9:05.88 (1)	Cathie Twomey (AthWst)	College Park	4-18
9:05.92	+Midde Hamrin (Lamar/Swe)			9:05.92	+Midde Hamrin (Lamar/Swe)		
9:06.32 (2)	Mary Shea (NC State)			9:06.32 (2)	Mary Shea (NC State)	College Park	4-18
9:07.86	+Lorraine Moller (NbTC/NZ)			9:07.86	+Lorraine Moller (NbTC/NZ)		
9:09.65 (5)	Maggie Keyes (AthWst)			9:09.65 (5)	Maggie Keyes (AthWst)	Philadelphia	5-30
9:09.74* (1)	Betty Springs (NC State)			9:09.74* (1)	Betty Springs (NC State)	Philadelphia	4-23
9:13.13 (1)	+Lynn Kanuka (SDS/Can)			9:13.13 (1)	+Lynn Kanuka (SDS/Can)	Irvine	3-14
9:14.54* (2)	+Pia Paladino (Gtn/Ita)			9:14.54* (2)	+Pia Paladino (Gtn/Ita)	Philadelphia	4-23
9:17.93 (1)	+Josephine White (Richmond/GB)			9:17.93 (1)	+Josephine White (Richmond/GB)	Birmingham	7-23
9:18.34* (3)	Aileen O'Connor (Va)			9:18.34* (3)	Aileen O'Connor (Va)	Philadelphia	4-23
9:19.19 (1)	Margaret Groos (Un)			9:19.19 (1)	Margaret Groos (Un)	Knoxville	5-22
9:19.50 (3)	Carol Urish (HstHar)			9:19.50 (3)	Carol Urish (HstHar)	Sacramento	6-21
9:19.67 (1)	Kim Gallagher (Pa HS)			9:19.67 (1)	Kim Gallagher (Pa HS)	Syracuse	7-27
9:20.08 (2)	Debbie Eide (Oregon TC)			9:20.08 (2)	Debbie Eide (Oregon TC)	Syracuse	7-27
9:21.14* (1)	Ceci Hopp (Ct HS)			9:21.14* (1)	Ceci Hopp (Ct HS)	LA	7-1
9:21.67 (1)	Judi St. Hilaire (Vermont)			9:21.67 (1)	Judi St. Hilaire (Vermont)	Univ Park	5-9
9:21.74* (2)	+Bernadette Madigan (Ky/GB)			9:21.74* (2)	+Bernadette Madigan (Ky/GB)	Knoxville	4-10
9:22.44* (2)	Vicki Cook (Cal HS)			9:22.44* (2)	Vicki Cook (Cal HS)	LA	7-1
9:22.54* (2)	+Lisa O'Dea (Oregon/Aus)			9:22.54* (2)	+Lisa O'Dea (Oregon/Aus)	Berkeley	5-17
9:23.04* (3)	Eryn Forbes (Oregon)			9:23.04* (3)	Eryn Forbes (Oregon)	Berkeley	5-17
9:23.74* (3)	Sue Girard (NC State)			9:23.74* (3)	Sue Girard (NC State)	Austin	5-30
9:24.04* (4)	Cindy Duarte (Clemson)			9:24.04* (4)	Cindy Duarte (Clemson)	Austin	5-30
9:25.94 (1)	Leann Warren (Oregon)			9:25.94 (1)	Leann Warren (Oregon)	Corvallis	5-2
9:26.04* (5)	Cindy Schmandt (Cal)			9:26.04* (5)	Cindy Schmandt (Cal)	Austin	5-30
9:26.34* (5)	Sande Cullinane (NC State)			9:26.34* (5)	Sande Cullinane (NC State)	Philadelphia	4-23
9:26.49 (2)	Connie Case (Oregon State)			9:26.49 (2)	Connie Case (Oregon State)	Corvallis	5-2
9:26.94* (5)	Linda Portasik (Tn)			9:26.94* (5)	Linda Portasik (Tn)	Knoxville	4-10
9:27.24* (6)	Sue Overby (NC State)			9:27.24* (6)	Sue Overby (NC State)	Philadelphia	4-23
9:27.24* (3)	Lesley Welch (Mass HS)			9:27.24* (3)	Lesley Welch (Mass HS)	LA	7-1
9:27.36	+Glynis Quick (TWU/NZ)			9:27.36	+Glynis Quick (TWU/NZ)		
9:27.44* (1)	Patty Matava (Wash HS)			9:27.44* (1)	Patty Matava (Wash HS)	Bellevue	5-2
9:27.54* (7)	Kathy Mills (Penn State)			9:27.54* (7)	Kathy Mills (Penn State)	Philadelphia	4-23
9:28.44* (8)	Kathy Bryant (Tn)			9:28.44* (8)	Kathy Bryant (Tn)	Philadelphia	4-23
9:28.69 (1)	+Rose Thomson (Wisconsin/Ken)			9:28.69 (1)	+Rose Thomson (Wisconsin/Ken)	E. Lansing	5-1
9:28.82 (2)	Suzie Houston (Wisconsin)			9:28.82 (2)	Suzie Houston (Wisconsin)	E. Lansing	5-2
9:29.14* (11)	Michele Bush (UCLA)			9:29.14* (11)	Michele Bush (UCLA)	Sacramento	6-21
9:30.06 (2)	Linda Goen (UCLA)			9:30.06 (2)	Linda Goen (UCLA)	San Diego	5-3
9:30.48 (7)	Melanie Weaver (Mich)			9:30.48 (7)	Melanie Weaver (Mich)	Syracuse	7-27
9:31.06 (3)	Kelly Spatz (Mich State)			9:31.06 (3)	Kelly Spatz (Mich State)	Syracuse	7-27
9:31.94* (9)	Mary Jean Wright (Va)			9:31.94* (9)	Mary Jean Wright (Va)	Philadelphia	4-23
9:32.13h (7)	Darcy Tomlinson (W.Michigan)			9:32.13h (7)	Darcy Tomlinson (W.Michigan)	Austin	5-29
9:32.15h (8)	Karen Campbell (Mich State)			9:32.15h (8)	Karen Campbell (Mich State)	Austin	5-29
9:32.54* (1)	Karlene Erickson (Nb HS)			9:32.54* (1)	Karlene Erickson (Nb HS)	LA	7-6

9:32.66 (2)	Kate Schilly (Iowa Un)	Des Moines	4-11	16:50.34* (2)	Liz Strangio (CP/SLO)	Berkeley	4-5
9:32.94*	Ann Pewe (Penn State)			16:50.44* (1)	Michele Aubuchon (CS Hayward)	SF	7-14
9:32.94*(13)	+Patsy Sharples (Idaho/RSA)	Sacramento	6-21	16:50.63 (8)	Cheryl Konkol (Wis/Mil)	Des Moines	4-25
9:33.23 (3)	Peggy Cleary (Penn State)	Univ Park	5-9	16:52.98 (2)	Kristen O'Connell (Alabama)	Knoxville	5-15
9:33.34* (2)	Meg Waldron (NJ HS)	Piscataway	4-18	16:53.44* (5)	Elizabeth Shillito (SUNY)	Indiana	7-16
9:33.56 (3)	+Jean Whitson (Md/Ire)	College Park	4-18	16:56.14* (2)	Lynn Hjeltte (Cal)	Berkeley	5-17
9:34.84*	Mary Rawe (Penn State)			16:56.90 (4)	Zanetta Weber (Iowa)	Des Moines	4-11
9:35.94*	Vickie Cook (Cal HS)			16:57.34*(11)	Beverly White (W.Ill TC)	Des Moines	4-25
9:36.14*(10)	Kirschien Hagenlocker (Hst)	Philadelphia	4-23	16:57.64* (1)	Mary Anne Scannell (CS Sac)	Sacramento	4-11
9:36.24* (4)	Laura Craven (Ohio HS)	LA	7-1	16:58.14* (3)	Pam Morris (Un)		2-28
9:36.34* (1)	Nancy Scardina (NH)	Chestnut Hill	6-11	16:59.04 (1)	Beth Stronge (Col. Olaf)	Des Moines	5-9
9:36.84* (1)	Darien Andreau (FlSt)	Charltsvle	5-17	16:59.14*(12)	Bonnie Tamis (St State)	Des Moines	4-25
9:36.94*	Sandra Gregg (Washington)			16:59.44* (2)	Beth Milewski (CS Northridge)		5-2
9:36.94*	Patty Catalano (AthWst)						
9:37.04* (1)	Becky Cotta (Purdue)	Champaign	4-11				
9:37.44* (1)	Ellen Lyons (Stanford)	Stanford	5-3				
9:37.45 (1)	Bran (Texas)	Knoxville	4-18				
9:38.59	Lori Lopez (La HS)						
9:38.84* (3)	Pippa Holman (Rutgers)	Piscataway	4-18				
9:39.14 (2)	Marjorie Kaput (Arizona)	Tucson	5-9				
9:39.14* (4)	Maryanne Scannell (CS Sac)		5-16				
9:39.24* (1)	Lynne Strauss (Pa HS)	Philadelphia	4-23				
9:39.29 (1)	Kellie Cathey (Ok)	Ames	5-15				
9:39.34* (1)	+Lindy Nelson (S.Ill/Can)	Champaign	5-9				
9:40.13 (1)	Letha Davis (Drake)	Des Moines	5-9				
9:40.44 (6)	Marta Wilson (Wisconsin)	E.Lansing	5-2				
9:41.60	Rosa Gutierrez (Ore HS)						

Two Miles (*=Hand time plus 0.14)

10:16.14*	Michele Bush (UCLA)		
10:18.64	Vicki Cook (Cal HS)		
10:19.24*	Patty Matava (Wash HS)		
10:19.96 (1)	Linda Goen (UCLA)	Northridge	3-14
10:24.24*	Karla Erickson (Nb HS)		
10:24.82	Lori Lopez (Cal HS)		
10:26.11	Lois Brommer (Pa HS)		
10:28.54*	Laura Craven (Ohio HS)		
10:31.04*	Andrea Fischer (Mo HS)		
10:31.41	Michelle Mason (Cal HS)		
10:31.54*	Judy McCrone (Mass)		
10:32.45 (2)	Sheila Ralston (UCLA)	Northridge	3-14
10:33.94*	Cindy Wuss (Atoms)		
10:34.64*	Lynne Strauss (Pa HS)		
10:35.84* (2)	Booth (Brown)	Amherst	4-11
10:36.94*	Lesley Welch (Mass HS)		
10:37.14*	Lisa Welch (Mass HS)		
10:38.14* (3)	Ju'leann Quigley (Wesleyan)	Amherst	4-11

5000 Meters (*=Hand time plus 0.14; @=Oversized track)

15:39.49 (2)	Cathie Twomey (AthWst)	Oslo	7-11
15:42.61 (1)	Brenda Webb (Knoxville TC)	Austin	4-4
15:49.37 (1)	Kathie Mintie (UCLA)		3-7
15:40.64* (1)	Mary Shea (NC State)	Gainsvle	3-21
15:52.64* (2)	Betty Springs (NC State)	Gainsvle	3-21
16:02.11 (2)	+Midge Hamrin (Lamar/Swe)	Austin	4-4
16:02.59 (2)	+Lynn Kanuka (SDS/Can)		3-7
16:07.07 (1)	Eryn Forbes (Oregon)	Eugene	4-25
16:07.44* (1)	Kim Schnurpfeil (Stanford)		2-28
16:09.02 (1)	Joan Hanson (Arizona)	Tucson	4-11
16:09.44* (1)	Debbie Eide (Oregon TC)	Walnut	4-25
16:09.83 (8)	Carol Urish (HstHar)	Oslo	7-11
16:11.04 (1)	Julie Shea (NC State)	Austin	5-30
16:11.14 (1)	Kathy Mills (Penn State)	Univ Park	5-9
16:14.34* (1)	Patty Catalano (AthWst)	Chestnut Hl	7-12
16:14.94* (1)	Judi St. Hilaire (Vermont)	Boston	5-9
16:16.40 (1)	Kelly Spatz (Mich State)	E.Lansing	5-2
16:17.37 (1)	Kellie Cathey (Ok)	Des Moines	4-25
16:20.72 (2)	Nan Doak (Iowa)	E.Lansing	5-2
16:20.72 (2)	Peg Cleary (Penn State)	Univ Park	5-9
16:21.14 (2)	Rocky Racette (Minn)	Des Moines	4-25
16:23.94* (1)	Ellen Lyons (Stanford)	Stanford	4-25
16:24.49 (3)	Jill Washburn (Mich State)	E.Lansing	5-2
16:25.88 (4)	+Patsy Sharples (Idaho/RSA)	Austin	5-30
16:27.34* (2)	Linda Goen (UCLA)	Walnut	4-25
16:28.43 (5)	Susan Schaefer (E.Ky)	Austin	5-30
16:29.14* (1)	Nancy Conz (NbTC)	Chestnut Hl	7-12
16:29.24* (3)	Cindy Duarte (Clemson)	Gainsvle	3-21
16:30.66 (4)	Donna Gathje (Mankato State)	Des Moines	4-25
16:31.45 (10)	Jan Merrill (AGAA)	Oslo	7-11
16:31.54*	Marjorie Kaput (Arizona)		
16:31.59 (7)	Kathy Bryant (Tx)	Austin	5-30
16:34.24* (2)	Nancy Geiske (S Dk St)	Indiana	5-16
16:34.59 (1)	Susan Girard (NC State)	College Park	4-18
16:36.37 (5)	Letha Davis (Drake)	Des Moines	4-25
16:36.44* (1)	Aileen O'Connor (Va)	Charlottesville	4-5
16:39.54* (5)	Darien Andreau (FlSt)	Gainsvle	3-21
16:39.54* (1)	Mary Rawe (Penn State)	Piscataway	4-5
16:39.74*	Joan Benoit (AthWst)		
16:39.82 (4)	+Glyns Quick (TWU/NZ)	Austin	4-4
16:40.14* (6)	Lisa East (Mich State)	Gainsvle	3-21
16:40.48 (4)	Mary Stepke (Wisconsin)	E.Lansing	5-2
16:41.18 (3)	Kate Schilly (Iowa Un)	Lawrence	4-17
16:41.84* (3)	Sheila Ralston (UCLA)	Walnut	4-25
16:43.64* (2)	Mary Walsh (Md)	Charlottesville	4-8
16:44.04 (3)	Debra Pavik (Md)	Univ Park	5-9
16:44.94* (1)	Lindy Nelson (S.Ill/Car)	Champaign	5-9
16:45.74* (4)	Irene Crowley (CP/SLO)	Walnut	4-25
16:47.90 (6)	Marta Wilson (Wisconsin)	E.Lansing	5-2
16:48.14*	Maria Trujillo (Ariz State)	Walnut	4-25

10000 Meters (*=Hand time plus 0.14; @=Oversized track)

33:11.54* (1)	Patty Catalano (AthWst)	Chestnut Hl	6-11
33:15.74*	Nancy Conz (NbTC)		
33:17.94* (1)	Judi St. Hilaire (Vermont)	Boston	4-18
33:28.20 (1)	Aileen O'Connor (Va)	Austin	4-29
33:29.00	Joan Benoit (AthWst)		
33:33.99	Julie Shea (NC State)		
33:34.85 (2)	+Patsy Sharples (Idaho/RSA)	Austin	5-29
33:35.64* (1)	+Midge Hamrin (Lamar/Swe)	Huntsville	3-5
33:39.77 (4)	Betty Springs (NC State)	Austin	5-29
33:55.82 (1)	Eryn Forbes (Oregon)	Corvallis	5-7
33:57.82 (5)	+Glyns Quick (TWU/NZ)	Austin	5-29
34:04.84*	Letha Davis (Drake)		
34:07.24* (2)	Mary Shea (NC State)	Gainsvle	3-21
34:10.64* (1)	Ellen Lyons (Stanford)	Stanford	5-8
34:13.88 (1)	Mary Walsh (Md)	College Park	4-18
34:22.24* (1)	+Lynn Kanuka (SDS/Can)	San Diego	2-27
34:22.73 (1)	Carol Urish (HstHar)	Lawrence	4-18
34:26.64*	Maria Trujillo (Ariz State)		
34:36.52 (1)	Jill Washburn (Mich State)	E.Lansing	5-1
34:37.52 (2)	Mary Stepke (Wisconsin)	E.Lansing	5-1
34:38.40 (5)	Melanie Weaver (Mich)	E.Lansing	5-1
34:39.34* (1)	Peg Cleary (Penn State)	Piscataway	4-18
34:39.44* (5)	Kim Schnurpfeil (Stanford)	Sacramento	6-19
34:40.23 (4)	Nan Doak (Iowa)	E.Lansing	5-1
34:42.74* (1)	Darien Andreau (FlSt)		4-24
34:43.04* (6)	Jan Oehm (Cal)	Aacramento	6-19
34:45.34* (1)	Kellie Cathey (Ok)	Norman	4-11
34:48.34* (2)	Leslie Welch (Mass HS)	Boston	4-18
34:48.64* (1)	Michele Aubuchon (CS Hayward)	Berkeley	4-4
34:48.74* (2)	Nancy Seegar (Rutgers)	Piscataway	4-18
34:53.44* (1)	Michele Bush (UCLA)	Walnut	4-26
35:03.94* (2)	Beth Milewski (CS Northridge)	Indiana	5-16
35:04.02 (3)	Wendy Burman (Wis/Pks)	Indiana	5-16
35:04.72 (4)	Cheryl Konkol (Wis/Mil)	Indiana	5-16
35:10.34* (3)	Lisa Welch (Mass HS)	Boston	4-18
35:12.59 (2)	Bridgette Baker (Montana)	Corvallis	5-7
35:17.74 (12)	Liz Baker (SDS)	Austin	5-29
35:21.24* (1)	Tina Gandy (Iowa Pr TC)	Des Moines	4-11
35:26.69 (3)	Ellen O'Malley (Brown)	Univ Park	5-8
35:26.94* (2)	Bonnie Tamis (Col State)	Stanford	2-28
35:29.16 (15)	Anne Schiavone (Vermont)	Austin	5-29
35:31.94* (1)	+Karen Petley (Wash/NZ)	Seattle	3-7
35:32.54* (5)	Judith Williams (Va Tech)	Indiana	5-16
35:32.80 (4)	Deborah Ulian (Yale)	Univ Park	5-9
35:40.34* (1)	Brenda Saunders (Mo)	Warrensburg	4-17
35:40.48 (17)	Linda McLennan (Alabama)	Austin	5-29
35:42.34 (2)	Liz Strangio (CP/SLO)	LA	3-28
35:44.14* (3)	Eliza Carney (Arizona)	San Diego	5-2
35:48.58	Mary Calderaro (St.Johns)		
35:52.84* (3)	Amy Lafoon (Idaho State)	Stanford	2-28
35:45.84* (3)	Jeannie Crane (Un)	Gainsvle	3-21
35:49.62	Kim Dunlap (Mo)		
35:57.64* (4)	Jennifer Wall (Mich State)	Gainsvle	3-21
36:03.34* (2)	Debbie Thometz (St.Thomas)	Hayward	5-22
36:07.94 (6)	Donna Gathje (Mankato State)	Indiana	5-16
36:09.14* (5)	Susan Eble (FlSt)	Gainsvle	3-21
36:19.92 (7)	J. Ramsdell (S Da State)	Indiana	5-16
36:24.35 (2)	Karen Porter (Ky)	Knoxville	5-15
36:24.84* (6)	Mary Witt (Ky)	Gainsvle	3-21
36:25.09 (1)	K. Ankenbauer (Ind State)	Charleston	4-18
36:26.04* (8)	Gail Volk (Seattle Pacific)	Indiana	5-16
36:26.76 (5)	Mary Shuber (Ohio State)	E.Lansing	5-8
36:27.14	Debbie Chadock (SDS)		
36:27.19 (2)	Judy Parker (Iowa)	Des Moines	4-11
36:28.56 (2)	Kathy Jackson (Lafayette)	Lawrence	4-18

Three Miles (*=Hand time plus 0.14)

15:42.61 (1)	Brenda Webb (Knox TC)	Austin	4-4
15:49.37 (1)	Kathie Mintie (UCLA)	San Diego	3-7
16:02.11 (2)	+Midge Hamrin (Lamar/Swe)	Austin	4-4
16:02.59 (2)	+Lynn Kanuka (SDS/Can)	San Diego	3-7
16:07.44* (1)	Kim Schnurpfeil (Stanford)	Stanford	2-28
16:16.74* (1)	Cathie Twomey (AthWst)	Stanford	3-27
16:21.64* (2)	Eryn Forbes (Oregon)	Stanford	3-27
16:30.14* (3)	Debbie Eide (Oregon TC)	Stanford	3-27
16:31.54* (2)	Marjorie Kaput (Arizona)	Stanford	2-28
16:35.14* (4)	Kathy Bryant (Tx)	Stanford	3-27
16:39.22 (3)	Kellie Cathey (Ok)	Austin	4-4
16:39.82 (4)	+Glyns Quick (TWU/NZ)	Austin	4-4
16:44.17 (5)	Carol Urish (HstHar)	Austin	4-4
16:50.44* (1)	Michele Aubuchon (CS Hayward)	SF	3-7
16:50.40 (6)	Darien Andreau (FlSt)	Austin	4-4
16:56.54* (5)	Ellen Hornberger (Tx)	Stanford	3-27
16:58.14* (3)	Pam Morris (Un)	Stanford	2-28

1981 US List

Marathon

2:27:51	(2)	Patty Catalano (AthWst)	Boston	4-20
2:29:36		+Lorraine Moller (NbTC/NZ)		
2:30:12	(3)	Julie Shea (NC State)	New York	10-25
2:30:16	(3)	Joan Benoit (AthWst)	Boston	4-20
2:33:40		Julie Brown (LAN)		
2:34:48	(7)	Nancy Conz (NbTC)	Boston	4-20
2:35:19	(2)	Laura Binder (Adidas)	Eugene	9-13
2:35:25		+Glynis Quick (TWU/NZ)		
2:35:40	(5)	Jan Yerkes (Bucks Y)	New York	10-25
2:35:57	(8)	Laura DeWald (WRC)	Boston	4-20
2:36:47	(2)	Janice Horns	Duluth	6-20
2:36:55	(9)	Kiki Sweigert (WSSAC)	Boston	4-20
2:36:59	(1)	+Carrie May (BYU/Ire)	Scottsdale	12-12
2:38:03	(10)	Lorri Dierdorff (SLOTG)	Boston	4-20
2:38:20	(2)	Jane Wipf	Tokyo	11-15
2:38:26	(3)	Julie Ipshording (Xavier)	Ottawa	8-23
2:38:30		Kellie Cathey (Oklahoma)		
2:39:08	(6)	Michele Bush (UCLA)	Ottawa	8-23
2:39:33		Cindy Dalrymple (WSSAC)		
2:39:37	(2)	Eileen Clausus	Honolulu	12-13
2:40:49	(1)	Nancy Mieszczak (Adidas)	Buffalo	10-17
2:40:59		Doreen Ennis		
2:41:04	(1)	Jennifer White (AthWst)	Toronto	10-4
2:41:15		Martha Sartain		
2:41:44		Jane Buch		
2:41:50	(1)	Karlene Erickson (Nb HS)	Omaha	11-7
2:42:26		Kathy Molitor		
2:42:42		Sally Strauss (Yale)		
2:42:47	(3)	Janice Ettie	Duluth	6-20
2:42:51	(10)	Sarah Quinn (WSSAC)	New York	10-25
2:42:49		Toni Bernhard (HstHar)		
2:43:00		Heike Skaden (Cal HS)		
2:43:00		Linda Edgar (Seattle TC)		
2:43:04	(7)	+Midde Hamrin (Lamar/Swe)	Ottawa	8-23
2:43:04	(3)	Donna Burge (HstHar)	Scottsdale	12-12
2:43:08	(16)	Carol Cook (SLTC)	Boston	4-20
2:43:41	(11)	Shirley Durtzchi (Oregon TC)	New York	10-25
2:43:48	(3)	Shirley Silsby (RS)	Miami	1-17
2:44:08		Juanita Etheridge		
2:44:14	(4)	Mary Bange	Duluth	6-20
2:44:20	(4)	Hansen	Miami	1-17
2:44:46	(3)	Susan Henderson	Scottsdale	12-12
2:44:46		Elaine Campo (Outf)		
2:44:49		Marty Cooksie		
2:45:08		Kitty Consolo (Un)		
2:45:16		Jo Ann Dahlkoetter (WVTC)		
2:45:18		Peggy Schott		
2:45:33	(15)	Ann Gladue (Ox JC)	New York	10-25
2:45:46	(5)	Bouchard	Miami	1-17
2:45:54		Karen Bridges		
2:45:57	(19)	Marilyn Hulak (Atlanta)	Boston	4-20
2:45:58		Karen Cosgrove		
2:45:59	(4)	Pat Story	Eugene	9-13
2:46:03	(10)	Vanessa Vajdos	Ottawa	8-23
2:46:03	(3)	Gilbert	Honolulu	12-13
2:46:31	(2)	Jan Arenz	Montreal	9-13
2:46:40	(5)	Melody Mayer	Eugene	9-13
2:46:40		Patricia Robinson		
2:46:45	(17)	Sharon Barbano	New York	10-25
2:46:57	(1)	Harp	Oakland	12-6
2:47:07	(21)	Jean Kerr	Boston	4-20
2:47:09		Caroll Myers		
2:48:05	(20)	Burke Koncelik	New York	10-25
2:48:20		Marjorie Kaput (Arizona)		
2:48:26	(22)	Jane Welzel	Boston	4-20
2:48:40	(2)	Elson	Oakland	12-6
2:48:48	(15)	Bev Miller	Ottawa	8-23
2:48:56		Ford Madiera		
2:48:47	(22)	A.Walstam	New York	10-25
2:49:10	(6)	Sue Krenn	Miami	1-17
2:49:11		Marjorie Tennyson		
2:49:12	(1)	Heckman	Baltimore	11-29
2:49:13		Michelle Vogel		
2:49:15	(24)	Sharon Given	Boston	4-20
2:49:17		Karlene Erickson		
2:49:25	(23)	Jean Chodniki	New York	10-25
2:49:26	(24)	Maddy Hermeling	New York	10-25
2:49:26		Andrea Rau		
2:49:28	(26)	Fran Solomon	Boston	4-20
2:49:39	(1)	Tina Gandy	Chicago	9-27
2:49:42	(7)	Sue Peterson	Eugene	9-13
2:49:46	(17)	Kare Holm	Ottawa	8-23
2:49:47	(4)	Karen Scanell	Oakland	12-6

100 Meter Hurdles (*=Hand time plus 0.24)

13.03	(1)	Stephanie Hightower (LAN)	Bucharest	7-23
13.10	(2)	Benita Fitzgerald (Tn)	Sacramento	6-20
13.18	(3)	Jackie Washington (Shaklee)	Sacramento	6-20
13.32	(2)	Candy Young (FarDik)	LA	5-10
13.34*	(1)	Linda Weekly (Tx Sth) 13.26w	Houston	3-20
13.36	(2)	Lori Dinello (Fl)	Knoxville	5-16
13.38s	(2)	Kim Turner (UTEP) 13.17w	Austin	5-29
13.47		Brenda Calhoun (Ar St) 13.34w		
13.54*	(3)	Gayle Watkins (Un)	Wichita	5-30
13.64*	(1)	Linda Bourne (Un)	Logan	5-2
13.64*	(1)	Karen Holmes (TWU) 13.59w	Houston	5-2

13.66s	(4)	Gwen Foss (Kansas)	Austin	7-20
13.67	(1)	Lexie Miller (Oregon)	Pullman	4-18
13.67		Clara Hairston (NC HS) 13.54w		
13.69	(1)	Maureen McGee (IAM)	Irvine	5-9
13.72	(1)	Rene Felton (SMCC, Ca)	Cerritos	6-30
13.73	(4)	Carol Lewis (NJ HS)	Sacramento	6-20
13.74*	(1)	Kim Willis (Ohio St) 13.50w	Columbus	4-18
13.76s	(5)	Kris Costello (Oregon)	Austin	5-29
13.79h	(1)	Kelly Matthews (Iowa State)	Fayetteville	3-28
13.82	(H)	Jane Frederick (AthWst)		
13.84*	(H)	Debbie Deutsch (Rutgers)	Philadelphia	4-21
13.84	(2)	Delores Gibbs (LIU)	Indiana	5-16
13.84*	(4)	Tonja Brown (FlSt) 13.53w	Charlottesville	5-17
13.84*	(4)	Pam Page (Un) 13.74*w	Wichita	5-30
13.87	(3)	Alicia Sweeney (CS Northridge)	Indiana	5-16
13.90	(3)	Robin Marks (Arizona)	Eugene	6-6
13.92		Angie Carson (S Car State)		
13.84*	(1)	Jan Yarbrough (DeAnza CC, Ca)	Modesto	5-23
13.94*	(1)	+Maureen Prendergast (LIU/GB)	Bronx	6-28
13.95	(4)	Lori Scharcher (Mt.Hood CC)	Eugene	6-6
13.96		Sherri Ballew (THFC)		
13.97		+Sharon Lane (SDS/Can)		
13.98s	(7)	Kathy Borgwarth (Wis) 13.94w	Austin	5-29
13.99	(2)	Lori Smith (CSLB) 13.98w	Irvine	5-9
14.00	(3)	Tammy Etienne (Tx) 13.80w	Fayetteville	5-8
14.00	(3)	Judy Thomas (Ky) 13.90w	Knoxville	5-16
14.00		Susan Brownell (Va)		
14.01	(3)	Marlene Harmon (LAN)	Irvine	5-9
14.02	(2)	+Sandra Farmer (Ariz/Jam)	Tucson	5-9
14.02		Tonya Lowe (Ky) 13.97w		
14.03	(4)	Joanne Arnold (AusPeay)	Indiana	5-16
14.04*	(2)	Veronica Flowers (TxTech) 13.98w	Houston	5-10
14.04*	(2)	Milton (Sac CC, Ca)	Modesto	5-23
14.04*	(1)	Debbie DaCosta (Fl HS)	Miami	5-30
14.04*	(2)	Lorraine Tumblings (NYPAL)	Bronx	6-28
14.04		Connie McKernan (Kansas)		
14.06	(4)	Donna Smitheran (Morehead St)	Murray	4-11
14.06	(4)	Margo Edwards (Redlands) 13.78w	Irvine	5-9
14.06h	(2)	Brenda Allwine (Ok)	Ames	5-15
14.06	(5)	+Grace Jackson (Al.A&M/Jam)	Indiana	5-16
14.06		Likita Wooten (Tx HS)		
14.07	(2)	Darlene Grant (SFCC)	Gainesville	3-21
14.07	(2)	Tina Brown (Harbor JC, Ca)	LA	5-1
14.07	(3)	Aladrian Hunter (Cal HS)	LA	7-1
14.09		Julie Smithers (Rut) 13.99w		
14.10	(6)	Candice Williams (Se Mo) 13.61w	Indiana	5-16
14.11		Debbi Kilhofer (Ill.St) 13.64w		
14.12	(2)	Mitzi McMillan (Cast Ath)		
14.13	(2)	Lilian Cole (Ala State)	Tallahassee	3-14
14.13	(3)	Missy Jerald (UCLA) 14.02w	Eugene	4-4
14.14*	(2)	Almetha Roland (FlSt) 13.75w	Gainesville	4-24
14.15		Karen Roth (Ill St)		
14.16h	(2)	Piper Bressant (Rich TC)	LA	6-30
14.17	(H)	Patsy Walker (Hst) 14.07w		
14.18	(1)	Holmes (Tx Christian)	Dallas	4-18
14.21h	(2)	Cheryl Zagic (Nb)	Ames	5-15
14.22		+Allison Manley (MurSt/GB) 13.86w		
14.23	(1)	Jan Glotzer (LAN)		
14.24*	(1)	Sherry Agee (THFC)	Charleston	4-18
14.24h	(2)	Pat Lavallias (Hst) 13.96w	Houston	5-1
14.24*		Konnie Mackey (Utah St)	Logan	5-2
14.24*	(7)	Val Fleming (BEBTC)		
14.24*		Stella Edwison (BYU) 14.23		
14.24		Rhonda Blanford (Col HS)		
14.24*		Kathy Freeman (Sth) 13.99w		
14.24*		Holly Foster (E.Ky)		
14.26	(H)	Tonya Alston (UCLA)	San Diego	5-2

Wind Aided

13.79w	(2)	Terry Walters (Tx Sth)	Houston	5-2
13.84w	(H)	Debra Deutsch (Rutgers)	Philadelphia	4-21
13.92w	(H)	Mary Harrington (PocTC)	Spokane	6-26
13.99w	(2)	Sherieffa Sanders (Cal HS)	Col Springs	7-5
14.01w	(2)	Wanda Harris (Ark)	Fayetteville	3-28
14.09hw	(2)	Lisa Gourdine (UCLA)	Austin	4-4
14.12hw	(3)	Rhonda Scott (Sth)	Austin	4-4
14.13w	(1)	+Gina Tempro (E.Mich/Bar)	E.Lansing	5-9
14.14w	(5)	Peggy Hopkins (Kansas)	Manhattan	5-2
14.25hw	(4)	Paula Rideaux (LSU)	Austin	4-4

400 Meter Hurdles (*=Hand time plus 0.14)

56.38	(1)	Sandy Myers (LAN)	Col Springs	7-22
57.10s	(1)	Tammy Etienne (Texas)	Austin	5-29
57.24	(1)	Robin Marks (Arizona)	San Diego	5-3
57.28	(3)	Edna Brown (Temple)	Sacramento	6-21
57.53	(2)	Tonja Brown (FlSt)	Austin	4-4
57.54	(2)	+Sandra Farmer (Ariz/Jam)	San Diego	5-3
57.55h	(1)	+Sharon Colyear (Bos/GB)	Univ Park	5-9
57.82	(4)	Lexie Miller (Oregon)	Sacramento	6-21
58.44*	(1)	Vivian Scruggs (Va)	Charlottesville	5-17
58.46	(1)	Stephanie Vega (Brooklyn)	Nashville	4-11
58.56	(1)	Tracy Nelson (NJ HS)	LA	7-1
58.64s	(3)	Rachel Clary (Houston)	Austin	5-29
58.75s	(4)	Ellen Smith (Tx A&M)	Austin	5-29
58.82	(1)	Marlene Harmon (LAN)	Irvine	5-9
58.84	(2)	Vata Allen (W.Ky)	Nashville	4-11
58.89s	(3)	Karen Taylor (LAN)	Sacramento	6-20
59.03s	(5)	Jill Lancaster (Ok)	Austin	5-29
59.07	(3)	Betsy Baymiller (E.Tn)	Nashville	4-11
59.10s	(4)	Sally Anderson (Princeton)	Austin	5-29
59.12s	(6)	Denise Waddy (Arizona)	Austin	5-29
59.18	(2)	Chris Davenport (Iowa)	Lawrence	4-17
59.20	(1)	Chris Crowther (Ill HS)	LA	7-6



JACKIE WASHINGTON (Jeff Johnson photo)



KRIS COSTELLO (Jeff Johnson photo)

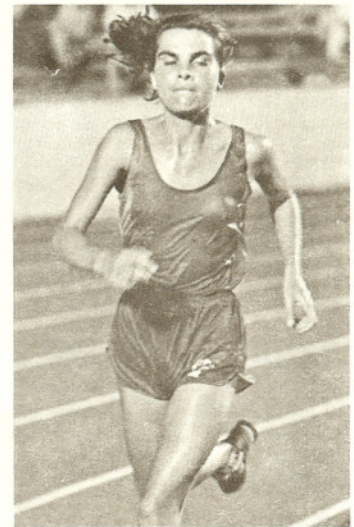


SANDRA FARMER (Jeff Johnson photo)

59.22	(2) Debbie DaCosta (Fl HS)	LA	7- 6
59.29	(1) Almetha Roland (FlSt)	Winston-Sal	8- 8
59.30	(2) Margret Demorest (Cal HS)	LA	7- 1
59.44	(3) Gayle Kellon (Cal HS)	LA	7- 1
59.49	(1) Judi Brown (Mich State)	E.Lansing	5- 2
59.89s	(5) Pat Melton (Yale)	Austin	5-29
59.92	(2) Carol Humphries (NE Mo)	Des Moines	4-24
59.94*	(1) +Joan Elumelu (Un/Nig)	Gainesvle	3-21
59.96	(1) Colleen Williams (Idaho)	Indiana	5-16
60.00	(4) Brenda Chambers (Colorado)	Austin	4- 4
60.00	(1) Kathy Freeman (Sth)	Houston	5- 2
60.04*	(4) +Dana Wright (Old D/Can)	Charlotesvle	5-17
60.05	(4) Missy Jerald (UCLA)	San Diego	5- 3
60.08	(2) Debra Melrose (Atoms)	Wichita	5-30
60.10	(3) Kim Whitehead (Un)	Auckland	1-25
60.11h	(1) Debbie McClendon (Colorado)	Ames	5-15
60.26	(5) Kathy Bower (CSLB)	San Diego	5- 3
60.34	Jennifer Harlan (Mont HS)		
60.44*	(1) Jeanette Bradley (FlSt)	Gainesvle	4-24
60.44h*	(1) Gretchen Baker (Indiana)	E.Lansing	5- 1
60.44*	(5) Karen Hatchett (Va)	Charlotesvle	5-17
60.45	(2) Tangerlia Thomas (Ala A&M)	Indiana	5-16
60.47	(1) Felicia Durham (Sth)	Houston	5-22
60.54*	Penny Fales (Penn State)		
60.61h	(3) Piper Bressant (Va HS)	LA	6-30
60.62	(3) Amy Dunlap (Wisconsin)	E.Lansing	5- 2
60.65	(3) Alverretta Pitts (Florida)	Athens	5- 9
60.83	(1) +Maureen Prendergast (LIU/GB)	College Park	4-18
60.84*	(1) Deanne Johnson (Stanford TC)		5- 8
60.89	(4) Esmeralda Tagaban (Idaho St)	Wichita	5-30
60.92	(1) Debbie Bottomley (SDS)	San Diego	4-11
60.95	(3) Beth Happek (In HS)	Winston-Sal	8- 8
60.96	(3) Candace Williams (SE Mo St)	Indiana	5-16
61.04*	Karen Woods (NJ HS)	Winston-Sal	8-
61.04*	Donithy Jones (NJ HS)		
61.07	(1) Rosalyn Dunlap (Mo)	Fayetsvle	3-28
61.09	(4) Chris Drummond (NE Mo State)	Indiana	5-16
61.11	(5) Judy Thomas (Ky)	Des Moines	4-24
61.14	Sophie Davis (St.Johns)		
61.15	(1) Laurie Schaecher (Mt.Hood CC)	San Angelo	5-23
61.20	(1) Clara Hairston (NC HS)	Lincoln	8- 2
61.24*	(1) Konnie Mackey (Utah State)	Logan	5- 2
61.24h	(2) Yvette Cash (NY HS)	LA	6-30
61.25	(1) April Cook (NC HS)	Lincoln	8- 1
61.34	(1) +Tuija Helander (BYU/Fin)	Albuquerque	4-25
61.34*	Angela Williams (NJ HS)		
61.34*	Debbie Grant (NY HS)		
61.40	(1) Sonya Brisco (Cerritos CC, Ca)	Cerritos	6-30
61.44*	(7) Stacy Atterton (Boston)	Philadelphia	4-23
61.44	(3) Cheryl Hawthorne (Cal)	Berkeley	5-17
61.45	(5) Suzi Schreckhise (J.Madison)	Indiana	5-16
61.50h	(3) Gwen Poss (Kansas)	Ames	5-15
61.50	Venita McDavid (Temple)		
61.53	(1) Stella Edwison (BYU)	Seattle	4-11
61.54	June Smith (NY HS)		
61.56	(5) Cathie Gebhards (Un)	Wichita	5-30
61.59	(4) Val Morgan (Ga)	Athens	5- 3
61.61*	(2) Ruth Hubbard (C.Mich)	E.Lansing	5- 9
61.64*	(6) Susan Seebers (Fl)	Gainesvle	3-21
61.64*	(7) Nancy Robinson (Fl)	Gainesvle	3-21
61.64*	(3) Jennifer James (Utah State)	Logan	5- 2
61.64*	(1) Jayne Glade (Illinois)	Champaign	5- 9
61.65	(2) Kathy Raugust (Hartnell CC, Ca)	Cerritos	6-30



ELLEN LYONS (Jeff Johnson photo)



GLYNIS QUICK (Jeff Johnson photo)



DARIEN ADREAU (Jeff Johnson photo)

4x100 Relay (*=Hand time plus 0.14; °=440y minus 1.20)

43.27	(1) UCLA Alumni	Col.Springs	7-23
43.39	(1) Shaklee TC	Sacramento	6-21
44.04	(2) Los Angeles Naturite	Sacramento	6-21
44.35	(1) Florida State	Austin	5-30
44.44	(1) UCLA	San Diego	5- 3
44.74*	(1) Tennessee State	Nashville	4-18
44.95	(1) Texas Womans University	Houston	5- 2
45.02	(3) Los Angeles Mercuresses	Sacramento	6-21
45.06	(4) DC International	Sacramento	6-21
45.07°	(1) UTEP	Albuquerque	4-25
45.10°	(1) Nebraska	Lawrence	4-17
45.12h	(2) CS Los Angeles	Austin	5-29
45.13	(1) Berkeley HS, Cal	Cerritos	6- 6
45.20	(1) Texas Southern	Houston	5-23
45.23	(2) BPFV TC	Col.Springs	7-23
45.30	(2) Prairie View	Houston	5- 2
45.32	(2) New Mexico	Albuquerque	4-25
45.33	(2) Arizona State	San Diego	5- 3
45.34	Southern California Cheetahs		
45.39	(5) New York PAL	Sacramento	6-21
45.41h	(2) Houston	Austin	4- 4
45.43	(2) Jackson State	Houston	5-23
45.50	(1) Tennessee	Houston	3-19
45.52	South Carolina State		
45.52h	(6) Berkeley East Bay TC	Sacramento	6-21
45.53h	(2) Texas	Austin	4- 4
45.56	(1) Atoms TC	Tempe	4- 4
45.64	(3) Morgan State	Philadelphia	4-24
45.66h	(6) Kentucky	Austin	5-29
45.69	(4) Southern	Houston	5-23
45.74*	(2) Willingboro TC	LA	7- 1
45.94*	(1) Arizona	Tucson	3-28
46.04*	(2) CS Northridge	Northridge	5- 2
46.14	(2) Dorsey HS, Los Angeles, Cal	Cerritos	6- 6
46.20	(2) Georgia	Athens	5- 2
46.21	(1) Angelo State	Houston	5- 2
46.22°	(2) Arkansas	Lawrence	4-17
46.25	(2) Eastern Illinois	Indiana	5-16
46.30	USC		

1981 US List

46.33	(2)	Wisconsin	Des Moines	4-11	3:42.54*	(1)	South Carolina State	Tallahassee	4-18
46.37	(1)	Kennedy HS, Los Angeles, Cal	LA	5-29	3:42.63	(d)	Berkeley East Bay TC		
46.47	(2)	CS Bakersfield	Walnut	4-26	3:42.96	(4)	Kentucky	Des Moines	4-25
46.54*	(1)	Long Beach City College, Cal	Oceanside	5-23	3:43.04*	(1)	Indiana	Bloomington	5- 9
46.56*	(3)	Oklahoma	Lawrence	4-17	3:43.44*		Old Dominion		
45.56°	(2)	Michigan State	E.Lansing	5- 2	3:43.44*		Plainfield HS, NJ		
46.62	(2)	Oregon	Williamsbg	4- 4	3:43.82	(2)	Texas Woman's University	Houston	5- 2
46.64*	(2)	Howard			3:44.09h	(1)	Iowa State	Des Moines	4-24
46.64*		Ms AC			3:44.28	(1)	Nebraska	Ames	5-16
46.64	(5)	St. Augustine's	Houston	5-23	3:44.39	(3)	Houston	Houston	5- 2
46.65	(4)	North Texas State	Houston	5- 2	3:44.44*	(1)	Rutgers	New Brunswick	4-18
					3:44.61	(2)	Jackson State	Wichita	5-30
					3:44.72	(4)	Penn State	Knoxville	4-10
					3:45.02h	(2)	Western Illinois	Des Moines	4-24
					3:45.20	(2)	Kansas	Ames	5-16
					3:45.32h	(3)	Iowa	Des Moines	4-24
					3:45.49	(3)	Colorado Flyers	Wichita	5-30
					3:45.74*		Central HS, Md		
					3:45.74*		Long Island University		
					3:45.83	(1)	Eastern Illinois	Indiana	5-16

4x200 (*=Hand time plus 0.14; °=880 Yards minus 0.50)

1:33.40	(1)	UCLA	Walnut	4-26
1:36.04*	(1)	Prairie View	Houston	3-20
1:36.74*		Tennessee State		
1:37.04*	(1)	Adelphi	Greenville	4-11
1:37.14*	(2)	Texas Woman's University	Houston	3-20
1:37.23°	(1)	South Carolina State	Orangeburg	4-11
1:37.34*	(3)	Texas Southern	Houston	3-20
1:37.64*	(1)	Morgan State	N.Brunswick	4-18
1:38.14*	(4)	Southern	Houston	3-20
1:38.24*		Berkeley HS, Cal		
1:38.52	(2)	Los Angeles Naturite	Walnut	4-26
1:38.84°		La Marque HS, Texas		
1:38.94*	(2)	Long Island	N.Brunswick	4-18
1:39.14*		Washington HS, Houston, Tx		
1:39.24*		East Tennessee State		
1:39.24*		Sterling HS, Houston, Tx		
1:39.29°	(1)	CS Los Angeles	Northridge	3-14
1:39.44°	(1)	Montclair HS, NJ	Kearney	4-18
1:39.67h°	(1)	Skyline HS, Dallas, Tx	Denton	4-24
1:39.82°		CSLA Alumni		
1:39.94°	(2)	Howard	Towson	3-28
1:39.94*	(1)	Bloom Trail HS, Chicago, IL	Charleston	5-16
1:40.24°	(1)	Florida A&M	Troy	4- 4
1:40.24*	(2)	Dynamite TC	Greenville	4-11
1:40.34*		Penn State		
1:40.34*		Morrell HS, Irvington, NJ		
1:40.64*		East Forsyth HS, Kernersville, NC		
1:40.74*		Menchville HS, Va		
1:40.74*		Overbrook HS, Philadelphia, Pa		
1:40.94*		Lincoln HS, NJ		
1:41.04*		Loughlin HS, Brooklyn, NY		
1:41.14*		Jeffhugwyth HS, Va		
1:41.27		Manual Arts HS, Los Angeles		
1:41.34*	(3)	Atoms TC	Greenville	4-11
1:41.44*		Boys-Girls HS, Brooklyn, NY		
1:41.52		Kennedy HS, LA, Ca		
1:41.54*		Sussex HS, Va		
1:41.67		Bell HS, Galveston, Tx		
1:41.64*		Coolidge HS, DC		
1:41.94*		Armstrong HS, Va		
1:41.84*		Warwick HS, Newport News, Va		
1:42.04*	(4)	Mercury Bobcats	Greenville	4-11
1:42.04*		McKinley HS, DC		
1:42.34*		Frederick HS, Md		
1:42.34*		Palinfield HS, NJ		
1:42.34*		Trenton HS, NJ		
1:42.44*		St. John's		
1:42.44*		Jones HS, Houston, Tx		
1:42.46	(3)	Arizona State	Walnut	4-26
1:42.74*		Blandensburg HS, Md		
1:42.84°	(3)	Ms AC	Towson	3-28

4x400 (*=Hand time plus 0.14; °=4x440 minus 1.20)

3:27.90	(1)	Los Angeles Naturite	Sacramento	6-20
3:29.34	(2)	Shaklee TC	Sacramento	6-20
3:31.70	(1)	Tennessee	Austin	5-30
3:32.08	(2)	UCLA	Austin	5-30
3:32.84*	(1)	Tennessee State	Philadelphia	4-25
3:33.43	(3)	Los Angeles Mercurettes	Sacramento	6-20
3:34.13	(3)	Oregon	Austin	5-30
3:34.43h	(1)	Texas	Austin	5-28
3:34.80	(4)	Florida State	Austin	5-30
3:36.55	(1)	Prairie View	Des Moines	4-25
3:36.95		DC International		
3:37.24	(1)	Kennedy HS, Los Angeles	Cerritos	6- 6
3:38.05	(6)	Oklahoma	Austin	5-30
3:38.16°	(2)	Stanford TC	LA	5-10
3:38.94°	(2)	Atoms TC	Chestnut Hl	7-12
3:38.95h	(4)	Virginia	Austin	5-28
3:39.07	(2)	Manual Arts HS, Los Angeles	Cerritos	6- 6
3:39.17h	(5)	Morgan State	Austin	5-28
3:39.20	(5)	Southern Cal Cheetahs	Sacramento	6-20
3:39.90		Texas Southern		
3:40.04°	(3)	Ms AC	Chestnut Hl	7-12
3:40.12	(1)	Temple	Univ Park	5- 9
3:40.60h	(5)	Texas A&M	Austin	5-28
3:40.81		Cooper Striders		
3:41.09°	(1)	UTEP	El Paso	3-18
3:41.33	(3)	Berkeley HS, Cal	Cerritos	6- 6
3:41.49	(3)	Southern	Houston	5-23
3:41.54*	(1)	Howard	Charlottesville	5-17
3:41.76	(2)	Arizona	San Diego	5- 3
3:42.13	(2)	Sub-4 TC	LA	7- 1
3:42.41°	(1)	Michigan State	E.Lansing	5- 2

8:35.67	(1)	Wisconsin	Des Moines	4-25
8:36.17	(1)	Tennessee	Austin	4- 4
8:36.61	(2)	Nebraska	Des Moines	4-25
8:36.94	(1)	Sports West	Sacramento	6-19
8:37.94*		Oklahoma		
8:38.45	(2)	Texas Southern	Austin	4- 4
8:41.63	(1)	Iowa State	Ames	5-15
8:41.87	(2)	San Jose Cindergals	Sacramento	6-19
8:44.21	(3)	Los Angeles Naturite	Sacramento	6-19
8:45.24*	(3)	Kansas State	Ames	5-15
8:48.24*	(2)	Villanova	Philadelphia	4-25
8:48.27	(1)	Penn State	Univ Park	5- 9
8:48.81		Coast Athletics		
8:49.34*	(3)	Virginia	Philadelphia	4-25
8:51.02*		Liberty AC		
8:51.40°	(2)	Iowa	E.Lansing	5- 2
8:51.44	(5)	Louisiana State	Austin	4- 4
8:52.81	(4)	Southern California Cheetahs	Sacramento	6-19
8:53.43	(6)	UCLA	Austin	4- 4
8:54.61	(7)	Texas	Austin	4- 4
8:55.74*	(8)	Florida State	Austin	4- 4
8:56.94	(1)	Idaho	Indiana	5-16
8:58.51	(5)	Colorado	Des Moines	4-25
8:58.74*	(1)	Washington	Corvallis	5- 2
8:58.84*	(1)	Arkansas	Fayetteville	5- 8
8:59.24*	(1)	Purdue	Champaign	4-18
8:59.94*	(2)	Moorhead State	Indiana	5-16
9:00.14*		Michigan State		
9:01.14°	(3)	Indiana	E.Lansing	5- 2
9:01.82	(2)	Georgetown	Univ Park	5- 9
9:02.24	(6)	Kansas	Des Moines	4-25
9:02.24	(7)	Minnesota	Des Moines	4-25
9:02.61°	(1)	North Carolina State	Raleigh	4- 4
9:02.82°	(4)	Michigan	E.Lansing	5- 9
9:02.84*	(1)	Cornell	Raleigh	3-28
9:03.04*	(2)	Texas A&M	Fayetteville	5- 8
9:03.54*	(1)	Western Michigan	Kalamazoo	5-15
9:04.06	(3)	Howard	Univ Park	5- 9
9:04.62°	(1)	UTEP	El Paso	4-18
9:04.80	(2)	Florida	Knoxville	5-16
9:06.04*	(2)	Oregon	Corvallis	5- 2
9:06.12	(1)	Kentucky	Lexington	4- 4
9:06.34*	(1)	CS Sacramento	Berkeley	4- 4
9:07.30	(8)	Indiana State	Des Moines	4-25
9:07.34*	(2)	Central Michigan	Kalamazoo	5-15
9:07.80		State College HS, Penn		
9:08.15°	(2)	New Mexico	El Paso	4-11
9:08.24	(4)	Sub-4 TC	LA	7- 1
9:08.27		Perkiomen Valley HS, Pa		
9:09.04*	(1)	Atoms TC	Greenville	4-11
9:09.04	(1)	San Diego State	San Diego	5- 3
9:09.34*	(4)	Cal Poly/San Luis Obispo	Indiana	5-16
9:09.36		Harpeth Hall HS, TN		
9:09.74*		Vailsburg HS, NJ		
9:10.14*	(10)	Central College, Iowa	Des Moines	4-25
9:10.29°	(3)	Brigham Young University	El Paso	4-18
9:10.54*	(11)	Western Illinois	Des Moines	4-25
9:10.75	(2)	Arizona	Tucson	3-28
9:11.37°	(1)	Western Washington	Hayward	5-23
9:12.54	(2)	Jackson State	Houston	5-22
9:12.94*	(12)	Mankato State	Des Moines	4-25
9:13.04*	(1)	Summit HS, NJ	Philadelphia	4-24
9:13.44*		Ridgewood HS, NJ		
9:13.74*		Harborfield HS, NY		
9:13.94*	(1)	Richmond	Charlottesville	3-27
9:14.14*	(1)	Abilene Christian	Lubbock	4-11
9:14.24*	(3)	Eastern Michigan	Kalamazoo	5-15
9:14.24		Cheltenham HS, Pa		
9:14.26	(1)	Phoenix City College	San Angelo	5-23
9:14.61°	(2)	Wisconsin/La Crosse	Hayward	5-23
9:15.24*		Bronxville HS, NY		
9:15.40	(2)	Illinois State	Charleston	4-18
9:15.74*	(1)	Manual Arts HS, Los Angeles	Walnut	4-24

4x800 (*=Hand time plus 0.14; °=4x880 minus 3.00)

18:45.19	(1)	Purdue	Lexington	4- 4
18:53.21	(2)	Kentucky	Lexington	4- 4
19:20.64*	(1)	UCLA	Walnut	4-26
19:34.84*	(2)	Orange Coast CC, Cal	Walnut	4-26

1981 US List

20' 4"	(2)	Ann Meachum (E.Michigan)	Des Moines	4-25
20' 4"	(H)	Mary Harrington (PocTC)	Spokane	6-27
20' 4"		Alice Bennett (F1St)		
20' 3 3/4"	(1)	+Jennifer Innis (CSLA/Guy)	Northridge	3-14
20' 3 3/4"	(2)	+Marlene Harmon (LA Naturite)		5-30
20' 3 3/4"	(1)	JoAnna Harper (ELAJC, Cal)	Northridge	3-14
20' 3"	(1)	Robin Taylor (Old Dominion)	Harrisonbg	4-18
20' 2 1/2"		Joanne Arnold (Austin Peay)		
20' 2 1/4"	(2)	Gayle Brandon (E.Illinois)	Indiana	5-16
20' 2"	(1)	Yvette Evans (LA Mercurettes)	Long Beach	12-20
20' 2"		Tamela Penny (Va HS)		
20' 2"	(1)	Michelle Kelly (UC Irvine)	Irvine	4-11
20' 2"	(1)	Tomi Rucker (DC HS)	White Plains	5-16
20' 1 1/2"	(6)	Karen Taylor (Shak) 20'5w	LA	5-10
20' 1 1/2"	(4)	Kathy Rankins (Georgie)	Gainesvle	3-21
20' 1 1/2"		Denise West (Tx HS)		
20' 1 1/4"	(2)	Tudie McKnight (Kan) 20'11 1/2w	Memphis	3-28
20' 1 1/4"		Katrina Greer (NC HS)		
20' 0 3/4"	(1)	Melanie Markham (CS Northdgc)		5- 9
20' 0"		Lorrie Thornton (Michigan)		
19' 11 1/4"		Becky Kaiser (Illinois)		
19' 11 1/2"	(2)	Sabrina Williams (Cal HS)	LA	7- 1
19' 11 1/2"		Dee Dee Slade (NC HS)		
19' 11 1/4"		Dorothy Ptomey (Springfield)		
19' 11"	(1)	Patsy Walker (Houston)	Houston	4-11
19' 11"		Terri Smajestria (Tx HS)		
19' 11"	(1)	Sheila Atcher (Lk Mich JC)	San Angelo	5-23
19' 11"		Melody Smith (Tx HS)		
19' 10 1/4"	(4)	+Esther Otieno (UTEF/Ken) 20'1 1/2w	Austin	5-28
19' 10 1/4"		Allison Dotson (E.Ok.JC)		
19' 10"		Vogel Newsome (Ms V) 20'5 1/2w		
19' 10"	(1)	Lois White (Fl HS)	Miami	7-14
19' 9 3/4"	(4)	Sherieffa Barksdale (Tn)	Knoxville	4-10
19' 9 3/4"		Tracey Valentine (Md HS)		
19' 9 3/4"	(1)	Lisa Staton (NC State)	Raleigh	4- 4
19' 9"		Novaita Samuels (Tx HS)		
19' 9"	(2)	Eunice Jones (Fl HS)	Miami	7-14
19' 8 3/4"	(1)	Janet Buntin (Spokane CC)	Seattle	5-16
19' 8 3/4"	(1)	Cathy Harrison (Ga HS)	Lincoln	8- 1
19' 8 3/4"	(3)	Beverly Slaughter (SE Mo)	Memphis	3-28
19' 8 3/4"	(1)	Wanda Harris (Arkansas)	Fayettevle	5- 8
19' 8"		Rhonda Blanford (Col HS)		
19' 7 3/4"	(5)	Anette Reaves (Jackson State)	Wichita	5-30
19' 7 3/4"		B. J. Eldridge (Wyoming)	Ft.Collins	4- 4
19' 7 3/4"	(1)	Dorthea Brown (Ill HS)	Lincoln	8- 2
19' 7"	(1)	Kathy Haynes (USC)	LA	4- 2
19' 6 3/4"	(1)	Jackson (Jackson State)	Houston	5-21
19' 6 3/4"	(2)	Thomasina Busch (Hampton Inst)	Houston	5-21
19' 6 3/4"	(3)	Risenhoover (Adams State)	Houston	5-21
19' 6 3/4"	(3)	Sherifa Sanders (Cal HS) 19'7w	LA	7- 1
19' 6 3/4"	(1)	Jewel Lovelady (CS Bakersfield)	Stanford	3-28
19' 6 3/4"	(2)	Colleen Gibson (Ore State)	Stanford	4-25
19' 6 3/4"	(4)	Kim Gowan (THFC) 20'0 1/2w	Des Moines	4-25
19' 6 3/4"	(2)	Wortham (Phoenix CC, Az)	San Angelo	5-23
19' 6"		Clara Hairston (NC HS)		

Wind Aided

21' 11 1/2w		+Shonel Ferguson (StTC/Bah)		
21' 0 1/2w		+Allison Manley (MurSt/GB)		
20' 7w	(3)	Sharon Moultrie (Tx Tech)	Houston	5- 1
20' 6 1/2w	(1)	Piper Bressant (Va HS)	Williamsbg	5-23
20' 5w	(H)	Nancy Kindig (Nb)	Ames	5-16
20' 3 3/4w		Marlene Harmon (LA Naturite)		
20' 1w		+Linda Spenst (Mo/Can)		
20' 1w	(1)	Anna Van (Ariz State)	Tucson	5- 9
20' 0 1/2w	(1)	Melanie Markham (CS Northridge)	Irvine	5- 9
20' 0 1/2w		Kim Gowan (THFC)		
19' 11 1/4w	(1)	Shiri Milton (Sac CC, Cal)	Modesto	5-23
19' 10 1/4"	(H)	Jane Frederick (Un)	Spokane	6-27
19' 10"		Lois White (Fl HS)		
19' 9 3/4w	(1)	Jackie Durham (Angelo State)	Houston	5- 1
19' 9w	(1)	Sheila Frye (Cal HS)	Orange	5-15
19' 9w	(1)	Robyne Johnson (Cal HS)		5-30
19' 7 3/4w	(4)	Michelle Murray (Texas)	Houston	5- 1
19' 7 3/4w	(1)	Lexie Miller (Oregon)	Corvallis	5- 2
19' 7w		Janice Padmore (Cal HS)		

Shot Put

57' 1"	(1)	+Meg Ritchie (Ariz/GB)	Austin	5-30
56' 4 1/4"	(1)	+Marietta Van Heerden (LAN/RSA)	Pretoria	4-10
55' 5"	(1)	Denise Wood (Knoxville TC)	Sacramento	6-20
54' 0"	(1)	+Marita Walton (Md/Ire)	Philadelphia	4-23
53' 0"	(2)	+Rose Hauch (Tn/Can)	Austin	5-30
53' 4 1/4"	(2)	Lorna Griffin (Un)	Sacramento	6-20
53' 4 1/4"	(1)	Elaine Sobansky (Penn State)	New Brunswick	4-18
53' 4 1/4"	(1)	+Cecil Hansen (Ok/Nor)	Des Moines	4-25
52' 11 1/2"	(3)	Sandy Burke (Northeastern)	Austin	5-30
52' 5 1/4"	(2)	+Ria Stalman (Ariz St/Hol)	Tucson	5- 9
52' 4 1/2"	(1)	Natalie Kaaiswahia (Cal HS)	Cerritos	5-28
52' 2"	(5)	Ramona Pagel (CSLB)	Austin	5-30
51' 11 1/4"	(2)	Sue Thornton (Knox TC)	Stanford	3-28
51' 10 1/2"	(1)	Carol Van Pelt (Washington)	Corvallis	5- 8
51' 8 3/4"	(1)	Jane Frederick (Un)	LA	5-10
51' 6 3/4"	(5)	Neni Davis (St Johns)	Sacramento	6-20
50' 7 1/2"	(2)	Jill Stenwall (Kearney State)	Des Moines	4-25
49' 8"	(2)	Spillers (Un)	Mexico City	6-13
49' 6 1/2"	(1)	Sharon Hamilton (CS Bakersfld)	Indiana	5-16
49' 6 1/2"		Peggy Pollock (CSLB)		
49' 6"	(3)	+Cindy Crapper (Ky/Can)	Lexington	4- 4

49' 3 1/2"	(1)	Susie Ray (UCLA)	Eugene	4-11
49' 3 3/4"	(1)	Marcia Mecklenberg (SpWst)	Seattle	4-25
48' 10 1/2"	(2)	Annie McElroy (CSLB)		4-11
48' 5 1/4"		Gail Koziara (Dartmouth)		
48' 4 1/4"	(4)	Karen Wood (Nb)	Des Moines	4-25
48' 4 1/4"	(1)	Jenny Lempke (Wenatchee Val CC)	Seattle	5-16
48' 1 1/4"	(2)	Sharon Mitnik (Temple)	Piscataway	4- 5
48' 0 1/2"	(3)	Charyl Kennedy (SDS)		4-25
48' 0"	(6)	Heidi Kauti (UCLA)	LA	5-10
47' 10 1/2"	(1)	Vicky Gagne (Harbor CC, Cal)	Oceanside	5-23
47' 9 3/4"	(2)	Debbie Corley (Cal HS)	LA	7- 1
47' 9 3/4"	(7)	Carol Cady (Stanford)	Stanford	3-29
47' 7 3/4"	(1)	Kathy Lisle (CS Chico)	Hayward	5- 2
47' 6 1/2"	(5)	Karen Waddell (PV)	Wichita	4-25
47' 6"		Debra Pryor (Arizona State)		
47' 6"	(1)	Jo Beth Palmer (Texas)	Austin	3-28
47' 2 1/4"	(1)	Bonnie Dasse (SDS)	San Diego	6-13
47' 1 1/4"		Maren Seidler (AthWst)		
47' 0 3/4"		Kelly Curran (Col State)		
46' 11 1/2"	(3)	Sharon Lotmore (Fl)	Knoxville	5-16
46' 9 3/4"	(1)	Lisa Ferry (Houston)	Houston	5- 2
46' 9 3/4"		Sue Doucette (Idaho State)		
46' 9"	(1)	Nadine Cox (Ohio State)	E.Lansing	5- 2
46' 8"		Pamela Dukes (NJ HS)		
46' 7"	(2)	+Heather Kuusela (BYU/Fin)	Ogden	5- 9
46' 7"		Pinky Suggs (Kansas HS)		
46' 6 1/4"	(3)	Delores Bennett (Michigan St)	Gainesvle	3-21
46' 6"		Lori Mercer (Wyoming HS)		
46' 6"		Sara Albers (N.Colorado)		
46' 5 1/2"		Queenie Beasley (Oregon)		
46' 5"	(6)	Robin Small (Un)	Des Moines	4-25
46' 3"		Karen Nitsch (In HS)		
46' 2"	(2)	Vandora Wilson (Ft Hayes St)	Houston	5-21
46' 1 1/4"	(2)	Janice Stuckley (Kansas)	Ames	5-15
46' 1 1/2"		Catherine Shaw (Tx HS)		
46' 1"		Mary Manning (Wis HS)		
46' 0 1/2"	(1)	Lorraine Costanzo (Cal HS)	LA	3-26
46' 0"	(2)	Debra Pryor (Ariz State)	El Paso	4-18
46' 0"	(3)	Cindy Johnson (Ariz HS)	LA	7- 1
45' 11"		Angie Barker (Tn HS)		
45' 10 1/2"		Jeri Daniels (Wm & Mary)		
45' 10"	(2)	Susan Baker (Md)	Charlottsvle	4- 5
45' 10"	(1)	Victoria Gay (W.Ky)	Murray	5- 2
45' 10"		Michelle Tatum (Tx HS)		
45' 8 3/4"	(2)	Sara Albers (N.Colorado)	Tempe	3-21
45' 8"	(3)	Marilyn Senz (Penn State)	Piscataway	4-18
45' 8"		Debra Davis (Tx HS)		
45' 7 3/4"	(H)	Tonya Alston (UCLA)	San Diego	5- 2
45' 7 3/4"	(q)	Debbie Och (Alabama)	Austin	5-22
45' 7 3/4"	(3)	Yolanda Fletcher (Cal HS)	Cerritos	6- 6
45' 5"		Jean Buckley (Mass HS)		
45' 4 1/2"	(1)	Terri Byland (Kent State)	E.Lansing	5- 9
45' 4"	(2)	Gail Haynes (Marion)	Hayward	5-23
45' 3 1/2"		Paula Durham (Tx HS)		
45' 3"		Pat Shaw (CSLB)		
45' 3"		Carolyn Brown (Md HS)		
45' 2 1/2"	(2)	Debbie Lombardi (Wash State)	Seattle	4-25
45' 2 1/2"		Julie Marrazzo (Wis HS)		
45' 2 1/2"	(3)	Paula Phillips (Stephen Austin)	Indiana	5-16
45' 2 1/2"	(4)	Pam Dukes (NJ HS)	LA	7- 1
45' 1 1/4"	(1)	Diane Nordstrom (Wisconsin)	Talahassee	3-18
45' 0 3/4"	(2)	Julie Jones (Un)	Logan	5- 2
45' 0 3/4"	(8)	Fay Farrar (Mn)	Des Moines	4-25
45' 0 3/4"		Cindy Lensmire (Wis HS)		

Discus Throw

221' 5"	(1)	+Meg Ritchie (Ariz/GB)	Walnut	4-26
204' 6"	(2)	+Ria Stalman (Ariz St/Hol)	Walnut	4-26
187' 9"	(1)	Denise Wood (Knox TC)	Knoxville	4-10
186' 11"	(1)	Lorna Griffin (AthWst)	Long Beach	5- 3
186' 6"	(1)	+Marietta Van Heerden (LAN/RSA)	Eugene	6- 6
182' 9"	(1)	Leslie Deniz (Arizona State)		6-20
179' 1"	(3)	Jan Svendsen (Shaklee)	Walnut	4-26
178' 9"	(1)	Kathy Picknell (Oregon TC)	Eugene	7-10
177' 11"	(1)	+Betty Bogers (UTEF/Hol)	Austin	4- 4
177' 7"	(2)	Laura Messner (Texas)	Austin	4- 4
174' 0"	(5)	Julie Hansen (StWst)	Sacramento	6-21
173' 11"		Carol Cady (Stanford)		
173' 8"	(4)	Karen McDonald (Oregon)	Berkeley	5-17
172' 11"	(2)	Julie Cart (Sun Devil SF)	LA	5-17
172' 3"	(1)	Penny Neer (Michigan)	Ann Arbor	4-25
170' 3"	(4)	+Heather Kuusela (BYU/Fin)	Modesto	5-16
169' 3"	(7)	Gale Zaphiropoulos (Un)	Sacramento	6-20
168' 4"		Julie Jones (Un)		
167' 11"	(2)	Leslie Hoerner (CSLB)	Irvine	5- 9
167' 1"	(q)	Laura DeSnoo (Cal HS)	Cerritos	6- 5
166' 6"	(1)	Victoria Gay (W.Ky)	Murray	5- 2
166' 2"	(2)	Queenie Beasley (Oregon)	Corvallis	5- 7
166' 1"	(2)	+Marita Walton (Tn/Ire)	Knoxville	4-10
165' 9"		Ramona Pagel (CSLB)		
165' 5"	(1)	Cindy Johnson (Ariz HS)	Col Springs	7- 5
165' 3"	(3)	Brenda Denny (Colorado)	Austin	4- 4
164' 10"	(2)	+Cindy Crapper (Ky/Can)	Lexington	4- 3
164' 9"		Cickilee Cobern (Texas A&M)		
163' 2"	(1)	Pat Harrington (Idaho State)	Pocatello	5- 2
163' 0"	(1)	+Jorunn Tangen (Ok/Nor)	Stillwater	5- 2
162' 10"	(1)	Natalie Kaaiwahia (Cal HS)	Cerritos	6- 6
162' 7"	(1)	Pia Iacova (Taunton TC)	Amherst	4-11
162' 4"	(1)	Nadine Cox (Ohio State)	Columbus	4-18
161' 3"	(5)	Pat Shaw (CSLB)		5- 2
161' 2"	(2)	Francine Kaylor (Col State)	Boulder	4-11
160' 7"	(2)	Robin Small (Un)	Lawrence	4-17
160' 2"	(1)	Dana Olson (Houston)	Lawrence	4-18
159' 9"	(1)	Jackie Wallace (Va HS)	College Park	6- 6
159' 6"		Lisha Lass (Lane CC, Ore)		

158'11	(1)	Karen Wood (Nb)	Manhattan	5- 2
158' 9	(3)	Rebecca McGranshan (Kansas)	Lawrence	4-17
158' 6		Mary Stevenson (AIA)		
158' 6		Jacque Norton (Cal HS)		
157' 9	(4)	+Rose Hauch (Tn/Can)	Knoxville	4-11
157' 5		Dedi Kavanaugh (Hawaii HS)		
156'10	(3)	Jo Beth Palmer (Texas)	Fayettesvle	5- 8
156' 7	(3)	Sue Springer (Cal)	Berkeley	4- 4
156' 7	(q)	Karen Nickerson (Cal HS)	Cerritos	6- 5
156' 4		Michelle Souder (Oregon HS)		
156' 1	(1)	Karlyn Gansel (Utah State)	Logan	4-11
155' 8	(2)	Lorna Sonnier (Lamar)	Houston	5- 1
155' 6	(q)	Cindy Durschlag (Cal HS)	Cerritos	6- 7
155' 5	(2)	Terri Byland (Kansas State)	Columbus	4-18
155' 2		Pinky Suggs (Kansas HS)		
155' 1	(8)	Lisa Vogelsang (Un)	Tempe	4- 4
155' 1	(2)	Caryl Van Pelt (Washington)	Eugene	4- 4
154' 4	(1)	Sandy Burke (Northeastern)	Boston	5-
154' 3		Cheryl Bradley (Iowa HS)		
154' 1	(6)	Wendy Robinson (M.Lions)	Berkeley	5-17
152'11	(2)	+Cecil Hansen (Ok/Nor)	Norman	4-11
152' 6	(1)	Krissy Terpening (Auburn)	Knoxville	5-15
152' 3	(2)	Melanie Heitman (Iowa State)	Lawrence	4-18
152' 2	(1)	Jane Sumner (S.Ill/Ed)	Champaign	5- 9
151' 9	(1)	Darlene Ourso (Sam Houston St)	Houston	5- 1
151' 8	(1)	Susie Ray (UCLA)	LA	3- 8
151' 4	(6)	Elaine Sobansky (Penn State)	Knoxville	4-10
151' 3	(1)	Lisa Nauman (THTC)	Winston-Sal	8- 8
151' 2	(2)	Jacque Nelson (UCLA)	LA	3- 8
151' 1	(1)	Michele Cleland (Oregon St)	Seattle	4-18
150' 8		Karen Nickerson (Cal HS)		
150' 5		Lori Mercer (Wyoming HS)		
150' 2	(5)	Connie White (Iowa State)	Austin	4- 4
150' 1	(3)	Cindy Peterson (Ok)	Lawrence	4-18

Javelin Throw

211' 5	(1)	Karin Smith (CP/SLO)	LA	5-10
200' 1	(2)	Kate Schmidt (PCG)	LA	5-10
189' 4	(2)	Patty Kearney (Oregon TC)	Modesto	5-16
182' 4	(1)	Lynda Hughes (Un)	Seattle	4-25
179' 8	(1)	Dana Olson (Houston)	Houston	3-19
178'11	(1)	+Sue Gibson (Al/Can)	Knoxville	5-15
177'10	(1)	Mary Osborne (Stanford)	Stanford	4-25
177'10	(1)	Sally Harmon (Oregon)	Austin	5-30
177' 8	(1)	Sherry Calvert (Coast Ath)	San Diego	3- 7
172'10	(1)	Teresa Cooper (Oregon State)	Seattle	4-18
171' 4	(1)	Jeanne Eggart (Wash State)	Pullman	5- 2
171' 3	(q)	Celeste Wilkinson (LAN)	Sacramento	6-20
169' 2	(5)	Jacque Nelson (UCLA)	Austin	5-30
168'11		Nancy Raczka (Florida)		
168' 7	(1)	Donna Mayhew (Arizona)	Tucson	3-14
167' 9	(2)	Pam Passera (Tenn)	Knoxville	5-15
166' 9	(1)	Dodie Campbell (Oregon HS)	Corvallis	3-26
165'11	(1)	Linn Dunton (AIA)		5-23
165'10	(6)	+Lorri Kokkola (W.Ky/Can)	Austin	5-30
165' 1	(1)	Barbara Moro (Shaklee)	Irvine	5- 9
165' 0	(1)	Debbie Williams (Michigan)	Ann Arbor	4-25
164' 7	(1)	Susie Ray (UCLA)	San Diego	5- 2
164' 4		Marilyn Senz (Penn State)		
163' 4	(2)	Deanna Carr (Washington)	Stanford	3-28
163' 2		Julie Vobora (Oregon HS)		
162' 4	(1)	Connie Peterka (Oregon HS)	Eugene	5- 2
162' 2	(1)	Kirsten Engle (Cal)	Berkeley	4-18
162' 2		Rena Antanelis (NJ HS)		
161' 9	(1)	Roz Rouse (Un)	Ogden	3-28
161' 4	(1)	+Cindy Crapper (Ky/Can)	Lexington	4- 3
161' 2	(1)	Sheila Smith (AIA)	Athens	5- 9
159'10	(1)	Sue Amey (Pa HS)	Shippensburg	5-23
159' 6	(9)	Donna O'Carroll (Club NE)	Sacramento	6-20
158' 9	(2)	Jill Watts (Trenton State)	Philadelphia	4-23
158' 0	(1)	Darlene Ourso (Sam Hst State)	Houston	5- 2
157' 3	(1)	Debbie Dibb (SDS)	Northridge	4-18
157' 0	(3)	Krissy Terpening (Auburn)	Knoxville	5-15
156'10		Rebecca Myers (Penn HS)		
155'10	(q)	Cheryl Novak (W.Illinois)	Austin	5-28
154'10	(H)	Jane Frederick (AthWst)		5-24
154' 9	(1)	Melanie Heitman (Iowa State)	Des Moines	4-11
154' 7	(2)	Jennifer Cronin (Mass HS)	LA	7- 1
153'11	(3)	Vickie Smiley (Oregon HS)	Eugene	6- 6
153'11		Beth Rockcliffe (Cal Lutheran)		
153'10		Judy Madea (W.Illinois)		
153' 7	(3)	Deena Bernstein (Cal HS)	LA	7- 1
153' 6	(1)	Danella Barnes (Fresno CC)	Fleasant HI	4-16
153' 2	(6)	Lynn Cannon (Mil.Lions)	Stanford	3-28
153' 2	(2)	Michelle Cleland (Ore State)	Corvallis	4- 4
153' 2	(2)	Raedean Rona (CP/P)	Irvine	5- 9
152' 8	(1)	+Cecil Hansen (Ok/Nor)	Ames	5-15
152' 5	(6)	Nancy Senz (Penn State)	Syracuse	7-25
152' 4		Connie McKinney (Penn HS)		
152' 2	(2)	Jaime Gale (NM)	Tempe	4-11
152' 1	(1)	Sue Armstrong (Fullerton JC)	Cerritos	6-30
151' 5		Karolyn Welsh (Ct HS)		
151' 1		Lori Wagner (Oregon HS)		
150'10	(4)	Liz Dickenson (Wash State)	Corvallis	5- 8
150'10		Denise Day (Penn HS)		
150' 2	(3)	Mary Crobak (Ranger JC, Tx)	Austin	4- 4
150' 2		Michelle Duhaime (NH HS)		
150' 1	(1)	Kari Jones (Kansas State)	Austin	3-28
150' 0	(3)	Kathi Kraai (Nb)	Lawrence	4-18

Heptathlon

6308	(1)	Jane Frederick (AthWst)	Goetzis	5-24
5839	(1)	Nancy Kindig (Nebraska)	Ames	5-16
5827	(2)	Jackie Joyner (UCLA)	Spokane	6-27
5752	(1)	Patsy Walker (Houston)	College St	4-27
5704	(1)	Marlene Harmon (LA Naturite)	Lawrence	4-16
5698	(4)	Mary Harrington (Un)	Spokane	(-)
5618	(5)	Theresa Smith (SptsWst)	Spokane	6-17
5595	(1)	Tonya Alston (UCLA)	San Diego	5- 7
5583	(6)	Jenny Stary (Metro Str)	Spokane	6- 7
5574	(1)	Cindy Grenier (Oregon State)	Syracuse	7- 7
5500	(2)	Joan Russell (Un)	Syracuse	7- 7
5477	(2)	Carrie McLaughlin (SDS)	San Diego	4- 7
5419	(9)	Susan Brownell (Va)	Syracuse	6-27
5412	(10)	Linda Hightower (CoastAth)	Spokane	6- 7
5378	(11)	Ann Bair (Va)	Spokane	6- 7
5373	(1)	+Allison Manley (Murray St/GB)	Memphis	5- 3
5371	(3)	Kerry Zwart (USC)	San Diego	5- 3
5338	(2)	Renee Nichols (Oklahoma)	Ames	5-16
5306		Kathy Raugust (Hartnell CC)		
5277	(2)	Karen Roth (Illinois State)	Memphis	5-28
5222	(3)	Sandra Obermeir (Nb)	Ames	5-16
5222		+Myrtle Chester (Tn/Guy)		
5210	(2)	Debra Deutsch (Rutgers)	Philadelphia	4-25
5210	(4)	+Linda Spent (Mo/Can)	Ames	5-16
5200	(1)	Laura Mills (CoastAth)	Spokane	6-27
5179	(1)	Juanita Alston (Md)	Univ Park	5- 9
5177	(6)	Susie Ray (UCLA)	Walnut	4-24
5166	(2)	Heidi Mann (NY HS)	Spokane	6-27
5163	(1)	Sonya Crowther (Oregon State)	Berkeley	5-17
5155	(1)	Cathy Wilson (Seattle Pac)	Indiana	5-16
5117	(5)	Bev Fuller (Kansas)	Ames	5-16
5113	(1)	Roxanne Keating (Mesa CC)	San Angelo	5-22
5080	(3)	+Kim Hagger (Kan St/GB)	Manhattan	4- 2
5060	(2)	+Helen Oberman (Penn St/WG)	Univ Park	5- 9
5055	(3)	Vivian Echavarrria (BYU)	Seattle	4-24
5042	(1)	Sherri Odlevak (Wix/Sup)	Hayward	5-23
5030	(1)	Sue Reimer (Cent Michigan)	Kalamazoo	5-16
5014	(4)	Beets Kolarik (Kansas State)	Manhattan	4- 2
5005	(2)	Wendy Limbaugh (Utah State)	Berkeley	5-17
4994	(1)	Kathy Gillespie (Iowa HS)	Des Moines	4-11
4974	(3)	+Martina Breiting (Penn St/WG)	Univ Park	5- 9
4957		+Nora Araujo (Auburn/Port)		
4921	(1)	Lynn Adams (Illinois State)	Champaign	5- 9
4912	(8)	+Jiau Li Tsai (SCG/Tai)	Walnut	4-23
4912	(9)	Lori Smith (CSLB)	Walnut	4-25
4886	(6)	Christy Lee (Nb)	Ames	5-16
4884	(5)	Cathy Seybold (Nb)	Manhattan	5- 2
4880	(1)	Cheri Essman (Wisconsin)	E.Lansing	5- 2
4874	(2)	Janet Adams (Iowa)	Des Moines	4-11
4850	(2)	Beth Rockcliffe (Cal Lutheran)	Hayward	5-23
4848	(3)	Marlene Michalak (Eastside TC)	Spokane	6-27
4847	(1)	Chris Dubois (CP/SLO)	Northridge	5- 2
4839	(2)	Gloria Tyree (Ball State)	Kalamazoo	5-16
4819	(3)	Chris Viguie (Cal)	Berkeley	5-17
4797	(3)	Donna Tiegs (Mankato State)	Indiana	5-16
4783		Jan Wacaser (Illinois)	E.Lansing	5- 2
4762	(2)	Judy Sommer (Oregon State)	Corvallis	5- 8
4753	(2)	Margot Rogus (Indiana)	Bloomington	5- 9
4739		Lyn Adam (Illinois State)	Murray	4-11
4737	(2)	Denise Armstrong (Texas)	College St	4-27
4719	(3)	Gail Glave (Frostburg)	Hayward	5-23
4715	(2)	+Theresa Lenardon (Wash St/Can)	Stanford	3-28
4714	(2)	Vanessa Denniston (Or.Cst.CC)	LA	6- 6

HOW WE HAVE IMPROVED!

Listed below is a comparison of the 50th best mark made in the USA in the standard events since 1968. Some of the events in the past did not have even 50 individuals who competed during the year. In 1968 for example, there were only 25 times turned in for 1500 meters. Only 18 teams ran the medley relay in 1972. Only three individuals ran the 5000 meters in 1972 and only nine ran that distance in 1976! How times have changed! In the following chart, if the number of performances is less than 50, we have included that number in parenthesis to indicate how many persons did participate. Can you believe it was possible to get into the top 50 in the USA with a high jump of 5'0 or a 17'8 long jump or a 110'6 toss of the disc?

Event	81	79	76	72	68
100	11.71	11.74	11.9	11.8	12.3
200	23.99	24.25	24.6	24.7	24.9
400	54.24	54.91	56.8	56.9	58.0
800	2:08.62	2:10.5	2:12.6	2:16.2	2:18.2
1500	4:26.87	4:30.4	4:35.9	4:49.6(40)	5:04.8(25)
3000	9:32.66	9:49.6	10:32.1	10:55.6(26)	xx
5000	16:48.14	17:49.4	18:46.4(9)	19:16.3(3)	xx
10000	35:52.84	37:56.2	38:39.0	xx	xx
Mar	2:45:54	2:59:55	xx	xx	xx
100H	14.06	14.33	14.8	14.9	xx
400H	60.83	63.14	65.0	xx	xx
4x100	46.65	47.24	48.38	48.6(36)	xx
4x400	3:45.83	3:53.3	3:55.6	4:01.8(39)	xx
4x800	9:09.04	9:30.0	9:54.4(46)	10:17.3(34)	xx
Med	1:44.29	1:45.0	1:48.3	1:47.4(18)	xx
HJ	5'10	5'9	5'6	5'4	5'0
LJ	19'10	19'6	18'7	18'6(45)	17'8
SP	46'6	44'2	40'7	38'4(46)	36'0
DT	155'8	145'0	130'0(47)	128'8(32)	110'6
JT	153'2	145'7	130'1(41)	130'3(31)	115'3

SOME OF OUR BEST SHOES ARE ON THE WORST SELLER LIST.

It's a curse we have to live with. Unless, of course, some 30 million folks wake up tomorrow and start throwing the javelin.

That's about the only way these specialty track and field shoes can get the recognition they deserve. Better make that — the sales they deserve.

Because we consider an American record in the triple jump, or a world record for the discus, and a world best at sea level in the long jump... little things like that... to be recognition enough.

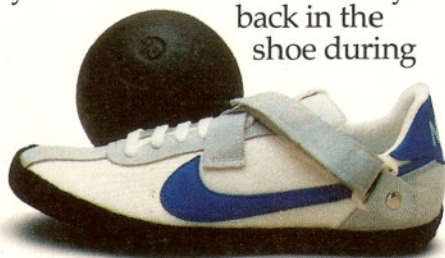
If we didn't, we wouldn't invest so much time and technology in a bunch of off-beat shoes. We certainly wouldn't waste money advertising them.

We do. And that's enough of that. Now, for the infamous Nike Seven:

1. PV 19. The whole point of this shoe is to give pole vaulters a stable jumping platform. And do it with a minimum of weight. The two-color jumping/running spike plate and reinforced nylon upper will help get you

up there. Getting down is your problem.

2. SD 73. Never was fit so critical. When you're throwing the shot, or the discus, you want the foot held firmly back in the shoe during



the powerful turning and lifting phases. That's why the criss-cross straps. You also want a non-stretch nylon upper for lightness and durability. A wrapped, textured outsole for excellent traction. And wear. On any ring surface.

3. HJ 8. Floppers and straddlers have one thing in common. Namely, the need for superior spring and lift. Here it is, with a full length, one-piece spike plate, good for either style. Plus pyramid rubber outsole for



better traction. And a nice snug fit. The HJ 8 also comes with matching non-jumping shoe.

4. TJ 60. It's three shoes in one, actually. With both midsole and



outsole wrapped-up at the heel, so triple jumpers can take advantage of its unique "rocker" effect. Reinforced with suede side panels. Metal eyelets for longer shoe life. Impressive, three times over.

5. LJ 29. True, you don't have to be a world-class long jumper to feel the extra



traction and lift that come from this six hole spike plate. But it helps. Built for extended flight,

the LJ 29 not only has suede side panels for stability and strength, but an extra nylon panel to protect the toe area during take-off.

6. J 300. The serious javelin thrower wants that foot to stick securely in the boot.



Thus the lateral support strap. You also want it to stick in the ground. So the J 300 comes with six spike holes in the forefoot, four in the rear. About the only thing that won't stick is the toe, thanks to a hefty wrap-around guard.

7. El Viento. Built for one of the true minority groups, the El Viento gives race walkers a unique midsole and wedge arrangement to cushion and stabilize the foot. A beveled heel allows for smoother



heel strike. Plus longer wear to the Anatomical Outsole.™

You have to wear these shoes to appreciate them. That's easier said than done, however. While they may be the most sophisticated models on the market, most places don't want anything to do with them. Which is nice. Because when it comes time for you to buy shoes, it always helps to know who your friends are.

