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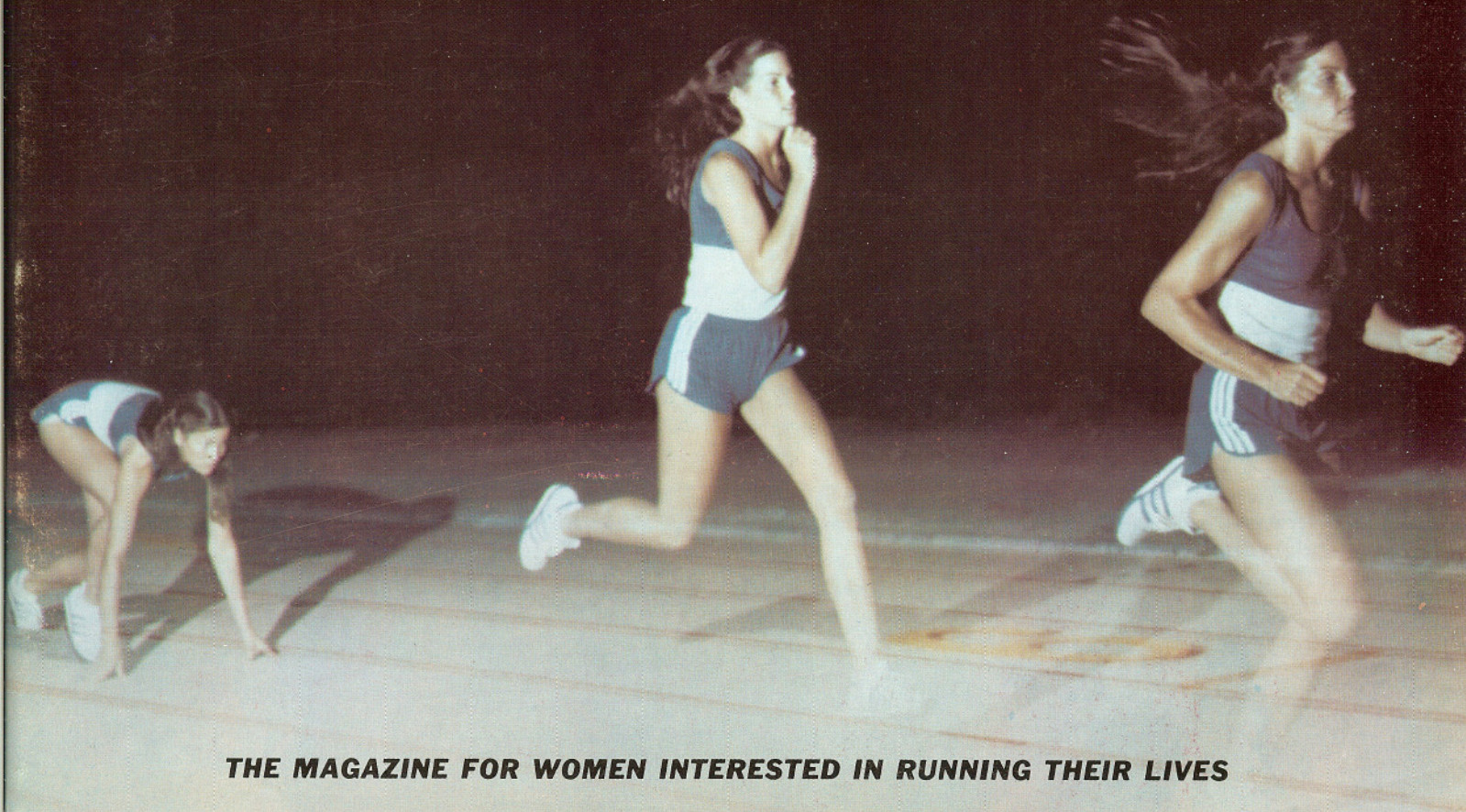
WOMEN'S TRACK WORLD

ELEVENTH ANNIVERSARY ISSUE

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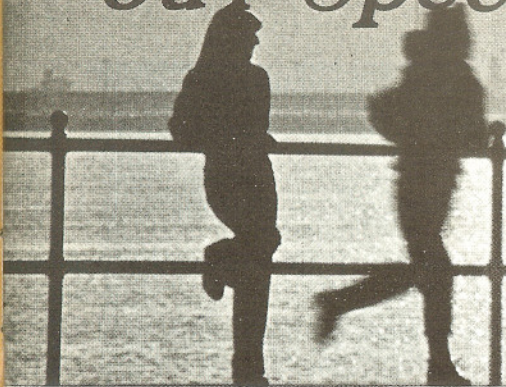


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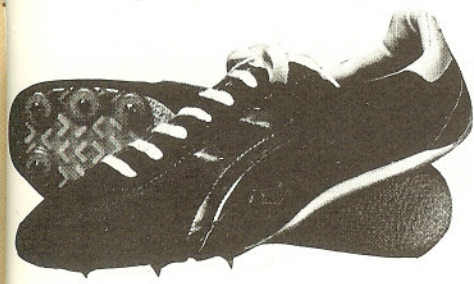
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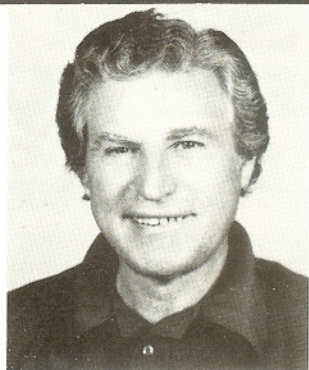


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REEL OFF

The media is at it again! Or still. In spite of the tremendous growth of women's athletics in the U.S.A., especially our sport of track and field, it is still the males who receive the headlines and photos and attention. Admittedly, things are much better than they were ten years ago as far as coverage is concerned, but it still isn't equal. Or even in the same ball park.

Take, for example, the coverage of the UCLA-Pepsi Invitational. It was a great meet from the standpoint of both men's and women's competition (see our story of the women's results in this issue). But in most newspapers, magazines and on TV, the women were hardly mentioned. The coverage on TV was so quick that a blink would cause the blinker to miss half of it all. The prestigious Los Angeles Times covered the meet well with four photos on the front page and four other photos inside the section. None, however, of female athletes. The LA Times devoted almost the entire front page to the meet with photos and two major stories covering 171½ inches plus another 21 inches for the summaries. That's great track coverage and I love it. But how much was devoted to the women? Lorna Griffin got **FOUR LINES** for her new American Record in the discus and preps Leslie Deniz and Joetta Clark rated another four lines for their performance (175'10 in the discus and 2:03.6 in the 800). And nothing else. Not a word about Larrieu, Seidler, Caldwell, Jodi Anderson, Jane Frederick, Ashford, Bremser, Keyes, Poor, LaPlante, Spencer, Girven to name but a few taking part. Or the Cubans who weren't too bad either.

Don't get me wrong. I am a male and I love track and I love to read about the things the Times wrote about. But I resent the complete omission of a report on the distaff performances and performers.

Sports Illustrated didn't do any better than the Times. They had a great story

written by one of my favorite track reporters, Pat Putnam and assisted by my friend Anita Verschoth. The editors saw fit to devote four full pages to the coverage of the UCLA-Pepsi Invitational, including five great color photos — but once again none of the pix were of the women and in the entire article only nine lines were devoted to LaPlante's win over Machado in the hurdles and two lines were used to tell of Ashford's win over Penton in the 400 — that's it.

We checked a couple of other newspapers. The Sacramento Bee carried a UPI story about the meet and used 15½ inches of space plus a 12 inch photo of Nehemiah. Larrieu got a half inch, Griffin another half inch and Ashford 1½ lines.

The Riverside Press Enterprise carried a story bylined "From Wire Reports". It had 15" of coverage plus an 18" photo of the men's hurdles. One inch was given to covering the women's mile and the 100m hurdles. The rest to the men.

Is there a solution to this problem of inequality of coverage. Until the U.S.A. becomes as cosmopolitan as the other nations in the world and has reporters who understand women's track and field, I feel the solution is to assign two reporters to cover the big competitions, one for the men and one to report the female results. As it is now, there are only a handful of reporters in the U.S. who really understand the sport of track. And among these knowledgeable reporters only a modicum have any understanding whatsoever of women's athletics. Assigning two persons and allowing for two stories to be printed would, at least, cause the individual covering the women's portion to probe into the background of the competing athletes, look up records, statistics, correct club names and/or

schools, etc., etc. That's a splendid idea for all publications — except Women's Track World, of course.

We hesitate to get into the subject of coverage on TV. Television coverage of track is so bad to begin with that to compound the fact by citing the inequity of covering men and women might bring about a revolution. Perhaps that would be good.

But just for sake of illustration, let's simply give the facts of the coverage of the National AAU Championships on TV. The program began on a plus for the feminine portion with excellent coverage of the women's 100 meter hurdles. But that led only to frustration for the remainder of the program. TV covered the men's 100 meters (shown twice); a semi-final of the men's 100 meters (shown twice and including an interview); the 110 meter hurdles (shown three times plus an interview); the 1500 meter run in its entirety (plus an interview); the 400 meter hurdles (shown twice plus an interview); three minutes of the 10000 meter run; and in between were shots of the winners of the high jump, long jump and discus plus an interview with the 5th place winner of the disc.

Once again, don't misunderstand. While the coverage of track is not what it should be, I enjoyed all the above items and beg for more coverage. But what about the women meanwhile?

Women received coverage of the final four seconds of the 200 meter dash, the final 100 meters of the 3000 meter run and a shot of the high jump, shot, discus and javelin winners in action. No interviews. Whatever happened to the Title IX theory? Can't say there was much equality in this coverage. The solution? Best thing I can suggest is to get out your pen and paper and write to the networks. If public pressure can keep shows like "Alice's Restaurant" on for years, maybe some pressure will get more coverage of women's track on their agenda.



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Gold in the Caribbean



AND THREE SILVERS FOR JULIE

THE PAN AM GAMES

By Donna Fromme

Winning every running event plus the two jumps, the powerful team from the United States completely dominated the Eighth Pan Am Games staged in San Juan, Puerto Rico in July. Sweeping the 1-2 spots in five events, the Americans rolled up 205 points on the unofficial scoring to only 101 for Canada and 91 for Cuba. After these three countries, the competition dropped off sharply with Jamaica tallying only 20 points for fourth.

It is difficult to single out any one event or individual who was *THE* outstanding personality or competition of the Games. Evelyn Ashford scored a double win in the sprints, Julie Brown came up with three silvers in the 800, 1500 and 3000, Mary Decker, Jan Merrill and Debby LaPlante all had great runs, and Louise Ritter set a new American record of 6'4 in the high jump. The Cubans swept the weight events, all with good marks, and Diane Konihowski gave the Canadians the only other gold available by winning the pentathlon.

Special recognition should be given to host Puerto Rico who entered at least one athlete in every event. Their theory is to offer this type of competition to their National champions, thereby encouraging their athletes to improve.

The facilities were good although the long jumpers complained, the high jumpers were cramped and had to run across the track on their approach. Officiating was satisfactory but starting was not good with sprinters and hurdlers complaining of a "lack of consistency" between the different starters used.

The meet suffered by the absence of many top performers. Not only were many of the American and Canadian top athletes not present, but fine performers such as Charlotte Bradley of Mexico and the Zambryski sisters from Brazil did not compete for various reasons.

Scoring (10-8-6-4-2-1) — 1—United States 205, 2—Canada 101, 3—Cuba 91, 4—Jamaica 20, 5—Brazil 16, 6—Guyana 8, 7—Puerto Rico 5, 8—Mexico 4, 9—Chile 3, 10—Argentina, Dominican Republic and Ecuador 2, 13—Bahamas and Bermuda 1.

100 Meters

It was Ashford all the way! Breaking the Games record every time she ran, Ashford outclassed a good field which included teammate Brenda Morehead and Cuba's Silvia Chivas. AIAW champ Leileith Hodges was also in the field, but apparently lacked the strength to carry through the grueling series of trials, semis and finals. A slight surprise was the good finish of Angie Taylor of Canada who used a good lean at the finish to take

the bronze away from a slowing Chivas. Hodges was a mere 1/100th behind fourth and the rest of the field was far back.

Morehead and Chivas broke first in the final and Ashford in the middle of the pack. Morehead led for the first 30 meters where Ashford showed her strength and went on to win in 11.07. Morehead was not far behind in 11.11.

Noted for her rolling starts, it should be said that Leileith Hodges was the epitome of steadiness in Puerto Rico with nary a false move charged to her. She looked good in the trials as did Chivas, but neither runner had it in the final. Chivas looked especially tight when the chips were down.

Heat 1, 1—Evelyn Ashford (USA) 11.07, 2—Beatriz Allocco (Arg) 11.79, 3—Isabel Taylor (Cuba) 11.85, 4—Carmela Bolivar Rios (Peru) 11.94, 5—Teresa Almanzar (DomRep) 12.36; **Heat 2**, 1—Angela Taylor (Can) 11.42, 2—Silvia Chivas (Cuba) 11.43, 3—Rose Allwood (Jam) 11.63, 4—Jennifer Innis (Guy) 11.91, 5—Sueli Ferreira Machado (Bra) 12.11, 6—Beatriz Capotosto (Arg) 12.42; **Heat 3**, 1—Brenda Morehead (USA) 11.38, 2—Leileith Hodges (Jam) 11.49, 3—Sheila De Olivera (Bra) 11.89, 4—Divina Estrella (DomRep) 12.07, 5—Nilsa Paris Millan (Peru) 12.14, 6—June Caddle (Bar) 12.17.

Semifinal 1, 1—Ashford 11.05, 2—Chivas 11.35, 3—Hodges 11.50, 4—Innis 11.88, 5—Bolivar Rios 11.89, 6—Allocco 11.94, 7—Almanzar 12.33; Semifinal 2 results not available.

FINAL, 1—Ashford 11.07, 2—Morehead 11.11, 3—A. Taylor 11.36, 4—Chivas 11.48, 5—Hodges 11.49, 6—Allwood 11.69, 7—De Oliveira 11.80, 8—I. Taylor 11.94.

200 Meters

It was the Ashford Story all over again. Sweeping through the eliminations and semi-final rounds with seeming ease, Ashford outclassed much the same field she had crunched in the 100 meters. Running in Lane 1, she made up the stagger on nearly the entire field by the time she had completed the turn then poured it on down the straight to set yet another Pan Am Games record at 22.24. The young Canadian Angela Taylor outlasted Jamaican Marlene Ottey for the silver, 22.74 to 22.79. Another youngster, AIAW champ Valerie Brisco, faded over the final 50 meters. Brisco, who drew the outside lane, apparently put too much effort into the first part of the race and simply ran out of gas. Chivas tied up very badly and finished a poor 7th. Ashford had one false start in the final as the starter performed badly and had the runners on edge fearing he would let someone get away with a roll or that they would be left in the blocks, victims of his inadequacy.

Heat 1, 1—Evelyn Ashford (USA) 22.51, 2—Angela Taylor (Can) 23.17, 3—Jacqueline Pusey (Jam) 23.42, 4—Sheila De Olivera (Bra) 24.02, 5—Denise Miller (Isv) 24.91, 6—Teresa Almanzar (DomRep) 25.08; **Heat 2**, 1—Merlene Ottey (Jam) 22.92, 2—Beatriz Allocco (Arg) 24.09, 3—Isabel Taylor (Cuba) 24.70, 4—Sueli Fepreora (Bra) nt, 5—Divina Estrella (DomRep) nt; **Heat 3**, 1—



Sharon Dabney

Valerie Brisco (USA) 22.95, 2—Silvia Chivas (Cuba) 23.50, 3—Candy Ford (Ber) 23.77, 4—Carmela Bolivar (Peru) 24.43, others were Nilsa Paris (PR) and Brenda Gordon (VI).

Semifinal 1, 1—Brisco 23.13 (wind +2.1), 2—Ottey 23.13, 3—Chivas 23.30, 4—Ford 23.95, 5—Ferreira 24.32, 6—Bolivar 24.38, 7—Paris 24.58, 8—Alamazar 25.13; Semifinal 2 results not available.

FINAL, 1—Ashford 22.24, 2—Taylor 22.74, 3—Ottey 22.79, 4—Brisco 22.84, 5—Pusey 23.08, 6—Ford 23.70, 7—Chivas 23.79, 8—Allocco 23.99.

400 Meters

Sharon Dabney, who barely made the Pan Am team, scored a major upset here as she whipped favorites Aurelia Penton of Cuba, Patricia Jackson of the United States, and defending champion June Griffith of Guyana. Both Dabney and Griffith won their trial heats with Jackson and Penton, the 36 year old Cuban, being content to ease in and save everything for the final. Jackson drew Lane 1 for the final while the other three, Griffith, Dabney and Penton were on the outside in 6-7-8. Penton went out hard and led for about 300 meters while Jackson, as she usually does, seemingly trotted out of the blocks and kicked hard at the end, making up ground with each stride until she met "the wall" over the final 50 meters. Dabney, meanwhile, had not been far off the pace set by Penton, but upon entering the straight she seemed to be faltering and out of contention. With Penton tiring, Jackson's kick failing and Dabney apparently not able to make a move, it appeared to be Griffith's race and she moved confidently in front with less than 50 meters to go. Then from far back, Dabney began to make waves and moved closer and closer

(continued on page 10)

PAN AM (continued)

as the tape neared. The two hit the finish line together and after a lengthy review of the photo the win was awarded to Dabney. Both runners clocked 51.81. Jackson held on for third in 52.32 with Penton fourth at 52.71. Even with the Pan Am Games title at stake, Helen Blake did not use starting blocks.

Semifinal 1, 1—Sharon Dabney (USA) 52.91, 2—Aurlia Penton (Cuba) 53.87, 3—Helen Blake (Jam) 54.22, 4—Marita Payne (Can) 54.90, 5—Tania Miranda (Bra) 57.12, 6—Marcela Lopez Espinosa (Arg) 57.65, 7—Brenda Gordon (VIs) 60.69; **Semifinal 2**, 1—June Griffith (Guy) 52.83, 2—Patricia Jackson (USA) 53.13, 3—Micheline Racette (Can) 54.95, 4—Joece Dos Santos (Bra) 56.39, 5—Denise Miller (CirIs) 56.70, 6—Eugenia Ponce (Hon) 64.19.

FINAL, 1—Dabney 51.81, Griffith 51.81, 3—Jackson 52.32, 4—Penton 52.71, 5—Racette 53.30, 6—Blake 53.41, 7—Payne 53.99, 8—Dos Santos 56.49.

800 Meters

Favorites in the 800 meters included American champ Essie Kelley, runner-up to the Pan Am 3000 title Julie Brown, Cuba's ageless Aurelia Penton and the two Canadians, Anne Morelli and Mary McKeen.

As she likes to do, Penton took the lead with Kelley and Brown tagging along in the pack. Penton passed the halfway mark in 59.5, Kelley in 61 and Brown another second back. At 600 Kelley made her move and swept past Penton while teammate Brown did likewise, a few paces to the rear. Down the final 150 meters Kelley, noted for her finishing kick, looked like a sure winner, but suddenly Brown, not known for speed resembling a sprinter, came charging through the night to sweep up even with the AAU champ and the two hit the tape as one. A review of the photo showed Kelley the winner, but at 801 meters it would have been Julie Brown. Both runners were given the same clocking, 2:01.2, with Penton almost a full second back in 2:01.1s.

FINAL, 1—Essie Kelley (USA) 2:01.2, 2—Julie Brown (USA) 2:01.2, 3—Aurelia Penton (Cuba) 2:01.1, 4—Anne Morelli (Can) 2:03.0, 5—Mary McKeen (Can) 2:05.4, 6—Alejandra Ramos (Chile) 2:06.2.

1500 Meters

This was Julie Brown's last (third) chance to win a gold at these Pan American Games and for a few brief moments it appeared her biggest competition, Mary Decker, had scratched. From the press box only one American could be spotted as the field took off and that was Julie Brown. Soon it was discovered the leader was Decker, running in her own uniform of tank top and shorts. Fortunately, no one filed a complaint for the IAAF rules state (Rule 142, Section 3), "in any Area Games or Championships competitors SHALL participate in the uniform clothing officially approved by their National Federation".

Decker and Brown paced the pack

followed by Francine Gendron and Penny (Werthner) Bales of Canada. At the end of two laps, it appeared both Gendron and Bales were out of it and with one lap remaining Decker and Brown sped completely away from the two Canadians and engaged in their own battle. With 200 meters remaining, Decker had built up a 4-5 meter lead and appeared sure of the win, but once again "Here comes Julie". Decker, in response to the roar of the crowd, took a peak and dug in a little harder over the final 25 meters to deprive Brown of a single gold. Decker's time was 4:05.70 while Julie ran 4:06.40 and picked up her third silver.

Meanwhile, Penny Bales made a move of her own to nip a tiring Gendron by two tenths in the final strides, 4:14.8 to 4:15.0. Fine performances were put in by Alejandra Ramos of Chile and Ileana Hocking of Puerto Rico who finished 4th and 5th respectively in 4:24.8 and 4:27.3.

FINAL, 1—Mary Decker (USA) 4:05.7, 2—Julie Brown (USA) 4:06.4, 3—Penny Werthner Bales (Can) 4:14.8, 4—Francine Gendron (Can) 4:15.0, 5—Alejandra Ramos (Chile) 4:24.8, 6—Ileana Hocking (PR) 4:27.3, 7—Soraya Telles (Bra) 4:30.2, 8—Carmen Garduno (Mex) 4:40.4, 9—Angelita Soliveras (PR) 4:40.9, 10—Norma Ramos (Sal) 5:02.7, 11—Edith Rodriguez (Hon) 5:19.1.

3000 Meters

The 3000 was the first final of the competition and brought out US stars Julie Brown and Jan Merrill. After four laps, Merrill and Brown ran away from the field and with 280 meters to go, Merrill ran away from Brown, ruining Julie's hope for a triple gold. Times were 8:53.6 to 8:59.9.

Geri Fitch of Canada was a distant third in 9:35.7 with fourth place going to Carmen Garduno, Mexico, the only other runner under 10 minutes.

RESULTS: 1—Jan Merrill (USA) 8:53.6, 2—Julie Brown (USA) 8:59.9, 3—Geri Fitch (Canada) 9:35.7, 4—Carmen Garduno (Mexico) 9:49.5, 5—Carmen Montanez (Puerto Rico) 10:14.8, 6—Angelita Lind (PR) 10:30.8, 7—Norma France Ramos (Salvador) 10:55.8, 8—Edith Rodriguez (Honduras) 11:41.5.

4x100 Relay

The US team of Valerie Briscoe, Karen Hawkin, Chandra Cheeseborough and Brenda Morehead had too much class and speed for the rest of the field and waltzed away with an easy win over the Jamaican team of Leleith Hodges, Rose Atwood, Carmeta Drummond and Merlene Ottey. Even without double sprint winner Evelyn Ashford, the Yanks were by far the class of the field. The Cubans, by virtue of a fine anchor leg by long jump bronze winner Eloina Echevarria, took the bronze away from Brazil, 46.26 to 46.98. Interesting to note, Canada did not have a team in this short relay.

RESULTS: 1—USA (Brisco - Hawkin - Cheeseborough - Morehead) 43.30, 2—Jamaica (Hodges - Allwood - Drummond - Ottey) 44.18, 3—Cuba (Zulueta - Chivas - Taylor - Echevarria) 46.26, 4—Brazil (Betioli - Mochado - Verissimo - Oliveria) 46.98, 5—Dominican Republic 47.25, Puerto Rico did not finish (dropped baton).

4x400 Relay

Once again the United States showed its overpowering depth by literally crushing all opposition in winning the 4x400 relay with a Games record of 3:29.4. Runner-up Cuba was more than seven seconds to the rear.

400 gold medalist Sharon Dabney ran the leadoff leg and the team of Patricia Jackson, Rosalyn Bryant and 800 gold medalist Essie Kelley moved farther and farther ahead with each stride. Cuba's silver medal team had a hard time whipping the stubborn Canadians, but veteran 36-year-old Aurelia Penton, running her fifth race of the Games, was the difference between the two teams.

RESULTS: 1—USA (Dabney - Jackson - Bryant - Kelley) 3:29.4, 2—Cuba (Quiro - McQueen - Gilbert - Penton) 3:36.3, 3—Canada (Racette - Payne - Wod - Morelli) 3:37.6, 4—Brazil 3:45.7, 5—Puerto Rico 3:49.4.

High Jump

This was the best competition of the entire Games. Four top-ranked jumpers in American record holder Louise Ritter and teammate Pam Spencer plus Canadian record holder Debbie Brill and her teammate Julie White — these were the top contenders. The ability of Maria Betioli of Brazil and Brigham Young University was well known to the American duo. And add to these five the finest group of South American and Caribbean jumpers yet assembled, and you had a quality field. At the end of the competition, five jumpers had cleared the once magic six foot mark and another was a mere fraction of an inch below.

The surprise winner, with a new American record, was Texas' Louise Ritter who cleared the record height of L.93/6'4. An even bigger surprise was the runner-up, Pam Spencer, who hopped 6'0³/₄ to push favorite Debbie Brill back into third at 6'0³/₄. Also clearing 6'0³/₄ was White while Betioli hopped six feet even. The quality of the field was apparent when noting tenth place was 5'8¹/₂.

FINAL: 1—Louise Ritter (USA) L.93/6'4, 2—Pam Spencer (USA) L.87/6'4³/₄, 3—Debbie Brill (Can) L.85/6'0³/₄, 4—Julie White (Can) L.85/6'0³/₄, 5—Maria Betioli (Bra) L.83/6'0, 6—Angela Carbonell (Cuba) 1.81/5'11¹/₂, 7—Maria Camalez (Chi) 1.74/5'8¹/₂, 8—Silvia Costa (Cuba) 1.74/5'8¹/₂, 9—Lilliana Arigoni (Arg) 1.74/5'8¹/₂, 10—Rafaela Flores (Peru) 1.74/5'8¹/₂.

Long Jump

Kathy McMillan took the lead in the first round with her jump of 6.32 (20'8³/₄) and never looked back. After two fouls, she improved to 6.46 (21'2¹/₄) and that was that. Cuba's Ana Alexander and Eloina Echevarria fought it out for the silver with Alexander taking it by a two inch margin. Diane Jones Konihowski (Canada) and Jane Frederick (USA) had identical best marks (6.10/20'0¹/₄), but Konihowski had a better second jump (19'11 to 19'10¹/₂) and wound up fourth.

There seemed to be many problems with the jumping area with many of the athletes complaining to the officials about the takeoff area.

RESULTS: 1—Kathy McMillan (USA) 6.46/21'2 1/4 (20'8 1/4 - Foul - Foul - 21'2 1/4 - 21'1 1/4 - 21'0), 2—Ana Alexander (Cuba) 6.31/20'8 1/2, 3—Elonia Echevarria (Cuba) 6.27/20'7, 4—Diane Konihowski (Canada) 6.10/20'0 1/4, 5—Jane Frederick (USA) 6.10/20'0 1/4, 6—Shonel Ferguson (Bahamas) 6.07/19'11, 7—Madelina de Jesus (PR) 5.88/19'3 1/2, 8—Jill Moss (Canada) 5.85/19'2 1/4, 9—Jennifer Innis (Guyana) 5.56/18'3, 10—Ivonne Nedermann (Arg) 5.54/18'2 1/4, 11—Nancy Vallecilla (Ecuador) 5.29/17'4 1/4.

Shot Put

This was strictly a two-woman show with Cuba's Maria Sarria battling American record-holder Maren Seidler for the gold. Sarria ended up winning the top spot by nearly a foot with the rest of the competitors far behind. Although only seven athletes took part in this event, there was a difference of more than 21 feet between first and seventh places. The battle for the bronze was a tough one between Canada's Carmen Ionescu and the USA's Ann Turbyne with the Canadian winning it by a mere two inches at 54'1 3/4.

RESULTS: 1—Maria Sarria (Cuba) 18.81/61'8 1/2, 2—Maren Seidler (USA) 18.57/60'11 1/4, 3—Carmen Ionescu (Can) 16.50/54'1 3/4, 4—Ann Turbyne (USA) 16.45/53'11 1/4, 5—Nilza Ramirez (Cuba) 15.96/52'4 1/4, 6—Licette Moreau (Can) 14.90/48'10 3/4, 7—Victoria Lopez (PR) 12.36/40'6 1/4.

Discus Throw

It was Carmen Romero and teammate Maria Betancourt of Cuba who battled for the gold in this event. Betancourt took the lead at the outset with a throw of 60.44/198'3 and Romero fouled. In the second round, Romero could only muster 56.10/184'1 and Betancourt fouled. But on the third round Romero unleashed her winning toss of 60.58/198'9 for a five inch win. Neither athlete came close in the final three throws. Canada's Carmen Ionescu spent most of the afternoon throwing fouls, but still managed to pick up the bronze with a toss of 57.14/187'5 as she managed only two legal tosses during the competition. The two Americans, record-holder Lorna Griffin and Lynn Winbiger, finished fourth and sixth with less than spectacular tosses of 54.08/177'5 and 51.66/169'6.

RESULTS: 1—Carmen Romero (Cuba) 60.58/198'9 (Foul - 56.10/184'1 - 60.58/198'9 - 55.26/181'3 - 58.30/191'3 - Foul), 2—Maria Betancourt (Cuba) 60.44/198'3, 3—Carmen Ionescu (Canada) 57.14/187'5, 4—Lorna Griffin (USA) 54.08/177'5, 5—Lucette Moreau (Canada) 52.52/172'4, 6—Lynn Winbiger (USA) 51.66/169'6, 7—Norma Lucia Azcune (Uruguay) 40.36/132'5, 8—Elena Caligas (PR) 38.92/127'8.

Javelin Throw

An awesome throw by Maria Colon (Cuba) in the second round (62.30/204'5) put the competition away early. Colon's toss was a new Pan Am Games record. Americans Lynn Cannon and Cathy Sulinski, along with Canadian Laurie Kern were left to battle it out for the

silver. In the third round, Sulinski threw 56.44/185'2, but Kern came right back in the fourth round with 55.70/182'9 to move into third. With the pressure on, Lynn Cannon heaved her final throw 56.48/185'4 to edge Sulinski by a mere two inches. So it was Colon gold, Cannon the silver, Sulinski the bronze and Kern a very close fourth. Any one of Colon's throws would have won the title.

RESULTS: 1—Maria Colon (Cuba) 62.30/204'5 (60.70/199'2 - 62.30/204'5 - 62.04/203'6 - 59.60/195'6 - Foul - Foul), 2—Lynn Cannon (USA) 56.48/185'4, 3—Cathy Sulinski (USA) 56.44/185'2, 4—Laurie Kern (Canada) 55.70/182'9, 5—Marlis Dos Santos (Brazil) 52.66/172'9, 6—Ana Nunez (Cuba) 48.84/160'3, 7—Sonia Smith (Bermuda) 46.54/152'8, 8—Victoria Lopez (PR) 41.14/135'0.

Pentathlon

What promised on paper to turn into a tough, interesting competition between world ranked Diane Konihowski of Canada and Jane Frederick of the USA, became a disappointment as Frederick withdrew from the competition after the high jump with an injury. Konihowski although not performing brilliantly, was comfortably ahead at that point, 2789 to 2735. Jodi Anderson, USA, then became Konihowski's chief opponent, but Konihowski's strength in the shot and high jump, plus an unexpected win over Anderson in the long jump, gave her the victory. Anderson won two of the five events, zipping to a 13.70 in the 100m hurdles and turning in a lifetime best in the 800 with an excellent 2:10.8s.

FINAL. 1—Diane Konihowski (Canada) 4605 (14.18 - 15.37/50'5 1/4 - 1.80/5'11 - 6.20/20'4 - 2:14.2), 2—Jodi Anderson (USA) 4434 (13.70 - 12.28/40'3 1/2 - 1.71/5'7 1/4 - 6.13/20'1 1/2 - 2:10.8), 3—Jill Ross (Can) 4112, 4—Olga Verissimo (Bra) 3865, 5—Nancy Valledilla (Ecu) 3818, 6—Ivonne Nedderman (Arg) 3815, 7—Margaret de Jesus (PR) 3105. Jane Frederick (USA) did not finish.



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Ashford Hot in Zurich

Zurich, Switzerland, 15 August — Evelyn Ashford set a new American record in the 200 and sped to an 11.00 clocking in the 100 to highlight the staging of a star-studded invitational meet here today. Ashford's 200 was 22.27. Second in the 200 was veteran Irena Szewisnka who clocked her best for many a moon at 22.88.

Other highlights included a speedy 1500 won by the Soviet's Ulmassova in 3:59.97 (4:00.0), just a step ahead of Norway's Grete Waitz (4:00.6). Grazyana Rabsztyrn turned the tables on Europa Cup champion Tatyana Anisimova in the hurdles, winning in 12.52. Debby LaPlante, USA, was fourth at 13.58. Pam Spencer had a lifetime best at 6'3 1/2 as she defeated Louise Ritter but lost to Debbie Brill on the most misses scoring.



Since I am a recent convert to jogging I became interested in why other women take up the activity. I decided to randomly select 20 homemakers residing in Riverside, California, during their early morning schedules and ask these four questions:

1. *Why do you jog?*
2. *How long have you been jogging?*
3. *How important is jogging to you?*
4. *How do you feel when you do not jog?*

AL ALLEN PHOTO

Jogging for Fun and Fitness

By Shirley Goldsby

WHY DO YOU JOG?

All agreed that two very important reasons for jogging were to gain energy and achieve a sense of readiness for the day. Since everyone in the sample had children at home, these homemakers often expressed the idea of *"beginning the day this way sets a positive tone and outlook for me for the rest of the day."*

Related terms such as more alert, reducing stress and pressures, and mental strength were also cited by the housewives.

Another important area noted by each of the 20 homemakers centered on losing weight and retaining good body tone.

HOW LONG HAVE YOU BEEN JOGGING?

This question gave responses which underscore the recency of jogging by homemakers because 30% indicated it had been less than one year since they started the activity. Additional proof is the fact that only 10% said they had been jogging longer than four years.

The remaining 40% fell in the middle range saying they had been jogging from one to three years.

HOW IMPORTANT IS JOGGING TO YOU?

The answers to this item point out the fact that homemakers have many commitments. For example, 50% said their family responsibilities were more important than their commitment to jogging. Another 20% indicated a sense of slacking off whenever time became too short or other responsibilities needed attention.

The bottom line is that jogging is considered important to these women but certainly not on the same level of commitment as family responsibilities.

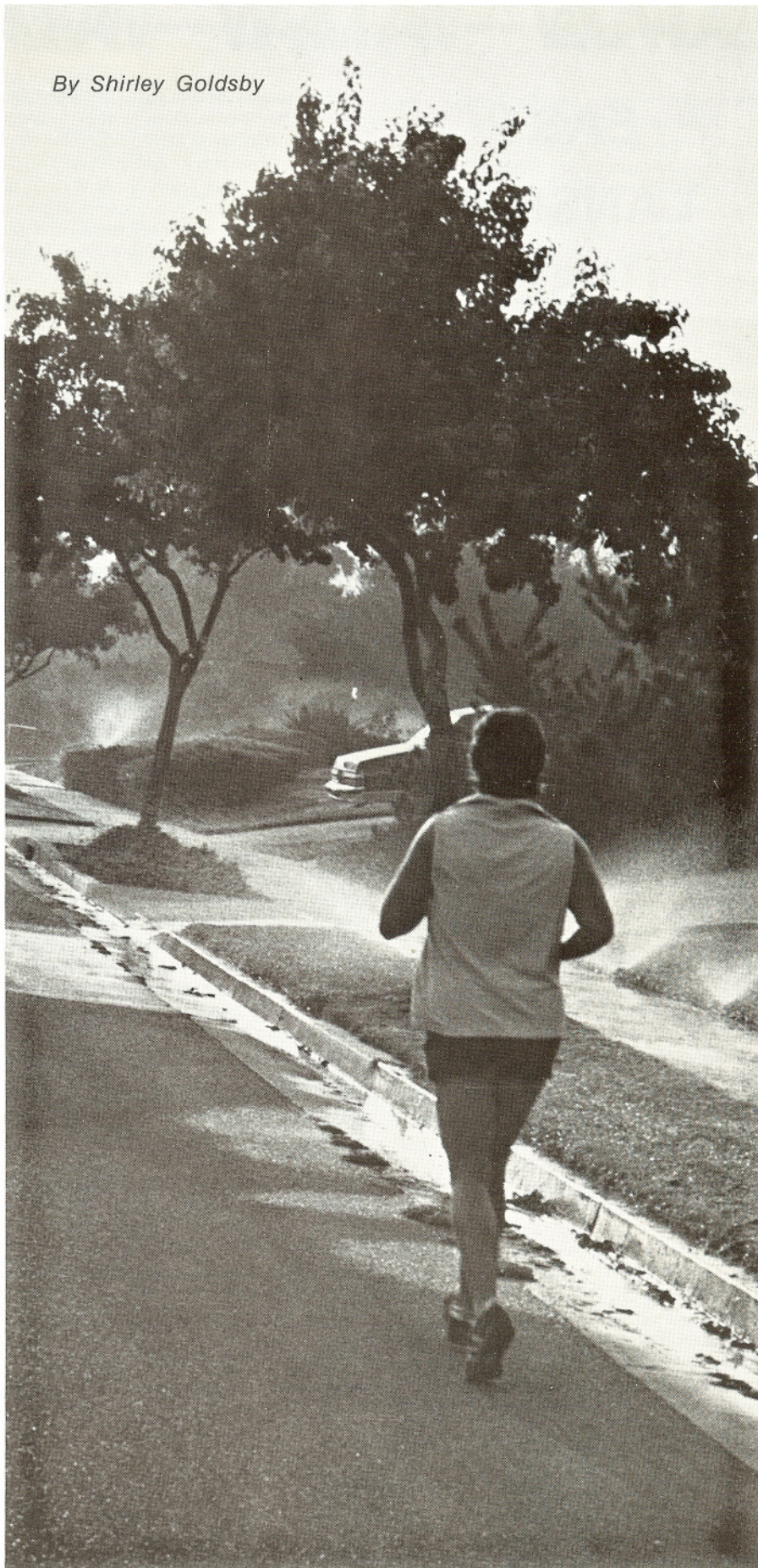
HOW DO YOU FEEL WHEN YOU DO NOT JOG?

Negative results and feelings seem to occur when the individual does not jog.

"I felt tired and less energetic" and *"I felt cheated the rest of the day"* were often repeated themes. One wonders if perhaps in the future such feeling from not jogging might result in a deeper conviction to jog daily even when family responsibilities become more demanding.

How do the responses from these 20 housewives from Riverside, California, compare with you (if you are a jogger) or your friends who are joggers?

It is apparent that these homemakers greatly enjoy jogging and it represents an ideal way to gain a positive outlook on the day. This is a high value pay-off for a low cost investment!



AIAW - AIAW - AIAW - AIAW

EAST LANSING UPSET CITY

By Vince Reel

East Lansing, Michigan, May 24/26 — Remember that old movie "The Good, The Bad and The Ugly"? This year's National AIAW Championships, as is usual for such big championship affairs, had all of that title. Good performances, bad performances and ugly weather. Upsets occurred in most of the running events, a couple of the field events and certainly the hosts from East Lansing were upset at the weather which never cooperated during the entire three days. It was cold (rarely got above 48°), it was windy (the wind gauge broke during the 100 semi-finals due to too strong a wind) and it was wet. This makes three of the last four National Championships which were held in the rain. Is this fair to the athletes who have worked, in some cases, for four years for the opportunity of taking part in the Nationals only to have their efforts mousetrapped by unpredictable weather?

As a whole, the conduct of the meet was rated good. Outstanding were the starters and the announcer, Bob Hersch. One is always fearful when traveling to such a meet that the starters are going to be as bad as those we have on the West Coast, but our plaudits to Robert Bloomer and Andy Wells who controlled the meet and gave everyone in the races the opportunity to do their best and not be beaten at the gun by rollers and jumpers. Of course Bob Hersch is one of the most knowledgeable of track announcers and, although he came up with a few many syllabled words which passed over most heads, he did an excellent job. Several events were delayed on the field for lack of officials, a mistake which should never happen. With a full year to plan, officials should be on hand in ample time to not deter best performances by athletes. The medical facilities were also very good, training room, hospitality and all that was great.

The upsets began with the very first event, the pentathlon, when Jodi Anderson won over defending champion Themis Zambrzycki and started her Cal State Northridge team on its way to the championship. Anderson figured prominently in the meet for, in addition to winning the pentathlon with a new AIAW record, she won the long jump, ran on the winning relay team and placed in the 100 and 100 hurdles.

It was a fairly good battle for the team honors until about three fourths of the way through the meet when it became apparent no one was going to catch Chuck Debus' crew from Northridge. Although Arizona State did not follow its tendency in the past of doing a complete "el foldo", they did drop enough points in the sprints to keep from challenging the Northridge bunch. Cal State Los Angeles, which finished sixth, lost many points when their relay teams bombed and other individuals faded at races end. Brigham Young, a team which in April had long-shot hopes of winning the title, ended up with about the number of points experts figured (17 for 11th place) and had two fine performers in Zambrzycki and Maria Betioli. Iowa State, expected to be in the thick of the team battle was a big disappointment as they ended up with only 12 points, tied for 17th. And Coach Scott Chisam of UCLA is still wondering what hit his team, for everything that could go wrong did go wrong for UCLA. When the meet began one wondered how many points the Bruins were going to score. By the time the meet was half over, one wondered IF the Bruins were going to score. They finally did, placing fifth in the two mile relay, gaining two points and tying for 45th place with seven other schools.

100 METERS: 100 meter runners not only had to battle each other, they also fought with the elements. Trial heats were run into winds ranging from -1.9 to -4.6 plus the cold and the rain. The semi-finals were run into a wind so strong that the wind gauge broke although one race was clocked at -9.62. The finalists had the best in the weather and ran into a wind of ONLY -1.6 mps.

Five heats were necessary and some highly rated sprinters fell by the wayside as the field was cut from 40 to 18. Among those biting the dust were 5th seeded Jackie Mays of Angelo State and Maria Parsons of Morgan State, both into the meet with times of 11.64. Other top-rated runners who should have advanced at least to the semi-finals were Deborah Adams (Oregon), Pamela Montgomery (Texas Tech), Regina McBride (Auburn) and Karen Holmes (Texas Women's).

The two semis said goodbye to such top runners as 4th seeded Lori Green of Kansas, Arizona State's Val Boyer and Liz Young of DC University. Young, who clocked only 14.24 in finishing last, was the victim of some bad advance planning, having just finished winning her semi of the 400 with a new field record of 52.9s — and having qualified for the 200 final by virtue of a heat and semi.

Gail Douglas (USC) looked good winning the first of the two semis, trotting in ahead of Cal State LA's Dollie Fleetwood and defending champ Leleith Hodges. Hurdler Brenda Calhoun (Arizona State) was the fourth qualifier. In the second semi, Michigan State's Cheryl Gilliam brought the hometown boosters to their feet as she won over top-seeded Jodi Anderson (CSN) who, by this time, was beginning to feel a bit weary after winning the pentathlon, the long jump, the medley relay and running trials in the 100 and hurdles.

The final was a goodie and could almost be classed as an upset, if a win by a defending champion and #1 ranked sprinter in the U.S.A. the previous year can be called an upset. Leleith Hodges, who had not been running too well this year, started in Lane 1 and appeared to be in the lead the entire race winning by a clear margin in 11.81 against a wind of -1.6 mps. The real battle was for second with Dollie Fleetwood out very fast but fading over the final 30 meters to be caught by surprising Brenda Calhoun and Lisa Thompson, UNLV's world record indoor sprinter. The camera couldn't separate these three and the rare result of a three-way tie was written into the books. USC's Gail Douglas, who might have won it all, suffered a muscle pull and was last and out of the rest of the competition. Jodi Anderson was never in the race, finishing sixth and hurdle winner Stephanie Hightower was able to beat only an injured Douglas.

TRIAL HEATS: (First three in each heat plus the three fastest losers qualify for the semi-finals.) **Heat 1** (-2.4), 1—Gail Douglas (USC) 12.2, 2—Brenda Calhoun (AS) 12.2, 3—Doreen Small (Ala A&M) 12.4, 4—Wanda Hooker (Memphis St) 12.4, 5—Jackie Mays (Angelo St) 12.5, 6—Reba Jackson (Ind) 12.7, 7—Carolyn Delancy (Howard) 13.0. **Heat 2** (-1.9), 1—Jodi Anderson (CSN) 12.2, 2—Melanie Batiste (Ore) 12.2, 3—Cheryl Gilliam (MS) 12.2, 4—Judy Reed (UCLA) 12.3, 5—Maria Parsons (Morgan St) 12.4, 6—Maggie Porter (Temple) 12.4, 7—Pam Pettus (Tn) 12.6, 8—Hollie Denny (Tex) 12.9. **Heat 3** (-4.3), 1—Dollie Fleetwood (CSLA) 12.2, 2—Val Boyer (AS) 12.4, 3—Belinda Little (Ala) 12.4, 4—Karen Holmes (TWU) 12.5, 5—Leola Toomer (Md) 12.7, 6—Regina McBride (Auburn) 12.7, 7—Karen Wachaler (Ind) 12.9, 8—Regina Jordan (Ore St) 13.0. **Heat 4**, (-4.6), 1—Lori Green (Kn) 12.3, 2—Liz Young (DC) 12.3, 3—Leleith Hodges (TWU) 12.3, 4—Krista Berryman (Tn) 12.4, 5—Deborah Adams (Ore) 12.4, 6—Kimberly Robinson (USC) 12.4, 7—Mary Williams (Ala St) 12.8, 8—Karen Osburn (Boise St) 13.0. **Heat 5** (-4.0), 1—Stephanie Hightower (Ohio St) 12.2, 2—Lisa Thompson (UNLV) 12.2, 3—Cheryl Osburne (Utah St) 12.5, 4—Janice Dale (Del St) 12.5, 5—Catherine Sharpe (Mich) 12.5, 6—

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Roxanne Wright (UCLA) 12.5, 7—Pam Montgomery (Tx Tech) 12.8, 8—Donna Sherfield (Tx) 13.1, 9—Carla Huddle (Central) 13.3.

SEMI-FINALS: (First four and fastest loser to qualify for final.) **Heat 1** (No wind reading), 1—Douglas 12.33, 2—Fleetwood 12.45, 3—Hodges 12.69, 4—Calhoun 12.71, 5—Little 12.73, 6—Reed 12.74, 7—Green 12.88, 8—Berryman 13.04, 9—Young 14.24; **Heat 2** (-9.62), 1—Gilliam 12.42, 2—Anderson 12.46, 3—Thompson 12.60, 4—Batiste 12.64, 5—Hightower 12.72, 6—Small 12.75, 7—Boyer 12.77, 8—Osborne 12.81, 9—Hooker 12.84.

FINAL (-1.6), 1—Leleith Hodges (TWU) 11.81, 2—(tie), Brenda Calhoun (AS), Dollie Fleetwood (CSLA) and Lisa Thompson (UNLV) 11.93, 5—Cheryl Gilliam (Mich St) 12.07, 6—Jodi Anderson (CSN) 12.14, 7—Melanie Batiste (Ore) 12.15, 8—Stephanie Hightower (Ohio St) 12.31, 9—Gail Douglas (USC) 12.80.

200 METERS — Trial heats eliminated only five runners from the 32 competitors, but a couple of them were quite notable. Unlike the 100 runners, the 200 speedsters ran with an aiding wind, and marks should have been comparable to those submitted for meet entry, but three sub-24 seconders were ousted. Lorna Forde, Long Island University, credited with 23.73 this season could do no better than 24.8, finishing 8th in her heat. USC's Kimberly Robinson, into the meet with a 23.84 clocking, ran no better than 26.2 for another 8th place while Utah State's Cheryl Osborne (23.89) was 9th and last in her trial, clocking only 24.9. USC's Gail Douglas (23.3) had the fastest run in the heats.

The semis, all wind-aided, saw the elimination of four top-rated runners — Lori Green of Kansas (23.49), Roberta Belle of Morgan State (23.54), Leleith Hodges of TWU (23.67) and Val Boyer from Arizona State (23.70). Northridge's Valerie Brisco had the fastest semi, a 23.23 win over 400m champ Yolanda Rich (23.25).

The final was won by Northridge's Valerie Brisco in 23.61. Valerie who? That was the question around the press box after the race. There was no doubt about the talent of the California freshman for she won the race with room to spare over Arizona State's Freida Cobbs and Cal State LA's surprising Yolanda Rich. DC's Liz Young, overstriding as usual, faded over the last portion of the race and finished fifth.

TRIAL HEATS: (First 6 plus the three fastest losers qualify to the semi-finals. **Heat 1** (+2.1), 1—Gail Douglas (USC) 23.3, 2—Freida Cobbs (AS) 23.7, 3—Jeanine Brown (UTEP) 23.7, 4—Marie Nickson (CS Hayward) 23.9, 5—Lorraine Davidson (Kan St) 24.3, 6—Elaine Parker (Cal) 24.5, 7—Stephanie Brown (TWU) 24.5; **Heat 2** (0.0), 1—Yolanda Rich (CSLA) 23.7, 2—Leleith Hodges (TWU) 23.9, 3—Cheryl Gilliam (Mich St) 24.0, 4—Elizabeth Crowder (Chi Circle) 24.2, 5—Belinda Little (Ala) 24.4, 6—Roberta Belle (Morgan St) 24.5, 7—Marit Stilson (Portland St) 24.8, 7—Kimberly Robinson (USC) 26.2; **Heat 3** (+2.6), 1—Valerie Brisco (CSN) 23.5, 2—Jackie Pusey (CSLA) 23.8, 3—Melanie Batiste (Ore) 23.9, 4—Val Boyer (AS) 24.1, 5—Lori Green (Kn) 24.4, 6—Beverly Kearney (Aub) 24.4, 7—Willetta Page (Mo) 24.5, 8—Mary Williams (Ala St) 25.0; **Heat 4** (+3.8), 1—Wanda Hooker (Memphis St) 23.5, 2—Liz Young (DC)

23.5, 3—Kelia Bolton (Cal) 23.8, 4—Julie Bergeron (N Tx St) 24.1, 5—Janice Dale (Del St) 24.6, 6—Maria Parsons (Morgan St) 24.6, 7—Themis Zambrzycki (BYU) 24.6, 8—Lorna Forde (LIU) 24.8, 9—Cheryl Osborne (Utah St) 24.9.

SEMI-FINALS: (First three in each heat advance to the final.) **Heat 1** (+3.4), 1—Douglas 23.40, 2—Cobbs 23.53, 3—Gilliam 23.78, 4—Nickson 23.87, 5—Green 24.04, 6—Page 24.28, 7—Little 24.41, 8—Parsons 24.70. Pusey did not finish; **Heat 2** (+5.4), 1—Hooker 23.36, 2—Young 23.74, 3—Batiste 23.79, 4—Boyer 23.91, 5—Davidson 24.22, 6—Dale 24.32, 7—Parker 24.61, 8—Zambrzycki 24.62. Hodges (TWU) did not finish; **Heat 3** (+7.5), 1—Brisco 23.23, 2—Rich 23.25, 3—Bolton 23.47, 4—J. Brown 23.75, 5—Belle 23.92, 6—Kearney 24.25, 7—S. Brown 24.27, 8—Crowder 24.38, 9—Bergeron 24.62.

FINAL (+1.16), 1—Valerie Brisco (CSN) 23.61, 2—Freida Cobbs (AS) 23.73, 3—Yolanda Rich (CSLA) 23.81, 4—Wanda Hooker (Memphis St) 23.84, 5—Liz Young (DC) 23.86, 6—Kelia Bolton (Cal) 23.94, 7—Cheryl Gilliam (Mich St) 24.19, 8—Melanie Batiste (Ore) 24.37, Gail Douglas (USC) scratch.

400 METERS: Trial heats were rather routine in this event with most of the top runners moving into the final. Exceptions were Hayward's Marie Nickson who could manage only a 56.5 run in her heat finishing sixth, Ruth Simpson from TWU who sped only 59.5 while chasing everyone across the line, and one-time top USA sprinter Pam Jiles, Louisiana State, last in her heat at 57.6s.

Sharpest in the trials was DC University's Liz Young who toured the lap in a new field record of 52.9, but by the time the final came around, the foolishness of this effort was apparent for Yolanda Rich turned on the after-burner over the final 80 meters and took it away from a very tiring Young in a good 52.6 while Young barely hung on to second. Disappointing was Forde who finished out of the money in seventh position.

It's amazing to see the number of 400 runners in a national championship meet who use a standing start! After all, the name of the event is the 400 meter DASH. We have discussed this with our staff and WTW will send a free year's subscription to anyone offering us proof of a European 400m runner starting from a standing start in the European Championships!

TRIAL HEATS: (Three from each heat advance to the final.) **Heat 1**, 1—Gwen Murray (Pitt) 54.4, 2—Lorna Forde (LIU) 54.8, 3—Diann Ousley (Ark) 55.5, 4—Pam Moore (Wis/Madison) 55.8, 5—Linda Miller (Md) 56.2, 6—Marie Nickson (CS Hayward) 56.5, 7—Pam Jiles (LSU) 57.6; **Heat 2**, 1—Yolanda Rich (CSLA) 54.9, 2—Paula Clagon (Morgan St) 56.2, 3—Robbin Coleman (Tx) 56.4, 4—Sharon Canda (Mont St) 57.0, 5—Lisa Sorrell (E.Wa) 57.4, 6—Lorraine Davidson (KanSt) 57.9, 7—Linda Cassidy (USC) 60.8; **Heat 3**, 1—Liz Young (DC) 52.9, 2—Paulette Clagon (Morgan St) 53.9, 3—Elizabeth Crowder (ChiCircle) 54.3, 4—Sharon Acker (ASU) 54.7, 5—Cindy Cumbess (UCLA) 54.9, 6—Dawna Rose (Ore) 55.3, 7—Wanda Trent (KanSt) 56.3, 8—Ruth Simpson (TWU) 59.5.

FINAL, 1—Yolanda Rich (CSLA) 52.6, 2—Liz Young (DC) 53.8, 3—Robbin Coleman (Tx) 53.9, 4—Paulette Clagon (MorSt) 54.2, 5—Elizabeth Crowder (CC) 54.3, 6—Paula Clagon (MorSt) 54.4, 7—Lorna Forde (LIU) 54.4, 8—Diann Ousley (Ark) 54.6, 9—Gwen Murray (Pitt) 55.5.

800 METERS: Results were almost normal in the heats with Robin Campbell

and Susan Vigil easy winners in their sections and surprising Christine Mullen of Georgetown winning the third heat. Notable among the eliminees were Cal State Long Beach's Teresa Jenkins and Illinois' Janae Hunziker, a couple of 2:08 performers and UCLA's Cynthia Warner and the University of Redland's Donna Fromme, with bests of 2:07.6 and 2:07.5 who eliminated themselves via the spill routine in the first heat. With but 80 meters to go, it appeared that Carolyn Brinkley (DC) attempted to pass Warner on the inside and gave the UCLA runner a shove which caused Warner to stumble into Fromme who was in third at the time. Warner managed to get up and finish in 2:33.7, but Fromme ended up in the Lansing General Hospital with a concussion. The irony of the situation was that Warner had already been disqualified for running inside her lane on the first turn! With sixth seeded Fromme and seventh seeded Warner down on the track, DC's Brinkley had a clear run to finish third and qualify for the final — where she finished 8th.

The three top finishers of 1978 were all eligible to compete again, but Kathy Weston, Lee Ballenger and Debbie Vetter were all missing for various reasons. Campbell, as is her way, took the lead in the final, passing the furlong in 29.5 and the 400 in 58.5s. In the meantime, New Mexico's Susan Vigil gradually moved into position and as they rounded the third bend moved onto Campbell's shoulder and stayed there down the backstretch. As they approached the 600 mark, Vigil surged into the front, passing the over-striding Campbell in 1:32.5. Campbell made a game attempt to keep up, but before they had rounded the last turn, Georgetown's Mullen swept past Campbell and thus encouraged, the entire field closed in on the former National champ. Campbell tired badly over the final 25 meters and finished out of the money in seventh position. Mullen finished very fast and almost caught the tiring Vigil.

TRIAL HEATS: (First three from each heat qualify for the final.) **Heat 1**, 1—Robin Campbell (Fl) 2:07.8, 2—Dana Glidden (Mo) 2:09.1, 3—Carolyn Brinkley (DC) 2:10.8, 4—Dana Arnim (Wa) 2:11.2, 5—Ellen Brewster (Wis/Madison) 2:13.1, 6—Penny Fales (PennSt) 2:16.6, 7—Karen Blair (WashSt) 2:25.6, 8—Cynthia Warner (UCLA) 2:33.7, Donna Fromme (Redlands) did not finish; **Heat 2**, 1—Susan Vigil (NM) 2:10.8, 2—Doraine Lambelet (Vil) 2:11.5, 3—Siri Bjelland (Ok) 2:12.4, 4—Rochelle Collins (UTEP) 2:12.4, 5—Charlene Delventhal (ColSt) 2:13.0, 6—Sandy Miller (PennSt) 2:13.5, 7—Teresa Jenkins (CSLB) 2:14.0, 8—Kay Stormo (Iowa) 2:15.3, 9—Cindy Van Schyndel (W.Ill) 2:16.8; **Heat 3**, 1—Christine Mullen (Georgetown) 2:10.0, 2—Karel Jones (Hunter) 2:10.3, 3—Marcia Romesser (CSN) 2:10.4, 4—Minnie McPhatter (E.Car) 2:10.8, 5—Janae Hunziker (Ill) 2:11.0, 6—Patti Douglas (RI) 2:14.7, 7—Barbara Douglas (Tx) 2:17.6, 8—Debbie Kemp (FIS) 2:19.6.

FINAL, 1—Susan Vigil (New Mexico) 2:04.1, 2—

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800 Winner Susan Vigil

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Christine Mullen (Georgetown) 2:04.2, 3—Dana Glidden (Mo) 2:05.1, 4—Marcia Romesser (CSN) 2:05.6, 5—Doriane Lambelet (Vil) 2:05.9, 6—Karel Jones (Hunter) 2:08.0, 7—Robin Campbell (Fl) 2:10.0, 8—Carolyn Brinkley (DC) 2:10.0, 9—Siri Bjelland (Ok) 2:13.7.

1500 METERS: The 1500 trials really began the show in spite of the fact that the 5000 final and the 440y relay trials preceded them. Four from each of the three heats advanced to the final and Iowa State's Diane Vetter, their second-stringer, won the first heat in 4:26.65 and led everyone to believe things were going to be normal in this event. After all, Iowa State was one of the favorites for the team title. The first heat went through laps of 71-2:26-3:36 when the real running began — and Alice Trumbley (California) and Debbie Mitchell (UTEP) were eliminated. The second heat was a bit faster to begin with, but ended up with a slower time overall as the top runners

wore out the also-rans with laps of 68.5-2:22-3:37 and left Arizona's Joan Hansen, UCLA's Sheila Ralston watching the final from the stands.

It remained for the third heat to start the adrenalin flowing with as wild a finish as had been seen in AIAW history. It brought together third seeded Cheri Williams of Oregon, Brenda Webb of Tennessee, Debbie Vetter of Iowa State, Patty Murnane of Penn State and someone named Jody Rittenhouse from Arkansas. The field eased through laps of 73-2:23-3:37 at which time the top trio of Webb, Vetter and Williams separated themselves from the pack. Around the final turn, the trio cast quick looks behind and were seemingly satisfied that their 15 yard advantage over everyone else was enough to assure them a qualifying spot. Suddenly Rittenhouse came to life and she began to sprint for dear life. This

inspired Penn State's Murnane and the duo took off after the leaders. With only 50 meters remaining, the three favorites suddenly realized they were in danger although Webb was in front and never really got involved in the happenings of the next five seconds. Williams and Vetter tried to accelerate when they felt the presence of the upstart duo, but it was not to be and the five finished together with the winner clocking 4:31.35 and fifth place (a non-qualifier) finishing in 4:31.49 — only .14 behind Webb, the winner. Who was fifth — that was the question and it was answered only through the courtesy of the photo finish — it was Williams who was only .08 hundredths behind second spot.

One might expect the final to be anticlimactic, but not so. Maggie Keyes, the top seed, appeared to be nervous while Iowa State's twin Vettters were calm and collected. Brenda Webb had been through all this before and seemed unconcerned. The two upstarts, Rittenhouse and Murnane were like young colts, anxious to prove their run in the trials was not a one-time thing.

From the outset there really was no doubt as to who would be the winner. Webb took command soon after the gun, passed the 400 in the lead and stayed there all the way. The 400 went by in 64.5 with Leddy, Vetter and Groos following close behind. At the 800 (2:14.4) it was still the same four but now Maggie Keyes had moved into contention in fifth place, in the same pack with the leaders. At the three lap mark Webb led in 3:26.4 with Leddy still second, Keyes now in third and Vetter dropping back behind Groos. Keyes made a game move on Webb, but fell short and tired badly over the final 200, finishing seventh. Leddy was a good runner-up with Groos third and fast-striding Suzie Houston of Madison fourth.

What happened to Rittenhouse and Murnane? They finished 11th and 9th — but they had had their day and had taught that freshman from California a lesson.

TRIAL HEATS: (First four in each heat qualify for the final.) **Heat 1,** 1—Diane Vetter (IowaSt) 4:26.65, 2—Ellen Schmidt (Ore) 4:26.82, 3—Maggie Keyes (CP/SLO) 4:27.01, 4—Janet Ensrud (StOlaf) 4:27.33, 5—Alice Trumbley (Cal) 4:27.45, 6—Debbie Mitchell (UTEP) 4:28.21, 7—Michelle Brown (Kn) 4:36.82; **Heat 2,** 1—Suzie Houston (Wis/Madison) 4:29.02, 2—Joan Corbin (Seattle Pac) 4:29.23, 3—Margaret Groos (Va) 4:32.01, 4—Brigid Leddy (Vil) 4:32.07, 5—Joan Hansen (Ar) 4:37.84, 6—Sheila Ralston (UCLA) 4:47.25, 7—Janel LeValley (KnSt) 4:48.08, 8—Robin Baker (Ore) 4:48.63; **Heat 3,** 1—Brenda Webb (Tn) 4:31.35, 2—Patty Murnane (PennSt) 4:31.41, 3—Jody Rittenhouse (Ark) 4:31.46, 4—Debbie Vetter (IaSt) 4:31.47, 5—Cheryl Williams (Cal) 4:31.49, 6—Heleana Hocking (NTxSt) 4:37.41, 7—Renee Urish (KanSt) 4:37.48, 8—Kathy Chisam (UCLA) 4:49.83.

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FINAL. 1—Brenda Webb (Tn) 4:17.6, 2—Brigit Leddy (Vil) 4:18.5, 3—Margaret Groos (Va) 4:22.3, 4—Suzie Houston (Wis/Madison) 4:23.2, 5—Janet Ensrud (StOlaf) 4:23.3, 6—Debbie Vetter (IaSt) 4:25.5, 7—Maggie Keyes (CP/SLO) 4:26.2, 8—Ellen Schmidt (Ore) 4:27.0, 9—Patty Murnane (PennSt) 4:27.7, 10—Joan Corbin (SP) 4:30.5, 11—Jodi Rittenhouse (Ark) 4:34.1, 12—Diane Vetter (IaSt) 4:39.0.

3000 METERS: Scratches by some of the top-seeded performers such as Cheri Williams and Molly Morton of Oregon, Suzanne Richter of California and Dana Slater of Colorado made qualifying fairly easy. The first heat saw Brenda Webb win easily as the leaders passed the laps in 72-2:29.5-3:49-5:11-6:31-7:48-9:06. The second heat featured Julie Shea of North Carolina and was a bit slower with ninth place in the first heat equalling the time of second place in the second heat. This group passed the quarter marks in 76-2:36-3:54-5:16-6:32-7:52-9:13. Wisconsin's Marybeth Spencer was the only top name eliminated in the trials.

The final brought together three winners: Brenda Webb in the 1500, Julie Shea in the 5000 and Joan Benoit in the 10000. But, as was the case in the 1500, the winner was almost a sure thing. Webb, running only 74 seconds for the first lap, nevertheless had a three second lead over the rest of the field and maintained the lead over Shea and Benoit the entire distance. The lead diminished to two seconds with but a lap to go, but Brenda had just been doing a little teasing and finished five seconds in front of Shea with a sparkling 69.1 last 440. The first three were far ahead of the rest of the pack, probably the weakest field of the competition.

The trial heats saw runners finishing in 10:28.7 and 10:29.8 — more than 30 seconds slower than the qualifying standard, leading one to wonder.

TRIAL HEATS: (First nine in each heat advance to the final.) **Heat 1.** 1—Brenda Webb (Tn) 9:40.5, 2—Kelly Spatz (MichSt) 9:42.9, 3—Catherine Mountain (Ore) 9:43.3, 4—Lauri Adams (MontSt) 9:43.9, 5—Joan Benoit (Bowdoin) 9:44.0, 6—Judi St. Hilaire (Ver) 9:46.7, 7—Linda Broderick (UCLA) 9:47.0, 8—Sarah Sweeney (UCSB) 9:48.2, 9—Kathleen Mulrooney (Wis/Madison) 9:49.7, others were Juleann Quigley (Wes), Carolyn Ihrig (PennSt), Alanna McCarthy (MoreheadSt), Kathy Moore (FlaSt), Susan Meek (Calif). **Heat 2.** 1—Julie Shea (NC) 9:47.3, 2—Joan Corbin (SeaPac) 9:49.7, 3—Carrie Craven (OhioSt) 9:49.9, 4—Kanin Vonberg (Middlebury) 9:50.4, 5—Lynn Jennings (Princeton) 9:51.2, 6—Joy Hansen (Arz) 9:51.6, 7—Lisa Berry (MichSt) 9:51.6, 8—Mary Seybold (IaSt) 9:54.0, 9—Renee Urish (KanSt) 9:56.0, others were Dana Slater (Col), Christine Garcia (Tx), Marybeth Spencer (Wis/Madison), Mary Kunkel (Mo), Donna Chin (UCSB), Susan Marshall (Iowa).

FINAL. 1—Brenda Webb (Tn) 9:15.8, 2—Julie Shea (NC) 9:20.0, 3—Joan Benoit (Bowdoin) 9:21.4, 4—Catherine Mountain (Ore) 9:32.8, 5—Judi St. Hilaire (Ver) 9:33.5, 6—Kelly Spatz (MichSt) 9:33.7, 7—Carrie Craven (OhioSt) 9:34.6, 8—Joan Corbin (SeaPac) 9:34.6, 9—Renee Urish (KanSt) 9:36.4, 10—Kathleen Mulrooney (Wis/Madison) 9:38.6, 11—Joy Hansen (Arz) 9:38.6, 12—Lisa Berry (MichSt) 9:43.6, 13—Lauri Adams (MontSt) 9:45.3, 14—Mary Seybold (IaSt) 9:52.3, 15—Lynn Jennings (Princeton) 9:53.0, 16—Linda Broderick (UCLA) 9:53.6, 17—Sarah Sweeney (UCSB) 9:57.5, 18—Karin Vonberg (Middlebury) 10:22.0.

5000 METERS: No trials needed in this event, which brought about a round of applause and sighs of relief from coaches attending the pre-meet coaches meeting. Julie Shea was far and away the best of this field, winning the final by more than ten seconds over a surprising Kathy Mintie whom in turn, was 17 seconds in front of third place winner Jody Parker.

Shea went about it in her methodical manner, using her awkward but powerful running style to simply overpower the other runners. After trailing the first circuit of the oval, run in 79 seconds, Shea took command and led the rest of the way with splits of 2:34-3:47-5:03-6:19-7:35-8:53-10:11-11:32-12:53-14:13, keeping up a 77-78 pace all the way including the final 440 which she covered in 76.9. Shea led by 10 seconds at the end of two miles and held it all the way.

FINAL. 1—Julie Shea (NC) 16:05.9, 2—Kathy Mintie (ArizSt) 16:16.8, 3—Jody Parker (Ore) 16:34.3, 4—Alanna McCarthy (MoreheadSt) 16:57.7, 5—Karin Vonberg (Middlebury) 16:59.1, 6—Suzanne Richter (Cal) 16:59.8, 7—Elizabeth Hartwich (StOlaf) 17:01.9, 8—Martha Stinson (Mo) 17:03.1, 9—Marybeth Spencer (Wis/Madison) 17:06.8, 10—Martha Sertain (Tx&M) 17:19.0, 11—Norene Harrison (OhioSt) 17:21.0, 12—Donna Cathje (MankatoSt) 17:23.0, 13—Deborah Ulian (Yale) 17:23.6, 14—Kimberly Sharpe (NC) 17:25.8, 15—Rochelle Racette (Mn) 17:33.8, 16—Cheryl Kunkel (Wis/Mil) 17:35.7, 17—Brenda Cardin (OreSt) 17:36.6, 18—Pippa Holman (Rutgers) 17:39.3, 19—Susan Arfmann (OreSt) 17:47.1, 20—Maureen Finhola (Kn) 17:58.6, 21—Cindy Sturm (Ala) 18:13.2, 22—Pamela Cox (Cal) 18:34.3, Lynne Hjelte (Cal) did not finish.

10000 METERS: Those who witnessed the first-ever AIAW 10000m run, saw a methodical Joan Benoit wear down the field, winning by 43 seconds. The tiny Bowdoin student, winner of this year's Boston Marathon, had no trouble with the field and won as she pleased.

FINAL. 1—Joan Benoit (Bowdoin) 33:40.7, 2—Karen Bridges (Ok) 34:23.9, 3—Amy Lafoon (ColSt) 34:24.0, 4—Karen Fitz (Kn) 34:27.3, 5—Janice Oehm (Cal) 34:27.8, 6—Molly Morton (Ore) 34:28.5, 7—Anne Sullivan (Brown) 34:43.3, 8—Judy McCreery (NCol) 35:06.7, 9—Nancy Seeger (Rutgers) 35:25.9, 10—Liz Berry (PennSt) 35:36.5, 11—Mary Walsh (Md) 35:51.5, 12—Laurie Hagopian (Cal Lutheran) 35:59.4, 13—Nathalie Hughes (MichSt) 36:14.1, 14—Cynthia Wadsworth (MichSt) 36:19.3, 15—Janet Norem (PennSt) 36:21.5, others were Marjorie Kaput (Ariz), Kathy Adams (Wa), Lori Alzner (Ore), Elizabeth Shack (Loyola/Chi), Patti Kaufmann (NM), Marty McElwee (Wis/Madison), Judy Tillapaugh (Purdue), Beverly Roland (WIll), Cathy Bremser (Wis/Madison), Beth Sheridan (OhioSt), Michelle Aubuchon (CSHayward), Mary Witt (Ky), Deborah Snaggs (Richmond), Wendy Walker (CSN), Peggy Cleary (PennSt).

100 METER HURDLES: With the exception of Ohio State's Kim Willis, a 13.7 hurdler, all the top barrier runners moved into the final in spite of the most horrible of conditions during the trials. Not only was it cold and drizzling, but the wind was blowing a gale against the hurdlers, as high as -7.9mps (almost 18 mph) in the second heat! The most amazing thing of the trials was that not one hurdler fell.

Heat winners were the three top seeds — Debby LaPlante, Jodi Anderson and Stephanie Hightower. Anderson had the FASTEST time at 14.16 and 14.92 got you into the final. The three second placers in the heats, Cecilia Branch (UNLV), Linda Bourne (BYU) and Brenda Calhoun (Arizona State), all top-notch hurdlers, made the final one for anticipation.

During the entire week preceding the Championships, the local paper had been singing the praises, and rightly so, of home-stater Debby LaPlante, the American record holder now transplanted to San Diego State along with her husband/coach, Fred. Predictions of a sub-13 second race for the Michigander were printed as though the gold medal had already been engraved with LaPlante's name. Talk about putting pressure on an athlete! As all runners know and most news reporters don't, there is no such thing as a sure thing in this sport, and this is especially true in the hurdles.

Hightower was out fast, running in Lane 9, and by the third hurdle was a full yard in front. From that point on, LaPlante gradually gained and at the finish, the winner was either one. The judges hid themselves to inspect the photo and lo and behold, the camera had malfunctioned. Actually, according to one of the meet personnel, it was not the camera which malfunctioned, it was the nut behind the camera. Be that as it may, there was no photo of this race although Track and Field News reported the camera did take a picture but missed Lane 9. Standing on the outside of the track, I thought LaPlante won it. Standing on the inside of the track, the judges thought Hightower won it, another bit of proof that the judges should not all congregate on the same side of the track. Both runners were given 13.2 hand-timed.

The fight for third was, as predicted just as tight. Branch, Calhoun and Anderson were all clocked in 13.7, finishing in that order.

From past personal experience, we are aware of the disappointment in LaPlante's stable, but to her great credit we are pleased to report it was Debby who was the first to applaud when Hightower received her medal and the first to extend her hand to her conquerer. Just before the race started, Hightower's coach, Mamie Rallins, no slouch at zipping the barriers herself, was seen to cross her fingers and her legs, face the East and close her eyes. She did, however, open them when the gun sounded and she set a new personal record in high leaping as the Ohio State runner hit the tape.

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TRIAL HEATS: (First three in each heat advance to the finals.) **Heat 1** (-4.1), 1—Deby Laplante (SDS) 14.33, 2—Cecelia Branch (UNLV) 14.58, 3—Debi Kilhoffer (IllSt) 14.77, 4—Debra Deutsch (Rutgers) 14.96, 5—Maureen McGee (CSLB) 14.99, 6—Yvette Greer (SDak) 15.42, 7—Kim Willis (OhioSt) 15.49, 8—Cathy Gebhards (CenMoSt) 16.09, 9—Diane Steinhart (Iowa) 16.18; **Heat 2** (-7.9), 1—Stephanie Hightower (OhioSt) 14.29, 2—Linda Bourn (BYU) 14.49, 3—Pamela Page (Mo) 14.92, 4—Lori Lowery (Kn) 14.95, 5—Karen Holmes (TWU) 15.32, 6—Teresa Jones (Ind) 15.54, 7—Fiona Macauley (Ok) 15.78, 8—Danette Onyemelukwe (Will) 17.21, Missouri Turner (UNLV) did not finish; **Heat 3** (-1.8), 1—Jodi Anderson (CSN) 14.16, 2—Brenda Calhoun (ArizSt) 14.19, 3—Linda Waltman (Tx&M) 14.44, 4—Julie Smithers (Rutgers) 14.62, 5—Karen Wecheler (Ind) 14.88, 6—Lisa Gourdine (UCLA) 14.98, 7—Kris Costello (Ore) 15.30, 9—Karen Page (UtahSt) 15.44.

FINAL (-1.8), 1—Stephanie Hightower (OhioSt) 13.2, 2—Deby LaPlante (SDS) 13.2, 3—Cecelia Branch (UNLV) 13.7, 4—Brenda Calhoun (ArizSt) 13.7, 5—Jodi Anderson (CSN) 13.7, 6—Linda Bourn (BYU) 14.0, 7—Linda Waltman (Tx&M) 14.0, 8—Debi Kilhoffer (IllSt) 14.1, 9—Pamela Page (Mo) 14.3.

400 METER HURDLES: When it comes to being classed as a Champion, one must place Debbie Esser's name among the leaders. For the fourth consecutive year, Esser won her specialty, the 400m hurdles, and did so with the class that is recognized for being outstanding. Esser finished more than two seconds ahead of her closest rival, a figure that doesn't sound so great until it is translated into yards — that's about a 15 yard margin. Geared to run with a standard step, Esser flinched only once during the final as she seemed to hesitate between the 8th and 9th barriers, but it was ever so slight. She attacked the hurdles from the outset as they should be attacked and finished in a blaze of glory, the first four-time AIAW champ.

The trials accomplished very little, with the heats eliminating only three persons and the semis ridding the field of Central Missouri's second-seed, Cathy Gebhards.

TRIAL HEATS: (First six plus the three fastest losers advance to the semi-finals.) **Heat 1**, 1—Deb Esser (IowaSt) 60.2, 2—Joan Elumelu (Boston) 61.9, 3—Lori Lowry (Kn) 63.2, 4—Carolyn Brinkley (DC) 63.2, 5—Stella Edwison (BYU) 63.5, 6—Mollie Brennan (MichSt) 63.8, 7—Yvette Hyman (Wis/Madison) 64.9; **Heat 2**, 1—Peach Payne (Purdue) 61.2, 2—Tammy Etienne (Tx) 62.1, 3—Fiona Macauley (Ok) 62.6, 4—Regina Dramiga (NM) 62.8, 5—Karen Taylor (CSN) 63.0, 6—Amy Dunlop (Iowa) 63.2, 7—Ellen Smith (Tx&M) 66.4; **Heat 3**, 1—Diane Steinhart (Iowa) 61.6, 2—Anita Jones (WKy) 61.8, 3—Ellie Mahal (IowaSt) 62.1, 4—Linda Hightower (UCSB) 62.2, 5—Cathy Gebhards (CenMoSt) 62.5, 6—Brenda Wilson (AdamsSt) 63.0, 7—Vivian Scruggs (Va) 64.8, 8—Susan Seebers (Fla) 67.2; **Heat 4**, 1—Michelle Hawthorne (Cal) 61.6, 2—Edna Brown (Temple), 3—Teri Seippel (EKY) 62.8, 4—Brenda Chambers (Col) 64.0, 5—Denise Waddy (ArizSt) 64.7, 6—Kim Willis (OhioSt) 64.7, 7—Cindy Bartlett (Tx&M) 65.3, 8—Georgia Evans (TWU) 65.7.

SEMI-FINALS: (First three in each heat advance to final.) **Semi-Final 1**, 1—Esser 59.57, 2—Elumelu 61.3, 3—Etienne 62.0, 4—Taylor 62.0, 5—Lowery 63.4, 6—Hightower 63.9, 7—Scruggs 64.5, 8—Edwison 64.5, 9—Willis 67.5; **Semi-Final 2**, 1—Brown 60.16, 2—Payne 60.61, 3—Jones 60.50, 4—Dramiga 62.77, 5—Seippel 62.89, 6—Waddy 63.37, 7—Gebhards 63.70, 8—Hyman 65.36, 9—Dunlop 65.90; **Semi-Final 3**, 1—Hawthorne 60.96, 2—Mahal 61.12, 3—Macauley 61.77, 4—Brennan 62.76, 5—Wilson 62.84, 6—Brinkley 62.89, 7—Chambers 63.39, 8—Bartlett 63.51, 9—Steinhart 63.90.

FINAL, 1—Deb Esser (IowaSt) 56.63, 2—Edna Brown (Temple) 58.71, 3—Peach Payne (Purdue) 59.57, 4—Joan Elumelu (Boston) 59.88, 5—Michelle Hawthorne (Cal) 60.03, 6—Anita Jones (WKy) 60.52, 7—Fiona Macauley (Ok) 60.66, 8—Tammy Etienne (Tx) 60.91, 9—Ellie Mahal (IowaSt) 60.96.

440 YARD RELAY: The speed-burners gathered to kick off the 1979 Championships, and speed they showed. Trial heats brought together some of the top contenders and the first heat pitted favorite Arizona State against Cal State Northridge, USC, Texas and Ohio State. The upstart crew from Northridge, running without Jodi Anderson, upset the Arizonians with some fleet feet and good handoffs. Once again the first heat showed evidence of being overloaded with top performers as Ohio State's fifth place time of 47.0 would have advanced them into the final had they drawn a different heat. UTEP and TWU won the other two heats.

For the final, Northridge had the advantage drawing Lane 5 with TWU and Arizona State out in the hinterlands in Lanes 8 and 9. Perhaps it was the fact that they could see no one and therefore not be bothered that made Arizona State the winner over the California crew. The margin was clear cut. Three of the first four placers came from that first heat.

TRIAL HEATS: (First three in each heat qualify for the final.) **Heat 1**, 1—Cal State Northridge 45.6, 2—Arizona State 45.7, 3—USC 46.0, 4—Texas 47.0, 5—Ohio State 47.0, 6—Temple 47.1, 7—Texas Tech 47.9; **Heat 2**, 1—UTEP 46.3, 2—UCLA 46.4, 3—Alabama State 46.9, 4—Alabama 47.4, 5—Morgan State 47.6, 6—Iowa 47.9, 7—Eastern Kentucky 48.4, Memphis State disqualified; **Heat 3**, 1—TWU 46.6, 2—California 47.0, 3—Auburn 47.2, 4—UNLV 47.6, 5—Michigan State 48.7.

FINAL, 1—Arizona State (Crawford - Cobbs - Calhoun - Boyer) 45.21, 2—Cal State Northridge (Young - Howard - Brisco - Brown) 45.54, 3—TWU (Hodges - S. Brown - Holmes - Simpson) 45.83, 4—USC 45.97, 5—UTEP 46.23, 6—California 46.48, 7—Auburn 46.61, 8—Alabama State 47.42, 9—UCLA, no time (dropped the baton on first hand-off).

880 YARD MEDLEY RELAY: Michigan State had all the glory in the two trial heats as they equalled Prairie View's meet record of 1:42.3 in winning the second heat. Biggest disappointment was the failure of Cal State Los Angeles to move into the final as their anchorwoman completely ran out of gas the last 50 yards and dropped from the lead back to an also-ran.

An injury to 220 runner Dantia McKinley in the trials forced Northridge coach Chuck Debus to substitute Jodi Anderson for the final, a move that brought forth some complaints from rival coaches. However, as Debus stated, although inserting Anderson into the medley helped the team, it actually hurt Anderson who still had semis and finals in the 100 and hurdles to go — and later events proved him to be right.

Northridge won the final in a swift 1:40.12 (now 1:40.2 according to IAAF rules), without too much difficulty from runner-up Morgan State. Arizona State picked up valuable points with an unexpected third.

TRIAL HEATS: (First four and fastest loser qualify for the final.) **Heat 1**, 1—Morgan State 1:42.7, 2—Temple 1:44.1, 3—UCLA 1:44.4, 4—Pittsburgh 1:44.5, 5—Kansas State 1:46.9, 6—Auburn 1:47.1, UNLV (1:44.6) was disqualified; **Heat 2**, 1—Michigan State 1:42.3, 2—Arizona State 1:42.4, 3—Cal State Northridge 1:43.6, 4—Missouri 1:46.4, 5—Cal State Los Angeles 1:47.3, 6—Kearney State 1:47.4, 7—BYU 1:47.9.

FINAL, 1—Cal State Northridge (Brown - Howard - Anderson - Brisco) 1:40.12, 2—Morgan State (Parsons - Yancey - Belle - Paulette Clagon) 1:41.16, 3—Arizona State (Crawford - Calhoun - Cobbs - Acker) 1:42.05, 4—Missouri 1:42.52, 5—Temple 1:42.56, 6—Michigan State 1:42.68, 7—UCLA 1:43.16, 8—Pittsburgh 1:43.70, 9—Kansas 1:44.77.

ONE MILE RELAY: Mile relay running has improved tremendously in the AIAW in just a very few years. Remember Manhattan where a time of 3:50 would have won the title — albeit in the rain? Now a 3:50 just might qualify you into the final — albeit, once again, in the rain and cold and wind.

Morgan State put together a couple of Clagons, a Coleman and rang the "Belle" with a fancy 3:37.4 clocking to win the title. That's an average of 54.35 per runner, not too bad for a college squad.

TRIAL HEATS: (First four plus the fastest loser advance to the finals.) **Heat 1**, 1—Morgan State 3:46.00, 2—Cal State Los Angeles 3:47.62, 3—Oregon 3:48.36, 4—Michigan State 3:48.95, 5—San Diego State 3:50.24, 6—North Texas State 3:55.93, 7—UNLV 3:59.11; **Heat 2**, 1—Temple 3:49.18, 2—Texas 3:50.08, 3—Cal State Northridge 3:51.02, 4—Penn State 3:52.02, 5—Kearney State 3:53.08, 6—Western Illinois 3:54.08, 7—Howard 3:58.00.

FINAL, 1—Morgan State (Paula Clagon - Coleman - Belle - Paulette Clagon) 3:37.37, 2—Oregon (Batiste - Adams - Massey - Rose) 3:41.76, 3—Temple (Kennedy - Boone - Howard - Brown) 3:41.88, 4—Texas 3:42.32, 5—Michigan State 3:45.37, 6—San Diego State 3:46.41, 7—Cal State Northridge 3:48.70, 8—Penn State 3:52.95, Cal State Los Angeles (3:44.79) disqualified.

TWO MILE RELAY: More and more interest in this event is being generated in the colleges throughout the country. Twenty-five teams entered the Two Mile Relay — that's 100 half-milers, and such competition can do nothing but help the USA in its quest to reach the top.

UCLA had the fastest time in the trials with a sub-nine minute effort, 8:58.9, but the best confrontation found Susan Vigil (New Mexico) and Debbie Vetter (Iowa State) locking horns on the anchor leg of the first heat. The two went through the first lap in 64 and were content to finish together in an easy 2:15.8, although Iowa State won by a smit. The elimination of Houston was the biggest shock of the trials. Some haphazard clockings include: Cynthia Warner (UCLA) 62.5 - 2:13.8, Kay Stormo (Iowa) 63 - 2:15.3, Marcia Romesser (CSN) 66.5 - 2:16.6, Kathy Weston (Oregon State) 64.0 - 2:13.5.

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The final was a great one. It was a fairly bunched field until the third leg when the teams began to separate and at the handoff for the anchor, it was New Mexico everyone was chasing. Oregon State's Kathy Weston, saved for this run, started back in sixth, some 50 yards to the rear of the leader. Running a very wise race, Weston passed the 220 mark in 31 to 31 for Vigil. Weston picked up the pace over the second furlong and passed the quarter in 58 while Vigil needed 61.8s. Oregon State was now in fifth, but soon fourth, soon third and then second as Weston covered the 660 in 1:32 to a 1:38 for Vigil. Down the home straight, Weston took the lead and won the race with a splendid 2:03.0 clocking. Vigil managed "only" 2:08.1 to bring her team into second.

TRIAL HEATS: (First three in each heat advance to the final.) **Heat 1,** 1—Iowa State 9:02.8, 2—New Mexico 9:02.9, 3—Penn State 9:05.1, 4—Tennessee 9:11.5, 5—St. Olaf 9:16.4, 6—Kansas 9:29.1, 7—Colorado State 9:52.2; **Heat 2,** 1—UCLA 8:58.9, 2—Western Illinois 9:00.3, 3—Villanova 9:00.9, 4—Houston 9:20.4, 5—Iowa 9:22.6, 6—Western Kentucky 9:30.4, 7—Nebraska 9:31.2; **Heat 3,** 1—Oregon State 9:01.2, 2—Cal State Northridge 9:01.2, 3—Wisconsin/Madison 9:05.1, 4—Virginia 9:05.2, 5—Florida State 9:25.8, 6—Texas A&M 9:31.8.

FINAL, 1—Oregon State (K. Costello - Trom - Blaine - Weston) 8:42.9, 2—New Mexico (Metcalfe - Brasher - Brangina - Vigil) 8:43.52, 3—Villanova (Whitfield - S. Shea - Leddy - Lambelet) 8:43.63, 4—Cal State Northridge 8:44.39, 5—UCLA 8:46.14, 6—Iowa State 8:46.31, 7—Penn State 8:47.48, 8—Western Illinois 9:01.72, 9—Wisconsin/Madison 9:15.1.

HIGH JUMP: The only new American Record set during this meet came about in the high jump. It was set by TWU's Louise Ritter at 6'3½, one-half inch above her own former record. But it wasn't easy as a stubborn Pam Spencer held on all the way and actually led the competition until the bar was raised to the record height.

The entire field of high jumpers had to put up with the most miserable of conditions. The trials, scheduled for Thursday, began as planned and the first two flights had completed their jumping when the rains came. Officials not only postponed the jumping until the following day, they also ruled the entire field must start again.

Although there was no rain to speak of on Friday, it was cold and windy and the jumping direction was reversed at the request of the leapers. Fourteen qualified for the final. Eleven cleared 5'10 and three were over 5'9 to make the final field. Biggest shock was the elimination of Washington's Maggie Garrison, a six foot jumper who could manage only 5'7. Three other highly thought-of jumpers also were eliminated: Becky Deetz of Iowa State, Kari Gosswiller of Cal State Northridge and Oklahoma State's Tammie Thomas.

Women's Track World



Louise Ritter

RICHARD GANSLER PHOTO

All contestants advanced after the opening height of 5'5¼ as the final got underway. At 5'7¼, another six footer bit the dust as Colorado's Annette Tannander missed all three times after passing the opening height. At 5'9¼, three more were eliminated: UCLA's Chris Remling, Houston's Lilie Giles and another plus six footer, the usual consistent Paula Girven of Maryland.

At 5'11, ten competitors were still in the running, but four of them said goodbye at that height: Fern Simon (CSLB), Sharon Burrill (Nebraska), Shawn Corwin (Kansas) and Themis Zambrzycki (BYU). At six feet even, two more were out: Kimberly Harrell (East Tennessee State) and Carolyn Ford (Lamar), leaving only four to attempt 6'1¼ — Louise Ritter and Pam Spencer made it. Maria Betioli and Jalene Chase of Maryland didn't. Spencer and Ritter were now head to head.

The two had begun their personal battle as the jumping began. Spencer was first to jump and both passed the opening height. At 5'7¼, Spencer passed once again but Ritter made an attempt, clearing on her first try.

Spencer was "hot". She cleared 5'9¼, 5'11, 6'0, 6'1¼ and 6'2½ all on her first try. Ritter, meanwhile, was having her troubles, missing once at 6'0 and again at 6'1¼. Spencer led as the bar was raised to the new AR of 6'3½. First trial was by Spencer. A miss. Ritter took her approach run and hopped over. Spencer missed twice more and it was all over, a great high jump competition with 6'0 good for only fourth.

QUALIFYING: Qualifiers were: Paula Girven (Md), Shawn Corwin (Kn), Annette Tannander (Col), Maria Betioli (BYU), Pam Spencer (CSN), Jalene Chase (Md), Louise Ritter (TWU), Sharon Burrill (Neb), Themis Zambrzycki (BYU), Kimberly Harrell (ETnSt), Carolyn Ford (Lamar) all at 5'10; Chris Remling (UCLA), Lilie Giles (Houston), Fern Simon (CSLB) all at 5'9. Non-qualifiers were: Rene Nickles

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(Ok), Inge-Lise Christensen (OhioSt), Jan Chesbro (TxA&M), Becky Deetz (IowaSt), Maggie Garrison (Wa), Karen Krichko (Pitt), Grace Jackson (AlaA&M), Kari Gosswiller (CSN), Tammie Thomas (OkSt), Christy Lee (Neb) all at 5'7; Carol Nichols (AustinSt), Denise McCoy (EKy), Kay Barstow (WMich), Nancy Steiner (KearnetSt) all at 5'5; Margaret Metcalf (NM), Suzanne Blake (OreSt), Lori Kemnitz (Wis/Madison) all had no height.

FINAL. 1—Louise Ritter (TWU) 6'3½, 2—Pam Spencer (CSN) 6'2½, 3—Jalene Chase (Md) 6'0, 4—Maria Betioli (BYU) 6'0, 5—Kimberly Harrell (ETnSt) 5'11, 6—Carolyn Ford (Lamar) 5'11, 7—Themis Zambrzycki (BYU) 5'9¼, 8—Shawn Corwin (Kn) 5'9¼, 9—Sharon Burrill (Neb) 5'9¼, 10—Fern Simon (CSLB) 5'9¼, 11—Paula Girven (Md) 5'7¼, 13—Chris Remmling (UCLA) 5'7¼, 14—Annette Tannander (Col), no height.

LONG JUMP: Long jumpers are always hoping for an aiding wind — they got it in East Lansing. During the two days of competition, 142 jumps were taken. Only four of the 142 were not wind-aided and strangely enough, two of these 0.0 jumps were recorded by Temple's Laura Carroll who had her best jump in the final non-wind-aided. UNLV's LaNessa Jones received the biggest boost of the two days of

jumping when she recorded 19'10¼ with the aid of a 12.4mps wind — that's 30.85 miles per hour!

There were no surprises in the trials but one of the favorites, Lorraine Ray of Florida, scratched and did not compete. USC's Sandy Crabtree had the best jump of the day at 20'1¾ as the 12 were selected for the final.

Jodi Anderson had the lead after the first round of the final at 20'9¾. She improved on the third round to 21'0 even, and that was that. Wisconsin/Madison's Pat Johnson, with the help of an 11.1mps wind, was second at 20'10½ on her last jump.

QUALIFYING: 1—Sandy Crabtree (USC) 20'1¾, 2—Jodi Anderson (CSN) 19'11¼, 3—LaNessa Jones (UNLV) 19'11½, 4—Amy Davis (Houston) 19'10½, 5—Esther Otieno (UTEP) 19'8¼, 6—Themis Zambrzycki (BYU) 19'7, 7—Lisa Gourdine (UCLA) 19'6, 8—Pat Johnson (Wis/Madison) 19'5, 9—Laura Carroll (Temple) 19'5, 10—Jill Lancaster (Ok) 19'4, 11—Lilie Giles (Houston) 19'3¼, 12—Sherron Walker (CSLB) 19'2¼. Non-qualifiers: 13—Ann Meachum (EMich) 19'1½, 14—Angie Bradley (WKy) 19'0, 15—Kathy

Haynes (USC) 18'11¼, 16—Sharon Moultrie (TxTech) 18'9¼, 17—Mary Harrington (ColSt) 18'7¼, 18—Glenda Arnold (Austin Peay State) 18'7¼, 19—Karen Taylor (CSN) 18'5¼, 20—Michelle Murray (Tx) 18'4½, 21—Melba Allen (Houston) 18'2¼, 22—Becky Kaiser (Ill/Cham) 18'0½, 23—Jacki Mays (AngeloSt) 17'11½, 24—Linda Waltman (TxA&M) 17'11, 25—Joan Bennett (NTxSt) 17'5, 26—Donna Pope (IndSt) 17'5, 27—Debra Spencer (MemphisSt) 17'5, 27—Sharol Henry (AlaA&M) 16'4½, 28—Eunice Golden (FlaSt) had no legal jumps.

FINAL. 1—Jodi Anderson (CSN) 21'0, 2—Pat Johnson (Wis/Madison) 20'10½, 3—Esther Otieno (UTEP) 20'8½, 4—Themis Zambrzycki (BYU) 20'7¼, 5—Sandra Crabtree (USC) 19'11¼, 6—Sherron Walker (CSLB) 19'11½, 7—LaNessa Jones (UNLV) 19'10¼, 8—Amy Davis (Houston) 19'9, 9—Laura Carroll (Temple) 18'10¼, 10—Lisa Gourdine (UCLA) 18'9¼, 11—Lilie Giles (Houston) 17'11, 12—Jill Lancaster (Ok) 17'7. All jumps wind-aided except Carroll in the final.

SHOT PUT: Kathy Devine stepped into the ring for her first throw of the final and heaved the bulb 52'7¾ and that was that. Tennessee's Rosemarie Hauch made a game try in the second round with a fine 51'10 toss, but no one else came close. Defending champ Jennifer Smit finished sixth.



Jodi Anderson

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QUALIFYING: 1—Kathy Devine (Tx) 51'3/4, 2—Emily Dole (CSLB) 50'4/4, 3—Cecil Hansen (Ok) 49'4/4, 4—Marcia Mecklenberg (SeaPac) 49'4/4, 5—Sandy Burke (Northeastern) 49'1/4, 6—Rosemarie Hauch (Tn) 48'10, 7—Melody Rose (CSLA) 48'4, 8—Faye Abercrombie (AustinSt) 48'1/4, 9—Jill Stenwell (KearneySt) 47'11/4, 10—Jennifer Smith (UTEP) 47'7/4, 11—Susan Thornton (Tn) 47'1/4, 12—Gail Koziara (Dartmouth) 46'9/4. Non-qualifiers: 13—Peri Radevic (Pitt) 46'8/4, 14—Betty Bogers (UTEP) 46'2, 15—Jan Haller (IllSt) 45'8/4, 16—Joan Fagerness (MankatoSt) 45'8, 17—Carrie Lee Albano (Ore) 45'5/2, 18—Mary Johnson (Will) 45'3, 19—Kelly Curran (ColSt) 45'2/4, 20—Caryl Van Pelt (Wa) 44'8/4, 21—Nancy Jenkins (CSN) 44'8, 22—Maria Van Pedro (ArizSt) 44'5/4, 23—Jeanne Daniels (Kn) 43'10, 24—Darlene Ourso (HoustonSt) 43'5/2, 25—Sharon Mitnik (Temple) 43'2, 26—Cheryl Baker (EStroudsbergSt) 43'1/2, 27—Eleanor Majors (FlSt) 42'10/4, 28—Iris Tipton (Tx&M) 42'4, 29—Debbie Och (Ala) 42'2/2, 30—Natalie Polk (WichitaSt) 42'1/4, 31—Pam Dahnke (IndSt) 41'11/4, 32—Victoria McLendon (Fla) 41'8/2, 33—Heidi Kauti (UCLA) 41'4, 34—Linda Long (KnSt) 41'3/2, 35—Pam Porter (SDakSt) 40'11/4, 36—Annette Chandler (CSN) 40'8/2, 37—Kathy Kuchta (CS Chico) 40'2/2, 38—Karen Wood (Neb) 38'0/2, 39—Early Douglas (Tx&M) no mark.

FINAL, 1—Kathy Devine (Tx) 52'7/4, 2—Rosemarie Hauch (Tn) 51'10, 3—Cecil Hansen (Ok) 51'4/4, 4—Jill Stenwell (KearneySt) 50'9/4, 5—Sande Burke (Northeastern) 49'9, 6—Jennifer Smit (UTEP) 49'8, 7—Emily Dole (CSLB) 49'2/4, 8—Marcia Mecklenberg (SeaPac) 49'1, 9—Susan Thornton (Tn) 48'7/2, 10—Melody Rose (CSLA) 48'4/4, 11—Gail Koziara (Dartmouth) 47'8/4, 12—Ella Abercrombie (AustinSt) 45'6.

DISCUS THROW: According to meet officials, the most dramatic improvement in any single event this past year has been in the discus. It took 144 feet to meet the entry standard for this year, a mark which would have won the event up to and including 1974, yet the field was so large that you can look for a much tougher standard for next year.

Ria (Stalman) Van Pedro successfully defended her title although her 10 points this year went to Arizona State instead of UTEP. Van Pedro won the event with her first effort, same as Kathy Devine in the shot.

No real surprises in the qualifying although it saw the elimination of such well-known performers as Gale Zaphiropolous of Colorado whose 150'5 toss didn't make it, Florida's veteran Jacki Gordon, Tennessee's Rosemarie Hauch, Kathy Devine and Marcia Mecklenberg.

Discus throwing was not under ideal conditions, needless to say. Considering the slippery throwing surface and an objectionable wind, the marks were excellent.

QUALIFYING: 1—Maria Van Pedro (ArizSt) 181'10, 2—Betty Bogers (UTEP) 162'3, 3—Julie Hansen (SeaPac) 161'4, 4—Caryl Van Pelt (Wa) 159'1, 5—Vickie Cobern (Tx&M) 156'2, 6—Brenda Denny (Col) 155'7, 7—Jane Haist (Tn) 155'4, 8—Katherine Picknell (Ore) 153'11, 9—Julie Cart (ArSt) 153'8, 10—Carol Finsrud (UTEP) 153'6, 11—Francine Kaylor (ColSt) 152'10, 12—Margaret Fox (ColSt) 151'9. Non-qualifiers: 13—Gale Zaphiropolous (Col) 150'5, 14—Susan Thornton (Tn) 148'2, 15—Mary Stevenson (Ore) 147'6, 16—Jacqueline Gordon (Fl) 146'9, 17—Lizann Schultz (PortlandSt) 145'8, 18—Laura Messner (Tx) 145'7, 19—Sue Gordon (Wis/Madison) 144'6, 20—Rosemarie Hauch (Tn) 143'10, 21—Mary Rush (Ala) 143'5, 22—Pat Harrington (IdahoSt) 143'2, 23—Jill Stenwell (KearneySt) 143'2, 24—Heather Kuusela (BYU) 143'0, 25—Kathy Devine

(Tx) 142'9, 26—Lori LaCombe (MoorheadSt) 141'10, 27—Terri Byland (KentSt) 141'9, 28—Leslie Hoerner (CSLB) 141'8, 29—Elena Gervino (Rhode Island) 141'4, 30—Pam Koontz (Neb) 141'0, 31—Penny Neer (Mich) 139'8, 32—Sue Kobza (Neb) 138'10, 33—Karen Stampfli (CSN) 138'4, 34—Cindy Pottie (CenWa) 134'10, 35—Kathy Kuchta (CS Chico) 132'10, 36—Becky SeEVERS (Wis/StevPt) 132'1, 37—Jody Hagins (MankatoSt) 131'6, 38—Jennifer Perdue (TxTech) 131'5, 39—Marcia Mecklenberg (SeaPac) 126'0, 40—Paula Evans (KearneySt) 124'9, 41—Lynn Smith (ColSt) 122'0, 42—Christi Pyle (CSN) 118'10, 43—Cynthia Banks (Cal) 107'3.

FINAL, 1—Ria Van Pedro (ArizSt) 184'11, 2—Betty Bogers (UTEP) 175'10, 3—Julie Hansen (SeaPac) 173'7, 4—Jane Haist (Tn) 169'1, 5—Julie Cart (ArizSt) 160'11, 6—Carol Finerud (Tx) 158'4, 7—Caryl Van Pelt (Wa) 156'6, 8—Brenda Denny (Col) 156'4, 9—Margaret Fox (ColSt) 152'11, 10—Francine Lynn Kaylor (ColSt) 151'9, 11—Vickilee Cobern (Tx&M) 149'7, 12—Katherine Picknell (Ore) 149'7.

JAVELIN THROW: Trials saw the elimination of San Diego's Donna Dietrich, a veteran performer. The irony here is two of Dietrich's teammates qualified, yet she was San Diego's number one performer all year. Teammate Linn Dunton wound up with her best-ever toss in the trials, 163'2, a mark which would have placed her fourth in the final — but Dunton could only manage 148'10 when it counted and wound up in 12th position.

Cathy Sulinski, Cal State Hayward, had five legal throws in the final, any one of which would have won the title for her. Her series was 179'5 - 177'3 - 173'11 - foul - 183'3 - 175'9 as she successfully defended her title.

QUALIFIERS: 1—Cathy Sulinski (CS Hayward) 168'3, 2—Jeanne Eggert (WaSt) 166'1, 3—Linn Dunton (SDS) 163'2, 4—Teresa Cooper (OreSt) 159'9, 5—Tonja Reigle (OreSt) 156'9, 6—Keri Camarigg (CSLB) 156'3, 7—Debbie Smallwood (OkSt) 156'1, 8—Debbie Williams (Mich) 152'9, 9—Terry Tepper (US Mil Acad) 152'5, 10—Monica Stultenburg (SDS) 152'5, 11—Celeste Wilkinson (ArizSt) 152'3, 12—Renne Lambrecht (OreCigEd) 151'4. Non-qualifiers: 13—Donna Dietrich (SDS) 146'0, 14—Karin Danninger (Tx) 145'0, 15—Linda McLellan (PortSt) 144'8, 16—Rozlyn Rouse (BYU) 144'6, 17—Kathy Devine (Tx) 144'1, 18—Patricia Graham (SConnSt) 143'4, 19—Bonna Schibret (WWA) 143'2, 20—Susan Visconage (Sill/Car) 142'8, 21—Patricia Kearney (Ore) 141'3, 22—Kim Blakeslee (IowaSt) 140'0, 23—Sharon Hagerich (Slippery Rock) 139'3, 24—Lisa Van-Benthem (USC) 139'1, 25—Kitsy Hall (OreSt) 138'9, 26—Barbara Bell (TxTech) 137'8, 27—Paula Perfito (Springfield) 137'0, 28—Donna Branch (Tx&M) 136'8, 29—Dana Glidden (Mo) 135'3, 30—Raedean Rona (CP/Pomona) 133'4, 31—Darlene Ourso (HoustonSt) 132'10, 32—Julie Morgan (UCLA) 131'3, 33—nancy Townsend (FlaSt) 131'0, 34—Carmen Scherich (Pitt) 127'6, 35—Jenny Stary (Pomona-Pitzer) 124'10.

FINAL, 1—Cathy Sulinski (CS Hayward) 183'3, 2—Jeanne Eggert (WaSt) 165'7, 3—Keri Camarigg (CSLB) 164'3, 4—Celeste Wilkinson (ArizSt) 162'11, 5—Tonja Reigle (OreSt) 162'10, 6—Teresa Cooper (OreSt) 162'0, 7—Renne Lambrecht (OreCigEd) 158'3, 8—Terry Tepper (USMA) 157'10, 9—Debbie Williams (Mich) 157'8, 10—Monica Stultenburg (SDS) 157'8, 11—Debbie Smallwood (OkSt) 150'10, 12—Linn Dunton (SDS) 148'10.

PENTATHLON: A classic confrontation between defending champion and AIAW record-holder Themis Zambrzycki of BYU and American long jump record-holder Jodi Anderson of Cal State Northridge awaited the viewing of

pentathlon fans who braved the chilly weather, rain and wind on May 24. The ever-confident Anderson pitted against the doubtful, but capable, hesitant Brazilian.

Anderson opened the competition with a blazing 13.5 in the 100m hurdles, but Zambrzycki had one of her best-ever runs, clocking 14.0 flat and Anderson led by 65 points, 931 to 866.

As expected, Zambrzycki led the shot put with a heave of 46'0/4, but Anderson muscled the implement over forty feet to stay close. After two events Zambrzycki led by 34 points, 1707 to 1673.

The high jump, one of Zambrzycki's best events, saw the Utah student take the biggest lead of the competition as she cleared 5'9/4 to 5'6'1/2 for Anderson. Zambrzycki's lead was now 121 points, 2709 to 2588. Neither athlete was satisfied with her mark in the high jump.

The event which decided the title was up next — the long jump. The two of them finished 1-2 in the final standings, but there was a great difference between the first and second spots. To be specific, more than two feet difference as Anderson leaped 21'9 on her first jump, then passed her other two trials. Zambrzycki, on the other hand, could manage only 19'5 and Anderson outscored the Brazilian 1043 to 888 and take the lead by 34 points with only the 800 remaining.

It is interesting to note that both athletes competed in the open long jump the following day, Anderson winning at 21'0 even and Zambrzycki placing fourth with a leap of 20'7/4. Had the two athletes turned in these same marks during the pentathlon, Anderson would have lost 51 points and Zambrzycki would have gained 79 points — and been the pentathlon champion.

Strategy for the 800 was evident immediately after the conclusion of the long jump. With a 34 point lead, all Anderson was required to do was to finish within 3 seconds of the BYU athlete, or about 25 yards. All Zambrzycki had to do was to run so fast that Anderson could not stay that close.

Zambrzycki was running well over the first 400 while Anderson trailed the field, some 40 yards to the rear. As they covered the third 200 of the race, Zambrzycki was running tight and pressing while Anderson moved up closer and closer. Over the final 200, Themis tied up and Anderson swept past her to run 2:15.8 to 2:17.3 for Zambrzycki and win the title with a new AIAW record of 4475. Zambrzycki was also over the old record

(continued on page 56)

KALEIDOSCOPE

Not only did the TV announcers covering Spatiakade pronounce it "Pentathalon", the producers misspelled it also, using the extra "a" . . . Whatever happened to Terri Sabol, Cathy DeStout, Janet McBride, Marilyn McClung and Joan Pirie? . . . Iowa State's 4x800 team consisted of two sets of twins, Debbie and Diane Vetter plus Christine and Evelyn McMeekin from Scotland . . . Prep record holder in the marathon, Gail Volk from Washington, has announced she will attend Seattle Pacific next year . . . San Diego State's Donna Dietrich was forced out of late season competition by torn knee ligaments . . . Twentieth Century Fox is sponsoring a marathon November 3, over the same course as the 1932 Olympic run in Los Angeles. Outstanding women marathoners from around the world will be invited . . . Discus sensation Leslie Deniz is only a junior in high school . . . Speaking of youngsters, Crescent Valley High School's Leann Warren (2:04.7) will go to Oregon next year.

Kinney Shoes plan to sponsor a National Championships for high school cross country runners next year in San Diego. Distance for both boys and girls will be 5000 meters. Race will be held in Balboa Park . . . The University of California Track Newsletter had a few remarks about the AIAW Championships: "Something should be said about the meet itself: the conditions and conduct of the meet were disappointing. It was very windy and very cold and occasionally rainy. That we could accept, but the way the meet was run was atrocious. There was virtually no seating for spectators, very limited bathroom facilities and many errors in officiating. No doubt we are spoiled in California, but a national championship is a national championship!"

Andrew Roberts is the new assistant coach at the University of Tennessee. Roberts hails from Southern Illinois where he was a fine hurdler . . . Joan

Brockhaus will attend Wisconsin this fall. Brockhaus is a two-time National Junior College champion in the high jump with a best of 5'11 . . . The 1981 World Cup III will be held in Rome, the 1980 World XC championships in Paris on March 8 and the 1981 XC championships in Spain . . . Who were the coaches, managers and chaperones who led the USA teams this summer to such places as San Juan, Bourges, Moscow, Copenhagen, Goteberg, Karlstad, Viareggio, Zurich, Montreal and so forth? Some familiar names here: Lyle Knudson, Barbara Jacket, Bert Lyle, Eileen Goodnight, Pete Scanlon, Rich Ede, Virginia Plihal, Will Stephens, Bob Seaman, Maralyn West, Evie Daniels, Chris Brooks, John Davis, Ernie Cunliffe. As the famous saying goes, they certainly won't have to introduce themselves to each other. Whatever happened to that rule about serving once every five years?

. . . pentathlete Linda Cornelius, now married, will henceforth be known as Linda Cornelius Waltman . . . A special committee has been formed in New York to persuade the International Olympic Committee to include women's long distance running races in the 1980 Olympics.

Colorado, fourth place finisher at the AIAW cross country championships, will have 6 of its 7 runners back in 1979. Only Kathy Woodbridge will be missing . . . For you walking bugs, Palle Lassen has available the "Race Walking World Statistics for Women for 1978". You may purchase this booklet for only \$2 which includes air mail postage. Write to Palle Lassen, Bulowsvvej 40, 1870 Copenhagen V, Denmark. You may also secure the IAAF World Records for \$3. At the post-meet disco dig in Albuquerque last January, the most interesting couple on the floor was Maren Seidler and Clancy Edwards. Canadian Yvonne Saunders, who holds the Canadian 800m record at 2:00.1, is back in training following the birth of her first child . . . Former Canadian 800m

record-holder, Abby Hoffman, is now Executive Officer of the Ontario Human Rights Commission . . . Another Canadian, Diane Coffey, plagued with injuries, has returned from the University of Tennessee . . . Gillian Dainty of England, who won the Cosford Games 800 in 2:08.8, lives up to her last name being only 5'2 tall.

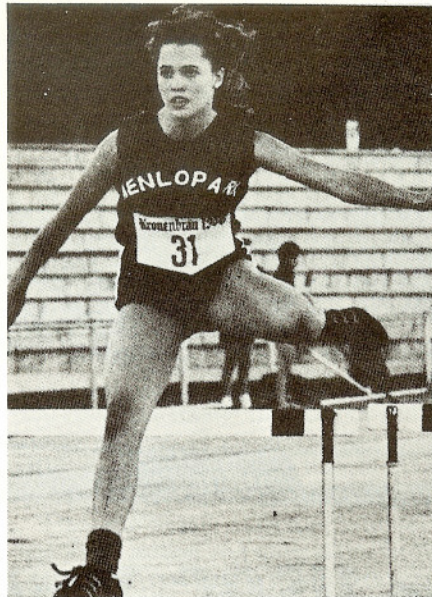
Li Hsiao-Hui of the PROC has thrown the discus 190'8, a mark which must give some hope to small disci throwers. Li is only 5'6 and weighs just 136 pounds . . . The National Federation of State High School Associations has released a survey which shows track and field is the most popular sport among high school girls in the USA. 792,184 girls took part in the sport in 1978. Track is followed by basketball (537,810) and volleyball (326,091). Softball is fourth with 179,379 participants . . . U.S. Olympic Trials for 1980 will be in Eugene, Oregon. No dates yet available . . . University of Wisconsin took its track team to Florida during March for spring training . . . Oldtimers will remember South Africa's Gert Potgieter as one of the world's best 400m hurdlers. Now we have another Potgieter, Zonja who is setting hurdle records such as 26.41 for 200 meters, 11.3 for 80m and flat runs of 23.9 for 200, 55.6 for 400. If our translation is correct, she is the 16-year-old daughter of Gert and Renate Potgieter . . . The Summer Youth Games for 1982 will be held in Knoxville, Tennessee, August 15-19 . . .

The Pacific Conference Games, involving the USA, Japan, Canada, New Zealand and Australia, will be in New Zealand in 1981. The U.S. team will include 30 athletes (men and women) . . . Brigham Young missionaries have done a good job. First they were responsible for obtaining Themis Zabryzcki, then elder sister Thais, and now high jump specialist Luiza Maria Bettioli, the South American record holder at 6'2. Bettioli also speeds the 100 and the hurdles.

Israel was not too pleased with the punishment the IAAF gave to the Asian Games competitors and countries. The AG Federation refused to invite Israel, an AGF member, to the Asian Games in Bangkok and the IAAF suspended them and all competing athletes. But it only lasted until the 14th of March. The IAAF had the power to prevent the Asian Championships, scheduled for Tokyo in May, thereby preventing Asia from being represented in the World Cup. As Mel Watman, editor of Britain's "Athletics Weekly" states, "by reacting in such a mild manner the IAAF has weakened its authority in any future political wrangle." Itzhak Ofek, president of the Israel Olympic Committee said the decision of the IAAF is, "A cynical compromise which has 'deeply shocked' Israel".

Names I Like Department: Peach Payne of Purdue, Beets Kolarik of Kansas State and Radius Jacobs of the Colorado Flyers, plus Shu Quereshi of Wisconsin, Sue Slutz of Texas Tech, Lorri Hooker of UT/Austin and Early Douglas of Texas A&M . . . Auburn has signed Joy Coucoulas, a top distance prospect from Levittown, NY, for its 1980 team . . . Photographer Tony Duffy has once again been selected as one of the world's top photographers in sport being picked for second place in the International Sports Photography Awards for 1979. Tony was number one in 1978 and 1976.

Los Angeles will host the Olympic Games in 1984. They did it once before some 47 years ago in 1932 and *The Olympian* has printed some interesting prices for those 1932 Games: Rates at the Biltmore Hotel were \$4 per day; Willard's famous chicken dinner was \$1; Greens fees at the best golf course was \$1.50; Season tickets for all events at the Coliseum was \$22 for adults, \$11 for children; you could get a "package deal" for a trip to Agua Caliente including transportation, hotel rooms and meals for \$17.25.



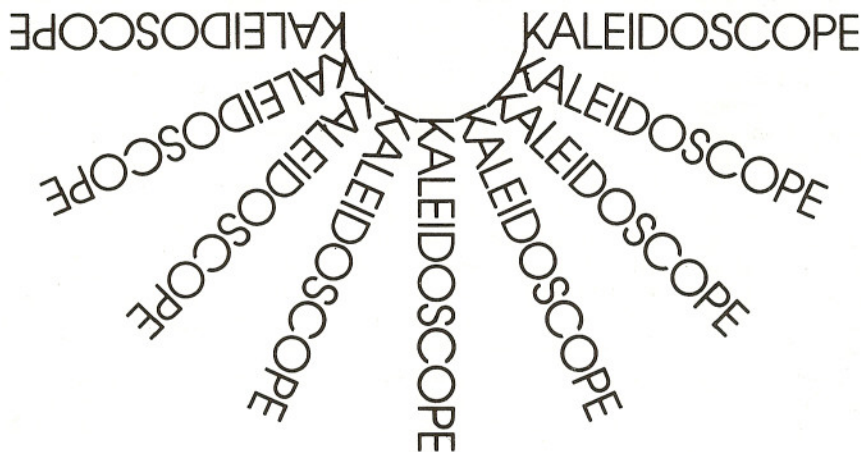
Zonja-Lisa Potgieter (South Africa)

According to Radio Moscow, sunny weather is guaranteed for the July 19 opening ceremonies at the 1980 Olympics. Should rain dare approach the Russian capitol, a squadron of Soviet jets will seed the clouds forcing precipitation to fall before the ceremonies begin in Lenin Stadium . . . Another University of Oregon signee for 1980 is Kalispell's Lexie Miller, a 13.5 hurdler . . . Joyce Smith, 41, set a new British women's marathon record in her first-ever try at the distance. Joyce turned in a 2:41.37 clocking . . . Flash! Is Missouri's 800m star, Dana Glidden (2:05), going to take a year off from school to join the National Team in team handball? She says "Yes" — if they invite her . . . More names I like: Moo Thorpe of Albuquerque, Kathy Kuchta from Cal State Chico, Dawna Rose of Oregon, Cindy Pottoe from Central Washington, Jennifer Perdue from Texas Tech and Beets Kolarik from Kansas State . . . 1979 Coach of the Year has to be Chuck Debus whose teams won both the AIAW Nationals (Cal State Northridge) and the AAU Nationals (Los Angeles Naturite Track Club).

There's a long line forming for sports wishing to get into the Olympic Games. At present, there are 21 sports in the summer Games and chances of adding to this list are very slim. Nevertheless, some of the sports applying included tennis, badminton, billiards, karate, tug-of-war, powerlifting, boules, water skiing and squash . . . Patty Lyons of the Boston AA won the National AAU 30 kilometer championships at Albany, NY, running 1:52.29 . . . She also won the National AAU 20k title in Holliston, Massachusetts, running 1:16.28 . . . Hershey's National T&F Youth Program is expected to draw 2.5 million youngsters during the 1979 season. Ages are 10-15.

Anne Gilliland Killed

Anne Gilliland, 1979 AAU Indoor pentathlon champion and a veteran of many years of track and field competition, was killed when struck by lightning while on vacation recently. She was a great competitor. We will all miss her very much.





A Week at the USOC Training Center

By Donna Fromme

FLASH! Shortly after returning from her week at the Olympic Training Camp, Donna Fromme was operated on for removal of a malignant melanoma. She is scheduled for a second cancer operation at the end of September. Those who wish to write her may do so at P.O. Box 371, Claremont, California 91711. She expects to begin training again in November.

(Editor's Note: WTW Assistant Editor Donna Fromme, a 2:07 half miler, was one of the more than 200 track athletes and coaches invited to the U.S. Olympic Training Center in Colorado Springs in early August. The following is her report of the day to day activities at the Camp.)

SUNDAY, AUGUST 5: This Olympic Training Camp was originally planned as a "Regional" Camp, but there were athletes from Missouri, Illinois, California, Arizona, New Mexico, Utah, Idaho and, of course, Colorado in attendance. The participants provided their own transportation to Colorado Springs, and from that point on, all expenses were taken care of by the Olympic Committee.

My plane arrived at the Colorado Springs Airport about 11:30 a.m. and was met by a USOC van which provided transportation to the Training Center. The van, built to carry 12, was filled with 16 of us, plus luggage. Lucky for me, I grabbed a front seat and did not have to wedge myself in between a number of wrestlers, one hockey player, a judo

expert, a high jumper (the only other female in the van), and a Russian javelin coach. The drive to the Center took about 15 minutes.

We made it to the Center about noon and at the Check-In Desk we were informed that because of some "slight" mixup, we could not check in and get our ID cards until after one o'clock. It was suggested we go get lunch in the meantime. A great suggestion, except one can not go into the Dining Hall without an ID card. And guess when the dining hall closes? You're right — 1:00 o'clock.

So, it was off to a fried chicken emporium across the street with several companions who had suffered the same fate. As we walked through the Center, one of the most interesting points became apparent. All of the buildings are named after Olympic Games sites. For instance, we had just departed from "Helsinki", "Moscow" was across the street, the dining hall was named "St. Moritz".

The size of the Center began to hit us as we walked. Originally built as a SAC (Strategic Air Command) base, the com-

plex now houses as many as 500 athletes at a time in three large dorms plus a plethora of smaller buildings. The female tracksters were not the only athletes in the Center. There was also judo, men's and women's volleyball (this is the year-round site of the National volleyball headquarters), the rifle team was there, some wrestlers were checking in, the ice hockey teams were present and some basketball players were in camp. The field hockey team had just departed along with the team handball and swimmers and divers. It is a big place.

Although the OTC is located practically in the City of Colorado Springs, its facilities cover a huge area. In addition to the running track (with field hockey and/or soccer field inside), there is a volleyball gym, a two-story weight training building, a sports medicine and training room complex, swimming pool (jacuzzis being installed), dining hall, and recreation hall. Basketball is played at the nearby University. Swimmers, ice hockey, and divers, work at a park a few blocks away as do the softball teams.

The only complaints heard during the Camp were screens needed on the windows. The men's dorms would like carpeting instead of linoleum, more telephones available, and climate control in the dining hall — the room being classed "hotter than the food."

After our lunch with the "Colonel", we checked in, had our ID photos taken and were assigned rooms. My roommate was Lisa Plummer, a high jumper from Illinois (and the other female on our morning bus ride). We were billeted in Room #3 of "Oslo", not far from "Innsbruck".

The rooms in the dorms were quite nice. Floors were carpeted, beds had new bedspreads, and windows had curtains. The mattresses were "Beautyrest" — like Cathy Rigby lays on in her TV commercials! All linen was provided and there was fresh paint on our window which caused it to stick, but we managed to "un-stuck" it.

Our schedule called for us to meet on the track at 3:30 p.m. for an "informal warmup and social session". Since I had never attended a "social session" on the track, I was there on time. All we did was a little easy running and stretching and at the same time try to sneak a look at the other girls' name tags as inconspicuously as possible. I also enjoyed trying to figure out what events people were training for. Time for the first meal in the dining hall and I should have known — chicken again!

At seven o'clock we met in "Moscow" for our introduction-motivation lecture. Trainer Trent Richards warned of the hazards of the sun and heat at such altitude (7,000 feet) and prescribed vast amounts of H₂O and sun screens to help alleviate and prevent problems. Colorado Springs was in the midst of a heat wave and the temperature was over 90° every day.

Tony Sandoval, the coach at the University of New Mexico, talked about the psychological aspects of running from early season to season's end and some of the mental attitudes toward training and competing. He also tried to explain why athletes use excuses and told about a couple of years ago "Runners' World" printed a complete list of excuses making it possible for the athlete to place a check beside the excuse and simply turn it in to the coach, thereby eliminating the necessity for explaining. As a staff member of "Women's Track World" we soon met Mr. Sandoval straight. It was our magazine that printed that list of excuses, not "Runners' World". (In fact, the Editor has had many requests for a repeat printing and it will be in an issue soon.)

Camp Director Lyle Knudson spoke about fear, attitudes and goals. He said some interesting things about external and internal motivation, stating that ex-



Donna Fromme

ternal motivation (such as records and goals) are determined by other people whereas something like training diligently whether or not anyone is around or even cares whether you train or not, is an internal motivation.

After the formal meeting the athletes had a rap session and after a stop at the "junk food" machine, I turned in at 11:00 and muttered a thank you prayer for Cathy Rigby.

Monday, August 6

Have you ever noticed that people who make schedules for other people are non-sleepers? This OTC is no different for we were up at 7:00 a.m., eating at 7:30 a.m. and on the track by 8:30 a.m. . . . it's already in the mid-80's!

After a short lecture by Lyle Knudson, we were divided into four groups and spent the rest of the morning in "Power Testing". The sprinters (the largest group), were one section, the middle and long distance runners were a section, the throwers another, and the hurdlers/jumpers/multi-event persons formed the fourth group.

We participated in four tests: 1) standing long jump, 2) standing vertical jump, 3) two-hand shot put (throw with both hands over your head backward), and 4) 50-yard dash. Although these were simple basic tests, they used different muscles than my usual middle distance running and I was sore when I finished. But worse, I broke *two* fingernails throwing the shot!

After lunch we were again split into our four groups for four 45 minute sessions on strength, flexibility and endurance training. Our sections' first station was Basic Weight Training led by former world discus record holder Fortune Gordien, coach at San Bernardino Valley College in San Bernardino, California. Here I found out that if I lift weights for my upper body I will not necessarily run faster but I *WILL* look better in an evening gown!

Station 2 was led by Cal State Hayward's coach Don Chu and was devoted to flexibility and plyometrics (bounding and "depth" jumping from off boxes). I discovered that most runners (including me), don't really know their right foot from their left. And then when arm action is added it's total confusion!

Station 3 was a mini-lecture on Energy Systems. Emphasis was put on using training sessions to train the specific body system you actually use during your races.

Station 4 was weights again, but this time under the direction of former Russian javelin standout Janis Donis now working for the USOC. He emphasized "whole body training". Although communications was sometimes difficult (Janis has an accent), what was lost verbally was made-up by good sign language and pantomime.

Free time was available after the P.M. sessions and so a visit to the recreation hall. The rec hall was a good one with pool tables, bumper pool, ping pong, and air-hockey tables available. In addition the Hall contained a library, TV set, stereo and a "junk food" room full of vending machines and tables.

Following dinner we had a general group lecture which was mainly a rehash of what we had covered during the day. The instructors passed on some personal opinions on many track related topics as did some of the coaches and athletes. The coaches and athletes split and finished the day with separate "rap" sessions.

Sleep came quickly, but many athletes, still filled with the excitement of the training camp experience, stayed up until one or two o'clock in the morning talking.

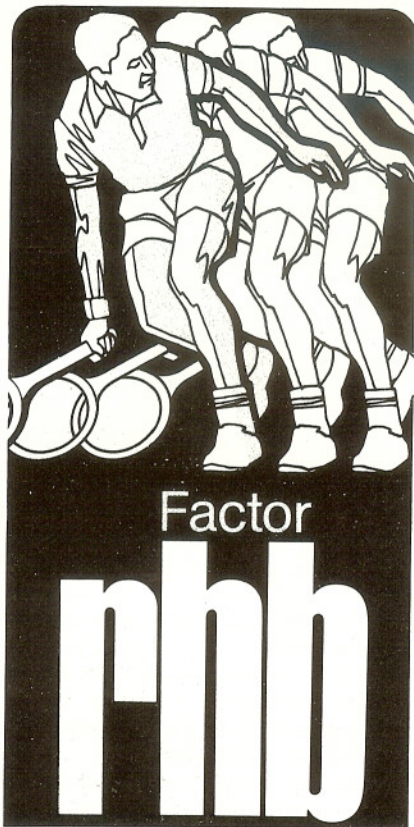
See you next issue for the remainder of my report.



Lisa Plummer

JEFF JOHNSON PHOTO

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Profile on Leslie Deniz

By Bob Magnetti

(from California Track News)

Leslie Jean Deniz: Gridley Union High School junior. Age: 16; Height: 5'6"; Weight: 167. Born May 25, 1962 in Oakland, California.

Best Marks: Discus—139'2 (77), 150'9 (78), 168'6 (79). Shot Put—42'2½ (78). Coached by Ed Roach, Chuck Voorhees, and Bruce Ebbe.

Determination! That probably best describes Gridley junior Leslie Deniz, who, in just little more than two years, has become one of the top junior women's discus throwers in the nation.

Leslie, last year, finished second in the junior national championships in competition against girls two and three years older and earned a trip to the Soviet Union and West Germany.

She's hoping to do even better this season and from the way the 16-year-old Gridley High School athlete started off the 1979 season, the sky's the limit.

In her first meet of the track season, Leslie fired the discus 163'2 and admittedly still has a ways to go to reach top form.

"I've been doing heavy lifting right now," said Leslie. "I'll do that for about half of the season and then taper off."

Over the next several weeks she was to continue to improve and heaved one out to 168'6 on April 4. In that meet she hit the 170 foot marker on her last throw but just scratched on her follow-through.

"I'm short, so I've got to take my chances (on the follow-through)," she said.

Leslie's goals are to help her Gridley teammates toward the Westside League and North Section titles, qualify for the state meet and again make junior nationals and the team that will face the Soviet juniors when they visit the United States this summer.

If, along the way, she happens to break a few discus records, well, that's all on the plus side of the ledger.

How does a young lady get started throwing the discus? "The summer before my freshman year in high school I was introduced to one of my present coaches who handed me a discus to throw. The first day's throw was approximately 89 feet and I was on my way."

Deniz is working under the direction of three coaches — Gridley High School's Bruce Ebbe, who handles her weight program; Highway Patrolman Ed Roach of Gridley, who helps with her daily work-

outs as much as possible; and former Oregon coach Chuck Voorhees of Santa Rosa, her discus coach.

Leslie has been lifting weights almost year-round for the past two years, under the supervision of Ebbe and Roach.

"Right now I'm benching 195 pounds," she said. "I'm doing squats at 290 and dead lifts of 300 pounds. I'm cleaning 170 pounds. I'll taper off later in the season.

"I have a mark in mind that I want to reach by the end of the year," Leslie said, "but I just don't want to say."

But she is very aware that the national high school discus record for high school girls is 169'7. Last year in the CIF state meet, the winner of the event was Christi Pyle of Glendale, a junior who threw 149'3. Pyle however, had surpassed that mark in other meets.

Leslie, among the best prep discus throwers in the state for the past two years, has never made it to the state meet.

First, only one athlete from the North Section meet advances to state. Secondly, Lassen's Karen Stampfli has, for the past two years, gotten off one good throw to beat Leslie. And thirdly, Leslie spent most of last season hobbled by a knee injury.

"The knee's fine," said Leslie, "as good as it ever was."

Roach and Ebbe work with Leslie on the weights, but the finely tuned discus techniques are taught by Voorhees, who spotted Leslie and Live Oak High sophomore Tom Pritchard at a Peach Bowl Pacer all-comers meet two years ago in Yuba City.

He promptly took them under his wing, commuting from Santa Rosa on weekends for workouts. Pritchard, like Leslie, has benefited holding several national age-group records for discus.

As for the future, college — one with a strong women's discus program — is in line for the Gridley teen after graduation in 1980. Leslie is a good student, active in Future Farmers of America. She was recently named a State Farmer by the FFA, an honor received by only a small percent of its members in California.

But for a career, Leslie says, "It may be agriculture or maybe medicine or maybe an athletic trainer or another career related to sports. I don't know right now."

It's too bad there's no real call for professional discus throwers.

MEDICALLY SPEAKING

By Dr. Walter Jekot

The running boom, taking place in the United States today is a natural progression of the ideas of fitness and well being evidenced among people of all ages. For women, their special anatomic and endurance characteristics would seem to make running a natural exercise. In my experience over the past five years, I have observed an increasing number of women participating in strength exercises. These strength techniques involve the use of progressive resistance (weight training) methods, heretofore, virtually unheard of for our culture. Obviously, women have discovered, as stated by John Jesse in his book "Runners and Hurdlers", that "muscular strength is the basis of all other physical factors when we consider the total functioning of the body in athletic movements". As the eagerness to run faster and farther increases, so do the problems relating to proper physical conditioning for running.

Since there are ever increasing numbers of runners today, the need for medical opinion assumes a special

importance. In future articles, I'll share with you some of the daily concerns I encounter as a sports physician. Your questions are invited. We will discuss a wide range of topics including psychological conditioning, nutritional aspects, aerobic conditioning, stretching exercises, physical injuries and related medical observations.

A recent study of women's fitness was reported in "The Physician and Sports Medicine". This study showed the current national fitness level for women, to be less than their true physiological capacity. An inference to be drawn from the study is that in past years the strength and endurance of the female have been discounted. Enough of these discounts.

This is the twentieth century! Further, it was interesting to note that in as little time as one month, a group of women showed an increase of 15 per cent in their athletic responses when pushed to full capacity.

In addition to some of the classical theories regarding conditioning and sports medicine, I will be describing some of the newer methods of testing and treatment. These topics will include body imagery, transcutaneous neural stimulation, hypnosis and some chiropractic techniques.

It will be appropriate to discuss some unique concerns of the woman runner, including the menstrual cycle and upper torso support.

I look forward to discussing your questions and to offering insights pertinent to your enjoyment of running and conditioning.

WALTER F. JEKOT, M.D.

Doctor Jekot was graduated in 1967 from Hahnemann Medical College in Philadelphia, Pennsylvania. In Los Angeles, California he interned at Queen of Angels Hospital and completed his residency at Cedars of Lebanon Hospital. Practicing since 1970 in Hollywood, California, his major interests are family practice and sports medicine. In addition to numerous professional memberships which include the AMA, he lectures for the AAU and is a member of the AAU Medical Committee.

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NATIONAL AAU CHAMPIONSHIPS

By Vince Reel

In a meet full of fine results, the Chuck Debus coached Los Angeles Naturite Track Club finished on top of the team competition — and they did it without winning a single event. Unlike the next three teams in the scoring, Tennessee State University Track Club, Prairie View A&M, and the Southern California Road Runners, the LA group is an all-around organization which picked up points in nearly every phase of the program. Tennessee State, on the other hand, scored 24 points in the 100 and 200 and added 16 more in the short relays. Prairie View scored 20 in the 400 and 800 and added 20 more in relays. The Road Runners, who should change their name to the Road Walkers, scored all 38 of their points in the two walks.

There were many individual stars, but special mention should be made of Francie Larrieu who scored a double in the 1500 over Mary Decker and in the 3000 with a tough win over Jan Merrill; Julie Brown who ran six races of 800 or longer and scored 22 points in the four finals; Debby LaPlante with a new American record in the 100m hurdles, and Maren Seidler with her new AR in the shot. In spite of her prolific accomplishments, Julie Brown was not seen more often than anyone else during the days of the meet as Essie Kelley and Patricia Jackson of Prairie View each took part in seven events.

100 Meters

No real surprises in the five trial heats as the only "names" eliminated were Liz Young and Cheryl Gilliam. Biggest boo-boo was provided by the officials who failed to record wind readings for any of the women's 100 heats. Heat winners were the old faithful Ashford, Morehead and Cheeseborough along with Esmeralda Garcia and Michele Glover.

As usual, the real running began with the semis with Ashford getting a new American Record of 10.97 (second fastest woman ever) with a legal wind and Morehead clocking 10.96 with an aiding wind. Alice Brown in the first semi and Morehead in the second got away with "rollers" as the Southern Cal starters continued their poor standard.

In the final, Morehead was out first, but it didn't take Ashford long to make up for her poor start with a very fast finish to win clearly in a wind-aided 11.01. The wind, incidentally, was only a tick over the allowable at 2.01mps. I like the description of Ashford's style by "Track and Field News" writer Walt Murphy who

stated "Ashford appears to be in her finish-line lean the entire race". Maybe she's running down hill! 21 of the 38 runners in the heats ran slower than the required qualifying mark.

Heat 1, 1—Evelyn Ashford (Maccabi TC) 11.19, 2—Karen Hawkin (Tx Sihn) 11.43, 3—Pat Dunlap (South Jersey TC) 11.69, 4—Liz Young (Pioneer AC) 11.86, 5—Carolyn McRoy (DC Int) 11.86, 6—Carmita Drummond (Florida Women's TC) 12.05, 7—Kim Robinson (LANTC) 12.15; **Heat 2**, 1—Esmeralda Garcia (Col.Gold) 11.48, 2—Val Boyer (AlbTC) 11.68, 3—Wanda Hooker (Memphis-Shelby TF) 11.74, 4—Cheryl Gilliam (MichSt) 11.89, 5—Roxanne Wright (Maccabi TC) 11.98, 6—Krista Berryman (Richmond TC) 12.19, 7—Leola Toomer (MxAC) 12.25, 8—Renee Rochester (Cooper Stridettes TC) 12.45; **Heat 3**, 1—Chandra Cheeseborough (TSTC) 11.46, 2—Dollie Fleetwood (SC Cheetahs) 11.59, 3—Nellie Bullock (Pitt. New Image) 11.77, 4—Benita Fitzgerald (DC Str) 11.79, 5—Linda Wilson (Un) 11.82, 6—Yvette Evans (Club Int) 11.95, 7—Gail Tull (Phil Hawks) 12.31, 8—Sharon Dabney (Clippers TC) 12.34; **Heat 4**, 1—Michele Grover (Willingboro TC) 11.67, 2—Angel Doyle (Ambler OC) 11.74, 3—Freida Cobbs (Berkeley East Bay TC) 11.87, 4—Melanie Batiste (OreTC) 11.94, 5—Robin Tiggie (Phil Hawks) 12.06, 6—Regina McBride (Auburn TC) 12.20, 7—Sheryl Pernel (TSTC) 12.40, 8—Gail Douglas (Club Int) 16.5; **Heat 5**, 1—Brenda Morehead (TSTC) 11.20, 2—Lisa Thompson (Las Vegas Striders) 11.60, 3—Alice Brown (LANTC) 11.74, 4—Patrice Roberts (PV) 11.77, 5—Brenda Calhoun (Gateway TC) 11.87, 6—Stephanie Hightower (Ohio St) 11.95, 7—Linda Griffin (Central Jersey TC) 12.49.

Semi-Final 1 (0.9), 1—Ashford 10.97 (AR), 2—Cheeseborough 11.29, 3—Boyer 11.46, 4—Glover 11.47, 5—Thompson 11.63, 6—Hooker 11.70, 7—Brown 11.73; **Semi-Final 2** (2.9), 1—Morehead 10.96, 2—Hawkins 11.22, 3—Garcia 11.36, 4—Fleetwood 11.49, 5—Doyle 11.56, 6—Dunlap 11.57, 7—Bullock 11.67, Cobbs did not run.

FINAL (2.01), 1—Ashford 11.01, 2—Morehead 11.13, 3—Cheeseborough 11.33, 4—Hawkin 11.35, 5—Garcia 11.54, 6—Fleetwood 11.57, 7—Boyer 11.58, 8—Glover 11.59.

200 Meters

Good running in the 200 from the first trial heat through the final. Liz Young's fourth heat time of 23.43 was the slowest of the trials as the other heats were all sub-23 second performances albeit two of the three were wind-aided. Morehead (22.56), Ashford (22.66) and Cheeseborough (22.84) were the heat winners along with Young. Karen Hawkin slipped under the magic 23 second barrier (22.99) and Gwen Loud was right on for a super set of trial heats. The running was so speedy that such stalwarts as Lorna Forde, Cheryl Gilliam, Freida Cobbs, Michele Glover and Esmeralda Garcia never made it into the semis.

Both semis were wind-aided as Hawkin and Ashford scored wins in 22.84 and 22.82 respectively and 23.41 didn't get you into the final.

Once again the wind negated a fine mark as Ashford won the final by a country mile in 22.07. Valerie (Who?) Brisco continued her surprising running by overtaking Morehead and Cheeseborough for the runner-up spot with a PR of 22.53. The champion was never in trouble and won with the fastest time ever by a US woman.

Heat 1, (+2.5), 1—Brenda Morehead (TSTC) 22.56, 2—Gwen Loud (LAM) 23.00, 3—Wanda Hooker (Memphis-Shelby TF) 23.30, 4—Pat Dunlap (South Jersey TC) 23.35, 5—Lorna Forde (Atoms) 23.63, 6—Cheryl Gilliam (MichSt) 23.87, 7—Carmita Drummond (FlaWomen's TC) 24.81; **Heat 2**, (+1.6), 1—Evelyn Ashford (Maccabi TC) 22.66, 2—Nellie Bullock (Pitt New Image) 24.12, 3—Pam Greene (ColFlyers) 24.13, 4—Patrice Roberts (PV) 24.32, 5—Linda Wilson (Un) 24.97, 6—Freida Cobbs (Berkeley East Bay TC) 25.35, 7—Sheryl Pernel (TSTC) 25.60; **Heat 3** (+2.4), 1—Chandra Cheeseborough (TSTC) 22.84, 2—Karen Hawkin (TxStH) 22.99, 3—Valerie Briscoe (LANTC) 23.40, 4—Marbella Washington (LAM) 23.57, 5—Carolyn McRoy (DC Int) 23.65, 6—Michele Glover (Willingboro TC) 23.71, 7—Esmeralda Garcia (Col Gold) 23.78, 8—Melanie Batiste (OreTC) 23.85; **Heat 4** (+2.8), 1—Liz Young (Pioneer AC) 23.43, 2—Angel Doyle (Ambler OC) 23.45, 3—Deborah Jones (TSTC) 23.58, 4—Val Boyer (AlbTC) 23.61, 5—Freida Nichols (DC Int) 23.74, 6—Gwen Murray (Pitt New Image) 23.87, 7—Marie Nickson (Maccabi TC) 24.02, 8—Yvette Evans (Club Int) 24.57.

Semi-Final 1 (+4.1), 1—Hawkins 22.84, 2—Morehead 23.01, 3—Hooker 23.22, 4—Jones 23.31, 5—Young 23.41, 6—Dunlap 23.57, 7—Washington 23.93, 8—Bullock 24.03; **Semi-Final 2** (+2.1), 1—Ashford 22.82, 2—Brisco 22.90, 3—Cheeseborough 22.98, 4—Loud 23.51, 5—Boyer 23.54, 6—Doyle 23.83, 7—Roberts 24.13, 8—Greene 24.17.

FINAL (+2.5), 1—Ashford 22.07, 2—Brisco 22.53, 3—Morehead 22.75, 4—Cheeseborough 22.85, 5—Hawkin 22.86, 6—Jones 23.14, 7—Hooker 23.27, 8—Loud 23.43.

400 Meters

Almost a routine event. Nothing spectacular in the trials or semis except the elimination of AIAW champ Yolanda Rich. The final produced the slowest winning time since 1973 — but that could be because this was not a top-class field. Winner Patrice Jackson still has not learned how to run the event and won by virtue of the inexperience of the others. Trial heats saw some runners finishing near the 59 second mark causing one to wonder how they met the qualifying standard of 54.84. The four top finishers all came from the same semi-final heat with the eliminated Rich only one one-hundredth slower than Lorna Forde's winning mark in the other semi.

Heat 1, 1—Kim Thomas (NY PAL) 53.64, 2—Freida Nichols (DC Int) 54.27, 3—Angela Dudley (PV) 54.57, 4—Robbin Coleman (Beaumont TC) 54.76, 5—Marian Franklin (Millbrae Lions) 57.22, 6—Amy Henschen (West Suburban TC) 58.40; **Heat 2**, 1—Rosalynd Bryant (Ali TC) 53.13, 2—Helen Blake (TSTC) 53.31, 3—Sharon Dabney (Clippers TC) 53.86, 4—Maxine Underwood (Cooper Stridettes TC) 55.5, 5—Sharon Johnson (Ms TC) 57.30, 6—Robin Tiggie (Phil Hawks) 58.8; **Heat 3**, 1—Gwen Murray (Pitt New Image) 53.05, 2—Patricia Jackson (PV) 53.47, 3—Lorna Forde (Atoms) 53.68, 4—Paulette Clagon (Berkeley East Bay TC) 54.62, 5—Ernestine Davis (TSTC) 54.67, 6—Brenda Finch (Col Flyers) 55.51; **Heat 4**, 1—Yolanda Rich (SC Cheetahs) 53.25, 2—Sherri Howard (LAM) 53.37, 3—Liz Hatz (DC Int) 53.79, 4—Edna Brown (Temple) 54.63, 5—Wanda Trent (Ms AC) 55.90, 6—Marquita Belk (Un) 55.97.

Semi-Final 1, 1—Forde 53.20, 2—Thomas 53.44, 3—Murray 53.58, 4—Blake 53.67, 5—Clagon 54.69, 6—Coleman 54.69, 7—Dudley 54.72, 8—Nichols 55.28; **Semi-Final 2**, 1—Howard 52.45, 2—Jackson 52.72, 3—Bryant 52.76, 4—Dabney 53.20, 5—Rich 53.21, 6—Hatz 53.93, 7—Brown 53.98, 8—Underwood 56.48.

FINAL, 1—Jackson 52.37, 2—Dabney 52.51, 3—Howard 52.54, 4—Bryant 53.42, 5—Forde 53.42, 6—Blake 53.53, 7—Thomas 53.93, 8—Murray 54.30.

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Madeline Manning

ROYCE & MICHAEL CLARK PHOTO

800 Meters

USA two lap running has improved tremendously over the past couple of years. It's not that we have any super stars zipping the distance in under 1:56 as they have in Europe, but the quality of our runners has improved and this will lead to those sub two minute clockings in the future. Sue Latter's 2:03.68 failed to make it into the final and AIAW champ, Susan Vigil, failed to get to the final also. Once again the semis seemed unbalanced as the four qualifiers from the second semi finished 2-3-4-5 in the final. It's not that the seeding committee is doing anything wrong. They are following the rules laid out by the AAU, but perhaps the rules should be examined.

The final was a good one with Manning taking the lead and holding it through the first 600 where Franz Stampfl's famous quote, "She who has the lead at the end of the first lap has probably paid too big a price for her position" caught up with her. It was an exciting mass finish with the first four only five-tenths apart, Essie Kelley winning it in 2:02.3 and Wendy Knudson fourth in 2:02.8s.

Heat 1. 1—Tecla Chemabwai (Maccabi TC) 2:05.8, 2—Chrisinte Muller (Falmouth-Perrier TC) 2:05.8, 3—Julie Brown (LANTC) 2:06.1, 4—Susan Vigil (Sunland TC) 2:06.1, 5—Dana Glidden (Missouri) 2:06.6, 6—Marcia Romesser (Fresno Pacific TC) 2:07.1, 7—Karel Jones (Atoms) 2:07.7, 8—Beverly Stelle (Ms AC) 2:07.8; **Heat 2.** 1—Wendy Knudson (AthInt) 2:04.4, 2—Darlene Beckford (Liberty AC) 2:05.4, 5—Robin Campbell (FlaWomen's TC) 2:05.4, 4—Ranza Clark (Canada) 2:05.8, 5—Deanna Coleman (Spots West) 2:06.5, 6—Ann Regan (SJ Cindergals) 2:10.8, 7—Debbie Roverson (DC Int) 2:19.1, Donna Fromme (LANTC) did not finish; **heat 3.** 1—Essie Kelley (PV) 2:05.3, 2—Madeline Manning (Oral Roberts TC) 2:05.5, 3—Joetta Clark (Atoms) 2:05.8, 4—Sue Latter (MichSt TC) 2:06.1, 5—Doriane Lambelet (Villanova) 2:07.1, 6—Kathy Hall U Chicago TC) 2:07.3, 7—Leann Warren (OreTC) 2:08.8, Jenrietta Nancis (DC Int) did not finish.

Semi-Final 1. 1—Knudson 2:02.67, 2—Manning 2:03.08, 3—Brown 2:03.57, 4—J. Clark 2:03.65, 5—Vigil 2:04.18, 6—Beckford 2:04.54; **Semi-Final 2.** 1—Kelley 2:02.64, 2—Mullen 2:02.72, 3—Chemabwai 2:02.89, 4—Campbell 2:03.59, 5—Latter 2:03.68, 6—R. Clark 2:04.40, 7—Coleman 2:07.91.

FINAL. 1—Kelley 2:02.21, 2—Brown 2:02.58, 3—Manning 2:02.73, 4—Knudson 2:02.79, 5—J. Clark 2:05.22, 6—Campbell 2:05.89, 7—Mullen 2:05.98, 8—Chemabwai 2:07.07.

1500 Meters

No trials required in the 1500 much to the delight of the athletes. However, the 800 meters runners wondered why they had to run three races and pare the final down to eight runners when the 1500 meterers were permitted to run 16.

The field was a dandy. The top six all-time Americans were entered along with Penny Werthner and Britt Lind-Petersen of Canada. Ones to watch and each with their backers included Mary Decker, Francie Larrieu, Julie Brown and Jan Merrill. Secondary cast players included

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Mary Shea and Joan Benoit hook up in a great duel in the AAU 10,000. Shea won with a new American Record.

ROYCE & MICHAEL CLARK PHOTO

comebacking Cyndy Poor, veteran Cindy Bremser and young Cheri Williams.

Decker took the lead by the 400 mark, passing that spot in 68.1 with Larrieu, Petersen and Merrill just a stride behind. Decker still led at 800 in 2:15.2 with Larrieu (2:15.4), Bremser (2:15.5) and Merrill (2:16.1) in close pursuit. At the end of three laps it was still Decker, but only slightly, in 3:20.1 with Larrieu on her shoulder, Brown three-tenths back and Merrill one second later.

Decker and Larrieu tore down the home stretch together with Larrieu finally edging in front and winning it in 4:06.6 to Decker's 4:06.8. Julie Brown cracked 4:10 for the first time with a 4:09.4 and is now No. 6 on the US all-time list. Larrieu ran her last 800 in 2:07.3 and the last lap in 62.6. And Decker ran approximately the same.

FINAL, 1—Francie Larrieu (Un) 4:06.53, 2—Mary Decker (Un) 4:06.80, 3—Julie Brown (LANTC) 4:09.40, 4—Jan Merrill (AGAA) 4:11.01, 5—Cindy Bremser (Wisconsin United) 4:12.92, 6—Penny Werthner (Maccabi TC) 4:13.32, 7—Maggie Keyes (Un) 4:14.85, 8—Suzie Houston (WisUnited) 4:17.09, 9—Brit Lind-Petersen (Canada) 4:18.54, 10—Kim Neill (Oral Roberts TC) 4:18.7, 11—Kathie Twomey (Un) 4:19.7, 12—Cheri

Williams (OreTC) 4:20.6, 13—Joan Corbin (Sports West) 4:22.2, 14—Patty Murnane (Liberty AC) 4:25.0, 15—Cyndy Poor (AIA) 4:26.3, 16—Diane Vetter (IaSt) 4:28.2.

3000 Meters

Another fine field headed by the presence of Larrieu, Merrill, Brown, Bremser, Benoit and Webb. Officials ran this race in two sections which indicated a tougher qualifying standard is needed. Merrill led most of the way as a small group of six detached themselves from the coolies. The lead group included the ones expected — Merrill, Larrieu, Brown, Webb, Bremser and Benoit. Lap times were 70.4 - 2:33.3 - 3:33.8 - 4:46.8 - 6:03.0 - 7:15.0 - 8:23.6. With two laps to go, Webb departed from the group scene to be replaced by Margaret Groos who had slowly moved into contention.

The final 100 meters duel between Merrill and Larrieu made one happy to be a track nut as it was a spine chilling sight with both women pouring it on, neither giving nor asking. Larrieu managed to outspeed her opponent with a 63.3 final lap to Merrill's 63.6. Both Brown and Bremser are now sub-9:00 runners and

are 3-4 on the USA all-time list.

FINAL, 1—Francie Larrieu (Un) 8:53.8, 2—Jan Merrill 8:54.0, 3—Julie Brown (LANTC) 8:58.3, 4—Cindy Bremser (WisUnited) 9:00.0, 5—Joan Benoit (LibAC) 9:02.8, 6—Margaret Groos (CharTC) 9:07.6, 7—Brenda Webb (KnoxTC) 9:11.5, 8—Mary Shea (NCARHS) 9:13.6, 9—Dia Elliman (LibAC) 9:27.4, 10—Cheri Williams (OreTC) 9:33.2, 11—Jody Parker (OreTC) 9:32.2. **Second Section**, 1—Kathy Mintie (Quest TC) 9:23.9, 2—Cathy Twomey (Un) 9:27.5, 3—Betty Springs (FIHS) 9:32.9, 4—Jennifer White (WRC) 9:36.0, 5—Marybeth Spencer (WisUnited) 9:37.2, 6—Carrie Craven (Columbus, OC) 9:43.2, 7—Roxanne Bier (SJC) 9:44.9, 8—Jan Oehm (Golden Bears) 9:45.0.

10000 Meters

Another great distance race, this time a stirring 25 lap two-woman duel between high schooler Mary Shea and Boston Marathon winner Joan Benoit. Benoit took the lead and Shea moved to her shoulder — and that's the way it was almost the entire distance as these two steadily pulled away from the field after the first two laps. At the 800, the two were eight seconds ahead of the third runner. By the 1200 they led by 13 seconds, then by 16, 19, 22, 26, 29, 33 and gained another 3-4 seconds each lap until by the end of 20 laps they were nearly 1½ minutes in

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front of their pursuers. Shea took the lead on the 22nd lap with Benoit only a stride behind. Shea pulled away slightly with 300 meters to go, but down the home straight Benoit made a game effort to catch the youngster, but just couldn't do it. Both runners shattered the American Record of 33:15.1 with Shea clocking 32:52.5 and Benoit two tenths more.

FINAL, 1—Mary Shea (Cardinal Gibbons HS, Raleigh, NC) 32:52.5, 2—Joan Benoit (LibAC) 32:52.7, 3—Amy Laffoon (ColSt) 34:31.0, 4—Linda Heinmiller (Santa Monica TC) 34:40.2, 5—Karen Bridges (OkSt TC) 34:41.7, 6—Karen Fitz (Kansas) 34:47.8, 7—Jeneen Hill (AlbOlym) 34:52.7, 8—Lori Binder (KBCQ TC) 35:14.4, 9—Jody Fox (West Valley TC) 35:39.7, 10—Jane Welzel (LibAC) 35:42.9, 11—Kathy Adams (Sports West) 35:59.7, 12—Marjorie Kaput (Quest) 36:27.5, 13—Marilyn Taylor (WVTC) 36:35.3, 14—Amy Johns (Columbia TC) 36:43.6, 15—Phyllis Olruch (SJC) 36:47.3, 16—Deborah Snaggs (Richmond TC) 36:58.1.

100m Hurdles

The three trial heats saw the elimination of no one of importance. Only in the third heat where Texas Southern's Linda Weekly fell at the third hurdle and interfered with Nanci Arnold was there any excitement. Arnold was advanced into the semis because of the collision. Debby LaPlante zipped to a wind-aided 12.99 to take the first heat, Candy Young had a legal (+2.0) run of 13.20 to win the second trial and the AIAW champ, Stephanie Hightower, won the third trial in a slow 13.62. Young's mark was a new American and World Junior Record.

In the semifinals, LaPlante set a new AR in the first trial with a legal 13.07 while Young won the second semi in another new World and American Junior record of 13.13. Hightower, second in Young's race, wasn't exactly loafing either as she clocked her best ever at 13.22.

The final was a good one and a swift one. Young got out quick, but LaPlante's strength and experience gave her the edge as she clocked yet again a new American record at 12.86. Young sped to her third World Junior best in as many races at 12.95 while Hightower improved her best to 13.09 in third spot.

Track statistician Bert Lyle provided the following clockings for LaPlante's run with these "touchdown" marks from hurdle 1: 2.42 - .94 - 1.05 - 1.02 - .96 - 1.00 - 1.02 - .97 - .94 - 1.09 and 1.45 from the last touchdown to the finish line. LaPlante is helped tremendously by her size. She is "just right" for the hurdles as they are now spaced. Her speed is also just about right — too much more speed and she would be on top of the hurdle too soon. Same result if she was to grow another inch or two. Poland's world record holder Grazyna Rabsztyl commented recently

that hurdlers the size and speed of Annelie Ehrhardt "had it made" in this race. Rabsztyl said she is too tall and many other hurdlers with better speed than Ehrhardt were forced to chop their stride between hurdles. Therefore any comparison of "time differential" between a runner's flat 100 and 100 hurdles is meaningless. And so the USA hopes LaPlante will not grow - but perhaps pick up a few tenths in flat 100 speed over the next few years.

Heat 1 (+2.5), 1—Debby LaPlante (KCBQ TC) 12.99, 2—Lori Dinello (West Suburban TC) 13.53, 3—Renita Kat Garnett (Cascade TC) 13.85, 4—Julie Smithers (Shore AC) 13.90, 5—Lisa Gouridine (Maccabi TC) 13.92, 6—Deborah Melrose (PV) 14.37; **Heat 2** (+2.0), 1—Candy Young (Un) 13.20, 2—Brenda Calhoun (Gateway TC) 13.65, 3—Benita Fitzgerald (DC Str) 13.82, 4—Karen Wechler (Ind) 13.91, 5—Jackie Washington (Un) 14.06, 6—Deborah Deutsch (Shore AC) 14.11, 7—Lucy Vaamonde (Maccabi) 14.25, 8—Kim Ariana Willis (Ohio St) 14.62; **Heat 3** (+1.9), 1—Stephanie Hightower (Ohio St) 13.62, 2—Maureen McGee (Club Int) 14.04, 3—Lorraine Tummings (Un) 14.13, 4—Carol Lewis (Willimboro TC) 14.23, 5—Nanci Arnold (Texas TC) 14.31, 6—Debi Kilhoffer (Ill St) 14.57, 7—Maureen Pendergast (Cal NY) 14.69, Linda Weekly (TexStH) fell.

Semifinal 1 (+0.1), 1—LaPlante 13.07, 2—Dinello 13.67, 3—Garnett 13.77, 4—Calhoun 13.87, 5—Tummings 14.03, 6—Lewis 14.16; **Semifinal 2**, 1—Young 13.13, 2—Hightower 13.22, 3—Wechsler 13.76, 4—Fitzgerald 13.77, 5—Smithers 13.96, 6—McGee 14.07, 7—Arnold 14.36.

FINAL (+1.5), 1—LaPlante 12.86, 2—Young 12.95, 3—Hightower 13.09, 4—Dinello 13.54, 5—Fitzgerald 13.69, 6—Calhoun 13.85, 7—Wechsler 13.88, 8—Garnett 13.98.

400m Hurdles

Biggest surprise of the meet was the defeat of previously unbeaten Debbie Esser, looked upon to be THE 400M hurdler in the USA. Edna Brown of Temple, who was second to Esser at the AIAW's, was the winner and Esser, after leading the race through the eighth hurdle, faded back to third and just barely hung on for that spot ahead of prep star Esther Alfonso. Esser offered no excuses, but spectators did not see the same Debbie Esser they had watched at East Lansing.

Heat 1, 1—Debbie Esser (Iowa St) 59.72, 2—Patty Mannies (Terre Haute TC) 60.41, 3—Vivian Scruggs (MsAC) 60.81, 4—Karen Taylor (LANTC) 61.40, 5—Nanci Arnold (Texas TC) 62.21, 6—Linda Hightower (Un) 62.90, 7—Hunter (Un) 63.02; **Heat 2**, 1—Esther Alfonso (Dayton TC) 59.64, 2—Michelle Hawthorne (Berkeley East Bay TC) 59.84, 3—Cathy Gebhards (KC North Stars) 60.90, 4—Judith Pollion (TSTC) 61.37, 5—Chris Davenport (SC Cheetahs) 61.63, Anna Biller (Premier TC) finished fourth in 61.33, but was disqualified; **Heat 3**, 1—Edna Brown (Temple) 59.56, 2—Deborah Melrose (PV) 60.75, 3—Jeannette Bradley (Un) 60.77, 4—Denise Waddy (Ambler OC) 61.06, 5—Piper Bressat (Richmond TC) 61.62, 6—Patsy Baptiste (Atoms) 62.46, 7—Lorraine Tummings (Un) 62.74, Rachel Clary (MsAC) did not finish.

Semifinal 1, 1—Hawthorne 58.86, 2—Brown 58.97, 3—Mannies 59.51, 4—Gebhards 59.89, 5—Scruggs 60.08, 6—Taylor 61.86; **Semifinal 2**, 1—Esser 58.97, 2—Alfonso 59.33, 3—Melrose 61.08, 4—Bradley 61.64, 5—Waddy 61.98, 6—Pollion 63.30.

FINAL, 1—Brown 57.60, 2—Melrose 58.33, 3—Esser 58.68, 4—Alfonso 58.89, 5—Hawthorne 60.04, 6—Gebhards 60.06, 7—Mannies 60.22, 8—Bradley 61.80.

Walks

That veteran Sue Brodock annexed both the 5 and 10 kilo walks without too much difficulty. Brodock and teammates Chris Sakalerios and Esther Lopez accounted for 38 points in these two events to give Southern California Road Runners fourth place in the overall team competition. Had Coach Dave Japs been able to recruit Paula Kash and Susan Liers, the SCRR would have won the National AAU team title for track and field without any runners or hurdlers or jumpers or throwers. Think about that.

5 Kilo Walk Final, 1—Sue Brodock (SCRR) 24:07.6 AR, 2—Paula Kash (Cal) 25:21.2, 3—Chris Sakalerios (SCRR) 25:22.9, 4—Susan Liers (Island TC) 25:24.8, 5—Esther Lopez (SCRR) 25:49.8, 6—Liz Dufour (ArTC) 25:55.1, 7—Vicki Jones (CalWalkers) 26:22.2, 8—Chris Ramirez (SCRR) 26:24.4.

10 Kilo Walk Final, 1—Brodock 50:32.8 AR, 2—Liers 51:13.2, 3—Sakalerios 51:33.0, 4—Lopez 53:58.2, 5—Jones 55:37.6, 6—Maynard (W.Striders) 56:13.8, 7—Jodee Hunt (SDTC) 56:44.0, 8—Aimee Burr (Phoenix TC) 57:24.0.

4x100m Relay

The Tennessee State Track Club got a new meet record, winning in 43.68 with a team of Brenda Morehead, Kathy McMillan, Debbie Jones and Chandra Cheeseborough. The Tennessee foursome was never headed and a year of running together paid off with good passes to combine with their good speed. The neophyte Ms Track Club (now whose chauvonistic?) was second until the third leg, but finally finished fifth behind the LA Mercuertes, LA Naturite and the Southern Cal Cheetahs.

Oh Happy Day for relay foursomes with no trials needed.

FINAL, 1—Tennessee State TC (Morehead - McMillan - Jones - Cheeseborough) 43.68, 2—LA Mercuertes 44.76, 3—LA Naturite TC 45.19, 4—Southern California Cheetahs 45.83, 5—Ms AC 45.93, 6—Premier TC 47.17, 7—Philadelphia Hawks 47.67, Central Jersey TC finished 7th but was disqualified.

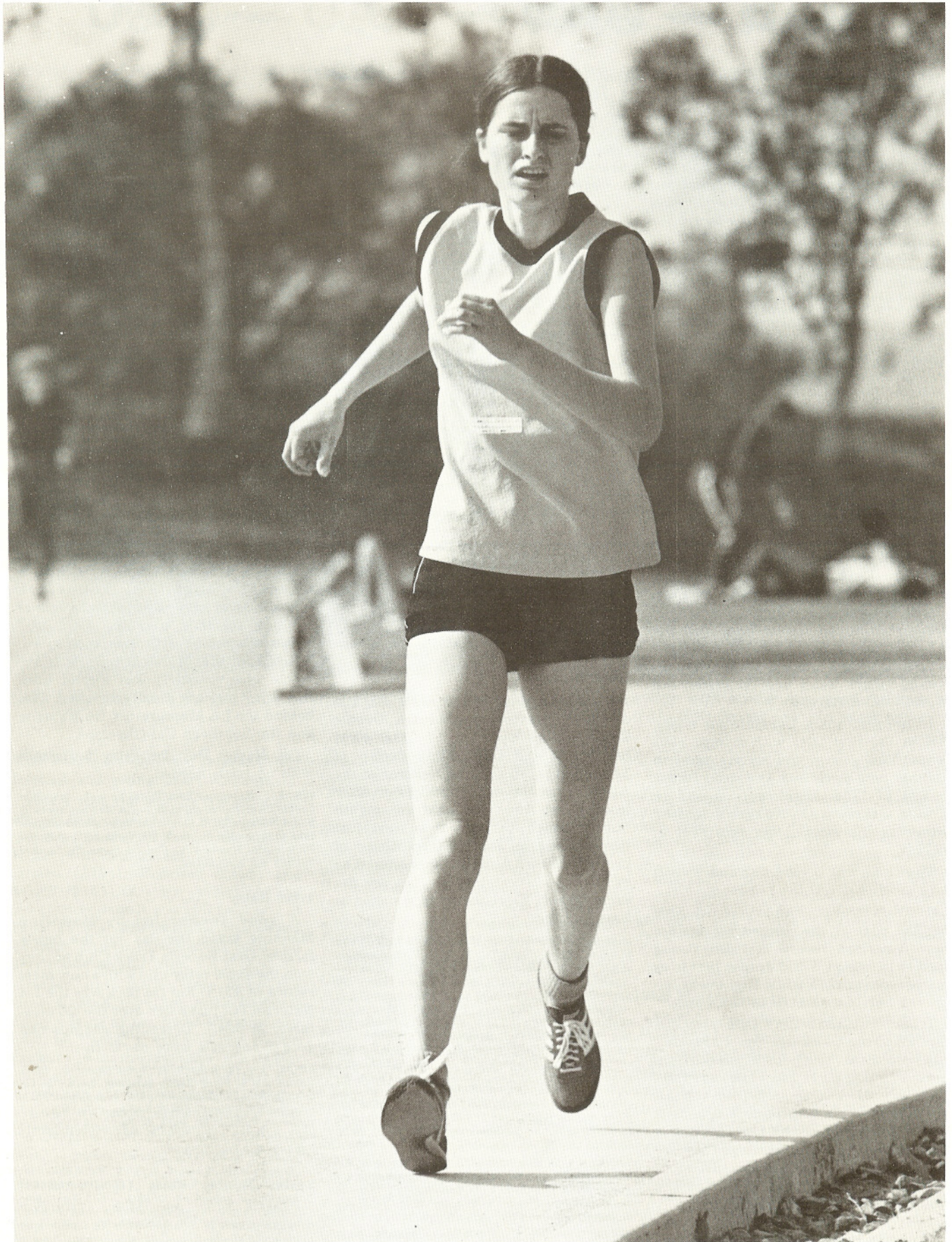
4x800 Relay

A good anchor leg by Madeline Manning saved the day for the newly formed Oral Roberts Track Club as they won the 4x800 relay title with a new meet record of 8:31.4. Not far back was the LA Naturite TC, just a tick over the old meet mark in 8:34.7. Defending champs San Jose Cindergals were never in it.

FINAL, 1—Oral Roberts TC 8:31.4 (Robinson 2:09.3, Brown 2:11.4, Neall 2:06.9, Manning 2:03.8), 2—LA Naturite TC 8:34.7 (Grosweiler 2:11.7, Antoniewicz 2:09.9, Fromme 2:08.9, Brown 2:04.2), 3—Sports West 8:39.5, 4—Falmouth-Perrier TC 8:43.2, 5—San Jose Cindergals 8:50.5, 6—UCLA 8:59.0, 7—Ms AC 9:07.2, 8—LANTC "B" 9:10.4, 9—Big Foot TC 9:10.7.

Sprint Medley Relay (100-100-200-400)

Prairie View won it by a narrow margin over the LA Naturite crew but failed in their attempt for a new meet mark. Patricia Jackson and Essie Kelley



Double Walk winner Sue Brodock

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continued their marathon number of events with two more races each in this relay.

Heat 1, 1—Prairie View 1:40.8, 2—LA Mercurettes 1:41.2, 3—DC International 1:41.5, 4—SC Cheetahs 1:42.2, 5—Colorado Flyers 1:42.4, 6—Premier TC 1:45.7
7—Cooper Stridettes TC 1:48.5; **Heat 2**, 1—Tennessee State TC 1:39.8, 2—NY PAL 1:41.2, 3—LA Naturite TC 1:42.0, 4—Ms AC 1:42.4, 5—Central Jersey TC 1:45.6.

FINAL, 1—Prairie View (Melrose-Roberts-Jackson - Kelley) 1:38.2, 2—LANTC 1:38.8, 3—Tennessee State TC 1:39.3, 4—LA Mercurettes 1:39.9, 5—NY PAL 1:41.5, 6—SC Cheetahs 1:41.9, 7—Ms AC 1:43.6, 6—DC International finished 7th in 1:42.3 but was disqualified.

4x400m Relay

Confusion reigned in the 4x400. Tennessee State Track Club, using an ineligible runner won the second heat and was disqualified from the final. Although the LA Mercurettes who finished fifth in the heat should have been in the final race, for some reason, Tennessee State was permitted to compete, ran the race, finished second and loused up the scorers for hours. The ineligible athlete, Judy Pollion, had competed only recently for another track club and was ruled out by the officials. The fact that such discrepancies can be gotten away with shows a further need for strict action by the meet directors.

Eliminated in the trials, in addition to the Mercurettes, were the LA Naturite foursome, Oral Roberts TC and the Premier TC — all good sound teams, showing the class for the final. Prairie View runners were up to their old tricks in the prelims as Patricia Jackson ripped off a 51.6 leg and Essie Kelley romped home with a 64.8. When will they learn in Texas?

Admittedly, it was a better race with Tennessee State TC in it, the Prairie View lasses winning it with a collegiate record of 3:32.80 to 3:33.37. Biggest surprise was the showing of the Colorado Flyers who were not even expected to make it to the final. The Flyers were third after three legs but faded badly over the final 75 meters where the surprising NYPAL team moved from way back to grab the bronze (actually the silver).

Heat 1, 1—Ms AC 3:42.2, 2—Prairie View 3:45.4, 3—Cooper Stridettes TC 3:46.7, 4—Atoms TC 3:47.3, 5—Premier TC 3:47.9, 6—LA Naturite TC 3:48.2, 7—Oral Roberts TC 3:52.4; **Heat 2**, 1—Tennessee State TC 3:36.0, 2—Colorado Flyers 3:40.8, 3—NY Police Athletic League 3:41.7, 4—DC International 3:44.4, 5—LA Mercurettes 3:46.8.

FINAL, 1—Prairie View 3:32.80 (Angela Dudley 54.7, Patricia Jackson 52.2, Debra Melrose 54.1, Essie Kelley 51.8), 2—NY PAL 3:38.65, 3—Colorado Flyers 3:38.96, 4—DC International 3:39.16, 5—Ms AC 3:42.44, 6—Atoms TC 3:45.41, 7—Cooper Stridettes TC 3:47.8, Tennessee State TC finished second in 3:33.37 but was ineligible.

High Jump

Canadian Debbie Brill, in her first com-

petition since last March, won the title with a PR at 6'4 while Americans Louise Ritter and Pam Spencer battled for the World Cup spot. They both cleared 6'2½ with Ritter making the team by clearing that height on her first trial while it took Spencer two attempts. The caliber of jumping was high and saw several "lesser lights" move into the picture in the USA, most notable Nevada high schooler Coleen Rienstra who finished fourth with a leap of six feet.

FINAL, 1—Debbie Brill (Un/Canada) 6'4, 2—Louise Ritter (TWU TC) 6'2½, 3—Pam Spencer (LANTC) 6'2½, 4—Coleen Rienstra (Un) 6'0, 5—Beverly Washington (Univ. of Chicago TC) 5'10¼, 6—(Tie), Sharon Burrill (The Colorado Gold) and Paula Girven (DC Int) 5'10¼, 8—Marilyn Dubbs (Un) 5'10¼, 9—(Tie), Jalene Chase (DC Int) and Joan Brockhaus (Un) 5'9¼, 11—Maggie Garrison (Sports West) 5'9¼.

Long Jump

For most of the afternoon, it appeared there would be an upset in the long jump. American record holder and defending champ Jodi Anderson, who had not worked on this event all year long, was jumping badly as was Olympian Kathy McMillan. Relatively unknown Pat Johnson and pentathlete Jane Frederick, on the other hand, were having fine days. Johnson led after the first round with a wind-aided 20'10 and Frederick took over on the second go-round with a season best at 21'1½. After the qualifying jumps, Anderson's best was 20'9 and McMillan had mastered only 20'6¼. It wasn't until the fifth round that the Tennessee Stater put it all together for a leap of 21'3½ to win it all.

FINAL, 1—Kathy McMillan (TSTC) 21'3¼w, 2—Jane Frederick (Un) 21'1½w, 3—Pat Johnson (Wisconsin United) 20'10w, 4—Jodi Anderson (LANTC) 20'9, 5—Sandi Crabtree (Club Int) 20'7½w, 6—Shonel Ferguson (Florida Women's TC) 20'6w, 7—Sharon Walker (Club Int) 20'4¼w, 8—Lisa Gouridine (Maccabi) 20'1¼w, 9—Martha Watson (Clun Int) 19'9¼w, 10—Judith Pollion (Un) 19'2¼w, 11—Pam McDonald (ColFlyers) 18'11½w, 12—Sharol Henry (Alabama A&M) 18'9, 13—Carol Lewis (Willingboro TC) 18'5¼, 14—Gwen Loud (LAM) 18'3¼w.

Shot Put

Maren Seidler was hot. Her first four throws (her only legal throws of the competition) were all over 62 feet, her third and fourth throws were new American records, the winning toss measuring 62'7¾. Runner-up Ann Turbyne also had a fine day with a silver medal put of 55'9¼ to become the number two American of all time. Three others were over the 50 foot marker.

FINAL, 1—Maren Seidler (San Jose Stars) 62'7¾, 2—Ann Turbyne (Gilly's Gym) 55'9¼, 3—Kathy Devine (Texas AC) 53'11½, 4—Mary Jacobson (OreTC) 51'8½, 5)Emily Dole (Club Int) 50'1¼, 6—Sandra Burke (Northeastern TC) 49'7¼, 7—Melody Rose (Premier TC) 49'0½, 8—Marcia Mecklenberg (Sportswest) 47'8½, 9—Ella Abercrombie (Texas TC) 47'0¼, 10—Jan Hallier (IllSt) 45'4¼, 11—Heidi Kauti (Un) 44'10½, 12—Susie Ray (LANTC) 43'10¼.

Discus Throw

Everyone threw better in the final than they did in qualifying — except the first two place winners. American record-holder Lorna Griffin set a meet record in the trials with a toss of 190'5, then fell way off to 183'9 in the final. Defending champ Lynn Winbigler threw 189'6 in the trials and an inch less when it counted and successfully defended her title. Winbigler put the pressure on with her best throw on her first attempt and Griffin spent the rest of the day trying to "catch" her.

FINAL, 1—Lynne Winbigler (OreTC) 189'5, 2—Lorna Griffin (Sportswest) 183'9 (set meet record of 190'5 in qualifying trials), 3—Ria Stalman (Un/Holland) 181'10, 4—Helene Connell (Shore AC) 172'4, 5—Julie Hansen (Sportswest) 171'7, 6—Jan Svendsen (Quest) 169'10, 7—Denise Wood (Un) 166'10, 8—Kathy Picknell (OreTC) 159'5, 9—Marcia Mecklenberg (Sportswest) 158'2, 10—Julie Carr (Sun Devil Sports) 152'3, 11—Pia Iacova (Falmouth-Perrier TC) 149'8, 12—Mary Stevenson (OreTC) 145'6, 13—Carol Van Pelt (Sportswest) 131'4.

Javelin Throw

Kate Schmidt caused a raised eyebrow or two when she fouled her first qualifying throw. Then set some hearts beating faster when she fouled her second qualifying throw. But things were back to normal on her final attempt as she wafted the wand 181'3 to lead the field. Actually, that throw would have won her seventh AAU title for her in the final, but she had three throws over the 200 foot mark in the final, winning it with 206'1. This was only her second competition of the outdoor season and she won by more than 26 feet.

FINAL, 1—Kate Schmidt (Un) 206'1, 2—Cathy Sulinski (Millbrae) 179'3, 3—Lynn Cannon (Millbrae) 173'4, 4—Jackie Nelson (Club Int) 165'6, 5—Lynn Dunton (KCBQ TC) 162'4, 6—Jeanne Eggart (Sportswest) 161'3, 7—Mary Osborne (Un) 159'0, 8—Donna Mayhew (Un) 156'9, 9—Barbara Whitfield (Un) 151'1, 10—Debbie Williams (Lake Erie Comets) 149'2, 11—Keri Tamarigg (Club Int) 147'5, 12—Donna O'Carroll (Shore AC) 142'1.

SCORING — 1—LA Naturite TC 62, 2—Tennessee State University TC 52, 3—Prairie View A&M 48, 4—Southern California Road Runners 38, 5—Maccabi TC 21, 6—LA Mercurettes 18, 7—Sports West 17, 8—Oral Roberts TC 16, 9—Oregon TC and Millbrae Lions TC 14, 15—AGAA, Wisconsin United, KCBQ and Island TC 12, 15—Liberty AC, NYPAL, North Carolina HS, Temple, San Jose Stars and Texas Women's University 10, 21—Philadelphia Clippers, Club International, Penn HS, California, Gilly's Gym 8, 26—DC International 6½, 27—Texas Southern, SC Cheetahs, Texas TC, Colorado State, Ohio State, Colorado Flyers, University of Chicago TC and Arizona State 6, 36—Atoms TC 5, 37—Falmouth-Perrier TC, Nevada HS, Shore AC, Ali TC, Athletes International, Santa Monica TC, West Suburban TC and Dayton TC 4, 45—Colorado Gold 2½, 46—Ft. Worth TC, Oklahoma State TC, BEBTC, Cal Western, Premier TC, MS AC and San Jose Cindergals 2, 53—Charlotte TC, University of Kansas, Gateway TC, KCNS, Arizona TC, Washington Stridettes, Philadelphia Hawks, UCLA, NETC and Quest Club 1.



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"Through the Shaft"

By Scott Irving

(Assistant Coach, U. of Oregon)



DON CHADEZ PHOTO

About the author — Assistant women's track and field coach, University of Oregon (throwers coach past three years — shot put, discus and javelin). B.A. Art, Willamette University; M.A. Art History, Northwestern University; completing work toward M.S. Physical Education, University of Oregon. Member University of Chicago Track Club, 1975 - present. Central AAU Champion Javelin, 1975-76.

A common site near many javelin runways is the vociferous coach yelling those sound words of advice, "Throw through the shaft, not against it." Redundant as the phrase, "throwing through the shaft," has become, its importance should not be taken lightly. Unfortunately, many coaches tend to overuse the phrase to the detriment and frustration of their throwers. The problem is primarily one of the terminology lending itself to generality. The statement is, ultimately, not specific enough.

To initiate a throw directly through the

shaft several criteria must be met. First, it must be understood that a higher velocity at release can be achieved with a lower release angle. Second, it should also be understood that a lower release angle is conducive to the newer more aerodynamically constructed javelins. Now, how does one accommodate for a decreased angle of release? A couple methods can be used. A typical suggestion is that of lowering the tip. However, in order to lower the tip of the javelin the hand must make certain adjustments. It seems, therefore, that the concern for a lower release angle should not start at the tip of the javelin but more appropriately at its center of gravity. More importantly, the position of the javelin at release will be dictated by the center of gravity of the total body, i.e., javelin and thrower.

Film analysis has suggested that the center of gravity of most top flight throwers is well back prior to the power position. In fact, the degree of lean

exceeds in some instances 110. The thrower's vertical axis has, therefore, rotated in these cases some 20 degrees. If the javelin-hand position remains the same during this preparatory phase the rotation of the vertical axis will likewise cause the javelin to rotate 20 degrees. Ultimately, therefore, the angle of release is a direct reflection of body lean. Given an ideal release angle of from 27-30 degrees, only a mere additional 7-10 degrees increase in angle is necessitated if sufficient lean has been achieved. This angular increase can be brought about effectively by two means.

First, the hand can rotate 7 degrees counter-clockwise, thus raising the tip to approximately chin level. The second method deviates from the first in that the tip may be raised to about eyebrow level, i.e., the hand rotates slightly more counter-clockwise. In this case the angle of release will more than likely go beyond the ideal. To compensate for an over zealous increase the throwing arm is



rotated in a clockwise fashion and the hand rotates back to its original position. Of the two methods the first seems the most justified given the following factors: 1) the thrower is more capable of maintaining the horizontal axis of the arms perpendicular to the vertical body axis; 2) owing to the vertical axis a greater range of motion may be achieved as well as enhancing the application of power through the chest.

The first method of a low angle of carry through crossovers can sometimes cause difficulties for the throwers. Some individuals may have difficulty adjusting from an accustomed high carry to a lower angle of carry and thereby pull the javelin throwing arm through too low. This condition is often complicated by a slightly turned out palm during carry which can cause low side arm throws and possibly irreparable damage to the elbow and shoulder joints. Therefore, a low angle of carry will help to insure a lower release angle and respectable flight only if the arm is consciously brought through relatively high with the palm facing up.

The tip must also be allowed to act in a natural inclination is to raise up slightly owing to the slight rotation of the throwing hand in preparation for the throw. If this natural motion does not occur and the javelin is forced to remain at a low release angle, the thrower risks pushing up on the tail end of the javelin. This will inadvertently force the tip down too soon, acting in a manner opposite to that of pulling against the javelin's shaft. Moreover, as the body center of gravity moves forward into the power position the angle of lean diminishes and so too the angle of javelin carry, thereby necessitating a slight increase in javelin angle via hand rotation.

The angles from which various body positions derive their power are of the utmost importance. The consistency with which the thrower is capable of achieving these angles is even more critical. The diagram shows the approximate angles of a thrower's body upon foot strike following the final crossover. The two dotted lines demonstrate the difference between a high and low javelin carry. It is at this point in the throw that the athlete has attained a 110+ degree body lean.

Undoubtedly, the single most common problem in javelin throwing is pulling against the shaft. Most coaches do not normally delve into the problem enough to rectify it. Instead, for many disgruntled throwers the coaches, in fact, only tend to compound the problem. The violent oscillation of the spear is typically a sign that an ideal angle of attack has not been reached.



Some oscillation and negative bend in the spear is inevitable even in world record performances. This can be explained in part by the increase in acceleration of the run-up which will likewise enhance the deceleration of the planting leg. These forces combine in a tremendous fashion to magnify the speed of release. Throwers who are in the early stages of increasing the speed of the run-up and leg activity through the cross-overs will at times experience a lack of control over the new-found arm and hand speed, not unlike the more precise problems encountered by world class throwers where the hand is pulled through too low. It is best, therefore, to sacrifice in these instances some speed for control.

The enlightened coach should also underscore the importance of the javelin's flight. The soaring majesty of

the flight will many times inform the thrower and coach as to what successful arm pattern precipitated it. Even those flights not so majestic will lend themselves to some constructive criticism. In this case, a more specific vociferous plea might be, "Turn the palm up and rotate the hand slightly". It may not be quite so expedient as the reverberating cry, "Throw through the shaft," but it is also (at this writing) not quite so redundant.

THE WORLD BEST JAVELIN MARKS YEAR BY YEAR

Listed below are the best marks in the world for the javelin from 1958 through 1978. Also shown in parentheses are the number of throwers over the 60m mark (196'10) for each year:

1958	188'7	Birute Zalogaitite (USSR)	(0)
1959	182'11	Elvira Ozolina (USSR)	(0)
1960	195' 4	Ozolina	(0)
1961	191'10	Ozolina	(0)
1962	191' 4	Ozolina	(0)
1963	196' 1	Ozolina	(0)
1964	204' 9	Yelena Gorchakova (USSR)	(3)
1965	194' 3	Mihela Penes (Rum)	(0)
1966	195'10	Marion Luttge (DDR)	(0)
1967	199' 1	Penes	(2)
1968	198' 0	Angela Nemeth (Hun)	(1)
1969	198' 9	Nemeth	(2)
1970	202' 7	Petra Rivers (Aus)	(3)
1971	203' 9	Eva Gryziecka (Pol)	(5)
1972	213' 5	Ruth Fuchs (DDR)	(11)
1973	216'10	Fuchs	(11)
1974	220' 6	Fuchs	(12)
1975	218' 0	Fuchs	(15)
1976	226' 9	Fuchs	(15)
1977	227' 5	Kathy Schmidt (USA)	(14)
1978	226'11	Fuchs	(18)

American Record for Fredrick at Gotzis

By Lyle Sanderson

Competing in her first pentathlon since being reinstated by the AAU of the USA, Jane Fredrick put together a consistent series of performances to score 4708 points in the International Pentathlon at Gotzis, Austria. The score adds four points to Fredrick's own American record and is the sixth best score achieved since the 800 meters replaced the 200 meters in 1977. Fredrick remains fourth on the world all-time performer list.

The competition for the next places was intense as Diane Jones Konihowski's 4497 points in fifth place was only 46 points behind Katharine Smiranova's 4543 points in second. East Germany's Ramona Neubert (4536) and Christine

Nietzsche (4504) occupied third and fourth.

Fredrick started with a 13.59 for third after the 100m Hurdles as Smiranova and Sabine Mobius (DDR) recorded 13.53. The hurdles were Jones Konihowski's downfall as she recorded only 14.26 for eighth.

Fredrick put the shot 15.25/50'0½ to take the lead for good. Jones Konihowski moved to third with 15.15/49'8½ as Smiranova's 13.93/45'8½ put kept her in second.

Fredrick hit the bar hard at 1.83/6'0 in the high jump but it stayed up. The official waited almost half a minute before raising the white flag to indicate a fair

jump. This performance equals her best.

Both Smiranova and Jones Konihowski cleared 1.80/5'11 as did Neubert. Neubert dropped from fourth to fifth in the standings however as Christine Nietzsche cleared 1.89/6'2½.

Swirling winds hampered the long jump although Fredrick was consistent with 6.35/20'10 and 6.33/20'9¼ jumps, and Nietzsche moved to third with a personal best 6.23/20'5¼ leap. Smiranova (6.20/20'4) was the only other jumper to reach more than 6.06m. Konihowski dropped to fourth with 5.94m as Neubert moved closer with 6.05/19'10.

In the 800 meters Smiranova took the early lead with Neubert, Jones Konihowski, Nietzsche and Fredrick close behind. Smiranova led past the bell in 65 seconds with Neubert on her shoulder and Jones Konihowski three meters back.

With 300 meters to go, Neubert shot into the lead with Jones Konihowski in hot pursuit. The Canadian began to tie up with 200m to go as Neubert pulled away. Fredrick went into second with 130m to go and fought to a personal best 2:16.2 and the record. Smiranova ran 2:19.1 to protect second, but only by seven points as Neubert's great kick took her to 2:10.8 and third place in the standings. Jones Konihowski finished well for 2:16.4 but Nietzsche ran 2:17.1 to just hold fourth by seven points.

Fredrick's run in the windy conditions was a very courageous effort. She could have run much more comfortably and still have won with a world class score.

Jill Ross, Canada's other representative, performed consistently to record 4063 points. This is her second best score ever and included a personal best 10.56m in Shot. Her (14.47, 10.56m, 1.65m, 5.82m, 2:13.5) were good results in her first meet against top European competition.



DODIE BUMP PHOTO

RESULTS. 1—Fredrick, Jane (USA) 4708 Punkte, 2—Smiranova, Jekatarina (USSR) 4543, 3—Neubert, Ramona (DDR) 4536, 4—Nitzsche, Kristine (DDR) 4504, 5—Konihowski, Diane (CAN) 4497, 6—Kunstner, Iris (BRD) 4246, 7—Mobius, Sabine (DDR) 4243, 8—Krolkiewicz, Monika (BRD) 4174, 9—Steinbruck, Petra (DDR) 4165, 10—Lorenci, Breda (JUG) 4130, 11—Ross, Jill (CAN) 4063, 12—Koblasova, Marcela (CSSR) 4045, 13—Csuri, Zsuzsa (UNG) 4029, 14—Tannander, Kristine (SWE) 3997, 15—Czene Zsuzsa (UNG) 3870, 16—Svernlng, Asa (SWE) 3836, 17—Schneider, Corinne (CH) 3787, 18—Zerlauth, Anita (O) 3775, 19—Pargfrieder, Helga (O) 3753, 20—Spalovska, Alena (CSSR) 3513, 21—Lorentzon, Susanne (SWE) 2315 aufg.n.4 Bew., 22—Fredebald, Astrid (BRD) 2404 aufg.n.3 Bew., 23—Fredriksen, Hilde (NOR) 2292 aufg.n.3 Bew.

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The Importance of Breakfast

By Vince Reel

Breakfast must be our best meal. This means a high protein meal. Recently research work at Harvard, University of Chicago and elsewhere has shown that upon eating the so-called "average American breakfast", which is a high sugar, carbohydrate breakfast (consisting of egg, bacon, cereal, toast, orange juice and coffee), the blood sugar goes up within 15 minutes from a low fasting blood sugar of about 70 or 80 milligrams percent to around 140 or 150 (the normal being between 80 and 120). It is our normal or higher than normal blood sugar that helps give us our energy and ambition and helps to take away our sense of hunger and irritability.

Of course, many other nutritional elements are absolutely necessary for the proper production of energy and to properly burn up and utilize the blood sugar. Insulin is one of these chemicals. It is secreted by the pancreas. When a high sugar, carbohydrate breakfast causes a sudden flooding of our blood stream with blood sugar, an emergency call is sent to our pancreas for huge amounts of insulin to be secreted rapidly. The non-diabetic pancreas is able to supply the indispensable insulin so as to help properly utilize the extra blood sugar. In fact, it actually supplies too much insulin and, as the research has shown, within one hour after this high sugar, carbohydrate, *low* protein breakfast, our blood sugar is

actually *lower* than before this breakfast was eaten. Hunger pains set in at low blood sugar count of about 70.

This low blood sugar persists until lunch when usually another high starch, carbohydrate meal is eaten. The same sudden excessive amount of insulin is secreted and this time in less than an hour our blood sugar is again lower than before the meal. Thus we run along all day at a low rate of efficiency. We are tired and grouchy. We think we need "coffee breaks", a coke "that refreshes", "a cigarette", a "high ball". All of these things merely serve to whip a tired horse, and actually make the condition worse, except very momentarily.

Hence, along toward the latter part of the day we are apt to fight with our boss, unduly criticize our subordinates and hurt the feelings of our friends whose blood sugar is likewise low. We get into our car to drive home — everybody drives like a "jerk". When we get home we don't want to face our wives or our children until we've had a "couple of highballs" or eaten our dinner. By dinner time we are famished. We eat fast and engorge ourselves. After dinner, and especially if a high protein dinner, we are at peace with the world. We sit down to visit with our family or watch television and fall asleep. We are exhausted after such a fatiguing, low blood sugar day. We

drag ourselves off to bed and are inefficient all night while we are asleep.

After a huge high protein supper, our blood sugar remains high all night and, as we don't exercise, it is likely too high for hunger in the morning for breakfast. We aren't hungry. We "can't face breakfast". We take a light carbohydrate breakfast and are on our way around once again.

Now comes the crux of the discussion. If we eat protein abundantly with our meals, especially at breakfast, insulin is required to be secreted gradually and in a sense dribbles into the blood stream slowly and properly utilizes the blood sugar so slowly that a normal of high normal blood sugar is maintained for hours. The key to the whole problem is a good high protein breakfast. So we should eat breakfast like a King, lunch like a Prince and dinner like a Pauper.

The research mentioned showed that one must eat from 40 to 50 grams of protein for breakfast in order to maintain a sufficiently high prolonged blood sugar, thus preventing fatigue and promoting efficiency throughout the day. Very few persons get this amount of protein. For example, one egg gives 6 grams of protein, two strips of bacon 5 grams, and coffee, toast and orange juice practically none. **HOW DEFICIENT IN PROTEIN ARE YOU?** What's the answer? Following is a formula for a highly rated Protein Cocktail which you can mix and drink in your

WHY CROSS COUNTRY?

by Jess Arriaga

from California Track News

Teenage violence is on the increase among American boys and girls. Alcohol and drug abuse is on the rise. Many teenagers have lost the feeling of belonging to society and have instead joined one of the increasing number of gangs. A large segment of our teenage population seems in need of a direction in their lives — something to which they can devote their time and effort. Educators, administrators, law enforcement people, and the media have spent a considerable amount of time examining these problems of today's youth. Much money has been spent at the local, state, and federal level on new and innovative approaches aimed at meeting this growing challenge.

At this seemingly crucial time in the fight against juvenile delinquency the school districts in this state are considering cutting back or even eliminating one of the major deterrents to such anti-social behavior — organized interscholastic athletics. One of the sports that seems to be at or near the top of the list of

those that are expendable (third in the CIF Section Questionnaire) is cross country. This is because cross country has never been one of the "glamour sports". It does not raise large amounts of revenue like some sports do. It does not dominate sports page headlines. It is not even a professional sport. So why shouldn't cross country be eliminated?

Cross country should not be cut out or even cut back because more than any other sport it has the potential to help fight juvenile delinquency. The reason that the word "potential" is used is because traditionally cross country has been treated like a second class sport. Little effort has been made to get experienced coaches in most schools. School papers, rallies, and other activities have not given cross country the same notice as other sports. Often physical education teachers and coaches have considered cross country for "pansies" who were "chicken" to go out for football. Consequently, this lack of status associated with cross country has discouraged many good athletes from participating. Cross country really hasn't been given a chance in many schools.

If cross country were given an equal chance in all schools it could and would directly effect the incidence of juvenile delinquency in many ways. First of all, cross country teaches moral standards as high as any sport. The successful runner is a dedicated athlete. He or she finds that they must train hard and consistently. They often must train all year around to realize their full potential. Drinking and smoking are out for the serious cross country runner, as are any other drugs, because they negatively affect running performance. Good diet and sleep habits are important also.

The long distance runner learns to take pride in his or her body and finds that good health habits along with a rigorous training schedule are rewarded by good running performances. The runner develops a good feeling when running, commonly known as "runner's high". Cross country helps to build disciplined young men and women who have self-esteem. They learn to appreciate hard work and its rewards along with the natural high of running as opposed to the unnatural highs of alcohol and other drugs.

In addition to all of these fantastic things that cross country can do for the mind and the body of the runner, there is another great thing about cross country — almost anyone can do it. Cross country does not favor the naturally-gifted athlete as much as other sports. The less gifted athlete can overcome his or her

lack of natural ability through regular training. The history of cross country is full of stories of less talented athletes becoming world class performers. As Dr. George Sheehan would say, "Through running everyone can become an athlete". If cross country is eliminated, many potential athletes at the high school level will have to turn to other things besides athletics.

Realistically speaking, no sport should be cut or cut back until qualified coaches have been given the chance to initiate interest. The financial difference in running athletic programs at the high school level as compared to the cost of juvenile delinquency is far greater, not to include moral aspects taught in athletics.

Now, more than ever, is the time to encourage cross country. Long distance running is by far the fastest growing sport in this country. It is finally gaining the status that it deserves. The physical benefits of running along with the excitement of running competition are becoming increasingly well known to the American public. More than any other high school sport it is one that can be continued throughout life to the great benefit of the individual without any special equipment or facilities. Cross country running is finally coming of age in this country.

When one examines all of these benefits offered by cross country, at the high school level, the costs of such a program seem miniscule indeed. Cross country has traditionally thrived on budgets that would not even be considered by other sports. This is a sport that requires no special training or meet area. No practice gear is usually provided by the school. Insurance is among the lowest for high school sports. All that is really needed, and all that has usually been provided, is a coach, a few uniforms, insurance, and transportation to meets. Cross country has been and will continue to be an inexpensive sport.

The school district that decides that cross country is well worth the small price tag, should promote it the same way that it does other major sports. Where qualified coaches aren't present, the ability to coach cross country should be used as a criterion when hiring teachers. There are many well qualified teachers who were cross country runners in college.

Often it has been asked, "Can we afford to continue sports like cross country?" With the needs of today's youth, and the potential that cross country has for meeting these needs, we must ask ourselves, "Can we really afford to eliminate sports like cross country?"

BREAKFAST (continued)

room — try it.

PROTEIN COCKTAIL

Needed:

Mixer (hand or motor)
Bowl or large pitcher
Drinking glass

Ingredients:

1 glass of milk
1 or 2 eggs
1 tbsp powdered skim milk
1 tbsp wheat germ
1 tbsp Lecithin granules
1 teasp processed Safflower Oil
or Corn Oil
1 envelope Instant Breakfast
1 tbsp Tiger's Milk

Flavor:

This MUST taste good. Flavor it according to your taste. You can replace the instant breakfast with chocolate syrup, Hemo, black strap molasses, malt, yogurt, peanut butter, vanilla, nutmeg, cinnamon, add salt, instant coffee, frozen fruit juices, baby foods, apricot nectar, etc., etc., etc. Anything you want to make it taste good to you.

Mixing:

Just toss everything into the mixer and turn it on.

If any of the ingredients listed above as necessary are distasteful at first, use only a small amount and then gradually increase.

UCLA-Pepsi Invitational

By Vince Reel

Los Angeles, California, May 6 — The Second Annual Pepsi-UCLA Invitational featured thrills, spills and chills and turned out to be the best meet of the year to date as Impressario Al Franken and his hirelings gathered together athletes from all of the USA and spiced the meet with the first American appearance of Cuban performers since the cold war.

Lorna Griffin's toss of 190'6" for a new American discus record had to be classed as the top performance, but it rated only a smattering of applause from the crowd which was inundated with sparkling performances on the track. Unfortunately, the meet officials had secured the services of Walter Smith to serve as starter for this important competition. Smith, known as the "fastest gun in the West", had the competitors on edge all day as he fired his gun practically simultaneously with his "set" command and still allowed rolling starts in the sprints and hurdles. Why the meet management paid a recall starter is one of 1979's major mysteries for he stood by the sidelines and enjoyed the meet.

Smith's boo-boos began with the very first race, the 100m hurdles when Cuba's Grisel Machado, after being charged with one false start, got away with another and led the field for the first three barriers where Deby La Plante caught her and then pulled away for an relatively easy win in 13.15 followed by surprising Jodi Anderson with a lifetime best at 13.62 and Machado in 13.73. Disappointments in the race included Jane Frederick who could turn no better than a 14.17 — but that beat Arizona State's Brenda Calhoun who finished 7th in 14.18.

The long jump produced one of the upsets of the competition as Florida's Lorraine Ray, never known for her consistency, whipped Anderson, the American record-holder, by a half inch with a leap of 20'10½". Cuba's Elione Echevaria disappointed, just getting over the 20 foot mark after jumping over 21'6" earlier this year.

Evelyn Ashford was the favorite in the 100 meters, in spite of not having too many short sprints under her belt this year. Gail Douglas, USC, and Val Boyer, Arizona State, had been recording the fastest times this season, and had their supporters too, but by the halfway mark, Ashford had the lead and won by a good two yards over Boyer, who just pipped Douglas at the post. Hand-timers gave Ashford 11.2, which seems about right, but also credited both Boyer and Douglas

with 11.3's which seems about wrong as they were much farther back, just edging National Junior champ Dedi Carney of the LA Mercurettes who was given 11.5, which seems about right.

Thirty minutes later, Ashford was back on the track to run one of her few 400's, this time facing Cuba's Athlete of the Year, 36 year old Aurelia Penton, whose 50.56 was the fourth best in the world for 1978. Also in the field were high school sensations Sherri Howard of California's San Gorgonio, and Kansas City's triple gold medal winner at the Junior Olympics a couple of seasons ago, Jennie Gorham. Ashford used her speed to perfection and passed the 200 mark in 24.3, well ahead of Penton who could muster only 25.4. Penton made her move over the third 100 and closed to within a couple of yards of Ashford, but down the home straight Ashford held on and won in 52.21, some three yards ahead of Penton's 52.54. High schooler Howard, who states she will not run high school track next season due to being required to run six to twelve races per week, was a good third in 53.39, but Gorham was unimpressive as she finished sixth.

Best competitive race of the afternoon was the 800 which brought together 11 runners within a four second range including 1978's National AAU Champion Ruth Caldwell, Florida's Robin Campbell, high schoolers Joetta Clark from New Jersey and Deanna Coleman from Washington, Michigan State's Sue Latter, New Mexico's Susan Vigil, the Atoms' Karel Jones and locals Cynthia Warner of UCLA, Donna Fromme of Redlands, Teresa Jenkins from Cal State Long Beach and Northridge's Marcia Romesser. Campbell, as is her wont, took the lead, passing the 200 mark in 27.6 but closely followed by the pack, all of whom clocked under 28 seconds. At the 400, Campbell still led in 59.2 with Fromme, Jones and Coleman all in 59.3 close behind and the pack just a few meters back. As they rounded the third turn, Latter was forced off the track, ran a few steps on the grass, then stepped back onto the tartan and from that point on, no one is sure exactly what happened as bodies fell, oaths muttered and general mayhem resulted. Leader Campbell, along with Clark, Vigil and Coleman were not affected, but everyone else in the race was with Latter and Warner going down, Jenkins stopping, Caldwell veering and Fromme being hit by Warner's falling body and knocked into lane eight. After things straightened out, Campbell led at the 600 in a speedy 1:29.9 with Clark only a step behind and Coleman, Vigil and Fromme still in

striking distance. The fast pace took its toll of everyone down the home straight as Campbell ran slower and slower and was passed in the last few yards by high schooler Clark who won it in 2:03.54, the fifth best ever by a prepster. Campbell was next followed by Vigil, Coleman, Fromme, Caldwell and Romesser. Warner made a game effort after her spill and finished the race. Marks for the first four places were also the 1-2-3-4 best marks in the US this year and Fromme's 2:07.69 is the eighth best nationwide for 1979.

Yolanda Rich, the versatile runner from Cal State LA, continued her fine running for 1979 by winning the 200 in 23.20. The speedy Rich took command about halfway through the race and was challenged only by high schooler Gwen Loud over the final 30 meters, Loud clocking 23.27 and forcing collegian Val Boyer back to third.

Larriou's mile was covered with such easy high class running that it seemed effortless. With no competition after the first three strides, Larriou ran splits of 32-34-33-34-33-35-33 and 35 for her 4:29.3 triumph, just short of her American record of 4:28.2. There were plenty of good runners in the field, but against a great one, they looked mediocre.

The closing event on the program, the 4x100M relay, brought together several of the nation's top ranked teams including UCLA, Cal State LA, Arizona State, USC, UTEP and the LA Mercurettes, but when it was all over, the surprise winner was Cal State in an excellent 45.03 with two other teams under 46 seconds and the Mercurettes only a hundredth over that magic mark.

It was a great, entertaining meet marred only by the horribleness of the starting. Smith not only had trouble with the women's races, but allowed Cuba's Casanas to get away with a rolling start in the men's highs in which Nehemiah set a world record, allowed Cuba's Silvio Leonard a roll in the men's 100 and in general fouled up the short races. The Cubans didn't help much as they apparently were not aware three commands are given in the sprints and hurdles — they ignored the second command of "set". As soon as we saw who the starter was, we predicted Houston McTear would win the men's 100, for Smith's type of starting is right down Houston's alley — and we were right. I clocked Smith in the short races and the LONGEST he held the runners was 00.4 seconds, this from the time he sounded the "s" in "set". We do not understand the thinking of these fast-type starters. They certainly are not helping the

Results, Results and More Results

Arizona State Tops

Tempe, Arizona, March 24 — Powerful Arizona State whipped UTEP and Colorado in a fine triangular affair here today. Val Boyer won both sprints to continue her fine improvement in 1979, but it was the discus that provided the top performances of the day with a throw of 135'7" good for only 6th place.

PEPSI (continued)

American runners to become accustomed to international competition, and are, in fact, hurting the entire program by firing fast, allowing rolls and giving Americans faster times than they really are capable of running when started by a competent starter. Isn't there a school for starters?

RESULTS: **100mH**, 1—Debby LaPlante (San Diego TC) 13.15, 2—Jodi Anderson (LANTC) 13.62, 3—Grisel Machado (Cuba) 13.73, 4—Lisa Gourdin (UCLA) 14.11, 5—Michelle Hawthorne (UC Berkeley) 14.12, 6—Jane Frederick (PCC) 14.17, 7—Brenda Calhoun (ASU) 14.18, 8—Maureen McGee (CS Long Beach) 14.34, 9—Kay Barnett (Kennedy HS, Seattle, WA) 14.82; **SP**, 1—Maren Seidler (SJ State Stars) 57'6", 2—Kathy Devine (Texas) 54'4", 3—Jane Frederick (PCC) 49'10", 4—Emily Dole (CSLB) 49'6", 5—Marcia Mecklenburg (Sports West) 48'4"; **JT**, 1—Cathy Sulinski (Millbrae Lions) 183'9", 2—Lynn Cannon (ML) 172'0", 3—Jackie Nelson (Club International) 166'4", 4—Keri Camarigg (CI) 150'1", 5—Celeste Wilkinson (ASU) 143'9", **400**, 1—Evelyn Ashford (Maccabi T) 52.21, 2—Aurelia Penton (Cuba) 52.54, 3—Sherri Howard (San Geronio HS, CA) 53.39, 4—Marian Franklin (ML) 53.54, 5—Keila Bolton (UC Berkeley) 54.00, 6—Jennie Gorham (Kansas City HS, KS) 54.35, 7—Sharon Acker (ASU) 54.96; **100 (+2.4)**, 1—Evelyn Ashford (MTC) 11.2 ht, 2—Val Boyer (ASU) 11.3, 3—Gail Douglas (USC) 11.3, 4—Dedi Carney (LAM) 11.5, 5—Pat Dunlap (Camden HS, NJ) 11.6, 6—Dolly Fleetwood (CSLA) 11.6, 7—Val Brisco (LANTC) 11.7, 8—Michelle Glover (Camden HS, NJ) 11.7; **800**, 1—Joetta Clark (Atoms TC) 2:03.54, 2—Robin Campbell (U.FL) 2:04.36, 3—Susan Vigil (UNM) 2:04.60, 4—Deanna Coleman (Issaquah HS, WA) 2:05.31, 5—Donna Fromme (Redlands) 2:07.69, 6—Ruth Caldwell (Citrus) nt, 7—Marcia Romesser (Fresno TC) nt; **200 (+2.13)**, 1—Yolanda Rich (CSLA) 23.20, 2—Gwen Loud (Westchester HS, CA) 23.27, 3—Val Boyer (ASU) 23.58, 4—Sherri Howard (San Geronio HS, CA) 23.67, 5—Val Brisco (LANTC) 23.83, 6—Elaine Parker (UCB) 23.89, 7—Pat Dunlap (Camden HS, NJ) 24.02, 8—Freida Cobbs (ASU) 24.17; **DT**, 1—Lorna Griffin (Seattle Pacific) 190'6" (American record, old mark 188'4" by Griffin 1979), 2—Helene Connell (Un) 178'10", 3—Laurie Deniz (Gridley HS, CA) 175'10"; **4x100 Relay**, 1—Cal State Los Angeles 45.04, 2—Arizona State 45.33, 3—USC 45.78, 4—LA Mercurettes 46.01; **1 Mile**, 1—Francie Larrieu (PCC) 4:29.3, 2—Cindy Bremser (Wisconsin TC) 4:37.4, 3—Maggie Keyes (Cal Poly/SLO) 4:37.9, 4—Cheri Williams (Oregon) 4:41.4, 5—Cyndy Poor (AIA) 4:44.3, 6—Linda Goen (Bakersfield HS, CA) 4:46.4, 7—Alice Trumbly (Cal) 4:47.2, 8—Michelle Bush (Rolling Hills HS, CA) 4:50.1, 9—Darlene Beckford (HS, MA) 4:50.2; **HJ**, 1—Pam Spencer (LATC) 6'0", 2—Paula Girven (Md) 6'0", 3—Patsy Walker (UCLA) 5'11", 4—Chris Remmling (UCLA) 5'9", 5—(Tie) Burrill (Neb) and Garrison (Wash) 5'9", 7—(Tie) McNeal (Carlsbad HS, CA) and Alston (Chico HS, CA) 5'9"; **LJ**, 1—Lorraine Ray (Fl) 20'10", 2—Jodi Anderson (LATC) 20'10", 3—Gwen Loud (Westchester HS, CA) 20'9", 4—Echevarria (Cuba) 20'1", 5—Sheron Walker (Club International) 20'0", 6—Lisa Gourdin (UCLA) 19'7", 7—Martha Watson (CI) 19'0".

RESULTS: **JT**, Celeste Wilkinson (AS) 160'8", **LJ**, 1—Cathy Greaves (AS) 19'6", 2—Debra Carson (AS) 19'6", 3—Esther Ottiano (UTEP) 19'2", **SP**, 1—Jennifer Smit (UTEP) 49'11", 2—Ria Stalman (AS) 46'7", 3—Betty Bogers (UTEP) 44'5", **DT**, 1—Ria Stalman (AS) 165'7", 2—Gale Zaphiropoulos (Col) 152'10", 3—Betty Bogers (UTEP) 152'8", 4—Julie Cart (AS) 151'0", 5—Jennifer Smit (UTEP) 140'11"; **HJ**, Annette Tannander (Col) 5'9", **3000**, Kim Hall (Col) 10:31.1; **100mR**, 1—Arizona State (Crawford - Boyer - Cobbs - Calhoun) 45.24, 2—UTEP 46.31; **1500**, 1—Debbie Mitchell (UTEP) 4:23.0, 2—Kathy Mintie (AS) 4:37.8, . . . 4—Dana Slatter (Col) 4:44.0; **100H**, Brenda Calhoun (AS) 14.08; **400**, 1—Jeanne Brown (UTEP) 55.02, 2—Lee Ballenger (Col) 55.18, 3—Denise Waddy (ASU) 57.44; **100**, 1—Val Boyer (AS) 11.55, 2—Brenda Calhoun (AS) 11.89; **800**, 1—Debbie Mitchell (UTEP) 2:11.7, 2—Rochelle Collins (UTEP) 2:12.7, . . . 5—Dana Slatter (Col) 2:21.0; **100H**, Brenda Chambers (Col) 62.44; **200**, 1—Val Boyer (AS) 23.54, 2—Freida Cobbs (AS) 24.08; **4x100R**, 1—UTEP (Ottiano - Rivers - Collins - Brown) 3:47.1, 2—AS 3:51.6; **Scores**, 1—Arizona State 69%, 2—UTEP 44, 3—Colorado 34%.

Colorado State Whips New Mexico

March 24 — Colorado State scored a win over the University of New Mexico and Weber State in a triangular affair. Final scores were Colorado State 83½, New Mexico 70½ and Weber State 16. The meet produced three double winners in Susan Vigil (NM), Regina Dramiga (NM) and Amy Lafoon (CS).

RESULTS: **3000/5000**, Amy Lafoon (CS) 10:31.3/-18:23.5; **800/1500**, Susan Vigil (NM) 2:20.2/4:45.4; **SP**, Kelly Curran (CS) 427'7"; **100/100H**, Regina Dramiga (NM) 56.8/63.7; **LJ**, Mary Harrington (CS) 18'11"; **DT**, 1—Francine Kaylor (CS) 148'2", 2—Laurine Smith (CS) 143'0"; **1 MileR**, New Mexico 3:55.8.

Cal Downs Washington

Berkeley, California, March 25 — Washington's Maggie Garrison hopped over six feet to win the high jump, but her effort was to no avail as the University of California downed the University of Washington 77-44 in a dual meet here today. Cal's distance strength was just too much for the Bonney-coached northeners and the Bears won all other running events.

RESULTS: **LJ**, Annette Hammonds (W) 18'5"; **DT/SP**, Caryl Van Pelt (W) 153'4/47'7"; **HJ**, Maggie Garrison (W) 6'0"; **1500**, 1—Alice Trumbly (C) 4:29.6, 2—Suzanne Richter (C) 4:29.9, 3—Susie Meek (C) 4:32.9; **400**, 1—Kelia Bolton (C) 54.9, 2—Elaine Parker (C) 56.5; **800**, 1—Alice Trumbly (C) 2:10.3, 2—Lori Saia (C) 2:11.8; **100H**, Michelle Hawthorne (C) 61.0; **200**, Elaine Parker (C) 24.3; **JT**, 1—Cindy Banks (C) 144'5", 2—Pat Brown (W) 140'0"; **3000**, 1—Jan Oehm (C) 9:39.6, 2—Kathy Adams (W) 9:43.6, 3—Lynne Hejette (C) 9:50.4; **4x100**, Cal (Saia - Banks - Trumbly - Bolton) 3:55.2.

BYU Open Invitational

Provo, Utah, March 31 — Themis Zambrzycki scored 4154 to win the pentathlon and teammate/countrywoman Maria

Betioli scaled 5'10 to win the high jump as Wendy Knusden, competing unattached, had a busy afternoon on the track winning the 400 and 1500 and getting second in the 800 at the BYU Open Invitational today.

RESULTS: **HJ**, Maria Betioli (BYU) 5'10; **JT**, Shar Weight (Utah) 136'7"; **SP**, Vivian Estes (BYU) 42'4"; **DT**, Heather Kuusela (BYU) 145'0"; **100H**, Linda Bourn (BYU) 14.21; **1500**, Wendy Knusden (Un) 4:42.09; **400**, 1—Wendy Knusden (Un) 56.78, 2—Thais Zambrzycki (BYU) 57.16; **100y**, 1—Cheryl Osborne (UtahSt) 10.6, 2—Linda Bourn (BYU) 10.7; **800**, 1—Laurie Armitage (BYU) 2:25.68, 2—Wendy Knusden (Un) 2:28.36; **200**, Cheryl Osborne (US) 24.68; **Pentathlon**, Themis Zambrzycki (BYU) 4154 (14.52 - 46'7 - 5'10 - 19'5" - 2:35.1).

Lady Seminole Invitational

Tallahassee, Florida, March 30/31 — Auburn's Portuguese import, Nora Araujo, scored a good 3863 to win the pentathlon at the Lady Seminole Invitational. Araujo had marks of 15.1/37'1¼/5'5/-18'5¼/2:23.7 to earn her score.

RESULTS: **DT**, Gina Platt (Auburn) 137'6"; **JT**, Nancy Townsend (Florida State) 144'4"; **LJ**, Eunice Golden (FS) 18'1"; **SP**, Eleanor Majors (FS) 44'8", 2—Gina Platt (Aub) 43'6"; **100H**, Tonja Brown (FS) 14.6; **110yR**, Auburn 47.6; **1500**, 1—Bev Cox (Canada) 4:32.8, 2—Nancy Buguey (Falmouth-Perrier TC) 4:36.2; **400**, 1—Bev Kearney (Aub) 55.8, 2—Marilyn Morris (FAMU) 57.4; **100/200**, Regina McBride (Aub) 12.0/24.3; **800**, Debbie Kemp (FS) 2:13.4; **100H**, Jeanette Bradley (HCC) 63.6; **3000**, Kathy Moore (FS) 10:01.6; **10000**, Lisa Kinch (FS) 38:24.9; **2MR**, Florida State 9:12.8, 2—Auburn 9:31.8; **MR**, 1—Auburn 3:48.6, 2—Auburn 3:52.8; **Pentathlon**, Nora Araujo (Aub) 3863.

Husker Invitational

Lincoln, Nebraska, March 31 — Kearney State's 1:44.91 for the 880y medley relay was the best performance at the Husker Invitational.

RESULTS: **100H**, Lowery (Kansas) 61.51; **LJ**, 1—Burrill (Nebraska) 19'1", 2—Corwin (Kansas) 18'7"; **800**, Ferguson (Wyoming) 2:15.14; **DT**, 1—Kobza (Neb) 143'0", 2—Stenwall (Kearney) 141'10", 3—Koontz (Neb) 139'9"; 4—Wood (Neb) 138'9"; **3000**, 1—Grathje (Mankato State) 10:06.9, 2—McCreery (Northern Colorado) 10:09.5; **1 MileR**, 1—Kearney State 3:47.29, 2—Kansas 3:53.10, 3—Nebraska/Omaha 3:56.40, 4—Nebraska/Lincoln 3:57.33; **880yMed**, 1—Kearney State 1:44.91, 2—Missouri 1:47.20; **1500**, Brown (Kansas) 4:39.0; **100H**, Lowrey (Kan) 14.32; **100**, Cargon (Kan) 11.67.

Oregon State Swamps Washington

April 7 — Kathy Weston won the 400 (55.76) and 800 (2:09.84) to lead her Oregon State team to an easy victory over Washington State.

RESULTS: **JT**, 1—Jeanne Eggert (WS) 159'6", 2—Tonja Reigle (OS) 158'8", 3—Kitsy Hall (OS) 153'1"; **LJ**, Cheryl Byers (WS) 18'3"; **3000**, 1—Brenda Cardin (OS) 10:16.7, 2—Susan Arfman (OS) 10:18.9; **100R**, Oregon State 48.66; **1500**, Kathy Costello (OS) 4:41.0; **1600R**, Oregon State 3:52.41.

Results, Results and More Results

Tannander Leads Colorado

Fort Collins, Colorado, April 7 — Annette Tannander led her University of Colorado team to a close victory over Colorado State University, 74-67 as she won the high jump at 5'8, was second in the javelin (131'8), second in the 100 hurdles (15.15), and ran legs on the winning 440 and medley relay teams. Lee Ballenger scored wins in the 400 and 200 to help the University's cause.

RESULTS: **JT**, 1—Francine Kaylor (CS) 139'7, 2—Annette Tannander (CU) 131'8; **3000**, Dana Slatter (CU) 10:37.0; **LJ**, Mary Harrington (CS) 18'11½; **400/200**, Lee Ballenger (CU) 55.57/26.19; **SP**, 1—Kelly Curran (CS) 45'8¾, 2—Gale Zaphiropoulos (CU) 42'9; **400R**, Colorado University 48.4; **DT**, 1—Brenda Denny (CU) 151'4, 2—Francine Kaylor (CS) 151'2, 3—Gale Zaphiropoulos (CU) 144'6; **HJ**, Annette Tannander (CU) 5'8; **800Med**, Colorado University 1:47.70; **MIleR**, Colorado State 3:55.6; **Scores**, University of Colorado 74, Colorado State University 67.

Zambrzycki the Star

Logan, Utah, April 7 — Brigham Young's Themis Zambrzycki didn't enter the pentathlon at the Utah State Invitational, but nevertheless competed in five events, winning the hurdles (13.9), placing second in the high jump (5'9), winning the long jump (19'4¼), winning the shot (46'1½), and speeding a leg on the winning 440y relay team (47.4). Utah State's Karen Page won the pentathlon with 3928 points as BYU dominated the competition.

RESULTS: **100**, 1—Cheryl Osborne (US) 11.9, 2—Thais Zambrzycki (BYU) 11.9; **200**, 1—Cheryl Osborne (US) 24.3, 2—Thais Zambrzycki (BYU) 24.8 . . . 4—Maria Betioli (BYU) 25.3; **100**, Sharon Canda (Montana State) 55.6; **100H**, 1—Themis Zambrzycki (BYU) 13.9, 2—Linda Bourn (BYU) 14.0; **400H**, Leslie Winslow (MS) 63.7; **HJ**, 1—Maria Betioli (BYU) 5'11, 2—Themis Zambrzycki (BYU) 5'9; **LJ/SP**, Themis Zambrzycki (BYU) 19'4¼/46'1½; **DT**, 1—Heather Kuusela (BYU) 153'2, 2—Pat Herrington (Idaho State) 147'2, 3—Debbie Holliday (MS) 143'8; **400yR**, BYU (Bourn - Zambrzycki - Zambrzycki - Betioli) 47.4; **MedR**, BYU (Bourn - Garcia - Betioli - Thais Zambrzycki) 1:46.6; **MIleR**, Montana State 3:58.5; **Pentathlon**, Karen Page (US) 3928 (14.5 - 39'7½ - 5'5½ - 17'5½ - 2:23.1), 2—Vivian Estes (BYU) 3541, 3—Connie Kellison (MS) 3316.

Ohio State Wins Illinois Invitational

Champaign, Illinois, April 12 — Showing a balanced attack, Ohio State University downed 13 other institutions to win the Illinois Invitational in 50 degree weather. For the most part, marks were satisfactory but not outstanding. Closest race of the day saw the first three finishers of the 400 meter cross the line in the same time, 55.2s.

RESULTS: **3000**, 1—Carrie Craven (OSU) 9:40.2, 2—Mary Kunkel (Mo) 9:58.3, 3—Norene Harrison (OSU) 9:59.5; **800mMedR**, 1—Missouri 1:45.9, 2—Purdue 1:46.2,

3—Western Illinois 1:48.7; **4x800R**, 1—Western Illinois 9:27.8, 2—Purdue 9:38.5, 3—Indiana State 9:46.6, 4—Illinois 9:52.1; **JT**, 1—Sue Visconage (SIU) 146'7, 2—Dana Glidden (Mo) 140'1; **LJ**, Sharon Carroll (UICC) 18'5; **400R**, 1—Ohio State 47.6, 2—Indiana State 47.9, 3—Nebraska 48.2; **1500**, 1—Lori Delap (WIU) 4:36.8, 2—Michele Genter (OSU) 4:43.1, 3—Norene Harrison (OSU) 4:43.5; **100H**, 1—Stephanie Hightower (OSU) 13.8, 2—Kim Willis (OSU) 14.0; **DT**, 1—Sue Koba (Neb) 150'7, 2—Pam Koentz (Neb) 144'2; **400**, 1—Elizabeth Crowder (UICC) 55.2, 2—Sheila Barney (WIU) 55.2, 3—Julie Seaton (Neb) 55.2; **100**, Becky Kaiser (Ill) 12.4; **800**, 1—Dana Glidden (Mo) 2:09.4, 2—Cindy Schyndel (WIU) 2:10.5, 3—Lisa Delap (WIU) 2:12.1; **400H**, 1—Peach Payne (Purdue) 61.4, 2—Carmen Ritz (EIU) 63.8, 3—Kimberly Knight (OSU) 64.4; **200**, Wileta Page (mo) 25.0; **SP**, 1—Mary Johnson (WIU) 44'9½, 2—Pam Dahnke (ISU) 43'9¼; **5000**, 1—Mary Stinson (Mo) 17:18.6, 2—Cheryl Konkel (Wis/Mil) 17:22.2, 3—Anita Moyer (Ill) 17:31.3; **1600R**, 1—Western Illinois 3:53.5, 2—Missouri 3:55.6, 3—Nebraska 3:56.9; **HJ**, 1—Sharon Burrill (Neb) 5'10, 2—Teresa Kaliszewski (OSU) 5'6; **Scores**, 1—Ohio State 100, 2—Western Illinois 98½, 3—Nebraska 84, 4—Missouri 82, 5—Indiana State 44½, 6—Purdue 44, 7—Illinois 41, 8—Eastern Illinois 36, 9—Chicago Circle 29, 10—Southern Illinois 14, 11—Wisconsin/Milwaukee 9, 12—Southern Illinois East 2, 13—Ball State and Northern Illinois 0.

Dogwood Relays

Knoxville, Tennessee, April 12/14 — A speedy 800 highlighted the staging of the Annual Dogwood Relays on the tartan at the University of Tennessee. Canadian Penny Werthner won the two lapper over Brenda Webb in 2:07.87 to 2:08.86. The two athletes each won one other event with Werthner taking the 3000 in 9:17.1 and Webb the 1500 in 4:19.12.

RESULTS: **400**, 1—Freida Nicholls (DC Int) 54.00, 2—Liz Hatz (DC Int) 54.10, 3—Beverly Kearney (Auburn) 55.90; **DT**, 1—Deanna Patrick (Ky) 148'3½, 2—Rose Hauch (Tn) 143'4, 3—Susan Thornton (Tn) 135'2; **LJ**, 1—Nora Araujo (Auburn) 18'10½, 2—Ann Meachum (EMich) 18'9¼; **HJ**, Brigitte Bittner-Reid (Scarborough Optimists) 5'10; **100**, Regina McBride (Aub) 12:20; **800**, 1—Penny Werthner (Ottawa) 2:07.87, 2—Brenda Webb (Tn) 2:08.86, 3—Christine Mullen (Georgetown) 2:09.33, 4—Henrietta Nancis (DC Int) 2:10.62; **1500**, 1—Brenda Webb (Tn) 4:19.12, 2—Margaret Groos (Va) 4:22.23, 3—Leslie Sullivan (FIST) 4:36.24; **1600R**, 1—DC International (Scott - Nancis - Nicholls - Hatz) 3:41.79, 2—Auburn 3:47.46, 3—Virginia 3:50.53; **100H**, Karen Weschler (Indiana) 13.8; **3000**, 1—Penny Werthner (Ottawa) 9:17.1, 2—Margaret Groos (Va) 9:19.6, 3—Laura Craven (Columbus Olympic TC) 9:34.0 (13y).

Patsy Walker Over 4000

Los Angeles, California, April 13 — UCLA's Patsy Walker uncorked a 4000 plus pentathlon performance at the UCLA Invitational Pentathlon on the Westwood oval. Walker put together marks of 14.50, 41'5, 5'10, 18'10½ and 2:34.6 for her score. Utah State's Karen Page took top honors in the long jump (18'10½) and 800 (2:22.1) to nab runner-up honors with 3954 points. Third went to Colorado State's Nancy Malloy with 3666 and fourth to UN Las Vegas' Lynn Kinney with 3550.

Sun Devil Classic

Tempe, Arizona, April 14 — Good marks were the rule as Arizona State hosted and won the Sun Devil Classic over nine other schools. Best marks were the 175'7 discus toss by Ria Stalman and ASU's 45.14 clocking in the 400m relay.

RESULTS: **LJ**, Cathy Greaves (AS) 18'10½; **DT**, 1—Ria Stalman (AS) 175'7, 2—Julie Cart (AS) 153'6; **2MR**, Arizona State (Billard - Mintie - Coker - Goodrich) 9:48.6; **100H**, 1—Brenda Calhoun (AS) 13.80, 2—Cecelia Branch (UNLV) 13.98, 3—Ann Turner (UNLV) 14.50; **SP**, Ria Stalman (AS) 43'9¼; **JT**, 1—Celeste Wilkinson (AS) 155'7, 2—Jaime Gale (Mesa CC) 149'3, 3—Ellen Colleary (MCC) 140'1; **HJ**, Cindy Johnson (Pima College) 5'7; **5000**, Paula Turpeinen (New Mexico) 17:30.7; **100**, 1—Val Boyer (AS) 11.65, 2—Brenda Calhoun (AS) 11.92, 3—Ann Turner (UNLV) 12.09; **4x100**, 1—Arizona State (Crawford - Boyer - Cobbs - Calhoun) 45.14, 2—CS Los Angeles 47.16, 3—Mesa CC 48.65, 4—New Mexico 48.77; **400**, 1—Sharon Acker (AS) 55.08, 2—Cande Mills (CSLA) 55.40 . . . 6—Susan Vigil (NM) 57.04; **400H**, Denise Waddy (AS) 61.16; **200**, Val Boyer (AS) 23.71; **800**, 1—Rochelle Collins (UTEP) 2:11.6, 2—Adriene Lair (CSLA) 2:15.2 . . . 6—Susan Vigil (NM) 2:20.9; **3000**, Kathy Mintie (AS) 9:43.1, 2—Joy Hansen (Arizona) 9:46.9; **880yMed**, 1—Arizona State (Crawford - Calhoun - Cobbs - Acker) 1:44.0, 2—CSLA 1:44.9; **4x100**, 1—Arizona State (Ford - Paraham - Billard - Waddy) 3:52.8, 2—New Mexico 3:57.1; **1500**, 1—Debbie Mitchell (UTEP) 4:24.3, 2—Joan Hansen (Ar) 4:28.8; **Scores**, 1—Arizona State 176, 2—New Mexico 96, 3—Mesa CC 56, 4—Arizona 55, 5—CS Los Angeles 42, 6—UN Las Vegas 26, 7—Pima 34, 8—UTEP 30, 9—Phoenix College 24, 10—Glendale CC 22.

San Diego Whips CSLB

San Diego, California, April 14 — Long Beach's Fern Simon (5'11) and Emily Dole (47'9) had the best marks, but San Diego State crushed the 49'ers 83-43 in a dual meet on famed Sportsman Track. San Diego's Debby LaPlante won the 100 (12.18) and the hurdles (13.76).

RESULTS: **100R**, San Diego (LaPlante - Abare - Pope - Smith) 47.1; **HJ**, Fern Simon (LB) 5'11; **SP**, 1—Emily Dole (LB) 47'9, 2—Monica Stoltenberg (SD) 42'7¾; **400**, Maureen Abare (SD) 56.4; **JT**, 1—Donna Dietrich (SD) 156'5, 2—Monica Stoltenberg (SD) 153'0, 3—Linn Dunton (SD) 152'5; **800**, Chris Smallwood (SD) 2:15.07; **LJ**, Joyce Bell (SD) 18'8¼; **1600R**, San Diego (Smallwood - Abare - Smith - Pope) 3:48.56, 2—Long Beach 3:56.25; **DT**, 1—Leslie Hoerner (LB) 137'8, 2—Emily Dole (LB) 137'0, 3—Royna Williams (LB) 134'5.

Oregon State Downs Cal

Corvallis, Oregon, April 14 — Alice Trumbly's 2:08.95 clocking for 800m was the top mark of the day as Oregon State triumphed over visiting University of California 65-55 in a dual meet on Wayne Valley Field.

RESULTS: **3000**, 1—Suzanne Richter (C) 9:47.6, 2—Susie Meek (C) 9:48.6; **5000**, 1—Lynne Hejtle (C) 17:06.5, 2—Pam Cox (C) 17:06.6, 3—Brenda Cardin (OS) 17:30.9; **100H**, Michelle Hawthorne (C) 14.71; **400**, Kathy Weston (OS) 55.26; **100/200**, Elaine Parker (C) 12.07/24.96; **JT**, 1—Tonja Reigle (OS) 152'6, 2—Kitsy Hall (OS) 143'4, 3—Teri Cooper (OS) 141'0.

Results, Results and More Results

Northern Colorado Invitational

Greeley, Colorado, April 20/21 — Good competition in the discus was the highlight of the University of Northern Colorado Invitational as 14 colleges gathered for the competition. The University of Nebraska/Lincoln was the team champion, scoring a narrow 3 point win over Colorado State, 155 to 152.

RESULTS: **10000**, McCreery (UNC) 35:57.3; **SP**, 1—Kelly Curran (CSU) 47'4"; 2—Wood (UN/L) 45'6"; **5000**, Amy Lafoon (CSU) 17:14.6; **1500**, Carlsen (UNC) 4:37.66; **100**, Seaton (UN/L) 56.47; **DT**, 1—Kavler (CSU) 151'1. 2—Smith (CSU) 142'4. 3—Fox (CSU) 142'2". 4—Kobza (UN/L) 141'11. 5—Wood (UN/L) 140'11; **HJ**, 1—Burrill (UN/L) 5'10. 2—Lee (UN/L) 5'8; **2MR**, UN/L 9:32.35, 2—UNC 9:35.7; **MileR**, UN/L 3:58.32; **Pentathlon**, Wilson (Adams State) 3894; **Scores**, 1—University of Nebraska/Lincoln 155, 2—Colorado State 152, 3—Northern Colorado 109, 4—Air Force Academy 62, 5—Adams State 58.

Madison Wins Quadrangular

Minneapolis, Minnesota, April 21 — The University of Wisconsin/Madison easily downed three opponents in a quadrangular affair, scoring 160 points to 64 for the University of Minnesota, 37 by Drake and 32 by Iowa.

RESULTS: **10000**, 1—Marybeth Spencer (W) 35:55.1, 2—Marty McElwee (W) 36:51.7; **LJ**, Pat Johnson (W) 19'3"; **880yMedR**, Wisconsin 1:44.6; **DT**, Sue Gordon (W) 139'7; **1500**, 1—Suzie Houston (W) 4:26.9, 2—Ellen Brewster (W) 4:32.0, 3—Ann Mulrooney (W) 4:34.7 . . . 6—Sally Zook (W) 4:42.3, (race won by Cathie Twomey (Un) in 4:25.1; **100H**, Lisa Hansen (M) 14.6; **110yR**, Wisconsin 48.0; **100**, 1—Pam Moore (W) 55.4, 2—Theresa Pride (D) 56.7; **800**, Sue Belschel (W) 2:16.3; **100H**, Yvette Hyman (W) 63.0; **200**, 1—Pat Johnson (W) 24.6, 2—Pam Moore (W) 24.8; **3000**, 1—Sally Zook (W) 9:59.0, 2—Mary Peninger (M) 10:08.2, 3—Cathy Bremser (W) 10:08.6; **2MR**, 1—Wisconsin 9:20.9, 2—Minnesota 9:42.4.

Texas A&M Wins Metroplex

Dallas, Texas, April 14 — Texas A&M scored 63 points to win the Metroplex Track Meet over Texas Women's University who left many of its stars at home. Leleith Hodges won both sprints in ordinary times for the TWU troop.

RESULTS: **100R**, 1—North Texas State (Bergeron - Boettigheimer - Bennett - Ince) 47.7, 2—Texas A&M 48.8; **1500**, Leana Hocking (NT) 4:38.0; **100H**, Lucy Vaamonde (Un) 14.2; **100**, Joan Bennett (NT) 55.7; **100**, 1—Leleith Hodges (TWU) 11.5, 2—Julie Bergeron (NT) 11.8; **SP**, 1—Eacly Douglas (A&M) 46'2, 2—Iris Tipton (A&M) 44'4; **LJ**, 1—Diana Dunning (Baylor) 18'8"; . . . 3—Louise Ritter (TWU) 18'4"; **100H**, 1—Ellen Smith (A&M) 63.4, 2—Susan Freeman (UTA) 63.4, 3—Cindy Bartlett (A&M) 63.8; **200**, Leleith Hodges (TWU) 24.1; **HJ**, Louise Ritter (TWU) 5'11; **DT**, Vicki Coburn (A&M) 147'6; **1600R**, 1—North Texas (Hocking - Boettigheimer - Bergeron - Bennett) 3:50.5, 2—TWU 3:53.4, 3—A&M 3:56.1; **JT**, Donna Branch (A&M) 152'3; **Scores**, 1—Texas A&M 63, 2—TWU 40, 3—NTSU 35, 4—Baylor 12, 5—UTA 7, 6—Metroplex TC 5.

Iowa Wins Drake Invitational

Des Moines, Iowa, April 14 — Eighteen teams gathered for the Drake Invitational and when the running, jumping and throwing was finished, the University of Iowa emerged the winner with 128 points to 85 for runner-up Minnesota. Rocky Racette's 16:45.9 clocking for 5000 meters was one of the top performances of the competition.

RESULTS: **5000**, 1—Rocky Racette (UM) 16:45.9, 2—Donna Gathje (Moorhead State) 17:23.7; **1500**, Sue Marshall (Iowa) 4:38.5; **SP**, Joan Fegerness (MSU) 46'10; **100mR**, Iowa 47.58; **400**, Theresa Pride (Drake) 56.92; **100H**, 1—Diane Steinhart (I) 14.66, 2—Amy Dunlop (I) 14.71; **100H**, Amy Dunlop (I) 63.47; **800**, Kay Stormo (I) 2:12.03; **200**, Diane Emmons (I) 24.67; **JT**, Kim Blakeslee (ISU) 132'7; **10000**, Bev Boddicker (I) 37:49.3; **DT**, 1—Deb Glass (LaCrosse) 134'9, 2—Deb Hildebrandt (LaCrosse) 133'7, 3—Lori LaCombe (Moorehead State) 132'5; **1x800**, Iowa 9:24.5; **1x100**, Nebraska/Omaha 3:54.75; **Scores**, 1—University of Iowa 128, 2—University of Minnesota 85, 3—Drake 59, 4—Wisconsin/LaCrosse 56, 5—Nebraska/Omaha 51.

Seattle Relays

Seattle, Washington, April 18 — Good distance marks spotlighted the Seattle Relays staged on the tartan of Husky Stadium. Oregon's Molly Morton whisked through the 10000 in a fine 34:38.7, Canada's Britt Lind Peterson won a speedy and close mile in 4:44.5, and Oregon State's two mile relay team turned in a fine 8:58.6, just edging BC Kajaks who ran 8:59.0.

RESULTS: **1000**, 1—Molly Morton (UO) 34:38.5, 2—Lois Almmez (UO) 35:22.5, 3—Jody Parker (UO) 35:39; **100H**, Kay Garnet (Un) 14.33; **400mR**, 1—Oregon (Adams - Costello - Ross - Batiste) 47.10, 2—Seattle Pacific 48.27, 3—Washington 48.64; **2MR**, 1—Oregon State (Trow - Mosby - Blaine - Weston) 8:58.6, 2—BC Kajaks 8:59.0, 3—Washington 9:07.0; **100H**, Daria Fareboom (Wa) 63.06, 2—Mary Yagle (Wa) 63.49; **Mile**, 1—Britt Lind Peterson (Kajaks) 4:44.5, 2—Ellen Schmidt (UO) 4:44.65, 3—Deanna Coleman (Sports West) 4:48.23, 4—Joan Corbin (Falcon TC) 4:49.53 . . . 6—Eryn Forbes (Un) 4:56.24; **880yMedR**, 1—Oregon (Adams - Costello - Rose - Batiste) 1:45.40, 2—BC Kajaks 1:46.02, 3—Eastern Washington 1:47.53; **HJ**, 1—Sue Bieke (OSU) 5'10 . . . 3—Maggie Garrison (Wa) 5'8; **5000**, 1—Katy Mountain (UO) 16:33.1, 2—Jody Parker (UO) 16:35.5, 3—Kathy Adams (Wa) 16:55.5; **Pentathlon**, Theresa Smith (SP) 3779.

Washington Over Montana

Seattle, Washington, April 21 — Using its field event strength, the University of Washington tracksters downed visiting Montana State and Oregon State by scoring 72 points to Montana's 47 and Oregon State's 42. Oregon's Kathy Weston had a good double, winning the 400 in 54.8 and the 800 in 2:13.4, but this was balanced out by Washington weight thrower Caryl Val Pelt who tossed the

shot 45'10½ and the discus 143'1.

RESULTS: **3000**, 1—Laurel Adams (M) 9:50.4, 2—Marjan Moulijn (W) 9:54.0; **JT**, 1—Tonya Reigle (O) 154'1, 2—Kitsy Hall (O) 142'7, 3—Terri Cooper (O) 135'1; **100R**, 1—Montana State 48.0, 2—Washington 48.1, 3—Oregon State 48.1; **LJ**, 1—Annette Hammonds (W) 18'8½w, 2—Karla Heintz (M) 18'5½w; **SP**, 1—Caryl Van Pelt (W) 45'10½, 2—Joan Tavernia (O) 42'7½, 3—Carol Halland (O) 42'2½; **100H**, Connie Kellison (M) 14.6; **400**, 1—Kathy Weston (O) 54.8, 2—Sharon Canda (M) 55.5, 3—Tami Adair (W) 56.0; **100**, Regina Jackson (O) 12.1; **800**, 1—Kathy Weston (O) 2:13.4, 2—Kris Trom (O) 2:13.7, 3—Loa Mosby (O) 2:14.7; **100H**, 1—Leslie Winslow (M) 62.4, 2—Mary Yagle (W) 63.1, 3—Darla Pereboom (W) 63.5; **HJ**, 1—Maggie Garrison (W) 5'8, 2—Sherry Renz (W) 5'8; **200**, Sharon Canda (M) 24.9; **1500**, 1—Terrie Winney (W) 4:35.4, 2—Marjan Moulijn (W) 4:38.2; **DT**, 1—Caryl Van Pelt (O) 143'1, 2—Debbie Holliday (M) 135'5, 3—Carol Halland (M) 133'1; **MR**, 1—Montana State 3:49.5, 2—Washington 3:50.3, 3—Oregon State 3:51.4.

Minnesota Invitational

Minneapolis, Minnesota, April 21 — Wisconsin, dominating the first place column, easily won the Minnesota Invitational with 158½ points, far ahead of the other three participating teams. Minnesota scored 64½ for runner-up honors, followed by Drake with 37 and Iowa with 33. The Wisconsin distance crew was much in evidence and Pat Johnson scored a double in the long jump and 200.

RESULTS: **10000**, 1—Mary Beth Spencer (W) 35:55.1, 2—Marty McElwee (W) 36:51.7; **880yMed**, 1—Wisconsin 1:44.6, 2—Drake 1:49.1; **5000**, 1—Kitty Ho (D) 18:18.6, 2—Terrie Wegner (M) 18:31.8; **440yR**, Wisconsin 48.0; **1500**, 1—Suzie Houston (W) 4:26.9, 2—Ellen Brewster (W) 4:32.0, 3—Ann Mulrooney (W) 4:34.7, (Cathy Twomey, unattached, 4:25.1); **100H**, Lisa Hansen (M) 14.6; **JT**, Betty Nagengast (W) 124'1½; **400**, 1—Pam Moore (W) 55.4, 2—Theresa Pride (D) 56.7, 3—Tara Kazemba (M) 57.8; **100**, Erin Donnalley (W) 12.3; **800**, Sue Belschel (W) 2:16.3; **LJ**, Pat Johnson (W) 19'3"; **100H**, Yvette Hyman (W) 63.0; **HJ**, Ann Erpenbeck (D) 5'6; **200**, 1—Pat Johnson (W) 24.6, 2—Pam Moore (W) 24.8; **SP**, Shu Quereshi (W) 41'0; **3000**, 1—Sally Zook (W) 9:59.0, 2—Mary Peninger (M) 10:08.2, 3—Cathy Bremser (W) 10:08.6; **2MR**, 1—Wisconsin 9:20.9, 2—Minnesota 9:42.4; **DT**, 1—Sue Gordon (W) 139'7, 2—Dee Schremp (W) 125'0½, 3—Lori Wasserburger (W) 124'3; **MR**, Minnesota 4:03.3.

Campbell 2:05.2

Tallahassee, Florida, April 27/28 — Robin Campbell's 2:05.16 win in the 800 meters was the bright spot of the Domino Classic held here today. The only other outstanding mark was turned in by Santa Fe's Dale Wallace as she cleared 5'10 to win the high jump.

RESULTS: **SP**, Eleanor Majors (Florida State) 45'8; **JT**, Nancy Townsend (FS) 147'2; **DT**, Mary Rush (Ala) 140'3; **100R**, 1—Alabama (McC - Willard - Little - Morgan) 46.41, 2—Santa Fe CC 47.12; **100H**, Gaye Dell (Fl) 14.48; **100**, 1—Belinda Little (Ala) 11.68, 2—Cindy Willard (Ala) 11.89; **800**, 1—Robin Campbell (Fla) 2:05.16, 2—Penny Werthner (Macabee TC) 2:07.1, 3—Debbie Kemp (FS) 2:10.4; **2MR**, Florida State (Brown - Sullivan - McCormac - Kemp) 9:10.3; **HJ**, Dale Wallace (SFTC) 5'10; **200**, 1—Belinda Little (Ala) 24.11, 2—Robin Campbell (Fl) 24.78; **3000**, 1—Kathy Moore (FS) 9:48.9, 2—Sindy Sturm (Ala) 9:49.6, 3—Laura Ledbetter (FSTC) 9:52.4.

Results, Results and More Results

Michigan State Invitational

East Lansing, Michigan, April 21 — Host Michigan State had no trouble winning its own Invitational over seven other colleges by scoring 159½ points. No outstanding marks were recorded.

RESULTS: 10000. 1—Nathakue Hughes (MS) 36:10.3, 2—Anita Moyer (Ill) 36:48.8; **JT.** Debbie Williams (Mich) 145'6"; **410yR.** Michigan State 48.0; **5000.** 1—Cynthia Wadsworth (MS) 17:32.4, 2—Sue Richardson (MS) 17:40.0; **LJ.** Cheryl Williams (Eastern Mich) 18'0½"; **SP.** Jan Hallier (IllSt) 45'7¼", 2—Jane Pearce (Central Mich) 44'8¼"; **100H.** 1—Kim Hatchett (MS) 14.4, 2—Debbie Kilhoffer (IS) 14.4; **100.** Renee Turner (Mich) 12.4; **1500.** Kelly Spatz (MS) 4:37.5; **400.** Molly Brennan (MS) 55.8; **200.** Cheryl Gilliam (MS) 24.7; **100H.** 1—Molly Brennan (MS) 62.6, 2—Dawn Woodruff (Mich) 63.7; **800.** Janae Hunziker (Ill) 2:14.4; **DT.** 1—Penny Neer (Mich) 1:35'11", 2—Jane Pearce (CM) 1:34'6½"; **HJ.** Sue Reimer (CM) 5'6"; **3000.** Lisa Berry (MS) 9:54.1; **1mileR.** 1—Michigan 3:56.4, 2—Mich State 3:58.4; **880yMed.** Michigan State 1:46.7; **Scores.** 1—Michigan State 159½, 2—Central Michigan 95, 3—Michigan 67, 4—Illinois State 66, 5—Illinois 58, 6—Eastern Michigan 56, 7—Bowling Green State 49½, 8—Mecomb County CC 7.

Potato Classic

April 28 — Teammates Mary Harrington and Nancy Malloy engaged in a terrific pentathlon battle to highlight the staging of the Annual Potato Classic. Harrington won the event with 4007 points, just eight more than Malloy as the two Colorado State athletes battled toe to toe through the five events. Harrington got off ahead with a 14.31 in the hurdles, but Malloy was not far behind with 14.53. Malloy took over the lead with her put of 38'1 in the shot to only 34'5 for Harrington and then both women managed 5'5¼ in the high jump. Harrington took an 8 point lead after the long jump, outleaping her opponent 19'3½ to 18'7¼, and the outcome depended on the results of the 800 — and the two tied at 2:20.48. Had either faltered, Utah State's Karen Page would have taken it all as she ended up in third spot with 3899 points. Montana State's Sharon Canada had a fine 54.60 mark in the 400.

RESULTS: **DT.** 1—Laurine Smith (ColSt) 148'0, 2—Heather Kusola (BYU) 146'10, 3—Pat Herrington (IdahoSt) 146'4, 4—Carol Hallard (MontSt) 144'0, 5—Kelly Curran (CS) 141'0; **5000.** 1—Amy Lafoun (CS) 17:17.57, 2—Lairi Adams (MS) 17:55.62; **LJ.** Carla Heints (MS) 19'3¼"; **SP.** 1—Kelly Curran (CS) 44'6¼", 2—Sally Newberry (UMont) 44'3¼"; **100H.** Linda Bourn (BYU) 14:30; **2MR.** Colorado State 9:10.83; **100.** Cheryl Osborne (UtahSt) 11.65; **110yR.** Colorado State 48.53; **100.** 1—Sharon Canada (MS) 54.60, 2—Thais Zambrzycki (BYU) 56.05; **100H.** Carla Heintz (MS) 64.90; **200.** 1—Thais Zambrzycki (BYU) 24.13, 2—Cheryl Osborne (US) 24.17; **800.** Charlene Delventhal (ColSt) 2:13.86; **Pentathlon.** 1—Mary Harrington (CS) 4007, 2—Nancy Malloy (CS) 3899, 3—Karen Page (US) 3899, 4—Wendy Skiver (US) 3589, 5—Connie Kellison (MS) 3404; **Scores.** 1—Montana State 172, 2—Colorado State 114, 3—BYU 83, 4—Idaho State 60, 5—Utah State 50, 6—University of Montana 44, 7—Weber State 21, 8—Western Montana and Southern Utah 5.

Oxy Wins SCIAAC Title

Whittier, California, April 27/28 — Occidental College upset defending champion University of Redlands to win the third annual Southern California Intercollegiate Athletic Conference title. Pomona-Pitzer also trounced the Bulldogs who had not lost a track meet to an SCIAAC opponent in the history of the Conference.

Pomona-Pitzer's pentathlete, Jenny Stary, was the, if you'll excuse the expression, "star" of the meet winning the javelin (150'6½), shot (40'5½), 100 hurdles (15.7), high jump (5'2) and 400 hurdles (64.3); running on both relay teams and picking up seconds in the long jump (18'0) and discus (110'1). Occidental also came up with a couple of star performances with Laurel Seiter winning the 200 and 400, running on both winning relay teams and picking up a third in the long jump. Pam Morris of Oxy had a busy day winning the 1500 and 3000, then coming back in the next event for a third in the 800. Morris was also entered in the 400 hurdles but withdrew.

The defending Redlands Bulldogs had a couple of good performers also. Gloria Kennedy upset Stary to win the long jump at 18'2½, won the 100, was second in the 200 and ran on both relay teams. 800 star Donna Fromme won her specialty, was second in the 400 and javelin, third in the shot, sixth in the discus and ran on two relay teams.

RESULTS: **LJ.** 1—Gloria Kennedy (R) 18'2½, 2—Jenny Stary (PP) 18'0, 3—Laurel Seiter (O) 17'5½; **JT.** 1—Jenny Stary (PP) 150'6½, 2—Donna Fromme (R) 120'10, 3—Paula Nishibayashi (SCHM) 118'7; **SP.** Jenny Stary (PP) 40'5½; **100H.** 1—Jenny Stary (PP) 15.7, 2—Terri Lindenmeyer (R) 15.8; **1500.** 1—Pam Morris (O) 4:42.8, 2—Mary Tracey (SCHM) 4:42.9; **400R.** 1—Occidental 50.2, 2—Redlands 50.3; **400.** 1—Laurel Seiter (O) 56.4, 2—Donna Fromme (R) 57.7; **HJ.** Jenny Stary (PP) 5'2; **100.** 1—Gloria Kennedy (R) 12.59, 2—LaJuana Washington (O) 12.82; **DT.** 1—Donna Smith (PP) 111'1, 2—Jenny Stary (PP) 110'1; **3000.** Pam Morris (O) 11:05.9; **800.** 1—Donna Fromme (R) 2:17.3, 2—Ruth Hales (PP) 2:21.1; **100H.** 1—Jenny Stary (PP) 64.3, 2—Terri Lindenmeyer (R) 66.6; **200.** 1—Laurel Seiter (O) 25.87, 2—Gloria Kennedy (R) 26.30; **1mileR.** 1—Occidental 4:06.2; **Scores.** 1—Occidental 80, 2—Pomona-Pitzer 74, 3—Redlands 55, 4—Scripps-Clearmont-Harvey Mudd 24, 5—Whittier 6, 6—La Verne and Caltech 0.

UCLA Wins WCAA Meet

Westwood, California, April 27 — San Diego State tried its hardest to whip UCLA in a WCAA meet at Drake Stadium, bit in spite of a double win by veteran Donna Dietrich in the discus and javelin and a triple event day by Debby LaPlante, the Bruins proved to be too tough and won with a score of 90 to 80 for the Aztecs, 55 for UCS and 47 for Cal State Long Beach. Gail Douglas, the Tro-

jan's in-and-out sprinter, scored a twin win with wind-aided marks of 11.57 and 22.9.

RESULTS: **JT.** 1—Donna Dietrich (SDS) 162'5, 2—Stottenberg (SD) 154'6, 3—Dunton (SD) 151'1; **LJ.** 1—Lisa Gourdine (UCLA) 19'4¼, 2—Haynes (USC) 18'9¼, 3—Sherron Walker (CSLB) 18'8¼; **SP.** 1—Emily Dole (LB) 49'2¼, 2—Stottenberg (SD) 44'1; **800MedR.** 1—UCLA (Gourdine - Wright - Reed - Cumbess) 1:45.06, 2—USC 1:46.77; **100R.** 1—USC (Douglas - Robinson - Crabtree - Cassidy) 46.46, 2—UCLA 46.76; **1500.** Linda Brodock (UCLA) 4:39.5; **DT.** 1—Donna Dietrich (SD) 139'7, 2—Hoerner (LB) 136'7, 3—Emily Dole (LB) 136'5; **100.** 1—Pope (SD) 55.9, 2—Warner (UCLA) 56.0, 3—Cumbess (UCLA) 56.1, 4—Teresa Jenkins (LB) 56.8; **100H.** 1—Debby LaPlante (SD) 13.33w, 2—Lisa Gourdine (UCLA) 13.98w, 3—McGee (LB) 14.07w; **800.** 1—Chris Smallwood (SD) 2:13.1, 2—Andrea Ward (UCLA) 2:13.6; **3000.** Cathy Chisam (UCLA) 10:11.4; **1mileR.** San Diego (Smallwood - Abare - Smith - Pope) 3:50.1; **2MR.** UCLA (Falash - Ward - Ralston - Warner) 9:11.7; **100.** 1—Gail Douglas (USC) 11.57w, 2—Reed (UCLA) 11.93w, 3—Debby LaPlante (SD) 12.04w; **200.** 1—Gail Douglas (USC) 22.9w, 2—Robinson (USC) 23.6w, 3—Debby LaPlante (SD) 24.2w.

New Mexico Wins

March 10 — The University of New Mexico scored a close win over Texas Tech in a triangular meet, winning 90½ to 83½ as West Texas State trailed with 13 points.

Susan Vigil scored her usual double in the 800 and 1500 for the Lobos.

RESULTS: **800/1500.** Susan Vigil (NM) 2:16.1/4:43.8; **400.** Margaret Metcalf (NM) 57.8; **100H.** 1—Dana Nichols (TT) 64.1, 2—Regina Dramaga (NM) 64.2; **1mileR.** New Mexico 3:56.1.

Mt. Sac Relays

Walnut, California, April 26/29: Billed as the USA's biggest track meet, the Annual Mt. San Antonio Relays lived up to its name with a couple of thousand athletes performing over the four days of competition. For the women, Francie Larrieu and Debby LaPlante had the best marks with Larrieu destroying the 1500m field in 4:09.15 and LaPlante defeating her indoor nemesis, Candy Young, in the 100m hurdles, clocking a new American record of 13.10. Young Gwen Gardner of the LA Mercurettes had a fine double win, annexing the 200 in 23.03 after already winning the 400 in 52.22. Colorado's Lee Ballenger won a competitive 800 in 2:06.3 with the field of 10 runners tightly bunched until the last 150 meters.

INVITATIONAL RESULTS (4/28): **100H.** 1—Michele Hawthorne (UC Berkeley) 60.44, 2—Linda Hightower (UCSB) 62.28, 3—Debbie McClenden (Colorado) 62.44, 4—Brenda Chamber (Col) 62.67, 5—Karen Taylor (LATIC) 62.70; **400R.** 1—USC (Douglas-Robinson-Crabtree-Cassidy) 45.88, 2—LAM "B" 46.22, 3—UCLA 46.42; **HJ.** 1—Pam Spencer (LATIC) 5'11, 2—Annette Tannander (Col) 5'11, 3—Patsy Walker (UCLA) 5'9; **SP.** 1—Emily Dole (CSLB) 50'2½, 2—Marcia Mecklenburg (SW) 49'4¼, 3—Jane Frederick (PCC) 47'3¼; **1500.** 1—Francie Larrieu (PCC) 4:09.15, 2—Maggie Keyes (Cal Poly/SLO) 4:17.13, 3—Alice Trumbly (UCB) 4:22.9, ... 8—Ruth Caldwell (Citrus) 4:40.0; **100.** 1—Gail Douglas (USC) 11.56, 2—Esmeralda Garcia (Col) 11.59, 3—Gwen

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Results, Results and More Results

MT. SAC (continued)

Loud (Un) 11.66; **100H**, 1—Debbly LaPlante (SD State) 13.10 (AR), 2—Jane Frederick (PCC) 13.81, 3—Candy Young (Un) 13.97; **400**, 1—Gwen Gardner (LAM) 52.22, 2—Rosalyne Bryant (Un) 52.3, 3—Sherie Howard (Un) 52.66, 4—Evelyn Ashford (Maccabi) 52.8, 5—Yolanda Rich (SCC) 53.2, 6—Lorna Ford (Atoms) 54.0; **LJ**, 1—Jane Frederick (PCC) 20'4", 2—Sherron Walker (CI) 20'4, 3—Gwen Loud (Un) 20'0", 4—Martha Watson (CI) 19'9"; **DT**, 1—Lorna Griffin (SW) 17'9", 2—Jan Svendsen (Quest) 15'7", 3—Julie Hansen (SW) 15'5", 4—Brenda Denny (Col) 15'7", **200**, 1—Gwen Gardner (LAM) 23.03, 2—Yolanda Rich (SCC) 23.24, 3—Rosalyne Bryant (Un) 23.51, 4—Lorna Ford (Atoms) 23.73; **800**, 1—Lee Ballenger (Col) 2:06.3, 2—Teela Chembawi (Maccabi) 2:06.8, 3—Marsha Romesser (Fresno Pacific TC) 2:07.1, 4—Deanne Coleman (SW) 2:07.2, 5—Cynthia Warner (UCLA) 2:08.3, 6—Karel Jones (Atoms) 2:08.5, 7—Donna Fromme (Redlands) 2:09.6, 8—Theresa Jenkins (CSLB) 2:10.6; **5000W**, 1—Sue Brodock (SCRR) 25:36.1, 2—Chris Sakelarios (SCRR) 25:53.6; **3000**, 1—Kathy Mintie (ArizSt) 9:30.4, 2—Lynne Hjelte (UCB) 9:40.5, 3—Jan Oehm (UCB) 9:41.4, 4—Dana Slater (Col) 9:46.1.

OPEN RESULTS (4/29): 14/15 Division: 800, Karen Haller (Ventura TC) 2:16.4; **JT**, Deena Bornstein (Club Northwest) 144'7; **100**, Latanya Dawkins (LBC) 12:01; **400**, Latanya Dawkins (LBC) 57:51; **4x100**, San Diego Cougars 3:57.1. **Junior Women's Division: 800**, 1—Michelle Bush (Un) 2:11.2, 2—S. J. Chang (Rep of China) 2:13.7; **JT**, 1—Jacque Nelson (CN) 157'1, 2—Charm Bishop (Un) 150'2; **SP**, 1—Susie Ray (Un) 46'1/4, 2—Rosario Ramos (Un) 45'11/4; **1500**, Michelle Bush (Un) 4:35.4; **400**, 1—D. Howard (Un) 56.81, 2—Debbie McDaniels (Un) 57.25. **Junior College Division: 800**, Dawn Baske (Citrus) 2:15.6; **1500**, Carleen Thom (Glendale) 4:35.9; **200**, Karen Wise (Ventura) 24.36; **400H**, Laura Held (Orange Coast) 62.78. **College/University Division: 800**, 1—Alice Trumbly (UCB) 2:10.5, 2—Susanna Herrera (Un. Mexico) 2:12.1, 3—April Powers (Col) 2:12.6, 4—Lori Saia (UCB) 2:12.6; **100**, 1—Dollie Fleetwood (CSLA) 11.64, 2—Kelia Bolton (UCB) 11.64; **1500**, 1—Susanna Herrera (UMex) 4:33.7, 2—Lynne Hjelte (UCB) 4:35.4, 3—April Powers (Col) 4:36.6, 4—Sarah Sweeney (UCSB) 4:36.6; **100H**, Cecelia Branch (UNLV) 13.90; **200**, 1—Kelia Bolton (UCB) 23.50, 2—Lisa Thompson (UNLV) 24.12, 3—Roxanne Wright (UCLA) 24.35m, 4—Kim Robinson (USC) 24.35; **400**, 1—Cindy Cumbess (UCLA) 55.72, 2—Lee Ballenger (Col) 55.76, 3—Linda Cassidy (USC) 56.69, 4—Laurel Seiter (Oxy) 57.22. **Open Division: HJ**, 1—Pam Spencer (CSN) 5'9, 2—Y. C. Liu (ROC) 5'9, 3—Chris Remmling (UCLA) 5'9; **800**, 1—Marian Franklin (ML) 2:12.6, 2—Rosa Antonewicz (LATC) 2:14.0, 3—Kate Keyes (LATC) 2:15.0; **800MedR**, 1—San Diego Cougars 1:44.4, 2—San Diego State 1:44.6; **DT**, 1—Gale Zaehiroopoulos (Col) 150'2, 2—Brenda Denny (Col) 145'6, 3—Leslie Hoerner (CSLB) 143'5; **200**, 1—Debra Byfield (Un) 24.04, 2—Racette (Canada) 24.27; **400**, 1—Cande Mills (Premier TC) 55.33, 2—Yolanda Garcia (SW) 56.26, 3—Regina Jacobs (LATC) 56.73, 4—Donna Fromme (Redlands) 56.75; **LJ**, Sandy Crabtree (USC) 193'4; **100R**, 1—Premier TC 47.1, 2—SD Cougars 47.1; **JT**, 1—Barb Moro (Un) 150'2, 2—Monique Lapres (Canada) 149'8, 3—Linn Dunton (SDS) 147'5; **100H**, 1—Linda Hightower (UCSB) 61.98, 2—Anna Biller (Premier TC) 63.20; **4x100**, 1—SD State 3:48.2, 2—Premier TC 3:50.2, 3—UN Las Vegas 3:50.5.

Iowa State Edges Kansas State

Manhattan, Kansas, May 5 — National power-house Iowa State scored a seven point win over upstart Kansas State to win the Big Eight outdoor title here today. Iowa's Debbie Vetter, by virtue of her double win in the 800 (2:10.46) and 1500 (4:26.03) and speedy anchor on the

winning mile relay team, was named the outstanding performer in the meet. There were several other double winners including Colorado's Annette Tannander in the high jump and long jump, Colorado's Dana Slater in the 3000 and 5000 and Kansas University's Lori Green in both sprints. Best mark of the day was Debbie Esser's 58.07 victory in the 400m hurdles.

RESULTS: SMed, 1—Missouri (Page - Morris - Page - Glidden) 1:43.78, 2—Kansas State 1:44.05, 3—Kansas 1:45.83, 4—Colorado 1:46.72; **10000**, 1—Karen Bridges (OkSt) 35:07.42, 2—Karen Fritz (KU) 36:46.07; **LJ**, 1—Annette Tannander (Col) 19'2, 2—Janet Bates (Mo) 18'7", 3—Annette Sittenauer (KS) 18'5"; **DT**, 1—Brenda Denny (Col) 164'0, 2—Gale Zaehiroopoulos (Col) 151'5, 3—Sue Kobza (Mo) 148'11; **3000**, 1—Dana Slater (Col) 9:42.37, 2—Renee Urish (KS) 9:45.14, 3—Diane Vetter (IS) 9:52.03; **400H**, 1—Debbie Esser (IS) 58.07, 2—Fiona Macauley (Ok) 59.07, 3—Ellie Mahal (IS) 60.25; **440yR**, 1—Kansas State (Wallace - Trent - Davidson - Osborn) 47:05; **2MR**, 1—Iowa State (Class - Deppe - Rebsamen - Lange) 9:18.35, 2—Kansas 9:23.00, 3—Nebraska 9:38.22; **100**, Lori Green (KU) 11.63; **1500**, 1—Deb Vetter (IS) 4:26.03, 2—Diane Vetter (IS) 4:28.52, 3—Renee Urish (KS) 4:31.70; **SP**, 1—Cecil Hansen (Ok) 47'10", 2—Jeanne Daniels (KS) 45'2"; **100**, 1—Willette Page (Mo) 55.0, 2—Wanda Trent (KS) 55.1, 3—Lorraine Davidson (KS) 55.4, 4—Lee Ballenger (Col) 56.3; **HJ**, 1—Annette Tannander (Col) 5'10, 2—Becky Deetz (IS) 5'9; **100H**, 1—Pam Page (Mo) 13.69, 2—Debbie Esser (IS) 13.90, 3—Lori Lawrey (KU) 13.92, 4—Fiona Macauley (Ok) 13.97; **JT**, Debbie Smallwood (OkSt) 149'11"; **800**, 1—Debbie Vetter (IS) 2:10.46, 2—Dana Glidden (Mo) 2:11.13, 3—Siri Bjelland (Ok) 2:11.49; **200**, 1—Lori Green (KU) 23.49, 2—Willette Page (Mo) 23.76, 3—Lorraine Davidson (KS) 23.84; **5000**, 1—Dana Slater (Col) 17:08.71, 2—Karen Bridges (OkSt) 17:11.95, 3—Diane Vetter (IS) 17:35.03; **Miler**, 1—Iowa State (Esser - Mahal - Eder - Vetter) 3:49.21, 2—Colorado 3:51.64, 3—Oklahoma 3:51.96, 4—Kansas State 3:52.10; **Pentathlon**, 1—Karen Frayee (Mo) 3763 (15.46 - 33'11 - 5'3 1/2 - 18'8 1/4 - 2:21.56), 2—Dona Lane (IS) 3602; **Scores**, 1—Iowa State 120, 2—Kansas State 113, 3—Colorado 94, 4—Kansas 80, 5—Missouri 70, 6—Oklahoma 57, 7—Nebraska 48, 8—Oklahoma State 35.

Tennessee Wins State Title

Clarksville, Tennessee, May 5 — Brenda Webb won three events and Jane Haist cut loose with a 164'8 toss in the discus to pace Tennessee to an easy win in the State Championships here today.

RESULTS: LJ, 1—Joanne Arnold (Austin Peay) 19'8", 2—Debra Spencer (Memphis State) 18'9"; **SP**, 1—Rose Hauch (T) 47'9, 2—Susan Thornton (T) 44'8; **5000**, 1—Brenda Webb (T) 17:21.8, 2—Laura Brewer (MS) 17:33.4, 3—Lynn Lashley (T) 17:35.2; **440yR**, Memphis State (Walker - Parks - Spencer - Hooker) 46:8; **1500**, Kathy Kirchner (T) 4:38.0; **100H**, 1—Joanne Arnold (AP) 14.6, 2—Tammy Owens (T) 14.7; **400**, Debra Spencer (T) 56.24; **100**, 1—Wanda Hooker (MS) 11.5, 2—Krista Berryman (T) 11.6, 3—Pam Pettus (T) 11.7; **800**, Brenda Webb (T) 2:16.5; **400H**, Susan Manning (T) 63.2; **200**, Wanda Hooker (MS) 23.7; **HJ**, 1—Kim Harrell (East Tenn) 5'9, 2—Joanne Macleod (T) 5'8; **3000**, Brenda Webb (T) 10:26.6; **880yMed**, 1—Memphis State (Walker - Ford - Hooker - Spencer) 1:44.7, 2—Tennessee 1:45.1; **2MR**, Tennessee (Soldano - Tieperman - Lashley - Kirchner) 9:08.6; **DT**, 1—Jane Haist (T) 164'8, 2—Susan Thornton (T) 144'0, 3—Sheila Halsey (ET) 139'0"; **MR**, 1—Memphis State (Spencer - Walker - Murray - Hooker) 3:53.2, 2—Tennessee 3:53.6; **Scores**, 1—Tennessee 107, 2—Memphis State 77, 3—Austin Peay 34, 4—East Tennessee 24, 5—Tennessee Tech 14, 6—Middle Tennessee 4.

Northridge Wins Southwest Title

Irvine, California, May 5 — Defending National AIAW champ Cal State Northridge had little trouble winning the team title at the Southwest Collegiate Championships staged on the tartan at UC Irvine. The Northridgers scored 130 points to runner-up San Diego's 95 1/2 as 15 colleges participated. Good marks were plentiful as the cream of Southern California collegians tangled.

RESULTS: 10000, 1—Laurie Hagopian (Cal Lutheran) 36:03.5, 2—Pam Morris (Oxy) 36:58.7; **100H**, 1—Debbly LaPlante (SD) 13.43, 2—Cecelia Branch (UNLV) 13.69, 3—Jodi Anderson (CSN) 13.75, 4—McGee (CSLB) 14.09; **HJ**, Pam Spencer (CSN) 5'10; **3000**, Sarah Sweeney (UCSB) 9:53.59; **400R**, 1—CSN (Howard - Brown - Brisco - Young) 46:01, 2—CSLA 46.10, 3—UNLV 46.69, 4—USC 48.77; **DT**, 1—Christi Pyle (CSN) 150'10", 2—Leslie Hoerner (CSLB) 146'5, 3—Karen Stampell (CSN) 143'5, 4—Donna Dietrich (SD) 137'4"; **1500**, Cathy Fulkerson (CL) 4:41.4; **LJ**, 1—Jodi Anderson (CSN) 21'0", 2—Sandy Crabtree (USC) 19'4"; **400**, 1—Cende Mills (CSLA) 55.55, 2—Linda Cassidy (USC) 55.80, 3—Pat Embrey (UCLA) 55.91; **100**, 1—Dollie Fleetwood (CSLA) 11.71, 2—Jodi Anderson (CSN) 11.72, 3—Yolanda Rich (CSLA) 11.74; **800**, 1—Donna Fromme (Redlands) 2:09.66, 2—Cathy Jones (CSN) 2:10.79, 3—Chris Smallwood (SD) 2:12.01, 4—Roma Antonewicz (CSN) 2:12.71; **SP**, 1—Emily Dole (CSLB) 47'5, 2—Melody Rose (CSLA) 46'5, 3—Heidi Kauti (UCLA) 44'11; **400H**, Linda Hightower (UCSB) 61.89; **200**, 1—Yolanda Rich (CSLA) 23.46, 2—Valerie Brisco (CSN) 23.82; **5000**, Sarah Sweeney (UCSB) 17:36.9; **880yMed**, 1—CSLA (Fleetwood - Mills - Pusey - Rich) 1:41.91, 2—CSN 1:42.77, 3—UNLV 1:44.68; **JT**, Donna Dietrich (SD) 161'4, 2—Monica Stoltenburg (SD) 149'3, 3—Linn Dunton (SD) 149'2", 4—Lisa Van Benthem (USC) 143'1; **2MR**, 1—CSN (Jones - Antonewicz - Kauffman - Romesser) 9:09.7, 2—UC Irvine 9:25.4; **MR**, SD (Smallwood - Abare - Callahan - Pope) 3:48.2, 2—UNLV 3:48.5, 3—CSN 3:51.0; **Scoring**, 1—CS Northridge 130, 2—San Diego State 95 1/2, 3—CS Los Angeles 67, 4—CS Long Beach 53, 5—UC Santa Barbara 49, 6—USC 36, 7—UCLA 36, 8—UNLV 32, 9—Cal Lutheran 20, 10—Occidental 15, 11—UC Irvine 15, 12—Redlands 12, 13—Cal Poly/SLO 7 1/2, 14—Cal Poly/Pomona 4, 15—CS Bakersfield 3.

Auburn State Champ

Auburn, Alabama, May 5/6 — Auburn won the 1979 AIAW Alabama State Track and Field title here today with some fine performances including relay marks of 9:21.7 in the two mile, a 1:43.91 medley clocking and 45.98 for the 4x100. Individual marks were satisfactory but not earth-shattering as the host team won 18 events in the two-day competition.

RESULTS: 10000, 1—Traci Gold (Aub) 39:05.8, 2—Faythe Vaughan (Aub) 39:57.4; **DT**, Piatt (Aub) 136'11; **LJ**, 1—Henry (AlaA&M) 19'7", 2—Araujo (Aub) 18'6"; **2MR**, 1—Auburn (Cannon - Huggins - Petersen - Chatman) 9:21.62, 2—Alabama 9:52.65; **100H**, Small (A&M) 14.61; **5000**, Strum (Ala) 17:32.19; **MedR**, 1—Auburn (McBride - Smith - Kearney - Brown) 1:43.91, 2—Alabama State 1:46.16, 3—Alabama 1:46.87; **440yR**, 1—Auburn (Smith - Kearney - McBride - Brown) 45.98, 2—Alabama 46.91, 3—Alabama State 46.98; **HJ**, Jackson (A&M) 5'5; **1500**, 1—Strong (Ala) 4:36.32, 2—Strum (Ala) 4:38.77; **400**, 1—Kearney (Aub) 55.95, 2—Brown (Aub) 56.70; **100**, McBride (Aub) 11.53; **400H**, 1—Collins (JacksonvilleSt) 64.46, 2—Newton (Aub) 64.93; **800**,

Results, Results and More Results

Peterson (Aub) 2:13.76; **SP**, Och (Ala) 46'2"; **200**, 1—Kearney (Aub) 24.00, 2—Little (Ala) 24.25, 3—McBride (Aub) 24.25; **3000**, Jackson (Ala) 10:28.42; **5000**, 1—Alabama State 3:53.58, 2—Auburn 3:56.22; **JT**, S. Smith (Aub) 140'2; **Pentathlon**, 1—Laurie Smith (Aub) 3313, 2—Koinig (Ala) 3173; **Scores**, 1—Auburn 263, 2—University of Alabama 185, 3—Alabama State 65, 4—Alabama A&M 55, 5—Jacksonville State 37, 6—Tuskegee Institute 0.

LaCrosse, Wis. Winner

Whitewater, Wisconsin, May 4/5 — The University of Wisconsin at LaCrosse, defeated 10 other University of Wisconsin's plus a trio of other institutions to win the Wisconsin Women's Intercollegiate Athletic Conference outdoor title here today. Deb Glass of LaCrosse had the best mark of the two-day competition with a toss of 140'5 to win the discus.

RESULTS: **DT**, 1—Deb Glass (LC) 140'5, 2—Deb Hildebrandt (LC) 136'4", 3—Becky SeEVERS (Stevens Point) 135'0; **2MR**, Stevens Point 9:49.9; **3M**, Cheryl Konkel (Mil) 17:12.1; **880yMed**, LaCrosse 1:50.7; **SP**, Sara LaBorde (SP) 43'2"; **100y**, 1—Linda Withers (Parkside) 11.0, 2—Diane Schiller (Plat) 11.0; **Pentathlon**, Sherri Odlevak (Sup) 3387; **Scores**, 1—UW LaCrosse, 2—UW River Falls 85, 3—UW Stevens Point 84, 4—UW Milwaukee 47, 5—UW Eau Claire 35, 6—UW Platteville 30, 7—Carroll College 26, UW Oshkosh 21, 9—UW Superior 18, 10—UW Whitewater 17, 11—UW Stout 16, 12—UW Parkside 13, 13—Marquette University and Carthage 0.

Hapoel Games

Ramat-Gan, Israel, May 4/6 — Rumanian's Florenta Tacu with a toss of 194'1 in the discus and Doina Anton who spanned 21'0½ had the top marks of the Hapoel Games. Other good marks were turned in by Israel's own perennial Esther Rot who won the hurdles in 13.52 and Greece's Sofia Sakarata with a throw of 193'4 in the javelin.

RESULTS: **DT**, Florenta Tacu (Rumania) 194'1; **LJ**, 1—Doina Anton (Rum) 21'0½, 2—Orna Uziel (Isr) 20'1¼; **1600R**, 1—Unattached mixed team 3:56.8, 2—Israel 3:50.3; **3000**, 1—Anat Meiri (Isr) 9:35.6, 2—Mary Stewart (GB) 9:35.8; **100H**, 1—Esther Rot (Isr) 13.52, 2—Michaela Dumitrescu (Rum) 13.65, 3—Shirley Strong (GB) 13.85; . . . 5—Patty Van Wolvelaere (USA) 15.31; **200**, Beverly Goddard (GB) 23.77; **1500**, 1—Anat Meiri (Isr) 4:29.4, 2—Zehava Shmueli (Isr) 4:30.3, 3—Rachel Halle (Isr) 4:38.0; **100R**, 1—Unattached team 48.66, 2—Israel 48.67; **JT**, Sofia Sakarata (Greece) 193'4; **SP**, Florenta Tacu (Rum) 52'4"; **800**, 1—Elena Tarata (Rum) 2:11.5, 2—Elisabeth Schacht (GFR) 2:11.3; **100**, 1—Beverly Goddard (GB) 11.67; . . . 5—Patty Van Wolvelaere (USA) 12.46; **HJ**, 1—Maggie Woods (Canada) 5'10½, 2—Jasmin Fischer (GFR) 5'9½; **100**, 1—Elena Tarata (Rum) 54.43, 2—Joelyn Hoyte-Smith (GB) 55.41.

Oregon Whips Oregon State

Corvallis, Oregon, May 5 — The University of Oregon maintained its unbeaten record for the 1979 season by whipping cross-state Oregon State 80-47 in a dual meet here today. Oregon's Mary

Stevenson, with a throw of 155'5½ in the discus, had the best mark of the competition as most marks were ordinary — good but not outstanding.

RESULTS: **3000**, 1—(tie) Katy Monton (UO) and Mollie Morton (UO) 9:49.2, 3—Brenda Cardin (OS) 9:59.4; **400R**, 1—Oregon (Adams - Costello - Rose - Batiste) 47.26, 2—Oregon State 48.10; **100H**, Kris Costello (UO) 14.2; **400**, Kathy Weston (OS) 56.09; **100m**, 1—Debbie Adams (OU) 11.71, 2—Melanie Batiste (UO) 11.74; **800**, 1—Ellen Schmidt (UO) 2:11.87, 2—Robin Blaine (OS) 2:12.02; **200**, Melanie Batiste (UO) 24.49; **1500**, 1—Jody Parker (UO) 4:35.99, 2—Cherri Williams (UO) 4:48.69; **1600R**, Oregon State (Wallace - Mosby - Blaine - Weston) 3:56.59; **SpMed**, Oregon State 1:47.77; **HJ**, Sue Blake (OS) 5'6; **JT**, 1—Tonya Riegle (OS) 152'6, 2—Teri Cooper (OS) 148'0, 3—Patty Kearney (UO) 140'11; **SP**, Carrie Albano (UO) 44'6½; **DT**, 1—Mary Stevenson (UO) 155'5½, 2—Kathy Pickman (UO) 149'0.

Marilyn King Comes Back

Berkeley, California, May 5 — The re-appearance of veteran Marilyn King, now coach at the University of California, was the bright spot of the All Comers affair staged on historic Edwards Stadium track. King sped an acceptable 14.4 in the hurdles and hopped a good 19'9 in the long jump in her debut.

RESULTS: **10000**, 1—Jan Oehm (Cal) 35:35.0, 2—Judy Fox (WVTC) 35:53.2, 3—Phyllis Ohlrich (SJC) 36:00.0, 4—M. Aubuchon (CSHay) 36:22.2, 5—Ann Thrupp (Stan) 36:24.0; **JT**, Barbara Whitfield (Un) 163'7.

Rutgers Wins in NJ

Princeton, New Jersey, May 5 — Rutgers had no trouble winning the New Jersey State AIAW track title here today scoring 216 points to 175 for runner-up Princeton. Trenton State (93), Montclair State (40) and Glassboro State (8) rounded out the scoring as no impressive marks were recorded.

RESULTS: **5000**, Lynn Jennings (P) 17:13.4; **400R**, Princeton 49.8; **100**, Lucas (R) 11.9; **200**, Pilgrim (P) 24.7; **3000**, Schulte (P) 9:56.0; **320R**, Rutgers 9:28.9; **LJ**, Smithers (R) 18'6½; **JT**, Watts (TS) 147'3.

UCLA Wins WCAA Title

San Diego, May 11 — San Diego State made another run at UCLA, but once again the depth of the Uclans turned the tide and the blue and gold triumphed with 82 points to 75 for the southerners, 58 for Cal State Long Beach and 52 for USC.

Good marks were recorded by USC's Gail Douglas and San Diego's Debby LaPlante, although marks were hand-timed and no wind gauge was used. Douglas sped the nation's speediest 100, winning in 11.1 while LaPlante recorded a 13.1 flight of hurdles. Emily Dole tossed the shot over 51 feet and Sherron Walker leaped past the 20 foot marker in the long jump for other good performances.

RESULTS: **JT**, 1—Donna Dietrich (SD) 160'11, 2—Keri Camarig (LB) 158'4, 3—Linn Dunton 157'1, 4—Monica Stoltenburg (SD) 153'6; **800mMed**, 1—UCLA (Gourdine - Wright - Reed - Embry) 1:42.4, 2—USC 1:45.4; **SP**, 1—Emily Dole (LB) 51'3½, 2—Heidi Kauti (UCLA) 44'10½, 3—Monica Stoltenburg (SD) 44'2; **5000**, Linda Broderick (UCLA) 17:42.4; **LJ**, 1—Sherron Walker (LB) 20'1½, 2—Sandy Crabtree (USC) 19'9½, 3—Lisa Gourdine (UCLA) 19'3½; **100R**, 1—UCLA (Gourdine - Reed - Wright - Embry) 45.4, 2—USC 45.6, 3—SD 46.8; **1500**, Shelia Ralston (UCLA) 4:34.7; **100H**, 1—Debby LaPlante (SD) 13.1, 2—Sue Bradley (Non-scoring) 13.4, 3—Lisa Gourdine (UCLA) 13.6, 4—Maureen McGee (LB) 13.7; **100**, 1—Cindy Cumbess (UCLA) 54.7, 2—Janice Pope (SD) 55.0; **DT**, Leslie Hoerner (LB) 152'3½; **100**, 1—Gail Douglas (USC) 11.1, 2—Judy Reed (UCLA) 11.4, 3—Roxanne Wright (UCLA) 11.6; **800**, 1—Kathy Chisam (UCLA) 2:09.7, 2—Teresa Jenkins (LB) 2:10.6, 3—Cindy Poor (Guest) 2:10.9, 4—Chris Smallwood (SD) 2:11.5; **200**, 1—Gail Douglas (USC) 23.5, 2—Roxanne Wright (UCLA) 24.6; **1600R**, SD (Smallwood - Abare - Smith - Pope) 3:48.8; **3200R**, 1—UCLA (Chisam - Ward - Ralston - Warner) 9:08.91, 2—CSLB 9:20.1.

Great Double By Molly Morton

Eugene, Oregon, May 11/12 — University of Oregon's Molly Morton scorched to a twin win in the 5- and 3-thousand meter runs to highlight the staging of the Northwest Women's College Championships and led her team to the Conference title with 172 points, far ahead of Washington's 95 second place digits. Morton covered the 3000 on Friday in 9:25.1 breaking the old meet record by more than 30 seconds. She came back the following day to win the 5000 in 16:18.3, almost 1½ minutes under the former meet mark. Oregon State's two mile relay team had a fine 8:48.3 performance with Kathy Weston anchoring in 2:07.72. Weston also won the 400 in 54.36. There were good marks in the disc and javelin also.

RESULTS: **LJ**, Annette Hammonds (Wa) 19'2½; **JT**, 1—Joanne Eggart (WS) 178'3, 2—Donna Schilbert (Western Washington) 159'8, 3—Tonja Reigle (OS) 159'4; **100R**, Oregon (Adams - Costello - Rose - Batiste) 46.74; **100H**, Kris Costello (UO) 14.44; **1500**, 1—Cheri Williams (Ore) 4:21.3, 2—Joan Corbin (Seattle Pacific) 4:25.4; **400**, 1—Kathy Weston (OS) 54.36, 2—Dawn Rose (Ore) 54.70, 3—Lisa Sorrell (Eastern Washington) 54.88, 4—Sharon Canda (Montana State) 54.92; **SP**, 1—Marcia Mecklenberg (SP) 48'9¼, 2—Caryl Van Pelt (Wa) 48'1¼, 3—Carrie Albano (Ore) 46'10½; **100/200**, Melanie Batiste (Ore) 11.7/24.03w; **100H**, Leslie Winslow (MS) 62.35; **HJ**, Maggie Garrison (Wa) 5'8; **800**, Dana Arnim (Wa) 2:10.1, 2—Karen Blair (WS) 2:10.76, 3—Ellen Schmidt (Ore) 2:11.3; **DT**, 1—Kathy Picknell (Ore) 161'6½, 2—Cindy Pottie (Central Wa) 156'6, 3—Julie Hansen (SP) 155'4½, 4—Caryl Van Pelt (Wa) 152'5, 5—Marcia Mecklenberg (SP) 151'1½; **800Med**, 1—Spokane CC 1:47.4, 2—Seattle Pacific 1:47.7; **5000**, 1—Molly Morton (Ore) 16:18.3, 2—Jody Parker (Ore) 16:32.9, 3—Katy Mountain (Ore) 16:54.1, 4—Lori Adams (MS) 16:56.6; **1000R**, 1—Oregon (Batiste - Adams - Macey - Rose) 3:47.27, 2—Oregon State 3:50.26, 3—Washington 3:51.02, 4—Montana State 3:55.30; **Pentathlon**, Karen Schillinger (CW) 3470; **2MR**, 1—Oregon State (Costello 2:16.71 - Trom 2:13.25 - Blaine 2:10.42 - Weston 2:07.72); **3000**, 1—Molly Morton (Ore) 9:25.1, 2—Joan Corbin (SP) 9:32.5, 3—Jody Parker (Ore) 9:32.5, 4—Katy Mountain (Ore) 9:43.7; **Scores**, 1—Oregon 172, 2—Washington 95, 3—Oregon State 72, 4—Montana State 58, 5—Seattle Pacific 44, 6—Spokane CC 35, 7—Washington State 22, 8—Central Washington 19, 9—Eastern Washington 14, 10—Portland State 13, 11—Boise State 9, 14—Linfield 8, 15—Western Washington 8, 16—Eastern Montana 4, 17—Oregon College of Education 4, Montana 4, Pacific Lutheran 4.

Results, Results and More Results

Eastern AIAW Championships

Oneonta, New York, May 12/13 — Good marks in most events were the order of the day at the Eastern AIAW Championships as 55 colleges and universities took part. Joan Benoit had a good mark in the ten thousand, Brigid Leddy of Villanova looked strong in the 1500, DC's Liz Young had a fine 400, five runners were under 2:10 in the 800 and all of the relays were top notch.

RESULTS: **DT**, Elena Gervino (Rhode Island) 147'11"; **LJ**, 1—Hatcher (Delaware) 19'11½, 2—Carroll (Temple) 19'6"; **SP**, 1—Sandy Burke (Northeastern) 51'9¼, 2—Koziara (Dartmouth) 47'6¾; **JT**, 1—Watts (Trenton) 159'6, 2—Tepper (USMA) 147'6; **10000**, 1—Joan Benoit (Bowdoin) 34:49.9, 2—Walsh (Md) 34:59.6, 3—Sullivan (Brown) 34:46.0; **1000H**, Palmer (Pitt) 14:50; **5000**, 1—Uljan (Yale) 17:20.6, 2—Walsh (Md) 17:33.38, 3—Cleary (PrSt) 17:52.9; **1x800**, 1—Villanova 9:7.2, 2—Penn State 9:07.43; **800MedR**, 1—Pittsburgh 1:43.81 (1:43.6h), 2—DC 1:43.94, 3—Temple 1:43.96 (1:43.68h), 4—Maryland 1:43.84; **100R**, 1—Temple 47.10, 2—Maryland 47.42, 3—Pittsburgh 47.94; **1500**, 1—Brigid Leddy (Vil) 4:24.0, 2—Paula Murnane (PennSt) 4:27.76; **400**, 1—Liz Young (DC) 53.30, 2—Murray (Pitt) 54.09, 3—Miller (Md) 55.07; **100**, Toomer (Md) 12.10; **100H**, 1—Edna Brown (Temple) 59.78, 2—Carolyn Brinkley (DC) 60.59, 3—Elumelu (Boston) 60.77; **800**, 1—Christine Mullen (Georgetown) 2:06.92, 2—Doraine Lambelet (Vil) 2:07.82, 3—Fales (PennSt) 2:09.28, 4—Miller (PennSt) 2:09.40, 5—Patti Douglas (RI) 2:09.83; ... 9—Carolyn Brinkley (DC) 2:24.9; **200**, Liz Young (DC) 23.90; **3000**, 1—St. Hilaire (Vt) 9:39.5, 2—Vonberg (Middleburg) 9:48.3, 3—Lynn Jennings (Princeton) 9:48.8; **1x100**, 1—Temple 3:43.2, 2—Howard 3:44.82, 3—Penn State 3:46.3, 4—Maryland 3:47.2, 5—Villanova 3:47.5; **Scores**, 1—Maryland 110, 2—Temple 64, 3—Pittsburgh 57, 4—Penn State 48, 5—University of DC 43, 6—Villanova 31.



Pam Spencer

JEFF JOHNSON PHOTO

the 800 over Redland's Donna Fromme in 2:06.9. Other good marks were turned in by Carman Ionescu of Canada in the discus at 184'1 and a 6'1¼ leap in the high jump by Cal State Northridge's Pam Spencer.

RESULTS: **100**, 1—Hopkins (LAM) 11.6w, 2—Parker (Cal) 11.6w, 3—Deann Carney (LAM) 11.8w; **200**, Hopkins 24.2w; **400**, 1—Cassidy (USC) 55.29, 2—Cumbess (UCLA) 55.47; **800**, 1—Julie Brown (LATIC) 2:06.9, 2—Donna Fromme (Redlands) 2:07.5, 3—Cynthia Warner (UCLA) 2:07.6, 4—Janet (Vetter) Grane (Blue Ribbon TC) 2:10.5, 5—Jacobs (LATIC) 2:10.6, 6—Roma Antoniewicz (LATIC) 2:11.4, 7—Kaufman (CSN) 2:11.8; **1500**, 1—Julie Brown (LATIC) 4:24.8, 2—Michelle Bush (Rolling Hills HS) 4:25.5, 3—Cathy Chisam (UCLA) 4:27.3; **3000**, 1—Alice Trumbly (Cal) 9:43.4, 2—Ann Richter (Cal) 9:44.8, 3—Sweeney (UCSB) 9:45.3, 4—Hjelte (Cal) 9:58.8; **10000**, 1—Karen Bridges (Oklahoma) 35:31.7, 2—Linda Heinmiller (Santa Monica TC) 35:56.3; **100H**, 1—Michelle Hawthorne (Cal) 14.1, 2—McGee (CSLB) 14.2, 3—Walker (UCLA) 14.6; **400H**, 1—Michelle Hawthorne (Cal) 60.1, 2—Taylor (CSN) 61.7, 3—Linda Hightower (UCSB) 61.8; **5000w**, Sue Brodock (SCRR) 26:10.9; **400R**, UCLA 46.45; **1000R**, 1—CSN "A" 3:49.3, 2—CSN "B" 3:49.5; **HJ**, 1—Pam Spencer (CSN) 6'1¼, 2—Cindy Gilbert (Maccabi TC) 5'9, 3—Cari Gosswiller (GSN) 5'9; **LJ**, Crabtree (USC) 19'10¼, 2—Haynes (USC) 19'6¼, 3—Taylor (CSN) 19'1; **SP**, 1—Emily Dole (CSLB) 49'5¼, 2—Melody Rose (Premier TC) 47'11½; **DT**, 1—Carmen Ionescu (Canada) 184'1, 2—Jan Svendsen (Quest TC) 155'2, 3—Vogelsang (Maccabi) 146'5; **JT**, 1—Nelson (Club International) 167'10, 2—Smallwood (Oklahoma) 151'2.

tional Junior College Championships here this week. Mesa Community College of Arizona won the team title over 27 other teams in this three-day event.

RESULTS: **100**, 1—Kim Watts (Golden Valley Lutheran, Mn) 11.84, 2—Carmeta Drummond (Santa Fe, Fl) 11.91; **200**, Drummond 24.33w; **400**, 1—Terri Snoddy (Golden Valley) 57.02, 2—Jill Lenham (Lane CC, Ore) 57.39; **800**, Juanita Huff (Dodge City, Kn); **1500**, 1—Carlene Thomas (Glendale CC, Ariz) 4:33.74, 2—Mary Douglas (Central Ore) 4:37.52; **3000**, Leandra Barinaga (Clackamas, Ore); **5000**, 1—Tammy Tucker (Dodge City) 17:07.6, 2—Maria Tilman (Phoenix) 17:18.2; **100H**, 1—Diane Richardson (Mesa) 14.31, 2—Jeanette Bradley (Hillsborough, Fl) 14.50; **400H**, Jeanette Bradley (Hillsborough) 62.21; **DT**, Ellen Colleary (Mesa) 134'4; **JT**, Jane Gale (Mesa) 147'7; **LJ**, 1—Pat Hiller (Dodge City) 19'0¼, 2—Susie Morehart (Clackamas) 19'0; **HJ**, 1—Dale Wallace (Santa Fe) 5'9, 2—Joan Brockhaus (North Dakota) 5'9; **SP**, Karen Allen (Hutchinson, Kn) 43'2¼; **400R**, 1—Santa Fe 48.43, 2—Golden Valley 48.59; **880yMedR**, Golden Valley 1:46.1; **2MR**, Dodge City 9:21.4; **1000R**, Hillsborough 3:55.98.

Arizona State Best in Region 7

Logan, Utah, May 10/12 — As expected, Arizona State easily won the Region Seven AIAW title in a meet filled with excellent performances and several surprises. The Tempe based crew won the meet with 154 followed by Brigham Young with 89, UTEP with 81 and New Mexico with 80. Sixteen schools took part in the three day competition.

Auburn Region 3 Champ

Auburn, Alabama, May 12 — In a meet void of outstanding performances, Auburn won the Region 3 AIAW title scoring 202 points to runner-up Florida State's 134. Best marks came in the field and the relays.

RESULTS: **100R**, 1—Auburn (McBride - Brown - Smith - Kearney) 46.2, 2—Jackson State 46.8, 3—Alabama State 47.1; **100**, Brown (Auburn) 56.2; **SP**, Majors (FlaSt) 43'7½; **100H**, Sievers (Fl) 62.0, 2—Araujo (Aub) 63.1; **800**, Jacobs (JS) 2:12.6; **200**, 1—Kearney (Aub) 24.2, 2—Finch (JS) 24.2, 3—Williams (AIST) 24.5; **3000**, Jacquish (FIST) 10:01.2; **1000R**, 1—Jackson State 3:48.0, 2—Alabama State 3:52.5; **DT**, Jackie Gordon (Fl) 142'7; **LJ**, Golden (FlaSt) 19'9¼, 2—Araujo (Aub) 19'4½; 3—Reaves (JS) 19'2; **2MR**, 1—Jackson State 9:00.9, 2—Florida State 9:09.7, 3—Auburn 9:27.3; **Scores**, 1—Auburn 202, 2—Florida State 134, 3—Jackson State 94, 4—Alabama State 50, 5—Florida 48, 6—Florida A&M 28, 7—Jacksonville State 27, 8—Alabama 16.

SPAAAU Champs

Los Angeles, California, May 14 — Julie Brown began a comeback of sorts here today as she scored a double win in the Southern Pacific AAU Championships on the tartan at UCLA: Brown won the 1500 over prepster Michelle Bush in 4:28.4 and

Mesa Is National JC Winner

Eugene, Oregon, May 17/19 — No earth shattering marks were recorded, but fine competition came about at the Na-

Results, Results and More Results

Brigham Young's Themis Zambrzycki was the standout performer, setting a new collegiate record in the pentathlon at 4456 with fine performances in each of the five events. Zambrzycki ran the hurdles in 14.2, put the shot 46'5½, high jumped 6'0, long jumped 20'7½, and ran the 800 in 2:24.0. Only in the two lap run was she beaten by any of the other entries. Utah State's Karen Page triumphed over Themis in the 800 with a good 2:19.9 clocking and finished in second place in the scoring with 4048 points.

Zambrzycki did not confine herself only to the pentathlon. She also won the open long jump with a leap of 19'10½w, was third in the 100 hurdles with 14 flat, fourth in the shot with 46'9 and upset teammate Maria Betioli to win the high jump at 6'0¼.

Arizona State's Kathy Mintie turned in a tough double, winning the 3000 in 9:48.2 and the 5000 in 16:53.0, both new meet records. Another double winner was teammate Brenda Calhoun. Calhoun won the hurdles as expected in 13.7w, but surprised everyone by whipping teammate Val Boyer in her 100 heat in 11.4 and then doing it again in the final in 11.5. Still another ASU sprinter, Freida Cobbs, also beat Boyer in the 100 as the premier ASU sprinter had a bad day and also finished only third in the 200.

Ria Stalman (ASU) and Jennifer Smit (UTEP), two refugees from Holland, produced good marks in the discus and shot with Stalman tossing the disc 168'0 and Smit the shot 51'2.

New Mexico and ASU each won two relays, all four in outstanding time. ASU took the 440 in 45.8 and the medley in 1:40.7 while New Mexico annexed the mile in 3:46.9 and the two mile in 9:00.5, all four being new meet records.

RESULTS: 100 (+1.57), 1—Brenda Calhoun (ASU) 11.5 (11.4h), 2—Freida Cobbs (ASU) 11.6, 3—Val Boyer (ASU) 11.7, 4—Cheryl Osborne (Utah St) 11.8; 200, (+7.30), 1—Jeanine Brown (UTEP) 23.3, 2—Freida Cobbs (ASU) 23.3, 3—Val Boyer (ASU) 23.8; 400, 1—Sharon Acker (ASU) 55.3, 2—Themis Zambrzycki (BYU) 57.0; 800, 1—Susan Vigil (NM) 2:07.6, 2—Charlene Delvanthal (ColSt) 2:09.7, 3—Rochelle Collins (UTEP) 2:11.1; 1500, 1—Debbie Mitchell (UTEP) 4:34.4, 2—Joan Hansen (Ar) 4:37.3; 3000, 1—Kathy Mintie (ASU) 9:48.2, 2—Debbie Mitchell (UTEP) 10:06.5, 3—Judy McCreery (NthCol) 10:10.4; 5000, 1—Kathy Mintie (ASU) 16:53.0, 2—Judy McCreery (NCol) 17:49.7, 3—Marjorie Kaput (Ar) 17:51.2; 10000, 1—Amy Lafoon (ColSt) 35:36.3, 2—Paula Trupienien (NM) 36:40.9, 3—Patti Kaufman (NM) 36:44.9; 100H, (+5.45), 1—Brenda Calhoun (ASU) 13.7, 2—Linda Bourn (BYU) 13.8, 3—Themis Zambrzycki (BYU) 14.0; 400H, 1—Brenda Wilson (Adams St) 61.1, 2—Denise Waddy (AS) 61.2, 3—Regina Dramiga (NM) 61.9; SP, 1—Jennifer Smit (UTEP) 51'2, 2—Ria Stalman (AS) 48'5¼, 3—Betty Bogers (UTEP) 48'2½, 4—Themis Zambrzycki (BYU) 46'9, 5—Kelly Curran (ColSt) 45'2; DT, 1—Ria Stalman (AS) 168'0, 2—Julie Cart (AS) 164'0, 3—Betty Bogers (UTEP) 160'6, 4—Pat Herrington (IdahoSt) 152'11, 5—Francine Kaylor (ColSt) 148'3, 6—Jennifer Smit

(UTEP) 147'7; JT, 1—Celeste Wilkinson (AS) 164'7, 2—Jill Hirschinger (UtahSt) 147'2; LJ, 1—Themis Zambrzycki (BYU) 19'10½w, 2—Ester Otieno (UTEP) 19'9w, 3—Mary Harrington (ColSt) 19'0½; HJ, 1—Themis Zambrzycki (BYU) 6'0¼, 2—Maria Luiza Betioli (BYU) 5'9; 400R, 1—Arizona State 45.8, 2—BYU 47.3; Miler, 1—New Mexico 3:46.9, 2—Arizona State 3:48.5, 3—UTEP 3:49.4; 880yMed, 1—Arizona State 1:40.7, 2—UTEP 1:42.7, 3—BYU 1:44.5; 2MR, 1—New Mexico 9:00.5, 2—Wyoming 9:13.1, 3—Colorado State 9:19.9, 4—Arizona 9:20.2; Pentathlon, 1—Themis Zambrzycki (BYU) 4456 (14.2-46'5½-6'0-20'7¼-2:24.0), 2—Karen Page (UtahSt) 4048, 3—Mary Harrington (ColSt) 3855, 4—Nancy Mallor (ColSt) 3684, 5—Wendy Skiver (UtahSt) 3450; Scores, 1—Arizona State 154, 2—BYU 89, 3—UTEP 81, 4—New Mexico 80, 5—Colorado State 66, 6—Utah State and University of Arizona 32, 8—Northern Colorado 19, 9—Adams State 18, 10—Wyoming 12, 11—Utah 11, 12—Southern Colorado 8, 13—Air Force Academy and Idaho State and Weber State 6, 16—Southern Utah State 0.

200 in 21.83 by Koch

Karl-Marx Stadium, East Germany, May 26/27 — When the 1978 season finished Marita Koch, who had set world records in the 200 and 400, announced she was planning to use 1979 as a "building" year in preparation for the 1980 Olympic Games. How well she is building can be seen from her clocking of 21.85 as she won the 200 meters aided by a wind of 2.6mps, only 0.6 over the allowable.

Koch was not the whole show. Ilona Slupianek tossed the shot over 70 feet, Ruth Fuchs threw the javelin 217'11 — and lost. Anita Weiss ran a 1:59.5 800 and Margitta (Droese) Pufe threw the disc 222'8, among other things. Koch beat world record-holder Marlies Gohr in the 100, 11.23 to 11.31.

PARTIAL RESULTS: 100 (-2.8), 1—Koch 11.23, 2—Gohr 11.31, 3—Iuerswald 11.42; HJ, Dedner 6'2; 400, Kohn 51.67; 800, 1—Weiss 1:59.5, 2—Wartenberg 2:00.2; SP, 1—Slupianek 70'¼, 2—Pufe 69'¼, 3—Adam 67'9; 400R, Motor Jena (Gohr - Rabe - Auerswald - Ecker) 43.26; 200 (+2.6), 1—Koch 21.85, 2—Schneider 22.84, 3—Auerswald 22.90; 3000, Liebich 9:17.6; 400H, 1—Rossley 56:20; 1500, Weiss 4:13.8; 100H, 1—Wakan 13.08, 2—Stock 13.28, 3—Claus 13.30; LJ, Voigt 22'1; DT, 1—Pufe 222'8, 2—Jahl 220'6, 3—Wendlandt 210'1; JT, 1—Homolla 218'0, 2—Fuch 217'11.

Koch Runs 21.71

Berlin, June 10 — Marita Koch of East Germany set a world 200m record of 21.71 seconds, the first time a woman has covered the distance in less than 22 seconds. Koch was competing in a meeting against Canada at famous Karl-Marx Stadt.

Koch was also a member of the DDR 4x100 relay team which had set a new world mark in that event earlier in the program. The team of Koch - Romy Schneider - Ingrid Auserwald and Marlies Gohr covered the distance in 42.09, better than the previous mark, also held by the DDR of 42.27s.

Europa Cup — Sensational

Turin, Italy — As expected, the Europa Cup Final was a spine tingling affair. One hardly knows what to report first. The East Germans won it over the Russians, 102 to 100, by virtue of winning the final event, the 4x400 relay. The Russians lost it by virtue of not scoring in the long jump, an event where they hold the world record. Marita Koch set a new world record in the 400 at 48.60, the East Germans (without Koch) equalled the world record for the 4x100 relay in 42.09, world record holder Grazyna Rabstyn was beaten in the 100m hurdles, Russia's Makeyeva ran the second fastest 400m hurdles in 54.82, Ruth Fuchs lost the javelin and the East German 4x400 team had the second best ever mark at 3:19.62. Oh, yes, Rosemarie Ackerman is back. She defeated old rival Sara Simeoni with a neat leap of 6'6¼ to win the high jump. And 1:59.0 could get you only fifth in the 800.

100, 1—Goshr (EG) 11.03, 2—Kodratjeva (USSR) 11.15, 3—Richter (WG) 11.22, 4—Hunte (Britain) 11.30, 5—Ivanova (Bulgaria) 11.36.

400, 1—Koch (EG) 48.60 (world record, old mark, 48.89, Koch, 1979; Koch ran first 200 in 22.90), 2—Kulchunova (USSR) 49.63 (third performer all-time world), 3—Szewinska (Poland) 51.27, 4—Hartley (Britain) 51.85, 5—Decker (WG) 52.02.

800, 1—Shterewa (Bulgaria) 1:56.3, 2—Poryvkina (USSR) 1:57.6, 3—Weiss (EG) 1:58.0, 4—Januchta (Poland) 1:58.9, 5—Lovin (Romania) 1:59.0.

400m Hurdles, 1—Makeyeva (USSR) 54.82 (second performance all-time world), 2—Rossley (EG) 55.10, 3—Hollman (WG) 56.74, 4—Warden (B) 57.24, 5—Stancu (Romania) 57.45.

400m Relay, 1—East Germany (Goehr - Schneider - Auerswald - Bohmer) 42.09 (equals world record, East Germany, 1979), 2—USSR 42.29 (second all-time world), 3—Britain 43.18, 4—Bulgaria 43.32, 5—West Germany 43.58.

Javelin, 1—Raduly-Zorgo (Romania) 217'5½, 2—Fuchs (EG) 214'9, 3—Sanderson (Britain) 204'8, 4—Gunba (USSR) 203'8, 5—Blechacz (P) 203'6¼.

200, 1—Kondratieva (USSR) 22.40, 2—Gohr (EG) 22.50, 3—Richter (WG) 22.75, 4—Smallwood (Br) 23.84, 5—Szewinska (Poland) 22.94.

1500, 1—Petrova (Bulgaria) 4:03.13, 2—Romanova (USSR) 4:03.38, 3—Marasescu (Romania) 4:03.74, 4—Stoll-Wartenberg (EG) 4:04.31, 5—Benning (Gr) 4:04.86.

3000, 1—Guskova (USSR) 8:52.0, 2—Puica (R) 8:52.7, 3—Yatzinska (Bul) 8:52.9, 4—Sauer (EG) 8:57.6, 5—Sokolowska (P) 8:58.9.

100m Hurdles, 1—Anisimova (USSR) 12.77, 2—Rabstyn (P) 12.85, 3—Teneva (Bul) 13.17, 4—Dimitrescu (R) 13.36, 5—Kempin (WG) 13.50.

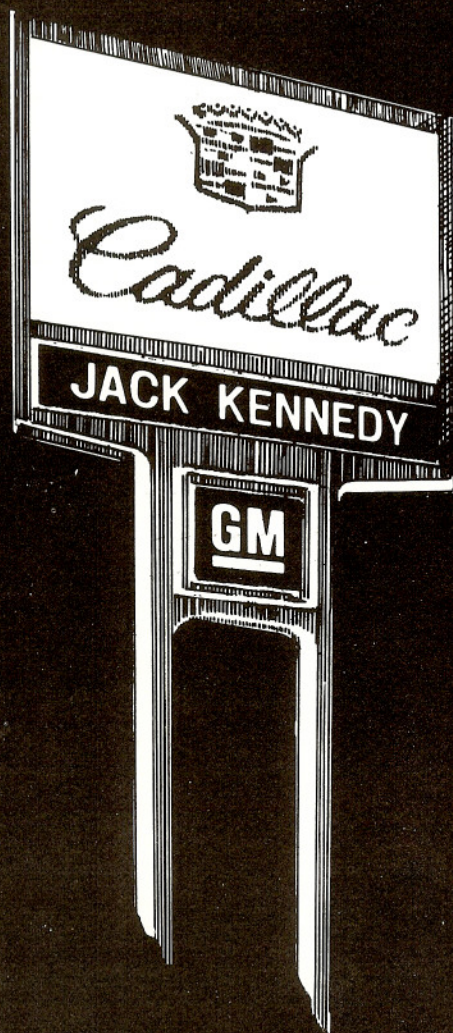
1600 Relay, 1—East Germany (Koch - Kohn - Brehmer - Kotte) 3:19.62 (second performance all-time world), 2—USSR 3:20.39, 3—Britain 3:27.89, 4—Bulgaria 3:28.25, 5—West Germany 3:30.65.

Shotput, 1—Slupianek (EG) 68'8, 2—Abachidze (USSR) 64'9½, 3—Petrova (Bul) 64'4¼, 4—Wilms (WG) 62'7¼, 5—Loghin (R) 58'4½.

High Jump, 1—Ackerman (EG) 6'6¼, 2—Simeoni (I) 6'4½, 3—Kielan (P) 6'3½, 4—Denisova (USSR) 6'3½, 5—Blagoyeva (Bul) 6'0½.

Long Jump, 1—Wujak (EG) 22'7¼, 2—Anton (R) 21'7¼, 3—Goucheva (Bul) 21'2¼, 4—Voigt (WG) 21'2¼, 5—Reeve (Br) 21'2.

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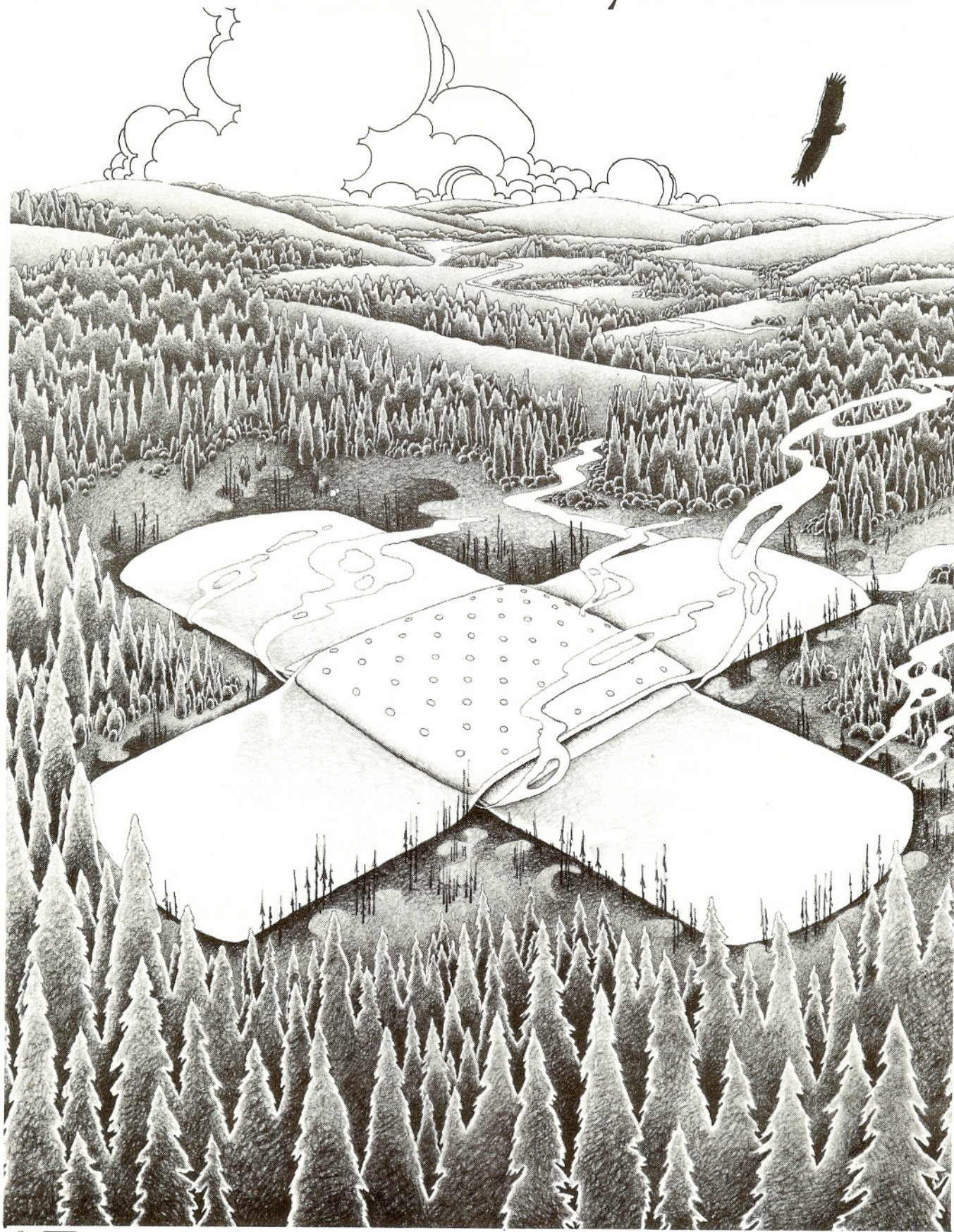
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Race Walking

I am a 16 year old high school student with a lot of enthusiasm for Track and Field. I took up racewalking last year because it was something new and exciting for me. I have been training at it ever since and have gotten a lot out of competing in the meets in my area. Many people, both in and out of the track world, still are unaware that racewalking exists as a real, competitive event. Perhaps you would be interested in publishing the article that I have written, giving a brief overview of what racewalking is all about.

For women especially, the opportunities in this sport are becoming greater every day.

Sincerely,

Addie Kustin
Port Washington, NY

On any given day, at about 3:30 p.m., an interesting phenomenon can be seen at my school. My flying legs, swinging hips and pumping arms cause many people to look at me in disbelief. "What is this outrageous thing that I am doing?" I often ask myself. The answer is RACEWALKING! You know — that track event that you tried to imitate after seeing men in the Olympics do it.

Why do I do it? Simple. It's fun. It's different. It keeps me in shape. At heart, I'm an exhibitionist (I'm the kind of person that sings in front of my mirror using my hairbrush as a microphone pretending to be a rock star). It makes me feel special. People give me some great comments — from "I'll have a burger with that shake" to simply "What are you doing?". Little kids challenge me to races and discover that it's not as easy as it looks.

Supposedly, racewalking is to be the nation's next craze. Actually, walking has been around for many years. Since the beginning of the twentieth century, men have been competing in this sport in the Olympics. Normal walking is good exercise in itself, but for competition, there are two basic rules:

1. One foot must remain on the ground at all times (you can't bring your back foot forward until the other has touched in front).
2. When each leg passes directly under the body, perpendicular to the ground, it must be straight and the knee must be locked. This is to prevent "creeping" along. There are other things that go into having good form. Relaxation and easy movement of the hips (to lengthen each stride rather than walking

from the upper leg as in regular walking), and arms is essential.

Some people find racewalking to be tougher than running because it requires a special skill. The movement doesn't come easily to everyone. Since I've been walking competitively, I've had hip and knee pain from walking too hard without a proper warm-up or warm-down.

Racewalking is not for everyone, but as the general public begins to become more aware that the sport exists, especially for women, many people will accept it as they accept any other track event.

Courts Return Taiwan to IAAF

As was pointed out in the article "Red China and the IAAF — Collusion and Conspiracy" in the December issue of Women's Track World, the action taken by the Congress of the International Amateur Athletic Federation (IAAF) against the Republic of China, was illegal. The ROC took the IAAF to court and won reinstatement into the IAAF. In a letter to all IAAF members from John Holt, Secretary General of the IAAF, the following announcement was made:

"Following the declaration granted by the English Court on Monday, 2nd April 1979, I give below the text of a Press Release issued by the IAAF Office on the same day:

"The Republic of China Track and Field Association (ROCTFA), based on Taiwan, brought proceedings against the IAAF, claiming that a Resolution passed by the IAAF Congress last October, following an application for membership from the Athletic Association of the People's Republic of China (AAPROC), had the effect of depriving it of membership of the Federation.

The Court today declared that that part of the Resolution which had that effect was invalid and that ROCTFA is still a member and entitled to all the rights and privileges of such membership. The Federation, which has its offices in London, is subject to the jurisdiction of the English Court and is therefore bound by its declaration."

And so now the buck is passed right back to the People's Republic — is their desire to participate in international competition strong enough to overcome their politics or will they once again return into their shell?

AIWA (continued)

as she wound up with a very respectable 4422.

UCLA's Patsy Walker suffered a broken leg during the long jump. Walker was in second place following the high jump, and although would not have beaten either Anderson or Zambrzycki, she would undoubtedly have finished third. As it was, Texas A&M's Linda (Cornelius) Waltman nabbed the bronze with a good solid performance which included a speedy 2:11.6 for the 800.

RESULTS: 100m Hurdles. Jodi Anderson (CSN) 13.5, Linda Waltman (TxA&M) 13.9, Themis Zambrzycki (BYU) 14.0, Brenda Wilson (AdamsSt) 14.2, Patsy Walker (UCLA) 14.3, Karen Page (UtahSt) 14.4, Susan Brownell (Va) 14.5, Nora De Araujo (Auburn) 14.5, Mary Harrington (ColSt) 14.6, Sande Lambert (TxA&M) 14.8, Terry Seippel (EKy) 14.9, Nancy Malloy (ColSt) 15.1, Janelle Smalley (TWU) 15.2, Theresa Smith (SeaPac) 15.3, Lynn Adams (IllSt) 15.6, Jenny Stary (Pomona-Pitzer) 15.7, Karen Frazee (Neb) 15.9.

Shot Put. Zambrzycki 46'0", Walker 42'10", Page 40'9, Anderson 40'7", Araujo 39'10", Stary 39'7", Adams 38'8", Malloy 37'5", Harrington 33'9", Brownell 33'7", Wilson 32'11, Waltman 32'7", Frazee 32'0", Smith 30'9", Seippel 30'9", Lambert 29'6, Smalley 28'8.

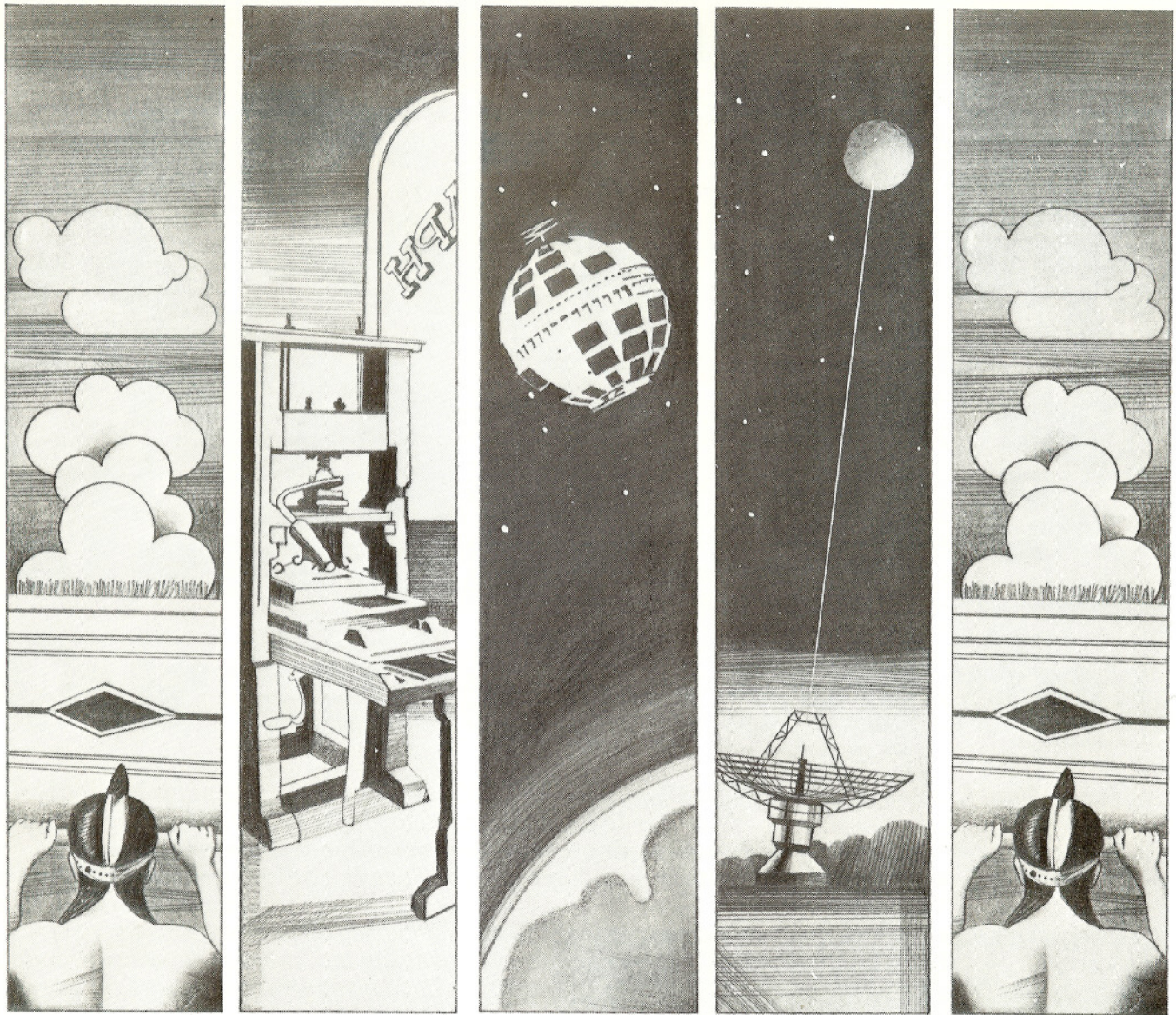
High Jump. Zambrzycki 5'9", Walker 5'9", Smith 5'8", Wilson 5'8", Harrington 5'7", Malloy 5'6", Anderson 5'6", Seippel 5'6", Brownell 5'5, Page 5'3", Waltman 5'3", Adams 5'3", Smalley 5'3", Frazee 5'2", Lambert 5'2", Stary 5'1", Araujo 5'0".

Long Jump. Anderson 21'9, Zambrzycki 19'5, Walker 19'1", Waltman 18'10", Harrington 18'5, Page 18'5, Araujo 18'1", Seippel 18'0", Malloy 17'10", Brownell 17'10", Smith 17'8", Stary 17'6", Frazee 17'2", Wilson 17'0, Smalley 16'8, Adams 15'11, Lambert 14'9".

800 Meters. Waltman 2:11.6, Wilson 2:15.3, Anderson 2:15.8, Zambrzycki 2:17.3, Smith 2:17.5, Seippel 2:18.7, Page 2:18.9, Frazee 2:21.3, Harrington 2:21.4, Smalley 2:21.8, Adams 2:22.4, Araujo 2:22.9, Malloy 2:23.0, Brownell 2:23.4, Stary 2:33.7, Lambert did not finish, Walker did not start.

Point Scores. 1—Jodi Anderson (CSN) 4475, 2—Themis Zambrzycki (BYU) 4422, 3—Linda Waltman (TxA&M) 4085, 4—Karen Page (UtahSt) 4039, 5—Brenda Wilson (AdamsSt) 3977, 6—Mary Harrington (ColSt) 3950, 7—Nancy Malloy (ColSt) 3870, 8—Nora De Araujo (Auburn) 3845, 9—Theresa Smith (SeaPac) 3830, 10—Susan Brownell (Va) 3826, 11—Terry Seippel (EKy) 3818, 12—Lynn Adams (IllSt) 3645, 13—Jenny Stary (Pomona-Pitzer) 3578, 14—Karen Frazee (Neb) 3560, 15—Janelle Smalley (TWU) 3545, Patsy Walker (injured) 3481, Sandy Lambert (Tx) 2668.

SCORES: 1—Cal State Northridge 67, 2—Arizona State 58, 3—Tennessee 32, 4—Texas Women's University 26, 5—Morgan State 23, 6—Cal State Los Angeles 22, 7—University of Texas 21, 8—Oregon 19, 9—North Carolina State 18 and New Mexico 18, 11—Brigham Young University and UTEP 17, 13—Temple, Villanova and Bowdoin 16, 16—Oregon State 13, 17—Wisconsin/Madison, Iowa State and UNLV 12, 20—DC University, Ohio State, Cal State Hayward and Missouri 10, 24—San Diego State 9, 25—Georgetown, Washington State and Oklahoma State 8, 28—Colorado State, Cal State Long Beach and University of California 7, 31—Michigan State, Texas A&M, Seattle Pacific, USC, Virginia, Oklahoma, Purdue and Maryland 6, 39—Utah State, Kansas, Moorhead State, Kearney State, Boston and Memphis State 4, 45—Adams State, Middlebury, St. Olaf, Northeastern, Illinois/Chicago Circle, Vermont, East Tennessee State and UCLA 2, 53—Hunter, Western Kentucky and Hunter College 1.



We can't afford to run out of ideas.

How many ideas do you suppose it took to develop human communications from smoke signals that covered a few miles to satellites and laser beams that reach from here to the moon? Most of those ideas came from college-trained minds and college-based laboratories. Now these vital sources of ideas are threatened — by shortages of money that are forcing

colleges to curtail programs, reduce faculty, limit laboratory work, cut down on book purchases for libraries. We must not let this deterioration continue. We can't afford to run out of ideas. Or we may all be back to smoke signals again before we realize it.

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WORLD TOP TEN TO 15 AUGUST

100

10.97	Gohr (EG)
	Ashford (USA)
11.11	Morehead (USA)
11.12	Koch (EG)
11.15	Kondratyeva (USSR)
11.18	Brehmer (EG)
11.20	Taylor (Can)
11.22	Richter (WG)
11.27	Ivanova (Bul)
11.32	Auerswald (EG)
	Hawkin (USA)

800m

1:56.2	Petrova (Bul)
1:56.3	Shtereva (Bul)
1:57.1	Vakrusheva (USSR)
1:57.2	Porichkina (USSR)
1:57.4	Lovin (Rum)
	Mushta (USSR)
1:57.6	Wartenberg (EG)
1:57.8	Puica (Rum)
	Mineyeva (USSR)
1:58.0	Silai (Rum)
	Weiss (EG)
	Januchta (Pol)

100 Hurdles

12.48	Rabsztyk (Pol)
12.63	Bieczyk (Pol)
12.74	Perka (Pol)
12.77	Anisimova (USSR)
12.86	LaPlante (USA)
12.87	Komisova (USSR)
12.91	Wakan (EG)
	Claus (EG)
12.93	Lebedeva (USSR)
12.95	Young (USA)

Long Jump

22'7 ³ / ₄	Wujak (EG)
22'7 ¹ / ₂	Anderson (USA)
22'2 ¹ / ₂	Stukane (USSR)
	Voigt (EG)
22'1	Neubert (EG)
21'11 ¹ / ₂	Reeve (GB)
21'9 ¹ / ₂	Lambrou (Gre)
21'8	Woinar (Pol)
	Anton (Rum)
21'7 ¹ / ₂	Echevarria (Cuba)

Javelin Throw

228'0	Fuchs (EG)
218'0	Hommola (EG)
217'5	Radulyzorgo (Rum)
214'4	Sanderson (GB)
211'2	Colon (Cuba)
208'7	Schmidt (USA)
206'11	Gundba (USSR)
206'5	Kinder (Pol)
204'9	Helmschmidt (EG)
203'10	Vantsheva (Bul)

200m

21.71	Koch (EG)
22.27	Ashford (USA)
22.33	Kondratyeva (USSR)
22.36	Gohr (EG)
22.61	Brehmer (EG)
22.63	Schneider (EG)
22.75	Richter (WG)
22.80	Morehead (USA)
	Auerswald (EG)
	Taylor (Can)

1500m

3:58.2	Marasescu (Rum)
3:58.6	Silai (Rum)
3:59.8	Puica (Rum)
4:00.0	Ulmasova (USSR)
4:00.5	Romanova (USSR)
4:00.6	Waitz (Nor)
4:01.1	Ilyinich (USSR)
4:01.4	Dvirna (USSR)
4:01.6	Kuznetsova (USSR)
	Benning (GB)

400 Hurdles

54.78	Makeyeva (USSR)
55.00	Rossley (EG)
55.08	Storosheva (USSR)
55.27	Krug (EG)
55.64	Selentsova (USSR)
55.72	Klepp (EG)
55.88	Hollmann (WG)
55.92	Kohn (EG)
56.06	Warden (GB)
56.63	Esser (USA)

Shot Put

72'3 ³ / ₄	Slupianek (EG)
71'8 ³ / ₄	Adam (EG)
70'7 ¹ / ₄	Pufe (EG)
69'2	Fibingerova (Cze)
68'3	Petrova (Bul)
67'8 ¹ / ₄	Knorr Scheiot (EG)
66'5 ¹ / ₄	Abaschidse (USSR)
66'3	Veselinova (USSR)
66'2	Kraveschkaya (USSR)
65'1 ¹ / ₄	Wilms (WG)

Pentathlon

4708	Fredrick (USA)
4669	Karyakina (USSR)
4635	Nitzsche (EG)
4627	Everts (WG)
4619	Mobius (EG)
4605	Konihowski (Can)
4591	Sulek (WG)
4567	Papp (Hun)
4564	Smirnova (USSR)
4536	Neubert (EG)

400m

48.60	Koch (EG)
49.63	Kulchinova (USSR)
49.72	Brehmer (EG)
50.42	Zuskova (USSR)
50.49	Goyshik (USSR)
50.52	Bagrianeva (USSR)
50.74	Kohn (EG)
51.00	Prorochenko (USSR)
51.03	Kotte (EG)
51.09	Howard (USA)

3000m

8:31.8	Waitz (Nor)
8:46.0	Ulmasova (USSR)
8:46.5	Ilyinich (USSR)
8:47.0	Belousova (USSR)
8:49.1	Puica (Rum)
8:49.8	Gushkova (USSR)
8:51.1	Larrieu (USA)
8:52.9	Yatzinska (Bul)
8:53.6	Merrill (USA)
8:54.4	Kraus (WG)

High Jump

6'6 ¹ / ₄	Ackermann (EG)
6'4 ³ / ₄	Nitzsche (EG)
6'4 ¹ / ₂	Simeoni (Ita)
	Brill (Can)
6'4	Matay (Hun)
	Dedner (EG)
	Ritter (USA)
	Krazczuk (Pol)
6'3 ¹ / ₂	Kielan (Pol)
	Denisova (USSR)
	Spencer (USA)

Discus Throw

229'1	Jahl (EG)
224'9	Veleva (USSR)
224'0	Pufe (EG)
221'1	Michel (EG)
216'9	Melnikova (USSR)
215'7	Romero (Cuba)
215'4	Boshkova (Bul)
212'11	Gorbacheva (USSR)
212'7	Wendlandt (EG)
212'3	Burlaskaya (USSR)



THESE YOUNG WOMEN REPRESENT THEIR TEAMS AT THE UNIVERSITY OF SOUTHERN CALIFORNIA IN INTERCOLLEGIATE COMPETITION

Front row: Sandy Crabtree, track & field, Glendale, AZ; Kathy Haynes, basketball, Madera, CA; Anna Maria Fernandez, tennis, Torrance, CA; Meredith Williams, swimming, San Jose, CA; Jill Ornstein, gymnastics, Huntington Beach, CA.

Back row: Denise Streb, golf, San Bernardino, CA; Cathy Stukel, volleyball, Champaign, IL; Elizabeth Palmer, crew, San Marino, CA.

For more information please contact: USC Women's Athletic Dept., Heritage Hall, University Park, Los Angeles, CA 90007, (213) 741-7693 or 7770



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