

TRI PROVINCE CHAMPIONSHIP  
GRIFFITHS STADIUM  
SASKATOON, SASK.

JULY 10, 1976

- Cinder Track
- H.J. off cinders
- L.J., T.J., P.V. off Sipa Mat
- Javelin off Grass
- clear - 22°C - No Wind

<u>Scores</u>	Total	Men	Women
1 Alberta	287	167	120
2 Saskatchewan	260	149	111
3 Manitoba	180	103	77

Alberta showed good depth as they defended their title with a solid team effort. Two young athletes led the winners. Kim Jeffery dominated the women's 400m and 800m as well as contributing a strong anchor to the medley relay. Dean Childs was the class of the men's 1500m and 5000m.

Diane Jones, in her last competition prior to the Olympics turned in the top performance of the meet with a 6.49m Long Jump to miss the national record by 1cm.

## WOMEN

Diane Jones by passed her usual technique event emphasis in an effort to get more work in the sprints.

Jones came off a poor start to power through the field and win the 100 m in ~~a~~ a personal best 12.1. She broke open the 4x100m relay with an outstanding second leg. After receiving the baton even from Rosalie Flynn she handed Karen Dubnick a 10 yard lead which Dubnick and Caren Rathie held for an unpressed 48.2 win.

Less than a minute after her relay stint Jones was back at the long jump for her final attempt. She showed excellent attack to sail 6.49 m ~~and~~ adding a cm to her best and missing Brenda Eislers Canadian record by 1 cm. Jones series was a good (6.10, 6.18, 6.20, 6.27, p, 6.49). Diane also won the shot put with an unpressed 14.90 m put.

Kim Jeffery was the other star of the women's events. This youngster flows over

the Track with an effortless style. Her 56.2 for 400m was well clear of the field and Jeffery ~~was~~ looked capable of much faster if pressed. In the 800m Jeffery ran away from the field for a 2:11.2 win. In the medley relay Jeffery received the baton 10m down on Saskatchewan's Cheryl Watt. With 300m to go Jeffery ~~again~~ took the lead again pulled away easily.

Debbie Noble was the other double winner. She won the 3000m easily in a ~~most~~ personal best 10:09.6. She then came back to edge past Anne Winston in the final 10m to win a very exciting ~~the~~ 1500m.

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Men

Dean Childs used strong kicks to win the 1500m in 3:57.8 and 5000m in 15:00.4. Childs just held off Bob Reindl (3:58.1) in the 1500m. Reindl had earlier moved well over the final 300m to win the 800m in 1:53.9. These two are among the best high school talent to ever graduate on the prairies.

Although performances were not outstanding competition was very keen in many events.

Randy ~~Stevenson~~ Cleveland put the shot 14.93m to win. Cleveland (age 17) is one of Canada's bright prospects for the future

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