

1980 WOMENS SEASON OPENER  
LANEY COLLEGE  
MARCH 27, 1977

Meet Director: Ellis Jones  
Track: 8-lane tartan  
Starter: Rocky Graham

Weather: Sunny  
Shot Circle: Brushed Concrete  
Discus Circle: " " (COA)

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5,000 Meter Walk

1. C. Sakelarios	RCF	26:59.0
2. S. McPherson	WV	27:00.0
3. L. Spencer	CY	28:40.0
4. C. Vaughn	RCF	29:39.0
5. L. Mayward	WS	30:05.0
6. G. Sakelarios	RCF	30:21.0

3,000 Meter Run

1. <del>Judy</del> Graham	<del>WV</del>	<del>9:27.43</del>
2. P. Olrich	WV	10:02.01
3. A. Trason	MP	10:07.03
4. K. Brogan	ATC	10:16.01
5. L. Thomas	SJC	10:31.00
6. R. Lagunas	CY	11:11.00

400 Meter Hurdles

1. A. Souza	WS	64.00
2. C. Snyder	CN	64.00
3. S. Duncan	CSUC	67.04
4. J. Hansen	SJC	68.06
5. D. Phillips	CN	70.06
6. V. Scott	CN	71.10

440 yd. Relay (Midget)

1. Hilltop T.C.	53.2
2. 1980 T.C.	56.2
3. Cupertino	56.3
4. Orinda T.C. "A"	57.2
5. Woodside	64.2

440 Relay (Youth)

1. Cupertino	51.3
2. Millbrae	51.4
3. 1980 T.C.	51.5
4. Hilltop T.C.	51.8
5. Orinda T.C. "A"	52.9
6. Woodside	59.6

440 yd. Relay (Open)

1. Millbrae "A"	47.6
2. S.J.C.	50.9
3. Cupertino	52.2
4. Millbrae "B"	52.5
5. Orinda T.C.	54.5

1500 Meter Run

1. V. Eray	SJC	4:43.7
2. A. Regan	SJC	4:49.3
3. A. Trayson	MLTC	4:49.5
4. S. Grigsby	HSU	4:52.0
5. R. Lagunas	WS	5:14.1
6. L. Zele	WS	5:38.5

400 Meter Dash

1. L. Douglas	SJC	58.8
2. J. Shearer	SJC	60.5
3. C. Hohmann	CY	60.7
4. J. Western	CN	61.3
5. H. Bier	SJC	62.3
6. C. Manning	OTC	64.1

100 Meter Dash - WIND AIDED

1. C. Costello	SJC	12.3
2. A. Regan	SJC	12.5
3. P. O'Rourke	ML	12.5
4. K. Kirch	Un	12.6
5. K. Lauer	ML	13.1
6. M. Murphy	ML	13.1

100 Meter Hurdles - WIND AIDED

1. K. Costello	SJC	15.0
2. A. Souza	WS	15.4
3. L. Stewart	SC	15.5
4. K. Kosken	MLTC	17.9
5. P. O'Rourke	MLTC	19.2

800 Meter Run

1. A. Witherspoon	SJC	2:18.6
2. K. Maclay	CY	2:19.2
3. S. Grigsby	HS	2:19.5
4. H. Morr	WS	2:19.8
5. H. Skaden	WS	2:22.7
6. C. Bing	SJC	2:22.9

200 Meter Dash

1. A. Regan	SJC	26.9
2. K. Schweickart	SJC	27.2
3. K. Lauer	MLTC	27.3
4. J. Sheares	SJC	27.7
5. M. Murphy	MLTC	28.4

880 Medley Relay (Women)

1. S.J.C. "A"	1:51.8
2. Cupertino	2:01.6
3. S.J.C. "B"	2:39.1
4. Woodside	2:44.5

880 Relay (Youth)

1. Cupertino	1:49.4
2. 1980 T.C.	1:50.5
3. Orinda "A"	1:50.7
4. Millbrae	1:50.9
5. Hilltop T.C.	1:52.2
6. Berkeley Eastbay	1:52.9

One Mile Relay (Midgets)

1. Cupertino	4:28.7
2. Berkeley Eastbay	4:33.5
3. Hilltop T.C.	4:36.4
4. 1980 T.C.	4:38.2
5. Orinda "A"	4:54.1
6. Woodside	5:09.9

One Mile Relay (Women)

1. San Jose Cindergals	4:09.6
2. Club North	4:11.4
3. Orinda T.C.	4:15.6
4. S.J.C. "B"	4:18.5
5. Woodside "A"	4:37.8
6. Woodside "B"	5:04.5

Shot Put

1. Lynn Cannon	MLTC	12.31
2. K. Hilton	BETC	10.60
3. Blankenship	CS	10.39
4. L. Brandt	CS	10.37
5. S. Brahms	RCF	9.29
6. K. Cox	RCF	9.10

Javelin

1. L. Cannon	MLTC	56.16
2. L. Brandt	CS	42.26
3. Adams	CS	34.52
4. K. Cox	RCF	34.00
5. M. Holmes	RCF	33.00
6. D. Phillips	CN	32.62

High Jump

1. L. Birkel	ATC	1.55
2. A. Phifer	CY	1.55
3. W. Craig	CY	1.55

Long Jump

1. A. Phifer	CY	5.4
2. Schweickardt	SJC	5.25
3. Mahoney	MPTC	5.24
4. A. Thomas	CY	4.96
5. C. Craig	CY	4.75
6. S. Lund	SJC	4.50

Discus

1. Langford	MLTC	51.22
2. K. Hilton	BETC	36.06
3. K. York	Un	32.00
4. Blankenship	CS	31.78
5. O'Conner	MLTC	30.42
6. K. Cox	RCF	29.44

184-3

168-0

12-13 Pentathlon

Place	Name	Club	80mh/pts	S.P./pts	H.J./pts	L.J./pts	200m/pts	Score
1.	Sherifa Sanders	1980 TC	12.8/698	7.91/438	1.46/682	4.82/633	27.2/669	3120
2.	Lynn Simmons	S.T.S.	14.3/539	6.41/318	1.43/647	4.16/465	30.2/472	2441
3.	Marylon Rose	S.T.S.	14.1/558	6.10/292	1.51/737	3.86/385	31.1/420	2392
4.	Lori Jacobs	W.S.	15.2/463	6.90/359	1.25/422	4.20/476	30.1/478	2198
5.	Linda Van Housen	W.S.	17.0/327	6.31/309	1.43/647	4.13/457	33.5/293	2033
6.	Cari Venable	C.Y.	----/0	----/0	1.49/715	5.08/696	29.1/538	1949

Women Pentathlon

Place	Name	Club	100mh/pts	S.P./pts	H.J./pts	L.J./pts	800m/pts	Score
1.	Denise Cornell	S.V.	15.1/737	10.53/625	1.74/974	5.61/819	2:31.8/653	3808
2.	Gigi Hurley	MLTC	15.9/655	8.50/479	1.55/781	5.25/736	2:59.1/404	3055
3.	K. McQuillan	C.S.	19.1/398	9.00/473	1.55/781	5.54/803	2:50.0/478	2933
4.	I. Lauerman	C.S.	19.0/404	9.20/534	1.50/726	4.35/515	2:47.8/497	2676

CLUB ABBREVIATIONS

1980 TC	-	1980 Track Club
ATC	-	Arrow Track Club
BETC	-	Berkeley Eastbay Track Club
CSUS	-	Cal-State University Sacramento
CN	-	Club North
CY	-	Cupertino Yearlings
HS	-	Humbolt State
ML or MLTC	-	Millbrae Lions Track Club
MPTC	-	Monterey Peninsula Track Club
OTC	-	Orinda Track Club
RCF	-	Redwood City Flyers
SV	-	Salinas Valley Track Club
SJC	-	San Jose Cindergals
WV	-	West Valley Track Club
WS	-	Will's Spikettes
WS	-	Woodside Striders
Un	-	Unattached