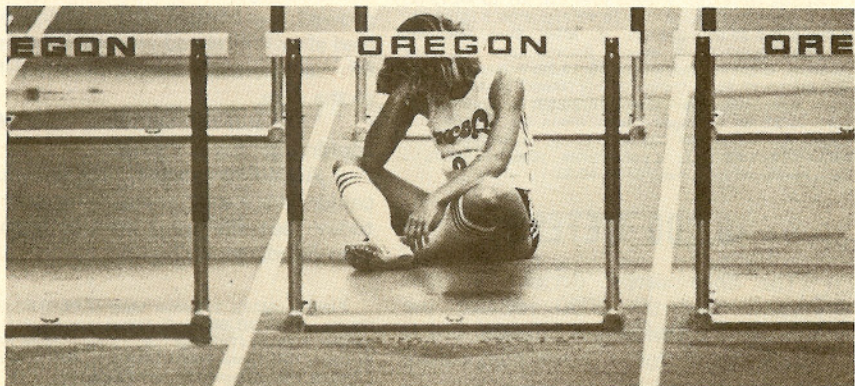
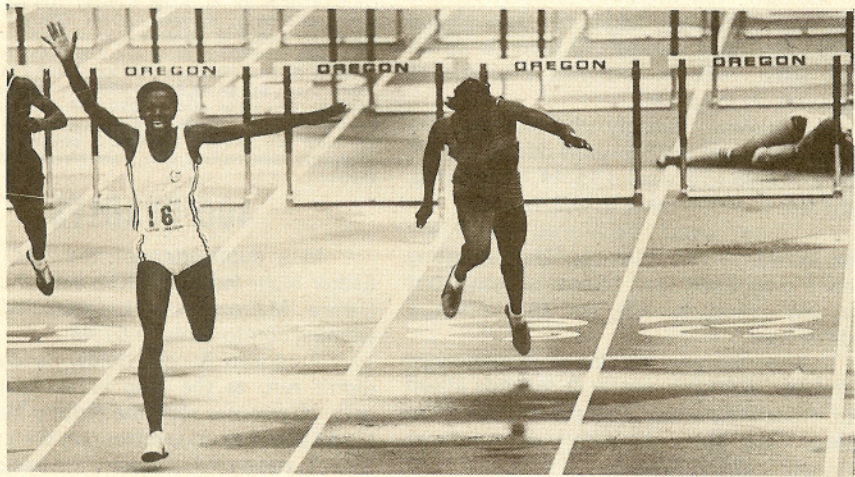
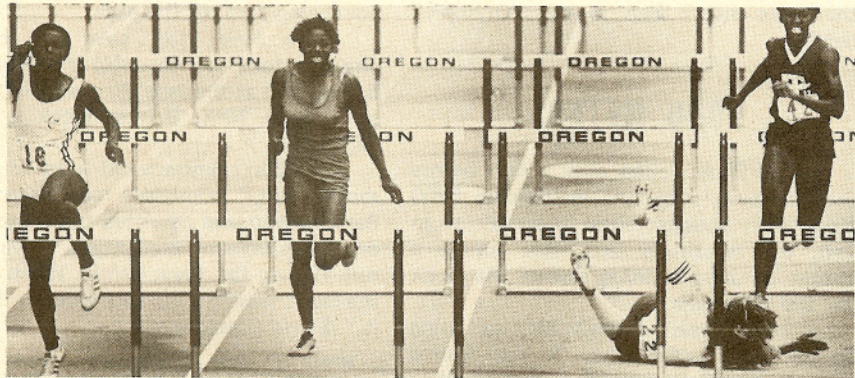
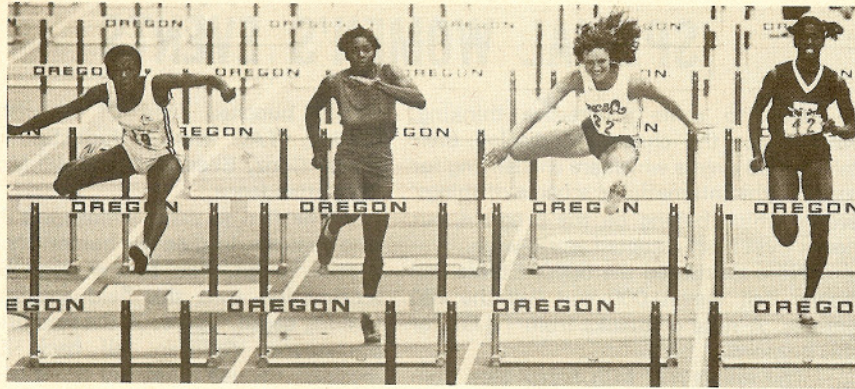


## HIGH JUMP



The agony and the ecstasy: Deby LaPlante (22) has a nervous grin as she reaches hurdle 9 off balance. Down she goes, and Stephanie Hightower (16) sweeps to victory, with Candy Young (c) 3rd. Finally, LaPlante is the picture of dejection.

The anticipated duel between recent AR setter Louise Ritter and AIAW/TAC champ Coleen Rienstra was washed away by the rain when Rienstra missed at 6-0.

"The rain hurt her more than the others," offered Ritter. "She's a speed flopper—she has a very fast approach. When it rains, you use strength, not speed."

Ritter, who broke a toe shortly after her 6-4½ at the TFA meet, used strength best of all, her second-try clearance at a lowly 6-1¼ sufficing to give her the win on the countback over defending champ Paula Girven.

Taking the 3rd spot was another '76 team member, Pam Spencer, who had a flawless record through 6-0 but couldn't negotiate the next height.

Ritter felt ready for something in the 6-5½ range, but the downpour took care of that. "It wasn't slick, but I was scared anyway," she explained. "It made me nervous and I had to convert from speed to power. That gave me trouble with the bar. I was always either too close or too far away."

Girven came into the meet feeling distressed that she was being overlooked by the prognosticators. She proved herself right by handling the wet surface well enough to record her highest outdoor performance of the year.

"Paula jumped better than anyone else," affirmed Ritter. "She had a good day."

Said Girven, "The rain didn't bother me. I really wanted it, and I got it."

Spencer took 3rd over Naturite teammate Kari Gosswiller on the countback, as Gosswiller's 6-footer made her the only jumper in the field to score a PR.

Taking places 5 and 6 were oft-injured Joni Huntley and Rienstra. "I would have hated to have the pressure that was on her after last week," said Ritter of the young Arizona Stater.

Ritter is one who may be glad there is no Moscow in the offing. The day after her victory, on a camping exploration outside Eugene, she tripped and cracked a bone in her ankle, effectively ending her season. /Garry Hill/

**FINAL (6/23):** 1. Louise Ritter (PCC) 6-1¼; 2. Paula Girven (Md) 6-1¼; 3. Pam Spencer (LAN) 6-0; 4. Kari Gosswiller (CSN) 6-0; 5. Joni Huntley (PCC) 5-11; 6. Coleen Rienstra (Az St) 5-11;

7. Wendy Markham (Wi HS) 5-11; 8. Sue McNeal (Ca HS) 5-9¾; 9. Jalene Chase (Md) 5-9¾; 10. Maggie Garrison (SW) 5-8¾; 11. Melinda Morris (Il HS) 5-8¾.

	5-8¾	5-9¾	5-11	6-0	6-1¼	6-2¼
Garrison	x	ooo				
McNeal	x	x	ooo			
Ritter	x	p	x	ox	ox	ooo
Markham	ox	x	ox	ooo		
Rienstra	ox	oox	x	ooo		
Huntley	x	p	x	ooo		
Spencer	x	x	x	x	ooo	
Gosswiller	ox	ox	oox	oox	ooo	
Chase	x	oox	ooo			
Morris	oox	ooo				
Girven	x	x	x	x	oox	ooo

**QUALIFYING (6/22, all finalists cleared opening height of 5-9¾).**

Notable non-qualifiers (8 no-heighted)—Marilyn Dubbs (KSTC), Cindy Gilbert (QF), Theresa Smith(SW).

Keyes (SLO) 4:18.38 (70.6); 9. Cathy Twomey (OTC) 4:18.6; 10. Alice Trumbly (Cal) 4:18.9; 11. Mary Rawe (Penn St) 4:19.5; 12. Michele Bush (UCLA) 4:26.8; 13. Chris Mullen (Gtn) 4:32.2.

HEATS (6/27): I-1. Decker 4:13.62; 2. Larrieu 4:17.43 3. Bremser 4:17.60; 4. Mullen 4:18.30; 5. Bush 4:18.56; 6. Twomey 4:19.98; 7. Warren 4:25.79; 8. Sheila Ralston (UCLA) 4:27.33; 9. Doreen Ennis (AA) 4:33.4; 10. Ellen Schmidt (OTC) 4:37.4; 11. Patty Murnane (Penn St) 4:41.6; 12. Jan Merrill (NLAC) 4:43.3.

II-1. Brown 4:20.83; 2. Goen 4:20.87; 3. Keyes 4:20.99; 4. Webb 4:21.17; 5. Rawe 4:21.40; 6. Trumbly 4:21.85; 7. Suzie Houston (Wi) 4:22.13; 8. Sandra Gregg (Wa) 4:26.3; 9. Jenifer White (Char TC) 4:28.93; 10. Debra Pavik (Md) 4:31.6; 11. Jill Haworth (Va) 4:38.7; 12. Michele Brown (Ks) 4:42.5.

## 100 HURDLES

An American Record may have fallen by the wayside at the 8th hurdle when current record holder Deby LaPlante (12.86) bashed the barrier with her trailing knee. She careened up to and over the 9th hurdle, but crumpled to the track in a jarring fall just one step later.

Stephanie Hightower, with whom LaPlante had been locked in a seesaw duel, went on to take the victory with a PR 12.90, 2nd-fastest U.S. clocking ever.

Everyone knew the final would be a cooker after LaPlante ran 13.00 in her semi, No. 3 time in U.S. history, and Hightower clocked a windy 12.95.

Hightower and Benita Fitzgerald got the best starts and led until midway, when LaPlante began a sizzling charge which put her inches in front after the 6th barrier.

She was running very fast and may have tried to hurry her trail leg at the 8th hurdle, which only caused her to smash it, leading to her tumble at touchdown on 9. She later was found to have separated her right shoulder.

Hightower, meanwhile, continued on strongly to victory, while Fitzgerald continued her solid race to take 2nd. Prepster Candy Young, well back after 2 hurdles, closed well for 3rd.

"Sub-13 has been a conscious goal," admitted Hightower. "If I can get out well at the start, then my confidence goes up and I can keep ahead of Deby. I heard her hit the hurdle and after she didn't pick it back up, I knew I had it."

LaPlante was obviously distraught, but commented, "I felt I had the race won by the 6th hurdle. When I was going down, I just couldn't believe it. I knew I was way off balance after I hit the 8th hurdle, but I hardly ever got my feet on the ground again before I fell.

"To work for so long and then fall in the final... The hurt is more emotional than anything else. I'm just very unhappy right now." /Jon Hendershott/

FINAL (6/25, -0.1): 1. Stephanie Hightower (Oh St) 12.90 (2, 2 a-t US); 2. Benita Fitzgerald (Tn) 13.11 (4, 9 a-t US); 3. Candy Young (Pa HS) 13.30; 4. Lori Dinello (W Sub) 13.52; 5. Pam Page (Mo) 13.65; 6. Linda Weekly (Tx Sn) 13.75; 7. Debbie Deutsch (Rut) 14.00; ... dnf—Deby LaPlante (S Di).

HEATS (6/24): I (0.6)-1. LaPlante 13.22; ... dnf—Patty van Wolvelaere (KCBQ). II (-0.5)-1. Fitzgerald 13.65. III (1.2)-1. Hightower 13.32.

SEMIS (6/25): I (1.3)-1. LaPlante 13.00 (x, 3 a-t US); 2. Young 13.40; 3. Dinello 13.46; 4. Deutsch 13.78; 5. Linda Bourn (BYU) 13.94; 6. Karen Wechsler (In) 14.15.

II (3.0)-1. Hightower 12.95; 2. Fitzgerald 13.31; 3. Weekly 13.46; 4. Page 13.52; 5. Jackie Washington (CSN) 13.53; 6. Cheryl Hawthorne (Cal) 13.90; 7. Gayle Harris-Watkins (unat) 13.93.

*The Bible of the Sport*

# SPECIAL WOMEN'S EVENTS

Due to some progressive thinking, women got the chance to display their talents in 3 events which are challenging for spots in the international scheme of things; events which belong on the program, but haven't yet been accepted world-wide.

Nike sponsored the 5000, Etonic and Bonne Bell the 10,000 and Gill the 400 hurdles. A note of thanks from T&FN for this support.

The events met with acceptance from fans and athletes alike, despite the fact that the races didn't lead to any "Olympic" berths.

## 5000 METERS

Julie Shea waited only 2 laps before breaking away from the invitational 5000 field. With younger sister Mary secure in 2nd, the remaining laps were simply a matter of Julie running against the clock and the gusty winds.

"I didn't really know what I was going to do," Julie said later. "I was feeling cramped up at the start and just wanted to stride out." Her third kilo (3:05.7) was the fastest of the race, taking her through the 3000 in 9:28.4, almost 10 seconds up on her sister, who in turn had a couple of seconds on the pack.

Finishing strongly—she covered the final 3000m in 9:21.5—Julie missed her PR by just 2.98 with a solid 15:44.12 clocking, the No. 8 performance in U.S. history.

"The wind bothered me," she explained. "I was thinking, 'This is costing me a second per lap.' I know it wasn't, but in my mind it was, so that made a difference."

Mary crossed the line unchallenged 2nd in 16:07.50, nearly 5 seconds ahead of Rocky Racette. "I'm pleased with the race," said Mary. "I didn't want to hurt myself." /David Gleason/

RESULTS (6/29): 1. Julie Shea (NC St) 15:44.12 (x, 8 a-t US) (3:10.2, 3:12.5 [6:22.7], 3:05.7 [9:28.4], 3:08.6 [12:37.0], 3:07.2); 2. Mary Shea (NC St) 16:07.50 (9:37.7); 3. Rocky Racette (Mn) 16:12.28 (9:40.4); 4. Carol Urish (HAC) 16:13.28; 5. Betty Springs (NC St) 16:17.25; 6. Donna Gathje (Mank) 16:18.59;

7. Kim Schnurpfell (Stan) 16:26.99; 8. Eryn Forbes (Or) 16:31.38; 9. Peggy Cleary (Penn St) 16:26.7; 10. Eileen Hornberger (W Chest) 17:14.5; 11. Doreen Ennis (AA) 17:34.8; 12. Lynn Hjelte (Cal) 17:46.7; ... dnf—Jenifer White (Char TC) (9:40.3).

## 10,000 METERS

The Shea sisters' decision to save themselves for the 5000 reduced the quality of the invitational 10,000, but it probably made for a more competitive event.

Anne Sullivan took the lead on the first lap and towed the 19-runner field at a moderate pace, reaching the 5000 in 16:52.8.

After 7000m, she still led over a

closely bunched field of 5, with Kris Bankes, TAC winner Judi St. Hilaire, Nancy Conz, Ellen Hart and Jill Molen in close attendance.

The first to make a move was Bankes, who took the lead on the homestretch with a mile to go. The former Penn Stater's acceleration split the field and the real running began. Hart took the lead briefly as pacesetter Sullivan fell back. Bankes regained the lead and led St. Hilaire and Hart with 2 laps to go, the rest of the field now being 25m off the pace.

The final lap saw St. Hilaire unsuccessfully try to wrest the lead from Bankes but at the tape they were separated by only a 10th, Bankes clocking a PR 33:45.6.

"I didn't know what kind of pace I should run," admitted road race adept Bankes, who was admitted to the race only on her pavement credentials. "I've never run 10k on the track before. When I took the lead I wasn't quite sure what to do with it." /David Gleason/

RESULTS (6/27): 1. Kris Bankes (RAA) 33:45.6 (16:52.9/16:52.7); 2. Judi St. Hilaire (Vt) 33:45.7 (16:53.3/16:52.4); 3. Ellen Hart (Harv) 33:47.4 (16:53.4/16:54.0); 4. Anne Sullivan (OSTC) 34:01.4 (16:52.8/17:08.6); 5. Nancy Conz (SMAC) 34:03.8 (16:53.1/17:10.7); 6. Jill Molen (Ut) 34:05.6;

7. Jane Eide (OTC) 34:19.4; 8. Laurie Binder (KCBQ) 34:28.2; 9. Beth Sheridan (Oh St) 34:36.2; 10. Peggy Cleary (Penn St) 34:43.3; 11. Michele Aubuchon (CSH) 34:45.8; 12. Karen Fitz (KCTC) 34:48.0; 13. Linda Heinmiller (SMTC) 35:04.1; 14. Sally Zook (Wi) 35:59.3; 15. Judy Fox (WVTC) 36:00.3; ... dnf—Karen Bridges (WSSAC), Joan Hansen (Az), Pam Morris (SMTC), Jan Oehm (Cal).

## 400 HURDLES

In a duplication of the TAC finish, Esther Mahr led home Kim Whitehead and Debra Melrose, the bespectacled Mahr winning comfortably in 57.46.

American Record holder Sandy Myers didn't run, as the long jump final began only 10 minutes after the hurdles heats and Myers chose to concentrate on the jump.

A steady wind down the backstretch militated against a record run, but Mahr showed fine control all the way, opening a lead after Whitehead awkwardly cleared the 6th barrier. Mahr simply widened her gap to the wire.

"I'm still not satisfied," said Mahr. "I couldn't get my steps right."

Added Whitehead, "We all thought we could take a shot at the American Record today, but the wind kept us from that." /Jon Hendershott/

FINAL (6/29): 1. Esther Mahr (KCBQ) 57.46; 2. Kim Whitehead (Ia St) 58.56; 3. Debra Melrose (PV) 59.13; 4. Tammy Etienne (Tx) 59.71; 5. Vivian Scruggs (Va) 59.92; 6. Cathy Gebhards (Park) 60.62; 7. Gail Hicks (Alcorn) 61.76; 8. Teri Seippel (En Ky) 62.06.

HEATS (6/28): I-1. Whitehead 59.07; 2. Scruggs 59.21; 3. Hicks 60.76; 4. Brenda Chambers (Co) 60.79; 5. Amy Dunlop (Wi) 60.85; 6. Rachel Clary (Md HS) 61.28.

II-1. Etienne 58.15; 2. Melrose 59.77; 3. Chris Davenport (Ia) 60.98; 4. Debbie McClendon (Co) 61.4.

III-1. Mahr 58.37; 2. Gebhards 59.86; 3. Seippel 60.62; 4. Anna Biller (SMTC) 61.25; 5. Stephanie Vega (Atoms) 61.38; 6. Sandra Souza (TWTC) 62.10.

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