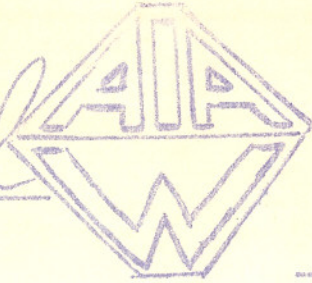


TEAM
81

Ker pro

National  Champs

 DIVISION III

All-Americans...

AUBUCHON Michele 10K (first) 5,000m (first)
 BANKS Delphina 200m (sec) 400 rel (third) Spt. Med. Rel. (first) Mile Rel. (first)
 BUCKLEY Evelyn 400 Rel (third) Spt. Med. Rel. (first) Mile Rel. (first)
 CASTRO Frannie 800 (first) Spt. Med. Rel. (first) Mile Rel. (first)
 DAVIS Cynthia Heptathlon (fourth)
 FORD Glenda Discus (first)
 HAYES Julie 2 Mile Rel. (fifth)
 KNOWLES Evelyn 2 Mile Rel. (fifth)
 HESTER Connie 1500m (third) 2 Mile Rel. (fifth)
 HOWARD Jennifer High Jump (sixth)
 MORAN Colleen 800m (fourth) Spt. Med. Rel. (first)
 PETERS Dawn 400 Rel. (third) Spt. Med. Rel. (first)
 PREISSER Crystal 400 Rel. (third) Mile Rel. (first)
 READ Linda Discus (fifth)

Congratulations, also, to:

BIGELOW, Denise 5,000m	CURTIS, Kathy 1 mile Race Walk Champ.
KASPARIAN, Refanne Discus	RIEBOLDT, Mary 1500 and 3000
ROBINSON, Kaye 5,000m	UPSHAW, Joy 400 LH and Long Jump
ZWICK, Debbie The very BEST	SULLIVAN, Tammie (inj) 200 and L.J.
EVER Student Rep/Games Committee	STOUTT, Stefani (inj) 3000 and 5000

also: JACKSON TESSA a 38:32 winner of Treasure Island 10 K on 5/23

Women's national track meet comes to Cal State Thursday

By MARK D. RICHARDSON

Cal State will be the site for the Association for Intercollegiate Athletics for Women's (AIAW) Division III National Track and Field Championships, to be held Thursday through Saturday.

For the three days of competition, over 350 female athletes from more than 100 colleges and universities across the nation such as Central College in Pella, Iowa and Fitchburg State College in Massachusetts will converge on the city of Hayward.

Cal State is hosting the meet because it was granted the privilege by the AIAW after it submitted a bid to them, as did many other colleges and universities.

AIAW president, Donna A. Lopiano, said this meet will be a premiere event in track and field and that it will showcase the finest collegiate track and field athletes in the United States.

This year, Jim Santos, Cal State assistant track coach will direct the meet, which will be

split into three divisions for the first time.

Cal State president, Ellis E. McCune has said that Cal State is honored to host the meet and has welcomed all those participating. McCune also said that he expects many existing records to be broken.

Cal State's sports information director, Marty Valdez, said that this meet shapes up to be one of the top women's competitions this year in the United States.

Valdez has been receiving facts and figures on the female qualifiers from across the country since the beginning of the season.

Some of the top entrants for this meet will not have to travel far however, because some are right here in Hayward. Cal State has, among others, four number one rankings for its team events in this meet and over 15 individual runners and field participants entered.

Cal State's track and field facilities should be in excellent condition for the three-day meet as they have been under a two-week reconditioning phase. A new shot put ring has been installed near the track by Cal State plant operations crews.

The meet will start Thursday with semi-final trials beginning at 11 a.m. Friday, semi-finals will continue and some finals will start.

The meet will conclude Saturday, and will feature all finals which will begin at 10:30 a.m.

The nationals are coming...



Cal State's Colleen Moran leads the pack in recent action. Moran and her Pioneer teammates will be hosting the AIAW Division III National Meet.

Dream is here for Hester, Castro

By Carl Steward
Staff writer

HAYWARD — For Connie Hester and Frannie Castro, the next few days will offer the culmination of their dreams as track athletes.

Both are premier middle distance runners for Cal State Hayward and they will be shooting for national titles at the AIAW Division III Meet, which begins Thursday on their home track.

The dreams, however, don't so much involve winning national titles as much as merely getting the opportunity. Up until this year, AIAW was not split into divisions for women's track. Even more important, before either came to Cal State, they didn't receive the individual attention necessary to become top-flight runners.

Castro sports the best time among Division III 800-meter runners at 2:08.9 while Hester is one of the three best at 1,500 meters with a 4:32.1. The long road to this point hasn't been easy, though.

"My best time in the mile during high school was something like 5:34," said Hester, who grew up in Chowchilla, then spent two years at Fresno City College before coming to Cal State. "I was pretty terrible. But I stuck with it even though my JC coach really didn't want to have much to do with me."

Hester then met Cal State Coach Bob McGuire. The rest is history.

"Coach McGuire's brought me a long way," she said. "He related to me as a human being and I never had that attention before. He got me on a proper running schedule. I felt like I was part of



Connie Hester

something special, even when he told me, 'If you work at it, you can make our traveling squad.'"

Castro, who went to high school in Lompoc then spent two years at Allen Hancock Junior College in Santa Maria, also didn't receive much attention until she became part of McGuire's entourage.

"My JC coach didn't like girls at all," she said. "But he and Coach McGuire were college buddies so that's where I found out about Cal State. I went to talk to him and he didn't try to sell me on the school. He told me about opportunities at other schools and that really impressed me. He let me stay with him when I didn't have a place to live when I first came here. I think a lot of us feel like his daughters."

Castro sat out last year with a stress fracture in her foot but has



Frannie Castro

been outstanding at both 800 and 1,500 meters this year. She'll concentrate on the 800 at the nationals, mostly due to the fact that Hester should take care of the 1,500 herself.

Both runners generally wind up together during workouts since they run the same events. Despite vastly different running styles, they both get the job done.

"Frannie's got more of a flow when she runs," said Hester. "I pound the ground a lot harder. I guess you could say my best assets are my strength and mental preparation."

McGuire loves to talk about Hester's mental toughness.

"She has gone up against a lot of runners who were better and beat them," he said. "She works really hard and it's paid off for her. She's one of the guttiest performers I've ever had."

A senior, Hester plans to continue running after completing her eligibility at Cal State. Castro has one more year left, and there's no telling what lies ahead for her considering she's only been running competitively since her senior year.

"I was a basketball player in high school and I never really thought about running much," she said. "A coach at my school asked me if I'd come out and just run a half-mile. I was a little skeptical, but I did it and my time was OK."

"I won my first race, so I really started to think about it seriously. Then when I went to JC, I placed third in the state. It wasn't until I came here, though, that I really started to learn about running."

Both Hester and Castro love the camaraderie of the Cal State program.

"We're all close because a lot of us ran cross country together (the Pioneers have been Division III national champions in cross country the last two years)," said Castro. "Plus, every Wednesday we have a pizza night. Everyone is treated equally by Coach McGuire. He wouldn't have it any other way."

Both runners are excited about the upcoming national meet, particularly because it's being held at Cal State.

"This is home base," noted Hester. "We know the track and we'll have the spectators on our side. I'd say we have a good chance to win the team title because this team has depth in just about every area."

"It's going to be some meet," Castro added. "A lot of the guys on the men's team are as excited about it as we are. We're all looking forward to it."

The dream is at hand.

McGuire frazzled as meet closes in

By Carl Steward
Staff writer

HAYWARD — Hosting any type of national event, even the AIAW Division III Track and Field Meet, can be no fun at all. If you could have watched Cal State Hayward Coach Bob McGuire Tuesday, you'd know why.

"I'll be living here until Sunday," he told one person over the phone. "I'll be here about 20 hours tomorrow, but I can't say exactly where I'll be," he told another.

Everybody wants a piece of McGuire's time these days. Someone's calling long distance about a late entry. There's a problem lining up a judge for the heptathlon. Athletes want to know about their workouts. Someone else wants to confirm a time for an officials' meeting.

All of these things are coming down on McGuire simultaneously. Coaching? McGuire's trying to make time, but there are only so many hours in the day.

The women's nationals get under way Thursday but they've already started as far as Cal State is concerned.

This will be the first Division III meet. In the past, all AIAW competition was conducted at one level.

If anyone can pull off the inaugural Division III affair, it should be Cal State. The school hosted the initial AIAW meet in 1972 with Jim Santos, then the Pioneer women's track coach, acting as meet director.

Santos will again be the meet director for this meet. That virtually guarantees a good crew of officials, judges and organizational assistants. The meet will run on time. An experienced announcer will be on hand. Lodging and transportation problems will be worked out in advance.

McGuire and Santos will be two tired individuals.

Cal State could dominate its own party. The Pioneers boast 23 separate entrants and five potential national champions. Senior Michele Aubuchon is favored in both the 5,000 and 10,000 meters. Frannie Castro will be shooting for the title in the 800 and Connie Hester in the 1,500. In the discus, Glenda Ford leads all qualifiers. Other hopefuls include Delphina Banks in the Dawn Peters in the long jump. Cal State should also have a chance at winning the sprint medley relay and the 1,600- and 3,200-meter relays.

The Pioneers will receive stiff competition from Golden State Conference foe Sacramento State, as well as Western Washington, Central University of Iowa, San Francisco State, Wisconsin-LaCrosse and St. Olaf's of Minnesota.

In all, more than 60 schools will field entries for the meet. Tomorrow, more complete breakdowns of each event and Cal State's possibilities will be provided.

Starting times for each day are as follows: Thursday, 11 a.m. field events, 1 p.m. running events, trials and semifinals only; Friday, heptathlon first day 11 a.m., field events at 12:30 p.m. and running events at 1:30. Finals are slated for the long jump, discus, 10,000-meter run and sprint medley relay; Saturday, heptathlon final day at 10:30 a.m., running event finals at noon, and field event finals at 1 p.m.

By Carl Steward
Staff writer

HAYWARD — With nine preliminaries scratched due to an insufficient number of participants, the pace at Thursday's opening of the AIAW Division III Track and Field Championships was fairly slow.

Well, that's not quite true. The pace set by host Cal State Hayward's Michele Aubuchon and Frannie Castro wasn't that bad at all.

Aubuchon and Castro established stadium records in their respective events, the 5,000 and 800 meters, and both races were strictly trial runs. That doesn't bode well for their opponents, because each looked fairly invincible.

Aubuchon broke free from the pack after four laps and sped to a 17:19.7 finish in the 5-kilometers. Her closest challenger in either heat was Julie Ann Quigley of Wesleyan College of Connecticut. Quigley took the second heat in 17:33.1.

Despite a tender right foot, Aubuchon didn't even appear to labor as she breezed to victory. She had a painful blister removed from her right foot and she had contemplated scratching from the 5,000 in favor of her specialty, today's 10,000.

"I felt it," said the Cal State senior. "This track is really hard — it's like running on an open road. I hope I don't have any problems in the 10,000. I really want to win that event, because it automatically qualifies me for Division I."

Aubuchon wants to do well at the Division I Meet. She was eighth a year ago in the 10,000 and by moving up two notches, she would earn All-American status. Thus, the concern for the healing tissue on her foot.

"This is my final fling," she said. "After my college career is over, I'm going to take up marathon running full-time. I really don't have any speed, so I feel like that's where my future lies."

Aubuchon should have no trouble winning today's 10,000. She has the best time in the event by over a

it," said Cal State Coach Bob McGuire. "Certainly, we don't want to jeopardize her chances in Texas (site of the Division I meet), but we also don't want to overprotect her. Physically, she's in great shape with the exception of her foot."

Castro had no physical problems in her 800 heat other than the fact that she was a little nervous. She blazed to a 60-second first lap and coasted in with a 2:11.1 time, only two seconds off her personal best.

"I didn't know what to expect that first lap," said Castro. "I usually run about a 61.5 first lap and I probably went out a little fast. But I didn't want to get caught in a pack, where anything can happen at the end. Tomorrow I should be a little less anxious."

Castro's time was 2½ seconds better than any of the other 15 qualifiers for today's semifinals.

Cal State had two other qualifiers in the six events that were staged Thursday. Colleen Moran grabbed fourth in the fourth heat of the 800, clocking 2:16.3 despite a bad cold.

Freshman Delphina Banks was second in her heat of the 200 in 25.38. Banks scratched from the 100 because she is running in a number of events already, and she feels the 100 is really just a tuneup for her specialty, anyway.

She faces a tough challenge for the title, however, in Edna Davis of Christopher Newport College in Virginia. Davis was awesome in the opening heat, winning in 24.77.

The Pioneers did have a couple of disappointments in the long jump. Dawn Peters, who came into the meet with the fifth best mark at 18-5, had three horrible jumps in the trials and failed to make the top 12 that advanced to today's finals. Teammate Joy Upshaw was also a casualty in the long jump.

In other qualifying results, Redlands' Margo Edwards looked unbeatable in her heat of the 100 hurdles, clocking 14.3, easily the fastest time in the quarter-finals.

Lauri Flagg of Whitworth College of Washington and Terri Serrano of U.C. Davis led the long jump qualifiers with 17-11¼ jumps. Today's competition gets under

also on tap in the long jump, discus, 10,000 and 800-meter sprint medley relay.

AIAW DIVISION III TRACK AND FIELD CHAMPIONSHIPS at Cal State Hayward TRIALS

100 (top three in each heat qualify for semifinals in addition to fastest fourth)—Heat 1: 1, Hoffman (Spring Arbor, Mich.) 12.42; 2, Blackett (Rochester, N.Y.) 12.57; 3, Blythe (Northwest Nazarene, Minn.) 12.64; Heat 2: 1, Bell (San Francisco State) 12.16; 2, Sizemore (Chico State) 12.49; 3, Mason (Fitchburg State, Me.) 12.51; Heat 3: 1, Jackson (George Fox, Ore.) 12.1; 2, Buman (Minot State, N.D.) 12.3; 3, Kelfer (Wisconsin-Eau Claire) 12.4; Heat 4: 1, Alford (Trenton State, N.J.) 12.48; 2, Brock (Central, Iowa) 12.69; 3, Kemp (Wooster, Ohio) 12.75; Heat 5: 1, Mayo (Wooster, Ohio) 12.06; 2, Huddle (Central, Iowa) 12.48; 3, Woodson (San Francisco State) 12.62.

200 (top five in each heat qualify for semifinals in addition to fastest sixth)—Heat 1: 1, Davis (Christopher Newport, Va.) 24.77; 2, Ciser (Central, Iowa) 25.64; 3, Blackett (Rochester, N.Y.) 25.65; 4, Buman (Minot State, N.D.) 25.72; 5, Kelfer (Wisconsin-Eau Claire) 25.92; Heat 2: 1, Jackson (George Fox, Ore.) 25.17; 2, Banks (Cal State Hayward) 25.38; 3, Hoffman (Spring Arbor, Mich.) 25.45; 4, Mason (Fitchburg State, Me.) 25.81; 5, Bosley (Kutztown, Pa.) 26.10; 6, Spencer (Ohio Wesleyan) 26.15; Heat 3: 1, Selter (Occidental, Calif.) 24.3; 2, Bell (San Francisco State) 24.72; 3, Mayo (Wooster, Ohio) 25.05; 4, Edwards (Redlands, Calif.) 25.09; 5, Wiggin (Manchester, Ind.) 26.69.

800 (top four in each heat qualify for semifinals)—Heat 1: 1, Castro (Cal State Hayward) 2:11.1 (new stadium record, old mark 2:13.9 by Irene Griffiths, Seattle Pacific, 1978); 2, Martin (Rio Grande, Ohio) 2:14.0; 3, Mindestrom (Gustavus Adolphus, Minn.) 2:16.5; 4, Holtzapple (St. Thomas, Minn.) 2:17.2; Heat 2: 1, Pappas (Sacramento State) 2:13.9; 2, Tracey (Claremont-Mudd, Calif.) 2:14.1; 3, d'Hoedt (Slippery Rock, Pa.) 2:14.8; 4, Culligan (St. Thomas, Minn.) 2:16.5; Heat 3: 1, Gonzales (Sacramento State) 2:18.4; 2, Cabera (SUNY-Stony Brook, N.Y.) 2:18.8; 3, Conn (Alfred, N.Y.) 2:19.0; 4, Swanson (Western Washington) 2:19.8; Heat 4: 1, Oleson (Ripon, Wisc.) 2:15.0; 2, Haddy (Central, Iowa) 2:15.7; 3, Howard (Wisconsin-Eau Claire) 2:16.2; 4, Moran (Cal State Hayward) 2:16.3.

5,000 (top eight in each heat qualify for finals)—Heat 1: 1, Aubuchon (Cal State Hayward) 17:19.7 (new stadium record, old mark 17:37.7 by Ann Thrupp, Stanford, 1979); 2, Dion (Keene State, N.H.) 17:50.0; 3, Thometz (St. Thomas, Minn.) 17:50.5; 4, Pfeifer (Sacramento State) 17:52.5; 5, Smith (Lock Haven State, Pa.) 17:53.4; 6, Claiborne (Humboldt State) 17:53.6; 7, Walker (Occidental) 17:56.3; 8, King (St. Thomas, Minn.) 17:59.7; Heat 2: 1, Quigley (Wesleyan, Conn.) 17:33.1; 2, Sostron (Sioux Falls, S.D.) 17:41.4; 3, Stronge (St. Olaf, Minn.) 17:44.4; 4, Hillman (Macalester, Minn.) 17:46.7; 5, Tracey (Sacramento State) 17:46.7; 6, Virtosko (U.C. Davis) 17:47.4; 7, Fulkerson (Cal Lutheran) 17:40.8; 8, Neubauer (Wisconsin-La Crosse) 17:53.6.

100 hurdles (top four in each heat qualify for semifinals)—Heat 1: 1, Edwards (Redlands, Calif.) 14.3; 2, Dickerson (South Connecticut State) 15.3; 3, Lockhart (Hope, Mich.) 15.3; 4, Smith (Augustana, Ill.) 15.4; Heat 2: 1, Kemp (Wooster, Ohio) 14.67; 2, Sibbison (Tufts, Mass.) 14.86; 3, Halverson (Wisconsin-Stout) 14.94; 4, Iwata (Nebraska Wesleyan) 14.98; Heat 3: 1, Carter (Clarion State, Pa.) 15.1; 2, Banks (Sacramento State) 15.50; 3, O'Rourke (San Francisco State) 15.55; 4, Barkdale (Oberlin, Ohio) 15.57; Heat 4: 1, Baptiste (CCNY) 14.82; 2, Kemp (Wooster, Ohio) 15.12; 3, Noesges (Loras, Ind.) 15.15; 4, Thompson (Alfred, N.Y.) 15.2.

LJ (top 12 qualify for finals)—1, Flagg (Whitworth, Wash.) 17-11¼; 2, Serrano (U.C. Davis) 17-11¼; 3, Blythe (Northwest Nazarene)



Jay Solmonson — staff photo

Cal State Hayward's Frannie Castro cruises toward stadium record during AIAW 800-meter trials.

Pioneers in great shape in AIAW track battle

Carl Steward — Staff photo

Continued from Page 21

record of 35:49.3, and she wasn't even running hard.

The blister on her right foot flared up during the race, and although she had no problems finishing, she doesn't want to jeopardize her chances in next week's Division I meet in Texas. She figures to finish in the top five there if she's healthy.

"I'll make the decision tomorrow," she said. "I know my coach wants me to run, but we're going to have to talk it over if it isn't feeling better tomorrow."

"I think she'll be OK," said McGuire. "If she's really feeling bad, we'll pull her out, but it won't be a matter of her coming up to me and saying, 'Coach, I don't feel like running today.'"

Ford's victory in the discus was a key one in getting the Pioneers off to its big early lead, and Cal State got two addition points in the event when Linda Read grabbed fifth.

Ford unleashed a 149-8 on her second throw in the trials and she was never threatened. She had two other throws better than the second-place mark of 144-5 by Deb Hildebrandt of Wisconsin-La Crosse.

"I would have liked to have thrown 150, but I'm happy with winning," said Ford, just a sophomore. "This is been a great year because Dr. (Harmon) Brown (a javelin and discus specialist who helps out many Cal State athletes) brought me a long way. I was more excited than nervous. I had my best throw during warmups (about 158 feet), so I'm really looking forward to next season."

Cal State's 800-meter sprint medley relay victory was virtually no contest. Dawn Peters, Buckley and Banks ran strong opening legs, setting up a solid final quarter by Castro, who brought home a winning time of 1:44.18.

"I thought it would be a lot closer," said Castro, "but Delphina really ran a strong 200 and I had some breathing room. It's a good thing, too. I'm tired."

than the next best qualifier.

Moran used a gutty finishing kick to make the 800 final in 2:14.9. If she runs as good a race today, she'll be in the hunt for second place.

Likewise is the case with Buckley and Banks, who ran strong semis in their respective events. Buckley was second in her 400 hurdles heat in 1:03.32, right in a potential second-place pack behind Brooklyn College's Stephanie Vega, who looked fairly unbeatable winning the first heat in 1:00.54.

Banks, the freshman from Holy Names, was third in her 200 heat in 25.10, but it was also the third fastest time in either heat. Despite a strong effort by Christopher Newport's Edna Davis, who ran 24.73 in winning Banks' heat, she feels she can win it.

Davis, another sophomore, appears in excellent shape for a high place in heptathlon. The younger sister of former USC football stand-out Anthony Davis, Cynthia trailed only Sherri Odlevak of Wisconsin-Superior and Beth Rockcliffe of Cal Lutheran heading into today's final three events.

"I'd like to score 4,800 points, because that would qualify me for Division I," said Davis, competing in only her third heptathlon. "I'm hoping for a good mark in the long jump, then I'm going to go all-out in the 800, which is probably my worst event."

The heptathlon opens today's final competition at 10:30 a.m. The first running event, the 5,000 gets under way at noon with the first field event, the javelin, slated for a 1 p.m. start.

AIAW DIVISION III TRACK AND FIELD CHAMPIONSHIPS at Cal State Hayward

TEAM SCORES—Cal State Hayward 32, Sacramento State 10, Wooster (Ohio) 10, Northwest Nazarene (Minn.) 10, Central (Iowa) 9, Wisconsin-La Crosse 8, St. Thomas (Minn.) 8, San Francisco State 6, Slippery Rock (Pa.) 6, Ohio Wesleyan 6, Bowdoin (Me.) 4, East Stroudsburg State (Pa.) 4, Wisconsin-Whitewater 4, Pacific Lutheran (Wash.) 2, CCNY 2, Carleton (Minn.) 1, U.S. Military Academy (N.Y.) 1, Occidental (Calif.) 1.

FINALS

10,000—1, Aubuchon (Cal State Hayward) 35:49.3 (new stadium record, old mark 36:40.9 by Lisa Foy, Sacramento State, 1980); 2, Thometz (St. Thomas, Minn.) 36:03.2; 3, Pflifer (Sacramento State) 36:44.8; 4, Carden (E. Stroudsburg, Pa.) 37:29.2; 5, Purdy (Pacific Lutheran, Wash.)

(Ohio Wesleyan) 17:11¼; 4, Rabensdorf (Wisconsin-Whitewater) 17:10½; 5, Mayo (Wooster, Ohio) 17:9¾; 6, Hanlon (U.S. Military Academy) 17:8¼.

Discus—1, Ford (Cal State Hayward) 149-8; 2, Hildebrandt (Wisconsin-La Crosse) 144-5; 3, Beatty (Slippery Rock, Pa.) 141-4; 4, Pingree (Bowdoin, Me.) 139-0; 5, Road (Cal State Hayward) 137-3; 6, Nicholson (Central, Iowa) 135-0.

TRIALS

100 (top four in each heat advance to finals)—Heat 1: 1, Alford (Trenton State, N.J.) 12.33; 2, Sizemore (Chico State) 12.35; 3, Brock (Central, Iowa) 12.48; 4, Mason (Fitchburg State, Me.) 12.53; Heat 2: 1, Bell (San Francisco State) 12.33; 2, Jackson (George Fox, Ore.) 12.35; 3, Moore (Sacramento State) 12.53; 4, Buman (Minot State, N.D.) 12.59.

200 (top four in each heat advance to finals)—Heat 1: 1, Selter (Occidental) 25.4; 2, Edwards (Redlands) 25.72; 3, Hoffman (Spring Arbor, Mich.) 25.76; 4, Cisar (Central, Iowa) 25.90; Heat 2: 1, Davis (Christopher Newport, Va.) 24.73; 2, Jackson (George Fox, Ore.) 24.94; 3, Banks (Cal State Hayward) 25.10; 4, Bell (San Francisco State) 25.23.

400 (top four in each heat advance to finals)—Heat 1: 1, Davis (Christopher Newport, Va.) 56.07; 2, Cisar (Central, Iowa) 58.24; 3, Thompson (Sacramento State) 58.56; 4, Ventour (CCNY) 59.4; Heat 2: 1, Selter (Occidental) 55.55; 2, Gilmore (Sacramento State) 57.06; 3, Bullivant (CCNY) 57.50; 4, Morath (Gustavus Adolphus, Minn.) 58.32.

800 (top four in each heat advance to finals)—Heat 1: 1, Castro (Cal State Hayward) 2:10.9 (new stadium record, old mark 2:11.1 by Castro, 1981); 2, Martin (Rio Grande, Ohio) 2:14.6; 3, d'Hoe (Slippery Rock, Pa.) 2:16.0; 4, Culligan (St. Thomas, Minn.) 2:16.2; Heat 2: 1, Pappas (Sacramento State) 2:14.4; 2, Howard (Wisconsin-La Crosse) 2:14.6; 3, Tracey (Claremont-Mud Cliff, Calif.) 2:14.7; 4, Moran (Cal State Hayward) 2:14.9.

100 hurdles (top four in each heat advance to finals)—Heat 1: 1, Edwards (Redlands) 14.55; Carter (Clarion State, Pa.) 15.02; 3, Kern (Wooster, Ohio) 15.11; 4, Halverson (Wisconsin-Stout) 16.18; Heat 2: 1, Baptiste (CCNY) 14.70; 2, Sibbison (Tufts, Mass.) 14.70; 3, Noesges (Loras, Ind.) 14.92; 4, Kemp (Wooster, Ohio) 15.00.

400 hurdles (top four in each heat advance to finals)—Heat 1: 1, Vega (Brooklyn College, N.Y.) 1:00.54; 2, Pitts (Central Connecticut) 1:03.45; 3, Carter (Clarion State, Pa.) 1:04.01; 4, Pearce (Frostburg State, Md.) 1:04.2; Heat 2: 1, Wallac (Sacramento State) 1:03.17; 2, Buckley (Cal State Hayward) 1:03.32; 3, Sauvegeou (Fitchburg State, Me.) 1:04.1; 4, Kothlow (Wisconsin-River Falls) 1:04.72.

400 relay (top three teams in each heat advance to finals)—Heat 1: 1, Sacramento State (Banks, Moore, Gilmore, Thompson) 47.80; 2, Occidental 48.75; 3, Wisconsin-La Crosse 49.0; Heat 2: 1, Slippery Rock, Pa. (Hamilton, Clement, Herder, Davis) 49.25; 2, Baldwin-Wallace III 49.28; 3, Wooster, Ohio 49.72; Heat 3: 1, Central, Iowa (Brock, Cisar, Huddle, Thurn) 48.24; 2, Cal State Hayward 48.39; 3, Fitchburg State, Me. 49.3.

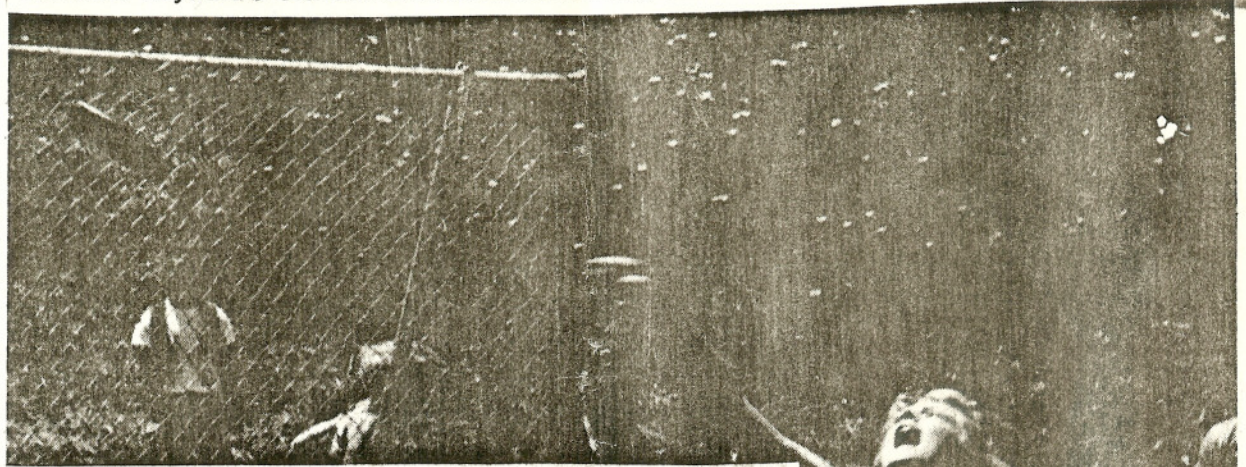
SP (top 12 qualifiers advance to finals)—Liste (Chico State) 45-10¼; 2, Pehler (Wisconsin-La Crosse) 43-3; 3, Haynes (Marion, Ind.) 42-8¼; 4, Deltz (St. Thomas, Minn.) 41-11¼; 5, Mara (Wisconsin-Stevens Point) 41-8¼; 6, Gursk (George Fox, Ore.) 41-5¾; 7, Soderling (Nebraska Wesleyan) 41-4¼; 8, Hariman (Bethany, Kans.) 41-1¼; 9, Ford (Cal State Hayward) 41-10; Cobb (U.S. Military Academy, N.Y.) 40-9¼; 11, Boyum (St. Olaf, Minn.) 40-4; 12, Moss (Concordia-Moorhead, Minn.) 40-0¼.

HEPTATHLON

(Through four of seven events)

Overall—1, Odlevak (Wisconsin-Superior) 2,876; 2, Rockcliffe (Cal Lutheran) 2,753; 3, Davis (Cal State Hayward) 2,746; 4, Glave (Frostburg State, Me.) 2,698; 5, Pansley (Wisconsin-East-Claire) 2,550; 6, Kacharas (Sonoma State) 2,524; 7, O'Hara (CCNY) 2,511.

Cal State Hayward's Glenda Ford unleashes winning toss in the discus.



Pioneers closing in on AIAW track title

By Carl Steward
Staff writer

HAYWARD — The team battle at the AIAW Division III Track and Field Championships should prove interesting today — for second place.

Host Cal State Hayward, capturing three of the four finals staged Friday, appears to be running away with the team title in the first-ever competition for women staged at the Division III level.

With victories by Michele Aubuchon in the 10,000, Glenda Ford in the discus and a sizzling foursome in the 800-meter sprint medley relay, Cal State piled up 32 team points. Golden State Conference rival Sacramento State was tied for second with Wooster College of Ohio and Northwest Nazarene College of Minnesota, each accumulating 10.

"I figured on us getting 32 points today and we got 32 points," said happy Cal State Coach Bob McGuire. "If we compete like this tomorrow, we'll be in great shape." The Pioneers are already in great

shape, and they should pile up quite a few more points today. Aubuchon will tentatively go for a double in the 5,000, Frannie Castro is the favorite for the 800 title, Connie Hester is among the top runners in the 1,500 and there are three relays in which the Pioneers figure to place high.

Delphina Banks is a finalist in the 200, as is Colleen Moran in the 800, Ford in the shot put and Evelyn Buckley in the 400 hurdles.

And to top things off, Cynthia Davis stands third entering the final three events of the heptathlon with her best event, the long jump, among them.

Overkill? You've got it. And consider that two of Cal State's athletes, distance runner Stefani Stoutt and long jumper Tammie Sullivan, are sitting out the meet with injuries. OK, OK, enough already.

Cal State appears to have such a cushion that Aubuchon may have second thoughts about running the 5,000 today. She cruised to victory in the 10,000, setting a stadium





Jay Solmanson — staff photo

A happy Delphina Banks gets a hug from teammate Evelyn Buckley after a meet-capping relay victory.

CSUH rolls to AIAW title

By Carl Steward
Staff writer

HAYWARD — The fact that Cal State Hayward ultimately captured the first-ever AIAW Division III Track and Field Championships Saturday was somewhat anticlimactic.

The manner in which the Pioneers capped their impressive team victory, however, didn't leave anybody yawning.

Having already locked up the title heading into the final event, Cal State's 4x100 relay team added some icing with a resounding victory over the two teams which finished closest to them in the final standings, Sacramento State and Wisconsin-La Crosse.

"This is nice," said Frannie Castro, who ran the second leg on the relay and who earlier had claimed the open 800. "Winning the meet is one thing, but winning the final event really puts an extra charge behind it. I'm excited."

Everyone connected with Cal

Buckley and Delphina Banks zipped to a 3:50.93 finish, nearly six seconds ahead of runner-up Sacramento.

"It was supposed to be a close race," said Cal State sprint coach Manny Myers in between jumps for joy. "It wound up being a blowout, and what's better, it put the lid on the national championship."

Preisser ran a strong opening leg, approximately 59 seconds, leaving it for Castro to blow open on the second leg. Buckley, who had trouble with her back in the 400-meter hurdles final, had no such problem in widening Cal State's lead to about 25 yards on the third leg, running a 57-second split. Finally, Banks cruised home to the win and a waiting throng of exultant teammates.

The margin of victory was staggering considering that Preisser, Buckley and Banks are all freshmen.

"We had some low points in this

been a great group. I've had such a good time this year that I can honestly say that although this moment is very special, the best part of this year was the daily workouts. I can't explain the feeling I've had walking off this track every day after a practice."

For the record, McGuire's legions finished with 93 team points. Golden State Conference rival Sacramento put on a strong final-day surge and was easily second with 70. Wisconsin-LaCrosse finished at 38 points for third while San Francisco State, another GSC team, had 22 for fourth.

Senior Michele Aubuchon set the tone for the Pioneers' final-day efforts, adding a 5,000-meter victory to the 10,000 triumph she breezed to Friday.

Aubuchon nearly didn't run the race due to a tender right foot, but she changed the padding in her shoes and wore spikes instead of the waffle-bottoms she wore. This

Aubuchon, Castro romp

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"I ran around the block this morning after I got up and it really hurt," she said. "I called my coach and told him I couldn't run. But I had to get a doctor's clearance otherwise they would have taken away my 10,000 victory. So I figured what the heck, I'd try it and if I had to drop out, I would. But everything went fine."

Aubuchon had St. Thomas of Minnesota's Debbie Thometz on her shoulder the entire race until the last lap, where she broke open a blistering finishing kick that finished off her last opposition.

"I didn't think she could stay with me," Aubuchon said. "I was getting a little nervous because her coach was yelling at her. If my coach yelled at me like that, I'd probably freeze up."

Aubuchon now will go on to compete in the AIAW Division I 10,000, where she figures to have a shot to finish in the top three. She will be accompanied by Castro, who was as dominant in her 800 victory as she had been in her two previous trials on Thursday and Friday.

Castro, a junior, sizzled to a 60-second first lap and the rest of the field dropped off. She wound up finishing in 2:10.3.

"I wanted to get out a little quicker today because of my lane position (lane 8) and I was little surprised nobody stayed with me," she said. "I didn't know what kind of race it would be, but I was able

to let up a little and establish a pace."

Castro's nearest challenger finished four seconds behind her. It'll be different next week, though, when she competes at the Division I.

AIAW DIVISION III TRACK AND FIELD CHAMPIONSHIPS at Cal State Hayward

TEAM SCORES—Cal State Hayward 93, Sacramento State 70, Wisconsin-La Crosse 38, San Francisco State 22, Central (Iowa) 21, Christopher Newport (Va.) 20, Brooklyn College (N.Y.) 18, Cal Lutheran 18, St. Thomas (Minn.) 17, St. Olaf (Minn.) 16, Wesleyan (Conn.) 16, City College of New York 16, Occidental 15, Trenton Wooster (Ohio) 12, George Fox (Ore.) 11, Chico State 10, Mt. St. Mary's (Md.) 10, Northwest Nazarene (Minn.) 10, Redlands 10, Western Washington 10, Wisconsin-Eau Claire 10, Wisconsin-Superior 10, Slippery Rock (Pa.) 9, Middlebury (Vt.) 9, Central Connecticut 8, Middlebury (Vt.) 8, Carleton (Minn.) 7, Frostburg State (Ind.) 6, Carleton (Minn.) 6, Ohio Wesleyan 6, (Md.) 7, Millersville State 6, U.S. Military Academy 5, Bowdoin (Me.) 4, Clarion State (Pa.) 4, Concordia (Me.) 4, East Stroudsburg State Moorhead (Minn.) 4, East Stroudsburg State (Pa.) 4, Fitchburg State (Me.) 4, Wisconsin-Oshkosh 4, Wisconsin-River Falls 4, Wisconsin-Whitewater 4, Pacific Lutheran (Wash.) 2, Rio Grande (Ohio) 2, Ripon (Mass.) 2, Sioux Falls (S.D.) 2, Southern Connecticut 2, Wisconsin-Stevens Point 2, Loras (Ind.) 1, Macalester (Minn.) 1, Minot State (N.D.) 1, Sonoma State 1, Spring Arbor (Mich.) 1.

FINALS

100—1, Bell (San Francisco State) 12.18; 2, Alford (Trenton State) 12.21; 3, Jackson (George Fox) 12.23; 4, Moore (Sacramento State) 12.42; 5, Mason (Fitchburg State) 12.48; 6, Buman (Minot State) 12.56.
200—1, Davis (Christopher Newport) 24.70; 2, Banks (Cal State Hayward) 24.80; 3, Bell (San Francisco State) 24.90; 4, Jackson (George Fox) 24.98; 5, Selter (Occidental) 25.23; 6, Hoffman (Spring Arbor) 25.33.
400—1, Davis (Christopher Newport) 54.42; 2, Selter (Occidental) 55.24; 3, Gilmore (Sacramento State) 55.61; 4, Bullivant (CCNY) 56.0; 5, Cisar (Central) 56.3; 6, Thompson (Sacramento State) 58.2.
800—1, Castro (Cal State Hayward) 2:10.3; 2, Howard (Wisconsin-La Crosse) 2:14.3; 3, Pappas (Sacramento State) 2:15.0; 4, Moran (Cal State Hayward) 2:15.3; 5, Martin (Rio Grande) 2:15.3; 6, Culligan (St. Thomas) 2:16.3.
1,500—1, Seymour (St. Olaf) 4:28.7; 2, VonBerg

(Middlebury) 4:30.8; 3, Hester (Cal State Hayward) 4:32.6; 4, McNiff (Holy Cross) 4:33.5; 5, Oleson (Ripon) 4:34.0; 6, Ratering (Central) 4:37.9.

3,000—1, Scannell (Sacramento State) 9:47.1; 2, Gray (U.C. Davis) 10:01.8; 3, Brady (Carleton) 10:02.0; 4, Bair (Millersville) 10:05.9; 5, McNiff (Holy Cross) 10:06.7; 6, VonBerg (Middlebury) 10:08.4.

5,000—1, Aubuchon (Cal State Hayward) 17:08.8 (new stadium record, old mark 17:37.7 by Ann Thrupp, Stanford, 1979); 2, Thometz (St. Thomas) 17:13.8; 3, Quigley (Wesleyan) 17:17.7; 4, Pfeifer (Sacramento State) 17:20.7; 5, Soström (Sioux Falls) 17:36.2; 6, Hillman (Macalester) 17:38.5.

100 hurdles—1, Edwards (Redlands) 14.59; 2, Baptiste (CCNY) 14.64; 3, Sibbison (Tufts) 14.84; 4, Carter (Clarion State) 14.85; 5, Kemp (Wooster) 15.00; 6, Noesges (Brooklyn College) 15.17.

400 hurdles—1, Vega (Brooklyn College) 1:00.49; 2, Pitts (Central Connecticut) 1:02.4; 3, Wallace (Sacramento State) 1:02.93; 4, Kothlow (Wisconsin-River Falls) 1:03.48; 5, Sauvageau (Fitchburg State) 1:03.57; 6, Pearce (Frostburg State) 1:04.5.

400 relay—1, Sacramento State (Banks, Moore, Gilmore, Thompson) 47.00; 2, Central 47.88; 3, Cal State Hayward 48.03; 4, Occidental 48.50; 5, Wisconsin-La Crosse 48.52; 6, Slippery Rock 48.9.

1,600 relay—1, Cal State Hayward (Preisser, Castro, Buckley, Banks) 3:50.93; 2, Sacramento State 3:56.73; 3, Wisconsin-La Crosse 3:58.68; 4, U.C. Davis 4:00.77; 5, CCNY 4:01.14; 6, Iowa Wesleyan 4:01.2.

3,200 relay—1, Western Washington (Swanson, Graham, Randall, Ryals) 9:14.4; 2, Wisconsin-La Crosse 9:17.7; 3, St. Olaf 9:20.1; 4, Sacramento State 9:20.9; 5, Cal State Hayward 9:23.1; 6, Central 9:26.7.

HJ—1, Ackerman (Mt. St. Mary's) 5-11; 2, Gibson (Brooklyn College) 5-9; 3, Ferns (Holy Cross) 5-7; 4, Pfeiffer (Wisconsin-Oshkosh) 5-5; 5, Duran (Southern Connecticut) 5-5; 6, Howard (Cal State Hayward) 5-5.

SP—1, Lisle (Chico State) 45-9½; 2, Haynes (Marion) 43.82; 3, Pehler (Wisconsin-La Crosse) 42-9; 4, Cobb (U.S. Military Academy) 42-6; 5, Maras (Wisconsin-Stevens Point) 43-5; 6, Gurske (George Fox) 41-3.

Javelin—1, Rockliffe (Cal Lutheran) 153-11; 2, Gray (Wisconsin-Eau Claire) 147-9; 3, Watts (Trenton State) 147-3; 4, Iverson (Concordia-Moorhead) 145-6; 5, Hullahan (Slippery Rock) 138-5½; 6, Allen (Sacramento State) 137-5.

Heptathlon—Overall: 1, Odlevak (Wisconsin-Superior) 5,042; 2, Rockliffe (Cal Lutheran) 4,850; 3, Glave (Frostburg State) 4,719; 4, Davis (Cal State Hayward) 4,516; 5, Peasley (Wisconsin-Eau Claire) 4,411; 6, Kacharos (Sonoma State) 4,389; Top marks in final three events: LJ—Davis 17-3½; Jav—Rockliffe 137-6; 800—Odlevak 2:23.5.