

1982 CAL STATE HAYWARD WOMEN'S TRACK AND UPDATE 3-29-82

100 METERS 12.8
11.9

Delphina Banks 12.4*
Qwon Ward 12.5*
Colleen Brown 13.2
Joy Upshaw 14.1
Patti Orourke 14.2

100 HH 17.0
13.8

Joy Upshaw 15.6*
Patti Orourke 16.2*

HIGH JUMP 4-10½
5-6½

Frankie Seoniers 5-8**
Jennifer Howard 5-3 3/4*

200 METERS 26.7
24.5

Delphina Banks 24.4**
Tammie Sullivan 25.7 *
Frannie Castro 26.6*

400LH 72.7
62.8

Kathy Halpin 1:02.75**
Louise Jurado 72.2*

1000 JUMP 16-10½
18-4½

Joy Upshaw 17-6½*
Tammie Sullivan 17-1*
Patti Crouke 15-2½

400 METERS 61.3
56.9

Delphina Banks 54.96**
Kathy Halpin 57.8*
Frannie Castro 57.9*

RELAYS

4 x 100 47.3½ **
Ward, Banks, Sullivan
Halpin

* GSC QUALIFIER
**NCAA DIVISION II QUALIFIER
***NCAA DIVISION I QUALIFIER

4 x 200 1:42.2
Banks, Halpin,
Upshaw, Castro

4 x 400 3:53.2 **
Banks, Castro,
Upshaw, Halpin

800 METERS 2:26.5
2:13.9

Frannie Castro 2:09.5***
Pam Bowers 2:17.4 *
Cari Furness 2:23.4 *
Ann Hamilton 2:25.1*

4 x 800 9:21.6
Castro, Hamilton,
Morris, Bowers

1500 METERS 5:05.3
4:38.4

Kathy Way 4:48.1*
Stefani Stoutt 4:51.6*
Pam Bowers 4:52.0*
Debbie Morris 4:52.9*
Carol Stothers 5:01.3*
Ann Hamilton 5:02.3*
Teresa Jackson 5:05.3*

4 x 1600 20:51.4
Morris, Stoutt,
Way, Bowers

Sprint Medley 1:57.6
Brown, Sullivan,
Orourke, Jurado

Distance Medley 12:48.0
Bowers, Way,
Hamilton, Stoutt

3000 METERS 11:31.9
10:16.6

Kathy Way 10:00.5**
Stefani Stoutt 10:17.0*
Teresa Jackson 10:38.3*
Ann Hamilton 10:59.6*
Kay Lombardini 11:11.0*
Carol Stothers 11:21.3*
Joan Smith 12:15.8
Debbie Spederick 12:20.4

DISCUS 108-9
135-11

Glenda Ford 162-10**
Diane Oswald 155-4**
Kim Daniel 124-1*
Elaine Sundby 116-5*

SHOT PUT 35-4
42-6½

Glenda Ford 45-0½**
Diane Oswald 42-11**
Kim Daniel 34-11½

500 METERS 20:14.8
16:50.0

Kay Lombardini 20:14.6*
Paula Reading 20:45.0

JAVELIN 105-11
131-0

Elaine Sundby 153-11½**
Carol Shoaff 122-9½*
Pam Bowers 110-10*

10,000 METERS 44:30.4
35:41.8

Teresa Jackson 18:53.0*