

# TRACK & FIELD "UPDATE" WOMEN'S TRACK & FIELD CAL STATE U. HAYWARD

March 20, 1982..... The Cal State Hayward Track team made a BIG MISTAKE at about 5:15 p.m. today...about 90% of the team..having "hung-around" for the behind-time discuss to begin following the 4:30 p.m. mile relay, boarded vans and busses and went home. That was a BIG MISTAKE. In my five years as coach of the CSUH team, I have witnessed some really fine individual performances and some equally stirring squad and team efforts....but NEVER have I ever watched as competitive and consistent a piece of competition as that which the few of us spectators and the two athletes involved, had the pleasure of being a part of.

154-5"  
**FORD & OSWALT**  
152-6"

"Back and forth, on each effort, one would surpass the other..what a site to watch"  
Ford had 4 throws over 150 and Oswalt had two over 150 with 4 over 145!!!!

**CASTRO-NEA DIV. I**

Leading from the 200 on, Frannie Castro not only improved on her seasonal best, but bagged an NCAA DIVISION ONE qualifying mark as she out-legged Stanford's Plummer(2:10.1) and Hopp(2:10.1) Greatttt.....

**BANKS Shines** Starting off with a misjudged 26.4 furlong, Delphina never-the-less ran a very fine 55.51  
400 and then came back with a 55.7 relay leg

**WAY #3!**

Kathy WAY moved up to #3 on the Pioneer All-Time 3K list as she improved some 40 seconds on the season with a 10:00.5 effort.

**UPSHAW** Looked the best-ever for this time of the season in the 100 HH. A 15.6 bodes well for Joy.

**HOWARD** Had her seasonal best and her best-early season effort with a 5-3 and 3/4

Despite the absence of javelinist Elaine SUNDBY, high jumper FRANKIE SCOTTERS and sprinter Gwen WARD, the Pioneers still gave very good account of themselves, and the final track event of the afternoon...the mile relay saw the four-some of DELPHINA BANKS, FRANNIE CASTRO, TAMMIE SULLIVAN and KATHY HALPIN run away from the hosting Stanford four-some, to clock a fine 3:53.2, indicative of the talent that we do possess.

Stanford won their "5 duals" (Stanislaus, Hg waii, Bakersfield, HAYWARD, and lord-knows-who) but of all the mini-contests, we fared the best losing to the Cards by an 81-44 score. In all probability, a healthy and complete Pioneer squad could have changed that tally to a 70-55 showing.

## RESULTS

- 100m. Gill (B)12.2; Marriano(B)12.43; Gibbs(B)12.43; Donald(S)12.58 (8) BROWN 13.15  
 200m. Williams(H)24.74; Marriano(B)25.25; Donald(S)25.65; Nicks(B)25.80; HALPIN 26.30; (10) BROWN 27.89  
 400m. Williams(H)54.29; BANKS 55.51; Duboux(H)56.33; Jacobs(S)57.65  
 800m. CASTRO 2:09.7; Plummer(S)2:10.1; Hopp 2:10.4; Kattmurch(H)2:17.1; BOWERS 2:18.1; (7) FURNESS 2:26.0  
 1500. Schrupfl(S)4:35.6; Locke(S)4:38.6; Lyons(S)4:43.5; Schofield(B)4:47.0; WAY 4:48.1  
 (6) MORRIS 4:52.9; (8) STOTHERS 5:01.3; (9) HAMILTON 5:02.0  
 3000. Schrupfl(S)9:28.4; Lyons(S)9:34.4; Locke(S)9:48.6; WAY 10:00.5; (8) STOUTT 10:17.7; (9) JACKSON 10:38.3  
 (10) LOMBARDINI 11:11.1; (11) READING 11:51;  
 100 HH: Demorest(S)15.4; UPSHAW 15.6; Lindberg(S)16.2; Burrus(S)16.2; OROURKE 17.1  
 400 LH: Demorest(S)1:03.8; Burrus(S)1:07.1; JURADO 1:12.2; Lindberg(S) 1:13.4  
 Disc: Cady(S)166-6; FORD 154-5; OSWALT 152-6; Archer(S) 140-8  
 Shots: Cady(S)49-6½; Corley(B)47-10½; Hamilton(B)47-1; OSWALT 42-11(PR)  
 H.J.: Blunston(B)5-9 ¾; Lysaght(S)5-5 ¾; Linderman(B)5-5 ¾; HOWARD 5-3 ¾  
 L.J.: Nicks(B)19-3½; Donald(S)18-10; Wilford(B)18-10; Lovelady(B)18-7½ 7 UPSHAW 17-0½  
 Jav. Cady(S)133-8; SHOFFT 115-6; Archer(S)113-5; Tropaugh(Stanislaus)112-2  
 4 x 100: Bksfld. 46.73 CSUH(Upshaw,Banks,Sullivan,Halpin) 48.26(Div.II qual); Stan.48.44  
 4 x 40: CSUH(Banks 55.9, Castro 57.9,Sullivan 60.1, Halpin 59.3) 8:53.2

SEASONAL QUALIFIERS TO DATE.....Mar. 22, 1982

|           | GSC   | NCAA Div. II                  | NC-A Div. I     |
|-----------|---|-------------------------------|-----------------|
| 200....   | Banks(24.4)   | Banks (24.4)                  |                 |
| 400....   | Banks(54.96), Halpin(57.8), Castro(57.9)  | Banks(54.96)                  |                 |
| 800....   | Castro(2:09.72), Bowers(2:18.1), Hamilton(2:25.1) and Furness(2:23.8)   | Castro (2:09.72)              | Castro(2:09.72) |
| 1500....  | Way 4:48.1, Bowers 4:52.0, Morris 4:52.9, Stoutt 4:55.0, Stothers 5:01.3, Hamilton 5:02.0 Jackson 5:05.3          |                               |                 |
| 3000...   | Way 10:00.5, Stoutt 10:17.0, Jackson 10:38.3, Morris 10:42.3, Hamilton 11:03.2, Lombardini 11:11 Stothers 11:21.3 | Way(10:00.5)                  |                 |
| 5000....  | Lombardini 20:14.6  |                               |                 |
| 100 BH..  | Upshaw 15.6 ORourke 16.2  |                               |                 |
| 400 LH..  | Jurade 72.2   |                               |                 |
| Shot....  | Ford (45-0 $\frac{1}{2}$ ), Oswalt(42-11)   |                               |                 |
| Disc....  | Ford(154-5), Oswalt(152-6) Daniel(124-1) Sundby (118-5)   | Ford(154-5)<br>Oswalt(152-6)  |                 |
| Jav.....  | Sundby(153-11 $\frac{1}{2}$ ), Sheaff(122-9 $\frac{1}{2}$ ), Bowers(106-2 $\frac{1}{2}$ )                         | Sundby(153-11 $\frac{1}{2}$ ) |                 |
| H.J.....  | Seoniers(5-8), Howard(5-3 3/4)  | Seoniers(5-8)                 |                 |
| L.J.....  | Upshaw(17-5 $\frac{1}{2}$ ), Sullivan(17-1)   |                               |                 |
| 4 x 100.. | (Upshaw, Banks, Sullivan, Halpin) 48.26   | 48.26                         |                 |
| 4 x 400.. | (Banks, Castro, Upshaw, Halpin) 3:53.2  | 3:53.2                        |                 |