

Track & Field UPDATE...CSUH

CAL STATE UNIVERSITY HAYWARD...WOMEN'S TRACK & FIELD BULLETIN...MAY 3, 1985

22 season bests...12 PR's, 3 meet records...3 stadium rec'ds.

San Francisco Examiner

Track & Field

Mathis Inv.

JOHNNY MATHIS INVITATIONAL
At San Francisco State
(All race distances in meters)

WOMEN

100 hurdles - Roianne Byrd, Hayward St., 13.9.

400 hurdles - Heat 1: Mia Gabbedy, Australia, 59.9. Heat 2: Denise Papazian, Hayward St., 67.2.

100 - Heat 1: Stacy Green, San Francisco St., 11.9; Heat 2: Jackie Baker, Hayward St., 12.1.

200 - Heat 1: (tie) Gina Owens, San Francisco St., Roianne Byrd, Hayward St. and Sheila McClain, U.S. International, 24.5.

Heat 2: (tie) Stacy Green, (SFS), Arnita Bradley (HS), Jackie Baker (HS), 24.8; Heat 3: Diane Warrick, (HS), 25.8; Heat 4: Lillian Campbell, Sonoma St., 26.3.

400 - Heat 1: Jackie Hardman, (SFS), 55.4; Heat 2: Carla Jessup, (SFS), 59.7.

800 - Heat 1: Marcie Miller, (HS), 2:10.5; Heat 2: Amelia Borini, Humboldt St., 2:19.4.

1500 - Heat 1: Monika Zieschang, Hayward St., 4:32.9.

Heat 2: Marcie Miller, (HS), 4:32.9.

3000 - Heat 1: Krishna Wood, Australia, 9:30.0; Heat 2: Ann Hoerber, UC Davis, 10:36.1.

5000 - Mary Klas, U.S.I.A., 17:15.8.

4 x 100 relay - San Francisco St. A team, 46.7.

Mile relay - Hayward St., 33:50.4.

Long jump - Sandra Priestley, Australia, 19 feet, 2 3/4 inches.

Triple jump - Dorothy Smith, (UCD), 38.2.

High jump - Betsy Von Essen, (HS), 5.6.

Shot put - Diane Oswalt, (HS), 45.11.

Discus - Wendy Robinson, Weight City

San Francisco State..5/3/85...In what to be one of the MOST PRODUCTIVE (and the poorest recorded or publicized...note the clippings) track and field efforts in the entire history of CSUH's Women...a total of 11 P.R.s and 23 "Seasonal Bests" plus 3 Meet and Cox Stadium records were set at the Johnny Mathis Invitational!!!

MEET & STADIUM MARKS

800m. MARCY MILLER
2:10.5(31.9/32.9/32.8/32.9)

SHOT DIANE OSWALT
45-11

MILE RL. Arnita BRADLEY(57.8) Kathy HALPIN(56.6)
3:50.4 Jenny RAY(57.4) Jackie BAKER(58.0)

* PERSONAL BESTS

100m :12.0 Arnita BRADLEY(4th)
:12.1 Jackie BAKER(5th)

200m :24.8 Arnita BRADLEY(5th)
:24.8 Jackie BAKER(6th)
:25.8 Diane WARRICK(8th)

800 2:10.8 Jenny RAY(2nd)(NCAA Qual.)

1500 4:27.2 Monika ZIESCHANG(72/70.5/
71.5/53) 1st(.1 off of rec)
4:38.3 Carole STOTHERS(5th)

100HH :14.5 Kathy HALPIN (3rd)

400LH :67.2 Denise PAPAZIAN (4th)

L.J. 17-1 Missy WILLIAMS(7th)

SEASONAL BESTS:

1500 4:37.9 Debbie MORRIS(4th)
4:45.6 Angela BUSHLING(8th)

3000 10:12.1 Debbie MORRIS(6th)
10:38.1 Susan HAWTHORNE(11th)
10:48.0 Suzie AMES(14th)

DISC 170-7 Diane OSWALT (2nd)

H.JMP 5-6 Betsy VON ESSEN(1st)

L.J. 16-4 Vycelka ORISTIL

T.J. 33-5 1/4 Vycelka ORISTIL

HATS-OFF Department

to:• Diane OSWALT(getting over the 170 mark in the disc)

• Monika ZIESCHANG(impr.of 5 sec. and gaining #2 on CSUH All-Time 1500)

• Marcy MILLER(what a double) and Jenny RAY(what an awesome 800 they ran)

• Roianne BYRD(top-notch hurdles and fine 200) and Kathy HALPIN(great "Sticks

and relay leg and lead-off in 4x400!)

The Tribune TRACK & FIELD

Invitational

JOHNNY MATHIS INVITATIONAL
At San Francisco State

WOMEN: 100 Meters - Gabbedy, SFS, and McClain, U.S. Int'l, 11.9, 200 - Byrd, Cal State-Hayward; Owens, SFS, and McClain, U.S.

24.5, 400 - Hardman, SFS, 55.4, 800 - Miller, CSH, 2:10.5 (Cox Stadium record); Ray, CSH, 2:10.8 (NCAA Division II qualifier), 1,500 - Zieschang, CSH, 4:27.2, 3,000 - Wood, Australia, 9:30.0, 5,000 - Klas, USI, 17:15.8, 100 Hurdles - Byrd, CSH, 13.9, 400 Hurdles - Gabbedy, AUS, 59.9, 400 Relay - S.F. State (Hardman, Green, Rows, Owens) 48.7; Hayward 47.3, Mile Relay - Hayward (Halpin, Ray, Baker, Bradley) 3:50.4 (Div. II qualifier; stadium record), High Jump - Von Essen, Hayward, 5-6, Long Jump - Priestley, Aus, 19-2 3/4, Triple Jump - Smith, UC-Davis, 38-2 1/2, Shot - Oswalt, Hay, 45-11 (stadium record), Discus - Robinson, Weight City, 172-4, Oswalt, Hay, 170-7, Javelin - Harvey, Aus, 147-9.

Two CSUH women set records

SAN FRANCISCO - Meet records by Marcy Miller in the 800 and Diane Oswalt in the shot put coupled with national-qualifying marks by Jenny Ray in the 800 and the mile relay team highlighted Cal State Hayward's women's track efforts in the Johnny Mathis Invitational Friday.

Miller, who previously qualified for nationals, took first place in the 800 while running a meet and stadium record of 2:10.5. Ray was timed in 2:10.8. Miller also came in second in the 1,500 meters with a time of 4:32.9. She was bested by teammate Monika Zieschang who clocked 4:27.2.

Oswalt threw 45-11 in the shot and was second in the discus at 170-7. Cal State's Roianne Bird also captured a first and second, winning the 100 high hurdles in a time of 13.9 and was runnerup in the 200 in 24.5. Kathy Halpin came in third behind Bird in the 100 hurdles in 14.5 and then took second in the 400 low hurdles in 60.9 followed by teammate Michelle Szto in 66.4.

OTHER "TOP" PERFORMANCES:

200 :24.5 Roianne BYRD(2nd)

100H :13.9 Roianne BYRD(1st)

400H :60.9 Kathy HALPIN(2nd)
:66.4 Michele SZTO(3rd)

1500 4:32.9 Marcy MILLER(2nd)

L.J. 17-3 Arnita BRADLEY (5th)

T.J. 35-6 Missy WILLIAMS (5th)

35-2 Betsy VON ESSEN(6th)

CAL ST HAYWARD WOMEN'S TRACK AND FIELD SUMMARY 5-4-85

100M

Byrd 11.9*
Bradley 12.0*
Baker 12.1*
Warrick 12.6*
Williams 13.3

200M

Byrd 24.3*
Baker 24.8*
Bradley 24.8*
Warrick 25.8*

400M

Baker 58.00*
Bradley 58.2*
Warrick 60.5*
Shoptaw 69.1

800M

Manning 2:10.4**
Miller 2:10.5**
Ray 2:10.8**
Zieschang 2:15.8*
Stothers 2:19.4*
Henry 2:19.7*

1500M

Zieschang 4:27.2**
Manning 4:27.7**
Miller 4:32.1**
Morris 4:37.9*
Stothers 4:38.3*
Bushling 4:45.6*
Ray 4:52.8*
Hawthorne 5:07.97

3000M

Zieschang 9:36.1**
Manning 9:49.1**
Stothers 10:05.7*
Morris 10:12.1*
Bushling 10:43.8*
Hawthorne 10:38.1*
Hicks 11:26.8
Baker 11:47.8
Ames 10:48.0*

5000M

Ames 18:51.0*
Hicks 19:38.7

100HH

Byrd 13.8**
Halpin 14.5*
Crevelt 15.0*
Szto 15.3*
Shoptaw 17.3

400LH

Halpin 60.89**
Szto 65.85*
Papazian 67.2*
Shoptaw 73.3

4 x 100 R - 47.03 **

Baker, Warrick, Byrd, Bradley

4 x 200 R - 1:43.26

Baker, Warrick, Byrd, Halpin

4 x 400 R - 3:50.4** (Mile Relay)

Halpin, Bradley, Ray, Baker

4 x 880 R - 9:00.72

Manning, Miller, Ray, Zieschang

Distance Medley - 11:43.7

Stothers, Ray, Miller, Zieschang

LONG JUMP

Bradley 18'0*
Williams 17'1*
Oristil 16'3 3/4*
Hirahara 15'0 3/4
Szto 15'0 1/4

TRIPLE JUMP

McCall 39'9**
Von Essen 35'8 1/4*
Williams 35'8*
Oristil 33'5 1/4*

HIGH JUMP

McCall 5'8 1/4**
Von Essen 5'6*
Williams 5'4

SHOT PUT

Oswalt 47'9 3/4**

DISCUS

Oswalt 170'7***

JAVELIN

Hirahara 112'6
Schaeffer 106'10
Myasato 104'2

*** NCAA DIV. I QUALIFIER
** NCAA DIV. II QUALIFIER
* NCAC QUALIFIER

CALIFORNIA STATE UNIVERSITY, HAYWARD

WOMEN'S *Track & Field* INTERCOLLEGIATE ATHLETICS HAYWARD, CALIFORNIA 94542

(415) 881-3038

Mt Sac Relays . . .

The Pioneers 4 x 800 was their top effort in the Mt.Sac Invitational as they set a new school mark of 9:00.72. The team consisted of Chris MANNING, Marcy MILLER, Monika ZIESCHANG and Jenny RAY. The "over-load" workouts of the earlier portion of the week left this foursome a little less than "sharp" but they never-the-less carved 10 seconds off of the old school standard.

Chris MANNING preceded this team effort with a second place effort in the University-Open division 1500 with a relatively slow 4:29.56 mark..due in part to the tactically slow 1st lap by Robin Campbell of Puma TC. A good race, however.

Northern Cal CONF. Champs. . .

...Tuesday and Wednesday..May 7th and 8th, will find the Multi Events of the NCAC being contested on the Turlock campus of Cal State Stanislaus. The Women's Heptathlon begins at 8 a.m. on Tuesday while the Men inaugurate the decathlon competition at 9 a.m. in deference to the anticipated heat conditions.

...Thursday and Friday...May 8th and 9th, will find the traditional Track and Field Championships being contested on the Stanislaus State oval.

U.C.Davis is the prohibitive favorite in the Men's Division with Hayward State, San Francisco State and hosting Stanislaus State slated for a heated run at the runner-up position. Humboldt State and Sonoma State figure to be one notch behind in the final team totals.

WOMEN Last year, HAYWARD won their 7th title in 8 years with a record 249 points (on the 10-8-6-4-2-1 basis) to outscore their next two opponents, combined!!!

Although the Pioneers dominate much of the NCAC stat sheets at this time, they are in for a much closer contest this time around.

** The JUMPS...NCAC High Jump and Triple Jump record holder MILOE MCCALL is back and she is not alone. Last year we netted 44 pts. out of a possible 124....this year it could be about the same.

** Last year the Pioneers scored 111 points out of a possible 217 in the Sprints/Hurdles/Relays. This year the likes of Roianne BYRD, Kathy HALPIN, Arnita BRADLEY, Jackie BAKER, Diane WARRICK and Michelle SZTO could net Hayward as much as 90 points...however the Gators of San Francisco State with such stalwarts as Donna ROWE, Gina OWENS, Jackie HARDMAN and Ruth WHITEHEAD is capable of equalling that total.

* Byrd is defending 100-200-HH & 400 Relay Champ!

** The 1984 Championships saw the Pioneers outscore everyone in the 5 distance events as they tallied 70 out of a possible 150 points. This year, things figure to be closer. Patti GRAY, one of the nation's premiere distance runners is slated for firsts in the 5K and 3K...while Humboldt's DOLAN and POWERS are strong 5 K threats as well as a good bet to go 1-2 in the 10K. Davis's fine soph Jennifer THATCHER will earn good points in the 800 and 1500. However, the Pioneers have defending 800/1500 Champ Chris MANNING, Monika ZIESCHANG, Marcy MILLER, Debbie MORRIS and Carole STOTHERS along with Jenny RAY slated to score somewhere around 55 points.

** The THROWS/HEP,

This is an area of real weakness for the Pioneers this season...save for the exploits of Div.II National Champion Diane OSWALT in the Disc and Shot. The 35 pts. of last year could shrink to 21 or 22 this time around.