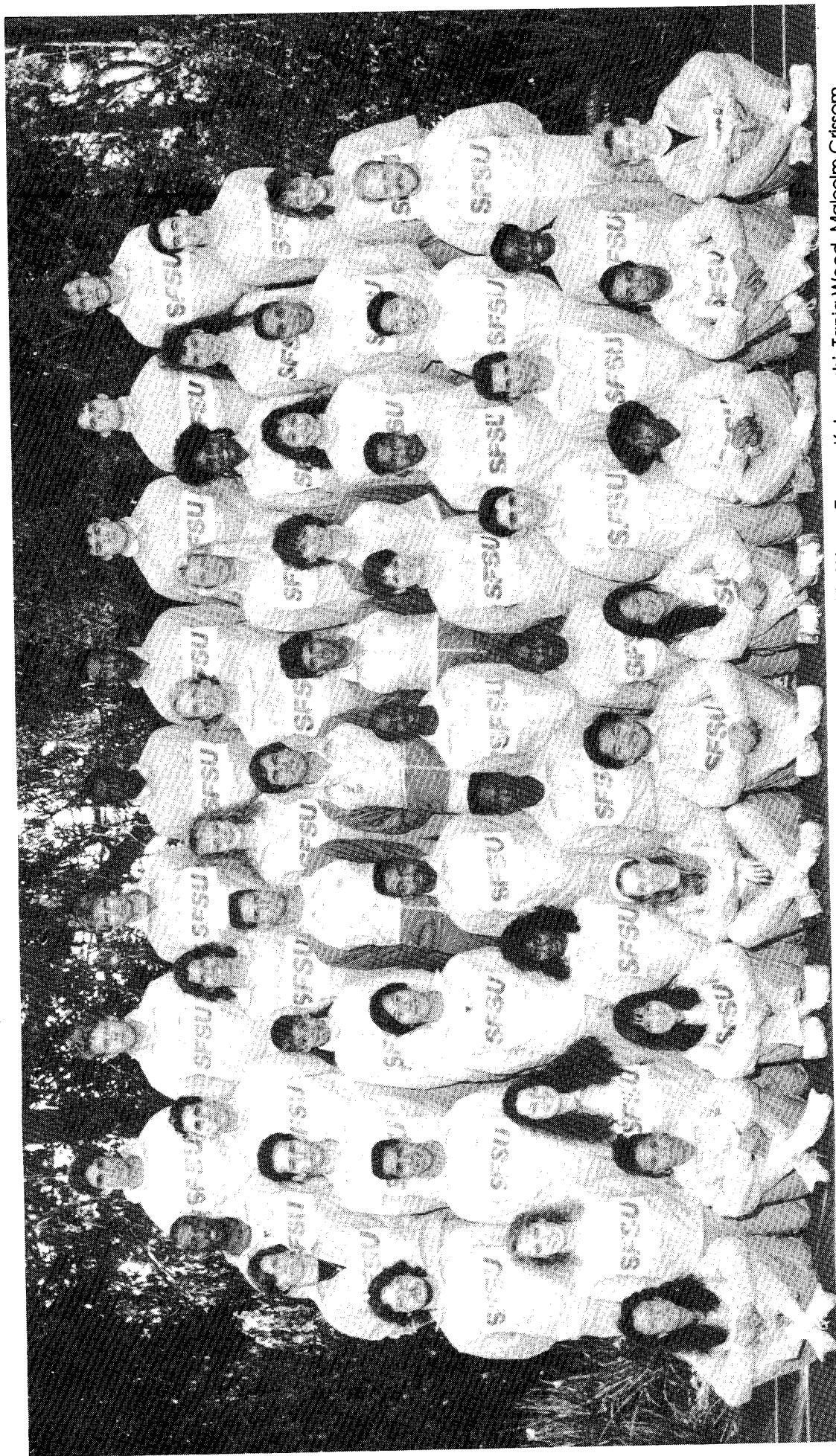


1990 SFSU Men / Women Track Team



FRONT ROW (left to right): Irene McLoughlin, Christine Caston, Rebecca Chang, Patricia Stone, Phillip Wang, Tracey Kobayashi, Tania Wood, Malcolm Grissom, Darlene Cluser.

SECOND ROW (left to right): Jill Parrish, Lee D'Alessandro, Allison Torres, Ivan Graves, Keith Dennis, Albert Cuana, Joe Turrini, Deedra Robinson.

THIRD ROW (left to right): Van Glandon, Paul Delgado, Karl Chung, Kevin Jones, Melissa Irish, Chris Burger, Edward Wong, Richard Gardner.

FOURTH ROW (left to right): Chasen Lovinger, Jason Kelley, Aviss Pinkney, Assistant Coach David Wetzel, Assistant Coach Gary Bluth, Head Coach Harry Marra, Assistant Coach Lisa Bauduin, Felizia Nava, Clyde Muin, Staci Raine.

FIFTH ROW (left to right): Gary Spires, John Mickallan, Matt Johanson, Jennifer Morrice, Ron Hoff, Christine Diehl, Keya Allen, Kristine Glynn, Andy Feingold.

TOP ROW (left to right): Jeff Bastasini, Erik Stunes, Brian Arnold, Howard Smith, Kevin Grant, Anthony Keros, Jan Claes, Bart Goodell.

1990 Track & Field

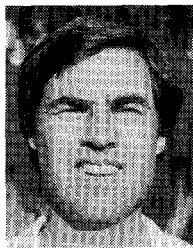
1990 SFSU Track & Field Team



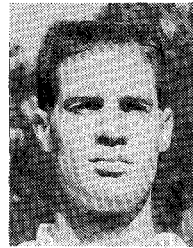
Harry Marra
Head Track Coach



Lisa Bauduin
Asst. Track Coach



Gary Bluth
Asst. Track Coach



Dave Wetzel
Asst. Track Coach



Keya Allen
Hurdles



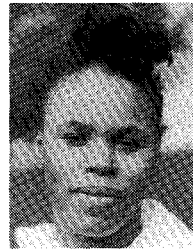
Brian Arnold
Hurdles



Jeff Bastasini
Decathlon



Chris Burger
800-1500



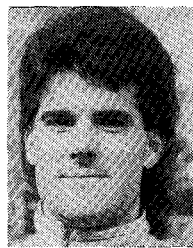
Christine Caston
100-200



Rebecca Chang
5000



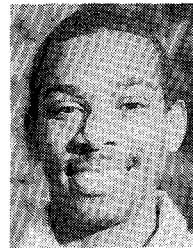
Michael Chennault
800-1500



Jan Claes
Decathlon



Darlene Cluster
5000



Billy Coverson
Triple Jump



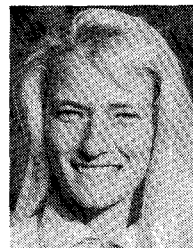
Lee D'Alessandro
Hurdles



Paul Delgado
400/Long Jump



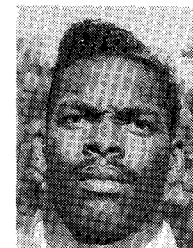
Keith Dennis
400-800



Christine Diehl
Heptathlon



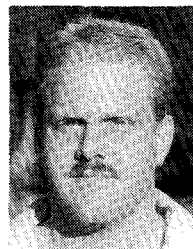
Maura Digiesi
1500-5000



Dion Evans
Jumps



Andy Feingold
200-400



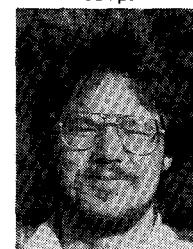
Richard Gardner
Discus



Kris Glynn
HH/Shot/Javelin



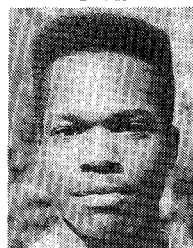
Bart Goodell
Decathlon



Van Glandon
Javelin



Kevin Grant
400/Relays



Ivan Graves
Hurdles/Relays



Malcolm Grissom
200-400



Ron Hoff
800



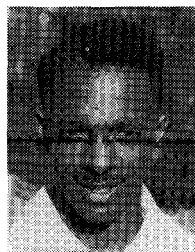
Melissa Irish
3000-5000

1990 Track & Field

1990 SFSU Track & Field Team



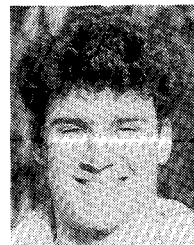
Matt Johanson
1500-5000



Kevin Jones
100-400



Jason Kelley
800



Anthony Keros
Decathlon



Raffi Kevorkian
800-1500



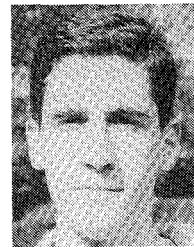
Tracey Kobayashi
5000



Chasen Lovingier
Pole Vault



Irene McLoughlin
1500-10,000



John Michalian
400-800



Jennifer Morrice
High Jump



Clyde Muin
Hurdles



Felizia Nava
Jumps



Jill Parrish
200-400



Sean Perez
Discus



Aviss Pinkney
Jumps



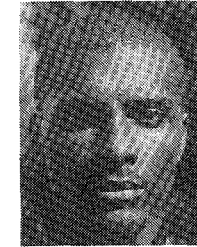
Staci Raine
Jav/200/400



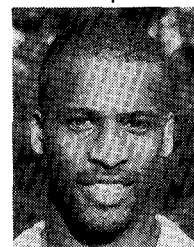
Deedra Robinson
Sprints



Courtney Simmons
Triple Jump



Howard Smith
Hurdles



Gary Spires
Jumps



Karl Stewart
100-200



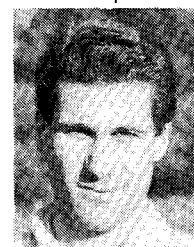
Patricia Stone
400/500/HJ



Erik Stunes
Decathlon



Allison Torres
1500-5000



Joseph Turrini
800-1500



Phillip Wang
Pole Vault



Edward Wong
Hurdles



Tania Wood
100-200



Liz Zaragoza
800-5000

1990 Track & Field

Gator Coaches

HARRY MARRA

Head Coach

Harry Marra enters his eighth season as the Gators' head coach of the men and women track and field and cross country teams. During this period SFSU has had seven All-American track and field athletes and one NCAA national champion and record holder. In 1985 Marra was named the Northern California Athletic Conference (NCAC) Coach-of-the-Year.

The Gator coach, a former decathlete in 1981 and 1982, was selected as a coach for the United States Olympic Festival. He was selected in 1985 by The Athletic Congress (TAC) as the USA's head decathlon coach for the international meet that summer. At that meet the athletes who trained with Marra captured the top six places. Since



1982, Marra also has served as the Western Regional Coordinator for the US Olympic Development Committee.

He has published numerous articles on track and field and has been a lecturer at various seminars and training camps.

Two of Marra's decathletes finished in the top 10 (fifth and ninth places) at the 1988 US Olympic Trials.

Marra has a BS degree from Mt. St. Mary's College (Maryland) and MS degree from Syracuse University (1975).

He resides in San Mateo with his wife, Madeline, and their two children, Christie and Andy.

DAVE WETZEL

Assistant Track & Field Coach

Dave Wetzel is the Number 4 top decathlon athlete in Gator history. He is in his first year as a coach on the Gator staff. He is working with the throwers and jumpers. Dave is an excellent addition to the staff. He is a thorough technician and a "student" of the sport.

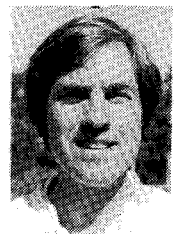


GARY BLUTH

Assistant Coach, Distance Runners

Gary Bluth is the SFSU specialist in coaching both the male and female distance runners on the track/field and cross country squads. He has more than 13 years experience in this event both at the community college and university levels.

During his coaching years at Skyline College in San Bruno (1976 to 1987) Bluth made this community college school one of the small college powerhouses in both distance running and cross country.



Now in his second season at SFSU, Bluth will handle the men and women runners from the 800 meter runs to the 10,000 meter events.

LISA BAUDUIN

Assistant Track & Field Coach

This is Lisa Bauduin's second year as the SFSU sprints and hurdles coach. Prior to joining the Gator squads, she coached at the University of California-Berkeley; Shanley High School, Fargo, North Dakota; Moorhead State University, Moorhead, Minnesota; Fargo South High School, Fargo, North Dakota; and North Dakota State University, Fargo, North Dakota. During the six years as a sprints, hurdles and jumps coach, Bauduin has produced three All-Americans and six state champions.



Bauduin holds a BS degree from North Dakota State University (1982) and MS degree from NDSU (1988).

She competed in two sports at North Dakota State University, track and field and basketball. She holds the university's high jump, 200 meters, 400 meters and 1600 meters relays records. She also competed in the Pentathlon and Heptathlon. Bauduin was a high school All-American at Devils Lake, North Dakota.

SFSU Track & Field Schedule

DATE	DAY	OPPONENT	TIME	DATE	DAY	OPPONENT	TIME
Feb. 17	Sat.	at *Humboldt State/ *College of Notre Dame, Arcata	11 am	Apr. 13-14	Fri. - Sat.	at Sacramento Decathlon	10 am
Feb. 24	Sat.	at *UC Davis	Noon	Apr. 14	Sat.	at Woody Wilson Relays-UC Davis	10 am
Mar. 3	Sat.	at *CSU Chico	Noon	Apr. 14	Sat.	at Cal Poly SLO Invitational	10 am
MAR 10	SAT.	*SONOMA STATE	11 AM	Apr. 21	Sat.	at Stanford AM/PM Invitational	11 am
Mar. 17	Sat.	Open Date		APR. 28	SAT.	JOHNNY MATHIS INTL. INV.	9 AM
Mar. 24	Sat.	*CSU Stanislaus/*CSU Hayward/Fresno Pacific in Turlock	Noon	May 2-5	Wed.-Sat.	at *NCAC Championships at CSU Chico	All Day
MAR. 29	THURS.	SFSU INVITATIONAL	10 AM	May 12	Sat.	at Last Chance Meet- CSU Sacramento	All Day
MAR. 30	FRI.	HEPTATHLON (Women only)	10 AM	May 24-26	Thurs.-Sat.	at NCAA Div. II National Championships (Hampton, CA)	11 am
Mar. 30-31	Fri.-Sat.	at Stanford Invitational	10 am	*denotes Northern California Athletic Conference (NCAC) Meet.			
MAR. 30-31	FRI.-SAT.	SFSU DECATHLON	10 AM	SFSU HOME MEETS IN ALL CAPITAL LETTERS. SFSU Home Meets at Cox Stadium (6200 cap.) on SFSU campus.			
Apr. 7	Sat.	at Sonoma Invitational	10 am				
Apr. 7	Sat.	at Fresno State Invitational	TBA				

1990 Track & Field

1990 SFSU Men's Track & Field Team - Alphabetical Roster

EVENT	ATHLETE	HGT.	WGT.	AGE	CLASS	EXP.	MAJOR	HOMETOWN	HS/JC/OC
Hurdles	Brian Arnold	6-2	165	21	Jun.	2-JC	Journalism	Rohnert Park	Santa Rosa JC; Rancho Cotate HS
Decathlon	Jeff Bastasini	6-3	200	25	Sen.	1-V; 2-JC	Phy. Ed.	LaQuinta	Foothill HC; Woodside HS
800-1500	Chris Burger	5-10	155	20	Jun.	1-V	Broadcasting	Berkeley	Berkeley HS
800-1500	Michael Chennault	6-0	160	25	Jun.	2-JC	History	Oakland	Frankford HS; Cosumnes River JC
Sprints	Kanik Chung	5-8	151	21	Soph.	1-JC	Broadcasting	San Francisco	St. Ignatius HS
Decathlon	Jan Claes	6-3	195	22	Sen.	3-V	History	San Francisco	Riordan HS
Jumps/Sprints	Billy Coverson	5-10	160	21	Sen.	3-V	Business	San Francisco	Riordan HS
400/Long Jump	Paul Delgado	5-10 1/2	185	20	Jun.	1-JC	Civ. Engr.	Sacramento	Sacramento CC; Christian Brothers HS
400/800	Keith Dennis	5-5	140	22	Jun.	2-JC	Phy. Ed.	Hueytown, Alaska	Mt. San Antonio JC; Lathrop HS
Jumps	Dion Evans	6-0	190	21	Jun.	2-JC	Child Psy.	Santa Ana	Rancho Santiago JC; Valley HS
200/400	Andy Feingold	6-2	170	21	Sen.	1-V; 2-JC	Pre. Phy. Ther.	Irvine	Orange Coast JC; University HS
Discus	Richard Gardner	5-9	185	23	FR.	HS	Phy. Ed.	Half Moon Bay	Carlmont HS
Javelin	Van Glandon	5-9	170	19	Soph.	1-V	Lib. Studies	San Francisco	Washington HS
Decathlon	Bart Goodell	6-3	210	27	Sen.	1-V; 2-JC	Physics	Fortuna	Coll. Redwoods/ Fortuna HS
400/Relays	Kevin Grant	6-2	180	22	Jun.	2-JC	Business	San Francisco	CCSF; Galileo HS
Hurdles/Relays	Ivan Graves	6-0	160	23	Jun.	2-JC	Lib. Arts	Daly City	CCSF; Balboa HS
200/400	Malcolm Grisson	5-7	140	20	Jun.	2-V	Drama/Dance	San Francisco	McAteer HS
800	Ron Hoff	5-10	160	23	Sen.	3-V	BCA/Market.	Los Osos	Morro Bay HS
1500/5000	Matt Johanson	6-0	145	19	Soph.	1-V	Journalism	Castro Valley	Castro Valley HS
100/400	Kevin Jones	5-8	135	19	Soph.	1-V	Undeclared	Richmond	Balboa HS (SF)
800	Jason Kelley	5-11	150	20	Soph.	1-V	Art	Montara	Half Moon Bay HS
Decathlon	Anthony Keras	6-2	190	22	Soph.	HS	Economics	Politia, Greece	Doykas HS (Athens)
800/1500	Raffi Kevorkian	6-0	168	21	Jun.	2-V	Archeology	Berkeley	Albany HS
Pole Vault	Chasen Lovingier	6-1	160	20	Soph.	1-V	Intl. Rel.	Winters	Winters HS
400/800	John Michalian	6-1	170	19	Soph.	1-V	Pre Phy. Ther.	Fresno	McLane HS
Hurdles	Clyde Muin	5-10	168	22	Soph.	1-V	Bus. Adm.	Daly City	Westmoor HS
Discus	Sean Perez	6-4	205	18	Fr.	HS	Psychology	Watsonville	Watsonville HS
Hurdles	Howard Smith	6-1	185	23	Jun.	2-JC	Sociology	San Francisco	Skyline HC; Galileo HS
Jumps	Gary Spires	6-1	195	21	Fr.	HS	Bus. Mgmt.	San Francisco	Galileo HS
100/200	Karl Stewart	5-8	155	22	Jun.	2-JC	Undeclared	San Francisco	CCSF; Galileo HS
Decathlon	Erik Stunes	6-2	200	21	Jun.	2-V	Economics	Kongsberg, Norway	CCSF; Kongsberg Gymnasium
800/1500	Joe Turrini	5-7	145	25	Jun.	2-JC	History	San Rafael	CCSF; San Rafael HS
Pole Vault	Phillip Wang	5-6	135	20	Soph.	1-V	Management	Campbell	Del Mar HS
Hurdles	Edward Wong	5-8	132	18	Fr.	HS	Bio Chm.	San Francisco	Lincoln HS

Head Coach: Harry Marra Assistant Coaches: Lisa Bauduin, Gary Bluth, David Wetzel

1990 SFSU Women's Track & Field Team - Alphabetical Roster

EVENT	ATHLETE	HGT.	WGT.	AGE	CLASS	EXP.	MAJOR	HOMETOWN	HS/JC/OC
Hurdles	Keya Allen	5-10	150	18	Fr.	HS	Nursing	Hayward	James Logan HS
100/200	Christine Caston	5-3	120	20	Fr.	HS	Intl. Rel.	Philadelphia, PA	Philadelphia HS for Girls
5000	Rebecca Chang	5-2	106	21	Jun.	2-JC	Lib. Stud.	San Francisco	CCSF; Lowell HS
5000	Darlene Cluster	5-5	125	19	Fr.	HS	Accounting	San Mateo	San Mateo HS
Hurdles	Lee D'Alessandro	5-6	125	21	Jun.	2-V	Pre Phy. Ther.	Carpinteria	Carpinteria HS
Heptathlon	Christine Diehl	5-10 1/2	140	20	Jun.	2-JC	Phy. Educ.	Half Moon Bay	Coll. San Mateo; Half Moon Bay HS
1500/5000	Maura Digiesi	5-8	130	21	Soph.	1-V	Nutrition	San Francisco	McAteer HS
HH/Shot/Jav	Kristine Glynn	6-0	150	20	Soph.	1-V	Accounting	Orange	Mater Dei HS-Santa Ana
3000/5000	Melissa Irish	5-9	140	20	Fr.	HS	Health Sci.	Sacramento	Rio Americano HS
5000	Tracey Kobayashi	5-2 1/2	115	22	Sen.	3-V	Phy. Educ.	San Mateo	Hillsdale HS
Shot Put/Jav	Joy McClanahan	5-7	165	19	Fr.	HS	Undeclared	San Francisco	Balboa HS
1500/10,000	Irene McLoughlin	5-4	105	30	Fr.	HS	Art Educ.	Dublin, Ireland	Holy Saith Convent (Clontarf)
High Jump	Jennifer Morrice	5-10	125	19	Soph.	1-V	Journalism	Daly City	Westmoor HS
Jumps	Felizia Nava	5-9	142	20	Jun.	2-V	Psychology	Modesto	Fred C. Beyer HS
200/400	Jill Parrish	5-7	136	19	Soph.	1-V	Pre Phy. Ther.	San Mateo	Aragon HS
Jumps	Aviss Pinkney	5-10	115	19	Soph.	1-V	Psychology	San Francisco	Washington HS
Jav/200/400	Staci Raine	5-8	144	23	Sen.	1-V; 2-JC	Journalism	Salinas	North Salinas HS; Hartnell JC
Sprints	Deedra Robinson	5-4 1/2	128	23	Sen.	1-V	Black Studies	San Francisco	Lowell HS
Tripl Jump	Courney Simmons	5-7	115	19	Soph.	1-V	Eng. Lit.	Sacramento	St. Francis HS
400/500/HJ	Paticia Stone	5-6	120	21	Sen.	2-V	Design	Walnut Creek	Las Lomas HS
1500/5000	Allison Torres	5-6	100	19	Soph.	1-V	Undeclared	Daly City	Westmoor HS
100/200	Tania Wood	5-2	120	23	Jun.	2-JC	Bus.Mgt.	Richmond	Contra Costa JC; El Cerrito HS
800/5000	Elizabeth Zaragoza	5-2	101	21	Jun.	2-V	Physiology	San Mateo	Presentation HS (SF)

1990 Track & Field

1989 Men's and Women's Track & Field Results Top Times and Distances

MEN

EVENT	TIME/DISTANCE	MEN RESULTS/DATE
100 Meters	11.0	★ Keith Winokur 2/25/89
200 Meters	22.3	★ Kevin Jones 2/25/89
400 Meters	49.46	★ Kevin Jones 5/13/89
800 Meters	1:56.25	★ Raffi Kevorkian 4/8/89
1500 Meters	3:5.27	★ Bill Bailey 5/6/89
5000 Meters	14:25.8	#★ Bill Bailey 4/22/89
3000 SC	9:56.12	Bryan MacKay 3/11/9
110 HH	14.47	★ Bart Goodell 5/13/89
400 IH	54.36	★ Bart Goodell 5/13/89
4x100 Relay	42.2	Keith Winokur, Kevin Jones, Jan Claes, Bart Goodell 2/25/89
4x400 relay	3:19.66	★ Jeff Bastasini, Bart Goodell, Kevin Jones, David Wetzel 4/15/89
High Jump	6'8"	★ Ron Herron, Jr. 5/6/89
Long Jump	23'5 1/4"	★ Bart Goodell 5/13/89
Triple Jump	44'10"	★ Billy Coverson 2/25/89
Pole Vault	16'0"	★ Bart Goodell 4/15/89
Shot Put	51'1 1/4"	★ Bart Goodell 8/10/89
Discus	165'3"	★ Bart Goodell 5/13/89
Hammer	143'11"	Mark Ruberg 3/11/89
Javelin	209'7"	#★ Bart Goodell 4/8/89
Decathlon	6618	★ Erik Stunes 5/11/89

WOMEN

EVENT	TIME/DISTANCE	WOMEN RESULTS/DATE
100 Meters	12.73	Monique Perez 4/29/89
200 Meters	27.26	Staci Raine 5/5/89
400 Meters	60.19	Jill Parrish 4/29/89
800 Meters	2:17.24	★ Liz Zaragoza 5/5/89
1500 Meters	4:41.30	★ Maura Digiesi 5/13/89
3000 Meters	10:16.27	★ Maura Digiesi 4/15/89
5000 Meters	17:58.9	Maura Digiesi 5.13.89
100 Hurdles	14.33	★ Monique Perez 5/13/89
400 IH	65.00	★ Monique Perez 5/5/89
4x100 Relay	50.1	Monique Perez, Staci Raine, Jill Parrish, Stacey Green-Nash 2/18/89
4x100 Relay	4:01.80	Lettie Villavicencio, Staci Raine, Jill Parrish, Monique Perez 4/29/89
High Jump	5-2	Trish Stone 5/5/89
Long Jump	16'2 1/2"	Marta OBando 5/12/89
Triple Jump	34'9"	★ Felizia Nava 5/5/89
Shot Put	33'0"	Staci Raine 3/11/89
Discus	93'2 1/2"	Annette Boyd 3/11/89
Javelin	136'6"	★ Staci Raine 4/22/89
Heptathlon	3414	Marta OBando 5/12/89

★ NCAC (Northern California Athletic Conference) Championships Qualifier. #★ NCAA and NCAC Championships Qualifier. OTHER NCAC QUALIFIERS: **MEN DIVISION:** 400 Meters - Jeff Bastasini 49.8; Andy Feingold 50.69. 800 Meters - Ron Hoff, 1:57.38. 1500 Meters - Bryan MacKay, 3:59.37. 110 HH - Dave Wetzel, 15.53; Ron Herron, 15.34. Shot Put - Erik Stunes, 49'3 3/4". Discus - Erik Stunes, 143'3". High Jump - Erik Stunes, 6'6 3/4". Javelin - Dan Gallegos, 194'6". Dave Flinn, 194'3". Jeff Bastasini, 191'2". Keith Winokur, 175'1". Dave Wetzel, 184'11". Pole Vault - Chasen Lovingier, 14'1". **WOMEN DIVISION:** 800 Meters - Letti Villavicencio, 2:18.58. Allison Torres, 2:23.35; Trish Stone, 2:19.67; Maura Digiesi, 2:21. 2. 1500 Meters - Allison Torres, 4:51.01; Maura Digiesi, 4:51.7. 5000 Meters - Liz Zaragoza; Maura Digiesi, 18:55.9; Allison Torres, 19:00.45. Triple Jump - Aviss Pickney, 33'2"; Courtney Simmons, 33'2". 100 M Hurdles - Lee D'Alessandro, 16.5. 400 M Hurdles - Vangie McIntyre, 68.38.

1989 SFSU Dual Meets Results

Men's NCAC Dual Meets Results

*SFSU	96	Chico	56
*SFSU	131	Humboldt State	67
*SFSU	96	CSU Stanislaus	66
*SFSU	95	Fresno Pacific	36
*SFSU	105	Sonoma State	46
*SFSU	133	Coll. Notre Dame	12
*CSU Hayward	93	SFSU	71

*NCAC Meets
Season: Won 6 Lost 1
NCAC: Won 5 Lost 1

Women's NCAC Dual Meets Results

*SFSU	67	Humboldt State	57
*CSU Chico	72	SFSU	60
*SFSU	75	CSU Stanislaus	69
SFSU	71	Fresno Pacific	45
*Sonoma State	92	SFSU	46
*SFSU	80	Coll. Notre Dame	18
*CSU Hayward	91	SFSU	50

*NCAC Meets.
Season: Won 4 Lost 3
NCAC: Won 3 Lost 3

1989 Men's NCAC Championship

UC Davis	168.5	Humboldt	74
Hayward	134	Stanislaus	65
Chico	96.5	Sonoma State	45
SF State	78		

1989 Women's NCAC Championship

UC Davis	136	Humboldt	43
Chico	122	Stanislaus	38
Hayward	116	SF State	35
Sonoma State	96		

Men's Track & Field • NCAC Champions

Athlete of the Year: Bart Goodell, SF State • **Coach of the Year:** Marcel Hetu, CSU Hayward, Kim Kemp, CSU Stanislaus

4 x 100	CSU Stanislaus	High jump	John White	Hayward	4 x 400	CSU Hayward
Steeplechase	Dan Valdez	100 meters	Walter Cranford	UC Davis	Hammer	Steve Adelman
1500 meters	Mike Stone	800 meters	Ted Goyette	UC Davis	Long jump	Darren Zabel
110 hurdles	Jamie Reeves	400 hurdles	Chelsye Jenkins	CSU Chico	10,000 meters	Mike Spencer
Discus	Bart Goodell	200 meters	Walter Cranford	UC Davis	Javelin	Bart Goodell
400 meters	Randy Gilbert	5000 meters	Dennis Pfeifer	Humboldt	Decathlon	John Wissmath
		Triple jump	Chip Pollock	UC Davis		

1990 Track & Field

Johnny Mathis Meet Records

Men

EVENT	MARK	NAME	SCHOOL/CLUB	YEAR
100M	10.2	Derek Redmond	Great Britain	1987
200M	20.7	Peter Howard	Unattached	1987
400M	45.8	Peter Howard	Unattached	1987
800M	1:49.35	David Timmons	Golden Bear T.C.	1988
1500M	3:42.7	Steve Gweher	UC Davis	1985
5000M	14:22.7	Dan Aldridge	Tiger T.C.	1986
10,000M	29:07.9	Mark Conover	Humboldt State	1983
		Dan Grimes	Unattached	1983
110M Hurdles	13.7	John Johnson	South Bay T.C.	1986
400M Hurdles	49.7	Bernie Holloway	Stars & Stripes	1985
3000M Steeple	8:50.4	Marty Beauchamp	U.S. Army	1987
400M Relay	40.7	San Jose State University		1985
Mile Relay	3:11.1	U.S. Army Track Team		1987
High Jump	7'1"	Milton Goode	New Balance T.C.	1985
Long Jump	25' 1/2"	Curtiss Miles	U.S. Army Team	1988
Triple Jump	52'6"	Roger Bennett	U.S. Army	1988
Pole Vault	18' 1/2"	Tom Hintnaus	Unattached	1983
Hammer	205'5"	Jan DeSoto	Weight City T.C.	1984
Shot Put	68' 3 3/4"	Greg Tataralis	N.Y.A.C.	1986
Discus	201'10"	Ben Plunkett	So. Calif. Striders	1988
Javelin	231'0"	Steve Koel	San Francisco St.	1986
10k Walk	41:45	Ray Sharp	Unattached	1988
Master's Mile	4:22.67	Steve Ferraz	Nike	1988

Women

EVENT	MARK	NAME	SCHOOL/CLUB	YEAR
100M	11.86	Mina Hutchins	Golden Bear T.C.	1988
200M	23.9	Sheila McClain	U.S.I.U.	1986
400M	54.7	Freida Cobbs	Unattached	1984
800M	2:10.00	Jackie Hardman	SFSU	1988
1500M	4:27.1	Chris Manning	CSU Hayward	1984
3000M	9:22.12	Laurie Bearson	US Army	1988
5000M	16:42.2	Kathy Koudela	CSU Hayward	1984
10,000M	36:58.8	Linda Van Hausen	Col. Notre Dame	1984
10K Walk	49.30	Wendy Sharp	Unattached	1988
100M Hurdles	13.8	Rolanne Byrd	CSU Hayward	1984
400M Hurdles	58.73	Leslie Maxie	Millbrae Lions T.C.	1988
400M Relay	46.1		CSU Hayward	1984
Mile Relay	3:45.7	United States International University		1986
Shot Put	45'11"	Diane Oswalt	CSU Hayward	1985
Discus	195'0"	Carol Cady	Unattached	1986
Javelin	168'4"	Mary Hyder	Unattached	1986
Long Jump	19'3"	Brenda Bertillian	Golden Bear T.C.	1986
Triple Jump	39'4 3/4"	Miloe McCall	CSU Hayward	1986
High Jump	5'8"	Cathy Sharpe	Australia J.N.T.	1984

Cox Stadium Records

Men

EVENT	MARK	NAME	SCHOOL/CLUB	YEAR
100M	10.2	Derek Redmond	Great Britain	1987
200M	20.7	Peter Howard	Unattached	1987
400M	45.8	Peter Howard	Unattached	1987
800M	1:49.35	David Timmons	GBTC	1988
1500M	3:42.7	Steve Gerhart	UC Davis	1985
5000M	14:00.8	Vic Mora	Columbia	1972
10,000M	29:07.9	Mark Conover	CSU Humboldt	1983
		Dan Grimes	Unattached	1983
110M H	13.7	John Johnson	South Bay T.C.	1986
400M H	49.7	Bernie Holloway	Stars & Stripes T.C.	1985
3000M Steeple	8:50.4	Marty Beauchamp	U.S. Army	1987
400M Relay	40.7	San Jose State University		1985
Mile Relay	3:11.1	U.S. Army Track Team		1987
Pole Vault	18' 1/2"	Tom Hintnaus	Unattached	1983
High Jump	7'2 1/2"	Steve Link	U.C. Davis	1981
Long Jump	25'0 1/2"	Curtiss Miles	U.S. Army	1988
Triple Jump	52'6"	Roger Bennett	U.S. Army	1988
Shot Put	68'11 3/4"	Greg Tataralis	Tiger T.C.	1985
Discus	201'10"	Ben Plunkett	So. Calif. Striders	1988
Javelin	250'11"	Bjorn Koch	Univ. Nevada-Reno	1976
Hammer	205'5"	Jan DeSoto	Unattached	1985
Decathlon	8023	Bart Goodell	Club Adidas	1986

Women

EVENT	MARK	NAME	SCHOOL/CLUB	YEAR
100M	11.5	Donna Carley	CSU Sacramento	1983
200M	23.66	Donna Carley	CSU Sacramento	1983
400M	53.00	Delphina Banks	CSU Hayward	1983
800M	2:10.00	Jackie Hardman	SFSU	1988
1500M	4:27.1	Chris Manning	CSU Hayward	1984
3000M	9:22.12	Laurie Bearson	U.S. Army	1988
5000M	16:42.2	Kathy Koudela	CSU Hayward	1984
10,000M	34:36.3	Linda Somers	U.C. Davis	1983
100M Hurdles	13.8	Rolanne Byrd	CSU Hayward	1984
400M Hurdles	58.73	Leslie Maxie	Millbrae Lions T.C.	1986
400M Relay	45.7		CSU Hayward	1983
Mile Relay	3:45.7	United States International Univ.		1986
Sprint Medley	1:52.7	University of California Davis		1981
2 Mile Relay	9:52.13	University of California Davis		1981
Shot Put	46'6"	Diane Oswalt	CSU Hayward	1985
Discus	195'0"	Carol Cady	Unattached	1986
Javelin	168'4"	Mary Hyder	Unattached	1986
Long Jump	19'3"	Brenda Bertillian	Golden Bear T.C.	1986
Triple Jump	39'4 3/4"	Miloe McCall	CSU Hayward	1986
High Jump	5'8"	Cathy Sharpe	Australia J.N.T.	1984
Heptathlon	4907	Ticka Simon	CSU Hayward	1983

1990 Track & Field

SFSU Track & Field Records

Men				Women			
EVENT	NAME	YEAR	MARK	EVENT	NAME	YEAR	MARK
100	John Pettus	1972	10.2	100	Stacey Green	1985	11.98
200	John Pettus	1972	20.6	200	Valerie Duncan	1982	24.45
400	Ernie Christmas	1983	47.36	400	Jackie Hardman	1986	54.95
800	Tony Nogueros	1987	1:52.31	800	Jackie Hardman	1988	2:10.00
1500	Mike LeVangie	1987	3:50.03	1500	Maura Digiesi	1989	4:41.30
3000	Mike McManus	1986	9:10.46	3000	Diane Burger	1985	10:08.9
5000	Bill Bailey	1989	14:25.8	5000	Maura Digiesi	1988	17:58.9
10,000	Mike Fanelli	1981	31:06.2	10,000	Coleen LeDraw	1986	41:52.39
110 H	Jerome Reynolds	1980	14.0	100H	Ruth Whitehead	1986	14.11
400 H	Danny Piiwaa	1987	52.5	400H	Ruth Whitehead	1986	61.01
400 R	Imre, Davis, Pettus, Hammonds	1971	41.3	400R	Rowe, Owens, Owens, Dukes,	1985	46.67
1600 R	Hammonds, Dunn, Hordan, Pettus	1972	3:11.3	1600R	Jessup, Hardman	1985	3:49.2
3200R	Brugnara, Stanford, Stroughter, Brennan	1981	7:46.94	3200 R	Villavicencio, Torres, Zaragoza, Stone	1989	9:31.66
Shot Put	Mike Parker	1963	53'5 1/4"	Shot Put	Rochelle Self	1987	45'9"
Discus	Tom Fahey	1969	167'8"	Discus	Danette Vercher	1985	135'6"
Javelin	Steve Koel	1986	231'0"	Javelin	Corrine Kerazides	1985	140'2"
High Jump	Jim Brown	1966	6'11 1/2"	High Jump	Corrine Kerazides	1985	5'4"
Long Jump	John McGregor	1963	24'5 1/2"	Long Jump	Carmen Morrison	1984	18'2 1/2"
Pole Vault	James McClanahan	1985	16'4"	Triple Jump	Felicia Nava	1988	35'3"
Triple Jump	Dave Fernandez	1974	51'1 3/4"	Heptathlon	Carmen Morrison	1984	4750
Hammer	Demy Mourani	1988	168'0"				
Decathlon	John Pauley	1984	7190				

1990 NCAC & NCAA Division II Championship Meet Qualifying Standards

Men					Women				
	NCAC MANUAL METRIC	FAT	NCAA MANUAL METRIC	FAT		NCAC MANUAL METRIC	FAT	NCAA MANUAL METRIC	FAT
100 Meters	10.9	11.20	10.1	10.42	100 Meters	12.7	13.00	11.5	11.86
200 Meters	22.4	22.70	20.8	21.10	200 Meters	26.3	26.60	23.8	24.10
400 Meters	50.7	51.00	46.7	47.00	400 Meters	59.9	60.20	54.7	55.00
800 Meters	1:57.7	1:58.0	1:50.6	1:50.90	800 Meters	2:24.7	2:25.00	2:10.7	2:11.00
1500 Meters	3:59.9	4:00.00	3:49.7	3:50.00	1500 Meters	4:51.9	4:52.00	4:28.7	4:29.00
3000 Steeple	9:49.9	9:50.00	9:06.7	9:07.00	3000 Meters	10:39.9	10:40.00	9:48.7	9:49.00
5000 Meters	15:29.9	15:30.00	14:20.7	14:21.00	5000 Meters	19:19.9	19:20.00	17:14.7	17:15.00
10,000 Meters	32:54.9	32:55.00	30:11.7	30:12.00	10,000 Meters	40:59.9	41:00.00	35:59.7	36:00.00
110 Hurdles	15.4	15.70	13.9	14.20	100 Hurdles	16.6	16.90	13.9	14.25
400 Hurdles	56.2	56.50	51.9	52.20	400 Hurdles	69.7	70.00	1:01.2	1:01.50
400 Relay			41.0	41:10.30	400 Relay			46.7	47.00
1600 Relay			3:10.9	3:11.20	1600 Relay			3:46.7	3:47.00
Mile Relay			3:12.1	3:12.40	Heptathlon	3200		4900	
Decathlon	5500		6900		High Jump	1.53	5'0"	1.77	5'9 3/4"
High Jump	1.93	6'4"	2.16	7'1"	Long Jump	4.98	16'4"	5.97	19'7"
Long Jump	6.71	22'0"	7.60	24'11 1/4"	Triple Jump	10.06	33'0"	12.20	40'1/2"
Triple Jump	13.41	44'0"	15.40	50'6 1/4"	Shot Put	10.67	35'0"	14.15	46'5 1/4"
Pole Vault	4.27	14'0"	5.03	16'6"	Discus	35.06	115'0"	46.00	150'11"
Shot Put	13.72	45'0"	16.80	55'1 1/2"	Javelin	33.54	110'0"	45.42	149'0"
Discus	39.62	130'0"	51.50	168'11"					
Hammer	44.20	145'0"	5450	178'10"					
Javelin	51.82	170'0"	65.00	213'3"					

1990 Track & Field

SFSU Men's All-Time Top Ten

100M DASH

10.2	John Pettus	1972
10.4*	Hel Fox	1947
10.5*	John DeVries	1947
10.5*	Len Posey	1950
10.5*	Oreece Elmore	1956
10.5	Patrick Harvey	1977
10.5	Mike Peters	1984
10.5	Jeff Thompson	1985
10.6	Ernie Christmas	1982
10.6	Ismael Relarpage	1971
10.6	Ricky Survine	1979
10.6	Darryl Duke	1985

200 M DASH

20.6	John Pettus	1972
21.70*	Ernie Christmas	1983
21.6*	Steve Jorden	1972
21.6	Patrick Harvey	1977
21.6	Jeff Thompson	1985
21.94	Mike Peters	1984
21.8*	Mike Dunn	1972
21.8	Gordon Snyder	1976
21.8	Ed Ruppenstein	1979
21.8	Peter Crossley	1981

400M DASH

47.36	Ernie Christmas	1983
47.6*	Art Pinkey	1975
47.8	Kevin Adams	1976
47.9*	George Smith	1965
48.0*	Mike Dunn	1972
48.0*	John Pettus	1970
48.26	John Farrell	1986
48.5*	Steve Jorden	1972
48.4*	Bob Luathati	1957
48.5	Denny Piiwaa	1987

800M RUN

1:52.31	Tony Noguerras	1987
1:52.4	Anthony Bryant	1987
1:52.5	George Cagle	1976
1:52.5	Peter Kirk	1986
1:52.8*	Bob Delfon	1964
1:53.8	Seb Stroughter	1982
1:54.05	Bob Stone	1986
1:54.2	Bill Brennan	1981
1:54.3	Aleo Brugnara	1982
1:54.3*	Dick Langsdorf	1963

1500M RUN

3:50.03	Mike Levangie	1987
3:54.4	Peter Kirk	1985
3:55.33	Bill Bailey	1989
3:55.4	Steve Noland	1968
3:56.0	Sal Casilles	1985
3:56.1*	Dan Best	1973
3:56.4	Rich Hornstra	1978
3:56.8	Kian McCarthy	1976
3:56.9	Anthony Bryant	1987
3:57.8	Ken Bunton	1987

5000M RUN

14:25.8	Bill Bailey	1989
14:39.6*	Craig Spilman	1963
14:44.9	Mike Fanelli	1981
14:45.4	John Moreno	1976
14:50.1*	Doug Tubbs	1974
14:52.9	Mike Levangie	1988
14:57.7	Mike McManus	1988
15:02.6*	Frank Donahue	1974
15:09.6	Bill Morgan	1963
15:10.7	Mike Gulli	1982

3000M STEEPLECHASE

9:10.46	Mike McManus	1986
9:18.3	Dan Martinelli	1979
9:19.3	Jim Martinelli	1979
9:23.4	John Moreno	1976
9:23.6	Rick Cano	1974
9:24.42	Pete Pattis	1983
9:25.0	Frank Donahue	1974
9:25.5	Sal Casilles	1985
9:27.0	Herb Potter	1967
9:34.9	Mike Levangie	1988

10,000 M RUN

31:06.2	Mike Fanelli	1981
31:10.27	Mike McManus	1988
31:29.3	Mike Gulli	1982
31:31.0	John Moreno	1977
31:34.0	Bob Lange	1979
31:56.0	Mark Dsuna	1982
32:10.1*	Dennis Dillie	1975
32:21.0	Mike Skiff	1980
32:38.5	Bob Schug	1978
32:58.8	Frank Donahue	1973

400M RELAY

41.3*	Imre, Davis	1971
	Pettus, Hammonds	
41.68	McDonald, Finch	1983
	Peters, Christmas	
41.71	McDonald, Finch	1983
	Peters, Christmas	
41.5	Burns, Thompson	1984
	McDonald, Peters	
41.6*	Duckett, Schoff	1970
	Jordan, Pettus	
41.6*	Fernandez Pettus	1974
	Robinson, Carle	

110M HURDLES

14.0	Jerame Reynolds	1980
14.47	Bart Goodell	1989
14.3	Peter Crosley	1981
14.3	Norman Thurmen	1978
14.4	Ike Almond	1977
14.67	Robert McDaniels	1986
14.5*	Bob Hector	1974
14.6*	Gene Davis	1974
14.7*	Robert Sparks	1975
14.8	Tom Swartzell	1977
14.8	Rory Crain	1987
14.8	Anthony Wolf	1987

400M INTERMEDIATE HURDLES

52.5	Danny Piiwaa	1987
52.6	Rory Crain	1987
52.79	Keigh Hastings	1983
52.7	Brian McKittrick	1986
53.2*	George Smith	1966
53.3	Kohn Farrell	1984
53.4*	John Booker	1975
54.36	Bart Goodell	1989
54.6*	Gene Davis	1975
54.8	Ike Almond	1977
54.9*	David Thompson	1969

1600M RELAY

3:11.3*	Hammonds, Pettus	1972
	Jordan, Dunn	
3:14.30*	Farrell, Hastings	1983
	Finch, Christmas	
3:14.3*	Snyder, Pinkey	1975
	Hatley, Adams	
3:14.60*	Farrell, Peters	1983
	Finch, Christmas	

3:14.6*	Gavas, Adams	1975
	Hatley, Pinkey	

3200M RELAY

7:46.94	Brugnera, Stroughter	1981
	Stanford, Brennan	

4X MILE RELAY

17:48.5	McManus, Levangie	1986
	Noguerras, Stone	

800M RELAY

1:28.7	Remo, Adams	1976
	McLaurin, Snyder	

SPRINT MEDLEY RELAY

3:26.5	Snyder, Remo	1976
	Adams, Daagie	

DISTANCE MEDLEY RELAY

10:14.9	Bryant, Piiwaa	1987
	Noguerras, Lizaraga	

SHOT PUT

53'5 1/4"	Mike Parker	1963
52'4 13/4"	Demy Mourani	1988
51'1 1/4"	Erik Stunes	1988
51'1 1/4"	Bart Goodell	1989
50'3"	Howard Gray	1974
49'2"	Walt Rilliet	1957
49'1"	Joe Currie	1966
49'1/4"	Paul Lomski	1981
48'11"	Bruce Byrum	1961
48'8 1/2"	Nick Ayala	1980
162'3"	Bart Goodell	1989

DISCUSTHROW

167'8"	Tom Fahey	1969
162'3"	Bart Goodell	1989
154'3"	Julius Varnado	1974
153'11"	Don Briemile	1963
151'5"	Demy Mourani	1988
150'3"	Jeff Snyder	1978
146'9"	Paul Richards	1965
146'8"	Frank Dross	1973
145'10"	Ray Cordoba	1968
144'6"	Rick Seed	1975

JOHNNY MATHIS HIGH JUMP**

6'11 1/2"	Jim Brown	1966
6'11 1/4"	Ron Herron	1988
6'10"	LaMont Lewis	1987
6'9"	James Brown	1976
6'8"	Steve Rebattero	1985
6'8"	Dave Baldwin	1981
6'7"	John Pauley	1984
6'6 3/4"	Erik Stunes	1989
6'6"	Steve Flynn	1986
6'6"	James McClanehan	1983
6'6"	Patrice Roland	1982
6'5 1/2"	Johnny Mathis*	1957

Sch. Record & FWC Champion*

POLE VAULT

16'4"	James McClanehan	1985
16'0"	Bart Goodell	1989
15'6"	Tom Lynch	1975
15'3"	Rich Dragovich	1971
15'1 1/4"	Vince Bradley	1980
14'7"	Chris Crowley	1984
14'6"	Chuck Johnston	1969
14'1"	Chasen Lovingier	1989
14'0"	Steve DeLuna	1987
14'0"	Jim Draper	1976

14'0"	Kevin Fong	1982
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POST 1986-NEW JAVELIN RECORDS

231'0"	Steve Kael	1986
209'7"	Bart Goodell	1989
194'6"	Dan Gellegos	1989
194'3"	Dave Flinn	1989
191'2"	Jeff Bastesini	1989
184'11"	Dave Wetzel	1989
175'1"	Keith Winokur	1989

PRE-1986-OLD JAVELIN RECORDS

246'8"	Bob Parker	1974
223'0"	Bruce Byram	1961
219'5"	Bernard Kauffeldt	1975
217'10"	Gerald Trainot	1970
213'5"	John Pauley	1984
209'7"	Bart Goodell	1989
208'10"	Kevin Gilmore	1979
206'6"	Greg Badmer	1977
196'2"	Tom Swartzell	1977

*Denotes New Javelin 1986

HAMMER THROW

168'0"	Demy Mourani	1988
162'6"	Jeff Snyder	1978
161'5"	Les Szelle	1974
156'11"	Larry Sciacqua	1983
155'6"	Mike Lund	1975
154'4"	Eric Metzgar	1979
154'1"	Dave Clemmons	1988
152'9"	Mark Ruberg	1988
137'6"	Bob Carlson	1970
135'4"	George Avdales	1989

TRIPLE JUMP

51'1 3/4"	Dave Fernandez	1974
49'10"	Glenn Rory	1986
48'8 3/4"	Othello Carr	1964
47'10"	Ed August	1976
47'9 1/2"	*Chuck Johnson	1971
47'7 3/4"	*Rich Butler	1975
47'2 1/4"	*Terry Elliott	1978
46'11"	Ricky Rarliff	1977
46'6 3/4"	*Ken Hailey	1981
46'4"	Terry Gettle	1981

LONG JUMP

24'5 1/2"	John McGregor	1963
24'4 1/2"	Elgin Haynie	1986
24'3"	Glen Rory	1987
23'11 3/4"	Othello Carr	1964
23'11 1/4"	Dave Fernandez	1974
23'5 1/2"	Louis Goins	1961
23'5 1/4"	Bart Goodell	1989
23'4 1/2"	Al Bowens	1968
23'4"	John Harvey	1965
23'4"	Luther Theofield	1939
23'2 3/4"	Steve Woods	1977

DECATHLON

7190	John Pauley	1984
7047	Runar Stone	1936
7005	Tom Swartzell	1977
6866	Dave Wetzel	1987
6729	Paul Berensmier	1984
6636	Erik Stunes	1988
6561	Muggs Mulligan	1974
6478	Keith Winokur	1988
6345	Jeff Osterlund	1981
6315	Gene Davis	1975

*Converted from yds. to meters

*#Denoted New Javelin 1986

1990 Track & Field

SFSU Women's All-Time Top Ten

100M DASH

11.98	Stacey Green	1985
11.8	Valerie Duncan	1981
11.9	Jackie Hardman	1984
11.9	Gina Owens	1985
12.0	Tina Woodson	1981
12.31	Donna Rowe	1984
12.2	Kim Webster	1981
12.3	Carla Jessup	1983
12.4	Patrice Bales	1979
12.73	Monique Perez	1989

200M DASH

24.45	Valerie Duncan	1982
24.4	Stacey Green	1985
24.5	Jackie Hardman	1984
24.5	Gina Owens	1985
24.6	Monique Perez	1987
24.8	Donna Rowe	1985
25.2	Beverly Dukes	1985
25.2	Tina Woodson	1981
25.3	Kim Webster	1981
25.3	Ruth Whitehead	1984

400M DASH

54.95	Jackie Hardman	1986
55.26	Valerie Duncan	1982
57.09	Beverly Dukes	1985
58.4	Gina Owens	1985
58.4	Kim Webster	1981
59.00	Carla Jessup	1985
58.9	Jeanette Williams	1982
59.3	Alison Adams	1981
59.5	Cheryl Bailey	1983
59.7	Darlene Brown	1979

800M RUN

2:10.00	Jackie Hardman	1988
2:15.7	Melya Stylos	1986
2:17.24	Liz Zaragoza	1989
2:17.9	Jeanette Williams	1982
2:18.58	Lettie Villavicencio	1989
2:21.00	Trish Stone	1989
2:21.7	Marry Ellen Bayardo	1985
2:21.2	Maura Digiesi	1989
2:23.1	Shelly Swenegan	1985
2:23.35	Allison Torres	1989

1500M RUN

4:41.30	Maura Digiesi	1989
4:42.03	Liz Zaragoza	1989
4:47.38	Lisa Leal	1983
4:49.4	Mayla Stylos	1986
4:49.92	Allison Torres	1989
4:50.6	Diane Bruger	1985
4:53.1	Mar Etta Boitano	1985
4:55.9	Lettie Villavicencio	1989
4:58.8	Linda Vetari	1986
4:59.2	Lisa Macias	1981
5:01.0	Jackie Hardman	1988

3000M RUN

10:08.9	Diane Burger	1985
10:16.27	Maura Digiesi	1989
10:34.3	Lisa Leal	1983
10:35.4	Mary Ella Boitano	1986
10:47.0	Allison Torres	1989
10:47.3	Lisa Macias	1981
10:51.8	Maria Ng	1981
11:07.9	Marry Ellen Bayardo	1985
11:16.5	Coleen LeDrew	1986
11:18.9	Tessie Owen	1987

5000M RUN

17:58.9	Maura Digiesi	1988
18:18.01	Liz Zaragoza	1989
18:37.7	Mary Etta Boitano	1988
10:46.3	Maura Digiesi	1989
18:57.4	Liz Zaragoza	1988
19:00.45	Allison Torres	1989
19:03.4	Trish Stone	1988
19:03	Ann Bower	1979
19:11.4	Darlene Cluster	1988
19:12.25	Tessie Owen	1987
219:27.8	Marie Ng	1981
19:41.1	Jane Baldwin	1983

10,000M RUN

41:52.39	Colen LeDrew	1986
43:37.0	Tracey Kobayashi	1989

100M HURDLES

14.11	Ruth Whitehead	1986
14.33	Monique Perez	1988
14.9	Carmen Morrison	1984
15.04	Patti O'Rourke	1981
15.8	Ryoko Hattori	1982
16.0	Barbara Faulkner	1979
16.0	Angela Bess	1980
16.5	Lee D'Alessandro	1987
17.07	Vangie McIntyre	1989
17.2	Aileen Heimes	1986

HIGH JUMP

5'4"	Corrine Kerazides	1985
5'2"	Trish Stone	1989
5'2"	Barbara Faulkner	1981
5'1"	Irina Nosch	1982
5'0"	Martha White	1987
4'11"	Sara Shain	1982
4'11"	Jennifer Morrice	1989
4'10 3/4"	Carmen Morrison	1984
4'10"	Jennifer Morrice	1989
4'10"	Donna Avila	1981
4'9 1/2"	Marta Obando	1989

400M HURDLES

61.01	Ruth Whitehead	1986
62.5	Carmen Morrison	1984
65.0	Monique Perez	1989
68.1	Aileen Heimes	1986
68.38	Vengie McIntyre	1989
69.0	Patti O'Rourke	1981
69.3	Ryoko Hattori	1984
69.8	Vangie McIntyre	1989
69.9	Lee D'Alessandro	1989
70.8	Karin Turpijn	1984
72.2	Laura McHugh	1974

JAVELIN THROW

140'2"	Corrine Derazides	1985
136'6"	Staci Raine	1989
135'0"	Carrie Hotchkiss	1985
115'10"	Cheryl Goldsmith	1980
112'4"	Danette Vercher	1985
98'11"	Teresa Taiclet	1984
98'2"	Donna Avila	1981
97'4"	Marta O'Bando	1989
96'1"	Linda Vraske	1980
94'5"	Carmen Morrison	1984

LONG JUMP

18'2 1/2"	Carmen Morrison	1984
18' 1/2"	Sydney Sims	1985
17'2"	Angela Bess	1981
17'0"	Cassandra Sanders	1985

16'6 3/4"	Carla Jessup	1984
16'4 1/2"	Darlene Brown	1979
15'8 3/4"	Marta Obando	1989
15'11"	Ryoko Hattori	1982
15'8 3/4"	Avis Pinkney	1989
15'5 1/2"	Shawn Henderson	1986
15'5"	Marta Obando	1989

TRIPLE JUMP

35'3"	Felicia Nava	1988
33'11 1/4"	Courtney Simmons	1989
33'2"	Avis Pickney	1989
31'6 1/2"	Shawn Henderson	1986

400M RELAY

46.67	Hardman, Green	1985
	Rowe, Owens	
46.7	Hardman, Green,	1985
	Rowe, Owens	
46.99	Hardman,	
	Whitehead	1984
	Rowe, Owens	
46.8	Hardman,	
	Whitehead	1984
	Rowe, Owens	

1600M RELAY

3:49.2	Owens, Dukes,	1985
	Jessup, Hardman	
3:49.8	Duncan, Woodson,	
1981	Webster, Adams	
3:52.2	Criddle, Hardman	1986
	Jessup, Dukes	
3:52.6	Criddle, Hardman	1986
	Jessup, Whitehead	

3200M RELAY

9:31.66	Villavicencio,	1989
	Torres, Zaragoza, Stone	

SHOT PUT

45'9"	Rochelle Self	1987
42'9 1/2"	Martha White	1987
41'1 1/2"	Carrie Hotchkiss	1985
39'9"	Danette Vercher	1985
39'3 1/4"	Adele Lopez	1979
33'0"	Staci Raine	1989
32'7 1/4"	Patricia Bates	1979
31'4 1/2"	Kristine Glynn	1989
31'2"	Linda Braski	1980
31'1 1/2"	Marta Obando	1989

DISCUS THROW

135'6"	Danette Vercher	1985
133'5"	Carrie Hotchkiss	1985
137'9"	Kim Smith	1985
121'11"	Rochelle Self	1987
121'5"	Kristina Gundunes	1987
116'6"	Monica Rancher	1982
100'6"	Martha White	1987
100'4"	Adele Lopez	1980
99'5"	Annette Boyd	1988
90'1"	Lisa Leal	1983

HEPTATHLON

3414	Marta Obando	1989
4750	Carmen Morrison	1984

SPRINT MEDLEY RELAY

1:45.3	O'Roarke,	1981
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Woodson, Webster,
Duncan

DISTANCE MEDLEY RELAY

12:39.8	Villavicencio,	1989
	Stone, Zaragoza, Digiesi	

4x1 MILE RELAY

21:38.3	Zaragoza, Stone	1989
	Torres, Digiesi	