

CCA NATIONAL CHAMPIONSHIPS
07/23/83

TIME SCHEDULE OF FINALS

OPEN RELAY	(AA)	SAT - 7:50 P.M.
3 LAP SPRINT	(AA)	SUN - 1:00 2:35 & 4:20
PYRAMID RELAY	(AA)	SUN - 1:15 & 1:35 P.M.
WOMENS 800 M	(AA)	SUN - 2:00 P.M.
WOMENS RELAY	(AA)	SUN - 2:55 P.M.
PRES. RELAY	(AA)	SUN - 3:25 P.M.
SPRINT RELAY	(AA)	SUN - 3:40 & 4:50 P.M.
MASTERS RELAY	(AA)	SUN - 3:45 P.M.
EXEC. RELAY	(AA)	SUN - 3:55 P.M.
MENS MILE	(AA)	SUN - 4:30 P.M.

MASTERS RELAY	(A)	SAT - 5:25 P.M.
WOMENS RELAY	(A)	SAT - 6:05 P.M.
PYRAMID RELAY	(A)	SAT - 7:05 P.M.
SPRINT RELAY	(A)	SUN - 1:05 P.M.
3 LAP SPRINT	(A)	SUN - 1:50 P.M.
MENS MILE	(A)	SUN - 2:20 P.M.
PRES. RELAY	(A)	SUN - 2:40 P.M.

SCHEDULE OF RACES

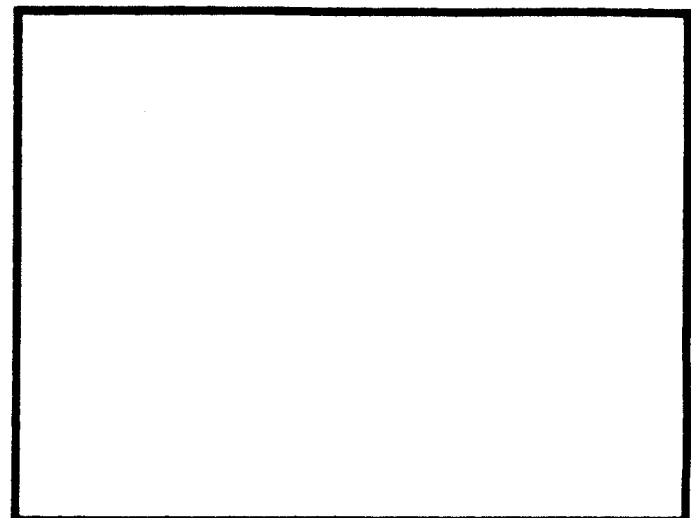
FRIDAY, JULY 22

Hospitality Reception at the Holiday Inn in Palo Alto, 7 p.m. to 10 p.m. (Team captains check-in period).

SATURDAY, JULY 23

1. Women's 5-K	8:30 a.m.
2. Women's AA Open Relay Trials	
Heat 1	9:30
Heat 2	10:30
3. Class A Men's Mile Team Race Trials	
Heat 1	11:30
Heat 2	11:40
4. Class AA Executive Relay Trials	
Heat 1	11:50
Heat 2	12:15 p.m.
5. Class A 3-Lap Sprint Trials	
Heat 1	12:40
Heat 2	12:45
6. Class AA Pyramid Relay Trials	
Heat 1	12:50
Heat 2	1:05
Heat 3	1:20
Heat 4	1:35
7. Invitational Media Pyramid	
Heat 1	1:50
Heat 2	2:10
8. Class AA Women's 800-Meter Team Race	
Heat 1	2:30
Heat 2	2:35
Heat 3	2:40
Heat 4	2:45
9. Class A Sprint Relay Trials	
Heat 1	2:50
Heat 2	2:55
10. Invitational Pyramid Relay Final	3:10
11. Class AA Men's Mile Team Race	
Heat 1	3:30
Heat 2	3:40
Heat 3	3:50
Heat 4	4:00
12. Invitational Media 3-Lap Sprint Trials	
Heat 1	4:10
Heat 2	4:15
13. Class AA 3-Lap Sprint Trials	
Heat 1	4:20
Heat 2	4:25
Heat 3	4:30
Heat 4	4:35
Heat 5	4:40
14. Class AA Women's Relay Trials	
Heat 1	4:45
Heat 2	4:55
Heat 3	5:05
Heat 4	5:15
15. Class A Masters Relay Final	5:25
16. Class AA Masters Relay Trials	
Heat 1	5:35
Heat 2	5:45
Heat 3	5:55
17. Class A Women's Relay Finals	6:05
18. Class AA Sprint Relay Finals	
Heat 1	6:15
Heat 2	6:25
Heat 3	6:35
Heat 4	6:45
Heat 5	6:55
19. Class A Pyramid Relay Final	7:05

OP - 1
MA - 2
A - 20



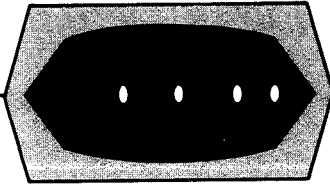
20. Class AA President's Relay Trials	
Heat 1	7:20
Heat 2	7:35
21. Class AA Open Relay Final	7:50

SUNDAY, JULY 24

22. Corporate Cup Road Test	8:00 a.m.
23. Men's 10-K Road Race	9:30
Opening Ceremonies	12:00 p.m.
24. Class AA 3-Lap Sprint	
Heat 1, 7 teams	1:00
25. Class A Sprint Relay	1:05
10 teams	
26. Class AA Pyramid Relay	1:15
Heat 1, 7 teams	
27. Invitational Media 3-Lap Sprint	
Heat 1, 7 teams	1:30
28. Class AA Pyramid Relay	1:35
Heat 2, 7 teams	1:45
29. Class A 3-Lap Sprint (10 teams)	1:50
30. Class AA Women's 800-Meter Team Race	2:00
12 teams	
Special Presentation	
31. Class A Men's Mile Team Race	2:20
10 teams	
32. Class AA 3-Lap Sprint	2:35
Heat 2, 7 teams	
33. Class A President's Relay	2:40
34. Class AA Women's Relay	2:55
12 teams	
35. Invitational Media Pyramid Relay	3:05
36. Class AA President's Relay	3:25
37. Class AA Sprint Relay	3:40
Heat 1, 7 teams	
38. Class AA Masters Relay	3:45
12 teams	
39. Class AA Executive Relay	3:55
12 teams	
40. Class AA 3-1 ap Sprint	4:20
Heat 3, 7 teams	
41. Class AA Men's Mile Team Race	4:30
10 teams--1 alternate	
42. Invitational Media 3-1 ap Sprint	4:40
Heat 2, 7 teams	
43. Class AA Sprint Relay	4:50
Heat 2, 7 teams	

SUNDAY, JULY 24

Post-meeting party 5:30 to 8 p.m. (Outside stadium). Admission: Race number, admission ticket or \$2.



BEST LIFE ASSURANCE COMPANY
OF CALIFORNIA

July 26, 1983

CORPORATE CUP TEAM CAPTAIN
Runner's World
1400 Stierlin Road
Mountain View, CA 94043

RE: Corporate Cup Relays

Dear Team Captain:

I am simply writing to congratulate you on your team's performance this past weekend. Being that it was our first time at the national relays, I deeply appreciated the cheers that we often got from other teams to help encourage my runners during their events. These were truly the more memorable moments of the relays. We likewise enjoyed cheering some of you onto your victories.

We are already looking forward to next year's relays and hope to see you there again.

Sincerely,

Russ Walker
Team Captain

RW/pw

! INFO ! CORPORATE !
 ! SEX : MALE ! C U P ! DATE : 08/02/83 !
 ! CAT : OPEN ! A S S O C I A T I O N !
 ! AGE : OPEN (28) ! SUBJECT: RUNNAT83 !
 ! EXT:333 OR 317 ! HAVE HOME PHONE NUMBER ON FILE ! CCA NATIONALS !

! TO: HANK LAWSON ! LOCATION: C - DATA PROCESSING !
 ! FROM: HANK LAWSON 333 OR 3! LOCATION: DATA PROCESSING !

! MENS 10K 9:30 SUN	! WOMENS 5K 8:30 SAT
!) LARRY EDER 35:30.9	!) KASEY MORTON 20:47.4
!) HANK LAWSON 33:00.4	!) MONICA STEIN 23:18.2
!) FRANK DOWD 45:04.7	!) SANDY RUBIN 24:21.2
!)	!) CARYN LANDAU 21:19.7
! 4TH PLACE TOTAL TIME - 68:31.3	! 5TH PLACE TOTAL TIME - 42:07.1!

! 3 LAP SPRINT RELAY (12:40) 1:50	! PYRAMID RELAY 7:05 SAT
! 440- HANS (T) / PEARSON (F)	! 440- BETH CARLTON 68.4
! 59.6 54.0	
! 220- LANDAU (T) / MORTON (F)	! 880- EARL HARRIS 2:12
! 33.7 29.7	
! 220- DICKSON (T) / TODD (F)	! 1320- HANK LAWSON 3:13.2
! 26.5 24.5	
! 440- PEARSON (T) / HARRIS (F)	! 880- LYMAN DICKSON 2:13.4
! 59.3 56.0	
! 2:59.1	! 440- JOANNE WILKE 64.9
! 5TH PLACE TOTAL TIME - 2:44.2	! 3RD PLACE TOTAL TIME - 9:51.9!

! PRESIDENTS RELAY 2:40 SUN	! WOMENS RELAY SAT 6:05
! 1 - JERRY MCFADDEN 4:47.3	! 440- BETH CARLTON 67.6
! 880- DEREK CLAYTON 2:15.2	! 880- JOANNE WILKE 2:27.4
! 440- RICH BENYO 64.3	! 440- KASEY MORTON 74.3
! 2ND PLACE TOTAL TIME - 8:06.8	! 4TH PLACE TOTAL TIME - 4:49.3!

! MENS MILE (11:30) 2:20	! SPRINT RELAY (2:50) 1:05
! DICKSON (T) / EDER (F)	! 220- CARYN LANDAU 34.1!
! 4:49.7 5:08.5	
! HANK LAWSON (4:38.5) 4:46.7	! 220- JERRY MCFADDEN 25.5!
! 10TH PLACE TOTAL TIME - 9:55.2	! 440- BOB WISCHNIA 61.4!
	! 440- LYMAN DICKSON 58.4!

! MASTERS RELAY 5:05 SAT	! 220- KASEY MORTON 33.9
! 880- JERRY MCFADDEN 2:11	! 220- RUDY PEARSON 23.7
! 440- TOM WALSH 78.2	! DNG PLACE TOTAL TIME - 3:57.0
! 880- DEREK CLAYTON 2:10.9	
! 1ST PLACE TOTAL TIME - 5:40.1	

! MEDIA PYRAMID RELAY (1:50) 3:05	! MEDIA 3 LAP SPRINT (4:10) 1:30
! 440- CARYN LANDAU 74.8	! 440- DAN FERRARA 59.7
! 880- KEVIN BAXTER 2:25.3	! 220- MICHELE LOUMEAU 35.1
! 1320-DAN FERRARA 3:21.6	! 220- EARL HARRIS 24.6
! 880- RAY HOSLER 2:22.5	! 440- MATT ALVARADO 58.4
! 440- JOANNE WILKE 64.7	

! TOTAL TIME 10:28.9 TOTAL TIME 2:57.8
 ! THESE ARE THE FINAL TIMES AND SPLITS, WELL DONE TO EVERYONE.

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