

CALIFORNIA TRACK NEWS

March

1980

Issue 43

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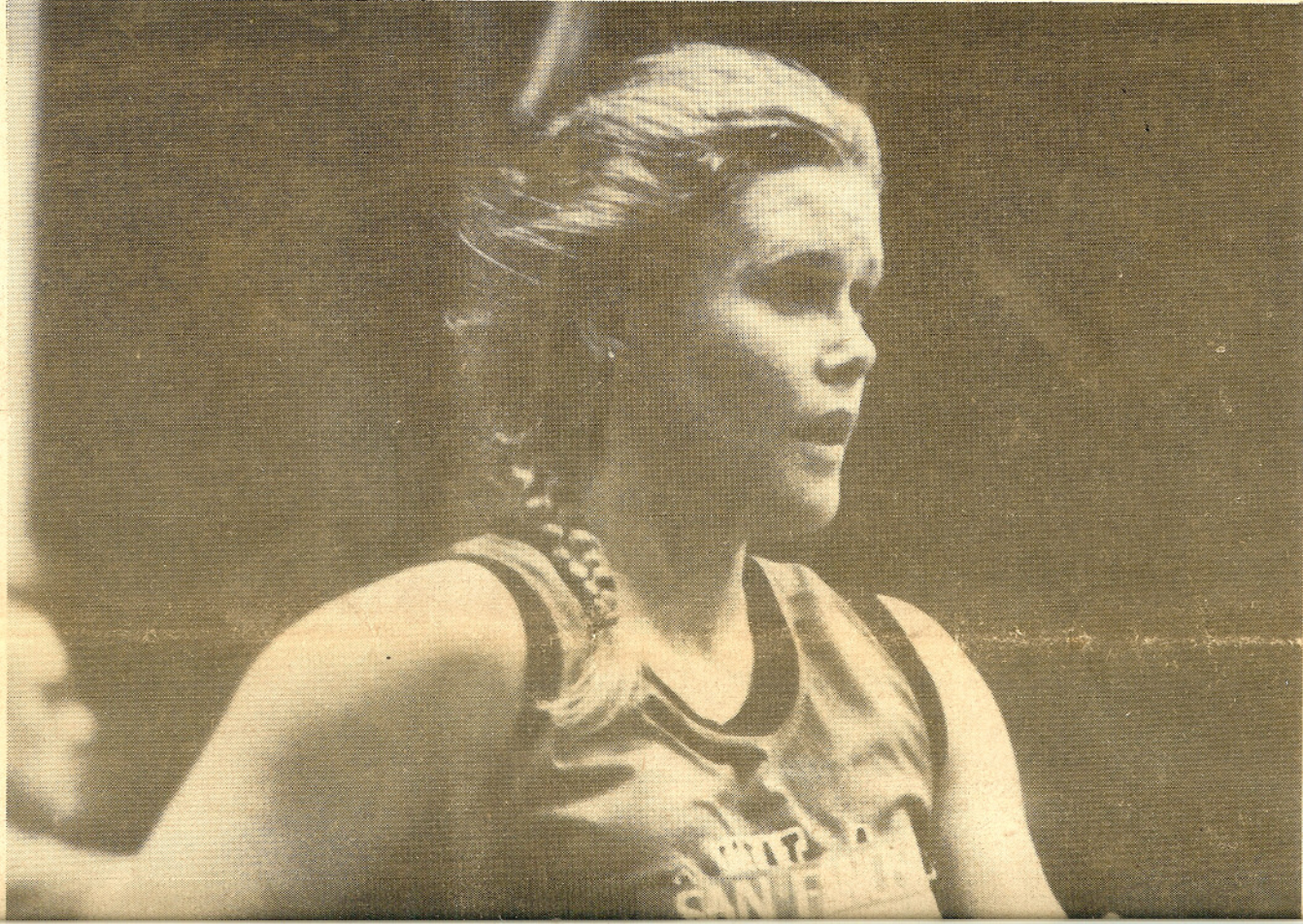
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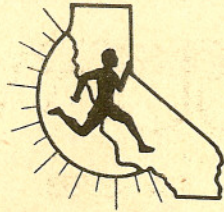
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The Only Publication Devoted to California Track

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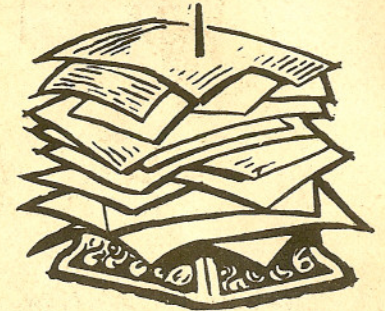
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MAILBAG

**CROSS COUNTRY COVERAGE**

Enclosed is a check for eight copies of the issue containing the National AIAW meet. I saw a copy of it and it was great. I'd like to give every runner on our team a copy to go along with the seasonal scrap books we made up for them.

The "expertise" and "efficiency" of the AIAW meet management ala "computerization" was something ghastly. Times in the Division III race were a joke. At best, it appears that a 30 second error was made on all times save the winner - Joan Benoit.

*Bob McGuire
Women's Cross Country Coach
Cal State Hayward*

BLOWING THE STACK

Note on Athletes of the Year last issue. You have listed among others one Walt Stack. Walt Stack is **no** athlete, good, bad or otherwise. Of course he gets up every morning at 3:00 am, peddles his bike around the 49 mile scenic drive of San Francisco, parks bike at Cliff House. Swims to Faralons and back, (drinks 6 pack of beer). Rides over to Mill Valley on bike, runs over Dipsea Trail to Stinson Beach, (drinks 6 pack of beer), runs back to Mill Valley, (drinks 6 pack beer), rides back home on bike, eats breakfast, goes to work carrying "hod" up to 17th floor all day, (drinks 6 pack beer on each load), after dinner goes to D.S.E. clubhouse for a workout! Ask Walt Stack sometime, he will tell you!!! But Walt Stack never won **anything** athletically.

*Jack Kirk
"The Dipsea Demon"
Mariposa*

RUMOR UNFOUNDED

I am writing in reference to a rumor

OUT OF STATERS

I'm enclosing a list of additions to the 1979 men's ranking - thought I sent it months ago but just found it in my files. All are former California preps (or JCers) now competing at out-of-state colleges.

Arizona: Paul Becklund 1:52.4, 3:39.9; Donnie Butler 10.61, 24-10½.

Arizona State: Chris DeFrance 52-9, 23-11½; Coart Owens 7-2; Ray Wicksell (quit team) 3:43.2.

Oregon: Phil Branson 50.57 ih, Ray Burton 55-0 sp, Tom Hintnaus 17-8; Jeff Stover 65-4¼; John Switzer 17-0.

Oregon State: Andrew Fields 47.46, 52.34 ih; Mark Fricker 1:51.0, 3:50.8; Greg Tafralis (left team) 55-6½ sp; Mike Washington 21.49; Mark White 53.62 ih.

Washington: Devon Flynn 9:18.9 sc, Mark Hallenbeck 8:58.9 sc, 14:04.3, 30:08.8, Steve Summers 65-11, 178-10.

Washington State: Greg Ernst 16-0; Brian Goodman 17-0½; Tom Turner (injured) 14.16.

*John Wenos
Dallas, Oregon*

WRONG CREDITS

Thank you for the selection of Athlete of the Year (60-69) but you gave me Al Guidet's credits - I set the 65-69 year world records for 200 and 400 meters and age 66 world record for 100 meters.

*Harry Koppel
Belmont*

BEST J.C. TEAM EVER

I am a loyal track fan of San Jose C.C. track and field. I just want to say that in my opinion SJCC has been, and always will be the best Community College track team ever. In the State Meets SJCC has never placed any lower than 2nd in the last 5 years. With such

and one I always look forward to receiving in the mail.

I must tell you I am **very disturbed** by the athlete training assistance programs the USOC continues to boast about. I have lived in the trenches as a track and field competitor for years and it seems to me they are lying to the people of this country when they show commercials on TV explaining how they are training the U.S. Olympic Team and to please send donations. All during my athletic career I have had to pay for everything myself and provide my own equipment. I must assume that everyone else is doing the same. Some of the country's best weight men live here in the San Jose area and they are here training themselves. Who are these mythical athletes the USOC has hidden away at their training sites? Has the USOC already picked who they want on the Olympic Team and are giving them secret assistance? If so, that seems a little unfair and certainly defies the Olympic code of fair play and integrity.

Just this week during the broadcast of the Winter Olympics I see American athletes with their occupations openly listed as "Amateur Athlete." The sportscasters Jim MacKay and Al Michaels say that the donations for the U.S. Olympic fund are drying up because of the Summer Games Boycott but that the USOC is still training a team and people should continue to send donations. If the USOC is, in fact, running assistance programs why hav-

Katherine Brieger Masters Women; Calvin Brown Girls & Women Track & Field; Keith Conning North Coast Section High School; Jim Crowhurst Northern California; Bob DeMuth Track Teaser Puzzle; Ken Dose Northern California Community College; Rich Ede High School Girls Track & Field; Tom Feuer L.A. City Section High School; Marty Higginbotham Central California Long Distance; Percy Knox Masters Men; Mike Lennemann Track Teaser Puzzle; Conrad Lopez San Jose Area; Bill Mensing Sac-Joaquin Section High School; Bill Minarik Southern California Area; Winona Pauls Bakersfield; Marty Post Marathons; Jeff Rigdon San Diego Section High School; Rich Romine Ventura Area; Chuck Skow Open Track & Field; Dick Slotkin Southern California Long Distance; Doug Speck Southern Section High School; Bruce Thomson Los Angeles Area; Howard Willman Central Coast High School & Question Corner; Steve Wolters Marathons & San Diego Area; Bob Womack High School Girls All Time List.

PHOTOGRAPHERS

Keith Conning, Don Gosney, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Dave Stock, Steve Wolters

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Jack Kirk
"The Dipsea Demon"
 Mariposa

RUMOR UNFOUNDED

I am writing in reference to a rumor which appeared in your February 1980 issue under *Southern California T-F Diary*. The rumor in which I am referring to concerns, in your words, a "speculation that a prodigiously competent prep distance runner is as much as 10 years older than he has led people to believe." I am quite familiar with this rumor. As his coach, I can assure you that Barasa Thomas, a native of Kenya, is the same age as his fellow high school runners. Barasa's birth certificate can attest to this fact.

I assure my fellow coaches that Barasa's success does not lie in inborn Kenyan characteristics nor in maturity in superior age difference. Rather, my athlete attains success through hard, thorough training and dedication - like his fellow high school runners.

I sincerely thank you *California Track News* for alerting me to the fact that this ridiculous rumor still exists and for giving me the opportunity to hopefully arrest it.

Frank Gomez
 Distance Coach
 Santa Barbara High

Brian Goodman 11-0 1/2, Tom Turner (injured) 14.16.

John Wenos
 Dallas, Oregon

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I am a loyal track fan of San Jose C.C. track and field. I just want to say that in my opinion SJCC has been, and always will be the best Community College track team ever. In the State Meets SJCC has never placed any lower than 2nd in the last 5 years. With such outstanding names who have contributed to the success of the San Jose City team.....Willie Jackson/sprinter 10.2-20.4, Ken Merriweather/sprinter 10.3-Horace Berry/sprinter 10.2, Tim Foster/sprinter 10.3-21.3, Ernest Lewis/sprinter 10.0-20.4, Sherman Jones/sprinter 10.4-21.4, Eugene Rachal/sprinter 10.4-21.0, Andre Phillips/sprinter/hurdler 10.4-21.3-14.1-49.2ih, B.J. Carmichael/sprinter/hurdler 10.4-14.0, Scott Monroy/hurdler 13.7, Pat Holcomb/400-800 47.6-1:50.3, Don Livers, Cecil Overstreet, and of course Millard Hampton the silver medal winner.

It is also amazing that SJCC has broken 40.0 in the 400 meter relay for the last 4 years in a row. San Jose please keep up the good work. Your fan forever.

Mac Barber
 San Jose

CHALLENGES U.S.O.C.

You have a very well-done and informative news publication - a newspaper I have subscribed to for years

one else is doing the same. Some of the country's best weight men live here in the San Jose area and they are here training themselves. Who are these mythical athletes the USOC has hidden away at their training sites? Has the USOC already picked who they want on the Olympic Team and are giving them secret assistance? If so, that seems a little unfair and certainly defies the Olympic code of fair play and integrity.

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I wrote to Don Miller scolding the USOC for not tending to business and offered some suggestions for what I believe to be reasonable assistance programs. He answered me with two pages of what I believe to be standard bureaucratic rhetoric. I am enclosing copies of both letters. I would be interested in your assessment of my ideas and his remarks. If you believe me to be incorrect in my assumptions on the state of things, I would welcome some **factual** information on what is happening.

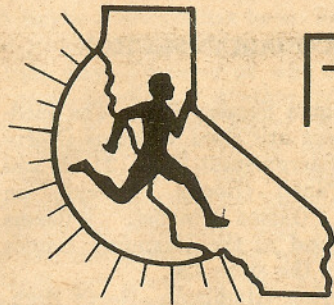
In closing I wish you continued success with your publication.

Dick Shelton
 Santa Clara

If readers would like we will print the two letters Dick mentions. Let us know and they will appear in the next issue.

-Ed.

On the Cover: Sue Brodock of the Southern California Road Runners is shown winning the San Francisco Examiner Games 2 mile walk. At the Los Angeles Times Games she set a World Record for the One Mile. photo by Dave Stock



READER'S OPINION SURVEY

Complete and return to: California Track News, P.O. Box 6103, Fresno, CA 93703.

California Track News is your paper. We want to tailor it to what our readers want. We've been in existence for 6 years now; and all during that time we've tailored the content to what we'd like to see in such a paper. It's time (actually long overdo) to see what our readers want in a local track/running paper.

The survey is very important to us. Please give us your response to each portion and return it to us right away. We will compile the results of the survey and print them in a future issue. We **will make changes** based on the results of this survey.

As you fill out this questionnaire please keep in mind that we don't have unlimited resources and our finances are tight. We want your suggestions for improvement, but remember to keep them within a workable and affordable framework.

Thanks for your help in giving direction to your paper.

AGE

- 15 & under.
- 16-19.
- 20-29.
- 30-39.
- 40-49.
- 50 & over.
- male
- female

GEOGRAPHIC LOCATION

- ☆ Northern area.
- Bay area.
- Sacramento area.
- Central Valley.
- Central Coast.
- Los Angeles area.
- San Diego area.
- Other area in state _____.
- Out of state.

INVOLVEMENT IN SPORT

- Track & field competitor.
- long distance/road racer.
- race walker.
- coach.
- official.
- fan.
- fitness jogger.
- other _____.

FORMAT & STYLE

Check appropriate boxes.

- Present newspaper format is fine.
- I want to see more color.
- I'd prefer a magazine format.
- I'd like to see a slick, color magazine format.
- The present type size and style is fine.
- I would like to see the following improvements in format and style:

PICTURES

- I would like more pictures.
 - Would like fewer pictures.
 - Pictures are about right now.
- Suggestions and comments on pictures:

RESULTS

Check appropriate boxes

- I would like to see an accompanying article or story with results.
- I would like to see the winners listed only.
- I'd like you to print the top 10% of the participants for each event.
- I'd like to see top 25% of participants listed.
- 50%.
- I'd like to see complete results listing all participants.
- I'd like dual meet results reported.
- I'd like invitational results reported.
- I'd like championship results reported. other: _____

Comments & suggestions on results:

COVERAGE

Please check the boxes for the areas you'd like to see more or less

- 15 & under.
- 16-19.
- 20-29.
- 30-39.
- 40-49.
- 50 & over.
- male
- female
- ☆ Northern area.
- Bay area.
- Sacramento area.
- Central Valley.
- Central Coast.
- Los Angeles area.
- San Diego area.
- Other area in state _____.
- Out of state.

INVOLVEMENT IN SPORT

- Track & field competitor.
- long distance/road racer.
- race walker.
- coach.
- official.
- fan.
- fitness jogger.
- other _____.

FEATURES

Please rank our various features in order of preference. Rank your favorite with a number 1, your next favorite a number 2 and so on down.

- | | |
|---------------------------------------|---------------------------|
| ___ Schedule | ___ Prep Report |
| ___ Results | ___ Profiles |
| ___ Letters to the Editor | ___ Meet the Staff |
| ___ Technique & Training | ___ Track Teaser Puzzles |
| ___ Southern Calif. Diary | ___ Tuttle's Track Topics |
| ___ Editorial from Editor | ___ Long Distance Log |
| ___ Guest Editorials | ___ Question Corner |
| ___ Interviews | |
| ___ Keep Track - misc. newsy notes | |
| ___ Big Meet Coverage | |
| ___ Yearly Rankings. Which ones _____ | |
| ___ All Time Lists. Which ones _____ | |
| ___ Athlete of the Year Selections | |
| ___ All California Honor Roll | |

FREQUENCY

- About right at 10 times per year.
 - I wish it came out more frequently, such as _____
 - Less frequent would be fine, such as _____
- Suggestions and/or comments on frequency:
- _____

RESULTS

Check appropriate boxes

- I would like to see an accompanying article or story with results.
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- I'd like dual meet results reported.
- I'd like invitational results reported.
- I'd like championship results reported. other: _____

Comments & suggestions on results:

COVERAGE

Please check the boxes for the areas you'd like to see more or less coverage given to:

more less

- | | | |
|--------------------------|--------------------------|-----------------------|
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| <input type="checkbox"/> | <input type="checkbox"/> | College/University |
| <input type="checkbox"/> | <input type="checkbox"/> | Open/Clubs |
| <input type="checkbox"/> | <input type="checkbox"/> | Masters |
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| <input type="checkbox"/> | <input type="checkbox"/> | Track & Field |
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| <input type="checkbox"/> | <input type="checkbox"/> | Long Distance Running |
| <input type="checkbox"/> | <input type="checkbox"/> | Race Walking |
| <input type="checkbox"/> | <input type="checkbox"/> | Jogging features |
| <input type="checkbox"/> | <input type="checkbox"/> | other _____ |

Comments:

PRICE

- The present price of \$7.00 per year is about right.
- If improvements can be made I'd be willing to pay more.
- \$7.00 is too much and I'd like to see the price lowered even if it means cutting quantity and quality.

Comments:



PREVIEW

California

High School TRACK

by Keith Conning,
High School Editor

Send all high school material directly to Keith Conning, CTN High School Editor, 2235 Browning St., Berkeley, CA 94702.

photo by Don Gosney



along with junior, Pete Richardson (1:55.4), the second place finisher.

Larry Guinee (Castro Valley), the section champion and state meet finalist at 4:13.7, returns to the mile. Junior, Dave Shea (Castro Valley), only ninth in the section meet, had a best of 4:18.4.

Junior, Jay Marden (Mission San Jose, Fremont) 9:11.9, Rich Read (MSJ) 9:14.6, Bret Baffert (San Ramon, Danville) 9:16.0, and junior, Dave Shea 9:18.7 were the third through sixth place finishers in the section. Marden also won the section cross country title.

The hurdles should be dominated by Don Ward (St. Mary's, Berkeley), who placed second in both races at the section. His bests are 14.0 and 37.3.

High jump champion James Wilson (Hayward), with a best of 6-10 and a fourth place at state, and third place section finisher Ricky Caldwell (Berkeley) 6-6 return.

Leon Hanson (Antioch) placed fifth in the section and had a best of 14-3 in the

section 880 and sixth in the state and had a best of 2:13.6. Fellow sophomore Charlene Schalk (San Ramon, Danville) had a best of 2:17.6.

The mile has a top field including sophomore Lori Shanoff (Petaluma), who placed third in the section and recorded a best of 5:09.3. Liz Strangio (Mission San Jose), the section cross country champion, placed fourth in the section and had a best of 5:09.5. Sophomore Robyn MacSwain (Terra Linda, San Rafael) placed fourth in the Examiner Games with 5:12.5.

The two mile field is led by Mac Swain at 11:05.2, followed closely by junior Mary Gaffield (El Cerrito), who placed second in the section and had a best of 11:05.9.

The top three finishers in the section low hurdles return. Alesia Sweeney 13.9w, the section champion also was third in the state. Judy Young (Berkeley) was second in the section and recorded a best of 14.19m. Junior

was 10th at the state. Her best throw measured 132-5.

SAC-JOQUIN SECTION

San-Joaquin Section Boys. The leading sprinters are Fred Williams (Norte Del Reo, Sacramento) 10.95, 21.64, and Lathon Panell (Hogan, Vallejo), an Examiner Games finalist. Williams placed second at the Examiner Games and fifth in the state 220.

Mike Barber (Highlands, North Highlands), who can run some fantastic anchor legs of the mile relay, returns in the 440 with 48.6, and in the 880 with 1:55.3.

This year is going to be a good year for the distance runners. Pedro Reyes (Jesuit, Carmichael) paces the milers with 4:11.8 and the two milers with 9:17.6. Close behind him will be Greg Long (Calaeras, San Andreas) with 9:18.4.

Henry Andrade (Johnson, Sacramento) will dominate both hurdle events off his bests of last year 13.9 and 36.3, which was good for third in the state.

Three long jumpers qualified for the Examiner Games. Jeff Abston (Hogan, Vallejo) placed second in the games with 22-5¼. Eric Wright (Armijo, Fairfield) was third at 22%. Carl Bonner (Vallejo) went 21-10¼ in the trials.

The Highlands (North Highlands) mile relay team won the Examiner Games.

Sac-Joaquin Section Girls. This should be a good year for middle and long distance performances. Kim Keeton (Woodland), Shelly Nieto (Merced) and Francie Negri (Foothill) all participated in the Examiner Games mile. Keeton placed fifth in 5:13.5 and Nieto was sixth in 5:14.1. Nieto was also the

photo by Richard Slotkin





KEITH CONNING

NORTHERN SECTION

Northern Section Boys. John Frank (Central Valley) won the National Junior Olympics Cross Country championship. He was the no. 1 ranked harrier in California.

Northern Section Girls. Leslie Deniz (Gridley) was the longest discus thrower in the nation last year by 12 feet 8 inches. She also threw the shot 45-4.

NORTH COAST SECTION

Boys. The sprints will feature the Berkeley duo of junior, Kenny Robinson, the winner of the Examiner Games, and Tom Ford, who placed third in the section 220 and recorded a best of 21.7.

The 440 will consist of junior Pete Richardson (Berkeley) 48.8, Chris Prietto (De LaSalle, Concord), who was fifth in the section at 49.7, Tom Ford 49.4m, and Junior, Homer Dotson (Berkeley) 49.5m. Berkeley should have a great mile relay.

The defending section champion in the 880, junior Dave Rodrigues (Montgomery, Santa Rosa) (1:54.6), returns

Larry Guinee (Castro Valley), the section champion and state meet finalist at 4:13.7, returns to the mile. Junior, Dave Shea (Castro Valley), only ninth in the section meet, had a best of 4:18.4.

Junior, Jay Marden (Mission San Jose, Fremont) 9:11.9, Rich Read (MSJ) 9:14.6, Bret Baffert (San Ramon, Danville) 9:16.0, and junior, Dave Shea 9:18.7 were the third through sixth place finishers in the section. Marden also won the section cross country title.

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High jump champion James Wilson (Hayward), with a best of 6-10 and a fourth place at state, and third place section finisher Ricky Caldwell (Berkeley) 6-6 return.

Leon Hanson (Antioch) placed fifth in the section and had a best of 14-3 in the pole vault.

The leading long and triple jumpers are Mike Metoyer (Tamalpais, Mill Valley) 22-5½, 47-8 sixth in the section, and Byron Griddle (El Cerrito) 48-5½ first in the section and sixth in the state.

Two outstanding junior shot putters return to battle it out again. Dennis DeSoto (Santa Rosa), the son of the track coach, threw 54-3½ and placed second in the section. Dave Maggard (Acalanes, Lafayette), the son of the 1968 Olympian, threw 54-1½ and placed eighth in the section.

Girls. The sprints will feature junior Sharon Ware (Berkeley) 10.6 who placed first in the section 100 and third in the state, and ran 24.1 to place first in the section 220 and became a state meet finalist who false started. Junior Tanaya King (Berkeley) placed third in the section 100 and sixth in the state with a best of 11.;2, and placed second in the section 220 and third in the state with a best of 24.2. Kim Webster (Berkeley) has run 10.8 and 24.7.

Lisa Peters (Northgate, Walnut Creed) placed second in the section 440 with a best of 56.0. Alesia Sweeney (Tamalpais, Mill Valley) placed third in the section with a best of 56.8.

Sophomore Marilyn Davis (Miramonte, Orinda) was second in the

Charlene Schalk (San Ramon, Danville) had a best of 2:17.6.

The mile has a top field including sophomore Lori Shanoff (Petaluma), who placed third in the section and recorded a best of 5:09.3. Liz Strangio (Mission San Jose), the section cross country champion, placed fourth in the section and had a best of 5:09.5. Sophomore Robyn MacSwain (Terra Linda, San Rafael) placed fourth in the Examiner Games with 5:12.5.

The two mile field is led by Mac Swain at 11:05.2, followed closely by junior Mary Gaffield (El Cerrito), who placed second in the section and had a best of 11:05.9.

The top three finishers in the section low hurdles return. Alesia Sweeney 13.9w, the section champion also was third in the state. Judy Young (Berkeley) was second in the section and recorded a best of 14.19m. Junior Sherifa Sanders (Berkeley), who was third in the section and at the Examiner Games, has a best of 14.2.

The hottest high jumper right now is defending section champion junior Maggie Van Zeeland (Acalanes, Lafayette), who won the Examiner Games at 5-8 and placed sixth at the state. Lisa Peters, in addition to running quick 440's can also jump 5-8, placed second in the section and fifth in the state. Lisa Greenfield (Redwood, Larkspur) was fifth in the section and had a best of 5-8.

The first and second place finishers in the section long jump return. Sherifa Sanders not only won the section, but also placed sixth in the state, and recorded and best of 19-5 at the Junior Olympics. Sheila Nicks (Ells, Richmond) placed second in the section and ninth in the state and had a best of 18-10. Lisa Greenfield, the high jumper, can also long jump as she placed fifth in the section and had a best of 19-3½.

Kathy Callaghan (Monte Vista, Danville) placed fourth in the section shot put and had a best of 40-11. Wendy Fortner (Liberty, Brentwood) was sixth in the section and recorded a best of 40-4. Junior Debbie Tupuola (Encinal, Alameda) was the longest putter at 42-1 and finished seventh in the section.

Laura DeSnoo (Washington, Fremont) placed fourth in the section discus and

The Highlands (North Highlands) mile relay team won the Examiner Games.

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photo by Richard Slotkin



SUE MEI LEE leads VICKIE COOK

Sac-Joaquin Section champion in cross country.

In the 880 Kim Keeton was a state meet finalist. Her best time was 2:14.1.

SAN FRANCISCO SECTION

San Francisco Section Boys. Ernest Daumas (Galileo) placed third in the 50 meters at the Examiner Games. He can also run the high hurdles in 14.3. So he

and Frank Williamson (Skyline, Oakland) should have quite a battle for the one spot in the state meet. As you may know one spot was taken away from San Francisco and Oakland and given to San Diego.

But the big news from this section is the emergence of an exciting sophomore long jumper, Ken Frazier (Mission). Frazier won the Examiner Games with a leap of 23-6½. He is also an outstanding triple jumper.

San Francisco Section Girls. Diane Gong (Lowell) is the finest long distance runner to come out of the city. Recently she ran a 5:05 mile indoors. She was also excellent in cross country.

OAKLAND SECTION

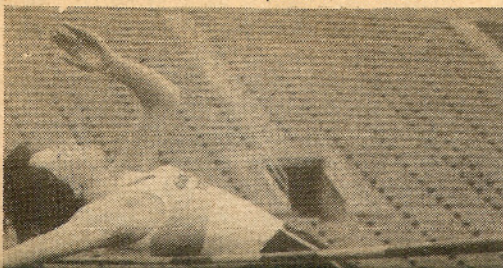
Oakland Section Boys. Jerome Lacy (Skyline) returns in the 220 with a best of 22.2. In the 440 Vincent Wilkins (Oakland) ran 49.4 and Lacy ran 49.9. Wilkins placed sixth in the state in the 880 and had a best of 1:52.8. Frank Williamson (Skyline) ran the high hurdles in 14.3. Oakland has a fine mile relay paced by Wilkins. They finished second in the Examiner Games.

Oakland Section Girls. Jennifer Ray (Oakland) won the section cross country title and qualified for the Examiner Games with a fine time of 5:11.9 in the mile.

CENTRAL COAST SECTION

The pole vault generally has been considered the Central Coast Section's best event and this year shouldn't be an exception as the CCS returns five of last year's top six vaulters.

photo by Keith Conning



two big names: Warren Jacques (14-8) and junior Mitch Norris (14-6¾). Other top returnees include Bill Cotton of Los Gatos and Alan Janke of Ayer in Milpitas (both 14-6). The high jump should also be top event with the city of Salinas re-entering two veterans: Joe Hicks of North Salinas (6-10¾) and Dan Illif of Palma (6-10). Tim Crudo from St. Ignatius in San Francisco (6-7) also returns.

Carl Montgomery of South San Francisco, already signed by Cal. on this fall's football performance, returns in the sprints (9.87, 21.68). Cross country champ Fernando Balderas of San Jose (4:16.3, 9:13.3) leads the distances ahead of Ken Bergkamp of Leigh, San Jose (4:18.5), Paul Marquez of Ayer, Milpitas (4:19.4), Kevin O'Connor of Carlmont, Belmont (4:21.5, 9:15.1 and Felix Soto of Mt. Pleasant, San Jose (9:18.2). However, injuries have slowed both Bergkamp (knee) and Soto (heart murmur).

Benny Trujillo of Gilroy (1:55.3) leads the 880 with junior Ed O'Neal of Independence, San Jose (1:55.8) on his heels.

In the girls events, Roxanne Bier of Independence, San Jose (4:57.5, 10:33.3),

Tracy Weber of Lynbrook, San Jose (2:11.9, 4:51.7), Kerry Brogan of Los Altos (4:58.5, 10:48.7) and soph. Maria King of Ayer, Milpitas (2:12.6, 5:05.0) top the distances.

Lola Rockwell of Gunn, Palo Alto (10.9, 25.7), Sheila Greene of Hill, San Jose (11.19, 25.3), Joanne Jacobs, a Lawrence Acad., Santa Clara transfer from Lick, San Jose, (11.0, 25.3) and Rhonda Robinson of San Carlos (11.29, 25.23) are tops in the sprints. Sophs Sherril Miller of Fremont, Sunnyvale and Anita Bolton of Hill, San Jose lead the pack in the 440 (56.79 and 57.76,

photo by Keith Conning



business interests. Molder of many fine discus throwers, Long will still be helping out in the weight events. Jim Terrill, who's the director of the San Francisco Examiner Games indoor meet and has coached at Elmhurst College (Illinois), Yale and Stanford, is Los Alto's new head coach.

Jim deDiego, Mt. Pleasant (San Jose) head coach and producer of many a fast sprinter, was hoping last season would be his final one but will still be in charge this year. Bill Frost, head coach at De Anza College in Cupertino, is signed but is still committed to his contract with De Anza, which ends this year.

And the grapevine is saying that Plato Yanicks of Menlo-Atherton may be in his last season. Yanicks is a co-founder of the NorCal cross country championships.

Top teams in the CCS appear to be Menlo-Atherton, Mt. Pleasant (San Jose), Gunn (Palo Alto) and Palo Alto in the boys and Hill (San Jose), Fremont (Sunnyvale), Silver Creek (San Jose), Carlmont (Belmont) and Lynbrook (San Jose) in the girls.

CENTRAL SECTION

BY Bill Cockerham

Most of the big names from the Valley have graduated. Gone from last season's boys ranks are such as: Gaffney and Cleaves of Lemoore, Thompson, Timmons and Sears of Edison, Bass of Madera, Lonsinger of Highland, Ellard and Criswell of Hoover, and Mosebar of Mt. Whitney.

The list of graduated females is just as impressive. The Central Section will miss the exciting action of Ward of South Bakersfield, Goen of North Bak-

photo by Keith Conning



Romero is Junior Gary Gonzales of Clovis (ironically, Romero is a biology teacher at Clovis). Gonzales was undefeated in cross country and recently ran 52 minutes for a ten mile. Other distance runners to watch are Tom Lohse of Hanford, Shawn Smallwood and Jesse Perez of Corcoran and Julian Vinton of Sanger.

For once the triple jump seems to be down in the Valley. But the high jump could replace it as a high quality event with Walker of Fresno, Richardson of Clovis and Reich of Memorial. The weight events should be dominated by Budwig of McLane.

Some of the top returning girls include the Clovis West distance duo of Jennifer Heaton and Karen VanWaggen. They will have to battle section cross country champ Cynthia Rogers of Mt. Whitney, however. Lynette Covington of Foothill should fill in the sprints. Just as in the boys events the high jump should provide some of the best quality performances with the likes of Verharr of Dinuba, Dewan Boyles of Clovis and Amy Waterman of Hoover.

L.A. & SOUTHERN SECTION

by Doug Speck

As the new year unfolds track and field fans look ahead to another exciting outdoor season for the prep stars in the southern part of the state. With one set of fingers crossed in hopes of good weather, fans look to following a couple of athletes with legitimate chances at being the best ever U.S. High-Schooler in their event, and will view generally enough returnees in all areas to make for an interesting season.

The ever-growing participation of the Ladies at the high-school level will continue to elevate the quality of marks in all events (you can count on two hands the top female athletes who have graduated from the area). Top individuals return in just about every area of the Men's programs also.

The area's top big meet track squads appear to be Muir of Pasadena in the Men's division and Long Beach Poly in the Women's.

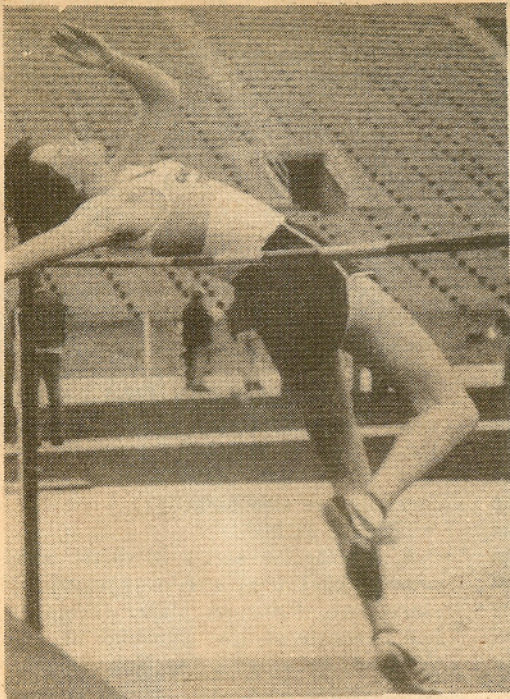
Muir has a couple of legitimate

Games with a fine time of 5:11.9 in the mile.

CENTRAL COAST SECTION

The pole vault generally has been considered the Central Coast Section's best event and this year should't be an exception as the CCS returns five of last year's top six vaulters.

photo by Keith Conning



MAGGIE VAN ZEELAND

Menlo-Atherton's Greg Ellis, last year's section leader at 15-6 and one of the favorites at the state meet before spraining his ankle on his final practice run, already has gone 15-0 twice this winter at all-comer meets. Bolstering M-A's attack is Robert Crumpler (14-7), who has already cleared 14-9.

D.J. Bahl from Awalt of Mountain View (15-3), third at the state meet last year, is also back. Del Mar in San Jose coached in the vault by Rob Slover and a traditional vaulting power, returns

top the distances.

Lola Rockwell of Gunn, Palo Alto (10.9, 25.7), Sheila Greene of Hill, San Jose (11.19, 25.3), Joanne Jacobs, a Lawrence Acad., Santa Clara transfer from Lick, San Jose, (11.0, 25.3) and Rhonda Robinson of San Carlos (11.29, 25.23) are tops in the sprints. Sophs Sherril Miller of Fremont, Sunnyvale and Anita Bolton of Hill, San Jose lead the pack in the 440 (56.79 and 57.76,

photo by Keith Conning



JENNIFER RAY

respectively). Greene and Rockwell also head the long jump field (19-6½ and 19-4¾, respectively).

Trisha King of Menlo-Atherton (5-9), Angela Phifer of Independence, San Jose (5-7) and Karen Robinson of Fremont, Sunnyvale (5-7) are the top returnees in the high jump.

A few coaching changes are taking place, and some of the more prominent schools are involved. Leo Long, head coach at Los Altos since 1956, has officially retired to pursue his several

Valley fans graduated. Gone from last season's boys ranks are such as: Gaffney and Cleaves of Lemoore, Thompson, Timmons and Sears of Edison, Bass of Madera, Lonsinger of Highland, Ellard and Criswell of Hoover, and Mosebar of Mt. Whitney.

The list of graduated females is just as impressive. The Central Section will miss the exciting action of Ward of South Bakersfield, Goen of North Bak-

photo by Keith Conning



DAVE SHEA

ersfield, Arnold of Chowchilla, Ortiz of Tulare Western, Yarborough of Clovis, and Stevens of Coalinga.

One thing we can be sure of, even though most of the stars have graduated, and that is that there will be equally talented athletes develop to take their place. In the boys look for super performances from Robert Johnson of Bakersfield in the sprints, and Pete Quinonez in the 880. One of the most promising middle distance runners to come out of the Valley since Pete

field fans look ahead to another exciting outdoor season for the prep stars in the southern part of the state. With one set of fingers crossed in hopes of good weather, fans look to following a couple of athletes with legitimate chances at being the best ever U.S. High-Schooler in their event, and will view generally enough returnees in all areas to make for an interesting season.

The ever-growing participation of the Ladies at the high-school level will continue to elevate the quality of marks in all events (you can count on two hands the top female athletes who have graduated from the area). Top individuals return in just about every area of the Men's programs also.

The area's top big meet track squads appear to be Muir of Pasadena in the Men's division and Long Beach Poly in the Women's.

Muir has a couple of legitimate pogo-sticks in Charles Mayfield and Ricky Holliday. They both have top marks and big meet experience in the long-jump and triple jump (Mayfield 23-1¼, 50-11½, 52-9w; Holliday 23-2¼, 23-4¾w, 49-5 indoors). Mayfield also returns as the state's top high-jumper at 6-11, and he could probably develop as a top high-hurdler. Holliday gave the quarter a try in a December allcomers and blazed 48.4 for 400 meters. Scott Garmett returns as California's best in the shot at 61-9¾. Coach Walt Opp did a super job with his relay groups last year, and he should be able to come up with a crew to complement Sheldon Butler (22.0) and fill out baton squads. Cross-town rivals Pasadena High is led by soph Troy Delemar (9.7-21.9) who ran well indoors and anchored a 3:20.0 1600 relay group in the Ali Indoor Meet. The Muir-PHS dual meet psych should generate a couple of super marks when the teams meet during the Pacific League season. Coach Jim Richardson of Long Beach Poly has a fine group back led by versatile Victor Townsend (49.36 as soph.) and Lujan Collier (49.4). Centennial of Compton and Compton showed some very talented sprinters in the Sunkist Indoor meet, and Centen-

Continued next page.....

continued

nial's Mike Turner (48.80 and 21.6 as soph) will be among the state's best. Coach Bob Daligney of Gardena has some real talent coming back for his L.A. City squad. Sprinter Shawn Thomas 9.7-21.7, High-Jumper Anthony Brewer 6-8, and Long-Jumper Doyle Gallon 23-4½ form a solid nucleus. Coach Webster Johnson has a fine squad back at Jefferson (L.A.). Erwin Hickman showed well as a soph. (49.66-1:56.0), and Carl Jenkins (49.9) returns as another part of a 3:19.7 relay group. Fred Smith (14.52) could be a top hurdler.

The Women's High-School picture in Southern California has been clouded a bit by the apparent decision of the Howard sisters to pursue AAU competition under the Muhammad Ali Club banner this year. Sherri Howard, state 440 champ (51.09 altitude for 400 meters) and an anchor leg on the all-sister National Record Mile Relay group, could lead any school team she competed for to a state championship. Sherri also blazed 10.72-23.43m sprint times. Sister Deneen is the nation's second fastest returning quarter miler (53.82m) (behind only her sister), and has 24.61m speed. The word is that their father has returned from the Air Force and the girls have moved to Granada Hills where they are attending Kennedy High. Sherri has a very legitimate chance at making the U.S. Olympic team (she anchored the Senior U.S. Women's team to a silver medal in the 1980 World Cup Meet in Montreal last year)--but the well-publicized boycott of the Olympics by the Ali Club and the possible U.S. pull-out would put a real crimp in her plans. Long Beach Poly has a super group of athletes that could fill in very well as the top Southern California female squad. Indoors at the Ali Meet their 1600 relay foursome of Debra Rambo, Janice Smith, Wanda Evans, and Faye Paige blazed a National Record 3:51.0--if anyone falters they can fill in with 57.54 quarter miler Jackie Randolph. Paige has looked awesome indoors--she has bests that range from 24.43 (220), 55.30 (400 meters), to 14.43 (low hurdles). Coach Bea Johnson always does a fine

clocked 9.7-21.9 as frosh last year--he defeated Bell at 60 meters in the Ali Indoor Meet at 6.74. The top L.A. City returnee is Shawn Thomas (Gardena) 9.7 (9.89w)-21.7. Another flyer out of Pasadena, over at Marshall Fundamental, is David Yeargin who clocked 9.7 in 1979 (and a third in the Sunkist Indoor 60). Dwight Thompson (Kennedy Granada Hills) 10.06w-22.0 has run well indoors this year (close second at Ali to Delemar and fourth in Sunkist High-School 60). Robert Roederer (Canyons, Saugus) 9.6w (9.8)-21.8 and quarter-miler Mike Turner (Centennial, Compton) 21.6 as soph. last year could come around to challenge the best. Other top returnees include Anthony Eddings (Ganessa, Pomona) 9.6w (9.9)-21.9w, Courtney Griffin (Millikan, Long Beach) 10.12, El Cid Deramus (Wilson, Hacienda Heights) 9.8w (9.9)-22.30, Dwayne Franklin (Westchester) 9.96w, and Greg Thomas (Riverside Poly) 21.9 as soph.

• 440

Mike Turner (Centennial, Compton) was second in the Southern Section at 48.80 as a soph. He had the fastest High-School time in the Sunkist 500 Indoor at 58.0 (tie for ninth fastest ever high-school). A potential head-liner here could be Richy Holliday (Muir, Pasadena), a multi-eventer, who blazed a 48.4 for 400 meters in one of his first attempts over the distance in a December all-comers. The Long Beach Poly duo of Victor Townsend (49.36 as soph. in 1979) and Lejuan Collier (49.4) were 500 heat winners at Sunkist (58.8 and 60.1 respectively). Richard Williams (Morningside, Inglewood) was third in the Section at 49.1 last season. Other Southern Section returnees are Jim Harris (Westminster) 49.4, Allen Anderson (Cajon, San Bernardino) 49.71, Darrel Willis (Norco) 49.77 soph., and Al Cole (Norte Dame, Sherman Oaks) 49.99. The L.A. City will feature John Ransom (Fremont, L.A.) 49.4, Erwin Hickman (Jefferson, L.A.) 49.66 as soph., and Carl Fenkins (Jefferson, LA) 49.9.

• 880

Greg Vining (Hawthorne) placed fourth in the Southern Section last year off a 1:54.6 best--he looked very good in winning his Sunkist Indoor heat at 1:55.7. Jesse Cota (Coachella Valley)

4:14.4 in 1979. Others who ran well in 1979 as underclassmen were Jeff Vandereems (Mission Viejo) 4:17.6 indoors, Richard Perez (San Geronio, San Bernardino) 4:19.1, Bob Leetch (Redondo Beach) 4:19.9, John Spillman (Simi) 3:59.6m-4:21.6, Robert Planta (Mater Dei, Santa Ana) 4:00.5m as frosh, Brad Dunn (Arroyo Grande) soph. 4:21.1, Mark Ruelas (La Salle, Pasadena) 4:21.2, and Greg Vining (Hawthorne) 4:21.9. In the Sunkist Indoor another Serna from Loara, Ralph's brother, Mike, churned a 4:20.5 to win his heat ahead of Simi's Scott Kistner (4:22.0).

• 3000 METERS-TWO MILE

Andy DiConti (La Canada) burst into two-miling with a run-away 9:02.5 win against the state's best in the L.A. Times Indoor Meet this winter--he was unpressed during the race. Jeff Vandereems (Mission Viejo) was fifth in the section with 8:21.6m-9:02.5 marks--he is a strong runner who can go faster. John Spillman (Simi Valley) has worked his way down to 9:04.5 despite a tendency to self-destruct, if he stays healthy he will be tough. Jon Butler (Edison, Huntington Beach) raced to 9:06.5 as a soph in 1979 and had a fine fall. Barasa Thomas (Santa Barbara) could be the big surprise here--the Kenyan foreign exchange student raced to 8:38.0m-9:15.2 last year as a soph., but exploded at the end of Cross-Country to take Sectional, Kinney's Regional, and second in the Kinney's National Finals in San Diego. He is just beginning to realize his potential--he is running fairly well indoors off soccer practice for his Santa Barbara High team. Thomas' team-mate, Eric Sappenfield turned a fine 9:12.5 in placing third in the L.A. Times Indoor. Mark Ruelas (La Salle, Pasadena) 9:13.7 and Mark Cunnart (Los Amigos, Fountain Valley) 9:15.8 are other top returnees. Other sub-9:30's back are Steve Balen (El Modena, Orange) 9:24.2, Christ Bowlus (Rolling Hills) 9:24.6 indoors, Don Scott (Foothill, Santa Ana) 9:24.8 indoors, Scott La Crosse (Costa Mesa) 9:25.8 as soph., Mike Carlton (Northview, Covina) 9:25.9 indoors, Dan Martinez (Salesian, L.A.) 9:27.0, Brad Meyer (University, Irvine) 9:28.4 as soph., Mike Fisher (Villa Park) 9:28.5, and Steve Schuman

1979. Chris Stumfall (Los Amigos, Fountain Valley) 6-9, Anthony Caire (Pius X, 6-8½ as a soph., Anthony Brewer (Gardena) 6-8, Dave Martin (Huntington Beach) 6-8, Chris Harper (Arlington) 6-8 as soph., and John Lea (St. Genevieve, Van Nuys) 6-8 (this winter) all return as potential skyscrapers.

• LONG JUMP

John Lea (St. Genevieve, Van Nuys) has had a couple of super pops to start 1980--a 23-10 outdoor all-comers mark and 23-11¼ win at the Sunkist Indoor (he beat the state's best by over a foot at Sunkist). John was a consistent leaper in 1979--fourth in state and second in the section. The L.A. City Champ, Anthony Evans (South Gate) is back with a 23-4½ (23-5½w) best. Doyle Gallon (Gardena) 23-4½, Chris Harper (Arlington) 23-3¾w (22-11), Ricky Holliday (Muir Pasadena) 23-2½ (23-4¼w), Charles Mayfield (Muir, Pasadena) 23-1¾, and frosh Will Steen (Valley, Santa Ana) 23-1 return. John Stuart (Cajon, San Bernardino) 24-2w (22-4) and Roger Lemons (Katella, Anaheim) 24-2w (22-11) each had a long wind-aided leap in 1979.

• POLE VAULT

Greg Stull (Troy, Fullerton) improved right quick on his 1979 personal best of 15-0 with a 15-6 win over the state's best in the Sunkist Indoor. Mike Worden (Warren, Downey) is the other local over 15-0. Al Schermerhorn (Sausus) also is back at 14-0. 13-6-ers include Jim Burroughs (Glendale), Price D'Antonio and Tony Long (Upland) and Chris Messner (Dos Pueblos, Goleta).

• SHOT PUT

Scott Garnett (Muir, Pasadena) will hope to lift his squad to a state team championship. He returns with the top mark in state at 61-9¼ (placing fifth in Sacramento in 1979). Bret Holden (Hart, Newhall) is back at 59-1½, as is Paul Gates (Banning, Wilmington) with a 58-5½ and second last season in L.A. City Section. Others who should develop include Sidney Dodd (Fairfax, L.A.) 57-6¼, Jim Doehring (San Clemente) 57-1¾, Ted Polich (San Marino) 56-6¼, Mike Alo (Banning, Wilmington) 56-3, and Jim Dreiski (Wilson, Long Beach) 56-0.

• DISCUS

Granada Hills where they are attending Kennedy High. Sherri has a very legitimate chance at making the U.S. Olympic team (she anchored the Senior U.S. Women's team to a silver medal in the 1980 World Cup Meet in Montreal last year)--but the well-publicized boycott of the Olympics by the Ali Club and the possible U.S. pull-out would put a real crimp in her plans. Long Beach Poly has a super group of athletes that could fill in very well as the top Southern California female squad. Indoors at the Ali Meet their 1600 relay foursome of Debra Rambo, Janice Smith, Wanda Evans, and Faye Paige blazed a National Record 3:51.0--if anyone falters they can fill in with 57.54 quarter miler Jackie Randolph. Paige has looked awesome indoors--she has bests that range from 24.43 (220), 55.30 (400 meters), to 14.43 (low hurdles). Coach Bea Johnson always does a fine job with her Fremont girls group, and she has some fine ones back in 2980--Kim Turner (transfer) 11.0-25.38m-57.71, Monica Elleby 25.37m-56.67, Debra James 11.1, and Joanne Harper 18-0½ (19-0w). Cajon of San Bernardino features Bridgette Blackburn 10.86-25.7 as frosh, Roxanne Jackson 24.5-56.46, and Caroline Sheppard 18-5.

Sincerest thanks to Mike Kennedy, Dave Osterman, and Bruce Thomson for their assistance with this compilation--it would not have been possible otherwise. Two things to keep in mind, we always miss a few, and there will be those who will come out of the woodwork to keep things exciting.

Men's Southern California [CIF-SS and L.A. City]

• SPRINTS

There are at least a couple of potential real flyers among the returnees. Kerwin Bell (Edison, Huntington Beach) is being touted as a future Heisman Trophy winner off an impressive Fall Football campaign (over 200 yards rushing in leading his team to the Section Championship). Bell is serious about track and returns at 9.84 and fifth in the section in 1979. He was the Sunkist Indoor 60 winner in a meet record 6.33. Troy Delemar (Pasadena)

number all-comers and Long Beach Poly duo of Victor Townsends (49.36 as soph. in 1979) and Lejuan Collier (49.4) were 500 heat winners at Sunkist (58.8 and 60.1 respectively). Richard Williams (Morningside, Inglewood) was third in the Section at 49.1 last season. Other Southern Section returnees are Jim Harris (Westminster) 49.4, Allen Anderson (Cajon, San Bernardino) 49.71, Darrel Willis (Norco) 49.77 soph., and Al Cole (Norte Dame, Sherman Oaks) 49.99. The L.A. City will feature John Ransom (Fremont, L.A.) 49.4, Erwin Hickman (Jefferson, L.A.) 49.66 as soph., and Carl Fenkins (Jefferson, LA) 49.9.

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• 1500 METERS-ONE MILE

M = 1500 meter time.

Some quick milers, all who put in good Fall Cross-Country efforts return. Andy DiConti (La Canada) 4:17.9 last spring, has exploded this winter--he blazed 3:50.8m in an all-comers and stomped the state's best in the Sunkist Indoor with a 4:10.5. Eric Sappenfield (Santa Barbara) was sixth at Sacramento in the state meet last year with 3:55.4m-4:13.8 bests--a stylish prancer he clocked 4:14.5 in the Sunkist mile for third. Steve Fairman (Thousand Oaks) was fifth in state in 1979 and has 3:53.4m-4:15.7 best. Mike Parkinson (South Pasadena) will butt heads all year long with DiConti as they are in the same league--Parkinson blazed

exploded at the end of Cross-Country to take Sectional, Kinney's Regional, and second in the Kinney's National Finals in San Diego. He is just beginning to realize his potential--he is running fairly well indoors off soccer practice for his Santa Barbara High team. Thomas' team-mate, Eric Sappenfield turned a fine 9:12.5 in placing third in the L.A. Times Indoor. Mark Ruelas (La Salle, Pasadena) 9:13.7 and Mark Cunnart (Los Amigos, Fountain Valley) 9:15.8 are other top returnees. Other sub-9:30's back are Steve Balen (El Modena, Orange) 9:24.2, Christ Bowlus (Rolling Hills) 9:24.6 indoors, Don Scott (Foothill, Santa Ana) 9:24.8 indoors, Scott La Crosse (Costa Mesa) 9:25.8 as soph., Mike Carlton (Northview, Covina) 9:25.9 indoors, Dan Martinez (Salesian, L.A.) 9:27.0, Brad Meyer (University, Irvine) 9:28.4 as soph., Mike Fisher (Villa Park) 9:28.5, and Steve Schuman (L.A. University) 9:28.7.

• HIGH AND LOW HURDLES

Some very quick athletes are back in what should be a top event. Anthony Evans (South Gate) placed third in state with a 14.20 best. David Ashford (West Covina) did a fine job as a soph.--his sectional third at 14.23 put him in the state meet. David raced 38.2 in the lows. Another soph., Don LaBomme (Alemany, Mission Hills) was sixth in the Southern Section at 14.38. Fred Smith (Jefferson, L.A.) 14.52, Larry Chatterfield (Nogales, La Puente) 14.3-38.4, and Aaron Jones (Beverly Hills) 14.3-37.3 are all top-flight returnees. Jiles Smith (Compton) was fifth in the Southern Section off his 37.83 in the lows. Austin Shamks (San Fernando) 14.6-38.1, Dempsey Jones (Monroe, Van Nuys) 14.6, Aaron Williamson (Westminster) 14.6, and Lujan Collier (Long Beach Poly) 38.2 also return.

• HIGH JUMP

Muir of Pasadena's versatile Charles Mayfield returns with the state's best mark of 6-11. He and the rest of the state's top returnees were defeated by Crenshaw of L.A.'s Greg Denby in the Sunkist Indoor as the 1979 City Champ looked very good in equalling his lifetime best of 6-10. Ron Edgley (El Dorado, Placentia) was also over 6-10 in

Words (Warren, Downey) is the other local over 15-0. Al Schermerhorn (Sausus) also is back at 14-0. 13-6-ers include Jim Burroughs (Glendale), Price D'Antonio and Tony Long (Upland) and Chris Messner (Dos Pueblos, Goleta).

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• DISCUS

A couple of youngsters head the area's returnees--Scott Hudson (Mission Viejo) 178-9 (10th in state in 1979 as soph.), and frosh Antonio Dobbins (Burroughs, Ridgecrest) 173-5 lead the area, Jim Doehring (San Clemente) 168-3, Dan Westerfield (Coachella Valley) 167-9, and Bret Holden (Hart, Newhall) are also back.

• TRIPLE JUMP

A spectacular series of duals could come from the efforts of a couple of stars here. Freeman Miller (Fremont, L.A.) improved last summer to 49-3 (50-3½w) in winning the National Junior Olympic title, and sailed a meet record 50-5¼ in the Sunkist Indoor Meet. Charles Mayfield (Muir, Pasadena) gets spread out over a number of events--he had a 50-11½ (52-9w) best in 1979. Their outdoor meetings could be a 1980 highlight. Ricky Holliday (Muir, Pasadena) spanned out 49-5 in the Sunkist meet (48-10½ outdoors in 1979). John Lea (St. Genevieve, Van Nuys) 47-0, Anthony Kelly (Barstow) 46-8 (47-1¾w), More Tomaso (Belmont, L.A.) 46-1, Tori Atkins (Walnut) 46-2¼ as frosh, and Rod Durant (Cajon, San Bernardino) 46-1½ are all back with fine marks.

Womens Southern California [CIF-SS and L.A. City]

SPRINTS

m = meter time.

A couple of experienced real flyers return here-Bridgette Blackburn (Cajon, San Bernardino), Marbella Washington (Centennial, Compton), and Sherri Howard (Kennedy, Granada Hills). Howard will most likely opt for open competition during the year, but Blackburn and Washington both return with top honors from 1979. Bridgette was the Southern Section champ and fifth in state with a 10.86 (10.72w) 100 yard best as frosh. Marbella was the Section 220 champ and gained international experience for the American junior team against the Soviets with her 10.8 (10.81w)-24.02m bests. Sherri turned 10.72-24.43m sprint bests. Faye Paige (Long Beach Poly) was sixth in state off her 24.43 220 best as a soph. (11.0w also). Blackburn's team-mate, Roxanne Jackson (Cajon) cranked 24.5, and Sherri's sister, Deneen raced 24.61m in 1979. An instant star should Latanya Dawkins (Dorsey, L.A.) who blazed 11.7m (12.01mw)-24.41m-57.51m bests at Muir Junior High in Los Angeles last year for the Long Beach Comets. Renee Chambers (Riverside Poly) returns at 11.0-25.01, and Kati Peterson (West Torrance) 11.0-25.3 ran well as a frosh.

• 440--(m-400 meter time, all others are 440 yard times)

Sherri Howard (former San Gorgonio, now Kennedy of Granada Hills) raced 51.09m at altitude last summer and hopes for an Olympic team spot-her sister Deneen seems to have joined her in her Muhammad Ali Club competition, she returned at 53.82m. Should the Howard duo go the club route it would throw the event wide open. Faye Paige (Long Beach Poly) is rapidly developing, and improved her summer soph best of 55.83m already this winter to 55.20m. Roxanne Jackson (Cajon, San Bernardino) 56.46, Monica Elleby (Fremont, L.A.) 56.67 as soph., Kelly Churchman (Rio Mesa, Oxnard) 57.32 as frosh, Renee Chambers (Riverside Poly) 57.49.

ience. Other fine returnees include Shelly Hazlett (Saugus) 4:42.0m, Michelle Mason (Buena, Bentura) 4:44.4m, Dee Dee Deegan (Alemany, Mission Hills) 5:05.4i, Sheila Van Steenberg (San Marino) 5:06.9 as frosh, Anabelle Villanueva (Fountain Valley) 4:42.1m-5:07.0, Lori Lopez (Sacred Heart, Los Angeles) 4:44.0m, Kathy Kiernan (Los Amigos, Fountain Valley) 4:47.9m, Nancy Jessen (Dana Hills) 5:08.4, Margaret Spotts (Redondo) 5:08.6, Lisa Sellon (Bonita, LaVerne) 4:48.1m, and Leslie Pratt (Edison, Huntington Beach) 4:49.6m.

• 3000 METERS-TWO MILES

m = 3000 meter time.

Another super group is back here. State Champion Lisa Scaduto (Santa Monica) put in her first Cross-Country season this fall and brings back 9:46.0m-10:35.0 bests. Su Mei Lee (Eisenhower, Rialto) is coming off a strong AAU Cross-Country season with 9:37.7m-10:21.7 best (6th in state two mile 1979). Vickie Cook (Alemany, Mission Hills) is the fastest two mile returnee at 10:20.7. Therese Ebner (Bishop Amat, La Puente) 10:32.8, Anabelle Villanueva (Fountain Valley) 10:41.7, and Michelle Mason (Buena, Ventura) 10:50.6 all ran well as sophs. in 1979. Lori Lopez (Sacred Heart, L.A.) 10:06.7m-11:02.5, Kathy Kiernan (Los Amigos, Fountain Valley) 10:07.9m, Vivian Metzger (Rio Mesa, Oxnard) 11:02.6, Denise Ball (Newbury Park) 10:17.5m, and Joelin Fisher (Costa Mesa) 11:10.5 will seek improvement to join the area's top group.

• LOW HURDLES

A very competitive group will tangle in 1980. Susie Ray (Villa Park) was fourth in state off a 14.19 best-Marlene Harmon (Thousand Oaks) was also a finalist at Sacramento off a 14.15 best. Thelma Harmon (Valley, Santa Ana) raced a 14.24 as a soph. Tracy Hanlon (Edison, Huntington Beach) is back with a 14.33 clocking. Faye Paige (Long Beach Poly) rates here also off a 14.43 best, and Laura Mills (University, Irvine) churned 14.47 to round out a top group.

• HIGH-JUMP

A group of high-flyers returns for 1980. Ellen Fargo (Crescent Valley, La

• DISCUS

Kathy Kahn (San Luis Obispo) 139-0 and Barrie Greer (Romona, Riverside) should vie for area honors. Others back include Donna Hollingsworth (Chaffey, Ontario) 124-3, Debbie Hiner (Paso Robles) 121-10, and Wendy Bradshaw (Saugus) 116-7.

SAN DIEGO SECTION

by Jeff Rigdon

In the boys' division, San Diego lost quite a bit of talent to graduation last year. Even though graduation hit hard, there still is talent to talk about. For instance, Shawn O'Neal (Oceanside) with a 1:54.0 and 4:12.6 to his credit, leading a large list of new good distance runners. In the field events, there are several athletes to watch. In the pole vault, is Tom Venho (Romona) at 14-2, David Brewer (Grossmont) and Bob Avant (Valhalla) at 14-0. Other field eventers, include Mike Heintschel (Escondido) at 6-7 in the high jump and Mark McKinney (Bonita Vista) at 22-5 in the long jump. Boys' teams worth watching are Morse and Helix.

While the boys were graduating last year, the girls just moved up a year in experience. San Diego lost several standouts from last year, but many talented girls will return. In the sprints are Tracy Scott (Crawford) at 11.0 and 24.8 and Chris Cooksey (Hoover) at 11.1. An interesting note is that, besides winning the San Diego Section

100 and 220 last year, Tracy Scott was a top runner on Crawford's Cross Country team placing 9th at C.I.F. Finals. In the distances, Terrie Brown (San Pasqual) 5:11.2 and 10:49.8 and Sue Gelley (Monte Vista) 10:59.5 lead a strong group of distance runners. In the field events, Sue McNeal (Carlsbad) a 6-1 high jumper, returns for her senior season. Top girls teams to watch are Vista, Morse, and Crawford.

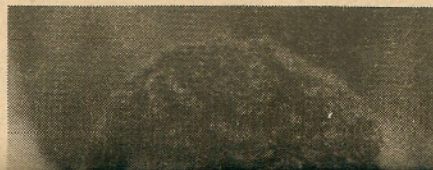
Other individuals:

BOYS. Sprints-Kevin Shields (San Diego) 9.8. **Distances**-Shawn O'Neal (Oceanside) 1:54.0, 4:12.6; Scott Rivera (Serra) 9:20; others, Sean Evans (Henry), Adam Parra (Helix), Frank McNally (Hilltop), Javier Sandoval (Monte Vista), and Rollie Wingo (Point Loma). **Field Events**-David Brewer (Grossmont) 14-0; Bob Avant (Valhalla) 14-0; Tom Venho (Romona) 14-2; Mike Heintschel (Escondido) 6-7; Mark McKinney (Bonita Vista) 22-5.

GIRLS. Sprints-Tracy Scott (Crawford) 11.0, 24.8; Chris Cooksey (Hoover) 11.1. **Distances**-Julie Hawkes (San Digoito) 2:19.3; Ases Knott (Mission Bay) 5:06.5; Karen Chamberlein (San Marcos) 5:09.4; Susi Tanner (Vista) 5:12.9; Sue Gelley (Monte Vista) 10:59.5; Anna Muceus (Vista) 5:10.4, 11:12.6; Terrie Brown (San Pasqual) 5:11.2, 10:49.8. **Field Events**-Sue McNeal (Carlsbad) 6-1; Sue Compton (Marian) 131-10 discus; Rhonda Whitlow (Vista) 18-0; Chris Mose (El Cajon) 17-10; Eve Selis (University) 18-3.

SPOTLIGHT ON:

HENRY ANDRADE



the idea of a girl trying and thinking she could beat me."

Looking ahead the 18 year old senior wants to win the State Meet in both the highs and lows and make a Junior National Team. As for college following his senior year, he says, "The University of Florida has good football and track and are the only other place with weather like California. I hate the cold. UCLA is a big school but I don't want to go there."

Comets. Renee Chambers (Riverside Poly) returns at 11.0-25.01, and Kati Peterson (West Torrance) 11.0-25.3 ran well as a frosh.

• 440--(m-400 meter time, all others are 440 yard times)

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• 880--(m-800 meter time, all others 880 yard times)

State runner-up Louise Romo (North Torrance) brings back a 2:11.5 best and is an aggressive runner who will be tough for anyone to handle in 1980. All-around star Sharon Hatfield (Fountain Valley) exploded with a 2:13.9m in a Winter All-Comers. Stacy Kneeshaw (Foothill, Santa Ana) returns at 2:14.3m, but has favored the mile lately. Nancy Jessen (Dana Hills) 2:15.7, Tina Howard (Kennedy, Granada Hills) 2:16.1, Kerri Cerda (Melodyland, Anaheim) 2:16.1, Diane Harrell (Palos Verdes) 2:17.3, Leslie Pratt (Edison, Huntington Beach) 2:17.3m, and Vivian Metzger (Rio Mesa, Oxnard) 2:19.0 all bring back good marks.

• 1500 METERS-ONE MILE RUN

m = 1500 meters time.

A large number of stars return here. State runner-up Vickie Cook (Alemany, Mission Hills) 4:29.0m-4:51.6 was nipped by Sue Mei Lee (Eisenhower) 4:30.3m in the Sunkist Indoor in February. Stacy Kneeshaw (Foothill, Santa Ana) 4:53.3, Lisa Scaduto (Santa Monica) 4:57.9, and Diane Harrell (Palos Verdes) 4:59.5 return with state meet exper-

ience. Tracy Scott (Crawford), Tammie Valley 10:17.9m, Vivian Metzger (Rio Mesa, Oxnard) 11:02.6, Denise Ball (Newbury Park) 10:17.5m, and Joelin Fisher (Costa Mesa) 11:10.5 will seek improvement to join the area's top group.

• LOW HURDLES

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• HIGH-JUMP

A group of high-flyers returns for 1980. Ellen Fargo (Crescenta Valley, La Crescenta) at 5-9 was second in the Southern Section. Natasha Smith (Locke, L.A.) at 5-8 will lead the city group. 5-8 leapers Stacy Newman (Agoura) and Katrina Johnson (Marshall, Pasadena), Reena Wright (Miraleste, Palos Verdes) 5-7, Paula Jones (Mission Viejo) 5-6½, and Sharon Hatfield (Fountain Valley) 5-6 head the other returning.

• LONG JUMP

Marlene Harmon (Thousand Oaks) 19-3 is the top area leaper. Sabrina Pendleton (Mission Viejo) 19-0½ and Alice Franklin (Valley, Santa Ana) 18-10¼ (19-¼w) challenge from Orange County. Wendy Gray (Marshall, Pasadena) 18-10¾, Denise Woodard (Hemet) 18-8, and Caroline Sheppard (Cajon, San Bernardino) 18-5 return with fine marks. Others include Yvette Brumfield (Crenshaw, L.A.) 18-2¾ and Joanna Harper (Fremont, L.A.) from the City.

• SHOT PUT

State Meet Record Holder Susie Ray (Villa Park) at 50-6½ will look around for competition. Yolanda Fletcher Crenshaw, L.A.) 43-1, Patty Taylor (West Torrance) 40-4¾, and Julie Green (Fountain Valley) 40-3¾ are also back over 40 feet. Kathy Kahn (San Luis Obispo) 39-9½ and Barrie Greer (Ramona, Riverside) 39-1 double here and the discus.

talented girls will return. In the sprints are Tracy Scott (Crawford) at 11.0 and 24.8 and Chris Cooksey (Hoover) at 11.1. An interesting note is that, besides winning the San Diego Section

200m, Sammie (San Diego) 11.1, Sandra Whitlow (Vista) 131-10 discus; Rhonda Whitlow (Vista) 18-0; Chris Mose (El Cajon) 17-10; Eve Selis (University) 18-3.

SPOTLIGHT ON:

HENRY ANDRADE



HENRY ANDRADE: Hiram Johnson (Sacramento) High School, senior. Age 17. 5-10 tall, 150 pounds. Born April 17, 1962. Also competed for Sacramento High School and Clover Park High in Tacoma, Washington.

Best Marks: 120 yard high hurdles- 13.7 (79); 330 yard low hurdles- 36.3 (79); 440 yard dash- 48.5 (78). Coached by Eural Smothers.

After false starting in the highs Henry Andrade's third place finish in the State Championships 330 lows was a moral victory. It was also a big deal for Hiram Johnson High School in that it was the first ever place in the State Meet for the Sacramento school.

Henry's been running track a long time. "In elementary school we would have races on the blacktop and I'd win," Henry said. "This girl was good and she thought she could beat me. I didn't like

the idea of a girl trying and thinking she could beat me."

Looking ahead the 18 year old senior wants to win the State Meet in both the highs and lows and make a Junior National Team. As for college following his senior year, he says, "The University of Florida has good football and track and are the only other place with weather like California. I hate the cold. UCLA is a big school with a long tradition and is the best school in the country. I've heard Kansas always has good teams, but don't know much about them." He mentions he is interested in architecture and music. "I was on the Gong-Show with a group called T.T. Experience. I play trombone. I'm a good song-writer and hope to compose an album one day."

He generally likes to start a track season, "slowly, and build to a peak," he says. "Peak is a hard word to describe. It may be misleading at times. But my times tend to drop towards the end of the year. I think that's a good thing. My 3 years have started slow in high school. My motto is to be the best I can be at the time."

One person, in particular, has been inspirational for Henry: "Renaldo Nehemiah. I think we have similar personalities. I look like him. People say I run hurdles like him. He's an Aries and so am I. He's tough. He's high class. I like to consider myself in those terms."

Training:

Monday- 5x330 all out. **Tuesday-** 3x220 fast pace. Go over 5 flights of hurdles up and back working on form with little rest. Sprint 220 or 110 at end. **Wednesday-** Relay practice and lots of stretching. **Thursday-** Track meet. **Friday-** Relay practice and stretching. **Saturday-** Major meet. **Sunday-** 2x550 & 2x440 with little rest.

MARCH

MAR 15: St. Patricks Marathon & Mini. Porterville, 8 am. Dr. Allen Nelson, 900 S. Main, Porterville 93257. (209) 781-3130.

MAR 15: CRE Prediction Run. 3 miles. Clovis, 7:30 am, Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

MAR 15: Mormon Battalion 1/2 Marathon. JoAnn Autenreib (714) 274-3894.

MAR 15: Northridge Relays. Bill Webb, Track Coach, California State University, Northridge 91330.

MAR 15: St. Patrick's Day Shamrock Run. 10 kilo, Griffith Park, 8 am. Dane S. Johnson, P.O. Box 91136, Los Angeles 90009.

MAR 16: Heart of Palm Spring 10 Kilo Run. Palm Springs, 8 am. Keenan F. Barber, MD, 72-282, P.O. Box 1639, Palm Desert 92260. (714) 346-8109.

MAR 16: Pleasant Hill 10 Kilo Run. Diablo Valley College, 10 am. Pleasant Hill 10 Kilo, 105 Emmerson Ct., Pleasant Hill 94523 (415) 939-9330.

MAR 16: St. Patrick Day 5 Miler. Sacramento, 11 am. Bill Britten, 2412 J St., Sacramento 95816. (916) 442-3962.

MAR 16: Santa Monica Mountains 50 Mile Relay. 5-man & 1-man team. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 842-5360.

MAR 16: USC Women's All Corners. Sherry Calvert, USC Women's Athletics, Heritage Hall, Los Angeles 90007. (213) 741-7693.

MAR 16: Gym Bag 50 Kilo. Oceanside Pier. (714) 729-8971.

MAR 21-22: Martin Luther King Games. Stanford University.

MAR 22: Robinson Memorial. Joe Sciame, 1305 North Orchid St., Lompoc 93426.

MAR 22: Meet of Champions. UC Irvine.

MAR 22: Bank of America PACE 10 Kilo. Mission Bay Info. Center (714) 464-4752.

MAR 22: Jug to the Club Run. 10 kilo, Visalia, 10 am. KJUG Country FM 107, 3205 S. Mooney Blvd., Visalia 93277.

MAR 22: Nike/Catalina Road Run. 5.97 mile, Avalon. Siga Albrecht, 197 Via Trinita, Aptos 95003.

MAR 22: Queen Mary 10 Kilo Run. Long Beach. Ron Allice, Long Beach City College, 4901 E. Carson, Long Beach 90808.

MAR 22: Stockton 10 Kilo. Mieke Grove Park, 10 am. Mrs. Albert Flor, 1528 Seward Way, Stockton 95207. (209) 477-4549.

MAR 22: Piedmont Park 5 & 10 Kilos. 9 am. Sharon Smith, 58 Lake View Ave., Piedmont 94611. (415) 547-1912.

MAR 29: Grand Opening 10 Kilo Run. Corcoran, 9 am. Corcoran YMCA, 900 Dairy Ave., Corcoran 93212.

MAR 29: Great Dirt Track Meet. Cal State Los Angeles. Track Coach, California State University, 5151 State University Dr., Los Angeles 90032.

MAR 29: Escondido Cross Country 10 Kilo. Kit Carson Park. Bob Daniel (714) 743-5410.

MAR 29: Torrey Pines Natural High 15 Kilo. Ann Pyle (714) 755-0469.

MAR 30: USC Women's Invitational. Sherry Calvert, USC Women's Athletics, Heritage Hall, Los Angeles 90007. (213) 741-7693.

MAR 30: Central Valley YMCA Double Marathon. Sequoia Lake to downtown Fresno. Dave McGarry, Central Valley YMCA, 2424 Stanislaus, Fresno 93721. (209) 268-4251.

MAR 30: Run for the Walk of Fame 10 Kilo. Hollywood. Valorie Keene, Hollywood Chamber of Commerce.

MAR 30: PA-AAU Women's 10 Kilo Championship. Tentative. Site TBA. West Valley Track Club, P.O. Box 1551, San Mateo 94401.

MAR 30: Buffalo Stampede. 10 miles, UC Davis, 10 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

MAR 30: Huddart Park Hill Run. 7 1/2 miles. Canada College, Redwood City. Woodside Striders, 1251 Hudson St., Redwood City 94065. (415) 368-1095.

MAR 30: Pinole Marathon. Pinole Valley High School, 8 am. Steve Justice, 2192 Owens Court, Pinole 94564. (415) 758-1023.

MAR 30: "Run for Life" Marathon & Half Marathon. Davis, 8 am. Marjorie Cuthbert, P.O. Box 449, Sacramento 95802. (916) 441-1138.

MAR 30: SRI Chinmoy 13 Mile Run.

SCHEDULE

Please send scheduling information directly to California Track News at P.O. Box 6103, Fresno, CA 93703.

Schedule is subject to change; please verify date with meetdirectors before traveling to an event. Keep in mind that some events require advance entries. It is a good idea to include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

APR 6: Easter Celebration Jog. Fresno. Harry Harder, 761 W. Palm, Reedley 93654 (209) 638-5007.

APR 6: Conejo 10 Kilo Run. Newbury Park. Connie Rodewald, 852 Sharon Dr., Camarillo 93010

APR 10-12: Bakersfield CC Relays. Memorial Stadium.

APR 11-12: Bruce Jenner Classic. San Jose City College Stadium.

APR 12: Arcadia High School Invitational.
APR 12: George Allen 5 & 10 Kilo Runs. Pajos Verdes, 8:30 am. March of Dimes, 1111 So. Central Ave., Glendale 91204. (213) 956-8565.

APR 12: Women's Woodward Park Run. Fresno, 1.4 & 3.0 miles. Ron Gates, 3220 E. Huntington Blvd., Fresno 93702. (209) 237-3572.

APR 12: Natural Light Half Marathon. San Diego. Laurie Kohler, One Memorial Dr., St. Louis, MO 63102.

APR 12: Clearlake Marathon & 20 Kilo. Lakeport, 8 am. Entries must be post-marked by April 5. Marathon, 875 Lakeport Blvd., Lakeport 95453.

APR 12: UC Riverside Invitational. Chris Rinne, Athletic Dept., University of California 92521.

APR 12: Vietnam Veterans 15KM. De-Anza Cove, San Diego, 8 am. John Muir (714) 292-7243.

APR 13: Chevy-TV 10 KM. Del Mar Fairgrounds, San Diego. Tom LaPuzza (714) 271-7033.

APR 13: Apple Juice Run. 6.2 miles, Sebastopol, 10 am. Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95472. (707) 823-3032.

APR 13: Richmond-San Rafael Bridge Run 6.4 miles, 8 am. Greg Dabel, 1276 A St., Hayward 94541. (415) 886-3113.

APR 13: Herc-Dynamite Run. 4 miles, Hercules School, 10 am. Steve Justice, 2192 Owens Court, Pinole 94564. (415) 758-1023.

APR 19: Tierrasanta Kiwanis 10,000 Meter Spring Run. San Diego area. Face Director, 5555 Tortuga Ct., San Diego 92124.

APR 19: Tony To The Trials Run. 10 Kilo. Ron Koch, Athletic World, 711 E. Shaw, Ste. 109, Clovis 93612. (209) 298-3969.

APR 19: Magical Musical Marathon & Half Marathon. Sacramento, 7 am. Elizabeth Jensen, 2408 J St., Sacramento 95816. (916) 442-7223.

APR 19: Lake Merritt Couple's Relay & Fun Run. 10 Kilo, 9 am. John Notch, 230 Marlow Dr., Oakland 94605.

APR 19: Livermore 8.56 Mile Run. 10 am. Nick Winter, 40453 Dolerita Ave., Fremont 94538. (415) 422-6215.

APR 19: Woody Wilson Relays. UC Davis. John Pappa, Athletic Dept., University of California, Davis 95616.

APR 19: Saddleback Valley 10 Kilo. 8:30 am. Debbie Babish, Recreation Coordinator, Saddleback Valley School District, 19631 Diseno Dr., Mission Viejo 92691. (714) 768-0981.

APR 19: Mt. SAC Relays Marathon. Also 1/2 marathon. Walnut-Pomona, 7 am. Douglas E. Hamilton, 691 Wellesley Dr., Claremont 91711. SASE.

APR 19: CRE Prediction Run. 5 kilo, Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

APR 19-20: Knott's Berry Farm Clinic and 10 Kilo Run. Buena Park. Jake McKinney, Knott's Berry Farm, Public Relations Dept., 8039 Beach Blvd., Buena Park 90620. (714) 630-8545.

APR 20: Diet Pepsi 10 Kilo Run. Lake Yosemite Park, Merced, 9 am. Diet Pepsi, P.O. Box 2068, Merced 95340. (209) 722-4131.

APR 20: Optimist Club of Encino 10 Kilo. Rand Pinsky, 15760 Ventura Blvd., Encino 91436. (213) 986-5414.

APR 20: River Relays. Lompoc.

APR 26: Olympic Development Pentathlon. Santa Barbara. Sam Adams, Athletic Dept., University of California, Santa Barbara 93017. (805) 961-2133.

APR 26: SCAA Women's Collegiate Conference Championships. Cal Poly Pomona. Women's Track Coach, Cal Poly Pomona, 3801 W. Temple Ave., Pomona 91768.

APR 26: Visalia Spring Run. 5 & 10 kilo. Visalia Runners, 1527 Vassar Dr., Visalia 93277. (209) 733-1655.

APR 26: Scats Olympic Fund Run. 10 kilo, Huntington Beach, 9 am. Steve Russell, 5822 Research Dr., Huntington Beach 92649. (714) 897-7750.

APR 26: Conejo Valley Days. 10 kilo, 8 am. Kathy Bauwens, 668 Los Vientos Dr., Newbury Park 91320.

APR 26: Race for Kennedy Presidency 10 Kilo. Balboa Park, San Diego, 7 am. Vicki Roberts (714) 755-8666.

APR 26: Y-ild Run Half Marathon & 3 Mile Fun Run. San Diego Wild Animal Park. Palomar YMCA (714) 745-7490.

APR 26: San Jose National Invitational. San Jose State University.

APR 27: Reedley 10 Miler. David Bronzan, 1173 W. Eymann, Reedley 93654.

APR 27: Mt. Diablo Disturbance Handicap. 6.6 miles, Mt. Diablo State Park, 9 am. April 10 entry deadline. Jack Kirk, Star Route, Mariposa 95338.

APR 27: American Canyon Cross Country Festival. 2 & 7 miles, Napa, 9 am. Robert Glowiente, 609 Kilpatrick, American Canyon 94590. (707) 552-6692.

APR 27: Long Beach Invitational. Cal State Long Beach, Cliff Abel, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

APR 30: Wednesday Evening in the Park 5 Miler. Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

APR 27: Gamma Phi Beta 10 Kilo. Rosebowl, Pasadena, 9 am. Mrs. Martha Brown, 850 Cumberland Road, Glendale.

APR 27: St. Johns Hospital & Health Center 10 Kilo. Marina Del Rey, 8 am. Dr. Peter Gall, Attn: Community Affairs, St. John's Hospital and Health Center, 1328 22nd Street, Santa Monica 90404.

APR 27: SPA 50 Kilo Championship. Los Posas Hills, 6:15 am. 31.1 miles. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

APR 27: Santa Rose Valley 16 Mile Run. Los Posas Hills, 6:15 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAY

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MAR 22: NorCal 10 & 3. Redding, 10 am. Jim Fisher, 1347 Walnut St., Redding 96001. (916) 243-7900.

MAR 22: Westmont College Relays. Santa Barbara. Small college meet. Russel Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108.

MAR 22-23: McDonald's Star Event Clinic. UCLA. Don Baird (714) 630-8329.

MAR 22-23: UCSB Decathlon — Pentathlon. Santa Barbara. Sam Adams, UCSB Dept. of Athletics, University of California, Santa Barbara 93106.

MAR 23: Vichy Springs Runs. Silverado Country Club, Napa. 2 & 4 miles. Silverado TC, 1267 Walnut C66, Napa 94558.

MAR 23: Sharp Hospital Rehab. Center ½ Marathon. Neil Finn (714) 267-2441.

MAR 23: Northern California Seniors Track Club Masters 5 Mile. Lake Merced, 11 am. Jack Bettencourt, 136 Dundee Dr., S. San Francisco 94080. (415) 755-9681.

MAR 23: Harbor 10 Kilo Jamboree. Newport Beach, 9 am. Dr. Fred Owens, c/o March of Dimes, 111 W. Dyer Rd., Suite 10-G, Santa Ana 92707.

MAR 23: Catalina Marathon. Catalina Marathons Finishers Association, 197 Via Trinita, Aptos 95003.

MAR 29: Roeding Park 6 Miler. Fresno. Frank Delgado, 1560 N. Durant Way, Fresno 93728. (209) 233-3631.

MAR 29: Pride of the Foothill Spring Run. 5 & 10 Kilo and ½ marathon. Glendora, 8 am. Jack Cosby, 415 W. Carrol Ave., Suite 201, Glendora 91740. (213) 335-8483.

MAR 29: Job's Daughters Benefit Run. 5 & 10 Kilo. Oxnard, 8 am. Terry Shook, 2014 Snow Ave., Oxnard 93030. (805) 485-5274.

Fresno. Steve McGarry, Central Valley YMCA, 2424 Stanislaus, Fresno 93721. (209) 268-4251.

MAR 30: Run for the Walk of Fame 10 Kilo. Hollywood. Valorie Keene, Hollywood Chamber of Commerce.

MAR 30: PA-AAU Women's 10 Kilo Championship. Tentative. Site TBA. West Valley Track Club, P.O. Box 1551, San Mateo 94401.

MAR 30: Buffalo Stampede. 10 miles, UC Davis, 10 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

MAR 30: Huddart Park Hill Run. 7½ miles. Canada College, Redwood City. Woodside Striders, 1251 Hudson St., Redwood City 94065. (415) 368-1095.

MAR 30: Pinole Marathon. Pinole Valley High School, 8 am. Steve Justice, 2192 Owens Court, Pinole 94564. (415) 758-1023.

MAR 30: "Run for Life" Marathon & Half Marathon. Davis, 8 am. Marjrie Cuthbert, P.O. Box 449, Sacramento 95802. (916) 441-1138.

MAR 30: SRI Chinmoy 13 Mile Run. Foster City, 8 am. Sundari Michaelian, 1548 Ocean Ave., San Francisco 94112. (415) 334-7554.

MAR 30: Olympic Open Track Meet. For clubs, men and women. 1:00. Mt. San Antonio College. Don Ruh, Athletic Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

APRIL

APR 1: Fresno TFA/USA Decathlon. Fresno State University. Red Estes, Athletic Dept., California State University, Fresno 93740. (209) 487-2167.

APR 3: So Cal CC Relays. Cerritos.

APR 3: Diablo Valley CC Relays. Pleasant Hill.

APR 5: Fresno State Invitational. Red Estes, Athletic Dept., California State University, Fresno 93740. (209) 487-2167.

APR 5: Sacramento Relays. Track Coach, Cal State University, 6000 J Street, Sacramento 95819.

APR 5: Nike U.S. Club Roadracing Championships. 10 kilo. Mission Bay, San Diego. Entries must be postmarked by Feb. 28. Nike/Club Road Champs, P.O. Box 10412, Eugene, OR 97440.

APR 5: Redwood City 10K. 10 am. Mike Porter, 2013 Broadway, Redwood City 94063. (415) 367-8151.

APR 5: UC Berkeley Women's Invitational. Vern Gambetta, Women's Athletic Dept., University of California, Berkeley 94720.

APR 5: San Diego Bonne Bell 10KM. Mission Bay, 9 am. Bonne Bell 10KM, P.O. Box 17509, San Diego 92117.

APR 5: Orange County Marathon. Pete Dowrey, 9593 Pettswood Dr., Huntington Beach 92646. (213) 963-0271.

APR 12: Natural Light Half Marathon. San Diego. Laurie Kohler, One Memorial Dr., St. Louis, MO 63102.

APR 12: Clearlake Marathon & 20 Kilo. Lakeport, 8 am. Entries must be postmarked by April 5. Marathon, 875 Lakeport Blvd., Lakeport 95453.

APR 12: UC Riverside Invitational. Chris Rinne, Athletic Dept., University of California 92521.

APR 12: Vietnam Veterans 15KM. De-Anza Cove, San Diego, 8 am. John Muir (714) 292-7243.

APR 13: Chevy-TV 10 KM. Del Mar Fairgrounds, San Diego. Tom LaPuzza (714) 271-7033.

APR 13: Apple Juice Run. 6.2 miles, Sebastopol, 10 am. Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95472. (707) 823-3032.

APR 13: Richmond-San Rafael Bridge Run. 6.4 miles, 8 am. Greg Dabel, 1276 A St., Hayward 94541. (415) 886-3113.

APR 13: Herc-Dynamite Run. 4 miles, Hercules School, 10 am. Steve Justice, 2192 Owens Court, Pinole 94564. (415) 758-1023.

APR 13: Run for Funds. 4 miles, Carmel-by-the-Sea, 8 am. Run for Funds, 15 Ring Lane, Carmel Valley 93924.

APR 13: Santa Anita Spring Classic. 5 & 10 kilo. Santa Anita, 8 am. Dennis Caldwell, 1525 Mesa Verde Dr., Costa Mesa 92626.

APR 13: Santa Monica 10 Kilo. 9 am. Santa Monica Parks and Recreation Dept., 1685 Main Street, Santa Monica 90401. (213) 393-0462.

APR 13: Glendale Distance Classic. 5 & 10 Kilo, 7 am. John Sporleder, c/o Glendale Guidance Clinic, 417 Arden Ave., Glendale 91203. (213) 244-7257.

APR 13: Run For Those Who Can't. Puente Hills Mall, 8 am. Margaret Fleming, ASPD, Puente Hills Mall, 449 Puente Hills Mall, City of Industry 91748. (213) 965-5875.

APR 13: Kaweah River Valley Run. Three Rivers, 8 miles. David Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.

APR 13: American River 50-Miler. Auburn to Sacramento, 7 am. Enter by April 1. Joe Sloan, 12657 Highland Dr., Auburn 95603.

APR 13: SPA All Comers/Pentathlon Champs. Women. Cal State Northridge, 10 am. Rich Ede, 1424 Lyoak Dr., Claremont 91711. (714) 624-1484.

APR 13: Boothe Park Ribbon Runs. Boothe State Park (Napa Valley), 10 am. 2 & 5.8 mile. Silverado TC, 1267 Walnut C66, Napa 94558.

APR 17-20: Mt. SAC Relays. Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 North Grand, Walnut 91789.

APR 19: West Valley Masters Track Meet and Mountain Charlies Great Chase. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

John Pappa, Athletic Dept., University of California, Davis 95616.

APR 19: Saddleback Valley 10 Kilo. 8:30 am. Debbie Babish, Recreation Coordinator, Saddleback Valley School District, 19631 Diseno Dr., Mission Viejo 92691. (714) 768-0981.

APR 19: Mt. SAC Relays Marathon. Also ½ marathon. Walnut-Pomona, 7 am. Douglas E. Hamilton, 691 Wellesley Dr., Claremont 91711. SASE.

APR 19: CRE Prediction Run. 5 kilo, Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

APR 19-20: Knott's Berry Farm Clinic and 10 Kilo Run. Buena Park. Jake McKinney, Knott's Berry Farm, Public Relations Dept., 8039 Beach Blvd., Buena Park 90620. (714) 630-8545.

APR 20: Diet Pepsi 10 Kilo Run. Lake Yosemite Park, Merced, 9 am. Diet Pepsi, P.O. Box 2068, Merced 95340. (209) 722-4131.

APR 20: Optimist Club of Encino 10 Kilo. Rand Pinsky, 15760 Ventura Blvd., Encino 91436. (213) 986-5414.

APR 20: River Relays. Lompoc. Perkins, 3304 Via Dona, Lompoc 93426.

APR 20: Moorpark Scramble. 5 & 10 kilo, Moorpark College, 8 am. Norm Chung, 280 Casey Rd., Moorpark 93021. (805) 529-1124.

APR 20: Fleischmann's Margarine 15 Kilo Race. Golden Gate Park, San Francisco, 10 am. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

APR 20: Run for Daylight. 10 Kilo, Lafayette, 10 am. Marian Lemke, 1341 East Newell Ave., Walnut Creek 94596. (415) 934-7640.

APR 20: Santa Clara Valley Spring Ridge Run. 6 & 10 miles, 1 pm. Ron Lundrum, 1201 Huntingdon Dr., San Jose 95129. (408) 252-0100.

APR 20: A Run for Your Life. 3 miles & 10 Kilo, San Marin High School, 10 am. Lee Strauss, 712 5th St., San Rafael 94901. (415) 454-1550.

APR 21: Boston Marathon. Hopkinton, Mass., noon. Entries must be received by March 10. Will Cloney, BAA Marathon, Box 223, Boston, MA 02199.

BOSTON MARATHON TOUR PACKAGE

For group rates and discounts on trip to Boston Marathon, contact Jack Leydig, P.O. Box 1551, San Mateo 94401.

APR 25: SWOS 5 Mile Race. Naval Amphibious Base, Coronado, 4:30 pm. Lt. Kikuta (714) 437-2846.

APR 26: SCAA Conference Women's Collegiate Championships. Cal Poly Pomona. Women's Track Coach, Cal Poly, 3801 W. Temple, Pomona 91768.

APR 26: Head Start 10 Kilo Run. San Diego area. Barbara Feilding (714) 233-4032.

State Park, Long Beach, Cliff Abel, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

APR 30: Wednesday Evening in the Park 5 Miler. Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

APR 27: Gamma Phi Beta 10 Kilo. Rosebowl, Pasadena, 9 am. Mrs. Martha Brown, 850 Cumberland Road, Glendale.

APR 27: St. Johns Hospital & Health Center 10 Kilo. Marina Del Rey, 8 am. Dr. Peter Gall, Attn: Community Affairs, St. John's Hospital and Health Center, 1328 22nd Street, Santa Monica 90404.

APR 27: SPA 50 Kilo Championship. Los Posas Hills, 6:15 am. 31.1 miles. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

APR 27: Santa Rose Valley 16 Mile Run. Los Posas Hills, 6:15 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAY

MAY 2: NorCal Women's Collegiate Invitational. UC Berkeley. Vern Gambetta, Women's Athletic Dept., University of California, Berkeley 94720.

MAY 3: Golden State Masters Meet. Porterville. Allen Nelson, Track Coach, Porterville College, 900 S. Main, Porterville 93257.

MAY 3: Northridge Invitational. Men. Bill Webb, Track Coach, California State University, 18111 Nordhoff, Northridge 91330.

MAY 3: Earthquake Runs. 1 mile and 10 Kilo. Hollister, 9 am. P.O. Box 337, Hollister 95023.

MAY 3: Southwest Women's Collegiate Invitational. UC Irvine. Jackie Grayboies, U.C. Irvine, Irvine 92717. (714) 833-6342.

MAY 3: Fountain Valley 5 & 10 Kilo Runs. 9 am. Chris Rochlen, 17427 Santa Isabel St., Fountain Valley 92708. (714) 842-2607.

MAY 3: San Diego Cinco De Mayo "Bullring-by-the-Sea" 15 Kilo Run. Rosemarie Shemanski (714) 429-5713.

MAY 4: Browns Valley Runs. 2, 4.25 and 8 miles. Napa, 9:30 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

MAY 4: Devil Mountain Road Run. 6.2 miles, Danville, 10 am. Nancy Lewis, P.O. Box 727, Alamo 94507. (415) 837-8030.

MAY 4: Inaugural 10 Kilo. Hollywood Park. Media Dept., Hollywood Park, P.O. Box 369, Inglewood 90306.

MAY 4: Love Run. 10 Kilo. Woodward Park, Fresno. Todd Levy, Muscular Dystrophy Association, 1347 N. Wishon, Fresno 93728. (209) 486-3420.

MAY 4: Rotary River Run. 3 & 6 miles. Firebaugh, 10 am. Ron Sani, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

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ONE STEP TO THE OLYMPICS

TWENTY FIRST ANNUAL 1980

DON'T MISS
THIS GREAT OLYMPIC YEAR
MEET
"THE WORLD'S FINEST" COMPETE
ON
SATURDAY
APRIL 19, 1980

Also

- April 16-17 INVITATIONAL DECATHLON
- April 17 COMMUNITY COLLEGES
- April 18 HIGH SCHOOL DIVISION
- April 19 UNIVERSITY-COLLEGES AND INVITATIONAL DIVISIONS
- April 20 WOMEN, GIRLS & MASTERS

MAY 10: Around the Bay in May 10 Mile Run. Newport Beach, 8 am. Newport Beach Runners Association, 1162 Dorset Lane, Costa Mesa 92626.

MAY 10: Avon Women's 30 Kilo Run. Rose Bowl, 8 am. Laslo Tabori, Avon Running, 2940 E. Foothill, Pasadena 91121.

MAY 10: Hart Park Handicap. 6 miles, Bakersfield. Ted Oliver, 3012 Crest, Bakersfield 93306. (805) 872-3707.

MAY 10: YMCA 2 Person 8 Mile Relay. Roeding Park, Fresno, 9 am. Dave McGarry, Central Valley YMCA, 1408 N Street, Fresno 93721. (209) 233-5737.

MAY 10: Woodlake Ledesma Memorial Run. 4.3 miles. Jess K. Garcia, 350 N. Valencia, Woodlake 93286. (209) 564-3347

MAY 11: Mothers Day Run. O'Neil Park, Fresno State University, Kathy Hardman, P.O. Box 539, Clovis 93612. (209) 299-8592.

MAY 11: The Great Berkeley Mother's Day Race. 5 & 15 Kilo. No other information available.

MAY 11: Redwood City's 10 Kilo Run. Mike Porter, 2013 Broadway, Redwood City 94063. (415) 367-8151.

MAY 11: Stanford Symposium & Fitness Run. 2 miles, 10 kilo and 7.8 miles. Jack Martin, 586 Lagunita Dr., Stanford 94305. (415) 321-2320.

MAY 11: UCLA Pepsi Invitational. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 652-4304.

MAY 11: Senior Olympics Marathon. Irvine.

MAY 14: Wednesday Evening in the Park 7 Miller. Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

MAY 16-17: PCAA Conference Championships. UC Irvine. Track Coach, University of California, Crawford Hall, Irvine 92717.

MAY 16-17: CCAA Conference Championships. Cal Poly San Luis Obispo. Steve Miller, Track Coach, Cal Poly University, San Luis Obispo 93407.

MAY 17: California Relays. Modesto. Tom Moore, P.O. Box 152, Modesto 95353.

MAY 17: Olympic Development Pentathlon. Women. Jim Hume, 1391 Broadway #4, Millbrae 94030. (415) 873-9519.

MAY 17-18: SPA Track & Field Championships. UCLA. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 926-5785.

MAY 17: CRE Prediction Fun Run. Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

MAY 17: Run to Fight Diabetes 10 Kilo. Wm. Mason Park, Irvine, 8 am. American Diabetes Assn. (714) 634-4912.

MAY 17: Striders Masters Relays. Cal Poly, Pomona. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91364. (213) 348-6352.

MAY 17: Synanon Mountain Run. Bad-

MAY 18: Las Posas Hills 10 Mile Run. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAY 18: Big Brothers of Greater Los Angeles 10 Kilo. Griffith Park, 8 am. John Miller, Big Brothers of L.A., 6404 Wilshire Blvd., Suite 1230, Los Angeles 90048. (213) 655-4880.

MAY 18: Big Brothers Fresno Run. 10 Kilo. Robert Sosa, 1235 South Winnery #224, Fresno 93727. (209) 251-3296.

MAY 21: Wednesday Evening in the Park 8 Mile. Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

MAY 21-24: A.I.A.W. National Championships. University of Oregon, Eugene. Tom Heinonen, Women's Athletics, University of Oregon, Eugene, OR 97403. (503) 686-3388.

MAY 22-24: N.A.I.A. National Championships. Abilene, Texas. Don Hood, Track Coach, Abilene Christian University, Station ACU, Box 8131, Abilene, TX 79601.

MAY 23-24: PAC-10 Championships. Seattle, Washington. Track Coach, University of Washington, Seattle, WA 98195.

MAY 23: Northern California Community College Championships. Pleasant Hill. Track Coach, Diablo Valley College, 321 Golf Club Road, Pleasant Hill 94523.

MAY 24: Southern California Community College Championships. Cerritos. Track Coach, Cerritos College, 11110 East Alondra Blvd., Norwalk 90650.

MAY 24: Sunrise Relays. 1.7 & 3.7 mile legs. Merritt College, Oakland, 9 am. Pete Shandra, 7849 Greenly Dr., Oakland 94605.

MAY 24: National Qualifying Meet. Long Beach State. Cliff Abel, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

MAY 24: Marathon Olympic Trials. Buffalo, New York. Rich Kendall, 1306 Statler Bldg., Buffalo, NY 14202.

MAY 24: Qualifying Classic. Fresno State. Dutch Warmerdam, Track Coach, California State University, Fresno 93740.

MAY 25: San Diego Cougar Womens Invitational. San Diego State. Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

MAY 25: Indian Gulch to Hornitos. 5 & 10 miles. Merced area. Frank Russell, P.O. Box 2462, Merced 95340. (209) 723-7276.

MAY 25: Brentwood 10 Kilo Run. Los Angeles, 9 am. Valerie Johnson, P.O. Box 49016, Los Angeles 90049.

MAY 25: TRAC 10 Miller. Moffett Industrial Park, Sunnyvale, 9 am. Trac Shac, 1238 Wolfe Road, Sunnyvale 94087. (408) 245-1381.

MAY 25: Ass to Ass Run. 13.2 miles. Santa Rosa, 8 am. Peter Shedler, 535 Summerfield Rd., Santa Rosa 95405. (707) 539-6322.

MAY 26: Pacific Association Track &

MAY 26-27: Southern California High School Decathlon. Mt. San Antonio College. Don Ruh, Athletic Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

MAY 28: Wednesday Evening in the Park 9 Miller. Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

MAY 29-31: N.C.A.A. Div. II Championships. Mt. San Antonio College. Track Coach, California State Poly Institute, Pomona 91768. (714) 598-4611.

MAY 29-30: N.C.A.A. Div. III Championships. Naperville, Illinois. Track Coach, North Central College, Naperville, IL 60540. (312) 420-3400.

MAY 30: San Diego Section C.I.F. Championships.

MAY 30: So. Section C.I.F. Masters Championships. Cerritos College. Dean Crowley, C.I.F. Office, P.O. Box 488, Artesia 90701. (213) 860-2414.

MAY 31: Oakhurst Race. Dave Hills, Oakhurst Sporting Goods, (209) 683-7336.

MAY 31: Los Angeles City C.I.F. Section Championships. Jim Cheffers, P.O. Box 307, Los Angeles 90051. (213) 625-6441.

MAY 31: Pacific Association Masters Championships. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

MAY 31: California Community College State Championships. San Jose. Steve Haas, Track Coach, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 298-2181.

MAY 31: San Diego Classic. San Diego State. Dick Hill, Track Coach, San Diego State University, San Diego 92182.

JUNE

JUN 1: Compton Invitational. Darnell Mitchell, 1111 E. Artesia, Compton 90221 (213) 635-8081.

JUN 1: Brooks Invitational. Berkeley. Ron Stanko, 601 Penn Square Center, 601 Penn St., Reading, PA 19601. (215) 376-2925.

JUN 5-7: N.C.A.A. Div. I National Championships. Austin, Texas. Track Coach, University of Texas, Austin, TX 78712. (512) 471-5602.

JUN 6-7: California State High School Championships. Berkeley. William Russell, CIF Office, 470 S. Patterson, Santa Barbara 93103. (805) 964-4724.

JUN 6-7: Community College State Decathlon Championships. Ray Kring, Track Coach, Allan Hancock College, 800 South College Dr., Santa Maria 93454.

JUN 8: USA Jr. & Sr. Pentathlon Womens Championships. Santa Barbara. Sam Adams, Athletic Dept., University of California, Santa Barbara 93017. (805) 961-3291.

JUN 8: SPA Womens Olympic Development Meet. University of Southern Calif.

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May 4: Avenue of the Giants Marathon. Entries accepted in order of postmark date, beginning February 1, 1980...2,000 maximum. Marathon, P.O. Box 214, Arcata 95521.

MAY 5-6: Southern Calif. J.C. Decathlon. Mt. San Antonio College, 10 am. Don Ruh, Athletic Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

MAY 6: Wednesday Evening in the Park 6 Miler. Golden Gate Park, San Francisco, 7 pm. Marin Racers, 1746 26th Ave., San Francisco 94122. (415) 661-1828.

MAY 9: Stanford Women's Classic. Women's Track Coach, Stanford University, Stanford 94305.

MAY 9-10: WAC Conference Championship. San Diego State University. Dick Hill, Track Coach, San Diego State, San Diego 92182.

MAY 9-10: West Coast Relays. Fresno. Dutch Warmerdam, Track Coach, Fresno State University, Fresno 93740.

MAY 9-10: NAI District III Championships. Biola College. Colin McDougal, Track Coach, Biola College, 13800 Biola Ave., La Mirada 90639.

MAY 10: Golden Gate Conference Women's Collegiate Championships. Humboldt State. Women's Track Coach, Humboldt State University, Arcata 95521.

MAY 10: Southern California Cheetah Invitational. Women. Mt. San Antonio College. Richard Lewis, 1440 Douglas Dr., Pomona 92717. (714) 622-5470.

MAY 10: Grandfather Games: L.A. Valley College. George Ker, 8220 Langdon #36, Granada Hills 91344. (213) 785-3770.

MAY 10: Golden State Women's 10 Kilo Run. Toro Park, Salinas, 9 am. Mary Kay Lewis, 364 Main St., Salinas 93901.

MAY 10: Guardsmen Angel Island Race. 4.8 miles. The Guardsmen Office, 12 Geary St., San Francisco 94115. (415) 989-6403.

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MAY 17: Striders Masters Relays. Cal Poly, Pomona. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91364. (213) 348-6352.

MAY 17: Synanon Mountain Run. Badger, 10 Kilo. Michele Gauthier, Box 139, Badger 93603.

MAY 17: Bayonet 7. Fort Ord. Dick Strombres, Hqs. Bn., HQ CMD, Fort Ord 93941.

MAY 17: San Juan Capistrano 10 Kilo. Donna Adam, 32506 Paseo Adelanto, San Juan Capistrano 92675. (714) 493-1171.

MAY 18: Mission Fiesta 6.5 Mile Run. Lompoc. John Perkins, 3304 Via Dona, Lompoc 93426.

MAY 23: California State University. 1250 Bellflower Blvd., Long Beach 90840.

MAY 24: Marathon Olympic Trials. Buffalo, New York. Rich Kendall, 1306 Statler Bldg., Buffalo, NY 14202.

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MAY 25: Ass to Ass Run. 13.2 miles. Santa Rosa, 8 am. Peter Shedler, 535 Summerfield Rd., Santa Rosa 95405. (707) 539-6322.

MAY 26: Pacific Association Track & Field Championships. Hayward State. Norm Guest, Track Coach, California State University, 25800 Hillary, Hayward 94542.

MAY 26: Memorial Day Run. Woodward Park, Fresno. Ron Gates, 3220 E. Huntington, Fresno 93702. (209) 237-3572.

MAY 26: Pacific Sun Marathon & 10K Race. College of Marin, Kentfield, 7:30 am. Lorna Cunkle, Pacific Sun Marathon, P.O. Box 553, Mill Valley 94941. (415) 383-4500.

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JUN 1: Compton Invitational. Darnell Mitchell, 1111 E. Artesia, Compton 90221 (213) 635-8081.

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JUN 8: SPA Womens Olympic Development Meet. University of Southern California. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 926-5785.

JUN 12-15: USA Track & Field Championships. Mt. San Antonio College, Walnut. Will Kern, Special Events, Los Angeles Times, Los Angeles 90053. (213) 972-5771

JUN 21-29: U.S. Team Trials. Eugene Oregon. Bob Newland, 1177 Melvina Way, Eugene, OR 97402. (503) 342-5611.



- ACI FIELD EVENT
ALL-WEATHER SURFACES
- PAINTING OF ALL-
WEATHER SURFACES
- STEEPLECHASE
CONSTRUCTION
- SURVEYING
PLATE INSTALLATION

**TRACK & FIELD FACILITIES
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So California T-F Diary

by BILL MINARIK

FEBRUARY 4

The L.A. Times Meet didn't produce much in the way of records, but there were some interesting match-ups and close finishes. Ron Livers of the Philadelphia Pioneers did notch a new American record in the triple jump with a 55'9 $\frac{1}{4}$ " effort while ageless George Frenn heaved the 35lb. weight over 69 feet to continue his dominance of that event. There was a class field in the High Jump, but you couldn't tell that from the results. Jacek Wszola of Poland won the competition with a mediocre 7'3 $\frac{1}{4}$ " as 7 of the 10 competitors no-heighted. On the track, Craig Masback scored a surprising win over Dr. Thomas Wessinghage in the mile, while Steve Scott had to run practically the entire two mile race alone in a vain attempt to break Steve Prefontaine's American record.

In the Community College Relays State meet favorite Long Beach CC looked tough despite being DQed in both events. In the sprint relay the Vikings almost came to a halt trying to make connections on a baton pass, yet were still first to the finish line, although guilty of a passing zone violation. In the mile relay, Ron Allice's crew locked horns with perennial power house Mt. SAC with the result being a photo finish. However, I never did find out who crossed the finish line first as the Vikes were tagged with an interference call coming down the stretch. It should be noted that the first 3 Community College Team in the University-College Division, so it looks like another banner year for the 2-Year Schools.

In the High School 2-Mile, La Canada's Andy DiConti has apparently

Bush will be retiring in a few years, at which time, distance coach Bob Larsen will assume the number one position.

FEBRUARY 11

The 1980 Outdoor Dual Meet season opened last week-end with an abbreviated schedule. In a rather unique confrontation, Mt. SAC CC hosted Pomona-Pitzer, Cal Poly Pomona, and Azusa Pacific in a non-scoring tussle. This may have been the first time that teams from NCAA Div II, NCAA Div III, NAIA and Calif CCs have met head on. Its nice to know that there are teams which are not all hung up on having to meet only schools within their own division. In that one, the host Mounties came out with most of the top marks; however, defending NAIA decathlon champ Gary Wise of A-P indicated he's ready for big things this year as he popped over the high jump bar at 6'10".

Further west at Glendale in another non-scoring affair between GCC and Pierce, strongman Joe Staub made his Community College debut a successful one with a nifty 60'0"-175'1" weight double.

FEBRUARY 21

The Sunkist was not only the biggest, but it was the only show in town last week-end as all other meets were losers to the rain. Biggest news at Sunkist was Houston McTear and Eamonn Coghlan, both of whom established meet records, with Coghlan and Steve Scott

inner-city who in turn persuades the top tracksters at his school to put in for the busing program to the Valley High School. Since no high schoolers are bused from the Valley to the inner-city, the high school in the Valley ends up with the best athletes of two schools, while the inner-city high school has relatively nothing. Another alleged scheme has athletes from one high school area taking up residency with "relatives" who live in an area which allows the athlete to attend another high school within the same district or in another district. In reality the addresses used by the athletes are set up by the coach as mailing addresses only with the athlete commuting from home each day. Two schools alleged to be hardest hit by these defections are Compton High and Blair High of Pasadena.

Another technique being used more frequently by some H.S. Coaches is that of Red-Shirting athletes when their age will allow for it.

I was very pleased with this years athlete of the year selections with one

exception; that being the womens open-collegiate X-Country winner. While both Maggie Keyes and Kathy Mintie had great seasons, Kathy destroyed every field she was in (including Maggie in the AIAW Regionals) with the exception of the AIAW nationals where she was suffering from food poisoning. There was no way Maggie could have beat Kathy straight up with both healthy at any time during the season. I think voters in this category may have been a little too hung up on the AIAW Nationals.

FEBRUARY 26

A lot of big names were in action the past week-end, which started out with a bang Friday night at the Jack-In-The-Box meet. There, Mary Decker smashed the world indoor 880 record with a 1:59.7 clocking in her continued recent assault on the record books. Larry Myricks also showed that he can do it indoors or out as he upped his own world record to 27'6". The biggest

"TOP OUTDOOR INVITATIONAL ON THE COAST"

13th Arcadia Invitational

ARCADIA INVITATIONAL
TRACK AND FIELD MEET
FOR

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In the High School 2-Mile, La Canada's Andy DiConti has apparently succeeded Jeff Nelson as the states premier prep distance runner as he destroyed a field that included virtually every big name in the state, while running easily to a 9:02.3 clocking.

In other track news, you Collegians who are sitting this season out because of bad grades may consider this. NCAA High Jump Champ, Nat Page of Missouri, who is scholastically ineligible, is suing the school for reinstatement on the basis of sex discrimination since his two sisters who are also at Missouri are competing for the Women's Team despite the fact they are in the same academic situation as Nat. The reason being the AIAW allows athletes on academic probation to compete, while the NCAA doesn't.

We were sorry to hear that Ventura College's popular coach, Tuck Mason, will have to sit out this track season. It seems Tuck was leading some team members in a distance run, when he was hit by an auto in a crosswalk and suffered a broken neck. We wish Tuck a speedy recovery and hope to see him back on the job next Fall. We understand Al Karashi, former Birmingham High Coach has taken over the coaching duties at Pierce College.

There's news out of Westwood, that UCLA has lost the services of distance runner, Robert Lusitana for track because of grades. There is also a rumor that Head Coach Jim

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The big news in the High School events was again, La Canada's Andy Diconti who cruised to a comfortable win in the mile over a classy field with a new meet record time of 4:10.5. In the 60, Edison's Kerwin Bell reversed a previous loss to Pasadena's Troy Dele-mar with another meet record of 6.33.

Many of you who live in the Los Angeles area may have seen the week-long series channel 4 did on the subject of recruiting by High Schools. While the program dealt primarily with baseball, basketball, and football it could have just as easily been on track if you can believe the rumors that have been floating around the streets lately. One of these rumors deals with the voluntary busing program that brings high schoolers from the inner-city to the San Fernando Valley. It seems that there is a disproportionate number of athletes making their way Northward to the Valley. One of the schemes allegedly used is where a high school coach in the Valley pays some of his after-school pay to a Junior High Coach in the

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"TOP OUTDOOR INVITATIONAL ON THE COAST"

13th Arcadia Invitational

Saturday — April 12, 1980

5:00 pm — Field Events 7:00 pm — Running Events

- 1979 meet featured 13 of 16 California Men's State Meet Champions.
- 11 of 13 1979 Women's State winners were at Arcadia.
- Open to all California Sections and selected neighboring state schools.

MEET RECORDS:

Men: 10.57; 21.2; 47.05; 1:49.9; 3:49.7; 8:12.7(3,000); 13.9; 36.9; 41.5; 3:13.1; 10:13.6(DMR); 7-0; 16-5; 24-10; 50-8¾; 66-10¼; 204-11.

Women: 11.57; 23.77; 53.70; 2:10.2; 4:31.8(1500); 9:53.1(3,000); 14.33; 46.6; 3:51.9; 12:14.0(DMR); 5-10; 20-4¾; 47-10; 154-6.

(metric distances, sprints fully electric Accutrack timed)

For Meet Information: Doug Speck, Doug Smith, or Mike Gordon
Arcadia High School
180 Campus Drive
Arcadia, CA 91006
(213 445-7507)

surprise of the night was Veteran sprinter Eddie Hart's decisive victory over Houston McTear in the 60.

Outdoors, only those meets scheduled on all-weather tracks were held, as So. Cal. was still drying out from the bath it took from the recent series of storms. There was a big get-together of miscellaneous teams down at Troy as USC dedicated its new all-weather facility. The Trojans 400 meter relay team properly christened the running track with a new collegiate record of 38.69 despite a bad pass. Also in that race was Long Beach CC which gave the rest of the state something to think about with a 40.02 clocking. In the 1600 relay however, the Vikings had to take a back seat to Pasadena CC which clocked 3:11.5 in posting a 10 yard victory over Ron Alice's crew in what may have been a preview of their big dual meet March 21 at Pasadena.

Further north at Westwood, UCLA made its spring debut, and as expected the Bruins showed great dual meet potential. However there is a question as to whether they have enough big meet competitors to seriously challenge for the NCAA title. Only Greg Foster, Anthony Curran, Andre Phillips, Jeff West, Steve Ortiz, Marc Anderson (decathlon) and the relay teams appear capable of scoring at the big meet. I was a little disappointed to see Jim Bush line up such a weak opposition the first time out. U.C. Irvine is rebuilding from the ground up, while Redlands couldn't beat most high school teams, which accounted in part for UCLA winning every event. The Bruin gals also made their debut an impressive one against the L.A. Mercuresses, Santa Monica CC and Redlands.

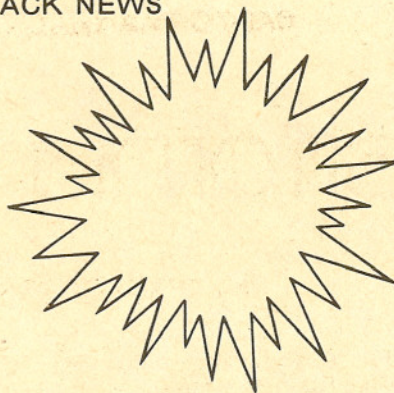
For those of you who figured Grossmont would no longer be a Community college power since Bob Larsen has departed, you might reconsider. It seems the Griffins have acquired the services of Ed Tucker as Head Coach effective immediately. You long time CC fans will remember Ed as the coach who brought Glendale CC its first state track championship in 1959. Ed coached at Glendale up to 1966 when he was succeeded by John Tansley. After leaving that position he coached at

U.S. and its allies, with the entire group abiding by the decision of the majority. 2) if a boycott is undertaken by the group, then an alternative games should be set up at a mutually desirable site, so that the athletes who have prepared so long for the competition should not be made to suffer.

MARCH 4

There was a full week-end of track activity locally and probably none was more exciting than the Community College's Metro Conference Relays which began things Friday afternoon at El Camino College. While billed as the conference relays, I think the stadium announcer called it, when he said it looked like a dual meet between Long Beach and Pasadena. After posting some impressive field event marks, the Vikings started fast in the shuttle hurdles and kept it up en route to a 58.6 clocking, while PCC hung tough

Continued on page 17.....



**SAN DIEGO:
Stronghold of
Women Runners**

NEW YORK -- The city of San Diego is a U.S. stronghold in running, particularly among women, according to a

study published in a leading magazine for runners and those with an interest in running ("The Runner").

The magazine rated four San Diego area residents among the top 50 women runners in the nation. They are: Laurie Binder, age 32, Solana Beach, ranked eighth; Sue Krenn, age 29, San Diego, ranked 15th; Sue Petersen, age 35, Laguna Beach, ranked 17th; and Debbie Lewis, age 25, Solana Beach, ranked 34th.

Overall, the state of California had 12 women among the top 50 -- three times as many as Massachusetts, which was second.

In a listing of "50 Elite Races," San Diego tied for the lead as hosts of three -- the Mission Bay Marathon (Jan. 13), L'eggs/YWCA 10,000 Meter Run for women (Feb. 18), and America's Finest City Half Marathon (Aug.).

Other cities with three apiece were New York and Boston.

San Diego (pop. 1.7 million) is ranked the 20th largest city in the U.S., New York is first (pop. 9 million), and Boston is sixth (pop. 3.9 million).

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TUTTLE'S TRACK TOPICS

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Mother Inspired to Run by Her Daughter's Efforts

by GARY TUTTLE

One day in 1967 at the Simi High School track, a group of mothers were

clapping and yelling so loud for me that I became hooked on competing."

Margarat's life changed that day, and running faster became a goal in her life. She began to spend more time running, and "my life revolved around running." Luckily for Margarat and her marriage, her husband Demetrio was "equally in love with running."

Over the next ten years, Margarat and Demetrio became a common sight at races. Both runners improved quickly, and both consistently walked away with age-group awards.

"Thanks to Demetrio's support,"

75 miles a week, but has plans to hit a 100 miles a week in preparation for this year's Boston Marathon where she has planned to run her first sub 3:00 race.

Over the last few months, Margarat has been running under the tutelage of local coach, Eino. Eino has her running 50 yards to one mile-intervals twice a week. Recently, Margarat ran one of her best workouts ever. After a short warm-up, she ran 5 times one mile, all between 6:01 and 6:15, with only a two minute rest between each. This is a terrific workout for an over 50 year old woman.

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Every so often, a scheduling conflict comes along where two outstanding meets end up on the same day. Such is the case this year as the Bruce Jenner Classic and the Bakersfield Relays coincide. For most community colleges, these two meets along with Mt. SAC and Fresno rank as the highlight of the invitational season, thus, the choice of which one to go to has left many coaches with what some describe as the most difficult decision regarding scheduling they have ever had to make.

With all the controversy surrounding the US Olympic participation, I thought it only fitting that my opinion in the matter be made for the record. However, since there are good arguments for and against the U.S. competing, I'll leave that question to the readers. What concerns me most is the method of arriving at a boycott decision and a remedy for athletes effected if a boycott is undertaken. I suggest that: 1) any decision regarding an Olympic boycott should be made jointly by the

Mother Inspired to Run by Her Daughter's Efforts

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One day in 1967 at the Simi High School track, a group of mothers were sitting in the stands watching their daughter training with the Simi Valley Striders. During a lull in the training, the girls' coach goodnaturedly suggested that the mothers get out on the track and get some exercise while they waited.

Sitting in the stands that day was Thousand Oaks resident, Margarat Miller. On that day, Margarat was an "out-of-shape", forty-two year old mother of three, who was destined to become a super-star in distance running.

Margarat must have been a pitiful sight as she took her first few steps in her running career. Margarat quickly "realized how bad of shape I was in when I couldn't make it once around the track." Fortunately, the diminutive (5'3" & 94 lbs.) beginner had a large will, and was determined to put forth the effort necessary to get into shape.

After six months of jogging, Margarat was able to go four miles without stopping, and at that point was content to just maintain her level of fitness. After a year of jogging, a turning point came in her career when she was persuaded to run in a four mile race. Margarat says in her quiet, Scottish accent, "I ran because they were awarding 8 trophies and only 7 women were running." Margarat finished 7th in a slow 42 minutes, but "everyone was

clapping and yelling so loud for me that I became hooked on competing."

Margarat's life changed that day, and running faster became a goal in her life. She began to spend more time running, and "my life revolved around running." Luckily for Margarat and her marriage, her husband Demetrio was "equally in love with running."

Over the next ten years, Margarat and Demetrio became a common sight at races. Both runners improved quickly, and both consistently walked away with age-group awards.

"Thanks to Demetrio's support," Margarat has now become the holder of several age-group world records, and as Demetrio and hundreds of other men who she consistently beats will attest to, she can run!

Men of all ages are highly motivated not to let a woman beat them. At a road race, you can usually tell when the first woman is approaching the finish line, because for several seconds prior to the women, men will be sprinting like mad for the finish line.

More than one runner has said, "the day a girl beats me, I quit!" Margarat has probably ended many running careers as her 94 lb., 53 year young body, finished ahead of men and women runners. Most runners realize that it no disgrace to finish behind Margarat.

Margarat's personal times are not only age group records, they are good for runners of either sex some thirty years younger. Margarat has run the mile at 50 years of age in 5:51, the 10KM in 39:05, the 15KM in 63:56, and at age 53, a marathon in 3:04.58. Margarat's 3:04 marathon was only her seventh marathon, and she improves her time nearly everytime she races. In Margarat's own words, she's "not older, but better."

Margarat's improvement hasn't been easy, and has taken years of hard training. Margarat has been averaging

75 miles a week, but has plans to hit a 100 miles a week in preparation for this years Boston Marathon where she has plans to run her first sub 3:00 race.

Over the last few months, Margarat has been running under the tutelage of local coach, Eino. Eino has her running 50 yards to one mile-intervals twice a week. Recently, Margarat ran one of her best workouts ever. After a short warm-up, she ran 5 times one mile, all between 6:01 and 6:15, with only a two minute rest between each. This is a terrific workout for an over 50 year old woman.

Margarat feels with workouts like these and some injury free months of running, she will reach some of her future goals. Her future goals are not those of the average adult approaching 54 years. Besides running a sub 3:00 marathon, and lower her mile time, Margarat hopes to "continue to enjoy running and competing for many years to come."

As running has grown in popularity, so has Margarat's opportunities. Many race directors invite Margarat to compete in their races at their expense. Recently, she has agreed to wear one brand of shoes exclusively, and the shoe company has agreed to supply her with free equipment, and fly her to several races around the world.

One of the trips will have special meaning to her. On August 8th, she will be flying to Glasgow, Scotland, for the 1980 International Marathon Championships. Glasgow was Margarat's home for the first 18 years of her life, and she has "two brothers, and hundreds of relatives" which she hasn't seen in 8 years.

Between now and next August, Margarat will be running and running well in at least a dozen county races. To some runners she will continue to be, "that damn woman who keeps finishing just ahead," but to most, she will be "an inspiration to us all."

INDOOR Action

L.A. Times

by Richard Lee Slotkin
with Bruce Thompson

Feb. 1, 1980. Inglewood, Ca. The 21st Los Angeles Indoor Games.

There was supposed to have been an anti-Russian demonstration in front of the Inglewood Forum, but by the time got there at 7:00PM, there was no sign of it. So, right from the start, the evening was turning out to be less than advertised. There was, in fact, a demonstration by members of the Muhammad Ali Track Club. Apparently, they came, made their statement and left without causing much excitement. This seemed to set the tone for the rest of the evening. Steve Scott had no real competition in the 2 mile, Francie Larrieu scratched in the 1500m, the high jump was a disaster with only 3 jumpers getting over the crossbar at all and even the mile was won with a sluggish 4:04.7. The Forum's track is known to be slow, but we didn't know there was anything wrong with its high jump and pole vault crossbars.

Still, it wasn't a total loss. Sue Brodcock set a world record in the mile walk and Ron Livers got a U.S. record in the triple jump.

There were also a couple of spills, which is not unusual for an indoor meet. In the women's 60-yard hurdles final, Jodi Anderson went down pretty hard and after being attended to for several minutes, she was carried to the training room where her right leg was iced. It turned out to be nothing serious. I saw her two days later working out at the

photo by Richard Slotkin

Santa Monica College track with no sign of problem. She had gone into a very pronounced lean at the tape in an attempt to nip the Russian Yekaterina Smirnova for 3rd, not quite making it. The other spill was in the men's 60-yard hurdles and under similar circumstances. Russian Andrey Prokofyev lost control at the tape as he and Dedy Cooper went neck and neck, Cooper taking his 3rd straight Times win by an eyelash. Cooper had to come from behind and it wasn't until the final hurdle that he caught Prokofyev. Prokofyev's teammate Aleksande Puchkov went down with a sprained right ankle, but it didn't seem serious, and when he got to his feet and left the track, he got the usual polite round of applause.

Returning to the women's hurdles for a moment, Debbie LaPlante was a fairly easy winner, but she wasn't satisfied. She has been training for only 3 weeks following an operation. Her heat time was faster and she was only *second* in her heat. She said that in the final she and Jodi Anderson bumped and she then hit a hurdle, probably accounting for the slower time. Still, she felt that beating Anisimova, who had to settle for 47.4, (Tatyana Anisimova of the USSR), indoors was no big deal. She wants to beat her outdoors... "where it counts."

Early in the two mile Steve Scott almost had to swerve to avoid hitting a U.F.O. It wasn't really a U.F.O., it was just triple jumper Ron Livers exploding for a meet and U.S. indoor record of 55-9¼. Livers, who, with a little luck, looked like he might have jumped clean out of the pit and onto the track, was

photo by Richard Slotkin

ahead at 54-11¼ when he exploded. His jump proved to be one of the few highlights of a rather uneventful meet.

The open two mile looked like it might be a great race with Steve Scott going for Steve Prefontaine's 8:20.4 American record. Scott, as usual, charged to the front and quickly built up a big lead. At a mile and a half he had a half lap lead over Larry Lawson, who won this event last year by nipping Henry Rono at the tape. Still not fully recovered from unjuries and bouts with the flu, Lawson was nipped himself in the final yards by Finland's Ari Paunonen, who had been dogging him the whole way. Lawson's coach had told him to go out with the leaders. "What if they go out in 4:10?" he asked. He was told to still stay with them...drop to 4:11 or 4:12 or so but maintain contact. As a matter of fact, Scott went by the first mile in 4:11.4, but neither Lawson nor anyone else was maintaining contact, Lawson the closest at 4:18.4, with Paunonen two tenths of a second behind him.

After having been right on pace for 1¼ miles Scott realized that between a slow track and nobody challenging him, he wasn't going to get a record, and he cruised the last ¾ of a mile to finish 6 seconds ahead of Paunonen and Lawson.

Scott said later that he wasn't in much better shape than at the Muhammad Ali Meet (where he did the equivalent of a sub 8:25 two mile in the 3000 meters) but that was the first meet of the year for him so he was hyped up and also it was a faster track. Scott also commented that he trained through this meet and he is just getting in a lot of miles right now (as evidenced by his Beverly Hills 10K win and his 7th place finish at the A.A.U. Cross Country Champion-

The men's 600 went down to the wire with UTEP's George Mehale taking the lead from Gerald Masterson with 120 yards to go. Masterson was a world class middle distance star at Ouachita Baptist in Arkansas and now runs for the Santa Monica T.C. He and Mehale went into the lead after hurdler Dedy Cooper and Grant Niederhaus went out front with an early burst. At the 440, Masterson was running in front, just a yard or so ahead of Mehale, but then he began to tire...a parting gift from a recent bout with the flu and swollen tonsils...and Mehale took over about halfway through the bell lap. Niederhaus, facing the prospect of finishing last, found his afterburner switch and passed Cooper and Dele Udo, of Maccabi Union, for 3rd.

The women's side of the meet was also quiet, the highlight also coming in a jump as in the mens events. Kathy McMillan's 21-0¼ in the long jump was a meet record and was only 4½ inches off the national record. Gwen Loud of U.C.L.A. (and formerly of Westchester High School) finished 2nd with a jump of 20-3½. Deby LaPlante, as described earlier, won the 60 yard hurdles in 7.78 over Yekaterina Smirnova of the Soviet Union who was timed in 7.83. Ellen Wessinghage duplicated her husband's feat as she finished 2nd in the 1400 after leading much of the race. All Virkberg of Finland ran Wessinghage down in the last 70 yards, to win a slow 4:25.6 ahead of Wessinghage's 4:26.5. Freshman Linda Goen of U.C.L.A. finished strong to save 3rd. As a high-school senior last year, Goen had a tough time with the big girls, but now, with a semester of College experience, she is showing that she can run with the best.

Larrieu scratched in the 1500m, the high jump was a disaster with only 3 jumpers getting over the crossbar at all and even the mile was won with a sluggish 4:04.7. The Forum's track is known to be slow, but we didn't know there was anything wrong with its high jump and pole vault crossbars.

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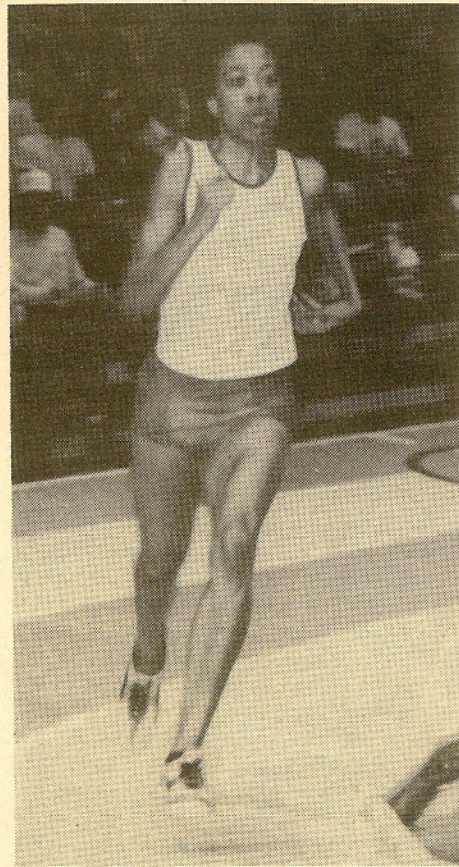


LINDA GOEN

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ROBIN CAMPBELL

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After having been right on pace for 1¼ miles Scott realized that between a slow track and nobody challenging him, he wasn't going to get a record, and he cruised the last ¾ of a mile to finish 6 seconds ahead of Paunonen and Lawson

Scott said later that he wasn't in much better shape than at the Muhammad Ali Meet (where he did the equivalent of a sub 8:25 two mile in the 3000 meters) but that was the first meet of the year for him so he was hyped up and also it was a faster track. Scott also commented that he trained through this meet and he is just getting in a lot of miles right now (as evidenced by his Beverly Hills 10K win and his 7th place finish at the A.A.U. Cross Country Championships).

Craig Masback took the mile in a time of 4:04.7 beating, among others, Thomas Wessinghage. Masback took the lead about 5 laps into the race (11 laps to the mile) and held the lead for about 3½ laps until Wessinghage grabbed the lead. Ray Wicksell, with Steve Scott taking time out from interviews to cheer him on, then got the lead from Wessinghage. Masback then regained the lead about a half a lap later and kicked a strong last lap to beat Wessinghage by one second. Todd Harbour of Baylor, passed the fading Wicksell in the last 20 yards to take third in 4:06.5, ahead of Wicksell's 4:07.1.

In other men's competition, Curtis Dickey won the 60 yards in 6.0 (hand timed) over Eric Brown and followed that up by easily winning the "You Gotta be a Football Hero 60" in 6.25 (automatic timing). Dedy Cooper defended his 60 yard hurdles title with a 7.18 win over Andrey Prokofiev of the Soviet Union who was also timed in 7.18. Prokofiev was one of the Soviet Union contingent invited to the meet. Greg Foster as a member of the Muhammad Ali T.C., boycotted the meet due to the Russians' presence at the meet.

James Robinson also set an American and World best for this year in the 1000 yards with a fine time of 2:07.9.

In the lone junior event, the boys two mile, Andy DiConte of La Canada H.S. crushed a fine field by over ten seconds in recording an excellent time of 9:02.3. The field, which reads like a who's who of great California high school distance runners also included John Frank of Central Valley (9:12.4, 2nd). Eric Sappenfield of Santa Barbara (9:12.7, 3rd), Jay Marden of Mission San Jose (9:14.0, 4th), John Butler of Edison (9:27.5, 5th), and Rich Read of Mission San Jose (9:29.9, 6th), Barasa Thomas of Santa Barbara and the L.A. City Section cross country champion Mark Emdee of Narbonne both went unplaced.

The 2 mile relay was something of a comedy of errors. Last year's winners, the Notre Dame team had a little problem with their first handoff and the baton went flying over the first turn of the banked track. The Irish runner went after it and got back into the race, and even made it close enough to be competitive after all. The prize, though, went to Santa Monica Track Club's Malcolm Cleary. After a series of injuries and other assorted causes of poor showings, Cleary came to run. And run he did taking the lead with about three laps to go, and really blazing. Unfortunately, he thought there were only 2 to go and when he didn't see teammate Don Frichtel waiting for the handoff, his heart sunk and exhaustion

photo by Dave Stock

photo by Dave Stock

began to go through him like ink in a blotter. Struggling every step, he fell to last place while Notre Dame took the lead, only to blow it with the botched handoff. With 2 laps to go in the second leg, Frichtel unleashed a turbocharged kick and took the lead. He handed off to Mark Rafferty, having built up a several yard lead. Rafferty was challenged but held a step or two lead over UTEP, now in second place. That left it up to anchor Johnny Gray. Gray ran most of way with a 3 to 5 yard lead, but on the last lap the UTEP anchor made his move. Gray's long loose stride was too much for him, and he held his lead and even extended it down the last 30 or so yards. Notre Dame recovered enough to take third, though they were 10 seconds back to UTEP...about the two-thirds of the time it took to retrieve that blankety-blank baton.

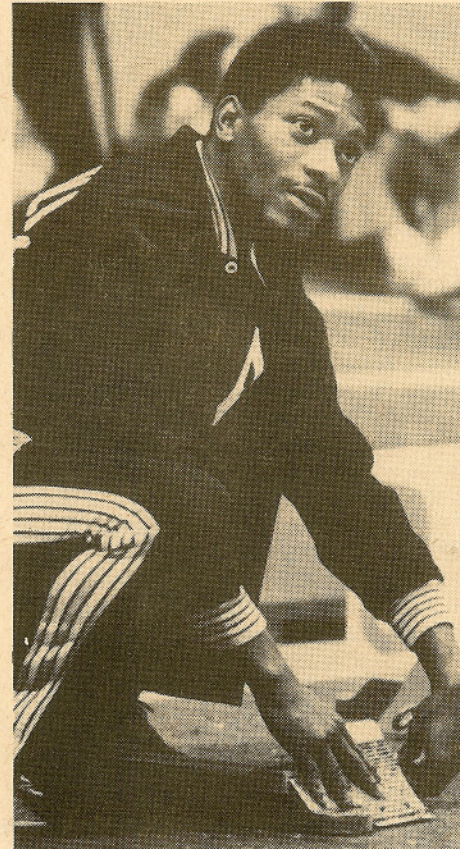
The women's 500 yards was club workout for the L.A. Mercuresses. All 3 entries were from that club. Gwen Gardner won it wire to wire, but at about the middle of the 3rd lap it looked as though she hit the wall. The big lead she built up began to disappear as Brenda Peterson edged up, with Deanne Gutowski making up some of the gap between her and Peterson. The trio got pretty tight towards the end, but Gardner held out and got the win. Anyway, it was all in the family.

Two of the more exciting events were the walks. Normally the walks are track's equivalents of what in boxing they call the crowd chasers: the bouts after the main event, when everyone is heading for the exits. That's where the walks usually rate...not that they should, they just do. Not tonight, though. Despite the fact that about half the crowd was gone or on its way, the walkers got as big a rise as anyone all evening out of those who were either

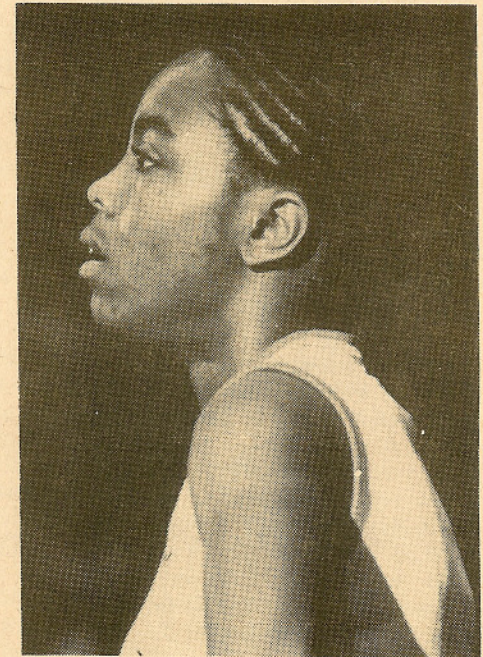
smart enough, or lucky enough, to still be on hand. Sue Brodock, uncorked another gold-plated performance and got herself a new world record in the women's mile. Her 6:58.4 broke Chris Shea's 1979 record by an eyeflick, and broke the meet record by 8 seconds. The old meet record was held by...Sue Brodock. The crowd sounded like it was still a full house...and there were as surprisingly large percentage still there. ...as the yellow clad lady from the Southern California Roadrunners showed her stuff. A teammate, Esther Lopez was second with a respectable 7:19.3, and 9 seconds back of her was Paula Kash.

The men's mile, which preceded the women's mile was won in an exciting finish by Jim Heiring, of the U. of Chicago T.C., in a meet record of 5:57.5. Heiring had been chasing Ray Sharp since early in the race and just when it looked as though sharp had won, he was disqualified. Ya' gotta keep both feet on the ground, buddy!

Athletes of the meet were Ron Livers for his outstanding performance in the triple jump, and Kathy McMillan for her meet record in the women's long jump. Her 21-0¼ broke a record set way back in 1965 by Great Britain's Mary Rand. Anyone remember that outstanding athlete? I haven't checked the records, but it seems as though there might be some kind of a first with two jumpers getting the outstanding performance awards. Not to take anything away from Livers and McMillan, who deserve the recognition, it is something like the pull-out guard getting the MVP in the Super Bowl. Well, we said this was not the most exciting of the Times Indoors.



HOUSTON McTEAR



EVELYN ASHFORD

21st Annual Sunkist Invitational Track And Field Meet

by Richard Slotkin

February 5, 1980. Los Angeles Arena
Ca. 21st Annual Sunkist Invitational Track and Field Meet.

It was just a week later and many of the faces were the same. This was different though. The 21st running of the Sunkist was a very exciting meet, and a welcome change after the dull Times Indoor. The Times has had its

understood that they are there and that's it. So you can imagine the reaction in certain circles when Friday morning, before the meet, poor ol' Malcolm was identified in the sports section as the designated rabbit. For the whole town to see, yet. Cleary was not especially pleased with the publicity, but that was only the half of it, as you will soon see. Amazingly enough, not everyone who was there was aware of it because when Malcolm went out front and opened up a lead, he got quite a rise out of the crowd. Jan Edwards, who does some of the photography for me, was sitting next to a couple who were doping each event and really taking it seriously. When Malcolm took his position, they started to get excited and tried to figure out who he was. Jan put on her best conspiratorial look and whispered that she had it on "very high authority" that Malcolm was just in there to take the pack out fast and he'd probably drop out at the 880. They were a bit skeptical, but when it came

MEN

100—1. Dickey (Texas A&M), 6.0 (hand timed; 6:20 in heat); 2. Brown (UCLA), 6.1 (6.30); 3. Murakiev (USSR), 6.2 (6.32); Simmons (Angel's Flight Striders), false start (6.31 in heat).
400 HURDLES—1. Cooper (Bay Area Striders), 7:18; 2. Prokofiev (USSR), 7:19; 3. Puchkov (USSR), 7:19; 4. Florant (Inner City AC), 7:41 (7.32 in heat).
1000 (Race One)—1. Chernetskiy (USSR), 57.1; 2. Frazier (Phila. Pion-

25-0; 4. Robinson (SD Southeast Ghet-to Striders), 24-9¾; 5. Whitley (Maccabi TC), 24-4¼; 6. Ehizuelen (Maccabi TC), 24-0¼.
TRIPLE JUMP—1. Livers (Phila. Pioneers), 55-9¼ (American and meet record, old American mark, 55-8¾; Tommy Haynes, U.S. Army, 1976; old meet mark, 54-10½; Milan Tiff, Tobias Striders, 1977); 2. Connor (Britain), 54-4; 3. Marlow (Maccabi TC), 52-4¼; 4. Caldwell (unat, Los Angeles), 51-11½; 5. Dupree (Maccabi

WOMEN

MILE WALK—1. S. Brodock (Southern Calif. Roadrunners), 6:58.4 (world, American and meet record; old world and American mark, 6:58.9, C. Shea, Georgetown, 1979; old meet mark, 7:06.4; S. Brodock, Rialto Roadrunners, 1979); 2. Lopez (SC Roadrunners), 7:19.3; 3. Kash (Calif. Walkers), 7:28.4; 4. Dufour (Arizona TC), 7:31.2.
100—1. Fleetwood (SoCal Cheetahs), 6:55 (6.26 in heat); 2. Hopkins (Ingle-

Anyway, it was all in the family. Two of the more exciting events were the walks. Normally the walks are track's equivalents of what in boxing they call the crowd chasers: the bouts after the main event, when everyone is heading for the exits. That's where the walks usually rate...not that they should, they just do. Not tonight, though. Despite the fact that about half the crowd was gone or on its way, the walkers got as big a rise as anyone all evening out of those who were either

records, but it seems as though there might be some kind of a first with two jumpers getting the outstanding performance awards. Not to take anything away from Livers and McMillan, who deserve the recognition, it is something like the pull-out guard getting the MVP in the Super Bowl. Well, we said this was not the most exciting of the Times Indoors.

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It was just a week later and many of the faces were the same. This was different though. The 21st running of the Sunkist was a very exciting meet, and a welcome change after the dull Times Indoor. The Times has had its nights too, so we don't mean to put them down. But, where else can you have participating athletes toss a few fresh oranges up to you in the second tier from the arena floor?

That wasn't the only action, of course. There was Steve Scott being edged at the tape, as usual, by Eamonn Coghlan in the mile and making Coghlan work for every millisecond, also as usual. And there was the absolutely incomparable Henry Rono making a shambles of the 2 mile. Houston McTear, Franklin Jacobs and Mike Tully...Greg Foster and Deby LaPlante...for the most part, easy winners, yet exciting to watch even when they're tying their shoes.

The mile and the 2 mile were clearly the hot ones...the ones people put their money down for. They lived up to their promise. The little guy from Ireland, Eamonn Coghlan, wanted a new indoor record. Not only did he have Steve Scott to push him; not only did he have the fast Sports Arena track to run on; he also had, courtesy of the Santa Monica Tack Club, a very fast half miler in Malcolm Cleary, (not *Clary*, L.A. Times!), to pull him along for the first half of the trip. Now, we all know about rabbits, and those of you who have been reading this column for the past year or so know my views on them. Like them or not, it is sort of

Malcolm was identified in the sports section as the designated rabbit. For the whole town to see, yet. Cleary was not especially pleased with the publicity, but that was only the half of it, as you will soon see. Amazingly enough, not everyone who was there was aware of it because when Malcolm went out front and opened up a lead, he got quite a rise out of the crowd. Jan Edwards, who does some of the photography for me, was sitting next to a couple who were doping each event and really taking it seriously. When Malcolm took his position, they started to get excited and tried to figure out who he was. Jan put on her best conspiratorial look and whispered that she had it on "very high authority" that Malcolm was just in there to take the pack out fast and he'd probably drop out at the 880. They were a bit skeptical, but when it came to pass, they were ready to bet the mortgage on anything she told them.

Anyway, Malcolm did a job very well, taking the pack out in a 57.8 quarter. The "pack" was no bunch of guys named Joe, either. There were Scott and Coghlan, as we've said, and they were joined...chased, challenged, attacked...by Filbert Bayi of Tanzania, Dr. Thomas Wessinghage of West Germany, Wisconsin's Steve Lacy, now running for the Angel's Flight Striders, and Harald Hudak of West Germany. A class field, if there ever was one. At the quarter, following Cleary, were Coghlan, Bayi, Lacy, Wessinghage and Scott, in order, with Scott a second and a half back of Cleary and the others lined up between them. Malcolm turned it on a bit to go by the 880 in 1:57.6, having run a faster second quarter and pulling the pack at just the pace they needed for Coghlan to have a chance for a record. Coghlan was really moving at that point having taken the lead at the 880, a scant 4 tenths of a second ahead of Cleary, who then dropped out. Then Bayi went out front for a lap, only to have Lacy shoot out into the lead. At the 1320, it was Coghlan and now Scott right on Coghlan's shoulder. At the bell, Scott started his big move, but Coghlan was right

Continued next page....

MEN

60-1. Dickey (Texas A&M), 6:0 (hand timed; 6:20 in heat); 2. Brown (UCLA), 6:1 (6:30); 3. Murakiev (USSR), 6:2 (6:32); Simmons (Angel's Flight Striders), false start (6:31 in heat).

50 HURDLES—1. Cooper (Bay Area Striders), 7:18; 2. Prokofiev (USSR), 7:39; 3. Puchkov (USSR), 7:19; 4. Florin (Inner City AC), 7:41 (7:32 in heat).

300 (Race One)—1. Chernetsky (USSR), 57:1; 2. Frazier (Phila. Pioneers), 57:3; 3. I. Newhouse (Canada), 57:7; 4. B. Brown (Athletes in Action), (Race Two)—1. B. Williams (San 'n Stripes), 58:8; 2. Valiulis (USSR), 58:9; 3. Henley (Arizona St.), 59:1; 4. Simons (San Diego St.), 59:5.

600—1. Mehale (Texas El Paso), 1:12.0; 2. Masterson (Santa Monica TC), 1:12.8; 3. Niederhaus (Angel's Flight Striders), 1:13.2; 4. Cooper (BA Striders), 1:13.3; 5. Udo (Maccabi TC), 1:14.0.

1,000—1. Robinson (Inner City AC), 2:07.9; 2. Lech (Northeastern TC), 2:08.8; 3. Reindl (Canada), 2:10.7; 4. Kanchallah (Kenya), 2:12.6; 4. Wong (Taiwan), 2:16.5.

MILE—1. Masback (NY Pioneer Club), 4:04.7; 2. Wessinghage (West Germany), 4:05.7; 3. Harbour (Baylor), 4:06.5; 4. Wicksell (Sub-4 TC), 4:07.1; 5. Hudak (West Germany), 4:08.7; 6. Cummings (Pacific Coast Club), 4:09.0.

TWO MILE—1. Scott (Sub-4 TC), 8:37.2; 2. Paunonen (Finland), 8:43.4; 3. Lawson (Santa Monica TC), 8:43.7; 4. Tuttle (Team Inside Track), 8:47.6; 5. Heesen (Sub-4 TC), 9:49.7.

MILE RELAY—1. Stanford, 3:27.1; 2. UC Irvine, 3:28.5; 3. Cal Poly SLO, 3:28.8; 4. CS Northridge, 3:28.8; CS Long Beach disqualified.

JUNIOR TWO MILE—1. DiConti (La Canada), 9:02.3; 2. Frank (Central Valley), 9:12.4; 3. Sappenfield (Santa Barbara), 9:12.7; 4. Marden (Mission San Jose, Fremont), 9:14.0; 5. Butler (Edison), 9:27.5.

TWO-MILE RELAY—1. Santa Monica TC (Cleary, Frichtel, Gray, Rafferty), 7:33.0; 2. Texas El Paso, 7:38.6; 3. Notre Dame, 7:48.5; 4. Maccabi TC, 7:48.6; 5. Arizona St., 7:53.7.

YOU GOTTA BE A FOOTBALL HERO 60—1. Dickey (Texas A&M), 6:25; 2. Nelson (Stanford), 6:41; 3. Hooks (CS Northridge), 6:42; 4. Johnson (CS Long Beach), 6:60.

35-POUND WEIGHT THROW—1. Erehn (Maccabi TC), 69-0½ (meet record, old mark, 67-10; Pete Galle, Maccabi TC, 1979); 2. Connolly (Athletic Club of America), 55-9; 3. Green (Maccabi TC), 53-5.

LONG JUMP—1. Armour (unat, San Diego), 25-3¼; 2. Jackson (Arizona St.), 25-1¼; 3. Williams (Maccabi TC),

25-0; 4. Robinson (SD Southeast Ghetto Striders), 24-9¾; 5. Whitley (Maccabi TC), 24-4¼; 6. Ehizuelen (Maccabi TC), 24-0¼.

TRIPLE JUMP—1. Livers (Phila. Pioneers), 55-9¼ (American and meet record, old American mark 55-5½; Tommy Haynes, U.S. Army, 1976; old meet mark, 54-10½; Milan Tiff, Tobias Striders, 1977); 2. Connor (Britain), 54-4; 3. Marlow (Maccabi TC), 52-4¼; 4. Caldwell (unat, Los Angeles), 51-11½; 5. Dupree (Maccabi TC), 50-9½; 6. Tiff (Angel's Flight Striders), 40-10½.

POLE VAULT—1. Tully (New York AC), 17-6; 2. Slusarski (Poland), 17-6; 3. Hmtnaus (Angel's Flight Striders), 17-6; 4. Buciariski (Poland), 17-0.

HIGH JUMP—1. Wszola (Poland), 7-3¼; 2. Kofinek (Pacific Coast Club), 7-0; 3. Balkin (UCLA), 6-10; Curtis (Angel's Flight Striders), Yamamoto (Japan), Owens (Arizona St.), Kataepino (Japan), Embree (Greater Boston TC), Frazier (Arizona) and Jacobs (Fairleigh Dickinson), no height.

MILE WALK—1. Heiring (Chicago TC), 5:57.5 (meet record, old mark, 6:10.2; Don DeNoon, Southern Calif. Striders, 1966); 2. Walker (Angel's Flight Striders), 6:12.3; 3. Halber (Milwaukee Green & Gold), 6:34.5; 4. Boul-din (Bauchet St. Walkers), 6:41.7.

COMMUNITY COLLEGE

640 RELAY—1. Compton (K. Smith, Lockhart, A. Smith, Whymlins), 1:07.5; 2. Orange Coast, 1:07.8; 3. Trade Tech, 1:07.9; LBCC disqualified.

MILE RELAY—1. Mt. San Antonio (Nuecke, Goss, Newbill, Williams), 3:23.4; 2. Glendale, 3:25.0; 3. Compton, 3:33.3; LBCC disqualified.

WOMEN

MILE WALK—1. S. Brodock (Southern Calif. Roadrunners), 6:58.4 (world, American and meet record; old world and American mark, 6:58.9; C. Shea, Georgetown, 1979; old meet mark, 7:06.4; S. Brodock, Rialto Roadrunners, 1979); 2. Lopez (SC Roadrunners), 7:19.3; 3. Kash (Calif. Walkers), 7:28.4; 4. Dufour (Arizona TC), 7:31.2.

60-1. Fleetwood (SoCal Cheetahs), 6:55 (6:56 in heat); 2. Hopkins (Inglewood Panthers), 6:56; 3. Lynch (Los Angeles TC), 6:57; 4. Loud (LA Mercu-ettes), 7:02.

50 HURDLES—1. LaPlante (KCBQ TC), 7:78 (7:77 in heat); 2. Smirnova (USSR), 7:83; 3. Anderson (Los Angeles TC), 7:87; 4. T. Anisimova (USSR), 8:15 (7:73).

500—1. Gardner (LA Mercuettes), 1:06.0; 2. Peterson (LA Mercuettes), 1:06.5; 3. Gutkowski (LA Mercuettes), 1:07.0.

1,000—1. R. Campbell (Stanford TC), 2:27.6; 2. Mackle-Morelli (Canada), 2:28.9; 3. Weston (Oregon St.), 2:32.7; 4. Romesser (Aggie TC), 2:40.4.

1,500—1. Virkberg (Finland), 4:25.6; 2. Wessinghage (West Germany), 4:26.5; 3. Goen (UCLA), 4:28.0; 4. Caldwell (Loeschorn for Runners), 4:30.5; 5. Lee (Taiwan), 4:33.1.

MILE RELAY—1. LA Mercuettes (Paige, Washington, Gutowski, Gardner), 3:49.6 (meet record, old mark, 3:53.5; LA Mercuettes); 2. Los Angeles TC, 3:57.1; 3. USC, 4:15.7.

LONG JUMP—1. McMillan (Tennessee St.), 21-0¼ (meet record, old mark, 20-8; Mary Rand, Britain, 1965); 2. Loud (UCLA), 20-3½; 3. Smirnova (USSR), 20-2¼; 4. Crabtree (USC), 19-5¼; 5. Watson (Club International), 18-7¼; 6. Gouridine (UCLA), 18-5¼.



.....MORE INDOORS.....MORE INDOORS.....

there with him. As they passed Lacy and Bayi, it appeared that they were signaling some sort of thanks for the tremendous pace which had been maintained. Well, then came the usual: Crowd on its feet hollering itself hoarse, Scott turning on everything he had, Coghlan reaching down and finding that one more gear to shift into. So, there they were. Scott and Coghlan, all alone, coming out of the last turn, the little guy hugging the inside lane, the big one swinging to the second lane desperately trying to get the lead. With about 40 yards to go, Coghlan had a 1 or 2 yard lead. The little guy needed a meet record performance to keep his dwindling lead, and he got it with a 3:52.92. Just 3 tenths of a second off his own world record. Scott? Well, he chased Coghlan enough to bring himself a new American record of 3:53.0. Those two really bring out the best in each other, don't they? Bayi and Lacy took 3rd and 4th, respectively, both under 3:56., fine performances, but just about overlooked in the excitement of the standard Coghlan-Scott finish.

Interviewed after the race, Coghlan said that he probably could have broken the record if Malcolm had gone two more laps because he didn't want to take the lead that early. Ouch! Go do a guy a favor, huh? If Malcolm could have gone two more laps at that pace, he

would probably have won the thing himself. Well, maybe not. He did a good job of setting it up, and even the *L.A. Times*, which exposed him for all the world to see, gave him the credit he deserved.

The two mile run got the crowd pretty excited as Henry Rono ran off and hid from the rest of the field, which included Larry Lawson, who nipped him at the Times Indoor last year, Lawson's sub-4 miler S.M.T.C. teammate Gerald Jones, Dan Aldridge and Jim Schankel from Cal Poly SLO, and John Konigh and Dave Daniels of the Sub-Four Track Club, among others.

Kip Mivey played rabbit for the first 880, taking the early lead, with Rono right behind. At the 1320, Mivey was gone for the evening and Rono was out in front with Larry Lawson a tenth of a second behind. They went throughout the mile in 4:12.7, and Lawson, who is still not 100%, gamely hanging on a step or two behind. That's the way things went through a mile and a quarter. Then Lawson took it to Rono and grabbed the lead. At that point, Kip Koskei, from New Mexico was running third with Jones in fourth. Lawson held the lead for the next quarter. But at a mile and a half Rono threw the switch, on went the after-burners and he smoked a 59.3 quarter, opening up an 80 yard lead. From there

on it was all Rono and the crowd noise was almost deafening as everyone in the place was cheering him on to an 8:21.7 and world's fastest clocking for the year so far. While Lawson was tiring from his challenge to Rono and falling back, Koskei was being outkicked to the tape by Jones who knocked 20 seconds off his PR in the process. Lawson was 4th in 8:44.2 but he proved to be a more effective rabbit than Mivey. He made Rono go. Rono has gotten back in top form and the message is: Beware! He ran without even warming up: got to the arena too late. He says he expects to do an 8:16 in a month. [*He did an 8:15 only a week later at San Diego*].

Houston McTear was an easy winner in the 60 yards...so what else is new?...with a meet record time of 6:16. He led second place Eddie Hart, a former gold medalist, by a bundle as he blew open a very even start with a burst at the 10 yard point. After that, everyone went along for the ride and a shot at second.

The men's 500 was much closer. Maryland's Chris Person led all the way, only to be nipped at the tape by Herman Frazier of the Philadelphia Pioneers. Frazier was content to hang back and make his move on the final straight. It was close, however, that Person and Frazier were timed the same 56.5. Frazier does things like that. He did the same thing at the Jack-In-the-Box, as you will see in next month's CTN.

In the 880, Mike Boit set a meet record of 1:48.6. Boit led wire to wire. Mike White tried to go with him but all he managed to do was burn himself out, becoming a DNF. David Mack the former Locke H.S. star and now running for the U. of Oregon, ran very well, taking over second place after White died. But with two laps to go, Santa Monica Track Club's world class Gerald Masterson got it into high gear and moved into second, going hard after Boit. Masterson said he had gotten boxed in early and lost too much ground to make up on Boit, and had to settle for second with 1:49.6. Not bad either. Nor was Mack's 1:50.8. Boit, who is working on a doctorate at the U. of Oregon, said he felt a bit tired but his win was encouraging considering all

Last year it was almost heartrending watching Linda Goen running against the big girls, especially indoors where the laps are short and it doesn't take much to look as though you're miles behind...not to mention that everyone in the place can see exactly where you are. This year, though, things are different. After a strong 3rd in the 1500 in the Times Meet last week, she came back to take a first in the mile. The competition wasn't as strong, but there's doubt that her time at UCLA has paid off, and she's still only a freshman. Teammate Sheila Ralston trailed her by a few yards all the way. The UCLAN's opened up a 10 yard lead at the 440, and by the 1320 had stretched it out to 40 yards. At the bell little Linda broke away from even Ralston, coming in 4:45.7. Afterwards, she walked up to Sheri Roach, whom she had lapped, and apologized for "running her over" as she went by her. She had to wait around til Roach finished to do that. A nice touch, and a nice kid. All the UCLA team girls, at least those that I've met, seem to be like that. [*Please note, coach Chisam.*]

The girls high school mile, seeded, was a Sue Mei Lee - Vicki Cook affair most of the way. Lee went to the front with the early leaders and Cook was content to work her way up for the first few laps. With 4 laps to go, Cook looked as though she was just laying back and waiting to start a kick at the bell. With 6 laps to go, Lee was just behind Stacy Kneeshaw in second with Cook in a close 3rd. Cook looked as though she weren't working hard at all, while the others appeared to be pushing a bit. With 4 to go, Lee was in front, and Cook was right on her shoulder looking as though she could go by any time she wanted to. As it turned out, in the final lap, it was Lee who had the kick and she finished around 6 or 7 yards ahead of Cook, who was about 25 yards ahead of the rest of the pack. Cook later told me that with 4 laps to go she *did* feel good, but after that...bleeahhhh!

A bunch of new meet records were set, besides those already mentioned. These included.

☆ Junior College Mile Relay...Long Beach CC...3:20.5.

Cascade
Run Off

june 29, 1980

take the lead that early. Ouch! Go do a guy a favor, huh? If Malcolm could have gone two more laps at that pace, he

threw the switch, on went the after-burners and he smoked a 59.3 quarter, opening up an 80 yard lead. From there

Cascade Run Off



June 29, 1980

9 a.m.

PORTLAND
OREGON

PORTLAND'S 15 KILOMETER ROAD RACE

- REGISTER NOW for the 3rd annual 9.3 mile race through Portland's scenic waterfront, Old Town, Park blocks and lower West Hills.
- Internationally competitive field of runners.
- Past winners: Herb Lindsay, 1979; Gary Bjorklund, 1978, who set 15 Km U.S. record here with 44:06; Marty Cooksey, 1978, and Joan Benoit, 1979, who set former 15 Km world record here with 51:27.
- Selected one of TOP 15 American Road Races by Runner's World Magazine.
- Also, enjoy the U.S. Olympic Trials in Eugene the week prior to the race.

FOR REGISTRATION INFORMATION WRITE:
Cascade Run Off, 3500 First National Bank Tower,
Portland, Oregon 97201

He did the same thing at the Jack-In-the-Box, as you will see in next month's CTN.

In the 880, Mike Boit set a meet record of 1:48.6. Boit led wire to wire. Mike White tried to go with him but all he managed to do was burn himself out, becoming a DNF. David Mack the former Locke H.S. star and now running for the U. of Oregon, ran very well, taking over second place after White died. But with two laps to go, Santa Monica Track Club's world class Gerald Masterson got it into high gear and moved into second, going hard after Boit. Masterson said he had gotten boxed in early and lost too much ground to make up on Boit, and had to settle for second with 1:49.6. Not bad either. Nor was Mack's 1:50.8. Boit, who is working on a doctorate at the U. of Oregon, said he felt a bit tired but his win was encouraging considering all the pressure he is under from studies, lack of training and travelling to the meets.

There was plenty of action among the women also. Gwen Gardner went wire to wire in the 500 yards to set a meet record of 1:05.1...which was guaranteed because it was the first time the event was featured. Denean Howard, of the famous Howard sisters, made a move late in the race but Gardner held her off without too much trouble.

Deby LaPlante gave another of her lessons in hurdling as she also set a meet record in the 60 yard hurdles. Her time of 7.70 was over a tenth of a second ahead of Patty Van Wolvelaere, who is listed as a KCBQ TC teammate of LaPlante. The most notable thing about this race was that not one hurdle was knocked down.

A sort of upset in the 880 was registered by Robin Campbell who tied a meet record with 2:08.3, beating Jan Merrill by almost 2 seconds. Campbell and Ann Regan led for the first two laps. Merrill took over the lead, but at 500 yards with 2 laps to go, Campbell went back out in front and just plain outkicked her, opening up a 5 or 6 yard lead at the bell and holding it the rest of the way. After her big win at the Times last week, maybe this shouldn't have been such a surprise.

new laps. With 4 laps to go, Cook looked as though she was just laying back and waiting to start a kick at the bell. With 6 laps to go, Lee was just behind Stacy Kneeshaw in second with Cook in a close 3rd. Cook looked as though she weren't working hard at all, while the others appeared to be pushing a bit. With 4 to go, Lee was in front, and Cook was right on her shoulder looking as though she could go by any time she wanted to. As it turned out, in the final lap, it was Lee who had the kick and she finished around 6 or 7 yards ahead of Cook, who was about 25 yards ahead of the rest of the pack. Cook later told me that with 4 laps to go she *did* feel good, but after that...bleeahhhh!

A bunch of new meet records were set, besides those already mentioned. These included.

- ☆ Junior College Mile Relay...Long Beach CC...3:20.5.
- ☆ Boys Seeded Mile...Andy DiConti...4:10.5.
- ☆ Women's Sprint Relay...LA Mercurettes...1:10.7.
- ☆ Men's High Jump...Franklin Jacobs..7'6"...2nd best in the world this year.
- ☆ Men's 60 Houston McTear...6.16.
- ☆ Boys 60-yards Hurdles...Kerwin Bell..6.33.
- ☆ Boys Triple Jump..Freeman Miller...50'5 $\frac{3}{4}$ ".
- ☆ Boys 880...James Ison, Westchester HS...1:57.1.

In the Men's 60 yard hurdles, Greg Foster ran a hand timed 6.9, which appears to be a meet record, the old one being shown as 7.21, set by Dedy Cooper in 1978. Cooper got out ahead of Foster but hit the second hurdle and Foster took off to win by 10 yards. Cooper was timed the same as Sam Turner and they were shown as a tie. Anthony Campbell of USC made a solid strike on the first hurdle and went down. By looking up real quickly, he got to see the rest of the race from there.

Meanwhile all through the action, the high school competitors were raiding the big boxes of oranges placed here and there on the infield and there was a steady rain of them sailing into the seats where waiting hands eagerly waited. Wouldn't it be swell if some steak outfit sponsored a meet and had

barbeques crackling at various spots and...oh well...it would be nice though.. make mine rare please!

And finally, athletes of the meet were Deby LaPlante and Henry Rono.

SUNKIST INVITATIONAL HIGH SCHOOL

By Tom Feuer

Over the past decade the Sunkist Invitational has earned a reputation as one of the finest high school indoor track meets in the nation. Prior editions have served as a breeding ground for world class athletes like Dwight Stones, James Sanford, Dedy Cooper, James Owens, and James Lofton. This year's competition did not disappoint as outstanding performances by Freeman Miller, Andy DiConti, Michael Turner and Faye Paige highlighted the action at the Los Angeles Sports Arena.

Meet director Al Franken did a fine job in assembling the cream of the high school crop from the entire state of California. The evening's best event turned out to be the triple jump were (L.A) Fremont High School's Freeman Miller leaped a personal best and meet record 50-5 3/4 to triumph over an excellent field that included Muir's sensational duo of Charles Mayfield and Ricky Holliday.

It has been a meteoric rise to the top for Miller, who started out in the tenth grade as a high jumper ala Ron Livers. As a junior he culminated his first full year in the triple jump with a third place in the State Championships and a surprising victory in the National Junior Olympics this past summer where he bounded 50-3 1/2.

Mayfield, the multi-event star, who usually also competes in the high jump and long jump, couldn't get his act together at the Sunkist. As the Nations top returning triple jumper with a wind-aided mark of 52-9 (and a legal 50-11 1/4), Mayfield could only muster a best leap of 48-3 which garnered him a third place. His teammate Holliday fared much better, as he finished second in both horizontal disciplines. Holliday

LaCanada's Andy DiConti is at the moment the hottest thing in Junior distance running in California. Already possessing outdoor bests of 3:50.8 (1500 meters) and 1:56.0 (800 meters), DiConti took his act indoors and won impressively at both the L.A. Times Games two mile (9:02.3) and the Sunkist rated mile where he ran a meet record 4:10.5. In the latter two races, DiConti took lead right from the gun and never let up. Castro Valley's Larry Guinee was a fast finisher in the mile running a P.R. 4:12.5 for second place.

For the second year in a row, Centennial's (Compton) Michael Turner was an impressive winner in the 500 yard run clocking 58.0, only seven tenths off the national record. He accomplished this despite having to run virtually alone, as L.A. Jefferson's Carl Jenkins, the only other runner in the heat, did not put up much of a challenge. However, Turner's best was yet to come, as he ran a sizzling anchor leg to lead Centennial's mile relay to an aggregate 3:26.8 clocking, the fastest of the evening.

Other men's meet records were set by Kerwin Bell, Greg Denby and Greg Stull. Denby's 6-10 high jump was especially noteworthy, as he equalled the Sunkist standard previously set by Glendamo's Dwight Stones, Rob Olson (El Camino Real) and George Steelman (Yucaipa). A senior form L.A. Crenshaw High, Denby is the defending city champ, and at the Sunkist meet he had three respectable attempts at seven feet.

Bell, the nation's most sought after high school football player, showed some quick acceleration in the open field, upsetting Pasadena's super sophomore Troy Deleamar in the 60 yard dash. Bell's time of 6.33 was better by one hundredth than Tony Pitts' (Santa Ana Valley) previous meet record. The Edison (Huntington Beach) senior, burst out of the blocks, and he held off a late challenge by Deleamar, who beat Bell in the 60 at the Muhammad Ali invitation-al.

Stull of Troy High pole vaulted seven inches better than his best (15-7) and in the process topped the meet record last set by El Dorado's Greg Ernst in 1978.

MEN

800—1. M. Boit (Angel's Flight Striders), 1:48.6 (meet record, old mark 1:48.8, Rick Wohlhuter, Chicago TC, 1976); 2. Masterson (Santa Monica TC), 1:49.6; 3. Mack (Oregon), 1:50.8; 4. Clifford (BA Striders), 1:52.4.

MILE—1. Coghlan (Ireland), 3:52.9 (meet record, old mark 3:55.1, Coghlan, Ireland, 1979; second performance alltime world); 2. Scott (Sub 4 TC), 3:53.0 (American record, old mark 3:54.1, Scott, UC Irvine, 1979; second performer, third performance alltime world); 3. Byl (Tanzania), 3:54.5 (third performer, fifth performance alltime world); 4. Lacy (Angel's Flight Striders), 3:55.6; 5. Wessinghage (West Germany), 4:00.6; 6. Hudak (West Germany), 4:01.0.

JUNIOR COLLEGE MILE RELAY —1. Long Beach (Lewis, Hardwick, Davis, Caesar), 3:20.5 (meet record, old mark 3:20.7, Long Beach, 1979); 2. Harbor, 3:25.0; 3. Mt. San Antonio, 3:25.3; 4. Orange Coast, 3:25.8.

LONG JUMP—1. Robinson (SD Southeast Ghetto Striders), 25-11 1/4; 2. Doubly (Maccabi TC), 25-9 3/4; 3. R. Williams (Angel's Flight Striders), 25-0 1/4; 4. Armour (unat, San Diego), 24-3 1/2; 5. Ehizuelen (Maccabi TC), 24-7 3/4; 6. King (unat), 23-8.

60—1. McTeer (All TC), 6.16 (meet record, old mark 6.17, C. Edwards, USC, 1978); 2. Hart (Bay Area Striders), 6.27; 3. E. Brown (UCLA), 6.31; 4. Williams (USC), 6.31; 5. Nelson (Stanford), 6.38.

LEGENDS 60—1. Beamon, 6.99; 2. Larrabee, 7.11; 3. Rhoden, 7.18.

60 HURDLES—1. G. Foster (UCLA), 6.9 (hand timed); 2. He between Cooper (BA Striders) and S. Turner (CS Los Angeles), 7.4; 4. Margerum (Stanford), 7.8.

500—1. Frazier (Phila. Pioneers), 56.5; 2. Person (Maryland), 56.5; 3. W. Smith (Auburn TC), 56.6; 4. Williams (Cal Poly SLO), 57.7.

TWO MILE—1. Rono (Kenya), 8:21.7; 2. Jones (Santa Monica TC), 8:33.0; 3. Koskel (Kenya), 8:35.0; 4. Lawson (Santa Monica TC), 8:44.2; 5. Aldridge (Cal Poly SLO), 8:47.5; 6. Koningh (Sub 4 TC), 8:48.0; 7. Schankel (Cal Poly SLO), 8:50.8.

LONG JUMP—1. Robinson (SD Southeast Ghetto Striders), 25-11 1/4; 2. Doubly (Maccabi TC), 25-9 3/4; 3. R. Williams (Angel's Flight Striders), 25-0 1/4; 4. Armour (unat, San Diego), 24-3 1/2; 5. Ehizuelen (Maccabi TC), 24-7 3/4; 6. King (unat), 23-8.

35-POUND WEIGHT THROW (At CS Long Beach)—1. Frenn (Maccabi TC), 66-4 1/2; 2. Green (Maccabi TC), 52-2; 3. Reed (CSLB), 51-1 1/2; 4. McSevany (Maccabi TC), 48-2.

TRIPLE JUMP—1. Tiff (Angel's Flight Striders), 54-0 1/2; 2. Marlow (California), 53-7 3/4; 3. Connor (Britain), 53-7 1/4; 4. Livers (Phila. Pioneers), 53-7; 5. Butts (Angel's Flight Striders), 52-11.

POLE VAULT—1. Tully (unat, Los Angeles), 18-0; 2. Takanezawa (Japan), 17-6; 3. Hintnaus (Oregon), 17-6; 4. Haynie (Angel's Flight Striders), 17-0; 5. Ripley (Pacific Coast Club), 17-0.

HIGH JUMP—1. Jacobs (Fairleigh Dickinson), 7-6 (meet record, old mark 7-5 1/4, Stones, Pacific Coast Club, 1975; 2. Kofinek (Pacific Coast Club), 7-2; 3. Balkin (UCLA), 7-0; 4. Sawa (Japan), 7-0.

HIGH SCHOOL Boys

SEEDDED MILE—1. DiConti (La Canada), 4:10.5 (meet record, old mark 4:11.5, Moses, Crescenta Valley, 1976); 2. Gulinea (Castro Valley), 4:12.5; 3. Sappenfield (Santa Barbara), 4:14.5; 4. Reyes (Jesusit, Sacramento), 4:18.0.

60—1. Bell (Edison), 6.33 (meet record, old mark 6.34, Pitts, Santa Ana Valley, 1978); 2. Deleamar (Pasadena), 6.36; 3. Yeargin (Marshall, Pasadena), 6.43; 4. Thompson (Kennedy, GH), 6.53; 5. Crittenden (Crenshaw), 6.57.

60 HURDLES—1. Ward (St. Mary's, Berkeley), 7.4; 2. Ashford (West Covina), 7.5; 3. Smith (Jefferson), 7.7.

500 (Race 1)—1. Townsend (LB Poly), 58.5; 2. Bozeman (Manual Arts), 1:01.2 (Race 2)—1. Collier (LB Poly), 1:00.1; 2. Harris (Westminster), 1:00.4 (Race 3)—1. Turner (Centennial), 58.0; 2. Jenkins (Jefferson), 1:02.4.

800 (Race 1)—1. isom (Westchester), 1:57.1; 2. Cota (Coachella Valley), 1:58.9; 3. Wells (Santa Ana Valley), 1:59.9 (Race 2)—1. Vining (Hawthorne), 1:55.7 (meet record, new event); 2. Adcock (Carpinteria), 1:56.8; 3. Richardson (Berkeley), 1:56.9; 4. Zaragoza (Oxnard), 1:57.1.

RATED MILE (Race 1)—1. Butler (Edison), 4:25.6; 2. Dunn (Arroyo Grande), 4:25.4; 3. Perez (San Geronimo), 4:28.4 (Race 2)—1. Serna (Loera), 4:20.5; 2. Kistner (Simi Valley), 4:22.0; 3. Harold (El Modena), 4:27.8.

SEEDDED TWO MILE—1. Thomas (Santa Barbara), 9:18.2; 2. Ruelas (La Salle), 9:19.1; 3. Callaway (Dos Pueblos), 9:24.2; 4. Baffert (San Ramon, Danville), 9:27.8; 5. O'Connor (Carlmont, Belmont), 9:42.2.

RATED TWO MILE (Race 1)—1. M. Cunnert (Los Arroyos), 9:21.1; 2. Valen (El Modena), 9:28.4; 3. Yeais (Rio Mesa), 9:31.4; 4. Baxter (Atascadero), 9:31.4 (Race 2)—1. Bowls (Rolling Hills), 9:24.6; 2. Scott (Foothill), 9:24.6; 3. Fisher (Villa Park), 9:31.4; 4. Terrones (Indio), 9:35.6.

640 RELAY (Race 1)—1. Compton, 1:04.4; 2. Pasadena, 1:05.4 (Race 2)—1. Manual Arts, 1:06.4; 2. Lynwood, 1:07.8 (Race 3)—1. Kennedy (Granada Hills), 1:07.0; 2. Muir, 1:07.5.

MILE RELAY (Race 1)—1. Muir, 3:30.7; 2. Gardena, 3:35.0 (Race 2)—1. Centennial, 3:26.8; 2. Millikan, 3:29.6; 3. Pasadena, 3:31.9 (Race 3)—1. Compton, 3:26.9; 2. Fremont, 3:31.4.

TWO MILE RELAY—1. Upland, 8:08.9; 2. Thousand Oaks, 8:09.3; 3. Camarillo, 8:12.8; 4. Fountain Valley, 8:23.5.

TRIPLE JUMP—1. Miller (Fremont), 50-5 1/4 (meet record, old mark 49-6 1/4, Benson, LA Lutheran, 1977); 2. Holliday (Muir), 49-5; 3. Mayfield (Muir), 48-3; 4. Criddle (El Cerrito), 48-2; 5. Lee (St. Genevieve), 47-6 1/2.

LONG JUMP—1. Lee (St. Genevieve), 23-11 1/4; 2. Holliday (Muir), 22-9 1/4; 3. Jones (Kennedy, GH), 22-4; 4. Stewart (Cajon), 22-2 1/4; 5. Gallon (Gardena), 21-5.

HIGH JUMP—1. Denby (Crenshaw), 6-10 (equals meet record, Stones, Glendamo, 1971, Olson, El Camino Real, 1977, and Steelman, Yucaipa, 1979); 2. Brower (Gardena), 6-4; 3. Morris (Johnson, Sacramento), 6-4.

POLE VAULT—1. Stull (Troy), 15-7 (equals meet record, Crook, Woodman, Reno, 1977, and G. Ernst, El Dorado, 1978); 2. Worden (Warren), 15-0; 3. Bahi (Awat, Mt. View), 14-0; 4. He between Jacques (Del Mar, San Jose) and Crumpler (Menlo-Atherton, Atherton), 14-0.

WOMEN

60—1. Fleetwood (SoCal Cheetahs), 6.86; 2. Hopkins (Inglewood Panthers), 6.90; 3. Evans (LA Mercurettes), 6.94.

60 HURDLES—1. LaPlante (KCBQ-San Diego), 7.70 (meet record, old mark 7.81, LaPlante, San Diego St., 1979); 2. Van Wolvelaere (KCBQ-San Diego), 7.81; 3. Gouridine (UCLA), 8.08; 4. McGee (LA Mercurettes), 8.10.

500—1. Gardner (LA Mercurettes), 1:05.1 (meet record, new event); 2. D. Howard (Kennedy, GH HS), 1:05.6 (third performer alltime high school); 3. Gutkowski (LA Mercurettes), 1:06.2; 4. Peterson (LA Mercurettes), 1:06.7.

800—1. R. Campbell (Standard TC), 2:08.3; 2. Merrill (Age Group AA), 2:10.1; 3. Keyes (Maccabi TC), 2:11.3; 4. Warner (UCLA), 2:12.2; 5. Regan (San Jose Cindersgals), 2:14.8.

MILE—1. Soon (UCLA), 4:45.7; 2. Ralston (UCLA), 4:47.3; 3. Forbes (Oregon), 4:57.1; 4. Bonds (Club International), 4:58.3; 5. Roach (Club International), 5:15.9.

MILE RELAY—1. LA Mercurettes (Gutkowski, Paige, Peterson, Gardner), 3:45.0 (meet record, old mark 3:49.5, LA Mercurettes, 1977); 2. UCLA, 3:50.6 no third.

GIRLS 640 RELAY—1. West Vernon Jets, 1:17.0; 2. Long Beach Comets, 1:17.2; 3. SoCal Cheetahs, 1:18.1.

LONG JUMP—1. Crabtree (USC), 19-7 1/2; 2. Walker (Club International), 19-1 1/2; 3. Watson (Club International), 18-10 1/4; 4. McLaughlin (KCBQ-San Diego), 18-9 1/4.

Examiner Games

by Keith Conning

Saturday, February 23, 1980, Cow Palace, Daly City: 17th Annual San Fran-

numbers as the leader passed. In defense of the officials, I will say that this race was very confused, as walkers were disqualified, men and women were competing together, and there was a lot of lapping going on.

Earl Bell (Whatsakiwi?), who opened at 17-6, won the pole vault at 17-10 1/2 for a new Cow Palace record, breaking

record 50-5 $\frac{1}{4}$ to triumph over an excellent field that included Muir's sensational duo of Charles Mayfield and Ricky Holliday.

It has been a meteoric rise to the top for Miller, who started out in the tenth grade as a high jumper ala Ron Livers. As a junior he culminated his first full year in the triple jump with a third place in the State Championships and a surprising victory in the National Junior Olympics this past summer where he bounded 50-3 $\frac{1}{2}$.

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Glendale's Dwight Stones, Rob Olson (El Camino Real) and George Steelman (Yucaipa). A senior form L.A. Crenshaw High, Denby is the defending city champ, and at the Sunkist meet he had three respectable attempts at seven feet.

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Stull of Troy High pole vaulted seven inches better than his best (15-7) and in the process topped the meet record last set by El Dorado's Greg Ernst in 1978.

On the distaff side Long Beach Poly's Faye Paige stole the show uncorking a super anchor leg in the 640 yard relay, and also she was an easy winner in the Girls 500 in 1:06.4.

LONG JUMP—1. Robinson (SD Southeast Ghetto Striders), 25-11 $\frac{1}{4}$; 2. Doubly (Maccabi TC), 25-9 $\frac{3}{4}$; 3. R. Williams (Angel's Flight Striders), 25-0 $\frac{1}{4}$; 4. Armour (unat, San Diego), 24-3 $\frac{1}{4}$; 5. Ehzuelien (Maccabi TC), 24-7 $\frac{3}{4}$; 6. King (unat), 23-8.

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Examiner Games

by Keith Conning

Saturday, February 23, 1980, Cow Palace, Daly City: 17th Annual San Francisco Examiner Games.

What would happen if the meet management decided to have an old fashioned pure track meet? Must we have a circus in order to attract non-track sport fans. I'm tired of going to indoor track meets, which feature every kind of event under the sun (Special Olympics 50 meters, Football 40 yards, Wheelchair 160 yards, Devil-Take-The-Hindmost Mile). Not only are the pseudo-track events included in the program, but they are given a featured place. With the inclusion of so many events, the meet lasted for about five hours, which is much too long. Many spectators left before the featured mile run, simply because it was too late and they were exhausted. Maybe this is what accounts for the drop off in attendance this year (only 10,000 attended).

The AAU officials continued to make mistakes. This time in the College/University Womens Mile Relay when the third legs were sent out one lap too soon. And in the two-mile walk, with three officials counting laps, there was still a foul up. Bob Anderson, the publisher of *Runner's World*, could only shake his head as he thought back to the snafu involving Grete Waitz's world record in the 3,000 meters at the Cow Palace in January. At least the lap counter with the cards kept flipping his

numbers as the leader passed. In defense of the officials, I will say that this race was very confused, as walkers were disqualified, men and women were competing together, and there was a lot of lapping going on.

Earl Bell (Whatsakiwi?), who opened at 17-6, won the pole vault at 17-10 $\frac{1}{2}$ for a new Cow Palace record, breaking the previous record of 17-4 by Mike Tully in 1978. He attempted to break the world best of 18-2, but his pole broke on his third attempt. It sounded like someone had shot a gun in the Palace. Bell said, "I was really erratic tonight. I had a lot of problems and wasted the first two jumps. I really didn't feel sharp. I felt strong but something was missing. I just wasn't in the groove. Mike (Tully) was the same way. He was strong and high but just wasn't in the groove. When you have some problems, you sometimes can pull it together for one jump and that's what happened on my winning jump. It's no big deal (not clearing 18). I've cleared 18 before."

Evelyn Ashford (Unattached) set a new American record in the women's 50 meters with a time of 6.26. She came back later to run against the men and this time she improved to 6.24, despite finishing last. Houston McTear (Ali TC) won that race in 5.84 to defeat Mark Kent (Inner City TC) with 5.87. This time the officials noticed that Kent was second, unlike the Runner's World meet. Ashford's time of 6.24 makes her the third woman performer of all-time along with Marlies Gohr (East Germany) 1977. No. 1 and No. 2 are: Renate

Lists over 70 LDR events in Central California (Merced to Bakersfield)

CENTRAL CALIFORNIA LONG DISTANCE RUNNING HANDBOOK

1980

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Stecher (East Germany) 1974 6.19 and Ellen Streidt (East Germany) 1974 6.22. Ashford said about the record, "It was nice but not all that special; it's not a world record. I think I could have gone a little faster but I slowed down at the end when I was behind. It has been a long time since I've been behind. I did it (ran against the men) because it helps my times and my start. I did it for fun and I was curious to see how I could do. I'm disappointed (about the Olympics) because I wanted to be an Olympic medalist. But I didn't really want to go to Moscow. I've been there and it was a bad experience and I'm sure it would be more so this time." About the lack of competition among American women now, "It's true. I'm hoping to get together with the East Germans somewhere this summer to run against them. Maybe I'll start running against the men."

Pat Connolly, the coach of Evelyn Ashford, said, "She was feeling down some lately and I think this race (against the men) really helped. She started training a lot harder this week. Evelyn really doesn't do anything different from the East German sprinters. She has a lot of talent and just trains harder. There are a lot of races this year."

Houston McTear said, "I was satisfied with the way I ran tonight and my time considering the way I ran last night in San Diego. I kind of cramped up during the race last night. It is very seldom that the 50 comes around and it seems that every time it does I'm just getting over something. A couple more times and it'll go (the record). I feel like there will be a whole round of new indoor records this season. I got my weight down and I'm really running good right now. I think I'll go back outdoors after the indoor season and be undefeated. Evelyn was only in the race to turn a fast time. She was looking forward to being last. But it helped her time. It's all right (running against men) as long as she doesn't make it a habit."

Villanova's Don Paige outkicked Henry Rono (Washington State/Kenya) in the mile with 4:02.6 to 4:05.2. Craig

Masback (New York Pioneer Club) led at the 440 in 61.13 and the 880 in 2:02.82. Rono led at the 1320 in 3:03.95. Dan Aldridge, the former Petaluma High School and Cal Poly-San Luis Obispo runner, finished third in 4:06.7, followed by Gerald Jones (Santa Monica TC) and Duncan Macdonald (West Valley TC) in 4:07.0. Paige ran his last lap of 160 yards in 19.85.

Paige said, "I'm a half miler. Henry's by far a distance runner. Plus he was tired from running that two-mile (8:15.9) in San Diego. He's not a dumb runner. He's very smart. He had to do something before we got down to two or three laps to go. He knows I'm a kicker. He had to go with his strength." Rono said, "I was trying to do my best to go under four minutes. The last two laps to go, when I saw him passing me, I knew that he had it. I was tired from last night."

Dave Laut (Athletics West) won the shot put with 67-0. Al Feuerbach (Athletics West) was second with 66-0 and Brian Oldfield (Unattached/former ITA) third at 65-10. Freshman Mike Carter (SMU) placed fourth at 65-5 $\frac{3}{4}$. Laut's series: 66-5 $\frac{1}{4}$, 67-0, 63-6, 67-0, 64-10, foul, foul. Laut said, "I kind of had a personal vendetta against myself tonight because of the problems I've had in recent meets in Albuquerque and at the Runner's World meet here. They were just mental mistakes and I made up my mind that it wouldn't happen tonight. I was kind of surprised I threw 67. That's still not that good, but I had only thrown 63-10 in a recent meet. I came here hoping to throw anything over 65, and get my confidence back. I'm kind of peaking for the AAU's next week. It was the first time I've thrown against Brian (Oldfield) in competition. He had a few problems tonight, but when he works them out, he's going to throw the hell out of it. He's working out down at UCLA now and it is kind of nice working with him. Oldfield said, "I'm not used to all this confusion. I've been competing in all-comers meets for five years. The confusion distracts from the artistry. I took a throw after the meet and threw 69 feet. The throws

were there. I just need to put together a good series."

Lance Babb (Ali TC former USC & ITA), who won the 60-yard hurdles here in 1973, soundly defeated local favorite Dedy Cooper (Bay Area Striders) 7.12 to 7.25. Cal's Larry Cowling was third in 7.36. Rod Milburn did not run. Babb becomes the no. 10 man all-time in the 60-yard hurdles at 7.12 electronically timed. Babb has run a 6.8 hand-timed in the 60-yard hurdles as a pro for ITA record. Babb said, "Basically, I'm out to do the best I can do. Whatever I get I'll take. I'll make him (Nehemiah) run a world record to beat me. I'm not a cocky guy but I just know myself that I can perform up to grade. I have all this bottled up in the back of my mind whether I can really compete with these guys. I didn't know because I just haven't been able to run this year. I was happy with the way I ran. I haven't heard the time yet. If the time was good then I'll be happy. I don't think it was an upset. I've beaten Cooper before in the Millrose Games."

Larry Myricks (Athletic Attic) leaped 26-8 $\frac{1}{4}$ to win the long jump by two feet over Mike Marlow (Golden Bear TC). Arnie Robinson (San Diego SEG) was third at 24-3 $\frac{1}{4}$. Myricks series: 21-8 $\frac{3}{4}$, 26-4, foul, foul, 26-7 $\frac{1}{2}$, 26-8 $\frac{1}{4}$. Myricks said, "Lots of times competition is there to make me jump better. Last night I jumped 27-6, so that's competition in itself. I felt a little sluggish tonight."

Doug Reinhard (Hayward State) and Thurlis Gibbs (San Jose State), not exactly household names, upset Dwight Stones (Athletic Attic). All three cleared seven feet, but places were based on fewest misses. Stones said, "I'm hurt. I couldn't plant my jumping foot. It's an injury I've had for almost three weeks and I'm having a hell of a time getting rid of it. I have an achilles injury and I was reluctant to plant my foot. I'm the type of jumper who has to go for it and I need 100 percent from my plant foot. I am never injured. This is a very unusual thing for me and I don't like it. I am going to give serious consideration to withdrawing from the AAU indoors

next week. It's not a major deal but it needs a couple weeks to rest. I'm not going to go back there to get stomped. I don't need that. It's an unfortunate circumstance but it's lucky that it's now and not June. Tonight I had two attempts at the opening height and missed them badly, I very strongly considered withdrawing right then. But then I thought to myself, 'Dwight, you have too much class to do that without making the opening height; give the people what they came to see.' I've never missed an opening height in my career."

Robin Campbell (Stanford TC) won the women's 800 meters in 2:08.9, which was a new meet and Cow Palace record. The previous mark of 2:11.5 was set by Cyndy Poor (Athletes in Action) in 1974. Jan Merrill (Age Group AA) led at the quarter in 65.3, but Campbell out kicked her.

No indoor meet would be complete without its no shows. Unfortunately, its the big names that fail to appear as advertised, not the unknowns you didn't come for anyway. This years list includes the following: Rod Milburn, John Smith, Franklin Jacobs, Herman Frazier, Greg Foster, Dan Ripley, Randy Williams, Henry Hines, Eddie Hart, James Robinson, Wilson Waigwa, Sydney Maree, and Maren Seidler.

The Berkeley High School team of Willa Evans, freshman Nedra Rogers, Tanaya King, and Robyn Johnson won the high school women's mile relay in 4:10.0 by 3.9 seconds over Saratoga. Evans said, "Last year I was in last place and I fell because of it. It's important to get out in front so you won't get boxed in." Rogers said, "Willa told us to try to get inside first and to stay relaxed. You can't really tell where anybody is indoors. You just feel their footsteps."

Junior Kenny Robinson (Berkeley), the younger brother of Olympian James Robinson, won the high school men's 50 meters in 5.89 over Fred Williams (Norte Del Rio, Sacramento) with 5.95. Mike Barbar (Highland, North Highland) anchored his mile relay team from third to first with a fine leg. Oakland

Houston Mearns said, "I was satisfied with the way I ran tonight and my time considering the way I ran last night in San Diego. I kind of cramped up during the race last night. It is very seldom that the 50 comes around and it seems that every time it does I'm just getting over something. A couple more times and it'll go (the record). I feel like there will be a whole round of new indoor records this season. I got my weight down and I'm really running good right now. I think I'll go back outdoors after the indoor season and be undefeated. Evelyn was only in the race to turn a fast time. She was looking forward to being last. But it helped her time. It's all right (running against men) as long as she doesn't make it a habit."

Villanova's Don Paige outkicked Henry Rono (Washington State/Kenya) in the mile with 4:02.6 to 4:05.2. Craig

had recent meets in Albuquerque and at the Runner's World meet here. They were just mental mistakes and I made up my mind that it wouldn't happen tonight. I was kind of surprised I threw 67. That's still not that good, but I had only thrown 63-10 in a recent meet. I came here hoping to throw anything over 65, and get my confidence back. I'm kind of peaking for the AAU's next week. It was the first time I've thrown against Brian (Oldfield) in competition. He had a few problems tonight, but when he works them out, he's going to throw the hell out of it. He's working out down at UCLA now and it is kind of nice working with him. Oldfield said, "I'm not used to all this confusion. I've been competing in all-comers meets for five years. The confusion distracts from the artistry. I took a throw after the meet and threw 69 feet. The throws

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MEN

MILE—1. Paige (Villanova), 4:02.6; 2. H. Rono (Kenya), 4:05.2; 3. Aldridge (Sub 4 TC), 4:05.7.
3,000—1. A. Korir (Villanova), 8:11.9; 2. Lawson (Santa Monica TC), 8:11.8; 3. Schankel (Cal Poly SLO), 8:12.2.
HIGH JUMP—1. Reinhard (Cal St. Hayward), 7-0; 2. Gibbs (San Jose St.), 7-0; 3. Stones (Athletic Attic), 7-0.
POLE VAULT—1. Bell (unat), 17-10½; 2. Tully (Los Angeles), 17-4; 3. Woodse (San Jose), 17-0.

LONG JUMP—1. Myricks (Athletic Attic), 26-0¼; 2. Marlow (Golden Bear TC), 24-0¼; 3. Robinson (San Diego Southeast Ghetto Striders), 24-3¼.

50—1. McTear (Muhammad Ali TC), 5:04; 2. Kent (Inner City TC), 5:07; 3. Simmons (Sports Afoot), 5:08.
60 HURDLES—1. Babb (All TC), 7:12; 2. Cooper (unat), 7:25; 3. Cowling (California), 7:34.
400—1. Hampton (Bay Area Striders), 50.5; 2. Edmonson (All TC), 50.6.
600—1. Tufaric (Villanova), 1:20.4; 2. Guss (California), 1:20.7; 3. Evans (unat), 1:21.0.

SHOTPUT—1. Laut (Athletics West), 67-0; 2. Feuerbach (Athletics West), 66-0; 3. Oldfield (unat), 65-10.

WOMEN

50—1. Ashford (unat), 6:28; 2. Ware (Berkeley East Bay TC), 6:45; 3. Cobbs (Berkeley EBTC), 6:54.
60 HURDLES—1. Johnson (Stanford TC), 7:9; 2. Hawthorne (California), 8:1; 3. Sanders (Berkeley EBTC), 8:1.
800—1. R. Campbell (Stanford TC), 2:08.9; 2. Merrill (Age Group AA), 2:09.4; 3. Graham (Aggie TC), 2:14.8.

Masters Women's Mile: 1. Vicki Bigelow (Aggie Running Club, 44) 5:38.7; 2. Jenie Kayser-Jones (Pamakids, 44) 5:43.0; 3. Heidi Skaden (Buffalo Chips, 42) 5:46.2; 4. Ruth Waters (NorCal Seniors, 46) 5:59.1; 5. Ruth Anderson (NorCal Seniors, 50) 6:04.5.

Masters Mens Sprint Medley: 1. Corona Del Mar (Smith, Miller, Dennis, Mayer) 3:26.3; 2. Nor Cal Seniors; 3. Diablo Striders 3:38.5.

Women's Junior College Mile Relay: 1. American River (Margit Tielman, Kathy Snyder, Terri Cave, Donna Clarley) 4:04.6; 2. West Valley 4:07.8; 3. Fresno 4:09.6; 4. Hartnell 4:14.2.

High School Men's Mile Relay: 1. Highlands (Gil Wheeler, Rodney Carson, Dan Larsen, Mike Barbers) 3:29.6; 2. Oakland 3:30.0; 3. Berkeley 3:30.0; 4. Palo Alto 3:34.5; 5. Gilroy 3:35.3.

High School Women's Mile Relay: 1. Berkeley (Willa Evans, Nedra Rogers, Tanaya King, Robyn Johnson) 4:10.0; 2. Saratoga 4:13.9; 3. Casa Roble 4:14.4; 4. 4:16.3 Drake 4:16.3; 5. Carmont 4:18.0.

Masters Mens Mile: 1. Tom Cathcart (West Valley TC) 4:30.5 New Cow Palace and Examiner Games Record. Old mark 4:34.2 by Peter Mundie 1971. 2. Jack Knebel (West Valley TC) 4:38.2; 3. Walt Schafter (Chico Running Club) 4:39.7; 4. Bert Botta (Tamalpa Runners) 4:40.7; 5. Kent Guthrie (West Valley Joggers) 4:43.2.

High School Mens Long Jump: 1. Ken Grazier (Mission) 23-6½; 2. Jeff Abston (Logan) 22-5¾; 3. Eric Wright (Armijo) 22-0½; 4. Ralph Luncatod (Buchsher) 21-5½.

Junior College Men's Mile Relay: 1. San Jose City (Dwayne Taylor, Derrick Carter, Tony Harris,) 3:23.3; 2. Santa Rosa 3:25.3; 3. Foothill 3:28.2; 4. Hartnell 3:30.7; 5. Alameda 3:33.0.

College Men's Sprint Medley: 1. Stanislaus State 3:09.3; 2. Humboldt State 3:15.2; 3. Hayward State 3:19.4; 4. San Francisco State 3:16.0.

Women's Masters 50 Meters: 1. Irene Obera (NorCal) 6:92; 2. Cherrie Sherrard (NorCal) 6:93; 3. Almata Parish (NorCal) 7:36; 4. Lucille Ligon (NorCal) 7:49.

Junior College Men's 50 Meters: 1. Matthew Burton (Alameda) 5:92; 2. Cleveland Prince (Foothill) 5:93; 3. Graig Nash (Diablo Valley) 5:98; 4. Jerry Gidson (Contra Costa) 6:05; 5. Dwayne Green (San Jose) 6:07.

College Women's Mile Relay (one lap short): 1. UC Berkeley (Marion Franklin, Kelia Bolton, Elaine Parker, Judy Tobacco) 3:33.3; 2. Sacramento State 3:45.2; 3. Cal State Hayward 3:50.1.

Junior College Pole Vault: 1. Ray Crook (San Jose) 16-0; 2. Mark Kibort (West Valley) 15-0; 3. Bert Tardieu (West Valley) 15-0; 4. Frank Lines (West Valley) 14-0.

Women's High Jump: 1. Maggie VanZeeland (Golden Bears) 5-8; 2. Jenny Linderman (Marlinettes) 5-6; 3. U'Raninnah Broussard (San Jose) 5-6; 4. Angel Phifer (San Jose Cindergals) 5-4; 5. Kathy Raugust (Hartnell) 5-4.

Masters Mens 50 Meters [40-59]: 1. Ken Dennis (Corona Del Mar) 6:29; 2. Van Parish (NorCal) 6:39; 3. Dee DeVitt (NorCal) 6:40; 4. Marion Sanchez (Chabot) 6:50; 5. Bruce Springbett (NorCal) 6:52.

Masters Mens 50 Meters (60 and over): 1. Payton Jordan (Stanford, 62) 6:89; 2. Harry Koppel (NorCal, 67) 7:30; 3. John Salti (NorCal, 66) 7:39; 4. Sam Hoover (Nor Cal, 61) 7:85; 5. Senator Alan Cranston (63) 8:03.

High School Men's 50 Meters: 1. Kenny Robinson (Berkeley) 5:89; 2. Fred Williams (Norte Del Rio) 5:95; 3. Ernest Daumas (Galileo) 6:04; 4. Lewis Brenner (Gunderson) 6:09; 5. Don Ward (St. Mary's) 6:12.

College Triple Jump: 1. Marcus McGlory (Hayward State) 49-4; 2. Norm Alston (Hayward State) 49-2¾; 3. Mike Cook (Stanislaus State) 48-5¾; 4. Jeff Zimmerman (UC Davis) 46-9½.

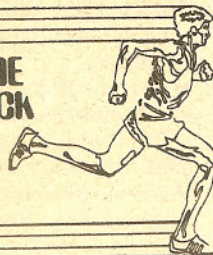
College Men's 60 Yard Hurdles: 1. Brian Conley (Hayward State) 7:66; 2. Lawrence Hill (Hayward State) 7:68; 3. Jerome Rnolds (San Francisco State) 7:77; 4. Scott Campbell (UC Davis) 7:79; 5. Dave Jackson (Stanislaus State) 7:92.

Devil Take Hindmost Mile: 1. Emil Nagallanes (Lone Cypress) 4:20.1; 2. Dan Barry (Golden Bear TC) 4:21.9; 3. Michael McGrath (Aggie RC) 4:22.9; 4. Edward Burns (Aggie RC) 4:23.4; 5. Ricky Denesik (Sacramento State) 4:27.5.

Girls Age Group Relay: 1. Berkeley East Bay TC (Leah Fuller, Jennifer Crosse, Pamela Simms, Raquel Watkins, Erin Summs, Daniela Johnson) 2:40.6; 2. Hilltop TC 2:43.4; 3. Millbrae Lions 2:48.2; 4. Cupertino Yearlings 2:48.4.

Women's High School Mile: 1. Roxanne Bier (Independence) 5:05.1; 2. Kerry Brogan (Los Altos) 5:08.5; 3. Maria King (Ayer) 5:09.1; 4. Robyn

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and Berkeley finished second and third.

In the closest finish of the night, Irene Obera (Nor Cal Seniors, 46) edged Cherrie Sherrard (Nor Cal Seniors, 41) by .01 in the masters women's 50 meters. Obera said, "That's my good buddy there, and we're always battling."

Emil Magallanes (Lone Cypress TC) won the Devil-Take-The-Hindmost Mile, where the last runner is told to stop by a fellow in a red Devil's costume each lap, in 4:20.1. The Devil splits for each 160 yard lap were: 21.80, 43.49, 1:05.95, 1:29.71, 1:53.57, 2:17.73, 2:41.85, 3:06.59, 3:32.03, 3:57.76. These splits were courtesy of Bob Rush, the coach at the College of San Mateo, and his famous Chronomix timer.

Roxanne Bier (Independence, San Jose) won the women's high school mile in 5:05.1. Kerry Brogan (Los Altos) was second in 5:08.5 and Maria King (Ayer, Milpitas) was third in 5:09.1. Brogan led at the end of the quarter in 67.23. Bier led at the half in 2:25.39 and the 1320 in 3:47.68. The Chronomix splits were: 22.70, 47.74, 1:14.42, 1:42.59, 2:10.88, 2:40.55, 3:10.09, 3:39.83, 4:09.73, 4:38.24.

The Harry Papazian High School Two Mile was won by Larry Guinee (Castro Valley) in 9:24.3. However, Pedro Reyes (Jesuit, Sacramento) and Jay Marden (Mission San Jose, Fremont) all received the same time as all three runners sprinted through the tape together. Greg Long (Calaveras, San Andreas) led at the 440 in 64.32. Tito Torres (Hiram Johnson, Sacramento) took the field through the 1320 in 3:27.31 and mile in 4:39.30. The Chronomix splits: 21.88, 24.11, 24.72, 25.44, 27.18, 26.26, 25.45, 25.77, 25.73, 26.07, 26.69, 26.87, 27.33, 27.09, 27.56, 26.03, 26.78, 26.90, 25.44, 25.40, 23.75.

John Carlos, the bronze medalist at Mexico City in the 200 meters, was introduced to the crowd. He looked his usual dapper self with a light brown cap. He now has a track club bearing his name, and one of his runners is Lee Evans.

yards to go. Long Beach now appears to be a solid favorite for their dual meet showdown with PCC March 21. However the Lancers have some outstanding athletes, and if the meet should go down to the mile relay, watch out!!

Elsewhere, UCLA took the measure of Arizona as Steve Ortiz picked up right where he left off at last year's CC State Meet with a 3:46-14:08 distance double. In addition, the Bruins Ron Cornell stayed with Steve the entire 5K distance finishing with a near identical time, while Steve Whitcomb did likewise in the shorter race.

Over at Troy in another 6 way meet, which included many unattached athletes USC continued to demonstrate its awesome sprint strength as it fielded two 400 relay teams which could have probably beat most any school in the country. The "A" team won this one with a nifty 39.2. In the field, the Trojan's Larry Doubly continued to look like NCAA championship material with a brilliant 26"8" effort.

On the distaff side, the UCLA women minus some of their stars parlayed an 800-1500-3000 triple win from Linda Goen with a sizzling mile relay to come from behind and beat Arizona State 67-59.

I'm going to have to second guess meet Director Al Franken on his choice of dates for both the Sunkist and Jack-In-The-Box Meets. Al indicated he moved the Sunkist Meet from its normal date to avoid conflict with the Superbowl which would have been in town the same *week-end*. He then schedules both meets to go *directly* opposite prime-time telecasts of the Winter Olympics; the latter featuring the USA.-U.S.S.R. Hockey match.

I understand a very large number of So Cal tracksters and track fans are nearly in tears over the possibility of the U.S. backing out of the Summer Olympics. It seems many have shelled out between ten to \$20,000 on a package deal which would bring their entire family to Russia for the games, while Russians now in possession of their hard earned money have indicated "no refunds." Masters athletes appear to be the group hardest hit by the situation.

S.M.T.C. Two Mile Relay World Record

by Tom Feuer

A Santa Monica track club foursome of Mark Rafferty, Don Frichtel, Gerald Masterson, and Johnny Gray, ran 7:17.0 to break the world indoor two mile relay record February 16th at the Brooks Invitational meet held in the cavernous Houston Astrodome.

Aided by the spacious, banked 352 yard oval, the SMTC cut eight tenths from the previous world standard set by a Soviet Union national team in 1971. However, the Russians ran the metric equivalent (4x800) which is shorter than the imperial distance. The accepted differential in time is 2.8 seconds. The old American indoor yard best of 7:20.8 was set by the University of Chicago track club in 1974, a quartet anchored by Rick Wolhuter. The IAAF, the ruling body for track and field, does not recognize world indoor records.

The SMTC had plenty of competition in the race, as the field included middle distance powerhouse Villanova University, who finished close behind in second with a collegiate record 7:20.7.

Rafferty, a veteran club member who trains under the tutelage of coach Joe Douglas, was the lead off man, and he finished his stanza of the relay with a routine 1:53.7. However, it did not take long for Frichtel to put the SMTC into contention. The former Colorado State star with an outdoor best of 1:47.9 (set as a junior in 1977), moved the club into second place with a sterling leg timed in 1:48.2. He passed off to Masterson, the only nationally known runner among the quartet. The Ouachita Baptist graduate, wasted no time in taking the lead. Masterson, 4th in the A.A.U. 800 in

1976, broke the race open with his sizzling 1:47.4 split.

Suddenly, without knowing it, the SMTC was on world record pace. However, they were more worried about winning the race at that point then setting any records, as Gray had to run his anchor leg against Villanova's world class middle distance star Don Paige. Earlier in the afternoon, Paige finished a scant two hundredths of a second behind Steve Scott with an indoor P.R. of 3:54.22 in the "Miracle Mile." Nonetheless, Paige last year won that incredible N.C.A.A. outdoor 800-1500 meter double with only 20 minutes between events.

With 200 meters to go in the relay, Paige closed Gray's initial lead from ten to six meters. Unfazed, the sophomore from Santa Monica City College, remained poised until he hit the final straightaway where he responded by turning on the afterburners. To the surprise of both Paige and the Astrodome crowd, Gray pulled away with his long loping strides and he finished his 880 yard leg in 1:47.7 to climax the effort.

Gray was a city half mile champion while a senior at Crenshaw High in Los Angeles. In that race he defeated his teammate Jeff West, and Locke's David Mack in an exciting dual. Last season as a freshman at S.M.C.C., he placed fourth in the A.A.U. Junior National meet running an outdoor P.R. 1:49.4.

Gray, who has been coached by Merle McGee since the tenth grade, has been outstanding this past winter in all-comers meets. He clocked a 47.7 quarter mile in one, and in another defeated U.S.C.'s David Omwanza over 600 meters.

Earlier in the season, a SMTC two mile relay with Malcolm Cleary taking the place of Masterson, won the Times Indoor Games race in 7:33.0. It is mindboggling to think that in just three short weeks, with one personnel change, they lowered that time by 16 seconds.

Reyes (Jesuit, Sacramento), and Jay Marden (Mission San Jose, Fremont) all received the same time as all three runners sprinted through the tape together. Greg Long (Calaveras, San Andreas) led at the 440 in 64.32. Tito Torres (Hiram Johnson, Sacramento) took the field through the 1320 in 3:27.31 and mile in 4:39.30. The Chronomix splits: 21.88, 24.11, 24.72, 25.44, 27.18, 26.26, 25.45, 25.77, 25.73, 26.07, 26.69, 26.87, 27.33, 27.09, 27.56, 26.03, 26.78, 26.90, 25.44, 25.40, 23.75.

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McSwain (Terra Linda) 5:12.5; 5. Kim Keeton (Woodland) 5:13.5.

Women's Mile Relay: 1. Berkeley East Bay TC (Denise Williams, Sherifa Sanders, Freida Cobbs, Kim Webster) 4:07.6; 2. San Jose Cindergals 4:07.6; 3. Golden Bear TC 4:09.1; 4. Millbrae Lions TC 4:12.8; 5. Orinda TC 4:17.6.

High School Two Mile: 1. Larry Guinee (Castro Valley) 9:24.3; 2. Pedro Reyes (Jesuit) 9:24.3; 3. Jay Marden (Mission San Jose) 9:24.3; 4. Greg Long (Calaveras) 9:27.6; 5. Bret Baffert (San Ramon) 9:28.6.

Two Mile Walk Men: 1. Jim Hering (So. Cal RR) 12:59.5; 2. Glenn Parker (Ophir Prison) 16:04; 3. Mickey Brodie (Ophir Prison) 17:40.

Two Mile Walk Women: 1. Sue Brodock (So. Cal RR) 15:16.0; 2. Esther Lopez (So Cal RR) 15:57.9; 3. Cathy Curtis (Chico State) nt.

Boys Age Group Relay: 1. Berkeley East Bay TC (Billy Anders, Eric Hoglund, Terrence Allen, Matrice Tims, Billy Stanbury, Aron El Amin) 2:02.0; 2. East Oakland 2:05.4; 3. 1980 Track Club 2:07.6; 4. Cupertino Yearlings 2:10.8.

College Mile Relay: 1. Stanford 3:25.7; 2. Cal State Hayward 3:33.3; 3. San Francisco State 3:37.3; Note: California was second (3:28.0) but was disqualified for pushing.

Junior College Sprint Medley: 1. Alameda 3:11.7; 2. San Jose 3:12.7; 3. American River 3:15.9.

Diary, continued from page 11.....

for a while until they got tangled up in hurdles and did not finish. Other highlights saw both teams go nose to nose the last 100 meters of the 400 meter relay with Long Beach a narrow winner in 41.0. The two mile relay looked like it might be another close finish as PCC spotted LB anchorman, Carmelo Rios a 50 yard lead and then closed it to 10 before tying up with 100

meet Director Al Franken on his choice of dates for both the Sunkist and Jack-In-The-Box Meets. Al indicated he moved the Sunkist Meet from its normal date to avoid conflict with the Superbowl which would have been in town the same *week-end*. He then schedules both meets to go *directly* opposite prime-time telecasts of the Winter Olympics; the latter featuring the USA.-U.S.S.R. Hockey match.

I understand a very large number of So Cal tracksters and track fans are nearly in tears over the possibility of the U.S. backing out of the Summer Olympics. It seems many have shelled out between ten to \$20,000 on a package deal which would bring their entire family to Russia for the games, while Russians now in possession of their hard earned money have indicated "no refunds." Masters athletes appear to be the group hardest hit by the situation.

I was a little disturbed to hear about a situation which apparently now exists in SoCal. It seems that at a track relay meet last year, a number of Community Colleges which had some great relay teams decided to move their teams from the C.C. Division up to the Open Division in the hopes of getting better competition which might tell the coach exactly how good his team was. The result of all this was that 4-year schools who were beaten by the CCs cried to the director that to be beaten by a Community College was too humiliating and they did not want to be faced with that possibility again. Accordingly the Director said that this year, any CCs who run in the open must do so as a track club & not a College. However, since you cannot run for a school, then a club, and then a school again during the same season the CCs were effectively shut out of the Open Division. I have always felt that an Open Division was just that; open to all who wished to compete or were good enough. I don't see any humiliation in any College beating any other, especially when the times run are exceptionally fast. I hope this type of thing does not spread to other invitationals, otherwise track may be ready to take another giant step backwards.

in the race, as the field included middle distance powerhouse Villanova University, who finished close behind in second with a collegiate record 7:20.7.


Rafferty, a veteran club member who trains under the tutelage of coach Joe Douglas, was the lead off man, and he finished his stanza of the relay with a routine 1:53.7. However, it did not take long for Frichtel to put the SMTC into contention. The former Colorado State star with an outdoor best of 1:47.9 (set as a junior in 1977), moved the club into second place with a sterling leg timed in 1:48.2. He passed off to Masterson, the only nationally known runner among the quartet. The Ouachita Baptist graduate, wasted no time in taking the lead. Masterson, 4th in the A.A.U. 800 in

teammate Jen West, and Locke's David Mack in an exciting dual. Last season as a freshman at S.M.C.C., he placed fourth in the A.A.U. Junior National meet running an outdoor P.R. 1:49.4.

Gray, who has been coached by Merle McGee since the tenth grade, has been outstanding this past winter in all-comers meets. He clocked a 47.7 quarter mile in one, and in another defeated U.S.C.'s David Omwanza over 600 meters.

Earlier in the season, a SMTC two mile relay with Malcolm Cleary taking the place of Masterson, won the Times Indoor Games race in 7:33.0. It is mindboggling to think that in just three short weeks, with one personnel change, they lowered that time by 16 seconds.

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CALIFORNIA'S TOP Female '79

14 & Over Division

100 Meter Hurdles

(0.24 Auto) 14+

12.86 (1) Deby Laplante/SDS	6-16
13.50 (?) Jane Frederick/PCC	
13.55w (2) Jodi Anderson/CSUN	4-1
13.75 (2) Jackie Washington/UNAT	6-24
13.6 (3) Lisa Gourdine/UCLA	5-11
13.7 (4) Maureen McGee/USLB	5-11
14.09 (H) Alesia Sweeney/BEBTC	6-23
14.12 (5) Michelle Hawthorne/CAL	5-6
14.25 (7) Lucy Vaamonde/MU	6-15
14.30 (4) Judy Young/BEBTC	6-9
14.36 (4) Lori Smith/LAM	6-9
14.41 (H) Janet Yarborough/HS	6-23
14.42 (2) Patsy Walker/UCLA	3-3
14.44w (1) Kris Costello/Oregon	5-12
14.2 (1) Yvonne Boone/CSUH	5-12
14.52 (1) Laura Nagel/Southwestern	5-16
14.60 (7) Marlene Harmon/LANTC	6-9
14.60 (4H) Susie Ray/LANTC	6-23
14.63w (3) Kim Costello/CSUN	4-1
14.4 (1) Lavonne Neal/ARMY	5-28
14.4 (1) Marilyn King/ML	5-5

400 Meter Hurdles

(0.14 Auto) 14+

58.86 (1) M. Hawthorne/BEBTC	6-16
59.07 (2) Christine Crowder/HS	6-24
60.0 (?) Celeste Martyn/Cuesta	CC3-23
60.8 (1) D. Hunerlach/BUTTE	CC 5-26
61.00 (1SF) Alesia Sweeney/BEBTC	6-23
61.33 (4D) Anna Biller/PTC	6-15 (62.0)
61.40 (4) Karen Taylor/LANTC	6-15
61.63 (5) Chris Davenport/SCC	6-15
61.6 (1) Laura Held/OCCC	5-16
61.6 (1) Angela Sapp/SDC	6-9
61.89 (1) Linda Hightower/UCSB	5-5
61.9 (3) Leslie Miles/BEBTC	8-11
62.1 (3) Cathy Hophmann/WV	CC 5-26
62.2 (4) Stella Edwinton/BYU	5-12
62.3 (1) Cynthia Snyder/UCD	5-12
62.3 (2) Laura Nagel/SWCC	5-16
62.8 (4) Dalas Ahmad/CI	6-9
63.0 (4) Jackie Boriolo/S.R. CC	5-26
63.17 (?) Nancy O'Connell/WVCC	5-18
63.3 (2) Yvonne Boone/CSUH	5-12

100 Meters

23.6 (R) Jodi Anderson/CSUN	4-25
23.81 (3) Elaine Parker/Cal	4-8
23.6w (2) Kim Robinson/USC	4-27
23.87w (4SF) Marie Nickson/CSH	5-25
24.03 (1) Yvette Evans/ECC	5-12
24.04 (1) Debbie B. White/BEBTC	4-22
23.8w (3) Tanya Dawkins/LBC	2-4
24.14 (1) Sharon Ware/BEBTC	7-14

400 Meters

(0.14) Auto)

51.09 (1) Sherri Howard/LAM	7-28
51.35 (2) Rosalyn Bryant/ALI	9-10
51.57 (1) Evelyn Ashford/MY	6-30
52.08 (1) V. Brisco/LANTC	6-23 (51.4R)
52.22 (1) Gwen Gardner/LAM	4-21
52.6 (1) Yolanda Rich/CLSA	5-26
52.7 (R) M. Franklin/ML	7-5 (53.46)
53.12 (3) Jackie Pusey/CSLA	8-13
53.0 (R) K. White/BEBTC	6-30 (53.90)
53.2 (R) D. Howard/LAM (14)	7-5 (53.82)
54.00 (5) Kelia Bolton/CAL	5-6
53.9 (?) Marie Nickson/CSH	
53.9 (R) C. Cumbess/UCLA	6-30 (54.49)
54.29A (1) Debbie B. White/BEBTC	6-38
54.36 (1) Kathy Weston/OS	5-12
54.6 (R) Michelle Hawthorne/CAL	
55.0 (2) Janice W. Pope/SDS	5-11
55.16 (2) Pat Embrey/UCLA	3-3
55.1 (?) T. Philopena/Santa Rosa	CC 4-14
55.4Y (1) Charlotte Zepherin/SDC	8-11

800 Meters

(0.14 Auto)

2:01.2 (2) Julie Brown/LANTC	7-9
2:02.3 (R) Kathy Weston/OS	5-26
2:02.89 (3) Tecla Chemabawi/MU	6-16
2:03.17 (1) Francie Larrieu/PCC	6-9
2:03.5 (3) Mary Decker/UNAT	6-9
2:04.5 (5) Penny Werthner/MU	6-9
2:05.6 (4) Marcia Romesser/CSUN	5-26
2:07.1 (7) Ann Regan/SJC	6-9
2:07.5 (2) Donna Fromme/UR	5-13

by CALVIN BROWN

3000 Meters

8:51.1 (2) Francie Larrieu/PCC	7-5
8:58.27 (3) Julie (JJ) Brown/LANTC	6-17
9:17.1 (?) Penny Werthner/MU	
9:21.0 (1) Maggie Keyes/CPSLO	4-14
9:23.82 (1) Kathy Mintie/QUEST	6-17
9:27.8 (1) Kate Keyes/CSUN	4-8
9:29.2 (?) Cheri Williams/ORE	
9:33.0 (2) Suzanne Richter/CAL	4-8
9:37.68 (4) Su-Mei Lee/SCRR	6-24
9:39.6 (1) Jan Oehm/CAL	3-25
9:40.5 (2) Lynne Hjelte/CAL	4-21
9:41.4 (1) Cindy Poor/AIA	3-10
9:43.4 (1) Alice Trumbly/CAL	5-13
9:44.81 (7) Roxanne Bier/SJC	6-17
9:45.3 (3) Sara Sweeny/UCSB	5-13
9:45.7 (5) Linda Broderick/UCLA	4-21
9:46.0 (9) Lisa Scaduto/LANTC	6-24
9:47.8 (2) Susie Meed/CAL	3-10
9:53.1 (1) Vickie Cook/HS	4-14
9:54 (9) Donna Chin/UCSB	4-21

5000 Meters

15:55.5 (1) Julie Brown/LANTC	3-11
16:16.8 (2) Kathy Mintie/ASU	5-26
16:24.0 (1) Suzanne Richter/CAL	3-10
16:26.8 (1) Jan Oehm	
16:35.6 (3) Lynne Hjelte/CAL	4-8
16:54.8 (5) Sally Metteer/CAL	4-1
17:06.6 (2) Pam Cox/CAL	4-14
17:09.0 (1) Linda Broderick/UCLA	4-1
17:23.6 (4) Michelle Aubuchon/CSUH	4-8
17:25.6 (?) Susie Meek/CAL	
17:27.6 (5) Wendy Walker/CSUN	4-8
17:32.6 (6) Julie Thrupp/UCSB	4-8
17:36.9 (1) Sarah Sweeny/UCSB	5-5
17:48.5 (2) Kathy Robertson/CSUN	2-17
17:51.8 (3) Laurie Hagopian/CLC	2-17
17:57.4 (2) Donna Chin/UCSB	3-31
17:58.2 (2) Whitman-Grossmont	3-10
18:01.4 (3) Yvonne Yankee/CSLB	5-5
18:15.1 (1) Paula Jackson/UCLA	4-27
18:15.2 (7) Ann Thrupp/STAN	4-8

4:57.9 (6) Lisa Scaduto/HS	6-2
4:58.0 (1) Marcia Romesser/FP	1-13
4:58.4 (3) Judy Graham/WVTC	1-13
4:58.5 (4) Kerry Brogan/SJC	1-13
4:58.7 (1) Chris Gilbreth/HS	5-25
4:59.2 (?) Rene Ortiz/HS	

Marathon

(26.2 miles)

2:38:50 (3) Sue Krenn/SDTC	4-16
2:42:08 (1) Sue Kinsey/LANTC	2-2
2:43:02 (4) S. Peterson/Laguna B.	4-16
2:43:31 (1-25) Marty Cooksey/Orange	5-26
2:43:43 (4) Laurie Binder/SD	9-79
2:45:20 (?) Wendy Walker/LANTC	2-2
2:46:20 (?) Debbie Lewis/SD	
2:46:45 (2) Patricia Story/SMTC	11-4
2:48:44 (14) Judy Leydig/WVTC	4-16
2:49:04 (10) Soderholm/WVTC	10-21
2:52:52 (1) Koudela/Cupertino	1-28
2:54:52 (2) Campo/Orange	1-28
2:55:22 (3) Ledder/Orange	1-28
2:56:44 (9) Rudolph/SR	11-4
2:56:56 (3) Marie Albert/ACRR	1-20
2:57:06 (4) Judy Ikenberry/SCRR	1-20
2:57:10 (4) Gonzalez/SMTC	1-28
2:57:22 (10) Swannack/Redwood C.	11-4
2:58:15 (1) Martin/Oceanside	11-4
2:58:18 (5) Solomon/Orange	1-28

5000 Walk

24:07.6 (1) Sue Brodock/SCRR	6-15
24:50.0 (19) Chris Sakelarios/SCRR	9-29
25:08.0 (23) Paula Kash/CW	9-29
25:49.8 (5) Esther M. Lopez/SCRR	6-15
26:22.2 (7) Vicki Jones/CW	6-15
26:24.4 (8) Chris Ramirez/SCRR	6-15
26:35.1 (9) Lori Maynard/WS	6-15
27:25.2 (11) Jodee Hunt/SDTC	6-15
27:44.4 (3) Joyce Brodock/SCRR	3-18
29:27.6 (5) Tracy Trisco/LANTC	5-19
30:21.6 (9) Jane Janousek/SCRR	4-21
32:43.6 (2) Kathy Curtis/UNAT	5-28
33:09.4 (3) Jennifer Gilbert/Army	5-28

10,000 Walk

(0.14 Auto) 14+		
58.86 (1)	M. Hawthorne/BEBTC	6-16
59.07 (2)	Christine Crowder/HS	6-24
60.0 (?)	Celeste Martyn/Cuesta CC3-23	
60.8 (1)	D. Hunerlach/BUTTE CC	5-26
61.00 (1SF)	Alesia Sweeney/BEBTC	6-23
61.33 (4D)	Anna Biller/PTC	6-15 (62.0)
61.40 (4)	Karen Taylor/LANTC	6-15
61.63 (5)	Chris Davenport/SCC	6-15
61.6 (1)	Laura Heid/OCCC	5-16
61.6 (1)	Angela Sapp/SDC	6-9
61.89 (1)	Linda Hightower/UCSB	5-5
61.9 (3)	Leslie Miles/BEBTC	8-11
62.1 (3)	Cathy Hophmann/WV CC	5-26
62.2 (4)	Stella Edwinton/BYU	5-12
62.3 (1)	Cynthia Snyder/UCD	5-12
62.3 (2)	Laura Nagel/SWCC	5-16
62.8 (4)	Dalas Ahmad/CI	6-9
63.0 (4)	Jackie Boriolo/S.R. CC	5-26
63.17 (?)	Nancy O'Connell/WVCC	5-18
63.3 (2)	Yvonne Boone/CSUH	5-12

100 Meters

(0.24 Auto)		
10.97 (1SF)	Evelyn Ashford/MU6-16 AR	
11.30w (2)	Jodi Anderson/CSUN	4-1
11.1 (1)	Gail Douglas/USC	5-11
11.49w (4)	Dollie Fleetwood/SCC	6-16
11.60 (1)	Sharon Ware/BEBTC	7-14
11.4 (1)	Yolanda Rich/CLSA	3-24
11.64 (1)	Kelia Bolton/CAL	4-22
11.4 (2)	Judy Reed/UCLA	5-11
11.65w (1)	Alice Brown/CSUN	6-9
11.66 (3)	Gwen Loud/LAM/WHS	4-21
11.68w (1)	B. Blackburn/LAM	6-9
11.69 (2)	Valerie Brisco/LANTC	6-30
11.70w (2)	Deandra Carney/LAM	6-9
11.73 (1)	Yvette Evans/EC	5-12
11.73 (1)	M. Washington/LAM	6-9
11.5 (1)	Gwen Gardner/LAM	3-10
11.5 (2)	Rosalyn Bryant/ALI	3-24
11.80 (3)	Freida Cobbs/ASU	3-17
11.83 (1)	Debbie B. White/ALCC	5-19
11.83w (4)	Sandra Howard/CSUN	4-1
11.83w (3)	Kim Robinson/LANTC	6-9

200 Meters

(0.24 Auto)		
21.83 (1)	Evelyn Ashford/MU	8-24 AR
22.53w (2)	V. Brisco/LAN	6-17 (23.13)
23.00w (2H)	G. Loud/LAM	6-15 (23.44)
23.03 (1)	Gwen Gardner/LAM	4-21
23.08w (5)	Jackie Pusey/CSLA	7-11
22.9w (1)	G. Douglas/USC	4-27 (23.5)
23.20 (2)	Rosalyn Bryant/ALI	
23.20w (1)	Y. Rich/SCC	5-6 (23.24)
23.41 (2)	Frieda Cobbs/ASU	6-9
23.43 (2)	Sherri Howard/LAM	8-11
23.47w (3SF)	Kelia Bolton/Cal	5-25
23.57w (4)	M. Washington/LAM	6-15

53.2 (R)	D. Howard/LAM (14)	7-5 (53.82)
54.00 (5)	Kelia Bolton/CAL	5-6
53.9 (?)	Marie Nickson/CSH	
53.9 (R)	C. Cumbess/UCLA	6-30 (54.49)
54.29A (1)	Debbie B. White/BEBTC	6-38
54.36 (1)	Kathy Weston/OS	5-12
54.6 (R)	Michelle Hawthorne/CAL	
55.0 (2)	Janice W. Pope/SDS	5-11
55.16 (2)	Pat Embrey/UCLA	3-3
55.1 (?)	T. Philopena/Santa RosaCC	4-14
55.4Y (1)	Charlotte Zepherin/SDC	8-11

800 Meters

(0.14 Auto)		
2:01.2 (2)	Julie Brown/LANTC	7-9
2:02.3 (R)	Kathy Weston/OS	5-26
2:02.89 (3)	Tecla Chemabawi/MU	6-16
2:03.17 (1)	Francie Larrieu/PCC	6-9
2:03.5 (3)	Mary Decker/UNAT	6-9
2:04.5 (5)	Penny Werthner/MU	6-9
2:05.6 (4)	Marcia Romesser/CSUN	5-26
2:07.1 (7)	Ann Regan/SJC	6-9
2:07.5 (2)	Donna Fromme/UR	5-13
2:07.6 (3)	Cynthia Warner/UCLA	5-13
2:08.14 (2)	Teresa Jenkins/CSLB	4-8
2:08.1 (1)	Ruth Caldwell/CITRUS	3-18
2:08.7 (1)	Maggie Keyes/CPSLO	3-30
2:08.95 (1)	Alice Trumbly/CAL	4-14
2:09.64 (3)	Sheila Ralston/UCLA	4-8
2:09.7 (1)	Kathy Chisam/UCLA	5-11
2:09.7 (9)	Tracy Weber/SJC	6-9
2:10.1 (2)	Arlise Emerson/PUSA	1-6
2:10.5 (1)	Linda Goen/HS	4-14
2:10.5 (1)	Janis V. Grane/BATC	5-13

1500 Meters

4:05.0 (*)	Mary Decker/UNAT	6-30
4:06.4 (2)	JJ Brown/LANTC	7-13
4:06.53 (1)	Francie Larrieu/PCC	6-17
4:12.74 (8)	Penny Werthner/MU	8-15
4:14.85 (7)	Maggie Keyes/CPSLO	6-17
4:18.9 (?)	Cheri Williams/ORE	
4:20.9 (3)	Alice Trumbly/CAL	4-21
4:21.0 (?)	Cyndy Poor/AIA	
4:22.94 (5)	Linda Goen/HS	6-24
4:24.55 (4)	Kate Keyes/LANTC	4-21
4:25.3 (1)	Ruth Caldwell/LRC	3-18
4:25.4 (2)	Michele Bush/LANTC	5-13
4:27.3 (3)	Kathy Chisam/UCLA	5-13
4:27.70 (4H)	Roxanne Bier/SJC	6-23
4:28.4 (5)	Sheila Ralston/UCLA	4-21
4:28.97 (5H)	Vickie Cook/HS	6-23
4:29.1 (1)	Cindy Schmandt/HS	4-20
4:29.2 (2)	Suzanne Richter/CAL	3-25
4:30.3 (2)	Su-Mei Lee/SCRR	4-20
4:30.4 (4)	Sarah Sweeney/UCSB	5-13

*during mile run

5000 Meters

15:55.5 (1)	Julie Brown/LANTC	3-11
16:16.8 (2)	Kathy Mintie/ASU	5-26
16:24.0 (1)	Suzanne Richter/CAL	3-10
16:26.8 (1)	Jan Oehm	
16:35.6 (3)	Lynne Hjelte/CAL	4-8
16:54.8 (5)	Sally Metteer/CAL	4-1
17:06.6 (2)	Pam Cox/CAL	4-14
17:09.0 (1)	Linda Broderick/UCLA	4-1
17:23.6 (4)	Michelle Aubuchon/CSUH	4-8
17:25.6 (?)	Susie Meek/CAL	
17:27.6 (5)	Wendy Walker/CSUN	4-8
17:32.6 (6)	Julie Thrupp/UCSB	4-8
17:36.9 (1)	Sarah Sweeny/UCSB	5-5
17:48.5 (2)	Kathy Robertson/CSUN	2-17
17:51.8 (3)	Laurie Hagopian/CLC	2-17
17:57.4 (2)	Donna Chin/UCSB	3-31
17:58.2 (2)	Whitman-Grossmont	3-10
18:01.4 (3)	Yvonne Yankee/CSLB	5-5
18:15.1 (1)	Paula Jackson/UCLA	4-27
18:15.2 (7)	Ann Thrupp/STAN	4-8

10,000 Meters

34:27.8 (5)	Jan Oehm/CAL	5-25
34:32.9 (1)	Julie Brown/LANTC	2-25
34:40.2 (4)	Linda Heinmiller/SMTC	6-15
35:14.4 (8)	Laurie Binder/KCBQ	6-15
35:39.7 (9)	Judy Fox/WVTC	6-15
35:46.0 (1)	Sally Metteer/CAL	3-10
35:50.6 (1)	Kathy Robertson/CSUN	4-8
36:00 (3)	Phyllis Olrich/SJC	5-5
36:03.5 (1)	Laurie Hagopian/CLC	5-5
36:15.6 (1)	Su Mei Lee/SCRR	3-18
36:22.2 (4)	Michelle Aubuchon/CSUH	5-5
36:23.3 (2)	Sue Kinsey/LANTC	11-8
36:24.0 (5)	Ann Thrupp/STAN	5-5
36:35.3 (13)	Marilyn Taylor/WVTC	6-15
36:39.2 (3)	Kate Keyes/LANTC	11-5
36:48.0 (1)	Wendy Walker/LANTC	1-7
36:58.7 (2)	Pam Morris/OXY	5-5
37:20.8 (3)	Donna Chin/UCSB	4-8
37:30.4 (4)	Miki Gorman/LA	11-5 (44)
37:56.2 (4)	Yvonne Yankee/CSLB	4-8

Mile Run

4:23.49 (1)	Mary Decker/UNAT	6-30 AR
4:27.52 (2)	Francie Larrieu/PCC	6-30
4:37.5 (4)	Julie Brown/LANTC	6-30
4:37.9 (3)	Maggie Keyes/CPSLO	5-6
4:41.4 (?)	Cheri Williams/ORE	
4:44.3 (5)	Cyndy Poor/AIA	5-6
4:46.4 (?)	Linda Goens/HS	
4:50.1 (?)	Michele Bush/HS	5-6
4:51.59 (2)	Vickie Cook/HS	6-2
4:51.68 (3)	Tracy Weber/HS	6-2
4:51.9 (1)	Cindy Schmandt/HS	5-19
4:53.3 (4)	Staci Kneeshaw/HS	6-2
4:57.5 (5)	Roxanne Bier/SJC	6-2

2:57:10 (4)	Judy Kennedy/SCRR	1-28
2:57:22 (10)	Swannack/Redwood C.	11-4
2:58:15 (1)	Martin/Oceanside	11-4
2:58:18 (5)	Solomon/Orange	1-28

5000 Walk

24:07.6 (1)	Sue Brodock/SCRR	6-15
24:50.0 (19)	Chris Sakelarios/SCRR	9-29
25:08.0 (23)	Paula Kash/CW	9-29
25:49.8 (5)	Esther M. Lopez/SCRR	6-15
26:22.2 (7)	Vicki Jones/CW	6-15
26:24.4 (8)	Chris Ramirez/SCRR	6-15
26:35.1 (9)	Lori Maynard/WS	6-15
27:25.2 (11)	Jodee Hunt/SDTC	6-15
27:44.4 (3)	Joyce Brodock/SCRR	3-18
29:27.6 (5)	Tracy Trisco/LANTC	5-19
30:21.6 (9)	Jane Janousek/SCRR	4-21
32:43.6 (2)	Kathy Curtis/UNAT	5-28
33:09.4 (3)	Jennifer Gilbert/Army	5-28

10,000 Walk

50:32.8 (1)	Sue Brodock/SCRR	6-17
51:26.1 (1)	Paula Kash/CW	8-19
51:33.0 (3)	Chris Sakelarios/SCRR	6-17
53:58.2 (4)	Esther M. Lopez/SCRR	6-17
55:37.6 (5)	Vicki Jones/CW	6-17
56:13.8 (6)	Lori Maynard/WS	6-17
56:30.6 (2)	Bonnie Dillon/SJ	8-19
56:44.0 (7)	Jodee Hunt/SDTC	6-17
58:10.4 (10)	Diane Uribe/CW	6-17
79:25.2 (4)	Jan Geller/CW	8-19
84:04 (5)	Lodina McNichols/LA	8-19

440 Relay

(0.14 Auto) (m + 3.0 = 440R)		
44.76m (2)	LAM/A	6-17
45.04m (1)	CSLA	5-6
45.19m (3)	LANTC	6-17
45.54 (2)	CSUN	5-26
45.4m (1)	UCLA	5-11
45.97 (4)	USC	5-26
46.12 (2)	SCC	6-9
46.1 (1)	Berkely HS	
46.13m (5)	CAL	5-6
46.26m (3)	BEBTC	6-24
47.01 (3)	LAM/B	6-9
47.08 (?)	South HS	
47.20 (1)	Westchester HS	6-2
46.8m (1)	Club International	3-11
46.8m (3)	SDS	5-11
47.04m (1)	CSLB	3-10
47.39 (1)	Alameda CC	5-26
47.42 (?)	San Gorgonio HS	
47.3 (?)	Cordova HS	
47.46 (2)	San Jose CC	5-26

880 Medley Relay

(110, 110, 220, 440) (m + 5.0)	
1:38.72m (2) LANTC	6-17
1:40.12 (1) CSUN	5-25
1:39.89m (4) LAM/A	6-17
1:40.6 (1) CSLA	4-28
1:41.83m (6) SCC	6-17
1:42.16m (1SF) BEBTC	6-23
1:42.3m (1) SDC	5-27
1:43.16 (7) UCLA	5-25
1:44.0m (3) LAM/B	6-9
1:44.2m (2) USC	3-10
1:44.5m (1) Berkeley HS	4-20
1:45.0 (1) MLTC	5-28
1:44.6m (2) SDS	4-22
1:45.7 (6) Premier TC	6-15
1:45.97 (1) SJCC	5-5
1:46.77 (2) SAnta Rosa CC	5-5
1:46.4m (5) LANTC/B	6-9
1:47.0 (1) El Camino CC	4-19
1:47.2 (1) CSLB	2-23
1:47.78 (3) Compton CC	5-5

Mile Relay

(m + 1.2)	
3:44.05 (1) San Geronio HS	6-2
3:46.42 (2) LB Poly HS	6-2
3:46.41 (6) SDS	5-21
3:46.5 (1) BEBTC	
3:45.4m (1) CSUN	5-19
3:45.5m (1) LAM/A	6-9
3:46.46m (2) CSLA	4-8
3:46.85m (1) UCLA	3-3
3:47.9m (5) Premier TC	
3:48.2m (6) LANTC	6-15
3:49.5 (2) CSUN/B	5-13
3:48.7m (1) CAL	4-1
3:49.73 (1) SJCC	5-26
3:50.7 (?) Berkeley HS	
3:51.6 (3) Fountain Valley HS	5-24
3:51.74 (2) Alameda CC	5-26
3:50.88m (5) CSLB	4-8
3:52.54 (3) Santa Rosa CC	5-26
3:53.3 (1) N. Torrance HS	5-19
3:54.40 (4) Butte CC	5-26
3:54.3 (1) Locke HS	5-25

2 Mile Relay

(m + 3.0)	
8:34.7m (2) LANTC/A	6-15
8:44.39 (4) CSUN	5-26
8:46.14 (5) UCLA	5-26
8:50.5m (5) SJC	6-15
9:10.4m (9) LANTC/B	6-15
9:19.0 (1) CSLB	3-31
9:25.4 (2) UCI	5-5
9:27.5m (2) SDS	3-10
9:27.7m (1) Citrus CC	4-19
9:33.2 (1) Sac. ST.	5-12

High Jump

6-5¾ (1) Debbie Brill-PCC	8-26
6-3¼ (2) Pam Spencer-LANTC	8-15
6-1 (1) Sue McNeal-HS	8-18
6-0 (1) Phyllis Blunston-EC	5-16
6-0 (P) Jane Frederick-PCC	5-27
5-11¾ (?) Tonya Alston-HS	4-14
5-11¾ (3) Patsy Walker-UCLA	5-6
5-11 (1) Fern Simon-CSLB	4-14
5-11 (1) Kathy Hamilton-HS	6-23
5-10 (P) Nancy Redican-SCC	3-25
5-10 (?) Karen Lysaght-HS	
5-9 (1) Chris Remmling-UCLA	3-10
5-9 (2) Kari Gosswiller-CSUN	4-8
5-9 (1) Marilyn King-ML	5-12
5-9 (2) Cindy Gilbert-MU	5-13
5-9 (1) Lucy Wardle-HS	5-24
5-9 (2) Ellen Fargo-HS	5-24
5-9 (3) Trish King-HS	6-2
5-8¾ (2) Dorothy Kaizer-Baks. CC	5-26
5-8¾ (3) Deanne Neff-Sant Rosa CC	5-26

Long Jump

22-7 ½w (1) Jodi Anderson-LANTC	7-30
21-1 ½w (2) Jane Frederick-PCC	6-17
20-9 ¼w (3) Gwen Loud-LAM	5-6
20-7 ½w (5) Sandy Crabtree-USC	6-17
20-6 (2) Sherron Walker-Ci	4-8
20-4 ½ (?) Carrie McLaughlin-HS	
20-1 ¾ (1) Lisa Gourdine-UCLA	3-3
20-1 ¼ (2) Martha Watson-Ci	5-12
19-11 ¾w (3) Lanessa Jones-UNLV	4-8
19-10w (2) Markham-HS	5-18
19-9 ½w (2) Karen Elmore-ML	4-28
19-9 (1) Marilyn King-ML	5-5
19-8 (1) Yvette Evans-Ec	6-9
19-7 ½w (5) Patsy Walker-UCLA	4-8
19-7 (1) Veronica Bill-HS	5-19
19-6 ½ (1) Debra Wilford- S. West.	5-16
19-6 ½ (2) Green-HS	
19-6 ¼ (?) Kathy Haynes-USC	5-13
19-4 ¼ (?) Rockwell-HS	
19-4 (1) N. Smith-Alameta CC	5-19

Shot Put-4 Kilo

(8# mark minus 2 feet = 4K mark)	
62-7¾ (1) Maren Seldler-SJ Stars	6-16
54-6 (1) Kathy Devine-TX	4-4
54-1¾ (3) Carmen Ionescu-MU	7-9
51-2 ½ (1) Emily Dole-CSLB	5-11
50-8 ¼ (2) Jane Frederick-PCC	4-28
49-0 ½ (7) Melody Rose-PTC	6-16
50-6 ½ (1)8# Susie Ray-HS	= 48-6%
48-2 (2) Nancy Jenkins-CSUN	4-8
47-5 (2) Heidi Kauti-UCLA	5-19
49-4 ¼ (2)8# Rosarjo Ramos-HS	6-2
47-5 ¼ (3)8# Romona Ebert-HS	6-2

Javelin Throw

208-7 (2) Katie Schmidt-UNAT	8-11
194-6 (3) Karin Smith-SCM	8-19
185-4 (2) Lynn Cannon-ML	7-14
185-2 (3) Cathy Sulinski-ML	7-14
171-11 (2) Barbara Whitfield-ML	5-12
169-7 (3) Jacque Nelson-Ci	7-5
164-5 (1) Kari Camarigg-CSLB	3-10
163-11 (1) Donna Mayhew-Glen. CC	4-7
163-8 (?) Donna Dietrick-SDS	
163-2 (Q3; Linn Dunton-SDS	5-24
154-6 (2) Monica Stoltenburg-SDS	4-27
152-2 (1) Barb Moro-LANTC	6-9
150-9 (?) Lisa Van Benthem-USC	3-17
150-6 (1) Jenny Stary-PP	4-28
150-2 (2) Charm Bishop-LANTC	4-22
149-4 (1) Raydeen Rona-CPP	3-18
148-8 (1) Kris York-UNAT	4-22
146-8 (?) Elaine Sunby-Foothill CC	5-12
146-7 (1) Deena Bernstein-Ci	4-13
145-9 (3) Debbie Dibb-TW	8-18

Pentathlon

(100MH, SP-4K, HJ, LJ, 800)	
4708 (1) Jane Frederick-PCC	5-27
4475 (1) Jodi Anderson-CSUN	5-23
4039 (1) Patsy Walker-UCLA	4-13
3775 (1) Joan Russell-E. Fish Co.	
3738 (2) Jenny Stary-PP	5-13
3538 (1) Tonya Alston-HS	4-22
3527 (2) Nancy Redican-SCC	3-25
3496 (5) Luanne Morris-UCSB	4-13
3432 (1) Gigi Hurley-ML	4-29
3258 (6) Chris Remmling-UCLA	4-13
3202 (1) Soja-HS	4-28
3202 (1) Cyndee Snyder-UCD	5-12
3162 (2) Keann Homestead-SAC	5-12
3149 (3) Theresa Lofton-SCC	3-25
3149 (2) Dibb-HS	4-28
3002 (4) Chris Davenport-SCC	3-25
2997 (5) Kim Costello-CSUN	3-25
2991 (3) Murphy-HS	4-28
2958 (2) Christine Viquiel-ML	4-22
2948 (2) Gelvin-HS	4-29

QUESTION CORNER

by HOWARD WILLMAN

Q. How many Olympic gold medalists have also been California high school track champions?

A. If you check back to the 1976 California Interscholastic Federation (cif) meet program, you'll find a research by Fran Errota that listed 17 CIF champions who have also attained an Olympic gold medal. Since that writing (before the Montreal Olympics), one more (Millard Hampton) has been added to bring the current total to 18. The list is as follows, with athlete's high school,

pole vault all three years (12-0, 12-9½, 12-6).

Foy Draper, Huntington Park -- 1936 Olympics: 400-meter relay (39.8); 1931 CIF: 100 yards (9.9).

Cornelius (Corny) Johnson, Los Angeles -- 1936 Olympics: high jump (6-715/16); 1932-33 CIF: high jump (6-3, 6-43/4).

Wilbur (Moose) Thompson, Modesto -- 1948 Olympics: shot (56-2); 1937 CIF: shot (55-83/4).

Bob Mathias, Tulare -- 1948 and '52 Olympics: decathlon (7139, 7887 points); 1948 CIF: 120-yard high hurdles (14.5) and 180-yard low hurdles (19.6).

Leamon King, Delano -- 1956 Olympics: 400-meter relay (39.5); 1951 CIF: 220 (21.4); 1953 CIF: 100 yards (9.6) and 220 (21.4).

Rafer Johnson, Kingsburg -- 1960 Olympics: decathlon (8392 points); 1954 CIF: 120-yard high hurdles (14.3).

Charles Dumas, Centennial of Compton -- 1956 Olympics: high jump (6-11¼) 1955 CIF: high jump (6-93/8).

Ulis Williams, Compton -- 1964 Olympics: 1600-meter relay (3:00.7); 1960-61 CIF: 440 (47.2, 47.8).

Richard Stebbins, Fremont of Los Angeles -- 1964 Olympics; 400-meter relay (39.0); 1962 CIF: 220 (20.9).

Tommie Smith, Lemoore -- 1968

3:49.5 (2)	CSUN/B	5-11
3:48.7m (1)	CAL	4-1
3:49.73 (1)	SJCC	5-26
3:50.7 (?)	Berkeley HS	
3:51.6 (3)	Fountain Valley HS	5-24
3:51.74 (2)	Alameda CC	5-26
3:50.88m (5)	CSLB	4-8
3:52.54 (3)	Santa Rosa CC	5-26
3:53.3 (1)	N. Torrance HS	5-19
3:54.40 (4)	Butte CC	5-26
3:54.3 (1)	Locke HS	5-25

2 Mile Relay

(m + 3.0)		
8:34.7m (2)	LANTC/A	6-15
8:44.39 (4)	CSUN	5-26
8:46.14 (5)	UCLA	5-26
8:50.5m (5)	SJC	6-15
9:10.4m (9)	LANTC/B	6-15
9:19.0 (1)	CSLB	3-31
9:25.4 (2)	UCI	5-5
9:27.5m (2)	SDS	3-10
9:27.7m (1)	Citrus CC	4-19
9:33.2 (1)	Sac. ST.	5-12
9:33.3m (1)	Valhalla HS	4-20
9:36.6 (1)	MLTC	5-28
9:45.7m (?)	Mont. Peninsula	4-14
9:49.2m (2)	West HS	4-20
9:52.8 (2)	UC Davis	5-12
9:50.2m (3)	El Camino CC	4-19
9:51.1m (3)	Sacred Heart HS	4-20
9:56.8 (3)	Hayward ST.	5-12
10:12.0 (1)	UCSB	3-24
9:59.9m (4)	Ventura CC	4-19

Distance Medley Relay

11:53.6 (1)	LANTC-A	3-4
12:14.;	(1) SBHS	4-14
12:17.6 (1)	Valhalla HS	4-20
12:28.1 (1)	Ventura HS	4-19
12:28.1 (2)	Harbor CC	4-19
12:30.0 (2)	Eisenhower HS	4-20
12:35.0 (3)	Foothill HS (SA)	4-14
12:36.0 (4)	Univ., HS (Irvine)	4-14
12:36.3 (5)	Sacred Heart HS	4-14
12:41.8 (6)	Kennedy HS	4-14
12:43.8 (3)	San Marcos HS	4-20
12:49.2 (1)	Glendale CC	4-7
12:49.9 (4)	LaCanda HS	4-21
12:52.7 (3)	West HS	4-20
12:54.2 (2)	Fresno CC	4-7
12:59.9 (2)	W. Torrance HS	4-21
13:03.6 (2)	LANTC-B	3-4
13:04.0 (3)	San Marino HS	4-21
13:08.0 (4)	S. Pasadena HS	4-21
13:27.4 (3)	SCC	3-4

Shot Put-4 Kilo

(8# mark minus 2 feet = 4K mark)		
62-7 ³ / ₄ (1)	Maren Seidler-SJ Stars	6-16
54-6 (1)	Kathy Devine-TX	4-4
54-1 ³ / ₄ (3)	Carmen Ionescu-MU	7-9
51-2 ¹ / ₂ (1)	Emily Dole-CSLB	5-11
50-8 ¹ / ₄ (2)	Jane Frederick-PCC	4-28
49-0 ¹ / ₂ (7)	Melody Rose-PTC	6-16
50-6 ¹ / ₂ (1)8#	Susie Ray-HS	= 48-6%
48-2 (2)	Nancy Jenkins-CSUN	4-8
47-5 (2)	Heidi Kauti-UCLA	5-19
49-4 ¹ / ₄ (2)8#	Rosarjo Ramos-HS	6-2
47-5 ¹ / ₄ (3)8#	Romona Ebert-HS	6-2
45-2 ¹ / ₂ (2)	Annette Chandler-CSUN	3-10
47-2 ¹ / ₄ (1)8#	Lynn Richardson-HS	5-25
44-9 ¹ / ₂ (1)	D. Erickson-Shasta CC	5-19
44-6 (1)	M. Betham-Humbolt	5-12
44-5 (1)	Julie Flynn-Glen. CC	5-26
46-4 ¹ / ₂ (2)8#	Deborah Pryor-HS	7-14
44-3 (2)	Kathy Kuchta-Chico St.	5-12
44-2 (3)	Monica Stoltenburg-SDS	5-11
43-9 ¹ / ₂ (1)	Cheryl Kennedy-UCLA	5-19

Discus Throw

187-5 (3)	Carmen Ionescu-MU	7-7
175-10 (3)	Leslie Deniz-HS	5-6
169-10 (6)	Jan Svendsen-Quest	6-16
163-9 (1)	Kathy Kuchta-Chico St.	5-12
158-5 (6)	'Iinda Langford-ML	4-28
156-10 (4)	Lisa Vogelsang-MU	5-12
152-3 (1)	Leslie Hoerner-CSLB	5-11
151-3 (1)	Karen Marshall-UNAT	3-17
151-3 (1)	Terrie Grudinkas-LANTC	6-3
150-10 (1)	Christi Pyle-CSUN	5-5
150-4 (1)	Kathy Devine-TX	4-14
150-4 (?)	Karen Stamfli-CSUN	5-19
150-2 (?)	Linda Read-Alameda	
149-2 (4)	Cindy Banks-CAL	5-13
148-5 (1)	Susan Springer-HS	5-19
147-7 (?)	Ramona Ebert-HS	
147-1 (2)	Kris York-UNAT	5-28
146-8 (1)	Glenda Ford-HS	4-14
146-5 (?)	C. Sandoval-Modesto CC	4-28
144-8 (1)	Julie Flynn-Glen. CC	5-16

CORNER

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Charley Paddock, Pasadena -- 1920 Olympics: 100 meters (10.8), 400-meter relay (42.2); CIF: 1916, 100 yards (10.4) and 220 (22.4); 1917, 220 (22.0); 1918, 100 yards (10.2) and 220 (22.4).

Clarence (Bud) Houser, Oxnard -- 1924 Olympics: shot (49-2) and discus (151-5); 1928 Olympics: discus (155-3); 1920-22 CIF: shot put all three years (49-9, 52-0, 55-44).

Lee Barnes, Hollywood -- 1924 Olympics: pole vault (12-11¹/₂); 1923-24 CIF: pole vault (12-3 5/8, 12-11¹/₂).

Frank Wykoff, Glendale -- 1928, '32, and '36 Olympics: 400-meter relay all three Olympics (41.0, 40.0, 39.8); 1927 CIF: 100 yards (9.8), 220 (21.0) and long jump (22-2); 1928 CIF: 220 (21.4).

Bill Miller, San Diego -- 1932 Olympics: pole vault (14-17/8); 1927-29 CIF:

1948 Olympics: shot (56-2); 1937 CIF: shot (55-83/4).

Bob Mathias, Tulare -- 1948 and '52 Olympics: decathlon (7139, 7887 points); 1948 CIF: 120-yard high hurdles (14.5) and 180-yard low hurdles (19.6).

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Richard Stebbins, Fremont of Los Angeles -- 1964 Olympics; 400-meter relay (39.0); 1962 CIF: 220 (20.9).

Tommie Smith, Lemoore -- 1968 Olympics: 200 meters (19.8); 1963 CIF: 440 (47.3).

James Hines, McClymonds of Oakland -- 1968 Olympics: 100 meters (9.9) and 400-meter relay (38.2); 1964 CIF: 100 yards (9.7) and 220 (21.5).

Randy Williams, Edison of Fresno -- 1972 Olympics: long jump (27-0¹/₂); 1971 CIF: long jump (26-33/4w).

Millard Hampton, Silver Creek of San Jose -- 1976 Olympics: 400-meter relay (38.33); 1974 CIF: 220 (21.1).

If you look the list over carefully, you'll notice that every Olympics since 1920 has sent home at least one CIF champion with a gold medal (no Olympics were held during 1940 or 1944 because of World War II).

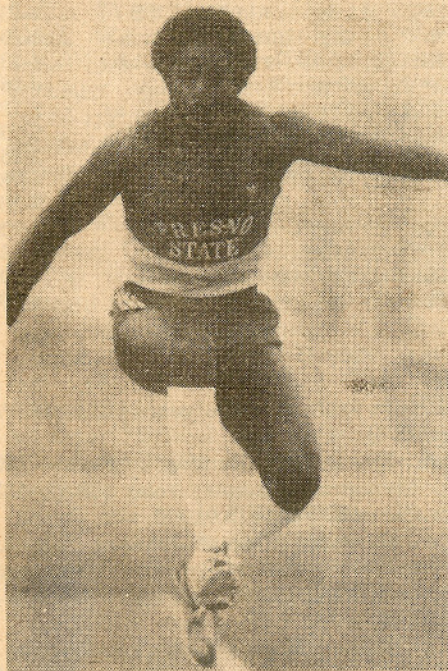
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introducing:

HENRY ELLARD



HENRY ELLARD: Fresno State University, freshman. Age 18. 5 feet, 11 inches; 168 pounds. Born July 21, 1961, in Fresno, California. Also competed for Fresno Hoover High School.

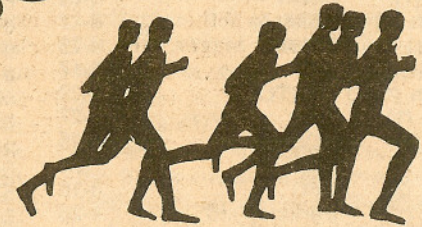
Best Marks: Triple jump 1978- 49-10; triple jump 1979- 52-6. Coached by Don Robinson and Dutch Warmerdam.

Big brother knows best. That's the case for 18 year old Henry Ellard; the latest in a long line of prep triple jumper stars from the Fresno area. It wasn't until the eleventh grade, however, that Henry listened to his brothers advice. It didn't take long to convince him that the decision was correct as that first year in track saw him hop-step-jump out to 49 feet, 10 inches for a school record. Not bad for a beginner.

Last year Henry was a senior at Fresno's Hoover High School and started to get the hang of the horizontal three phase jump. As a veteran in his second year at it, he stretched his best out to 52-6, missing the national record by a mere 1/4 inch. He may have gotten that extra fraction of an inch had he not suffered a pulled muscle late in the post-season. "I was training for the Junior Nationals in Indiana but strained a muscle in my left leg that ended the season," Henry bemoaned. "I feel if I wouldn't have pulled that muscle I would have had a chance to make the Junior National Team and competed in several more meets."

Now a business major at Fresno State University the freshman Bulldog is looking to 54 feet in the near future and says that someday, "I'd like to be the first to go 60 feet."

LONG DISTANCE LOG



by **RICHARD SLOTKIN**
Long Distance Editor

Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertine Lane, Culver City, CA 90230. Also send a copy of the results to the California Track News office: P.O. Box 6103, Fresno, CA 93703.

Points of Interest

An interested bystander to the women's 880 at the Sunkist was Cyndy Poor, the record holder up until then. Cyndy is out of action with an Achilles tendon problem in her right leg.

Houston McTear only had about 10 minutes to warm up for the 60 yard dash at the same meet. Seems that his ride to the Sports Arena missed the turnoff. Because of the cold weather, his calves were not sufficiently loosened and he started cramping in his first four steps. Those huge calf muscles are part of the secret of his success, but when you have a set like that, they are always in danger of cramping up. As a matter of fact, it really caught up with him the following week at the Jack-in-the-Box, which we'll cover next month.

Henry Rono ran the two mile without any warmup. Oh boy! Rub it in.

Down in Houston, Texas, at the Astrodome a bunch of local boys made good. The Santa Monica Track Club 2 Mile Relay Team set a world indoor record as they beat Villanova. Auburn

appear to be worried about Paige. Although he attends Santa Monica College and runs during the off seasons for SMTC, he is coached by neither SMTC's gold medalist Tommie Smith, nor SMTC's Joe Douglas. His Crenshaw High School coach, Merle McGee, who coaches part of the SMTC is still his coach. Well, Gray went out fast and widened the lead over Paige. With 500 yards to go, Paige started to move. On the last lap, he made another move and knocked another second from the Gray's lead, but Gray started his big kick with 250 yards to go, completed the win for SMTC running a 1:47.7 to Paige's 1:48.8, and a new world record.

This might be a good place to offer a word of consolation to our California qualifiers to the 1980 Olympics. The February 20 deadline has come and gone. The Russians have not budged from Afghanistan. They haven't even made a token move. Of course, there was no way they could without losing more "face" than it would have been worth. It's interesting to note that they didn't tamper with the Winter Olympics at Lake Placid by pulling their team



Second Annual Run for Daylight

10 Kilometers (6.2 miles)

LAFAYETTE, CALIFORNIA
SUNDAY, APRIL 20, 1980

A Benefit for the American Cancer Society

Sponsored by: Coors of Contra Costa and Bank of America Bankcards

HENRY ELLARD: Fresno State University, freshman. Age 18. 5 feet, 11 inches; 168 pounds. Born July 21, 1961, in Fresno, California. Also competed for Fresno Hoover High School.

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SMTC's Joe Douglas. His Gresham High School coach, Merle McGee, who coaches part of the SMTC is still his coach. Well, Gray went out fast and widened the lead over Paige. With 500 yards to go, Paige started to move. On the last lap, he made another move and knocked another second from the Gray's lead, but Gray started his big kick with 250 yards to go, completed the win for SMTC running a 1:47.7 to Paige's 1:48.8, and a new world record.

This might be a good place to offer a word of consolation to our California qualifiers to the 1980 Olympics. The February 20 deadline has come and gone. The Russians have not budged from Afghanistan. They haven't even made a token move. Of course, there was no way they could without losing more "face" than it would have been worth. It's interesting to note that they didn't tamper with the Winter Olympics at Lake Placid by pulling their team out. Of course, again, they couldn't because it would have jeopardized the Summer Olympics even more. Boycott vs. Boycott. They would have faced the possibility of everyone throwing their hands up in disgust and giving up on the whole thing.

A question comes up in *my* mind at least. True, it was the upset of the century, but it happened. The USSR hockey team ate it in front of the whole world. Our team beat them and everyone else (except for a tie with Sweden, who Russian then annihilated). The coaches say it, the athletes say it--let's go and take it to them. That's alot more convincing than a boycott. But even here, something disturbs me. Is that what the Olympics is degenerating to? A surrogate battlefield? Is *that* why Dave Babiracki, Tom Bryant and Duncan MacDonald run those 100 plus mile weeks? Is that why Julie Brown runs quarter after quarter against the clock? Is that why Mike Mahler hung in for 10 years to get a PR in the marathon? To beat the Russians? This isn't Salamis, Actium, Marengo, Balaclava or Midway. This isn't war. It isn't even supposed to be team versus team. It is supposed to have something to do with a person achieving the best performance he or she is capable of achieving. The old BS about not whether you win or lose, but

Houston McTear only had about 10 minutes to warm up for the 60 yard dash at the same meet. Seems that his ride to the Sports Arena missed the turnoff. Because of the cold weather, his calves were not sufficiently loosened and he started cramping in his first four steps. Those huge calf muscles are part of the secret of his success, but when you have a set like that, they are always in danger of cramping up. As a matter of fact, it really caught up with him the following week at the Jack-in-the-Box, which we'll cover next month.

Henry Rono ran the two mile without any warmup. Oh boy! Rub it in. Down in Houston, Texas, at the Astrodome a bunch of local boys made good. The Santa Monica Track Club 2 Mile Relay Team set a world indoor record as they beat Villanova, Auburn U., the Greater Boston A.A. and Texas Southern. Coach Joe Douglas took his team down there hoping to set a US record. He didn't realize that the US record was a world record as well. The team of Mark Rafferty, Don Frichtel, Gerald Masterson and Johnny Gray ran to a 7:16.72 hand-timed win. (it was 7:16.99 on the electronic timer.) Leadoff Rafferty had been suffering with a cold and didn't feel well. Falling back at first, he moved up from last place to 5th, which was only next to last, but at least was in contact with the pack which Villanova led by 2 seconds. Don Frichtel, who came to SMTC from Colorado State, moved out quickly. With 200 yards to go in his leg, he joined the leaders and then outkicked them to take the lead coming off the last turn. Villanova was a close second at the handoff when Gerald Masterson, from Ouachita Baptist, took the baton from Frichtel. Masterson lives just down the block from me in Culver City, so besides being a teammate, he's a neighbor. Adds a little interest to things. Anyway, coming to the end of the third leg, Masterson put on a devastating kick and opened up a 2.8 second lead on Villanova at the final handoff. By this time it was a two-team race--SMTC vs. Villanova. Johnny Gray vs. the great Don Paige. Gray didn't



Second Annual Run for Daylight

10 Kilometers (6.2 miles)

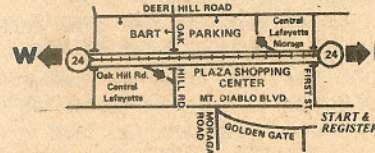
LAFAYETTE, CALIFORNIA
SUNDAY, APRIL 20, 1980

A Benefit for the American Cancer Society
Sponsored by: Coors of Contra Costa and Bank of America Bankcards

The days grow longer. Daylight Savings Time is coming. More time to run. Time to get into the summer running program. What better way to start than with a 10 kilometer run through beautiful Lafayette. Our course winds through Lafayette's tree lined streets, along the bed of the old Sacramento and Northern Railroad, (now a trail for joggers, equestrians and cyclists) and over Las Trampas ridge.

THE RACE

- Date & Time:** Sunday, April 20, 1980. 10:00 A.M.
Start/Finish: Corner of 1st Street and Golden Gate Way in Lafayette.
Registration: \$5.00 per runner. Checks to be made payable to the American Cancer Society. Race day registration 8:00 to 9:45 A.M.
Course: AAU Certified 10k loop through Lafayette streets, along bike trail and over Las Trampas ridge. Gentle slope, one steep down-hill.
T-Shirts: Free T-Shirts will be given to first 1200 registered runners.
Refreshments: Coors Premium & Coors Light Beer to registered runners.
Awards: Engraved plaques to Top 3: 12 and under, 13-17, 18-29, 30-39, 40-49, 50-59, Top 60+.
Prizes: Prizes for winner in each category plus drawing for all registered runners.



From Oakland/San Francisco: Take Highway 24 East through the Caldecott tunnel to Oak Hill Road/Central Lafayette exit. Follow signs to parking in the BART parking lot or the Plaza shopping center.

From San Jose: Take 680 North to Highway 24 West then to Central Lafayette/Moraga exit. Follow signs to parking and race.

From Pittsburg/Martinez/Walnut Creek: Take Highway 24 West to Central Lafayette/Moraga exit. Follow signs to parking and race.

RUN FOR DAYLIGHT

Mail Entry before Monday — April 14, 1980 to:
AMERICAN CANCER SOCIETY
 P.O. Box 4295
 Walnut Creek, CA 94596 (415) 934-7640

Please enter me in the 10 kilometer, **Run for Daylight** to be held on Sunday, April 20, 1980. 10 A.M., P.S.T. Lafayette, California. Enclosed is the \$5.00 entry fee (check made payable to: The American Cancer Society) and complete required information on the entry form:

Name _____ Age _____ Sex _____
 Address _____ City _____ State _____ Zip _____

AGE CLASS: Under 13 13-17 18-29 30-39 40-49 50-59 60+

T-SHIRT SIZE: Small Medium Large Extra Large

Average running time per mile: _____

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignees, do hereby release and discharge The American Cancer Society and any other sponsors for all claims for damages which I or my minor child may sustain arising or growing out of my participation in the Run for Daylight. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I further grant full permission to the use of my or my minor child's likeness by the American Cancer Society for any purpose whatsoever.

SIGNATURE: (Parent's signature is also required if under 18 years of age)

SIGNATURE: of participant if under age 18.

how you play the game.... Well, it is BS now, and maybe it always has been. Because the people who don't participate make it that way. Those of us who do play the game know that whether you are world class or a Sunday jogger, the thrill of achievement is always real. There is many a tear of joy running down the face of the Olympic Medalist during the award ceremony. And the feeling is just the same for the winner of the 45-49 age group in the First Annual Boondock Hollow 10K.

Well, what can we say? After all, who puts the leaders into power? In the complex societies that have evolved since civilization took root, this has been the pattern. Too many people want to spend their time controlling the activities of the rest of us. And too many of the rest of us don't care, as long as we don't get bothered. And if we must be bothered, then we will take it as long as someone else gets bothered more. In a very real sense, we make our own beds.

In the coming months, look for Russia to make some peace offering. The pressure is on them. Look for the US to

respond according to the direction of public pressure and its strength. Will we go to Moscow? At this point, I'd say it's an unlikely possibility. But politicians can giveth as well as taketh away. Deals can be made. The Afghans are giving Russia a very difficult time. But then, so did the Finns before WWII. The Big Red Machine is big enough to do what it wants to and they don't mind injuries. Their bench is very strong. Still, this isn't 1939 and the Afghans have more world support than Finland did. So, maybe the Bear will backoff and maybe Carter will find it brings more voters to cancel the boycott. The US Hockey Team and Eric Heiden's fantastic performances may provide the spark that turns the tide of public opinion.

Am I cynical? Oh, *am I*. Those who don't learn from history are condemned to relive it and this story is old and many times repeated.

Tough luck Mike...and B.J....and Bill ...and Francie...and Bill McCullough...and Dave Smith...and Jeff Wells...and Mary Decker...and Steve Scott...and, and, and....

TWO BIG WEST COAST MEETS

Nice Awards — AAU sanctioned — Fast Chevron 440 track — quality field event areas — AAU officials — Meet site: Cal State Northridge.

••NORTHRIDGE RELAYS — MARCH 15, 1980: Men & women — JC, College, University, Club & Open. All field events and relays. Open men's 2-mile and & 10,000; women's 1500 & 5000. 11:15 a.m. field events. 12:00 Noon relays.

••TFA—BROOKS INVITATIONAL — MAY 3, 1980: A men's meet — JC, College, University, Club & Open. Accutrack & windguage — Qualifying standards — With top 8 entries into Invitational Section. All standard Olympic events for men. 1:00 p.m. field events; 2:00 p.m. running events.

For entries or info contact: Bill Webb, Track Coach, Cal. State U. Northridge, Northridge, Ca. 91330. (213) 885-3208

**1980
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Junior X-C Trials

by Dave Shrock

January 26, 1980. 1980 National & PA-AAU Junior Men's 8 Kilo Cross Country Champs. & International Trials. San Mateo, California.

16) Jack Marden 18-W. Valley T.C. 26:21
17) Bob Brennand 18-SBAA 26:25
18) John Whitesides 18-Unat. 26:27
19) Ron Roberts 18-Unat. 26:29
20) Samuel Walling 18-Unat. 26:31

Ivanhoe 6 Mile

Junior 3 Mile: 1. Bob Lohse (HSTC) 14:44; 2. Mike Gragg (HSTC) 16:23; 3. Mike Woody (HSTC) 16:40.
Women 3 Mile: 1. Laura Kulsik (HSTC) 22:16; 2. Eileen Lohse (HSTC) 25:58; 3. Michaille Russell (Un) 27:40.

photo by Marty Higginbotham

The race, in memory of Mac Choboian, a local Tularean who died of cancer following his professional football career. Choboian a quarter-back for the Denver Broncos in the early 1960's of the old American Football League was active in youth athletic programs and interested in

fast as witnessed by the race results even though it had rained the two days previous.

Rob Bray was looking for a race since the Bakersfield All Comers Meet was cancelled the day before. Bray who is in his last season at Cal Poly SLO kept pace with Al Lara of the Fresno Track Club. The two leaders passed three miles in 14:45. At 3 1/2 miles Bray broke away from

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For entries or info contact: Bill Webb, Track Coach, Cal. State U. Northridge, Northridge, Ca. 91330. (213) 885-3208

Junior X-C Trials

by Dave Shrock

January 26, 1980. 1980 National & PA-AAU Junior Men's 8 Kilo Cross Country Champs. & International Trials. San Mateo, California.

On a cool and foggy day, Tom Downs of the West Valley Track Club and Cal showed the crowd assembled at the National 8K Junior Men's Cross Country Championships that he is a force to be reconed with.

In a tight battle in which Ed Eyestone of B.Y.U. led a competitive pack through the mile in 4:34, Downs with a scant 60 yards left in the race turned on a convincing kick to win the national individual title by 10 yards. In a truly nationally representative field, the top six finishers will travel to Paris, France on March 9th to do battle with the world's top Junior runners in the I.A.A.F.'s International Cross Country Meet.

In the team title race, the Santa Barbara Athletic Association brought a strong team, and easily won the national trophy by besting the Camino West Racing Team of San Carlos, CA and the West Valley Track Club of San Mateo, CA finishing second and third respectively. The site of the race was the Crystal Springs International Cross Country course in Belmont, CA. The tough hilly course featured two steep barriers in addition to several muddy areas, remnants of the previous weeks' heavy rains.

INDIVIDUAL TITLE RESULTS

- 1) Tom Downs 18-West Valley T.C. 24:35
- 2) Ed Eyestone 18-B.Y.U. 24:41
- 3) Dan Caprioglio 18-SBAA 25:01
- 4) Eric Sappenfield 18-SBAA 25:05
- 5) Bill Graham 18-Stanford Univ. 25:07
- 6) Farron Fields 18-U.C.L.A. 25:20
- 7) John Frank 17-CAMST 25:28
- 8) Mike Mansy 18-E. Tenn. St. 25:31
- 9) Matt Nolan 17-Illinois 25:50
- 10) Mike Williams 18-CAMST 25:55
- 11) Jay Marden 17-West Valley T.C. 25:57
- 12) Ed Callaway 17-SBAA 25:58
- 13) Barasa Thomas 18-SBAA 26:04
- 14) Mike McCollum 17-Aggie RC 26:05
- 15) Dan Hernandez 18-CAMST 26:09

- 16) Jack Marden 18-W. Valley T.C. 26:21
- 17) Bob Brennan 18-SBAA 26:25
- 18) John Whitesides 18-Unat. 26:27
- 19) Ron Roberts 18-Unat. 26:29
- 20) Samuel Walling 18-Unat. 26:31

Ivanhoe 6 Mile

by Marty Higginbotham

February 9, Ivanhoe. Weather - sunny and clear.

Al Lara of the Fresno Track Club easily defended his title today. Lara set a fast pace from the start, with only Juan Garza of the High Sierra Track Club close to him. However, a hip problem forced Garza out of the race at 1½ miles. This left Lara out in front to win for the second year in a row, with a time of 30:30, two seconds slower than last year. A distant second was Marty Higginbotham 31:00, followed by College of Sequoias freshman, Fred Castillo 31:47.

In the Junior Division 3 Mile, Bob Lohse of the High Sierra Track Club made a successful attempt at the ten year old record of 14:47. Lohse clipped three seconds off the old standard with a very good 14:44.

Another very noteworthy performance came from Harry Harder of the High Sierra Track Club. Harder captured the 50 and over division in a very good time of 38:49. Harder is 62.

In other divisions; Steve Johnson of the Visalia Runners won the 30-39 division. Wayne VanDellen of the High Sierra Track Club captured the 40-49, while in the Women's 3 Mile the winner was Lauria Kulsik also of the HSTC.

RESULTS

- Open Men:** 1. Al Lara (FTC) 30:30; 2. Marty Higginbotham (Un) 31:00; 3. Fred Castillo (Un) 31:47.
- Men 30-39:** 1. Steve Johnson (VR) 35:42; 2. Jim Hill (VR) 36:07; 3. Bill Woody (HSTC) 36:39.
- Men 40-49:** 1. Wayne VanDellen (HSTC) 33:46; 2. Len Thornton (HSTC) 34:26; 3. Roger Richards (HSTC) 35:31.
- Men 50+:** 1. Harry Harder (HSTC) 38:49.

- Junior 3 Mile:** 1. Bob Lohse (HSTC) 14:44; 2. Mike Gragg (HSTC) 16:23; 3. Mike Woody (HSTC) 16:40.
- Women 3 Mile:** 1. Laura Kulsik (HSTC) 22:16; 2. Eileen Lohse (HSTC) 25:58; 3. Michalea Russell (Un) 27:40.

photo by Marty Higginbotham



BOB LOHSE



ROB BRAY

photo by Marty Higginbotham

Max Choboian Race

by Marty Higginbotham

February 17, 1980. Tulare, Ca. Max Choboian Memorial 6 Mile Road Race. Weather - wet and overcast.

The race, in memory of Mac Choboian, a local Tularean who died of cancer following his professional football career. Choboian a quarter-back for the Denver Broncos in the early 1960's of the old American-Football League was active in youth athletic programs and interested in

fast as witnessed by the race results even though it had rained the two days previous.

Rob Bray was looking for a race since the Bakersfield All Corners Meet was cancelled the day before. Bray who is in his last season at Cal Poly SLO kept pace with Al Lara of the Fresno Track Club. The two leaders passed three miles in 14:45. At 3½ miles Bray broke away from Lara and went on to win in a good time of 29:54. Lara hung on to finish 19 seconds back in 30:13 followed by Marty Higginbotham in third with a time of 30:44.

The hottest performance of the day was turned in by 16 year old Sergio Perez of Corcoran High School. Perez ran a fantastic time of 30:16. He was followed by his own team member from Corcoran, Shawn Smallwood who ran a 31:30. Both are 16 years old juniors.

In the 30-39 division Paul Cross was the winner in 33:11. Frank Delgado of the Fresno T.C. was the 40-49 winner in 34:40, while Gil Henzo of the Bakersfield T.C. captured honors in the 50 and over division with a fine time of 36:19. The first womens finisher was Deborah Brizil with a 41:18.

Nearly two hundred runners completed the six mile under the wet and overcast conditions.

RESULTS

Open Men: 1. Rob Bray (Cal Poly SLO) 29:54; 2. Al Lara (FTC) 30:13; 3. Marty Higginbotham (un) 30:44.

Jr. Men: 1. Sergio Perez (un) 30:16; 2. Shawn Smallwood (FTC) 31:30; 3. Bob Lohse (HSTC) 32:42.

Men 30-39: 1. Paul Cross (BTC) 33:11; 2. Larry Lung (FTC) 34:27; 3. Rob Stevenson (Visalia Runners) 35:08.

Men 40-49: 1. Frank Delgado (FTC) 34:40; 2. Len Thornton (HSTC) 35:04; 3. C.E. Churchman (BTC) 35:10.

Men 50-over: 1. Gil Hinz (BTC) 36:19; 2. Jack Robertson (FTC) 37:29; 3. Harry Harder (HSTC) 39:16.

Women: 1. Deborah Brizil 41:18; 2. Ruby Hernandez 42:53; 3. Joslyn Baca 44:09.

Women 40+: 1. Liz DeMonte (FTC) 46:23.

Junior Women: 1. Karen Spurlock 44:17.

Visalia Runners 10K

by Marty Higginbotham

March 1, 1980. Mooney Grove Park, Visalia. Visalia Runners 10K. Weather - cold and overcast.

Today proved to be an excellent day for junior division runners. Bob Lohse of the High Sierra Track Club led eighty-two runners through the 10,000 meter layout at Mooney Grove Park. Lohse ran virtually alone, lengthening his lead throughout the race, and finishing in 32:14.5, a new course record, and well ahead of Curt Elia 33:34.8, (1st open div.) of the Fresno Track Club. Cynthia Rogers a sophomore from Mt. Whitney High School captured the womens division with a time of 38:34.8. Last fall Rogers capped off an undefeated cross country season by taking the CIF Central Section title.

High Sierra Track Club members captured the 30-39 and 40 an over division. Dave Bronzon was the sub masters winner while teammate Len Thornton took the 40 an over division.

This was a well put on meet by the Visalia Runners. They are a newly organized club, formed by Rob Stevenson. They will also be putting on the Visalia Spring Run on April 26.

RESULTS

Jr. Men: 1. Bob Lohse (HSTC) 32:14.5; 2. Mark Canalis 35:18.8; 3. Jesse Valdez 35:27.9.

Open Men: 1. Curt Elia (FTC) 33:18.9; 2. Dennis Wong 34:57.9; 3. Isias Luna nt.

Men 30-39: 1. Dave Bronzon 34:41.6; 2. Rob Stevenson (Visalia Runners) nt; 3. Art Ramos 35:36.2.

Men 40+: 1. Len Thornton (HSTC) 25:42.6; 2. Roger Richards 36:41.2; 3. Rick Lamarriapa 37:58.4.

Women: 1. Cynthia Rogers 38:34.8; 2. Ruby Hernandez 43:29.3; 3. Laura Kulsik 49:16.4; 4. Jo Anne Branco 53:12.7; 5. Ellen Lohse 55:31.7.

Woodside 10 K

by Conrad Lopez

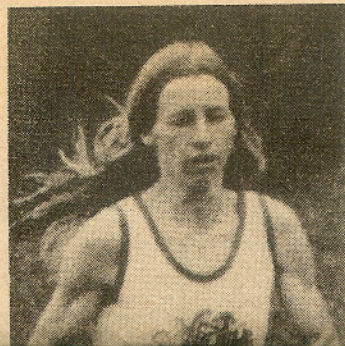


photo by Conrad Lopez

finished in eleventh in an impressive 40:00 to lead the 50 and over Masters. Vicki Bigelow of the Aggie Running Club won the Masters (40-49) in ninth position clocking 39:38.

Results

1. Judy Fox (39-WVTC "A") 35:27.4; 2. Sue Munday (21-Unat.) 37:41.9; 3. Tena Harms (23-AGRC) 38:01.0; 4. Carol Young (30-AGRC) 38:21.8; 5. Jane Denton (27-impala) 39:03.2; 6. Vivian Soderholm (23-WVTC "A") 39:12.9; 7. Irene Rudolf (38-WVTC "A") 39:29.4; 8. Judy Leydig (28-WVTC "A") 39:34.6; 9. Vicki Bigelow (41-AGRC) 39:38.9; 10. Bonnie Storm (34-Unat.) 39:51.7; 11. Marion Irvine (50-ncstc) 40:00.8; 12. Kim Himenes (12-WVDS "A"/Jr.) 40:15.0; 13. Becky Schmidt (18-WDS "A"/Jr.) 40:22.3; 14. Janica LeCocq (30-WVTC "A") 40:36.8; 15. Carol Stroud (37-WVJS) 40:40.0; 16. Jolie Houston (23-AGRC) 40:53.5; 17. Jennifer Glockner (16-WVDS "A"/Jr.) 41:47.4; 18. Amber Pappa-Reynoso (22-AGRC) 42:09.7; 19. Ruth Anderson (50-NCSTC) 42:16.7; 20. Pat Whittingslow (39-WVTC "B") 42:22.0; 21. Debbie Sierra (28-WVTC "B") 42:26.2; 22. Joan Don (41-Unat.) 42:33.4; 23. Sue Stricklin (42-WVTC "B") 43:00.2; 24. Ulla Jaeger (31-Unat.) 43:15.7; 25. Mari Kolb (32-WVTC "B") 43:15.8; 26. Ellen Clark (33-WVTC "B") 43:23.5; 27. Martha Maricle (46-NCSTC) 43:29.6; 28. Lillian Woodward (43-NCSTC) 43:33.4; 29. Phyllis Olrich (30-Unat.) 43:45.4; 30. Karen Kressenberg (25-WVTC "B") 43:54.1.

Results

January 26, 1980

ALL-COMERS MEET At Mt. San Antonio College

100-Ryan (USC), 10.6; Jones (Pasadena CC), 10.6; Babb (unat), 10.6, 200-Williams (Mt. Sac), 21.3, 400-Carter (PCC), Jones (PCC), 48.9, 800-Wang (Social Roadrunners), 1:51.0; West (UCLA), 1:52.1, 1100H-Babb (unat), 13.8, SP-Oldfield (unat), 66-1 1/2; L-J-Hines (Unat), 24-3; Whitley (unat), 23-8 3/4, PV-Baird (unat), 16-4; Mulligan (USC), 15-6, JT-Barnett (Azusa Pacific), 235-9; Breen (Chapman), 225-9, DT-Oldfield (unat), 186-0.

February 18, 1980

L'EGGS 10-KILO RUN RESULTS

19-under: Lita Whiteham, El Cajon, 37:30; Cathy Fulkerson, 38:54; Ruthie Truscott, San Diego, 39:21.
20-29: Pam Morris, Los Angeles, 35:47; Linda Heinmiller, Redondo Beach, 36:18; Elaine Campo, Goleta, 36:49.
30-39: Laurie Binder, San Diego, 35:07; Audrey Burns, San Diego, 39:05; Lolita Boche, San Diego, 41:08.
40-49: Dorothy Slack, La Mesa, 40:36; Betty Wood, San Diego, 43:13; Judy Martin, Mission Viejo, 43:13.
50-up: Anne Johnson, Olivenhans, 43:42; Teresa Compton, San Diego, 55:00; Roberta Wadsworth, Lakeside, 56:53.

February 9, 1980

American Council Track At San Diego State

MEN - Hammer: Peter Galle (Maccabi) 218.4, Ed Ararco (Maccabi) 214.8, 1500: Barry Boelcher (Unatt) 3:57.8, Bill St. John (Unatt) 4:01.4, 400 Relay: Red-Black A 40.9, Red-Black B 41.5, 110-Meter Hurdles: Greg Veatch (Unatt) 14.0, Scott Young (Unatt) 14.0, 400 - James King (Unatt) 46.3, Ed Daniels (Unatt) 46.7, 100 - Greg Simmons (Unatt) 10.2, Marty Krulce (ACA) 10.5, Shot - Brian Oldfield (Unatt) 63.9, Kris Lettow (Unatt) 59.4, Long Jump - Greg Veatch (Unatt) 23-6 1/2, Javelin: Antonio Puriel (USIU) 215.8, 800 - Bert Schneider (Unatt) 1:54.6, 400 Hurdles: Rhon Sheffield (Unatt) 52.0, Brian Goodin (Unatt) 56.2, 200 - Marty Krulce (ACA) 20.7, High Jump - Frank Schiefer (Unatt) 6-10, Brian Sims (Unatt) 6-8, Roger Laubach (Unatt) 6-8, Discus: Richard Slaney (Unatt) 189-11, Kris Lettow (Unatt) 187-0, Brian Oldfield (Unatt) 186-6; Pole Vault: Cliff Schneider (Unatt) 17-0, Charles Brown (ACA) 16-6, Triple Jump: Craig Montgomery (Unatt) 49-2 1/4, Cameron Gary (Unatt) 48-9, 5,000 - Breck Withers (Unatt) 15:44.8, Matt Console (Unatt) 15:46.1, 1,600-Meter Relay: Red-Black A 3:13.24.

WOMEN - 1,500 - Lynn Kanuka (KCBQ) 4:29.3, Jane Spencer (Unatt) 4:54.5, 400 Meter Relay: SD Cougars A 49.1, SD Cougars B 50.0, 400 - Ann Lindemuth (Unatt) 59.0, Angela Sapp (Unatt) 59.2, 60-Hurdles: Patty Van Wolvoere (KCBQ) 7.8, Long Jump - Joyce Wheeler (Unatt) 18.0, Javelin: Lynn Dunton (KCBQ) 164-5, Debbie Dibb (Unatt) 149-6, 300: Evelyn Ashford (ACA) 37.6, 3,000: Debbie Chaddock (Unatt) 10:34.2, 1,600-Relay: Red-Black A 4:04.0, Discus: Helen Connell (Unatt) 172-3, Lorna Griffin (ACA) 172-1, High Jump: Sue McNeal (KCBQ) 5-9, Patty Stafford (Unatt) 5-5, Shot Put: Lorna Griffin (ACA) 50-0, 800: Tina Rolebrook (Unatt) 2:12.3, Janie Hummell (Unatt) 2:20.1, 200: Yvette Bullard (Unatt) 25.4.

February 23, 1980

LONG BEACH RELAYS

University-Open

440-1. Benson (unat), 47.2; 2. Mitchell (unat), 48.1, 5,000-McConnell (unat), 14:28.9, 1,500-1. Cendejas (49er TC), 3:50.7; 2. Abenal (unat), 3:54.9, 1100H-1. McCrany (Maccabi TC), 13.6; 2. Peterson (Maccabi TC), 13.9; 3. Frazier (CS Long Beach), 14.2, STEE-PLCHASE-1. Rios (LBCC), 9:12.0; 2. Lusitania (unat), 9:14.5; 3. Drake (unat), 9:15.0.

RELAYS: 440-1. Cal St. Long Beach, 41.7; 2. All-America TC, 41.9; 800-1. Cal St. Long Beach, 1:25.8; 2. Cal St. Bakersfield, 1:26.6; 3. All-America TC, 1:28.8, MILE-1. Cal St. Long Beach, 3:12.5; 2. Cal St. Bakersfield, 3:14.4, FOUR MILE-1. UC Irvine, 17:36.6; 2. Cal St. Long Beach, 17:50.8, SPRINT MEDLEY-1. Cal St. Bakersfield, 3:26.0; 2. Cal St. Long Beach, 3:27.8.

HJ-1. Woods (unat), 7-6; 2. Brown (unat), 7-0; 3. Davis (unat), 6-10; 4. Anderson (unat), 6-10, PV-1. Baird (Australia), 17-1; 2. Lawry (Maccabi TC), 16-0, LB-1. Yuang (Taiwan), 25-11; 2. Williams (USIU TC), 24-11 1/2; 3. Zhilino (Taiwan), 24-7 3/4, TJ-Magee (49er TC), 50-4.

SP-1. Staub (unat), mark unavailable; 2. Lettow (Angels Flight Striders), 57-6; 3. Brown (LBCC), 54-8, DT-1. Briner (unat), 181-1; 2. Weber (AATC), 180-7; 3. Reilly (AATC), 175-7; 4. Lettow (AFS), 173-11; 5. Robinson (LBCC), 170-5, JT-Anderson (unat), 246-3; 2. Breen (unat), 233-8, HT-1. Reid (CSLB), 175-6; 2. Barnett (Azusa Pacific), 171-4; 3. O'Toole (UC Irvine), 170-9; 4. Rohovit (CSLB), 170-4.

Community Colleges

Combined Divisions

5,000-1. La Bonte (Saddleback), 14:23.7; 2. Carr (El Camino), 14:34.6, 1100H-Tie between Edrinton (Pierce) and Gaines (Mt. San Antonio), 14.8, 400 RELAY-1. Compton, 42.4; 2. Trade Tech, 42.6, 200 MILE RELAY-1. Mt. San Antonio, 7:55.2; 2. Cerritos, 7:58.9, SPRINT MEDLEY RELAY-Cerritos, 3:30.1, LJ-1. Gaffney (Sequoias), 25-2; 2. Pitts (Santa Ana), 24-2 1/2; 3. Fisher (Santa Ana), 23.6; 4. Curtis (Trade Tech), 23-1, DT-1. Tabler (Mt. Sac), 150-9; 2. Prokopuk (Mt. Sac), 147-2 1/2.

Women

HJ-Scherzinger (Cypress), 5-6, DT-Mayhew (Glendale), 128-6 1/2, JT-1. Nelson (CSLB), 153-7; 2. Mayhew (Glendale), 146-7; 3. Bernstein (unat), 133-7.

February 23, 1980

OLYMPIC DEVELOPMENT MEET

At Cal St. Northridge

100 METERS-1. Hopkins (Inglewood Panthers), 11.61w; 2. Evans (LA Mercuerites), 11.8s; 3. Innis (CS Los Angeles), 12.00, 200-1. Hopkins (IP), 23.81w; 2. Dawkins (Dorsey HS), 24.62, 400-1. Pusey (CSLA), 53.99; 2. Rich (CSLA), 54.03; 3. Birt (USC), 54.64, 4. Pelge (LB Poly), 55.09; 5. White (Berkeley East Bay TC), 55.92, 1,500-1. Bush (UCLA), 4:27.8, 5,000-Jones (Cal. Walkers), 17:27.6, 60 Hurdles-1. Washington (Los Angeles TC), 7.83; 2. Harron (Thousand Oaks), 8.15, 60-1. Bouldin (LAM), 6.80; 2. Brown (LATC), 6.90; 3. Lynch (LATC), 6.92; 4. Evans (LAM), 6.93; 5. Gilmore (LB Comets), 6.97.

HJ-1. Gosswiller (LATC), 5-9, LJ-1. Anderson (LATC), 21-2 1/2; 2. Watson (Club International), 19-7 1/2; 3. Ball (So. Cal. Cheetahs), 19-2 1/4; 4. Walker (Club Inter.), 19-1; 5. Sundberg (Sweden), 19-0 1/4, JT-Bernstein (Club Inter.), 149-3.

HIGH SCHOOL STATE X-C MEET

Dennis DeWitt, coach at Madera High and Chairman of California Coaches Association for Cross Country, has sent out the following letter and proposal for a much needed and long overdo High School Cross Country State Championship. In the past there has been much bickering between cross country coaches on the details of such a meet, its date, divisions, etc. Dennis wants to emphasize the importance of all coaches unifying to first of all get CIF to approve the meet, then iron out the differences over the next few years. If the coaches can't initially agree that a meet is important and unify their efforts it will never become a reality.

Here's the letter and Proposal:

Dear Coach,

As you can see, we are attempting to hold a State Cross Country Meet in 1980, in Fresno. We need your help. We must convince each C.I.F. Board (of each section) that this would be the easiest sport to add to the State Meet Championships. (And at no cost to C.I.F.)

This proposal has a few problems, but they could be solved by each section. Example - L.A. City Finals were on Dec. 8th last year and need to be moved to the week before Dec. 6th, 1980.

A better way of qualifying from the L.A., Southern, and San Diego Sections would be to hold a Southern California Championship and have the top 7 teams and 14 individuals qualify from that meet. But, if we wait for this to happen, the State Meet might never be held!!! Let's get a State Meet now and then improve the qualifying methods.

Date: Saturday, December 6, 1980 (rain or shine). **Time:** 1:00 pm. **Sponsor:** The Central Section, the North Yosemite League with Co-Meet Directors being Dee DeWitt of Madera High, Mike DeCarli of Clovis High, and Tim Belcher of Fresno

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CALIFORNIA TRACK NEWS

Women: 1. Cynthia Rogers 38:34.0; 2. Ruby Hernandez 43:29.3; 3. Laura Kulsik 49:16.4; 4. Jo Anne Branco 53:12.7; 5. Ellen Lohse 55:31.7.

Woodside 10 K

by Conrad Lopez



photo by Conrad Lopez

JUDY FOX

March 2, 1980

Despite a reduced field (64) because of the late printing of entry forms, Judy Fox of the West Valley Track Club ran away with the challenging 10K course at Woodside winning in 35:21.

"This course was a lot harder than I thought it would be. It was up and down the whole way," said Fos, who crossed the finishing line more than two minutes ahead of second place Sue Munday (37:41). Tean Harms of the Aggie Running Club ran a 38:01 for third.

When asked if she was disappointed by the turnout Fox said "I really thought it was going to be packed. I think what happens is that people get awed by the race title "championship" and don't come out."

The surprise of the race was a twelfth place finish by 12-year-old Kim Himenes, of the Woodside Striders, who covered the hilly course in 40:15; she was an easy winner in the juniors division. And at the other end of the spectrum Marion Irvine of the Northern California Seniors, 50,

At Mt. San Antonio College
100—Ryan (USC), 10.4; Jones (Pasadena CC), 10.4; Babb (unat), 10.6. 200—Williams (Mt. Sac), 21.3. 400—Carler (PCC), Jones (PCC), 48.9. 800—Wang (Social Roadrunners), 1:51.6; West (UCLA), 1:52.1. 1100M—Babb (unat), 13.8. SP—Oldfield (unat), 66-1½; L—Hines (Unat), 24-3; Whitley (unat), 23-8¾. PV—Baird (unat), 16-6; Mulligan (USC), 15-6. JT—Bernett (Azusa Pacific), 235-9; Breen (Chapman), 225-9. DT—Oldfield (unat), 185-0.

Relay: SD Cougars A 49.1, SD Cougars B 50.0, 400—Ann Lindemuth (Unat) 59.0, Angela Sapp (Unat) 59.2, 60-Hurdles: Patty Van Wolvaere (KCBQ) 7.8, Long Jump—Joyce Wheeler (Unat) 18-0, Javelin: Lynn Dunton (KCBQ) 164-5, Debbie Dibb (Unat) 149-6, 300: Evelyn Ashford (ACA) 37.6, 3,000: Debbie Chaddock (Unat) 10:34.2, 1,600-Relay: Red-Black A 4:04.0, Discus: Helen Connell (Unat) 172-3, Lorna Griffin (ACA) 172-1, High Jump: Sue McNeal (KCBQ) 5-9, Patti Stafford (Unat) 5-5, Shot Put: Lorna Griffin (ACA) 50-0, 800: Tina Rolebrook (Unat) 2:12.3, Janie Hummel (Unat) 2:20.1, 200: Yvette Bullard (Unat) 25.4.

LJ—F. Garmey (Sequoias), 25-2; 2. Pitts (Santa Ana), 24-2½; 3. Fisher (Santa Ana), 23½; 4. Curtis (Trade Tech), 23-1. DT—1. Tabler (Mt. Sac), 150-9; 2. Prokopuk (Mt. Sac), 147-2½.

Women

HJ—Scherzinger (Cypress), 5-6. DT—Mayhew (Glendale), 128-6½. JT—1. Nelson (CSLB), 153-7; 2. Mayhew (Glendale), 146-7; 3. Bernstein (unat), 133-7.



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Date: Saturday, December 6, 1980 (rain or shine). Time 1:00 pm. Sponsor: The Central Section, the North Yosemite League with Co-Meet Directors being Dee DeWitt of Madera High, Mike DeCarli of Clovis High, and Tim Belcher of Fresno High. Place: Woodward Park in Fresno. Races: There will be one 3 mile race for boys, and one 2 mile race for girls.

Qualifying: The following sections will compete at the Northern California Championships on November 29, 1980: Central, Central Coast, Northern, North Coast, Oakland, Sac Joaquin, San Francisco. Seven teams and fourteen individuals would advance. The Los Angeles City would qualify two teams and 4 individuals. The Southern Section would qualify 1 team and 2 individuals from 1-A & 2-A, and 2 teams and 4 individuals from 3-A & 4-A. The San Diego Section would qualify 1 team and 2 individuals from each of their three divisions.

Totals: 18 teams and 36 individuals for both boys and girls. Entry fee: \$2.00 per individual and \$14.00 per team. Expenses would be met by entry fees. Course: Woodward Park in Fresno - mostly hard pack dirt with some grass and some asphalt. Mild ups and downs over rolling hills. This location (in Fresno) is centrally located in the state and is within 4 to 7 hours away from the farthest competing school. The course is wide enough to host approximately 170 runners and has been the site of many recent State Junior College meets and NCAA meets.

Dennis DeWitt would like to hear from interested coaches and would appreciate any help you can offer toward making this meet a reality: Dee DeWitt, Madera High School, 200 South "L" St., Madera 93637.

Another note for high school coaches: Fresno is being considered as the site for the Kinney Western Regional Cross Country Qualifier for 1980. This same December 6 date is being considered, too. If there is a state meet it could work in conjunction with the Kinney meet - probably two races- the state meet and another race for out of state. Anyway mark December 6 on your calendar now and hope to be in Fresno on that day.

*The Hon. Bud Jobin, Lt. Governor, Province of Manitoba
The Hon. Robert Banman, Minister of Sport
His Worship Mayor Bill Norrie, City of Winnipeg*

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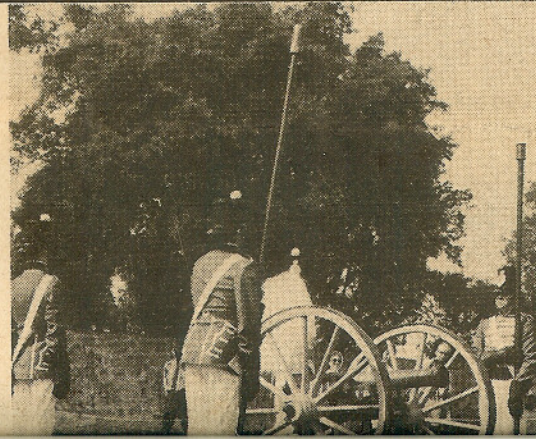
2nd ANNUAL MANITOBA MARATHON

in aid of the Mentally Retarded



**Sunday,
June 15, 1980
Winnipeg,
Manitoba,
Canada**

*Hosts for the North American
Masters Marathon Championships*



Race Information

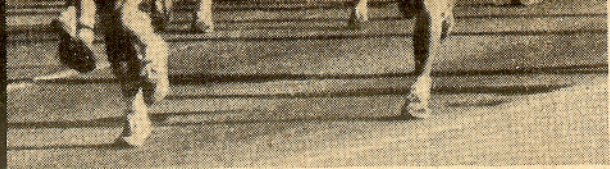
Date: June 15th, 1980, 7:00 a.m.

Splits: Interval times (splits) will be provided at one and two miles then at 5 mile intervals. Large digital clocks will be used as well as amplified audio times. **LEADER BOARD** – At five mile intervals the name, place and times of the leaders will be posted on a large sign.

Eligibility: Special Divisions: cardiovascular, wheelchair, blind, etc. should request special entry form in advance.

MARATHON

in aid of the Mentally Retarded



**Sunday,
June 15, 1980
Winnipeg,
Manitoba,
Canada**

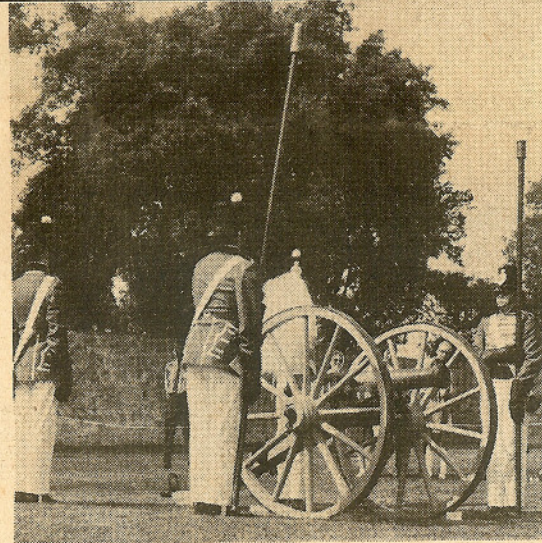
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and be a part of history in the making!**

Race Information

Date: June 15th, 1980, 7:00 a.m.

Splits: Interval times (splits) will be provided at one and two miles then at 5 mile intervals. Large digital clocks will be used as well as amplified audio times. **LEADER BOARD** — At five mile intervals the name, place and times of the leaders will be posted on a large sign.

Eligibility: Special Divisions: cardiovascular, wheelchair, blind, etc. should request special entry form in advance.

The event is open to everyone. Youths under the age of 15 may run in a non-competitive capacity. Novices are advised to have complete medical check-ups.

Canadian Masters Championship: Any resident 40 years or older on June 15th (age 35 for females).

North American Masters Championship: Any North American Resident (including Central America, Mexico, Cuba, Puerto Rico and all other islands) 40 years or older on June 15, 1980 (35 for females).

Accommodations: All out-of-province runners will be assigned an official host who will contact the visitor directly upon request. Special rates and packages are available. Winnipeg has an international airport.

Entry Fee: \$7.00 (includes "Finisher" T-shirt)
\$4.00 (without T-shirt)
Fees are non-refundable. Make cheque or money order payable to: Manitoba Marathon.

How to Enter: Write Manitoba Marathon, P.O. Box 53, Winnipeg, Manitoba, Canada R3C 2G1. Phone (204) 453-0931.
9:00 a.m.-4:00 p.m. Central Time. Notification of acceptance will be sent within 10 days.
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Outstanding Individuals: Rudy Chapa, Eddie Hart, Arnie Robinson, Houston McTear, Clancy Edwards, Steve Riddick, Tony Darden, Bill Green, Greg Foster, Dedy Cooper, Willie Banks, Renaldo Nehemiah, Evelyn Ashford, Debbie Brill, Patrick Abada, Mike Tully, James Sanford, Suleiman Nyambui, Franklin Jacobs, James Robinson, Mac Wilkins, Al Feuerbach, John Powell, Larry Myricks, Knut Hjeltnes, Ron Livers, James Butts, Maren Siedler. **Others invited:** Pietro Mennea, Edwin Moses, Eamonn Coghlan, Steve Scott, Henry Rono.

Top Teams: National Team of France, USC, UCLA,

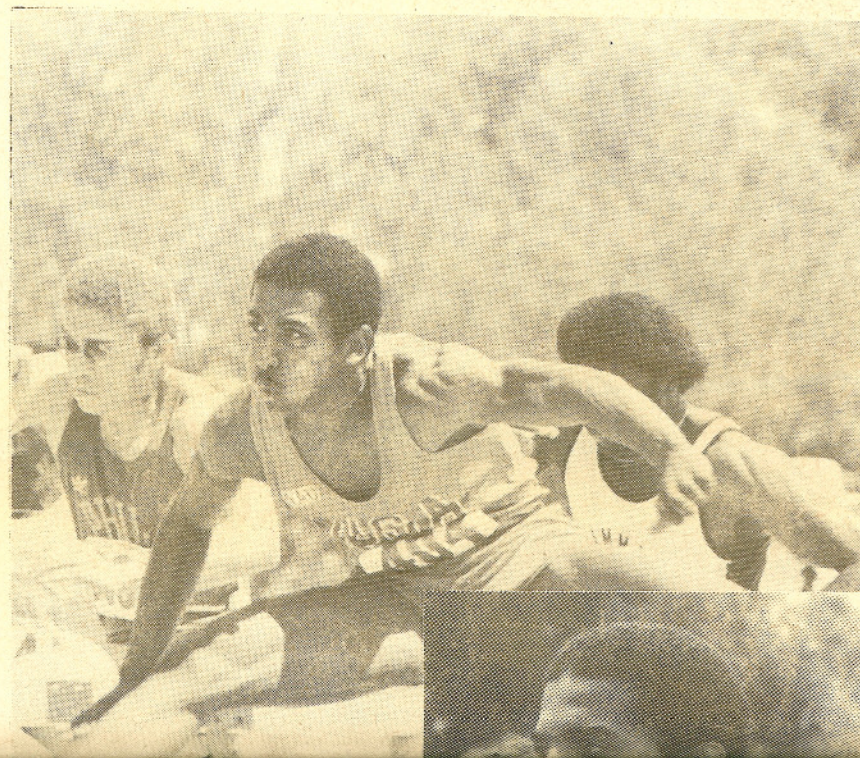


photo by Bill Leung, Jr.

Richard Lee Slotkin

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Top Teams: National Team of France, USC, UCLA, UTEP, Maryland, Houston, San Jose State, UC Berkeley, Stanford, Cal Poly SLO, Philadelphia Pioneers, Tobias Striders, Athletes in Action, Pacific Coast Club, Ali Track Club, Athletic Attic, Athletics West, Santa Monica Track Club, Maccabi Track Club. **Others invited:** National Team from China, National Team from Cuba. **Community College Teams** (men & women): Long Beach, San Jose, Fullerton, Alameda, Mt. San Antonio, Grossmont, Saddleback, Canyons, Cerritos, Chabot. **High School Teams:** Great response to the extended high school program with all of the powers from the North plus Southern powers like Long Beach Poly and Pasadena

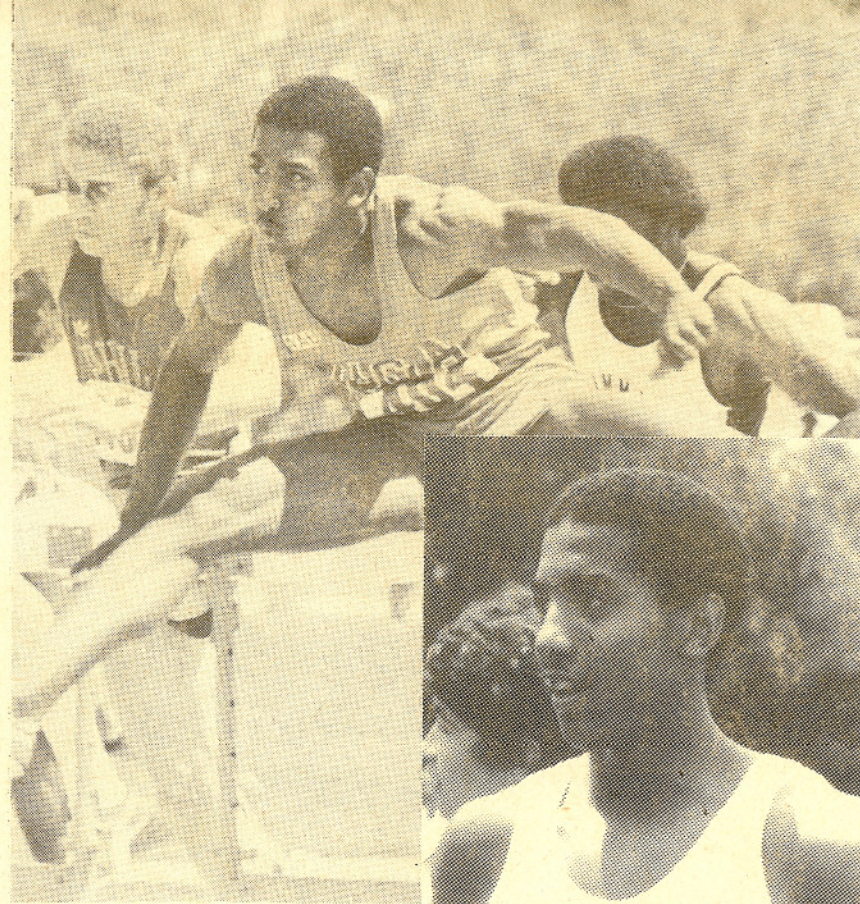


photo by Richard Lee Slotkin

Note: Tickets for the high school competition on Friday, April 11 (2:00 pm - 8:00 pm) are \$3.00 and sold separately on day of meet only.

Order your tickets early — seating at San Jose City College is limited!

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April 12, 1980

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