

# Women's Track & Field UPDATE Cal State U. HAYWARD

TRACK & FIELD BULLETIN #1...CAL STATE UNIVERSITY OF HAYWARD...FEBRUARY, 1962.....

## INDOORS.....

Fri. (Feb. 19) OLYMPIC DEV. MEET @ S.F.

- SHOT..Glenda FORD(2nd..41-9)
- 800 mtrs..Delphina BANKS (2nd..1:36.3)
- Hi Jump...Frankie SCONIERS (1st..5-4)
- 50 Mtrs...Qwen WARD (1st...:04.6)

and then.....

Sat. (Feb. 20) S.F. INDCOR @ S.F.

- Coll. 50 mtrs..Qwen WARD (1st...:06.72)
- Invit. 50 mtrs..Qwen WARD (6th...:06.88)

### BITS and PIECES.....

During the Wintry phase of January and February we had a little action going on. Up at the Berkeley All-Corners on various weekends we had the following efforts.

- 50 mtrs. Qwen Ward (1st-:06.4) and again another 1st @ :06.6
- 400 mtrs. Delphina Banks with a late Jan. effort in the 400 mtrs. @ 58.2
- Discus...Glenda Ford zoomed the discus 161-9 at Skly.. while..

Diane Oswalt hit 139-8 down at Los Gatos.

Back on Jan. 9 at the California 10 in Stockton, Denise Bigelow clocked a 61:00 while Teresa Jackson crossed in 63:13. Best time of the day by a CSU'er was Kathy Way's 60:27... p.f. for her on this course.

2 weeks later Denise Bigelow led the safari as she won the S.F. Eco Run (3.6 mi) in 20:12

In early February, the PA-TAC 20 Mile Championships were held in Sacra-Tomatoe with Denise logging a 1:18:40 8th place finish as Teresa finished in 10th with a 1:19:49 effort.

Finally....The Lake Oswego "flash" won her age group in Sunday(2-21) 6.4 mile run with a stirring 53:26.

NCV...it's on to the 1962 Track & Field Season 888888

P.S. Connie HESTER ('61) clocked a pr

## SEASON OPENER.....

Fri. Feb. 26th

U.CAL....GOLDEN BEAR T.C.....CSUHAYWARD....

Every time the Golden Bears and the Pioneers get together for their early season "opener" it does what????? That's right...it rains!!!

Partly cloudy skies were the order of the day but at 2 P.M. a mist intruded and turned into a steady but gentle rain...sometimes bordering on being a cold rain.

On the track, the Pioneers were not in what one would term "mid-season" form. Conditions, the non-scoring aspect, and the fact that we had a considerable number of people running in their "off" event...or in some instances...not running at all...give us a rather unimpressive appearance.

\*\*\* In the field we looked pretty darn good with four of the efforts being NCAA Div. II National Qualifying efforts!

Here are the gruesome details.

- |                                       |  |
|---------------------------------------|--|
| 200 <u>Louise Jurado</u> (4th) :28.1  | 100 ME<br><u>Patti O'Rourke</u> (6):19.6 |
| 400 <u>Delphina Banks</u> (1st) 57.1  | 3000<br><u>Kathy Way</u> (4) 10:40.2     |
| 800 <u>Franny Castro</u> (2nd) 2:28.2 | <u>Kay Labrdni</u> (5) 11:41             |
| <u>Anne Hamilton</u> (3rd) 2:28.1     | <u>Paula Rong</u> (6) 11:59              |
| <u>Carl Furness</u> (4th) 2:28.2      | <u>Deb Frickan</u> (7) 13:31             |
| 1500 <u>Fan Bowers</u> (4th) 4:52.0   | <del>1000</del>                          |
| <u>Stef Stoutt</u> (5th) 4:55.1       | 4 x100<br><u>Upshaw, Banks,</u>          |
| <u>Deb Morris</u> (6th) 4:56.0        | <u>Sullivan, Ward</u>                    |
| <u>Carole Sothers</u> (7th) 5:15.0    | 1st...:48.6                              |
| <u>Jean Smith</u> (8th) 5:29.0        |  |

- Discus  
Glenda Ford (1st) 146-8 1/2  
Diane Oswalt (2nd) 140-6 1/2

- Shot  
Glenda Ford (1st) 48-0 1/4  
Diane Osw (4th) 37-6

- NCAA Div. 2 QUALIFIERS  
Ford (Disc).... 146-8 1/2  
Oswalt (Disc).. 140-6 1/2  
Ford (Shot).... 48-0 1/4 (pr)  
Sundby (Jav)... 144-8

- GOLDEN STATE CONF. QUALIFIERS  
400 Banks Shot Ford, Oswalt  
500 Castro, Hamilton Disc Ford, Oswalt  
1500 Bowers, Stoutt, Morris  
3000 Way Jav Sundby, Sheaff  
100 ME O'Rourke  
HJ Sconiars, Howard  
LJ Upshaw

4 NATIONAL QUALIFRS...17 CONFERENCE QUALIFIERS

# TRACK & FIELD "Update"

WOMEN'S TRACK & FIELD... BULLETIN #2... MARCH 6, 1982... CAL STATE UNIV. HAYWARD...

## Oregon State's Pioneers Excel...

### Relays...

This year's meet, conducted under clear and sparkling skies with a minimal breeze and temps in the high 50's low 60's... turned out to be mostly a dual meet with the hosting Beavers of Oregon State and the enterprising Pioneers of Hayward State. The U. of Oregon elected to keep all of their runners at home and Seattle Pacific had no field eventers.

Since this was our year to move up from Div. III to Div. II... all of our winning marks as well as marks that were better than Seattle Pacific's, became automatic Div. II marks. Our DISCUS team's effort... however... surpassed the existing Div. I mark established by the U. of Oregon.



Our throwers are the main story of the meet. PR's by ELAINE SUNDBY and DIANE OSWALT plus great performances by the rest of the crew... spee'd 3 FIRST PLACE finishes.

Our 4 x 200 relay squad set a new school record as they gave the Beavers a goodie of it and then they came back 50 minutes later to swamp the hosts in the 4 x 400.

FRANNIE CASTRO had a super day running a 2:12.3 lead-off leg in the winning 4 x 800, coming back 20 minutes later with a 26.7 furlong in the 4 x 200, and then whipping back with a controlled 58.8 lap in the 4 x 400, 30 minutes later.

DELPHINA BANKS had a fine day, running a good 2nd leg in the 4 x 100, leading off with a 24.8 furlong in the 4 x 200, and then leading off with a 54.96 leg in the 4 x 400.

KATHY WAY had two per's... the mile in 5:06.7, and the 800 in 2:25.3.

TAMMY SULLIVAN had a great day... her first work day since her injury of last spring with three sprinting legs and a good long jump effort (done by memory/instinct). PAM BOWERS exhibited great toughness and competitiveness. Starting off with a 106-1 javelin effort, she whisked off her jav. boots just in time to unravel a 5:14.4 anchor mile in an uncontested 4 x 1600... came back to anchor a-winning 4 x 800 with another uncontested 2:20.8 effort and in 10 minutes came back to lead off the distance medley with a 61.2 400 meter effort. There were many other fine efforts on this day... but space wont allow... all in all... this was a super-great experience. The attitude and togetherness of this group was TOPS!!!!

- \* 4 x 1600m 1st- HAYWARD (20:51.4) \* 4 x 800m 1st HAYWARD (9:21.6) \* 4 x 400 1st- HAYWARD (3:53.2)
- Morris (79-80-78-76.8) 5:13.8 Castro (32-33-34-33) 2:12.3 Banks (26.3-28.7) 54.96
- Stout (73.2-80-81.5-82.5) 5:16.3 Hamilton (33-34-35-37) 2:24.2 Halpin (26.4-30.8) 57.2
- Way (73-76-79-77.4) 5:05.7 Morris (36-38-37-39) 2:23.5 Upshaw (29.8-31.7) 61.5
- Bowers (73.1-79-82-80.5) 5:14.4 Bowers (33-35-36-36) 2:20.8 Castro (29.6-29.4) 58.9

- \* 4 x 200m -HAYWARD 2nd (1:42.2) \* 4 x 100- 2nd HAYWARD (1:50.3) \* Spt. Medley-2nd HAY (1:57.6)
- \*Schl. Rec\* (OSU 1st-48.5) (OSU 1st-1:46.67)
- Banks...24.8 Upshaw, Banks, Brown, Sullivan Brown, Sullivan-
- Halpin...25.1 (OSU-1st 1:41.7) ORourke, Jurado (62.1)
- Castro...26.7
- Sullivan...25.6

- \* Dist. Medley -2nd HAYWARD (12:37)
- (OSU 1st...12:07.2)
- Bowers 61.2; Way (70.5/74.8) 2:25.3
- Hamilton (76-81-83) 3:57; Stout (77-81-82-83) 5:22

- \* 3 x JAV.- 1st-HAYWARD (382-10 1/2)
- Sundby 153-10 1/2 (pr) Sheaff 122-9 1/2
- Bowers 106-2 1/2

- \* 3 x LJ -3rd-HAYWARD (48-9) (OSU 1st-52-1)
- Sullivan 17-1 Upshaw 16-10
- ORourke 14-10

- \* 4 x 100 HH -2nd-HAYWARD (1:12.2) (OSU 1st 1:05.07)
- ORourke (16.5) Upshaw (16.2) Howard (19.6) Jurado (20.8)

- 3 x SHOT- 1st -HAYWARD (117-9 1/2)
- Ford 43-10 1/2 Oswalt 41-8 (pr)
- Daniel 34-11 1/2
- 3 x DISCUS 1st -HAYWARD (416-4 1/2)
- OSU 148-7 1/2 Oswalt 143-7 1/2 (pr)
- Daniel 124-1 (bad back)
- 3 x HJ -2nd-HAYWARD (14-9 1/2)
- Seniors 5-3 Howard 5-0
- Upshaw 4-6 1/2

# WOMEN'S TRACK & FIELD Update...

WOMEN'S TRACK & FIELD.....BULLETIN # 3....MAR. 13, 1982....CALIF.STATE UNIVERSITY - HAYWARD

## SCONIERS = H.J. Mark...

### FORD OSWALT Shine!!

Three field event athletes high-lighted today's Golden State Conference action as the hosting Pioneers cruised through their opposition...Humboldt State and Stanislaus State. Junior high jumper, FRANKIE SCONIERS tied the 5 year old CSUH record of Pam Blackburn's with a 5-8 effort...following a near-week lay-off due to a severe cold.

Div.III National Champion GLENDA FORD eclipsed 150 feet in the disc for the second time this season as Los Gatos freshman DIANE OSWALT upped her pr by some (7)seven feet with a 150 plus mark as well. Double winners for the day were leg-weary JOY UPSHAW and sophomore DELPHINA BANKS who both actually had a piece of a third first place, running the 1-2 legs in the winning 400 mtr. relay. Best race of the day had to be the performance of freshman KATHY HALPIN and Div.III National 800 Champion FRANNY CASTRO in the 400 meters. Being the only two contestants, they ran a very well matched race through-out, finishing with near identical times. FORD and OSWALT both had very good days in the shot ring and ELAINE SUNDBY had a good day in the javelin in spite of the unstable grass approach surface. Freshman CARI FURNEES showed a lot of poise as she recorded her pr in the 800...leaving no doubt over the final 100 as to just who was the master of the race. KATHY WAY enjoyed a rather uncontested victory in the 1500 as freshman DEBBIE MORRIS and senior TERESA JACKSON ran a hotly contested 3000 up to the final 150 meters.

#### HAYWARD STATE..189

#### HUMBOLDT..50½

#### STANISLAUS..33½

5000 mtr.	1500 mtr.	100 EH	400 mtr.	4x 100 Rel.
1. Adams (Hm).....18:59.4	1. WAY.....4:46.1	1. UPSHAW.....16.2	1. HALPIN...:57.8	1. HAYWARD (Upshaw, Banks, Sullivan, Halpin) :48.7
2. Francis (Hm)....19:28.6	2. MORRIS.....4:59.7	2. OROURKE...:17.3	2. CASTRO...:57.9	2. Humboldt.60.8
3. LOMBARDINI.....20:14.6	3. JACKSON....5:05.3	3. HOWARD....:18.7		
4. READING.....20:45.0	4. Ramirez (Hm)5:07.8			
5. Rorrer (S).....21:22.0	5. SMITH.....5:46.0			

#### 100 mtr. (\*\*\*)

- BANKS.....12.4
- Johnson (S)....13.0
- BROWN.....13.2
- Thomas (Hm)....13.7
- Washington (S) :14.1
- OROURKE.....14.2

#### 800 mtr.

- FURNEES.....2:23.8
- Johnson (Hm) ..2:26.1
- STOTHERS.....2:27.6

(\*\*\*) Times pro-rated from actual 110 mtrs.

#### 400 LH

- JURADO.....:73.0

#### 200 mtr.

- BANKS.....:24.4
- Johnson (S)26.6
- CASTRO...:26.6
- Carper (Hm)28.0

#### 3000 mtr.

- MORRIS.....10:42.3
- JACKSON.....10:48.0
- Felix (Urat) .10:56.2
- HAMILTON.....11:03.2
- McGrath (Hm) ..11:17.7
- STOTHERS.....11:21.3
- .....12:19.6
- .....12:20.4

#### Discus

- FORD.....45.93
- OSWALT.....45.73
- DANIEL.....37.47
- SUNDBY.....36.09
- Randolph (S) .34.20
- Claing (Hm) ..34.20

#### Shot

- FORD.....13.65
- OSWALT.....12.68
- Randolph (S) .11.22
- DANIEL.....10.54
- Trebaugh (S) ..9.83
- Rice (S).....7.74

#### Javelin

- SUNDBY....43.63
- Trebaugh (S)35.04
- Carrel (Hm) .28.66
- Gaines (Hm) .27.72
- Claing (Hm) .25.84
- Washington (S)25.22

#### Long J.

- UPSHAW.....16-10
- Washington (S)16-0
- Carpar (Hm) ..15-4½
- OROURKE.....15-2½

#### High J.

- SCONIERS.....5-8 \*
- Beling (Hm) ..5-2
- HOWARD.....5-0

#### Mile Rel.

- HAY (Brown 65.2, Furnees 65.0, Halpin 68.0) (4:15.8) mtr. 67.6, Halpin 68.0
- Humboldt.....4:34.5
- HAY (Upshaw 69.8, Way 67.0, Halpin 68.0, Sullivan 68.0)

#### GOLDEN STATE CONF. QUALIFIED

- (24.4)
- (54.96), Halpin
- (2:12.3), Furnees
- (48.1), Bowers
- (10:40.2), Morris
- ardini (20:14.0)

# Cal State Hayward Track & Field UPDATE

## Cal State INVITATIONAL

"ON ANY GIVEN DAY....." An often-time used and traditionally "old standby" introduction; used by both sports-scribes and mentors in explaining away the unexpected and unpredictable; could certainly be utilized with regards to the outcome of the 6th Annual Cal Invitational. On this day at Edwards Stadium it rained, and it RAINED, and it RAINED, and it RAINED (When doesn't it????). Such events as the long jump, high jump, shot put and 400 mtr. hurdles as well as the finals of the 100 HH gave way to the excitement in deference to safety considerations, i.e.) Slipping in the hurdles and high jump....drowning in the long jump pit...and suffocating in the quick-sand bogs of the shot put area. Though team scoring lost much of its intended meaning or relevancy, the PIONEERS, who were to be without the services of Frankie Seoniers(HJ), Tammy Sullivan(200m and 4x100) and Elaine Sundby(jaw), figured to fight it out with Northridge and Sacramento State for 4th place, as hosting Cal would be in a life or death struggle with nationally ranked Cal Poly SLO for the team title with Bakersfield State a probable third. The cancellation of key events (for some teams) and the defection from the starting line of some potentially key performers left the final scoring tally as follows.

U.CALIF.....105	and.....		
HAYWARD.....76	UC Davis...14	S.Franisco...4	
Cal Poly SLO...75	Chico St...12	Cal Luthrn...2	
Bakersfield...42	Humboldt...11	Sonoma .....1	
Sacramento...42	Ore.Stats...10	Cal Poly Pom...0	
Northridge...29	Stanislaus...4		

What does it all mean?????  
 What does it seem to prove????  
 Well.....  
 "ON ANY GIVEN DAY.....???...IT CAN RAIN!"

- 10,000:** TERESA JACKSON ran a pr by some 2 1/2 minutes with a well disciplined 38:42.8 to move (3rd) up to #1 on the Pioneers ALL-TIME listings. Teresa will run even faster.
- 100 HH:** JOY UPSEAW placed 3rd in her trial heat with a 16.3 as PATTI OROUNKE took 4th in her (6th) heat with a 17.6. The rain got worse and the finals were axed. So placings were based on times recorded in the trials.
- 4 x 800** 9:34.3 PAM BOWERS led off with a fine 2:17.1(66.3-70.8). CARI FURNESS led off with a super-rich 31.0 first furlong which meant "death" over the final 200 as she recorded 2:30.4(68.8-84.5) followed by ANNE HAMILTON'S snail best of 2:23.6(69.2-74.3) had pass and all... & DEBBIE MORRIS at 2:23.1(70-73.1)
- 1500:** PAM BOWERS went with the "crowd" until the final lap and then moved out to a 4:50 for (3rd) her best in '82. DEBBIE MORRIS might have been right with her save an untimely spill with 500 remaining. After a 5 or 6 second loss, she got up and completed the race with a 5:01.1 for 7th.
- DISCUS** GLENDA FORD tossed the platter 152-3 for her (1st) second str. rain-marred victory. DIANE OSWALT hit the 135-6 (2nd) mark using the standing approach. KIM DANIEL got (8th) into the scoring act also.(118-0)
- 400 m** DELPHINA BANKS started off "soft"(27.4) but "maintained" as she rolled (3rd) from 6th to 3rd in 55.4 (Cal's White won in 53.3)
- 100 m** COLLEEN BROWN qual. for finals off of her 13.5 4th place trial finish. Three finalists (3rd) faced the driving rain in the finals.
- 3000 m** KATHY WAY along with STEFANI STOUTT ran a torrid battle with the Bakersfield two-some (3rd) (4th) for the first 4 1/2 laps and then slowly fell back to record 10:24.2 and 10:39.3 in miserable wind conditions. CAROLE STROTHERS ran a new pr to nab 5th in 11:13.4
- ALSO:** CAROL SCHAFF-6th javc 109-8(3 steps) 4x100 3rd-3:58.8 (Banks, Castro, Upshaw, Halvin)

# TRACK and FIELD UPDATE

WOMEN'S TRACK & FIELD....Bulletin # 8....April 17, 1982.....

*PIONEERS drop only 2nd GSC dual in 5 years. dual run out of gas at Sacto.*

Running under clear blue sky...warm to very warm temperatures... and windless conditions prevailing...the blossoming of TRACK and FIELD came about on the brand new Chevron 440 Sacramento State complex, site of the 1982 NCAA Div. II Mens and Womens National Championships.

The results????? PANTASTIC! Even though the Pioneers ran out of bodies-se to speak- and wound up on the short end of a 88 to 78 score, the efforts by both teams were superlative and hotly contested throughout. The fact is simply that we are at only 50% strength in both the high jump and long jump for a dual meet team, and Sacramento is a good enough team that they do not let you get away with that kind of a flaw.

Where does one begin? Well, let us start with our "DOUBLE WINNERS"

GLEENDA FORD had her best-ever series in the shot with marks of 45-2, 45-8, 45-8, and 45-10. She came back in the disc with a commanding 156-3. DIANE OSWALT had a sore arm going into and coming out of the javelin and it affected her putting but she still had a good runner-up mark in the platter event. ELAINE SUNDBY hit her pr in the disc and KIM DANIEL had season-best in both the shot and disc.

SHOT....1. FORD (45-10) 2. OSWALT (38-1) 3. DANIEL (35-4) 4. Silbas (34-10) SUNDBY (34-3)  
DISC....1. FORD (156-3) 2. OSWALT (146-9) 3. Silbas (133-4) 4. SUNDBY (129-7) DANIEL (127-4)

FRANNY CASTRO tried her first double of the year. Running an uncontested 1500, she almost fell asleep on the 2nd lap but revived in time to record an easy victory. The warmth of the day began to sap everyone's drive by the time of the 800 but she still ran to an impressive win. A re-occurring knee injury hampered PAM BOWERS apparent drive for second in the race over the final 200 mtrs. DEBBIE MORRIS, ANNE HAMILTON, and CAROLE STOTHERS all recorded season bests in the 1500.

1500:....1. CASTRO (4:35.8) 2. Gonzalez (4:38.8) 3. MORRIS (4:44.8) 4. HAMILTON (4:48.0) STOTHERS  
800: ....1. CASTRO (2:14.1) 2. Barnes (2:16.4) 3. BOWERS (2:18.8) 4. Norton (2:20.3) (4:54.0)

Maybe she wasn't a "double winner", but she was an outstanding also: FURNESS (2:23.9) doubler...that's KATHY WAY, who started off with a National Qual. 17:26.3 in the 5 K in a neck and neck dual with Sac's Mary Ann Scannell, and then came back in the mid-afternoon heat to match strides with Scannell again in the 3000. Kathy's pair of runner-up finishes stamped her best efforts of the season.

5000 ...1. Scannell (17:19.5) 2. WAY (17:26.3) 3. JACKSON (18:31.3-enl.p) 4. FREDERICK (21:57.2)  
3000 ...1. Scannell (10:19.7) 2. WAY (10:24.6) 3. MORRIS (10:41.1) 4. PELIX (11:21.0) also: READING (12:03) and SMITH (12:42)

We had some real "fins" individual times such as....OWEN WARD in her first real effort in the 100 m. ran tough against national leader Carley of Sac. to record a fine :11.7 hand-timed National Qual. mark.

100 m....1. Carley (11.4) 2. WARD (:11.7) 3. V. Banks (12.0) 4. Roseman (12.8) BROWN (13.0-enl.p)  
200 m....1. Carley (24.1) 2. BANKS (24.9) 3. Thompson (25.6) 4. WARD (26.2) BROWN (27.3)

DELPHINA BANKS had lane 4 and Sac's Bobby Gilmore had 3. At the 200 Gilmore was even with Banks (26.23), and on the final turn Gilmore appeared to be extending her edge almost to the point of decisiveness. Banks passes the 300m at 39.13 and then closed strongly to just miss Bobby at the tape. Result was two (2) National leading times of 54.0!!!! What a race!!!

400 m....1. Gilmore (54.0) 2. BANKS (54.0) 3. Thompson 57.3

ELAINE SUNDBY got off her seasonal best by a smidge over a foot as she recorded a 156-0 $\frac{1}{2}$  mark. Quite a day for Elaine (155-0 $\frac{1}{2}$ , 129-7, 34-6)...that has to be some sort of a Pioneer "best-ever". PAM BOWERS, our "rent-athrower" had a snl. best of 121 -4 $\frac{1}{2}$  and CAROL SHOUFF rounded out our 1-2-3 scoring coup with a 117 mark.

JAV. 1. SUNDBY (155-0 $\frac{1}{2}$ ) 2. BOWERS (121-4 $\frac{1}{2}$ ) 3. SHOUFF (117-0) 4. OSWALT (105-5)

Our hurdles all ran their personal or seasonal bests but Sac just had a little too much fire power and this is where we got killed. It is also where we can make some of the most meaningful improvement for the forth-coming conference Championships.

YOORE: 1. V. Banks (14.5) 2. Wallace (15.0) 3. Day (15.1) 4. UPSHAW (15.2) HALPIN (15.3) OROURKE (15.6)  
400H: 1. Wallace (62.7) 2. HALPIN (64.0) 3. Day (66.4) 4. OROURKE (72.6) JURADO (75.5)

H.o.J. 1. Philyaw (5-4) 2. Barber (6-3) 3. HOWARD (5-2) 4. Emory (4-10) UPSHAW (4-3)  
L.J. 1. Day (18-10 $\frac{1}{2}$ ) 2. Barber (17-4 $\frac{1}{2}$ ) 3. UPSHAW (17-3) 4. Philyaw (16-2 $\frac{1}{2}$ )

4 x 100 1. Sac (46.2) 2. HAY (Ward, Banks, Brown, Halpin) 48.4

# TRACK FIELD UPDATE Cal State U. Hayward

STOUT, WAY TROMP...

FORD OSWALT SUNDBY "ON"

UPSHAW SHINES

BANKS WARD SULLIVAN ZIP

HAYWARD...234  
 Chico.....87  
 Army.....52  
 SF State...49

The morning started off... atypical S.F. morning... over-cast; 50 degrees feeling like 30 degrees when ever the re-occurring westerly winds perked up, and then feel- 20 or 30 degrees warmer as the winds subsided. It was a low key meet... the final practice meet of the season... but as the overcast parted to permit the eager rays of ole Sol, the meet got hotter and the end result was a bevy of good performances; many a "pr" or seasonal best.

TRACK/FIELD BULLETIN #10...5/2/82

STEFANI STOUTT qualified for her second NCAA Div. II event as she ran a solid 17:42.9 All in all, our distance runners looked as though they were coming of age!!! DEBBIE MORRIS, ANNE HAMILTON, TERESA JACKSON, and PAM BOWERS all got seasonal bests and then MORRIS doubled back in the 3000 to record a seasonal best there as did CAROL STOTHERS and SHANE FELIX. Oops... left out KAY LOMBARDINI, PAULA READING and DEBBIE FREDERICK who also hit bests in the 5 K for this year.

WOMEN'S Track/Field efforts, with FORD, OSWALT, and SUNDBY performing in their usual "class" manner. KIM DANIEL bagged a couple of seasonal bests (shot and disc).

TAMMIE SULLIVAN celebrated her return to the "vars" with some very smooth efforts and OWEN WARD exhibited continued improvement. Our throwers continued their fine efforts, with FORD, OSWALT, and SUNDBY performing in their usual "class" manner. KIM DANIEL bagged a couple of seasonal bests (shot and disc).

JOY UPSHAW had a busy day, winning three events and lending her legs/lungs/etc. to a 4th win in the 1600 relay. Her "first time out" effort in the 400 LH was super-cooper performance (63.6). DELPHINA BANKS and KATHY WAY notched impressive victories also.

All in all... we had a fine day at the races... Now it's lots of hard work (the WEST COAST REALYS for a few)... hard work... hard work... and then the GOLDEN STATE CONFERENCE MEET May 13-14-15 (here) and then the NATIONALS. "go get em."

5000 m	1500 m	100 HH	400 m	100 m
1. STOUTT...17:42.9 *	1. MORRIS...4:43.0	1. UPSHAW...16.8	1. Duncan(SF)...55.4	1. WARD...11.9
2. Berendt(A) 17:55	2. HAMILTON...4:45.2	2. OROURKE...16.3	2. McKean(Un)...60.9	2. BANKS...12.0
3. JACKSON...18:25.0	3. STOTHERS...4:59.7	3. Paton(C)...16.7	3. Pence(C)...61.5	3. SULLIVAN...12.3
4. LOMBARDINI...19:54.0	no 4th	4. Miklos(C)...16.9	4. Ross(A)...61.8	4. Hall(A)...12.5
READING...20:08.0				BROWN...12.28
FRDRCKS...21:27.0				
4 x 100	800 m	400 LH	200 m	3000
1. Army...50.0	1. BOWERS...2:16.8	1. UPSHAW...63.6	1. BANKS...24.7	1. WAY...10:02.2
2. Chico...50.5	2. William(SF) 2:18.3	2. Paton(C)...69.6	2. Duncan(SF) 24.7	2. Sanchez(S) 10:24.0
CSUH...no entry	3. FURNESS...2:22.0	3. OROURKE...70.3	3. WARD...25.9	3. MORRIS...10:33.1
SHOT	4. Mooney(C) 2:25.4	4. Bell(C)...74.5	4. SULLIVAN...25.9	4. STOTHERS...10:41.0
1. FORD...44-7			BROWN...27.2	FELIX...10:59.0
2. OSWALT...40-8				
3. Fagerms (A) 41-6				
4. Konan(C)...39-5				
DANIEL...37-11				
JAVELIN JAV	DISCUS	L. JUMP	H. JUMP	
1. SUNDBY...145-8 1/2	1. Robinson(C)...157-2 1/2	1. UPSHAW...16-11 1/4	1. Nosach(SF) 5-1	
2. Howard(A) ?	2. FORD...156-4	2. Parker(A) 16-5	2. HOWARD...5-0	
3. Green(C)...?	3. OSWALT...155-7	3. Miklos(C) 15-4	3. Emgrdnr(C) 5-0	
4. BOWERS...112-2	4. DANIEL...132-6 1/2		4. Krzds(SF) 4-10	
SHOAF...110 ???	SUNDBY...130-6			

GOLDEN STATE CONFERENCE TRACK & FIELD CHAMPIONSHIPS.....

Thurs (5/13)	Fri. (5/14)	Sat. (5/15)	12:10 pm
1:00 100HH (hep)	1:00 L.J. (hep)	9:00 am. 10,000 finals	5,000 finals
1:40 Shot (hep)	2:30 Jav. (hep)	10:00 am. 200 trials	4 x 100 relay
2:30 H.J. (hep)	4:00 800 m (hep)	Javelin	1500 finals
4:15 200 m (hep)		Long Jump	1:05 pm. 100 HH finals
		10:30 am. 100 HH trials	1:20 pm. 400 finals
		Shot Put	1:30 pm. 100 finals
		10:40 am. 100 trials	1:40 pm. 800 finals
		11:45 am. High Jump	2:00 pm. 400 LH finals
		12:00 m Discus	2:20 pm. 200 finals
			2:35 pm. 3,000 finals
			2:50 pm. 4 x 400 relay

*at Hayward*

# TRACK & FIELD UPDATE

WOMENS TRACK & FIELD BULLETIN # 11.... MAY 8, 1982.... CAL STATE UNIVERSITY of HAYWARD .....

Running on the Lemoore High Track, the 55th renewal of the famed West Coast Relays, served as a final "tune-up" for some of our stalwarts. Despite heat, wind, and a 1½ hour backup on the time schedule, some good things did occur.

WEST COAST RELAYS

GLENDA FORD....Collegiate Champ in the discus (189-8).. (2nd over-all)

DIANE OSWALT...3rd Place Coll.Div.(6th over-all)..(149-1) discus

ELAINE SUNDBY..2nd Place Coll.Div.(3rd over-all)..( 151-10) javelin

GLENDA FORD....5th Place Coll.Div. (44-8) shot put

DIANE OSWALT... (41-11) best mark with the brand new "turn" shot put

PAM BOWERS.....5th Place 1500 meters...4:40.4 (seasonal best)

4 x 100 Rel....3rd (:47.20 new school rec)..Gwen WARD, Delphina BANKS, Tammie SULLIVAN, Kathy HALPIN

4 x 400 Real...3rd (3:51.8 s8n1.best)..Joy UP SHAW (60.2) Franny CASTRO (57.4), Kathy HALPIN (58.8), Delphina BANKS (55.4).

Cal Poly ...56  
Sac. St....42  
HAYWARD...28  
etc. etc....  
THUR(May 13)  
GSC HEPTATHLON

COMING ENTZZZZZ .....

all events at CAL STATE HAYWARD....

FRI (May 14)  
GSC HEPTATHLON

SAT(May 15)  
GSC T & F CHAMPS

1:00 100 MH  
1:40 Shot  
2:30 H.o.J.  
4:15 200

1:00 Lo.J.  
2:30 Jav.  
4:00 800

9:00 10,000 mtres.  
10:00 200(trials)  
10:30 100 MH (trials)  
10:40 100(trials)  
12:10 5,000  
12:40 4 x 100  
12:50 1800  
1:05 100MH  
1:20 400  
1:30 100  
1:40 800  
2:00 400 LH  
2:20 200  
2:35 3,000  
2:50 4 x 400

10:00 Jav.  
10:00 Lo.J.  
10:30 Shot  
11:45 H.o.J.  
12:00 Disc

NO ADMISSION.....

HAYWARD is looking for their 5th straight GSC title.....

Sacramento State may have a lot to say about this effort... It should end up being one heck of a track meet.....as has been the case the past 3 successive GSC Meets!!!!

GSC CHRONOLOGY

1978  
HAYWARD....157  
Chico.....125  
Davis.....113  
Sacto.....108  
Humboldt....78

1979  
HAYWARD....185  
Sacto.....173  
Davis.....80  
S.Fran.....60  
Chico.....49  
Humb.....27  
Stanislaus..27  
Sonoma.....8

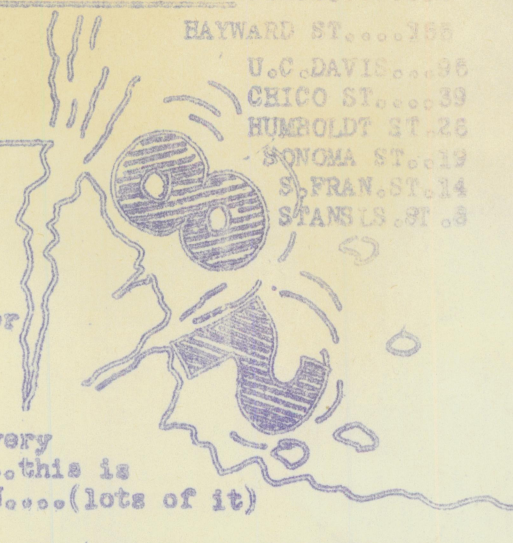
1980  
HAYWARD....215  
Sacto.....214  
Chico.....89  
Davis.....49  
Humb.....30  
S.Fran.....30  
Stan.....12  
Sonoma.....8

1981  
HAYWARD....194½  
Sacto.....190  
S.Fran.....77½  
Davis.....67  
Chico.....56  
Sonoma.....17  
Humb.....12  
Stan.....2

# TRACK & FIELD UPDATE

SAC STATE.....202  
 HAYWARD ST....358  
 U.C.DAVIS...86  
 CHICO ST....39  
 HUMBOLDT ST.26  
 SONOMA ST...19  
 S. FRAN. ST.14  
 STANISLS. ST. 8

# 78-79-80-81



MAY 15, 1982...BULLETIN # 12....CAL

The "fifth time" WAS NOT the "charm".....  
 SACRAMENTO has a good team and they doubled and tripled and even quadrupled their sprint/hurdle troops to win their first ever GSC Championship title.

★ We did a good job .... although it was not particularly over inspiring...part of this was due to our inability to double up some of our top people ( colds, injuries, etc.) and also that we came in a little "thin" in several key events.

★ So it's hats off to Sac State...I'm sure that we will be very well prepared to give them a run for the title next season...this is what makes and will keep making us a good team...COMPETITION....(lots of it)

JOY UPSHAW put in an easy three days...competing in all 7(seven)events of the Heptathlon on Thur. and Fri. to score a life-time best...and then came back on Saturday to score 4ths in the 100, 100 H, 400 H and run a leg on our #2 mile relay.

KAYTH WAY and STEFANI STOUTT double in the 10K and 5K...and survived the mean ogre "fear" for that is what their nemesis was...with both events only 2 hrs. apart...to rack up 20 points...to go along with TERESA JACKSON'S 2pts (5th in the 10K) for 22 of Hayward's 33 points racked up in the 1500-10K events(Sac tallied 24 and Davis a big 47)

FRANNIE CASTRO won her 3rd CONSECUTIVE CONFERENCE TITLE in the 800 with "no-push". Coming off two weeks of the flu and related "blahs"...she was not to double up in the 1500 even though she is the conf. leader.

QWEN WARD had a good day in the 100 and 200 and got through an entire season unscathed...

★ ELAINE SUNDBY set a new p.e.r.o in winning the javeling by a ton as her counter-parts, DIANE OSWALT and GLENDA FORD scooped the prime points in the shot and disc. GLENDA was our "star" of the day with her DOUBLE TRIUMPH in both the put and disc. (Mt. rec.-disc!!)

On Saturday nite...at the Modesto Relay, ELAINE SUNDBY was the javelin vitor..158-4

May 15th

"Modesto Relays"

GLENDA FORD qual. for disc.finals with 156-8  
 DIANE OSWALT placed 5th in disc. with a new school record of 166-10 !!!!!

There were many other fine performances but we will extoll their heroics either with a summarial listing in the "results" or possibly in a more personalized accounting of the forthcoming NCAA Div.II Championships in Sacramento( May 25-29)...With 11 athletes moving on we hope to finish in the "TOP FIVE" at Nationals.....

DISC:	1.FORD-156-1;	2.OSWALT 153-10;	3.Robson(C)146-4;	4.DANIEL 133-5;	5.Silbas(S)132-10;	6.Lghln(D)
HEP:	1.Day(Sac) 4648	2.Gordon(Son)4362	3.Barber(Sac)4329	4.UPSHAW-4316 (15.9/24'-3"/4'-8 1/2"/	5.Green(Chi)4060 6.Bednar(D)3868 also:7.HOWARD-3702 27.5/17-2 1/4/79-9/ 2:24.7	
10 K:	1.Somers(D)35:35.9	2.WAY-36:40	3.Roberts(D)37:27.1	4.STOUTT-37:36.5	5.JACKSON-38:31.8	2
SHOT:	1.FORD-44-0	2.Volz(Son)41-4	3.Almo(Chi)41-1 1/4	4.OSWALT-40-1	5.Silbas(Sac) 2	6.Adams(H)39:41.6
5 K:	1.Gray(D)17:03.5	2.Somers(D)17:38.7	3.WAY-17:52	4.Clbra(H)17:58.9	5.STOUTT-18:23.0	6.Robson(Chi)39-4
JAV:	1.SUNDBY-158-2	2.Trobaugh(S)134-0	3.Carrell(H)126-3	4.BOWERS-121-6	5.Kndl(D)115-1	6.Gordon (Son)1127
4 x 100:	1.Sac(46.1)	2.WAY(47.3)	3.Davis(48.6)	4.Chi(50.7)	5.Ham(52.8)	6.Son(54.3)
L.J.S:	1.Serrano(D)19-1	2.Day(Sac)18-3/8	3.Wallace(Sac)17-10	4.UPSHAW-17-3	5.Philyw(Sac)16-9	6.Smith
1500:	1.Sennl(Sac)4:37	2.BOWERS-4:40.4	3.Gonzlz(Sac)4:43	4.Rurz(H)4:45.2	5.MORRIS 4:46.4	6.(D)16-6
1000H:	1.Banks(S):15.0	2.Day(S)15.0	3.Wallace(S)15.4	4.UPSHAW 15.4	5.Srnan(D)15.6	6.HAMLTN-4:51.1
100:	1.Carley(S)11.7	2.WARD-12.2	3.Banks(S)12.4	4.Moore(S)12.5	5.SULLIVAN-12.7	6.Payton(C)15.7
H.o.J.s:	1.Barber(S)5-4 1/2	2.Bmgrdnr(C)5-3 1/2	3.HOWARD-5-3 1/2	4.Srnan(D)5-3 3/8	5.Beling(H)5-1 1/2	6.Gold(C) 12.9
400:	1.Gilbre(S)54.0	2.Duncan(SF)55.9	3.BANKS-56.0	4.Thmpsn(S)59.6	5.Guild(H)60.3	6.Barbee(D)60.4
800:	1.CASTRO-2:11.6	2.Barnes(S)2:16.2	3.Prathr(D)2:18.6	4.Norton(S)2:20.2	5.Lmbra(C)2:23.0	6.Johnson (4)23
400H:	1.Wallace(S)62.2	2.Day(S)63.0	3.HALPIN 63.7	4.UPSHAW 65 .5	5.Paytn(C)66.3	6.Wydn8(D)67.0
200:	1.Carley(S)23.6	2.Gilmore(S)24.0	3.Duncan(SF)24.5	4.Moore(S)25.1	5.WARD 25.2	6.Thmpsn(S)25.3
5 K:	1.Gray(D)9:59.1	2.Sennl(S)10:00.2	3.Rosber(D)10:25.8	4.Frnz(D)10:26.1	5.Clbra(H)10:37.4	6.Sanches(C)10:42
1 x 400:	1.Sac(3:51.1)	2.WAY(3:53.1)	3.Davis(4:02.8)	4.Chi.(4:09.2)	5.Ham(4:10.0)	6.Sanches(C)10:42