

Track & Field "UPDATE"

MAY 25 - 29, 1982.....CAL. STATE HAYWARD WOMENS TRACK & FIELD.....



@ SACRAMENTO STATE COLLEGE...MAY 26, 27, 28, 29th....

- "TOP TWELVE"
- | | | |
|-------------------------|------------------------|------------------------|
| 1. Cal Poly SLO - 256 | 5. Morgan State - 109 | 9. U.C. Davis - 84 |
| 2. Alabama A&M - 144½ | 6. HAYWARD STATE - 101 | 10. Lincoln (Neb) - 46 |
| 3. Bakersfld. St. - 113 | 7. Sacramnto St. - 98 | 11. SE Missouri - 38 |
| 4. S. Dakota St. - 112 | 8. St. Augustina - 60½ | 12. Northridge - 38 |

100 mtrs.

QWEN WARD clocked off the 6th fastest qual. time on Wed. and then came back to snare 5th place and ALL AMERICAN honors with a 12:11 on Friday.

200 mtrs.

DELPHINA BANKS ran the 6th best qual. with a 24:51 on Thurs. Running into a brutal wind on Sat. nite...this her 6th race of the meet and the third of the nite...she placed 7th with a :25:19.

400 mtrs.

DELPHINA BANKS had the 3rd fastest qual. mark with a heat victory on Thur. Running a superb race in the finals from lane 6, she literally "ate up" ground over the final 180 mtrs. to just miss her old nemesis, Bobby Gilmore (in lane 4) by .019. Second Place and ALL AMERICAN honors to Delphina with a 54:04.

800 mtrs.

FRANNIE CASTRO #2 ranked in the US (Div. II) won her heat on Thur. with an easy 2:11.0. Frannie looked "hot" all week, running great legs on Wed. and Fri. in the 4 x 400. She raced through the first lap on Sat. looking horns with the eventual winner, SLO's Scherziner. Then "it happened". Slowly she dis-integrated with the final 50 mtrs. an agonizing experience for all. This sometimes happens to every runner..regardless of ability, preparedness, or courage....something Frannie was not lacking in...Result...7th place 2:13.2

10,000 mtrs.

KATHY WAY went to the front early and finally settled into a pack of one (1) nestled behind a pace setting four-some and about 40 yds. ahead of a tandem vying for 6th and 7th. For nearly 4 miles it appeared that Kathy would nail down 6th and All-American honors, but with 7 laps remaining, the "solo" set caught up with Kathy and within 2 laps...she did the two "trailers". Result...a fine 7th place in a p.o.c. of 30:12.0 (6:43-71/5:38-5:42-5:46-5:56-6:05 miles for a final time of 38:12)

SHOT

GLENDIA FORD finished 5th (ALL-AMERICAN) with 44-3¼.
DAINE OSWALT finished 10th with 41-10½

STEPHAN STOUT was forced to drop out at end of 16th lap...virus.

DISCUS

ELAINE OSWALT claimed the National Title with a fine 158-9½ effort (no thanks to a dippity-de wind). She was most consistant in all of her efforts.
GLENDIA FORD had to improve on her consistant throwing in the 4th round with a 155-8½ mark to snare second place and give the Pioneers an all important 27 points. Hat's off (what's that apostrophe mark doing in hats????) to ALL AMERICANS...DAINE & GLENDIA!!!!

JAVELIN

ELAINE SUNDBY..Another ALL AMERICAN as Elaine snagged 4th place with a throw of 154-6. The fast run way threw Elaine's timing off as she was unable to improve on her 2nd round mark. SLO's Karin Smith was winner at 191-1

4 x 100

Running to a new school record every time they ran, the foursome of **QWEN WARD**, **DELPHINA BANKS**, **TAMMIE SULLIVAN**, and **KATHY HALPIN** got to the "Championship" finals and finished with an 8th place mark of :46.62

4 x 400

Establishing a new school mark of 1:49:01 in the titals, the Pioneers came back with a 1:49:10 in the finals to snare 6th place. Hats off to our 4 All-American relay runners: **KATHY HALPIN**, **FRANNIE CASTRO**, **JOJO UPSHAW**, and **DELPHINA BANKS**!!!
57.64 + 58.5 56.56 + 56.46 58.90 + 66.20 53.90 + 54.0

400 m Hds.

KATHY HALPIN just missed Championship finals by .016 of a sec. Took 2nd in the consolation finals for 10th place points with a time of 63.12