OUTDOOR HIGHLIGHTS

With the Sun Belt not quite as sunny as usual this year, early-season outdoor activity has been less notable, although the West Coast has already seen some fine throwing.

GREEN HAMMERS 232-4

Irvine, California, February 19-With the world's elite closing in on 280-feet, one hesitates to wax too ecstatic about U.S. hammer prospects, but Cal State Long Beach's Bill Green is certainly performing well enough to give rise to some hope for the future.

A 22-year-old senior, Green ranked No. 3 in the nation last year, reaching 230-1. Off to a fine start this year, he hit 232-4 here, the best ever by an an American-born collegian, surpassing Al Schoterman's 1972 mark of 231-3. Green now rates as the No. 10 American of all-time.

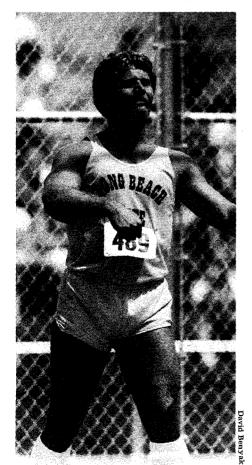
On the women's side, Stanford junior Carol Cady improved her discus PR to 189-1, good for No. 5 all-time among Americans.

Irvine 85-Stanford 65-Cal State Long Beach 51-St, Graham (Stan) 8:54.0. LJ(w), Powell (UCI) 26-5%. TJ(w), Holliday (UCI) 53-10%. DT, Mills (UCI) 184-5. HT, Green (CSLB) 232-4 (American CR) 110, x US; 8, x

Women (Stanford 87-USC 48-Irvine 24):

800, Jacobs (Stan) 2:09.4; 2. PS Plumer (Stan) 2:13.2. 1500, A. Wiley' (Stan) 4:18.9; 2. Jacobs 4:23.2. SP, Cady (Stan) 51-3. DT, Cady 189-1 (5, x US, C); 2. Johnson (USC) 167-5; 3. Nickerson (Stan) 158-0. JT, Cady 159-10.

Green: "American CRs" in the hammer.



Track & Field News

CADY HOT IN SHOT TOO

Tucson, February 26-Just a week after her discus PR. Stanford's Carol Cady added a big chunk to her shot best of 54-4%, improving to 54-8 as she came within a foot of CR holder Meg Ritchie's 55-5%. The put moves Cady to No. 6 all-time among Americans and No. 4 among collegians.

Arizona 114-Stanford 61-Occidental 21 /A 109-S 53;

A 126-0 37; S 93-0 69/100(0,5), Johnson (Az) 10.45. St, Dobler (Az) 8:53.23. 110H(1.6), Johnson (Az) 13.86. 4 x 100, Arizona 40.03. LJ, Johnson 25-7w. 52-6w. HT, Pickering' (Stan) 211-0. TJ, Anderson (Az)

Women (Arizona 83-Stanford 75-Occidental 6 /A 82-S 45; A 103-S 22; S 113-O 10/– 100(0,5), Lim (Az) 11.73. 200, Waithera' (Az) 24.55.

400, Waithera' 55.2. 800, Jacobs (Stan) 2:09.94. 1500, Jacobs 4:22.79; 2. Vetter (unat) 4:29.31. 5000, A. Wiley' (Stan) 15:53.47; 2. Lyons (Stan) 16:28.35; 3. Gallagher (Az) 17:28.1..100H, Lim 13.71. 4 x 100, Arizona 46.92.HJ, Johnson (Az) 5-9%. LJ, Donald (Stan) 19-6. SP,

Ritchie' (Az) 55-5%; 2. Cady (Stan) 54-8 (6, x US; 4, x C). DT, Cady 181-1; 2. Levi (Az) 160-0. JT, Hart' (Az) 153-6; 2. Cady 140-3

AZTEC INVITATIONAL

San Diego, March 5 /from George Grenier/-Destined to lose her indoor WR the next day, Coleen Sommer began her 1983 high jumping campaign with a fine 6-5 clearance. Sporting a perfect record through 6-3, Sommer needed a trio of tries at 6-5, the =5th performance in U.S. history.

Attendance 3000-

100(0.0), Brown (SSTC) 10.23; 2. Morales (USC) 10.38; 3. Cook (USC) 10.48, 1500, Theriot (adidas) 3:48,30; 3. Belger (PCC) 3:48,61, 5000, Fell" (GB) 13:54,41, 110H(-0,46), Campbell (SCA) 13.61; 2. Turner (SSTC) 13.71; 3. Stewart (SSTC) 13.79, 400H, Holloway (SJ St) 49.69; 2. King (Macc) 50.83. 4 x 100, Arizona State 39.97. 4 x 200, USC 1:22.67.

4 x 400, San Diego State 3:09.17. DisMed, Cal 9:46.66. HJ, Stones (PCC) 7-2. PV, Kenworthy (USC) 17-9. LJ, Frazier (Az St) 24-41/2. TJ, Cannon (CA) 54-41/2; 2. Mayfield (Az St) 52-11%.

SP, Kraychir (USC) 63-6%, DT, Porath (Cal) 194-6; 2. Williky (SSTC) 191-3, HT, Fritchman (unat) 186-2, JT, Ewaliko (AW) 274-1; 2. Atwood (AW) 263-9; 3. Kotinek (unat) 257-3.

Women

100(0.0), Pusey' (LATC) 11.76, 800, Romo (Cai) 2:06.63, 1500, M. Joyce' (Conv) 4:20.89; 2. Harper (SLO) 4:25.03, 5000, P. Plumer (UCLA) 16:33.97, 100H

(-0.35), Smith (S Di) 13.54. 400H, Kellon (Ca HS) 60.01. 4 x 100, San Diego State 45.81. 4 x 200, Cal Poly/ SLO TC 1:36.89. 4 x 400, San Diego State 3:39.12. DisMed, Cal Poly/SLO 11:23.71.

DisMed, Cal Poly/SLO 11:23.71.

HJ, Sommer (WAC) 6-5 (x, =5 US) (5-8, 5-10, 6-0, 6-3, 6-5 [3]); 2. McNeal (SLO) 5-10. LJ, Crabtree (CA) 19-5. SP, Pagel (unat) 52-%; 2. Kaaiawahia (Ca H3-9-%). DT, Kaaiawahia 173-11 (4, x USJ); 2. Pagel 164-10. JT, Ray (UCLA) 178-1; 2. Barnes (SLO) 169-4.

GREEN IMPROVES TO 235-7

Long Beach, March 5-Throwing in his home circle at the Long Beach Relays, Bill Green continued his hammer improvement with a 235-7 spin. Throwing consistently well, Green had his first four throws over 222 before fouling his last

Moving well up on the all-time U.S. list, the 6-2/230 Green is now at No. 5, and No. 7 collegian ever (the 6 ahead of him on that list all being foreigners).

4 x 100, Taft CC 40.2, 4 x 220, Pasadena CC 1:24.7; 2. El Camino CC 1:25.1. 4 x 440, Santa Monica TC 3:11.0. 4 x 110H, San Jose State 58.8.

HJ, Baker (CSLB) 7-0. TJ, Salazar' (LBCC) 53-%. SP, Smith (Conv) 65-7; 2. J. Banich (Bruin TC) 58-6%. DT, Mc-Seveney (49er) 191-5; 2. Reilly (All Am) 181-7. HT, Green (CSLB) 235-7 (American CR) (5, x US; 7, x C) (222-1, 224-9, 235-7, 227-6, f, f); 2. Rohovit (Conv) 207-9; 3. Schumacher' (SJ St) 202-9. □



- OVERSIZE BEDS
- AIR CONDITIONING
- COLOR TV
- SWIMMING POOL
- 24-HOUR RESTAURANT Over 60,000 Rooms and 900 Restaurants Coast-to-Coast



Howard Johnson cities:

Southern · Anaheim · Baldwin Park · Barstow · Claremont-Pomona · Colton L.A. Airport (Culver City) . North Hollywood · Riverside · San Bernardino · San Diego · Thousand Oaks · Monrovia

Northern · Mill Valley · Santa Clara · San Jose · San Luis Obispo · Santa Maria Redwood City · Dublin · Sacramento San Francisco (Fisherman's Wharf)



(800) 654-2000

THE HEYWOOD PACING SYSTEM

Proven, tested and improved over 16 years of service to the track world. The only pacing system that really works.

- The system makes use of tiny electronic pacers carried by runners on a fabric belt or wrist band.
- Pacers emit an audible tone signal to correspond with established markers or landmarks.
- Markers are set up every 55 yards, 50 meters, 110 yards or 100 meters on standard sized tracks.
- Landmarks are established every 1/10th, 1/5th, or 1/2 mile on cross-country or road courses (or every 200, 500, or 1,000 meters).



NOT A CADENCE PACER cadence pacers don't work

SPECIFICATIONS

- Copyrighted computerized pacing tables and instructions (included with pacing unit).
- Digital-type pacing units, set immediately with the flip of a tiny switch. Belt or wrist mounted, highly accurate. SIZE: 3" long, .75" wide, .5" deep, 2.5 + ounces (tables and literature included). \$89.00 + \$2.00 postage.
- 90-day warranty limited by obvious abuse on all units.
- Money-back guarantee if the system isn't the most enjoyable, effective, efficient training system available.



Coaches: inquire about coach/rep program whereby you may purchase wholesale in quantity as few as four units

SPORTS-TRONIX 1512 East Dolphin, Mesa, AZ 85204 602-834-0496

"A pacer for every racer"

CROSS COUNTRY-continued

OTHER NATIONALS

NCAA II

St. Cloud, Minnesota, November 13-Very trying weather conditions slowed times, individual champion Greg Breardsley clocking 36:50 over a 10,000m course covered with 6" of snow. Temperature at race time was 15 degrees. Eastern Washington put its 5 scorers among the first 25 finishers to claim the team crown from South Dakota State.

Individuals: 1. Beardsley (Edinboro) 36:50; 2. Petrini (S Rock) 37:51; 3. Threinen (St. Cloud) 37:58; 4. Ferrari (Cal/Pa) 38:03; 5. F. Assumma (UCR) 38:11; 6. Reller (In St/E) 38:14; 7. La Griede (Port St) 38:18; 8. Carlson St) 38:19; 9. Ergen (St Cloud) 38:25; 10. Taylor (Mank) 38:26.

Teams: 1. Eastern Washington 84; 2. South Dakota

St. Cloud, November 13-The weather may have been cold, but Cal Poly/SLO's horses were hot, as three Mustangs placed in the top 5 to pace SLO to the team title. Amy Harper edged SLO teammate Jennifer Dunn by 2 seconds for the individual victory.

Individuals: 1. Harper (SLO) 21:14; 2. Dunn (SLO) 21:16; 3. Bocklund (SD St) 21:20; 4. Thompson (SLO) 21:23; 5. Stavrum (SD St) 21:24.

Teams: 1. Cal Poly/SLO 32; 2. South Dakota State 45; 3. UC Davis 82; 4. Cal State Northridge 161.

NCAA III

Fredonia, New York, November 20-Rumanian emigree Nicolae Manciu prevailed over soft footing on a hilly course. He battled 20-25mph winds for a 26:06 triumph over the 8000m route. North Central won its 4th team title in 5 years, with Brandeis duplicating its runner-up slot of last year.

Individuals: 1. Manciu' (St. Thomas) 26:06; 2. Brink (Calvin) 26:18; 3. Rapp (Glassboro) 26:20; 4. Bluell (N Central) 26:29; 5. Edson (Colby) 26:37; 6. Dunphey (N Central) 26:39; 7. Burns (Otterbein) 26:44; 8. Patriarca (Brandeis) 26:44; 9. Rogers (N Central) 26:45; 10. White (Mt. Union) 26:46.

Teams: 1. North Central 51; 2. Brandeis 89; 3. Glassboro State 105; 4. College of St. Thomas 115; 5. St. John's/Mn 120.

NCAA III WOMEN

Fredonia, November 20—Tori Neubauer of Wisconsin/LaCrosse won the individual title with ease, her 18:45 for 5000m giving her a 16-second bulge over 2nd place. But College of St. Thomas put 3 scorers in the top 6 placers to take the team title shead of LaCrosse.
Individuals: 1. Neubauer (Wi/L) 18:45; 2. Thometz

(St. Thomas) 19:01; 3. Hintz (St. Thomas) 19:02; 4. Wills (Barnard) 19:11; 5. Colgrove (Allegheny) 19:16. Teams: 1. College of St. Thomas

Wisconsin/LaCrosse 83; 3. Occidental 106.

NAIA MEN

Kenosha, Wisconsin, November 20-Kansan Steve Delano moved up from his 8th of 1981 to take the title, clocking 25:01 over the 8000m course. Canada's Simon Fraser put 3 scorers in the top 10 en route to claiming the team title ahead of Saginaw Valley.

Individuals: 1. Delano (Southwestern) 25:01; Stearns (En Or) 25:07; 3. Lambing (Southwestern) 25:23; 4. Maraum" (S Fraser) 25:25; 5. Britten" (S Fraser) 25:27; 6. Sandoval (NM Highlands) 25:30; 7. Parks (Cent Ok) 25:32; 8. Wolff (Wi/ Stout) 25:33; 9. Chilton" (S Fraser) 25:33; 10. Guymon (Ok Christian) 25:35.

Teams: 1. Simon Fraser 91; 2. Saginaw Valley 117; 3. Wisconsin/LaCrosse 169; 4. New Mexico Highlands 181; 5. Williamette 211.

NAIA WOMEN

Kenosha, November 20-Kate Webb's 17:41 over the 5000m course took the individual title and led the way for her Marquette team to claim the team crown.

(ndividuals: 1. Webb (Marq) 17:41; 2. Marchello (Wi/EC) 17:53; 3. Shield (Wi/EC) 17:56; 4. Purdy (Pacific

Lutheran) 18:02; 5. Held (Marq) 18:22. Teams: 1. Marquette 48; 2. Wisconsin/Eau Claire 109; 3. Simon Fraser 128.

JUCO MEN

Utica, New York, November 13-Agapins Masong of Ranger covered the 5M course in 25:07 to claim individual honors, while Brevard packed 4 scorers in the top 14 finishers to run off with team laurels.

Individuals: 1. Masong' (Ranger) 25:07; 2. Davids' (Sn ld) 25:32; 3. Anstead (Glendale/A) 25:44; 4. Wroblewski (SW Mi) 25:58; 5. Obwocha' (Brevard) 25:59; 6. Macey (Clackamas) 26:05; 7. Abshire (Clackamas) 26:08; 8. Gogl (Clackamas) 26:09; 9. Albee (Brevard) 26:09; 10. Renshaw (Barton) 26:12.

Teams: 1. Brevard 57; 2. Clackamas 68; 3. Southwest Michigan 78; 4. Southern Idaho 166; 5. Central Arizona

JUCO WOMEN

Utica, November 13-Florida CC's first finisher was 8th and Pima's 9th and the two schools went down to the wire for the team title, Florida finally prevailing by 3 points with 82. Kimberly Swedberg clocked 18:52 to claim individual honors.

Individuals: 1. Swedberg (Sn Id) 18:52; 2. Townsend (Lansing) 18:56; 3. Hartsfield (Phoenix) 19:02; 4. Murphy (Ricks) 19:08; 5. Ficken (Farmingdale) 19:14.

Teams: 1. Florida 82; 2. Pima 85; 3. Macomb 94. 🗆

NCAA DISTRICTS

MEN

DISTRICT

Bethlehem, Pennsylvania, November 13-Brendan Quinn and Richard O'Flynn went 1-2 to lead the team inners from Providence

Individuals: 1. Quinn' (Prov.) 29:43: 2. O'Flynn' (Prov) 29:59; 3. Simoneau (Bost U) 30:27; 4. Sapienza (Dart) 30:28; 5. Fallon' (Prov) 30:38; 6. Binns' (Prov) 30:46; 7. Braz (Bost C) 30:48; 8. Doherty' (Prov) 31:02; Moioney' (Prov) 31:09; 10. Powers (Dart) 31:11. Teams: 1. Providence 22; 2. Northeastern 82; 3. Dartmouth 94; 4. Boston U 95; 5. Boston College 129.

DISTRICT II

Bethlehem, November 13—Bill Reifsnyder's individual win sparked Bucknell's team victory.

Individuals: 1, Reifsnyder (Buck) 30:00; 2, O'Connell (Syr) 30:16; 3, Ali' (FD) 30:22; 4, O'Keefe (Vill) 30:36; 5. Ighoe' (FD) 30:36; 6. King (Gtn) 30:39; 7. Roche' (Iona) 30:42; 8. Perrsault (Iona) 30:47; 9. Babcock (G Mason) 30:53; 10. McCarthy (Iona) 30:56.

Teams: 1, Bucknell 85; 2, tie, Fairleigh Dickinson & Iona 86; 4, Penn State 118; 5, Villanova 154.

IC4A: 1. Providence 47; 2. Bucknell 126; 3. Fairleigh Dickinson 128; 4. Iona 130; 5. Penn State 174.

DISTRICT III

Greenville, South Carolina, November 13-Hans Koeleman won the individual race, but his Clemson mates couldn't overcome East Tennessee for the team win. Individuals: 1, Koeleman' (Clem) 29:00; 2, Kigen' (Ms St) 29:26; 3. Stark' (E Tn) 29:31; 4. Jaspers' (Clem) 29:31; 5. Haughey' (Clem) 29:33; 6. Bitok' (Rich) 29:34; 29:31; 5. Haugney (Liem) 29:33; 6. Block (Incin 29:34; 7. Brantly (Fl) 29:34; 8. Cahili (Wn Ky) 29:47; 9. Mansy (E Tn) 29:54; 10. Johnson (E Tn) 29:54.
Teams: 1. East Tennessee 56; 2. Clemson 94; 3. Virginia Tech 132; 4. Tennessee 141; 5. Virginia 164.

DISTRICT IV

West Lafavette, Indiana, November 13-Wisconsin's Tim Hacker overcame a hilly course, cold weather and speedy miler Jim Spivey for a 7-second win in leading Wisconsin to the team victory.

Individuals: 1. Hacker (Wi) 29:51; 2. Spivey (In) 29:58; 3. Diemer (Mi) 29:59; 4. Jenkins (Wi) 30:00; 5. Domantay (II) 30:03; 6, Brice (Wi) 30:04; 7, Easker (Wi) 30:06; 8, Donakowski (Mi) 30:06; 9, Shuey (Pur) 30:07; 10. Drenth (C Mi) 30:07.

Teams: 1. Wisconsin 32; 2. Michigan 88; 3. Miami/ Ohio 104; 4. Purdue 148; 5. Central Michigan 170.

DISTRICT V

Columbia, Missouri, November 13-Mark Scrutton previewed his NCAA victory with an easy win to lead Colorado to the team title.

Individuals: 1. Scrutton' (Co) 29:49; 2. Reese (Co) 30:16; 3. Kipsang' (la St) 30:24; 4. Collier (Wich) 30:36; 5, Hemmila' (OR) 30:43; 6, Waller (Co) 30:50; 7, Verbeeck' (Ia St) 30:53; 8, Steiner (Ks) 30:55; 9, Keane (Sn II) 31:10; 10. Viitasaari' (OR) 31:13.

Teams: 1. Colorado 41; 2. Oral Roberts 69; 3. Southern Illinois 73; 4. Iowa State 85; 5. Oklahoma St 123.

DISTRICT VI

Georgetown, Texas, November 13—Arkansas left no room for anyone else, sweeping the first 6 places.
Individuals: 1. Leonard' (Ar) 29:51; 2. Carroll' (Ar)

29:52; 3. Rol. Reina (Ar) 30:01; 4. Swain' (Ar) 30:11; 5. Moloney' (Ar) 30:11; 6. Rand. Reina (Ar) 30:34; 7. Sítonik' (Tx) 30:36; 8. Moore (Rice) 30:42; 9. Helmick

(Tx) 30:43; 10. Topping (SMU) 30:52. Teams: 1. Arkansas 15; 2. Texas A&M 98; 3. Texas 102; 4. Houston 116; 5. Rice 127.

DISTRICT VII

Salt Lake City, November 12-UTEP's leading guns went 1-2 at the Miners primed to defend at the NCAA. Individuals: 1. Barie' (UTEP) 29:40; 2. Shahanga' (UTEP) 29:41; 3. Juma' (NM) 29:42; 4. Eyestone (BYU) 29:58; 5. Ngatia' (UTEP) 29:58; 6. May' (Nv) 30:15; 7. Burrell (Id St) 30:21; 8. Harris (Id St) 30:36; 9. DeGarmo (Co St) 30:36; 10. Matthews (BYU) 30:44.

'eams: 1. UTEP 57; 2. Idaho State 68; 3. BYU 74; 4. New Mexico 125: 5, Montana 162.

DISTRICT VIII

Fresno, November 13-Jim Hill won the race by a Track & Field News