

CALIFORNIA

Track & Running News

SEPTEMBER / OCTOBER 1997

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ALL-TIME CALIFORNIA
HIGH SCHOOL GIRLS LIST

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CROSS COUNTRY

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FROM THE EDITOR

I LOVE FALL. Fall means the start of a new school year and the start of a new cross country season. It's not only the leaves that change during Fall, but there will be new cross country records set, new faces setting them and even some new coaches guiding them. It's an exciting season.

One other change being initiated this Fall is what is going on with *California Track and Running News* magazine. I think you will agree that it is another one of those exciting times. Judy and I have been putting out CTRN for nearly 24 years now. We started it the same year we were married -- 1974. Over those years the magazine has come out more than 250 times (those years when we published two magazines *California Track News* and *California Running News*), and has seen many changes. During those years we have experienced many changes, too. Our family has grown (we now have two daughters, one in high school and one in junior high school) and our responsibilities at Fresno Pacific University have grown. These and other activities have limited what we have wanted to do, and have been able to do with CTRN.

From the start, our goal at CTRN has been to service the needs of our readers, particularly coaches and athletes. We sense now that we are not able to meet those needs in the way we envisioned. Our solution is to hand the magazine to others who can carry on the long tradition of quality and timely coverage of track and field, cross country and road running in California. We are in the process of doing that now. It is not easy to let go of something that has been such a big

part of our lives for so long. It is obviously the best thing for the sport, the magazine and for you faithful readers.

So, beginning with the January/February issue, the magazine will be published by others who are in a much better position to continue to provide quality and timely coverage. The next issue of CTRN (November/December) will have a more formal announcement with all of the details.

I wanted you to know now that things are looking up for CTRN and that you can look forward to increased and expanded coverage and a better product than ever.

Now, get the waffle racers laced up, or get your stopwatch and clipboard, or get your binoculars, and head for the hills. It's Fall. It's cross country season and there is a lot of new excitement waiting for us in those hills. ◆

ON THE COVER: Check out the latest update of the ALL-TIME GIRLS LIST in this issue. Javelin thrower **CATHY SULKINSKI** (196-1) has topped the listing since 1976 (*Fine Flicks* by Don Gosney). **NICOLE HOXIE** (right, North, Riverside) moved into the #1 spot in the 100m Hurdles (*photo by Bill Cockerham*).

SCHEDULE

Youth

Cross Country

December 7

Walt Disney World, FL: AAU National Cross Country Championships. (407) 363-6170.

High School

Cross Country

September 3 (Wed)

Stockton: Edison Invitational.

September 6 (Sat)

Dinuba: Dinuba Festival Road Run.

North Monterey: Condor Earlybird Invitational.

Oakmont: Oakmont Invitational.

September 13 (Saturday)

Long Beach: Long Beach Millikan Cross Country Invitational. 8 a.m. Heartwell Park (next to Long Beach City College). Contact Steve White, Millikan High School, 2800 Snowden Avenue, Long Beach 90815 (562) 425-7441 ext 4466 or (562) 427-2047.

Colton: Colton Cross Country Invitational. Contact Bill Halley.

Kingsburg: Kingsburg Invitational.

Thousand Oaks: Mountain Goat Invitational. La Reina HS.

Fresno: McLane Invitational. Woodward Park.

September 18 (Thurs)

Porterville: Monache Invitational.

September 19 (Fri)

Sanger: Sanger Invitational. Avocado Lake.

September 20 (Saturday)

Buena Park: Sunny Hills Cross Country

Invitational. Ralph B. Clark Regional Park (800 Rosecrans Avenue). 8:30 a.m.-11:30 a.m.

Includes races for juniors, sophs and frosh.

Contact Wayne Walker, Sunny Hills High School, 1801 Warburton Way, Fullerton 92633. (714) 870-3434 or (562) 902-0023 home.

San Diego: Mt. Carmel Invitational. Balboa Park.

Lake Casitas: Rotary West Ojai Invitational. Hosted by Nordhoff HS.

Wasco: Wasco Invitational.

Watsonville: Watsonville Invitational.

San Francisco: Lowell Invitational. Golden Gate Park.

Concord: Carondelet/De La Salle Adidas Invitational. Newhall Park.

Lake Yosemite: Merced Invitational.

Grass Valley: Nevada Union Invitational.

Irvine: Woodbridge Invitational.

September 24 (Wed)

Marin: Stinson Relays.

September 26 (Fri)

Hanford: Hanford Invitational. Hickey Park.

Visalia: Mt. Whitney Invitational. Mooney Grove.

September 27 (Saturday)

Brea: Sonora Invitational. 2.9 mile. Carbon Canyon Regional Park. Coach Marc Ware, Sonora High School, 401 South Palm Street, La Habra 90631.

Downey: Warren Cross Country Invitational. Hollydale Park, South Gate. Races by class. 8:00 - 11:30 a.m. 3 miles. Contact Jay Waldron, Warren High School 8141 De Palma, Downey 90241 (562) 869-7306 ext 539 or (562) 439-2777 home. Also Mike Morgan (562) 594-8255.

San Jose: Blossom Valley Invitational. Santa Teresa Park.

Daly City: Westmoor "Ram" Invitational.

Chico: Chico Invitational.

Grass Valley: Bear River Invitational.

Altaville: Frog Town Invitational. Bret Harte.

Dana Point: Dana Hill Invitational.

Burbank: Griffith Park Bellarmine Cross Country Invitational (name change from Bell-Jeff). 3 Miles/20 races. Griffith Park (Vermont Ave., above the Greek Theater). 7:30 a.m.

Contact Jim Couch (818) 972-1401 or John Flynn (818) 842-4583 or write to: Athletic Department, Bellarmine-Jefferson High School, 465 E. Olive Avenue, Burbank 91501.

La Habra: 20th Sonora Cross Country Invitational. At Carbon Canyon Park, Brea. Varsity, Junior Varsity, Frosh/Soph. Contact Coach Marc Ware (714) 826-4753.

October 2 (Thurs)

Los Banos: Los Banos Invitational.

October 3 (Fri)

Golden West Invitational. Cutler Park.

Oak Park: San Joaquin Athletic Association Invitational. Hosted by Edison and Stockton HS.

October 4 (Saturday)

La Crescenta: Kenny Staub Cross Country Invitational. Crescenta Valley County Park. 3 miles. Varsity, JV, soph, frosh. Contact Keith Gilliland at Crescenta Valley High School, 4400 Ramsdell Ave., La Crescenta 91214 (818) 249-5871 or (818) 249-7433 home.

Honolulu, HI: Kamehameha Invitational.

Varsity, JV, middle school divisions. 2 p.m. Contact Blane Gaison, Athletic Director (808) 842-8938.

Half Moon Bay: Half Moon Bay Invitational.

Yucaipa: Yucaipa Invitational.

Palo Alto: Stanford Invitational.

Atascadero: Atascadero Invitational.

October 8 (Wed)

Madera: Madera Lions Invitational. Town & Country Park.

COACHES . . .

Let us know the date(s) of your 1997 cross country invitationals.

Write: 4957 E. Heaton Ave., Fresno, CA 93727

FAX: (209) 255-4904

E-mail: CTRN@ix.netcom.com

We will include it in the Schedule section *and* on our Web Site at no charge.

SCHEDULE

October 10 (Fri)

Carson, NV: Carson City Invitational.

October 11 (Saturday)

Huntington Beach: Central Park Invitational. Central Park. Varsity, JV, soph, frosh. Contact Martin Morris, Meet Director, Fountain Valley High School, 17816 Bushard Street, Fountain Valley 92708. (714) 846-3415 home.

San Mateo: Crystal Springs Invitational.

Castro Valley: Castro Valley Invitational.

Huntington Beach: Fountain Valley Invitational.

Fresno: Clovis Invitational. Woodward Park.

October 17 (Fri)

Tulare: Tulare Western Invitational.

Fresno: Roosevelt Roughrider Invitational. Woodward Park.

October 18 (Saturday)

Santa Ana: Orange County Invitational.

San Luis Obispo: Cal Poly Invitational.

Rio Linda: Rio Linda Invitational.

Hayward: Mariner Invitational. Hosted by Moreau HS.

Lodi: Lincoln/Lodi Cross Country Invitational Meet. At Lodi Lake (Turner Rd. east of Lower Sacramento Rd.). Frosh girls 2 mile/10 a.m. Frosh boys 2 mile/10:20 a.m. Soph girls 2 mile/10:40 a.m. Soph boys 2 mile/11:00 a.m. Varsity girls 5K/11:20 a.m. Varsity boys 5K/11:50 a.m. Meet officials: Tod Anton, Lincoln (209) 478-8052; Don Womble, Lodi (209) 931-3497; Gary Knackstedt, Lodi (209) 331-7815; Steve Rapaport, Lincoln (209) 478-3773; Steve (Overgaard, Lincoln (209) 547-1710; Lynn Yanko, Lincoln (209) 953-8745.

October 21 (Tues)

Fresno: Madera Elk Relays. Woodward Park.

October 22 (Wed)

Mendota: Mendota Invitational.

October 23 (Thurs)

Reedley: Reedley Invitational. At Kings River College.

October 24 (Fri)

Rocklin: Placer Invitational. Sierra College.

October 25 (Sat)

Alameda: Oakland Invitational.

Santa Cruz: Soquel Invitational.

Walnut: Mt. SAC Invitational.

October 30 (Thurs)

Kingsburg: John Seaman Invitational.

October 31 (Fri)

Bakersfield: Kern Invitational. Soccer Park.

November 13 (Thurs)

Fresno: CIF Central Section Championships. Woodward Park.

November 20 (Thurs)

Fresno: CIF Central Section Grand Masters Championships. Woodward Park.

November 29 (Sat)

Fresno: CIF State XC Championships. Woodward Park.

December 6 (Sat.)

Fresno: 19th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 13 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535. E-mail: CTRN@ix.netcom.com.

December 13 (Sat.)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

College & Open

Cross Country

September 6

San Francisco: Pacific Cross Country Series. #1—Golden Gate Park. 4 Miles.

September 13 (Sat)

Buena Park: 9th Annual Whittier Invitational. Ralph B. Clark Regional Park. Women's 6K/8:30 a.m. Men's 6K/9:15 a.m. Greg Phillips,

Athletic Dept., Whittier College, 13408 E. Philadelphia St., Whittier 90608. (562) 907-4975 or (562) 945-8024 FAX.

September 20

Rocklin: Pacific Cross Country Series. #2—Sierra College Challenge. Men/4 mile, Women/5K.

September 27

Santa Rosa: Pacific Cross Country Series. #3—Empire Open. Men/8K. Women/5K.

October 4

Davis: Pacific Cross Country Series. #4—Aggie Invitational. Men/8K. Women/5K.

October 11

Oakland: Pacific Cross Country Series. #5—Mills Invitational. 5K.

October 25

Belmont: Pacific Cross Country Series. #6—Crystal Springs Challenge. Men/4.19. Women 2.95.

November 1

Stanford: Pacific Cross Country Series. #7—Nor Cal Open. Men/8K. Women/5K.

November 8

San Rafael: Pacific Cross Country Series. #8—Tamalpa Challenge. 8K.

November 22

San Francisco: Pacific Cross Country Series. #9—GP Championships, West Regional. Men/10K. Women/8K.

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NEW #'s: (650) 685-7141, FAX (650) 685-4262



SCHEDULE

Masters

Track & Field

September 20

San Diego: San Diego Senior Games. San Diego State Univ. 50+. (619) 233-9950.

September 20-21

Thomasville, NC: USATF National Masters Decathlon & Heptathlon. Contact: Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. (910) 476-1228 h, 475-8141 w.

September 27

Santa Cruz: KELfield 5th Annual Throws Meet. WT & SW. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

October 4

Santa Barbara: Club West Masters Meet. Santa Barbara City College. Contact Beverly Lewis (805) 969-5851 or Gordon McClenathen (805) 964-3005.

October 11

Orlando, FL: USATF National Masters Weight Pentathlon Championships. Orlando/Disney Sports Complex. Jeff Wentworth, PO Box 10000, Lake Buena Vista, FL 32830-1000. (407) 363-6627, FAX (407) 363-6601.

October 12

Long Beach: Sri Chinmoy Masters Games. CS Long Beach. 40+. Bigalita Egger (310) 645-0271.

October 13-24

St. George, UT: Huntsman World Senior Games. 1-800-562-1268.

October 17-19

Napa: Napa Senior Games. 50+. Virginia Mosher, PO Box 660, Napa 94559 (707) 255-1800.

November 15

Long Beach: Long Beach Senior Games (50+). Long Beach City College. Contact Karla Yuki (310) 570-1776.

November 22

Tucson, AZ: Tucson Senior Games. Drachman Stadium, U of Arizona. Tucson Parks & Recreation, 220 S. 5th Ave., Tucson, AZ 85701 (520) 791-4865.

July 30-August 2, 1998

Orono, Maine: 31st Annual National Masters Championships. August 9-22, 1998

Portland, OR: Nike World Masters Games. 30 years & older. Information: 1-800-98-GAMES (1-800-984-2637). 1988 Nike World Masters Games, 55 SW Yamhill Street, Suite 300, Portland, OR 97204-9650.

All-Comers

Tuesday, September 16

Marin: Tamalpa Runner's Track Meet. College of Marin 6 p.m. Contact Kevin Mangan (415) 927-1429.

TRACK & FIELD NEWS

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PREDICTIONS

By Bob Womack

Right after the 1996 Olympic Games, Bob Womack went out on his traditional limb by venturing to pick the U.S. Olympic Team for the next Olympics -- Sydney in the year 2000. As one of the premier cross country and track announcers in the nation, Bob is used to sticking his neck out. As with his announcing, he calls it as he sees it.

This is Part 6 of his post-Olympic predictions.

WOMEN -- Part VI

DISTANCES

The best call of the 1996 US Olympic Trials was made by a guy sitting near me during the women's 10,000. As four runners battled for the lead and the three Olympic team berths on the penultimate lap, and we were trying to guess the ultimate outcome, he reached into his bag, hauled out a 1996 US Annual, flipped quickly through it, and announced, "Fonshell wins."

He was the only one of the group picking **Kate Fonshell**, by far the least known and least experienced of the contenders, and he was, of course, dead right. Fonshell proceeded to outkick the pack. When asked for the source of his inside knowledge, he grinned smugly and said, "Easy. She had the best 1500 time of the bunch."

Now there's a message here (listen up, **Sarah Thorsetts** and **Julie Hennes** of the world). In 1995, Fonshell was just another one of the large group of 1500 runners stuck around 4:10. But, while the others were battling for final berths in the Trials—and, except for Henner, wound up watching the Games on television—Fonshell did something about her Olympic dreams. She moved up to a distance where speed became an advantage. It would be nice to report that Fonshell went on to glory at Atlanta but she didn't. Her lack of experience told in the heats. But she's young enough to be back.

Clearly, there is opportunity for middle-of-the-pack milers. True, Fonshell qualified as a find and an even bigger breakthrough belongs to **Amy Rudolph**, who only finished third in the Trials 5000 but proved to be America's best at the distance with an AR in Europe and made the Olympic final.

But **Lynn Jennings** and **Mary Slaney**, who finished 1-2 in the Trials 5000, are already in their late 30's and **Olga Appell** and **Joan Nesbit**, the other 10k qualifiers, not far behind. Also in general, the age bracket for whom Atlanta probably represented the last real chance were **Annette Peters**, **PattiSue Plumer**, **Trina Leopold**, **Laure LaMena-Coll**, and **Colette Murphy**. Also **Sylvia Mosqueda**, with all that promise never fulfilled.

It's true that since the IAAF knocked the 3000 off the international program, there's a long jump between the 1500 and the 5000. (The International Olympic

Committee is under some pressure for gender equity, notably from American **Anhhita DeFrantz**, the youngest and by far the noisiest IOC member.) It's conceivable that the 3000 could be restored for Sydney or even a women's steeplechase added. But Title IX—and most other laws—don't apply to the IOC so that gender equity is more likely to be satisfied by the addition of new sports such as water polo instead of adding another women's distance race.

It's also true that the US is not devoid of young talent in the event, even aside from **Ruldoph** and **Fonshell**. **Laurie Henes**, fifth in the Trials 10k and a 1995 Worlds qualifier, is still on the sunny side of 30. And while, as usual, a distressing percentage of the top collegians were foreigners, there were some promising Americans: **Jen Rhines**, the NCAA 5000 champ; **Amy Skieresz**, and **Kate Landau**. (Landau the NCAA 10K runner-up as a 20-year-old redshirt freshman, should improve dramatically if she can smooth out her form. She thrashes as much as runs. She does grade high on speed and determination.)

And there are the California high school phenoms, **Kim Mortensen** and **Julia Stamps**. Stamps had never lost a high school race until the final cross country event of her junior year, when she became ill at the Foot Locker Nationals and Mortensen beat her. Mortensen repeated the victory over a healthier (although perhaps not 100%) Stamps at the state track meet and added a national 3200 record to boot. And you know these kids can move up to 5000 because they've been running it for years in cross country.

Mortensen's biggest plus is competitive fire. At last year's state cross country meet, she sought out Stamp's box, lined up next to her, and looked her in the eye

continued next page...

Bob Womack -- track-and-field-fan/expert-without-parallel, announcer of many California collegiate track and cross country events, voice of Foot Locker Cross Country West -- Bob serves

CTRN as creator and maintainer of the High School All-Time Lists and contributor of many special features.

A.C.P.A. when not following track, Bob lives and works in Fresno, CA.



OLYMPICS 2000 / PREDICTIONS

as if to say, "I'm going to beat you if it's the last thing I ever do." The one reservation I have is that she comes from a high-profile prep program where runners tend to develop a high percentage of their maximum potential in high school.

Stamps' problem is a little unusual.

After being invincible for 2 1/2 years, she now has to regain the confidence if she is going to win, period. She also has to get and stay healthy. However, she has the rest of her senior year in high school to do it, and with Mortensen graduated, shouldn't have much trouble being dominant again.

One wild card factor is Trials scheduling. This year, heats in the 5,000 and 10,000 were scheduled an hour apart, making doubling impossible although a more athlete-friendly Olympics schedule did allow 5K-10K combination.

(China's Wan Junxia did, in fact, win the 10 and take silver in the 5.) Hopefully, that will change for the Trials for Sydney.

Every Olympic year, somebody bursts out of nowhere, makes the US team in the women's marathon, and then disappears as fast as she came. In 1996 it was Jen Spangler's turn to ride the rocket, winning the Trials and DNF'ing at the Games. Since Spangler, who wasn't in the top 50 on the 1995 US list, is in her mid-30's, I would not expect to see her at the top level again.

Linda Somers, more consistent but no younger, is going back to the practice of law. However, that still leaves Anne Marie Lauck, who finished 10th in the Olympics as a novice marathoner; Gwen Coogan, who finished fourth in the Trials; and Cathy O'Brien, who was on the 1988 and 1992 US Olympic teams. It seems like O'Brien has been around forever—she ran in the 1984 Trials—but she will actually be younger in 2004 than Mary Decker was at Atlanta.

Here again, there's a door of opportunity for runners moving up from shorter distances. Will we see, say, Kate Landau or Amy Skiercz in the marathon at Sydney? Maybe so, but based on recent history, we're more likely to see somebody you never heard of before.

U.S. Olympic Team Predictions

5000	Amy Rudolph Kate Fonshell Julia Stamps.
10,000	Kate Fonshell Amy Rudolph Laurie Henes
Marathon	Anne Marie Lauck Cathy O'Brien Gwen Coogan.

HURDLES

Four years ago, the word was that the IAAF would move the women's high hurdles from 33 inches up to 36 inches. That was my excuse for not picking Gail Devere, who is only 5-4 and figured to have trouble with the higher barriers. (Hey, I need all the excuses I can get.) I discarded Lynda Tolbert-Goode as too old and I didn't even consider Cheryl Dickey, making me a perfect oh-for-three. I'm not even sure all the people I did pick are even still alive.

Well, Devers, America's best high hurdler for a decade, never did get an Olympic medal in the event, settling for two golds in her "backup" event, the 100. And I think the 1996 trio is past it this time, leaving the path open for fresh blood.

That fresh blood starts, it says here, with NCAA champ Kim Carson, who looked good in the Trials heats and got outrun in the finals. There are also some runners who've been at the national level for several years and might break through the way Dickey did this year, people like Dawn Bowles, Melissa Morrison, and Monifa Taylor. You might add Tonya Williams to that group except that I suspect she will concentrate on the 400.

Finally, there are the phenoms. Dominique Calloway ran a windy 13.03 in a Trials heat as a high school senior. The high school class of 1995, Latasha Colander and Joanna Hayes, found the going harder at the college level but improved their times significantly and more improvement can be expected in the years ahead.

There's a different story in the 400

hurdles, where the guard, except for super-veteran Sandra Farmer-Patrick, does not appear ready to change. Kim Batten and Tonja Buford-Bailey ran 1-2 at the '95 Worlds (in world record time) and 2-3 at the Atlanta Games, leaving them something to prove.

Behind them is Tonya Williams, who sits just about where Buford-Bailey was four years ago, an NCAA champion from Illinois who ran very fast in her senior year. (Except Buford-Bailey did make the team in '92.) There was a great mass finish behind Williams at the NC's and it involved two Americans, Ryan Tolbert and Becca Williams, both of whom ran close to that form at the Trials.

There is also some even younger talent here. Charlynn Foster, a Floridian who won the national juniors as an eighth grader in 1994, is still struggling to overcome the psychic scars stemming from a drug controversy (she wound up getting a 3-month suspension, but was stripped of the '95 junior title). She did come back to win what would have been her third championship in 1996, but has not approached her earlier times. A sleeper here is the California champion, Tisha Ponder, who needs to pick one event and stick to it. She was in four state finals her senior year.

U.S. Olympic Predictions

100 Hurdles	Kim Carson Dominique Calloway Joanna Hayes
400 Hurdles	Tonya Buford-Bailey Kim Batten Tonya Williams.

HIGH JUMP

A funny thing happened to Amy Acuff on her way to 7 feet and an Olympic gold medal. After winning the nationals and clearing 6-6 as a 20-year-old college freshman, she spent most of 1996 hurt, struggled to make the US Olympic team, and went out early in qualifying at the Games.

Tisha Waller and Connie Teaberry

OLYMPICS 2000 / PREDICTIONS

took over as America's top high jumpers. Both cleared 6-6 this year: Waller was the more consistent and was the US's only finalist at Atlanta. Both are young enough to be major contenders for the 2000 team.

Tanya Hughes-Jones was the Amy Acuff of 1992—a college sophomore, NCAA champion, American junior record holder, and a finalist at the Barcelona Games. She did a disappearing act after that, but resurfaced at this year's Trials. She's younger than either Waller or Teaberry and, if she can stay healthy, can get back to world class if not seven feet.

Erin Aldrich is getting billed as the next Amy Acuff, and there are similarities: tall, rangy, and out of Texas. She demon-

strated her competitive ability by PR'ing at the Trials and was one of only two preps to make a final. Another youngster to watch is **Tara Fleming**, the 1995 California high school champion, who was hurt most of her senior year. Like Aldrich, she has wound up at the University of Arizona with budding high jump guru John Rembao, who coached his wife Sue to the 1992 Olympic team and also handles Hughes-Jones. Unlike practically all other jumpers who've reached the six-foot level, she has done virtually no weight training, something Rembao has vowed to correct this year.

As in every event, there are a number of people who have been just below world class for several years, a group that includes **Karol Jenkins**, **Gwen Wentland**, and **Angie Bradburn**. The reason you can't dismiss them out of hand is that **Connie Teaberry** was a charter member until she broke through to the next level in 1996.

U.S. Olympic Team Predictions

Amy Acuff
Tanya Hughes-Jones
Erin Aldrich.

POLE VAULT

Here, we're talking about an event which, so far, is not part of the international program. While it could be part of the Sydney Games, the best guess is that it won't be on the world championship program before 1999 (more likely 2001), and won't be an Olympic event until 2004 at Stockholm, or wherever.

In the United States, of course, Title IX does apply and, while the NCAA has been dragging its heels (thanks largely to the Southern sprint powerhouses who want to keep the status quo), it will probably make the NCAA program sooner rather than later—likely in 1998. (If it hasn't happened by the time you read this, the NCAA will shortly be slapped with a Title IX suit.) Most of the West Coast schools have been quietly stockpiling vaulters against that day.

At this writing, three vaulters are head and shoulders above the budding American vault scene. **Stacey Dragila**, the current AR holder and national champion is the best athlete; a 5200-plus heptathlete, her real goal is to have the hep replaced by a women's decathlon. **Tiffany Smith** has the best speed, 13.3 for the high hurdles. And **Melissa Price**, who won two national senior titles while still in high school, is the youngest, the best technician, and arguably the best competitor of the three.

There is a gap of a foot-and-a-half between them and the field, a difference which will surely narrow, but not necessarily close in four years. At the bottom end are high school kids and recent graduates, i.e., young and capable of significant improvement. They include **Jocelyn Chase**, who vaulted for UCLA this year; California preps **Alexa Harz**, **Erica Hernig**, **Bridget Pearson**, and **Brooke Lankard**; **Ahsley Feinberg** of Nevada; **Karin Elmstrom** of Oregon; and **Melissa Feinstein** of Massachusetts.

I'm going to pick a U.S. team for Sydney, even though I think the real first U.S. Olympic team will be in 2004. The only prediction I'll make for that is that it will take at least 14-6 and maybe 15-0 to make the top three, and that at least one and probably two of those 2004 Olympians is right now somewhere around the fifth grade. (If you think I'm kidding, at the national scholastics this year, a young lady from Massachusetts named **Samantha Shepard** cleared 10-8. Samantha is in the sixth grade. Translation: You ain't seen nothing yet.)

U.S. Olympic Team Prediction

Stacey Dragila
Melissa Price
Melissa Feinstein.

**LOOK FOR PART VII
in the
November/December 1997
issue of CTRN!**



Amy Acuff
Photo by Bill Leung, Jr./Geek Media

All-Time California High School Girls List



Marion Jones
#1 in 3 Events -- 100, 200
and Long Jump
Fine Flicks by Don Gasney

By Robert Womack

List includes marks reported through September 5, 1997.

As usual, I am indebted to numerous other people, especially (but definitely not limited to) Ron Blackwood, Steve Brand, Keith Conning, Scott Fairley, and Jack Shepard. None of the above, however, bears any responsibility for any errors or omissions, which are the fault of the writers. Corrections should be addressed to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710 or FAXed to (209) 225-6951.

First-time readers should be advised the number preceding the year of performance indicates the number of state championships won.

Have a slice of wry: When we update the lists, new performances push older ones off the list, of course. We used to have to retype the lists every year, or at least when they got too messy to photocopy for CTRN. Now, in the computer age, we just push a button and — poof! — another old familiar name disappears into the memory hole forever. This year, we had to eliminate one of our favorites, Lacy Barnes (DT, Ridgecrest, Burroughs, 1983). That's not the story, though. The story is the identity of the athlete who bumped her — Cecelia Barnes-Mileham, her own daughter.

-RW

100 Meters

State Meet Record: 11.14 Marion Jones, (Thousand Oaks) 1992 @ Cerritos. **Frosh:** 11.24 Angela Williams (Chino) 1995. **Soph:** 11.17 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 11.14 Marion Jones (Thousand

Oaks) 1992 and 11.14 Angela Williams (Chino) 1997.
Senior: 11.28 Marion Jones (Thousand Oaks) 1993.

11.14	Marion Jones (Thousand Oaks)-4 at Cerr	1992
11.14	Angela Williams (Chino) -1 @Edwrdsvl, Ill	1997
11.28	Angela Burnham (Rio M, Oxn.)-2	1988
11.34	Sharon Ware (Berkeley)-2	1980
11.47	LaKeisha Backus (Wilson, Long Beach)-1	1995
11.48	Inger Miller (Muir, Pasadena)	1990
11.49	Jemae Wright (Logan, Union City)	1996
11.50	Kim Robinson (Westchester, L.A.)	1977
11.50	Andrea Anderson (Poly, Long Beach)	1995
11.51	Gall Devers (Sweetwater, Natll City)-1	1984
11.55	Kelli White (Logan, Union City)	1995
11.56	Jackie Thompson (Lincoln, San Diego)	1973
11.57	Valerie Brisco (Locke, L.A.)	1978
11.58	Brenda Winston (San Gorgo, S.Bern.)	1977
11.58	Heather Sumpter (Muir, Pasadena)-1	1994
11.58	Miesha Withers (St. Bern, PlayaDRey)	1997
11.59	Monica Taylor (Grant, Sacto)	1983
11.60	Aminah Haddad (Poly, Long Beach)	1995
11.61	Sherri Howard (Kennedy, Granada Hills)	1980
11.61	Gervaise McCraw (Ganeshia, Pomona)-1	1982
11.61	Carle Franklin (Muir, Pasadena)	1985
11.61	Lesa Parker (O'Dowd, Oak)	1992
11.62	Inger Peterson (Dorsey, L.A.)	1981
11.63	Lisa Winston (Jordan, Long Beach)-1	1982
11.63	Pam Qualls (Burbank, Sacto)	1984

Hand Timing

11.3 Damesha Craig (St. Francis, MtnView) 1996

200 Meters

(*220 Yards Minus 0.12)

State Meet Record: 22.71 Marion Jones (Thousand Oaks) 1992 @ Norwalk. **Frosh:** 23.70 Marion Jones (Rio Mesa, Oxnard) 1990. **Soph:** 22.78 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 22.58 Marion Jones (Thousand Oaks) 1992. **Senior:** 23.00 Marion Jones (Thousand Oaks) 1993.

22.58	Marion Jones (Thous.Oaks)-4 @ NewOr	1992
22.90	Kinshasa Davis (Wilson, Long Bch) -1	1997
23.08	Jackie Thompson (Lincoln, S.D.)@ Munich	1973
23.19	Sherri Howard (Kennedy, Gran Hills)-1	1980
23.21	LaKeisha Backus (Wilson, Long Beach)-1	1994
23.23	Aminah Haddad (Poly, Long Beach)	1994

23.25	Denean Howard (Kennedy, Gran Hills)-2	1982
23.27	Gervaise McCraw (Ganeshia, Pomona)	1982
23.40	Leslie Maxie (Mills, Millbrae)	1984
23.42*	Gwen Loud (Westchester, L.A.)-1	1979
23.45	Angela Burnham (Rio Mesa, Oxnard)-2	1988
23.47	Malika Edmonson (St.Bern, PlyDRey)-1	1996
23.49	Kelli White (Logan, Union City)	1995
23.49	Angela Williams (Chino)	1996
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-2	1985
23.57	Inger Miller (Muir, Pasadena)	1990
23.59	Cathy Roberts (Cerritos)	1984
23.59	Simone Cain (Hueneme, Port Hueneme)	1988
23.60	Andrea Anderson (LB Poly)	1993
23.62	Sharon Ware (Berkeley)	1980
23.62	Latasha Gilliam (Pittsburg)	1994
23.69	Tamika Bradfield (Compton)	1991
23.72	Frieda Cobbs (Berkeley)	1978
23.72	Miesha Withers (St. Bern, PlyD Rey)	1997

Hand Timing

23.0	Andrea Anderson (LB Poly)	1993
23.2	Mable Ferguson (Ganeshia, Pomona)	1973
23.2	Chewuakli Knighten (Locke, L.A.)	1985
23.4	Kathy Hammond (Mira Loma, Sacto)	1969

400 Meters

(*440 Yards Minus 0.26)

State Meet Record: 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento, 1982. **Frosh:** 53.40 Angela Williams (Chino) 1995. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sherri Howard (San Gorgonio, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Kennedy)-2 @ Knoxvl	1982
51.09	Sherri Howard (San Gorgonio)-1	1979
51.91	Mable Ferguson (Ganeshia, Pomona)	1972
52.17	Chewuakli Knighten (Locke, L.A.)-2	1985
52.25	Janeene Vickers (Pomona)	1986
52.61	Kinshasa Davis (Lg Bch Wilson) -2	1996
52.83	Leslie Maxie (Mills, Millbrae)-1	1984
52.91	Marion Jones (Rio Mesa, Oxnard)	1991
52.95	Malika Edmonson (St.Bern, PlyDRey)	1996
53.10	Linetta Wilson (Muir, Pasadena)	1985
53.12	Frieda Cobbs (Berkeley)	1978
53.13*	Charlette Cooke (St. Mary's, L.A.)	1966

All-Time Girls

53.20	Paulette Blalock (Compton)	1984
53.27	Carla Estes (Logan, Union City)	1995
53.30	Theodoshea Rivers (RanVerd, k MorVly)	1997
3.34	Jeannie Arnold (Locke, L.A.)	1982
53.40	Angela Williams (Chino) -1	1995
53.42	Arlise Emerson (Westminster)-1	1978
53.42	Gervaise McCraw (Ganessa, Pomona)	1982
53.46	Marian Franklin (Balboa, S.Franisco)	1979
53.47	Gwen Gardner (Crenshaw, L.A.)	1978
53.49	Princess Bennett (Compton)-1	1986
53.51	Faye Paige (Poly, Long Beach)	1980
53.55	Angela Rolfe (Dorsey, L.A.)-2	1987
53.64	Jodi Smith (Locke, LA)	1996

Hand Timing:

(*440 Yards Minus 0.3)

51.8"	Kathy Hammond (Mira Loma, Sacto)	1969
53.4"	Janice Wiser (LaJolla)	1973

800 Meters

(*880 Yards Minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) @ Norwalk, 1981. **Frosh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974.



POLLY PLUMER setting prep American Record behind **LINDA GOEN** in 1982

Photo by Richard Lee Slotkin

Junior: 2:04.6" Ann Regan (Camden, San Jose) 1978.
Senior: 2:03.8" Charlette Cooke (St. Mary's, L.A.) 1966.

2:02.29	Mary Decker (Orange) @ Durham	1974
2:03.8"	Charlette Cooke (St. Mary's, L.A.)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Beach)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.43	Linda Goen (North, Bakersfield)	1977
2:05.61	Nicole Teter (West Vly, Cottonwood)-1	1991
2:05.7	Rennie Durrand (Laguna Beach)-1	1980
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnyvale)	1970
2:05.9	Lynn Hollins (Riverside)	1976
2:06.01	Donna Curtis (Culver City)-1	1981
2:06.07	Trescia Palmer (Westchester, L.A.)	1982
2:06.13	Kim Toney (Atascadero) -2	1990
2:06.47	Regina Jacobs (Argyll, North Hollywood)	1980
2:07.25	Becky Spies (Livermore)	1991
2:07.3	Marie Mulder (Sacramento)	1965
2:07.6"	Cis Schafer (Washington, Fremont)	1970
2:07.8	Arlise Emerson (Westminster)	1978
2:07.9"	Kathy Costello (Pleasant Hill, San Jose)-2	1975
2:08.00	Lesley Noll (Mt. Carmel, San Diego)	1985
2:08.18	Michelle Taylor (Ganessa, Pomona)	1982
2:08.4	Kristin Dowell (StTeresa, San Jose)-1	1984
2:08.42	Laura Chapel (Univer City, San Jose)-1	1986
2:08.5"	Paula Rose (Newport Harbor)	1975

1600 Meters

(*1 Mile Minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) @ Sacramento 1982. **Frosh:** 4:40.2" Mary Decker (Portola Jr., Orange) 1973. **Soph:** 4:45.30 Julia Stamps (Santa Rosa) 1995. **Junior:** 4:40.0" Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44" Polly Plumer (University, Irvine) 1982.

4:33.44"	Polly Plumer (Univ, Irvine)-3 @Westwd	1982
4:38.9"	Eileen Claugus (Rio Americano, Sacto)	1973
4:40.0"	Vickie Cook (Alemany, Mission Hills)	1981
4:40.2"	Mary Decker (Portola Jr., Orange)	1973
4:42.77	Darcy Arreola (Grossm, La Mesa)-1	1986
4:42.79	Julia Stamps (Santa Rosa) -1	1997
4:43.15"	Cheri Williams (Livermore)-1	1978
4:43.72	Annie Ebner (St. Lucy's, W.Covina) -1	1996
4:43.90	Paula Bresnan (Kennedy, Gran Hills)	1983
4:44.47	Denise Ball (Newbury Park)	1982
4:44.6"	Linda Goen (North, Bakersfield)-2	1979
4:44.76	Tracy Weber (Lynbrook, San Jose)	1981
4:44.9	Kim Mortensen (Thousand Oaks)	1996
4:44.93	Cory Schubert (Del Mar, San Jose)-1	1983
4:45.00	Julie Saleine (University, Irvine)	1983
4:45.11	Becky Spies (Livermore)-1	1991
4:45.13	Laurie Chapman (Gund, San Jose)	1986
4:45.2"	Jessica Spies (Livermore)	1982
4:45.35	Elissa Riedy (Mission SJose, Fremont)-1	1995
4:45.46	Tina Allen (Santana, Santee)	1982
4:45.6"	Sandy Langan (El Camino, Sacto)	1971

4:45.7"	Debbie Heald (Neff, La Mirada)	1970
4:45.98	Kira Jorgensen (Vista)-2	1987
4:46.0"	Allison Ehlen (Santa Barbara)	1981
4:46.24	Kristin Gordon (Carondelet, Concord)	1997

3200 Meters

(*2 Miles Minus 3.6)

State Meet Record: 9:52.80 Kim Mortensen (Thousand Oaks) 1996 @ Norwalk. **Frosh:** 10:17.1" Vickie Cook (Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:48.59 Kim Mortensen (Thousand Oaks) 1996.

9:48.59	Kim Mortensen (Thous Oaks)-1 @ Norw	1996
10:04.2	Cory Schubert (DM SJose)-1 @Berk	1983
10:06.2"	Cheri Williams (Livermore)-1	1978
10:11.62	Kirstin O'Hara (Palos Verdes)-1	1984
10:11.78	Vickie Cook (Alemany, Mission Hills)-3	1982
10:12.20	Julia Stamps (Santa Rosa) -3	1996
10:12.86	Laurie Chapman (Gund San Jose)-1	1986
10:14.48	Courtney Pugmire (Esperanza, Anaheim) 1995	1995
10:15.27	Julia Stamps (Santa Rosa) -2	1995
10:15.8"	Eileen Claugus (Rio Amer, Sacto)	1973
10:15.99	Denise Ball (Newbury Park)	1982
10:16.14	Karen Hecox (South Hills, Covina)-1	1988
10:16.38"	Cindy Schmandt (Santa Barbara)	1979
10:16.42	Amy Skieresz (Agoura)	1995
10:18.04"	Su-Mei Lee (Eisenhower, Rialto)	1979
10:18.80	Rayna Cervantes (Montebello)	1988
10:19.10	Tania Fischer (Cham Canoga Pk)	1983
10:19.55	Andrea Neipp (Highland, Palmdale)	1997
10:19.63	Deena Drossin (Agoura)-2	1991
10:19.84	Kristen Gordon (Carondelet, Concord)	1997
10:19.94"	Susie Meek (Palos Verdes)	1978
10:21.19	Lori Lopez (Sacred Heart, L.A.)	1981
10:23.04	Mary Mendoza (Present, San Jose)-1	1987
10:23.4"	Gladees Prieur (La Lycee Franc L.A.)	1983
10:23.85	Rebecca Chamberlain (Leigh, SJ)-1	1985
10:24.23	Kira Jorgensen (Vista)	1987

100 Meter Hurdles—33"

State Meet Record: 13.35 Nicole Hoxie (North, Riverside) 1997 @ Sacramento. **Frosh:** 13.86 Davetta Shepard (Kennedy, Richmond) 1994. **Soph:** 14.07 Davetta Shepard (Kennedy, Richmond) 1995 & 13.6 (hand) Bobbette Krug (La Jolla) 1971. **Junior:** 13.79 Nicole Hoxie (North, Riverside) 1996. **Senior:** 13.35 Nicole Hoxie (North, Riverside) 1997.

13.35	Nicole Hoxie (North, River) -2 @Sacto	1997
13.38	Joanna Hayes (North, Riv.)@Raleigh,NC	1995
13.53	Natasha Neal (Logan, Union City)	1997
13.55	Daveeta Shepard (DeAnza, Richmond)-1	1997
13.62	Ashley Bethel (Mission Viejo)	1997
13.82	Michelle Perry (Quartz Hill)	1997
13.83	Bisa Grant (O'Dowd, OkInd)Knoxville -1	1994
13.86	Davetta Shepard (Kennedy, Richmnd)-1	1994

All-Time Girls

13.87	Effie Daetz (Indep., San Jose) @ Tucson	1987
13.87	Hannah Cooper (Hawthorne)	1997
13.92	Felice Lipscomb (Santa Monica)	1990
13.95	Wendy Brown (Woodside)	1984
14.06	Ayanna Grant (O'Dowd, Oakland)	1996
14.07	Aladrian Hunter (Dorsey, LA)	1981
14.09	Alysa Sweeney (Tamal, Mill Vly)	1979
14.10	Rory Kelly (Morningside, Inglewood)	1996
14.11	La Shawn McBride (LB Poly)	1987
14.11	Kam Warner (West, Bkld)	1992
14.15	Kwani Stewart (Yuba City)	1990
14.17	Tisha Ponder (Del Mar, San Jose)	1996
14.21	Michelle Hawthorne (El Cerrito)	1978
14.23	Jennifer Odum (Independence, S Jose)	1994
14.24	Laurie Smith (Valley, Sacto)	1987
14.24	Lisa O'Reilly (St. Mary's, Stockton)	1996
14.25	Chewuakli Knighten (Locke, LA)	1984
14.25	Janae Mitchell (El Cerrito)	1995

Hand-Timing — 3"

13.5	Lorna Tinney (Oceanside)	1972
13.6	Bobbette Krug (La Jolla)	1972

300 Meter Hurdles

State Meet Record: 40.26 Janeene Vickers (Pomona) @ Sacramento 1987. **Frosh:** 42.54 Twila Sims (Lompoc) 1989. **Soph:** 41.78 Twila Sims (Lompoc) 1990 & 41.5" (hand) Leslie Maxie (Mills, Millbrae) 1984. **Junior:** 40.18 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 40.28 Janeene Vickers (Pomona) 1987.

40.18	Leslie Maxie (Mills, Millbr)-2 @ Berkeley	1984
40.28	Janeene Vickers (Pomona)-2	1987
40.89	Joanna Hayes (North, Riverside) -1	1995
41.09	Gayle Kellon (Walnut)-2	1982
41.23	Natasha Neal (Logan, Union City)	1997
41.42	Daveeta Shepard (DeAnza, Richmond)	1997
41.44	Michelle Taylor (Ganessa, Pomona)	1984
41.47	Ryan Peters (Skyline, Oakland) -1	1997
41.54	Linetta Wilson (Muir, Pasadena)	1985
41.69	Felicia Lipscomb (Santa Monica) -1	1990
41.71	Tisha Ponder (Del Mar, San Jose) -1	1996
41.78	Twila Sims (Lompoc) -1	1990
41.78	Ronda Brooks (Oakland)	1985
41.78	Nicole Hoxie (North, Riverside)	1996
41.88	Effie Daetz (Leigh, San Jose)	1987
41.89	Naeemah Witney (Poly, Long Beach)	1995
41.94	Laurie Smith (Valley, Sacramento)	1987
42.14	Mandy Mazik (Capuchino, S Bruno)	1997
42.16	Michelle DeCoux (O'Dowd, Oakland)-1	1988
42.25	Audrey Williams (Saugus)-1	1981
42.25	Hannah Cooper (Hawthorne)	1997
42.26	Gail Devers (Sweetwater, National City)	1983
42.33	Angela Harris (Skyline, Oakland)-2	1994
42.36	Lana Cantrell (Muir, Pasadena)	1985
42.37	Shertia Sanders (Berkeley)	1981

Hand Timing:

42.2	Hannah Cooper (Hawthorne)	1996
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High Jump

State Meet Record: 6-0 Latrese Johnson (Clovis) @ Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980 & Kristy Kieruff (Esperanza, Anaheim) 1992. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 3/4 Latrese Johnson (Clovis) 1985.

6-2 3/4	Latrese Johnson (Clovis)-1 @ Sanger	1985
6-2 1/4	Wendy Brown (Woodside)-1	1984
6-2 1/4	Julleann Broughton (Woodland)	1989
6-1	Sue McNeal (Carlsbad)-1	1979
6-1	Tonya Mendonca (Mt. Whit, Visalia)-1	1983
6-0	Karen Lysaght (St. Francis, Sacto)-1	1980
6-0	Yeana Carrasco (Anaheim)-1	1985
6-0	Celia Willis (Clovis West)	1988
6-0	Crissy Mills (Campbell Hall, (L.A.)-2	1989
6-0	Tara Flanning (Immanuel, Reedley) -1	1995
5-11 1/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Katrena Johnson (Marshall, Pa)-2	1981
5-11	Danielle Boswell (Bullard, Fresno)	1992
5-11	Maggie Van Zeeland (Acalanes)	1981
5-11	Tanya Smith (Rancho Cordova)-1	1991
5-11	Ursula Lovely (Kennedy, LaPalma)	1985
5-11	Chi Johnson (Menlo-Atherton)	1985
5/10 3/4	Lori Svoboda (El Dorado, Placentia)	1989
5-10 3/4	Kristy Kieruff (Esperanza, Anaheim)-2	1994
5-10 1/2	Denise Yamada (Dos Pueblos, Goleta)	1983
5-10 1/2	Lori Mertes (Chatsworth)	1989
5-10 1/2	Tabyyah Haneef (Laguna Hills) -1	1997
5-10 1/4	Cindy Gilbert (Oceanside)	1974
5-10 1/4	Kari Gosswiller (Opland)-2	1978
5-10 1/4	Nancy Redican (Simi Valley)	1978

Pole Vault

State Meet Record: 12-8 Melissa Price (Kingsburg) 1995 @ Cerritos. **Frosh:** 11-8 Bridget Pearson (Hoover, Glendale) 1996. **Soph:** 12-0 Bridget Pearson (Hoover, Glendale) 1997. **Junior:** 12-4 Brooke Lankard (Golden West, Visalia) 1997. **Senior:** 13-1 3/4 Melissa Price (Kingsburg) 1995.

13-1 3/4	Melissa Price (Kingsburg) -2 @ Walnut	1995
12-4 1/4	Alexa Harz (Peninsula, Roll Hills Est) -1	1996
12-4	Brooke Lankard (Golden West, Visalia)	1997
12-3 1/2	Heather Slicker (Camarillo)	1997
12-0 3/4	Erica Hoernig (Foothill, Santa Ana)	1996
12-0	Maria Lopez (Memorial, Newark)	1997
12-0	Bridget Pearson (Hoover, Glendale) -1	1997
11-9	Sarah Higham (Mission Viejo)	1997
11-9	Kylene Nixon (Poway)	1997
11-6 1/4	Marylou Badillo (Mt. Pleasant)	1996
11-6	Allison Knode (Kingsburg)	1997
11-6	Bianca Maran (Santa Monica)	1997
11-6	Katie Rorem (Marina, Huntington Bch)	1997
11-3 3/4	Vanessa Brunton (Temes Cyn, Lk Elsin)	1995
11-3	Krista Epperly (New Un, Grass Vly)	1996
11-3	Allison Crosby (Stockdale, Bkld)	1997

11-1	Maggie O'Malley (Atascadero)	1996
11-0	Kristi Draher (Mira Costa (San Diego)	1996
11-0	Hannah Johnson (Atascadero)	1996
11-0	Denise Warner (Ponderosa, Shgle Sprgs)	1996
11-0	Mahogany Ayele (SMarcos, SBarbara)	1997
11-0	Shall Pec-Crouse (Santa Rosa)	1997
11-0	Caroline Rebello (Marina, HuntBeach)	1997
11-0	Julie Sanders (Arroyo Grande)	1997
11-0	Vanessa Yorba (Gonzales)	1997

Long Jump

State Meet Record: 22-0 1/2 Marlon Jones (Thousand Oaks) 1993 @ Cerritos. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-9 Juliana Yendork (Walnut) 1989. **Junior:** 21-3 1/4 Juliana Yendork (Walnut) 1990. **Senior:** 22-0 1/2 Marlon Jones (Thousand Oaks) 1993.

22-0 1/2	Marlon Jones (Thous. Oaks)-1 @ Cerr	1993
21-3 1/4	Juliana Yendork (Walnut)-3	1990
20-11 1/2	Jernae Wright (Logan, Union City) -2	1996
20-11 1/4	Madette Smith (Quartz Hill)-1	1986
20-9 3/4	Wendy Brown (Woodside)-2	1984
20-9 3/4	Jernae Wright (Logan, Union City) -2	1995
20-9 3/4	Pam Simpson (Poly, Long Beach)	1995
20-8 3/4	Kim Attey (Corona Del Mar)	1971
20-8 3/4	Marlene Harmon (Thousand Oaks)-1	1980
20-8 1/2	Jodi Anderson (Washington, L.A.)-3	1975
20-7	Dora Lee Roberts (Riverdale)	1971
20-7	Gail Devers (Sweet, Natli City)-1	1984
20-7	Annette Coleman (Carlmont, Belmont)	1989
20-6 1/2	Akba McKinney (Monte V, Sprg Vly)	1997
20-6 1/4	Kam Warner (West, Bkld)-1	1992
20-5	Gwen Loud (Westchester, L.A.)-1	1979
20-5	Amy Littlepage (Mt. Miguel, Spr Vly)	1993
20-4 1/2	Carrie McLaughlin (Davis, Modesto)	1979
20-3 1/2	Joanna Harper (Fremont, L.A.)	1980
20-2 1/2	Denise Paschal (Lowell, San Fran)	1986
20-1 1/4	LaShawn Simmons (El Monte)	1987
20-0 3/4	Tisha Ponder (Del Mar, San Jose)	1996
20-0	Tammy Bryant (Ventura)	1983
19-11 1/2	Sabrina Williams (Vly Christ, Cerr)	1981
19-11 1/4	Serina Strange (Indio)	1987
19-10 1/2	Melanie Markham (Dorsey, L.A.)	1980

Triple Jump

State Meet Record: 44-0 1/2 Juliana Yendork (Walnut) @ Cerritos 1991. **Frosh:** 39-9 1/2 Kerl Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 42-6 3/4 Juliana Yendork (Walnut) 1989. **Junior:** 42-6 3/4 Juliana Yendork (Walnut) 1990. **Senior:** 44-0 1/2 Juliana Yendork (Walnut) 1991.

44-0 1/2	Juliana Yendork (Walnut)-3 @Cerr.)	1991
42-10 1/2	Wendy Brown (Woodside) -3	1984
42-5 1/2	Yvette Bates (Berkeley)	1984
41-8 1/4	Jackie Anderson (Mt. Miguel, Spr Vly)	1987
40-11 3/4	Kayla Montgomery (Clovis West)-1	1992
40-11 3/4	Kelly O'Connor (Esperanza, Anaheim) -2	1996
40-11	Sheila Hudson (Rlo Linda)-1	1985

All-Time Girls

40-11	Latasha Burnett (Lynwood)	1992
40-11	Andrea Booker (El Camino, Oceanside)-1	1997
40-9 3/4	Althea Moses (Morningside, Inglewd)-1	1988
40-8 3/4	La Frenia West (Grossmt, La Mesa)	1988
40-8 3/4	Rochelle Johnson (Henry, San Diego)	1989
40-8 1/4	Tamika Porter (Orange Gt, SDiego)	1993
40-8	Ebony Henderson (Bakersfield)	1993
40-4 3/4	Tisha Ponder (Del Mar, San Jose)	1996
40-4	Amy Littlepage (Mt. Mtg. Spr Vly)	1993
40-3 3/4	Brianna Glenn (La Mirada)	1997
40-2 3/4	Renita Robinson (Manual Arts, L.A.)	1983
40-2	Felida Harris (San Lorenzo)-1	1986
40-1 1/2	Keri Sanchez (Santa Teresa, SJ)	1989
40-1 1/4	Cheaza Figueroa (Quartz Hill)-1	1993
39-11 1/2	Lisa Fager (Mission Viejo)	1989
39-11	Krystal Kirkland (Hesperia)	1989
39-11	Reynda King (St. Mary's, Inglewood)	1997
39-10	Rosanda Glenn (West Covina)	1989

Shot Put

(4 Kg.)

State Meet Record: 52-11 1/2 Kristen Heaston (Ygnacio Valley, Concord) 1993 @ Cerritos. **Frost:** 49-4 1/2 Natalie Kaalawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaalawahia (Fullerton) 1981. **Junior:** 52-2 1/4 Natalie Kaalawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaalawahia (Fullerton) 1983.

53-7 3/4	Natalie Kaalawahia (Full)-4@ Norwk	1983
52-11 1/2	Kristen Heaston (Ygnacio Vly)-2	1993
50-11 3/4	Dawn Dumble (Bakersfield) -2	1990
50-3 1/2	Lynn Graham (Muir, Pasadena)	1985
50-0 1/2	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Miss Bay, San Di)-2	1974
49-2	Melisa Weis (Bakersfield) -1	1990
49-2	Delores Tulmoleau (Chan Isl, Oxrd)-1	1994
48-11 3/4	Susie Ray (Villa Park)-1	1980
48-1 3/4	Rebecca Morrison (Presentation, SJ) -1	1995
47-11 1/2	Iva Wright (Edison, Fresno)	1971
47-10 3/4	Chaniqua Ross (Laguna Crk, Elk Gr)	1997
47-9 3/4	Debra Corley (Garces, Bakersfield)	1981
47-7	Darlene Tulua (Carmel)	1996
47-6 1/2	Christine Etuale (Jefferson, Daly City)	1995
47-5 1/4	Gina Heads (Newport Harbor)	1994
47-5 1/4	Cynthia Ademilyul (Poly, LgBch)	1997
47-4 1/2	Brandi Gail (Rowland, Hac Hts.)-1	1988
46-11 3/4	Elaina Oden (Irvine)-1	1985
46-9	Dot Jones (Hilmar)	1982
46-9	Latoria Floyd (Oak Grove)	1984
46-9	Heidi Adams (Mission Viejo)	1985
46-6 1/2	Pam Alexander (Arlington)-1	1983
46-1 1/2	Rosario Ramos (Anaheim)	1979
46-0 1/2	Lorraine Costanzo (Saugus)	1981

Discus

State Meet Record: 177-1 Chaniqua Ross (Laguna Creek, Elk Grove) 1997 @ Sacramento. **Frost:** 162-11 Suzy Powell (Downey, Modesto) 1991. **Soph:** 173-10 April

Burton (Bakersfield) 1997. **Junior:** 180-8 Suzy Powell (Downey, Modesto) 1993. **Senior:** 189-7 Suzy Powell (Downey, Modesto) 1994.

189-7	Suzy Powell (Downey, Modes)-3 @ Mod	1994
183-11	Leslie Deniz (Gridley)-2	1980
177-1	Chaniqua Ross (Laguna Crk, Elk Grv)-2	1997
176-2	Melisa Weis (Bakersfield) -3	1990
174-9	Natalie Kaalawahia (Fullerton)-2	1983
173-10	April Burton (Bakersfield)	1997
171-2	Dawn Dumble (Bakersfield)-1	1990
167-8	Candy Roberts (Don Lugo, Chino)	1989
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Fremont)	1981
165-10	Kristen Heaston (Ygnacio Vly)	1993
165-10	Darlene Tulua (Carmel)	1996
164-10	Karen Nickerson (Cord, Rancho Cord)	1982
162-11	Kim Kesler (Vintage, Napa)	1983
162-2	Lil Ill (Nogales, La Puente)-1	1985
162-0	Lori Parker (Ramona)	1986
161-10	Linda Langford (Leigh, San Jose)	1969
161-9	Nadia Lopez (Arroyo Grande) -1	1995
160-11	Celoste McVey (Redlands)-1	1991
160-6	Allison Franke (Canyon, Anaheim)	1989
160-4	Cecelia Barnes-Milham (Clovis West)	1997
159-1	Stacey Hom (Cord, Rancho Cord)-1	1984
158-7	Toni Lutjens (Righetti, Santa Maria)	1983
158-4	Christi Pyle (Hoover, Glendale)-1	1981
157-8	Tracy Crawford (Southwest, San Di)-1	1986
157-6	Rashawnda Holmes (Tenny, Hayward)	1984
157-6	Lacy Barnes (Burroughs, Ridgecrest)	1983

400 Meter Relay

(* 440 Yards Minus 0.23)

State Meet Record: 44.70 St. Bernard's, Playa Del Rey (Edmonson, Withers, Caruthers, Edmonson) 1997 @ Sacramento.

44.70	St. Bernard's (Playa Del Rey) -1 @ Sacto	1997
	(Edmonson, Withers, Caruthers, Edmonson)	
45.11	Hawthorne -1	1985
	(Wheeler, Grant, Amy, Stiles)	
45.13	Berkeley -1	1981
	(King, Ware, Jackson, Rodgers)	
45.20	Poly (Long Beach) -1	1995
	(Snowe, Haddad, Simpson, Anderson)	
45.20	Logan (Union City) -1	1996
	(Smith, Estes, Wright, Neal)	
45.23	Muir (Pasadena)	1985
	(Cantrell, Miller, Wilson, Franklin)	
45.42	Dorsey (Los Angeles) -1	1982
	(Stewart, Peterson, Rolfe, Dawkins)	
45.53	Wilson (Long Beach)	1996
45.54	Hawthorne -1	1986
	(Thomas, Wheeler, Amy, Stiles)	
45.59	Poly (Long Beach) -1	1993
45.62	St. Bernard's (Playa Del Rey)	1996
45.63	Morningside (Inglewood)	1996
45.63	Wilson (Long Beach)	1997

45.67	Logan (Union City)	1997
45.68	Wilson (Long Beach)	1996
45.81	Kennedy (Granada Hills) -1	1990
	(Howard, Thompson, Howard, Howard)	
45.83	Morningside (Inglewood) -1	1992
	(Williams, Nickson, Gibson, Arnold)	
45.83	St. Bernard's (Playa Del Rey)	1996
45.84	Poly (Long Beach)	1997
45.88	Poly (Long Beach)	1992
45.90	Morningside (Inglewood) -1	1991
	(Nickson, Stringer, Gibson, Arnold)	
45.90	Poly (Long Beach)	1994
	(Green, Haddad, Simpson, Anderson)	
45.90	Logan (Union City)	1996
46.91*	Crawford (San Diego) -1	1977
	(Young, Gaston, Reed, Lovelady)	
45.99	Hawthorne -1	1984
	(Allen, Price, Burrell, Grant)	
46.01*	Berkeley	1979
46.05	Skyline (Oakland)	1993
46.06	Poly (Long Beach)	1990
	(Evans, Smith, Randolph, Paige)	

Hand-Timing:

45.7	Berkeley (Rodgers, Ware, King, Young)	1980
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1600 Meter Relay

(* Mile Minus 1.1)

State Meet Record: 3:37.71 Kennedy (Granada Hills) (Howard, Cook, Johnson, Howard) @ Norwalk 1981.

3:37.38	Wilson (Long Beach) -1 @ Raleigh, NC	1996
	(Calloway, Borders, Smith, Davis)	
3:37.69	Muir (Pasadena)-1 @ Walnut	1985
	(Cantrell, Caddell, Franklin, Wilson)	
3:37.71	Kennedy (Granada Hills)-1	1981
	(Howard, Cook, Johnson, Howard)	
3:37.98	Kennedy (Granada Hills)-1	1980
	(Howard, Cook, Howard, Howard)	
3:38.65	Locke (Los Angeles)-1	1984
	(Gladders, Culliver, Sims, Knighton)	
3:39.07	Manual Arts (Los Angeles)	1981
	(Holland, Wright, Jackson, Bonty)	
3:39.43	St. Bernard's (Playa Del Rey) -1	1997
3:39.53	Poly (Long Beach) -1	1985
	(Williams, Simpson, Haddad, Anderson)	
3:39.83	Poly (Long Beach)	1980
	(Rambo, Randolph, Smith, Paige)	
3:40.33	Wilson (Long Beach)	1987
3:40.59	Compton	1984
	(Bennett, Watson, Hull, Blalock)	
3:40.95	Logan (Union City)	1986
3:41.21	Hawthorne	1985
	(Allen, Stiles, Amy, Oates)	
3:41.33	Berkeley	1981
	(Rice, King, Johnson, Rodgers)	
3:41.72	Dorsey (Los Angeles)-1	1982
	(Wills, Peterson, Rolfe, Dawkins)	
3:41.90	Skyline (Oakland) -1	1984
	(Wallace, Crockett, Goodwin, Harris)	

All-Time Girls

3:42.03	Poly (Long Beach) (King, Green, Thomas, Ogunloye)	1997
3:42.31	Compton-1	1986
3:42.58	Poly (Long Beach) (Washington, Silmpson, Haddad, Anderson)	1994
3:42.75	Poly (Long Beach)-1	1993
3:42.79	Manual Arts (Los Angeles) (Holland, Jackson, White, Wright)	1980
3:43.0*	San Geronio (San Bernardino)-1 (Howard, Howard, Howard, Howard)	1979
3:43.0	Skyline (Oakland)	1993
3:43.15	Hawthorne (White, Thomas, Stiles, Amy)	1986
3:43.26	Ganeshia (Pomona) (Savage, Robinson, Raylor, McCraw)	1982

Miscellaneous Records

100 yrd (hand)		
10.62	Gwen Loud (Westchester, LA)	1979
10.4	Mable Ferguson (Ganeshia, Pomona)	1973
10.4	Frieda Cobbs (Berkeley)	1977
1500		
4:16.8	Francie Larrieu (Fremont, Sunnyvale)	1969
4:16.82	Polly Plumer (University, Irvine)	1982
3000 Meters		
4:11.80	Cory Schubert (Del Mar, San Jose)	1983
5000 Meters:		
16:31.2	Julia Stamps (Santa Rosa)	1995
10,000 Meters:		
34:54.8	Roxanne Bier (Independence, SJ)	1978
Marathon:		
2:43:00	Helke Skaden (Encina, Sacramento)	1980
100 H (30"): 		
13.34	Janeene Vickers (Pomona)	1987
400 H:		
55.20	Leslie Maxie (Mills, Millbrae)	1984
4x200:		
1:36.77	Poly (Long Beach)	1994
4x800:		
9:03.29	Poly (Long Beach) (Bledsoe, Harvey, Williams, Green)	1997
4x1500:		
18:52.5	University (Irvine)	1982
4x1600:		
20:29.15	Agoura (Hayward, Nekota, Camp, Skleresz)	1992
4xMile:		
20:49.8	Miramonte (Orinda)	1981
800 Medley R:		
1:42.00	Hawthorne (Thomas, Wheeler, Amey, Adams)	1987
Sprint Medley:		
4:02.8	Wilson (Long Beach)	1996
Distance Medley:		
11:43.53	University (Irvine)	1982
Hammer:		
125-9	Rebecca Morrison (Presentation, SJ)	1995
Javelin:		
196-1	Cathy Sulinski (EICamino, SSF)	1976

Heptathlon:		
5237	Sharon Hatfield (Fountain Valley)	1982

Non-Standard Events

There are three events — 5K, 10K and hammer — for which I don't have enough significant marks to justify a list.

Since this is the first time I've published these lists, I fear that there are liable to be errors and omissions, particularly the latter. Corrections and additions should be directed to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710, or FAX (209) 225-6951.

Also, we do not have — for the most part — compositions of relay teams. (The main reason we have them on the 4x1 and 4x4 lists is that a handful of dedicated coaches with strong relay traditions took the time to send them to me. And, in one case, I got a three-page letter with all the teams.)

1500 Meters

Frosh: 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:27.9 Julia Stamps (Santa Rosa) 1995. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Frem, Snyvl) @Stuttgart	1969
4:16.8+	Polly Plumer (Univ, Irvine) 82@Wstwd	1982
4:20.9	Cheri Williams (Livermore)	1978
4:21.0+	Vickie Cook (Alemany, Miss Hills)	1981
4:21.5	Eileen Claugus (Rio Amer, Sacto)	1972
4:23.0	Linda Goen (North, Bkfld)	1979
4:23.7	Julia Stamps (Santa Rosa)	1996
4:23.9+	Darcy Areola (Grossmont, La Mesa)	1986
4:24.17	Kathy Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:24.6	Paula Rose (Newport Harbor)	1976
4:25.0	Regina Jacobs (Argyll, No Hollywood)	1981
4:25.16	Becky Spies (Livermore)	1991
4:25.2	Gladees Prieur (La Lycee Fran, LA)	1983
4:25.4	Michele Bush (Rolling Hills)	1979
4:25.4	Kristen Dowell (S Teresa, SJ)	1985
4:25.6	Tracy Weber (Lynbrook, SJ)	1981
4:25.66	Mary Decker (Portola Jr, Orange)	1973
4:25.7+	Paula Bresnan (Kennedy, GrHills)	1983
4:26.0+	Laurie Chapman (Gunderson, SJ)	1986
4:26.8+	Julie Seleine (Univ, Irvine)	1983
4:27.2+	Kim Mortensen (Thousand Oaks)	1996
4:27.7	Roxanne Bier (Independence, SJ)	1979
4:27.8+	Tina Allen (Sanitana, Santee)	1982
4:27.8+	Jessica Spies (Livermore)	1982
(+ en route)		

3000 Meters

Frosh: 9:28.50 Julia Stamps (Rincon Vly Jr, Santa Rosa) 1994. **Soph:** 9:21.99 Julia Stamps (Santa Rosa) 1995. **Junior:** 9:19.63 Julia Stamps (Santa Rosa) 1996. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

9:11.80	Cory Schubert (Del Mar, SJ) @Indiana	1983
9:14.5+	Kim Mortensen (Thous Oaks)	1996
9:19.63	Julia Stamps (Santa Rosa)	1996
9:22.3	Vickie Cook (Alemany, Miss Hills)	1981
9:28.00	Andrea Neipp (Highland, Palmdale)	1997
9:30.3	Polly Plumer (Univ, Irvine)	1982
9:30.8	Eileen Claugus (Rio Americano, Sacto)	1973
9:33.3+	Laurie Chapman (Gunderson, SJ)	1986
9:33.9	Roxanne Bier (Indep, SJ)	1978
9:35.33	Tania Fischer (Chaminade, Can Park)	1982
9:35.5+	Kirsten O'Hara (Paos Verdes)	1984
9:35.5	Rebecca Chamberlain (Leigh, SJ)	1986
9:36.6	Kira Jorgensen (R Buena Vista)	1987
9:37.7	Su-Mei Lee (Eisenhower, Rialto)	1979
9:38.2	Katie Dunsmuir (Paisades)	1983
9:38.5+	Denise Ball (Newbury Park)	1982
9:39.47	Kristen Gordon (Carondelet, Concord)	1997
9:40.8+	Courtney Pugmire (Esperanza, Ana)	1995
9:40.8+	Amy Skleresz (Agoura)	1995
9:41.2	Gladees Prieur (La Lycee Fran, LA)	1983
9:41.6+	Deena Drossin (Agoura)	1991
9:42.0	Tena Anex (Del Campo, Carmichael)	1972
9:42.0+	Karen Hecox (South Hills, Covina)	1988
9:42.2+	Lori Lopez (Sacred Heart, LA)	1983
9:42.3+	Rayna Cervantes (Montebello)	1988
(+ enroute)		

400 Meter Hurdles

State Meet Record: None. **Frosh:** 1:01.56 Natasha Neal (Castro Valley Jr) 1995. **Soph:** 59.44 Gayle Kellon (Walnut) 19481. **Junior:** 55.20 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 57.60 Gayle Kellon (Walnut) 1983.

55.20	Leslie Maxie (Mills, Millbrae) @San Jose	1984
57.60	Gayle Kellon (Walnut)	1983
57.80	Janeene Vickers (Pomona)	1987
58.06	Michelle Taylor (Ganeshia, Pomona)	1984
58.19	Natasha Neal (Logan, Union City)	1997
58.77	Marlene Harmon (Thous Oaks)	1980
58.79	Angela Harris (Skyline, Oakland)	1994
59.02	Joanna Hayes (North, Riverside)	1995
59.30	Margaret Demorest (Buchser, SClara)	1981
59.65	Karen Brown (Sir-FranDrake, San Ansel)	1984
59.90	Ryan Peters (Skyline, Oakland)	1997
1:00.02	Daveeta Shepherd (DeAnza, Richmond)	1997
1:00.77	Laurie Smith (Valley, Sacto)	1987
1:01.00	Alesia Sweeney (Tamalpais, Mill Vly)	1979
1:01.17	Michelle Perry (Quartz Hill)	1996
1:01.26	Angela Sapp (Henry, S Diego)	1980
1:01.63	Chris Davenport (Troy, Fullerton)	1979
1:01.68	Randi Smith (Beverly Hills)	1996
1:01.85	Janice Farwell (Millikan, Long Beach)	1984
1:01.90	Charisse Johnson (Stagg, Stockton)	1986

All-Time Girls

1:02.24	Leslie Miles (Castro Vly)	1979
1:02.85	Efife Daetz (Leigh, San Jose)	1987
1:03.09	Kerl Sanchez (Santa Teresa, SJ)	1989
(Hand Timing)		
1:02.2	Gina Albanese (Branham, San Jose)	1987
1:02.5	Michelle Hawthorne (El Cerrito)	1978

Javelin

Frosh: 162-6 Kate Schmidt (Wilson, Long Beach) 1968.
 Soph: 177-4 Kate Schmidt (Wilson, Long Beach) 1969.
 Junior: 191-6 Kate Schmidt (Wilson, Long Beach) 1970.
 Senior: 196-1 Cathy Sulinski (El Camino, South SF) 1976.

198-1	Cathy Sulinski (El Camino, SoSFran)	1978
191-6	Kate Schmidt (Wilson, Long Beach)	1970
184-7	Sherry Calvert (Morningside, Inglewood)	1969
182-3	Karin Smith (La Jolla)	1973
177-7	Michelle Olivera (Bish Diego, S Barbara)	1984
169-7	Jacque Nelson (Canyon, Anaheim)	1979
168-6	Debra Langevain (Lakewood)	1973
167-8	Nadine Bowers (American, Fremont)	1975
153-0	Deena Bernstein (Newbury Park)	1981
150-5	Debbie Dibbs (Mt. Miguel, Spring Vly)	1977
150-2	Charm Nelson (West Covina)	1979
147-0	Becky Bresnick (Eisenhower, Rialto)	1986
146-0	Durrelle Schimek (Nevada Un, Grass Vly)	1986
144-6	Donna Mayhew (Crescenta Vly)	1978
143-5	Suzy Powell (Downey, Modesto)	1994
142-2	Ashley Selman (Foothill, Santa Ana)	1987
141-10	Laura Mills (University, Irvine)	1981

Heptathlon

Frosh: 4836 Ashley Bethel (Mission Viejo) 1995. Soph: 4991 Ashley Bethel (Mission Viejo) 1996. Junior: 4808 Durrelle Schimek (Nevada Union, Grass Valley) 1985. Senior: 5237 Sharon Hatfield (Fountain Valley) 1982.

5237	Sharon Hatfield (Fountain Vly)	1982
5114	Kerry O'Bric (Edison, Huntington Bch)	1996
4991	Ashley Bethel (Mission Viejo)	1996
4937	Laura Mills (University, Irvine)	1981
4808	Durrelle Schimek (Nev. Union, Grass Vly)	1985
4799	Liz Giltner (Chaminade, Canoga Park)	1995
4784	Heather Sterlin (Mission Viejo)	1992
4644	Sharon Manship (Thousand Oaks)	1987
4644	Shania Edwards-Hambrick (MorenoVly)	1994
4457	Chaney Hardman (Poway)	1994
4368	Ashley Selman (Foothill, Santa Ana)	1986
4342	Lisa Rogers (Yucaipa)	1986
4309	Marie Philman (Edison, Hunt Beach)	1994
4292	Edwina Ammonds (Roosevelt, Fresno)	1989
4272	Robin Leatblad (Arlington, Riverside)	1996
4267	Sharon Swift (Eisenhower, Rialto)	1987
4256	Lisa Gill (Alemany, Mission Hills)	1987
4254	Tracye Lawyer (Cale, Carpinteria)	1992
4229	Melissa Guanella (Santa Rosa)	1996
4226	Latasha Burnett (Compton)	1992
4183	Lisa Collett (Lymbrook, San Jose)	1989

4157	Shalynn Carr (Bonita, LaVerne)	1992
4157	Heidee Ruiz (Los Gatos)	1985

800 Meter Relay

(* 880 Yards Minus 0.5)

1:36.7"	Berkeley	1980
1:36.77	Poly, Long Beach	1994
1:36.87	Hawthorne	1985
1:37.2	Berkeley	1982
1:37.32	Poly, Long Beach	1995
1:37.32	Poly Long Beach	1997
1:37.8	Hawthorne	1986
1:37.81	Morningside, Inglewood	1991
1:37.95	Logan, Union City	1996
1:38.1"	Kennedy, Granada Hills	1980
1:38.1	Berkeley	1981
1:38.1	Wilson, Long Beach	1996
1:38.3	Berkeley	1979
1:38.63	Muir, Pasadena	1983
1:38.8	Morningside, Inglewood	1994
1:39.04	Poly, Long Beach	1992
1:39.08	Berkeley	1983
1:39.1	Manual Arts, LA	1982
1:39.43"	Morningside, Inglewood	1992
1:39.80	Hawthorne	1983
1:40.2	El Cerrito	1995
1:40.22	Hawthorne	1984
1:40.26	Dorsey, LA	1996
1:40.36	Morningside, Inglewood	1996
1:40.44	Wilson, Long Beach	1995

3200 Mile Relay

(* 2 Miles Minus 2.8)

9:03.29	Poly, Long Beach @ Philadelphia (Bledsoe, Harvey, Williams, Green)	1997
9:07.02	Carondelet, Concord	1997
9:07.77	Poly, Long Beach	1995
9:10.70	Foothill, Santa Ana	1983
9:10.81	Carondelet, Concord	1996
9:15.6	Manual Arts, LA	1982
9:24.59	Amador Valley, Pleasanton	1995
9:25.9	Simi Valley	1980
9:26.5	Hawthorne	1987
9:27.6"	Del Mar, San Jose	1983
9:27.8"	Santa Barbara	1977
9:29.68	Los Gatos	1992
9:37.8"	Manual Arts, LA	1980

6000 Meter Relay

18:52.5	University, Irvine @ Walnut	1982
19:32.7	Milikan, Long Beach	1982
19:38.4	Clovis	1982
19:39.5	Edison, Huntington Beach	1984
19:42.5	Edison, Huntington Beach	1985
19:43.2	University, Irvine	1983
19:49.6	Hawthorne	1984
19:51.4	Edison, Huntington Beach	1985
19:57.8	University, Irvine	1981

20:01.3	Clovis	1983
20:01.7	Esperanza, Anaheim	1985
20:02.2	Buena, Ventura	1984
20:03.2	Louisville, Woodland Hills	1983
20:03.9	Thousand Oaks	1985
20:04.5	Santa Barbara	1981
20:07.5	Dos Pueblos, Goleta	1982
20:07.5	Thousand Oaks	1984
20:09.1	San Marcos, Santa Barbara	1982
20:16.8	Thousand Oaks	1982
20:22.7	Palos Verdes	1985
20:26.0	Thousand Oaks	1981
20:27.9	San Marino	1983
20:33.5	Tustin	1984
20:42.0	Dos Pueblos, Goleta	1984
20:45.0	Dos Pueblos, Goleta	1985

6400 Meter Relay

(* 4 Miles Minus 7.2)

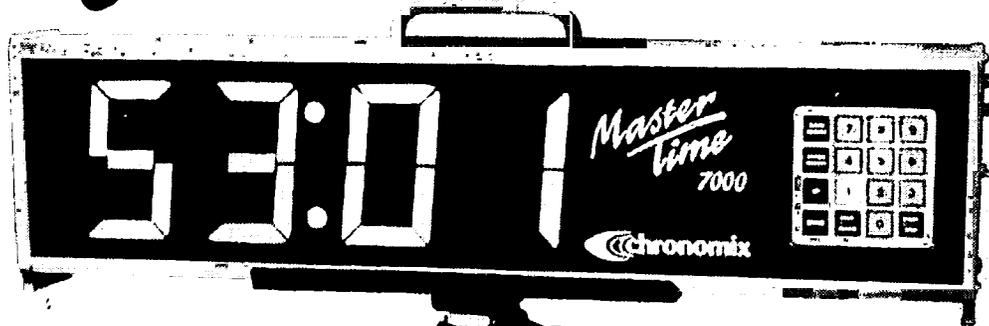
20:29.15	Agoura (Hayward, Nekota, Camp, Skleresz)	1992
20:35.05	Agoura	1991
20:42.6"	Miramonte, Orinda	1981
20:55.3	Palos Verdes	1988
20:57.12	Yucaipa	1997
21:04.22	University City, San Diego	1997
21:07.0"	Alemany, Mission Hills	1980
21:08.6	Del Mar, San Jose	1983
21:09.0	La Canada	1997
21:12.74	Canyon, Santa Clarita	1996
21:13.54	Carondelet, Concord	1997
21:15.5	Thousand Oaks	1987
21:21.1	Edison, Huntington Beach	1986
21:21.5	Palos Verdes	1986
21:22.2	Edison, Huntington Beach	1994
21:25.12	Clayton Valley, Concord	1996
21:35.7	Bella Vista, Fair Oaks	1986
21:35.8	Thousand Oaks	1986
21:36.10	South Hills, West Covina	1989
21:36.8	San Marino	1992
21:37.80"	Sr Francis Drake, San Anselmo	1980
21:38.2	Los Gatos	1986
21:39.3"	Palos Verdes	1980
21:39.7"	Petaluma	1980
21:41.7	El Modena	1995

800 Medley Relay

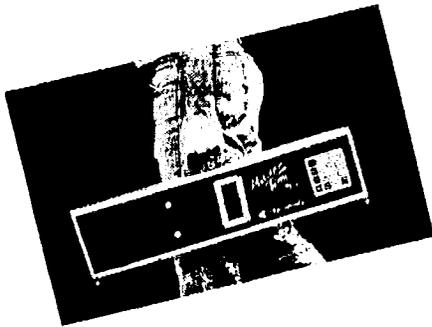
(* 880 Yards Minus 0.5)

1:42.0	Hawthorne (Thomas, Wheeler, Aney, Adams)	1987
1:42.2	Berkeley	1979
1:42.44	Hawthorne	1986
1:44.0"	Washington, LA	1975
1:44.2"	Fremont, LA	1975
1:44.3	Compton	1986
1:44.35	Skyline, Oakland	1994
1:44.5	Manual Arts, LA	1981
1:44.67	Bakersfield	1992

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1:44.8"	Manual Arts, LA	1980
1:45.0	Logan, Union City	1995
1:45.20	Fremont, LA	1980
1:45.2	Morse, San Diego	1987
1:45.3	Hawthorne	1983
1:45.8	Hawthorne	1982
1:45.87	Hawthorne	1989
1:45.9"	Muir, Pasadena	1975
1:45.9	Rio Mesa, Oxnard	1988
1:46.43	St. Bernard's, Playa Del Rey	1996
1:46.6"	Berkeley	1982
1:46.68	Chino	1997
1:46.68	Rio Mesa, Oxnard	1987
1:46.70	Mt. Carmel, San Diego	1989
1:46.8"	Fremont, LA	1978
1:46.9	Taft, Woodland Hills	1997
1:47.9	Pomona	1986

Sprint Medley Relay

(* Mile Minus 1.2)

4:02.8	Wilson, Long Beach	1996
4:02.9	Wilson, Long Beach	1997
4:03.28"	Hawthorne	1989
4:04.77"	Manual Arts, LA	1982
4:05.30	Compton	1985
4:05.34"	Edison, Huntington Beach	1983
4:07.04	Hawthorne	1984
4:08.36"	Compton	1989
4:08.71"	Bishop O'Dowd, Oakland	1992
4:08.78	Hawthorne	1983
4:08.8	Berkeley	1981
4:09.06	Muir, Pasadena	1984
4:09.80	Locke, LA	1989
4:10.10"	Muir, Pasadena	1989
4:10.4	Hawthorne	1985
4:10.58"	Alemamy, Mission Hills	1981
4:10.7"	Pasadena	1981
4:10.9"	Beverly Hills	1981
4:10.98	Compton	1984
4:11.4"	St. Francis, Mtn View	1989
4:11.5"	Hawthorne	1992
4:11.88	Beverly Hills	1983
4:12.41	Edison, Huntington Beach	1984
4:12.7"	Castro Valley	1980
4:13.0"	Merced	1992

Distance Medley Relay

(* 2 1/2 Miles Minus 4.6)

11:43.53	University, Irvine @ Walnut	1982
11:52.1	Santa Rosa	1997
11:56.9"	Santa Barbara	1981
11:57.02	Agoura	1993
11:58.05	Carondelet, Concord	1997
11:59.46	Agoura	1991
12:00.29	Lowell, S.F.	1997
12:01.31	Fallbrook	1993
12:02.84	Thousand Oaks	1996
12:02.85	Carondelet, Concord	1998

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12:03.80	Newbury Park	1980	12:07.00	Fallbrook	1992
12:04.3"	Alemamy, Mission Hills	1980	12:07.0	Edison, Huntington Beach	1984
12:04.3	Fountain Valley	1980	12:07.8"	Santa Barbara	1979
12:04.6"	Buena, Ventura	1981	12:07.8"	Santa Barbara	1980
12:06.1	Poway	1984	12:08.0"	Del Mar, San Jose	1983
12:06.45	Esperanza, Anaheim	1995	12:08.2"	Gunderson, San Jose	1988
12:06.72	Mission San Jose, Fremont	1995	12:09.0	Edison, Huntington Beach	1980
12:06.75	Fallbrook	1991			
12:06.82	Wilson, Long Beach	1993			

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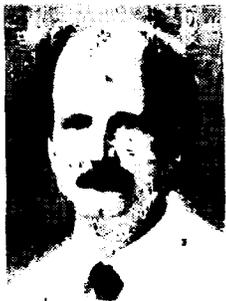


I'm the last man on the Arcata High cross country team.
I was third to last in our league meet.
My brother got 12th.

I run for the glory.



COACHES EDUCATION



By
Jack Ransone, Ph.D.

Peaking the Endurance Runner for Optimal Performance

The information submitted for the Coaches Education section is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. **George Payan** (Head Cross Country and Track Coach at Santa Ana Valley High School in Santa Ana) serves the Coaches Alliance and *CT&RN* as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country.

If you are interested, in sharing your coaching expertise within this forum, or would like to

comment on a past article, please contact **George Payan**, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443, or e-mail at:

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In addition, please send any information you have on California coaching clinics. Thank you!



For an athlete to compete at the highest level achievable, it takes a fine understanding of the energy systems and the relationship between these systems and training methodology. The last three weeks of the competitive season, known as the peaking or unloading phase, it is desirable to have the body in the best physical and mental shape of the year to run that key race. The peaking state is when all physical and psychological systems are maximized, the tactical preparation is optimal and the athlete is in a state of competitive and physiological fitness. To obtain the highest fitness level or peaking state is no accident and requires careful planning.

In preparation for this state of peaking, the athlete must carefully plan the last two to three weeks before the target competition. Most runners start to decrease training volume weeks before this competition. It is important to maintain a level of high mileage, whatever it may be, for up to two weeks before the competition's date. The reduction in training volume 7 to 21 days prior to an important competition is done in an effort to enhance performance. A 7 day high intensity unloading phase has been shown to improve performance by 22% in one study (Shepley et. al., 1992). An improvement in performance is due to the unloading or tapering phase enhancing many metabolic processes. This enhancement includes an increase in neural, structural and biochemical processes such as enhanced enzyme activity, muscle glycogen stores and

mitochondrial (aerobic) function.

The unloading phase is successful only with careful manipulation of the volume and intensity of training. The two or three weeks before the race, one must unload the high volume of mileage and increase the intensity on both continuous and intermittent runs. For example, in the first week of the peaking period, you reduce your volume by 20%, the second week an additional 20% and the last week down to 50% of the previous week's mileage. The

The peaking state is when all physical and psychological systems are maximized, the tactical preparation is optimal and the athlete is in a state of competitive and physiological fitness.

increased training intensity during interval training should also begin two to three weeks before the ultimate competition. During the first week, a 5000 meter runner, for example, would run a 2000 meter time trial, recover and then run 3 times 1000 meters for a total effort of 5000 meters. The second week you would run a 2000 meter time trial, recover and then run



As a Coach, You Make a Difference

I'M STILL RUNNING

By Michele Buchicchio, San Gabriel High School

At a recent summer cross country race, I was pleasantly surprised at the number of graduates from around the area who showed up to go "head-to-head" vying to win the alumni race. I was especially pleased when three members of our team were late 1980's graduates, in good shape, and still competing after all these years. What was it about their high school

experience that hooked them into participating in this lifelong sport of running? Furthermore, why do so many of our athletes fail to continue to experience the joys of running after graduation?

I began my running career when cross country was a spectator sport for females, and our girls track team could fit all of its members in one small van. I wondered

what it was about my own high school experience that gave me the impetus to continue to compete in cross country, road racing, and track for the past 27 years. What can we do, as coaches, to insure that more of our athletes fall in love with running as a lifelong sport as I, and so many of our graduates have?

The number one reason kids join sports teams is to have fun. Even if your number one goal as a coach is to win, you can still accomplish that goal and make your program fun. By varying warm-ups, cool-downs, and even the workouts, your athletes will not get bored running the same predictable "this is Monday" workout. There are a number of running games which can occasionally be used that can break up the monotony of training, offer a good cardiovascular workload, and allow for some "fun time." Remember that few on your team immediately begin the sport as competitive athletes with that burning desire to do what is necessary to be the best they can be. The majority begin as mere participants, who join for various other reasons, yet are ready to be hooked into becoming competitors and accomplished runners by you, the coach.

It is important that your athletes feel as though they are an integral part of your team. I tell our athletes that we are family and need to treat each other with respect, dignity, and to be kind to one another. For some of our athletes, the team is often the only avenue where they get any positive feedback during the day. Our team is made up of many ethnicities and religious affiliations, and yet we serve as an example to the rest of the school that

continued next page...

Peaking, continued

2 times 1000 meters for a total effort of 4000 meters. The week before the chosen competition, run a 2000 meter time trial, recover and then run an all-out 1000 meters for a total effort of 3000 meters. This same runner, during the excessive intensity days, may start running 400 meter repeats at a 1:1 to 1:1.5 time running to rest ratio at the beginning of the season. Eventually, dropping the ratio to 1:0.5 during the peaking period. There should be no excessive intensity day during the week immediately before the major competition. This period of decreased volume and increased intensity will allow the athlete to replace all metabolic and cellular energy, as well as regenerate the athlete beyond the normal state. Regeneration or overcompensation of the athlete will occur during the unloading phase and maximized on the week before the race (Houmard et. al., 1994). The goal is to be totally refreshed before the race and if the unloading week is incorrectly timed, the overcompensation affect will decrease.

It is important that an athlete's training is individualized. The coach and the athlete must believe that the route they have chosen for their training and competition goals can be reached even though the athlete is training within a group. One essential component of this period of peaking involves the coach stressing all positive experiences the runner has experienced during the training phase in preparation for this competition. Also, reinforce a positive attitude in the runner about the training program, their teammates, their lifestyle, their goals and the commitment that they have made to achieve this level of fitness.

References:

- Houmard, J.A., Scott, K.S., Justice, C. L. and Chenier, T.C. (1994). The effects of taper on performance in distance runners. *Medicine and Science in Sports and Exercise*, 26 (5), 624-631.
- Shepley, B., Macdougall, J.D., Cipriano, N., Sutton, J.R., Tarnoplosky, M.A. and Coates (1992). Physiologic effects of tapering in highly trained athletes. *Journal of Applied Physiology*, 57, 706-711.

COACHES EDUCATION

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It is a fact that people will continue to do those things in which they can find success. It can be a difficult task to keep runners happy on meet days, when they consistently finish in the back of the pack, or are unhappy with their time or place. Our managers keep stats on all of our athletes. At the end of the meet, we give out "speeding tickets" to those who have improved their time on a cross country course by :30 seconds. Everyone claps and makes a big deal out of these little paper awards, but if we forget one person, we quickly realize how important it is to recognize those in the back of the pack. Remember, these are your "participants" who, in future years, will be rounding out your top 7 on varsity as "competitors." While speeding tickets are not as easily attained by our more highly trained athletes, we also have something to motivate them toward success. Because we have a better idea of what these athletes are capable of running, we make sure that we are on the same page as they are in terms of performance expectations. We either talk to our athletes, or have them fill out a pre-meet questionnaire to determine if their expectations are realistic. Some runners' goals may be too lofty, while others may not be high enough. On occasion, we have recognized those who have come closest to, or exceeded their performance expectations with some small award.

We also hand out "Top 7" t-shirts after each meet to the boys and girls who ran the seven fastest times of the day, regardless of division. Each shirt has our school name, sport and a large number indicating their rank order of finish for our team. The athletes wear their shirts on campus, with pride, the next day and are often asked what the number on their back represents. For our athletes, attaining a t-shirt becomes a great motivational tool towards running faster times. Remember that success is individual and very often athletes tend to compare themselves to others. They should be concentrating on their own improvement.

When I was in high school, our girl's track season ended earlier than the boys. Fortunately, Chuck McFate, the boy's coach, took an interest in me and allowed me to stay out and train with the boy's team while our girls played volleyball across the street. He took me to invitationals, taught me to believe in myself, but, most importantly, he allowed me to "catch" his enthusiasm for the sport that he still shares to this day. If it were not for this man, I doubt I would have gone on to run and to coach. He was a great role model for me.

Encourage your athletes to give something back to our sport. Hopefully, they will not only enjoy running after high school, but perhaps with a little encouragement from you, they might consider becoming a coach, as well. We need to remember the tremendous influence we have over the lives of the young people we coach. We are coaches and we should coach our athletes about all of the great joys and benefits to be derived from "running." The greatest reward coaches get from coaching is to have athletes come back to visit and to hear them say, "Hey coach, I'm still running."

Look for **COACHES EDUCATION** section on the website:
<http://www.runningnetwork.com/CTRN/>

What's in a Letter?

By Janice Kelley



Plenty. Whether the letter is H, V, N, A or a double combo like CS, TV, TO or SG, it is very important.

Of course, the letter is a Varsity Letter and it is very important to the majority of the athletes on your

cross country or track and field team. To an athlete, the letter is a symbol of athletic ability—a goal. To a coach, it represents motivation—a goal.

Regardless of their natural ability, earning a varsity letter is a major goal at some point in a high school athlete's career. Some of the athletes get that first letter early in their cross country or track career and move on to other goals. Others work for years, or their whole athletic career, to earn their letter and it is a major focus for each season.

Coaches need to carefully consider their view of the varsity letter and tap into its power. Rather than just awarding points for scoring in a meet, coaches can more creatively consider their lettering policy and use it's motivational force to achieve positive objectives. First, ask these questions:

- What does the letter represent?
- What kind of athlete does it represent?
- Who should earn a letter?

Should only the scorers, the top 7 cross country runners or the top 3 athletes in each track and field event, earn a letter?

Or, should anyone who contributes to the success of the varsity team earn a letter?

Or, should anyone who achieves a varsity level of performance earn a letter?

Once you answer these questions, determine how an athlete can earn points by considering athlete actions which are important to the success of the team.

Also, what activities are important to you? An example of Hemet's Cross Country lettering policy follows. I felt that the letter should represent **dedication, consistency, goal achievement and teamwork**. I felt that it should not get the reputation of being an "easy" letter. It should represent the entire team. Consistent varsity scorers should definitely get a letter, runners who contribute to the success of the team should letter and runners who achieve a varsity level of performance should letter. This policy has become a team tradition (along with the cookies I bake for PR's), but I also listen to athlete suggestions and it has evolved along the way.

CROSS COUNTRY VARSITY LETTERING POLICY Hemet High School Coach Janice Kelley

To earn a Varsity Cross Country letter, a runner must score 35 points during the season. Points may be earned in the following ways:

TEAMWORK AND PRACTICE

- 1 point For recruiting a runner before the end of the 2nd week of school who stays out all season (The recruit must be declared the first day the recruit comes out, with the recruit verifying the fact.)
- 1 point For turning in your physical on time (August 26)
- 1 point For every 12 practices you attend starting with Spring Practice

RACING

- 1 point For every runner you defeat from the opposing team in dual meet competition
- 1 bonus pt For defeating the other team's #1 runner
- 1 point For beating your corresponding runner from the other team
- 1 point For everybody if the team wins JV runners may earn 1 point for running a faster time than the opposing team's varsity 7th runner in a dual meet, 2 points for running faster than the 5th runner, 3 for running faster than the 3rd runner and 4 for running faster than the 1st runner (this is not cumulative).
- 1 point For every time you run one of the top 7 times on the team
- 2 points For winning a medal at an invitational varsity race, plus 1 point for a top 10 finish
- 1 point For winning a medal at an invitational in another division, plus
- 1 point For a top 10 finish
- 1 point For running in an invitational (1 extra for the first invitational, County and Mt. SAC)
- 1 point For everybody if the team wins

PERSONAL IMPROVEMENT

- 3 points For setting a course record
- 2 points For setting a personal record
- 1 point For setting a personal course record

REPRESENTING THE TEAM WELL

- 1 point For a 3.0 GPA during the season

Points can be earned in the League Finals in the following ways:

- Place in the top 10% = 7 points
- 20% = 6 points
- 30% = 5 points
- 40% = 4 points
- 50% = 3 points
- 60% = 2 points

- 1 point For everybody on the varsity for every team defeated in the League Finals
- 2 points For everybody for each week the team runs in CIF

DEDUCTIONS

- 2 points For failing to show up at a race (without calling or notifying us ahead of time)
- 1 point For an absence

Note: Athletes must finish the season to earn a letter. Athletes who are injured but still come out and support the team will be counted as finishing the season.

CROSS COUNTRY PROGRAMS

✓ WIDER PERSPECTIVE: Flintridge Prep Boys' Cross Country Program

By Michael Mullins

When George Payan asked me to write an article about the Flintridge Prep Boys'



Cross Country Program, I was really perplexed as to what to say. As far as commitment, training, periodization, peaking, etc., from my experience, we really aren't that much different from anyone else.

I believe, however, it's not so much what we do at Prep, but how we look at things that might provide some refreshing points of view.

As a coach, I have used my own experience in other fields to generate a wider perspective on coaching Boys' Cross Country. The path used to arrive at my conclusions regarding coaching is somewhat unconventional and perhaps may seem to some a bit "off the wall."

A long time ago, when I moonlighted as a musician, my cardinal rule was "steal from everyone." I have employed this idea universally, and it has helped me through some very difficult playing situations. It holds true for coaching. The only secret among coaches is that there are no secrets. I talk to anyone who will listen to me in order to pick their brains on any general or specific coaching component. The AAF/CIF clinics offer a very useful arena to converse about anything. Also, I am in constant contact with local and league coaches. This personal technique not only stimulates different views on

✓ Orange Lutheran Girls' Cross Country

By Jonathan Zimmerman

PRE-PHASE COMMENTS

When track season ends, be it the CIF Championships or the JV League Championships, there is a period of two to three weeks of no running. I figure that they all deserve a break from running and most importantly a huge vacation from me! This break also occurs during the critical period of the fourth quarter, and as student athletes,



they always have plenty of academic work to do.

After the two to three weeks off, they can begin running on their own. They have invariably bugged me a couple of times for their workouts and I

continued next page...

probably the most effective component to induce young people to sign up. I believe it is Prep's atmosphere of unique camaraderie and cohesion that attract boys to the cross country program. Relying on the standard reasons for involvement in team sports — building self-confidence, getting in shape, etc. — does not entice kids to join a team.

Because of our successes over the years, Flintridge has manufactured a tradition and mystique that makes a unique statement among the various sports. We have our own "heroes," special names for things (first aid kit, etc.), as well as some particular practices.

An unlikely source . . . but the United States Marine Corps does offer some virtues that are helpful in building team tradition and *esprit de corps*. Reinforcement of mutual interdependence and commitment are hammered home daily. In short, our tradition and cohesion benefit from an inculcated mystique that we are unique and a "cut above the rest." Special awards and rewards like naming an "Athlete of the Week" further cement the participant to the greater goals of the "primary group" while giving incentive to others to achieve the same, and the status that go with it.

When track season ends, be it the CIF Championships or the JV League Championships, there is a period of two to three weeks of no running. I figure that they all deserve a break from running and most importantly a huge vacation from me! This break also occurs during the critical period of the fourth quarter, and as student athletes,

they always have plenty of academic work to do. After the two to three weeks off, they can begin running on their own. They have invariably bugged me a couple of times for their workouts and I

COACHES EDUCATION

✓ Orange Lutheran, continued

"check in from my vacation" to provide them with individualized weekly running workouts. Their mileage begins at one-third to one-half of what they ended track season. The athletes then organize themselves as to where, when, and with whom they will run. If they miss days because of projects or their social lives, that's OK (at least at this time of the year).

NOTE: Except for some cross country organizational meetings in early June, I do not have practice with the team until the middle of July. Everything they do after track and until we begin in July is done on their own.

CONDITIONING PHASE I

(Mid-June to mid-July)

Summer organizational meetings are held and the team captain(s) is in charge of motivating and encouraging everyone to run. The athletes report (by phone or mail) their weekly running and the captain checks the progress in relation to the individualized running assignment sheets. "OUR TEAM CAPTAIN IS SO BAD . . . YOU DON'T WANT TO MAKE HER MAD" seems to be the standard verse from the classic military marching song that describes our captain(s).

The running is basic miles with no repeats of any kind. Returning athletes work up to 25 to 45 miles a week depending on their level and experience. They are given the guidelines of their weekly running, and they have to fit the miles in themselves with regards to their personal schedules.

Incoming freshmen are pretty much all treated the same. Their workouts presume no previous experience in distance running and a general "I'm not sure if I really want to do this" mindset. This is what they usually get. Their first two practice days are 15 minutes of alternating one minute jog and one minute walk. Their third day is a day off. Then I slowly build the minutes up, changing the duration of the jog and walks and taking every two to three days off. After six weeks they are at the point where I can

give them anywhere from 4 to 5 miles of continuous running within the first week that we meet as a team. They have a good base, no shin splints, and have a good start at making running a lifestyle.

CONDITIONING PHASE II

(Middle of July to the last day of summer vacation)

At this point, *my vacation ends*, and we begin to meet as a team. We start with three days a week and move to four, then five. We tend to meet a little less frequently as we get within the last few days before school starts; I have a faculty retreat and plenty of meetings to attend, and the girls enjoy the extra free time for the beach or boys.

Workouts for the varsity at this time are long runs once a week—no more than 11 miles, most often 9 or 10 with basic 5 to 7 mile runs for the first half of this phase. In the last half of this phase we begin with some mellow 200's and 300's and that gets us used to the leg turnover that we will need as we get a couple of practices in with 1000's and/or 800's before school begins.

This past summer had our team running camp during this phase and along with daily runs, devotions, and fun time, we sat down and discussed the season's team goals in relation to school life, team race performance and non-race performance goals.

Here are this season's goals.

Team Goals (Race):

1. Win the league (annual goal)
2. Win CIF (annual goal is top 4 finish)
3. Win the State Meet (annual goal is top 7 finish)
4. Do well in the important invitationals (no matter what division we are running in)
5. Beat any out-of-state team that we run against (especially when we split last year, losing to a NY team at Stanford and beating another NY team at the Mt. SAC Invite...we want everyone to know that if you choose to run in California, you better be ready!
6. Win the Lutheran High Schools National Postal CC Meet.

Team Goals (Non-race):

1. Good communication
2. Reflect God's glory and love within our own team and to others
3. Have an outstanding work ethic
4. Support and treat each other as family
5. HAVE FUN
6. Race and train with NO REGRETS

Team Goals (School Wide):

1. Be outstanding and responsible in the classroom
2. Tutor each other if we need help
3. Become more appreciated and respected within our own campus setting
4. Be leaders within our school and community, as to being drug/alcohol free.

COMPETITION PHASE I

(Usually the first four weeks of school)

At this point, the athletes have been placed into one of four groups; for us the groups are T, E, A, M. This grouping is based on their experience, motivation and ability. I hand out all the workouts at once for this four week phase and subsequent phases for all the groups.

An average week's mileage for a group would be 40 to 45 for group T, 30-35 for group E, 23-28 for A, and 18-24 for M. As a coach, my goal is to safely move athletes towards groups T and E. This may take a couple of years, and I do not move any one up more than one group in a season. At this point, it should be noted that athletics at OL are not a P.E. class and so most of my runners take seven (some eight) courses and then we meet for practice, normally at 3:05 and go until 5:00 or 5:30. Consequently, I do not get a lot of runners, average is 17 on the team over the last three years. So, I would rather make a conservative error and keep their mileage lower than risk injury and burnout by prematurely moving them to a higher workout group.

A typical week's practice for group T would be one long run, one race day, one pool practice day (coupled with team devotions and meeting), one day of 1000's (4 or 5 with 3-5 minutes rest) or

How to Start a 5K Running Program/Principles of Training

Part II

By George Payan

Implementing a 5K running program begins by planning your cross country schedule.

1. Count back the number of weeks from the last competition to the number of weeks that you have to prepare.
2. List all your methods and all your training sessions in the weekly planning.

3. Your periodized plan should have workouts in each week to prepare the runner for tactics and strategies. Practice racing tactics and strategies during workouts and races (early season races).
4. Train to compete. Remember, all courses are different, so training is specific to the most difficult course and your competition.

When planning your program it is important to remember:

1. **Include hill running** in the training program to prepare for the specific demands of cross country.
2. **Prepare on uneven surfaces**, sand or trails. This type of training prepares the ankles, tendons and ligaments of the feet

continued next page...

✓ Orange Lutheran, continued

mile repeats (3-4 at 11 minute cycles), and one day of shorter intervals like 8x300's or 400's with 90 seconds rest, one day of 5-7 miles in hills, and one day (Sunday) of 5-6 miles on their own.

Note: The athletes are pretty much asked to run on their own every Sunday and, in return, I keep practices efficient and to the point during the school week. I try to keep the pool practice days (Tuesday or Wednesday) even shorter in time, to further emphasize getting all the homework done. We do not have a pool at the school, so we usually invade an athlete's house.

Note: The longer intervals are done more at goal race pace and their rest interval is a little longer than later on in the season. A significant motivator at this point in the season, is the fact that our early invites tend to be against unbelievably good programs and always involve schools whose enrollment are way in excess of ours.

COMPETITION PHASE II

(Five weeks beginning the last week in September)

We now go a number of weeks with two meets per week as the Olympic League has double dual meets on Thursdays. This is also the phase where we will travel to an overnight meet or two. A basic week of practice in phase II would entail two

race days, pool one day, a long run probably every 10 or so days, one day in the hills, and a Sunday run on their own. The plethora of quality practices include such workouts as 3x 2K, 5@600/400 with 45 seconds rest after the 600 and 4 minutes rest/set, hill repeats (3x, 2x, 1x), 6x800's, ladders like 400-800-1600-800-400, 2x2 miles to name a few. Points of emphasis are always trying to stay in their respective packs. In the last part of this phase, the girls have been able to run their workouts just as fast as in the beginning of phase I with half of the rest.

Note: At this point in the season, the team rides the fine line between healthy quality training and injury/sickness. I will not hesitate to set an athlete out of a dual meet or a practice(s) if they are getting worn out with all the running and general school life and chores. Given the fact, in the last half of this phase, we may choose to limit our weekend racing and get in some uninterrupted training and/or sufficient rest.

PEAKING PHASE

(November)

We will start our peaking preparation for the varsity during the week of our league meet; the JV's will start two weeks before that. For the varsity, 7-10 runners the mileage will begin to drop in the last two and half to three weeks (18-21 days). We then go to easy pool practices twice a week and figure in more days of recovery

after running prelims and finals at Mt. SAC. To facilitate a good recovery from important racing on this course, we do the following: We extend our warmdown runs after these races to 20-to 24 minutes and make sure to stretch. In addition, we tell them to go for a walk and get into a pool later in the afternoon and on the next day.

I think that in my early years I was too "soft" on my team when it came time to peak them. I failed to keep a good competitive "edge." Therefore, I still have a good "I need to get mentally ready for this practice" kind of a day during the week of the CIF Prelims and Finals. For example, we might do 3xK instead of 4 or 5K's. Emphasis continues to be on the team and our pack(s).

I tell them that my job is to put them all on the starting line healthy, fit, fast, and confident in their race plans. They understand that at this point, the stopwatch means nothing and that they are racing for place in the month of November. We have set and attained countless numbers of goals throughout the season and their confidence should come from the fact that, daily and weekly, we have done everything we have set out to do. We have grown and nurtured each other, we have prayed for each other, we have lived the emotions of a season and we have all been blessed with an opportunity to work with each other. Then, I just sit back and watch and enjoy it all.

What a great job this is.

COACHES EDUCATION

for the more rigorous cross country courses the runners will run.

3. **Practice running fast.** The skill of running fast is a learned response. In order to be developed, it must be practiced in all phases in the periodized plan.

4. **Plan a system of rest or active-rest** in your training into all three of your training periods (Transition, Preparation and Competition).

5. **Include weight training** in the training program. When a runner attempts to develop strength there is a positive transfer to endurance. Endurance and strength training has to always be trained along together to benefit improvement.

6. **Teach the purpose of running:**

- To prepare for competition
- To stress the body to develop endurance and strength for competition.
- To prepare the runner for tactics and strategies.
- To prepare for mental readiness for competition.
- When you rest the body, the body will tolerate the demands of competition.

7. It is a must that you have **goals and objectives** while training your athlete and remain focused on the days that the athlete(s) are feeling tired and don't feel like training. Have an alternate plan.

8. **Set goals.** Your goals should be broken down into three parts:

- Ultimate goals
- Long range goals
- Short range goals

9. **Write down your goals.** After setting your goals, read them carefully and think about each from time to time! Have a plan! Keep them fresh in your mind.

10. Set goals that are reasonable, reachable and **train as hard as possible** to reach them.

11. **Communicate.** Discuss principles of training to your athletes. Success comes from understanding.

Apply the Principles of Training

Overload — Is achieved by progressive

increases in training stress.

Progression and Variability: — Is controlled through four main components of training:

A. Types of training: work on the start of a run and finish. Mid-race surges to mid-race hills. 5K race speed. Easy distance runs and the long run.

B. Frequency of training: number of days per week.

C. Intensity of training: exertion level.

D. Duration of training: miles or number of repetitions.

Specificity — The runner adapts to the workout and stress in direct response to the nature of the demands imposed on it.

Recovery — When you rest the runner, the runner gets stronger and more tolerant of the demands.

Individuality — Each runner has different abilities. Develop and plan a program to meet the needs of each individual for competition.

Preparation Period / Base Phase 1 (Late May or early June)

Pre-Buildup mileage (2-3 weeks learning the race warm-up)

In the beginning the workouts will be three to five days a week. Plan your weekly training program Monday through Friday as follows:

Race warm-up

- 10 to 13+ minutes easy run.
- 10 to 20+ minutes flexibility.
- 3 to 5+ minutes easy run.
- 4 to 6 x 60 to 100+ meters at race

pace (finish the warm-up at the starting line as close to the start of the race or the high intensity session).

5. Race or high intensity session.

After you have completed the race warm-up session, continue with cross training:

A. Start weight training two or three times a week. When strength and endurance combine together the result is muscular-endurance. After weight training, continue with cross training, such as becoming proficient in swimming.

The combination of warm-up, learning

the techniques of weight training and being efficient in the pool should be part of your daily training program for 2 to 3 weeks.

Preparation Period / Base Phase 2 and 3 — Mileage Buildup (July and August)

The following program is designed as a standard program, which should be modified for runners as required for individual needs: Coaches need to assess each runner, regardless of their year in school or age. Example: You may need to schedule a senior to run with a lower classmen to avoid over-training. Simply because they are a senior does not mean they are ready or developed for a more intense program. Conversely, a freshman may have the ability to run with seniors, and not be held back because of being a freshman. Assess your runners carefully!

Workouts will be five to six days a week. The following will be an example of a weekly workout schedule:

Monday	a.m. Continuous run (mpd). p.m. Weight training, plyometrics and swimming
Tuesday	a.m. Continuous run (mpd)
Wednesday	a.m. Practice fast running. Refer to format below for this workout day. p.m. Weight training and swimming
Thursday	a.m. Continuous run (mpd) p.m. Weight training, plyometrics and swimming
Friday	a.m. Continuous runs (mpd)
Saturday	a.m. Long run. In July, continuous dry sand run, running barefooted; start with 45 minutes, add 5 minutes weekly until you reach 60 minutes. In August, change the long run to a continuous hill run starting at 65 minutes adding 5 minutes weekly until you reach 90 minutes. The goal to the long run, 5K 4 times the race distance (12.4 miles). The long run, 8 to 12 miles, will vary according to the runner's development and maturity.
Sunday	Rest day

Follow the highlighted program noted below for runners who begin their program with 2 miles per day (mpd) for the month.

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You will note they will increase their distance each month as the season progresses.

July August September October November
2 mpd 3 mpd 4 mpd 5 mpd 6 mpd

Program for runners beginning at 3 mpd:
July August September October November
3 mpd 4 mpd 5 mpd 6 mpd 7 mpd

Program for runners beginning at 4 mpd:
July August September October November
4 mpd 5 mpd 6 mpd 7 mpd 8 mpd

Program for runners beginning at 5 mpd:
July August September October November
5 mpd 6 mpd 7 mpd 7 mpd 8 mpd

Preparation Period (July & August).
Practice running fast at 5K race pace — 1 day per week in July. In August, practice running fast 2 days per week (tempo running and long repeats at 5K race pace with short recovery periods). Tempo runs generally consist of 25 to 40 minutes of continuous running at your lactate threshold running speed. You can estimate your lactate threshold running pace based on your 5k race time. Add 25 seconds to 30 seconds to the average pace per mile of a 5K race.

Program for runners beginning at 2 mpd:

July & Aug. of Mo.	1st Wed. of Mo.	2nd Wed. of Mo.	3rd Wed. of Mo.	4th Wed. of Mo.
July 2			2x800	1x1200
August 3	3x800	2x1200	3x1K	4x600

Program for runners beginning at 3 mpd:

July 3			2x1200	1xMile
August 4	4x800	2xMile	3x1200	3x1K

Program for runners beginning at 4 mpd:

July 4			2xMile	3x1K
August 5	5x800	2xMile	3x1200	4x1K

Program for runners beginning at 5 mpd:

July 5			2xMile	3x1200
August 6	6x800	3xMile	4x1200	5x1K

Competition Period (September through November) —

For all runners

Before September test (race) the runners on endurance and strength and

following each phase, make the necessary adjustments on volume or intensity either reduce, maintain or add in order to start the season competition program. At the end of the Preparation Period, insert additional rest or active-rest to avoid overtraining, illness or injury. In the Competition Period, insert rest as needed. The rest could be considered as a tapering method by decreasing the mileage. The mileage decreases, but the intensity strengthens.

Period: Competitions

Phase: Specific

Boys season goal repeats: 3 to 4 x mile repeats @ 5K pace 2-4 minutes rest; 9 x 600 @ 5K pace w/ 2-4 min. rest.

Girls season goal repeats: 4 x 1200s @ 5K pace w/ 2-4 minutes rest;

Repeats of fast running: **Max V02 Running:** 2:00 to 6:00 @ 3K to 5K Pace 92-97% MHR; 1:00 to 4:00 hill running @ 92-97% of MHR; **Anaerobic Power Running:** 30 sec. to 2:00 reps @ 95-100% MHR or mile pace w/20 sec. to 2 min. recovery jog. Only use 2-6 min. per session per week. **Lactic Acid Tolerance Running:** 15-90 sec. @ 400 or 800 pace, 2-6 min. per week per session. **Speed:** 8-10 x 100 @ 400 pace.

Program for runners beginning at 2 miles per day:

September 4	4x880	2xMile	3x1200	
October 5	5x880	2xMile	3x1200	6x600
November 6	6x880	5x1K	4x1200	3xMile

Program for runners beginning at 3 miles per day:

September 5	5x880	2xMile	3x1200	4x1K
October 6	6x880	5x1K	4x1200	3xMile
November 7	6x880	4x1200	5x1K	8x600

Program for runners beginning at 4 miles per day:

September 6	6x880	5x1K	4x1200	3xMile
October 7	6x880	3xMile	4x1200	5x1K
November 8	7x880	3xMile	5x1200	5x1K

Program for runners beginning at 5 miles per day:

September 7	7x800	6x800	3xMile	4x1200
October 7	8x600	6x800	3xMile	4x1200
November 8	9x600	7x800	3xMile	5x1200

Transition Period

(December)

During the Transition Period, it is suggested the runners "detrain" for two or more weeks, depending on the individual needs of the runner. Detraining allows runners to ebb from all methods of training, so the runner may physically and mentally recover from the stress imposed on them during the competition period.

Remember . . . this is a suggested format, which can be adjusted to fit the needs of the individual runner.

Look for Part III in the November/December issue.



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CALIFORNIA Track & Cross Country Coaches ALLIANCE

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Now in its 8th year, the **CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE** is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The **COACHES ALLIANCE** directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

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What Do I Receive For My Membership?

COACHES ALLIANCE members will receive a year's editions of *California Track & Running News*, the official publication of the **ALLIANCE**. Each month, members will be kept current with happenings around the state in the **COACHES ALLIANCE** section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

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To join, please fill out and return the following: (Please Print)

Name: _____ School: _____

Section: _____ Mailing Address: _____

City: _____

Phone: Home (_____) _____ School (_____) _____

Dues for the year (Tax Deductible) -- \$25.00. Make check out to "Coaches Alliance" and send to 

Dennis McClanahan, Treasurer
c/o California Track & Running News
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PREP RESULTS

National Scholastic Outdoor Meet

June 13-14, 1997, Raleigh, NC. From Jim Spier

TOP 5 + Californians

BOYS 100 METER DASH (w:0.5):

1. John Capel, Brooksville, FL 10.47
2. Bernard Williams, Baltimore, MD 10.48
3. Terrence Trammell, Decatur, GA 10.50
4. Lawrence Armstrong, Jasper, TX 10.55
5. Bryan Harrison, Alpharetta, GA 10.58

BOYS 200 METER RUN (w:0.5):

1. John Capel, Brooksville, FL 21.01
2. Bryan Harrison, Alpharetta, GA 21.04
3. Anthony Moorman, Hanover Park, IL 21.25
4. Michael Bennett, Milwaukee, WI 21.46
5. Ato Modibo, Beltsville, MD 21.54

BOYS 400 METER RUN — Finals

1. Brandon Coats, Greenville, FL 45.74
2. Gary White, Jacksonville, FL 45.83
3. Ato Modibo, Beltsville, MD 46.09
4. EDDIE LEVINE, Merced, CA 46.69
5. Floyd Thompson, League City, TX 47.06

BOYS 800 METER RUN — Finals

1. Moses Washington, Miami, FL 1:48.51
2. JAMES LEVINE, Merced, CA 1:48.52
3. John Cole, Renton, WA 1:49.41
4. Lubert Lewis, Rome, NY 1:49.43
5. Fred Sharpe, Paulsboro, NJ 1:49.74
8. JASON HUNTER, Hesperia, CA 1:52.78
27. MATT CLICK, Pleasant Hill, CA 1:57.36
33. JEFF GEORGE, Martinez, CA 1:59.21

BOYS 1 MILE RUN — Finals

1. Sharif Karie, Burke, VA 4:02.01
2. Gabriel Jennings, Madison, WI 4:03.27
3. Jonathon Riley, Brookline, MA 4:05.72
4. Ryan Travis, Kentwood, LA 4:06.11
5. Mark Thompson, Edmond, OK 4:08.60
8. TOM PRINDIVILLE, Antioch, CA 4:12.13
24. ALEX SANCHEZ, Antioch, CA 4:20.15
54. DOUG HALL, Glendale, CA 4:35.35

BOYS 2 MILE RUN — Finals

1. Ryan Andrus, Orem, UT 8:58.05
2. Isaac Hawkins, Spokane, WA 9:02.21
3. Daniel Wilson, West Haven, CT 9:05.15
4. Mark Pilla, Naperville, IL 9:06.71
5. Christopher Dugan, Scottsdale, PA 9:10.59
29. Juan PABLO MIRAMONTES, Merced, CA 9:41.48

BOYS 5,000 METER RACE WALK — Finals

1. Glenn Anderson, Northport, NY 25:27.40.

BOYS 110 METER HIGH HURDLES (w:0.0):

1. Terrence Trammell, Decatur, GA 13.37
2. Gerard Whitaker, Houston, TX 13.55

3. Todd Matthews, Trenton, NJ 13.56

4. Sultan Tucker, Glassboro, NJ 13.72
5. Martin Dossett, Portland, TX 13.79

BOYS 400 METER INT HURDLES — Finals

1. Bayano Kamani, Missouri City, TX 51.59
2. Fred Sharpe, Paulsboro, NJ 51.79
3. Michael King, Gainesville, FL 52.87
4. Greg Christie, Perth Amboy, NJ 53.32
5. Julian Walker, Aurora, CO 53.69

BOYS 2,000 METER STEEPLECHASE — Finals

1. Brian McKnight, Monroe, NY 6:08.95
2. Brian Perrella, New Britain, CT 6:09.37
3. James Langstine, Bronxville, NY 6:10.20
4. Matthew Harper, Longwood, FL 6:14.04
5. Joseph Soviero, Bayville, NY 6:17.04
11. RUBEN CAMARGO, Hesperia, CA 6:24.73
17. DOUG HALL, Glendale, CA 6:39.77

BOYS 4X100 METER RELAY ALL STAR — Finals

1. Texas All-Stars 40.46
2. Greater Ball All Star 40.49
3. Woodlawn All-Stars 42.49.

BOYS 4X100 METER RELAY CHAMP — Finals

1. Texas All-Stars 40.46
2. Carroll High School 40.76
3. Greater Ball All Star 40.95
4. Lightening Bolt TC 41.32
5. Deep Creek Hs, VA 41.54
6. UNIVERSITY CITY, CA 42.23

Finals BOYS 4X100 METER RELAY HS

1. Carroll High School 40.64
2. Lightening Bolt TC 40.95
3. UNIVERSITY CITY, CA 41.83
4. Deep Creek Hs, VA 41.97
5. Orangeburg Wilkinson HS 42.21

BOYS 4X200 METER RELAY — Finals

1. Carroll High School 1:26.20
2. East Side HS 1:27.91
3. UNIVERSITY CITY, CA 1:28.44
4. Metuchen Hs, NJ 1:29.49
5. Walauga HS 1:31.14.

BOYS 4X400 METER RELAY ALL-STAR — Finals

1. Texas All-Stars 3:06.36
2. CALIFORNIA ALL-STARS 3:08.92
3. Trenton Track Club 3:11.91
4. C.F.P.I. 3:14.42
5. Long Island All Stars 3:21.01

BOYS 4X400 METER RELAY HS — Finals

1. Metuchen Hs, NJ 3:12.41
2. Thomas Worthington Hs, OH 3:14.49
3. Carroll High School 3:15.95
4. Lightening Bolt TC 3:16.76
5. Heritage HS 3:16.77

BOYS 4X800 METER RELAY ALL-STAR — Finals

1. C.F.P.I. 7:48.27
2. Durham Striders TC 7:49.36
3. Wildcat Track Club 7:59.91.

BOYS 4X800 METER RELAY HS — Finals

1. Henderson HS 7:40.23
2. De La Salle HS 7:41.35
3. West Springfield HS 7:44.18
4. Edmond Hs, OK 7:44.69
5. North Rockland HS 7:50.28

BOYS 1,600 MTR SPRINT MEDLEY ALL-STAR — Finals

1. Woodlawn All-Stars 3:30.13
2. Charlotte Flights 3:32.19
3. Long Island All Stars 3:33.74
4. Rocket Track Club 3:35.63

BOYS 1,600 MTR SPRINT MEDLEY HS — Finals

1. Ballou HS 3:31.18
2. Orangeburg Wilkinson HS 3:31.37
3. Sultana HS 3:31.39
4. Chaminade HS 3:32.44
5. Heritage HS 3:33.08

BOYS HIGH JUMP — Finals

1. Damian Olson, Bend, OR 2.18m (7-01.75)
2. Kenny Evans, PBluff, AR 2.15m (7-00.50)
3. Phil McGeoghan, FHS, MA 2.10m (6-10.75)
4. Cory Hubert, Aberdeen, NJ 2.10m (6-10.75)
5. Jim Thomas, Pickler, OH 2.05m (6-08.75)
5. Tim Bell, Maryville, TN 2.05m (6-08.75)

BOYS POLE VAULT — Finals

1. Joseph Strong, FL W, IN 4.90m (16-00.75)
2. Jo'l Gerardot, ColubCity, IN 4.90m (16-00.75)
3. Paul Schmitt, Melville, NY 4.60m (15-01)
4. Michael Uhelesky, Monr, NY 4.45m (14-07.25)
5. Laban Marsh, Erie, PA 4.45m (14-07.25)
6. Rob Hanna, Warwick, NY 4.45m (14-07.25)
6. CHRIS PUMPHREY, Hesperia, CA 4.45m (14-07.25)

BOYS LONG JUMP — Finals

1. Kai Maul, Lewes, DE 7.51m w:1.2 (24-07.75)
2. Maurice English SC 7.46m w:1.4 (24-05.75)
3. Michael Newell VA 7.44m w:0.0 (24-05)
4. Marcus O'Neal, NC 7.40m w:0.0 (24-03.50)
5. Len Herring, Gains, FL 7.39m w:0.1 (24-03)
19. WAYNE MCCOY, Roanoke, CA 6.24m w:0.0 (20-05.75)

BOYS TRIPLE JUMP — Finals

1. Len Herring, FL 15.99m w:0.2 (52-05.50)
2. Greg Yeldell, NC 15.41m w:0.1 (50-06.75)
3. Walter Davis, LA 14.97m w:0.1 (49-01.50)
4. Kwan Skinner, NC 14.82m w:0.1 (48-07.50)
5. Duane Brisbon, Or, SC 14.53m w:0.0 (47-08)

BOYS SHOT PUT — Finals

1. Kevin DiGiorgio, BayNJ 21.24m (69-08.25)
2. VAN MOUNTS, Bkfld, CA 20.95m (68-09)
3. Scott Denbo, Nashville, TN 20.86m (68-06)
4. Jeremy Allen, Ind, IN 19.14m (62-09.50)
5. Reese Hoffa, evans, GA 18.50m (60-08.50)

BOYS DISCUS THROW — Finals

1. Jeremy Allen, Ind, IN 60.08m (197-01)
2. Michael Craft, Albany, NY 54.88m (180-01)
3. Kevin DiGiorgio, Baye, NJ 54.48m (178-09)
4. Larry Brock, LBeach, NC 54.06m (177-04)
5. Brian Kollar, VA Beach, VA 53.96m (177-0)
16. VAN MOUNTS, BkfldCA 48.36m (158-09)
21. EDWARD CLARKE, Costa Mesa, CA 46.42m (152-03)

BOYS HAMMER THROW — Finals

1. Vincent Tortorella, Prove, RI 63.54m (208-05)
2. J Freeman, E. Greenwich, RI 57.70m (189-04)
3. Nick Wellhockzy, Sprfld, VA 56.12m (184-01)
4. Ryan Kavanaugh, War, RI 55.78m (183-0)
5. Scott Iamarone, Prov, RI 55.56m (182-03)

BOYS JAVELIN THROW — Finals

1. Brian Kollar, VA Beach, VA 63.76m (209-02)
2. Barry Flicker, Gibb, PA 60.64m (198-11)
3. Jason Murray, Sra UT 60.56m (198-08)
4. Jason Mafato, Newton, NJ 59.32m (194-07)
5. Brent Miller, Iota, LA 58.20m (190-11)

BOYS OUTDOOR PENTATHLON — Finals

1. Drew Lints, Lancaster, PA 3066
2. Steve Granwehr, Warwick, NY 2858
3. Matt Reinhardt, Warwick, NY 2811
4. Mark Seaber, Portage, MI 2779
5. Marlon Lawrence, Baltimore, MD 2663

GIRLS EVENTS

Top 5 plus Californians

100 METER DASH — Finals (w:1.2):

1. Keyon Soley, Wantagh, NY 11.70
2. Takydra Robinson, Lake City, FL 11.84
4. Melissa Barber, Montclair, NJ 11.99
3. Lakeesha White, Missouri City, TX 11.99
5. Lashonda Cutchin, VA Beach, VA 11.99

200 METER RUN — Finals (w:0.5):

1. Takydra Robinson, Lake City, FL 24.00
2. Lashonda Cutchin, VA Beach, VA 24.03
3. Crystal Cox, Fayetteville, NC 24.49
4. Nichole Hill, Mays Landing, NJ 24.54
5. Melissa Barber, Montclair, NJ 24.57

PREP RESULTS

GIRLS 400 METER RUN — Finals

1. Demetria Washington, Fayetteville, NC 53.62
2. Mikele Barber, Montclair, NJ 54.03
3. Tia Trant, Columbus, OH 55.34
4. Jill Theiler, Mitchell, SD 55.38
5. Whitney Renfurm, Decatur, GA 55.93
25. KATIE NASH, Walnut Creek, CA 58.23
27. WENDY CRUMRINE, SMarino, CA 1:00.70

GIRLS 800 METER RUN — Finals

1. Laura McKinley, Columbus, OH 2:10.55
2. Beth George, Lansdale, PA 2:11.29
3. Cicely Campbell, Warrensville, OH 2:11.53
4. Andrea Hallmon, Hopkins, SC 2:11.81
5. Natalie Deffenbaugh, Maplewood, NJ 2:12.28
22. ALICIA WHITESTOCK, Hesp, CA 2:21.30

GIRLS 1 MILE RUN — Finals

1. Jennifer Smith, Spokane, WA 4:45.33
2. KRISTEN GORDON, Concord, CA 4:52.04
3. Sharon Van Tuijl, Portage, MI 4:52.78
4. Amy Beykirch, Tuckerton, NJ 4:58.89
5. Jennifer Modliszewski, Warrn, VA 5:00.40
10. MEGHAN ANDRADE, SMarino, CA 5:04.76

GIRLS 2 MILE RUN — Finals

1. Sharon Van Tuijl, Portage, MI 10:25.59
2. Jennifer Smith, Spokane, WA 10:28.66
3. Sarah Goodman, Asheville, NC 10:28.84
4. Erica Palmer, Gilsum, NH 10:40.69
5. Amy Beykirch, Tuckerton, NJ 10:43.45

GIRLS 100 METER HIGH HURDLES — Finals (w.0.0):

1. Nichole Hill, Mays Landing, NJ 13.72
2. Kimberlee Turko, Edison, NJ 13.73
3. Carme Williams, Springfield, OH 14.04
4. Loren Leaverton, Garland, TX 14.13
5. Nylia Littlejohn, Columbia, MD 14.19

GIRLS 400 METER INT HURDLES — Finals

1. Charlyna Foster, New PL Richey, FL 58.83
2. Quanda Tallington, Philadelphia, PA 59.26
3. Angel Patterson, Philadelphia, PA 59.86
4. Ayana Coleman, Maplewood, NJ 1:00.19
5. Brenda Taylor, Boone, NC 1:00.80
20. CAROLYN KING, Concord, CA 1:05.67

GIRLS 4X100 METER RELAY CHAMP — Finals

1. Bayside HS 46.15
2. Trenton Track Club 46.67
3. PG Showcase 47.26
4. Simon Gratz HS 47.69
5. Charlotte Flights 48.16

GIRLS 4X100 METER RELAY ALL STAR — Finals

1. Trenton Track Club 46.78
2. PG Showcase 47.27
3. Charlotte Flights 47.90
4. Cleveland Stars, OH 48.11
5. Durham Striders TC 48.76

GIRLS 4X100 METER RELAY HS — Finals

1. Bayside HS 46.07
2. Simon Gratz HS 47.11
3. Uniondale HS 48.15

4. Carroll High School 48.76
5. Sumter High School 48.87

GIRLS 4X200 METER RELAY — Finals

1. Bayside HS 1:36.51
2. Cleveland Collinwood HS 1:40.00
3. Charlotte Flights "C" 1:41.63
4. Carroll High School 1:42.54

GIRLS HIGH JUMP — Finals

1. Adriane Sims, Fayette, NC 5-11.25
2. Lindsay Taylor, Boone, NC 1.70m (5-07)
3. Katie LeVan, Cincinnati, OH 1.70m (5-07)
4. Katherine Farrell, N. Baby, NY 1.65m (5-05)
5. Renata Phillips, Clover, SC 1.60m (5-03)
5. Emily Owens, Silver Spring, MD 1.60m (5-03)
5. Hillary Hyland, Nekocosa, WI 1.60m (5-03)

GIRLS POLE VAULT — Finals

1. Melissa Feinstein, West, MA 3.65m (11-11.75)
2. Sam. Shepard, West, MA 3.65m (11-11.75)
3. Deanna Shuler, Jupiter, FL 3.20m (10-06)
4. Karen Allen, Huntingtown, MD 3.05m (10-0)
5. Sarah Adams, Fellersmere, FL 3.05m (10-0)

GIRLS LONG JUMP — Finals

1. Keyon Soley, Want, NY 6.06m w.0.3 (19-10.75)
2. Alisha McClinton, Baili, MD 5.83m w.0.5 (19-01.50)
3. Jadd Wallace, Mishawaka, IN 5.74m w.-0.7 (18-10)
4. Kimberly Jones, Greens, NC 5.64m w.0.0 (18-06)
5. Nicholette Chambers, New Haven, CT 5.60m w.0.2 (18-04.50)

GIRLS TRIPLE JUMP — Finals

1. Shanell McMiller, Miami, FL 12.32m w.NWI (40-05)
2. Jodi Schliesinger, Bardonia, NY 11.98m w.NWI (39-04)
3. Rebecca Haarlow, Hinsdale, IL 11.96m w.NWI (39-03)
4. Aprille Watkins, VA Beach, VA 11.78m w.NWI (38-08.25)
5. Carlene Cummings, Englewood, NJ 11.78m w.NWI (38-07.75)

GIRLS SHOT PUT — Finals

1. Krista Keir, Wester, OH 15.43m (50-07.50)
2. Jessica Sommerfeld, Lisbon, ND 14.21m (46-07.50)
3. Rebekah Green, Blacklick, OH 14.02m (46-0)
4. Missy Banks, Portsmouth, VA 13.10m (42-11.75)
5. Denise McDonald, Ind, IN 12.82m (42-04.75)

GIRLS DISCUS THROW — Finals

1. Krista Keir, Westerville, OH 53.58m (175-09)
2. Jill Pedretti, Verona, WI 44.64m (146-05)
3. Alana Robinson, Gross, MI 44.20m (145-0)
4. Jackie Myers, GrForts, ND 43.78m (143-08)
5. Lori Williams, Erie, PA 43.26m (141-11)

GIRLS HAMMER THROW — Finals

1. Wadudah Nurul-Islam, Providence, RI 46.52m (152-07)
2. Emily Patenaude, Linc, RI 44.10m (144-08)

3. Angelica Iannone, Linc, RI 41.32m (135-07)
4. Alana Robinson, Gross, MI 40.02m (131-03)
5. Kath. Mason, Woodbridge, CT 37.96m (124-06)

GIRLS JAVELIN THROW — Finals

1. Charyl Renee Weingarten, Grand Forks, ND 45.94m (150-09)
2. Jessica Sommerfeld, Lisbon, ND 43.58m (143-0)
3. Jenny Grad, Metuchen, NJ 43.58m (143-0)
4. Michelle Gordon, Jarrn, LA 42.60m (139-09)
5. Folline Haskins, Portl, OR 40.36m (132-05)

GIRLS OUTDOOR PENTATHLON — Finals

1. Loren Leaverton, Garland, TX 3730
2. Virginia Miller, Dale City, VA 3504
3. Bridgette Ingram, Maplewood, NJ 3253
4. Maruquel Williams, Woodbridge, VA 3251
5. Danielle Grady, Trenton, NJ 3230

38th Annual Golden West Invitational June 14, 1997. American River College, Sacramento, CA

BOYS EVENTS

100 Meters

- GWl Meet Record: 10.27, Floyd Heard (Milwaukee, WI) 1985
Wind - -3.1

1. Ja'warren Hooker (Ennsburg, WA) 10.54
2. Bennie Chalmers (Beaumont, TX) 10.72
3. Mario Ponds (Wichita, KS) 10.89
4. Terrence Wakefield (Edmond, OK) 10.95
5. Joseph Hunter (Vacaville, CA) 11.02
6. Andre Horn (Newton, TX) 11.06

200 Meters

- GWl Meet Record: 20.52, Charles Mitchell (Waco, TX) 1993
1. Ja'warren Hooker (Ellensburg, WA) 21.08
 2. Andre Ammonds (Oakland, CA) 21.41
 3. Terrence Wakefield (Edmond, OK) 21.42
 4. Evan Kelly (West Linn, OR) 21.59
 5. Joseph Hunter (Vacaville, CA) 21.59
 6. Warren Rogers (Gardena, CA) 21.86

400 Meters

- GWl Meet Record: 45.47, Calvin Harrison (Salinas, CA) 1993
1. Oben Moore (Muir, Pasadena, CA) 47.19
 2. Tony Berrian (AltoHS - Altoater, CA) 47.72
 3. Sam Singleton (San Angelo, TX) 47.74
 4. Damian Davis (Beaumont, TX) 47.75
 5. Tom Garding (Waconia, MN) 48.68

800 Meters

- GWl Meet Record: 1:48.58, George Kerth (Pearl, MS) 1987
1. Matt Elmuccio (Westfield, NJ) 1:52.81
 2. Charles Gruber (Denver, CO) 1:53.19

3. Clint Cook (Harriet, CA) 1:53.62
4. Ross Krompley (Sherwood, OR) 1:54.03
5. Damian Davis (Beaumont, TX) 1:54.95
6. Drew Ostler (MissSJ, Fremont, CA) 1:55.55
7. Ryan Mause (Simi V, Simi Wy, CA) 1:56.05
8. Ryan Carroll (Marc, Merced, CA) 1:56.10

One Mile

- GWl Meet Record: 4:03.65, John Zishka (Lancaster, OH) 1980
1. Jason Fayart (Spokane, WA) 4:18.3
 2. Steve Burris (Clo HS, Clovis, CA) 4:20.0
 3. Kevin Carroll (Gresham, OR) 4:20.8
 4. Andrew Wulf (BellPrep, SJose, CA) 4:22.1
 5. Gary Passanisi (Aptos, Aptos, CA) 4:24.1
 6. Gavin Chamberlain (EDorHills, CA) 4:25.1
 7. Charlie Gruber (Denver, CO) 4:27.9
 8. Kyle Jackson (The Winds, TX) 4:28.3
 9. Brandon Jessop (Kearney, NB) 4:32.4

3,200 Meters

- GWl Meet Record: 8:44.0, Alan Scharus (Austintown, OH) 1978
1. Rhy Reynolds (Newport, OR) 9:07.80
 2. David Rodriguez (MissSJ, Fre, CA) 9:08.99
 3. Corey Cressay (NewUn, GrMy, CA) 9:11.51
 4. Noel Nelson (Redwood, Visalia, CA) 9:11.58
 5. Kyle Smith (Bellevue, WA) 9:24.95
 6. Joshua Rohatinsky (Provo, UT) 9:27.50
 7. Andy Carling (Spencer, NY) 9:29.95

110 Meter Hurdles

- GWl Meet Record: 13.40, Michael Timpeon (Miami, FL) 1985. Wind - -2.9
1. Arend Watkins (Silver Crt, SJose, CA) 14.02
 2. Pierre Leinbach (Hoffman Est, IL) 14.17
 3. Derek Doris (Azle HS - Azle, TX) 14.29
 4. Michael Booker (Beaumont, TX) 14.29
 5. Reginald DePass (Mont, S Diego, CA) 14.38
 6. Damian Davis (Lincoln City, OR) 14.69

300 Meter Hurdles

- GWl Meet Record: 36.2, Bryan Bronson (Jasper, TX) 1991
1. Pierre Leinbach (Hoffman Est, IL) 37.66
 2. Reginald DePass (Mont, S Diego, CA) 37.89
 3. Nick Seedall (Salt Lake City, UT) 38.34
 4. Thomas Hocker (SOrt, SJose, CA) 38.88

High Jump

- GWl Meet Record: 7-04.25, Brad Spear (Wichita, KS) 1984
1. Jason Cornelius (Athens, GA) 7-01
 2. Shaun Kologinzak (Conroy, TX) 7-00
 3. Jason Boneas (Casper, WY) 6-10
 4. Tony Sadler (The Woodlands, TX) 6-08
 5. Jason Howard (Ridg, Bakerville, CA) 6-08
 6. Jeff Mueller (Cypress, TX) 6-06
 7. Miguel Pale (St. Francisville, LA) 6-06

Pole Vault

- GWl Meet Record: 18-00.25, Brandon Richards (Santa Barbara, CA) 1985
1. Trent Powell (Gilbert, AZ) 16-06
 2. Chris Tamez (McNeil HS - Austin, TX) 16-06
 3. Erik Rasmussen (Joh, Modesto, CA) 15-06
 4. Matt Petz (La Pine, OR) 15-06

PREP RESULTS

5. Robert McClean (Waikuku, HI) 15-00
NH David Gritz (BCrk,Stock, CA)

Long Jump

GWl Meet Record: 26-02.25, Ken Duncan (Sacramento, CA) 1972
1. Cameron Howard (TulittN) 25-00 wind 2.44 (24-04.5 legal, F, F, F, 25-00 windy, F)
2. Quan Toney (Zach, LA) 24-03.25 wind +1.91
3. Andre Horn (Newton, TX) 24-00 wind +1.88
4. Ch. Rogers (Denbigh, VA) 24-00 wind +0.75
5. Patrick McCall (Carson, CA) 23-04.5 w+0.11
6. Ricardo Colon (Pullman, WA) 23-04 w+2.11
7. BB Malone (GW,Vis, CA) 22-07.25 w+2.52
8. Marvin Brown (Wood,Vaca,CA) 22-07 -0.94

Triple Jump

GWl Meet Record: 53-06.25, Joe Richardson (Pasadena, CA) 1984
1. Chris Hercules (Palatine, IL) 49-05 w+4.68 (49-00.5w, F, 47-10legal, F, 47-00.5legal, 49-05w)
2. Jerrod Mack (St. Mary'sBerk, CA) 49-01.5w
3. Anthony Colson (CanteAntelCA) 49-01.5w
4. Jamin Elliott (Portsmouth, VA) 48-11.5w
5. Daniel Johnson (Vanden, Fritd,CA) 48-11.5w +1.52
6. Sheldon Hutchinson (Gaither MD) 48-00.75w
7. Draper Rivers (MorSD,CA) 47-01.25 w+1.29

Shot Put

GWl Meet Record: 81-03.5, Michael Carter (Dallas, TX) 1979
1. Chris Sprague (Eugene, OR) 64-07.5
2. Rian Ingram (RCucmHS,RCuca, CA) 63-06.25
3. Daniel Arrhenius (Orem, UT) 61-07
4. Casey Seyfert (Beloit, KS) 59-09.5
5. Ahmaud McDonald (Concord, PA) 59-06.5
6. Mark Hommeier (Hillsboro, OR) 59-03.5
7. Winston Kibbles (Buena, TX) 57-07.75
8. Kalone Crabb (Honolulu, HI) 55-02
9. Scott Moser (Hunt Beach, CA) 49-07

Discus Throw

GWl Meet Record: 225-02, Kamy Kishmiri (Reno, NV) 1987
1. John Bello (RCucmHS,RCuca, CA) 202-10
2. Scott Moser (HBchHS,HBBeach, CA) 197-07
3. Mark Hommeier (Hillsb, OR) 194-08
4. Chris Sprague (Eugene, OR) 191-05
5. Daniel Arrhenius (Orem, UT) 184-01
6. John Badovinac (Jes, Carmi, CA) 182-07
7. Rian Ingram (Lk Oswego, OR) 180-07
8. Vinnie Pecht (Spokane, WA) 176-11
9. Sai Gigante (New Rochelle, NY) 173-09

Javelin Throw

GWl Meet Record: 247-04, Mark Murro (Newark, NJ) 1967
1. Patrick Ramsey (Ruston, LA) 222-10 (215-10, 203-05, 212-06, 197-05, 220-05, 222-10)
2. Craig Nail (Alexandria, LA) 216-06
3. Kevin Davis (Gresham, OR) 211-11
4. Nathan Julius (New Orleans, LA) 205-11
5. Chris Clever (Chambersburg, PA) 202-01
6. Tono Lippy (Florence, MT) 190-08
7. Zach Kinder (Burr Oak, KS) 184-02

Hammer Throw

GWl Meet Record: 214-04, John Badovinac (Carmichael, CA) 1996
1. John Badovinac (Jes Carm, CA) 214-07 (F, 213-03, F, F, 205-05, 214-07)
2. Travis Ringer (Wakefield, RI) 205-04
3. Sai Gigante (New Rochelle, NY) 203-00
4. Garrett Collier (Vanc B.C. CANADA) 200-06
5. Lucas McKay (CanCathMdesto, CA) 190-07
6. Kylie Turley (Nashua, NH) 167-06
7. Alex Maschmeyer (DCampoFrOks) 161-00

GIRLS EVENTS

100 Meters

GWl Meet Record: 11.31, Marlon Jones (Thous Oaks, CA) 1993. Wind - -3.9
1. Aleah Williams (Montclair, NJ) 11.89
2. Meisha Withers (St. BernPIDFy, CA) 12.22
3. Christie Winkle (Phoenix, AZ) 12.27
4. Brianna Glenn (La Mirada, CA) 12.35
5. Chimese Brown (Oklahoma City, OK) 12.53

200 Meters

GWl Meet Record: Marlon Jones (Thousand Oaks, CA) 1993. Wind - -3.0
1. Aleah Williams (Montclair, NJ) 24.11
2. Christie Winkle (Phoenix, AZ) 24.43
3. Latrice Borders (WilsonLBeach, CA) 24.55
4. Chimese Brown (Oklahoma City, OK) 25.13
5. Tania Woods (SkyOakland, CA) 25.25
6. Heather Hanchak (Pittsburg, PA) 25.49
7. Venus Nguyen (Hermiston, OR) 25.51
8. Alisha Gordon (Oklahoma City, OK) 25.66

400 Meters

GWl Meet Record: Monique Hennagan (Columbia, SC) 1984
1. Sasha Spencer (Salem, OR) 53.93
2. Venus Nguyen (Herm, OR) 55.27
3. Brandee Grant (Holy NamesOakCA) 56.86
4. Heather Hanchak (Pittsburg, PA) 56.95
5. Chloe Jarvis (St. FrSacramento, CA) 57.11

800 Meters

GWl Meet Record: 2:05.38, Tamiaka Grizzle (New York, NY) 1996
1. Lindsey Hyatt (PllaceAuburn, CA) 2:11.20
2. Angellita Green (PolyLBeach, CA) 2:12.69
3. Elizabeth Rogers (West Linn, OR) 2:13.72
4. Danielle Price (LoganUnCity, CA) 2:14.34
5. Molly Austin (Denver, CO) 2:14.60
6. Monica Van Wegan (AmVly PICA) 2:15.50
7. Christin Wurth (Bloom, IL) 2:16.20

Girls One Mile

GWl Meet Record: 4:47.97, Julia Stamps (Santa Rosa, CA) 1996
1. Julia Stamps (Santa Rosa, CA) 4:46.23
2. Pamela Johnson (Sandy, OR) 4:58.31
3. Andrea Neipp (High Palm Dale, CA) 4:58.15
4. Tera Moody (St. Charles, IL) 4:59.31
5. Rebecca Mitchell (Geneva, IL) 4:59.66
6. Lorena Adams (Lakehurst, NY) 5:00.20
7. Katie Hotchkiss (Miss SJFram, CA) 5:01.91
8. Jeanna Compoeti (Lake Ronk, NY) 5:03.85
9. Christin Wurth (Bloomington, IL) 5:05.33
10. Rebecca Gobel (Bronxville, NY) 5:06.0

Girls 3,200 Meters

GWl Meet Record: 10:23.62, Donna Fidler (Norristown, PA) 1995
1. Andrea Neipp (High Palm Dale, CA) 10:20.39
2. Jillian Masteolanni (Sayville, NY) 10:22.38
3. Yvonne Liebig (KernSac, CA) 10:35.33
4. Melinda Campbell (Newport, OR) 10:42.12
5. Jill Rencher (West Linn, OR) 10:42.62
6. Trina Cox (Santa Rosa, CA) 10:45.59
7. Tara Rohatinsky (Provo, UT) 10:49.37
8. Jennifer Schindler (ProShSpCA) 10:55.98
9. Jennifer Akana (Low SFran, CA) 11:05.98

Girls 100 Meter Hurdles

GWl Meet Record: 13.21, Dominique Calloway (Denver, CO) 1996. Wind - -2.4
1. Charmaine Walker (Plainfield, NJ) 13.70
2. Daveeta Sheperd (DanzaFlich, CA) 13.85
3. Natasha Neal (Logan Union City, CA) 14.17
4. Lisa O'Reilly (St. MStockton, CA) 15.09
DNF Nicole Hoxie (NorthRiversida, CA)

Girls 300 Meter Hurdles

GWl Meet Record: 40.81, Joanna Hayes (Riverside, CA) 1995
1. Daveeta Sheperd (DanzaFlich, CA) 41.42
2. Ryan Peters (Sky Oakland, CA) 43.04
3. Carrie McGraw (Miss JoeFremCA) 43.48
4. Lisa O'Reilly (St. MStockton, CA) 43.72
5. Rashlela Ruddock (Coral Spr, FL) 44.60

Girls High Jump

GWl Meet Record: 6-02.25, Erin Aldrich (Dallas, TX) 1996
1. Robyn Burkhart (San Antonio, TX) 6-00
2. Joy Ganes (Baysore, NY) 5-10
3. Jessica Johnson (Southlake, TX) 5-09
4. Kim Stone (York HS - Monterey, CA) 5-08
5. Nakoltra Jones (Macon, GA) 5-08
6. Michelle Mahike (Marymt LA, CA) 5-06
7. Kelly Czek (Omaha, NE) 5-06

Girls Pole Vault

GWl Meet Record: 12-02, Melissa Price (Kingsburg, CA) 1995
1. Ashley Feinberg (Sparks, NV) 12-08
2. Katie Fioram (MarinaHBeach, CA) 11-06
3. Sarah Higham (Miss WejomiViejo, CA) 11-06
4. Libby Ludow (Bellevue, WA) 10-06
5. Heather Sickler (Cam Camarillo, CA) 10-06
6. Becky Holliday (Sparks, NV) 10-00
NH Brooke Lankard (GWest HS - Visalia, CA)

Girls Long Jump

GWl Meet Record: 20-09.25, Jernae Wright (Union City, CA) 1995
1. Lynette Wigington (Mattlck, NY) 20-01.75 (w+1.56) (19-10.25, 20-02.75, 19-11.25, 19-05.25, 20-01, 19-01.5 - all legal wind)
2. Brianna Glenn (La MirLa Mirada, CA) 19-00.5 (w+0.85)
3. Renee Dunn (La Center, WA) 17-03.5

Girls Triple Jump

GWl Meet Record: 42-09, Alida Broussard (Houston, TX) 1996
1. Lynette Wigington (Mattlck, NY) 41-07.75 (wind +4.55) (39-10, 40-06, 41-07.75, 39-05,

40-08, 40-10.25 all wind aided)
2. Nakoltra Jones (Macon, GA) 39-03.25 w
3. Briann Glenn (La MirLa Mir, CA) 38-08.75 w
4. Sherita Williams (ElCamOceanCA) 37-09 w
5. Renee Dunn (La Center, WA) 35-07.25 w

Girls Shot Put

GWl Meet Record: 52-08.25, Kristin Heaston (Concord, CA) 1993
1. Lisa Griebel (Sioux Falls, SD) 47-01.25 (44-00.5, k 44-03.25, Scratch, 45-09.75, 47-01.25, 45-00.75)
2. Rebekah Green (Columbus, OH) 43-07.25
3. Maureen Griffin (Pocatello, ID) 43-01
4. Chaniqua Ross (L.CrkElkGr, CA) 42-07.25
5. Andrea Thornton (Shelton, WA) 41-00.5
6. Makiba Batten (Detroit, MI) 40-09.25

Girls Discus Throw

GWl Meet Record: 173-08, Melissa Weis (Bakersfield, CA) 1990
1. Chaniqua Ross (L.CrkElk Grove, CA) 168-00 (126-08, 163-05, F, F, 161-09, 168-00)
2. April Burton (Bkfld,Bakersfield, CA) 164-08
3. Mandy Borschowa (Snoqualmie, WA) 157-00
4. Lori Uher (Fairbury, NE) 154-11
5. Precious Thibodeaux (Van Vleck, TX) 153-07
6. Jennifer Foster (Crowley, TX) 151-11
7. Melissa Reis (Logan Union City, CA) 145-05
8. Amy Thell (Fre Christ Fremont, CA) 135-06
9. Makiba Batten (Detroit, MI) 135-02
10. Rebecca Green (Columbus, OH) 121-07

Girls Javelin

GWl Meet Record: 155-08, Windy Dean (Roseburg, OR) 1994
1. Katie Polansky (Eugene, OR) 145-11 (138-4, 145-11, 141-06, 137-01, F, 138-01)
2. Kyla McFarlane (Grants Pass, OR) 138-00
3. Heather Reichmann (Seattle, WA) 132-00
4. Melissa Hanschu (Cheney, KS) 128-08
5. Rebekah Green (Columbus, OH) 126-02
6. Brandy Fischer (Mandenville, LA) 125-07

Girls Hammer Throw

GWl Meet Record: 154-00 Maureen Griffin (Pocatello, ID) 1996
1. Maureen Griffin (Pocatello, ID) 167-09 (160-10, F, F, 167-09, F, F)
2. Nicole Krause (St. Lucy's GlendCA) 140-04
3. Sarah Hayes (Windsor, CT) 138-09
4. Andrea Thornton (Shelton, WA) 138-07
5. Dominique Green (Lake Oswego, OR) 136-00
6. Melissa Houston (Warwick, RI) 133-10
7. Amy Thell (FremChristFremont, CA) 103-10
8. Dominique Pereira (NewUGVy, CA) 98-11



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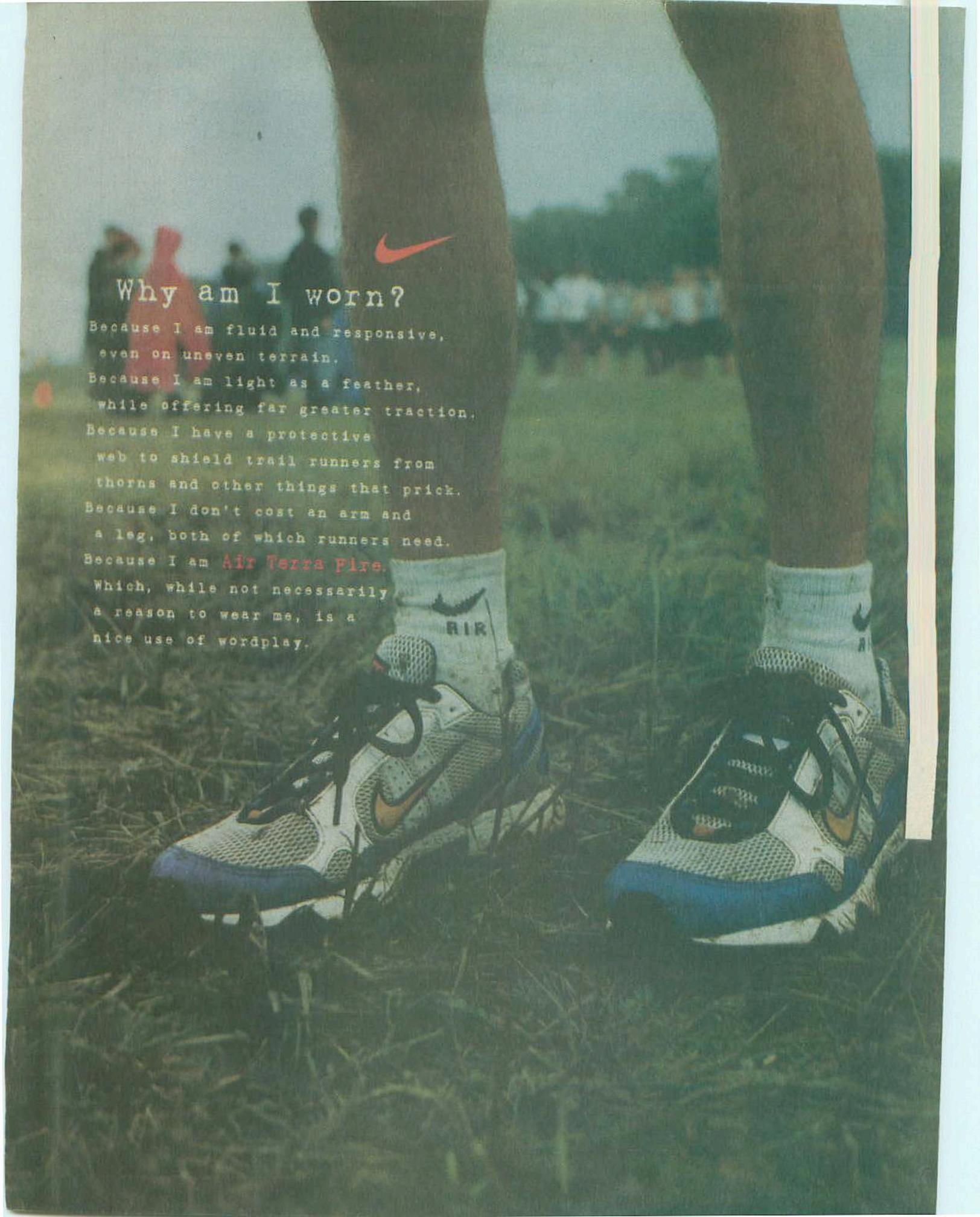
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A photograph of a person's legs from the knees down, wearing Nike Air Terra Fire sneakers. The person is standing on a grassy field. The sneakers are white with blue accents and a mesh upper. The person is also wearing white socks with a Nike swoosh and the word "AIR" printed on them. A red Nike swoosh is visible on the person's right leg. In the background, there are blurred figures of other people and trees.

Why am I worn?

Because I am fluid and responsive,
even on uneven terrain.

Because I am light as a feather,
while offering far greater traction.

Because I have a protective
web to shield trail runners from
thorns and other things that prick.

Because I don't cost an arm and
a leg, both of which runners need.

Because I am **Air Terra Fire**.

Which, while not necessarily
a reason to wear me, is a
nice use of wordplay.