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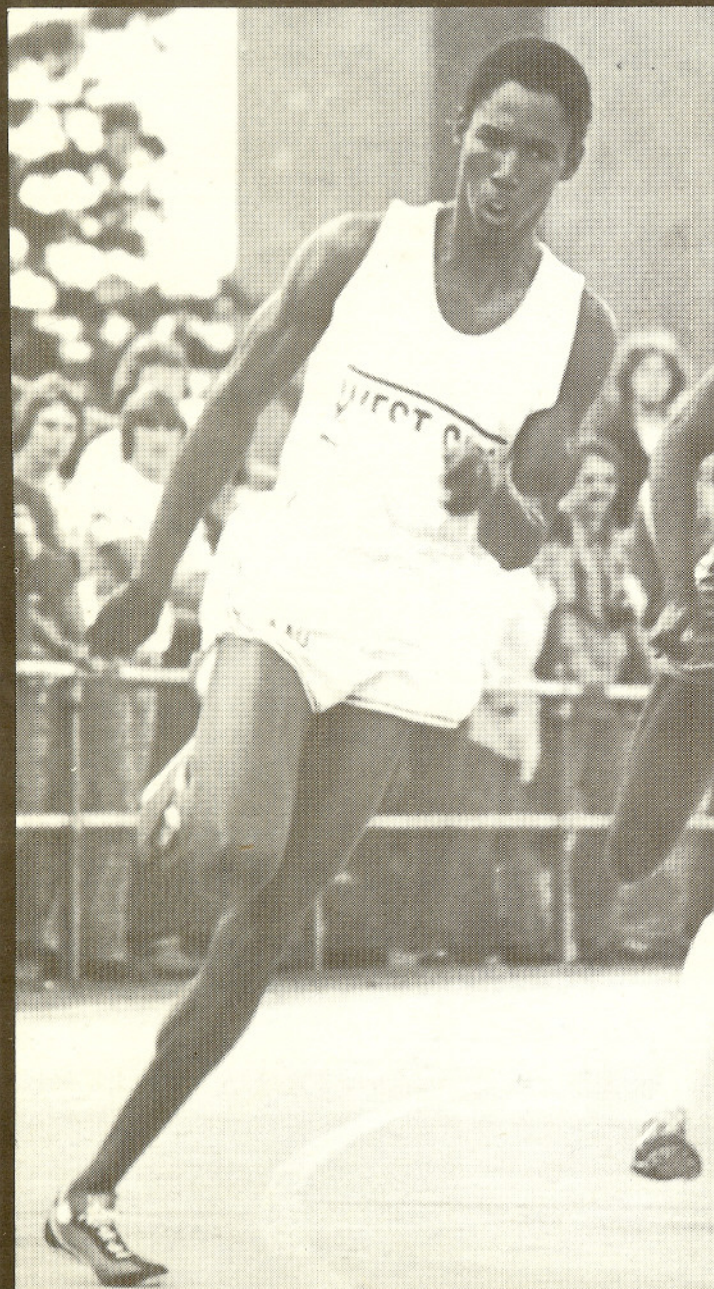
# ***STARTING LINE***<sup>TM</sup>

**TRACK & FIELD FOR YOUNG ATHLETES**

**JANUARY-FEBRUARY 1977 VOL. 7 NO. 46 P.O. BOX 878, RESEDA, CALIFORNIA 91335**

## ***1976 in REVIEW***

**Girls' Junior Ranking  
Boys' Divisional Highlights**





# FORUM

## RRCA POSTAL MEET OF MILES

### ANSWERS and OBJECTIVE...

We have received many letters concerning last year's staging of the RRCA Meet of Miles, a national yearly event sponsored by the Road Runners Club of America.

Many questions were raised regarding the coordination of this event. KEN YOUNG, the co-chairman and the man in charge of computer tabulation, has written the following article in order to answer the questions presented by our readers and to explain the regulations governing this event.

In response to three letters in STARTING LINE regarding the Meet of Miles in particular and age-grouping in general, there are a few comments I would like to make.

The receipt of results for the Meet of Miles depends on the particular race director submitting the results prior to the deadline and the delivery of those results by the US Postal Service. The 1976 event included nine sections. However, I know of at least two other sections that were held and the results were not received.

In prior years, we have not had this problem. Henceforth, race directors are instructed to inform me as to their intention to hold a section of the Meet of Miles. I will respond by mail, acknowledging their intent. If results from that section are not received prior to the deadline, I will contact the race director to determine if his section was actually held and, if so, whether the results were mailed. I will respond on receipt of any race results so that race directors will know that their results were received. If they do not hear from me within a reasonable period of time, they should resubmit the results. In this way, I hope to avoid the problems we had with the 1976 Meet of Miles.

Ms. Doody mentions in her letter (December '76 issue) that the Rialto Road Runners "miraculously appear" in the final standings when the Blue Angels did not. The Rialto RR were included from the section held in Pleasant Hill, California. No results were received from Dominguez Hills. Only five Rialto RR's ran at Pleasant Hill.

What type of age cut-off is proper for age competitions? The only physiologically realistic measure is the actual age as of the day of the race.

The running ability of young children improves so rapidly at the younger ages that discrepancies in physiological age of only a few months may drastically affect the outcome of races. For example, the improvement between age 6 years 0 days and 7 years 0 days is roughly 2 minutes per mile. This is 10 seconds per month. Most races are decided by much smaller margins than this.

Thus, it would be unfair to allow a runner 8 years and 3 months to compete in the 7 and under division simply due to the luck of having a birthdate just after January 1st. It would also be unfair for a runner to set an age group record and place second in that division being beaten by another runner who was placed in that age division by happenstance while not being eligible for any record set in that division. For these reasons, the RRCA Meet of Miles will consider age as of the day of the race.

Since we consider age as of the day of the race, the particular time of the year that the performance is made is really of no bearing when comparing to other performances. We assume that the physiological age is the basis for comparison. This is the basis for comparing age records and this is the simplest method of making valid comparison for a nation-wide meet such as the Meet of Miles.

The extremes of climate within the United States make it grossly unfair to restrict the Meet of Miles to even a one month period. Ideal weather in the southern states such as Florida, south Texas and southern Arizona is in January and February. Ideal weather in the northern states is in early summer and during the fall. By allowing sections to be held over an extended period from February thru June, we allow each section to choose the most favorable climatic conditions for them. Otherwise, we would be unfairly penalizing some sections and giving unfair advantage to others. We realize that no system is perfect. We feel this system minimizes the inequities.

Each year, a number of runners enter two sections of the Meet of Miles. Since there is no way each race director can determine whether or not a given runner has already participated in another section, the responsibility for screening lies with me. I find that, in general, the two performances by the same runner, differs by less than 10 seconds and usually differ by only a few seconds. This usually makes a difference of a few places but does not greatly affect the overall outcome.

Since the same opportunity is basically available to all runners, I have adopted the procedure of choosing the faster of the tow times. The alternative to this is to choose the first of the tow performances. In the latter case, a runner would not be able to improve on his/her first performance. I am open to suggestions in this regard. If you have strong feelings one way or the other on this matter, drop me a postcard. I will adopt the procedure that receives the most "votes" prior to the deadline for the 1977 Meet of Miles results (June 30, 1977).

The complete results of the Meet of Miles are being distributed to race directors following compilation and printing of the results. Over 250 copies of the 1976 results were mailed to race directors at the various sites. The race directors at each site are responsible for distributing these copies to coaches and individuals participating in their section.

The results list the names, places, times, age and birthdates, team names, age-graded point level and site for each finisher. The team standings for all three runners teams are included. Starting with the 1977 summary, the Meet of Miles age records will be included. Sections not included in 1976 should submit their results so that they may be considered for age records.

I hope that the procedures to be implemented in 1977 will reduce some of the problems in co-ordinating the various sites around the country. We will try to remain responsive to the needs and desires of the runners and welcome any suggestions for improvements in the Meet of Miles.

I hope that you will continue to support this program. If you have questions regarding the Meet of Miles, I will try to answer them.

Sincerely,

KEN YOUNG, co-chairman  
R.R.C.A. Meet of Miles,  
Institute of Atmospheric  
Physics, U of Arizona,  
Tucson, Arizona 85721

### Editor's Notes:

We hope that our readers will take advantage of the line of communication opened by Ken Young and make their feelings known on the matters discussed in the article.

Any club or individual wishing to host a meet in their area should contact Ken at the above address.

### From the Mail Box

#### NATIONAL STANDARDS FOR MEETS...

Recently we attended a Region II JO qualifier in Washington, DC. Although the club holding the meet did as well as they could, it was much too big for the handful of officials.

There were a number of problems, such as so starting gun, false starts in almost every age group (these were not called back), trouble in the chute, starting before children were out of their warm-ups, one man to handle registration, awards, etc...

The biggest problem was the course and the length of the course. The course funnelled almost immediately into a 4 foot path, in which it was almost impossible to get out of the pack as you could not run alongside the path because of hidden roots. This resulted in many runners being knocked down.

The whole point of this letter is that for a meet of this importance certain requirements should be met: number of officials, exact length of the course, course that can be run safely and competitively, etc.. If these requirements can not be met, then the club should not be allowed to host the meet.

We feel that certain national standards should be set for meets of importance and we would like to know if other parents, coaches and athletes feel the same way.

BETHEL PARK T.C.,  
Pennsylvania





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VOL. 7 NO. 46

# STARTING LINE

P.O. BOX 878, RESEDA, CALIFORNIA 91335  
(6402 Enfield Avenue, Reseda)

Published and Edited  
by  
**MAX ZUCKER**

Advertising & Promotion **MAGGIE PENTURFF**  
Graphics ..... **JOHN ROBB**

STARTING LINE depends on contributions of results, news, opinions and photos from all of our readers (athletes, coaches, officials, parents, and general followers of junior and age group track and field).

It is more likely that your contributions will appear in the pages of STARTING LINE if you adhere to the following guidelines when submitting material:

## Results

Include first and last name of at least the first three competitors in each event, along with hometown or team affiliation, time or distance of each competitor listed, type of track (dirt or all-weather), wind conditions (the more specific the better), height of hurdles, weight of implements (shot, discus, etc.). Also include heat or qualifying round marks (if better than final mark) and birthdates on top athletes would be helpful for best performance lists.

## News

General interest items (in contrast to news merely of your team or of one individual) are more useful. We want material on both **boys and girls** (such as schedules of upcoming events, new teams or programs, background info on area, athletes, etc.), especially from areas which haven't gotten much space before.

STARTING LINE is published every two months — February, April, June, August, October and December.

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Three Years (18 issues) .....\$12.00

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# On the Cover

PHOTO CREDIT

(Photo at left) 17 year-old DWAYNE EVANS from Phoenix, AZ, was without doubt the best young athlete to ever come out from the Age-Group ranks. By taking a bronze medal in the 200 meters at the Olympic Games, at Montreal, he became the first prep medalist in 24 years. We have been covering the career of this young man since he was 10 year-old, back in 1969, when, as a member of the Hornets Track Club, he was running the 100 in 12.2 and long jumping 15-3. Under the careful tutelage of his coach and mentor Richard Thompson, his progression over the years was constant:

1970 (Age 11) - 11.6/100, 27.5/220 and 16-1½ in the long jump; 1971 (12) - 11.1/100, 25.5/220; 1972 (13) - 10.5/100, 24.1/220 and 19-11½/long jump; 1973 (14) - 10.1/100, 22.5/220; 1974 (15) - 9.7/100 and 21.4/220; 1975 (16) 9.4/100 and 20.9m/200m (both All-time best performances); and in 1976 (17) 9.44me (equivalent to 9.2 hand timed) in the 100 and 20.22me/200m, both marks the best ever by far. He will be only 21 by the time of the 1980 Olympics in Moscow and Dwayne expects to be there and fulfill all the promises.  
(photo by DON CHADEZ)

(photo at right) CHANDRA CHEESEBOROUGH was the top Junior Woman athlete of the year in both sprints in 1976. Her highest achievement was her 6th place finish in the 100m at the Olympic Games at Montreal, as a 17 year-old. In the shorter sprint, she ran fifteen races at 11.49m or better (11.49 electronic timing is equivalent to 11.3 hand timed). She was the Woman's National Champion and the runner-up at the Olympic trials in Eugene behind the great Brenda Morehead (also a former age group star). In the furlong, she was devastating, becoming the fastest U.S. Junior ever. She finished second again at the Trials, going to Montreal where she barely missed the finals in a star studded international field. She ran seven races under 23.2m in '76 with a best of 23.17m. No doubt one of our brightest star for the future.  
(Photo by JEFF JOHNSON)

## From the Publisher

No doubt, many of our readers must have been wondering where in the world was the magazine. Well, as in previous years, we are awfully late with our first issue of 1977. The reason, as usual, lies in the tremendous work required in the preparation of our Boys and Girls yearly Handbooks. In addition, we also had to put together another booklet - the Directory of Age Group Track and Field Clubs in the U.S., which also includes the listing of all Junior Olympic and AAU Association Chairmen, plus the Age Group Rules and Events.

For some reasons, the response to the hundreds of letters and questionnaires, mailed out in November of '76, was very slow and we ended up by practically doing the job twice, by following up on our sources or writing to new contacts.

Naturally, the magazine suffered the consequences. We are now close to having things under some control, and we will be ready for a normal mailing schedule by the time the season is in full bloom.

We have not even had a chance to properly advertise the Annuals. You will not find a word of them in this issue. So, we might as well say a few words about them right here.

Both Annuals contain in depth listings of the 1976 Age Best performers in all standard events, from Age 8 and under through Age 17 (for the boys) and Age 18 (for the girls), with a lot of pictures from last season. The price is \$1.75, plus .30¢ for postage for each book.

The Directory of Clubs is a very important piece of work, as it has all the information regarding who to contact in your area and what the rules of the Game are. This booklet costs \$1.00 (plus postage), but it can be yours FREE if you buy both Annuals.

The girls book is ready now and the boys Annual and the Directory will be ready by April 23. If a club in your area is handling these volumes for us, you should buy them from the club. You will save on the postage and you will give them a chance to raise much needed funds. If anyone is interested in selling our Annuals, please contact us. We give generous discounts on quantity orders. We promise to reply promptly.

In the interim, we appreciate your patience with us, and we hope that you will remain our loyal readers. Thank you!



## NATIONAL NEWS

★ **NATIONAL JUNIOR OLYMPIC CHAMPIONSHIP** Meet, now sponsored by Sears along with the AAU, is scheduled (along with other National JO sports) at the University of Nebraska in Lincoln on August 11-14, 1977. Six new events have been added at the national level (boys discus/1.6 kg, triple jump, javelin/800 gram, and 330 yard hurdles/36" plus girls javelin/600 gram and 400 meter hurdles/30"). Boys javelin and girls 400 meter hurdles are limited to Senior (16-17) Age Group.

For information on the track and field events, information can be gotten from: K. McEwan, 2640 West "O", Lincoln, Nebraska 68528.

★ A "NATIONAL GIRLS AGE GROUP CHAMPIONSHIPS", sanctioned by the US Track & Field Federation, is scheduled for Central State University, Xenia, Ohio on June 24-26. This is the same site (and the meet is organized by the same group) which hosted the National AAU Boys Age Group Championships last year.

There will be competition for girls from nine & under thru sixteen-seventeen divisions. Very inexpensive accommodations are offered. For information on qualifying standards, housing, and other details, contact:

Norman F. Saettel, Ohio Amateur Track & Field Association  
Post Office Box 1644, Dayton, Ohio 45401

★ **BOYS AGE GROUP NATIONAL AAU TRACK & FIELD CHAMPIONSHIPS** has been set for July 15-17 at the University of New Mexico in Albuquerque. Qualifying standards all boys divisions, bantam (nine & under) through senior (sixteen-seventeen), are exactly the same as those used for the 1975 Boys Age Group Nationals in Gresham, Oregon. For information contact:

Willie Goldsmith, 132 Espejo NE, Albuquerque, NM 87123

★ The **EAST COAST AGE GROUP CLASSIC**, which has become the outstanding late summer boys and girls age group meet in the nation, is being held once again at Fort Meade, Maryland on July 30-31. A complete program of events for youngsters from nine & under through sixteen-seventeen is planned again. For events, qualifying standards and other info, contact:

Chip Ryan, 3007 Bendix Lane, Bowie, MD 20715

★ **NATIONAL AAU JUNIOR WOMEN'S PENTATHLON CHAMPIONSHIPS** for 1977 takes place at Central State University, Xenia, Ohio on June 4-5. This meet will serve as a qualifier for the USA Junior International team which will compete against the USSR Junior later in the summer. Norm Saettel, PO Box 1644, Dayton, Ohio, should be contacted for information. Qualifying standard for this meet is 3200 points. The standard must be reached between September 1, 1976 and May 30, 1977 with the newly accepted 800 meters (replacing the old 200 meter final event).

★ A nationwide **GIRLS POSTAL COMPETITION** being conducted by Miami, Florida's Southwest Track Club. It is requested that girls age group teams from around the country submit their best times and distances made in April (1977) meets, for a comparison of similar teams throughout the nation.

Deadline for submitting results is May 15. For details write: Dr. Robert Miller, Southwest Track Club, 10327 SW 118 Street, Miami, FL 33176.

★ **CALIFORNIA STATE AAU BOYS AGE GROUP CHAMPIONSHIP** Meet Director is having trouble reaching boys track teams in the state. All California boys teams interested in competing in the June 24-25 meet at Cal State University, Long Beach, are urged to contact James Townsend, Meet Director, 1355 W. 32nd Street, Long Beach, CA 90810...(213) 426-1849.

...LATE NEWS...Hunt (23:15) leads USA Junior team to world Junior Championships at Dusseldorf, West Germany on March 20. Froelick (23:44) finishes fifth on the 7500 meter course as Hunt wins by 13 seconds....complete results in March/April issue of Starting Line.

## Qualifying Standards for Nationals

### JUNIOR MEN

**Qualifying Standards for National AAU Junior Men's Meet**  
Knoxville, TN (U of Tenn) - June 18/19 (men born after 1956)

100 yd/100 meter Dash...	9.5/10.4	High Jump.....	6'10"
200 meter/220 yd Dash...	21.1/21.2	Pole Vault.....	15'4"
400 meter/440 yd Dash...	47.4/47.7	Long Jump.....	23'7½"
800 meter/880y Run...	1:51.3/1:52.0	Triple Jump.....	48'8½"
1500m/One mile Run...	3:50.8/4:09.7	Shot Put/16 lb...	53'7"
Two mile Run.....	9:03.0	Shot Put/12 lb...	63'8½"
3 Mile/5000m Run...	13:57.2/14:18.6	Discus/2.0 kg...	159'10"
6 Mile/10000m Run...	29:42.2/30:42.8	Discus/1.6 kg...	174'10"
120 yard Hurdles/39".....	13.8	Hammer Throw/16 lb...	none
110m/120 yd Hurdles/42".....	14.8	Javelin/800 gram...	none
330 yard Hurdles/36".....	38.0	Decathlon.....	none
400m/440 yd Hurdles/36"...	54.3/54.6	2 mile/3 mile Walk...	none
3000 meter Steeplechase...	9:25.8		

#### Notes:

1. Only those events underlined are contested in the AAU Nationals. However, athletes may qualify for equivalent National Championship events, by reaching the standard in any of the events listed above (after December 1, 1976).
2. All entries accepted in those events where no qualifying standards are listed.
3. For further information, contact...Billy Maxwell, University of Tennessee, Athletic Department, PO Box 47, Knoxville, TN 37916.

### JUNIOR WOMEN

**Qualifying Standards for National AAU Junior Women's Meet**  
Los Angeles, CA (UCLA) - June 13/14 (for women born 1958-62)

100 yd/100 meter Dash...	10.9/12.0	100m Hurdles/33".....	14.8
200 meter/220 yd Dash...	24.7/24.8	80 yd Hurdles/30"....	10.6
400 meter/440 yd Dash...	56.0/56.3	110 yd Hurdles/30"....	14.6
800 meter/880y Run...	2:13.0/2:14.0	400m Hurdles/30"....	65.5
1500m/One mile Run...	4:38.5/5:00.0	4 x 110 yd Relay.....	48.0
3000m/2 mile Run...	10:15.0/11:00.0	880y Medley Relay...	1:48.5
3000m/2 mile Walk...	17:00.0/18:00.0	4 x 440 yd Relay...	3:55.0
Shot Put/4 kilogram...	40'0"/12.19m	4 x 880 yd Relay...	9:20.0
Shot Put/8 pound.....	42'0"/12.80m	High Jump.....	5'7"/1.70m
Discus Throw/1.0 kg...	130'0"/39.62m	Long Jump.....	18'6"/5.64m
Javelin Throw/600g...	130'0"/39.62m	*Pentathlon....	3200 points

#### Notes:

1. Only those events underlined are contested in the AAU Nationals. However, athletes may qualify for equivalent National Championship events, by reaching the standard in any of the events above (between January 1 and June 5).
2. All of the times listed above are hand times. For standards in fully automatic electronic timing, add .24 second to all times listed above for sprints and hurdles of less than one lap. For one lap races add .14 second.
3. Girls born in 1963 may compete, but they cannot move down to age group (youth) competition thereafter.
- \*4. Pentathlon standard listed above is for National AAU Junior Women's Pentathlon Championships at Xenia, Ohio on June 4 & 5, 1977...see information elsewhere on this page.

**STARTING LINE POSTAL SIX MINUTE RUN** for School Teams has just one month remaining in the 1976-77 edition. With the May 15 deadline approaching fast, the leaders are:

Elementary Girls (6th grade & below): Andrews School of Syracuse, New York...17½ laps for five girl team;

Elementary Boys: Sussex Road School of Kent, England...20½ laps (overall leader); Andrews...18 laps (USA leader);

Intermediate Girls (8th grade & below): Olle Middle School of Alief, Texas...20½ laps for combined five girls;

Intermediate Boys: McKinley Middle School of Muncie, Indiana...22½ laps for top five boys combined.

For rules, consult page 4 of July/August 1976 issue or write Starting Line for sample entry blanks...but get your entries in to PO Box 878, Reseda, CA 91335 no later than May 15, 1977.



## CLUB HOUSE

### ARROW TRACK CLUB

From sleeping tiger to number One in N. California  
Submitted by LEE HEIZMAN

The growth of track and field for age group boys and girls in the Los Altos and Mountain View areas have surpassed even the wildest dreams of it's founder Greg Elliot.

Elliot formed the local Arrow TC in February 1973 when he perceived that the area was ripe for a sports alternative to Little League baseball. For years Elliot and his teaching partner Dick Liewer had developed outstanding track talent at Santa Rita school in Los Altos, only to see this interest wain due to lack of competition following Los Altos'one and only meet, the Junior Olympics. Consequently, following months of phone calls and sifting through AAU red tape, Elliot received permission to form his track club.

Club supporters remember that 1st season as a "lean" year. By the time the regional championships rolled around, only weight kingpin Diane Bishop could be counted on as a point-getter for the girls squad. The ladies took a long, dismal ride home from Lake Tahoe's olympic track, registering only 9 3/4 points for the entire championship meet! The boys lagged in the same manner with only Ray Spoorenberg gaining prominence with a win in the 100 yd Dash. Of the 120 youngsters who attended low-key practice sessions that first season, only 25 returned to start the 1974 campaign.

Following months of discussion (often very loud) the coaching staff shifted gears and "structured" the Arrow program. Practice sessions were required three nights per week and they were difficult by anyone's standards. The local club progressed slowly like a sleeping tiger, with the girls squad finally astounding the odds makers by finishing third with 125 pts in the regional finals. Perrin Brew spearheaded the Arrow effort and Karyn Hinkelman later became the State high jump champion. Leaping on the bandwagon, the brother team of Dennis and Charlie Lewis, plus tough Dave Stronum led a strong boy's contingent to a similar third place showing. Of the 1974 squad, about 85% returned the following year.

In 1975 Arrow placed third overall in the Pacific Association championship meet, while competing with 21 other northern California clubs. At the national level, young David Smathers won first place for the 9-under in the mile rave walk and set a new U.S. record for that event. Dave was supported by five other boys who finished in the top ten of their individual events. Meanwhile, Beth Harrison and Amy Spangler represented ATC at the Women's and Junior Women's National X-Country meets and Jack Kurr won the state championships for 12-13 boys. In addition, Kelly Brogan, 9, was tops in the country for the triathlon at the National AAU Junior Olympics.

More than 150 youngsters showed up for the start of the 1976 season, most successful in the ATC's brief history. Arrow girls carried away the Pacific Association trophy in all three age divisions. 11 year-old Laura Heizman took three firsts in her division, breaking her own national record in the 50 yard hurdles, and setting a new PAAU record in the long jump with a leap of 16-14. 13 year-old Gillian De Lear dominated the 12-13 shot put while Tammy Billik captured the discus event. Elizabeth Pike finished 1st in the 9-under 880 walk, barely missing the record. Vicky Bray and Gillian DeLear both gained state championships in the mile run and discus respectively.

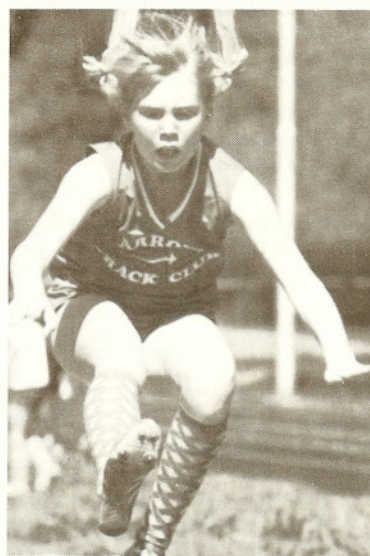
In the boys division, the 10-11 group captured the PAAU trophy, while the 12-13 were third and the 9-under fourth. Dave Smathers, 10, set another national record in the mile Race Walk (8:22.2). Jeff Rossman, also 10, captured a 1st in the triple jump, setting a national standard and David Cowell set a new N. Cal record in the 12-13 discus (141-7).

Other outstanding performers were Brian Bergstrom, Brian Kovacs, Steve Castro, Glen Olds, Jim Palmisano, Reid Johnson. Charlie Lewis, Bill Lull, Mark Ibrahim and A.J. Grossman, to name a few whose performances were among the best in the nation.

Arrow finished the season as the number one club in Northern California and is now looking ahead to 1977. The club is planning to offer specialized assistance to beginners or less mature tracksters who are not yet ready to meet the heavy practice or meet schedule demands of the AAU.

The coaches are considering forming an Arrow J.V., a neophyte branch of the parent club that will participate in some meets and many low key "fun-run" type activities.

Arrow is getting ready and with its own "farm system" should pounce again...and again...and again.



Top Photo - DICK LIEWER, one of the coaches, pointedly gives direction to his charges; Bottom Photos (L to R) - DAVE SMATHERS, LAURA HEIZMAN, KELLY BROGAN and STEPHEN FORSTER.

This page is reserved for clubs and individuals who have a personal statement to make - send in your profiles and interesting anecdotes. Next issue we will highlight the amazing RITCHIE Family of Tallmadge, Ohio.



# 1976 JUNIOR WOMEN RANKING & FINAL LIST by BILL PECK

Since 1971 STARTING LINE has ranked the top ten USA Junior Women on the basis of the entire season record. As in previous ratings, the rank of each athlete for 1976 is based on her competitive record outdoors, as known by the compiler of the Junior lists, Bill Peck. In other words, the rankings are merely the subjective opinion (hopefully based entirely on objective facts) of one person, to indicate the relative value of the series of performances of each athlete throughout the year. The rankings are not based on a hypothetical clash of the athletes concerned.

Girls were ranked on the basis of three factors: (1) performance in the most important meets of the year...National AAU Junior & Senior Championships at Westwood, Olympic Trials in Eugene, US International Team meets in West Germany and the Soviet Union, National Junior Olympic Championships in Memphis as well as other major school, AAU and other competition, (2) consistency throughout the year...determined by the series of marks in the event considered, and (3) best mark in the event for the year...as reflected in the Best Performers List for 1976, which follows each ranking.

## STARTING LINE CALENDAR

### APRIL

- 30 Ozark AAU Pentathlon/Triathlon, Pattonville, MO (B & G, Bantam & up) Jim Dickerson, 12704 Brumley, Bridgeton, MO 63044  
30 Sparta Track Club "Invitational", San Jose, CA (Boys, Bantam & up, T&F) Victor Wright, 2317 Dorval Dr, San Jose, CA 95130  
30-1 Blue Angels "Invitational", Mission Viejo, CA (Girls, Bantam & up, T&F) Don DeNoon, 17416 Oak St, Fountain Valley, CA 92708

### MAY

- 1 National RRCA Postal 4 x 880 Relay, Oceanside, Long Island, NY (Boys & Girls, 5-Under & up) Barry Geisler (212) 298-9873  
1 New Jersey AAU Age Group Meet, Cranford (Boys & Girls, 7-Under to Youth, Track) George Miller, RD #1, 481A, Ringoes, NJ  
7 Florida Gold Coast AAU Meet, Ft Lauderdale (Boys, Bantam & up, T&F) Johnny Alexander, 1109 NW 23 Terrace, Ft Lauderdale, FL  
7 All-America City Relays, Poplar Bluff, MO (B & G, Age Group) Sam Giambelluca, 1020 Kendall Drive, Poplar Bluff, MO 63901  
7 Eastside "Invitational", Bellevue, WA (G & B, Bantam to Int, T&F) Bob Michalak, 7545, 126th NE, Kirkland, WA 98033  
7 Diablo Valley "Invitational", Pleasant Hill, CA (Boys, Bant to Int, T&F) Gary Santos, PO Box 23646, Pleasant Hill, CA 94523  
7 Rialto Classic, San Bernardino, CA (Boys, Bantam to Intermediate, T&F) Dee Weathers, 1423 N Terrace Rd, Rialto, CA 92376  
7-8 Orinda "Invitational", Lafayette, CA (Girls, Bantam & up, T&F/Pentathlon) Don Bailes, 133 Selborne Way, Moraga, CA 94556  
7-8 So California Cheetahs "Invitational", Walnut, CA (Girls, Bant & up, T&F) Ernie Gregoire, 2153 Saticoy St, Pomona, CA  
8 New Jersey AAU Age Group Meet, North Hunterdon (B & G, Bant to Youth, Track) George Miller, RD #1, Box 481A, Ringoes, NJ  
8 Midwestern AAU Age Group Championships, Ainsworth, NE (B & G, Bant to Youth, T&F) K.McEwan, 2640 West "O", Lincoln, NE 68528  
8 Arizona AAU All-Comers, Phoenix, AZ (Boys, Bantam & up, Track & Field) Bruce Frankie, 6112 N 17th Ave, Phoenix, AZ 85015  
14 Southwest Track Club "Invitational", Miami, FL (Girls, Bant & up, T&F) Bob Miller, 10327 SW 118 St, Miami, FL 33176  
14 Southwest AAU Championships, Dallas, TX (Girls, Age Group & up, T&F) Terry Jessup, 4207 Concho, Dallas, TX 75206  
14 Spokane (WA) Kiwanis "Invitational" (Boys & Girls, Bantam to Senior, T&F) Neal Gmeiner, 2016 So Manito Pl, Spokane, WA 99203  
14 Arrow Track Club Meet, Los Altos, CA (Boys, Bant to Int, Relays & Field) Bruce Carney, PO Box 394, Los Altos, CA 94022  
15 Bronx (NY) Bicentennial  $\frac{1}{4}$  Mile Runs, Van Cortlandt Park (B & G, 5-U & up, Track) Barry Geisler (212) 298-9873  
15 New Jersey AAU Age Group Meet, Cranford (B & G, 7-Under to Youth, Track) George Miller, RD #1, 481A, Ringoes, NJ 08551  
15 Coast-to-Coast Postal Meet...entries due (Girls, Age Group, see page 4 details) Bob Miller, 10327 SW 118 St, Miami, FL 33176  
15 Kirkwood (MO) "Invitational" (Boys & Girls, Bantam & up, T&F) Dennis O'Dowd, 573 Fieldmount, Kirkwood, MO 63122  
15 Alief (TX) Track Club All-Comers (Boys & Girls, 6-7 & up, T&F) Jerry Montgomery, PO Box 475, Alief, TX 77411  
15 Pasadena (CA) Rosebuds "Invitational" (Girls, Bantam to Intermediate, T&F) Ron Grey, PO Box 632, Altadena, CA 91001  
15 STARTING LINE NATIONAL POSTAL SIX-MINUTE RUN...entries due (B & G, School teams, see page 4) PO Box 878, Reseda, CA 91335  
21 New York RRC Age Group Runs, Alley Pond Park, Queens (B & G, 5-Under & up, X-Country) Vito DiTommaso (516) 764-1895  
21 Ozark AAU Age Group Championships, St Louis, MO (B & G, Bant to Int, T&F) Roma Poole, 7154 Delmar, St Louis, MO 63130  
21 Miami Valley "Invitational", Dayton, OH (Girls, Bantam & up, Track & Field) Steve Price, 1117 Pursell, Dayton, OH 45420  
21-22 Eastside Youth AC "Invitational", San Jose, CA (Boys, Bant to Int, T&F) Chuck Stewart, 2671 Rosaline Ct, San Jose, CA 95121  
22 New Jersey Podiatry Assn Race Walking Day, Oakhurst (B & G, Age Group) Elliott Denman, 28 N Locust Ave, W Long Branch, NJ  
22 New Jersey AAU Age Group Meet, No Hunterdon (B & G, Bantam to Youth, Track) George Miller, RD #1, 481A, Ringoes, NJ 08551  
22 Arizona Jr Olympics, Phoenix College (Girls, Bantam to Senior, T&F) Bill Sawyer, PO Box 15283, Phoenix, AZ 85018  
22 So Pacific AAU Pentathlon/Triathlon, Pomona, CA (Girls, Bantam & up) Rich Ede, 627 N Indianhill Blvd, Claremont, CA 91711  
28 Region Four AAU Championships, Miami, FL (B & G, Midget & up, T&F) Eli Gagich, 10852 N Kendall Dr #212, Miami, FL 33176  
28 Flashettes "Invitational", Baton Rouge, LA (Girls, Bantam & up, T&F) Bernard Maristany, 817 Sylvan Dr, Baton Rouge, LA 70815  
28 Arizona AAU All-Comers, Phoenix, AZ (Boys, Bantam & up, Track & Field) Bruce Frankie, 6112 N 17th Ave, Phoenix, AZ 85015  
28 So Pacific Assn Junior Olympics, U of Redlands, CA (Boys, Bant to Sr, T&F) Dee Weathers, 1423 N Terrace Rd, Rialto, CA 92376  
28-29 Gulf Junior Olympic Decathlon/Pentathlon/Triathlon, Alief, TX (B & G, Bantam & up) Jerry Montgomery, PO Box 475, Alief, TX  
28-29 Ozark Jr Olympic Championships, Poplar Bluff, MO (B & G, Bant to Sr, T&F) Sam Giambelluca, 1020 Kendall Dr, Poplar Bluff, MO  
28-29 Colorado Gold Classic, Westminster (Girls, Bantam & up, T&F) Gordon Fox, 9350 Osceola, Westminster, CO 80030  
28-29 Pacific Assn AAU Championships, Concord, CA (B & G, Bant to Int, T&F) Hal Apperson, PO Box 1049, Cupertino, CA 95014  
29 New Jersey AAU Age Group Meet, Cranford (B & G, 7-Under to Youth, Track) George Miller, RD #1, 481A, Ringoes, NJ 08551  
28-29 So Pacific AAU Championships, UCLA, Westwood, CA (Girls, Bant & up, T&F) Bob Seaman, 13745 Beach St, Cerritos, CA 90701

### JUNE

- 4 Supreme "Invitational", Albuquerque, NM (Boys, Bant to Sr, T&F) Willie Goldsmith, 132 Espejo NE, Albuquerque, NM 87123  
4 Arizona AAU Championships, Phoenix College (Girls, Bantam & up, T&F) Bill Sawyer, PO Box 15283, Phoenix, AZ 85018  
4-5 NATIONAL AAU PENTATHLON CHAMPIONSHIPS, Xenia, OH (Jr Women & up) Norm Saettel, PO Box 1644, Dayton, OH 45401  
5 Golden Shoe Mile, Oceanside, NY (Boys & Girls, 5-Under & up, Track) Barry Geisler (212) 298-9873  
5 New Jersey AAU Age Group Meet, No Hunterdon (B & G, Bant to Youth, Track) George Miller, RD #1, Box 481A, Ringoes, NJ 08551  
5 So Pacific AAU All-Comers, Long Beach, CA (Girls, Bantam & up, T&F) Bob Seaman, 13745 Beach St, Cerritos, CA 90701  
7 Arizona Jr Olympic Pentathlon/Triathlon, Phoenix (Girls, Bantam & up) Bill Sawyer, PO Box 15283, Phoenix, AZ 85018  
11 New York RRC Age Group Runs, Van Cortlandt Park, Bronx (B & G, 5-Under & up, Track) Barry Geisler (212) 298-9873  
11 RRCA National Postal Mile, Pittsburgh, PA (B & G, 9-Under & up, Track) Shirley McDaniels, 721 Vallevista Ave, Pittsburgh, PA  
11 Florida Gold Coast Jr Olympics, Miami, FL (B & G, Bantam to Junior, T & F) Eli Gagich, 10852 N Kendall Dr #212, Miami, FL  
11 Red Stick "Invitational", Baton Rouge, LA (Boys, Bantam & up, Track & Field) Jim Curley (504) 344-3257



High school programs continued to add depth to the general quality of Junior Women's track in the United States (though it proved more difficult to obtain results of interscholastic competition in 1976). Some events remain very weak (long jump the most notable example) while others (like the high jumps, middle and long distances) continue to improve at a rapid rate, both in quality and depth. For some juniors (as well as recent junior graduates), 1976 was an Olympic year, and several achieved the dream of competing in greatest of all (even with politics and commercialism) athletic occasions

## 100 Meter/ 100 Yard Dash

1-CHANDRA CHEESEBOROUGH, cool and stylish all the way thru the Olympic finals at Montreal (sixth place), ran fifteen races of 11.49m (= 11.3m hand timed) or better, while winning the Senior AAU and finishing runner-up at the Olympic Trials /ranked 2nd in 1974 and 9th in 1973/.

2-KATHEY CRAWFORD, the high school discovery of the year, was undefeated in junior competition outdoors after a brilliant indoor season, winning the AAU Junior plus USSR and West German dual meets and running 11.5m+ six times.

3-PAM WATERS, whose raw talent carried her to the California high school title, third and fifth places in the AAU Junior and Senior meets (recording five times under 11.5m), passed up the international tour for religious reasons.

4-BRENDA CALHOUN, daughter of two-time Olympic gold medalist hurdler Lee, was consistent under pressure, placing sixth in the Senior AAU and reaching the semis at Eugene. 5-BRENDA WINSTON, though failing to make the final in the Junior AAU, returned to place eighth in the senior meet, after many fast early season races (five under 11.5m).

6-LORENE SPEARMAN, sped to fast times in Indiana high school meets (totaled at least seven races of 11.88m or better) and ran a solid fifth in the AAU Junior meet.

7-ELAINE PARKER, though not as fast on the clock as those above (11.8m or better nine times), beat Spearman and Winston at Westwood (fourth) for spot on European tour.

8-LISA HOPKINS, skipped the meets at Westwood, but reached the Olympic trials finals (eighth) and beat fast people.

9-BRENDA FULLER, reportedly ran 10.4y in South Carolina HS competition, then won the Junior Olympic Nationals.

10-LORI GREEN, was USTFF champ, had two races of 10.6y but finished behind Fuller (third) at the JO Meet in Memphis.

Many others, such as Freda Hancock, Rhonda Brady and Val Boyer (who had fast times) plus youngsters Felicia Dupuch and Gwen Laud (who proved better than average in big meets) were hard to leave out of the top ten. Even age grouper Michelle Glover, who was by far the best of her class, could be considered. Always good depth in AAU competition, though not as much as might be expected in high school programs in the short sprint.

### 100 meter/220 yd Dash (m = 100m time)

11.13m Chandra Cheeseborough, FL	6/21	10.9 Robinson, CA	6/ 4
11.60m Brenda Winston (61) CA	5/31	10.9 w Patty Frost (60) NY	6/ 5
11.61m Kathey Crawford (59) NJ	6/15	10.9 w Cornelia Jackson (61) FL	7/24
10.5 Felicia Dupuch (61) CO	5/30	10.9 Sheryl Pernell (61) TN	7/31
11.65m Brenda Calhoun (59) CT	6/12	10.9 Evon Blackmon (58) IN	7/31
11.66m Pam Waters (59) CA	6/12	10.9 w Janice Nomiyama (60) WA	7/31
11.68m Gwen Laud (61) CA	6/15	10.9 w Debbie Adams (58) WA	7/31
11.74m Lisa Hopkins (58) IL	6/20	10.9 Ernestine Davis (58) FL	8/21
10.6 Lorene Spearman (60) IN	5/18	10.9 Lynn Maxwell (60) KY	8/22
10.6 w Rhonda Brady (59) IN	5/29	11.08m Brenda Morehead (57) OH	6/21
10.6 Val Boyer (59) NM	5/30	11.21m Evelyn Ashford (57) CA	7/25
10.6 Lisa Glenn (59) MI	6/19	11.4m Linda Blakely (57) MI	6/ 5
11.77m Elaine Parker (59) CA	5/31	11.77m Stephanie Brown (57) TX	6/11
11.78m Antionette Young (59) PA	6/14	11.6m Carmen Thomas (57) FL	5/29
11.6m Valerie Milan (58) IL	5/22	11.87m Gail Douglas (57) CA	6/11
11.6m Lori Green (60) KS	5/29	11.92m Marie Nickson (57) CA	6/14
10.7 Karen Wechsler (58) IN	5/26	11.7m Yolanda Rich (57) CA	4/25
10.7 Frieda Cobbs (60) CA	5/29	11.7m Sheila Calmese (57) MO	5/29
10.7 w Maria Parson, MD	7/ 4	11.7mw Carrie Sherman (57) MS	6/ 5
10.7 w Kim Robinson (59) CA	7/31	Wind-aided and questionable times: S.	
10.7 w Kelia Bolton (60) CA	7/31	Brown 10.4u; Crawford 11.49mW; Wechsler (58) IN 10.5W; Ramona Breedlove	
10.95 Danita Young (60) CA	5/31	(58) KS 10.5W; Parker 11.65mW; Douglas 11.77mW; Tangye Wallace (58) FL	
11.91m Dollie Fleetwood (58) CA	6/11	10.7wt; Rene Rochester (59) MA 10.8wt	
10.8 Lisa Thompson (60) AZ	5/ 9	Blackmon 10.8wt; Stephanie Hightower	
10.8 Michelle Glover (63) NJ	7/31	(58) KY 11.94mW	
10.8 Brenda Fuller (58) SC	8/21		
11.96m Bernadine Givens (58) LA	6/14		
11.08 Dawn Peters (61) CA	5/31		

## Notes:

1. For girls who have been ranked in previous years, their former ranking have been listed, along with specific and general commentaries about competitors in each event.
2. Rankings have been attempted only for those who qualified as Junior Women in 1976, according to the general international definition (athletes born in 1958 or later). However, since Women born in 1957 were allowed to compete in the AAU Junior Championships, we have added those who fall into this category at the end (as an addendum) to the Best Performers List of 1976.

### Symbols (used in Best Performance Lists):

- u = unconfirmed performance (lacking complete results);  
t = questionable time; w = unknown or questionable wind;  
m (in field field events) = questionable measurement;  
W = wind over allowable limit (2.0 meters per second);  
f = questionable facilities; i = questionable implement;

## 200 Meter/ 220 Yard Dash

1-CHEESEBOROUGH, capped a brilliant Florida high school career and became the fastest USA junior ever, without doubt (seven times under 23.2m in 1976 alone), finishing second at Eugene and barely missing the finals at the Montreal Olympics (sixth in semi-final) /ranked 1st in 1975/.

2-GWEN SMITH, four times Texas high school champ, confirmed her class by finishing runner-up (to fellow Texan Stephanie Brown) in the AAU Junior and winning against West German juniors after seven races under 24.0m /9th ranked 1975/.

3-FREDA HANCOCK, more successful as a long sprinter, was a finalist twice at Westwood, finished a solid sixth at Eugene and was under 24.00m four times /3rd ranked in 1975/.

4-FRIEDA COBBS, was ahead of Hancock in the AAU Junior (third) but behind her in the Seniors, traded places with Smith in the International Junior meets in Europe and somewhat slower on the clock (7 under 24.2m) /rated 4th in 75/. 5-WATERS just about duplicated her high school and open performances in the 100y/100m, finishing fourth in the long sprint at the Junior AAU and running under 24.5y four times.

6-"NETTA" YOUNG was consistent in mid-season, reaching the AAU Junior final (eighth) and running at least five races of 24.5m or better.

7-LORENE SPEARMAN did not compete in furlong in national meets but was very fast in high school meets in Indiana.

8-VAL BOYER ran often and consistently against the best, barely missing the finals twice at Westwood and recording at least 8 races of 24.6m or better /10th ranked in 1975/.

9-CHERYL GILLIAM, Michigan high schooler, was below par at Westwood but won over many speedsters at the National JO.

10-JENNIE GORHAM, had a very fast race in local competition but failed to duplicate the time, while running second to Gilliam at Memphis.

Kansan Lori Green and Connecticut's Brenda Calhoun could have been ranked on the basis of, respectively, one fast time and a place in the AAU Junior. Age grouper Glover wasn't far behind, as a never ending supply of sprinters (especially Texas high schoolers) begin to get more national exposure.

### 200 meter/220 yd Dash (m = 200m time)

23.17m Chandra Cheeseborough (59) FL	7/26	24.5m Norma Jones, NY	5/23
23.8 Jennie Gorham (61) MO	6/19	24.74m Debbie Adams (58) WA	6/14
23.8 Lori Green (60) KS	6/19	24.6 w Joni Lewis (58) KS	6/19
23.95m Freda Hancock (59) CO	6/22	24.6 Michelle Glover (63) NJ	7/31
23.9 Lorene Spearman (60) IN	6/ 4	24.6 Ernestine Davis (58) FL	8/22
24.05m Pam Waters (59) CA	6/14	24.78m Valerie Milan (58) IL	6/14
24.05m Antionette Young (59) PA	6/14	24.82m Wanda Hooker (59) TN	6/14
24.07m Gwen Smith (59) TX	6/10	24.6m Denise Pemberton (58) CA	4/25
24.09m Bernadine Givens (58) LA	6/23	24.7 w Davis, FL	5/15
24.0 Brenda Winston (61) CA	5/ 9	24.6mw Sherrylyn Brown (60) OH	5/22
23.9mw Frieda Cobbs (60) CA	7/ 3	24.7 Felicia Dupuch (61) CO	5/30
24.27m Val Boyer (59) NM	6/22	24.7 Melissa Hill (60) MD	7/31
24.2 Karen Wechsler (58) IN	6/ 4	24.7 Sneryl Pernell (61) TN	7/31
24.2 w Ramona Breedlove (KS)	6/19	22.94m Brenda Morehead (57) OH	6/11
24.37m Brenda Calhoun (59) CT	6/14	24.07m Stephanie Brown (57) TX	6/11
24.42m Brenda Gullede, IL	6/14	24.30m Linda Blakely (57) MI	6/14
24.43m Elaine Parker (59) CA	6/14	24.3mw Yolanda Rich (57) CA	3/20
24.44m Lisa Hopkins (58) IL	6/22	24.7 Pat Helms (57) PA	5/15
24.3 w Maria Parson, MD	7/ 4	Wind-aided and questionable times:	
24.3 Cheryl Gilliam (59) MI	8/22	Morehead 22.49mW; Cheeseborough 22.64m	
24.4 Jeanine Brown (60) TX	5/ 7	W; G.Smith 23.22mW & 23.7wtu; Rich	
24.4 Jocelyn Bentley (61) KS	6/19	23.2mW; Hancock 23.44mW; Gullede 23.5	
24.5 w Sherrie Golden (59) TX	5/ 7	W; S.Brown 23.78mW; Wechsler 23.7W;	
24.4m Brenda Turner (61) NY	5/29	Sheila Ingram (57) DC 23.9wfu; Adams	
24.73m Pamela Lane (60) NY	6/14	24.3w; Sue Monda, MA 24.5W; Willetta	
24.5m Kim Robinson (59) CA	3/21	Page, IL 24.7W	
24.6 Robena Johnson, TX	5/ 7		



For purposes of both the best performers lists and rankings, fully electronic times have been converted on the basis of the normal international method (subtract .24 to hand-time in sprints and hurdles shorter than one lap, .14 in one lap races).

## 440 Yard Dash

1-ROBIN CAMPBELL ranks with Mable Ferguson as the best American junior ever in this event. Though she didn't come close to her brilliant international and domestic record of the previous year, Robin was the top true junior at Westwood (second in the Junior AAU) and at Eugene (semi-finals) in addition to four sub-54.0m races /ranked 1st in 1975, 6th in 1974 and 5th in 1973/.  
2-CHRIS MULLEN started the year as a promising Massachusetts high schooler and finished with a fast-closing third in the AAU Junior, followed by a third and second, respectively vs. USSR and GFR, recording four under 54.5m efforts.  
3-KIM THOMAS added to the strong metropolitan New York middle distance tradition with four 54.6m or better outings, besting Mullen at Talinn, and just behind her at Westwood.  
4-JENNIE GORHAM improved on her exceptional age group credits by trouncing the best intermediates at the Westwood and followed with a decisive National JO win, with 3 x 54.2y.s.  
5-SHERRIE GOLDEN, a Texas school sprinter, was not as fast generally as the top four, but finished sixth at Westwood then dipped under 54.0m as a non-scoring winner in Germany.  
6-SUE HAYNES, Iowa high school product, finished just ahead of Golden at Westwood and had three races under 55.1m.  
7-MARQUITA BELK, California prep champ on the day after her fifteenth birthday, was seventh in the Junior AAU and had at least six one lapper of 56.0y or better.  
8-CAROLYN DIGBY, completely unknown as the season began, dominated Oregon high school competition, then belied her age (15) and inexperience by reaching the AAU Junior finals.  
9-PAMELA SEDWICK took all-comers in dominating Indiana high school meets, then finished a solid third at the National Junior Olympics, recording three 55.0y races or better.  
10-SHERRYLYNN BROWN, another age group phenom, finished one place ahead of Sedwick at Memphis and was a consistent runner up in big meets, but not nearly as fast clockwise.

Other young talents, like Linda Portasik of Virginia and Dana Arnim of Washington, plus New York's Rosemarie Giampalmo could have been ranked. There is an unending supply of talent in this event, though age group talent was down a little from 1975 - "only" 33 age groupers (youth and midget) under 60.0 seconds for 440 yards, compared to 36 the previous year. And the juniors contribute mightily on the international scene, Sheila Ingram's impressive year (especially at Montreal) being the most recent example.

### 400 meter/440 yd Dash (m = 400m time)

53.38m	Robin Campbell (59) FL	6/14	55.94m	Robbie Mitchell (58) CA	6/14
53.91m	Sherrie Golden (59) TX	7/7	55.9m	Stephanie Vega (58) NY	5/2
54.1	Jennie Gorham (61) MO	8/22	56.0m	Debbie Jacobsen (58) LA	5/29
53.99m	Chris Mullen, MA	6/14	56.0m	Yvonne Braxton (58) CO	6/14
54.31m	Kim Thomas (59) NY	6/15	56.3	Sandra Childs (60) TX	8/21
54.5	Marquita Belk (61) CA	6/13	56.16m	Avis Mailey, IN	6/14
54.34m	Sue Haynes (58) IA	6/15	56.21m	Cynthia Tyler (60) CA	5/31
54.9	Pamela Sedwick (58) IN	6/4	56.21m	Pam Green (59) CA	5/31
54.80m	Tangye Wallace (58) FL	6/14	56.5	Debbie Dunn (60) PA	6/13
54.91m	Rosemarie Giampalmo (59) NY	6/14	56.6	Vicki Bryant (58) NC	7/31
54.94m	Carolyn Digby (61) OR	6/5	56.6	Christy Vitse (59) MN	8/21
55.10m	Dana Arnim (60) WA	6/14	56.7 f	Sue Monda, WA	5/29
55.3m	Andrea Andrews (58) NY	5/23	56.8	Elizabeth Morris (58) TX	5/8
55.7	Linda Portasik (61) VA	7/31	56.8	Kathy Jones, CA	5/28
55.7	Sherrylynn Brown (60) OH	8/22	50.90m	Sheila Ingram (57) DC	7/29
55.8	Wilma Harris (58) TX	4/24	52.76m	Sharon Dabney (57) PA	8/4
55.9	Sharon Acker (60) CO	6/13	53.8m	Yolanda Rich (57) CA	5/1
55.9	Kelsie Giles (59) WA	8/22	54.29m	Pat Helms (57) PA	6/23
55.77m	Linda Miller (58) VA	6/14	54.97m	Constancia Simpson (57) NY	6/14
55.81m	Sandy Miller (59) NY	6/14	55.3m	Janis Vetter (57) OH	7/3
55.81m	Adrienne Lair (58) CA	6/14	55.71m	Essie Kelley (57) TX	6/21
56.0	Melissa Hill (60) MD	7/31	55.6m	Debbie Bottomley (57) CA	4/4
55.90m	Rochelle Collins (60) MI	6/14	55.9m	Kathy Keys (57) CA	3/21
55.8m	Carla Hunt, NJ	5/23	Questionable time: Anne McKillop (59) NJ 56.7F		
56.1	Julie Seaton (59) IL	6/5			
56.1	Barney Sue Carral (61) CA	6/13			

## 800 Meter/ 880 Yard Run

1-KATHY WESTON, having abandoned shorter races altogether, chose the right moment to run her best two-lapper, qualify-third at Eugene for the Olympic team. Previously she had run a strong second in the Senior AAU and later ran a respectable 2:03.3m in a heat at Montreal in super company. Along the way, Kathy recorded no less than seven races under 2:05.0m for the second year /1st in 1975, 3rd in 1974/.  
2-LYNN HOLLINS, after a year away from track, trained in Florida with Brooks Johnson and returned better than ever, winning the AAU Junior, finishing seventh in the AAU Senior and getting the runner-up spot in both International Dual Meets in Europe /5th ranked in 1974 and 1973/.  
3-KAREL JONES, New York newcomer, was very consistent with no less than nine races under 2:09.5m, finishing third in the Junior AAU, one place ahead of Hollins in the Senior AAU and just behind Lynn at Talinn and Ludenscheid.  
4-JOHANNA FORMAN ran very well to make the finals in the AAU Senior and reached the semi-finals at Eugene, but generally ran in the 2:14 range /3rd in 1975, 8th in 1974/.  
5-JULIE STIBBE, at 15, improved greatly to grab a solid sixth in the AAU Junior meet at Westwood.

6-ANN REGAN, just 14, was right behind Stibbe at Westwood and was under 2:12.4y on at least three occasions.  
7-DANNA GLIDDEN, Minnesota high schooler, scored a tremendous upset win, over tough competition at the National JO.  
8-ROBIN BLAINE ran behind teammate Jones in several races and faltered in the AAU Junior finals though she was faster at times than some of those ranked above /5th in 1975/.  
9-CINDY WORCESTER, top prep runner in Kansas, got the runner-up spot at the National JO meet in Memphis.  
10-DEANNA COLEMAN improved her superior age group bests with two races under 2:09.0y in local races, but could not keep up with Glidden, Worcester and others in her one big chance at Memphis in the National JO meet.

Spots fifth through tenth could have been ranked in any order and Texan Kathy Vetter could have been in the top ten as well. Most ran well once or twice, but had their inconsistencies. Several others were in the 2:11-2:15 range and fifteen age groupers were under 2:20 for 880 yards as well. The best prospects in the "half", however, are probably quarter-milers moving up (Weston, Jones, Regan, Blaine are examples) as the two-lappers go to the longer distances.

### 800 meter/880 yd Run (m = 800m time)

2:00.73m	Kathy Weston (58) NV	6/22	2:14.87	Lynn Lashley (58) NC	7/17
2:05.93m	Lynn Hollins (58) CA	6/11	2:15.02	Katie Mountain (58) OR	5/29
2:05.94m	Johanna Forman (59) MA	6/11	2:15.1	Melody Miller (58) IL	6/5
2:06.28m	Karel Jones (58) NY	6/11	2:15.1	Marchele Wiersen (62) OR	6/13
2:08.60m	Deanna Coleman (61) WA	6/5	2:15.3	Adrienne Lair (58) CA	4/17
2:10.4	Danna Glidden (58) MN	8/22	2:15.5	Kay Stormo (60) SD	8/21
2:09.8m	Robin Blaine (59) NY	6/14	2:15.4	Mary Decker (58) CA	1/4
2:09.9m	Julie Stibbe (61) OH	6/15	2:15.7 f	Kim Seelye, WA	5/29
2:10.0m	Ann Regan (61) CA	6/14	2:14.8mf	Cathy Kirchner (59) DE	5/30
2:10.9	Cindy Worcester (58) KS	8/22	2:15.8	Lynne Honeywell (61) CA	6/5
2:10.2m	Roma Antoniewicz (59) CA	5/23	2:15.8	Regina Felix (61) NY	6/13
2:11.9	Kathy Vetter (61) TX	8/22	2:16.0	Chris Stoiloff (61) CA	1/25
2:12.0	Rochelle Collins (60) MI	8/22	2:16.0	Carol Wilkins, WA	5/28
2:12.4	Barney Sue Carral (61) CA	5/23	2:16.0	Donna Gardner (58) PA	8/21
2:12.4	Laurie Mullins (60) CA	5/23	2:05.48m	Susan Vigil (57) NM	6/22
2:12.38	Ellen Schmidt (58) OR	5/29	2:06.2m	Ruth Kleinsasser (57) CA	4/24
2:12.8	Ellen Brewster (59) WI	8/22	2:08.0m	Janis Vetter (57) OH	6/15
2:12.2m	Paula Rose (61) CA	4/25	2:08.5m	Kathy Keys (57) CA	6/15
2:13.1	Brenda Falash (59) ID	8/22	2:11.9m	Kathy Costello (57) CA	5/23
2:12.3mf	Lalani Kelly (59) DC	5/30	2:13.60m	Dala Ramsey (57) OR	6/5
2:13.3	Alice Trumbly (59) CA	6/5	2:14.5m	Julie Wise (57) MD	6/6
2:13.7	Susie Meck (60) CA	6/5	Questionable times: Kleinsasser 2:05.2 mF; Teresa Wiersen (59) OR 2:11.2F; Ashby 2:11.8mf; Julie Shea (59) NC 2:13.4F; Th.Faucett (59) PA 2:14.8mf		
2:13.9	Jill Haworth (61) MD	8/21			
2:14.4	Karin Von Berg, NY	6/5			
2:13.7m	Cindy Ashby (58) NM	6/14			
2:14.7	Diana Stohr (58) CA	6/5			

## 1500 Meter/ ONE Mile Run

1-JULIE SHEA, near the top of her age class for six years or more, became an internationalist for the first time by virtue of her third place finish at the AAU Junior. She was only fourth vs. the USSR juniors but scored a nice win in West Germany, accumulating five 1500m races under 4:31 during the year /9th ranked in 1975, 10th in 1974/.  
2-MARGARET GROOS, though bothered by injury and illness in mid-season, hung on for fifth in the AAU Junior then scored with two good third places in both international dual meets while recording five 4:30.0m times or better /2nd in 1975/.



Times made at metric distances (marked "m") have been listed without conversion, but have been inserted into the proper position on the basis of average pace for the respective equivalent English distance.

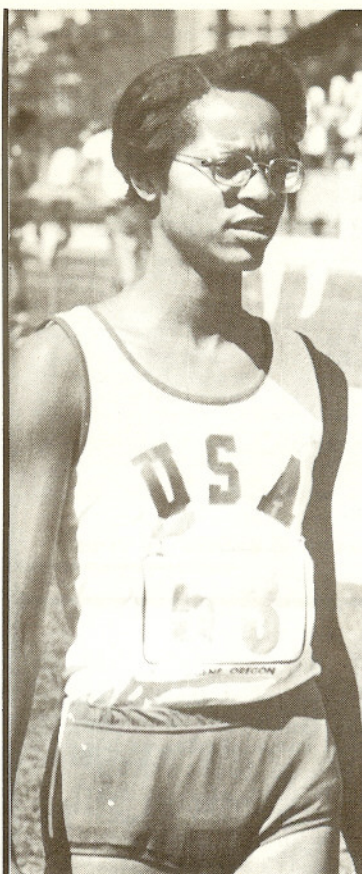
3-LYNN JENNINGS followed up a fine cross country season with a solid fourth (ahead of Groos) at Westwood and dipped under 4:34.5m four times, after school meets in Mass.  
 4-PAULA ROSE, even faster than Shea as an age grouper had no less than seven races under 4:33.0m, but was just seventh in the AAU Junior /ranked 6th in 1975/.  
 5-ERYN FORBES, ran early and often in school and AAU meets, leading to a foot injury, lack of condition and under-par performances at Westwood and Eugene, yet she recorded six 1500m races under 4:34.0m /ranked 3rd in 1975/.  
 6-TANIA WELLS, feather-footed fourteen year-old, fought to a sixth place finish in the AAU Junior meet, then finished the season grandly, including a thrilling triumph in the National Junior Olympic meet in her hometown, Memphis.  
 7-AILEEN O'CONNOR, 15, paced Wells to fast times twice (including the exciting Memphis mile) trounced the best intermediates at Westwood and dipped under 5:00 miles five times.  
 8-ROBIN CAMPBELL whipped a top field in the Penn Relays 1500, but ran too seldom to be ranked higher /3rd in 1974/.  
 9-LYNN HOLLINS was runner-up to teammate Campbell at the Penn Relays, but like Robin concentrated on other events.  
 10-DEANNA COLEMAN reportedly was under 4:50 in a meet in Washington state, finished eighth in the AAU Junior and had three marks under 4:32.5 for 1500 meters (or equivalent).

Californians Kathy Adams and Linda Broderick could have been ranked on the basis of consistency. A five minute mile (4:37.1 for 1500 meters) "barrier" is a thing of the past. No fewer than 20 USA juniors accomplished the task in 1975. Too many of the young phenoms are not continuing to improve in their late teens, however. Some day these athletes - and more importantly, their coaches - may learn that 25 to 40 meets per year can have disastrous consequences.

1500 meter/One mile Run (m = 1500m)					
4:23.98m Robin Campbell (59) FL	4/22	4:37.9m Ellen Schmidt (58) OR	4/24		
4:24.5m Julie Shea (59) NC	7/7	5:01.1 Suzanne Keith (60) CA	1/4		
4:24.6m Paula Rose (61) CA	6/11	5:01.3 Christina Troffer (58) CA	6/5		
4:25.2m Margaret Groos (59) TN	7/2	4:38.4m Glenda Valley (61) TN	6/14		
4:25.94m Lynn Hollins (58) FL	4/22	5:01.7 f Betsy Oberle (60) IL	5/29		
4:26.2m Eryn Forbes (61) OR	4/24	4:38.8m Terrie Wegner, ND	6/14		
4:27.4m Lynn Jennings (61) MA	6/15	4:39.9m Heather Telford (58) CA	5/23		
4:50.2 Tania Wells (61) TN	8/22	5:03.0 Vicki Bray (61) CA	6/4		
4:51.0 Aileen O'Connor (61) MD	6/18	5:03.1 Lisa Matthews (62) NM	6/13		
4:31.53m Deanna Coleman (61) WA	6/14	5:03.2 Ann Trason (60) CA	6/13		
4:32.19m Linda Broderick (58) CA	6/14	5:03.3 Maggie Keyes (58) CA	5/29		
4:55.4 Jill Haworth (61) MD	6/13	5:03.3 Karen Bain (61) CA	6/4		
4:33.44m Sarah Sweeney (59) CA	6/14	5:03.4 McCormack, FL	5/15		
4:56.4 Lynne Maltinski (60) CA	5/28	5:03.7 Sue Munday (58) CA	6/4		
4:56.5 Sharon Hulse (62) CA	6/13				
4:34.1mf Lorna Orleman (58) NY	7/3	4:16.03m Ruth Kleinsasser (57) CA	6/12		
4:57.9 Regina Felix (61) NY	6/13	4:22.5m Debbie Quatier (57) FL	6/15		
4:35.2m Donna Gardner (58) PA	6/6	4:26.3m Joan Benoit (57) ME	6/15		
4:58.6 Carol Lantry (63) CA	5/31	4:31.20m Kathy Costello (57) CA	6/14		
4:35.9m Nancy Frank (60) NY	6/6	4:31.68m Carol Flournoy (57) CA	6/14		
4:58.7 Lynn Lashley (58) NC	8/22	4:32.23m Terrie Winnie (57) WA	6/14		
5:00.0 Stacey Kearns (60) CA	6/4	4:37.2m Marie Kastrop (57) OH	6/14		
5:00.2 Janel LeValley (60) KS	8/21	4:40.1m Kathy Jewell (57) CA	5/16		
5:00.44 Mary Shea (60) NC	7/17				
5:00.5 Kelly Wells (61) CA	5/28	Questionable times: Costello 4:29.5mf			
5:00.8 Sandy Hoffman (61) OH	8/21	Mary Rave (59) PA 4:55.9u; Robin Castor (59) CO 4:35.4mf; Becky Wick, WA 5:02.4fu			

### 3000 Meter/ TWO Mile Run

1-AILEEN O'CONNOR early in 1975 was known in an about the District of Columbia, but by the end of 1976 she had established herself as the successor to Lynn Bjorklund as the top junior distance runner in the country, by virtue of a long string of wins from April thru cross country season, including National AAU Junior and Junior Olympic two mile wins (she ran at least five times under 10:49 for 2-miles).  
 2-KAREN CRAMOND makes up for lack of speed with a real fighting spirit which carried her to runner-up spot at the AAU Junior Women's meet /ranked 7th in 1975/.  
 3-JULIE SHEA, by far the longest strider among her peers in his event, lasted for fourth in the AAU Junior /8th in '75/.  
 4-BETTY SPRINGS emerged from Florida school competition to take a very solid second place at the National Jr. Olympic.  
 5-IRENE GRIFFITH, high schooler from the state of Washington, was not far behind Springs at the Memphis National JO, and ran under 11:00 for two miles no less than four times.



ROBIN CAMPBELL



AILEEN O'CONNOR

6-KATHY ADAMS regained most of her form of former years with a solid fifth in the AAU Junior and at least least three races under 10:09.0 for 300 meters /7th in 1974/.  
 7-LORA CARTWRIGHT ranked highly on the boys team at her Indiana junior high school so her solid fourth place finish at the National JO meet, at 14, should be no surprise.  
 8-ROXANNE BIER, though small in stature and young (14) in age, gave little ground in finishing sixth in the AAU Junior and whipping the intermediate field at Westwood. She garnered at least five sub-11:01 (2 mile) clockings.  
 9-MARY KUNKEL, who high jumps as well, was the winner of the unseed flight (fifth best time) at Memphis.  
 10-DIANE BARRETT, National AAU Junior Women's Marathon Champ at age 15 (one of the few females ever to run under 2 hours and 50 minutes), dropped down to the two-mile "sprints" often enough to better 11:13 at least thrice.

3000 meter/Two mile Run (m = 3000m)					
10:19.0 Aileen O'Connor (61) MD	8/21	10:14.4m Jill Haworth (61) MD	6/15		
9:39.8m Karen Cramond (58) NM	6/15	11:05.8 Susan Agnew, IL	6/5		
9:43.2mf Julie Shea (59) NC	3/27	9:39.0m Joan Benoit (57) ME	6/12		
10:38.1 Betty Springs (61) FL	8/21	9:39.59m Debbie Quatier (57) WA	6/12		
10:39.8 Irene Griffith (60) WA	8/21	10:53.8 Kathy Costello (57) CA	4/25		
10:40.8 Lora Cartwright (61) IN	8/21	10:12.0m Ann Wotherspoon (57) CA	6/15		
9:56.2m Kathy Adams (59) CA	6/15	10:14.0m Kathy Jewell (57) CA	5/23		
10:46.4 Mary Kunkel (59) MO	8/21	11:05.1 f Bev Roland (57) IL	5/29		
10:47.2 Diane Barrett (61) AZ	1/25				
9:58.0m Roxanne Bier (61) CA	6/15	Questionable times: Quatier 9:38.0mf			
9:58.8m Christina Troffer (58) CA	6/15	Marjorie Kaput (58) AZ 10:44.7F; Hilary Noden (58) NJ 10:51.6F; Cynthia Wadsworth, CT 11:03.3F			
9:59.0m Ann Trason (60) CA	6/15				
10:50.4 Suzanne Keith (60) CA	4/11				
10:51.9 Tania Wells (61) TN	8/21				
10:03.4m Ann Thrupp, CA	6/15				
10:53.9 Mary Shea (60) NC	8/21				
10:04.4m Sue Munday (58) CA	6/15				
10:54.6 Robin Smith (58) IL	6/5				
10:56.9 Mary Ann Opalewski (59) MI	6/19				
11:10.8m Donna Sanchez (62) CA	5/23				
11:02.0 f Donna Gardner (58) PA	4/4				
11:02.2 Estella Guina (58) CA	5/9				
11:03.4 Diana Halpin (60) NY	6/5				
11:03.7 Anne Quinn, IL	6/5				
10:13.2m Shelli Wooldridge (60) CA	5/23				
11:04.7 Diane Esslinger (61) CA	5/31				

5000 meter Run					
26:32.0 Cynthia Johnson (58) CA	4/24				
26:58.6 Lisa Metheny (60) CA	5/2				
27:19.8 Becky Villalvazo (61) CA	4/24				
27:21.6 Chris Sakelarios (59) CA	6/11				
27:32.6 Teri Teegarden (59) CA	6/11				
27:50.2 Eileen Smith, NY	6/11				
27:54.0 Georgia Sakelarios (61) CA	6/11				
28:21.8 Sharlene McGinley (62) CA	5/23				
28:23.2 Jill Steiner (59) CA	6/11				
28:57.0 Melissa Steinle (60) CA	6/11				

Questionable times: G. Sakelarios 27:41.6F; Laura Spencer (61) CA 27:57.0F



## ONE Mile Race Walk

### 3000 meter/Two mile Walk (y = 2 mile)

14:50.2	Lisa Metheny (60) CA	6/15	16:47.2	Cindy Luebben (60) OH	6/15
15:30.7	Tracy Trisco (61) CA	6/15	16:52.2	Norma Howitt (61) CO	6/15
15:43.4	Linda Brodock (59) CA	5/23	16:52.4	Melissa Steinle (60) CA	6/15
15:49.3	Becky Villalvazo (61) CA	6/15	16:56.2	Debbie Porter, CA	5/16
15:53.0	Eileen Smith, NY	6/15	Questionable time: Chris Sakelarios (59) CA 16:10.0yPc		
15:53.0	Liz Dufour (59) AZ	6/15			
16:02.6	Georgia Sakelarios(61)CA	5/23			
16:04.2	Cynthia Johnson (58) CA	5/23			
16:08.0	Teri Teegarden (59) CA	5/16			
16:13.5	Laura Spencer (61) CA	5/23			
16:18.2	Amy Spangler (61) CA	6/15			
16:26.0	Mary Devries (60) OH	6/15			
16:29.0	Jill Steiner (59) CA	6/15			
16:34.4	Sharlene McGinley (62)CA	5/16			
16:37.2	Karlene Waskow (60) CA	2/29			
16:37.8	Paula Schurwonn (61) CO	6/15			
16:38.8	Laura Janousek (59) CA	6/15			

### One mile Walk

7:30.3	Lisa Metheny (60) CA	6/13
7:46.5	Tracy Trisco (61) CA	5/31
7:46.8	Cynthia Johnson (58) CA	1/25
7:54.9	Teri Teegarden (59) CA	1/25
8:01.7	Bekky Villalvazo (61) CA	6/13
Questionable time: Linda Brodock (59) CA 7:57.5F		

## 100 meter Hurdles 30Inch - 33Inch

1-RHONDA BRADY, quicker than ever, repeated as the top ranking junior by winning sensationally at Westwood (over the strongest AAU Junior field ever) and, surprisingly, at Eugene. She had faltered somewhat in the AAU Senior (fifth) and was overmatched at Montreal (fifth in first round heat) but compiled an impressive nine races (33" hurdles) under 14.0 and fast 30" hurdles as well /1st in '75, 3rd in '74/. 2-SONYA HARDY exchanged places with Brady at Westwood (second in AAU Junior and an impressive third in the Senior), but narrowly missed the Olympic team with a fourth at Eugene. She had at least seven races of 13.7 or better to garner second place ranking again /2nd in '75, 2nd in '74/. 3-KAREN WECHSLER concentrated on hurdling, rather than the sprints, ran quick low hurdles in early season, placed a solid third behind the top two in the AAU Junior (and was a semi-finalist in the Senior) to qualify for International Duals, where she was fourth vs. USSR but first vs. West Germany, with six 13.7 or better races /ranked 4th in 1975/. 4-LORI DINELLO, approaching Brady for quickness, ran at least seven times under 14.2 (including an excellent fourth in the AAU Junior after reaching the semis in the Senior) then picked up two third places in the European dual meets. 5-NANCY KINDIG, mostly a pentathlete, was nevertheless a solid fifth in the Junior AAU and recorded at least four 14.1 or better times /7th ranked in 1975/.

6-DEBI KILHOFFER returning to her form of 1974, recorded the nations fastest reported high school 110 yard low hurdle time in hot Illinois interscholastic competition, ran well at Westwood (seventh in Junior) and recorded at least four times of 14.2 (highs) or equivalent /5th in 1974/. 7-DEBBIE JACOBSEN did not retain her form of the previous season, but nevertheless reached the finals (eighth) at Westwood with at least four races (33") under 14.50. She also placed fourth at Memphis and had at least three 14.1 low hurdles races, including a fast windy time /5th in '75/. 8-TAMMY ETIENNE, Pennsylvania high school champ with one of nation's fastest 80 yard low hurdle times, held excellent form in late summer, dominating the JO field at Memphis, but had no opportunity to try the 33 inch barriers. 9-JANET BEALL was runner-up to Etienne in her hometown at the National JO and a winner in the 33 inch hurdles at the East Coast Invitational at Fort Meade in late summer. 10-PATRICIA KNIGHTON had the nation's fastest 80 low hurdle time in Connecticut high school meets, ran poorly in the "highs" at Westwood, then placed fifth at Memphis.

The top four (three of whom are still Juniors internationally) are definitely world class, while a few others are getting there. 1976 was a banner year for "timber-toppers", though limited opportunities for good competition over the 33 inch barriers inhibit the development of depth.

### 100 meter Hurdles (30 inch)

13.4 f	Rhonda Brady (59) IN	5/29	14.28	Debi Kilhoffer (59) IL	6/15
13.5 f	Karen Wechsler (58) IN	5/29	14.34	Debbie Jacobsen (58) LA	6/14
14.0	Kim Costello (60) CA	3/21	14.40	Terry Gladnick, PA	6/10
14.0	Debbie Jacobsen (58) LA	8/21	14.3 t	Rosalind Anderson (58) MD	5/23
14.29	Kris Costello (60) CA	6/13	14.6	Stephanie Hightower(58)KY	6/14
14.1	Vivian Talley (59) FL	6/12	14.62	Tami Essington (59) IL	6/14
14.1	Tammy Etienne (59) PA	8/21	14.4	Jean Christensen (59) CO	5/30
14.37	Tawny Singleton (62) CA	5/31	14.67	Brenda Calhoun (59) CT	6/14
14.2 w	Laverne Palmer (59) FL	7/24	14.6	Dana Collins (58) OR	5/28
14.52	Kathy Iuhas (61) CA	5/31	14.86	Debra Deutsch, NJ	6/14
14.3	Cheryl Glazier (60) CA	5/23	14.91	Danita Alford (59) TX	6/14
14.3 f	Laura Kutska (60) IL	5/29	14.8	Teri Seippel (58) OH	5/28
14.3	Janet Beall (59) TN	8/21	14.8 w	Linda Karecki (62) IL	5/28
14.3	Patricia Knighton (58) CT	8/21	15.08	Patricia Knighton (58) CT	6/6
14.4 w	Linda Weekly (58) MO	6/12	15.15	Laura Kutska (60) IL	6/14
14.4 w	Tami Sherman (59) KS	6/12	15.15	Lena Gibbs (58) TX	6/10
14.4 w	Lisa Gouridine (59) CA	6/27	14.9	Cheryl Glazier (60) CA	2/15
14.4	Laurita Harris (59) VA	8/21	14.9	Shelley Harris (58) AZ	2/21
14.5 w	Patsi Walker (59) WA	7/31	15.0	Lisa Gouridine (59) CA	5/6
14.5	Penny Fales (59) NJ	8/21	15.0	Anne Gilliland (59) NM	5/28
14.6	Shelley Harris (58) AZ	5/1	15.0	Kathy Johnson (59) OR	5/28
14.6	Cheryl Hawthorne (59) CA	7/18	15.0	Janet Beall (59) TN	7/31
14.6 w	Renita Garnett (61) WA	7/31	13.9	Kim Herrman (57) PA	6/10
14.6	Tami Essington (59) IL	8/21	14.36	Yvonne Boone (57) CA	6/15
14.85	Linda Karecki (62) IL	6/13	14.61	Cyndie Cummings (57) WA	6/14
			15.03	Christine Perron (57) MA	6/14
			14.8 w	Gale Smith (57) PA	8/8

### Wind-aided and questionable times:

Jacobsen 13.6W; Jean Christensen (59) CO 14.1wt; Hawthorne 14.1wt; Harris 14.2wt; Mary Smith (57) MO 14.4W; Betty Spencer (57) MS 14.4W

### Wind-aided and questionable times:

Brady 13.25W; Calhoun 14.1W; Lena Gibbs (58) TX 14.2wf; Collins 14.4W; Knighton 14.62W; Stella Edwison, CA 14.71W; Cheryl Poirier (58) FL 14.76W; Cindy Bartlett, CT 14.6W; Debbie Esser (57) IA 14.87W; Seippel 14.94W; Harris 14.99W; Sharon Clarke, OH 14.98W; Dana Davidson, CA 15.01W; Maryann Wojicki, NJ 15.04W; Betty Spencer (57) LA 14.9wf; Jeanine Shepherd (57) WA 14.9wt

### 100 meter Hurdles (33 inch)

13.50	Sonya Hardy (59) CO	6/11
13.53	Rhonda Brady (59) IN	6/15
13.5	Karen Wechsler (58) IN	7/31
13.80	Lori Dinello (60) IL	6/15
14.10	Nancy Kindig (58) NE	6/15

## 400 Meter Hurdles

1-TERESA WIERSON finally got some competition in this event and proved herself up to the challenge by placing second at Westwood (to great collegiate champ Debbie Esser), dipping under 60.0 twice. 2-STEPHANIE VEGA, from the powerful Atoms Track Club (New York)stable, was third in the AAU Junior and fifth in the Senior, bettering 61.0 at least five times. 3-PENNY FALES, New Jersey high schooler, turned in a series of creditable times (four times under 62.60) and a fourth place in the AAU Junior after reaching the AAU Senior semis. 4-DEBORAH ROMSEK was fifth and eighth in the AAU Junior and Senior, respectively, with three races under 62.60s. 5-MELINDA OBEY, a teammate of Vega, placed sixth at Westwood and had at least three 62.6 races or better. 6-TAMI ESSINGTON was not as fast on the clock as others ranked, but she did beat all except those above in placing seventh in the AAU Junior and reaching the Senior semis. 7-DEBBIE CUEVAS was eighth at Westwood, finishing ahead of those ranked below. 8-ALISON REED ran very fast in the semi-finals at Westwood but faltered in the finals (eighth). 9-THERESA FAUCETT had one superior time and another good time, but did not get a chance to face most of those above. 10-CAROLYN BING narrowly missed the finals at the Junior AAU and had three races under 64.0 /ranked 5th in 1975/.

Very little competition in this event during the season, but theoretically the situation will change beginning this year, since the one lap hurdles is being increasingly accepted nationally.

### 400 meter Hurdles (30 inch)

59.27	Teresa Wierson (59) OR	6/15	63.36	Amber Souza (58) CA	5/31
59.65	Stephanie Vega (58) NY	6/14	63.5	Sonya Hardy (59) CO	5/1
61.27	Deborah Romsek, KY	6/11	63.80	Tami Sherman (59) KS	5/29
61.31	Alison Reed (60) CA	6/14	63.9	Geraldine Hall, CO	5/30
61.3	Lois Davis (61) PA	6/6	64.18	Stacy Allen (60) LA	5/29
61.3	Theresa Faucett (59) PA	6/6	64.2	Sylvia Floyd (60) PA	6/6
61.47	Penny Fales (59) NJ	6/14	64.71	Kathy Zielszinski, IA	6/14
62.52	Melinda Obey (58) NY	6/14	64.7	Ann Rutledge (58) NY	5/29
62.63	Debbie Cuevas (59) AZ	6/14	64.9	Kathy Weiss (61) CO	5/30
62.5	Debbie Halady (58) MA	6/27	64.9	Brenda Billiard (59) CO	5/30
62.70	Carolyn Bing (60) CA	6/14	57.56	Debbie Esser (57) IA	6/12
62.80	Lena Gibbs (58) TX	6/11	61.37	Tonetta Rumphs (57) NY	6/12
63.00	Tami Essington (59) IL	6/15	63.47	Betty Spencer (57) MS	5/29

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# 1976

## BOYS DIVISIONAL HIGHLIGHTS

Compiled by Max & MARK ZUCKER

In the following pages, we are presenting the 1976 Year-in-Review - a look back at the highlights and best performers of the season just passed.

The athletes have been grouped according to the system in use in AAU and Junior Olympic competition. As an example, the Intermediate Division (sometimes referred to as the 14-15 division) will include all boys born in 1960 and 61.

Instead of having a best performer's listing, as in previous years, we have put together a "All-American Selection." After assessing many factors, this selection would have been our choice in the make up of Age Group "teams".

In our selection we took in consideration a number of factors, especially the following ones:

\* Consistency of performances - athletes who fared well throughout the year and who participated in the big meets had preference over those who had one good mark and were not heard of again.

\* Data - Only athletes whose background was known to us were included; birthdates, hometowns and other pertinent factors were a must.

Among the meets that had high priority in selecting were the Age Group Nationals, the East Coast Classic and the highly competitive Junior Olympics such as the Missouri Valley, Midwestern, Pacific, etc, as well as some of the better State AAU meets. For the 16-17 Group, we also included the Junior Men Nationals and the National Junior Olympics.

We hope that you will find this review interesting, and we would like to hear your comments (critical or otherwise) so that we may improve upon it in the coming year.

HAVE A GOOD SEASON!

### BANTAM DIVISION born in 1966 & later

#### 1976 NATIONAL CHAMPIONS Bantam Division

100 yard Dash  
WILLIAM MORTON (Model Cities, MD) 12.44  
220 yard Dash  
WILLIAM MORTON (Model Cities, MD) 27.80  
440 yard Dash  
WILLIAM MORTON (Model Cities, MD) 62.88  
880 yard Run  
KEVIN CHENAULT (Phil.AAC, PA) 2:29.45

One Mile Run  
CRAIG HOOKER (Rialto RR, CA) 5:25.3  
One Mile Race Walk  
MARK BRAHIM (Arrow TC, CA) 9:11.8  
High Jump  
CHARLES HAGGARD (Val of Moon, CA) 4-9½  
Long Jump  
ERIC AFFHOLTER (Las Virgenes, CA) 14-9  
Shot Put (6 pound)  
PETER ROSANDICH (Duke City D, NM) 27-2½

J.O. X-Country Nationals (1.0 mile)  
BRUCE NIE (Sterling, IL) 5:39  
AAU X-Country Nationals (3 Kilometers)  
CRAIG HOOKER (Rialto, CA) 11:04  
RRCA X-Country Nationals (1.5 miles)  
ERIC HUSS, Washington, DC 9:41  
-----  
RRCA Postal Meet of Miles  
MARTY MUNN (Salinas Valley TC, CA) 5:30.1

#### 1976 ALL AMERICAN SELECTION

##### 100 Yards Dash

1-DENNIS MITCHELL (10) Havelock, NC: N Carolina JO Champ, owns the two best marks of the year with 11.8 and 11.9; 2-WILLIAM MORTON (10) Hyattsville, MD: National Champ, runner-up at East Coast Classic, best of 12.0 (5 at 12.2); 3-STACY PERRY (10) Richmond, VA: East Coast winner over Morton, runner-up at the Nationals, best of 12.0; Alt-KENTON MERSHON (9) St. Louis, MO: Won Ozark JO, best of 12.1.

##### 220 Yards Dash

1-WILLIAM MORTON (10) Hyattsville, MD: National, East Coast and Model Cities Invit. Champion, best of 27.2 with three under 28.0; 2-JOSE WARD (9) East St. Louis, IL: Won Kirkwood Invitational, 2nd at Nationals, best of 28.4 (twice); 3-OKEY EGU (9) Richmond, CA: Undeclared in N California, best of 27.4; Alt-STACEY ALEXANDER (8) Long Beach, CA: Runner-up at Cal State, all-time Age-8 best with 27.6 (!).

##### 440 Yards Dash

1-WILLIAM MORTON (10) Hyattsville, MD: Won by a large margin all major eastern meets, as well as the Nationals, ran a best of 62.9 with 3 under 64.0; 2-RICARDO MOORE (10) Long Beach, CA: Cal State Champ, undefeated in the west, best of 62.8; 3-EDWARD GOLDSBORO (9) Lawnside, NJ: Runner-up to Morton at the Nationals and at Ft. Meade, best of 65.4; Alt-STEVE WAKEFIELD (9) Richmond, CA: Age-9 all-time best of 63.6

##### 880 Yards Run

1-KEVIN CHENAULT (10) Philadelphia, PA: National and East Coast Champion, best of 2:29.5; 2-DOUG KINGSLEY (10) Independence, MO: Won MO Valley and Kirkwood Invitational, led this division with a best of 2:27.9; 3-KEVIN ROBINSON (10) Richmond, VA: Runner-up at the Nationals, best of 2:30.4; Alt-RICARDO MOORE (10) Long Beach, CA: State Champ, best of 2:29.2

##### One Mile Run

1-MARY MUNN (9) Salinas, CA: Cal State Cal State Champion, undefeated in seven meets, 6 of which were under 5:32, best of 5:22.8; 2-CRAIG HOOKER (9) Roalto, CA: National Champion with best of 5:25.3; 3-HENRY WILSON (10) Upper Marlboro, MD: Won East Coast Classic, runner-up at Xenia, best of 5:26.4; Alt-JOE O'CONNOR (10) Metuchen, NJ: leads the year's list at 5:22

##### One Mile Race Walk

1-MARK IBRAHIM (9) Los Altos, CA: National Champion, winning by 22 seconds, had five marks under 10:00, best of 9:11.8; 2-CHUCK HAGGARD (10) Santa Rosa, CA: Pacific AAU Champ, took 2nd in the Nationals, best of 9:30.3; 3-ARTHUR GROSSMAN (9) San Jose, CA: Cal State Champ, best of 9:23.4; Alt-MIKE AUGUSTUS (9) Napa, CA: Pacific JO winner, best of 9:28.9.

##### High Jump

1-CHUCK HAGGARD (10) Santa Rosa, CA: National Champion, winner of Pacific AAU & JO Championships, best of 4-9½, with four marks at 4-6 and over; 2-TODD LICHTI (9) Concord, CA: Cal State Champion over Haggard (2-2 against him), 3rd all-time/Age-9 with best of 4-8, will return in this division in 1977; 3-CHRIS TRUNK (10) Metairie, LA: Alief Relays winner, undefeated in the south, best of 4-7; Alt-BRUCE HARLAMERT (9) Oakwood, OH: runner-up at Xenia, best of 4-6.

##### Long Jump

1-DENNIS MITCHELL (10) Havelock, NC: The top sprinter in the 100 is also its best jumper, N Carolina JO winner, best of 15-7½ leading the division; 2-CHRIS HALE (10) Monrovia, CA: Cal State Champion, best of 15-4½; 3-ROMMIE HAWKINS (10) St. Louis, MO: Ozark JO and Kirkwood Invitational winner, best of 15-4; Alt-ERIK AFFHOLTER (10) Agoura, CA: National Champion, runner-up at Cal State, best of 14-9.

##### Shot Put (6 lbs)

1-SHAWN PUMPHREY (10) Lamont, CA: Central Cal JO Champ, leads division by 31", best of 30-6 (8th all-time/Age-10); 2-PETER ROSANDICH (10) Albuquerque, NM: National Champion (this event was included in this meet for the first time), best of 27-2½; 3-PRESLEY CRISTOBAL (10) Earlimart, CA: runner up at Central Cal JO, best of 27-11; Alt-ERIC AFFHOLTER (10) Las Virgenes, CA: Versatile, tried the shot and took 2nd at Xenia at 27-2½.

Among the new all-time Age Bests established in this divisions in '76 were: Age-8 - 27.6/220 by STACEY ALEXANDER of Long beach, CA; 67.4/440 by ERIC WILLIAMS of Brookeville, MD; 2:36.2/880 by ROBERT LATTING of Martinez, CA and 4-3½/HJ by JEFF AKERSON of Gresham, OR. Age-9 - 27.4/220 by OKEY EGU of Richmond, CA and 63.6/440 by STEVEN WAKEFIELD also from Richmond, California.



1976 NATIONAL CHAMPIONS  
Midget Division

100 yard Dash  
ROBERT McGRATH (W Phoenix St, AZ) 11.71  
220 yard Dash  
ROBERT McGRATH (W Phoenix S, AZ) 25.96  
440 yard Dash  
THOMAS WILCHER (Detroit Str, MI) 57.25  
880 yard Run  
WAYNE WILLIAMS (Wash., DC/CYO) 2:17.0

One Mile Run  
WAYNE WILLIAMS (Wash., DC/CYO) 5:02.0  
50 yard Low Hurdles  
THOMAS WILCHER (Detroit Str, MI) 7.54  
One Mile Race Walk  
DAVID SMATHERS (Arrow TC, CA) 8:29.0  
High Jump  
BRAD RIEL (Diablo Val TC, CA) 5-4  
Long Jump  
JEFF ROSSMAN (Arrow TC, CA) 16-6½  
Shot Put (6 pound)  
JANTZ FITZGERALD (N Hollywood, CA) 42-2½

JO X-Country Nationals (1.25 mi.)  
WAYNE WILLIAMS (Alexandria, VA) 6:45  
AAU X-Country Nationals (3 Kilom.)  
WAYNE WILLIAMS (Alexandria, VA) 10.08  
RRCA X-Country Nationals (1.5 mi.)  
WAYNE WILLIAMS (Alexandria, VA) 9:01  
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RRCA Postal Meet of Miles  
ROY SWINTEK (Bethel Park TC, PA) 5:11.3

1976 ALL AMERICAN SELECTION

100 Yards Dash

1-ROBERT McGRATH (12) Phoenix, AZ: National Champ, defeating Coleman and Price, Region X winner over Miller, 4 marks at 11.5, best of 11.3; 2-VINCENT MILLER (12) Denver, CO: Lost only to McGrath, undefeated in his area, 3 marks at 11.5, best of 11.2; 3-DENNIS PRICE (11) Long Beach, CA: Cal State Champ, runner up at Xenia, 8 marks at 11.7, best of 11.4, will return in this division in '77; Alt-ERIC COLEMAN (11) Long Beach, CA: Was 4-3 vs Price, 6 at 11.7, best of 11.5.

220 Yards Dash

1-ROBERT McGRATH (12) Phoenix, AZ: National and Region X winner, undefeated, best of 25.6 (5 marks at 26.3 and better); 2-THOMAS WILCHER (12) Detroit, MI: Runner-up at Nationals, (beat McGrath in semi-finals), best of 25.5; 3-CHARLES EASLEY (11) Atlanta, GA: N Carolina JO Champ, Age-11 record holder with a best of 25.1; Alt-DARRYL CAFFEE (12) Philadelphia, PA: East Coast Champ, 5 at 26.6, best of 26.2.

440 Yards Dash

1-THOMAS WILCHER (12) Detroit, MI: National Champion, two best times of the year (sub-58.0), best of 57.3; 2-KEVIN BURTON (11) Richmond, VA: Runner-up at Nationals, all-time Age-11 record holder with best of 58.3; 3-BRIAN POLLACK (12) Chester PA: East Coast Champion, over Caffee and Bradford, best of 58.3; Alt-DARRYL CAFFEE (11) Philadelphia, PA: 3rd at Nationals and East Coast, best of 58.6 and JEFF BRADFORD (11) Wil-lingboro, NJ: 2nd at East Coast (beating Caffee) best of 59.5.

880 Yards Run

1-WAYNE WILLIAMS (11) Alexandria, VA: The class of the division, National and East Coast Champion, all-time Age-11 record holder with best of 2:17.0 (also 2:17.1); back in this division in '77(!); 2-ANDREW FLOOD (12) Rockville, MD: Runner-up at Nationals, best of 2:17.3; 3-REGINALD PAYNE (12) Philadelphia, PA: 3rd at Xenia, runner-up at East Coast, best of 2:18.0; Alt-ERIC ANDERSON (10) Silver Spring, MD: Age-10 all-time best with 2:18.0, will be back in 1977.

One Mile Run

1-WAYNE WILLIAMS (11) Alexandria, VA: undefeated in this event, sweeping titles at the Nationals and East Coast meets, best of 5:02.0, also completely dominated the Cross Country scene, picking up all the National titles; 2-GORDON RABING (12) Portland, OR: Not always consistent, but recorded three marks at 5:10 and under and led the division with 5:01.4; 3-CHUCK LEDERER (12) Jenkinstown, PA: runner-up at the Nationals, best of 5:03.4; Alt-BUBBA GWYNN (11) Henderson, NC District JO winner, 3rd at Ft. Meade, best of 5:07.5.

50 Yards Low Hurdles

1-THOMAS WILCHER (12) Detroit, MI: National Champ, best of 7.4 (2 at 7.6); 2-MIKE MIGUES (12) Houston, TX: 3rd at Nationals (only loss), best of 7.5 (7.2 wind aided); 3-TODD PARKER (12) Wichita, KS: Kansas and MO Valley Champ, best of 7.7; Alt-HANK NORMAN (12) Long Beach, CA: runner-up at Nationals, only mark for best of 7.6.

70 Yards Low Hurdles

1-ERIC CARLSON (12) Cupertino, CA: Undefeated until Cal State Meet, best set of marks with 7 at 10.9, best of 10.3; 2-HANK NORMAN (12) Long Beach, CA: 1-2 against Kerho, but defeated him decisively at the State Meet, best of 10.3; 3-STEVE KERHO (12) Mission Viejo, CA: Leads the year's list in the division, best of 10.1; Alt-CHRIS BATES (11) Portland, OR: undefeated in his area, best of 10.5.

One Mile Race Walk

1-DAVID SMATHERS (10) Los Altos, CA: National Champion, first 10 year-old under 9:00, best of 8:22.2; 2-ANGELO SAKELARIOS (11) Redwood City, CA: Tough challenger to Smathers in every race, best of 8:25.7; 3-PAUL WADE (10) Santa Clara, CA: Pacific JO winner, runner-up at Nationals, best of 8:45.8; Alt-RICHARD VASQUEZ (11) Salinas, CA: Very competitive at 8:41.4.

High Jump

1-BRAD RIEL (12) Pleasant Hill, CA: National Champ, lost only once at Cal State Meet, best of 5-4; 2-CHRIS BATES (11) Portland, OR: Had four marks over 5-0, was undefeated until he bombed at the Nationals, best of 5-3; 3-DAVE STICHLER (11) Independence, MO: Winner MO Valley JO and Kirkwood Invitational, best of 5-2; Alt-GREG WEBSTER (11) Pratt, KS: Runner-up Mo Valley JO, best of 5-2.

Long Jump

1-ANDREW SYTHE (12) Los Gatos, CA: Pacific JO Champ, did not fare too well at Nationals, but had 3 marks at 16-6½ and over, best of 16-10; 2-TONY NOBLE (12) Lincoln, NE: Winner of Lincoln JO, leads the division, best of 17-0½; 3-JEFF ROSSMAN (11) Saratoga, CA: National and State winner, 2nd all-time Age-10 performer (16-3), best of 16-6½; Alt-CHRIS BATES (11) Portland OR: Oregon State and JO winner, 2nd at Nationals (only loss of year), best of 16-6½.

Triple Jump

1-JEFF ROSSMAN (10) Saratoga, CA: Cal State Champion, undefeated, Age-10 record holder with best of 34-3 (3 marks at 32-8½); 2-PAUL RAMIREZ (12) College Station, TX: winner Alief Summer Relays, leads the division with best of 34-9½; 3-DOBIE HAGAR (12) Bakersfield, CA: Central Cal JO Champ, best of 34-1; Alt-CHRIS BATES (11) Portland, OR: Great all around athlete, best of 33-8.

Shot Put (6 lbs)

1/tie-ROBERT McGRATH (12) Phoenix, AZ: Region X JO winner, had a tremendous best of 45-5, but was outclassed at the Nationals by JANTZ FITZGERALD (12) N Hollywood, CA: won Nationals with his best effort of the year at 42-2½, also had 4 marks over 38-6; 2-ROBERT CHILDS (11) Memphis, TN: Runner-up at the Nationals, best of 41-8½; 3-JIM REYNOSA (12) Sylmar, CA: consistent all year, 6 marks over 38-7, best of 40-1½; Alt-JERRY CROXDALE (12) Napa, CA: California State and Pacific JO winner, best of 42-4½.

All-time Age Bests established in this division in 1976:

Age-10 - 26.7/220 by ERNEST EGU, Richmond, CA; 2:19.0 in 880 by ERIC ANDERSON of Silver Spring, MD; 5-0/HJ by FRED JORDAN of Camarillo, CA and 34-3/TJ by JEFF ROSSMAN of Saratoga, CA.

Age-11 - 25.1/220 by CHARLES EASLEY of Rockville, MD; 58.3/440 by KEVIN BURTON of Richmond, VA; 2:17.0/880 by WAYNE WILLIAMS of Alexandria, VA and 8:25.7/Mile RW by ANGELO SAKELARIOS of Redwood City, CA.



## YOUTH/JUNIOR DIVISION boys born in 1962-63

### 1976 NATIONAL CHAMPIONS Youth Division

100 yard Dash  
TED NEHRKORN (Sterling TC, IL) 10.56  
220 yard Dash  
TED NEHRKORN (Sterling TC, IL) 23.43  
440 yard Dash  
DARRYL GARDNER (Intercity St. PA) 51.45  
880 yard Run  
STEVE WASHINGTON (Wash., DC/CYO) 2:06.07  
One Mile Run  
TIM HURTADO (Duke City Dash, NM) 4:41.5

2-Mile Run  
FRED CARLEY (NW Florida TC, FL) 10:02.0  
70 yard Low Hurdles  
DARNELL COLES (Rialto Classics, CA) 9.08  
One Mile Race Walk  
TRAVIS VEON (Maturango Mlrs, CA) 8:02.0  
High Jump  
DENNIS KUTTHE (Alief TC, TX) 5-8½  
Long Jump  
ANTHONY GIBSON (San Fernando, CA) 23-0½  
Triple Jump  
TODD RUHKAMP (Mound City D, OH) 36-2½  
Pole Vault  
GREG DUPLANTIS (N Orleans, LA) 11-0

Shot Put (8pound)  
WARREN SAPP (W Vernon Jets, CA) 51-8½  
Discus Throw (1.0 kilogram)  
JON LONGEROT (Supremes, NM) 150-8  
RRCA Postal Meet of Miles  
DOUG BERGMAN (Portland TC, OR) 4:52.5  
JO X-Country Nationals (1.50 mi.)  
FRED CARLEY (Niceville, FL) 7:38  
AAU X-Country Nationals (4 kilometers)  
ROBERT PLANTA (Costa Mesa, CA) 12:46  
RRCA X-Country Nationals (1.5 mi.)  
FRED CARLEY (Niceville, FL) 9:19

### 1976 ALL AMERICAN SELECTION

#### 100 Yards Dash

1-REGGIE PRESSLEY (14) Orlando, FL: outstanding Junior High School talent, District JO Champ, has run 10.1 twice, has 7 marks at 10.5 and under; 2-TED NEHRKORN (14) Rock Falls, IL: Age Group National Champ, undefeated, best of 10.2; 3-ANTHONY GIBSON (14) San Fernando, CA: Runner-up to Nehrkorn at the nationals (his sole defeat), best of 10.2 with six marks at 10.3 and better; Alt-TIM TURNER (14) South Bend, IN: Winner of the Carmel Classic, best of 10.2.

#### 220 Yards Dash

1-REGGIE PRESSLEY (14) Orlando, FL: District JO Champ, undefeated, owns the best mark of the year at 22.5 (twice), also 4 at 23.1 or better; 2-ANTHONY GIBSON (14) San Fernando, CA: One of the finest at that distance, runner-up at Xenia, has best of 22.8 (twice), otherwise undefeated; 3-TED NEHRKORN (14) Rock Falls, IL: National Champ, winner of District JO and Belvidere Invitational, the only athlete to beat Gibson in both sprints, best of 23.2; Alt-TIM TURNER (14) South Bend, IN: Won Carmel Classic, best of 23.0.

#### 440 Yards Dash

1-DARRYL GARDNER (14) Philadelphia, PA: dominated the division, taking the Nationals, the East Coast Classic and the Carmel Invitational (14-15 group), best of 51.5 (twice), also had excellent sprint times (10.2 & 23.1); 2-REYNARD MOTEN (14) Philadelphia, PA: Runner-up at the Nationals, recorded three marks under 52.8, best of 52.2; 3-TED NEHRKORN (14) Rock Falls, IL: 3rd at the Nationals (after having run 8 races in 2 days), best of 52.3; Alt-LAJUAN COLLIER (14) Long Beach, CA: 4th at Xenia, best of 52.6.

#### 880 Yards Run

1-STEVE WASHINGTON (13) Washington, DC: Won three big ones-The National Meet, the East Coast Classic and the CYO Champs, best of 2:03.8 (2nd all-time/Age-13); 2-RANDY VEST (13) New Orleans, LA: Runner-up at the Nationals, top man in the south, best of 2:05.5; 3-CARVEL JONES (13) Fresno, CA: Central Cal JO winner, recording the best ever Age-13 performance: 2:03.2; Alt-ERIC BROWN (14) Phil., PA: 3rd at Xenia, best of 2:06.3.

#### One Mile Run

1-TIM HURTADO (14) Albuquerque, NM: National Champion, runner-up at Region X JO, best of 4:41.5, 2-SEBASTIAN STRAUGHTER (13) Fresno, CA: Central Cal JO winner, 3rd all-time performance/Age-13 with 4:38.2; 3-JOHN SPILLMAN (14) Simi Valley, CA: District JO Champ, undefeated in so. California, best of 4:41.1; Alt-JOHN ZISHKA (14) Lancaster, OH: Runner-up at the Boys National, best of 4:42.5.

#### 2-Mile Run

1-FRED CARLEY (12) Niceville, FL: Standout distance runner in this division, National Champion, winner of the RRCA and JO X-Country Championships, new Age-12 record holder in mile and 2-mile, bests of 10:02.0 and 4:44.4; 2-ROBERT PLANTA (13) Costa Mesa, CA: State AAU Champ, 3rd at Nationals, undefeated in California, best of 10:05.8; 3-JOHN CONDOS (14) Ridgecrest, CA: lost Nationals by 2 tenths, best of 10:02.2; Alt-RAY COOK (13) Northridge, CA: 4th at Xenia, best of 10:17.5.

#### 70 Yards Low Hurdles

1-DARNELL COLES (13) Rialto, CA: Undefeated, State and National Champion, Age-13 all-time best performer, ran 4 races at 9.0 and 9 at 9.4, best of 8.9; 2-KEVIN THIESSEN (14) Lawrence, KS: MO Valley JO Champ, led the division, best of 8.8; 3-MARK DONNENBERG (13): Equalled Coles' record twice in a week, best of 9.0; Alt-BRAD DAVIS (14) Memphis, TN: Region III winner, runner-up at Nationals, best of 9.1 (3 at 9.3).

#### One Mile Race Walk

1-TRAVIS VEON (13) Ridgecrest, CA: National Champion, Age-13 all-time best performer with 8:02.0; 2-CHARLES LEWIS (13) Los Altos, CA: Pacific JO and State winner, had four marks under 8:08 with a best of 8:06.0, he was 3-2 against NICK SAKELARIOS (13) Redwood City, CA: Won two big ones against Lewis, recording best mark of 8:05.1 (2nd all-time/Age-13);

#### High Jump

1-BENNY SELLS (14) Salinas, CA: undefeated, didn't go to the Nationals, but recorded four marks at 5-10 with a best of 6-0; 2-RONNELL POLLARD (14) Colorado Springs, CO: Competed primarily in 14-15 group, consistent, best of 6-0; 3-RANDY BLUMAN-HOUST (13) Murdock, KS: Kansas and MO Valley JO Champ, best of 5-11; Alt-DAVID EGNER (14) Cahokia, IL: Ozark JO winner, undefeated in his area, best of 5-11 (3 over 5-8).

#### Long Jump

1-ANTHONY GIBSON (14) San Fernando, CA: One of the finest long jumping prospect in Age Group track, won the Nationals by over 3 feet (!), undefeated, all-time Age-14 best performer by 16", best of 23-0½; 2-JAMES BRAKE (14) Paola, KS: Ozark and MO Valley JO Champion, best of 20-9½; 3-DAVID BLANKS (14) Albuquerque, NM: Region X JO Champ, runner-up at Nationals, best of 20-0 (3 over 19-2); Alt-STEVE MCCOMAS (14) Newport, NC: N Carolina and JO III Champ, best of 19-9.

#### Triple Jump

1-KEVIN THIESSEN (14) Lawrence, KS: very versatile athlete, winner of the Kansas and MO Valley JO championships, best of 40-2½ (also 40-2), also great vaulter and hurdler; 2-PAT MALLET (12) St. Louis, MO: Ozark JO Champ, all-time Age-12 record holder with his year's best of 40-7½; 3-REGINALD KING (13) Pacoima, CA: District JO winner, undefeated in so. California, best of 39-10 (3 at 38-5 and better); Alt-KEVIN DABNEY (14) St. Louis, MO: Region VIII Champ, best of 39-3.

#### Pole Vault

1-KEVIN THIESSEN (14) Lawrence, KS: Kansas State and MO Valley JO Champ, undefeated in his age group, has two best marks of the year, with a leading 12-7½; 2-GREG DUPLANTIS (14) New Orleans, LA: National Champion, undefeated, three over 11-0, best of 11-7; 3-LEE ANDRES (13) Littleton, CO: winner of Region X JO, best of 11-0 (twice); Alt-KELLY HOENER (14) Bertrand, NE: Midwestern JO Champ, best of 11-7.

#### Shot Put (8 lbs)

1-WARREN SAPP (13) Los Angeles, CA: National and Cal State Champion, undefeated, three marks over 51-8½, best of 52-5½; 2-JIM BANICH (12) Arvada, CO: Outstanding prospect, undefeated in his area, Age-12 record holder (by 4 feet), best of 52-3½; 3-RENE DELAMAR (14) Ft. Riley, KS: Ozark, Kansas and MO Valley JO Champion, best of 51-9; Alt-JEFF WELCH (14) Urbana, OH: runner-up at Xenia, best of 50-3½.

#### Discus Throw (1.0 kg)

1-DOUG GILDEHAUS (14) Washington, MO: Ozark JO winner, very consistent, best of 153-4; 2-JON LONGEROT (14) Albuquerque, NM: National Champ, top in his area, best of 150-8; 3-RICKY FILES (14) College Station, TX: leads this division with a best of 153-11; Alt-TOM PRITCHARD (13) Live Oak, CA: Pacific Association JO winner, best of 149-6.

#### New All-time Age Bests recorded in 1976:

Age-12 - 4:44.4/mile by FRED CARLEY of Niceville, FL; 10:02.0/2-mile by FRED CARLEY; 9.3/70LH by WAYNE NICHOLS from Shreveport, LA; 40-7½/TJ by PAT MALLET from St. Louis, MO and 52-3¼/SP-8 by ever improving JIM BANICH (Arvada, CO).  
Age-13 - 2:03.2/880 by CARVEL JONES, Fresno, CA; 9.0/70LH by DARNELL COLES from Rialto, CA; 9.0/70LH by MARK DONNENBERG, Garland, KS and 8:02.0/mile RW by TRAVIS VEON (Ridgecrest, CA).



# INTERMEDIATE DIVISION born in 1960-61

## 1976 NATIONAL CHAMPIONS Intermediate Division

100 yard Dash  
STANLEY YOUNG (Motor City TC, MI) 9.98

220 yard Dash  
STANLEY YOUNG (Motor City TC, MI) 22.13

440 yard Dash  
ROBERT MAIOCCO (Brentwood, CA) 48.89

880 yard Run  
BRIAN PHARR (Morris Estates, PA) 1:59.33

One Mile Run  
FRANK ASSUMMA (Rialto RR, CA) 4:18.5

2-Mile Run  
FRANK ASSUMMA (Rialto RR, CA) 9:18.7

120 yard High Hurdles  
TOM PETTY (Indianapolis, IN) 15.32

180 yard Low Hurdles  
TOM PETTY (Indianapolis, IN) 20.84

One Mile Race Walk  
TRACY TEEGARDEN (Blue Angels, CA) 7:30.0

High Jump  
GAIL OLSON (Husky TC, IL) 7-0

Long Jump  
TODD HEINER (Wside Optimists, ID) 21-8½

Triple Jump  
JEFF CLANAGAN (EYAC, CA) 44-2½

Pole Vault  
JEFF BUCKINGHAM (Gardner, KS) 14-0

Shot Put (12 pound)  
DAN KRUEGER (Virginia Bch, VA) 57-5½

Discus Throw (1.6 kilogram)  
DAN KRUEGER (Virginia Bch, VA) 155-9

JO X-Country Nationals (2.0 mi.)  
KENNY CLARK (Rockledge, FL) 9:48

AAU X-Country Nationals (4 kilometers)  
BRIAN PHARR (Morris Estates, PA) 12:39

RRCA X-Country Nationals (1.5 mi.)  
VIN DRADDY (Crestwood, NY) 7:55

RRCA Postal Meet of Miles  
ROB ARKES (Portland TC, OR) 4:33.9

## 1976 ALL AMERICAN SELECTION

### 100 Yards Dash

1-CARLTON YOUNG (15) Philadelphia, PA : East Coast Classic Champ, 2nd at Nationals, beat McNeil and Cole, had two 9.7's; 2-STANLEY YOUNG (16) Detroit, MI : National Champ (beating Carlton), best of 9.9 (twice); 3-EARL MCNEIL (16) Brooklyn, NY : Region I Champ, best of 9.7 (9.5w); Alt-MORRIS COLE (15) Covina, CA : 3rd at Nationals, best of 9.7.

### 220 Yards Dash

1-EARL MCNEIL (16) Brooklyn, NY : East Coast Champ, 3rd at National JO, 2nd at Region I, very consistent, best of 22.0 (twice) and 21.5 wind aided; 2-STANLEY YOUNG (16) Detroit, MI : Age group Champ, best of 22.0; CARLTON YOUNG (15) Philadelphia, PA : Runner-up at Dayton, best of 22.0 (twice), had 4 at 22.3; Alt : MORRIS COLE (15) Covina, CA : With a better performance at nationals would have placed higher, best of 21.8 (twice), seven marks at 22.2!

### 440 Yards Dash

1-RICHARD BARNES (16) Queens, NY : East Coast Champ, 3rd at Nat JO, best time of the year at 48.6 (also 48.8 & 49.3); 2-ROBERT MAIOCCO (16) Brentwood, CA : Division Champ, best of 48.9; 3-DAVID SAUNDERS (14) Rockville, MD : 2nd at Nationals, Age 14 record holder, best of 49.0; Alt-DARRYL BRYANT (15) Philadelphia, PA : 6th at NJO, best of 49.5.

### 880 Yards Run

1-ROBB GOMEZ (16) Gulfport, FL : superior runner, outstanding times, best of 1:52.9 (twice); 2-BILLY RUTLEDGE (15) Marshall, MO : MO Valley and Region VIII Champ, best of 1:56.8; 3-BRIAN PHARR (15) Philadelphia, PA : National and East Coast Classic Champ, best of 1:59.4; Alt-DAVID BUSHNELL (15) Reseda, CA : District Jo & City "B" winner, best of 1:57.9

### One Mile Run

1-ROBERT CARNEY (15) Burnsville, MN: Recorded the two best times of the year, leading by 7 seconds, best of 4:12.5 (2nd all-time performance); 2-FRANK ASSUMMA (15) Rialto, CA: National Champ, undefeated, best of 4:18.5; 3-MIKE DIMENT (15) Des Moines, IA: Placed 2nd at the Nationals (but disqualified), otherwise undefeated, best of 4:20.8; Alt: CHUCK ASSUMMA (15) Rialto, CA: Official runner-up at Dayton, best of 4:25.5.

### 2-Mile Run

1-FRANK ASSUMMA (15) Rialto, CA: untouchable in this event, national champ by 15 seconds over Scharsu, best of 9:16.0; 2-ALAN SCHARSU (15) Austintown, OH: outstanding high school season, State Champion as a soph, best of 9:05.0; 3-HERB WILLS (16) Tallahassee, FL: 5th at National JO, Florida State HS X-Country Champ, best of 9:18.3; Alt-CHUCK ASSUMMA (15) Rialto, CA: 2nd at Nat., best of 9:23.4.

### 120 High Hurdles

1-DEXTER HAWKINS (15) Atlanta, GA: State HS Champion in the 120 HH and 330 I Hurdles as a freshman, 6th at NJO, best of 14.2 (330 I/38.2); 2-TOM PETTY (15) Indianapolis, IN: Double National Champ, winner Carmel Classic, best of 14.8 (also 20.7/180LH); 3-KEVIN SMITH (15) Orlando, FL: District and Region IV JO winner, best of 14.5 (3 at 14.9); Alt: MILAN STEWART (15) W Covina, CA: best of 14.9.

### One Mile Race Walk

1-GREG HACK (15) Spokane, WA: District JO Champ, 5th National JO, Age-15 record holder by 20 seconds, best of 7:14.5; 2-TRACY TEEGARDEN (16) Huntington Beach, CA: National Age Group Champ, undefeated, best of 7:28.2; 3-ISAAC MILLER (14) Cupertino, CA: 2nd at Nationals, Age-14 record holder, best of 7:50.6 (also 17:31.0/2-mile RW); Alt: BRUCE RANSDELL (14) Lafayette, CA: Pacific JO Champ, best of 7:55.8.

### High Jump

1-GAIL OLSON (16) Curtland, IL: Standout athlete in this division, National JO and Age Group Champion, State high school champ, best of 7-2 with 4 over 7-0, Age 15 & 16 record holder; 2-GREGORY THOMPSON (16) W Hempstead, NY: East Coast Champ, two marks at 6-7, best of 6-8; 3-WILLIAM MULLINAX (15) Cary, NC: Region III JO Champ, runner-up at Ft. Meade, best of 6-8; Alt-DAVID ALLSTOT (16) Nevada City, NV: won PAAU/JO, best: 6-6

### Long Jump

1-KENNETH FOWLER (15) Fontana, CA: Undefeated in AAU meets, over 21-2 trice, best in this division at 22-3½; 2-TODD HEINER (14) Boise, ID: Age group National Champ, best of 21-8½; 3-TONY JOHNSON (15) Van Nuys, CA: 3rd at Region XIII JO, best of 21-10; Alt-WAYNE MATTISON (15) Green Acres, MD: Won East Coast Classic, best of 21-9.

### Triple Jump

1-DOKIE WILLIAMS (15) Los Angeles, CA: Soph and Age-15 record holder, outstanding prospect, best of 49-1; 2-TODD BROWN (15) Holdredge, NE: Midwestern JO Champ, best of 45-3½; 3-JEFF CLANAGAN (15) San Jose, CA: Age group National and Cal State winner, best of 44-2½; Alt-GREG LAUGHLIN (15) overland Park, KS: MO Valley JO Champ, best of 45-0½.

### Pole Vault

1-JEFF BUCKINGHAM (15) Gardner, KS: Outstanding athlete, leads the division by 21", HS State Champ, Nationals and MO Val. JO winner, best of 14-9 (4 at 14-7); 2-STEVE CRANE (16) Portland, OR: constant vaulter, best of 14-0; 3-GREG HANSEN (16) Woodland, WA: Versatile, decathlon prospect, best of 13-6; Alt-WALT MILLS (16) Lancaster, OH: 2nd at Nationals, best of 13-0.

### Shot Put (12 lbs)

1-DAN KRUEGER (16) Virginia Beach, VA: National Champ, 2nd at East Coast (16-17 Div), 3 marks at 56-7, best of 59-5; 3-TOM LAWRENCE (15) Ft. Scott, KS: MO Valley Champ, 2nd at Region VIII JO, best of 56-10; 3-DAN GUSHARD (16) Hickman, NE: Midwestern JO winner, best of 55-0½; Alt-MIKE SHILL (14) Newman Lake, WA: great prospect, 2nd all-time Age-14 mark with 53-6½.

### Discus Throw (1.6kg)

1-JOHN BOYER (16) St. Louis, MO: Ozark JO Champ, 4th all-time performance at 182-5; 2-SCOTT CROWELL (15) Mason City, IA: 5th National JO (17-under competition), beat Boyer, best of 168-1; 3-MATT EMGE (16) Vallejo, CA: Pacific JO winner, best of 162-0; Alt: DAN KRUEGER (16) Virginia Beach, VA: Age group national Champion, 3rd East Coast Classic, best of 155-9.

### New All-time Age Bests recorded in 1976:

Age-14 - 22.0/220 by DAVID SAUNDERS of Rockville, MD; 49.0/440 by DAVID SAUNDERS again and 7:50.6/Mile RW by ISAAC MILLER of Cupertino, CA.  
Age-15 - 7:14.5/Mile RW by GREG HACK from Spokane, WA; 14.2/120HH by DEXTER HAWKINS of Atlanta, GA; 7-0/HJ by GAIL OLSON of Curtland, IL and DOKIE WILLIAMS from Los Angeles, CA with a fine Triple Jump of 49-1.



## Boys 16-17 Division

### 1976 NATIONAL JUNIOR OLYMPICS CHAMPIONS 14-17 Age Group (born 1958-61)

100 yard Dash  
KEITH BROWN (Baltimore, MD) 9.8  
220 yard Dash  
KEITH BROWN (Baltimore, MD) 21.5  
440 yard Dash  
KEITH BROWN (Baltimore, MD) 47.1  
880 yard Run  
WILLIAM CONTEE (Washington, DC) 1:52.8

One Mile Run  
JOHN TUTTLE (Alfred Station, NY) 4:12.1  
2-Mile Run  
RANDY JACKSON (Iowa City, IA) 9:07.7  
120 yard High Hurdles  
KEVIN WILLIAMS (Richmond, VA) 14.1  
One Mile Race Walk  
JOE SHERMAN (Clearwater, FL) 7:06.1  
High Jump  
GAIL OLSON, (Curtland, IL) 6-10  
Long Jump  
LAMONT KING (Surprise, AZ) 24-3½

Pole Vault  
JAMES STEWART (Ft. Wayne, IN) 15-0  
Shot Put (12 pound)  
VINCENT GOLDSMITH (Tacoma, WA) 63-1  
Discus Throw (1.6 kilogram)  
SCOTT ENDLER (Fresno, CA) 185-9  
JO X-Country Nationals (3.0 mi.)  
KEN MURPHY (Oklahoma City, OK) 14:44  
AAU X-Country Nationals (4 kilometers)  
GARY LEWIS (New Mexico Int, NM) 11:47  
RRCA X-Country Nationals (3.0 mi.)  
TOM RATCLIFFE (Rhode Island) 15:42

### 1976 ALL AMERICAN SELECTION

In this division, we have included only athletes 17 years of age and younger. Our obvious choice for top honors goes to DWAYNE EVANS, the High School athlete of the year. For profile on Dwayne, see "On the cover" on page 3.

#### 100 Yards Dash

1-DWAYNE EVANS (17) Phoenix, AZ: High School athlete of the year, Junior nationals winner (over world record holder Harvey Glance), 12 races at 9.6 or better, best of 9.44 electronic timing (equivalent to 9.2 hand timed); 2-KEITH BROWN (17) Baltimore, MD: Outstanding season, winning National JO, Age Group Champs and East Coast Classic, Best of 9.4 (twice); 3-CYRIL WYATT (17) Orlando, FL: Only prep to beat McTear, best of 9.4 (6 at 9.6 & under); Alt: JOHNNY JONES (17) Lampasas, TX: consistent, best of 9.5 (twice), also 9.2 wind.

#### 220 Yards Dash

1-DWAYNE EVANS (17) Phoenix, AZ: Bronze medallist at the Olympic Games, winner Junior Nationals, State HS Champ, best of 20.34 electronic timing (equivalent to 20.1 hand timed), Age 16 and 17 record holder; 2-KEITH BROWN (17) Baltimore, MD: National JO and East Coast Classic Champ, best of 21.3; 3-JOHN JONES (17) Lampasas, TX: Very fast, best of 21.0 (20.7 rolling start); Alt: CYRIL WYATT, Best of 21.2 (3 at 21.3).

#### 440 Yards Dash

1-JOHN JONES (17) Lampasas, TX: Very steady, with 10 marks at 48.1 and under, best of 46.5 (also 45.1 relay leg!); 2-LARRY GOLDSTON (17) Fountain, CO: 4th at National Juniors (19-under), 4 marks under 48.0, best of 46.6m; 3-KEITH BROWN (17) Baltimore, MD: NJO and East Coast Champ, best of 47.1; Alt: LESTER MICKENS (17) Atlanta, GA: State HS Champ, Region III JO winner, best of 47.5.

#### 880 Yards Run

1-WILLIAM CONTEE (17) Washington, DC: State HS Champ, NJO and East Coast winner, best of 1:51.3 (3 at 1:51.7); 2-LESTER MICKENS (17) Atlanta, GA: State HS Champ, 4th Atlanta Classic, best of 1:52.2; 3-RICK KUMM (17) Portland, OR: State HS Champ best of 1:52.1; Alt: KELLY BRITZ (17) Eugene, OR: runner-up to Kumm at HS state meet, AAU State winner, best of 1:51.5.

#### One Mile Run

1-RICK KUMM (17) Portland, OR: State Champ, 3rd at Golden West, best of 4:06.3; 2-STEVE O'CONNELL (17) Millburn, NJ: 2nd at Golden West (edging Kumm), 6 marks under 4:11, best of 4:09.0m; 3-JIM ARRIOLA (17) Cerritos, CA: State Champ, 4th at Junior Nationals, best of 4:07.7m (3:48.8/1500m); Alt-LUIS OSTOLOZAGA (17) Brooklyn, NY: Beat O'Connell, 5th at Nat. Juniors, 4:08.6m

#### 2-Mile Run

1-BILL MCCHESENEY (17) Eugene, OR: State HS Champ with 8:50.9, Junior class record holder in 3-mile/5000m (13:44.4/14:13.2) and 6-mile/10,000m (28:22.8/29:11.2); 2-ALBERTO SALAZAR (17) Wayland, MA: Winner at the Penn Relays, 2nd at Junior Nationals, 3rd at International Prep, best of 8:53.7, best high schooler in 3-mile/5000m (13:43.2/14:04.8); 3-DAKE KELLY (17) Muncie, IN: State Champ, best of 9:02.7; Alt-BOB AMITRANI (17) Cranford, NJ: State Champ, best of 9:01.4.

#### 120 High Hurdles

1-DAN LAVITT (17) Raytown, MO: State HS Champion, 2nd at International Prep, best of 13.4 (twice), led the nation in the 180 Lows (straight) in 18.2, also has 37.6 in 330 hurdles; 2-MARSHALL PARKS (17) Dayton, OH: Age Group Champ, winner of Carmel Invitational, runner-up at NJO, best of 13.6; 3-ROD CHESLEY (17) Charlottesville, VA: 2nd at State HS meet, four marks at 13.7 and better, best of 13.4; Alt-GARY COLSTON (17) Bogalusa, LA: Double State Champ, 4th at NJO, best: 13.6.

#### One Mile Race Walk

1-JOE SHERMAN (17) Clearwater, FL: National Junior Olympic winner, best of 7:06.1; 2-JEFF ELLIS (17) New Berlin, WI: Runner-up at NJO, best of 7:08.0; 3-BEAU FREUND (17) Helena, MT: 6th at NJO, best of 7:16.3; Alt-WALT RAINNEY (16) Corvallis, OR: Oregon JO Champ, best of 7:35.8.

#### High Jump

1-JOHN LANE (17) Fremont, CA: State Champion, best of 7-0; 2-CHRIS BECTON (16) Cornwells Hts, PA: State HS Champ, five marks over 6-10, best of 6-10½; 3-LARRY MEYER (17) Freemont, NE: Runner-up at NJO, won District JO, best of 6-10 (4 times).

#### Long Jump

1-TODD BELL (17) Middletown, OH: State HS Champ, won Age group AAU, 3rd at Junior Nationals, best of 25-5; 2-LAMONT KING (16) Surprise, AZ: Won HS State, NJO and Region X, best of 24-3; 3-DANNIE JACKSON (17) Tucson, AZ: Versatile athlete, best of 24-2½, also has topped 6-11/HJ and 6486 points in decathlon; Alt-KERRY RICE (17) Springfield, IL: 2nd Golden W, best of 24-5

#### Triple Jump

1-EDDIE TATE (17) Chicago Hts, IL: State HS Champ, runner-up at Golden West, 3rd at International Prep, best of 50-10; 2-MARK SLATON (17) Merced, CA: State HS Champ, three marks over 49-0, best of 50-0½ (50-7¼w); 3-BARRY DAVIS (17) St. Louis, MO: Ozark JO winner, best of 49-2 (3 at 48-3); Alt-DAVID LEE (17) University, MO: very consistent, best of 49-2½.

#### Pole Vault

1-BRETT DAMES (17) Milwaukee, WI: runner-up at International Prep, best of 16-0; 2-MIKE MC CRINDLE (17) Chicago Hts, IL: State HS Champ, 6th at Golden West, best of 16-0 (16-2 in doors); 3-BILLY OLSON (17) Abilene, TX: 4th at Junior Nationals, best of 15-10; Alt-ANTHONY CURRAN (16) Encino, CA: Soph class record holder at 15-9½, great prospect.

#### Shot Put (12 lbs)

1-JOHN MCKENZIE (17) Los Angeles, CA: Golden West winner, 2nd at Int. Prep, 5th at Junior Nationals, Best of 67-9 (7 marks over 65-0); 2-VINCENT GOLDSMITH (16) Tacoma, WA: National JO Champ, Age-16 record holder, best of 65-10, also 54-2 with 16 lb shot (best all-time/Age-16); 3-DOC LUCKIE (16) Ft. Pierce, FL: HS junior, has 4th all-time Age-16 best performance at 64-7; Alt-JOSEPH MACIEJZYK (17) Pittsburgh, PA: runner-up at National JO, best of 63-4.

#### Discus Throw (1.6 kg)

1-SCOTT ENDLER (17) Fresno, CA: National JO Champ, Golden West winner, 2nd at Int. Prep, 4 marks over 190-0, best of 200-4, also 168-8 with 2.0 Discus; 2-DOC LUCKIE (16) Ft. Pierce, FL: New all-time Age-16 record holder by 12 feet with great 198-7; 3-MARK MALONE (17) El Cajon, CA: 3rd at Golden West, 4 marks over 186-0, best of 192-6; Alt-MARK SUTHERLAND (17) Overland Park, KS: State HS Champ, good prospect, best of 193-6.

### New all-time Age Bests recorded in 1976:

Age-16 - 7:28.2/Mile RW by TRACY TEEGARDEN of Huntington Beach, CA; 7-2/HJ by GAIL OLSON of Curtland, IL; 65-10 in SP-12 by VINCENT GOLDSMITH of Tacoma, WA and 198-7/D-1.6 by DOC LUCKIE from Ft. Pierce, FL.  
Age-17 - 20.34em/200m by DWAYNE EVANS of Phoenix, AZ; 13.4/120HH by DAN LAVITT of Raytown, MO and RODNEY CHESLEY from Charlottesville, VA, same time and same event.



## Long Jump

1-KAREN ELMORE gains her fourth consecutive ranking on the basis of at least five meets over 19'5", runner-up position in the Junior AAU and West German Junior Dual, plus third vs. the USSR Juniors /3rd in 1975, 2nd in '74, 9th in '73/.  
2-LISA KINIMAKA, former international junior pentathlete, switched emphasis to horizontal jumping, finishing one place behind fellow northern California Elmore at Westwood, Tallin and Ludenschaid, with four meets over 19'1".  
3-KIM MORAN, usually consistent though only fifth in the California high school finals, was just behind the top two at Westwood and had at least five meets over 18'10".  
4-PATSI WALKER also won this jump at Memphis though mostly in other events (including pentathlon) earlier in the year.  
5-ULINDA CAPERS was runner-up to fellow Washingtonian Walker in the National JO meet, after failing to qualify for either final at Westwood and had at least three meets over 18'6" /ranked 6th in 1975/.

6-LISA GOURDINE, daughter of a former Olympic medallist in this event, was second in the California high school meet (ahead of Moran) but just eighth at Westwood and twelfth at Memphis. She had at least four meets over 19 feet including one questionable 20'3" effort.

7-ROXANNE KEATING, 15, jumped as well as she did as the top age grouper ever (six meets over 18'8" in 1976), but tougher competition limited her to a seventh place in the Junior AAU and non-qualifying in the Seniors /ranked 5th in 1975/.  
8-SONDRA OBERMEIER, Nebraska school champ, had only moderate legal distances in major meets but was sixth in the AAU Junior meet at Westwood.

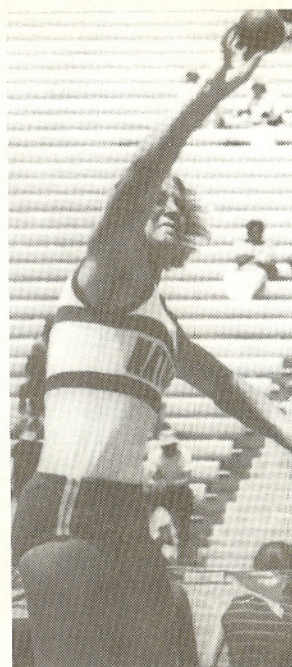
9-TERRI SEIPPEL, distance runner turned high jumper/pentathlete, garnered sixth spot at the AAU Junior.  
10-NANCY MALLOY, North Dakota's finest school athlete was tenth at Westwood, but moved up to fourth at Memphis.

Philadelphian Regina White or Texas school standout Sandra Lambert might have been ranked along with half-a-dozen others, had they been in more major competition. The largely dismal jumping in high school and age group programs, gives little promise yet of relieving a record of decades which has produced just three world class jumpers (Willie White, Martha Watson and - happily - young Olympic medallist Kathy McMillan from North Carolina's high schools).

Long Jump			18- 5½w Patricia Johnson (60) IL 6/13		
20- 0½	Karen Elmore (59) CA	5/ 1	18- 5 f	Lauretta Wills, IN	6/ 4
19- 7½	Jackson, FL	6/15	22- 3	Kathy McMillan (57) NC	6/12
19- 5½	Lisa Kinimaka (58) CA	6/15	19-11	Jodi Anderson (57) CA	6/11
19- 4 f	Roxanne Keating (61) AZ	6/ 5	19- 6½w	Kim Schofield (57) IL	5/29
19- 4 w	Lisa Gourdine (59) CA	6/27	19- 2½w	Anita Lee (57) MI	5/29
19- 2½f	Kim Moran (59) CA	3/21	19- 1½w	Yvonne Smith (57) NY	5/23
19- 0½	Denise Groom (60) TX	5/29	18-10½f	Pat Helms (57)	5/ 2
18-11½	Regina White, PA	6/14	18- 6	Dianna May (57) TX	5/ 7
18-10½w	Sandra Lambert, TX	4/24	18- 5½f	Annette Dewenter (57) IN	6/ 4
18-10½w	Audrey Moore, IL	6/ 5	<b>Wind-aided and questionable marks:</b>		
18-10½w	Debi Kilhoffer (59) IL	6/ 5	Anderson 20-11½w; Gourdine 20-3wf;		
18-10½	Jacki Mays, TX	5/ 7	Walker 19-6½wf; Moran 19-6½w; Capers		
18-10½	Teri Seippel (58) OH	6/15	19-4½wf; Sharon Babcock, CA 19-2½wf;		
18-10 w	Becky Kaiser, IL	6/ 5	Joey Smith (58) 19-0w; Pat Knighton		
18- 9½w	Sandra Myers (61) KS	6/12	(58) CT; Mary Smith (57) MO 18-11wf;		
18- 8½w	Gwen Smith (59) TX	5/ 7	Sondra Obermeier (58) NE 18-10½w;		
18- 8½	Altanette Denley (59) TX	5/ 7	Karen Taylor (58) CA 18-10w; Cindy		
18- 8	Robin Jackson (63) NY	5/ 2	Bernard (58) KS 18-10w & 18-6wf; Max-		
18- 7½w	Nancy Malloy (58) ND	6/14	ine Graham (58) KY 18-8½wf; Stephanie		
18- 7 f	Cynthia Rhodes (62) AZ	2/21	Kennon, WA 18-8w; Kathy Jagle, WA		
18- 6½w	Allen, FL	5/15	18-7½w; Jolene Johnson (58) MI 18-7½wf;		
18- 6½	Ulinda Capers (59) WA	6/11	Ann McKillop (59) NJ 18-6½wf; Donna		
18- 6	Thornton, FL	5/15	Pope (57) 18-6w; Janet Scott, CA		
18- 6 w	Sharon Billie (60) FL	7/24	18-5½wf; Stephanie Amey, GA 18-5½wf		
18- 5½	Patsi Walker (59) WA	5/29			

## High Jump

1-PAULA GIRVEN, though only eighteenth in the finals at Montreal, nevertheless confirmed her reputation as a tough competitor by beating everyone (including Joni Huntley) at the Olympic trials and negotiating six feet or better at least three times outdoors /ranked 1st in 1975/.  
2-ANNE GILLILAND, consistent as ever, improved her level three inches in 1976, with at least eight meets over 5'9" which included a win in the AAU Junior, third place in the Senior AAU and seconds vs. USSR and GFR juniors /5th in 75/.  
3-LOUISE RITTER straddle jumped over 5'9" in at least six outdoor meets and was sixth in the Olympic Trials, though only eighth in the Senior AAU /4th in 1975, 3rd in 1974/.



KERRY ZWART



PAULA GIRVEN

4-KARI GOSSWILLER, 15, surprised by winning the California high school championship and finishing runner-up at the AAU Junior meet, with at least four meets over 5'8" (2 x 5'10").  
5-LISA PLUMMER consistently jumped in Illinois high school meets (though only second in state) and at Westwood (two fifth places) plus Eugene (seventh), recording at least least three 5'8" meets or better and six 5'7" outings.

6-BECKY DEETZ, New Jersey high schooler, was up for the AAU Senior (fourth) but down for Junior AAU (eleventh) and Olympic Trials, with at least two 5'9" meets /10th in 1975/.  
7-JALENE CHASE, Maryland prepster, reached the heights at Eugene (placing an excellent fifth) after to jumping to a poor conclusion in the AAU Senior (thirteenth).

8-PATSI WALKER, a most versatile horizontal/vertical jumper, came on late to take the National JO title after a terrific battle, jumping 5'8" or better twice at season's end.  
9-DENISE CORNELL, like Walker a real pentathlete, nevertheless qualified for USA International Junior team by placing third in the AAU Junior, though failing to qualify in the AAU Senior and placing fourth vs. the Soviets and Germans.  
10-TERRI GOETHALS, high school state champ in Washington, also garnered fourth spot in the Junior AAU.

Many others might have been ranked in the last six places above. Among them were high school standouts Mary Cragoe (Illinois champ), Sharon Burrill (Colorado), Candy Ross and Chris Remmling (both California), all of whom cleared outstanding heights and beat some of those who were ranked on occasion. The increased availability of good equipment, improvements in the "flop" and the migration of versatile athletes to this "fun" event, make the high jump full of promise for the production of more Joni Huntley's.

High Jump			5- 7 Tammy Collman (61) OR 6/ 4		
6- 1½	Paula Girven (58) VA	6/24	5- 7 m	Tena Montoya (59) OR	6/ 5
5-11½	Louise Ritter (58) TX	6/ 5	5- 7	Cathy Cook (58) CA	6/15
5-10½	Anne Gilliland (59) NM	4/24	5- 7	Monique Donithan (59) AZ	6/11
5-10	Kari Gossweiler (60) CA	6/ 5	5- 7	Teri Seippel (58) OH	6/11
5-10	Patsi Walker (59) VA	8/21	5- 7	Kim Pomonoy (58) NY	8/21
5- 9	Mary Cragoe (59) IL	6/ 5	5- 7	Missy Neeker (59) OH	8/21
5- 9	Candy Ross, CA	6/ 5	5- 6½	Lori Anderson (61) AZ	5/ 9
5- 9	Becky Deetz (59) NJ	6/11	5- 6 f	Luanne Morris (59) OR	4/10
5- 9	Lisa Plummer (59) IL	6/12	5- 6	Deb Hollingsworth, CA	5/28
5- 9	Jalene Chase (59) MD	6/24	5- 6	Judy Pollian (60) TN	5/29
5- 9	Sharon Burrill (60) CO	8/21	5- 6	Lori Loughery (60) OR	5/29
5- 8½	Denise Cornell (58) CA	6/15	5- 6 m	Kathy Hopfer, WA	5/29
5- 8½	Terri Goethals, WA	6/15	5- 6	Lillian Giles (59) NY	6/ 5
5- 8½	Tammie Thomas (60) TX	8/21	5- 6 f	Diane Butler (59) FL	7/24
5- 8	Chris Remmling (58) CA	5/ 9	5- 6	Joan Brockhaus (59) SD	8/21
5- 8	Dana Collins (58) OR	6/ 5	5- 6	Deborah Crawford (59) KS	8/21
5- 8	Sharon Carroll, IL	6/ 5	5- 6	Anne Cale (59) VA	8/21
5- 8	Pam Blackburn (58) CA	6/ 5	6- 0½	Pam Spencer (57) WA	6/12
5- 8 m	Elizabeth Kern (61) CA	7/31	5- 8½	Brenda Little (57) CA	6/15
5- 7½	Lisa Peters (62) CA	6/13	5- 7	Cindy Gilbert (57) CA	6/15
5- 7	Susan Long (58) CA	5/28	<b>Questionable marks:</b> Farrand 5-7½uc;		
5- 7	Susan Hackett (58) LA	5/29	Martha McGill (58) NJ 5-7fu; Sonya		
5- 7 m	Maureen Dunn (60) WA	5/29	Sims, PA 5-7uf; Cindy Sandberg (59)		
5- 7	Abby Lyone (58) OR	5/29	CA 5-6fm; Theresa Seals, IN 5-6fm		
5- 7 m	Cindy Farrand (59) IN	5/29			



## Shot Put

Note: marks with 4 kg. shot are approximately equivalent to two feet better than the same mark made with an eight pound shot (e.g. 45' with 4 kg. = 47 with 8#)

1-DEANNA PATRICK, Kentucky's best ever, was easily the best of the true juniors, though just fifth at Westwood. Unfortunately, she could get only third places against both Soviet and West German juniors, topping 42'11" with 4 kg. shot in four major meets (equivalent to 44'11" with 8 lb.).

2-KELLY CURRAN improved greatly to garner the National JO championship and reaching the finals at Westwood (seventh in AAU Junior) and recording five meets over 43'0" (4 kg. or equivalent).

3-KERRY ZWART, 15, showed her power by recording ten meets over 41'0" (4 kg) and reaching the finals twice at Westwood (ninth in Junior, eleventh in Senior AAU) as well as showing the shot in the two Junior International Duals, despite spending time with other pentathlon events.

4-ANN MOON, also a sprinter, was the class of a good crop of Texas school girls, with at least three meets over 44'0".

5-JANICE STUCKY, from Kansas, powered the eight pound shot over 44'5" in at least three major meets, including runner-up spot at Memphis and sixth place in the USTFF Nationals.

6-DEBRA EVANS was runner-up to Moon in the Texas AAAA Championships, in a very strong interscholastic field.

7-CINDY KISER, another midwest high school star (Missouri), was a strong third in the National JO Meet.

8-CARYL VAN PELT, reached the finals at Westwood (eighth in Junior AAU) after Washington school meets /10th in '75/.

9-EARLY DOUGLAS, Texas AA high school champ, reached very good distances, in outstanding competition.

10-MARY ANN JOHNSON, reached the finals in the Senior AAU, after faltering the Junior AAU and winning the Illinois high school championships.

A heavy toll was taken by graduation from the USA Junior ranks, Kathy Devine, Marcia Mecklenburg, Emily Dole, Pam Porter and other superior weight tossers moving on to senior ranks. This made 1976 a down year, but help is on the way as the high school programs, particularly in the great plains, have potentials in volume.

Shot Put (8 lb/4 kg) (k = 4 kg shot)		
45-0 $\frac{1}{2}$ k	Deanna Patrick (58) KY	6/14
44-6k	Kerry Zwart (61) CA	5/23
46-1 $\frac{1}{4}$	Ann Moon (58) TX	5/8
46-1m	Kelly Curran (59) CO	5/30
45-2 $\frac{1}{2}$	Janice Stucky (60) KS	8/21
45-1 $\frac{1}{2}$	Debra Evans, TX	5/8
44-5 $\frac{1}{2}$	Cindy Kiser (58) MO	8/21
44-1 $\frac{1}{2}$	Early Douglas (58) TX	5/7
44-0 $\frac{1}{2}$	Lauren Landseadel (58) CA	5/29
42-0k	Caryl Van Pelt (58) WA	6/14
42-11 $\frac{1}{2}$	Tammy Hahn (59) TX	5/8
43-11 $\frac{1}{2}$	Patti Kniepkamp, IL	6/5
43-10 $\frac{1}{2}$	Mary Ann Johnson (58) IL	6/5
41-5 $\frac{1}{2}$ k	Julie Flynn (58) CA	5/6
43-2 $\frac{1}{2}$	Jean Johnston (58) TX	5/8
42-11 $\frac{1}{2}$ f	Sheila Panell (58) CA	5/28
42-11	Gertrude Springfield, IN	6/4
42-10 $\frac{1}{2}$	Mary Kirby (58) FL	5/15
42-9 $\frac{1}{2}$	Becky Daniel (58) CA	6/5
40-9 $\frac{1}{2}$ k	Heidi Kauti (58) CA	6/14
42-8 $\frac{1}{2}$	Iris Tipton (58) TX	5/7
42-8 $\frac{1}{2}$	Karen Stampfli (60) CA	6/4
42-7 $\frac{1}{2}$	Darlene Ourso (59) LA	7/2
42-6 $\frac{1}{2}$	Donna Albers (59) TX	5/7
42-5m	Gail Kozlars, MA	6/5
42-5	Wendy Smith, IL	6/5
40-4 $\frac{1}{2}$ k	Michelle Peterson (58) CA	6/14
42-4 $\frac{1}{2}$	Michelle Betham (60) CA	6/4

42-3 $\frac{3}{4}$ m	Mary Gray, IN	5/26
42-2 $\frac{1}{2}$ f	Mary Baker, WI	6/5
42-2i	Becky McGranahan (61) KS	6/19
42-2	Kelly Fuiks (58) AZ	5/14
42-0 $\frac{1}{2}$	Renee Wessell (58) CA	6/4
42-0 $\frac{1}{2}$	Becky Moore, OR	5/29
40-0k	Felicia Norris, CA	5/6
41-9 $\frac{1}{2}$	Wendy Whitley (61) PA	8/21
39-9 $\frac{1}{2}$ k	Carol McCauley (58) NJ	6/6
41-9	Bonnie Dasse (59) CA	5/28
41-9	Gina Piatt (60) PA	6/13
39-8 $\frac{1}{2}$ k	Tracey Tripp (58) OH	6/14
41-8 $\frac{1}{2}$	Marie Garcia (58) CA	6/4

Questionable marks: Holloway 46-0im; Curran 46-4 $\frac{1}{2}$ im; Kirby 43-3im; Sara LaBord, WI 43-3fm; Sue Gordon, WI 43-Ofm; Sharon Redvict (59) NJ 42-10 fm; Jeanne Boller (58) NE 41-9 $\frac{1}{2}$ im; Garcia 43-9fm

## Discus Throw

1-HELENE CONNELL improved about thirty feet, first in local New Jersey high school and AAU meets, faltered in Junior AAU (sixth place) but finished with her best throw of the year in winning the National Junior Olympic title.

2-MARY ANN STEVENSON was the only tosser who achieved distances close to Connell, first in Oregon high school meets and later at Westwood (second in Junior and fourteenth in Senior), then in Europe (third and second vs. USSR and West German Juniors). /1st ranked in 1975/

3-CHRISTI PYLE, 15, was over 141' three times and over 133' ten, taking fourth in the AAU Junior /2nd ranked in 1975/.

4-GINA PIATT, also 15, edged Pyle in the Junior AAU (though losing to Christi two days earlier) had at least five meets over 135 feet, including her best mark against the West German junior after finishing fourth vs. the Soviet juniors.

5-CINDY KISER, was the best double medallist in the weights at the National JO meet, including a solid second in the discus with her best mark of year.

6-KATHY PICKNELL emerged from Oregon high school meets to record at least five meets over 132 feet and reaching the finals (ninth in Junior AAU) at Westwood.

7-JOANNA NORTON was just back of Picknell at Westwood and had three tosses, at least, over 135 feet /7th in 1975/.

8-MARY WALSH was second only to Connell in New Jersey high school circles and was seventh at Westwood.

9-SUE KOBZA, Nebraska school girl, was a solid third in the terrific National JO competition at Memphis.

10-SUSAN SPRINGER was over 130' in seven meets and second in the California interscholastic meet at age 14.

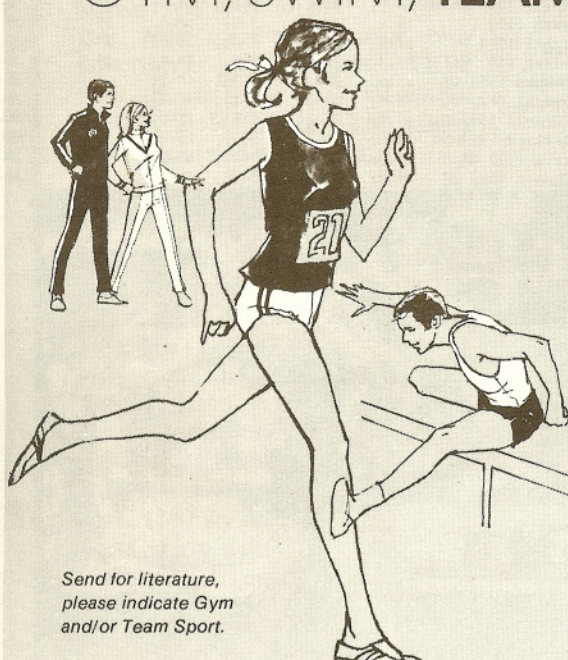
The promise of 1975 began to blossom in 1976 as all the top ranked throwers improved greatly. Three of the top four and many of those over 125 feet return in the junior ranks. Still USA throwers have a long way to go to reach top world standards, though talents like the 5'9", 175 pound Connell make the prospects at least interesting.

Discus Throw (1.0 kg)		
152-11	Helene Connell (59) NJ	8/21
146-11	Mary Ann Stevenson (58) OR	7/8
142-10	Gina Piatt (60) PA	7/8
142-3	Christi Pyle (60) CA	6/14
140-9	Cindy Kiser (58) MO	8/21
139-1	Joanna Norton (59) WA	6/14
138-5	Kathy Picknell (58) OR	5/29
135-9	Sue Kobza (59) NE	8/21
135-3	Susan Springer (61) CA	5/23
134-11	Karen Stampfli (60) CA	7/17
134-6	Mary Walsh (58) NJ	6/14
134-6	Vickilee Cobern (60) TX	8/21
132-8	Debra Evans, TX	5/7
132-6	Sue Fortune (58) IL	6/5
132-0	Cathy Hilton (58) CA	7/17
130-1	Tammy Hahn (59) TX	5/7
130-1	Teresa Groshong (58) OR	8/21
129-9	Helen Tyler (58) FL	5/15
129-4f	Margaret Fox (58) CO	5/30
129-4	Deanna Patrick (58) KY	6/15
127-6	Debbie Williams (60) OH	6/14

127-1f	Pat Herrington (59) WA	5/29
127-1	Jill Pingree (59) ME	8/21
126-11	Susie Kramer, TX	4/24
126-5	Duthie, CA	6/5
125-10	Fisher, FL	5/15
125-7	Pia Iacovo (51) MA	6/5
125-5i	Leslie Hoerner, CA	5/28
125-5f	Mary Rush (59) VA	7/31
125-4	Jennifer Purdue, TX	5/7
151-6	Debbie Stephens (57) OH	6/14
150-9	Julie Hansen (57) WA	6/10
143-7i	Julie Cart (57) AZ	4/24
134-5	Kathy Middleton (57) CA	6/5
133-0	Denise Holloway (57) CA	6/14
128-0	Lisa Kirk (57) OR	4/24

Questionable marks: Cindy Pottle, WA 140-7f; Laura Messner, WI 136-3f; Fox 136-3im; Sue Gordon, WI 132-7f; Cheryl Voight (59) WI; Kim Pyles (58) HI 127-0if; Becky Daniel (58) CA 126-0C; Shelley Chester, WA 125-6f

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## Javelin Throw

1-CATHY SULINSKI is only the second javelin tosser in the six year history of these rankings to lead the list (Karin Smith, Olympic sixth placer at Montreal, led the first three rankings). Cathy, by virtue of one tremendous toss another AAU Junior Championship, sixth place at the Olympic Trials (four meets, at least, over 163 feet) takes her spot alongside a long line of great junior spear throwers, including Karen Anderson, Barbara Friedrich and Kathy Schmidt /1st ranked in 1975 and 1974, ranked 7th in 1973/.

2-KERI CAMARIGG, another New Jersey high school product, was not in Sulinski's class, but nevertheless consistent in the 140 foot range, with a thirds in the Junior AAU as well as USSR and West German duals.

3-LISA VAN BENTHEM threw very well early in the year, finished fifth (Junior) and tenth (Senior AAU) at Westwood and had nine meets over 145 feet /7th in 1975, 3rd in 1974/.

4-JACKIE NELSON was fourth in the Junior AAU, at age 14, and threw against the Soviet and West German juniors (though outdistanced) after dominating the best intermediates in early season, achieving 142' or better three times.

5-CONNIE GASSEN suffered back problems all year, but exceeded 142 feet in three meets, though placing just tenth in the Junior AAU /6th ranked in 1975, 5th in 1974/.

6-CHARM BISHOP, 15, was over 139 feet three times and over 132 two more, while placing seventh in the Junior AAU.

7-JEANNE EGGART was the top thrower in Washington, the best state for high school javelin tossing in the nation.

8-SUE BANTA was the class of Oregon high competition.

9-DEBBIE DIBB, 15, exceeded 136 feet in three meets including an eighth place finish in the National Junior AAU meet.

10-RAEDEAN RONA (like Dibb, Bishop, Gassen, Nelson and van Benthem, a southern California age group product), was over 132 feet in six meets and placed ninth at the Junior AAU.

Like 1974, javelin throwing in 1976 took a downward turn at the upper echelons. Though a few great talents enter the picture each year, it doesn't appear enough areas (outside of the Pacific Coast and some areas in the Northeast U.S.) are encouraging the event, so that the shallow depth does not encourage continuous steady improvement.

Javelin Throw (600 gram)		
193- 6	Cathy Sulinski (58) CA	5/22
154- 4	Lisa van Benthem (59) CA	2/15
153- 3	Connie Gassen (58) CA	4/24
149- 4	Keri Camarigg (58) NJ	6/15
147- 1	Charm Bishop (61) CA	5/13
145- 0	Jackie Nelson (61) CA	6/15
143-11f	Jeanne Eggart, WA	5/29
143- 2	Sue Banta, OR	5/28
142-10	Raedeon Rona (59) CA	2/29
139- 2	Debbie Dibb (61) CA	6/15
137-10i	Patty Douglas (58) RI	6/27
135- 6f	Sheri Hanel, OR	5/22
132- 9f	Patty Kearney, OR	5/22
132- 9f	Suzanne Wallace (61) OR	6/ 4
132- 7	Terri Lane, OR	5/28
132- 4	Lorelei van Benthem (59) CA	2/15
131- 8f	June Griebel, WA	5/29
131- 4f	Young, OR	5/22
128- 0	Darlene Ourso (59) LA	5/29
127- 9	Ellen Colleary (59) AZ	3/21
154- 6	Marilyn White (57) AZ	6/12
154- 6	Lisa Kirk (57) OR	6/20
145- 1	Sonja Bennett (57) WA	6/12
139- 3	Lura Lee (57) OR	5/28
136- 0	Sue Kirschbaum (57) OR	5/28

Questionable marks: Bonna Schibret, WA 139-11f; Katy Robbins, WA 132-11f; Carol Miller, PA 131-10fm; Chris Cartwright, WA 129-11f; Carmen Scherich (58) PA 129-4if; Cindy Chapman, WA 128-4f; Gail Toso, WA 127-10f

## CORRECTIONS/ADDITIONS TO GIRLS AGE GROUP LISTS

(Corrections to 1976 Age Group Best Performers Lists appearing in the September/October and November/December issues)

### Girls Born 1964-65

100y...Michelle McMillan, TX...11.7ut  
200m...Leticia Spurlock, LA...change from 27.4mw to 27.3m  
HJ/Lt...Michelle McMillan, TX...4-7um and 15-5umw

### Girls born 1962-63

2 Mi...Tami Darr, CA...change from 11:51.4C to 11:13.0 (1/6)  
Jav....Deena Bernstein, CA...change from 107-1 to 107-11 (5/23)

### Girls born 1962-63

880/Mile...delete Leslie Sullivan, FL (incorrect age)  
Jav....Doreen Giddings, MA...add 127-0i (5/23)

## Pentathlon

1-DANA COLLINS was clearly the top junior in the USA, placing fourth at the National AAU Senior at Goleta, then fifth at the Olympic trials in Eugene and scored over 4000 points three times. Her best event was the high jump and she had no glaring weaknesses, though improvement could be made in all five events /ranked first in 1975/.

2-NANCY KINDIG competed against the USSR juniors for the second year (dropping from first in 1975 to third in 1976, though improving her total score) after narrowly missing winning the Junior AAU by 26 points. Strong potential in the hurdles and jumps, but weak in shot /ranked 2nd in '75/.

3-KERRY ZWART, 15, was an impressive National AAU Junior Champ and had three pentathlons over 3688 points, though faltering somewhat, in her first international meet against the Soviet juniors (fourth place). Strong in the shot, but needs to improve in other events, especially hurdles.

4-TERI SEIPPEL, who has been showing her versatility for many years, was third in the AAU Junior, showing strength in the jumps and weakness in the shot /4th ranked in 1975/.

5-PATSI WALKER, a super potential in the jumps, needs more work in the runs and strength for shot /ranked 6th in '75/.

6-LISA KINIMAKA, former pentathlon internationalist, concentrated on the long jump, but placed in the AAU Junior Meet at Goleta /ranked second in 1974, third in 1973/.

7-LINDA KARECKI, 14, had very good all-around marks for her age (particularly in the 33 inch hurdles) in placing sixth at Goleta, but needs more speed.

8-DENISE CORNELL, outstanding in the high jump, took up pentathloning well enough to garner seventh place at Goleta despite some weakness in speed events.

9-ANNE GILLILAND, another superior high jumper and fair hurdler, scored enough to place eighth in the AAU Junior.

10-JULIE FARIS, good long jumper/sprinter, garnered ninth spot in the Junior AAU.

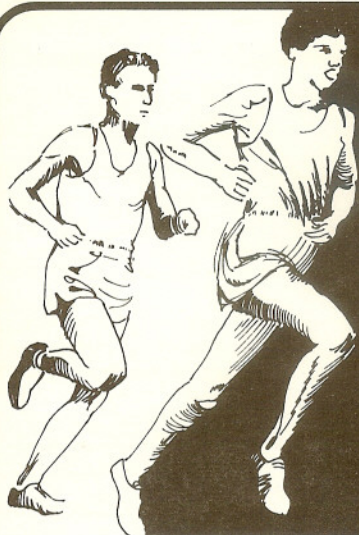
Very little movement in 1976 among the juniors. The top scorers improved little and the depth was actually thinner. Expect some changes beginning in 1977, since the 200 meters has been junked in favor of 800 meters, which should be good news for the real pentathlon specialists (like Collins, Zwart, Seippel and Karecki). One request: let's schedule more pentathlons folks.

Pentathlon (100m Hurdles/33", Shot Put/4 kg, High Jump, Long Jump, 200m)						
4109	Dana Collins (58) OR	14.73,	39-9 $\frac{1}{2}$ ,	5-6 $\frac{1}{2}$ ,	18-10 $\frac{1}{2}$ ,	25.12 6/21-22
3928	Nancy Kindig (58) NE	13.8,	33-5 $\frac{1}{2}$ ,	5-1 $\frac{1}{2}$ ,	18-5 $\frac{1}{2}$ ,	25.3 7/ 2- 3
3871	Kerry Zwart (61) CA	15.6,	42-8 $\frac{1}{2}$ ,	5-2 $\frac{1}{2}$ ,	18-1,	25.7 5/28-29
3838	Teri Seippel (58) OH	14.8,	29-2 $\frac{1}{2}$ ,	5-6 $\frac{1}{2}$ ,	18-6 $\frac{1}{2}$ ,	25.4 5/28-29
3829	Patsi Walker (59) WA	15.3,	32-8 $\frac{1}{2}$ ,	5-5,	18-5 $\frac{1}{2}$ ,	25.3 5/28-29
3796	Lisa Kinimaka (58) CA	15.6,	38-3,	5-3 $\frac{1}{2}$ ,	19-2 $\frac{1}{2}$ ,	27.0 5/28-29
3764	Linda Karecki (62) IL	14.8,	37-3,	5-1 $\frac{1}{2}$ ,	17-8 $\frac{1}{2}$ ,	26.1 5/28-29
3725	Denise Cornell (58) CA	15.8,	37-1 $\frac{1}{2}$ ,	5-6 $\frac{1}{2}$ ,	17-2,	26.3 5/28-29
3711	Anne Gilliland (59) NM	15.0,	31-7 $\frac{1}{2}$ ,	5-9 $\frac{1}{2}$ ,	16-4 $\frac{1}{2}$ ,	26.5 5/28-29
3633	Julie Faris (59) NE	16.0,	31-10,	5-1 $\frac{1}{2}$ ,	18-1 $\frac{1}{2}$ ,	25.2 5/28-29
3544	Kathy Johnson (59) OR	15.0,	36-6 $\frac{1}{2}$ ,	5-0 $\frac{1}{2}$ ,	16-11 $\frac{1}{2}$ ,	27.4 5/28-29



DANA COLLINS





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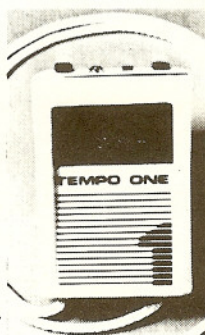
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