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KATHY SCHMIDT
NEW AMERICAN JAVELIN RECORD
215-6



FROM THE EDITOR



Jan Merrill and her coach, Norm Higgins of the Age Group Athletic Association in New London, Connecticut, have stirred some controversy of sorts, by the press, with their less than enthusiastic welcome of reporters clamoring for interviews. Indeed, at one point it was even mentioned that coach Higgins "slammed the door in the face of a pressman". And when a brief press conference was scheduled prior to the Indoor Championships in New York, it was held at their hotel room, in which case the reporters had to leave the meet

site to get a statement or story.

As a coach of AAU teams for the past six years myself, and now on the other side of the picture as an editor-reporter, I can see both sides of this story, but I must look sympathetically on the Merrill-Higgins situation. Jan is a fine athlete, a virtual unknown not too long ago. But her recent successes have brought her into the national limelight. Since last June, when she won the National Junior Women's 800 championship in White Plains, she has gone on to win a Pan Am gold medal in the 1500, defeated Francie Larrieu at that same distance (once), has the fastest 1500 indoors in the US this season and most recently captured a double win at the US Indoor National Championships in the Mile/2 Mile, setting championship records in both. Not to mention, in addition, a 9:03.3/3000, 2:42.2/1000, etc., etc.

Obviously, Jan Merrill has arrived, and for this reason the press is anxious to "get in" on it. Why? Merrill is a hot story, hot stories make good copy, good copy sells newspapers. That's a pressman's job, to help sell newspapers. The same goes for television.

I have watched the press coverage on Jan Merrill very closely for about a year now, and on two different occasions the lead sentence of the article began, "Tall, lanky Jan Merrill of the AGAA in New London, Connecticut"..... and "Little Jan Merrill of Waterford, Connecticut"..... Tall, lanky, little, New London, Waterford, 15 different reporters will give you 15 different stories, just as 15 different

coaches will give you 15 different coaching philosophies. The point is that coach Norm Higgins is exerting his better judgement, his philosophy, by keeping Jan away from the press or vice versa. One reporter rationalized away the situation by writing, "distance runners are lonely people"! It seems you just can't win.

But Higgins and Merrill have decided, it would appear, to play the press coverage in a low key fashion. After all, Jan is a solid Olympic hopeful and it's sometimes all too easy to sit back on your press clippings. Once too often, athletes have gone "Hollywood" and had their egos blown out of proportion, and then, shortly thereafter, go directly "down the drain", not to mention the problems of coping with immediate success, and then suffering from the expectations of the constant record-breaking performances heaped on them by the press, coaches, parents, teammates, and fans. It all seems to boil down to one important item, and that is that Norm Higgins and Jan Merrill are, and I feel very wisely, keeping things in their proper perspective.

LETTERS FROM LOUIS SCHNEIDER, LOUISVILLE, KY

"Somebody told me you finally printed something about our Mason-Dixon Games women's pole vaulting. Good. I only see your publication at somebody else's house, so maybe I had better subscribe. Please start my subscription with the last issue, and send to above address.

I wrote a man in England, but never got a reply. So, we are claiming world's records (indoor, of course) for women as described below.

Feb. 6th, on Friday night/ What was supposed to be a collegiate and club event was opened up to be an open event. We had six participants. The event was won by Christi Cahill of Memphis State with 6-6 $\frac{1}{2}$ on the basis of fewer misses than Cheryl Stroder, Paducah Tilghman HS. Donna Sload, Daviess County HS, was third with 5-3.

We are claiming the above competition as the world's first bona fide women's pole vault. The event was conducted absolutely by the book.

On Saturday morning, Feb. 7, we held the world's first high school girl's pole vault, with the following results: Susan Brutscher, Western HS (Louisville), winner and new world record holder with a measured 7 feet even. Cheryl Stroder cleared 6-7 and got second place on fewer misses than Pam England, Fairdale HS. Eight girls took part.

On February 21, there will be a women's vault in the Memphis Indoor T&F Classic.

I am on record around here that our Mason-Dixon women's vault will go ten feet next year, 12 feet in three years, and 13 feet within five years. We are on our way! How long will it take the rest of the country to get with it?

"I wasn't there, but the results of the women's pole vault at the Memphis Indoor T&F Classic, February 21, have been reported to me as follows:

Going in, Susie Brutscher, 15-year-old sophomore at Western High School, Louisville, Ky., had the world record and high school record at an even, measured seven feet. The Memphis event was won by Christi Cahill, Memphis St., with a new indoor WR of 7-6 $\frac{1}{4}$. Susie Brutscher was second with a new HS indoor record of 7-4 $\frac{1}{4}$. Pam England, Fairdale HS, Louisville, was third with six feet. Wonder when the West Coast will get with it and have a women's pole vault? Like, Louisville and Memphis are leading the way. How about some editorial emphasis and leadership? I have a personal goal of getting women's pole vaulting on the Olympic program in 1984. Want to help me do it?

(Editor's Note: Sir, I have little doubt you may be considered a pioneer in the field of women's pole vaulting, and your intent for the growth of the women's track program is meant well, I'm sure. But, as for your goal of an inclusion to the Olympic program; would you believe the year 2,000!)

VINCE REEL, PUBLISHER STEVE WENNERSTROM, EDITOR

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TWO WOMEN BANNED FOR TAKING STEROIDS

by Mel Watman

"The European Athletic Association has not yet revealed the identity of the three athletes disqualified from international competition after steroid tests proved positive, but there are grounds for believing that two of the athletes concerned are women.

"All that has been said officially so far is that the three cases were detected at (1) the European Cup Men's Semi-Final at Crystal Palace, (2) the European Cup Finals in Nice, (3) the European Junior Championships in Athens. However, IAAF Bulletin No.17 shows an unexplained amendment to the team results of the European Cup for women: Rumania, previously credited with 52 points, is shown now as having scored 47. The implication is that a Rumanian athlete scoring five points (ie placed fourth) has been disqualified. It should be noted that Alina Gheorghiu placed 4th in the long jump with 6.35/20-10 and Valentina Cioltan 4th in the shot with 18.49/60-8.

Another development with an apparent bearing on the matter is the fact that of all the European Junior records broken in Athens, only one has been denied official ratification ... the GDR's time of 44.05 for the women's 4x100 relay. The team was Petra Koppetsch, Marlies Oelsner, Margit Sinzel and Christine Brehmer. Koppetsch had earlier won the 100m in 11.34 and 200m in 23.20. Oelsner was 2nd in the 100 (11.43) and Brehmer won the 400 in 51.27. Shortly after the sprint relay, Brehmer and Sinzel ran in the victorious 4x400 team which set a record (ratified) of 3:33.7, which would seem to eliminate them from suspicion.

It's interesting to speculate, but surely it would be fairer on the innocent parties if the authorities would lift their unwarranted veil of silence and name names."

From "Athletics Weekly"

US THIRD IN WORLD CROSS COUNTRY CHAMPIONSHIPS

Chepstow, Wales, February 27: A senior women's team consisting of Lynn Bjorklund, Cheryl Bridges, Judy Graham, Doris Brown Heritage, Peg Neppel and Debbie Quatier journeyed to Wales to defend their world title which the US team won last year in Morocco. At press time the following results had been received: Team Scores - 1) USSR 33, 2) Italy 59, 3) United States 64. Individuals - 1) Valero (Spain) 16:19.5; 2-Kazankina (USSR) 16:39; 3-Dorio (Italy) 16:56.

REMEMBER WHO ?

Believe it or not with the arrival of the 1976 Olympic Games it will have been 20 years since the Melbourne Games in Australia. But, do you remember who won some of those races in the 'Land down under'? An Australian sprint legend won the 100/200 double with marks of 11.5 and 23.4. She was Betty Cuthbert and she also led Australia's 4x100 relay team to a gold medal performance clocking 44.5. The USA finished third in that race (44.9) although the best American finisher in any sprint was a 4th by Isabelle Daniels who chipped in with an 11.8. Australian runners made it a clean sweep of the speed events as Shirley de la Hunty sped to an unchallenged 10.7 in the 80 meter hurdles. Along with Marlene Matthews, another Australian, who garnered bronze medals in the 100/200 and another bronze medal effort by Norma Throver in the 80m the Aussies took a mountainous total of 7 medals in the above mentioned events.

In 1960 however, the scene had changed to Rome, Italy, and the Australians no longer had a hold on sprints as they did in 1956. A lanky American named Wilma Rudolph captivated the crowd with her triple gold medal winning performance and setting a new Olympic record in the coveted 100 meter event. An Australian did manage to score a niche in the medal column in the name of Brenda Jones as she battled a Soviet runner down to the wire before losing out by just .1. Ludmilla Schevzova won the gold with a 2:04.3, while Jones finished second at 2:04.4. The bronze went to German Ursula Donath at 2:05.6. In the 80m, Irena Press, sister of Shot Put star Tamara Press, sped to a 10.8 win for the gold medal. A young Britisher named Mary Bignal (Toomey) finished 4th in this race clocking 11.1.

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LETTER FROM BOB STEINER, ITA

"Your December issue included indoor record listings which totally ignored performances made by professionals. Apparently this is magazine policy and I would be interested in starting a dialogue whereby this policy might in the future be changed. We believe performances made by professionals are every bit as creditable as those made by amateurs, since the same officials are involved. It is important to the progress of professional track that we get recognition by the leading journals of this sport. It is important to the women's part of professional track that they get recognition in your publication."

(Editor's Note: We'll be happy to include coverage of women's professional events. Send results! One thing, however, how creditable is a 40y dash when a sprinter such as Lacey O'Neal is pitted against Brian Oldfield. I just can't quite find that amusing or acceptable if a record was set).

CLUB RECORD CONTEST

Due to the recent onslaught of club records which have arrived from Europe as well as the United States, we have decided to postpone the results until next issue (April), so that the final standings will be more complete.

FLASH !

Lon Beach, California, March 6: KATHY SCHMIDT of the Los Angeles Track Club unleashed the best javelin throw in US track history Saturday, breaking her existing American record of 209-7, which she set at last year's outdoor nationals in White Plains, by over 5 feet. Indeed, almost 6 feet! Her throw which was measured officially at 65.69/215-6, ranks her second only to East Germany's Ruth Fuchs, who is the current world record holder at 220-6. Only Fuchs' former world mark of 216-10 and her current mark of 218-0 rank ahead of Schmidt's new American record!

INDOOR NATIONAL CHAMPIONSHIPS

MERRILL WINS TWICE - SETS TWO RECORDS

New York, New York, February 28: 19-year old Connecticut distance star, Jan Merrill swept to victory in the two distance events of the evening, setting meet records in both, and with only 30 minutes rest between the Mile and 2 Mile races. The crowd roared its approval as Merrill became the first woman to go under the 10:00 mark for two miles at the Indoor Nationals clocking 9:59.6. Jan surpassed Brenda Webb's existing championship record of 10:22 set last year in the race's inaugural meeting. Then, after a quick change of uniforms, Merrill entered the Mile and dogged the pack for most of the race before putting on a very strong finish to nip Julie Brown at the tape as both girls were timed in a championship record of 4:38.5. Merrill's performance earned a standing ovation from the crowd of over 13,700 and the Redbook Trophy as the meet's 'Outstanding Woman Athlete'.

Martha Watson made it three in a row as she took long jump honors once again with a leap of 20-9/16. Martha has not only won the long jump each of the last three years, but has also won four of the last five indoor championships. Sue Brodock repeated her Mile Walk championship win of last year with a new meet record of 7:12.7. The Roadrunner walk star has set both the indoor and outdoor world marks for the Mile distance this season.

There were also some surprises, as there almost always is in an indoor meet of this caliber, principally in the 880 yard run, where a favored Robin Campbell failed to finish after taking a hard fall on the final turn as the pack sprinted for the finish. The winner, unheralded Johanna Forman, of the Falmouth TC, clocked 2:07.9 and was followed closely by Kathy Weston and Wendy Knudson at 2:08.7 and 2:08.8 respectively. Another unheralded runner manufactured an upset of sorts, as Lisa Hopkins of the Chicago Mercurettes, got out quickly to clock a 6.7 ahead of Alice Annum and Zephyrs Veronica Harris who settled for second and third at 6.8 in the 60 yard sprint.

Defending 220 champion, Rosalyn Bryant, looked impressive in the qualifying heats as she posted a new championship record of 23.5, but had problems in the final as Pan Am gold medalist Pam Jiles nipped her at the tape with both runners clocking 24.0. A powerful looking Ann Turbyne exploded in the shot put ring to win that competition with her best series of throws ever and a 51-5/8 personal best to win. Her six throws were of good consistency (50-7, 50-4, 51-4, then 50-10, 50-4, 50-5).

Another of the surprises arose from the high jump area as high jumper Joni Huntley had an off-night and finished third behind Canadian phenom Julie White and Seattle Pacific's Pam Spencer. Spencer, Huntley and Paula Girven all were over the 6-0 mark but Spencer took honors with fewer misses.

The team battle was another story. The Atoms TC! That's it! The relay-minded Atoms crew dominated the floor and won every relay run during the evening. In fact, all the Atoms points were scored in relay events with the exception of Lorna Forde's 440 win, which incidentally, was just .4 off Charlette Cooke's meet record of 54.2. But it was the Atoms, piling up 23 points with victories in the Mile relay at 3:50.6, 640 relay in 1:09.7 (a new American All-Comers record) and the 880 medley relay clocking 1:46.2. Second place went to the Age Group Athletic Association with 10 points and the New Orleans Superdames third with 8. The results:

TEAM SCORING

1-Atoms TC 23, 2-Age Group Athletic Association 10, 3-New Orleans Superdames 8, Falmouth TC 7, 5-Rialto Roadrunners and Los Angeles TC 6, 7-Chicago Mercurettes, LA Mercurettes, Lakewood International, Gillys Gym, Klub Keystone, Seattle Pacific College 5, Emporia State, DC Striders, Delaware St., Clippers TC, Will's Spiketees, Oregon TC, Jackson St. Ohio TC, Syracuse Chargers 3, Chicago Zephyrs, Mayor Hatcher's YF, West Suburban TC, Community YF, Cavalette TC, Blue Angels, Colorado St., Nutley TC 2, New York PAL 1, Florida TC 1, Iowa St. 1, Wright St. 1, Sugarloaf Mt. AC 1.

60 YARD DASH

1st Heat : 1-Lisa Hopkins(CM) 6.8; 2-Alice Annum(DCStrid); 3-Rhonda Brady(MHYF); 4-Angela McLean(NOS); 5-Sandra Upshaw(CO). 2nd Heat: 1-Rosalyn Bryant(IAM) 6.8; 2-Mattline Render(NYPAL); 3-Antionette Young(KK); 4-Maria Parson(AC); 5-Valerie Milan(WSTC); 6-Janet Woodson(JSU). 3rd Heat: 1-Deborah Moses(CZ) 6.8; 2-Martha Watson(LITC); 3-Theresa Montgomery(BRTC); 4-Wanda Nicholson(NOS). 4th Heat: 1-Kathy Crawford(CJTC) 6.8; 2-Veronica Harris(CZ); 3-Vanessa Hugley(PH); 4-Brenda Calhoun(GTC); 5-Pam Jiles(NOS); 6-Patricia James(OCTC). Note:(Three qualify for the semifinals)

Semifinals: Three qualify for the final.

1st heat: 1-Lisa Hopkins(CM) 6.8; 2-Veronica Harris(CZ); 3-tie between Mattline Render(NYPAL), and Kathy Crawford(CJTC). 2nd heat: 1-Rosalyn Bryant(IAM) 6.7; 2-Alice Annum(DCStrid); 3-Deborah Moses(CZ); 4-Rhonda Brady(MHYF). Runoff for place in the final - tie between Mattline Render(NYPAL), and Kathy Crawford(CJTC) 6.8. 2nd Runoff for the place in final - 1-Mattline Render 6.8; 2-Kathy Crawford 6.9.

FINAL: 1-Lisa Hopkins(Chicago Mercurettes) 6.7; 2-Alice Annum(DC Striders) 6.8; 3-Veronica Harris(Chicago Zephyrs) 6.8; 4-Mattline Render(New York PAL) 6.8; 5-Deborah Moses(Chicago Zephyrs) 7.1; 6-Rosalyn Bryant(LA Mercurettes) 7.1.

60 YARD HURDLES

No trials. Field to semifinals.

Semifinals (Winners and two fastest seconds to final)

1st Heat: 1-Carol Thomson(DSC) 7.8; 2-tie between Cheryl Poirier(FTC), and LaVonne Neal(KK); 4-Marilyn Linsenmeyer(TTC). 2nd heat: 1-Deby LaPlante(Un) 8.0; 2-Carmen Brown(ATC) 8.1; 3-Deborah Moses(CZ); 4-Del Crump(KK); 5-Ros Anderson(FTC). 3rd heat: 1-Rhonda Brady(MHYF) 7.8; 2-Modupe Oshikoya(LATC) 7.9; 3-Lorraine Tummings(ATC); 4-Kim Herrman(DSC). Runoff for two places in final - 1) Modupe Oshikoya 7.9; 2-LaVonne Neal 7.9; 3-Cheryl Poirier 8.2

FINAL: 1-Deby LaPlante(Un,Michigan) 7.7; 2-Carol Thomson(Delaware Sports Club) 7.8; 3-Rhonda Brady(Mayor Hatcher Youth Foundation) 7.9; 4-Modupe Oshikoya(LATC) 8.0; 5-LaVonne Neal(Klub Keystone) 8.1.

220 YARD DASH

Trials (Two to qualify for final)

1st heat: 1-Rosalyn Bryant(LA Mercurettes) 23.5(US and championship record; old US and championship record, 23.6, Rosalyn Bryant, MDVF, 1975). 2-Linda Cordy(ATC) 24.3; 3-Lisa Hopkins(CM) 24.5. 2nd heat: 1-Pam Jiles(NOS) 24.5; 2-Laurie Blanchard(WSTC) 24.8; 3-Theresa Montgomery(BRTC) 24.8; 4-Pat Collins El(ATC) 24.8.

FINAL: 1-Pam Jiles(New Orleans Superdames) 24.0; 2-Rosalyn Bryant(LA Mercurettes) 24.0; 3-Linda Cordy(Atoms TC) 24.2; 4-Laurie Blanchard(West Suburban TC) 25.1.

440 YARD DASH

Trials (Winners qualify for the final)

1st heat: 1-Lorna Forde(ATC) 55.7; 2-Brenda Finch(JSU) 57.0; 3-Wanda Nicholson(NOS) 59.1. 2nd heat: 1-Debra Armstrong(FTC) 54.5; 2-Michele McMillan(ATC) 57.0; 3-Jarvis Scott(PTC) 57.8; 4-June Smith(DCStrid) 58.6. 3rd heat: 1-Sharon Dabney(CTC) 55.6; 2-Sheila Choates(TSU) 55.9; 3-Andrea Andrews(ATC) 56.8; 4-Trudi Rebsamen(ISU) 58.6. 4th heat: 1-Yolanda Rich(IAM) 54.9; 2-Sheila Ingram(PAC) 55.1; 3-Pat Helms(KK) 57.8.

FINAL: 1-Lorna Forde(Atoms TC) 54.6; 2-Sharon Dabney(Clippers TC) 54.7; 3-Yolanda Rich(LA Mercurettes) 55.2; 4-Debra Armstrong(Florida TC) 55.6.

880 YARD RUN

No trials. Field to final.

FINAL: 1-Johanna Forman(Falmouth TC) 2:07.9; 2-Kathy Weston(Will's Spiketees) 2:08.7; 3-Wendy Knudson(Colorado St U) 2:08.8; 4-Kathy Hall(West Suburban TC) 2:10.8; 5-Karel Jones(Atoms TC) 2:14.5; 6-Kathy Costello(LATC) 2:14.8. (Robin Campbell, Florida TC did not finish).



CROWDED TURN - This shot shows the 880 yard run in the early going with eventual upset winner, Johanna Forman swinging wide as a blurred Kathy Weston heads out of the picture. Forman's winning mark was 2:07.9. (Carroll pic)

MILE RUN

No trials. Field to final.

FINAL: 1-Jan Merrill (AGAA) 4:38.5; 2-Julie Brown (IATC) 4:38.5 (Merrill and Brown set new championship record; old record, 4:40.0, Ludmilla Bragina, USSR, 1973). 3-Abby Hoffman (Canada) 4:43.7; 4-Debbie Mitchell (Canada) 4:44.8; 5-Kate Keyes (UCLA) 4:--.--; 6-Charlotte Lettis (Sugarloaf Mt. AC) 4:50.0; 7-Paula Ross (Blue Angels); 8-Gayle Olinek (Canada); 9-Lalani Kelly (Pioneer AC).

TWO MILE

1-Jan Merrill (AGAA) 9:59.6 (Championship record; old record, 10:22.0, Brenda Webb, Kettering Striders, 1975). 2-Katy Schilly (Syracuse Chargers) 10:19.4; 3-Doreen Ennis (Nutley TC) 10:23.0; 4-Brenda Webb (Wright St) 10:23.0; 5-Charlotte Lettis (Sugarloaf Mt. AC) NT; 6-Joan Benoit (Liberty AC) 10:44.4.

ONE MILE WALK

1-Susan Brodock (Rialto Roadrunners) 7:12.7 (Championship record; old record, 7:22.5, Susan Brodock, Rialto Roadrunners, 1975). 2-Laurie Tucholski (Ohio TC) 7:39.6; 3-Cindy Johnson (Blue Angels) 7:46.1; 4-Lisa Metheny (RRR) 7:48.3; 5-Linda Brodock (RRR); 6-Teri Teegarden (Blue Angels) 7-Eileen Smith (New York PAL).

640 RELAY

Trials (Winners qualify for the final)

1st heat: 1-Atoms TC 'A' 1:11.2; 2-Oceanhill Cheetahs 1:15.2; 3-Mallery Challengers 1:15.6. **2nd heat:** 1-Cavalette TC, 1:16.0; 2-West Suburban TC 1:16.0; 3-NY PAL (dnf). **3rd heat:** 1-New Orleans Superdames 1:13.1; 2-Frederick TC 1:15.4; 3-DC Striders 1:18.1. **4th heat:** 1-Klub Keystone 1:11.5; 2-Central Jersey TC 1:13.2; 3-Atoms TC 'B' 1:14.5; 4-Mayor Hatcher Youth Foundation 1:17.4.

FINAL: 1-Atoms TC (Michele McMillan, Pat Collins El, Linda Cordy, Carmen Brown) 1:09.7 (US All-Comers and championship record; old record, 1:10.4, Atoms TC, 1972 and Sports International, 1975). 2-New Orleans Superdames 1:11.8; 3-Cavalette TC 1:14.5; Klub Keystone (dnf).

880 YARD MEDLEY RELAY

Trials (Winners to the final)

1st heat: 1-Atoms TC 'A' 1:47.4; 2-Gateway TC 1:52.1. **2nd heat:** 1-LA Mercuresses 1:47.1; 2-New Orleans Superdames, 1:48.2; 3-Falmouth TC 1:51.3; 4-Atoms TC 'B' 1:52.2. **3rd heat:** 1-Klub Keystone 1:49.1; 2-West Suburban TC 1:55.5. **4th heat:** 1-Jackson State U 1:46.9; 2-New York PAL 1:49.7; 3-Frederick TC 1:53.5; 4-Falmouth TC 'B' 1:56.8.

FINAL: 1-Atoms TC (Toussaint, Collins EL, Cordy, Forde) 1:46.2; 2-Jackson State U 1:48.2; 3-Klub Keystone 1:52.8. No fourth.

WTFW

MILE RELAY

Trials (Winners qualify for the final)

1st heat: 1-Atoms TC 'A' 3:50.7; 2-Iowa St U. 3:58.7; 3-Falmouth TC 'B' 4:01.7; 4-West Suburban TC 4:04.9. **2nd heat:** 1-Klub Keystone 3:50.8; 2-Jackson State U. 3:53.6; 3-Frederick TC 4:02.4; 4-Liberty AC 4:03.0. **3rd heat:** 1-Falmouth TC 'A' 3:51.5; 2-Delaware State 3:56.5; 3-New York PAL 4:00.3; 4-Oceanhill Cheetahs 4:06.7. **4th heat:** 1-Atoms TC 'B' 3:53.7; 2-New Orleans Superdames 3:58.6; 3-Syracuse Chargers, NT; 4-Cavalette TC, NT; 5-Club Orange 4:14.7.

FINAL: 1-Atoms TC 'A' (Blaine, 58.0, Toussaint, 58.8, Jones, 57.7, McMillan, 56.1) 3:50.6; 2-Klub Keystone 3:51.0; 3-Falmouth TC 'A' 3:52.0; 4-Atoms TC 'B' 3:52.1.

HIGH JUMP

1-Julie White (Canada) 6-1 (Championship record; old record, 6-0½, Snezana Hrepenik, Yugoslavia, 1971). 2-Pam Spencer (Seattle Pacific College) 6-0; 3-Joni Huntley (Oregon TC) 6-0; 4-Paula Girven (College Park, Md.) 6-0; 5-Susan Hackett (River Ridge, La) 5-9; 6-Louise Ritter (Red Oak TC) 5-9; 7-Mikiko Sone (Japan) 5-9; 8-Becky Deetz (Ridgewood, NJ) 5-7; 9-Maureen Fitzpatrick (Jets) 5-7.

LONG JUMP

1-Martha Watson (Lakewood International) 20-9½; 2-Cathy Newman (Collins, Ia) 19-2¼; 3-Lorraine Ray (Community YC 19-1; 4-Kim Schofield (Iowa St U.) 19-0; 5-Judy Fontaine (AGAA) 18-9¼; 6-Denise Washington (Baton Rouge TC) 18-4¼; 7-Denise Pritchard (Chicago Zephyrs) 18-2; 8-Anna Chester (Jackson St U.) 17-11¼.

SHOT PUT

1-Ann Turbyne (Gilly's Gym) 51-5¼; 2-Kathy Devine (Emporia State, Kansas) 49-10¼; 3-Denise Wood (Haledon, NJ) 49-4¼; 4-Mary Jacobson (Osawatomie, Kansas) 48-5¼; 5-Emily Dole (Lakewood International) 45-7¼; 6-Marcia Mecklenburg (Seattle Pacific) 45-¾.

Note: In the results of the One Mile Walk; 5th place went to Carol Mohanco (Kettering Striders) 8:00.1. Brodock, in turn was 6th, Teegarden 7th and Smith 8th.



Falmouth TC's all junior (14-18) mile relay that placed 3rd in the AAU Indoor Nat'l's meet. R to L: Nancy Robinson (Jr.-Falmouth HS), Johanna Forman (Jr. Falmouth HS), Chris Mullen (Jr.-Seekonk HS) and Debbie Halady (Sr.-Falmouth HS). Forman had the fastest split in the qualifying and final rounds at 55.0. (John Carroll pic)

FAINA MELNIK

GIRL WHO HAD NO PROSPECTS ! by Boris Kaimakov

After the balloting for the World Athlete of the Year, we received a number of requests for further information on the winner, FAINA MELNIK. So, we have decided to go one step further and include stories (which were written by their own countrymen) on the first two vote getters in the annual poll. FAINA MELNIK and MARIANNE ADAM. I think you'll find the articles very interesting. Melnik's article appeared in 'Athletics Weekly' in November, 1973 and Adam's appeared in an East German periodical called Panorama DDR.

"The records of the Soviet discus Amazon Faina Melnik stun the imagination. During the European Cup Final in Edinburgh she sent the discus flying a distance of 69.48 meters (227-11), thus bettering her own world mark by almost two meters, a staggering margin.

"Melnik's records compel one again to pose the question as to whether there is a limit to what is possible in sport achievements. The record holder herself is of the opinion that she has not yet reached her ceiling, and hopes to cross the 70-meters (229-8) border in the near future. (Ed. Note: Melnik has already done so. Her new mark of 230-4 was set in Sweden this past season).



Peter Probst photo

"She came to big-time sport at quite an advanced age, and at that quite accidentally. A peasant girl from the village of Bakoto, in the Ukraine, Melnik left for Kiev in 1965 to enroll at the Agricultural Academy. One evening, after sitting a long time over her textbooks, Faina went to the Central Stadium to relax. The announcer stated that Olympic champion Tamara Press was in action. Faina unobtrusively made her way to the bench used by the discus throwers and watched the famed athlete with admiration.

"What are you doing her?" asked Tamara, on seeing an unknown girl among her friends and rivals.

"So far just looking..."

"There was a smack of daring and challenge in the reply.

"Melnik decided to enroll at the Kiev Physical Culture Institute after a talk with Tamara Press, but she was not accepted. The decision was that she had no prospects, for starting with the ABC's of sports at the age of 20 is rather late. That would have settled the matter in the case of any other person, but Faina was made of sterner stuff--she firmly made up her mind to take up sport seriously.

"She went to Moscow, enrolled at the Physical Education Faculty of the Moscow Teachers Training School, and started regular training. During Melnik's first ever collegiate meet in 1965, she sent the discus spinning a distance of 44 meters (144-4).

"Today Faina Melnik, a qualified PE teacher, resides in Yerevan, the capital of Armenia. She is guided by her coach Kim Bukhantsev, himself once an outstanding discus thrower.

"Here are Bukhantsev's first impressions of his new pupil: "She was of a splendid build, and possessed remarkable speed and strength, being capable of making an explosive turn. All that was Nature's endowment. But the main thing is that she is industrious. Hers is not a simple character. She is independent, sometimes sometimes contradictory, and proud-- a trait without which the road to records is shut. It is both hard and easy to work with her, but always interesting, more so than the totally obedient pupil."

"Kim Bukhantsev taught her to train thoughtfully, creatively. For instance, Faina's speed frequently came into conflict with her equilibrium in the circle: she kept falling out. Then Bukhantsev decided to control the speed, suggesting that Melnik make training throws from a smaller circle. Though not at once, this innovation together with Faina's rare capacity for hard work did produce fruit.

"In 1970 she improved her personal record by 7 meters-- an unprecedented achievement. At the beginning of that year Melnik's personal record was 54.76/179-8. In August, still little known, she took part in the USSR-USA match where she came out ahead not only by defeating her American rivals, but also European champion Tamara Danilova and holder of the National record Irina Solontsova. "I was ready to send the discus beyond the 60 meter mark," Melnik stated after this meet. This was no mere boast. In the USSR-GDR encounter later in the season she reached 61.80/202-9.

"A dramatic situation arose at the 1971 European Championships in Helsinki. In the discus throwing sector were Faina Melnik and Liesel Westermann of West Germany holder of the world record. Faina was nervous, for this was her debut in a contest of such high level. Four of her throws were ruled foul for overstepping the line. The fifth was over-cautious, so that the discus did not fly far. At this moment Westermann was far ahead. Finally came the sixth attempt by the Soviet girl, 63.96/209-10, a new world record and victory!

"Since then, Melnik has dominated the world of discus throwing, winning the Olympic title in Munich and regularly improving upon the record until she is now on the threshold of 70 meters. The girl who once had "no prospects" has revised all concepts of what is possible in her event."

Born: July 9, 1945

Height: 5-7½ Weight: 194 lbs.

ANNUAL PROGRESSION:		1965	1970
	1966	161-9	202-9
	1967	157-10	212-10
	1968	158-7	219-10
	1969	166-5	227-11
		179-8	229-4
			230-4

Shot Put Progression:

1970	53-10	1973	60-8¾
1971	58-2	1974	63-7½
1972	60-7½	1975	65-2¾

MARIANNE ADAM

by Heidi Fischer

The sporting career of Marianne Adam began in Luckenwalde, East Germany, but she was supported by a man who, besides his knowledge for throwing, had a seventh sense for throwing talents, it seems. The name of this man is Willi Kuhl. He has already lead DDR star Heinz-Joachim Rothenburg to the sport of shot putting, and of late he has also retrained a former high jumper named Marianne Adam into the same event. She was tall, slender, and strong, and she could run and jump, for even at the age of 16, she had set the Potsdam county B-Youth record for the high jump at 1.60/5-3.

She "owes" her interest in shot putting to a knee injury she received while high jumping. The first thing she was able to do after the injury had healed was throw a ball. And Willi Kuhl had said, upon seeing her throw, "Let's stick to that now!" Marianne remembers how, "the throwers of the SC Dynamo (her team in East Berlin) were staring at her when she came to join them. I was, indeed, more than 5-11 tall, but my weight was only 165 pounds". "This girl is really just a whiff in the landscape", they said.

From that moment on, things went well. But year after year, evenly, as if programmed in advance, there were

slight injuries. But this did not discourage Marianne, for there were also successes.

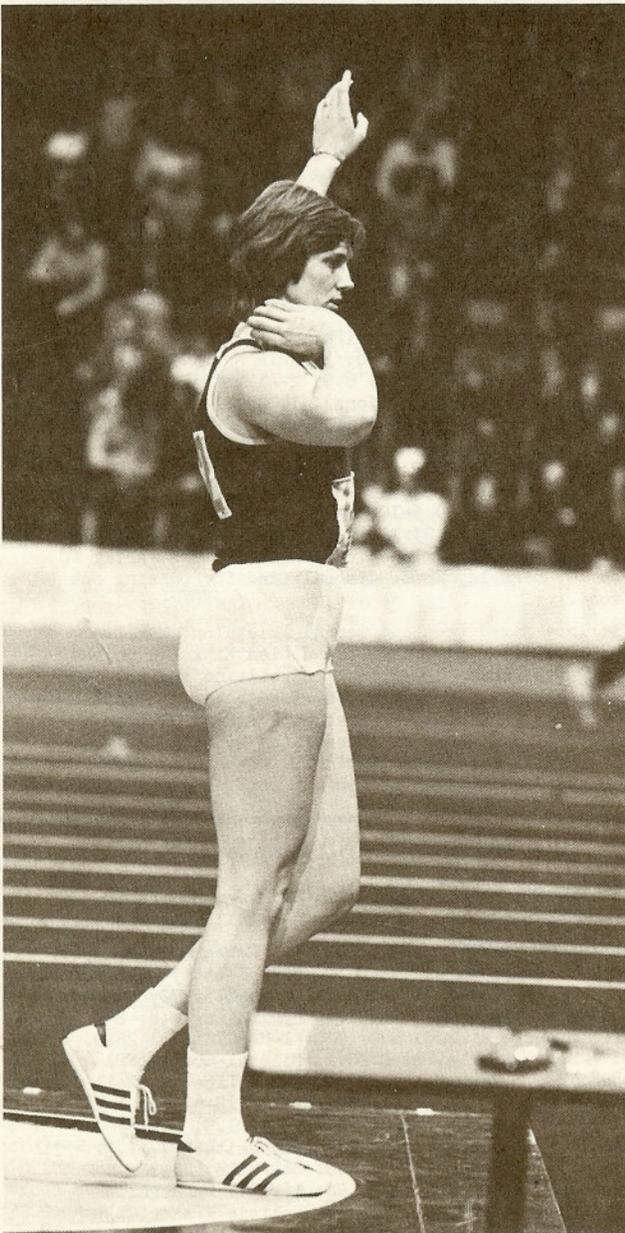
Rarely has one seen her overly ecstatic with her results or efforts. Marianne rather likes it when everything goes steady and remains in perspective. On the other hand, she is not one to show disappointments. When she gets angry, because things are not according to her taste, she hides it modestly. In this quiet manner, with scarcely foreseen tenacity, with sound self-confidence and an engaging amount of ambition, Marianne Adam managed to increase her efficiency meter by meter, where finally, in the pre-Olympic year, she managed to astound the track and field world with a tremendous world record throw of 21.60/70-10½.

When one looks at Marianne Adam, one might get the impression that she is the personified calmness and well-balanced sportswoman. She exhibits no haste, no hectic reactions whatsoever, and is always wary of her gestures. In addition, she also uses thoughtfulness in every sentence that she speaks. "Well balanced temper? That might be correctly observed", she considers. "Sometimes, there are indeed things which do upset me". For instance? "I can grumble very much about the ball, when during training, things are not going well. And sometimes, I just furiously throw it far away. But otherwise, well... people whose equanimity cannot be disturbed by anything, who must be pushed every step, just make me nervous".

Since October 1974, Marianne has been the secretary of the shot putting group for SC Dynamo. In addition, she is also deputy of the Berlin municipal assembly and has therefore had some experience in performing social activities. However, her deputy position function, that's something new to her. "And not so easy", she supplements. "In the beginning, I had to take pains in order to keep the slow learners going. But now, we are getting along all right."

Recently, some friends have helped her renovate her "new" flat in the old building in the city ward of Prenzlauer Berg. "For so long, I felt quite at home in the hostel", she said. "But a flat of one's own, that is really something wonderful. Most of all for studying. I am studying presently at the school of the People's Police in Ashersleben where I am working on my final term paper. I would like to finish it in autumn. But one requires a quiet place for that."

Only four women in track history have ever exceeded the 21 meter mark (Ed.Note: There are at least five) in shot putting and within that 21-meter quartet - only Nadyeshda Chizova is not presently competing. Marianne Adam, compared to all the others, is in a way, an exception. With her 25 years of age, she is the youngest, and at 183 pounds she is by far the lightest. Both facts she comments about with humor: "The youngest one, yes. That can only be an advantage. I have more time than the others. And the weight, Well, once in a while one would like to wear a short skirt!"



Panorama DDR photo

Personal Data

Born: September 19, 1951
Height: 1.83/6-0 Weight: 83kg/183lbs
Profession: Sporting instructor, evening student at the People's Police School.
Club: SC Dynamo Berlin
Coach: Willi Kuhl
Active: since 1965
Married: No

Sporting Successes: Shot Put

5th place 1972 Olympic Games; 2nd place 1974 European Championships; 4th place 1971 Indoor European Championships, 1972 3rd place, 1974 3rd place, 1975 1st place; 2nd place 1972 DDR National Championships, 7th place 1973, 1st place 1974, 1st place 1975.

Annual Progression

1967	12.00/39-4½	1972	19.43/63-9
1968	14.18/46-6¼	1973	19.41/63-8¼
1969	16.35/53-7¾	1974	20.61/67-7½
1970	17.60/57-9	1975	21.60/70-10½
1971	17.76/58-3¼	1976	

INDOOR ROUNDUP

PITTSBURGH INDOOR TRACK CLASSIC

Pittsburgh, Pennsylvania, January 2-4: A good number of name athletes appeared for this annual competition held at the University of Pittsburgh's Field House. Deby La Plante sped to a 6.7 clocking in the 50 yard hurdles to edge Delaware Sports Club's Carol Thomson, who was also timed in 6.7. Sheila Ingram took a slight lead in the 440 and turned it into a .1 second win over Gwen Norman, 56.5 to 56.6. Both runners surpassed the old meet record held by Pat Helms, which was 56.7. The three day affair featured Invitational as well as Open division races for the women. The results:

50yh: 1-LaPlante(Un,Detroit) 6.7; 2-Thomson(DSC) 6.7; 3-Kim Herrman(DSC) 7.0. 50y: 1-Valerie Morton(PAC) 6.2; 2-Florence Herbert(PAC) 6.3. 440: 1-Ingram(PAC) 56.5; 2-Norman(DCStrid) 56.6. Mile: 1-Lalani Kelly(PAC) 5:04.5; 880yMR: 1-Pioneer AC 1:52.8; 2-Cavalette TC 1:53.0; 3-Frederick TC 1:53.8. MileR: 1-DC Striders 4:04.0. 2MileR: 1-West Penn TC 10:23.8. LJ: 1-Toni Jones(PAC) 18-2¾; 2-Judy Johnson(WPTC) 17-10. HJ: 1-Jones(PAC) 5-4. SP: 1-Kim Travers(WPTC) 41-1¾(Meet Record); 2-Tracy Tripp(Un) 38-6½; 3-Peri Jude Radecic(WPTC) 37-6¾. Pent: 1-Sheila Furst(MOTC) 3537*; 2-Sue Klemarski(ClevTC) 3329*; 3-Carol Phelan(MSMC) 3033*. *Note: Scores for pentathlon denote total accumulated with 8 pound shot put. Open Events: 50yh: 1-Sandy Bloomfield(DSC) 7.1; 2-Ann Gwik(ATC) 7.1. 50y: 1-Gwen Smith(CCTC) 5.9. 220: 1-Linda Miller(CTC) 25.8; 2-Smith(CCTC) 25.9; 3-Melissa Hill(CTC) 25.9. 2Mile: 1-Mary Ann Opalewski(FF)11:21.0. HJ: 1-Beth Ann Brunn(LATC) 5-6. SP: 1-Radecic(WPTC) 38-10½. BBT: 1-Cindy Bakauskas(WPTC) 85-9. Team Scores: 1-Lipke TC 15, 2-Cavalette TC 12, 3-West Penn TC 12, 4-Adray TC 11.

KNUDSON RUNS WILD AT BENNION RELAYS

Pocatello, Idaho, February 14: Colorado State's Wendy Knudson turned in a very impressive triple in the middle distance events, as she posted a 55.7/440, 2:06.6/880, 4:47.7/Mile and ran a leg on Colorado's winning mile relay team to boot! Knudson's 880 effort is the fastest recorded time on the indoor circuit this season. Wendy's teammate, Pam Greene, also turned in a creditable performance which was understandably overshadowed by the Knudson effort. Greene was a double winner in the 60/220 sprints while finishing second behind Knudson in the 440 clocking 56.0. In addition, Greene also anchored the CSU mile relay team which sped to a 3:55.3 win. The results:

60: 1-Greene(CSU) 7.1; 2-Carrie Riedl(Cheyenne TC) 7.2. 220: 1-Greene(CSU) 25.3. 440: 1-Knudson(CSU) 55.7; 2-Greene(CSU) 56.0; 3-Lynnae Engdahl(TOG) 58.4. 880: 1-Knudson(CSU) 2:06.6; 2-Liane Swegle(SeattleU) 2:09.1. Mile: 1-Knudson(CSU) 4:47.7; 2-Peg Neppel(IowaSt TC) 5:07.4. 2Mile: 1-Neppel(ISTC)10:46.0; 2-Diane Macucci(TOG) 11:30.1. 60yh: 1-Carrie Riedl(CTC) 8.8. LJ: 1-Pat Koehler(CSU) 17-3. HJ: 1-Kathy Hart(Un) 5-4. SP: 1-Carla Schildt(Lander Valley HS) 41-¾. 880r: 1-The Colorado Gold 1:45.3; 2-U Colorado 1:48.6. MileR: 1-CSU(Skoronsky, Knudson,Koehler, Greene) 3:55.3; 2-The Colorado Gold 4:00.3; 3-U Colorado 4:06.7.

MASON-DIXON GAMES

Louisville, Kentucky, February 7: Long jumper Kathy McMillan and half miler Kathy Hall set meet records in their specialties and the West Suburban TC scored an upset win in the 880 relay over a powerful Tennessee State club to highlight the 16th annual Games. The meet also featured the world's first bona fide women's pole vault competition in both open and high school competition. The results:

Open Women: LJ, 1-McMillan (Un) 20-11¾; 2-Sherry Ballew(Tenn St) 18-3. 70yh, 1-Deby LaPlante (Un) 8.8 (Meet Record); 2-Rhonda Brady (MHYF) 8.9; 3-Carol Thomson (DSC) 9.1. 70y, 1-Rhonda Brady (MHYF) 7.8. 880, 1-Kathy Hall (WSTC) 2:08.6 (Meet Record), 2-Sheila Choates (TennSt) 2:11.1; 3-Margaret Groos (NashWhip) 2:11.4. 880R, 1-West Suburban TC 1:40.9; 2-Tennessee State 1:43.9; 3-Motor City TC 1:44.3. FV, 1-Christy Cahill (Memphis St) 6-6½ (NWR); 2-Sherry Stroder 6-6½; 3-Donna Sload (Daviness County) 5-3.

MIDDLE ATLANTIC ASSOC. CHAMPIONSHIPS

Philadelphia, Pennsylvania, January 17: Philadelphia's Klub Keystone was the easy team winner amassing 52 points to top Delaware Sports Club, which finished second with 16. Sharon Dabney of the Clippers TC was a double winner in the 220/440 and Klub Keystone won all three relay events contested (Four Lap, Medley, Mile) at the Philadelphia Department of Recreation sponsored meet. The results:

60yh: 1-LaVonne Neal(KK) 8.0. 60y: 1-Vanessa Hughley (Hawks) 7.0; 2-Antionette Young(KK) 7.0. 220/440: 1-Dabney (CTC) 26.9/58.4. Mile: 1-Donna Gardner(KK)5:18.1. MedleyR: 1-Klub Keystone 'B' 1:51.9; 2-KK 'A' 1:52.4. 4LapR: 1-KK 'A' 1:16.5. MileR: 1-KK 'B' 4:17.3. HJ: 1-Maureen Fitzpatrick(Jets) 5-6. SP: 1-Susan Shaeffer (DSC) 34-4. Team Scores: 1-Klub Keystone 52, 2-Delaware SC 16, 3-Philadelphia Hawks 11, 4-Clippers TC 10, 4-Mallery 10, 6-Jets 9.

EXAMINER GAMES

San Francisco, California, January 23: Francie Larriue sped to a 2:44.2 clocking in the featured 1000 meter run as she overtook San Jose's Cyndy Poor with two laps to go after passing the 800 in 2:12. Poor led the pack over the first 400 in 64 seconds with Larriue close behind, Poor finished third behind Larriue and Julie Brown who clocked 2:47.0 and 2:47.8 respectively. Berkeley East Bay's sprint star Freida Cobbs helped herself to a double win copping the 60 yard dash and anchoring Berkeley's Sprint Relay team over second place Will's Spikettes. This particular relay had to be run over again at the end of the program as the meet officials inadvertently waved the girls on for two additional laps on one of the legs! The Soviet Union's fine high jumper, Nadyesha Oskolok, who was ranked 11th in the world for 1975, and has jumped over the 6-2 barrier in several competitions, won the HJ event with a leap of 5-10. Other results:

Long Jump: 1-Sherron Walker(Falcon TC) 19-10¾; 2-Karen Elmore(Millbrae Lions) 18-8; 3-Paula Ng(Livermore HS) 17-9¾. 60y: 1-Cobbs(BEBTC) 6.9; 2-Allen(Millbrae Lions); 3-Karen Elmore(Millbrae Lions). 1000m: 1-Larriue (PCC) 2:44.2; 2-Julie Brown(LATC) 2:47.0; 3-Cyndy Poor (SJC) 2:27.8; 4-Judy Graham(SJC) 2:48.2. Sprint Relay: 1-Berkeley East Bay TC 2:23.4; 2-Will's Spikettes 2:24.7; 3-Millbrae Lions 2:29.6; 4-San Jose Cindergals 2:42.2. HJ: 1-Oskolok (USSR) 5-10; 2-Tie Sandberg (Un) and Blackburn (Un) 5-6. Girl's Age-Group Relay: 1-Millbrae Lions 2:11.3; 2-Cupertino Yearlings, Salinas Valley TC, Arrow TC, Berkeley EBTC, disqualified for passing out of zone.

NOTE: In a mixed (men and women) Triathlon, Marilyn King paired with Fred Samara and Lisa Kinimaka joined forces with Bruce Jenner in a competition against each other and combining the scores of each team to determine the winner. The results were: Samara-King 5105 and Jenner-Kinimaka 4587. An abbreviated scoring table was used with the men competing in the 60yHH, LJ, and 600y, while the women's events were the 60yH, LJ, and 220y.

WESTWOOD WOMEN'S AND GIRL'S MEET

Sterling, Illinois, January 10: This Central Assoc., early season indoor meet posted the following results:

Women: 880R: 1-WSTC 1:42.8. 70yh: 1-Debra Moses(CZ)9.4. 60y: 1-Veronica Harris(CZ) 6.9. 880: 1-Kathy Hall(WSTC) 2:12.9. Girls: 880R: 1-Springfield 1:56.3. 70yh: 1-Deb Kilhoffer(PP) 9.4. 60y: 1-Lisa Hopkins(Un) 6.8; 2-Laurie Blanchard(WSTC) 6.9. 220: 1-Hopkins(Un) 25.0. 880: 1-Betsy Oberle(PP) 2:20.2. Mile: 1-Oberle(PP) 5:08.8. HJ: 1-Mary Cragoue(Un) 5-6; 2-Lisa Mitchell (WSTC) 5-4; 3-Lori Kemnitz(Jamesville) 5-4. LJ: 1-Deb Kilhoffer(PP) 17-8¾. MileR: 1-WSTC 4:01.3. 12-13: 880R: 1-WSTC 1:52.4. 70yh: 1-Shelly Smith(PP) 11.3. 60y: 1-Rhonda Gonda (WSTC) 7.6. 880/Mile: Sheila Erickson(PP) 2:34.8/5:34.2. HJ: 1-Patti McLaughlin (St.Charles) 5-0. 10-11: 60y: 1-Felicia Frazer(CZ) 8.1. 440: 1-Connie Frank(S) 67.6. 880: 1-Cathi Frank (S) 2:39.7. 9&U: 880R: 1-Sterling 2:21.4

NEW MEXICO AAU INDOOR CHAMPIONSHIPS

Albuquerque, New Mexico, February 7/8: In the absence of Lynn Bjorklund, who seldom if ever runs indoors, Karen Crammond, a teammate of Bjorklund's, captured the Mile/2 Mile double in the Open Women's division. In addition, another highlight of the competition was AOC's Anne Gilliland setting a New Mexico AAU state record in the high jump leaping 5-8 $\frac{1}{4}$. Team scores, if kept, were not available at press time. The results:

Open: Pent: 1-Celeste Wilkinson(LCZ) 3524. **SP:** 1-J. Hirschinger(NMSU) 36-5 $\frac{1}{4}$ *81b. **LJ:** 1-Alice Watson(ATC) 17-2. **HJ:** 1-Gilliland(AOC) 5-8 $\frac{1}{4}$ (SR). **Mile:** 1-AOC 'A' 4:10.0. **880:** 1-Donna Argo(NMITC) 2:28.6. **440:** 1-Val Boyer(ATC) 58.6. **Mile/3000:** 1-Crammond(NMITC) 5:06.6/10:41.4. **4LapR:** 1-NMSU 1:26.2. **50y:** 1-Val Boyer(ATC) 6.0; 2-Diane Pettes(NMSU) 6.1. **220:** 1-Alice Watson(ATC) 26.5. **50yh:** 1-Anne Gilliland(AOC) 7.6. 220

Master Women: 50y: 1-Wanda Gilliland(Un) 7.8; 2-Sandy Hudson(DCD) 7.9. **220:** 1-Sandy Hudson(DCD) 37.8. **440:** 1-Hudson(DCD) 97.0. **4LapR:** 1-Duke City Dashers 2:05.0.

14-15 Division: 50y: 1-Cheryl Thompson(ATC) 6.4. **50yh:** 1-Mary Goodwin(AOC) 7.6. **220:** 1-Thompson(ATC) 27.0. **440:** 1-Pam Murray(NMITC) 62.6. **880:** 1-Lesa Gilliland(AOC) 2:25.5. **Mile:** 1-Cathy Gill(DCD) 5:30.9. **MileR:** 1-ATC 'A' 4:20.3. **HJ:** 1-Christine Brockhoff(ATC) 5-4 $\frac{1}{2}$. **LJ:** 1-M.Goodwin(AOC) 15-11 $\frac{1}{4}$. **SP:** 1-E.Brown(PAL) 36- $\frac{1}{2}$. **3000:** 1-Lesa Gilliland(AOC) 10:55.1. **4LapR:** 1-ATC 1:29.0. **12-13 Division: 50y:** 1-Adams(ATC) 6.8. **50yh:** 1-Griffin(ATC) 7.8. **220:** 1-Marquez(AOC) 27.3. **440:** 1-Marquez(AOC) 60.3. **880:** 1-Beach(ATC) 2:25.3. **Mile:** 1-Coffield(DCD) 5:35.4. **HJ:** 1-Brewer(ALV) 4-11 $\frac{1}{4}$. **LJ:** 1-Marquez(AOC) 15-7 $\frac{1}{4}$. **SP:** 1-Anderson(ATC) 26-10 $\frac{1}{2}$. **2Mile:** 1-Matthews(DCD) 11:51.9(SR). **4LapR:** 1-DCD 'A' 1:31.2. **MileR:** 1-ATC 'A' 4:25.6. **10-11 Division: 50y:** 1-Hansen(ALV) 7.1. **220:** 1-Brockwell(DCD) 30.1. **440:** 1-Haskew(AOC) 65.9. **880:** 1-Haskew(AOC) 2:30.9. **Mile:** 1-Alcon(DCD) 6:07.9. **HJ:** 1-Leslie(ALV) 4-1. **LJ:** 1-Brockwell(DCD) 14-8 $\frac{1}{2}$ (SR). **SP:** 1-Law(DCD) 17-7 $\frac{1}{4}$. **4LapR:** 1-DCD 1:36.4. **9&Under: 50y:** 1-Baty(ATC) 6.9. **220:** 1-Baty(ATC) 29.2. **440:** 1-Brockman(AOC) 73.3. **880:** 1-Sanchez(ATC) 2:52.8. **LJ:** 1-Goodwin(AOC) 10-7(SR). **4LapR:** 1-ATC 'A' 1:43.1.

MEMPHIS INDOOR DEVELOPMENT MEETS

Memphis, Tennessee, January 11: The Memphis TC sponsored two developmental meets with the following results:

14&Up, Mile: 1-Tania Wells (NMTC) 5:16.0. **14-18, SP:** 1-Dorothy Taylor (NMTC) 36-11. **50y,** 1-Aqua Hamilton (NMTC) 6.2. **January 25: 2Mile,** 1-Tania Wells (NMTC) 11:27.0. **14-18, SP:** 1-Dorothy Taylor (NMTC) 38-5 (81b). **12-13, Mile,** 1-Sloan Burton (NW) 5:29.2. **880,** 1-Burton (NW) 2:32.0. **9/Under, 50y:** 1-Brenda King (NugentsTC) 7.1. **220:** 1-Terkeler Shegog (NMTC) 30.8.

AFL-CIO COUNCIL MEET

Detroit, Michigan, February 6-8: Detroit's famed Cobo Hall was the scene of this metropolitan Detroit meet and a large contingent of Canadian athletes gave the competition some international flavor. The results:

Women: LJ, 1-J.Johnson (Det Striders) 18- $\frac{1}{4}$; **SP,** 1-L.Ferland (Can) 38- $\frac{1}{2}$. **60y,** 1-D. Moses (Chi Zephyrs) 6.8; 2-Veronica Harris (Zephyrs) 6.8. **60yh:** 1-D. Moses (Zephyrs) 7.9. **300y,** 1-Cheryl Gilliam (Motor City) 36.1; 2-D. Moses (Zephyrs) 36.2; 3-G. Smith (Columbus Comm) 36.9. **600y,** 1-E. Willis (Det St) 1:24.5; 2-B. Miller (LEB) 1:24.5. **Milew:** 1-L. Tucholski (OhioTC) 7:54.1; 2-J. Bocci (MCS) 8:09.5. **4xl lap relay:** 1-Motor City TC 1:15.8. **Girls 14-19: HJ,** 1-Julie Sackfield (Can) 5-6. **SP,** 1-P. Padecie (WPTC) 42- $\frac{1}{4}$; 2-H. Williams (MOTC) 40-11. **60y/60yh,** 1-Moses (MOTC) 6.8/7.9. **300/600,** 1-E. Willis (Det St) 37.8/1:26.3. **4xl lap relay,** 1-Chicago Zephyrs 1:17.8. **Girls 14-15: LJ,** 1-D. Pritchett (Chi Zeph) 18-9 (Meet Record). **HJ,** 1-B. Brunn (LipkeTC) 5-7 $\frac{1}{2}$ (Meet Record); 2-J. Sackfield (Can) 5-7. **SP,** 1-P. Padecie (WPTC) 40-7 $\frac{1}{2}$ (Meet Record). **60y,** 1-D. Morrow (DS) 6.9. **300y:** 1-S. Brown (CapCity) 37.0. **2Mile,** 1-D. Schulte (Miss=Can) 11:32.0. **4xl relay:** 1-Capital City 1:16.6. **10-11; 600y,** 1-Robin Wormsley (New ImageTC) 1:32. **1000y,** 1-Wormsley (NITC) 2:56.3 (Both marks by Wormsley are meet records). **Mile,** 1-Laura Craven (SciotoTC) 5:18.1 (Meet Record).

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OLYMPIC INVITATIONAL

New York, New York, February 20: Robin Campbell captured the 'Outstanding Woman Athlete' award for her victory in the 800 meters and running a leg on the Florida TC 4x400 relay in which they set an American All-Comers record surpassing the 'listed' record held by the Atoms TC set in 1974. Florida TC also has a better mark for the event pending which was set at an earlier meet this year. Francie Larrieu won an exciting dual with LATC's Julie Brown in the 1500 meter run as the two runners went down to the wire before Larrieu took the nod in 4:20.1 to Brown's 4:20.3. Other results:

50m: 1-Mattline Render(NYPAL) 6.3; 2-Alice Annum(DC Striders) 6.3; 3-Sandra Upshaw(Club Orange) 6.4; 4-Vanessa Hugely(Phil Hawks) 6.5; 5-Hazel Lucas(Cent Jersey TC) 6.6; 6-Gladys Jer-mison(Brooklyn) 6.8. **400m:** 1-Debra Armstrong(Florida TC) 55.1; 2-Pat Helms(Klub Keystone) 55.9; 3-Sharon Dabney(Clipppers TC) 56.0; 4-June Smith(DC Striders) 56.4; 5-Carolyn Brinkley(Delaware SC) 56.8. **800m:** 1-Robin Campbell(Florida TC) 2:07.8; 2-Johanna Forman(Falmouth TC) 2:08.5; 3-Jan Merrill(AGAA) 2:09.2; 4-Kathy Hall(WSTC) 2:10.2; 5-Nancy Shafer(Florida TC) 2:12.7; 6-Penny Fales(Cent Jersey TC) 2:13.6. **1500m:** 1-Francie Larrieu (PCC) 4:20.1; 2-Julie Brown(LATC) 4:20.3; 3-Cindy Bremser (Wisconsin TC) 4:25.7; 4-Brenda Webb(Wright ST) 4:34.4; 5-Doreen Ennis(Nutley TC) NT. **1600R:** 1-Florida TC (Allwood) 56.4. **Shafer** 57.0. **Campbell** 57.4. **Armstrong** 55.2. **3:46.0** (Betters listed All-Comers American record of 3:47.5 by Atoms TC, 1974, Florida TC has a 3:44.2 mark pending, set at the CYO meet, 1976). **2-Klub Keystone** 3:50.5; **3-Falmouth TC** 3:52.0; **4-New York PAL** 3:55.7; **5-Delaware State** 3:57.2. **6-DC Striders** 3:59.5.

MERRITT SCORES FINE MILE/2 MILE DOUBLE

Racine, Wisconsin, February 7: University of Wisconsin/Parkside distance ace Kim Merritt scored a very fine mile-2 mile win as she defeated the fields in both races easily clocking 10:32.5 and 4:49.6. Lynn Morin of University Wisconsin/Madison also turned in a credible 10:56.0 to finish second to Merritt in the 2 mile event.

(Indoor results continued on page 12)

TOP TEN COMPARISONS OF SIX COUNTRIES

During the next few months we will be doing a comparative analysis of the Olympic events among five of the top countries in the world in addition to the United States. This first installment will include the middle distances. Next month, the Sprints and Hurdles will be featured using the following countries and their top ten: USSR, East Germany, West Germany, Hungary, Poland and the USA.

USSR	EAST GERMANY	POLAND	WEST GERMANY	HUNGARY	USA
51.6 Ilyina	50.52 Streidt	50.50 Szewinska	51.69 Wilden	52.9 Toth	51.6 Sapentei
51.9 Barkane	50.84 Brehmer	53.20 Zwolinska	52.18 Jost	53.7 Szabo	52.4 Dabney
52.1 Klimovicha	50.98 Rohde	53.3 Piecyk	52.27 Barth	53.8 Orosz	52.5 Campbell
52.25 Ivanova	51.40 Kuhne	53.32 Nowaczyk	52.47 Weinstein	54.3 Halmosi	52.6 Armstrong
52.62 Kultchunova	51.70 Koch	53.8 Katolik	53.79 Goydke	54.4 Lazar	53.3 Scott
52.7 Aksyonova	51.70 Anton	54.51 Manowiecka	53.81 Krause	54.6 Konye	53.3 Helms
53.0 Runzo	52.1 Kahl	54.63 Januchta	54.09 Stachowicz	54.9 Vaczi	53.7 Norman
53.1 Sokolova	52.2 Marquardt	54.7 Kwietniewska	54.1 Hollmann	55.1 Sebok	53.8 Toussaint
53.4 Golovanova	52.36 Dietsch	55.1 Malinowska	54.2 Bretz	55.7 Petrika	53.8 Choates
53.6 Schibenova	52.45 Krug	55.5 Kresa	54.3 Becker	55.8 Pal	54.1 Roberson
800m					
1:59.4 Morgunova	2:00.3 Klapezynski	2:00.6 Katolik	2:02.4 Siegl	2:00.5 Lazar	2:00.3 Jackson
2:00.8 Stuuula	2:00.6 Strotzer	2:03.1 Januchta	2:02.5 Kraus	2:05.3 Horvath	2:02.9 Weston
2:01.7 Kasankina	2:00.8 Neumann	2:03.5 Wasniewska	2:02.9 Wellmann	2:05.6 Kulcsar	2:03.0 Toussaint
2:01.9 Ismailova	2:00.9 Hoffmeister	2:03.9 Ludwiewowska	2:03.0 Klein	2:05.8 Lombos	2:03.8 Poor
2:02.1 Safina	2:01.5 Zinn	2:04.2 Bukis	2:03.3 Traugott	2:06.1 Hepp	2:04.4 Hall
2:02.2 Styrkina	2:02.2 Stoll	2:04.6 Zwolinska	2:04.2 Koczelnik	2:06.2 Lipcsei	2:04.5 Larrieu
2:02.4 Ilynych	2:02.2 Wagner	2:06.5 Surdel	2:05.4 Schenk	2:07.5 Stang	2:04.7 Vetter
2:02.9 Vachruschova	2:02.9 Barkusky	2:07.4 Prasek	2:05.5 Balke	2:07.7 Ligetkuti	2:04.8 Knudson
2:03.0 Providochina	2:03.4 Schiller	2:07.8 Magala	2:06.5 Lorenzen	2:08.0 Fejjal	2:06.1 Merrill
2:03.3 Muschta	2:03.6 Kampfert	2:08.1 Beltowska	2:06.8 Schacht	2:08.1 Hoffmann	2:06.1 Campbell
1500m					
4:06.0 Morgunova	4:08.0 Strotzer	4:12.9 Ludwiewowska	4:08.7 Wellmann	4:13.9 Lazar	4:08.5 Larrieu
4:07.9 Kasankina	4:08.8 Klapezynski	4:15.5 Katolik	4:13.9 Kraus	4:18.8 Lipcsei	4:10.6 Merrill
4:12.0 Dvirna	4:11.7 Wagner	4:16.0 Magala	4:20.1 Greschner	4:18.8 Csipan	4:11.8 Poor
4:12.6 Sorokina	4:13.2 Hermann	4:16.3 Pentilinowska	4:20.1 Steiert	4:20.1 Kulcsar	4:13.5 Brown
4:14.2 Lukyanschuk	4:13.7 Stoll	4:16.4 Surdel	4:20.7 Kemper	4:21.3 Horvath	4:13.8 Bremser
4:14.4 Galstjan	4:14.9 Hoffmeister	4:18.1 Prasek	4:20.9 Schenk	4:21.8 Ligetkuti	4:15.1 Graham
4:14.9 Pangelova	4:16.5 Neumann	4:19.5 Kuty	4:21.2 Hodey	4:22.5 Zsilak	4:17.3 Keyes
4:15.1 Ulmasova	4:17.2 Kuhse	4:19.7 Geiler	4:23.3 Heuing	4:23.8 Hepp	4:20.2 Groos
4:15.3 Katjukova	4:19.0 Jarmuske	4:19.8 Kolakowska	4:24.3 Preuss	4:24.4 Babinyecz	4:23.0 Webb
4:15.4 Krynina	4:20.2 Ludtke	4:21.3 Duplicka	4:25.4 Ohms	4:25.6 Moravec	4:23.1 Ennis

NOTE: MARKS ABOVE ARE TOP TEN LISTINGS FOR 1975 ONLY, NOT ALL-TIME LISTS.



EAST GERMAN'S BEST IN THE MIDDLE DISTANCE - Ulrike Klapezynski (L) 2:00.3/4:08.8, and Waltraud Strotzer (R) 2:00.6/4:08.0, rank as the best 1-2 among countries of the world. (Holm photo)



Bragina Tamara Pangelova. (Mike Carberry photo)

NEXT MONTH THE SPRINTS AND HURDLES

EAST GERMANS DEFEAT UNITED KINGDOM 55-37

Cosford, England, January 31: A semi-full strength DDR squad easily defeated the GB team in this international meeting. The only individual winner for the British team was Andrea Lynch in the 60 meter dash, as she edged 17 year old 400m star Christine Brehmer. Both were clocked in 7.3. Otherwise, it was all DDR. The women's 1500 saw an excellent run from Waltraud Strotzer, who has best outdoor times of 2:00.6 and 4:08.0 and who, the previous week, posted a European best indoors this season of 4:10.6. She ran 4:12.4, leading all the way with splits of 64.0, 800 in 2:15.0, 1000 in 2:49.4 and 1200 in 3:23.5. The DDR showed impressive strength in the shot put event, as the Germans brought their number two and number six putters to sweep the competition. The DDR 4x200 relay team had some baton troubles on the third handoff and lost the race, however, their splits on the other three legs were most impressive: Bodendorf 23.7, Rohde 24.1, Marquardt 29.1 (dropped baton), and Maletski 23.4! (Ed. Note: Marquardt is a 52.5 400m runner and would have conceivably run in the mid-24's). But the UK squad took the race in 1:37.7, a very creditable mark. The results:

60m: 1-Lynch(UK) 7.3; 2-Brehmer(DDR) 7.3; 3-Sonia Lanman(UK) 7.3; 4-Carla Bodendorf(DDR) 7.4. **400m:** 1-Doris Maletski(DDR) 53.6; 2-Brigitte Rohde(DDR) 53.9; 3-Verona Elder(UK) 54.2; 4-Paula Lloyd(UK) 55.9. **800m:** 1-Christine Neumann(DDR) 2:05.8; 2-Elfi Zinn(DDR) 2:06.2; 3-Jane Colebrook(UK) 2:08.9; 4-Sandra Dyson(UK) 2:12.4. **1500:** 1-Strotzer(DDR) 4:12.4; 2-Mary Stewart(UK) 4:17.3; 3-Lynne Harvey(UK) 4:31.7. **60mh:** 1-Annelie Ehrhardt(DDR) 8.1; 2-Annerose Feidler(DDR) 8.1; 3-Liz Sutherland(UK) 8.3; 4-Lorna Boothe(UK) 8.3. **HJ:** 1-Rosi Ackermann(DDR) 6-2; 2-Rita Kirst(DDR) 6- $\frac{3}{4}$; 3-Gillian Hitchen(UK) 5-8 $\frac{1}{4}$; 4-Denise Cooper(UK) 5-8 $\frac{1}{4}$. **LJ:** 1-Angela Voigt(DDR) 21-2; 2-Sue Reeve(UK) 20-5 $\frac{1}{4}$; 3-Myra Nimmo(UK) 20-4 $\frac{1}{2}$; 4-Mariane Voelkze(DDR) 19-8. **SP:** 1-Ilona Schoknecht(DDR) 62-11 $\frac{1}{4}$; 2-Brigitte Greissing(DDR) 60-4 $\frac{1}{2}$; 3-Janis Kerr(UK) 50-7 $\frac{1}{2}$; 4-Judith Oakes(UK) 49-7 $\frac{1}{4}$. **4x200:** 1-UK 1:37.7; 2-DDR 1:40.3(disq). **Team Scores:** DDR 55, UK 37.

WESTERN OPEN

London, Ontario, Canada, January 31: The University of Western Ontario staged it's first annual Western Open at the J. Gordon Thompson Arena with the following results:

50m: 1-Carmen Rivers(Motor City TC) 6.3. **300m:** 1-Cheryl Gilliam(Motor City TC) 40.0; 2-Sue Latter (MichSt) 40.7. *4th place finisher Liz Dammon(UofWaterloo) timed 39.9 in her qualifying heat to set an arena record. **600m:** 1-Rochelle Collins(MCTC) 1:32.7(New Arena Record). **1000m:** 1-Kathy Leeder(WCAAA) 2:57.4(New Arena Record). **1500m:** 1-Brenda Reid(UWO) 4:55.3. **50mh:** 1-Deby LaPlante(Un) 7.1; 2-Liz Damman (Waterloo) 7.2. **800MR:** 1-Motor City TC 1:44.2; 2-Michigan St 1:44.7; 3-Terre Haute TC 1:45.0. **HJ:** 1-Connie Dorsey(Terre Haute TC) 5-5; 2-Lorraine Kelly (UToronto) 5-5. **LJ:** 1-Ann Bryan (UToronto) 18-7 $\frac{1}{4}$; 2-Ann Egenoff(THTC) 17-7 $\frac{1}{4}$. Bryan's mark was a new arena record. **SP:** 1-Pam Scotthorn(Queen's U) 38-11.

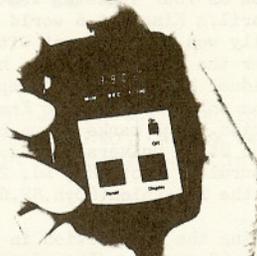
SZEWINSKA SIZZLES IN KNIGHT OF COLUMBUS GAMES

Winnipeg, Manitoba, Canada, February 14: Irena Szewinska made her first western hemisphere appearance of the 1976 indoor season an impressive one as she demolished the field in the 300 meter event cruising to a 39.2 mark. Representing the DC Striders, Jamaica's Andrea Bruce nabbed second with a distant 40.5. Francie Larrieu avenged her Millrose Games loss to Jan Merrill as the two middle distance stars squared off at 1000 meters. Larrieu sped to a New Canadian Open Record of 2:44.5 as Merrill settled for 2nd at 2:45.6. Other results:

400m: 1-Joyce Yakubowich (Can) 57.6; 2-June Smith (DC St) 57.6; 3-Rochelle Campbell (Can) 57.7. **JrHi 4x1 lapr:** 1-Mitchell JrHi 1:21.5. **300m:** 1-Szewinska (Pol) 39.2; 2-Bruce (DC St) 40.5; 3-Margaret Stride (Can) 40.8. **1000m:** 1-Larrieu (PCC) 2:44.5; 2-Merrill (AGAA) 2:45.6; 3-Kate Keyes (LATC) 2:48.6; 4-Maureen Crowley (Can) 2:51.8. **4x400r:** 1-Canada (Campbell, Stride, McTaggart, Yakubowich) 3:47.7; 2-DC Striders 3:50.2; 3-Manitoba 3:53.9.

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EAST GERMAN PENTATHLON 1975

4783	Burglinde Pollak	4096	Sigrun Kurth
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4635	Christine Laser	4078	Rita Kirst
4573	Andrea Seeger	4050	Birgit Grimm
4561	Barbel Muller	4021	Rosemarie Ackermann
4532	Petra Rampf	4012	Petra Ader
4419	Johanna Schaller	4011	Heidimarie Anders
4288	Barbel Borner	3936	Steffi Gotzelt
4166	Ramona Gohler	3927	Doris Matzen
4157	Ute Glatte	3913	Sigrid Heimann



1-2 HIGH JUMP PUNCH - East Germany's top two high jumpers, Rosi Ackermann(R) and Rita Kirst(L) have also shown a great deal of versatility in other events as well. In the above DDR pentathlon list, note that both Kirst and Ackermann rank in the top twenty with scores above the 4,000 mark. Ackermann cleared 6-4 $\frac{1}{4}$ last year, while Kirst has been over the 6-2 barrier on many occasions. (Holm photo)

AAU NAT'L INDOOR WOMEN'S PENTATHLON

Pocatello, Idaho, February 14: This years Indoor Championships, which were held in conjunction with the Bennon Relays, saw American record holder Jane Frederick pile up 4,400 points to win the competition as four athletes went over the 4,000 mark. Former Olympian Marilyn King set a world pentathlon long jump record as she easily won the LJ event with a mark of 20-3. King also went over the 900 mark in the high jump competition as she took individual honors with a jump of 5-8 1/8. These two events were the only two in which Frederick did not out-score her competition. The marks shown below, which were performed at the Idaho State University indoor facility, were as follows: 60 yard hurdles, Shot, HJ, LJ, 200 Meters. Scoring was also kept for the Triathlon(60yh,SP,HJ) and Diathlon (LJ, 200m).

Records set during the competition in addition to King's world LJ mark were: 60 yard hurdles- Jane Frederick 7.66 (World, American and Meet records, old record 7.7 by Frederick in 1975. 200 Meters- Jane Frederick 25.21 (American and Meet records, old record 25.4 by Frederick in 1975. Diathlon(LJ, 200m)-Marilyn King 1,739 (American and Meet records, old record 1,678 by Frederick in 1975. The old record for the LJ which King surpassed was held by world record holder Burglinde Pollak (GDR) 20-1 3/4 in 1972.

1-Jane Frederick (IATC)	4,400 (7.66, 47-8 3/4, 5-5 1/4, 19- 3/4, 25.21)
2-Marilyn King (Millbrae Lions)	4,296 (7.90, 38-7 1/2, 5-8 1/8, 20-3, 25.59)
3-Dana Collins (Salem TC)	4,117 (8.03, 38-11 1/4, 5-7, 18-10 1/2, 26.10)
4-Judy Fontaine (AGAA)	4,006 (8.23, 34-8 1/2, 5-4 5/8, 19-4 1/4, 25.55)
5-Lori West (University of Colorado)	3,665
6-Lisa Mitchell (West Suburban TC)	3,661
7-Jeanne Suellentrop (McPherson Col)	3,475
8-Mary Harrington (Colorado St U.)	3,414
9-Kerry Zwart (IATC)	3,231

Guest Competitor- Danny Guyonett (Tahiti) retired after three events. 8.23, 35-1 3/4, 5-7.

Triathlon Results

1-Jane Frederick	2710
Marilyn King	2557
3-Dana Collins	2512
4-Danny Guyonett	2392
5-Judy Fontaine	2323

Diathlon Results

1-Marilyn King	1739
2-Jane Frederick	1690
3-Judy Fontaine	1683
4-Dana Collins	1605
5-Lisa Mitchell	1501



Jane Frederick(Sutton/DOUMO)



Marilyn King(Jeff Johnson pic)

Two of America's leading pentathlon candidates squared off at the recent AAU Indoor Pentathlon Championships in Pocatello, Idaho. King succeeded in breaking Burglinde Pollak's world indoor pentathlon LJ mark with a leap of 20-3.

DELAWARE INVITATIONAL

Newark, Delaware, February 15: Over 200 athletes from 28 colleges took part in the first ever U. of Delaware Invitational at the Delaware Fieldhouse. The meet featured a strong field of entries with good marks in all events. The results:

HJ: 1-Maureen Fitzpatrick(Jets) 5-9. 220Inv: 1-Linda Cordy(NY City Comm Col) 24.8; 2-Michelle McMillan (Brooklyn) 25.0; 3-Sandra Upshaw(DC Teacher's) 25.1; 4-Pat Collins EL (Long Island) 25.2; 5-Vanessa Hugely (Rutgers) 25.5. SP: 1-Cheryl Stoher(Lock Haven) 41-2 1/2; 2-Kerry Knipers(Penn St) 38-7 1/2; 3-Wendy Sorrick(Delaware) 38-2. 60YH: 1-Kim Herrman(Delaware) 7.9; 2-Carol Thomson(Delaware) 7.9; 3-Carmen Brown(New York CCC) 8.0; 4-Lorraine Tummings(Brooklyn College) 8.3. 60: 1-Sandra Upshaw(DC Teacher's) 6.9; 2-Linda Cordy(New York CCC) 6.9; 3-Cramen Brown(New York CCC) 6.9; 4-Carol Thomson(Delaware) 7.0. Mile: 1-Kris Bankes(Penn St) 4:57.5. 440: 1-Carolyn Brinkley(Delaware) 57.0; 2-Stephanie Vega(New York CCC) 57.0; 3-Liz Young(Delaware) 57.8. 880: 1-Karel Jones(Long Island) 2:11.5. 880R: 1-Delaware St (Smith,Morrison,Young,Brinkley) 1:42.5; 2-Temple 1:50.7; 3-Howard 1:52.2; 4-Bucknell 1:57.4.

BICENTENNIAL TRACK CLASSIC

Philadelphia, Pennsylvania, January 23: The Soviet Union's top sprinter, Ludmilla Maslakova, made a surprise appearance in the featured 60 yard dash, but had to settle for second place behind DC Strider (by way of Ghana) Alice Annum. Maslakova almost missed the final in the 60 because of language problems in understanding the race times and instructions. In the 4 Lap Relay, the Atoms TC blazed to the fastest time of the season clocking 1:10.5 with a team of Lorna Forde, Pat Collins EL, Linda Cordy and Brown. The mark broke the Spectrum and Meet records. The results:

60y: 1-Annum (DC Strid) 6.8; 2-Maslakova (USSR) 6.9; 3-Pat Collins EL (Atoms) 7.0; 4-Theresa Montgomery (BRTC) 7.0; 5-Netta Young(KK) 7.0. 440: 1-Lorna Forde(Atoms) 56.4. 4LapR: 1-Atoms 1:10.5; 2-Klub Keystone 1:13.1. 300: 1-Sharon Dabney(OTC) 36.2. 600: 1-Connie Simpson (NYPAL) 1:25.4; 2-Penny Fales(CJTC) 1:25.6. Mile: 1-Kathy Mills (SC) 5:00.6. 2Mile: 1-Mary Seybold (SC) 11:02.6; 2-Donna Gardner(KK) 11:04.5; 3-Kim Sharpe (SC) 11:06.0. 60yh: 1-Kim Herrman (DSC) 7.9; 2-Del Crump(KK) 7.9. 880R: 1-Klub Keystone 1:48.7.

DOROTHY DOOLITTLE DOCTORS A FINE MARATHON

Dallas, Texas, February 21: Little Dorothy Doolittle, who is not quite five feet tall and just a shade over 90 pounds braved the heavy winds (gusts up to 35 miles per hour) to become the first woman finisher at the 1976 White Rock Marathon in Dallas. Her mark of 2 hours,52 minutes,43 seconds ranks her in the top ten marathoners ever in the US. The next marathon for the South Texas native will be the famous Boston 26 miler.

The race included 228 competitors, 16 of which were women. Second among the women was Brenda Hon of the Metroplex Striders, her time was 3:14:46. Third was Mary Jones of Dallas who also met the Boston women's qualifying, clocking 3:29:10.

HALL SHINES AT K of C MEET

Cleveland, Ohio, February 14: West Suburban's half mile star, Kathy Hall, set a new meet record in her specialty, defeating a very fine field in 2:08.32. Second placer, Johanna Forman, also slipped under the old meet standard of 2:11.4, stopping the watches at 2:10.64. The old meet record for the 880 was previously held by Madeline Manning Jackson set in 1968. Other results:

60 Yard Dash: 1-Carmen Rivers(Motor City TC) 7.02; 2-Laura Voss-Dodd(Ohio TC) 7.07; 3-Linda Boyan(Lake Erie Comets) 7.20. Mile Relay: 1-Motor City TC (Collins,Watts, Gilliam,Walton) 3:58.83. 2-Ohio TC 4:06.10; 3-Capital City Comets 4:10.45. 880: 1-Kathy Hall(WSTC) 2:08.32; 2-Johanna Forman(Falmouth TC) 2:10.64; 3-Debbie Vetter (Blue Ribbon TC) 2:11.6. 440: 1-Sherry Lynn Brown(Cap City Comets) 58.09; 2-Towanna Humphrey(Kentucky St U.) 59.37; 3-Carol Addy(Ohio TC) 60.3.

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KEARNEY ST OVERWHELMS NEBRASKA/Lincoln

February 28: KSU's distance ace Gwen Eberle took the 880/Mile double and teammate Marilyn Wiese led a sweep of the high jump clearing 5-9 as the surprising Kearney State squad rambled over the University of Nebraska. The results:

440R: 1-KSU 48.3; 2-KSU'B' 50.2; 3-UNL 52.0. 880: 1-Eberle(KSU) 2:18.1. 440: 1-Gerdes(KSU) 57.1; 2-McKenzie(KSU) 57.2. SP: 1-Short(KSU) 42-3; 2-Raddatz(UNL) 40-1¼; 3-Koontz(UNL) 38-7. 50: 1-Lake(KSU) 5.9; 2-Quillen(KSU) 5.9. 50YH: 1-Bilslend(KSU) 6.9. HJ: 1-Wiese(KSU) 5-9; 2-Ridenoure(KSU) 5-6. 220: 1-Quillen(KSU) 25.0; 2-Lake(KSU) 25.2. Mile: 1-Eberle(KSU) 5:28.3. LJ: 1-Deklaus(KSU) 17-6¼; 2-Bilslend(KSU) 17-6. MileR: 1-KSU 4:08.6.

Kearney State 79 Univ. of Nebraska 12

WISCONSIN OVER MINNESOTA 66-52

Madison, Wisconsin, February 14: The Wisconsin women's indoor team remained undefeated this season as they posted a 66-52 win over the Minnesota Gophers. Despite a sparkling performance by Jane Oas, Minnesota could not overcome the depth of the Wisconsin squad. Oas time of 35.6 for the 300 is tops in the country to date, but was erased in the scoring when Wisconsin swept the 600y event. In addition, Wisconsin TC star Cindy Bremser won the 1000 yard event with a good 2:33.1 clocking. Other results:

440R: 1-Minnesota 50.7. 2Mile: 1-Lynn Morin (W) 11:23.0. 60Y: 1-Jane Oas (M) 7.1. 880: 1-Lee Chiu-Shia (WTC) 2:16.5. 60Yh: 1-Dot Howard (W) 8.6. 600Y: 1-Ellen Brewster (WTC) 1:28.8. 300Y: 1-Oas (M) 35.6. 1000Y: 1-Bremser (WTC) 2:33.1. MileR: 1-WisTC 4:05.6. Attendance: 1,601.

Colorado State University	69	Colorado State University	76
University of Colorado	30	University of Wyoming	23
Colorado State University	79	Kansas State	95
Univ. of Northern Colo	22	Wichita State	17

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MICHIGAN ST. INVITATIONAL

East Lansing, Michigan, January 24: A powerful Michigan State squad more than doubled second place Indiana State's score to win their own invitational which featured an eight team competition. Brenda Webb, competing for Wright State (Ohio) turned in a very fine 10:19.1 2 mile effort in winning easily. Michigan Stater's won both relay races and MSU's Sue Latter was the meets only double event winner capturing the 440 and 880. The results:

LJ, 1-Laurel Vietzke (MSU) 18-2¼. 880YR, 1-MSU 1:51.7; 2-Indiana St 1:51.9. 440y, 1-Latter (MSU) 57.7. 60Yh, 1-Laura Blank (UW-M) 8.9. HJ, 1-Anita Lee (MSU) 5-6¼. SP, 1-Diana McCann (ISU) 40-6¼. 2Mile, 1-Webb (WS) 10:19.1; 2-Lil Warnes (MSU) 11:12.8. MileR, 1-MSU 4:08.5. Team Standings: 1-MSU 190, 2-Indiana St 75, 3-U Wisconsin-Milwaukee 43, 4-Bowling Green 14, Western Michigan 14, Cent Mich 12, Central St (Ohio) 10, Wright St (Ohio) 10.

KANSAS ST WINS TRIANGULAR

Lawrence, Kansas, February 19: Kansas State athlete's notched victories in every event with the exception of the LJ, as they piled up 73 points to out-distance Kansas and Fort Hays State by a large margin. KSU distance ace Terry Anderson led the way in the running events with an impressive 10:39.6 clocking for two miles and teammate Linda Long tapped a 44-1¼ in the shot put to lead the field events. KU's Celessa Russell was the only non-KSU winner as she annexed the long jump with a mark of 17-2. The results:

2Mile: 1-Anderson(KSU) 10:39.6. LJ: 1-Russell(KU) 17-2. HJ: 1-Diana Moeller(KSU) 5-2. Mile: 1-Renee Urish(KSU) 5:08.8. 60: 1-Jan Smith(KSU) 7.1(New field house record). SP: 1-Linda Long(KSU) 44-1¼; 2-Jessie Riddle(KU) 42-10¼; 3-Vickey Robinson(KSU) 41-½; 4-Beth Cupp(FHS) 38-¾. 600Y: 1-Cindy Young(KSU) 1:28.0. 60Yh: 1-Teresa Everett(KSU) 8.5. 440: 1-Lisa Wallace(KSU) 58.3. 880: 1-Joyce Urish(KSU) 2:18.6. MileR: 1-Kansas St. 4:07.7. (New field house record)

Score: Kansas St 73, 2-Kansas 40½, 3-Fort Hays State 3½.

ANN TURBYNE by Al Thomas

The following article is reprinted from 'Iron Man' magazine with the permission of the author, Dr. Alfred Thomas. Dr. Thomas is one of this country's leading authorities on weight training for the woman athlete.

More than athletes in any other sport, women in track and field learned early and well that no conditioning program was complete without progressive weight training. Because women in the European, Soviet, and Eastern Bloc countries learned this earlier and better than our own, they have established a clear superiority to the Americans, especially in the throwing events. That we're beginning to develop girls and women who will seriously challenge the Europeans was made abundantly clear at this year's AAU Track and Field National Championships in White Plains, New York. More than any other Nationals I have ever attended, this was the year of the iron-trained runner, jumper, and thrower. The flamboyant coach of a much publicized southern track team greeted me with a hug and a straight-out request for a weight program for two "gal" shot putters who "just aren't getting the thing out there like they should". The coach guessed that they "needed a little more muscle, after all."

The last night of the meet, I found myself in the middle of a huddle dishing out information about weight training and, more importantly, the names of recognized authorities in the women's hometowns, who could provide effective weight programs and the sort of on-the-spot, personal attention necessary to this sort of training. Who was in the huddle? In the center was a West Coast field events internationalist who was beginning "to feel the hot breath of the kids on her neck." She knew she had reached the point where "something extra" was needed. A bright young woman, she asked searching and sympathetic questions about the whys and wherefores of weights, communicating a sense of having been cheated by an earlier training regimen which preached that weights were "muscle-binding" and "masculinizing". Also huddled at that late hour were three of our best sprinters, likewise pushed by youngsters and aware that continued improvement demanded breaking down the prejudices so deeply seated in them about the "dangers" of weight training.

But the subject of this article was not asking any questions. She was answering them. And she was answering them on the field, were it counted, because she had been answering them for the past four years - in a gym, yanking up iron and pushing it overhead. Lots of iron. Without missing a training session for FOUR YEARS. At least six days a week pushing iron - without a missed session for four years. The devotion of which champions are made.

When I arrived at the nationals, a young shot putter from the Peoria Pacettes asked if I had heard of turbine. Turbine? Visions of the New York power-outage dashed through my mind. When I said that I hadn't seen or heard of one - or any, she turned away from what she thought a bad pun and said, "There's a good story for the magazine". On a turbine? Yes. She was right. But this was a power generator with "a difference". Karin Smith, three time girls javelin champ and long time weight trainer, cleared up the question. There hadn't been any breakdown in the electrical generation system, and it wasn't a nickname, even if appropriate. It was a girl, and the name was spelled with a "y" -- Ann Turbyne. And this Turbyne has been setting the shot put field on its collective ear.

I should have heard of Ann Turbyne, but I hadn't. She was third in the shot last year in the Girls Qualifying Meet in Gainesville. And the hubbub this year was the result of her smashing the Junior National record of 48-4 $\frac{1}{2}$ in the 4 Kilo shot. In the women's competition, on the last day of the 4-day event, she threw one-quarter of an inch less and placed a very creditable sixth. Quite a week.

Records, however, are not new to this young woman. Her 52-6 $\frac{1}{2}$ with an 8-pound shot broke the National High School record, as well as the AAU 8-pound record; this is pending. She has been the shot put champion of Maine for the past four years. In her first-ever track meet as a freshman, with only three weeks training, Ann broke the state indoor record, posting 35-6. She has also been Maine's discus throwing champion for the past three years. It's easy to see why this amazing athlete was honored with the Mansfield Award, as Winslow High School's Outstanding Athlete. It doesn't

seem likely that there could have been much debate about the proper recipient for that coveted award in Waterville, Maine, in the year of '75. Such a list of credentials would be hard for anyone to duplicate, in any high school, anywhere.

Ann is quick to attribute much of her resounding success to the encouragement of her parents, Alexander and Pauline Turbyne, who were with her "all the way, in every way". This sort of relationship with her parents is crucial to the success of any girl who embarks upon athletics involving heavy weight training. Without the sort of moral support given Ann by her parents, no girl can hope to succeed in weight throwing of any kind.

Masterminding Ann's throwing and lifting career is the second major source of influence, Ernie Gilbert, the "Gilly" of famous Gilly's Gym, which won the US teenage powerlifting championship in Erie, Pennsylvania in 1973. The same kind of relentless work which produced a national championship lifting team has resulted in the creation of a woman strength athlete who seems destined to re-write the record books. At 5-7 and 170 beautifully distributed pounds, Ann has clean and jerked 223 pounds, undoubtedly the best clean and jerk (in America, at least) since Katie Sandowina's sixty-five year old record Continental Jerk (not the more difficult clean and jerk). listed by David Willoughby as 264 $\frac{1}{2}$ pounds (120 Kilos), Katie's height being 71.1 inches and weight: 209.5 pounds.

The incredibility of Ann's clean and jerk is appreciated when one remembers that Katie was a professional strongwoman who was, at the time of her lift, four inches taller, forty pounds heavier, and eight years older than Ann. And to top it off, she Continentaled the bar, rather than cleaning it as Ann did. (Argentina Menis, the Rumanian who is always among the world's top two or three discus throwers and considered probably the strongest of the weight throwers, has cleaned and jerked 220 $\frac{1}{2}$ pounds. She is nine years older, about a half-inch taller and many pounds heavier than Ann).

Ann has deadlifted 380 pounds and feels that, with some serious training on it, she has a "shot" at the 392-pound record credited to Frenchwoman Jan deVesley in 1926. (Since this was written, the latest report is that Jan Todd deadlifted a record-breaking 394.5 pounds at the Southeastern Powerlifting Championships in Chattanooga, in an AAU-sanctioned meet. Jan is the wife of ex-powerlifting champ Dr. Terry Todd; Jan is twenty-two, 5-9 and 165 pounds.)

The sort of training that builds such unbelievable strength in a teenage girl like Ann is, itself, unbelievable.

The following weekly schedule is an approximation of a typical workout DURING track season.

The following weekly schedule is an approximation of a typical workout DURING track season:

Monday and Friday: SQUATS: 135-5x, 155-5x, 185-5x, 225-5x, 275-5x, 305-1x (not a limit weight), 250-10x.
Tuesday and Saturday: JERKS OFF RACK: 95-5x, 115-5x, 135-5x, 185-1x, 200 (plus)- 1x. SPEED PRESSES OFF RACK: 95-5x, 115-5x, 125-5x.
Wednesday and Sunday: DEADLIFT: (Back workout) 135-5x, 225-5x, 275-5x, 315-5x, 350-5x. SEATED LAT PULLEY (on floor): 4 sets of ten. HYPEREXTENSIONS: 5 sets of ten.
THURSDAY: During track season, Thursday is a rest.



Ann Turbyne (Jeff Johnson photo)

HIGH SCHOOL TRACK By RICH EDE

HIGH SCHOOL RECORD UPDATE

In listing the HS records in the last issue, we somehow overlooked a 4 kilogram shot put mark by Jo Ellen Mitchell, Montezuma HS, Iowa, who put 44'3" at Des Moines. Also lost in the shuffle is Ann Turbyne's 52'6½" 8 pound shot mark. Ann is from Winslow HS, Maine. There are two additional co-claimants to the 10.6 100 yard dash mark: Carrie Sherman(Wilkenson Co. H.S., Mississippi) and Sandra Howard(Manual Arts HS, Los Angeles, Calif.) in a heat of the California State Meet.

RESULTS

As we start into the season, the results are somewhat slow in coming, but we do have some to report:

First, from NEW YORK, we have the Section III Indoor championships. West Genesee HS won the team title with only one win (the 880 relay in 1:54.2) over Baldwinsville with two individual winners(Carol Porter, 7.5s in the 50yH; and Barb Bremer, 2:56.9 in the 880) and Fulton, a four girl team with two winners(Diane Holmes in the 60 and 300 with 7.3s and 38.8s). Holmes finished in the top 10 in both the Section III and State cross-country meets last fall.

The DISTRICT OF COLUMBIA Public School Invitational was again a showcase for the strength of Coolidge HS which copped the team title with 147 to runner-up Roosevelt's 49. Coolidge won every event. Results: 70yH-1.Venita McDavid, 10.4; 70/220/440-1. Sheila Ingram, 8.2/26.3/59.6; 880/Mile-1. Lalani Kelly, 2;18.2/5:11.2; 880R/MileR-1. Coolidge, 1:49.6/4:12.5; HJ-1. McDavid, 4'7". None of the races was even close.

From KENTUCKY, come the results of the high school section of the Mason-Dixon Games. Paducah Tilghman won both the 440 and 880 relays with a team of Lynn Maxwell, Frances Clark, Lucille Morris, and Janice Ridgeway in 51.5 and 1:49.7 and Maxwell captured the 70 in 7.8. Stephanie Hightower(Stuart) won the 50yH in 6.9 and Pam Sedwick ran off with the 880 in 2:19.3. The high jump was outstanding as Janice Whitesell (Clarksville) won at 5'6" over Ann Deters (Tilghman) 5'4" and Rhonda Dold(Silver Creek) 5'3".Deanna Patrick(Boyd County) won the shot(weight?) with a toss of 42'9" and Holly Straight(Woodford Co.) outdueled Michele Lowry(Westport) in the mile, winning in 5:37.1 to 5:37.2. Maxine Graham (Fleming Co.) won the long jump at 18'4½". A claimed world record in the pole vault was claimed for Susan Brutscher of Western HS(Louisville) with a vault of 7'0", topping the mark of 6'6½" by Cahill of Memphis State. Cheryl Stroder(Tilghman) was runner-up in both competitions.

A few marks have drifted in from southern California (why are we the last to know?). In the Ventura/Santa Barbara area, Camarillo H.S. seems to have a strong team with a great deal of balance. Outstanding mark rumored hereabouts is a 10.8 80YH by Lisa Gordien of El Toro H.S.
H.S. KALEIDOSCOPE

Oregon seems to have one of the more sensible "outside competition"rules around. An athlete may participate in open meets during her high school season, but must represent her school in such meets. ...California has adopted the mile relay to replace the 880 medley, effective immediately....The two-mile will be a regular event next year in Calif.... Unfortunately, the 110 yard hurdles with 8 meter spacing is also a possibility....Louis Schneider predicts the Mason-Dixon Pole Vault will go ten feet next year, 12 feet within three years, and 13 feet within five years--heavenhelp the high school girls' track budgets and coaching time if the pole vault becomes an acceptable event....The Exchange of the Oregon Track and X-Country Coaches Assn. is one of the most information-packed pieces of high school track literature I have ever seen. To subscribe, contact Don Schmidt, Elmira H.S., Elmira, OR. 97437.

WTFW

FOX RUNNING : a Book Review by Sheryl Nastase

Is it possible for a girl to run a sub-four minute mile? R.R. Knudson, in her new novel, believes it is.

"Fox Running" is the story of a young Indian girl who is discovered sprinting along the side of the highway near an Indian reservation. Coach Calvin and Kathy "Sudden" Hart caught her and took her to Uinta University where they were the coaches of the track team. They hoped to transform the Indian, called Fox Running, into a world class sprinter.

Fox Running had ideas other than belonging to the track team. She did not like to run on the track where she was confined by spikes and fences. The starter's gun frightened her as it brought back unhappy memories of the reservation. She was born to run wild in the country, where she could be free among the tree and by the streams.

After disappointing Coach Calvin on the track, the Indian was allowed to go free. She and Sudden began running on their own in the woods. Sudden, a former Olympic gold medalist, learned to enjoy running once more in the woods. In exchange for this help, Sudden coached Fox Running on their long runs. The two friends set their goals on the upcoming Olympic Games.

In the Olympics, Fox Running satisfied Coach Calvin, Sudden, her grandfather, who had taught her the joy of running, and herself, in breaking the four-minute mile. She not only succeeded in bringing Sudden out of retirement, but they both learned competitive running can be fun.

This novel of two friends sharing the joy of running and the stimulation of competition is very well written. "Fox Running" is an interesting book about running and women's track.

R.R. Knudson is the author of several books for young readers, including "Zanballer". She has a Ph.D. from Stanford University and has been named a MacDowell Colony Fellow twice. During 1974, she trained with the University of Arizona track team and spent time on the Mescalero Apache Indian reservation in New Mexico while doing research for the book. She currently lives in Sea Cliff, New York.

ARIZONA ALL-COMERS

Phoenix, Arizona, February 21: Some very fine early season outdoor marks were posted at this Phoenix College meet and 12-13 Mesa Track Club star, Cynthia Rhodes, had an exceptional day winning three events including an 18-7 mark in the LJ. In addition to her fine LJ, Rhodes also set the Arizona state record for the 440 posting a 57.9. Other results:

100m: 1-Shelley Harris(Un) 14.9. 400m: 1-Louise Muller(ATC) 66.5. Mile: 1-Liz Dufour(ATC) 8:42.5(SR). 220: 1-Muller(ATC) 25.9. 440: 1-Muller(ATC) 59.6. 880/2Mile: 1-Marjorie Kaput (PTC) 2:20.9/11:02.8. 2-Kathy Gibbons(GG) 11:07.1. DT/SP: 1-Pia Hakansson(Un) 115-6½/38-11½. JT: 1-Marilyn White(VOSCW) 145-11; 2-Ellen Colleary(MTC) 117-7. 14-15: 100: 1-Lisa Thompson(VOSCW) 11.1; 220: 1-Thompson 25.2. 440: 1-Roxanne Keating(VOSCW) 60.0. 880: 1-Heidi Doberstein(STC) 2:18.6. 2Mile: 1-Diane Barrett(Un) 10:50.6. LJ: 1-Keating(VOSCW)18-3. 12-13: 100: 1-Paula Goss(VOS) 11.1(SR). 220/440/LJ: 1-Cynthia Rhodes(MTC) 25.6/57.9/18-7. Mile: 1-Monica Zepeda(STC)5:13.2. 10-11: 880: 1-Karen Bradshaw(ATC) 2:29.3. SP: 1-Lori Garrow (CTC) 37-11½(SR).

KANSAS STATE BURIES WICHITA STATE 95-17

Manhattan, Kansas, February 28: Kansas State swept to victory in all events which led to a 50 point plus drubbing over a hopelessly outnumbered Wichita squad. Joyce Urish led the KSU scoring with a double win in the Mile and 1000 yard runs, clocking 4:57.7/2:50.0. The results:

HJ: 1-Moeller(KSU) 5-0. LJ: 1-Stinson(KSU) 17-2¼. SP: 1-Long(KSU) 41-9. 60YH: 1-Everett(KSU) 8.5. Mile: 1-Urish(KSU) 4:57.8. 440: 1-Wallace(KSU) 59.3. 60: 1-Smith(KSU) 7.0; 2-McKee(KSU) 7.1; 3-Brewer(WSU) 7.1. Masters 880: 1-Dwight(Un) 2:31.3. 880: 1-R.Urish(KSU) 2:19.5. 1000: 1-J.Urish(KSU) 2:50.0. 600: 1-Young(KSU) 1:27.5; 2-Beckham(WSU) 1:30.9. 2Mile: 1-Watts(KSU) 11:57.5. 300: 1-Smith(KSU) 38.1; 2-Brewer(WSU) 38.4. Mile: 1-KSU 4:08.4.



FIRST AAU JAVELIN CHAMPION - Shown above is one of this country's first field event champions. Her name is Roberta Ranch and in 1923 she became the first winner of the javelin throwing competition held in the US and sanctioned by the AAU. Her winning effort was a "thunderous" throw of 59-7 $\frac{1}{2}$ ". The original photo caption read as follows: SHE IS OUR ALL AROUND ATHLETIC GIRL CHAMPION - The Philadelphia girl, Roberta Ranch, is an all around athlete and champion. Not a day goes by when she doesn't train as hard as if she were in a match. And when the matches do come around, Roberta is there--running, jumping, hurdling and weight throwing, all of them." In 1924, Roberta switched her energies to the discus throw and won the AAU title with an effort of 70-0. Styles in competitive uniforms have also changed, note the ballet slippers and bathing suit type uniform with matching pants underneath. (United NewsPictures, Inc)



THE BABE AND HER FANS - Shortly after her tremendous success at the 1932 Olympic Games in Los Angeles, Babe Didrikson took up the game of tennis, as well as golf and any other sport which caught her fancy. In the photo above, Babe is shown resting between matches with two of her fans in the background. If they look familiar, they should, it's Carole Lombard and Clark Gable. The photo was taken in 1937. (International News Photos)

America's finest 400m hurdler, Debbie Esser, who is now attending Iowa State, recently broke her collar bone while working out. Seems she took a rather nasty dive going over a hurdle. Our wish goes out to her for a rapid recovery..... Lawrie Robertson, a former assistant to Alan Bonney and the Syracuse Chargers, has just been named the head women's coach at the University of Nebraska/Omaha.....Former San Diego shot putter, Kathy Devine is now attending school and competing for Emporia State College in Kansas.....Swedish, Pia Hakansson, who competed with the old La Jolla Track Club a few years back, has again returned to the US to train.....A quick look at a US List from the 1968 WTFW shows a miler named 'Fran' Larrieu with a best mark of 5:29.3. YOU'VE come a long way baby!.....Incidentally, only three women were under the 5:00 mark for the mile that year.....The Dolphin Club of San Francisco has awarded its "Damn Good Guy" award to a gal. The winner is Roxanne "Roxy" Andersen, Pacific Association chairman for women's track and field.....Willie White recalls of her first Olympic uniform: "It was utterly horrid, a one-piece thing that looked like bloomers. When you competed, the wind got into it and slowed you down! That was in 1956 and Willie continued, "We were definitely the worst dressed team there!..... The 89th annual convention of the AAU will be held Oct. 10-16, 1976 in Phoenix, Arizona. Host of the convention will be the Arizona Association, with headquarters at the Del Webb Towne House.....Kansas State's basketball team has a couple of very fine track athletes playing. 400MH star Janet Reusser, a 5-5 guard, and javelin thrower, Marsha Poppe, a 5-9 forward. Reusser is the team's leading scorer with a 16 point average, while Poppe is second scoring 15 per game.....10 year-old Michele Collins of the Midland Fleet Feet TC recently received the Michigan AAU Recognition Award for her accomplishments in running.22 year-old Stephanie Berto, Canada's top sprinter of 1971 has returned to competition. Her 200m time of 23.3 still stands as the Canadian Junior record.....The Fifth Annual Mini Marathon, a 10,000 meter (6.2 mile) road race for women will be held in Central Park, New York City on Saturday, May 8, at 12 noon. For more info contact the Road Runners Club of America, PO Box 881, F.D.R. Station, New York, NY, 10022.....Australian, Judy Pollack is still at it "down under", she recently set the world age 35 record for the 800 meters, clocking 2:04.6. Could she be bucking for yet another Olympic berth?..... Another Australian, Debbie Wells, 14, has been raising some eyebrows recently as she clocked a wind-assisted 11.1 100 meters (3.5mph), but also has an 11.3 legal clocking.Name I like; Australian shot putter, Luigina Torso.. ...Getting back to Judy Pollack for a moment, she also has begun to show signs of true strength and form according to a February 8th result for the 440/880/Mile triple; 55.0, 2:05.8 and 4:42.7!.....The United Press International has selected Rumania's gymnast Nadia Comaneci, the 1975 Sports-woman of the year. DDR swimmer, Kornelia Ender was second, and the Soviet Union's discus Star Faina Melnik landed 3rd.A REQUEST: In June last year, jogger Janet Scott was out for a run in Newburyport, Mass., when she was attacked by someone using a cement block as a weapon. She was beaten badly about the face and left for dead. Every bone in her face was broken. It will require several sessions of corrective surgery to get things back in order--for which a significant amount of money is required. Anyone interested and who wishes to assist a fellow runner may contribute to the "Janet Scott Fund", c/o Institution for Savings Bank, Newburyport, Mass. 01950.....Last October, Canada got its first female sub-3hr marathon from Joanne McKinty, clocking 2:57:40.....August 29-September 4th are the dates of the Empire T&F Camp for Girls in Westport, NY, (on Lake Champlain). Write to Beverly Griffin, RRL, North Bangor, New York, 12966.....Dr. Josef Issels, the controversial West German cancer specialist who treated the late British Olympic athlete Lillian Board in 1970, said he will return to general practice this March.A little trivia: Who was the first woman discus thrower over the 175 foot mark? It was Nina Dumbadze of the Soviet Union who broke her own world record with her 175-1 effort. That was way back in the 50's.That Australian team which just set the 4x200 relay record recently, averaged 23.15 per girl with

KALEIDOSCOPE (Continued)

the help of Raelene Boyle's 22.5 anchor.....A good periodical journal of New England running can be secured by writing 'Yankee Runner', 19 Grove St., Merrimac, Mass., 01860.....Perseverance has paid off for British shot putter, Janis Kerr. At 29, and in her 16th season as a shot putter, she has become her countries best. With a mark of 51-10, she ranks third on the United Kingdom's all-time SP List.....Two more athletes are in the process of making comebacks; Britisher's Ruth Howell (nee Martin-Jones), and Sue Reeve (nee Scott).....Also in the English vein, hurdler Sue Holmstrom recently became engaged to distance star Dave Bedford.....Speaking of distance stars, Penny DeMoss must rank in a category all her own. In an all-out bid to break the 3 hour barrier, Penny made 3 attempts within a 13 day period! All three times she was turned away, but came close in her last(!) bid; 3:00:18. Talk about perseverance!Wow!.....The Pacific Association of California named Cyndy Poor(San Jose Cinderghals) and Kathy Weston(Will's Spikes) as the outstanding women athlete's of the year in 1975 (Senior and Junior respectively).....

1976 TRACK AND FIELD COMMITTEES from Evie Dennis

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TO: All Track & Field Personnel
 FROM: Bob Seaman, Chairman, AAU Standards Sub-Committee
 SUBJECT: Qualifying standards for 1976 Olympic Games, 1976 U.S. Olympic Trials, 1976 Outdoor Nationals, 1976 Senior Women's Indoor Nationals, Official 1976 Olympic Implement List, Doping/Illegal Drugs Information

Olympic Games Montreal, Canada (July 23-31, 1976)	U.S. Olympic Trials Eugene, Ore. (Oregon U.) June 19-27, 1976	Sr. Women's AAU Outdoor T&F Chmps. Los Angeles, CA (UCLA) June 10-12, 1976	Jr. Women's AAU Outdoor T&F Chmps. Los Angeles, CA (UCLA) June 14-15, 1976	Sr. Women's AAU Indoor T&F Chmps.; New York, N.Y., (Mad. Sq. Gdns.) February 27, 1976
100 Mts	11.4 (Hand) 11.64 (Electric)	*100 M 11.7 100 Yd. 10.7	*100 M 12.0 100 Yd. 11.0	50 Yd. 5.8 (1) 55 M 6.3 (1)
200 Mts	23.5 (Hand) 23.74 (Electric)	*200 M 24.3 220 Yd. 24.4	*200 M 24.8 220 Yd. 24.9	50 M 6.8 (1) 60 Yd. 6.8
400 Mts	53.5 (Hand) 53.64 (Electric)	*400 M 55.4 440 Yd. 55.7	*400 M 56.2 440 Yd. 56.5	60 M 7.4 (1) 70 Yd. 7.8 (1)
800 Mts	2:04.0	*800 M 2:09.2 880 Yd. 2:10.0	*800 M 2:12.6 880 Yd. 2:13.5	*220 Yd. Ind. 24.9 220 Yd. Out. 24.5
1500 Mts	4:15.0	*1500 M 4:28.4 1 Mile 4:51.0	*1500 M 4:41.0 1 Mile 5:02.0	300 Yd. Ind. 35.8 (2) 300 M Ind. 39.5 (2)
100 M Hur	13.4 (Hand) 13.64 (Electric)	*100 M Hur(33") 14.3 1 Mile 9:55.0	*100 M Hur(33") 15.0 80 Yd. Hur(30") 10.8	*440 Yd. Ind. 56.8 440 Yd. Out. 55.8
High Jump	1.82 M (5-11)	*2 Mile 10:40.0 *5000 M Walk 30:30.0	*3000 M 11:10.0 *3000 M Walk 18:20.0	500 Yd. Ind. 1:06.8 (3) 500 Yd. Out. 1:14.4 (3)
Long Jump	6.35 M (20-10)	*400 M Hur 1:03.5 *Long Jump 19-0(5.79M)	*100 M Hur(33") 15.0 80 Yd. Hur(30") 10.8	600 Yd. Ind. 1:24.5 (4) 600 M Ind. 1:33.5 (4)
Shot Put	16.60 M (54-5)	*High Jump 5-8(1.73M) *4 Kilo Shot 44-0(13.41M)	*400 M Hur 1:06.0 *Long Jump 18-4(5.59M)	*880 Yd. Ind. 2:12.0 880 Yd. Out. 2:10.0
Discus	5600 M (183-9)	*1 Mile Relay 3:53.0 *2 Mile Relay 9:20.0	*400 M Hur 1:06.0 *Long Jump 18-4(5.59M)	1000 Yd. Ind. 2:34.1 (5) 1000 M Ind. 2:48.1 (5)
Javelin	55.00 M (180-5)	*Discus 142-0(43.28M) *440 Relay 48.0	*4 Kilo Shot 44-0(13.41M) *High Jump 5-6(1.68M)	1500 M Ind. 4:35.0 (6) 1500 M Out. 4:30.0 (6)
Pentathlon	4300 pts.	*880 Med. Relay 1:47.0 *1 Mile Relay 3:53.0	*Javelin 129-0(39.32M) *440 Relay 49.0	*1 Mile Ind. 4:55.0 *1 Mile Out. 4:50.0
* Denotes Championship Event				
Send all qualifying marks to: National AAU Statistician PHIL SNYDER 27102 Woodbrook Palos Verdes, CA 90274 (213) 377-3133 (Home) (213) 670-9151 Ext. 4546 (Work)				

Send all qualifying marks on the qualification cards which can be obtained from your local AAU Association Track & Field Chairman or the National AAU Statistician.

Olympic Trials
 Meet Information
 Eugene Chamber
 of Commerce
 P.O. Box 1107
 Eugene, Oregon 97404
 Attention: Vi Smith
 (503) 484-1314

Sr. Women's Outdoor Chmps.
 Meet Information
 Special Events Department
 Los Angeles Times
 Times Mirror Square
 Los Angeles, CA 90053
 Attention: Glenn Davis/
 Will Kern
 (213) 625-2345 Ext. 1241

Jr. Women's Outdoor Chmps.
 Meet Information
 Pete Scanlan
 2529 Knoxville
 Long Beach, CA 90815
 (213) 421-2867 (Home)

Sr. Women's Indoor Chmps.
 Meet Information
 Daniel Ferris
 Amateur Athletic Union
 444 Madison Avenue
 30th Floor
 New York, NY 10022
 (212) 371-4835 (Bus.)

Sr. & Jr. Women's Pentathlon
 Championships
 Meet Information
 Sam Adams
 Athletic Department
 Univ. Calif. Santa Barbara
 Goleta, CA 93106
 (805) 963-4145 (Home)

8 lb. Shot 48-0(14.63M)
 *4x160 Relay 1:16.0
 4x147 Relay 1:09.5 (9)
 4x176 Relay 1:23.8 (9)
 4x220 Relay 1:45.3 (9)
 *880 Med. Relay 1:51.0
 *1 Mile Relay 4:05.0
 *Pentathlon Ind. 3200 pts.
 Pentathlon Out. 3200 pts.
 (1) Qualifies for 60 yd dash
 (2) Qualifies for 220 or 440
 (3) Qualifies for 440
 (4) Qualifies for 440 or 880
 (5) Qualifies for 880 or 1 mile
 (6) Qualifies for 1 mile
 (7) Qualifies for 2 mile
 (8) Qualifies for 60 yd hurdles
 (9) Qualifies for 4x160 relay

or
 Pete Scanlan
 2529 Knoxville
 Long Beach, CA 90815
 (213) 421-2867 (Home)

or
 Bob Seaman
 13745 Beach Street
 Cerritos, CA 90701
 (213) 926-5785 (Home)

or
 Bob Lafferty
 AAU House
 3400 W. 86th Street
 Indianapolis, Indiana 46268
 (317) 297-2900 (Bus.)

or
 Rich Ede
 627 N. Indianhill Blvd.
 Claremont, CA 91711
 (714) 624-1484

QUALIFYING STANDARDS REQUIREMENTS

I. 1976 Olympic Games

The United States will be allowed at least one (1) but no more than three (3) competitors per event at the 1976 Olympic Games in Montreal, Canada. To qualify for the U.S. Olympic Team an athlete must meet ALL of the following four (4) conditions listed below:

- The athlete must be one of the top three (3) finishers in her event at the U.S. Olympic Trials at Eugene, Oregon, from June 19-27, 1976. First Exception: If none of the athletes competing in an event at the U.S. Olympic Trials has made the 1976 Olympic Qualifying Standard, then only the winner of that event will qualify for the U.S. Olympic Team. Second exception: if any one of the top three (3) finishers in an event at the U.S. Olympic Trials has not met the 1976 Olympic Qualifying Standard, the next athlete or athletes in order of finish below third (3rd) place, who have met the Olympic Qualifying Standard, would then qualify for the U.S. Olympic Team.
- The athlete must have equalled or bettered the 1976 Olympic Qualifying Standard under these guidelines. (a) the standard was attained in outdoor competition (no indoor marks accepted) from May 31, 1975 to June 13, 1976. (b) the competition must be a regular, sanctioned meet with at least eight (8) events using certified officials. Marks made in dual competitions between schools and clubs will not be accepted. (c) wind aided marks in the 100 meters, 200 meters, 100 meter hurdles, long jump, and pentathlon will not be accepted. Wind information must accompany marks submitted on entry blanks and qualifying standard notification forms. (d) running event marks must be made at METRIC distances only. No intermediate distance times or time conversions will be accepted. Field event marks should be measured in both METERS and feet and inches and such measurements submitted.
- The athletes qualifying mark was sent to the National AAU Women's Track & Field Statistician, Trueman Betts, c/o Phil Snyder, 27102 Woodbrook, Palos Verdes, CA 90274, Telephone (213) 377-3133 (nights) on the official form which can be obtained from Mr. Snyder with a copy of official results or newspaper clipping recording the performance.
- The athlete will be able to be absent from her employment, school, or family for at least five (5) to six (6) weeks in connection with attending a training camp, team processing and the Games in Montreal.

II. 1976 United States Olympic Track & Field Trials

The 1976 United States Men/Women's Olympic Track & Field Trials will be held at Eugene, Oregon, (Oregon University) from Saturday June 19, 1976, through Sunday June 27, 1976. To qualify for the U.S. Olympic Trials, an athlete must meet ONE (1) of the following conditions listed below:

- The athlete (includes pentathletes) attained the 1976 Olympic Qualifying Standard under the conditions outlined above in section I (2).
- The athlete (excludes pentathletes) was a SEMI-FINALIST in the 100 meters, 200 meters, 400 meters, or 100 meter hurdles or a FINALIST in the 800 meters, 1500 meters, or any field event in the National AAU Sr. Women's Outdoor Track & Field Championships to be held at Los Angeles (UCLA), June 10-12, 1976.
- The pentathletes (excludes all other athletes) attained one of the top NINE (9) scores from the combined results of the National AAU Sr. Women's Pentathlon Championships and National AAU Jr. Women's Pentathlon Championships which will be run concurrently at the University of California, Santa Barbara, in mid May, 1976.
- The United States Olympic Women's Track & Field Committee reserves the right to accept entries that do not fit in the above categories.

III. 1976 AAU Jr. & Sr. Women's Outdoor Track & Field Championships

The combined National AAU Senior Men and Women's Outdoor Track & Field Championships will be held at Los Angeles (UCLA) on Thursday-Saturday, June 10-12, 1976. The National AAU Junior Women's Outdoor Track & Field Championships will be held at UCLA on Monday-Tuesday, June 14-15, 1976. To qualify for these meets, an athlete must equal or better the event standards listed above under the following conditions:

- Qualifying marks must be made in (1) AAU SANCTIONED MEETS; (2) COLLEGIATE MEETS except dual and triangular competitions; (3) HIGH SCHOOL MEETS except dual and triangular competitions.
- Outdoor qualifying standards must be met from January 1, 1976 through June 6, 1976. Regional Champions and runner ups do not automatically qualify for the outdoor championships. Defending champions must meet qualifying standards.
- Indoor marks can be submitted for entry into the Junior and Senior Women's AAU Outdoor Championships.

IV. 1976 AAU Senior Women's Indoor Track & Field Championships

The combined National AAU Senior Men and Women's Indoor Track & Field Championships will be held at New York's Madison Square Garden on Friday, February 27, 1976. To qualify for this meet, an athlete must equal or better the event standards listed above under the following conditions:

- Qualifying marks must be made in (1) AAU SANCTIONED MEETS; (2) COLLEGIATE MEETS except dual and triangular competitions; (3) HIGH SCHOOL MEETS except dual and triangular competitions.
- Indoor qualifying standards must be met from December 1, 1975 through February 22, 1976. Regional champions and runner ups do not automatically qualify for the indoor championships. Defending champions must meet qualifying standards.

OLYMPIC GAMES OFFICIAL IMPLEMENT LIST

Attention! all throwing event athletes. The International Amateur Athletic Federation (IAAF) has listed these official shots, discs, and javelins which will be in use at Montreal, both in competition and for training. Athletes should use these approved implements during the coming season for familiarity purposes. Please note that the athletes cannot use their own implements at Montreal.

Shots		Discs		Javelins	
Berg 103	(95mm)	Berg 1130 Special		AMP Pacer C S-2 Red	(45m)
Berg 106	(99mm)	Berg 1129		AMP Pacer C S-2 Blue	(55m)
Berg 94	(103mm)	Karhu 165 Delight		AMP Pacer C S-2 Black	(65m)
Berg Special	(109mm)	Obol Duralomin		AMP Pacer Regulation	(45m)
Cantabrian Int'l.	(95mm)	Gill 213		Sandvik	(45m)
Cantabrian Int'l.	(99mm)	Titan 206		Apollo Aerodyne (45mm)	(55m)
Cantabrian Int'l.	(103mm)			Apollo Aerodyne (55mm)	(65m)
Cantabrian T516B	(109mm)			Apollo Aerodyne (65mm)	Sandvik Diana
Titan 306	Cantabrian T613 (109mm)				

DOPING/ILLEGAL DRUGS

Anti Doping tests will be administered at the Olympic Trials in Eugene, Oregon and at the Olympic Games. Please note very carefully the substances which are forbidden. If an athlete is on ANY prescribed medication which may show in the urine, she should immediately contact Dr. Harmon Brown, 2335 David Court, San Mateo, CA 94403 Telephone (415) 341-5726 (Home) for additional procedural information. Should the Anti-Doping test prove conclusively that a forbidden substance shows in an athlete's urine she will not, repeat, will not be selected for the team. Dopine substances, for the purpose of this rule include the following:

1. Psychomotor stimulant drugs-----See Section #1
2. Sympathomimetic Amines-----See Section #2
3. Miscellaneous central nervous system stimulants --See Section #3
4. Narcotic Analgesics-----See Sections #4, 5, and 6
5. Anabolic Steroids-----See Section #7

The lists included are not necessarily comprehensive. Cases of doubt as to other substances which may be regarded as doping substances shall be referred to the Medical Advisory Panel for decision. Before any penalties are imposed under this rule the actual doping substance must be identified beyond reasonable doubt. These lists were prepared by Mr. Gary Geis, R.Ph., Staff Pharmacist, Student Health Center, California State University at Hayward. The list of illegal drugs are listed below.

SECTION I	SECTION II	SECTION IV	SECTION V	SECTION VI
PSYCHOMOTOR STIMULANT DRUGS	SYMPATHOMIMETIC AMINES	NARCOTIC ANALGESICS:	NARCOTIC ANALGESICS: (cont't)	NARCOTIC ANALGESICS: (cont't)
AMPHETAMINE	METHOXYPHENAMINE	CODEINE	DEXTROMETHORPHAN (legend Drugs)	HEROIN
Benzedrine	Orthoxine	Actifed C	Donatussin	MORPHINE
AMPHETAMINE COMPLEX	EPHEDRINE	Actuss Exp. with Codeine	Hycoff -X Expectorant	OPIUM
Amphaplex	Aladrine	Ambery1	Nilcol	Diban
Biphetamine	Amesec	Amexia D	Rondex-DM	Bismuth and Paregoric
Delcobese	Asmynyl	Amexia with Codeine	Tusquelin	Paregoric
Obetrol	Benadryl with Ephedrine	Anodynos-DHC	Tuss1-Organidin	METHADONE
AMPHETAMINE COMBINATIONS	Brondilate	APC with Codeine	Unproco	Amidone
Amodrex	Bronkolixir	Ascodeen	DEXTROMETHORPHAN (non pre-	Dolophine
Bamadex	Bronkotabs	Ascriptin with Codeine	scription drugs)	Methenex
Dexamyl	Calcidrine	Asphac with Codeine	Arrestin	Westadone
Edrisal	Dainite	Bancap with Codeine	Axon	
Eskatrol	Duovent	Calcidrine	Cerose-DM	The following drugs are not
BENZPHETAMINE	Ectasule	Capital with Codeine	Cheracol D	listed in any American For-
CHLORPHENTERMINE	Ephed-Organidin	Cent-APAP	Codimal DM	mulary and are assumed to be
Pre-Sate	Ephedrine	Cerose	Coldene	of foreign nature:
CHLORTERMINE	Ephedrine and Amytal	Cheracol	Colrex	Dextromoramide
Voranil	Ephedrine and Nembutal	Chlormenton Exp. with	Conotuss	Dipipanone
COCAINE	Ephedrine and Seconal	Codeine	Coryban D	Pethidine
DEXTROAMPHETAMINE	Ephedrol	Christodyne-DHC	Cosaryl DM	
Daro	Ephoxamine	Cidicol	Creo-Terpin Plus	
Dexadrine	Histadl E.C.	Citra-Forde	Dextrotussin	
Ferridex	Iso-Tabs 60	Citra Syrup	DeWitt's Cough Control	
Obetan	Isuprel Compound	Citro-Cerose	Dimscol	
DIETHYLPROPION	KIE	Codalan	Dordril	SECTION VII
Tenuate	Luf'todil	Codasa	Dorcol	ANABOLIC STEROIDS:
Tepanil	Lufyllin	Codimal-DH	Dristan Cough Formula Syrup	DROMOSTANOLONE
FENFLURAMINE	Mavax	Codilate	Duan Capsules	Drolban
Pondimin	Mudrane	Codivate	Duan Koff Balls	ETHYLESTRENOL
LEVAMPHETAMINE	Novalene	Copavin	Eftotussin	Maxibolin
Adnil	Numa	Cosadin	Endotussin NN	FLUOXYMESTRONE
Amodril	Phylprox	Cosaryl	Expectran DM	Halotestin
Cydril	Polaramine Expectorant	Costussis	Glycotuss-DM	Orn-Testryl
Maigret	Pyrribenzamine Expectorant	Dicodid	Histalet-DM	Ultadren
MAZINDOL	Quelidrine	Dilaudid	Histivite D. Cough Syrup	METHANDROSTENOLONE
Sanorex	Quibron	Dilocol	Ipsatol DM	Dianabol
METHAMPHETAMINE	Synate M	Dimetane Exp. DC	Listerine Cough Control	NANDROLONE
Desoxyen	Synophedal	Efricon	Lozenges	Durabolin
Petamin	Tedfern	Elixir of Terpin Hydrate &	Anavar	OXANDROLONE
Methedrine	Tednal	Codeine	Naldetuss	ANAVAR
Obedrin	Thalfed	Emeracol	Novahistine DMX	Adroyd
METHYLPHENIDATE	T.P.E.	Empirin Compound with Cod-	Nyquil	Anadrol
Ritalin	Verequad	eine	Orvicol	STANZOLOL
Ritonic	Wesmatic	Emprazil C.	Orthocol	Winstrol
PHENDIMETRAZINE		Endotussin-C	Penetro Cough and Cold	
Adphen		E.T.H. and C.	Medicine	
Sacarate		Fedahist-C	Pertussin 8 Hour Cough	
Bontrill		FL-Tussex	Formula	
Elphemet		GG Tussin	Pertussin Plus Night Time	
Limit		Hakriton	Cold Medicine	
Limitite		Histadyl E.C.	Phenylephrin	
Melfiat		Hycodan	Pyraldine #2	
Minus		Hycoline	Quelidrine	
Obalan		Hycotuss	Queltuss	
Plegine		Liquix-C	Rhinex-DM	
Span-RD		Mercodol	Robitussin Cough Calmers	
Statobex		Novahistine DH	Robitussin CF	
PHENDIMETRAZINE		Novahistine Expectorant	Robitussin DM	
Tanorex		Omni-Tuss	Romex	
Trimtabs		PEZ Exp. with Codeine	Romilar products	
Weightrol		Percobarb	Silence is Golden Products	
PHENMETRAZINE		Percodan-Demi	Sorbutuss	
Preludin		Percogesic-C	St. Joseph Cough Syrup	
PHENTERMINE		Phenaphen with Codeine	Supercitin Sugar Free Cough	
Fastin		Phenergan Exp. with Codeine	Syrup	
Ionamin		Phenergan Exp. VX with	Thoraxin Cough Syrup	
Phentrol		Codeine	Tonecol	
Wilpo		Robitussin AC	Triaminicol	
PIPRADOL		Sedatole	Trind DM	
Meratran		Sorbase	Tussagesic	
PSEUDOEPHEDRINE		Synalgos DC	2G/DM	
Actifed		Synphricol	Vicks Cough Silencers	
AYRecap-S.R.		Terpin Hydrate and Codeine	Vicks Cough Syrup	
AYR Liquid		Triaminic Exp. with Codeine	Vicks Formula 44 Cough Discs	
Brochobid Duracaps		Tussar-2	Vicks Formula 44 Cough Mixture	
Codimal		Tussend		
Cotrol D.		Tussionex		
Deconamine		Tussi-Organidin		
d-Feda		Tulenol with Codeine		
Disophrol				
Drixoral				
Emprazil				
Fedahist				
Fedrazil				
Histamic				
Isoclor				
Maldegesic				
Novahistine DMX				
Phenergan Compound				
Phenergan D.				
Rondec				
Sudafed				
Sudolin				

THE TRADE NAMES LISTED ABOVE MAY APPLY TO TABLETS, CAPSULES, SYRUPS, LIQUIDS, OR INJECTABLES.

The above list is not necessarily comprehensive.

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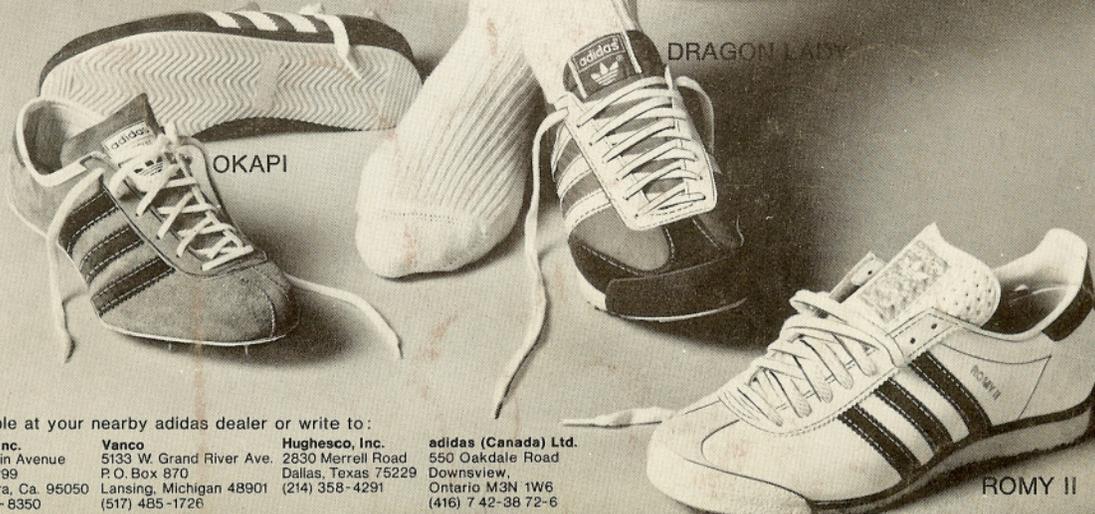
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