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PAM CURRAN (LA REINA HS) WINS CIF-SS GIRLS' TRACK CHAMPIONSHIP

Jill Caldwell Sets National Mile Marks

Pam Curran, a one-woman track and field team from La Reina HS in Thousand Oaks, took two firsts and a second to accumulate 13 points and personally outscore all other schools in the CIF-SS Girls Track and Field Championships held in conjunction with the Masters Meet at Cerritos College on May 24. Pam, a junior and the sole member of her team, won the 220 yard dash, the long jump, and finished a very close second in the 100 yard dash. Runner-up schools were Muir with 11 points and Royal with 10.

Jill Caldwell, a freshman at Westminster HS, broke the National DGWS record for the mile at the Masters Meet and then promptly lowered it again one week later at the State Meet in Bakersfield. Her times were 5:05.1 and 5:02.2, respectively, as she captured first place in both meets.

This year's format permitted only the champion in each event from each section to advance to the State Track Meet. Because of the quality of competition at that level, both relay teams from the Southern Section and six of its girls achieved best-ever marks in the meet at Bakersfield. Joyce Anderson of Morningside HS and Royal High School's 880 yard medley relay team, although placing second and third, respectively, ran times below the former national DGWS records.

GIRLS TRACK RESULTS

100 Yd. Dash: 1. Regina Jordan, Muir, 11.5; 2. Pam Curran, La Reina, 11.5; 3. Sabrina Strawder, Muir, 11.6.

220 Yd. Dash: 1. Pam Curran, La Reina, 26.2; 2. Jeanette Gonzales, Santa Fe, 26.5; 3. Cynthia Mills, Centennial, 26.6.

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PAM CURRAN — TRACK TEAM: La Reina HS track star ran and jumped her school to first place in the 1974 CIF-SS Girls' Track and Field Meet.

GIRLS' TRACK

(Continued from Page Five)

440 Yd. Run: 1. Barbara Moore, Royal, 58.1; 2. Barbara Smith, San Marcos, 59.2; 3. Joyce Anderson, Morningside, 1:00.1.

880 Yd. Run: 1. Joyce Anderson, Morningside, 2:18.0; 2. Heather Coyle, Ventura, 2:18.2; 3. Amy Thompson, Costa Mesa, 2:18.4.

Mile Run: 1. Jill Caldwell, Westminster, 5:05.1 (National DGWS Record); 2. Linda Heinmiller, Redondo, 5:08.7; 3. Heather Coyle, Ventura, 5:17.5.

80 Yd. Low Hurdles: 1. Terri Herigstad, Lompoc, 11.5; 2. Terry Place, Redondo, 11.7; 3. Cornelia Sonnenburg, Upland, 11.8.

440 Yd. Relay: 1. Muir, 50.1; 2. San Marcos, 50.2; 3. Centennial, 50.8.

880 Yd. Medley Relay: 1. Royal, 1:51.0; 2. Morningside, 1:52.9; 3. Ventura, 1:53.4.

High Jump: 1. Sue Long, Gahr, 5'3"; 2. Brenda Little, Loara, 5'3"; 3. Roxanne Jackson, Duarte, 5'3".

Long Jump: 1. Pam Curran, La Reina, 17'5 $\frac{3}{4}$ "; 2. Cynthia Mills, Centennial, 17'1 $\frac{1}{2}$ "; 3. Lynn Barnett, Palos Verdes, 16'11".

Shot Put: 1. Kay Ilertson, Valencia, 42'5 $\frac{1}{2}$ "; 2. Heidi Kauti, La Canada, 39'3 $\frac{3}{4}$ "; 3. Betsy Enders, Brawley, 39'1 $\frac{3}{4}$ ".

Westminster Girl Eyes Prep Mile Title

Orange County could have two state mile champions this weekend in the State High School Track meet at Bakersfield.

Westminster High sophomore Jill Caldwell established herself as one of the favorites for the girl's title when she won the Southern Section champion with a 5:05.1 clocking.

The time was a new Section record, bettering the old mark of 5:09.4 clocked last year by Suzanne DeCair of La Mirada High. Her closest competitor for the state crown could be Redondo's Linda Heinmiller who was runner-up Friday night at 5:08.7

one of the favorites in the boy's mile.

Valencia's Kay Ilertson may also be a contender on the state level this weekend. She smashed her own Southern Section shot put record with a toss of 42-5½ Friday night with the eight-pound shot.

To win the state title she will have to defeat Vera Peko of Carson High in Los Angeles. She won the L.A. City meet with a heave 46-8¾.

GIRLS' CHAMPIONSHIPS

100: 1. Jordan (Muir) 11.5, 2. Curran (La Reina, Thousand Oaks) 11.5, 3. Strawder (Muir) 11.6, 4. Banks (San Marcos) 11.6, 5. Sloane (Dos Pueblos) 11.7.

runner-up Friday night at 8:00.1.
Miss Caldwell's time is one of
the best in the nation this year
recorded in a high school meet.
Sunny Hills' Andy Clifford is

220: 1. Curran (La Reina) 26.2, 2. Gonzales (Santa Fe) 26.5, 3. Mills (Centennial) 26.6, 4. Smith (San Marcos) 26.7, 5. Williams (Centennial) 27.3

440: 1. Moore (Royal) 58.1, 2. Smith (San Marcos) 59.2, 3. Anderson (Morningside) 60.1, 4. Fromme (Ontario) 60.1, 5. Hathaway (Redondo) 60.1.

880: 1. Anderson (Morningside) 2:18.0, 2. Coyle (Ventura) 2:18.2, 3. Thompson (Costa Mesa) 2:18.4, 4. Heinmiller (Redondo) 2:21.9, 5. Moore (Royal) 2:22.2.

Mile: 1. Caldwell (Westminster) 5:05.1 (meet record, old 5:09.4, DeColr, La Mirada, 1973), 2. Heinmiller (Redondo) 5:08.7, 3. Coyle (Ventura) 5:17.5, 4. Dandoy (Bishop Montgomery) 5:18.2, 5. Adams (Agoura) 5:22.8.

80 LH: 1. Herigstad (Lompoc) 11.5, 2. Place (Redondo) 11.7, 3. Sonnenburg (Upland) 11.8, 4. Hamilton (Santa Maria) 11.8, 5. Johnson (Pasadena) 11.9.

440 Relay: 1. Muir 50.1, 2. San Marcos 50.2, 3. Centennial 50.8, 4. Royal 50.8, 5. Newport 50.9.

Distance Medley: 1. Royal 1:51.0, 2. Morningside 1:59.9, 3. Ventura 1:53.4, 4. Buena 1:54.0, 5. Redondo 1:54.2.

High Jump: 1. Long (Gahr) 5-3, 2. Little (Loara) 5-3, 3. Jackson (Duarte) 5-3, 4. Simon (Central) 5-2, 5. (tie) Willson (Newport) and Rathwell (Brea) 5-0.

Long Jump: 1. Curran (La Reina) 17-5 $\frac{3}{4}$, 2. Mills (Centennial) 17-11 $\frac{1}{2}$, 3. Barnett (Palos Verdes) 16-11, 4. Mahkorn (No. Torrance) 16-10 $\frac{3}{4}$, 5. Czorny (University) 16-9 $\frac{1}{2}$.

Shot: 1. Ilertson (Valencia) 42-5 $\frac{1}{2}$ (meet record, old 39-11, Ilertson, 1973), 2. Kauti (La Canada) 39 $\frac{3}{4}$, 3. Enders (Brawley) 39-1 $\frac{3}{4}$, 4. Acree (San Marcos) 38-0, 5. Flynn (La Canada) 37-2 $\frac{3}{4}$.