

1979
WEST VALLEY COLLEGE
WOMEN'S TRACK SCHEDULE

<u>DATE</u>	<u>MEET</u>	<u>TIME</u>	<u>LOCATION</u>
FEB. 24 Saturday	Winter Games	TBA	SJCC
MARCH 9 Friday	Conference Relays	6:00 PM	Foothill
16 Friday	San Mateo - Diablo Valley	3:00 PM	Concord
22 Thursday	San Jose - San Francisco	3:00 PM	West Valley
24 Saturday	Cinderella Invitational	TBA	SJCC
30 Friday	De Anza	2:00 PM	West Valley
APRIL 1 Wednesday	Chabot	3:00 PM	Hayward
19 Thursday	Foothill	6:30 PM	Los Altos
22 Sunday	Orinda Invitational	TBA	Orinda
25 Wednesday	Conference Trials	2:00 PM	Concord
27 Friday	Conference Finals	3:30 PM	Concord
MAY 11 Friday	Nor Cal Trials	11:00 AM	Stockton
18 Friday	Nor Cal Finals	4:30 PM	Concord
26 Saturday	California State Meet	5:00 PM	Bakersfield

TEAM GOALS: Conference - 1st
Nor Cal - Top 3 Teams
State Meet - Top 5 Teams

HEAD COACH: Augie Argabright

ASSISTANT COACHES: Mark Eutenier
Phone # 296-4910

Jim Tisano
Phone # 295-1869

GIRL'S TRACK ASST: Bertha B. Brown

DIVISION CHAIRPERSON: El Brown

ATHLETIC TRAINER: Ed Ferreira

PRESIDENT: Mel Tuscher

COLLEGE ADDRESS: 14000 Fruitvale Avenue
Saratoga, CA 95070

COLLEGE PHONE: (408) 867-2200 Ext. 421

MASCOT: "Vikings"

COLORS: Navy Blue & Orange

ATHLETIC DIRECTOR: Jim Root

14000 FRUITVALE AVENUE ■ SARATOGA, CALIFORNIA 95070 ■ (408) 867-2200



What: Conference meet-West Valley Vs. Diablo Valley & San Mateo at Concord

When: Friday, March 16, 1979

Where: Diablo Valley College

Travel arrangements: We will leave West Valley at 1:00 p.m. (Meet near the track at 12:55 p.m.)
We should be back around 7:00 p.m.

West Valley Entries: (FIELD)

Shot Put: Sarah Dunham- Becky Slaght- Mary Gunning-

Discus Throw: Becky Slaght- Mary Gunning- Sarah Dunham-

Javelin Throw- Mary Gunning- Becky Slaght- Sarah Dunham-

Long Jump- Lauren Mathewson- Janie Duff- Pam Bowers-

High Jump- Pam Bowers- Kris Allyne- Sue Tompkins-

West Valley Entries: (Track)

100 Meter Hurdles- Nancy Oconnell- Sue Tompkins-

* 440 Relay- Lauren Mathewson-Nancy Oconnell-Cathy Hohmann-Kris Allyne- (Milkshake Time-50.0)

1500 Meter Run- Val Eberly- Diana Davis- Jackie Hendrickson-

400 Meter Run- Cathy Hohmann- Kris Allyne- Pam Bowers-

100 Meter Dash- Lauren Mathewson- Janie Duff- Kris Allyne-

800 Meter Run- Colleen McManus- Nancy O'Connell- Pam Bowers-

400 Meter Hurdles- Sue Tompkins- Cathy Hohmann- Janie Duff-

200 Meter Dash- Cathy Hohmann= Kris Allyne= Pam Bowers=

3000 Meter Run- Val Eberly- Diana Davis- Jackie Hendrickson-

* Mile Relay- Nancy O'Connell-Pam Bowers-Cathy Hohmann-Kris Allyne- (Milkshake Time-4:06.4)

Mile Relay- "B" Lauren Mathewson-Colleen McManus-Janie Duff-Sue Tompkins (Milkshake Time-4:20.0)

Mile Relay "B" may not be able to run if meet director decides against...

JAMES P. HARDY, Superintendent

GOVERNING BOARD ****

ROBERT A. SORENSEN, President

ROBERT W. BRYDON, Vice President

NO MILKSHAKE TIMES IF ANYONE SCRATCHES FROM ANY EVENT.

■ DONALD E. LINDSTROM, Clerk

■ JOHN J. CANTEN

■ WILLIAM R. GOULD

■ CAROL R. LAMARRE

* FOSTER S. LOPES

NO FALSE STARTS

Leaving campus at 1:00



14000 FRUITVALE AVENUE ■ SARATOGA, CALIFORNIA 95070 ■ (408) 867-2200

What: Conference meet- West Valley Vs. San Jose City College & San Francisco City College

When: Thursday, March 22, 1979

Where: West Valley

Time: Field Events: 3:00 P.M. Track Events: 3:30

West Valley Entries: (FIELD)

High Jump- Pam Bowers- Sue Tompkins- Nadine Bowers-
Long Jump- Pam Bowers- Lauren Mathewson- Nadine Bowers-
Javelin Throw- Nadine Bowers- Becky Slaght- Mary Gunning-
Shot Put- Sarah Dunham- Becky Slaght- Mary Gunning-
Discus Throw- Becky Slaght- Sarah Dunham- Mary Gunning-

West Valley Entries: (Track)

100 Meter Hurdles- Nancy O'Connell- Sue Tompkins- Nadine Bowers-
440 Relay- Lauren Mathewson-Nancy O'Connell-Cathy Hohmann-Kris Allyne-
1500 Meter Run- Kathy Perkins- Pam Bowers- Diana Davis-
400 Meter Run- Carlita Anderson- Lauren Mathewson- Kris Allyne-
100 Meter Dash- Cathy Hohmann- Lauren Mathewson- Janie Duff-
800 Meter Run- Kathy Perkins- Colleen McManus- Jackie Hendrickson-
400 Meter Hurdles- Nancy O'Connell- Cathy Hohmann- Janie Duff-
200 Meter Dash- Carlita Anderson- Lauren Mathewson- Kris Allyne-
3000 Meter Run- Jackie Hendrickson- Diana Davis- Kristin Webb-Ortega- Clare Bouck-
Suzanne Bohan- Colleen McManus- Janie Duff- Val Eberly-
Mile Relay-"A" Nancy O'Connell-Cathy Hohmann-Pam Bowers-Kris Allyne-
Mile Relay "B" Lauren Mathewson-Nadine Bowers-Carlita Anderson-Sue Tompkins-Alt. M. Gunning

IMPORTANT: The Cindergal Invitational has been Cancelled. We will have practice at West Valley at 10:00 a.m. I anticipate everyone will be there....

I WAS VERY IMPRESSED WITH THE COMPETITIVENESS OF EVERYONE AGAINST DIABLO VALLEY & SAN MATEO. Pam Bowers & Cathy Hohmann scored 38 of the 82 points. VERY GOOD: Most improved was Sarah Dunham.

JAMES P. HARDY, Superintendent

GOVERNING BOARD

ROBERT A. SORENSEN, President

ROBERT W. BRYDON, Vice President ■ DONALD E. LINDSTROM, Clerk ■ JOHN J. CANTLEN ■ WILLIAM H. GOULD

NO FALSE STARTS

KEEP IMPROVING

What: Conference meet - West Valley Vs. Chabot

Where: Chabot College, Hayward

When: Wednesday, April 4, 1979

Leave Campus: 1:15 p.m. (DON'T BE LATE)

Return to Campus: Approximately 8:00 p.m. (we will eat in Hayward after the meet.)

Scoring: 1st-5 2nd-3 3rd-1 Relays- 1st-5 2nd-0

Chabot will **probably** be our toughest conference meet. They will give us excellent competition in all areas. Our record is 5 & 0 for the season.

WEST VALLEY ENTRIES: (FIELD)

High Jump- Sue Tompkins

Long Jump- Pam Bowers- Lauren Mathewson-

Javelin Throw- Becky Slaght- Mary Gunning- Sarah Dunham-

Shot Put- Sarah Dunham- Becky Slaght- Nancy O'Connell-

Discus Throw- Becky Slaght- Sarah Dunham- Mary Gunning-

WEST VALLEY ENTRIES: (TRACK)

440 Relay- Sue Tompkins-Nancy O'Connell-Cathy Hohmann-Kris Allyne- (Alt. Lauren Mathewson)

1500 Meter Run- Pam Bowers- Kathy Perkins- Janie Duff-

400 Meter Dash- Kris Allyne- Nancy O'Connell- Carlita Anderson-

100 Meter Hurdles- Sue Tompkins-

100 Meter Dash- Lauren Mathewson- Cathy Hohmann- Janie Duff-

800 Meter Run- Kathy Perkins- Jackie Hendrickson- Colleen McManus-

400 Meter Hurdles- Cathy Hohmann- Sue Tompkins- Janie Duff-

200 Meter Dash- Kris Allyne- Lauren Mathewson- Pam Bowers-

3000 Meter Run- Ann Wotherspoon- Val Eberly- Jackie Hendrickson- Diana Davis-

Janie Duff- Kristin Webb-Ortega Clare Bouck-

Mile Relay- Cathy Hohmann-Kris Allyne-Pam Bowers-Nancy O'Connell

LEAVE WEST VALLEY AT 1:15 p.m. * * * * *

What: Conference meet West Valley Vs. Foothill

Where: Foothill College

When: Thursday, April 19th '79

Time: Field Events 6:30 Track Events 7:00 (I will confirm on times)

West Valley Entries:

High Jump- Sue Tompkins

Long Jump- Pam Bowers- Lauren Mathewson-

Javelin Throw- Becky Slaght- Mary Gunning- Sarah Dunham-

Discus Throw- Becky Slaght- Sarah Dunham- Mary Gunning-

Shot Put- Sarah Dunham- Becky Slaght-

440 Relay- Sue Tompkins-Nancy O'Connell-Cathy Hohmann-Kris Allyne-

1500 Meter Run- Ann Wotherspoon- Kathy Perkins- Jackie Hendrickson-
Colleen McManus- Kristin-Webb-Ortega- Janie Duff-

400 Meter Run- Kris Allyne- Pam Bowers- Carlita Anderson-

100 Meter Hurdles- Sue Tompkins- Nancy O'Connell- Cathy Hohmann-

100 Meter Dash- Lauren Mathewson- Sue Tompkins-

800 Meter Run- Kathy Perkins- Jackie Hendrickson- Pam Bowers- Janie Duff-

400 Meter Hurdles- Cathy Hohmann- Nancy O'Connell- Sue Tompkins-

200 Meter Dash- Kris Allyne- Pam Bowers- Lauren Mathewson-

3000 Meter Run- Val Eberly- Jackie Hendrickson- Diana Davis- Janie Duff-
Kristin Webb-Ortega- Kathy Perkins- Colleen McManus-

Mile Relay- Nancy O'Connell-Cathy Hohmann-Pam Bowers-Kris Allyne-

Team Record- Won 6 Lost 0

Everyone should work out on there own Friday and Saturday. The Orinda Invitational meet on Sunday will be a real test to see who can handle good competition.

What: Golden Gate Conference Championships

Where: Diablo Valley College, Concord

When: TRIALS; Wednesday, April 25 FINALS: FRIDAY, APRIL 27 '79

Transportation: Wednesday-- Bus leaves West Valley at 12:30

The following events will have trials on Wednesday:

100 Meter Dash- Lauren Mathewson

800 Meter Run- Jackie Hendrickson- Kathy Perkins- Pam Bowers- Colleen McManus-
Janie Duff-

400 Meter Low Hurdles- Cathy Hohmann- Sue Tompkins- Nancy O'Connell-

200 Meter Dash- Lauren Mathewson- Kris Allyn-

Javelin Throw- Mary Gunning- Becky Slaght-

Discus Throw- Sarah Dunham- Becky Slaght-

Shot Put- Sarah Dunham- Becky Slaght-

Long Jump- Lauren Mathewson- Pam Bowers-

ORDER OF EVENTS FOR FRIDAY APRIL 27

Field Events: 3:30

Track Events: 4:00

440 Relay- Lauren Mathewson-Nancy O'Connell-Cathy Hohmann-Kris Allyn-

1500 Meters- Kathy Perkins- Ann Wotherspoon- Pam Bowers- Jackie Hendrickson-
Janie Duff-

100 Meter Hurdles- Cathy Hohmann- Nancy O'Connell- Sue Tompkins-

400 Meter Dash- Kris Allyn- Carlita Anderson-

100 Meter Dash- Qualifiers from Wednesdays Trials

800 Meter Run- Qualifiers from Wednesdays Trials

400 Meter Hurdles- Qualifiers from Wednesdays Trials

200 Meter Dash- Qualifiers from Wednesdays Trials

Mile Relay- Nancy O'Connell-Cathy Hohmann-Pam Bowers-Kris Allyn-

3000 Meter Run- Jackie Hendrickson- Ann Wotherspoon- Diana Davis- Janie Duff-
Kathy Perkins- Val Eberly-

Javelin- Top 12 from Wednesday Trials

Shot- Top 12 from Wednesdays Trials

Discus- Top 12 from Wednesdays Trials

Long Jump- Top 7 from Wednesdays Trials

High Jump- Sue Tompkins-

Scoring- 1st-10 2nd-8 3rd-6 4th-4 5-2 6-1 (By going over the times so far this

year San Jose City College should score 114 points and we should score 107. We must

have some EXCEPTIONAL performances to win the meet.

What: Women's Nor/Cal Track & Field Trials

When: Saturday, May 12, 1979

Where: Butte Community College (Between Chico and Oroville)

TRAVEL ARRANGEMENTS

Leave West Valley- Friday, May 11th

TIME: Bus leaves at 12:15 (We will stop at the Coffee Tree for an afternoon brunch).

Lodging: Thunderbird Lodge, Chico, Calif. 6 girls per room ? We must be economical

Saturdays Schedule: * * * * *

1:00- 440 Relay- Lauren Mathewson-Nancy O'Connell-Cathy Hohmann-Kris Allyne **50.0**

1:15- 1500 Meter Run- Pam Bowers- Ann Wotherspoon- Kathy Perkins- Jackie Hendrickson-
Janie Duff-

1:35- 100 Meter Hurdles- Nancy O'Connell- **15.5** Cathy Hohmann- **15.4** Sue Tompkins- **16.0**

1:55- 400 Meter Dash- Kris Allyne **58.1**

2:30- 800 Meter Run- Pam Bowers

2:40- 400 Meter Hurdles- Nancy O'Connell- **63.9** Cathy Hohmann- **64.7** Sue Tompkins- **68.0**

3:15- 3000 Meter Run- Ann Wotherspoon- Kathy Perkins- Val Eberly-

3:45- Mile Relay- Nancy O'Connell-Cathy Hohmann-Pam Bowers-Kris Allyne- **3:58.5**

IMPORTANT: Don't forget anything. Estimated time arriving back at West Valley Saturday- 10:30

(2 girls per room) Typing mistake above*****

We will not be going back to the Motel after the trials. You can probably shower at the college. It might be a good idea to bring your own towel...