

12/17/84

CALIFORNIA STATE UNIVERSITY, HAYWARD
Department of Kinesiology and Physical Education

WOMEN'S 1984-85 TRACK & FIELD SCHEDULE

<u>DATE</u>	<u>OPPONENT</u>	<u>PLACE</u>	<u>TIME</u>
Sat, February 23	Sonoma & Stanislaus	Stanislaus	10:00 AM
Sat, March 2	Aztec Relays	San Diego	9:00 AM
Sat, March 2	San Jose Relays	San Jose	10:00 AM
Sat, March 16	San Diego & Fresno State	Fresno	10:00 AM
Sat, March 23	Oregon St, Sacramento State & San Jose State	San Jose	10:00 AM
Sat, March 23	Golden Bear Invitational	Berkeley	9:00 AM
Fri, March 29	Stanislaus, San Francisco & Boise State	San Francisco	11:00 AM
Sat, March 30	Stanford Invitational	Stanford	10:00 AM
Sat, April 6	Fresno Bee Games	Fresno	9:00 AM
Sat, April 13	U. California, Davis	Davis	10:00 AM
Sat, April 20	Jenner Games	San Jose	12:00 N
Sat, April 27	Humboldt & Sonoma State	Sonoma	10:00 AM
Fri, May 3	Mathis Games	San Francisco	9:00 AM
Wed-Thur, May 8-9	NCAC Heptathlon	Turlock	8:00 AM
Fri-Sat, May 10-11	NCAC Track Championships	Turlock	All Day
Sat, May 11	S & W Relays	Modesto	2:00 PM
Tue-Sat, May 21-25	NCAA Div. II Nationals	Los Angeles	All Day
Tue-Sat, May 28-June 1	NCAA Div. I Nationals	Austin, Texas	All Day

Athletic Director - Al Mathews - 881-3038
Track Coach - Bob McGuire - 881-3049(home: (415) 689-7247)
Willie White - Sprints/Hurdles
Jerry Colman - Jump Coach
Harmon Brown - Throws

Pioneer UPDATE.....

TRACK & FIELD NEWSLETTER #2....CAL STATE U.HAYWARD.....MAR. 3, 1984....



KOUDELA "shines" "Pioneers" on a roll...

DIV.I NCAA qualifier
DIV.II NCAA qualifier
New Hayward School Record

The Pioneers annually travel (via vans) to San Diego to open their season at the ambitious San Diego State Aztec Relays. Why??? Why do we pack 18 to 20 athletes into vans and endure a 9½ hour trip, just to compete the next day some 100 miles away from home? The weather is part of it...so is the competitive field (USC, UCLA, Arizona St., San Diego State, Cal, Cal Poly, etc.)...but it is actually a combination of many factors that collectively provides us with the opportunity to "kick off" our season with as many NCAA National Championship Qualifying marks as possible.

Let it be said....1984 was a year in which we took full advantage of the AZTEC RELAYS....2 school records, 11 Div.II NCAA qualifying marks, and 1 Div.I NCAA qualifying effort.

With clear skies and only a hint of a breeze to compliment the 65 to 70 degree enviroment, the Pioneers performed as follows.....

100 Mtrs. 1.Gill(Bksfld)...:12.05
2.Chapple(ArSt)...:12.06
3.Simmons(USC)...:12.08

1500 Mtrs. 1.Prieur(CPSLO).4:23.12
2.Stoe(Cheetah).4:28.69
3.Keller(Jam.Td)4:29.72

INV.SHOT: 1.Pagel(SDSt)...57-11½
2.Griffen(AthW).55-2½
3.Kaaiawaha(ArS)52-8½

OPEN H.J. 1.Paterson(Unatt) 5-9
2.Robinson(Cal)...5-7
3.Craig(SDSt)...5-7

OPEN L.J. 1.Johnson(SDSt)...17-9½
3.Harrison(PimaJC)17-5½

4 x 880 R: 1.Cal.....8:47.24
2.Ariz.State....8:52.78
3.San Diego St...8:59.05
(Zieschang 2:19.42-Simon 2:19.70)
(Stothers 2:21.50-Miller 2:27.24)

x 400 Mtr. 1.Cal.....3:44.15
2.Unatt.....3:47.85
3.Ariz.State....3:48.23
** 6.HAYWARD STATE.3:50.74
(Simon:58.85-Banks:53.35(26.85/26.50))
(Noyd :58.12-Bradley :60.52)

100 Mtr.HH. 1.L.Smith(Unatt)...:13.73
2.Harmon(Puma)....:14.02
** ROLAND BYRD.....:14.25

5000 Mtrs. 1.M.Joyce(Ireland).15:51.07
CSUH # ** 2.KATHY KOUDELA....16:30.89
3.Gleason(CPSLO)...16:33.08
** 4.KEVIN NORMAN...17:12.38
** 5.MICHAEL PHELPS...17:35.22
6.SHANE FEMM...18:09.22

INV. DISCUS: 1.Griffin(Ath.W)...200-7
2.Pagel(SDSt).....181-11
** DIANE OSWALT.....165-3

OPEN JAV. 1.Rock(SDSt).....144-2
2.Pace(Unatt).....142-9
3.McLaughlin(Coast)140-6
4.CHERIE SCHAEFFER...141-1
5.TICKA SIMON.....105-5

4 x 100 Mtr. 1.SoCalCheetahs.....:45.23
2.El Camino JC.....:46.41
** HAYWARD STATE.....:46.49
(Ward-Banks-Sullivan-Byrd)

4 x 200 Mtr. 1.SoCalCheetahs....1:36.27
2.El Camino J.C....1:38.00
CSUH... HAYWARD STATE....1:38.92
(Ward-Banks-Sullivan-Byrd)

SATURDAY.....Mar.10...
PIONEERS @ U.C.Berkely with
UC Davis also...
"Co-ed" meet...11:30 a.m.
to 4:105 p.m.

Legend: "CSUH" = school record # = Div.I qual.mk ** = Div.II qual.mk.

Track & Field UPDATE

TRACK & FIELD NEWSLETTER # 3.....March 10, 1984

Cal State Univ. HAYWARD

THE TRIBUNE, Oakland, California

Hayward women steal track show

By Alan McAllaster
The Tribune

BERKELEY — The Cal State-Hayward women's team outshone their Cal counterparts and most of the men competing in non-scoring meets

top people we could take them," McGuire said.

Oswalt improved her discus best by more than eight feet, reaching 173-9 to surpass the Division I standard by seven feet. She also raised her season's best shot out to 45-0, placing

redshirted last year with an injury, is excited about her 436.1 in the 1500."

Qwen Ward pulled up with what Hayward sprint coach Willie White said was a cramp in the 100.

In the men's meet, Eric Debus of the Division II qualifying

BYRD flies

"What a difference a year makes"... The strenght, timing, smoothness, and confidence exhibited by junior Roianne Byrd resulted in her commanding victory in the 100 HH..an effort that tied a 1977 school mark established by Janet Benford. Her handheld effort of :14.0 converts to an automatic credit of :14.24. In Roianne's first attempt at the 400 mtr. low hurdles, she just missed the NCAA Div.II standard of :63.0 with a fine :63.45 clocking.

OSWALT "soars"

Cal Berkely has always been a favorite throwing location for Pioneer throwers over the years and today was certainly no exception as junior Diane Oswalt, on her 5th effort, grooved one down the left hand side of the sector to not only better the NCAA Div.I and TAC standards, but eclipse her school mark of 169-9, set last year at S.F. State in the NCAC Championships. Diane also had a seasonal best of 45-0 in the shot.

In conjunction with a 4-way Men's meet, the Pioneer women participated in a 3-way non-scoring meet with UC Davis and UC Berkeley the opponents. Debbie MORRIS nabbed a national qualifying mark as well as a p.r. in an uncontested 3000 while Delphina BANKS nailed down in commanding style the 400 mtr. run with a Cape Girardeau bound time. We had 19 "new" conference Championship qualifying efforts today including sophomore Chris MANNING's fine early season 800 win and Kathy KOUDELA's p.r. in the 1500. Michele PHIPPS seems to have recovered from her pesky January injury and Shane FELIX hit a p.r. in the 1500.

E J		H J		S P		Discus	
1. Bertillion(C) 18-1 1/2		1. Van Zealand(C) 5-8		1. Durshlg(C) 45-6 1/2		1. OSWALT....173-9#	
2. SIMON.....17-1 *		2. Berry(C).....5-8		2. OSWALT.....45-0		2. Zaphrplis.170-5	
3. Schweikert(C) 16-10 1/4		3. Wong(C) and		3. Eaves(C) :39-7		3. Kessler(C) 165-11	
4. BRADLEY.....16-8 1/4*		4. Mc CALL.....5-4				4. SCHAEFFER.115-4*	
100		220		400		800	
1. Smith(C) ...12.57		1. Cobbs(Un) 24.38		1. BANKS...:54.6@		1. MANNING.2:14.6*	
2. Bertilln(C) 12.65		2. Culbrt(C) 24.57		2. Cobb(Un) 55.9		2. King(C).2:15.4	
3. GRANT.....13.05		3. White(C) 24.66		3. Arnold(C) 57.1		3. Barry(C) 2:16.5	
4. McDERMOTT..13.4		4. BRADLEY..26.04*		4. NOYD...58.2*		4. ZIESCHANG 2:18.6*	
1500		3000		100HH		400 LH	
1. Spotts(C) ..4:36.1		1. MORRIS..9:50.6@		1. BYRD..14.0		1. BYRD....63.45*	
2. KOUDELA....4:37.4*		2. Strrt(C) 10:22.6		2. Eads(C) 14.7		2. Eccles(C) 64.30	
3. FELIX.....4:42.8*		3. Negri(U) 10:27.6		3. SIMON.15.4*		3. Beste(D).70:35	
4. PHIPPS.....4:43.1*		4. STOTHERS 10:29.5*		4. McENTEE 17.6		4. SHOPTAW..74.50	
5. HURTADO....5:06.4		5. AMES....10:57.5*		5. BIGELOW.11:05.0*			
4 x 400		4x100					
1. Cal Gold. 3:49.7		1. HALL....11:35.1		1. CalGold :48.4		2. CalBlue :48.6	
2. HAYWARD 3:56.70				3. HAY(Simon, Bradley, Grant, Noyd) 48.			

Track & Field UPDATE...

~ CAL STATE HAYWARD ~

Oswalt powers **Pioneers** win

SAN JOSE — Diane Oswalt broke her own school record and Cal State Hayward's women's track and field team earned three...

College track

Debus impressive again

The headlines do not say it all....but just as imposing as was Diane OSWALT'S effort, was the effort of the **TOTAL Pioneer** team, in defeating both Fresno State (an up and coming Div.I team which was 2-0 coming into this meet) and our long time nemesis Sacramento State. Keeping both of our two-time All Americans....Delphina BANKS and Gwen WARD, out of the meet proved a real challenge to our squad...a challenge that we met in a most satisfying manner.



Sullivan



Oswalt

Coming back after a week's rest, senior TAMMIE SULLIVAN showed exactly what a year-round conditioning program can do...as she ripped off a much needed win in the 100 meters....one faster than the consensus of the timers eventually settle for. Her effort, coupled with the second straight double hurdle victory by junior ROIANNE BYRD is the most forceful endorsement for hard work and consistency of effort.

DEBBIE MORRIS scooted off to a quick lead in the 1500..but it lasted for only 100 meters as the tightly knit pack behind her inadvertently clicked her trailing heel and down she went. Escaping the notice of the starter and all other officials...nine contestants leaped over the prostrate Pioneer!!! By the time that Deb had tugged herself back up into an upright position, the field was some 40 yards ahead. To run or not to run.....**THAT WAS THE QUESTION.** The answer can be found in the results. With gradual determination she inched up through the race and garnered the lead with 100 meters remaining! That's **TUFF.**

KATHEY KOUDELA ran a tough and "smart" 3000 (the north wind on the n.e. turn was getting "wicked"). A mid-race surge by Fresno's Wycoff did not upset **KK** as she roared to an important win. Our tandem of quadruple-furlonggers...CHRIS MANNING and MONIKA ZIESCHANG prevailed again in classis style.

TICKASIMON, preparing for next week's heptathlon had a good day with a 17-8½ lj; 123-0 jav; 31-10 sp; and a 15.2 hurdle effort. Freshman JAMIE McENTEE (another heptathlete) had 78-8 jav; 5-0 hj; :17.1 hurdles and a pr.:2:33 in the 800.

Freshman KIM NOYD became our second **NATIONAL QUALIFIER** in the 400 with a roaring :56.1 clocking.. and then returned to cip off a fine 58.20 anchor in the winning mile relay!!! There were many, many other fine efforts including ARNITA BRADLEY'S fine work in the 100-200-relay-LJ. Things are looking up at **CSUH!!!!**

* 4x100 1.HAY...47.9 } Byrd, Bradley
2.FSU...49.1 } Grant, Noyd
3.SAC

HAYWARD STATE-79 FRESNO STATE-70 SACRAMENTO STATE-21

100 m	200 m	400 m	800 m	1500 m
1.SULLIVAN...12.1	1.Klope(F)...25.0	1.NOYD.....:56.1	1.MANNING...2:15.8	1.MORRIS....4:41.7
2.Klope(F)...12.1	2.BRADLEY....25.6	2.Wilson(F):58.3	2.ZIESCHANG2:17.7	2.Wycoff(F).4:42.9
3.Jackson(F).12.2	3.Kirkland(F)25.8	3.Winder(F):58.6	3.Nichols(F)2:19.3	3.PHIPPS....4:47.1
4.BRADLEY....12.4	4.GRANT.....26.0	4.HALPIN....59.9	4.Lemons(F) 2:20.7	4.FELIX....4:53.7
7.GRANT.....12.7	6.McDERMOTT..26.8		7.GRENIER...2:31.9	8.BIGELOW...5:15.1
9.McDERMOTT..13.0			8.McENTEE...2:33.3	9.KOWALSKI..5:19.8

3000 m	100 FH	400 LH	H. JUMP	L. JUMP	TR. JUMP
1.KOUDELA...9:47.6	1.BYRD....14.1	1.BYRD...:64.0	1.Mendnce(F) 5-8	1.Jackson(F)18-8	1.Lawnsn(F)
2.Wycoff(F).9:53.3	2.Barber(S)15.0	2.Rossi(F)65.8	2.McCALL.....5-6	2.Healy(F) 18-2	35-7
3.STOTHERS.10:32.0	3.SIMON....15.2	3.Day(S)..:67.3	3.Barber(S)..5-2	3.Johnsn(F) 17-10	2.McCALL
4.Prentice(S)10:39.8	4.Mummy(S).15.3	4.Healy(F)68.5	4.Phillyaw(S)5-0	4.SIMON....17-8½	35-1½
5.HURTADO....10:59.7	McENTEE.17.1	6.SHOPTAW:74.6	5.McENTEE....5-0	6.BRADLEY...17-1½	3.Phillyaw
8.HALL.....11:37.5				7.WOODS.....16-10	(S)33-0½

SHOT 1.OSWALT....43-8½ 2.Mitchell(S)42-11 3.Brooks(F)..42-8 4.Lawansn(F).40-10½
DISCUS 1.OSWALT....174-3 2.Barnes(F)..166-9 3.Dentnger(S)151-7 4.Edmonstn(F)136-1
JAV. 1.Roblin(F).160-5 2.Miller(S).145-0 3.Lawansn(F)123-9 4.SIMON....123-0
"HATS-OFF" to Miloe McCALL... a p.r. in the High Jump and an automatic school school record as well as a **NATIONAL QUALIFYING** mark in the Triple Jump!!!

Track & Field UPDATE.....

TRACK & FIELD BULLETIN #5.....MARCH 24, 1984.....CAL STATE U. HAYWARD.....

With the past 3 or 4 days very-very-"busy" days for the Pioneer Women (finals, dual meet with Weber State on Thursday, Golden Bear-Nike Invite on Saturday) the end of the first "third" of the season is a rather welcome sight..permitting us to physically and emotionally re-group and prepare for the next "phase" of the season.

Thursday saw the best day of the season weather-wise as the Pioneers hosted Div I rep and the MWAC Indoor Champs Weber State of Ogden, Utah. Top performances in that low-key meet were those of junior DIANE OSWALT in the throws...freshman KIM NOYD and junior KATHY HALP in the 400...junior ROIANNE BYRD in the furlong...sophomore MILOE McCALL in the high and triple jumps...and senior TAMMIE SULLIVAN in the long jump and sprints.. Complete results of the Pioneers 71-55 victory are on the ensuing page.....

Koudela

★ Saturday found the weather almost as compatible at U.C. Edwards Stadium at the Golden Bear extravaganza with reps from Oregon, Washington, Stanford, Cal Poly, Cal, Utah State, Montana State, and various other schools and clubs participating.

KATHY KOUDELA'S pr in the 10K started the day off on a solid note..only to be followed by SHANE FELT nailing down a pr in the 5K. MONIKA ZIESCHANG ran a life-time best to nab second place in the first section of the 1500, while CHRIS MANNING ran a seasonal best to nab 6th in the second section of the same distance. MICHELE PHIPPS hit her seasonal best in the 3 K while CAROLE STOTHERS recorded a pr in the 800 as she finished in the runner-up spot in the runner-up spot in the first section of that race.

Simon

"Golden Bear-Nike"

koudela....35:00.1 ** (4th)
felix.....17:45.6 (4th)
zieschang...4:33.3 **
manning.....4:28.1 **
stothers....2:18.47
phipps.....9:59.61**
morris.....10:10.2
banks.....54.48 **
bradley....25.69
byrd.....14.1
oswalt.....44-5½ & 170-0 **
mccall.....5-2
schaeffer..119-5(jav)
bradley,banks,sullivan
& byrd.....:47.2
sullivan(59.2),
bradley(59.1),
halpin(58.6),noyd(56.7)

DELPHINA BANKS gave-a-way too much over the first furlong but almost won her solo performance of the day..the 400 with a seasonal best of 54.48 as compared to the winning mark of 54.43 by Cal's Kim White. ARNITA BRADLEY hit her seasonal best to cop the first section of the 200...while ROIANNE BYRD finished a solid third in the 100 HH with a 14.1 clocking. Despite the worst collection of hand-offs ever displayed by a Pioneer quartet, we managed to finish ahead of Cal and behind Washington and Oregon in the 4 x 100. Without Banks in the 4 x 400, we had to struggle all of the way but managed a creditable 3:53.4 for 6th in that event. DIANE OSWALT had another solid day of performance as none of the discus throwers looked particularly sensational. The only sour note of the meet was DEBBIE MORRIS's injury..one she endured to clock a 10:10 3 K(after going thru the 1600 @ 5:09)..the exact nature of her painful situation

not yet diagnosed.

The "capper" of this meet was Freshman JAMIE McENTEE's successful completion of her first-ever heptathlon with a point total of 4128..good for 12th. TICKA SIMON(all-American'83)finished the first day in 7th with 2817pts..but her patented strong second day efforts pushed her to...3rd!!...an NCAA Division II qualifying mark!!!!...a new school record!!!!... & an all-time P.R.!!

SIMON: :15.6/5'-0"/32'-5"/:25.5// 18'-0¼"/123'-4"/2:19.3....5136 points

McENTEE: :17.2/5'2"/26'-9½"/:28.4//15'-6¼"/75'-9"/ 2:28.0....4128 points

Banks runs last 400 meters

Pioneer named top athlete at Fresno Games

"FRESNO BEE" Games ~ Sat. April 7th

From staff and wire reports

FRESNO — Cal State Hayward's Delphina Banks was named the outstanding collegiate women's athlete for her 53.69 winning performance in the 400 meters Saturday at the Fresno Bee Games.

Banks' performance qualified her for the NCAA Division I championships, providing she finishes first or second in the Division II nationals.

Banks also participated on two winning relays for the Pioneers. Banks ran the second leg on the 400 relay team, which ran 46.58. Also on the team were Roianne Byrd, Tammie Sullivan and freshman Kim Noyd.

Banks ran the anchor leg in Cal State's 3:48.50 seasonal best performance in the 1,600 relay. Also running were Ticks Simon, Noyd and Kathy Halpin.

Byrd, the former James Logan High athlete, won the 100 hurdles (14.58), and finished third in both the 100 (12.31) and the 200 (24.84).

Simon was also a busy Pioneer. She finished fourth behind Byrd in the 100 hurdles (15.26), and eighth in the javelin (119.3) and the 200 (27.25).

Thane Oswalt took second in the shot put (42-11) and discus (164-2). The discus winner was Finnish champion Ulla Laidholm, who threw 206-9.

Another Finnish star, world champion javelin thrower Tiina Lillak, uncorked a 243-7 effort. It was the longest throw ever in the United States and just 20 inches shy of her world record.

Former Hayward High athlete Mdee McCall qualified for the Division II nationals in the high jump by finishing fifth in 5-7 1/2. McCall also took fifth in the triple jump at 31-10 1/2.

Chris Manning took second in the 800 in a lifetime best and Division II qualifying mark of 2:12.58, and also was fourth in the 1,500 in 4:30.19.

Other Cal State placers included: Cherrie Schaeffer (7th, javelin, 121-3); Monika Zieschang (7th, 1,500, 4:35.30 and 9th, 800, 2:17.50); Noyd (3rd, 400, 56.89); Arlene Bradley (6th, 100, 12.59); Halpin (2nd, 100 hurdles, 14.58); and Michelle Phipps (9th, 3,000, 10:41.8).

17-1 1/2 (10th)
bradley...:12.69 (6th)
:25.25 (6th)

* byrd.....:14.68 (1st)
:12.31 (3rd)
:24.62 (3rd)

m c call...5-7 1/2 (5th)

m c dermott...:26:63

manning.....4:30.19 (4th)
2:12.58 (2nd)

* noyd.....:56.89 (3rd)

oswalt.....42-11 (2nd)
164-2 (2nd)

schaeffer.....121-3 (7th)

simon.....:15.26 (4th)
2:17.25 (8th)
119-3 (8th)

* sullivan.....:12.72 (7th)

woods.....16-11

halpin.....:64.20 (2nd)

* banks....:53.62 (1st)

felix....10:21.69 (12th)

phipps...10:04.08 (10th)

stothers...4:45.95 (9th)
2:18.98 (11th)

zieschang..4:35.30 (7th)
2:17.50 (9th)

also... @ S.F.State 4/7/84

papazian.....:71.3 (400 H)

shoptaw.....:73.4 (400 H)

manson.....:65.0 (400)

grenier.....2:30 (800)

1600 meter relay....Simon..57.70
(1st place) Noyd..57.18
Halpin..57.86
Banks..55.36
3:48.50

* 400 meter relay....Byrd
(1st place) Banks
Sullivan
Noyd
46.58

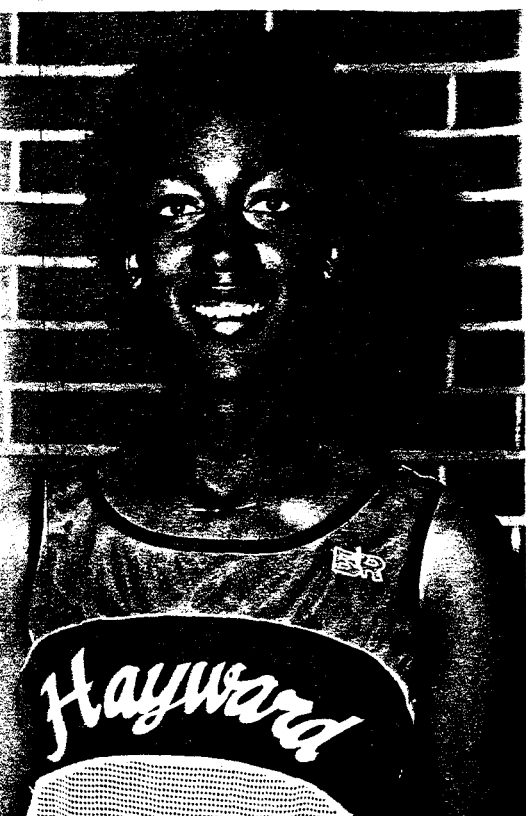
Note: At this time, the Pioneers have qualified a total of 14 athletes in a total of 19 events for the NCAA Div. II National Championships at Cape Girardeau, Mo. (May 21-26) ...3 of whom have also met the Div. I NCAA standard for the May 28-June 1 meet at Eugene, Or. Additionally, the Pioneers have qualified 26 athletes in a total of 60 events for the May 9-12 Northern California Athletic Conference Championships at Chico State.

CAL STATE UNIVERSITY HAYWARD ** WOMENS TRACK AND FIELD BULLETIN # 6

Hayward
~ Roianne ~
• BYRD

~ Delphina ~
• BANKS

~ Chris ~
• MANNING



Roianne BYRD



had a "scooper-doooper" day...

11:00 am....:14.1 HH trials
11:30 am....:12.0 100m trials
12:15 pm....lead off leg on winning 4 x 100
12:45 pm....:13.8 HH (school rec. & meet rec.)
1:05 pm....:11.9 100m (3rd place)
2:15 pm....:24.6 200m (6th place)
WHAT A DAY!!! Congratulations ROIANNE!!!

Miloe M'CALL

Marvelous Miloe continued to soar like a bird..with another great week of jumping. Miloe tied Pam Blackburn's (77) and Frankie Sconiers (81) school mark with a 5-8 effort; only to have a real near-miss at 5-9.

Meanwhile...

Monika ZIESCHANG

running in her first 3000 since JC in 1982, qualif.

Diane OSWALT

ied for Nationals as she won in a time of 9:54.2!!!!

The Los Gatos terror continued

her fine season with a 44-5 shot mark and a runner-up disc effort of 168-2. Then she obliterated the ozone in an anchoring effort in the Throwers 4x100 relay!!!!

Chris MANNING

"Smooth" Chris ran to her season best with a 4:27.2 runner-up spot behind Sac State's "Fig" (4:24.6)

Arnita BRADLEY

The Oxnard Express rolled to a 12.1 fifth place finish in the 100 and garnered 2nd in the long jump at 17-8.

"Ticka" SIMON

Ticka started the day off casually with a :15.0 effort in the HH trials...coming back with a 15.2 in the finals. Her best day in the javelin was next with her top mark a 128-8 for 8th. Then off to the 800 where her tuff last 100 swept her to a victory in a pr of 2:15.2. Then...a :57.73 leg in our victorious 1600 relay..clipping off a 3:47.3 as compared to Arizona's 3:47.6...soft touch Ticka!!!!

Kathy HALPIN

Qualified for the Nationals "clean" with a pr of :62.2 in the 400 and a 15.2 maiden trek over the 100 HH!!!

"REE-LAZE"

- An uncontested First in the 4 x 100 @ 46.9...Roianne BYRD, Delphina BANKS, Tammie SULLIVAN, and Kim NOYD.
- a close but definite win in the 4 x 400 over Arizona...BANKS 55.67, HALPIN 58.03, SIMON 57.73, and NOYD 56.25 ... Well done gang.

It's "HATS-OFF" to:

Shane FELIX- 3K(5th) 10:08.2 (Qual. Div.II Nat'ls)
Carla CASAZZA- Disc..120-5 (seasonal best)
Kim NOYD.- 6th 200m...:24.6!!! (a pr)
Kim GRANT -12.7 and :26.3
Susan HALL- 10K-42:22(Conf.qual)
Denise PAPAIZIAN - 400LH-Conf.qual.and pr of 69.9
Shauna SHOFTAW - 400LH- pr of 73.0
Marcy MILLER - 800-Conf.qual @ 2:17.6 (4th)
Carole STOTHERS- 800-(5th) 2:19.1
Kathy KOUDELA - 1500-(5th) 4:39.4 (nice return)
Robin WOODS- LJ - 3rd- 16-10
Owen WARD- 100/200- 12.5 and 26.4 (coming off of injury)
Jaime McENTEE -100HH-:16.9 (pr)
Delphina BANKS-400- first in :54.3 and legs on both winning relays.

and to all you others.....WELL DONE !!!!

Track & Field UPDATE...

CAL STATE UNIVERSITY "HAYWARD".....WOMEN'S TRACK & FIELD....BULLETIN # 8...APRIL 21, 1984...

CSUH-99...San Francisco-33

The weather turned fair and warm and a lowkey dual meet with San Francisco State produced some very interesting individual results....thanks in no small way to the excellent Gator track.

A list of "pr's" would include:

Kim NOYD...100(12.1)	Pati McDARMOTT...400(61.5)	Carole STOTHERS...1500(4:40.8)
Ulonda COBBS...100(13.1)	Monika ZIESCHANG...800(2:16.0)	Suzanne KOWALSKI...3000(10:59)
Kim GRANT...200(25.9)	Shane FELIX...800(2:21.1)	Ticka SIMON...100HH(14.7)
Delphina BANKS...200(24.0)	Michele PHIPPS...800(2:21.5)	Shot(34-6 $\frac{1}{2}$)
	1500(4:41.9)	Cherie SCHAEFFER...Disc(127-0)
		Carla CASAZZA.....Disc(124-1)

**Diane
OSWALT**

had a great day with a fine
double....44--3 $\frac{1}{2}$ in the shot
and a **NEW SCHOOL RECORD** of
174-5 in the disc!!!

LJ....Morrison(SF)18-1 $\frac{1}{2}$, SULLIVAN 17-10 $\frac{1}{2}$, SIMON 17-6 $\frac{1}{2}$ ____(McENTEE 15-9)
SP....OSWALT 44-3 $\frac{1}{2}$, SIMON 34-6 $\frac{1}{4}$, BURLEY 31-0 $\frac{1}{2}$
Jav...Kerazides(SF)132-8, SIMON 121-10, SCHAEFFER(111-11)____(BURLEY 93-9)
H.J...Kerazides(SF) 4-10, McENTEE 4-10
Disc..OSWALT 174-5 (school & stadium rec.), SCHAEFFER 127-0, CASAZZA 124-1
4 x 100...HAY(Ward,Banks,Sullivan,Byrd) :46.3, SF-:46.9
5000.....BIGELOW 19:27.3, AMES 19:41.1, HALL 20:06.9
1500.....STOTHERS 4:40.8, PHIPPS 4:41.9, FELIX 4:50.6
100 HH....BYRD:14.0(stadium rec), Whitehead(SF) 14.5, SIMON 14.7____(HALPIN 15.3, McENTEE 17.5)
400.....Bailey(SF) :61.4, McDermott :61.5, MANSON :63.5
100.....NOYD :12.1, Owens(SF) 12.2, GRANT :12.7____(WARD 12.8, COBBS 13.1, WOODS 13.3)
800.....ZIESCHANG 2:16.0, MILLER 2:18.9, FELIX 2:21.1____(PHIPPS 2:21.5, GRENIER 2:27.0)
400LH....HALPIN :63.5, Morrison(SF) :65.8, Hattori(SF) 69.3, (PAPAZIAN 70.9, SHOPTAW 73.4)
200.....BANKS :24.0(Div.II Qual), NOYD 24.6, Owens(SF) 25.1____(GRANT 25.9)
3000.....Leal (SF) 10:58.0, KOWALSKI 10:59.0, HURTADO 11:00
Mile R....HAY(Miller 61.45, McDermott 61.79, Zieschang 62.36, Stothers 62.85)...4:
HAY "B"...(Manson 63.36, Papazian 62.31, Grenier 64.22, Shoptaw 68.0)...4



Manning

★ AND MEANWHILE SATURDAY at SAN JOSE CITY COLLEGE....

**Bruce
Both
relays
"tomp"
Jenner
Classic
Byrd "sizzles"**

* Mile Relay converts to a 1600 m. by reducing time
1.2 seconds...thus our seasonal best for the 1600
would be 3:45.41....

Banks



Banks leads Pioneers in Bruce Jenner meet

HAYWARD - Delphina Banks was the 400 meters and ran on two winning relay teams to highlight Cal State Hayward's efforts in the Bruce Jenner Classic.

Banks won the 400 in 51.71, then teamed with Ticka Simon, Kathy Halpin and Kim Noyd to win the mile relay in a new school record of 3:46.51.

Banks, Owen Ward, Tammie Sullivan and Byrd also put together a season best of 46.3 in winning the 400-meter relay.

Byrd posted a new school record, taking second in the 100 hurdles in 23.85. Chris Manning added a lifetime best of 2:11.87 in the 800, good for third place, and Kathy Koudela was third in the 3,000 in 9:50.7.

On a down note, Diane Oswalt, the No. 1-ranked discs thrower in the country, came up with a back spasm in the shot put and will be out of action for an indefinite amount of time.

Track & Field UPDATE..

It's getting near the end of the season and "nimble-fingers" has become "fumbledigits" (see what I mean?)

So it's time to let the local "el periodico" do the job.

Going to Humboldt is not quite like going to your local Baskin-Robbins....nor was the weather exactly like Miami Beach...enuff said.

What is in store for the next block of time????????? The Johnny (chances are) Mathis Invitational at San Francisco State is on tap for Friday, May 4th for most of the team.....

then it's the Conference Heptathlon Championships on Tue/Wed May 9/10 at Chico State with the Track and Field finals (a twi-light affair) on Fri/Sat May 11/12 in Cheeeeeeko as well.

The Pioneers are looking forward to bagging their 6th conference crown in the past 7 years and successfully defending the title that they so adeptly swept to last year.

With 31 qualifiers for this biggie of Track and Field....the Pioneers should prevail...although there are many outstanding individuals from through-out the conference who will make serious inroads on our team efforts.

The Daily Review
Sunday, April 29, 1984

Weather holds down Pioneer women

ARCATA — Cal State women's track coach Bob McGuire and half his team made the long trek up the California coast to Humboldt State for a four-way track meet that he hoped would earn the Pioneers additional conference qualifiers.

He got two Northern California Athletic Conference qualifiers and one for the nationals, but by and large, the cold and windy conditions were hardly conducive to good marks.

"We had some people who needed to qualify but the weather put the kibosh on that," said McGuire. "That's a long way to go to try things out."

It was a happy trip for Pioneer Michele Phipps. In the 5,000 meters, she finished third and qualified for the nationals, as did the first four runners to cross the finish line. Phipps' time was 17:30.1 in a race won by U.C. Davis' Francie Negri in 17:22.0.

Another third-place Pioneer, Denise Bigelow, made the grade for the NCAC meet in the 10,000 meters with a time of 40:56.4. Also, Patti McDermott qualified in the 400 at 60.6 with a fourth-place finish.

With the Pioneers leaving most of their big names at home, U.C. Davis swept to victory in the meet by winning eight of 18 events.

The Aggies outscored Cal State by a narrow 66-59 score; the Pioneers gained just six first places.

College track

The most impressive was Qwen Ward's 12.5 victory in the 100, which the Pioneers swept. Runnerup Kim Grant was a victor in the 200 in 25.9. Ward and Grant also ran on the Pioneers' victorious 400 relay team which clocked 49.6.

Other winners from Hayward were Marcy Miller in the 800 (2:19.6), Jaime McEntee in the high jump (4-8) and Robin Woods in the long jump (17-1 1/4).

TEAM SCORING

U.C. Davis 66, Cal State Hayward 59, Humboldt State 41, Chico State 24.
100—1, Qwen Ward (CSUH) 12.5; 2, Grant (CSUH) 12.6; 3, Cobbs (CSUH) 12.7; 4, Durnell (Hum) 12.8.
200—1, Grant (CSUH) 25.9; 2, Saadati (Chico) 26.3; 3, Ward (CSUH) 26.4; 4, Badner (UCD) 26.9.
400—1, Chandra Barbee (UCD) 58.6; 2, Voss (UCD) 59.7; 3, McManus (Chico) 60.2; 4, McDermott (CSUH) 60.6.
800—1, Marcy Miller (CSUH) 2:19.6; 2, Lantsberger (UCD) 2:20.5; 3, Felix (CSUH) 2:24.9; 4, Sanchez (Chico) 2:25.6.
1,500—1, Paige Tully (UCD) 4:39.1; 2, Stothers (CSUH) 4:43.9; 3, Riedel (UCD) 4:47.9; 4, Johnson (Hum) 4:49.1.
3,000—1, Laura Sanchez (Chico) 10:15.2; 2, Pappas (UCD) 10:17.8; 3, Loveday (UCD) 11:07.4; 4, Hurtado (CSUH) 11:20.2.
5,000—1, Francie Negri (UCD) 17:22.0; 2, Powers (Hum) 17:27.2; 3, Phipps (CSUH) 17:30.1; 4, Dolan (Hum) 17:34.0.
10,000—1, Kim Pieratt (Hum) 38:48.0; 2, Nielsen (Hum) 40:38.1; 3, Bigelow (CSUH) 40:56.4; 4, Schiphorst (Hum) 41:18.0.
100 H—1, Diann Robinson (UCD) 18.0; 2, Sundeen (Hum) 17.1; 3, McEntee (CSUH) 17.8; 4, Temples (Chico) 18.7.
400 H—1, Diann Robinson (UCD) 67.4; 2, Beste (UCD) 68.2; 3, Kostanekci (UCD) 69.2; 4, Stout (Hum) 72.4.
400 relay—1, Hayward (Ward, Grant, McDermott, Woods) 49.6; 2, U.C. Davis 50.5; 3, Humboldt State 50.8.
1,600 relay—1, U.C. Davis 4:03.4; 2, Hayward 4:09.9; 3, Chico 4:14.9.
HJ—1, Jaime McEntee (CSUH) 4-8; no other competitors.
LJ—1, Robin Woods (CSUH) 17-1 1/4; 2, McEntee (CSUH) 16-4 1/4; 3, Garner (Chico) 15-2 1/4; 4, Hertenstein (Chico) 14-3 1/4.
TJ—1, Dana Wilson (UCD) 35-9 1/4; 2, Mortenson (UCD) 31-9 1/4; 3, Claing (Hum) 31-3 1/4; 4, Garner (Chico) 30-9 1/4.
SP—1, Carol McBryant (Hum) 41-3; 2, Almo (Chico) 40-11; 3, Gomes (Hum) 36-9; 4, Thompson (UCD) 35-9.
Dis—1, Carol McBryant (Hum) 137-4; 2, Claing (Hum) 128-4; 3, Gomes (Hum) 122-0; 4, Schaeffer (CSUH) 120-4.
Jave—1, Kim Marsh (UCD) 148-2; 2, Hertenstein (Chico) 121-9; 3, Schaeffer (CSUH) 117-11; 4, Stange (Hum) 115-0.

CSUH WOMEN'S TRACK AND FIELD UPDATE 5-1-84

100 mtrs

Roianne Byrd 11 9 (12 31)*
 Kim Noyd 12.1*
 Qwen Ward 12.14*
 Tammie Sullivan 12.0* (12 34)
 Arnita Bradley 12 1* (12 64)
 Kim Grant 12.5*
 Patty McDermott 12.7*
 Ulonda Cobbs 12.7*

200 mtrs

Delphina Banks 24.0**
 Roianne Byrd 24.4*
 Kim Noyd 24.6*
 Tammie Sullivan 24.90*
 Arnita Bradley 25.25*
 Ticka Simon 25.5*
 Kim Grant 25.9*
 Qwen Ward 26.4*
 Patty McDermott 26.7
 Ulonda Cobbs 27.9

400 mtrs

Delphina Banks 53.62**
 Kim Noyd 54.6**
 Kathy Halpin 55.9**
 Joan Manson 60.3*
 Patty McDermott 60.6*
 Shauna Shoptaw 61.5

800 mtrs

Chris Manning 2:11.07**
 Ticka Simon 2:15.8*
 Monika Zieschang 2:16.0*
 Marcy Miller 2:17 6*
 Carole Stothers 2:18.47*
 Shane Felix 2:21.1*
 Michele Phipps 2:21.5*
 Gabrielle Grenier 2:26.7
 Jamie McEntee 2:28.1
 Denise Papazian 2:33.4

1500 mtrs

Chris Manning 4:27.3**
 Monika Zieschang 4:33.3**
 Kathy Koudela 4:37.60*
 Debbie Morris 4:41.7 (4:41.90)*
 Carole Stothers 4:40.8*
 Michele Phipps 4:41.9*
 Shane Felix 4:43.00*
 Connie Hurtado 5:06.4

3000 mtrs

Kathy Koudela 9:47.6 (9:47.90)**
 Debbie Morris 9:50.80**
 Monika Zieschang 9:54.2**
 Michele Phipps 9:59.61**
 Shane Felix 10:08.3**
 Carole Stothers 10:29.70*
 Suzie Ames 10:57.70*
 Suzanne Kolwalski 10:59.0*
 Connie Hurtado 10:59.7*
 Denise Bigelow 11:05.20*
 Sue Hall 11:21.3

5000 mtrs

Kathy Koudela 16:30.89***
 Debbie Morris 17:12.81**
 Michele Phipps 17:30.1**
 Shane Felix 17:45.6*
 Denise Bigelow 19:27.3*
 Suzie Ames 19:41.1*
 Susan Hall 20:06.9

10,000 mtrs

Kathy Koudela 35:01.1**
 Denise Bigelow 40:56.4*
 Susan Hall 42:22.0*
 Suzie Ames 42:45.2*

100 mtr IH

Roianne Byrd 13.8, 13.96**
 Ticka Simon 14.7*
 Kathy Halpin 15.2*
 Jamie McEntee 16.9

400 mtr IH

Kathy Halpin 62.2**
 Roianne Byrd 63.45*
 Denise Papazian 69.9*
 Shauna Shoptaw 73.0

4 x 400 mtrs

Ward, Banks, Noyd, Halpin 3:46.61**
 3:45.41**-1600

4 x 100 mtrs

Ward, Banks, Sullivan, Byrd 46.3**

High Jump

Miloe McCall 5-8**
 Jamie McEntee 5-3*
 Ticka Simon 5'0*

Triple Jump

Miloe McCall 35'1 $\frac{1}{2}$ **

Long Jump

Tammie Sullivan 18'2 $\frac{1}{2}$ *
 Ticka Simon 18'0*
 Arnita Bradbey 17'8*
 Robin Woods 17'1 3/4*
 Jamie McEntee 16'4 $\frac{1}{2}$ *

Shot

Diane Oswalt 45'6**
 Ticka Simon 34'6 $\frac{1}{4}$
 Denise Purley 32'9 $\frac{1}{2}$

Discus

Diane Oswalt 174'5***
 Cherrie Schaeffer 127'0*
 Carla Cassaza 124'1*

Javelin

Ticka Simon 128'8*
 Cherrie Schaeffer 121'3*
 Denise Burley 101'11

Heptathlon

Ticka Simon 5136**
 Jamie McEntee 4128*

*Conference Qualifier

**NCAA Div. II Qualifier

***NCAA Div. I Qualifier