

# Central Coast Section Girls' Track & Field All-Time Lists

Compiled by Howard Willman

(Includes marks through Aug. 31, 1981)

- ✓ 15-deep (approximately) lists for all championship events
- ✓ Top marks in selected "odd" events
- ✓ National records, state and NorCal bests
- ✓ Years in school for athletes



Pat Daniels



Francie Larrieu



Cyndy Poor

## FORWARD

It is the intention of these lists to provide the best track & field marks recorded by Central Coast Section athletes in legitimate competition and under fair conditions. All of the championship events have been selected for listing, with depth varying primarily because of access to marks. Research for deeper lists in all events is under way, however. The "odd" events selected were picked on the basis of popularity and accuracy of list. Certain popular "odd" events weren't selected because an accurate enough listing has not yet been attained. Again, research continues.

The running events take on a metric flavor, as that trend is finally coming to the high school level, with the exception of the mile, 2-mile and mile relay. The metric "equivalents" to the mile and 2-mile (the 1600 meters and 3200 meters) are considered by the compiler a backwards step for the sport since they are "non-events" outside the high school scene. Also note that 1500- and 3000-meter times are not converted to miles and 2-miles but are kept separately (in the "odd" events section). The mile relay is used instead of the 1600-meter relay because of the local scarcity of the latter's use.

These lists were initiated by expert Fran Errota in 1974 and have been updated by the current compiler since 1978. The knowledge of many coaches, athletes and fans has been sought to make this reference source as thorough, accurate and authoritative as possible. The names of these individuals are too many to list here, but there are certainly some whose names cannot go unmentioned. Those helpful people include Plato Yanicks (Menlo-Atherton coach), owner of one of the most complete collection of track materials in the world; Augie Arrabright (San Jose Cindergals coach), whose backlog of women's records provided much of the early girls' marks; Wes Mathis (secretary of the National Library of Sports), who allowed the use of his immensely helpful track resources; and the past and present high school editors of Track & Field News whose efforts have produced accurate records and lists since the magazine began publication in 1948.

In striving for accuracy, errors have undoubtedly crept into the lists. Corrections discovered during production are included on the amendments page. However, anyone with corrections and/or additions is urged to contact the compiler at the address below. Any questions or criticisms are welcome.

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## EXPLAINING THE STATISTICS

In order to attain as complete listings as possible, certain guidelines with the statistics have been followed. Outlined here are the most important ones.

### Abbreviations

Year in school (where no abbreviation appears next to an athlete, year in school is unknown):

s = senior                    \*\*\* = freshman  
\* = junior                    \*\*\*\* = 8th-grader  
\*\* = sophomore                \*\*\*\*\* = 7th-grader

\* (after school) = ineligible athlete

\* (after time) = time recorded en route to a longer distance

A = mark recorded at an altitude above 1000 meters (approximately 3280 feet)

f (before year) = mark recorded before Jan. 1 of school year

+ = converted time; see following situations:

- 1) If next to a time under a metric list, then this time has been converted from yards by multiplying the yard time by .9941939.
- 2) If next to a time under a yard list, then this time has been converted from meters by multiplying the metric time by 1.0058399.

y = time recorded at yard distance and has not been converted; see following situations:

- 1) If next to a time in boys' 110mHH list, then this is the actual time recorded for 120yHH (10.7 inches shorter than 110mHH); thus, a 14.1 at 110m is considered slightly faster (and is placed higher) than a 14.1 at 120y.
- 2) If next to a time in girls' 100mLH list, then this is the actual time recorded for 110yLH (23 inches longer than 100mLH); thus, a 14.2 at 110y is considered slightly faster (and is placed higher) than a 14.2 at 100m.

Note: This is used for hand times only; fully-automatic times are converted.

### Timing

Fully-automatic times (FAT), listed in 100ths, are considered faster than hand times, listed in 10ths, on the following basis:

Races of less than 1 lap -- FAT times are placed .24 seconds higher than hand times.

Races of 1 lap -- FAT times are placed .14 seconds higher than hand times.

Races of more than 1 lap -- FAT times are placed .09 seconds higher than hand times.

### Records

Listed at the heading of each event are national records and California and NorCal bests. The national records are those recognized by Track & Field News (T&FN) and most often do not match with those given by the National Federation of State High School Athletic Associations. In T&FN's judgment, that body is unnecessarily restrictive in their eligibility policies (concerning meet size, season length, non-winning marks, eligible schools and athlete affiliation/meet sanction). California and NorCal bests are the best marks in those geographical areas known to the compiler.

When a record is denoted by a "y" or "m," then this is the actual time recorded at yards or meters, respectively. When there is a "+," this is the time to which the original time converts. These converted times are the ones considered when selecting records. In races of one lap or less, only fully-auto times can be considered records. Hand-timed bests are given -- for reference only -- when they are intrinsically far superior to the auto records. The auto time, however, is the record. In the hurdles, times made with higher-than-required barriers are denoted by "HH" (high hurdles) or "IH" (intermediate hurdles). When a record is denoted by an "A," this mark was recorded at an altitude above 1000 meters (approximately equal to 3280 feet). When this occurs, a second-best mark -- one recorded under 1000 meters -- is given for reference.

### Eligibility

T&FN's policy, with certain adjustments, is considered best. Any athlete from any school currently in the CCS (unless the school has been closed) is eligible for these lists as long as he/she has not received a diploma, has not exceeded four years of high school competition and has not reached his/her 20th birthday. School affiliation is not a prerequisite for inclusion of an athlete's marks. This means that an athlete can represent his/her school or club or can compete unattached and still qualify for these lists. It means that ineligible athletes may qualify for these lists. And, it allows for inclusion in these lists female athletes from CCS schools who competed before girls' high school programs were formed. Many of these athletes -- as high schoolers -- were competitive on an open national, and sometimes international, basis.

Acceptable competition can range from high school dual meets and all-comer meets to national and international championships. Indoor marks, however, are not included in these lists and are kept separately. Research is under way for listings of indoor marks.

Each season begins on Sept. 1 and ends on Aug. 31. Spring graduates remain eligible for these lists until Aug. 31 of their graduating year.

Pre-high school marks are given only when they are of good enough quality to make the regular portion of the list. Also, these pre-high schools must be within the CCS geographical area.

### About the lists

There are 6 pieces to each entry in these lists. They are: mark, year in school, athlete's name, athlete's school and its location, and the year in which the mark was recorded. When no mark appears by an athlete, his/hers is the same as that of the athlete above him/her. When no year in school information appears next to an athlete, the info is unknown to the compiler. When no location is given for the school, then it is the same as the name of the school.

CCS STARS FEATURED ON THE COVER (left-to-right)

PAT DANIELS (Capuchino of San Bruno, 1961) -- Three-time Olympian and former American record holder in the 800 meters and pentathlon. Broke the 800 AR five times during 1960 and '61, lowering it to 2:13.1 by July '61. Competed in the '60 Olympics 800 just six days after her 17th birthday, but fell in her heat and was disqualified. Won the 800 AAU title in '60 and '61.

More famous for her accomplishments as pentathlete, where from '61-'68 was the most dominant American on the scene. Ranked worldly (by Czechoslovakian statistician Jan Popper) 7th in '64, 3rd in '67 and 7th in '68. There were no US rankings then, but there were no Americans who could beat her, either. Went '64 and '68 Olympics in pentathlon, finishing 7th and 6th, respectively. Broke AR seven times, her last a 4735 score in '70 before the scoring tables were re-evaluated. Won eight AAU pentathlon titles ('61-'67, '70), the first of which gave her a double win when combined with her 800 victory. As a reminder, she was just out of high school when she accomplished that double. Also won '67 Pan-American Games.

Along with 2:13.1, has a 19-3½ long jump which appears in these lists. One of the first members of the San Mateo County Girls' Athletic Association, later to become the Millbrae Lions. One of the many fine proteges of coach Ed Parker, an American pioneer in the pentathlon. Also competed for Crown Cities TC (later the Los Angeles TC and now known as LA Naturite). Known as Pat Winslow and Pat Bank during athletic career. Now, as Pat Connolly, she is the coach of sprinter Evelyn Ashford. Coached UCLA to '77 AIAW title.

FRANCIE LARRIEU (Fremont of Sunnyvale, 1970) -- Also a three-time Olympian (1500 meters), though she made just two trips because of the infamous boycott in 1980. In '72 and '76, got as far as the semifinals, 8th and 9th, respectively. Two-time World Cup participant: 2nd in '77 1500, 4th in '79 1500 and 3rd '79 3000.

Won 10 outdoor AAU/TAC championships: five 1500s ('72, '76-'77, '79-'80), one mile ('73), one 3000 ('79) and three times as a member of the San Jose Cindergals 2-mile relay ('71-'73). Won six indoor AAU/TAC championships: four miles ('75, '77-'79) and two 2-miles ('77, '81). Won two AAU cross country individual championships ('72-'73) and led the Cindergals to team title in '73. Won distance triple at '74 AIAW championships representing UCLA (880, mile, 2-mile). 13th at '70 world cross country championships, 16th in '73 IAAF cross country championships.

Has set a total of 34 American or world records, indoors or outdoors. Her first, an AP-equalling 4:16.8 1500 in '69, came in Stuttgart, West Germany, on her first international tour -- the summer after her junior year while she was still 16-years-old. It is still the national high school and American junior record. 20 of her records came outdoors (one at 1000 meters, five 1500s, six miles, four 3000s, two 2-miles, one 2-mile relay and one distance medley relay), her only world record being a 10:02.8 2-mile in '73. Her other 14 records came indoors: one at 1000 meters, five 1500s, four miles, one 2000m, one 3000 and two 2-miles, all but two of which were world records also.

Her current PRs: 2:00.22 in the 800 ('76), 2:38.2 for 1000 meters ('76), 4:05.1 for 1500 ('76), 4:27.6 in the mile ('79), 5:55.2 for 2000 meters ('81), 8:51.03 for 3000 ('79) and 9:38.1 for 2 miles ('81). She currently holds the indoor world records for the mile (4:28.5), 2000m (5:55.2) and 2-mile (9:38.1).

She was the first woman in the world to break 10:00 in the 2-mile, and she did it twice in unsanctioned meets (9:55.9 and 9:44.0 in '72) before it was "official" (9:39.4 in '74). Was first American to break 4:40 and 4:30 barriers in mile and 4:10 in 1500.

Ranked No. 9 in the world (rankings through '75 by Czechoslovakian statistician Jan Popper and after '75 by T&FN) in 1500/mile in '70, 5th in '74, 7th in '75 and 7th in '77. In 3000, ranked 6th in '74 and 8th in '76. No US rankings were done before '76, but she was the No. 1 American miler from '72-'75 and No. 2 from '69-'71. Since US rankings have started (by T&FN), she has been, in 1500, 2nd in '76, 1st in '77, 3rd in '78, 1st in '79 and 3rd in '80. In the 3000, she has been 1st in '76, 3rd in '77 and 1st in '79, and in the 800 she's been 8th in '78 and 9th in '79. She'll almost certainly be ranked in the 1500 and 3000 for 1981. Since '78 (when American indoor rankings were started by T&FN) she has been in top three in events ranging from the 880 to 2 miles.

...continued on next page

...CCS stars continued...Francie Larrieu continued...

Best 800 while in high school was 2:05.9 ('70) and best mile was 4:50.8 ('70), though her 4:16.8 1500 is a far superior time (if one were to convert, it would be 4:37.4, but 1500 times are not converted to miles in these listings). One of the first members of the San Jose Cindergals and the first of many fine distance stars coached by Augie Argabright. After leaving area for college (first UCLA, then Cal State Long Beach), she competed for Pacific Coast Club, for which club she is still presently competing (even though her current Texas home isn't considered to be on the Pacific Coast). Older brother Ron, a '56 graduate of Palo Alto, was also an Olympian, finishing 24th in the '64 10,000 meters.

CYNDY POOR (Saratoga, 1971) -- 1976 Olympian in 1500 meters, finishing 6th in her heat and completing a meteoric rise from sprinter in early teens to middle-distance great in 20s. During that "meteoric rise," she knocked 10.1 seconds off her 1500 PR from '75 to '76 alone.

Won '76 Final Olympic Trials 1500 and '77 AAU indoor 880 championships. Three times was the member of the San Jose Cindergals AAU outdoor championship 2-mile relay team ('72-'74). Member of Cindergals national champion cross country team in '73. Finished 27th in IAAF cross country championships in '75.

Achieved PRs of 2:00.15 for the 800 ('76), 4:06.83 in the 1500 ('76), 4:44.3 in the mile ('79), 9:24.1 in the 3000 ('75) and 10:36.6 for 2 miles ('75). Broke 1500 AR at Final Olympic Trials in '76 (4:07.32) and was a member of Cindergal 2-mile relay team that broke the AR in '74 (8:49.1). Ranked (by T&FN) No. 2 American in '76 and 6th in '77 in 800. In 1500, was 3rd in '76.

While in high school, was a sprinter with bests of 25.5 in the 220 and 56.0 in the 400 (both in '71). As another example of her change from sprinter to distance runner, recall it was just four years later, in '75, when she ran 9:24.1 for 3000 meters. Like Larrieu, a member of the San Jose Cindergals and coached by Augie Argabright. After Olympics, joined Athletes in Action. Married Idaho State coach Ron Jensen in September '81.

AMENDMENTS TO ALL-TIME LISTS

These amendments are either additions (a), corrections (c) or deletions (d) to the lists on the following pages. They were discovered too late in production to appear in actual lists. For corrections, the underscored part is the correction.

100 METERS

- (c) 11.8           \*\*Kelia Bolton (Oceana, Pacifica) 76
- (a) 12.1           \*Denise Pemberton (San Mateo) 76

200 METERS

- (a) 24.38+       \*\*Denise Pemberton (San Mateo) 75
- (a) 24.6+       Ann Christoff (Sequoia, Redwood City) 70

400 METERS

- (a) 56.0+       Linda Wooten (Mountain View) 71
- (a) 56.0       June Bonacich (Monta Vista, Cupertino) 74

100-METER LOW HURDLES

- (c) 14.5y       sCathy Hohmann (Peterson, Sunnyvale) 78

Wind-aided:

- (a) 14.6       \*\*Stephanie Sumpter (Independence, San Jose) 81

300-METER LOW HURDLES

- (c) 46.9       \*\*Cathy Hohmann (Peterson, Sunnyvale) 76

4 X 100 METERS

- (c) 48.66       Silver Creek (San Jose) 80 . . . MOVES UP ONE NOTCH ON LIST

4 X 440 YARDS

- (c) 3:54.56       Carlmont (Belmont) 81
- (\*Julie Miller, \*Karen Turner, \*Beth Miller, sPaula Foianini)
- (c) 3:58.92+     Carlmont (Belmont) 80
- (\*\*Julie Miller, \*\*Karen Turner, \*\*Beth Miller, \*Paula Foianini)

LONG JUMP

- (c) 18-9½       \*\*Lori Costello (El Camino, South San Francisco) 79
- (a) 18-0       \*\*\*Cathy Sulinski (South San Francisco) 73

DISCUS

- (c) 129-6       \*\*Cora Manaea (Seaside) 81 . . . REMAINS IN SAME POSITION ON LIST

100 YARDS

- (a) 11.02       \*\*Denise Pemberton (San Mateo) 75
- (a) 10.8       Ann Christoff (Sequoia, Redwood City) 71
- (a) 10.9       \*\*Yolanda Allen (Serramonte, Daly City) 75

DISTANCE MEDLEY

- (c) National record: 11:54.9+ (11:50.7m), Summit (N.J.), 1981

## 100 METERS

National record: 11.13, Chandra Cheeseborough (Fibault, Jacksonville, Fla.), 1976  
 California best: 11.34, Sharon Ware (Berkeley), 1980  
 NorCal best: 11.34, Sharon Ware (Berkeley), 1980

11.5 \*\*\*Elaine Parker (Oceana, Pacifica) 75  
 11.8 \*\*Kelia Bolton (~~Hill, San Jose~~) 76 *Oceana*  
 \*Gurtha Pounds (Live Oak, Morgan Hill) 81  
 \*Julie Middleton (San Mateo) 81  
 12.0 \*Ronda Robinson (San Carlos) 80  
 \*\*Liz Chewning (Saratoga) 80  
 12.25 \*\*Vivian Riley (Mt. Pleasant, San Jose) 81  
 12.27 sDeirdre Donahue (Los Gatos) 81  
 12.32 \*Lola Rockwell (Gunn, Palo Alto) 79  
 \*Kelli Abruzzini (Gilroy) 81  
 (10)  
 12.1 \*\*Melinda Revere (Watsonville) 73  
 \*\*Kris Costello (Lynbrook, San Jose) 76  
 \*Karen Robinson (Fremont, Sunnyvale) 80  
 sKathleen Gallagher (Sequoia, Redwood City) 80  
 \*\*Cynthia Barkus (San Carlos) 80  
 \*Cathy Dee (Santa Catalina, Monterey) 81  
 \*Carol Foster (Blackford, San Jose) 81  
 (17)  
 \*Denise Pemberton (San Mateo) '76

## Wind-aided:

11.63 sKelia Bolton (~~Hill, San Jose~~) 78 *Oceana*  
 11.65 \*\*Elaine Parker (Oceana, Pacifica) 76  
 11.81 \*Gurtha Pounds (Live Oak, Morgan Hill) 81  
 12.04 sRonda Robinson (San Carlos) 81  
 12.0 sFelicia Smartt (Silver Creek, San Jose) 81  
 12.1 sAnnette Snyder (Camden, San Jose) 80  
 sNorma Colon (Independence, San Jose) 80  
 \*Karen Carr (Overfelt, San Jose) 81

## 200 METERS

National record: 22.77A, Chandra Cheeseborough (Ribault, Jacksonville, Fla.), 1975  
 22.89, Chandra Cheeseborough (Ribault, Jacksonville, Fla.), 1977  
 California best: 23.19, Cherri Howard (Kennedy, Granada Hills), 1980  
 NorCal best: 23.62, Sharon Ware (Berkeley), 1980

+ 14 yds FMT

Oceana

23.75 sKelia Bolton (Hill, San Jose) 78  
 24.1 \*Elaine Parker (Oceana, Pacifica) 77  
 24.2+ \*Kris Costello (Lynbrook, San Jose) 77  
 24.54 sRonda Robinson (San Carlos) 81  
 24.4 \*\*Gurtha Pounds (Live Oak, Morgan Hill) 80  
 24.73 \*Liz Chewning (Saratoga) 81  
 24.74 \*Brenda Brewer (Hillsdale, San Mateo) 81  
 24.82 sMargaret Demorest (Buchser, Santa Clara) 81  
 24.6+ \*Eloise Mallory (Silver Creek, San Jose) 77  
 24.86 \*Julie Middleton (San Mateo) 81  
 (10)  
 24.89+ sVanessa Woods (Jefferson, Daly City) 79  
 24.7+ Paula Phillips (Seaside) 78  
 24.8+ \*Melinda Pevere (Watsonville) 74  
 + \*\*Tammie Sullivan (Ayer, Milpitas) 78  
 24.9+ \*\*Chris Smallwood (Lick, San Jose) 74  
 + sMary Ellis (Yerba Buena, San Jose) 75  
 + \*\*Marquita Belk (Silver Creek, San Jose) 77  
 + \*\*Angel Kellen (Leland, San Jose) 78  
 + sTina Lawson (Hill, San Jose) 78 24.6 CC(3rd) 7d  
 (19)  
 24.38+ \*\*Denise Pemberton (San Mateo) 75  
 24.6+ Ann Christoff (Sequoia) 70  
 Wind-aided:  
 24.8+ \*\*\*Chris Smallwood (Lick, San Jose) 73

400 METERS

National record: 50.90, Sheila Ingram (Coolidge, Washington, DC), 1976  
 California best: 51.09A, Sherri Howard (San Geronio, San Bernardino), 1979  
 51.48, Sherri Howard (Kennedy, Granada Hills), 1980  
 NorCal best: 53.12, Freida Cobbs (Berkeley), 1978  
 52.1, Kathy Hammond (Mira Loma, Sacramento), 1969

54.2+ \*\*\*Marquita Belk (Silver Creek, San Jose) 75  
 54.38 \*\*Sherrill Miller (Fremont, Sunnyvale) 80  
 55.4+ \*Ann Fegan (Camden, San Jose) 78  
 55.74 \*Brenda Brewer (Hillsdale, San Mateo) 81  
 55.6+ \*\*Lezli Peterson (Harbor, Santa Cruz) 75  
 56.0 sCyndy Poor (Saratoga) 71  
 56.52+ sVanessa Woods (Jefferson, Daly City) 79  
 56.55 \*Margaret Demorest (Buchser, Santa Clara) 80  
 56.5+ Paula Phillips (Seaside) 78  
 56.7+ \*Melinda Pevere (Watsonville) 74  
 (10)  
 56.8 \*\*\*Lanette Davis (Del Mar, San Jose) 81  
 57.0+ sKaren Taylor (Independence, San Jose) 78  
 57.2+ Kim McClay (Wilcox, Santa Clara) 78  
 57.38 sCrystal Preisser (Sequoia, Redwood City) 80  
 57.43+ \*\*\*Anita Bolton (Silver Creek, San Jose) 79  
 57.53 \*Val Ford (San Mateo) 80  
 57.4+ \*Kathy Haughey (Blackford, San Jose) 73  
 + \*Paula Foianini (Carlmont, Belmont) 80  
 57.6+ sRose Blake (Oak Grove, San Jose) 79  
 (19)

Pre-high school:

57.47 \*\*\*\*Kristen Dowell (Herman Intermediate, San Jose) 81

## 800 METERS

National record: 2:01.82, Kim Gallagher (Upper Dublin, Fort Washington, Pa.), 1981  
 California best: 2:02.29, Mary Decker (Orange), 1974  
 NorCal best: 2:04.37, Ann Regan (Camden, San Jose), 1977

2:04.37      \*\*Ann Regan (Camden, San Jose) 77  
 2:05.9        sFrancie Larrieu (Fremont, Sunnyvale) 70  
 2:08.6        sTracy Weber (Lynbrook, San Jose) 81  
 2:09.4        \*Maria King (Milpitas) 81  
 2:09.7        \*Diane Figliomeni (Saratoga) 78  
 2:10.3+       \*Kathy Haughey (Blackford, San Jose) 73  
 2:10.9+       \*Marquita Belk (Silver Creek, San Jose) 78  
 2:11.3+       sVicki Eberly (Blackford, San Jose) 73  
 2:11.6        \*Kerry Brogan (Los Altos) 80  
 2:12.2+       Linda Wooten (Mountain View) 71  
               (10)  
 2:12.3        sAida Stearns (Silver Creek, San Jose) 81  
 2:12.5        \*\*Sharon Yaninek (Presentation, San Jose) 81  
 2:13.0+       \*\*\*Nancy Huyck (Aptos) 77  
 2:13.1        sPat Daniels (Capuchino, San Bruno) 61  
 2:13.9        \*\*Roxanne Bier (Independence, San Jose) 78  
 2:14.1        \*Krista Wendt (Leigh, San Jose) 81  
 2:14.9+       \*Rachael Ervin (Santa Clara) 77  
               +        sAmy Harper (Prospect, Saratoga) 80  
               +        \*Valerie Eberly (Los Gatos) 73  
 2:15.3+       \*\*\*Anne Slivkoff (Los Gatos) 74  
               (20)  
               +        \*Cathy McKean (Ayer, Milpitas) 77  
               +        \*\*\*Nora Williams (Menlo-Atherton, Atherton) 81  
 2:15.7        sPaula Foianini (Carlmont, Belmont) 81  
 2:15.8+       sDina Seerden (Branham, San Jose) 80  
               +        \*Mary Jo Barry (Leigh, San Jose) 81  
 2:15.9+       \*\*Suzanne Pflieger (Burlingame) 62  
               (26)

## MILE

National record: 4:40.7, Eileen Claugus (Rio Americano, Sacramento), 1973  
 California best: 4:40.7, Eileen Claugus (Rio Americano, Sacramento), 1973  
 NorCal best: 4:40.7, Eileen Claugus (Rio Americano, Sacramento), 1973

4:46.43+ sTracy Weber (Lynbrook, San Jose) 81  
 4:50.8 sFrancie Larrieu (Fremont, Sunnyvale) 70  
 4:51.64+ sRoxanne Bier (Independence, San Jose) 80  
 4:52.8 \*\*Vicky Bray (Los Altos) 77  
 4:54.6 \*Ann Pegan (Camden, San Jose) 78  
 4:55.2 sKerry Brogan (Los Altos) 81  
 \*Maria King (Milpitas) 81  
 4:56.4 \*Ann Trason (Pacific Grove) 77  
 4:57.6 \*\*\*Nancy Huyck (Aptos) 77  
 4:58.5 \*\*\*Bonell Powell (Buchser, Santa Clara) 74  
 (10)  
 4:59.5 \*Vicki Eberly (Blackford, San Jose) 72  
 4:59.8 \*\*Valerie Eberly (Blackford, San Jose) 72  
 5:03.7 sSue Munday (Lincoln, San Jose) 76  
 5:04.0 Arleen Mears (Fremont, Sunnyvale) 73  
 5:05.2 \*Amy Harper (Prospect, Saratoga) 79  
 sDebbie Morris (Los Gatos) 81  
 5:05.5 \*Jackie Dixon (Westmont, Campbell) 71  
 Paula Jackson (Live Oak, Morgan Hill) 76  
 5:05.8 sAnne Hamilton (Capuchino, San Bruno) 78  
 5:05.9 \*\*Carla Halford (Leland, San Jose) 81  
 (20)  
 5:06.2 sTiffany Choy (Salinas) 81  
 5:07.1 \*Kim Schnurpfeil (San Mateo) 78  
 5:07.4 \*\*\*Estella Guina (Presentation, San Jose) 73  
 5:07.5 \*\*Esther Berndt (Gunn, Palo Alto) 80  
 5:07.9 sAida Stearns (Silver Creek, San Jose) 81  
 (25)

## Pre-high school:

5:05.3 \*\*\*\*Therese Fisher (Fisher Jr., Los Gatos) 81

## 2 MILES

National record: 10:03.5, Mary Shea (Cardinal Gibbons, Raleigh, N.C.), 1979

California best: 10:09.8, Cheri Williams (Livermore), 1978

NorCal best: 10:09.8, Cheri Williams (Livermore), 1978

10:33.3 \*Poxanne Bier (Independence, San Jose) 79  
 10:39.7 sCarol Gleason (Lynbrook, San Jose) 81  
 10:40.0 \*Valerie Eberly (Los Gatos) 73  
 10:42.2 \*Linda Van Housen (Sacred Heart, Menlo Park) 81  
 10:46.2 \*\*\*Kerry Brogan (Los Altos) 78  
 10:47.8 sJackie Dixon (Westmont, Campbell) 72  
 10:48.0 sIrene Crowley (Overfelt, San Jose) 78  
 10:50.2 \*Kim Schnurpfeil (San Mateo) 78  
 10:51.1 \*\*\*Estella Guina (Presentation, San Jose) 73  
 10:52.0 sAmy Harper (Prospect, Saratoga) f79  
 (10)  
 10:54.8 \*\*\*Suzi Greenberg (Del Mar, San Jose) 75  
 10:56.7 \*\*Tiffany Choy (Salinas) 78  
 10:57.8 \*Ann Trason (Pacific Grove) 77  
 11:00.2 \*Becky Schmidt (Half Moon Bay) 78  
 11:01.0 \*\*\*Lisa Greenberg (Del Mar, San Jose) 74  
 11:01.7 \*Cathy Demmelmaier (Lynbrook, San Jose) 80  
 11:03.1 sAnne Hamilton (Capuchino, San Bruno) 79  
 11:03.8 \*\*\*Karen Devine (Westmont, Campbell) 79  
 11:04.0 \*\*Vicky Bray (Los Altos) 77  
 11:07.1+ sKaren Wolfe (Sequoia, Redwood City) 81  
 (20)  
 11:08.9 \*\*\*Andrea Heimbecker (Willow Glen, San Jose) 80  
 11:10.4 \*\*Susan Brodie (St. Francis, Mountain View) 81  
 11:11.0 \*Colleen McManus (Blackford, San Jose) 74  
 11:12.0 sSue Neary (Aptos) 75  
 11:12.3 \*Yeg Wright (Homestead, Cupertino) 80  
 11:12.4 sSue Munday (Lincoln, San Jose) 76  
 11:15.0 \*\*Tracy Weber (Lynbrook, San Jose) 79  
 11:16.2 \*\*\*Kathleen Bonnet (Saratoga) 80  
 11:17.8 \*\*\*Connie Buckler (Saratoga) 81  
 (29)

100-METER LOW HURDLES

National record: 12.95 (HH), Candy Young (Beaver Falls, Pa.), 1979  
 California best: 13.71, Marlene Harmon (Thousand Oaks), 1980  
 13.71, Sherifa Sanders (Berkeley), 1981  
 13.4, Judy Young (Berkeley), 1980  
 NorCal best: 13.71, Sherifa Sanders (Berkeley), 1981  
 13.4, Judy Young (Berkeley), 1980

13.75+ sKris Costello (Lynbrook, San Jose) 78  
 13.87+ sKim Costello (El Camino, South San Francisco) 78  
 14.18+ \*\*Angel Kellen (Leland, San Jose) 78  
 14.31+ \*Mary Crevelt (St. Francis, Mountain View) 79  
 14.2y sKaren Robinson (Branham, San Jose) 81  
 14.51+ sVeronica Soto (Gilroy) 79  
 14.52 Kathy Yuhas (Independence, San Jose) 76  
 sGretchen Mills (Gunn, Palo Alto) 80  
 sKim Horn (Soquel) 81  
 14.55 sMargaret Demorest (Buchser, Santa Clara) 81  
 (10)  
 14.58+ sTerri Bowlds (Peterson, Sunnyvale) 79  
 14.4y sRochelle Oliver (San Carlos) 78  
 14.5y sCathy Hohmann (Peterson, Sunnyvale) 78  
 14.6 sKathy Reimann (Saratoga) 80  
 14.90 \*\*Roberta Eccles (Gunderson, San Jose) 81  
 14.7y \*Kathleen Bortolussi (Blackford, San Jose) 81  
 15.03 sLinda Patterson (San Jose) 81  
 (17)

Wind-aided:

13.9y \*\*Angel Kellen (Leland, San Jose) 78  
 14.0y \*Mary Crevelt (St. Francis, Mountain View) 79  
 14.41 sKaren Robinson (Branham, San Jose) 81  
 14.73 sKathy Reimann (Saratoga) 80  
 14.6 \*\*Roberta Eccles (Gunderson, San Jose) 81  
 sLinda Patterson (San Jose) 81  
 14.7 \*Julie Johnson (Monta Vista, Cupertino) 81  
 14.6 \*Stephanie Sumpter (Ind) '81

300-METER LOW HURDLES

National record: 41.91, Gayle Kellon (Walnut), 1981  
 California best: 41.91, Gayle Kellon (Walnut), 1981  
 NorCal best: 42.37, Sherifa Sanders (Berkeley), 1981

43.17 sMargaret Demorest (Buchser, Santa Clara) 81  
 44.18 \*\*Roberta Eccles (Gunderson, San Jose) 81  
 44.3 \*\*Carolyn Bing (Lynbrook, San Jose) 76  
 45.06+ \*\*Heidi Waterfield (Homestead, Cupertino) 81  
 45.13+ \*Beth Miller (Carlmont, Belmont) 81  
 45.0 \*Julie Johnson (Monta Vista, Cupertino) 81  
 45.53+ sCindy Lee (Westmoor, Daly City) 81  
 45.3 sKim Horn (Soquel) 81  
 45.6 \*\*\*Laura Lee Sullivan (Mills, Millbrae) 81  
 46.56+ \*Stacey Threadgill (Mitty, San Jose) 81  
 (10)  
 46.5 sKim Hodges (Santa Cruz) 81  
 46.6+ \*\*\*Margaret Ruden (Fremont, Sunnyvale) 81  
 46.7+ \*\*Debby Whalen (Saratoga) 81  
 46.9+ \*\*Michelle Morgan (Prospect, Saratoga) 81  
 \*\*Cathy Hohmann (Peterson, Sunnyvale) 76  
 (15)

4 X 100 METERS

National record: 45.13, Berkeley, 1981  
 California best: 45.13, Berkeley, 1981  
 NorCal best: 45.13, Berkeley, 1981

- 46.88+ Hill (San Jose) 78  
 (\*\*Kim Thompkins, sTina Lawson, sNancy Reynolds, sKelia Bolton)
- 48.01+ Silver Creek (San Jose) 77  
 (\*\*Marquita Belk, \*Eloise Mallory, \*\*\*Cynthia Black, \*\*\*Rosalyn Sparkman)
- 48.0+ Lynbrook (San Jose) 78  
 (\*\*Kristy Campbell, sLeslie Turner, \*\*Yvonne Fayette, sKris Costello)
- 48.25+ San Carlos 81  
 (\*Cynthia Barkus, \*\*\*Carrie Cambron, \*\*Claudia Jordan, sRonda Robinson)
- 48.2+ Overfelt (San Jose) 81  
 (members unavailable)  
 Saratoga 81  
 (\*Kathy Lass, \*\*Debby Whalen, \*Michele Fults, \*Liz Chewing)
- 48.37 San Carlos 80  
 (\*\*Cynthia Barkus, \*\*Yvonne Bashir, sMichele Jones, \*Ronda Robinson)
- 48.44+ Fremont (Sunnyvale) 79  
 (\*\*Kellee Carpenter, \*\*Karen Robinson, \*\*\*Tyra Stanley, \*\*\*Sherrill Miller)
- 48.3 Carlmont (Belmont) 81  
 (members unavailable)
- 48.4+ Silver Creek (San Jose) 81  
 (sFelicia Smartt, \*Eurdell Jackson, \*Anita Bolton, \*Dana Edwards)  
 (10)
- 48.5+ Mt. Pleasant (San Jose) 81  
 (\*\*Ida Rowan, sGina Poree, sChindi Deal, \*\*Vivian Riley)
- 48.6 Hillsdale (San Mateo) 81  
 (sJulie Herron, \*\*\*Debbie Dyson, \*\*Debbie Edmondson, \*Brenda Brewer)
- 48.86 Silver Creek (San Jose) 80  
 (\*Felicia Smartt, \*\*\*Tracy Weaver, \*\*Dana Edwards, \*\*Valerie Smith)
- 48.79 Fremont (Sunnyvale) 80  
 (\*\*Sherrill Miller, sJacki Walker, \*\*\*Nicole Bien, \*Karen Robinson)
- 48.84 Saratoga 80  
 (\*\*Kathy Lass, \*Sharon Elliott, \*\*Michele Fults, \*\*Liz Chewing)  
 Overfelt (San Jose) 80  
 (members unavailable)
- 48.7+ Los Gatos 81  
 (\*LeAnne Sera, \*Fenee James, \*\*\*Renee Sherwood, sDeirdre Donahue)
- 48.8+ Ayer (Milpitas) 77  
 (members unavailable)  
 + Carlmont (Belmont) 78  
 (\*Liz Otto, sJoanne Hodnick, \*\*\*Cindi Greene, \*\*Val Milligan)
- 48.9+ Hill (San Jose) 79  
 (\*\*Kim Thompkins, \*\*Sheila Greene, \*\*\*Sherri Hallen, \*\*\*Anita Bolton)  
 (20)  
 San Mateo 80  
 (members unavailable)  
 (21)

## 4 X 440 YARDS

National record: 3:38.99+ (3:37.71m), Kennedy (Granada Hills), 1981

California best: 3:38.99+ (3:37.71m), Kennedy (Granada Hills), 1981

NorCal best: 3:42.63+ (3:41.33m), Berkeley, 1981

3:54.56 Carlmont (Belmont) 81  
(members unavailable)

3:56.0 Carlmont (Belmont) 79

(\*Linda Jungsten 58.2, \*\*\*Beth Miller 59.6, sLiz Otto 59.4, \*\*Paula Foianini 58.8)

3:58.43+ Silver Creek (San Jose) 81

(\*Anita Bolton 58.5m, \*Dana Edwards 61.3m, sAida Stearns 60.0m, \*Eurdell Jackson 57.2m)

3:58.4 Camden (San Jose) 78

(\*Wendy Townsend, \*\*Lorraine Davis, \*\*Annette Snyder, \*Ann Regan)

3:58.92+ Carlmont (Belmont) 80

(members unavailable)

3:58.9 Saratoga 78

(sPeggy Jordan, \*\*\*Sharon Elliott, \*Nancy Vesling, \*Diane Figliomeni)

3:59.6 Saratoga 77

(\*\*Nancy Vesling, sHannah Sprinsock, \*Peggy Jordan, \*\*Diane Figliomeni)

3:59.9 Carlmont (Belmont) 78

(\*\*Linda Jungsten, \*Liz Otto, sJoanne Hodnick, \*\*\*Paula Foianini)

4:00.0 Sequoia (Redwood City) 79

(\*Crystal Preisser, \*\*Carleen Mandolfo, sLinda Elkins, \*Norma Colon)

4:00.2 Sequoia (Redwood City) 78

(members unavailable)

(10)

Camden (San Jose) 79

(\*Lola Pinkerton, \*Annette Snyder, \*Lynn Girard, sAnn Regan)

4:00.43 Seaside 81

(sWanda Simmons, sDrucilla Wyer, \*Yvette Webb, sClaudette Carroll)

4:00.5 Harbor (Santa Cruz) 77

(members unavailable)

4:00.60 Saratoga 81

(\*Michele Fults 62.1, \*\*Debby Whalen 61.6, \*Kathy Lass 58.3, \*Liz Chewing 58.6)

4:00.99+ Fremont (Sunnyvale) 80

(\*\*\*Nicole Bien, \*Kelly Wolf, sJacki Walker, \*\*Sherrill Miller)

4:01.13 Homestead (Cupertino) 81

(\*\*Betsy Upton 60.1, \*\*Lisa Liotta 63.3, \*\*Lisa Welti 58.8, \*\*Heidi Waterfield 59.0)

4:01.6 Del Mar (San Jose) 81

(sCindy Long 59.9, \*\*Cory Schubert 61.8, \*\*\*Tina Bartos 61.9, \*\*\*Lanette Davis 58.0)

4:01.8 Branham (San Jose) 80

(\*Sheri McCarroll, sKaren Copper, sDina Seerden, sSue Robinson)

4:01.94 Soquel 81

(sKim Horn 59.4, \*\*Stacy Stiller 61.2, sMarianne Eck 61.7, sGabrielle Grenier 59.6)

4:01.9 Silver Creek (San Jose) 77

(members unavailable)

(20)

## HIGH JUMP

National record: 6-2, Mary Moore (Issaquah, Wash.), 1981  
 California best: 6-1, Sue McNeal (Carlsbad), 1979  
 NorCal best: 6-0, Karen Lysaght (St. Francis, Sacramento), 1980

- 5-10            \*Fam Blackburn (Cubberley, Palo Alto) 75
- 5-9 $\frac{3}{4}$         sTrish King (Menlo-Atherton, Atherton) 80
- 5-8 $\frac{1}{2}$         sDenise Cornell (King City) 76
- 5-8 $\frac{1}{4}$         \*Karen Robinson (Fremont, Sunnyvale) 80
- 5-8           \*\*Cindy Sandberg (Los Gatos) 75
- \*\*Angela Phifer (Independence, San Jose) 78
- sKathy Faugust (Salinas) 79
- \*\*\*Yvonne Kendall (Westmoor, Daly City) 81
- 5-7            \*U'Rainnah Broussard (Independence, San Jose) 78
- 5-6 3/4       \*Kathy Repanich (Lynbrook, San Jose) 81
- (10)
- 5-6           \*\*Joni Martin (San Lorenzo Valley, Felton) 76
- sWendi Craig (Monta Vista, Cupertino) 79
- \*Dana Davidson (Lynbrook, San Jose) 79
- sKathy Barry (Leigh, San Jose) 80
- sMaryAnne Baumgardner (Aragon, San Mateo) 81
- 5-5 $\frac{1}{2}$         sSally Figgie (Westmont, Campbell) 79
- \*\*Michal Miller (Buchser, Santa Clara) 81
- 5-5            \*\*Karyn Hinkleman (Los Altos) 76
- sSue Figini (Buchser, Santa Clara) 80
- \*\*\*Rachel Bray (Los Altos) 81
- (20)
- \*\*\*Laura Lee Sullivan (Mills, Millbrae) 81
- \*\*\*Kelley Cummins (Los Gatos) 81
- 5-4 $\frac{1}{2}$         \*Kim McCready (Carlmont, Belmont) 81
- (23)

LONG JUMP All time marks - Girls

National record: 22-3, Kathy McMillan (Hoke County, Raeford, N.C.), 1976  
 California best: 20-8 3/4, Kim Attlessey (Corona del Mar, Newport Beach), 1971  
 20-8 3/4, Marlene Harmon (Thousand Oaks), 1980  
 NorCal best: 20-4 1/2, Carrie McLaughlin (Davis, Modesto), 1979

19-6 1/2 \*\*Sheila Greene (Hill, San Jose) 79  
 19-5 3/4 sLisa Kinimaka (Oak Grove, San Jose) 76  
 19-4 1/4 \*Lola Rockwell (Gunn, Palo Alto) 79  
 19-3 1/4 sPat Daniels (Capuchino, San Bruno) 61  
 18-9 1/2 Lori Costello (El Camino, South San Francisco) 79  
 sTammie Sullivan (Ayer, Milpitas) 80  
 18-8 3/4 \*\*Vivian Riley (Mt. Pleasant, San Jose) 81  
 18-8 sKris Costello (Lynbrook, San Jose) 78  
 \*\*Kristy Campbell (Lynbrook, San Jose) 79  
 18-5 \*Angela Phifer (Independence, San Jose) 79  
 (10)  
 18-4 1/2 sKim McDonald (St. Francis, Mountain View) 77  
 18-4 \*Melanie Campbell (Del Mar, San Jose) 79  
 18-3 3/4 Connie Paul (Leland, San Jose) 77  
 18-3 1/4 \*Margaret Demorest (Buchser, Santa Clara) 80  
 18-3 \*\*Deborah Witt (Seaside) 79  
 18-2 3/4 \*\*Kelli Abruzzini (Gilroy) 80  
 18-2 1/2 \*Pam Blackburn (Cubberley, Palo Alto) 75  
 18-2 sKarla Scheickardt (Branham, San Jose) 81  
 18-1 1/4 \*Sandy Ferreira (King City) 75  
 18-0 sDenise Cornell (King City) 76  
 (20)  
 sJenny Tsunekawa (Monta Vista, Cupertino) 80  
 (21)

Wind-aided:

18-11 sTammie Sullivan (Ayer, Milpitas) 80  
 18-5 3/4 sMelanie Campbell (Del Mar, San Jose) 80  
 18-3 1/4 \*Toni Wiley (Live Oak, Morgan Hill) 81  
 18-2 3/4 \*Brenda Brewer (Hillsdale, San Mateo) 81  
 18-2 \*Terri Bowlds (Peterson, Sunnyvale) 79

SHOT PUT (4 kilograms)

National record: 52-4 $\frac{1}{2}$ , Natalie Kaaiawahia (Fullerton), 1981  
 California best: 52-4 $\frac{1}{2}$ , Natalie Kaaiawahia (Fullerton), 1981  
 NorCal best: 45-5  $\frac{3}{4}$ , Denise Holloway (Blackford, San Jose), 1975  
 NorCal best with 8 pounds (3.6 kilograms): 47-10 $\frac{1}{2}$ , Leslie Deniz (Gridley), 1980

45-5  $\frac{3}{4}$  sDenise Holloway (Blackford, San Jose) 75  
 43-4 $\frac{1}{2}$  \*Cindi Durchslag (San Carlos) 81  
 42-9 sGia Carrozzi (Carlmont, Belmont) 81  
 42-2  $\frac{3}{4}$  \*Jill Crisler (Gunn, Palo Alto) 81  
 42-1 \*Linda Langford (Leigh, San Jose) 68  
 41-4 \*\*\*LaTonia Floyd (Oak Grove, San Jose) 81  
 40-6 \*\*Anna Shaffer (Oak Grove, San Jose) 81  
 39-8 sAmy Shore (Los Gatos) 81  
 39-6 sDeanna Ramirez (Hill, San Jose) 80  
 39-4  $\frac{3}{4}$  sDiane Oswalt (Los Gatos) 81  
 (10)  
 39-3 \*\*Stephanie Townsel (Silver Creek, San Jose) 80  
 39-2 $\frac{1}{2}$  sTheresa Ostrander (Carmel) 80  
 38-8 $\frac{1}{2}$  Maria Garcia (Harbor, Santa Cruz) 73  
 \*Felicia Hamilton (Jefferson, Daly City) 81  
 38-2 \*\*\*Susan Springer (Salinas) 76  
 38-0  $\frac{3}{4}$  sSidonie Roach (Santa Catalina, Monterey) 81  
 37-7 \*\*Cora Manaea (Seaside) 81  
 37-6 $\frac{1}{4}$  sCarolynn Perkins (Westmoor, Daly City) 80  
 37-4 $\frac{1}{2}$  \*Robin Kirchoff (Leigh, San Jose) 81  
 (19)

8 pounds (3.6 kilograms):

45-2  $\frac{3}{4}$  sSue Springer (Salinas) 79  
 45-1 sGale Zphiropoulos (Homestead, Cupertino) 77  
 44-7 $\frac{1}{4}$  sJodie Barker (Sequoia, Redwood City) 79  
 44-7 \*Linda Langford (Leigh, San Jose) 68  
 43-9 Maria Garcia (Harbor, Santa Cruz) 76  
 42-11 $\frac{1}{2}$  Sheila Pannell (Leland, San Jose) 76  
 42-1 $\frac{1}{2}$  sWendi Michelli (Gunderson, San Jose) 78  
 41-8 $\frac{1}{2}$  sKathy Kuchta (King City) 76  
 41-8 sGeraldine Thompson (Campbell) 79  
 41-7 sTammy Williams (Hill, San Jose) 77  
 (10)  
 41-4 $\frac{1}{4}$  sLisa Kinimaka (Oak Grove, San Jose) 75  
 41-3  $\frac{3}{4}$  \*\*Cindi Durchslag (San Carlos) 80  
 41-3 $\frac{1}{4}$  sDenise Beacom (Watsonville) 77  
 40-8 sCarolynn Perkins (Westmoor, Daly City) 80  
 40-5 \*Gia Carrozzi (Carlmont, Belmont) 80  
 40-4 \*Stephanie Townsel (Silver Creek, San Jose) 81  
 40-2  $\frac{3}{4}$  sLinda Wright (Camden, San Jose) 78  
 40-1 $\frac{1}{2}$  Marta Kuehl (North Salinas, Salinas) 77  
 39-8 $\frac{1}{2}$  \*Jill Crisler (Gunn, Palo Alto) 81  
 39-5 sKelly Kerrigan (Buchser, Santa Clara) 78  
 (20)  
 \*Deanna Ramirez (Hill, San Jose) 79  
 39-4 $\frac{1}{2}$  Diana Bishop (Los Altos) 79  
 39-4 $\frac{1}{4}$  Peggy Pollock (Cupertino) 78  
 (23)

DISCUS

National record: 183-11, Leslie Deniz (Gridley), 1980  
 California best: 183-11, Leslie Deniz (Gridley), 1980  
 NorCal best: 183-11, Leslie Deniz (Gridley), 1980

161-6 sLinda Langford (Leigh, San Jose) 69  
 155-6 \*Cindi Durchslag (San Carlos) 81  
 148-9 \*Sue Springer (Salinas) 78  
 147-10 sNancy Norberg (Cubberley, Palo Alto) 64  
 144-5 sKaren Woodbeck (Cupertino) 79  
 143-4 sDiane Oswalt (Los Gatos) 81  
 142-7 sCarol Knight (Carlmont, Belmont) 70  
 141-6 sCarolynn Perkins (Westmoor, Daly City) 80  
 135-1 sJulia Bergman (Monta Vista, Cupertino) 79  
 134-10 \*\*Stephanie Townsel (Silver Creek, San Jose) 80  
 (10)  
 133-2 \*Jane Hambleton (Buchser, Santa Clara) 80  
 131-8 sGale Zaphiropoulos (Homestead, Cupertino) 77  
 130-6 \*Diane Stasio (Homestead, Cupertino) 78  
 129-9 sLiz Archer (Gilroy) 81  
 128-9 \*\*Cora Manaea (Seaside) 81  
 128-7 sJodie Barker (Sequoia, Redwood City) 79  
 127-11 sWendi Michelli (Gunderson, San Jose) 78  
 127-1 Marta Kuehl (North Salinas, Salinas) 77  
 126-3 sSusan Westfall (Hollister) 80  
 125-9 \*Jill Crisler (Gunn, Palo Alto) 81  
 (20)  
 125-3 sKaren Richards (Lynbrook, San Jose) 78  
 (21)

Sloping field:

151-2 sNancy Norberg (Cubberley, Palo Alto) 64

## 100 YARDS

National record: 10.60, Benita Fitzgerald (Gar-Field, Woodbridge, Va.), 1979  
 10.2, Michele Glover (Willingboro, N.J.), 1980  
 California best: 10.62, Gwen Loud (Westchester, Los Angeles), 1979  
 NorCal best: 10.87, Elaine Parker (Oceana, Pacifica), 1978  
 10.4, Freida Cobbs (Berkeley), 1977

10.5 sKelia Bolton (Hill, San Jose) 78  
 10.87 sElaine Parker (Ocenana, Pacifica) 78  
 10.7 sKathy Smallwood (Lick, San Jose) 69  
 11.10 Leticia Sherrill (Milpitas) 77  
 10.9 \*Lola Rockwell (Gunn, Palo Alto) 79  
 11.19 \*\*Sheila Greene (Hill, San Jose) 79  
 11.0 sTina Lawson (Hill, San Jose) 78  
 sEloise Mallory (Silver Creek, San Jose) 78  
 \*\*Tammie Sullivan (Ayer, Milpitas) 78  
 \*\*\*Joanne Jacobs (Lick, San Jose) 79  
 (10)  
 11.29 \*\*Ronda Robinson (San Carlos) 79  
 (11)

## Wind-aided:

10.4 sKelia Bolton (Hill, San Jose) 78  
 10.5 sElaine Parker (Oceana, Pacifica) 78  
 sVanessa Woods (Jefferson, Daly City) 79  
 10.8 \*Eloise Mallory (Silver Creek, San Jose) 77

## 1500 METERS

National record: 4:16.8, Francie Larrieu (Fremont, Sunnyvale), 1969  
 California best: 4:16.8, Francie Larrieu (Fremont, Sunnyvale), 1969  
 NorCal best: 4:16.8, Francie Larrieu (Fremont, Sunnyvale), 1969

4:16.8 \*Francie Larrieu (Fremont, Sunnyvale) 69  
 4:24.4 \*Ann Trason (Pacific Grove) 77  
 4:25.6<sup>\*</sup> sTracy Weber (Lynbrook, San Jose) 81  
 4:27.7 \*Roxanne Bier (Independence, San Jose) 79  
 4:32.0 \*\*Valerie Eberly (Blackford, San Jose) 72  
 4:39.1 \*Maria King (Milpitas) 81  
 4:40.1 sVicki Eberly (Blackford, San Jose) 73  
 4:40.8 \*\*\*Ronell Powell (Buchser, Santa Clara) 74  
 4:40.9 \*\*Vicky Bray (Los Altos) 77  
 4:41.9<sup>\*</sup> sKerry Brogan (Los Altos) 81  
 (10)  
 4:42.2 \*\*Estella Guina (Presentation, San Jose) 74  
 4:42.3 \*\*Esther Berndt (Gunn, Palo Alto) 80  
 4:42.6 \*Colleen McManus (Blackford, San Jose) 74  
 4:43.0 Arleen Mears (Fremont, Sunnyvale) 74  
 \*\*\*Nora Williams (Menlo-Atherton, Atherton) 81  
 4:45.6<sup>\*</sup> sDebbie Morris (Los Gatos) 81  
 sTiffany Choy (Salinas) 81  
 4:45.9<sup>\*</sup> \*\*Carla Halford (Leland, San Jose) 81  
 (18)

## Pre-high school:

4:37.5 \*\*\*\*Nanette Garcia (Piedmont Middle, San Jose) 81  
 4:41.2 \*\*\*\*Therese Fisher (Fisher Jr., Los Gatos) 81

## 3000 METERS

National record: 9:08.6, Lynn Bjorklund (Albuquerque, N.M.), 1975  
 California best: 9:22.3, Vickie Cook (Alemany, Mission Hills), 1981  
 NorCal best: 9:30.8, Eileen Claugus (Rio Americano, Sacramento), 1973

9:43.33 \*\*Vicky Bray (Los Altos) 77  
 9:44.9 \*Roxanne Bier (Independence, San Jose) 79  
 9:51.2 \*\*Valerie Eberly (Blackford, San Jose) 72  
 9:52.0 \*Kerry Brogan (Los Altos) 80  
 9:58.2 sAnn Trason (Pacific Grove) 78  
 10:00.9° \*Linda Van Housen (Sacred Heart, Menlo Park) 81  
 10:01.0 \*Maria King (Milpitas) 81  
 10:01.5° sCarol Gleason (Lynbrook, San Jose) 81  
 10:02.0 \*\*\*Suzi Greenberg (Del Mar, San Jose) 75  
 10:04.4 sSue Munday (Lincoln, San Jose) 76  
 (10)  
 10:11.0° sJackie Dixon (Westmont, Campbell) 72  
 10:18.8 \*\*Tracy Weber (Lynbrook, San Jose) 79  
 10:20.6 sAnne Hamilton (Capuchino, San Bruno) 79  
 10:22.5 \*\*\*Estella Guina (Presentation, San Jose) 73  
 10:28.1° sKaren Wolfe (Sequoia, Redwood City) 81  
 10:29.4 \*\*Andrea Heimbecker (Willow Glen, San Jose) 81  
 10:30.1 \*\*\*Karen Devine (Westmont, Campbell) 79  
 10:30.7 \*\*Susan Brodie (St. Francis, Mountain View) 81  
 (18)

## Pre-high school:

10:06.3 \*\*\*\*\*Shannon Clark (Graham Middle, Mountain View) 81  
 10:17.4 \*\*\*\*Nanette Garcia (Piedmont Middle, San Jose) 81  
 10:19.3 \*\*\*\*Janet Rollins (Kennedy Jr., Redwood City) 81

## 10,000 METERS

National record: 32:52.5, Mary Shea (Cardinal Gibbons, Raleigh, N.C.), 1979  
 California best: 34:54.8, Roxanne Bier (Independence, San Jose), 1978  
 NorCal best: 34:54.8, Roxanne Bier (Independence, San Jose), 1978

34:54.8 \*\*Roxanne Bier (Independence, San Jose) 78  
 35:11.2 sAnn Trason (Pacific Grove) 78  
 (2)

## MARATHON

National record: 2:39:48, Gail Volk (Ballard, Seattle, Wash.), 1979  
 California best: 2:43:00, Heike Skaden (Encina, Sacramento), 1980  
 NorCal best: 2:43:00, Heike Skaden (Encina, Sacramento), 1980

2:52:52 \*Kathy Koudela (Monta Vista, Cupertino) 79  
 2:53:14 \*\*Vicky Bray (Los Altos) f76  
 3:04:30 sSue Neary (Aptos) f75  
 (3)

## 334 yards short:

2:47:28 \*\*Linda Van Housen (Sacred Heart, Menlo Park) 80

#### 400-METER LOW HURDLES

National record: 58.31, Sandra Farmer (St. Angela Hall, Brooklyn, N.Y.), 1979  
 57.3, Debbie Esser (Woodbine, Iowa), 1975  
 California best: 58.77, Marlene Harmon (Thousand Oaks), 1980  
 NorCal best: 59.30, Margaret Demorest (Buchser, Santa Clara), 1981

59.30 sMargaret Demorest (Buchser, Santa Clara) 81  
 62.70 ✓ \*\*Carolyn Bing (Lynbrook, San Jose) 76  
 64.4+ \*Julie Johnson (Monta Vista, Cupertino) 81  
 + \*Beth Miller (Carlmont, Belmont) 81  
 64.5 Linda DeLaRue (Santa Clara) 74  
 (5)

#### 4 X 200 METERS

National record: 1:36.6+, Berkeley, 1980  
 California best: 1:36.6+, Berkeley, 1980  
 NorCal best: 1:36.6+, Berkeley, 1980

1:44.2 Carlmont (Belmont) 81  
 1:45.8+ Sequoia (Redwood City) 80  
 1:45.9+ Carlmont (Belmont) 79  
 1:46.1+ Fremont (Sunnyvale) 79  
 1:46.3+ Palo Alto 80  
 (5)

#### 4 X 800 METERS

National record: 8:59.7, Penn (Philadelphia, Pa.), 1979  
 California best: 9:15.6, Manual Arts (Los Angeles), 1981  
 NorCal best: 9:34.5+, Berkeley, 1980

9:38.8+ ✓ Lynbrook (San Jose) 80  
 9:39.0+ ✓ Lynbrook (San Jose) 79  
 9:47.5+ Salinas 79  
 9:47.7 ✓ Lynbrook (San Jose) 81  
 9:49.3+ Willow Glen (San Jose) 80  
 (5)

#### DISTANCE MEDLEY (2½ miles)

National record: 11:55.7, Veterans Memorial (Peabody, Mass.), 1981  
 California best: 12:01.0, Santa Barbara, 1981  
 NorCal best: 12:21.7, Lynbrook (San Jose), 1981 ✓

12:21.7 ✓ Lynbrook (San Jose) 81  
 12:29.2 ✓ Lynbrook (San Jose) 79  
 12:29.9 ✓ Lynbrook (San Jose) 80  
 12:42.4 Gunn (Palo Alto) 80  
 12:45.0 Willow Glen (San Jose) 80  
 (5)

#### JAVELIN

National record: 198-8, Barbara Friedrich (Manasquan, N.J.), 1967  
 California best: 196-1, Cathy Sulinski (South San Francisco), 1976  
 NorCal best: 196-1, Cathy Sulinski (South San Francisco), 1976

196-1 sCathy Sulinski (South San Francisco) 76  
 163-0 \*Nadine Bowers (Milpitas) 74  
 148-9 \*Linda Langford (Leigh, San Jose) 68  
 (3)