

extra

1979-80 Track & Field



University of Southern California



Senior Gail Douglas



Sophomore Sandy Crabtree

ON THE COVER: USC's 4 x 100 Relay team that finished 4th at the 1979 AIAW National Championships — Gail Douglas, Kim Robinson, Sandy Crabtree and Linda Cassidy. All return this season.

PHOTO CREDITS: ALL BY MICHAEL HARRIEL

1980

*University of Southern California
Women's Track & Field*

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Barbara Hedges Director of Women's Athletics



The women's athletic program at the University of Southern California exemplifies the University's tradition of excellence. The quality of the program is evidenced by the commitment of the University to equality of opportunity and to the leadership of administration and coaches. Mrs. Barbara Hedges, Associate Director of Athletics, was a pioneer in the emergence of women in leadership roles in athletics. Since 1974 Mrs. Hedges has served as Associate Director of Athletics directly responsible for the women's athletic program.

A graduate of Arizona State University in 1963, Mrs. Hedges earned a Master's Degree from the University of Arizona in 1971. Mrs. Hedges is currently serving as President of the Western Collegiate Athletic Association, is past treasurer of the Western Association of Intercollegiate Athletics for Women, and is a member of the AIAW Credentials Committee and the AIAW Committee on Men's Athletics.

Under her able direction, and in a relatively short period of time, the University of Southern California women's athletic program has grown from relative obscurity to national prominence. The University is recognized as having funded and developed one of the most successful programs in the nation.

Sherry Calvert

Head Coach



During six years at U.S.C. in the role of Women's Track and Field coach, each of Sherry's teams does better than the one previous. Most important to Calvert has been the impressive statistic that a minimum of 90% of her athletes improve on their personal bests each year. This provides support for the training methods evolved by Sherry and her staff, and demonstrates their ability to apply the knowledge which they have accumulated.

Calvert herself has competed in track and field since 1966 —winning four A.A.U. National Titles, two Collegiate National Titles, eleven times named A.A.U. All-America, a Pan American Gold and Silver Medalist, in addition to twice making the U.S. Olympic Track and Field team. A U.S.C. alum, Sherry is a member of the Collegiate Hall of Fame and currently the all-time number two American javelin thrower (207'11"). It is these experiences which she frequently draws on for providing the ultimate motivation for her own athletes and dealing with the frustrations faced by all those in athletics.

Sherry received her B.A. in Physical Education from U.S.C. in 1973, and later added a M.A. in Bio Mechanics. Her latest endeavor is working towards the completion of her Ph.D. in the area of Sport Psychology.

As a member of the Board of Directors, Southern California Olympians, an Athletes Representative for the Athletic Congress, and Western Collegiate Athletic Conference Track and Field Coordinator, Coach Calvert is busy keeping up with the latest methods in women's track and field.

Pat Patterson

Assistant Coach specializing in Cross Country and Distance Events

A Native Californian with a history degree from Cal State University Long Beach, Pat is a new addition to the U.S.C. staff who has made a tremendous difference in the distance events. An active distance competitor himself, Pat is training to qualify for the U.S.C. Olympic Marathon Trials in May of 1980. While also working on his graduate degree in Ancient History at U.S.C. pat has done an excellent job of applying his competitive training and experience to Trojan distance runners. Pat will also assist in other events, time permitting, to fully utilize his analytical expertise for the benefit of all the athletes.

Ed Ramirez

Assistant Coach in all events and Coordinator of the Weight Training Program

Another new member of the U.S.C. staff, Ed is responsible for one of the program's most important aspects — weight lifting. Ed is an undergraduate Physical Education major who has had a broad range of experiences. A Vietnam veteran, Ed attended junior college before transferring to U.S.C. A five sport varsity letterman in high school including track and field, Ed has also played minor league baseball for the Dodger organization. Having developed programs in weight training for teams in baseball, softball, football and basketball, Ed now applies his abilities to the women's track and field team.

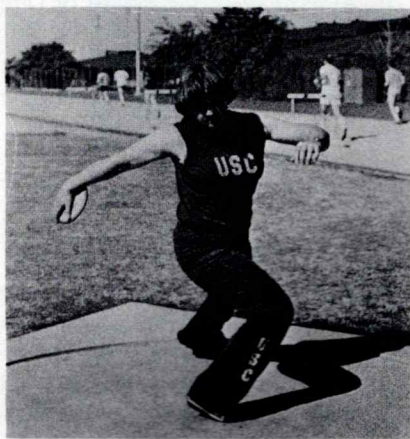
Dave Rodda

Consultant for the Jumps and Hurdles

One of this country's finest coaches, Dave lends his years of experience to the U.S.C. coaching staff. A ready source of knowledge for discussion, always applying his perceptions in the jumping and hurdle events, his assistance is a definite plus to the athletes and coaches alike in the Trojan program. Coach of Club International since 1964, U.S. International Coach in 1973 and 1976, Pan American Games Coach in 1975, World Cup Coach in 1977, currently serving as one of the coaches for the 1980 Olympic Games in Moscow and the personal coach of several internationalists and former Olympians, no finer resource could there be for the U.S.C. Women's Track and Field Team.



KATHY HAYNES



DANA OLSON

USC Competition

USC is a member of the Western Collegiate Athletic Association (WCAA). Seven major universities belong to the WCAA: Cal State Fullerton, Cal State Long Beach, San Diego State University, UCLA, Arizona State University, the University of Arizona and USC.

The WCAA is a participant in the Western Region (Region 8) of the Association for Intercollegiate Athletics for Women (AIAW). This region includes the states of California, Hawaii, Nevada, and by special provision, the University of Arizona and Arizona State University.

In track and field, members of athletic teams from these universities must meet specific AIAW qualifying standards during the year to advance to AIAW Nationals. In 1980, this national meet will be held at the University of Oregon May 21-24. Participants satisfying the Olympic qualifying standards will then compete in the United States Olympic Trials, also held at the University of Oregon, June 20-29.

USC Facts

Founded	1880
Enrollment	12,500
Colors	Cardinal & Gold
Nickname	Trojans
Fight Song	Fight On
Mascot	Traveler III
Conference	WCAA
	Western Collegiate Athletic Association
Region	Western
	Western Region of AIAW
National	AIAW
	Association for Intercollegiate Athletics for Women
Support Groups	Women's Trojan Club
	Women of Troy

1980 Season Outlook

The 1980 team is comprised primarily of freshmen and sophomores (15 of 24), short on experience but not on talent or enthusiasm. There is greater depth across all events than ever before and ability where the team has previously been weak. After several outstanding performances by last year's freshman class — notably Sandy Crabtree and Linda Cassidy — this year's freshmen should hold just as much promise. Newcomers Charm Bishop (javelin), Deniece Eddington (sprints), Kay Garnett (hurdles), Dana Olson (shot put, discus, javelin), and Kerry Zwart (pentathalon) are all State Champions and/or All Americas bringing great credibility to U.S.C.'s Women's Track and Field program.

A freshman who joins the Trojans with outstanding credentials, Charm Bishop, excels in throwing the javelin. Formerly a State and National Junior Champion in that event, Charm strengthens U.S.C.'s javelin corps as she joins the van Benthem triplets out on the field. Charm's personal best of 152'11" would set a new school record, and Coach Calvert hopes to see exciting things from this first-year athlete.

Deniece Eddington is a versatile sprinter who can run well at each of the sprint distances of 100, 200 or 400 meters. A high school standout at Los Angeles High, Deniece has performed well at the state and national level.

Kay Garnett comes to U.S.C. as the state record holder (Washington) in the 100 and 200 meters and the 80 and 100 meter hurdles. She was voted outstanding athlete in her state in 1979 by the Hertz corporation, and competed on the Junior National AAU Team against the Soviet Union last summer.

A consensus high school All-America, Dana Olson throws the javelin, discus and shot with equal skill. Another member of the Junior National Team of last year, Dana has good competitive experience behind her at an advanced level.

Kerry Zwart proves her ability as an all-around athlete by concentrating on the pentathalon. This includes the long jump, high jump, shot put, 100 meter hurdles and 800 meters. As a former National Champion, she will be someone to watch for during the 1980 season. Performing several individual events well within the pentathalon, Kerry will be a valuable asset to the Trojans' team score.

Of the returning competitors, Gail Douglas and Sandy Crabtree continue as U.S.C. standouts. Since Gail's entrance at U.S.C. she has dropped her 100 meter time by .4 second and her 200 meter time by 1.1 seconds. Placing fourth in the 100 meters at her first AIAW Nationals (1978), Gail also qualified for the finals in the 1979 AIAW Championships with the fastest times on the track before being injured. A definite prospect for the 1980 Olympic Team, Gail is in fast pursuit of that goal. She will no doubt be in the limelight once again this season.

As a freshman, Sandy Crabtree lengthened the long jump record at U.S.C. nearly one foot, placed fifth at AIAW and AAU Nationals, and ran the third leg on the 400 meter relay team which placed fourth at AIAW National Championships. Mentioned by Track and Field news as an Olympic prospect for the 1980 Olympic Games, Sandy hopes her performances lead her down the road to Moscow.

Also relying on last year's experience to benefit them are Linda Cassidy (400 meters, relays), Kathy Haynes (long jump), and Lisa van Benthem (javelin). Cassidy returns after a promising freshman season, having been a National Qualifier in the 400 meters and anchoring the 400 meter relay team which came in fourth at the AIAW Championships in Michigan. Able to go short as well as longer distances, Linda showed her versatility by eclipsing the Trojan 400 meter mark in 1979 while at the same time anchoring the mile relay team. The new decade will hopefully bring better clockings and more school records.

Kathy Haynes, meanwhile, will be concentrating solely on track and field in 1980. Last year, her time was divided between pulling down rebounds for the basketball team and doing the high and long jump in track. This season signals Kathy's start on concentrating on one thing; all her jumping ability will be put to use in the long jump pit. Only a sophomore, Haynes shows great promise for the years ahead.

Lisa van Benthem currently holds last year's mark for best javelin toss, 151'3". The strongest of the van Benthem triplets, she has spent the off-season working hard to improve her technique. Having acquired valuable experience from last year's competitive schedule, this should greatly benefit Lisa in the meets ahead. After qualifying for Nationals as a freshman and sophomore, she hopes this year will be no exception.

The Trojan women look forward to hosting their first ever home track and field contest. The provision of a new stadium facility provides an excellent opportunity for a home field advantage, something which has never been enjoyed by U.S.C. track and field athletes. The two highlights of the home season will be competition against the University of Tennessee Volunteers, last year's third place team at AIAW Nationals, and the U.S.C. Invitational, both events to be held in March.

In a season of great anticipation with the 1980 Olympic Games in sight, every competition takes on special meaning. Hoping to qualify as many as eight athletes for the Olympic Trials in June, the season promises to be a long and exciting one.

USC Women's Track and Field Roster

NAME	EVENT	YEAR	HOMETOWN
Beth Barrow	High Jump	Freshman	Washington, D.C.
Charm Bishop	Javelin	Freshman	Covina, CA
Debbie Burrows	400 M Hurdles, Relays	Sophomore	Huntington Beach, CA
Linda Cassidy	400 M, Relays	Sophomore	Torrance, CA
Sandy Crabtree	Long Jump, Sprints, Relays	Sophomore	Glendale, CA
Lynn Davis	400 M Hurdles, Relays	Junior	El Segundo, CA
Gail Douglas	Sprints, Relays	Senior	Compton, CA
Gina Dyer	Middle Distance	Senior	Lakewood, CA
Marian Eastern	400 M Hurdles, Relays	Junior	San Diego, Ca
Deniece Eddington	Sprints, Relays	Sophomore	Gardena, CA
Kay Garnett	Hurdles, Sprints, Relays	Freshman	Seattle, WA
Jennifer Hansen	Shot Put, Discus	Freshman	Danville, CA
Kathy Haynes	High Jump, Long Jump, Relays	Sophomore	Madera, CA
Carey Hill	Middle Distance	Senior	Ridgefield, CT
Felicia Neal	Sprints, Relays	Sophomore	San Pablo, CA
Dana Olson	Discus, Shot Put, Javelin	Freshman	Austin, TX
Cecile Poppen	400 M, Relays	Sophomore	Thousand Oaks, CA
Kim Robinson	Sprints, Relays	Sophomore	Los Angeles, CA
Lisa van Benthem	Javelin	Junior	La Jolla, CA
Lorelei van Benthem	Javelin	Junior	La Jolla, CA
Lynne van Benthem	Javelin	Junior	La Jolla, CA
Vanessa Williams	400 M, Relays	Freshman	San Diego, Ca
Kerry Zwart	Pentathlon	Freshman	La Crescenta, CA

Athlete Profiles

BETH BARROW

Event: High Jump

Major: Undeclared

A surprise walk-on from Washington, D.C., Beth was a league and state champion for the high jump in high school with leaps of 5'8". Possessing a lot of raw talent just waiting to be developed, Beth should improve during every season as a Trojan. She is a likely candidate to become the new school record holder in the high jump.

CHARM BISHOP

Event: Javelin

Major: Sports Information

Although entering as a freshman, Charm already has years of competitive experience behind her. A former State and National Junior Champion (1975) and Internationalist as a high school junior, Charm adds quality and depth to the javelin throwing corps of the Trojans. Her personal best of 152'11" would set a new Trojan record, and with USC's added emphasis on weight training, the old javelin mark seems sure to fall. An outstanding high school athlete in several sports, Charm is a very dedicated and hard working athlete.



CHARM BISHOP

DEBBIE BURROWS

Event: 400 M Hurdles, Relays

Major: Fine Arts

Formerly a varsity volleyball and basketball player, Debbie comes to the track and field team with a great deal of determination and undeveloped talent. Already much improved in her events, Debbie is expected to become a mainstay of the team this season with a bright future ahead, after gaining competitive experience.

LINDA CASSIDY

Event: 400 Meters, Relays

Major: Sports Medicine

A Trojan standout in 1979, Linda returns for her second year at USC with hopes of repeating those previous efforts. A National Qualifier in the 400 meters, Linda also ran the anchor leg of the sprint relay which placed fourth at the National Championships. Linda holds the current school record in the 400 meters (55.29), while the sprint (45.69) and mile relay teams (3:54.8) both of which she anchored are also in the record books. A technically strong runner, Linda's new concentration on weight conditioning should make her performances even better this season.



LINDA CASSIDY

SANDY CRABTREE

Event: Long Jump, Sprints, Relays Major: Special Education

The best track and field athlete to enter the university as a freshman, Sandy performed beyond all expectations in her first year. A consistent performer in the long jump, Sandy put it all together at both collegiate and AAU Nationals by placing fifth and extending the school record in that event by nearly one foot. Jumping 19'0" or better 14 times, Sandy's distances were ones which could always be depended on. In addition to her jumping ability, Sandy ran well in the sprints throughout the year. She was the third leg on the school

record holding sprint relay team which placed fourth at the National Championships. A definite prospect for international teams in the United States, including this year's Olympic Team, Sandy's career as a Trojan will be an exciting one to follow.

LYNN DAVIS

Event: 400 M Hurdles, Relays Major: Spanish

A new addition to the Trojans as a junior college transfer student, Lynn is an added bonus for USC in 1980. The SoCal JC Champion in the 400 meter hurdles, Lynn was also a California State finalist in that event. Because she also likes to run relays, this adds even greater possibilities to the mile relay team. Lynn serves in several capacities for the Trojans, and is expected to pose a challenge to the school record in the 400 meter hurdles.

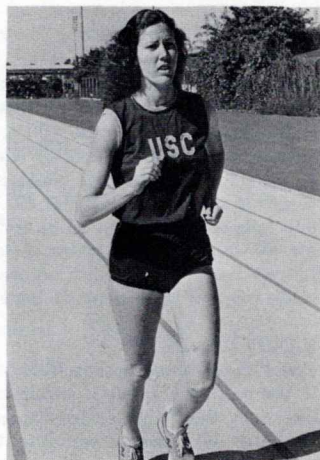


LYNN DAVIS

GAIL DOUGLAS

Event: Sprints, Relays Major: Physical Education

There are not words to describe the importance and quality of Gail as an athlete. The Trojan with the best chance for a spot on the 1980 Olympic Team, Gail is as determined and hard-working as is necessary to achieve such a goal. The school record holder in the 100 and 200 meters, 4 x 100 meter relay and 880 meter relay, Gail is beyond any doubt a leader of her team. Also possessing the conference record for the 100 and 200 meters, Gail has blossomed into a local and national standout. In 1979 Gail broke her school records in the 100 and 200 meters 13 times, led the nation with the fastest times of any collegiate sprinter and won every heat in these events to advance to the finals at Collegiate Nationals. Unfortunately, in the rain and cold of Michigan, Gail pulled up while leading in the 100 meter finals and was unable to finish the meet. Barring any such misfortune, Gail has every chance to continue improving her times and become a National Champion before leaving USC. She has also captured the following honors: 1979 Internationalist, sixth place AIAW Nationals 100 meters, fourth place AAU Nationals 100 meters, fifth place 4 x 100 meter relay AIAW Nationals, and fourth place 4 x 100 meter relay AIAW Nationals.



GINA DYER

GINA DYER

Event: Middle Distances Major: Physical Education

A much improved athlete after a summer of dedication to gaining strength and endurance, Gina has already shown improvement during the cross country season. The current school record holder in cross country (5,000 meters), Gina dropped her times by a full two minutes over her last year's best. While running road races after cross country prior to the track season, Gina has continued to decrease her timings. There is no doubt this improvement will carry over to 1980's track schedule, and provide Gina with her best results to date.

MARIAN EASTERN

Event: 400 M Hurdles, Relays Major: International Relations

After spending the first semester studying in Spain, Marian will return to campus in hopes of continuing her advances of last year in the 400 meter hurdles. Originally a quarter miler, Marian's switch to the hurdles has been a good one. Placing second in conference meets behind her teammate Rosalind Anderson, Marian's times dropped over 10 seconds during the season—one second per hurdle on the track! If Marian returns in shape, another great season should be in store for her.

DENIECE EDDINGTON

Event: Sprints, Relays Major: Educational Counseling

A new addition to the Trojans, Deniece adds ability to the sprint corps from the 100 to the 400, and also in the two sprint relays. A beautiful runner to watch, Deniece spells excellence with every step. Needing strength work to realize her potential as an athlete, she will improve proportionately with whatever strength gain she works to attain. One-time Junior National All-American, Deniece may become the replacement for Gail Douglas several years from now. Definitely a Trojan to watch for now and the future, she should be an exciting performer.



DENIECE EDDINGTON

KAY GARNETT

Event: Hurdles, Sprints, Relays Major: Business

A highly touted high school athlete, Kay holds the National High School record for the 80 yard low hurdles — 10.22. An outstanding sprinter as well, she was chosen High School Athlete of the Year, male and female, for the state of Washington. A two-time high school All-American, Junior National Team member and finalist at Women's Senior Nationals in the hurdles, Kay will no doubt be a premier attraction for the Trojans in 1980, with an excellent chance of qualifying for the United States Olympic Trials.

JENNIFER HANSEN

Event: Shot Put, Discus Major: Pre-Med

Jennifer enters USC as a mid-year graduate from high school. Although joining the team at a late date, she will be a good backup to Dana Olson in the shot put and discus. A competitor with little training background, Jennifer is expected to improve given time to develop her technique.

KATHY HAYNES

Event: High Jump, Long Jump, Relays Major: Business

Last year a varsity basketball player prior to joining the track team, Kathy has chosen to devote her entire 1980 to track and field. A former State High School Champion in the long jump and last year's AAU State Champion, Kathy performed extremely well in a shortened season of only seven weeks. In her first competition of the 1979 season after only two days of practice, she won the high jump. Her leap of 5'7" tied the school record, and Kathy was third in the long jump that day against Arizona State, going 18'6 1/2". Placing thirteenth at the National Championships in the long jump, Kathy should do even better with a year of concentration on track only. A versatile athlete with excellent speed, Kathy will also run on sprint relay teams for the Trojans.



CAREY HILL

CAREY HILL

Event: Middle Distances Major: Pre-Med

A senior whose switch in 1979 from the pentathlon to middle distances is now paying off after a season of cross country running, Carey's times dropped as dramatically as two minutes over a 5,000 meter cross country course. Carey's senior year as a Trojan should be her best.

FELICIA NEAL

Event: Sprints, Relays

Major: Business

An inexperienced sprinter, Felicia has demonstrated much improvement since her first day of practice as a Trojan. Exciting things are likely to happen with continued practice and accumulation of experience when Felicia learns how to use the natural speed she possesses.

DANA OLSON

Event: Discus, Shot Put, Javelin Major: Physical Education

One of the best, if not the best all-around throwers in the United States, Dana brings consistency and natural ability to two events where the Trojans have been lacking in the past, the shot put and discus. A three-time Texas State Champion in the discus and shot, three-time Most Valuable Amateur Athlete in Texas, Junior National Team member and an All-American in 1979, there are few things as a Junior Athlete Dana did not accomplish. There is a definite possibility of Dana being a finalist in all three throwing events at the National Championships and possibly at the Olympic Trials — something which is practically unheard of! Dana's potential has yet to be realized, but once her latent talent rises to the surface, she could well be one of the best throwers in United States history.



KIM ROBINSON

CECILE POPPEN

Event: 400 Meters, Relays

Major: Physical Therapy

Injury-ridden in 1979, Cecile hopes for good health in 1980, with improved strength through weight-lifting and sprint training lending to better performances. Only a sophomore, her best years lie much ahead of her.

KIM ROBINSON

Event: Sprints, Relays

Major: Business

Inconsistent in 1979, recording consistent timings will be a major goal for 1980. Needing technique and strength work if she is to improve, hopefully these qualities can be acquired in 1980. A National Qualifier in the sprints and member of the 4 x 100 meter relay team which placed fourth at Collegiate Nationals, with work, Kim will have a good chance to repeat as a qualifier and possibly make it to the AIAW finals in Oregon.



LISA VAN BENTHEM

LISA VAN BENTHEM

Event: Javelin

Major: Business

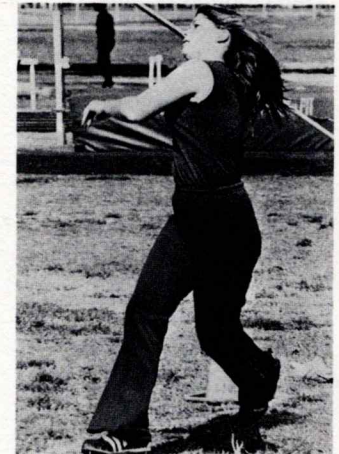
A qualifier every year for Nationals as her performances increase, Lisa has upped the school record by ten feet in the javelin since her arrival at USC. With her freshman and sophomore seasons in the books, relying on the competitive experience she gained, Lisa is stronger and better than ever. This could be her year to place at National Championships.

LORELEI VAN BENTHEM

Event: Javelin

Major: Recreation

Having her best year of pre-season practice, 1980 could be the time Lorelei qualifies along with sister Lisa for the National Championships. Several technique errors have been corrected and her acceleration into the throw has greatly improved. This could make the difference in Lorelei's performance for the 1980 track and field season.



LORELEI VAN BENTHEM

LYNNE VAN BENTHEM

Event: Javelin

Major: Physical Education

The only left handed thrower of the triplet sisters, Lynne has worked hard to correct technique faults and add strength through weight training. Several mistakes have been overcome and hopefully Lynne will begin to see the results of her hard work this year.

VANESSA WILLIAMS

Event: 400 Meters, Relays

Major: Cinema/TV

A pleasant surprise as a walk-on with good competitive experience behind her, Vanessa twice ran on relay teams which placed second at State CIF Championships. A hard-working runner, Vanessa should enjoy improvement each season as a Trojan and be quite an asset to the mile and medley relay squads. A year-round training program will help her endurance and strength.

KERRY ZWART

Event: Pentathlon

Major: Business

A rare freshman with years of event experience, Kerry as a pentathlete is an asset in several facets of track and field. League Champion in the shot put, long jump and hurdles she thus displays her excellence in various pentathlon events. A state finalist in the long jump and shot put, member of the Junior National Team, Junior and Senior All-American in the pentathlon and once Junior National Champion in the pentathlon, Kerry is of extreme value to the Trojans. Concentrating on technique work in several events in 1980, Kerry has potential to become the collegiate National Champion, if not this year, very shortly. The collegiate pentathlon consists of the 100 meter hurdles, shot put, high jump, long jump and 800 meters.



VANESSA WILLIAMS

Trojans' Career Bests

100 METERS	CAREER BEST	3000 METERS	CAREER BEST
Gail Douglas	11.1	Gina Dyer	11:45.0
Kim Robinson	11.7	Carey Hill	11:55.0
Deniece Eddington	11.9		
Sandy Crabtree	11.9	5000 METERS	
Renita Garnett	12.0	Gina Dyer	18:10.0
Felicia Neal	NT	Carey Hill	19:14.0
200 METERS		LONG JUMP	
Gail Douglas	22.9	Sandy Crabtree	20'7¼"
Kim Robinson	23.6	Kathy Haynes	19'10"
Deniece Eddington	23.7	Kerry Zwart	19'2"
Linda Cassidy	24.7		
Felicia Neal	NT	HIGH JUMP	
Debbie Burrows	NT	Beth Barrow	5'8"
		Kathy Haynes	5'7"
		Kerry Zwart	5'5"
400 METERS		SHOT PUT	
Linda Cassidy	55.29	Dana Olson	49'11"
Deniece Eddington	56.4	Kerry Zwart	46'0"
Cecile Poppen	57.3	Jennifer Hansen	37'8"
Vanessa Williams	57.9		
100 METER HURDLES		DISCUS	
Renita Garnett	13.76	Dana Olson	159'7"
Kerry Zwart	15.1	Jennifer Hansen	128'7"
Debbie Burrows	NT		
400 METER HURDLES		JAVELIN	
Lynn Davis	63.9	Charm Bishop	152'11"
Marian Eastern	64.8	Lisa van Benthem	151'3"
Debbie Burrows	NT	Dana Olson	147'6"
		Lorelei van Benthem	141'7"
		Lynne van Benthem	133'8"
800 METERS		PENTATHALON	
Gina Dyer	2:16.7	Kerry Zwart	4032 points
1500 METERS			
Gina Dyer	4:52.6		
Carey Hill	4:53.0		

Relays are undetermined at this time. Where possible U.S.C. will run more than one team in the 4 x 100 and possibly in the 4 x 400.

	<i>AIAW</i>		<i>Olympic</i>	
	<i>Standards</i>		<i>Qualifying</i>	
	Hand	Electric	Hand	Electric
100 meters	11.7	11.94	11.3	11.54
200 meters	23.9	24.14	23.4	23.64
400 meters	54.9	55.04	52.6	52.74
800 meters	2:09.5		2:02.5	
1500 meters	4:28.0		4:10.0	
3000 meters	9:40.0			
5000 meters	17:10.0			
10000 meters	36:12.0			
100 meter hurdles	13.9	14.14	13.4	13.64
400 meter hurdles	61.2	61.34		
pentathalon	3780 points		4300 points	4260 points
javelin	154'0"	46.94 mtrs	180'6"	55.0 mtrs
discus	153'0"	46.64 mtrs	183'9"	56.0 mtrs
shot put	48'0"	14.63 mtrs	54'5¾"	16.6 mtrs
long jump	19'8¼"	6.0 mtrs	21'0"	6.4 mtrs
high jump	5'10¼"	1.78 mtrs	6'1¼"	1.86 mtrs
4 x 100 relay	46.5	46.64		
800 meter relay	1:43.3	1:43.44		
1600 meter relay	3:45.0			
2 mile relay	8:57.0			

U.S.C. Women's Track and Field

School Records as of June 1979

100 METERS	GAIL DOUGLAS	11.1 (h)
	May 11, 1979 @ San Diego State University	11.34 (e)
200 METERS	GAIL DOUGLAS	22.9 (h)
	April 27, 1979 @ U.C.L.A.	23.14 (e)
400 METERS	LINDA CASSIDY	55.29 (3)
	May 13, 1979 @ U.C.L.A.	
800 METERS	DIANE BYINGTON	2:15.0 (h)
	November 1977 @ West L.A. City College	
1500 METERS	DIANE BYINGTON	4:43.0 (h)
	May 29, 1977 @ U.C.L.A.	
3000 METERS	DIANE BYINGTON	10:44.0 (h)
	March 26, 1977 @ University of Redlands	
5000 METERS	DIANE BYINGTON	10:44.4 (h)
	April 1, 1977 @ Long Beach State Univ.	
100 METER HURDLES	PATTY VAN WOLVELAERE	13.14 (e)
	May 26, 1978 @ University of Tennessee	
400 METER HURDLES	ROSALIND ANDERSON	63.9 (h)
	May 13, 1979 @ U.C.L.A.	64.14 (e)
400 METER RELAY	GAIL DOUGLAS, KIM ROBINSON	45.69 (3)*
	SANDY CRABTREE, LINDA CASSIDY *converted from yards	
	May 26, 1979 @ Michigan State University	
880 MEDLEY RELAY	GAIL DOUGLAS, KIM ROBINSON	1:44.2
	SANDY CRABTREE, LINDA CASSIDY	
	March 10, 1979 @ San Diego State University	
MILE RELAY	CECILE POPPEN, MARIAN EASTERN	3:54.8 (h)
	ROSALIND ANDERSON, LINDA CASSIDY	
	April 22, 1979 @ Mount San Antonio College	
TWO MILE RELAY	CAREY HILL, GAIL BERGER	9:43.8 (h)
	DONNA VAN PUYVELDE, JENNIFER BILLER	
	March 30, 1976 @ University of Redlands	
JAVELIN	LISA VAN BENTHEM	151'3"
	April 6, 1979 @ Stanford University	
DISCUS	VIVIAN TURNER	150'1"
	March 12, 1977 @ Long Beach State University	
SHOT PUT	JULIE MORGAN	39'9 ³ / ₄ "
	March 18, 1977 @ Cal State University Long Beach	
LONG JUMP	SANDY CRABTREE	20'7 ¹ / ₂ "
	June 17, 1979 @ Mount San Antonio College	
HIGH JUMP	MITZI McMILLIN	5'7 ³ / ₄ "
	April 3, 1977 @ Cal State University Northridge	
PENTATHALON	MITZI McMILLIN	3739 points
	May 22, 1977 @ U.C.L.A.	

1979 Recap

The unexpected departure of American record holder and two-time collegiate champion Patty Van Wolvelaere (hurdles), and an injury to hurdle and long jump finalist Mitzi McMillin were immediate setbacks to the USC Women's Track and Field team. Nonetheless, a tremendous group of freshmen and several returning athletes maintained the Trojan standards and provided the best season of overall performance to be achieved by a USC Women's Track and Field team. Had it not been for an unfortunate injury to Gail Douglas at AIAW Nationals, this women's squad would have placed fourth nationally, highest position ever in Trojan history, and better than would have been expected at any point in the season.

Unfortunately it was not to be as Gail Douglas, leader for the Trojans in the sprints, who finished the season with the second fastest time by an American (fastest by a collegiate) in the 100 meters, 11.1, and the fourth fastest time in the 200 meters (fastest by a collegiate), 22.9, suffered a hamstring pull and was unable to finish either the 100 or 200 meter finals at AIAW Nationals nor run at AAU's. However, her performance throughout the season left her as someone to be watched for possible selection to the 1980 Olympic team.

Each year a new dimension is added to Women's Track and Field at USC. The 1979 season brought an increase in emphasis on distance running and cross country. Several runners were added to the distance corps and Steve Bland offered his time as distance coach to aid in their progress. The runners were all inexperienced in years but progressed well, and by the end of cross country many were ready to compete at AIAW Regionals — the first time ever that a USC team had done so.

Consistency and improvement best describe performances by athletes during the 1979 season. Personal bests were achieved by 90% of the competing athletes. Four freshmen qualified and traveled to AIAW Nationals along with one sophomore and one junior. Sandy Crabtree, a freshman from Arizona, finished fifth in the long jump and was the only freshman to be a finalist in this event. Another freshman, Kathy Haynes, finished 15th, barely missing the qualifying mark necessary for the finals. In addition, the 400 meter relay team composed of three freshmen and one junior — Gail Douglas, Kim Robinson, Sandy Crabtree and Linda Cassidy — was to finish fourth in a new school record time of 45.69. Other National Qualifiers Kim Robinson, Lisa van Benthem and Linda Cassidy competed well but were not to make the finals. This was the youngest team ever taken to a National Championship for USC and gives much to look forward to in the years to follow.

Nine of seventeen school records were broken in 1979. They were tied or broken a total of 26 times, a remarkable accomplishment for a very young team from which no one was to graduate. Seven freshmen and six sophomores comprised the majority of the squad.

Records established were the following:

100 meters	GAIL DOUGLAS	junior	11.1
200 meters	GAIL DOUGLAS	junior	22.9
400 meters	LINDA CASSIDY	freshman	55.29
400 meter hurdles	ROSALIND ANDERSON	sophomore	63.9
400 meter relay	GAIL DOUGLAS, KIM ROBINSON, SANDY CRABTREE, LINDA CASSIDY		45.69

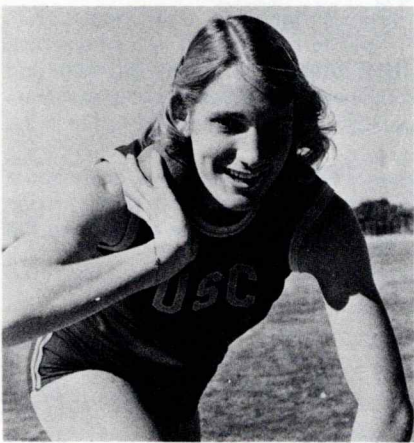
880 medley relay	GAIL DOUGLAS, KIM ROBINSON, SANDY CRABTREE, LINDA CASSIDY	1:44.2
mile relay	CECILE POPPEN, MARIAN EASTERN, ROSALINE ANDERSON, LINDA CASSIDY	3:54.8
long jump	SANDY CRABTREE freshman	20'7½"
javelin	LISA VAN BENTHEM sophomore	151'3"

Although the Trojans finished third overall in the WCAA, this was no indication of USC's strength in the conference. Primarily due to weaknesses in the shot, discus, and distance events, points were lost to other conference schools. In the events where USC participated the quality was readily apparent; winners at conference meets were: Gail Douglas, 100 and 200 meters, Rosalind Anderson, 400 meter hurdles, Linda Cassidy, 400 meters, Sandy Crabtree, long jump, and Kathy Haynes, high jump.

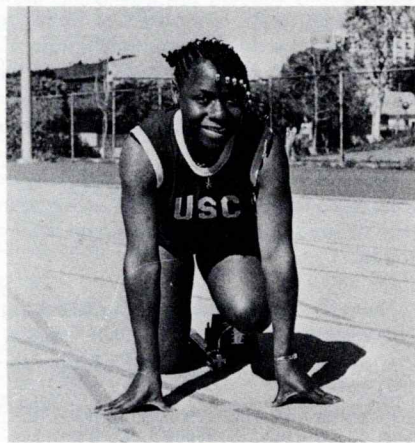
Perhaps the season will be best remembered by coaches and athletes alike for the lack of a practice facility. With a new stadium under construction the team traveled daily to a variety of facilities before finally settling down at Los Angeles City College, a one-half hour drive from the USC campus. Team members graciously complained little considering the inconvenience which a lack of facilities produced — the travel time, waiting for everyone to finish before anyone could leave, being late to classes or arriving in sweats just back from practice and on several occasions returning to school to find the locker rooms, training rooms and offices deserted, locked and inaccessible to athletes and coaches until campus security could be called.

The finishing touch to the season was supplied by Sandy Crabtree at Senior AAU Nationals. Sandy was the youngest performer to qualify for the finals in the long jump. She was to place fifth and qualify for the Olympic Sports Festival in Colorado Springs while setting a new school record with her personal best of 20'7½". Overall 15 of 18 athletes were to establish personal bests during the 1979 season, the best measure of success for achieving maximum potential.

1980 will provide a great year of competition for all athletes as it is an Olympic preparation year. USC athletes plan to be as much a part of the chase for Olympic berths as anyone (providing the United States sends an Olympic squad) with this young team returning off excellent performances in 1979. The season is already one to look forward to for all concerned, athletes and coaches alike.



KERRY ZWART



KAY GARNETT

Women of Troy's Athletic Heritage

USC All-Americans

TENNIS:

Diane Desfor	1974-75, 1975-76-1976-77
Gretchen Galt	1976-77
Barbara Hallquist	1975-76, 1976-77, 1977-78 & 1978-79
Sheila McInerney	1976-77, 1977-78, 1978-79
Lea Antonopolis	1977-78
Stacy Margolin	1977-78 & 1978-79
Anna Lucia Fernandez	1978-79
Anna Maria Fernandez	1978-79
Trey Lewis	1978-79

VOLLEYBALL:

Debbie Landreth	1976-77 & 1977-78
Debbie Green	1976-77 & 1977-78
Paula Dittmer-Goodwin	1976-77 & 1978-79
Terry Place	1976-77 & 1977-78
Sue Woodstra	1977-78
Lynn Luedke	1977-78
Star Clark	1977-78
Cathy Stukel	1978-79

GYMNASTICS:

Susan Archer	1976-77
Lynn Govin	1976-77
Jill Ornstein	1978-79

TRACK & FIELD:

Sherry Calvert	1969-70 & 1971-72
Patty Van Wolvelaere	1976-77 & 1977-78

SWIMMING:

Linda Stimpson	1974-75
Heather Greenwood	1975-76
Cindy Schilling	1975-76, 1976-77
Kim Peters	1975-76, 1976-77
Laurie Edwards	1975-76, 1976-77
Sue Gove	1976-77
Val Seyfert	1976-77
Miriam Smith	1976-77
Sue Hinderaker	1977-78 & 1978-79
Debbie Rudd	1977-78 & 1978-79

USC National Titles

INDIVIDUAL:

SWIMMING: AIAW Titles

- Linda Stimpson — 1975 — 50 Yard Backstroke
 1975 — 100 Yard Backstroke
 Kim Peters — 1976 — 500 Yard Freestyle
 400 Yd. Freestyle Relay — 1976 — Heather Greenwood, Kim Peters,
 Laurie Edwards, Cindy Schilling
 Miriam Smith — 1977 — 100 Yard Backstroke
 200 Yd. Freestyle Relay — 1977 — Val Seyfert, Laurie Edwards,
 Susan Gove, Cindy Schilling
 Sue Hinderaker — 1978 — 50 Yard Freestyle
 1979 — 50 Yard Freestyle
 Debbie Rudd — 1978 — 200 Yard Breaststroke
 1979 — 200 Yard Breaststroke

TRACK & FIELD — AIAW Titles

- Sherry Calvert — 1970 — Javelin
 1972 — Javelin
 Patty Van Wolvelaere — 1977 — 100 meter Hurdles
 1978 — 100 meter Hurdles

TENNIS:

- Diane Desfor — 1975 — Amateur Clay Court Doubles
 1976 — Amateur Grass Court Doubles
 Gretchen Galt — 1976 — 21 & under Doubles
 Barbara Hallquist — 1976 — USTA Collegiate Singles
 — Grass Court Doubles
 — 21 & under Singles
 1977 — Amateur Indoor Singles
 — USTA Collegiate Singles
 — Amateur Clay Court Doubles
 — 1978 — Amateur Indoor Doubles
 Leslie Allen — 1977 — ATA Singles Champion
 Sheila McInerney — 1977 — Amateur Clay Court Singles
 — Amateur Clay Court Doubles
 — Amateur Clay Court Mixed Doubles
 — 1978 — Amateur Indoor Doubles
 — 1979 — Amateur Clay Court Singles
 1979
 Stacy Margolin — 1978 — USTA Collegiate Singles
 — Amateur Hardcourt Singles
 Anna Lucia Fernandez — 1979 — Amateur Indoor Doubles
 Trey Lewis — 1979 — Amateur Indoor Doubles
 — 21 & under Doubles

TEAM:

- VOLLEYBALL: AIAW — 1976
 — 1977
 TENNIS: AIAW — 1977
 — 1979
 USTA — 1977
 — 1978

1980

University of Southern California Women's Track and Field Schedule

DATE	DAY	OPPONENT	LOCATION	TIME
Jan. 13	Sun.	Athletic Congress Indoor Qualifier	U.C.L.A.	9:00 a.m.
Feb. 1	Fri.	Times Indoor Games	Forum	6:00 p.m.
Feb. 10	Sun.	Athletic Congress Meet	U.C.S.B.	12:00 p.m.
Feb. 15	Fri.	Sunkist Indoor Games	Sports Arena	6:00 p.m.
Feb. 16	Sat.	Athletic Congress Indoor Pentathlon Nationals	Utah State	All day
Feb. 23	Sat.	San Francisco Examiner Games	Cow Palace	6:00 p.m.
Feb. 29	Fri.	dual with C.S.U.L.B.	U.S.C.	2:00 p.m.
Feb. 29	Fri.	Athletic Congress National Indoor Championships	Madison Square Gardens	
Mar. 8	Sat.	Aztec Invitational	S.D.S.U.	10:00 a.m.
Mar. 16	Sun.	Athletic Congress Meet	U.S.C.	9:00 a.m.
Mar. 23	Sun.	tri meet: C.S.U.L.B., Univ. of Tennessee	U.S.C.	11:00 a.m.
Mar. 28, 29, 30	Fri., Sat., Sun.	U.S.C. Invitational Jr. College, College, Open	U.S.C.	10:00 a.m.
Apr. 12	Sat.	dual with Stanford	U.S.C.	11:00 a.m.
Apr. 19-21	Fri., Sat., Sun.	Mt. S.A.C. Relays	Mt. S.A.C.	9:00 a.m.
Apr. 25-26	Fri., Sat.	WCAA Conference Championships	Arizona State	3 p.m. Friday 12:30 p.m. Sat.
May 3	Sat.	Southern California Championships	U.C. Irvine	10:00 a.m.
May 11	Sun.	Pepsi Invitational	U.C.L.A.	12:00 p.m.
May 17, 18	Sat., Sun.	Athletic Congress District	U.C.L.A.	9:00 a.m.
May 21-24		A.I.A.W. National Championships	Univ. of Oregon	All Day
May 31	Sat.	Compton Invitational	Compton College	11:00 a.m.
June 8	Sun.	Athletic Congress Jr. and Sr. Women's National Pentathlon	U.C.S.B.	9:00 a.m.
June 13-15		Athletic Congress National Championships	Mt. S.A.C.	All day
June 20-29		United States Olympic Trials	Univ. of Oregon	

TTF 11075 Johnson G.N.

