

TROJANS



1986 WOMEN'S TRACK & FIELD



DIANA CLEMENTS
All-American

1986 USC WOMEN'S TRACK AND FIELD SCHEDULE

Date	Day	Opponents	Location
Feb. 15	Sat.	USC Open Meet	USC
Feb. 22	Sat.	UC Irvine	Irvine
Mar. 1	Sat.	Aztec Invitational	San Diego
Mar. 14-15	Fri.-Sat.	NCAA Indoor Championships	Oklahoma City, OK
Mar. 22	Sat.	New Mexico, San Diego State	USC
Mar. 29	Sat.	Stanford Invitational	Stanford
Apr. 5	Sat.	Sun Angel Classic	Tempe, AZ
Apr. 12	Sat.	Northridge Invitational	Northridge
Apr. 18	Fri.	USC Twilight Meet	USC
Apr. 26-27	Sat.-Sun.	Mt. SAC Relays	Walnut
May 3	Sat.	UCLA	L.A. Coliseum
May 9-10	Fri.-Sat.	Pac-West Championships	Tempe, AZ
May 17	Sat.	Pepsi Invitational	Westwood
Jun 4-7	Wed.-Sat.	NCAA Championships	Indianapolis, IN

HERITAGE

AMERICAN OLYMPIC TEAM MEMBERS

- 1928 — Amsterdam — Lillian Copeland, discus throw (Silver).
 1932 — Los Angeles — Lillian Copeland, discus throw (Gold).
 1964 — Tokyo — Terrezene Brown, high jump.
 1968 — Mexico City — Patty Van Wolvelaere, 80m hurdles.
 1972 — Munich — Patty Van Wolvelaere, 100m hurdles; Sherry Calvert, javelin throw.
 1976 — Montreal — Sherry Calvert, javelin throw.

COLLEGIATE CHAMPIONS

100-METER HURDLES

- 1977 — Patty Van Wolvelaere 13.18
 1978 — Patty Van Wolvelaere 13.14

WOMEN'S TRACK HISTORY

YR.	COACH	CAPTAIN	W	L	T	F	*
1976	Sherry Calvert	No captain	0	0	0	—	—
1977	Sherry Calvert	No captain	0	0	0	15	—
1978	Sherry Calvert	No captain	0	1	0	12	—
1979	Sherry Calvert	No captain	2	2	0	30	—
1980	Sherry Calvert	No captain	2	0	0	—	—
1981	Sherry Calvert	No captain	2	1	0	—	—
1982	Sherry Calvert	No captain	3	2	0	45	—
1983	Sherry Calvert	No captain	0	4	0	28	—
1984	Fred LaPlante	Sabrina Williams, Donna Curtis	0	1	0	24	—
1985	Fred LaPlante	Sabrina Williams, Donna Curtis	12	1	0	16	—

†Finish in NCAA/AIAW outdoor meet *Finish in conference meet
Dual Meet Totals 21 12 0 507

WOMEN OF TROY TRACK & FIELD

This booklet has been prepared by the Sports Information Office of the University of Southern California for sportswriters and sportscasters during the 1986 season. The guide was written by Nick Salata and edited by Jim Gigliotti.

Additional information may be obtained by writing or telephoning the USC Sports Information Office HER 203A, University Park, Los Angeles, California 90089-0602. Telephone (213) 742-2224.

Copies of this book are also available to the public. For first-class mailing, send \$4.00 in check (made payable to "USC") to: USC Sports Information Office, HER 203A, University Park, Los Angeles, California 90089-0602.

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ON THE COVER

Diana Clements, one of USC's returning All-Americans, placed fifth in the shot put in last year's NCAA meet. Clements is the school record holder in the shot and is also in the top 10 in both the discus and javelin. Photo by Mike Melson.

UNIVERSITY OF SOUTHERN CALIFORNIA

Founded — 1880
 Enrollment — 29,685
 President — Dr. James Zumberge
 Location — University Park, Los Angeles 90089
 Nickname — Trojans
 Colors — Cardinal and Gold
 Conference — Pac-West
 1985 Conference/National Finish — 3rd/16th
 Head Coach — Fred LaPlante (213) 743-7770
 Assistant Coaches — Maggie Gabel, Linda Cassidy
 Associate Athletic Director — Barbara Hedges (213) 743-0793
 Trainers — Helaine Clayman, Leah Putman, Sue Schneider

1986 USC WOMEN'S TRACK AND FIELD OUTLOOK

The USC women's track team has gradually worked its way up to being recognized on the national level, and this year's team should be the best one yet. Although third-year coach Fred LaPlante lost two school record holders to graduation (800-meter runner Donna Curtis and jumper/sprinter Sabrina Williams), another bountiful recruiting year has the potential to offset the losses.

"This is a far superior team in terms of ability, attitude and depth to any team we've had at USC," said LaPlante, who led the Women of Troy to their best NCAA finish ever last year (tied for 16th). **"We should be a fine dual team and should be in the thick of things at the conference meet. We have the potential to improve even more at the NCAAs this year and we're very young. The future looks bright for women's track at USC."**

The sprints will be handled by returnees Gervaise McCraw (11.37, 22.81) and Robin Simmons (11.57, 23.79), both juniors. Junior college transfer Myra Mayberry (11.45, 24.01) can also step right in and make an impact. School record holder LaWanda Cabell (53.72 career, 54.06 at USC) is back to bolster USC's 400-meter corps, but watch out for prep All-American Leslie Maxie from Mills High in Millbrae (Calif.). Maxie, the Track and Field News Female High School Athlete of the Year in 1984, is the national prep record holder in the 400 hurdles (55.20) and has run the flat 400 in 52.89.

"This was a disappointing area last year, considering the talent we had," said LaPlante. **"But this was also the most improved group during fall training and it should carry over to the season. They all have good range, so they won't get bored running just one distance all the time."**

The distances will be covered by British junior star Elise Lyon, who will help the Trojans in the 800 (2:07.0), 1500 (4:16.12) and 3000 (9:32.0). Another freshman, Lesley Noll (2:08.00), and sophomore Mary Anne Bullard (2:12.25), a hurdler last year, add depth to USC's middle distances.

"Elise Lyon has the ability to make an impact at the NCAAs before she is through here," said LaPlante. **"Lesley Noll will help ease the loss of Donna Curtis right away and she also can challenge in the nationals. Mary Anne is making a smooth transition to the longer races."**

Sophomores Wendy Brown and Yvette Bates help make the hurdles and jumps among USC's strongest events. Brown, with a world-best effort in the triple jump (44-6 $\frac{3}{4}$), is also capable of big things in the long jump, high jump and 100-meter hurdles. Bates does the same except high jump. Maxie should give world-class performances in the 400-meter hurdles. Karen Koellner, 1985 Iowa state champ in the 400 hurdles, is another freshman who lends depth to her event.

"I think we have the top jump squad in the nation," said LaPlante. **"Wendy can do it all and Yvette is tough in the horizontal jumps. Both can run the hurdles and Leslie Maxie has been known to do a few things well, too."**

The one-time weak throwing corps is now an All-American producing department. Senior Diana Clements (52-11 SP, 160-0 DT) is the school shot put record holder and she placed fifth at the NCAA meet in 1985. Freshmen Heidi Adams, No. 5 prep shot putter in the nation last year, and Claudia Paris, Italy's junior champ in the discus, will lend support to Clements.

"Diana had a good year in 1985 and is certainly capable of more," said LaPlante. **"She has taken to training with a vengeance and has Heidi and Claudia to push her. The throws could become one of our strongest areas."**

Multi-eventers Sharon Hatfield and Yolanda Fletcher can figure on the national scene and help USC in many events in dual meets. Hatfield, a junior, is the USC record holder in the 400-meter hurdles and has Trojan top 10 performances in eight events. Fletcher, who concentrated on basketball for four years, is focusing on track in her final year of collegiate eligibility.

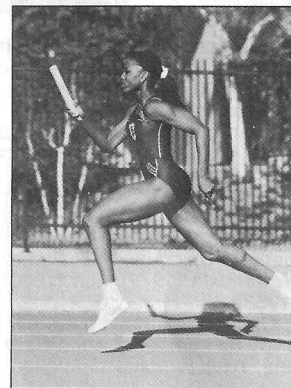
"Sharon took fourth in the NCAAs two years ago and there's no reason she can't return to that form," said LaPlante. **"She adds depth in so many other areas, as does Yolanda. I'm anxious to see what she'll do with a full track training schedule under her belt for the first time at USC."**

The multitude of runners from the 100 meters to the 1500 should make any and all relay records fair game this year. The conventional 400- and 1600-meter relays can be chosen from many combinations of athletes in each race and the less-often-run distance medley and two-mile relay should turn out top notch times.

"We have great depth and many combinations to choose from in the relays," said LaPlante. **"If we stay healthy, there's no telling what we might do with the baton this year."**



Yvette Bates



Gervaise McCraw

WOMEN'S NCAA QUALIFYING STANDARDS

Event	Auto	Hand
100m	11.48	11.2
200m	23.50	23.2
100H	13.70	13.4
400H	58.50	58.2
400m	53.00	52.7
800m	2:05.50	2:05.2
1500m	4:20.50	4:20.2
3000m	9:25.24	9:25.0
5000m	16:20.24	16:20.0
10000m	34:30.24	34:30.0
4 x 100m	45.00	44.7
440y relay	45.20	44.9
4 x 400m	3:37.00	3:36.7
Mile relay	3:38.20	3:36.9
	Meters	Feet
HJ	1.83	6-0
LJ	6.32	20-9
TJ	12.60	41-4
DT	51.36	168-6
SP	15.49	50-10
JT	51.82	170-0
Heptathlon	5330 points	5390 points

FRED LaPLANTE

Women's Head Coach



Each year, the USC women's track team has moved up the ladder in the national scene — each year, that is, since Fred LaPlante took over as head coach in the fall of 1983.

LaPlante's first year saw the Women of Troy finish 24th at the 1984 NCAA Championships and it was followed with a 16th-place tie at last year's NCAA meet, along with a stellar 12-1 mark in duals. Expectations for an even better year in 1986 are apparent.

A native of Toledo, Ohio, the 35-year-old mentor has had 12 years

of success as a coach following a fine athletic career at Eastern Michigan University, where he earned NCAA-CD All-American honors at 1500 meters in 1972 and competed on two NCAA-CD national championship teams.

Then, after spending 1973 as a graduate assistant at his alma mater, LaPlante had one-year coaching stints at Hoover Junior High (Mich.), Garden City East High (Mich.), Washtenaw Community College (Mich.) and Columbia (N.Y.) before settling at San Diego State for five years (1978-83). He established winning programs at each institution, highlighted by a 24-1 career dual record at San Diego State in which his teams were ranked nationally by *Track & Field News* sixth (1979), fifth (1980), ninth (1981), fifth (1982) and 10th (1983).

Great teams have great athletes and LaPlante has produced an uncanny number of world-class performers including; three Olympians, nine national champions, 13 national record breakers, 14 internationalists and 13 collegiate All-Americans.

His accomplishments have not gone unnoticed as he was named NCAA District VIII and WCAA Coach of the Year in 1982 (the season in which he won the WCAA Championship to end UCLA's five-year reign). He was previously awarded the WCAA Coach of the Year honor in 1981 when his cross country team finished seventh at the AIAW Championship.

Having traveled the European circuit for four years coaching not only U.S. athletes, but also top stars from Ireland, England, Sweden and Canada, LaPlante was named to coach the U.S. Women's Senior team at the World Championships in Holland in 1980, the U.S. Junior Women's team (as assistant) against the Soviet Union in 1982 and the U.S. Senior Women's team against East Germany in 1983.

In addition, LaPlante served as the U.S. National Hurdle Coordinator from 1980 to 1982 and the WCAA Coordinator for cross country from 1978 to 1982. An excellent administrator as well, he co-directed the Aztec cross country and track meets for five years.

Fred was married last May to world class distance runner Monica Joyce.

LINDA CASSIDY

Assistant Coach



Cassidy, who comes to USC from Torrance, competed for the Trojans between 1979-82. She still owns the second fastest school time in the 400 meters (54.86) and was a member of the 400-meter relay that once held the school mark.

She is currently working toward a doctorate in exercise physiology at USC, and uses her expertise in that area to conduct the team's treadmill and body composition tests. Cassidy's other responsibilities include academic counseling and working with the sprinters.

MAGGIE GABEL

Assistant Coach



Gabel, 28, begins her third year on the Trojan campus as LaPlante's jump coach specialist. Originally from Chicago, Maggie had a banner career as an athlete at the University of Washington. The national junior high jump champion in 1977, she soared to a school record of 6-1 in earning All-American honors for the Huskies in 1981. Gabel also earned All-American honors in 1977, placed third at the National Sports Festival in 1978 and was a U.S. Olympic Trials Finalist in 1980.

In addition to her feats on the track, Gabel was a four-year starter for the volleyball team at Washington. After receiving her degree in kinesiology, Gabel coached at Federal Way High (Wash.) before coming to USC.

In her first year with the Women of Troy, Maggie coached two NCAA All-Americans, Sabrina Williams (long jump) and Sharon Hatfield (heptathlon) and led them to Olympic Trials qualifying marks as well.

Maggie is married to USC's assistant women's volleyball coach, Myles Gabel. The couple have one child, Joshua, born last September.

1986 USC WOMEN'S TRACK AND FIELD ROSTER

Name	Events	Height	Weight	Birthdate	Class	Hometown (High School)
ADAMS, Heidi	Weights	5-10	235	6/30/67	Fr.	Fullerton (Mission Viejo)
BATES, Yvette	Jumps, Hurdles	5-7½	140	12/28/65	So.	Oakland (Berkeley)
BROWN, Wendy	Jumps, Hurdles	5-11	155	1/28/66	So.	Atherton (Woodside)
BULLARD, Mary Anne	Mid-Distances	5-6	118	1/20/66	So.	Yorba Linda (Esperanza)
CABELL, LaWanda	Sprints	5-8	120	10/10/64	Sr.	Los Angeles (Gardena)
CLEMENTS, Diana	Weights	5-11	175	5/22/63	Sr.	Dana Point (San Clemente)
FLETCHER, Yolanda	Jumps, Heptathlon	5-7	143	9/19/63	Sr.	Los Angeles (Crenshaw)
GRAY, Barbara	High Jump	5-10	130	1/6/64	Jr.	St. Louis, MO (Fox)
HATFIELD, Sharon	Heptathlon	5-11	149	4/14/64	Jr.	Fountain Valley (Fountain Valley)
KIRVEN, Jamie	Triple Jump	5-11	140	11/15/67	Fr.	Irvine (Woodbridge)
KOELLNER, Karen	Hurdles, 800	5-7	135	10/2/66	Fr.	Ames, IA (Ames)
LOVEREN, LaurieAnn	Heptathlon	5-10	155	7/20/67	Fr.	Long Beach (Wilson)
LYON, Elise	Mid-Distances	5-6	126	4/23/66	Fr.	Buckinghamshire, England (Millfield)
MAXIE, Leslie	400, Hurdles	5-11	150	1/4/67	Fr.	San Mateo (Mills)
MAYBERRY, Myra	Sprints	5-7	124	5/5/65	Jr.	Los Angeles (Reseda)
McCRAW, Gervaise	Sprints	5-6	123	12/10/64	Jr.	Diamond Bar (Ganesha)
NARDON, Roseann	Distances	5-4	110	6/10/66	So.	Arcadia (Mayfield)
NOLL, Lesley	400, 800	5-4½	120	5/22/67	Fr.	San Diego (Mt. Carmel)
PARIS, Claudia	Weights	5-11	192	8/27/66	Fr.	Milano, Italy (San Donato)
SAVOY, Rochelle	400, Hurdles	5-5	128	8/26/65	Jr.	Los Angeles (Santa Monica)
SIMMONS, Robin	Sprints	5-6	123	7/31/65	Jr.	Los Angeles (Crenshaw)
VERSTEEG, Diane	Distances	5-3½	125	12/20/64	Jr.	Redondo Beach (Redondo)
WILSON, Gail	Jumps, Hurdles	5-10	143	9/19/66	So.	Anchorage, Alaska (East)

1986 WOMEN OF TROY EVENT-BY-EVENT

Candidates for each event with their 1985 and lifetime bests in competition:

100 METERS

Gervaise McCraw (10.65, 11.37)
Myra Mayberry (11.45, 11.45)
Robin Simmons (11.57, 11.57)

200 METERS

Gervaise McCraw (23.44, 23.16)
Leslie Maxie (23.44, 23.44)
Robin Simmons (23.77, 23.77)
Myra Mayberry (23.8, 23.8)
LaWanda Cabell (24.41, 24.29)

400 METERS

Leslie Maxie (—, 53.07)
Gervaise McCraw (56.0, 53.20)
LaWanda Cabell (54.06, 53.72)
Lesley Noll (55.8, 55.8)

800 METERS

Elise Lyon (2:07.0, 2:07.0)
Lesley Noll (2:08.00, 2:08.00)
Mary Anne Bullard (2:12.25,
2:12.25)
Karen Koellner (2:12.2, 2:12.2)

1500 METERS

Elise Lyon (4:16.12, 4:16.12)
Mary Anne Bullard (—, —)

3000 METERS

Elise Lyon (9:32.0, 9:32.0)
Roseann Nardon (10:59.29,
10:59.29)
Diane VerSteeg (—, —)

100-METER HURDLES

Yvette Bates (14.19, 14.19)
Wendy Brown (14.22, 14.22)
Gail Wilson (14.74, 14.74)
Leslie Maxie (13.87hs, 13.87hs)

400-METER HURDLES

Leslie Maxie (57.73, 55.20)
Sharon Hatfield (1:01.65, 1:01.65)
Karen Koellner (1:01.5, 1:01.5)
Rochelle Savoy (1:03.72, 1:03.72)

LONG JUMP

Wendy Brown (21-5¼, 21-5¼)
Yvette Bates (20-7½, 20-7½)
Yolanda Fletcher (20-7¼, 20-7¼)

TRIPLE JUMP

Wendy Brown (44-6¾, 44-6¾)
Yvette Bates (43-1i, 43-1i)

HIGH JUMP

Wendy Brown (5-11½, 6-2¼)
Barbara Gray (5-6)

SHOT PUT

Diana Clements (52-11, 52-11)
Heidi Adams (46-9, 46-9)
Claudia Paris (41-9, 41-9)

DISCUS

Claudia Paris (169-11, 169-11)
Diana Clements (159-8, 160-0)
Heidi Adams (149-0, 149-0)

JAVELIN

Diana Clements (138-11, 138-11)

HEPTATHLON

Sharon Hatfield (5405, 5582-old
tables) 14.65, 100H; 5-8, HJ; 38-
4, SP; 25.15, 200; 19-3, LJ; 139-
4, JT; 2:16.90, 800.
Yolanda Fletcher (—, 4984)
LaurieAnn Loveren (—, —)

LOSSES FROM THE 1985 TEAM

100 METERS

Sabrina Williams (11.90)

400 METERS

Donna Curtis (56.74)
Tonya Ransom (56.89)

800 METERS

Donna Curtis (2:04.58)
Julie Rollow (2:14.87)
Amy Johnson (2:16.44)

1500 METERS

Donna Curtis (4:26.25)
Julie Rollow (4:45.03)
Amy Johnson (5:04.94)

3000 METERS

Julie Rollow (10:50.54)

100-METER HURDLES

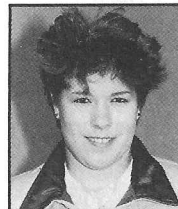
Lyn Carter (14.46)

LONG JUMP

Sabrina Williams (21-5½)

ATHLETE BIOGRAPHIES

(Note: The following biographies are limited to those performers expected to see the most action this season. USC coach Fred LaPlante's comments are in bold face.)



HEIDI ADAMS — 5-10, 235, Fr., **Weights**

HIGH SCHOOL: One of the nation's top preps in the shot put in 1985 while at Mission Viejo (Calif.) High, Adams had the fifth best throw in the U.S. (46-9) . . . Took second place in the California state meet and in the South Coast League Championship in 1985 . . . Also a fine discus thrower, Heidi had a best of 149-0 and took first in the league and fifth in the state last year . . .

Won the shot at the prestigious Mt. SAC Relays and the Arcadia Invitational . . . Picked by the *Los Angeles Times* Orange County section as the Female Track Athlete of the Year in 1985 . . . The MVP of her team in 1984 and 1985, Adams won the league shot put title as a junior and took second that year in the discus . . . Heidi's coach in high school was former USC trackman Hugo DeGroot, who also coached national prep shot put record holder Natalie Kaaiawahia . . . Heidi has bench pressed 225 pounds.

PERSONAL: Adams was born in National City, Calif., on June 30, 1967 . . . Her major at USC is biology.

COACH LaPLANTE: "Heidi has the strength and determination to be a top thrower in both the shot and discus. Experience could be a limiting factor this year."

CAREER BESTS: (High school) 46-9, shot put; 149-0, discus.



YVETTE BATES — 5-7½, 140, So., **Jumps, Hurdles**

COLLEGE: Lived up to her promise coming out of high school as she long jumped 20-7½ and went 43-1 in the triple jump (at the time a world indoor best, set at the Times Indoor meet) as a freshman last year . . . Also registered a 14.24 in the 100-meter hurdles while placing sixth in the conference . . . Her best in the hurdles was 14.19 while winning the event at the Fresno Bee

Games . . . One of three 20-foot-plus long jumpers at USC last year, she did it in two meets . . . Triple jumped past 40 feet in six of seven competitions . . . In a quadrangular meet at Arizona State last year, Yvette took first place in the long jump, triple jump and the hurdles . . . Took third in the triple jump (40-9¾) and sixth in the long jump (19-10) in last year's WCAA championships.

HIGH SCHOOL: As a prep at Berkeley (Calif.) High, Yvette was the nation's No. 2-ranked triple jumper in 1984 behind Wendy Brown, now her teammate at USC . . . Bates had prep bests of 42-6¾ (TJ), 19-9¾ (LJ) and 13.74 (high school hurdles) . . . Placed second in the 1984 California state meet in the triple jump and third in the long jump . . . Was third in the country in the triple jump as a junior in 1983 (40-6¾) . . . Finished second at the Junior Nationals in 1982 and represented the United States at the Junior Pan American Games that year.

PERSONAL: Born in Oakland, Calif., on Dec. 28, 1965 . . . Yvette's first name is Dorothea, but prefers to be called by her middle name . . . Her major at USC is business.

COACH LaPLANTE: "Yvette had an outstanding freshman year and got personal bests in all three of her events. She'll continue to improve this year because she'll get stronger. She already has very good technique."

CAREER BESTS: 43-1, triple jump (indoors); 20-7½, long jump; 14.19, 100-meter hurdles.

**WENDY BROWN — 5-11, 155, So., Jumps, Hurdles**

COLLEGE: The world-best triple jumper (44-6¾ during qualifying at last year's NCAA meet in Austin, Tex.), Wendy earned All-American honors in the triple jump and the long jump in 1985 . . . Placed fourth at the NCAAs in the long jump (21-3¼) and the triple jump (42-11) and even high jumped 5-11, though failed to qualify for the finals in that event . . . The school record holder

in the triple jump, she is No. 2 in the long jump and high jump and is fourth in the 100-meter hurdles (14.22) . . . Enjoyed an outstanding freshman year despite missing the early track season to play basketball on Linda Sharp's squad . . . Had marks of at least 40 feet in every triple jump competition last year.

HIGH SCHOOL: One of the nation's top recruits as a prep at Woodside High in Atherton (Calif.), Brown was the No. 1 prep in the long jump (20-9¾) and triple jump (and still the national record holder at 42-10½) and was second in the high jump (6-2¼) . . . She was also ranked third in the nation in the 100-meter hurdles (13.59hs) in 1984 . . . Won the California state meet in 1984 for Woodside singlehandedly by winning all three jumps (with state-record marks) and taking second in the hurdles . . . Took sixth in the long jump at the U.S. Olympic Trials in Los Angeles . . . Finished third in the high jump and second in the 100-meter hurdles at the U.S. Junior Nationals in 1984 . . . The Northern California High School Athlete of the Year in 1984, Brown was featured in *Sports Illustrated's* "Faces in the Crowd" and as *USA Today's* Athlete of the Week . . . Also played basketball at Woodside.

PERSONAL: Wendy was born in Gainesville, Fla., on January 28, 1966.

COACH LaPLANTE: "Wendy was one of the top freshmen in the country last year on only three months of training. Her speed has improved this fall and that can only mean greater performances."

CAREER BESTS: 44-6¾, triple jump; 21-5¼, long jump; 6-2¼, high jump; 14.22, 100-meter hurdles.

**MARYANNE BULLARD — 5-6, 118, So., Distances**

COLLEGE: Although her 2:12.25 for 800 meters and 1:02.66 in the 400-meter hurdles are good for third on USC's all-time lists, Bullard will move up in distance to 1500 and 3000 meters this year . . . Ran 2:12.3 (hand timed) in a quadrangular meet at USC early last season . . . Never ran worse than 1:03.68 in the 400 hurdles for USC in 1985 . . . Ran for the USC cross-country team

last fall.

HIGH SCHOOL: Hampered by an ankle injury for most of her senior year at Esperanza High in Anaheim (Calif.), Mary Anne still won league titles in the 100 hurdles, 300 hurdles and the 800 in 1984 . . . As a junior in 1983, she placed sixth at the state meet in the 300 hurdles and won the regional AAU junior championship in the 400 hurdles . . . She was Esperanza's MVP in track and cross-country.

PERSONAL: Born in Bellflower, Calif., on Jan. 20, 1966 . . . She is a biology/pre-med major at USC.

COACH LaPLANTE: "Mary Anne is making quite a jump from the hurdles and the 800 to the 1500 and 3000, but I believe she will realize her greatest potential there. She did a good job during cross-country and showed she is ready for the change."

CAREER BESTS: 2:12.25, 800 meters; 1:02.66, 400-meter hurdles.

**LaWANDA CABELL — 5-8, 120, Sr., 400, Sprints**

COLLEGE: After transferring to USC from El Camino College last year, Cabell wasted little time in etching her mark in USC women's track history . . . The school record holder in the 400 (54.06), she is also fifth in the 200 (24.41) and sixth in the 100 (11.84) on USC's all-time lists . . . Took second in the 400 at the WCAA Championships last year . . . Placed first in nine

different meets in 1985 . . . At El Camino in 1984, LaWanda won the state championship in the 400 and clocked her career best of 53.72 (tops in the nation for junior colleges in 1984) . . . Ran the anchor leg on El Camino's national record 1600-meter relay two years ago . . . Was named Metro Conference Athlete of the Year.

PERSONAL: Born in Long Beach on Oct. 10, 1964 . . . She is a psychology major at USC . . . Her brother is Los Angeles Dodgers' infielder Enos Cabell and her fiance is USC's all-time leading pass receiver, Hank Norman.

COACH LaPLANTE: "LaWanda competed well for us last year, but she can give much more. She has worked very hard during the off-season and I expect it to mix well with her natural talent."

CAREER BESTS: 11.84, 100 meters; 24.20, 200 meters; 53.72, 400 meters.

**DIANA CLEMENTS — 5-11, 175, Sr., Weights**

COLLEGE: One of USC's returning All-Americans, Clements placed fifth in the shot put (51-6½) in last year's NCAA meet . . . She is the USC record holder in the shot put (52-11) and the first to throw past the 50-foot mark for Troy . . . No. 3 on USC's all-time discus list (159-8) . . . Also threw the javelin on occasion and her best of 138-11 is eighth all-time at USC . . . Placed first seven times last year, including a win

at the Mt. SAC Relays in the University division shot put . . . Had 10 competitions where she threw 50 feet or better in the shot put . . . Very strong and lean, Diana has bench pressed 225 pounds . . . Before transferring to USC last year, she was the 1984 state JC champ in the discus while at Saddleback College and placed second in the state shot put, too . . . Ranked No. 1 in the nation in the discus and No. 2 in the shot put in 1984 among JC athletes . . . Competed in the Olympic Trials in 1984.

HIGH SCHOOL: While at San Clemente (Calif.) High, Clements was named Athlete of the Year as a senior in 1981 . . . Had a shot put best as a prep of 46-5 . . . San Clemente track team's Most Valuable Athlete.

PERSONAL: Born in Culver City on May 22, 1963 . . . She is a sports information major at USC.

COACH LaPLANTE: "Diana is totally dedicated to throwing very far this year and doing it when it counts. She has set an example in training during the off-season that has attracted the attention of all our athletes."

CAREER BESTS: 52-11, shot put; 160-0, discus; 138-11, javelin.

**YOLANDA FLETCHER — 5-7, 143, Sr., Jumps, Heptathlon**

COLLEGE: Fletcher will compete in her first full track season since coming to USC in 1981 . . . A four-year letterman on the USC women's basketball team (including two national championships), Yolanda used up her eligibility in that sport and has one year left in track . . . Although Fletcher's meet experience in three years on the team is limited, she has finished

second in the conference heptathlon and qualified for the NCAA long jump (both in 1983) . . . Her long jump best (20-7¼) is fifth on USC's all-time list . . . A very versatile athlete, Fletcher has thrown the shot (44-6¾) far enough to be listed third on the school ladder . . . She placed seventh in the WCAA long jump last year and third in 1984.

HIGH SCHOOL: As a prep at Crenshaw High in Los Angeles, Fletcher starred in basketball and track . . . She was the L.A. City champion in the long jump and shot put as a senior in 1981 . . . Three-time MVP on Crenshaw's basketball team . . . Once scored 42 points in a game . . . Her high school coach was former USC javelin thrower Bob Voiles.

PERSONAL: Born in Los Angeles on Sept. 19, 1963 . . . She is a business major at USC.

COACH LaPLANTE: "Yolanda might be the best kept secret around and there's no telling what she will do after concentrating on track all this year. Her natural ability could make her a competitor on the national level."

CAREER BESTS: 20-7/4, long jump; 44-6 3/4, shot put; 4984 pts., heptathlon.



SHARON HATFIELD — 5-11, 149, Jr., Heptathlon

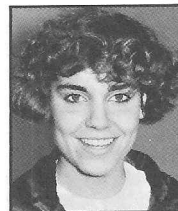
COLLEGE: An All-American in the heptathlon in 1984, Hatfield won the conference title in 1985, but finished a disappointing 12th at last year's NCAA meet . . . Scored a career-high 5582 points while finishing fourth at the 1984 NCAA meet in Eugene, Ore. . . . She is listed among USC's all-time top 10 in eight events and is the school record holder in the 400-meter hurdles (1:01.65) . . . Redshirted in 1983 because of a back injury . . . Competed in the 1984 U.S. Olympic Trials . . . Finished second in the WCAA heptathlon in 1984.

HIGH SCHOOL: Sharon holds the national high school and national junior records in the heptathlon (5405), set when she was a senior at Fountain Valley (Calif.) High in 1982 . . . She won the silver medal at the Junior Pan-American Games in Venezuela in 1982 . . . She also starred in volleyball and cross-country in high school and was Fountain Valley's Athlete of the Year as a senior.

PERSONAL: Born in Newport Beach on April 14, 1964 . . . She is a sports information major at USC.

COACH LaPLANTE: "Sharon's attitude this season is nothing but world class. If she can avoid any back problems this year, she can be the NCAA champion."

CAREER BESTS: 5582, heptathlon; 14.65, 100-meter hurdles; 5-8, high jump; 38-4, shot put; 25.15, 200-meters; 19-3, long jump; 139-4, javelin; 2:16.90, 800 meters; 1:01.65, 400-meter hurdles.



KAREN KOELLNER — 5-7, 135, Fr., Hurdles

HIGH SCHOOL: Koellner was the Iowa state champion in the 400 hurdles while at Ames (Ia.) High last year . . . Has a best of 1:01.5 in the 400 hurdles . . . Has also run 800 meters in 2:12.2, 400 meters in 55.5 and the 100-meter hurdles in 14.40 . . . She earned All-American honorable mention and All-Conference honors as a senior . . . Played forward on Ames' basketball team.

PERSONAL: Karen was born in Ames, Ia., on

Oct. 2, 1966.

COACH LaPLANTE: "Karen is very gifted, but she needs to improve her running and hurdling mechanics. She could pull a few surprises this year."

CAREER BESTS: 1:01.5, 400-meter hurdles; 55.5, 400 meters; 2:12.2, 800 meters; 14.40, 100-meter hurdles.



LAURIEANN LOVEREN — 5-10, 155, Fr., Heptathlon, Hurdles

HIGH SCHOOL: As a prep at Long Beach (Calif.) Wilson High, Loveren earned All-Moore League honors in track . . . Ran the 100-meter hurdles in 15.0, 300-meter hurdles in 47.0 and long jumped 17-3 . . . Also played volleyball at Wilson as a middle blocker and outside hitter.

PERSONAL: Born in Long Beach on July 20, 1967 . . . LaurieAnn is a sports information major at USC.

COACH LaPLANTE: "Laurie has surprised us with good athletic ability and a great attitude. I'm anxious to see how she adapts to the events that are new to her in the heptathlon because she could be a factor."

CAREER BESTS: 15.0, 100-meter hurdles; 47.0, 300-meter hurdles; 17-3, long jump.



ELISE LYON — 5-6, 126, Fr., Distances

HIGH SCHOOL: One of the world's top junior middle distance runners last year, Lyon is England's junior and intermediate national champion . . . Has run 2:07.0 (800 meters), 4:16.12 (1500) and 9:32.0 (3000), the latter two being considerably better than USC's existing records for those distances . . . The top runner on the USC cross-country team this past fall, she finished seventh in the conference meet and has a five kilometer best of 17:35 . . . Placed in the top five in four of six cross-country meets last fall, including three firsts.

PERSONAL: Born in Tadworth, Surrey, England on April 23, 1966 . . . She is a business major at USC.

COACH LaPLANTE: "Her importance to our distance program makes her one of our most significant recruits. She's a gritty competitor with great natural strength who needs only to familiarize herself with the American scene to be effective."

CAREER BESTS: 2:07.0, 800 meters; 4:16.12, 1500 meters; 9:32.0, 3000 meters.



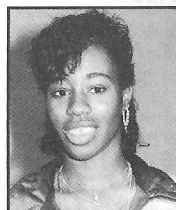
LESLIE MAXIE — 5-11, 150, Fr., Hurdles, 400

HIGH SCHOOL: The 1984 Female High School Athlete of the Year in *Track and Field News*, Maxie finished fifth in the U.S. Olympic Trials that year in the 400-meter hurdles . . . The national record holder in the 400 hurdles (55.20) and 300-meter hurdles (40.18), both set in 1984 . . . Although slowed by injury last year as a senior at Mills High in Millbrae, she was still the nation's top-ranked long hurdler and ran 57.73 and 40.51 . . . She had the No. 3 time at 200 meters in the nation (23.44), too . . . Also won the state title and TAC junior championship in her specialty in 1985 . . . Her 55.20 clocking is also a world junior record, and gave her second place at the 1984 TAC meet . . . In her junior year, she ran eight of the 10 best prep times in the 300 hurdles and 10 of 10 in the 400 hurdles . . . Had the nation's fourth best 400 (53.07) and No. 5 200 (23.64) as a junior in 1984 . . . Maxie burst onto the track scene as a soph when she emerged from 1983 as the top-ranked quartermiler in the country and clocked 53.13 for 400 meters . . . She won the 1983 TAC Junior title in the 400 . . . Had the second fastest time among preps nationally as a soph in the 300-meter hurdles (41.70) . . . Left Mills High as a three-time All-American and TAC Junior champ . . . Also clocked 13.87 in the 100-meter hurdles (high school hurdles).

PERSONAL: Leslie was born in San Francisco on Jan. 4, 1967 . . . She is a political science major at USC.

COACH LaPLANTE: "Even though she is just a freshman, she has quite a bit of experience and she can never be overlooked. She's making the typical adjustments to a new environment and should be ready to show her true ability by the end of this year."

CAREER BESTS: 55.20, 400-meter hurdles; 53.07, 400 meters; 23.44, 200 meters; 13.87hs, 100-meter hurdles.



MYRA MAYBERRY — 5-7, 124, Jr., Sprints

JUNIOR COLLEGE: California JC state champ at 100 and 200 meters in 1985 while at El Camino, which won the state team title . . . Also ran legs on the state champion 400-meter and 1600-meter relays . . . Was named Athlete of the Meet for her performance at the state meet last year . . . Had bests of 11.45 for 100 meters, 23.8 for 200 meters and 54.4 for 400 meters . . . In 1984, Myra ran a leg on El Camino's national JC

record 1600 relay team, which included USC 400-meter record holder LaWanda Cabell.

HIGH SCHOOL: As a prep at Reseda (Calif.) High, Mayberry was the West Valley League champ in the 100, 200 and 400 in 1982 and 1983 . . . Had prep bests of 12.2 (100), and 56.91 (400) . . . Also played forward on Reseda's basketball team.

PERSONAL: Born in New York on May 5, 1965 . . . She is a sociology major at USC.

COACH LaPLANTE: "Myra has made some big improvements in her times and speed during the past three years and I suspect she'll continue. She's a super competitor and you'll see her improve as her technique improves."

CAREER BESTS: 11.45, 100 meters; 23.8, 200 meters; 54.4, 400 meters.



GERVAISE McCRAW — 5-6, 125, Jr., Sprints

COLLEGE: Made her mark on the USC all-time sprint lists in 1985 after transferring from Mt. San Antonio College . . . Ran 11.65 for 100 meters (fourth best at USC) and 23.44 for 200 meters (second at USC) last year . . . Her best in the 200 came at the NCAA Championships during the qualifying heats . . . Gervaise (pronounced jerv-ACE) also ran 400 meters in 56.14, good for fourth all-time at USC . . . Placed second in the

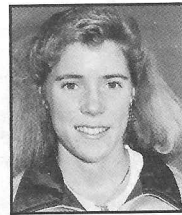
200 and fifth in the 100 at the WCAA meet last year . . . McCraw won the 200 and 400 while leading Mt. SAC to the state JC title in 1983 . . . Had bests of 11.59 and 23.16 at Mt. SAC.

HIGH SCHOOL: A two-time track All-American at Ganesha High in Pomona (Calif.), McCraw was the National Junior champion and California State titlist in the 400 in 1982 . . . She won the bronze medal at the 1982 Junior Pan-American Games in Venezuela.

PERSONAL: Born in Los Angeles on Dec. 10, 1964 . . . Her major at USC is recreation therapy.

COACH LaPLANTE: "Gervaise will put more emphasis on the 400 this year and that could be her best event. If she trains consistently and stays healthy, she'll be among the best."

CAREER BESTS: 11.37, 100 meters; 23.16, 200 meters; 53.20, 400 meters.



LESLEY NOLL — 5-4½, 120, Fr., Middle Distances

HIGH SCHOOL: One of San Diego's top prep runners at 400 and 800 meters, Noll ran the fourth fastest 800 in the nation last year (2:08.00) . . . At last year's CIF San Diego Section championship meet, Lesley broke the meet and section records in the 800 and 400 (55.8) and anchored the 1600-meter relay for Mt. Carmel High, which also broke the meet and section

records . . . She earned Athlete of the Year honors from the Palomar League, the Escondido Times-Advocate and Mt. Carmel . . . Noll was the No. 2 runner on USC's cross-country team this past fall.

PERSONAL: She was born in Orange City, Calif., on May 22, 1967 . . . She is a sports information major at USC.

COACH LaPLANTE: "Lesley's enthusiasm for track is surpassed by no one. Relatively, she's still new to the 800 and should improve by leaps and bounds. Her success in cross-country last fall will help her."

CAREER BESTS: 55.8, 400 meters; 2:08.00, 800 meters.



CLAUDIA PARIS — 5-11, 192, Fr., Weights

HIGH SCHOOL: One of Italy's top discus throwers, Paris was the Italian champion in that event in 1985 and has a best of 169-11 . . . In 1984 she won Italy's junior title . . . She won the national title in 1985 on her last throw . . . Has also thrown the shot 41-9.

PERSONAL: Claudia was born in Milan, Italy on Aug. 27, 1966 . . . She is a physics major at USC.

COACH LaPLANTE: "Claudia is a proven winner and has already thrown far enough to be a factor in the NCAA meet. Hopefully her adjustment to the American lifestyle will be easy and she'll realize her potential."

CAREER BESTS: 169-11, discus; 41-9, shot put.



ROBIN SIMMONS — 5-6, 123, Jr., Sprints

COLLEGE: One of the fastest female sprinters ever at USC, Simmons is second on Troy's all-time list for 100 meters (11.57) and third in the 200 (23.77) . . . Has placed fourth in the WCAA 100 two years in a row and finished fifth in the conference 200 in 1984 . . . Set her PR in the 100 while winning the university/open division at the Mt. SAC Relays last year . . . Robin participated in the 1984 U.S. Olympic Trials in Los

Angeles . . . Ran a leg on USC's NCAA 400-meter relay that narrowly missed the finals . . . Came in first five times in 1985.

HIGH SCHOOL: Simmons was the L.A. City champ in the 100 and 200 as a prep at Crenshaw High . . . She placed third in the state meet in 1983 . . . Also took third in the 100 and 200 at the U.S. Junior Nationals in 1983 . . . Ran anchor on the U.S. Junior National team that set the world junior record in 1983 . . . Nationally, Robin was ranked among the top 10 sprinters in 1983 . . . She was Crenshaw's homecoming queen as a senior.

PERSONAL: Born in Los Angeles on July 31, 1965 . . . She is a sports information major at USC.

COACH LaPLANTE: "Injuries have held her progress back, but watch out when she gets healthy. She is going to anchor our sprint relay this year, so that should tell you what we think of her ability."

CAREER BESTS: 11.57, 100 meters; 23.77, 200 meters; 58.69, 400 meters.



DIANE VERSTEEG — 5-3½, 125, Jr., Distances

JUNIOR COLLEGE: An All-Metro Conference pick while at El Camino College last year, Versteeg transferred to USC last fall and was voted Outstanding Walk-on on Fred LaPlante's cross-country squad . . . Her best time for 5000 meters came at last year's state JC cross-country meet (18:48) . . . She has clocked 3:19 at the Palos Verdes Marathon . . . At El Camino, Diane

ran on the track team with present USC teammates LaWanda Cabell and Myra Mayberry.

HIGH SCHOOL: At Redondo High, she participated in track, cross-country and soccer . . . A fine student, Diane earned a CSF life membership.

PERSONAL: VerSteeg was born in Inglewood on Dec. 20, 1964 . . . Her major at USC is journalism . . . Her brother, Craig, was a graduate assistant coach on the USC football team the last two years.

COACH LaPLANTE: "Diane was our most consistent cross-country runner last fall and I expect her to continue the trend in track. Her hard work has already started to pay off."

CAREER BESTS: 18:48.0, 5000 meters (road).



GAIL WILSON — 5-10, 145, So., Hurdles
COLLEGE: Ran a best of 14.74 last year as a freshman for USC, good for ninth on Troy's all-time chart in the 100-meter hurdles . . . Took second in a triangular meet in Tempe, Ariz., and third in a quadrangular meet at home in 1985 . . . Competed in the WCAA Championships, but did not qualify for the finals.

HIGH SCHOOL: Earned All-American mention as a prep at East High in Anchorage, Alaska . . .

Although injured most of 1984 as a senior, Wilson was the state champion and record holder in the 100-meter hurdles and the long jump . . . Her best marks were 14.07hs (hurdles), 18-6 (long jump) and 37-8 (triple jump) . . . She was the MVP of East's basketball and track teams.

PERSONAL: Born in Seattle, Wash., on Sept. 19, 1966 . . . Gail is a communications major at USC.

COACH LaPLANTE: "Gail has great power and technique in the hurdles. We need to improve her speed, strength and confidence if she expects to maximize her potential in that event."

CAREER BESTS: 14.74, 100-meter hurdles.

CROMWELL TRACK AND FIELD RECORDS

100-METER DASH — 11.47, LaShon Nedd (UCLA), May 14, 1982.

200-METER DASH — 23.54, Diane Williams (Cal State Los Angeles), May 7, 1983.

400-METER DASH — 53.68, Oralee Fowler, (Shaklee TC), March 27, 1981.

800-METER RUN — 2:05.08, Rene Ross (San Diego State), March 23, 1985.

1500-METER RUN — 4:15.6, Monica Joyce (San Diego State), May 15, 1982.

3000-METER RUN — 9:01.78, Monica Joyce (San Diego State), May 15, 1982.

5000-METER RUN — 16:02.7, Monica Joyce (San Diego State), March 28, 1982.

10,000-METER RUN — 34:15.50, Jan Oehm (Arizona), May 14, 1982.

100-METER HURDLES — 13.31, Heakie Filsinger (West Germany), June 26, 1982.

400-METER HURDLES — 57.91, Robin Marks (Arizona), May 15, 1982.

400-METER RELAY — 44.34, Cal State Los Angeles, May 7, 1983.

1600-METER RELAY — 3:35.7, L.A. Naturite TC, May 7, 1983.

HIGH JUMP — 6'1 $\frac{1}{4}$ ", Iris Kuenstner (West Germany), June 26, 1982; Cindy Greiner, USA National Team, June 26, 1982.

LONG JUMP — 21'6", Jennifer Innis (L.A. Naturite TC), March 28, 1982.

TRIPLE JUMP — 41'0 $\frac{1}{2}$ ", Yvette Bates (USC), March 23, 1985.

SHOT PUT — 60'9 $\frac{1}{4}$ ", Ramona Pagel (Unatt.), April 19, 1985.

DISCUS — 216'8", Meg Ritchie (Arizona), May 15, 1982.

JAVELIN — 172'7", Jackie Nelson (Unatt.), May 7, 1983.

HEPTATHLON — 6041 pts., Jackie Joyner (USA National Team/Wilt's AC), June 27, 1982.

WOMEN OF TROY TRACK AND FIELD RECORDS

Best acceptable outdoor performances made by USC varsity and freshmen trackmen in undergraduate seasons of competition and approved by the head coach. Non-winning times have not been acceptable unless fully electronically timed.

TRACK EVENTS

100-METER DASH — 11.34, Gail Douglas, San Diego State, May 11, 1979.

200-METER DASH — 23.14, Gail Douglas, UCLA, Westwood, April 27, 1979.

400-METER DASH — 54.06, LaWanda Cabell, UCLA, Westwood, May 4, 1985.

800-METER RUN — 2:04.58, Donna Curtis, NCAA Championships, Austin, Tex., May 29, 1985.

1500-METER RUN — 4:26.25, Donna Curtis, UCLA, Westwood, April 7, 1984.

3000-METER RUN — 9:50.32, Gina Dyer, Mt. SAC, Walnut, April 21, 1980.

10000-METER RUN — 41:49.84, Roseann Nardon, 1985.

100-METER HURDLES — 13.14, Patty Van Wolvelaere, Tennessee, Knoxville, Tenn., May 26, 1978.

400-METER HURDLES — 1:01.65, Sharon Hatfield, UC Irvine Quadrangular, Irvine, March 30, 1985.

FIELD EVENTS

HIGH JUMP — 5'11 $\frac{3}{4}$ ", Debra Larsen, UCLA, Westwood, June 24, 1983.

LONG JUMP — 21'5 $\frac{1}{2}$ ", Sabrina Williams, 1985.

SHOT PUT — 52'11", Diana Clements, 1985.

JAVELIN — 154'6", Lisa van Benthem, UCLA, Westwood, May 15, 1983.

DISCUS — 173'11", Cindy Johnson, Houston, May 18, 1980.

TRIPLE JUMP — 44'6 $\frac{3}{4}$ ", Wendy Brown, NCAA Championships, Austin, Tex., May 30, 1985.

HEPTATHLON — 5616 pts., Debra Larsen, UCLA, Westwood, June 24-25, 1983.

HEPTATHLON (new table) — 5405 pts., Sharon Hatfield, WCAA Championships, Westwood, May 10-11, 1985.

PENTATHLON — 3801 pts., Kerry Bell, 1979.

RELAY EVENTS

400 METERS — 44.84, Sabrina Williams, Robin Simmons, LaWanda Cabell, Gervaise McCraw, 1985.

800 METERS — 1:37.58, Sabrina Williams, Robin Simmons, LaWanda Cabell, Gervaise McCraw, 1985.

1600 METERS — 3:42.72 LaWanda Cabell, Gervaise McCraw, Donna Curtis, Tonya Ransom, 1985.

3200 METERS — 9:13.67 Mary Anne Bullard, Julie Rollow, Amy Johnson, Donna Curtis, 1985.

SPRINT MEDLEY — 1:44.34, Gail Douglas, Kim Robinson, Sandy Crabtree, Linda Cassidy, 1979.

DISTANCE MEDLEY — 12:31.24, Donna Curtis, Sharon Hatfield, Amy Johnson, Julie Sumpter, 1984.

ALL-TIME TOP TEN USC PERFORMERS

Listed below are the top ten USC track performers in each outdoor event during seasons in which they represented USC, either as a freshman or varsity performer. It does not include marks made before or after attending USC, or during seasons in which they did not compete for USC.

100-METER DASH

1. Gail Douglas	11.34	1979
2. Robin Simmons	11.57	1985
3. Kim Robinson	11.61	1981
4. Gervaise McCraw	11.65	1985
5. Patty Van Wolvelaere	11.78	1978
6. LaWanda Cabell	11.84	1985
7. Sabrina Williams	11.90	1984
8. Rosetta Birt	11.94	1976
9. Dolly Fleetwood	12.11	1982
10. Denise Eddington	12.24	1981
Sandy Crabtree	12.24	1979

200-METER DASH

1. Gail Douglas	23.14	1979
2. Gervaise McCraw	23.44	1985
3. Robin Simmons	23.77	1985
4. Kim Robinson	23.84	1981
5. LaWanda Cabell	24.41	1985
6. Kim Adams	24.49	1981
7. Rosetta Birt	24.51	1977
8. Sandy Crabtree	24.54	1979
9. Denise Eddington	24.84	1981
10. Sabrina Williams	24.89	1984

400-METER DASH

1. LaWanda Cabell	54.06	1985
2. Linda Cassidy	54.86	1980
3. Rosetta Birt	56.04	1978
4. Gervaise McCraw	56.14	1985
5. Donna Curtis	56.74	1984
6. Tonya Ransom	56.89	1985
7. Kim Adams	57.44	1981
8. Cecile Poppen	58.24	1979
9. Anna Biller	58.54	1979
10. Robin Simmons	58.69	1984

800-METER RUN

1. Donna Curtis	2:04.58	1985
2. Gina Dyer	2:11.21	1980
3. Mary Anne Bullard	2:12.25	1985
4. Julie Rollow	2:14.87	1985
5. Diane Byington	2:15.14	1977
6. Amy Johnson	2:16.44	1985
7. Sharon Hatfield	2:16.90	1984
8. Rennie Durand	2:17.04	1983
9. Debra Larsen	2:17.25	1983
10. Gervaise McCraw	2:17.84	1985

1500-METER RUN

1. Donna Curtis	4:26.25	1984
2. Gina Dyer	4:27.80	1980
3. Diane Byington	4:43.74	1977
4. Julie Rollow	4:45.03	1985
5. Carey Hill	4:47.84	1979
6. Julie Sumpter	4:59.14	1983
7. Amy Johnson	5:04.94	1984
8. Julie Looth	5:05.19	1981
9. Roseann Nardon	5:06.34	1985
10. Staci Burgess	5:13.10	1981

3000-METER RUN

1. Gina Dyer	9:50.32	1980
2. Julie Sumpter	10:43.74	1984
3. Diane Byington	10:44.54	1977
4. Donna Curtis	10:47.64	1985
5. Julie Rollow	10:50.54	1985
6. Roseann Nardon	10:59.29	1985

5000-METER RUN

1. Carey Hill	17:43.14	1980
2. Roseann Nardon	19:10.54	1985
3. Julie Sumpter	19:12.54	1984
4. Julie Rollow	19:51.54	1985

10,000-METER RUN

1. Roseann Nardon	41:49.84	1985
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100-METER HURDLES

1. Patty Van Wolvelaere	13:14	1978
2. Mitzi McMillan	13:74	1978
3. Yvette Bates	14.09	1985
4. Wendy Brown	14.22	1985
5. Kay Garnet	14.29	1980
6. Lyn Carter	14.46	1984
7. Sharon Hatfield	14.65	1984
8. Kerry Bell	14.70	1983
9. Gail Wilson	14.74	1985

400-METER HURDLES

1. Sharon Hatfield	61.65	1985
2. Janice McDowell	62.42	1982
3. Mary Anne Bullard	62.66	1985
4. Rochelle Savoy	63.72	1985
5. Lynn Davis	63.84	1981
6. Rosalyn Anderson	64.14	1979
7. Marianne Eastern	64.40	1981
8. Dalal Ahmad	64.94	1977
9. Anna Biller	66.24	1977
10. Karen Neblett	66.30	1982

LONG JUMP

1. Sabrina Williams	21'6"	1985
2. Wendy Brown	21'5 $\frac{1}{2}$ "	1985
3. Yvette Bates	20'7 $\frac{1}{2}$ "	1985
Sandy Crabtree	20'7 $\frac{1}{2}$ "	1981
5. Yolanda Fletcher	20'7 $\frac{1}{4}$ "	1983
6. Kathy Haynes	19'11 $\frac{3}{4}$ "	1980
7. Kerry Bell	19'10"	1982
8. Debra Larsen	19'9"	1983
9. Mitzi McMillan	19'8 $\frac{3}{4}$ "	1978
10. Sharon Hatfield	19'3"	1984

HIGH JUMP

1. Debra Larsen	5'11 $\frac{3}{4}$ "	1983
2. Wendy Brown	5'11 $\frac{1}{2}$ "	1985
3. Kerry Bell	5'9"	1982
4. Mitzi McMillan	5'7 $\frac{3}{4}$ "	1978
5. Kathy Haynes	5'7"	1980
Julie Lendel	5'7"	1979
Kelli Arrivey	5'7"	1984
8. Sharon Hatfield	5'6 $\frac{1}{2}$ "	1984
9. Donna Carter	5'6"	1985
Rosetta Birt	5'6"	1976

SHOT PUT

1. Diana Clements	52'11"	1985
2. Kerry Bell	45'10 $\frac{3}{4}$ "	1981
3. Yolanda Fletcher	44'6 $\frac{3}{4}$ "	1983
4. Cindy Johnson	43'10 $\frac{1}{2}$ "	1983
5. Debra Larsen	43'8"	1983
6. Dana Olsen	41'2 $\frac{3}{4}$ "	1980
7. Julie Morgan	39'9 $\frac{3}{4}$ "	1977
8. Vivian Turner	38'8"	1976
9. Sharon Hatfield	38'4"	1985
10. Mitzi McMillan	37'3 $\frac{3}{4}$ "	1977

DISCUS THROW

1. Cindy Johnson	173'11"	1983
2. Dana Olsen	159'11"	1980
3. Diana Clements	159'8"	1985
4. Vivian Turner	150'1"	1976
5. Donna Hollingsworth	144'2"	1981
6. Honour Henry	111'8"	1979
7. Barb Deasey	101'2"	1979
8. Charm Bishop	97'9 ³ / ₄ "	1983
9. Mary Ann Densler	94'4"	1979
10. Lynsey Howatt	88'4 ¹ / ₂ "	1979

JAVELIN THROW

1. Lisa van Benthem	154'6"	1980
2. Dana Olsen	152'9"	1980
3. Regina Steele	145'2"	1978
4. Charm Bishop	144'8"	1982
5. Kathy Nelson	142'6"	1981
6. Lori Jepson	141'0"	1978
7. Sharon Hatfield	139'4"	1985
8. Diana Clements	138'11"	1985
9. Lynn van Benthem	136'11"	1981
10. Alexis Crampton	133'6"	1978

HEPTATHLON

1. Debra Larsen	5616	1983
2. Sharon Hatfield	5582	1984
3. Kerry Bell	5550	1982
4. Yolanda Fletcher	4984	1983
5. Sandra Murray	4455	1981

HEPTATHLON (NEW TABLE)

1. Sharon Hatfield	5405	1985
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PENTATHLON

1. Kerry Bell	3801	1979
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400-METER RELAY

1. Williams, Simmons, Cabell, McCraw	44.84	1985
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800-METER RELAY

1. Williams, Simmons, Cabell, McCraw	1:37.58	1985
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1600-METER RELAY

1. Cabell, McCraw, Curtis, Ransom	3:42.72	1985
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3200-METER RELAY

1. Bullard, Rollow, Johnson, Curtis	9:13.67	1985
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SPRINT MEDLEY RELAY

1. Douglas, Robinson, Crabtree, Cassidy	1:44.34	1979
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DISTANCE MEDLEY RELAY

1. Curtis, Hatfield, Johnson, Sumpter	12:31.24	1984
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