

Results of State Qualifying Meet - February 7

1982 AATC

On the whole I thought we did pretty well. We qualified 4 relays plus one individual for the state meet. We now have 3 weeks to get ready for the next meet... everyone will get better (including us) but it will take a lot of hard work & dedication. We will improve 3 1/2 seconds in the 880 relay if you get good handoffs (they were terrible on Saturday). Larissa was very disappointed in her performance but her pride & determination will get her back to where she should be. Mara, Ginny & Mary ran extremely well... in fact all the milers & 2-milers were impressive. Our mile relays must improve... you must learn to run 2, 3, & even 4 races in a meet at top effort. All in all, it was an excellent beginning But there is always room for improvement.

60 Hurdles Nora 9.8 trials 10.0 semifinals Crystal 10.7 & 11.4
60 yd dash Valencia 7.7 trials, 7.7 semifinals, 7.7 finals
 LaShelle 7.8, 7.7, 7.5 Sabrina 7.8, 7.6, 7.7 Rolanda 7.9, 7.7

Shot Put Charlene 24'10 1/2" Marique 23'10 1/2" Karla 23'11"

300 Rhonda 39.4 trials & 33.0 in finals

Mile Malinda 6:39.5 (91-3:13-5:00) Kara 6:42.1 (92-3:15-5:02)
 Mary G 6:21.5 (92-3:12-4:48) *Ginny 5:38.3 (79-2:43-4:14)
 Cowen 6:43.8 (92-3:15-5:02) --- not bad for 1 shoe!

2-Mile *Larissa 11:53.5 (71-2:34-3:59-5:25-7:35-(9:20²-10:12)²)
 *Mara 11:08.0 (73-2:35-4:00-5:28-7:35-(9:04²-9:50)²)
 Kari 13:23 (?-3:02-5:25-6:27-8:39-(10:04²-11:59)²)
 Gayle DNF (?-3:10-5:36-6:39-dropped out)

880 Relays *Valencia 28.7 - LaShelle 27.9 - Odette 29.4 - Marianne 29.2 1:55.7
 *Sabrina 28.8 - Nora 28.4 - Marit 29.4 - Pam 30.4 1:57.0
 Tina 30.4 - Gayle 27.3 - Felicia 30.7 - DeNitz 33.7 2:04.3
 Rolanda 28.4 - Mary Margaret 31.4 - Debby 34.0 - Pat 34.7 2:08.5