

1981 CENTRAL WASHINGTON UNIVERSITY

SPRING SPORTS

COACHES DIRECTORY:

Sport	Coach	Office	Home
BASEBALL	Lee Day	968-3902*	925-3324
Assistant	Mike Dunbar	963-1758	925-9118
MEN'S TRACK	Spike Arlt	963-2483	925-2761
Assistants	Pat Maki		
	Dan Dittmer		
	Tim Hart		
	Greg Williams		
WOMEN'S TRACK	Jan Boyungs	963-1951	925-1185
WOMEN'S TENNIS	Dee Johns	963-1951	925-1185
MEN'S TENNIS	Everett Irish	963-1911	962-9568
MEN'S GOLF	Bink Beamer	963- 2883	925-1290

CENTRAL WASHINGTON UNIVERSITY SPRING SPORTS SCHEDULE

Baseball

March 21-23 - Whitman College Invitational; March 24 - Puget Sound (2), 1 p.m.; March 25 - At Pacific Lutheran (2), noon; March 26 - Gonzaga (2), noon; March 27 - Western Washington, 3 p.m.; March 28 - Western Washington (2), noon; March 31 - Whitworth (2), noon.

April 5 - at Gonzaga (2), 1 p.m.; April 7 - Yakima Valley, 3 p.m.; April 10 - at Western Washington, 3 p.m.; April 11 - at Western Washington (2), noon; April 12 - Eastern Washington (2), noon; April 14 - Washington (2), 1 p.m.; April 18 - Eastern Oregon, 3 p.m.; April 19 - Eastern Oregon (2), 1 p.m.; April 21 - Seattle (2), noon; April 22 - at Puget Sound (2), 1 p.m.; April 25 - at Lewis-Clark State, 7 p.m.; April 26 - at Lewis-Clark State (2), 1 p.m.; April 28 - at Washington (2), 1 p.m.

May 2 - at Eastern Oregon, 3 p.m.; May 3 - at Eastern Oregon (2); May 7 - Lewis-Clark State, 3 p.m.; May 8 - Lewis-Clark State (2), 1 p.m.; May 10 - at Eastern Washington (2), 1 p.m.; May 12 - at Yakima Valley, 7:30 p.m.

Men's Track

Feb. 28 - at Pre-polar Bear (Pacific Lutheran); March 7 - Polar Bear Relays at Bellevue; March 14 - Central Washington University Invitational; April 4 - at Western Washington Invitational; April 11 - at Spokane Community Bigfoot Invitational; April 18 - CWU Invitational; April 25 - CWU Invitational; May 2 - at Puget Sound Invitational; May 8-9 - District 1 at CWU.

Women's Track

Feb. 21 - at Idaho Indoor; Feb. 28 - at Pre-Polar Bear (Pacific Lutheran); March 7 - Polar Bear Relays at Bellevue; March 14 - at PLU Salzman Relays; April 4 - at Southern Oregon Invitational; April 11 - at Spokane Community Bigfoot Invitational; April 18 - CWU Invitational; April 25 - CWU Invitational; May 1 - at Western Washington Twilight; May 7-9 - NCWSA Regionals at Western Washington.

Men's Tennis

April 4 - at Eastern Washington, noon; April 7 - at Yakima Valley, 3 p.m.; April 10 - St. Martin's, 2 p.m.; April 11 - Eastern Washington, 2 p.m.; April 16 - at Seattle, 2 p.m.; April 17 - at Puget Sound, 10 a.m.; April 24-25 - at Western Washington Invitational; April 30 - Seattle, 2 p.m.; May 1 - Boise State (at WSU), 2:30 p.m.; May 2 - Western Washington (at WSU), 9:30 a.m.; at Washington State, 2:30 p.m.; May 5 - Yakima Valley, 2 p.m.; May 8-9 - NAIA District 1 at PLU.

Women's Tennis

Feb. 28 - at Eastern Washington, 1 p.m.; March 6-7 - at Puget Sound Invitational; April 1 - Seattle, 3 p.m.; April 3 - Lewis & Clark, 2 p.m.; April 4 - Lewis & Clark, 9 a.m.; April 6 - Pacific Lutheran, 2 p.m.; April 10-11 - at Portland State University, 3 p.m. and 9 a.m.; April 17-18 - at Boise State tournament; April 22 - Eastern Washington, 3 p.m.; April 25 - YVC, 9 a.m.; Portland, 3 p.m.; April 28 - at Seattle, 2:30 p.m.; May 1 - at Washington State, 3 p.m.; May 2 - at Lewis-Clark State; May 7-9 - NCWSA Regionals at Puget Sound.

1981 CWU BASEBALL PREVIEW

It's an old adage in baseball that you'll only go as far as your pitching and defense will carry you.

For Central Washington University, that wasn't very far last year. The Wildcats, after a promising 13-9 start, lost their final 13 games, including six to district champion Lewis-Clark State, to finish with a 13-22 record.

More often than not, the CWU pitching and defense was at fault. A late-season batting slump (CWU was shutout in its final three games) added to coach Lee Day's woes.

However, Day, beginning his third season at the Wildcat helm (36-38, 2 yrs), is optimistic about his club's chances.

"I think our overall defense will be stronger although we probably don't have as much depth," the former NAIA All-American at CWU said.

Pitching depth is something the 'Cats do have more of. "Last year we had only eight pitchers and you can't play five games a week and have anything left for batting practice. Just our number of pitchers alone should help."

Returning on the mound are CWU's top three winners off the 1980 staff which posted a team earned run average of 5.75.

The returnees are senior righthander Brent Stevens (Camas) and Earl Azeltine (Chehalis) and junior righthander Jon Granberg (Bellevue). Stevens posted a 4-5 record and had a 4.28 ERA. Granberg was 3-5 with a 5.20 ERA and Azeltine won three of seven decisions and compiled a 5.80 ERA.

"All three started and are back with a year's experience," Day pointed out, "and that should help."

In addition, the mound corps also includes two other returnees, a pair of transfers and two top freshmen.

Karl Lillquist (Coulee City, So.) and David Crain (Federal Way, So.) saw limited action a year ago. Cam Clark (Selah, So.) transferred from Whitman College and Desi Storey (Renton, Jr.) transferred from Centralia CC. Both Clark and Storey are southpaws. The freshmen are Dan Kain from Seattle's Kennedy High School and Terry Van Slyk from Republic High School.

Stevens was the ace of the 1980 staff. "He throws hard and has a good slider," Day said. "He was effective early in the year when he kept the ball down, but later he started to get it up."

Azeltine throws with an easy motion and has a good curve and slider. A foot injury slowed him last year. Granberg keeps the ball down and is sneaky quick. He is improved from the stretch position. Both Kain and Clark have good velocity. Storey, who also may play in the outfield, isn't overly quick, but he is smart, according to Day.

"All of our pitchers have good size, which is something we haven't had the past couple of seasons," Day said.

Elsewhere the Wildcats return five players who saw some starting duty last spring. Steve Rittereiser (Vancouver) returns behind the plate. Mike Dorman (Vancouver, SO.), who started at second base and in the outfield, is back as is part-time starter Joe Feist (Spokane, Jr.) at second base. Dave Gettman (Toppenish, So.), the team's leading hitter, returns in the outfield. Designated hitter Matt Meinhold (Edmonds, Sr.) also returns.

Rittereiser, a junior, batted .292, but is being pressed to retain his position in the lineup. CWU's best defensive catcher, he handles pitchers well and seldom lets a ball get passed him.

Challenging Rittereiser is Ron Kline (Seattle, Jr.), who played junior varsity baseball at Washington State two years ago, letterman Gary Corra (Issaquah, Sr.) and squad member Mike McGuire (Seattle, So.)

Kline hits the ball with authority and is fundamentally sound on defense. "If he continues to hit the ball, he'll be in the lineup somewhere," Day said.

In the infield Steve Azeltine (Chehalis, So.), up from the JVs, and Meinhold, who batted .250 in his role as the DH, are the first base candidates.

Day is eyeing Dave Jorgenson (Fall City, Jr.), who didn't play last year and Billy Carlow (Anchorage, Al., Jr.), a transfer from Everett Community College at second base. Carlow, rated a "super" defensive player, won't be eligible until the spring quarter.

Top shortstop candidates are Jerry Atamanchuk (Surrey, B.C., Jr.), who saw some varsity action at third base or possibly Dorman. Atamanchuk may be CWU's most improved player.

At third base the candidates are Feist, who batted .375 in 40 at bats; Glenn Poland, a 1980 squad member from Ventura, Calif., and Puyallup frosh Ron Balmer.

"Defensively we are untested in the infield except for Carlow," Day admitted, "But I think we will be improved. The infield will be a definite plus offensively. Atamanchuk is capable of hitting .300. Feist hit .375 last year and Meinhold is a legitimate .300 hitter. Carlow is also a capable hitter."

Gettman, the surprise of the 1980 season, returns in the outfield. An excellent defensive player, he surprised Day a year ago by leading the team in batting at .396. He also led the club in stolen bases with 13 and was second in runs batted in with 20.

Dorman, a sophomore from Columbia River High School, will probably join Gettman in the outfield. He batted .340 as a freshman.

The third outfield position is a tossup. Candidates include Storey, Steve Hart (Snoqualmie, Jr.), Rich Anderson (Bremerton, Jr.), Kline and frosh Mike Creagan from Fort Vancouver High School.

1981 CENTRAL WASHINGTON BASEBALL ROSTER

NO.	NAME	POS.	EXP.	CLASS	HT.	WT.	T-B	BIRTHDATE	HOMETOWN (SCHOOL)
	Rich Anderson	OF	JC	Jr.	6-0	172	R-R	9-14-60	Bremerton (Olympic CC)
9	Jerry Atamanchuk	SS	1V	Jr.	6-0	180	R-R	9-3-60	Surrey, B.C. (Queen Elizabeth)
27	Earl Azeltine	P	2V	Sr.	6-3	220	R-R	3-20-59	Chehalis (West)
26	Steve Azeltine	1B	SQ	So.	6-1	230	L-L	3-22-60	Chehalis (West)
	Ron Balmer	3B	HS	Fr.	5-10	165	R-R	11-22-61	Puyallup
	Bert Bunnell	P	HS	Fr.	5-9	180	R-R	9-24-62	Bellevue (Sammamish)
1	Billy Carlow	2B-OF	JC	Jr.	6-0	155	R-L	5-2-59	Anchorage, Al (Everett CC)
	Cam Clark	P	TR	So.	6-1	180	L-L	3-27-61	Selah (Whitman)
	Brian Camp	OF	HS	Fr.	5-10	177	R-R	3-12-58	Everett (Everett CC)
	Tom Conner	1B-OF	HS	Fr.	5-10	182	R-R	7-24-61	Battle Ground
16	Gary Corra	C	1V	Sr.	5-10	175	R-R	3-16-59	Issaquah
	David Crain	P	SQ	So.	5-10	165	R-R	1-21-61	Federal Way
5	Mike Creagan	OF	HS	Fr.	6-1	160	R-R	9-13-60	Vancouver (Fort Vancouver)
	Dan Dahlquist	SS	HS	Fr.	6-0	180	R-R	7-26-60	Edmonds (Shoreline CC)
21	Plato Dimakos	P	TR	Jr.	6-2	200	R-R	8-2-58	Chicago, Ill. (Loyola)
14	Mike Dorman	OF-SS	1V	So.	6-2	180	R-R	2-18-61	Vancouver (Columbia River)
4	Joe Feist	INF	1V	Jr.	5-10	160	R-R	4-8-60	Spokane (Gonzaga Prep)
7	Dave Gettman	OF	1V	So.	5-10	160	R-R	6-7-60	Toppenish
20	Jon Granberg	P	2V	Jr.	6-4	195	R-R	9-24-60	Bellevue
3	Steve Hart	OF	1V	Jr.	5-2	125	L-L	2-1-60	Snoqualmie (Mt. Si)
12	Doug Houser	P	HS	Fr.	6-1	179	R-R	4-19-62	Vancouver (Evergreen)
	Bob Iddins	P	HS	Fr.	6-0	190	R-R	10-9-61	Langley
	Dave Jorgenson	2B	HS	Jr.	5-10	160	R-R	5-4-59	Fall City (Mt. Si)
	Ron Klein	C	TR	Jr.	5-11	185	R-R	4-23-58	Seattle (WSU)
22	Dan Kain	P-1B	HS	Fr.	6-3	200	R-L	3-4-62	Seattle (Kennedy)
	Karl Lillquist	P	SQ	So.	6-2	200	R-R	3-22-61	Coulee City (Coulee-Hartline)
	Pat McGovern	P-OF	HS	Fr.	6-2	185	R-R	7-18-61	Edmonds (Woodway)
6	Mike McGuire	C	SQ	So.	6-0	175	R-L	5-13-60	Seattle (Nathan Hale)
28	Matt Meinhold	1B-DH	1V	Sr.	5-9	180	R-L	9-11-55	Edmonds (Edmonds CC)
	Rico Peretti	C-3B	HS	Fr.	5-11	175	R-R	12-5-61	Seattle (Kennedy)
15	Glenn Poland	3B	SQ	So.	6-0	180	R-R	2-26-61	Ventura, Calif.
25	Mark Remington	P	SQ	So.	5-11	168	R-R	7-12-55	Arlington
11	Steve Rittersiee	C	2V	Jr.	6-0	195	R-R	2-22-60	Vancouver (Columbia River)
	Mark Schmidt	2B	HS	Fr.	5-10	170	R-R	6-18-62	Seattle (Kennedy)
	Scott Smith	C	HS	Fr.	6-0	175	R-R	9-1-58	Mesa (Connell)
	Tyler Solt	P-3B	HS	Fr.	6-0	195	R-R	3-17-61	Chehalis (West)
19	Brent Stevens	P	1V	Sr.	6-3	175	R-R	12-26-57	Camas (Clark CC)
	Nick Stephenson	P	HS	Fr.	6-1	180	L-L	6-16-60	Selah
	Ed Sullivan	SS	SQ	Sr.	6-1	165	R-R	10-31-58	Seattle (Kennedy)
	Desi Storey	P-OF	JC	Jr.	5-9	165	L-L	1-25-59	Renton (Centralia CC)
	Terry Van Slyke	P	HS	Fr.	6-3	190	R-R	3-8-60	Republic
	Scott Van De Vante	1B-OF	HS	Fr.	6-0	175	R-L	4-3-62	Woodinville (Redmond)

1980 CWU FINAL BASEBALL STATISTICS

PLAYER	AB	R	H	2B	3B	HR	RBI	BB	SO	HP	SAC	SB	AVG
DAVE GETTMAN	96	22	38	1	1	1	20	11	12	3	2	13	.396
JOE FEIST	40	14	15	0	0	0	8	4	3	0	0	2	.375
MIKE DORMAN	53	8	18	2	0	0	8	2	4	1	0	1	.340
Dan Brooks	78	24	26	6	0	2	13	16	12	1	0	0	.333
STEVE RITTERESER	48	2	14	2	0	0	4	5	6	4	2	0	.292
Greg Cole	52	4	14	2	0	0	7	3	11	0	0	0	.269
Mobby Taylor	108	13	29	3	3	0	19	8	9	0	4	4	.268
MATT MEINHOLD	92	22	23	5	0	1	15	20	10	3	1	2	.250
Mark Swofford	84	13	21	6	0	0	12	23	12	1	1	0	.250
STEVE AZELTINE	8	1	2	1	0	0	2	0	1	0	0	0	.250
Jeff Dille	90	23	22	4	1	2	21	20	7	2	1	2	.244
Gregg Fugate	62	9	15	3	0	0	14	19	17	1	2	0	.242
GARY CORRA	34	1	8	3	0	0	6	4	1	0	2	0	.235
Reggie Grant	18	3	4	1	0	1	1	2	4	0	0	0	.222
Bernie Brand	55	15	12	4	0	2	9	13	6	0	0	4	.218
GLENN POLAND	5	1	1	0	0	0	1	0	0	0	0	0	.200
MIKE MCGUIRE	16	2	3	1	0	0	4	1	4	0	0	0	.187
STEVE HART	17	3	23	0	0	0	1	3	3	0	0	0	.118
JERRY ATAMANCHUCK	13	3	1	0	0	0	0	2	2	1	1	2	.077
MARK REMINGTON	7	0	0	0	0	0	0	3	3	0	0	0	.000
Steve Kent	6	1	0	0	0	0	0	1	2	0	0	0	.000
ED SULLIVAN	3	0	0	0	0	0	1	0	0	0	0	1	.000
Mike Hunziker	2	1	0	0	0	0	0	0	0	0	0	0	.000
Jeff Franklin	1	1	0	0	0	0	0	1	1	0	0	0	.000
Kirk Findlay	1	0	0	0	0	0	0	1	1	0	1	0	.000
Totals	989	186	268	44	6	9	166	151	131	17	17	31	.271

PITCHING	W	L	Sv	IP	H	R	ER	BB	SO	ERA
Brad Moshner	1	0	0	4.1	4	1	0	2	3	0.00
DAVID CRAIN	0	0	0	2.2	4	8	0	5	1	0.00
JERRY ATAMANCHUK	0	0	0	.1	1	0	0	0	1	0.00
Kevin Jones	1	11	1	8.2	9	8	3	6	7	3.12
Lawry Knopp	0	1	0	5.2	9	6	3	4	2	4.76
BRENT STEVENS	4	5	0	54.2	48	39	26	43	39	4.28
JON GRANBERG	3	5	0	62.1	81	49	36	21	25	5.20
EARL AZELTINE	3	4	0	40.1	45	39	26	34	24	5.80
Kekoa Gabriel	0	1	0	22.1	27	20	16	23	15	6.45
Karl LILLQUIST	0	1	0	13	10	12	11	18	6	7.62
Gus Carlson	0	3	1	18.1	21	26	16	15	10	7.85
Kevin Zylstra	1	0	0	10.1	17	17	12	14	5	11.32
Bob Lattanzi	0	1	0	1.2	5	7	7	3	0	37.80
Totals	13	22	2	245.2	281	232	157	188	138	5.75

Returning players in CAPS.

1980 BASEBALL RESULTS

5	Puget Sound	3	A
9	Puget Sound	1	A
4	Seattle	5	A
1	Seattle	4	A
10	Seattle	9	H
6	Seattle	8	H
5	Eastern Washington	12	H
8	Eastern Washington*	9	H
0	Puget Sound	10	H
6	Puget Sound	3	H
10	Pacific Lutheran	9	H
6	Pacific Lutheran	1	H
1	Washington	5	A
3	Washington	7	H
3	Eastern Oregon	2	H
8	Eastern Oregon	6	H
10	Eastern Oregon	2	H
4	Washington	17	A
0	Washington	8	A
17	Western Washington	1	H
12	Western Washington	3	H
8	Western Washington	2	H
9	Western Washington	2	A
3	Western Washington	4	A
9	Eastern Oregon	10	A
5	Eastern Oregon	9	A
4	Eastern Oregon	7	A
11	Lewis-Clark State	13	H
6	Lewis-Clark State	7	H
9	Lewis-Clark State	18	H
0	Eastern Washington	1	A
3	Eastern Washington	8	A
0	Lewis-Clark State	13	A
0	Lewis-Clark State	5	A
0	Lewis-Clark State	11	A

W-L	13-22
NAIA	9-14
Evergreen	7-4

Home	10-9
Road	3-13

*Suspended. Completed at Cheney.

CWU YEAR-BY-YEAR

YEAR	W	L	Captain	Inspirational	Orrell Award
1964	9	11			
1965	8	12			
1966	7	12			
1967	10	14	John Jamieson	Jack Miller	
1968*+	24	11	Butch Hill	Wayne Gibson	
1969*	24	11	Lee Day	Kim Hammons	
1970**+	32	8	Bill Walker	Rusty Morrison	
1971*	14	15	Bill Adkison	Bill Adkison	
1972*	25	13	Greg Schulte	Jim Vandersys	Schulte-
	95-47		Dave Heaverlo		Heaverlo
1973	13	12	Dave Hopkes	John Basich	John Basich
1974	23	10	Bud Fish	Ty Gorton	Mark Maxfield
1975	23	13	Ty Gorton	Ted Taylor	Jim Spencer
1976	22	10	Jim Busey	Neal White	Neal White
1977	21	15	Tim Sund	Greg LeClair	Greg LeClair
1978	10	27	Mike Beeson	Roger Valentine	Mike Ammerman
1979	23	16	Mike Beeson	Jay Buckley	Rob Taylor
1980	13	22	Jeff Dilley	Rob Taylor	Dan Brooks

Coaches - Jim Nylander 1957-1965; John Pearson 1966; Dean Nicholson 1967; Gary Frederick 1968-1978; Lee Day 1979-1980.

*District champions. +3rd in nation. ++7th in nation.

NAIA DISTRICT 1 ALL-STARS

- 1968 - Bill Walker (1b), Billy North (of), Butch Hill (P).
- 1969 - Bill Walker (1b), Billy North (of), Rob Hippf (P).
- 1970 - Bill Adkison (3B), Dave Heaverlo (P), Bill Walker (1B)
- 1971 - Bill Adkison (3B), Mike Gannon (C), Tim Huntley (OF), Dave Heaverlo (P).
- 1972 - R.J. Williams (OF), Dave Heaverlo (P), Jim Vandersys (OF), Mike Gannon (3b), Dave Hopkes (C).
- 1973 - Bud Fish (SS), John Basich (2B), HM - R.J. Williams (OF), Don Ward (P), Dave Hopkes (C).
- 1974 - Bud Fish (SS), Ty Gorton (OF), Gregg Kalian (1B).
- 1975 - Gregg Kalian (1B), Ty Gorton (2B), Jim Busey (3B).
- 1976 - Todd Wyckoff (P), Rick Mitchell (OF), HM - Randy Loren (2B), Jim Busey (3B), Tim Sund (SS), Jim Page (P), Mike Crandall (P), Stan Renecker (C), Mark Kramer (OF).
- 1977 - Tim Sund (SS), Rick Mitchell (OF), Dave Lukens (P), HM - Greg McDonald, Mike Beeson, Mike Ammerman.
- 1978 - None.
- 1979 - Mike Beeson (2B), Rob Taylor (SS), Jay Buckley (OF).
- 1980 - None.

NAIA ALL-AMERICANS

- 1968 - HM: Bill North (OF), Kim Hammons (SS), Butch Hill (P), Lee Day (3B)
- 1969 @ 1st: Bill North (OF), HM - Hammons, Hill, Day.
- 1970 - HM: Bill Walker (1B), Dave Heaverlo (P).
- 1971 - HM: Bill Adkison (3B)
- 1972 - HM: Dave Heaverlo (P), Bill Adkison (3B)
- 1974 - HM: Ty Gorton (OF).
- 1979;- HM: Rob Taylor (SS).

1981 MEN'S TRACK PREVIEW

Central Washington completely dominated the distance events at the 1980 NAIA District 1 track-and-field meet to earn a second-place team finish behind six-time champion Eastern Washington University.

Now with the Eagle having defected to the NCAA ranks, coach Spike Arlt hopes to use CWU's distance strength to return the district championship to Ellensburg for the first time since 1974.

Arlt, CWU's coach since 1974, makes no pretensions about it. The 'Cats are the premier distance running team among the Northwest's small colleges.

"We are solid from 800 meters up," Arlt said. "I look for us to do very well."

However, it will be hard to improve on last year's district record. Ted Mittelstaedt (Reardan, Jr.) finished second and Mark Mowery (Tacoma, Jr.) was fifth in the steeplechase. Phil Phimister (Camas, Sr.) led a 1-2-3 sweep in the 10,000 meters and also took the 5,000 meter crown and John Freeburg (Puyallup, Sr.) won the marathon.

In the 5,000, CWU took five of the top six places and all five runners return for another season.

The only graduation loss among the distance runners was Mark Brown and Arlt added Scott Spruill, a transfer from Lane Community College in Eugene, Ore., and Steve Deneson from Eastern Washington.

Returning in the 5,000 and 10,000 are Phimister, Freeburg, Kent Hernandez (Puyallup, Jr.), and Jack Stillmaker (Seattle, Sr.)

Mittelstaedt and Mowery will be tough in the steeplechase, according to Arlt and CWU also looks strong in the 1500 with Deneson (Seattle, Jr.), Paul Harshman (Seattle, So.), Pete Vernie (Ellensburg, So.) and Bob Prather (Selah, Fr.).

CWU not only has excellent quality, but also depth among its distance runners. "Forty percent of our team are in the distance events," Arlt said. "We feel good about establishing something we are going to own. And we are getting stronger and stronger in the distance events each year."

While the 'Cats don't have that type of depth elsewhere, neither is the cupboard bare.

In the sprints, CWU will depend on Gregg Colbo, a two-year senior letterman from Seattle. Dennis Carda, a junior from Elkhorn, Neb., and Dennis Edwards, a frosh from Juneau, Alaska, could help out.

In the 400 All-American Tim Hart graduated. However, Arlt predicts Warren Estby, a frosh from Enumclaw will be tough and he says sophomore Greg Thomas (Spokane) is a solid quarter-miler. Seniors Brian Hurlen (Tacoma) provides the depth.

In the 800 Central has a trio of good runners in Paul Harshman, Kent sophomore Ron Asmus and Lacey junior Dale Krutson. "We will be representative at district (which will be hosted by CWU) in the middle distances and fair in the sprints," Arlt said.

In the hurdles, CWU has noexperience but frosh Jim Holding from Onalaska has shown good potential.

Central's only experience in the weight events is in the shot where Tumwater junior Jon Smith returns. Kirkland frosh Tom Borque is also a shot putter.

CWU has no experience in the discus, but appears to have depth, even if unproven. Top bets are Tim Hjermstad from Kirkland, sophomore Dan Jensen from Bellevue, Selah sophomore Brad Smith and Bourque.

In the javelin, the top throwers are a pair of freshmen, Cle Elum's Al Montgomery and Olympia's Mike Walker. Scott Londino, a sophomore from Federal Way, throws the hammer.

School-record holder Darrell Charles (Seattle, Sr.) returns to anchor the triple jump (49-5). John Unglaub (Ocean Shores, So.) and Doug Keith (Ellensburg, So.) are also triple jumpers.

In the long jump Arlt has Charles and Unglaub. Returning high jumpers include national qualifer Allen Taylor, a sophomore from Longview who has a career best of 7- $\frac{1}{2}$ but just 6-8 at Central, Selah junior Dan Smith and Snohomish junior Tom Morse.

In the pole vault, CWU has four unproven vaulters, but all four have good potential. Candidates are freshmen Brian Blevins (Edmonds), Ken Cadieux (Spokane) and Todd Ringwood (Sprague) and Carda.

Arlt ranks both the 400 and 1600 relays as solid. CWU placed second in the 1600 and the 400 last year and returns two runners off each unit.

With Eastern gone, CWU has a solid chance to regain the district title it had held for more than a decade prior to Eastern's domination.

"We have better depth and balance, but I don't know if we have the national calibre talent we had last year," Arlt said.

1981 CWU MEN'S TRACK ROSTER

NAME	Exp	Class	Events	Bests	HOMETOWN (SCHOOL)
Ron Asmus	1V	So.	800,1500	1:55.9	Kent (Federal Way)
Brian Blevins	HS	Fr.	PV	13-0	Edmonds (Meadowdale)
Tom Bourque	HS	Fr.	SP, Discus	54(12 1b)	Kirkland (Juanita)
Ken Cadieux	HS	Fr.	PV	10-6	Spokane (Leesville, La.)
Dennis Carda	JC	So.	PV	13-0	Elkhorn, Neb. (Green River)
Darrell Charles	3V	Sr.	LJ, TJ	23-1½, 49-5	Seattle (Roosevelt)
Greg Colbo	2V	Sr.	100,200		Tacoma (Curtis)
Steve Denesen	TR	Jr.	800,1500	1:57, 3:57	Seattle (EWU)
Dennis Edwards	HS	Fr.	Sprints		Juneau, Alaska (Douglas)
Warren Estby	HS	Fr.	400		Enumclaw
Mark Fernald	TR	So.	5,000-10K		Tacoma (Tacoma CC)
John Freeburg	3V	Sr.	5-10,000	14:59.5	Puyallup
Scott Fuller	TR	So.	10,000		Palmer, Alask. (Alaska-Anchor)
Frank Gilliland	HS	Fr.	1500, SC	4:38*	Spanaway (Bothell)
Greg Hanberg	JC	Jr.	5000, SC		Tacoma (Fort Steilacoom CC)
Paul Harshman	1V	So.	800,1500	3:57	Seattle (Nathan Hale)
Kent Hernandez	2V	Jr.	5-10,000	14:51, 30:51	Puyallup
Tim Hjermsstad	HS	Fr.	Discus	135	Kirkland (Juanita)
Jim Holding	JC	So.	HH, IH	15.5	Onalaska (Yakima CC)
Roger Howell	1V	So.	10K, Marathon	2:32.40	Maches
Brian Hurlen	SO	Sr.	200, 400	21.5, 48.8	Tacoma (Foty Steilacoom CC)
Dan Jensen	SO	So.	Discus		Bellevue (Newport)
Doug Keith	JC	So.	HJ, TJ	6-6, 44-0	Ellensburg (Wenatchee CC)
Dale Knutson	SO	Jr.	800, 1500	1:58.1	Lacey (Timberline)
Scott Londino	SO	So.	Hammer, SP	108-6, 40-8	Federal Way
Ted Mittelstaedt	2V	Jr.	1500, 5K, SC	9:23, 15:09	Reardan
Al Montgomery	HS	Fr.	Javelin		Cle Elum
Tom Morse	Jc	Jr.	HJ	6-4	Snohomish (Everett CC)
Phil Phimister	1V	Sr.	5-10,000	14:45, 30:24	Camas (Clark CC)
Bob Prather	HS	Fr.	1500-5000	4:31, 9:54*	Selah
Todd Ringwood	HS	Fr.	PV	13-3	Sprague
Brad Smith	JC	So.	Discus	130	Selah (Yakima CC)
Dan Smith	2V	Jr.	HJ	6-8	Selah
Jon Smith	2V	Jr.	Shot		Tumwater
Scott Spruill	JC	Jr.	1500-5K, 10K	4:01, 14:50	McKenzie, Ore. (Lane CC)
Jack Stillmaker	1V	Sr.	5-10,000	14:53, 31:55	Seattle (Highline CC)
Allan Taylor	1V	So.	HJ	7-0½	Kelso
Greg Thomas	JC	So.	200, 400		Spokane (Green River)
John Unqlaub	1V	So.	LJ, TJ	22-3½, 43-9½	Ocean Shores (Hoquaim)
Pete Vernie	SO	Sr.	1500	4:03	Ellensburg (Spokane Falls)
Mike Walker	HS	Fr.	Javelin		Olympia (Charles Wright)
Dave Williams	HS	Fr.	PV		Bellevue (Newport)

Coaches - Spike Arlt (head). Assistant - Pat Maki (sprints, jumps); Dan Dittmer (weights); Tim Hart (400, relays), Greg Williams (sprints).

*Mile, 2-mile.

CENTRAL WASHINGTON UNIVERSITY TRACK RECORDS

EVENT	NAME	Record	Year
100 Meters	John Willis	10.21	1979
200 Meters	Steve Slavens	21.0	1972
400 Meters	Tim Hart	47.13	1980
800 Meters	Robert Barto	1:49.6	1968
1500 Meters	Jim Hennessy	3:50.4	1977
Two-mile Walk	Dick Moody	15:36.4	1972
3000 Meters	Jim Hennessy	8:18.2	1977
Steeplechase	Lou Boudreaux	8:55.91	1977
5000 Meters	Mark Brown	14:10.6	1978
10,000 Meters	Phil Phimister	30:24.8	1980
Marathon	John Freeburg	2:24.31	1980
110 Meter Htt	Dean Erickson	14.4	1977
120 High Hurdles	John Kirry	14.3	1969
400 Meter Hurdles	John Kirry	53.1	1968
440 Hurdles	John Kirry	51.5	1968
400 Meter Relay	Greg Williams, Andy Sharpe, Halle August, John Willis	42.38	1979
440 Relay	Steve Slavens, Bob Knies, Mike Behrbaum, Dave Walker	41.1	1972
1600 Meter Relay	Greg Colbo, Halle August, Brad Bull, Brian Heyntsen	3:27.4	1978
Mile Relay	Paul Wallace, Robert Barto, Steve Shireman, Jim Hay	3:12.6	1968
Javelin	Dick Bedlington	241-11	1970
Pole Vault	John Winters	15-6	1978
High Jump	Dave Hegland	6-9 1/2	1975
Long Jump	Dave Walker	25-1 3-4	1970
Triple Jump	Darrell Charles	49-5	1980
Shot Put	Bill Harsh	58-2	1973
Discus	Mitch Ringe	180-8 1/2	1975
Hammer	Henry Midles	166-1	1978
Decathlon	Gary Zsimevich	5753	1975

CWU DISTRICT MEET RECORDS

200 Meters	Joe Evans	21.6	1968
400 Meters	Jim Hay	48.1	1968
440 Yards	Jim Hay	47.3	1967
800 Meters	Bart Barto	1:50.9	1968
880 Yards	Jim Boora	1:51.2	1967
Three Miles	Mike Henry	14:07.4	1967
Six Miles	Sam Ring	30:16.1	1967
10,000 Meters	Phil Phimister	30:24.8	1980
440 Relay	Bob Knies, Mike Behrbaum, Dave Walker, Steve Slavens	41.2	1972
Mile Relay-	Paul Wallace, Jim Boora, Jim Brunaugh, Jim Hay	3:13.9	1967

CWU DECATHLON MEET RECORDS

EVENT	NAME	RECORD	YEAR
100 Meters	Tom Clark	11.4	1975
	Bill Fanning, WSU	11.4	1976
	Gary Gefre	11.4	1977
Long Jump	Bill Fanning, WSU	20-8½	1976
Shot Put	Zenon Smiechowski, SFU	43-8½	1975
High Jump	Rick Teller, EWU	6-6 3-4	1976
400 Meters	Gary Gefre	51-7	1977
110 H. Hurdles	Gary Zaslomovich, CWU	16.0	1975
Discus	Gary Gefre	149-1	1977
Pole Vault	Ron Knowlton, Western	14-0	1975
Javelin	Gary Gefre	215-0	1977
1500 Meters	Fred Hicks	4:22.0	1977

TOMLINSON STADIUM RECORDS*

EVENT	NAME	RECORD	YEAR
100 Meters	Pat Clifton, EWU	10.8	1976
200 Meters	Pat Clifton, EWU	21.8	1976
400 Meters	Vic Wallace, SCC	49.3	1981
800 Meters	Rick Barbero, SCC	1:56.3	1981
1500 Meters	Bob Prather, CWU	3:59.8	1981
Steeple Chase	Rick Hebron, EWU	9:33.2	1974
5000 Meters	Jack Stillmaker, CWU	14:59.9	1981
10,000 Meters	John Freeburg, CWU	31:39.9	1978
110 High Hurdles	Rich Dahl, EWU	14.6	1976
	Dean Erickson, CWU	14.6	1977
400 Hurdles	Rich Dahl, EWU	54.3	1976
400 Meter Relay	SCC (Roy Givens, Willie Stewart, Mike Kinney, Vic Wallace)	42.6	1981
1600 Meter Relay	SCC (Vic Wallace, Lyle Bartlett, Wayne Dionne, Mike Kinney)	3:20.3	1981
Javelin	Drew Stevick, Whitworth	245-4	1969
Pole Vault	Eldon Colombo, unattached	15-6	1971
High Jump	Bob Peterson, Idaho	7-0	1979
Long Jump	Dave Walker, CWU	24-5½	1970
Triple Jump	Dave White, EWU	51-0	1979
Shot Put	Terry Livermore, Portland	57-2	1969
Discus	John Bakkenson, Portland TC	201-1	1971
Hammer	Dwight Midles, unattached	211-7	1978
Decathlon	Gary Gefre, YTC	6682	1977

*Includes March 14, 1981 meet.

1981 DISTRICT QUALIFYING STANDARDS

100 Meters	11.3	10,000 Meters	No standard
100 M. High Hurdles	15.6	Long Jump	21-6
200 Meters	23.1	Triple Jump	44-3
400 Meters	50.4	High Jump	6-1½
400 Meter Hurdles	56.5	Pole Vault	13-4
800 Meters	1:56.7	Discus	139-1
1500 Meters	4:01.2	Hammer	128-2
5000 Meters	15:33.9	Javelin	177-9
Steeplechase	10:02.9	Shot Put	45-1
Decathlon	5000	Marathon	No standard

1980 MAIA DISTRICT 1 RESULTS
 At Pacific Lutheran University
 May 9-10, 1980

<u>EVENT</u>	<u>Champion</u>	<u>Time-Distance</u>
100	Kelshall Rivas, Eastern	11.1
200	Kelshall Rivas, Eastern	21.9
400	Tim Hart, Central	48.2
800	Dave Hall, Eastern	1:53.9
1500	Ed Brandstoettner, Eastern	3:55.3
5000	Phil Phimister, Central	14:52.4
10,000	Phil Phimister, Central	30:24.8
110 HH	Greg Rooney, Eastern	15.0
400 Hurdles	John Kotsogeanis, Western	52.9
Steeplechase	Bruce Cyra, Western	9:20.6
400 Relay	Eastern Washington	41.8
1600 Relay	Eastern Washington	3:16.9
Shot Put	Brad Boland, Eastern	56-4½
Discus	Brad Boland, Eastern	177-0
Javelin	Brad Boland, Eastern	199-2
Hammer	Harold Willers, Simon Fraser	204-3
High Jump	Vic White, Eastern	6-10
Long Jump	Vic White, Eastern	23-9½
Triple Jump	Vic White, Eastern	50-1 3-4
Pole Vault	Wayne Christenson, Whitworth	14-0

At Seaside, Feb. 23:

Marathon	John Freeburg, Central	2:24.33
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At Tacoma, April 20-21

Decathlon	Phil Schot, Pacific Lutheran	6717
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DISTRICT TRACK TEAM CHAMPIONS

1955	Seattle Pacific	1969	No meet
1956	Seattle Pacific	1970	No meet
1957	Seattle Pacific	1971	CENTRAL WASHINGTON
1958	Whitworth	1972	CENTRAL WASHINGTON
1959	Whitworth	1973	No meet
1960	Eastern Washington	1974	CENTRAL WASHINGTON
1961	No meet	1975	Eastern Washington (CWU, 2nd)
1962	CENTRAL WASHINGTON	1976	Eastern Washington (CWU, 5th)
1963	CENTRAL WASHINGTON	1977	Eastern Washington (CWU, 2nd)
1964	CENTRAL WASHINGTON	1978	Eastern Washington (CWU, 3rd)
1965	CENTRAL WASHINGTON	1979	Eastern Washington (CWU, 2nd)
1966	CENTRAL WASHINGTON	1980	Eastern Washington (CWU, 2nd)
1967	CENTRAL WASHINGTON		
1968	CENTRAL WASHINGTON		

Team Scores Since 1974

	1974	1975	1976	1977	1978	1979	1980	Totals
Eastern Washington		197	226	306	306	266	289	2013
Central Washington	257	183	57	106	104	138	144	989 2-3
Western Washington	94	32	105	82	149	112½	107	681½
Pacific Lutheran	115	52	62	33	11	12	49	332 1-3
Simon Fraser	95	98	159	67	83	18	15	535
Whitworth	34	46	26	27	55	72½	24	284½
Whitman		2	10	26	20	18	44	120

CWU District Champions (Since 1974)*

Year	Champion	Event	Mark	Year	Champion	Event	Mark
1974	Jim Noren	440	49.3	1979	John Willis	100	11.1
1974	Pat Fitterer	100	10.1	1979	John Willis	200	22.5
1974	Wayne Iegan	440 IH	55.5	1979	Tim Hart	400	48.5
1974	Fred Sommer	Hammer	157-4	1979	Toby Suhm	5000	15:21.4
1974	Paul Mannix	PV	14-0	1979	Toby Suhm	10,000	33:12.5
1974	Dave Hegland	HJ	6-4	1979	Mike Siegwarth	Javelin	190-5
1974	Mike Daniels	SP	48-2	1980	Tim Hart	400	48.2
1974	Central	440 Relay	42.4	1980	Phil Phimister	5000	14:52.4
1974	Central	Mile Relay	3:22.1	1980	Phil Phimister	10,000	30:24.8
1975	Mike Daniels	SP	48-7½	1980	John Freeburg	Marathon	2:24.31
1975	Dave Hegland	HJ	6-9½				
1975	Pat Fitterer	100	9.6				
1975	Tom Clark	440 IH	55.3				
1976	Mitch Ringe	Discus	160-2				
1976	Bill Lampe	TJ	48-4½				
1977	Tom Suhm	5000	15:13.5				
1977	Dean Erickson	110 HH	15.0				
1977	Mike Wold	Steeple	9:23.8				
1977	Mike Daniels	Discus	165-11				
1977	Dave Andrews	Javelin	208-11				
1978	Dean Erickson	110 HH	14.8				
1978	Mitch Ringe	Discus	165-7				
1978	Eric Schultz	HJ	6-6½				

*Coached by Spike Arlt.

NAIA ALL-AMERICANS

Year	Champion	Event	Place
1975	John Gruver	Hammer	6th
1975	Dave Hegland	High Jump	5th
1977	Lou Boudreaux	Steeple	5th
1977	Mike Daniels	Discus	5th
1977	Jim Hennessy	5000	5th
1978	Mark Brown	5000	2nd
1979	Mark Brown	5000	5th
1980	Tim Hart	400	6th

1981 WOMEN'S TRACK PREVIEW

Most of Central Washington University's 1980 regional points came in the weight events and relays. However, women's track coach Jan Boyungs is looking for a more balanced team effort this spring.

Boyungs, CWU's track coach since 1968, has a squad of 18, including 13 letter winners.

"We qualified 12 girls for regionals last year and we are looking for most of our squad to qualify this year. We have strength in each of the different areas. However, we do not have much depth."

Among those who placed in the top three at regionals are Lorna Beaver (South Bend, So.) and Jill Palmquist (Ephrata, Sr.) Beaver was second in the javelin and Palmquist was third in the shot put.

With Beaver and Palmquist returning, the weight events look good. Beaver, who also plays basketball for CWU, will be joined by Laurie Buskala (Oak Harbor, So.) in the javelin. "Both are potentially strong throwers," Boyungs said.

Palmquist is a potential regional champion in the shot put, according to Boyungs. "We've been working on getting her to use her legs."

Paula Better (Goldendale) also throws the shot and she and Palmquist are also the top discus throwers. Cindy Pottle, the 1980 regional discus champion, was lost to graduation.

In the sprints, CWU returns both Alice Pleasant and Sheri McCormick (Seattle, Jr.) Both qualified in the 100 and 200 for regionals last year. Pleasant was in first place in the 100 before pulling a muscle.

Ellensburg's Dawn Allenbaugh (So.) will add depth, but she has been hindered by injuries. Denise Steele, a frosh from Nooksack Valley, has shown excellent promise in the 400 meters.

Laura Myers anchors the middle distance runners. The cross-country veteran is described by her coach as a "dandy". Nancy Nilson (Omak, So.) will also run the middle distances.

Kitty Teller and freshman Carol Christensen give CWU a solid 1-2 punch in the longer distances. Teller, a senior from Issaquah, is a consistent performer and hard worker who keeps in good condition, according to Boyungs.

Christensen qualified this fall for the national AIAW cross-country meet and is a former state prep two-mile champion from Iowa. She is currently recovering from a stress fracture.

CWU placed third in the 400 and 800 medley relay and second in the mile relay last year at regionals, however Boyungs describes the relay events as "thrills" because of the team's lack of depth.

Brenda Allenbaugh, a senior from Ellensburg, is the team captain. She competes in the heptathlon, a new event.

Central finished fifth in the region last year. "We are going to hold back some and limit the events our girls compete in early in the season," Boyungs said. "We don't want to put them in stressful situations too early. In fact, we don't enter anyone in the 100 until April."

1980 REGIONAL RESULTS

Site: Boise, Idaho Date: May 8-9

<u>Event</u>	<u>Champion</u>	<u>Score</u>
Pentathlon	Cathy Wilson, SPU	3762
10,000 m.	Gail Volk, SPU	38:04.4
2-Mile Relay	Western Washington	9:24.98
Discus	CINDY POTTLE, CWU	45.04m
Long Jump	Christy Smith, Western	5.78m
3000 m.	Patsy Sharples, Idaho	9:53.06
440 Relay	Boise State	48.16
100 m. Hurdles	Marianne Ball, SFU	14.96
400 m.	Sharon Dennis, George Fox	56.22
1500 m.	Ronda Burnett, EOSC	4:44.26
100 m.	Tracy Cairns, SFU	12:21
800 m.	Cheryl Petrovich, Western	2:17.64
Javelin	Michelle McCandless, SFU	41.76m
400 m. Hurdles	Glynette Harwood, SPU	1:04.76
200 m.	Tracy Cairns, SFU	24.96
5000 m.	Patsy Sharples, Idaho	17:45.42
High Jump	Anna Marie Solomonson, SPU	5-6
Shot Put	Cathy Wilson, SPU	13.61 meters
880 Medley Relay	Eastern Washington	1:47.8
Mile Relay	Idaho	3:58.0

Central placers: Two-mile relay - 5. Kitty Teller, Nancie Nilson, Peggy Colvin, Laura Myers 9:57.04; Discus - 1. Cindy Pottle 45.04m; 440 Relay - 3. Merrily Boast, Laura Jones, Sheri McCormick, Alice Pleasant 49.27; Javelin - 2. Lorna Beaver 41.62; 400 m. Hurdles - 2. Kathy Peterson 1:04.76; 6. Brenda Allenbaugh 1:09.36; Shot Put - 3. Jill Palmquist 13.05m, 4. Cindy Pottle 12.72; 880 Medley Relay - 3. Sheri McCormick, Dawn Allenbaugh, Laura Jones, Merrily Boast 1:51.2; Mile Relay - 2. Brenda Allenbaugh, Kathy Peterson, Peggy Colvin, Merrily Boast 4:02.4.

Team Scores - Seattle Pacific 101, Idaho 99, Boise State 74, Western 60, CENTRAL 50, Simon Fraser 47, Eastern Oregon 34, Linfield 28, Eastern Washington 27, George Fox 26, Willamette 11, Southern Oregon 10, Puget Sound 8, Lewis & Clark 8, Whitworth 8, PLU 5, OCE 3, Rocky Mountain 2.

1979 REGIONAL RESULTS

Site: Eugene, Ore. Date: May 11-12

Central placers: Two-mile relay - 9. Central 9:32.4; 3000 - 10. Carmen Aguirre 10:02.8; Discus - 2. Cindy Pottle 156-5; 5000 - 6. Carmen Aguirre 17:30.4, 13. Sherri Calkins 18:03.9, 26. Siri Skelton, 18:40.8; Pentathlon 1. Karen Schillinger 3470.

Team Scores - 1. Oregon 172, 2. Washington 95, 3. Oregon State 72, 4. Montana State 58, 5. Seattle Pacific 44, 8. Central 19.

1981 CWU WOMEN'S TRACK ROSTER

NAME	EXP	CLASS	EVENTS	BESTS	HOMETOWN (SCHOOL)
Brenda Allenbaugh	3V	Sr.	Heptathlon		Ellensburg
Dawn Allenbaugh	1V	So.	Sprints		Ellensburg
Dawna Bell	1V	So.	Middle Dist.		Redmond (Lake Washington)
Lorna Beaver	1V	So.	Javelin		South Bend
Paula Better	1V	Sr.	SP, Discus		Goldendale (EWU)
Laurie Buskala	TR	So.	Jav, Hurdles	138, 16.8	Oak Harbor (Linfield)
Carol Christensen	HS	Fr.	1500	4:48	Langley (Lohrville, Ia)
Sandy Fleisch	1V	So.	800	2:52	Enumclaw
Nancy Gregg	HS	So.	HJ	5-5	Vancouver (Evergreen)
Sheri McCormick	1V	Jr.	Sprints		Seattle (SPU)
Laura Myers	2V	Jr.	800,1500	2:20.8, 4:51.3	Edmonds (Meadowdale)
Nancie Nilson	1V	So.	Middle Dist.		Omak
Jill Palmquist	1V	Sr.	SP, Discus		Ephrata
Alice Pleasant	1V	So.	100,200, LJ	12.2, 25.9 18-5	Yakima (Davis)
Shari Potter	1V	Sr.	100,200	12.7, 26.6	Bellevue (Bellevue CC)
Julie Shultz	HS	So.	400	63.8	Selah
Denise Steele	HS	Fr.	Sprints	60.1	Sumas (Nooksack Valley)
Kitty Teller	3V	Sr.	1500-5K, 10K	4:57.2, 11:03.4, 19:56	Issaquah

Coach - Jan Boyungs.

NCWSA TRACK AND FIELD

DIVISIONS II-III

STANDARDS

1981

EVENT	NATIONALS	REGIONALS
	DIVISION 2	QUALIFYING STANDARD
100 meters	12.2	12.7
100 yards		11.6
200 meters	24.8	26.4
220 yards		26.5
400 meters	56.9	59.4
440 yards		59.8
800 meters	2:13.9	2:22
880 yards		2:23
1500 meters	4:39.8	4:53
1 mile	4:59.8	5:18.1
3000 meters	10:20	10:45
2 miles	11:05	11:37.4
5000 meters	18:14	19:00
3 miles	17:35	18:18
10,000 meters	38:00	NO STANDARD
100 meter hurdles	14.7	16.2
400 meter hurdles	63.2	69.0
4 x 110 Relay	48.6	NO STANDARD
800 Medley Relay	1:47.5	NO STANDARD
4 x 400 relay	3:56.8	NO STANDARD
4 x 800 relay	9:27	NO STANDARD
Long jump	18-4	17'2
Discus	138-0	125'6
Javelin	130-0	118'6
High Jump	5-7	5'2
Shot Put	42-6½	37'6
Pentathlon/Heptathlon	4550	NO STANDARD

CENTRAL WASHINGTON UNIVERSITY
WOMEN'S TRACK AND FIELD
SCHOOL RECORDS

EVENT	NAME	TIME/DISTANCE	YEAR
Long jump	Melanie Kiehn	18'3½	1976
Discus	Cindy Pottle	158'10	1977
Shot Put	Cindy Pottle	43'5	1978
Javelin	Cary Burrell	143'0	1973
High Jump	Karen Schillinger	5'5	1978
100 meters	Pam Riggs	11.8	1977
200 meters	Pam Riggs	24.5	1977
400 meters	Pam Riggs	54.9	1977
800 meters	Laura Myers	2:20.8	1980
1500 meters	Ameila Redhorn	4:48.5	1978
3000 meters	Carmen Aguirre	10:02	1979
5000 meters	Carmen Aguirre	17:30	1979
10,000 meters	Siri Skelton	40:24.3	1979
100 m. hurdles	Kathleen Kilpatrick	14.2	1977
400 m. hurdles	Cathy Peterson	64.3	1980
400 m. relay	Merrily Boast, Laura Jones, Sheri McCormick, Alice Pleasant	48.3	1980
1600 m. relay	Nancy Ehle, Sue Nevins, Pam Riggs, Andrea Linn	4:02.0	1977
3200 m. relay	Sherri Calkins, Cheryl Carpenter Kitty Teller, Laura Myers	9:32	1979
Medley relay	Jan Miller, Kathleen Kilpatrick Leanne Makin, Pam Riggs	1:47.2	1977
Pentathlon	Karen Schillinger	3436	1979

MORE DEPTH FOR CENTRAL NETTERS

The addition of transfer Ben Mueller from Selah to a returning squad of five lettermen means more depth this spring for Central Washington University's men's tennis squad.

"We are going to have more depth," coach Everett Irish, beginning his 12th season as tennis coach, said.

Returning lettermen include Carroll High School's Ron Van Horn; Barclay Owens and Leroy Cruse, both from Ellensburg; Mark Harrington, Kirkland, and Mark Bofenkamp, Tacoma.

Owens and Van Horn, both two-year lettermen, are expected to battle for the No. 1 position.

"Mueller will work in there somewhere and that leaves us with some pretty good players in Harrington, Cruse and Bofenkamp," Irish said.

Irish also has three freshmen including Russ Lister, Ellensburg; Steve DiBenedetto, Yakima, and Dick Rayray, Seattle.

Central, which finished with a 7-7 record last year, opens its dual meet season April 4 at Eastern Washington University. The 'Cats are scheduled to compete in a tournament April 24-25 at Western Washington in addition to 13 dual meets.

The schedule: April 4, at EWU; April 7, at Yakima Valley; April 10, St. Martin's; April 11, Eastern Washington; April 16, at Seattle University; April 17, at Puget Sound; April 24-25, at Western Invitational; April 30, Seattle; May 1, CWU vs. Boise State at WSU; May 2, at Washington State and CWU vs. Western at WSU; May 5, Yakima Valley College; May 8-9, District 1 at PLU.

REBUILDING YEAR FOR CENTRAL WOMEN

Coach Dee Johns is calling 1981 a rebuilding year for the CWU women's tennis team. Only three players with varsity experience are listed on the roster.

One of those is Ellensburg sophomore Shelley Wheeler. Johns ranked Wheeler and Wenatchee Valley College transfer Teresa Smick as the two best players prior to the season.

The other returning veterans are Rhondi Adair, a senior from Des Moines, and Teresa Shroust, a sophomore from Renton.

Last year Central finished with a 7-11 dual meet record and earned a fifth-place team finish in the AIAW regionals.

The schedule: Feb. 28, at EWU; March 6-7, at Puget Sound Invitational; April 1, Seattle University; April 3, Lewis & Clark; April 4, Lewis & Clark; April 6, Pacific Lutheran; April 10-11, at Portland State; April 17-18, at Boise State; April 22, EWU; April 25, Yakima Valley and Portland; April 28, at Seattle University; May 1, at Washington State; May 2, at Lewis-Clark State.

CENTRAL WASHINGTON TENNIS ROSTERS

Men

NAME	EXP.	CLASS	BIRTHDATE	HOMETOWN (SCHOOL)
Mark Bofenkamp	1V	So.	11-18-59	Tacoma (Del Valle, Calif.)
Leroy Cruse	1V	So.	7-2-61	Ellensburg
Steve DiBenedetto	HS	Fr.	5-4-62	Yakima (Carroll)
Tim Graden	HS	Fr.	10-17-59	Sunnyside
Mark Harrington	2V	Jr.	6-20-60	Kirkland (Juanita)
Russ Lister	HS	Fr.	5-17-61	Ellensburg
Barclay Owens	2V	Jr.	4-25-60	Ellensburg
Ben Mueller	JC	Jr.	3-10-60	Selah (Yakima Valley)
Dick Rayray	HS	Fr.	5-28-62	Seattle (Cleveland)
Ron Van Horn	2V	Jr.	1-11-58	Yakima (Carroll)

Coach - Everett Irish.

Women

NAME	EXP	CLASS	BIRTHDATE	HOMETOWN (SCHOOL)
Rhondi Adair	1V	Sr.	1-7-58	DesMoines (Highline CC)
Ann David	HS	Fr.	6-11-60	Centralia
Paula Hubbard	HS	Fr.	1-24-62	Marysville (Pillchuck)
Mindy Knutson	HS	Fr.	10-10-62	Seattle (Shorecrest)
Cheryl Schwarzwalter	HS	Fr.	12-26-58	Yakima (Davis)
Cheryl Shaw	HS	Jr.	7-19-60	Chinacum (Peninsula CC)
Teresa Shrout	1V	So.	1-19-61	Renton (Lindbergh)
Teresa Smick	JC	Jr.	2-7-60	Ephrata (Wenatchee Valley)
Shelley Wheeler	1V	So.	10-30-60	Ellensburg
Kathy Wimer	HS	Fr.	7-18-62	Yakima (West Valley)

Coach - Dee Johns.

GOLFERS DEBUT MARCH 27-28

Six invitationals beginning with the Washington State University Invitational March 27-28 in Pasco are on Central Washington University's 1981 golf schedule.

Adrian (Bink) Beamer begins his third season as coach of the golf team with four lettermen: senior Joel Brillhart from Pella, Iowa; and sophomores C.D. Hoiness (Longview), Jay Lyons (Ellensburg) and Kirk Parker (Wapato).

Central's top player from last year's team, Ron Hanson, graduated and Beamer also lost lettermen Sonny Verzola and Dave Goodman.

Seventeen candidates are listed on CWU's pre-season golf roster. CWU is scheduled to compete in tournaments at Walla Walla, Tacoma, Bellingham and Spokane and will host their own invitational in Yakima. Central will also host the district golf championships.

The schedule: March 27-28, WSU Invitational, Pasco; April 2-3, Whitman Invitational, Walla Walla; April 9-10, CWU Invitational, Yakima; April 14-15, UPS Invitational, Tacoma; April 23-24, Western Washington Invitational, Bellingham; April 30-May 1, Eastern Washington Invitational, Spokane; May 4-5, NAIA District tournament, Yakima.

1981 CWU GOLF ROSTER

NAME	EXP.	CLASS*	BIRTHDATE	HOMETOWN
Randy Beckman	HS	Fr.	1-28-60	Zillah (Toppenish)
Joel Brillhart	1V	Sr.	6-10-59	Pella, Iowa
Gary Berqsuik	HS	Fr.	10-21-55	Federal Way
Eric Cheatley	JC	Jr.	8-11-59	Longview (Lower Columbia)
Dave Danielson	HS	Fr.	2-5-61	Shelton
Rod Handley	HS	Fr.	3-13-60	East Wenatchee (Eastmont)
Mark Hanson	HS	Fr.	1-29-59	Bothell (Inglemoor)
C.D. Hoiness	1V	So.	11-26-59	Longview (R.A. Long)
Jeff Hubbard	--	Sr.	9-3-59	Oak Harbor
Tim Kofstad	HS	Fr.	9-3-60	Woodland
Jay Lyons	1V	So.	4-16-54	Ellensburg
Steve Milligan	JC	Sr.	4-9-53	Puyallup (Yakima CC)
Mark Nelson	HS	Fr.	10-28-60	Del City, Okla.
Kirk Parker	1V	So.	4-14-59	Wapato
Todd Snyder	HS	Fr.	8-10-61	East Wenatchee (Eastmont)
Gary Vandenbos	HS	Fr.	7-16-61	Olympia (Timberline)
Bruce Walker	--	Fr.	7-27-60	East Wenatchee (Eastmont)

*Sports eligibility