

Book No. # Woman's Track = Indoors

From Dec. 6, 1984 To _____

Property of _____

1984
MARK
TRACK

 DataCom®

Steno
Notebook

6"x9"

(15.2cm x 22.9cm)

80 SHEETS • GREEN

GREGG RULED • 9405

Horsham PA 19044

Berwick, PA/Longview, TX

MADE IN USA

INDOOR

Time

TRIALS

1984 - 1985 - 86-87

Time Trials

300m

12/6/84

sprinter 40.0 - under

Cochrane	43.43	46.25
Frazier	39.89*	
McMillan	39.75*	
Nolan	40.40	41.60
Vanzant	39.99*	
Williams	39.14	

Distance 45.0

12/6/84

Logsdon	47.86	48.63
Robinson	44.64*	

Time Trials

12/7/84

600 Run

138 - Under

Cochrane	1:42.94
Frazier	Hurt
Logsdon	1:54.01
McMillan	1:31.45*
Nolan	1:37.0*
Vanzant	1:39.01
Richardson	2:04.89
Robinson	1:42.20
Williams	1:41.61

Time Trials

300m

sprinter 40.0- under
1/12/85 1/13/85

Cochrane	44.04	43.95
Frazier	39.64*	
McMillan	39.51*	
Nolan	Did not Run	Did not Run toe hurting
Vanzant	41.02	42.69
Williams	39.51*	

Distance 45- under
1/12/85 1/13/85

Logsdon	48.81	49.94
Robinson	46.41	45.05

Time Trials

600 Run

138-Under

	1/12/85	1/13/85
Cochrane	1:42.80	1:55.64
Frazier	1:46.50	1:45.59
Logsdon	1:56.89	2:18.09
McMillan	1:36.45*	—
Nolan	stop? for heart	did not run
Vangant	1:40.97	1:55.15
Robinson	1:46.69	1:45.85
Williams	1:43.72	Did not run? leg hurting

Time Trials

Zoom

1/16/85

Improve time
from 1/13/85 times

Cochrane	42.66
Nolan	42.36
Logsdon	49.40
Vanzant	42.36
Robinson	45.80

Time Trials

600 Run

1/16/85

Improve time
from 1/13/85

Cochrane	Hurt
Frazier	1:41.22
Nolan	1:39.44
Vanzant	1:39.44
Logsdon	1:49.45
Williams	1:41.22
Robinson	1:43.39

Time Trials

200m

1/28/85

sprinter 5 = ^{under} 27 or 2 = ^{under} 26

						Avg.
Cochrane	27.88	28.31	-	-	-	28.09
Frazier	24.31	25.25	25.91	-	-	25.15*
Nolan	27.27	28.43	-	-	-	27.85
McMillan	25.91	25.64	26.60	27.73	27.65	26.68*
Vangant	25.91	25.75	26.11	26.45	26.78	26.20*
Williams	Hurt					

Distance 5 = ^{under} 30 or 2 = ^{under} 28

						Avg.
Loafdon	30.63	31.36	30.40	32.65	32.63	31.53
Robinson	28.42	28.92	28.11	29.78	29.93	29.03*

Time Trials

300m 39.0

1/28/85

Nolan	44.39	
Cochrane	45.72	

Time Trials 1/28/85
6000m
1:37.0 - under

Nolan

1:35.8*	

Cochrane

1:41.37	

Time Trials

300m

1/30/85

39.0 - under

Vanzant = 39.86

Cochrane = 42.12

Frazier = 39.27

McMillan = 39.29

Nolan = 40.83

Williams = Hurt/leg

Time Trials

1/30/85

200m

25.0 - under

Vanzant = 24.67

Nolan = stomach/Hurting

Frazier = 24.45

Cochrane = 26.41

McMillan = 24.95

Williams = Hurt/leg

Cochrane, Yvette = 5073224155

Frazier, Barbara = 5073223157

Logsdon, Angela = 5073222159

McMillan, Maxine = 5073221151

Nolan, Andrea = 5073260159

Robinson, Tracy = 5073258153

Vanzant, Jacqueline = 5073259151

Williams, Angela = 5073257155

Caldwell, Thomas = 5073256157

Etter, Jeffrey = 5073255159

Speight, George = 5073254152

Thompson, John = 5073253154

2/1/85

Time Trials

400m

70.0 - under

Distance

Robinson

- 1) 62.52
- 2) 66.00
- 3) 65.51
- 4) 73.20
- 5) 67.52

Logsdon

- 1) 68.04
- 2) 79.62
- 3) 69.64
- 4) 76.14
- 5) 69.79

Time Trials Relays

4x 200m Relay

- 1.) Frazier = 25.58
 - 2.) Vanzant = 24.71
 - 3.) Cochran = 25.57
 - 4.) Williams = 24.96
- } 1: 40.82

4x 200m Relay

- 1.) Frazier = 24.65
 - 2.) Vanzant = 25.55
 - 3.) Cochran = 26.09
 - 4.) Williams = 24.97
- } 1: 41.26

Time Trials

2/4/85

400m 60- under

- Frazier 61.78
Vanzant 60.16
Cochran 62.62
Williams = 62.60

Time Trials 2/4/85
400m

(2) 58.0 - under

McMillan

1) 57.05

2) 59.31

Time Trials

300m

2/5/85

Sprinters
(3)

	1 st 40.0	2 nd 42.0	3 rd 44.0
Vanzant	40.16	41.64	42.66
Frazier	39.79	42.66	44.06
Williams	39.71	42.23	44.15
McMillan	39.84	41.82	45.83
Cochrane	42.72	45.61	49.15
Nolan	Hurt	—	—

Distance

	1 st 44.0	2 nd 45.0	3 rd 46.0
Robinson	43.69	45.56	44.75
Logsdon	Hurt	—	—

Time Trials
Relays

2/6/85

4x 200m Relay

- 1) Frazier = 24.84
- 2) Vanzant = 25.44
- 3) McMillan = 25.40
- 4) Williams = 24.75

1: 40.43

Cochran = 29.89

- 1) Frazier = 24.75
- 2) Vanzant = 25.49
- 3) McMillan = 24.89
- 4) Williams = 24.59

1: 39.39

work
out

Girls 5 Steps
Boys 10 Steps

Distance Robinson 8 steps 400 = 4
Caldwell 15 steps 400 = 8
(Distance)

3 = 300 Sprinters Girls
6 = 300 Sprinters Boys

Distance 5 = 300 Robinson 200 = 5
8 = 300 Caldwell 200 = 10
(Distance)

3 = 200 sprinter Girls
6 = 200 Sprinter Boys

2 = 400 Sprinter Girls
4 = 400 Sprinters Boys

Time Trials

2/14/85

10 = 200 Under 32

Robinson

- 1.) 29.12
- 2.) 30.59
- 3.) 30.73
- 4.) 30.64
- 5.) 29.0

- 6.) 29.88
- 7.) 30.15
- 8.) 30.15
- 9.) 29.99
- 10.) 31.47

Time Trials

400m & 800m

2/18/85

Nolan = 58.99

Robinson = 2:23.84

~~Logan~~ = 2:37.11

INDOOR

Time

Trials

1986

Time Trials
300m
40-0-Under

11/1/64

Gardner	41.86		
Houston	42.63		
Hyde	42.51		
McMillan	39.56*		
Vannant	Back pain		
Williams, A.	39.56*		
Williams, C.	42.75		
Williams, N.	Did not RUN		

Time Trials

600 Run

1:38.0 - Under

11/1/06

Gardner	1:36.94*	
Houston	1:41.41	
Hyde	1:42.50	
McMillan	1:34.90*	
Vanzant	Back Pain	
Williams, A	1:40.28	
Williams, N.	stop	
Williams, C.	1:39.94	

Gina 1:36.94 *
TERRI 1:41.41

40
41.86 ~~POOR~~
42.63 ~~POOR~~

Maxine 1:34.90 *
NICOLE

39.56 *

Angela 1:40.28
monica 1:42.50
Constance 1:39.94

39.56 *
42.51
42.75

~~FERRY~~
1:25 **MEN**

36

TERRY 1:28.64
speight 1:24.03 *

36.48
35.64 *

RON 1:26.40
Jeff 1:26.40

36.38
37.24

calvin 1:28.69
Thompson 1:26.75

38.28
37.64

Hambert 1:28.41
Roy 1:31.45

38.57
39.29

35.0 OUT DOOR

1.00

Ron
John

③ 36.58
36.62

② 1:06.02 (52)
① 1:05.75 (51)

Jeff

① 35.58

③ 1:06.19 (52)

Davis

36.72

1:08.79 (53)

Calvin

37.49

1:08.31 (54)

Terry

② 36.45

④ 1:09.03 (55)

38.0

1:15

Nicole

43.28

④ 1:15.90 (59)

Gina

HURT

* ② 1:13.95 (58)

Terri

40.60

⑤ 1:15.20 (59)

Angela

39.77

* ③ 1:14.58 (58)

Constance

41.09

⑥ 1:18.33 (62)

McMillan

38.75

* ① 1:13.21 (58)

Monica

42.49

⑦ 1:17.85 (62)

Vanzant

HURT

⑥ 1:17.56 (61)

OUT DOOR
Temp ~ 70.

McMillan
Williams A

Gardens
Hyde.

Houston
Williams C

Steele
Armstrong

Mrs. Startup

Etter
Thompson

Speight
Ron

Taylor
Terry

Hatten
Miller

Temple

10 ROOMS

McMillan + Angie }>

Etter + Thompson }>

Gardens + Williams }>

Speight + Ron }>

Houston + Nicole }>

Taylor + Hatten }>

Steele + Armstrong }>

Miller

Temple

out
Dives

Time Trials

1/21/86

300m
38.0 under

500m
1:15.0 under

Gardner

Hurt

1:13.95*

Hyde

42.49

1:17.85

Houston

40.60

1:15.20

McMillan

38.75*

1:13.21*

Vanzant

Hurt

1:17.56

Williams, A.

39.71

1:14.58*

Williams, C.

41.09

1:18.33

Williams, N.

43.28

1:15.90

Women - 1986

Under 200 M - 25.0

300 M - 40.0

600 M - 1:32.0

TAC Registration Number

Fussell, Humbert = 6329830159
Davis, Roy = 6329829151
Etter, Jeffery = 6329828153
Speight, George = 6329826157
Thompson, John = 6329825159
Kumrow, Ronald = 6329824152
Murden Terry = 6329823154

Hyde Monica = 6329822156
McMillan, Maxine 6329827155
Vanzant Jodee 6329821158
Houston, Terri 6329820150
Williams Constance 6329819152
Williams Nicole 6329818154
Williams Angela 6329817156
Gardner Gina 6329816158
Burton Kamala 6329832155
Cantrell Mary 6329831157

Time Trials

2/18/86

600m
1:35.0

300m
40.0

McMillan
Houston

1:32.8
1:35.43
1:41.96
1:37.78
1:34.15
1:35.35
1:36.81

41.08
42.81
40.23
41.97
42.90
41.83
43.08

Williams, A.
Williams, C.

Gardner
Williams, N.
Hyde

600m = 1:35.0

300m = 40.0

McMillan = 1:32.8 (1)

Houston = 1:35.43 (4)

Williams, A. = 1:41.96 (7)

Williams, C. = 1:37.78 (6)

Gardner = 1:34.15 (2)

Williams, N. = 1:35.35 (3)

Hyde = 1:36.81 (5)

McMillan = 41.08 (2)

Houston = 42.81 (5)

Williams, A. = 40.23 (1)

Williams, C. = 41.97 (4)

Gardner = 42.90 (6)

Williams, N. = 41.83 (3)

Hyde = 43.08 (7)

Time Trials

2/25/86

300m - under 40.0

2/25/86

Houston	41.13		
Williams, N	40.23		
McMillan	39.32		
Gardner	40.26		
Williams, A	Hurt (Doctor)*		
Hyde	41.86		
Williams, C.	41.04		
Vanzant	40.67		

Time Trials

1/10/87

600m
1:38.0

350m
38.0

McMillan

1:35.47

41.42

Williams, C

1:43.10

45.64

Williams, N

1:40.31

43.83

Houston

1:40.57

44.09

Hyde

1:45.30

48.03

Mentor

1:42.30

45.84

Dunn

1:58.58

45.36

Miller

1:52.19

47.46

Woodson

Hurt

Hurt

Time Trials 2/27/87

	before 1/10/87 *300m	After 2/27/87 *300m	
Hyde, M.	48.03	41.87	
Mentore, S.	45.84	41.12	
Bulter, L	—	46.78	46.0
Smith, T.	—	43.24	
Miller, S.	47.46	44.54	
M ^c Millan, M.	41.42	41.79	39.80
	*600m 1/10/87	*600m 2/27/87	
Woodson, L.	—	1:39.52	
Burton, K.	—	1:51.10	Stop

1987. Before Xmas
12/23/87

DUNN - 12/18/87 46.37 - 27.89 44.64 - 28.13

Woodson - 45.60 - 29.54 43.70 - 29.24

12/30/87 After Xmas
Dunn - 45.44 29.04 - sick

Woodson - 44.17 sick

300m 2/27/87

Etter 37.73

Thompson 37.45

40.44

40.29

39.12

600m 2/27/87

Harrison 1:25.53

Indoor
Time

THWLS

87-88

Time

Trial 5
~~3-25-88~~
300

1/16/88

300

300

Dunn	44.57	27.88
Scott	47.64	29.72
Kemp	47.01 47.64	29.70
Woodson	43.89	28.44
Bell	47.98	31.12
Miller	46.68	29.71
Redmond	50.04	31.46

Woodard

Davis

Janu^{Williams} had hives(?) 1-16-88

1/26/88
under
23

6.00 -1.38 -1.40

200

Dunn	1.51 ⁷⁰	2-16-88 2-25-88 1:51 ⁷⁸	2-25-88 1:51 ²³	27.98	2-16-88 26:89	2-25-88 27:46
Woodson	1.42 ²⁸	2-16-88 injured	1:39	28 ^M	2-16-88 injured	2-25-88 27:46
Muller	1.51 ⁶⁴	2-16-88 1:45 ¹⁵	2-25-88 1:47	30.03	2-16-88 29:22	2-25-88 29:16
Bell	1.47 ⁰⁰	2-16-88 1.43	2-25-88 1:46	29.56	2-16-88 29:38	2-25-88 28:68
Redmond	2.00	2-16-88 absent	2:25:88 2:02	30.00	2-16-88 absent	2:25-88 32:55
Kemp	2.04 ⁵⁵	2-16-88 1:52	2-25-88 1:52	29.30	2-16-88 27:69	2-25-88 28:49
Scott	absent	1-28-88 1:52:47	out	29.57	2-16-88	
Williams	1.43 ⁹⁵	2-16-88 1:41 ¹⁸	2-25-88 1:39	26.11	2-16-88 26:28	2-25-88 26:49
Burton	1.54 ¹³	2-16-88 1:48	1:51	30.32	2-16-88 30.00	29:83
Woodard	1.53.80	2-25-88 29:38	2-25-88			
Davis	2:10.84	2-25-88 31:13	2:25-88			

Time Trouble 1/11/89 300 (8 times) 52sec

Holt 48.43, 52.15, 53.37, 55.84, 59.0, 54.0, 48.73
avg - 53.07 ^{Christmas 4 times} 51.29

Dillard 48.53, 52.17, 56.11, 53.62, 56.0, 55.55, 51.69
avg - 53.64

Smith 50.2, 55.53, 60.38, 43.79, 51.

Seals ~~54.50, 50.86, 56.31, 65.0~~ 61.23, 70.30, 68.04, 62.
avg 62.26

Key 53.08, 54.40, 62.40, 44.50, 64.20, 62.30, 62
avg 61.19

Williamson 55.14, 59.59, 68.20, 67.90, 64.30, 72.5, 65.96
avg 64.79

Ward 50.2, 52.50, 54.20, 55.84, 59.04, 54.20, 51.0
avg 53.85

Remy 47.34, 58.0, 60., 66.0, 61.0, ~~62.~~, 62, 58
avg 58.90

Dune Trails 11/1/89 12:00m at 30sec

Dunn 32.85
~~33.34~~, 32.85, 32.50, 34.02, 32.85 33.29
34.76 33.0, ~~35.04~~, 36.6 32.0 32.8

Woodson 33.30, 32.85 32.50, 33.37 32.85 32.46
34.60, 33.0, 33.0 37.25 34.2 30.79

Williams J. 33.14, 32.85, 32.15, 33.32 32.72 32.50
33.0 32.0, 32.96, 33.99, 33.10 30.79

Muller 32.45, 33.8 33.15 35.46 34.27 34.10
~~34.15~~, 35.0, 33.60, 36.20 35.45 34.42

Burton 30.16, 32.28, 32.40 36.03 35.90 35.20
37.90, 37.0, 35.36 36.20 38.6 34.60

Bell 31.26, 33.00 31.95 35.46 34.60, 36.60
34.0 35.20, 33.19, 35.00 35.24 34.60

Dunn - 33.49
Woodson - 33.35
Williams J. - 32.71
Muller - 34.33
Burton - 35.08
Bell - 34.17

Christmas
avg 35.81

Time Trials 2-7-89 4 turns under 50
300 m

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
Holt	42.16	46. 78	44.95	48.37

Dunn	47.95	47.56	53.17	49.67
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Williams	44.40	45.94	46.43	45.80
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Woodson	45.10	46.80	46.81	49.28
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Dillard	42.37	43.59	45.27	48.05
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Holt - 45.~~56~~

Dunn 49.58

Williams - 45.64

Woodson - 46.99

Dillard - 44.82

June Trials 2-7-89 400 under 60
800 under 2:25

*Kemp 400
65.62

800
3:01.62

Key 66.23

2:50.17

L. Williams 76.49

2:58.78

*Ward 64.85

*2:31.86

*Muller 64.51

*2:33.55

Smith 66.61

*2:44.57

*Bell 62.50

*2:34.04

Burton 67.21

2:50.51

Dune Druals
2-6-89

400m
800m

Muller $\frac{400}{68.03}$

$\frac{800}{2:31.08}$

Bell 63.38

2:35.09

Seals 70.17

2:42.15

J. Williams 1.18.10

2:53.77

Burton 68.12

2:33.50

Ward 69.11

2:33.61

Smith 69.12

2:32.98

Kemp 65.58

2:45.61

Key 66

2:44.72

Dune Trials
2/8/89

400m under 60
800m under 2:25
800m

Kemp $\frac{400}{66.85}$

Key 63.55

Muller - 2:31 85

Bell 2:27 49

Burton 2:33 32

Ward 2:30 42

Smith 2:34 35

J. Williams 2:44

Best

Best times

	<u>400</u>	<u>800</u>
Remp	*66.0 - 3	2:73
*Key	*65.26 - 2 1	2:47
*Bell	*62.94 - 1 1 -	*2:32 - 3 - (B)
Smith	67.87	*2:36 - 4 -
Ward	*66.98 - 5 -	*2:29 - 1 - 1
Burton	67.66	*2:38 - 5
Miller	*66.27 - 4 -	*2:31 - 2 - 2
Seals	70.17	
L. Williams	77.30	

Time Trials
Feb 14, 1989

6 x 200m
Time 28-30sec

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>
Woodson	29.00	29.11	30.11	31.93	31.16	29.68

Dillard	28.62	29.11	27.66	28.37	30.26	30.26
	<u>28.63</u>					

Miller	29.56	29.37	30.22	30.49	31.55	31.55
	<u>32.63</u>					

Bell	28.53	29.92	33.99	31.84	34.37	
	<u>32.77</u>					

Ward	30.11	29.62	30.22	30.67	32.34	
	<u>33.85</u>					

Key	28.83	29.84	32.24	33.35	31.71	
	<u>30.66</u>					

Dunn	29.34	29.11	29.68	32.42		
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Holt	28.20	27.89	31.43	31.16		
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Kemp	28.09	29.84	35.47	32.99	34.74	
	<u>32.25</u>					

J. Williams	31.69	34.24	36.65	39.65	36.04	
	<u>36.90</u>					

J. Williams	28.73	29.75	29.53	30.22		
	<u>30.41</u>					

Best times

Woodson - 30.18

Dillard - 28.78

Muller - 30.80

Bell - 31.90

Ward - 31.14

Key - 31.06

Dixon - 30.14

Holt - 29.67

Kemp - 32.23

J. Williams - 35.86

J. Williams - 29.75

The Athletics Congress Registration
(1989) Numbers.

- 1.) Michelle C. Roach - 9954865151
- 2.) Laverne A. Williams - 9954864154
- 3.) Janu C. Williams - 9954863156
- 4.) Rhonda Ward - 9954862158
- 5.) Sharon D. Miller - 9954861150
- 6.) Kaphne F. Woodard - 9954900156
- 7.) Dericia D. Dunn - 9954899150
- 8.) Kamala Burton - 9954898152
- 9.) Tonya Y. Smith - 9954897154
- 10.) Crata B. Key - 9954896156
- 11.) Aleyxia Y. Seals - 9954895158
- 12.) Alicia M. Helt - 9954894151
- 13.) Terri D. Bell - 9954893153
- 14.) Deanna L. Dillard - 9954892155
- 15.) Lisa C. Woodson - 9954891157
- 16.) Monicea A. Kemp - 9954840154

Indoor Trials

Feb. 22, 1989

300m 40.0 under

J. Williams 42.25

Dunn 44.19

Oiliard 42.50

Ward 45.20

~~Mitter~~

~~Bell~~

Kemp 44.96

Key 44.34

Holt ~~40.24~~ 41.69

L. Williams 53.22

~~L. Woodson~~

200m 25.0 under

J. Williams 25.84

Dunn 26.54

Oiliard 27.42

Kemp 28.99

Key 28.14

Holt 26.67

L. Woodson 28.47

BELL 29.72

Miller 29.05

100m 1:30.0 under

Miller 1:48.14

Bell 1:43.54

Ward 1:44.60

L. Williams 2:10.75

L. Woodson 1:42.06

INDOOR Time TRIALS
1990-1991

JANUARY 15, 1991

1:40.0 Time TRIALS

600m - ~~1:35.0~~

200m - ~~30.0~~ ^{28.0}

MIDDLE DISTANCE

600m | 200m

1 ALEXANDER

1:44.4

29.16

1 Cross

1:51.70

29.98

2 Dowell

1:48.65

31.15

2 SMITH

1:46.59

sick

1 WARD, R.

1:44.7

30.83

SPRINTERS

300m - 41.0

200m - 25.5

3 Bledsoe

48.08

29.48

2 Dillard

43.13

27.34

3 Green

43.71

27.92

2 Key

45.05

29.03

2 Puckett

50.90

31.57

3 WARD, T.

45.67

28.91

1 Russell

43.96

28.13

1 Crawford

43.96

27.13

1 Williams

42.72

26.59

OUTDOOR TIMES

1/28/91

HALF-milers

<u>600m</u>	1:41 - under
ALEXANDER	1:43.06
CROSS	1:55.47
DOWELL	1:53.01
SMITH	1:46.56
WARD, R.	1:43.3

Quarter-miles + Sprinters

<u>300m</u>	41.0 - under
Dillard	40.72
Williams	40.72
Green	41.17
Key	42.99
WARD, T.	44.55
BLEDSE, C.	45.72
PUCKETT	46.49

OUTDOOR TIMES

1/29

HALF-MILERS

400m - 61.0

	200m SPLIT	300 SPLIT	400m Time	UNDER 28.0 200m Time
ALEXANDER	28.84	44.41	59.87	29.77
WARD			61.02	28.84
SMITH			61.44	27.62
DOWELL	-	-	62.62	28.90
CROSS			63.84	27.7

OUTDOOR TIMES

1/29/91

QUARTER MILES + SPRINTERS

500m - 1:25.0

500 TIME

150 TIME

Williams

1:18.2

16.84*

DILLARD

1:18.5

16.84*

Green

1:19.55

16.84*

Key

1:21.08

18.22

WARD, T.

1:30.94

17.07*

Puckett

1:38.68

18.64

BLEDSE - LONG JUMP

RUSSELL - INJURY

CRAWFORD - INJURY

FEB. 11, 1991

500 Time

RUSSELL

1:22

CRAWFORD

1:21

OUTDOOR Times

2/12/91

Quarter Miles

<u>500 M 1:20.0</u>	<u>300-40.0</u>
DILLARD 1:17.75	41:64
KEY 1:19.74	44:87
ALEXANDER 1:18:23	45:93

Sprinters

<u>500 M - 1:20.0</u>	<u>150 - 16:5</u>
Williams 1:20:47	17:17
Crawford 1:21:62	16:03
Russell 1:25:33	16:83
Puckett 1:34:34	18:51

Middle Distance - 4x 200 on time + weights

<u>200-28.0</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
WARD, R.	27:13	27:68	28:44	28:48
SMITH	26:69	27:33	28:60	28:8
Dowell	27:82	28:83	28:89	29:94
CROSS	27:47	27:33	28:08	29:51

Bledsoe - Long Jump

Green - Sick

WARD, T. - Dentist

JANUARY 9, 1992

middle distance

TIME TRIALS

600 - 1:40.0

WARD, Rhonda ①	1:40.91
Smith, Tonya ②	1:48.75
DOWELL, Daphne ②	1:52.47
Alexander, Tracia ①	1:47.35
Lipbscomb, Delisha ②	1:52.04
KEY, Ceata ①	1:52.18
Puckett, Stacy ①	1:57.08

200 - 28.0

①	27.41*
②	28.11
③	30.04
④	28.65
⑤	28.74
⑥	29.19
⑦	27.56*

SPRINTERS

300m - 41.0

Russell, Yolanda ①	39.58*
Crawford, Angela ①	39.60*
WARD, Tonya ③	42.34
Dillard, Deanna ②	40.59*

200m - 25.5

26.69
28.05
26.91
26.28

JANUARY 11, 1992

BLAKE SPECIAL - 330-220-110-330-220-220-110-330

Half Miles 12.00 & under

Ward, Rhonda 12:02

Smith, Tonya 12:37

Dowell, Debra 14:21

Key, Ceata 15:29

Lipsecomb, Deliska 13:02

Puckett, Stacy 15:07

Quarter Miles & Spurtus 13.0-13.5

Dillard, Deanna 13:28*

Russell, Yolonda 14:15

Crawford, Angela 14:28

Ward, Tonya 15:19

Time Trials

600 - 1:40 d under

	1-9-92	1-22-92	2-19-92	2-26-92
Alexander, Tracie	1:47.35	1:43.47	1:39.24	—
Ward, Rhonda	1:40.91	1:41.75	1:39.24	1:39.55
Smith, Tonya	1:48.75	1:45.76	1:46.53	1:45.42
Lipscomb, Delisha	1:52.04	1:48.50	1:46.53	1:46.69
Dowell, Daphne	1:52.47	1:51.74	1:49.73	1:47.74
Jones, Lorraine	—	1:57.92	1:51.30	1:52.34
Brown, India	—	—	—	2:05.14

300 Meter 40.0

	1-9-92	1-22-92	2-19-92	2-26-92
Dillard, Deanna	40.59 ⁺	41.70	41.72	40.59 ⁺
Crawford, Angela	39:60 ⁺	42:32	42:37	41:25
Cusley, Yolonda	39:58 ⁺	41:15	41:32	40:96
Key, Leata	—	44:89	44:00	44:22
Puckett, Stacy	—	45.44	45.79	45.67
Ward, Rhonda	—	45.15	44.97	45
Alexander, Tracie	—	46.79	44.97	43.11
Smith, Tonya	—	47.02	45.17	
Lipscomb, Delisha	—	45.42	47.19	
Dowell, Daphne	—	50.25	50.59	
Jones, Lorraine	—	52.79	49.14	
Ward, Tonya	42:34	45.81	45.79	45.01

ZOO METER 28.0

	1-22-96	2-19-96
Dillard	26.76	25.92
Crawford	27.41	26.15
Gurley	26.22	25.90
Key	28.35	28.84
Puckett	29.94	29.84
Ward, T.	28.44	28.99
Alexander	—	—

Time Trials

3/24/92

400 meters 63.0 - 65.0

4x400

Alexander, Tracia (P)	65.15	60.80	65.0	65.0
Key Ceata (1)	65.25	62.43	65.0	64.57
Ward, Rhonda (P)	65.15	60.06	65.0	63.36
Lipscomb, Delisha (P)	63.13	62.0	65.0	65.5
Dowell, Deprhne (P)	62.29	63.0	65.09	66.74
Puckett, Stacy (P)	64.13	63.16	65.10	67.0
Smith, Tonya (P)	63.09	65.0	80.4	—

Time Trials

APRIL 3, 1992

Dillard	60*	60*	61*	-
Lipsecomb	65*	68	63*	72
Key	65*	66	69	76
Alexander	61*	61*	65*	65*
Ward R	64*	61*	63*	-
Smith	69	64*	64*	-
Powell	63*	65*	65*	-
Crawford	60*	61*	61*	-
Burley	-	-	-	-
Ward, T.	71	71	73	76
Jones	65*	68	85	74
Puckett	68	66	71	75

* = times made

TRACK Practice - Outdoor

April 7, 1992

6x200 26.0 @ 28.0

Ward, Rhonda	28.0	29.12	28.44	28.10	29.3	
Puckett, Stacy	28.83	30.57	30.48	33.0	32.58	
Jones, Lorraine	29.13	31.30	31.58	30.56	30.98	
Alexander, Tracie	28.18	29.34	28.31	27.44	29	28
Key, Ceata	28.40	29.44	29.30	28.25	29	29
Lipsecomb, Delisha	27.41	29.69	30.28	28.25	31	27
Dowell, Daphne	29.24	30.68	29.58	29.22	29	30
Watson, Marquita	32.88	35.24	34.25	32.68	34.0	36.58

TRACK TIMES - Outdoors

April 8, 1992

<u>Sprinters & Quarter Miles</u>	<u>300</u>	<u>150</u>	<u>75</u>
	39.0	16.0	8.4
DILLARD, DEANNA ①	54:20	23:17	13:01
ALEXANDER, TRACIA ①	40:65	17:18	10:0
KEY, CEATA ①	42:40	18:65	9:04
LIPSCOMB, DELISHA ②	42:49	18:34	9:23
CRAWFORD, ANGELA ②	39:96	16:17	8:63
GURLEY, YOLONDA ①	39:48	16:17	8:57
WARD, TONYA ③	43:69	17:77	8:84

<u>Half Miles</u>	<u>600</u>	<u>300</u>	<u>150</u>
	1:40.0	42.0	18.0
WARD, Rhonda	1:38.0	43:22	21:70
DOWELL, Daphne	1:49.0	46:04	19:55
SMITH, Tonya	1:42.0	43:78	18:17
JONES, LORRAINE	1:45.0	44:89	20:00
PUCKETT, Stacy	1:52.0	44:46	19:00
WATSON, Marquita	2:08.0	54:77	22:56

Time TRIALS1320 4:00 Under

Puckett, Stacy	4:57.28
SMITH, Tonya	4:03.61*
JONES, Lorraine	4:13.68
WARD, Rhonda	3:55.59*
Dowell, Daphne	3:59.75*
Lipscomb, Delisha	absent

400m - 58.0 Under

62:51
67:20
64:05
61:17
63:13
absent

Sprinters @ Quarter Miles

	<u>new 300 - 39.0</u>	<u>150 - 17.0</u>
Dillard, Deanna	42:49	did not run
Alexander, Tracia	41:73	" "
Crawford, Angela	40:20	" "
Gurley, Yolanda	40:85	" "
Key, Ceata	44:83	" "
WARD, Tonya	45:20	" "

12/20/91 XMAS

300M

GURLEY - 41.95

PUCKETT - 48.06

200M

~~28.78~~ 26.50

~~25.50~~ 29.78

GURLEY -
PUCKETT -

