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1977 Team Guide, Women's Track & Field

State University of New York College at Cortland

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SPRING 1977

Cortland State Women's Track



STATE UNIVERSITY OF NEW YORK
COLLEGE AT CORTLAND
CORTLAND, N.Y. 13045

Founded - 1868

Enrollment - Undergraduate 4,560, Graduate 900

Colors - Red and White

Nickname - Red Dragons

Men's Athletic Director - Roger Robinson

Men's Athletic Office - Tel. 607-753-4963

Women's Athletic Director - Louise Moseley

Women's Athletic Office - Tel. 607-753-4953

Public Relations Director - Norbert Haley

Public Relations Office - Tel. 607-753-2518

CORTLAND STATE WOMEN'S TRACK 1977

Head Coach Karen Ruder.....	1
Track Outlook.....	1
1976 Results.....	2
1976 Records.....	3
1977 Track Roster.....	4
1977 Schedule.....	6

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State University College at Cortland

COACH KAREN RUDER

Karen Ruder, in her first year at Cortland State, will be coaching women's track and field. Ruder is a graduate of Longwood College in Virginia where she received a bachelor's degree in physical education. She went to Indiana University for her master's degree.

Before coming to Cortland, Ruder coached track and gymnastics at Ball State University for one year and spent eight years teaching and coaching at the high school level in Virginia.

She lead the women's volleyball team to a 29-8 record this year, which included first place in the New York State AIAW Tournament and second in EAIWA Regionals.

OUTLOOK

Coach Karen Ruder is relying on depth when she optimistically predicts an exceptional season for the track team. The rookie coach feels that the squad is talented to the extent that there should be no event during the regular season in which they will not place. According to Ruder, the team has set a goal to be one of the top three teams in the Eastern Association of Intercollegiate Athletics for Women (EAIWA) Track and Field Tournament to be held at East Stroudsburg May 6-7.

She has estimated that over 25 of the 45 members will qualify for the regional competition and expects several to qualify for the Nationals. Ruder expects the best meet of the season will be the Eastern Regionals when they face powerhouses Penn State and Brooklyn.

Sophomore Mary Rybinski and junior Lynda Lyman will be trying to repeat their output of last season, when they participated in the AIAW Nationals. Ruder feels that the two mile relay team of Rybinski, Deb Grant, Jean Jeffery, and Barb Welti could be 1 or 2 on the East Coast and may also qualify for Nationals.

Race walking will be an additional event at the Cortland Invitational April 23. The one mile event will be a great opportunity to see world class athlete Susan Liers in action.

WOMEN'S 1975-76 TRACK RESULTS

Cornell Invitational

1- Cortland	120
2- Cornell	66
3- Colgate	17
4- Hartwick	2

Eastern Regionals at Penn State (25 Teams)

1-Penn State	92
2-Maryland	51
3-Brooklyn	48
4-Cortland	46
Pitt	46
Rutgers	46

Cornell Invitational

1- Cortland	109
2- Cornell	35
Lehman	35
3- Albany	25
4- Alfred	20
5- RIT	1
6- Hartwick	0

Albany Invitational (12 Teams)

1- Cortland	146
2- U. Mass	124
3- S. Conn	123

WOMEN'S OUTDOOR TRACK RECORDS

- Pentathlon--2983 Stephanie Pigula, 1976.
Mile Relay--4:14.1 Sarah Bain, Pat Eberle, Jean Jeffery, Mary Rybinski, 1976.
80 Hurdles--:12.0, K. Blaufuss Brooks, 1973.
100 Meter Hurdles--:16.4, Chris Schilly, 1974.
100--:11.1, Margaret Mack, 1974.
220--:25.3, Chris Schilly, 1975.
440--:56.0, Chris Schilly, 1975.
880--2:14.6, Chris Schilly, 1975.
Mile--5:13.1, Mary Rybinski, 1976.
440 Relay--:51.4, Chris Schilly, Vanita Parker, Andrea Vunk, Margaret Mack, 1974.
2 Mile--12:04, Cindy Best, 1976.
880 Medley Relay--1:52.2, Cindy Beach, Cindy Matteson, Toni Hinkley, Chris Schilly, 1975.
High Jump--5'4 $\frac{1}{4}$ ", Jan Seraphim, 1975.
Long Jump--16'10", Jan Seraphim, 1976.
Shot put--40'9 $\frac{1}{4}$ ", Vanita Parker, 1974.
Discus--114'10", Ann Harder, 1976.
Javelin--146'9", Lynda Lyman, 1976.
400 Meter Hurdles--1:13.2, Sue Hills, 1976.
3 Mile--19:03.06, Cindy Best, 1976.

WOMEN'S OUTDOOR RECORDS AT DAVIS FIELD

- 80 Hurdles--:12.0, Brooks, Cortland, 1973; Johnson, Penn State, 1973.
100 Meter Hurdles--:15.7, Johnson, Penn State, 1973.
100--:11.1, Margaret Mack, Cortland, 1974.
220--:25.3, Chris Schilly, Cortland, 1975.
440--:56.0, Chris Schilly, Cortland, 1975.
880--2:14.6, Chris Schilly, Cortland, 1975.
Mile--5:14.0, Surdyka, Southern Connecticut, 1975.
440 Relay--:51.4, Cortland (Schilly, Parker, Vunk, Mack), 1974.
880 Medley Relay--1:52.2, Cortland (Beach, Matteson, Hinkley, Schilly), 1975.
High Jump--5'4 $\frac{1}{4}$ ", Jan Seraphim, Cortland, 1975.
Long Jump--16'6 $\frac{1}{2}$ ", Roland, East Stroudsburg, 1975.
Shot Put--40'9 $\frac{1}{4}$ ", Vanita Parker, Cortland, 1974.
Discus--114'4 $\frac{1}{2}$ ", Darlene Spytka, Cortland, 1975.
Javelin--134'7", Flores, East Stroudsburg, 1975.

WOMEN'S OUTDOOR TRACK AND FIELD ROSTER — SPRING 1977

<u>Name</u>	<u>Event</u>	<u>Yr.</u>	<u>Hometown</u>	<u>High School</u>
Bartow, Sue	Hurdles	So.	West Hurley	Onteora
Bartlir, Karen	Sprints	Jr.	Yonkers	Gorton Shonard Terr.
Bazukiewicz, Meg	440	Fr.	New Rochelle	New Rochelle
Beach, Nancy	Sprints	Sr.	Lakeville	Livonia
*Best, Cindy	2 & 3 Mile	Sr.	Lowville	Lowville Academy
Cahill, Betsy	High Jump	Fr.	Clifton Park	Shenendehowa
Bryant, Vivian	Sprints	Fr.	New York	Prospect Heights
Carroll, Kathy	440	Fr.	Massapequa Park	Alfred G. Berner
Clairmont, Dawn	High Jump	Jr.	Owego	Owego Free Academy
Clark, Jody	Mile	So.	Jamestown	South Seneca
Covert, Sheri	Sprints	So.	Waverly	Waverly
Dager, Donna	Sprints	So.	Schenectady	Mohonasen
Dusckas, Georgia	Shot	Jr.	Watertown	Watertown
Earl, Kristi	Long/High Jump	Sr.	Batavia	Batavia
Flegl, Dale	Shot, Hurdles	So.	Clarence Center	Clarence
Fritze, Colleen	440, Javelin	Sr.	Fort Ann	Fort Ann
Gormley, Trish	50, 100, 200	Fr.	Pearl River	Rosary Academy
Grant, Deborah	2 Mile Relay	Fr.	Hannibal	Hannibal
Harder, Ann	Discus	So.	Germanatown	Germanatown
Helbock, Chris	Shot	So.	Nelsonville	Haldane
Herne, Leesa	Long Jump	Fr.	Bombay	Salmon River
*Hills, Susan	Hurdles	Jr.	Cato	Cato-Meridian
Jeffery, Jean	880	So.	Manlius	Fayetteville-Manlius

John, Marjorie	Fr.	Schenectady	Notre Dame-Bishop Gibbons
Jones, Debbie	Sr.	Johnson City	Johnson City
Keane, Marybeth	Fr.	Westbury	W.T. Clarke
Keller, Betsy	Jr.	Ithaca	Ithaca
Levine, Anita	So.	New City	Clarkstown North
Lewis, Verna	Sr.	Jamaica	John Browne
Liers, Susan	Fr.	Smithtown	Smithtown West
Lyman, Lynda	Jr.	Liverpool	Liverpool
Miller, Kristine	Fr.	Whitesboro	Whitesboro
Morley, Sandra	Sr.	Mamaroneck	Mamaroneck
Phillips, Delma	Jr.	Fulton	G. Ray Bodley
Redmond, Carole	Fr.	Sidney	Sidney
Richards, Shelley	So.	Lockport	DeSales
Roberts, Joanne	Jr.	Schenectady	
Rybinski, Mary	So.	Minoa	East Syracuse-Minoa
Sample, Kathy	Jr.	Montour Falls	Odessa Montour
Seraphim, Janice	Jr.	Vestal	Vestal
Seton, Margaret	Fr.	Syracuse	T.J. Corcoran
Spytko, Darlene	Sr.	Richfield Springs	Richfield Springs
Spytko, Marlene	Fr.	Richfield Springs	Richfield Springs
Tuman, Diane	Jr.	Amsterdam	Wilbur H. Lynch
Walti, Barbara	Fr.	Syracuse	West Genesee

Coach: Karen Ruder

*Co-captains: Cindy Best, Susan Hills

Managers: Cathy DeGarmo, Babylon, N.Y., Sue Harris, Schodack Landing, N.Y.

Trainer: Deb Rizzo, Cedarhurst, N.Y.

CORTLAND STATE
WOMEN'S OUTDOOR TRACK & FIELD
SCHEDULE, SPRING 1977

APRIL			
18	E. Stroudsburg	A	3:00
23	Cortland Invitational	H	10:00
	--Fitchburg, Mass.		
	--Cornell		
	--Albany		
	--Alfred		
	--Monroe CC		
27	Oswego	A	3:00
30	Hartwick	A	10:00
MAY			
6-7	Regionals at E. Stroudsburg	A	
14	Albany	A	

