A.A.U. MASTERS
NATIONAL TRACK & FIELD CHAMPIONSHIPS
JULY 5, 6, 7
1974

MT. HOOD COMMUNITY COLLEGE
GRESHAM OREGON

UNITED STATES NATIONAL BANK OF OREGON
MARATHON & 20KM WALK
SAUVIE ISLAND
Welcome to Gresham

We welcome all of you athletes to the AAU Masters National Track and Field Championships at Mt. Hood Community College July 5, 6, and 7. The Greater Gresham Chamber of Commerce hopes our visitors will have a pleasant stay. We are sure they will find our citizens ready to help in any way possible. We urge the visitors to become acquainted with our fine community college and with the area which is one of the fastest growing in the nation.

We are proud of our growth but more proud of the way that growth is being planned. Citizens have worked together to achieve many community projects.

Enjoy your stay.

Robert Bryant, Executive Vice President
Greater Gresham Chamber of Commerce

Welcome to Mt. Hood Community College

Hosting the masters for track and field is the athletic highlight of the year to this region. This college and its staff welcome the opportunity for our facilities to field one of the most competitive gatherings in the nation.

I recently over heard a student commenting, “even some of the older people are competing.” He clarified that statement about competitive swimmers by saying, “You know, those guys over 40.”

I personally welcome each and everyone of you “over 40” young men. The competition is keen and the camaraderie makes this meet what it is. Good luck to each of you outstanding athletes, you are all winners no matter how you place this week.

Dr. Earl L. Klappstein
MHCC President

Meet Background

Because one man had an idea to keep physically fit, more than 300 athletes will compete in the Seventh Annual AAU U.S. Masters Track & Field Championships and Marathon at Mt. Hood Community College in Gresham, Oregon, this week.

San Diego attorney David H. R. Pain conceived a plan for how members of the “over forty” crowd could have an objective for their means of staying healthy. Sponsored by the San Diego Recreation Dept., San Diego Track & Field Assoc., and the Los Angeles Senior Track Club, the first meet was held in July, 1968, in San Diego.

For six years, runners and field event athletes have been traveling to San Diego, at their own expense, for what is becoming one of the most popular meets in the nation. Competitors from throughout the United States, Canada, England and Australia are entered this year’s gathering.

Schedule of Events

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, July 5</td>
<td>Opening ceremonies</td>
<td>1a, 1b, 2a, 2b, 3a, 3b</td>
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<tr>
<td>4:00 p.m.</td>
<td>Hammer throw finals</td>
<td>3a, 3b, 4</td>
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<td>4:30</td>
<td>Long jump finals</td>
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<td>Javelin finals</td>
<td>3a, 3b, 4</td>
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<td>5:15</td>
<td>100 meter prelims</td>
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<td>5:25</td>
<td>100 meter prelims</td>
<td>2a, 2b</td>
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<tr>
<td>5:30</td>
<td>High jump finals</td>
<td>2a, 2b</td>
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<tr>
<td>5:45</td>
<td>100 meter prelims</td>
<td>3a, 3b, 4</td>
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<tr>
<td>6:00</td>
<td>400 meter relay prelims</td>
<td>1a, 1b</td>
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<td>400 meter relay prelims</td>
<td>2a, 2b</td>
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<td>400 meter dash prelims</td>
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<td>10,000 meter prelims</td>
<td>all divisions</td>
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<tr>
<td>7:00</td>
<td>10,000 meter finals</td>
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<tr>
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<td>5000 meter walk finals</td>
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Saturday, July 6

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<tr>
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<tr>
<td>9:30 a.m.</td>
<td>Long jump-pentathlon</td>
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<tr>
<td>10:30</td>
<td>Javelin-pentathlon</td>
<td>all divisions</td>
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<tr>
<td>11:30</td>
<td>200 meters pentathlon</td>
<td>all divisions</td>
</tr>
<tr>
<td>12:30</td>
<td>Discus-pentathlon</td>
<td>all divisions</td>
</tr>
<tr>
<td>1:45</td>
<td>1500 meters pentathlon</td>
<td>all divisions</td>
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<tr>
<td>10:30 a.m.</td>
<td>200 meter prelims</td>
<td>all divisions</td>
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<tr>
<td>12:30</td>
<td>Pole vault finals</td>
<td>3a, 3b, 4</td>
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<td>1:45</td>
<td>Discus finals</td>
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<td>2:40</td>
<td>Long jump finals</td>
<td>1a, 1b</td>
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<td>4:25</td>
<td>High jump finals</td>
<td>3a, 3b, 4</td>
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<td>4:30</td>
<td>3000 meter steeple chase finals</td>
<td>1a, 1b, 2a, 2b</td>
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<td>4:45</td>
<td>3000 meter steeple chase finals</td>
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<td>100 meter finals</td>
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<td>5:15</td>
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<tr>
<td>5:25</td>
<td>100 meter finals</td>
<td>3a</td>
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<td>400 meter hurdles finals</td>
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<tr>
<td>7:30</td>
<td>Barbecue by lake</td>
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Sunday, July 7

6:30 a.m. Marathon & 20 kilo walk

3:00 p.m. Pole vault finals

3:00 400 meter relay final
3:10 400 meter relay final
3:20 110 meter hurdles
3:25 110 meter hurdles
3:30 110 meter hurdles
3:35 110 meter hurdles
3:40 110 meter hurdles
3:45 110 meter hurdles
3:55 400 meter finals
4:00 400 meter finals
4:00 Long jump finals
4:00 Shot put finals
4:05 400 meter finals
4:10 400 meter finals
4:15 400 meter finals
4:20 400 meter finals
4:25 400 meter finals
4:30 Javelin finals
4:35 1500 meter finals
4:40 1500 meter finals
4:45 1500 meter finals
4:50 1500 meter finals
5:00 1500 meter finals
5:00 Triple jump finals
5:00 High jump finals
5:10 200 meter finals
5:15 200 meter finals
5:20 200 meter finals
5:25 200 meter finals
5:30 200 meter finals
5:35 200 meter finals
5:40 200 meter finals
5:45 3000 meter run final
5:50 3000 meter run final
6:00 1600 meter relay
6:05 Awards ceremony
6:15 Closing ceremony
### HAMMER THROW

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### LONG JUMP

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### JAVELIN

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### RECORDS

**16 pound hammer throw**
- 1a-222' 15/" Howard Payne 1971
- 2b-117' 6/" Nathaniel Heard 1972
- 3a 85' 5/" Randolph Hubbell 1973

**Long jump**
- 1a-22' 1 1/2" Dave Jackson 1973
- 2a-18' Jonathon Sharp 1972
- 3a-16' 4 1/2" Michael Andoros 1973
- 4-12' 6 1/2" Ralph Higgins 1973

**Triple jump**
- 1a-46' 11" Dave Jackson 1973
- 2a-38' 10 1/4" Gordon Farrell 1972
- 3a-37' 5 1/2" Gordon Farrell 1973
- 4-24' 8 1/2" Ralph Higgins 1973

**Shot put**
- 1b-47' 4 1/2" George Kar 1972
- 2a-35' 10" Nathaniel Heard 1970
- 3a-47' 11/2" Hershey 1971

**Javelin**
- 1a-229' 3" Bud Held 1970
- 2a-173' 9" Bill Morales 1969
- 3a-118' 7" Ken Carrie 1970
- 4-64' 4" Mowrer 1972

**Pole vault**
- 1a-13' 6" Kenneth Hob 1970
- 2a-13' 7" Morcom 1972
- 3a-9' 1 1/4" Bud Deacon 1973

**High jump**
- 1a-6' Jack Razzeto 1970
- 2a-5' 6" Orval Gillett 1969
- 3a-4' 7" Virgil McIntyre 1972

**Discus**
- 1a-147' Fortune Gordien 1971 (2KG)
- 1a-147' Stewart Thompson 1973 (2KG)
- 2a-150' 11" George Kar 1973
- 3a-102' 2" John Dick 1972 (1.6KG)

**Pennant throw**
- 1a-26'12 points Brayton Norton 1972
- 2a-1961 points Bill Moraces 1972
- 3a-1347 points John Dick 1972

**100 meters**
- 1a-11.2 Dean Smith 1972
- 2a-12.1 Payton Jordan 1972
- 3a-13.4 Jack Williams 1973
- 4-14.8 Ralph Higgins 1973

**10,000 meters**
- 1a-30-48.6 Laurie O'Hara 1973
- 2a-35' 21" Ken Hall 1973
- 3a-37' 08" Bill Andberg 1973
### 100 Meter Dash

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### 200 Meter Dash

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### 400 Meter Dash

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### 800 Meter Run

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### Records Cont.

#### 200 meters
- Dean Smith 1972
- Al Guider 1972
- Virgil McIntyre 1972
- Ralph Higgins 1973

#### 400 meters
- Keith Wilker 1973
- James Upham 1973
- Frittie Sjostrom 1973
- Glen Ingram 1973

#### 800 meters
- David Pratt 1973
- Malcolm Shurtleff 1972
- Bud Deacon 1973
- Noel Johnson 1972

#### 1500 meters
- Henryk Kupczyk 1973
- Jim Gorrell 1973
- Bill Andberg 1973

#### 3000 meter steeplechase
- Graham Parnell 1972
- Robert Long 1973
- Norman Bright 1973

#### 5000 meter run
- Laurie O'Hara 1973
- John Gilmour 1971
- Bill Andberg 1971
- Noel Johnson 1973

#### 10,000 meters
- Laurie O'Hara 1973
- Ken Hall 1973
- Bill Andberg 1973

#### 400 meter relay
- Corona Del Mar 1972 (Davidson-Schoegel-Stolpe-Jackson)
- Corona Del Mar 1973 (Guidet-Jordan-Crouch-Fouts)

#### 1600 meter relay
- Corona Del Mar 1972 (Stolpe-Tetralfl-Schoegel-Jackson-Herschberger)
- San Diego Track Club 1972 (Boyd-Bowers-Hamilton-Knappel)

#### 5000 meter walk
- John Kelly 1973
- Don Johnson 1973
- Larry O'Neil 1973
### Records Cont.

**20 kilometer walk**
1a 1:42:38.5 John Kelly 1971
2a 1:34:50 Don Johnson 1973
3a 2:17:8 Larry O'Hair 1970

**Marathon**
1a 2:32:37 Bill Gookin 1973
2a 2:46:37 Tom Buckingham 1973
3a 3:13:17 Urban Miller 1973
4 4:02:58 Grace 1968

**110 high hurdles (39")**
1a 16.0 Dave Jackson 1972
2a 18.7 Jonathon Sharp 1973
3a 22.3 Bud Beacon 1973

**400 meter intermediate hurdles**
1a 56.5 Jack Greenwood 1972
2a 58.5 Al Guild 1973
3a 90.4 Stan Thompson

(Note: Because of the realignment of the divisions based on five-year intervals, records do not exist for the new divisions.)

### Awards

A handsome commemorative patch will be awarded to each competitor and an AAU "champion" patch will be awarded to each first place winner. Special awards will be awarded to the outstanding track athlete in each age group division and to the outstanding field event athlete in each division.

- **Running events:** Awards to first through third in all divisions and races.
- **Field events:** Awards to first through third in all divisions.
- **Walks:** $5000 meter, first through third in all divisions.
- **20 Kilo:** First through sixth.
- **Marathon:** Awards to first through third in all divisions.
- **Pentathlon:** Awards to first through third in each division.
- **Relay:** Awards to first three teams in each division.
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