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Hand, returning to Hayward Field after several road runs this year, felt good in winning the 3,000 in 9:07.04.

"It was a little different," Hand said, "but it's nice to run in front of this crowd. They never forget you."

Clark, another former Duck, won the 800 meters in 2:06.58 and pulled Oregon's Francie Faure (2:08.78) and Carol Holmen (2:10.24) under the conference qualifying standard of 2:11.14.

"The two most likely to meet the standard did," Heinonen said. "Francie looked great. They both ran tough when they had to."

Jill Smith lost for only the third time all season, but did so to Karin Smith, one of the best javelin throwers the U.S. has to offer. Karin Smith won with a toss of 188-5 while Jill Smith was second with a heave of 185-2, just off her personal record of 187-7. Despite the loss,

it was a good series for Smith.

"It's very important to maintain consistency and stay within a few feet of my best," she said. "It's important to throw well when I'm fatigued so when I get to a big meet I'll be more fresh. I needed the competition and it was great to have it so I'll know how to respond in a big meet."

High jumper Laurel Roberts tuned up for the Pac-10 meet by winning in a season's best 5-10. Roberts had two good attempts at 6-0, the NCAA standard, and also beat Washington State's Lissa Gray for the first time.

"I'm starting to come around," Roberts said. "My practices have been productive."

Roberts said she's worked on technique changes in both her approach and take-off all season, and was happy to win.

"I know it's there," she said of a 6-0 jump. "It's just a mat-

ter of everything falling together. She's (Gray) a good one. I've jumped against her almost all year and she always beat me."

Occidental Invitational: Two school records were set at the Occidental Invitational in Los Angeles on Saturday by the Duck sprinters.

The 400-meter relay team of Karen Church, Rosie Williams, Laurie Williams and Stefanie Hunter broke last year's record of 45.55 with a 45.50 clocking. The relay squad won the event while just missing the national qualifying standard of 45.34.

In the 100 meters, Rosie Williams was second, but set a new school record of 11.58, despite running into a head wind. Williams, who had a wind-aided best of 11.64 at the Pepsi Team Invitational, broke Debbie Adams' 1978 school record of 11.65 and just missed the NCAA standard of 11.50.



Photo by Bill Haines

Oregon's Liz Wilson struggled the last few laps, but crossed the finish line in time to qualify for the 5,000 during the Twilight Meet on Saturday.

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