

***INDUCTION CEREMONY
FOR THE 2015 CLASS OF
THE PACIFIC ASSOCIATION
HALL OF FAME***



NOVEMBER 17, 2015



PACIFIC ASSOCIATION HALL OF FAME

2015 INDUCTEES

Harry Marra

Barbara Miller

Rick Milam

John Powell

Suzie Powell Ross

Mac Wilkins

HISTORY OF HALL OF FAME

In March 2006 under the direction of George Kleeman, the Board of Athletics approved a committee to develop criteria for a Hall of Fame for the athletes, coaches, volunteers and officials who have supported and contributed to the achievements of the Pacific Association of USA Track & Field since its inception in 1980. During those 25 years, the association had grown to become the largest in the United States with innovative and unique programs in all of the sports disciplines. This has been done by the concerted effort of our dedicated office staff and the many volunteers who work for the sport of athletics in Northern California and Northern Nevada. Consequently, the Board now felt that it was time to recognize these lifetime contributions of the members and athletes during that period. These include the disciplines of track & field, road racing, race walking, cross country, ultrarunning, mountain running and athletics for the disabled. Although there are a number of individual committee and board awards already in place to recognize the contribution of current endeavors and even a few for lifetime service, the Pacific Association Hall of Fame allows the membership to recognize and immortalize contributions to our local athletics sport scene, which are exceptional as well as sustaining.

The first class of the Pacific Association Hall of Fame was inducted on January 29, 2008 after criteria had been approved in spring of 2007. The fifth class is being inducted on November 17, 2015

NEW MEMBERS OF THE PACIFIC ASSOCIATION HALL OF FAME (in alphabetic order)

The date shown for each inductee is generally as of their induction date. Many have continued in their contributions to the current time.

Harry Marra (2015) Coach

Nominated by 2015 Hall of Fame Committee

Eugene, OR

Born 1947

Years in the Sport 55 Years Coaching 41 Years in Pacific Association 28+

Harry is a native of Cohoes, N.Y. and graduated from Mount St. Mary's. He was born

in 1947 and grew up play multiple sports year round. He went to Syracuse University for graduate school getting a Master of Science in Physical Education Teaching and

Coaching in 1973-4. He started his involvement with track and field in 1961 as a high school freshman. He was a competitive decathlete himself. During that time he was a Graduate Assistant Coach. Harry spent



much of his career in San Francisco and San Luis Obispo although he now lives in Eugene and works for the Oregon Track Club, Elite as a combined events coach since August, 2010. When he retires he plans to return to California. He has more than 55 years' experience in the areas of Track and Field, as an athlete and coach at every level from high school to international, conditioning, and athletic performance. He served as head coach at Springfield College in Massachusetts for four years and as an assistant coach at UC Santa Barbara for two years before that.

While in the Bay Area Harry was coach at San Francisco State for almost 12 years (1981-93) and started the Johnny Mathis Invitations which is still continuing today. While as SFSU he coached one NCAA Champion and 24 All-Americans before moving on to the coach Visa Team USA National Decathlon squad from 1990 to 2000 both in the Bay Area and San Luis Obispo where he helped seven different decathletes score more than 8000 points. Besides Paul Terek and Ashton Eaton he coached are Sheldon Blockburger (8,296), Brian Brophy (8,276), Paul Foxon (8,254), Bart Goodell (8,109) and Chris Wilcox (8,026). In 2007 he coached Terek to a 10th place finish at the IAAF World Championships in Osaka, Japan. During this period National Decathlon team members won one Gold, and two Bronze Medals in the Olympics at Atlanta, Sydney and Barcelona. He was named twice Northern California Athletic Conference coach of the year in 1985 and 1990. At the same time Marra was a speed and fitness consultant for the San Francisco Giants between September, 1988 and December 1999. He was inducted into the SFSU Hall of Fame in April, 2008.

He received the USATF President's Award in 1996. He was a member of the United States' coaching staff at the IAAF World Championships in Paris (2003), Helsinki (2005) and Osaka (2007) and was an assistant coach for the 1999 Pan American Games, where U.S athletes won five gold medals, four silvers and a bronze and set a pair of meet records. He was also a coach for the 1981 and '82 U.S. Olympic Festivals. From July 2002 to December 2004 He served as Founder and National Director for the World's Greatest Athlete Decathlon Club in SLO where two of his athletes made the 2004 US Olympic Decathlon Team. Since 2008, he has been Head Coach for an elite post collegiate Track & Field Club, Pacific Coast Waves in the San Luis Obispo area where helped decathletes, 110m high hurdlers and sprinters prepare for the Olympic games.

Starting in November, 2009 he he was named an assistant at Oregon. He later became a full time assistant coach and was named Nike Coach of the Year in 2012. Harry is probably most noted for his work with Brianne Theisen who set a collegiate record of 4540 points to win her second NCAA pentathlon title in 2011 and her husband and World Decathlon and Indoor Heptathlon Champion and World Record holder Ashton Eaton. He helped both win NCAA titles in 2010 before moving on to his current OTC Elite position. He has continued to coach both in their pro careers including World records for Ashton at the 2012 Olympic Trials, and the 2015 World Championships and a Gold Medal at the London Olympic Games.

Other Awards

President's Award 1996

Rick Milam (Deceased)(2015) Official/Contributor

Nominated by George Kleeman and seconded by 2015 Hall of Fame Committee
San Jose, CA

Living no Deceased 8/23/2010 Born April 4, 1944

Level of Certification Master

Years Officiating 50 Years in Pacific Association 50

First Officiated 1960 First Certified

Long time Race Director for Los Gatos All Comers Meets



The inaugural Rick Milam Memorial Track and Field Meet at this year's Bay Area Senior Games honors Milam, who died of a heart attack on Aug. 23, 2010, while driving in San Jose.

Milam, a 1962 alum of Sequoia High in Redwood City, was Senior Games tournament director for many years. That job has been turned over to his older brother, Leroy, a '59 graduate of Sequoia.

"My brother was the most laid back person," Leroy said. "If something went wrong, he'd just say, 'We'll get by.' He was never negative, never said a bad word about anybody."

Before Rick Milam suffered a heart attack behind the wheel on that fateful day, he had fought Stage 4 colon cancer and was winning the battle while maintaining an exhaustive schedule throughout the Central Coast Section of the CIF. Milam maintained a positive attitude through out . When others were upset to learn of his battle his response was. "This is nothing, I was a Marine."

He never forgot whom the sport was about. It was about every athlete who ran, jumped or threw something.

"Rick was driving along 880 near the Alameda underpass," Leroy said. "There was a couple changing a flat tire on the side of the road next to the fast lane. Rick drove into them, injuring one of them. The officer who investigated the accident said there were no skid marks for 300 feet, so they felt Rick had died already or was unconscious. They checked Rick's driving record and he had no tickets in 30 years of driving."

At the ensuing memorial held at Los Gatos High, 400 people packed the gym. In attendance was 1956 Olympian Dan Bowden, the first American to break the 4-minute mile. In addition, there was Milam's 1978 Homestead-Cupertino cross-country team that won the Central Coast Section championship.

"There were countless people there," said Milam's close friend, Mike Dudley, a 1979 graduate of Cupertino High. "Just talking about it gets me choked up. He impacted so many people."

"I tried to greet as many people as possible at the door," Leroy said. "There were 30 or 40 U.S. Track and Field officials there. It was a large contingent."

Rick Milam was born in Palo Alto, played football and basketball at Sequoia before attending College of San Mateo. After transferring to San Jose State, Milam became team manager for the Spartans' vaunted track and field team and Coach Bud Winter, recognized as one of the greatest sprints coaches in the world.

Milam joined the U.S. Marine Corps, where he stayed for two years. When Milam landed a job coaching track & field and cross-country at Homestead, he incorporated stringent training he learned in the Marine Corps into his practices.

"Rick was hard on his athletes," Leroy said. "He wanted them to run fast, but not too fast. He wanted them to peak near the end of the season."

Milam was disenchanted with the layoffs of teachers back then, so he went into the insurance business, working on tax shelters for sports figures. Milam kept his hand, as well as his vast knowledge, in helping to run track and field meets for 44 years. Wherever there was a track meet or a cross-country meet, Milam was usually there. A few years ago, he was one of the announcers at the Artichoke Invitational.

He helped with the announcing at CCS meets, as well as invitational meets. With his deep voice, he would not only call the races, but also make announcements.

Willie Harmatz, who headed the track and field program at Los Gatos High from 1978 to 2002, first met Milam in 1975.

"We hit it off from Day 1," said Harmatz, inducted into the Long Beach City College Hall of Champions last year. "He was organized and liked to run meets. He shared the same interests as mine. It is great they named the meet after him. He should be honored."

Harmatz started the All-Comers and Top 8 Track and Field meets in 1978. It wasn't long before Milam and Harmatz were running the meets together.

"Rick was my backbone for all my officials," Harmatz said. "I couldn't have done it by myself."

If there was a local track and field meet, Rick Milam was most likely front and center.

"Rick helped everybody," Leroy said. "He helped coaches become better coaches, even if he didn't like them."

"Rick's joy was so infectious," said Dudley, who works as a meet official, as well as, a meet announcer. "When he told me he had colon cancer, he didn't complain. He just said it was a part of life. He loved living every moment and had great energy. He was my best friend."

Dudley felt Milam's presence at this year's Top 8 Meet, held at San Jose City College on April 17.

"Willie and I were setting up the meet and I found some old clipboards with Rick's writing on it," Dudley said. "I told Willie that Rick was still with us."

The spirit of Rick Milam will be ever-present at CSM on Sunday and for future years to come. No denying, he is still with us.

Rick received the 2007 CCS Distinguished Service Award from the Executive Committee of the CIR-Central Section Board of Managers in October 2007 for his service as long time Track and Field Meet Director in that section.

The award is intended to honor those individuals who have made outstanding contributions to the Central Coast section and the California use a plastic federation over a period of years this career award is reserved for truly outstanding individuals who have made personal and professional sacrifices in order to promote, develop and positively influence interscholastic athletes.

Rick was the cross-country and track and field coach at Homestead high school in Cupertino for 12 years before moving into private industry in 1983. While at Homestead, he coached 16 championship teams and the CCS championship cross-country team. Since leaving Homestead Rick has coached at the community college level and worked for several years in field of sports psychology with Dr. Bruce Ogilvie at State University. According to his resume, Rick also worked extensively with the US Olympic Track and Field, Volleyball Swimming and Gymnastics teams as well as various teams in NFL and NBA, the US Figure Skating Association, the US Hammer Throwing team and the US Women's Cycling Team. He was director of sales for NBN Sports In his spare time, Rick kept himself even more busy organizing and helping out at several road races, all comers meets, invitational and Central Coast Section League and Section meets. He was codirector of the Top Eight Track and Field Meet as wells the CCS Track and Field Championships. Rick also served as the League Secretary for the SCVAL.

He did everything with a smile. He was real. He wore his love for the sport on his sleeve. His best attribute was the relationship he had with the coaches and the athletes. He got along with every coach, helping them if something came up.

He had a very special relationship with each athlete. If the athlete set a personal best, won a title, or qualified for state, he would give that athlete a high-five.

Other Awards

Dick Barbour 2001

Barbara Miller (2015) Masters LDR Athlete

Nominated by Tom Bernhard and seconded by the 2015 Hall of Fame Committee
Modesto, CA, Born: 8/7/39
Elected to the 2007 USATF Masters Hall of Fame
Age Group Records: F55, 60, 65, 70 Competed: 1989-2012
She has a wide distance range (5k to marathon) and age-grades in the 90%
throughout.



Event	AG	Age	Yr	Mark	Rec	%
12K	F55	55	95	49:43	AR	89.91
HMar	F55	56	95	1:28:27	AR	93.82
5K	F55	56	96	19:37	AR	93.20
HMar	F60	60	99	1:29:49	AR	97.75
Mar	F60	60	99	3:14:50	AR	94.22
12K	F60	60	00	50:49	AR	94.23
10K	F65	65	04	43:57	AR	97.04
HMar	F65	65	04	1:38:48	AR	95.83
30K	F65	65	04	2:27:54	AR	93.14
12K	F65	65	05	55:15	AR	93.30

WMA World Championship Titles: F55 3rd Marathon '99; F60 1st Marathon, 2nd 10,000m '01
USA LDR Championship Titles (1st): F50 10XC '89; F55 5K, Half Mar '96; F60 15K '99; 1st 15K, Mar '00; F65
10K '04, '05

Masters LDR Age-Group Athlete of the Year: F50 1990; F55 1995; F60 1999, 2000; F65 2004, 2005, 2006;
F70 2009, 2010, 2012.

Barbara is still active in both her local running club, Shadow Chase Running Club and the Buffalo Chips. Her records were made as part of the Buffalo Chips Racing Team.

OTHER ACCOMPLISHMENTS:

Barbara has served as race director or co-race director for the Modesto Classic since its inception in 1990 as a fund-raiser for Shadow Chase Running Club for which she has served as president and other offices. She set an American Best for the F60 Marathon at the 2000 Boston with 3:11:57.

JOHN POWELL (2015) Discus Athlete /Coach

Nominated by John Mansoor and seconded by 2015 Hall of Fame Committee
Sacramento, CA Currently living in Spring Valley Nevada
Years in Track and Field 55 Years as an Athlete 27
John Gates Powell was born June 25, 1947 in San Francisco, California
Club: First member of Tom Jennings' Pacific Coast Club, later Jimmy Carnes'
clubs like Athletic Attic, Mazda and Bud Light Track America



John is considered the finest technician ever in the history of the discus events and is respected for both his teaching and throwing abilities. John started slowly placing no better than 11th in the NCAA and 16th in the AAU Championships in 1968. However, after a 4th at Munich Olympics in 197 he won AAU titles in 1974 and 1975. In 1975 held the world record at 69.06m (226'8"0) and was the Pan American Games Champion. The following year he made his second Olympic team for Montreal in 1976, placing third. During this time, he trained with other Olympians in San Jose like Bruce Jenner and Mac Wilkins. John and Mac taught Bruce

the nuances of the discus and help him to win the Decathlon discus. He was third again in Los Angeles in 1984. Besides the National Championship in 1974 and 1975, he also won 5 consecutive years from 1983 to 1987. No one was more effective in the ring than Powell. At age 36, he set his official personal best with the longest throw in the world at 71.26 m (233'9") at San Jose on June 9, 1984 that put him in a tie for number 8 on the all-time list. In 1987 at age 40, Powell won the Silver Medal at the Rome World Championships in 1987 at 66.22 m (217'3"). This qualified him as the first and to date only Master Athlete to win a medal at the World Championships. Following that meet, he competed in the "The Wolfgang Schmidt Memorial Competition" in Sweden where he threw 236'6 (72.08m). This garnered an award from TAC/USA Masters Track and Field for "Outstanding Single Performance 1987".

These track and field competitions in 1987 were Powell's last ones before he was suspended by the IAAF for taking part in a forbidden track and field tour to apartheid-era South Africa against such native greats as John Van Reenen who held the world record in 1975 and was two time NCAA Discus Champion at Washington State in 1969 and 1970.

Since 1987, John has conducted an annual Throwing Camp at Denison University. It provides activities designed to help develop skills and a mastery of all throwing events. He uses a "learn by doing" format, which includes lots of throwing and fun drills, and video review. Instruction is personally directed by John to accommodate all levels of expertise and includes special guest coaches like Augie Wolf. Alumni include over 200 state meet qualifiers and 88 state meet champions! Future Olympians Carol Cady, John Godina, Suzy Powell and Kevin Mc Mahon all attended Powell's Camps.

Powell also still "advises" a few of his young champion-level throwers at the University of Nevada, Las Vegas (UNLV), on a nearly weekly basis. He says if he were a "Coach", his throwers would have more memorable workouts! Like they have at Camp!

Medal record

Olympic Games -4 Time Olympian from 1972 to 1984, two-time medalist

Fourth place with a 62.82m (206'1") in round 2 (which put Powell into the lead) in 1972

Munich Olympic Games

Bronze medal –with a 65.70m (215'7") in round 3 for third place at 1976 Montreal Olympic Games

Member of the American Team that was not allowed to compete in 1980 Moscow Olympics

Bronze medal – with a 65.46m (214'9") in round 6 for third place at 1984 Los Angeles ("Last Throw, Best Throw")

World Championships Silver medal –with a 66.22m (217'3") for second place 1987 Rome ("First Throw, Best Throw")

Pan American Games Gold medal –with a 62.37m (204'7") for first place in 1975 at Mexico City

World Record Holder at 69.08 m (226'8") at Long Beach on May 3, 1975 until Mac Wilkins surpassed it on April 24, 1976

Incidentally, Powell also lost his San Jose State school record to Mike Weeks that same day.

Seven Time US Champion in Discus 1974, 1975, 1983, 1984, 1985, 1986 1987

British and French Champion in 1975

Four time USOC National Sports Festival Champion

Current US Outdoor Championship Record 71.26m (233'9") on June 9, 1984 San Jose, CA, which was 8th best at the time and now, tied for 9th best.

Personal Best: 72.08 m (236'6") in 1987 at age 40 in Sweden, which would place him, 4th on the all-time performer list but for some reason it has not been recognized on the approved list.

Other Personal bests: Shot Put 17.09m (56'1") 1976; 20.42m (67') for 14# Shot in 1976; Hammer 67.04m (219'11") 1984; 35# Weight 20.19m (66'3") 1984

Coached

San Jose State SJSU Curt Ransford NCAA Javelin Champ 1980.

Stanford (1981-1990) Left to Right Carol Cady, Karen Nickerson, Patty Purpur, Pam "Boom Boom" Dukes. These 4 women made All-America honors 20+ times, won NCAA Championships, set Stanford School records, made Olympic Teams and set the

American Record in the Discus (broken by Suzy Powell). Also Stanford Men's School Records in Discus and Hammer were improved during his tenure.



Other Accomplishments

First athlete to make a "How to" video in any sport.

Books Coauthored or Contributor

The Linear Approach to the Discus with Ernie Bullard

Wilkins vs Powell with Ernie Bullard

Dynamic Track and Field with Jim Bush and Don Weiskopf

Education

Mira Loma High School in Sacramento

UC Davis Fall 1965

American River College

San Jose State

Records

Preceded by South Africa John van Reenen and was Men's Discus World Record Holder between May 3, 1975 and April 24, 1976. Mac Wilkins succeeded him.

SUZY POWELL-ROOS (2015) Discus Athlete

Nominated by 2015 Hall of Fame Committee

Modesto CA Born September 3, 1976, in Modesto, Calif.

PR: 67.67m/222-0 AR (2007)

High School: Downey HS (Calif.) '94

High School Record at Modesto Relays in 1994 at 188 ft-4 in.

American Record: in 2007 at 67.67m (222 ft.)

College: UCLA '99

Club: Asics

Career Highlights: 2012 Olympic Trials 3rd Place, 2008 and 2000 Olympic Trials runner-up; 2007 USA champion and ranked number 1 in US; Ranked in the top 10 in the world between 2000 and 2004 and again in 2007; World Championship Team member in 1997, 2001 & 2003; 1996 Olympic Trials champion as a sophomore at UCLA and youngest member of the US Olympic Team; Six-time USA runner-up ('97, '00-'03, '06); Five time All-American honors in both the discus and javelin as well as PAC 10 titles in both; Three-time U.S. Junior Champion ('93, '94, '95); 1995 Pan American Junior gold medalist.



For over a decade, Suzy Powell has been a dominant force in the women's discus throw. Suzy's career began at age ten while running for a local track club. Her father noticed her ability to throw things far and suggested she try throwing the discus in the fifth grade. Reluctant to be relegated to where most track coaches send the "fat kids," Suzy tried the discus throw if only to please her dad. She was a natural. In her first year, she won the state title for her age group and broke a national record; she was now hooked on the idea of throwing discus.

Achieving success at an early age paved the way for her to earn top high school honors like three California High School State Championships in the discus (1992-'94), the National High School Record (1994), Gatorade's National High School Player of the Year (1994), and Track and Field News Prep Athlete of the Year (1994). Setting the high school record books and winning major meets opened the door for Suzy to earn a full scholarship to UCLA, one of the premier collegiate throwing programs in the country. There she majored in Urban and Regional Development/Business.

Powell qualified for her third Olympic Team with her runner-up performance (62.92m/206-5) at the 2008 U.S. Olympic Team Trials...Powell bettered the women's U.S. discus throw record at the 2007 Maui "Big Wind" Discus Challenge winning the event on her fifth throw of the competition that sailed 67.67 meters/222 feet, which surpasses the 21-year old U.S. women's record of 66.10m/216-10 set by Carol Cady in 1986. She claimed her first U.S. title at the 2007 USA Outdoor Championships. For the fifth time in seven years, Powell claimed the runner-up spot in the women's discus throw with her toss of 58.68m/192-6 at 2006 USA Outdoors. She had a solid 2004 season giving her a #5 ranking in the U.S. by Track & Field News. She set what would have been a U.S. women's discus record of 69.44m/227-10 in La Jolla on April 27, 2002, and she ended the 2002 season with the three best performances by an American in the women's discus. However, the record was not ratified due to technical issues with the throwing sector. Powell was the longtime national HS record holder for the discus and was the 1994 Track & Field News High School Athlete of the Year. She was also a standout basketball player in high school, all-state as a senior.

Suzy's History by year

2015: Pacific Association Hall of Fame

2014; National High School Hall of Fame

2012: Olympic Trials Third Place

2008: 15th in qualifying at Olympic Games (58.02m/190-4)...2nd at Olympic Trials (62.92m/206-5)...3rd at Nike Prefontaine Classic (61.89m/203)...4th at Reebok Grand Prix (61.89m/203-1)...2nd at Maui (63.39m/208-11)...ranked #3 in the U.S. by T&FN...best of 63.39m/208-11.

2007: USA Outdoors champion (60.63m/198-11)...4th at Pan Am Games (59.08m/193-10)...8th in qual. at World Outdoors (59.57m/195-5)...1st at Maui (67.67m/222-0AR)...1st at Modesto Relays (65.17m/213-10)...2nd at Reebok Grand Prix (60.77m/199-4)...1st at Salinas (65.52m/214-11)...1st at Stanford (63.60m/208-8)...ranked #1 in the U.S. by T&FN...best of 67.67m/222-0.

2006: USA Outdoors runner-up (58.68m/192-6)...1st at Salinas (63.14m/207-2)...1st at Fresno State Summer Series (61.68m/202-4)...7th at World Athletics Final (59.44m/195-0)...1st at Road to Eugene '08 (60.53m/198-7)...ranked #2 in the U.S. by T&FN...best of 63.14m/207-2...Ranked 13 in world by IAAF

2005: 4th at USA Outdoor Champs (61.00m/200-1)...1st at Salinas (60.69m/199-1)...1st at San Diego (62.35m/204-7)...ranked #4 in the U.S. by T&FN... 62.35m/204-7.

2004: 6th at Olympic Trials (58.19m/190-11)...1st at Fresno (58.51m/191-11)...2nd at Mt. SAC (62.82m/206-2)...1st at Modesto Relays (62.76m/205-11)...2nd at Huntington Beach (63.58m/208-7)...2nd at San Diego (62.54m/205-2)...ranked #5 in U.S. by T&FN...best of 63.58m/208-7.

2003: USA Outdoors runner-up (62.58m/205-4)...Finalist and 9th at World Outdoor Championships in Paris (59.86m/196-5)...2nd at Adidas Oregon Track Classic Outdoors (62.07m/203-7)...2nd at Home Depot Invitational (60.95m/199-11)...1st at Oracle U.S. Open (61.24m/200-3)...3rd at Rethymnon (64.48m/211-6)...1st at Modesto (61.96m/203-3)...ranked #10 in the world (#2 U.S.) by T&FN...best of 64.48m/211-6.

2002: 2nd at USA Outdoors (62.57m/205-3)...set the pending U.S. discus record of 69.44m/227-10 at La Jolla on April 27...1st at Fresno Relays (65.48m/214-10)...1st at Palo Alto (64.39m/211-3...1st Mt. SAC (62.90m/206-4 - sloping ground)...ranked #9 in the world (#2 U.S.) by T&FN...best of 69.44m/227-10...Nominated for an ESPY Award for Best Female Track and Field Athlete.

2001: 2nd at USA Outdoors (63.29m/207-8)... won at Mt. SAC (63.72m/209-1)...9th in qualifying round at World Champs (58.19m/190-11)... ranked #8 in world (#3 U.S.) by T&FN... best of 64.50m/211-7.

2000: In her first year out of college she improved her average distance by nearly ten feet... was 2nd in DT at Olympic Trials 64.56m/211-10...did not make Olympic final 59.66m/ 195-9 which was good enough for 15th place...won Modesto Relays 65.30m/214-3... #2 in U.S. by T&FN... best of 65.30m/214-3 and was ranked 10th in the world.

1999: 5th at USA Outdoors (185-2)...7th at World University Games...ranked #6 by T&FN...best of 199-9.

1998: 3rd in Pac-10 DT (185-7), 4th in JT (152-3)...4th in NCAA DT (187-2); 8th in JT (170-7)...7th in JT (172-5) at USA Outdoors...ranked #3 in U.S. in DT by T&FN; #7 in U.S. in JT...best of 213-5.

1997: Won Pac-10 DT (196-1) and JT (179-1 PR)...2nd at NCAA DT (198-7) and JT (179-2 PR)...2nd in DT (198-4) at USA Outdoors...21st in qualifying at World Champs (177-11)...ranked #1 in U.S. by T&FN; #5 in U.S. in JT...best of 214-0.

1996: Olympic Trials champion (198-9 PR)... 2nd in Pac-10 (190-11)...2nd in NCAA (193-7)... 33rd in qualifying at Olympic Games (184-6)...ranked #2 in U.S. by T&FN...best of 198-9.

1995: Won US Junior title (181-1 MR)...Gold at Pan-Am Juniors (173-10)...2nd in Pac-10 (178-6)...5th in NCAA (176-2)...11th in USA Outdoors (166-4)... best of 190-6.

1994: Won California HS state meet (174-2)...won Golden West DT (170-11); 2nd in JT (143-5)...won USA Juniors (172-11)...bronze in World Juniors (173-3)...ranked #10 in U.S. by T&FN...best of 188-4. At Modesto Relays, a high school record at the time.

1993: Won California HS state meet...won National Scholastic DT (171-0) and JT (150-8)...won USA Juniors (180-8); 7th in JT...best of 180-8.

1992: Won California HS state meet...2nd in DT (158-9) at USA Juniors; 5th in JT (141-0)...10th in World Juniors...best of 169-8.

1991: 4th in DT (158-1) at USA Juniors, 9th in JT...best of 162-11which is still the best discus throw for a freshmen in California

1990: Best of 151-11.

Other Awards:

Inducted into the National High School Federation Hall of Fame in 2014, one of 21 from California

Mac (Maurice) Wilkins (2015) Discus Athlete/Coach

Nominated by George Kleeman and seconded by 2015 Hall of Fame Committee

Born: November 15, 1950 - Eugene, Oregon

Years in Track and Field: 50 Years as an Athlete: 23

Events: Discus, Shot Put, Javelin and Hammer

Clubs: Pacific Coast Club and Athletics West

Wilkins has been called America's greatest all-round thrower, although this sobriquet omits such old timers as [Martin Sheridan] and [Ralph Rose] at the beginning of the century. Still, Wilkins' versatility is impressive and earned him the nickname "Multiple Mac". While at Oregon he competed in all four outdoor weight throwing events. For example he began his collegiate career as a javelin thrower for the Oregon track team, placing third in shot put in the 1973 NCAA Championship his senior year and won the 1977 AAU Indoor shot put championship. He also threw the hammer, but all his big titles came with the discus.

Mac Wilkins' athletic career spanned 23 years, four Olympic teams and four world records in the discus. He set three of those records on a single day. Mac was recruited to the University of Oregon by the famous distance running coach Bill Bowerman (out of Beaverton High School) as a javelin thrower where he threw the a personal best in the javelin of 78.44 m (257' 4") as a 19-year-old freshman. As a senior he was NCAA Champion in the discus and third in the shot and won the first of eight US National Championships in the discus.

A 1973 graduate of the University of Oregon, Wilkins also had lifetime bests of 69' 1 1/4" (21.06 m) in the shot put to win the as the AAU Indoor Champion in 1977, and 208' 10" (63.66 m) in the hammer throw that



same year. During his career he was nationally ranked in three throwing events but it was in the discus where he achieved his greatest glory. He took the AAU discus title six times.

But Mac's greatest year had to be 1976. Wilkins broke the discus world record four times in less than 30 days. After setting his first world record of 226-11½ (69.18) on April 4th, he went to San José on May 1 and, on each of his first three throws in the competition progressively improved that record. His opening throw was 69.80 m (229'0"), next came a 70.24 m (230'5 1/2"), which was the first ever 70 m throw and finally came 70.86 m (232'6"). Following that performance he went on to win the gold medal at the Olympics at Montreal in July as a member of his first Olympic Team after setting an Olympic record of 224' 0" in the preliminaries. His other gold medal occurred at the Pan American Games in 1979.

He was top-ranked in the world in 1976 and 1980 in the discus and was the top-ranked U.S. discus thrower eight times, including six in a row from 1976 through 1981. His P.R. occurred on July 9, 1980 at Helsinki with a throw of 70.98 m (232'10") which at the tie was the second farthest throw ever.

As a Coach:

From 2006 through 2013, Wilkins coached the throws at Concordia University, a NAIA school, in Portland, OR. His throwers won 24 individual National Championships and earned 94 All-American honors. In August of 2013, Mac left Concordia University to coach for USATF at the Chula Vista, California Olympic Training Center where he now lives.

Mac has also given significant guidance to contribute to the success of the following throwers:

2012 K. Poonia, India - 6th - 2012 Olympics, 2010 Commonwealth Games Gold Medal
2009 D. Samuels, Australia - World Championships Gold Medal
2008 S. Trafton, USA - Olympic Champion Gold Medal
2001 A. Setliff, USA – 5th - World Championships, 2000 5th - Sydney Olympics

For much of his career he threw for Athletics West.

Records Held

World Record: Discus Throws –

69.16 m (226'11") on April 4, 1976

69.80 m (229'0") on May 1, 1976 in San Jose First Throw

70.24 m (230'5") on May 1, 1976 in San Jose Second Throw

70.86 m (232'6") on May 1, 1976 in San Jose Third Throw

Olympic Championships

1976 Montreal Olympics: Discus Throw (1st) at 67.50 m (221'5") Gold Medalist

1980 Moscow Olympics: Member of boycott team

1984 Los Angeles Olympics: Discus Throw (2nd) Silver Medalist

1988 Seoul Olympics: Discus Throw (5th)

1977 World Cup: Discus Throw (2nd) Silver Medalist

1979 World Cup: Discus Throw (2nd) Silver Medalist

1983 World Outdoors: Discus Throw (10th)

1979 Pan-Am Games at San Juan: Discus Throw (1st) Gold Medalist

World record holder from April 24, 1976 to August 9, 1978

Championship Titles

NCAA 1973, Shot 3rd, Discus 1st.

AAU and TAC Discus Titles 8 times First in 1973, 1976 through 1980 1982, 1988 He was second in 1974 and 1975.

AAU Indoor Shot Put Title 1977

Ranks #1 In the World in Discus in 1976 and 1980

Personal Bests : SP – 69-1¼i (21.06i) (1977); DT – 70.98 (1980); HT – 208-10 (63.65) (1977); JT – 257-4 (78.43) (1970).

Education

High School Clover Park High School and graduated from Beaverton High School in 1969

Undergraduate: University of Oregon (Eugene, Oregon), 1973

Other Honors

USATF Hall of Fame 1993

University of Oregon Hall of Fame 1994

State of Oregon and State of Washington Sports Halls of Fame

Occupations

Schoolteacher, Technology Sales Consultant, Throws Coach, Motivational Speaker