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### 04/07/1982 - Track to Open Season

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# Panther Sports News

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April 7, 1982  
LS-Track- Hometowns

## FOR IMMEDIATE RELEASE

CHARLESTON, IL--Eastern Illinois University's track team will open its outdoor home season hosting 12 teams in the EIU Relays Saturday (April 10) at 11 a.m. at O'Brien Stadium.

With only 15 upper classmen on the 60 man roster, Coach Neil Moore is dependent upon seniors for the nucleus of the scoring punch, and one of those is weightman Paul James (Mahomet-Seymour).

James, a three time letter winner in the discus, holds the school record of 180-8 feet.

Last Saturday James threw the discus 155-5 feet in an invitational at Southeast Missouri placing just eighth. However, he is not concerned with the slow start.

"This winter I threw the shot indoors so I haven't worked on the discus much. I just have to concentrate on technique and then my throws will come along," he said.

Something new this season is a different training program which he started in January. He is hopeful the new program will have him peak at the end of the season instead of at the beginning which happened last season.

"I threw 175-180 feet at the start last spring and thought I was going to get better . . . but I didn't . . . I started to throw worse," he said.

"So I hit the weights real hard this past summer and fall and believe I'm a lot stronger. Hopefully this added strength will help me qualify for nationals."

To achieve that goal, he must throw eight feet farther than he ever has which is not out of reason. "I've been improving 10-15 feet a year so I hope I can stay on that schedule."