

Barbara Friedrich Parcinski

They say records are made to be broken. But in the case of Barbara Friedrich Parcinski, hers will stand forever.

Barbara attended Manasquan High School, where she graduated in 1967. That was five years before the passage of Title IX created unprecedented opportunities for female athletes, so her chances to take part in sports were very limited.

As Barbara was growing up, she took part in just about all of the track and field events, but it became clear that she had a natural talent in one in particular - the javelin. At Manasquan, she was able to compete in a limited manner alongside the boys. After her freshman year, she went to the United States trials for the 1964 Olympics and finished a very respectable seventh.

By her sophomore year, she was good enough to throw 151-10, which made her the Eastern States champion. She continued to get better, and broke several records, including a throw of 183-5 1/2. She became girls and women's AAU champion, and competed in international events. She even broke more records in a AAU indoor event - the basketball throw.

After continuing to break the national girls high school javelin record during her senior year at Manasquan, along came one day in particular.

At Long Branch High School, where some girls events were contested alongside a much bigger boys meet, she was annoyed that her coach was paying more attention to the boys. She channeled her energy into her performance, and unleashed a throw still talked about to this day: the distance was an astounding 198-8 1/2, which set a new women's American record and was within six feet of the world record. It was also a world junior record. It was so far that the meet officials had positioned themselves at the 140



foot mark, and the javelin basically soared over their heads like a missile.

Aside from the extraordinary distance, which was 39 feet beyond the No. 2 thrower on the national list, the record will also stick because safety-related changes to the javelin in 1999 have reduced the distance of throws.

Barbara was the champion at the Pan Am games that summer, and qualified for the Olympics in Mexico City the following year. An ill-timed hamstring injury limited her to a ninth-place finish.

She attended Newark State College (now Kean University), where she won more javelin championships, including the national title in 1970, and also competed in tennis, basketball and field hockey. She would later work for more than 30 years as a teacher and coach in Toms River.

Barbara was later inducted into the Kean Athletic Hall of Fame. She's also in the Manasquan Hall of Fame.

