By Ray Parrillo Inquirer Staff Writer

Last June, Julia Solo qualified for the 1984 Olympic trials when she hurled the javelin 172 feet, 11 inches. That amazing toss came on the heels of a 167-7 that brought her the firstplace medal at the PIAA championships and shattered the state record by almost eight feet.

With those performances, Solo etched her name among those of the top 25 amateurs in the country. They also set her up for a difficult encore, because Solo was only a junior at Upper Dublin High.

So how are things going these days for this splendid three-sport athlete?

"I'm not doing as well as I like," Solo said yesterday after blowing away the field with a throw of 150-0 to win the PIAA Class AAA District 1 crown at Delaware Valley College.

"Julia's been a little disappointed," said Upper Dublin coach Patti Boyce. "And that's because she sets such high standards for herself. But I reminded her that it was at this time last year when she started doing all that incredible stuff. Julia is still Julia. She'll rise to any level."

Although 150 feet is modest by Solo's standards — she beat her nearest challenger by 26-1 - she seems primed to approach last year's distance at next weekend's PIAA championships at Shippensburg University.

First of all, the elbow tendinitis that left her virtually idle for almost eight months is healed. Second, she used yesterday to experiment with a new javelin.

"I'm feeling much better, and now it's a matter of getting down my form," said Solo, who will attend the University of Virginia on an athletic scholarship and who also plays basketball and field hockey. "I tried throwing in the fall, but I wasn't prepared, physically or mentally. Partly because of that and partly because of a lack of competition, I lost a little motivation.

"I also realized I've been putting too much pressure on myself. But the important thing is I got off a good series of throws today. I tried a bigger javelin, and I showed some consistency."

Solo, who last year was the state runner-up in the discus, reached 155-7 at the Lady Lion Invitational at Penn State on May 3 for her 1985 best. With a repeat state title a virtual given for her, Solo is setting her sights on this summer's National Sports Festival at Lousiana State University. But first, she'll have to qualify for the Senior Nationals in Indianapolis by reaching the qualifying standard of 167-4.

"I'll be very disappointed if I don't qualify for the nationals," she admitted. "Yes, my ultimate goal is the 1988 Olympics."

Solo's victory came in one of 13 finals, all in field events, during the first half of the two-day District 1 meet.

Great Valley's Karen DiDonato broke a four-year-old District 1 mark in the Class AAA high jump with a leap of 5-9. Penn Wood's Leroy Burrell, the district's top all-round performer, won the Class AAA long jump with a Southeastern Pennsylvania best 23-7. The Houston-bound senior also had the fastest qualifying times in the 100 (10.7 seconds) and 200 (22.2).

Stephanie Gurysh of William Tennent won the Class AAA long jump with a distance of 19-34 to establish an area best for this season.

In Class AA competition, tiny Friends Central won two events, with Vince Feldman taking the high jump (6-3) and Ander Pindzola winning the pole vault (12-9). The only school to win two events at yesterday's session will compete today in the Friends School League Championships.

The winner in each event automatically qualifies for the PIAA championships. The other qualifiers must beat the time or distance indicated in parentheses below.

The results

CLASS AAA BOYS Long jump (21-6) — 1, Leroy Burrell, Penn Wood, 23-7. 2, Vince Watson, West Chester Henderson, 23-1½. 3, Dan Cooper, Chester, 22-8½. 4, Bob Girt, Pennsbury, 22-5½. 5, Eric Vassal, Cheltenham, 22-½. 6, Alvis Burnette, Upper Merion, 21-9. Shot put (52-0) — 1, Eric Krohn, Cones-toga, 57-6. 2, Mike Lukens, William Tennent, 54-10½. 3, Geoff Japchen, Central Bucks East,

52-7. 4, Aaron Jeter, Pottstown, 52-11/2. 5, Ed Byrne, Quakertown, 51-41/2.

CLASS AA BOYS

High jump (6-2) — 1, Vince Feldman, Friends Central, 6-3. 2, Jim Hennessey, St. Pius X, 6-2. 3, Joe Foley, Archbishop Kennedy, Chester Horton, Bristol, and Jim McCloy, St. Pius X, 6-0.

Chester Horton, Bristol, and Jim McCloy, St. Pius X, 6-0. Long jump (20-10) — 1, Rufus Davis, Bristol, 21-7¼, 2, Matt Havelow, Oxford, 21-1. 3, Mide Mills, Pottsgrove, 20-7¼, 4, James White, Avon Grove, 20-3¼, 5, Mike Regan, St. Pus X, 20-2½. Pole vault (12-6) — 1, Ander Pindzola, Friends' Central, 12-9. 2, Doug Amoroso, Springfield (M), 11-0. Discus (141-3) — 1, Lonnie Crockett, Potts-grove, 129-11. 2, Bob Preston, St. Pius X, 129-9, 3, Rob Schmidt, Archbishop Kennedy, 128-11. 4, Dave Rich, Springfield (M), 127-3. 3, Chris Lottin, Archbishop Kennedy, 122-11. Javelin (183-6) — 1, Jim McCloy, St. Pius X, 162-2. 2, Jeff Thomas, Oxford, 161-4. 3, Mike Regan, St. Pius X, 156-11. 4, Bob Preston, St. Pius X, 154-6. 5, Bob Taraboletti, Kennett, 153-10. CLASS AAAA GIRLS

CLASS AAA GIRLS High jump (5-2) — 1. Karen DiDonato, Great Valley, 5-9 (new district record, breaks old record of 5-7 set by Candy Cashell of Unionville in 1981). 2. Iraci Claussen, Cones-toga, 5-5. 3. Susan Gaines, Springfield (D), 5-4. 4. Ann Marie Ruth, Haverford High, 5-4. 5, Karen Murray, Council Rock, 5-2. 6, Lisa Pow-ley, Upper Merion, 5-2. 7, Debbie Hallman, Pennridge, 5-2. 8, Carrie Macatee, Marple New-town, 5-2. Long jump (16-8) — 1, Stephanie Gurysh,

town, 5-2.
Long jump (16-8) — 1, Stephanie Gurysh, William Tennent, 19-%, 2, Marcy Greenlee, Wissahickon, 18-7. 3, Laine Shaw, Strath Haven, 17-6½, 4, Crystal Durnell, West Chester Henderson, 17-3½, 5, Marca Touey, Penn Wood, 17-2¾, 6, Lori Flemp, Abington, 17-3¾.

Ven, 17-5/2. 4, Crystal Durnell, West Chester Henderson, 17-3/4. 5, Maura Touey, Penn Wood, 17-2/4. 6, Lori Flemp, Abington, 17-2/4.
7, Denise Hotwell, Spring-Ford, 17-2/4.
Javelin (118-8) — 1, Julia Solo, Upper Dublin, 150-0. 2, Karen Bill, Truman, 123-11.
3, Jannie Rittenhouse, North Penn, 116-11. 4, Karen Trexler, Methacton, 108-2. 5, Kim Wollpert, Methacton, 108-1.

CLASS AA GIRLS

CLASS AA GIRLS Long jump (16-7) — 1, Donna Kinslon, Oxford, 16-8. 2, Kim Beattie, Octorara, 16-634. 3, Leanne Brewster, Great Valley, 16-1½. 4, Regina Hording, Perkiomen Valley, 15-734. 5, Charlotte Deshield, Bristol, 15-234. Shot put (35-8) — 1, Sevits, Morrisville, 35-4%. 2, Mosely, Oxford, 34-7½. 3, Lofland, Garnet Valley, 32-10%. 4, Finan, Kennett, 30-11½. 5, Santagelo, Perkiomen Valley, 30-6. Discus (109-2) — 1, Monica Santangelo, Perkiomen Valley, 103-3. 2, Samantha Sevitz, Morrisville, 103-0. 3, Pat Mosley, Oxford, 95-0. 4, Cathy White, Oxford, 87-1. 5, M.J. Lofland, Garnet Valley, 86-6.

intermediate hurdles in 43.4.

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Church Farm dominated the fiel events as Mike Bush won the javeli and shot put and teammate Shanno

Yates took the long and triple jump Second-place finisher Christia Academy was led by sophomore F lix Acosta, who won the 1,600- an 3,200-meter runs.

The results

Tream scoring — Church Farm 79½; Cari tian Academy 75½; Delco Christian 43; Ph Mont Christian 41; Cedar Grove 1. 100 meters — 1, Cunningham, Phil-Mort 12.2. 2, Clark, Delco. 3, Hatton, Delco. 4 200 — 1, Cunningham, Phil-Mont, 24.0 Fortune, Church Farm. 3, Hamilton, Christia Academy.

Academy. 400 — 1, Pratt, Church Farm, 54.0. Cunningham, Phil-Mont. 3, Hamilton Christia Academy.

Academy. 800 — 1, Sterling, Phil-Mont, 2:17.64 Kennett, Delco. 3, Davis, Christian Academ 1,600 — 1, Acosta, Christian Academ 4:57.3.2, Mahre, Delco. 3, Cassidy, Phil-Mon 3,200 — 1, Acosta, Christian Academ 10:54.0.2, Fink, Christian Academy: 3, Mathematical Academ Patron Statements (Christian Academy: 3, Mathematical Academ) Delco

110 hurdles — 1, Fortune, Church Far 15.9 (meet record, beats own mark of 16.4, 1984). 2, Yates, Church Farm. 3, Reid, Christia

300 hurdles — 1, Fortune, Church Fair 43.4. 2, Reid, Christian Academy. 3, Mura Church Farm

1,600 relay — 1, Church Farm (Yate Fortune, Medina, Pratt). 2, Phil-Mont. 3, Chri

Long jump — 1, Yates, Church Farm, 19-2, Clark, Delco. 3, Kleiner, Church Farm, 19-7 Triple jump — 1, Yates, Church Farm, 8 6½. 2, Cooper, Christian Academy. 3, Brow Church Farm.

High jump — 1, Medina, Church Farm, 5-2, Lloyd, Christian Academy. 3, Nazigan, Chri

2, Lioyd, Christian Academy, S, Nazigan, Christian Academy, Shot put — 1, Bush, Church Farm, 40-4, Hartzell, Christian Academy. 3, Coliauta, Delo Discus — 1, Fentstemacher, Christian Aca emy, 107-11/2, 2, Coliauta, Delco. 3, Bergma Phil-Mont. 4, Dack Church Farm, 440, 5

Javelin — 1, Bush, Church Farm, 149-5, Konopka, Phil-Mont. 3, Hanley, Phil-Mont-Pole vault — 1, Reid, Christian Academ 11-9. 2, Thelford, Delco. 3, DeVeau, Chyr