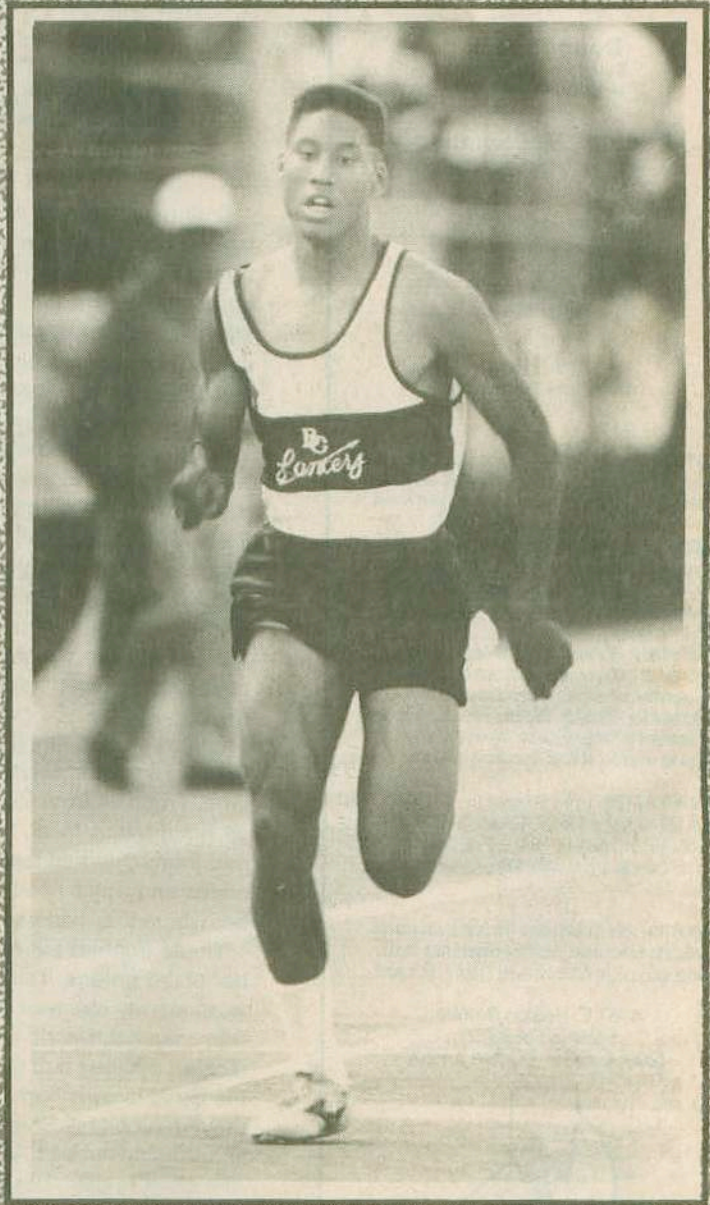


APRIL 1994

CALIFORNIA

Track News



94/10
 Walt Lange
 4920 Oak Leaf Avenue
 Carmichael CA 95608

California High School
 Cross Country Team
 Why Passing Zones?
 Schedule, Results...
 More

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CALIFORNIA Track News

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4957 E. Heaton Avenue
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(209) 255-4904 Office & FAX



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EDITORIAL

Get a Life

Spring has sprung, which means it is track season. Along with the smell of fresh flowers you can find that excitement generating aroma of the smoke from a starter's pistol. Matching the spread of colors from the new blooms of flowers are also the dazzling array of uniforms dashing about the tartan oval.

For track and field aficionados spring is a good time of the year. However, along with all of the excitement on the track, there is one down side to spring -- spring cleaning! I was recently trying to restore some order to an otherwise entropy-stricken garage, when I stumbled across a dilapidated cardboard box filled with equally dilapidated trophies. These were my trophies from by-gone days of glory. Trophies earned running for the glory of Duarte High School and Westmont College. Trophies from Chaffee Relays, Bishop Amat Metric Meet, Mt. SAC Relays, and many that had lost their identification plates and which I couldn't even remember where they had been won.

These trophies were lost in a dusty corner of the garage. Thirty years ago they were among my most prized possessions; they meant the world to me then. As a dedicated athlete I had given up so much in the quest to own them. Now what are they? Memories? Some I can't even identify. Was it worth it? All of the sacrifice and effort to gain these scraps of wood and tin?

No, in all honesty, it wasn't worth it. If this is all I have to show for all of those years of training, training, training. A

dusty piece of wood buried in the back of the garage isn't much to show for all of that time and energy.

From the standpoint of material rewards, track doesn't offer much to very many. But, fortunately, track is much more than collecting material rewards. By training for and competing in track and field, I was able to shape my very being. I would not be who I am today without the lessons learned and growth accomplished through the struggle for those beat-up pieces of wood. Each one of those old awards represents change, direction and refinement in my life. They trace much of the journey that has brought me to where I am now. The trophies are not what is important from that time. What is important is what happened to me during that time. The old awards represent and remind me that participation in track and field can make us better people. I like to think it did that for me. I see it happening to others every day.

Get down to the track, do the work, go for the gold, and in the process you'll build a life--awards or not. -BC

ON THE COVER: Bell Gardens High School's **MICHAEL GRANVILLE**, the big-time 800m winner at the 1994 National Scholastic Indoor Championships March 12 & 13 in Syracuse, NY. Michael ran a *strong race*, winning in 1:51.11, the #3 prep time ever and a new national sophomore indoor record by 3 seconds! See meet results in this issue. Michael was selected by *Track & Field News* as the U.S. Indoor High School Athlete of the Year. Congratulations, Michael!!

Photo by Kirby Lee/L.A. Times.
At right, 1500 meter runners **SHOLA LYNCH** and **CECI ST. GEME** at the Nike Cal Poly Invitational. Story and results begin on page XX.
Photo by Elaine Rosenfield

SCHEDULE

Please send cross country and track information to CTN, 4957 E. Heaton Ave., Fresno, CA 93727.

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

High School

Track & Field

April 2 (Saturday)

Berkeley: Oakland Invitational. At Edwards Stadium, UC Berkeley. Contact Ralph Belany at McClymonds HS (510) 893-6569 or Attorney Tom Broome (510) 465-8744w.

April 8 (Friday)

Davis: UC Davis High School Invitational. Contact Jon or Deanne Vochatzer at (916) 752-1111.

April 8-9 (Fri./Sat.)

Fresno: Bob Mathias Fresno Relays. Ratcliffe Stadium. Red Estes, Fresno State University, Athletic Dept. #27, Fresno 93740 (209) 278-4097, FAX (209) 278-6611.

April 9 (Saturday)

Arcadia: Arcadia/Foot Locker Invitational. Arcadia HS. Contact Doug Speck or Mary Lou Guy at Arcadia HS (818) 446-0131.

Santa Cruz: Throws Series at KELfield #27. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. At KELfield. Info:

Gary Kelmenson (408) 458-0202.

April 16 (Saturday)

San Jose: Hampton/Phillips Track & Field Classic. At San Jose CC. Contact Bob Poynter or Frank Slaton (408) 274-1700w, (408) 238-0825h, or FAX (408) 270-1004.

April 22 (Friday)

Sanger: Sanger Metric Classic. 4 p.m.

April 23 (Saturday)

San Mateo: 3rd Annual Half Moon Bay Track Distance Carnival. College of San Mateo campus. 3200, 800, mile, and 1600 relay. Freshmen race freshmen, sophomores race sophomores, etc. Relay open. Info: HMBay Track, 30 Marie Ct., Half Moon Bay, CA 94019 (415) 726-9043.

April 30 (Saturday)

Reedley: Reedley Invitational. 10:30 a.m.

Modesto: Bear Creek Invitational. Modesto JC. 9 a.m. Greg Wright, Bear Creek HS, 10555 Thornton Rd., Stockton 95209 (209) 943-2735.

May 6 (Friday)

Sanger: North Yosemite League Finals. 4:30 p.m.

May 7 (Saturday)

Sacramento: Sacramento Meet of Champions. 11 a.m. American River College. Jerry Colman (916) 487-3175.

May 19 (Thursday)

Visalia: CIF Central Section Finals. Sunkist Stadium. 4 p.m.

May 28 (Saturday)

Santa Cruz: Throws Series at KELfield #28. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. At KELfield. Info: Gary Kelmenson (408) 458-0202.

May 29 (Sunday)

Sacramento: Pacific Association

Youth Championships. Pacific Association (916) 983-4622.

June 3-4 (Fri/Sat)

Cerritos: CIF California State Track & Field Championships. Cerritos College.

June 11 (Saturday)

Sacramento: Golden West High School Invitational. American River College. John Mansoor, 120 Ponderosa Court, Folsom, CA 95630 (916) 983-4622. FAX (916) 983-4624.

Location TBA: National Scholastic Championships. Mike Byrnes, 201 Spring St., Culpeper, VA 22701 (703) 829-6718.

June 18 (Saturday)

Santa Cruz: Throws Series at KELfield #29. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. At KELfield. Info: Gary Kelmenson (408) 458-0202.

June 24-25 (Fri/Sat)

Tallahassee, FL: Junior National Outdoor T&F Championships. Mike Long, Track Office, Florida State Univ., PO Box 2195, Tallahassee, FL 32370 (904) 644-3270 FAX (904) 644-4845.

June 28-July 3

Knoxville, TN: Youth Athletics T&F National Outdoor Meet. Dorothy Doolittle, Athletic Dept., Univ. of Tennessee, PO Box 15016, Knoxville, TN 37901 (615) 994-5222.

July 19-24

Lisbon, Portugal: 5th IAAF World Junior T&F Championships. USATF, PO Box 120, Indianapolis, IN 46206 (317) 261-0500.

July 26-31

Gainesville, FL: Junior Olympic National Outdoor T&F Championships. John Webb, Athletic Dept., Box 14485, Univ. of Florida, Gainesville, FL 32604

SCHEDULE

(904) 375-4683 ext. 4461. FAX (904) 375-4809.

July 30

Santa Cruz: Throws Series at KEL-field #30. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. At KELfield. Info: Gary Kelmenson (408) 458-0202.

COACHES/MEET DIRECTORS

We want to include your track & field invitational. Write to CTN, 4957 E. Heaton Ave., Fresno, CA 93727 or call/FAX (209) 255-4904.

Cross Country

October 29 (Saturday)

Azusa: Collegiate Invitational. Invitational High School 2 Mile 7:30 p.m. All Divisions. Contact Irv Ray (818) 969-3434.

December 3 (Saturday)

Fresno: Foot Locker West Regional Cross Country Championships. Woodward Park. New race schedule for 1994. Includes coaches race. 5K. Contact Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

College & Open

Track & Field

April 2 (Saturday)

Riverside: Riverside Track Classic. UC Riverside. Contact Chris Rinne (909) 787-5207.

Sacramento: Stan Wright Panther Invitational. Sacramento CC. Contact Bob Lanza (916) 558-2305.

Tempe, AZ: Sun Angel Classic. Arizona State Univ. Contact Herman Frazier (602) 965-3856.

April 8-9 (Fri-Sat)

Fresno: Bob Mathias Fresno Relays. Ratcliffe Stadium. Contact Red Estes (209) 278-4097.

April 9 (Sat)

Azusa: GSAC Championships. Azusa Pacific Univ. Kevin Reid, 901 E. Alosta, Azusa 91702 (818) 815-3856.

Davis: 39th Woody Wilson Track Invitational. Contact Jon Vochatzer at UC Davis (916) 752-1111.

Santa Cruz: Throws Series at KEL-Field #27. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. Info: Gary Kelmenson (408) 458-0202.

San Diego: UC San Diego Invitational. UC San Diego. Contact Tony Salerno (619) 534-0238.

Las Vegas, NV: Las Vegas Invitational. UNLV. Contact Karen Dennis (702) 895-3256.

April 14-15 (Thu-Fri)

Walnut, Mt. SAC & California Invitational Decathlon/Heptathlon. Contact Terry Franson (818) 812-3024.

April 15 (Fri)

Pomona: Pomona-Pitzer Invitational. Contact Pat Mulcahy (909) 621-8016.

April 15-16

Sacramento: Panther Decathlon/Heptathlon. Sacramento CC. Contact Bob Lanza (916) 558-2305.

April 15-17

Walnut, Mt. SAC Relays. Contact Dan Schrum (909) 594-5611 x4840.

April 16 (Saturday)

San Francisco: Johnny Mathis Invitational. San Francisco State. Contact Matt Lydum (415) 338-1561.

April 19-20 (Tues-Wed)

Salinas: Nor-Cal Multi Events Championships. Hartnell College.

April 23 (Sat)

Azusa: BFI Meet of Champions. All events. Invit. mile elites + Steve Scott.

Contact Irv Ray (818) 969-3434.

San Mateo: 3rd Annual Half Moon Bay Track Distance Carnival. College of San Mateo campus. Men--2 mile. Women--1 mile. Run in middle of High School Invitational. Info: HMBay Track, 30 Marie Ct., Half Moon Bay, CA 94019 (415) 726-9043.

Irvine: Irvine Invitational. UC Irvine. Contact Vince O'Boyle (714) 856-6080. FAX (714) 856-5260.

Santa Barbara: Nick Carter/Gaucha Invite. UC Santa Barbara. Contact Pete Dolan (805) 893-8276. Verify this date.

Stanislaus: Stanislaus Invitational. CS Stanislaus. Contact Kim Kemp (209) 667-3312.

April 30 (Sat)

San Diego: UC San Diego Invitational.

April 30-May 1 (Sat-Sun)

Westwood: Cal/Nevada State Meet. at UCLA.

May 4-7 (Wed/Sat)

Davis: Northern California Athletic Conference Outdoor Championships. UC Davis. Jon Vochatzer, Athletic Dept., UC Davis, Davis 95616 (916) 752-8608. May 7 (Sat)

May 7 (Saturday)

Northridge: Northridge Open. CSUN. Contact Don Strametz (818) 885-3608.

Pomona: Poly Invitational. Cal Poly Pomona. Contact Jim Sackett (909) 869-2831.

Tucson, AZ: Wildcat Last Chance T&F Meet. Drachman Stadium. Dave Murray, McKale Center, Univ. of AZ, Tucson, AZ 85721 (602) 621-4829.

May 13 (Friday)

Modesto: Northern California Junior College. Modesto JC. Jack Albiani, Athletic Dept., Modesto JC, Modesto 95350 (209) 575-6279.

May 13-14

Las Cruces, NM: Big West Conference. New Mexico State Univ. Karey Fey, Ath. Dept., PO Box 30001, Las Cruces, NM (505) 646-1028. FAX (505) 646-1028.

California

Track News

California's Source ...
Track & Field ■ Cross Country

Now in its twentieth year, **California Track News** is devoted exclusively to California track, field and cross country coverage. **California Track News** is a vital and important source of information -- high school, college, open, masters.

✓ RESULTS ✓ SCHEDULE ✓ PHOTOS
✓ RANKINGS ✓ INTERVIEWS ✓ SPECIAL FEATURES

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Fresno, CA 93727

SCHEDULE

May 14 (Sat)

Modesto: S&W Modesto Invitational Track Meet. (Date changed from May 7.) Contact Tom Moore (209) 537-0411.

Sacramento: Sacramento Hornet Invitational. CS Sacramento. Contact Joe Neff (916) 278-6208.

Long Beach. So. Calif. Striders Open Invite. Long Beach State. Contact John Lomax (213) 666-0379.

Eagle Rock: Oxy Invitational. Occidental College. Contact Bill Harvey (213) 259-2608. FAX (213) 341-4993.

San Diego: Southern California Junior College Championships. San Diego Mesa College. Arnie Robinson, Athletic Dept., 7250 Mesa College Drive, San Diego 92111-4998. (619) 627-2739.

Flagstaff, AZ: Flagstaff Invitational. Northern Arizona Univ. Contact Ron Mann (602) 523-5646.

Eugene, OR: Oregon Twilight. Hayward Field. Mark Stream, 2727 Leo Harris Parkway, Eugene, OR 97401 (503) 364-5321. FAX (503) 346-5449.

May 17 (Tuesday)

Walnut: Mt. SAC Twilight. 4 p.m.

May 18-21 (Wed-Sat)

Fresno. WAC Championships. Warmerdam Field at FSU. Red Estes, Ath. Dept., #27, Fresno State Univ. Fresno 93740 (209) 278-4097. FAX (209) 278-6611.

May 20-21

Van Nuys: Twilight Distance Classic. Contact Skip Stolley (213) 730-9617.

Pullman, WA: Pacific-10 Conference Outdoor Championships. (Multi 14th & 15th). Washington State University. Marcia Saneholtz, Athletic Dept., WSU, Bohler Gym, Pullman, WA 99164-1610 (509) 335-0201. FAX (509) 335-0328.

Norwalk: California Junior College Championships. Cerritos College. Doug Wells, Athletic Dept., 11110 Alondra Blvd., Norwalk 90650 (310) 860-2451 ext. 2889. FAX (310) 467-5009.

May 21 (Sat)

San Francisco: Kezar Mizuno Invitational. Pat Devaney (415) 875-3838.

Davis: Davis Invitational (NCAA/USA

T&F) Qualifying Meet. Contact Jon Vochatzer at UC Davis (916) 752-1111.

Los Angeles: Los Angeles Invitational. CS Los Angeles. Contact Kevin McCarthy (213) 343-6413.

Birmingham: Santa Monica Distance. 5 p.m.

Portland, OR: adidas Oregon Track Classic. Griswold Stadium, Lewis & Clark College. Paul Banta, 7335 SE 21st St., Portland, OR 97215 (503) 232-0678.

May 21-22

Santa Barbara: VISA Twilight Decathlon. UC Santa Barbara. Contact Pete Dolan (805) 893-8276.

May 24-25

Long Beach: SCA/USATF Heptathlon Championships. Long Beach St. Contact Andy Sythe Contact Andy Sythe (310) 985-1700. FAX (310) 985-8197.

May 25 (Wed)

Fresno. FSU Last Chance. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

Long Beach: Long Beach Twilight Invite. Long Beach State. Contact Andy Sythe (310) 985-1700. FAX (310) 985-8197.

Tempe, AZ: Arizona State NCAA Last Chance Meet. Sun Angel Stadium. Ken Lehman, ICA-Track Office, Tempe, AZ 85287-2505 (602) 965-4313.

May 25-28

Raleigh, North Carolina: NCAA II. St. Augustine's College. George Williams, Athletic Dept., St. Augustine's College, Raleigh, NC 27611 (919) 516-4171 ext 4236.

Naperville IL: NCAA III. North Central College. Marcy Thurwacheeter, Ath. Dept., 39 North Brainard, Naperville, IL 60566 (507) 663-4053.

May 26-28 (Thurs-Sat)

Azusa: NAIA National Outdoor Championships (Hep & Dec 5/26-27). Azusa Pacific University. Kevin Reid, 901 E. Alost, Azusa 91702 (818) 815-3856. FAX (818) 969-7180.

May 28 (Sat)

San Jose. Bruce Jenner Mobil Grand

Prix. San Jose CC. Contact Bert Bonna-
no (408) 288-3730. FAX (408) 287-7222.

Santa Cruz: Throws Series at KEL-
Field #28. All Divisions--men, women,
junior, high school, open, submasters,
masters. Weight throw, hammer, shot,
discus, javelin. 9 a.m. Info: Gary Kel-
menson (408) 458-0202.

May 29 (Sunday)

Norwalk: Southern California USATF
Association Outdoor Championships.
Cerritos College. Doug Wells, Athletic
Dept., 11110 E. Alondra Blvd., Norwalk
90650 (310) 860-2451 ext. 2889.

June 1-4 (Wed-Sat)

Boise, ID. NCAA Division I Champion-
ships. Bronco Stadium. Ed Jacoby, Ath.
Dept., 1910 University Dr., Boise, ID
83725 (208) 385-3657. FAX (208) 385-
3361.

June 4 (Saturday)

Eugene, OR: Prefontaine Classic.
Hayward Field. Tom Jordan, 2110 Fair-
mount Blvd., Eugene, OR 97403 (503)
683-5635. (503) 687-1016.

June 5 (Sunday)

Norwalk: SCA/USATF Championships.
Cerritos College. Contact Doug Wells
(310) 860-2451 x2889.

June 9 (Thursday)

Long Beach: USATF Tune-up. Long
Beach State. Contact Andy Sythe (310)
985-1700.

June 10 (Friday)

Fresno: Central California USATF As-
soc. Championships. Ratcliffe Stadium.
Ken Dose, Athletic Dept., 1101 E. Uni-
versity Ave., Fresno 93741 (209) 442-
4600 ext 8445.

June 16-18

Knoxville, TN: USATF Champion-
ships. Contact Gloria Ray or Kathy
Burke, Knoxville Sports Corporation,
900 E. Hill, Suite 480, Knoxville, TN
37915, (615) 522-3777.

June 18 (Saturday)

Santa Cruz: Throws Series at KEL-
Field #29. All Divisions--men, women,
junior, high school, open, submasters,

SCHEDULE

masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. Info: Gary Kelmenson (408) 458-0202.

June 22 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

June 29 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

June 30 (Thursday)

Long Beach: SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 1 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 6 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

July 7 (Thursday)

Long Beach: SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

Azusa: Azusa Pacific Summer Twilight Track/XC Series. 5 p.m. Field Events, 5:30 p.m. Track Events, 7 p.m. 2 & 3 mile XC races. Contact Irv Ray, Azusa Pacific University, (818) 969-3434.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 8 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 8-10

Edwardsville, IL: U.S. Olympic Festival. Southern Illinois University. Phil Henson, Olympic Festival, 250 Williams St., Suite 6000, Atlanta, GA 30301-1996, (409) 224-1546. FAX (404) 224-5145.

July 9 (Saturday)

Los Angeles: SCA/USATF All-Comers Meet. LA City College. Contact M. Thompson (213) 953-4000 x 260.

July 13 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

July 14 (Thursday)

Long Beach: SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

Azusa: Azusa Pacific Summer Twilight Track/XC Series. 5 p.m. Field Events, 5:30 p.m. Track Events, 7 p.m. 2 & 3 mile XC races. Contact Irv Ray, Azusa Pacific University, (818) 969-3434.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 15 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 20 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

Gateshead, Great Britain: USA/ Great Britain Dual Meet.

July 21 (Thursday)

Long Beach: SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

Azusa: Azusa Pacific Summer Twilight Track/XC Series. 5 p.m. Field Events, 5:30 p.m. Track Events, 7 p.m. 2 & 3 mile XC races. Contact Irv Ray, Azusa Pacific University, (818) 969-3434.

July 22 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 23 (Saturday)

Norwalk: SCA/USATF AC Championship. Cerritos College. Contact M. Thompson (213) 953-4000 x 260.

July 24-29

St. Petersburg, Russia: Goodwill Games.

July 27 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

July 28 (Thursday)

Azusa: Azusa Pacific Summer Twilight Track/XC Series. 5 p.m. Field Events, 5:30 p.m. Track Events, 7 p.m. 2 & 3 mile XC races. Contact Irv Ray, Azusa Pacific University, (818) 969-3434.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 29 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 30 (Saturday)

Santa Cruz: Throws Series at KEL-Field #27. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. Info: Gary Kelmenson (408) 458-0202.

August 4 (Thursday)

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

August 5 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

August 6 (Saturday)

Los Angeles: SCA/USATF All-Comers Meet. LA City College. Contact M. Thompson (213) 953-4000 x 260.

August 12-13

USA (TBA): USA-Germany Decathlon.
Windsor, Canada: USA - Canada Heptathlon.

Durham, NC: USA-Pan Africa Dual Meet.

September 3

Paris, France: 10th IAAF/Mobil Grand Prix Final.

SCHEDULE

September 8-10

London, Great Britain: 7th IAAF World Cup Track & Field.

Masters

Track & Field

April 9 (Saturday)

Santa Cruz: Throws Series at KEL-Field #27. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. Info: Gary Kelmenson (408) 458-0202.

April 23 (Saturday)

Westwood: Bob Watanabe Memorial Meet. UCLA. Contact W. E. Adler, 435 Tahquitz Cyn. Way, Palm Springs 92262 (619) 325-6307.

Hayward: Chabot College Meet. (510) 796-7138.

April 24-May 7

Pasadena: Crown Valley Senior Games. Occidental College. 50+. Contact Christel Miller, Director or Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena 91103 (818) 795-4331, 397-4062.

May 14 (Saturday)

Long Beach: Southern California Striders Meet. CS Long Beach. Contact Hugh Cobb (619) 436-7696.

May 21 (Saturday)

Visalia: Visalia Classic. Sunkist Stadium. Contact Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

May 28 (Saturday)

San Jose: Bruce Jenner Classic. San Jose CC. Selected events. Contact Bruce Springbett, PO Box 1334, Los Gatos 95031 (408) 345-7333.

Santa Cruz: Throws Series at KEL-Field #28. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot,

discus, javelin. 9 a.m. Info: Gary Kelmenson (408) 458-0202.

May 29 (Sunday)

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Contact Mac McCormick (714) 586-9982 eve.

June 11 (Saturday)

Los Gatos: Los Gatos Pacific Classic. Los Gatos HS. Rick Mylem, c/o Athletic Performance, 55 W. Main St., Los Gatos 95030 (408) 354-7365.

Eagle Rock/Pasadena: USATF/SCA Championships. Occidental College. Christel Miller (818) 843-2139.

June 17-19 (Fri-Sun)

St. Louis, MO: USNSO Senior Open. 55+. Washington University. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017 (314) 878-4900.

June 18 (Saturday)

Santa Cruz: Throws Series at KEL-Field #29. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. Info: Gary Kelmenson (408) 458-0202.

Eagle Rock: USATF/SCA Championships. Occidental College. Christel Miller (818) 843-2139.

June 25-26 (Sat-Sun)

Santa Cruz: USATF/Pacific Association Open/Masters Decathlon/Heptathlon Championships. Soquel High School. Santa Cruz TC, PO Box 1803, Capitola 95010. Contact Bill Johnson, meet director (408) 335-0460.

Mexico City: Mexico vs. USA Meet. Bill Adler, 435 E. Tahquitz Cyn., Palm Springs 92262 (619) 325-6307.

July 2-3

USATF West Regional Masters Championships. Site TBA. Hugh Cobb (619) 436-7696.

July 10 (Sunday)

Los Angeles: Trojan Masters Meet. USC. Russ Reabold (818) 917-6289.

July 16 (Saturday)

Santa Cruz: Santa Cruz Age-Graded

Championships. Soquel High School. Ages 18 & up. Bill Johnson, Santa Cruz TC, PO Box 1803, Capitola 95010.

July 16-17

Norwalk: Patriot Invitational. Cerritos College. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles 90027-4711 (213) 662-1062.

Joplin, MO: USATF National Masters Decathlon/Heptathlon Championships. Contact Tom Thorne (417) 451-7417.

July 21-30

St. Petersburg, Russia: 1994 Goodwill Games. (Some masters events.) Elizabeth Morris, AICEP, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4 (514) 697-3735.

July 23 (Saturday)

Santa Cruz: Pacific USATF Masters & Submasters Weight Pentathlon Championships. At KEL-Field. 9 a.m. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

July 23-24 (Sat-Sun)

Norwalk: Patriot Invitational. Cerritos College. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles 90027-4711 (213) 662-1062.

July 30 (Saturday)

Santa Cruz: Throws Series at KEL-Field #30. All Divisions--men, women, junior, high school, open, submasters, masters. Weight throw, hammer, shot, discus, javelin. 9 a.m. Info: Gary Kelmenson (408) 458-0202.

August 4-7

Edmonton, Alberta: North American Regional Association of WAVA Championships. Contact Liz McBlain (403) 438-2911 or Bruce Thomas (Games Chairperson), PO Box 51030, Edmonton Alberta T5W5G5 (403) 474-8928.

August 11-14

Eugene, OR: 27th USATF National Masters Championships. Contact Tom Jordan, PO Box 10826, Eugene, OR 97440 (503) 687-1989.

August 20 (Saturday)

Seattle, WA: USATF National Out-

SCHEDULE

door Weight & Superweight Throw Championships. Univ. of Washington. Contact Ken Weinbel, 4103 Hillcrest Ave., SW, Seattle, WA 98116 (206) 932-3923.

September 10

Berkeley: NorCal Seniors Classic. Edwards Stadium. Mark Grubi (415) 289-3352.

September 17

Santa Cruz: KELField First Anniversary Meet. Info: Gary Kelmenson (408) 458-0202.

September 26-October 8

Brisbane, Australia: World Masters Games. Info: Crowd Pleasers, Inc. Suite 333, 11777 S.E. Zion Hill Drive, Gresham, OR 97080 (503) 658-6011. FAX (503) 658-6011. Toll Free: (800) 424-8735.

Camps & Clinics

June 1-29 (MWF)

Azusa: Sprint/Form Training Camp for Distance Runners. 5:30-7:30 p.m. Azusa Pacific Univ. track. \$40. Contact Scott Wilson, APU (818) 969-3434 ext 3294.

June 11 (Saturday)

Azusa: Middle & Long Distance Coach-

es Seminar (cross country and track). Azusa Pacific University. Call Irv Ray (818) 969-3434 x 3294.

June 19-23

San Luis Obispo: Sky Jumpers Summer Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

June 23-27

Stanford: Stanford Speed Development Camp. Info: (415) 725-0759.

July 13-17

Stanford: Stanford Track & Field Camp. Focus on jumps, sprints, hurdles & throws. Info: (415) 725-0761.

July 31-August 5

Prescott, AZ: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

July 31-August 5 & August 7-12

Lake Tahoe: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State

Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

August 13-20

Mammoth Lakes: 1st Annual Steve Scott Running Camp. For info call Irv Ray at Azusa Pacific University (818) 969-3434 x3294.

August 14-18

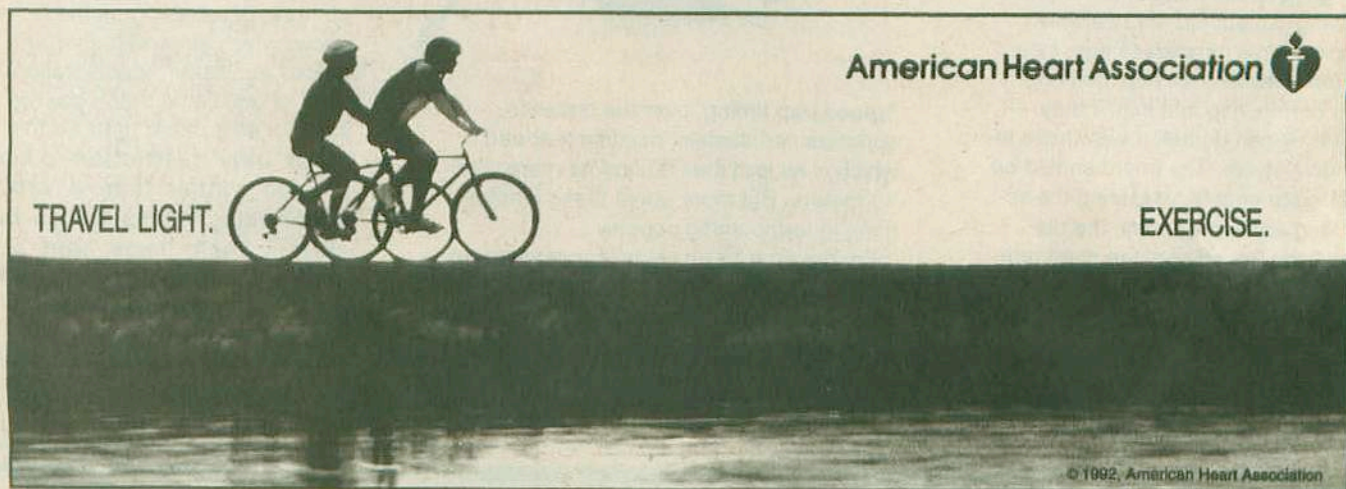
Stanford: Stanford Cross Country Camp. Info (415) 723-2736.

August 23-28

Catalina Island: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

December 27-31

San Luis Obispo: Sky Jumpers Christmas Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. ♦



TRAVEL LIGHT.

American Heart Association

EXERCISE.

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The 3 x 133.3 and 6 x 6.66 Relays or Why Passing Zones?

By Alphonse Juillard

Track and field, which tests the basic qualities on which other sports are built--speed, reflexes and strength--is the most "natural" among them. Unlike football, baseball, basketball or soccer--sports defined by elaborate rules--track and field requires only a few. Basically, track and field athletes are told to run as fast as they can, throw as far as they can, jump as long or as high as they can, and never mind how. One of the major objectives of *The Future of Track and Field* was to bring our sport even closer to its "pristine" natural state by eliminating rules which are unnecessary, arbitrary, even irrational. Thus, we have proposed that every style of jumping or throwing be allowed, as long as it relies exclusively on the resources of the human body and does not resort to artificial aids, mechanical, chemical or otherwise.

More specifically, the restrictions which forbid jumpers to take off on both feet or throwers to use both hands should be eliminated to allow for high jump tumbling or two-handed throwing. So should the rule which compels triple jumpers to hop, step and jump rather than hop, hop and jump or hop, hop and hop, if they think they can do better with these alternative styles. The board should be widened to enable measuring the actual long and triple jumps, the distance from the edge of the plant rather than the edge of the board.

The same search for "naturalness" has led us to suggest removing the circle to allow shot, discus and hammer throwers the freedom enjoyed by

javelin throwers, ie., throw from behind a foul line however they wish, as long as they do not cross it after releasing the implement.

We have also suggested an alternative 100 meter dash initiated by a running start of the kind used in harness racing, or bestowing the "fastest human" crown by



"speed trap timing" over the distance sprinters can sustain maximum speed, which is no less than 30 and no more than 40 meters. But more about these innovations in forthcoming papers.

For the time being, let us concentrate on the 400 meter relay whose passing zones offer a good illustration of the arbitrariness of certain track and field rules. The natural character of this team event, whose purpose is to carry the baton around the track

as fast as possible, is compromised by several artificial restrictions. There must be four members on each team, no more and no fewer; each teammate must run roughly 100 meters, no more and no less; and the baton must be passed within three designated zones, each 20 meters wide.

Now why should relay teammates all have to run the same distance if they believe they can bring the baton home faster by having their "long sprinter" run, say, 130 meters, their "short sprinter" only 70?

Why compel relay teams to use four sprinters if they think they can do better by using three? Why not allow relay teams to compensate for the loss of speed which goes with longer distances--maximum speed cannot be sustained for more than 35 meters--by passing the baton only twice instead of three times--3 x 133.3 rather than 4 x 100?

Why not allow them to use more than four sprinters if willing to risk passing the baton five times instead of three, thus betting on the higher speed which goes with shorter distances against the deceleration and risks of additional baton passes, say, 6 x 66.6 rather than 4 x 100?

The only restriction placed on 400 (rather than 4 x 100) meter relay teams would be to stay in their lanes, and never mind how many teammates they use or what distance each of them covers. Removing these artificial relay rules would introduce a measure of variety and unpre-

continued next page...

Cal/Nevada Track Coaches Dual Meet Rankings

▼
Poll #5 As of April 7, 1994

MEN

1. UCLA
2. Fresno State University
3. UC Berkeley
4. USC
5. Cal State Northridge
6. Stanford University
7. Cal Poly SLO
8. Cal State Bakersfield
9. Nevada-Reno
10. Azusa Pacific
11. UC Santa Barbara
12. Cal State Los Angeles
13. Cal State Long Beach
14. UC Davis
15. Cal State Stanislaus
16. Claremont-Mudd-Scripps
Cal Poly-Pomona
18. Cal State Sacramento
19. Cal State Chico
20. UC San Diego
21. Westmont College
22. Menlo College
23. Occidental College

Also Receiving Votes:
CS Fullerton, Pt. Loma,
Pomona-Pitzer, UC Irvine,
UC Riverside, University
of Redlands

WOMEN

1. UCLA
2. Fresno State University
3. Stanford University
4. UC Berkeley
5. USC
6. Cal State Northridge
7. Nevada-Las Vegas
8. Cal Poly SLO
9. Cal State Los Angeles
10. UC Davis
11. Azusa Pacific
12. Nevada-Reno
13. UC Santa Barbara
14. Cal State Stanislaus
15. Cal State Long Beach
16. UC Irvine
17. Cal State Bakersfield
18. UC San Diego
19. Humboldt State University
20. Pomona-Pitzer College
21. Cal State Chico

Also Receiving Votes:
CS Sacramento, Claremont-Mudd,
Occidental, Pt. Loma, San Diego
State, San Francisco State,
Southern Cal College, University
of Redlands, Westmont College

dictability in this event. It would make its outcome dependent, not only on the talent available, but also on how deftly the talent was used. A team with less speed could defeat a "speedier" one not only by smoother baton passes, but also by craftier exploitation of the talent at hand.

As for the longer relays, we have suggested that the 4 x 200, 4 x 400, 4 x 800 and 4 x 1500 become the 800, 1600, 3200, and 6000 meter relays, which means that no more than four teammates would be allowed to **divide the distance among themselves and run whatever fraction of the total they choose.** Now restricted to 4 legs of 400 meters each, the 1600 meter relay could be run as a sequence of, say, 330 x 370 x 550 x 350 meter legs.

The "no passing zone" relays are more faithful to the spirit of these **team rather than individual**, events. Instead of running the same distance (which can be timed individually), each teammate could run the distance most likely to help the team by bringing the baton home faster.

A more fanciful relay experiment would have relay runners carry and pass **two batons.** It would be fascinating to see how coaches would solve the problem of passing two implements instead of one. Two-baton relays would allow handicapping mixed relays by having men carry heavier batons than women, an innovation which would not work well with one baton only. Carrying a heavier baton in one hand is likely to unbalance the runner's stride.

Our proposal is not as unprecedented as it may appear at first. As early as the Greek Olympiads, long jumpers used to run and jump carrying weights in both hands. "The Greeks always used jumping weights, halteres, in the long jump. These jumping weights, which somewhat resemble and were probably the origin of dumbbells, were made of metal or stone and varied in weight from 2 1/4 to more than 10 pounds." (Ken Doherty,

Track and Field Omnibook, 4th edition, pp. 167-168.) Centuries later, professional sprinters and jumpers in England used 5 pound dumbbells as a part of certain trick acts. E. Norman Gardiner reports the statement of a long jumper that "J. Woward jumped 29 feet 7 inches at

Chester in 1854." (*Athletics of the Ancient World*, London: Oxford University Press, 1930, p. 144).

Excerpted from the book, *The Future of Track and Field.*

SoCAL DIARY

By Bill Minarik

February 21

As has been the case in recent years, the Sunkist Invitational Indoor Meet officially opened the 1994 track and field season here in SoCal. If the results from this meet are any indication of things to come, then 1994 will, again, be the year of the woman. World record holder Irena Privalova got things started with a meet record 6.08 in the 50 meters. Jackie Joyner Kersee then smoked a strong 50 meter hurdle field in 6.87, which is the fourth fastest all-time by an American. Maria Mutola of Mozambique just missed breaking Mary Decker Slaney's world record in the 800 with a 2:00.21 clocking. Finally, Suzy Favor-Hamilton regained her winning form and pulled away to a 4:38.2 mile. In the men's competition, the top performer, surprisingly enough, came from the high school football 50, where Canyon Springs junior Bryan Howard destroyed the national prep record with a 5.69 clocking. That time ranks him 14th in the world.

While the 11,569 fans in attendance were treated to some exciting performances in the 10-plus hours of action, there was a negative overtone in the stands because of the refusal of one coach to let his athlete participate. The athlete was Gail Devers and the coach was Bob Kersee, former UCLA women's head coach, who has since moved down to an assistant so that he can spend more time with his club athletes. Devers had signed a contract to run the 50 meters for \$9000 plus some perks. However, Kersee indicated that he was told by promoter Al Franken that Gail would be the only world class performer in the field. Subsequently, world record holder, Irena Privalova joined the field a week before the met. Kersee then demanded more money, saying that he had accepted minor league money because Gail was facing minor league competition.

With a major league field, she should be entitled to major league bucks. The extra money was not to be forthcoming.

I find a number of flaws in Bob's reasoning. First, a contract was signed which said nothing about the competition. Second, the meet was in Gail's backyard, which causes no significant break in her training schedule. Third, \$9000 is a lot of money for 6 seconds work. Fourth, and most important, the sport of indoor track has declined to the point where there is only one indoor meet left in the state. Everyone who is part of the sport owes it to the sport to do what they can to keep it alive. For professionals, greed is the poison which will kill the goose that lays the golden egg. I have always been a fan of Bob Kersee because of the success he has had coaching local athletes, including those at my alma mater, UCLA. Bob will continue to be a major league coach, however, in my opinion, his decision at Sunkist was a minor league move.

In the only other track meet reported on a rainy weekend, the Riverside CC men demonstrated that they are still the team to beat for the Orange Empire Conference as they scored an easy 98-44-34-7 win over Saddleback, Grossmont and Cuyamaca.

February 28

This was another light week for outdoor track action. CalTech, which for years was the doormat of the SCIAC, appears to have their best team ever as they cruised by Whittier and Fresno Pacific in a pair of tri-meets by scores of 256-144-54 and 181-161-56.

On the community college scene, Santa Monica scored a pair of tri-meet victories winning 80-53-9 over Valley and Canyons in the men's meet and 116-34-



EMEBET SHIFERAW

Photo by Elaine Rosenfield

16 over Canyons and Valley in the women's. The Golden West men were close 77-66 dual meet winners over Saddleback.

March 7

The Los Angeles Marathon dominated the running scene in SoCal over the weekend and brought with it a result which may be unprecedented in marathon or road racing, for that matter. Paul Pilkington, a school teacher from Utah, was assuming a role he had played in his last four marathons which was one of a paid rabbit. He would receive \$3,000 for running a 5:00 mile pace for the first 16 miles. He did just that, and the rest of the field, assuming he had

continued next page...

dropped out at 16 miles after putting some distance between himself and the pack, continued to compete among themselves. However, instead of dropping out, the rabbit kept going and going until he reached the finish line out of sight of the rest of the field; his winning time was 2:12.13. The second place finisher, Luca Barzagli of Italy, a 2:08 marathoner, thought that he had won as he cruised to the finish line with a smile wondering why there wasn't more fanfare over his winning effort. In fact, the second through fifth place finishers all protested Pilkington finishing, as they said that they were told by the meet director that he would drop out at the 16 mile mark. However, the protest was turned down and the results stood. Pilkington picked up the \$3,000 rabbit money plus the new Mercedes and \$15,000 for winning the race, plus an additional \$12,000 for winning the U.S. National Championships which was being combined with this race.

The women's race turned into a real sleeper as Olga Appell, who had just become a U.S. citizen after being one of Mexico's top marathoners, destroyed the field by over 9 minutes in a U.S.-leading 2:28.12. This was the first time in the history of this race that the U.S. runners won both the men's and women's race.

In community college track action, Moorpark appears to be the team to beat in the men's division as the Raiders won a couple of tri-meets by scores of 109-57-11 over Glendale and Canyons and 107-39-35 over Ventura and Valley. The Ventura women edged out Moorpark and Valley 72-68-24, while the Moorpark women were easy 78-50-35 winners over Glendale and Canyons. Riverside looked tough in both men and women's divisions as they toppled Rancho Santiago in a

dual meet 90-41, and 95-18. Mt. SAC continued to look tough with a 94-39 and 115-14 pair of dual meet wins over Pasadena.

In four-year college action, UCLA opened its outdoor season by sweeping a pair of four-way meets over Cal State L.A., UCSB and Long Beach State by scores of 98-36-27-26 and 106-25-18-17. Top mark of the meet would go to the Bruins Karen Andrews with a discus throw of 172-8.

Over at USC, the Trojan men took a four-way affair with CS Northridge, CPSLO and UC Irvine 98-55-34-7, while the Lady Matadors topped the women of Troy, CPSLO and UCI 66-50-32-24.

March 14

UCLA brought a handful of athletes to the NCAA Division I Indoor Championships, but was able to demonstrate the potency of Coach Art Venegas' throwing corps. The Bruins Mike Godina upset outdoor champ Brent Noon 65-8 3/4 to 64-8 1/2 in the shot, as UCLA took four of the top eight places.

Closer to home, USC swept a pair of tri-meets as the men defeated Long Beach State and Cal State LA 105-57-23, while the women eased by San Diego State and Long Beach State 87-42-39. UC San Diego did likewise with Cal Poly Pomona and UC Riverside 146-125-44 and 123-104-68.

On the community college scene, Glendale swept a pair of tri-meets from L.A. Valley and College of the Canyons 69-65-43 and 77-49-36.

In Major prep invitational, the Palm Springs Invitational saw the Hemet boys and girls, as well as the La Sierra boys and Yucaipa girls take team titles. At the Burbank Relays, Quartz Hill was crowned the overall team champion. ♦

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- How High School Runners Train -- \$5.00
ed. by [unclear] and ed. 1982.
128 pgs, illustrated **sold out**
- Peak When It Counts:
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William H. Freeman. 1969. 111 pgs.
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- Competitive Edge -- \$10.00
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MEET SPOTLIGHT

By Stan Rosenfield

Nike Cal Poly Invitational

March 19. San Luis Obispo.

The second edition of this meet featured increased depth in all events to go with the elite and foreign athletes that highlighted the 1993 meet. Along with athletes from Brazil, Japan, Angola, Kenya, Nigeria, Jamaica, Australia and Ethiopia, were collegiate squads from Iowa, USC, Fresno State, UNLV, Cal Poly SLO and Central State of Ohio. Among the long list of top athletes competing were Joaquim Cruz, Anthuan Maybank, Meredith Rainey, Sandie Richards, Mary Onyali, Chryste Gaines, Calvin and Alvin Harrison, and Inger Miller. Butch Reynolds and Andre Valmon were on hand to sign autographs and provide commentary. The meet was the first in the weekly series scheduled to be broadcast by Prime Network.

The meet combined open races and relays with over 500 performers competing in more than 40 events, resulting in a dozen stadium records. In the field events, the top performance came in the pole vault with Dean Starkey and Billy Payne each clearing 18-8 1/4 to top Australian Simon Arkell. Local resident, Cal Poly graduate and Olympian Sue Rembao defended her title in the high jump, taking the jumpoff over Gwen Wentland, although well below her own stadium record of 6-4. Other Olympians battled it out in the weights as Connie Price-Smith set a meet mark in the shot put (60-7 1/4) to win over Pam Dukes, with Dukes also second in the discus behind Kristen Kuehl (184-5).

On the track, there were individual doubles, relay doubles, and runners who did both. Meredith Rainey won the 800m and also ran legs on the winning dis-

tance medley and 1600m relay teams while the men's relays were highlighted by Joaquim Cruz and Club Brasil's titles in the distance medley and 4x800. In the individual distances, Shola Lynch pulled away from Ceci St. Geme to win the 1500, but St. Geme came back to win the 3000m over Riverside CC's Emebet Shiferaw with Lynch 5th. Foot Locker's Matt Giusto used his speed to win the battle of sub-4:00/milers, cruising down the final stretch of the 1500 in front of former Cal Poly runner Jim Sorenson.

The meet also gave local fans a look at some of the most promising athletes of the next few seasons. Anthuan Maybank, the #1 combination 400m/long jumper of all time and ranked in the top 20 in the world last year in both, anchored his Iowa team to a win in the men's 4x100m while Inger Miller helped her USC team to a runner-up spot in the women's 4x100m. 1993's top California preps Alvin and Calvin Harrison took 2-3 in the 400m, ran legs for Hartnell in the mile relay, and spent some time getting tips from two spectators who watched the race--Valmon and Reynolds.

RESULTS--MEN

400 Hurdles: 1. Frank Guialdo (LBCC) 51.4, 2. Antonius Dotson (So Bay TC) 51.6 & Earl McCulloch (un) 51.6, 4. Craig Howard (RivCC) 53.2, 5. Ruben Parrish (Fresno St) 53.5. **Distance Medley:** 1. Club Brazil 9:41.29, 3. Cal Poly 9:56.07. **110m Hurdles:** 1. Eugene Swift (un) 13.4 (w +1.50), 2. Pat McGee (un) 13.9, 3. David Ashford (So Bay TC) 14.0, 4. Rajeen Baikrishnan (un) 14.1, 5. Benny Kerse (RivCC), Eric Evans (Fresno St) & Ruben Parrish (Fresno St) 14.3. **3000m Steeplechase:** 1. Robert Nelson (Asics TW) 8:58.5, 2. Jamey Harris (Fresno St) 9:02.8, 3. Matt Gerard (U of Iowa) 9:16.1, 4. David Tejedor (CEAT) 9:16.5, 5. Ricardo Brewer (Fresno St) 9:47.2. **Sprint Medley:** 1. U of Ne-



JIM SORENSON (right) & MATT GIUSTO in the 1500m

Photo by Elaine Rosenfield

vada 3:24.1, 2. Fresno State 3:24.1, 3. CSU Bakersfield 3:26.0. **100 Meters:** 1. Rod Lewis (un) 10.1 (w +1.50), 2. Jeff Williams (un) 10.3, 3. Eugene Swift (un) 10.4, 4. Jumanne Washington (U of Nev), Larry King (un) & Andre Morris (U of Iowa) 10.69.

Olympic Development 1000m: 1. Tomonori Ono (Club Brazil) 2:20.7, 2. Joao N'Tymba (Club Brazil) 2:21.2, 3. Gilmar Santos (Club Brazil) 2:27.2, 4. Marco Loureiro (U of Iowa) 2:29.4, 5. Roger Chagnon (un) 2:30.3. **4x100m Relay:** 1. University of Iowa 40.0. **1500m:** 1. Matt Giusto (Foot Locker) 3:49.1, 2. Jim Sorenson (un) 3:49.9, 3. Paul Greer (SDTC) 3:51.1, 4. A. Merchoud (RivCC) 3:51.1, 5. Tetsu Kobayashi (Club Brazil) 3:51.6.

400 Meters: 1. Rajeen Baikrishnan (un) 47.5, 2. Alvin Harrison (Hartnell) 47.7, 3. Calvin Harrison (Hartnell) 47.7, 4. Audwin Patterson (U of Iowa) 47.8, 5. Hugh Powell (Central Iowa) 48.0. **4x800m Relay:** 1. Club Brazil 7:29.6, 2. Asics Track West 7:32.5, 3. Cal Poly 7:47.3.

5000 Meters: 1. W. Gidabuda (RivCC) 14:32.1, 2. Ryan Winn (CPSLO) 14:34.7, 3. Sergio Ribeiro (Club Brazil) 14:41.0, 4. Israel Pose (Fresno St) 14:43.7, 5. Nacho Flores (Hartnell) 14:56.0.

4x400m Relay: 1. Central State of Ohio 3:11.9, 2. Long Beach CC 3:13.6, 3. CSU Bakersfield 3:14.1. **Hammer:** 1. Toby Norwood (Stanford) 196-10, 2. Monte Wilson (CSUB) 179-02, 3. Randy Herron (Fresno St) & Justin Strand (Stanford) 178-08, 5. Jared Wright (Fresno St) 174-10. **Pole Vault:** 1. Jamie Marek (Stanford) 16-8.75, 2. Darren Fraley (Fresno St), Dwayne Dawson (CPSLO), Chad Ohly (U of Iowa), Brett Whitford (CPSLO), Paul Fren-denbach (Fresno St) & PJ Chadwick (un) 16-00.75.

Discus: 1. Rod Chronister (un) 176-02, 2. Jeff Buckley (Stanford) 174-02, 3. Pete Swanson (Stanford) 167-00, 4. Matt Karsevar (Stanford)

continued next page...

MEET SPOTLIGHT

166-01, 5. Monte Wilson (CSUB) 155-11. **Long Jump:** 1. Mike Wright (Hartnell) 23-02.5 (w +1.69), 2. Andrew Hill (CPSLO) 22-11.75 (w +1.22), 3. Maurice Eaglin (CPSLO) 22-11.25 (w +1.89), 4. Matt Halley (RivCC) 22-07.25 (w +3.20), 5. Tunji Bello (LBCC) 22-03.5 (w +3.16).

Javelin: 1. Ken Teasley (CSUB) 192-11, 2. Dallas Richey (Fresno St) 185-00, 3. Trevor Turner (Fresno St) 179-02, 4. Brent Downing (un) 172-06, 5. Alonzo Arreola (Fresno St) 160-08. **Invitational Pole Vault:** 1. Dean Starkey (un) 5.7, 2. Billy Payne (un) 5.7, 3. Simon Arkell (un) 5.4, 4. John Besmer (So BayTC) & David Cox (Fresno St) 5.3.

Shot: 1. Rod Chronister (un) 57-04, 2. Billy McDaniel (un) 56-02, 3. Pete Swanson (Stanford) 55-10, 4. Matt Karsevar (Stanford) 52-09, 5. Matt Godbehore (CSUB) 50-2. **Triple Jump:** 1. Jon Jordan (LBCC) 52-07.5, 2. Hillary Miller (SactoTC) 51-03, 3. DeAndre Robinson (CSUB) 49-11.25, 4. Andrew Hill (CPSLO) 49-07.25, 5. Barry Massey (LBCC) 49-01. **High Jump:** 1. Brent Miller (Fresno St) 6-10, 2. Adolfo Lopez (Sac St), Todd Kelly (U of NV), Bill Abbott (un) 6-8, 5. Matthew Gardner (Fresno Pacific) 6-6.

RESULTS--WOMEN

400m Hurdles: 1. Aly Poulan (Nike Coast) 59.87, 2. Catherine S-Pomales (Central Ohio) 1:01.02, 3. Christy Boyd (Stanford) 1:01.61, 4.

Karen Vigilant (LBCC) 1:03.6, 5. Ardin Harrison (Fresno St) 1:03.8. **Distance Medley:** 1. Asics Track West 12:02.8, 2. Cal Poly 12:16.9. **100m Hurdles:** 1. Sau Ying Chan (USC) 12.7, 2. Carol Sterling (un) 13.0, 3. Monica Missick (Fresno St) & Astia Walker (RivCC) 13.2, 5. Trevia Williams (Atoms TC) 13.4.

Sprint Medley: 1. Univ. of Nevada Las Vegas 3:57.1, 2. Fresno State 4:00.4, 3. Central State of Ohio 4:03.7.

100 Meters:

1. Chryste Gaines (un) 11.2 (w +1.90), 2. Samone Cole (Fresno St) 11.8, 3. Keshia Criswell (Fresno St) & Layphone Camagie (Central Ohio) 12.0, 5. Jackie Bridgeman (Stanford) & Cindy Hill (Fresno St) 12.1. **Olympic Development 800 Meters:** 1. Meredith Rainey (Foot Locker) 2:04.1, 2. Sandie Richards (Reebok RC) 2:05.0, 3. Jean Fletcher (U of NV, LV) 2:05.7, 4. Trevia Williams (Atoms TC) 2:06.4, 5. Crystal Irving (Atoms TC) 2:12.2.

1500 Meters: 1. Shola Lynch (Foot Locker) 4:24.1, 2. Ceci St. Geme (un) 4:28.4, 3. Latricia Dendy (U of NV, LV) 4:46.3, 4. Rochelle Hair (U of NV) 4:47.0, 5. Magdalena Lewy (LBCC) 4:47.9. **4x100m Relay:** 1. Central State of Ohio 44.1, 2. USC 44.7, 3. Fresno State 45.8. **Invitational 400 Meters:** 1. Mary Onyali (Reebok RC) 53.9, 2. Judy Fraser (U of NV, LV) 54.5, 3. Cheryl Allen (U of NV, LV) 55.0, 4. Sabrina Brown (CSUB) 57.2, 5. Monica Hoggatt (Stanford) 57.9.

4x800m Relay: 1. Asics Track West 9:15.3, 2. Cal Poly 9:31.1, 3. Fresno State 9:41.7. **3000 Meters:** 1. Ceci St. Geme (un) 9:34.2, 2. Ernebet Shiferaw (RivCC) 9:43.7, 3. Angela Oraface (Cal Poly) 9:56.4, 4. Julie Crooks (U of NV, LV) 10:06.1, 5. Shola Lynch (Foot Locker) 10:12.4. **4x400m Relay:** 1. Unattached Team 3:37.7, 2.

Univ. of Nevada Las Vegas 3:40.7, 3. Central State of Ohio 3:45.9.

Javelin: 1. Erica Wheeler (SacTC) 147-03, 2. Alison Eilerts (Cal Poly) 135-07, 3. Staci



MARY ONYALI

Photo by Elaine Rosenfield

Darden (Fresno St) 122-09, 4. Patty Beckman (U of NV) 113-05, 5. Jill Camron (Fresno St) 113-01. **Shot:** 1. Connie Price-Smith (un) 60-7.25, 2. Pam Dukes (Nike Coast) 51-11.75, 3. Rica Brown (un) 50-05.25, 4. Sharon Simmons (SacTC) 49-03.75, 5. Kristina Barden (U of NV) 43-06.5.

High Jump: 1. Reishea Canidate (USC) 5-6, 2. Leah Cunningham (RivCC) 5-6, 3. Caroline Izoco (U of NV) & Diane Korbel (Cal Poly) 5-4, 5. Denise Mahone (Cal Poly) 5-4. **Long Jump:** 1. Carol Sterling (un) 6.31 (w +2.93) & Jackie Edwards (un) 6.31, 3. Lisa Collet (Fresno St) 5.82, 4. Sonya Bryant (LBCC) 5.8 (w Cal



Poly's COLEY CANDAELE hands off in the 4x800m Relay

Photo by Elaine Rosenfield

+2.95), 5. Felecia Brown (Hartnell) 5.79 (w +1.07).

Invitational High Jump: 1. Sue Rembao (Reebok RC) 6-0, 2. Gwen Wentland (un) 6-0, 3. Claire Look-Jaeger (Nike Coast) 5-10, 4. Lisa Coleman (Nike Coast) 5-10, 5. Clarissa Moulton (CSUB) 5-6. **Discus:** 1. Christen Kuehl (un) 184-05, 2. Pam Dukes (un) 181-07, 3. Jennifer Peters (Cal Poly) 165-06, 4. Erica Ahman (Cal Poly) 150-7, 5. Celeste McVey (USC) 140-11. **Triple Jump:** 1. Angel Carver (LBCC) 41-08.5, 2. Trishan Jackson (un) 39-08.75 (w +3.42), 3. Adu Florence (Stanford) 39-05 (w +2.57), 4. Anne Lee (Stanford) 38-10.5 (w +1.15), 5. Felicia Brown (Hartnell) 38-09.75 (w +2.31).



GILMAR SANTOS (#62) leads the 1000m over eventual winner TOMONORI ONO (behind) and JOAO N'TYMBA (#63).

Photo by Elaine Rosenfield



MATTHEW FARLEY
Fine Flicks by Don Gosney

TOP 25 BOYS

The athletes are selected on the basis of their best time at Woodward Park in Fresno during the State Meet and the Foot Locker West Regional. Their best time is underlined. Peter Gilmore is rated ahead of Jose Melgar because he beat him in the State Meet race.

Symbols: -=senior, *=junior,
 =sophomore, *=freshman
 Sections: CCS=Central Coast,
 CS=Central, LAS=Los Angeles,
 NCS=North Coast, SDS=San Diego,
 SJS=Sac-Joaquin, SS=Southern.

1. -Matthew Farley

(Jesuit, SJS)
 15:04 1) Stanford DI 10/02
 15:30 1) Clovis Large 10/09
 15:07 1) Mt. SAC D2 TmSw 10/23
 14:36 1) SJS DII 11/12
 15:06 1) State DII 11/27
 14:57 2) Foot Locker WR 12/04
 15:23 9) Foot Locker Ntl 12/11

1993 ALL-CALIFORNIA HIGH SCHOOL CROSS COUNTRY TEAM

BY KEITH CONNING

2. -Mebrahtom Keflezighi

(San Diego, SDS)
 14:15 1) Seaside 12th 09/11
 14:30 1) Woodbridge D312 09/18
 15:13 1) Brea-Olinda 1-2 10/02
 15:04 1) SDS DI 11/
 15:02 1) State DI 11/27
15:01 3) Foot Locker WR 12/04
 14:53 2) Foot Locker Ntl 12/11

3. -Mark Hauser

(St. Augustine, SDS)
 15:40 1) Mt. Carmel D2Sr 09/18
 15:47 2) Mt. SAC D3 Swp 10/22
 15:43 1) SDS DIII 11/
 15:22 1) State DIII 11/27
15:08 4) Foot Locker WR 12/04
 15:29 11) Foot Locker Ntl 12/11

4. -Devin Elizondo

(Mission Bay, SDS)
 15:56 2) Stanford DI 10/02
 15:34 1) SDS DII 11/
15:09 2) State DII 11/27
 15:32 20) Foot Locker 12/04

5. -Jaime Martinez

(Orange, SS)
 14:52 1) Woodbridge DI12 09/18
 15:37 1) Yucaipa DI Lrge 10/02
 15:02 1) Orange Co. Swp 10/16
 15:17 4) SS DI 11/20
 15:18 2) State DI 11/27
15:10 6) Foot Locker 12/04
 15:35 13) Foot Locker Ntl 12/11

6. -Rondie Gibbs

(Rubidoux, SS)
 15:28 1) Las Vegas Large 09/11
 14:52 1) Dana Hills DISr 09/25
 16:11 1) Yucaipa D2 Med 10/02
 15:30 1) Riverside Co DI 10/09
 15:56 3) Mt. SAC D3 Swp 10/22
 16:12 6) SS DII 11/20
 15:29 2) State DII 11/27
15:17 11) Foot Locker 12/04

7. -Brandon Del Campo

(Thousand Oaks, SS)
 14:53 4) Seaside 12th 09/11
 15:15 1) Mt. Carmel DISr 09/18
 15:38 1) Royal 09/25
 15:34 3) Stanford DI 10/02
 14:53 1) Frtn Vly/HB DII 10/09
 15:31 6) Mt. SAC D2 TmSw 10/23
 15:11 1) Ventura County 11/01
 15:09 1) SS DI 11/20
 15:30 4) State DI 11/27
15:23 13) Foot Locker 12/04

8. -Matt Creason

(Eureka, NCS)
 09:54 1) Viking Opener 09/18
 15:39 1) Stanford D2 10/02
 15:21 3) Mt. SAC D2 TmSw 10/23
 16:23 1) NCS DII 11/20
 15:42 9) State DII 11/27
15:24 14) Foot Locker 12/04

9. *Jeff Fischer

(Thousand Oaks, SS)
 15:07 4) Seaside 11th 09/11
 15:28 2) Mt. Carmel DI Jr 09/18

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ALL-CALIFORNIA HIGH SCHOOL CROSS COUNTRY TEAM

16:01 5) Royal 09/25
15:51 7) Stanford DI 10/02
15:10 3) Fntn Vly/HB DII 10/09
15:50 10) Mt. SAC D2 TmSw 10/23
15:29 3) Ventura County 11/01
15:31 5) SS DI 11/20
15:26 3) State DI 11/27
15:28 17) Foot Locker 12/04



JEFF FISCHER (left) & JAIME MARTINEZ

Photo by Bill Cockerham

10 tie. *Eleazar Hernandez

(Camarillo, SS)
15:49 2) Royal 09/25
16:08 1) SLO DII 10/16
15:35 8) Mt. SAC D2 TmSw 10/23
15:14 2) Ventura County 11/01
15:30 3) SS DII 11/20
15:27 3) State DII 11/27
15:28 18) Foot Locker 12/04

10 tie. *Jason Balkman

(Lynbrook, CCS)
15:46 2) Stanford D3 10/02
15:09 1) Crystal Springs 10/09
15:02 1) CCS DII 11/20

16:26 49) State DII 11/27
15:27 15) Foot Locker 12/04

12 tie. *Kevin Marsden

(Thousand Oaks, SS)
15:06 3) Seaside 11th 09/11
16:09 6) Mt. Carmel DI Jr 09/18
16:23 7) Royal 09/25
15:47 6) Stanford DI 10/02
15:02 2) Fntn Vly/HB DII 10/09
15:56 12) Mt. SAC D2 TmSw 10/23
15:38 4) Ventura County 11/01
15:32 6) SS DI 11/20
15:30 5) State DI 11/27
15:48 37) Foot Locker 12/04

12 tie. *Galvan Gonzalez

(McFarland, CS)
15:15 2) Sanger 09/17
15:27 1) Bell-Jeff DIVSd 09/25
16:18 6) Stanford D4 10/02
16:37 1) Atascadero Sml 10/09
16:15 2) SLO DIV 10/16
16:30 5) Mt. SAC D4 Swp 10/22
16:44 3) CS DIV 11/
15:30 1) State DIV 11/27

14 tie. -Eric Kropf

(Madera, CS)
15:27 3) Mt. Whitney 09/24
15:52 8) Stanford DI 10/02
15:47 2) Clovis Large 10/09
16:05 3) SLO DI 10/16
15:42 1) CS DI 11/
15:31 6) State DI 11/27
15:50 42) Foot Locker 12/04

14 tie. -Pamenos Ballantyne

(Sanger, CS)
14:40 1) Sanger 09/17
15:04 1) Mt. Whitney 09/24
16:27 1) Atascadero Lrge 10/09
16:33 1) CS DII 11/
15:31 4) State DII 11/27
15:31 19) Foot Locker 12/04

14 tie. -Steve Brown

(Piedmont, NCS)
09:54 1) San Ramon SS 09/25
16:13 5) Stanford D4 10/02
15:53 3) Clovis Large 10/09
16:59 1) NCS DIV 11/20

15:31 2) State DIV 11/27
15:35 22) Foot Locker 12/04

17. -Alejandro Ramirez

(Stagg, SJS)
15:45 5) Stanford DI 10/02
14:55 1) SJS DI 11/12
15:33 7) State DI 11/27
15:45 32) Foot Locker 12/04

18 tie. -Mike Moreno

(Katella, SS)
15:56 1) Bronco 09/11
15:48 2) Yucaipa DI Lrge 10/02
15:09 2) Orange Co. Swp 10/16
15:24 4) Mt. SAC D2 TmSw 10/23
15:24 2) SS DII 11/20
15:34 5) State DII 11/27
15:45 33) Foot Locker 12/04

18 tie. *Antonio Arce

(Palmdale, SS)
14:48 2) Seaside 11th 09/11
15:36 4) Stanford DI 10/02
15:42 1) Kenny Staub DI 10/09
15:26 5) Mt. SAC D2 TmSw 10/23
15:15 3) SS DI 11/20
15:35 8) State DI 11/27
15:34 23) Foot Locker 12/04

20. *Peter Gilmore

(Palisades, LAS)
15:58 1) Bell-Jeff DII 09/25
16:03 1) Kenny Staub DII 10/09
16:25 9) Mt. SAC D2 InSw 10/23
15:31 3) LAS DI 11/
15:36 9) State DI 11/27
16:06 80) Foot Locker 12/04

21. -Jose Melgar

(San Diego, SDS)
14:45 2) Seaside 12th 09/11
15:11 2) Woodbridge D312 09/18
15:45 2) Brea-Olinda 1-2 10/02
15:12 1) Fntn Vly/HB D3 10/09
15:43 2) SDS DI 11/
15:36 10) State DI 11/27
15:38 25) Foot Locker 12/04

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ALL-CALIFORNIA HIGH SCHOOL CROSS COUNTRY TEAM

22 tie. -Humberto Sanchez

(South Gate, LAS)
15:37 2) Warren 12th 10/02
16:30 8) Mt. SAC DI R27 10/23
15:24 2) LAS DI 11/
15:38 11) State DI 11/27

22 tie. *John Greene

(Agoura, SS)
14:51 1) Woodbridge D211 09/18
15:43 2) Kenny Staub DI 10/09
15:32 7) Mt. SAC D2 TmSw 10/23
15:23 1) SS DII 11/20
15:38 6) State DII 11/27
15:53 49) Foot Locker 12/04

22 tie. *Javier Ramirez

(Nordhoff, SS)
18:21 5) Morro Bay 09/11
15:30 1) West Ojai Small 09/18
15:59 5) Stanford D3 10/02
15:33 1) Dos Pueblos Jr. 10/08
15:45 1) Mt. SAC D3 Swp 10/22
15:42 5) Ventura County 11/01
15:36 1) SS DIII 11/20
15:38 3) State DIII 11/27
15:46 35) Foot Locker 12/04

25 tie. *Adalberto Sanchez

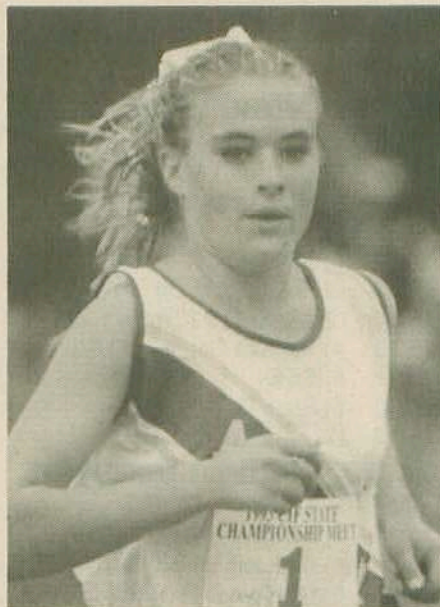
(Capistrano Valley, SS)
15:26 3) Woodbridge DI11 09/18
15:05 2) Dana Hills DI Jr 09/25
15:24 3) Orange Co. Swp 10/16
16:13 1) Mt. SAC DI R28 10/23
15:37 8) SS DI 11/20
15:39 12) State DI 11/27

25 tie. -Martin Reyes

(Escondido, SDS)
15:25 4) Woodbridge D312 09/18
15:42 8) Dana Hills DISr 09/25
16:05 3) SDS DII 11/
15:39 7) State DII 11/27

25 tie. -Warren Wolf

(San Marino, SS)
15:14 1) Rosemead 12th 09/11
15:05CR 1) San Marino 09/18
14:54 1) Dana Hills D3Sr 09/25
15:11 1) Dos Pueblos Sr 10/08
15:39 4) State DIII 11/27
15:49 40) Foot Locker 12/04



AMY SKIERESZ

Photo by Kirby Lee

TOP 25 GIRLS

1. *Amy Skieresz

(Agoura, SS)
17:22 1) Woodbridge DII 09/18
17:53 1) Ventura County 11/01
17:51 1) SS DI 11/20
17:49 1) State DI 11/27

2. -Carrie Garritson

(Buena Park, SS)
17:47 1) Lgna HD2 11/12 09/11
18:02 1) Woodbridge DIII 09/18
17:33 1) Orange Co. Swp 10/16
18:25 1) Mt. SAC D2 InSw 10/23
18:11 1) SS DII 11/20
18:04 1) State DII 11/27
17:53 3) Foot Locker WR 12/04
18:18 17) Foot Locker Ntl 12/11

3 tie. -Kay Nekota

(Agoura, SS)
17:30 2) Woodbridge DII 09/18
18:42 3) Mt. SAC Tm Swp 10/23

18:25 3) Ventura County 11/01
18:10 2) SS DI 11/20
18:12 2) State DI 11/27
18:44 25) Foot Locker 12/04

3 tie. *Molly Mehlberg

(Peninsula, SS)
17:27 2) Seaside 11/12 09/11
17:40 1) Woodbridge DI 09/18
18:40 1) Royal 09/25
18:37 3) Stanford DI 10/02
18:27 2) Mt. SAC Tm Swp 10/23
18:29 5) SS DI 11/20
18:14 4) State DI 11/27
18:12 7) Foot Locker WR 12/04
18:10 14) Foot Locker Ntl 12/11

5 tie. **Jessica Corbin

(Irvine, SS)
19:22 3) Lgna Hills DI 10 09/11
18:13 1) Dana Hills DISo 09/25
19:13 8) Stanford DI 10/02
18:34 10) Orange Co. Swp 10/16
18:25 4) SS DI 11/20
18:14 3) State DI 11/27

5 tie. **Emily Allison

(Leland, CCS)
14:02 1) Artichoke DI FS 10/02
17:54 1) Crystal Springs 10/09
19:18 1) SLO DII 10/16
17:58 1) CCS DII 11/17
18:14 2) State DII 11/27
18:21 11) Foot Locker 12/04

7. -Sarah Dickerman

(Del Campo, SJS)
18:12 4) Woodbridge DI 09/18
13:53 2) Artichoke DI 10/02
18:23 1) Fntn Vly/HB DI 10/09
17:46 1) SJS DI 11/12
18:15 5) State DI 11/27

8. **Deborah Bleisch

(Silver Creek, CCS)
20:51 3) Oakland 09/18
14:09 4) Artichoke DI 10/02
19:09 4) Crystal Springs 10/09
19:52 2) SLO DII 10/16
19:18 5) Mt. SAC Tm Swp 10/23
18:26 3) CCS DII 11/17
18:17 3) State DII 11/27

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All-CALIFORNIA HIGH SCHOOL CROSS COUNTRY TEAM

9. **Kim Mortensen

(Thousand Oaks, SS)

18:19 1) Seaside 10th 09/11
17:03 1) Mt. Carmel DI So 09/18
20:00 2) Royal 09/25
18:42 4) Stanford DI 10/02
19:21 5) Ventura County 11/01
18:21 3) SS DI 11/20
18:44 9) State DI 11/27
18:21 10) Foot Locker 12/04

10. *Carrie Caulkins

(Esperanza, SS)

18:47 1) Lgna H DI 11/12 09/11
18:07 2) Woodbridge DI 09/18
19:27 12) Stanford DI 10/02
18:13 4) Orange Co. Swp 10/16
18:35 6) SS DI 11/20
18:24 6) State DI 11/27

11. -Kim Nelson

(Canyon, Anaheim, SS)

13:28 1) Las Vegas Small 09/11
17:04 2) Mt. Carmel DISr 09/18
17:33 1) Dana Hills D2JS 09/25
18:40 1) Stanford DII 10/02
17:59 2) Orange Co. Swp 10/16
18:36 2) SS DII 11/20
18:25 4) State DII 11/27
18:51 29) Foot Locker 12/04

12. *Eliaser Estrada

(Santa Ana Valley, SS)

19:00 3) Lgna H DI 11/12 09/11
18:17 6) Woodbridge DII 09/18
18:12 3) Orange Co. Swp 10/16
19:02 5) Mt. SAC D2 InSw 10/23
18:41 6) SS DI 11/20
18:27 7) State DI 11/27
18:35 18) Foot Locker 12/04

13. ***Annie Ebner

(St. Lucy's, SS)

20:22 6) Bronco 09/11
19:25 9) Woodbridge DIII 09/18
19:11 2) La Mirada 09/25
19:40 2) Yucaipa DII Med 10/02
19:11 1) San Gabriel Vly 10/09
18:38 1) Mt. SAC D3 Swp 10/22
18:41 1) SS DIII 11/20

18:32 1) State DIII 11/27
18:28 12) Foot Locker 12/04

14. *Elissa Riedy

(Mission San Jose, NCS)

11:32 1) San Ramon LS 09/25
13:44 1) Artichoke DI 10/02
19:46 1) NCS DII 11/20
18:30 5) State DII 11/27

15 tie. *Nicole Silva

(Aptos, CCS)

14:52 1) Ram 09/25
19:02 2) Stanford DII 10/02
18:44 2) Crystal Springs 10/09
18:46 2) Mt. SAC D2 InSw 10/23
18:16 2) CCS DII 11/17
18:34 6) State DII 11/27
18:36 19) Foot Locker 12/04

15 tie. *Alison Lambert

(Northgate, NCS)

12:50 2) Ed Sias 09/18
14:08 2) Artichoke DII 10/02
18:47 1) Foothill AL 11/05
20:14 8) NCS DIII 11/20
18:34 2) State DIII 11/27
18:44 24) Foot Locker 12/04

17. -Gabriela Rodriguez

(Oxnard, SS)

17:57 3) Seaside 11/12 09/11
18:55 1) West Ojai Large 09/18
19:01 4) Mt. SAC D2 InSw 10/23
18:17 2) Ventura County 11/01
19:11 6) SS DII 11/20
18:49 9) State DII 11/27
18:35 17) Foot Locker 12/04

18. **Heather Wallace

(Clayton Valley, NCS)

20:36 1) Oakland 09/18
18:42 4) Mariner Large 10/16
19:33 1) NCS DIII 11/20
18:36 3) State DIII 11/27
19:26 56) Foot Locker 12/04

19. ***Katie Nuanes

(Santa Margarita, SS)

19:35 2) Lgna H DII 9th 09/11
18:42 12) Orange Co. Swp 10/16

19:36 6) Mt. SAC D3 Swp 10/22
19:02 2) SS DIII 11/20
18:37 4) State DIII 11/27

20 tie. *Claire Becker

(Bonita Vista, SDS)

16:27 1) Mt. Carmel DI Jr 09/18
18:49 3) Mt. SAC D2 InSw 10/23
15:16 1) SDS DI 11/
18:38 8) State DI 11/27

20 tie. -Anjelica Randall

(Bishop O'Dowd, NCS)

15:13 2) Ram 09/25
19:32 6) Stanford DIII 10/02
18:31 3) Mariner Large 10/16
21:34 1) Alameda CCAL 11/04
19:36 2) NCS DIII 11/20
18:38 5) State DIII 11/27

20 tie. ***Kristen Gordon

(Carondelet, NCS)

20:44 2) Oakland 09/18
11:54 1) San Ramon SS 09/25
19:14 2) Stanford DIII 10/02
18:18 2) Mariner Large 10/16
17:54 1) Bay Valley AL 11/05
20:12 7) NCS DIII 11/20
18:38 6) State DIII 11/27
18:53 32) Foot Locker 12/04

23. -Jenny Mortensen

(Redwood, CS)

19:12 1) CS DII 11/
18:39 7) State DII 11/27
19:44 69) Foot Locker 12/04

24. -Amy Gomez

(Santa Margarita, SS)

19:02 4) Lgna H D2 11/12 09/11
18:08 4) Woodbridge DII 09/18
18:21 7) Orange Co. Swp 10/16
18:59 2) Mt. SAC D3 Swp 10/22
19:12 6) SS DIII 11/20
18:40 7) State DIII 11/27

25. *Marla Pleyte

(San Benito, CCS)

17:3 1) Pebble Beach 10/02
18:30 4) CCS DII 11/17
18:44 8) State DII 11/27

COACHES ALLIANCE**Notes from the Director****State CIF Cross Country Meet Will Remain the Same**

It is official now. The move to decrease the number of individual entries in the State Cross country meet has been tabled at the state level. To make the final story of a long, drawn-out process short and quick, only two sections within the state were in favor of reduction and there were not enough votes on the State Federated Council to pass the motion to reduce. It is my feeling that the format of the meet will probably stay as is for a long time. I would like to thank the various individuals in every part of the state that did such a great job over the last 7 months in generating support within their section. Some sections had to change administrative votes, others had only to maintain these votes, but all of us had to work together with regard to a decision that was be made with regards to our sport.

Hopefully, we can carry this lesson in unity over to other problems that we will face with regards to our sports. There will be more challenges statewide, and we need to remember that working together can help us to effect the decision-making process in a positive way.

At the same time, we learned some valuable lessons for the organization. The first is that we need to stay better informed within each section about what is happening with your sport. Who are the one or two persons in every section that the Alliance can call on to get the right answers about how your section might vote in a critical decision? The second is that we need to develop more leadership and participation within each section? How do we do this? I think that it starts with every coach, both track and cross country, realizing that you must be in-

involved with a coach group to some degree. You cannot depend on someone else making decisions for you when it has been shown that without our input they will probably make decisions that will negatively affect our sports.

As a result of the experience, we have changed some things within the Alliance structure. In the future, Scott Fairley (Head Cross Country and Track coach at West Valley High in Cottonwood, North Section) will be working with me on Alliance projects in the state.

Hopefully, this will give me a better sense of communication with the northern part of the state, as well as input about how certain things affect the smaller schools.

If there is a goal for the organization this track season, it would have to be to increase the involvement of the California track and field coaches in the Alliance. While we continue to increase membership in the cross country season by about 5% per year, the spring shows a big dropoff in enrollment. If anyone has a suggestion that would

help us with this problem, please drop us a line.

◆
**ATTENTION:
COACHES ALLIANCE
GENERAL
MEETING AT
STATE TRACK MEET**

The Coaches Alliance will again hold a general organizational meeting on the Saturday morning of the State Track & Field Finals. The meeting site will be the Buena Park Inn (Meet Headquarters) and will be held from 9:30 a.m. to 11:00 a.m. If you or your section has any concerns or topics that you feel should be brought up at this meeting, please write Dennis McClanahan or Scott Fairley to get your concern on the agenda.

Hopefully, every section will take the time to make sure you have a representative at this meeting. ◆

The Suggestion Box:

Anyone having concerns or suggestions regarding areas that the California Track & Cross Country Coaches Alliance might be able to help on please drop us a line at the following addresses:

Dennis McClanahan
Mt. Carmel High School
9550 Carmel Mt. Rd.
San Diego, CA 92129

Scott Fairley
West Valley High School
3805 Happy Valley Blvd.
Cottonwood, CA 96022

California Track and Cross Country Coaches Alliance

Why Should I Join The Coaches Alliance?

Now in its fifth year, the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The COACHES ALLIANCE directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco. Additionally, the COACHES ALLIANCE works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports.

What Do I Receive For My Membership?

COACHES ALLIANCE members will receive monthly editions of **California Track News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

Starting in the fall of 1993, the COACHES ALLIANCE will be starting a program called the "Resource Coach." This program will, hopefully, allow the coaches around the state to be able to communicate with each other, as well as being a resource for the younger coaches in our state.

To join, please fill out and return the following: (Please Print)

Name: _____ School: _____

Section: _____ Mailing Address: _____

City: _____

Phone: Home (____) _____ School (____) _____

Dues for 1993/94 year (Tax Deductible) -- \$25.00.

Make check out to "Coaches Alliance" and send to:

Dennis McClanahan, Treasurer
4957 East Heaton Ave., Fresno, CA 93727

Associate Member \$12 -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

School Membership \$50 -- Schools will receive discounts for all members of their staff at clinics, as well as a second copy of California Track News (you can have it sent to the library, assistant coach, etc.). Please indicate name and/or address for the second copy:



PREP NOTES

By KEITH CONNING

■ Northern California Track Results, Stories, and Photos Wanted

FAX (510) 849-3342

Northern California coaches, meet directors, parents and athletes should fax or send me their track results, stories, and photos. Send them to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823. Track results should include the name, site, and date of the meet. Please indicate the wind on all affected events and whether the times are by hand or automatic. Photos can be in color or black and white. Put the names of the subject and photographer on the back. Stories should indicate the name and date of the paper.

■ 1994 Minimum Reporting Standards

Report all marks that meet these standards.

Boys: 100--10.8 (hand-timed), 11.13 (automatic timing); 200--22.2, 22.53; 400--50.3, 50.53; 800--1:59.0; 1,500--4:10.0; 1,600--4:28.0; 3,000--9:10.0; 3,200--9:50.0; 110 High Hurdles--15.1, 15.43; 300 Intermediate Hurdles--40.2, 40.53; 400 Relay--43.5, 43.73; 1600 Relay--3:28.0; Mile Relay--3:29.2; High Jump--6-4; Pole Vault--13-6; Long Jump--21-9; Triple Jump--44-1; Shot Put--49-6; Discus--148-0.

Girls: 100--12.4, 12.73; 200--26.0, 26.33; 400--60.0, 60.23; 800--2:23.5; 1,500--5:05.0; 1,600--5:23.0; 3,000--11:00.0; 3,200--11:55.0; 100 High Hurdles (33")--15.7, 16.03; 300 Low Hurdles--47.7, 48.08; 400 Relay--50.7, 50.93; 1,600 Relay--4:10.0; Mile Relay--4:11.4; High Jump--5-2; Long Jump--16-

9; Triple Jump--35-0; Shot Put--35-2; Discus--110-0.

■ Thanks For Your Contributions

I would like to thank the following correspondents who sent information for this issue: Aldo Congi (St. Ignatius H.S.), Darrell Hampton (Acorn Track Club/Skyline H.S.), James McFadden (Fair Oaks), Ron O'Neill (Fair Oaks), and Ann Spies (Livermore).

■ Parents of Out-of-State College Students

If your son or daughter attended a California high school and is now running for an out-of-state college, I would like to hear from you. Please state the name of the high school and the year graduated. I would like to share with our readers how our former California preps are doing.

I would like to thank James McFadden of Fair Oaks and Ann Spies of Livermore for providing information about their daughters for this issue.

Please send information to Keith Conning, 2235 Browning Street, Berkeley, CA 94702 or FAX (510) 849-3342.

■ Major Track and Field Rule Revisions for 1994

Rule Reference 2-3-1; 2-3-2; 2-3-3: Clerical and team scoring errors may be corrected up to 48 hours. Appeals must be filed within 30 minutes after the announcement of event results. Correction of meet results involving an ineligible participant may be made at any time.

3-8-7: The fully automatic timing operator may **no longer** recall a start.

4-3-1; 9-5-1: Beginning with 1996-97 school year, the use of a manufacturer's logo or trademark will be limited to 1 1/2" X 1 1/2" square.

4-3-2; 9-5-2: The waistband of a competitor's shorts shall be worn above the hips.

4-5-1; 9-6-3: Prohibited taunting and baiting.

4-5-9(e); 9-6-7: Deleted 4-5-9(e) and 9-6-7 to make the wearing of a watch permissible.

4-5-11: Contestants who are bleeding, have an open wound or an excessive amount of blood on the uniform may complete the running event or field event trial. However, the competitor may not participate further until appropriate treatment has been administered.

6-3-2: Recommended the use of metric gauges to measure the discus implement.

7-4-2(g): Prohibited steadying the pole vault crossbar with the hand(s).

Source: 1994 NATIONAL FEDERATION EDITION TRACK and FIELD and CROSS COUNTRY RULES BOOK.

■ PREP EDITORIAL

I was glad to see the deletion of the watch rule. That rule never made any sense to me, as splits are called out to athletes each lap on the track. When the rule first went into force, I can remember seeing athletes at the Mt. Sac Cross Country Invitational throwing their watches over the fence to their coaches. Unfortunately, I have also seen athletes disqualified for this rule violation.

I think that rules for high school competition should mirror those of international competition as much as possible.

continued next page...

PREP NOTES

Another rule that needs to be changed is: (5-7-4) "A runner who commits a false start shall be disqualified." I think we should go back to the old rule of allowing one false start, as they do in international competition. That way high school runners won't be at a disadvantage when competing at the USA Track & Field Junior or Senior Championships.

■ A Sign of the Times

"The waistband of a competitor's shorts shall be worn above the hips." (Rule: 4-3-2).

This is a rule change that was brought about by a change in high school clothing styles. It may be acceptable at some high schools, but it won't be allowed in our sport.

■ Marion Jones leads the ACC in steals

Chapel Hill, North Carolina, January 6--No. 5 North Carolina 84, Wake Forest 44: North Carolina, playing without leading scorer Tonya Sampson, out with a cold, crushed Wake Forest.

Freshman Marion Jones, who leads the Atlantic Coast Conference in steals, got seven of North Carolina's 17 steals, and teammate Jill



Suddreth had four. On the boards, North Carolina had a 51-23 edge. The Tar Heels committed just 12 UNC goes to 10-0, 2-0 in the ACC; Wake Forest is 4-6, 0-2.

(Prep Editor: The preceding item appeared in USA TODAY on January 7, 1994.

Marion Jones (Rio Mesa/Thousand Oaks) set the high school national record of 22.58 in the 200 meters in 1992.) Photo by Bill Leung, Jr.

■ Bear Creek Invitational at Modesto

The Bear Creek Invitational will be held at Modesto Junior College on Saturday, April 30. This will be the final tune-up before the Meet of Champions at American River College in Sacramento the following week. The first running event is at 9:00 a.m. and the awards ceremony is at 4:40 p.m. They plan to hand out plenty of trophies (22) and medals (290).

Participating schools are from the Sac-Joaquin Section except where noted: Argonaut (Jackson), Bear Creek (Stockton), Dublin (North Coast Section), Elk Grove, Fairfield, Florin, Fremont (Oakland, Oakland Section), Gustine, Highlands (North Highlands), Hiram Johnson (Sacramento), Kennedy (Sacramento), Liberty (Brentwood, North Coast Section), Lincoln (Stockton), Lodi, Madera (Central Section), Merced, Mt. Diablo (Concord, North Coast Section), Patterson, St. Mary's (Berkeley, North Coast Section), St. Mary's (Stockton), Sonora, Stagg (Stockton), Summerville (Tuolumne), Vallejo, Valley (Sacramento), Washington (Fremont, North Coast Section), West (Tracy), Wood (Vacaville), Woodland, Ygnacio Valley (Concord, North Coast Section).

Contact Greg Wright, Bear Creek High School, 10555 Thornton Road, Stockton, CA 95209, (209) 943-2735.

■ Meet of Champions at Sacramento

The Meet of Champions will be held at American River College on Saturday, May 7. This will be the final invitational before league competition. Last year several national leading marks were set in this meet. Teams from the following sections have been invited to participate: North Coast, Northern, Oakland, Sac-Joaquin, and San Francisco. There are two sessions of the meet. The premier athletes will perform in the evening. I will be the announcer for the meet.

Contact Jerry Colman at (916) 487-3175.

■ Gail Devers (Sweetwater High School, National City) among ten Sullivan Award finalists

January 7--Gail Devers, Palmdale, California, track and field: 1993 Jesse Owens Award winner; world indoor 60-meter champion; USA/Mobil and IAAF world outdoor 100-meter champion; IAAF world outdoor 100-meter hurdles champion, set American record of 12.46 seconds; first woman to win sprint-hurdles double at major championship since 1948.



Photo by Keith Conning

Other finalists: Bruce Baumgartner, wrestling; Brian Boitano, figure skating; Bobby Hurley, basketball; Dan Janssen, speedskating; Shannon Miller, gymnastics; Dan O'Brien, track and field; Sheryl Swoopes, basketball; Jenny Thompson, swimming; and Charlie Ward, football/basketball.

The award, presented annually since 1930 to the nation's outstanding amateur athlete, will be announced March 14 at a dinner at the Indianapolis Convention Center.

Ballots will be sent to about 2,500 voters representing the AAU board of directors, the Sullivan Award committee, past award winners, AAU life members, the U.S. Olympic Committee board of directors and selected sports media.

■ University of Illinois Invitational

University of Illinois Armory, January 15--Becky Spies (Livermore/Villanova) won the 800 meters in 2:09.58, an NCAA provisional qualifying mark and ECAC qualifying mark.

Louis Quintana (Arroyo Grande/

continued next page...

PREP NOTES

Villanova) placed second in the 800 meters in 1:55.39.

■ Cornell University Invitational

Cornell University, Ithaca, N.Y., January 22--Louis Quintana (Arroyo Grande/Villanova) tied for first with teammate Ken Nason in the 800 meters in 1:53.1, an IC4A qualifying mark.

The Villanova distance medley team of Quintana (1:54.2), Kevin Christiani (51.1), Mike Going (3:04.6), and Dave Seung (4:24.5) won in 10:14.4, an IC4A qualifying mark.

Becky Spies (Livermore/Villanova) won the 1,000 meters in 2:46.9.

Nikki Shaw (Fillmore/Villanova) placed fourth in the 800 meters in 2:17.3.

The Villanova 4x400 meter relay team of Kesha Walley (58.9), Tosha Woodward (58.3), Becky Spies (58.7), and Cathalina Staye (59.2) won in 3:55.2, an ECAC qualifying mark. The Villanova team of Alison Pojanowski (63.6), Emer Molloy (60.8), Nikki Shaw (61.5), and Krestena Sullivan (59.5) placed second in 4:05.5.

■ Shhhh, Angela Harris receives award

By Peter Mentor, The Montclarion
January 28--Most of hurdler Angela Harris' competitors never see her face because they are always behind her during the race. Last Friday night no one was supposed to see Harris at all as she accepted the first ever SportsGirl of the Year award presented by the Bay Area Sports Awards Program at the University of California-Berkeley.

Harris won the award for her performance as a state champion hurdler and national record setter for both Skyline High and the Acorn Running Club, as well as her involvement in the community. Chosen the best of all entries for girls age 17-under in Alameda, Marin, and Contra Costa counties, Harris was supposed to be one of six people honored in

front of the largest crowd ever assembled at a Cal women's basketball game.

The award ceremony was held during half-time of the Cal-Stanford game and NCAA rules prohibited Harris from accepting the award or even being in the building during the game because she is a high school senior and it somehow could be construed as a recruiting violation.

The five other winners received their awards and mention was made of a SportsGirl winner, but the Women's Sports Foundation representative who was announcing the awards was not even allowed to mention Harris' name.

When asked how she felt about being left out of the ceremony Harris said she was a little disappointed about the circumstances surrounding the award, but she was gracious in accepting it in anonymity saying she understood the reasons behind the rules.

"I still received my award even though my name wasn't announced," said Harris. "I was told what the rules were and it was acceptable then."

Harris felt the award was important not just to give her recognition, but to acknowledge the hard work and importance of women athletes especially in a sport like track where men's events get the majority of coverage and accolades.

"It lets me know that there are people who know what I am doing," said Harris. "Because I'm a woman running in the sport I'm not recognized. To be rewarded for that, it feels good. They are starting to realize we are just as good as men in any sport. Maybe not as fast or swift, but as good."

Harris was a worthy winner of the award. She ran the fastest time in the nation last year in the 400-meter hurdles, running a 58.82 at the Junior Nationals in Spokane, Washington. She went on to win the state championship in the 300-meter hurdles with the second fastest time in the nation, just one tenth of a second behind the national best.

Harris was also part of the Acorn Club relay teams that set national age

group records in the 4x100 meter and 4x200 meter relays.

"I love to run the relays, but my specialty is the hurdles," said Harris. "I didn't love them at first but I've grown to love them.

"I believe I can go faster. Those are my goals."

Part of the award had to do with the athletes' life outside of sports. Harris is active in her church and works with children at the Acorn Community Center. She was nominated by her high school and club coach Darryl Hampton.

It was mentioned during the ceremony and in the program that Harris comes from a one-parent family. She did not mind that recognition either and she is proud of that fact and of her mother's support.

"It's reality," Harris said. "My mother is a good parent. She's a mom and a dad. She supports me in everything I do."

Harris begins the winter track season this Saturday in Reno, Nevada.

She plans on running her final high school season at Skyline this spring and will continue in the summer with the Acorn Club in the age group races around the country.

Harris is looking at Arizona State University and the University of Nevada Las Vegas as possible college choices.

(Prep Editor: The preceding article was published in The Montclarion on Friday, January 28.

A few corrections are in order. Harris runs for the Acorn Track Club. Her 400-meter hurdles time was 58.88. The state meet preceded the Junior Nationals. She had the sixth best time in the nation in the 300-meter hurdles at 42.4.

She ran the 400-meters at Reno in 55.56.)

■ 14th Annual Terrier Classic

Boston University, Boston, MA., January 28-29--Becky Spies (Livermore/Villanova) placed third in the mile in 4:40.78, an NCAA automatic qualifying mark. Spies also placed 6th in the 800

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meters in 2:10.79, an ECAC qualifying mark.

Nikki Shaw (Fillmore/Villanova) placed third in her heat of the mile in 4:59.41, an ECAC qualifying mark. Shaw also won her heat in the 800 meters in 2:12.12, an ECAC qualifying mark.

■ Acorn Track Team to be Subject of Hollywood Movie

Oakland, February 9--Darrell Hampton, the Community Services Director of the Acorn Apartments announced today that the Acorn Track Club is to be the subject of a feature-length film currently in development at 20th Century Fox Films.

As envisioned by producers Carole and Bruce Hart, Emmy-award winners for their roles in the creation "Sesame Street," "Free to Be...You and Me," and "Hot Hero Sandwich," the film will follow the story of the all-girl team from its improbable beginnings to its emergence as a record-breaking national championship team and perennial fixture in the top ranks of scholastic competition.

With his first-ever film script scheduled to begin production at Disney this spring, actor-turned-writer Harold Sylvester is already on the scene and hard at work immersing himself in the past and present trials and triumphs of a team that has come to personify the pride and promise of a hard-pressed but hopeful community.

Conceived by Hampton eight years ago as a recreational diversion for school-aged residents of the Acorn Apartments, the Acorn Track Club soon became the foundation of a multi-faceted educational program.

Hampton's insistence that the discipline learned through athletic training and competition can be successfully transferred to academic studies and personal growth has already born fruit. Graduates of Hampton's program like Tunisha Miles and Malika Freeman are currently attending Sacramento State University and San Diego State Univer-

sity, and members of this year's team have received notice from Harvard, Stanford and many other first rank universities and colleges.

With Olympic competition already a real prospect for his young runners, Hampton was asked how he envisioned their futures. "I look at these girls," he said, "and I see them years from now as doctors and lawyers coming back to the community and giving back to the community."

"He's like a father and a big brother and a best friend and a role model all rolled in one," said Aisha ("Smoke") Wallace, the lead-off runner for Acorn's record-holding 4 by 200 meter relay team. Around her, the rest of the team, thirty-four school girls, ages seven through eighteen, nodded their agreement.

"Okay, girls!" Coach Hampton called his team to the Weight Room. The time for talk was over. It was time to get to work.

(Prep Editor: The preceding was a press release that I received from Darrell Hampton of the Acorn Track Club on February 9, 1994.)

■ Acorn TC/Skyline High School sets new national indoor record

Simplot Games, Holt Arena, Idaho State University, Pocatello, Idaho, February 19--The Acorn Track Club of Oakland, whose athletes compete for Skyline High School in Oakland, set a new national record of 4:04.28A* in the sprint medley relay. The old record of 4:04.36 was set by Columbia, Maplewood, N.J. at New Haven, CT on March 15, 1983. The team was composed of Angela Harris (400 in 54), Reyna Goodwin (200 in 24.7), Tanya Jackson (200 in 24.8), and Anna Rensi (800 in 2:20).

[*]=Pocatello is at an altitude of 1,361 meters above sea level. "The lowered air resistance at high altitudes produces better marks in the sprints, hurdles and long and triple jumps. There seems to be little effect, one way or the

other at 800 meters where the benefit of lowered air resistance is cancelled by the reduction in available oxygen. In the longer runs the net result is a slowing factor." Source: Little Blue Book, *Track & Field News*.]

Senior Latasha Colander (Striders International/Manor HS, Portsmouth, Va.), the 1993 National Scholastic Indoor champion in the 55HH (33") at 7.90, set a new Simplot Games record of 7.90. Bisa Grant (Bishop O'Dowd HS, Oakland/Track West), the 1993 State Meet 100H champion, placed second in 7.93. Colander had nine of the top ten indoor performances of 1993. Colander ran the 100 meter hurdles (33") outdoors in 13.84 last year, the third best performer in the nation. Grant's best was 14.11, the seventh best performer.

Senior Aspen Burkett (Colorado Flyers/East HS, Denver) won the 55m dash in 6.98. She had bests last year of 7.15A for the indoor 55m (16th best performer), and 11.70A for the outdoor 100 meters (ninth best performer). Freshman Aleisha Latimer (Holmes Jr., Colorado Springs, CO/Joe Gentry Track Troupe), who had a best of 11.97 in the outdoor 100 meters last year, placed second in 6.99. Bisa Grant, who had a best of 11.93 in the outdoor 100 meters last year, placed third in 7.11. Junior LaKeisha Backus (Teekay TC/Wilson HS, Long Beach), who had a best of 11.65 in the outdoor 100 meters last year, placed fourth in 7.22.

Sophomore Domingue Calloway (Colorado Flyers/South HS, Denver) set a Simplot Games record of 24.28 in the 200 meters. Calloway had an indoor best of 24.6A on an oversized track last year, and 24.01 outdoors. Kenchassa Davis (Teekay TC) placed sixth in 25.34.

Junior Nicole Hyer (Mount Olympus TC/Kearns HS), 86th in the Foot Locker Western Regional Cross Country Championships in Fresno, won the 800 in 2:18.82. She ran 2:13.75 outdoors last year.

Senior Rosy Gardner (Mount Olympus TC/East HS, Salt Lake City), fifth in

continued next page...

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the Western Regional and tenth in the National, set a new Simplot Games record of 5:03.44 in the 1,600 meters.

Gardner had a best of 4:41.93 in the 1,500 meters outdoors last year. Carrie Messner (Unat.) placed second in 5:10.74. Susan Taylor (Mount Olympus TC), who won the Western Regional Freshman/Sophomore race, placed third in 5:13.24. Adrienne Sorenson (J.S.T. Racing Club), 20th in the Western Regional, placed fourth in 5:16.34. Danielle Blaisdell (Unat.) placed fifth in 5:17.24. Tara Rohatinsky (Provo TC), who placed 12th in the Western Regional Freshman/Sophomore race, placed sixth in 5:19.39.

Mary Huang (Provo TC), fifteenth in the Western Regional, won the 3,200 meters in 11:15.41. Emily Nay (Unat.), eighth in the Western Regional and 29th in the National, placed second in 11:34.54. Kara Ormond (Orem High TC), 31st in the Western Regional, placed third in 11:46.94. Liz Frazier (Roy Coca Cola TC) placed fourth in 11:49.33. Steffanie Hansen (Mount Olympus TC), 44th in the Western Regional, placed fifth in 11:59.63. Lindsay Pinkney (Northeast Alberta T&F Club) placed sixth in 12:00.40.

The Teekay TC won the 4x200 relay in 1:43.07. The Acorn TC team of Aisha Wallace, Tanya Jackson, Erika King, and Jaime Bailey placed second in 1:43.08. In the trials, the Acorn TC team of Angela Harris, Reyna Goodwin, Tanya Jackson, and Aisha Wallace qualified in 1:40.68 running in tennis shoes!

The Acorn TC set a Simplot Games record of 3:52.49 in the 4x400 relay. This was the second fastest time in California history. The California record of 3:52.35 was set by Poly, Long Beach in 1980. Their team was composed of Aisha Wallace 60.3, Reyna Goodwin 57.3, Kafelaah Crockett 60.6, and Angela Harris 54.3. The Teekay TC placed sixth in 4:16.54.

Ryan Bybee (Bruin TC), 44th in the Western Regional, won the 1,600 meters in 4:20.69. John Grimsley (Billings

Flash), 26th in the Western Regional, placed fifth in 4:27.42.

Grant Stevens (Roy Coca Cola Track Club) won the 3,200 meters in 9:30.54. Nate Hill (Warrior TC), 52nd in the Western Regional, placed second in 9:38.60. Corbin Talley (Bingham/Universal Athletics), 65th in the Western Regional, placed third in 9:41.11. Kevin Jacobsen (Billings Flash), 82nd in the Western Regional, placed sixth in 9:45.01.

■ McFadden Qualifies For ECAC Div. I Championship

Fairfax, VA., Feb. 19--Freshman distance runner Cybelle McFadden (College of William & Mary), formerly of St. Francis H.S., Sacramento, qualified for the East Coast Atlantic Conference Championships by clocking a personal best of 17:40 for 5km at the Geroge Mason Invitational. McFadden averaged 5:40/mile (5:33-5:41-5:46) on her way to a 4th place finish; she bettered her PR by a whopping 42 seconds. The ECAC Championships will be held at Yale University March 5-6.

I would like to thank James McFadden of Fair Oaks for this information.

■ Letter to the Editor

21 February 1994

Dear Keith:

Perhaps you caught the article on page 30 of the December issue of CAL-HI Sports regarding my son Kyle's (Bella Vista, Fair Oaks) fight to overcome the severe hip fracture he suffered in a football game last October. In any case, I felt you would be interested in his recovery and plans for the 1994 track season.

Kyle's doctor regards his recovery from this potentially career ending injury as nothing short of "remarkable." We had initially anticipated 6 to 9 months of therapy and loss of his senior track season. However, through grueling hard work Kyle has regained full use of his hip; he is well into training for his comeback and expects to be 100 percent

when the big meets roll around. Kyle's first meet will be the Sacramento Jamboree at Sac State on March 11th.

Even though he was unable to compete in last year's state final, his 13.9 and 37.52 makes Kyle California's top returning high hurdler and second only to Muir's Ken Haslip in the intermediates. Kyle has received invitations to the Kansas, Florida and Texas Relays this season. We will skip Kansas (he won there last year) and Florida (no intermediate hurdles) but will definitely go to Austin. Arcadia and the Texas Relays are the same week unless there is a break in scheduling that would permit Kyle to compete in Austin and then fly back to LA he will have to miss Arcadia. He is scheduled to compete in this season's upgraded Oakland Relays on April 2nd; hopefully some of the south state hurdlers will be at that meet.

Sincerely,
Ron O'Neill, Fair Oaks

■ Recruiting violation forces Los Gatos' Harmatz to resign

By Victor Chi and David Kiefer
Mercury News Staff Writers

San Jose, February 24--A letter that Willie Harmatz said was sent innocently last summer has cost the prominent Los Gatos track and cross-country coach his job.

Harmatz, whose teams have won 12 Central Coast Section titles in the past 16 years, resigned Friday in an attempt to prevent the CCS from penalizing Los Gatos for a recruiting violation.

"I violated a rule," Harmatz said. "If I resigned, I wouldn't hurt the athletes. There are too many kids who are college-scholarship material that depend on doing well at the CCS and state meets. I didn't want to jeopardize that for them."

Butch Lumby, the Wildcats' sprint coach for the past three years, was named head coach by Athletic Director Butch Cattolico, who said he is looking for a distance and cross-country coach.

The trouble began in June when Har-

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matz mailed an information packet -- the kind he sends to all incoming freshmen interested in his program -- to Trevor Guina, an athlete who trains under Harmatz on an individual basis.

Guina had an inter-district agreement to finish his final year at Fisher Middle School in Los Gatos though he had moved to Campbell to live with his mother. However, the continuation agreement ended at the conclusion of eighth grade, which Harmatz and Guina were not aware of.

"He kept saying he wanted to come here, be getting another inter-district agreement," Harmatz said. "I wasn't sure how he was going to do that, and wasn't at our junior high sign-up at Fisher."

Harmatz thought he was playing it safe by sending Guina summer cross-country training schedules, information on meets and camps, and a letter describing the pros and cons of Los Gatos High "in case he was still questionable."

Meanwhile, Guina's mother had already enrolled him at Westmont.

A tip from a Los Gatos parent to Los Gatos-Saratoga Union High School District superintendent Dr. Todd Likens was followed by calls to the parent, who turned the letter over to the CCS several weeks later.

It was determined the letter from Harmatz violated Section 5.10 of the California Interscholastic Federation by-laws, which state that any communication to secure or retain a student as a resident may be seen as an inducement and constitutes undue influence.

"He's been an extraordinarily fine coach," Likens said. "I feel strongly there was no conscious attention to do something wrong, but we were caught in the middle of doing what we think we have to do, though it may leave room for second-guessing."

Early last week, the Los Gatos administration was alerted. And after meeting with Harmatz, they recommended he resign.

"This was a hard decision for us," Cattolico said. "But there was no ques-

tion in any of our minds when we saw the letter."

Harmatz filed his resignation Friday, but will continue to help until a distance coach is named.

The CCS eligibility committee had yet to decide if penalties were necessary.

(Prep Editor: The preceding story appeared in the San Jose Mercury News on February 24.)

■ USA-Mobil Indoor Track and Field Championships

Georgia Dome, Atlanta, March 5-- Matt Giusto (Foot Locker TC/San Mateo High School 1984), who placed third in the 1984 state meet 3,200 meters, placed second in the 3,000 meters in 7:53.34. Ron Harris (Reebok-Enclave/Eisenhower High School), who placed second in the 1983 state meet 1,600, placed fifth in 7:55.92.

Jonathan Matthews (Golden Gate Race Walkers) won the 5,000 meter walk in 20:01.50.

Mark Crear (Reebok Racing Club/John A. Rowland High School, Rowland Heights 1987), who placed fourth in the 1987 state meet 110 meter high hurdles, placed third in the 60 meter hurdles in 7.57.

Brent Burns (Unattached/Acalanes High School, Lafayette 1987) placed second in the pole vault at 18-4 1/2. Dean Starkey (Reebok Racing Club/James Logan High School, Union City 1984) placed fifth at 18-0 1/2.

Diatori Gildersleeve (Unattached/Grant High School, Sacramento 1988), who won the 1988 state meet long jump and placed fourth in the 110 meter high hurdles, placed ninth in the long jump at 24-4 1/4.

Tyrone Scott (Accusplit Sports Club/Mesa Verde High School, Citrus Heights 1988), who won the 1988 state meet triple jump, won the triple jump at 54-8 3/4.

Victoria Herazo (California Walkers/Fairfax High School, Los Angeles 1977) placed second in the the 3,000 meter walk in 13:15.85.

Ramona Pagel (Unattached/Schurr High School, Montebello 1979), who placed third in the 1979 state meet shot put as Ramona Ebert, won the shot put at 60-8 1/2.

Marieke Veltman (Nike TC/Leland High School, San Jose 1989), who placed third in the 1989 state meet long jump, placed fourth in the long jump at 20-9 1/4.

Sheila Hudson (Unattached/Rio Linda High School 1985), who won the 1985 state meet triple jump, won the triple jump at 45-3 1/2. Robyne Johnson (Anderson International/Berkeley High School 1981), who placed fourth in the 1981 state meet long jump, placed fifth at 42-2 1/4.

■ Seventh Annual Moreau Catholic & Chabot College Invitational

Chabot College, Hayward, March 12--Ali Evans (Vallejo) won the 100 meters in 10.46 with an aiding wind of 4.9 meters per second.

Latasha Gilliam (Pittsburg), second in the 1992 State Meet 400 meters, won the 100 meters in 11.74 wind-aided. She won her trial heat in 11.89.

Freshman Julia Stamps (Rincon Valley Junior, Santa Rosa), in her last race before going to the World Junior Cross Championships in Budapest, Hungary, set a new meet record of 4:37.34 in the 1,500 meters. The old record of 4:55 was set by Melissa Freeberg (California, San Ramon), who now runs for Stanford. Lori Riedy (Mission San Jose, Fremont) was second in 4:47.87.

The Mission San Jose distance medley relay team set a new meet record of 12:35.5. The old record of 12:55.3 was set by Monte Vista, Danville. Lori Riedy ran the 1,200 meters in 3:44.6 and sister Elissa ran the 1,600 meters in 5:05.5.

■ K-Bell Classic

Los Gatos High School, March 19--Scott Slover (Leland, San Jose), the State Meet and Central Coast Section

continued next page...

PREP NOTES

champion, set a new meet record of 16-7 in the pole vault. The old record of 15-7 was set by Lasquette (Mt. Pleasant, San Jose) in 1990.

Chris DeMartini (St. Ignatius, San Francisco), sixth in the Central Coast Section, threw the discus 180-9.

Elissa Riedy (Mission San Jose, Fremont) won the one mile in 5:04.12. Her twin sister Lori was second in 5:07.13.

Lori, fifth in the North Coast Section, and Elissa, the North Coast Section champion, tied in the two mile in 11:08.33.

Jennifer Odom (Independence, San Jose), the Central Coast Section champion and fifth in the State Meet, won the 100 meter low hurdles in 14.71. Bishop O'Dowd

(Oakland) won the 400 meter relay in 48.26. Logan (Union City), the North Coast Section champion and fourth in the State Meet, was second in 48.57.

Jernae Wright (Logan), the North Coast Section champion and fourth in the State Meet, set a new meet record of 19-5. The old record of 18-5 was set by Lawson (St. Francis, Mountain View) in 1985.

Christina Etuale (Jefferson), the Central Coast Section champion, who is coached by Pat Lewis (Lincoln, San Francisco), put the shot 41-10 1/2.



SCOTT SLOVER
Photo by
Bill Cockerham

Please send Southern
California results to:
Doug Speck
563 N. Willowgrove
Glendora, CA 91740

TRACK RESULTS

Northern California From Keith Conning

All-Comers Track Meet

Edwards Stadium, University of California, Berkeley
January 22, 1994

High School Boys

55--Ryan Porter (Dr. King's TC) 6.7
200--Roman Scoggins 22.8
400--Hasani Thomas (St. Elizabeth) no time
800--Jody Charles (Westmoor) 2:08.5
1500--Chris Maier (Amador Valley) 4:17.9
55HH--Jason Pease (Logan) 8.6
1600 Relay--Dr. King's TC 3:32.4
High Jump--Jeff Bond (Piedmont) 6-4
Long Jump--Mitchell Preston (Fremont) 19-10 1/4
Triple Jump--Gary Smith (Logan) 41-2 1/4
Javelin--Chip Lilienthal (Napa TC) 155-11

High School Girls

55--Tanya Jackson (Acorn TC) 7.3
200--Tanya Jackson (Acorn TC) 27.0
400--Aisha Margain (Acorn TC) 1:01.4
800--Raynesha Bilbo (Acorn TC) 2:41.2
1500--Michelle Kiyono (Logan) 5:05.1
55HH--Nneka Black (Dr. King's TC) 9.2
300H--Angela Harris (Acorn TC) 48.6
1600 Relay--Acorn TC 3:57.7

All-Comers Track Meet

Los Gatos High School
January 29, 1994

Boys

60--Ho 6.92
100--Porter (St. Elizabeth, Oakland) 11.55
200--Porter (St. Elizabeth) 23.08
400--Thomas 51.5
Mile--Rutledge 4:26.2
Two Mile--Maganga 10:25
300 Hurdles--Carter 43.2
High Jump--Robert Macias (Hollister) 6-5
Pole Vault--Rodriguez 13-0
Long Jump--Nguyen 20-5
Shot Put--Chris Demartini (St. Ignatius) 55-6
Discus--Chris Demartini (St. Ignatius) 179-8

Girls

60--Ferguson 7.18
100--Ferguson 12.71
200--Bigby 27.88
400--Hoover 1:02.8
800--Maria Pleyte (Hollister) 2:29.9
400 relay--Hollister 52.3
High Jump--Erin Duffey (St. Francis, Mountain View) 5-6
Long Jump--Livers 15-10
Shot Put--Wiseman 21-3
Discus--Wiseman 70-1

Simplot Games

Idaho State, Pocatello, Idaho
February 19, 1994

The following events had California or Foot Locker Western Regional Cross Country participants.

Boys

1,600--1. Ryan Bybee (Bruin TC) 4:20.69, 2. Jeff Bray (Canyon TC) 4:24.34, 3. Mike Strauss (Timp-

view) 4:25.22, 4. Frank Torres (Cottonwood TC) 4:26.58, 5. John Grimsley (Billings Flash) 4:27.42, 6. Ben Sandy (Camel TC) 4:29.44.

3,200--1. Grant Stevens (Roy Coca Cola Track Club) 9:30.54, 2. Nate Hill (Warrior TC) 9:38.60, 3. Corbin Talley (Bingham/Universal Athletics) 9:41.11, 4. Chris Borton (Pueblo South Colts) 9:42.54, 5. Aaron Soloman (Cheyenne Hawks) 9:43.72, 6. Kevin Jacobsen (Billings Flash) 9:45.01.

Girls

55 hurdles--1. Latasha Colander (Striders International) 7.90 (Simplot Games record), 2. Bisa Grant (Bishop O'Dowd/Track West) 7.93, 3. Carmen Banks (Unat.), 8.08, 4. Char Foster (Alpha Omega TC) 8.27, 5. Heidi Lundervold (Team Minnesota) 8.33, 6. Dixie Williams (Unat.) 8.48.

55m Dash--1. Aspen Burkett (Colorado Flyers) 6.98, 2. Aleisha Latimer (Joe Gentry Track Troupe) 6.99, 3. Bisa Grant (Bishop O'Dowd/Track West) 7.11, 4. Lakeisha Backus (Teekay TC) 7.22, 5. Christal Portere (Colorado Flyers) 7.42, 6. Yvette Zayas (Mount Olympus TC) 7.44.

200--1. Dominique Calloway (Colorado Flyers) 24.28 (Simplot Games record), 2. Jennifer Wilson (Runnin Rebels TC) 24.40, 3. Aspen Burkett (Colorado Flyers) 24.44, 4. Latasha Colander (Striders International) 24.71, 5. Aleisha Latimer (Joe Gentry Track Troupe) 24.96, 6. Kenchassa Davis (Teekay TC) 25.34.

800--1. Nicole Hyer (Mount Olympus TC) 2:18.82, 1,600--1. Rosie Gardner (Mount Olympus Track Club) 5:03.44 (Simplot Games record), 2. Carrie Messner (Unat.) 5:10.74, 3. Susan Taylor (Mount Olympus TC) 5:13.24, 4. Adrienne Sorenson (J.S.T. Racing Club) 5:16.34, 5. Danielle Blaisdell (Unat.) 5:17.24, 6. Tara Rohatinsky (Provo TC) 5:19.39.

3,200--1. Mary Huang (Provo TC) 11:16.41, 2. Emily Nay (Unat.) 11:34.54, 3. Kara Ormond (Orem High TC) 11:46.94, 4. Liz Frazier (Roy Coca Cola TC) 11:49.33, 5. Stefannie Hansen (Mount Olympus TC) 11:59.63, 6. Lindsay Pinkney (Northeast Alberta T&F Club) 12:00.40.

4x200 Relay--1. Teekay TC 1:43.07, 2. Acorn TC 1:43.06, 3. Gate City TC 1:46.35, 4. Mount Olympus TC 1:49.04, 5. North Valley-Fast Track 1:50.61, 6. Weber High 1:50.71.

4x400 Relay--1. Acorn TC 3:52.49 (Simplot Games record), 2. Mount Olympus TC 4:12.68, 3. Gate City TC 4:14.16, 4. Minidoka TC 4:16.14, 5. Kearns High TC 4:16.14, 6. Teekay Track Club 4:16.54.

4x800 Relay--1. Mount Olympus TC 9:36.15, 2. Acorn TC 10:02.48, 3. Orem High TC 10:11.95, 4. Laduc Track 10:16.54, 5. Gate City TC 10:19.21, 6. Provo TC 10:28.92.

Medley Relay--1. Acorn TC 4:04.28 (National record), 2. Mount Olympus TC 4:12.97, 3. Colorado TC 4:24.16, 4. North Valley-Fast Track 4:26.80, 5. Gate City TC 4:27.19, 6. Sportkeeper Striders 4:29.93.

Sanger Spring Classic

March 5, 1994

from Dave Dodson (Sanger)

Boys

100 (+2.43)-Thomas Washington (Central) 10.98, 2. Wade (Madera) 11.00, 3. Terranco (Hoover) 11.01.

200-Thomas Washington (Central) 22.66 (meet record).

400-Rick Murillo (High) 52.25 (meet record).

800-Kim Lindahl (Madera) 1:59.99 (meet record).

1600-Kim Lindahl (Madera) 4:34.35.

3200-Eric Kropf (Madera) 9:58.80 (meet record).

continued next page...

PREP NOTES

110H-Phil Olmos (Hoover) 15.19 (meet record).
 300H-Phil Olmos (Hoover) 41.97.
 400R-Madera (Sanders, Green, Wade, Bailey) 43.53 (meet record).
 1600R-Madera (Halloy, Low, Jones, Lindahl) 3:30.29 (meet record).
 HJ-Lonnell Green (Madera) 6-6 (meet record), 2. Nyberg (Mt. Whitney) 6-6.
 LJ-Nigel Kirk (Clovis West) 21-2 1/2.
 TJ-T. House (Hoover) 44-0 1/2.
 PV-Steve Cate (RW) 12-0.
 SP-J.D. Martin (Madera) 52-0 1/2 (meet record).
 DT-J.D. Martin (Madera) 147-4.

Girls

100-Renee Cobb (Hoover) 12.71 (meet record).
 200-Wilburn (Clovis West) 26.74 (meet record).
 400-Kristie Johnston (Central) 58.86 (meet record).
 800-Castaneda (Madera) 2:32.13.
 1600-Kristie Johnston (Central) 5:08.2 (meet record), 2. Donovan (Madera) 5:09.3.
 3200-Sherrie Donovan (Madera) 11:24.6 (meet record).
 100H-Tiny Neely (Madera) 16.67 (meet record).
 300LH-T. Manning (Clovis West) 49.23 (meet record).
 400R-Hoover (Gearon, Cobb, Woods, Weatherston) 51.18 (meet record).
 1600R-Central (Johnston, Nazarov, Jackson, Hasian) 4:15.2 (meet record).
 HJ-Charlotte Wright (Central) 4-8.
 TJ-Angie Grah (High) 34-8 1/2 (meet record).
 SP-Jaime Ervin (KB) 33-8.
 DT-Latanya Richards (Madera) 115-2.

Mariner Invitational

Chabot College, Hayward
 March 12, 1994

All distances in meters.

Boys Teams-1. St. Mary's (Berkeley) 74, 2. Vallejo 68, 3. Monte Vista (Danville) 41, 4. Castro Valley 38, 5. Independence (San Jose) 29, 6. Livermore 28, 7. Valley (Sacramento) 27, 8. Bishop O'Dowd (Oakland) 26, 9. Granada 24, 10. Pittsburg 22.
 100 Final--Ali Evans (Vallejo) 10.46 (+4.9), 2. Marvin Love (Washington) 10.65, 3. Tyrone Taylor (Pittsburg) 10.93, 4. Jarod Wilson (Montgomery) 11.00, 5. G. Luevano (American) 11.03.
 100 Heat 1--Evans 10.84 (no wind gauge in trials).
 100 Heat 3--Love 10.80.
 1600 SC--Peter Egerton (Santa Rosa) 4:52.7
 3000--Pat Bendzick (Mission San Jose) 9:03.3
 300H--Anthony Montgomery (St. Mary's) 38.79
 400R--Vallejo 42.35, 2. St. Mary's 42.61, 3. Vallejo 43.64.
 1600R--St. Mary's (Doug Boyd 51.5, Jonevan Hornsby 51.1, Anthony Montgomery 50.5, Marlon Monroe 49.1) 3:22.2, 2. Vallejo 3:24.9, 3. Vallejo 3:26.9.
 280 SHH--Vallejo 33.8
 SMR (100, 300, 200, 200)--St. Mary's 1:31.3
 3200R--Independence 8:12.8
 DM--St. Mary's 10:42.7
 HJ--Casey Turner (Monte Vista) 6-6 1/4, 2. Tom Hunt (Granada) 6-4.
 PV--Mike Rothling (Castro Valley) 13-9
 LJ--Josh Leng (Bishop O'Dowd) 21-1 1/2
 TJ--Josh Leng (Bishop O'Dowd) 44-5
 SP--Ihsan Warren (St. Mary's) 54-6 1/4, 2. John Zukoski (California) 51-7 1/2.
 DT--Ihsan Warren (St. Mary's) 158-0, 2. Matt Seefeld (Marin Catholic) 153-0.
Girls Teams-1. Valley (Sacramento) 61, 2. Mission San Jose (Fremont) 59, 3. Bishop O'Dowd (Oakland) 45, 4.

Independence (San Jose) 37, 5. (tie) Pittsburg and Washington (Fremont) 27, 7. (tie) American (Fremont), Castro Valley and Santa Teresa (San Jose) 25, 10. Vallejo 24.

100 Final (wind-aided)--
 Latasha Gilliam (Pittsburg) 11.74, 2. Tricia Jacinto (Washington) 12.37, 3. Turshika Bennett (Bishop O'Dowd) 12.39.
 100 Heat 1--Jacinto 12.67 (no wind gauge in trials).

100 Heat 2--Tiffany Jackson (Vallejo) 12.52, 2. Bennett 12.55.
 100 Heat 3--Gilliam 11.89.
 1500--Julia Stamps (Rincon Valley Junior, Santa Rosa) 4:37.34 (Accutrack), 2. Lori Riedy (Mission San Jose) 4:47.87, 3. Tina Bowen (San Ramon Valley) 4:56.18.
 3000--Elissa Riedy (Mission San Jose) 10:47.3, 2. Tina Bowen (San Ramon Valley) 10:54.7.
 300H--Chidera Madu (Valley) no time available, 2. N'Neke Black (El Cerrito) 47.42, 3. M. Cameron (American) no time.

400R--Independence 49.18, 2. Vallejo 49.88, 3. Vallejo 50.71.
 1600R--Valley 4:02.1, 2. Independence 4:08.0, 3. El Cerrito 4:09.9.
 240 SHH--Valley 40.7
 SM (100, 300, 200, 200)--Bishop O'Dowd 1:48.8
 DM--Mission San Jose (Lori Riedy 3:44.6, Elissa Riedy 5:05.5) 12:35.5.
 HJ--Elizabeth Coombs (Monte Vista) 5-0
 PV--Erica Hause (Montgomery) 7-7
 LJ--Amanda Bauer (Mission San Jose) 16-2 1/4
 TJ--Caray Moyles (Washington) 35-10 1/2
 SP--Shanda Holmes (Tennyson) 39-1 3/4, 2. Michelle Jones (Bishop O'Dowd) 37-9 1/4.
 DT--Shanda Holmes (Tennyson) 128-1, 2. Jennifer Barrett (Gonzales) 111-5.

Men
 Dream Mile--Greg Byard (California/Davis HS) 4:16.6, 2. Mark Douglas (California/Moreau HS) 4:16.8, 3. Mike Smith 4:18.6.

400R--Independence 49.18, 2. Vallejo 49.88, 3. Vallejo 50.71.
 1600R--Valley 4:02.1, 2. Independence 4:08.0, 3. El Cerrito 4:09.9.
 240 SHH--Valley 40.7
 SM (100, 300, 200, 200)--Bishop O'Dowd 1:48.8
 DM--Mission San Jose (Lori Riedy 3:44.6, Elissa Riedy 5:05.5) 12:35.5.
 HJ--Elizabeth Coombs (Monte Vista) 5-0
 PV--Erica Hause (Montgomery) 7-7
 LJ--Amanda Bauer (Mission San Jose) 16-2 1/4
 TJ--Caray Moyles (Washington) 35-10 1/2
 SP--Shanda Holmes (Tennyson) 39-1 3/4, 2. Michelle Jones (Bishop O'Dowd) 37-9 1/4.
 DT--Shanda Holmes (Tennyson) 128-1, 2. Jennifer Barrett (Gonzales) 111-5.

Men
 Dream Mile--Greg Byard (California/Davis HS) 4:16.6, 2. Mark Douglas (California/Moreau HS) 4:16.8, 3. Mike Smith 4:18.6.

10th Annual K-Bell Classic

Los Gatos High School
 March 19, 1994

Boys

100--Jason Isaac (Los Gatos) 10.79, 2. Lapriest Nance (Wilcox) 10.80.
 400--Marlon Monroe (St. Mary's) 50.28, 2. Ro Randell (Skyline) 50.38, 3. Hildy Starling (Milpitas) 50.44.
 800--Brock Tessman (Monte Vista) 1:54.42MR, 2. Jonevan Hornsby (St. Mary's) 1:55.89, 3. Beebe Rutledge (Los Gatos) 1:57.69, 4. Daniel Sikiric (Gunderson) 1:57.84.
 Mile--Daniel Sikiric (Gunderson) 4:22.48, 2. Branson



LATASHA GILLIAM

Photo by Keith Conning

(Loyola) 4:25.57, 3. Todd Dando (Bellarmine) 4:26.36, 4. Thomas Becker (Bellarmine) 4:26.53, 5. Amerigo Rossi (Harbor) 4:26.62, 6. Matt Creason (Eureka) 4:27.92, 7. Enrique Torres (Silver Creek) 4:28.78.
 2 Mile--Jason Balkman (Lynbrook) 9:31.33, 2. Jason Berreda (Loyola) 9:33.80, 3. Nam Doung (Silver Creek) 14.77, 4. Casey Turner (Monte Vista) 15.43.
 300H--Coke Edmon (Bellarmine) 38.97.
 400R--McAteer 43.04, 2. Skyline 43.11, 3. Half Moon Bay 43.23, 4. Los Gatos 43.25.
 HJ--Brendan Zeidler (Bellarmine) 6-6, 2. Eric Newman (Half Moon Bay) 6-6, 3. Wilbur Jackson (Los Altos) 6-6, 4. Casey Turner (Monte Vista) 6-4, 5. John Fernquest (St. Francis) 6-4, 6. Pat Leonard (Piner) 6-4, 7. Tim Andre (Sonoma Valley) 6-4.
 PV--Scott Slover (Leland) 16-7MR, 2. Chris Scatena (Leland) 13-6.
 LJ--Adam Powell (McAteer) 23-4 3/4, 2. Doug Brown (Gunderson) 23-2, 3. Dini Wong (Los Altos) 22-8, 4. Todd Smith (San Jose) 22-2 1/2.
 TJ--Dan Nord (St. Francis) 47-0 3/4, 2. Josh Leng (Bishop O'Dowd) 46-4 1/4, 3. Eric Stallings (Bellarmine) 45-3.
 SP--Chris DeMartini (St. Ignatius) 55-1 1/2, 2. Ihsan Warren (St. Mary's) 53-2, 3. Matt Pentecost (Loyola) 52-11, 4. Aaron Lewis (St. Ignatius) 52-2, 5. Hosea Helson (St. Ignatius) 51-0, 6. James C. Pelka (Bellarmine) 49-11 1/2.
 DT--Chris DeMartini (St. Ignatius) 180-9MR, 2. Brad Perkins (Bellarmine) 155-2, 3. Ihsan Warren (St. Mary's) 152-8, 4. Matt Pentecost (Loyola) 150-4, 5. Jason Greenberg (Los Altos) 149-10.

Girls

100--Daveetta Shepherd (Kennedy, Richmond) 12.38; 2. Jernae Wright (Logan) 12.45; 3. Sommer Washington (St. Ignatius) 12.73.
 400--Bisa Grant (Bishop O'Dowd) 58.57, 2. Monica Van Weger (Amador Valley) 59.67.
 800--Anjelica Randall (Bishop O'Dowd) 2:20.56, 2. Monica Van Weger (Amador Valley) 2:22.24, 3. Ashley Monahan (Amador Valley) 2:22.64.
 Mile--Elissa Riedy (Mission San Jose) 5:04.12, 2. Lori Riedy (Mission San Jose) 5:07.03, 3. Ann Baldelli (St. Ignatius) 5:11.37, 4. Nicole Silva (Aptos) 5:14.93, 5. Christine Stavolone (Presentation) 5:20.87.
 2 Mile--1. (tie) Lori and Elissa Riedy (Mission San Jose) 11:08.33, 3. Deborah Bleisch (Silver Creek) 11:22.89, 4. Lisa Renteria (Westmont) 11:26.87, 5. Laura Sandoval (St. Ignatius) 11:30.58, 6. Stephanie Kolberg (Monte Vista) 11:35.12, 7. Sara Jakel (Sonoma Valley) 11:41.80.
 100H--Jennifer Odom (Independence) 14.71, 2. Ayana Grant (Bishop O'Dowd) 15.22, 3. Mariel Triggs (Moreau) 15.89.
 300H (run in the dark)--Jennifer Izzarelli (Yerba Buena) 52.15.
 400R--Bishop O'Dowd 48.26, 2. Logan 48.57, 3. Independence 49.43, 4. Mt. Pleasant 50.01, 5. St. Ignatius 50.15, 6. Del Mar 50.56, 7. Los Gatos 50.86.
 HJ--Alicyn Chappelle (Logan) 5-6, 2. Erin Duffey (St. Francis) 5-4, 3. Jamilla Churchill (Bishop O'Dowd) 5-4, 4. Tina Farnady (Los Gatos) 5-2, 5. Erin Nichols (Acalanes) 5-2, 6. Karen Verpeet (Del Mar) 5-2.
 LJ--Jernae Wright (Logan) 19-5MR, 2. Carey Moyles (Washington) 17-7 1/4, 3. Carol Trauner (St. Ignatius) 17-5, 4. Tammy Munson (Independence) 17-2 1/2, 5. Cindy Pattibon (Gunderson) 17-1 3/4.
 TJ--Cindy Pattibon (Gunderson) 36-5 1/2, 2. Hadiya Green (Logan) 36-5, 3. Keeta Zimmerman (Eureka) 36-2 1/2, 4. Amanda Bauer (Mission San Jose) 35-9 1/4, 5. Shontia Jones (Logan) 35-8 1/4, 6. Andres Lacion (Logan) 35-7 3/4.

PREP NOTES

SP--Christina Etuale (Jefferson) 41-10 1/2, 2. Charleen Bower (Gunn) 40-0, 3. Rashawnda Holmes (Tennyson) 38-5, 4. Michelle Jones (Bishop O'Dowd) 38-11, 5. Rebecca Morrison (Presentation) 36-0, 6. Nancy Maldonald (Mt. Pleasant) 35-5 1/2, 7. Kristen Gabbard (Novato) 35-3 1/2, 8. Kristin Gabbard (Novato) 35-3 1/2.
DT--Christina Etuale (Jefferson) 125-2, 2. Rebecca Morrison (Presentation) 124-9, 3. Rashawnda Holmes (Tennyson) 124-2, 4. Tuere Anderson (Mission San Jose) 111-6.
Frosh/Soph Boys
2M--Brad Hansen (St. Ignatius) 9:49.70MR
SP--Steve Parker (McAteer) 51-8 1/2MR

Southern California From Doug Speck

Long Beach Poly Invitational

This fine early season affair marked the "coming-out" of one of the nation's finest prep Boys' teams, Muir of Pasadena. The Mustangs raced unoppressed 41.73 (400m Re) and 3:18.30 (1600m Re) efforts. Ken Haslip (47.7) and super frosh Obea Moore (48.0) paced the longer relay team.

Long Beach Poly raced to some strong efforts on the Girls-side, racing without stars Andrea Anderson and Aminah Haddad.

Long Beach Poly Invitational - Saturday, March 5th - Long Beach CC - weather cool (68 degrees) - no wind - all events wind legal

Boys

4x100m (combined heat) Muir (Pasadena) 41.73, Jordan (Long Beach) 42.73, Dorsey (L.A.) 42.91, Poly (Long Beach) 43.21, Washington (L.A.) 43.73, Eisenhower (Rialto) 43.85, 4x200 Muir 1:28.77, Dorsey (L.A.) 1:29.52, 4x400 Muir 3:18.30 (Haslip 47.7 2nd leg, Moore 48.0 anchor), Dorsey (L.A.) 3:24.46, Poly (Long Beach) 3:26.56, 4x800 Poly (Long Beach) 8:25.0, 4x1600 Peninsula (Rolling Hills) 18:53.22, Shuttle High Hurdles, Muir (Pasadena) 62.54, HJ Loyd (Eisenhower, Rialto) 6-8, Haynes (Bishop Montgomery, Torrance) 6-6, Frazier (Pomona) 6-4, Hadnot (Eisenhower, Rialto) 6-4, LJ Frazier (Pomona) 22-6 1/2, Haag (Granada Hills) 21-7, TJ Horey (Capistrano Valley, Mission Viejo) 45-9, Hampton (Poly, Long Beach) 44-11 1/4, Hunter (Muir, Pasadena) 43-6, SP Tift (Newport Harbor, Newport Beach) 58-0 1/2, Berg-Hansen (Newport Harbor) 49-4.

Girls

4x100m Poly (Long Beach) 49.17, Pius X (Downey) 50.36, Pomona 50.38, Compton 50.87, Eisenhower (Rialto) 50.91, 4x200 Jordan (Long Beach) 1:53.62, 4x400 Poly (Long Beach) 4:00.28, Muir (Pasadena) 4:10.61, Poly "B" (Long Beach) 4:10.93, 4x800 Poly (Long Beach) 10:04.18, 4x1600 Peninsula (Rolling Hills) 22:09.54, Poly (Long Beach) 22:39.81, HJ Giltner (Chaminade, Canoga Park) 5-6, Williams (Poly, Long Beach) 5-6, Roberts (Muir, Pasadena) 5-4, Glenn (Dorsey, L.A.) 5-2, LJ Simpson (Poly (Long Beach) 17-8 1/2, Hayes (JW North, Riverside) 16-9, Parker (Eisenhower, Rialto) 16-7 3/4, TJ Roberts (Muir, Pasadena) 37-6, Hayes (JW North, Riverside) 35-0, Hughes (Muir, Pasadena) 34-7, SP Wagner (Eisenhower, Rialto) 36-2.

Orange Rotary Relays

Saturday March 5th

(Girls)

(Div I) 4x100m - Wilson (Long Beach) 48.0, 4x200m - Wilson (LB) 1:41.3, 4x400m - Wilson (LB) 3:57.7, Esperanza (Anaheim) 4:10.9, 4x800m - Santa Ana Valley 10:08.2, Distance Medley - Esperanza (Anaheim) 13:08.4.

(Div II) 4x100m - Mission Viejo 51.0, 4x800m - Edison (Huntington Beach) 10:07.5, Dist Med - Edison (Huntington Beach) 13:07.0.

Nogales Relays

Nogales HS (La Puente) Saturday - March 5th

Boys

(Div I) Upland 110, Ganasha (Pomona) 90, 4x100m - Upland 43.1, 4x200m - Upland 1:30.9, (Div II) Damien (La Verne) 101, Marina (Huntington Beach) 85, 4x100m - Damien (LV) 44.5.

Girls

(Div I) Woodbridge (Irvine) 94, Upland 88, (Div II) South Hills (West Covina) 106, Marina (Huntington Beach) 103.

Quartz Hill Invitational

Quartz Hill H.S. - Saturday, March 5th.

No wind information

Boys

100m - Searcy (Quartz Hill) 10.8 nwi, 110mHH - Jason Medearis (Hart, Newhall) 14.7 nwi, 300mIH - Medearis 39.6 (Meet Record), 400m Re - Quartz Hill 43.6, Antelope Valley (Lancaster) 43.9, 4x800m - Hart (Newhall) 8:25.0, (Meet Record), HJ - Jamal Chase (Quartz Hill) 6-4, Green (Victor Valley, Victorville) 6-4, LJ - Chase 23-10 1/2 nwi, TJ - Chase 46-09 nwi (Meet Record).

Girls

100m - Michelle Perry (Quartz Hill) 12.3 nwi, 1600m - Jessica De la Cerda (Hart, Newhall) 5:27.0, HJ - Phelps (Palmdale) 5-2 1/4, LJ - Jacoby (Paraclete, Lancaster) 16-11 nwi, Perry (QH) 16-09.5 nwi, TJ - Eirea (Paraclete, Lancaster) 34-08.5 nwi, DT - Rose (Palmdale) 109-03, Usrey (Hart, Newh) 105-06.

Foothill (Azusa HS) Invitational

Azusa Pacific University - Saturday, March 12th.

wind conditions unknown

(Boys)

300mIH - Barney (Arroyo, El Monte) 40.5, 4x100m - Duarte 44.3, Damien 44.6, PV - Jeff Truman (Covina) 13-0, LJ - Patrick Kooba (Glendora) 23-1 (nwi), Evey (Damien, La Verne) 21-9 nwi, SP - J. Lingenfelter (Upland) 53-2 1/2.

(Girls)

100m - Jonquil David (Charter Oak, Covina) 12.1, 4x100m - Charter Oak (Covina) 50.5, SP - Ballasteros (Arroyo, El Monte) 36-4, Skillern (Bonita, La Verne) 35-10 1/2, DT - Skillern (Bonita, La V) 113-10.

El Rancho Relays

El Rancho HS (Pico Rivera) - Saturday March 12th (no wind information)

(Boys)

4x100m - Ayala (Chino) 43.8, Rowland (Rowland Heights) 43.9, Paramount 44.7, 4x400m - Rowland (Rowl Hts) 3:28.5, 4x1600m - Rowland (RH) 19:03.0, LJ - Myron McClure (Rowl, RH) 22-1 nwi, Mike Russell (Rowl, RH) 21-9.

Eagle Rock Relays

Occidental College - Saturday, March 12th

All events wind-legal

(Boys)

4x100m - Serra (Gardena) 42.22, Bishop Amat (La Puente) 42.97, Compton 43.61, Fontana 43.88, Antelope Valley (Lancaster) 44.07, 4x400m - Compton 3:25.77, Serra 3:29.64, Mira Costa 3:30.45, North Torrance 3:30.90, 4x800m - Saugus 8:20.92, 4x1600m - Hart (Newhall) 18:12.9, Belmont (L.A.) 18:28.9, San Marino 18:31.5, Wilson (Long Beach) 18:39.3, Sprint Medley - Compton 3:36.94, Distance Medley - Hart 10:44.55, 110mHH - Jason Medearis (Hart) 14.30 (wind legal), Murphy (Santa Monica) 14.57, Malone (Wilson, Long Beach) 15.36, LJ - Peries (South Pasadena) 21-8 3/4, Haynes (Bishop Montgomery, Torrance) 21-7 1/2, HJ - Haynes (Bishop Montgomery, Torrance) 6-2, SP - Fonua (Mira Costa, Manhattan Beach) 55-0.

(Girls)

4x100m - Jordan (Long Beach) 50.42, 4x400m - Compton 4:09.62, Bishop Montgomery (Torrance) 4:10.69, 4x800m - Compton 10:02.21, Peninsula (Rolling Hills) 10:04.31, 4x1600m - Peninsula 22:37.2, Saugus 22:53.4, Belmont (L.A.) 23:15.8, Mira Costa (Manhattan Beach) 23:27.6, Glendale 23:32.5, Spr Medley - Bishop Montgomery (Torrance) 4:22.53, Compton 4:27.07, Dist Med - Belmont (L.A.) 13:21.84, Glendale 13:25.47, 100mH - Dodd (South Pasadena) 15.28, SP - Grubbs (South Pas) 36-7, Iakopo (Millikan, Long Beach) 35-3.

Alemany Relays

Cal State Northridge - Saturday, March 12th. Strong winds -

(Boys)

100m - Taylor (Dominguez, Compton) 10.56w, Rodolph (West Covina) 10.73w, Parker (Locke, L.A.) 10.83w, 200m - Taylor (Dominguez, C) 21.8w, Chitty (Hamilton, L.A.) 22.02w, Murphy (Long Beach Poly) 22.1w, 1500m - Gilmore (Palisades, Pacific Palisades) 4:09.84, 3000m - Greene (Agoura) 8:57.57, Arce (Palmdale) 8:59.63, O'Doherty (Thousand Oaks) 9:09.35, 110mHH - Haag (Granada Hills) 14.88w, Ibarra (Hawthorne) 15.28w, Walker (West Covina) 15.29w, 300mIH - Haag (Granada Hills) 39.13, Brownlee (Hamilton, L.A.) 39.74, Walker (West Covina) 40.41, 4x100m Dominguez (Compton) 42.98, West Covina 43.29, Poly (Long Beach) 43.30, 4x200m - Dorsey (L.A.) 1:29.92, Hawthorne 1:30.07, Morningside (Inglewood) 1:30.66, Mi Re - LB Poly 3:26.24, Morningside (Inglew) 3:26.26, 4x1 mile - Thousand Oaks 18:18.97, Field Event Results lost

(Girls)

100m - Backus (Wilson, Long Beach) 11.83w, Williams (Morningside, Inglew) 12.17w, Supter (Muir, Pasadena) 12.30w, 200m - Davis (Wilson, LB) 24.50w, Nelson (Wilson, LB) 24.72w, Walden (West Covina) 26.09w, 400m - Williams (Poly, LB) 58.13, Washington (Poly, LB) 59.93, 1500m - Mehler (Peninsula, Rolling Hills) 4:52.00, Artzner (Peninsula, RH) 4:54.36, Nekota (Agoura) 4:56.10, 3000m - Mortensen (Thousand Oaks) 10:29.31, Nekota (Agoura) 10:36.72, 100mHH - Thomas (Morningside, Inglew) 14.94w, Moten (Muir, Pas) 15.39w, Prather (Agoura) 15.40w, 300mLH - Thomas (Morningside, Inglew) 43.3, Prater (Agoura) 44.6, Thompson (Poly, LB) 46.9, 4x100m Re - Wilson (LB) 48.05, Morningside (Inglew) 48.51, St. Bernard (Playa del Rey) 49.5, 4x200m - Morningside (Inglew) 1:42.29, Wilson (LB) 1:47.56, Muir (Pas) 1:48.48 Mi Re - Morningside (Inglew) 3:58.36, Poly (LB) 4:03.25,

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PREP NOTES

Wilson (LB) 4:06.39. 4x1 mile - Thousand Oaks 22:55.5. Spr Medley - St. Bernard (PdR) 4:18.3, Poly (LB) 4:20.4. Dist Medley - Poly (LB) 13:27.01. FIELD EVENT RESULTS LOST (Amber Roberts (Muir, Pasadena) 38-9w Triple Jump).

Palm Springs (H.S.) Invitational

Saturday March 12th

(Boys)

(Div I) Hemet 57. Div II - La Sierra (Riverside) 48. 4x100m - La Sierra (Riverside) 42.6, Pacific (San Bernardino) 43.7. Dist Med - Temecula Valley 10:58.8. HJ - Peryer (La Sierra, Riv) 6-5, Bolin (Palm Desert) 6-4, Higgins (Apple Valley) 6-4. LJ - T. Washington (La Sierra, Riv) 22-4 nwi, Fields (Escondido) 21-7 3/4 nwi. TJ - Fields (Escondido) 45-10 nwi SP - Burns (Perris) 48-1

(Girls)

(Div I) Hemet 46. Div II - Yucaipa 59. 4x100m - Etiwanda 50.9. 4x200m - Etiwanda 1:47.8. Spr Medley - San Geronio (San Bernardino) 4:27.3.

Burbank (HS) Relays

Saturday - March 12th

(Boys)

100m - Searcy (Quartz Hill) 10.9 nwi. PV - Sallinen (Burroughs, Burbank) 13-0. LJ - Chase (Quartz Hill) 22-11 nwi. TJ - Chase (QH) 46-9 3/4 nwi. SP - Lucas (Burbank) 48-0. Team: Quartz Hill

(Girls)

Sprint Medley - Burroughs (Burbank) 4:20.3. LJ - Perry (Quartz Hill frosh) 16-10 nwi, Hayes (North Torrance) 16-6 nwi. TJ - Moore (Beverly Hills) 34-5 3/4 nwi. SP - Usrey (Hart, Newhall) 37-8.

Irvine Invitational

Irvine H.S. Saturday - March 12th

(Boys)

100m - Young (Woodbridge, Irvine) 10.8 nwi. 200m - Young 21.8 nwi. 800m - Rommelberger (Woodbridge) 1:59.0. 1600m - Mastor (Fountain Valley) 4:29.2. 3200m - Moreno (Katella, Anaheim) 9:27.0, Sanchez (Capistrano Valley, Mission Viejo) 9:30.3. 110m HH - Reynosa (Dana Hills) 15.1 nwi. 300m LH - Lee (Woodbridge) 40.4, Womack (Capistrano Valley, MV) 40.7. 400m Re - Woodbridge 44.5. 1600m Re - Woodbridge 3:29.7, Saddleback (Santa Ana) 3:30.1. HJ - Byrd (Fountain Valley) 6-4. TJ - Curry (Tustin) 44-9 1/4 nwi, Muniz (Woodbridge) 44-5 1/4. SP - Andrews (Dana Hills) 51-11, Lopez (Esperanza, Anaheim) 50-9. DT - Stewart (Esperanza, Ana) 159-5, McDonald (La Habra) 150-4. PV - Northcutt (Marina, Huntington Beach) 13-0.

(Girls)

100m - Wilson-Duval (Woodbridge, Irv) 12.5 nwi. 200m Wilson-Duval (Woodbr) 26.2 nwi. 800m - Pugmire (Esperanza, Ana) 2:21.2, Boykin (Laguna Hills) 2:21.6. 1600m - Caulkins (Esperanza) 5:17.8, Mayes (Capistrano Valley, MV) 5:19.3. 3200m - Caulkins 11:52.0. 100mHH - Novak (Santa Margarita, Rancho SM) 15.5 nwi. 300m LH - Lang (Fountain Valley) 46.9. 400m Re - Woodbridge 51.0. 1600m Re - Esperanza 4:09.5, Woodbridge 4:11.4. HJ - Kierulff (Esperanza) 5-9, Haneef (Laguna Hills) 5-4. DT - Darrow (DH) 110-2.

Brea-Olinda Invitational

Brea HS - Saturday, March 12th

(Boys)

400m - E. Taub (Foothill, Santa Ana) 49.1, Jimmy Hutsell (Cypress) 49.3. 110mHH - Tony Garcia (Foothill)

14.8, Ramsey (Pacifica, Garden Grove) 15.1. 400m Re - Cypress 44.6. TJ - Jeremy Becker (Cypress) 44-0 nwi. SP - Sianez (Los Amigos, Garden Grove) 50-4 1/2. PV - Bain (Foothill, Santa Ana) 14-6.

(Girls)

100m - Tara Oettinger (Foothill, Santa Ana) 12.4 nwi, A. Parks (Pius X, Downey) 12.4 nwi, S. Reeves (South Hills, W. Covina) 12.5 nwi 1600m - Tracy Clark (Corona del Mar, Newport Beach) 5:26.2. 400m Re - Pius X (Downey) 50.4. 1600m Re - Pius X 4:09.6. Distance Medley Relay - Corona del Mar (Newport Beach) 13:27.0. HJ - Kongko (Los Altos, Hacienda Heights) 5-4. SP - Hughes (Sunny Hills, Fullerton) 35-3. DT - Trammell (Los Amigos, GG) 114-11.

Diamond Bar Relays

Cal Poly Pomona - March 19th

On a day when much in Southern California was a total "wash-out" because of heavy, heavy rains, this meet at Cal Poly/Pomona almost snuck in. Two-thirds of the day went by with very little moisture, with good running continuing despite a steady downpour the final part of the afternoon.

Weather - intermittent showers most of day - windless day

(Races combined in results) - 100's, 110mHH, 100mHH (Girls), 400's all run in driving rain.

Steve Campbell's 49.1 and Gerimi Burleigh's 14.7 HH were down in a pretty steady rain, with Andrea Anderson running 57.0 off a strong final 100m (she looked ready for sub-55 on a good day!).

(Boys)

400m - Steve Campbell (Alta Loma) 49.1, Lewis (Riverside Poly) 50.2. 1500m - Charlie Gatchell (La Habra) 4:11.6. 3000m - Jeff Fischer (Thousand Oaks) 8:48.1, Simon Mudd (Riverside Poly) 8:52.2, Kieth (South Hills, W. Covina) 9:04.1, Brendan Mahon (La Habra) 9:05.0, Brandon del Campo (Thousand Oaks) 9:10.0. 110mHH - Gerimi Burleigh (Upland) 14.7, Eric Patterson (Poly, Long Beach) 15.3. 300m LH - Kenyon Rambo (Poly, Long Beach soph) 40.0. 4x100m - Poly (Long Beach) 42.1, Eisenhower (Rialto) 42.3, Upland 42.6, Rialto 43.8, Muir (Frosh/Soph) 43.6, Riverside Poly 44.1, Centennial (Compton) 44.1. 4x880 Re - Long Beach Poly 8:27.1. HJ - Art Lloyd (Eisenhower, Rialto) 6-6, Bleir (Eisenhower, R) 6-4.

(Girls)

400m - Andrea Anderson (Poly, Long Beach) 57.0, Miesha Williams (Poly, Long Beach) 57.1. 1500m - Amy Van Atta (Buena, Ventura) 5:02.2, Maile Kellar (Riverside Poly) 5:04.5. 3000m - Kim Mortensen (Thousand Oaks) 10:24.3. 300m LH - Stacy Hebert (Buena, Ventura) 47.4, Tasha Walker (El Dorado, Placentia) 47.1. 4x100m - Pius X (Downey) 49.0, Etiwanda 50.1, Diamond Bar 50.3, Eisenhower (Rialto) 50.9. 4x880 Re-Long Beach Poly "A" 9:59.3, Upland 9:55.0, Long Beach Poly "B" 10:18.2. HJ - Shavant Williams (Poly, Long Beach) 5-4. LJ - Rosalyn Grant (Ganessa, Pomona) 16-10.

San Gabriel Invitational

At Cal State L.A. - Sat 3/19

(Boys)

800m - Gil Hernandez (Schurr, Montebello) 1:59.2, Reymondo Duarte (Roosevelt, L.A.) 1:59.7. 1600m - James Liu (Temple City) 4:27.1. 3200m - Warren Wolf (San Marino) 9:43.5. LJ - G. Peryes (South Pasadena) 21-3 1/2.

(Girls)

800m - Soria (Mayfield, Pasadena) 2:24.7. 400m Re - Compton 49.9. SP - K. Grubbs (South Pasadena) 36-

1, Rose Ballesteros (Arroyo, El Monte) 34-10. DT - Ballesteros (Arroyo, El Monte) 110-9.

St. Lucy's Invitational

At University of La Verne - Sat 3/19

(Boys)

110mHH - Ibarra (Hawthorne) 15.0. 400m Re - Hawthorne 43.5, Chino 44.6, Damien (La Verne) 44.8. 4x800m - Millikan (Long Beach) 8:22.0. SP - Schmidt (Chino) 49-4

(Girls)

100mHH - Amber Roberts (Muir, Pasadena) 15.5. 400m Re - Wilson (Long Beach) 48.3, Pomona 48.7, Muir (Pas) 49.3. 4x800m - Canyon (Anaheim) 10:10.0. 4x1600m Re - La Canada 22:30.0, Chino 22:59.0. Sprint Medley - Muir (Pasadena) 4:26.0.

Covina Invitational

at Azusa Pacific Univ - Sat 3/19

(Boys)

1600m - Gibbs (Rubidoux, Riverside) 4:28.4. 3200m - Gibbs (Rubidoux, Riv) 9:35.8. 110mHH - Barrios (Mountain View, El Monte) 15.2. 300mHH - Barrios (Mntn Vw, EM) 39.6. 400m Re - Bishop Amat (La Puente) 43.7.

(Girls)

3200m - Martinez (Bishop Amat, La Puente) 12:10.9.

1994 National Scholastic Indoor Championship

Syracuse University - March 12-13

Golden Staters, competing unattached from their schools, were very, very prominent in this competition run at New York's Syracuse University where they really have snow this time of year. The level of competition was great, with area athletes holding their own in fine style.

Michael Granville was the big-time winner in a show-down of the nation's middle distance runners over 800 meters. In a contest with last year's co-national leaders--Winston Tidwell (Ks) and Vondre Armour (Bakersfield) 1:50.13, and 1994 flash, Milton Campbell (Douglass, Atlanta, Ga) 47.07 indoors for 400 meters (#2 AT), the Bell Gardens soph was supreme!! Michael took the pace out through 26.0 and 54.5 200 meter laps, with Campbell taking over the third segment through a 1:22.8 600m. Over a tough final circuit, Granville edged by and came home strongly to win at 1:51.11, the #3 prep time ever and a new national soph indoor record by three seconds! Michael was awesome!!!! Muir's super frosh Obea Moore took down the national 9th grade record in the event to 1:56.10 (old 1:58.7 for 880 yards) in a second head win.

Bryan Howard hooked up with a group of seasoned indoor sprinters, emerging from his 55m semi-final race with an impressive 6.22, the #11 prep performance ever. Bryan put together the perfect race there, not getting out

continued next page...

PREP NOTES

quite as well in the Finals and being nipped by Canadian Erie Frempong-Manso 6.29-6.30. Scott Slover continued a great winter with a 16-7 Pole Vault win over a big field.

Jeremy Fischer was involved in a great High Jump competition with Georgian Eric Bishop, with the duo leaving the field behind at 7-0. Both athletes were over 7-2 (#7 AT US Prep indoors), with Bishop shocking with a 7-4 1/4 clearance. John Muir of Pasadena capped the evening off with great relay efforts on the Boys' side. After 24-6 Long Jumper John George from Acadiana HS (Lafayette, La) put his team into the lead with a screaming second leg on the 4x200 relay, Muir could never quite catch up, losing there 1:29.21-1:29.42. But in the 4x400 it was different. DeShawn Holmes (51.4) gave the Mustangs a narrow lead with a 51.4 leg, with Kenny Haslip moving ahead with a 49.2 effort. Jamal Caar was 51.0, with super frosh Obea Moore racing home at 48.1 to a 3:19.68 win over Atlanta's Douglass HS (3:21.73).

On the Girls' side it was Skyline of Oakland taking home a big 4x400 win, with a fresh crew of Aisha Wallace (58.7), Reyna Goodwin (58.4), Kashealah Crockett (59.0) handing off to strong anchor, Angela Harris, whose 55.4 brought them in at 3:51.32, the #13 prep time ever.

Eighth grader Angela Williams (JHS, Chino) had run 11.79 (100m) and 24.25 (200m) bests last spring in the seventh grade outdoors, with a 7.03 at altitude for 55m in winning by six meters in a Flagstaff Meet this winter. Meet Directors Mike Byrnes, Tracy Sundlun, and Jim Spier made a commitment to the young star and got her back for the Syracuse affair. The youngster was magnificent! In her she blasted a 7.09 one meter win, was just nipped by national prep record holder Aspen Burkett (Denver-6.81) in the last half a foot of her semi-final 6.96-7.00, with a fine 6.96 in the Finals, the top eighth grade time ever run and a fourth place that had her mixing it up with the top high school girls in the nation, some five years her elder.

Bisa Grant put together a fine hurdles series, an 8.12 heat win and 7.95 semi's victory, before tangling it up with those around her during the Finals, coming in at 10.03 for 8th.

GIRLS

55m: 1. ASPEN BURKETT (EAST, DENVER, CO) 6.89 (6.39 @50m, HSR), 4. ****Angela Williams (Magnolia JHS, Ontario, CA) 6.96 (6.52), 7. Jaime Sims-Bello (Alta Loma, CA) 7.17, 200m: 1. LATASHA COLANDER (WILSON, PORTSMOUTH, VA) 24.30 #8AT, 3. *Aminah Haddad (Poly, Long Beach, CA) 24.73, H3: 3. ****Angela Williams 25.64.

Two-Mile: Elyse Homberger (Edison, Huntington

Beach, CA) 11:12.92 (10:37.18, sect 2) . 55mH: 1. **DOMINIQUE' CALLOWAY (South, Denver, CO) 7.98 (7.38 @50m) 8. Bisa Grant (O'Dowd, Oakland, CA) 10.03 (tripped). TRIALS: S2: 1. Grant 7.95 (7.32 #4AT) H3: Grant 8.12 (7.47), 4x200 RELAY: 1. WILLIAM PENN, PHILADELPHIA 1:40.04 #2AT,USL (Patterson 25.5, Copper 25.3, Jones 24.9, Wilson 24.4) 3. Poly, Long Beach, CA 1:41.89. 4x400 RELAY: SKYLINE, OAKLAND, CA 3:51.32 #13AT, USL, HIGH JUMP: 1. *STACY GRANT (SOUTH SHORE, BROOKLYN, NY) 5-10 (1.78m) =USL, 7. Shavnt Williams (Poly, Long Beach, CA) 5-6 (1.68). LONG JUMP: 1. ANGIE BROWN (VILLA MARIA ACADEMY, MALVERNE, PA) 19-8 (5.99m), 3. Ebonie Henderson (Bakersfield, CA) 19-1 (5.82), 6. *Pamela Simpson (Poly, Long Beach, CA) 18-7.25 (5.67), TRIPLE JUMP: **DEANNE DAVIS (CUMMINGS, BURLINGTON, NC) 40-0.75 (12.21m) Soph Record, 6. Ebonie Henderson (Bakersfield, CA) 38-7.5 (11.77).

BOYS

55m: ERIE FREMPONG-MANSO (ETOBICOKE, ON) 6.29 (5.83 @50m), 2. *Bryan Howard (Canyon Springs, Moreno Valley, CA) 6.30 (5.85), TRIALS - S1: 1. Howard 6.22 =11AT, USL, (5.74 @50m, #2 performance AT behind own 5.69), H2: 1. Howard 6.33 (5.85)

800m: **MICHAEL GRANVILLE (BELL GARDENS, CA) 1:51.11 #3AT, Soph Class Record, USL, 2. Milton Campbell (Douglass, Decatur, GA) 1:52.64 #14AT 1 sec 2) ***William "Obea" Moore (Muir, Pasadena, CA) 1:56.10 Freshman Class Record 2 sec 3) Mike Wenz (Canyon Country, CA) 1:56.85, MILE: 1. *SENECA LASSITER (LAFAYETTE, WILLIAMSBURG, VA) 4:15.39 (3:59.85@1500m), 2. Mebrahtom Keflezighi (San Diego, CA) 4:17.12 (4:00.97) 4x200m RELAY: 1. ACADIANA, LAFAYETTE, LA 1:29.21 (ROBINSON 22.5, GEORGE 21.4, BLACKWELL 22.7, FRANCIS 22.7), 2. John Muir, Pasadena, CA 1:29.42 (22.3, 21.9, 22.6, 22.7) 4x400m RELAY: JOHN MUIR, PASADENA, CA 3:19.68 (HOLMES 51.4, HASLIP 49.2, CARR 51.0, MOORE 48.1), 2. Douglass, Atlanta, GA 3:21.73 (Campbell 47.2) HIGH JUMP: ERIC BISHOP (MURRAY COUNTY, CHATSWORTH, GA) 7-4.25 (2.24m) #3AT, Meet Recrd, Jeremy Fischer (Camarillo, CA) 7-2 (2.18) =7AT, POLE VAULT: 1. SCOTT SLOVER (SAN JOSE, CA) 16-7 (5.05m) 4. Borya Orloff (Bellflower, CA) 15-7 (4.75), 5. Robert Weighall (Bakersfield, CA) 15-1. SHOT PUT: 1. RAYMONE LACEY (GLEN MILLS, CONCORDVILLE, PA) 62-5.25 USL (19.03), 4. Wade Tift (Newport Beach, CA) 59-0 (17.98)

Pasadena High School Games

March 26. Occidental College. Warm and calm.

Girls

100m (Open) +.13 mps wind: Carr (Muir, Pasadena) 10.88, Hunter (Hawthorne) 11.05, Glickman (Pasadena) 11.06, Sedrick Davis (Pasadena) 11.07. (Inv) 0.0 wind: McAlister (Pasadena) 10.89, Baldwin (Muir, Pasa) 10.90, Settle (Dorsey, LA) 10.94, McElroy (Wash, LA) 10.96, Moore (Inglwd) 10.98, Jay (Ventura) 11.08, Boyer (Serra, Gardena) 11.10.

200m (Open): Boles (Wash,LA) 22.33, Brown (Dorsey, LA) 22.49. (Inv): McElroy (Wash,LA) 21.76, Jay (Ventura) 22.15, Green (Pasadena) 22.54. 400m (Open): Bob Scherrei (ThouOks) 50.32, Jeremy Womack (Ocean View, HBCh) 50.46, Louis McKenney (Hawthorne) 50.73, Holly (Pasadena) 50.79, Wynn (Dominguez, Compton) 50.81. (Inv): Taylor (Scrrips Ranch, SD) 49.56, W. Armour (Bkfld) 49.82, Taylor (Dominguez, Compton) 50.09, Brisco (Wash, LA) 50.97. 800m (Open): Uwins (SoPasadena) 1:57.1, Clark

(El Modena, Orange) 1:57.2, Thatcher (LaCanada) 1:57.4. (Inv): Moore (Muir, Pasad) 1:54.94, O'Bannon (Ocean View, HBCh) 1:56.98, DeAngelis (Buena, Ventura) 1:57.0, Krause (Agoura) 1:57.3.

1600m: Strahan (Hart, Newhall) 4:16.96, Gilmore (Palisades) 4:17.42, Wenz (Canyon, CC) 4:21.58, Klinger (Hart, Newhall) 4:24.58, Marsden (ThousOaks) 4:25.65, Romero (ScrpsRan, SD) 4:25.67.

3200m: Elizondo (MissBay, SD) 9:17.71, Fischer (ThousOks) 9:22.68, Greene (Agoura) 9:26.15, Del Campo (ThousOks) 9:41.85, Sweningson (Buena, Ventura) 9:43.00, Bischoff (Canyon, CC) 9:43.50, Bowes (ScrRan,SD) 9:46.20. 110mHH (Open) 0 wind: D. Holmes (Muir, Pasad) 15.18. (Inv) 0 wind: Haslip (Muir, Pasa) 13.94, Parker (Bkfld) 14.73, Delaney (Alhambra) 14.86, Webster (Dominguez, Compton) 15.44, Ibarra (Hawthorne) 15.46.

300mH (Open): Brownlee (Hamilton, LA) 39.01, Holmes (Muir, Pasad) 39.98. (Inv): Haslip (Muir, Pasad) 38.05, Walsh (Ventura) 39.55, Lewis (Fairfax, LA) 40.48. 400m Relay (F/S): Muir (Pasadena 43.54. (Open): Dominguez (Compton) 42.98, Ventura 43.51, Blair (Pasadena) 43.91, Duarte 43.98, 1000 Oaks 44.55. (Inv): Muir (Pasadena) 41.44, Pasadena 42.03, Dorsey (LA) 42.39, Washington (LA) 42.40, Serra (Gardena) 42.54, Inglewood 42.80, Fairfax (LA) 42.84, Hawthorne 42.92. 1600m Relay (Open): Dorsey (LA) 3:20.76, Nordhoff (Ojai) 3:27.33, 1000 Oaks 3:28.42, North Bakersfield 3:29.59, Blair 3:30.00. (Inv): Muir (Pasadena) 3:16.42, Washington (LA) 3:24.54, Dominguez (Compton) 3:25.06, Inglewood 3:25.15, Hawthorne 3:29.30, Bakersfield 3:29.56.

Distance Medley Relay: Loyola (LA) 10:24.41 (Barreda 4:18.5), Thousand Oaks 10:42.84, Buena (Ventura) 10:53.71. Dis Med Re: Tustin 11:01.75. HJ: Larsen (Stockdale, Bkfld) 6-2. LJ: C. McAllister (Pasadena) 22-7 3/4, Curry (Tustin) 41-11, Peries (So Pasadena) 21-6 1/2. PV: Vermillion (Fillmore) 14-0. Schaeffer (Agoura) 14-0. TJ: Curry (Tustin) 48-4, Smith (Dorsey, LA) 44-1 1/2, Jenkins (Hawthorne) 43-11 1/2.

SP: Tift (Newport Harbor, NewBch) 58-3 3/4, Staat (Bkfld) 53-8 1/2, Berg-Hasen (Newp Harb, NewBch) 51-0, Blecher (Agoura) 50-2 3/4, Kobdich (No. Bkfld) 49-11 3/4, Gonzales (NewpHarb,NewBch) 49-8 3/4, Terry (Muir, Pasad) 49-3 1/4. DT: Staat (Bkfld) 180-1, Bader (Edison, HuntBch) 168-3, Gonzales (NewpHarb, NewBch) 154-6, Tift (NewpHarb, NewBch) 150-4.

Girls

100m (Inv) Henderson (Bkfld) 12.16, Sumpter (Muir, Pasa) 12.19. 200m (Open) Manning (Trabuco Hills, Miss Viejo) 26.04. (Inv): Sumpter (Muir, Pasa) 25.01, Miller (Westridge, Pasa) 25.46. 400m (Inv): Johnson (Central, Fresno) 56.80, Miller (Westridge, Pasa) 59.32. 800m (Open): Peggy Hall (Trabuco Hills, Miss Viejo) 2:20.66, Sunin (No Bkfld) 2:22.30, Kaylee Whitfield (El Modena, Orange) 2:22.99. (Inv): Johnson (Central, Fresno) 2:12.66, Boykin (Laguna Hills) 2:16.44, Palmquist (Vlg Christian, Sun Vly) 2:19.52, Dunne (Buena, Ventura) 2:20.74.

1600m: Mortensen (ThousOks) 5:10.66, Cohn (Stockdale, Bkfld) 5:10.89, Nekota (Agoura) 5:12.73, Van Atta (Buena, Ventura) 5:17.49, Clark (Corona del Mar, NewBch) 5:18.92, Dien (La Canada) 5:20.94, DeBose (Hamilton, LA) 5:21.10. 3200m: Mortensen (ThousOks) 11:04.90, Nekota (Agoura) 11:16.53, Ruiz (Reedley) 11:30.65, Katy Kennedy (El Modena, Or) 11:31.00, Lawson (Ocean View, HBCh) 11:31.41, Schmidt (ScrRan, SD) 11:49.0, Litchfield (So Pasad) 11:49.13.

110mH (Open) 0 wind: Parker (Bkfld) 15.35, Roberts (Muir, Pasad) 15.64. (Inv): Moten (Muir, Pasad) 15.05, Griffis (Wash, LA) 15.38, Prater (Agoura)

continued next page...

PREP NOTES

15.42, Dodd (So Pasad) 15.3 HT. **300m LH (Open):** Moten (Muir, Pasad) 47.23. (Inv): Prater (Agoura) 45.09, Herbert (Buena, Ventura) 45.76, Griffin (Wash, LA) 45.96, Rhemmm (Muir, Pasad) 46.18. **400m Relay (Inv):** Muir (Pasad) 48.35, Trabuco hills (Miss Viejo) 50.17, Washington Prep (LA) 50.38, Dominguez (Compton) 50.68. **1600m Relay (Open):** Dominguez (Compton) 4:08.42, Thousand Oaks 4:11.23. (Inv): Muir (Pasad) 3:59.19, Burroughs (Burbank) 4:06.27. **Distance Medley Relay:** Corona del Mar (Newp Bch) 12:54.13, Stockdale (Bkfld) 13:05.58, Reedley 13:11.63. **HJ:** May (Newp Harb, NewBch) 5-8, Bowman (Newp Harb, NewBch) 5-4, Ulrich (No Bkfld) 5-4, Edwards (Moreno Vly) 5-2, Roberts (Muir, Pasad) 5-2. **LJ:** Parker (Bkfld) 18-8 3/4, Henderson (Bkfld) 17-10 1/2, Holmes (Pasad) 16-6 1/4. **TJ:** Roberts (Muir, Pasad) 37-06 1/4, Henderson (Bkfld) 35-11 1/2, Hughes (Muir, Pasad) 35-8 1/4. **SP:** Heads (Newp Harb, NewBch) 41-4 1/4, Hart (No Bkfld) 35-6, Grubbs (So Pasad) 35-3 1/2. **DT:** Buckey (Bkfld) 130-09, G. Heads (Newp Harb, NewBch) 125-2, Hart (No Bkfld) 116-4.

Bishop Amat Relays

March 26. At Mt. SAC. Races combined.

Boys
100m: Rudolph (W Covina) 10.82w, Sermons (Bish Amat) 10.91w, Hatcher (Diam Bar) 10.95w, Howard (Las Vegas Cimmaron) 10.97w, Williams (SD Univ City) 11.03w, Boone (W. Cobina) 11.04w. **200m:** Miller (SD Patrick Henry) 21.46w, Russell (Rowland) 21.50w, Sermons (Bish Amat) 21.75w, Howard (LV Cimmaron) 22.10w, Blayney (Hollister, San Benito) 22.21w, Williams (SD Univ City) 22.22w. **400m:** Russell (Rowland) 47.68, Miller (SD P. Henry) 48.90, Blayney (Hollister, San Ben) 50.05, Boyer (Esc, San Pasqual) 50.72, Lewis (Oakland, St. Elizab) 50.93.

800m: Peterson (Rowland) 1:56.68, Silva (San Pasqual) 1:57.82, Reyes (Nogales) 1:56.70. **1500m:** Peterson (Rowland) 4:11.2. **3000m:** 1. Romero (San Pasqual) 9:01.9, Gonzalez (Cres Vly) 9:05.5. **110mH:** Maderais (Hart) 14.36w, McClure (Rowland) 14.67w, Johnson (Nogales) 14.81w, Walker (W Covina) 15.43w, Blunt (San Pasq) 15.48w. **300H:** Maderais (Hart) 38.67, Johnston (Nogales) 39.67, Walker (W Covina) 40.35, Rossi (Mira Costa) 40.51, Blunt (San Pasqual) 40.53.

400 Relay: Bishop Amat 42.54, West Covina 42.82, Patrick Henry 43.13, SD University City 43.14, Diamond Bar 43.44. **800m Relay:** Bishop Amat 1:30.30, SD University 1:30.91. **1600m Relay:** Rowland 3:23.54, SD Patrick Henry 3:24.10, San Pasqual 3:25.45. **Distance Medley Relay:** Nogales 10:41.0, Mira Costa 10:53.2, Hart 10:55.0.

HJ: Johnson (San Fernando) 6-4, Mellam (W Covina) 6-4. **PV:** Shimooka (San Pasq) 15-3, McNow (Hollister, San Benito) 14-0. **LJ:** Russell (Rowland) 22-10w, McClure (Rowland) 22-9 3/4w, Thomas (So Bkfld) 21-8 1/4w, Smith (SD Patrick Henry) 21-7 1/2w. **TJ:** Clophos (SD Univ City) 45-7 1/4w, McClure (Rowland) 45-3 3/4w. **SP:** Faras (Mira Costa) 53-7 1/4. **DT:** Sellars (Mira Costa) 150-2, Abney (Bkfld, So) 145-7.

Team Scores: Rowland 91, Mira Costa 61 1/2, San Pasqual 60.

Girls

100m: Walden (W Covina) 12.42w. **200m:** Walden (W Covina) 25.96w, Mercer (Loara) 26.35w, James (Hart) 26.62w, Hatcher (Diamond Bar) 26.67w, Witzman (Mira Costa) 26.74w. **400m:** Gibbs (San Pasqual) 59.66. **800m:** McVey (Redlands) 2:21.2, Carr (Bonita) 2:21.5, Keegan (Redlands) 2:22.0, DelaCerde (Hart)

2:22.2. **1500m:** Ebner (St. Lucy's) 4:56.1, Pleyte (Hollister, San Benito) 4:56.94, Martinez (Bish Amat) 5:05.55.

3000m: Pleyte (Hollister, San Ben) 10:40.1. **100H:** Watkins (So Bkfld) 15.32w. **300H:** Mora (SD Patrick Henry) 47.84. **400 Relay:** South Bakersfield 50.40. **800m:** South Bakersfield 1:47.68, Mira Costa 1:50.87. **1600m Relay:** San Pasqual 4:16.50. **Distance Medley Relay:** SF Lowell 13:13.4, San Pasqual 13:17.7, Bishop Amat 13:19.0, Mira Costa 13:24.0, Hart 13:25.2, St. Lucy's 13:35.3. **HJ:** Jones (Walnut) 5-4, Henry (So Bkfld) 5-4. **LJ:** Jones (Walnut) 16-10 3/4. **TJ:** Jones (Walnut) 35-4 3/4. **SP:** Brown (So Bkfld) 41-7, Lailu (Nogales) 39-2 1/4, Urey (Hart) 36-9 1/4. **DT:** Lailu (Nogales) 126-10, Kellam (Rowland) 115-11, Norton (St. Lucy's) 111-7.

Team Scores: South Bakersfield 60, West Covina 45, Redlands 44.

Long Beach Wilson Relays

March 26. At Veterans Stadium

Boys—Large Schools

100m: Gibbons (LB Jordan) 10.89w, Footman (Esperanza) 11.00w. **1600m:** Arce (Palmdale) 4:29.7, Thongdy (LB Wilson) 4:30.4. **110H:** Anderson (Warren) 15.30w. **400m Relay:** LB Jordan 42.91, Gahr 43.16, LB Wilson 44.16, Banning 44.19. **800m Relay:** LB Jordan 1:30.15, Gahr 1:31.12. **1600m Relay:** LB Wilson 3:27.56, Carson 3:28.97. **Sprint Medley Relay:** LB Wilson 3:38.85, Esperanza 3:39.94, Carson 3:41.93. **Distance Medley Relay:** LB Wilson 10:53.2, Millikan 10:57.4, Peninsula 10:58.5, St. John Bosco 10:58.9.

HJ: Sherwood (Esperanza) 6-4. **PV:** Gordon (Millikan) 13-0. **LJ:** Smith (Gahr) 23-1w, Parkins (LB Wilson) 22-1 1/2w. **TJ:** Williams (Carson) 43-1. **SP:** Davis (LB Wilson) 49-11 1/2, Lopez (Esperanza) 49-9, Redman (Peninsula) 48-9 1/2. **DT:** Sharifi (Irvine Univ) 146-7.

Team Champion: LB Wilson.

Boys—Small Schools

100m: Lewis (Harvard, Westlake) 11.05w, Penugera (So Notre Dame) 11.23w. **110H:** Haynes (Bishop Montgom) 14.95w, Carr (Crespi) 15.01w. **400m Relay:** Harvard-Westlake 44.39, So Notre Dame 44.42, St. John Bosco 44.51. **HJ:** Hayes (Bishop Montgom) 6-4. **PV:** Michels (Brethren) 13-6.

Team Champion: Westlake.

Girls—Large School

100m: Backus (LB Wilson) 11.68w, McKelvey (Gahr) 12.43w, Pruitt (Littlerock) 12.55w. **1600m:** Pugmire (Esperanza) 5:13.30, Artzner (Peninsula) 5:16.27, Claiborn (Peninsula) 5:25.80. **100H:** James (LB Jordan) 15.97. **400m Relay:** LB Wilson 47.49. **800m Relay:** LB Wilson 1:40.60, LB Wilson B 1:47.35, LB Wilson C 1:48.46, Littlerock 1:51.86. **1600m Relay:** LB Wilson 3:56.10, LB Wilson B 4:12.45. **3200m Relay:** Peninsula 10:10.1. **Sprint Medley Relay:** LB Wilson 4:22.77, Gahr 4:24.46. **Distance Medley Relay:** Esperanza 12:48.9, Peninsula 12:54.5, Saugus 13:10.30. **HJ:** Kierulff (Esperanza) 5-10, Black (Downey) 5-8, Anderson (Esperanza) 5-6. **LJ:** Nelson (LB Wilson) 17-11w, Kierulff (Esper) 17-9w, O'Connor (Esper) 16-11w, Turner (LB Wilson/fresh) 16-8w. **TJ:** O'Connor (Esper) 37-2 1/2.

Team Champion: LB Wilson

Girls—Small Schools

800m: Redondo 1:52.40. **1600m Relay:** Bishop Montgomery 4:07.00. **Sprint Medley Relay:** Bishop Montgomery 4:19.00, Louisville 4:25.23, Sonora 4:26.79. **TJ:** Banford (Sonora) 35-10. **SP:** Frazier (Cerritos) 35-4.

Santa Barbara Relays

March 26. At Santa Barbara City College.

Boys

100: Ridgell (San Marcos) 10.94w, Aziz (SM St Joseph) 11.21w, Mitchell (Oxnard) 11.30w. **1500m:** Dunn (Arroyo Grande) 3:59.43, Hernandez (Camarillo) 4:07.10. **3000m:** Hernandez (Camarillo) 8:38.70, Garrity (Arroyo Grande) 8:46.54, Sandoval (Ch Islands) 8:52.51, Wolf (San Marino) 8:53.67, Valenzuela (Belmont) 9:00.04, Chisholm (San Marino) 9:10.12. **110H:** Jones (Arroyo Gr) 14.56w, Rust (Rio Mesa) 15.42w. **400m Relay:** Lompoc 44.44, Rio Mesa 44.65, Newbury Park 44.86, Belmont 45.15. **800m Relay:** tie between Rio Mesa and Arroyo Grande 1:32.37. **1600m Relay:** Rio Mesa 3:27.30, Arroyo Grande 3:29.64, El Toro 3:31.52. **3200m Relay:** Camarillo 8:26.89. **Distance Medley Relay:** Channel Islands 10:48.62, Arroyo Grande 10:49.40, Belmont 10:52.50, San Marino 10:53.94, Camarillo 10:58.78. **HJ:** Fischer (Camarillo) 7-4 (eighth best performer all-time, second best Californian), Salegi (Newbury Park) 6-8. **LJ:** Fischer (Camarillo) 21-8 1/2w. **TJ:** Wygant (Camarillo) 44-10 1/2. **SP:** Snercheck (SLO) 53-1 1/2, Brown (San Marcos) 48-3. **DT:** Trefethan (Newbury Park) 151-4.

Girls

100m: O'Brian (Lompoc) 12.43w, Dugan (Arroyo Gr) 12.46w, Wasden (Rio Mesa) 12.66w. **1500m:** Cobb (Santa Barbara) 4:46.09, Cruz (Antonio de Leon, Daxaca, Mex) 4:48.99, Rodriguez (Oxnard) 4:53.66, Echols (Glendale) 4:57.75, Sartwell (Arcadia) 5:00.65, Frigo (El Toro) 5:01.42. **3000m:** Echols (Glendale) 10:47.14, Twist (San Marino) 11:01.19, Distad (Rio Mesa) 11:09.90. **100H:** Wasden (Rio Mesa) 15.27w, Gibbs (Lompoc) 15.95w. **400m Relay:** Lompoc 50.01, Channel Islands 50.97. **800m Relay (Heat 1):** Tokay 1:49.81. (Heat 2): Arroyo Grande 1:48.72. **1600m Relay:** Rio Mesa 4:13.19. **3200m Relay:** Santa Barbara 10:11.10, Rio Mesa 10:17.69. **800m Medley Relay (Heat 1):** Simi Valley 1:56.96. (Heat 2): Lompoc 1:54.76. (Heat 3): Rio Mesa 1:52.23. **Distance Medley Relay:** San Marino 13:31.2. **HJ:** Lawyer (Cate) 5-7, Shaw (Simi Valley) 5-2. **LJ:** Lawyer (Cate) 18-1w, Onji (Arroyo Grande) 16-11 1/2w, Harper (Ch Islands) 16-8 3/4w. **TJ:** Hotchikiss (Ch Islands) 36-11 3/4w, Talanian (Dos Pueblos) 34-9 1/4w. **SP:** Tuimolou (Ch Islands) 41-11 1/2, Lopez (SLO) 34-10 1/2, Andrews (Arroyo Gr) 34-7 1/2. **DT:** Tuimolou (Ch Islands) 145-0, Lopez (Arroyo Gr) 141-10, Andrews (Arroyo Gr) 128-4, Righetti (Ventura) 115-7.

Beverly Hills Invitational

March 26. At Beverly Hills High School.

Boys

400m Relay: Leuzinger 43.5, Pomona 44.1, Quartz Hill 44.3, Beverly Hills 44.5. **LJ:** Frazier (Pomona) 23-11, Chase (Quartz Hill) 23-10 1/2, Johnson (Dorsey) 22-1, Hillard (Torrance) 21-08. **TJ:** Chase (Quartz Hill) 46-10 3/4, Lincoln (Birmingham) 44-11 3/4. **SP:** Martinez (Torrance) 48-3.

Girls

100m: Perry (Quartz Hill) 12.1, Edwards (Pomona) 12.2. **3200m:** Gozal (Bev Hills) 11:54.8. **400m Relay:** Pomona 50.9. **800 Medley Relay:** Oak Bay (Canada) 1:51.8. **PV:** Pith (Burbank, Burroughs) 8-6, Pads (Bev Hills) 7-0. **TJ:** Moore (Bev Hills) 34-9.

RESULTS

Please send track & field / cross country results directly to: CTN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

All-Comers

JANUARY 22, 1994. UNIVERSITY OF CALIFORNIA, EDWARDS STADIUM, BERKELEY

ALL RACES IN METERS.

OPEN MEN

55--RICKY CARRIGAN (MERRITT CC) 6.2. 200--AKINSHE PAIGE (UNATTACHED) 23.2. 400--KWABENA STEWART (UNATTACHED) 51.0. 800--ROBERT PRICE (UNATTACHED) 1:55.6. 1500--LEON SHORDON (UNATTACHED) 4:04.4. 3000--DAN MANCINI (GREATER SAN FRANCISCO TC) 9:19.6. 55HH--EUGENE SWIFT (UNATTACHED) 7.2. 300IH--EUGENE SWIFT (UNATTACHED) 37.4. 400 RELAY--RAM TC 43.9. 1600 RELAY--MERRITT CC 3:22.7. HIGH JUMP--KEVIN KEANE (CALIFORNIA) 6-6. POLE VAULT--AMIT BARKAN (UNATTACHED) AND CLARENCE PHELPS (CALIFORNIA) 15-0. LONG JUMP--WILLIAM PERSON (UNATTACHED) 22-3 1/2. TRIPLE JUMP--RAY KIMBLE (UNATTACHED) 50-5 1/2. HAMMER--BILL BOWERS (UNATTACHED) 162-9. JAVELIN--TOM SILVA (UNATTACHED) 195-11.

OPEN WOMEN

55--TIFFANY RIDDICK (MERRITT CC) 7.5. 400--ALICIA LYON (UNATTACHED) 1:01.3. 1500--TIENDRESS ROWDEN (MERRITT CC) 5:04.9. 55HH--MIKA HILAIRE (CALIFORNIA) 8.9. 1600 RELAY--MERRITT CC 4:01.8. HIGH JUMP--CHI JOHNSON (CALIFORNIA) 5-6.

HIGH SCHOOL BOYS

55--RYAN PORTER (UNATTACHED) 6.7. 200--ROMAN SCOGINS (UNATTACHED) 22.8. 400--HASANI THOMAS NO TIME. 800--JODY CHARLES (WESTMOOR) 2:08.5. 1500--CHRIS MAIER (AMADOR VALLEY) 4:17.9. 55HH--JASON PEASE (LOGAN) 8.6. 1600 RELAY--DR. KING'S TC 3:32.4. HIGH JUMP--JEFF BOND (PIEDMONT) 6-4. LONG JUMP--MITCHELL PRESTON (FREMONT) 19-10 1/4. TRIPLE JUMP--GARY SMITH (LOGAN) 41-2 1/4. JAVELIN--CHIP LILIENTHAL (NAPA TC) 155-11.

HIGH SCHOOL GIRLS

55--TANYA JACKSON (ACORN TC) 7.3. 200--TANYA JACKSON (ACORN TC) 27.0. 400--AISHA MARGAIN (ACORN TC) 61.4. 800--RAYNESHA BILBO (ACORN TC) 2:41.2. 1500--MICHELLE KIYNO

(LOGAN) 5:05.1. 55HH--NNEKA BLACK (DR. KING'S TC) 9.2. 300H--ANGELA HARRIS (ACORN TC) 48.6. 1600 RELAY--ACORN TC 3:57.7.

All-Comers Track Meet

February 5, 1994. Edwards Stadium, University of California, Berkeley

Men

55--Ricky Carrigan (Merritt CC) 6.3. 200--Akinshe Page (Unattached) 23.1. 400--Nate Wright (Unattached) 48.9. 600--Tom McGuirk (California) 1:21.4. 800--James Robinson (Unattached) 1:57.5. 1,500--Mike McManus (Unattached) 4:09.6. Two Mile--Mike McManus (Unattached) 9:28.4. 5,000--Carl Rose (Unattached) 16:57.7. 55High Hurdles--Kenny Hall (Unattached) 7.6. 300 Intermediate Hurdles--Kenny Hall (Unattached) 38.2. High Jump--Jim Sullivan (California) 6-6. Shot Put--Gabe Allende (Unattached/Venezuela) 53-7 3/4. Discus--John Garvey (San Francisco Olympic Club) 145-4. Javelin--Sean Tabler (Cal State Stanislaus) 178-10.

Women

55--Trina Johnson (Unattached). 200--Suzie Ellison (California) 30.9. 400--Daetra Dear (California) 1:01.6. 800--Amber McCreia (Unattached) 2:31.3. 1,500--Gina Westby (Unattached) 4:59.6. 55 High Hurdles--Heather Jackson (Chabot CC) 8.8. 300 Hurdles--Katie Hadley (Chabot CC) 49.4. High Jump--Lisa Watley (Unattached) 5-6. Shot Put--Kristin Heaston (Unattached) 47-8. Discus--Kristin Heaston (Unattached) 148-5. Javelin--Heather Mings (CSU Stanislaus) 90-3.

High School Boys

55--Tim Cooper (De Anza) 6.3. 200--Jason Cooper (Unattached) 22.9. 400--Dwan Vance (De Anza) 52.5. 800--Jonevan Hornsby (St. Mary's) 2:00.7. 1,500--Keith Kennedy (San Leandro) 4:24.3. Two Mile--Jon Genant (Branson) 10:14.7. 55 High Hurdles--Anthony Montgomery (St. Ignatius) 7.8. 300 Intermediate Hurdles--Frank Abeling (Mills) 43.5. 4x100--De Anza 43.6. 4x400--Ram TC 3:43.8. High Jump--Jeff Bond (Piedmont) 6-4. Pole Vault--Mike Haldezos (Mills) 13-6. Shot Put--Chris DeMartini (St. Ignatius) 52-2 3/4. Discus--Chris DeMartini (St. Ignatius) 181-10. Javelin--Nic Bonotto (Napa TC) 144-1.



RICKY CARRIGAN

Photo by Kirby Lee

High School Girls

55--Bisa Grant (Bishop O'Dowd) 7.3. 200--Zarinah Tillman (Foothill) 27.2. 400--Crystal Miles-Threatt (Mission Valley TC) 58.4. 1,500--Ashley McCreia (Unattached) 6:16.7. Two Mile--Elly Hanauer (Berkeley) 15:38.6. 55 High Hurdles--Jenny Berrien (Berkeley) 8.9. 300 Hurdles--Olivia Hawkinson (Monte Vista) 1:02.8. Shot Put--Michele Jones (Bishop O'Dowd) 35-2.

All-Comers Track and Field Meet

February 12, 1994. Edwards Stadium, University of California, Berkeley. All distances in meters.

Men

55--Eugene Swift (Unattached) 6.2. 200--Akinshe Paige (Unattached) 23.5. 400--Barton Williams (Unattached) 48.1. 800--Robert Price (Contra Costa College) 1:56.8. 1,500--Mike McManus (San Bruno TC) 4:03.1. 3,200--Mike McManus (San Bruno TC) 9:34.0. 5,000--Ron Richardson (Unattached) 15:50.7. 55HH--Eugene Swift (Unattached) 7.2. 300IH--K. Stewart (Unattached) 39.6. 400 Relay--Ram TC 42.6. High Jump--Kevin Keane (California) 6-9 1/2. Long Jump--Steve Gonsolin (Unattached) 20-0 1/2. Shot Put--Matt Loggins (California) 47-4 1/2. Javelin--Kevin Keane (California) 160-2. Hammer--Roland Anderson (Unattached) 177-11.

Women

55--Angel Lands (Merritt College) 8.1. 200--Brandy Stephens (Unattached) 25.9. 400--Maya Greene (Unattached) 58.8. 800--Tiendres Row-

den (Merritt College) 2:27.1. 1,500--Gina Westby (Unattached) 5:01.1. 300H--Camlynn Hall (California) 45.4. High Jump--Lisa Watley (Pioneer TC) 5-5 3/4. Long Jump--Camlynn Hall (California) 18-8. Shot Put--Peggy Pollock (Unattached) 52-8. Discus--Annette Kailiwa (California) 144-1. Javelin--Lelica Zazabo (Skyline College) 117-3.

High School Boys

55--D'Sharlon Jones (Unattached) 6.7. 200--Gideon Foster (Unattached) 23.0. 400--Kwabena Stewart (Unattached) 49.8. 800--Jonevan Hornsby (St. Mary's) 1:57.7. 1,500--Steve Brown (Piedmont) 4:04.3. 3,200--Greg Tademy (Silver Creek) 10:35.9. 400 Relay--St. Ignatius 47.4. 1,600 Relay--St. Ignatius 3:50.5. High Jump--Casey Turner (Monte Vista) 6-1 1/2. Long Jump--James Wong (St. Ignatius) 19-7 3/4. Shot Put--Chris DeMartini (St. Ignatius) 51-3. Discus--Chris DeMartini (St. Ignatius) 173-3. Javelin--Chip Lillianthal (Napa TC) 155-8.

High School Girls

55--Tamisha Nelson (Unattached) 7.4. 200--Anita McCullum (Acorn TC) 27.5. 400--Aisha Margain (Acorn TC) 59.6. 800--Sheryl Medina (Silver Creek) 2:28.9. 1,500--Deborah Bleisch (Silver Creek) 5:08.3. 3,200--Jennifer Isidro (El Cerrito) 11:08.1. 55HH--Jenny Berrien (Berkeley) 8.7. 300IH--Rita Olague (Silver Creek) 51.8. 400 Relay--Acorn TC 50.5. 1,600 Relay--Silver Creek 4:33.5. High Jump--Cathleen Kisich (St. Ignatius) 4-6. Long Jump--Carol Travnar (St. Ignatius) 15-11. Shot Put--Nicole Brooks (Berkeley) 40-7 3/4. Discus--Nicole Brooks (Berkeley) 117-8. Javelin--Kori Reid (Napa TC) 104-5.

All-Comer Meet

Los Gatos High School. February 12, 1994

Men

60y--Reck 6.80. 100--Phillips 11.34. 200--Wenty 23.1. 400--Sweeney 53.0. 800--Cornwell 2:02.5. Mile--Bogdanowsc 4:32.0. Two Mile--Boyton 9:52. 400 Relay--(Phillips, Ho, Liem, A. Phillips) 43.3. Mile Relay--West Valley 3:42. High Jump--Zeidler 5-10. Long Jump--Brown 22-5. Triple Jump--Brown 44-5 1/2. Pole Vault--Hotaling 12-0. Shot Put--Tatralis 61-6. Discus--DeMartini 139-0.

Women

400--Ferguson 61.4. 800--Byers 2:33.0. Mile--Ryan 5:33. Two Mile--Christianson 11:10. High Jump--

RESULTS

Lesser 4-0. Long Jump--Pettibon 15-10. Triple Jump--Pettibon 33-1.

High School Boys

60--Ho 6.89. 100--Sillah 11.43. 200--Sillah 23.2. Mile--Watts 4:46.0. 65HH--Tran 10.9. High Jump--Femquest 6-2. Pole Vault--Loraino 12-6. Long Jump--Nothhaft 17-10. Shot Put--Young 43-11.

High School Girls

200--Ferguson 25.7. Shot Put--Marino 33-1 1/2.

Masters

60--Patterson 7.09. 100--Patterson 12.66. High Jump--Dvorak 5-0. Long Jump--Wood 16-7. Triple Jump--Wood 35-3.

JC Quadrangular Meet

February 19.

Top Marks

100m: 1. Patterson (Riv) 10.5. 1500m: 1. Merchond (Riv) 3:57.1. Gi-dabuday (Riv) 3:57.2. 5000m: 1. Gi-dabuday (Riv) 14:47.4. 110HH: 1. Howard (Riv) 14.7. 400H: 1. Howard (Riv) 53.8. Casey (Riv) 54.7. 400m Relay: 1. Riverside 41.6. JT: 1. Sad 180-1.

Team Scores: Riverside 98, Saddleback 44, Grossmont 34, Cuyamaca 7.

All-Comers Track and Field Meet

February 26, 1994. Edwards Stadium, University of California, Berkeley. All distances in meters.

Men

100--Ricky Carrigan 10.7. 200--Ricky Carrigan 21.3. 400--Rod Jett 48.7. 800--Marcus Jackson 1:57.9. 1,500--Dave Rodriguez 4:12.0. 5,000--Ruben Carrillo 15:21.3. 110 Hurdles--Terry Simpson (Nike Indiana) 15.1. 400 Hurdles--James Elliott (California) 58.5. 400 Relay--Sonoma County Racers 44.5. High Jump--Bernie Darcy (St. Mary's) 6-0. Long Jump--Bernie Darcy (St. Mary's) 18-10 1/2. Shot Put--Roland Anderson 49-2 1/4. Discus--John Cummings (California) 157-10. Javelin--Tom Silva (Nor-Cal Seniors) 199-10.

Women

100--Angel Lands (Merritt JC) 14.1. 400--Valerie Scott (San Francisco TFC) 1:10.1. 800--Tiendras Rowden (Merritt JC) 2:25.8. 1,500--Darcy Bushnell 5:00.3. 100 Hurdles--Mika Hilare (California) 15.8. 400 Hurdles--Judy Rodriguez 1:16.2. High Jump--Dana Warren (California) 4-10 1/4. Shot Put--Mika Hilare (California) 39-3 3/4.

High School Boys

100--Jared Wilson (Montgomery) 11.5. 200--Joe Cokes (Berkeley) 24.4. 400--Joe Cokes (Berkeley) 54.3. 800--Michael Darling (Mills) 2:12.0. 1,500--Steve Immel (Liver-

more) 4:23.6. 3,200--Joe Smith (Livermore) 10:16.2. 5,000--Steve Immel (Livermore) 16:16.0. 110 Hurdles--Frank Abeling (Mills) 16.4. 400 Relay--Montgomery 44.9. High Jump--Casey Turner (Monte Vista) 6-0. Long Jump--Casey Turner (Monte Vista) 18-9 1/4.

High School Girls

100--Latrice Cotton (McClymonds) 14.6. 200--Halima O'Neil (Berkeley) 28.6. 400--N. Walker (Crystal Springs/Uplands) 1:04.5. 800--Pamela Richardson (Montgomery) 2:21.3. 1,500--Pamela Richardson (Montgomery) 4:56.7. 100 Hurdles--Amanda Bauer (Mission San Jose) 19.0. 400 Hurdles--Katy Brindley 1:19.7. Long Jump--Amanda Bauer (Mission San Jose) 14-6 3/4. Shot Put--Nicole Brooks (Berkeley) 38-8 3/4.

JC Multi-Team Meet

February 26.

Men--Top Marks

110HH: 1. Crane (Sad) 14.8. LJ: 1. Clark (SMonica) 18-0 3/4. 2. McBride (SMonica) 23-0.

Team Scores: Santa Monica 80, Valley 53, Canyons 9. Golden West 77, Saddleback 66.

Women--Top Marks

LJ: 1. Dolphis (SMonica) 18-1 1/2. Kinnard (S Monica) 18-0 3/4. TJ: 1. Dolphis (SMonica) 37-0 3/4. Kinnard (SMonica) 37-0 1/2.

Team Scores: Santa Monica 116, Canyons 34, Valley 16.

JC Tri-Meet

Men--Top Mark

100m: 1. Mustafa (MP) 10.8. 200m: Mustafa (MP) 22.2. 400m: Branford (Glendale) 50.7. 800m: Turner (G) 1:57.1. 1500m: Luce (M) 4:01.15. 110HH: Landtiser (Cyns) 15.6. 400H: Krieder (M) 58.0. HJ: Mustafa (MP) 6-2. LJ: Mustafa (MP) 20-10. TJ: Mustafa (MP) 42-1. PV: Gump (G) 14-6. SP: McKeown (MP) 49-4 1/2. DT: McKeown (MP) 153. 400m Relay: Moorpark 43.5. 1600m Relay: Glendale 3:22.7.

Moorpark 109, Glendale 57, Canyons 11

Women--Top Marks

100m: Goodnight (MP) 13.0. 200m: Wendelstein (MP) 27.1. 400m: Wendelstein (MP) 1:01.7. 800m: Roberto (G) 2:26.6. 1500m: Renteria (G) 5:02.6. 3000m: Roberto (G) 10:58.6. 100H: Ladzepko (Cyns) 17.5. 400LH: Runyan (MP) 1:15.1. HJ: Poison (MP) 4-8. LJ: Ladzepko (Cyns) 16-4. TJ: Ladzepko (Cyns) 35-5 1/2. SP: Harris (G) 32-10. DT: Vallincourt (MP) 119-5. 400m Relay: Moorpark 51.8. 1600m Relay: Glendale 4:28.7.

Moorpark 78, Glendale 50, Canyons 35.

JC Western State Conference

March

Men--Top Marks

100m: Mustafa (MP) 10.9. 200m: Mustafa (MP) 22.4. 400m: Alvarez (Val) 52.5. 800m: Luce (MP) 1:59.1. 1500m: Luce (MP) 4:10.5. 5000m: Ferguson (Ven) 16:11.3. 110HH: Mustafa (MP) 15.3. 400H: Krieder (MP) 58.9. 400m Relay: Valley 44.9. 1600m Relay: Moorpark 3:38.5.

HJ: Mustafa (MP) 6-0. PV: Crumrine (MP) 12-6. LJ: Mustafa (MP) 22-6 1/2. TJ: Mustafa (MP) 40-5 1/2. SP: McKeown (MP) 50-11 3/4. DT: McKeown (MP) 158-6. JT: Righetti (Ven) 158-2.

Moorpark 107, Ventura 39, Valley 35.

Women--Top Marks

100m: Saito (Val) 12.7. 200m: Saito (Val) 27.0. 400m: Galloway (Val) 1:04.2. 800m: Kunde (Ven) 2:30.5.

1500m: Sanchez (Ven) 5:03.3. 3000m: Sanchez (Ven) 10:58.1. 100HH: Runyan (MP) 18.0. 400LH: Runyan (MP) 1:12.8. 400m Relay: Moorpark 53.0. 1600m Relay: Ventura 4:31.4.

HJ: Vallancourt (MP) 4-10. LJ: Witt (MP) 15-1 3/4. TJ: Runyan (MP) 31-2 1/2. SP: Kleinhaus (Ven) 35-8 3/4. DT: Kleinhaus (Ven) 120-5. JT: Goodnight (MP) 112-2.

Ventura 72, Moorpark 68, Valley 24.

USA/Mobil Indoor Championships

March 4-5. Atlanta, GA.

Men

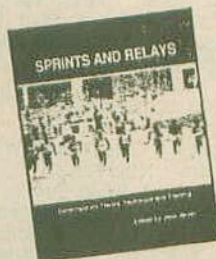
60: 1. Dennis Mitchell (USA) 6.57. 2. Greg Sadler (U of Miss) 6.60. 3. Robert Esmie (Canada) 6.61. 200: 1. Chris Nelloms (OhSt) 20.57. 2. Kevin Braunskill 20.75. 3. Clyde Rudolph (U of KY) 20.92. 400: 1. Darnell Hall (USA) 46.12. 2. Derrick Adkins

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RESULTS

(USA) 46.37, 3. Jason Rouser (USA) 46.40. **800:** 1. David Kiptoo (Kenya) 1:47.05, 2. Sunder Nix (USA) 1:48.37, 3. Rich Kenah (USA) 1:48.40. **1 Mile:** 1. William Tanui (Kenya) 4:00.85, 2. Marcus O'Sullivan (Ireland) 4:00.96, 3. Marcus Dunbar (USA) 4:02.76. **3000:** 1. Moses Kiptanui (Kenya) 7:42.81, 2. Matt Giusto (USA) 7:53.34, 3. Jim Spivey (USA) 7:54.94. **5000 Walk:** 1. Jonathan Matthews (USA) 20:01.50, 2. Allen James (USA) 20:01.88, 3. Vance Godfrey (USA) 20:17.12.

60 Hurdles: 1. Tony Dees (USA) 7.54, 2. Greg Foster (USA) 7.56, 3. Mark Crear (USA) 7.57. **Shot Put:** 1. Kevin Toth (USA) 69-8 3/4, 2. CJ Hunter (USA) 67-6 1/4. **35# Weight:** 1. Lance Deal (USA) 74-5 1/4, 2. Scott McGee (USA) 72-9, 3. Louis Chisari (USA) 69-6 1/4. **Pole Vault:** 1. Kory Tarpenning (USA) 18-8 1/4, 2. (tie) Brent Burns and Scott Huffman (USA) 18-4 1/2. **High Jump:** 1. Hollis Conway (USA) 7-4 1/2, 2. Tony Barton (USA) 7-4 2/4, 3.



RAMONA PAGEL

Photo by Bill Cockerham

Steve Smith (USA) 7-2 1/2. **Long Jump:** 1. Kareem Staete-Thompson (Rice U) 26-10 1/2, 2. Tony Walton (USA) 26-3 1/2, 3. Tony Barton (USA) 25-11 1/2. **Triple Jump:** 1. Tyrone Scott (USA) 54-8 3/4, 2. Lemark Carter (USA) 54-1 1/4, 3. Edrick Floreal (USA) 54-1.

Women

60: 1. Gwen Torrence (USA) 7.10, 2. Esther Jones (USA) 7.23, 3. Sheila Echols (USA) 7.24. **200:** 1. Gwen Torrence (USA) 22.74 (new American record, old 22.74 by Torrence), 2. Carlette Guidry (USA) 22.92, 3. Danelle Young (USA) 22.95. **400:** 1. Maical Malone (USA) 51.72, 2. Jearl Miles (USA) 51.99, 3. Natasha Kaiser-Brown (USA) 52.15. **800:** 1. Maria Mutola (Mozambique) 2:00.52, 2. Joetta Clark (USA) 2:01.80, 3. Jane Brooker (USA) 2:04.32. **1 Mile:** 1. Hassiba Boulmerka (Algeria) 4:31.91, 2. Gina Piacocco (USA) 4:35.48, 3. Kristen Seabury (USA) 4:37.01. **3000:** 1. Kathy Franey (USA) 9:14.64, 2. Cassie McWilliam (USA) 9:15.97, 3. Lauren Gubicza (USA) 9:19.21. **3000 Walk:** 1. Debbi Lawrence (USA) 13:13.20, 2. Victoria Herazo (USA) 13:15.85, 3. Susan Armenta (USA) 13:49.886.

60 Hurdles: 1. Michelle Freeman (USA) 7.98, 2. Lavonna Martin Floreal (USA) 8.08, 3. Lynda Tolbert Goode (USA) 8.10. **Shot Put:** 1. Ramona Pagel (USA) 60-8 1/2, 2. Connie Price-Smith (USA) 55-9 3/4, 3. Pam Dukes (USA) 52-8 1/4. **20#Weight:** 1. Sonja Fitts (USA) 57-3 3/4, 2. Pam Dukes (USA) 56-2, 3. Sandy Sparrow (Idaho St) 52-3 1/4. **High Jump:** 1. Angela Bradburn (USA) 6-6, 2. Tisha Waller (USA) 6-4 3/4, 3. (tie) Nicole Hudson and Gwen Wentland (USA) 6-2 1/4. **Long Jump:** 1. Jackie Joyner-Kersey (USA) 23-4 3/4 (American record, old record 23-1 1/4 by Joyner-Kersey), 2. Cynthea Rhodes (USA) 21-0 1/2, 3. Jackie Edwards (Bahamas) 20-10. **Triple Jump:** 1. Sheila Hudson (USA) 45-3 1/2, 2. Cynthea Rhodes (USA) 45-2 1/4, 3. Diana Orange-Wills (USA) 44-1 1/2.

Pt. Loma vs. Westmont

March 11. At Pt. Loma.

Men

100m: 1. Kostas Koutalas (PL) 11.26. **110m Hurdles:** 1. Kostas Koutalas (PL) 16.08. **200m:** 1. Kostas Koutalas (PL) 21.80. **400m:** 1. Allen Lollis (W) 50.24. **400m Hurdles:** 1. Brian Dowd (W) 61.34. **800m:** 1. Matt Nealon (W) 1:57.06. **1500m:** 1. Matt Nealon 3:58.03. **3000 SC:** 1. Bruce Foley (PL) 9:44.30. **5000m:** 1. Kenneth Jansson (PL) 14:53.44. **400m Relay:** 1. Westmont 44.02. **1600m Relay:** 1. Pt. Loma 3:24.19.

Discus: 1. Chris Chirgwin (W) 141-9. **Hammer:** 1. Hugo Scevola (PL) 199-7. **High Jump:** 1. Hakan Stromberg (PL) 6-6. **Javelin:** 1. Nery Kennedy (PL) 219-0. **Long Jump:** 1. Rob Mancilla (W) 21-8. **Pole Vault:** 1. Jeff Larsen (PL) 13-0. **Shot:** 1. Hugo Scevola 44-6. **Triple Jump:** 1. Ryan Todoroff (W) 43-01.

Team Scores: 1. Pt. Loma 83, 2. Westmont 80.

Women

100m: 1. Maddie Liseblad (PL) 13.52. **100m Hurdles:** 1. Maddie Liseblad (PL) 17.26. **200m:** 1. Maddie Liseblad (PL) 27.47. **400m:** 1. Jennifer Hackworth (W) 71.40. **400m Hurdles:** 1. Maddie Liseblad (PL)



MISTY ALLEN

Photo by Ken Isaak

70.26. **800m:** 1. Misty Allen (W) 2:17.66. **1500m:** 1. Misty Allen (W) 4:35.73. **3000m:** 1. Lupe Ambriz (PL) 10:15.60. **400m Relay:** 1. Westmont 56.08. **1600m Relay:** 1. Westmont 4:14.26.

Discus: 1. Melissa Cable (W) 123-9.5. **High Jump:** 1. Maddie Liseblad (PL) 4-8. **Javelin:** 1. Ellie Kistemaker (PL) 88-1. **Long Jump:** 1. Maddie Liseblad (PL) 16-1.5. **Shot:** 1. Kristina Kurtz (W) 32-4.5. **Triple Jump:** 1. Maddie Liseblad (PL) 32-08.

Team Scores: 1. Westmont 67, 2. Pt. Loma 65.

Collegiate Classic

March 19. Long Beach State University.

Men

Hammer: 1. Joel Hicks (CSUN) 191-10, 2. Tyrone Gayles (CSUN) 168-0, 3. John Richardson (USU) 165-3. **10,000 Meters:** 1. Jason Kayne (USU) 31:15.45, 2. Octavio Camacho (LBSU) 33:50.59, 3. Jason Maintzer (USU) 35:13.49. **3000mSC:** 1. Robbie Duncan (WSU) 9:01.41, 2. Matt Godfrey (WSU) 9:01.42, 3. Guy Perry (WSU) 9:03.30. **4x100m Relay:** 1. USC 41.84, 2. USU "A" 42.16, 3. USU "B" 43.35. **1500m:** 1. Mazano Muchapiva (USU) 3:55.29, 2. J'Dee Wilson (USU) 3:56.21, 3. Brian Johnson (CSUF)

3:59.43. **400m:** 1. Shawn Turner (USU) 48.68, 2. John Paul Bruwier (USC) 49.12, 3. Akiem Brown (CSUN) 49.16. **Long Jump:** 1. Patrick Scott (LBSU) 24-5 3/4, 2. Erin Bailey (CSUN) 23-10 1/4, 3. Matt Carrillo (CSUN) 22-5 1/4. **Javelin:** 1. Bill Moll (LBSU) 195-9, 2. Brent Smith (USU) 195-2, 3. Mike McClintock (CSUN) 194-9. **Triple Jump:** 1. Patrick Scott (LBSU) 48-3 1/4, 2. Clayton Tharrington (CSUN) 47-9, 3. Zaylor Stout (CSUF) 44-7.

100m: 1. Jaime Barragan (LBSU) 10.46 (+3.97), 2. Shin Kubota (JASF) 10.62 (+3.97), 3. Anthony Volson (USC) 10.69. **110m HH:** 1. Kehinde Aladefa (USC) 14.15 (+98), 2. Tatsuya Shimotori (JASF) 14.42 (+3.34), 3. Matt Fuller (USU) 14.77 (+98). **Shot:** 1. Joe Hicks (CSUN) 53-1/4, 2. Scott Schaley (USU) 49-1 1/2, 3. Daniel Taplin (USU) 46-2 1/2. **800m:** 1. Matt Stowell (USU) 1:52.77, 2. Pedro Rodrigues (USC) 1:52.98, 3. Troy Collins (CSUN) 1:53.97. **400m IH:** 1. Corey Murdock (USU) 53.02, 2. Jake Schultz (WSU) 54.23, 3. Brad Bohne (WSU) 56.28.

High Jump: 1. Chris Moxley (CSUN) 6-6 3/4, 2. Zaylor Stout (CSUF) 6-6 3/4, 3. Lance Thurston (USU) 6-4 3/4. **Pole Vault:** 1. Lance White (USU) 17-4 1/2, 2. Mark Calvin (USU) 15-9 3/4, 3. Jason Hinkin (LBSU) 15-5 3/4. **200m:** 1. Paul Greene (USC) 20.97, 2. Jamie Barragan (LBSU) 21.20, 3. Marshall Evans (CSUN) 21.50. **5000m:** 1. Mazano Muchapira (USU) 14:30.92, 2. Mike Davidson (USU) 14:47.21, 3. Marcelo Castellon (CSUF) 15:34.82.

Discus: 1. Chad Danowski (USC) 179-6, 2. Daniel Taplin (USU) 163-11, 3. Scott Schaley (USU) 158-2. **4x400m Relay:** 1. USC 3:10.30, 2. USU "A" 3:12.14, 3. CSUN "A" 3:12.83.

Team Scores: 1. Utah State Univ. 116, 2. Cal State Northridge 101, 3. USC 94, 4. Cal State Fullerton 77, 5. Long Beach State 67, 6. Weber State 21, 7. Nippon College (JASF) 17.

Women

10,000m: 1. Michelle Sloan-Huff (WSU) 36.30, 2. Alva Dancer (CSUN) 38:48, 3. Jamie Cummings (LBSU) 42:12. **High Jump:** 1. Jennifer Kump (LBSU) 5-1 3/4, 2. Tonia King (LBSU) 4-9 3/4, 3. Rosemary Amezcua (LBSU) 4-4. **3000m:** 1. Stacy Pando (LBSU) 10:06.14, 2. Lori Miller (CSUN) 10:28.38, 3. Michelle Marsh (SDSU) 10:41.63. **Long Jump:** 1. Tanel House (CSUN) 20-0 1/4, 2. Nedra Dillon (SDSU) 17-2 3/4, 3. Montoya Johnson (CSUN) 17-1 1/4. **Javelin:** 1. Tomomi Aoshima (JASF) 158-6, 2. Kristen Dunn (CSUN) 148-2, 3. Mayumi Sakuba (JASF) 144-1.

4x100m Relay: 1. CSUN 48.39, 2.

RESULTS

SDSU 48.58. 1500m: 1. Lori Miller (CSUN) 4:42.24, 2. Kristy Matthews (SDSU) 4:48.28, 3. Treasure Schultz (USC) 4:49.38. 100m Hurdles: 1. Shinobu Uesugi (JASF) 14.53, 2. Lisa Moxley (LBSU) 14.73, 3. Elinor Tolson (CSUN) 15.15. Shot: 1. Teresa Stricklin (CSUN) 45-8, 2. Beth Burton (CSUN) 42-7 1/2, 3. Laite Pale (LBSU) 41 8 -1/2. Triple Jump: 1. Tannel House (CSUN) 39-9 1/4, 2. Nedra Dillon (SDSU) 35-8, 3. Karla Martinez (SDSU) 35-4 1/2.

400m: 1. Sharifa Cox (SDSU) 56.19, 2. Cyndi McCloskey (CSUN) 57.35, 3. Angel Mosley (LBSU) 58.68. 100m: 1. Malika Freeman (SDSU) 11.88, 2. Cherice Ellison (CSUN) 12.06, 3. Kazuko Watanabe (JASF) 12.19. 800m: 1. Kristy Matthews (SDSU) 2:16.49, 2. Dorothy Byron (CSUN) 2:18.55, 3. Christine Lewis (USC) 2:20.41. Discus: 1. Teresa Stricklin (CSUN) 154-1, 2. Laite Pale (LBSU) 135-4, 3. Beth Burton (CSUN) 125-9. 400m Hurdles: 1. Sharifa Cox (SDSU) 60.55, 2. Elinor Tolson (CSUN) 68.09, 3. Nekeidra Shegog (USC) 70.23.

200m: 1. Malika Freeman (SDSU) 24.39, 2. Cherice Ellison (CSUN) 24.99, 3. Lisa Moxley (LBSU) 25.55. 5000m: 1. Brooke Mabe (LBSU) 17:47.55, 2. Michelle Marsh (SDSU) 18:22.88, 3. Alva Dancel (CSUN) 18:23.45. 4x400m Relay: 1. SDSU 3:49.42, 2. CSUN 3:55.97, 3. LBSU 4:8.69.

Team Scores: 1. Cal State Northridge 97, 2. San Diego State 83, 3. Long Beach State 71, 4. Cal State Fullerton 30, 5. Nippon College (JASF) 22, 6. USC 15.

Throws Series #26

March 19. At KELfield, Santa Cruz.

35# Weight--55-59: 1. Jim Hart 33-4 1/2, 40-44: 1. Gary Kelmenson 29-7 1/4.

Hammer--55-59: 1. Jim Hart 107-7, 50-54: 1. Michael Parker 83-1 1/2, 40-44: 1. Gary Kelmenson 136-6, 35-39: 1. Bob Pryor 138-5. HS: 1. Walter Garrett 138-5.

Shot--55-59: 1. Jim Hart 41-11 3/4, 50-54: 1. Mike Parker 40-10 3/4, 40-44: 1. Gary Kelmenson 35-0, 30-34: 1. Ron McKee 55-6 1/2.

Discus--55-59: 1. Jim Hart 132-11, 50-54: 1. Mike Parker 123-6, 40-44: 1. Gary Kelmenson 105-2.

Javelin--55-59: 1. Don Hughes 61-5, 50-54: 1. Leon Olson 121-7, 40-44: 1. Gary Kelmenson 103-11, 35-39: 1. Tom Silva 193-7.

Stanford University Track & Field Festival

March 25 & 26. Stanford Stadium, Stanford.

First Day Final Results College/University--Men

400m: 1. Hugh Powell (Central Ohio) 47.31, 2. Lamont Warren (U of CO) 48.40, 3. James Swanson (Wash St) 48.49, 4. Randy Berrheim (U of CO) 48.55, 5. James Carkner (Wash St) 48.76, 6. Dingane Newson (U of CA) 49.05. 5000m: 1. Jim Sorensen (un) 14:10.17, 2. Pat Muturi (Wash St) 14:15.08, 3. Ray Appenheimer (Colgate) 14:15.80, 4. Chris Schille (Rebok Aggies) 14:16.85, 5. Oscar Gonzalez (Venez. Natl) 14:26.10, 6. Fritz Rogers (U of CO) 14:30.63.

10K: 1. Bob Kempainen (Nike) 28:47, 2. Uli Steidl (Portland) 29:25, 3. Craig Lawson (BYU) 29:33, 4. Dave Scudamore (Nike) 29:44, 5. Jason Tackett (Sac St) 30:11, 6. Marc Lawson (BYU) 30:14.

Distance Medley: 1. Univ. of Oregon 9:48.20, 2. Cal Poly SLO 9:58.35, 3. U of Nevada/Reno 10:04.26, 4. Stanford 10:10.63, 5. Stanford 10:10.93, 6. Humboldt State 10:17.88. 400m Hurdles: 1. Maurice Mitchell (U of CO) 50.61, 2. Tom McGirk (U of CA) 51.55, 3. Eugene Swift (un) 52.21, 4. Kevin Dallas (Sacto TC) 52.28, 5. James Swanson (Wash St) 52.69, 6. Charles Johnson (U of CO) 52.70.

High Jump: 1. Travis Williams (U of CO) 6-10.25, 2. Brock Chase (Humboldt) 6-6, 3. Andy Richen (Claremont-Mudds-Scr) 6-6, 4. Clayton Ziedler (U of CA) 6-4, 5. Andy Ugarov (MIT) 6-4, 6. Chris Bane (Cal Poly SLO) 6-2. Long Jump: 1. Lee Atkins (U of CA) 7.71, 2. Tony Nai (Taiwan) 7.23, 3. Chris Pallakis (Wash St) 7.18, 4. Jason Robinson (Stanford) 7.11, 5. Josh Williams (U of CO) 6.99, 6. Eric Trice (U of OR) 6.98.

Javelin: 1. Jared Vigna (U of OR) 61.78, 2. Jeromy Williams (U of OR) 60.41, 3. Todd Van Hee (U of OR) 57.38, 4. Hector Sanchez (Long Bch St) 56.80, 5. Jason Cole (U of MN) 56.12, 6. Mike Jordan (U of Portland) 51.84.

College/University--Women

400m: 1. Beverly Grant (Central SV OH) 54.90, 2. Alliea Edwards (Central SV/OH) 56.58, 3. Lashundra Crummie (U of CA) 56.64, 4. Monica Hoggatt (Stanford) 56.96, 5. Chantel Reynold (U of CA) 57.23, 6. Audrea Sterling (Central SV/OH) 57.45.

1994 Qualifying Standards

MEN

Event	PAC-10		NCAA	
	FAT	MT	FAT	MT
100m	10.74	10.5	10.22	--
200m	21.54	21.3	20.55	--
400m	47.84	47.7	45.65	45.4
800m	1:51.44	1:51.3	1:47.50	1:47.2
1500m*	3:49.14	3:49.0	3:41.40	3:41.1
300mSC*	9:04.14	9:04.0	8:44.00	8:43.7
5000m*	14:25.14	14:25.0	13:53.00	13:52.7
10,000m*	No Standard		29:00.00	28:59.7
110mHH	14.44	14.2	13.72	--
400mIH	52.84	52.7	50.70	50.4
400mR	No Standard		39.45	39.2
1600mR	No Standard		3:04.70	3:04.4
HJ	6-10.75		7-4.50	
PV	16-4.75		18-1.25	
LJ	24-3.50		26-5	
TJ	49-2.50		53-11.75	
SP	57-5		61-8.25	
DT	170-7		194-7	
HT	190-3		219-10	
JT	213-3		242-9	
Dec	7000		7640	

WOMEN

Event	PAC-10		NCAA	
	FAT	MT	FAT	MT
100m	12.04	11.8	11.38	--
200m	24.64	24.4	23.28	--
400m	55.84	55.7	52.40	52.1
800m	2:11.14	2:11.0	2:05.50	2:05.2
1500m*	4:40.14	4:40.0	4:19.50	4:19.2
3000m*	9:52.14	9:52.0	9:18.00	9:17.7
5000m*	No Standard		16:22.00	16:21.7
10,000m*	No Standard		34:00.00	33:59.7
100mH	14.24	14.0	13.35	--
400mH	1:02.14	1:02.0	57.65	57.4
400mR	No Standard		44.34	44.1
1600mR	No Standard		3:34.00	3:33.7
HJ	5-8.75		6-1.50	
LJ	19-4.25		21-2	
TJ	38-10.50		42-11.75	
SP	44-11.50		52-8	
DT	150-11		173-11	
JT	154-2		169-9	
Hep	4500		5500	

*altitude adjustments available
NCAA provisional standards exist in all events

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RESULTS

3000m: 1. Tonya Todd (BYU) 9:44.19, 2. Lisa Geoffrion (Reebok) 9:47.46, 3. Tara Kauffman (BYU) 9:47.87, 4. Marty Aparicio (BYU) 9:51.20, 5. Stefanie Jensen (Stanford) 9:51.31, 6. Sarah Truitt (Stanford) 9:52.16.

5000m: 1. Ceci St. Geme (Asics) 16:11, 2. Nicole Karr (U of Portland) 16:58, 3. Amy McNutt (U of CO) 17:03, 4. Jeanne Sapienza (un) 17:06, 5. Heather Whitney (BYU) 17:14, 6. Jeanine Harlick (UCLA) 17:15.

400m Hurdles: 1. Cathy Scott-Pomales (Central SVOH) 59.41, 2. Christy Boyd (Stanford) 1:01.40, 3. Leona Russell (U of CO) 1:01.84, 4. Lavinia Henlon (U of CA) 1:02.70, 5. Abby Hoover (Stanford) 1:04.69, 6. Christa Loyd (U of CO) 1:04.91.

Distance Medley: 1. Stanford 11:49.09, 2. Univ. of Minnesota 12:10.45, 3. Univ. of Nevada/Reno 12:38.20, 4. Claremont-Mudd-Scripps 12:59.46. **10K:** 1. Tenaya Soderman (U of CA) 35:01, 2. Angela Orefice (CPSLO) 35:10, 3. Jessica Langford (U of MN) 36:00, 4. Angie Lee (BYU) 36:13, 5. Amy Blackwell (U of Portland) 36:31, 6. Brooke Mabe (Lg Bch St) 36:37.

Discus: 1. Melissa Weis (U of CO) 169-11, 2. Danielle Parkos (U of MN) 160-10, 3. Jennifer Peters (CPSLO) 159-8, 4. Annette Kaihihiwa (U of CA) 149-0, 5. Joyce Schultz (U of MN) 145-4, 6. Kristine Mataula (U of CO) 144-2. **High Jump:** 1. Sarah Goodwin (U of CO) 1.63, 2. Michelle Hunter (U of NV, Reno) & Denise Mahoney (CPSLO) 1.63, 4. Lisa Watley (Pioneer TC) & Caroline Izoco (U of NV, Reno) 1.63.

Hammer: 1. Deb Templeton (Sta-



ANGELA OREFICE

Photo by Elaine Rosenfield



ROGER CHAGNON

Photo by Elaine Rosenfield

ford) 52.92, 2. Melissa Weis (U of CO) 45.58, 3. Joy Bates (CS Stanislaus) 42.08, 4. Adrienne Housser (Clar-Mudd-Scr) 37.88. **Long Jump:** 1. Jackie Edwards (Mizuno) 20-01.5, 2. Carolin Sterling (Central SVOH) 19-09.5, 3. Heather Sterlin (U of CO) 19-03.75, 4. Camlynn Hall (U of CA) 18-05.25, 5. Tyra Holt (Stanford) 18-04, 6. Amy Littlepage (U of CA) 17-11.25.

Second Day Final Results College/University--Men

800m: 1. Brandon Rock (U of NV, Reno) 1:49.53, 2. Craig Magness (U of CA) 1:50.54, 3. Roger Chagnon (un) 1:50.56, 4. Gordon Johnson (U of OR) 1:50.75, 5. Jason Rhodes (Clar-Mudd-Scr) 1:50.87, 6. Patrick Robinson (Sacto TC) 1:50.92. **Hammer:** 1. Dave Popejoy (Stanford) 225-01, 2. John Thomas (Sacto TC) 213-11, 3. Matt Shaffer (Wash St) 210-4, 4. David Lunde (Sacto TC) 207-4, 5. David Debus (Sacto TC) 206-5, 6. Mike Susank (Clar-Mudd-Scr) 196-3.

Triple Jump: 1. Hillary Miller (Sacto TC) 51-5, 2. Brian Manning (Stanford) 49-11.25, 3. Warren Milton (Sacto TC) 49-8.25, 4. Andrew Hill (CPSLO) 49-7, 5. Todd Bleakney (U of OR) 48-8, 6. Patrick Scott (Long BchSt) 48-0. **3000m Steeplechase:** 1. Mark Johansen (BYU) 8:47.8, 2. Tim Catalano (U of CO) 8:52.3, 3. Rick Jaster (BYU) 8:53.3, 4. George Loucadies (Wash St) 8:55.8, 5. Michael Reilly (un) 9:00.2, 6. Nathan Davis (Wash St) 9:08.1.

110m Hurdles: 1. Eugene Swift (un) 13.76, 2. Rod Jett (Accusplit) 13.87, 3. Richard Benoy (Springco) 13.88, 4. Pat Duffy (un) 14.07, 5. Maurice

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CANT. RED

Cantabrian Red and Blue Models.

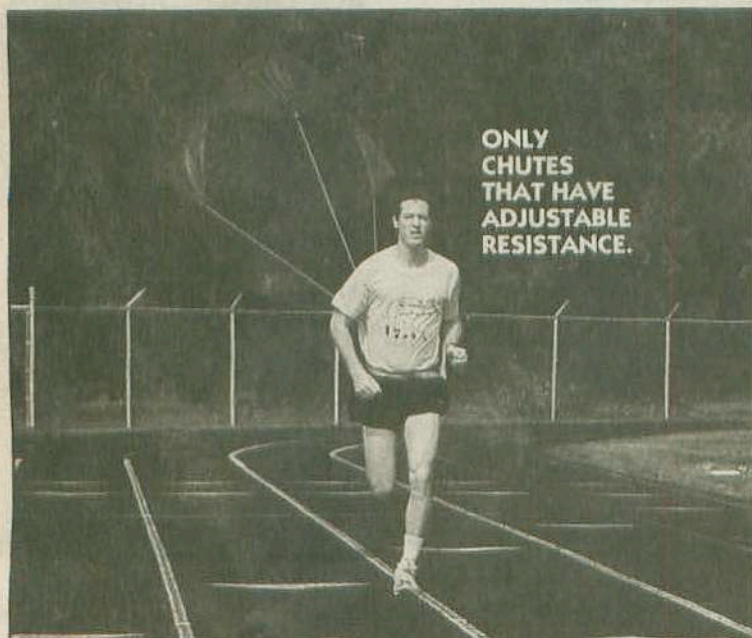
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