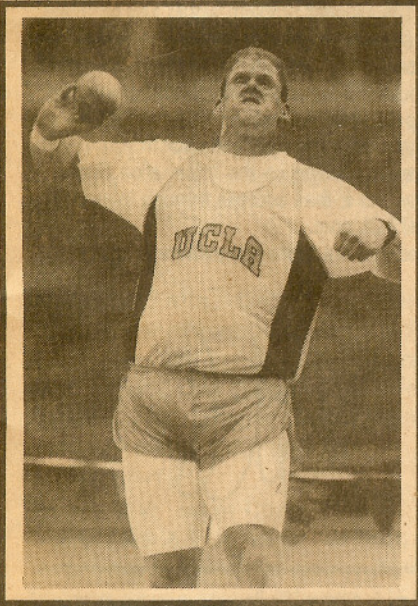
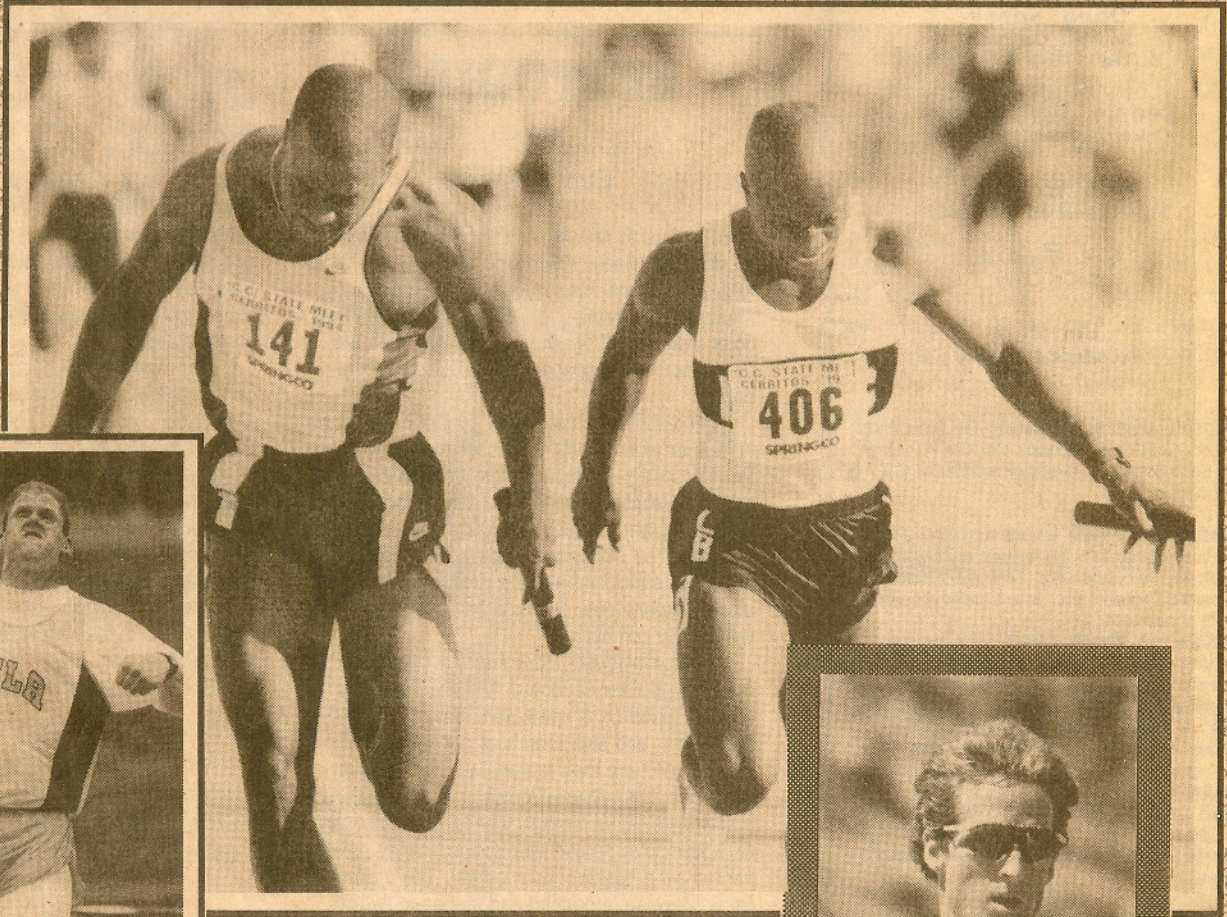


JUNE 1994

# CALIFORNIA

## Track News



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Track & Field ■ Cross Country

Twentieth Year

STEVE SCOTT INTERVIEW

\$2.25



# CALIFORNIA Track News

**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production/Advertising Manager

**Keith Conning**  
High School Editor

**Doug Speck**  
Southern California  
High School Editor

**Dennis McClanahan**  
California Coaches Alliance

**Bob Womack**  
High School All-Time Lists

**Bill Minarik**  
SoCal Diary

**Jim Hunt**  
Technique & Training

**PHOTOGRAPHERS:** Keith Conning, Burt Davis, Phillip Enbody, Don Gosney, Ken Isaak, Kirby Lee, Bill Leung Jr., Elaine Rosenfield, Doug Speck and George Washington.

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(209) 255-4904 Office & FAX



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## EDITORIAL

### Super Highway

It's hard to remember life without my computer. Just about everything I do can now interface with a computer. Time management, financial management, training log, shopping, communications, and a host of other routine activities are made more manageable with the aid of a computer.

A computer can serve as a helpful tool in our work. For example, as a teacher at Fresno Pacific College, computers are used to put together lessons, worksheets, tutorials, presentations, labs, and exams. I even use a computerized electronic grade book. In labs they are used to plot and analyze data, as well as simulating experiments. It would be difficult to teach without my computer.

Even *California Track News* is published from a computer keyboard. Material (copy) is, of course, typed on a computer. Writers, correspondents, and staff members not located in Fresno can type their material up on their own computer then send us a disk or electronically mail it to us with a modem. The layout is all done on a computer screen with camera-ready galleys printed on a desktop laser printer. The mailing list is, likewise, produced and managed by the same computer.

A hot computer buzzword right now is the "Internet." For ten bucks a month we subscribe to an on-line computer network service called America OnLine, which, at no cost, enables us to tap into the "Internet." The Internet is the "Big Daddy" network on the Information Superhighway with millions of people around the world all connected via their computers. I discovered the track and field area on the Internet which is daily alive with loads of track news from around the globe.

Every day the Internet is filled with new and interesting track and field information. Here is an

example what came across our computer in just one day: The Colorado High School state meet results, information on the women's hammer throw in England, a discussion of Reebok quality control, NCAA Division II results, several newsy items regarding Edwin Moses, and a discussion concerning team scoring. This was just one day! Everyday the Internet is loaded with track stuff. I've seen nearly every high school state meet posted, as well as all the major championships.

I am wondering if computers may some day soon replace printed journals, such as *California Track News*. The technology is about there. The biggest problem would just be to get all subscribers up-to-speed with a computer and modem. It could happen. In the meantime, if you would like more information about how you can tap into the Internet via America OnLine, drop me a note and I will get back to you. If you are already cruising on the Information Superhighway, our E-mail address through Internet is CTRN@AOL.com.

See you out there somewhere in cyberspace.

**ON THE COVER: LINDSEY McDONALD** (left) of Sacramento outleaves **IRVING GRANT** of Long Beach City College in the 400-meter relay for a 0.01 second victory in 40.35 in the California State Community College Championships. See results beginning on page 34. UCLA super-thrower **JOHN GODINA** --big point-man for the Bruins. California "favorite son" **STEVE SCOTT** offers CTN readers insight into his recent cancer diagnosis, as well as his competitive philosophy. Don't miss Gregor Robin's interview beginning on page 10.

All photos by Kirby Lee



# 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

#### 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 9-10

**Klamath Falls, OR:** Dan O'Brien/VISA National Invitational High School Decathlon Championships. Mazama High School. Dan O'Brien Youth Foundation, 3250 Lakeport Blvd., Klamath Falls, OR 97601 (503) 882-3451.

#### July 15-17

**Reno, NV:** West Coast Classic. Age Group track & field meet. Northern Nevada Regional Track Facility. Bantam through Young Men & Women. USATF event. Info: (702) 358-1401 (days) or (702) 849-0599 (night).

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

### Cross Country

#### September 1 (Thursday)

**Glendora:** Twilight Cross Country in the Park. Glendora Sports Park. Sponsored by Azusa Pacific & South Hills HS. Divisions: 13&u/2 miles/6:30 p.m., 14-18/5K/7 p.m., 19-29/5K/7:30 p.m., 30&up/5K/8 p.m. Raceday registration.

#### October 22 (Saturday)

**Kamuela HI:** Hawaii Preparatory Academy's HPI Invitational. 9 a.m. Varsity & junior varsity races. Girls/2 mile, Boys/3 mile. Contact Joy Margerum, Phil Conley or Steve Perry (808) 885-8227 or FAX (808) 885-8203. HPA, Box 428, Kamuela, HI 96743.

#### October 29 (Saturday)

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

#### November 13 (Sunday)

**Santa Rosa:** PA/USATF Junior Olympic Cross Championships National Qualifier. Info: Bob Shor (707) 538-0708.

#### November 20 (Sunday)

**Fresno:** Region 14 Junior Olympic Cross Country Championships National Qualifier.

#### 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.

#### December 10 (Saturday)

**San Diego:** Foot Locker Cross Country National Championships. Morley Field, Balboa Park. 5K. Eight boys & eight girls each from 4 regional events.

**Reno, NV:** National Junior Olympic Cross Country Championships. Wildcreek Golf Course. Meet Director: Bruce Susong. Info: (702) 358-1401 days, (702) 849-0599 nights.

## College & Open

### Track & Field

#### 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 16 (Saturday)

**Union City:** USATF/Pacific Track &

## COACHES/MEET DIRECTORS

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



# SCHEDULE

Field Championships. James Logan High School. Sanctioned by TAC/Pacific Association. Entry deadline 7/12/94. Masters men & women, submasters men & women, non-championship events for open men & women. Phone entry: (510) 505-9557 or (510) 471-2520 ext 5113. Meet Director: Lee Webb, 20963 Foothill Blvd., Hayward 94541.

## July 20 (Wednesday)

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

## 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.

## 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.

## September 8-10

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

## Cross Country

### September 1 (Thursday)

**Glendora:** Twilight Cross Country in the Park. Glendora Sports Park. Sponsored by Azusa Pacific & South Hills HS. Divisions: 13&u/2 miles/6:30 p.m., 14-18/5K/7 p.m., 19-29/5K/7:30 p.m., 30&up/5K/8 p.m. Raceday registration.

### October 8 (Saturday)

**Oakland:** Mills College Invitational. PA/USATF Grand Prix Circuit event. Women's 5K/9 a.m. Men's 5 Mile/9:45 a.m. X-C Coach, Mills College Athletics, 5000 MacArthur Blvd., Oakland 94613. Info: Patty Gray Bellan (510) 430-3282.

## Masters

### Track & Field

#### 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

**Irvine:** USATF West Regional Masters Championships. UC Irvine. Bill Adler, 435 Tahquitz Canyon Way, Palm Springs 92263 (619) 325-6307.

#### July 10 (Sunday)

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

#### July 16 (Saturday)

**Santa Cruz:** Age Graded Championships. See July 30 below.

**Union City:** USATF/Pacific Track & Field Championships. James Logan High School. Sanctioned by TAC/Pacific Association. Entry deadline 7/12/94. Masters men & women, submasters men & women, non-championship events for open men & women. Phone entry: (510) 505-9557 or (510) 471-2520 ext 5113. Meet Director: Lee Webb, 20963 Foothill Blvd., Hayward 94541. Masters contact Eddie Seese (510) 523-8618.

**Joplin, MO:** USATF National Masters Decathlon/Heptathlon Championships. Missouri Southern St. College. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850 (417) 451-0121 eves., 625-9552 (day).

**Norwalk: VERIFY THIS DATE (also listed as July 23-24.)** Patriot Invitational. Cerritos College. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles 90027-4711 (213) 662-1062.

#### 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 KELField. 9 a.m. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

#### July 23-24 (Sat-Sun)

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

#### July 30 (Saturday)

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

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

#### September 1 (Thursday)

**Glendora:** Twilight Cross Country in the Park. Glendora Sports Park. Sponsored by Azusa Pacific & South Hills HS. Divisions: 13&u/2 miles/6:30 p.m., 14-18/5K/7 p.m., 19-29/5K/7:30 p.m., 30&up/5K/8 p.m. Raceday registration.

#### September 10 (Saturday)

**Berkeley:** NorCal Seniors Classic. Edwards Stadium. Mark Grubi, PO Box



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424512, San Francisco 94142-4512.  
(415) 289-3352.

**September 11 (Sunday)**

**Long Beach:** Sri Chinmoy Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271.

**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.

**October 1 (tentative)**

**Santa Barbara:** Club West Masters Meet. Santa Barbara City College. (805) 682-9540.

## All-Comers Meets

**June 25 (Saturday)**

**Sacramento:** Timber Wolf T&F Club Summer All-Comer Meets. Encina High School (1400 Bell St.). Divisions: Youth--8&u, 8-10, 11-12, 13-14, 15-16, 17-18. Open--19-29, 30-39. Masters--40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84. 9 a.m. Timber Wolf Track & Field Club, PO Box 19142, Sacramento 95819 (916) 489-2708.

**June 29 (Wednesday)**

**Martinez:** Pleasant Hill/Martinez All-Comer Track Meets. Alhambra High School. 10 years & older. Contact Tim Bruder (510) 313 0439.

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

**June 30 (Thursday)**

**Sacramento:** Timber Wolf T&F Club Summer All-Comer Meets. Encina High School (1400 Bell St.). Divisions: Youth--8&u, 8-10, 11-12, 13-14, 15-16, 17-18. Open--19-29, 30-39. Masters--40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84. 6 p.m. Timber Wolf Track & Field Club, PO Box 19142, Sacramento 95819 (916) 489-2708.



# SCHEDULE

**Long Beach:** SCA/USATF All-Comers Meet. Long Beach State. 5 p.m. Open competition--all divisions. 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)

**Martinez:** Pleasant Hill/Martinez All-Comer Track Meets. Alhambra High School. 10 years & older. Contact Tim Bruder (510) 313 0439.

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

## July 7 (Thursday)

**Sacramento:** Timber Wolf T&F Club Summer All-Comer Meets. Encina High School (1400 Bell St.). Divisions: Youth-8&u, 8-10, 11-12, 13-14, 15-16, 17-18. Open--19-29, 30-39. Masters--40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84. 6 p.m. Timber Wolf Track & Field Club, PO Box 19142, Sacramento 95819 (916) 489-2708.

**Long Beach:** SCA/USATF All-Comers Meet. Long Beach State. 5 p.m. Open competition--all divisions. 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 9 (Saturday)

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

## July 13 (Wednesday)

**Martinez:** Pleasant Hill/Martinez All-

Comer Track Meets. Alhambra High School. 10 years & older. Contact Tim Bruder (510) 313 0439.

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

## July 14 (Thursday)

**Sacramento:** Timber Wolf T&F Club Summer All-Comer Meets. Encina High School (1400 Bell St.). Divisions: Youth-8&u, 8-10, 11-12, 13-14, 15-16, 17-18. Open--19-29, 30-39. Masters--40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84. 6 p.m. Timber Wolf Track & Field Club, PO Box 19142, Sacramento 95819 (916) 489-2708.

**Long Beach:** SCA/USATF All-Comers Meet. Long Beach State. 5 p.m. Open competition--all divisions. 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)

**Martinez:** Pleasant Hill/Martinez All-Comer Track Meets. Alhambra High School. 10 years & older. Contact Tim Bruder (510) 313 0439.

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

## July 21 (Thursday)

**Sacramento:** Timber Wolf T&F Club Summer All-Comer Meets. Encina High School (1400 Bell St.). Divisions: Youth-8&u, 8-10, 11-12, 13-14, 15-16, 17-18. Open--19-29, 30-39. Masters--40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84. 6 p.m. Timber Wolf Track & Field Club, PO Box 19142, Sacramento 95819 (916) 489-2708.

**Long Beach:** SCA/USATF All-Comers Meet. Long Beach State. 5 p.m. Open

competition--all divisions. 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 27 (Wednesday)

**Martinez:** Pleasant Hill/Martinez All-Comer Track Meets. Alhambra High School. 10 years & older. Contact Tim Bruder (510) 313 0439.

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

## July 28 (Thursday)

**Sacramento:** Timber Wolf T&F Club Summer All-Comer Meets. Encina High School (1400 Bell St.). Divisions: Youth-8&u, 8-10, 11-12, 13-14, 15-16, 17-18. Open--19-29, 30-39. Masters--40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84. 6 p.m. Timber Wolf Track & Field Club, PO Box 19142, Sacramento 95819 (916) 489-2708.

**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 KELfield #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.



# SCHEDULE

## August 3 (Wednesday)

**Martinez:** Pleasant Hill/Martinez All-Corner Track Meets. Alhambra High School. 10 years & older. Contact Tim Bruder (510) 313 0439.

## August 4 (Thursday)

**Sacramento:** Timber Wolf T&F Club Summer All-Corner Meets. Encina High School (1400 Bell St.). Divisions: Youth-8&u, 8-10, 11-12, 13-14, 15-16, 17-18. Open--19-29, 30-39. Masters--40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84. 6 p.m. Timber Wolf Track & Field Club, PO Box 19142, Sacramento 95819 (916) 489-2708.

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

## August 5 (Friday)

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

## August 6 (Saturday)

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

## August 20 (Saturday)

**Sacramento:** Timber Wolf T&F Club Summer All-Corner Meets. Encina High School (1400 Bell St.). Divisions: Youth-8&u, 8-10, 11-12, 13-14, 15-16, 17-18. Open--19-29, 30-39. Masters--40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84. 9 a.m. Timber Wolf Track & Field Club, PO Box 19142, Sacramento 95819 (916) 489-2708.

## Camps & Clinics

### June 1-29 (Mon, Wed, Fri)

**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 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 20

**Hayward:** Cross Country Clinic. 9 a.m.-4:30 p.m. Moreau Catholic High School. \$25.00 Pre-registered fee. Info: Phil Wilder (510) 881-4300 or Helen Lehman (510) 686-5347. Moreau Catholic HS, 27170 Mission Blvd., Hayward, CA.

### 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.

## NEXT MONTH IN CTN...

Complete results of...

✓ California High School State Meet

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## MOVING ???

...let us know as soon as possible. CTN is mailed third class bulk rate and is NOT forwardable.

*Thank you!*



# SoCAL DIARY

By Bill Minarik

## April 11

As has been the case in recent years, the Arcadia Invitational brought forth the nation's top prep athletes to do battle with each other. The biggest confrontation came in the boy's sprints where Jermaine Stafford of Rochester, New York, came from behind to defeat the SoCal duo of Bryan Howard of Canyon Springs and Redlands' Pat Johnson. The time was 10.46 seconds for the 100. In the 200, Stafford and Howard scratched giving Johnson the win at 21.18. Muir's Kenny Haslip recorded the fastest hurdle times in the nation this year with marks of 13.98 in 110's and 36.94 in the 300's. He also ran legs on both winning relay teams which were timed in 41.09 and 3:13.38. On the distaff side, Suzy Powell was the big news with a national record discus throw of 178-8.

The other track action was out at Westwood where the UCLA Bruins eased by CS Northridge and UC Irvine 98-76-15 and 97-52-19.

## April 18

If you weren't at Mt. SAC last weekend you didn't see much track action, as virtually every top SoCal athlete from prep to club level was at the Walnut complex. At the high school level, the big show was put on by the Long Beach Poly girls who won the 100, 200, 400, 400R, 800R and 1600R. Their 800R time was 1:36.77 was the third fastest of all time. The top boy's performance was by Jeremy Fischer of Camarillo who gave another demonstration of high altitude jumping with a 7-3 effort.

On the community college level, the Long Beach City Vikings showed enough field event strength to make themselves the favorite for the state title, with NorCal power Taft the runner-up.

In the open competition, the Santa

Monica Track Club demonstrated that the U.S. would still be a power to be reckoned with in the sprints at Atlanta in '96, when they beat the world all-stars in both the 400 and 800 relays in times of 37.79 and 1:18.68 (breaks the old world record of 1:19.11 that the SMTC set in 1992.). By the way, Carl Lewis anchored this record with a 19.4 leg--not bad for a guy who is supposed to be over-the-hill. Michael Marsh also showed that he was a strong link in both those teams as he took the open in 10:00.

## April 25

As a prelude to the league championships, many area championships were contested by SoCal preps last week. At the Orange County Championships, the Foothill boys were 56-47 winners over Woodbridge, while the Esperanza girls were comfortably out ahead of Foothill 78-56. Further north at the Ventura County Relays, the Thousand Oaks boys were 15 points better than runner-up Ventura 82-67. The Channel Island girls won by 11 over runner-up Thousand Oaks 79-68. At the Claremont Girls Invitational, Redlands was 76-63-63 winner over runner-ups West Covina and Claremont.

In Community College conference finals, the Citrus men and women were both victorious by scores of 88-78 over San Bernardino and 143-55 over Antelope Valley.

In four-year college action, the UCLA men and women came out victorious at the Pepsi Team Invitational held at Eugene, Oregon. The Bruin men had to win the 1600 relay to defeat Oregon and Washington by a 88-85-30 count. The Lady Bruins showed good all-around strength in defeating Washington, Oregon and Washington State 185-156-135-118. The big surprise here was the Bruin duo of Karen Hecox and Beth

Bartholomew sweeping the 1500, 3000 and 5000 from a strong contingent of Pacific Northwest runners.

In a pair of double dual meets at UCSD, the Claremont Mudd men took UCSD and Pt. Loma 93-64 and 90-67. The UCSD women were likewise double winners 75-69 ahead of CM and 74-56 over Pt. Loma.

At the Meet of Champions at Azusa Pacific, the big marks were posted by Robert Reading with a 13.18 in the highs and Mike Powell's 27-10 1/2 long jump.

## May 2

While the high schools were finishing up their dual meets, the community colleges took their first step toward the State Meet with their conference championships. There were no major surprises in these meets with Long Beach CC taking both men's and women's divisions of the South Coast Conference, 309-268 over runner-up Mt. SAC and 243-142 over second place El Camino. At the Orange Empire Conference, Riverside also had an easy time of it, taking the men's meet 212-106 over Rancho Santiago and the women's 254-120 over San Diego Mesa. At the Western States Conference meet, the Bakersfield men used their superiority in the throwing events to upset defending champ Moorpark 176-167, while the Santa Monica women had too much raw talent for the rest of the conference, turning back runner-up Glendale 167-116.

In four-year college action, a meet that is sure to be a shot-in-the-arm for track, finally became a reality. The California-Nevada Championships were held last Saturday and Sunday at UCLA. The Cal Berkeley men came through with some outstanding field event performances to top the hometown Bruins and Fresno State 132-124-124, although

*continued next page...*



# SoCAL DIARY

UCLA appeared to be holding out some top performers. All of Lady Bruins' top performers were in action, however, which the winning margin of 168-93 over runner-up Fresno State would appear to verify. Top effort of the meet belonged to the Bruins' Valeyta Althouse with a 57-9 heave in the shot. While most of the schools in attendance appeared to have a good time, it turned out to be a long meet for Cal State Bakersfield. It wasn't that the Roadrunner finishes of 9th and 12th were that bad, but they got very little sleep between the first and second days. In fact, a local TV station caught many of the team in their underwear about 1 a.m. Sunday morning after being roused out of their motel rooms by police who were looking for a robbery suspect.

At the SCIAC Championships, the Claremont-Mudd men used their strength in the throwing events to ease by runner-up Redlands 183-169. In the women's meet, Oxy showed some surprising strength on the track led by All-American Becky Kopchik, to upset Pomona-Pitzer 134-129.

## May 9

While the preps were staging league finals, which in most cases are non-scoring qualifying meets, the community colleges held their SoCal preliminaries at Balboa Stadium in San Diego. Based on qualifiers, the Long Beach men and the Riverside women appear to be the teams to beat.

In four-year college action, the USC-UCLA meet, which has evolved into a four-way affair, took place at Westwood. It wasn't too much of a surprise to see the Bruin men cruise by the Trojans, BYU and Washington 74-53-42-36. However, the Lady Bruins 63-46-41-24 win over Washington, BYU and the women of Troy had to be considered an upset, since *Track & Field News* had the Huskies ranked ahead of the Bruins in dual meet rankings. Top athlete of the

meet award would have to go to UCLA's Marcus Reed who notched a 10.35-20.66 sprint double and ran a smokin' third leg on the 400 relay team.

## May 16

The Southern Section CIF Prelims was the top prep meet last week, with the Muir boys and girls from Long Beach Poly and Wilson appearing to have the best chance of capturing state titles.

At the SoCal community college championships, fans may have confused the meet with a Long Beach-Riverside dual meet. The Long Beach men were easy 179-127 winners over RCC, while the Riverside women were safely ahead of the Lady Vikings 164-107. To show you how dominant these two schools were in all of the events run on the track, only one athlete from a different school won an event.

In four-year college action, Utah State was a double winner at the PCAA Meet, turning back the men of Nevada 209-165, and the women of UNLV 137-128. The University of Nevada is rumored to be dropping the sports of track and cross country.

At the CCAA Meet, it has become apparent that Cal State Los Angeles has found a permanent solution to their ineligibility problems of the past and is replacing Cal Poly SLO as the team to beat. The Golden Eagle men built a big lead in the weights and sprints to propel them by the Mustangs 165-159. The CSLA women totally dominated the track to win going away 206-151.



**DAWN DUMBLE**  
Photo by Bill Cockerham

At the Modesto Invitational, there were some excellent marks turned in by UCLA athletes. Marcus Reed lowered his PR in the 100 with a 10.24 winning effort. Valeyta Althouse upped her PR in the shot to 58-1 3/4, while redshirt Dawn Dumble notched a nifty 58-3/189-4 weight double.

## May 23

At the CIF Southern Section championships, form held as the boys from Muir, Arroyo Grande, Morningside and Serra comfortably won divisional titles. In the girl's competition, Long Beach Poly, Esperanza, Morningside and Cate all came away with championships. In Division I, a false start by Keisha Backus of Long Beach Wilson in the 100 possibly cost her team a tie for the title.

At the Community College State Championships at Cerritos, Riverside put on a late surge to catch the Long Beach men 100-100 with Taft a close third with 93. The Riverside women, taking 7 firsts, eased past runner-up Long Beach 110-95.

Things ran pretty much true-to-form at the PAC-10 Championships where UCLA was able to defend both of its titles. The Bruin men used their all-around strength to hold off the sprint-heavy USC Trojans 135-121, while the Lady Bruins used the same formula to outdistance a speed-laden Arizona State team 127-114. Top meet performer for the Buins would again be Marcus Reed with a 10.47-20.57-39.69R sprint triple. After the meet, long-time Washington State Coach John Chapin announced that this would be his last season. The WSU program is currently on probation for excessive scholarship grants and the school was stripped of NCAA titles going back as far as 1985. If form holds, John will soon be coaching in SoCal community college track.





Photo by Bill Leung, Jr.

By  
**GREGOR  
ROBIN**

An Interview With

# Steve Scott

Steve Scott's advice to young milers is to take some chances and always go for the victory. In a much broader and more difficult situation, the American record holder in the mile took his own advice and it has paid off.

On April 29, when Scott was getting a checkup before having a vasectomy, it was discovered that he had cancer in his left testicle. On May 1 he had the testicle removed. When a biopsy revealed that the cancer was the type that might have spread into his lymph system, Scott had to make a winning decision.

"They gave me a scenario of three things," said the 3:47.69 miler. "I could either sit and wait, because they may have gotten it all with the removal of the testicle, but they may not have. If other cells have gone up the lymph system, then it's going to spread. And if it did get to the point where it got bad, the only thing you could do to solve it was chemotherapy, and that's what we've been trying to avoid all along.

"The second thing we could have done was go straight to chemotherapy and that would take care of it because this particular cancer is real successful to chemo. It's got like a 95 to 98 percent cure rate with the chemotherapy.

"The third option was surgery where you remove about 35 lymph nodes that run from

the reproductive system up to the kidney. Those were the three options. I decided to do the surgery, because if you're talking about surgery or chemo--those two options--surgery is like having a stress fracture where you're out for four to six weeks then you're back just as strong as before. With chemotherapy, it's like chemo would have run three months, so it's like six to nine months before you're feeling normal. It basically kills your body cells. It's a very good treatment, but it's also very tough on the body, and if I had any interest in returning to running, chemo would not be the way to go."

On the morning of May 24, the 38-year-old Leucadia resident was operated on. The surgery was a complete success, Scott says, and no cancer was found in the lymph nodes that were removed. He is now in recovery and has marked October 1, 1994, as his first day back training.

"He's handling it real well with a positive attitude," said one of Scott's closest friends, 13:47.52 5,000-meter man, Jon Koningh. Koningh has known Scott for 21 years, dating back to even before their days as teammates on the UC Irvine team.

"What's reassuring is that we were able to make it through (former UCI

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coach) Len Miller's workouts so he'll make it through this," added Koningh.

Miller's workouts often included 20x800 meters, or 10xmile or 40 hill repeats.

"Obviously I was in shock after I heard about it," said Koningh, "mainly because both of us have a goal of living to 100. We were all quite worried and in shock. It's not too often that an athlete of this calibre gets such a horrendous disease."

Scott was running well before the diagnosis of cancer was made, including a 4:03 road mile that had U-turns in it. That time, and his positive outlook, have Scott believing he can return to sub-4 shape. His goal is to become the first over age 40 to break the four minute mile outdoors.



**COGLAN and SCOTT**

Photo by Dave Stock

Eammon Coghlan recently became the first over-age-40 to break the four-minute mile indoors with a time of 3:58.15.

Scott, America's most consistent distance runner ever, has broken four minutes in the mile 135 times. But what may

**I hope one of the good things that happens from the publicity of me getting this, is to let people know that, hey, cancer is not discriminatory. It will hit you whether you're the healthiest person on earth or if you abuse your body.**

be even *more* impressive is he's broken 3:50 eight times. Even if he never runs another step, which is highly unlikely for the man who trains as hard as anyone, Scott has carved a place for himself in history as one of the greatest milers of all time.

Scott and his wife, Kim, have three children.

Scott becomes the third elite American runner to be stricken with cancer recently. Former miler great Marty Liquori recently revealed he had a mild form of leukemia. And, 1988 Olympic Trials Marathon winner Mark Conover recently completed six months of chemotherapy treatment for Hodgkin's disease. Conover averaged fifty miles per week through the treatments, has no signs of cancer in his body and recently ran under 5:20 per mile pace at the Bay to Breakers.

Scott was reached for the interview at his home one week after the surgery. He was resting comfortably and in a relaxed mood.

**CTN:** You elected for the surgery which you had on May 24. Now you're in recovery. How do you feel? What's the outlook and what are the doctors telling you at this point?

**SCOTT:** They did the biopsy on all the lymph nodes and they came back negative, meaning there is no trace of the cancer. So right now, I'm just on a two-year testing (program) where they will do a blood test and chest x-ray once every couple of months. If it stays clear after two years, then I'm fine and there

is a 90 percent chance that I will be.

**CTN:** You must be elated that the results came back as they did.

**SCOTT:** Oh yeah, very much so. I'm real pleased with the results.

**CTN:** As far as the surgery, forgetting the world class miling, but just getting back to where you can walk around and function normally after this surgery, when do you expect that?

**SCOTT:** From the time of the surgery back to being 100 percent is probably about six weeks. But I'm going to take a couple of months on top of that just for insurance sake plus my body has been through a rough procedure, whether it's surgery or chemo or whatever. It's an insult to your body and the body needs time for recovery.

The biggest problem I've had the whole time with this surgery is my body's reaction to the surgery. The actual incision itself doesn't really hurt that bad. But it's the other things that come along with it. When they went down to get the lymph nodes out, they had to move all my insides around, like push them around and pull them to one side to get to where your lymph nodes are. When they do that, it's disruptive to your whole stomach and intestinal system. I haven't had an appetite. My stomach just can't handle heavy foods. It's going to take a while for the intestines to work their way back to the way they were.

**CTN:** What does your diet consist of now?

**SCOTT:** For a couple of days it was a normal diet and I just couldn't handle it. I'd get really bloated, gassy, constipated...

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ed. Now I'm just on almost a liquid diet. I'm eating soups, rice, easy-to-digest vegetables. I've been walking around since Day 1. I was able to get out of bed and take a little walk after the first day.

**CTN:** How were you training before the diagnosis?

**SCOTT:** Everything was going good up until the end of March, first of April. Things were going real well up to that point. I had been running some good races, especially on the roads. And around the time of Carlsbad 5000 (mid-14 minutes) this thing started to fall apart on me. I think I was back into the over-training mode. I think that's another reason I'm going to take some time off.

**CTN:** Actually you had a phenomenal run at the U.S. Cross Country Championships in November finishing tenth. Have you ever placed that high?

**SCOTT:** No. It showed me that I still have all the strength I need to be competitive. To run on that type of a course, a tough, hilly, strength course. It definitely wasn't a miler's course--it was a true cross country course. There were a lot of hills. It wasn't good running condi-

tioner faster than I should have, considering the conditions, and my heart rate was getting up into the high 170's, low 180's. That was taking me obviously over the 85 percent of max and it was over an extended period of time. I don't know exactly how long, but I could have been up there for 12 to 15 minutes. I was trying to run it at 5000 meter (racing) pace.

**CTN:** About 4:20-something pace?

**SCOTT:** Yeah.

**CTN:** So you were running that quality of workout and it was draining you?

**SCOTT:** My problem is I can't run that type of workout and keep my heart rate that high for that long. And this is just what we're discovering now. In the fall, as long as I was doing workouts below that 85 percent, I could do a lot of intervals. There are three things in a workout--the amount of work, the amount of time you're running and the quality of the running. If you're putting all three together (at a high intensity), that's when you're going to run into trouble, especially at 38 years old.

**CTN:** So, basically you started breaking down before you went in for the vasectomy.

And I've never missed an entire season of running, either indoor, outdoors or cross country. They just felt it was a good time for me to take a substantial break. It was actually harder to accept the fact that I was going to take that much time off than it was to accept the fact that I had cancer. I never had any problems with the cancer. I said, "Well, I have it. I've got to do what it takes to get rid of it and that's it." But with the running, I had to go through the whole cycle of accepting the fact I have to take time off, and realizing (quality running) will happen later on--kind of the same things you have to go through when you have a serious illness. Once I accepted the fact that it was for my own best interest and own good, I became willing to take the time off. And I put the mark on my calendar--October 1--as when I start training. I just accept that fact.

**CTN:** You're surrounded by world class athletes all the time in every meet you go to and socially too. Is there a feeling in that group of invincibility?

**SCOTT:** Absolutely. I felt it for several years, that you could just not do any wrong. You could run forever. You could run at that level forever. I've always been very willing to do the work. That has never been a problem. No one ever has to push me to push myself to exhaustion. But you do have a feeling that nothing could ever touch you or harm you, especially something like this. I eat right. I'll have a drink here and there but I don't abuse it. I've never taken any drugs. You live everything right and this still happens to you. I hope one of the good things that happens from the publicity of me getting this, is to let people know that, hey, cancer is not discriminatory. It will hit you whether you're the healthiest person on earth or if you abuse your body. It's just one of those things. Hopefully this will make people aware of it and hopefully through the publicity, more money will be put into finding a better cure. There are things

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**No one ever has to push me to push myself to exhaustion. But you do have a feeling that nothing could ever touch you or harm you, especially something like this.**

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tions; it was cold. It proves to me I still have the strength to still do some decent performances. My problem is I get overly anxious and start running workouts that are beyond my capabilities. I'm training with heart rate monitors. I'll do workouts that take me to 85 percent of max and I'll hold it there too long. One particular workout in April that helped send me over the top was a ladder workout--400, 800, 1200, mile, 1200, 800, 400. It was a windy day. I was running

**SCOTT:** Yes.

**CTN:** You are considered "Mr. Consistency." How are you dealing with the sedentary lifestyle? What is your routine right now?

**SCOTT:** The hardest part, and I had this conversation with my coach and my wife, is after 20 years of running I haven't really taken a substantial break. I've taken a month off, but when you're talking about 20 years of running, a substantial break is six months or a year.



you can look for. If you're ever in doubt, gosh, just go and take the time to have it looked at.

**CTN:** You've broken 3:50 eight times between 1981 and 1986. Do you remember any similarities?

**SCOTT:** They were all different. Some of them I won, some I came in fourth (chuckle). Some I felt like I could run as fast as my legs would let me, and others I felt like I earned every square inch of the mile.

**CTN:** How would you characterize the milers of today?

**SCOTT:** The mile in the world today would have to be singular, not plural. There is only one guy and that's it. There is (world record holder) Noredidine Morceli and the rest of the world. I can't ever remember in all of history where somebody has dominated like Morceli has. He is just so far ahead.

**CTN:** Of course, he competed at Riverside Community College near where you live. Did you ever run across him down there?

**SCOTT:** Oh, yeah. I work out at Point Loma JC and Mira Costa JC and those guys were in the same league as Riverside. They're not the cream-of-the-crop. They are guys that couldn't get scholarships to colleges so they run at the JC's. Here they have to run against this guy who is a world class athlete. They were telling me about some of the races he was doing where they said he ran a 52-second last quarter at the end of a 1500, and I was kind of skeptical. I was thinking, "If the guy goes through in 3:20 and then runs a 52, then that's not as impressive." But he wasn't. He was going through in pretty decent pace. Then I saw him in the L.A. Times Indoor meet and he kicked my butt. He didn't win the race, but he ran very well and whomped me and I kind of knew he was for real after that.

**CTN:** As for American miling in general, how do you see it?

**SCOTT:** There is only one guy that I see on the horizon that really has the



Photo by Kirby Lee

The mile in the world today would have to be singular, not plural. There is only one guy and that's it. There is Noredidine Morceli and the rest of the world. I can't ever remember in all of history where somebody has dominated like Morceli has. He is just so far ahead.

potential to be world class, and that's Steve Holman. The guy at Penn (Relays), all by himself, goes by in 2:53 and runs 3:36.98. So that's a tremendous performance. This is pretty early to run that quick. I hope he's doing well. I think that this could finally be his year. He's been having injury problems the last couple of seasons.

**CTN:** You are the lighthouse for all the other U.S. milers to gauge themselves from. What will you tell them while you are temporarily sitting out?

**SCOTT:** I had a chance to talk to Mebrahtom Keflezighi (1994 prep state champion at 1600 and 3200), who's run 4:06 this year. And the one thing I said to him was: "You're going to feel a lot of pressure to run a fast time, especially to break four minutes." I told him, "Don't get caught up in that. Just keep running and racing the way you have to win. As long as you keep winning, the times will happen." Milers should be competitive and race with the best competition they can. If you're competitive, you're not afraid to go out and go after whatever pace is there. Don't sit back. Take some chances. Go with a pace you think is a little too fast for you and the good times will happen if you're trying to win a race. Whenever I ran for time, it never worked for me. I was always driven by the competitive aspect.

**CTN:** Your 3:59 last year at Sunkist was the last time you broke four minutes. This situation now is like an injury

and do you think you'll be able to break four again? If not, what does it mean to you that maybe that was your last sub-4?

**SCOTT:** I honestly believe that I'll be able to do it again. Physically, I know I have the capabilities. It's just a matter of getting the training, ironing out the training problems and staying healthy. But I most assuredly believe I can do it again. I ran a road mile race on a legitimate mile course with U-turns in January and I ran 4:03. So I know the capabilities are there. It's just a matter of not getting in that over-training mode which I feel confident I can avoid the next time around.

**CTN:** If I said "Roger Bannister", what would you say?

**SCOTT:** Roger broke through a barrier that had been around for over 10 years, and he happened to be the guy that did it. The old record was 4:01 and it stood for 10 years. He broke through another barrier (sub-4) that has been broken 700 times since.

**CTN:** Kip Keino.

**SCOTT:** Keino was the guy who opened the door for Kenyan athletes.

**CTN:** Jim Ryun.

**SCOTT:** Jim is one of those guys that, in a different time and different place, could have done more amazing things than he did.

**CTN:** John Walker.

**SCOTT:** I think I have more respect

*continued next page...*



## Steve Scott ■

for John Walker than any athlete you could mention because he gave it all. He broke records. He won championships. He had longevity. He had consistency and he was not afraid to race and race often.

**CTN:** Filbert Bayi.

**SCOTT:** He was hot and cold.

**CTN:** Sebastian Coe.

**SCOTT:** I raced him quite a bit. Sebastian Coe was a thinking man's runner. He is a great athlete and came out with very good performances. He raced very few, very seldom and wouldn't race unless he was at his best. If you compare him to Walker, Coe ran faster and had better performances, but he was missing in two aspects--longevity and not being afraid to race.

**CTN:** Steve Ovett.

**SCOTT:** He was kind of aloof. Psychologically, he probably was the weakest of the British runners, but he was extremely talented. He was just one of those guys that was personable and fun to be around, but I could never trust or believe what he said. He played those mind games.

**CTN:** Steve Cram.

**SCOTT:** Out of all the British runners, I like Crammy the most. He was the most personable, the most honest and really his attitude toward track and field is one we could all learn something from. He's been one that has had hard times with injuries, but he's just a tough competitor.

**CTN:** Said Aouita.

**SCOTT:** Aouita. You have to have respect for his performances, but I never had respect for his attitude. He ran some great times, but he always had such a crappy attitude that I can't really respect the man.

**CTN:** Jim Spivey.

**SCOTT:** Jim, unfortunately, was in my shadow for so many years that I don't think he was given due respect. He was a solid championship runner. He always makes the final. He medaled back in the 1987 World Championships.

**Milers should be competitive and race with the best competition they can. If you're competitive, you're not afraid to go out and go after whatever pace is there. Don't sit back. Take some chances. Go with a pace you think is a little too fast for you and the good times will happen**

He has been a very consistent runner, but the one thing Jim lacks is the guttiness.

**CTN:** Jeff Atkinson.

**SCOTT:** Jeff had a couple of good years, then just ran into some problems. He wasn't the most talented of athletes, but he got the most that he could out of his body.

**CTN:** Joe Falcon.

**SCOTT:** Oh, poor Joe. I don't know what's wrong with Joe. He has all the ability in the world and absolutely no confidence. He's gifted with talent, but just has no confidence and no belief in his ability. He's paid dearly for it.

**CTN:** Eammon Coghlan.

**SCOTT:** He has to be considered the greatest indoor miler of all time. His history speaks for itself on what he was able to accomplish on the boards--his record and his times. And, he's a tough competitor. (His over-40 sub-4) just puts a cap on his entire career. It was very fitting that he did it indoors considering that's where his strength and consistency was. He didn't just barely squeak under it. He made quite a jump and you really have to respect the time he was able to produce at that age.

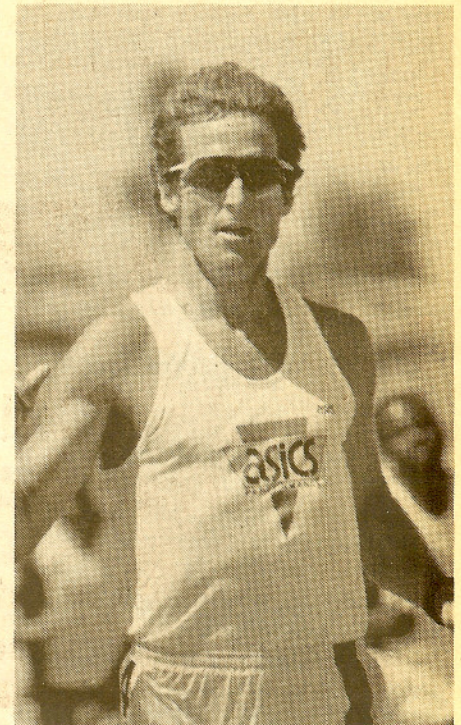


Photo by Kirby Lee

**CTN:** And, Steve Scott.

**SCOTT:** (Chuckle) That one's not fair. I'd probably like to be known for being willing to race anybody at any time--indoor, outdoor, cross country, roads--a tough competitor. Maybe I didn't win the championships. Maybe I didn't get the world records, but I had a consistent career at a very high level and was never afraid to race against anybody at any time.

Steve Scott was born on May 5, 1956. He is 6-1 and weighs 165 pounds. His personal records from the marathon down are:

Marathon	2:32	Half Marathon	1:03:30
10 Mile	48:00	10K	28:31*
8K	22:59	5 Mile	22:57
5000 Meters	13:30**	3000 Meters	7:36.69
2000 Meters	4:54.71	Mile	3:47.69
1500	3:31.76	1000 Meters	2:16.4
800 Meters	1:45.0	400 Meters	48.0

\*(he has run in the 28:30's four times)

\*\*Road and track



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# PREP NOTES

By KEITH CONNING

## ■ Personal Note

I would like to apologize to my readers for not submitting a story for the May issue. This winter my doctor told me that I had a serious illness. I am currently under a doctor's care and I am feeling better. However, I have had to change some priorities. My health and my family must and will come first. Although I love track, I must put it second on my priority list.

I would like to thank all of you who have supported me during this difficult time. I am looking forward to covering the State Meet with Doug Speck and Bill Cockerham.

## ■ Cross Country Clinic

**When:** Saturday, August 20, 1994 from 9 a.m. - 4:30 p.m.

**Where:** Moreau Catholic High School, 27170 Mission Boulevard, Hayward, CA

**Cost:** \$25 pre-registration postmarked by August 12, 1994 (includes lunch). \$30 late registration (8 a.m.-8:45 a.m. on August 20) For an additional \$30, you can receive 1 CEU from CSU Hayward.

**Clinicians:** Dr. Harmon Brow--The physiology and nutrition of the young distance runner; Mark Conover--Inspiration in running: From Miramonte High School to Seoul, Korea and beyond; Jim Hunt--How to make your runners more efficient in their running!; Vince Lananna (Stanford)--How to build a successful program and the essentials of cross country training!; Helen Lehman (Carondelet High School)--Training the Mind of the Distance Runner for Success: Images and Mind Sets.

**Attention All Cross-Country Invitational Meet Directors:** During the lunch time we will have a meeting to discuss ideas and ways in which we can assist each other.

For more information call Phil Wilder (510) 881-4300 or Helen Lehman (510) 686-5347.

## ■ 15th Annual Oakland Invitational Relays

Edwards Stadium, Berkeley, April 2 -- Suzy Powell (Downey, Modesto), the 1992 and 1993 California State Meet champion in the discus, broke the meet record by 14 feet 2 inches with a national leading throw of 171-7. The old meet record of 157-5 was set by Melissa Weis (Bakersfield) in 1990. Powell's series: 157-6, foul, 145-7, 157-10, and 171-7.

## ■ Julia Stamps sets national high school seasonal best in 1,500 meter run

Cox Stadium, San Francisco State University, April 16--Julia Stamps (Unattached), a student at Rincon Valley Junior High School in Santa Rosa, California, placed third in the 1,500 meter run at the Johnny Mathis Invitational. Stamps splits were as follows: 1:11, 2:26 (1:15), and 3:39 (1:13).

Melanie Voss (Reebok Aggies) won the race in 4:29.96. Jen Cobb (Impala Racing Team) was second in 4:29.96. Voss and Cobb were given the same time. But Voss won the race by virtue of the Accutrack picture.

Stamps' time is the fastest in the United States this year by a high schooler. The previous leader was Rossanna Gardner (East High School, Salt Lake City, Utah) who ran 4:34+ enroute to her 1,600 meter victory in 4:53.11 at the Arcadia Invitational, Arcadia, California on April 9.

Stamps was a member of the United States World Junior Cross Country team that competed in the recent World Cross Country Championships in Budapest, Hungary on March 26. She was the first USA finisher in 44th and the youngest member of the team at 15-years-old. She will turn 16 in November.



**JULIA STAMPS**  
Photo by Keith Conning

## ■ Central Coast Section Top 8

Los Gatos High School, Los Gatos, April 22--Scott Slover (Leland, San Jose), the national leader at 17-0 indoors, pole vaulted 15-9.

Chris DeMartini (St. Ignatius, San Francisco), the national discus leader at 192-5, put the shot 59-6 1/2 and threw the discus 191-7. Kim Hay (Los Gatos) sprinted the 100 meters in 12.21.

Veronica Woods (Independence, San Jose) won the 400 meters in 56.12.

Christine Stavolone (Presentation, San Jose) ran the 1,600 meters in 5:04.47. Jennifer Odom (Independence, San Jose) set a meet record of 14.65 in the 100 high hurdles. Kim Veeder (Los Gatos) hurdled the 300 lows in 44.85.

Independence (San Jose) ran the 4x100 in 48.06 and the 4x400 in 3:58.12. Cindy Pettibon (Gunderson, San Jose) triple jumped 37-3 1/2.

Christina Etuale (Jefferson, Daly City) put the shot 42-6 1/4. Darlene Tullia (Carmel) threw the discus 137-3.

*continued next page...*



## PREP NOTES

### ■ Bay Area Top 8

James Logan High School, Union City, April 22--Bisa Grant (Bishop O'Dowd, Oakland) won the 100 meters in 12.19. Kelli White (James Logan) set a meet record of 24.47 in the 200 meters. The old record of 25.01 was set by Lesa Parker (Bishop O'Dowd) in 1991. Bisa Grant placed second in 24.72.

Kristen Gordon (Carondelet, Concord) ran the 3,200 meters in 11:04.84.

Sunshinne Peterson (James Logan) hurdled the 100 meter highs in 14.84. Ayana Grant (Bishop O'Dowd) set a meet record in the 300 low hurdles of 45.33. The old record of 45.3 was set by Monique Dale (James Logan) in 1993.

James Logan set a meet record of 47.57 in the 4x100. The old record of 47.88 was set by Bishop O'Dowd in 1991. Bishop O'Dowd placed second in 47.80, also under the old record.

Bishop O'Dowd set a meet record of 3:57.14 in the 4x400. The old record of 3:57.87 was set by Bishop O'Dowd in 1990. Amador Valley (Pleasanton) placed second in 3:57.94.

Jernae Wright (James Logan), the national outdoor long jump leader at 19-8 1/4, jumped 18-5 wind-aided. Andrea Lacson (James Logan) triple jumped 37-7 3/4. Nicole Brooks (Berkeley) set a meet record in the shot put of 41-5. The old record of 38-9 1/2 was set by Mirinda Shafer (James Logan) in 1991.

Rashawnda Holmes (Tennyson, Hayward) threw the discus 136-11.

### ■ Penn Relays Trip for Lowell (San Francisco)

Franklin Field, University of Pennsylvania, Philadelphia, PA., April 28--The Lowell (San Francisco) girls' 4x800 team of junior Alyssa Mellott (2:27.7), senior Cathy Choy (2:28.4), sophomore Oasai Lucero (2:25.6), and senior Logan Hiroshima (2:24.3) set a new school record of 9:46.08. They placed eleventh in their heat and 25th overall. The old school record of 9:59 was set in 1993.

The heat winner and the overall winner was Vere Tech, Hayes, Jamaica at 8:52.89.

Lowell is the premier academic high school for the San Francisco Unified School District. Each year they enroll more students at the University of California than any other high school.

Shena Ferguson (Washington, San Francisco 93), the San Francisco Section long jump champion, was competing for Howard University of Washington, D.C.

Coach Andy Leong and the team attended a Phillies game as a guest of the San Francisco Giants. The Giants lost but Barry Bonds had a good game. The Lowell team also went to the top of the Empire State Building in New York City. Andy said the girls enjoyed the trip.

### ■ 1993 USATF Junior Champion Suzy Powell (Downey High School, Modesto) sets age 17 discus record

Modesto City High School Championships, Modesto Junior College, Modesto, California, April 29--Senior Suzy Powell (Downey High School, Modesto, California), the 1993 USATF Junior discus champion, set an age-17 discus record of 181-10 this afternoon. The old age-17 record of 178-11 was set by Powell in a dual meet against Merced High School at Downey High School on April 20, 1994. Powell is the third best performer in U.S. Junior history. Powell's series: 172-10, 167-7, 168-3, 181-10, 175-9, 178-0.

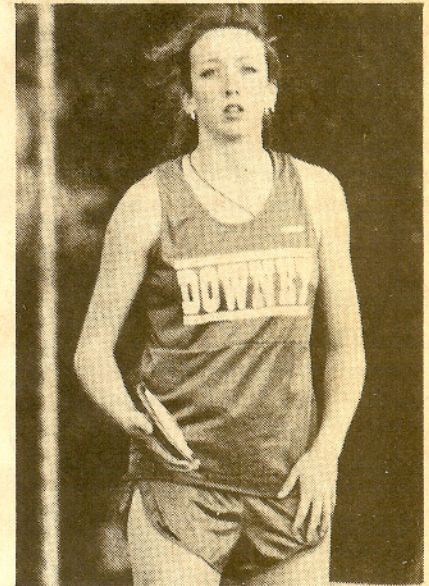
Powell's throw was the longest by a U.S. high schooler this season and the second longest in U.S. high school history.

Powell set the National High School Federation discus record of 178-8 at the Arcadia (California) Invitational on April 9, 1994. Today's mark will not be submitted as a National Federation record, because the implement was not weighed in before and after the competition.

However, *TRACK AND FIELD NEWS* will accept the mark for record consideration, since they have different standards for record consideration.

Powell will attend UCLA this fall.

Leslie Deniz (Gridley High School, Gridley, California) set the USATF Junior and the *TRACK AND FIELD NEWS* recognized national high school discus



**SUZY POWELL**

*Photo by Bill Leung, Jr./Geek Media*

record of 183-11 at Lancaster, California on July 3, 1980.

Dawn Dumble (UCLA), the second longest U.S. Junior discus thrower, threw 182-9 at Hartnell College in Salinas, California on May 22, 1991.

Powell's throw may be the best non-wind-aided throw in U.S. Junior history. Only a mild breeze was blowing during Powell's throws. Whereas, both Lancaster and Salinas are noted as very friendly venues for discus throwers, because of their high steady winds which hold the platters aloft longer.

Powell hopes to break Deniz's record in the regular course of her senior year of competition. She doesn't want to have to resort to traveling to Salinas

*continued next page...*



## PREP NOTES

or Lancaster. However, her father Mac Powell said if she hasn't broken the national high school record by the World Junior Championships in Portugal in July, they will seek out a favorable site for a record attempt. She has until the end of August to set the **TRACK AND FIELD NEWS** recognized national high school record.

This scenario reminds one of Carl Lewis, who refused to go to altitude to break the world long jump record. Carl wanted to do it at sea level, without the advantage of altitude jumping.

Suzy Powell is not related to former Olympic discus thrower John Powell, who attended Mira Loma High School in Sacramento, and San Jose State University.

### ■ Sacramento Meet of Champions

American River College, Sacramento, May 7--Suzy Powell (Downey High School, Modesto, California) set a new National High School Federation discus record of 179-1 on a windless evening. The old national record of 178-8 was set by Powell at the Arcadia Invitational on April 9, 1994. Powell's series: 176-11, 179-1, 172-8, 171-11, 162-0, 164-1.

Powell is the national high school season leader at 181-10, but that mark was not submitted for a National Federation record because the discus was not weighed in before and after the competition as required by the National Federation.

Leslie Deniz (Gridley High School, Gridley, California) set the **TRACK AND FIELD NEWS** national high school record of 183-11 at Lancaster, California on July 3, 1980.

Kelli White (James Logan High School, Fremont, California), a junior, won the 200 meters in 23.80 (wind: +1.06 mps), the fastest high school time in the nation this season. Angela Harris (Skyline High School, Oakland), the national high school leader in the 300 and 400 hurdles, placed second in 23.99, the third fastest time in the U.S. Harris

is going to attend the University of Nevada at Las Vegas next fall.

Kelli White is the daughter of Willie White and Debbie Byfield. Her father Willie White (Jefferson High School, Los Angeles 1956), the 1956 California High School State Meet champion in the 100 yard dash in 9.5, was ranked #4 in the world by **TRACK AND FIELD NEWS** in the 100 yard dash in 1957 with a time of 9.4. The world record was 9.3 at the time. Willie White handed 1956 Olympic champion Bobby Morrow of Abilene Christian his only sprint loss during the 1957 campaign. Kelli White's mother Debbie Byfield was a member of the Jamaican 4x100 team at the 1972



**KELLI WHITE**  
Photo by Keith Conning

Olympic Games. Byfield ran the 200 meters in 23.7 as a senior at Berkeley (California) High School in 1973. Willie was the head track coach at Berkeley High School from 1966 to 1984. Berkeley High School won seven California State Meet team championships during White's coaching tenure, including the first by both boys and girls in the same year.

### ■ Kelli White Slashed

Union City, May 12--Kelli White (James Logan, Union City), the national high school leader in the girls' 200 meters at 23.80, had her face slashed after track practice in the parking lot of the Union City Bart Station. She is currently recovering from surgery that left her with 150 stitches. The assailant was a former athlete at Logan who was expelled from school last year. White was granted a hardship through the Mission Valley Athletic League Meet, and is expected to run Friday in the North Coast Section 3A Championship at Logan.

### ■ Suzy Powell sets national record

Modesto, May 14--Suzy Powell (Downey, Modesto) set a new national high school discus record of 189-7 at the Modesto Relays. The old record of 183-11 was set by Leslie Deniz (Gridley) in 1980. Powell's throw was a foul according to international competition rules, but it was a fair throw according to high school rules. In international competition they use a 45 degree sector, whereas in high school competition they use a 60 degree sector. Her throw was just outside the 45 degree sector, but was well within the high school sector. **TRACK AND FIELD NEWS** has decided to recognize the mark.

### ■ Reporter John Crumpacker gets locked in Edwards Stadium!

By Keith Conning

**CALIFORNIA TRACK NEWS**

On Saturday, April 16, reporter John Crumpacker of the **SAN FRANCISCO EXAMINER** and former president of the **TRACK AND FIELD WRITERS OF AMERICA** covered the Cal vs. Washington State dual meet at Edwards Stadium, University of California, Berkeley.

He was facing an early deadline, so he decided to finish his story in the track stadium rather than move to the press room in nearby Harmon Gym.

When he finished his story he found that the stadium had been locked. He spent a half hour trying to find a way out. He even put a ladder up against the concrete wall, but it was too far down on the other side.

Finally he noticed an electrical cord running from the U.C. Police Bomb Disposal Unit over the fence. He found one large door that was unlocked, and exited the stadium.

Being a Cal graduate he had to be resourceful and find a way out of his predicament himself, rather than call the police for help.



# PREP NOTES

## PREP RESULTS

### NORTHERN CALIFORNIA RESULTS

#### Mount Hamilton Invitational

At Mount Pleasant, April 1, 1994

##### GIRLS

Team results -- Mount Pleasant 142; 2, Silver Creek 81; 3, Overfelt 77; 4, Del Mar 69; 5, Independence 60; 6, Yerba Buena 29.

Individual results -- 440 relay -- Mount Pleasant (Beasley, Robinson, Pleasant, Ellison) :53.7; 100 -- Pogue (DM) :12.7; 220 -- Pogue (DM) :26.8; 440 -- Ponder (DM) :62.6; 880 -- McPherson (SC) 2:29.3; Mile -- Bleisch (SC) 5:29.3; Two mile -- Bleisch (SC) 12:13.2; 100LH -- Le (O) :17.4; 300LH -- Espinoza (SC) :48.0; Mile relay -- Silver Creek 4:21.1; Long jump -- Ponder (DM) 16-6; Triple jump -- Badillo (MP) :32.6; High jump -- Armstrong (I) 4-10; Shot -- Vloo (MP) :31.1; Discus -- Hotchkiss (O) 118-10.

##### BOYS

Team results -- Silver Creek 113; 2, Yerba Buena 107; 3, Del Mar 102; 4, Overfelt 99; 5, Mount Pleasant 68; 6, Independence 9.

Individual results -- 440 relay -- Del Mar :45.4; 100 -- Napoleon (DM) :11.3; 220 -- Napoleon (DM) :23.5; 440 -- Gaines (YB) :53.5; 880 -- Utouko (DM) 2:07.2; Mile -- Torres (SC) 4:36.8; Two mile -- Torres (SC) 10:22.5; 110HH -- Vong (SC) :15.8; 330LH -- Giang (SC) :43.2; Mile relay -- Del Mar 3:38.8; Long jump -- Dunn (SC) 21-0; Triple jump -- Dunn (SC) 41-3; High jump -- Johnson (DM) 6-2; Pole vault -- Vong (SC) :13.6; Shot -- Jordan (YB) 50-5; Discus -- Fought (DM) 128-5 1/2.

#### Pacific Grove Invitational

April 1, 1994. At Pacific Grove

##### GIRLS

###### Large Schools

Team results -- Hollister 105, King City 89, Gonzales 24, Seaside 12.

Individual results -- 110 LH -- Patman (KC), 17.8; 100 -- Domingos (H), 12.1; 220 -- Cobb (H), 28.2; 330 LH -- McNow (H), 51.9; 440 -- Cobb (H), 1:04; 880 -- Cottrell (H), 2:36; Mile -- Chavez (H), 12:35.2; 2-mile -- Chavez (H), 12:35.2; 440 relay -- Hollister, 52.9; Mile relay -- Hollister, 4:33.1; Long jump -- Navalta (H), 15-1; Triple jump -- VanGerpin (H), 31-10; Shot put -- Barrett (G), 34- 1/2; Discus -- Barrett (G), 116-7; High jump -- VanGerpin (H), 4-6.

###### Small Schools

Team results -- Carmel 86, R.L. Stevenson 57, Saratoga 35, Pacific Grove 25, The York School 13, Redwood Christian 0.

Individual results -- 110 LH -- Larson (C), 16.7; 100 -- Lurie (RLS), 12.1; 220 -- Blackwell (RLS), 27.7; 330 LH -- Engelman (S), 53.2; 440 -- Parsons (RLS), 1:04.8; 880 -- Eyerman (C), 2:36.9; Mile -- Sullivan (Y), 5:54.6; 2-mile -- Wall (C), 12:36.3; 440 relay -- R.L. Stevenson, 53.6; Mile relay -- 4:43.3; Long jump -- Larson (C), 16-0; Triple jump -- Hazen (C), 32-7 1/4; High jump -- Larson (C), 5-4; Shot put -- Tulua (C), 33-1 1/2; Discus -- Tulua (C), 110-6.

##### BOYS

###### Large Schools

Team results -- Hollister 99.5; King City 78.5; Seaside 60, Gonzales 2.

Individual results -- 120 HH -- Irani (H), 16.0; 100 -- Levinston (S), 10.0; 220 -- Levinston (S), 23.3; 330 IH -- macias (H), 40.8; 440 -- Young (S), 55.5; 880 -- Lara (KC), 2:07.7; Mile -- Munger (S), 4:51.1; 2-mile -- Sanchez (KC), 10:12.9; 440 relay -- Seaside, 46.1; Mile relay -- King City, 3:50.4; Long jump -- Levinston (S), 19-9; Triple jump -- White (H), 39-8; High jump -- Holaday (KC), 5-10; Pole vault -- McNow (H), 13-2; Shot put -- Stewart (H), 46-2 1/2; Discus -- Dagey (S), 131-11.

###### Small Schools

Team results -- Carmel 73, R.L. Stevenson 52, Pacific Grove 51, Saratoga 36, Redwood Christian 11, The York School 9.

Individual results -- 120 HH -- Chiang (S), 15.8; 100 -- Powell (C), 10.1; 220 -- Powell (C), 23.5; 330 IH -- Chiang (S), 44.6; 440 -- Mininni (PG), 54.1; 880 -- Engel (PG), 2:03.7; Mile -- Engel (PG), 4:45.3; 2-mile -- West (RLS), 10:21.1; 440 relay -- Carmel, 45.6; Mile relay -- Stevenson, 3:40.7; Long jump -- Sams (RLS), 19-2 1/2; Triple jump -- Saxton (C), 39-4 1/2; High jump -- Clinton (RLS), 5-10; Pole vault -- Shaffer (C), 11-6; Shot put -- Masiello (S), 50-7; Discus -- Masiello (S), 137-1.

#### St. Francis-Foothill Invitational

Foothill College, April 2, 1994

##### Boys

100 -- Love (Washington) 10.7; 2, Isaac (Los Gatos) 10.7; 3, Vartan (Menlo-Atherton) 11.0. 200 -- Love (Washington) 21.7; 2, Vartan (Menlo-Atherton) 21.7; 3, Smith (San Jose) 22.2. 400 -- Smith (San Jose) 50.1; 2, Cifelli (Los Gatos) 50.5; 3, Riddle (Gunn) 50.7. 800 -- Williams (Gunn) 1:58.4; 2, Rutledge (Los Gatos) 1:58.8; 3, Sikiric (Gunderson) 1:59.1. 1,500 -- Sikiric (Gunderson) 4:00.8; 2, Pitts (Mountain View) 4:08.5; 3, Paulson (St. Francis) 4:10.7. 3,000 -- Balkman (Lynbrook) 9:00.9; 2, Cervantes (N. Monterey County) 9:11.5; 3, Jones (Soquel) 9:14.7. 110 HH -- Nord (Los Altos) 14.8; 2 (tie), Race (Soquel) and Brown (Gunderson) 14.9.

400 IH -- Riddle (Gunn) 56.0; 2, Gonzales (Palma) 56.1; 3, Johnson (Mt. Pleasant) 58.9. 4x800 -- Mountain View 8:19.3; 2, San Lorenzo Valley 8:35.4; 3, N. Monterey County 8:38.4. 400 relay -- Los Gatos 42.9; 2, St. Francis 43.6; 3, Homestead 44.2. Distance medley relay -- St. Ignatius 11:07.6; 2, North Monterey County 11:12.0; 3, Overfelt 11:27.7. Mile relay -- Gunn 3:29.6; 2, St. Francis 3:29.9; 3, Homestead 3:32.6. Long jump -- Smith (San Jose) 22-7 1/4; 2, Nord (Los Altos) 22-4 1/4; 3, Wong (Los Altos) 21-10 1/2.

Discus -- DeMartini (St. Ignatius) 184-6; 2, Hovey (Monta Vista) 158-9; 3, Slack (Los Altos) 148-7 1/2. Shot -- DeMartini (St. Ignatius) 57-0; 2, Lewis (SI) 52-9 1/2; 3, Matock (Palma) 53-0 1/2. High jump -- Jackson (Los Altos) 6-2; 2, Argabright (Willow Glen) 6-0; 3, Volarvich (San Lorenzo Valley) 6-0. Triple jump -- Nord (Los Altos) 45-8 1/2; 2, Cahey (N. Monterey) 44-8 1/4; 3, Brown (Gunderson) 43-8 1/4. Pole vault -- Rodriguez (Mt. Pleasant) 14-3; 2, Haldezos (Mills) 14-3; 3, Scatena (Leland) 13-6.

##### Girls

100 -- Jacinto (Washington) 12.1; 2, Washington (St. Ignatius) 12.5; 3, Hay (Los Gatos) 12.5. 200 -- Jacinto (Washington) 25.1; 2, Simpson (Overfelt) 25.6; 3, Pieslak (M-A) 25.8. 400 -- Pieslak (Menlo-Atherton) 58.3; 2, Simpson (Overfelt) 58.7; 3 (tie), Ponder (Del Mar) and Soriano (San Lorenzo Valley) 1:00.4.

800 -- Stavolone (presentation) 2:21.4; 2, Silva (Aptos) 2:22.6; 3, Randall (Aptos) 2:23.9. 1,500 -- Baldelli (St. Ignatius) 4:49; 2, Stavolone (Presentation) 4:50.6; 3, Silva (Aptos) 4:51.3.

3,000 -- Renteria (Westmont) 10:32.9; 2, Sandoval (SI) 10:35.2; 3, Keeler (St. Francis) 11:20.6. 100 hurdles -- Ocegura (St. Francis) 16.2; 2 (tie), Barbaglia (Gilroy) and Buchanan (Santa Clara) 16.3. 300 LH -- Veeder (Los Gatos) 45.6; 2, Sullivan (Santa Teresa) 47.3; 3, Rondeau (Lynbrook) 48.0. 2-mile relay -- Palo Alto 10:04.6; 2, Mitty 10:06.6; 3, Santa Teresa 10:10.2. 400 relay -- St. Francis 49.6; 2, Los Gatos 49.7; 3, Washington 50.4. Distance medley -- St. Ignatius 13:13.3; 2, Mitty 13:20.1; 3, Santa Teresa 13:33.6. Mile relay -- Los Gatos 4:07.4; 2, Lynbrook 4:10.6; 3, Aptos 4:11.3. Long jump -- Moyles (Washington) 17-9; 2, Trauner (St. Ignatius) 17-1 1/2; 3, Burnham (Los Altos) 16-10 1/2. Discus -- Morrison (Presentation) 125-4; 2, Royalty (San Lorenzo Valley) 120-8; 3, Bower (Gunn) 119-5 1/2. Shot -- Bower (Gunn) 38-10 1/2; 2, Maldonado (Mt. Pleasant) 36-5; 3, Morrison (Presentation) 35-0. High jump -- Duffey (St. Francis) 5-4; 2, Faranady (Los Gatos) 5-4; 3, Adam (Foothill) 5-2. Triple jump -- Pettibon (Gunderson) 36-3; 2, Stewart (Mitty) 35-11 1/2; 3, Ocegura (St. Francis) 35-11 1/4.

#### Oakland Invitational

Edwards Stadium, Berkeley, University of California April 2, 1994

##### Girls

100 -- Latasha Gilliam (Pittsburg) 800 relay -- Morningside, 1:38.88; 800 -- Yerman (Paradise), 2:17.8; 300 IH -- Harris (Skyline), 43.53; 3200 -- E. Riedy (Mission San Jose), 10:50.6; Distance medley relay -- Mission San Jose, 12:09.1; Sprint medley relay -- Skyline, 1:44.35; 4x800 relay -- Skyline, 9:35.5; 400 relay -- Skyline, 46.57; Long jump -- Sterventz (Silver Creek), 17-1; High jump -- Flaming (Immanuel), 5-7; 100 LH -- Grant (O'Dowd), 14.73; Discus -- Powell (Downey), 171.7; Pole vault -- Hause (Montgomery), 7-6; 400 -- Gilliam (Pittsburg), 54.28; Shot put -- Holmes, (Tennyson), 38-3 1/2; 1600 -- L. Riedy (Mission San Jose), 5:08.2; 4x400 relay -- Morningside, 3:46.30.

##### Boys

100 -- Evans (Vallejo), 10.77; 110 HH -- Medearis (Hart), 14.45; Shot put -- Warren (St. Mary's), 54-0; Long jump -- Powell (McAteer), 22-6 1/2; 400 relay -- Muir, 42.15; 4x800 relay -- Bellarmine, 8:00.9; 400 -- Felton (Westmoor), 49.12; 800 -- Moore (Muir), 1:55.45; 800 relay -- Morningside, 1:29.12; Distance medley relay -- Santa Rosa, 10:36.9; 1600 -- Strahan (Hart), 4:18.3; Discus -- Warren (Berkeley), 156-0; 300 IH -- Haslip (Muir), 37.78; High jump -- Zielder (Bellarmine), 6-8; Pole vault -- Loraine (Petaltuma), 14-9; 3200 -- Bendzik (Mission San Jose), 9:37.3; Sprint medley relay -- Muir, 3:30.92.

#### Hampton-Phillips

San Jose City College, April 16, 1994  
From Robert Poynter (Silver Creek High School)



# PREP NOTES

## Boys

100--1. Ali Evans (Vallejo) 10.61, 2. Brent Varton (Menlo-Atherton) 10.92, 3. Calvin Bates (Valley) 10.97, 4. Lapriest Nance (Wilcox) 11.02, 5. Deltha O'Neal (Milpitas) 11.03, 6. Juan Cherry (Berkeley) 11.12 200--1. Ali Evans (Vallejo) 21.56, 2. Brent Varton (Menlo-Atherton) 22.03, 3. Todd Smith (San Jose Academy) 22.10, 4. Juan Cherry (Berkeley) 22.32, 5. Lapriest Vance (Wilcox) 22.48. 400--1. Todd Smith (San Jose Academy) 50.21, 2. Curry Green (Berkeley) 50.72, 3. Cory Brown (Valley) 51.19. 800--1. Alex Teakel (Bishop O'Dowd) 1:54.9, 2. Adam Ozarski (Granada) 1:55.3, 3. Dan Valley (Santa Teresa) 1:58.0.

1,600--1. Billy Harper (Unattached/Junction City, Oregon) 4:21.2, 2. Michail Jones (Livermore) 4:23.5, 3. Steve Immel (Livermore) 4:27.3. 3200--1. Jason Balkman (Lynbrook) 9:16.2, 2. Steve Immel (Livermore) 9:27.3, 3. Billy Harper (Unattached, Junction City, Oregon) 9:25.6, 4. Enrique Torres (Silver Creek) 9:33.2, 5. Tom Becker (Bellarmine) 9:33.8. 110HH--1. Coke Edmon (Bellarmine) 14.85, 2. Eric Imhoff (Paterson) 14.97, 3. Nam Doung (Silver Creek) 15.21, 4. Tommy Phillips (Lynbrook) 15.41. 400H--1. Coke Edmon (Bellarmine) 54.39, 2. Nam Doung (Silver Creek) 56.28, 3. Khalil Carter (Yerba Buena) 57.62.

4x100--1. Vallejo 42.42, 2. Wilcox 43.02, 3. Valley 43.13, 4. Bellarmine 43.15, 5. Milpitas 43.23, 6. Silver Creek 43.61. 4x400--1. Valley 3:20.67, 2. Vallejo 3:24.69, 3. Silver Creek 3:26.72, 4. Granada 3:26.98, 5. Homestead 3:27.68. 4x800--1. Bellarmine 8:02.0, 2. Independence 8:03.9, 3. Livermore 8:11.9.

HJ--1. James Nieto (Valley) 6-6, 2. Brendan Zeidler (Bellarmine) 6-6, 3. John Fernquest (St. Francis) 6-6, 4. Eric Newman (Wilcox) 6-4. PV--1. Barry Phan (Yerba Buena) 14-0, 2. Murry Harris (St. Francis) 13-6, 3. Jason Verges (San Ramon) 13-6. LJ--1. Adam Powell (McAteer) 23-9, 2. Jo Jo Wright (Silver Creek) 21-9 3/4, 3. Glenn Ecalne (Milpitas) 20-10. TJ--1. Eric Stalling (Bellarmine) 44-11, 2. Eddie Stevenson (Riordan) 43-3 1/4, 3. Montirus Garry (Vallejo) 43-1 1/2. SP--1. Jon Paxton (Moreau Catholic) 51-6, 2. Marc Mazona (Bellarmine) 49-4, 3. Rich Cook (Newark Memorial) 49-0. DT--1. Gordon Hovey (Monta Vista) 159-9, 2. Hyok Choe (Milpitas) 150-5, 3. Brad Perkins (Bellarmine) 140-0.

## Girls

100--1. Daveetta Shepherd (Kennedy, R.) 12.24, 2. Zhanet Holman (Valley) 12.32, 3. Turshika Bennett (Bishop O'Dowd) 12.4, 4. Tiffany Jackson (Vallejo) 12.51, 5. Ayana Grant (Bishop O'Dowd) 12.69. 200--1. Bisa Grant (Bishop O'Dowd) 24.64, 2. Veronica Woods (Independence) 25.06, 3. Daveetta Shepherd (Kennedy-R) 25.12, 4. Turshika Bennett (Bishop O'Dowd) 25.50, 5. Martina Za (Livermore) 25.74, 6. Jennifer Odom (Independence) 25.96, 7. Sylvia Pieslak (Menlo-Atherton) 26.02, 8. Kathy Gross (Independence) 26.15. 400--1. Veronica Woods (Independence) 57.77, 2. Africa Williams (Valley) 58.15, 3. Martina Ze (Livermore) 58.49, 4. Turshika Bennett (Bishop O'Dowd) 59.4, 5. Charon Stewart (Beacon) 1:00.15. 800--1. Lanasha McPherson (Silver Creek) 2:23.4, 2. C. Miles-Threat (Bishop O'Dowd) 2:24.1, 3. Dilly Dosanji (Ceres) 2:25.6.

1,600--1. Tina Bowen (San Ramon) 5:09.0, 2. Lakeisha Poole (Gunderson) 5:25.2, 3. Logan Hiroshima (Lowell) 5:25.7. 3200--1. Tina Bowen (San Ramon) 11:12.3, 2. Oasi Lucero (Lowell) 11:38.2, 3. Jamie Whitmore (Valley) 11:39.7, 4. Claire Byan (Archbishop Mitty) 11:48.7, 5. Anjelica Randall (Bishop O'Dowd) 11:50.2. 100HH--1. Bisa Grant (Bishop O'Dowd) 14.31, 2. Jennifer Odom (Independence) 14.7, 3. Chid-

era Madu (Valley) 14.95, 4. Jenny Berrien (Berkeley) 15.13, 5. Ayana Grant (Bishop O'Dowd) 15.37, 6. Mariel Triggs (Moreau Catholic) 15.64. 400LH--1. Kim Low (San Ramon) 1:06.42, 2. Mariel Triggs (Moreau Catholic) 1:08.10, 3. Charon Stewart (Beacon) 1:08.23.

4x100--1. Vallejo 48.54, 2. Valley 48.55, 3. Mt. Pleasant 50.74, 4. McAteer 50.76, 5. Kennedy-R 50.77, 6. Berkeley 50.83. 4x400--1. Valley 3:58.88, 2. Bishop O'Dowd 4:05.16, 3. Vallejo 4:09.91 4x800--1. Valley 9:49.4, 2. Lowell 10:12.0, 3. Willow Glen 10:39.4.

HJ--1. Amy Tan (Monte Vista) 5-4, 2. Callie Liment (Ceres) 5-4, 3. Heather Newton (Ceres) 5-2, 4. Karen Verpeet (Del Mar) 5-2. LJ--1. Cindy Pettibon (Gunderson) 17-1, 2. Dantelle Martin (Valley) 17-1, 3. Shirley Pagador (Wilcox) 16-4. TJ--1. Cindy Pettibon (Gunderson) 36-11 3/4, 2. Jakaria Stewart (Archbishop Mitty) 36-7 1/4, 3. Deaweh Timoteh (Valley) 36-5 1/2. SP--1. Nicole Brooks (Berkeley) 42-2, 2. Rashawanda Holmes (Tennyson) 39-4, 3. Michelle Jones (Bishop O'Dowd) 39-3, 4. Nora Tupito (Yerba Buena) 35-4. DT--1. Rashawanda Holmes (Tennyson) 120-11, 2. Nichole Brooks (Berkeley) 108-11, 3. Dony Vloo (Mt. Pleasant) 99-0.

## Youth Girls

1500--1. Amber McCrea (Silver State Striders) 4:58.3, 2. Ann Ricketts (Los Gatos TC) 5:04.6. 4x100--1. 3M TC 50.54.

## King City Invitational

April 10, 1994

## BOYS

Team scores -- Yerba Buena 76; 2, San Benito 58; 3, Paso Robles 55; 4, Monterey 52; 5 (tie), North Salinas and Arroyo Grande, 49; 7, Palma 31; 8, Salinas 30; 9, Overfelt 25; 10, King City 18.

Individual results -- Discus -- Jones (Arroyo Grande) 167-10; Pole vault -- Nguyen (Yerba Buena) 14-4; Long jump -- Kelly (Paso Robles) 21- 3/4; 110HH -- Mann (Monterey) :15.2; 440 relay -- Yerba Buena :45.0; Mile -- Del Rio (Overfelt) 4:41.4; 440 -- Blaney (San Benito) :50.7; Shot -- Matock (Palma) 53-10; High jump -- Harris (N. Salinas) 6-2; 100 -- Levinston (Seaside) 11.1; 880 -- Serrano (Salinas) 2:02.9; 330H -- Mann (Monterey) :39.8; 200 -- Blaney (San Benito) :23.0; Two mile -- Fernandez (Salinas) 10:08.9; Triple jump -- Macias (San Benito) 43-2 3/4; Mile relay -- Monterey 3:37.9.

GIRLS Teams-- Arroyo Grande 62; 2, Overfelt 53; 3, San Benito 51; 4, Salinas 46; 5, Gilroy 41; 6, Notre Dame-Salinas 38; 7, North Salinas 26; 8, Yerba Buena 20; 9, Saratoga 19; 10, Jefferson 18.

Individual results -- High jump -- Engelman (Saratoga) 5-0; Long jump -- Orjii (Arroyo Grande) 16-10 3/4; 100LH -- Barbaglia (Gilroy) :16.6; 440 relay -- Overfelt :52.0; Mile -- Pleyte (San Benito) 5:22.5; 440 -- Simpson (Overfelt) :58.7; 100 -- Walsh (Salinas) :12.8; Discus -- Wright (Paso Robles) 123-5; 880 -- Pleyte (San Benito) 2:28.0; 300LH -- Barbaglia (Gilroy) :49.6; 200 -- Simpson (Overfelt) :26.0; Triple jump -- Nicks (N. Salinas) 34-8; Two mile -- Pleyte (San Benito) 11:56.2; Shot -- Etuale (Jefferson) 41-11; Mile relay -- Overfelt 4:21.1.

## CCS Top 8 Classic

Los Gatos High School. April 21, 1994

Boys Teams--Bellarmine 57 1/2, 2. (tie) St. Ignatius and Los Gatos 44, 4. Wilcox 37, 5. Los Altos 32, 6. (tie) Gunn and Milpitas 29, 8. North Monterey County 22, 9. (tie) Lynbrook and Gunderson 20.

Individual Boys: 100--Isaac (Los Gatos) 10.86, 2.

Nance (Wilcox) 10.89, 3. O'Neal (Milpitas) 10.98, 4. (tie) Powell (Wilcox) and Varton (Menlo-Atherton) 10.99. 200--Isaac (Los Gatos) 21.93, 2. Varton (Menlo-Atherton) 22.22, 3. Nance (Wilcox) 22.35, 4. Smith (San Jose Academy) 22.38. 400--Smith (San Jose Academy) 49.19, 2. Starling (Milpitas) 49.27, 3. Cifelli (Los Gatos) 49.66, 4. Elbert (Serra) 49.68. 800--Williams (Gunn) 1:57.48, 2. Sikiric (Gunderson) 1:57.50, 3. Chen (Independence) 1:58.71, 4. Zacapa (Bellarmine) 1:58.80.

1,600--Sikiric (Gunderson) 4:20.02, 2. Dando (Bellarmine) 4:20.03, 3. Rossi (Harbor) 4:22.22, 4. Balkman (Lynbrook) 4:22.72. 3,200--Balkman (Lynbrook) 9:32.25, 2. Becker (Bellarmine) 9:32.31, 3. Cervantes (North Monterey County) 9:34.31, 4. Song (Bellarmine) 9:38.59. 110HH--Brown (Gunderson) 14.65, 2. Mann (Monterey) 14.68, 3. Phillips (Lynbrook) 14.94, 4. Meyer (Santa Cruz) 15.00. 300H--Elfert (Serra) 38.90, 2. Mann (Monterey) 39.32, 3. Meyer (Santa Cruz) 39.50, 4. Race (Soquel) 39.94.

400R--Wilcox 42.57, 2. Los Gatos 42.77, 3. Milpitas 43.02. 1,600R--Bellarmine 3:22.63, 2. Gunn 3:23.04, 3. Los Gatos 3:24.65.

HJ--Lahey (North Monterey County) 6-4, 2. (tie) Neumann (Wilcox) and Zeidler (Bellarmine) 6-4. PV--Slover (Leland) 15-9, 2. Haldezos (Mills) 14-0, 3. Scatena (Leland) 13-6, 4. Wenzholz (Gilroy) 13-6, 5. McNow (Hollister) 13-6. LJ--Powell (Carmel) 22-7, 2. Nord (Los Altos) 22-3 1/2, 3. Wong (Los Altos) 22-2 1/2, 4. Smith (San Jose Academy) 22-1 1/4. TJ--Nord (Los Altos) 46-10, 2. Stallings (Bellarmine) 46-5 3/4, 3. Larkin (St. Ignatius) 46-0, 4. Lahey (North Monterey County) 45-10 1/2. SP--DeMartini (St. Ignatius) 59-6 1/2, 2. Lewis (St. Ignatius) 54-4 1/2, 3. Nelson (St. Ignatius) 52-6 3/4, 4. Flick (St. Ignatius) 51-5 3/4. DT--DeMartini (St. Ignatius) 191-7, 2. Choe (Milpitas) 157-3, 3. Greenberg (Los Altos) 151-2, 4. Hazle (Los Gatos) 151-0.

Girls Teams--Los Gatos 67, 2. Independence 58, 3. St. Ignatius 35, 4. Santa Teresa 26, 5. Presentation 24, 6. Overfelt 23, 7. Los Altos 22, 8. Carmel 18, 9. Del Mar 15, 10. Jefferson 14.

Individual Girls: 100--Hay (Los Gatos) 12.21, 2. Pogue (Del Mar) 12.34, 3. Chu (Los Altos) 12.53, 4. Walsh (Salinas) 12.56. 200--Woods (Independence) 25.37, 2. Simpson (Overfelt) 25.78, 3. Pieslak (Menlo-Atherton) 25.98, 4. Walsh (Salinas) 26.16. 400--Woods (Independence) 56.12, 2. Simpson (Overfelt) 57.46, 3. Pieslak (Menlo-Atherton) 58.14, 4. Peterson (Harbor) 59.63. 800--Ruckriegel (Santa Teresa) 2:23.31.

1,600--Stavalone (Presentation) 5:04.47, 2. Allison (Leland) 5:10.34, 3. Pleyte (Hollister) 5:10.77, 4. Baldelli (St. Ignatius) 5:14.38. 3,200--1. Silva (Aptos) 11:23.32, 2. Renteria (Westmont) 11:27.66, 3. Sandoval (St. Ignatius) 11:31.94, 4. Allison (Leland) 11:32.84. 100HH--Odom (Independence) 14.65 (meet record), 2. Veeder (Los Gatos) 15.58. 300LH--Veeder (Los Gatos) 44.85, 2. Odom (Independence) 46.62, 3. Cafe (Santa Cruz) 47.00, 4. Sullivan (Santa Teresa) 47.62.

400R--Independence 48.06, 2. Los Gatos 49.34, 3. St. Ignatius 50.12. 1,600R--Independence 3:58.12, 2. Los Gatos 4:00.68, 3. Overfelt 4:09.91.

HJ--Farnady (Los Gatos) 5-6, 2. Larson (Carmel) 5-6, 3. Duffey (St. Francis) 5-4, 4. Smith (Santa Cruz) 5-2. LJ--Trauner (St. Ignatius) 17-5, 2. Burnham (Los Altos) 17-4 1/2, 3. Ponder (Del Mar) 17-4, 4. Warfield (San Lorenzo Valley) 17-2. TJ--Pettibon (Gunderson) 37-3 1/2, 2. Burnham (Los Altos) 35-7 1/2, 3. Dobroski (St. Ignatius) 35-6, 4. Ito (Fremont) 35-5 1/2. SP--Etuale (Jefferson) 42-6 1/4, 2. Bower (Gunn) 40-10, 3. Morrison (Presenta-



# PREP NOTES

tion) 36-0, 4. Sahourieh (Westmoor) 35-10 1/4. DT--Tulua (Carmel) 137-3, 2. Morrison (Presentation) 131-9, 3. Bower (Gunn) 129-11, 4. Etuale (Jefferson) 125-11.

## Bay Area Top 8 Invitational

James Logan High School, Union City, April 21, 1994

The wind was perpendicular to the straightaways. The sprints were legal, but the long and triple jumps were wind-aided.

### Boys

100--Marvin Love (Washington, Fremont) 10.98, 2. DeShawn Williams (Logan) 11.13, 3. Leon Callen (De La Salle) 11.16. 200--Marvin Love (Washington) 22.11, 2. Jijuan Cherry (Berkeley) 22.48, 3. De Shawn Williams (Logan) 22.55. 400--Marlon Monroe (St. Mary's) 49.91, 2. Curry Green (Berkeley) 50.38, 3. Wmnyimkuu Remo (Berkeley) 50.69. 800--Aaron Richberg (Logan) 1:55.34, 2. Alex Teakell (Bishop O'Dowd) 1:55.70, 3. Jon Hornsby (St. Mary's) 1:57.97.

1,600--Aaron Richberg (Logan) 4:24.11, 2. Micheil Jones (Livermore) 4:24.71, 3. Steve Immel (Livermore) 4:26.05. 3,200--Micheil Jones (Livermore) 9:30.1, 2. John Atwood (Castro Valley) 9:31.9, 3. Hector Delgado (Healdsburg) 9:35.7, 4. Jonathan Genant (Branson) 9:39.4, 5. Chris Maier (Amador Valley) 9:41.7. 110HH--Adeh DeSandi (Moreau) 15.46, 2. Dominique Caufield (Castro Valley) 15.48, 3. Casey Turner (Monte Vista) 15.50. 300IH--Khalil Carter (Yerba Buena) 40.76, 2. Richard Johnson (Mt. Pleasant) 41.04, 3. Bryan Click (Logan) 41.30.

400R--Berkeley 43.00, 2. Logan 44.34, 3. De La Salle 44.83. 1,600R--Berkeley 3:18.79, 2. Logan 3:25.00, 3. Bishop O'Dowd 3:26.25.

HJ--Matt Hurd (Antioch) 6-6, 2. Tim Andre (Sonoma) 6-4, 3. Casey Turner (Monte Vista) 6-4. PV--Tim Taylor (Acalanes) 14-6, 2. Rene Lorqine (Petaluma) 14-0, 3. Barry Pham (Yerba Buena) 14-0, 4. Lorenzo Rodriguez (Mt. Pleasant) 14-0, 5. David Nguyen (Yerba Buena) 13-6, 6. Mike Rothling (Castro Valley) 13-6. LJ--Andrey Silva (Kennedy) 21-8, 2. Joe Cokes (Berkeley) 21-2 1/2, 3. Ron Richardson (Logan) 21-1. TJ--Gary Smith (Logan) 45-6 1/2, 2. Sal Grewal (Irvington) 44-9, 3. Josh Leng (Bishop O'Dowd) 44-7 1/2, 4. Nghia Nguyen (Yerba Buena) 44-0. SP--Ihsan Warren (St. Mary's) 54-8, 2. Jon Paxton (Moreau) 50-11, 3. John Zukoski (California) 50-6. DT--Dave Spitz (Monte Vista) 158-8, 2. Ihsan Warren (St. Mary's) 156-3, 3. Lino Campanile (Mt. Diablo) 150-7.

### Girls

100--Bisa Grant (Bishop O'Dowd) 12.19, 2. Jernae Wright (Logan) 12.28, 3. Tricia Jacinto (Washington) 12.53, 4. Nequilla Goods-Guidry (Logan) 12.65. 200--Kelli White (Logan) 24.47, 2. Bisa Grant (Bishop O'Dowd) 24.72, 3. Turshica Bennett (Bishop O'Dowd) 25.70, 4. Tricia Jacinto (Washington, Fremont) 26.28, 5. Nequilla Goods-Guidry (Logan) 26.30. 400--Kelli White (Logan) 57.39, 2. Turshica Bennett (Bishop O'Dowd) 57.57, 3. Crystal Miles-Threat (Bishop O'Dowd) 58.59, 4. Zarinah Tillman (Foothill) 59.70. 800--Tiffany Roberts (Carondelet) 2:16.72, 2. Ashley Monahas (Amador Valley) 2:16.89, 3. Candice Miles-Threat (Bishop O'Dowd) 2:18.92, 4. Monica Van Wegan (Amador Valley) 2:20.10, 5. Lisa Morrison (Amador Valley) 2:20.79, 6. Megan Goddard (Carondelet) 2:23.35, 7. Veronica Harrah (Sonoma Valley) 2:23.40.

1,600--Kasia Nowack (Newark) 5:15.87, 2. Sara Jakel (Sonoma Valley) 5:18.76, 3. Michelle Kiyono (Logan) 5:33.02. 3,200--Kristen Gordon (Carondelet) 11:04.84, 2. Sara Jakel (Sonoma Valley) 11:30.50, 3.

Courtney Surdin (Yerba Buena) 11:50.42, 4. Mechelle Martin (Acalanes) 11:54.83. 100HH--Sunshinne Peterson (Logan) 14.84, 2. Ayana Grant (Bishop O'Dowd) 15.04, 3. Mariel Triggs (Moreau) 15.33, 4. Jenny Berrien (Berkeley) 15.42, 5. Kim Couvson (American) 15.47. 300H--Ayana Grant (Bishop O'Dowd) 45.33, 2. Kim Couvson (American) 46.14, 3. Sunshinne Peterson (Logan) 46.63, 4. Mariel Triggs (Moreau) 47.61.

400R--Logan 47.57, 2. Bishop O'Dowd 47.80, 3. Washington, Fremont 50.41. 1,600R--Bishop O'Dowd 3:57.14, 2. Amador Valley 3:57.94, 3. Carondelet 4:00.17, 4. Logan 4:03.71.

HJ--Jamilla Churchill (Bishop O'Dowd) 5-4, 2. Alicyn Chappelle (Logan) 5-4, 3. Karen Townsend (Logan) 5-0. LJ--Jernae Wright (Logan) 18-5, 2. Hadiya Green (Logan) 17-10 3/4, 3. Carey Moyles (Washington, Fremont) 17-6 1/4, 4. Amanda Bauer (Mission) 16-10 1/2. TJ--Andrea Lacson (Logan) 37-7 3/4, 2. Hadiya Green (Logan) 37-2 3/4, 3. Carey Moyles (Washington) 36-3 1/2, 4. Amanda Bauer (Mission) 35-4, 5. Sara Langendorff (Amador Valley) 35-0 3/4. SP--Nicole Brooks (Berkeley) 41-5, 2. Rashawnda Holmes (Tennyson) 36-9, 3. Kristen Gabbard (Novato) 36-2, 4. Nora Tupito (Yerba Buena) 35-9, 5. Michelle Jones (Bishop O'Dowd) 35-7. DT--Rashawnda Holmes (Tennyson) 136-11, 2. Nicole Brooks (Berkeley) 129-7, 3. Serwa Dadzie (Newark) 122-10, 4. Tuere Anderson (Mission) 121-6, 5. Nora Tupito (Yerba Buena) 111-4, 6. Kelli Crouch (Petaluma) 110-4.

## Charlie Eaton Relays

Acalanes High School, Lafayette, April 29, 1994

Boys Teams--1. Castro Valley 48, 2. De La Salle 44, 3. Monte Vista 34, 4. Piedmont 31, 5. San Marin 23.

Individual Boys: 100--1. Leon Callen (De La Salle) 11.16, 2. Jerome Spence (St. Mary's) 11.48, 3. Bret Victor (Castro Valley) 11.65. 2 Mile--1. Steve Brown (Piedmont) 9:47.65, Chris Maier (Amador Valley) 9:52.31, 3. Randy Maestretti (De La Salle) 9:57.3. 110HH--1. Dom Canfield (Castro Valley) 15.3, 2. Casey Turner (Monte Vista) 15.4, 3. Adeh DeSandies (Moreau) 15.5.

4x100--1. De La Salle 44.47, 2. Castro Valley 44.66, 3. Monte Vista 45.38. 4x220--1. San Marin 1:34.8, 2. Castro Valley 1:35.1, 3. Monte Vista 1:35.9. 4x880--1. Castro Valley 8:14.6, 2. Amador Valley 8:15.1, 3. De La Salle 8:15.2. 4xMile--1. Piedmont 18:28.96, 2. De La Salle 18:31.66, 3. Campolindo 19:08.16.

HJ--1. Jeff Bond (Piedmont) 6-8, 2. Casey Turner (Monte Vista) 6-6, 3. Peter French (Miramonte) 6-4. PV--1. Tim Taylor (Acalanes) 14-0, 2. Jason Verges (San Ramon) 13-0, 3. Peter De La Cruz (De La Salle) 12-6. LJ--1. Kirk Mead (Northgate) 22-0, 2. Jerome Spence (St. Mary's) 21-3 1/2, 3. Clifton Ma (Las Lomas) 20-10. TJ--1. Josh Leng (Bishop O'Dowd) 44-10 1/2, 2. Brian O'Toole (Northgate) 43-3 3/4, 3. Jeff Bond (Piedmont) 42-7. SP--1. Ihsan Warren (St. Mary's) 55-0, 2. Drew Anderson (Monte Vista) 50-3, 3. Jon Paxton (Moreau) 49-9 1/2. DT--1. Ihsan Warren (St. Mary's) 156-10, 2. Lino Campanile (Mt. Diablo) 141-4 3/4, 3. Jon Paxton (Moreau) 137-0 1/2.

Girls Teams--1. Carondelet 49, 2. Amador Valley 42, 3. Bishop O'Dowd 31, 4. Acalanes 23 1/2, 5. Monte Vista 22.

Individual Girls: 100--1. Brandee Grant (Holy Names) 13.11, 2. Venus James (Bishop O'Dowd) 13.19, 3. Tracie Banks (Campolindo) 13.24. 2 Mile--1. Tina

Bowen (San Ramon) 10:49.9, 2. Kristen Gordon (Campolindo) 10:54.4, 3. Stephanie Kolberg (Monte Vista) 11:19.0, 4. Amber Robinson (Las Lomas) 11:29.8, 5. Dana Mantraga (Castro Valley) 11:43.0. 100HH--1. Mariel Triggs (Moreau) 15.72, 2. Lisa Bell (Liberty) 16.64, 3. Jeanie Minton (Acalanes) 16.93.

4x100--1. Carondelet 50.65, 2. Bishop O'Dowd 51.69, 3. Acalanes 52.18. 4x220--1. Amador Valley 1:46.0, 2. Bishop O'Dowd 1:48.0, 3. Carondelet 1:50.0. 4x880--1. Amador Valley 9:32.2MR, 2. Carondelet 9:56.5, 3. College Park 10:19.9. 4xMile--1. Monte Vista 22:17.81, 2. Carondelet 22:24.36, 3. Northgate 23:02.46.

HJ--1. Jamilla Churchill (Bishop O'Dowd) 5-7, 2. Traci Banks (Alhambra) 5-2, 3. (tie) Erin Nichols (Acalanes) and Ann Mitchell (Moreau) 5-0. LJ--1. Molly West (San Marin) 16-11 1/4, 2. Lisa Bell (Liberty) 15-11, 3. Katy Weston (College Park) 15-9 1/2. TJ--1. Wendy Nielsen (Liberty) 34-5, 2. Jeanie Minton (Acalanes) 34-3, 3. A. Hsieh (Northgate) 34-2 1/4. SP--1. Nicole Brooks (Berkeley) 41-3, 2. Michelle Jones (Bishop O'Dowd) 37-4, 3. Keisha Johnson (Antioch) 33-8. DT--1. Nicole Brooks (Berkeley) 121-11, 2. Deshena Childs (College Park) 108-11, 3. Toni Tillman (Benicia) 104-3.

## Sacramento Meet of Champions

American River College, Sacramento, May 7, 1993

### Boys

100 (wind +0.78)--1. Ali Evans (Vallejo) 10.58, 2. Tony Bray (Kennedy) 10.75, 3. Calvin Bates (Valley) 10.83, 4. Edward Coleman 10.97, 5. DeShawn Williams (Logan) 11.06, 6. J'Sharlon Jones (Skyline) 11.07, 7. Dee Moronkola (De Anza) 11.10. 200 (+0.45)--1. Ali Evans (Vallejo) 21.37, 2. James Davis (Wood) 21.47, 3. Tony Bray (Kennedy, Sacramento) 21.82, 4. Tyree Reed (De Anza) 22.33, 5. Ben Thomas (Woodland) 22.42. 400--1. James Davis (Wood) 47.33, 2. Kenny Gowan (Oakmont) 48.52, 3. Tim Brown (McClymonds) 49.29, 4. Tyree Reed (De Anza) 49.32. 800--1. Aaron Richberg (Logan) 1:54.34, 2. Eric Caldwell (Merced) 1:55.32, 3. Bryan Bevan (Woodland) 1:56.32, 4. Jonevan Hornsby (St. Mary's, Berkeley) 1:57.69, 5. Cory Trento (Paradise) 1:59.05, 6. Joel Young (St. Mary's, Berkeley) 1:59.50.

1,600--1. Alex Teakell (Bishop O'Dowd) 4:16.39, 2. Michiel Jones (Livermore) 4:16.80, 3. Chris Maier (Amador Valley) 4:17.35, 4. Darren Holman (Sonora) 4:18.74, 5. Greg Phister (Davis) 4:19.31, 6. Micael Blair (Napa) 4:21.15, 7. Tim Hodnett (El Dorado) 4:22.46, 8. Jorge Santoscoy (Woodland) 4:23.99, 9. Steve Brown (Piedmont) 4:25.38, 10. Matt Batchelor (Merced) 4:26.91. 3,200--1. Mike Stember (Jesusit) 9:10.9, 2. Konrad Knutsen (Del Campo) 9:17.5, 3. Steve Immel (Livermore) 9:18.6, 4. Chris Maier (Amador Valley) 9:30.4, 5. David Alexis (Fairfield) 9:33.3, 6. Scott Abbott (Jesusit) 9:34.4. 110HH (+0.01)--1. Anthony Montgomery (St. Mary's, Berkeley) 14.48, 2. Eric Imhoff (Patterson) 14.82, 3. David Mooman (Valley) 15.12, 4. Kyle O'Neill (Bella Vista) 15.18, 5. Norm Woods (Del Campo) 15.18, 6. John Welch (Merced) 15.34, 7. Brian Click (Logan) 15.41. 300IH--1. Anthony Montgomery (St. Mary's) 37.9, 2. Eric Gilson (Valley) 39.0, 3. John Welch (Merced) 39.7, 4. Chris Lackey (Nevada Union) 39.8, 5. Mike Franklin (Encina) 40.3.

4x100--1. Vallejo 41.70, 2. Grant 42.11, 3. Valley 42.44, 4. Wood 42.45, 5. Kennedy, Sacramento 42.52, 6. De Anza 42.54, 7. Skyline 42.60. 4x400--1. Vallejo 3:17.7, 2. Bear Creek 3:17.7, 3. Merced 3:17.7, 4. Valley 3:17.7, 5. Logan 3:20.5, 6. St. Mary's, Berkeley 3:20.7, 7. Wood 3:22.6, 8. De Anza 3:24.3.



# PREP NOTES

High Jump--1. Jerrod Johns (Vallejo) 6-7, 2. Jeff Bond (Piedmont) 6-5, 3. James Nieto (Valley) 6-5. Pole Vault--1. Bevan Hart (Christian Brothers) 15-0, 2. Jeff Beam (Los Banos) 14-6, 3. Eric Barden (Nevada Union) 14-0, 4. Tim Taylor (Acalanes) 14-0, 5. Brian Wiest (Oakmont) 14-0, 6. Matt Morcus (Los Banos) 13-6, 7. Corby Wright (Bear Creek) 13-6. Long Jump--1. Chris Ferrera (Oak Ridge) 23-0, 2. Keith Bussey (Center) 21-4, 3. Jerrod Johns (Vallejo) 21-1 1/2. Triple Jump--1. Peter Slater (Pleasant Valley) 46-3, 2. Anthony Van Dyke (Burbank) 44-8 1/2, 3. Josh Leng (Bishop O'Dowd) 44-5, 4. Keith Bussey (Center) 44-3 1/2. Shot Put--1. Ishan Warren (St. Mary's, Berkeley) 55-6 1/2, 2. Joe Borges (Elk Grove) 54-1 3/4, 3. Chris Cate (Casa Roble) 53-2 1/4, 4. Kari Hamalanin (Mariposa) 52-3, 5. John Scuffy (Casa Roble) 51-7 1/4, 6. Jed Wuest (El Camino) 50-1 3/4. Discus--1. Karl Hamalainen (Mariposa) 165-11, 2. Denton Kelly (Jesusit) 163-9, 3. Solomon Kailihiwa (Jesusit) 162-1, 4. Ishan Warren (St. Mary's, Berkeley) 158-2, 5. Zach Wirth (Woodland) 158-1, 6. Larry Saner (Del Campo) 157-1.

## Girls

100 (+0.86)--1. Kelli White (Logan) 11.94, 2. Jer-nae Wright (Logan) 12.09, 3. Zhanet Holman (Valley) 12.30, 4. Nequilla Goods-Guidry 12.38, 5. Aisha Wallace (Skyline) 12.39, 6. Jamala Stallworth (Grant) 12.40, 7. Jonquienne Maker (Burbank) 12.47. 200 (+1.06)--1. Kelli White (Logan) 23.80, 2. Angela Harris (Skyline) 23.99, 3. Jamara Stallworth (Grant) 25.46, 4. Jonquienne Maker (Burbank) 25.72, 5. Martina Ze (Livermore) 25.81, 6. Myesha Kirtman (Lowell) 26.05. 400--1. Africa N.-Williams (Valley) 55.98, 2. Martina Ze (Livermore) 56.59, 3. Kaselah Crockett (Skyline) 56.71, 4. Turshica Bennett (Bishop O'Dowd) 57.29, 5. Crystal Miles-Threat (Bishop O'Dowd) 57.4, 6. Nadine Donaldson (Valley) 57.7, 7. Reyna Goodwin (Skyline) 58.4, 8. Monique Glass (Kennedy, Sacramento) 59.0, 9. Alicia Lyon (East Union) 59.2. 800--1. Ashley Monahan (Amador Valley) 2:15.12, 2. Brook Yerman (Paradise) 2:16.54, 3. Rebecca Redon (Nevada Union) 2:17.14, 4. Candace Miles-Threatt (Bishop O'Dowd) 2:18.64, 5. Tanya Andrews (Del Campo) 2:18.99, 6. Monica Van Wegen (Amador Valley) 2:17.22, 7. Anna Rensi (Skyline) 2:20.85.

1,600--1. Elisa Riedy (Mission San Jose) 4:54.25, 2. Lori Reidy (Mission San Jose) 4:59.22, 3. Joanna Cerri (Downey) 5:07.31, 4. Sara Jakel (Sonoma Valley) 5:12.28, 5. Jamie Whitmore (Valley) 5:13.09, 6. Logan Hiroshima (Lowell) 5:17.86, 7. Eman Barfield (Skyline) 5:19.80, 8. Saskia Cornes (Davis) 5:19.87, 9. Angie Milner (Modesto) 5:21.24. 3,200--1. Sarah Dickerman (Del Campo) 10:53.9, 2. Sara Jakel (Sonoma Valley) 11:17.8, 3. Oasii Lucero (Lowell) 11:21.2, 4. Talia Starkey (Del Oro) 11:24.6, 5. Jamie Whitmore (Valley) 11:28.9, 6. Jenny Schindler (Ponderosa) 11:34.5, 7. Magi Martinez (Wood) 11:39.5. 100HH (+0.81)--1. Bisa Grant (Bishop O'Dowd) 14.29, 2. Sunshine Petersen (Logan) 14.49, 3. Felicia Stone (Kennedy) 14.57, 4. Ayana Grant (Bishop O'Dowd) 14.74, 5. Chidera Madu (Valley) 14.82, 6. Deswah Totthem (Valley) 14.88. 300H--1. Sunshine Petersen (Logan) 44.82, 2. Felicia Johnson (Merced) 45.04, 3. Ayana Grant (Bishop O'Dowd) 45.25, 4. Chidera Madu (Valley) 45.41, 5. Sakai Metcalf (Skyline) 46.07, 6. Felicia Stone (Kennedy, Sacramento) 46.17.

4 X 100--1. Skyline "A" 46.19, 2. Logan 46.84, 3. Bishop O'Dowd 47.06, 4. Valley 48.19, 5. Skyline "B" 48.75, 6. Highlands 49.3ht. 4 X 400--1. Skyline "A" 3:44.15, 2. Bishop O'Dowd 3:50.64, 3. Logan 3:52.72, 4. Amador Valley 3:52.72, 5. Valley 3:55.57, 6. Skyline "B" 4:22.89, 7. Highlands 4:10.48.

High Jump--1. Jamila Churchill (Bishop O'Dowd) 5-6, 2. Alicyn Chappelle (Logan) 5-4, 3. Tait Holden (Wood) 5-2, 4. Amanda Boice (Cordova) and Callie Lamont (Ceres) 5-2, 6. Amy Swartout (Cordova) 5-2. Long Jump--1. Jermae Wright (Logan) 18-2 1/2, 2. Michelle Reid (Folsom) 18-1 1/2, 3. Julie Bates (Grace Davis) 16-8. Triple Jump--1. Michelle Reid (Folsom) 39-0, 2. J. Test (Bret Harte) 37-8 1/4, 3. S. Coleman (Corning) 36-2 1/2, 4. K. Childress (Cordova) 36-0 1/2, 5. A. Lacson (Logan) 35-11 1/2, 6. F. Johnson (Merced) 35-8 1/2. Shot Put--1. Rashawnda Holmes (Tennyson) 39-5 1/2, 2. Jeannie Tufu (Hogan) 38-8 1/2, 3. Michelle Jones (Bishop O'Dowd) 37-11 1/4, 4. Kerri Gilbert (Atwater) 37-11, 5. Lynn Smith (Mariposa) 37-0, 6. Marisela Rooney (Woodland) 36-0. Discus--1. Suzy Powell (Downey) 179-1, 2. Jeannie Tufu (Hogan) 138-10, 3. Rashawnada Holmes (Tennyson) 126-11, 4. Penny Hansen (Nevada Union) 117-9, 5. Karrie Gilbert (El Dorado) 110-6, 6. Marisela Rooney (Woodland) 109-1.

## SOUTHERN CALIFORNIA RESULTS

From Doug Speck

### Southern Section - League Finals Highlights

#### Div I

#### Almont League

(Men) - 800m Granville (Bell Gardens) 1:56.2. Bay League. (Men) - 110mHH - Murphy (Santa Monica) 14.4 (nwi). 400m Re - Hawthorne 42.0, Leuzinger (Lawndale) 42.4.

(Wom) - 3200m - Mehlberg (Peninsula, Roll Hills) 11:15.2.

#### Citrus Belt

(Men) - Johnson (Redlands) 10.39 (wind legal), Birks (Eisenhower, Rialto) 10.69. 200m - Johnson 20.9. HJ - Lloyd (Eisenhower, Rialto) 7-0. LJ - Lloyd 24-8 1/4 (downhill pit). SP - Austin (Eisenh, Rj) 54-10 1/2. 400m Re - Eisenhower (Rialto) 42.73, Redlands 42.97, Apple Valley 43.13. 1600m Re - Redlands 3:20.80. (Wom) 100m - McDaniel (Eisenhower, Rialto) 12.35. 110mH - Rogers (Apple Valley) 15.06. Anderson (Eisenhower, Rialto) 18-0 1/2 (nwi). 400m Re - Eisenhower (R) 48.69.

#### Foothill

(Men) Wenz (Canyon, Canyon Country) 1:54.4. Paragas (Hart, Newhall) 1:56.7. 1600m - Strahan (Hart, Newhall) 4:20.2. 110mHH - Medearis (Hart, Newh) 14.2 (nwi). 300mH - Medearis 37.8.

(Wom) - 800m de la Cerda (Hart) 2:19.0. 1600m - de la Cerda 5:15.1.

#### Golden

(Men) - 100m - Searcy (Quartz Hill) 10.92 (nwi). (Wom) - 100m - Perry (Quartz Hill) 12.28 (wni).

#### Marmonte

(Men) - 800m - Marsden (Thousand Oaks) 1:57.15. 1600m - Fischer (TO) 4:16.94, Marsden (TO) 4:18.09. 3200m - Fischer (TO) 9:18.77, Hernandez (Camarillo) 9:21.55. HJ - Fischer (Camarillo) 6-8. SP - Blecher (Agoura) 56-5. DT - Schaeffer (Camarillo) 163-5. 400m Re Thousand Oaks 43.56.

(Wom) 1600m - Mortensen (TO) 5:05.72, Nekota (Agoura) 5:08.32. 3200m - Mortensen 11:11.05, Nekota 11:13.33. SP - Tuimoloau (Channel Islands, Oxnard) 46-1 1/2.

#### Moore

(Men) - 100m - Gibbens (Jordan, LB) 10.73w, Murphy (Poly, LB) 10.75w. 200m - Murphy (Poly, LB) 21.76w, Gibbons (Jordan, LB) 21.77w. 800m - Lopez (Compton) 1:56.52. 110mHH - Rambo (Poly, LB) 14.44w, Patterson (Poly, LB) 14.48w. 300mH - Rambo (Poly, LB) 38.07. LJ - Hampton (Poly, LB) 22-9. TJ - Anderson (Poly, LB) 46-9. 400m Re - Poly (LB) 42.25, Jordan (LB) 42.60. 1600m Re - Poly 3:23.34.

(Wom) - 100m - Backus (Wilson, LB) 11.48w, Haddad (Poly, Long Beach) 11.67w, Anderson (Poly, LB) 12.01w. 200m - Backus 23.49w, Haddad 23.63w, Anderson 25.50w. 400m - M. Williams (Poly, LB) 57.21. 800m - Rhetta (Poly, LB) 2:18.79. 100mH - Myrett (Wilson, LB) 15.35. 300mLH - Janelle Nelson (Wils, LB) 45.68. LJ - Simpson (Poly, LB) 19-5 1/2w. TJ - Roberson (Wils, LB) 36-4 1/4w. 400m Re - Wilson (LB) 46.89, Poly (LB) 47.37. 1600m Re - Poly 3:51.39.

#### Mt. Baldy

(Men) - 200m McDonald (Chaffey, Ontario) 21.9 (nwi). 400m - Campbell (Alta Loma) 48.5. 400m Re - Ontario 43.5.

(Wom) - 100m - Sims (Etiwanda) 11.91 (nwi), Taylor (Etiw) 12.07. 200m - Sims 24.5, Taylor (Etiwanda) 24.6. 400m - Bowling (Etiw) 58.2.

#### Pacific (all wind legal)

(Men) - 100m Carr (Muir, Pasadena) 10.6, McAlister (Pasadena) 10.7, Baldwin (Muir) 10.7. 200m - Carr 21.7. 400m - Moore (Muir frosh) 49.2 (47.8 pre). 3200m - Gonzalez (Crescenta Valley, La Cresc) 9:36.9. 110mHH - Haslip (Muir, Pas) 14.2, Holmes (Muir) 14.7. 300mH - Haslip 37.2, Holmes 38.1, Quintero (Glendale) 38.7. LJ - McAlister 22-11. 400m Re - Muir (Pas) 42.5, Pasadena 43.5. 1600m Re - Muir 3:22.1.

(Wom) 100m - Sumpter (Muir, Pas) 11.7, Rhemm (Muir) 12.2. 200m - Sumpter 24.2, Lee (Muir) 25.5. 400m - Ekeke (Glendale) 57.9. 1600m - Echols (Glendale) 5:18.9. 3200m - Echols 11:33.7. 100mH - Moten (Muir) 14.8, Roberts (Muir) 14.9. 300mLH - Rhemm 44.9, Moten 45.0. TJ - Roberts 38-11 3/4. 400m Re - Muir 47.2. 1600m Re Muir 3:56.1.

#### San Gabriel Valley (no wind info)

(Men) 100m - Taylor (Dominguez, Compton) 10.92. 110mHH - Castillo (Lynwood) 14.89, Betis (Paramount) 14.89. 300mH - Anderson (Warren, Downey) 38.58. 400m Re - Dominguez (Compton) 42.11, Gahr (Cerritos) 42.82. 1600m Re - Dominguez 3:22.1.

(Wom) Williams (Dominguez) 12.2. 200m - Williams 25.3. 100mH - McKelvy (Gahr, Cerritos) 15.23.

#### Sierra (no wind info)

(Men) Hatcher (Diamond Bar) 10.6, Calime (Ayala, Chino) 10.7, Rudolph (West Covina) 10.7. 200m - Russell (Diamond Bar) 21.4, Hatcher 21.4. 400m - Russell 48.6. 800m - Teeson (Ayala) 1:55.6, Reyes (Nogales, La Puente) 1:56.6. 3200m - McLarty (Ayala) 9:37.8. 110mHH - Johnson (Nogales, LP) 14.1, McClure (Rowland) 14.2. 300mH - Johnson 38.3. 400m Re - West Covina 42.6. 1600m Re - Rowland 3:21.5.

(Wom) 100m - Walden (W Cov) 12.1. 200m - Walden 25.2. SP - Lauul (Nogales) 41-6. DT - Lauul 132-3.

#### South Coast (no wind info)

(Men) 100m - Harrison (Dana Hills) 10.94. 800m - Morgan (Mission Viejo) 1:56.92. 1600m - Morgan 4:20.74. 3200m - Sanchez (Capistrano Valley, Mission Viejo) 9:37.7. 300mH - Harr (El Toro) 38.97.

(Wom) 1600m - Dollar (San Clemente) 5:11.5. 3200m - Dollar 11:12.0, Mayes (Capistrano Valley, Mission Viejo) 11:14.3. 300mLH - Merkle (Mission Viejo) 45.85.

#### Sunbelt (no wind info)

(Wom) 300mLH - Edwards (Moreno Valley) 45.88.



# PREP NOTES

LJ - Edwards 5-6.

**Baseline** (no wind info)

(Men) 100 - Reyes (Chino) 10.86. 110HH - Burleigh (Upland) 14.71. HJ - McGinnis (Chino) 6-6. LJ - Reyes 24-0. SP - Lingenfelter (Claremont) 59-3, Schmidt (Alta Loma) 55-0.

(Women) 400m - Rodriguez (Chino) 58.47. 1600m - Ebner (St. Lucy's, Glendora) 5:15.9. 3200m - Ebner 11:29.51. LJ - Domico (Claremont) 17-10.

**Century** (no wind info)

(Men) 800 - Taub (Foothill, Santa Ana) 1:54.8, Clark (El Modena, Orange) 1:55.4. 1600m - Martinez (Orange) 4:19.6. 3200m - Martinez 9:15.5. HJ - Langley (Canyon, Anaheim) 6-6. PV - Bain (Foothill, SA) 14-7. (Wom) 100 - Oettinger (Foothill, SA) 12.2, Reppe (Villa Park) 12.2. 200m - Reppe 25.4. 400m - Orejel (Santa Ana Valley) 58.4, Oettinger (Foothill, SA) 58.9. 3200m - Nelson (Canyon, Anaheim) 11:23.2. 300mLH - Moore (Orange) 45.2.

**Channel** (no wind info)

(Men) 100m - Pipersburg (Santa Barbara) 10.7. 200m - Jay (Ventura) 21.6, Ridgell (San Marcos, Santa Barbara) 21.7, Pipersburg 21.8. 400m - Ramsey 48.0. 300mH - Walsh (Ventura) 38.5. (Wom) 200m - Wasden 25.2. 1600m - Cobb (Santa Barbara) 5:10.0. 3200m - Rodriguez (Oxnard) 11:21.1. 100mH - Wasden 14.4. 300mLH - Waden 44.5, Hebert (Buena, Ventura) 45.1.

**Del Rio** (no wind info)

(Men) HJ - Nelson (Whittier) 6-6.

**Empire** (no wind info)

(Men) 3200 - Moreno (Katella, Anaheim) 9:39.63. 300mH - Hector (Esperanza, Anaheim) 39.10. HJ - Johnson (Los Alamitos soph) 6-8, Chaptman (Esperanza) 6-8. 400m Re - Esperanza 42.97.

(Wom) 100 - Mercer (Loara, Anaheim) 12.32. 1600m - Pugmire (Esperanza, Ana) 5:14.51. 3200m - Caulkins (Esperanza, Anaheim) 11:32.72. 100mH - Jones (Esperanza) 15.01. 300mLH - Walker (El Dorado, Esperanza) 45.65. HJ - Kierulff (Esperanza, Anah) 5-9. LJ - Kierulff 18-3 3/4.

**Freeway** (no wind info)

(Men) 100m - McDonald (Buena Park) 10.97. (Wom) 3200m - Garritson (Sunny Hills, Fullerton) 11:05.53.

**Garden Grove**

(Men) 800 - Balderas (Garden Grove) 1:57.32. SP - Sianez (Los Amigos, Garden Grove) 55-2.

**Ivy** (wind legal)

(Men) 100m - Howard (Canyon Springs, Moreno Valley) 10.49 (wind legal). 200m - Howard 21.47. LJ - Lewis (Riverside Poly) 23-3 1/4. SP - Johnson (Riverside Poly) 56-8. DT - Johnson 168-7.

(Wom) 100 - Ali (Canyon Springs, Mor V) 12.40. 200m - Ali 25.29. 100mH - Hayes (North, Riverside) 14.76. 300mLH - Hayes 45.84.

**Miramonte** (no wind info)

(Men) 100m - London (Walnut) 10.7. HJ - Pitchford (Charter Oak, Covina) 6-8.

(Wom) 100m - David (Charter Oak, Covina) 11.8, Wallace (Garey, Pomona) 11.9. 200m - David 24.5. LJ - Jones (Walnut) 18-0. TJ - Hughes (Ganesha, Pom) 36-8 3/4, Jones 36-6.

**Mountain View**

(Wom) 400m - Enriquez (Corona) 58.90.

**Northern** (no wind info)

(Men) Bryan Jones (Arroyo Grande) 14.3. SP - Sverchek (San Luis Obispo) 56-9 1/2, Chad Jones (AG) 56-3 1/2. DT - Jones 162-6.

(Wom) 100m - Bryant (Lompoc) 11.6, Degen (Arroyo Grande) 11.9. 200m - Salim (Lomp) 25.1, Bryant 25.1. LJ - Orijji (AG) 18-4, White (SLO) 17-9 1/2. SP -

White (San Luis Obispo) 39-1/2. DT - Lopez 139-3. 400m Re - Lompoc 48.66.

**Orange**

(Men) 800m - Mochon (Brea) 1:57.8.

**San Andreas**

(Men) 800m - Romero (Colton) 1:56.5, Etheridge (Barstow) 1:56.8.

(Wom) 400m - Carter (Cajon, San Bern) 47.8.

**Seaview** (no wind info)

(Men) 800 - Rommelfanger (Woodbridge, Irv) 1:57.15. TJ - Curry (Tustin) 47-8 1/2. SP - Tift (Newport Harbor, Newport Beach) 61-6, Gonzalez (Newport) 58-1, Bodholt (Irv) 56-8. DT - Gonzalez (Newport) 177-9, Sharif (University, Irvine) 162-2. 400m Re - Woodbridge (Irv) 42.98.

(Wom) 3200m - Clark (Corona del Mar, Newport Beach) 11:25.66. 100mH - Novak (Santa Margarita, Rancho SM) 15.18, Stovall (Woodbridge, Irv) 15.19. SP - Gina Heads (Newport Harbor, Newport Beach) 41-8, Burgess (Woodbridge, Irv) 40-3. DT - Gina Heads 139-6, Burgess 135-4.

**Del Rey** (no wind info)

(Men) Sermons (Bishop Amat, La Puente) 10.6, McCutcheon (Bishop Amat) 10.7. 200m - Sermons 21.8.

(Wom) 200m - Parks (Pius X, Downey) 25.0. 400m - Bernestine (Pius X, Downey) 57.7.

**Mission**

(Men) 800m - Duff (Loyola, L.A.) 1:57.41.

(Wom) 400m - Edmonson (St. Bernard, Playa del Rey) 56.25, Anwuri (Bishop Montgomery, Torr) 56.80.

**Ocean**

(Men) Butler (Morningside, Inglewood) 10.5, Taylor (Morningside) 10.8. 400m - Reed (Mornings) 48.8, Suggs (Mornings) 48.8. 300mH - Rossi (Mira Costa, Manhattan Beach) 38.9. LJ - Suggs 23-4.

(Women) Williams (Morningside, Inglew) 11.5, Gibson (Mornings) 11.9. 200m - Williams 23.9, Gibson 24.7. 3200m - Gozal (Beverly Hills) 11:27.9. 100mH - Thomas (Morningside, Inglew) 14.6. 300mLH - Thomas 44.2. 400m Re - Morningside 47.7.

**Rio Hondo**

(Men) 3200m - Wolf (San Marino) 9:34.56. LJ - Peries (South Pasadena) 22-8 1/2.

**Skylene**

(Men) HJ - Fonseca (Murrrieta Valley) 6-6.

**Sunkist** (no wind info)

(Men) LJ - Washington (La Sierra, Rivers) 23-2.

**Camino Real** (no wind info)

(Men) Boyer (Serra, Gardena) 10.8, Smith (Serra) 10.8. 400m Re - Serra 41.9.

**Prep**

(Wom) 400m - Miller (Westridge, Pas) 57.4.

## Southern Section Preliminaries

**(Div I) - Long Beach CC - Saturday - May 14th**

(Men) 100m (H-1) Birks (Eisenhower, Rialto) 10.4w (+2.30). (H-2) Gibbens (Jordan, Long Beach) 10.6w (+3.01). (H-3) Johnson (Redlands) 10.2w (+3.90). (H-4) Taylor (Dominguez, Compton) 10.4w (+3.90), Murphy (Poly, LB) 10.5w. 200m (H-1) Russell (Diamond Bar) 21.4w (+2.69). (H-2) Birks (Eisenhower, Rialto) 21.3w (+3.57). (H-3) Carr (Muir, Pas) 21.5w (+3.56). (H-5) Johnson (Redlands) 20.7w (+2.72), Davis (Burroughs, Ridgecrest) 21.4w. 400m (H-2) Moore (Muir, Pasadena) 48.5. (H-3) Davis (Burroughs, Ridgecrest) 48.45. (H-5) Russell (Diamond Bar) 48.4. 800m - (H-2) Granville (Bell Gardens) 1:52.0. (H-5) Peterson (Rowland Row Hts) 1:54.3. 1600m - (H-1) Strahan (Hart, Newhall) 4:23.0. (H-2) Fischer (Thousand Oaks) 4:24.2. (H-3) Marsden (Thous Oaks) 4:21.7. 3200m (H-1) Sanchez (Capistrano Valley, Mis-

sion Viejo) 9:27.1. (H-2) Hernandez (Camarillo) 9:27.3.

110mH (H-1) Johnson (Nogales, La Puente) 13.9w (+4.95). (H-2) McClure (Rowland, Rowl Hts) 14.2w (+2.96), Patterson (Poly, LB) 14.3w. (H-3) Murphy (Santa Monica) 14.1 (+1.04), Haslip (Muir) 14.1. (H-3) Rambo (Poly, Long Beach) 14.1w (+4.28). (H-5) Medearis (Hart, Newhall) 13.7w (+3.18). 300mH (H-1) Rambo (Poly, Long Beach) 38.5. (H-2) Malone (Wilson, LB) 38.4. (H-3) Medearis (Hart, Newhall) 37.0. (H-4) Johnson (Nogales, LP) 37.0. (H-5) Haslip (Muir, Pas) 38.0. 400m Re (H-1) Muir (Pasadena) 41.8. (H-2) Hawthorne 42.0. (H-4) Poly (Long Beach) 42.0. 1600m Re (H-2) Muir (Pas) 3:19.6. LJ - Lloyd (Eisenhower, Rialto) 23-8w. TJ - Chase (Quartz Hill) 48-5w. SP - Blechen (Agoura) 57-9 1/4. DT - Stout (Alta Loma) 160-10.

(Wom) 100m (H-1) Anderson (Poly, Long Beach) 11.7w (+3.69), Taylor 11.9w. (H-2) Sumpter (Muir, Pas) 11.5w (+4.66), Walden (West Covina) 11.8w. (H-3) Sims (Etiwanda) 11.8w (+2.93), Perry (Quartz Hill) 11.9w. (H-4) Haddad (Poly, Long Beach) 11.6w (+4.03). (H-5) Backus (Wilson, LB) 11.3w (+3.71). 800m (H-1) Backus (Wilson, LB) 23.5w (+4.37). (H-2) Haddad (Poly, LB) 23.6w (+3.13). (H-3) Anderson (Poly, LB) 24.2w (+5.18). (H-4) Sims (Etiwanda) 24.7w (+5.56). (H-5) Sumpter (Muir, Pas) 24.0w (+3.33). 400m (H-3) Michelle Nelson (Wilson, Long Beach) 57.1. 800m (H-1) Koudelka (Edison, Hunt Beach) 2:17.3. (H-2) Shaw (Huntington Beach) 2:17.5. (H-4) Gibby (Westlake, Westlake Village) 2:18.0. 1600m - (H-1) de la Cerda (Hart, Newhall) 5:08.0. (H-2) Dollar (San Clemente) 5:11.4. (H-3) Mortensen (Thousand Oaks) 5:06.1. 3200m (H-1) Mortensen (Thous Oaks) 11:07.2. (H-2) Nancy Dollar (San Clemente) 11:06.3.

100mH (H-2) Moten (Muir, Pas) 14.6w (wind +2.88). (H-4) Rogers (Apple Valley) 14.9w (+3.44). (H-5) McKelvey (Gahr, Cerritos) 14.9w (+3.42). 300mLH (Prater (Agoura) 45.0. (H-4) Lang (Fountain Valley) 44.6, Stetler (Hawthorne) 44.6. 400m Re (H-2) Etiwanda 47.8. (H-3) Wilson (Long Beach) 46.6. (H-5) Muir (Pasadena) 47.5. 1600m Re (H-1) Wilson (Long Beach) 3:56.1. (H-2) Poly (Long Beach) 3:55.4. (H-3) Muir (Pas) 3:57.5. LJ - Simpson (Poly, LB) 19-5w. TJ - Roberts (Muir, Pas) 37-2 1/4w. SP - Tuimolouau (Channel Islands, Oxn) 45-0 1/2.

## Div II - University of California/Riverside - Sat 5/14

(Men)

100m (H-1) Boyce (Corona del Mar, Newport Beach) 10.90. (H-3) Reyes (Chino) 10.72. (H-4) Howard (Canyon Springs, Moreno Valley) 10.43 (Divisional record). (H-5) Young (Woodbridge (Irvine) 10.52w, Pipersburg (Santa Barbara) 10.83w. 200m (H-1) Young (Woodbridge, Irv) 21.83. (H-3) Howard (Canyon Spr) 21.12. 400m (H-2) Jay (Ventura) 48.57. (H-3) Long (Corona) 48.83. (H-4) Hutsell (Cypress) 48.88. (H-5) Matt Lete (Saddleback, Santa Ana) 48.78. 1600m (H-2) Dunn (Arroyo Grande) 4:17.08, Etheridge (Barstow) 4:18.00. 3200m (H-1) Gibbs (Rubidoux, Riverside) 9:29.17. (H-2) Martinez (Orange) 9:24.84. 300mH (H-1) Jones (Arroyo Grande) 38.71. (H-2) Mel Lete (Saddleback, Santa Ana) 38.46. (H-5) Hector (Esperanza, Anaheim) 38.67. 400m Re (H-1) Woodbridge 42.54. (H-2) Upland 42.66. (H-3) Canyon Springs, Moreno Valley 41.90, Esperanza 42.66. (H-5) Rialto 42.17. LJ - Reyes (Chino) 23-6 1/2, Harris (Pacific, San Bernardino) 23-0 1/4. TJ - Curry (Tustin) 47-6 1/4. SP - Tift (Newport Harbor, Newport Bch) 60-5 3/4, Johnson (Riverside Poly) 57-3 1/4, Lingenfelter (Claremont) 57-0 3/4. DT - Jones (Arroyo Grande) 169-0.



# PREP NOTES

## (Women)

100m (H-2) David (Charter Oak, Covina) 12.28. (H-5) Wallace (Gary, Pomona) 12.11, Ali (Canyon Springs, Moreno Valley) 12.15. 200m (H-1) Ali (Canyon Spr) 25.07. (H-4) David (Charter Oak, Cov) 25.35. 400m (H-3) Carter (Cajon, San Bernardino) 56.84. 800m (H-1) Nuanes (Santa Margarita, Rancho SM) 2:18.55. (H-5) Pugmire (Esperanza, Anaheim) 2:18.52. 1600m (H-1) Garritson (Buena Park) 5:04.52. (H-2) Cobb (Santa Barbara) 5:00.43, Caulkins (Esperanza, Anaheim) 5:05.78. 3200m (H-1) Garritson (Buena Park) 11:17.69. (H-2) Rodriguez (Oxnard) 11:15.95.

100mH (H-4) Mock (Foothill, Santa Ana) 14.99. 300mLH (H-5) Hayes (North Riverside) 44.49. (400m Re (H-2) Lompoc 48.82. (H-3) Woodbridge (Irv) 48.56. (H-4) Canyon Springs (Moreno Valley) 47.45. 1600m Re (H-2) North Riverside 3:58.78. (H-5) Canyon Springs (Mor Val) 3:57.55. HJ - Kierulff (Esperanza, Anaheim) 5-10 1/2 (Divisional Record). LJ - Oettinger (Foothill, Santa Ana) 19-1 3/4, Jones (Walnut) 18-4 1/2. TJ - Damico (Claremont) 37-9. SP - G. Heads (Newport Harbor, Newport Beach) 44-8. DT - Lopez (Arroyo Grande) 148-8, G. Heads (Newp Harb, NB) 140-7, Cisneros (Rubidoux, Rivers) 135-0.

## Div III - Friday - May 13th - Long Beach CC

### (Men)

3200m (H-1) Liu (Temple City) 9:27.75. (H-2) Wolf (San Marino) 9:29.89. 110mHH (H-2) haynes (Bishop Montgomery, Torrance) 14.52w (+2.24). 400m Re (H-1) Bishop Amat (La Puente) 42.21. (H-2) Morningside (Inglew) 41.29. LJ - Washington (La Sierra, Rivers) 24-2 1/2w.

### (Women)

100m (H-1) Williams (Mornings, Inglew) 11.88w (+2.20). (H-2) Gibson (Mornings) 12.01w (+3.04). (H-4) Edwards (Pomona) 12.11w (+2.61). 200m (H-1) Williams (Morningside, Inglew) 24.68 (+1.04). 800m (H-4) Boykin (Laguna Hills) 2:18.15. 3200m (H-1) Twist (San Marino) 11:27.77. 100mH (H-1) Thomas (Morningside, Inglew) 14.79w (+3.06). 400m Re (H-

1) Morningside (Inglew) 47.67. (H-3) St. Bernard (Playa del Rey) 48.03.

## Div IV Prelims - Saturday - May 14th - Arcadia High School

(Men) PV - Vermilion (Fillmore) 14-6 1/4. (Wom) LJ - King (St. Mary's, Inglewood) 18-1 1/2w, Lawyer (Cate, Carpinteria) 18-0.

## Southern Section Divisional Finals

Long Beach City College. Saturday - May 21st (Men)

100m (I) Johnson (Redlands) 10.61 (wind -2.86 mps), Birks (Eisenhower, Rialto) 10.81. (II) Howard (Canyon Springs, Moreno Valley) 10.50 (wind -1.50), Young (Woodbridge, Irvine) 10.70. 200m (I) Johnson (Redl) 21.25 (-2.17), Birks (Eisenhower, Rialto) 21.58. (II) Howard (Canyon Springs, Mor Valley) 20.76 (-2.74), Young (Woodbridge, Irvine) 21.39. 400m (I) Moore (Muir, Pasadena Frosh) 47.49, Davis (Burroughs, Ridgecrest) 47.79, Campbell (Alta Loma) 48.01, Russell (Diamond Bar) 48.08. (II) Jay (Ventura) 48.05. (III) Washington (La Sierra, Riverside) 47.84. 800m (I) Granville (Bell Gardens) 1:48.98, Teeson (Ayala, Chino) 1:53.67, Peterson (Rowland, Rowl Hts) 1:54.17. (III) Rios (La Puente) 1:54.98.

1600m (I) Strahan (Hart, Newhall) 4:17.32. Marsden (Thousand Oaks) 4:17.67, Sano (Peninsula, Rolling Hills) 4:18.12. (II) Dunn (Arroyo Grande) 4:12.93, Etheridge (Barstow) 4:13.71, Martinez (Orange) 4:14.01. 110mHH (I) Haslip (Muir, Pas) 14.21 (wind -2.72), Murphy (Santa Monica) 14.29, Medearis (Hart, Newhall) 14.30. 300mH (I) Haslip (Muir, Pas) 36.87, Medearis (hart, Newhall) 37.31. (II) Jones (Arroyo Grande) 37.89. 400m Re (I) Muir (Pas) 41.61, West Covina) 41.85, Poly (Long Beach) 41.95, Dominguez (Compton) 42.00. (II) Canyon Springs (Moreno Valley) 42.15. (III) Morningside (Inglew) 41.45, Bishop Amat (La Puente) 41.89.

PV (II) Esa Sallinen (Burroughs, Burbank) 15-0. (II) Bain (Foothill, Santa Ana) 14-6. (III) Orloff (St. John

Bosco, Bellflower) 14-8. LJ (III) Washington (La Sierra, Riverside) 23-4 1/2w (+4.05). SP (II) Lingenfelter (Claremont) 59-10 1/4, Tift (Newport Harbor, Newp Bch) 58-3. (III) Fonua (Mira Costa, Manhattan Beach) 57-9 3/4. (DT) (II) Johnson (Riverside Poly) 174-6.

### (Women)

100m (I) Haddad (Poly, Long Beach) 11.81 (wind -3.20 mps), Anderson (Poly, LB) 11.91, Sumpter (Muir, Pas) 11.93 (Backus False-Start). (III) Williams (Morningside, Inglewood) 11.78 (-2.03) (caught Flyer). 200m (I) Haddad (Poly, LB) 23.23 (wind -5.2 Backus (Wilson, LB) 23.42, Anderson (Poly, LB) 23.74, Sumpter (Muir, Pas) 24.04. (II) Ali (Canyon Springs, Moreno Valley) 24.84 (-2.92). (III) Williams (Morningside, Inglew) 24.06 (-2.03), Gibson (Morningside, Inglew) 24.77, Edwards (Pomona) 24.80. 400m (I) Simpson (Poly, LB) 56.65. (II) Carter (Cajon, San Bernardino) 56.74. (III) White (Morningside, Inglew) 55.29, Edmonson (St. Bernard, Playa del Rey) 55.40, Anwurl (Bishop Montgomery, Torrance) 56:36.

800 (I) Koudelka (Edison, Hunt Bch) 2:16.19. (II) Pugmire (Esperanza, Anah) 2:16.64. (III) Boykin (Laguna Hills) 2:16.35. 1600m (I) Mortensen (Thousand Oaks) 5:04.21, de la Cerda (Hart, Newhall) 5:06.78. (II) Pugmire (Esperanza, Anaha) 5:06.62. 3200m (I) Mortensen (Thou Oaks) 11:05.91, Dollr (San Clemente) 11:08.89. (II) Garritson (Buena Park) 11:00.12, Nelson Canyon, Anaheim) 11:08.67, Ebner (St. Lucy's, Glendora) 11:09.14.

100mH (I) McKelvy (Gahr, Cerritos) 14.67 (-1.83). (II) Hayes (North, Riverside) 14.53 (-2.96), Wasden (Rio Mesa, Oxnard) 14.59. 300mLH (I) Prater (Agoura) 43.88, Moten (Muir, Pas) 44.23. (II) Hayes (North, Rivers) 44.27, Hebert (Buena, Ventura) 44.65. 400m Re (I) Wilson (LB) 46.49, Muir (Pas) 47.01, Etiwanda 47.38. (II) Canyon Springs, Moreno Valley) 47.45. (III) Morningside (Inglew) 47.07, St. Bernard (Playa del Rey) 47.77. HJ (I) Watson (Saugus) 5-10, Edwards (Moreno Valley) 5-8, Williams (Poly, Long Beach) 5-8. (II) Kierulff (Esperanza, Anaheim) 5-8. (LJ) (I) Simpson (Poly, Long Beach) 20-1 1/2w (wind +3.0 mps) (20-1 1.0 wind legal). TJ - Roberts (Muir, Pas) 38-10 (wind 0). SP (I) Tuimolouau (Channel Islands, Oxn) 46-6 1/2, Laulu (Nogales, La Puente) 43-9. (II) Gina Heads (Newport Harbor, Newp Bch) 42-9 3/4.

NOTE: Honesty award of the year goes to Temple City Coach Mike Tomasulo, who noted a timing mistake in the Southern Section Divisional Finals of the 3200. Coach Tomasulo noted a timing mistake for Jeff McLarty of Ayala H.S. in Chino in the Section Division I 3200 race that would have allowed him into the State Qualifying Meet ahead of Temple City's James Liu from Division III. Pointing the error out to meet management, McLarty took the most of the chance to run, racing 9:13.05 in dropping nearly twenty seconds in the State qualifying affair to move on to the State Meet. Both athletes are juniors, with another chance at honors next year. The kind of situation not publicized much about coaches in the 1990's!

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# 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:



California Track and Cross Country  
**COACHES ALLIANCE**

# CALIFORNIANS AROUND THE NATION

*From Doug Speck*

The following are California preps who have continued their Track & Field careers around the nation this year at a Four Year University. LISTED ARE THOSE SCHOOLS WHO RETURNED PRESS BOOKLETS FOR THEIR SCHOOL (MOST OTHER MAJOR (AND MINOR) SCHOOLS WERE SENT A REQUEST FOR BOOKLETS--BELOW WITH CALIFORNIANS ON THEIR ROSTERS RETURNED) Majors (if listed) follows event area.

### University of Alabama

**Women:**  
 Celeste Buchanan (Mitty, San Jose) - 800 meters (pre-med)

### University of Arkansas

**Men:**  
 Ryan Wilson (Agoura) - middle distances

**Women:**  
 Kristie Camp (Agoura) - 800 meters - (pre-med)  
 Deena Drossin (Agoura) - distances (English)

### Arkansas State University

**Men:**  
 Michael Armstrong (Damien, La Verne) - javelin

### University of Arizona

**Women:**  
 Julieann Broughton (Woodland) - High Jump - (elementary education)  
 Suzanne Castruita (West Covina) - distances - (nursing)  
 Allison Dring (Mt. Carmel, San Diego) - 200-400-800 - (architecture)  
 Jean Harvey (Paraclete, Lancaster) - distances - (exercise physiology)  
 Michelle Johnson (Vacaville) - hurdles - (undecided)  
 Kayla Montgomery (Clovis West, Fresno) - Triple Jump - (pre-law)  
 Susan Scott (Mt. Carmel, San Diego) - middle distances - (undecided)

**Men:**  
 Roque Balina (Mt. Carmel, San Diego) - Long Jump - (business administration)  
 Margarito Casillas (Hoover, Glendale) - distances - (undecided)  
 David Fipp (La Jolla) - Pole Vault -  
 Lorenzo Hathorne (Hogan, Vallejo) - sprints -  
 Tyson Lingenfelter (Upland) - weights - (undecided)

David Loskonkohl (Granite Hills, El Cajon) - weights -  
 Cullen Plousha (San Lorenzo Valley, Felton) - 200-400 - (sociology)  
 David Shumsky (Palisades, Pac Palisades) - HJ - Decathlon - (English)  
 Gabriel Torre (Notre Dame, Riverside) - weights - (business)

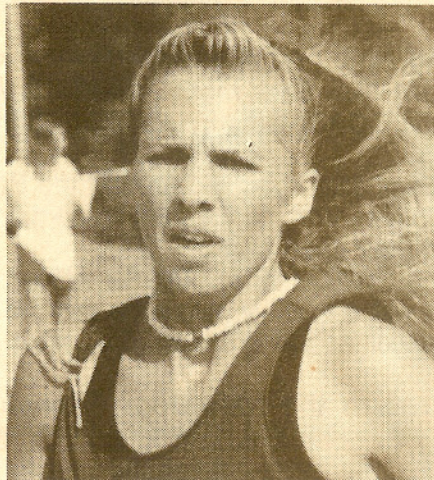
Bryan Winters (San Pasqual, Escondido) - distances - (architecture)

### Stephen F. Austin (Nacogdoches, Tx)

**Men:**  
 Chris Olsen-O'Neil (Rubidoux, Riverside) - High Jump

### Auburn University

**Women:**  
 Stacy Auer (Thousand Oaks) - distances - (liberal arts)



STACY AUER

Photo by Phillip Enbody

### Arizona State University

**Women:**  
 Shanequa Campbell (Alta Loma) - sprints - (justice studies)  
 Tike Jackson (Bakersfield) - sprints - (criminal justice)  
 Janice Nichols (Bakersfield) - sprints - (nursing)  
 Sanoma Nickson (Morningside, Inglewood) - hurdles - (social work)  
 Lesa Parker (Bishop O'Dowd, Oakland) - sprints - (communications)  
 Kirsten Stocker (Fallbrook) - distances - (physical therapy)  
 Kim Toney (Atascadero) - middle distances - (English)

**Men:**  
 Jon Baker (Foothill, Bakersfield) - jumps - (business finance)  
 Jean Boyd (Paramount) - sprints -

Geoff Brown (Soquel) - distances -  
 Bryan Pate (St. Ignatius, San Francisco) - middle distance -  
 Robert Peper (Thousand Oaks) - pole vault -  
 DeAndre Wadlington (Muir, Pasadena) - sprints/jumps - (marketing)

### Abilene Christian (Abilene, Tx)

**Men:**  
 Sean Adams (Fairfield) - 200-400

### Brigham Young University

**Women:**  
 Maribella Aparicio (Fillmore) - distances - (psychology)  
 Elice Smith (Castro Valley) - distances - (biology teaching)  
 Christina Stark (San Pasqual, Escondido) - hurdles - (exercise physiology)

**Men:**  
 Jason Anderson  
 Blake Boggess (Palos Verdes) - distances - (microbiology)  
 Steve Christensen (Clovis West, Fresno) - sprints - (English)  
 Steve Gladwell (Norco) - distances - (civil engineering)  
 Iain Hunter (Prospect, San Jose) - 800m - (math)  
 Ty Jacobsen (Capistrano Valley, Mission Viejo) - PV - (business management)  
 William Knight (Antelope Valley, Lancaster) - weights - (physical education)  
 Craig Lawson (Granada Hills) - distances - (accounting)  
 Marc Lawson (Clovis West, Fresno) - distances - (accounting)  
 Craig Riggs (Laguna Hills) - hurdles/decalthlon - (mechanical engineering)  
 Kirk Sweetnam (Canyon, Canyon Country) - hurdles - (undeclared)

### Brown University (Providence, RI)

**Women:**  
 Heather Rowley (Berkeley) - distances

**Men:**  
 Derek Waxman (Hillsborough) - distances  
 Andrew Werhane (Upland) - hurdles

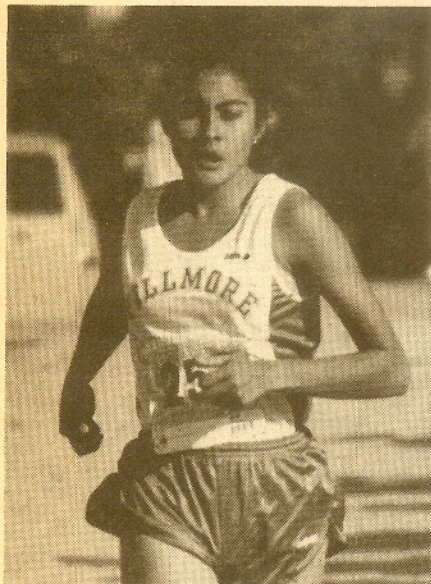
### Boise State University (Id)

**Women:**  
 Marti Arguelles (Corona) - 400 - (accounting/business)  
 Fanya Bryant (Buena, Ventura) - distances - (athletic training)  
 Rashid Gayle (Roseville) - hurdles - (undeclared)  
 Andrea Holmes (Albany) - sprints - (graphic design)  
 Julie Jenkins (San Ramon Valley, Danville) - HJ - (theater arts)  
 Rubye Jones (Fontana) - TJ/LJ - (political science)  
 Regina Magno (Salinas) - weights - (international marketing)

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# California Track and Cross Country COACHES ALLIANCE



**MARIBELLA APARICIO**

*Photo by Elaine Rosenfield*

Wendy McCamish (Torrance) - sprints - (undeclared)  
Allison Norell (Upland) - distances - (bio-chem)  
Tanya Thayer (Serrano, Phelan) - distances - (biology)  
**Men:**  
Aaron Bell (Nevada Union, Grass Valley) - distances - (undeclared)  
Brian Davidson (California, San Ramon) - decathlon - (mass communication)  
Kerry Lawyer (Santa Barbara) - sprints/LJ - (physical education)  
Scott Mitchell (Agoura) - sprints - (undeclared)

## Baylor

**Women:**  
Jennifer Hamel (Merced) - distances - (psychology/business administration)  
Melissa Keim (San Pasqual, Escondido) - distances - (dietetics)  
**Men:**  
Keith Hensley (El Cajon Valley) - distances - (history)  
Brian Keim (San Pasqual, Escondido) - distances - (engineering)  
David Monk (Fairfield) - distances - (secondary education)

## Boston University

**Women:**  
Julie Kenworth (Claremont) - distances

## Colgate

**Women:**  
Laurel Rush (Laguna Beach) - middle distances  
**Men:**  
Arthur Roulac (Belvedere, Ca) - middle distances

## University of Colorado

**Women:**  
Veronica Barajas (Channel Islands, Oxnard) - distances  
Kris Dahlberg (El Modena, Orange) - distances  
Angela Hill (Mt. Pleasant, San Jose) - hurdles - (criminology)  
Tanisha Johns (Burbank, Sacramento) - sprints - (computer science)  
Kristina Mataafa (Orange Glen, Escondido) - weights - (kinesiology)  
Yvonne Scott (Johnson, Sacramento) - hurdles - (undeclared)  
Heather Sterlin (Mission Viejo) - multi-events - (journalism)  
Melisa Weis (Bakersfield) - weights - (history) Michelle Wilkolaski (Castileja, Palo Alto) - distances  
**Men:**  
Brett Hatch (San Diego) - sprints -  
Charles Johnson (Cajon, San Bernardino) - hurdles - (marketing)  
James Kidd (Elk Grove) - sprints -  
Erik Mitchell (Los Alamitos) - sprints - (communication)  
Tim Ross (Royal, Simi Valley) - multi-events - (English)  
Lamont Warren (Dorsey, L.A.) - sprints - (communication)

## Colorado State University

**Women:**  
Regina May (Immaculate Heart, L.A.) - distances  
**Men:**  
James Howard (Servite, Anaheim) - Hammer -

## University of Connecticut

**Women:**  
Shelby McKnight (Casa Roble, Orangevale) - middle distances

## Cornell

(Cross-Country roster)  
**Women:**  
Michelle Deasy (South Coast, Moraga) - distance

## Eastern Washington University

**Women:**  
Michelle Boykin (Santa Clara, Oxnard) - sprints

## University of Florida

**Men:**  
Donnell Johnson (Columbus, Oh prep but Taft CC) - distances - (food and resource economics)

## University of Georgia

**Men:**  
Brent Noon (Fallbrook) - weight events

## Georgetown

**Women:**  
Miesha Marzell (Bishop O'Dowd, Oakland) - middle distances  
Michelle Muething (Amador Valley, Pleasanton) - middle distances  
**Men:**  
Brian Held (Loyola, L.A.) - pole vault  
Kevin McMahon (Bellarmine, San Jose) - weights  
Francisco Quinonez (Santa Ana) - distances

Tom Ryan (Bellarmine, San Jose) - pole vault  
Bryan Woodward (Poly, Long Beach) - middle distances

## Georgia Tech

**Women:**  
Ch'a Mosley (Marshall, L.A.) - hurdles - (biology)  
**Men:**  
Greg Robeson (Mt. Carmel, San Diego) - middle distances - (management)

## Grambling

**Women:**  
Dedra Brown (Fremont, Oakland) - middle distances  
Deonna Foster (Stagg, Stockton) - distances  
Zandrea Shorts (Poly, Long Beach) - hurdles  
Christina Thompson (Santa Cruz) - middle distances  
**Men:**  
Laivian Coleman (El Cerrito) - sprints -

## University of Houston

**Women:**  
Edwinna Ammonds (Kings River CC) - heptathlon - (fashion & merchandising)  
**Men:**  
George King (Nogales, La Puente) - 400 - (psychology)

## University of Illinois

**Men:**  
Youske Okano (Newark) - pole vault

## University of Idaho

**Men:**  
Martin Logue (San Francisco) - sprints

## Idaho State University

**Women:**  
Cynthia Harmon (Shasta CC) - multi-events  
Stacy Mikaelson (Yuba City CC) - multi-events  
Christy Oliveira (Shasta CC) - distance  
Jeni Oxford (Shasta CC) - multi-events  
Stefani Schlueter (Shasta CC) - multi-events  
**Men:**  
Jeremy Redding (Shasta CC) - distances -

## University of Iowa

**Women:**  
Nicole Sweet (Sonoma) - multi-events  
**Men:**  
Bill Branigan (Glendora) - distances  
Marcus Montgomery (Mt. SAC CC) - hurdles

## Kansas State University

**Men:**  
David Haskell (Elsinore/El Camino CC) - distances  
Francis O'Neill (San Pasqual HS, Escondido/Long Beach CC) - distances - (graphic design)

## University of Kentucky

**Men:**  
Chad Peare (Trabuco Hills, Mission Viejo) - weights - (undeclared)

## Louisiana State University

**Women:**  
J'Launa Gilford (Poly, Long Beach) - 400m - (computer science)  
Danyel Mitchell (Vallejo) - weights - (computer science)

*continued next page...*



# California Track and Cross Country COACHES ALLIANCE

Sheila Powell (Poly, Long Beach/Long Beach CC) - sprints - (education)

## Manhattan College

**Men:**  
Peter DiSalvo (Loyola, L.A.) - weights - (history)

## University of Minnesota

**Women:**  
Glenda Whipple (Etna/College of Siskiyous) - heptathlon

**Men:**  
Mark Gonzales (La Habra) - distances  
Tye Harvey (Sonora) - pole vault - (pre-mechanical engineering)

## University of Montana

**Women:**  
Sara Valdez (El Dorado, Placencia) - distances

## University of Michigan

**Women:**  
Laura Molnar (Carlmont, Belmont) - weight events

**Men:**  
Josh Rogin (Piedmont) - middle distances

## Michigan State University

**Women:**  
Monica Henderson (Morse, San Diego) - sprints - (English education)

## U.S. Naval Academy

**Women:**  
Jenna Hausvik (Monterey) - multi-events

**Men:**  
Joey Dequiman (San Ysidro) - sprints  
Robert Edwards (San Diego) - triple jump/sprints  
Mike Jefferson (Carson) - sprints  
Shawn Wattles (Alamo) - middle distances

## University of Nebraska

**Women:**  
Christina Blackmer (Upland) - distances - (pre-vet medicine)  
Amber Parkinson (Orange Lutheran, Orange) - distances - (biological science)  
Kwani Stewart (Yuba City) - sprints/hurdles - (biological sciences)

**Men:**  
Sean Buckley (St. Francis, Mountain View) - pole vault - (business management)  
Isaac Carson (Jefferson, Daly City) - hurdles - (undeclared)  
David Rhodes (Redlands/Antelope Valley JC) - distances - (biological sciences)  
Riley Washington (Southwest, Chula Vista) - sprints - (art)

## University of Nevada/Las Vegas

**Women:**  
Andrea Burnside (Westchester) - sprints/hurdles - (communications)  
Melanie Clarke (El Camino HS, Woodland Hills/LA Valley CC) - heptathlon - (sociology)  
Julie Crooks (Palos Verdes HS via Camas Valley HS/Central Ore CC) - distances - (women's studies)  
Katie Durham (Woodbridge, Irvine) - distances  
Tarsha Handy (Mitty, San Jose) - middle distances - (sociology)

Porchia King (Hawthorne) - sprints  
Rameika Phillips (Walnut) - weights - (forensic psychology)  
Latasha Prothro (Poly, Long Beach) - sprints -  
Chris Spears (Vallejo) - sprints - (hotel management)

## Northern Arizona University

**Women:**  
Angela Kimmey (University City, San Diego) - sprints - (political science)  
Angel Leath (Morse, San Diego) - jumps - (fashion merchandising)  
Chraity Stowell (Mt. Carmel, San Diego) - middle distances - (sociology)

**Men:**  
Jim Cera (Upland) - distances -  
Len Raney (Fresno) - sprints - (criminal justice)

## North Carolina

**Women:**  
Marion Jones (Thousand Oaks) - sprints/LJ - (journalism)

Keri Sanchez (Santa Teresa, San Jose) - multi-events

**Men:**  
Richard Harris (San Francisco) - sprints -  
Chad Wenger (Mira Mesa, San Diego) - distances

## University of Oklahoma

**Women:**  
Katrina Hall (Franklin, Stockton) - distance/triple jump - (journalism/communications)

## University of Pennsylvania

**Women:**  
Jane Kim (Chaminade, Canoga Park) - distances

## Portland State

**Men:**  
Larry Austin (Richmond) - sprints  
Mike Bojorquez (Cerritos) - distances

## Princeton

**Women:**  
Amy Chris (Mission Viejo) - sprints  
Darcy Horn (Acalanes, Lafayette) - jumps - (sociology)  
Nicole Oberreuter (Estancia, Costa Mesa) - throws  
Sharon Spooler (Clovis West, Fresno) - throws

**Men:**  
Chris Daily (Ygnacio Valley, Concord) - pole vault - (mechanical & aerospace engineering)  
Jason Errico (St. Ignatius, San Francisco) - decathlon  
Ugwunna Imkpeowo (Wilson, Long Beach) - jumps  
Ernie Lee (Gunn, Palo Alto) - middle distances  
Omar Lezama (Harvard-Westlake, No. Hollywood) - distance  
Matt Metzger (University, San Francisco) - distances - (computer science)  
Brian Sax (San Marino) - 800 - (civil engineering)

## Purdue University

**Women:**  
Shawna Jenkins (Del Mar, San Jose) - sprints - (management)

**Men:**  
Kyle Dando (Bellarmine, San Jose) - distance - (electrical engineering)  
John Lockard (Logan, Union City) - middle distances

- (building construction technology)  
Kenneth White (Muir, Pasadena) - middle distance - (psychology)  
Chad Yeutter (Apple Valley/Mt. SAC) - middle distance - (education)

## University South Carolina

**Women:**  
Crystal Brownlee (Westlake, Westlake Village) - weights - (marine sciences)  
Leslie Coons (Mesa College) - weights - (pre-physical therapy & athletic training)  
Lisa Misipeka (Temecula Valley) - weights - (physical therapy)

## University of South Dakota

**Men:**  
Derek Miles (Sacramento) - pole vault

## Southern Methodist University

**Men:**  
Joey Detuno (Torrey Pines, Encinitas) - sprints  
Danny Jordan (Venice) - distances - (economics)  
Ben Mesfen (Venice) - distances - (electrical engineering)  
Charles Williams (Vallejo) - distances - (electrical engineering)

## Southwest Missouri State University

**Women:**  
LaToya Skippings (Long Beach/Compton Coll) - heptathlon - (psychology and criminal law)

## University of Tennessee

**Men:**  
Stewart Ellington (Channel Islands/Milpitas HS's) - distances

## Southwest Texas State

**Men:**  
Dan Tullis (Serra HS, San Diego/Grossmont CC) - sprints - (accounting & finance)

## University of Texas/Austin

**Men:**  
Thomas Banks (Poly, Riverside/Riverside CC) - High Jump  
Marcus Stokes (Thacher Prep, Ojai) - Hurdles/Sprints

## University of Texas/San Antonio

**Men:**  
Shannon Brusca (Camarillo) - distances - (accounting)  
Chad Malesich (Camarillo) - distances - (physical therapy)

## University of Utah

**Women:**  
Valerie Gearhart (Agoura Hills) -

## Utah State University

**Women:**  
Kim Barnes (Fontana HS/Riverside CC) - Hurdles - (pre-dentistry)  
Alisa Nicodemus (Grossmont, La Mesa) - distances - (nursing)  
Jonette Vollmer (Ft. Bragg) - Javelin - (liberal arts)

*continued next page...*



# California Track and Cross Country COACHES ALLIANCE

Jill Weeks (Madison, San Diego) - High Jump - (art)

**Men:**  
Terrence Campbell (Banning, Wilmington/Long Beach CC) - hurdles - (business)

Jason LeMoine (Alameda) - Javelin - (family human development)

Jason Maintzer (El Camino HS, So San Fran/Coll San Mateo) - distance - (family human development and psychology)

Charles Wallace (North, Bakersfield) - distance - (engineering and math)

Jermaine Younger (Hayward) - shot put -

## Villanova University

**Women:**

Nikki Shaw (Fillmore) - distances - (political science)

Becky Spies (Livermore) - distances - (biology)

**Men:**

Dave Hartman (Canyon, Canyon Country) - distances - (English)

Louie Quintana (Arroyo Grande) - distances - (sociology)

Todd Tressler (San Marcos, Santa Barbara) - distances - (undeclared)

Brian Wilkinson (Merced) - distances - (history)



TONY PARRISH

Photo by Bill Cockerham

## Wake Forest

**Women:**

Trina Bindel (Eureka) - heptathlon

**Men:**

Steve Guerrini (Santa Rosa) - distances

## University of Washington

**Women:**

Rachel Austin (Del Campo, Fair Oaks/American River JC) - distances

Clover Codd (Eureka) - hurdles

Evelyn Ho (Upland) - triple jump

Justelle Samuelson (University, Irvine) - distances

Taminika Terry (Muir, Pasadena) - sprints

Kam Warner (West, Bakersfield) - hurdles/jumps

**Men:**

Beno Bryant (Dorsey, L.A.) - sprints

Alex Bynoe (Gunn, Palo Alto) - middle distances

T.J. Cody (Servite HS, Anaheim/Fullerton JC) - high jump

Nathan Elson (University, Irvine) - distances

Dave Janoski (Corona) - long jump/triple jump

Napoleon Kaufman (Lompoc) - sprints

Darin Loucks (Beyer, Modesto) - distances

Tim Martin (San Clemente) - sprints

James Nevelle (Palmdale) - shot/discus

Tony Parrish (Marina, Huntington Beach) - triple jump

Bob Stengele (Los Gatos) - hammer

Edward Turner (Morningside, Inglewood) - sprints/LJ

**LJ**

Don Willis (Cabrillo, Lompoc) - shot put

## Washington State University

**Women:**

Chanelle Anderson (Poly, Long Beach) - sprints/long jump - (physical therapy)

Stacey Radkovich (San Ramon Valley, Danville) - distances

Tiffany Salmon (Live Oak, Morgan Hill) - high jump

Kristin Stowe (Mission Viejo) - distances

**Men:**

Wade Hayes (Eureka/College Redwoods) - javelin

Jim Lawrence (Del Mar, San Jose) - pole vault

Chris Love (Long Beach CC) - sprints

Frank Madu (McAteer HS, San Francisco) - sprints -

Chris Mezich (Serra HS/Mesa JC) - weight events - (criminal justice)

## Wayland Baptist

**Women:**

Ann Tibbs (Los Angeles) - sprints

## Weber State University

**Women:**

C.J. Hardman (Poway) - hurdles/heptathlon

**Men:**

Pokey Eckford (Roseville) - T/J/LJ

Bob Evans (Santa Monica/Cal St Northridge) -

5000m

Larry Rogers (Downey, Modesto) - sprints

## William & Mary

**Women:**

Angela Dalke (Bishop O'Dowd, Oakland) - distances - (undeclared)

Cybelle McFadden (St. Francis, Sacramento) - distances - (undeclared)

**Men:**

Kevin Jefferson (San Luis Obispo) - distances

## University of Wisconsin

**Women:**

Robin Snowbeck (University, L.A.) - distances - (undeclared)

**Men:**

Roger Ciano - San Luis Obispo - distances - (engineering)

Bryan Dameworth (Agoura) - distances - (recreation resource management)

Ben Flamm (Huntington Beach) - distances - (undeclared)

Chris Lynch (Laguna Hills) - distances - (history)

James Menon (San Luis Obispo) - distances - (political science)



JESSE STERN

Photo by Bill Cockerham

## University of Wisconsin/La Crosse

**Women:**

Jennifer Vergith (Mt. Carmel, San Diego) - distances

## University of Wyoming

**Men:**

Waymon Levinston (Seaside) - Long Jump

## Yale

**Women:**

Valy Boulom (Chico) - distances

Kelly Fay (San Pasqual, Escondido) - distances

Bronwyn Garrity (Brentwood, L.A.)

Tiffany Hackett (Los Gatos)

Laura Hamady (Urban, San Francisco) - distances

Rhonda Robinson (Muir, Pasadena) - distances

Yuko Taneka (San Marino) - hurdles

Karen Zareski (Palos Verdes, Pal Ver Est's) - distances

**Men:**

Jeffrey Bigham (Carlsbad)

Andrew Minor (Grenbrae)

Jesse Stern (Harvard-Westlake, No. Hollywood) -

pole vault

Dan Stoll (College Park, Pleasant Hill) - distances

Paul Ward (Acalanes, Lafayette) - distances

Neil Wechsler (Santa Monica) - distances



# RESULTS

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

## Foothill Conference

At Azusa Pacific University.

### Men

100: 1. Davis (Chaffey) 10.92. 200: 1. Davis (Ch) 22.44. 400: 1. Edwards (SanBern) 50.50. 800: 1. Garcia (Citrus) 1:59.20. 1500: 1. Sinderson (AntVly) 3:37.34. 2. Garcia 3:57.57. 5000: 1. Perales (AntVly) 15:35.50. 10,000: 1. Alverado (SB) 33:29.4. 110HH: 1. Comish (Ch) 15.34. 400IH: 1. Covambias (Ci) 56.78. 3000 SC: 1. Gutierrez (Ci) 9:45.17. 400R: 1. Chaffey 42.73. 1600R: 1. San Bernardino 3:25.10.

HJ: 1. Londen (SB) 6-4. PV: 1. Shaw (ch) 14-0. LJ: 1. Frazier (AV) 22-1 3/4. TJ: 1. Washington (SB) 46-11 1/2. 2. Walker (Ci) 46-11 1/2. SP: 1. Villalobos (Ci) 45-8. DT: 1. Villalobos (Ci) 134-4. HT: 1. Polsten (AV) 131-11. JT: 1. Cetina (Ci) 191-9. 2. Facek (Ci) 180-1.

Team Scores: 1. Citrus 88, 2. San Bernardino 78, 3. Chaffey 73, 4. Antelope Valley 53, 6. Desert 19.

### Women

100: 1. Davis (Ci) 12.70. 200: 1. Woods (Ci) 25.94. 400: 1. Woods (Ci) 57.15. 800: 1. Johnson (Ci) 2:25.20. 1500: 1. Bermudez (Ci) 5:40.11. 3000: 1. Bermudez (Ci) 10:31.10. 5000: 1. Whitehead (AV) 21:00.2. 100HH: 1. Joslin (Ci) 15.50. 400IH: 1. Spencer (Ci) 69.13. 400R: 1. Citrus 49.65. 1600R: 1. Citrus 4:12.40.

HJ: 1. Metcalf (Ci) 5-1. LJ: 1. Joslin (Ci) 16-4. TJ: 1. Joslin (Ci) 36-4 3/4. SP: 1. Wilson (Ci) 34-8. DT: 1. Doddridge (AV) 124-0. JT: 1. Gifford (AV) 121-6.

## Multi-Team Meet at UCLA

April 9.

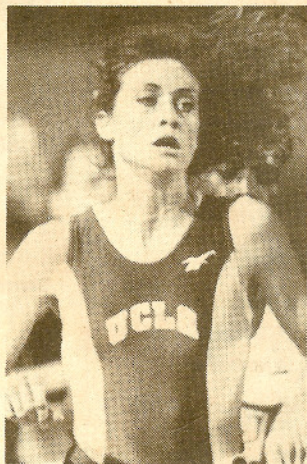
### Men

100m: 1. Jarrett (Britain) 10.45. 200m/1: 1. Mitchell (Mazda) 20.97. 200m/2: 1. Regis (Britain) 20.43 (wind 1.4 mps aiding), 2. Bridgewater (Nike) 20.87, 3. Fouser (Nike) 21.06, 4. Goodluck (Britain) 21.44. 400m: 1. Cadogan (Britain) 47.60. 800m: 1. McCreery (W) 1:49.94, 2. 1500m: 1. Still (W) 3:53.47. 3000m: 1. Gitahi (CSN) 8:37.69. 110mH: 1. Anderson (UCLA) 14.04 (wind 1.8 mps aiding), 2. Flowers (UCLA) 14.07, 3. Giorgis (W) 14.46. 400mIH: 1. Ladson (Y) 51.83, 2. Mayeda (UCI) 52.35, 3. Giorgis (W) 52.72. 400mR: 1. Unattached-Bridgewater, Jarret, Regis

Mitchell 38.91, 2. UCLA 40.52, 3. CS Northridge 40.86. 1600mR: 1. CS Northridge 3:11.93, 2. UCLA 3:13.28.

HJ: 1. Anderson (UCLA) 6-9 3/4. PV: 1. Sommers (UCLA) 17-9, 2. Thorson (S&S) 17-0. LJ: 1. Ganda (UCLA) 24-11 1/4 (wind .4 mps aiding). TJ: 1. Moultry (UCLA) 48-4. SP: 1. Godina (UCLA) 64-1, 2. Bailey (UCLA) 61-2 1/4, 3. Parlin (UCLA) 59-9, 4. Hodel (UCLA) 57-2, 5. Hicks (CSN) 56-0 1/2, 6. Spears (W) 55-7. DT: 1. Presser (UCLA) 181-3, 2. Butler (W) 176-0. HT: 1. Hicks (CSN) 203-3, 2. Hodel (UCLA) 202-11, 3. Butler (W) 185-3, 4. Gayles (CSN) 178-6. JT: 1. Bradstock (Scotland) 253-4, 2. Johnson (UCLA) 242-1.

Team Scores: UCLA 98, CS Northridge 76, UC Irvine 15.



BETH BARTHOLOMEW

Photo by Bill Leung, Jr./Geek Media

### Women

100m: 1. Noel (UCLA) 12.02 (wind 1.2 mps aiding), 2. Ellison (CSN) 12.03, 3. Glenn (UCLA) 12.10. 200m: 1. Ellison (CSN) 24.66. 400m: 1. Scott (UCLA), 54.36, 2. Tochiuk (UCLA) 54.54. 800m: 1. Hecox (UCLA) 2:08.71, 2. Anderson (W) 2:10.76. 1500m: 1. Bartholomew (UCLA) 4:30.79. 3000m: 1. Monson (UCI) 9:49.54. 100mH: 1. Vollmer (W) 14.48 (wind 2.0 mps aiding), 2. Marvin (UCLA) 14.63, 3. Sims (CSN) 14.69. 400mIH: 1. Vollmer (W) 61.16, 2. Malco (UCLA) 62.64. 400mR: 1. UCLA (Marvin, Glenn, Malco, Noel) 46.36, 2. UC Irvine 47.38, 3. CS Northridge 47.61. 1600mR: 1. UCLA (Noel, Malco,

Tochiuk, Scott) 3:45.35, 2. CS Northridge 3:54.90.

HJ: 1. Acuff (UCLA) 6-9 1/2. LJ: 1. House (CSN) 19-0. TJ: 1. Brown (UCLA) 40-0 1/2. SP: 1. Althouse (UCLA) 56-2, 2. Stricklin (CSN) 48-6 1/4, 3. Burton (CSN) 47-7 1/4, 4. Roberts (UCLA) 46-11 3/4. DT: 1. Andrews (UCLA) 169-6, 2. Roberts (UCLA) 166-6, 3. Althouse (UCLA) 156-1, 4. Stricklin (CSN) 152-11. JT: 1. Dunn (CSN) 155-4, 2. Ward (W) 144-9.

Team Scores: UCLA 97, CS Northridge 52, UC Irvine 19.

## UCSD Invitational

April 9. At UC San Diego.

### Men

100m: 1. Hargraves (UCRiv) 10.49. 200m: 1. Lankford (ElCamCC) 21.50. 400m: 1. T. Williams (SDTC) 46.88, 2. Lankford (ElCam) 47.77. 800m: 1. Santos (Cuyamaca) 1:47.65, 2. Cruz (Brazil) 1:47.9, 3. Rust (Redlands) 1:50.2, 4. Parrela (Brazil) 1:51.5, 5. Greag (SDTC) 1:51.9, 6. Allen (Occid) 1:52.19. 1500m: 1. Barbosa (Brazil) 3:47.52, 2. Das Neves (Cuyamaca/Brazil) 3:47.71. 3000m: 1. DeOliveira (Brazil) 7:55.68, 2. Wander (Brazil) 8:04.62, 3. N'Tyamba (Angola) 8:09.88. 5000m: 1. Dos Santos (Brazil) 14:11.0, 2. Renlund (StThomas) 14:17.2. 10,000m: 1. Ribeiro (Brazil) 31:19, 2. McCormick (Jamul Toads) 31:23, 3. Pacau (Brazil) 32:00. 110mH: 1. Guialdo (LgBchCC) 14.41, 2. Pye (un) 14.44, 3. Bonner (LBCC) 14.72., 4. D. Powell (GlendaleCC) 14.76. 400mIH: 1. Guialdo (LBCC) 51.53, 2. Ford (LBCC) 52.94, 3. Alexander (UCRiv) 53.15. 3000mSC: 1. Ribeiro (Brazil) 9:13.70.

PV: 1. Hagan (un) 16-6 3/4, 2. Parker (No Limit) 16-0 3/4. TJ: 1. Jones (St Thomas) 50-6 1/4. DT: 1. Davis (SDMesa) 165-1. HT: 1. Sargent (Triton) 214-4, 2. Thiss (un) 188-8, 3. Cagbill (Triton) 177-8. JT: 1. Twedt (TAC) 200-0.

### Women

100m: 1. Brooks (LBCC) 12.21, 2. Stringer (LBCC) 12.21, 3. Christien (WLA) 12.23. 400m: 1. M. Freeman (SDSt) 55.01. 800m: 1. P. Plumer (Asics) 2:05.88, 2. Rundan (SDTC) 2:10.20, 3. Narieta (SDTC) 2:10.92, 4. Matthews (SDSt) 2:11.60. 1500m: 1. P. Plumer (Asics) 4:19.76, 2. Noll (un) 4:24.23. 3000m: 1. Montgomery (un) 9:30.44. 5000m: 1. Johnson (adidas) 16:38.70. 10,000m: 1. L. Stuart (un) 36:11.8. 400mR: 1. Long Beach Cc

46.48, 2. El Camino Cc 47.23. 1600mR: 1. El Camino CC 3:51.78.

HJ: 1. Look-jaeger (NikeCst) 5-10. TJ: 1. Carver (LBCC) 42-4. SP: 1. Pagel (un) 51-5 3/4, 2. K. Smith (MesaCC) 48-11. DT: 1. Apisfi (un) 161-8, 2. Dear (Redlands) 141-0.

## UC Irvine Invitational

April 23. At UC Irvine.

### Men

200m: 1. Edwards (un) 21.22, 2. Goedluck (Britain) 21.31, 3. Smith (CSLA) 21.34. 400m: 1. Edwards (CalPP) 46.63. 1500m: 1. Frisone (CSFull) 3:51.94. 110mH: 1. Pye (Inter Elite) 14.30. 400IH: 1. Cannady (un) 51.40, 2. Mayada (UCI) 52.70.

PV: 1. Keating (un) 16-6 3/4, 2. Miller (Occid) 16-0 1/4. LJ: 1. Scott (LBch) 24-6 1/4. TJ: 1. McGraw (NewMexSt) 51-1, 2. Scott (LBch) 49-11 3/4. SP: 1. Williams (Britain) 58-4 1/2. DT: 1. Williams (Britain) 182-9. HT: 1. Sargeant (Triton) 208-9, 2. Clark (CSLA) 191-3. JT: 1. Twedt (un) 204-7.

### Women

200m: 1. Stoute (Britain) 24.05, 2. Veltman (Nike) 24.70. 1500m: 1. Pando (LgBch) 4:36.03. 100mH: 1. Veltman (Nike) 14.07, 2. Hinds (LgBch) 14.27. 400mH: 1. Hinds (LgBch) 59.73.

HJ: 1. Cook (un) 5-9. LJ: 1. Veltman (Nike) 20-1 1/2. DT: 1. Clark (CSLA) 154-7.

## California-Nevada Championships

April 30-May 1. At UCLA.

### Men

100m (wind +.82 mps): 1. Reed (UCLA) 10.45, 2. Hargraves (UCR) 10.53, 3. Volsan (USC) 10.62, 4. Proulx (Cal) 10.71, 5. Smith (CSLA) 10.77, 6. Cherry (Cal) 10.88, 7. Jones (CSB) 10.90, 8. Allen (UCLA) 11.10.

200m (wind +1.86 mps): 1. Bowen (FS) 20.68, 2. Reed (UCLA) 20.72, 3. Smith 21.20, 4. Stewart (CSLA) 21.25, 5. Volsan (USC) 21.27, 6. Proulx (Cal) 21.33, 7. Evans (CSN) 21.39, 8. Cherry (Cal) 21.81.

400m: 1. Green (USC) 45.82, 2. Rodrigues (Stanford) 45.85, 3. Williams (Nev) 46.01, 4. Hester (CSB) 46.56, 5. Williams (UCLA) 46.80, 6. Krill (USC) 47.03, 7. Hensley (CSLA) 48.09, 8. Brown (CSN) NT.

800m: 1. Rock (Nev) 1:48.69, 2. Terry (UCLA) 1:49.46, 3. McBride (CSB) 1:49.99, 4. Magness (Cal)



# RESULTS

1:50.2, 5. Garcia 1:50.4, 6. Collins (CSN) 1:50.7, 7. Held (CPSLO) 1:51.1, 8. Stokes (UCR) 1:52.59, 9. Ortenburger (FS) 1:58.07.

**1500m:** 1. Boulet (Cal) 3:43.24, 2. Harris (FS) 3:44.32, 3. Candaele (CPSLO) 3:50.09, 4. Gastelum (UCLA) 3:51.48, 5. Spayde (Stan) 3:52.82, 6. Harper (UCSB) 3:55.4, 7. Ortenburger (FS) 3:56.6, 8. Bryard (Cal) 3:57.7.

**5000m:** 1. Harris (FresSt) 14:20.04, 2. White (Stan) 14:23.04, 3. Pose (FresSt) 14:28.88, 4. Frisone (CSFull) 14:32.01, 5. Reeder (Stan) 14:34.25, 6. Castner (UCSD) 14:35.23, 7. Goodrich (UCSB) 14:37.4, 8. Alexander (FresSt) 14:40.9, 9. Jansson (PtLoma) 14:43.6.

**110mH** (wind +.46 mps): 1. Foster (FS) 13.87, 2. Flowers (UCLA) 13.95, 3. Aladefa (USC) 14.12, 4. Hall (CSS) 14.31, 5. Bell (USC) 14.34, 6. Youngblood (CSN) 14.80, 7. Abello (Stan) 14.91, 8. Simmons (Cal) 15.01, 9. Hoggatt (FS) NT.

**400mH:** 1. Hall (CSS) 50.02, 2. Browler (USC) 50.47, 3. McGuirk (Cal) 50.56, 4. Aladefa (USC) 50.86, 5. Muniz (Cal) 51.67, 6. Alexander (UCR) 51.87, 7. Mayeda (UCI) 51.96, 8. Washington (CSLA) 53.47, 9. Cam (CSN) 56.6.

**3000mSC:** 1. M. Tansley (CSF) 8:56.28, 2. Bupp (Cal) 8:58.27, 3. Howell (Nev) 9:06.04, 4. Pose (FS) 9:12.12, 5. Lewin (UCSB) 9:16.67, 6. Farrington (Westmont) 9:17.41, 7. Zmijewski (Stan) 9:21.5, 8. Alexander (FS) 9:26.3, 9. Livingood (West) 9:28.2.

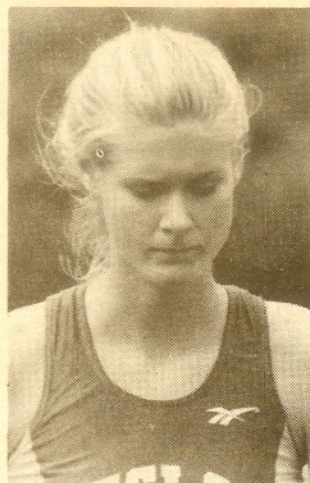
**400mR:** 1. Fresno State (Jordan, Bratton, foster, Bowen) 40.15, 2. CS Los Angeles 40.21, 3. California 40.66, 4. Nevada 40.73, 5. CS Northridge 40.92, 6. CS Bakersfield 41.05, 7. USC 41.17, 8. UC San Diego 42.7, 9. Cal Poly SLO 51.8.

**1600mR:** 1. USC (James, Rodriguez, Krill, Greene) 3:05.78, 2. Nevada 3:07.16, 3. UCLA 3:07.44, 4. CS Bakersfield 3:08.36, 5. California 3:09.69, 6. CS Northridge 3:09.84, 7. Fresno St. 3:14.6, 8. CS Los Angeles 3:17.5, 9. Cal Poly SLO 3:17.8.

**HJ:** 1. Keane (Cal) 7-0 1/2, 2. Kelly (Nev) 6-10 3/4, 3. Rucks (Nev) 6-10 1/2, 4. Walker (CSS) 6-10 3/4, 5. O'Sullivan (Cal) 6-8 3/4, 6. Clark (Stan) 6-8 3/4, 7. Stout (CSF) 6-6 3/4, 8. Sargeant (UCSD) 6-6 3/4, 9. Bane (CPSLO) 6-6 3/4.

**PV:** 1. Cox (FS) 17-4 3/4, 2. Barkin (Cal) 17-0 3/4, 3. Fulk (FS) 16-8 3/4, 4. Phelps (Cal) 16-8 3/4, 5. Whitford (CPSLO) 16-1, 6. Tapia (CSLA) 16-1, 7. tie-Morris (UCSB), Haworth (Cal), Thorson (CPSLO) 15-9.

**LJ:** 1. Adkins (Cal) 24-7 3/4w, 2. Ganda (UCLA) 24-0 3/4, 3. Robinson



**AMY ACUFF**

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(Stan) 23-11 1/2, 4. Scott (LBS) 23-6 1/2w, 5. Edwards (Cal) 23-3 1/2, 6. Mitchell (FS) 23-0, 7. Beck (USC) 22-9, 8. Hoggatt (FS) 22-8, 9. Tracy (CSB) 22-3 1/2.

**TJ:** 1. Hill (CPSLO) 50-4 1/2, 2. Ozolinsh (Cal) 50-2, 3. Mitchell (FS) 49-8 1/2, 4. Scott (LBS) 49-6 1/4, 5. Roberson (CSB) 49-2 1/4, 6. Tharrington (CSN) 47-7 1/4, 7. McClure (UCR) 47-3, 8. Adkins (Cal) 45-11 1/4.

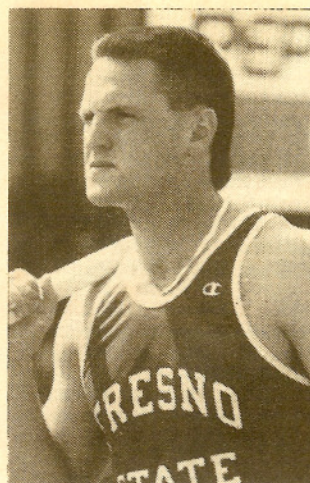
**SP:** 1. Godina (UCLA) 64-6 1/2, 2. Bailey (UCLA) 61-4 3/4, 3. Parlin (UCLA) 59-11, 4. Kirchoff (USC) 59-6 3/4, 5. Hicks (CSN) 58-3 1/4, 6. Ogden (UCLA) 57-8 1/2, 7. Swanson (Stan) 55-11 3/4, 8. Hodel (UCLA) 55-9 1/4, 9. Wright (FS) 42-8.

**DT:** 1. Presser (UCLA) 185-11, 2. Danowsky (USC) 178-10, 3. Ogden (UCLA) 174-9, 4. Kirchoff (USC) 173-11, 5. Karsevar (Stan) 166-8, 6. Clark (CSLA) 164-11, 7. Godbehre (CSB) 164-7, 8. Wilson (CSB) 163-8, 9. Calvin (CSN) 161-6.

**HT:** 1. Kiss (USC) 239-3, 2. Popejoy (Stan) 214-0, 3. Danowsky (USC) 202-0, 4. Hodel (UCLA) 200-2, 5. Norwild (Stan) 198-3, 6. Hicks (CSN) 193-6, 7. Clark (CSLA) 189-4, 8. Carcione (Cal) 185-0, 9. Wilson (CSB) 176-8.

**JT:** 1. Riech (FS) 246-4, 2. Johnston (UCLA) 225-7, 3. McClintock (CSN) 200-0, 4. Lally (Cal) 198-1, 5. Thomas (Cal) 178-6, 6. Crass (FS) 175-11, 7. Richyey (FS) 170-11, 8. Turner (FS) 169-0, 9. Arreola (FS) 164-0.

**Team Scores** (10-8-7-6-5-4-3-2-1): 1. California 132, 2. tie-UCLA and Fresno State 124, 4. USC 109, 5. Stanford 64, 6. Nevada 53, 7. tie-CS



**DAVID COX**

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Los Angeles and CS Northridge 44, 9. CS Bakersfield 38, 10. Cal Poly SLO 30, 11. CS Stanislaus 22, 12. tie-CS Fullerton UC Santa Barbara 19, 14. UC Riverside 18, 15. Long Beach St 12, 16. UC San Diego 8, 17. Westmont 5, 18. UC Irvine 3, 19. Pt. Loma Nazarene 1.

## Women

**100m** (wind +1.52 mps): 1. McKnight (Nev) 11.75, 2. Chan (USC) 12.01, 3. Posey (CSLA) 12.09, 4. Ellison (CSN) 12.11, 5. Criswell (FS) 12.11, 6. Glenn (UCLA) 12.15, 7. Wada 12.32, 8. Person (Nev) 12.38.

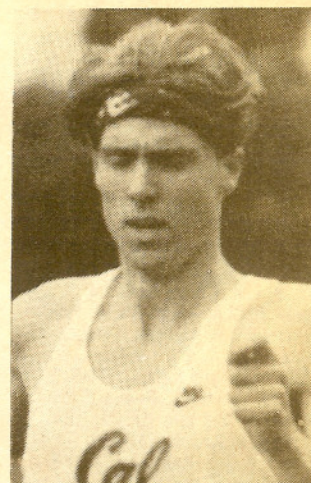
**200m** (wind +.79 mps): 1. Freeman (SDS) 24.44, 2. Ellison (CSN) 24.59, 3. Dooley (FS) 24.60, 4. Posey (CSLA) 25.12, 5. Criswell (FS) 25.20, 6. Mosley (LBS) 25.36, 7. Dean (UCI) 25.40, 8. Baldwin (UCLA) 25.43, 9. Person (Nev) 25.46.

**400m:** 1. Scott (UCLA) 53.97, 2. Tochiuk (UCLA) 54.08, 3. Richardson (FS) 54.25, 4. Reynolds (Cal) 55.89, 5. Graham (CSLA) 56.91, 6. Hill (FS) 57.11.

**800m:** 1. Moses (UCR) 2:12.15, 2. Dey (Stan) 2:12.27, 3. Crummie (Cal) 2:12.69, 4. Moore (CPSLO) 2:12.75, 5. Cohen (FS) 2:12.89, 6. Crain (UCLA) 2:14.20, 7. Roldan (UCLA) 2:14.90, 8. MacPherson (UCSB) 2:15.92, 9. Matthews (SDS) NT.

**1500m:** 1. Bartholomew (UCLA) 4:24.46, 2. Lopez (Cal) 4:29.8, 3. Miller (CSN) 4:35.64, 4. Sumi (UCLA) 4:36.44, 5. Levy (UCSB) 4:36.60, 6. Pedraza (CSLA) 4:37.62, 7. Hampson (UCLA) 4:39.25, 8. Thomas (UCSB) 4:40.5, 9. Dawson (FS) 4:43.0.

**5000m:** 1. Hecox (UCLA) 16:24.98, 2. Watson (Stan) 16:39.79, 3. Soder-



**RICHIE BOULET**

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man (Cal) 16:59.61, 4. Jensen (Stan) 17:07.73, 5. Cossio (CSLA) 17:05.90, 6. Ambriz (PtLoma) 17:15.08, 7. Farage (FS) 17:24.53, 8. Mabe (LBS) 17:24.83, 9. Jacobson (FS) 17:33.35.

**100mH** (wind -.15 mps): 1. Chan (USC) 13.62, 2. Missick (FS) 13.63, 3. Cole (FS) 14.11, 4. Hinds (LBS) 14.14, 5. Boyd (Stan) 14.27, 6. Moxley (LBS) 14.32, 7. Collet (FS) 14.59, 8. Tolson (CSN) 14.68, 9. Lee (Stan) 15.04.

**400mH:** 1. Marvin (UCLA) 57.87, 2. Hinds (LBS) 58.80, 3. Cox (SDS) 59.99, 4. Boyd (Stan) 60.78, 5. Malco (UCLA) 61.41, 6. Harrison (FS) 61.74, 7. Thompson (CSB) 62.0, 8. Green (UCI) 67.2.

**400mR:** 1. Fresno State (Missick, Cole, Dooley, Criswell) 45.70, 2. UCLA 45.89, 3. San Diego St 47.01, 4. CS Northridge 47.14, 5. CS Los Angeles 47.65, 6. Stanford 47.8, 7. CS Bakersfield 48.8, 8. UC Irvine 49.1, 9. UC San Diego 50.2.

**1600mR:** 1. UCLA (Tochiuk, Scott, Malco, Marvin) 3:37.71, 2. Fresno St 3:40.37, 3. San Diego St 3:48.79, 4. CS Northridge 3:51.94, 5. CS Bakersfield 3:54.16, 6. Cal Poly SLO 3:57.81, 7. UC Santa Barbara 3:58.85.

**HJ:** 1. Acuff (UCLA) 5-11 1/2, 2. Moulton (CSB) 5-9 3/4, 3. Candidate (USC) 5-7 3/4, 4. Korbel (CPSLO) 5-5 3/4, 5. CS Bakersfield 3:54.16, 6. Cal Poly SLO 3:57.81, 7. UC Santa Barbara 3:58.85.

**LJ:** 1. Shields (USC) 19-2 3/4, 2. House (CSN) 18-9 1/4, 3. Littlepage (Cal) 18-3 1/4, 4. Dillon (SDS) 18-0 1/4, 5. Collet (FS) 17-9 3/4, 6. Brown (UCLA) 17-8 3/4, 7. Thompson (CSB) 17-5 1/4, 8. O'Rane



# RESULTS

(UCLA) 17-3 1/4, 9. Holt (Stan) 16-8

TJ: 1. Shields (USC) 40-0w, 2. Brown (UCLA) 39-5 1/4, 3. Littlepage 39-4, 4. Adu (Stan) 38-9 3/4, 5. House (CSN) 37-9 1/2w, 6. Izoco (Nev) 37-4 1/2, 7. Hudson (FS) 36-11 1/2, 8. Lagle (UCSB) 36-5, 9. Haller (USC) 36-5.

SP: 1. Althouse (UCLA) 57-9, 2. Sticklin (CSN) 47-4 1/4, 3. Burton (CSN) 46-5 1/4, 4. Moloata (Cal) 46-4 1/2, 5. Roberts (UCLA) 44-9 3/4, 6. Hill (CSLA) 44-6 1/4, 7. Andrews (UCLA) 43-10 3/4, 8. Barden (Nev) 43-1, 9. Ahmann (CPSLO) 40-0 1/2.

DT: 1. Roberts (UCLA) 175-3, 2. Hill (CSLA) 172-10, 3. Peters (CPSLO) 167-5, 4. Andrews (UCLA) 164-11, 5. Althouse (UCLA) 161-0, 6. Darden (FS) 158-4, 7. Kaihiwa (Cal) 154-1, 8. E. Dice (Cal) 153-8, 9. Ahmann (CPSLO) 145-0.

JT: 1. McCormick (Stan) 178-10, 2. Dunn (CSN) 154-11, 3. Eilerts (CPSLO) 148-11, 4. McVey (USC) 147-11, 5. Templeton (Stan) 135-2, 6. Bleyenburg (UCR) 128-9, 7. Henderson (CSLA) 124-11, 8. Roberts (UCLA) 120-6, 9. Perkins (SDS) 116-6.

Team Scores: 1. UCLA 168, 2. Fresno State 93, 3. Stanford 75, 4. CS Northridge 71, 5. California 58, 6. CS Los Angeles 53, 7. USC 52, 8. San Diego St 42, 9. Cal Poly SLO 37, 10. Long Beach St 34, 11. Nevada 23, 12. CS Bakersfield 22, 13. tie-UC Riverside and UC Santa Barbara 14, 15. UC Irvine 10, 16. Pt. Loma Nazarene 4, 17. UC San Diego 1.

## Orange Empire Conference

April 30. At Rancho Santiago College

100m: 1. Keane (R) 10.68, 2. Trammell (OCC) 10.75, 3. Harris (R) 10.91, 200m: 1. Gates (R) 21.60, 2. Keane (R) 21.60, 3. Trammell (OCC) 21.61, 400m: 1. Mosley (RS) 50.01, 800m: 1. Santos (Cuy) 1:49.15, 2. Das Neves (Cuy) 1:52.25, 3. Merchond (Riv) 1:52.89, 1500m: 1. Das Neves (Cuy) 3:47.41, 2. Merchoud (R) 3:47.72, 3. Gidabuday (Riv) 3:52.48, 5000m: 1. Gidabuday (R) 14.20.2, 2. Gallegos (R) 15:12.90, 10,000m: 1. Ricketts (Cuy) 32:08.4, 2. Holland (Sad) 32:09.5, 3000mSC: 1. Cullum (Sad) 9:39.71, 110mH: 1. Howard (R) 14.39, 2. Brown (Sad) 14.87, 3. Dunams (R) 14.98, 400mH: 1. Howard (R) 52.08, 2. Murray (Full) 52.82, 3. Kearse (R) 52.86, 400mR: 1. Rancho Santiago 41.49, 2. Riverside 41.81, 3. Saddleback 42.46, 1600mR: 1. Rancho Santiago 3:17.35, 2. Riverside 3:17.94, 3. Fullerton 3:18.67.

HJ: 1. Carlson (F) 6-8, LJ: 1. Brown

(S) 23-1 1/2, TJ: 1. Williams (G) 46-4 1/2, SP: 1. Hoffman (SDM) 46-8 3/4, DT: 1. Koch (G) 157-3, 2. Davis (SDM) 156-10, 3. Estrada (R) 150-2, JT: 1. Davis (SDM) 181-3, PV: 1. Van Sluis (RS) 15-6, 2. Sanchez (F) 14-6, Dac: 1. Wynn (RS) 6076, 2. Crowley (GW) 5540, 3. Long (R) 5472.

Team Scores: 1. Riverside 212, 2. Rancho Santiago 106, 3. Orange Coast 99, 4. SD Mesa 95, 5. Fullerton 82, 6. Saddleback 76, 7. Golden West 48, 8. tie-Grossmont and Cuyamaca 44.

### Women

100m: 1. Collins (R) 11.94, 2. Sullivan (SDM) 11.94, 200m: 1. Walker (R) 23.42, 2. Sullivan (SDM) 24.07, 3. Collins (R) 25.04, 400m: 1. Stewart (R) 58.84, 800m: 1. Williams (R) 2:11.32, 1500m: 1. Olson (G) 4:50.20, 2. Sweetser (OCC) 4:51.15, 3. Gingrich (S) 4:52.43, 3000m: 1. Karcher (G) 10:45.15, 5000m: 1. Sassone (OCC) 18:55.6, 100mH: 1. Walker (R) 13.87, 2. Buck (R) 15.21, 3. Parker (MC) 15.46, 400mH: 1. Buck (R) 1:04.36, 400mR: 1. Riverside 46.96, 2. SD Mesa 49.39, 1600mR: 1. Riverside 3:54.45, 2. SD Mesa 4:04.80.

HJ: 1. Cunningham (R) 5-4, LJ: 1. Collis (R) 20-0 1/2, 2. Walker (R) 18-0 1/4, TJ: 1. Connole (G) 37-0, 2. Fields (R) 36-3, 3. Fogg (OCC) 36-1 1/2, SP: 1. Smith (SDM) 45-2 3/4, 2. Blanco (SDM) 40-3 1/2, DT: 1. Ortiz (G) 134-7, 2. Smith (SDM) 120-9, JT: Mezo (S) 124-1, 2. Collis (R) 121-2, Hap: 1. Buck (R) 4037, 2. Fields (R) 3497.

Team Scores: 1. Riverside 254, 2. SD Mesa 120, 3. Saddleback 79, 4. Grossmont 60, 5. Mira Costa 45, 6. Fullerton 40, 7. Orange Coast 33, 8. Golden West 29, 9. Rancho Santiago 15, 10. Cuyamaca 9.

## SCIAC Championships

April 30. At Claremont-Mudd.

100m: 1. Schug (Red) 10.75, 200: 1. Schug (Red) 21.94, 400m: 1. Rust (Red) 48.72, 800m: 1. Rhodes (CM) 1:52.60, 1500m: 1. Aagaard (CM) 3:58.83, 5000m: 1. Flynn (O) 15:41.58, 110mH: 1. Thompson (PP) 15.22, 400mH: 1. Busse (PP) 55.20, 3000mSC: 1. Vella (PP) 9:31.09, 400mR: 1. Redlands 42.78, Mile Relay: 1. Claremont-Mudd 3:22.47.

HJ: 1. Jones (CM) 6-10 1/4, PV: 1. Williams (PP) 16-2 3/4, LJ: 1. Hawkins (PP) 23-8, TJ: 1. Kammerlohr (Red) 49-1 1/2, SP: 1. Susank (CM) 51-9, DT: 1. Susank (CM) 154-7, HT: 1. Susank (CM) 198-1, JT: 1. Van Valkenbaugh (Red) 224-0.

Team Scores: 1. Claremont-Mudd 183, 2. Redlands 169, 3. Pomona-Pitzer 111, 4. Occidental 74, 5. LaVerne 29, 6. Whittier 12, 7. Caltech 9, 8. Cal Lutheran 3.

### Women

100m: 1. Martin (O) 12.73, 200m: 1. Rippey (O) 25.82, 400m: 1. Thomas (CL) 59.12, 800m: 1. Shideler (PP) 2:20.94, 1500m: 1. Kopchik (O) 4:48.32, 3000m: 1. Kopchik (O) 10:48.44, 100mH: 1. Poulter (PP) 15.27, 400mH: 1. Poulter (PP) 67.04, 400mR: 1. Occidental 50.31, Mile Relay: 1. Pomona-Pitzer 4:11.44.

HJ: 1. Read (PP) 5-1, LJ: 1. Williams (LV) 17-0 1/2, TJ: 1. Dawe (PP) 35-4 1/4, SP: 1. Gonzalez (LV) 40-3, DT: 1. Dear (Red) 141-6, HT: 1. Parish (PP) 141-3, JT: 1. Gonzalez (LV) 127-3.

Team Scores: 1. Occidental 134, 2. Pomona-Pitzer 129, 3. Claremont-Mudd-Scripps 86, 4. LaVerne 77, 5. Redlands 52, 6. Cal Lutheran 43, 7. Caltech 5, 8. Whittier 4.

## South Coast Conference

April 30. At Mt. San Antonio College.

100m: 1. Middleton (MtSAC) 10.54, 2. Bellow (LB) 10.63, 3. Serpas (LB) 10.66, 200m: 1. Middleton (MtSAC) 20.7, 2. Lankford (EC) 20.8, 3. Bellow (LB) 21.2, 400m: 1. Williams (LB) 46.80, 2. Humphrey (LB) 47.72, 3. Lankford (EC) 48.34, 800m: 1. Martinez (MtSAC) 1:55.00, 2. Giddens (EC) 1:55.20, 3. McCray (EC) 1:55.61, 1500m: 1. Martinez (MtSAC) 3:57.43, 2. Mitchell (MtSAC) 3:58.57, 3. Giddens (EC) 4:00.95, 5000m: 1. Mitchell (MtSAC) 15:17.55, 10,000m: 1. Baca (MtSAC) 31:57.28, 2. Garrison (MtSAC) 32:01.56, 110mH: 1. Guialdo (LB) 14.28, 2. Banner (LB) 14.66, 3. Harris (LB) 14.93, 400mH: 1. Guialdo (LB) 51.49, 2. Ford (LB) 53.40, 3. Gamble (C) 54.17, 3000mSC: 1. Contreras (MtSAC), 400mR: 1. Long Beach 40.34, 2. MtSAC 41.49, 3. El Camino 41.97, 1600mR: 1. Long Beach 3:12.91, 2. El Camino 3:19.41, 3. MtSAC 3:23.42.

HJ: 1. Barnett (MtSAC) 6-6, PV: 1. Nguyen (LB) 15-6, 2. Nieves (MtSAC) 14-6, LJ: 1. Adams (MtSAC) 24-0, 2. Jordan (LB) 23-10, TJ: 1. Jordan (LB) 49-6 1/4, 2. Massey (LB) 48-0 3/4, 3. Leon (EC) 47-3 1/2, SP: 1. Thomas (LB) 46-0, DT: 1. Thomas (LB) 155-1, 2. Stricklin (C) 153-1, HT: 1. Persson (MtSAC) 159-0, JT: 1. Davila (MtSAC) 193-6, 2. Kanowsky (LB) 190-8.

Team Scores: 1. Long Beach 309 1/2, 2. Mt. San Antonio 268, 3. El Camino 55 1/2, 4. Cerritos 54, 5. Pasadena 36.

### Women

100m: 1. Mitchell (LB) 11.85, 2. Brooks (LB) 12.10, 3. Bryant (LB) 12.12, 200m: 1. Mitchell (LB) 23.5, 2. Brooks (LB) 24.2, 3. Lewis (EC) 24.5, 400m: 1. Hughes (EC) 55.92, 2. Good (EC) 24.7, 800m: 1. Lopez (LB) 2:18.48, 1500m: 1. Lewy (LB)

4:46.44, 2. Nakamura (EC) 4:49.83, 3. Sanchez (MtSAC) 4:52.60, 3000m: 1. Lewy (LB) 10:17.6, 2. Nakamura (EC) 10:21.6, 5000m: 1. Lewy (LB) 17:44.0, 2. Nakamura (EC) 17:48.0, 100mH: 1. Vigilant (LB) 14.51, 2. Mallette (EC) 14.56, 3. Watkins (MtSAC) 15.48, 400mR: 1. Long Beach 45.66, 2. El Camino 46.46, 1600mR: 1. El Camino 3:46.0, 2. Long Beach 3:49.2, 3. Mt SAC 4:04.5.

HJ: 1. Carver (LB) 5-0, LJ: 1. Irving (MtSAC) 18-11 1/2, 2. Carver (LB) 18-6, 3. Cobb (C) 18-4 1/2, TJ: 1. Carver (LB) 40-1 1/2, 2. Hodges (EC) 37-4 1/2, SP: 1. Bryant (C) 38-2 1/2, DT: 1. Whitaker (MtSAC) 123-1, JT: 1. Murtagh (P) 123-3.

Team Scores: 1. Long Beach 243 1/2, 2. El Camino 142, 3. Mt. San Antonio 124 1/2, 4. Cerritos 79, 5. Pasadena 30.

## Western State Conference

April 30. At Bakersfield College.

100m (wind -50 mps): 1. Jones (WLA) 10.92, 2. Johnson (WLA) 11.02, 200m (wind -38 mps): 1. Reyes (SM) 21.87, 2. Jones (WLA) 21.88, 400m: 1. Kendrick (B) 47.67, 2. Reyes (SM) 49.06, 800m: 1. Turner (G) 1:54.31, 2. Estorga (SM) 1:56.12, 3. Stapp (SB) 1:56.22, 1500m: 1. Luca (M) 4:00.79, 2. Hickey (B) 4:01.44, 3. Almendariz (G) 4:01.48, 5000m: 1. Wiswall (B) 15:22.7, 10,000m: 1. Wiswall (B) 32.45.4

400mR: 1. Santa Monica 42.37, 2. Bakersfield 42.48, 3. West LA 42.61, 4. Valley 43.08, 1600mR: 1. Glendale 3:18.49, 2. Santa Monica 3:21.81, 3. Moorpark 3:21.49, 4. Bakersfield 3:21.88, 5. Santa Barbara 3:21.98, 110mH (wind -1.19 mps): 1. Powell (G) 14.81, 2. Landtiser (Ca) 15.02, 3. Mustafa (M) 15.14, 400mH: 1. Landtiser (Ca) 53.54, 2. Gentry (B) 55.01, 3000mSC: 1. Baca (G) 9:42.19, 2. Beceril (G) 9:42.65.

HJ: 1. Mustafa (M) 6-6, 2. Martin (SB) 6-6, PV: 1. Brown (Cu) 16-9 1/4, 2. Gump (G) 15-6, 3. Lubocki (M) 14-6, LJ: 1. McBride (SM) 25-9 1/2, 2. Wright (G) 23-7, TJ: 1. Haupt (SM) 47-6, 2. McBride (SM) 46-1, SP: 1. McKeown (M) 51-4 1/4, DT: 1. Dumble (B) 166-11, 2. McKeown (M) 162-8, 3. Flynn (B) 153-5, JT: 1. Jahving (B) 177-10, HT: 1. Dumble (B) 175-0, 2. McKeown (M) 152-9, 3. George (B) 151-0.

Team Scores: 1. Bakersfield 176, 2. Moorpark 147, 3. Glendale 132 1/2, 4. Santa Monica 112, 5. Valley 53 1/2, 6. Ventura 39, 7. tie-Santa Barbara and West LA 36, 9. Cuesta 30, 10. Canyons 19.

### Women

100m (wind -31 mps): 1. Christian



# RESULTS

(WLA) 12.27. **200** (wind -4.1 mps): 1. Christian (WLA) 25.34. **400m**: 1. Brown (Cu) 57.64. **800m**: 1. Roberto (G) 2:23.60. **1500m**: 1. Roberto (G) 4:51.06, 2. Hernandez (G) 4:51.92, 3. Renteria (G) 4:52.53, 4. Allen (B) 4:57.74, 5. Crosse (M) 4:57.4. **3000m**: 1. Sanchez (V) 10:46.5. **5000m**: 1. Roberto (G) 18:36.5. **400mR**: 1. Santa Monica 48.20. **1600mR**: 1. Santa Monica 4:03.5.

**100mH** (wind -.52 mps): 1. Ledzepko (Ca) 15.40, 2. Kinard (SM) 15.57, 3. Dolphin (SM) 15.88. **400mH**: 1. Dolphin (SM) 1:05.41.

**HJ**: 1. Brewster (V) 5-2. **LJ**: 1. Christian (WLA) 18-9 3/4, 2. Kinard (SM) 18-6. **TJ**: 1. Kinard (SM) 38-9 1/2, 2. Dolphin (SM) 38-4 1/2. **SP**: 1. Newell (Cu) 42-3, 2. Hampton (B) 40-4 1/2. **DT**: 1. Hampton (B) 134-2, 2. Blackburn (V) 134-0, 3. Dijkstra (B) 130-3, 4. Newell (Cu) 124-5, 5. Vailancourt (M) 122-10. **JT**: 1. Stole (Ca) 131-9.

**Team Scores**: 1. Santa Monica 167, 2. Glendale 116, 3. Ventura 80.5, 4. Moorpark 67, 5. Bakersfield 52, 6. Canyons 49, 7. Cuesta 48, 8. West LA 34.5, 9. Santa Barbara 32, 10. Valley 16.

## Multi-Team at UCLA

May 7. Westwood.

### Men

**100** (wind +0.2 mps): 1. Reed (UCLA) 10.35, 2. Martin (Wash) 10.52, 3. Volsan (USC) 10.64. **200** (wind -1.4 mps): 1. Reed (UCLA) 20.66, 2. Hervey (USC) 20.77, 3. Bradley (UCLA) 21.20, 4. Martin (Wash) 21.27, 5. James (USC) 21.60, 6. Allen (UCLA) 21.61. **400**: 1. Greene (USC) 46.58, 2. Williams (UCLA) 46.99, 3. James (USC) 47.39. **800**: 1. Terry (UCLA) 1:51.71.

**1500**: 1. Munroe (Wash) 3:48.29, 2. Dan Niednagel (UCLA) 3:48.72, 3. Lyda (BYU) 3:51.06, 4. Boggess (BYU) 3:51.93. **5000**: 1. Lawson (BYU) 14.21, 2. Rhodes (BYU) 14.31.6. **1100H**: 1. Flowers (UCLA) 13.92, 2. Alade'fa (USC) 13.92, 3. Jones (BYU) 14.36, 4. Bell (USC) 14.46. **400IH**: 1. Rodriguez (USC) 50.20, 2. Bruwier (USC) 50.78, 3. Alade'fa (USC) 51.54, 4. Jones (BYU) 51.83. **3000SC**: 1. Johansen (BYU) 8:51.4, 2. Jaster (BYU) 8:51.6, 3. Hunter (Wash) 8:58.7.

**400R**: 1. UCLA (Williams, Flowers, Reed, Bradley) 39.99, 2. USC 40.01, 3. Washington 40.79, 4. BYU 41.57. **1600R**: 1. USC (Krill, Bruwier, Rodrigues, Greene) 3:08.16, 2. UCLA 3:10.24.

**HJ**: 1. Milby (UCLA) 6-10 3/4. **PV**: 1. Sommers (UCLA) 17-4 1/2, 2. Jensen (BYU) 16-4 3/4. **LJ**: 1. Ganda (UCLA) 24-10. **TJ**: 1. Godfrey (BYU) 49-9 3/4, 2. Moultry (UCLA) 49-8

1/2, 3. Parrish (Wash) 49-3. **SP**: 1. Godina (UCLA) 63-4 1/4, 2. Kaligis (UCLA) 61-7, 3. Bailey (UCLA) 60-0, 4. Ogden (UCLA) 57-5 3/4, 5. Kirchoff (USC) 57-2 1/4, 6. Hodel (UCLA) 56-10, 7. Conwell (W) 55-10 1/2. **DT**: 1. Godina (UCLA) 186-0, 2. Presser (UCLA) 185-4, 3. Danowsky (USC) 177-6, 4. Kirchoff (USC) 175-3. **HT**: 1. Kiss (USC) 242-0, 2. Hodel (UCLA) 209-11, 3. Danowsky (USC) 205-8. **JT**: 1. Feamley (USC) 233-2, 2. DeMunnik (W) 213-10, 3. Smith (W) 209-1, 4. Johnson (UCLA) 209-1.

**Team Scores**: UCLA 74, USC 53, BYU 42, Washington 36.

### Women

**100** (wind +1.3 mps): 1. Burrows (BYU) 11.79, 2. Griffin (W) 11.84, 3. Chan (USC) 11.86. 4. Glenn (UCLA) 11.95, 5. Lipscomb (USC) 11.97, 6. Malco (UCLA) 12.08, 7. Terry (W) 12.16. **200** (wind -1.9 mps): 1. Griffin (UCLA) 23.99, 2. Burrows (BYU) 24.56, 3. Lipscomb (USC) 24.73. **400**: 1. Noel (UCLA) 54.34, 2. Tochluk (UCLA) 54.67, 3. Sandmeyer (W) 55.86. **800**: 1. Austin (W) 2:10.24, 2. Calzaitin (BYU) 2:10.96, 3. Crain (UCLA) 2:11.28, 4. Roldan (UCLA) 2:11.81. **1500**: 1. Calzaitin (BYU)

14.21, 8. G. Johnson (un) 14.29. **400H**: 1. Marvin (UCLA) 58.56, 2. Woods (W) 59.57, 3. Malco (UCLA) 62.79. **400R**: 1. UCLA (Marvin, Glenn, Malco, Noel) 45.88, 2. USC 46.36, 3. Washington 46.67, 4. BYU 46.91. **1600R**: 1. Washington (Woods, Griffin, Sandmeyer, Barter) 3:45.40, 2. BYU 3:50.35.

**HJ**: 1. Acuff (UCLA) 6-0, 2. Coleman (un) 5-10, 3. Boice (BYU) 5-8. **LJ**: 1. Shields (USC) 19-9 3/4 (wind +1.3 mps), 2. Warner (W) 19-9, 3. Brown (UCLA) 18-11 3/4. **TJ**: 1. Glenn (UCLA) 43-1 3/4 (wind -1.2 mps), 2. Shields (USC) 41-9 3/4 (+1.3), 3. Brown (UCLA) 41-8 3/4 (+0.3), 4. Davis (W) 40-5 1/2, 5. Silvas (W) 40-4w, 6. Bunevacz (UCLA) 38-4w. **SP**: 1. Althouse (UCLA) 55-11 1/4, 2. Juraskova (BYU) 48-2, 3. Roberts (UCLA) 46-0 3/4. **DT**: 1. Andrews (UCLA) 171-9, 2. Roberts (UCLA) 170-6, 3. Juraskova (BYU) 164-4, 4. Althouse (UCLA) 162-3, 5. McVey (USC) 147-1, 6. Christianson (BYU) 141-7. **JT**: 1. Parker (W) 161-8, 2. Kruse (W) 156-7, 3. Brager (W) 150-3, 4. Haynes (USC) 145-11, 5. G. Johnson (un) 144-3, 6. McVey (USC) 142-8, 7. Lee (BYU) 140-7.

## Northern California Community College Finals

May 13. Modesto Junior College.

### Men

**100m**: 1. Ricky Carrigan (Merritt) 10.35. **200m**: 1. Ricky Carrigan (Merr) 20.58. **400m**: 1. Derek Shepard (Sac) 46.40. **800m**: 1. Chris Gaston (SRosa) 1:53.78. **1500m**: 1. David Flynn (DV) 4:00.13. **5000m**: 1. Robert Malseed (Seq) 15:04.34. **10,000m**: 1. John Orosco (Taft) 31:42.9. **400mR**: 1. Sacramento 40.55, **1600mR**: 1. Taft 3:09.07. **110mH**: 1. Jeff Correia (Taft) 14.47. **400mH**: 1. Alonzo Wiggins (Taft) 52.05. **3000mSC**: 1. Colin Johnston (Taft) 9:32.23.

**HT**: 1. Justin Carvahlo (Sac) 180-10. **JT**: 1. Andrew Kerns (Mar) 195-10. **LJ**: 1. Mike Wright (Hart) 23-8 1/4. **SP**: 1. John McDonald (Shasta) 54-0 1/2. **PV**: 1. Mike James (Hart) 15-6. **HJ**: 1. Moses Kearney (Mer) 7-0. **TJ**: 1. Marvin Brown (DV) 49-4 1/2. **DT**: 1. Jason Dossy (SM) 159-10.

**Team Scores**: Taft 158, Sacramento 108, Diablo Valley 60, Hartnell 58, San Mateo 42, West Valley 41, Fresno 40.

### Women

**100m**: 1. Sheila Hunter (SF) 12.03, 2. **200m**: 1. Michele Ferguson (SJ) 24.55. **400m**: 1. Taunika Ogans (SF) 55.30. **800m**: 1. Nicole Teter (Shas) 2:16.24. **1500m**: 1. Carrie Tacheira (Mod) 4:42.17. **5000m**: Rachel Hawtin (SF) 17:32.0. **100mH**: 1. Felicia Brown (Hart) 14.68. **400mH**: 1. Danielle Joh-

nigan (DeAnza) 1:04.68. **400mR**: 1. Sacramento 47.56. **1600mR**: 1. Merritt 3:52.91.

**JT**: Leticia Zazaboi (Skyline) 141-5. **SP**: 1. Yolanda Crowder (Taft) 43-1 1/2. **LJ**: 1. Felicia Brown (Hart) 19-7. **HJ**: 1. Erica Wilson (Shas) 5-5. **DT**: 1. Becky Elwood (Mod) 150-5. **TJ**: 1. Felicia Brown (Hart) 38-8 1/4.

## Big West Championships

May 13-14. At Las Cruces, New Mexico.

### Men

**100m**: 1. Harvey (NM) 10.58, 2. Flowers (Nev) 10.74, 3. Barragan (LgBch) 10.77. **200m**: 1. Williams (Nev) 21.62, 2. Denning (Utah St) 21.62, 3. Flowers (Nev) 21.65. **400m**: 1. Williams (Nev) 47.10, 2. Turner (Utah St) 47.11, 3. Herndon (LgBch) 48.17. **800m**: 1. Rock (Nev) 1:52.71, 2. Samansky 9nev) 1:53.21, 3. Garcia (UCSB) 1:54.61. **1500m**: 1. Mazano (Utah St) 3:51.11, 2. Frisone (CSFull) 3:52.28, 3. Wilson (Utah St) 3:52.58.

**5000m**: 1. Mazano (Utah St) 14.41.54, 2. Davidson (Utah St) 14:45.15, 3. Tansley (CS Full) 15:02.40. **100mH**: 1. Fuller (Utah St) 14.54, 2. Murdock (Utah St) 15.11, 3. Bell (NM) 15.21. **400mH**: 1. Mayeda (UCI) 51.09, 2. Murdock (Utah St) 52.72, 3. Bell (NM) 54.22. **400mR**: 1. Nevada 40.60, 2. Utah State 41.17, 3. New Mexico State 41.27. **1600mR**: 1. Utah State 3:10.49, 2. Nevada 3:10.57, 3. UC Irvine 3:15.07.

**HJ**: 1. Kelly (Nev) 7-0, 2. Thurston (UtahSt) 6-9 7/8, 3. Rucks (Nev) 6-9 7/8. **TJ**: 1. McGraw (NM) 50-5, 2. Scott (LgBch) 49-3 1/2, 3. Smith (UCSB) 47-5. **SP**: 1. Dermody (Nev) 51-6, 2. Schaley (UtahSt) 50-8, 3. Dye (Nev) 48-8 1/2. **JT**: 1. Smith (UtahSt) 204-8, 2. Borozinski (Nev) 201-4, 3. Orabay (Utah St) 199-11. **Dec**: 1. Borozinski (Nev) 7500, 2. Harvey (Nev) 6891, 3. Frudakis (LgBch) 6391.

**Team Scores**: 1. Utah State 209, 2. Nevada 166.5, 3. New Mexico St 93, 4. UC Santa Barbara 51.5, 5. Long Beach St 47, 6. CS Fullerton 45, 6. UC Irvine 40.

### Women

**100m**: 1. McKnight (Nev) 11.76, 2. Dean (UCI) 12.06, 3. Prothro (UNLV) 12.29. **200m**: 1. McKnight (Nev) 24.09, 2. Fraser (UNLV) 24.33, 3. Dean (UCI) 25.06. **400m**: 1. Fraser (UNLV) 53.31, 2. Allen (UNLV) 53.94, 3. Lutz (UtahSt) 56.48. **800m**: 1. Fletcher (UNLV) 2:11.68, 2. Ingram (NM) 2:12.12, 3. Blanton (UNLV) 2:14.28. **1500m**: 1. Fletcher (UNLV) 4:43.36, 2. Dendy (UNLV) 4:45.13, 3. Hair (Nev) 4:50.07.

**5000m**: 1. Killeen (CSF) 17:51.10, 2. Monson (UCI) 17:51.47, 3. Goodrich



MARIBELLA APARICIO

Photo by Bill Cockerham

4:27.66, 2. Bartholomew (UCLA) 4:27.84, 3. Balderas (BYU) 4:29.53, 4. Carlson (W) 4:34.23, 5. Bowles (W) 4:34.95.

**3000**: 1. Todd (BYU) 9:30.56, 2. Kauffman (BYU) 9:46.72, 3. Aparicio (BYU) 9:49.38, 4. Malm (W) 9:53.51, 5. Kriz (W) 9:54.42. **5000**: 1. Lee (BYU) 17:15.89, 2. Harlick 9UCLA) 17:35.36, 3. Keeler (BYU) 17:37.50, 4. Stossel (BYU) 17:43.54. **100H** (wind +1.3mps): 1. Chan (USC) 13.14, 2. Robinson (W) 13.59, 3. Lipscomb (USC) 13.76, 4. Marvin (UCLA) 13.87, 5. Lott (BYU) 14.01, 6. Openshaw (BYU) 14.06, 7. Sims (UCLA)



# RESULTS

(UCI) 18:10.28. **100mH:** 1. McKnight (Nev) 11.76, 2. Dean (UCI) 12.06, 3. Prothro (UNLV) 12.29. **400mH:** 1. Hinds (LgBch) 1:00.05, 2. Dendy (UNLV) 1:00.55, 3. Lutz (UtahSt) 1:00.58. **3000m:** 1. Monson (UCI) 10:17.85, 2. Killian (CSF) 10:28.73, 3. Crooks (UNLV) 10:29.46. **400mR:** 1. UNLV 46.37, 2. Utah State 47.30, 3. UC Irvine 47.50. **1600mR:** 1. UNLV 3:40.70, 2. Utah State 3:51.82, 3. Nevada 3:54.85.

**HJ:** 1. Johnson (UtahSt) 5-7 1/4, 2. Clark (UNLV) 5-6, 3. Freeman (UCSB) 5-6. **TJ:** 1. Dulmage (UtahSt) 38-8 1/4, 2. Izoco (Nev) 38-0, 3. Lagle (UCSB) 37-1 3/4. **SP:** 1. DeCory (UtahSt) 44-11 3/4, 2. Barden (Nev) 44-1 1/4, 3. Fletcher (NM) 43-11 3/4. **Hep:** 1. Merritt (UCI) 4558, 2. Chandler (Nev) 4501, 3. Terrlink (UtahSt) 4452.

**Team Scores:** 1. Utah State 137, 2. UNLV 128, 3. Nevada 117, 4. UC Irvine 76, 5. Long Beach St 50, 6. UC Santa Barbara 36, 7. CS Fullerton 30, 8. New Mexico State 25.

## NAIA District 3 Championships

May 14. Santa Barbara.

**Men**

**HT:** 1. Hugo Secevola (Pt. Loma) 198-3, 2. Magnus Strandquist (Pt. Loma) 185-7, 3. Rene Bustamante (APU) 175-2. **HJ:** 1. Ed Bowling (SCC) 6-11, 2. Tague Peterson (APU) 6-11, 3. Ben Beal (APU) 6-9. **400R:** 1. Pt. Loma (Lonsdale, Godfrey, Koutalas, Johnson) 43.24, 2. Azusa Pacific 43.31, 3. Westmont 43.97. **1500m:** 1. Matt Nealon (West) 3:50.42, 2. Dennis Bourland (Pt. Loma) 3:53.16, 3. Anthony Fisher (APU) 3:53.26. **400m:** 1. Kostas Koutalas (Pt. Loma) 48.12, 2. Jim Drake (West) 49.62, 3. Ed Bowling (SCC) 50.59. **110mH:** 1. David Fair (APU) 14.55, 2. David Pope (APU) 15.09, 3. Jimmie Anderson (Biola) 15.19. **Disc:** 1. Steve Coats (Biola) 6191, 2. Gus Occhiuzzo (Pt. Loma) 6191, 3. Matt Major (APU) 5760.

**800m:** 1. Matt Nealon (W) 1:51.87, 2. Erik Starkey (AzPac) 1:53.83, 3. Jon Colletti (AzPac) 1:53.90. **TJ:** 1. Hong Li (AzPac) 50-1 3/4, 2. Ben Beal (AzPac) 50-1 1/4, 3. Charles Johns (AzPac) 46-7 1/4. **400mH:** 1. David Fair (AzPac) 53.87, 2. Kevin Glaspy (AzPac) 55.58, 3. Jimmie Anderson (Biola) 58.04. **200m:** 1. Kostas Koutalas (Pt. Loma) 22.49, 2. Allen Lollis (W) 22.72, 3. Louis Foy (Biola) 23.25. **DT:** 1. Jon Davis (AzPac) 164-0, 2. Rene Bustamante (AzPac) 161-1, 3. Eric Chirgwin (W) 154-0. **10,000m:** 1. Bruce Foley (Pt. Loma) 31:39.59, 2. John Gachau (AzPac) 31:40.13, 3. Kenneth Jansson (Pt. Loma) 31:41.31.

**1600R:** 1. Azusa Pacific (Fair, Fisher, Pope Colletti) 3:20.62, 2. Westmont 3:21.96, 3. Pt. Loma 3:22.66.

**JT:** 1. Ralph Lycklama (AzPac) 183-1, 2. Gus Occhiuzzo (Pt. Loma) 173-0, 3. Tague Peterson (AzPac) 171-8. **SP:** 1. Rene Bustamante (AzPac) 56-0 3/4, 2. Jon Davis (AzPac) 47-4 1/2, 3. Ryan Root (AzPac) 46-4 3/4. **LJ:** 1. Hong Li (AzPac) 23-8, 2. David Pope (AzPac) 21-8 3/4, 3. Dave Fair (AzPac) 21-1 1/4. **SC:** 1. Bruce Foley (Pt. Loma) 9:22.6, 2. Todd Farrington (W) 9:25.5, 3. Phillip Livingood (W) 9:26.9. **PV:** 1. Tim Cockrell (AzPac) 15-8 3/4, 2. David Pope (AzPac) 14-0, 3. Jeff Larson (Pt. Loma) 13-6. **100m:** 1. Allen Lollis (W) 10.89, 2. Kostas Koutalas (Pt. Loma) 10.99, 3. Goshu Tadese (FresPac) 15:15.13.

**Team Scores:** Azusa Pacific 284, 2. Pt. Loma Nazarene 145, 3. Westmont 115, 4. Biola 52, 5. Fresno Pacific 18, 5. SCC 18.

**Women**

**SP:** 1. Debbie Malachowski (AzPac) 37-7 1/2, 2. Melissa Stewart (AzPac) 35-10 1/2, 3. Lara Foley (Pt. Loma) 33-9. **LJ:** 1. Carmen Gage (AzPac) 17-4 1/2, 2. Maddie Liseblad (Pt. Loma) 16-0, 3. Liesel Palmer (AzPac) 15-8 1/2. **JT:** 1. Debbie Malachowski (AzPac) 149-4, 2. Betsy Haverlandt (AzPac) 109-11, 3. Lara Foley (Pt. Loma) 104-0. **HJ:** 1. Jennifer Fielding (FrPac) 5-7, 2. Terri Pruitt (AzPac) 5-6 1/4, 3. Mary Sauer (AzPac) 5-4. **100m:** 1. Fatima Yusef (AzPac) 11.88, 2. Maddie Liseblad (Pt. Loma) 13.05, 3. Danielle Phipps (Pt. Loma) 13.45. **5000m:** 1. Misty Allen (W) 17:40.05, 2. Rhonda Heise (AzPac) 19:30.86, 3. Kerry Sue Houchin (FrPac) 19:51.29.

**10,000m:** 1. Shirley Rojas-Weller (FrPac) 40:03.8, 2. Sarah Laufner (AzPac) 40:39.0, 3. Heather Salisbury (SCC) 41:33.7. **TJ:** 1. Mary Sauer (AzPac) 37-5, 2. Terri Pruitt (AzPac) 33-11.25, 3. Sarah Bennett (AzPac) 33-10. **400mR:** 1. Azusa Pacific (Gage, Sutton, Campbell, Yusef) 47.83, 2. Pt. Loma 54.94, 3. Westmont 55.87. **1500m:** 1. Lupe Ambriz (Pt. Loma) 4:35.73, 2. Miriam Niednagel (W) 4:44.60, 3. Brandy Pierce (W) 4:52.14. **100mH:** 1. Michelle Campbell (AzPac) 13.8, 2. Carmen Gage (AzPac) 14.8, 3. Maddie Liseblad (Pt. Loma) 17.4.

**400m:** 1. Liz Sutton (AzPac) 57.17, 2. Maddie Liseblad (Pt. Loma) 58.81, 3. Sara Naylor (W) 60.04. **800m:** 1. Jeannine Davis (Pt. Loma) 2:15.58, 2. Brandy Pierce (W) 2:19.05, 3. Nicole DeVries (AzPac) 2:20.41. **DT:** 1. Debbie Malachowski (AzPac) 149-5, 2. Melissa Cable (W) 126-10, 3. Melissa Stewart (AzPac) 119-10. **400mH:** 1. Maddie Liseblad (Pt. Loma) 1:06.42, 2. Amy Johnson (W) 1:12.13. **200m:** 1. Fatima Yusef (AzPac) 24.17, 2. Carmen Gage (AzPac) 26.14, 3. Michelle

Campbell (AzPac) 26.81. **3000m:** 1. Lupe Ambriz (Pt. Loma) 10:08.32, 2. Miriam Niednagel (W) 10:48.16, 3. Rhonda Heise (AzPac) 11:24.89. **1600mR:** 1. Azusa Pacific (Sutton, Gage, DeVries, Campbell) 3:53.79, 2. Pt. Loma 4:14.91, 3. Westmont 4:24.39.

**Team Scores:** 1. Azusa Pacific 222, 2. Pt. Loma Nazarene 135, 3. Westmont 104, 4. Fresno Pacific 46, 5. Biola 20, 6. SoCalif College 6.

## Southern California Community College Championships

May 14. At San Diego.

**Men**

**100m:** 1. Bello (LBCC) 10.69, 2. Middleton (MtsAC) 10.72, 3. Grant (LBCC) 10.77. **200m:** 1. Bello (LBCC) 21.42, 2. Williams (LBCC) 21.46, 3. Middleton 21.57. **400m:** 1. Williams (LBCC) 47.38, 2. Lanford (EC) 47.74, 3. Kendrick (Bkfld) 48.11. **800m:** 1. Das Neves (Cuy) 1:50.70, 2. Turner (Glen) 1:51.77, 3. Giddens (EC) 1:51.86. **1500m:** 1. Das Neves (Cuy) 3:47.06, 2. Martinez (MtsAC) 3:47.23, 3. Aberrazak (RCC) 3:49.25.

**5000m:** 1. Gidabuday (RCC) 14:17.72, 2. Rodriguez (TrTech) 14:28.33, 3. Gallegos 14:38.45. **10mH:** 1. Gualdo (LBCC) 14.19, 2. Kearse (RCC) 14.56, 3. Harris (LBCC) 14.57. **400mH:** 1. Kearse (RCC) 52.46, 2. Ford 52.95, 3. Howard (RCC) 52.95. **3000mSC:** 1. Smart (RCC) 9:26.81, 2. Esperanza (Moor) 9:28.18, 3. Cullum (Sadd) 9:28.25. **400mR:** 1. Long Beach 40.30, 2. Mt. SAC 40.90, 3. Rancho Santiago 41.43. **1600mR:** 1. Riverside 3:14.32, 2. Long Beach 3:14.99, 3. Rancho Santiago 3:15.12.

**HJ:** 1. Carlson (Full) 7-0, 2. Barnett (MtsAC) 6-8, 3. McGee (LBCC) 6-8. **PV:** 1. Brown (Cuesta) 16-0, 2. Stanfoel (LBCC) 15-0, 3. Davis (Cuesta) 16-0. **LJ:** 1. McBride (SMon) 23-8 1/4, 2. Haupt (SMon) 23-6 1/2, 3. Mustafa (Moor) 23-6 1/4. **TJ:** 1. Jordan (LBCC) 50-4, 2. Sweet (SDMesa) 49-5, 3. Massay (LBCC) 18-11. **SP:** 1. McKeown (Moor) 51-8 3/4, 2. Hoffman (SDMesa) 49-1 1/2, 3. Jones (LBCC) 48-11 1/4. **DT:** 1. Dumble (Bkfld) 170-7, 2. Stricklin (Cerr) 166-9, 3. Koch (Gross) 164-5. **HT:** 1. Sada 178-0, 2. Dumble (Bkfld) 172-10, 3. George (Bkfld) 162-5. **JT:** 1. Kanowsky (LBCC) 200-8, 2. Crowley (GW) 195-6, 3. Davila (MtsAC) 192-0.

**Team Scores:** Long Beach 179, 2. Riverside 127, 3. Mt. SAC 79, 4. San Diego Mesa 50, 5. Moorpark 44, 6. Bakersfield 40, 7. El Camino 38, 8. Santa Monica 35, 9. Fullerton 22, 10. Cuyamaca.

**Women**

**100m:** 1. Walker (RCC) 11.72, 2. Collis (RCC) 11.98, 3. Sullivan (SDMesa) 12.08. **200m:** 1. Walker (RCC) 23.50, 2. Sullivan (SDMesa) 24.68, 3. Collis (RCC) 24.62. **400m:** 1. Williams (RCC) 54.4, 2. Hodges (EC) 55.7, 3. Good (EC) 55.8. **800m:** 1. Williams (RCC) 2:14.91, 2. Foster (GW) 2:16.40, 3. Johnson (Citrus) 2:17.73. **1500m:** 1. Lewy (LBCC) 4:39.70, 2. Olson (Gross) 4:40.25, 3. Mote (GW) 4:43.46. **3000m:** 1. Shiferaw (RCC) 10:01.62, 2. Lewy (LBCC) 10:11.29, 3. Nakamura (EC) 10:11.98. **100mH:** 1. Walker (RCC) 13.60, 2. Vigilant (LBCC) 14.44, 3. Molette (EC) 14.64. **400mH:** 1. Vigilant (LBCC) 60.68, 2. Buck (RCC) 63.53, 3. Grey (RCC) 65.25. **400mR:** 1. Long Beach 46.90, 2. Riverside 46.93, 3. Santa Monica 47.71.

**HJ:** 1. Collis (RCC) 5-8, 2. Cunningham (RCC) 5-8, 3. Woods (Citrus) 5-4. **LJ:** 1. Irving (MtsAC) 19-10 1/4, 2. Collis (RCC) 19-4 1/2, 3. Dolphin (SMon) 18-9 1/2. **TJ:** 1. Carver (LBCC) 39-10, 2. Lang (Comp) 39-2, 3. Kinard (SMon) 39-0 3/4.

**Team Scores:** 1. Riverside 164, 2. Long Beach 107, 3. El Camino 53, 4. Citrus 43 1/2, 5. San Diego Mesa 40, 6. Santa Monica 37, 7. Mt. SAC 30, 8. Cerritos 22.

## California State Community College Championships

May 20-21. Norwalk.

**Men**

**HJ:** 1. Kevin Carlson (Full) 7-0.25, 2. Moses Kearney (Merced) 6-10.25, 3. Ed Barnett (MtsAC), 4. Lavelle Beloney (WVly) 6-8.25, 5. Mario Leon (ElCam) 6-6.25. **1500m:** 1. Daniel Das Neves (Cuyamaca) 3:53.69, 2. Angel Martinez (MtsAC) 3:53.98, 3. Aberrazak Merch (Riverside) 3:54.94, 4. Wilhelm Gidabuday (Riv) 3:55.77, 5. Morris Giddons (ElCam) 3:56.69. **400m:** 1. Derek Shepard (Sacto) 46.50, 2. Curt McIntire (Taft) 46.67, 3. Keith Barker (Taft) 46.73, 4. Ron Williams (LgBch) 47.52, 5. Damirius Snaer (SJDelta) 47.61. **100m:** 1. Ricky Carrigan (Merritt) 10.27 (w -0.30), 2. Steven King (Taft) 10.57, 3. Lindsey McDonald (Sac), 4. Middleton (MtsAC) 10.70, 5. Tunji Bello (LgBch) 10.72. **DT:** 1. David Dumble (Bkfld) 168-1, 2. Sean McKeown (Moorpark) 164-11, 3. Troy Stricklin (Cerrito) 161-6, 4. Dan Davis (SDMesa) 157-2, 5. Joel Sharpe (SanMateo) 155-11. **TJ:** 1. Jonathan Jordan (LgBch) 52-0, 2. Barry Massey (LgBch) 50-8.25, 3. Terence Sweet (SanDiego) 50-0.5, 4. James Jones (Taft) 49-2.5, 5. Zachary Haupt (SMon) 49-11.



# RESULTS

**800m:** 1. Daniel Das Neves (Cuyamaca) 1:50.80, 2. Andre Inniss (Taft) 1:51.30, 3. Chris Gaston (SRosa) 1:57, 4. Isaac Turner (Glendale) 1:51.58, 5. Morris Giddons (ElCam) 1:51.83. **400IH:** 1. Alonzo Wiggins (Taft) 51.04, 2. Craig Howard (Riv) 51.59, 3. Ben Kearse (Riv) 52.11, 4. Adrian Fox (DiabloVly) 52.31, 5. Richard Ford (LgBch) 52.93. **5000m:** 1. Wilhelm Gidabuday (Riv) 14:14.31, 2. Neil Smart (Riv) 14:21.09, 3. Aberrazak Merchoud (Riv) 14:26.15, 4. Cruz Gallegos (Riv) 14:27.73, 5. Ivo Rodrigues (LATT) 14:30.76. **1600mR:** 1. Sacramento 3:06.03, 2. Long Beach 3:06.91, 3. Taft 3:07.73, 4. Riverside 3:13.21, 5. San Jose CC 3:15.37.

**Dec:** 1. Jon Pary (Taft) 572-11, 2. Isaiah Mostafa (Moor) 580-2, 3. Dan Bigham (FCC) 553-10, 4. Chris Kahowsky (LgBch) 527-02, 5. Chris Prescott (MtSAC) 526-02. **200m:** 1. Ricky Carrigan (Merritt) 20.72 (w +0), 2. Ron Williams (LgBch) 21.14, 3. Lindsey McDonald (Sac) 21.16, 4. Keith Barker (Taft) 21.21, 5. Damirius Snaer (SJDelta) 21.28. **10,000m:** 1. Wilhelm Gidabuday (Riv) 29:39.31, 2. Ivo Rodrigues (LATT) 29:57.48, 3. Mark (AntVly) 31:34.02, 4. Larry Holland (Sadd) 31:35.86, 5. Luis Baca (MtSAC) 31:50.

**JT:** 1. Kei Watrin (SRosa) 218-2, 2. Andrew Kearns (Marin) 195-0, 3. Rudy Davila (MtSAC) 190-2, 4. Mark Crowley (GWest) 189-0, 5. Robert Ernster (Cerr) 185-07. **3000SC:** 1. Neil Smart (Riv) 9:06.48, 2. Colin Johnston (Taft) 9:24.77, 3. Jason Kroh (Sky) 9:27.14, 4. Brian Cullum (Sadd) 9:35.66, 5. Mark Taylor (Riv) 9:38.53. **SP:** 1. Jason Dossey (SanMateo) 54-2.75, 2. John McDonald (Shasta) 53-8.5, 3. Sean McKeown (Moor) 53-0, 4. Renato Grizelj (SMateo) 51-7, 5. Kevin Mawyer (Riv) 49-11.25. **400mR:** 1. Sacramento 40.35, 2. Long Beach 40.36, 3. San Jose CC 41.03, 4. Rancho Santiago 41.?, 5. San Joaquin Delta 41.46.

**PV:** 1. Sean Brown (Cuesta) 17-0, 2. Tim Davis (Cuesta) 15-6, 3. Xuong Vong (WVly) 15-6, 4. Mike James (Hartnell) 15-0, 5. David Gull (Sacto) 15-0. **LJ:** 1. Jonathan Jordan (LgBch) 24-0.75, 2. Zachary Haupt (SMonica) 24-0.25, 3. Perry McBride (SMonica) 23-9, 4. Isaiah Mustafa (Moor) 23-8.25, 5. Brian Clark (SMonica) 23-4. **110mHH:** 1. Frank Gualdo (LgBch) 14.18 (w +0), 2. Jeff Correia (Taft) 14.30, 3. Craig Howard (Riv) 14.36, 4. Ray Banner (LgBch) 14.47, 5. Ben Kearse (Riv) 14.48.

**Team Results:** 1. Long Beach & Riverside 100, 3. Taft 93, 4. Sacramento 59, 5. Mt. San Antonio 52, 6. Moorpark 27, 7. San Diego Mesa 23, 8. San Mateo 22 & Santa Monica 22, 10. Cuyamaca & Merritt 20, 12. Cuesta 18, 13. Santa Rosa 17, 14. Bakersfield & El

Camino 15, 16. Diablo Valley & West Valley 14, 18. Hartnell 13, 19. Los Angeles Trade Tech & San Joaquin Delta 12, 21. Fresno City, Rancho Santiago & Shasta 11, 24. Cerritos, Fullerton, Glendale, Saddleback & San Jose City College 10, 29. Modesto 9, 30. Marin & Merced 8, 32. Antelope Valley & Skyline 6, 34. Golden West 5, 35. DeAnza 4, 36. College of the Siskiyous 3.5, 39. College of the canyons, Orange Coast, & College of San Francisco 3, 40. Chabot, Citrus & Monterey Peninsula 2, 43. Contra Costa & College of the Redwoods 1.

## Women

**1500m:** 1. Magdalena Lewy (LgBch) 4:41.19, 2. Kelly Olson (Gross) 4:41.94, 3. Carrie Tachiera (Modesto) ?, 4. Lisa Mote (GWest) 4:44.01, 5. Stacey Moseley (DeAnza) 4:45.06. **TJ:** 1. Angel Carver (LgBch) 41-6, 2. Gory Dolphin (SMonica) 40-6.25, 3. Vanitta Kinard (San) 4-2.25, 4. Toneshia Hodges (ElCam) 39-5, 5. Wintress Lang (Compton) 37-5.25. **400m:** 1. Tammera McLin (LgBch) 54.93, 2. Toneshia Hodges (ElCam) 55.18, 3. Dorisa Good (elCam) ?, 4. Taunika Ogans (Coll of SF) 55.59, 5. Brandy Stephens (Merritt) 55.75. **100m:** 1. Astia Walker (Riv) 11.65 (w +0.9), 2. Angela Sullivan (SDMesa) 12.06, 3. Marvete Collier (Riv) 12.06, 4. Ericka Alensworth (Sac) 12.07, 5. Lynette Christian (WLA) 12.17.

**800m:** 1. Dawn Williams (Riv) 2:06.30, 2. Nicole Teter (Shasta) 2:07.35, 3. Irene Orozco (Hartnell) 2:15, 4. Alisha Lopez (LgBch) 2:15.44, 5. Kelly Olson (Gross) 2:16.18. **400mH:** 1. Karn Vigilant (LgBch) 1:02.37, 2. Danielle Johnigan (DeAnza) 1:05.46, 3. Crystal Buck (Riv) 1:05.60, 4. Yeko Ladzkepko (Coll of Cyns) 1:06.32, 5. Courtney Leonard (Sadd) 1:06.77. **3000m:** 1. Emebet Shiferaw (Riv) 9:57.62, 2. Rachel Hamtin (Coll of SF) 10:00.35, 3. Magdalena Lewy (LgBch) 10:14.77, 4. Sawako Nakamura (ElCam) 10:16.56, 5. Amy Grafius (Modesto) 10:24.28. **1600mR:** 1. El Camino 3:43.51, 2. Long Beach 3:44.83, 3. Riverside 3:50.13, 4. Merritt 3:51.76, 5. San Diego Mesa 3:55.81.

**SP:** 1. Kelly Smith (SDMesa) 46-6.25, 2. Leslie Woolery (Shasta) 43-1.5, 3. Lara Newell (Cuesta) 42-?, 4. Yolanda Crowder (Taft) 42-2, 5. Lisa Stephney (FCC) 41-5.75. **HJ:** 1. Erica Wilson (Shasta) 5-5, 2. Marvete Collis (Riv) 5-5, 3. Erika Spencer (Citrus) 5-3, 4. Elaine Dockery (Hancock) & Lataya Woods (Citrus) 5-1. **DT:** 1. Becky Elwood (Modesto) 141-1, 2. Amy Blackburn (Ventura) 139-4, 3. Vicki Garcia (Sierra) 137-6, 4. Lisa Stephney (FCC) 137-5, 5. Helen Dijkstra (Bkfld) 135-1. **400mR:** 1. Riverside 46.08, 2. Long Beach 46.79, 3.

Santa Monica 47.29, 4. Sacramento 47.38, 5. Compton 48.98.

**JT:** 1. Erika Spence (Cerr) 143-4, 2. Kate Stoll (Coll of Cyns) 139-10, 3. Lelicia Zazaboi (Sky) 130-11, 4. Debra Gifford (AntVly) 125-10, 5. Stacy Mezo (Sadd) 121-1. **LJ:** 1. Nicole Irving (MtSAC) 19-5, 2. Marvete Collis (Riv) 19-4.25, 3. Lynette Christian (WLA) 19-1, 4. Angel Carver (LgBch) 19-0, 5. Tara Rucker (SMonica) 18-11. **100mH:** 1. Astia Walker (Riv) 13.76 (w +0), 2. Leshette Molette (ElCam) 14.77, 3. Karen Vigilant (LgBch) 14.84, 4. Tanyita Watkins (MtSAC) 14.95, 5. Ine Jones (DeAnza) 15.01. **5000m:** 1. Emebet Shiferaw (Riv) 17:19.94, 2. Magdalena Lewy (LgBch) 17:27.10, 3. Samako Nakamura (ElCam) 17:29.39, 4. Stacey Moseley (DeAnza) 17:51.69, 5. Auria Roberto (Glendale) 17:52.58. **200m:** 1. Astia Walker (Riv) 23.41 (w +0), 2. Angela

Sullivan (SDMesa) 24.28, 3. Michele Ferguson (SJCC) 24.49, 4. Chanda Brooks (LgBch) 24.83, 5. Renee Williams (ContraCosta) 24.98.

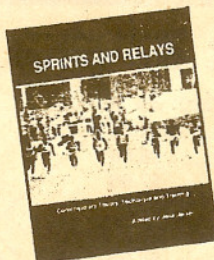
**Team Scores:** 1. Riverside 110, 2. Long Beach 95, 3. El Camino 48, 4. San Diego Mesa & Shasta 33, 6. Modesto 31, 7. Santa Monica 30, 8. DeAnza 28, 9. Citrus 25, 10. College of San Francisco 21, 11. Hartnell 19, 12. Sacramento 18, 13. College of the Canyons & Mt. SAC 15, 15. Compton & Merritt 13, 17. Grossmont 12, 18. Cerritos 11, 19. Contra Costa & West LA 10, 21. Fresno City & San Jose CC 9, 23. Antelope Valley, Saddleback & Ventura 8, 26. Glendale, Golden West, Merced 7, 29. Cuesta, Sierra, Skyline 6, 32. College of the Redwoods & Taft 5, 34. Hancock 4.5, 36. Cabrillo & Santa Rosa 3, 38. American River, Diablo Valley, San Joaquin Delta 2.

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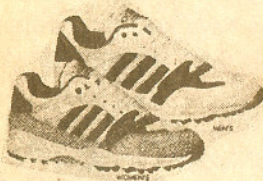


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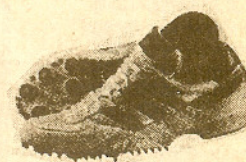
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