

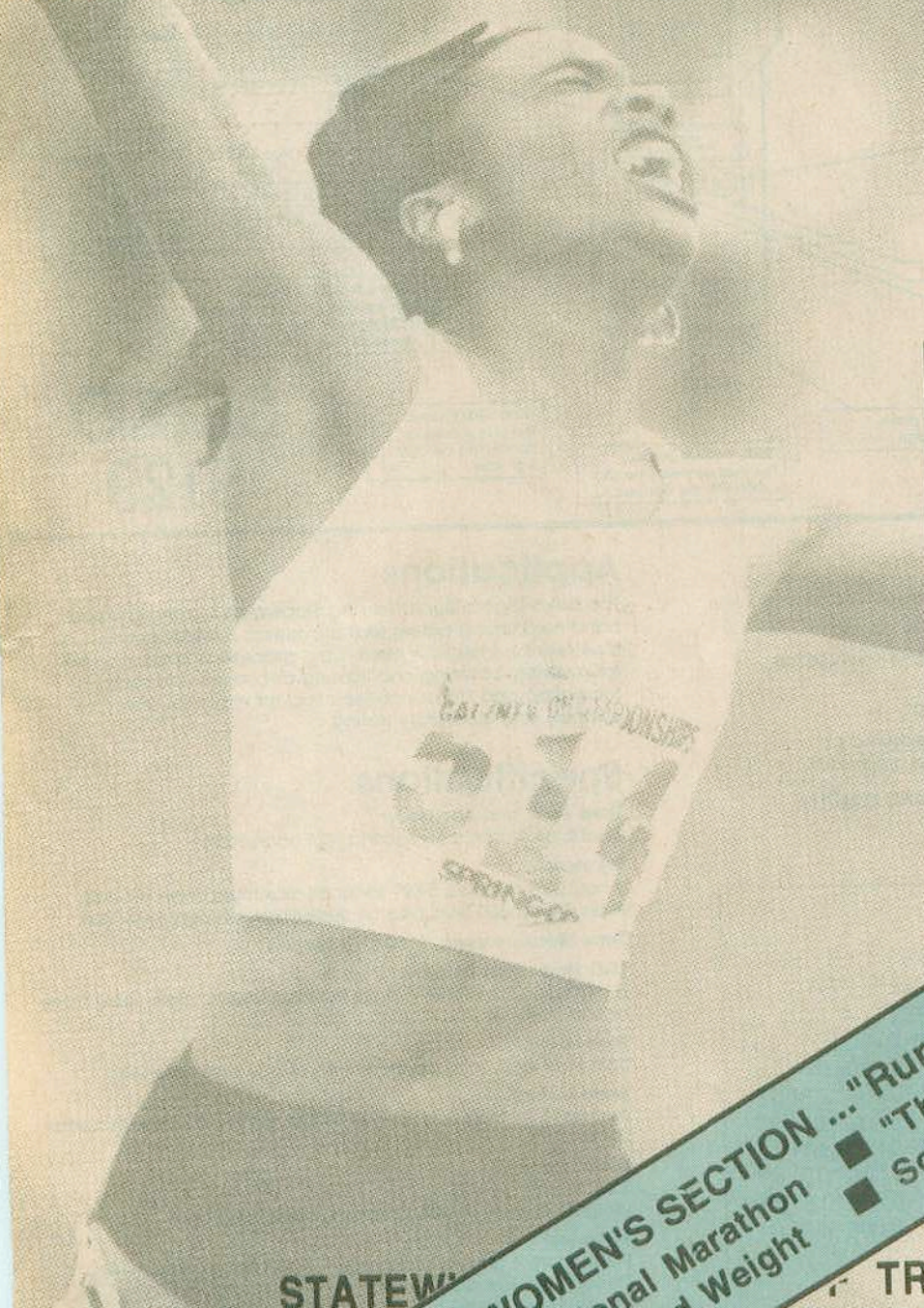
# CALIFORNIA

## Track & Running News

JUNE 1995

❖ Since 1974 ❖

ISSUE NO. 212



Walt Lange  
4920 Oak Leaf Avenue  
Carmichael CA 95608

95/10

\$2.25

STATEWIDE

- SPECIAL WOMEN'S SECTION ...
- Big Sur International Marathon
- Calories and Weight

- "Running Into the Next Century"
- "The Road to Cross Country"
- Schedule, Results...

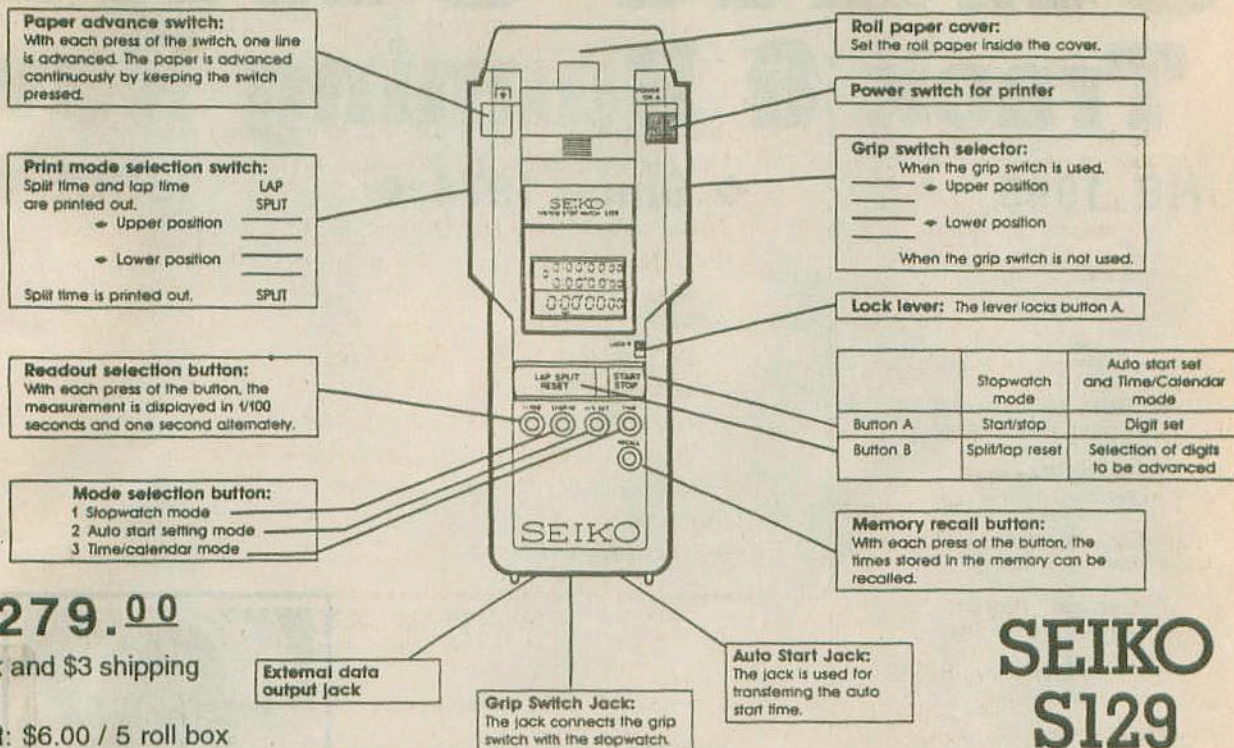
TRACK & FIELD,  
AND ROAD RACING

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# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



**\$279.00**

+ Tax and \$3 shipping

PAPER: \$6.00 / 5 roll box

**SEIKO  
S129**

## System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured or printed later from the memory function of the stopwatch.

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
   0:00'07 06
2-0:00'09 03
   0:00'01 97
3-0:00'11 11
   0:00'02 08
4-0:00'13 15
   0:00'02 04
    
```

## Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

## Specifications

### Time Base and Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

### Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

### Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

### Modes:

Split Time and Split/Lap Time, time of day and calendar.

### Temperature:

Accuracy guaranteed ranges 23°F to 104°F; operational ranges 5°F to 131°F.

### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).  
Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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# CALIFORNIA Track & Running News

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CTRN @ AOL.COM

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## TABLE OF CONTENTS

JUNE 1995

Since 1974

ISSUE NO. 212

Schedule.....	4
<b>SPECIAL WOMEN'S SECTION</b>	
Women: Running Into the Next Millennium, by Helen Rockey.....	15
Injuries Common To The Female Runner, by Jeffrey A. Ross, DPM.....	18
Road Race Spotlight: Big Sur International Marathon.....	20
The Athlete's Kitchen: Calories and Weight, by Nancy Clark, MS, RD.....	22
Mostly Shoes, by Cregg Weinmann.....	23
SoCal Diary, by Bill Minarik.....	24
Prep Notes, by Keith Conning.....	25
1995 Leading California High School Track Marks.....	28
Prep Results.....	30
Opinion: High School Track & Field Coaches Education, by Al Hernandez.....	36
<b>Coaches Alliance</b>	
The Road to Cross Country Success, by Joe Kelley.....	37
Where are the Women? by Michele Buchicchio.....	39
Michael Granville Interview, by Doug Speck.....	41
<b>Results</b> .....	43
<b>Subscription Form</b> .....	56

## FROM THE EDITOR

### Coach Improvement

"High school coaching may be the most special and important profession anyone can choose. This is not because sports are important, but, rather, because the young men and women who participate in high school sports are so valuable. As a coach, you have an opportunity to foster both their emotional and physical development." This quote opens the *AAF/CIF Track & Field Coaching Manual*. As one who reads *California Track & Running News*, I am sure you will agree with that opening statement. I do.

Elsewhere in this issue, Coach Al Hernandez makes the point that more should be done by the organizing and governing bodies to prepare coaches for this important task. I would also agree that more could be done. However, for the coach who is really concerned and wants to be a knowledgeable, caring and professional coach, there already are many resources available.

Coaches should be regular attendees at clinics where they will not only hear from experts and get the latest information, but will develop a network with other coaches. Coaches should also enroll in coaching classes offered by Track and Field USA and most colleges. Then there is a great source of information and help in the many magazines, videos and books. For example, in this issue Joe Kelley (coach at Peninsula High) offers advice on achieving a successful cross country season. See George Payan's Coaches' Corner column. There are lots of ways coaches can improve themselves. The key is the willingness to spend the time and effort digging into these resources.

The AAF/CIF Track & Field Coaching Man-

ual is published by the Amateur Athletic Foundation of Los Angeles and the California Interscholastic Federation. It provides high school coaches with the coaching philosophy, technical and tactical knowledge, teaching methods and management skills needed to build a successful track and field team. This manual will equip coaches so that youngsters involved in track and field get the maximum enjoyment and learning experience that a well-rounded program can provide.

My challenge to each coach this summer is to do something to improve yourself as a coach. The *AAF/CIF Track & Field Coaching Manual* would be a good option for meeting this challenge and an important resource for any coaching library. The book is \$44.95 (400+ pages) and can be ordered by calling 1-800-874-5339. Just do it!

*Bill*

ON THE COVER: TAUNIKA OGANS anchors Cal State L.A.'s 400-meter relay team to victory in the California/Nevada Championships. See results in this issue. Photo by Kirby Lee

INSET: JUAN SALVADOR GONZALES of Mexico was the winner at this year's Big Sur International Marathon. Photo by Bill Cockerham



# SCHEDULE

Please send schedule information...

## Cross country and track information--

CTRN, 4957 E. Heaton Ave.,  
Fresno, CA 93727  
FAX (209) 255-4904

## Road Racing information--

Jack Leydig, PO Box 1390,  
San Mateo, CA 94401  
FAX (415) 348-1862

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.

## ▲ TRACK & FIELD

### High School

#### Track & Field

#### June 2-3 (Fri-Sat)

**Norwalk:** California State High School Track & Field Championships. At Cerritos College.

#### June 10 (Saturday)

**Sacramento:** Golden West High School Invitational. American River College. Pacific Association USATF, 120 Ponderosa Court, Folsom 95630 (916) 983-4622, FAX (916) 983-4624.

#### June 16-17 (Fri-Sat)

**Raleigh, NC:** National Scholastic Outdoor Championships. North Carolina State. Mike Bymes, 201 Spring St., Culpeper, VA 22701 (703) 829-6718, FAX (703) 829-0271.

#### June 23-24 (Fri-Sat)

**Walnut:** U.S. Junior National Track & Field Championships. Qualifier for Pan American Track & Field Championships in Santiago, Chile. Contact Dan Shrum, 1100 N. Grand Ave., Walnut 91789 (714) 594-5611 ext 4840, FAX (714) 594-4266.

#### June 27 (Tues)

**Joplin, MO:** US Youth Athletics Championships. Missouri Southern State. Tom Rutledge,

Ath Dept, Missouri southern State, Joplin, MO 64801 (417) 625-9554, FAX (417) 625-9773.

#### July 21-23 (Friday-Sunday)

**Eugene, OR:** Track City International Classic. Hayward Field, University of Oregon. Sub-Bantam through Young Men/Women. Track City Track Club, c/o Erin Olsen-Regali, Registrar, 3604 Gilham Road, Eugene, OR 97408. Info: (503) 687-8453.

#### July 25-30 (Tues-Sun)

**San Jose:** US Junior Olympic Championships. San Jose City College. Steve Haas, Ath. Dept., 2100 Moorpark Ave., San Jose 95128 (408) 288-3730, FAX (408) 287-7222.

#### September 1-3

**Santiago, Chile:** Pan American Junior Championships.

### Cross Country

#### October 14 (Saturday)

**Kamuela, HI** (The Big Island): 22nd Annual Hawaii Preparatory Academy XC Invitational. Boys and girls. Varsity and Jr. Varsity races. Info: Steve Perry, Athletic Director (808) 885-8227, Coach Joy Upshaw-Margerum (808) 885-8261 or Coach Phil Conley (808) 885-8218. No entry fee!

#### December 2 (Saturday)

**Fresno:** Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 9 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

#### December 3 (Sunday)

**Boston, MA:** US Junior Cross Country Championships.

#### December 9 (Saturday)

**San Diego:** Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

**Baton Rouge, LA:** Junior Olympic National Cross Country. Highland Road Park. Pete Boudreaux, 855 Hearstone Dr., Baton Rouge, LA 70806 (504) 383-3843.

## College & Open

### Track & Field

#### June 3 (Saturday)

**San Mateo:** Pacific Association of the USATF Open Championships. College of San Mateo. 9

a.m./Running Events, 11 a.m./Field Events. Info Pacific Association Office (916) 983-4622 or Dave Shrock at (415) 574-6448.

#### June 3 or 4

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

#### June 4 (Sunday)

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

#### June 9 (Friday)

**Fresno:** Central California USATF Championships. Ratcliffe Stadium. Ken Dose, Ath. Dept., 1101 E. University Ave., Fresno 93741 (209) 442-4600 ext 8445, FAX (209) 485-3367.

#### June 10 (Saturday)

**Long Beach:** USATF Championship Tune-Up Long Beach State Track. Andy Sythe, Ath. Dept. 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

#### June 14-18

**Sacramento:** USA Mobil Outdoor Championships. Hughes Stadium. (Multis 6/13-14). Jean Snuggs, Ath. Dept., 4700 College Oak Drive, Sacramento 95841 (916) 484-8143. (Multi 6/13-14, or 6/14-15).

#### June 17 (Saturday)

**Pasadena:** Tournament of Walkers (5K & 10K Track). Cal Tech Track. Richard Oliver, 11431 Sunshine Terrace, Studio city 91604-3128 (818) 985-9854, FAX (818) 985-0452.

#### June 23-24 (Fri-Sat)

**Walnut:** USATF Junior Championships. Qualifying standards apply.

#### July 28-30 (Fri-Sun)

**Colorado Springs, CO:** U.S. Olympic Festival '95. Air Force Academy. Ralph Lindeman, Ath. Dept., US Air Force Academy, Colorado Springs, CO 80840 (719) 472-2173, FAX (719) 472-3798.

#### August 4-13

**Gothenburg, Sweden:** World Track & Field Championships.

#### August 27-September 3

**Fukuoka, Japan:** World University Games.

#### September 9 (Saturday)

**Monte Carlo, Monaco:** IAAF Mobil Grand Prix Finals.

1996

#### February 10

**Columbia, SC:** Women's Olympic Marathon Trials.



# SCHEDULE

## February 17

**Charlotte, NC:** Men's Olympic Marathon Trials.

### Cross Country

## September 9 (Saturday)

**Buena Park:** Whittier Invitational

## September 30 (Saturday)

**Palo Alto:** Stanford Invitational.

## October 21 (Saturday)

**Belmont:** Crystal Springs Challenge. PA/USATF Grand Prix Series. Open & collegiate. Men/4.2 miles; women 2.96 miles. Info: Dave Shrock (415) 574-6448.

## November 4 (Saturday)

**Azusa:** Golden State Athletic Conference.

## November 11 (Saturday)

**Azusa:** Cougar Collegiate 2 Miller. 8 a.m. Walnut: USATF Western Regionals. Mt. SAC. 11 a.m.

## November 18 (Saturday)

**Kenosha, WI:** NAIA X-C Nationals.

## November 20 (Monday)

**Ames, IA:** NCAA Cross Country Championships.

## December 3 (Sunday)

**Boston, MA:** USA X-C Nationals.

## Masters

### June 1-4

**Sacramento:** California Senior Games. 55+. Pam Rhodes, 6005 Folsom Blvd., Sacramento 95819 (916) 277-6094.

### June 10

**Los Gatos:** Los Gatos Open & USATF Pacific Association Masters Championships. Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

### June 17-18

**Eugene, OR:** USATF National Masters Decathlon/Heptathlon Championships. Timothy Shelley, 2748 Agate St., Eugene, OR 97403 (503) 343-4610.

### June 24

**Los Gatos:** USATF West Regional Masters Championships. Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

## July 1 (Saturday)

**Santa Cruz:** KELfield Throws Series #37. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## July 5-9

**East Lansing, MI:** USATF National Masters Championships. Michigan State University.

Randy Williams, 12651 Cloverlawn, Detroit, MI 48238 (313) 834-0378.

## July 13-23

**Buffalo, NY:** WAVA World Veteran's Athletics Championships. WAVA Meet Director, Box 150, Niagara Square Station, Buffalo, NY 14201-0150 (716) 852-2765, FAX (716) 852-0131.

## August 5 (Saturday)

**Soquel:** USATF Pacific Assoc. Championships. Soquel HS. Age-graded meet, open & masters athletes compete together. Bill Johnson (408) 335-0460. Santa Cruz TC, Box 1803, Capitola 95103.

## August 19 (Saturday)

**Seattle, WA:** USATF National Masters Weight & Superweight Championships. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116 (206) 932-3923.

## August 26 (Saturday)

**Grass Valley:** USATF National Masters Weight Pentathlon Championships. Nevada Union HS. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945 (916) 273-3660.

## September 2 (Saturday)

**Berkeley:** NorCal Seniors TC Classic. Dan Behrens, 2838 Enea Way, Antioch 94509-4755 (510) 754-3318.

## September 16-17

**Sylvania, OH:** USA Men's/Women's Masters

24-Hour National Championship. Olander Park. Tom Falvey/Dave Payette, 2338 Laskey Rd., Toledo, OH 43613 (419) 475-0731 or 1341. FAX (419) 473-3590.

## September 17 (Sunday)

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

## October 8 (Sunday)

**Santa Barbara:** Club West Masters Meet. Santa Barbara City College. Club West, 937 Arcady Rd., Montecito 93108 (805) 969-5851.

**Minneapolis, MN:** Twin Cities Marathon (US Master's National Championships). Scott Schneider, 708 N. First St., Suite 33, Minneapolis, MN 55401 (612) 673-0778. FAX (612) 673-0780.

**Canandaigua, NY:** Masters 10K Cross Country Championships. Peter Glavin, 160 Laney Rd., Rochester, NY 14620 (716) 242-9031.

## November 11 (Saturday)

**Landen, OH:** US Masters 5K X-C Championships.

## November 18 (Saturday)

**Boston, MA:** US Masters 8K X-C Championships.

## December 3 (Sunday)

**Boston, MA:** US Cross Country Championships.

## Jack's Athletic Supply

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# SCHEDULE

## All-Comers

### June 29 (Thursday)

**Santa Barbara:** SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

### July 1 (Saturday)

**Santa Cruz:** KELfield Throws Series #40. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

**Long Beach:** SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

### July 6 (Thurs.)

**Azusa:** Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

**Santa Barbara:** SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

### July 7 (Friday)

**Santa Monica:** SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

### July 13 (Thurs.)

**Azusa:** Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

**Santa Barbara:** SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

### July 14 (Friday)

**Santa Monica:** SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

### July 15 (Saturday)

**Long Beach:** SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

### July 20 (Thurs.)

**Azusa:** Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

**Santa Barbara:** SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

### July 21 (Friday)

**Santa Monica:** SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

### July 27 (Thurs.)

**Azusa:** Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

**Santa Barbara:** SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

### July 28 (Friday)

**Santa Monica:** SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

### July 29 (Saturday)

**Long Beach:** SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

### August 3 (Thursday)

Verify this date -- **Santa Barbara:** SCA/USATF Thursday Series. LaPlaya Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

### August 4 (Friday)

**Santa Monica:** SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

## Camps & Clinics

### #1 May 30-June 3,

### #2 June 5-9, #3 August 7-11

**Kamuela, HI** (The Big Island): Coach Joy's Track & Field Camp for Kids! Hawaii Prep Academy. Ages 3-5, 6-12. Technique, fun and fitness. Info: Joy Upshaw-Margerum (808) 885-8261, FAX (808) 325-5717.

### June 5-8

**Downey:** 6th Annual Pole Vault Camp. Downey HS. 3:30 to 7:00 p.m. Info: Tim Meledy (310) 944-2224.

### June 2-30

**Azusa:** Azusa Sprint Training Camp for Distance Runners. Contact Scott Wilson (818) 969-3434 ext 3294.

### June 10

**Azusa:** Australian Training Model (Part 2). For middle and long distance runners. Coaches/Athlete Clinic. Contact Irv Ray, c/o Azusa Pacific University, PO Box 7000, Azusa 91702 (818) 969-3434 ext 3294.

### June 18-20

**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

### June 26-29

**Eugene, OR:** Kid's Track Camp. Boys and

girls, ages 8-14. For beginners. Info from Assistant Track Coach John Gillespie (503) 346-5438. Kid's Track Camp. Univ. of Oregon, 2727 Leo Harris Pkwy., Eugene, OR 97401.

### July 9-14 or July 16-21

**Eugene, OR:** Bill Dellinger's Track Camp. All events. Coed. Ages 12-19. Info: Bill Dellinger (503) 346-5465 or write to: Bill Dellinger Track Camp, Univ. of Oregon, 2727 Leo Harris Pkwy., Eugene, OR 97401.

### July 10-15

**Azusa:** San Gabriel Valley Day Camp. Summer day track camp for boys and girls ages 10-18. Contact Irv Ray (818) 969-3434 ext 3294.

### July 15-16

**San Diego:** AAF/CIF Cross Country Clinic. Mt. Carmel High School. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

### July 15-16

**Riverside Area:** AAF/CIF Cross Country Clinic. Yucaipa High School. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

### July 22-23

**Irvine:** AAF/CIF Cross Country Clinic. University High School. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

### July 22-23

**Santa Barbara:** AAF/CIF Cross Country Clinic. Santa Barbara City College. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

### July 23-July 27

**Flagstaff, AZ:** Ron Mann's High Altitude Camp Track & Field/Cross Country Camp. Northern Arizona University. Info: (602) 523-0011 or Coach Mann (602) 523-5646. Track & Field Cross Country Camp, PO Box 15400, Flagstaff, AZ 86011-5400.

### July 23-28

**Carpinteria:** Gary Tuttle's Distance Running Camp. Cate School. Ages 12&up. Gary Tuttle, 1410 E. Main Street, Ventura 93001 (805) 643-1104.

### July 29-30

**Palos Verdes:** AAF/CIF Cross Country Clinic. Palos Verdes Middle School. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

### July 30-August 4

**Lake Tahoe:** Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545.



# SCHEDULE

Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720. (Camp also in Prescott, AZ at this same time).

**July 31-Aug. 5**

**Aug. 6-12**

**Mammoth Lakes:** Steve Scott Camp and Workshop for Mature Coed Athletes & Families. Contact Irv Ray, c/o Azusa Pacific University, PO Box 7000, Azusa 91702 (818) 969-3434 ext 3294.

**August 7-11**

**Grouse Ridge:** California High Altitude Camp. 7700 ft. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

**August 12-16**

**Stanford:** Stanford Running Camp. At Stanford University. Ages 9-18. Vin Lananna, Athletic Dept., Stanford Univ., Stanford, CA 94305 (415) 723-2736.

**August 20-26**

**San Jacinto Mountains:** Run-to-the-Top Camp. Ages 12-18. At Camp Scherman 5,500' 5 miles past Lake Hemet. Info numbers: Riverside County/Janice (909) 927-0527; San Bernar-

dino County/Andrea (909) 862-4620; L.A. & Orange Counties/George (714) 831-7443.

**August 22-27**

**Catalina Island:** Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

**August 26**

**Hayward:** 2nd Annual Distance & XC Coaches Clinic. Moreau Catholic Student Center. Info: Phil Wilder at Moreau (510) 881-4300 or Helen Lehman at Carondelet (510) 686-5347.

**September 29-30**

**San Francisco:** Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

**October 13-14**

**Sacramento:** Nutrition & Exercise Workshop.

Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

**December 27-31**

**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

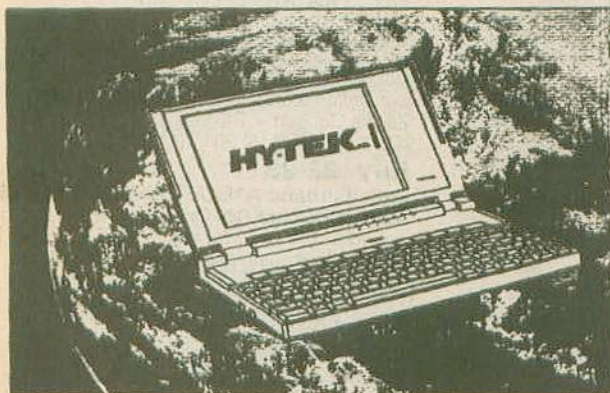
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**January 19-20**

**Las Vegas, NV:** Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

**February 2-3**

**San Diego:** Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop,



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# SCHEDULE

SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

## February 23-24

**Los Angeles:** Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

## ROAD RACING

### June 3 (Saturday)

**Gilroy:** Walk for the Health of It, 10K/Run & 3M Walk, South Valley Hospital, 9 a.m./10K, 9:15 a.m. Martha Underwood, So. Valley Hospital Fndn., 9400 No Name Uno, Gilroy 95020 (408/848-8646).

**Aptos:** Forest of Nisene Marks Runs, Marathon/Half-Marathon/5K, Nisene Marks State Park, 8 a.m. Gary Benito, Santa Cruz Host Lions, P.O. Box 477, Santa Cruz 95061 (408/427-2524).

**Pt. Reyes:** Marin Wilderness Trails 7M/25K/ Marathon, Five Brooks (Hwy 1 btwn. Olema & Stinson), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Petaluma:** Casa to Casa 5K, 333 Casa Grande Rd., 8:30 a.m. Jim Janakes, 33 Caulfield Ct., Petaluma 94954 (707/778-7796).

**Sonoma:** Sears Point Outdoor SportsFest, 5K/10K, Duathlons, Sears Point Raceway (Hwy 37/121), Time TBA. Info: 707/938-8448 (x100).

**Sacramento:** Tri for Fun Triathlon Series #1 (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

**Pollock Pines:** Run of the Pines 5K/10K/Half-Marathon, 9 a.m. Run of the Pines, 6126 Dolly Varden, Pollock Pines 95726 (916/644-5908).

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Santa Maria:** Elks Rodeo Parade Route 5K, 9:15 a.m. Mill & Broadway, Santa Maria Legal Secretaries Assoc., PO Box 2126, Orcutt 93457-2126 (805) 937-8913 or 934-3012.

**Santa Barbara:** The State Street Mile (age-group races), Pedregosa & State St., 8-10 a.m. Info: Lori Russell (805/687-1508).

**Oxnard:** Making Strides Against Cancer 5 Mi. Move-Along-Athon, Channel Islands Harbor area, 8 a.m. Info: American Cancer Society (805/656-3437).

**Arcadia:** American Cancer Society & Polish American Congress Making Strides Against Cancer, 5K/10K Runs, L.A. State & County Arboretum, 7 a.m. Info: 818/577-9797).

**Fontana:** Fontana Days Half-Marathon & 5K, City Hall (8353 Sierra Av.), 7:45 a.m. Fontana Community Services Dept., 17005 Upland Av., Fontana 92335 (909/350-6670).

**Pomona:** "Making Strides Against Cancer" 5 Mi. Move-Along-Athon, Cal-Poly Univ., 8:30 a.m. Info: American Cancer Society (909/629-0302).

**Del Mar Highlands:** CV 5,000, 5K/10K & Kids'

Run, Town Center, 7:45 a.m. C.V. 5000, P.O. Box 2293, Del Mar 92014 (J&T Enterprises: 619/481-1607).

**Las Vegas, NV:** LVTC 5 Mi. Championships & 2 Mi., Silver Bowl Park, 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/540-0970).

**Rosarito Beach, B.C., Mexico:** Festival De Primavera 5K/10K/1M, 7:45 a.m./1M, 8 a.m./5K, 8:10 a.m. Finish Line Intl., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

### June 4 (Sunday)

**San Francisco:** San Francisco Italian A.C. Statuto Race, 4.2 Mi., 1630 Stockton, 9 a.m. Ray Piva, SFAC, 1630 Stockton St., San Francisco 94133 (415/781-0166).

**Mill Valley:** DSE Practice Dipsea, 6.8 Mi., Old Mill Park, 8 a.m. Info: 415/978-0837.

**Hillsborough:** Concours d'Elegance 5K/10K Family Fun Run/Walk, Crocker Middle School (2600 Ralston), 8 a.m. Hillsborough Family Fun Run, 300 El Cerrito, Hillsborough 94010 (415/344-2272).

**Palo Alto:** Duck to Ducks 10K Run, Baylands Interpretive Center, 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**San Jose:** Alum Rock Run, 10K, Alum Rock Park Visitors Ctr., 8:30 a.m. Gary Haffey, 460 Park Av., San Jose 95110 (408/295-0320).

**Sonoma:** Hit the Road Jack 2.3M/10K, Sonoma Square, 8 a.m. Boys & Girls Club, P.O. Box 1762, Sonoma 95476 (707/938-8544 or 707/935-7504).

**Ukiah:** Russian River Run, Half-Marathon, 8K & 2K Kids' Run, 2600 East Side Rd., 6 a.m. H-M, 8 a.m./8K, 9:30 a.m./2K. Dottie Deerwester, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-8024).

**Davis:** Davis Street Faire Run, 10K/5K, F Street parking lot (btwn. 3rd & 4th), 8:30 a.m. Mental Health Assoc. of Yolo County, P.O. Box 447, Davis 95617 (408/756-8181).

**Reno, NV:** Reno Air PA/USATF 15K Championships, Half-Marathon and 5K, Cottonwood Park, 8 a.m./15K & H-M, 8:05 a.m./5K. Bill Meister, 13235 Fellowship Way, Reno, NV 89511 (702/688-3926).

**Los Angeles:** Santa Monica Mountains Backbone Trail Run Series #2, 14.8 Mi., Malibu & Pacific Palisades, 7:15 a.m. (25 Limit). Trail Runners Club, 911 El Medio Av., Pacific Palisades 90272 (310/459-3757).

**Gardena:** Gardena 5,000 (5K) & Kids' 0.5M, Pacific Square, 8 a.m. Info: Brian (310/324-7085), Gardena 5000, 16820 South Western Avenue, Gardena 90247.

**Grand Terrace:** Grand Terrace 5K/10K, 8:30 a.m. Info: Grand Terrace Chamber of Commerce (909/783-3581).

**San Diego:** Rancho Bernardo 5K/10K, Rancho Bernardo Business Park, 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

### June 10 (Saturday)

**San Mateo:** "Here Comes Summer" 8K Run/Walk, J. Hart Clinton Dr./Anchor Rd., 8:30 a.m.

Vintage Athletic Assoc., P.O. Box 620732, Woodside 94062 (415/851-2555).

**Los Altos Hills:** Bay Area Corporate Relays 5K X-C and Track & Field events, 8 a.m. Kaye Donnelly, BACAA, P.O. Box 1556, Menlo Park 94026 (415/573-4703).

**Saratoga:** Saratoga Gap Half/8M/Marathon, Hwy 9 & 35, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Vacaville:** Gold Medal Triathlon (0.5mS-12mB-3.8mR), Lagoon Valley Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Sloughhouse:** Sloughhouse Country Run, 5K/10K and 0.5M Kids' Run, near Sloughhouse Inn, 8 a.m./Kids, 8:30 a.m. Lou Edgar, P.O. Box 160488, Sacramento 95816 (916/424-2624).

**Chico:** ALSA/Easter Seals Disability Awareness Run, 5K/10K, 9 a.m. Tom Wood, 1915 Bembow Dr., Redding 96002 (916/221-2073).

**South Lake Tahoe:** Capt. Robert DeCelle II Memorial Tahoe Relay, 72 Mi. (7-person teams), 7 a.m. Robert DeCelle, P.O. Box 1606, Alameda 94501 (510/521-9626).

**Cayucos:** The Cayucos 5K, Hardie Park, 8:30 a.m. Jim Hurley, 1731 Fearn St., Los Osos 93402 (805/528-6576).

**Santa Barbara:** Stagecoach Run, 4 Mi., Cold Springs Tavern, 8:30 a.m. Info: 805/564-4130.

**Long Beach:** Sober, Safe & Healthy 3 Mi., Recreation Park, 8 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

**Palos Verdes Peninsula:** Kiwanis Club of Palos Verdes Marathon & 5K (also 3-person Marathon Relay: 2x10M and 10K), Peninsula Center (Rolling Hills Estates), 7 a.m. Patricia Gill, P.O. Box 2856, Palos Verdes Estates 90274 (310/828-4123).

**Las Vegas, NV:** LVTC 20 x 400m (2-member relay teams), Location & Time TBA. Info: Rob Gardner (702/656-1040).

### June 11 (Sunday)

**San Francisco:** DSE Roller Coaster Run, 3 Mi & Kids' Run, Mountain Lake Park (12th Av. & Lake), 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

**Millbrae:** Millbrae Hillclimber 5K/10K, Palm/ Richmond, 9 a.m. The Final Result, 460 Wisconsin Av., San Mateo 94401 (800/491-8988).

**Redwood City:** Sequoia Hospital's "Run by the Bay", 10K/5K/1M, Port of Redwood City, 8:15 a.m./1M, 8:30 a.m. Judy Camerlengo, Sequoia Hospital, 170 Alameda de las Pulgas, Redwood City 94062 (415/367-5246).

**Mill Valley:** Dipsea Race, 7.1 Mi., Time TBA (handicap race)...send SASE (all entry forms mailed out on Apr. 1 only, fills in one week). Dipsea, P.O. Box 30, Mill Valley 94942 (415/381-DIPC).

**Guerneville:** Vineman International Triathlon (1mS-24mB-6.2mR), Johnson's Beach, 8 a.m. Vineman, Inc., P.O. Box 6007, Santa Rosa 95406 (707/528-1630).

**Hayward:** Garin Park Dry Creek Trail Runs, 2.1m & 8K, Garin Regional Park, 8:30 a.m./8K, 9:30 a.m. (200 Limit). Ron Mueller, 1320 Garin Av., Hayward 94544 (510/582-2206).

**Pleasanton:** A.C.T. II Arroyo Centennial Trails 5K/10K, S. Pleasanton Sports Park, 8 a.m./5K, 8:20 a.m. Joanie Fields, 4053 Walnut Dr., Pleasanton 94566 (510/462-4312).



# SCHEDULE

**Aptos:** Son of Snapperhead Duathlon (3.1mR-18mB-3.1mR), Valencia Elem. School, 8:15 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

**Aptos:** Aptos Women's 5 Miler, Aptos Village Park, 9 a.m. Carol Cuminale, Santa Cruz TC, P.O. Box 3568, Santa Cruz 95063 (408/458-9028).

**Modesto:** Modesto Downtown Classic 8K & 1M, Courthouse lawn, 8 a.m./1M, 8:30 a.m. Barbara Miller/Heidi Ryan, 1913-B Edgebrook Dr., Modesto 95354 (209/575-4040 or 524-7110).

**Soda Springs:** High Sierra Marathon & Half-Marathon, Serene Lakes Lodge, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Trinidad:** Dows Prairie Loop 10K, Clam Beach Frontage Rd., 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Tim Martin: 707/839-3777).

**Lompoc:** Valley of the Flowers Marathon & 1/2 Marathon, Lompoc High School, 7 a.m.--Marathon, 7:30 a.m.--1/2, 8 a.m.--3K Fun Run. Wayne Davis, LVDC, PO Box 694, Lompoc 93438 (805) 735-1408.

**Encino:** Run for Fun Play L.A. "The Recreation Way" 10K/5K, Woodley Ppark, 7 a.m. L.A. City Dept. of Recr. & Parks, Attn: 5K/10K, 6335 Woodley Av., Van Nuys 91406 (Ed Bates: 818/883-9370).

**Laguna Niguel:** Maximum 5K/10K Run & 1K Kids Fun Run, Plaza de la Paz Shopping Center, 7:30 a.m./5K, 8:30 a.m./10K. Maximum Run, 24672 Devonport Cir., Laguna Hills 92653 (714/365-2332).

**San Diego:** Union-Tri 10, 10K/5K, Balboa Park/10K, Horton Plaza/5K, 7:30 a.m. The Union-Trib 10, 571 S. Cedros, Suite B, Solana Beach 92075 (619/792-2900).

## June 13 (Tuesday)

**Bakersfield:** BTC Handicap 5K #1, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## June 17 (Saturday)

**San Francisco:** Ocean Beach 5K/10K, Ocean Beach (near Great Hwy. & Sloat Blvd.), during extreme minus tide, 8:55 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

**Sausalito:** Escape from Marin Marathon/Half-Marathon/7M, E. Ft. Baker (Marathon & HM), Rodeo Beach (7M), 8 a.m./Mara.-HM, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Pacifica:** Brooks Creek Half Marathon & 5 Mi., San Pedro Valley County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**San Jose:** Fujitsu-KNTV "Run for the Kids" 8K/2M, near No. First & Rio Robles, 8:30 a.m. Jackson Ross, 3545 N. First St., San Jose 95134 (408/922-9270).

**Watsonville:** Burnito Bash 10K Run & 5K Walk, Ramsey Park, 8 a.m./Walk, 8:30 a.m. John Kane III, Big Brothers/Big Sisters, P.O. Box 310, Watsonville 95077 (408/724-1085).

**Gilroy:** Run for the Diamonds 5K/10K, Gavilan College, 8:30 a.m./10K, 8:45 a.m. Dennis Cas-

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tro. 7540 Santa Theresa St., Gilroy 95020 (408/847-7540).

**Pleasanton:** Tri For Fun #1 (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-7832).

**Elk Grove:** Laguna Fun 'N Fast 5K/10K Run/Walk, Laguna West Comm. Ctr., 8 a.m. Try All Sports, 813 Harbor Blvd., #228, West Sacra-

mento 95691 (916/372-7367).

**Folsom:** Folsom Family Run, 5K/10K, Willow Creek Town Center (E. Bidwell/Blue Ravine), 8 a.m. Race Ready Management, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

**McKinleyville:** Cuneo Creek Ride & Tie, 17/32M (1 horse & 2 riders alternate running/riding), Time TBA. Chris Amaral, 1920 Archer



# SCHEDULE

Rd., McKinleyville 95521 (707/839-5624).

**Bakersfield:** BTC Good Ole Runs, 2 & 4 Mi., Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Santa Barbara:** Santa Barbara 15K Beach Run, Goleta Beach Pier to Santa Barbara Harbor, 8 a.m. Info: 800/967-8758.

**Riverside:** Tin Man Triathlon (75mS-10mB-5kR), Arlington H.S., Time TBA. Info: 909/782-5407.

**Las Vegas, NV:** Deer Creek 9 Mi. Trail Run & Picnic, 8 a.m. Info: Mike Naylor (702/383-1276).

## June 18 (Sunday)

**San Francisco:** DSE Polo Field 5K/10K, Golden Gate Pk. (south side of Polo Fields), 9:30 a.m. Info: 415/978-0837.

**Moffett Field:** Run the Runway 5K/10K, start by flight tower, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Oakland:** Dick Houston Woodminster Run, 7.3 Mi., Joaquin Miller Pk. (meadow), 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94502 (510/522-4010).

**Alameda:** Harbor Bay 5K/10K, Harbor Bay Ferry Terminal, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

**Novato:** Stafford Lake Biathlon (2mR-10mB or 10kR-40kR), Stafford Lake County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Isleton:** Isleton Crawdad Festival Classic 5 Miler, Main St. (Delta Av./Jackson Rd.), 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

**Trinidad:** Clam Beach 5K Challenge, Clam Beach Frontage Rd., 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Karen Kelley-Day: 707/443-2652).

**Fresno:** Father's Day Run, 6 Miles. Downtown Fresno.

**Nipomo:** St. Joseph's Parish 6 Mi. Foothill Footrace (handicapped; Portsmouth start), St. Joseph's Church (298 So. Tompson Av.), 11:44 a.m. (first group). Info: Ricky Felix (805/929-3177).

**Ventura:** North Bank Plaza 5K, Location & Time TBA. Info: Team Inside Track (805/643-1104).

**Camp Pendleton:** "Do the Tri, Try the Du Series" (0.5mS or 2mR and 30kR-5kR), Club Del Beach, 8:30 a.m. Russ Jones, 32946 Paseo Miraflores, San Juan Capistrano 92675 (714/240-8547).

**Lake Elsinore:** Lake Elsinore 5K Storm Diamond Dash, Diamond Field, 8 a.m. Info: Kathy Loper Events (619/298-7400).

**No. San Diego:** Carmel Valley 92130 5K Run/Walk, Torrey Bluff Dr., 8 a.m. Breaking 40, 4060 Morana Blvd., #G355, San Diego 92117 (619/272-8316).

**San Diego:** Sri Chinmoy Pacific Beach Swim/Run (0.5mS-5mR), Pacific Beach (Crystal Pier), 7:30 a.m. Info: SCMT (619/282-4116).

**San Diego:** Chevy's to Chevy's 10K, Chevy's on Flowerhill, 8 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

## June 21 (Wednesday)

**San Mateo:** Longest Day Run, 5 Mi., Coyote Point County Park, 7:30 p.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Long Beach:** Summer Solstice 5 Mi., El Dorado Park, 6 p.m. Info: Runners High (310/496-4760).

## June 22 (Thursday)

**Los Angeles:** Union Bank Heart of the City 5K Run & Dine-A-Thon, Union Bank, 7 p.m. Karen Williams, Union Bank, 445 So. Figueroa St., Los Angeles 90071 (213/236-5710).

## June 24 (Saturday)

**Stinson Beach:** DSE Double Dipsea, 13.7 Mi., 9 a.m. (pre-reg. encouraged). Info: 415/978-0837.

**Pleasanton:** 4-H Fair Fun Run 5K, Alameda Co. Fairgrounds, 8:30 a.m. Barbara Costella, 4133 Florida Ct., Livermore 94550 (510/447-6109).

**Los Gatos:** Skyland Mountain Run, 10K/5K, Radonich Farms (Highland Way), 8:30 a.m. Karen Izzo, 25059 Skyland Rd., Los Gatos 95030 (408/353-5945).

**Arnold:** Two Rivers Trail Run, 7.9M/3.1M, Cedar Center (Hwy 4), 10 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Squaw Valley:** Western States 100 Mile Endurance Run (entries closed), 5 a.m. Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

**Lompoc:** LVDC Flower Festival Parade Route 5K, "H" & Pine Sts., 9:15 a.m. Wayne Davis, LVDC, P.O. Box 694, Lompoc 93438 (805/735-1408).

**San Dimas:** Mountain Bike Triathlon (400yS-10mB-4kR), Bonelli Park, Time TBA. Info: Tri-Events (818/331-0169).

**Playa Del Rey:** Keep L.A. Working 5K/10K, Dockweiler Beach, 8 a.m. Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions: 310/828-4123).

**Placentia:** Michael D. Anderson Memorial 8K & 0.5M Kids' Run, Location TBA, 8 a.m., 9:30 a.m./Kids. Info: Race Pace Promos (714/661-6062).

## June 25 (Sunday)

**Oakland:** LMJS Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse: 14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

**Palo Alto:** The Recycled Race, 5K/10K, Baylands Athletic Center, Embarcadero/Geng, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**San Jose:** MORE Clinic Fun Run, 5K/10K, The Alameda & Idaho St., 9:20 a.m. Mike Ehrlich, 335 Elan Village Ln., #102, San Jose 95134 (408/248-6886).

**San Jose:** San Jose International Triathlon (1.5kS-40kR-10kR), Lake Cunningham Regional Park, 8 a.m. Info: J&A Productions (408/866-8848).

**Aptos:** Hammerhead Triathlon (1.2mS-50mB-10mR) & Hammerhead Lite (0.5mS-12mB-3mR), Rio Del Mar Beach, 7:30 a.m. North-Wind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

**Arroyo Grande:** The Marianne Talley Memorial 5K Run, 8:30 a.m. Talley Vineyards on Lopez Drive. (805) 544-2385.

**Newport Beach:** Newport 5000 (5K) & Kids' 1 Mi., Jamboree & Birch, 8 a.m. Info: Bill Sumner (714/854-3266).

**Lomita:** Lomita/Jim Thorpe 5K, 8 a.m. City of Lomita, 24300 Narbonne, Lomita 90717 (310/325-7110).

**Oceanside:** All-American Mountain Bike Warehouse Classic, 20M/12M/5M, Lake O'Neil (Camp Pendleton), 7:30 a.m./20M, 8 a.m./12M, 8:30 a.m. Info: Elite Racing (619) 450-6510.

**Brea:** The Road Less Traveled 10 Mi. Trail Run, Carbon Canyon Regional Pk., 7:45 a.m. Running & Racing, 5405 Alton Pkwy., Suite 5A-550, Irvine 92714 (800/285-4629).

**San Diego:** San Diego International Triathlon (0.5kS-20kR-6kR or 1kS-30kR-10kR), Spanish Landing Park, 7 a.m. San Diego Int'l. Triathlon, 3350 E St., San Diego 92102 (619/627-9111).

## June 27 (Tuesday)

**Bakersfield:** BTC Handicap 5K #2, Location TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## June 30 (Friday)

**Sacramento:** River Run 5K, Miller Park, 7 p.m. Try All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

## July 1 (Saturday)

**San Rafael:** China Camp Shoreline Half-Marathon/Marathon/8M, China Camp State Park (Miwok Meadows), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Sacramento:** Tri For Fun Triathlon Series #2 (1kS-20kR-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

**Stockton:** Waterfest '95 3 Mile. Location TBA, 8 a.m. Info: (916) 442-0957.

**Mammoth Lakes:** The Bill Rolls Memorial 10K Run & 5K Run/Walk, Mogul Restaurant, 8 a.m. David Moss, c/o Mammoth Lakes Lions Club, P.O. Box 2667, Mammoth Lakes 93546 (619/934-4168).

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Guadalupe:** Santa Barbara County Fair 10 Mile Run, Leroy Park, Time TBA. Gary Silva, 4207 Plumeria Ct., Santa Maria 93455 (805/937-3026).

**Anaheim Hills:** Firecracker 5K/10K, Canyon H.S., 7:30 a.m. Info: 714/630-6473, days.

**Temecula:** Galway Downs Ride & Tie 15/30M, (1 horse, 2 runners alternating running/riding), Location & Time TBA. Arlene Foster, 38230 Lorenz Ln., Hemet 92544 (909/767-1237).

## July 2 (Sunday)

**San Francisco:** Ocean Beach 5K/10K, Sloat Blvd. & Great Hwy., low-tide run on beach, 8:30 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

**Gustine:** Freedom Run, 10K/5K, Henry Miller Park (Second & West), 8:30 a.m. Freedom



# SCHEDULE

Run, 1065 Lee Av., Gustine 95322 (209/854-1739).

**Avery:** Hernia Hill Half-Marathon & 10K, Avery Hotel (Moran Rd. & Hwy. 4), 8:30 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Pozo:** The Pozo 5K Run, Pozo Saloon, 8:30 a.m. Joe Rubio, Venue Sports, 4104 Vachell Ln., San Luis Obispo 93401 (805/7871-3790).

## July 4 (Tuesday)

**San Francisco:** DSE Peak Busters' Benefit Run/Walk, 4.6 Mi., Lake Merced (Sunset Blvd. Pkg. Lot), 9:30 a.m. Info: 415/978-0837.

**Palo Alto:** Chili Chase 5K, Mitchell Park Comm. Ctr. (3700 Middlefield Rd.), 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**Moraga:** The Fourth in Moraga 5M/2M & Kids' 1K, Moraga Commons (Moraga Rd./St. Mary's Rd.), 8 a.m./1K, 8:15 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**San Ramon:** Run San Ramon Independence Day Classic 5K/10K, San Ramon Central Park (Alcosta Blvd./Bollinger Cyn. Rd.), 8:30 a.m. City of San Ramon Parks & Community Services, P.O. Box 5148, San Ramon 94583 (510/275-2300).

**Kenwood:** Kenwood Footrace, 10K/5K, Warm Springs Rd. 7:30 a.m. John Royston, 1252 Martha Way, Santa Rosa 95405 (707) 546-1021.

**Aptos:** (Tentative) "Set Me Free" Run Celebration, 10K/5K/Kids' 2M, Aptos Park (Nisene Marks), 8 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

**Santa Cruz:** Firecracker 10K, Harvey West Park, 8:30 a.m. Lisa McGinnis, 307 Church St., Santa Cruz 95060 (408/429-3477).

**Sacramento:** 4th of July River Run, 5 Mi., Glen Hall Park, 8 a.m. (FREE!). Dick Kinter, 6847 Sutter Av., Carmichael 95608 (916/944-1503).

**Vacaville:** TCI Cable 5K Fun Run, Community Center (1100 Alamo Dr.), 8 a.m. Todd Grames, 1100 Alamo Dr., Vacaville 95687 (707) 449-5619.

**Atwater:** Run for Independence, 2 & 5 Mi., Ralston Park (3rd St./Grove Av.), 7 a.m./2M, 7:30 a.m. Run for Independence, 1974 Sixth St., Atwater 95301 (Gordon Wilkinson: 209/384-1727).

**Arcata:** July Fourth Run, 3K/10K, Arcata Plaza, 9:30 a.m.

**Mt. Shasta:** Mt. Shasta July 4th Foot Event, 5M & 2M Youth Race, downtown, 8:30 a.m. Jim Parker, MD, 822 Pine St., Mt. Shasta 96067 (916/926-5261).

**Santa Barbara:** SBAA July 4th 15K, Location & Time TBA. Santa Barbara AA, 4476 Meadowlark Ln., Santa Barbara 93105.

**Santa Clarita:** Independence Day Classic 5000 Meter Road Race, Newhall Park (24923 N. Newhall Av.), 8:30 a.m. Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380 (805/259-5441).

**Huntington Beach:** Huntington Beach 4th of July Parade 5K Run & Kids' 1 Mi., Civic Center, 7:30 a.m./5K (H.B. residents), 8:02 a.m./5K,

8:30 a.m./Kids. Kinane Events, 2987 Highland Dr., Carlsbad 92008 (619/434-6301).

**Lake Forest:** 4 on the Fourth 4M, Lake Forest Dr./Serrano, 7:30 a.m. SBR Sports Prods., 5405 Alton Pkwy., #445, Irvine 92714 (714/858-7386).

**Redondo Beach:** Village Runner 4th of July 5K Run/Walk/Incline, Village Runner, 7:30 a.m./Incline, 8 a.m./5K, 8:45 a.m./Firecracker Dash (3-11 Yrs.). The Village Runners, 1811-A Catalina Av., Redondo Beach 90277 (310/375-2626).

**Laguna Niguel:** 4th of July Run in the Parks 10K/5K & Children's Races, Crown Valley Community Park, 7 a.m. (9:30 a.m./Kids). South Coast YMCA, 29831 Crown Valley Pkwy., Laguna Niguel 92677 (714/495-YMCA).

**San Diego:** Scripps Ranch 10K & 2M Fun Run, Scripps Ranch, 7 a.m. Scripps Ranch Run, 9974 Scripps Ranch Blvd., #341, San Diego 92131 (John Carey: 619/645-7270).

**Coronado:** Coronado 15K/5K, Tidelands Park, 7 a.m. Kathy Loper Events, 7801 Mission Center Ct., San Diego 92108 (619/298-7400).

**Lake Miramar:** Scripps Ranch 10K, 7 a.m. Info: Glen Clark (619/486-4415).

## July 8 (Saturday)

**Redding:** ALSA Sports Classic, 6M/2M, 8:30 a.m. Tom Wood, 1915 Benbow Dr., Redding 96002 (916) 221-2073.

**Pt. Reyes:** Pt. Reyes Wildcat 25K/7M/ Marathon, Five Brooks (Hwy. 1 btwn. Olema & Stinson), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Aptos:** Safeway Challenge 5K Run/Walk, Seascape Resort, 9 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Elk Grove:** Thunder Run, 5K/10K, Elk Grove H.S., 8 a.m. Desiree Wilson, 1537 Menlo Av., Carmichael 95608 (916/488-9870).

**Soda Springs:** Serene Lakes Triathlon (800yS-12mB-5kR), Serene Lakes, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Palo Alto:** Baylands Price Race, 5K/10K, Baylands Athletic Center, 8:30 a.m. Info: (408) 236-2273.

**Monterey:** Monterey Challenge, Mtn. Bike Duathlon (2.5mR-10mB-2.5mR), Mtn. Bike Relay (2 hr. + 1 lap), Laguna Seca Recr. Area, 9 a.m. Steve, Cypress Group, 215 W. Franklin, Suite 214, Monterey 93940 (408) 373-1839.

## July 9 (Sunday)

**San Francisco:** City of San Francisco Marathon & 5K, Golden Gate Bridge, 7:30 a.m. S.F. Marathon, P.O. Box 77148, San Francisco 94107 (415/391-2123).

**San Jose:** Danskin Women's Triathlon Series (0.75kSs-20kB-5kR), Lake Almaden Park, 8 a.m. Diane Lydon, Event Marketing & Publicity, Ten Park Av., #11, Mill Valley 94941 (800/452-9526).

**Castro Valley:** Lake Chabot Trail Challenge, 5K/Half-Marathon, Lake Chabot Park Marina, 8 a.m. Michael Raffee, Golden BayRunners, 4340

Krause St., Pleasanton 94588 (510/484-1339).

**Hayward:** Sertoma Classic 5K/10K, Skywest Dr. at airport, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Lafayette:** The Gruel Dual Series (3kR-15kB-3kR) (mountain bike duathlon), Briones Regional Park, 8 a.m. Terrasport, P.O. Box 10951, Truckee 96162 (916/587-8789).

**Lake Tahoe:** Spooner Lake Half Marathon/10M/10K, Spooner Lake Nevada State Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Santa Barbara:** A Day at the Beach Triathlon (0.25mS-10mB-3mR), E. Beach, 8 a.m. MESP Inc., 29397 Agoura Rd., #109, Agoura Hills 91301 (818/707-8867).

**Carlsbad:** Carlsbad Triathlon (1kS-25kB-5kR), So. Tamarack State Beach, Time TBA. City of Carlsbad, 3096 Harding St., Carlsbad 92008 (Jill Prichard: 619/434-2856).

**San Diego:** San Diego Wildlife Run, 5K/10K, Balboa Park, 7:30 a.m. Layce & Assoc., P.O. Box 87246, San Diego 92138 (619/236-0842).

## July 11 (Tuesday)

**Bakersfield:** BTC Handicap 5K #3, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## July 12 (Wednesday)

**San Diego:** SDTC Fun Run, 3 Mi., Mission Bay Park (Hospitality Pt.), 6:15 p.m. SDTC, 2115 Craig Ct., Lemon Grove 91945 (Chuck Pennell: 619/531-5282).

## July 14 (Friday)

**Mt. Rainier, WA:** Mt. Rainier to the Pacific Relay, 12-persons (180 Mi.), Longmire Campground, 2 p.m. (wave starts thru 6 p.m.) (350 team limit). Mt. Rainier to Pacific Relay, P.O. Box 17086, Seattle, WA 98107 (206/782-6547).

## July 15 (Saturday)

**Palo Alto:** Russian Ridge Skyline 10K/Half-Marathon/Marathon, Skyline Park on Hwy. 35 (1 Mi. south of Page Mill Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Pleasanton:** Tri for Fun Series #2 (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, Box 2061, Arnold 95223 (209) 795-7832.

**Sacramento:** Eppie's Great Race (5.82mR-12.5mB-6.35mPaddle), William Pond Bike Trail, 8 a.m. Eppie's Great Race, 3711 Branch Center Rd., Sacramento 95827 (916/366-2940, 800/735-2929).

**Greenville:** Goldiggers Day Round Valley 5.5M Run & Smokey Bear 5K Walk, starts 0.5M south of dam, 7:45 a.m./Walk, 8 a.m. Mort Ward, P.O. Box 3332, Quincy 95971 (916/283-4779).

**Morro Bay:** 26th Morro Rock to Cayucos Pier Run, Time TBA. Morro Rock to Cayucos Pier. Morro Bay Recreation Dept., 1001 Kennedy

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# SCHEDULE

Way, Morro Bay 93442.

**Fortuna:** Fortuna Rodeo Run, downtown, 10 a.m. or 7 p.m. Info: JoAnne Slater (707/725-3609).

**San Diego:** Tugs Swim-Run-Swim (0.5mS-5.5mR-0.5mS), Pacific Beach (Crystal Pier), 7:30 a.m. Tri-Sport, 8915 Towne Centre Dr., #112, San Diego 92122 (619/587-0876).

**Las Vegas, NV:** Mt. Charleston Notch Run, 4 Mi., time TBA. Info: Doug Allen (702/656-1380).

## July 16 (Sunday)

**Palo Alto:** Bay to Breakfast Run, 5K/10K, Baylands Athletic Center, 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**Truckee:** Donner Lake Triathlon (1.5kS-40kR-6.5mR), West End Beach, 7 a.m. A Change of Pace, 221 G St., #205, Davis 95616 (916/757-6017).

**Eureka Area:** Mad River Run, 25K, Water District Park #4 (Warren Creek Rd.), 10 a.m. Info: Ron Ross (707/822-2009).

**Corralitos:** Monterey Bay Duathlon Championships (2mR-18mB-2mR), Bradley Elem. School, 8:15 a.m. Northwind Promos, Box 2451, Aptos 95001 (408) 688-6072.

**Santa Cruz:** Berry Creek Falls 11M/10K, Hwy. 1/Waddell Creek (10 miles north of Santa Cruz), 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

**Newport Beach:** Bastille Day 5K/8K & 1K (12&Under), The Sutton Place Hotel, 7:45 a.m./5K, 8:15 a.m./8K, 9:30 a.m./1K. Info: Kinane Events (619/434-7706).

**La Jolla:** Sri Chinmoy Swim/Run (1mS-10kR), La Jolla Cove (La Jolla Shores), 7 a.m. Info: SCMT (619/282-4116).

## July 22 (Saturday)

**Inverness:** Drakes Bay Marathon/Half-Marathon/6M, Limantour Beach (Pt. Reyes Natl. Seashore), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Cool:** Cool Trails Duathlon (5mR-20mB), 7 a.m. True Grit, Matt Tofft, 1306 Daisy Ct., Roseville 95661 (916/782-8124).

**Eureka:** Humboldt Tri-Kids Triathlon (7-10 Yrs: 100yS-3mB-0.5mR, 11-14 Yrs: 200yS-6mB-1mR), College of the Redwoods, 9 a.m. Maria Kneely, P.O. Box 575, Bayside 95524 (707/822-8392).

## July 23 (Sunday)

**Oakland:** Lake Merritt Joggers & Striders 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

**Santa Cruz:** Wharf to Wharf 6 Mi., Santa Cruz Wharf to Capitola Wharf, 8:30 a.m. (13,000 Limit). Kirby Nicol, P.O. Box 307, Capitola 95010 (408/475-2196).

**Kirkwood:** World's Toughest Enduro Cross Road Triathlon (1.5kS-40k Mtn. Bike-15kR) & Sprint Enduro Cross Off-Road Duathlon (5kR-15kMB-5kR), Time TBA. Charlie Lincoln, WT Endurance Sports, 1079 Emerald Bay Rd., So. Lake Tahoe 96150 (916/542-6296).

**Big Bear Lake:** Big Bear Lake Triathlon/Duathlon Challenge (0.5mS-15mB-4mR or 1.8mR-15mB-4mR), Meadow Park, 8 a.m. SBR Sports Prods., 5405 Alton Pkwy., #445, Irvine 92714 (714/858-7386).

## July 25 (Tuesday)

**Bakersfield:** BTC Handicap 5K #4, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## July 29 (Saturday)

**Guerneville:** Vineman Triathlon (2.4mS-112mB-26.2mR) and Half-Vineman Triathlon (1.2mS-56mB-13.1mR), Johnson's Beach, 7 a.m./Vineman, 8:30 a.m./Half-Vineman. Vine-man, Inc., P.O. Box 6007, Santa Rosa 95406 (707/528-1630).

**Squaw Valley:** Squaw Valley Knobular, varied distances for downhill & cross-country, 10:30 a.m. Mark Lowenstem, P.O. Box 7976, Tahoe City 96145 (916/583-8900).

**San Francisco:** Giants Run to Home Plate 5K, Candlestick Park, 10 a.m. Giants Promotions, Candlestick Park, San Francisco 94124 (415) 330-2516.

**San Diego:** Point Loma Scenic Run, 5K/10K, Pt. Loma College, 7:30 a.m. KOZ Enterprises, 4060 Morana Blvd., #G355, San Diego 92117 (619/627-9111).

## July 30 (Sunday)

**San Francisco:** Amphibathon (1kS-10kR), Aquatic Park, 9 a.m. Joe Oakes, P.O. Box 391041, Mountain View 94040 (415/903-0341).

**San Francisco:** DSE 10K, Aquatic Park (run on the Walt Stack Trail), 9:30 a.m. Joe Oakes, P.O. Box 391041, Mountain View 94040 (415/903-0341).

**Palo Alto:** Garden Court Hotel Breakfast Run 5 Mile, GC Hotel, 8:30 a.m. Info: RhodyCo Prods: 415/564-0532.

**Courtland:** Delta Pear Fair 5M/10M, Bates Elem. School, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

**Quincy:** Buck's Lake Mile High Tri (0.5mS-17.5mB-6mR), Lakeshore Resort Marina, 8 a.m. S. Patrie, Quincy A.C., P.O. Box 1638, Quincy 95971 (916/283-BALL).

**Camp Pendleton:** "Do the Tri, Try the Du Series" ((0.5mS or 2mR)-30kR-5kR), Club Del Beach, 8:30 a.m. Russ Jones, 32946 Paseo Miraflores, San Juan Capistrano 92675 (714/240-8547).

**Coronado:** The Coronado Sports Fiesta Triathlon (1.4mR-4mB-400yS), Glorietta Bay Park, Time TBA. Info: 619/583-8008.

## August 1 (Tuesday)

**San Diego:** SDTC Fun Run, 3 Mi., Mission Bay Park (Hospitality Point), 6:15 p.m. SDTC, 2115 Craig Ct., Lemon Grove 91945 (Chuck Pennell: 619/531-5282).

## August 5 (Saturday)

**San Francisco:** Escape From Alcatraz Triathlon (1.5mS-1.5mR-18mB-12mR), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Los Gatos:** Summit Challenge, 10K, Old Loma Prieta School (ball field), 8:30 a.m. Linda Sullivan, Loma Prieta Rec., 23800 Summit Rd., Los Gatos 95030 (408/353-2834).

**Squaw Valley:** Mountain Run, 3.6 mile. Start near cable car building, 9:30 a.m. Holly Beatie, PO Box 2575, Olympic Valley 96146 (916) 426-9559.

**Sacramento:** Tri for Fun Triathlon #3 (1kS-20kR-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

**Bass Lake:** Bass Lake Run Thru the Pines Half Marathon & 4.5 Mile Run. Start at Pines Village, 7 a.m. Run Thru the Pines, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535 (Bill or Judy).

**Bakersfield:** Hart Park Fun Run, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**San Luis Obispo:** RRCA Women's Distance Festival/Men's Electric City 5K, Laguna Lake Park, 8:30 a.m./Women, 9:15 a.m./Men. SLDC P.O. Box 1134, San Luis Obispo 93406.

**Santa Barbara:** Fiesta Biathlon (4mR-13mB), Santa Barbara Pier to La Cumbre Peak, 8 a.m. Power Endurance Events, Bobby Powers, 6 Harbor Way, Santa Barbara 93109 (800) 967-8758.

**San Dimas:** Steamboat Tri-All (500yS-14mB-2mR), Location & Time TBA. Info: 818/331-0169.

## August 6 (Sunday)

**Palo Alto:** Run for Your Heart, 5K/10K, Baylands Athletic Ctr., 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**Alameda:** Alameda Run for the Parks, 10K, So. Shore Shopping Center, 9 a.m. Dale Lillard, Alameda Park & Rec. Dept., 2263 Santa Clara 94501 (510/748-4645).

**Castro Valley:** Skyline 50K Endurance Run, Lake Chabot Marina, 7 a.m. Will Uher, 16183 Lyle St., San Leandro 94578 (510/278-0451).

**Tracy:** Dry Bean Festival Run, 5K & 1 Mi. Fun Run, 10th & Central, 8:30 a.m. Frank Hagerty, 1731 Parker Polich Ct., Tracy 95376.

**Pacific Grove:** YWCA 10K, Lover's Point Park, 9 a.m. YWCA, 2115 "C" No. Fremont Blvd., Monterey 93940.

**Ukiah:** Dog Daze 10K/3K, Manor School (400 Oak Manor Dr.), 8 a.m. Gordon Elton, P.O. Box 518, Ukiah 95482 (707/468-8024).

**Eureka:** Cox Cable's Run for Goodwill, 10K/2M (PA/USATF 10K Championships), 2nd/First (Gazebo), 9:15 a.m./2M, 10 a.m. Info: Mike Williams or Wendy Purnell (707/443-5706).

**Freshwater:** Freshwater 2M/5K/10K, Freshwater Park (Freshwater Rd.), 10 a.m. Info: Els Pence (707/822-3338).

**June Lake:** Mammoth Times Triathlon (1.5mS-40kR-10kR), Ridge Beach, 9 a.m. Wally Hofmann, P.O. Box 3929, Mammoth Lakes 93546 (619/934-3929).

**Aptos:** Sandman Triathlon (0.5mS-15mB-4.5mR), Seaciff State Beach, 9 a.m. (400 Limit). Santa Cruz State Lifeguard Assoc., 655 14th



# SCHEDULE

Ave., Santa Cruz 95062 (408) 476-4992.

**Rio Vista:** Brannan Island "Outback" Triathlon (900yS-14mB-3.8mR). 9 a.m. No. Calif. Brannan Island State Recr. area. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

## Aug. 7-11 (Monday-Friday)

**Grouse Ridge:** High Altitude Running Camp & Clinic (near Nevada City), \$50/person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

## August 8 (Tuesday)

**Bakersfield:** BTC Handicap 5K #5, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## August 9 (Wednesday)

**San Francisco:** Chemical Bank Corporate Challenge, 3.5 Mi., Justin Herman Plaza (foot of Market St.), 7 p.m. Chemical Bank Corporate Challenge, P.O. Box 192383, San Francisco 94119 (415/586-8508).

## August 12 (Saturday)

**Sacramento:** Susan B. Anthony Woman's 5K Run/Walk, Glen Hall Park, 8 a.m. Steve Ashe, 9608 Linda Rio Dr., Sacramento 95827 (916/366-6772, eves).

**California City:** California City Renegade Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Crestline:** Run Through the Pines 5K/10K, San Moritz Lodge (Lake Gregory), Time TBA. Rim of the World Rec./Park District, P.O. Box 8, RimForest 92378 (909/337-7275).

**San Diego:** Balboa Park 8M/3M, President's Way, 7 a.m./8M, 7:10 a.m. Info: Bill Gookin (619/578-9456).

**Miramar Air Station:** Top Gun 10K, 7:30 a.m. Info: 619/537-4127.

**Crater Lake, OR:** Crater Lake Rim Runs, 6.7 Mi., Half-Marathon & Marathon, 7:30 a.m. Bob Freirich, 5830 Mack Av., Klamath Falls, OR 97603 (503/884-6939).

## August 13 (Sunday)

**Larkspur:** Tamalpa Runners Couples Relay, 2x2 Mi., 9 a.m. Jim Myers, P.O. Box 1713, Mill Valley 94942 (415/383-3961).

**Tiburon:** Tiburon Triathlon (0.5mS-9mB-2mR), Belvedere Community Park, 7:30 a.m. (300 Limit). Peter & Kathy Winkler, P.O. Box 764, Tiburon 94920 (415/389-9360).

**Felton:** Race Through the Redwoods 10K, Hwy 9 & Graham Hill Rd., 9 a.m. Steve Richmond, Felton Business Assoc., P.O. Box 6, Felton 95018 (408/335-3542).

**Angels Camp:** Calaveras County Triathlon (800yS-17mB-4mR), Salt Springs Reservoir, 8 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Truckee:** Donner Pass Trail Run, 10K/25K (non-competitive), North Pacific Crest Trail, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Mammoth Lakes:** Mammoth Mountain Marathon, Half-Marathon & 10K, Mammoth Mtn. Inn, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Ventura:** Mike & Rob's Most Excellent Triathlon (1.2mS-52mB-13.1mR and 0.25mS-10mB-3mR), San Buenavista State Park, 6:45 a.m./Long, 8 a.m./Short. MESP, 29397 Agoura Rd., #109, Agoura Hills 91301 (818/707-8867).

**San Clemente:** San Clemente Fiesta 5000, El Camino Real & Ave. Victoria, 8 a.m. (men/women/12&U have different start times). SCCC, c/o Race Central, P.O. Box 828, Rialto 92377 (714/492-1131).

**San Diego:** Beach Run, 9K, Pacific Beach (Crystal Pier), 7 a.m. Info: Manny Bautista (619/627-2739).

**San Diego:** San Diego Embarcadero 10K/5K, Seaport Village, 7:30 a.m. SandRock Productions, 7915 Silverton, Suite 309, San Diego 92126 (619/530-1111).

## August 18 (Friday)

**Sacramento:** River Run 5K, Miller Park, 7 p.m. Try All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

## August 19 (Saturday)

**Mt. Tamalpais:** Muir Beach Marathon/Half-Marathon/7M. Rock Springs (Mt. Theatre above Pantoll Ranger Sta.), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

**Los Gatos:** Dammit Run, 4.9 Mi., Los Gatos H.S. track, 8:30 a.m. Bruce Springbett, LGAA, 220 Oakmeadow Dr., Los Gatos 95030 (408/354-7365).

**Pleasanton:** Tri for Fun Series #3 (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-7832).

**Davis:** Great North Triathlon (1kS-25kS-5kR), Stonegate Country Club, 7 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Lake Tahoe:** Tahoe Rim Trail Run, 10K/25K, Time TBA. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Tehachapi:** Tehachapi Mountain Fest Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Westwood Village:** L.A. A La Carte 5K and Youth Mile (6-14). UCLA parking lot #32 (Gayley/Kinross), 10 a.m. Don Franken, 9171, Wilshire Blvd., #410, Beverly Hills 90210 (310) 278-2030.

**San Diego:** Junior San Diego (10 separate races for children 12 & Under from 50 Yds. to 1 Mi.), S.D. Convention Center (downtown), Time TBA. Info: Elite Racing (619/450-6510).

**Chula Vista:** Southwestern College 6 Mi., Southwestern College (Otay Lakes Rd.), 8:30 a.m. Info: Dr. Duro Agbede (619/421-6700, x5620).

**Las Vegas, NV:** Forest Challenge, 4M/8M/18M Runs, Mt. Charleston, Time TBA. Info: Mike Naylor (702/383-1276).

**Manitou Springs, CO:** Pikes Peak Ascent & Marathon, Ascent on 8/19 & Marathon on 8/20, 7 a.m./Ascent, 7:30 a.m./Mara. Info: 719/473-2625.

## August 20 (Sunday)

**San Francisco:** The San Francisco Triathlon (1kS-20kS-5kR), Aquatic Park, 8 a.m. Extreme Prods., 1346 Pine St., #24, San Francisco 94109 (415/267-3952).

**San Francisco:** DSE Biathlon (2.5mR-0.5mS), Aquatic Park, 9 a.m. Info: 415/978-0837.

**Davis:** Great North Triathlon (1.2kS-44kB-10kR), Stonegate Country Club, 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**McKinleyville:** Hammond Bridge Half-Marathon & 2 Mi. Run, McKinleyville H.S., 9 a.m. Info: Buzz Webb (707/839-3518).

**Santa Barbara:** McConnell's Ice Cream Endurance Events, 5K/10K/Biathlon (10kR-1mS)/Kids' Mile, Goleta Beach County Park, 8:30 a.m./5K, 9:15 a.m./10K & Biathlon, 11 a.m./Kids. Kevin Young, SBAA, 119 Cooper Rd., Santa Barbara 93109 (805/963-7524).

**Huntington Beach:** Pier Run '95, 5K/10K, Huntington Beach Pier, 7:30 a.m. Race Pace Promotions, P.O. Box 795, Dana Point 92629 (714/661-6547).

**Irvine:** Ujena 5000, Hyatt Regency (17900 Jambooree Blvd.), 8 a.m. Attn: Karen, Ujena Int'l, 1135 Kern Ave., Sunnyvale 94806 (408) 922-1913.

**San Diego:** America's Finest City Half-Marathon & 5K, Pt. Loma (H-M), Balboa Park (5K), 7 a.m. American Lung Assoc., P.O. Box 3879, San Diego 92163 (619/297-3901).

**Reno, NV:** Pyramid Lake Triathlon (1mS-25mB-6mR), Sutcliffe Marina, 8 a.m. Suzy Truax, 1105 Terminal Way, #202, Reno, NV 89502 (702) 348-9333.

## August 22 (Tuesday)

**Bakersfield:** BTC Handicap 5K #6, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## August 25 (Friday)

**Palo Alto:** Florentine's T.G.I.F. Run 5K/10K, Baylands Athletic Center, 6:30 p.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

## Aug. 25-27

**Mt. Hood, OR:** Hood to Coast Relay, 191 Mi. (36 legs from 4 to 6 Mi., 12 maximum runners/team), Timberline Lodge, 10 a.m. (wave starts) (June 30 deadline or when 750 team limit is reached), Hood to Coast Relay, 115 SW Ash, Suite 523, Portland, OR 97204 (503/227-1371).

## August 26 (Saturday)

**Olema:** Pt. Reyes 50K, Five Brooks (just south of Olema on Hwy 1), Time TBA. Jerry Leith, c/o Tamalpa Runners, P.O. Box 700, Corte Madera 94925 (415/924-5037).

**Mt. Tamalpais:** Muir Beach Marathon/Half-Marathon/7M, Rock Springs/Mtn. Theatre above Pantoll Ranger Sta., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Pleasant Hill:** Shout on the Green 5K, Hope Center (2275 Morello Av.), 8 a.m. Mike Parker, Sanctuary Ministries, 2056 Commerce Av., Concord 94520 (510/827-9637).

**Santa Cruz:** Champagne Ride & Tie 30M (1 horse, 2 runners alternating running/riding), Time TBA. Steve Shaw, 155 Baltusrol Dr., Aptos 95003 (408/685-3436).

**Grass Valley:** Wolf Mountain Trail Challenge.



# SCHEDULE

10K/1.8M Fun Run & 0.5M Kids' Run, Wolf Mtn. Christian Camp, 9 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

**Avila Beach:** The Avila 5K, 8:30 a.m. Info: Steve Boaz (805/534-9308).

**Santa Barbara:** Santa Barbara County Long Course Regional Championship Triathlon (Sprint: 500yS-6mB-2mR; Long: 1mS-34mB-10mR), Cabrillo Bathhouse/East Beach, Time TBA. Adventours Outdoor Excursions, P.O. Box 215, Santa Barbara 93102 (805/963-2248).

## August 27 (Sunday)

**San Francisco:** Hook & Ladder 10K, Golden Gate Park (Rainbow Falls & Kennedy Drive), 9 a.m. Jim Gallagher, 1671 16th Ave., San Francisco 94122 (415) 753-088.

**Oakland:** Time Is On Your Side Run, 5K/10K, Lake Merritt (Old Boathouse, 14th St. & Lakeside Dr.), 9 a.m. LMJS, 2634 Arlington Blvd., El Cerrito 94530 (510/601-7887).

**Pleasanton:** Dog Days Duathlon (3mR-12mB-1.5mR), Hacienda Business Park (Hacienda exit of I-580), 8:30 a.m. Kaleidoscope Activity Center, 7425 Larkdale Av., Dublin 94568 (510/828-8857).

**Gilroy:** Mt. Madonna Challenge, 12K/6K, Mt. Madonna County Park (next to Sprig Lake), 8:30 a.m./6K, 9 a.m. Lynn Lockhart, So. Valley Symphony, 7664 Los Padres Ct., Gilroy 95020 (408/842-4732).

**Walnut Grove:** Walnut Grove Catfish Jubilee 5 Miler, Walnut Grove Elem. School, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

**Soda Springs:** Serene Lakes Half-Marathon & 10K Wilderness Runs, Serene Lakes Lodge

(Soda Springs Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Reno, NV:** Silver State Marathon/Half-Marathon/10K, Bowers Mansion County Park, 6 a.m./Mara., 7 a.m. Ken McKim, 1460 Prospect Av., Sparks, NV 89431 (702/849-0419).

**Orange:** This Ain't No Walk in the Park, 8K, Irvine Regional Park, 8 a.m. Info: Running & Racing (800/285-4629).

**Imperial Beach:** Imperial Beach Multi-Sports Championships (Duathlon: 5kR-20kB-5kR; Triathlon: 1kS-20kB-5kR), Imperial Beach Pier, 7:30 a.m. Imperial Beach Championships, KOZ Enterprises, 4060 Morena Blvd., #G-355, San Diego 92117 (619/627-9111).

**Grossmont & El Cajon:** Trolley Trot 5K/10K, Grossmont Center (10K), El Cajon Towne Center (5K), 7:30 a.m. Info: 619/258-4918.

## August 31 (Thursday)

**Huntington Beach:** Sunset in the Park 2.8 & 4.8 Mi., Central Park West, 5:30 p.m./High School Age Team Challenge, 6 p.m./2.8M, 6:30 p.m./4.8M. Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

## LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

### Sep. 2 (Saturday)

**Sausalito:** Sausalito Marathon/Half-Marathon/7M, Rodeo Beach (Ft. Cronkhite/GGNRA), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

### Sep. 3 (Sunday)

**Pollock Pines:** Run On The Sly 30K/50K/50M, Fresh Pond, 6:15 a.m./50K-50M, 7:15 a.m./30K Margie Lopez, P.O. Box 245, Placerville 95667 (916/626-8846).

### Sep. 4 (Monday)

**Portola Valley:** Windy Hill Trail Marathon/Half-Marathon/8M, Corte Madera School (Alpine Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

### Sep. 9 (Saturday)

**Stinson Beach:** Bolinas Ridge Wild Boar Marathon/18M/8M, Mar/18M (Five Brooks btwn. Oloma & Stinson Beach), 8M (Bolinas/Fairfax/Ridgecrest on Mt. Tam), 9 a.m./Mara-18M, 10 a.m./8M. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Malibu:** Bulldog 50K Ultrarun, 6 a.m. (250 Limit). Info: Ingrid Stattuck (619/495-2248).

### Sep. 16 (Saturday)

**Squaw Valley:** Pacific Crest Trail 50K/25K/50K Relay, Olympic Village, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

### Sep. 17 (Sunday)

**Burney:** Burney Classic Marathon/Half-Marathon/10K/5K, Burney H.S., 8 a.m./Mara., 9:15 a.m./HM, 10 a.m./10K, 10:15 a.m./5K. Don Jacobs, Burney Lions Club, P.O. Box 217, Dept. M, Burney 96013 (916/335-2825).

### Oct. 1 (Sunday)

**Sacramento:** Sacramento Marathon/Half-Marathon, William Land Park, 8 a.m. Ronald Sturgeon, P.O. Box 995, Dixon 95620 (916/678-5005).

**Portland, OR:** Portland Marathon/5M/2M Kids Run/Biathlon/24-Hr. Ultra, City Hall, 7 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076 (503/226-1111).

## FREE SCHEDULE LISTING

City \_\_\_\_\_

Event Name \_\_\_\_\_

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Location \_\_\_\_\_

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# WOMEN: Running Into the Next Millennium

In terms of participation, competition, lifestyle and even career choices, women are enjoying their own "running boom."

By Helen Rockey

Less than 20 years ago, the number of women in a typical road race could be counted on one hand, women's running was usually limited to chasing a toddler or the bus, and the sport, often viewed as exhibitionistic and sweaty, had little feminine appeal. Two decades later, women now make up anywhere from 21 to 45 percent of the participants in open races (according to the Road Running Information Center of USA Track and Field). In 1995, women everywhere look to running as a necessary and positive part of their lives.

Why the change? And what will we see in the years to come as women run into the next millennium?

As the first appointed woman president of a major athletic shoe company, I watch changing demographics, consult with experts in our industry, talk to both average and elite athletes, and run myself. When all is said and done, I believe the growth of women's running is related to the simple realization by women that

they are physical beings, that a fit body houses a fit mind, and that weight control, increased energy, self confidence and health are unlocked by an overall fitness program.

If that all seems blatantly obvious today, it wasn't so obvious even a short time ago. It's hard to believe now that women's high visibility in running is a fairly recent phenomenon, but there was a time when, other than physical education classes, women had little or no experience with sports and exercise. When I was in school, for example, there was no girls' track as gender equity in athletics didn't begin until 1972 and the passage of Title IX. When the running boom started in the mid-seventies it left women behind. Even the Olympics limited women's running events to no longer than 1500 meters through 1980.

In 1979, Norwegian schoolteacher Grete Waitz produced an amazing breakthrough at the New York City Marathon--the first sub-2:30 marathon by a woman (2:27:33). Running clothes de-

signed for the female body were finally available that same year. And in 1984--three years after the International Olympic Committee's executive board voted 7-1 to add it--Joan Benoit won the gold medal in the first-ever women's Olympic Marathon.

Paralleling these landmark events was a change at the grass roots. Women were asserting themselves in all areas of society, and this meant a change in their self-image: women wanted to be physically fit, confident, healthy and more energetic. With new female role models like Waitz and Benoit, the percentage of women who jogged or ran began to climb. It was now "permissible" for women to run in public, and running became part of their lifestyle.

I experienced such a lifestyle change myself. I had played soccer as a kid and have been skiing like a maniac most of my life, but I didn't start running until I was an adult at Nike, because it was the only way I could get any time with my

*continued next page...*



## SPECIAL WOMEN'S SECTION

boss. As I became more involved in running, I became more competitive. On my 30th birthday in 1985, I ran the Avenue of the Giants Marathon in 3:20.

I no longer do marathons, but running has become an integral part of my life. Now, I get up early, five or five-thirty, and go for a run before getting to work at seven-thirty. Twelve hour days, six days a week is normal for me, so running makes my day. I am your 30-miles-a-week, no-matter-what-country-or-city-of-the-world-I-might-be-in kind of runner.

And I know that for other women, whether they work in the home or outside it, have families to take care of or not, running has become an important part of their life. As my friend Laurel James of Super Jock N'Jill, a running specialty store in Seattle, says, "I don't promote marathoning, but I do promote a time for yourself, a time for fitness." That time for herself gave James the confidence, at age 59, to complete her

first triathlon just "because it feels good."

Women will not have more time in the future, but I am convinced more of their time will be dedicated to fitness. A growing number of women see running as a component of an overall fitness program.

I also see more women having the freedom and the self-esteem to compete.

Susan Molloy, one of our Brook's athletes, says she sees more and more elite athletes who make good money as professional runners also working full-time. The mother of two boys, Molloy, who ran a 2:39:34 in her first marathon, says the "typical woman athlete today does not rotate her existence entirely around running. A well-rounded life will lengthen your career. A narrow mind is not healthy. When I am with my kids, I am content. When I am running, I focus on my running.

"More mothers are running fabulous times. I know my body is more efficient

from having children. I can feel it; physically, there's something extra there."

Vicki Mitchell, another Brooks athlete who is preparing for the 1996 U.S. Olympic Trials, does her night runs after a day of teaching and coaching. "My goals aren't outcome oriented. I aim for performance and hope that will get me across the finish line first," she says. "If not, I have done my best." Concludes the 25-year-old middle distance runner, "I am hoping to have a long-term commitment with running."

In other words, even women who are competitive see running in broader terms than reaching short-term goals: the sport is self-rewarding, and you get back at least as much as you put into it.

And that's what women like about running.

So what may we expect in women's running in the next five years? From my vantage point, I predict the following:

■ **The participation of women will continue to climb.** Running is an individualistic, self-actualizing sport.

*continued next page...*



**KATHY WOOD**

*Photo by Bill Cockerham*



**ALISA HILL**

*Photo by Richard Lee Slotkin*



**SHERRI HALL**

*Photo by Richard Lee Slotkin*

I believe the growth of women's running is related to the simple realization by women that they are physical beings, that a fit body houses a fit mind, and that weight control, increased energy, self confidence and health are unlocked by an overall fitness program.



like mountain biking and snowboarding, which will have a greater appeal in the next millennium. Freedom is not just another word. There will be fewer places to get away from it all and more things from which to seek escape. I wouldn't be surprised to see another running boom, bigger than the last, with women leading the way.

- I see more women competing, more women having the freedom and the self-esteem to compete. I hope we'll see many more prizes awarded at races, greater opportunities for more people to go home winner.
- The consumer is changing. She is shifting to a new psychology for the year 2000: more embracing, more holistic, more involved with the complete dimension of stress and fitness and how it relates to an individual's well-being. Modern products will reflect a holistic philosophy in style and the mentality of the design itself. If we can break out of the midset "this sneaker is for this sport" and instead offer products that provide the benefits associated with the sense of well-being produced through sports and fitness, we will re-energize this industry.
- With more women running, I can imagine the increased availability of broader shoes for women. Not all women have petite feet. New footwear designs will take into greater account the importance of shoe angles for women, caused by the differences in hip alignment, for example.
- Benefits of a small retailer: There will be a shakeout at the retail level, with the ultimate winner the performance-oriented customer. The smaller retailer, especially the sport specialty shops, will see increased traffic. Women in particular will seek expert advice and outstanding customer service in a nurturing environment.
- I see the day, two to five years



DARCY ARREOLA (left) & RUTH WYSOCKI

Photo by Bill Leung, Jr./Geek Media

away, when we will see a **partnership between retailer and distributor**. For example, an in-store boutique with a Brooks designer on site, would create a new shoe, ageing conceptually on product and display. Then the product will ship directly from the factory on a just-in-time basis.

- **Women in leadership positions:** The future of women in running won't be limited to training and racing. I may be the first woman president of a major athletic shoe company, but I will not be the last. Women manage running stores, serve as elected leaders of our largest running organizations, publish and edit running publications, and promote some of the world's largest marathons.

As we near the year 2000, women will continue to embrace a more holistic approach to fitness and how it relates to an individual's well-being. The participation of women in running continues to grow each year, and I feel the women's running boom—while growing at a much slower rate—won't plateau before the millennium.

Yes, I believe the future of women's running is bright indeed. So bright, in fact, that when I look into it, I have to wear shades.

Known in running circles as "The Rocket," Helen Rockey, president of Brooks Sports, Inc., is responsible for overseeing all aspects of the company's domestic and international operations. The first female appointed president of a major athletic shoe company, Rockey engineered a solid turnaround story during 1994, making it one of the year's successes in the industry. Rockey doubled the U.S. sales force, allowing Brooks to service the retailers better. Orders for Brooks shoes for 1995 have increased 50 percent compared with last year, international sales have increased, and the company is seeing better margins as a result of improved sourcing, enhanced distribution and upgraded products.

Prior to joining Brooks in 1994, Rockey was with Nike for 11 years, where she held several management positions, most recently as general manager of sports graphics and accessories. Earlier, Rockey was vice president of marketing for Big Toys and a business analyst and productivity manager for Boise Cascade.

An avid runner and Seattle native, Rockey holds a bachelor's degree in economics and a master's degree in business administration from the University of Washington.





# Injuries Common To The Female Runner And How To Prevent Them

By Jeffrey A. Ross, DPM

The bad news for the female runner is that she is more likely, than her male counterpart, to suffer certain types of injuries.

The good news is that, with proper education and the right tips on injury prevention, she can minimize such injuries or eliminate them altogether.

As a sports medicine podiatrist who treats a large number of female patients, I am often asked why women experience so many mal-alignment and overuse injuries. The answer lies in the female's physical development and anatomy. When the female enters puberty and her hips broaden relative to her waist and shoulders, her pelvis begins to widen and a change at the hip occurs. This creates an accompanying change of the knees, often referred to as "knock knees." The more "knock", the greater the quadriceps pull. As a result, sports medicine doctors see many overuse injuries affecting the hip, knee, shin and ankle of the female runner.

I have identified five injuries common to the female runner--scoliosis, foot type and deformities, Achilles tendonitis, knee injuries, and stress fractures--and suggested how to deal with them.

## SCOLIOSIS

This curvature of the spine is most prevalent in female adolescents, occurring 85 percent of the time. It can contribute to lower back and hip pain with running. It can also cause a pelvic tilt, where one limb acts longer than the other. This almost always de-

velops into an overuse injury to the shorter limb.

Recommended preventative: Measure the shorter limb, and equalize it to the other limb to reduce the potential for overuse injuries. This can be accomplished either by using a prescription orthotic or a heel lift.



## FOOT TYPE AND DEFORMITY

If a woman has a flat foot or pronates excessively, and has ligamentous laxity, she has a greater chance of developing a bunion or hammertoes. Unfortunately, the problem is often compounded by footwear designed primarily for the male foot. The female forefoot is wider and her hind foot narrower, requiring a differently shaped shoe last.

Recommended preventative: A running shoe designed for motion control and stability. If necessary, see a sports medicine doctor to get a prescription orthotic that will control the excessive pronation.

## ACHILLES TENDONITIS

In addition to placing pressure on the ball of the foot and causing pain on the

metatarsal head bones, sesamoiditis, and Morton's neuroma (nerve entrapment), women who wear high-heeled shoes tend to shorten the Achilles tendon. This can lead to a typical overuse injury such as chronic Achilles tendonitis or behind-the-heel spur (pump bump).

Recommended preventative: Plenty of stretching, performed correctly and without bouncing, holding the stretch for 20-30 seconds. Good suggestions: wall-calf/Achilles stretches and step-heel/calf decline stretches.

## KNEE INJURY

As we noted earlier, because a woman's pelvis is wider than a man's, her hips rotate inward and downward, causing an accompanying change of the knees, often referred to as "knock knees." The more "knock", the greater the quadriceps pull, and the greater the change of injury to the knee. A weak quadriceps muscle or mal-alignment of the kneecap can often lead to overuse "runner's knee" injury.

Recommended preventative: Shoes that have motion control prevent the knee's "pendulum swing." A prescription orthotic may also help. Quadriceps muscle strengthening is often beneficial.

## STRESS FRACTURES

Seen most often in females who do not menstruate and/or suffer from osteoporosis due to a decrease in bone mineral density, stress fractures can result from extreme biomechanical

*continued next page...*



## SPECIAL WOMEN'S SECTION

stress on weakened bone. Activity, training and intensity increase the incidence of stress fractures in amenorrheic (non-menstruating) or postmenopausal women. The prevalence of such an injury increases dramatically as the weekly running mileage exceeds 20 miles.

With the more common incidence of eating disorders in women, improper nutrition is another factor that can lead to stress fractures. Anorexia nervosa and bulimia nervosa are two eating disorders that can contribute to injury and even death.

**Recommended preventative:** It goes without saying that a proper diet, medical attention for amenorrhea and appropriate hormone therapy will ad-

dress the problem of demineralization of the bone. In addition, a greatly reduced mileage schedule or complete cessation of running may be necessary to allow for complete healing and prevent recurrent injury.

Patient education is a must to prevent "down time." Eating disorder, amenorrhea and osteoporosis must be addressed early and have a team approach to care. Proper diagnosis and treatment, in addition to psychological counseling, may be imperative.

Understanding causes of injuries, together with videotaping of a runner's gait, can often illustrate the nature of an injury. Muscle strengthening, flexibility, biomechanical and other evaluation can prove very helpful in preventing many of

these problems.

The female anatomy, physiology and even her psychology require specific understanding, particularly in cases of pregnancy and hormonal shifts. With patient education and the tips mentioned on injury prevention, the female athlete can minimize or eliminate potential problems.

*Jeffrey Ross, DPM, FACFAS, is a Fellow and President-Elect of the American Academy of Podiatric Sports Medicine and a Diplomate of the American Board of Podiatric Surgery. He is also a Clinical Assistant Professor at the Baylor College of Medicine, a marathoner and triathlete, and Houston chapter president of the American Medical Joggers/Athletic Association. He has a practice in Houston, Texas.*

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# ROAD RACE SPOTLIGHT

## Big Sur International Marathon

April 30. Carmel.

Marathoners joined relay runners, walkers, 5K runners and volunteers for over 7,000 active participants in the tenth presentation of the Big Sur Marathon.

Two female veteran runners and international participants stole the show in this year's event. Under unusually damp and warm conditions, three-time Big Sur International winner (1991, 1994) Kim Goff held off one-time winner Jeannie Urness-Wokasch by eleven seconds. Goff, a 33-year old from Greenville, Rhode Island finished with a time of 2:48:14 while Urness-Wokasch completed the 26.2 run in 2:48:25.

For most of the race, Goff kept a comfortable lead over Urness-Wokasch until mile 23 when Urness-Wokasch moved within 400 yards. For the last 3.2 miles Goff and Urness-Wokasch remained close, with Urness-Wokasch pulling away on the downhill and Goff pulling away on the uphill.

The international field made a strong showing in the men's race. Juan Salvadore Gonzales, a 34-year old from Mexico finished the race in 2:20:48. Second place went to England's Hugh Jones, with a time of 2:22:27. Horacio Cabrera, a 33-year old from Mexico finished third with 2:23:04. Last year's second place finisher, Sam Rotich from Albuquerque, New Mexico (by way of Kenya) finished fourth with a time of 2:25:17. Chad Bennion, the 1994 BSIM winner injured himself during the race and was forced to withdraw.

### Marathon/Men

1. Juan Salvador Gonzales (34) Mexico 2:20:48, 2. Hugh Jones (39) London 2:22:27, 3. Horacio Cabrera (33) 2:23:04, 4. Sam Rotich (37) Albuquerque, NM 2:25:17, 5. Lourival Sampaio (36) New York, NY 2:30:09, 6. John Moreno (40) Pacifica 2:31:35, 7. Pete Kapiian (38) Newbury Park 2:33:31, 8. Alfonso Nunez (31) Huntington Park 2:35:41, 9. Kevin Olson (33) Gresham, OR 2:39:44, 10. Joseph Schieffer (43) Oakland 2:40:29, 11. Froylan Sanchez (35) San Francisco 2:41:28, 12. Byrle Smullen (47) Agoura 2:42:00, 13. David Louks (41) Newbury Park 2:47:02, 14. Alejandro Rodriguez (24) San Francisco 2:47:09, 15. Glenn Tachiyama (38) Seattle, WA 2:47:56, 16. Michael Maguire (32) Hayward 2:48:22, 17. Alex Coffin (26) Victoria, Canada 2:48:52, 18. Steve McMillan (33) Glendale 2:49:15, 19. Larry Hyde (40) Palo Alto 2:49:17, 20. Kevin Gowen (37) Midland, GA 2:49:24.

### Division Winners/Marathon/Men

16-19: 1. Justin Davis (18) Sunnyvale 3:55:18, 2. Steven Gardner (19) Cartersville, GA 4:31:52. 20-24: 1. Alejandro Rodriguez (24) 2:47:09, 2. Jeff Fanno (23) San Diego 3:00:03, 3. Kent Smith (23) Los Angeles 3:02:40. 25-29: 1. Alex Coffin (26) 2:48:52, 2. Moises Reguena (28) Denver, CO 2:51:06, 3. Evan Bartelheim (28) Reno, NV 2:52:08. 30-34: 1. Juan Salvador Gonzales (34) Mexico 2:20:48, 2. Horacio Cabrera (33) Mexico 2:23:04, 3. Alfonso Nunez (31) Huntington Park 2:35:41. 35-39: 1. Hugh Jones (39) London 2:22:27, 2. Sam Rotich (37) Albuquerque, NM 2:25:17, 3. Lourival Sampaio (36) New York, NY. 40-44: 1. John Moreno (40) Pacifica 2:31:35, 2. Joseph Schieffer (43) Oakland 2:40:29, 3. David Louks (41) Newbury Park 2:47:02. 45-49: 1. Byrle Smullen (47) Agoura 2:42:00, 2. Michael Dove (48) Salinas 2:50:00, 3. Marc Lieberman (48) Monterey 2:54:54.

50-54: 1. Yasushi Kato (50) Tokyo 2:59:18, 2. Kenneth Royston (50) Pace, FL 3:01:04, 3. Larry Jamison (52) San Luis Obispo 3:01:27. 55-59: 1. Brent Pinder (55) Tempe, AZ 3:08:40, 2. Dennis Hartley (56) Santa

Cruz 3:22:57, 3. James Adams (55) No Augusta, SC 3:23:29. 60-64: 1. Yoshio Inoue (62) Tokyo 3:23:25, 2. Bob Rice (60) Long Beach 3:24:14, 3. Walt Wozniak (60) Lees Summit, MO 3:24:31. 65-69: 1. Wally Wright (65) Hellertown, PA 3:31:33, 2. Kenneth Karcher (66) Boise, ID 3:36:04, 3. Bill Galbracht (67) No St. Paul, MN 3:42:49. 70-90: 1. Alton Slay (70) Warrenton, VA 4:41:15, 2. Frank Dawson (76) Santa Barbara 5:10:26, 3. Don Wilgus (73) Richmond 5:33:49.

### Marathon/Women

1. Kim Marie Goff (33) Greenville, RI 2:48:14, 2. Jeannie Urness-Wokasch (32) Honolulu, HI 2:48:25, 3. Mary Ryzner (41) Escondido 3:09:06, 4. Ashley Black (23) San Francisco 3:10:54, 5. Annette Bauer (31) 3:14:47, 6. Annette Shearer (34) Oakland 3:15:34, 7. Patti Scott-Baier (42) Sonora 3:17:52, 8. Char Levitt (36) Berkeley 3:20:09, 9. Kathleen Emerson (34) Vancouver, BC 3:20:11, 10. Marge Adelman (45) Denver, CO 3:20:31.

11. Caroline McCall (29) Oakland 3:21:41, 12. Lulu Rimminen (25) Salt Lake City, UT 3:23:55, 13. Maria Yeung (42) San Antonio, TX 3:24:13, 14. Jolynn Mignano (33) San Jose 3:25:16, 15. Jennifer Davine (23) Carmichael 3:25:22, 16. Julie Kliszewski (29) Playa Del Rey 3:25:41, 17. Jos Smith (40) Auckland, New Zealand 3:25:53, 18. Susan Petronio (32) Santa Barbara 3:28:05, 19. Jean Long (34) Macon, GA 3:28:32, 20. Robin Anawalt (35) Honolulu, HI 3:28:43.

### Division Winners/Marathon/Women

16-19: 1. Lindsay Gordon (17) Rancho Santa Fe 4:34:35, 2. Jill Emelio (18) Auburn 4:45:07, 3. Jennifer Bleiker (19) Monterey 4:47:52. 20-24: 1. Ashley Black (23) San Francisco 3:10:54, 2. Jennifer Davine (23) Carmichael 3:25:22, 3. Nico Dauphine (22) New Haven, CT 3:32:06. 25-29: 1. Caroline McCall (29) Oakland 3:21:41, 2. Lulu Rimminen (25) Salt Lake City, UT 3:23:55, 3. Julie Kliszewski (29) Playa Del Rey 3:25:41. 30-39: 1. Kim Marie Goff (33) Greenville, RI 2:48:14, 2. Jeannie Urness-Wokasch (32) Honolulu, HI 2:48:25, 3. Annette Bauer (31) San Antonio, TX

3:14:47. 35-39: 1. Char Levitt (36) Berkeley 3:20:09, 2. Robin Anawalt (35) Honolulu, HI 3:28:43, 3. Le Ann Myhre (37) Washington DC 3:29:09. 40-44: 1. Mary Ryzner (41) Escondido 3:09:06, 2. Patti Scott-Baier (42) Sonora 3:17:52, 3. Maria Yeung (42) San Antonio, TX 3:24:13. 45-49: 1. Marge Adelman (45) Denver, CO 3:20:31, 2. Glynis Greening (48) Long Beach 3:33:47, 3. Sara Cherne (46) Duluth, MN 3:43:16. 50-54: 1. Dawn Waterhouse (52) Saratoga 4:05:10, 2. Anita Seitamo (51) Fairfield 4:09:09, 3. Barbara MacArthur (54) Carlisle, MA 4:10:20. 55-59: 1. Heidi Alberti (58) Surrey, Canada 3:48:19, 2. Suzanne Murphy (57) Cypress 4:10:17, 3. Rita Gilmore (55) Pacific Palisades 4:14:51. 60-64: 1. Wen-Shi Yu (60) Kew Gardens, NY 3:39:47, 2. Flora Young (60) Whiterock, Canada 4:46:49, 3. Juliane Scheberies (61) Oakland 4:54:26. 65-69: 1. Marica Worden (68) Chico 4:36:46, 2. Margie A. Withrow (68) Lompoc 5:13:39, 3. Elta Palmer (67) Saratoga 5:17:31.

### 5K/Men

1. Ernie Freer (29) Fresno 14:58, 2. Jamey Harris (23) Fresno 15:02, 3. Jason Lienau (25) Clovis 15:07, 4. Mike McManus (29) San Francisco 15:08, 5. Jose Aispuro (33) Watsonville 15:15, 6. Rod Heskett (27) Fresno 15:19, 7. Jay Marden (32) Fremont 15:25, 8. Michael Livingston (30) Los Gatos 15:32, 9. Ric Sayre (41) 15:38, 10. Francesjohn Gailsor (41) Kirkwood 15:58.

11. Jim Kurtzman (33) Pebble Beach 16:11, 12. Sean McCormick (31) Paso Robles 16:16, 13. James Tracy (45) San Francisco 16:28, 14. Ryan McNeley (20) Monterey 16:48, 15. Pat Devaney (40) 17:00, 16. Alan Scott (35) Monterey 17:01, 17. Tim Nash (34) Santa Cruz 17:06, 18. John Thomas (43) 17:14, 19. Colin Spooner (27) Pacific Grove 17:15, 20. Bill Dunn (47) Sunnyvale 17:24.

### Division Winners/5K/Men

6-8: 1. Sean Luster (6) Carmel 28:34, 2. Aron Legler (8) Pacific Grove 29:04, 3. Scott McCord (8) Salinas

*continued next page.*



# ROAD RACE SPOTLIGHT

30:21. **9-11:** 1. Mark Feritto (10) Carmel 21:50, 2. Thomas Peterson (9) Modesto 22:19, 3. Robert Lee Andersen (11) 22:23. **12-14:** 1. Tyson Curtis (13) Big Sur 18:55, 2. Timothy Pfeiffer (14) Carmel Vly 20:44, 3. Juan Carlos Sandoval (14) Salinas 21:04. **15-18:** 1. Emiliano Figueroa (15) Modesto 17:56, 2. Kevin Trovini (16) Monterey 19:43, 3. Chris Dalton (15) Salinas 20:16. **19-24:** 1. Jamey Harris (23) Fresno 15:02, 2. Ryan McNeley (20) Monterey 16:48, 3. Antonio Acosta (22) Salinas 19:00. **25-29:** 1. Ernie Freer (29) Fresno 14:58, 2. Jason Lienau (25) Clovis 15:07, 3. Mike McManus (29) San Francisco 15:08. **30-34:** 1. Jose Aispuro (33) Watsonville 15:15, 2. Jay Marden (32) Fremont 15:25, 3. Michael Livingston (30) Los Gatos 15:32. **35-39:** 1. Alan Scott (35) Monterey 17:01, 2. Marty Kruger (38) Santa Cruz 18:06, 3. Didier Diaz (36) Woodside 18:21. **40-44:** 1. Ric Sayre (41) 15:38, 2. Pat Devaney (40) 17:00, 3. John Thomas (43) 17:14. **45-49:** 1. James Tracy (45) San Fran 16:28, 2. Bill Dunn (47) Snyville 17:24, 3. Jan Valencia (49) Marina 18:37. **50-54:** 1. Michael Raggett (54) Carmel 20:50, 2. John McCall (52) Novato 23:16, 3. Chris Tenney (50) Salinas 24:58. **55-59:** 1. Richard Leutzinger (56) Pacific Grove 20:13, 2. Roger Gordon (58) Mill Valley 22:13, 3. Strud Nash (57) Macon, GA 25:51. **60-64:** 1. Glynn Wood (61) Monterey 21:09, 2. George Mathes (60) Greeley, CO 22:02. **65-69:** 1. Joe King (73) Alameda 20:35, 2. John Armstrong (66) Carmel 26:08, 3. Jack Seliskar (67) Carmel Vly 26:26. **70-95:** 1. Jack Friedlander (73) San Mateo 27:13, 2. Jim Sullivan (71) Cool 27:16, 3. Rob Wright (72) Monterey 28:16.

## 5K/Women

1. Maria Trujillo (35) Marina 17:29, 2. Shannon Harris (24) Fresno 18:01, 3. Laura Sanchez (33) Salinas 18:31, 4. Betsy Diaz (30) Woodside 18:57, 5. Joan Ottaway (51) Sausalito 19:30, 6. Negin Bairami (25) Monterey 19:31, 7. Alessandra Genniti (36) 19:33, 8. Beckie Simmie-Kesecker (43) Santa Rosa 20:04, 9. Ramona Young (29) Watsonville 20:26, 10. Joann Dahlkoetter (41) Redwood City 20:27, 11. Virginia Munoz (31) Redwood City 20:37, 12. Carol Conlon (36) 20:59, 13. Nancy Hobbs (34) Colorado

21:08, 14. Patricia Fanelli (42) Chandler, AZ 21:18, 15. Vanessa Yonan (13) Modesto 21:21, 16. Sue Tarter (37) San Luis Obispo 21:49, 17. Lori Duroy (13) Modesto 22:03, 18. Vicky Mathes (28) Monterey 22:19, 19. Maria Rizzo (50) San Jose 22:24, 20. Kimberly Rish (San Mateo) 22:40.

## Division Winners/5K/Women

**6-8:** 1. Jessica Shaheen (8) Greenfield 29:26, 2. Alana Murphy (8) Carmel 31:18, 3. Channing Tyler (8) Carmel 31:28. **9-11:** 1. Hannah Coombe (11) Big Sur 27:21, 2. Lauren Winfield (9) Salinas 27:27, 3. Stefanie Bianco (11) Salinas 28:03. **12-14:** 1. Vanessa Yonan (13) Modesto 21:21, 2. Lori Duroy (13) Modesto 22:03, 3. Amy Kodet (12) Salinas 25:10. **15-18:** 1. Katie Rigney (15) Carmel 23:37, 2. Andrea Magee (15) Carmel 26:22, 3. Dona Swanson (16) Carmel Vly 26:30. **19-24:** 1. Shannon Harris (24) Fresno 18:01, 2. Jenifer Riggins (24) 23:43, 3. Vanessa McLoughlin (20) 24:41. **25-29:** 1. Negin Bairami (25) Monterey 19:31, 2. Ramona Young (29) Watsonville 20:26, 3. Vicky Mathes (28) Monterey 22:19. **30-34:** 1. Laura Sanchez (33) Salinas 18:31, 2. Betsy Diaz (30) Woodside 18:57, 3. Virginia Munoz (31) Redwood City 20:37. **35-39:** 1. Maria Trujillo (35) Marina 17:29, 2. Alessandra Genniti (36) 19:33, 3. Carol Conlon (36) 20:59. **40-44:** 1. Beckie Simmie-Kesecker (43) Santa Rosa 20:04, 2. Joann Dahlkoetter (41) Redwood City 20:27, 3. Patricia Fanelli (42) Chandler, AZ 21:18. **45-49:** 1. Becky Quartarolo (47) Fair Oaks 22:41, 2. Nellie Wright (49) 23:17, 3. Margaret Hourigan (49) Palos Verdes 25:05. **50-54:** 1. Joan Ottaway (51) Sausalito 19:30, 2. Maria Rizzo (50) San Jose 22:24, 3. Gail Rodd (52) Columbia 24:11. **55-59:** 1. Annis Lembo (59) Carmel 29:39, 2. Sharron Douglas (57) Carmel 31:14, 3. Pat Hopper (55) Castroville 33:01. **60-64:** 1. Marcia Lyon (60) Carmel 46:26, 2. Kay Bowler (64) Carmel 47:44, 3. Madge Burger (61) Denver, CO 52:33. **65-69:** 1. Adela-Angie Girven (66) Lodi 33:09, 2. Colleen Gregory (66) Salt Lake City 36:19, 3. Gloria Russell (69) Monterey 56:57. **70-95:** 1. Catherine Horan (70) Los Angeles 41:23, 2. Martha Craig (76) Watsonville 42:11, 3. Natalie Doolittle (70) Carmel 45:57.

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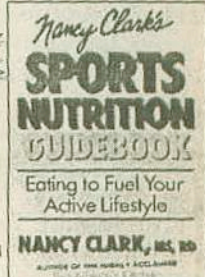


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**ERNIE FREER -- 1st 5K**  
Photo by Bill Cockerham



**MARIA TRUJILLO--1st 5K**  
Photo by Bill Cockerham



# THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.



## Calories and Weight

*"I seem to eat less than my friends, regardless of whether I run 70 or 100 miles a week."*

*-Marathon runner*

*"I maintain weight on only 1,700 calories a day despite intense skating."*

*-Competitive skater*

*"I can overeat or undereat, exercise or be sedentary--and my weight always stays the same."*

*-Rugby player*

Comments and complaints such as the above are common among sportsactive people who have been taught that weight loss or gain is mathematical. The math goes like this: One pound of fat is 3,500 calories. You'll lose 1 pound of body fat if you create a 3,500 calorie deficit over the course of the week; you'll gain 1 pound of body fat if you accumulate a surplus of 3,500 calories over the course of the week. Sounds logical--but is it true?

Two recent studies suggest that science has finally caught up with what many people intuitively know--that Nature can defy the laws of calorie balance. Weight changes cannot always be predicted by imbalances between calories in and calories out. The following case studies explain some of what we know about how Nature can adjust your metabolism to hinder changes from your genetically predetermined body weight.

### Case #1

**Joe is a runner who claims to eat less than his peers, regardless of the number of miles he runs.**

According to the mathematical approach to weight control, Joe deserves to eat a certain amount of food, and the more he exercises, the more he should eat. That is, if he expends 100 calories per mile, he should be 500 calories hungrier if he runs five extra miles. His claim

that he eats less than his friends may simply reflect poor food knowledge on his part (food records tend to under-report food intake). Or it may reflect the truth.

A recent study from Arizona State University (*Medicine and Science and Sports Exercise*, March, 1995) explains why calorie needs may differ from theoretical requirements. Sports nutrition researchers Janice Thompson, PhD and Melinda Monroe, PhD investigated their observation that some athletes maintain weight despite eating less than they theoretically "deserve" to eat. The researchers used standard formulae to calculate the calorie needs of 22 highly trained male endurance athletes (marathon runners, triathletes, and biathletes) and then determined how many calories they actually burned at rest, during general daily activity (such as driving to work, sitting at a desk, typing, etc.), and during specific exercise bouts (running, cycling, and swimming). Of the 22 athletes, only 4 matched their anticipated calorie needs (4,500 calories), and 6 appeared to be "energy efficient" (2,800 calories). The remaining 12 fell somewhere between the two extremes.

Why the difference? 1) The researchers noted the athletes with lower calorie needs (LOW) did less spontaneous physical activity. That is, they did less fidgeting and 43 minutes less moving throughout the day. (This decrease in spontaneous activity also happens with calorie-restricted dieters.) 2) They may have been more mechanically efficient while running, swimming, or performing their sport. 3) Genetics may have contributed to the difference. The amount of calories burned at rest has a strong genetic component, with spontaneous activity tending to be a familial trait. 4) The lower calorie intake contributed to a lower thermic effect of food--that is, a lower increase in the metabolic rate after eating, normally equal to about 10% of total calories consumed. Because the LOW athletes ate 1,700 fewer calories, they burned off 170 fewer calories after eating--and required that much less per day.

This study is of particular interest because most research on energy efficiency in athletes

has been done with women who are trying to lose weight. None of the men in this study reported efforts to lose weight, nor were they aware of their reduced calorie needs. The variation reflects a natural difference, not an adaptation to dieting.

### Case #2

**Paul is a rugby player who claims to stay the same weight regardless of what he eats.**

Does Nature defend a predetermined genetic weight that is normal for his body? A study in *The New England Journal of Medicine* (March 9, 1995) suggests this might be the case. Dr. Leibel of New York's Rockefeller University studied the changes in metabolism that occur when people are overfed to 10% above initial body weight or underfed to 10 percent or more below body weight. He found that in a group of 7 women and 16 men who had never been obese, the metabolic rate increased 16% when the subjects were above their normal weight--a natural attempt to prevent the person from becoming obese. When underfed, the metabolic rate decreased 15%. This study suggests that the body has a complex and highly sophisticated system for regulating its fat stores. The mathematical theory of calories in and out does not hold up to the available evidence.

So what does this mean for you, a weight-conscious athlete? Perhaps it means that weight is more than a matter of willpower, and that genetics plays a big role. If you are trying to alter your weight, remember that Nature works hard to be sure the apple doesn't fall too far from the tree. Take a good look at your family tree!

*Nancy Clark, MS, RD offers private nutrition consultations at Boston-area's SportsMedicine Brookline. Her popular books Nancy Clark's Sports Nutrition Guidebook (\$18) and The New York City Marathon Cookbook (\$23) are available by asking at your local bookstore or by sending a check to Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.*



# MOSTLY SHOES

By Cregg A. Weinmann

In Rome, Italy, at the 40 kilometer mark of the 1960 Olympic Marathon, Abebe Bikila, of Ethiopia made a surge which dropped Rhadi Ben Abdessalem of Morocco. The race, which ended in torchlit darkness, was now firmly in the control of Emperor Haile Selassie's palace guard. Bikila steadily increased his lead as he deftly covered the cobblestone streets to the finish at the Arch of Constantine, bare-footed.

Most of us would not consider it wise to attempt a marathon with our running shoes at home in the closet. We rely on the protection to feet, legs and joints from the pounding of unfriendly concrete and asphalt or injury from glass, rocks, or thorns. The search for the perfect shoe is like a quest for the Holy Grail. In order to successfully search, one must first know what to seek.

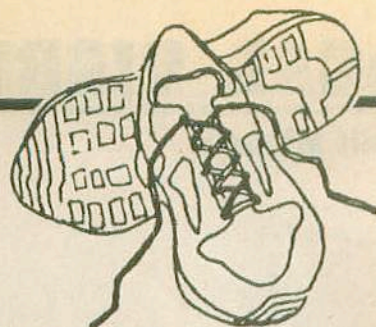
Running shoes are designed for direct linear motion and shock absorption. They are not, however, all created equal or equally. The shoe manufacturers have taken principles which shoemakers have used for years and raised it to a highly scientific plane. When shoes were made by hand, cobblers used hand carved wooden forms shaped like feet, called lasts, to hold the shoes while they were making them. The last allowed the cobbler to see if the shoes were shaped properly for the best fit. Today the shape of the shoe is known as its last. This also refers to the construction of the upper and its attachment to the sole. Shoes come in either "slip-lasted" or "board lasted" construction, or a "combination" last, partly slip, partly board.

A slip-lasted shoe has the upper closed at the bottom and stitched together, something like a moccasin, and is then attached to the midsole. Board lasted shoes attach the upper to a fibrous "board" and then glue or stitch the board to the midsole to hold the shoe together. A combination lasted shoe has

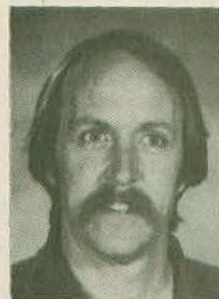
the front portion of the upper stitched closed and a board glued only into the heel. The construction of a shoe is revealed when the sockliner is removed. If it appears that the sides of the shoe meet at the bottom with a seam down the middle the shoe is slip lasted. A sockliner that is glued into the shoe is usually board lasted, but it may have any type of construction. To further complicate matters, as previously mentioned, the last also refers to the shape of the shoe. As with the upper construction there are three shapes for the sole; 1) curved, 2) straight, and 3) slightly curved.

What do runners need to know to purchase the right shoe for them? Begin by looking at your foot. If you have high arches your foot is more curved than a low arched (or flat) foot. One test for whether you have a "high" arch is to notice what your footprint is like when you step from the pool onto the patio. A high arch will have a narrow strip connecting the ball of the foot to the heel. A very high arch will have nothing connecting the heel and forefoot. A flatter foot leaves an imprint which looks like a whole foot. Why is the structure of the foot important? Shoe shape! Generally the more curve a foot has the more curve the shoe needs. If the shoe is not curved enough the big toe gets jammed. Conversely, if the shoe is too curved the smallest toe(s) gets pressured. This is the last thing you need at the 5 kilometer mark, after months of preparation for the marathon.

The starting line of the 1964 Olympic Marathon in Tokyo, included the defending champion and 67 challengers, facing 42.2 kilometers of arduous racing. Once outside the stadium, several of the top contenders clung to the front attempting to garner their share of Olympic glory. By the 25 kilometer mark Abebe Bikila was clear of the field and on his way to a record setting, second



Olympic marathon victory -- in a bright white pair of racing shoes.



Cregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA. Cregg's E-mail address is: Shuz4Runns@AOL.COM.

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# SoCAL DIARY

By Bill Minarik

## April 17

For all practical purposes, **Mt. SAC** was the only show in town over the weekend for everyone from the prep level to world class. In the high school boys' section, Bell Gardens' **Michael Granville** stole the show by destroying a good 400 meter field in 46.49 to a second place 49.16 in a tough wind. Michael, however, is reported to be leaning toward the 800 in the State Meet. It appears that the boy's team championship is wide open with Muir High lead by **Obie Moore** a strong contender. In the girl's competition, Long Beach Poly was the class of the field and demonstrated the potential to score in 7 to 8 events at State time.

In the open competition at Mt. SAC, some gold medal names popped up in the men's division with **Michael Marsh** 9.89w, **Steve Lewis** 45.06, and **Carl Lewis** 26-8, all winning their specialties. A big surprise for UCLA fans was **Ato Bolden's** second place in the 100 with a wind-aided 10.01. In the women's division, there were some solid field event performances by **Ramona Pagel** 61-4, **Dawn Dumble** 189-0 and **Ashley Selman** at 190-3.

In an invitational meet at **Pomona-Pitzer**, a notable returnee to the sport was former UCLA great **Brian Blutreich** who posted a 195-6 discus throw to demonstrate his comeback is serious.

## April 24

Two major prep meets dominated the SoCal scene last week, and in both cases, the same school swept the boy's and girl's division. At the **Orange County Championships**, **Esperanza's** boys finished way ahead of **Dana Hills** 70-36, while the girls were comfortably ahead of **Woodbridge** 104-62. Up at the **Rio Mesa Invitational**, it was the boys and girls of **Thousand Oaks** winning close competitions over **Ventura** 89-77 and **Buena** 82-71.

In four-year college action, the big meet was up at **Cal Berkeley**, where the **USC** men surprised the field with a 144-132-124 win over **Washington** and **California**. That was a surprise since California almost beat UCLA earlier this season. The women of Troy came in third behind the Huskies and Bears by a 142-128-98 count. Best effort for Troy was that of **Bryan Krill** who ran a 20.3-46.1 sprint double.

Elsewhere, **UC San Diego** defeated the men and women of **Pt. Loma Nazarene** 114-60 and 97-63. **John Godina** of UCLA competing as a guest competitor hurled the discus 204-2.

## May 1

While the high schools were finishing up their dual meets, the community colleges were staging their conference championships. Of those whose results made the paper, the **Western States Conference** saw the **Bakersfield** men use their strength in the throws to defeat last

year's champion **Moorpark** 195-164, while the Moorpark women edged a potent **Santa Monica** team 130-122.

At the **Orange Empire Conference, Riverside**, with only one of its cross country team remaining, got by the men of **Fullerton** 169-146. The **Riverside** women used their strength on the track to get by the field event depth of **San Diego Mesa** 189-172.

The big meet among four-year schools was the second annual **California-Nevada Championships** at Fresno, where the hometown **Fresno State Bulldogs** outran runner-up **UC Berkeley** 137-127 in the men's competition, while **UCLA** was a comfortable 154-118 winner in the women's meet.

At the **Golden State Athletic Conference**, as expected, it was no contest as **Azusa Pacific** destroyed the field and runner-up **Westmont** in both men and women's divisions 321-111 and 215-122.

At the **Penn Relays**, the **UCLA** men throwers competed and were lead by **John Godina** with a strong 67-9 3/4 shot put win.

At one high school invitational of note, the **Claremont Invitational** saw the **Claremont High girls** just edge **Redlands** 80-78.

## May 8

The high schools were all holding their league finals and all potential State Meet threats moved on with the exception of the **Moore League**, where the competition was so tough that in the girl's 200, a non-wind-aided time of 23.77 failed to qualify.

At the community college level, the SoCal prelims were taking place with **Long Beach City** showing the most strength in what has turned out to be a down year in SoCal.

The big meet in SoCal, as is usual on Kentucky Derby Day, was the annual **UCLA-USC** dual. While it is now a double dual with **BYU**, this year's Bruin-Trojan match-up was the most competitive in years. This is due in large part to Coach Ron Allice's efforts, which saw a record number of athletes out for track. The final scores saw **UCLA** getting by Troy 90-71 in the men's meet and 84-52 in the women's. USC's encounters with the Cougars produced a couple of nail-

biters. Both came down to the 1600m Relay with Troy taking the men's meet 78 1/2 to 73 1/2 and the women's competition ending in a 67-67 tie. Top efforts for the day included **USC's Bryan Krill**, who is arguably the fastest white sprinter in the country after running a 45.63-20.50 sprint double and anchoring both Trojan spring relay teams to victories. The **Bruin's John Godina** cut through heavy crosswinds to post a 66-4/204-11 weight double. Other fine throwing efforts included **Troy's Balazs Kiss** with a 255-3 hammer throw and **Nils Fearnley** with a school record 241-6 javelin throw. **UCLA's Amy Acuff** added another school record (outdoors) when she cleared 6-4 1/2 in the high jump.

This was the first time **UCLA** had competed at **Cromwell Field** and, judging by the standing-room-only crowd of 3500, staging the meet here was a huge success.

Elsewhere, at the **SCIAC Championships** held at **LaVerne College**, **Claremont-Mudd** established itself as the dominant power by defeating runner-up **Redlands** in the men's competition 192-125 and out-running **Pomona-Pitzer** 164-142 in the women's division.

## May 15

The Southern and LA City Sections completed their CIF qualifying round with all top competitors appearing to advance.

At the **SoCal Community College Championships**, **Long Beach City** swept both the men and women's division by scores of 118-81 1/2 over runner-up **Mt. SAC** and 142-112 in front of **Riverside**. At Saturday's meet, **Long Beach** and **Riverside** won every event contested on the track in the women's division.

At the **Big West Championships** at **Long Beach State**, **Utah State** won both men and women's crowns by scores of 208-157 over **LBS** and 181-151 ahead of **Nevada**.

At the **CCAA Championships**, **Cal State Bakersfield** surprised the men of **Cal State Los Angeles** with a show of overall strength enroute to a 185-164 victory. The **CSB** women almost did the same falling to **CSLA** by a narrow 210-202 margin.

## IF YOU ARE MOVING...

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

Thank you!



# PREP NOTES

By KEITH CONNING



## ■ HIGH SCHOOL TRACK AND CROSS COUNTRY RESULTS WANTED

Please send your results to the following places:

- ✓ Northern California--Keith Conning, 2235 Browning Street, Berkeley, CA 94702; FAX: (510) 849-3342.
- ✓ Central California (Central Section)--CTRN
- ✓ Southern California--Doug Speck, 563 N. Willowgrove, Glendora, CA 91740.

## ■ JOY UPSHAW-MARGERUM INVITES YOU TO THE 22ND ANNUAL HAWAII PREPARATORY ACADEMY CROSS COUNTRY INVITATIONAL

This year's Invitational meet for both boys and girls will be held on Saturday, October 14th. There will be varsity and junior varsity races for both boys and girls. Junior varsity races are restricted to freshmen and sophomores only.

Last year Bishop O'Dowd of Oakland competed and had a great time.

Coaches wouldn't your runners rather take a trip to Hawaii than take the SAT?

Contact coach Joy Upshaw-Margerum, Hawaii Preparatory Academy, P.O. Box 428, Kamuela, Hawaii 96743. Phone (808) 885-8227. Fax number: (808) 885-8203.

## ■ NORTHERN CALIFORNIANS AT MT. SAC

**Mt. San Antonio College, April 15**--Juan Cherry (Berkeley) won the open 200 meters in 21.52 (+1.7). Jason Balkman (Lynbrook, San Jose) placed second in the 3200 meters in 9:12.54.

The Berkeley boys' 4 x 100 team won in 41.58. The Berkeley boys' 4 x 200 team won in 1:27.49.

## ■ McFADDEN WINS CAA 3000M TITLE

**April 15, George Mason University** -- Sophomore Cybelle McFadden (Fair Oaks, CA; formerly St. Francis HS), running for William & Mary, won the Colonial Athletic Association conference 3000 meter title with a time of 10:00.04. McFadden broke away from the field of 24 Division I runners on the third lap to win the event by 1/2 a second.

## ■ CCS TOP 8 CLASSIC

**Los Gatos High School, April 21** -- Dan Sikić (Leland, San Jose) won the 800 meters in 1:52.6.

Breanna Haut (Harbor, Santa Cruz) pole vaulted 9-6. This was a new event this year. Tisha Ponder (Del Mar, San Jose) triple jumped 38-9.

Tina Etuale (Jefferson, Daly City) set a new meet record of 47-6 1/2 in the shot put. The old record of 45-1 1/2 was set by Latonia Floyd (Oak Grove) in 1984. Rebecca Morrison (Presentation) placed second at 44-5 1/4.

Athletes of the Meet: Boys' Track--Dan Nord (Los Altos), Boys' Field--Nathan Saso (Los Gatos), Girls' Track--Tisha Ponder (Del Mar), Girls' Field--Tina Etuale (Jefferson).

## ■ 38TH ANNUAL SANGER METRIC CLASSIC -- PRICE SETS NEW AMERICAN POLE VAULT RECORD

**April 21**--J.D. Martin (Madera) set a new meet record of 61-7 3/4 in the shot put. J. Hammond (Fowler) placed second at 60-5. Martin also set a new meet record of 184-5 in the discus.

Kristie Johnston (Central, Fresno), the state meet 800 meters champion, set a new meet record of 4:59.1 in the 1,600 meters.

Tara Flaming (Immanuel) set a new meet record of 5-9 in the high jump.

Melissa Price (Kingsburg) set a new American record of 11-11 3/4 in the pole vault. Allison Knode (Kingsburg) placed second at 9-6. K. Azar (Kingsburg) was third at 9-0. Stacy Dodson (Sanger), the daughter of coach Dave Dodson, was fourth at 9-0.

## ■ WEST VALLEY/CHICO INVITATIONAL

**Chico State University, April 21** -- James Hinex (Grant, Sacramento) set a new meet record of 10.4 in the 100 meters.

The Grant boys' 4 x 100 team set a meet record of 41.3.

Peter Slater (Pleasant Valley) set a new meet record of 48-7 wind-aided in the triple jump.

## ■ VALLEJO RELAYS

**Corbus Field, Vallejo High School, April 22**--The Berkeley boys' 4 x 200 team set a new meet record of 1:25.4. The old record of 1:27.63 was set by Vallejo in 1992. It was the third fastest time in California history. The California record of 1:25.1 was set by the great Berkeley

team of 1981. The Berkeley team of 1980 ran 1:25.2. The national record is 1:24.4+ by Lake Charles (Louisiana) at Alexandria, Louisiana on May 5, 1978.

Julia Stamps (Santa Rosa) set a new meet record of 4:45.30 in the 1,600 meters. The old record of 5:03.47 was set by Miesha Marzell (Bishop O'Dowd, Oakland) in 1992. It was the fastest time in the nation this season. Stamps splits: 1:09.7, 2:21.3 (1:11.6), 3:33.3 (1:12.0), 4:45.1 (1:11.8).

The El Cerrito girls' 4 x 100 team set a new meet record of 47.9. The old record of 48.06 was set by Bishop O'Dowd (Oakland) in 1992.

The El Cerrito girls' 4 x 200 team set a new meet record of 1:40.2. The old record of 1:45.39 was set by Bishop O'Dowd (Oakland) in 1993. Skyline (Oakland) placed second in 1:41.0.

The Skyline girls' 4 x 400 team set a new meet record of 3:50.0. The old record of 3:56.97 was set by Bishop O'Dowd (Oakland) in 1992. Their legs were 57.2, 57.5, 59.7, Kaselah Crockett 55.9. El Cerrito placed second in 3:52.5.

## ■ WEST VALLEY RELAYS

**West Valley College, Saratoga, April 22**--The Carondelet (Concord) girls' distance medley relay won in 12:37.53.

Morrison (Presentation) threw the shot 43-4 1/2.

## ■ STAMPS SETS NATIONAL 5K CLASS RECORD

**Pat Ryan Invitational, Santa Rosa JC, April 29**--Julia Stamps (Santa Rosa) set a new national sophomore class, California, and Redwood Empire record of 16:31.2 in the 5,000 meters. It was the fourth fastest of all-time. Only Cathy Schiro, Mary Shea, and Erin Keogh have run faster. See the all-time list that follows.

The old national sophomore class record of 16:46.2 was set by Debbie Quatier (Edmonds, Washington) in 1974. The old California record of 16:49.5 was set by Rebecca Chamberlain (Leigh, San Jose) in 1986. The old Redwood Empire record of 18:26.7 was set by Megan Reeder (Santa Rosa) in 1992.

Michelle Deasy of Palo Alto finished second in 17:20, with Catolyn Oviatt of Humboldt State third in 18:33.

The qualifying time for the USA Track & Field Championships at Sacramento's Hughes Stadium is 16:15.

"It was still a PR," Stamps said to the S.F. Examiner. "I felt stong. I still have many years and many chances in the 5,000. It doesn't always happen in your first race. If I'd had some-

continued next page.



# PREP NOTES

one right on me, I could have done better. That's what I needed.

"I was right on pace until the last mile. Everything felt really comfortable, but I felt a little dizzy in the last mile. That's unusual. Maybe it's from going around the track so many times."

"It's hard to run that fast when you're by yourself," said Stamps to the *Press Democrat*. "If someone is in front of you you have something to look at and that helps a lot."

"It's nice to have the support (of the fans), but being by yourself makes it hard to concentrate. But it feels nice to have people cheering for you."

## ■ ALL-TIME OUTDOOR 5,000 METERS LIST

16:00.4# Cathy Schiro (Dover, NH) 85  
16:13.7 Mary Shea (Card Gibbons, Raleigh, NC) 79  
16:14.69 \*Erin Keogh (Langley, McLean, Va) 86  
16:31.2 \*\*Julia Stamps (Santa Rosa, Ca) 95  
16:34.7 \*\*\*Kim Gallagher (Maple Glen, Pa) 79  
16:41.7e Schiro  
16:43.47 \*\*\*\*Erin Davis (Saratoga Springs, NY) 93  
16:44.9 Irene Griffith (Port Townsend, Wa) 78  
16:45.6 Betty Springs (Baysh, Bradenton, Fl) 79  
16:46.2 \*\*Debbie Quatier (Edmonds, Wa) 74  
16:49.5 Rebecca Chamberlain (Leigh, S.J., Ca) 86  
Source: *HIGH SCHOOL TRACK 1995*, by Jack Shepard.

## ■ VIKING CLASSIC

**Santa Rosa JC, April 29**—Corey Nelson (Rancho Cotate, Rohnert Park) set a meet record of 21.0 in the 200 meters, the fastest time in California this year.

"If I had someone running in front of me, I know that I could run faster," said Nelson to the *Press Democrat*. "My goal is to make the state meet."

Nelson also set a meet record of 47.4 in the 400 meters.

"The 400 is definitely my best event," said Nelson. "If I go to some bigger meets (with a higher level of competition) I know I can run faster."

Stuebaker set a meet record of 9-0 in the girls' pole vault.

## ■ BAY AREA TOP 8 INVITATIONAL

**James Logan High School, Union City, April 29**—A total of 12 meet records were set.

Dee Moronkoia (De Anza, Richmond) won the 100 meters in 10.70.

Michael Stember (Jesuit, Carmichael) set a new meet record of 9:02.36 in the 3,200 meters. The old record of 9:25.16 was set by Donnie Nelson (Foothill, Pleasanton) in 1989. It was the fastest time by a Californian this season. The previous leader was Eleazar Hernandez (Carmarillo) at 9:05.15. Micheil Jones (Livermore), who set the pace that made the record possible, placed second in 9:09.27, the fifth fastest in California this season.

Jamae Wright (James Logan, Union City) set a new meet record in the 100 meters of 11.98. The old record of 12.12 was set by Kelli White (James Logan) in 1993.

Kelli White (James Logan) set a meet record in the 200 meters of 24.16. The old record of 24.47 was set by White. White also set a meet record of 54.87 in the 400 meters. The old record of 56.13 was set by Charlene Baldwin (James Logan) in 1991. Baldwin now runs for UCLA.

Elissa Riedy (Mission San Jose, Fremont), the state meet 1,600 meter champion, set a new meet record in the 800 meters of 2:10.78. The old record of 2:12.19 was set by Becky Spies (Livermore) in 1990. Meanwhile, Spies was leading Villanova to three victories in the Penn Relays. It is the second fastest time by a Californian this season. Tina Bowen (San Ramon, Danville) placed second in 2:13.39.

Davita Shepherd (Salesian, Richmond) set a meet record of 44.18 in the 300 low hurdles. The old record of 45.13 was set by Ayana Grant (Bishop O'Dowd, Oakland) in 1994.

The James Logan girls' 4 x 100 team set a meet record of 46.00. The old record of 47.57 was set by James Logan in 1994. The James Logan girls' 4 x 400 team of Carla Estes 57.3, Jamae Wright 56.1, Jennifer Bridgeman 59.4, and Kelli White 56.0, set a meet record of 3:49.85. The old record of 3:57.87 was set by Bishop O'Dowd (Oakland) in 1990. Bishop O'Dowd was second in 3:50.01.

Jamilla Churchill (Bishop O'Dowd, Oakland) set a meet record of 5-9 in the high jump. The old record of 5-8 was set by Tanya Lazar-Lea (McAteer, San Francisco) in 1991.

Amanda Bauer (Mission San Jose, Fremont) won the pole vault at 9-6. Shannon Fleet (Acalanes, Lafayette) placed second at 9-6. This was a new event this year.

Jamae Wright (James Logan) also set a meet record in the long jump of 19-6 1/2. The old record of 18-9 1/2 was set by Yolanda Burton (McAteer, San Francisco) in 1989. Wright is the national leader at 20-9 3/4.

Chaniqua Ross (Laguna Creek, Elk Grove) set a meet record of 144-6 in the discus. The old record of 138-2 was set by Jessica Alderman (Mission San Jose, Fremont) in 1991.

## ■ HPA GIRLS CAPTURE STATE TRACK TITLE

**Oahu, Hawaii, April 29**—Hawaii Preparatory Academy's girls team outdistanced the rest of the field to win the Hawaii High School Athletic Association/Nissan state track and field tournament championship Saturday on Oahu. Hawaii Prep garnered 48.5 points, according to athletic director Stephen Perry.

The Kamakani were paced by Heather Onuma, who captured two of HPA's five first-place finishes. Onuma capped her prep athletic career by winning the 1,600- and 800-meter races.

Tiny HPA has an enrollment of less than 400.

Tara Gallison was third in the 100 hurdles and fourth in the 300 hurdles. The 4 x 200 relay squad of Shea Dahlberg, Royce Gregory, Tara Gallison, and anchor Sarah Clark won first place, as did the 4 x 400 relay team of Heather Onuma, Gallison, Gregory and Lisa Jardine.

[Prep Editor: Heather Onuma won the Stanford Invitational mile in 5:07.48 on March 25. Tara Gallison is the granddaughter of Emie

Nevers, a Stanford football great.

HPA is coached by Joy Upshaw-Margerum (Acalanes, Lafayette). She is married to another outstanding Stanford football player Ken Margerum.]

## ■ SACRAMENTO MEET OF CHAMPIONS

**American River College, Sacramento, May 6**—Juan Cherry (Berkeley), third in the 1994 North Coast Section Meet of Champions, won the invitational 200 meters in 21.59 (+0.18mps). In the afternoon developmental meet sophomore sensation Demetrius Guidry (Bear Creek, Stockton) ran 21.39 without any real competition.

Guidry couldn't run in the evening invitational meet, because his school had their prom that night.

Michael Stember (Jesuit, Carmichael), the California leader in the 1600 and 3200, set a new meet record of 1:50.29 in the 800 meters. The old record of 1:51.19 was set by Brian Wilkinson (Merced) in 1992. Alex Teakell (Bishop O'Dowd), the North Coast Section 1600 meter champion, placed second in 1:53.24. Joel Young (St. Mary's, Berkeley) placed third in 1:53.33. It was the first time that he had beaten his teammate Jonevan Homsby, fourth in the North Coast Section, who was fourth in 1:53.65.

It was almost like a dual meet between Napa



CANDACE MILES-THREAT

Photo by Bill Cockerham

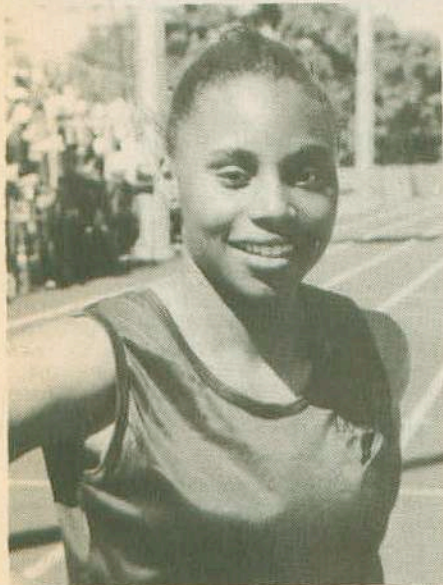
and Livermore in the 1600 meters as the two schools took the first four places. Michael Blair (Napa), second in the Sac-Joaquin Section and seventh in the state meet, won in 4:11.44. Micheil Jones (Livermore), third in the North Coast Section and eighth in the state meet, placed second in 4:12.69. So it was a repeat of the state meet finish for Blair and Jones. Han-

continued next page.



# PREP NOTES

sen (Napa) was third in 4:14.03, and Steve Immel (Livermore), the North Coast Section 3200 meter champion, was fourth in 4:14.16. Tom Prindiville (De La Salle, Concord) was fifth in



**KELLI WHITE**

*Photo by Keith Conning*

4:15.11. The meet record of 4:11.1 was set by Reggie Williams (River City, West Sacramento) in 1989. Williams, who ran for the University of California in Berkeley, is now coaching at Valley (Sacramento).

The Skyline (Oakland) 400 meter relay team won in 41.36. They were just .01 over the meet record set by Cordova (Rancho Cordova) in 1982.

The Valley (Sacramento) won the 1600 meter relay in 3:17.09. Mike Wilkins (Red Bluff), the Northern Section champion, and Pat Leonard (Piner, Santa Rosa), the North Coast Section champion and seventh in the state meet, set a meet record and took over the California lead in the high jump at 7-0 1/4. The old meet record of 6-9 was set by Brett Miller (Fairfield) in 1989.

The former California season leader was David Larson (Stockdale, Bakersfield) at 7-0. Wilkins won the competition on fewer misses at 7-0 1/4. Wilkins had one miss, while Leonard had two.

Kelli White (James Logan, Union City), the North Coast Section champion and third in the state meet, set a new meet record of 11.71 (+0.00) in the 100 meters. The old record of 11.94 was set by White last year. It was also

the second fastest time in the United States this season. Her teammate Jemae Wright placed second in 11.86, also under the old record.

Carla Estes (James Logan) set a new meet



**DAVETTA SHEPHERD**

*Photo by Bill Cockerham*

record of 54.94 in the 400 meters. The old meet record of 55.10 was set by Tanya Dooley (Bret Harte, Altaville) in 1989, who went on to Fresno State University. Kaselah Crockett (Skyline, Oakland) placed second in 55.91.

Julia Stamps (Santa Rosa), who is the national leader in the 1600, 3200, and 5000, set a new meet record of 2:12.89 in the 800 meters. The old meet record of 2:14.2 was set by Miesha Marzell (Bishop O'Dowd, Oakland) in 1993. Marzell now runs for Georgetown University.

Davetta Shepherd (Salesian, Richmond), the North Coast Section champion for Kennedy (Richmond) and the state meet champion, set a new meet record of 14.19 (+1.80) in the 100 meter high hurdles. The old meet record of 14.29 was set by Bisa Grant (Bishop O'Dowd, Oakland) in 1994. Janae Mitchell (El Cerrito) placed second in 14.25. Ayanna Grant (Bishop O'Dowd, Oakland), the younger sister of Bisa, fourth in the North Coast Section and fifth in the state meet, was third in 14.28. Therefore, three hurdlers were under the old meet record. Deaweh Totimeh (Valley, Sacramento) was fourth in 14.51.

James Logan (Union City) set a new meet

record of 46.16 in the 400 meter relay. The old meet record of 46.19 was set by Skyline (Oakland) in 1994. Valley (Sacramento) placed second in 47.53. El Cerrito was third in 47.74.

Skyline (Oakland) was the 1600 meter relay in 3:49.09. Bishop O'Dowd (Oakland) placed second in 3:50.20. El Cerrito was third in 3:53.23. James Logan (Union City) scratched from the event.

Shannon Flett (Acalanes, Lafayette) won the pole vault at 10-0. Amanda Sweeten (Tokay) placed second at 9-6. Denise Warner (Ponderosa) was third at 9-0. Jenny Ruff (Ponderosa) was fourth at 9-0.

Jemae Wright (James Logan, Union City); the national leader at 20-9 3/4, set a new meet record in the long jump at 19-7. The old meet record of 19-1 was set by Sheila Hudson (Rio Linda) in 1985. Hudson, who competed for the University of California in Berkeley, went on to become the American record holder in the triple jump. Wright's series: 19-7, pass, pass, pass.

Freshman Chiniqua Ross (Laguna Creek, Elk Grove) threw the discus 143-6.

## ■ BAY VALLEY ATHLETIC LEAGUE FINALS

**Pittsburg High School, Pittsburg, May 12--** Junior Leon Callen (De La Salle, Concord) won the 200 meters in 21.33 (wind-aided). It was a big breakthrough for Callen, and he sent a strong message to the other sprinters in the North Coast Section that they won't rest of their laurels.

## ■ MISSION VALLEY ATHLETIC LEAGUE FINALS

Newark Memorial High School, Newark, May 12--Senior Kelli White (James Logan, Union City) won the 100 meters in 11.99 (no wind information).

Amanda Bauer (Mission San Jose, Fremont) pole vaulted 9-6.

Andrea Lacson (James Logan, Union City) triple jumped 38-7 1/2 (no wind information).

## ■ ALAMEDA CONTRA COSTA ATHLETIC LEAGUE FINALS

**Alhambra High School, Martinez, May 13--** The Bishop O'Dowd (Oakland) 4x400 team of Ayana Grant, Turshika Bennett, Candace Miles-Threat, and Crystal Miles-Threat defeated El Cerrito--3:52.90 to 3:53.90.

## ■ LOS GATOS ALL-COMERS

Los Gatos All-Comers meets will be held July 6 through August 17 at Los Gatos High School. Every Thursday night for seven weeks at 5:00 p.m.

*continued next page.*

COMING NEXT ISSUE . . .

# 1995 CIF State Track Championships



# 1995 LEADING CALIFORNIA HIGH SCHOOL TRACK MARKS

As of April 23, 1995  
Compiled by Keith Conning

Symbols: -=senior, \*=junior, \*\*=sophomore, \*\*\*=freshman,  
?=grade unknown; AL=American Leader.

## BOYS

### 100 Meters

(10.13, 10.25)

AL: 10.43 -Toya Jones (Refugio, Texas)

10.50 -Marques Holliwell (West. Bakersfield, CS)  
10.64 \*\*Bryan Harrison (Dana Hills, Dana Point, SS)  
10.65 ?Redmond (Grant, Sacramento, SJS)  
10.67 \*\*Tierre Sams (Edison, Fresno, CS)  
10.75 ?Cory Hall (South, Bakersfield, CS)  
10.83 ?Jay (Ventura, SS)  
10.85 ?Burrell (Palm Springs, SS)

Wind-aided:

10.59 \*\*Bryan Harrison (Dana Hills, Dana Point, SS)  
10.72 -Dae Moronokola (De Anza, Richmond, NCS)  
10.82 ?LeJuan Gibbons (Jordan, Long Beach, SS)  
10.85 ?Griswold (Garden Grove, SS)

### 200 METERS

(20.13, 20.50A)

AL: 21.32 ?Arthurlee (Spring, Houston)

21.34 -Marques Holliwell (West. Bakersfield, CS)  
21.52 -Juan Cherry (Berkeley, NCS)  
21.62 ?Allan (Damien, SS)  
21.64 \*\*Bryan Harrison (Dana Hills, Dana Point, SS)

Wind-aided:

21.20 \*Vince Williams (UnivCity, San Deigo, SDS)  
21.30 \*\*Bryan Harrison (Dana Hills, Dana Point, SS)  
21.41 \*Michael Granville (Bell Gardens, SS)  
21.44+ -Moses Backus (Tatt, Woodland Hills, LAS)  
21.57 -Jerome Davis (Burroughs, Ridgecrest, SS)  
21.64 -Steve Campbell (Alta Loma, SS)  
21.64 -Chey Walker (West Covina, SS)

### 400 METERS

(44.69, 45.09)

46.49 \*Michael Granville (Bell Gardens, SS)  
46.97 ?Allan (Damien, SS)  
47.34 -Jerome Davis (Burroughs, Ridgecrest, SS)  
47.61 \*Lydell Burston (Morse, San Diego, SDS)  
47.68 -Steve Campbell (Alta Loma, SS)  
47.70 ?Corey Nelson (Rancho Cotate, RohnPK, NCS)  
48.07 -Tyree Washington (La Sierra, SS)

### 800 METERS

(1:46.58, 1:47.31)

1:47.96 \*Michael Granville (Bell Gardens, SS)  
1:49.12 -Aaron Richburg (JLogan, Union City, NCS)  
1:49.16 \*\*Obba Moore (Muir, Pasadena, SS)  
1:51.33 -Brian Duff (Loyola, SS)  
1:52.17 \*Jeremy Lyon (Hesperia, SS)  
1:52.6 \*Daniel Sikiric (Laland, San Jose, CCS)  
1:52.8 \*Michael Stember (Jesuit, Carmichael, SJS)  
1:52.9 ?Pacheco (Brethren Christian, SS)

### 1,600 METERS

(3:55.3 mile, 3:59.4 mile)

AL: 4:07.18+ -Seneca Lassiter (Lafayette, Williamsburg, VA)  
4:07.331 \*Michael Stember (Jesuit, Carmichael, SJS)  
4:10.97 \*Larry Henderson (Mira Mesa, San Diego, SDS)  
4:11.28 -Michael Blair (Napa, SJS)  
4:12.26 -Greg Nett (Mt. Carmel, San Diego, SDS)  
4:12.30 -Brett Strahan (Hart, Newhall, SS)  
4:12.47 \*Michell Jones (Livermore, NCS)  
4:13.54 -Alex Teakel (Bishop O'Dowd, Oakland, NCS)

### 3,200 METERS

(8:36.3 2 mile, 8:36.3 2 mile)

AL: 8:58.75 ?Mike Schneider (Canyon del Oro, Tucson, AZ)  
9:05.15 -Eleazar Hernandez (Camarillo, SS)  
9:05.8 -Steve Immal (Livermore, NCS)  
9:08.99 -Antonio Arce (Palmdale, SS)  
9:10.1 -Adalberto Sanchez (Capis Vly, MissViejo, SS)  
9:10.91 -Keith O'Doherty (Thousand Oaks, SS)  
9:12.54 -Jason Balkman (Lynbrook, San Jose, CCS)  
9:14.01 ?McLarty (Ayala, SS)

### 110 METER HIGH HURDLES

(13.30, 13.41)

AL: 13.61 -Deworski Odom (Overbrook, Philadelphia, PA)  
14.99 \*Jovasa Natvalu (Fremont, Sunnyvale, CCS)  
14.45 -Chris McAlister (Pasadena, SS)  
14.48 \*\*Kenyon Rambo (Poly, Long Beach, SS)  
14.53 -Jackie Jenkins (Golden West, Visalia, CS)  
14.54 -Dan Nord (Los Altos, CCS)  
14.56 \*Jake Kuritz (Torrey Pines, Encinitas, SDS)  
Wind-aided:  
14.15 -Chey Walker (West Covina, SS)  
14.38 -Aaron Hill (De Anza, Richmond, NCS)  
14.47 \*\*Kenyon Rambo (Poly, Long Beach, SS)

### 300 METER INTERMEDIATE HURDLES

(35.32, 35.32)

AL: 36.84+ -Johnny Love (Oak Ridge, Orlando, FL)  
37.19 -Felix Sanchez (UnivCity, San Diego, SDS)  
37.64 ?Mickey Grimes (Cyn Springs, Moreno Vly, SS)  
38.15 -Chey Walker (West Covina, SS)  
38.42 -Anton Hector (Esperanza, Anaheim, SS)  
38.84+ -Brian Fell (Rancho Bernardo, San Diego, SDS)  
38.98 ?Hughes (Hawthorne, SS)  
39.08 -Armin Hopson (Pomona, SS)

### 4 X 100m Relay

(40.09, 40.24)

AL: 40.54+ Buchholz (Gainesville, FL)  
41.18 Muir (Pasadena, SS)  
41.25 Skyline (Oakland, OS)  
41.29 Berkeley (NCS)  
41.46 Morningside (Inglewood, SS)  
41.53 Bakersfield (CS)  
41.59 Pasadena (SS)  
41.82 McAteer (San Francisco, SFS)  
41.91 Hawthorne (SS)  
42.02 Esperanza (SS)

### 4 X 400m Relay

(3:07.40, 3:07.40)

AL: 3:12.8 Willowridge (Sugar Land, Texas)  
3:14.52 Muir (Pasadena, SS)  
3:16.88 Morningside (Inglewood, SS)  
3:19.7 Berkeley (NCS)  
3:20.61 Bakersfield (CS)  
3:21.0 Serra (Gardena, SS)  
3:21.1 University City (San Diego, SDS)  
3:21.4 Morse (San Diego, SDS)  
3:21.8 Alta Loma (SS)  
3:21.8 Dominguez (SS)

### HIGH JUMP

(7-6, 7-4 1/2)

AL: 7-3 -Jason Archibald (Garden City, Kansas)  
7-3 -Ivan Wagner (Roosevelt, San Antonio, Texas)  
7-0 -David Larson (Stockdale, Bakersfield, CS)  
6-11 3/4 -Jon Roby (Corcoran, CS)  
6-11 -Pat Leonard (Piner, Santa Rosa, NCS)  
6-11 -Michael Wilkins (Red Bluff, NS)  
6-10 1/2 -Brendon Zeidler (Bellarmine, San Jose, CCS)

### POLE VAULT

(18-2, 18-2)

AL: 17-3 \*Jacob Davis (Orangefield, Texas)  
15-10 -Mike Brown (Torrey Pines, Encinitas, SDS)  
15-7 -Daniel Shimooka (San Pasq, Escondido, SDS)  
15-7 \*Steve Michaels (Breth Christian, Cypress, SS)  
15-6 1/2 -Rene Loraine (Petaluma, NCS)  
15-1 1/4 ?Peter Kovacs (El Modena, Orange, SS)  
15-1 -Mike Haldezos (Millbrae, Mills, CCS)  
15-1 -Corby Wright (Bear Creek, Stockton, SJS)  
15-1 ?Poirier (Mt. Carmel, San Diego, SDS)  
15-1 ?Logan Nichols (Arroyo Grande, SS)

### LONG JUMP

(26-9 1/4, 26-4 3/4)

AL: 24-4 1/4 ?Bridge (Upper Merion, King of Prussia, Pa.)  
24-6 3/4 \*Clarence Scott (Fremont, Los Angeles, LAS)  
24-1 ?Ronny Jenkins (Hueneme, Oxnard, SS)  
23-7 3/4 ?Jimmy Devine (Ramona, Riverside, SS)  
23-5 3/4 \*Gerald Williams (Lynwood, SS)  
23-5 1/4 -Tyree Washington (La Sierra, Riverside, SS)  
Wind-aided:  
24-2 1/2 ?Jeff Nord (Los Altos, CCS)

### TRIPLE JUMP

(53-9 1/4, 53-6 1/2)

AL: 49-10 \*E.J. Hill (Klein Oak, Spring Texas)  
48-8 -Chris McAlister (Pasadena, SS)  
48-1 -Dan Nord (Los Altos, CCS)  
48-0 3/4 -Reggie Curry (Tustin, SS)  
47-11 1/2 \*Peter Slater (Pleasant Valley, Chico, NS)  
47-9 \*Gerald Williams (Lynwood, SS)  
47-6 3/4 -Michael Turner (Morningside, Inglewood, SS)  
46-10 1/2 ?Ty Anderson (Poly, Long Beach, SS)

continued next page.



# LEADING CALIFORNIANS

## Wind-aided:

50-0 1/4 -Michael Turner (Morningside, Inglewood SS)  
47-7 -Tim Smith (Coalinga, CS)

## SHOT PUT

(81-3 1/2, 76-2)

AL: 63-111 -Ray Wilkes (Bridgeton, New Jersey)  
61-7 3/4 \*J.D. Martin (Madera, CS)  
61-71 -Jeremy Lingenfelter (Claremont, SS)  
60-11 -Matt Pentecost (Loyola, Los Angeles, SS)  
60-5 \*Jason Hammond (Fowler, CS)  
59-11 ?John Davis (Wilson, Long Beach SS)  
58-2 -Chad Jones (Arroyo Grande, SS)  
57-11 3/4 -Billy Bush (Downey, Modesto, SJS)  
57-11 -Thomas Schmidt (Chino, SS)

## DISCUS

(225-2, 210-8)

AL: 196-0 -Jim Roberts (Shepherd, Texas)  
189-8 ?George Liebe (Granite Hills, El Cajon, SDS)  
189-3 ?John Davis (Wilson, Long Beach, SS)  
185-10 -Sepher Sharifi (University, Irvine, SS)  
181-6 -Thomas Schmidt (Chino, SS)  
181-4 ?Paul Fubright (Capistrano Valley, SS)  
180-7 -Jason Bader (Edison, Huntington Beach, SS)

## GIRLS

### 100 METERS

(11.13, 11.14)

11.59 Andrea Anderson (Poly, Long Beach, SS)  
11.71 LaKeisha Backus (Wilson, Long Beach, SS)  
11.74 -Kelli White (James Logan, Union City, NCS)  
11.89 \*Jerna Wright (James Logan, Union City, NCS)  
12.00 ?Krystal Walden (West Covina, SS)  
12.07 ?Madinah Ali (Canyon Springs, SS)

#### Wind-aided:

11.60 LaKeisha Backus (Wilson, Long Beach, SS)  
11.99 \*\*Akiba McKinney (MVista, Spring Vly, SDS)  
12.10 Williams (Dominguez, SS)

### 200 METERS

(22.58, 22.58)

23.85 -Kelli White (James Logan, Union City, NCS)  
24.231 Aminah Haddad (Poly, Long Beach, SS)  
24.31 LaKeisha Backus (Wilson, Long Beach, SS)  
24.72 Madinah Ali (Canyon Springs, SS)  
24.91 Krystal Walden (West Covina, SS)

#### Wind-aided:

24.42 Madinah Ali (Canyon Springs, SS)  
24.49 Edwards (Pomona, SS)

### 400 METERS

(50.87, 50.87)

AL: 53.93 Reid (Eleanor Roosevelt, Greenbelt, MD)  
54.44+ Andrea Anderson (Poly, Long Beach, SS)  
54.57 Angela Williams (Chino, SS)  
55.02 Carla Estes (James Logan, Union City, NCS)  
55.66 Myseha Williams (Poly, Long Beach, SS)  
55.67 Kaseiah Crockett (Skyline, Oakland, OS)  
55.79 -Kelli White (James Logan, Union City, NCS)  
55.79 Anwun (Bishop Montgomery, SS)  
55.93 Lana Garner (Morse, San Deigo, SDS)  
58.30 Carter (Cajon, SS)

### 800 METERS

(2:00.07, 2:02.29)

2:09.63 -Kristie Johnston (Central, Fresno, CS)  
2:12.99 -Elissa Riedy (Mission San Jose, Fremont, NCS)

2:13.64 Pamela Richardson (Montgomery, SROsa, NCS)  
2:13.36 Courtney Pugmire (Esperanza, Anaheim, SS)  
2:14.3 Caulkins (Esperanza, SS)  
2:14.32 ?Summer Shaw (Huntington Beach, SS)  
2:14.8 Rhetta (Poly, Long Beach, SS)  
2:15.7 Boykin (Laguna Hills, SS)

### 1600 METERS

(4:35.24 mile, 4:35.24 mile)

4:45.05+ \*\*Julia Stamps (Santa Rosa, NCS)  
4:53.47 -Elissa Riedy (Mission San Jose, Fremont, NCS)  
4:54.36 ?Annie Ebner (St. Lucy's, Glendora, SS)  
4:57.05 -Lori Riedy (Mission San Jose, Fremont, NCS)  
4:59.1 -Kristie Johnston (Central, Fresno, CS)

### 3,200 METERS

(10:03.5, 10:07.8)

10:23.04+ \*\*Julia Stamps (Santa Rosa, NCS)  
10:31.10 -Amy Skieresz (Agoura, SS)  
10:43.18 -Molly Mehberg (Peninsula, SS)  
10:47.8 \*\*Kristen Gordon (Carondelet, Concord, NCS)  
11:01.3 -Marla Pleyte (San Benito, Hollister, CCS)  
11:01.8 -Tracy Clark (Cor del Mar, Newport Harbor, SS)  
11:05.00 \*Kim Mortensen (Thousand Oaks, SS)  
11:08.2 ?Heather Garrison (Buena Park, SS)

### 100 METER HIGH HURDLES

(12.95, 13.5)

13.98 -Joanna Hayes (North, Riverside, SS)  
14.23 \*\*Daveetta Shephard (Sales, Richmond, NCS)  
14.39 -Andrea Wasden (Rio Mesa, Oxnard, SS)  
14.49 ?Tina Watkins (South, Bakersfield, CS)  
14.50 -Felicia Stone (Kennedy, Sacramento, SJS)  
14.63 ?Ashley Bethel (Mission Viejo, SS)

#### Wind-aided:

14.72 -Deaweh Totimah (Valley, Sacramento, SJS)

### 300 METER LOW HURDLES

(40.18, 40.18)

AL: 42.47 \*\*Angel Patterson (William Penn, Philadelphia, Pa)  
42.99 -Joanna Hayes (North, Riverside, SS)  
43.44+ \*Nicole Thomas (Morningside, Inglewood, SS)  
43.91 -Kelly Moten (Muir, Pasadena, SS)  
44.69 ?Withey (Poly, Long Beach, SS)  
44.76 \*Stacy Hebert (Buena, Ventura, SS)

### 400 METER RELAY

(45.11, 45.11)

45.60 Poly (Long Beach, SS)  
45.80 James Logan (Union City, NCS)  
46.20 Wilson (Long Beach, SS)  
46.60 Morningside (Inglewood, SS)  
47.45 Woodbridge (SS)  
47.48 Muir (Pasadena, SS)

### 1,600 METER RELAY

(3:37.69, 3:37.69)

3:43.54 Poly (Long Beach, SS)  
3:47.87 Logan (Union City, NCS)  
3:49.33 Bishop O'Dowd (Oakland, NCS)  
3:50.00 Skyline (Oakland, OS)  
3:52.01 Morningside (Inglewood, SS)  
3:52.5 El Cerrito (NCS)  
3:53.31 St. Bernard (Playa del Rey, SS)  
3:53.36 Palmdale (SS)  
3:57.05 Canyon Springs (SS)

### HIGH JUMP

(6-4, 6-2 3/4)

AL: 6-0 \*Erin Aldrich (Lake Highlands, Dallas, Texas)  
\*Jeana McDowell (Highland, Gilbert, Arizona)

5-9 1/2 -Jamilla Churchill (Bishop O'Dowd, Oakland, OS)  
5-9 \*Tara Flaming (Immanuel, Reedley, CS)  
5-9 \*\*Tayyba Haneef (Laguna Hills, SS)  
5-8 1/2 -Kristy Kieruff (Esperanza, Anaheim, SS)  
5-8 -Tracye Lawyer (Cate, Carpinteria, SS)  
5-8 \*Shavent Williams (Poly, Long Beach, SS)  
5-8 ?Housewright (Rosary, SS)

### POLE VAULT

(11-11 3/4, 11-11 3/4)

12-2 -Melissa Price (Kingsburg, CS)  
10-0 ?Allison Knode (Kingsburg, CS)  
9-9 \*\*Kolby Keiser (Sanger, CS)  
9-9 ?Haut (Harbor, Santa Cruz, CCS)  
9-4 ?Kelly Ewing (Fairbrook, SDS)

### LONG JUMP

(22-3, 22-0 1/2)

20-9 3/4 \*Jerna Wright (James Logan, Union City, NCS)  
19-9 1/2 -Pameia Simpson (Poly, Long Beach, SS)  
18-8 ?Lashieka Henderson (Trab Hills, Miss Viejo, SS)  
18-7 1/2 -Tara Ottinger (Foothill, SS)  
18-6 1/2 ?Julie Tinker (Valley, Sacramento, SJS)  
18-6 ?Laren Parker (Bakersfield, CS)  
Wind-aided:  
19-4 1/2 ?Tisha Ponder (Del Mar, San Jose, CCS)  
18-8 1/2 ?McKinney (Monte Vista, Spring Valley, SDS)  
18-8 1/2 \*Rosalyn Grant (Ganessa, Pomona, SS)  
18-8 \*\*Reynalda King (St. Mary's, Acad, Inglewood, SS)  
18-6 ?Oggaro (Washington, LAS)  
18-4 3/4 -Kristy Kieruff (Esperanza, Anaheim, SS)

### TRIPLE JUMP

(44-0 1/2, 44-0 1/2)

AL: 42-5 1/4 -LaShonda Christopher (River Ridge, Lacy, Washington)  
39-7 1/2 ?Kelly O'Connor (Esperanza, Anaheim, SS)  
38-11 \*Kerry O'Brin (Edison, Huntington Beach, SS)  
38-6 \*\*Reynalda King (St. Mary's, Ac, Inglewood, SS)  
38-0 ?Aisha Harrison (Wasco Union, Wasco, CS)  
38-0 ?Whyte (San Pasqual, Escondido, SDS)  
37-5 ?Booker (El Camino, Oceanside, SDS)  
37-5 ?Tomissa Hughes (Muir, Pasadena, SS)  
37-4 ?Carolina Schlosser (Los Gatos, CCS)  
37-3 1/4 ?Grant (Ganessa, Pomona, SS)  
Wind-aided:  
37-8 1/2 ?Melton (James Logan, Union City, NCS)

### SHOT PUT

(53-7 3/4, 53-7 3/4)

AL: 48-11 1/2 -Holly Timperley (Battle Creek, Nebraska)  
47-6 1/2 -Christina Etuale (Jefferson, Daly City, CCS)  
44-5 1/4 ?Rebecca Morrison (Presentation, S. Jose, CCS)  
44-3 3/4 -Andria Brown (South, Bakersfield, CS)  
43-0 1/2 ?Kristen Bryden (Anderson, NS)  
42-8 \*\*\*Chiniqua Ross (Laguna Crk, Elk Grove, SJS)

### DISCUS

(188-4, 188-4)

161-9 -Nadia Lopez (Arroyo Grande, SS)  
148-4 \*Mandy Buckley (Bakersfield, CS)  
142-4 \*\*\*Chiniqua Ross (Laguna Creek, Elk Grove, SJS)  
141-9 \*Darlene Tulua (Carmel, CCS)  
140-5 -Angela Burgess (Woodbridge, Irvine, SS)  
138-7 ?Nicole Ball (Cabrillo, SS)  
137-7 ?Mane Philman (Edison, Huntington Beach, SS)  
135-11 ?Cara Heads (Newport Harbor, Newport Beach, SS)



# PREP NOTES

## RESULTS

### NORTHERN AND CENTRAL CALIFORNIA

#### CENTRAL COAST SECTION TOP 8

April 21, 1995. Los Gatos High School

**Boys Teams** --1. Bellarmine 77. 2. Los Altos 44. 3. Los Gatos 40. 4. Milpitas 34. 5. (tie) Leland and San Jose Academy 28. 7. St. Ignatius 23 1/2. 8. Del Mar 22. 9. Seaside 20. 10. Lynbrook 18.

**100--1.** Brent Fernald (Westmont) 10.88. 2. Alex Tinsley (Gilroy) 10.98. 3. Deltha O'Neal (Milpitas) 11.20. 4. Andy Gonzalez (St. Ignatius) 11.22. 5. Mario Zamora (Westmoor) 11.23. **200--1.** Bashir Livingston (Seaside) 21.83. 2. Todd Smith (San Jose) 21.99. 3. Brent Fernald (Westmont) 22.03. 4. Deltha O'Neal (Milpitas) 22.35. 5. Keith Livingston (Seaside) 22.71. 6. Curtis Napoleon (Del Mar) 22.75. **400--1.** Derek Prior (Santa Teresa) 48.80. 2. Keith Livingston (Seaside) 48.92. 3. Todd Smith (San Jose) 49.05. 4. Peter Cifelli (Los Gatos) 50.24. 5. Nick Tuttle (Leland) 50.64. 6. Mike Heggund (Wilcox) 51.11.

**800--1.** Dan Sikiric (Leland) 1:52.6. 2. Kareem Morrell (San Jose) 1:56.8. 3. Greg Kaminski (North Monterey County) 1:57.2. 4. Beebe Rutledge (Los Gatos) 1:57.6. 5. Quinn Walker (St. Francis) 1:58.2. 6. Dan Valles (Santa Teresa) 1:58.4. **1600--1.** Americo Rossi (Harbor) 4:19.6. 2. Jason Balkman (Lynbrook) 4:19.8. 3. Jeremy Riddle (Gunn) 4:23.1. 4. David McDonough (Cupertino) 4:23.9. 5. Arnold Song (Bellarmine) 4:24.8. 6. Matt Pitts (Mt. View) 4:25.3.

**3200--1.** Jason Balkman (Lynbrook) 9:23.7. 2. Tom Becker (Bellarmine) 9:26.4. 3. Dan Sikiric (Leland) 9:26.8. 4. Brad Hansen (St. Ignatius) 9:30.9. 5. Steve Moreno (North Salinas) 9:31.1. 6. Tom Garcia (Watsonville) 9:42.6. **110HH--1.** Dan Nord (Los Altos) 14.59. 2. Jeff Nord (Los Altos) 14.81. 3. Seth Hornstein (Bellarmine) 15.07. 4. John Bull 15.29. **300IH--1.** Dan Nord (Los Altos) 39.2ht. 2. Seth Hornstein (Bellarmine) 39.5. 3. Lenzie Jackson (Milpitas) 39.6. 4. Jon DeSilva (Hillsdale) 40.1. 5. Jeff Nord (Los Altos) 40.4. 6. John Young (St. Ignatius) 40.7. **400R--1.** Milpitas 43.00. 2. Bellarmine 43.64. 3. Del Mar 43.73. 4. Santa Teresa 43.99. 5. Los Gatos 44.21. 6. Westmoor 44.73. **1600R--1.** Leland 3:25.8. 2. Del Mar 3:27.0. 3. San Jose 3:27.1. 4. Riordan 3:27.9. 5. Bellarmine 3:28.4. 6. Mt. Pleasant 3:31.4.

**HJ--1.** Brendan Zeidler (Bellarmine) 6-6. 2. Eric Newman (Wilcox) 6-4. **PV--1.** Mike Hatdezos (Mills) 15-4. 2. Scott Wenhoch Gilroy 15-4. 3. Kief Young (Mt. Pleasant)

14-6. 4. Matt Evanger (North Monterey County) 13-0. **LJ--1.** Jeff Nord (Los Altos) 22-9 3/4. 2. Glenn Ecalne (Milpitas) 22-5 3/4. 3. Brian McMillan (Bellarmine) 22-3 1/4. 4. Nathan Sasa (Los Gatos) 21-10 1/4. **TJ--1.** Nathan Saso (Los Gatos) 47-5 3/4. 2. Darren Bonney (North Salinas) 45-4. 3. Benra Williams (Overfelt) 44-8 1/2. **SP--1.** Mark Mazzoni (Bellarmine) 55-6. 2. Aaron Lewis (St. Ignatius) 53-1 1/2. 3. Gene Quichu (Jefferson) 52-6 1/2. 4. Willie Howard 50-10. 5. David Jackson (Overfelt) 50-3. 6. Matt Young (Salinas) 50-0 1/2. **DT--1.** Dan McGilvary (Los Gatos) 154-4 1/2. 2. Brad Perkins (Bellarmine) 148-11. 3. Matt Hazel (Los Gatos) 146-2. 4. Aaron Lewis (St. Ignatius) 145-8. 5. Mark Mazzoni (Bellarmine) 145-4 1/2.

**Girls Teams** --1. Independence 48. 2. Los Gatos 42. 3. Del Mar 37. 4. (tie) Jefferson and St. Ignatius 28. 6. (tie) Carmel and Mitty 27. 8. St. Francis 26. 9. North Monterey County 23. 10. Menlo Atherton 22.

**100--1.** Stephanie Chavez (Los Gatos) 12.27. 2. Kathy Gross (Independence) 12.55. 3. Demesha Craig (St. Francis) 12.58. 4. Somer Washington (St. Ignatius) 12.59. **200--1.** Kathy Gross (Independence) 25.72. 2. Tisha Ponder (Del Mar) 25.9. 3. Brancy Jones (Westmoor) 26.00. 4. Rose Sczawinski (Los Gatos) 26.02. 5. Shavone Jennings (Woodside) 26.03. 6. Ally Lombardi (Los Gatos) 26.20. **400--1.** Shavone Jennings (Woodside) 57.90. 2. Tisha Ponder (Del Mar) 58.27. 3. Sylvia Pleslak (Menlo Atherton) 59.02. 4. Katie Haviland (North Monterey County) 59.21. 5. Kameelah Elarms (Piedmont Hills) 59.30. 6. Michelle Steingart (St. Francis) 59.33.

**800--1.** Brianna Denley (North Monterey County) 2:17.4. 2. Ashley Holt (Menlo Atherton) 2:17.5. 3. Michelle Quinet (Santa Teresa) 2:19.6. 4. Tamika Bush (Independence) 2:20.2. 5. Lina Biba-Ferro (Los Gatos) 2:21.0. 6. Lisa Renteria (Westmont) 2:20.7. **1600--1.** Nicole Silva (Aptos) 5:12.2. 2. Lisa Renteria (Westmont) 5:14.5. 3. Annette Holmquist (Santa Teresa) 5:22.3. 4. Holly Malander (Los Gatos) 5:24.5. 5. Katie Appenrodt (Mercy) no time. 6. Marcella Molinare (Mills) 5:26.4. **3200--1.** Laura Sandoval (St. Ignatius) 11:20.2. 2. Shana Driscoll (St. Ignatius) 11:25.0. 3. Claire Ryan (Mitty) 11:26.2. 4. Vi Tran (Santa Teresa) 11:42.8. 5. Marcella Schlueter (St. Ignatius) 11:56.1. 6. Heather Iverson (Willow Glen) 12:03.5.

**100HH--1.** Tonia Broden (Jefferson) 15.29. 2. Melissa Meade (Carlmont) 16.01. **300IH--1.** Michelle Steingart (St. Francis) 46.64. 2. Leanne Slater (Pioneer) 47.52. 3. Meredith Shull (Milpitas) 46.64. 4. Mary Eala (North Monterey County) 48.13. **400R--1.** Los Gatos 49.23. 2. Independence 50.47. 3. Mitty 51.00. 4. North Monterey County 51.22. **1600R--1.** Independence 4:03.6. 2. Menlo Atherton 4:05.9. 3. Los Gatos 4:07.4. 4. Salinas 4:08.6. 5. Mitty 4:09.3. 6. St. Francis 4:10.8.

**HJ--1.** Erica Larsen (Carmel) 5-4. 2. Monica Tobin (Mercy) 5-4. 3. Rhyann Armstrong (Independence) 5-2. 4. Lindsay Anderson (Palo Alto) 5-2. 5. Tami Byrd (Westmoor)

5-2. **PV (new event)--1.** Breanna Haut (Harbor) 9-6. 2. Amandine Consorti (St. Francis) 8-9. 3. Petra Chlouba (Mitty) 7-9. 4. Anna Furness (St. Ignatius) 7-3. 5. Claudine Faicis (Mercy) 7-3. Rosada Martin (Soquel) 7-3. Natina Guid (Del Mar) 7-3. **LJ--1.** Tisha Ponder (Del Mar) 17-2 3/4. 2. Kameelah Elarms (Piedmont Hills) 17-1 1/4. 3. Erica Larson (Carmel) 16-10 1/4. **TJ--1.** Tisha Ponder (Del Mar) 38-9 1/2. 2. Jessica Burnham (Los Altos) 35-7 1/2. 3. Rockhaya Kawah (Mitty) 35-7 1/2. 4. Marcia Duong (Overfelt) 35-4 1/2. 5. Lilliam Ito (Fremont) 35-4 1/2. 6. Sarah Pariott (Mitty) 34-2 3/4. **SP--1.** Tina Etuale (Jefferson) 47-6 1/2 (meet record, old record 45-1 1/2 Latonia Floyd, Oak Grove, 1984). 2. Rebecca Morrison (Presentation) 44-5 1/4. 3. Sandra Sahoureh (Westmoor) 36-7 1/4. 4. Nancy Maldonado (Mt. Pleasant) 36-4 1/2. 5. Caroline Schlossor (Los Gatos) 35-8. 6. Darlene Tullua (Carmel) 35-2. **DT--1.** Darlene Tullua (Carmel) 141-9. 2. Tina Etuale (Jefferson) 127-11. 3. Rebecca Morrison (Presentation) 122-2. 4. Jackie Holchikiss (Overfelt) 119-0 1/2. 5. Estella Miranda (Salinas) 116-1. 6. Kelli DeRay (Palo Alto) 113-8.

#### Fresh/Soph

**1600--1.** Peter Carter (Los Gatos) 4:28.3. 2. Andrew Wulf (Bellarmine) 4:29.5. **3200--1.** Adam Boothe (Pioneer) 9:51.7. 2. Mohammed About (Westmoor) 9:57.7. **SP--1.** Tim Snyder (Gunn) 48-9. 2. Mike Fought (Del Mar) 48-2 3/4.

#### 38TH ANNUAL SANGER METRIC CLASSIC

April 21, 1995. From Dave Dodson

**Boys Teams** --Madera 94. Lemoore 92. Bullard 45. Edison 36. Hoover 27. Australia 23. Fresno 22. Reedley 20. Coalinga 20. Clovis West 19. Fowler 16. Corcoran 14. Clovis 12. Dos Palos 10. Buchanan9. Sierra 6. Mendota 6. Roosevelt 4. Kingsburg 4. Sanger 2.

**100--1.** Glynn Meadowcroft (Australia) 10.7. 2. K. Terrance (Hoover) 10.8. 3. D. Von Smith (Dos Palos) 10.9. 4. T. Sams (Edison) 10.9. **400--1.** Larry Leach (Bullard) 49.4. 2. L. Greene (Madera) 50.7. **800--1.** J. Hunt (Lemoore) 1:58.4. 2. M. Morquecho (Madera) 1:58.8. 3. A. Negrette (Clovis) 1:59.9. **3200--1.** M. Kasahun (Fresno) 9:39.1. 2. J. Ekins (Bullard) 9:52.7. 3. M. Zambrano (Madera) 9:54.0. 4. A. Garcia (Fresno) 9:54.5.

**110HH--1.** B. Boyd (Lemoore) 15.1. **300IH--1.** T. Williams (Madera) 41.39. 2. A. Murrell (Edison) 41.75. **400R--1.** Lemoore (Boyd, Curtis, Avery, Kinsey) 43.0. 2. Hoover 43.4. 3. Edison 43.4. 4. Bullard 44.5. 5. Fresno 44.5. **SMR--1.** Bullard (Hights, Delacruz, Dorsey, Leach) 3:34.1 (meet record). 2. Edison 3:36.9. 3. Lemoore 3:39.5. 4. Coalinga 3:41.3.

**HJ--1.** L. Greene (Madera) 6-9. 2. Soukup (Sierra) 6-7. 3. J. Roby (Corcoran) 6-5. 4. M. Castiglione (Clovis) 6-3. 5. T. Kozuki (Reedley) 6-3. **PV--1.** N. Paramo (Lemoore) 14-6. 2. J. Lindenfelser (Lemoore) 13-3. **SP--1.** J. Martin (Madera) 61-7 3/4 (meet record). 2. J. Hammond (Fowler) 60-5. 3. W. Mortensen (Buchanan) 50-6. 4. R. Reynolds (Clovis

West) 48-4 1/2. **DT--1.** J. Martin (Madera) 184-5 (meet record). 2. J. Hammond (Fowler) 173-5. 3. B. Majors (Hoover) 154-4.

**Girls Teams** --Clovis West 60. Central 55. Buchanan 49. Edison 48. Roosevelt 48. Kingsburg 44. Reedley 33. Madera 28. McLane 26. Immanuel 22. Australia 18. Clovis 16. Bullard 15. Sanger 12. Selma 4. Washington U 4. Coalinga 3. Dos Palos 2. Yosemite 2. Lemoore 1. San Joaquin Memorial 1.

**400--1.** Saieena Roberts (Australia) 56.7. 2. A. Cameron (Edison) 58.6. 3. K. Morris (McLane) 1:00.0. **800--1.** R. Loftus (Buchanan) 2:19.9. 2. B. O'Clair (Clovis West) 2:22.4. 3. A. Cameron (Edison) 2:24.4. **1600--1.** K. Johnston (Central) 4:59.1. 2. M. Lawson (Clovis West) 5:19.4. 3. E. Lawson (Clovis West) 5:19.1. 4. T. Heibut (Buchanan) 5:29.2. **3200--1.** Rosalinda Castaneda (Madera) 11:45.0. 2. A. Ruiz (Reedley) 11:47.1.

**400R--1.** Roosevelt (Tejada, Williams, Snowden, Ryan) 50.2. 2. Clovis West 50.7. **1600R--1.** Buchanan 4:02.8 (meet record). 2. Central 4:04.6. 3. Edison 4:06.8. 4. Sanger 4:08.1. 5. Clovis 4:11.3. **SMR--1.** Edison (Porter, Sharp, Ross, Nichols) 4:28.5.

**HJ--1.** Tara Flaming (Immanuel) 5-9 (meet record). 2. J. Rhea (Immanuel) 5-4. 3. R. Snowden (Roosevelt) 5-3. **PV--1.** Melissa Price (Kingsburg) 11-11 3/4 (American record). 2. A. Knode (Kingsburg) 9-6. 3. K. Azar (Kingsburg) 9-0. 4. S. Dodson (Sanger) 9-0. 5. K. Keiser (Sanger) 8-6. 6. D. Napier (Lemoore) 7-9. 7. K. Pavilina (Kingsburg) 7-9. **LJ--1.** J. Jackson (Central) 17-11 1/2. 2. A. Home (Clovis West) 16-11 1/2. **TJ--1.** Jeananta Jackson (Central) 37-1. 2. A. Home (Clovis West) 35-8 1/2. **SP--1.** Stacy Davidson (Reedley) 41-0. 2. B. Smith (Madera) 37-4. 3. J. Ervin (Kingsburg) 36-2. 4. K. Cline (Sierra) 35-7 1/2. 5. A. Powers (Dos Palos) 34-6. **DT--1.** T. Richard (Madera) 126-1. 2. C. Barnes (Clovis West) 125-5. 3. M. McNaughton (Kingsburg) 115-6. 4. S. Davidson (Reedley) 110-3.

#### Fresh/Soph

**300IH--1.** F. Avila (Selma) 40.76 (meet record). **PV--1.** Mark Unzueta (Lemoore) 13-3.

**SP--1.** Russell Harding (Sanger) 50-2.

#### WEST VALLEY/CHICO INVITATIONAL

April 21, 1995. Chico State University From Scott Fairley (West Valley, Cottonwood)

**Boys Teams** --1. Grant 64. 2. Elk Grove 48.25. 3. Lassen 43. 4. Nevada Union 42.5. 5. Valley 36. 6. Oakmont 33. 7. Henry 28. 8. Pleasant Valley 26. 9. East Union 25. 10. Foothill 19. 11. Corning 16. 11. Reed 16. 13. Northgate 14. 15. Sonora 12. 16. Red Bluff 10. 17. Fairfield 9. 18. Yreka 8.5. 19. Ukiah 8. 20. Colusa 7. 21. West Valley 6.25. 22. Eureka 6. 22. Central Valley 6. 24. Durham 4. 24. Chico 4. 26. Incline 3. 27. Lindhurst 2. 28. Anderson 1. 28. Cordova 1.



# PREP NOTES

100--1. James Hinex (Grant) 10.4 (meet record), 2. Shaun Redmond (Grant) 10.8, 3. Antuan Simmons (Valley) 10.9. 200--1. James Hinex (Grant) 21.4 (meet record), 2. Shaun Redmond (Grant) 21.8. 400--1. Kenny Gowan (Oakmont) 49.0, 2. Ben Thomas (Woodland) 50.3, 3. Shane Lewis (East Union) 51.0. 800--1. Jeremiah Moody (Pleasant Valley) 1:58.1, 2. Sherman Moore (Lassen) 1:59.1, 3. Todd Shern (East Union) 1:59.5, 4. Spencer Pedersen (Elk Grove) 1:59.5.

1600--1. Steve Hackworth (Nevada Union) 4:27.8. 3200--1. Gabe Szody (Foothill) 9:26.7, 2. Aaron Harris (Lassen) 9:44.5, 3. Chris Benson (Nevada Union) 9:49.1, 4. Kevin White (Eureka) 9:55.1, 5. Justin Wood (Nevada Union) 9:57.0, 6. Adrian DeWald (Eureka) 9:58.4. 110HH--1. Kevin Meier (Elk Grove) 14.9, 2. David Moorman (Valley) 15.0, 3. Mike Owens (Reed) 15.2. 300HH--1. Chris Lackey (Nevada Union) 39.3, 2. Eric Brandt (East Union) 39.6, 3. Ryan Young (Ukiah) 40.6. 4x100--1. Grant 41.3 (meet record), 2. Valley 42.0, 3. Elk Grove 43.6, 4. Pleasant Valley 44.1, 5. Woodland 44.2, 6. East Union 44.4. 4x400--1. Valley 3:23.9, 2. Elk Grove 3:28.8, 3. Sonora 3:29.6, 4. Reed 3:29.7, 5. Pleasant Valley 3:29.6.

HJ--1. Michael Wilkens (Red Bluff) 6-8, 2. Keith Avart (Lassen) 6-6, 3. James Sumner (Colusa) 6-4. PV--1. Brian West (Oakmont) 14-0, 2. Scott Allen (Nevada Union) 13-0, 3. Drew Dyet (Oakmont) 13-0. LJ--1. Kirk Mead (Northgate) 22-10, 2. K.C. Nelson (Lassen) 22-5, 3. Jeff Riggs (Henley) 21-11 1/2, 4. Eddie Moreno (East Union) 21-10 1/2, 5. Marcus White (Elk Grove) 21-8, TJ--1. Peter Slater (Pleasant Valley) 48-7w (meet record), 2. Jeff Riggs (Henley) 46-9 3/4, 3. K.C. Nelson (Lassen) 45-5, 4. Jonathan Reed (Fairfield) 45-0. SP--1. Joe Borges (Elk Grove) 57-6, 2. Clyde Sanders (Grant) 57-1, 3. Aaron Towne (Corning) 56-3 1/2, 4. Tim Brown (Sonora) 51-3. DT--1. Aaron Towne (Corning) 168-10, 2. Mike DeBortoli (Yreka) 161-1, 3. Jose Ochoa (West Valley) 145-11.

**Girls Teams**--1. Valley 74, 2. Reed 68, 3. Anderson 51, 4. East Union 38, 5. Grant 36, 6. Henley 32, 7. West Valley 27, 8. Northgate 22, 9. Nevada Union 15.5, 10. Pleasant Valley 15, 11. Ferndale and Paradise 12, 13. South Fork and Big Valley 10, 15. Corning 9, 16. Foothill, Lindhurst, Lakeview, Enterprise, and Fairfield 8, 21. Central Valley 7, 22. Cordova and Yreka 6, 24. Woodland 5.5, 25. Las Plumas and Elk Grove 4, 27. Shasta 1.

100--Jamara Stallworth (Grant) 12.2, 2. Rasheeda Hardaway (Reed) 12.2, 3. Katie Jasmer (Anderson) 12.3, 4. Macklin Harris (Enterprise) 12.4. 200--1. Katie Jasmer (Anderson) 25.6, 2. Jamara Stallworth (Grant) 25.6, 3. Rasheeda Hardaway (Reed) 26.3, 4. Macklin Harris (Enterprise) 26.4, 5. Yahuoh Totimeh (Valley) 26.4. 400--1. Nadine Donaldson (Valley) 58.0, 600--1. Allison Lambert (Northgate) 2:20.6, 2. Kristy Forman (Reed) 2:21.0, 3. Kelly Rentro (Henley) 2:22.1, 4. Rebecca Redon (Nevada Union) 2:22.4, 5. Jenny

Spoon (West Valley) 2:23.1.

1600--1. Heather Miller (Henley) 5:05.1 (meet record), 2. Alison Lambert (Northgate) 5:05.4, 3. Jenny Spoon (West Valley) 5:11.3, 4. Jazmine Anglero (Fairfield) 5:13.8, 5. Stacy Haffner (West Valley) 5:18.3, 6. Jama Suttin (Henley) 5:20.8. 3200--1. Heather Miller (Henley) 11:09.1, 2. Kristen Koppes (Foothill) 11:25.9, 3. Christina Peacock (Central Valley) 11:42.9, 4. Jama Suttin (Henley) 11:52.6, 5. Luann Vitellaro (Anderson) 11:57.3. 100HH--1. Deaweh Totimeh (Valley) 14.7 (meet record), 2. Lori Noite (Reed) 15.5. 300HH--1. Deaweh Totimeh (Valley) 46.3, 2. Lori Noite (Reed) 47.0, 3. Danette Sauer (Lakeview) 47.7. 4x100--1. Valley 47.9 (meet record), 2. Grant 50.2, 3. Reed 51.3, 4. West Valley 51.7, 5. Elk Grove 51.7, 6. Fairfield 51.9. 4x400--1. Valley 4:04.9, 2. Reed 4:08.0, 3. West Valley 4:13.5.

HJ--1. Jessica Saltzman (Big Valley) 5-6, 2. Stephanie Coleman (Corning) 5-4, 3. Amy Swartout (Cordova) 5-4, 4. Lisa McElroy (Las Plumas) 5-2, 5. Heide Covington (Anderson) 5-2. PV--1. Becky Studebaker (South Fork) 8-6, 2. Ana-Maria Hird (East Union) 8-6, 3. Katie Cortwright (Yreka) 7-6, 4. Laura Eckley (West Valley) 7-6, 5. Ashley Wirth (Woodland) 7-6, 5. Christa Epperly (Nevada Union) 7-6. LJ--1. Julie Tinker (Valley) 18-5 1/2, 2. Jessica Valpey (Pleasant Valley) 18-3, 3. Lineni Noa (Grant) 18-1, 4. Gigi Charlson (Paradise) 17-6, 5. Kristy Forman (Reed) 17-3 1/2. TJ--1. Julie Tinker (Valley) 37-3, 2. Kristy Forman (Reed) 37-0, 3. Gigi Charlson (Paradise) 36-10, 4. Lineni Noa (Grant) 36-3, 5. Jessica Valpey (Pleasant Valley) 34-11 1/2, 6. Heidi Covington (Anderson) 34-11. SP--1. Kristen Bryden (Anderson) 43-0 1/2, 2. Daniel Bezner (East Union) 37-11 1/2, 3. Chi Chi Osyeazbaka (Reed) 37-1, 4. Nicole Santos (Anderson) 36-10 1/2, 5. Penny Hansen (Nevada Union) 36-3 1/2, 6. Raven Johnson (Corning) 36-0. DT--1. Kristen Bryden (Anderson) 133-2 (meet record), 2. Penny Hansen (Nevada Union) 125-2, 3. Nicole Santos (Anderson) 122-4, 4. Daniel Bezner (East Union) 117-9, 5. Lennie Friel (West Valley) 115-3, 6. Nicole Welch (Central Valley) 111-9.

## TULARE COUNTY CHAMPIONSHIPS

April 21, 1995, Porterville

**Boys Teams**--Golden West 115, Western 112, Monache 66, Redwood 64 1/2, Mt. Whitney 46, Tulare 39, Dinuba 20, Porterville 11, Lindsay 9.

100--Berry (TW) 10.6, Martinho (TW) 10.7, Harris 10.8. 200--Harris (GW) 21.9, Berry (TW) 22.1. 3200--Nelson (Red) 9:51.4, Duma (MW) 9:55.5. 400R--Western 42.4, Golden West 43.2, Tulare 43.9. 1600R--Tulare 3:26.9, Western 3:27.2, Golden West 3:29.2. 110HH--Jenkins (GW) 14.4. 300HH--Robinson (TW) 40.9.

LJ--Martinho (TW) 22-1. SP--Leyva (Mon) 52-5 1/2. DT--Leyva (Mon) 160-6, Biggs (MW) 145-5.

**Girls Teams**--Golden West 165, Western 112, Mt. Whitney, Porterville 62, Monache 32, Redwood 24, Tulare 12, Exeter 14, Lindsay 4, CVC 1.

100--Jansen (Red) 12.4. 200--Marshall (GW) 26.47, Reneau (Mon) 26.50, Hendrix (TW) 26.59. 400--Aispuro (Port) 59.9. 1600--Aispuro (Port) 5:29.5. 100HH--Jenkins (GW) 15.6. 300H--Jenkins (GW) 46.6. 400R--Western 50.7. 1600R--Gwest 4:12.2.

HJ--Watte (TW) 5-2. PV--Lankford (GW) 8-0, Singer (GW) 7-6, Tomlinson (GW) 7-6. LJ--Jansen (Red) 18-10 1/2. TJ--Sams (TW) 35-0 1/4, Brown (GW) 34-7 1/2.

## VALLEJO RELAYS

April 22, 1995, Corbus Field, Vallejo High School From Hazel Wilson (Vallejo).

**Boys Teams**--1. McAteer 79, 2. Bear Creek 67, 3. Vallejo 53.

100--1. Dee Moronkola (De Anza) 10.72 (equals meet record of Ali Evans, Vallejo 1992), 2. Dametrius Guidrey (Bear Creek) 10.90, 3. Terrence Davis (Bear Creek) 10.93, 4. Quangi Pittman (Berkeley) 10.93, 5. J.Juan Cherry (Berkeley) 10.97. 400--1. Antonio Harrison (Vallejo) 49.00, 2. Carlton Davis (Kennedy, Sacramento) 49.0ht, 3. A.J. Burleson (McAteer) 50.35, 4. Ryan Jones (Lincoln, San Francisco) 50.37, 5. Gardner (Skyline) 50.85. 1600--1. Bolota Asmerom (McAteer) 4:20.07, 2. Yonathan Asmerom (McAteer) 4:23.7, 3. David Guerra (Vallejo) 4:25.0, 4. Justin Buenrostro (Stagg) 4:25.6, 5. Seth Barrett (Santa Rosa) 4:28.5.

110HH--1. Aaron Hill (De Anza) 14.38, 2. Tyrone Allen (Oakland) 14.70, 3. Corby Wright (Bear Creek) 14.85, 4. Jacob Wood (Bear Creek) 14.85, 5. Harold Wilson (Vallejo) 15.00. 4x100--1. Berkeley 41.63 (meet record, old record 41.76 Vallejo 1992), 2. McAteer 41.82, 3. Skyline 42.09, 4. Bear Creek 42.11, 5. Kennedy (Sacramento) 42.31. 4x200--1.27.9, 3. De Anza 1:28.2, 4. McClatchy 1:29.9, 5. Vallejo 1:30.8. 4x400--1. Berkeley 3:19.7 (53.7, 48.3, 48.8, 49.0), 2. Vallejo 3:28.0, 3. Oakland 3:29.6. 4x800--1. McAteer 8:10.71, 2. Independence 8:11.21, 3. Napa 8:18.52. SMR--1. Pittsburg 3:37.4, 2. Lincoln (San Francisco) 3:39.0, 3. Bear Creek 3:40.8, 4. Vallejo 3:41.6, 5. Kennedy (Sacramento) 3:41.9. DMR--1. Napa 10:40.8 (meet record, old record 10:43.6 Santa Rosa 1989), 2. McAteer 10:59.6.

HJ--1. Patrick Leonard (Piner) 6-10 (equals meet record, Gabe Marville, Santa Rosa 1989), 2. Saleem Mahdi (Pittsburg) 6-8, 3. Broderick Jones (Vallejo) 6-6. PV--1. Corby Wright (Bear Creek) 15-1, 2. Nguyen Vong (Silver Creek) 13.6, 3. David Gritz (Bear Creek) 13-6. LJ--1. Terrell Davis (Bear Creek) 22-11 1/2 (meet record, old record 22-10 Carl Mack, Davis 1989), 2. Sam Burns (Hogan) 22-8 1/2, 3. Lawrence Callo-way (McClatchy) 22-6 1/2, 4. Saleem Mahdi (Pittsburg) 22-4, 5. Dennis Johnson (Vallejo) 21-7, TJ--1. Anthony Ratcliff (McAteer) 44-6 1/2. SP--1. Hosea Nelson (Lincoln, San Francisco) 50-0 1/2. DT--1. Will Hall (Montgomery) 147-8.

## Girls

100--1. Janae Mitchell (El Cerrito) 12.31, 2. Aisha Wallace (Skyline) 12.35, 3. Mia Bigbee (El Cerrito) 12.62. 400--1. Kaselair Crockett (Skyline) 56.78 (meet record, old record 57.49 Lashundra Crummie, Hogan 1992), 2. Senick Saavedra (El Cerrito) 57.08, 3. Myesha Kirkman (Lowell) 58.5, 4. Monique Glass (Kennedy, Sacramento) 58.71, 5. Daveetta Shepherd (Salesian) 59.63. 1600--1. Julia Stamps (Santa Rosa) 4:45.30 (1:09.7, 2:21.3, (1:11.6), 3:33.3 (1:12.0), 4:45.1 (1:11.8)) (meet record, old record 5:03.47 Miesha Marzell, Bishop O'Dowd 1992), 2. McPherson (Silver Creek) 5:08.3, 3. Anne Gunnison (McClatchy) 5:10.6, 4. Pamela Richardson (Montgomery) 5:12, 5. Medina (Silver Creek) 5:21.

100HH--1. Janae Mitchell (El Cerrito) 14.34, 2. Rosalyn Morris (Vallejo) 15.01, 3. Stacy Ratcliff (Pittsburg) 15.02, 4. Shaniece Clark (Vallejo) 15.61, 5. Metcalf (Skyline) 16.07. 4x100--1. El Cerrito 47.9 (meet record, old record 48.06 Bishop O'Dowd 1992), 2. Vallejo 48.9, 3. Skyline 49.48, 4. Pittsburg 50.27, 5. Hogan 50.42. 4x200--1. El Cerrito 1:40.2 (meet record, old record 1:45.39 Bishop O'Dowd 1993), 2. Skyline 1:41.0, 3. Vallejo 1:44.6, 4. Pittsburg 1:46.3, 5. Hogan 1:47.6. 4x400--1. Skyline 3:50.0 (57.2, 57.5, 59.7, Kaselair Crockett 55.9) (meet record, old record 3:56.97 Bishop O'Dowd 1992), 2. El Cerrito 4:06.1, 3. Silver Creek 4:07.1. 4x800--1. Montgomery 9:50.68 (Pamela Richardson 2:18.6) (meet record, old record 9:52.0 Santa Rosa 1991), 2. Skyline 10:00.68, 3. Bishop O'Dowd 10:16.66, 4. Lowell 10:24.54. SMR--1. Skyline 1:49.0, 2. Santa Rosa 1:53.4, 3. Berkeley 1:54.10, 4. Vallejo 1:54.2. DMR--1. Santa Rosa 12:51.8 (Julia Stamps 4:59.6) (meet record, old record 12:55.3 Napa 1993), 2. Skyline 13:07.9, 3. Napa 13:13.7.

HJ--1. Tait Holden (Wood) 5-6, 2. Lisa Mackie (Montgomery) 5-2. PV (no event)--1. Grace Neisigh (Santa Rosa) 8-6, 2. Erica Hause (Montgomery) 8-6, 3. Bethany Nilson (Terra Linda) 7-0. LJ--1. Rosalyn Morris (Vallejo) 17-11, 2. Shemila Johnson (Vallejo) 17-10 1/2, 3. Raquel Brewer (Berkeley) 17-1 1/2, 4. Janet Sterbentz (Silver Creek) 17-0 1/2, 5. Clare Johnson (McAteer) 16-10 1/2. TJ--1. Tequilla Miller (Vallejo) 35-2, 2. Janet Sterbentz (Silver Creek) 35-2. SP--1. Vatau Pohahau (Baiboa) 41-2 3/4, 2. Kristina Knobel (Santa Rosa) 36-8. DT--1. Marissa Wilson (Santa Rosa) 118-3, 2. Antoinette Tillman (Berkeley) 112-3.

## WEST VALLEY RELAYS

April 22, 1995, West Valley College

**Boys Teams**--1. (tie) Bellarmine and De La Salle 57, 3. St. Ignatius 36, 4. Yerba Buena 31, 5. Aragon 18.

100 -- Fernald (Westmont) 10.67, 2. Callen (De La Salle) 10.98, 3. Morrissette (Menlo-Atherton) 11.07. 200 -- Callen (De La Salle) 21.84, 2. Smith (San Jose) 21.94, 3.



# PREP NOTES

Morrissey (Menlo-Atherton) 22.54. 800 -- Riddle (Gunn) 1:56.02; 2. Morrell (San Jose) 1:57.78; 3. Tuttle (Leland) 1:57.80. 1500 -- Sikiric (Leland) 4:07.48. 5000 -- Maestretti (De La Salle) 16:35.20; 2. Coffee (De La Salle) 17:01.03; 3. Talbott (St. Ignatius) 17:22.69.

1600 steeplechase -- Levin-Soler (Gunn) 5:27.27; 2. Diep (Cupertino) 5:29.94; 3. Lynas (Fremont) 5:31.97. 110 HH -- Hornstein (Bellarmine) 15.31. 400 IH -- Hornstein (Bellarmine) 56.64; 2. Voegele (Bellarmine) 58.66; 3. Jones (De La Salle) 1:00.91. 4x100 -- Bellarmine 43.69; 2. Aragon 43.76; 3. Yerba Buena 43.77. 4x400 -- De La Salle 3:25.99; 2. Yerba Buena 3:28.16; 3. Homestead 3:29.13.

High jump -- Weller (Aragon) 6-6; 2. Young (St. Ignatius) 6-4. Long jump -- Nealy (Yerba Buena) 22-2; 2. Moore (De La Salle) 21-7. Triple jump -- Muhammad (De La Salle) 44-1.

Shot put -- Mazzoni (Bellarmine) 52-2 1/2; 2. Lewis (St. Ignatius) 49-10 1/2; 3. Baugh (St. Ignatius) 48-2 1/4. Discus -- Perkins (Bellarmine) 153-9; 2. Lewis (St. Ignatius) 145-10.

Girls Teams -- Carondelet 71; 2. Aptos 26 1/2; 3. St. Ignatius 19 1/2; 4. Menlo School 19; 5. Palo Alto 14.

100 -- Roberts (St. Ignatius) 12.60. 800 -- Goddard (Carondelet) 2:22.71; 2. Renteria (Westmont) 2:23.18. 1500 -- Renteria (Westmont) 4:52.10; 2. Holt (Menlo-Atherton) 4:53.80; 3. Randall (Aptos) 4:58.41. 3000 -- Gordon (Carondelet) 10:27.73; 2. Lucero (Lowell) 10:56.73. 100 hurdles -- McGowan (Leigh) 15.91. 400 hurdles -- King (Carondelet) 1:08.26; 2. Guglielmo (Live Oak) 1:08.37; 3. Shull (Milpitas) 1:08.69. 4x100 -- Carondelet 50.47. 4x400 -- Carondelet 4:05.02; 2. Menlo School 4:09.42. Distance medley -- Carondelet 12:37.53.

High jump -- Burdick (Aragon) 5-2. Long jump -- Emery (Menlo School) 17-8 1/2; 2. Anderson (Palo Alto) 16-6 1/2. Triple jump -- Ito (Fremont) 34-11 1/4; 2. Anderson (Palo Alto) 34-5 3/4. Shot put -- Morrison (Presentation) 43-4 1/2; 2. Glass (Yerba Buena) 36-0 3/4; 3. Wund (Gunn) 34-8. Discus -- Morrison (Presentation) 120-0; 2. Hotchkiss (Overfelt) 113-2; 3. Maristela (Milpitas) 111-10.

## FRESNO CITY CHAMPIONSHIPS

April 27. Ratcliffe Stadium, Fresno.

### Boys

LJ: 1. Henley (Bullard) 21-9 1/2. DT: 1. Johnson (Fresno) 151-7. 2. Majors (Hoover) 147-3 1/2. 400R: 1. Edison 42.98. 2. Hoover 43.17. 3. Bullard 43.79. 1600m: 1. Kasahun (Fresno) 4:29.51. 400m: 1. Leach (Bullard) 50.08. 2. Goodman (Edison) 51.41. SP: 1. Majors (Hoover) 48-3. 100m: 1. Sams (Edison) 10.65. 2. Terrance (Hoover) 10.73. 3. Dorsey (Bullard) 11.17. HJ: 1. Dorsey (Bullard) 6-4. 800m: 1. Leach (Bullard) 1:59.61. 300mH: 1. Murnill (Edison) 41.80. 200m: 1. Sams (Edison) 21.94. 2. Terrance (Hoover) 22.02. 3. Dorsey (Bullard) 22.70.

3200m: 1. Kasahun (Fresno) 9:49.95. 2. Ekins (Bullard) 9:54.64. 1600mR: 1. Edison 3:29.41.

### Girls

HJ: 1. Snowden (Roosevelt) 5-2. LJ: 1. Muhammad (McLane) 17-6 3/4. 2. Snowden (Roosevelt) 17-0 1/4. PV: 1. Robles (Bullard) 7-6. 2. Lopez (McL) 7-0. 400mR: 1. Roosevelt 51.20. 2. McLane 51.22. 100mHH: 1. Coleman (Edison) 15.70. 400m: 1. Cameron (Edison) 58.45. 2. Morris (McL) 58.95. 100m: 1. Ryan (Roosevelt) 12.77. 800m: 1. Cameron (Edison) 2:24.0. 200m: 1. Cameron (Edison) 25.86. 2. Morris (McL) 25.89. 3. Ryan (Roosevelt) 26.32. 1600mR: 1. Edison 4:13.02.

## VIKING CLASSIC

April 29, 1995. Santa Rosa JC

Boys Teams -- Rancho Cotate 76, Montgomery 62, Petaluma 62, Sonoma 60, Ukiah 60, Santa Rosa 50, Cardinal Newman 47, Casa Grande 25, Healdsburg 22, Piner 16.

100--1. Chveryane (Casa Grande) 10.8. 200--1. Corey Nelson (Rancho Cotate) 21.0 (meet record). 400--1. Corey Nelson (Rancho Cotate) 47.4 (meet record). 1,600--1. Brecht (Petaluma) 4:19.6 (meet record). 1100H--1. Bamsdale (Montgomery) 14.8. 300IH--1. Barrett (Santa Rosa) 39.5 (meet record). 4x100--1. Rancho Cotate 44.0.

HJ--1. Leonard (Piner) 6-8 1/4. PV--1. Lorraine (Petaluma) 15-4. LJ--1. Poteracke (Petaluma) 21-9. SP--1. Chase (Cardinal Newman) 53-11.

Girls Teams--Santa Rosa 96, Montgomery 59, Ursuline 53, Sonoma 42, Rancho Cotate 41, El Molino 34, Piner 32, Petaluma 22, Anay 20, Elsie Allen 20.

400--1. Richardson (Montgomery) 58.9. 1,600--1. Hallas (Ursuline) 5:22.9. 3,200--1. Hernandez (H) 11:46.5. 1000H--Henkels (Santa Rosa) 15.4 (meet record). 300H--1. Henkels (Santa Rosa) 46.6 (meet record). 4x400--1. Montgomery 4:12.0. PV--1. Studebaker (South Fork) 9-0.

## PAT RYAN INVITATIONAL

April 29, 1995. Santa Rosa JC

Women 5,000--Julia Stamps (Santa Rosa) 16:31.2 (National sophomore class and California record)

## BAY AREA TOP 8 TRACK INVITATIONAL

April 29, 1995. James Logan High School, Union City

### Boys

100--1. Dee Moronkola (De Anza, Richmond) 10.70. 2. Lashar Livingston (Seaside) 10.92. 3. Jodi Charles (McAteer) 11.02. 4. J. Jones (Skyline) 11.11. 5. V. Dalgrow (De Anza) 11.16. 6. Deltha O'Neal (Milpitas) 11.19. 200--1. Brishard Livingston (Seaside) 22.03. 2. J. Juan Cherry (Berkeley) 22.06. 3. Deltha O'Neal (Milpitas) 22.55. 4. Tim Brown (McClymonds) 22.69. 5. Jason Cooper (Skyline) 22.70. 6. G. Druskin (San Ramon) 22.72. 400--1. Aaron

Richberg (Logan) 48.85. 2. Brandon Nichols (Skyline) 48.91. 3. Keish Livingston (Seaside) 49.28. 4. D. Gardner (Skyline) 50.73.

800--1. Jerome Morton (McAteer) 1:56.73. 2. Alex Rodrigues (Tennyson) 1:56.78. 3. Yonathan Asmerom (McAteer) 1:58.12. 4. J. Lewis (Livermore) 1:58.84. 5. B. Rocaies (Irvington) 1:59.50. 1,600--1. Michael Stember (Jesusit) 4:19.55. 2. Steve Immel (Livermore) 4:24.52. 3. Dan Welsh (Jesusit) 4:25.47. 4. Jonevan Hornsby (St. Mary's) 4:26.29. 5. Martin Beggs (Monte Vista) 4:28.47. 6. Dean Treuhalt (Amador Valley) 4:28.96. 7. D. Embaye (Logan) 4:29.15. 8. Justin Stern (Half Moon Bay) 4:29.59. 3,200--1. Michael Stember (Jesusit, Carmichael) 9:02.36. 2. Michell Jones (Livermore) 9:09.27. 3. Scott Abbott (Jesusit) 9:30.80. 4. J. Smith (Livermore) 9:36.81. 5. B. Henstrof (Amador Valley) 9:49.94. 6. Martin Beggs (Monte Vista) 9:51.21. 7. Matt Hunicutt (Amador Valley) 9:56.26. 8. L. Szymanski (San Lorenzo) 9:59.69.

1100H--1. Aaron Hill (De Anza) 14.72. 2. Maurice Byrd (McAteer) 15.00. 3. Bryan Click (Logan) 15.10. 4. T. Allen (Oakland) 15.21. 5. A. Dasandies (Moreau) 15.42. 300IH--1. B. Click (Logan) 39.11. 2. Lenzie Jackson (Milpitas) 39.45. 3. Tyrone Allen (Oakland) 39.98. 4. D. Brown (Amador Valley) 40.80. 5. G. Brooks (Logan) 41.19. 6. Maurice Byrd (McAteer) 41.83. 4x100--1. Skyline 41.70. 2. McAteer 42.89. 3. De Anza 42.11. 4. Seaside 42.71. 5. Milpitas 42.75. 6. James Logan 43.32. 7. McClymonds 44.34. 4x400--1. Skyline 3:19.62. 2. Logan 3:19.80. 3. McAteer 3:22.51. 4. McClymonds 3:25.14. 5. St. Mary's 3:30.00.

HJ--Matt Hurd (Antioch) 6-6. Sean Fitchugh (Antioch) 6-6. Saleem Mahdi (Pittsburg) 6-6. PV--1. Mike Haldezos (Mills) 14-6. 2. Jeremiah Johnson (Logan) 13-0. LJ--1. Saleem Mahdi (Pittsburg) 22-5. TJ--1. Raheed Abdullah (Logan) 46-10 1/4. 2. Gary Smith (Logan) 46-1. 3. Saleem Mahdi (Pittsburg) 45-10 1/2. 4. Anthon Ratcliff (McAteer) 45-0 1/2. SP--1. Dave Spitz (Monte Vista) 56-8. 2. Matt Seefeld (Marin Catholic) 51-10. 3. Mike Sagapolu (Tennyson) 51-2. 4. Joe Turner (Logan) 50-4. 5. Kyle Donovan (Washington) 48-0. DT--1. Matt Seefeld (Marin Catholic) 163-1. 2. Kyle Donovan (Washington) 162-10. 3. Dave Spitz (Monte Vista) 160-0. 4. Sam Sherard (Foothill) 151-5.

### Girls

100--1. Jernae Wright (James Logan) 11.98. 2. D. Shepard (Salesian) 12.29. 200--1. Kelli White (James Logan) 24.16. 2. Zarinah Tillman (Foothill) 25.31. 3. Felicia Jiles (Pittsburg) 26.16. 4. D. Jones (San Leandro) 26.36. 5. Kirtman (Lowell) 26.65. 6. T. Easley (Pittsburg) 26.65. 400--1. Kelli White (James Logan) 54.87. 2. Zarinah Tillman (Foothill) 56.70. 3. Turshika Bennett (O'Dowd) 57.16. 4. Crystal Miles-Threat (O'Dowd) 57.89. 5. Monica Van Wegan (Amador Valley) 57.94. 6. B. Grant (Holy Names) 58.86. 7. Sylvia Piesiak (Menlo-Atherton) 58.94.

800--1. Elissa Riedy (Mission San Jose, Fremont) 2:10.78. 2. Tina Bowen (San Ram-

on, Danville) 2:13.39. 3. Martina Ze (Livermore) 2:15.71. 4. A. Holt (Menlo-Atherton) 2:15.77. 5. A. Lambert (Northgate) 2:18.41. 6. M. Bridgeman (Logan) 2:18.64. 7. Candace Miles-Threat (O'Dowd) 2:18.77. 8. Monica Van Wegan (Amador Valley) 2:18.98. 9. D. Price (Lowell) 2:19.29. 10. L. Lucero (Lowell) 2:23. 1,600--1. Lori Riedy (Mission San Jose) 5:04.27. 2. Allison Lambert (Northgate) 5:06.08. 3. Maria Pleyte (Hollister) 5:06.45. 4. Lucero (Lowell) 5:14.62. 5. J. Bridgeman (Logan) 5:17.97. 6. Lisa Gillis (Moreau) 5:19.13. 7. J. Bash (Foothill) 5:21.90. 8. Marisa Daniel (Granada) 5:22.56. 9. M. Kiyono (Logan) 5:25.50. 10. Senhit Dirar (Logan) 5:26.11. R. Terrazas (O'Dowd) 5:27. 3,200--1. Rachel Mosher (San Leandro) 11:34.03. 2. Melissa Duscha (Washington) 11:49.77. 3. Susan Chou (Lowell) 11:51.23.

1000H--1. Daveeta Shepard (Salesian) 14.77. 2. Odessa Balumbo (Logan) 15.73. 3. Marie Triggs (Moreau) 15.92. 4. J. Minton (Acalanes) 15.96. 300H--1. Devita Shepherd (Salesian, Richmond) 44.18. 2. Danean Garrett (San Leandro) 46.51. 3. Marie Triggs (Moreau) 47.53. 4. J. Peterson (Ferdale) 47.85. 5. Caloway (California) 47.89. 4x100--1. James Logan 46.00. 2. San Leandro 49.51. 3. St. Ignatius 49.68. 4. Lowell 50.33. 5. Berkeley 50.36. 6. Acalanes 50.78. 4x400--1. James Logan (Caria Estes 57.3, Jernae Wright 56.1, Jennifer Bridgeman 59.4, Kelli White 56.0) 3:49.85. 2. Bishop O'Dowd (Oakland) 3:50.01. 3. Lowell 4:03.41. 4. Menlo-Atherton 4:04.26. 5. Acalanes 4:10.64. 6. Livermore 4:12.61.

HJ--1. Jamilla Churchill (Bishop O'Dowd) 5-9. 2. Alicyn Chappelle (Logan) 5-6. 3. Karen Townsend (Logan) 5-4. PV--1. Amanda Bauer (Mission San Jose) 9-6. 2. Shannon Fleet (Acalanes, Lafayette) 9-6. 3. Cynthia Lee (Arroyo) 7-6. 4. Jocelyn Vickroy (Logan) 7-6. 5. Jennifer Beyer (San Ramon) 7-6. LJ--1. Jernae Wright (James Logan) 19-6 1/2. 2. Raquel Brewer (Berkeley) 17-9. 3. Montiqua Sargent (Logan) 17-7 1/2. 4. Andrea Lacson (Logan) 16-6 1/2. TJ--1. Alicyn Chappelle (Logan) 37-0 1/2. 2. Andrea Lacson (Logan) 37-0. 3. Jenie Minton (Acalanes) 35-6 1/4. 4. Lydia Idem (Logan) 35-0 1/2. SP--1. Chaniqua Ross (Laguna Creek) 42-6. 2. Amy Thiel (Fremont Christian) 36-8. 3. Serwa Dadzie (Newark) 34-7. DT--1. Chaniqua Ross (Laguna Creek) 144-6. 2. Serwa Dadzie (Newark) 124-2. 3. Tammyu Vavken (Valley Christian) 114-3.

### Fresh Soph

3, 2 0 0--1. Adam Boothe (Pioneer) 9:55.44. 2. Enrique Henriques (San Leandro) 9:55.69. 3. David Rodrigues (Mission San Jose) 9:56.86. 4x100--1. Homestead 44.06. 4x400--1. Homestead 3:32.0.

SP--1. John Babovinez (Jesusit) 56-8. 2. Mike Barlow (Amador Valley) 52-3. DT--1. John Badovinec (Jesusit) 149-7. 2. Mike Barlow (Amador Valley) 145-9.

### Day Meet--Boys

100--1. Joe Flood (McAteer) 10.9.

### Girls

300H--1. Kelly Calloway (California) 46.9.



# PREP NOTES

2. Gianna Federico (Berkeley) 46.9. 3. Odessa Balumbu (Logan) 47.6.

## BEAR CREEK INVITATIONAL

April 29, 1995. Delta College, Stockton. From Coach Greg Wright (Bear Creek)

**Boys Teams Large Schools:** 1. Bear Creek 108, 2. Vallejo 93, 3. Elk Grove 75, 4. Armijo 70, 5. East Union 65, 6. Golden Valley 54, 7. Merced 40, 8. Stagg 30, Woodland 30, 10. Lodi 26. **Small Schools:** Christian Brothers 34, 2. Calaveras 24, Los Banos 24, 4. Tracy 20, 5. St. Mary's 17.

100 (strong headwind)--1. Dee Guidry (Bear Creek sophomore) 11.19. 200--1. Dee Guidry (Bear Creek sophomore) 21.95, 2. Grundy (Merced) 22.30, 3. Kyle (Los Banos) 22.65, 4. Jackson (Beyer) 23.29. 400--1. Kyle (Los Banos) 49.26, 2. Gowan (Oakmont) 49.30, 3. Harrison (Vallejo) 50.82, 4. E. Levine (Golden Valley) 51.23. 800--1. J. Levine (Golden Valley) 1:57.34, 2. Sanchez (Lodi) 1:59.29.

1600--1. Buenrostro (Stagg) 4:28.56. 3200--1. Buenrostro (Stagg) 9:46, 2. Miramontes (Golden Valley) 9:47, 3. Brackett (Calaveras) 9:48.63, 4. Guerra (Vallejo) 9:55.80, 5. Yoran (Beyer) 9:56.75. 110HH (headwind)--1. Corby Wright (Bear Creek) 15.41. 300IH--1. Brandt (East Union) 40.52, 2. Jacob Woolf (Bear Creek) 41.05, 3. Wilson (Vallejo) 41.13, 4. Levine (Golden Valley) 41.20.

400R--1. Bear Creek (Corby Wright, Terrence Davis, Jacob Woolf, Demetrius Guidry) 42.74, 2. Vallejo 43.98, 3. East Union 44.67. 1600R--1. Golden Valley 3:26.80, 2. Elk Grove 3:28.00, 3. Bear Creek 3:27.10 (Nicolas, Terrence Davis, Jacob Woolf, Demetrius Guidry 48.2). 4. East Union 3:27.11.

HJ--1. Decker (Grace Davis) 6-6, 2. Jones (Vallejo) 6-4. LJ--1. Kyle (Los Banos) 21-6 3/4. TJ--1. Towne (St. Mary's) 45-1, 2. Kyle (Los Banos) 44-6 1/2. SP--1. Borges (Elk Grove) 54-10, 2. Bush (Manteca) 48-6 1/2, 3. Madoski (Manteca) 48-4. DT--1. Gagnon (Christian Brothers) 161-0, 2. Beck (Christian Brothers) 155-5, 3. Manibusan (Tracy) 153-4.

**Girls Teams Large Schools:** 1. East Union 90, 2. Vallejo 89, 3. Tracy 71, 4. Turlock 46, 5. Lincoln 35, 6. Elk Grove 30, 7. Woodland 29, 8. Valley 24, 9. Edison 21, 10. Merced 19. **Small Schools:** 1. St. Mary's 98, 2. Bret Harte 28, 3. Sierra 18, 4. Calaveras 15, 5. Christian Brothers 1.

800--1. Pearson (Turlock) 2:21, 2. Attnow (St. Mary's) 2:22.39, 3. Souza (East Union) 2:24. 1600--1. Pearson (Turlock) 5:23, 2. Demby (Merced) 5:24. 300H--1. Sherwood (Tracy) 48.08. 400R--1. Armijo 50.43. 1600R--1. Vallejo 4:10, 2. East Union 4:13, 3. Lincoln 4:14.

PV--1. Hird (East Union) 8-6, 2. Hampton (Liberty) 8-6, 3. Gosnell (Golden Valley) 7-6, 4. Peverill (Grace Davis) 7-6, 5. Martinez (Bret Harte) 7-6. LJ--1. Morris (Vallejo) 16-7 1/4. SP--1. Rooney (Woodland) 38-3, 2. Bezner (East Union) 37-11 1/2, 3. Jorman (Lincoln) 35-2, 4. Moppins (Valley) 34-2, 5.

Hardcastle (East Union) 34-1 1/2. DT--1. Naylor (East Union) 115-8, 2. Rooney (Woodland) 110-10.

### Fresh/Soph

SP--1. Narvest (Elk Grove) 50-6 1/2.

## DON GILBERT INVITATIONAL

April 29, 1995. From Rich McCann (Sacramento)

**Boys Teams:** Nevada Union 65, Jesuit 54, Douglas (Minden, NV) 52, Wood 51.

100--Gill (Highlands) 10.9. 200--Neubauer (Douglas) 22.6. 400--Denardo (Jesuit) 50.8. 1600--Bohatty (Jesuit) 4:29. 3200--Benson (Nevada Union) 9:59.9. 110HH--Woods (Del Campo) 14.6. 300IH--Woodward (Bella Vista) 39.8. 400R--Wood 43.8. 1600R--Nevada Union 3:29.2.

HJ--Ferreira (Oak Ridge) 6-5. PV--Jameson (Jesuit) 13-0. LJ--Ferreira (Oak Ridge) 23-5. TJ--Ferreira (Oak Ridge) 44-0 1/2. SP--Sanders (Galt) 52-2 1/2. DT--Bloomfield (Douglas) 150-8.

**Girls Teams--Reed (Sparks, NV) 111, Douglas (Minden, NV) 54, Nevada Union 50, Del Oro 49.**

800--Foreman (Reed) 2:23. 1600--Angaro (Fairfield) 5:18.6. 3200--Hassan (Nevada Union) 11:29.2. 100H--Notte (Reed) 15.7. 300H--Notte (Reed) 47.3. 1600R--Reed 4:07.

HJ--Holden (Wood) 5-2. PV--Hicksled (Incline) 8-6. TJ--Foreman (Reed) 36-7. SP--Ross (Laguna Creek) 39-9. DT--Ross (Laguna Creek) 123-5.

## PIONEER RELAYS

April 29, Visalia.

### Boys

300mIH 1. Jackie Jenkins (GW) 38.7. 4x100mR: 1. Lemoore 43.3, 2. Golden West 43.9. 4x800mR: 1. Golden West 8:18.5. Sprint Medley: 1. Lemoore 3:43.7. 4x200mR: 1. Golden West 1:31:11, 2. Lemoore 1:31:7. Distance Medley: 1. Golden West 11:16.7. 4x400mR: 1. Lemoore 3:26.3. PV: 1. Nick Paramo (Lem) 13-6. DT: 1. Victor Leyva (Mon) 162-3. LJ: 1. Chad Innis (Lem) 21-10 3/4. SP: 1. Leyva (Mon) 53-10 1/4.

### Girls

4x100mR: 1. Golden West 50.7, 2. Lemoore 51.5. 4x800mR: 1. Lemoore 10:43.1. Sprint Medley: 1. Golden West 4:20.4. 4x200mR: 1. Golden West 1:48.4. Distance Medley: 1. Golden West 13:31.4. 4x400mR: 1. Golden West 4:05.6, 2. San 4:08.9.

## REEDLEY INVITATIONAL

April 29, Reedley.

### Boys

300mIH 1. Plascencia (Avenal) 43.1. 3200m: 1. Rhoan (Sierra) 10:10.6. DT: 1. Hammond (Fowler) 158-8. LJ: 1. Martinho (Tul West) 21-10 1/2. SP: 1. Hammond (Fowler) 57-9. HJ: 1. Bacon (Reedley) 6-3.

### Girls

3200m: 1. Ruiz (Reed) 12:18.8. SP: 1. Davidson (Reed) 39-7, 2. Ervin

(Kingsburg) 38-4 1/2, 3. Cline (Sierra) 35-6. TJ: 1. Sihota (Selma) 35-5, 2. Sams (Tul West) 34-6, 3. Price (Kingsburg) 34-5 1/2. DT: McNaughton (Kingsb) 129-10, 2. Davidson (Reed) 119-11, 3. Burgin (Reed) 112-0. PV: 1. Knode (Kings) 10-0, 2. Paulina (Kings) 8-3. TJ: 1. Jamie Irvin (King) 36-1 3/4. LJ: 1. Carrie Jansen (Red) 18-5 1/2. DT: Misty McNaughton (King) 125-8.

## SACRAMENTO MEET OF CHAMPIONS

May 6, 1995. American River College, Sacramento

### Boys

100 (-0.05mps)--1. James Hinex (Grant) 10.79, 2. Gwange Pittman (Berkeley) 10.86, 3. J'Juan Cherry (Berkeley) 10.94, 4. Shaun Redmond (Grant) 10.95, 5. Duante Burks (Kennedy) 10.98, 6. Maurice Shaw (El Camino) 11.02, 7. T'Nille Grundy (Merced) 11.09.

200 (+0.18)--1. J'Juan Cherry (Berkeley) 21.59, 2. James Hinex (Grant) 21.65, 3. Shaun Redmond (Grant) 21.79, 4. Leon Callen (De La Salle) 21.88, 5. Robert Kyle (Los Banos) 22.04, 6. Hannibal Navies (Berkeley) 22.11, 7. Kevin Turner (Grant) 22.68.

400--1. Robert Kelly (Los Banos) 47.89, 2. Tim Brown (McClymonds) 48.12, 3. Brandon Nichols (Skyline) 48.26, 4. Kenny Gowan (Oakmont) 48.57, 5. Antonio Harrison (Vallejo) 48.86, 6. Carlton Davis (Kennedy) 49.01.

800--1. Michael Stember (Jesuit) 1:50.29 (meet record, old record 1:51.19 Wilkerson, Merced, 1992), 2. Alex Teakali (Bishop O'Dowd) 1:53.24, 3. Joel Young (St. Mary's, Berkeley) 1:53.33, 4. Jonevan Hornsby (St. Mary's, Berkeley) 1:53.65, 5. James Levine (Golden Valley) 1:55.59, 6. Michel Jones (Livermore) 1:58.39, 7. Jerome Morton (McAteer) 1:58.52.

1600--1. Michael Blair (Napa) 4:11.44, 2. Michel Jones (Livermore) 4:12.69, 3. Steve Hansen (Napa) 4:14.03, 4. Steve Immel (Livermore) 4:14.16, 5. Prindville (De La Salle) 4:15.11, 6. Yonathan Asmerom (McAteer) 4:16.29, 7. Greg Phister (Davis) 4:17.10, 8. Dan Welsh (Jesuit) 4:17.54, 9. Justin Buenrostro (Stagg) 4:20.26, 10. Steve Hackworth (Nevada Union) 4:23.74, 11. Spencer Bohaty (Jesuit) 4:25.5.

3200--1. Bolota Asmerom (McAteer) 9:19.8, 2. Steve Immel (Livermore) 9:22.6, 3. Jim Nelson (Napa) 9:26.3, 4. Brian Pruyn (Vintage) 9:26.6, 5. Scott Abbott (Jesuit) 9:31.0, 6. Keith Kennedy (San Leandro) 9:40.2, 7. Joe Smith (Livermore) 9:40.6, 8. Daniel Embrye (Logan) 9:42.7, 9. Senai Kidane (Skyline) 9:47.0, 10. David Myers (Jesuit) 9:49.8, 11. Matt Hunnicut (Amador Valley) 9:56.3.

110HH (0.00)--1. Norm Woods (Del Campo) 14.68, 2. Alphonso Meyers (Vallejo) 14.98, 3. Andy Kotko (Ponderosa) 15.00, 4. Maurice Byrd (McAteer) 15.10, 5. Kevin Meier (Elk Grove) 15.17, 6. David Moorman (Valley) 15.24, 7. Moses Jacko (Skyline) 15.28, 8. Brian Click (Logan) 15.34, 9. Matt Rock (Nevada Union) 15.46.

300IH--1. Norm Woods (Del Campo) 38.8.

2. Brian Click (Logan) 38.8, 3. Andy Kotko (Ponderosa) 39.1, 4. Chris Lackey (Nevada Union) 39.3, 5. Allen Smith (Highlands) 40.1, 6. Eric Woodyard (Bella Vista) 40.1.

400R--1. Skyline 41.36, 2. Kennedy 41.80, 3. Valley 41.89, 4. Grant 42.06, 5. McAteer 42.30, 6. Bear Creek 42.33, 7. Vallejo 42.66, 8. McClymonds 44.14.

1600R--1. Valley 3:17.09, 2. McAteer 3:18.78, 3. Skyline 3:19.96, 4. Vallejo 3:20.72, 5. McClymonds 3:21.25, 6. Berkeley 3:22.1ht, 7. Logan 3:23.5ht.

HJ--1. Mike Wilkins (Red Bluff) 7-0 1/4, 2. Pat Leonard (Piner) 7-0 1/4.

PV--1. Bevan Hart (Christian Brothers) 15-0, 2. Jared Holman (Wood) 14-6, 3. Trevor Boler (Dixon) 14-6, 4. Gregory Casey (Bella Vista) 14-6, 5. Eric Barden (Nevada Union) 14-6, 6. Vince Tappe (Grace Davis) 14-0, 7. Josh Morton (Sonora) 14-0, 8. Chris Mack (Jesuit) 13-0, 9. Jeremiah Johnson (Logan) 13-0.

LJ--1. Robert Kyle (Los Banos) 23-4 1/2, 2. Lawrence Calloway (McClatchy) 23-2, 3. Chris Ferreira (Oak Ridge) 22-10, 4. Malcolm Barnes (Highlands) 21-10, 5. Shawn Pittman (McClatchy) 21-8.

TJ--1. Rasheed Abdullah (Logan) 48-9 1/2, 2. Peter Slater (Pleasant Valley) 46-11 1/2, 3. Gary Smith (Logan) 45-11 1/2, 4. Scott Towne (St. Mary's) 45-3 1/2.

SP--1. David Spitz (Monte Vista) 58-1 1/2 (meet record, old record 58-0 Curt Sissel, Vacaville, 1983), 2. Joe Borges (Elk Grove) 57-2 3/4, 3. Clyde Sanders (Grant) 56-0, 4. Derrick Baumer (Ponderosa) 54-8 1/2, 5. Joe Turner (Logan) 53-11 3/4, 6. Greg Dickey (Atwater) 53-11 3/4, 7. Brian Towne (Corning) 52-2, 8. Matt Seefeld (Marin Catholic) 51-10 1/4.

DT--1. Billy Bush (Downey) 169-5, 2. Derrick Baumer (Ponderosa) 166-2, 3. Will Beck (Christian Brothers) 159-10, 4. David Spitz (Monte Vista) 157-6, 5. Derrick Stevens (Downey) 154-7, 6. Greg Dickey (Atwater) 152-9, 7. Matt Seefeld (Marin Catholic) 151-6.

### Girls

100 (+0.00)--1. Kelli White (Logan) 11.71, 2. Jernae Wright (Logan) 11.86, 3. Zhantel Holman (Valley) 12.13, 4. Jamara Stallworth (Grant) 12.34.

200 (-0.66)--1. Kelli White (Logan) 25.25, 2. Jamara Stallworth (Grant) 25.54, 3. Zhantel Holman (Valley) 26.10, 4. Lisa Lynch (Vallejo) 26.39.

400--1. Carla Estes (Logan) 54.94 (meet record, old record 55.10 Tanya Dooley, Bret Harte, Altaville 1989), 2. Kaselah Crockett (Skyline) 55.91, 3. Seneik Saavedra (Logan) 56.56, 4. Turshika Bennett (Bishop O'Dowd) 57.33, 5. Brandy Grant (Holy Names) 57.44, 6. Crystal Miles-Threat (Bishop O'Dowd) 57.52, 7. Monique Glass (Kennedy) 57.74, 8. Nadine Donaldson (Valley) 58.3ht.

800--1. Julia Stamps (Santa Rosa) 2:12.89 (meet record, old record 2:14.2 Marzel, Bishop O'Dowd 1993), 2. Angie Milner (Modesto) 2:14.85, 3. Allison Pearson (Turlock) 2:15.25, 4. Jennifer Bridgeman (Logan) 2:16.66, 5. Rebecca Redon (Nevada Union) 2:16.79, 6. Monica Van



# PREP NOTES

Wegen (Amador Valley) 2:17.07, 7. Candice Miles-Threat (Bishop O'Dowd) 2:17.14, 8. Jamilla Demby (Merced) 2:17.72.

**1600**-1. Tina Bowen (San Ramon) 5:03.13, 2. Maggie Hurst (Sonora) 5:04.19, 3. Anne Gunnison (McClatchy) 5:08.71, 4. Irene Hobbs (Atwater) 5:09.20, 5. Veronica Harrah (Sonoma Valley) 5:11.54, 6. Jazmine Anglero (Fairfield) 5:14.11, 7. Liz Cobb (St. Francis) 5:16.84, 8. Yvonne Leibig (Kennedy) 5:22.06, 9. Denise Warner (Ponderosa) 5:24.82, 10. Jamilla Demby (Merced) 5:27.5ht, 11. Jennifer Isidro (El Cerrito) 5:28.2ht.

**3200**-1. Julie Hassan (Nevada Union) 11:07.2, 2. Anne Gunnison (McClatchy) 11:25.2, 3. Osail Lucero (Lowell) 11:25.7, 4. Marisa Daniel (Granada) 11:29.7, 5. Sarah Pope (Del Oro) 11:31.5, 6. Senhit Dirar (Logan) 11:35.3, 7. Susan Chou (Lowell) 11:36.1, 8. Katie Owen (Carondelet) 11:58.1.

**100HH (+1.80)**-1. Daveetta Shepherd (Salesian) 14.19, 2. Janae Mitchell (El Cerrito) 14.25, 3. Ayana Grant (Bishop O'Dowd) 14.28, 4. Deaweh Totimeh (Valley) 14.51, 5. Felicia Stone (Kennedy) 14.53, 6. Rosalyn Morris (Vallejo) 14.89, 7. Shaniere Clark (Vallejo) 15.20, 8. Lisa O'Reilly (St. Mary's) 15.65, 9. Odessa Balumbu (Logan) 15.73.

**300H**-1. Daveetta Shepherd (Salesian) 43.4ht, 2. Sakai Metcalf (Skyline) 45.2, 3. Janae Mitchell (El Cerrito) 45.3, 4. Faye Reese (El Camino) 45.6, 5. Roslyn Morris (Vallejo) 46.1, 6. Denean Gullett (San Leandro) 46.5, 7. Lisa Perez (Atwater) 46.9.

**400R**-1. Logan 46.16 (meet record, old record 46.19 Skyline 1994), 2. Valley 47.53, 3. El Cerrito 47.74, 4. Vallejo 49.30, 5. San Leandro 49.52, 6. Grant 50.36, 7. St. Francis 50.48, 8. Berkeley 50.9ht.

**1600R**-1. Skyline 3:49.09, 2. Bishop O'Dowd 3:50.20, 3. El Cerrito 3:53.23, 4. Valley 3:57.31, 5. Carondelet 3:57.62, 6. Vallejo 3:59.45, 7. Kennedy 3:59.6ht, 8. Lowell 4:00.8ht.

**HJ**-1. Tait Holden (Wood) 5-4, 2. Allicyn Chappelle (Logan) 5-4, 3. Jamilla Churchill (Bishop O'Dowd) 5-4, 4. Callie Lamont (Ceres) 5-2.

**PV**-1. Shannon Flett (Acalanes, Lafayette) 10-0, 2. Amanda Sweeten (Tokay) 9-6, 3. Denise Warner (Ponderosa) 9-0, 4. Jenny Ruff (Ponderosa) 9-0, 5. (tie) Vivian Yip (Los Banos) and Anna-Maria Hird (East Union) 8-6, 5. (tie) Vivian Yip (Los Banos) and Anna-Maria Hind (East Union) 8-6, 7. Christa Epperly (Nevada Union) 8-0, 8. Joslyn Vickory (Logan) 8-0, 9. Alea Erickson (Logan) 8-0, 10. Annie Grow (Logan) 8-0, 11. (tie) Layla Herrera (Modesto) and Angie Bennett (Davis) 7-6, 13. Emily Schoenrock (Acalanes) 7-0.

**LJ**-1. Jemae Wright (Logan) 19-7 (meet record, old record 19-1 Sheila Hudson, Rio Linda, 1985), 2. Julie Tinker (Valley) 17-11, 3. Jessica Valpey (Pleasant Valley) 17-8 1/2, 4. Jennifer Test (Bret Harte) 17-5, 5. Andrea Lacson (Logan) 16-9 1/2, 6. Daniel Martin (Valley) 16-6 1/2.

**TJ**-1. Julie Tinker (Valley) 37-8 1/2, 2.

Jennifer Test (Bret Harte) 37-6, 3. Allicyn Chappelle (Logan) 37-2, 4. Tequilla Miller (Vallejo) 35-7, 5. Gigi Charlson (Paradise) 34-10 1/2, 6. Lineni Noa (Grant) 34-10, 7. Sakai Metcalf (Skyline) 34-9.

**SP**-1. Chiniqua Ross (Laguna Creek) 42-3 3/4, 2. Marisela Rooney (Woodland) 38-7 1/2, 3. Barbra Weaver (San Juan) 38-1 3/4, 4. Danielle Bezner (East Union) 36-6 1/4, 5. Natasha Goodbey (Mariposa) 36-3 1/2, 6. Niki Kass (Davis) 35-5 1/2, 7. Tamara Broughton (Florin) 35-4 1/4.

**DT**-1. Chiniqua Ross (Laguna Creek) 143-6, 2. Daniel Bezner (East Union) 125-2, 3. Mary Kailihiwa (Loretto) 124-0, 4. Penny Hansen (Nevada Union) 119-9, 5. Micarla Gauden (Oak Ridge) 111-7.

## Open Division

**100 Heat 1** (-0.05)-1. Jason Cooper (Skyline) 10.91, 2. Terrence Davis (Bear Creek) 10.95, 100 Heat 2 (+0.03)-1. Demetrius Guidry (Bear Creek) 10.90 (meet record).

**200 Heat 1** (+0.18)-1. Demetrius Guidry (Bear Creek) 21.39 (meet record), 2. T'Nille Grundy (Merced) 22.11, 3. Jason Cooper (Skyline) 22.20, 4. Drew Bell (Vacaville) 22.29, 5. Malachi Davis (Davis) 22.52, 6. Xavier Villareal (Kennedy) 22.61, 200 Heat 2 (-0.01)-1. Maurice Shaw (El Camino) 22.41, 2. Roman Scroggins (El Cerrito) 22.53, 3. Eddie Levine (Golden Valley) 22.64, 4. Jason Sargent (Merced) 22.83.

**400 Heat 1**-1. Ed Levine (Golden Valley) 49.46, 2. Andy Kotko (Ponderosa) 50.17, 3. Devron Boyd (Skyline) 50.85, 4. Derrick Gardner (Skyline) 50.94, 5. Dave Denardo (Jesusit) 51.07, 400 Heat 2-1. Enoch Duplechan (San Juan) 51.03.

**800 Heat 1**-1. Jeremiah Moody (Pleasant Valley) 1:56.34 (meet record), 2. Sherman Moore (Lassen) 1:57.03, 3. Spencer Pedersen (Elk Grove) 1:58.47, 4. Dean Treuhuff (Amador Valley) 1:58.90, 5. Adrian Emerl (Livermore) 1:59.89, 800 Heat 2-1. Stern (East Union) 1:58.10.

**1600**-1. Matt Hunnicut (Amador Valley) 4:22.8, 2. Darren Holman (Sonora) 4:25.5, 3. Joshua Lewis (Livermore) 4:26.2, 4. Mat Moore (Del Campo) 4:28.1, 5. Patrick Hogan (Downey) 4:28.5, 6. David Rios (Colfax) 4:29.4, 7. Senai Kindane (Skyline) 4:29.7.

**3200**-1. Aaron Harris (Lassen) 9:40.8 (meet record), 2. Nat Chadwick (Davis) 9:41.1, 3. Brian Hensdorf (Amador Valley) 9:43.3, 4. Enrique Henriquez (San Leandro) 9:44.9, 5. Chris Benson (Nevada Union) 9:47.2, 6. Jim Brits (Davis) 9:49.4, 7. Fleming (Roseville) 9:54.8, 8. John Cassidy (San Juan) 9:57.1.

**110HH Heat 1** (+0.83)-1. Jacob Woolf (Bear Creek) 15.08, 2. Corby Wright (Bear Creek) 15.20.

**300IH Heat 1**-1. Jacob Woolf (Bear Creek) 39.34 (meet record), 2. Eric Brandt (East Union) 39.98, 3. Kareem Smith (Florin) 40.02, 4. Jason Todd (Del Campo) 40.70, 5. Donny Brown (Amador Valley) 41.30.

**400R Heat 1**-1. Central Catholic 43.43, 2. Vacaville 43.64, 400R Heat 2-1. Merced 43.57, 2. Elk Grove 44.19, 3. Wood 44.34, 4. Nevada Union 44.40.

**1600R Heat 1**-1. De La Salle 3:22.88 (meet record), 2. Sonora 3:24.41, 3. East Union 3:25.56, 4. Elk Grove 3:27.60, 5. Pleasant Valley 3:29.62, 1600R Heat 2-1. Jesuit 3:29.01, 2. Wood 3:29.43, 3. Merced 3:29.88, 4. Livermore 3:30.48, 5. Lincoln 3:30.97.

**HJ**-1. Keith Avant (Lassen) 6-4 (meet record).

**PV**-1. David Gritz (Bear Creek) 14-0, 2. Brian Wiest (Oakmont) 13-6, 3. Jason Eleman (Modesto) 13-0, 4. Jeff Gilbert (Mariposa) 13-0.

**LJ**-1. Davis (Bear Creek) 22-7 (meet record), 2. Marvin Browne (Wood) 21-7.

**TJ**-1. KC Nelson (Lassen) 44-5 (meet record), 2. Jonathan Reed (Fairfield) 44-4 1/2.

**SP**-1. John Badovinac (Jesusit) 49-8 1/2, 2. Mike Sagapolu (Tennyson) 49-1 1/2, 3. Jeff Pepper (Acalanes) 48-9 3/4, 4. Andy Seefeld (Marin Catholic) 48-4.

**DT**-1. John Badovinac (Jesusit) 155-7 (meet record), 2. Sam Sherrord (Foothill) 150-2, 3. Stylo Eaton (Tokay) 147-9.

## GIRLS

**200 Heat 1** (+0.07)-1. Aisha Wallace (Skyline) 25.68 (meet record), 2. Antoinette Polk (El Camino) 25.85, 3. Bradee Grant (Holy Names) 26.44, 4. Myesha Kirtman (Lowell) 26.67, 200 Heat 2 (+0.01)-1. Danielle Jones (San Leandro) 25.81, 2. Carrie Santos (San Leandro) 26.19, 3. Annie Norton (Carondelet) 26.55, 4. Farrah Hines (Highlands) 26.63.

**400 Heat 1**-1. Monica Van Wegen (Amador Valley) 57.27 (meet record), 2. Jamila Demby (Merced) 59.03, 3. Antoinette Polk (El Camino) 59.03, 4. K. Bock-Wilhelms (Carondelet) 59.37, 400 Heat 2-1. Judy Holland (Modesto) 59.91, 2. Porsha Edington (East Union) 1:00.07, 3. Jennifer Pearse (Mariposa) 1:00.19.

**800 Heat 1**-1. Liz Cobb (St. Francis) 2:20.46, 2. Denise Warner (Ponderosa) 2:21.75, 3. Connie Souza (East Union) 2:24.83, 800 Heat 2-1. Katie Crabb (Pleasant Valley) 2:22.68, 2. Shav Chamberlain (Del Oro) 2:24.55, 3. Erin Leary (Amador Valley) 2:24.61.

**1600**-1. Darci Lewis (Napa) 5:17.6 (meet record), 2. Marisa Daniel (Granada) 5:22.5, 3. Susan Chou (Lowell) 5:23.9, 4. Gianni Piccaro (St. Mary's) 5:24.1, 5. Heather Morris (Bear Creek) 5:26.2, 6. Lisa Starkey (Del Oro) 5:26.8, 7. A. Millhollen (Del Oro) 5:28.0, 8. Inka Bell (Elk Grove) 5:29.3.

**3200**-Nicki Saleta (Bishop O'Dowd) 11:36.5, 2. Jennifer Wong (Bella Vista) 11:53.7, 2. Inka Bell (Elk Grove) 11:54.2, 3. Suzanne Ochoa (Fairfield) 11:56.0.

**100H Heat 1** (-0.27)-1. Faye Reese (El Camino) 16.07, 2. Julia Domansky (Wood) 16.09.

**300H Heat 1**-1. Shauna Goss (Fairfield) 47.39, 2. Roxanne Clark (Vacaville) 48.24, 300H Heat 2-1. Erica Lipscomb (St. Francis) 48.24.

**400R Heat 1**-1. Carondelet 51.18.

**1600R Heat 1**-1. East Union 4:11.73, 1600R Heat 2-1. Pleasant Valley 4:09.4, 2. Wood 4:11.27, 3. Berkeley 4:11.91, 4. Laguna Creek 4:11.98.

**HJ**-1. Jenny Eggers (Carondelet) 5-2

**LJ**-1. Farmer (Highlands) 16-8 1/4

**TJ**-1. Joetta Taylor (Fairfield) 34-2 1/2, 2. Juli Jones (Oakmont) 34-2 1/2.

**SP**-1. Angel Naylor (East Union) 36-6 1/4, 2. Jesse Hardcastle (East Union) 34-8.

**DT**-1. Angel Naylor (East Union) 120-7 (meet record), 2. Amy Bern (Grace Davis) 110-5.

## CCS NORTH SUB-SECTION

Qualifiers for CCS trials  
May 14, 1995. Los Gatos High School

### BOYS

**400 relay** -- Milpitas 42.75, Los Gatos 43.18, Bellarmine 43.52, Aragon 43.71, St. Ignatius 43.83, Homestead 43.99, Westmoor 44.14.

**100** -- Jonsson (Aragon) 11.15, O'Neal (Milpitas) 11.16, **200** -- Rance (S.H. Cathedral) 22.42, Morrissey (Menlo-Atherton) 22.60, O'Neal (Milpitas) 22.66, Naivalu (Fremont) 22.68, **400** -- Cifelli (Los Gatos) 50.14, Weller (Aragon) 50.20, Weeks (Homestead) 50.46, Hegglund (Wilcox) 50.96, **800** -- Rutledge (Los Gatos) 1:55.9, Walker (St. Francis) 1:57.6, Buelow (Burlingame) 1:58.4, Riddle (Gunn) 1:58.8, **1600** -- Baikman (Lynbrook) 4:22.6, Robinette (El Camino) 4:24.3, Carter (Los Gatos) 4:25.4, Dav. McDonough (Cupertino) 4:26.8, Pitts (Mountain View) 4:27.2, Riddle (Gunn) 4:29.5.

**3200** -- Baikman (Lynbrook) 9:23.5, Becker (Bellarmine) 9:29.0, Song (Bellarmine) 9:35.9, Robinette (El Camino) 9:38.3, Dav. McDonough (Cupertino) 9:40.5, Jensen (Burlingame) 9:47.8, Hansen (St. Ignatius) 9:50.3, Wellman (St. Ignatius) 9:51.2, Levin-Soier (Gunn) 9:51.7, Leong (Mills) 9:52.0, Pitts (Mountain View) 9:53.4, **110 high hurdles** -- D. Nord (Los Altos) 14.95, Naivalu (Fremont) 15.02, J. Nord (Los Altos) 15.44, **300 intermediate hurdles** -- Naivalu (Fremont) 39.09, D. Nord (Los Altos) 39.68, Jackson (Milpitas) 39.76, Hornstein (Bellarmine) 39.98, J. Nord (Los Altos) 40.07, Young (St. Ignatius) 40.27, Farrell (Palo Alto) 40.32, **1600 relay** -- Los Gatos 3:25.16, Homestead 3:28.11, St. Ignatius 3:27.32, Gunn 3:26.13, Wilcox 3:29.89, Riordan 3:31.98.

**Shot put** -- Mazzoni (Bellarmine) 56-2 1/2, 2. Lewis (St. Ignatius) 53-5 1/2, Asher (Serra) 52-3 1/2, Howard (Los Altos) 49-8 1/2, Quiocho (Jefferson) 49-5 1/2, Brand (Hillsdale) 47-1, **Discus** -- Hovey (Monta Vista) 164-5 1/2, Tuipulotu (San Mateo) 149-4 1/2, McGilvray (Los Gatos) 146-5, Slack (Los Altos) 146-2, Lane (St. Ignatius) 145-10 1/2, Lewis (St. Ignatius) 145-8 1/2, **Long jump** -- J. Nord (Los Altos) 22-8 3/4, Wolf (Aragon) 21-10 1/2, **Triple jump** -- D. Nord (Los Altos) 46-10 1/2, Johnston (Fremont) 44-1 1/2, **Pole vault** -- Haldezos (Mills) 14-8.

### GIRLS

**400 relay** -- St. Ignatius 49.56, Monta Vista 49.83, Los Gatos 49.86, St. Francis 50.09, Gunn 50.79, Wilcox 50.94, Los Altos 51.19.



# PREP NOTES

100 -- Durkin (Woodside) 12.71. **200** -- Jennings (Woodside) 26.19. Jones (Westmoor) 26.19. Chavez (Los Gatos) 26.21. Williams (S.H. Cathedral) 26.22. Sczawinski (Los Gatos) 26.29. Morrison (Wilcox) 26.66. **400** -- Jennings (Woodside) 58.15. Williams (S.H. Cathedral) 58.57. Pieslak (Menlo-Atherton) 58.69. **800** -- Holt (Menlo-Atherton) 2:20.1. Biber-Ferro (Los Gatos) 2:22.8. **1600** -- Kefalas (S.H. Cathedral) 5:22.8. Mollinare (Mills) 5:28.2. Hartley (St. Francis) 5:28.4. Appenrod (Mercy-Burl.) 5:28.8.

**3200** -- Sandoval (St. Ignatius) 11:28.4. Driscoll (St. Ignatius) 11:28.6. O'Leary (Half Moon Bay) 11:49.8. Mollinare (Mills) 11:57.6. **100 high hurdles** -- Oceguera (St. Francis) 15.65. Broden (Jefferson) 15.74. Mazik (Capuchino) 15.75. **300 hurdles** -- Oceguera (St. Francis) 47.74. Stortz (Monta Vista) 47.77. Clemm (St. Francis) 48.09. **1600 relay** -- Los Gatos 4:02.9. Menlo-Atherton 4:04.8. Wilcox 4:09.7. Monta Vista 4:13.7.

**Shot put** -- Etuale (Jefferson) 44-5 1/2. Thiel (Fremont Christian) 35-11. Nilmeier (Burlingame) 35-7 3/4. DeAmoro (Los Altos) 35-1. Pese (Jefferson) 35- 1/2. Sahourieh (Westmoor) 34-9 1/2. Mahar (Terra Nova) 34-4 1/2. **Discus** -- Etuale (Jefferson) 133-8. DeAmoro (Los Altos) 114-9 1/2. Pese (Jefferson) 113-8 1/2. DePuy (Palo Alto) 112-8 1/2. **Long jump** -- Oceguera (St. Francis) 17-5 1/2. Tobin (Mercy-Burl.) 17-1 1/2. **Triple jump** -- Roberts (St. Ignatius) 35-1. Burnham (Los Altos) 35-0 3/4. Shih (Gunn) 34-6 1/2. Ito (Fremont) 34-0 1/2. **High jump** -- Gualco (Notre Dame-Belmont) 5-2. Tobin (Mercy-Burl.) 5-2. Anderson (Palo Alto) 5-2. **Pole vault** -- Consorti (St. Francis) 8-6. Furniss (St. Ignatius) 8-0. Falcis (Mercy-Burl.) 8-0. Olsson (St. Ignatius) 7-6. Buchanan (Santa Clara) 7-6.

## CCS SOUTH SUB-SECTION

Qualifiers for CCS trials

May 14, 1995. Soquel High School

### BOYS

**100** -- Levingston (Seaside) 11.12. Fernald (Westmont) 11.19. **200** -- Smith (San Jose) 22.18. Levingston (Seaside) 22.41. Ward (Ailsa) 22.49.

### GIRLS

**200** -- Smith (Gilroy) 26.60. Mahoney (Santa Teresa) 26.67. Butler (Soquel) 26.97. Larson (Carmel) 26.72. **300 LH** -- Slater (Pioneer) 46.76. Fortenberry (Mitty) 47.36. Espinoza (Silver Creek) 47.67. Carver (Harbor) 47.57. Deverell (Soquel) 47.61. Guglielmo (Live Oak) 47.86. 7. Allen (North Salinas) 47.76. 8. Olaque (Silver Creek) 47.91. **400** -- Elarms (Piedmont Hills) 58.2. Haviland (North Monterey County) 59.0. Ponder (Del Mar) 59.2. Keithly (Salinas) 59.7. Kawah (unattached) 59.8. Chelliam (Mitty) 59.8. Mahoney (Santa Teresa) 1:00.0. McDougall (Aptos) 1:00.0.

**800** -- McPherson (Silver Creek) 2:19.5. Denley (North Monterey County) 2:20.7.

Renteria (Westmont) 2:23.2. Bush (Independence) 2:21.9. Quinet (Santa Teresa) 2:22.3. Page (Leigh) 2:23.1. Wallace (Notre Dame-Salinas) 2:23.4. Elyse-Smith (Monta Vista Christian) 2:24.2. **1,600** -- Pleyte (Hollister) 5:07.7. McPherson (Silver Creek) 5:13.4. Bleisch (Silver Creek) 5:14.3. Silva (Aptos) 5:16.4. Renteria (Westmont) 5:19.9. Ryan (Mitty) 5:20.1. Holmquist (Santa Teresa) 5:20.7. Silva (Piedmont Hills) 5:23.3. Delaplace (Mitty) 5:24.7. Randall (Aptos) 5:29.1. **3,200** -- Bleisch (Silver Creek) 11:17.6. Ryan (Mitty) 11:32.4. Silva (Aptos) 11:34.9. Pleyte (Hollister) 11:34.9. Elyse-Smith (Monta Vista Christian) 11:38.6. Surdlin (Yerba Buena) 11:51.61. Tran (Santa Teresa) 11:53.1. Iverson (Willow Glen) 11:57.3. **400 relay** -- Silver Creek 50.62. Harbor 50.78. **1,600 relay** -- Mitty 4:03.1. North Monterey County 4:07.1. Salinas 4:08.8. Silver Creek 4:03.8. Soquel 4:07.2. Independence 4:09.5; 7. Aptos 4:10.0; Santa Teresa 4:10.13. Leland 4:11.3.

**Long jump** -- Ponder (Del Mar) 18-1; Elarms (Piedmont Hills) 17-5; Sterbentz (Silver Creek) 16-10 1/2. Larson (Carmel) 16-8. Warfield (San Lorenzo Valley) 16-8. Duong (Overfelt) 16-8. TJ -- Pettibon (Gunderson) 36-0. Sterbentz (Silver Creek) 34-9 1/4. Duong (Overfelt) 34-9. Kawah (Mitty) 34-8 1/4. Ponder (Del Mar) 34-6. **Pole vault** -- Chlouba (Mitty). Englebretson (North Salinas, Haut (Harbor). Guldicatti (Del Mar). Pennycook (North Monterey County). Martin (Soquel). Swanson (Gilroy). Pham (Mt. Pleasant) all 7-0. **Shot put** -- Morrison (Presentation) 43-2 1/2. Tulua (Carmel) 40-9. Maciel (North Salinas) 35-3 1/2. Maldonado (Mt. Pleasant) 35-3 1/2. Martinez (Live Oak) 34-3 1/2. Warfield (San Lorenzo Valley) 34-0 1/2. Nanez (Watsonville) 34-0. **Discus** -- Tulua (Carmel) 132-6. Hotchkiss (Overfelt) 119-6. Royallay (San Lorenzo Valley) 117-2. Morrison (Presentation) 113-3. Miranda (Salinas) 111-7. Lloyd (Santa Teresa) 110-1.

## SOUTHERN CALIFORNIA

From Doug Speck

## SOUTHERN SECTION LEAGUE FINALS HIGHLIGHTS

### Boys

**Almont** - 800m Michael Granville (Bell Gardens) 800m 1:57.6. **Baseline** - Jeremy Lingenteller (Claremont) SP 56-05.25. **Bay** - Andre Hillard (Torrance) 100m 10.7. **Channel** - Phillip Pipersburg (Santa Barbara) 100m 10.61. Ramsey Jay (Ventura) 48.34. **Foothill** - Brett Strahan (Hart, Newhall) 1600m 4:29.4 3200m 9:27.7. **Golden** - Jerome Davis (Burrroughs, Burbank) 400m

47.71. **Ivy** - Bryan Howard (Canyon Springs, Moreno Valley) 100m 10.84. 200m 21.75. Mickey Grimes (Canyon Spr. Mor Val) 300m 1H 37.77. **Marmonte** Jeff Fischer (Thousand Oaks) 3200m Jeff Fischer (Thousand Oaks) 9:17.59 (also 4:29.90). 2. Eleazar Hernandez (Camarillo) 9:20.45. HJ Josh Hill (Camarillo) 6-08. **Mission Valley** - Jon Barton (Cerritos) 6-08. **Moore** - Kenyon Rambo (Long Beach Poly) 110mHH 14.50w. 2. Eric Patterson (Poly, LB) 14.53. 300mIH - Rambo 38.77. Aaron Tooles (Poly, LB) TJ 47-07.5w. Tye Anderson (Poly, LB) TJ - 47-01.5. John Davis (Wilson, LB) SP 57-08. **Mt. Baldy** - Kevin McDonald (Chaffey, Ontario) 10.70w. Steve Campbell (Alta Loma) 200m - 21.12w. 2. McDonald (Chaff. On) 21.30w. Campbell (AL) 400m - 47.53. Bryan Shofner (Rancho Cucamonga) 14.45w. 2. Jason Stanford (Alta Loma) 14.58w. **Northern** - Mitch Naber (Arroyo Grande) HJ 6-08. Chad Jones (Arroyo Grande) SP 46-10.25. DT 183-00. Logan Nichols (Ar Gr) PV 15-03. **Ocean** - Ray Butler (Morningside, Inglewood) 100m 10.4. 200m 21.5. Chad Morton (South Torrance) 100m 10.6. 200m 21.5. Peter Suggs (Morningside, Inglewood) 400m 48.8. Marty Brossett (South Torrance) HJ 6-08. Michael Turner (Morningside, Inglewood) TJ 47-08.5. **Pacific** - Obea Moore (Muir, Pasadena) 200m - 21.30. 400m 46.50 (46.0 heat). Chris McAlister (Pasadena) 110mHH - 14.43. 2. Makio Haywood (Muir, Pas) 14.44. **Haywood** - 300mIH 38.17. Derrick Evans (Muir, Pas) 47-00.5. **Pacific Coast** - Sepehr Sharif (University, Irv) DT 181-05. **Sierra** - Chey Walker (West Covina) 100m - 10.83w. 110mHH 13.84w. 300mIH 37.61. **South Coast** - Andy Morgan (Mission Viejo) 1600m 4:19.03. Adalberto Sanchez (Capistrano Valley, Miss Viejo) 9:26.1. Dave Fulbright (Capistr. Vall. MV) 172-11. **Sunkist** - Tyree Washington (La Sierra, Riverside) 400m 48.5. LJ 24-03. - Cory Johnson (Los Alamitos) 6-08. Jason Bader (Edison, Hunt Bch) 171-07.5. Nate Fox (Edison, HB) 14-07.

### Girls

**Baseline** - Angela Williams (Chino) 100m - 11.70w. 200m - 23.44w. 400m 55.68. Annie Ebner (St. Lucy's, Glendora) 5:00.40. **Century** - Tara Oettinger (Foothill, Santa Ana) LJ 18-01. **Camino Real** - Reyna King (St. Mary's, Inglewood) LJ 18-07. **Channel** - Tara Wasden (Rio Mesa, Oxnard) 100mHH 14.78. 300mLH 44.42. **Citrus Belt** - April Lyon (Hesperia) 1600m 5:09.76. **Del Rey** - Malika Edmonson (St. Bernard, Playa del Rey) 200m 24.8. 400m 55.11. Vicki Anwuri (Bishop Montgomery, Torrance) 400m 55.65. Regine Caruthers (St. Bernard, PdR) 56.47. **Ivy** - Madinah Ali (Canyon Springs, Moreno Valley) 100m 11.93. 200m 24.37. Julia Gray (North, Riverside) 55.61. Joanna Hayes (North, Riverside) 100mHH 14.02. 300mLH 44.33. **Marmonte** - Amy Skieresz (Agoura) 3200m 10:41.05. Kim Mortensen (Thousand Oaks) 10:51.55. **Moore** - Kincha-Davis Davis (Wilson, Long Beach) 400m 54.97. 300mLH Naema Withey (Poly, LB) 45.28. Pam Simpson (Poly, LB) LJ 19-02w. Poly (LB) 400m Re 45.87. Wilson (LB) 46.99.

**Miramonte** - Joney David (Charter Oak Covina) 100m 11.7. 200m 24.1. Torri Edwards (Pomona) 100m 11.7. 200m 24.4. **Ocean** - Miesha Withers (Morningside, Inglewood) 100m 11.8. 200m 24.7. Genia Daniels (Mornings, Inglew) 200m 24.8. Sonny Butler (Mornings, Inglew) 24.9. Nicole Thomas (Morns, Inglew) 100mHH 14.4. 300mLH 44.0. Rori Kelly (Morningside, Inglew) 100m HH 14.4 (2nd). **Pacific** - Heather Sumpter (Muir, Pasadena) 100m 11.99. 200m 24.74. Colleen Rhemm (Muir, Pas) 300mLH 44.19. **Pacific Coast** - Tayibba Haneef (Laguna Hills) HJ 5-06. **Seaview** - Erin Stovall (Woodbridge, Irvine) LJ 18-10. Cara Heads (Newport Harbor, Newp Bch) DT 140-07. **Sierra** - Krystal Walden (West Covina) 100m 11.91w. 200m 24.76w. **South Coast** - Ashley Bethel (Mission Viejo) 100mHH 14.34. LJ 18-00. **Sunset** - Courtney Pugmire (Esperanza, Anaheim) 800m 2:15.09. 1600m 5:03.97. 3200m 11:13.17. Summer Shaw (Huntington Beach) 2:15.11. Inshirah Jones (Esperanza, Anaheim) 100mHH 14.56w. Kristy Kieruff (Esperanza, Anah) 19-00.25. **Valle Vista** - Rosalyn Grant (Ganessa, Pomona) 100m 12.08. LJ 18-10. Amika Hughes (South Hills, Covina) SP 41-06.5.

## SOUTHERN SECTION DIVISIONAL PRELIMS

Friday, May 12th, and Saturday, May 13th. Div III - Long Beach CC - Friday, May 12th

### Boys

**100m** Morton (South Torrance) 10.75 (+1.37). 2. Butler (Morningside) 10.79 (-0.56). **200m** Dooley (Culver City) 21.6w (+2.96). Fletcher (Alemany, Mission Hills) 21.7w (+2.60). Griswold (Garden Grove) 21.84 (+1.86). Morton (South Torrance) 21.76w (+2.09). **800m** Balderas (Garden Grove) 1:56.05. **1600m** Jensen (Sunny Hills, Fullerton) 4:21.20. **3200m** Liu (Temple City) 9:21.22. Ramirez (Nordhoff, Ojai) 9:21.33. Hake (Arroyo, El Monte) 9:23.62. **4x100m** Morningside (Inglewood) 42:42. TJ Turner (Morningside, Inglew) 48-06. SP Pentecost (Loyola, L.A.) 56-11.25. DT Pentecost (Loyola, L.A.) 166-01.

### Girls

**100m** Withers (Morningside, Inglew) 12.42 (-1.95). **200m** Withers (Morn, Inglew) 24.41w (+2.08). Edmonson (St. Bernard, Playa del Rey) 24.70 (+1.94). **400m** Edmonson 47.30. **800m** Gregory (Temple City) 2:19.19. **1600m** Tollotson (Redondo) 5:15.40. **3200m** Canchola (Nordhoff, Ojai) 11:09.00. 2. Wilson (University, Irv) 11:10.57. **100mH** Polk (Cerritos) 15.16 (-1.16). **300mLH** Thomas (Morningside, Inglew) 43.35. **4x100m Re** Morningside, Inglew 46.98. St. Bernard (Playa del Rey) 47.84. **4x400m Re** Morningside, Inglew 4:02.73. LJ Grant (Ganessa, Pomona) 18-09.75w (18-04 ok). TJ Grant 35-05.75. SP Hughes (South Hills, Covina) 42-07.25. DT Axton (Los Amigos, Garden Grove) 127-04.



# PREP NOTES

## SAN DIEGO SECTION LEAGUE FINALS HIGHLIGHTS

(From "Track Magazine"  
(619 765-1914))

Coastal League - Balboa Stadium - May 11th

**Girls:** Perkins (Bishops, La Jolla) 36-00.25.  
Eastern Finals - Balboa Stadium - May 12th

**Boys:** Lane (Parick Henry) 21.83. 400m Lane 47.34. 2. Carter (Morse) 47.92. 800m Henderson (Mira Mesa) 1:53.86. 3200m Henderson (Mira Mesa) 9:19.77. 4x100m Morse 42.32. 4x400m Morse 3:19.21. 2. San Diego 3:19.22. **Girls:** Frew (Morse) 12.44. 200m Garner (Morse) 25.23. 400m Garner (Morse) 56.45. 4x100m Morse 48.03.

Avocado League Finals - Mira Costa College - May 12th

**Boys:** 100m Green (Oceanside) 10.5. 2. Eubanks (El Camino, Oceans) 10.7. 1600m Hulsey (Torrey Pines, Enc) 4:22.4. 2. Romero (San Pasqual, Escondido) 4:22.9. 110mHH Forte (El Cam) 14.2. 2. Kurtz (Tor Pines) 14.4. 300mHH Forte 38.1. Kurtz 38.3. 4x100m Re El Camino 42.0. PV Brown (Tor Pin) 15-06. 2. Schimooka (San Pasq) 15-06. LJ McKeaver (Ramona) 23-02.5. DT Batiste (Oceans) 168-01. **Girls:** 1600m Strainiff (Torrey Pines) 5:12.6. TJ And Booker (El Cam) 37-00.5.

Harbor Finals - May 12th - Balboa Stadium

**Boys:** 800m Brown (Crawford) 1:55.77.  
Western Finals - May 12th - Balboa Stadium

**Boys:** 100m Williams (Univ City) 10.67. 200m Williams 21.83. 1600m Bowes (Scripps Ranch) 4:21.6. 3200m Bowes 9:30.7. 300mHH Sanchez (Univ City) 37.52. 4x100m Univ City 42.34. **Girls:** 800m Hanley (Univ) 2:18.39. 1600m Schmidt (Scr Ranch) 5:11.4. 2. Ott (Univ) 5:11.94. 3. Hanley (Univ) 5:12.00. HJ Sobers (Univ) 5-05.

Grossmont - West Hills HS - 5/12

**Boys:** 1600m Blain (West Hills, Santee) 4:22.1. LJ James (WH) 22-08.25. 2. Lewis (Mt. Miguel, Spr Valley) 22-08.25. SP Liebe (Granite Hills) 54-07. **Girls:** 100m McKinney (Monte Vista, Spr Valley) 12.14. LJ McKinney 18-02. DT Richmond (Mont V) 137-07.

Palomar League - Poway HS - 5/12

**Boys:** 100m Hawes (Rancho Buena Vista, Vista) 10.79. 200m Hawes 21.70. 400m Scott (Rancho Bernardo) 48.98. 1600m Nett (Mt. Carmel) 4:18.29. 3200m Larson (Rancho Bern) 9:29.8. 110mHH Fell (Ran Bern) 14.59. 2. Navarro (Orange Glen, Escondido) 14.60. 300mHH Fell 38.53. 4x100m Rancho Buena Vista 41.90. PV Poirer (Mt. Carmel) 15-04. **Girls:** Edge (RBV) 57.67. DT Magana (Fallbrook) 133-01.

## SOUTHERN SECTION DIV II PRELIMS

Saturday, May 13th - UC Riverside

**Boys:** 100m Harrison (Dana Hills, Dana

Point) 10.63 (-0.67). 400m Washington (La Sierra, Riverside) 46.34. Lewis (Riverside Poly) 48.53. 800m Ethridge (Barstow) 1:54.99. O'Bannon (Ocean View, Hunt Bch) 1:55.37. 1600m Ethridge (Barstow) 4:19.98. 3200m Sanchez (Capistrano Valley, Mission Viejo) 9:23.72. 110mHH DeGrammont (Tustin) 14.53 (-0.89). 300mHH Grimes (Canyon Springs, Moreno Valley) 38.60. 400m Re Canyon Springs (Moreno Valley) 42.40 (w/o Bryan Howard). 1600m Re Barstow 3:23.18. LJ Devine (Ramona, Riverside) 23-03.25. TJ Curry (Tustin) 46-07.75. SP Jones (Arroyo Grande) 58-03. DT Jones (Ar Gr) 174-10.

**Girls:** 100m Ali (Canyon Springs, Moreno Valley) 12.12 (-3.40). Edwards (Pomona) 12.16 (-1.06). 200m Edwards (Pomona) 24.49 (-2.79). Ali (Cany Spr, MV) 24.51 (-1.25). 400m Gray (North, Riverside) 56.35. Wilson-Duval (Woodbridge, Irvine) 56.96. 800m Caplis (Foothill, Santa Ana) 2:16.90. 1600m Muench (Temescal Canyon, Elsinore) 5:05.44. 3200m Horgan (Temescal Canyon, Elsin) 11:10.65. 110mHH Hayes (North, Riverside) 13.75 (+0.53) (CALIFORNIA STATE AUTO-TIMED ALL-TIME BEST), Bethel (Mission Viejo) 14.45 (-1.33). 400m Re Woodbridge (Irvine) 47.25. 1600m Re North, Riverside 3:54.55. 2. Pomona 3:55.08. 3. Canyon Springs (Moreno Valley) 3:56.44. LJ Stovall (Woodbridge, Irvine) 19-02. TJ Griffith (Trabuco Hills, Mission Viejo) 37-05.5. SP Lopez (Arroyo Grande) 42-04.75. DT Lopez (Ar Gr) 149-00.

## DIV I PRELIMS

Saturday, May 13th. Long Beach CC

**Boys:** 100m Hilliard (Torrance) 10.58 (wind +6.07). Cooper (Hawthorne) 10.62 (+6.07). Steward (Muir, Pasadena) 10.67 (+3.76). 200m Davis (Burroughs, Ridgecrest) 21.40 (+0.98). 2. Moore (Muir, Pas) 21.59 (-0.80). 400m Moore (Muir, Pas) 46.94. 2. Campbell (Alta Loma) 47.91. 800m Granville (Bell Gardens) 1:51.69. 1600m Fischer (Thousand Oaks) 4:21.65. 3200m Strahan (Hart, Newhall) 9:14.18. Arce (Palmdale) 9:14.28. McLarty (Ayala, Chino Hills) 9:14.38. Gonzalez (Crescenta Valley, La Cresc) 9:14.41. Fischer (Thous Oaks) 9:15.64. Hernandez (Camarillo) 9:16.05. 110mHH Walekr (W Covina) 13.97w (+5.45). Rambo (Poly, Long Beach) 14.40w. Haywood (Muir, Pas) 14.45w (+3.29). 300mHH Haywood (Muir, Pas) 37.86. Walker (W Cov) 37.96. Rambo (Poly, LB) 38.39. 400m Re Esperanza (Ana) 42.00. 1600m Muir (Pas) 3:15.1. Alta Loma 3:20.6. LJ Limbrick (Muir, Pas) 23-04.25w. TJ Anderson (Poly, LB) 48-00w. SP Davis (Wilson, LB) 58-02. DT Davis (Wils, LB) 160-11. **Girls:** 100m Backus (Wilson, Long Beach) 11.48w (+4.27). Anderson (Poly, Long Beach) 11.50 (+3.99). Haddad (Poly, LB) 11.60 (+3.54). Sumpster (Muir, Pas) 11.79w (+2.36). Walden (W Covina) 11.82w (+3.54). 200m Backus (Wilson, LB) 23.54 (-0.94). Anderson (Poly, LB) 24.11 (+1.28). Williams (Chino) (-3.18). Davis (Wilson, LB) 24.38 (-0.73). Sumpster (Muir, Pas) 24.61 (+0.90).

## OPINION...

### High School Track and Field Coaches Education (Certification)

High school track and field programs across California are in poor condition for many reasons. The reason that stands out the most is the lack of knowledge of many of the track coaches. As a result, many of our track athletes do not get proper teaching in their event(s). Compounding the problem seems to be the lack of concern by individuals/schools who are unwilling to provide their coaches with programs to improve the condition of track and field.

As I go from track meets, to invitationals, to clinics, to conventions, many coaches and officials see rules that are being broken, with no one enforcing those rules. Athletes get away with these infractions along the way, and then are unprepared and surprised by rule infractions enforced at the Sections and/or the State Meet. Too often, if a coach reports an infraction, he's looked upon as someone who doesn't want to give the kids a chance to compete, while the officials at that meet often let the rule go unenforced.

Many of our better coaches at the high school level work hard to try to get conditions to change, but all they get are excuses from administrators as to why they can't or won't put something together. Every year, we lose more and more of the knowledgeable coaches due to frustration with persons in positions who have no athletic background, don't understand athletics and, even more frustrating to those coaches, don't want to work with these coaches to improve the situation. Many of the top high school coaches, sooner or later, leave high school track and move to a higher level (college) in order to: 1) work with more talented athletes, 2) improve on their knowledge, 3) work with coaches who are more into the sport, 4) belong to an association that works towards improving track and field, and finally, 5) to make sure that the rules are followed.

Every day the sports page has an article on how high school coaches are not doing a good job, not teaching their athletes self-control, ethics, proper use of language, etc.,. Regrettably, there are also articles on the coaches themselves—cheating to win, not following and not knowing what the rules.

For coaches like me who are working to improve their coaching knowledge, there is an education program out there that is being offered through U.S.A. Track and Field, specifically geared to high school coaches. The CIF, Sections and Leagues could and should make these types of programs mandatory for all high schools in order to get paid more (like they do with Red Cross and First Aid cards.)

In this way, and only in this way, can we coaches and officials in track and field, count on improving our coaches' knowledge and improve our sport.

Al Hernandez  
USA Track & Field  
Men's Development Committee  
State High School Representative

400m Williams (Chino) 57.11. 800m Caulkins (Esperanza, Anaheim) 2:17.45. 1600m Ebner (St. Lucy's, Glendora) 5:02.80.

3200m Skieresz (Agoura) 10:45.10. Pugmire (Esperanza, Anah) 10:51.30. Mehberg (Peninsula, Roll Hills) 10:53.27. 110mHH Rogers (Apple Valley) 14.52w (+4.59). Jones (Esperanza, Ana) 14.58w (+5.58). Jones (Jordan, LB) 14.83w (+5.89). 300mLH Wlithay (Poly, LB) 44.16. 2. Myett (Wilson, LB) 45.18. 4x100m Poly (LB) 46.26. Muir (Pas) 47.13. Wilson (LB) 47.15. 4x400m Poly (LB) 3:51.48. Wilson (LB) 3:57.38. LJ Simpson (Poly, LB) 20-07.75w. TJ O'Connor (Espe-

ranza) 38-08w. SP Hicks (Littlerock) 40-00. DT Ensley (Los Alamitos) 125-02.

## DIV IV PRELIMS

Saturday, May 13th - Arcadia High School

**Boys:** 800m Pacheco (Brethren Christian, Cypress) 1:55.21. 1600m Pacheco 4:20.62. 4x100m Banning 42.90. PV Michels (Brethren Christian, Cypress) 14-08. LJ Raibon (St. Margaret's, Capistrano Valley) 22-07w. DT Hamm (Templeton) 176-06. **Girls:** 800m Addington (La Reina, Thous Oaks) 2:18.97.



**COACHES' CORNER**

**George Payan, Editor**

# The Road to Cross Country Success

By Joe Kelley, Peninsula High School



Joe Kelley

**N**o one remembers who ran well in October. Everything we do at Peninsula is designed to produce strong races at the end of the season, which for us this year was the California State Meet. When we set our team goals in June, we felt that both our boy's and girl's teams could reach this meet and that to plan for it was the best approach to our season.

Both teams do essentially the same workouts, and both teams begin their cross country seasons in June. While many teams don't start until late in the summer, our philosophy is that summer is crucial--especially for a mileage base. If our runners did all that was required of them, they began running the second week of June with 23 miles, and finished their summer program twelve weeks later with 51 miles, for a total of 479 miles. Our elite group (the name applies to any runner who wants to work a little harder and run more mileage) started with 32 miles and finished with 58--a total of 600 miles and a nifty T-shirt. How many actually ran 600 miles? Three varsity boys. How many actually ran 479 miles? Most of the people we were counting on this year ran almost all of that mileage. Girls, too. (At least that's what they recorded in their logs.)

There was one variable to our summer running this year. Runners could receive five miles of running "credit"

for attending an aerobics/step/weights/contouring class twice weekly. This was something we felt would both break the running monotony and build extra strength. It was a customized program for competitive runners, and everyone on our team--even the "too cool" guys--agreed this was a successful addition.

When we began September practices, we felt the boys returned in excellent physical shape and the girls had put in far too many "junk" miles, as opposed to quality miles. In other words, even though the girls had run mileage over the summer, much of it had been done at a pulse rate that contributed little toward increased physical fitness.

What follows is basically the work that both teams did from September through November, but the girls will be the focal point of this material because they best reflect the various coaching challenges most of us face. And there were challenges!

Here's what we faced. Our #1 girl had run almost nothing since April due to a recurring injury; #3 had a chronic back problem; #4 was a novice; #5 had very bad knees. Oh, yes, #2 was healthy. Our decision was to train almost everyone on less mileage than normal, to do more strenuous hill work, to utilize pool work and Lifecycle, to increase the intensity of our weekly long run, and to make every other mile count. In short, to push the edge of the envelope. We

also felt we had to work on our group dynamics, since only three girls (by season's end) had varsity experience.

Here's what we did. The first week of practice (beginning the day after Labor Day) included a 3-mile time trial, a ten-mile run, a day of two hill circuits, and some other LSD runs for a weekly total of 45 undulating miles on mostly soft surfaces. Our 1.8 mile hill circuits (Lydiard) are an every two-week staple of our program. They consist of a very hard .4 uphill (either sprinting or bounding), an easy grass segment, an all-out (timed) .4 downhill on dirt, a jog recovery on wood chips, some quick 30-second sprints, and a brief jog recovery. Depending on the time of the season, we will do up to four of these. With this particular team, our new girls did only one hill circuit and six miles of the ten mile run. Meanwhile, Molly Mehlberg, our #1 girl, was doing up to 1 1/2 hours of pooling and biking, which was supplemented by road runs with the boys. She was held out of too high intensity workouts.

By the end of September, we were doing three hill circles, the sprint portion of which consisted of 4 x 30-second rests. This was a Wednesday workout after a seven-mile Monday that included three half-mile pickups at the end of a soft surface rolling

*continued next page...*



run. Tuesday and Thursday were four-mile gradually building efforts, arranged around rhythm plyometrics and striders. We traveled to the Stanford Invitational Friday, ran our typical premeet 30 minutes near the course, and watched Molly Mehlberg get injured again Saturday. She would not race again until CIF Finals. As for our other girls during this time, Anna Behrens, our novice, never ran Sundays. Typically she would Lifecycle (level 2-3 manually) one other day each week for 45 minutes.

It's pretty important to note here that Stanford was our "bonding weekend." Because our runners had not yet established a team identity, were still somewhat polarized, lost in individual quests to work into what they perceived as the pecking order, we felt it important that they start subordinating their individual egos and work toward team unity. Building unity through being together--doing things together, focusing on a goal together, running a race plan together--was the emphasis of this entire Stanford experience. Our boys already had decided on their mission, but this was the turning point of the season emotionally for the girls.

Molly did no running for the next four weeks, and the girls had to captain themselves in workouts. Molly's workouts consisted of mostly Lifecycle efforts because the pool exacerbated her injury. She worked seven days a week. Some of her workouts were one hour of gradually increasing "perceived effort", while working manually up to level 5. Other times she would do five-minute surges (as many as five) at "race effort" or harder with five minutes rest (level 2, 80RPM). Still other days involved cycling all out one-and two-minute efforts with equal rest (level 2, 80RPM) after thirty minutes of steady state type riding. A couple of times for variety and rest, we brought the other girls into the pool to join her.

We worked these into our rest days as forty minute workouts followed by striders on grass. October 13 we did fifty minute with "floaties." (Warm up; 15 minutes alternating long/short cadence, that's 12-16 strokes every five seconds; 10 minutes of slalom alternating cadences; and 5 minutes of 30-second thrashers followed by 30-second floats before a 5-minute warm down.) Everyone liked the change and the rest--and the camaraderie.

By the last week of October, three of our top girls had "owies", so we ran 30 miles that week. In keeping with our original goal, Monday's run was an undulating effort that produced splits of 8:32, 8:01, 7:44, 7:06, 6:22. It was followed by six striders on grass. Tuesday we ran six rolling 800's on grass at 3:05-3:10 every five minutes. Wednesday was 30-minute pool day with plyometrics. Thursday we warmed up for 15 minutes then did a rugged simulation of the various Mt. SAC hills on some dirt trails near our school. These hills are almost exactly like those at Mt. SAC. Friday and Satur-

for 2 minutes, followed by 20 minutes on the treadmill at gradually increasing pace. No matter how hard runners work on the bike, they have to ride longer to achieve the same effect a run does. As you can see, we were starting to run a three-ring circus with workouts.

The last significant push we made was the week of CIF Prelims, which saw us return to the other half of our basic workout philosophy--long repeats. As important as hills are, we feel that our three quarter to one-mile repeats are equally essential. Integrated every other week into our schedule, these are done on rolling dirt, point-to-point, at a controlled pace. We place cones every tenth mile, ride along on bikes to control the pace, demand that the segments are done evenly, and call out splits to the runners. Three days before Prelims, *all* (amazingly) of our girls ran three .9 mile repeats with five minutes rest. Since we were nearing the championship phase of our season, only the

Each step of the season had a design for success, and success was not a state championship, but racing together as well as possible at the end of the season.

day were 5-mile gradually increasing pace days followed by an off Sunday. In an effort to preserve the bodies of our injured girls, we held them out of Tuesday's work, and biked them on Saturday. The rest eliminated the pounding and kept them fresh. Molly's Saturday workout consisted of 1:05 on the Lifecycle to an intensity of level 6, 90RPM

first was done slowly, 5:54 for the entire team. It is important to note here that because we emphasize pack running all season long, almost all of these repetitions are done at a pace the entire group must hold. Very seldom do we let the girls run apart from the pack in this kind of workout. On

*continued next page...*



# Where are the Women?

By Michele Hopper Buchicchio  
Boys' & Girls' Track & Cross Country Coach, San Gabriel High School



In 1973, I was a senior competing in track and field at Alhambra High School in California. For the first time in history, girls were allowed to participate in CIF competition. Qualifiers could advance only one

more round to the Masters Meet as a State Meet for girls did not yet exist.

Later that year, cross country was

added as a fall high school sport for girls, another first. For me, the change came too late. I was graduating and would have to wait four years for colleges to include women's cross country.

In the early 70's, while I was in college, the AIAW (American Intercollegiate Athletics for Women) was the governing body for women's sports, and the majority of coaches were women. Many changes took place during my competitive years. By the late 70's:

1. Cross country was added as a sport.
2. The NCAA became the governing

organization replacing the AIAW.

3. The attrition rate of women coaches was rising.

Bucking the trend, I began coaching high school cross country and track in the mid 80's. At that time, a meeting of approximately 100 coaches took place to discuss the prospects of holding a State Cross Country Meet for boys and girls. At that meeting I recall asking myself, "Where are the women?", as only two other women attended. Although I was aware that I was the only female coach in our league, surely other leagues had to have more female representation? Because of combined programs, it was clear that the number of female coaches was declining at both the high school and college levels.

## Road to Success, continued

this occasion, however, the girls could vary from runner to runner as long as their pace was even. We ranged from 5:07-5:27 on number two, and from 4:55-5:16 on number three. This workout was sandwiched between a Monday 4-mile LSD run and Thursday-Friday gradually increasing pace efforts of five miles.

As with every other year, the success of our girls this year was directly proportional to the degree they trusted their coaches, believed in themselves, and cared about one another. There were very few workouts on which they were not accompanied by a coach, either on foot or on bike, to make sure the practice plan was being followed precisely. Whenever they raced they had a race plan they were to follow, and for which they were held responsible. Each step of the season had a design for success, and suc-

cess was not a state championship, but racing together as well as possible at the end of the season.

*The information in the Coaches' Corner column is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. George Payan (Head Cross Country and Track coach at Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.*

*California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677.*

*In addition, please send any information you have on California coaching clinics. Thank you!*



## A Look at the Numbers

While girls' sports comprise almost 50% of high school programs, 95% of high school coaches are men. This lack of female coaching role models could lead many high school girls to view coaching as a profession for men only.

## Possible Reasons Why Women Do Not Coach

While opportunities for participation in coaching has increased over the years, why are so few women coaching?

Female coaches report higher levels of "burnout" when compared to males.

Possible reasons for "burnout":

1. Females not being equally rewarded for success as male coaches (salaries and media attention).
2. Lack of preparation for coaching by mentors.
3. Not having the same athletic experience as males growing up to handle

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## California Track and Cross Country **COACHES ALLIANCE**

competitive experiences.

4. A willingness to admit they are "burned out."

Burnout increases for those who teach, coach and also take on the more "traditional" roles for women. These roles include that of wife, mother or major caretaker of the elderly or sick. Since most coaching takes place after the regular school day, women often feel guilty about spending too much time with their team and not enough time with their family.

According to a recent women's sports and fitness article, women are affected by **perceived sexual orientation** when associated with athletics. This occurs whether they are homosexual or heterosexual. Some heterosexual women have forgone coaching careers (especially if single) for fear of being labeled "gay". Homosexual women may shy away from coaching for fear of the possible negative ramifications that could occur if their sexual orientation was made known.

Statewide, high schools have experienced an **unfavorable economic climate**. Budget cuts have not only affected equipment, supplies, and transportation, but coaching positions as well. Twenty years ago, boys and girls had their own separate programs and coaches. Today, 75% of programs are combined. Whether it is because women candidates are limited in numbers, or that men are perceived as more qualified, coaching positions are in reality filled by men who hire men.

Another consideration for not coaching is **salary**. I know women officials who make more money officiating than I do coaching. They say if they returned to coaching they would lose money. "Uncle Sam" took 40% of my coaching salary in taxes this year. When I compare the hours worked with the salary received, I made less than minimum wage. It is hard for young people looking for careers to view coaching as a respected profession when salaries are not commensurate with the job.

### **Recruiting Female Coaches**

During the 21 years I have spent as a competitive runner, I have been coached mostly by men. I feel fortunate that they have not only inspired me to attain athletic goals, but also that they have encouraged me to pursue coaching as a profession. Having coached male and female athletes for more than 10 years, I find that some of my most cherished athletic moments have been as a coach. More women should be involved with personal growth and athletic development of athletes.

Coaches need to be increasingly aware of the important role they play in



shaping the future of young people. With some encouragement, female athletes can be persuaded to select a career that would include coaching. Former female students can serve in assistant positions, giving them valuable coaching experience.

Athletic directors can help female coaches combat pressures. They can enhance the personal and professional growth of coaches by encouraging them to attend clinics, workshops, conventions, and in-service programs. Administrative praise given to coaches for a job well done will go a long way toward boosting morale.

"Significant others" can be instrumental in determining the coaching success and years of service their loved ones can attain. For example, were it not for the love and support of my husband and daughter, this article would not be possible! I'm thankful they know that being a

Coaches need to be increasingly aware of the important role they play in shaping the future of young people.

**MICHELE BUCHICCHIO**  
Photo by Bill Cockerham

coach is part of who I am. Sometimes that means that I come home a little late, dinner doesn't get made and the house work piles up. But, just like the athletes on our high school team, we work it out...together.



## NOTES FROM DOUG SPECK...

# MICHAEL GRANVILLE INTERVIEW

As one meanders down the prep yearly outdoor lists the mark that stands out far above all others is the 1:47.96 for 800 meters by eleventh grader, Michael Granville, of Bell Gardens (Ca). The very precocious eleventh grader accomplished this win in the April 8th, Arcadia/Foot Locker Invitational, a Los Angeles area meet that has marked an interesting "coming-out" for the young star each April the first three years of his prep career.

The 1:47.96 is certainly not the first time that Granville has raised eyebrows, with the seventeen year old athlete setting age- group and grade records starting with a surprising 1:51.61 800 win at Arcadia as a frosh, with an impressive 1:48.96 last May as a sophomore to destroy the old tenth grade standard of 1:50.8. Michael has been the *Track & Field News* Prep Indoor Athlete of the Year the last two seasons, taking down John Marshall's 800m standard of 1:50.7 with his 1:50.55 from this

March's National Scholastic Indoor Meet. Along the way, Granville, who is coached very carefully by his father, Michael Sr., has also recorded 21.75 (21.41w) (200m) and 46.34 (400m) clockings. Michael followed up his Arcadia 1:47.96 (where he was followed by Aaron Richburg 1:49.12 and soph William Moore 1:49.16) with a solo 46.49 Mt. SAC 400m win (second was 49.16), and was 21.41w for 200 at SAC.

A talk with father, Michael Sr., and son following the races at Mt. SAC tried to take in what had happened recently and give a look to the future. Interestingly, one quickly realizes that this is a team that is totally on the same page to the point that either one can comfortably answer a question or carry on a conversation that the other has started. They come across as a very sincere team with some very big plans. One senses a similarity to the father/son relationship that Seb Coe had with his dad.

When questioned about the 1:47.96 performance and his thoughts coming into the April 8th race, Michael replied, "I

wanted to do my best to win and continue my string of victories in the Meet." When questioned about the threat of competition from Richburg (1:48.4 relay the week previous) and age-group rival Moore (who followed a 1:51.93 run two weeks previous with comments that he was ready for Granville), Michael simply stated, "I felt good in the race, planned on running my pace, and, with God willing, hoped to win." About his tough 24.5 (200) 51.8 (400) and 1:20.2 (600) early pace, Michael indicated, "I planned on going out hard, and feel much stronger this year than last."

The father/son duo was excited to hear that the 1:47.96 had qualified for the Senior USA Track & Field Championships in Sacramento in June (1:48.14 800m standard), with no hesitancy about the desire to step up to that level of competition. Plans are for High School competition through the State Meet in early June. When 1995 goals for the year are discussed there is no hesitancy with 1:46 as an  
*continued next page...*

### CLARENCE SCOTT

Scott, from Fremont in Los Angeles, finally put it together in the Long Jump in the City Prelims at Birmingham HS (Van Nuys) on May 18th. From his 24-6 3/4 win at the Arcadia/Foot Locker Meet, Scott exploded to a nation-leading 25-04.5.

### OBEA MOORE

The John Muir of Pasadena soph continues to roll, showing up at the Pacific League Prelims at Arcadia in early May and proceeding to crank a 46.0 400 in a Prelims Heat! In the Finals Obea raced 21.30 (wind -1.2 mps) for 200 meters and 46.50 for the lap distance on a cool

Friday evening. Makio Haywood of Muir only took up the Hurdles in recent weeks, and was second to Chris McAlister in the Highs 14.43-14.44 and took the Intermediates in 38.17.

### ANGELA WILLIAMS

The ninth grader from Chino HS marked her League Finals competition with 11.70w (100m) - 23.44w (200m) and 55.68 (400m) efforts, continuing to live up to all the rave reviews as the nation's top junior high sprinter the last two years. Age-group rival, MIESHA WITHERS (Morning-side, Inglewood), was finally turned loose in individual events at League Meet time, and she ended the Southern Section Division III 100 (11.91) and 200 (24.07w) champ.

### BRYAN HARRISON

The soph from Dana Hills (Dana Point), who moved here from Florida just prior to High School, is quickly developing into one of the nations' top young sprinters. With bests of 10.56 and 21.10, as of mid-May, Harrison was the #2 soph in the nation over 100m behind Donald Fisher (Evans, Orlando, FL), at 10.51, and the top soph at 200m (Evans was 21.25 in Florida). Harrison waded in against Bryan Howard (Canyon Springs, Moreno Valley) in Southern Section Div II action in fine style, competing heads up against one of the nation's best.

*continued next page.*



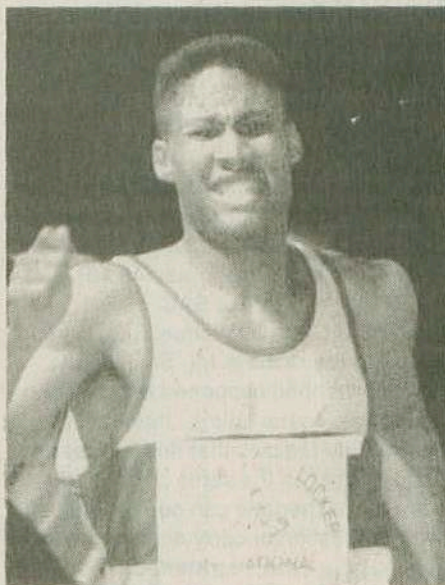
## California Track and Cross Country **COACHES ALLIANCE**

immediate goal and 1:44 as the result of a perfectly run race this summer. Granville's 1:48.96 1994 best was a totally solo effort, and with a year's experience, conditioning, and this season's start far ahead of last on the watch it would seem that George Kersh's all-time prep best of 1:46.58 could be in real trouble later this season.

Discussion of the 1996 Olympic year gets even more interesting. When pressed on goals for his twelfth grade season the team replies with simple confidence, "to win a gold medal." When pressed on time goals for next year father indicates that a perfect race looking towards Atlanta could have Michael run between 1:42.8 and 1:43.2. Those at Arcadia who saw Michael run 1:47, including many local experts, were left breathless, with the sense that anything was possible for the youngster. One has the sense from a discussion that whatever happens is okay with the family, but there is such a sincerity to comments and amazing results so far that a listener is inclined to become a believer in whatever the team of two suggests is possible.

Michael is not a one-dimensional person. He has a 4.16 GPA in a challenging academic course of study. The eleventh grader is quick to point out that his sister, Shalaura, who skipped from the seventh to the ninth grade two years back to be in the

same grade with Michael, leads the family in the GPA department, with a 4.61 on a five point scale. Sister is very comfortable with Michael's track successes, and competes on the Bell Gardens team in the 400 and 800 meter events. Michael sees as a career goal to be an architect, with collegiate athletic plans waiting until next year to be sorted out.



**MICHAEL GRANVILLE**

*Photo by Kirby Lee*

Father points out that 1996 is the end of the first four year period of a twelve year athletic plan for Michael. A year's calendar usually includes track action

into the summer (Michael was very successful at the Junior Olympic level prior to High School), with August through October a period of relaxation. Michael indicated that he swims, plays some basketball, and really concentrates on studies during that period. Late October and early November starts preparation for the next spring's season, with typically careful placement of Michael in meets prior to the month of May local league through state weekly qualification procedure.

The impression one has of watching Granville run is of immense power, with Michael Sr's comment's on the development of this strength quite interesting. He states the power comes from a combination of physical and mental preparation, with grass running, doing different sports in addition to running, and the use of push-ups and calisthenics as opposed to great amounts of weight training all coming together in the "complete" fine athlete we all see on the track.

After a discussion with the "team" of Michael and his dad, it is obvious that what has happened so far with Michael's running is not by accident. Many have been surprised and quite impressed with what has been accomplished so far, but one leaves a discussion with the two with the impression of a quiet confidence in some bigger and better things down the road. Keep an eye on this young man! ♦

### **JOANNA HAYES**

The UCLA bound senior from North HS in Riverside closed out her local senior year in fine style. Starting with the Section Division II Prelims at UC Riverside, close to home, Hayes blasted a 13.75 100m Hurdles race, a California auto-timed record (#19 All-Time U.S. Prep auto-timed), then raced a 41.98 300m Lows time, #18 on the All-Time U.S. Prep lists. Divisional action had Hayes run 13.49w and 42.46 the next week.

### **KENYON RAMBO** (Poly Long Beach)

The soph from Jackrabbitville established a national soph 300m Intermediate Hurdles record

with his 37.18 from the Section Division I race at Cerritos. David Byrd (Poteet, Tx) had the old record at 37.31 from 1992.

### **ARROYO GRANDE COACH ED ALARCIO...**

and staff certainly have to be congratulated on their continued success in the sport. The 1995 Arroyo Grande team featured perhaps the area's strongest field event group ever, as they took the Section Division II Boys' title with all of their points coming from the Field event area. 6-8 High Jumpers Mitch Naber and Kevin Wilkinson, 15 foot pole vaulter Logan Nichols, and weight man, Chad Jones, 58-10 1/2 and 183-00,

carried the AG crew to their easy team win with 49 points in the Divisional Meet. On the Girls side, one of the nation's best weight athletes, Nadia Lopez, led the squad.

### **TYREE WASHINGTON**

(La Sierra, Riverside) The defending State Long Jump champ, marked the coming out from a relatively inactive spring with a huge 400 meter effort in the Section Div II Prelims at UC Riverside in mid-May. Washington, out of lane 7, did not see much of anyone in racing a brilliant 46.34 that added to his and the area's stock in the event (with Obea Moore and the group). ♦



# RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

## ▲ Track & Field

### Bob Mathias Fresno Relays

March 31-April 1, Ratcliffe Stadium, Fresno

#### Open/intercollegiate Women

**HT:** 1. Staci Darden (FresSt) 166-1, 2. Kieran Moss (CSLB) 157-1, 3. Dawn Tabla (BYU) 146-7. **DT:** 1. Erica Ahmann (CPSLO) 177-0, 2. Staci Darden (FresSt) 160-9, 3. Becky Elwood (FresSt) 157-7. **HJ:** 1. Clarissa Moulton (CSB) 5-7, 2. Leann Kazmer (UNLV) 5-7, 3. Kalina Freeman (UCD) 5-7. **LJ:** 1. Alicia Brimhall (BYU) 19-3, 2. Felicia Brown (FresSt) 19-1 1/4, 3. Stacey Thompson (CSB) 18-10 3/4. **SP:** 1. Erica Ahman (CPSLO) 42-6 1/4, 2. Dawn Tabla (BYU) 42-1 1/4, 3. Lara Newell (CSB) 41-10 3/4. **JT:** 1. Tiffany Loftus (BYU) 167-11, 2. Danene Bitter (un) 148-5, 3. Erika Spence (FresSt) 139-0. **TJ:** 1. Danielle Brown (UCLA) 39-2 1/2, 2. Felicia Brown (FresSt) 38-11 1/2, 3. Jennifer Frazier (BYU) 38-8 1/4.

**500m:** 1. Laura Bevil (CPSLO) 17:07, 2. Kara Bradbury (UCSB) 18:09, 3. Gabriella Rodriguez (UCSB) 18:11. **100mH (w+2.1):** 1. Felicia Brown (FresSt) 14:37, 2. Zoe Shaw (UCLA) 14:37, 3. Kristi McGihon (BeachTC) 14:49. **100m:** 1. Juan Ball (Humb) 11:46, 2. Keisha Criswell (FresSt) 11:75, 3. Tamartha Cox (CPSLO) 11:86. **400mR:** 1. Fresno State 46:25, 2. Brigham Young "A" 46:70, 3. UNLV 47:22. **1500m:** 1. Sarah Dawson (FresSt) 4:37.99, 2. Heather Frushour (BYU) 4:41.12, 3. Beckie Levy (UCSB) 4:42.21, 4. Lori Miller (CSN) 4:43.96, 5. Nikki Shaw (CPSLO) 4:44.47.

**400m:** 1. Taunika Ogans (CSLA) 56.31, 2. Janice Nichols (CSBkt) 57.00, 3. Tami Simpson (FresSt) 57.83. **800m:** 1. Janeth Caizalitin (BYU) 2:10.0, 2. Milissa Teament (BYU) 2:10.6, 3. Irene Orozco (FresSt) 2:12.5. **400mH:** 1. Dixie Williams (BYU) 1:00.62, 2. Stacey Thompson (CSBkt) 1:01.65, 3. Tonia Coleman (Humb) 1:01.95. **200m:** 1. Juan Ball (Humb) 23.89, 2. Taunika Ogans (CSLA) 25.16, 3. Shuntay Taylor (FresSt) 25.30. **3000m:** 1. Marty Aparicio (BYU) 9:52.88, 2. Danielle Nelson (FresSt) 9:57.70, 3. Sara Flores (Humb) 10:06.51, 4. Deanna Hadley (UCSB) 10:07.24, 5. Kelly Jacobson (FresSt) 10:10.71. **1600mR:** 1. UNLV 3:45.10, 2. CS Bakersfield 3:50.16, 3. Fresno State 3:51.40.

**Team Scores—Division I:** 1. Fresno State 150, 2. BYU 110, 3. CPSLO 59, 4. UCSB 36, 5. UNLV 28, 6. UCLA 18, 7. CSLA 16, 8. CS Long Beach 15, 9. CS Northridge 10.

**Division II:** 1. CS Bakersfield 58, 2. Humboldt State 37, 3. UC Davis 18, 4. Stanislaus State 2. **Division III:** 1. Chico State. **Division NAIA:** 1. Fresno Pacific 1.

#### Open/intercollegiate Men

**HT:** 1. Ken Norlan (SacTC) 202-2, 2. Robert Dilts (UCD) 198-6, 3. Monte Wilson (un) 190-8. **JT:** 1. Dallas Richey (FresSt) 189-2, 2. Robert Fitzpatrick (UCD) 187-1, 3. Geoff Bradshaw (WarTC) 186-0. **DT:** 1. Jeff Blakefield (UCD) 162-11, 2. Sean McKeown (FresSt) 162-1, 3. Matt Godbehere (CSB) 160-5. **PV1:** 1. Heath Fuik (un) 17-4 1/2, 2. Steve Keating (un) 17-0 3/4, 3. Jason Henken (LBSU) 17-0 3/4. **PV2:** 1. Eric Fifield (un) 15-9, 2. Cory Johnson (Chico) 15-3, 3. Paul Friednback (un) 15-3. **LJ:** 1. Libby Tracy (CSB) 24-7 1/4, 2. Steve Amundsen (CPSLO) 23-11, 3. Derrick Mitchell (FresSt) 23-7 1/2. **SP:** 1. Matt Godbehere (CSB) 55-1, 2. Sean McKeown (FresSt) 52-6, 3. Jason Dossey (FresSt) 52-5. **TJ:** 1. Derrick Mitchell (FresSt) 15-33, 2. DeAndre Robertson (CSB) 15-20, 3. Robert House (FresSt) 14-84. **HJ:** 1. Moses Kearney (FresSt) 6-10 3/4, 2. Erik Nyberg (FresSt) 6-10 3/4, 3. Eric Crow (BYU) 6-8 3/4.

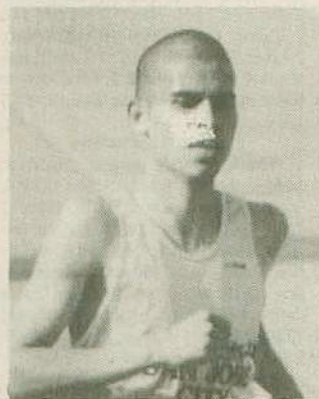
**110mH:** 1. Chris Youngblood (CSN) 14.29, 2. Mike Jones (BYU) 14.30, 3. Randall Hines (BYU) 14.54. **100m:** 1. Ricky Carrigan (SFSt) 10.36, 2. Chariton Jordan (FresSt) 10.48, 3. Greg Turner (CSBkt) 10.54. **3000mSC:** 1. Jason Lieuan (ReebAggies) 9:05.69, 2. Polo Duarte (FresSt) 9:24.69, 3. Forest Quinling (UCSB) 9:28.32. **400mR:** 1. CS Bakersfield 40.91, 2. New Names 41.27, 3. Hawaii Elite 42.84. **1500m:** 1. Eric McBride (CalCoast) 3:53.88, 2. Rod Heskett (ReebAggies) 3:54.18, 3. Dan Zoldak (FresSt) 3:54.47. **400m:** 1. Russell Hester (CSBkt) 47.22, 2. Gerald McCladdie (CSBkt) 47.74, 3. Geof Garvin (un) 48.69.

**800m:** 1. Ian Hunter (BYU) 1:49.93, 2. Aaron Samansky (FresSt) 1:50.76, 3. Kipp Ortenburger (FresSt) 1:51.21. **400mH:** 1. Mike Jones (BYU) 52.66, 2. Rueben Parish (Frasst) 53.11, 3. Randy Hines (BYU) 53.52. **200m:** 1. Greg Turner (CSBkt) 21.23, 2. Felix Andam (BYU) 21.52, 3. Chariton Jordan (FresSt) 21.62. **1600mR:** 1. Fresno State 3:15.61, 2. Warrior TC 3:17.31, 3. Stanislaus St. 3:19.12. **5000m:** 1. Craig Lawson (BYU) 14:08.4, 2. Mike McManus (Sky Line TC) 14:29.8, 3. Dave Callum (UCSB) 14:39.6, 4. Dan Berkeana (CPSLO) 14:40.9, 5. Mark Johansen (BYU) 14:50.2.

**Team Scores—Division I:** 1. Fresno State 184, 2. BYU 128, 3. CPSLO 27, 4. Cal State Long Beach 23, 5. CS Northridge 16, 6. UCSB 15, 7. UCLA 5. **Division II:** 1. CS Bakersfield 103, 2. UC Davis 29, 3. Stanislaus State 16, 4. San Francisco St 13, 5. Humboldt State 11. **Division III:** 1. Chico State 4. **Division NAIA:** 1. Fresno Pacific 1.

#### Junior College Men

**100m:** 1. Demetrius Snaer (Delta) 10.56, 2. Corey Keller (Cerritos) 10.64, 3. Ryan McGinnis (Hartnell) 10.79. **200m:** 1. Demetrius Snaer (Delta) 21.12, 2. Corey Kelley (Cerritos) 21.31, 3. Akinshie Paige (SFCC) 21.80. **400m:** 1. Montazh Crittle (SJCC) 48.50, 2. Archie Jackson (Ventura) 49.85, 3. Ernest Morton (SFCC) 49.97. **800m:** 1. Brian Wilkinson (Hartnell) 1:52.18, 2. Greg Tademy (SJCC) 1:56.77, 3. Nick Collins (SFCC) 1:57.50. **1500m:** 1. Juan Pinales (SJCC) 3:58.07, 2. Alejandro Ramirez (Delta) 4:00.17, 3. Chris Coleman (Sequoias) 4:04.32.



JUAN PINALES

Photo by Bill Cockerham

**3000mSC:** 1. Leonard Fernandez (Hartnell) 9:49.87, 2. Martin Ruiz (Delta) 9:58.86, 3. Eduardo Verdejo (Bkfld Coll) 10:11.06. **110mH:** 1. Jay Young (Cerritos) 14.69, 2. Keyan Scott (FresnoCC) 14.90, 3. Kris McLucas (Ventura) 14.92. **400mH:** 1. Jay Young (Cerritos) 53.81, 2. Noah Walsh (Ventura) 55.81, 3. Anthony Brockington (Delta) 55.83.

**HJ:** 1. Greg Walker (DiabloVly) 6-10, 2. Melvin Roberts (Bkfld Coll) 6-8, 3. Jerrod Johns (ContraCosta) 6-6. **PV:** 1. Mike James (Hartnell) 15-00, 2. Jeff Beam (Moorpark) 15-00, 3. Travis Majors (DeAnza) 14-6. **LJ:** 1. TJ Atkins (FresnoCC) 23-8.5, 2. Rashee Johnson (SFCC) 22-11, 3. Jackie Frazier (FCC) 22-8.75. **TJ:** 1. Jason Sergeant (ContraCosta) 46-10, 2. Robert Macias (Hartnell) 46-9.5, 3. Santiago Delgado (Cerritos) 46-5.5. **SP:** 1. Jeremy Staat (Bkfld Coll) 50-11, 2. Rob Garrison (Bkfld Coll) 49-6, 3. Geoff Ebert (DeAnza) 48-11.

**DT:** 1. Troy Sproul (Sequoias) 165-2, 2. Jeremy Staat (Bkfld Coll) 155-9, 3. Rob Garrison (Bkfld Coll) 146-11. **JT:** 1. George Herczeg (DiabloVly) 178-6, 2. David Hepp

(FresnoCC) 178-4, 3. Robert Ernster (Cerritos) 172-10. **HT:** 1. Jeremy Staat (Bkfld Coll) 161-9, 2. Chris Loercher (DiabloVly) 157-4, 3. Kent Cam (FresnoCC) 151-8. **4x100mR:** 1. San Francisco CC 41.59, 2. San Joaquin Delta 41.92, 3. Cerritos 41.93. **4x400mR:** 1. San Francisco CC 3:20.49, 2. DeAnza 3:21.06, 3. Ventura 3:21.36.

**Team Scores:** 1. Bakersfield College 71, 2. San Joaquin Delta 60, 3. Cerritos 56, 4. Fresno CC 54, 5. Hartnell 51, 6. San Francisco CC 48, 7. Diablo Valley 43, 8. San Jose CC 42, 9. Ventura 41, 10. Contra Costa 31, 11. College of Sequoias 25, 12. DeAnza 24, 13. Citrus 11, 14. Moorpark 6 & unattached 8, 16. Cuesta 6, 17. Merced 4 & Skyline 4.

#### Junior College Women

**100m:** 1. Jennifer Frank (Cuesta) 12.34, 2. Tiffany Jackson (ContraCosta) 12.36, 3. Keyshay Thomas (FresnoCC) 12.57. **200m:** 1. Reyna Goodwin (SFCC) 25.31, 2. Keyshay Thomas (FresnoCC) 26.17, 3. Valerie Walsh (Hartnell) 26.27. **400m:** 1. Patricia Hall (Delta) 59.00, 2. Kosha Boyd (Ventura) 1:00.21, 3. Reyna Goodwin (SFCC) 1:01.35. **800m:** 1. Bev Toney (Cuesta) 2:25.05, 2. Sonia Lopez (Delta) 2:29.69, 3. Stephanie Rivera (Delta) 2:30.31.

**1500m:** 1. Laura Bermudez (Citrus) 4:56.85, 2. Stephanie Rivera (Delta) 4:56.94, 3. Venessa Allen (Bkfld Coll) 4:59.32. **3000m:** 1. Laura Bermudez (Citrus) 11:07.27, 2. Venessa Allen (Bkfld Coll) 11:08.14, 3. Beth Nakashima (Bkfld Coll) 11:17.60. **5000m:** 1. Josie Sanchez (Ventura) 18:24.1, 2. Amarisa Hernandez (Cuesta) 20:03.1, 3. Kendra McCarthy (Hartnell) 22:44.1. **100mH:** 1. Natalie Martin (Cerritos) 14.81, 2. Christyna Serrano (Hartnell) 15.60, 3. Richelle Heibut (FresnoCC) 16.09. **400mH:** 1. Christyna Serrano (Hartnell) 1:06.86, 2. Natalie Martin (Cerritos) 1:10.13, 3. Beth Comfort (DiabloVly) 1:13.34.

**HJ:** 1. Tracy Iwanski (FresnoCC) 5-6, 2. Yvette Lamay (ContraCosta) 5-2, 3. Jennifer Sypniewski (Delta) 5-2. **LJ:** 1. Richelle Heibut (FresnoCC) 18-1.75, 2. Jennifer Frank (Cuesta) 17-11.75, 3. Anissa Tan (SFCC) 17-4.25. **TJ:** 1. Terry Khalilah (Delta) 36-7.5, 2. Tracy Iwanski (FresnoCC) 36-2.25, 3. Jennifer Sypniewski (Delta) 35-2.5. **SP:** 1. Lisa Stephney (FresnoCC) 41-11, 2. Rose Ballesteros (Citrus) 39-2.5, 3. Yolanda Crowder (Bkfld Coll) 39-1.

**DT:** 1. Tyrenda Stamps (DeAnza) 141-6, 2. Lisa Stephney (FresnoCC) 137-0, 3. Amy Blackburn (Ventura) 133-7. **JT:** 1. Rose Ballesteros (Citrus) 136-7, 2. Teresa Flores (Hartnell) 117-8, 3. Allison Rizzo (Delta) 115-6. **4x100mR:** 1. Hartnell 50.07, 2. Fresno CC 50.21, 3. San Joaquin Delta 50.31. **4x400mR:** 1. San Joaquin Delta



# RESULTS

4:07.42. 2. Hartnell 4:12.12. 3. DeAnza 4:14.05. HT: 1. Rose Ballesteros (Citrus) 132-7. 2. Araceli Hernandez (BkldColl) 124-2. 3. Jennifer Wright (Cuesta) 121-0. **5000m**: 1. Juan Pinales (SJCC) 14:59.8. 2. Eduardo Verdejo (BkldColl) 15:33.6. 3. Ty Walker (DiabloVly) 15:34.8.

**Team Scores**: 1. Fresno CC 94. 2. San Joaquin Delta 89. 3. Hartnell 63.5. 4. Citrus 55. 5. Cuesta 49.5. 6. Bakersfield 39.5. 7. Cerritos 30. 8. Ventura 27. 9. DeAnza 25. 10. San Francisco CC 22. 11. Contra Costa 19.5. 12. Diablo Valley 16. 13. Merced & Monterey Peninsula 8. 15. Chabot 4. 16. Hancock, Kings River & Skyline 2.

## Invitational Men

**110mH**: 1. Derek Knight (un) 13.55. 2. Rich Benoy (SpringCo) 13.57. 3. Glen Terry (AsicsTC) 13.67. **100m**: 1. Anthony Barnes (FresnoSITC) 10.06. 2. Terry Bowen (FresSITC) 9.97. 3. Jeff Williams (un) 10.07. **200m**: 1. Brian Lewis (un) 20.61. 2. Jeff Williams (un) 20.81. 3. Steve Lewis (SMT) 20.85. **400mR**: 1. Fresno State TC 40.05. 2. Long Beach State 40.51. 3. Fresno State 41.88. **400m**: 1. Lamont Smith (SMT) 47.13. 2. Don Oliver (UCSB) 48.74. 3. Dante Kusleika (FresSITC) 50.05. **400mH**: 1. Kendrick Washington (un) 51.06. 2. Kenny Hall (CSS) 51.95. 3. Ruben Parrish (FresSt) 52.75. **800m**: 1. Erick McBride (CalCoast) 1:49.66. 2. Brian Wilkinson (Hartnell) 1:50.30. 3. Jean Destine (SMT) 1:50.58. **1600mR**: 1. CS Bakersfield 3:12.86. 2. Fresno State 3:19.84. **1 Mile**: 1. Jamey Harris (ReebAgg) 4:06.27. 2. C. Cushing Murray (SMT) 4:07.83. 3. Ernie Freer (FresnoSITC) 4:09.97.

**HT**: 1. Chad Danowsky (USC) 209-2. 2. David Lunde (SacTC) 204-1. 3. Robert Diets (UCD) 202-11. **JT**: 1. Alan Collatz (AmBigG) 227-9. 2. Dave Johnson (Reeb) 218-11. 3. Dallas Richey (FresSt) 186-7. **DT**: 1. Gary Kirchoff (un) 183.6. 2. John Wirtz (un) 183-5. 3. Mike Mielke (Army) 180-11. **HJ**: 1. Brian Stanton (StanSt) 7-1. 2. Kevin Keene (un) 6-11 3/4. 3. Eric Nyberg (FresSt) 6-11 3/4. **LJ**: 1. Derek Scurry (un) 26-0. 2. Ben Koech (25-6). 3. Kevin Smith 24-5. **PV**: 1. Dean Starkey (Reeb) 18-8 1/4. 2. Tim Bright (Miz) 18-8 1/4. 3. Nick Hysong (StarS) 18-0 1/4. **PV/Visa Triathlon**: 1. Dave Johnson (Reeb) 17-0 3/4. 2. Robert Budwig (StanSt) 14-5 1/4. 3. Paul Foxen (Nike) 14-5 1/4. 4. Chris Wilcox (Visa) 13-5 1/4. **SP**: 1. Billy McDanell (jn) 55-9 1/4. 2. Marc Harisay (BYU) 55-7. 3. Rod Chroinster (AmBigG) 55-5 1/2. **TJ**: 1. Greg Harper (un) 52-0 3/4. 2. Robert Cannon (S&S) 52-0. 3. Derrick Mitchell (FresSt) 48-1 3/4.

## Invitational Women

**100mH**: 1. Monica Missick (FresSITC) 13.19. 2. Doris Williams (GoldTC) 13.23. 3. Michelle Campbell (AzPac) 13.54. **100m**: 1. Juan Ball (Humb) 11.41. 2. Keisha Criswell (FresSt) 11.86. 3. Oshonda Posey (CSLA) 11.90. **1600mR**: 1. Janeth Caizalitin (BYU) 4:54.49. 2. Melissa Teemant (BYU) 4:59.57. 3. Danielle Nelson (FresSt) 5:02.06. **400mR**: 1. Fresno State 46.74. 2. Humboldt 47.37. 3. CS Bakersfield 48.27. **400m**: 1. Fatima Yusuf (AzPac) 52.00. 2. Tanya

Dooley (AIA) 54.37. 3. Judy Fraser (UNLV) 55.06. **800m**: 1. Nicole Teter 2:05.52. 2. Carmen Gage (AzPac) 2:08.62. 3. Shannon Harris (ReebAg) 2:08.78. **400mH**: 1. Felicia Harris (ChicoSITC) 1:02.36. 2. Dixie Williams (BYU) 1:03.46. 3. Tonia Coleman (Humb) 1:06.07. **200m**: 1. Juan Ball (Humb) 3:54.61. 3. CS Bakersfield 3:54.63.

**PV**: 1. Jocelyn Chase (un) 11-0. 2. Jennifer Dalton (Stanford) 10-6. 3. Ram Reynolds (WillSt) 9-0. **HJ**: 1. Sue DiMarco (NikeCst) 5-9. 2. Clarissa Moulton (CSBkt) 5-7. 3. Melinda Boice (BYU) 5-7. **SP**: 1. Peggy Pollock (un) 51-7 1/4. 2. Amy Christiansen (BYU) 51-6 1/2. 3. Petra Juraskova (BYU) 48-6. **LJ**: 1. Marieke Veltman (WorldC) 22-0 1/4w. 2. Wendy Brown (un) 20-8 3/4w. 3. Peggy Odeta (SacTC) 20-2 1/4w. **JT**: 1. Kristin Dunn (CSN) 154-1. 2. Candy Roberts (BruinTC) 111-10. 3. Beth Burton (CSN) 85-4. **TJ**: 1. Wendy Brown (un) 42-5. 2. Tammy Graham (un) 41-2. 3. Trishun Jackson (FresSt) 38-1. **DT**: 1. Lacy Barnes-Mileham (NikeTC) 186-8. 2. Erica Ahmann (CPSLO) 182-8. 3. Melissa Weis (GoldTC) 178-9.

## Large High School/Boys

**110mH**: 1. Jackie Jenkins (GoldWest) 14.61. 2. Glen Valdez (Stockdale) 15.12. 3. Brandon Boyd (Lemoore) 15.19. **100m**: 1. Tierra Sims (Edison) 10.83. 2. Kendall Terrance (Hoover) 10.93. 3. Richard Boyer (Junipero Serra) 10.96. **300mH**: 1. Jackie Jenkins (GoldWest) 39.90. 2. Jason Spotts (North) 40.62. 3. Glen Valdez (Stockdale) 40.93. **3200m**: 1. Darren Holman (Sonora) 9:38.54. 2. Chad Schmidt (North) 9:38.60.



**DAVE JOHNSON**

Photo by Bill Leung, Jr.

3. Michael Kasahun (Fresno) 9:43.17. 4. Galvin Gonzales (McFarland) 9:47.89. 5. Noel Nelson (Redwood) 9:48.45. **400mR**: 1. Junipero Serra 43.01. 2. Tulare Western

43.27. 3. Edison 43.96. **DMR**: 1. Golden Valley 10:55.26. 2. McFarland 11:05.55. 3. Madera 11:09.21. **1600mR**: 1. Chad Schmidt (North) 4:30.52. 2. Lucas Bianchi (Edison) 4:31.46. 3. Darren Holman (Sonora) 4:33.80. **1600mR**: 1. Junipero Serra 3:23.16. 2. Golden Valley 3:23.61. 3. Lemoore 3:29.07. **Fastest Kid (elementary)**: 1. Dwayne Draper (Lincoln) 6.53. **Fastest Kid (middle school)**: 1. John Lott (Kings Christian) 5.99.

**LJ**: 1. Robert Kyle (Los Banos) 22-4. 2. Rickey Boyer (JunSerra) 22-3 1/2. 3. Brendon Smith (ClovisW) 21-2 1/2. **SP**: 1. JD Martin (Madera) 58-3/4. 2. Jason Hammond (Fowler) 57-2. 3. Billy Bush (Downey) 52-11. **HJ**: 1. Jon Roby (Corcoran) 6-9. 2. David Larsen (Stockdale) 6-4. 3. Nathan Fast (ClovisW) 6-4. **PV**: 1. Jason Spotts (North) 14-0. 2. Mark Unzueta (Lemoore) 13-0. 3. Mike LoBue (GoldW) 12-6. **TJ**: 1. Robert Kyle (Los Banos) 44-9. 2. Kris Sierra (Lemoore) 44-2. 3. Jason Glenn (Clovis) 44-1 3/4. **DT**: 1. JD Martin (Madera) 174-3. 2. Jason Hammond (Fowler) 168-1. 3. Derrick Stevens (Downey) 163-2.

**Team Scores**: 1. Madera 41. 2. North & Lemoore 36. 4. Junipero Serra 35. 5. Edison 28. 6. Golden West 27. 7. Stockdale 22. 8. Los Banos & Golden Valley 20. 10. Clovis West & Sonora 18. 12. Fowler 16. 13. Downey 15. 14. Tulare Western 14. 15. Hoover 13. 16. Clovis, Atwater & McFarland 12. 19. Reedley 11. 3. 20. Corcoran 10. 21. Fresno 6. 22. Mt. Whitney 4. 23. Redwood 3. 24. Central 2.3. 25. Merced & Lincoln 1. 27. McLane 3.

## Large High School/Girls

**3200m**: 1. Stefanie McCarty (Madera) 11:12.86. 2. Emil Lawson (Clovis West) 11:15.36. 3. Maggie Hurst (Sonora) 11:49.31. 4. Rosalinda Castanada (Madera) 12:00.26. 5. Kym Pilger (Clovis) 12:05.78. **100mH**: 1. Andrea Wasden (Rio Mesa) 14.65. 2. Nadine Myveit (LBWilson) 15.00. 3. Jenelle Nelson (LBWilson) 15.20. **100m**: 1. Lakeisha Backus (LBWilson) 11.60. 2. Kinshasa Davis (LBWilson) 12.49. 3. Cherone Briscoe (LBWilson) 12.63. **DMR**: 1. Clovis West 12:57.75. 2. Stockdale 12:59.59. 3. Madera 13:07.19. **300mH**: 1. Jenelle Nelson (LBWilson) 44.87. 2. Nadine Myveit (LBWilson) 45.89. 3. Andrea Wasden (RioMesa) 46.12. **400mR**: 1. Long Beach Wilson 47.40. 2. Tulare Western 51.14. 3. Roosevelt 51.32. **1600mR**: 1. Kristie Johnston (Central) 5:09.16. 2. Tracy Cohn (Stockdale) 5:09.86. 3. Maggie Hurst (Sonora) 5:15.20. 4. Irene Hobbs (Atwater) 5:17.01. 5. Marci Lawson (ClovisW) 5:21.15. **1600mR**: 1. LBWilson 3:57.92. 2. Buchanan 4:08.19. 3. Rio Mesa 4:08.71. **Fastest Kid (elementary)**: 1. Brandi Duncan (MView) 6.92. **Fastest Kid (middle school)**: 1. Neka Jones (Central) 6.34.

**LJ**: 1. Carrie Jansen (Redwood) 18-3. 2. Jeanara Jackson (Central) 17-1/4. 3. April Home (ClovisW) 16-9. **SP**: 1. Stacey Davidson (Reedley) 38-10. 2. Melissa Wallace (Clovis) 38-3/4. 3. Kim Washington (TulWest) 37-3 1/2. **HJ**: 1. Julie Watts (TuW) 5-2. 2. Rosalyn Snowden (Roos) 5-0. 3. Kelly Loyd (North) 5-0. **PV**: 1. Denita Napeir (Le-

moore) 9-0. 2. Kolby Keiser (Sanger) 8-6. 3. C. Coleman (Buchanan) 8-0. **TJ**: 1. Selana Brice (Madera) 36-7 1/4. 2. Jeanara Jackson (Central) 36-7. 3. Marie Grey (Tulare) 35-6 1/4. **DT**: 1. Mandy Buckley (Bkld) 133-10. 2. LaTanya Richards (Madera) 126-4. 3. Cecilia Barnes (ClovisW) 122-1.

**Team Scores**: 1. Long Beach Wilson 85. 2. Madera 40. 3. Tulare Western 36. 4. Central 32. 5. Clovis West 30. 6. Rio Mesa 22. 7. Stockdale 19. 8. Buchanan & Roosevelt 18. 10. Reedley & Sonora 12. 12. Redwood 11. 13. Bakersfield, Atwater, Lemoore, Sanger & Clovis 10. 18. Golden West 9. 19. North 7. 20. Edison & Lincoln 5. 22. Hoover 4. 23. Centennial 2. 24. Merced 1.

## Small High School/Boys

**100m**: 1. Brian Mulhofer (Garces) 11.26. 2. Robert Kyle (Los Banos) 11.41. 3. Omar Medina (McFar) 11.48. **200m**: 1. Robert Kyle (LosBanos) 22.09. 2. Omar Medina (McFar) 23.61. 3. Tim Smith (Coalinga) 23.64. **400m**: 1. Robert Kyle (LosBanos) 49.00. 2. Tim Smith (Coalinga) 52.05. 3. Robert DeLaRosa (Dos Palos) 52.89. **800m**: 1. Jose Palacios (Corc) 2:01.03. 2. Victor Ochoa (Mend) 2:02.33. 3. George Garcia (Selma) 2:02.56. **1600m**: 1. Galvin Gonzales (McFar) 4:25.50. 2. Omar Jeronimo (Dinuba) 4:33.64. 3. Kenny Rhoan (Sierra) 4:34.49. **400mR**: 1. Dinuba 45.63. 2. Kingsburg 45.83. 3. Los Banos 45.92. **1600mR**: 1. Coalinga 3:37.89. 2. Mariposa 3:38.34. 3. Kingsburg 3:38.41. **110mH**: 1. Ryan Kwast (Corc) 15.87. 2. Fernando Avila (Selma) 15.89. 3. Juan Plascencia (Avenal) 16.66. **300mH**: 1. Fernando Avila (Selma) 41.87. 2. Ryan Kwast (Corc) 4:06. 3. Juan Plascencia (Avenal) 42.84.

**LJ**: 1. Mike Mariani (Garces) 22-0. 2. Caleb Parmenter (Dinuba) 22-10.5. 3. Bret Hansen (Caruthers) 21-2. **TJ**: 1. Mike Mariani (Garces) 45-5.5. 2. Bret Hansen (Caruthers) 42-6.5. 3. Joel Park (Dinuba) 40-10. **HJ**: 1. Jeff Soukup (Sierra) 6-6. 2. Juan Plascencia (Avenal) 6-2. 3. Mike Roberts (Dinuba) 5-11. **PV**: 1. Jacob Pumarejo (Kingsburg) 13-6. 2. Todd Arnst (Kings) 13-0. 3. John Spomer (Kings) & Jeff Gilbert (Mariposa) 12-6. **DT**: 1. Josh Robinson (Sierra) 135-0. 2. Ryan Smith (Sierra) 130-0. 3. Nata Mahaffey (Corc) 122-8. **SP**: 1. Roy Bagley (Willits) 47-5.5. 2. Curtis Donovan (Caruth) 45-6.5. 3. Josh Robinson (Sierra) 44-11.75.

**Team Scores**: 1. Kingsburg & Dinuba 47. 3. Los Banos 44. 4. Sierra 43. 5. Corcoran 42. 6. Garces 38. 7. Selma 37. 6. McFarland 31. 9. Caruthers 27. 10. Coalinga 25. 11. Avenal & Mariposa 21. 13. Mendota 12. 14. Fowler 11. 15. Willits 10. 16. Dos Palos 7. 17. Chowchilla 3.

## Small High School/Girls

**100m**: 1. Jennie Warfield (San Lorenzo) 13.11. 2. Allison Knode (Kingsb) 13.27. 3. Karie Torres (LosBanos) 13.45. **200m**: 1. Allison Knode (Kings) 27.2. 2. Alyana Lacey (Chowch) 27.4. 3. Theresa Carroli (Mariposa) 28.4. **400m**: 1. Jennifer Pearse (Mariposa) 1:01.69. 2. Amy Antuso (Coalinga) 1:02.79. 3. Regina Kinsman (Sierra) 1:03.06. **800m**: 1. Valeria Lawrence (Yose-



# RESULTS

mite) 2:32.02, 2. Rosie Macias (Coalinga) 2:33.95, 3. Regina Kinsman (Sierra) 2:34.77. **100mH:** 1. Melissa Price (Kings) 16.78, 2. Tara Kullikou (Coalin) 16.88, 3. Jennie Warfield (SanLoren) 16.88. **300mH:** 1. Keleigh Hoover (LosBanos) 50.64, 2. Katie Newton (LosBanos) 52.53, 3. Amy Anluso (Coalin) 52.59. **1600m:** 1. Veronica Sanchez (Wasco) 5:17.37, 2. Ashley Pinasco (Mem) 5:43.89, 3. Rosie Macias (Coalin) 5:44.89. **400mR:** 1. Kingsburg 52.02, 2. Los Banos 53.06, 3. Coalinga 53.44. **1600mR:** 1. Los Banos 4:19.78, 2. Mariposa 4:23.85, 3. Coalinga 4:24.38.

**TJ:** Alisha Harrison (Wasco) 36-1, 2. Melissa Price (Kings) 34-11.5, 3. Renee Sihota (Selma) 33-6. **HJ:** 1. Heather Flanagan (Chowch) 5-4, 2. Jenny Rihea (Imman) 5-2, 3. Tarrah Williams (Coalin) 4-10. **LJ:** 1. Heather Flanagan (Chowch) 16-7.5, 2. Jennie Warfield (SanLoren) 16-3.75, 3. Renee Sihota (Selma) 15-11. **SP:** 1. Jaime Irvin (Kings) 37-2, 2. Natasha Godbey (Mariposa) 35-4, 3. Kelly Cline (Sierra) 35-3. **PV:** 1. Melissa Price (Kings) 10-6, 2. Allison Knode (Kings) 10-0, 3. Katherine Azar (Kings) 9-0. **DT:** 1. Misty McNaughton (Kings) 121-8, 2. Rosanne Pritchard (Garces) 100-7, 3. Kelly Cline (Sierra) 94-2.

**Team Scores:** 1. Kingsburg 104.5, 2. Coalinga 55.5, 3. Los Banos 50, 4. Mariposa 43, 5. Chowchilla 29, 6. Selma 26, 7. San Lorenzo & Sierra 24, 9. Wasco 20, 10. Yosemite & Garces 18, 12. Memorial 17, 13. Fowler 10, 14. Immanuel 9, 15. Caruthers & Dos Palos 4, 17. McFarland 3, 18. Corcoran 2.

## Big West Challenge

April 8, CS Fullerton

### Overall Results-Men

**100 Meters:** 1. Jaime Barragan, Long Beach St., 10.37, 2. Brandon Thomas, LBS, 10.75. **200 Meters:** 1. Barragan, 20.72. **400 Meters:** 1. Don Oliver, UC Santa Barbara, 47.93, 2. Dave Mayeda, UC Irvine, 47.99. **800 Meters:** 1. Mayeda, UC Irvine, 52.56, 2. Gary Cablayan, LBS, 53.28. **1600 Meters:** 1. Long Beach St., 40.50. **3200 Meters:** 1. Trey Smith, UCSB, 187.5. **Discus:** 1. Damon DeVault, LBS, 167.3. **Pole Vault:** 1. Jason Hinkin, LBS, 16'4" 7/8, 2. Borya Orloff, UCI, 16'4" 7/8.

**Team Scores Men:** 1. Long Beach St., (184), 2. CS Fullerton (166), 3. UC Irvine (154), 4. UC Santa Barbara (129).

**Team Scores Women:** 1. UCSB (155), 2. UC Irvine (141), 3. Long Beach St., (140), 4. CS Fullerton (102).

## CSUB Metric Track and Field Meet

April 8, Bakersfield.

### Overall Results-Men

**200 Meters:** 1. Shane Clark, CSUB, 21.5. **400 Meters:** 1. Matt Roderick, CSUB, 58.1. **800 Meters:** 1. Aabelino Garza, Renegade TC, 56.1. **1,000 Meters:** 1. Johnny Samenigo, CSUB, 2:38.7. **5,000 Meters:** 1. Bill Lind, unat., 16:02.2. **4 X 400 M Relay:**

1. FPC A, 3:45.2. **Boy's 3,000 Meters:** (High School) 1. Frankie Sanchez, West, 9:35.2. **Boy's 4 X 400 M Relay:** (High School) 1. West, 3:37.5. **Boy's 200 Meters:** (High School) 1. Kevin Land, BHS, 23.8. **Boy's 110 M Hurdles:** (High School) 1. Bobby Duran, Centennial, 17.8. **Boy's 400 M Hurdles:** (High School) 1. Bobby Duran, Centennial, 1:05.3. **Boy's 400 Meters:** (High School) 1. Ken Steveson, West, 53.0.

**Boy's 800 Meters:** (High School) 1. Frankie Sanchez, West, 2:04.3. **Men's Hammer:** 1. Monte Wilson, unat., 186'11. **Shot Put (College):** 1. Matt Godbehare, CSUB, 56'2. **Shot Put (High School):** 1. Toby Henry, BHS, 47'5. **Javelin:** 1. Pete Smith, unat., 158'1. **Discus (College):** 1. Monte Wilson, unat., 171'5. **Discus (High School):** 1. Mike Rexroth, Centennial, 148'7. **Pole Vault (High School):** 1. Jared Clark, Centennial, 11'6. **Long Jump (College):** 1. Libby Tracy, CSUB, 22'9. **Long Jump (High School):** 1. Ryan Pearce, BHS, 22'7. **Triple Jump (College):** 1. Roderick Roberson, CSUB, 48'0. **Triple Jump (High School):** 1. Ryan Pearce, BHS, 45'6. **High Jump (College):** 1. Matt Roderick, CSUB, 61'5. **High Jump (High School):** 1. Ryan Pearce, BHS, 6'0.

### Overall Results-Women

**100 Meters:** 1. Clarissa Moulton, CSUB, 14.9. **200 Meters:** 1. Stacey Thompson, 24.6. **400 Meters:** 1. Stacey Thompson, CSUB, 56.0. **800 Meters:** 1. Desiree Green, CSUB, 68.9. **1,000 Meters:** 1. Janice Nichols, CSUB, 3:04.7. **5,000 Meters:** 1. Kerry Houschin, FPC, 19:43.6. **4 X 400 M Relay:** 1. FPC A, 3:45.2. **Girl's 200 Meters:** (High School) 1. Jannett Gonzales, BHS, 29.1. **Girl's 400 Meters:** (High School) 1. Jannett Gonzales, BHS, 1:05.2. **Girl's 800 Meters:** (High School) 1. Dana Judd, Centennial, 1:18.3. **Girl's 1,000 Meters:** (High School) 1. Erica Florez, BHS, 2:30.9. **Girl's 1600 Meters:** (High School) 1. Dana Judd, Centennial, 17.0. **Girl's 3,000 Meters:** (High School) 1. Tracie Fowler, Centennial, 13:13.6. **Girl's 4 X 400 M Relay:** 1. BHS, 4:39.6. **Javelin:** 1. Latoya Williams, CSUB, 127.0. **Pole Vault:** 1. Pepper Reed, Centennial, 7'4. **Discus:** 1. Misako Hampton, unat., 134'9. **Discus:** (High School) 1. Paula Brown, BHS, 99'1. **Shot Put:** 1. Misako Hampton, unat., 43'10. **Shot Put:** (High School) 1. Paula Brown, BHS, 28'1. **Long Jump:** 1. Stacy Peterson, CSUB, 18'6. **Long Jump:** (High School) 1. Rachel Smith, Centennial, 16'5. **Triple Jump:** 1. Janine Molina, FPC, 34'8. **Triple Jump:** (High School) 1. Jill Jackson, BHS, 29'7. **High Jump:** (High School) 1. Kami Jackson, BHS, 4'6.

## UCLA Three Way

April 8, UCLA

### Overall Results-Men

**100 Meters:** 1. Ato Boldon, UCLA, 10.37. **200 Meters:** 1. Boldon, 20.95, 2. Ibrahim Hassan, UCLA, 21.11, 3. Marshall Evans, CSN, 21.36, 4. Steve Amundsen, SLO, 21.63. **400 Meters:** 1. Hassan, 47.0. **800 Meters:** 1. Mike Terry, UCLA, 1:51.5, 2. Michael Katri, SLO, 1:52.8. **3,000 Meters:** 1. Dan Niednagel, UCLA, 8:19.58. **110 H**

**Hurdles:** 1. Avery Anderson, UCLA, 14.12, 2. Ross Flowers, unat., 14.20, 3. Chris Youngblood, CSN, 14.72. **400 M Inter. Hurdles:** 1. Avery Anderson, UCLA, 52.68. **400 M Relay:** 1. UCLA (Thomas Ganda, Hassan, Boldon, Gentry Bradley) 3:12.52, 2. CS Northridge, 3:13.83, 3. UCLA B, 3:16.85. **Shot Put:** 1. Mark Parfin, UCLA, 59'10 1/2, 2. Jonathan Ogdeen, UCLA, 58'4. **Hammer:** 1. Greg Hodel, UCLA, 205'4, 2. Tyrone Gayles, CSN, 189'4. **Long Jump:** 1. Thomas Ganda, UCLA, 23'10 3/4. **Javelin:** 1. Greg Johnson, UCLA, 222'0, 2. Josh Johnson, UCLA, 199'9. **High Jump:** 1. Rich Pitchford, UCLA, 7'0, 2. Avery Anderson, UCLA, 6'10. **Pole Vault:** 1. Scott Slover, UCLA, 17'6 1/2, 2. Chad Reddy, UCLA, 16'6 3/4. **Discus:** 1. John Godina, UCLA, 206'3.

**Team Scores:** 1. UCLA (128), 2. CS Northridge (34), 3. Cal Poly SLO (30).

### Overall Results-Women

**100 Meters:** 1. Bisa Grant, UCLA, 12.12, 2. Tamatha Cox, SLO, 12.15, 3. Cherice Ellison, CSN, 12.19. **200 Meters:** 1. Charlene Baldwin, UCLA, 24.4. **400 Meters:** 1. Baldwin, 55.1. **800 Meters:** 1. Cicely Scott, UCLA, 2:07.69, 2. Karen Hecox, UCLA, 2:07.83, 3. 1,500 Meters: 1. Shelley Taylor, UCLA, 4:34.36. **3,000 Meters:** 1. Jaime Artzner, UCLA, 9:51.7. **100 M High Hurdles:** 1. Grant, 14.32, 2. Zoe Shaw, UCLA, 14.51. **400 M Relay:** 1. UCLA (Baldwin, Darlene Malco, Shelia Burrell, Cox, Grant) 46.79, 1,600 M Relay: 1. UCLA (Camille Noel, Hecox, Jeanine Crain, Baldwin) 3:45.60. **Shot Put:** 1. Valeyta Althouse, UCLA, 59'8 1/2, 2. UCLA, 58'4 1/2. **Javelin:** 1. Kristin Dunn, CSN, 176'4. **High Jump:** 1. Amy Acuff, UCLA, 6'2. **Discus:** 1. Dumble, 195'2, 2. Suzy Powell, UCLA, 179'8, 3. Arica Ahman, SLO, 178'9, 4. Althouse, 163'5. **Triple Jump:** 1. Andru Clark, UCLA, 46'8, 2. Maurice Eaglin, SLO, 45'10 3/4.

## Woody Wilson Invitational

April 8, Wilson Track, UC Davis, Davis

### Overall Results-Men

**100 Meters:** 1. Ivory Veale, Chico, 11.07, 2. John Johnson, unat., 11.09, 3. Lindsey McDonald, Sacramento CC, 11.14, 4. Neal Gadison, unat., 11.18, 5. Erik Stunes, unat., 11.28. **200 Meters:** 1. John Johnson, unat., 22.17, 2. Troy Johnson, Warrior TC, 22.28, 3. Lindsey McDonald, Sacramento CC, 22.31, 4. Kevin Smith, unat., 22.44, 5. Derek Shepard, unat., 22.58. **400 Meters:** 1. Brian Lewis, unat., 47.86, 2. Patrick Robinson, Sacramento TC, 48.82, 3. James Cramton, The Farm Team, 49.69, 4. Andre Hunter, Empire Runners, 50.21, 5. Marty Watts, UC Davis, 50.33. **800 Meters:** 1. Robert Price, Chico State, 1:52.43, 2. Erick McBride, California Coast, 1:53.28, 3. Joseph Carnegii, unat., 1:53.95, 4. Sean Messiter, unat., 1:56.01, 5. Dutch Yerton, unat., 1:56.72. **1,500 Meters:** 1. Sean Messiter, unat., 3:51.86, 2. Dan Held, unat., 3:54.57, 3. Fred Carter, The Farm Team, 3:54.78, 4. Jim Olson, Humboldt TC, 3:55.40, 5. Bruce Tyner, Warrior TC, 3:56.85. **3,000 M Steeplechase:** 1. Scott Pesch, Humboldt TC, 9:12.4,

2. Reed Elmore, Humboldt TC, 9:37.1, 3. Noah Marcus, Chico State, 9:39.6, 4. Brandon Sullivan, UC Davis, 9:47.0, 5. Raf Kugler, UC Davis, 9:52.1. **5,000 Meters:** 1. Pete Chenard, Humboldt TC, 15:07.5, 2. Shawn Young, UC Davis, 15:11.1, 3. Bill Rice, Stanislaus State, 15:17.6, 4. Art Martin, unat., 15:24.4, 5. Ian Blair, Humboldt TC, 15:26.9. **10,000 Meters:** 1. Jose Bustomonte, Warrior TC, 32:31.8, 2. Jake Niebaum, unat., 33:03.5, 3. Wayne Chen UC Davis, 33:33.9, 4. John Colarchik, Stanislaus State, 33:43.7, 5. Nate Bowen, UC Davis, 33:52.2. **110 Hurdles College:** Steve Rowland, unat., 15:27.2, Stacy Gibson, unat., 15.64, 3. Jermond Smith, Stanislaus State, 15.76, 4. Eric Thompson, Chico State, 15.81, 5. Tyrone Thompson, Stanislaus State, 16.10. **110 Hurdles Inv.:** 1. Rod Jett, unat., 13.82, 2. Patrick Duffy, unat., 14.28, 3. Kenny Hall, Stanislaus State, 14.67, 4. Rocky Morris, Chico State, 15.44. **400 Hurdles:** 1. Kenny Hall, Stanislaus State, 52.29, 2. Paea Kokohu, unat., 54.69, 3. Eric Thompson, Chico State, 54.81, 4. Rocky Morris, Chico State, 54.82, 5. Ken Jett, UC Davis, 55.06. **4 X 100 M Relay:** 1. UC Davis (Ken Jett, Martuy Watts, Channing Ragsdale, Andrew Bach, 43.03, 2. Stanislaus State, 43.80, 3. Empire Runners, 43.81, 4. Sierra College, 45.04, 4 X 400 M Relay: 1. Unattached (Samuels, Hunter, Jordan, Swift) 3:17.37, 2. Chico State, 3:19.37, 3. UC Davis, 3:20.82, 4. Stanislaus State, 3:21.29, 5. Unat., 3:27.85. **Shot Put:** 1. Dinnis DeSoto, Sacramento TC, 57'03, 2. Tim Fua, Chico State, 51'03, 3. John McDonald, Chico State, 50'08, 4. Gabe Allende, Sacramento TC, 50'08 1/4, 5. Bruce Ventura, Chico State, 48'02. **Discus:** 1. Brian Brophy, Reedok, 173'05, 2. Mike Bennett, Sacramento TC, 162'00, 3. Perry Donnafield, unat., 161'06, 4. Tim Fua, Chico State, 158'0, 5. Jeff Blakefield, UC Davis, 155'02. **Javelin College:** 1. Perry Donnafield, unat., 198'04, 2. Mike Huddleston, Stanislaus State, 184'09, 3. Robert Fitzpatrick, UC Davis, 179'07, 4. Dave Pearson, Humboldt State, 174'01, 5. Sean Tabler, Warrior TC, 168'09. **Javelin Inv.:** 1. Jason Tweed, unat., 195'04, 2. Dave Cadworth, unat., 194'05, 3. Tom Silva, unat., 188'0, 4. Domingo Reyes, unat., 184'02, 5. Mike Swanson, unat., 181'05. **Hammer College:** 1. Adam Brandt, Stanislaus State, 171'05, 2. Jeff Blakefield, UC Davis, 168'04, 3. John McDonald, Chico, 144'09, 4. Darrell Rowley, Sacramento CC, 141'11, 5. Rob Auker, Sacramento CC, 139'05. **Hammer Inv.:** 1. John Thomas, Sacramento TC, 208'02, 2. Ken Norlen, Sacramento TC, 205'10, 3. Robert Dilts, UC Davis, 199'11, 4. David Lunde, Sacramento TC, 198'11. **Long Jump:** 1. Kevin Smith, unat., 24'05, 2. Sheldon Blockburger, Nike Decathlon, 24'01, 3. Chris Wilcox, Visa Decathlon, 22'06, 4. Frank Ha, UC Davis, 22'02, 5. Robert McLean, UC Davis, 22'02 1/4. **Triple Jump:** 1. Hillary Miller, Sacramento TC, 48'06, 2. Robert McLean, UC Davis, 47'09, 3. Dave Livingston, UC Davis, 46'03, 4. David Assa, unat., 45'09, 5. Brad



# RESULTS

Bursch, UC Davis, 43'02. **High Jump:** 1. Erik Birkenes, unatt, 6'10. 2. Gary Schuler, Sacramento CC, 6'8. 3. Dan Paine, UC Davis, 6'6. 4. Mike Jamison, Chico State, 6'6. 5. Ryan Indart, UC Davis, 6'4. **Pole Vault College:** 1. Bryan Monroe, Big Dog TC, 15'0. 2. Steve Rowland, unatt, 14'06. 3. Cory Johnson, Chico State, 14'0. 4. Bob Olson, unatt, 14'0. 5. Derek Lee, Stanislaus State, 14'0. **Pole Vault Inv.:** 1. Steve Keating, Cluhtech, 17'0. 2. John Besmer, New York Athletic Club, 16'6. 3. Paul Sinatra, Big Dog TC, 16'0. 4. Ed Lasquette, unatt, 16'0. 5. Andrew Avellar, Big Dog TC, 15'0.

## Overall Results-Women

**100 Meters:** 1. Kristy Williams, Nevada, 12.54. 2. Kim Lawson, Sacramento CC, 12.91. 3. Halimo O'Neil, UC Davis, 13.08. 4. Robyn Johnson, Stanislaus State, 13.1. 5. Aytan Udoffia, Sierra College, 13.23. **200 Meters:** 1. Rachel Parrish, Sacramento CC, 26.0. 2. Kristy Williams, Nevada, 26.17. 3. Peggy Odita, Sacramento TC, 26.28. 4. Ekaette Udoffia, unatt, 26.65. 5. Kim Lawson, Sacramento CC, 26.68. **400 Meters:** 1. Ali McKnight, Nevada, 54.42. 2. Juan Ball, Humboldt State, 55.03. 3. Dafona McClain, Sacramento CC, 59.86. 4. Marti McCoy, unatt, 59.90. 5. Amy Loftin, Sacramento CC, 1:00.46. **800 Meters College:** 1. Jen Woolsey, Humboldt State, 2:22.88. 2. Charlie Harmon, Nevada, 2:23.43. 3. Janet Roller, UC Davis, 2:24.46. 4. Katy Donahue, Stanislaus State, 2:25.34. 5. Jennifer Shoenberger, Nevada, 2:30.38. **800 Meters Inv.:** 1. Renee Manfredi, Sacramento TC, 2:10.61. 2. Denise Walker, Humboldt TC, 2:11.73. 3. Suzy Jones, UC Davis, 2:13.51. 4. Erica Boone, UC Davis, 2:22.04. **1,500 Meters:** 1. Suzy Jones, UC Davis, 4:19.94. 2. Denise Walker, Humboldt TC, 4:32.69. 3. Rochelle Hair, Nevada, 4:45.00. 4. Jami Nelson, Nevada, 4:47.2. 5. Lisa Myles, unatt, 4:47.6. **3,000 Meters:** 1. Lisa Myles, unatt, 10:05.6. 2. Rae Henderson, unatt, 10:10.6. 3. Joanne Harper, Reebok Aggies TC, 10:20.1. 4. Rochelle Hair, Nevada, 10:30.9. 5. Staci Brunton, Stanislaus State, 10:46.2. **5,000 Meters:** 1. Staci Brunton, Stanislaus State, 17:57.8. 2. Kristin Diggs, Sacramento TC, 18:32.8. 3. Ale Allen, UC Davis, 19:43.5. 4. Stephi Giuntini, Humboldt State, 20:00.3. 5. Wendy Dowler, UC Davis, 20:55.9. **10,000 Meters:** 1. Jull Stangio, Reebok Aggies TC, 38:36.6. 2. Shelle Parsons, UC Davis, 39:27.1. 3. Angel Lutz, Stanislaus State, 41:04.9. 4. Amy Countee, Chico State, 42:06.6. 5. Kim Gardner, UC Davis, 42:25.7. **100 M Hurdles:** 1. Tonia Coleman, Humboldt State, 14.96. 2. Janel Chandler, Nevada, 15.47. 3. Stephanie Robinson, Nevada, 15.61. 4. Kristy Williams, Nevada, 15.93. 5. Heather Haliday, Chico State, 16.09. **400 M Hurdles:** 1. Tonia Coleman, Humboldt State, 1:03.50. 2. Cathy Prater, UC Davis, 1:04.17. 3. Stephanie Robinson, Nevada, 1:06.92. 4. Celise Carroll, UC Davis, 1:07.11. 5. Clover Codd, Humboldt State, 1:07.75. **4 X 100 M Relay:** 1. Nevada (Shoenberger, Cooke, Tierney, Williams) 49.90. 2. UC Davis, 50.55. 3. Chico State, 51.2. **4 X 400 M Relay:** 1.

Sacramento CC (Loftin, McClain, Miles, Parrish) 3:59.39. 2. Chico State, 4:06.40. 3. UC Davis, 4:06.89. 4. Stanislaus State, 4:07.80. 5. Nevada, 4:11.77.

**Shot Put:** 1. Kristina Barden, Nevada, 43'08. 2. Kerrie Gilbert, Nevada, 39'07. 3. Shella Tarty, Nevada, 37'08. 4. Dara Wright, Stanislaus State, 36'08. 5. Nicholle Gallagher, Stanislaus State, 34'05. **Discus:** 1. Michelle Reis, UC Davis, 132'06. 2. Shella Forty, Nevada, 130'11. 3. Rebecca Schacker, UC Davis, 125'03. 4. Danielle Miles, UC Davis, 121'09. 5. Michelle Gallagher, Stanislaus State, 111'03. **Javelin:** 1. Danielle Miles, UC Davis, 122'03. 2. Ali McKnight, Nevada, 119'05. 3. Janel Chandler, Nevada, 112'10. 4. Stephanie Wells, Chico State, 104'02. 5. Wendi Hovey, Nevada, 94'01. **Hammer:** 1. Joanne Vandevan, UC Davis, 125'08. 2. Lisa Osio, Sierra College, 116'04. 3. Kate Morris, Chico State, 113'03. 4. Nicholle Gallagher, Stanislaus State, 106'03. 5. Dara Wright, Stanislaus State, 105'06. **Long Jump:** 1. Aytan Udoffia, Sierra College, 18'08. 2. Amy Loftin, Sacramento CC, 18'01. 3. Tammy Graham, unatt, 18'0. 4. Jennifer Lagle, UC Davis, 17'10. 5. Dafona McClain, Sacramento CC, 17'07. **Triple Jump:** 1. Tammy Graham, unatt, 40'0 3/4. 2. Jennifer Lagle, UC Davis, 37'07. 3. Vanessa Kale, UC Davis, 35'07. 4. Tasha Newman, Nevada, 35'04. 5. Molly Zoller, unatt, 34'06. **High Jump:** 1. Kalina Freeman, UC Davis, 5'2. 2. Shana Beaver, Nevada, 5'2. 3. Michaela Henderson, Chico State, 5'2. 4. Kristi Jensen, Nevada, 4'10. 5. Brandy Irby, Sacramento CC, 5'0.

## Fresno State Easter Heptathlon/Decathlon

April 10-11, Warmerdam Field, Fresno State University.

### Heptathlon

1. Kelly Delph (un) 5446. 2. Felicia Brown (Fresno St) 5216. 3. Lisa Collet (Fresno St) 5034. 4. Clarissa Moulton (CS Bkfld) 4755. 5. Diane Korbel (CPSLO) 4644.

### Decathlon

1. Jeff Bradshaw (CS Stanislaus) 6813. 2. Alonzo Arreola (Fresno St) 6809. 3. Mike Kuoppamaki (UC Davis) 6305. 4. Mike Askjaer (Fresno St) 6190. 5. Phil Wagner (Fresno St) 6178.

## Mt. SAC Relays

April 13-15, Walnut.

### MEN

#### Invitational Men

**110mH:** 1. Richard Benoy (Springco) 13.49. 2. Robert Reading (Accusplit) 13.55. 3. Glenn Terry (World Class) 13.62. 4. Derrick Knight (un) 13.83. 5. Robert Foster (un) 13.83. (2) 1. Larry Harrington (MidAtlan) 13.58. 2. Ross Flowers (Nike) 13.92. 3. David Ashford (un) 14.01. **200m:** 1. Kevin Little (USWest) 20.39. 2. Ron Clarke (PrimeT) 20.47. 3. Bryan Bridgewater (un) 20.57. 4. Lamont Smith (un) 20.81. 5. Rod Tolbert (NikeAC) 20.85. **Mile:** 1. Wander Moura (Brazil) 3:58.2. 2.

Passmore Furusa (LSU) 3:58.7. 3. Christian Cushing-Murray (SMTC) 3:59.1. 4. Michael Morin (Ark) 4:00.1. 5. Martin Johns (New-Zea) 4:00.3.

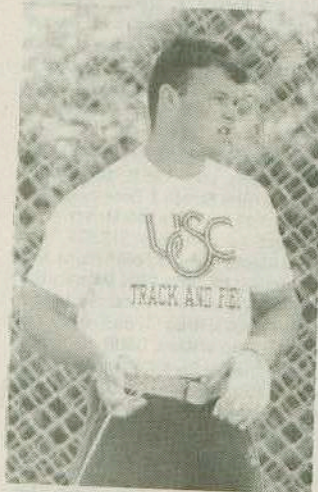
**4x200mR:** 1. World All Stars 1:21.27. 2. Campbell Lipkis 1:21.71.

**4x400mR:** 1. CSU Bakersfield 3:09.10. 2. CSLA 3:09.78. 3. Wisconsin 3:10.22. 4. Iowa 3:10.22. 5. Purdue 3:12.63. (2) 1. Nike Atlantic Coast 3:05.61. 2. Australia 3:06.05. 3. USC 3:06.56. 4. Arizona St. Club 3:07.74. 5. Nike 3:08.11.

**DMR:** 1. Santa Monica TC 9:31.75. 2. Abilene 9:40.51. 3. Wisconsin 9:42.58. 4. Cal Coast 9:59.82. 5. UC San Diego 10:00.20.

**10,000m:** 1. Charley Mulinga (Lewis) 28:00.33. 2. Jeff Schiebler (KajaksTC) 28:20.77. 3. Ed Eyestone (ReebRT) 28:21.56. 4. Aaron Ramirez (Miz) 28:23.03. 5. Bo Reed (Miz) 28:27.62. 6. Julius Randich (Lubbock) 28:30.55. 7. Eric Polorsky (EliteAth) 28:32.14. 8. Shannon Butler (Nike) 28:33.54. 9. Ian Robinson (Iowa) 28:34.84. 10. Pete Julian (un) 28:37.82. 11. Tim Hacker (Wood Ath) 28:41.64. 12. Dan Mayer (adidas) 28:45.52.

**5,000m:** 1. Matt Giusto (FootLocker) 13:33.28. 2. Reynaldo DeCosta (Brazil) 13:33.20. 3. Martin Keino (U of AZ) 13:38.58. 4. Ricardo Herrera (FedMex) 13:40.53. 5. Edgar DeOlivera (Brazil)



BALAZS KISS

Photo by Bill Leung, Jr.

Siamusve (Ark) 8:36.79. 5. Dmitry Brozdov (IowaSt) 8:37.15.

**SP:** 1. John Godina (UCLA) 64-3 3/4. 2. Chima Ugwu (CentAZ) 60-4 1/2. 3. Rob Carlson (Tenn) 60-4 1/2. 4. Henrik Wennberg (Colo) 59-10 1/4. 5. Mark Parlin (UCLA) 59-7 1/2.

**TJ:** 1. Tyrone Scott (Accusplit) 55-3. 2. Charles Rogers (Miz) 54-5 1/2. 3. Spencer Williams (NikeOR) 53-10 1/4. 4. Frank Rutherford (Miz) 53-6 1/4. 5. Greg Harper (un) 52-8.

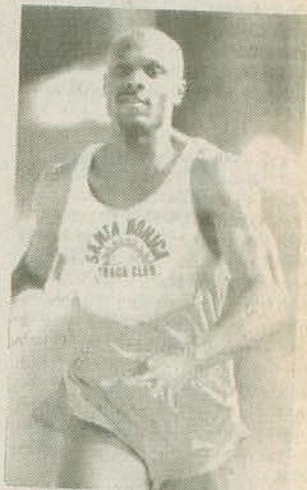
**4x800m:** 1. International Sports 7:24.42. 2. Fairleigh Dickenson 7:31.49. 3. Wisconsin 7:32.11. 4. Cal Poly SLO 7:35.50. 5. UCLA 7:40.17.

**JT:** 1. Derek Trafas (U of FL) 251-8. 2. Roald Bradstock (GtBritain) 248-2. 3. Erik Smith (Bruin TC) 225-8. 4. Alan Collatz (un) 224-8. 5. Charlie Cohen (AzSt) 212-8.

**4x100m:** 1. Campbell 39.31. 2. USC 40.09. 3. UCLA 40.13. 4. World Class 40.15. 5. Univ. of Houston 40.37.

**HJ:** 1. Ray Doakes (Ark) 7-8 1/2. 2. Chris Olson-O'Neil (Austin) 7-8 1/2. 3. Jeremy Fischer (Wis) 7-2 1/2. 4. Petar Malesy (Neb) 7-2 1/2. 5. Brian Stanton (SSTC) 7-2 1/2.

**LJ:** 1. Carl Lewis (SMTC) 26-8 1/4w. 2. Percy Knox (Vector) 26-3 3/4. 3. Masak Morinaga (Goldwin) 25-11. 4. Gordon



STEVE LEWIS

Photo by Kirby Lee

McKee (ReebokRC) 25-3 1/2. 5. Shedoric Fields (U of Houston) 25-3 1/4.

**400mH:** 1. Kazuhiko (Japan) 49.93. 2. Eric Thoma (AbilChris) 50.31. 3. Marty Beck (World All Stars) 50.49. 4. Kenny Hall 50.70. 5. Kevin Henderson (Goldwin) 50.73. **800m:** 1. Brandon Rock (Ark) 1:47.09. 2. Sean Maye (Nike) 1:47.78. 3. Tracy Baskin (SMTC) 1:48.06. 4. George Kersh (Reeb) 1:48.18. 5. Yosmito Konno (Goldwin) 1:48.47.

**DT:** 1. Ade Olukoju (Nigeria) 207-10. 2. Anthony Washington (USWest) 206-0. 3. John Godina (UCLA) 203-8. 4. Kristian



# RESULTS

Petterson (NoAZ) 198-3. 5. Henrik Wennberg (Colo) 195-1.

**100m:** 1. Mike Marsh (SMTC) 9.89. 2. Ato Bolden (UCLA) 10.01. 3. Leroy Burrell (SMTC) 10.09. 4. Jeff Williams (un) 10.09. 5. Robson DaSilva (Brazil) 10.11.

**400m:** 1. Steve Lewis (SMTC) 45.06. 2. Danny Everett (SMTC) 45.91. 3. Dalvin Davis (NikeAC) 46.10. 4. Jason Rouser (Victor) 46.45. 5. Tony Allen (Prime Time) 46.73.

**PV:** 1. Tim Bright (Miz) 18-9 1/4. 2. Dean Starkay (Reeb) 18-9 1/4. 3. Bill Deering (MF PV Club) 18-5 1/4. 4. Mike Holloway (Miz Houston) 18-1 1/4. 5. John Sommers (NAPVA) 17-5 1/2.

## University/Open Men

**4x400mR:** 1. CSU Northridge 3:13.88. 2. Fairleigh Dickinson 3:14.88. 3. El Camino 3:16.06. 4. Southern Utah 3:18.40. 5. CS Stanislaus 3:20.01.

**DT:** 1. Fredrik Makk (SWTx) 183-0. 2. Christer Hagberg (CentAZ) 174-10. 3. Travis Garrett (Tenn) 171-1. 4. John Schulte (NikeInd) 169-11. 5. R. Slobodinsky (USC) 169-2. (2) 1. Monte Wilson (un) 166-7.

**LJ:** 1. Lee Akins (U of Cal) 25-5 1/2. 2. Edward Turner (U of WA) 24-5. 3. Aex Dzirnie (Far Dickenson) 24-3. 4. Maxwell Seals (Wis) 5. Thomas Ganda (UCLA) 24-1 1/2.

**400mH:** 1. Vincenzo Cox (U of Houston) 51.04. 2. Sammy Bwott (CentAZ) 51.19. 3. Marcus Carter (USC) 51.92. (2) 1. (2) 1. Carlton Clark (Wis) 52.70. 2. Curt McIntire (Ark) 52-88. 3. Anson Watts (U of AZ) 53.39. (3) 1. Kevin Crpanik (NewBal) 52.35. 2. Troy Pratt (Tenn) 52.79. 3. Brian Wright (Orelnt) 52.90. (4) 1. Mike Jones (BYU) 51.83. 2. Ceril Smart (Tucson) 52.94. 3. David Mayeda (UCI) 53.16.

**100m:** 1. Jaime Barragan (CSLB) 10.34. 2. Kelly Cory (Cerr) 10.53. 3. Cornelius Mahasse (Glen) 10.67. (2) 1. Denis Mowatt (PrimeTime) 10.51. 2. Brian Raspberry (Tenn) 10.62. 3. Shane Clark (CSBKfld) 10.70. (3) 1. Jason Young (TucsonElite) 10.37. 2. Anthony Volcan (USC) 10.60. 3. Tony Simmons (Wis) 10.60. (4) 1. Peter Hargraves (NewAir) 10.42. 2. Rod Tolbert (AICC) 10.45. 3. Peter Ogilvie (CoqChee) 10.54. (5) 1. Franklin Mwanika (IowaSt) 10.31. 2. Jeff Laynes (WorldClass) 10.34. 3. Takayuki Nakamichi (MizHouston) 10.35.

**HJ:** 1. Rich Pitchford (UCLA) 7-0 1/2. 2. Jim McHugh (AzPac) 6-10 3/4. 3. Kenneth Bigger (U of Houston) 6-10 3/4. 4. Matt Pasche (Mankato) 6-8 3/4. 4. Ed Barnett (jn) 6-8 3/4.

**PV:** 1. Chris Buddin (Stanford) 16-6 3/4. 2. Chad Reddy (UCLA) 16-1 3/4. 3. Marcus Nichols (USAFA) 16-1 3/4. (2) 1. Heath Fulk (FresSt) 17-5 1/2. 2. Lance White (UtahSt) 17-5 1/2. 3. Vince Beresford (AzPac) 17-1 1/2. 4. Scott Slover (UCLA) 16-9 1/2. 5. Borya Orloff (UC) 16-9 1/2.

**SP:** 1. Mark Hartsay (BYU) 55-11. 2. Gabe Torre (UofAZ) 55-2 3/4. 3. Rene Bustamante (AzPac) 54-11 1/2. 4. Ron Chronister (un) 54-5 1/2. 5. Billy McDaniels (un) 54-2. (2) 1. Rick Reyes (CentAZ) 51-9. 2. Aaron Echtenacht (U of WY) 49-10. 3.

Tony Ciarelli (un) 49-5 1/2.

**JT:** 1. Mike Torres (CPP) 193-3. 2. Urban Svedberg (CentAZ) 193-3. 3. Jose Davilla (MISAC) 188-7. 4. Dallas Richey (FresSt) 186-6. 5. Chris Andersen (AZPuma) 184-1.

**HT:** 1. Robert Dilts (UCDavis) 210-10. 2. Greg Hodel (UCLA) 201-4. 3. Larry Johnston (un) 201-3. 4. Monte Wilson (un) 193-10. 5. Travis Nutter (U of Cal) 193-9.

**400m:** 1. Mike Jobert (Australia) 45.41. 2. Robert Guy (Abilene Christ) 46.80. 3. Ryan Truschinski (Wis) 46.96. (2) 1. Cullen Plousha (U of AZ) 47.53. 2. Randy Berkheim (ColoUniv) 47.53. 3. Edward Rozell (U of Iowa) 47.97. (3) 1. Rich Jones (OhioSt) 46.84. 2. Shane Begnaud (Tenn) 47.16. 3. Chris Davis (U of Iowa) 47.39. (4) 1. Andre Morris (U of Iowa) 46.10. 2. Frankie Atwater (NikeAC) 46.86. 3. Derick Raker (un) 47.45.

**TJ:** 1. Derrick Mitchell (FresSt) 50-2 3/4. 2. Clarence Briggs (Ark) 50-2 1/2. 3. Terrence Sweet (AbilChrist) 49-7 3/4. 4. Hillary Miller (SacTC) 49-4 1/4. 5. Jashuwa Gindri (NoAZ) 49-1 3/4.

**800m:** 1. John Lockhand (Purdue) 1:51.59. 2. Kurt Dietrich (LSU) 1:52.17. 3. Mike Savoie (LSU) 1:52.20. (2) 1. Brian Wilkinson (Hartnell) 1:50.79. 2. Isaac Turner (Glendale, CA) 1:51.24. 3. Elton Lewis (SMTC) 1:51.44. (3) 1. Erick McBride (CalCoast) 1:49.44. 2. Clevon Clair (AzSt) 1:49.60. 3. Lamont Leach (LouisianaTech) 1:50.24.

**HT:** 1. Balazs Kiss (USC) 257-3. 2. Roman Linscheid (St.Johns) 230-10. 3. Louis Chisari (NYAC) 226-10. 4. David Loshonkohl (U of AZ) 219-7. 5. Darren Zaylor (Amer Big Guys) 215-7.

**4x100mR:** 1. Long Beach State 40.08. 2. Arkansas 40.22. 3. CSU Bakersfield 40.48. (2) 1. Stanford 40.9HT. 2. Mt. SAC 41.3HT. 3. CSU Northridge 42.0HT. (2) 1. CSU Los Angeles 40.33. 2. Abilene Christian 40.47. 3. Tennessee 40.45. 4. Iowa 40.94. 5. U of Wisconsin 41.05.

**110mH:** 1. Ross Flowers (un) 14.17. 2. Joel Giorgis (U of WY) 14.25. 3. Mike Jones (BYU) 14.44. 4. Richard Holmes (un) 14.65. 5. Myron McClure (Purdue) 14.68. (2) 1. Troy Pratt (Tenn) 14.03. 2. David Ashford (un) 14.21. 3. Avery Anderson (UCLA) 14.22. 4. Leo Simmons (U of AZ) 14.23. 5. Keith Moten (U of Cal) 14.47. (3) 1. Tim Kroeker (CoqChee) 13.93. 2. Larry Harden (NikeInd) 14.17. 3. Andrew Smith (Bahamas) 14.33. 4. Eric Bell (USC) 14.36. 5. Tony House (un) 14.39.

**1500m:** 1. Phillip Spratley (WestSt) 3:48.82. 2. Bob Keino (AZ) 3:49.73. 3. Nick McFallis (USAFA) 3:50.44. 4. J.J. White (Stanford) 3:50.90. 5. Bryce Newton (Wash) 3:51.13. (2) 1. Jeff Johnson (NikeInd) 3:49.58. 2. Nick Thiel (WY) 3:50.02. 3. Jeremy Deere (Calgary Spartans) 3:50.22. 4. Sven Haug (SVYC) 3:50.56. 5. Darryl Jordan (SMTC) 3:50.68.

**4x400mR:** 1. CS Northridge 3:13.88. 2. Fairleigh Dickinson 3:14.88. 3. El Camino 3:16.05. 4. Southern Utah 3:18.40. Cal State Stanislaus 3:20.01.

**200m:** 1. Derrick Thompson (Ark) 20.46. 2. Franklin Nwanika (IowaSt) 20.72. 3.

Marcel Carter (OlymDev) 20.73. 4. Sean Adams (Runtex) 20.78. 5. Leo Settle (Purdue) 21.14. (2) 1. Gabriel Okun (Nigeria) 21.36. 2. Brian Raspberry (Tenn) 21.37. 3. Greg Kyler (Tenn) 21.43. 4. Thomas Brandon (CSLB) 21.73. 5. Robin Kim (Show Time) 21.84. (3) 1. Raymond Stewart (Prime Time) 20.70. 2. Ed Turner (Wash) 21.02. 3. Corry Kelly (Cerr) 21.15. 4. Greg Harso (OKSt) 21.32. 5. Carlos Haddix (USAF) 21.57.

**Decathlon (April 13-14 at Azusa Pacific University):** 1. Ross Bomben (Cal) 7298. 2. Dave Pellon (un) 7164. 3. Matt Montrose (Boston AA) 7116. 4. John Pergande (Purdue) 6964. 5. Travis Clark (Stanford) 6939.

## Masters Men

**200m:** 1. Greg Holmes (un) 23.43. 2. Eugene Driver (un) 23.71. 3. James Robinson (un) 23.73. 4. Don Parker (un) 23.84. 5. John William 24.48.

**100m:** 1. Ken Dennis 12.18. 2. Frank Little 12.36. 3. Walt Butler 13.88. 4. Herb Adams 13.20. 5. Ron McNight 14.12.

## 200m

## Community College Men

**TJ:** 1. Anthony Coons (SDMesa) 44-9 3/4. 2. Twan Hill 44-7. 3. Marlon Shell (MISAC) 43-9 3/4. 4. Elton Jenkins (MISAC) 43-6 1/4. (Inv) 1. Devon Bean (LBCC) 49-11. 2. Carl Hampton (LBCC) 49-8 1/4. 3. Kylene Jack (RCC) 47-9 1/4. 4. Stuart Guthrie 46-5 1/2. 5. Jason McGinnis (MISAC) 46-5 1/4.

**5000m:** 1. Ray Gomez (PCC) 15:27. 2. Chris Dallron (Cent AZ) 15:31.7. 3. Joe Saucedo (RSC) 15:35.

**SP:** 1. Matt Sossee (OrCst) 47-6 1/2. 2. Marwin Willard (Moorpk) 46-6 3/4. 3. James Barnes (Cerr) 45-10 1/2. 4. Manfred Wagner (Moorpk) 45-7 1/4. 5. James Thwing (Full-Coll) 43-7 1/4.

**3000mSC:** 1. Marc Dalkins (CentAZ) 9:04.3. 2. Andy Carusetta (CentAZ) 9:16.2. 3. Jose Ariaga (East LAC) 9:37.3. 4. Robert Jones (SBarb) 9:42.8. 5. S. Kilbwo (PCC) 9:47.7.

**110mH:** 1. Alex Hollowell (Glendale) 14.97. 2. Tony Garcia (Saddle) 16.07. 3. Harold Butler (Scottsdale CC) 16.14. (2) 1. Jim Freeman (AmerRiv) 14.97. 2. Kyle O'Neill (AmRiv) 15.34. 3. Sheldon Brooks (RivCC) 15.39. (3) 1. Anthony Brockington (SJDelta) 15.69. 2. Wade Smith (Glen) 15.72. 3. Pat Norris (LBCC) 15.84. (4) 1. Gerald Stamps (PCC) 14.69. 2. Mike Harris (LBCC) 14.69. 3. Demond Smith (LBCC) 14.96. (5) 1. Eric Butler (Citrus) 15.93. 2. Daniel Riden (WestLA) 16.64. 3. Steve Phillips (AntVly) 16.65.

**JT:** 1. Anthony Vega (SBCC) 193-2. 2. Urban Svedberg (CentAZ) 192-3. 3. Jose Davilla (MISAC) 187-9. 4. James Martin (SJ Delta) 182-5. 5. Greg Riley (SBCC) 178-9.

**PV:** 1. Brian Lowe (Moorpk) 14-3 1/4. 2. Jay Gifford (AmerRiv) 13-9 1/4. 3. Justin Carpenter (Chalfey) 13-9 1/4. 4. Justin Pouty (PCC) 13-3 1/2. 5. Mike Tumbiolo (Hancock) 13-3 1/2. (Inv) 1. Eric Stanfield (LBCC) 15-11. 2. Jeff Beam (Moorpk) 15-11. 3. Luis Apalategui (SD Mesa) 15-5. 4. Jeff Truman (MISAC) 15-5. 5. Jahan Harper

(MISAC) 14-5 1/4.

**1500m:** 1. Tyson Thomas (WVly) 4:03.59. 2. Frank Kinkead (CentAZ) 4:05.83. 3. Abdi Shifaw (Scottsdale) 4:09.49. 4. John Wheeler (Glendale) 4:13.09. 5. Victor Hernandez (EastLA) 4:13.68. (2) 1. Mike Hancock (OrCst) 3:52.41. 2. Carlos Ruiz (Mex) 3:53.07. 3. Ray Butman (MISAC) 4:01.52. 4. Jose Lira (ECC) 4:05.22. 5. Erick Alvarado (SanBernCC) 4:05.38.

**LJ:** 1. Willie Farrow (MISAC) 23-6 1/4. 2. Erick Bonner (Phoenix) 23-0 3/4. 3. Damon Green (SanBern) 22-7 1/4. 4. Carl Hampton (LBCC) 22-3 3/4. 5. Travis Moore (SanBern) 21-8.

**SP:** 1. Chima Ugwa (CentAZ) 60-3. 2. Rick Reyes (CentAZ) 52-6 1/2. 3. Javar Sanfilippo (SDMesa) 49-4 1/4. 4. Tat White (MISAC) 47-10 1/2. 5. Matt Jordan (Saddle) 44-11 3/4.

**400mH:** 1. Kyle O'Neil (AmerRiv) 53.35. 2. Nikia McKinney (Full) 55.01. 3. Walter Tate (GoldW) 56.82. (2) 1. Roel Bello (MISAC) 56.46. 2. Ray Coles (SacCC) 57.06. 3. Justin Burnett (Moorpk) 58.63. (3) 1. Anthony Brockington (SJDelta) 56.24. 2. Ker Brown (SanSant) 56.70. 3. Robert Hansen (AmerRiv) 57.67. (4) 1. Jim Freeman (AmerRiv) 56.80. Casey Cosgrove (Desert) 59.57. 3. Rafid Butrus (Grossmont) 59.93. (5) 1. Jason Brownlee (LBCC) 52.35. 2. Hassin Bangurah (LB) 54.15. 3. Olivier Bossy (RCC) 55.07.

**JT:** 1. Joe Semien (Phoenix) 167-11. 2. Rob Auxey (SacCC) 166-8. 3. John Pak (Saddle) 165-6. 4. Ray Allen (Glendale) 165-3. 5. Ed Wurz (Skyline) 163-5.

**HJ:** 1. Daniel Zagier (MesaCC) 6-10 3/4. 2. Troy Langley (OrCst) 6-8 3/4. 3. Eric Weldon (Skyline) 6-8 3/4. 4. Jayson McGinnis (MISAC) 6-8 3/4. 5. James Nieto (SacCC) 6-6 3/4. (2) 1. Alex Keast (Chalfey) 6-4 3/4. 2. Dominik Sturr (Full) 6-4 3/4. 3. Jes Flemming (SacCC) 6-2 3/4. 3. Vincent Versher (SMon) 6-2 3/4. 3. Donald Nichols (Full) 6-2 3/4.

**4x100mR:** 1. Moorpark 43.57. 2. Santa Monica 43.68. 3. Glendale 43.70. (2) 1. San Bernardino Valley 41.94. 2. Rancho Santiago 42.01. 3. Cerritos 42.04. (3) 1. Central Arizona 40.88. 2. San Joaquin Delta 41.16. 3. Long Beach CC 41.41.

**4x800mR:** 1. Long Beach CC 7:48.83. 2. Central Arizona 7:54.92. 3. Sacramento CC 8:02.99. (2) 1. San Joaquin Delta 8:05.45. 2. East LA 8:10.74. 3. Santa Barbara CC 8:12.32.

**DT:** 1. Chima Ugwu (CentAZ) 176-9. 2. Ryan Harrison (CentAZ) 175-8. 3. Christer Hagberg (CentAZ) 172-6. 4. Tat White (MISAC) 156-11. 5. Jason Fjord (AmerRiv) 153-2.

**4x200mR:** 1. Cerritos 1:29.31. 2. Golden West 1:30.89. 3. Scottsdale 1:31.83. (2) San Bernardino 1:27.79. 2. Fullerton 1:28.14. 3. PasadenaCC 1:28.25. (3) 1. Central Arizona 1:25.69. 2. Antelope Vly 1:26.88. 3. Long Beach CC/A 1:26.99.

**LJ:** 1. Eric Boykin (LBCC) 24-3 3/4. 2. Walter Russell (RivCC) 23-11. 3. Cedric Webb (RCC) 23-2 3/4. (2) 1. Vanitta Kinard (SanMon) 19-9 1/2. 2. Cythia Midkiff



# RESULTS

(LBC) 18-8 1/2, 3. Amy Loftin (SacCC) 18-5 3/4.

**DMR:** 1. Saddleback A 10:25.03, 2. El Camino A 10:31.18, 3. Rancho Santiago 10:33.02.

**DT:** 1. James Thwing (Full) 154-7. 2. Javar Santilippo (SDMesa) 153-3. 3. James Barnes (Cerr) 147-10.

**Shuttle Hurdle Relay:** 1. Long Beach CC 1:00.48, 2. Riverside 1:01.19, 3. Saddleback 1:04.93.

**SMR:** 1. Saddleback 3:34.42, 2. West LA 3:42.55, 3. Santa Monica CC 3:48.26. (2) 1. Central AZ 3:36.45, 2. Mt. SAC 3:42.29, 3. Rancho Santiago 3:46.75.

**HT:** 1. Christer Hagberg (CenAZ) 185-8, 2. David Charlesworth (WestVly) 166-6, 3. Jason Ford (AmerRiv) 164-2, 4. Ryan Harrison (CenAZ) 159-1, 5. Peter Anselmo (CenAZ) 150-9.

**4x400mR:** 1. Long Beach CC 3:19.72, 2. Mt. SAC 3:22.78, 3. San Bernardino Vly 3:30.58. (2) 1. Pasadena 3:25.84, 2. SJ Delta 3:27.50, 3. Citrus 3:35.01. (3) 1. Glendale, AZ 3:19.65, 2. West LA 3:19.83, 3. El Camino A 3:21.44. (4) 1. Central AZ 3:11.75, 2. Long Bch A 3:13.70, 3. Mt. SAC 3:14.05.

**4x1600mR:** 1. Rancho Santiago 18:16.25, 2. Glendale CC, Az 18:33.44, 3. Orange Coast 18:35.52, 4. Glendale 18:36.74, 5. Long Beach CC 18:56.50.

## WOMEN

### Invitational Women

**200m:** 1. Beverly McDonald (PrimeTime) 22.80, 2. Wenda Vereen (Goldwin) 23.12, 3. Christy Opara (Nigeria) 23.22, 4. Deangella Johnson (U of Houston) 23.60, 5. Faith Idehen (NikeAC) 23.68.

**1500m:** 1. Ruth Wysocki (NikeCoast) 4:16.87, 2. Darcy Arreola (ReebAg) 4:17.27, 3. Michelle DiMuro (NikeInt) 4:19.80, 4. Jasmine Jones (adidas) 4:21.53, 5. Elva Dryer (WestSt).

**DT:** 1. Dawn Dumble (UCLA) 189-0, 2. Erica Ahmann (CPSLO) 189-0, 3. Suzy Powell (UCLA) 187-9, 4. Carla Gamett (NikeCoast) 186-7, 5. Anna Soderberg (NAZ) 186-8.

**4x200mR:** 1. Nike Atlantic Coast 1:34.34, 2. Arizona State 1:35.02, 3. CSU Northridge 1:43.62.

**4x400mR:** 1. Australia 3:34.52, 2. Central coast 3:35.13, 3. U of Arizona 3:44.02, 4. Iowa 3:40.04, 5. So Utah 4:02.58.

**3000m:** 1. Libbie Johnson (Miz) 9:04.38, 2. Sarah Schwald (Ark) 9:06.30, 3. Elva Dryer (WestSt) 9:10.41, 4. Darcy Arreola (ReebAg) 9:11.06, 5. Becky Spies (Villan) 9:11.45, 6. Kathy Butler (Wis) 9:11.68, 7. Michelle Buchicchio (AsicsTW) 9:19.18, 8. Karen Hecox (UCLA) 9:19.77, 9. Trine Pilskog (Ark) 9:19.83, 10. Muffy Raveling (Colo) 9:26.84.

**5000m:** 1. Jenny Rynes (Villan) 15:49.83, 2. Mirsada Buric-Adams (AdamsSt) 15:53.45, 3. Brenda Siewenhoek (Asics) 15:55.94, 4. Liz Zaragoza (un) 16:00.27, 5. Valery Vaughan (Asics) 16:02.22, 6. Joline Staehl (George) 16:12.0, 7. Tracie Dahl (Asics) 16:17.5, 8. Megan Flowers (Ark) 16:17.78, 9. Yamara Salomon (Calgary

SparTC) 16:24.74, 10. Emebet Shiferaw (un) 16:25.23.

**10,000m:** 1. Olga Appell (ReebRC) 32:25.92, 2. C. Montgomery (ReebRC) 32:26.42, 3. Jody Hawkins (Asics) 32:33.71, 4. Nora Leticia Rocha (FedMex) 32:46.96, 5. Colet Murphy (Nike) 32:55.64, 6. Lucia Mendiola (FedMex) 33:02.78, 7. Benita Perez (FedMex) 33:04.05, 8. Maria Luisa Servin (FedMex) 33.05, 9. Nan Davis 33:06.38, 10. Adriana Fernandez (FedMex) 33:06.56.

**TJ:** 1. Wendy Brown (un) 43-9, 2. Leonie Codrington (StJohns) 43-7 3/4, 3. Juliana Yendork (SoCaCheet) 43-3 3/4, 4. Robyne Johnson (Anderson Int) 42-9 1/2, 5. Telisa Young (And Int) 42-6 3/4.

**HJ:** 1. Amy Acuff (UCLA) 6-3 1/2, 2. Clare Look (NikeCst) 6-1 1/2, 3. Tisha Waller (GoldTC) 6-1 1/2, 4. Karol Jenkins (GoldTC) 6-0 1/2, 5. Sue Rembao (Reeb) 6-0 1/2.

**SP:** 1. Ramona Pagel (NikeCst) 61-4, 2. Valeyta Althouse (UCLA) 57-2 3/4, 3. Dawn Dumble (UCLA) 54-11 1/4, 4. Collins Newsome (U of Ill) 52-0, 5. Georgette Reed (CalgSparTC) 51-8 1/4.

**400mH:** 1. Debbie Parris (Jamaica) 55.24, 2. Trevaia Williams (AtomsTC) 55.61, 3. Ali Poulin (Nike) 57.83, 4. Patrice Woods (U of WA) 50.92, 5. Connie Ellerbe (Nike) 1:01.10.

**800m:** 1. Jearl Miles (ReebAg) 2:02.79, 2. Nakita Beastoy (un) 2:04.15, 3. Amy Wickus (Wis) 2:04.57, 4. Alisa Hill (Foot Locker) 2:04.75, 5. Jamin Jones (un) 2:06.11.

**100m:** 1. Mary Tombril (AbilChrist) 11.1, 2. Cheryl Tarplin (Nike) 11.20, 3. Christy Opara (AndersonInt) 11.20, 4. Hermin Joseph (AbilChrist) 11.28, 5. Faith Idehen (AllCst) 11.45.

**400m:** 1. Fatima Yusuf (AzPac) 51.42, 2. Danette Young (Reeb) 51.85, 3. Crystal Irving (AtomsTC) 52.66, 4. Jacqui Gayle (AZSt) 53.06, 5. Revoli Campbell (AbilChrist) 53.08.

**LJ:** 1. Shana Williams (OlymDev) 21-8, 2. M. Veltman (un) 21-4 1/4, 3. Jacqui Brown (un) 21-4 1/4, 4. Jackie Edward (Miz) 20-8, 5. Claudia Gerhardt (Germany) 20-7 3/4.

**100mH:** 1. Donna Waller (un) 13.00, 2. Jackie Humphrey (GoldTc) 13.00, 3. Doris Williams (GoldTc) 13.15, 4. Michelle Campbell (AzPac) 13.17, 5. San Ying Chan (USC) 13.33.

### University/Open Women

**4x400mR:** 1. Riverside CC 3:44.03, 2. CSU Bakersfield 3:45.07, 3. CSU Los Angeles 3:51.72.

**SP:** 1. Erika Goines (OhioSt) 49-11, 2. Kristina Mataafa (CSUN) 47-9, 3. Nicole Beuregard (CPPom) 47-8 1/2, 4. Teresa Stricklin (CSUN) 46-4 3/4, 5. Curtis Njeri (FarDicken) 45-4 1/2. (2) 1. Tonya Roach (Colo) 44-2, 2. Lara Newell (CSBKfld) 42-6 3/4, 3. Karin McCall (AzPac) 41-1.

**TJ:** 1. Donna Beard (AIA) 140-7, 2. Marianne Daykin (Colo) 132-7, 3. Nicole Shexnider (SoUT) 130-1, 4. Coons 130-1, 5. Sami Jo Small (Stan) 129-8.

**LJ:** 1. Tara Davis (U of WA) 20-8 1/2, 2. Amy Littlepage (U of Cal) 19-9 3/4, 3. Glory Dolphin (USC) 19-6 3/4, 4. Tamiaka Porter



**ASHLEY SELMAN**

Photo by Bill Leung, Jr.



**RUTH WYSOCKI**

Photo by Bill Leung, Jr.



**FATIMA YUSUF**

Photo by Bill Leung, Jr.

(OhioSt) 19-2 1/2, 5. Grace Upshaw (U of Cal) 19-0.

**400mH:** 1. Terra Barter (U of WA) 58.22, 2. Angela Harris (un) 59.55, 3. Kristi Morrison (ColoSt) 59.78, 4. LeGretta Hinds (CSLgBch) 1:00.17, 5. Liz Moriand (CooCheet) 1:02.37. (2) 1. Jenny Paynter (Wis) 1:01.34, 2. Leona Russell (Colo) 1:01.58, 3. Stacey Dickson (ColoSt) 1:01.62. (3) 1. Tiffany Haul (Wash St) 1:02.37, 2. Tiffany Paup (Wash St) 1:03.92, 3. Jamilla English (U of Cal) 1:04.73.

**100m:** 1. Tanja Reid (U of Iowa) 11.76, 2. Keisha Criswell (FresSt) 11.02, 3. Gisele Esaka 11.07, 4. Kanika Conwright (USC) 11.99, 5. Andrea Burnside 12.33. (2) 1. Demonica Davis (U of Houston) 11.80, 2. Tara Perry (CooCheet) 11.84, 3. Antoinette Reed (Ark) 11.94. (3) 1. Tike Jackson (AZSt) 11.93, 2. Tika Walton (AZSt) 12.14, 3. Tamaka Brown (WashSt) 12.24, 4. Tai-Ne Gibson (JSC) 12.31. (4) 1. Felicia Lang (U of AZ) 11.95, 2. Nickson (AZSt) 12.02, 3. Pheima Woods (CSULA) 12.06.

**HJ:** 1. Rebecca Butt (U of AZ) 5-10 1/2, 2. Sue DiMarco (NikeCst) 5-10 1/2, 3. Peggy Odita (SacTC) 5-9 1/4, 4. Becky Kaza (U of Iowa) 5-7 1/4, 5. Chi Johnson (U of Cal) 5-7 1/4.

**DT:** 1. Annette Kalililwija (U of Cal) 168-2, 2. Shelly Greathouse (ColoSt) 164-3, 3. Kristina Mataafa (CSUN) 164-3, 4. Georgette Reed (CalSparTC) 155-1, 5. Teresa Stricklin (CSUN) 153-10. (2) 1. Shanna Renieki (ColoSt) 155-4, 2. Jodie Warr (CPPom) 147-4, 3. Michelle Bryant (MISAC) 143-11.

**400m:** 1. Tayo Aklnremi (AZSt) 53.04, 2. Lade Akimremo (AZSt) 53.13, 3. Meredith Rainey (Foot Locker) 53.34. (2) 1. Kyliely Hanigan (Aust) 52.72, 2. Lee Naylor (Aust) 53.36, 3. LaDonna Antonine (UTSt) 53.50. (3) 1. Maya Green (U of Cal) 55.00, 2. S. Freeman (SDSt) 55.03, 3. Becky Sorensen (UTSt) 55.18. (4) 1. Amber Menzies (Aust) 54.30, 2. Chantel Reynolds (U of Cal) 56.33, 3. Taunika Ogans (CSULA) 56.50. (5) 1. Melanie O'Daniel (NoAZ) 56.72, 2. Eileen Amador (ColoSt) 57.45, 3. Tisha Slade (ColoSt) 57.61.

**800m:** 1. Renee Manfredi (un) 2:07.24, 2. Jean Fletcher (Can) 2:07.36, 3. Cicely Scott (UCLA) 2:08.91, 4. Dawn Williams (un) 2:09.52, 5. C. Crain (UCLA) 2:10.47. (2) 1. Latricia Dendy (VegasInt) 2:09.54, 2. Franz Battles (LSU) 2:11.93, 3. Jennifer Nanista

2:13.81. (3) 1. Sara Moore (Stanford) 2:09.38, 2. Suzy Jones (UCDavis) 2:10.37, 3. Karen Van (AbilChrist) 2:12.17.

**JT: (Inv)** 1. Ashley Selman (Asics) 190-3, 2. Berry (Nike) 101-11, 3. Nicole Carroll (San MateoTC) 181-2, 4. Erica Wheeler (OlymDev) 169-8, 5. K. Hyatt (OlymDev) 169-7.

**4x100mR:** 1. CSU Los Angeles 46.40, 2. Colorado 46.68, 3. Fresno State 46.74, 4. San Diego St. 47.49, 5. CSU Northridge 48.30. (2) 1. Fresno State 47.02, 2. CSU Bakersfield 47.21, 3. Washington State 47.29, 4. U of Wisconsin Madison 47.84, 5. Northern Arizona 47.71. (3) 1. Abilene Christian 44.38, 2. U. of Houston 45.01, 3. USC 45.43, 4. Arizona State 45.58, 5. U of Arizona 46.13.

**100mH:** 1. Tai Darden (Nigeria) 13-1, 2. Monica Missick (FresSt) 13-3, 3. Yvonne Scott (U of Colo) 13-5, 4. Dede Nathan (Nike Int) 13-5, 5. Mandy Farguhar (U of Colo) 13-6. (2) 1. Shandi Boyd (OhioSt) NT, 2. C. Peggy Odita (SacTC) 14.3, 3. Lisa Knott (SBBar) NT. (3) 1. Legreta Hinds (CSLB) 13.85, 2. Kristy Morrison (ColoSt) 14.23, 3. Leona Russell (Colo) 14.38.

**1500m:** 1. Lisa Lopez (U of Cal) 4:26.73, 2. Melissa Teremant (BYU) 4:27.51, 3. Emily Johnson (U of WA) 4:28.66, 4. Kat Allsop (ark) 4:29.02, 5. Teena Colebrook (Asics) 4:29.09. (2) 1. Jenny Hodsen (ColoSt) 4:29.47, 2. Diana Pitts (ATICC) 4:30.10, 3. Becky Garrett (U of Ill) 4:30.40, 4. Gracie Padilla (AsicsTW) 4:30.90, 5. Jessica Scafidi (U of FL) 4:31.30. (3) 1. Ann Colonia (U of AZ) 4:31.35, 2. Shelly Moore (OkSt) 4:32.37, 3. Brianna Benning (U of Iowa) 4:33.63, 4. Katrina Kechris 4:35.38, 5. Jennifer Watson (Wis) 4:35.48.

**200m:** 1. Yolanda Hobbs (U of Iowa) 24.14, 2. Dedee Nathan (Nike) 24.39, 3. Malika Freeman (SDiegoSt) 24.57, 4. Fatima Woods (CSLA) 24.88, 5. Oshanda Posey (CSLA) 25.22. (2) 1. Dawn Mortensen (AZ) 24.15, 2. Antoinette Reed (Arki) 24.15, 3. Cheryl Porter (un) 25.20, 4. Kadesha Hilliard (ColoSt) 25.25, 5. Toby Dean (UCI) 25.38. (3) 1. Avia Morgan (AZSt) 23.05, 2. LaDonna Antoine (UTSt) 23.96, 3. Becky Sorensen (UTSt) 24.46, 4. Mandy Farguhar (Colo) 24.58, 5. Judy Frasier (UNLV) 24.91.

**TJ:** 1. Sharline White (FairDicken) 42-1 1/2, 2. Tara Davis (U of WA) 41-7 3/4, 3. Amy Littlepage (U of Cal) 41-5, 4. Rebecca



# RESULTS

Butt (U of AZ) 40-7 3/4. 5. Flo Adu (Stanford) 39-3 1/4.

**Heptathlon (April 13-14 at Azusa Pacific University):** 1. Sheila Burrell (UCLA) 5456, 2. Heidi Schultz (WashSt) 4864, 3. Janel Chandler (Nev) 4810, 4. Darlene Malco (UCLA) 4489, 5. Heather Schroder (Clar-Mudd) 4286.

### Community College/Women

**JT: (Inv.)** 1. Charity Amama (LA Trade Tech) 139-0, 2. Rose Ballesteros (Citrus) 129-9, 3. Varela Pilar (AmerRiv) 123-2, 4. Alicia Rubio (RCC) 113-8, 5. Susan Barajas (MISAC) 110-9. (2) 1. Allison Rizzo (SJ Delta) 112-3, 2. Melissa Bauermeister (Mesa) 100-1, 3. Essie Escamilla (SD Mesa) 99-0, 4. Sarah Goodlaw (PasadenaCC) 98-11, 5. Selena Clark (SJ Delta) 94-1.

**TJ:** 1. Wintress Lang (Compton) 35-2, 2. Jennifer Spynieski 33-7 1/4, 3. Sarah Langendorff (SJ Delta) 33-3 3/4.

**HJ:** 1. Tarin Vine (Aust) 5-5, 2. Amy Willard (Saddle) 4-11, 3. Tami Vaillancourt (Moorpark) 4-9. (Inv.) 1. Tami Medcalf (Citrus) 5-3, 2. Cecilia Noel (LBCC) 5-3, 3. Rachel Flauell (Scottsdale) 5-1, 4. Bramidy Irby (SacCC) 5-1, 5. Deanna Mendibac (Mt. SAC), Michelle Mulligan (Mt. SAC), Wendy Escobar (SanMonica) 5-1.

**3000m:** 1. Erin Remy (OrCst) 10:27.08, 2. Jeannie Robinson (LBCC) 10:48.47, 3. Traci Ballard (AmerRiv) 10:54.48, 4. Rachel Krause (Citrus) 10:54.78, 5. Elsa Mesa (PasadCC) 10:55.70.

**100mH:** 1. Vanitta Kinard (SanMon) 15.29, 2. Rachel Carlin (MesaCC) 16.33, 3. Courtney Leonard (Sadd) 17-84. (2) 1. Marcia Cronk (GlendaCC) 16.31, 2. Kristi Rimer (Phoenix) 16.39, 3. Tameha Murray (Compton) 17.08. (Inv.) 1. Rachel Flavell (Scottsdale) 15.3, 2. Lisa Anderson (Scotts) 15.2, 3. Meshana Mays (LBCC) 15.8, 4. Monica Holguin (Full) 16.0, 5. Stephanie Kawri (PasadCC) 17.4.

**1500m:** 1. Stephanie Rivera (SJDelta) 4:57.96, 2. Tiana Fenske (Sadd) 5:03.55, 3. Dawn Golding (GoldWest) 5:03.96, 4. Sarah Rejsa (Glendale, Az) 5:06.61, 5. Stephanie Forster (AE) 5:09.18. (2) 1. Charlotte Mayock (RCC) 4:43.23, 2. Adrienne Ling (El Camino) 4:46.47, 3. Maria Cintora (Glendale) 4:46.96, 4. Maria Lopez (El Camino) 4:48.83, 5. Laura Bermudez (Citrus) 4:52.23.

**LJ:** 1. Clesha Hicks (Cerr) 15-9 3/4, 2. Rehana Taianian (SBarb) 15-6 3/4, 3. Tommette Brown (Grossmont) 15-2 1/4, 4. Maria Martel (MISAC) 14-10 3/4, 5. Shelly Shaul (Citrus) 14-3 3/4.

**400mH:** 1. Amy Loftin (SacCC) 1:05.95, 2. Rachel Carlin (MesaAZ) 1:08.39, 3. Courtney Leonard (Sadd) 1:08.94. (2) 1. Karen Vigilant (LBCC) 1:01.15, 2. Celena Clarke (RCC) 1:01.56, 3. Crystal Buck (RCC) 1:03.37.

**4x100mR:** 1. Compton 50.58, 2. Pasadena CC 51.04, 3. Cerritos 51.52. (2) 1. Santa Monica CC 49.76, 2. Glendale CC, Az 50.00, 3. American River 50.58. (3) 1. Long Beach CC 47.49, 2. Sacramento CC 48.61, 3. San Joaquin Delta 48.80.

**Sprint Medley Relay:** 1. Fullerton A 1:50.01, 2. Cerritos 1:50.90, 3. Mt. SAC 1:54.11. (Inv.) 1. Riverside CC 1:43.93, 2. Long Beach CC 1:47.99, 3. Sacramento CC 1:48.73, 4. San Diego Mesa 1:52.43, 5. Chaffey 1:58.93.

**Distance Medley Relay:** 1. San Diego Mesa 12:17.39, 2. American River 12:18.44, 3. El Camino 12:46.81, 4. Mt. SAC 12:59.05, 5. Citrus 13:05.69.

**SP:** 1. Charity Amama (LA Trade) 35-6 3/4, 2. Melissa Baker (Glen) 35-2, 3. Elizabeth Dozier (Full) 33-8 1/2. (Inv.) 1. Sarah Goodlaw (PasadCC) 38-11 3/4, 2. Dani Darrow (SD Mesa) 38-10 1/4, 3. Bernadette Quinteros (Cerr) 38-3 1/4, 4. Rose Ballesteros (Citrus) 38-3 1/4, 5. Alicia Grismer (Scottsdale) 37-1.

**4x400mR:** 1. Fullerton A 4:01.23, 2. San Joaquin Delta 4:03.76, 3. American River 3:05.35, 4. Mt. SAC 4:07.41, 5. Moorpark 4:11.33. (Inv.) 1. Riverside 3:47.82, 2. Sacramento CC 3:54.86, 3. Long Beach 4:00.36, 4. Scottsdale 4:01.89, 5. Phoenix 4:02.96.

**DT:** 1. Michelle Bryant (MISAC) 1427, 2. Sarah Goodlaw (PasadCC) 130-4, 3. Dani Darrow (SD Mesa) 128-1, 4. Melissa Bauermeister (MesaCC) 124-3, 5. Kellie Scott (Gross) 116-9.

## Pomona-Pitzer Invitational

April 14. Strehle Track, Pomona College, Claremont. Races/Fights are combined.

### Women

**100m:** 1. Tara Perry (CoqChee) 11.85, 2. Kanika Conwright (USC) 11.99, 3. Tai-Ne Gibson (USC) 12.28, 4. Cathy Rejouis (Cal Int) 12.30, 5. Haley Clements (GrBr) 12.31. **200m:** 1. Latima Jones (USC) 23.68, 2. Donna Frazier (GrBr) 23.94, 3. Tara Perry (Coq Ch) 24.31, 4. Haley Clements (GrBr) 24.72, 5. Stacy Patterson (CSUB) 24.73. **400m:** 1. Cora Davis (GB) 56.50, 2. Maureen Barnes (GB) 56.88, 3. Linda Brown (Mesa) 57.31, 4. Kathleen Fillebrown (CSUS) 58.65, 5. Merl Webster (UCSB) 58.74.

**800m:** 1. Lesley Noli-Mayne (AsicsTW) 2:06.20, 2. Janice Nichols (CSUB) 2:12.41, 3. Samantha Murdock (Caigint) 2:12.51, 4. Nikee Pool (SCC) 2:13.63, 5. Marisol Pedraza (CSLA) 2:14.05. **1500m:** 1. Kelly Flathers (un) 4:40.91, 2. Christine Lewis (USC) 4:44.73, 3. Kelly Cook (Ark) 4:45.40, 4. Laura Hodnett (UCSB) 4:45.66, 5. Heather McGlone (APU) 4:50.17. **3000m:** 1. Chestira Argros (Aust) 9:44.49, 2. Jennifer Bowler (Utah) 10:08.92, 3. Beth Elligeson (Quest) 10:09.67, 4. Paula Morrison (Ut) 10:13.82, 5. Staci Brunton (CSUS) 10:26.54.

**100mH:** 1. Lisa Shepard (UCSD) 14.70, 2. Lisa Knott (UCSB) 14.73, 3. Liz Morland (Coq Ch) 15.12, 4. Skye Green (UCI) 15.16, 5. Kenya Thacker (UCSD) 15.27. **400mH:** 1. Maureen Cingmars (CoqCh) 1:00.41, 2. Liz Morland (CoqCh) 1:00.59, 3. Skye Green (UCI) 1:02.21, 4. Nelcaidra Shegog (USC) 1:03.41, 5. Michaela Monahan (UCSD) 1:03.94. **4x100mR:** 1. UC San Diego 49.02,

2. UC Irvine 50.36, 3. CSU Stanislaus 50.84. **4x400R:** 1. UC San Diego 4:02.62, 2. Southern Cal College 4:06.90, 3. Claremont MS 4:18.94.

**LJ:** 1. Tobey Smith (Quest) 17-7.50, 2. Erika Barnhorst (UCSB) 17-6.25, 3. Kenya Thacker (UCSD) 17-2.75, 4. Renee Sprowl (UCSD) 17-2.25, 5. Carla Veltman (UCI) 16-11. **TJ:** 1. Lolita Pile (un) 11.68, 2. Kenya Thacker (UCSD) 37-8.75, 3. Michelle Domingo (UCSD) 37-2.5, 4. Lisa Shepard (UCSD) 36-5.75, 5. Renee Sprowl (UCSD) 35-4.5. **HJ:** 1. Clarissa Moulton (CSUB) 5-8, 2. Kacy O'Malley (CSUB) 5-4, 3. Mary Sauer (APU) & Terry Pruitt (APU) 5-2, 5. Beth Johnson (USC), Rebecca Woods (Aust) & Jade Crowe (AUCI) 4-10.

**SP:** 1. Kristina Mataala (CSN) 46-8.75, 2. T. Staician (CSN) 46-6, 3. Beth Burton (CSN) 43-5.25, 4. Lara Newell (CSUB) 41-8, 5. Mary Wilson (UCSB) 40-4.75. **JT:** 1. Nicole Haynes (USC) 135-4, 2. Latoya Williams (CSUB) 122-10, 3. Betsy Haverlandt (APU) 121-8, 4. Lisa Henderson (CSLA) 116-5, 5. Sandra Clark (West) 109-7. **DT:** 1. Kristina Mataala (CSUN) 167-1, 2. Teresa Stricklin (CSUN) 160-1, 3. Carrie Martin (USC) 152-8, 4. Lara Newell (CSUB) 141-5, 5. Mary Wilson (UCSB) 138-9. **HT:** 1. Donna Beard (AIA) 160-9, 2. Kiyomi Parish (PP) 149-4, 3. Melissa Bauermeister (MCAZ) 137-9, 4. Lavera Clark (un) 133-2, 5. Shel Guenther (GCC) 119-4.

### Men

**100m:** 1. Peter Ogilvie (CoqCh) 10.69, 2. Jason Shelton (USC) 10.70, 3. Phillip Goodluck (GrBr) 10.72, 4. Al Fulolia (GrBr) 10.78, 5. Marty Krulee (WolfPack Int) 10.86. **200m:** 1. Phillip Goodluck (GrBr) 20.98, 2. Peter Ogilvie (CoqCh) 21.24, 3. Al Fulolia (GrBr) 21.33, 4. Dan Oliver (UCSB) 21.53, 5. Eric Johnson (MSU) 21.69. **400m:** 1. Ernest Clark (UCSD) 48.10, 2. Barry Smith (CSLU) 48.29, 3. Roger Chagnon (Brooks) 48.90, 4. David Holmes (USC) 49.01, 5. Drake (West) 49.19.

**800m:** 1. Linh Le (UCR) 1:53.37, 2. Mark Knoop (EdmOlyCl) 1:53.74, 3. Adrian Garcia (UCSB) 1:54.11, 4. Ryan Grover (CMS) 1:54.20, 5. Simon DeJonge (EdOlyCl) 1:54.57. **1500m:** 1. Coley Candaele (un) 3:48.44, 2. Jon Keller (MSU) 3:50.89, 3. Mike Tansley (O2Debt) 3:51.00, 4. Dennis Balasz (APU) 3:51.07, 5. Brice Newton (UWWS) 3:51.36. **5000m:** 1. J. Brown (Ut) 14:52.15, 2. O. Servin (CSUS) 14:53.24, 3. J. Furber (un) 14:55.92, 4. R. Jensen (Ut) 14:57.86, 5. Mortensen 14:59.50.

**3000mSC:** 1. Phillip Livingood (West) 9:19.46, 2. Forest Quintan (UCSB) 9:24.47, 3. Paul Goodrich (UCSB) 9:27.46, 4. Jose Villanueva (CSUS) 9:30.58, 5. Brian Dowd (West) 9:30.71. **110mH:** 1. Tim Kroeker (CoqCh) 13.90, 2. Eric Bell (USC) 14.03, 3. Lloyd Cowans (GrBr) 14.28, 4. Richard Holmes (SacTc) 14.56, 5. Kefler Thomas (USU) 14.72. **400mH:** 1. John Paul Brunier (USC) 51.20, 2. Keadrick Washington (un) 52.41, 3. David Mayeda (UCI) 52.53, 4. Nathan Busse (PP) 53.60, 5. Tom Zverina (CoqCh) 53.85.

**4x100mR:** 1. Mankato State 42.13, 2.

Claremont Mudd 42.32, 3. Cal State Fullerton 42.98. **4x400mR:** 1. Claremont Mudd 3:24.68, 2. UC San Diego 3:25.8 & UC Santa Barbara 3:25.8, 4. Fresno Pacific 3:27.44. **LJ:** 1. Aaron Houston (UCSD) 22-9, 2. Peter Hawkins (PP) 22-0.75, 3. Duawin Park (UCI) 21-11.75, 4. Tim Blas (Red) 21-6.75, 5. Jimmy Matsushima (CSUF) 21-9.25.

**TJ:** 1. Sylvain White (PP) 48-1.25, 2. JT Smith (Team SD) 46-7.50, 3. Peter Hawkins (PP) & Stuart Guthrie (AUCI) 46-5.25, 5. Taiwo Madison (USC) 45-10.5. **HJ:** 1. Brian Carison (SCC) 7-0, 2. Eric Jones (Stag) 7-0, 3. Joel Mitre (Red) 6-10, 4. Joe Healy (MSU) & Matt Pasche (MSU) 6-8. **PV:** 1. Owen Clements (Vict TF) 16-6, 2. Ben Stark (CSUB) 15-6, 3. Paul Ipek (CSUF) 15-0, 4. Charles Sheng (MSU) 15-0, 5. Sergio Alusha (CSLA) 14-6.

**SP:** 1. Rod Chronister (un) 58-2, 2. John Demody 53-11.25, 3. Matt Godbehere (CSUB) 53-7.75, 4. Dan Jones 48-10.25, 5. Gary Okerson (CMS) 47-8.25. **JT:** 1. Mike McClintock (CSLA) 191-9, 2. Kel Watrin (CSUN) 186-11.5, 3. Rob Roggeveen (Red) 185-6, 4. Corby Foster (un) 182-4, 5. David Boles (USC) 172-1. **DT:** 1. Brian Bleutrich (un) 196-6, 2. Chad Danowsky (USC) 181-1, 3. Matt Frederick (SWT) 181-0.25, 4. Rod Chronister (un) 170-3, 5. Matt Godbehere (CSUB) 165-9. **HT:** 1. Renee Bustamante (APU) 205-0, 2. Monte Wilson (un) 194-3, 3. Mohammad Saatara (CSLA) 180-1, 4. Mike Susank (un) 176-0, 5. Kevin Eubanks (CSUB) 175-7.

## Long Beach State Grand Prix

April 15. Long Beach.

### Men

**3000m:** 1. Joey Keillor (Mankato St) 9:13.95. **4x100mR:** 1. South Bay TC 42.57. **1500m:** 1. Jason Brown (un) 3:57.18. **110mH:** 1. Terrell Singletary (un) 15.18. **400m:** 1. Marco Pitts (LBSU) 5:01. **100m:** 1. Robert Dayphni (Navy) 10.88. **800m:** 1. Troy Collins (SBTC) 1:55.53. **400mH:** 1. Troy Griggs (LBSU) 57.38. **200m:** 1. Terry Johnson (LBSU) 21.8. **5000m:** 1. Sasha Vujic (SBTC) 15:04.84. **4x400mR:** 1. Univ of Utah 3:30.8.

**JT:** 1. Chris Nash (USMC) 168. **PV:** 1. Matt Kohlb (un) 16-1 3/4. **LJ:** 1. Erin Bailey (SBTC) 22-8 1/2. **SP:** 1. Damon Devault (LBSU) 51-7. **HJ:** 1. Aaron Junta (LBSU) 6-2. **TJ:** 1. Aaron Junta (LBSU) 42-5 1/2. **DT:** 1. Tim Casper (MBSU) 160-11.

### Women

**3000m:** 1. Michele Greening (LBSU) 10:38.54. **1500m:** 1. Lisa Bower (LBSU) 4:54.49. **400m:** 1. Angel Mosley (LBSU) 1:00.3. **100m:** 1. Stella Singleton (un) 14.1. **800m:** 1. Christina Neal (un) 2:17.21. **400mH:** 1. Mima Lopez (LBSU) 1:10.57. **200m:** 1. Angel Mosley (LBSU) 25.91. **5000m:** 1. Paula Morrison (U of UT) 17:43.33.

**JT:** 1. Diane Collier (un) 133-3. **SP:** 1. Kiran Moss (LBSU) 40-5 1/2. **HJ:** 1. Jen Kump (LBSU) nh.



# RESULTS

## Johnny Mathis Invitational

April 15, Cox Stadium, SFSU, San Francisco

### Men

HT: 1. Ken Norlan (SacTC) 206-5, 2. Ryan Carcoine (un) 187-11, 3. Mark Moran (SFSU) 175-9. JT: 1. Paul Foxson (Visa) 196-5, 2. Jason Twedt (un) 194-1, 3. Robert Fitzpatrick (UC Davis) 186-4. LJ: 1. Eric Grayson (SFCC) 22-1.5, 2. Robert Fitzgerald (UC Davis) 21-0, 3. Michael Petersen (UC Davis) 20-7.25. PV: 1. Vic Pelayo (un) 16-2.75, 2. Aaron Mathes (SFSU) 15-9, 3. Andrew Avellar (Big Dog) 15-3. SP: 1. Dennis Desoto (SacTC) 56-7.5, 2. Jason Dosey (un) 52-4.5, 3. Gabe Allenda (SacTC) 51-6.25. DT: 1. Mike Milkey (Army) 183-6, 2. Mike Bennett (SacTC) 166-1, 3. Gabe Allenda (SacTC) 154-10. TJ: 1. Robert Fitzpatrick (UC Davis) 45-9.75, 2. David Assai (un) 44-1.5, 3. Craig Leung (SFSU) 42-7.5.

5000m: 1. David Dyer (Stanford) 14-55, 2. Scott Kennedy (Hoys) 15-13, 3. Erich Ackermann (Reebok) 15-15. 400mR: 1. Empire 43.84, 3000mSC: 1. Bart Stephens (un) 9-14.31, 2. Kevin Girt (Chico St) 9-49.96, 3. Dion Blake (Siskiyous) 10-05.74. 1500m: 1. Dan Held (un) 3-51.51, 2. Brett Kimple (Reebok) 3-55.56, 3. Dirk Vanderpol (Reebok) 3-58.44. 110mH: 1. Rod Jett (un) 13.86, 2. Tori Abello (Stanford) 14-72.3, 3. Sam Carson (un) 14.96.

400m: 1. Derrick Sheperd (un) 47.25, 2. Marvin Samuelson (un) 48.40, 3. Artemis Johnicans (SFSU) 49.15. 100m: 1. Rod Jett (un) 10.80, 2. Jerome Spence (SFCC) 10.81, 3. Steve Rowland (Visa) 10.88. 800m: 1. Dan McGinn (Stanford) 1:54.60, 2. Brandon Morris (Stanford) 1:54.87, 3. Drake Dawson (Merritt) 1:55.36. 400mH: 1. John White (UC Davis) 54.95, 2. Mike Jordan (InterCity) 55.02, 3. Jason Winegard (Stanford) 57.66. 200m: 1. Rodney Turner (SacTC) 23.48, 2. Carlos Robledo (ChicoSt) 23.98, 3. David Barmer (un) 24.10.

### Women

DT: 1. Kristina Barden (U of NV) 141-9, 2. Sheila Forty (U of NV) 135-11, 3. Noue Multalo (SFSU) 134-3. JT: 1. Sharon Murtagh (SFSU) 123-7, 2. Danielle Miles (UC Davis) 121-2, 3. Becky Kaiser (UC Davis) 105-8. LJ: 1. Anissa Tan (SFCC) 17-4.5, 2. Jackie Bridgeman (Stanford) 16-11, 3. Kim Best (SFCC) 16-10. HT: 1. Noue Multalo (SFSU) 140-4, 2. Christina Mixon (SFSU) 137-7, 3. Joanna Vanciever (UC Davis) 126-4. SP: 1. Karris Gilbert (U of NV) 37-11.5, 2. Kristina Barden (U of NV) 36-4.25, 3. Kim Shaw (SFSU) 35-3.25. 400mR: 1. Univ. of Nevada 49.06, 2. UC Davis 50.03, 3. San Francisco State 50.69.

3000m: 1. Ryan Thomas (Stanford) 10-12.4, 2. Rachael Hawtin (SFCC) 10-20.8, 3. Sarah Dickerman (UCDavis) 10-34.1. 1500m: 1. Susan Greg Hanson (Puget Sound RT) 4:36.46, 2. Kay Luo (Stanford) 4:38.89, 3. Rochelle Hair (U of NV) 4:42.44. 100mH: 1. Stephanie Robinson (U of NV) 15.31, 2. Kristi Williams (U of NV) 15.74, 3. Marcita Keys (SFSU) 16.26.

400m: 1. Charlene Falcis (UC Davis) 59.96, 2. Stephanie Thomas (SFSU) 1:00.25, 3. Sara Poisson (UC Davis) 1:01.57. 100m: 1. Shaika Perkins (SFCC) 12.36, 2. Kristi Williams (U of NV) 12.52, 3. Reyna Goodwin (SFCC) 12.62.

800m: 1. Jessica Alexander (Stanford) 2:17.01, 2. Susan Greg Hanson (Puget Sound RT) 2:17.56, 3. Erica Boone (UC Davis) 2:19.16. 400mH: 1. Marti McCoy (un) 1:03.37, 2. Amy Henderson (Stanford) 1:04.96, 3. Stephanie Robinson (U of NV) 1:06.20. 200m (NT): 1. Tiffany Ruddick (Merritt) 1, 2. Marcita Keys (SFSU), 3. Jenny O'Toole (Columbia) 1:06.20. 5000m: 1. Peggy Lavelle (Impala RT) 17:53.47, 2. Lisbert Engberg (Impala) 18:10.72, 3. Kathy Bertram (Impala) 18:24.39.

## BFI Meet of Champions

April 22, Azusa Pacific University.

### Men

100m: 1. Carrigan (un) 10.10w, 2. Hardgraves (NewEra) 10.13, 3. Thigpen (jn) 10.21, 4. R. Brown (un) 10.71. (2) 1. B. Smith (CSLA) 10.23w, 2. Benitez (CSLA) 10.55, 3. Silander (un) 10.60, 200m: 1. Bolden (UCLA) 20.43w, 2. Hassain (UCLA) 20.58, 3. Lankford (CSLA) 21.13, 4. Ghanda (UCLA) 21.16, 5. Evans (un) 21.60. (2) 1. B. Smith (CSLA) 20.59, 2. Thigpen (un) 20.97, 3. Carrigan (un) 21.11. 300m: 1. Watts (un) 32.70. 400m: 1. Ladejo (Britain) 45.97, 2. Lankford (CSLA) 47.29. 800m: 1. Ward (Asics) 1:48.69, 2. E. Washington (un) 1:48.82, 3. Kelly (SMTC) 1:50.65, 4. Robinson (Sac) 1:51.38, 5. Lewis (SMTC) 1:52.06, 6. Fisher (AzPac) 1:52.06. 1500m: 1. Candaele (un) 3:47.94, 2. Swanson (SeattlePacific) 3:48.23, 3. Jordan (SMTC) 3:49.22, 4. Martinez (AzPac) 3:50.09, 5. Kiats (un) 3:51.75. 110mH: 1. Harrington (MidAtl) 13.49, 2. Benoy (Springco) 13.70, 3. Robert Reading (un) 14.18. 400mH: 1. K. Washington 50.79, 2. Hall CSStanis) 50.96.

400mR: 1. UCLA 39.31, 2. CSLA 41.2, 3. New Era 41.2, 4. Fullerton College 41.4, 1600mR: 1. Tall Men 3:15.25, 2. Fullerton Coll 3:16.16, 3. Azusa Pacific 3:16.80. HJ: 1. Williams (un) 7-0 1/2, 2. Stanton (Stars & Str) 7-0 1/2, 3. B. Carlson (SCC) 7-0 1/2, 4. McHugh (un) 7-0 1/2, 5. K. Carlson (SCC) 7-0 1/2. PV: 1. Hysong (un) 18-0 1/2, 2. Slover 17-10 1/2, 3. Sommers (un) 17-6 1/2, 4. Willard (un) 17-0 3/4, 5. Berasford (AIA) 17-0 3/4, 6. A. Curran (No Limit) 17-0 3/4. LJ: 1. B. Koeh (Kenya) 25-9 1/4w, 2. Scurry (un) 25-8 1/4w, 3. K. Smith (un) 25-2 3/4. TJ: 1. Rogers (Miz) 53-8 1/4, 2. McGuire (NewEra) 50-4 1/2. SP: 1. Larsson (Sweden) 59-4, 2. Bustamante (AP) 58-1, 3. Okujou (Nig) 56-5 1/4. DT: 1. McPherran (un) 168-8. HT: 1. Bustamante (AP) 202-5, 2. Willey (un) 196-9, 3. Gayles (CSN) 186-9. TJ: 1. Twedt (un) 201-6.

### Women

100m: 1. Yusuf (AzPac) 11.36w, 2. Posey (CSLA) 11.88, 3. Woods (CSLA) 11.91, 4. Colebrooke (SeattlePac) 11.99. 200m: 1. C. Scott UCLA) 23.99, 2. S. Freeman (un) 24.40, 3. M. Freeman (un) 24.48, 4. Graham 24.52. 400m: 1. Patrick (Reeb) 54.37,

2. Graham (CSLA) 54.69, 3. Ogans (CSLA) 55.05. 800m: 1. D. Williams (World Class) 2:09.70. 1500m: 1. Buchicchio (Asics) 4:21.94, 2. Teodoro (AP) 4:36.02. 3000m: 1. Kenney (Asics) 9:51.46. 100mH: 1. D. Williams (Goldwin) 13.26, 2. M. Campbell (AP) 13.32, 3. Darden (Nig) 13.46, 4. Sedwick (Nike) 13.3, 5. T. Smith (World-Class) 13.87, 6. S. Burrell (UCLA) 14.08, 7. C. Aknremi (Nig) 14.11.

400mR: 1. Azusa Pacific 46.24, 2. CSLA 46.28, 3. UCLA 46.65. 1600mR: 1. UCLA 3:39.39, HJ: 1. Acuff (UCLA) 6-3 1/2, 2. Coleman (NikeCst) 5-10. PV: 1. Chase (UCLA) 11-1. LJ: 1. W. Brown (un) 20-3 3/4w, 2. Simmons (un) 20-2 1/4w. TJ: 1. Glenn (un) 43-4 1/4w, 2. Carver (CSLA) 40-4 1/4. SP: 1. Mataafa (CSN) 45-11 3/4, 2. Burton (CSN) 45-7 3/4, 3. Young (un) 45-3 1/2, 4. McCall (AP) 45-1 1/2. DT: 1. Mataafa (CSN) 150-5. HT: 1. Coons (un) 179-5, 2. Beard (AIA) 165-0, 3. Clark (un) 152-4.

## Steve Scott/Powerball Invitational

April 22, UC Irvine, Irvine.

### Men

100m: 1. Burke (Britain) 10.71. (2) 1. Barragan (LgBchSt) 10.48, 2. Goedluck (Britain) 10.48, 3. Falola (Britain) 10.61. 200m: 1. Glickman (LgBch) 21.72. (2) 1. Goedluck (Brit) 20.73, 2. Barragan (LgBch) 20.90, 3. M. Smith (Brit) 20.92. 400m: 1. D. Edwards (un) 46.85. 800m: 1. D. Sanford (Cal Coast) 1:51.25. 110mH: 1. D. Ashford (Pana Pl HC) 14.25, 2. Keller (Switz) 14.79. 400mH: 1. Mayeda (UCI) 52.49. 400mR: 1. Long Beach St. 40.19, 2. Britain 41.56.

PV: 1. Orloff (UCI) 17-2 3/4, 2. Shirley (Beach) 17-2 3/4, 3. Hinkin (LgBch) 16-6 3/4. DT: 1. Johnson (Menace) 181-2, 2. Oppo (un) 171-3. HT: 1. DeVault (LgBch) 166-7. JT: 1. Connolly (GeoInsight) 230-10, 2. Greenberg (AdvAth) 205-6.

### Women

100m: 1. Jacobs (Brit) 11.77, 2. Frazier (Brit) 11.99. 200m: 1. Frazier (Brit) 23.44, 2. Devassogne (France) 24.18. 400m: 1. Barnes (Brit) 56.02. 800m: 1. Wysocki (Nike Cst) 2:04.31. 1500m: 1. Wysocki (NikeCst) 4:18.12, 2. Joan Hansen (InSport) 4:31.33. 3000m: 1. Goodrich (NikeCst) 10:09.02. 100mH: 1. McGilhon (Beach) 14.52. 400mR: 1. UC Irvine 48.77. 1600mR: 1. Sweden 3:41.20.

SP: 1. Ingram (NewMexSt) 42-0. HT: 1. Moss (LgBch) 155-9. JT: 1. Carroll (San Mateo) 205-10, 2. McCormick (San Mateo) 175-7, 3. Raine (SMateoTC) 145-2.

## Golden Bear Invitational

April 22, Berkeley.

### Men

100m: 1. Bell (USC) 10.64, 2. Page (Iowa) 10.64. 200m: 1. Krill (USC) 20.3, 2. Ekpenyong (USC) 20.4. 400m: 1. Krill (USC) 46.1. 800m: 1. Minnis (Wash) 1:51.1. 1500m: 1. Turman (un) 3:47.7, 2. Newton (Wash) 3:48.8, 3. Hazenbeier (Wash) 3:50.6. 5000m: 1. Wyman (Wash) 14:47.5.

110mH: 1. Aladeja (USC) 13.95, 2. Bell (USC) 13.96, 3. Trowers (Iowa) 14.48, 4. Moten (Cal) 14.48. 400mH: 1. Aladeja (USC) 51.5, 2. Carter (USC) 51.9. 3000mSC: 1. Berkeley (CPsLO) 9:08.1. 400mR: 1. USC 40.1, 2. Iowa 40.3. 1600mR: 1. USC 3:06.8, 2. Iowa 3:07.4.

HJ: 1. Keane (un) 7-1 3/4. PV: 1. Barkan (Cal) 16-6 3/4. LJ: 1. Adkins (Cal) 24-5 1/2. TJ: 1. Ozolinh (Cal) 50-6. DT: 1. Slobodinsky (USC) 233-9, 2. Smith (Wash) 231-7. Team Scores: 1. USC 144, 2. Washington 132, 3. California 124, 4. Iowa 78 1/2, 5. Stanford 74 1/2, 6. Cal Poly SLO 57 1/2.

### Women

100m: 1. Ball (Humb) 11.54, 2. McKnight (New) 11.83, 3. Conwright (USC) 11.93. 200m: 1. Ball (Humb) 23.5, 2. Jones (USC) 23.8, 3. C. Gaines (un) 23.8. 400m: 1. Jones (USC) 54.0, 2. Greene (Cal) 54.6. 800m: 1. Barter (Wash) 2:07.7. 1500m: 1. Jones (UCDavis) 4:22.6, 2. Lopez (Cal) 4:23.3. 3000m: 1. T. Carlson (Wash) 9:33.1. 100mH: 1. Chan (USC) 13.85. 400mH: 1. Woods (Wash) 59.4. 400mR: 1. USC 45.1, 2. California 46.1. 1600mR: 1. Washington 3:42.3, 2. California 3:44.6, 3. USC 3:45.0.

HJ: 1. Johnson (Cal) 5-7 3/4. LJ: 1. Hayes (Cal) 20-5 3/4, 2. Dolphin (USC) 19-7 1/2. SP: 1. Barden (Nev) 46-3 1/2, 2. Shanley (Wash) 46-1 1/4, 3. Hill (Wash) 46-1 1/4. DT: 1. Ahmann (CPsLO) 182-8, 2. Kallihwa (Cal) 187-7, 3. Dice (Cal) 160-8.



TANYA DOOLEY

Photo by Bill Leung, Jr./Geek Media

## Warrior Invitational

April 22, CSU Stanislaus, Turlock.

### Women

100m: 1. Tanya Dooley (FresSITC) 11.7, 2. Monica Missick (FresSITC) 11.8, 3. Shuntay Taylor (FresSt) 12.1, 3. Tami Simpson (FresSt) 12.1, 5. Rachel Parrish (SacCC) 12.2. 800m: 1. Shannon Harris (Reebok) 2:28.5, 2. Deb Wolff (un) 2:12.4, 3.



# RESULTS

Irene Orozco (FresSt) 2:17.4. 4. Danielle Nelson (FresSt) 2:13.7. 5. Devon Moates (FresSt) 2:19.2. **400mIH**: 1. Amy Loftin (SacCC) 1:06.9. 2. Sarahtyah Wilson (FresSt) 1:07.4. 3. Heather Mings (CSU-Stan) 1:07.7. 4. Dafona McClain (SacCC) 1:12.1. 5. Amy Killeen (UCDavis) 1:12.2. **200m**: 1. Tanya Dooley (FresSt) 24.0. 2. Samone Cole (FresSt) 24.4. 3. Monica Missick (FresSt) 24.7. 4. Rachel Parrish (SacCC) 24.9. 5. Shuntay Taylor (FresSt) 25.1.

**HT**: 1. Staci Darden (FresSt) 153-5. 2. Ericka Spence (FresSt) 139-7. 3. Becky Elwood (FresSt) 131-3. 4. Krista Morales (FresSt) 125-8. 5. Lelica Zazabot (FresSt) 118-5. **JT**: 1. Ericka Spence (FresSt) 151-5. 2. Lelica Zazabot (FresSt) 126-11. 3. Allison Rissa (SJ Delta) 120-5. 4. Katy Seagle (FresPacific) 114-6. 5. Raifa Ibrahim (Skyline) 105-2. **DT**: 1. Staci Darden (FresSt) 160-0. 2. Becky Elwood (FresSt) 156-5. 3. Lisa Stephney (FresnoCC) 137-10. 4. Rebecca Schacker (UCDavis) 126-0. 5. Lelica Zazabot (FresSt) 123-4.

**LJ**: 1. Amy Loftin (SacCC) 18-8.75. 2. Amey Mitchell (FresSt) 18-7. 3. Vanessa Kale (UCDavis) 17-05.25. 4. Rachel Hudson (FresSt) 17-04. 5. Claire Boykin (FresSt) 16-08.5. **HJ**: 1. Brandy Irby (SacCC) 5-0. 2. Claire Boykin (FresSt) 5-0. 3. Rachel Hudson (FresSt) 4-8. 4. Katy Seagle (FresPacific) 4-6.

**5000m**: 1. Liz Leigh-Wood (FresSt) 17:59.5. 2. Sarah Dickerman (UCDavis) 18-09.8. 3. Rhonda Heise (FresnoPacific) 18-10.8. 4. Kerry Sue Houchin (FresPacific) 18:46.2. 5. Shelle Parsons (UCDavis) 19:07.6. **400mR**: 1. Fresno State 46.7. 2. Sacramento CC 48.1. 3. San Joaquin Delta 48.8. 3. College of Notre Dame 48.8. 5. CSU Stanislaus 51.4. **1500m**: 1. Irene Orozco (FresSt) 4:46.0. 2. Amy Grafius (FresSt) 4:48.1. 3. Kelly Jacobson (FresSt) 4:49.0. 4. Sarah Dawson (FresSt) 4:51.0. 5. Stephanie Rivera (SJDelta) 4:54.1.

**100mH**: 1. Monica Missick (FresSt) 13.9. 2. Lisa Collet (un) 14.5. 3. Sarahtyah Wilson (FresSt) 15.4. 4. Claire Boykin (FresSt) 15.6. 5. Rachel Hudson (FresSt) 16.0. **400m**: 1. Samone Cole (FresSt) 59.6. 2. Kim Cloud (CSU Stanis) 59.9. 3. Nicholle Gallagher (CSU Stanis) 1:00.4. 4. Gina Pimental (Coll of Seq) 1:08.7. 5. Caroline Wallace (CSU Stanis) 1:09.6. **3000m**: 1. Amy Grafius (FresSt) 10:26.3. 2. Staci Brunton (CSU Stanis) 10:41.0. 3. Liz Leigh-Wood (FresSt) 10:54.0. 4. Jennifer Sheelock (Coll of Notre Dame) 11:32.3. 5. Heidi Romero (FresSt) 11:40.8. **1600mR**: 1. Fresno State 3:54.1. 2. San Joaquin Delta 4:03.3. 3. CSU Stanislaus 4:03.5. 4. Fresno State 4:16.6. 5. Fresno Pacific A 4:25.2.

## Men

**100m**: 1. Jack Beloney (un) 10.4. 2. Etroy Nelson (FresSt) 10.7. 3. Lindsey McDonald (SacCC) 10.7. 4. Quincy Wilson (FresCC) 10.9. 5. Daron Tarver (Coll of Notre Dame) 11.0. **800m**: 1. Brian Wilkinson (Hartnell) 1:48.6. 2. Erick McBride (CalCoastTC) 1:49.3. 3. Kipp Ortenburger (FresSt) 1:51.4. 4. Joe Carnegie (un) 1:51.7. 5. Chris Cole-

man (Coll of Seq) 1:55.5. **400mIH**: 1. Troy Johnson (Warrior TC) 52.9. 2. Paea Kokohu (un) 54.0. 3. Jay Shun... north (UCDavis) 56.3. 4. Jermund Smith (CSU Stanis) 56.4. 5. Jon Akers (FresSt) 56.5. **200m**: 1. Lindsey McDonald (SacCC) 21.2. 2. Willie Jones (SJDelta) 21.6. 2. Jamie Houston (FresSt) 21.6. 4. Etroy Nelson (FresSt) 21.8. 4. Matt Pottler (FresCC) 21.8.

**HT**: 1. Robert Dilts (UC Davis) 206-4. 2. Ken Norlen (SacTC) 205-1. 3. Adam Brandt (CSU Stanis) 172-0. 4. Jason Fory (un) 170-9. 5. Walter Garrett (un) 170-0. **PV**: 1. Jim Drath (N.Amer.PVAssoc) 17-00.75. 2. Jon Besmer (NAPVA) 17-00.75. 3. Heath Fulk (FresSt) 15-6. 4. Darren Fraley (FresSt) 15-00. 5. Mike Kuoppamaki (UCDavis) 15-00. **LJ**: 1. Derrick Mitchell (FresSt) 22-11.75. 2. Mike Askjaer (FresSt) 21-6.5. 3. Jackie Frazier (FresCC) 21-04.25. 4. Paul Sell (Coll of Seq) 21-03.75. 5. Mike Peterson (UCDavis) 20-07.75.

**HJ**: 1. Moses Kearney (FresSt) 7-0. 2. Eric Nyberg (FresSt) 6-10. 2. Undrae Walker (Team Patriots) 6-10. 4. James Nieto (SacCC) 6-8. 5. Gary Schuler (SacCC) 6-6. **5000m**: 1. Joe Carnegie (un) 15:18.9. 2. Jose Villanueva (CSU Stanis) 15-40. 3. Dave Rivera (CSU Stanis) 15:40.9. 4. Wayne Chen (UCDavis) 15:44.2. 5. Joe Welton (UCDavis) 15:51.7. **3000mSC**: 1. Jon Steele (FresSt) 9:35.8. 2. Ras Kugler (UCDavis) 9:43.2. 3. Jim Sweeney (UCDavis) 9:49.0. 4. Martin Ruiz (SJDelta) 9:51.6.

**400mR**: 1. San Joaquin Delta 41.1. 2. Fresno State 41.6. 3. CSU Stanislaus 43.6. 4. College of the Sequoias 46.2. **1500m**: 1. Alejandro Ramirez (SJDelta) 3:55.8. 2. Mike Spencer (un) 3:56.0. 3. Roman Morales (CSU Stanis) 3:57.9. 4. Nacho Flores (FresSt) 3:58.6. 5. Bill Rice (CSU Stanis) 3:59.1. **110mHH**: 1. Ruben Parrish (FresSt) 14.3. 2. S. Roland (un) 14.9. 3. Tyrone Thompson (CSU Stanis) 15.1. 4. Alonzo Areola (FresSt) 15.2. 5. Jermund Smith (CSU Stanis) 15.4.

**400m**: 1. Terry Bowen (FresSt) 48.0. 2. Aaron Samansky (FresSt) 48.3. 3. Dwayne Thomas (FresSt) 48.4. 3. Scotty Stokes (FresSt) 48.4. 5. Rodney Turner (SacTC) 49.5. **1600mR**: 1. Fresno State TC 3:17.6. 2. Fresno State 3:20.4. 3. San Joaquin Delta 3:23.0. 4. CSU Stanislaus 3:23.4. 5. Fresno State 3:26.9.

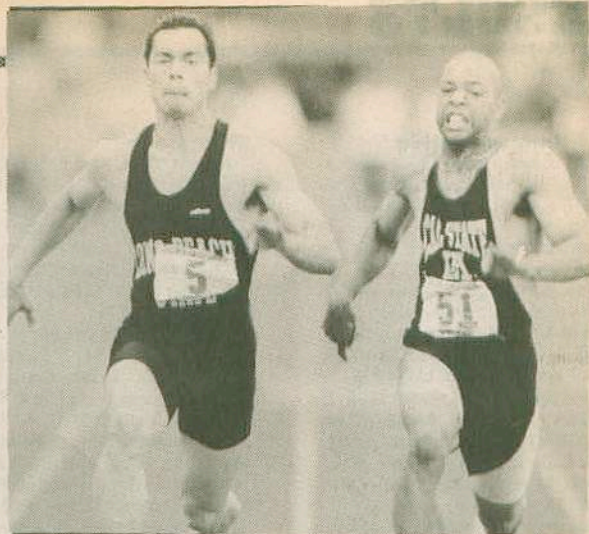
## California-Nevada Championships

April 29-30, Ratcliffe Stadium, Fresno.

### Men

**5000m**: 1. J. J. Castner (UCSD) 14:28.58. 2. Ryan Winn (CPSLO) 14:34.19. 3. Mark Douglas (Cal) 14:44.40. 4. Jason Perscheid (Stanford) 14:48.59. 5. Nacho Flores (Fresno St) 14:50.79. 6. Andy Coldgill (Stanford) 14:52.64. 7. Dan Berkeland (CPSLO) 14:54.80. 8. Brad Glosser (UCSB) 14:56.32. 9. Israel Pose (Fresno St) 14:59.62. 10. Matt Newman (ClareMudd) 15:05.2.

**3000mSC**: 1. Bryan Zmijewski (Stanford) 9:04.63. 2. Dan Berkeland (CPSLO)



JAIME BARRAGAN (left) edges BARRY SMITH to win the 100 meters.

Photo by Kirby Lee

9:11.25. 3. Dave Cullum (UCSB) 9:12.57. 4. Devin Elizondo (UCLA) 9:13.52. 5. Israel Pose (Fresno St) 9:19.01. 6. Jaime Bastidas (UCRiv) 9:19.51. 7. Forest Quinlan (UCSB) 9:20.35. 8. Paul Goodrich (UCSB) 9:27.34. 9. Evan Sjoström (Humboldt) 9:29.19. 10. Oscar Urizar (CSLA) 9:32.18.

**4x100mR**: 1. Cal State Los Angeles 40:12. 2. Long Beach St. 40:17. 3. Cal State Bakersfield 40:54. 4. California 40:72. 5. Fresno State 41:24. 6. Stanford 41:56. 7. Claremont Mudd 42:30. 8. UC Davis 42:65. 9. Chico State no mark.

**800m**: 1. Aaron Samansky (FresSt) 1:50.47. 2. Mike Katz (CPSLO) 1:51:52. 3. Robert Garcia (Chico) 1:51:87. 4. Adrian Garcia (UCB) 1:52:17. 5. Ethan Taub (Cal) 1:52:30. 6. Will Allan (Occid) 1:52:34. 7. Dan McGinn (Stan) 1:52:81. 8. Scott Kalenic (CPSLO) 1:52:85. 9. Linh Le (UCR) 1:53:37.

**110mH**: 1. Keith Moten (Cal) 14.36. 2. Chris Youngblood (CSN) 14.47. 3. Jeremy Allen (SanFran) 14.50. 4. Raymond Banner (CSLA) 14.51. 5. Rueben Parrish (FresSt) 14.67. 6. Tovi Abello (Stan) 14.72. 7. Marquis Jones (CSN) 14.72. 8. Kenny Hall (CSStanis) 14.78. 9. Ross Bomben (Cal) no mark.

**400m**: 1. Donald Oliver (UCSB) 46.70. 2. Gerald McCladde (CSBk) 46.76. 3. Russell Hester (CSBk) 46.99. 4. Jessie Wilson (Cal) 47.40. 5. Ernest Clark (UCSD) 48.08. 6. Dwayne Thomas (FresSt) 48.44. 7. Jason Isaac (FresSt) 48.57. 8. Chris Brown (CSN) 49.03. 9. David Barza (CPSLO) 49.36.

**100m**: 1. Jaime Barragan (LgBch) 10.42. 2. Barry Smith (CSLA) 10.45. 3. Jerod Cherry (Cal) 10.49. 4. Brandon Thomas (LgBch) 10.60. 5. Kevin Devine (Cal) 10.65. 6. Sterlin Lankford (CSLA) 10.66. 7. Charlton Jordan (FresSt) 10.67. 8. Ruben Benitez (CSLA) 10.74. 9. Shane Clark (CSBk) 10.92.

**400mH**: 1. Kenny Hall (CSStanis) 50.99. 2. Roderick Morris (Chico) 51.62. 3. Adrian Williams (CSSacto) 51.69. 4. Tim Shields (UCLA) 51.77. 5. David Mayeda (UCI)

51:80. 6. Rueben Parrish (FresSt) 53:21. 7. Nathan Busse (Pom-Pit) 53:82. 8. Jeff Allen (Stan) 55:68. 9. Stephen DeBerry (UCLA) no mark.

**200m**: 1. Barry Smith (CSLA) 20.97. 2. Jimmie Johnson (Stan) 20.98. 3. Jaime Barragan (LgBch) 21.25. 4. Sterlin Lankford (CSLA) 21.42. 5. Ruben Benitez (CSLA) 21.48. 6. Greg Turner (CSBk) 21.55. 7. Jerod Cherry (Cal) 21.61.

**1500m**: 1. Kipp Ortenburger (FresSt) 3:46.63. 2. Erik Spayde (Stan) 3:46.78. 3. Craig Magness (Cal) 3:48.86. 4. Ryan McCalmon (Stan) 3:49.78. 5. Goss Lindsey (UCSD) 3:51.75. 6. Jonathan Weldam (Stan) 3:51.76. 7. Zak Wright (Stan) 3:51.86. 8. Nate Heggenberber (CSFull) 3:55.22. 9. Gus Harper (UCSB) 3:56.63. 10. Kevin Berkowitz (CPSLO) 3:58.13.

**4x400mR**: 1. Cal State Los Angeles 3:10.29. 2. CS Bakersfield 3:10.52. 3. Fresno State 3:12.72. 4. California 3:13.15. 5. Cal Poly SLO 3:17.08. 6. Stanford 3:18.86. 7. UC Davis 3:19.55. 8. Claremont Mudd 3:21.19.

**HT**: 1. Toby Norwood (Stan) 203-6. 2. Adam Connolly (Stan) 200-1. 3. Travis Nutter (Cal) 188-8. 4. Tyrone Gayles (CSN) 187-6. 5. Jason Taylor (FresSt) 181-1. 6. Mohamad Saatara (CSLA) 172-4. 7. Kevin Eubanks (CSBk) 170-11.

**LJ**: 1. Derrick Mitchell (FresSt) 25-8. 2. Lee Adkins (Cal) 24-10. 3. Libby Tracy (CSBk) 23-8. 4. Len Ozolinsh (Cal) 23-3.25. 5. Jason Frudakis (LgBch) 22-9. 6. Eryn Houston (UCSD) 22-7.75. 7. Phil Franklin (CPP) 22-5.

**PV**: 1. Scott Slover (UCLA) 17-4.5. 2. Jason Hinkin (LgBch) 17-4.5. 3. Heath Fulk (FresSt) 17-00.75. 4. Borya Orloff (UCI) 16-8.75. 5. Chad Reddy (UCLA) 16-8.75. 6. Amit Barken (Cal) 16-4.75. 7. David Rynearson (UCLA) 16-00.75.

**JT**: 1. Kei Watrin (CSN) 195-10. 2. Dallas Richey (FresSt) 194-11. 3. Mike Torres (CPP) 193-5. 4. Quang Leba (ClareMudd) 190-7. 5. Jason Crass (FresSt) 182-5. 6. Adam Kerr (FresSt) 181-7. 7. Trey Smith (UCSB) 179-11.



# RESULTS

**SP:** 1. Matt Godbehere (CSBk) 56-10.75, 2. Jason Dossey (FresSt) 54-8, 3. Tim Fua (Chico) 52-10.75, 4. John McDonald (Chico) 51-7, 5. Matt Logging (Cal) 49-11.25, 6. Greg Chappell (Chico) 49-5, 7. Damon Devault (LgBch) 49-4.25.

**TJ:** 1. Lee Adkins (Cal) 50-6.75, 2. Len Ozolinsh (Cal) 50-3.5, 3. Derrick Mitchell (FresSt) 50-2.5, 4. Robert McLean (UC-Davis) 48-8, 5. DeAndre Roberson (CSBK) 48-4.75, 6. Dave Livingston (UCDavis) 45-11.25, 7. Andru Clarke (UCLA) 44-2.75.

**DT:** 1. Jason Dossey (FresSt) 164-9, 2. Dan Davis (CSLA) 163-5, 3. Matt Godbehere (CSBK) 158-9, 4. Tim Fua (Chico) 154-2, 5. Damon Devault (LgBch) 153-6, 6. Travis Nutter (Cal) 153-5, 7. Tighe Jaffe (LgBch) 149-4.

**Team Scores:** 1. Fresno State 137, 2. California 127, 3. Stanford 93, 4. Cal State Los Angeles 75, 5. Cal State Bakersfield 67, 6. Long Beach State 57, 7. Cal Poly SLO 39, 8. Chico State 38, 9. Cal State Northridge 37, 10. UCLA & UC Santa Barbara 34, 12. UC San Diego 24, 13. UC Davis 16, 14. Redlands & Cal State Stanislaus 12, 16. UC Irvine & Claremont-Mudd 11, 18. Cal Poly Pomona & San Francisco 10, 20. Humboldt 9, 21. Cal State Sacramento 7, 22. UC Riverside 5, 23. Cal State Fullerton & Occidental 4, 25. Pomona-Pitzer 3.

## Women

**5000m:** 1. Ann Burns (FresnoSt) 16:51.5, 2. Shelley Taylor (UCLA) 16:54.4, 3. Heather Killeen (Fullerton) 16:58.7, 4. Mari-oso Cossio (CSLA) 17:02.4, 5. Sara Flores (Humboldt) 17:09.9, 6. Martha Pinto (CSLA) 17:15.2, 7. Tenaya Soderman (Cal) 17:26.7, 8. Kelly Jacobson (FresnoSt) 17:31.9, 9. Angela Orefice (CPSLO) 17:45.2, 10. Amy Grafius (FresSt) 17:53.0.

**3000m:** 1. Lisa Lopez (Cal) 9:43.97, 2. Heather Killeen (CSFull) 9:49.91, 3. Ann Burris (FresSt) 9:53.71, 4. Shelley Taylor (UCLA) 9:55.88, 5. Jeanene Harlick (UCLA) 9:57.09, 6. Martha Pinto (CSLA) 10:01.69, 7. Kelly Jacobson (FresSt) 10:02.30, 8. Danielle Nelson (FresSt) 10:02.60, 9. Lori Fancon (CPSLO) 10:07.03, 10. Tania Brix (UCI) 10:10.39.

**4x100mR:** 1. Cal State Los Angeles 46:21, 2. UCLA 46:30, 3. Fresno State 46:52, 4. Cal State Bakersfield 46:84, 5. California 47:10, 6. Nevada 47:11, 7. UNLV 47:25, 8. Stanford 47:74, 9. Humboldt 47:76.

**800m:** 1. Kristy Matthews (SDSt) 2:09.05, 2. Janice Nichols (CSBKId) 2:09.44, 3. Jeanne Crain (UCLA) 2:11.27, 4. Irene Orozco (FresSt) 2:11.92, 5. Chantel Reynolds (Cal) 2:12.64, 6. Tania Acosta (CSLA) 2:13.86, 7. Jessica Graham (UCLA) 2:13.89, 8. Karla Sanford (CSN) 2:17.3, 9. Stephanie Shideler (Pom-Pit) 2:18.1, 10. Nikki Shaw (CPSLO) 2:18.6.

**100mH:** 1. Ali McKnight (Nev) 13.37, 2. Le'Gretta Hinds (LgBch) 13.57, 3. Shelia Burrell (UCLA) 13.79, 4. Bisa Grant (UCLA) 13.92, 5. Tiffany Janssen (Cal) 14.55, 6. Lisa Shepard (UCSD) 14.58, 7. Zoe Shaw (UCLA) 14.60, 8. Ifeoma Ozoze (Cal) 14.85, 9. Samone Cole

(FresSt) no mark.

**400m:** 1. Cicely Scott (UCLA) 52.89, 2. Angeleta Graham (CSLA) 53.59, 3. Charlene Balwin (UCLA) 54.21, 4. Maya Greene (Cal) 54.44, 5. Mallika Freeman (SDSt) 54.74, 6. Seani Freeman (SDSt) 54.90, 7. Yaunika Ogas (CSLA) 54.93, 8. Judy Fraser (UNLV) 55.09, 9. Monica Hog-gatt (Stanford) 55.74.

**100m:** 1. Juan Bail (Humb) 11.47, 2. Ali McKnight (Nev) 11.54, 3. Samone Cole (FresSt) 11.92, 4. Bisa Grant (UCLA) 11.93, 5. Oshonda Posey (CSLA) 12.06, 6. Tamatha Cox (CPSLO) 12.15, 7. Keeta Zimmerman (Humb) 12.36, 8. Heather Miller (Stan) 12.38, 9. Toby Dean (UCI) 12.41.

**400mH:** 1. Le'Gretta Hinds (LgBch) 57.70, 2. Stacey Thompson (CSBKf) 59.33, 3. Tonia Coleman (Humb) 1:00.70, 4. Skye Green (UCI) 1:02.31, 5. Julie Mosler (UCSB) 1:02.79, 6. Kerri Gabrielson (CPSLO) 1:03.30, 7. Amy Henderson (Stan) 1:03.55, 8. Michaela Monahan (UCSD) 1:03.76, 9. Jamilla English (Cal) 1:05.01.

**200m:** 1. Juan Bai (Humb) 23.57, 2. Shelia Burrell (UCLA) 24.33, 3. Camille Noel (UCLA) 24.74, 4. Tobeshia Hodges (SDSt) 24.83, 5. Tamatha Cox (CPSLO) 25.13, 6.



LORI LOPEZ

Photo by Kirby Lee

Stacy Peterson (CSBKf) 25.23, 7. Oshonda Posey (CSLA) 25.29, 8. Mallika Freeman (SDSt) 25.38, 9. Charlene Baldwin (UCLA) no mark.

**1500m:** 1. Lisa Lopez (Cal) 4:34.17, 2. Marisa Avendano (CSLA) 4:35.32, 3. Leila Burr (Stan) 4:36.99, 4. Jeanne Grain (UCLA) 4:40.75, 5. Kay Luo (Stan) 4:42.32, 6. Danielle Nelson (FresSt) 4:43.25, 7. Laura Honett (UCSB) 4:44.32, 8. Gwen Williams (Stan) 4:45.49, 9. Katharina Kechris (UCLA) 4:47.22, 10. Karin Merritt (Humb) 4:47.50.

**4x400mR:** 1. UCLA 3:39.48, 2. San Diego State 3:41.35, 3. Cal State LA 3:42.72, 4. California 3:42.98, 5. CS Bakersfield 3:43.07, 6. Stanford 3:46.69, 7. Nevada 3:52.67, 8. Humboldt 4:06.92.

**JT:** 1. Kristin Dunn (CSN) 165-5, 2. Sami-Jo Small (Stan) 146-3, 3. Erika Spence (FresSt) 145-11, 4. Allison Eilerts (CPSLO) 138-1, 5. Christine Bleyenborg (UCR) 132-5, 6. Tiffany Janssen (Cal) 130-5, 7. Elisha Henderson (CSLA) 127-0.

**LJ:** 1. Crystal Hayes (Cal) 20-5.25, 2. Sonya Bryant (CSLA) 19-3, 3. Felecia Brown (FresSt) 18-8.75, 4. Grace Upshaw (Cal) 18-8.25, 5. Amy Littlepage (Cal) 18-3.25, 6. Renee Sprowl (UCSD) 18-0, 7. Shelia Burrell (UCLA) 17-11.75.

**DT:** 1. Suzy Powell (UCLA) 185-11, 2. Annette Kallihwa (Cal) 173-9, 3. Erica Ahmann (CPSLO) 173-4, 4. Kristina Mataara (CSN) 167-1, 5. Nada Kawar (UCLA) 167-1, 6. Becky Elwood 160-7, 7. Sami-Jo Small (Stan) 154-1.

**TJ:** 1. Angel Carver (CSLA) 42-02.25, 2. Amy Littlepage (Cal) 40-10.25, 3. Flo Adu (Stan) 39-11.25, 4. Felecia Brown (FresSt) 39-05.75, 5. Danielle Brown (UCLA) 39-3, 6. Stefanie Harf (UCDavis) 37-07.75, 7. Michele Domico (UCSD) 37-00.25.

**HJ:** 1. Amy Acuff (UCLA) 6-4, 2. Clarissa Moulton (CSBKf) 5-09.25, 3. Kalina Freeman (UCDavis) 5-07.25, 4. Chi Johnson (Cal) 5-07.25, 5. Karis Gardner (Cal) 5-05.25, 6. Ifeoma Ozoze (Cal) 5-05.25, 7. Claire Boykin (FresSt) 5-03.25.

**SP:** 1. Nada Kawar (UCLA) 50-0, 2. Nicole Beauregard (CPP) 46-09.5, 3. Kristina Mataara (CSN) 45-08, 4. Teresa Stricklin (CSN) 44-8.25, 5. Beth Burton (CSN) 43-01.5, 6. Kristina Barden (Nev) 42-11, 7. Erica Ahmann (CPSLO) 42-03.25.

**HT:** 1. Kiyomi Parish (Pom-Pit) 162-10, 2. Erica Dice (Cal) 160-1, 3. Staci Darden (FresSt) 153-05, 4. Kirran Moss (LgBch) 145-2, 5. Erika Spence (FresSt) 139-2, 6. Monica Sullivan-Reye (Occid) 135-04, 7. Christina Mxon (SanFran) 130-02.

**Team Scores:** 1. UCLA 154, 2. California 118, 3. Fresno State 90, 4. Cal State Los Angeles 83, 5. Stanford 47, 6. Cal State Bakersfield 42, 7. San Diego State, Cal State Northridge & Humboldt 37, 10. Nevada & Cal Poly SLO 32, 12. Long Beach 24, 13. CS Fullerton 15, 14. UC San Diego & UC Davis 13, 16. Pomona-Pitzer 11, 17. UC Santa Barbara & Cal Poly Pomona 8, 19. UC Irvine 7, 20. UC Riverside & UNLV 5, 22. Occidental 4, 23. San Francisco 3.

## Western State Conference

April 29, Santa Barbara City College.

### Men

**100m:** 1. Crockett (Bkfl) 10.65w, **200m:** 1. Crockett (Bkfl) 22.56, **400m:** 1. Turner (Glen) 48.6, **800m:** 1. Bernard (WLA) 1:55.9, **1500m:** 1. Schaeffer (Ven) 4:09.35, **3000mSC:** 1. Serratos (COC) 9:27.8, 2. Saiberg (Glen) 9:27.9, **5000m:** 1. Saiberg (Glen) 15:40.83, **10,000m:** 1. Serratos (COC) 32:46.3, **110mHH:** 1. McLucas (Ven) 15:06w, **400mIH:** 1. McLucas (Ven) 54.44, 2. Garza (Bk) 54.84, **400mR:** 1. Bakersfield 42.24, 2. Ventura 42.50, 3. Moorpark 42.71, **1600mR:** 1. Glendale 3:20.09, 2. Bakersfield 3:20.16, 3. West LA 3:21.02, 4.

Ventura 3:22.02.

**HJ:** 1. tie Szilagy (MP) & Walker (Bk) 6-8, 3. Vrsler (SM) 6-8, **PV:** 1. Beam (MP) 15-0, 2. Lubocki (MP) 14-6, 3. Tumbolin (Hancock) 14-6, **LJ:** 1. Szilagy (MP) 22-3.1, 2w, **TJ:** 1. Henry (Bk) 46-7 1/4, **SP:** 1. Garrison (Bk) 54-0 3/4, 2. Wagner (MP) 48-0 1/2, **DT:** 1. Staat (Bk) 163-6, 2. Garrison (Bk) 151-1, 3. Creech (Ven) 150-10, 4. Wagner (MP) 145-6, **HT:** 1. Wagner (MP) 151-10, 1. Vega (SBCC) 193-2, 2. Riley (SBCC) 187-2.

**Team Scores:** 1. Bakersfield 195-1/2, 2. Moorpark 164, 3. Ventura 137, 4. Glendale 124 1/2, 5. Santa Barbara CC 93, 6. West LA 60, 7. Cuesta 46, 8. San Monica 38, 9. Canyons 26, 10. Hancock 10, 11. Valley 4.

### Women

**100m:** 1. Frank (Cuesta) 12.07w, 2. Kinard (SM) 12.30, 3. Linton (MP) 12.38, 4. Saito (Val) 12.46, **200m:** 1. Frank (Cues) 26.11, **400m:** 1. Toney (WLA) 59.2, **800m:** 1. Allen (Bk) 2:28.1, **1500m:** 1. Sanchez (Ven) 4:56.39, 2. Allen (Bk) 4:56.39, 3. Overlock (COC) 4:58.15, 4. Janet (Cues) 4:58.66, **3000m:** 1. Sanchez (Ven) 10:57.73, **5000m:** 1. Sanchez (Ven) 18:51.15, **100mHH:** 1. Kinard (SM) 15:11w, 2. Santos (Cues) 15:32, 3. Hanger (MP) 15:80, **400mH:** 1. Kinard (SM) 1:05.28, **400mR:** 1. Santa Monica 49.08, **1600mR:** 1. Santa Monica 4:08.23.

**HJ:** 1. Escobar (SM) 5-4, **LJ:** 1. Kinard (SM) 19-4 1/4w, 2. Frank (Cues) 18-3 1/4, **TJ:** 1. Kinard (SM) 39-4 1/2w, **SP:** 1. Crowder (Bk) 37-9 1/4, **DT:** 1. Blackburn (Ven) 136-9, 2. Smith (Bk) 124-4, **JT:** 1. Dunkerley (COC) 102-10.

**Team Scores:** 1. Moorpark 130, 2. Santa Monica 122, 3. Cuesta 119, 4. Bakersfield 111, 5. Ventura 75, 6. Glendale 64, 7. Canyons 46, 8. Valley 34, 9. Hancock 27, 10. Santa Barbara 23, 11. West LA 19.

## Central Valley Conference Championships

April 29, Modesto Junior College.

### Women

**Team Scores:** 1. Modesto 129, 2. Fresno City 91, 3. Kings River 29, 4. Merced 27, 5. Sequoias 5.

**5,000m:** 1. Courtney Cannizzaro (Mod) 19:41.2, 2. Jessica Leal (FCC) 19:46.6, 3. Angie Fernandez (FCC) 20:40.9, **HT:** 1. Roxanne Garcia (Mod) 134-3, 2. Karie Gillis (Mod) 128-0, 3. Gracie Lerma (Mod) 106-4.

**JT:** 1. Roxanne Garcia (Mod) 95-1, 2. Kaci Childers (Merced) 95-0, 3. Faith Yee (FCC) 89-0, **4x100mR:** 1. Modesto 49.33, 2. FCC 52.00, 3. Kings River 53.07.

**1500m:** 1. Courtney Cannizzaro (Mod) 4:55.3, 2. Angie Fernandez (FCC) 4:58.4, 3. Jessica Leal (FCC) 5:22.8, **LJ:** 1. Patty Gonzales (KR) 15-8, 2. Shontel Clark (FCC) 15-5 3/4, 3. Antoinette Sullivan (FCC) 14-10, **100mH:** 1. Lori Himes (Mod) 16.06, 2. Robin Soderstrom (Mod) 17.09, 3. Tannas Patton (KR) 18.40, **400m:** 1. Amber Coon-



# RESULTS

ey (Mod) 1:00.53. 2. Amy Loewen (KR) 1:03.76. 3. Shontal Clark (FCC) 1:04.51.

**SP:** 1. Lisa Stepaney (FCC) 39-0. 2. Roxanne Garcia (Mod) 36-2 1/2. 3. Karie Gillis (Mod) 34-0. **HJ:** 1. Emily Fontes (Mod) 4-10. 2. Tannas Patton (KR) 4-8. 3. Robin Soderstrom (Mod) 4-6. **800m:** 1. Courtney Cannizzaro (Mod) 2:23.7. 2. Angie Fernandez (FCC) 2:31.00. 3. Salome Murray (FCC) 2:39.4. **TJ:** 1. Tracy Iwansky (Fres) 33-7 1/2. 2. Patty Gonzales (KR) 33-2 1/2. 3. Antoinette Sullivan (FCC) 33-2.

**400mH:** 1. Robin Soderstrom (Mod) 68.1. 2. Laurie Himes (Mod) 61.4. 3. Tannas Patton (KR) 76.5. **200m:** 1. Melanie Bates (Mod) 25.6. 2. Tina Davis (Merc) 26.55. 3. Amber Cooney (Mod) 26.71. **DT:** 1. Lisa Stepaney (FCC) 130-3. 2. Roxanne Garcia (Mod) 126-6. 3. Karie Gillis (Mod) 103-1. **3000m:** 1. Jessica Leal (FCC) 11:20.34. 2. Angie Fernandez (FCC) 11:34.55. 3. Nicole Williams (Mod) 12:29.55. **4x400mR:** 1. Modesto (Cooney, Himes, Cannizzaro, Bates) 4:04.2. 2. FCC 4:27.0. 3. Merced 4:33.4. **100m:** 1. Melanie Bates (Mod) 12.8. 2. Tina Davis (Merc) 13.03. 3. Kaysheay Thomas (FCC) 13.26.

## MEN

**Team Scores:** 1. Fresno City 133. 2. Sequoias 73. 3. Modesto 65. 4. Merced 31. 5. Kings River 1.

**10,000m:** 1. Santiago Bustamante (Merced) 33:44.0. 2. Jason Nunes (COS) 33:47.0. 3. Craig Stanley (COS) 34:57.7. **HT:** 1. Kent Cam (FCC) 163-6. 2. Ronnie Robbins (Mod) 158-1. 3. Bill Wilkerson (FCC) 146-0. **3000mSC:** 1. Santiago Bustamante (Merc) 10:25.0. 2. Craig Stanley (COS) 10:25.9. 3. David Abrego (FCC) 10:26.0. **4x100mR:** 1. Fresno 43.06. 2. COS 44.13. **LJ:** 1. TJ Atkins (FCC) 22-2 1/2. 2. Jackie Frazier (FCC) 21-2 1/2. 3. Paul Sell (COS) 21-2.

**110mHH:** 1. (tie) Eric Imhoff (Mod) and Kenyan Scott (FCC) 15-24. 3. Phil Oimos (FCC) 15-48. **400m:** 1. Paul Sell (COS) 49.89. 2. Traco Rachel (FCC) 51.46. 3. Ian Strachen (COS) 51.65. **JT:** 1. DJ Zelazo (Mod) 165-3. 2. David Hepp (FCC) 160-5. 3. Matt McEthenie (FCC) 156-3. **100m:** 1. Quincy Wilson (FCC) 11.31. 2. Jeremiah Stickland (Mod) 11.35. 3. Jason Neal (FCC) 11.37.

**SP:** 1. Troy Sproul (COS) 49-1. 2. Kent Cam (FCC) 47-0. 3. Mike O'Brian (COS) 45-1 1/2. **800m:** 1. Chris Coleman (COS) 1:57.4. 2. Mike Morgan (FCC) 1:57.7. 3. Jose Miranda (FCC) 2:00.9. **400mH:** 1. Paul Vallot (Mod) 54.80. 2. Jesus Aguirre (FCC) 56.35. 3. Ken Scott (FCC) 58.40. **TJ:** 1. Donnie Davis (Mer) 44-3 1/2. 2. Jackie Frazier (FCC) 43-1 1/2. 3. Paul Sell (COS) 42-4. **200m:** 1. Livon Wilson (FCC) 22.85. 2. Jimmy Byrd (Merc) 23.02. 3. Quincy Wilson (FCC) 23.08. **PV:** 1. Pat Cook (FCC) 13-6. 2. Pete Valdez (Mod) 13-0. 3. Carlos Hernandez (Mod) 13-0. **HJ:** 1. Mike Berchorst (Mod) 6-2. 2. Jackie Frazier (FCC) 5-10. 3. Matt McEthenie (FCC) 5-6.

**4x400mR:** 1. Fresno 3:25.9. 2. Modesto 3:29.6. 3. COS 3:33.8. **5000m:** 1. Steve Olson (Mod) 16:11.4. 2. Santiago Busta-

mante (Mer) 16:15.1. 3. Chris Coleman (COS) 16:21.10. **DT:** 1. Troy Sproul (COS) 158-8. 2. Greg Riley (FCC) 146-6. 3. Ronnie Robbins (Mod) 135-3. **1500m:** 1. Chris Coleman (COS) 4:06.8. 2. Jim Thompson (COS) 4:07.5. 3. Ray Rahn (FCC) 4:07.6.

## Orange Empire Conference

April 29. Rancho Santiago College.

### Men

**100m:** 1. Keane (Riv) 10.46. 2. Webb (Riv) 10.65. 3. Harris (Riv) 10.71. **200m:** 1. Keane (Riv) 21.06. 2. Norris (SB) 21.40. 3. Harris (Riv) 21.62. **400m:** 1. Flores (RS) 46.91. 2. Norris (SB) 47.16. 3. Risse (Full) 48.68. **800m:** 1. Hancock (OCC) 1:54.46. **1500m:** 1. Hancock (OCC) 3:52.83. 2. Roberts (SB) 3:55.80. **5000m:** 1. Nguku (Riv) 14:58.10. **10,000m:** 1. Nguku (Riv) 30:11.0. 2. Holland (Sadd) 32:40.4. **110mH:** 1. Zumwalt (GW) 14.73. 2. Boissy (Riv) 14.80. 3. McKinney (Full) 14.99. **400mH:** 1. Boissy (Riv) 53.32. 2. McKinney (Full) 54.03. 3. Halley (Riv) 54.09. **3000mSC:** 1. Vazquez (RS) 9:42.8. 2. Gonzalez (Full) 9:44.1. 3. Calleros (Full) 9:49.3. **400mR:** 1. Rancho Santiago 41.60. 2. Fullerton 41.78. **1600mR:** 1. Rancho Santiago (Wynn, Riggins, Wilson, Flores) 3:15.61. 2. Fullerton 3:16.04. 3. Saddleback 3:20.37.

**HJ:** 1. Langley (OCC) 6-6. **PV:** 1. Sanchez (Full) 15-0. **LJ:** 1. Russell (Riv) 23-4 1/2. **TJ:** 1. Jack (Riv) 47-11. **SP:** 1. SanFilippo (SDM) 49-8 1/2. **DT:** 1. SanFilippo 156-2. 2. Gonzales (OCC) 145-8. **HT:** 1. Liberty (SDM) 146-4. **JT:** 1. Dunn (SB) 184-1. 2. Wynn (RS) 183-4.

**Team Scores:** 1. Riverside 169. 2. Fullerton 146. 3. Saddleback 114. 4. Ran. Santiago 112. 5. Orange Coast 88. 6. Golden West 81. 7. SD Mesa 75. 8. Grossmont 24.

### Women

**100m:** 1. Burton (Riv) 12.23. 2. Flemister (Riv) 12.39. **200m:** 1. Burton (Riv) 24.53. 2. Clarke (Riv) 25.13. **400m:** 1. Burton (Riv) 54.98. 2. Clarke (Riv) 56.01. **800m:** 1. Gonzales (SDM) 2:18.38. **1500m:** 1. Mayock (Riv) 4:39.08. 2. Barnett (SDM) 4:42.16. 3. McCoy (SDM) 4:49.16. **3000m:** 1. Mayock (Riv) 10:26.78. **5000m:** 1. Mayock (Riv) 17:55.80. **100mH:** 1. Buck (Riv) 15.12. 2. Holguin (Full) 15.64. **400mH:** 1. Clarke (Riv) 1:03.24. 2. Buck (Riv) 1:04.83. **400mR:** 1. Riverside 48.0. 2. Fullerton 48.6. **1600mR:** 1. Riverside 3:58.61. 2. Fullerton 4:00.82. 3. SD Mesa 4:01.72.

## USC vs UCLA vs BYU

May 6. At USC.

### Men

**100m:** 1. Boldon (UCLA) 10.76. 2. Andam (BYU) 10.51. 3. Bradley (UCLA) 10.76. (2) 1. Volson (USC) 10.48w. 2. Ganda (UCLA) 10.57. 3. Davis (UCLA) 10.65. **200m:** 1. Boldon (UCLA) 20.33. 2. Krill (USC) 20.5. 3. Ekpenyong (USC) 20.98. 4. Bradley (UCLA) 21.27. 5. Andam (BYU) 21.40. (2) 1. Volson (USC) 21.53. 2. Shelton (USC) 21.79. (3) 1. J. Williams (un) 20.53. 2. Bridgewater (un) 20.66. 3. Rouser (un) 20.93. 4. Watts (un) 20.97. 5. Okon (un) 21.18.

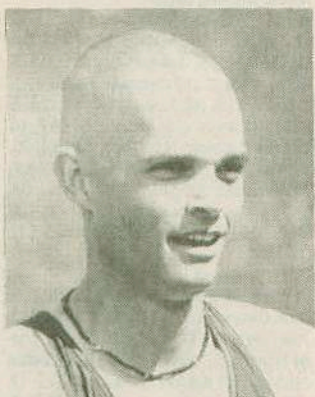
**400m:** 1. Krill (USC) 45.69. 2. Ekpenyong 45.74. 3. Hassan (UCLA) 45.78.

**800m:** 1. Terry (UCLA) 1:52.19. 2. McCarron (UCLA) 1:53.26. 3. Wilson (BYU) 1:53.82. 4. Hunter (UCLA) 1:54.94. 5. Ossa (UCLA) 1:55.30.

**1500m:** 1. Keflezighi (UCLA) 3:50.48. 2. D. Niednagel (UCLA) 3:51.06. 3. Bushnell (BYU) 3:53.73.

**5000m:** 1. Johansen (BYU) 14:13.50. 2. Lawson (BYU) 14:13.66. 3. Rhoads (BYU) 14:22.54.

**110mHH:** 1. Alade'fa (USC) 13.79. 2. Bell



BRYAN KRILL

Photo by Bill Leung, Jr./Geek Media

(USC) 13.89. 3. Anderson (UCLA) 14.07. 4. Jones (BYU) & Banner (CSLA) 14.40. (2) 1. Crear (un) 13.30w. 2. Knight (un) 13.44. 3. Benoy (Springco) 13.70. 4. Reading (un) 13.71. 5. Flowers (un) 13.69. 6. House (un) 14.19w. 7. Holmes (un) 14.31.

**400mH:** 1. Alade'fa (USC) 51.04. 2. Rodrigues (USC) 51.41. 3. Jones (BYU) 52.00. 4. Carter (USC) 52.63. 5. Shields (UCLA) 52.70. (2) 1. Bruweir (un) 51.08. 2. D. Patrick (un) 51.13. 3. Washington (un) 51.30. 4. Flano (un) 51.49.

**3000mSC:** 1. Elizondo (UCLA) 9:07.6. 2. Bogges (BYU) 9:23.9. 3. St. Clair 9:25.5.

**400mR:** 1. USC (Volson, Hervey, Ekpenyong, Krill) 39.55. 2. UCLA (Davis, Bradley, Boldon, Ganda) 39.99. 3. BYU 40.63.

**1600mR:** 1. USC (Ekpenyong, Hervey, Bell, Krill) 3:07.97. 2. UCLA (Bradley, DeBerry, Shields, Terry) 3:14.07.

**HJ:** 1. Stanton (un) 7-1 3/4. 2. Pitchford (UCLA) 6-11 3/4. 3. Lundmark (BYU) & Anderson (UCLA) 6-9 3/4.

**PV:** 1. Slover (UCLA) 17-6 3/4. 2. Reddy (UCLA) & Curran (un) 16-6.

**LJ:** 1. Ganda (UCLA) 24-11 3/4. 2. Beck (USC) 24-5 3/4. 3. Munson (BYU) 23-1 1/4.

**TJ:** 1. Rodgers (un) 53-2. 2. Madison (USC) 46-0 3/4. 3. Clark (USC) 45-8.

**SP:** 1. Godina (UCLA) 66-4 1/4. 2. Parlin (UCLA) 60-3. 3. Ogden (UCLA) 58-10 1/4.

**DT:** 1. Godina (UCLA) 204-11 (meet record, old mark 199-6. J. Brenner, UCLA, 1983). 2. Danowsky (USC) 178-6. 3. Stobodnysky (USC) 169-0. 4. Parlin (UCLA) 167-8. 5. Ogden (UCLA) 166-1.

**HT:** 1. Kiss (USC) 255-3 (meet record, old mark 245-10. Kiss, 1993). 2. Danowsky (USC) 220-1. 3. Hodel (UCLA) 202-7.

**JT:** 1. Fearnley (USC) 241-6 (school record, old mark 237-9. Fearnley, 1994). 2. G. Johnson (UCLA) 234-4. 3. Smith (un) 228-9. 4. J. Johnson (UCLA) 212-4.

**Team Scores:** UCLA 90. 2. USC 71. USC 78 1/2. BYU 73 1/2. UCLA 111 1/2. BYU 37 1/2.

### Women

**100m:** 1. Grant (UCLA) 11.67. 2. Conwright (USC) 11.77. 3. Burrell (UCLA) 11.81. 4. Jorgensen (BYU) 11.82. 5. Gibson (USC) 12.04.

**200m:** 1. Jones (USC) 23.37. 2. Grant (UCLA) 24.29. 3. Conwright (USC) 24.33. 4. Noel (UCLA) 24.81.

**400m:** 1. Jones (USC) 53.68. 2. Malco (UCLA) 54.44. 3. Stephens (USC) 56.43.

**800m:** 1. Scott (UCLA) 2:07.92. 2. Crain (UCLA) 2:08.7. 3. Teemant (BYU) 2:10.5.

**1500m:** 1. Arreola (un) 4:12.44. 2. Hecox (UCLA) 4:19.68. 3. Caizalitin (BYU) 4:21.91. 4. Teemant (BYU) 4:22.87.

**3000m:** 1. Kechris (UCLA) 9:56.71. 2. Artzner (UCLA) 10:02.40. 3. Heiner (BYU) 10:08.02.

**5000m:** (non-scoring) 1. Bartholomew (UCLA) 16:31.6. 2. Taylor (UCLA) 16:54.7.

**100mHH:** 1. Sau Ying Chan (USC) 13.32. 2. Lott (BYU) 13.54. 3. Grant 13.72. 4. Burrell (UCLA) 14.20. 5. D. Williams (BYU) 14.47. 6. Shaw (UCLA) 14.51. (2) 1. Campbell (un) 13.28w. 2. Alade'fa (un) 13.50w. 3. M. Gualdo (un) 13.70. 4. T. Smith (un) 13.84.

**400mH:** 1. Williams (BYU) 1:00.10. 2. Bennon (BYU) 1:01.21. 3. Blunt (UCLA) 1:02.27. 4. Shagoo (USC) 1:02.79.

**400mR:** 1. USC (Chan, Conwright, Gibson, Jones) 45.0. 2. UCLA (Twumasi, Malco, Burrell, Noel) 46.1. 3. BYU 46.5.

**1600mR:** 1. UCLA (Noel, Burrell, Malco, Scott) 3:37.36. 2. BYU 3:46.12. 3. USC (Stephens, Gibson, Dolphin, Jones) 3:50.63.

**HJ:** 1. Acuff (UCLA) 6-4 1/4 (school and meet record, old school mark 6-3 1/2. Acuff, 1995: old meet mark, Acuff 1994 and C. Mills, USC, 1993). 2. Mills (USC) 5-10. 3. Coleman (NikeCst) 5-10. 4. tie Boice (BYU) & Sedwick (NikeCst) 5-8.

**PV:** non-scoring 1. Chase (un) 11-7. 2. Pearson (Glendale Toll JHS) 10-0.

**LJ:** 1. Dolphin 19-7. 2. Haynes (USC) 19-3 1/4. 3. D. Brown (UCLA) 18-10 3/4.

**TJ:** 1. W. Brown (un) 42-0 3/4. 2. D. Brown (UCLA) 41-6w. 3. Dolphin (USC) 40-1 1/2.

**SP:** 1. Dumble (UCLA) 57-1 1/2 (meet record, old mark 56-6. Dumble, 1992). 2. Althouse (UCLA) 56-11 1/2. 3. Christiansen (BYU) 53-8 1/2. 4. Tabla (BYU) 45-4.

**DT:** 1. Dumble (UCLA) 182-7 (meet record, old mark 181-10. K. Larson, UCLA, 1988). 2. Powell (UCLA) 175-11. 3. Andrews (un) 170-5. 4. Juraskova (BYU) 163-9. 5. Althouse (UCLA) 157-3. 6. Martin (USC) 149-8.

**JT:** 1. Lott (BYU) 163-6. 2. Haynes 147-6. 3. Burrell (UCLA) 141-0.

**Team Scores:** UCLA 84. USC 52. USC 67. BYU 67. UCLA 94. BYU 38.



# RESULTS

## ▲ Road Racing

### Houlihan's to Houlihan's

March 26. San Francisco. 12K.

#### Division Results / Men

19-24: 1. Brian Erb (24) GA 39:15. 2. Arthur Martin (23) Chico 40:34. 3. Steve Brusig (23) Chico 42:02. 25-29: 1. Michael Stone (25) Santa Rosa 37:18. 2. Erich Ackerman (26) Castro Vly 38:25. 3. Scott Kennedy (25) San Leandro 38:41. 30-34: 1. Danny Gonzales (30) Mtn View 36:39. 2. Brent Griffiths (32) Morro Bay 37:33. 3. Mark Conover (34) SLD 37:57. 35-39: 1. Alvaro Palacios (35) Salt Lake 37:05. 2. Danny Aldridge (38) Santa Rosa 38:03. 3. Miguel Tbaduiza (38) Reno 38:07.

40-44: 1. James Tracy (44) San Fran 39:58. 2. Lloyd Stephenson (40) San Fran 40:01. 3. Dan Sauers (44) San Jose 40:38. 45-49: 1. Charles Thompson (45) San Fran 40:23. 2. Bill Knapp (45) Reno 43:15. 3. Frank Ruona (49) Novato 43:46. 50-54: 1. Ewar Gordillo (50) Reno 42:51. 2. Dan Preston (52) Santa Rosa 43:23. 3. Mike Ammon (50) Carmichael 44:53. 55-59: 1. Sal Vasquez (55) Suisun City 43:41. 2. Karl Gripenburg (57) Petaluma 45:21. 3. Bernie Hollander (59) Mill Vly 49:28.

60-64: 1. Carl Ellsworth (63) N. San Juan 51:22. 2. Mark Kimble (63) Winters 53:34. 3. William Fiodberg (61) San Martin 53:46. 65-69: 1. Michael Flannery (67) 58:24. 2. Dick Yeager (65) Aptos 58:58. 3. Ken Nash (67) San Jose 59:32. 70-74: 1. David Valles (71) Santa Clara 59:24. 2. Gary Toji (71) Berkeley 1:02:07. 3. Frank Cunningham (72) Stockton 1:03:09.

#### Division Results / Women

19-24: 1. Ashley Black (23) San Fran 45:13. 2. Heather Brown (23) Wal Crk 46:54. 3. Niko Logan (21) Greenbrae 49:11. 25-29: 1. Tamara Lave (26) Palo Alto 45:50. 2. Monica Townsend (27) Los Gatos 45:58. 3. Lynice Benton (27) Reno 46:04. 30-34: 1. Linda Somers (33) Oakland 40:27. 2. Lynn Nelson (33) Mill Vly 41:56. 3. Darlene Mota (30) Honolulu 43:28. 35-39: 1. Terry Adams-Schmidt (39) Stateline 44:17. 2. Irene McLoughlin (35) San Fran 46:38. 3. Laura Disterhoff (38) Mill Vly 46:51.

40-44: 1. Elizabeth Edwards (40) Piedmont 47:52. 2. Kathy Ward (40) Sacto 48:18. 3. JoAnn Dahlkoetter (41) Redwd City 49:50. 45-49: 1. Cyncl Calvin (48) Auburn 53:00. 2. Danielle Cane (47) San Rafael 54:23. 3. Irene Herman (45) San Fran 56:30. 50-54: 1. Melody-Anne Schultz (53) Ross 52:37. 2. Mary Jo Feeney (51) Los Altos 54:38. 3. Edda Stickle (53) Novato 56:34. 55-59: 1. Eve Pell (57) Mill Vly 53:35. 2. Louise Walters (55) Forest Hill 54:07. 3. Joan Reiss (57) San Fran 58:58.

60-64: 1. Myra Rhodes (62) 1:00:12. 2. Jo Sullivan (62) Sonora 1:06:26. 3. Julia Scheberies (61) Oakland 1:10:13. 65-69: 1. Margaret Styskel (65) Murphys 58:31. 2. Ruth Anderson (65) Oakland 1:07:38. 3.

Margaret Hourigan (69) Palos Verdes 1:09:46. 70-74: 1. Po Adams (70) 1:16:44. 2. Judy Golding (74) San Mateo 1:21:00. 3. Annabell Marsh (71) San Fran 1:40:29.

### Pear Blossom Run 10 Mile

April 8. Medford, OR.

#### Overall Results-Men

1. Tim Julian (25) Ashland, 50:57.7. 2. David Steffens (35) Issaquah, Wa, 51:00.3. 3. Kenny White (330) Bellingham, Wa, 52:42.1. 4. Leonard Hill (42) Klamath Fall, 52:42.5. 5. Robert Julian Jr. (26) Ashland, 53:08.7. 10. Thomas Cushman (41) Chico, 54:18.3. 20. Michael Tyler (28) Pittsburg, Ca, 57:58.9. 24. Michael Arrigala (29) Clovis, Ca, 58:26.1. 30. Kevin Barry (35) Chico, Ca, 59:13.5. 32. Emo Mello (43) Crescent City, Ca, 59:22.7.

#### Overall Results-Women

1. Dearnna O'Neill (30) Canby, 57:06.2. 2. Jane Cleavenger (36) Bend, 1:01:49.2. 3. Julie Downing (28) Bend, 1:03:07.6. 4. Cheryl Tronson (37) Bend, 1:03:08.9. 5. Jeanne Landrun (39) Klamath Falls, 1:03:31.2. 17. Leslie King (42) Bakersfield, Ca, 1:09:50.7. 25. Jessie Stratton (49) Redding, Ca, 1:11:29.7. 26. Nancy Ruffner (46) Redding, Ca, 1:11:40.4. 47. Pamela Masterson (42) Redding, Ca, 1:15:11.8. 48. Kristen Munger (30) Montara, Ca, 1:15:22.0.

### Santa Barbara Winery Chardonnay 10 MI Run

April 8. Santa Barbara.

#### Overall Results

1. Gus Quinonez (29) Los Alamitos, 51:47. 2. Gregg Horner (41) Santa Barbara, 53:36. 3. Michael Smith (31) Santa Barbara, 53:42. 4. Barry Molony (43) Oxnard, 54:16. 5. Chris Allen (35) Lompoc, 54:20. 6. Terence Boyton (36) Cupertino, 54:20. 7. Sean McCormick (31) Paso Robles, 54:50. 8. Ray Knerr (34) Ventura, 55:17. 9. Pedro Gutierrez (28) Santa Barbara, 56:01. 10. Johnny Estrada (36) Tustin, 56:18. 11. Henry Hernandez (40) San Luis Obispo, 56:24. 12. David Holt (38) Goleta, 57:23. 13. Scott Coe (35) Santa Maria, 57:40. 14. Corey Welles (31) Santa Barbara, 57:33. 15. Doug Sims (35) Santa Maria, 57:40. 16. Terry Howell (39) Santa Barbara, 57:44. 17. Brain Waterbury (46) San Luis Obispo, 58:07. 18. Jussi Hamalainen (49) Agoura Hills, 58:38. 19. Dan Mitchell (36) Oxnard, 59:04. 20. Rafael Iniguez (19) Solvang, 59:10.

#### Division Results-Men

20 & U: 1. Rafael Iniguez (19) Solvang, 59:10. 21-24: 1. Scott Phillips (24) Playa Del Rey, 1:01:48. 25-29: 1. Gus Quinonez (29) Los Alamitos, 51:47. 30-34: 1. Michael Smith (31) Santa Barbara, 53:42. 35-39: 1. Chris Allen (35) Lompoc, 54:20. 40-44: 1.

Gregg Horner (41) Santa Barbara, 53:36. 45-49: 1. Brian Waterbury (46) San Luis Obispo, 58:07. 50-54: 1. Vic Birtalan (52) Goleta, 1:05:12. 55-59: 1. John Ayres (58) Lompoc, 1:09:50. 60-64: 1. Don Cutler (60) Simi Valley, 1:11:31. 65-69: 1. Saul Meyer (66) Northridge, 1:48:39. 70 & O: 1. Fred Nagelschmidt (70) Ventura, 1:16:55.

#### Division Results-Women

20 & U: 1. Nicole Milne (19) Goleta, 1:15:07. 21-24: 1. Claudia Dreher (23) Dortmund, Germany, 59:14. 25-29: 1. Angela Kirwin (29) Carpinteria, 1:06:31. 25-29: 1. Angela Kirwin (29) Carpinteria, 1:06:31. 30-34: 1. Marilyn Mayo (33) Del Mar, 1:04:56. 35-39: 1. Elizabeth Milewski (37) Woodland Hills, 1:03:36. 40-44: 1. Debra Sharp (41) Port Huene, 1:02:36. 45-49: 1. Sharon Grant (45) Oak Park, 1:13:20. 50-54: 1. Judy Kowley (50) Simi Valley, 1:16:21. 55-59: 1. Yvette Lavigne (55) Los Angeles, 1:11:36. 65-69: 1. Margie Withrow (68) Lompoc, 1:45:52.

### Northern Telecom Cherry Blossom 10-Mile

April 9. Washington, D.C.

#### Overall Results-Men

1. Ismael Kirui (22) Kenya, 45:36 (WR) \$3,500. 2. Josphat Machuka (19) Kenya, 46:05. \$1,800. 3. Simon Karori (35) Kenya, 46:10. \$1,400. 4. William Kiptum (24) Kenya, 46:12. \$1,500. 5. Valdenor Dos Santos (27) Brazil, 46:19. \$1,000. 6. Juhn Kagwe (26) Kenya, 47:14. \$800. 7. Joseph Lemay (28) Danbury, CT, 47:25. \$600. 8. Joseph Kamau (22) Kenya, 47:36. \$400. 9. Peter Fleming (33) Scotland, 47:38. \$350. 10. Simon Peter (28) Tanzania, 47:40. \$300.

#### Overall Results-Women

1. Rose Cheruyot (19) Kenya, 51:39 (WR) \$3,500. 2. Debbi Kilpatrick (31) Berea, OH, 55:05. \$1,800. 3. Diane Bussa (33) Boulder, CO, 55:10. \$1,400. 4. Tamara Karlioukova (24) Russia, 55:52. \$1,150. 5. Carole Rouillard (35) Canada, 56:12. \$1,000. 6. Lori Hewig (34) Schenectady, NY, 56:49. \$800. 7. Gordon Bakoulis (34) New York, NY, 56:57. \$600. 8. Lorraine Hochella (31) Newport News, VA, 57:09. \$400. 9. Jane Welzel (39) Fort Collins, CO, 57:15. \$350. 10. Bonnie Barnard-Lopez (35) Bethesda, MD, 57:35. \$300.

### Gimme Shelter 5K

April 11. San Francisco.

#### Division Results / Men

19-24: 1. John Kihonge (23) Ames, IA 14:01. 2. Jamey Harris (23) Fresno 14:12. 3. Matt Johanson (24) 15:17. 25-29: 1. Joseph Kapkory (28) Pullman, WA 13:49. 2. Paul Mwangi (27) New York 13:59. 3. Samuel Kibiri 14:03. 30-34: 1. Mike Spencer (30) Castro vly 14:25. 2. Richard Rono (33) Abuq, NM 14:29. 3. Ray Cook (32) Reno 14:41. 35-39: 1. Danny Aldridge (38) Santa Rosa 14:45. 2. Steve Scott (33) Leucadia 14:50. 3. Miguel Tbaduiza (38) 14:57.

40-44: 1. John Moreno (40) Pacifica 14:59. 2. Lloyd Stephenson (40) San Fran

15:13. 3. Dave Reed (40) Vancouver 15:14. 45-49: 1. Charles Thompson (45) San Fran 15:44. 2. Mark Graves (45) 16:06. 3. Jim Gorman (46) Palo Alto 16:14. 50-54: 1. Dan Preston (52) Santa Rosa 16:45. 2. Jim Gibbons (50) Willits 17:00. 3. Jon MacPherson (53) Santa Rosa 17:00. 55-59: 1. Sal Vasquez (55) Suisun City 16:08. 2. Karl Gripenburg (57) Petaluma 17:37. 3. Neal Chappell (55) Stateline 18:19.

60-64: 1. Carl Ellsworth (63) N. San Juan 19:33. 2. Tom Guildman (62) Kentfield 20:21. 3. John Gregson (63) San Francisco 21:15. 65-69: 1. Don Pickett (67) Tiburon 23:55. 70 & over: 1. David Valles (71) Santa Clara 21:52. 2. Frank Cunningham (72) Stockton 24:07. 3. Stan Demartinis (72) Saratoga 24:58.

#### Division Results / Women

19-24: 1. Shannon Harris (24) Fresno 17:04. 2. Ashley Black (23) San Fran 17:45. 3. Kristina Mathias (24) Sunnyvale 18:34. 25-29: 1. Laura Mykytok (25) Gray TN 15:25. 2. Amy Legacki (25) Ann Arbor MI 17:03. 3. Tamara Love (26) Palo Alto 17:33. 30-34: 1. Linda Somers (33) Oakland 15:48. 2. Ellen Lyons (32) Mt. View 17:29. 3. Kristin Lukin (34) El Cerrito 17:46. 35-39: 1. Maria Trujillo (35) Marina 16:36. 2. Linda Gill (36) San Anselmo 17:03. 3. Terry Adams-Schmidt (39) Stateline 17:10.

40-44: 1. Christine Kennedy (40) Cupertino 16:53. 2. Honor Fetherston (40) Mill Vly 17:06. 3. Kathy Ward (40) 17:53. 45-49: 1. Cyncl Calvin (48) Auburn 20:54. 2. Patricia Faisone (47) 21:15. 3. Becky Quartarolo (47) Fair Oaks 21:36. 50-54: 1. Joan Ottawa (51) Sausalito 17:57. 2. Melody-Anne Schultz (53) Ross 20:36. 3. Jutta McCormick (54) Cupertino 20:55. 55-59: 1. Barbara Miller (55) Modesto 19:34. 2. Eve Pell (58) Mill Vly 20:43. 3. Louise Walters (55) Forest Hill 21:06.

60-64: 1. Myra Rhodes (62) Sacto 23:19. 2. Ruth Levitan (64) Albany 35:25. 3. Barbara Farren (62) 43:32. 65-69: 1. Kit Pickles (69) Albany 29:39. 70 & over: 1. Jaclyn Caselli (74) San Jose 28:21. 2. Po Adams (70) Carmichael 29:26.

### 99th Boston Marathon

April 17. Hopkinton to Boston.

From Stan Rosenfield

As defending champions from 1994, Cosmas Ndeti and Uta Pippig earned the right to wear #1 as their number for 1995. If they come back in 1996, they'll both be wearing #1 again as, for the first time, both the men's and women's winners repeated from the previous year. Both were pressed for most of the race. Ndeti by Kenyan teammate Moses Tanui and Pippig by South African Elana Meyer, but were too strong for their competition. Ndeti, unfazed by a headwind for a good part of the race, clocked 2:09:22 for a one minute margin over Tanui in a race where Kenya had 7 of the top 14. Only Luz dos Santos of Brazil prevented a Kenyan sweep of the top five as his sprint in the final meters brought him past Lameck Aguta for 3rd, 2:11:02 to 2:11:03. Pippig's 2:25:11, although almost 4 minutes slower



# RESULTS

than last year when there was a tailwind, still put her 1:40 ahead of a valiant Meyer who hung on for second. Valentina Yegorova and NYC winner Tegla Lorupe were challengers\* through 20 miles but Yegorova dropped out and Lorupe wound up 9th in 2:33.

The leading American was Michael Whitlesey of Connecticut, 29th at 2:22:48, followed 10 seconds later by Craig Fram of New Hampshire. The top Californians were Richard Verrey of Leucadia (& New Zealand) in 2:19:41 and Gary Towne of Chico (2:32:36). Consistent Linda Somers of Oakland was 11th in 2:34:20, which made her the top California female, the first American female, and the only U.S. woman in the top 20. In addition, she was the 4th Californian, male or female, across the line out of the 308 state residents who broke four hours. Somers, a former winner at Long Beach and Cal International, had been seeded 16th based on her qualifying time of 2:33:37.

The men's masters winner was former L.A. Marathon champion Martin Mondragon of Mexico, whose 2:16:19 placed him 17th overall and made him a three minute winner over Kenyan Barnabas Katui. The top American was prolific Doug Kurtis, 9th in 2:30:05, followed in 10th by John Trettin of Lompoc. Trettin was third among California finishers and only 8 seconds behind Chico's Gary Towne for honors as the state's top domestic finisher. Among masters women, Russia's Irina Bondarchouk's 2:43:42 was 14 minutes ahead of the next runner in her division. Auburn's Cyncl Calvin of Buffalo Chps was the top 40+ finisher among Californians and the only one in the top 20, placing 12th in her age group with a 3:12:51. Top ten age group finishers from the state were Suzanne Murphy of Cypress and Rusty Barnett of El Dorado Hills (4th & 10th, 50/59F), Hal Goforth of El Cajon (3rd, 50/59), and John Murphy of Cypress (8th, 60+).

Over 8,000 runners broke five hours and all of them were listed in the next day's *Boston Herald*. Both the *Herald* and the *Globe* had special 20-page marathon sections reviewing the race, broadcast live by three local stations and on worldwide satellite coverage. Preparations are already under way for the 100th running of the marathon in 1996 when the field is to be expanded to 25,000 for one year only. Qualifying standards will remain the same with additional open slots being filled through a lottery system.

## RESULTS

### MEN-OVERALL

1. Cosmas Ndeti (25) Kenya 2:09:22, 2. Moses Tanui (29) Kenya 2:10:22, 3. Luiz dos Santos (31) Brazil 2:11:02, 4. Lameck Aguta (23) Kenya 2:11:03, 5. Paul Yego (29) Kenya 2:11:13, 6. Alberto Juzgado (28) Spain 2:12:04, 7. Jae-Ryong Kim (28) Korea 2:12:15, 8. Sammy Nyangincha (32) Kenya 2:12:16, 9. Gilbert Rutto (30) Kenya 2:12:25, 10. Thabiso Moqhali (25) Les 2:12:56.

### MEN-DIVISIONS

18-39: 1. Ndeti 2:09:22, 40-49: 1. Martin Mondragon (41) Tampa, FL 2:16:29, 50-59: 1. Richard Crampori (52) Quebec 2:35:43, 60& over: 1. Malcolm Gillis (61) Toney, AL 2:52:33.

### WOMEN-DIVISIONS

18-39: 1. Pippig (29) 2:25:11, 40-49: 1. Bondarchouk (42) Houston, TX/RUS 2:43:42, 50-59: 1. Wendy Burbank (52) Boxford, MA 3:29:19, 60& over: 1. Wen-Shi Yu (60) Kew Gardens, NY 3:26:32.

### WOMEN-OVERALL

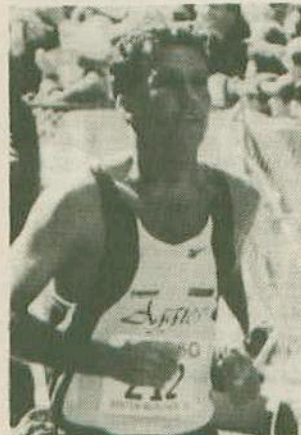
1. Uta Pippig (29) Boulder, CO/Germany 2:25:11, 2. Elana Meyer (28) SoAfrica 2:26:51, 3. Madina Biktajirova (30) Minsk, BLS 2:29:00, 4. Franziska (28) Spiegel, SUI 2:29:35, 5. Yvonne Danson (34) 2:30:53, 6. Yoshiko Yamamoto (24) Japan 2:31:39, 7. Mari Tanigawa (32) Japan 2:31:48, 8. Susan Mahony (29) Aus 2:33:07, 9. Tegla Lorupe (23) Kenya 2:33:10, 10. Martha Tenorio (28) Quito, Ecuador 2:33:34.

### CALIFORNIANS

24. Richard Verrey, Leucadia 2:19:41, 85. Gary Towne, Chico 2:32:36, 87. John Trettin, Lompoc 2:32:44, 102. Linda Somers, Oakland 2:34:30, 119. Thomas Neupauer, San Fran 2:35:50, 161. Chuck Teixeira, Cyn Country, 2:38:47, 166. Hal Goforth, El Cajon 2:39:08, 178. Dan Powers, Valencia 2:39:46, 193. Patrick Wallace, Oakland 2:40:39, 206. George Riley, Oakland 2:41:42, 243. Steve Boaz, Los Osos 2:42:54, 320. Brad Alexander, Hunt Beach 2:45:47, 324. Peter Keating, Laguna Hills 2:45:58, 381. Sean Sweeney, San Diego 2:47:55, 387. Tim Thomas, San Diego 2:48:16, 424. Peter Gregory, Chula Vista 2:49:28, 470. Naime Jezzery, W Hollywood 2:50:25, 512. James Williams, Novato 2:51:39, 514. Michael Becher, Oakland 2:51:40, 535. James Morehart, Lancaster 2:52:06, 557. Bruce Aldrich, Sacramento, 2:52:34, 564. Jennifer Briggs, Los Angeles 2:52:42, 565. Pablo Chagolla, Santa Cruz 2:52:43, 579. Andrew Bernadetti, Nev City, 2:53:02, 591. Lilliana Mendoza, Pasadena 2:53:18, 648. Lloyd Stephenson, San Fran 2:54:24, 656. Gerald Valdez, Mare Island 2:54:31, 678. Terrance Jakubowski, LA 2:55:02, 688. Carlos Saturno, Los Angeles 2:55:12, 699. Thomas Rogers, Monterey 2:55:19, 717. Lanse Whitcomb, San Fran 2:55:37, 726. Terry Nephew, Fresno 2:55:44, 736. Jeffrey Frome, McKinleyville 2:55:56, 744. Jose Gallardo, Ontario 2:56:00, 755. Brian Waterbury, SLO 2:56:17, 790. Robert Tower, Herm Beach 2:56:54, 802. Frank Noto, San Francisco 2:56:58, 892. Shawn McDonald, San Diego 2:58:09, 913. Ken Kelly, Cupertino 2:58:24, 919. James Vanhorn, Dublin 2:58:29, 930. Jim Flint, Hollister 2:58:35, 964. Ron Corral, Seal Beach 2:59:08, 1019. Eric Gilseman, Alameda 2:59:49, 1028. John Sliney, San Jose 2:59:54, 1046. David Jochim, Walnut Crk 3:00:18, 1060. Donald Howard, Irvine 3:00:26, 1069. John Murphy, Cypress 3:00:33, 1154. Shawn Mclean, S Clara 3:01:55.

1200. Jaywant Srivatsa, S Clara 3:02:32, 1206. Mike Hughes, RS Marg 3:02:34, 1246. Gary Rodgers, Glendale 3:03:03, 1272. Raymond Deschenes, LA 3:03:28, 1336. Kenneth Register, SDiego 3:04:10, 1356. Whit Rambach, Fresno 3:04:26, 1379. Daniel Carothers, SBern 3:04:44, 1412. Jeffrey Rohrer, Sunnyvale 3:05:13, 1431. Donald Ocana, Placentia 3:05:29, 1476. John Feeney, Castro Valley 3:06:01, 1491. Rick Baca, Monterey 3:06:13, 1503. Robert Gain, Lafayette 3:06:20, 1540. John Kollins, San Francisco 3:06:52, 1562. Todd Wienke, San Francisco 3:07:14, 1582. Scott Bang, Sunnyvale 3:07:26, 1621. Mike Patrick, Pleasant Hill 3:07:53, 1644. Valentin Quintana, SPedro 3:08:12, 1663. Gregory Hunter, St Helena 3:08:21, 1675. Wayne Mitchell, ModjeCyn 3:08:27, 1703. Theo Parisek, San Jose 3:08:44, 1730. Tracy Rose, Newhall 3:09:05, 1774. Ray Goulet, Redwood City 3:09:33, 1776. Thanos Etmektzoglou, Milp 3:09:33, 1854. Mike Kail, San Francisco 3:10:34, 1867. Robert Milostan, Lomita 3:10:46, 1903. Tim Lachow, Leucadia 3:11:08.

2428. Joseph Rizza, Long Beach 3:16:36, 2432. Julie Lister, Glendale 3:16:40, 2454. Caz Scislowicz, S Pasad 3:16:53, 2486. Thomas Ziola, Menlo Park 3:17:16, 2523. Yashio Minato, Pasadena 3:17:38, 2537. Cindy Beckett, Redw Shor 3:17:43, 2604. Theodore Leonard, CDMar 3:18:20, 2610. Michael Rice, Upland 3:18:23, 2618. Larry Keating, Palmdale 3:18:25, 2621. Kenny Ward, Seaside 3:18:27, 2628. Gary Ruck, Fountain Valley 3:18:32, 2640. Dave Ferris, Sherman Oaks 3:18:41, 2657. Glen Caspillo, Oakland 3:18:51, 2686. Herman Escajalido, DalyCy 3:18:55, 2701. Rick Bergan, Redwood Shores 3:19:17, 2718. Javier Regalado, Whittier 3:19:30, 2727. Timothy Gill, San Jose 3:19:36, 2757. Trevor Baylor, Upland 3:19:52, 2805. David Large, San Francisco 3:20:22, 2848. John Villanueva, San Diego 3:20:49, 2912. David Stanton, San Fran 3:21:22, 2920. Eddie Knapp, Glendora 3:21:29, 2928. Michael Bayne, Riverside 3:21:36, 2959. Mike Mulkey, Mtn View 3:21:50, 2963. James Ward, Castro Valley 3:21:52, 2978. Rex Peters, Long Beach 3:21:59, 2981. AthenaCountouriotis 3:22:01, 3008. Andrew Kotulski, Danville 3:22:19, 3021. Caria Bressler, San Diego 3:22:25, 3032. Jean-Paul Mazaud, Carmel 3:22:29, 3038. Roy Bauerle, Santa Cruz 3:22:35, 3061. Ralph Hirt, Crescent City 3:22:45, 3070. Stephen Kellogg, Burbank 3:22:47, 3085. Evan Chang, Woodland 3:22:59, 3086. Katherine Rubin, SherOaks 3:22:59, 3121. Thomas Warfel, Saratoga 3:23:16, 3138. Beverly Buss, Glendale 3:23:26, 3157. George Parrott, Sacto 3:23:41, 3184. Dave Nemeth, Covina 3:23:54, 3192. Paul Kearns, Corona 3:24:01, 3206. James Eagle, Salinas 3:24:11, 3245. Douglas Allen, Riverside 3:24:28, 3251. Robert Fierro, Camarillo 3:24:31, 3300. Ron Kobrine, Aptos 3:24:56, 3308. Darlene Wallach, San Jose 3:25:00, 3325. John Francis, Cupertino 3:25:08, 3326. Dale Ahlstrom, Riverside 3:25:08, 3327. Paul Berensmeier, SMateo 3:25:10, 3333. Brian Stansell, Danville 3:25:12, 3363. Tim Propeck, Saratoga 3:25:29, 3368. Karl Schulze, Los Angeles 3:25:32, 3376. Roy Gardner, Los Angeles 3:25:35, 3392. Terry Noriega, Temple City 3:25:44, 3402. David Johnson, San Jose 3:25:46, 3415. Mark Enary, Long Beach 3:25:54, 3418. James Coyer, Monterey 3:25:55, 3435. Connie Epperson, Encinitas 3:26:07, 3498. Richard Parker, San Fran 3:26:44, 3541. Raymond Umeda, Saratog 3:27:06, 3565. Graham Erickson, Fullerton 3:27:25, 3607. Julie Oehischlaeger, Mad 3:27:46, 3620. David Tucker, Milpitas 3:27:54, 3642. Jose Gutierrez, S El Monte 3:28:08, 3664. Barry Turner, Grass Vly 3:28:20, 3709. Jim O'Brien, Monrovia 3:28:38, 3710. Calvin Lau, Marina Del Rey 3:28:39, 3716. Ellen Karpay, Sacramento 3:28:42, 3745. Linda Schirmer, Menlo Pk 3:28:58, 3771. Paul Lue, Fremont 3:29:14, 3778. Joseph Kaplan, LA 3:29:18, 3786. Richard Clark, Tiburon 3:29:19, 3793. Robert Slate, Los Altos 3:29:25



STEVE BOAZ—11th Californian

Photo by Vikki Waterbury

1914. James Mitchell, SClemente 3:11:17, 1946. Ric Muncz, W Hollywood 3:11:43, 1961. Michael Anderson, El Cajon 3:11:52, 1994. Tracy Merrill, Mam Lakes 3:12:15, 2001. Abel Contreras, LA 3:12:20, 2008. Kenneth Sasaki, Riverside 3:12:27, 2048. Cyncl Calvin, Auburn 3:12:51, 2049. Christine Iwahashi, Sacto 3:12:51, 2068. Thalia Hastings, SLO 3:13:01, 2104. Stephen Marques, LA 3:13:23, 2123. J Barrie Graham, SRatael 3:13:35, 2140. Douglas Stevens, MenloPk 3:13:46, 2237. Ian Maddison, Topanga 3:14:43, 2240. Doug Stevens, LagNiguel 3:14:45, 2318. Lenn Mackey, Manteca 3:15:39, 2319. Mickey Ankhelyi, Arleta 3:15:40, 2331. Tim Dibble, San Francisco 3:15:44, 2389. Emilio Campos, Alhambra 3:16:19, 2390. Jeffrey Mintz, Los Angeles 3:16:20, 2427. Frank Ganaden, Carlsbad 3:16:37.



# RESULTS

3822. William Kastner, Salinas 3:29:39.  
 3857. Judy Byers, San Mateo 3:29:56.  
 3858. Mike Napolitano, Coron 3:29:56.  
 3867. Douglas Schatz, San Jose 3:30:00.  
 3877. Lisa Travaglini, San Fran 3:30:05.  
 3922. Chuck McGinnis, Moraga 3:30:30.  
 3936. Bruce Fujimoto, Sacto. 3:30:40.  
 3941. Gary Davis, Merced 3:30:41.  
 3951. Donald Reynolds, Ventura 3:30:52.  
 3978. William Butt, Hercules 3:31:06.  
 3981. Skylo Dangier, Tahoe City 3:31:08.  
 4044. Alan Pollack, San Diego 3:31:51.  
 4054. Charles Taylor, Fresno 3:31:56.  
 4067. Richard Kananen, LGatos 3:32:02.  
 4073. Johann Vetter, San Fran 3:32:06.  
 4116. Juri Tint, Los Angeles 3:32:34.  
 4119. Laura Kulsik, Folsom 3:32:35.  
 4182. Barry Rittberg, Lag Hills 3:33:07.  
 4173. Suzanne Murphy, Cypress 3:33:10.  
 4176. Donald Thieme, Coronado 3:33:11.  
 4220. Ricardo Mejia, Stanton 3:33:45.  
 4239. Lorjean Shanoff, SAnsel 3:33:56.  
 4267. Carl Lindberg, Long Beach 3:34:08.  
 4285. Bob O'Connor, San Jose 3:34:22.  
 4296. Susan Zieff, San Francisco 3:34:29.  
 4327. Wayne Hanawalt, Lk Isab 3:34:45.  
 4357. Debra Wells, Harbor City 3:35:02.  
 4367. James Crandall, HuntBch 3:35:21.  
 4502. Edwin Kitchen, ThousOaks 3:36:39.  
 4505. James Flanigan, Davis 3:36:40.  
 4508. Stephen Russell, Lk Forest 3:36:41.  
 4538. Robert Baxley, Palo Alto 3:36:58.  
 4580. Ted Springer, Riverside 3:37:25.  
 4595. Kimberlee Caledonia, La Jol 3:37:31.  
 4603. Craig Lewis, Saratoga 3:37:35.  
 4616. Paul Westhoven, Ana Hills 3:37:41.  
 4617. Conrad Brooks, Burbank 3:37:41.  
 4635. Juan Sobenes, Fresno 3:37:48.  
 4649. Hugh Pendleton, Clare 3:37:59.  
 4689. Connie Houser, Martinez 3:38:28.  
 4693. Bill Demucci, Rolling Hills 3:38:29.  
 4764. Rusty Barnett, El DorHills 3:39:07.  
 4768. Timothy Bauman, Sacto 3:39:09.  
 4775. Blyth Matsuoaka, Torrance 3:39:16.  
 4789. Thomas Stacey, SDiego 3:39:23.  
 4842. Jennifer Harding, Palo Alto 3:39:49.  
 4865. Karen Hickey, Palo Alto 3:40:05.  
 4868. Thomas Morrow, SDiego 3:40:06.  
 4878. Kirk Daley, Brea 3:40:15.  
 4885. Debra Mayhew, MorgHill 3:40:20.  
 4905. Sara Conant, MissViejo 3:40:29.  
 4934. Joe Sorrenti, Harbor City 3:40:49.  
 4945. Michael Toomey, Novato 3:41:01.  
 4954. Mark Hays, Fresno 3:41:05.  
 4961. Charles Peebles, Burbank 3:41:07.  
 4969. Christopher Thomas, Palm 3:41:12.  
 4972. Alan Felt, Corona Del Mar 3:41:13.  
 4974. David Lawrence, ArrGr 3:41:18.  
 4998. James Brown, Palo Alto 3:41:39.  
 5030. John Volkman, Fresno 3:42:02.  
 5064. Catherine Shields, SMon 3:42:26.  
 5108. William Bachicha, Fresno 3:42:51.  
 5114. Mary Haugen, Sacto 3:42:54.  
 5115. Heather Townsend, Sacto 3:42:55.  
 5144. Stephanie Norberg, LA 3:43:16.  
 5155. Catherine Moore, Gardena 3:43:21.  
 5163. Russell Cheney, Torrance 3:43:25.  
 5190. Ralph McLaughlin, SJose 3:43:43.  
 5191. John Peterson, Saratoga 3:43:43.  
 5195. Pamela Neronha, PAlto 3:43:46.  
 5197. Chrissy Choy, San Fran 3:43:47.  
 5198. Jo-Ann Mudevitt, San Fran 3:43:48.

5205. Robert Docili, Concord 3:43:54.  
 5258. Elda Caraco, Balboa Isl 3:44:28.  
 5262. Sande Nelson, Fresno 3:44:31.  
 5288. Alexis Martinez, RCucam 3:44:43.  
 5289. Nick Hansen, Ramona 3:44:43.  
 5334. Peter Stanger, LaSelBch 3:45:09.  
 5378. Darryl Fisher, Inglewood 3:45:45.  
 5395. Steve Gooselaw, GardGr 3:45:57.  
 5434. Christine Fotis, Encino 3:46:27.  
 5453. Carolyn Hollingsworth, MVly 3:46:45.  
 5463. Tom Markuse, San Jose 3:46:56.  
 5473. Rick Childers, Livermore 3:47:02.  
 5493. Barbara Valastro, Valen 3:47:15.

## Earth Day/Birthday 3.6 Mile

Run The Bluff Fun Run  
April 23. Montana De Oro-Spooner's Cove  
Overall Results

1. Adolfo Lopez, 19:44. 2. Sean McCormick, 19:47. 3. Paul Lee, 20:10. 4. Frank Hutchinson, 20:18. 5. Emiliano Figueroa, 21:46. 6. Jon Hugo, 22:00. 7. Todd Barnes, 22:56. 8. Lyle Smith, 23:13. 9. Larry Jamison, 23:19. 10. Russ Raymond, 23:24. 11. Ray Vick, 23:53. 12. Doug Mudgett, 23:59. 13. Omar Ruano, 24:11. 14. Leonaei Palomarez, 24:39. 15. Keith Handley, 24:52.

### Division Results-Men

14 & U: 1. Ryan Cummings, 30:54. 15-19: 1. Emiliano Figueroa, 21:46. 20-29: 1. Jon Hugo, 22:00. 30-39: 1. Adolfo Lopez, 19:44. 40-49: 1. Frank Hutchinson, 20:18. 50-59: 1. Larry Jamison, 23:19. 60 & O: 1. Bill Winstanley, 28:47. Overall Winner: Adolfo Lopez, 19:44.

### Division Results-Women

14 & U: 1. Nikki Rutledge, 32:15. 15-19: 1. Siobhan Elster, 26:54. 20-29: 1. Amy Eastwood, 31:42. 30-39: 1. Dana Tryde, 25:17. 40-49: 1. Joni Triplett, 31:17. 50-59: 1. Donna Hoge, 35:43. 60 & O: 1. Pat Winstanley, 42:04. Overall Winner: 1. Dana Tryde, 25:17.

## Gold Rush Races

April 29-30. Eldorado National Forest, CA.

The 16th annual Gold Rush races, one of the nation's handful of two-day ultra running events, had three commonalities: beautiful courses in the EdDorado National Forest, a heavy dosage of brutal hills, and six finishers in each of the three races. Weather-wise, the two days, April 29-30, were in stark contrast: a heavy, cold rain persisted all day Saturday, temperature in the 40s, whereas Sunday was almost balmy with temperatures in the 60s.

The 2-day 100Km, run at 50Km per day, was won by Jim Longwith, 49, Kelseyville, CA, in 10:32:39. (5:07:05 Saturday, 5:25:34 Sunday). Jan Levet, 43, Camino, CA, was the first woman in 11:23:08 (5:32:23, 5:50:45). Other finishers in order and their 2-day splits were: Linda Elam, 49, Modesto, CA, 11:39:33 (5:42:12, 5:55:21); Jerry Blinn, 48, Quincy, CA, 11:46:12 (5:42:12, 6:04:00); Barry Stanhope, 34, Sacramento, CA, 11:58:22 (5:46:20, 6:12:00); Tom Grether, 44, Modesto, CA, 12:58:07 (6:01:16, 6:56:51). Rod Carveth,

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67, Meadow Vista, CA, withdrew at 18.5 miles. Longwith's performance was exceptional considering the rugged nature of the course. Blinn was also exceptional in completing his 15th consecutive Gold Rush 100Km race.

In the Saturday 50K race, Robert Sobsey, 44, Reno, NV, led from start to finish clocking 4:29:55. Ted Moore, 45, Auburn, CA, was not far behind in 4:34:25. At age 62, Richard Carp, Weimar, CA, ran a remarkable 5:50:13. Other finishers in order were: Earl Looney, 47, Modesto, CA, 5:59:50; Joan Bumpus, 51, Fairfield, CA, 6:47:19; Dee McKim, Sparks, NV, 6:47:19. The race had two no shows.

Brad Lael, 30, Sacramento, CA, literally flew through the Sunday 50Km course with

a spectacular 3:47:25 over the challenging course. Other finishers in order were: Mark Samuelson, 41, Cool, CA, 4:21:37; Bruce Hoffman, 32, Fremont, CA, 4:49:15; Roland Martin, 46, Reno, NV, 5:55:21; Gary Waldsmith, 54, Pilot Hill, CA, 6:04:00; Joann Hull, 37, Modesto, CA, 6:56:51. Martin showed remarkable resiliency because he had finished the California 50 Mile Endurance Run the previous day. The race had one no show.

The average age of runners in the three races was 48.3 years. Race directors George Billingsley, Paul Reese, and Hal Stainbrook have set April 27-28 as the dates for the 1996 races which will again be held in the El Dorado National Forest.