

CALIFORNIA TRACK NEWS

MARCH - APRIL 1976

ISSUE NUMBER 10

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meet the staff

Who's the nuttiest track nut in Fresno? If you're from the San Joaquin Valley that question is easy. Chuck Skow is a "track nut" in the truest sense of the word. Among other track nuts Chuck is referred to as a "decasta-freak" - one who finds a special fascination and preoccupation with track numbers and statistics with the decathlon providing a wealth of favorite statistical possibilities.



CHUCK SKOW calling times
at JC State XC Meet.

Chuck serves as California Track News' local expert on track and he has helped in many varied ways. He has been

75), USA-USSR-World All Star Meet (72), USA-USSR-Poland Team Decathlon (75), as well as numerous high school state meets, Golden Wests, Examiner Games, Bakersfield Track Classics, West Coast Relays, and California Relays. The "big" meets keep Chuck busy yet hardly a local event (cross country or track) goes by without Chuck Skow's presence. He has done every type of officiating job except starting - he doesn't like guns.

With all of his track enthusiasm and experience it's hard to believe he has

Chuck Skow

never, himself, participated in a track event. Where does this insatiable track interest come from? Chuck says, "I guess my interest started back at Salinas High School - we had a real good track team and I enjoyed following their success. Having a math major I especially liked working with the numbers track and field produced. It's easy to compare performances."

Following Salinas High Chuck attended Hartnell Junior College and then Fresno State. Forty-one year old Skow currently works for Fresno TV station, Channel 30. He and his two sons, Mike and Barry, especially like Fresno, "Because it's in the center of California and California is where it's at in track in the world." For Chuck track and field has become a way of life.

He finds a special pleasure in following athletes throughout their career - such as Rafer Johnson, Lemon King, Randy Williams, Jerry Wilson. He also enjoys associating with track coaches, "They are not temperamental like other coaches - they can't be and survive - not when they have to do everything themselves." What's been the most exciting track performance he's wit-

from the editor...

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from the editor...

Track and field is becoming quite a family sport. Opportunities are opening up more and more for every member of the family from junior up through grandpa. The ladies don't have to always sit in the stands, either. They can do their own thing and share in the rewards of participation as divisions are rapidly developing for female folks as well.

I recently served as an official at the Reedley Winter All Comers Championships (I don't really like to be restricted by being an official -- it's much more fun to have the freedom to move around and shoot-the-breeze -- but we should all give a little back to the sport when we can) and it was a good feeling to see all sizes, types and ages competing with the same enthusiasm and spirit. There was even a joggers mile for the less competitive ones.

As the Masters 100 Yard Dash zoomed by I felt I recognized a familiar face from the past. My mind carried me back to my first recollections of track. Could it be? It couldn't be any other. A quick check of the results - sure enough - it was Bob Radford, my first track coach. Would he remember me (I was sure he would not recognize me with the abundance of cephalic hair) after almost 15 years? While I've gotten older -- he looked just the same, maybe even younger. I didn't even know he was a runner. What a great feeling - he put his arm around my neck and said he remembered me.

Among the various groups competing at the Reedley meet I must say I was most impressed with the masters. It seemed they had the true spirit of competition. For the over 40 set the fact of participation and quest for personal

goals appeared to be their motivating factors and where they found their rewards. They possessed a true spirit of friendship, helping and encouraging each other as much as they were concerned with their own performances.

An example of the type of attitude displayed by the master competitors was demonstrated by Larry Sallinger who went to the track a few hours early to check out the conditions of the facilities. When Larry found meet director Hugh Adams hard at work preparing the track he pitched right in spending the next several hours sponging and raking the wet spots on the track. He could have easily just gone back to his motel and rested for his events.

The master athletes were the only ones to thank the officials for their time and efforts. At least half a dozen of them took the initiative to shake my hand and express appreciation for the meet. About all we heard from the open division athletes were complaints -- they complained about the weather, they complained about the track, they complained about the awards - complaints, complaints, complaints.

The master athletes made the meet a real joy and their attitude added greatly to the validity of Jack Pfeifer's (former editor of Washington Track and Field News) statement, "It is at least my personal position that track and field stand almost uniquely in the vicious world of Modern American Sport as nonviolent and friendly. (The athletes on opposing teams even talk to one another and comfort one another). The affection of people and the offer of better health in a nonprofit environment are what track offers."



CHUCK SKOW calling times at JC State XC Meet.

Chuck serves as California Track News' local expert on track and he has helped in many varied ways. He has been most instrumental in providing material, advising, and encouraging. Chuck is also a correspondent for Track & Field News and serves on their 22 member "panel of experts." He has worked as an official (or T.V. man) at the following major meets: NCAA Championships (72, 73, 74, 75), Men's AAU Championships (67, 69, 74), AAU Decathlon (71, 73,

Channel 30. He and his two sons, Mike and Barry, especially like Fresno, "Because it's in the center of California and California is where it's at in track in the world." For Chuck track and field has become a way of life.

He finds a special pleasure in following athletes throughout their career - such as Rafer Johnson, Lemon King, Randy Williams, Jerry Wilson. He also enjoys associating with track coaches, "They are not tempermental like other coaches - they can't be and survive - not when they have to do everything themselves." What's been the most exciting track performance he's witnessed? "Jim Ryun's 3:51.3 and 3:51.1." Who are some of the greatest performers he has enjoyed following? "Lee Evans, Ralph Boston, Randy Williams, and all Decathletes."

Right now Chuck is anxiously looking forward to the US Trials (he'll be working this meet again) and the Olympics.



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ON THE COVER: Paul Cummings leads the mile field at the L.A. Times Indoor Meet.

photo by Dave Stock

≡ guest ≡ editorial

Connie Rodewald serves as meet director for a large number of long distance running events in southern California. She is also a member of the SPA LDR Committee. She has her BA in Spanish Literature(UC Riverside) and MA in Anthropology(U of Oregon) and is currently writing two books; one on ceramic glaze research and the other on specialty hybrid fuchsias. Connie runs about 20 miles a week - with chronic asthma.



The AAU Convention in December made a sport of Women's Long Distance, with Barbara Palm as National Chairperson, but that information "accidentally" didn't appear with the names of the other chairpersons in the AAU News, even though it was to take effect as of January 1.

Nothing has happened in the SPA except that I requested an election and no one has acknowledged my letter! And the 1976 registration continues to be Track & Field(LD) regardless of the preference of the runner.

While the SPA administration is discouraging women distance runners with paperwork, the women are training and competing in ever-larger numbers. The reason is that LDR offers awards and never turns anyone away. Most races have separate classes for women and women vets(30-up) and we run WITH the men, not AGAINST them. The majority of women will have a husband, son, boyfriend, or (possibly) mother in the same race.

The real encouragement comes from men over forty, especially the ones at the back of the pack. Perhaps they realize that there are plenty of easier things to do, and we run because it is difficult.

The high school boys are looking for "winners" and we get some raw remarks back there at the end of the line, but they are directed at all slow runners, not just at women. The vets catch it, too.

The attendance at races would increase suddenly if the younger men could realize that we pay the same money to race, and often what we get is lots of footprints to follow. Our goals are individual just as distance runners are

FEET FIRST

FROM YOUR RUNNING PODIATRIST

by STEVE SUBOTNICK

I have a frustrating problem regarding my running. My right knee becomes rather painful after about 2 miles. This is a recent occurrence of the last two months. I have been running since 1968 three times a week. Seven months ago I increased my mileage from 3 miles per day to 12 to 15 miles a day. However with this pain I am now reduced to 1½ miles at a time.

I am 6-0 tall and weigh 155 pounds at 42 years old. I run in the morning from 5:00 to 6:30. My shoes are the latest Adidas designed for running. I run on pavement.

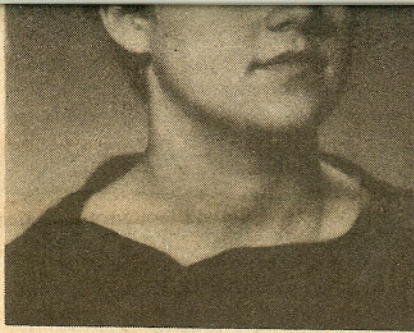
R. T., San Jose

It is apparent that the increased mileage has aggravated this runner's knee and that he may have increased his mileage too soon. I usually like someone who is getting ready for a longer race to increase his mileage by about three quarters of a mile per day each week; meaning that if someone was doing three miles a day for quite some period of time that he might increase his mileage to three and three quarters a day for week one and then to four and a quarter miles weeks two and so on. It is possible that this increased mileage just caused

leg to rotate in as the foot flattens during running. When this occurs, the knee cap can become unstable and there can be pain along the inside or outside of the knee cap. There are about four different problems which are more commonly seen in runners which we call runner's knee. One of these is painful around the knee cap itself, the other is pain at the top of the knee cap, another has pain at the lower aspect of the knee cap and over the tendon that goes from the knee cap to the leg bone, and then there can be pain associated with tendonitis or pulls of the ligaments to the inside or outside of the knee. Other problems less commonly seen are those of arthritis of the knee or degeneration of the cartilage inside the knee.

What can be done other than seeing a doctor? I suggest that you take some one-quarter inch felt and place it in the inside one-half of the heel of your shoe to stop the tilting or rolling in your foot. I also suggest that you slow down in regards to pace and shorten your distance, recalling that flexion or bending of the knee would aggravate the knee problem. It is also a good idea to build up the muscles in the front of the thigh which insert into the knee cap. In order to do this, you can isometrically contract these muscles which are called the quadriceps, to a count of twenty and then relax them. The knee should be straight when this is carried out and you should do a set of twenty of these about twice a day. In the event that you are not responding to this treatment it will be necessary to have further diagnosis from a sports medicine podiatrist. Please let me know how you do.

Do you have any lower extremity problems limiting your track performance and enjoyment? Here's your chance to get some good medical advice from a



Have you noticed that there are women in long distance running? In the Southern Pacific Association AAU, nearly ten percent of the runners who actually finish races are women. Along with two thousand men, two hundred women registered with LDR as their major sport in 1975, and another 150 listed it as a minor sport.

But we don't really have a sport, a chairperson, or a budget! Regardless of registration and personal preference, all women are printed out as Track & Field (followed by LD in small letters). Now why should anyone care?

For a distance runner to manage a bunch of distance runners is difficult. It's impossible for anyone else. I've directed 14 races and officiated at more, and with 8 races on the schedule for 1976, just ask me. Our women distance runners are every bit as independent minded as the men. They are not "girls" even though some of them are very small.

Authoritarian regulations are simply ignored, and authoritarian officials get nothing but a hard time. The dividing line between track and field and long distance may be five miles, but the real difference is the attitude of the ones in charge. Everyone in long distance is a runner -- all our chairmen (past and present), committee members, and most meet directors. Races that are sponsored by civic groups or park and recreation departments have a runner assigned as a liaison.

The real encouragement comes from men over forty, especially the ones at the back of the pack. Perhaps they realize that there are plenty of easier things to do, and we run because it is difficult.

The high school boys are looking for "winners" and we get some raw remarks back there at the end of the line, but they are directed at all slow runners, not just at women. The vets catch it, too.

The attendance at races would increase suddenly if the younger men could realize that we pay the same money to race, and often what we get is lots of footprints to follow. Our goals are individual, just as distance runners are the most independent of athletes, but a friendly atmosphere would bring out women runners in large numbers.

Until now there has been no way for us to keep in touch, and no sense of belonging to an organized sport. Most women in distance either run unattached or come without their team members, so that we either support ourselves or do without.

The women we do have, often do double duty. I remember Eileen Waters registering runners for hours at Mission Bay, and then going out to run a 3:15 marathon. I can't direct a race and run too, because someone has to time, but there have been races where the Long Distance chairman and I did the registration and warmed-up at the starting line. Linda and Sue Bottlik in years past represented ten percent of the women's attendance each and also did a share of officiating.

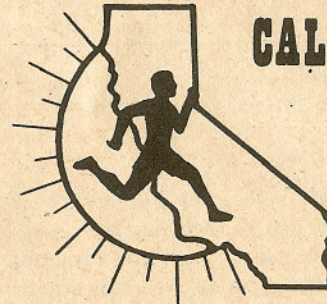
Now that we have a national sport what will happen? Long distance meet directors will go on stubbornly giving out awards to women, regardless, just as the women have been stubbornly showing up to run since 1970, when they were only a last name and an initial.

But this would all be much easier if we were headed by people who believed in their hearts that women do belong in distance competition. That women do bring something to the sport just by running, no matter what.

It is apparent that the increased mileage has aggravated this runner's knee and that he may have increased his mileage too soon. I usually like someone who is getting ready for a longer race to increase his mileage by about three quarters of a mile per day each week; meaning that if someone was doing three miles a day for quite some period of time that he might increase his mileage to three and three quarters a day for week one and then to four and a quarter miles weeks two and so on. It is possible that this increased mileage just caused too much strain on the knee. It is also possible that there is a problem with the mechanics of the foot which causes the

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Do you have any lower extremity problems limiting your track performance and enjoyment? Here's your chance to get some good medical advice from a running podiatrist. Address your questions to Steve Subotnick in care of California Track News.



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1717 South Chestnut Avenue
Fresno, California 93702

BIMONTHLY \$3.50 / YEAR

PUBLISHER: Pacific College Track Team
EDITOR: Bill Cockerham

HIGH SCHOOL: Ron Blackwood, Jack Shepard, Keith Conning

JUNIOR COLLEGE STATS: Ken Dose, Don Mulligan

COLLEGE OPEN STATS: John Wenos, Chuck Skow

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MEDICAL: Steve Subotnick, Jeff Stone

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CROSS COUNTRY FINISH CHUTE

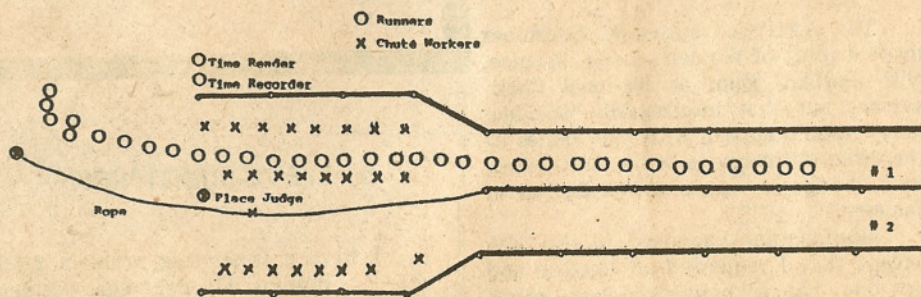
by ALLAN GILLINGHAM

When cross country races exceed 100 runners and are competitive, as in girl's AAU, the finish line and finish chute become special problems. The most important task, of course, is to keep the athletes in proper order so they are scored according to their actual finish. This may, on the surface, sound like an easy task; until you have had the experience of standing at the finish line and seeing groups of runners sprinting toward you. The secret to a good finish line and chute begins with a good basic chute design. It is extremely easy to make some very small mistakes that can cause a very large amount of trouble. A common example: making the chute too wide so that it is easy for the runners to pass each other and get out of order after the finish line.

Even if you construct the chute correctly and have enough good chute workers the big races can still present problems. The streaming number of athletes that rush to the finish line in a few seconds can be staggering. What all athletes do, of course, is stop (some fall down) as soon as they are across the finish line. The best set of chute workers you can find will never handle the flow of runners in large competitive races. What happens is that the runners start stacking up and if nothing is done they will stack up outside the finish line. Below is a new method of controlling the chute in those large races, along with some basic chute design details to help prevent those little errors that can

through. The common side between chutes 1 and 2 should have a double strand of rope to prevent runners from going under from one side to the other, or these could be separated with a space.

the first group. The safest way to do that is to put a chute worker between the groups each time. In the recent Girls AAU California State Championships in the 12-13 Division with 150 runners the

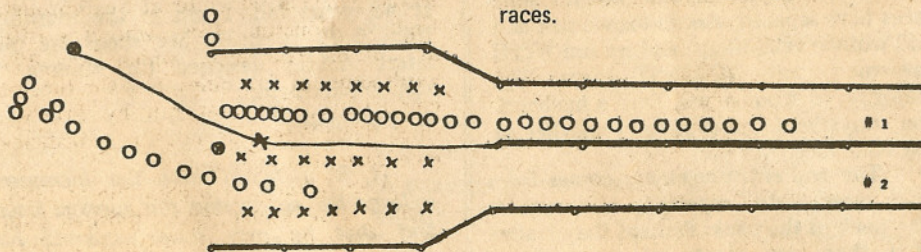


Controlled Flow Chute

The "controlled flow chute" uses a rope to control the flow of runners. The rope is attached to the center stake separating chutes 1 and 2. The rope extends outside the finish line approx-

chute was switched five times.

This controlled flow chute using the rope gives positive control of the runners and the chute entrances and should help in scoring large cross country races.



Controlled Flow Chute

(switched to chute #2)

imately 15-20 feet. The end of the rope is held by an official and the center is supported by a chute worker. The rope is held so the runners are directed toward chute number 1.

When chute number 1 starts getting full or runners are stacking up toward the



Allan Gillingham is President of the Blue Angels Track Team. The Blue Angels are one of the biggest girls and womens clubs in the country with 80 girls eight to twenty years old and ten masters. Allan spends his time on team organization and finance planning, thus freeing his coaches of all duties except coaching. He is a 41 year old sales engineer from Huntington Beach. Allan's twelve year old daughter is a 5-0 high jumper.

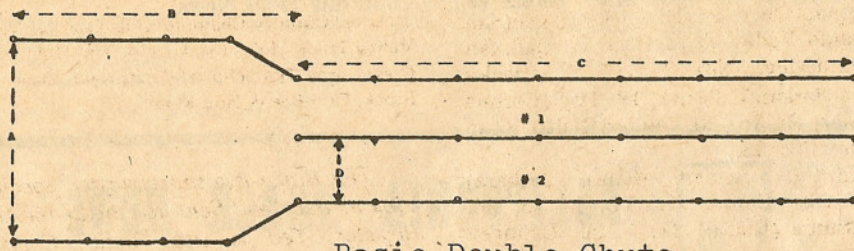
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COUNTDOWN TO MAY

athletes that rush to the finish line in a few seconds can be staggering. What all athletes do, of course, is stop (some fall down) as soon as they are across the finish line. The best set of chute workers you can find will never handle the flow of runners in large competitive races. What happens is that the runners start stacking up and if nothing is done they will stack up outside the finish line. Below is a new method of controlling the chute in those large races, along with some basic chute design details to help prevent those little errors that can cause many headaches.



Basic Double Chute

The basic "double chute" is shown above. The "A" dimension should be about 15 feet. If it is wider you will have trouble controlling the flow into the narrow part of the chute. The "B" dimension should be approximately 30 feet. "C" should be a minimum of 100 feet plus one foot for every runner over 100 that will be in the race. You really can't make it too long but it can be too short in big races. The "D" dimension is critical and where most chutes are built wrong. The tendency is to make it too wide. This will allow runners to pass each other in the chute. Also of importance is to use stakes in the construction that are not too tall. Tall stakes make the chute shoulder high rather than hip high. A finish height of 36-40 inches will work fine. The chute must be strong enough to support runners who will be leaning on it as they pass

Controlled Flow Chute

(switched to chute #2)

imately 15-20 feet. The end of the rope is held by an official and the center is supported by a chute worker. The rope is held so the runners are directed toward chute number 1.

When chute number 1 starts getting full or runners are stacking up toward the finish line switch to chute number 2.

The switch is made by the official taking the end of the rope toward the number 1 side thereby sealing off chute number 1 and directing the runners toward chute 2. The length of the rope outside the finish line in effect directs the flow or controls the runners. The rope official must be alert to the need to switch and move quickly between incoming runners.

For best results use three sets of chute workers. One set on each side and a center set that changes sides when the chutes are switched.

In large races it may be necessary to switch chutes several times. You will need a system to be sure that you keep track of the different groups of runners. As an example, if you filled side 1 and switched to 2 and then back to 1 and there were still runners in chute 1 who are filing past the scorers table you must separate this third group of runners from

Track & Field News

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2 Have you seen our fast-selling t-shirts? Colored t-shirts include **KEEP ON TRACKIN'** cartoon shirt, **ROAD RUNNER** cartoon, and the **adidas** shirt. White shirts with colored trim are **USA**, **MOSCOW 80**, the **RUN RUN RUN** cartoon shirt and our new **TRACK & FIELD NEWS** shirt. All t-shirts are available in sizes **S,M,L**, and **XL** at **\$4.50 each**, plus **50¢ per shirt** for postage. All top quality 100% cotton shirts, machine washable.



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4 T&FN is still the foremost publisher of books on track and field. Recent titles are *The Little Red Book* (with Metric Conversion Tables and a goldmine of information on the sport), **\$2.95**; *Corbitt* (story of Ted Corbitt, pioneer long distance runner), **\$3.95**; and *Age Records 1975*, **\$2.00**. Write for complete booklist.



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NATIONAL JUNIOR A.A.U. Cross Country Championships

by TED BRAZIL

Eric Hulst, breaking away from the field during the second mile, easily captured the National Junior AAU Cross Country Championships, as he finished 20 seconds ahead of old rival Thom Hunt.

Hulst heads a potent U.S. team in the International Championships held in Wales. Joining the Laguna Beach High senior on the team will be Hunt, Al Salazar of Wayland, Mass., and UC Irvine freshman Ralph Serna. The AAU pays expenses for the first four finishers from this meet.

Hulst covered the 4.8 mile course at Irvine's Rancho San Joaquin Golf Course in a swift 22:48. Except for one medium upgrade, the course was a flat one, however footing was treacherous in spots because of unexpected watering by the golf course sprinklers.

photo by Ted Brazil

Hunt appeared unconcerned when Hulst made his big move during the second mile. "I was just running to qualify today," he said. "It was helpful to have Eric go out. He pulled us out away from the pack so that we did not have to work for it later on. All we had to do was hold it."

Once he got the big lead, Hulst did not relax. He went past three-miles in 13:59(a lifetime best at that distance), which was 14 seconds ahead of Salazar. He was 18 seconds ahead of Salazar at four miles in 18:49.

Stanford freshman Roy Kissin worked himself up to fifth place at the three mile mark before he developed a side cramp. "I lost about 50 yards there," said the disappointed Kissin who was seventh in 23:21. Kissin, like Serna, made the Junior team last year and competed in Morocco.

Serna, who only began serious training two weeks before the race, after a long layoff, was just happy to make the team. "I was just planning on hanging



Early in the first mile of the AAU Junior National Cross Country Championships, Eric Hulst(Laguna) leads, from left, Al Salazar(Wayland, Mass.), Thom Hunt(San Diego), George Aguirre(Santa Barbara), Ralph Serna(UC Irvine), Chris Hallinan (New Jersey), and Don Moses(Crescenta Valley).

photo by Ted Brazil

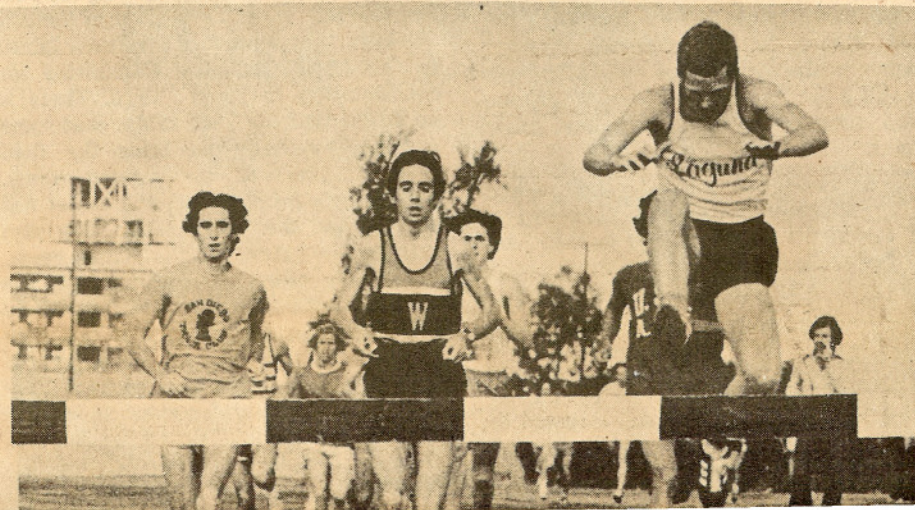
A surprise finisher in the race was Marty Froelick, a senior at Scarborough High in Houston, Tex., who was fifth in 23:18. The race, which was 177 yards short of five miles, was the longest competitive race ever run by Froelick since Texas preps do not run a distance race longer than one mile.

Alan Scharsu, a sophomore at Fitch High in Austintown, Ohio, finished 13th in 24:05, while Frank Assuma, a ninth grader from Rialto, was 23rd in 24:43.

1. Hulst(Laguna) 22:48, 2. Hunt (Patrick Henry, SD) 23:08, 3. Salazar (Wayland, Mass.) 23:09, 4. Serna(Irvine) 23:13, 5. Froelick(Scarborough, Houston) 23:18, 6. Moses(Crescenta Valley) 23:19, 7. Kissin(West Valley TC) 23:21, 8. Hunsaker(Irvine) 23:24, 9. Holmes (Downey, Modesto) 23:44, 10. G. Aguirre(Santa Barbara) 23:54,

11. Reynolds (Unat) 24:54, 29. Berry (WVTC) 24:55, 30. Gibson (Glendale Hoover) 24:56, 31. Gomez (Workman) 24:57, 32. Flynn (San Geronio) 25:04.

photo by Dave Stock





Going over the first hurdle in the AAU Junior National Cross Country Championships, from left, Thom Hunt(San Diego), Al Salazar(Wayland, Mass.), Eric Hulst(Laguna)..

The win was especially satisfying for Hulst because it was the first time this season that he has beaten Hunt, a senior at Patrick Henry High in San Diego. In their three previous encounters - in cross country, a marathon, and an indoor mile - Hunt used his superior leg speed to outkick Hulst. This time Hulst did not let Hunt get close enough to use his kick.

Hulst went past the first mile in 4:24 with Salazar(4:25), Serna(4:26), and Hunt(4:27) close behind. But by the time they passed the two mile mark Hulst had an 11 second lead. Hulst came by two-miles in 9:04, followed by Serna (9:15), Salazar(9:16), and Hunt(9:17).

"He broke away from us after 1½ miles," said Salazar. "I let him go, but later regreted it. I should have stayed with him. I just wanted to qualify for the team today. I felt pretty strong during the race."

Hulst began the race "with no plans, but it did not take him long to decide his strategy. "I was running fast and I guess they did not want to go out with me," he said. "I really felt good today. After two miles I felt I had it pretty well under control because my lead was more than 25 yards."

on and then trying to make a move at the end," he said after the race. "I felt good until the last two miles and then I started to really hurt. During the last mile I was not sure what was going to happen until coach (Len) Miller told me there was only 400 yards to go. I don't have the distance background right now," he said. "With the extra month I will be able to put a lot of distance work in. I will be in shape when we get over there."

For Chris Hallinan, the New Jersey state cross country champ, the race was a disappointment. It was his first loss of the year as he finished 17th in 24:31. "I felt good after the first mile and was right with Hulst and the others, but after that I don't know what happened," he said. "I felt terrible, I just couldn't get going. Maybe it was jet lag or something."

Corna Del Mar's Brian Hunsaker, now a freshman teammate of Serna at UC Irvine, ran what Anteatier coach Len Miller described as "the best race of his life" and took eighth in 23:24. Hunsaker was back in the pack early in the race but worked up to fifth(19:19) at the four mile mark.

Alan Scharsu, a sophomore at Fitch High in Austintown, Ohio, finished 13th in 24:05, while Frank Assuma, a ninth grader from Rialto, was 23rd in 24:43.

1. Hulst(Laguna) 22:48, 2. Hunt (Patrick Henry, SD) 23:08, 3. Salazar (Wayland, Mass.) 23:09, 4. Serna(Irvine) 23:13, 5. Froelick(Scarborough, Houston) 23:18, 6. Moses(Crescenta Valley) 23:19, 7. Kissin(West Valley TC) 23:21, 8. Hunsaker(Irvine) 23:24, 9. Holmes (Downey, Modesto) 23:44, 10. G. Aguirre(Santa Barbara) 23:54.

11. Earle (Santa Barbara) 24:01, 12. Bredell (Pikes Peak) 24:03, 13. Scharsu (Austintown, Ohio) 24:05, 14. Spilsbury (Foothill) 24:06, 15. Bundy (Colorado St.) 24:12, 16. Nance(San Fernando Valley TC) 24:19, 17. Hallinan (Bernardsville, NJ) 24:31, 18. Haake (Santa Barbara) 24:34, 19. Day (Corona del Mar) 24:35, 20. Muller(Rialto Road Runners) 24:35.

21. R. Aguirre (Santa Barbara) 24:37, 22. Emory (WVTC) 24:38, 23. F. Assuma (Rialto) 24:43, 24. Dauncey (Orange) 24:44, 25. Corey (WVTC) 24:52, 26. Schultz (WVTC) 24:52, 27. Craker (Elmhurst, Ill.) 24:54, 28.



Jr. Cross Country Championship Team -- West Valley Track Club. (back row): Tim Holmes, Craig Corey, Hal Schultz. (front row): Dave Stock, Rod Berry, Roy Kissen.

Ted Brazil is a sports writer, specializing in track and field, for the Santa Ana Register. Ted is also Orange County Correspondent and a regular contributor to California Track News.



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TRAINING & TECHNIQUE

The Decathlon Part 1

by VERN GAMBETTA

The word decathlon is derived from two Greek words, "deka," meaning ten, and "athlos," meaning contest. The decathlon had its origin in the ancient Olympic games as a pentathlon competition. The original events were a run, the long jump, discus, javelin, and wrestling. The pentathlon winner was acclaimed as the greatest athlete in the ancient world.

In 1884 the AAU held an "all around" competition that consisted of ten events in a single day: 100 yard dash, shot put, high jump, 880 walk, 16 pound hammer, pole vault, 120 yard high hurdles, 56 pound weight throw, long jump, and one mile run. This all around competition was held in conjunction with, although not as a part of, the 1904 Olympics in St. Louis, Missouri.

Credit for the decathlon as we know it must be given to the Scandinavians. They arrived at the present structure and order of events (two days: 100 meters, long jump, shot put, high jump, 400 meters - 110 meter high hurdles, discus, pole vault, javelin, 1500 meter run) after years of experimentation. They were also responsible for the original scoring tables, the 1912 tables, which were based on the Olympic records of that time.

The first world record was held by Hugo Wiesland of Sweden, with a score of 5584 (1962 tables). The present world record is held by Bruce Jenner of the USA with a score of 8524 points. In the past ten years the world record has been

the decathlon. One of the most important factors has been adoption of decathlon competition on the collegiate level. In 1969 the NAIA included a decathlon in its national championship. In 1970 the NCAA followed suit. The USTFF has had a national championship since 1965. The AAU has conducted one since 1915. The junior colleges now have a national championship. The AAU has conducted a junior championship since 1972.

The decathlon is also being contested more often on the high school level. Several states have high school state decathlon championship meets. California, as yet, does not have one, but there are several opportunities for high school athletes to compete in the decathlon throughout the year. The Glendale decathlon in early December and the Cal State Los Angeles decathlon in late January both have a high school division. Santa Barbara has had a high school decathlon the second week in June the past three years. This growth of decathlon competitions has served to broaden the base of athletes participating in the event and has provided more competition.

Another factor contributing to our national improvement in the decathlon has been increased opportunities for international competition at the junior and senior levels. The team decathlon concept will contribute greatly in the future. It enables five or six more athletes a year to compete internationally. The US first participated in a team decathlon in 1974 and in 1975 set a team record 48,899, an average of 8149 per man.

the decathlon such a tough event. The athlete who has a good training regimen is conditioned for the physical aspects of competition, but it is impossible to duplicate all the perils and pitfalls of competition in workouts.

DECATHLON RULES

The decathlon has rules that are unique to the event. In the running events a competitor is disqualified after three false starts. In the long jump and the throwing events the competitor is only allowed three trials. It is recommended that, in setting up a decathlon, at least a half hour rest be given the athletes between events, although more or less is allowable.

The winner of the decathlon is the man who accumulates the highest point total in the ten events, scored on the 1962 IAAF tables. In the case of a tie, the winner is the man who scored higher in the majority of events. If there is still a tie, then the winner is the one who scored the highest in any single event.

According to the rules, an athlete who fails to start or make a trial in any of the events is not allowed to take part in further competition. His score is not part of the final placing or scoring. A common misconception is the so called "one point for trying" rule. A competitor is not to be awarded one point for trying, although he cleared no height, did not have a fair throw, or violated a running rule. A "one point for trying" rule does not exist and meet managers should discontinue this

future progress of each event and set up their tables accordingly. Their predictions were drastically wrong. Progress in the various events caused the tables to become obsolete. The vault was completely out of proportion: C.K. Yang's 15-10½ vault was was off the tables which only went to 15-9¾. Yang's vault was worth 1515 points, 16.6% of his 9121 world record total.

The present scoring tables attempted to resolve the inadequacies of the 1950 tables. They were introduced in 1962 and adopted in 1964, prior to the Olympics. The present tables still favor certain events, such as the pole vault. There is also a divergence in scoring between the track and the field events. A progressive improvement in the track events gives greater increases in the number of points than a progressive improvement in the field events: in the 100 meters a .5 second improvement from 13.0 to 12.5 gives 88 points and from 11.0 to 10.5, 128 points. While in the high jump a 10 centimeter increase from 1.80cm(5-11) to 1.90cm(6-3) gives 89 points, but from 2.00cm(6-6¾) to 2.10cm(6-10¾) only 85 points. Thus, these tables have a definite running event bias.

Presently under consideration is a new set of tables derived by computer expert, Gerry Purdy. Purdy's tables are computer generated based on the top 50 performances in each year during the past five years. Our AAU, over much objection, has submitted the Purdy tables to the IAAF Technical Committee for consideration in March, 1976. There is no doubt that the 1962 tables need some revising, especially to bring the field events in line with the running events. But Purdy's proposed scoring tables not only revise the 1962 tables but also change the nature of the entire event. The Purdy tables do not measure the worth of the all-around athlete. They encourage the specialist in a few high scoring events to take up the decathlon. This would be a big step backward for the event. In Purdy's tables an athlete who can run a good 100 meters can gain an almost insurmountable lead in the first event: A .1 second improvement in the 100 meters would give an athlete

and order of events (two days: 100 meters, long jump, shot put, high jump, 400 meters - 110 meter high hurdles, discus, pole vault, javelin, 1500 meter run) after years of experimentation. They were also responsible for the original scoring tables, the 1912 tables, which were based on the Olympic records of that time.

The first world record was held by Hugo Wiesland of Sweden, with a score of 5584 (1962 tables). The present world record is held by Bruce Jenner of the USA with a score of 8524 points. In the past ten years the world record has been bettered five times: Russ Hodge (USA) 8230, Kurt Bendlin (W. Germany) 8319, Bill Toomey (USA) 8417, Nikolay Avilov (USSR) 8454, and finally Jenner.

Despite the fact that six out of the last ten world record holders have been Americans, the decathlon has been a neglected event in the US until recently. In 1968 only seven Americans ranked in the top fifty in the world and thirteen scored over 7000 points. In 1967 only thirteen decathlons were held in the US.

Contrast this scene with today. In 1975 eleven Americans ranked in the top fifty in the world with five in the top ten. Thirty-one Americans scored over 7000 points. In 1975 over 90 decathlon competitions were held in the US, highlighted by the team decathlon competition, US vs USSR vs Poland, held in Eugene in August. According to decathlon expert, Frank Zarnowski, it is estimated that US decathletes competing in two decathlons per year number anywhere from 150 to 250.

Why this turnabout in the past seven years? One important reason is that good athletes are specializing in the decathlon at a younger age. In the past an athlete generally only began the decathlon because he felt he could not make it in a single event. Today the decathlon is being recognized for what it is - a true test of athletic ability and versatility.

There are other reasons for the upsurge in the depth and quality of US decathlon performances. Bill Toomey's victory in Mexico City and his world record did much to focus attention on

parting in the event and has provided more competition.

Another factor contributing to our national improvement in the decathlon has been increased opportunities for international competition at the junior and senior levels. The team decathlon concept will contribute greatly in the future. It enables five or six more athletes a year to compete internationally. The US first participated in a team decathlon in 1974 and in 1975 set a team record 48,899, an average of 8149 per man.

NATURE OF THE DECATHLON

The nature of the decathlon is best summed up by the German word for decathlon, "Zehnkampf," which loosely translated means ten battles or fights. To be successful, the decathlete must meet the challenges of all ten battles, not six, seven, or eight. He must not be intimidated by any of the events.

The premium is on all-around athletic excellence, not exceptional skill in one event. The decathlete can go through the entire ten events without winning one event and emerge the overall winner. The score is the most important thing. The essence of decathlon competition is the man competing against himself first, and then his competitors.

The decathlon being a multi-event competition introduces risk, strategy, technique and self-awareness not necessary in many single events. It seems that the decathlete is constantly flirting with disaster. The situation may arise where he must come through on his third throw or third trial to keep it going. On the other hand, it is an event in which the athlete can get a second chance to make up a "blown" event.

Possibly the toughest aspect of decathlon competition is the mental aspect. The athlete must maintain deep concentration over a competitive period that can last as long as twelve hours in one day. He must get psyched up for ten diverse events and not let performance in one affect performance in another. It is my opinion that intense stress make

who scored the highest in any single event.

According to the rules, an athlete who fails to start or make a trial in any of the events is not allowed to take part in further competition. His score is not part of the final placing or scoring. A common misconception is the so called "one point for trying" rule. A competitor is not to be awarded one point for trying, although he cleared no height, did not have a fair throw, or violated a running rule. A "one point for trying" rule does not exist and meet managers should discontinue this practice.

THE SCORING TABLES

Five sets of scoring tables have been used in the decathlon. The first tables were the 1912 tables, based on Olympic records of the time. On these tables, Jim Thorpe scored 8413 points. The next year the tables were changed to take into account the new 1912 Olympic records. This change was not officially adopted by the IAAF until 1921, although they were used to score the 1920 Olympic decathlon.

The Finns produced a new set of tables which the IAAF adopted in 1934. Instead of being based on world records, the tables were based on the average of performances of a large number of competitors. They were also designed to make possible comparisons between performances in different events. Rather than increasing points in fixed increments, as previous tables did, improvement at a low level of performance was given fewer points than the same improvement at a higher level of performance. Example: a .1 second improvement in the 12.0 to 12.5 range in the 100 meters brought fewer points than a .1 second improvement in the 11.0 to 11.5 range.

In 1950 the IAAF adopted new scoring tables devised by the Swedes. The logic behind these tables was very different from the previous three. The Swedes felt that they could predict the

no doubt that the 1962 tables need some revising, especially to bring the field events in line with the running events. But Purdy's proposed scoring tables not only revise the 1962 tables but also change the nature of the entire event. The Purdy tables do not measure the worth of the all-around athlete. They encourage the specialist in a few high scoring events to take up the decathlon. This would be a big step backward for the event. In Purdy's tables an athlete who can run a good 100 meters can gain an almost insurmountable lead in the first event: A .1 second improvement in the 100 meters on Purdy's tables in normal competitive range is from 40 to 80 points. In the 1962 tables, the range is 20 to 25 points. To see the implication of this discrepancy, one must look at the last event in the decathlon, the 1500 meter run. Here one must be a world class miler to score enough points to make up an appreciable deficit. Purdy's tables five 1/2 to 2 points per second, making it impossible for someone behind by 80 points to make up the difference. The 1962 tables five 5 to 7 points a second and encourage an honest effort in the 1500 meters to obtain a respectable score. Purdy's table would return the event to the 1950 era when the athletes with lower scores would run the 1500 meters in 5:05 feeling that a hard effort would be worthless. Also under Purdy's tables, a specialist in two events could out-score an all-around athlete in four:

SPECIALIST 100 meters 10.3 for 880 points and 110 meter hurdles 14.0 for 909 points and a two event total of 1789.

ALL-AROUND high jump 6 feet for 570, discus 120 feet for 370, 1500 meters in 3:46.1 for 370, and shot put 40 feet for 460 and a four event total of 1770.

What could be more inequitable than this?

In looking closely at Purdy's tables, one has to wonder if Mr Purdy has ever seen a decathlon or has any idea of what constitutes a good decathlon performance. My only hope is that the technical committee examining this proposed set of tables will see the fallacy in it and not adopt it. ■■■

I guess the best way to get reader response is to print a glaring mistake. Yes, we made a mistake on our first crossword puzzle. Number 26 down should have read, "initials of 1968 Olympic 200 meter champion," and not "400 meter champion." See if you can make it work now. The response did show that the puzzle was well received so we hope to do more of them in the future. Here are the answers to last issue's puzzle: ACROSS- 1- Grossmont, 5- Joyce, 7- SPA, 8- RRR, 10- Livers, 11- Williams, 13- TJ, 14- Arnie, 15- ERG, 17- Perez, 18- Young, 20- UCLA, 21- Baksh, 23- JA, 25- Snell, 26- Tape, 27- Cindergals, 29- Nadia, 31- Sue, 32- Ware, 33- Rhoden, 35- LJ, 36- Niederhaus, 39- Nelson, 40- Dixon, 41- Mundie. DOWN- 1- Gordien, 2- MG, 3- Nadia, 4- Hal, 5- Jav, 6- Costello, 7- Sam, 9- Discus, 12- Serna, 14- Azusa, 16- GY, 17- PB, 19- Garcia, 21- Bakersfield, 22- Jenner, 24- Henderson, 25- Schilling, 26- TS, 27- Cindy, 28- Glendale, 30- JN, 34- Brodock, 37- USC, 38- BYU.

Percy Knox was resourceful enough to gather up our Master's All Time List. If you know of additions or corrections please send them to us so as to keep us as accurate and up to date as possible.....Bud Hanson is closing out his book Distance Running in Southern California 1974 for only \$3.50. Order yours from him at 4070 Wilkinson Ave., Studio City, CA 91604.....Steve Simmons has left his job as head track coach at Cal Poly SLO to assume the position at Oregon State recently vacated by Bernie Wagner.....Want a chance to publish your thoughts and ideas or pictures on track and field? California

keeping track

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Quotes from recent indoor meets- EXAMINER GAMES: Randy Williams, long jump winner: "I'm not happy, but I'm not disappointed. Even if I had been fired up, I don't think I would have jumped that much farther. I'm not trying to push it, I'm just using this meet as conditioning. I jumped about a foot farther at the Sunkist Meet where there was a lot more competition. I'm using these meets as stepping stones for the Olympic Trials. People think we should be close to the World's Record already, but if you want to come around at the end, you don't have to be so close now."

Francie Larrieu, winner of women's 1000 meters in 2:44.2: "It was a hard race for me because the pace was fast and I haven't been doing that much speed work. Marilyn Neufville pulled a fast first quarter, making it difficult for me. I expected Cyndy Poor to pull the bulk of the race and push me hardest, which she did. I'm not doing anything extraordinary as far as training goes right now.

Last year, I ran 30 miles a week, including my races. Now I'm doing as much as 70 miles a week. I haven't even peaked yet, and I'm in a condition where I could race another ten years."

James Baxter, 880 winner: "I felt relaxed. This is the best shape I've ever been in at this time of the year. I attribute it all to my new techniques and running with the Santa Monica Track Club under Joe Douglas. I'm doing more interval type of workouts, more smooth and relaxed."

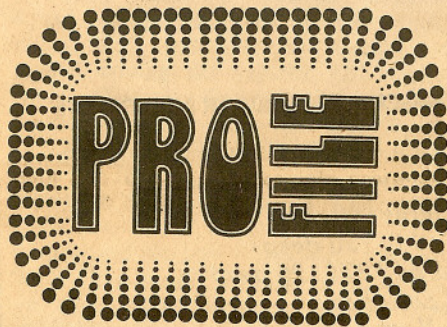
Paul Cummings, mile winner: "A little competition would have helped. I couldn't tell what the pace was. I wasn't surprised I didn't get under four minutes because I hadn't been doing much speed work."

From the LA TIMES INDOOR: Dan Ripley, winner of pole vault with a new world record of 18-2¼: "I wasn't really psyched tonight, but I was very relaxed and able to concentrate on my jumping. Sometimes it works funny if you're real psyched and you go out at 17 feet. I can get a good idea of my jump from my takeoff. I like jumping indoors.

I like the crowd and it makes it fun for me. I think if everything goes right, it will take 18-3, 18-4, or 18-5 to win the Olympics."

Thom Hunt, winner of high school two mile in meet record time of 8:52.4, which is third fastest prep mark of all time: "I was running for time tonight. I wanted to go out hard and run as fast as possible. (Eric) Hulst set a very fast pace for the first mile. Before the race I talked with Eric and said 'Let's run fast.' I wasn't even that concerned with winning, but just having a good time. I would like to go for the high school mile record of 4:06.6 in San Diego in two weeks in the same field as Bayi. I wouldn't care how far behind I was as long as I could get the fast time. It would be a lot of fun anyway. I'm in better condition than I was last year at this time."

Mac Wilkens, winner of shot put at 68-4½, a lifetime best: "This is the third time in the last four weeks I've set a lifetime best. Everything just seems to be clicking for me right now. I had a consistent series tonight and I've been consistent all year, but I'm still looking for that one big one. I don't think I'll try to double at Montreal unless I can get around 70 feet in the shot put. (Wilkens is primarily a discus thrower with a lifetime best of 219-0). Many things have helped in my improvement in the shot this season. I'm a year older and stronger (he weighs 263). I've also moved to San Jose where there are a lot of hood shot putters. Joining the Pacific Coast Club has also been a big help. The club takes care of the administration and opens many doors for me."



Grant
Niederhaus

GRANT NIEDERHAUS: (UCLA, junior). 6 feet, 2 inches; 165 pounds. Born December 29, 1954 in Monrovia, Calif.

Best Marks: 440 Intermediate hurdles-50.8(75); 440 mile relay split-45.9 (75). Coached by Jim Bush. Also competed for Pasadena City College and Arcadia High School.

Grant completed his sophomore year at Pasadena CC by going undefeated in the 440 intermediates; capping it off with

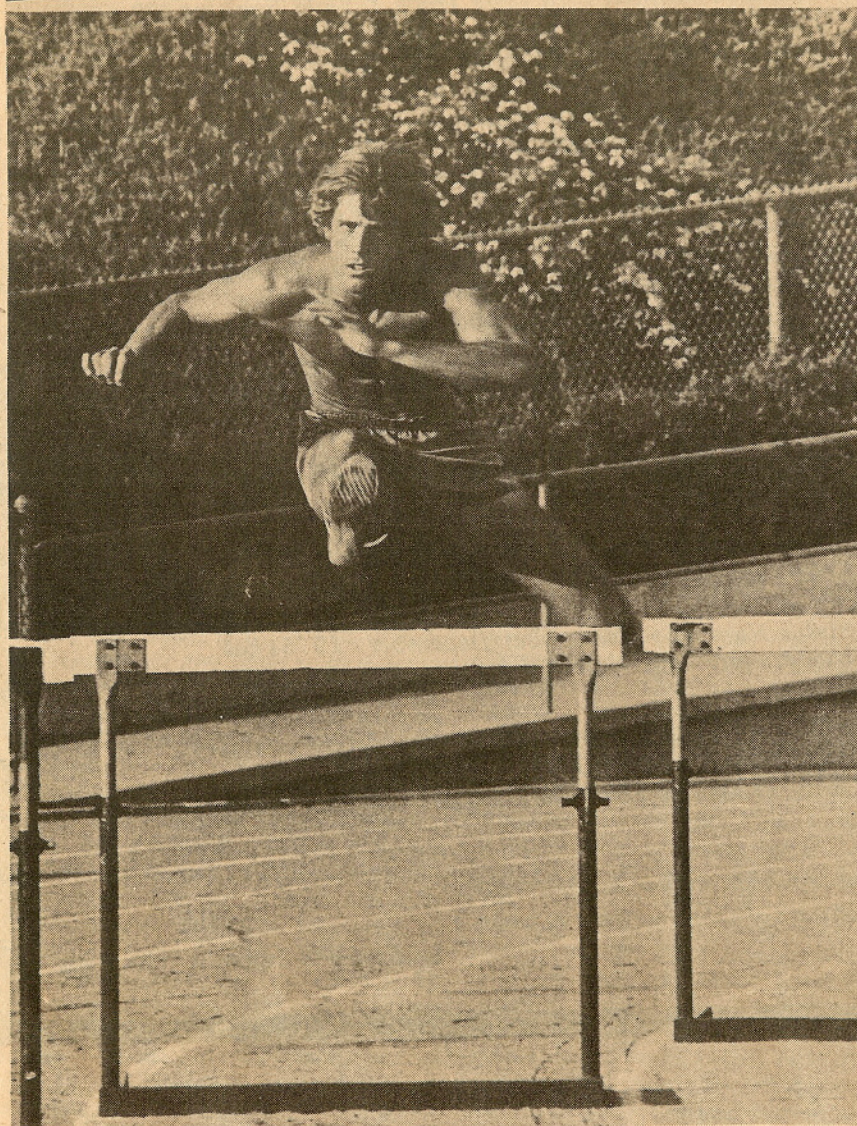
"I can't see an end to the improvement yet" he commented. "Walt Butler helped me with a lot of little things in running and hurdling technique at PCC. The little things he helped me with really resulted in big improvements.

"I think the two things I need now are overall experience and greater strength. I'd like to go the first seven hurdles with a 13 stride pattern, then one at 14 strides and the final two at 15 strides."

As a Bruin, of course, the experience



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Grant completed his sophomore year at Pasadena CC by going undefeated in the 440 intermediates; capping it off with the state championship and the National Junior College record. His 50.8 record was quite an improvement from his 53.2 as a freshman, especially considering his goal for 1975 was 52.5.

Grant credits increased strength for his big improvement, "One of my biggest problems has always been developing the strength it takes to run a good 440 hurdles race. Arcadia coach, Doug Smith, got me started on it, but I've had to work hard for it. The summer before my sophomore year I worked only on developing strength. That was the big reason for the drop in time last year. The added strength enabled me to go from 15 strides between hurdles all the way around to taking 13 strides for the first 5 then dropping back to 15 for the last 5."

If you aren't from the San Gabriel Valley you probably won't remember the name Grant Niederhaus at Arcadia High School. He never competed in the High School State Meet or even the C'I'F' Section Meet, for that matter. "During my time at Arcadia High I ran both the 120 high and 180 low hurdles," he explained. "We had such a tough league in the hurdles, that I never got out of the league. The state's top hurdlers during those years came from the Pacific League."

With two years of college behind him Grant is now enrolled as a junior kinesiology major at UCLA. He has immediate goals of running in the low 49s, winning the NCAA and, of course, a shot at making the Olympic team. As for long range sights he doesn't feel the world record is beyond reach.

"I can't see an end to the improvement yet" he commented. "Walt Butler helped me with a lot of little things in running and hurdling technique at PCC. The little things he helped me with really resulted in big improvements."

"I think the two things I need now are overall experience and greater strength. I'd like to go the first seven hurdles with a 13 stride pattern, then one at 14 strides and the final two at 15 strides."

As a Bruin, of course, the experience will come easily. "I was thrilled to go as far as I did in JC track last year, but at UCLA, every meet will be a state meet. The competition will be great, the coaching at UCLA is excellent and we will be running on tartan tracks 90 percent of the time. I know that with all this, that I can run a good deal faster than I have. As far as I'm concerned, the world record is not out of reach. I still have two years of collegiate competition remaining and I will have all the help I need to attain a goal like the world record. It'll all depend on myself and what I can do with the opportunity."

"Coach Bush's workouts have helped me out considerably. I've never been in better shape in my life. I'm very fortunate to be with such a fine program and with such fine teammates. We all work together and help each other and really keep each other super motivated. I also think my parents have helped me very much by being so interested in track and my progress."

TYPICAL WEEKS WORKOUTS:
Monday: 550 breakdown(550 @ 63 to 65, 440 @ 49.5 to 50.0 relaxed, 330 @ 34.5.). Tuesday: hurdle work - 4 to 5 times over 5 hurdles at race pace. Wednesday: 3X330 @ 35.5, 34.5, 33.9. Thursday: hurdles same as tuesday or 5X150 @ 14 to 15 seconds. Friday: 10X110 averaging 11.0(a few quick ones around 10.8). Saturday: warm up, warm down, weights. Sunday: rest. Weight training tuesday, Thursday, and Saturday.

Schedule

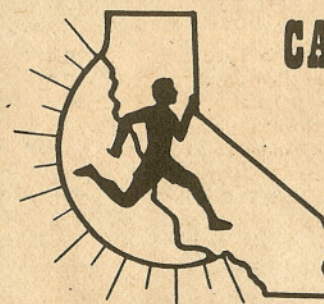
MARCH

- 13 **CAMELLIA FESTIVAL 100 MILER.** Sacramento State Fairgrounds. 8 am. John Hill, 604 Flint Way, Sacto' 95818
- 13 **SPA-AAU 25-KILO CHAMPIONSHIPS.** Lunada Bay, 9 am. Carl Paulson, 89 15th St., Hermosa Beach 90254.
- 13 **CCA-AAU 15 KILO CHAMPIONSHIPS'** Big Creek, 12 noon. Rich Petersen, PO Box 206, Laton 93242.
- 13 **VALLEY CONFERENCE RELAYS.** Junior College. Modesto, 12 noon.
- 13 **KINGSMAN RELAYS.** Small College. Cal Lutheran, Thousand Oaks, 10 am.
- 13 **MASTERS ALL COMERS.** LA Valley College, Van Nuys, 12 noon.
- 14 **LAKE MERCED MASTERS RACE.** 5 miles. San Francisco, 11 am. Jack Betten-court, 136 Dundee Dr., S.S.F. 94080.
- 20 **MASTERS ALL COMERS.** LA Valley College, Van Nuys, 12 noon.
- 20 **LOS ANGELES MARATHON.** Elysian Park (LAPD Academy), 8 am. Fred Honda, 200 N. Main, City Hall East, 13th Floor, L.A. 90012.
- 20 **STANFORD RELAYS.** Palo Alto, 10 am.
- 20 **NOTHRIDGE RELAYS.** Junior College, Univ-Open, Women. Cal State Northridge, 12 noon.
- 21 **SAN MARTIN MARATHON.** 8 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046.
- 21 **ARROYO VERDE 15 KILO XC.** Ventura, 9 am. Connie Rodewald, 852 Sharon, Camarillo 93010.
- 21 **BUFFALO STAMPEDE 10-MILER.** Sacramento, 10 am. Abe Underwood, 6555 Riverside, Sacramento 95831.
- 21 **PA-AAU 50 KILO CHAMPIONSHIPS.** (and AAU Senior & Masters 50 Kilo). Sacramento. Harold DeMoss, 765 Campbell Ave. Los Altos 94022
- 3 **2 MAN 14 MILE RELAY.** La Mirada Park, 9 am. Joe Burgasser, 2721 168th St., Torrance 90504.
- 3 **BAKERSFIELD RELAYS.** 12 noon.
- 3 **SCWIAAC MEET.** Redlands, night.
- 3 **SACRAMENTO RELAYS.** Sac State 11 am
- 3 **ESCONDIDO 10 KILO.**
- 3 **SPA-AAU RELAY CARNIVAL.** Women. UC Santa Barbara. Jim Harvey, 950 Via Los Padres, S.B. 93111.
- 4 **MOFFETT FIELD 10 KILO.** 10 am. Warren Olds, 1554 Canna Ct., Mtn. View 94043.
- 4 **KAWEAH VALLEY RIVER RUN.** 8 mile. Dave Bronzan, Box 271, Fresno 93708.
- 9 **SCWIAAC MEET.** UCLA.
- 10 **MILLBRAE LIONS RELAY CARNIVAL.** Mills HS. Harmon Brown, 2335 David Ct. San Mateo 94403.
- 10 **SAN DIEGO RELAYS.** Balboa Stadium.
- 10 **VENTURA WOMEN'S INVITATIONAL.**
- 10 **GOLDEN GATE PARK 8 MILER.** 10 am. Jack Leydig, Box 1551, San Mateo 94401.
- 10 **"The TRACK MEET"** U.C. Santa Barbara.
- 11 **HERBERT HOOVER RELAYS.** Masters. College of San Mateo.
- 11 **CHILDREN'S HOSPITAL CHARITY RUN** 6 miles. Lake Chabot Regional Park, Castro Valley, 10 am. Dennis Tracy, 27910 Edgecliff Way, Hayward 94542.
- 11 **SPACE RACE.** 6 miles. Roeding Park, Fresno. Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702.
- 12 **SOUTHERN CAL DECATHLON.** Mt. San Antonio Junior College.
- 13 **USTFF DECATHLON.** Fresno State U.
- 15 **SOUTHERN CALIFORNIA RELAYS.** Junior College. Cerritos JC.
- 17 **DIABLO VALLEY RELAYS.** Pleasant Hill, 10 am.
- 17 **WOODY WILSON RELAYS.** College.

MAY

- 1 **SOUTH COAST CONFERENCE.** Junior College. Mt. SAC JC.
- 1 **VALLEY CONFERENCE MEET'** Junior College.
- 1 **ORANGE INVITATIONAL.** Small Colleges. Chapman College.
- 1 **WESTERN STATES CONFERENCE.** Junior College. Valencia 11 am.
- 1 **SCIAC CONFERENCE MEET.** Redlands.
- 1 **REEDLEY 10 MILER.** Redley HS, 9 am. Dave Bronzan, Box 271, Fresno 93708.
- 1 **LAKEWOOD INVITATIONAL.** Women. Lakewood HS. Dave Rodda, 3315 Ladoga Long Beach 90808.
- 1 **SAN JOSE STATE BICENTENNIAL INV'**
- 2 **CHAPMAN COLLEGE MASTERS MEET.**
- 2 **AVENUE OF THE GIANTS MARATHON.** Humboldt Redwood State Park, 9 am. Dick Meyer, Route 1, Box 153-A, Eureka 95501
- 2 **MAY-STRAWBERRY RUN.** 6.5 miles.
- 2 **SPA-AAU PENTATHLON & WALK.** Pomona College. Phil Snyder, 27102 Woodbrook Rd, Rancho Palos Verdes 90274.
- 2 **LONG BEACH INVITATIONAL.**
- 7 **NAIA DISTRICT III..** Redlands. 2 days.
- 7 **WEST COAST RELAYS.** Fresno. 2 days.
- 8 **ANGEL ISLAND RUN.** 4.8 miles, 11 am. The Guardsmaen, 12 Geary St., S.F. 94108.
- 8 **AL FRANKEN'S INVITATIONAL.** Women. Al Franken (213) 272-7577.
- 8 **S. CAL. CHEETAHS INVITATIONAL.** Women. Bill Petersen, 1840 Hawkbrook, San Dimas 91773.
- 9 **CORRALITOS 15 KILO RUN.** Watsonville, 9:30 am. Mike Jones, 109 Valencia Ave., Aptos 95003.
- 9 **ARROW TC RELAYS.** Women. Foothill College. Nick Sakelarios, 11 Burbank Ave. Redwood City 94063.

Oakland. Mary King, 3500 Mountain Blvd., Oakland 94619.



CALIFORNIA TRACK NEWS

BACK ISSUES AVAILABLE

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- *Top California Prep Marks 1974 (20 deep)
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- *Top California Women's Marks 1974 (30 deep)
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- *1974 California Athletes of the Year
- *California Women's All Time Track & Field Ranking (20 deep)
- *Top California Women's Indoor Marks 1975

- Univ-Open, women. Cal State Northridge, 12 noon.*
- 21 **SAN MARTIN MARATHON.** 8 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046.
- 21 **ARROYO VERDE 15 KILO XC.** Ventura, 9 am. Connie Rodewald, 852 Sharon, Camarillo 93010.
- 21 **BUFFALO STAMPEDE 10-MILER.** Sacramento, 10 am. Abe Underwood, 6555 Riverside, Sacramento 95831.
- 21 **PA-AAU 50 KILO CHAMPIONSHIPS.** (and AAU Senior & Masters 50 Kilo). Sacramento. Harold DeMoss, 765 Campbell Ave., Los Altos 94022.
- 21 **LAST GASP MARATHON.** DeAnza Cove, San Diego.
- 24 **USTFF DECATHLON.** Cal State Hayward.
- 26 **SANTA BARBARA RELAYS.** Jr. College.
- 27 **SANTA BARBARA RELAYS.** Univ-Open.
- 27 **PA-AAU 15 KILO CHAMPIONSHIPS.** Palo Alto, 10 am. Dave Himmelberger, 1763 Park Blvd., Palo Alto 94306.
- 27 **CORONA DEL MAR RELAYS.** Masters. Cal Poly SLO, 10 am. Don Cheek, Box 1476, Atascadero 93422.
- 27 **SAN DIEGO COUGAR INVITATIONAL.** Balboa Stadium. Women. Lenwood Williams, 2426 56th. St., S.D. 92105.
- 27 **MORRO BAY STATE PARK RACE.** 5 miles. Morro Bay, 10 am. San Luis Distance Club, Box 1134, SLO 93406.
- 28 **MEET OF CHAMPIONS.** Univ-Open. U.C. Irvine.
- 28 **LAKE IL SAN JO 10 MILER.** Howarth Park, Santa Rosa, 10 am. David Hughes, 1075 Tilden Rd., Sebastopol 95472
- 28 **PASADENA INVITATIONAL.** Women. Pasadena HS. Ron Grey, P.O. Box 1632, Altadena, 91001.
- 28 **WOMEN'S MEET.** San Jose CC. Marge Powell, 3467 Golden State Dr., Santa Clara 95051.
- 6 miles. Lake Chabot Regional Park, Castro Valley, 10 am. Dennis Tracy, 27910 Edgecliff Way, Hayward 94542.
- 11 **SPACE RACE.** 6 miles. Roeding Park, Fresno. Bill Cockerham, 1717 S. Chestnut Ave., Fresno 93702.
- 12 **SOUTHERN CAL DECATHLON.** Mt. San Antonio Junior College.
- 13 **USTFF DECATHLON.** Fresno State U.
- 15 **SOUTHERN CALIFORNIA RELAYS.** Junior College. Cerritos JC.
- 17 **DIABLO VALLEY RELAYS.** Pleasant Hill, 10 am.
- 17 **WOODY WILSON RELAYS.** College. U.C. Davis.
- 17 **WARRIOR RELAYS.** Small College. Westmont College, Santa Barbara.
- 17 **STRIDERS RELAYS.** Santa Monica Col.
- 17 **MARIN-SANTA ROSA RELAYS.** Junior College. Kentfield, 11 am.
- 17 **KNIGHTS OF COLUMBUS MARATHON.** Paul Mason Winery, Cupertino, 9 am. Dan O'Keefe, 20032 Rodriguez Ave., Cupertino 95014.
- 17 **WOMEN'S WOODWARD PARK RUN.** Ron Gates, 2237 Valeria, Fresno 93703.
- 17 **CONEJO 10 KILO HANDICAP.** 10 am. Connie Rodewald, 852 Sharon, Camarillo 93010.
- 18 **EASTER SUNRISE CELEBRATION RUN.** 1, 2, & 3 miles. Woodward Park, Dawn. Bill Cockerham, 1717 S. Chestnut, Fresno 93702.
- 23 **MT. SAC RELAYS.** 3 days. Mt. San Antonio JC, Walnut.
- 24 **ORINDA INVITATIONAL.** 2 days. Women. Don Bailes, 133 Selbourne Way, Moraga
- 24 **NORTHERN CAL RELAYS.** Junior College. College of San Mateo. 11 am.
- 24 **LIVERMORE 8.5 MILER.** 10 am. Bill Dunlop, 1221 Hillcrest Ave., Livermore 94550.
- 25 **SPA-AAU 50 KILO CHAMPIONSHIPS.** Camarillo, 7 am. Connie Rodewald, 852 Sharon, Camarillo 93010.
- 25 **MT. DIABLO DISTURBANCE HDC.** 6.6 miles. Mt Diablo State Park, 9 am. Jack Kirk, Star Rt., Mariposa 95338.
- 30 **SCWIAAC CHAMPIONSHIPS.**

APRIL

- 2 **HANCOCK METRIC MEET.** Junior coll. Hancock JC, Santa Maria, 9 am.
- 3 **WOMEN'S AGE GROUP MEET.** Laney College. Willie White, 1551 Madison St. No. 47, Oakland.

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- *Top California Women's Indoor Marks 1975
- *Top California Prep Indoor Marks 1975
- *Top California Junior College Indoor Marks 1975
- *Top California College-Open Indoor Marks 1975
- *California High School All Time Outdoor Ranking (50 deep)
- *Top California Prep Marks (20 deep) 1975
- *Top California Junior College Marks 1975 (20 deep)
- *Top California Women's Marks 1975 (20 deep)
- *Top California College-Open Marks 1975 (25 deep)
- *California High School All Time Indoor Ranking
- *Over 150 Pictures of California Track Action
- *Over 300 Major Meet Results

\$3.00 for all six issues

First three issues of the second year: \$1.50

*Issue Number 7 (September/October - 1975) contains California female top marks by age groups.

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All issues contain profiles, stories, results and pictures of California track action.

Send order to California Track News

SEE TOMORROW'S STARS TODAY



1976 san jose relays

"Featuring The Finest Jr. College & High School Athletes In The State"

SATURDAY, APRIL 17, 1976

at SAN JOSE CITY COLLEGE

"If the last two year's meet results are any indication, this year's results should be a barn buster."

Fran Errota, SAN JOSE MERCURY NEWS

"We have been unable to make the first two San Jose Relay meets. We have made it a point to take part in the '76 competition." *Bob Covey, Bakersfield College*

"You can count on me returning for the '76 meet."
Eric Hulst, Laguna Beach 2 miler

1974 & 1975 Highlights

100	Farmer(Wilson) 9.5	100	Hampton(San Jose) 9.4
	Hampton(San Jose) 9.5		Livers(San Jose) 9.4
	Jefferson(Silver Creek) 9.5	2 mile	Perez(Delta) 8:59.4
	Andrews(W. Bakersfield) 9.5	TJ	Marlow(Cosumnes) 50-10½
220	Hampton(Silver Creek) 20.9		Le Grande(West Valley) 50-8
440	Kennedy(Serramonte) 48.4	HJ	Madau(Fullerton) 7-0½
1 mile	Kimball(DeLaSalle) 4:05		Viggiano(El Camino) 6-10
2 mile	Hulst(Laguna Beach) 8:58.6	DT	Frankiwich(Merced) 174
	Kissen(San Ramon) 9:14.6		Pushkin(Foothill) 173
HH	Cooper(Ells) 13.6	LJ	Carter(El Camino) 25-0½
	Kennedy(Serramonte) 13.7	440R	San Jose City 40.7
	Gaines(Kennedy) 13.8	2 miR	L.A.Pierce 7:44.2
	Kartman(Wilson) 13.8	SP	Nomis(Pierce) 56-2½
HJ	Beedle(La Sierra) 7-0	PV	Knaub(El Camino) 16-6
	Collins(Monterey) 6-9		Johnson(Glendale) 16-0
	La Rusch(Glendale) 6-8	MR	L.A. Southwest 3:13
TJ	Bryson(Oakland) 50-2½		
	Rojas(Overfelt) 49-5½		

Direct information Re High School Entry

Santa Teresa High School
650 Snell Road
San Jose, CA 95123
Telephone 578-9100

Direct information Re J.C. Entry

San Jose City College
2100 Moorpark Avenue
San Jose, CA 95128
Telephone (408) 298-2181

**ENTRIES DUE NO LATER THAN
WEDNESDAY, APRIL 5, 1976**



Houston McTear of Baker High School in Florida, co-holder of the World Record for 100 yards, has returned and has accepted the invitation to attend the 1976 San Jose Relays.

DRACIE D.I. DR.

to see the city runners run in these icy cold winds."

Even after his forceful start in track

course and run over the hilly parts. Tuesday- Four mile cross country run, 2x880 @ 2:00

	Kennedy(Serramonte) 13.7
	Gaines(Kennedy) 13.8
	Kartman(Wilson) 13.8
HJ	Beedle(La Sierra) 7-0
	Collins(Monterey). 6-9
	La Rusch(Glendale). 6-8
TJ	Bryson(Oakland) 50-2 1/2
	Rojas(Overfelt) 49-5 1/2

440R	San Jose City 40.7
2 miR	L.A.Pierce 7:44.2
SP	Nomis(Pierce) 56-2 1/2
PV	Knaub(EI Camino) 16-6
	Johnson(Glendale) 16-0
MR	L.A. Southwest 3:13

Telephone (408) 298-2181

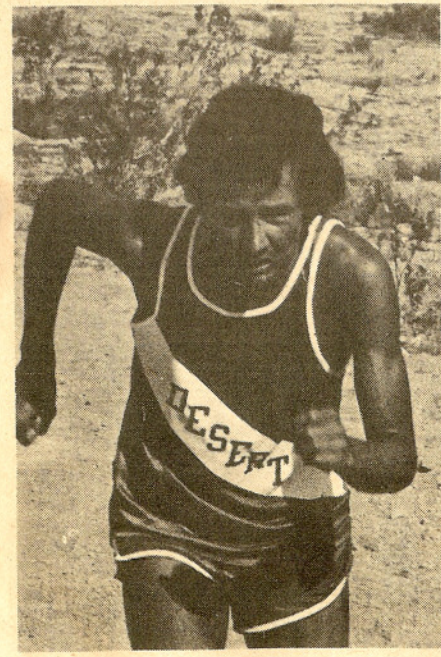
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PROFILE

Robin Platero

ROBIN PLATERO: Desert High School (senior). Age 18; 5 feet, 9 inches; 140 pounds. Born November 5, 1957, in Silver City, New Mexico. Best Marks: .880-1:56.0(75), mile-4:28.9(75), 440-51.6r(75), 1000-2:15.7i(75). Coached by Joseph Spearman.



Robin Platero is "Mr. Everything" when it comes to the middle distance events at Desert High. He holds school records in the 880 and mile and has a stake in the mile relay standard. In addition he earned cross country's MVP in 1973, 1974, and 1975. His cross country highlight was placing second in the CIF IA finals at Mt. SAC with a 10:19.

Robin had an interesting start in track. "I first started when my mother forced me into going out for track in the seventh grade. I don't know why I went out the next year, but I did and it was great. Track gives me the feeling of accomplishment - in the bettering of times; and winning, of course, is very nice also."

The 880 is his favorite event, but his biggest competition is often just the stopwatch. "In league I just run against the clock and the wind. In CIF competition my strategy is to hang on to the pace and kick hard the last 110." As for special training rules - "nothing really special; just moderation in all things."

With his best ever cross country season behind him and now that track season is here what can be expected? "For the past four years I have chopped four or more seconds a year off of my 880 time, so I think 1:52 is a very realistic time to shoot for. I should also hit 4:20 and 9:30 as well. Another immediate goal is to get to two workouts a day and, also, to be able to handle 30X440 in '65 with a five minute rest between each. I have done 20 in 64. It's also important to me to make it to the State Meet. Training and racing here makes one very tough. I would like

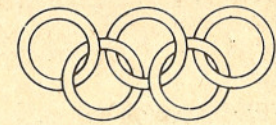
to see the city runners run in these icy cold winds."

Even after his forceful start in track he plans to continue with the sport, "Until I'm old and grey, and then some." He's interested in carpentry and is taking woodworking in school. As for college: "Well, Chico State sound interesting. They have my major and are in a nice location."

Typical Week's Workouts (cross country mid-season): Monday- Hard hills 50 to 75 yards long working on good knee lift and arm drive. Run to cross country

course and run over the hilly parts. Tuesday- Four mile cross country run, 8X880 @ 2:20 with 5 minute rest. Wednesday- 4X220@30 with 1 1/2 minute rest, 3X440@65 with 2 1/2 rest, 2X660 @1:35 with 3 1/2. Thursday-7 to 10 miles cross country. Friday- rest. Saturday- race. Sunday-5 miles easy.

Most weeks had little speed work, some distance and many hills. In CIF I pushed the pace on the hills and broke away from the pack on the final switch backs, but I'm a lousy down hill runner."



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Wednesday, March 10, 1976

7:30 pm at Veterans Auditorium, Culver City

For tickets write or phone: Wes Alderson or Carl Porter % Culver City Parks & Recreation Dept., 4117 Overland Ave., Culver City, CA 90230. Phone: 837-5211 ext.. 408

*Donations requested(tax deductible):
Adults \$2.00, Juniors \$1.00*

compiled by PETER MUNDLE

Records

AGE GROUP CATAGORIES

O-B35-39
I-A40-44
I-B45-49
II-A50-54
II-B55-59
III-A60-64
III-B65-69
IV70+

100 YARD DASH

O-B	9.9	Percy Knox(Edwards)(37)8-12-71
O-B	9.9	Percy Knox(Edwards)(38)7-6-72
O-B	9.9	Percy Knox(Edwards)(38)6-28-72
O-B	9.9	Dean Smith(Woodland Hills)(39)7-21-71
O-B	9.9	Dean Smith(Woodland Hills)(39)7-30-71
I-A	9.8	Percy Knox(Edwards)(41)7-11-75
I-B	10.4	Robert Watanabe(Sta Mon)(45)5-29-71
I-B	10.4	Robert Watanabe(Sta Mon)(45)5-22-72
II-A	10.5	Alphonse Juillard(Stfd)(50)8-18-73
II-B	10.7	Alfred Guidet(Petaluma)(55)7-14-73
II-B	10.7	Payton Jordan(Los Altos)(56)5-26-73
II-B	10.7	Payton Jordan(Los Altos)(57)4-27-74
III-A	11.6	Virgil McIntyre(L.A.)(60)7-30-71
III-B	12.3	Ken Carrine(Sacramento)(65)5-6-73
III-B	12.3	Ken Carrine(Sacramento)(66)5-4-74
IV	13.6	Sing Lun(Bakersfield)(70)4-19-75

100 METER DASH

O-B	10.8	Ken Dennis(L.A.)(38)6-28-75
I-A	11.0	Dean Smith(Woodland Hls)(41)6-23-73
I-B	11.1	George Rhoden(San Diego)(45)6-17-72
II-A	11.4	Alphonse Juillard(Stfd)(50)3-18-73
II-B	11.6	Payton Jordan(Los Altos)(56)6-23-73
II-B	11.6	Alfred Guidet(Cal City)(56)6-22-74
II-B	11.6	Payton Jordan(Los Altos)(57)6-22-74
III-A	12.9	Virgil McIntyre(L.A.)(60)6-20-71
III-B	13.4	Ken Carrine(Sacramento)(65)6-23-73
IV	14.6	Sing Lun(Bakersfield)(70)6-28-75

220 YARD DASH

O-B	21.8m	Dave Segal(Tustin)(37)6-23-74
I-A	22.4	Dean Smith(Woodland Hls)(40)3-4-72
I-B	22.3m	George Rhoden(San Diego)(45)7-2-72
II-A	23.7	Alphonse Juillard(Stfd)(50)8-18-73
II-B	23.6m	Alfred Guidet(Petaluma)(55)6-24-73
III-A	26.6	Virgil McIntyre(L.A.)(60)5-22-71
III-B	28.4m	A.J. Puglizevich(Merced)(65)6-24-73
III-B	28.5	Ken Carrine(Sacramento)(65)5-17-73
III-B	28.5	Ken Carrine(Sacramento)(66)5-4-74
IV	Winfield	McFadden(San Diego)(70)6-29-75

440 YARD DASH

O-B	49.9	Ted Cain(Novato)(37)7-13-75
O-B	49.6m	Ted Cain(Novato)(37)6-23-73
I-A	51.4	James Lingel(Lafayette)(40)4-1-72
I-B	52.2m	Bill Fitzgerald(P Verdes)(46)6-20-71
II-A	56.5	Bill Knuppel(Vista)(51)7-4-70
II-B	56.4	Alfred Guidet(Cal City)(57)5-17-75
III-A	59.7m	Fritiof Sjostrand(L.A.)(62)8-8-75
III-B	65.6m	Ken Carrine(Sacramento)(65)6-23-73
IV	82.1	Noel Johnson(San Diego)(73)4-19-73

880 YARD RUN

O-B	1:49.2	George Scott(LongBch)(35)5-12-72
I-A	1:57.6m	David Pratt (Davis)(41)7-6-73
I-B	1:58.1m	Bill Fitzgerald(PVerdes)(48)7-6-73
II-A	2:01.1m	Bill Fitzgerald(PVerdes)(50)6-29-75
II-B	2:18.0m	Robert McDonald(ElCajon)(55)6-23-74
III-A	2:37.1	Mel Shire (Lafayette)(62)7-17-71
III-B	2:29.1	Monty Montgomery(SherOaks)(65)4-8-72
IV	2:59.1m	Noel Johnson(San Diego)(72)7-2-72

1500 METER RUN

O-B	4:05.5	Larry Wray(Los Angeles)(36)6-17-72
I-A	4:05.9	Wilbur Williams(L.A.)(40)6-23-73
I-A	4:05.9	Wilbur Williams(L.A.)(40)7-7-73
I-B	4:10.4	Bill Fitzgerald(PVerdes)(47)9-14-72
II-A	4:18.5	Bill Fitzgerald(PVerdes)(50)6-28-75
II-B	4:48.3	Alan Waterman(San Fran)(55)7-7-74
III-A	5:15.0	Ray Williams(StaBarbara)(63)6-21-71
III-B	5:09.6	Sydney Madden(StaBarb)(65)7-7-73
IV	6:33.9	Paul Spangler(SanLobis)(76)8-9-75

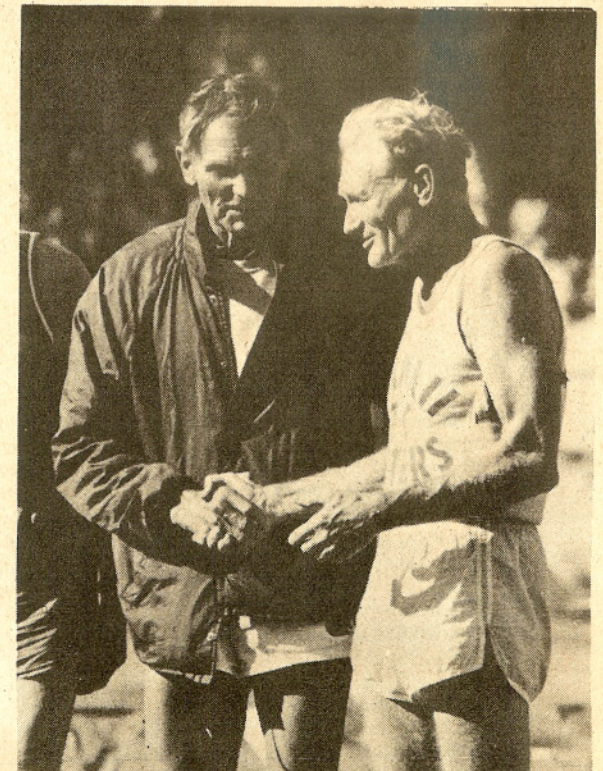
ONE MILE RUN

O-B	4:03.7	George Scott(LongBeach)(35)4-22-72
I-A	4:24.3	Wilbur Williams(L.A.)(40)6-2-73
I-B	4:29.5	Bill Fitzgerald(PVerdes)(46)4-23-72
II-A	4:32.2	Bill Fitzgerald(PVerdes)(50)7-13-75
II-B	5:13	Alan Waterman(San Fran)(56)10-19-74
III-A	5:45.9	Ray Williams(StaBarbara)(64)5-20-72
III-B	5:22	Monty Montgomery(SherOaks)(65)4-8-72
IV	6:53.1	Noel Johnson(San Diego)(72)3-25-72

California

3000 METER RUN

O-B	8:58	Peter Mundle(StaMonica)(39)4-20-66
I-A	8:55.8	Jerry Smartt(Westmin)(42)8-17-74
I-B	9:14.2	Peter Mundle(Venice)(46)1-18-75
II-A	9:44.6	Mauro Hernandez(SMonica)(53)8-13-75
II-B	10:50	Ed Halpin(Riverside)(55)12-29-73
III-A	None	
III-B	11:47	Walter Frederick(PicoRiv)(67)8-13-75
IV	17:03.8	Noel Johnson(San Diego)(73)4-15-73



DUTCH WARMERDAM (left) and Bud Deacon following Dutch's recent World Decathlon age 60 record.

compiled by PERCY KNOX

22.8	Percy Knox(38)Un	72
23.2	Walt Palmer(35)Un	70
23.3	Al Feola(39)EHS	72
23.6	George Rhoden(45)Un	72

440 YARD - 400 METER (35-39):

49.6m	Ted Cain(36)Monica	72
-------	--------------------	----

100 METER DASH

O-B	10.8	Ken Dennis(L.A.)(38)6-28-75
I-A	11.0	Dean Smith(Woodland Hls)(41)6-23-73
I-B	11.1	George Rhoden(San Diego)(45)6-17-72
II-A	11.4	Alphonse Juillard(Strd)(50)3-18-73
II-B	11.6	Payton Jordan(Los Altos)(56)6-23-73
II-B	11.6	Alfred Guidet(Cal City)(56)6-22-74
II-B	11.6	Payton Jordan(Los Altos)(57)6-22-74
III-A	12.9	Virgil McIntyre(L.A.)(60)6-20-71
III-B	13.4	Ken Carnine(Sacramento)(65)6-23-73
IV	14.6	Sing Lur(Bakersfield)(70)6-28-75

ONE MILE RUN

O-B	4:03.7	George Scott(Longbeach)(35)4-22-72
I-A	4:24.3	Wilbur Williams(L.A.)(40)6-2-73
I-B	4:29.5	Bill Fitzgerald(PVerdes)(46)4-23-72
II-A	4:32.2	Bill Fitzgerald(PVerdes)(50)7-13-75
II-B	5:13	Alan Waterman(SanFran)(56)10-19-74
III-A	5:45.9	Ray Williams(StaBarbara)(64)5-20-72
III-B	5:22	Monty Montgomery(SherOaks)(65)4-8-72
IV	6:53.1	Noel Johnson(SanDiego)(72)3-25-72



DUTCH WARMERDAM (left) and Bud Deacon following Dutch's recent World Decathlon age 60 record.

compiled by PERCY KNOX

All-Time List

100 YARD DASH (35-39):

9.9	Percy Knox(35)Un	71
9.9	Dean Smith(39)BHS	71
9.9	Ken Dennis(38)CDM	75
10.0	Dave Segal(35)CDM	72
10.1	Ben Anixter(35)NCS	73
10.1	Ted Cain(35)NCS	73
10.3	Al Feola(39)BHS	72
10.4	George Waterman(38)	73
10.4	Al Henry(35)CDM	73
10.5	Dick VanKirk(35)Un	72
10.5	Hugh Adams(35)CDM	75

100 YARD DASH (40-49):

9.8	Percy Knox(40)CDM	75
10.0	Dean Smith(40)BHS	72
10.1	Dave Jackson(40)CDM	72
10.2	Jim Lingel(41)BAS	73
10.2	Phil Presber(41)NCS	75
10.3	George Rhoder(43)NCS	70
10.3	Dick Stolpe(44)CDM	70
10.3	Dick Marlin(43)NCS	74
10.4	Robert Watanabe(45)	71
10.4	George Waterman(40)	75
10.4	Nick Newton(41)EHS	75
10.4	Van Parish(41)NCS	75
10.5	Phil Schlegel(40)CDM	70
10.5	Don Love(42)SDTC	70
10.5	Ozzie Dawkins(43)STC	72
10.5	Don Cheek(42)CDM	73
10.6	Don Badonilli(41)CDM	69
10.6	Shirley Davisson(41)CDM	71
10.6	Dewey Vroom(44)	71
10.6	Jim Parks(40)STC	74
10.6	Hugh Cobb(41)BHS	75

100 YARD DASH (50+):

10.5	Al Juillard(50)Un	73
10.7	Al Guidet(55)NCS	73
10.7	Payton Jordan(57)CDM	74

100 METER DASH (35-39):

10.8	Ken Dennis(38)CDM	75
10.9	Dave Segal(37)CDM	74
11.3	Hugh Adams(35)CDM	75

100 METER DASH (40-49):

11.0	Dean Smith(41)BHS	73
11.1	George Rhoden(45)SDTC	72
11.3	Jake Coss(40)Un	74
11.3	Van Parish(41)NCS	75
11.5	Bob Watanabe(42)Un	70
11.5	Bill Fredrickson(42)NCS	73

100 METER DASH (50+):

11.4	Al Juillard(50)Un	73
11.6	Al Guidet(55)CDM	74
11.6	Payton Jordan(56)	73
11.7	Dick Stolpe(50)CDM	75

220 YARD DASH (35-39):

22.2	Dave Segal(36)CDM	73
22.3	Dean Smith(39)BHS	71
22.3	Ken Dennis(37)CDM	74
22.7	Hugh Adams(36)CDM	75
22.8	Ted Cain(35)BAS	75

22.8	Percy Knox(38)Un	72
23.2	Walt Palmer(35)Un	70
23.3	Al Feola(39)BHS	72
23.6	George Waterman(37)CDM	72

220 YARD DASH (40-49):

22.4	Dean Smith(40)BHS	72
22.8	Jim Lingel(40)Un	72
23.2	Dave Jackson(40)CDM	72
23.2	Dick Marlin(43)NCS	74
23.2	Ozzie Dawkins(43)STC	72
23.3	Phil Presber(41)NCS	75
23.4	Percy Knox(40)CDM	74
23.5	Don Cheek(41)CDM	71
23.5	Nick Newton(41)EHS	75
23.7	Jim Parks(41)STC	75
23.8	George Waterman(40)CDM	75
23.8	Dick Marlin(45)NCS	75

220 YARD - 200 METER (50+):

23.7y	Al Juillard(50)Un	73
23.6m	Al Guidet(55)CDM	73
23.9m	Dick Stolpe(50)CDM	75
24.3m	Payton Jordan(56)CDM	73
24.9m	Pete Fetter(51)STC	72

200 METER DASH (35-39):

21.8	Dave Segal(37)CDM	74
21.9	Ken Dennis(37)CDM	74
22.5	Ted Cain(35)NCS	73
22.6	Hugh Adams(35)CDM	75
22.8	Ben Anixter(35)NCS	73
22.9	Percy Knox(39)CDM	73

200 METER DASH (40-49):

22.3	Dean Smith(40)BHS	72
22.3	George Rhoder(45)SDTC	72
22.6	Phil Presber(41)NCS	75
22.8	Jim Lingel(41)BAS	73
22.9	Dick Stolpe(45)CDM	70
23.0	Dave Jackson(40)CDM	72
23.2	Percy Knox(40)CDM	74

440 YARD - 400 METER (35-39):

49.6m	Ted Cain(35)Marin Col	73
49.9y	Ted Cain(37)EHS	75
50.5m	Ted Cain(36)Marin Col	74
51.1y	Hugh Adams(35)CDM	75
51.4m	William Green(35)Un	72
51.6m	John Tansley(36)Un	72
51.8m	Charles McKenney(35-39)	75
52.2m	Tom Anderson(35-39)NCS	75
53.0y	Ken Dennis(36)	75
52.8m	William Green(36)	73

440 YARD - 400 METER (40-49):

51.4y	James Lingel(40)BAS	72
51.7m	Dick Stolpe(46)CDM	72
52.2y	Willis Kleinsasser(42)	70
52.3m	Bill Fitzgerald(46)	71
52.3m	Don Cheek(41)CDM	72
52.5m	Dick Stolpe(47)CDM	73
52.6y	James Lingel(42)BAS	74
52.4m	Ed Dowell(42)NCSSTC	70
52.4m	Don Cheek(45)CDM	75
52.4m	Oswald Dawkins(43)STC	72
52.6m	Oswald Dawkins(42)STC	71
52.6m	Don Cheek(42)CDM	73
52.6m	Marshall Clark(40)NCS	73
52.7m	Marshall Clark(41)NCS	74
52.7m	Jake Coss(40)BHS	74
52.9m	Bill Fitzgerald(47)STC	72

440 YARD - 400 METER (50+):

56.4y	Al Guidet(57)CDM	75
56.5y	Bill Knuppel(51)	70
56.3m	Al Guidet(56)CDM	74
56.8m	Bob McDonald(55)SDTC	74
57.2m	Bob McDonald(53)SDTC	72
57.6m	Bill Bowers(50-55)SDTC	72
57.9m	Ed Halpin(56)STC	74
57.9m	Tom Clayton(50)CDM	75
58.4y	Bill Bowers(50-59)SDTC	75
58.2m	Ed Halpin(55)STC	73
58.3m	Ed Halpin(54)STC	72
58.6y	Cecil Smith(50-59)SDTC	75
58.8m	Fritiof Sjostrand(59)	72
59.7m	Fritiof Sjostrand(62)STC	75
59.8m	Fritiof Sjostrand(61)STC	74
61.4m	Fritiof Sjostrand(60)STC	73
61.9y	Virgil McIntyre(60)STC	71

Masters

2 MILE RUN

O-B	9:24.0	Peter Mundle(CulvCity)(37)7-14-65
I-A	9:28.0	Peter Mundle(Venice)(42)7-8-70
I-B	9:44.6	Peter Mundle(Venice)(46)8-2-74
II-A	10:37.0	James O'Neil(Sacramento)(50)7-13-75
II-B	11:07.4	James Oleson(SMonica)(55)3-25-73
III-A	12:12	John Montoya(Colton)(60)5-20-72
III-B	11:30.0	Monty Montgomery(SherOaks)(66)3-25-73
IV	15:19.8	Paul Spangler(SnLsObisp)(76)10-4-75

3 MILE RUN

O-B	14:38.4	Peter Mundle(CulvCity)(37)3-19-66
I-A	14:48.6	Peter Mundle(Venice)(43)7-14-71
I-B	15:07	Peter Mundle(Venice)(46)7-7-74
II-A	15:37.8	James O'Neil(Sacto)(50)1-10-76
II-B	17:24	Paul Reese(Sacto)(55)4-23-72
III-A	18:25.2	Albert Clark(Orange)(60)4-28-74
III-B	None	
IV	23:35.0	Noel Johnson(SanDiego)(71)6-4-71

5000 METER RUN

O-B	15:04.0	Peter Mundle(CulvCity)(35)9-5-63
I-A	15:12.6	Peter Mundle(Venice)(44)8-25-72
I-B	15:36.8	Peter Mundle(Venice)(46)7-7-74
II-A	16:19.6	James O'Neil(Sacto)(50)8-8-75
II-B	17:38.8	Ed Preston(SanFran)(56)6-23-73
III-A	19:05.0	John Montoya(Colton)(62)6-23-74
III-B	20:32.8	Walter Frederick(PicoRiv)(65)6-24-73
IV	23:30	Paul Spangler(SnLsObisp)(76)8-8-75

6 MILE RUN

O-B	31:20.0	Peter Mundle(CulvCity)(37)7-16-65
I-A	31:01.0	Jerry Smartt(GarGrove)(40)5-20-72
I-B	31:29	Peter Mundle(Venice)(46)7-5-74
II-A	33:00.8	James O'Neil(Sacto)(50)7-12-75
II-B	35:48	James Oleson(SMonica)(56)7-5-74
III-A	38:00	Albert Clark(Orange)(60)5-5-74
III-B	42:40	Ray Williams(StBarb)(67)5-4-75
IV	42:38.0	Fred Grace(L.A.)(73)5-29-71

10,000 METER RUN

O-B	30:44.4	Ray Hughes(Calif)(35)4-27-74
I-A	32:08.4	Peter Mundle(Venice)(44)9-16-72
I-B	32:30.8	Peter Mundle(Venice)(46)7-5-74
II-A	34:24.2	James O'Neil(Sacto)(50)8-14-75
II-B	36:19	John Lafferty(SanDiego)(56)7-5-74
III-A	38:51	Albert Clark(Orange)(61)6-28-75
III-B	43:56	Walter Frederick(PicRiv)(65)7-6-73
IV	50:36	Paul Spangler(SnLsObisp)(76)7-5-75

ONE HOUR RUN

O-B	11M720Y	Dave Waco(GranHills)(37)7-25-70
I-A	11M626Y	Peter Mundle(SMonica)(41)7-26-69
I-B	10M1520Y	Peter Mundle(Venice)(46)7-27-74
II-A	10M273Y	Ed Keysar(ShermanOaks)(51)7-28-73
II-B	9M1272Y	James Oleson(SMonica)(55)7-28-73
III-A	9M361Y	Ray Williams(StBarb)(63)7-25-70
III-B	8M1508Y	Ray Williams(StBarb)(66)7-28-73
IV	7M962Y	Paul Spangler(SnLsObisp)(74)11-8-73

MARATHON

O-B	2:21:45	Ray Hughes(Calif)(35)4-15-74
I-A	2:31:01	Bill Cookin(SanDiego)(41)8-25-74
I-B	2:38:31	Brian Freeman(SanDiego)(49)4-21-75
II-A	2:44:19	Ed Almeida(SanDiego)(52)1-11-75
II-B	2:52:26	James Oleson(SMonica)(50)7-7-74
III-A	2:54:56	Monty Montgomery(SherOaks)(63)12-7-69
III-B	2:53:03	Monty Montgomery(SherOaks)(65)12-5-71
IV	3:45:15	Fred Grace (LosAngeles)(74)1-29-72

3000 METER STEEPLECHASE

O-B	12:42.0	John Tansley(Norwalk)(36)6-18-72
I-A	9:45.6	James Shettler(Reno)(42)8-9-75
I-B	10:40	Lewis Roberts(SanBern)(47)7-6-74
II-A	11:35.6	Avery Bryant(PVerdes)(51)7-6-75
II-B	11:58.8	Alan Waterman(SanFran)(55)7-6-74
III-A	14:54.4	Wilfred Bigelow(Berk)(63)12-22-73
III-B	17:07.0	Paul Carmichael(SanFr)(67)8-15-75
IV	None	

400-440 HURDLES

(35-49) = 36" (50-59) = 33" (60+) = 30"

O-B	55.3m	Ted Cain(Novato)(37)7-6-75
I-A	60.6m	Ed Dowell(Woodland)(44)7-1-72
I-B	60.5m	Ted Rademaker(Fresno)(48)7-6-73
II-A	66.2m	Wayne Ambrose(StAna)(50)8-10-75
II-B	66.7m	Alfred Guidet(CalCity)(56)7-6-74
III-A	74.5m	Vincent Godfrey(LaWesa)(60)6-23-74
III-B	90.7	Walter Frederick(PicRiv)(66)6-23-74
IV	None	

110-120 HIGH HURDLES:

(35-39) = 42" (40-49) = 39" (50-59) = 36"

O-B	15.2	Hugh Adams(Reedley)(35)6-11-75
I-A	15.0m	Dave Jackson(Carson)(40)7-2-72
I-B	15.9m	Ted Rademaker(Fresno)(47)7-2-72
II-A	18.0	Tom Patsalis(L.A.)(53)6-7-75
II-B	18.1	Alfred Guidet(CalCity)(56)7-7-74
III-A	19.6	Dutch Warmerdam(Fresno)(60)12-7-75
III-B	21.1	Russel Hargreaves(SBarb)(66)12-7-75
IV	22.7	Ralph Higgins(FtMcArthur)(71)6-23-73

HIGH JUMP

O-B	5-8 3/4	Don Rose(Kentfield)(39)6-22-74
I-A	6-0	J. Razzetto(SanDiego)(40)7-4-70
I-B	5-10	Ed Austin(RedondoBch)(45)6-7-75
II-A	5-7	Orval Gillett(Prtrvle)(53)6-23-73
II-B	5-6	Burl Gist(SanMarcos)(55)6-7-75
III-A	5-0	Dutch Warmerdam(Fresno)(60)12-6-75
III-B	4-3	Winfield McFadden(SanDiego)(66)3-10-72
IV	4-1/2	Percy Stephens(Escondido)(71)5-17-75

POLE VAULT

O-B	15-0	Ron Morris(L.A.)(36)6-20-71
I-A	15-3/4	Kenneth Hiob(Aptos)(42)7-14-73
I-B	12-0	Roger French(HaciendaHts)(45)6-29-75
II-A	11-6	Orval Gillett(Prtrvle)(53)7-1-72
II-B	11-7	Jim Vernon(WCovina)(58)7-5-75
III-A	10-6	Dutch Warmerdam(Fresno)(60)12-7-75
III-B	9-6	Bob MacConmaghy(Redondo)(66)6-1-74
IV	7-0	Walt Westbrook(Calif)(73)6-20-71

LONG JUMP

O-B	23-4	Dave Jackson(Carson)(36)3-30-63
I-A	22-9 1/2	Dave Jackson(Carson)(40)9-11-71
I-B	22-8	Shirley Davisson(Vctrvle)(45)3-15-75
II-A	19-2 1/2	Tom Patsalis(L.A.)(53)5-4-75
II-B	18-6 1/2	Gordon Farrell(VanNuys)(55)12-15-72
III-A	16-6 1/2	Mike Andors(LaJolla)(61)4-21-73
III-B	15-4 1/2	Russel Hargreaves(SBarb)(66)12-6-75
IV	13-10 1/2	Winfield McFadden(SanDiego)(70)4-5-75

TRIPLE JUMP

O-B	49-11 1/2	Dave Jackson(Carson)(36)5-16-68
I-A	46-11	Dave Jackson(Carson)(41)7-7-73
I-B	41-0	Shirley Davisson(Vctrvle)(45)6-29-75
II-A	40-9	Tom Patsalis(L.A.)(53)6-29-75
II-B	41-5	Gordon Farrell(VanNuys)(57)1-18-75
III-A	32-8	Mike Andors(LaJolla)(62)6-23-74
III-B	30-9	Winfield McFadden(SnDiego)(67)6-18-72
IV	29-5	Winfield McFadden(SnDiego)(70)6-29-75

II-B	35:48	James Oleson(SMonica)(56)7-5-74
III-A	38:00	Albert Clark(Orange)(60)5-5-74
III-B	42:40	Ray Williams(StBarb)(67)5-4-75
IV	42:38.0	Fred Grace(L.A.)(73)5-29-71

III-A	74.5m	Vincent Goffrey(Lamesa)(60)6-23-74
III-B	90.7	Walter Frederick(PicRiv)(66)6-23-74
IV	None	

TRIPLE JUMP

10,000 METER RUN

O-B	30:44.4	Ray Hughes(Calif)(35)4-27-74
I-A	32:08.4	Peter Mundle(Venice)(44)9-16-72
I-B	32:30.8	Peter Mundle(Venice)(46)7-5-74
II-A	34:24.2	James O'Neil(Sacto)(50)8-14-75
II-B	36:19	John Lafferty(SanDiego)(56)7-5-74
III-A	38:51	Albert Clark(Orange)(61)6-28-75
III-B	43:56	Walter Frederick(PicRiv)(65)7-6-73
IV	50:36	Paul Spangler(SnLsObisp)(76)7-5-75

110-120 HIGH HURDLES:
(35-39) = 42" (40-49) = 39" (50-59) = 36"

O-B	15.2	Hugh Adams(Reedley)(35)6-11-75
I-A	15.0m	Dave Jackson(Carson)(40)7-2-72
I-B	15.9m	Ted Rademaker(Fresno)(47)7-2-72
II-A	18.0	Tom Patsalis(L.A.)(53)6-7-75
II-B	18.1	Alfred Guidet(CalCity)(56)7-7-74
III-A	19.6	Dutch Warmerdam(Fresno)(60)12-7-75
III-B	21.1	Russel Hargreaves(SBarb)(66)12-7-75
IV	22.7	Ralph Higgins(FtMcArthur)(71)6-23-73

O-B	49-11 $\frac{1}{2}$	Dave Jackson(Carson)(36)5-16-68
I-A	46-11	Dave Jackson(Carson)(41)7-7-73
I-B	41-0	Shirley Davisson(Vetrvle)(45)6-29-75
II-A	40-9	Tom Patsalis(L.A.)(53)6-29-75
II-B	41-5	Gordon Farrell(VanNuys)(57)1-18-75
III-A	32-8	Mike Anders(Ladolla)(62)6-23-74
III-B	30-9	Winfield McFadden(SnDiego)(67)6-18-72
IV	29-5	Winfield McFadden(SnDiego)(70)6-29-75



photo by Percy Knox

Dr. OSWALD DAWKINS wins another 100 yd dash

880 YARD - 800 METER (35-39):

1:58.0m	Cliff Cordy(35-39)NCS	75
1:58.6m	Norman Rustad(35-39)	75
1:58.8m	Larry Wray(36)Un	72

880 YARD - 800 METER (40-49):

1:57.6m	Dave Pratt(41)NCS	73
1:58.1m	Bill Fitzgerald(47)STC73	
1:58.2m	Dave Pratt(42)NCS	74
1:58.4m	Bill Fitzgerald(47)	72
1:58.7m	Jim Vantatenhour(43)	72
1:58.8m	Dave Pratt(40)Un	72
1:59.1m	Norm Lloyd(40)Un	73
1:59.8y	Bill Fitzgerald(44)STC	69
1:59.6m	Bill Fitzgerald(49)STC74	

2:00.9y	Bill Fitzgerald(46)STC71	
2:01.4y	Bill Fitzgerald(45)STC70	
2:01.0m	Willis Kleinsasser(42)70	
2:01.2m	Jim Vantatenhour(41)70	
2:02.0y	Wilbur Williams(41)STC73	
2:02.2y	Willis Kleinsasser(43)71	
2:02.9y	Jim Vantatenhour(42)	71
2:04.3y	Bill Fitzgerald(43)STC68	
2:04.6m	Peter Wood(46-49)NCS	72

880 YARD - 800 METER (50+):

2:00.0m	Bill Fitzgerald(50)STC75	
2:11.5y	Avery Bryant(50-59)	75
2:14.5m	Allan Waterman(52)NCS	71
2:15.9	Mauro Hernandez(50)SM	74
2:18.0m	Bob McDonald(55)SDTC	74

2:18.8y	Augie Escamilla(50)SD	73
2:18.7m	M. Shertleff(51)SDTC	73
2:18.8m	Holmes(50-59)SDTC	72
2:19.0m	David Pain(50)SDTC	72
2:19.8m	Bill Knuppel(50)SDTC	70
2:19.9m	Ed Halpin(55)STC	73
2:20.3m	Ed Halpin(54)STC	72

1500 METER RUN (35-39):

4:05.5	Larry Wray(36)Un	72
4:06.8	Norm Rustad(35-39)NCS	75
4:07.0	Bill Gookin(39)SDTC	72

1500 METER RUN (40-49):

4:05.9	Wilbur Williams(41)STC73	
4:09.8	Wilbur Williams(40)STC72	
4:10.4	Bill Fitzgerald(47)STC72	
4:10.4	Pete Mundle(43)SMTC	72
4:10.5	Jim Vantatenhour(42)	72
4:10.6	Norm Lloyd(41)Un	73
4:11.0	Ed Gookin(40-49)SDTC	75
4:12.1	Bill Fitzgerald(48)STC73	
4:12.8	Bill Fitzgerald(49)STC74	
4:13.6	Bill Fitzgerald(45)STC70	
4:13.9	Peter Mundle(42)SMTC	70
4:14.1	Skip Dougherty(43)CDM	74
4:15.4	Ken Napier(40-49)NCS	72
4:17.3	Peter Mundle(44)SMTC	73
4:17.5	Dennis Teegarden(40)	72
4:18.3	Tom Sturak(41)EHS	73
4:18.3	Peter Mundle(45)SMTC	74
4:19.0	John Weldy(40-44)	75
4:19.5	Bill Gookin(42)SDTC	75

1500 METER RUN (50+):

4:18.5	Bill Fitzgerald(50)STC75	
4:27.9	Avery Bryant(50-54)	75
4:30.2	Mauro Hernandez(53)SM	75
4:34.5	Mauro Hernandez(51)SM	73
4:36.5	Gorrell(50-59)STC	72
4:37.0	Mauro Hernandez(52)SM	74
4:38.4	Augie Escamilla(50-59)73	

ONE MILE RUN (40-49):

4:24.3	Wilbur Williams(40)	73
4:26.3	Pete Mundle(40)SMTC	68
4:27.5	Bill Fitzgerald(47)STC72	
4:27.9	Jim Vantatenhour(42)	72

4:28.3	Pete Mundle(41)SMTC	69
4:29.5	Bill Fitzgerald(46)STC72	
4:29.9	Jim Vantatenhour(41)	71
4:32.0	Jerry Smartt(41)BHS	72
4:32.3	Pete Mundle(43)SMTC	71
4:37.0	Bill Fitzgerald(44)STC69	
4:39.0	Gibson(40-49)STC	72
4:39.0i	Dennis Teegarden(40-49)5	

ONE MILE RUN (50+):

4:32.2	Bill Fitzgerald(50)STC75	
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120 HIGH HURDLES (35-39) 39"

14.8	Hugh Adams(35)CDM	75
14.9	Al Henry(37)CDM	75
15.0	Ted Cain(36)Marin Col	74
15.1	Ted Cain(35)Marin Col	73
15.1	Ted Cain(37)Marin Col	75
15.3	Al Feola(39)BHS	72
15.3	Mal Andrews(39)BAS	73
15.5	Al Henry(35)CDM	73

120 HIGH HURDLES (40-49) 39"

14.9	Al Feola(42)BHS	75
15.0	Dave Jackson(40)CDM	72
15.1	Dave Jackson(40)CDM	73
15.4	Al Feola(41)BHS	74
15.4	Dave Jackson(43)CDM	75
15.4	Mal Andrews(41)BAS	75

120 HIGH HURDLES (50+): 39"

18.9	Orval Gillette(54)CDM	73
18.8	Sharp(51)CDM	72
19.2	Orval Gillette(53)CDM	72

440 INTERMEDIATES (35-39):

55.3m	Ted Cain(37)Marin Col	75
55.9	Hugh Adams(35)CDM	75
57.2	Ted Cain(35)Marin Col	73
57.5	Ted Cain(36)Marin Col	74

SHOT PUT

(35-49) = 16 lb. (50-59) = 12 lb.
(60+) = 8 lb.

O-B	60-2	Perry O'Brien(Encino)(35)6-14-67
I-A	52-9 3/4	Perry O'Brien(Encino)(43)5-17-75
I-B	49-1 1/2	George Ker(GranHills)(49)5-20-72
II-A	54-6 1/2	George Ker(GranHills)(51)6-10-74
II-B	45-10 1/2	Jack Thatcher(ManBeach)(55)7-31-71
III-A	47-11 1/4	Al Hershey(Pasadena)(60)7-3-71
III-B	44-3 1/2	Vernon Cheadle(Calif)(65)10-4-75
IV	40-7 1/2	Stanley Herrmann(SBarb)(70)10-19-74

DISCUS

35-49) = 2KG (50-59) = 1.6 KG (60+) = 1 KG

O-B	191-11	Perry O'Brien(Encino)(36)3-17-68
I-A	152-6	Sam Adams(SantaBarb)(42)4-27-74
I-B	147-0	Fortune Gordien(SanBer)(48)7-2-71
II-A	177-9	Fortune Gordien(SanBer)(50)4-28-73
II-B	142-7	Daniel Aldrich(NewBch)(55)4-6-74
III-A	143-10	Ken Carnine(Sacto)(64)5-7-72
III-B	141-10	Ken Carnine(Sacto)(65)6-3-73
IV	116-3 1/2	Stan Herrmann(SanBarb)(71)7-6-75

HAMMER

(35-59) = 16 lb (60+) = 12 lb

O-B	232-5	Harold Connolly(SnMonica)(37)7-20-69
I-A	224-1	Harold Connolly(SnMonica)(40)5-7-72
I-B	109-2	Stephan Seymour(Hollyw)(49)7-4-70
II-A	116-1	Gene Rochambeau(SanDiego)(54)7-6-73
II-B	133-0	Gene Rochambeau(SanDiego)(55)6-10-74
III-A	126-6	Tom Montgomery(Ontario)(51)8-16-75
III-B	112-0	Randolph Hubbell(Alhambra)(66)6-29-75
IV	104-1	Stan Herrmann(SanBarb)(71)10-4-75

JAVELIN

(35-59) = 800 grams (60+) = 600 grams

O-B	267-4	Frank Covelli(Calif)(35)4-3-71
I-A	229-3	Bud Held(SanDiego)(42)7-3-70
I-B	201-6	Bud Held(SanDiego)(45)7-7-73
II-A	173-9	Bill Morales(SantaAna)(51)7-3-68
II-B	180-9	Bill Morales(SantaAna)(56)7-3-68
III-A	141-9	Charles McMahon(SnDiego)(60)12-6-75
III-B	126-3	Bob MacConnaghy(Redondo)(67)7-13-75
IV	105-3	Ralph Higgins(FtMcArthur)(73)6-8-75

DECATHLON

O-B	5169	John Tansley(Norwalk)(36)3-12-72
I-A	5729	Harvey Schellenberg(Reedley)(41)8/74
I-B	5084	Harry Hawke(Calif)(46)7-4-75
II-A	4399	Orval Gillette(Porterville)(54)12-8-73
II-B	2973	Jim Vernon(WCovina)(58)12-6-75
III-A	4328	Dutch Warmerdam(Fresno)(60)12-6-75
III-B	2263	Russel Hargreaves(SanBarb)(66)12-6-75
IV	1306	Stan Herrmann(SanBarb)(70)12-7-74

PENTATHLON

I-A	2704	Philip Conley(SanJose)(40)8-12-75
I-B	2454	Harry Hawke(Calif)(45)7-6-74
II-A	2007	Bob Roemer(ElDorado)(50)8-12-75
II-B	1789	Bill Morales(SantaAna)(52)8-12-75
III-A	946	Charles McMahon(SnDiego)(60)8-12-75
III-B	1266	Ken Carnine(Sacto)(67)8-10-75
IV	1833	Winfield McPadden(SnDiego)(70)4-4-75

440 INTERMEDIATES (40-49):

60.5	Ted Rademaker(48)NCS	73
60.6	Ed Dowell(44)NCS	72
60.6	Ted Rademaker(47)NCS	72
61.2	Van Parish(41)NCS	75
61.9	Allan Sheahan(41)STC	73
62.4	Allan Sheahan(42)STC	75

440 INTERMEDIATES (50+):

63.6	Al Guidet(55)NCS	73
65.5	Tom Clayton(50)CDM	75
65.6	Al Guidet(56)CDM	74
66.2	Wayne Ambrose(50)CDM	75
66.7	Al Guidet(54)NCS	72

LONG JUMP (35-39):

23-4	Dave Jackson(36)BHS	68
22-11 1/2	Dave Jackson(35)BHS	67
22-11	Dave Jackson(38)BHS	70
22-10	Dave Jackson(37)BHS	69
22-3	Mike Herman(35-39)	73
21-10 1/2	Othello Carr(35-39)	74
21-10	Hugh Adams(35)CDM	75
21-10	Mal Andrews(39)FAS	73
21-4 1/2	Ted Cain(30)Marin Col	74
21-3 1/2	Dick Van Kirk(35)Un	72
21-3	Ted Cain(35)Marin Col	73
21-1	Alvis Andrews(38)CDM	73
20-11	Alvis Andrews(37)BHS	71
20-20	Mal Andrews(38)FAS	72
20-8	Ted Cain(30)Marin Col	75
20-3	Percy Knox(37)Un	71
20-2 1/2	Percy Knox(35)Un	68
20-1	Alvis Andrews(39)CDM	73

HIGH JUMP (40-49):

6-0	Jack Rappetto(40)Un	70
5-11	Ed Austin(40)CDM	70
5-10	Ed Austin(42)CDM	72
5-10	Joe Page(40)Un	70
5-10	Don Rose(40-49)NCS	75
5-9 3/4	Ed Austin(41)CDM	71
5-9	Ed Austin(43)CDM	73
5-9	Bob Billings(40)BHS	73
5-9	Ed Austin(45)CDM	75
5-8	Orval Gillette(47)	66
5-8	Ed Austin(44)CDM	74
5-8	Bill Evans(42)BHS	75
5-6	Phil Conley(40)WVTC	72
5-6	Shirley Davisson(45)CDM	75
5-6	Bill Peters(40-49)CDM	73
5-5	Bill Evans(40)BHS	73
5-4	Roger French(40-49)STC	71
5-4	Dave Jackson(40)CDM	72
5-4	Joe Page(42)	72
5-4	Don Donnelly(44)STC	73
5-4	K.C. Keffer(40)	74
5-4	Shirley Davisson(44)CDM	74
5-4	Leon Frankamp(40-49)	75
5-4	Jack Graf(40-49)WVTC	75

HIGH JUMP (50+):

5-8	Orval Gillette(52)CDM	71
5-7	Orval Gillette(53)CDM	73
5-6	Orval Gillette(50)CDM	69
5-6	Orval Gillette(53)CDM	72
5-6	Burl Gist(55)SDTC	75
5-4	Bob Ogle(55)STC	74
5-3 1/2	Burl Gist(54)SDTC	74
5-2	Burl Gist(53)SDTC	73
5-2	Bob Ogle(56)CDM	75
5-2	Burl Gist(52)SDTC	72
5-2	Orval Gillette(55)CDM	75
5-0	Orval Gillette(51)CDM	70
5-0	Dave Brown(50)CDM	73
5-0	Dave Brown(52)CDM	75

POLE VAULT (40-49):

15-0 3/4	Ken Hieb(42)	72
14-7	Ken Hieb(41)	72
14-6	Bob Richards(40)Un	66
12-6	Bob Richards(44)Un	70
12-0	Roger French(40-49)STC	74
12-0	Robert Smith(40-49)	70
12-0	Roger French(40-49)STC	75
11-8	Orval Gillette(47)Un	66
11-6	Hal Wallace(45)STC	73
11-6	Roger French(40-49)STC	73
11-6	Doug Dittmar(43)STC	75
11-3	Don Grosh(48)CDM	72
11-0	Don Grosh(46)CDM	70
11-0	Hal Wallace(44)STC	72
11-0	Roger French(40-49)STC	72
11-0	David Friberg(40-49)SD	72
11-0	Hal Wallace(46)STC	74
11-0	K.C. Keffer(40)CDM	74
11-0	Hal Wallace(47)STC	75
11-0	Duane Telliano(42)STC	75

POLE VAULT (50+):

11-7	Jim Vernon(58)STC	75
11-6	Orval Gillette(52)CDM	72
11-2	Dave Brown(51)CDM	74
11-1 1/2	Jim Vernon(57)STC	74
11-1 1/2	Orval Gillette(55)CDM	74
11-0	Orval Gillette(54)CDM	73
11-0	Dave Brown(50)CDM	73
11-0	Dan Grosh(50)CDM	74
10-8	Dave Brown(52)CDM	75
10-6	Orval Gillette(51)CDM	71
10-6	Jim Vernon(56)STC	73
10-6	Dutch Warmerdam(60)	75
10-6	Don Grosh(51)CDM	75
10-6	Orval Gillette(56)CDM	75

DISCUS (35-39) 2 kilo

123-6	John Becotte(55)STC	75
120-5	Sandy Patterson(50)	71
120-5	Jack Thatcher(57)CDM	73

SHOT PUT (35-39) 16lb.

60-2	Perry O'Brien(35)	67
53-6	Dave Davis(36)	74
53-4	Perry O'Brien(39)	71
52-11	Dave Davis(37)WVTC	75
46-9 3/4	Stew Thompson(38)	71
44-9 1/2	George Loughridge(39)	75

SHOT PUT (40-49) 16 lb.

52-9 3/4	Perry O'Brien(43)	75
49-1 1/2	George Ker(49)CDM	72
49-0 1/2	Sam Adams(41)	72
48-6	Hal Smith(40-49)BHS	75
48-0 3/4	Sam Adams(40)	71
47-1	George Ker(48)CDM	71
46-7 3/4	Otis Chandler(40)CDM	70
46-2 3/4	Sam Adams(44)	75
46-2 1/2	Tony Conkle(40)BHS	75
45-8	Otis Chandler(41)CDM	71
45-8	Otis Chandler(43)	73
45-4 3/4	George Ker(47)CDM	70
45-1 1/2	Stew Thompson(40)SDTC	73
44-2 1/2	Lee Schroder(40-49)NCS	73
43-11	Ted Wassum(42)NCS	75
43-2 1/2	J. Pavelich(40-49)SDTC	73
42-7 1/2	Brayton Norton(41)CDM	71
42-5	Willis Kleinsasser(41)	67
42-4	Jim Wassum(41)SDTC	75
42-2 3/4	Bud Held(43)	71
41-4 1/2	Ted Wassum(40)SDTC	73
40-10 3/4	Bob Richards(45)	71
40-8 1/2	Harry Hawke(40-49)SDTC	75
40-4	Bob Richards(44)	70
40-3 1/2	Jake Coss(40)	74
40-3 1/2	Hal Wallace(45)SDTC	73
40-1	Jim Laut(45)CDM	74
40-0	Bob Richards(49)	75

LONG JUMP (35-39):

23-4	Dave Jackson(36)BHS	68
22-11½	Dave Jackson(35)BHS	67
22-11	Dave Jackson(36)BHS	70
22-10	Dave Jackson(37)BHS	69
22-3	Mike Herman(35-39)	73
21-10½	Othello Carr(35-39)	74
21-10	Hugh Adams(35)CDM	75
21-10	Mal Andrews(39)RAS	73
21-4½	Ted Cain(38)Marin Col	74
21-3½	Dick Van Kirk(35)Un	72
21-3	Ted Cain(35)Marin Col	73
21-1	Alvis Andrews(38)CDM	73
20-11½	Alvis Andrews(37)BHS	71
20-20	Mal Andrews(38)BAS	75
20-8	Ted Cain(37)Marin Col	72
20-3	Percy Knox(37)Un	71
20-2½	Percy Knox(35)Un	68
20-1	Alvis Andrews(39)CDM	73

LONG JUMP (40-49):

23-4	3/4w Dave Jackson(40)CDM	72
22-9½	Dave Jackson(40)CDM	71
22-8	Shirley Davisson(45)CDM	75
22-4	Dave Jackson(43)CDM	74
22-1	3/4 Dave Jackson(41)CDM	73
21-11	3/4 Shirley Davisson(42)	72
21-10	3/4 Shirley Davisson(43)	73
21-9	3/4 Shirley Davisson(41)	71
21-1½	Shirley Davisson(44)CDM	74
21-1	Mal Andrews(41)BAS	75
20-10	Phil Schlegel(42)CDM	72
20-9	Shirley Davisson(40)CDM	70
20-7	3/4 Phil Presber(40)NCS	74
20-7½	Jake Coss(40)BHS	74
20-6	Hugh Cobb(42)EHS	75
20-5	3/4 Phil Schlegel(45)CDM	75
20-3½	Brayton Norton(42)CDM	72
20-31	Phil Presber(41)NCS	75
20-2	Phil Presber(41)NCS	75

LONG JUMP (50+):

20-1½	Tom Patsalis(52)SMTC	74
19-2½	Tom Patsalis(53)	75
18-10	Gordon Farrell(54)CDM	72
18-8	3/4 Tom Patsalis(50)SMTC	72
18-8	Tom Patsalis(51)SMTC	73
18-2½	Gordon Farrell(55)CDM	73
18-1	3/4 Gordon Farrell(56)CDM	74
18-0	Sharp(51)CDM	72
17-10	Orval Gillette(51)CDM	71
17-9½	Gordon Farrell(53)CDM	71
17-6½	Pete Fetter(51)STC	73
17-2½	Bob Foutz(50-59)CDM	72
17-2	Bill Morales(58)CDM	74
17-1½	Peter Fetter(50)STC	72
17-0	3/4 Bill Morales(57)CDM	73
17-0	Ray Sepender(50)SDTC	75

HIGH JUMP (35-39):

5-10	George Loughridge(39)	75
5-8	Bob Billings(39)EHS	72
5-8	Ted Cain(35)Marin Col	73
5-6	Hugh Adams(35)CDM	75
5-4	Ray Neal(39)EHS	72
5-4	Dean Smith(39)Un	71
5-4	Dick Van Kirk(35)	72

HIGH JUMP (50+):

5-8	Orval Gillette(52)CDM	71
5-7	Orval Gillette(53)CDM	73
5-6	Orval Gillette(50)CDM	69
5-6	Orval Gillette(53)CDM	72
5-6	Burl Gist(55)SDTC	75
5-4	Bob Ogle(55)STC	74
5-3½	Burl Gist(54)SDTC	74
5-2	Burl Gist(53)SDTC	73
5-2	Bob Ogle(56)CDM	75
5-2	Burl Gist(52)SDTC	72
5-2	Orval Gillette(55)CDM	75
5-0	Orval Gillette(51)CDM	70
5-0	Dave Brown(50)CDM	73
5-0	Dave Brown(52)CDM	75
5-0	Dutch Warmerdam(60)Fr	75

TRIPLE JUMP (35-39):

49-11½	Dave Jackson(36)Str	68
49-5	Dave Jackson(35)Str	67
48-9½	Dave Jackson(37)Str	69
48-7	Dave Jackson(38)Str	70
47-2	Alvis Andrews(37)	71
46-5½	Alvis Andrews(38)CDM	72
45-11	3/4 Dave Jackson(39)	71
44-9½	Alvis Andrews(39)CDM	73
41-7	Al Henry(37)CDM	75
41-3	Mal Andrews(38)BAS	72
40-10	Al Henry(36)CDM	74
40-6½	Gary Miller(38)CDM	75

TRIPLE JUMP (40-49):

46-11	Dave Jackson(41)CDM	73
45-10½	Dave Jackson(40)CDM	72
45-7	Dave Jackson(42)CDM	74
44-11½	Alvis Andrews(40)CDM	74
44-8	3/4 Dave Jackson(43)CDM	75
44-4½	Alvis Andrews(41)CDM	75
41-0	Shirley Davisson(45)CDM	75
40-4	Phil Corley(41)WVTC	75
40-3	Phil Presber(40)NCS	74
40-2	Phil Presber(41)NCS	75
38-8½	Phil Schlegel(42)CDM	72
38-6½	Shirley Davisson(44)CDM	74
38-5½	Phil Schlegel(45)CDM	75
38-1	Don Donnelly(43)CDM	72
37-11	Phil Schlegel(41)CDM	71

TRIPLE JUMP (50+):

41-5	Gordon Farrell(57)CDM	75
40-9	Tom Patsalis(53)SMTC	75
39-6	Gordon Farrell(54)CDM	72
39-5	Gordon Farrell(55)CDM	73
39-1	Tom Patsalis(52)SMTC	74
38-10	3/4 Gordon Farrell(56)CDM	74
37-4	3/4 Tom Patsalis(51)SMTC	73
37-0	Gordon Farrell(53)CDM	71

POLE VAULT (35-39):

15-0	Ron Morris(36)	71
14-8	Ken Hieb(37)Un	68
14-5	Ken Hieb(38)Un	68

POLE VAULT (50+):

11-7	Jim Vernon(58)STC	75
11-6	Orval Gillette(52)CDM	72
11-2	Dave Brown(51)CDM	74
11-1½	Jim Vernon(57)STC	74
11-1½	Orval Gillette(55)CDM	74
11-0	Orval Gillette(54)CDM	73
11-0	Dave Brown(50)CDM	73
11-0	Dan Gresh(50)CDM	74
10-8	Dave Brown(52)CDM	75
10-6	Orval Gillette(51)CDM	71
10-6	Jim Vernon(56)STC	73
10-6	Dutch Warmerdam(60)	75
10-6	Don Gresh(51)CDM	75
10-6	Orval Gillette(56)CDM	75

DISCUS (35-39) 2 kilo

191-11	Perry O'Erien(36)	68
189-9	Bob Humphrey(39)	75
187-10	Fortune Gordien(37)	60
181-10	Bob Humphrey(38)CDM	74
164-9	Perry O'Erien(39)	71
161-10	Bob Humphrey(36)CDM	72
159-10	Bob Humphrey(37)CDM	73
155-9	Steve Thompson(38)	71

DISCUS (40-49) 2 kilo

167-8	Fortune Gordien(47)	70
154-3	Harry Hawke(46)SDTC	75
152-6	Sam Adams(43)	74
148-3	Fortune Gordien(46)	69
147-11	Sam Adams(40)	71
147-0	Fortune Gordien(48)	71
146-0	George Ker(49)CDM	72
145-4	Bob Richards(44)	70
144-8	Sam Adams(41)	72
143-6	Sam Adams(44)	75
138-4	Donn Maurer(40-49)	74
137-11	Otis Chandler(45)CDM	73
134-11	Lee Schroder(40-49)NCS	73
131-11	Donn Maurer(43)	73
130-6	Donn Maurer(41)	71
129-11	Lee Schroder(40-49)NCS	74
128-9	Harry Hawke(45)SDTC	74
125-2	Harry Hawke(44)SDTC	73
124-10	Donn Maurer(42)	72
124-7	Tony Conkle(40)BHS	75
120-7	Harry Hawke(43)SDTC	72

DISCUS (50+): 1.6 kilo

177-9	Fortune Gordien(50)CDM	73
160-9	Fortune Gordien(52)	75
154-10	George Ker(51)CDM	74
154-2	George Ker(52)CDM	75
151-0	George Ker(50)	73
145-0	Dan Aldrich(52)CDM	72
143-8	Dan Aldrich(53)CDM	73
142-7	Dan Aldrich(55)CDM	74
139-7	Dan Aldrich(56)CDM	75
131-9	Don Winton(53)	73
130-10	Dan Aldrich(51)CDM	70
130-5	Don Winton(51)CDM	71
129-6	Don Winton(52)CDM	72
125-7	Jack Thatcher(55)CDM	71
125-1	Charles McMahon(56)	72
123-2	Orval Gillette(53)	73

46-2	3/4 Sam Adams(44)	75
46-2½	Tony Conkle(40)BHS	75
45-8	Otis Chandler(41)CDM	71
45-8	Otis Chandler(43)	73
45-4	3/4 George Ker(47)CDM	70
45-1½	Stew Thompson(40)SDTC	73
44-2½	Lee Schroder(40-49)NCS	73
43-11	Ted Wassum(42)NCS	75
43-2½	J. Pavelich(40-49)SDTC	73
42-7½	Brayton Norton(41)CDM	71
42-5	Willis Kleinsasser(41)	67
42-4	Jim Wassum(41)SDTC	75
42-2	3/4 Bud Held(43)	71
41-4½	Ted Wassum(40)SDTC	73
40-10	3/4 Bob Richards(45)	71
40-8½	Harry Hawke(40-49)SDTC	75
40-4	Bob Richards(44)	70
40-3½	Jake Coss(40)	74
40-3½	Hal Wallace(45)SDTC	73
40-1	Jim Laut(45)CDM	74
40-0	Bob Richards(49)	75

SHOT PUT (50+) 12 lb.

54-6½	George Ker(51)CDM	74
54-5½	George Ker(50)CDM	73
52-2	3/4 George Ker(52)CDM	75
51-6½	Carl Merritt(51)SDTC	73
49-4	Jim Delaney(50)	71
45-10½	Jack Thatcher(55)CDM	71
45-3	Jack Thatcher(56)CDM	72
42-11	Jack Thatcher(58)CDM	74
42-1	Dan Aldrich(54)CDM	73
41-9	Dan Aldrich(53)CDM	72
41-6	3/4 Jack Thatcher(58)CDM	75
41-4½	Tom Montgomery(59)CDM	73
41-3	Tom Montgomery(57)CDM	72
41-2½	Don Winton(51)CDM	71
41-1½	Dan Aldrich(56)CDM	75

JAVELIN (35-39) 800 gram

267-4	Frank Coveli(35)	71
251-1	Steve Seymour(37)	58
250-0	Steve Seymour(38)	59
240-6	Steve Seymour(36)	57

JAVELIN (40-49) 800 gram

229-3	Bud Held(42)	70
228-0	Phil Conley(41)WVTC	75
227-0	Phil Conley(40)WVTC	74
218-2	Bud Held(40)	68
215-1	Bud Held(41)	69
209-5	Bud Held(43)	71
201-6	Bud Held(45)	73
178-3	Sam Adams(42)	73
175-4	Steve Seymour(48)	69
172-3	Brayton Norton(43)CDM	73
161-7	Brayton Norton(44)CDM	74
160-6	Bob Richards(44)	70
154-7	Hal Wallace(46)STC	74
154-6	Dick Sturak(40-49)SDTC	75
152-9	Ed Phillips(41)NCS	73

JAVELIN (50+) 800 gram

180-9	Bill Morales(56)CDM	73
179-8	Bill Morales(55)CDM	72
173-9	Bill Morales(51)	68
169-11	Steve Seymour(51)	73
164-9	Steve Seymour(50)	70
162-11	Bill Morales(54)CDM	71
158-9	Bill Morales(57)CDM	75
153-11	Bill Morales(53)CDM	70
146-11	Dan Aldrich(54)CDM	73
146-1	Charles McMahon(56)	72
142-8	Dan Aldrich(52)CDM	70
138-11	Charles McMahon(55)	71

WOMEN'S OLYMPIC MARATHON?

by TOM STURAK and LEAL REINHART

The International Road Runners Club based in Switzerland is currently studying the feasibility of including a marathon for women in the 1980 Olympic Games in Moscow. But recent events have confirmed that by rights women should be allowed to compete in the marathon at the 1976 games in Montreal.

On October 12 in Eugene, Oregon, Jacqueline Hansen, a 26-year-old Californian, became the first woman to run a regulation marathon (26 miles, 385 yards) in under 2 hours and 40 minutes, lowering the world mark to 2:38:19. In this race, which drew a field of nearly 100, she finished behind only ten men. The winner, Jon Anderson, a 1972 Olympic competitor, was duly impressed with Ms. Hansen's feat: "She was real close to a six-minute pace and that's a goal for many guys. A lot of men would be pretty pleased with a time like that."

Indeed they would: In the 1972 Olympic marathon, for example, ten men finished in a slower time (the last, in 3:24:21). Ms. Hansen's time, moreover, would have been good enough--had she been male-- to win her a place on every American Olympic marathon squad up to the 1960 games. What's more, with 2:38:19, she would have placed among the top six finishers in seven Olympic Games marathons--and would have won five of those races.

Ms. Hansen is no "freak." Since she herself first lowered the women's marathon record to 2:43:56 in December 1974, two West German runners, Liane Winter and Christa Vahlensieck, respectively, had raced 2:42:33 and 2:40:15. To date, seven different women have officially recorded twelve sub-2:50 marathon performances. All told, probably 25 or more (from at least

men's marathon record has come down barely 20 minutes, whereas since 1967 the women's has fallen nearly 30 minutes.

Races create runners and opportunity develops talent. As more women continue to run more marathons, times continue to drop. All of which seems to soundly refute the argument that women have neither the strength for nor the interest in running long distances. The third annual National AAU Womens

The event drew over thirty competitors and was won in near three hours.

Since it was only in 1972 that a 1500-meters (less than one mile) race was added to the women's Olympic schedule, the fact that a marathon study for the 1980 games is even being done might be viewed as nothing short of miraculous. But for today's top women marathoners throughout the world, who have put in years of endless

sought expert confirmation that such a feat by a female--especially one so young was physiologically safe or even possible. Dr. Ernst van Aaken, reknowned sports medicine practitioner who had long hypothesized that women were physiologically better suited for endurance events than men responded by claiming that several female athletes in his small town of Waldniel, West Germany, could at any time easily run even faster. To prove his claim, Dr. van Aaken quickly organized a certified marathon in Waldniel, which was duly won by 800 meter specialist Anni Pede Erdkamp in 3:07:27.

Ms. Erdkamp's mark stood until 1970, when Oregonian Caroline Walker, then 16, lowered it to 3:02:53. With official sanctioning, more women began to run marathons; but still only about 25 had run faster than four hours. A year later, however, American Cheryl Bridges, a first-class track and cross-country competitor, brought the record down to a respectable 2:49:40; and within another year, some 25 women throughout the world had run within a few minutes of three hours or faster. In late 1973, Japanese-born American Miki Gorman, then 38-years-old, raced a 2:46:36. A year later, France's Chantal Langlace shaved this mark to 2:46:16.

A major breakthrough occurred in September 1974 at the second International Marathon Championships exclusively for women--held, appropriately, in Waldniel--where some 40 competitors from 20 nations met. The first seven finishers broke three hours, the best mass marathon performance by women to date (later matched at the 1975 Boston Marathon). Even more remarkable, only one of the entrants--who ranged from teenagers to sexagen-



On every American Olympic marathon squad up to the 1960 games. What's more, with 2:38:19, she would have placed among the top six finishers in seven Olympic Games marathons--and would have won five of those races.

Ms. Hansen is no "fresk." Since she herself first lowered the women's marathon record to 2:43:56 in December 1974, two West German runners, Liane Winter and Christa Vahlensieck, respectively, had raced 2:42:33 and 2:40:15. To date, seven different women have officially recorded twelve sub-2:50 marathon performances. All told, probably 25 or more (from at least seven different nations) have broken three hours on more than half-a-hundred occasions. Many of these athletes and others coming up will inevitably run much faster. During 1974, for example, two American 13-year-olds, Diane Barrett and Lili Ledbetter ran 2:55:12 and 2:56:07, respectively; and Mary Etta Boitano of California recorded a 3:01:15 at the age of 10!

That this emergence of quality women marathoners has taken place during only the past few years makes their achievements all the more noteworthy. Consider, for example, that in the 1973 Boston Marathon Jacqueline Hansen was the first women finisher in 3:05:59--nearly half-an-hour slower than her present best time--while Jon Anderson again was the overall winner in 2:16:03, only five seconds off his time this year in the Eugene race.

No one argues that the best women marathoners are ever likely to be a match for the best men, no more than they are in any track and field event. For example, after half-a-century of international competition, the best women at 100-meters are still roughly 10-percent slower than the best men sprinters. Since the introduction of a women's 1500-meters in the 1972 Olympics, the gap between the best women and men middle-distance specialists has closed to about 12 percent. The best female marathoners currently run about 19 percent slower than their male counterparts, but this gap is bound to narrow rapidly over the next few years. Consider that 1) men have been engaged in international marathoning for over 80 years? and 2) that over the past forty years, the



photo by Diane Johnson

MICKI HOBSON - 44 year old 1976 Mission Bay Marathon winner.

Marathon Championships held this past September in New York's Central Park attracted a field of 44 runners. Though several top-ranked athletes were unable to compete (including Jacqueline Hansen and defending champion Judy Ikenberry) the results were impressive. The race was won by 20-year-old Kim Merritt in 2:46:14--fifth best ever by a woman--over a difficult course. Second in 2:53:02 was Miki Gorman--now 40-years-old--running her first marathon since giving birth to a baby eight months previously. Ms. Gorman has since lowered the women's veterans record to 2:47:45. The next three finishers also came in under three hours. Most recently, the conservative Amateur Athletic Association of Great Britain staged its first marathon championships for women.

training miles and have recorded dozens of respectable performances, the possibility of competing in Moscow four years hence is small consolation.

Yet prior to 1970, women of any age were almost universally prohibited from participating at long-distances (which usually meant any foot race beyond two miles). During the late-1960s, a determined handful managed to complete an occasional marathon, racing anonymously (and unofficially) or under defeminizing pseudonyms. As might be expected, their performances were not outstanding--most in the 3:30 to 4-hour range.

A turning point came in May 1967 when Maureen Wilton, a 13-year-old Canadian, was clocked in 3:15:22. Some (male) sports journalists could scarcely disguise their disbelief and

Japanese-born American Miki Gorman, then 38-years-old, raced a 2:46:36. A year later, France's Chantal Langlace shaved this mark to 2:46:16.

A major breakthrough occurred in September 1974 at the second International Marathon Championships exclusively for women--held, appropriately, in Waldniel--where some 40 competitors from 20 nations met. The first seven finishers broke three hours, the best mass marathon performance by women to date (later matched at the 1975 Boston Marathon). Even more remarkable, only one of the entrants--who ranged from teenagers to sexagenarians--failed to finish (she twisted an ankle), lending empirical proof to Dr. van Aaken's theory of women's inherent superior capabilities for endurance events. (In the 1972 Munich Olympic marathon, run under similar climactic conditions, 12 of the 74-man field failed to finish.)

Olympic officialdom may argue that it is simply too late to include a women's marathon on next year's schedule for Montreal. But what's to prevent allowing each nation to enter three qualified women (those who have run, say, under three hours) to compete in an integrated marathon? No change in the present program would have to be made to accommodate these women marathoners. And odds are that no official or spectator would have to wait for one of them to stagger into the stadium dead last. This past New Year's Eve in Sao Paulo, Brazil, women were allowed to compete for the first time in the 51st running of the "Sao Silvestre," the world's premier road race. Seventeen top female distance runners (including marathoners Jacqueline Hansen and Christa Vahlensieck) from several nations raced the 8900-meters alongside approximately 350 male contestants (who had met a qualifying standard), including literally dozens of Olympic calibre athletes. The first three women placed ahead of half the field.

Tom is a 44 year old track athlete with the Beverly Hills Striders (currently laying off with a ruptured achilles). Leal is a 27 year old member of the San Fernando Valley TC. She ran her first marathon at Cluver City (3:04:37).



photo by Diane Johnson

THOM HUNT setting high school mile record at San Diego Indoor.

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DWIGHT STONES record 7-6½ jump at the San Diego Indoor.



photo by Diane Johnson



THOM HUNT setting high school mile record at San Diego Indoor.

photo by



photo by Diane Johnson



photo by Bill Leung, Jr.

CHRIS TROFFER wins High School Girls Mile at Sunkist.



photo by Bill Leung, Jr.

HENRY WILLIAMS of Carson - winner of Sunkist 500 in 57.8 (3rd best time ever by a prep) and ran 48.4 relay leg in the High School Mile Relay.

HIGHLIGHTS



FEUERBACH and SCHMOCK at San Diego Indoor

TWO MILE RELAY at L.A. Times Indoor Meet.
USC won in 7:47.0.

photo by Bill Leung, Jr.

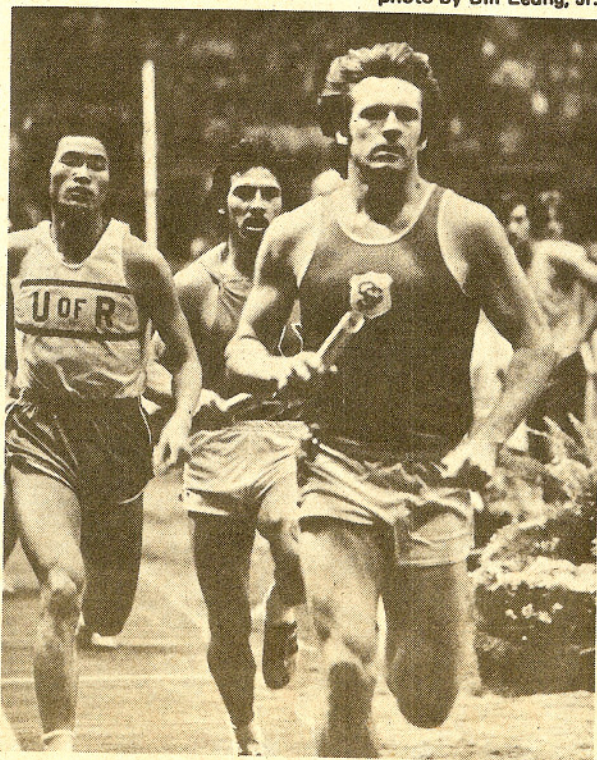
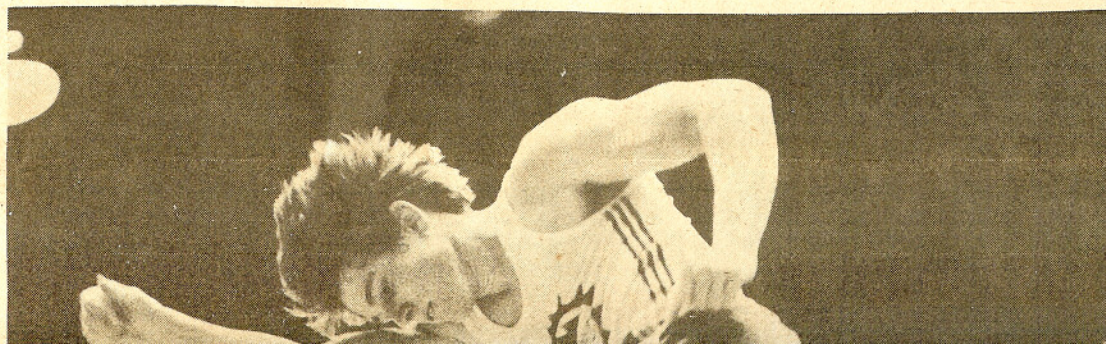


photo by Diane Johnson



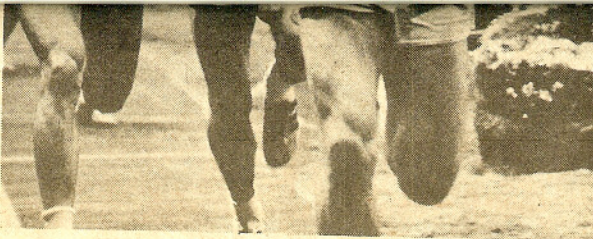


photo by Diane Johnson

FRANCIE LARRIEU nips CINDY POOR at the San Diego Indoor.

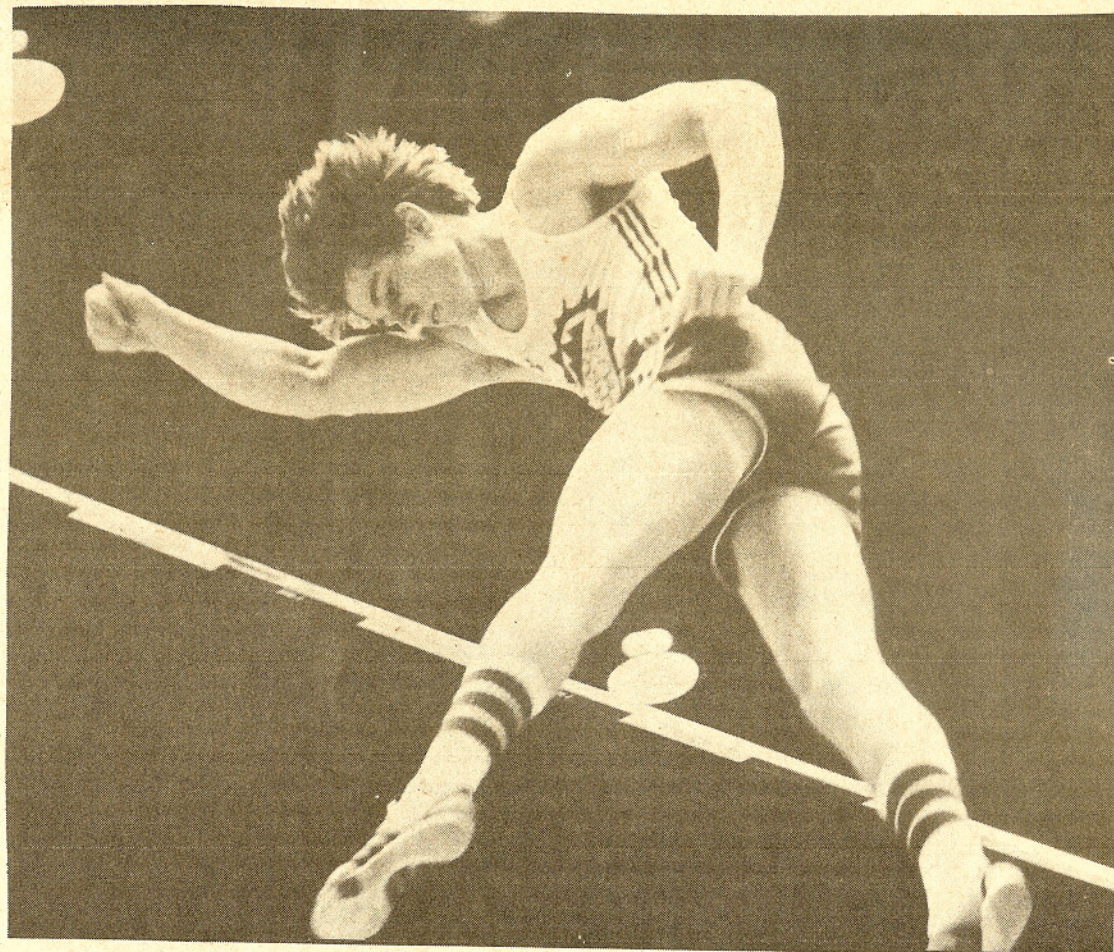


photo by Bill Leung, Jr.

DAN RIPLEY grabs the world pole vault record 18-2 $\frac{1}{4}$

LTS..RESULTS..RESU

November 15. Long Beach. Southern Pacific Association AAU Cross Country Championships, 10,000 meters

1) Gary Tuttle (EHS)	28:34
2) Dave Babiracki (SEVR)	29:11
3) Tom Steiner (ATC)	29:49
4) Steve Wheeler (JamTds)	29:56
5) Don Timm (AIA)	30:04
6) Bruce Johnson (ATC)	30:06
7) Seko Toshiko (USC)	30:11
8) John Jones (Un)	30:16
9) Joe Carlson (ATC)	30:28
10) Don Riggs (AIA)	30:33
11) Lou Patterson (AIA)	30:42
12) Jon Sutherland (SFVTC)	30:43
13) Carl Smith (SFVTC)	30:50
14) Thomas Brook (SEAA)	30:53
15) Kurt Ankey (AIA)	30:57
16) Jim Arguica (AAT)	31:00
17) Bob Macias (AATC)	31:06
18) Earl Robinson (S.Monica)	31:12
19) Ron Kurrle (SFVTC)	31:16
20) George Darren (AIA)	31:27
21) Robert Branch (Un)	31:38
22) Jerry Alexander (SFVTC)	31:49
23) Perry Forrester (SNTC)	31:54
24) Ben Martinez (AAT)	31:58
25) Tom Bryant (S. Monica)	32:00
26) Willy Rios (S. Monica)	32:04
27) Paul French	32:07
28) Dave Eastland (AAT)	32:09
29) Jay Lawson	32:18
30) Archibald	32:28
31) Charles Horn (SFVTC)	32:30
32) B. Miller	32:35
33) Skip Shaffer (CCAC)	32:38
34) Charlie Boatwright (AIA)	32:47
35) Eric Parker (S.Monica)	32:54
36) Michael Harry (RRR)	32:58
37) Vincent Figueroa (SFAA)	33:01
38) Mike Morrison (AIA)	33:04
39) Bill Fibbs (un)	33:07
40) Rich Crowell (S.Monica)	33:08
41) Fob Deran (SFAA)	33:12
42) F. Arlinchavs (NewYorkAC)	33:16
43) Fave Kace (CCAC)	33:19
44) Jim Murphy (S. Monica)	33:29
45) Tom Findley (S.Monica)	33:32
46) Rubin Ruiz (RRR)	33:37
47) John Brownard (SFAA)	33:45
48) Bill Crum (Sr. TC)	33:50
49) Norm Rustad (STC)	33:52
50) Eurcasser (STC)	33:54

/Ron Allice/

November 29. Belmont. AAU National Cross Country Championships

Junior Women:

1) Kathy Mills (SyrCharg)	15:10.4
2) Lynn Jennings (Lib AC)	15:24
3) Suzanne Keith (RRR)	15:34
4) Sue Monday (SJCinderCl)	15:38
5) Mary Ann Opalowski (PFT)	15:42
6) Paula Roca (Blue Angels)	15:48
7) Robin Smith (FeordFace)	15:58
8) Amy Welch (SyracCharg)	15:58
9) Kathy Adams (WillsSpik)	16:02
10) Mary Seyrold (SyracChar)	16:05
17) Estella Guina (StJoseCh)	16:13
19) Karen Nachaac (WillsSpik)	16:16
20) Kathy Jewell (LEC)	16:17
23) Dominique Carron (MLTC)	16:21
27) Becky Villavoco (RRR)	16:28
29) Becky Wolfenbarger (QCC)	16:30
30) Lisa Kethery (RRR)	16:31
31) Doreen Assuma (RRR)	16:35
32) Maria Albert (RRR)	16:38
36) Shelli Woodridge (QCC)	16:45
39) Pam Allen (LassenCinder)	16:50
40) Marsha Pierce (BlueAng)	16:50
45) Susan Brodock (RRR)	16:55
46) Karen Paris (BlueAng)	16:57
47) Alice Trumbly (un)	16:58
51) June Bonacich (SJC)	17:02
52) Magdalena Schweiger (VG)	17:03
53) Diane Stern (QCC)	17:04
56) Laurie Jewell (LEC)	17:09
67) Jamie Bowen (LKWJinter)	17:19
70) Debbie Rudolph (LassCin)	17:26
67) Kristie Kulera (LEC)	17:27
73) Sherry Simmons (BlueAng)	17:29
76) Virginia Lantry (RRR)	17:33
77) Martha Diaz (QCC)	17:34
79) Vicky Monroe (LassCindr)	17:36
80) Annie Dandoy (BlueAng)	17:37
81) Arleen Wears (SJC A)	17:38
82) Sally McPherson (SJC A)	17:39
86) Patty Cape (LEC)	17:44
89) Laurie Litenburg (BA)	17:47
92) Renay Wolfe (RCF)	17:52
96) Ann Nunziata (SJC B)	17:57
99) Lica Smith (Blue Angels)	18:01

Senior Women:

1) Lynn Bjorkland (NMTC)	16:32.6
2) Lullie Brown (LATC)	16:44
3) Sue Kinsey (SFVTC)	16:52
4) Eryn Forbes (PTC)	16:53
5) Cindy Bremser (WJ TC)	16:57
6) Debbie Quatien (PTC)	17:11
7) Judy Graham (SJC)	17:12
8) Peg Neppel (JSU)	17:14
9) Cheryl Bridges (LATC)	17:23
10) Cyndy Poor (SJC)	17:32
14) Kathy Costello (un)	17:53
15) Katy Schilly (SC)	17:54
16) Jacki Hansen (SFVTC)	17:55
19) Nadia Garcia (SDTC)	18:10
21) Phyllis Olrich (WVTC)	18:12
22) Chris Troffer (LATC)	18:13
23) Linda Heinmiller (LATC)	18:14
27) Pam Bowers (SJC)	18:18
31) Kate Keyes (LATC)	18:24
34) Heather Tolfero (SFVTC)	18:30
41) Marquita Belk (SJC)	18:41
45) Lisa Greenberg (SJC)	18:47
46) Sharon Furtado (SJC)	18:49
47) Pam Jewell (LEC)	18:50
54) Sue Neary (WVTC)	19:08
61) Joan Ulliyot (WVTC)	19:24
63) Leal-Ann Reinhart (SFVTC)	19:27
64) Ann Thrupp (SU)	19:38
68) Kathy Himmelberger (WVTC)	19:44
69) Kathy Chisam (LATC)	19:47
73) Lynne Miller (SDTC)	20:04
74) Sandy DeNoon (BA)	20:06
85) Carolyn Tiernan (WVTC)	20:26
86) Diana Dimmick (SJC)	20:27
89) Nicki Hobson (SDTC)	20:30
90) Barbara Duveneck (SLO)	20:32
95) Jacquelyn Graboyes (SPV)	20:44
97) Judy Gumbs (WVTC)	20:46
99) Patti Hurl (SDTC)	20:52
100) Laurie Olson (SDTC)	20:58
1) LATC	87
2) Falcon TC	111
3) Wisconsin TC	128
4) San Jose Cindergals	130
5) N.M. International	139
6) San Fernando Vly TC	211
10) West Valley TC	289
13) San Diego Track Club	346
14) Stanford University	551

/Diane Johnson/

November 8. Santa Monica. California AAU Team Cross Country Championships, 10,000 meters

Open

1) Tom Bryant (S.Monica)	31:50
2) Bruce Johnson (AmAve)	31:58
3) Don Riggs (AIA)	32:10
4) Jon Sutherland (Un)	32:23
5) Perry Forrester (S.Mon)	32:38
6) Lou Patterson (AIA)	32:41
7) Paul Cook (AIA)	32:43
8) Ben Martinez (AmAve)	32:45
9) Joe Carlson (AmAve)	32:55

Women

1) Barbara Arreolla (SLOT) 47:00

Athletes in Action 2:44:17. Santa Monica TC 2:44:56, American Avenue TC 2:46:40, Santa Barbara AA 2:55:51.. /Steve Harney/

December 21. Skunk Hollow Handicap 9.3 Mile:

1) Phil Ryan (GWAA)	31	49:59
2) Jerry Alexander	21	50:46
3) Skip Shaffer (CCAC)	37	51:38
4) Steve Durand	19	52:32
5) Doug Vermillion (WPM)	19	52:52
6) Billy Jones (STC)	18	52:57
7) Steve Broten (STC)	23	53:02
8) Andrew Levinson (STC)	27	53:51
9) Steve Smith	15	53:54
10) Dave Glycer	25	56:14
11) Erian Stansauk (SFVT)	23	56:24
12) Jerry Keating	18	57:18
13) Dave Morfin	30	57:41
14) Dennis Kavanaugh (RMRR)		58:07
15) Pete Palmer (MC)	19	58:19
16) John Whitney	31	58:21
17) Jim Smith (WSYM)	32	59:05
18) Rick Nebeker	27	59:06
19) John Duhig (STC)	36	59:11
20) Jon Luman		59:58
21) Norman Lumian (STC)	47	60:06
22) Joseph Marino (STC)	36	60:11
23) Ray Gil (STC)	51	60:16
26) Luan Dosti (SPVT)	48	60:42
28) Richard Durand (STC)	47	61:29
29) Becky Vallalvazo (RRR)	14	61:59
30) Patricia Whitney	28	62:05
36) O.K. Pollock	52	66:25
40) Demetrio Miller	56	67:44

/Connie Rodewald/

December 6. Giro. 3rd Annual Mt. Madonna Challenge 12.1 mile:

1) Joe Salazar	1:11:42
2) Ken Holiday	1:16:38
3) Ralph Bowles	1:17:28
4) Gerald Millsager	1:18:03
5) Mark Willard	1:19:20
6) Bob Woodcliff	1:21:39
7) Kurt Lua	1:21:36
8) Gary Mader	1:21:39
9) Mike Huffman	1:22:06
10) Jim Durocher	1:22:39

/Jesse Morales/

December 6. Santa Barbara. USCF Winter Pentathlon

1) John Warkentin	3722
2) Mike Hill	3479
3) Tom Taft	3198
4) Dave Dixon	3183
5) Jim Walters	3159

/Vern Gambetta/

December 20. Mt. Tom Climb 5.0 mile:

1) Kenneth Hoffitt (23)	26:44
2) Michael Harrie (20)	27:17
3) Ron Adams (20)	27:47
4) John Pisanotti (20)	28:38
5) Steve Durand (19)	28:46
6) Bill Entz	29:51
7) Bill Jones	30:05
8) Don Carlson	30:11
9) Terry Gibson	30:15
10) David Waco (43)	30:28
11) Ken Kendall (25)	31:32
12) Steve Brumwell	31:44
13) Bob Holtel	31:46
14) Jeff Gater	31:52
15) Eric Hammerstein (24)	32:15
16) Vince Gomez	32:24
17) Tom Sparks	32:29
18) Pete Patterson	32:34
19) Chris Howard	32:39
20) Glenn Turner (44)	32:58
21) Richard Durand (47)	33:02
22) Miller	33:15
23) Verne T. Janks	33:28
24) Linda Bottlik (13)	34:04
25) Augie Escamilla (50+)	34:05

/John Brennan/

APPLE VALLEY HANDICAP DISTANCE-- 6.300 MILES DATE--121475

PLC	NAME	DATE	FAST TIME
1	DAVE WHITE	23	33:19
2	TOM COLLEY	19	33:39
3	CARL SWIFT	22	33:58
4	GARY BERTHIAUME	27	34:09
5	PHIL RYAN	31	34:47
6	JOHN CAVANAUGH	28	34:53
7	KEVIN GERACE	24	35:10

T-SHIRTS ... UP TO 1/3 OFF!

Looking for a way to save money? - Everyone needs to run

January 3. Lompoc. 2nd Annual Lompoc Winter Run at Lompoc Mission



AAU National Cross Country - start Bantam Division. Belmont, California

Diane Johnson photo

January 3. San Mateo. All-Comers Meet sponsored by the Northern Cal. Track & Field Association, at the College of San Mateo
 Javelin:
 1) Greg Bodmer (SF State) 205-6½
 Mile:
 1) Tom Sisler (LittleHillSt) 4:21:5
 Senior Mile:
 1) Paul Richardson (Sundance) 4:37:8
 Shot Put:
 1) Gian Rossini (Foothill) 47-2½
 High Hurdles:

220 Yd. Dash:
 1) Willie Jackson (Stockton) 22.9
 220 Girls:
 1) Paula Ng (Livermore) 25.2
 880 Yd. Run:
 1) Phil Diaz (Vintage) 2:03.2
 4 x 440 Relay:
 1) Terra Nova 3:32.5 /Harry Young/

Discus:
 1) Marvin Lutnesky (SJHS) 102-4
 Javelin:
 1) Dell Peters (SanMarcos) 107-10
 Long Jump, Women:
 1) Christy Farmer (SMHS) 11-11½
 Javelin, Women:
 1) Wendy Oliver (ARC) 109-3 /Ray Kring/

61) Steve Houseworth (20)un 2:45:38
 62) William Carson (21) 2:45:47
 63) John Copeland (27)SWTr 2:46:12
 64) Douglas Pirkle (26)USR 2:46:19
 65) Jim Flanigan (25)un 2:46:24
 66) Stephen Kellogg (20)Tech 2:46:27
 67) Jon Wegener (17)FresPac 2:46:38
 68) Patrick Newberry (20)USM 2:46:48
 69) John Brennan (40)SBAA 2:46:57
 70) David Worthen (39)SDTC 2:46:58
 71) Tom Stodola (17)un 2:47:05
 72) Reggie Heywood (12)un 2:47:09
 73) Thomas Durantic (24)STC 2:47:11
 74) Thomas Homeyer (27)un 2:47:37
 75) Bart Coventry (35)un 2:48:28

High Jump:
 1) Dave Haber (CalStHayw) 6-10½
 2) Dave Friday (CalStHayw) 6-8½
 3) Jerry Coleman (un) 6-8½
 220 Yd. Dash:
 1) Adrian Rodgers (SacSt) 21.6
 2) Marlin Roche (NWTC) 21.6
 Discus:
 1) Scott Overton (un) 175-1
 880 Yd. Run:
 1) Ken Phelps (un) 1:55.1
 880 Women:

January 10. Santa Maria. Allan Hancock College Winter All-Comer Meet

AAU National Cross Country - start Bantam Division. Belmont, California

Diane Johnson photo

January 3. San Mateo. All-Comers
Meet sponsored by the Northern Cal.
Track & Field Association, at the
College of San Mateo

Javelin:
1) Greg Bodmer (SF State) 205-6½
Mile:
1) Tom Sisler (LittleHillSt) 4:21.5
Senior Mile:
1) Paul Richardson (Sundance) 4:37.8

Shot Put:
1) Gian Rossini (Foothill) 47-2½
High Hurdles:
1) George Carty (WVTC) 7.0

Long Jump:
1) Rich Butler (SFS) 20-5½
440:
1) Adrian Rogers (Sac St) 48.6

440 Women:
1) Marilyn Neufville(UC) 60.4
60 Yd. Dash:
1) Tony Hicks (CentArizTC) 6.3

High Jump:
1) Jerry Gleman (un) 6-8
Discus:
1) Scott Overton (un) 171-10

3 Mile:
1) George Steward (WVTC) 13:54.0
2) Bernard Rose (OclaSt) 14:00.6
3) Ted Fuintana (Col. U) 14:10

Triple Jump:
1) Rick Butler (SFS) 44-0
220 Yd. Dash:
1) Adrian Rodgers (SacSt) 21.8

880 Yd. Run:
1) Dave Robertson (WVTC) 1:58.0
4 x 440 Relay:
1) San Francisco State 3:32.5

880 Women:
1) Marylin Neufville (UC) 2:13.2
High School Division
440 Yd. Relay:
1) Hayward TC 46.1

Shot Put:
1) Al Johnson (Sonoma) 46½
Pole Vault:
1) Jamie Allen (Carlmont) 11-0

Long Jump:
1) Mike Martin (Moreau) 20-7 3/
High Jump:
1) Dave Kniffin (SFERRA) 6-2

440 Yd. Dash:
1) Ed Gallegos (TerraNova) 52.5
440 Girls:
1) Diane Kenny (SanJoseJr) 64.2

60 Yd. Dash:
1) Phil Johnwell (Jeff) 7.1
Discus:
1) Kevin Wynkoop (Crstmoor) 127-9

Triple Jump:
1) Phil Johnwell (Jeff) 40-3
Two Mile Run:
1) Boyt Tarin (AlamTC) 9:42.4

220 Yd. Dash:
1) Willie Jackson (Stockton) 22.9
220 Girls:
1) Paula Ng (Livermore) 25.2
880 Yd. Run:
1) Phil Diaz (Vintage) 2:03.2
4 x 440 Relay:
1) Terra Nova 3:32.5
/Harry Young/

January 10. Santa Maria. Allan
Hancock College Winter All-Comer Meet
#2

100m:
1) Raymond Manning (DCStrd) 11.1
220m:
1) Raymond Manning (DCStrd) 24.5

400m:
1) J. M. Cronin(GeeBeezTC) 55.5
1500m:
1) Ron Genschmer (USAP) 4:06.9

5000m:
1) Tim Sanford (Un) 16:31.1
60m HH:
1) Dani Eitelberg (AHC) 9.0

300m IH:
1) Dani Eitelberg (AHC) 41.8
4x100m:
1) Allan Hancock All-Stars 51.4

4x400:
1) Allan Hancock All-Stars 4:18.5
High Jump:
1) Dani Eitelberg (AHC) 6-3½

Long Jump:
1) Redell Windley (AHC) 17-4
High School
100m:
1) Tony Varesio (BishopHS) 11.8

200m:
1) John Dias (SMHS) 24.5
400m:
1) James Vrooman (MorroBay) 54.9

800m:
1) Mark Ball (Rig HS) 2:12.0
1500m:
1) Stephen Onaga (Rig HS) 4:31.9

60m HH:
1) Jbn Dias (SMHS) 10.2
4x100m:
1) "Hobodies" 51.6

4x440:
1) SMHS 4:34.5
Pole Vault:
1) Dell Peters (SanMarcosHS) 12-0

High Jump:
1) Kevin Niccoli (SMHS) 6-0
Long Jump:
1) John Dias (SMHS) 17-5

Triple Jump:
1) John Dias (SMHS) 34-2
Shot Put:
1) Marvin Lutnesky (SJHS) 32-9

Discus:
1) Marvin Lutnesky (SJHS) 102-4
Javelin:
1) Dell Peters (SanMarcos) 107-10
Long Jump, Women:
1) Christy Farmer (SMHS) 11-11½
Javelin, Women:
1) Wendy Oliver (ARC) 109-3
/Ray Kring/

January 10. San Diego. 1976 Mission
Bay Marathon

1) Mario Cuevas(26)MexAth 2:18:05
2) Phil Camp (28) SDTC/Nvy 2:18:06
3) Robert Fitts (33)StLouis2:20:46
4) Tom Bryant (22)StLonia 2:21:20

5) John Jones (26)SCHARR 2:21:39
6) Perry Forrester(23)SM 2:22:47
7) 2:23:16
8) Dave White (23) un 2:23:31

9) Larry Reyes (23)SCHARR 2:23:54
10) Jerry Alexander (21) 2:24:24
11) 2:25:42
12) James Barker(29)WVTC 2:26:28

13) Eric Hulst (18) un 2:27:25
14) 2:28:02
15) Gary Close (20) JamTds 2:28:02
16) David Ordeca(30)Phnx 2:28:13

17) Edward Steingraber(20) 2:28:47
18) Christopher Hughes (17) 2:29:31
19) Bill Johnson (24) SDTC 2:29:55
20) John Frennuth (25) un 2:30:37

21) Eric Gulve (17) 2:31:18
22) John Kittelson(20)Clare 2:31:49
23) Vicken Simonian(19)LACC 2:32:00
24) Federico Buitron(19)USM2:32:19

25) Truman Clark(40)FevHills2:32:32
26) Paul Thompson (28)AmJG 2:33:00
27) Mark Lonegan (19) un 2:33:02
28) Todd Ferguson (32) AIA 2:33:16

29) Tim Donovan (25)SBAA 2:33:24
30) Brian Foley (18)Phaethon2:33:37
31) Larry Hidalgo (19) Phnx 2:33:43
32) Gary Hidalgo (19) Phnx 2:34:45

33) Gary Gottelmann (32)WVTC2:34:45
34) Jim Trapp (21) N.Ari-U 2:35:55
35) David Mitchell(22)SDTC 2:35:57
36) Frank Bonanich (31)NCRD 2:36:15

37) Ken Koffitt (23) Actlan 2:37:25
38) Brian Maroney--Claremont2:38:33
39) Thomas Gleason (33) un 2:38:41
40) Gordon Lutes (31) SMTC 2:39:12

41) Bob Wierman (42) SDTC 2:39:14
42) Martin Trezzo(13)Phnx 2:39:46
43) Stewart Bode (21)ARR 2:39:50
44) Michael Cour (25) SDTC 2:40:10

45) Bill Stock (46) SDTC 2:40:19
46) J. David Glycer (25) un 2:40:58
47) David Greifinger(18)SM 2:41:11
48) Raymond Bonner(33)TurkSt2:42:02

49) Kenneth Ganecer (22)STC 2:42:27
50) Ralph Ortega (26) 2:42:41
51) Yale Strom (18) 2:43:04
52) Michael Nichols (30)USX 2:43:11

53) Bob Deines (28)FtCollins2:44:02
54) Dennis Billie (24) WVTC 2:44:06
55) Benny Holt (32) SDTC 2:44:29
56) David Duffy (17)SWTruck 2:44:34

57) James Murphy (26) SWTC 2:44:35
58) Ed Almeida (53) SDTC 2:44:54
59) Tom Rothaar (33) SDTC 2:44:55
60) Richard Mead (15)Phaeth 2:45:18

61) Steve Houseworth (20)un 2:45:38
62) William Carson (21) 2:45:47
63) John Copeland (27)SWTr 2:46:12
64) Douglas Pirkle (26)USN 2:46:19
65) Jim Flanigan (26) un 2:46:24
66) Stephen Kellogg (20)Tech2:46:27
67) Jon Wegener(17)FresFac2:46:38
68) Patrick Newberry (20)USM2:46:48
69) John Brennan(45)SBAA 2:46:57
70) David Worther(39)SDTC 2:46:58
71) Tom Stodola (17) un 2:47:05
72) Reggie Heywood (12)un 2:47:09
73) Thomas Durantic(24)STC 2:47:11
74) Thomas Homeyer(27) un 2:47:37
75) Bart Coventry (35) un 2:48:28
76) James McBride (57) un 2:48:52
77) David Carter (31) un 2:48:57
78) Chris Cortez (26) USMC 2:49:01
79) Joseph Meza (17) 2:49:16
80) Cliff Perry 2:50:02
81) Roy Farhi (19) CulvCity 2:50:08
82) Benjamin Sawyer(28)Soq 2:50:31
83) Wally Buckingham(23)un 2:50:50
84) 2:51:02
85) Jay White (17) 2:51:04
86) Charles Anderson (45)SD 2:51:11
87) Ed Dally (44) WVTC 2:51:12
88) Lynn Weitz (19) Biola 2:52:18
89) Stephen Nowinski(26)LB 2:52:21
90) Brian Parks (16) SDTC 2:53:12
91) Henry Lawson (21) un 2:53:14
92) Richard Alarcon (16) un 2:53:56
93) John McMartin(25)TeamCl. 2:54:00
94) Lloyd Gaggatt(27)ChMS 2:54:33
95) Daniel Frown (36) OreRR 2:54:34
96) Rick Trachok 2:54:45
97) Bill Catanese (37)CrRR 2:54:53
98) Dave Korfin (30) 2:54:53
99) John Correa (23) 2:54:56
100) Steven Humphrey(32)CrS 2:55:07
/Diane Johnson/

January 16. San Mateo. Northern
California Track & Field Assoc. All-
Comers Meet, at the College of San
Mateo

Open Division:
Long Jump:
1) Dwayne Pulliam(AlamTC) 22-8½

One Mile:
1) Andy Clifford (UCPerk) 4:13.8
2) Dennis Tracey (WVTC) 4:15.7
3) Gary Blume (UCBerk) 4:17.2

Seniors Mile:
1) Peter Wood (NCSTC) 4:44.4
60 Yd. HH:
1) George Carty (WVTC) 7.3

Javelin:
1) John Macrarie(Stanford) 207-6
440 Yd. Dash:
1) Adrian Rodgers (SacSt) 48.4

Shot Put:
1) Tom Schwartzell(U of Haw)42-3 3/4
Pole Vault:
1) Bob Flint (Stanford) 15-3/4

60 Yd. Dash:
1) Mike Kirtman (WVTC) 6.2
Three Mile:
1) George Stewart 14:08.0
2) Jeff Parietti (Stanford) 14:09.0
3) Bob Bailey (WVTC) 14:15.2

High Jump:
1) Dave Haber (CalStHayw) 6-10½
2) Dave Friday (CalStHayw) 6- 8½
3) Jerry Coleman (un) 6- 8½

220 Yd. Dash:
1) Adrian Rodgers (SacSt) 21.6
2) Marlin Roche (WVTC) 21.6

Discus:
1) Scott Overton (un) 175-1
880 Yd. Run:
1) Ken Phelps (un) 1:55.1

880 Women:
1) Marilyn Neufville 2:10.2
High School
440 Relay:
1) Stockton Sundance 44.2

One Mile:
1) John Hawkley(Vintage) 4:31.2
Mile, Women:
1) Becky Cox (Vintage) 6:36.1

60 Yd. HH:
1) Steve Tyler (Baldon) 7.8
Shot Put:
1) Tony Flores (Vintage) 51-2½

440 Yd. Dash:
1) Shay Sadak (Serra) 51.4
Pole Vault:
1) Mark Shindler (Moreau) 11-0

Long Jump:
1) Brian Cody (Balboa) 21-4 3/4
60 Yd. Dash:
1) Corway Hill (SundanceTC) 6.4

High Jump:
1) Dave Kniffen (Serra) 6-2½
Two Mile:
1) Mike Smith (Newark) 9:34.2

Triple Jump:
1) Bob Haimson (MA) 43-4½
220 Yd. Dash:
1) Bob Shopes (Terra Nova) 23.5

880 Yd. Run:
1) Jim Schneider (Skylins) 2:01.4
Mile Relay:
1) Serra 3:38.8

Discus:
1) Doug Silcox (Vintage) 148-6
/Harry Young/

January 11. Rohnert Park. Daisy
Hill V. 13.5 Mile:
1) Ron Wayne (26) 1:12:14
2) Humberto Hernandez (29) 1:13:04
3) Jan Sershon (26) 1:13:42
4) Ernie Pivas (25) 1:13:52
5) Gene Fitzgerald (32) 1:14:35
6) Darryl Beardall (39) 1:14:59
7) John Kollring (25) 1:16:31
8) Kent Guthrie (39) 1:16:36
9) Clark Rosen (26) 1:16:45
10) Tad Woliczko (25) 1:18:28
11) Paul Burke (16) 1:18:54
12) Michael Larsen (24) 1:19:27
13) Bruce Dean (32) 1:19:46
14) Mike Smith (17) 1:20:00
15) Ralph Bowles (39) 1:20:03

Table with 2 columns: Rank and Name/Time. Includes entries like 10) John Kleinback (27) 1:20:15, 17) David Zumwalt (24) 1:20:57, etc.

/Bob Lynde/

Table with 2 columns: Rank and Name/Time. Includes entries like 80) Sue Neary (WVTC) 1:22:16, 82) Judy Gumos (WVTC) 1:22:29, etc.

SUNKIST INDOOR (1-16-76)

MEN

50-1. McTear (Northwest Florida TC), 5.1 (meet record, new event); 2. Borzov (USSR), 5.3; 3. Quarrie (Beverly Hills Striders), 5.4; 4. Jackson (Long Beach St.), 5.5; 5. McCullough (Arizona St.), 5.5.

60-1. McTear (Northwest Florida TC), 6.0; 2. Quarrie (BHS), 6.1; 3. Edwards (Cal Poly SLO), 6.2; 4. Williams (USC), 6.3; Borzov (USSR), scratched. 60 HH-1. M. Jackson (USC), 7.2; 2. Rich (All American TC), 7.2; 3. Wilson (BHS), 7.3; 4. Cooper (San Jose St.), 7.3; 5. C. Jackson (Maccabi TC), 7.4.

600-1. Mann (BHAS), 1:10.5 (equals meet record, Crothers, Canada, 1965); 2. Bolding (Pacific Coast Club), 1:11.1; 3. Perry (Colorado St.), 1:11.5; 4. Jenner (San Jose Stars), 1:12.6; 5. Taylor (Occidental), 1:12.6. TWO MILE-1. Cummings (BHS), 8:29.6; 2. Shorter (Florida TC), 8:35.8; 3. Johnson (Club Northwest), 8:37.6; 4. Babiracki (San Bernardino Valley TC), 8:39.6; 5. Tuttle (BHS), 8:46.0.

SHOT PUT-1. Capes (Britain), 68-10; 2. Shmook (BHS), 67-0; 3. Wilkins (Oregon TC), 66-6 1/4; 4. Feuerbach (PCC), 65-3 3/4; 5. Neidhart (UCLA), 63-2 1/4. 1) Wagner

880-1. Wohlhuter (Chicago TC), 1:49.2; 2. Discus, High School: Boit (BHS), 1:53.4; 3. Baxter (Santa Monica TC), 1:50.5; 4. Enyeart (Utah St.), 1:50.7; 5. Kwang-Chia (Redlands), 1:56.8.

500 (Race 1)-King (Maccabi TC), 56.9; 2. Javelin: Campbell (USC), 58.1; 3. Whitaker (San Jose St.), 59.2 (Race 2)-1. Parks (Maccabi TC), 56.9; 2. Casseiman (PCC), 57.3; 3. Shorts (Long Beach St.), 57.4.

LONG JUMP-1. Robinson (Mickey's Missiles), 25-10 1/2; 2. Williams (BHS), 25-5 1/4; 3. Seay (PCC), 25-1 1/4; 4. Proctor (Maccabi TC), 24-6 1/2; 5. Whitley (Cal. Inter.), 24-4 1/2. HIGH JUMP-1. Stones (Desert Oasis TC), 7-2; 2. Woods (PCC), 7-2; 3. Kotinek (PCC), 7-0; 4. Frazier (CS Northridge), 7-0; 5. Grigoryev (USSR), 6-10. POLE VAULT-1. Isakov (USSR), 17-6; 2. Ripley (BHS), 17-6; 3. Baird (BHS), 17-6; 4. Rogers (USC), 17-6; 5. tie between Prokhorenko (USSR) and Issakov (BHS), 17-0.

MILE-1. Waldrop (Chapel Hill, N.C.), 4:02.0; 2. Malan (BHS), 4:02.1; 3. Liquori (NYAC), 4:03.1; 4. Popeloy (Chicago TC), 4:03.7; 5. Lawson (PCC), 4:05.7. JUNIOR COLLEGE MILE RELAY-1. Harbor (Sexton, Turner, Kings, Johnson), 3:26.9; 2. Glendale, 3:28.5; 3. San Bernardino, 3:29.4; 4. Mt. San Antonio, 3:31.9.

WOMEN

500-1. Scott (Premier TC), 1:05.4 (meet record, old mark, 1:06.1, Scott, 1975); 2. Weston (Will's Spikettes), 1:05.6; 3. Rich (LA Mercures), 1:06.7.

MILE-1. Larrieru (PCC), 4:37.2 (meet record, old mark, 4:44.2, Larrieru, 1973); 2. Brown (LATC), 4:41.5; 3. Keyes (LATC), 4:49.7; 4. Rose (Blue Angels), 5:02.7.

LONG JUMP-1. Watson (Lakewood Inter.), 21-4 1/4 (meet record, old mark, 20-6 1/4, Watson, 1975); 2. ...

January 21. Casitas 10km Handicap

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Randy Kilpatrick (un) 34:25, 2) Ron Adams 35:09, etc.

January 24. San Bernardino. San Bernardino Valley College All-Comers

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Hays 15.4, 2) Lucas 22.5, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Krurnik 51.2, 1) Christenson 4:55.6, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Manning 10.1, 1) McGaugh 37.3, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Gordin 186-3, 1) Streny 47-10 1/2, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Tom Richards 56.2, 1) Gary Miller 2:06.8, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Jack Thatcher 111-11, 1) Orv Gillett 5-0, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Duane Tellianno 11-0, 1) Christel Miller 13.2, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Dave Jackson 9.2, 1) Tom Richards 4:44.0, etc.

January 31. Walnut. 13th Annual Mt. Sac All-Comers Meet

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Ken Budlong (LaHabra) 220-3, 2) Bob Orell (Pomona) 217-10, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Steve Miller (MSAC) 6-6, 2) Kelly Gordien (Claremont) 6-6, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Iacopetti (Glendale) 52-5 1/2, 2) Jeff Klein (Fullerton) 51-1, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) John Vaughn (un) 15-6, 1) John Armstrong (Pom) 3:50.9, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Tom Colley (S. Bernardino) 1:55.02, 2) Frank Diaz (MSAC) 1:56.8, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Vennell Ferguson (WCoast) 21.1, 2) Vern Ferguson (W. Coast) 21.3, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Nelson (Cal Poly) 53.9, 2) Summers (MSAC) 54.6, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Stewart (Cal Poly) 49.5, 100m: 1) Vernell Ferguson (WCst) 10.6, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Ricky Hall (Maccabi) 14.7, 2) John Rudo (Pas) 15.0, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Schiefer (un) 6-4, 1) John McKenzie (Hart) 61-1, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Greg Garrett (Pomona) 19-3, 1) Jim Alterman (un) 44-2, etc.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Bryant (un) 137-0, 1) Andy Grinstend (Edgewood) 13-0, etc.

January 31. Belmont. U.S. Trials for World Cross Country Championships to be held Cherstcw, Wales, England 12 kilometers:

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Gary Tuttle (SevHills) 37:23.4, 2) Dave Babiracki (SFTC) 37:29.2, etc.

January 24. 1st Annual Women's Wood-sides Miler

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Sharon Furtado (un) 29:38, 2) Vicky Bray (Arrow TC) 30:37, etc.

February 1. Vallejo. 7th Annual Charnel to Lake Run, 9 miles, 1496 yds., 1 ft.

Table with 2 columns: Rank and Name/Time. Includes entries like 1) Brian Maxwell (22) Canada 52:02, 2) Richard Langford (23) HH 52:57, etc.

2 Mile:	
1) John Yee (Bishop/DiegoHS)	10:56.7
60m HH:	
1) Victor Anderson (Lompoc)	9-5
60m HH Section 2:	
1) David Trick (SMHS)	11-1
Pole Vault:	
1) Doug Frasher (Cabrillo)	11-6
High Jump:	
1) Kevin Niccoli (SMHS)	6-0
Long Jump:	
1) Victor Anderson (Lompoc)	19-10
Triple Jump:	
1) Kevin Niccoli (Cabrillo)	40-6
Shot Put:	
1) David Perry (SMHS)	26-11
Discus:	
1) John Dias (SMHS)	73-6
Javelin:	
1) Pat Bolton (St. JosephHS)	99-3
	/Ray Kring/

**January 18. Portola Valley. PA-AAU
20 Kilo Championships**

1) Ron Wayne (WVTC)	1:03:25
2) Brian Maxwell (un)	1:03:34
3) Bill Clark (WTC)	1:04:47
4) Humberto Hernandez (WVTC)	1:04:54
5) Jan Serlsen (ETC)	1:04:58
6) Chris Berka (WVTC)	1:05:22
7) Mike Emry (Pamakids)	1:05:24
8) Gene Fitzgerald (Pamak)	1:05:25
9) Doug McLean (WVTC)	1:07:02
10) Tad Valiczko (SoquelNC)	1:07:12
11) Roland Watson (WVTC)	1:07:17
12) Erlend Rivas (Pamakids)	1:07:32
13) Damon Wood (WVTC)	1:07:44
14) Daryl Zapata (WVTC)	1:07:59
15) Kent Guthrie (WVCS)	1:08:09
16) Doug Butt (WVTC)	1:08:20
17) Clark Rosen (Pamakids)	1:08:23
18) Glen Berwick (un)	1:08:43
19) Joe Ferrara (ETC)	1:08:48
20) Jim Shettler (WVJ&S)	1:09:12
21) Dennis O'Halloran (un)	1:09:44
22) Ross Smith (un) 1M	1:10:08
23) Greg Mandanis (Woodside)	1:10:19
24) Bruce Rider (WVJ&S)	1:10:31
25) Jake White (TRAC)	1:10:33
26) Dave Himmelberger (WVTC)	1:10:46
27) Ralph Bowles (WVCS)	1:11:00
28) Jack Kleinbach (ETC)	1:11:01
29) Bruce Wolfe (WVTC)	1:11:05
30) Bill Seaver (WVTC)	1:11:28
31) Mike Conroy (ETC)	1:11:29
32) John Sheehan (WVTC)	1:11:30
33) Dan Moore (LVSC)	1:12:27
34) Ben Sawyer (Soquel RC)	1:12:59
35) Bill Spence (WVTC)	1:13:13
36) Bill Yaley (TRAC)	1:13:20
37) Brian Benner (LVRC)	1:13:32
38) Bob Myers (Pamakids)	1:14:10
39) Edward Lee (LVSC)	1:14:13
40) Bob Miller (Camino W)	1:14:29
41) Robert Cooper (Woodside)	1:14:33
42) Walt Van Gant (WVCS)	1:14:55
43) Mike Huwaldt (un)	1:15:06
44) Ross Rowley (un)	1:15:27
45) Joel Caldwell (un)	1:15:38
46) Keith White (un)	1:15:41
47) Jim Reinertsen (un)	1:16:07
48) Glenn Pruitt (Pamakids)	1:16:11
49) Joe Salazar (Westside)	1:16:47
50) Bob Powell (Camino W)	1:16:48
51) Jim Nicholson (NCSTC) 2M	1:17:20
52) Walt Bettschart (Zuff) 3M	1:18:04
53) Don Lucero (WVTC) 4X	1:20:21
54) K. Himmelberger (WVTC) 1W	1:20:26
55) James Jacobs (NCSTC) 5M	1:20:56
56) Penny DeMoss (WVTC) 2W	1:21:06

7-2: 2 Woods (PCC)	7-2: 3. Kotnik (PCC)	7-0: 4. Frazier (CS Northridge)	7-0: 5. Griegoryev (USSR)	6-10.	
POLE VAULT—1. Isakov (USSR)	17-6; 2. Ripley (BHS)	17-6; 3. Baird (BHS)	17-6; 4. Rogers (USC)	17-6; 5. tie between Prokhorenko (USSR) and Issakson (BHS)	17-0.
MILE—1. Waldrop (Chapel Hill, N.C.)	4:02.0; 2. Malan (BHS)	4:02.1; 3. Liguori (NYAC)	4:03.1; 4. Pospelov (Chicago TC)	4:03.7; 5. Lawson (PCC)	4:05.7.
JUNIOR COLLEGE MILE RELAY—1. Harbor (Sexton, Turner, King, Johnson)	3:26.9; 2. Glendaie	3:28.5; 3. San Bernardino	3:29.4; 4. Mt. San Antonio	3:31.9.	

WOMEN

500—1. Scott (Premier TC)	1:05.4 (meet record, old mark, 1:06.1, Scott, 1975); 2. Weston (Will's Spikettes)	1:05.6; 3. Rich (LA Mercuresses)	1:06.7.	
MILE—1. Larrieru (PCC)	4:37.2 (meet record, old mark, 4:44.2, Larrieru, 1973); 2. Brown (LATC)	4:41.5; 3. Keyes (LATC)	4:49.7; 4. Rose (Blue Angels)	5:02.7.

LONG JUMP—1. Watson (Lakewood Inter.)	21-4 1/4 (meet record, old mark, 20-6 1/4, Watson, 1975); 2. Anderson (Premier TC)	19-9 1/4; 3. Moran (LATC)	16-9 1/2.
880—1. Poor (San Jose Cindergals)	2:08.4; 2. Decker (Blue Angels)	2:13.3; 3. Carral (SoCal Cheetahs)	2:14.0.

640 RELAY—1. Lakewood International (Watson, Johnson, Donnelly, Birt)	1:12.3 (meet record, old mark, 1:12.8, Lakewood International, 1975); 2. Premier TC	1:12.6; 3. LA Mercuresses	1:13.3.
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HIGH SCHOOL

60—1. K. Williams (San Fernando)	6.2; 2. Jones (Kennedy, Barstow)	6.4; 3. Dugley (Manual Arts)	6.5; 4. Smith (West Covina)	6.5.						
500 (Race 1)—1. Williams (Carson)	57.8 (meet record, old mark, 58.7, Brian Theriot, Newport Harbor, 1975); 2. Gaffney (Dos Pueblos)	1:01.0; 3. Foley (Newport Harbor)	1:04.3. (Race 2)—1. Harris (Rio Mesa)	1:00.3; 2. Field (Grant, Sacramento)	1:00.3; 3. Jones (Mission Viejo)	1:01.8. (Race 3)—1. Vinson (San Geronimo)	59.7; 2. Menninger (La Canada)	1:00.8; 3. Walker (Crenshaw)	1:01.2.	
1,000 (Race 1)—1. Flynn (San Geronimo)										

/Vern Gambetta/

440: 1) Tom Richards	880:	1) Gary Miller	1500:	1) Andy Grinstead (Edgewood)	13-0
1) Tom Richards	880:	1) Jack Thatcher	1500:	1) Jim Hagens (Cerritos)	13-0
1) Tom Richards	880:	1) Orv Gillett	1500:	1) Barry Boettcher (Pom)	4:07.1
1) Tom Richards	880:	1) Duane Tellianno	1500:	1) Dell Hoffman (CharOak)	4:12.5
1) Tom Richards	880:	100 - Women:	1) Pachetco (Mt.View)	1:58.06	
1) Tom Richards	880:	1) Christel Miller	200m:	1) Campbell (S. Dimas)	23-0
1) Tom Richards	880:	70 Yd. HH:	5000m:	1) Godinez (Salesian)	15:28.02
1) Tom Richards	880:	1) Dave Jackson	400m IH:	1) Hoffman (Chart Oak)	63.2
1) Tom Richards	880:	Mile:	400m:	2) Rupp (Edgewood)	66.5
1) Tom Richards	880:	1) Tom Richards	1) Smith (Pasadena)	50.2	
1) Tom Richards	880:	2) Tom Richards	2) Diconti (La Puente)	50.5	
1) Tom Richards	880:	Triple Jump:	1) Morris Cole (Pomona)	11.2	
1) Tom Richards	880:	1) Tom DeVaughn	2) Terry Anderson (un)	11.2	
1) Tom Richards	880:	Long Jump:	19-6 3/4 110m HH:	1) J. Lindstrom (St. Gen)	16.0
1) Tom Richards	880:	1) Larry Sallinger	1) J. Lindstrom (St. Gen)	16.0	
1) Tom Richards	880:	Shot Put 12 1/2:	Women:		
1) Tom Richards	880:	1) Pete Fetter	1) Hansen (Pom)	126-5	
1) Tom Richards	880:	220:	100:	1) Fleetwood (Chet)	12.5
1) Tom Richards	880:	1) Tony Nasralla	800:	1) Childers (Glen)	2:22.2
1) Tom Richards	880:	120 Yd. HH:	1) Childers (Glen)	2:22.2	
1) Tom Richards	880:	1) Larry Sallinger	200:	1) Sonlitner (Lanc)	27:07
1) Tom Richards	880:	Mile - Women:	1) Sonlitner (Lanc)	27:07	
1) Tom Richards	880:	1) Yvonne Knapp	1500:	1) Wells (QuartHill)	5:00.1
1) Tom Richards	880:	330:	1) Wells (QuartHill)	5:00.1	/Don Ruh/
1) Tom Richards	880:	1) Jason Harris	Javelin:		
1) Tom Richards	880:	1) Pete Fetter	1) Pete Fetter	147-3	
1) Tom Richards	880:	Javelin - Women:	Javelin - Women:		
1) Tom Richards	880:	1) Christel Miller	1) Christel Miller	92-7	
1) Tom Richards	880:	Long Jump - Women:	Long Jump - Women:		
1) Tom Richards	880:	1) Christel Miller	1) Christel Miller	13-7	
1) Tom Richards	880:	Shot 8 1/2:	Shot 8 1/2:		
1) Tom Richards	880:	1) Gene Hanson	1) Gene Hanson	42-1	/Fortune Gordien/

**January 25. Marysville. Peach Bowl
Facers 10,000 Meter Run**

1) Henry Perez	32:00
2) K. R. Misner	32:59
3) Robert Deis	33:26
3) Steve Dean (tie)	33:26
5) Jon Higley	33:44
6) Al Hernandez	33:57
7) Tom Castro	34:02
8) Pete Flores	34:04
9) Keith Malain	34:12
10) David Bruhn 1st 14-18	34:32
11) Bruce Caputo	34:36
12) Tom O'Neil	34:49
13) Richard Flores	34:50
14) George Lynch	35:11
15) Walt Schafer 1st 30-39	35:17
16) Harry Ellis	35:19
17) Adam Ferreira	35:20
18) Rich Vasquez	35:27
19) Jim Sane	35:35
20) Paul Keller	35:50
21) Matt Dawlig	35:55
22) Mike Plummer	36:00
23) Mike Larsen	36:06
24) Barry Starkey	36:07
25) Greg Gagen	36:17
26) Ross Smith 1st Master	36:19
27) Mickey McAviney (tie)	36:26
27) Tom Olson	36:26
29) Keir Furey	36:47
30) Jan Makowski	36:52
31) Diane Williams 1stW 14+	41:23
97) Jennifer Daniell 1stW	42:57
106) Jeannette Allred 2ndW 14+	45:25
112) Jeani Fuller 1stW 13U	45:49
122) Ellen Daly 3rdW 14-18	46:31
138) Rozlyn Alexander 2ndW	49:44

/Peach Bowl Pacers/

February 1. Vallejo. 7th Annual Channel to Lake Run, 9 miles, 1496 yds., 1 ft.	
1) Brian Maxwell (22) Canada	52:02
2) Richard Langford (23) HH	52:57
3) Gene Fitzgerald (32) Pama	53:24
4) Pete Flores (2) AGTETC	53:45
5) Tad Woliczko (25) Soquel	53:46
6) Jim Sane (17) BuffChips	54:07
7) Doug Butt (30) WVTC	54:24
8) Randy Sturgeon (23) CWTG	54:38
9) Kent Guthrie (39) WVJ&S	54:41
10) Mark Protrou (23)	54:48
11) Clark Rosen (26) Pamakid	55:17
12) Dale Fuller (22) GWTC	55:27
13) Angel Martinez (20) AGTETC	55:28
14) Bruce Wolfe (21) WVTC	55:42
15) Patrick Buzbee (24) Turlock	55:58
16) Adam Ferreira (25) HoiHarr	56:38
17) Jim Shettler (1st 40+) WVJ&S	56:47
18) Joe Taxiera (22) AggieTC	56:48
19) Mike Larsen (24) MtVaca	56:51
20) Kurt Vineyard (17) Armijo	56:53
21) Fred Aragon (17) Mt. Vaca	57:21
22) Ralph Bowles (39) WVJ&S	57:22
23) Leon Tony (16)	57:23
24) Bill Jensen (2nd 40+) Pama	57:24
25) Doug Rennie (35) BuffChips	57:40
26) Paul Keller (17) HoiHarr	57:45
27) Brian Benner (28) LivVlyRC	57:47
28) Ron Newstat (22) Turlock	57:48
29) Bill Carson (21) Turlock	57:59
30) Edward Lopez (19) USAF	58:11
31) Kevin Kirby (19) AggieTC	58:21
32) Greg Chapman (28) Solano	58:43
33) Tim Swezey (26) Pamakid	58:52
34) Bob Myers (36) Pamakid	58:59
35) Michael Lamb (20) WVTC	59:27
36) Jeff Nixon (16)	59:28
37) Steve Sinclair (17)	59:29
38) Robert Ogg (17) BuffChips	59:42
39) Ross Rowley (27)	59:46
40) Floyd Clendenen (22)	60:13
41) Harry Youkers (15) Armijo	60:18
42) Abe Underwood (37) BuffChips	60:36
43) Ray Sibley (21) Solano	60:43
44) Chris Shultz (16) CanBacon	60:44
45) Gary Alderman (32)	60:47
46) Lloyd Sarpton (32)	60:53
47) Harold DeMoss (3rd 40+) JW	61:01
48) Philip Holder (31) CareIsl	61:10
49) Arthur Beauchamp (20)	61:16
50) Hoyt Walker (24) LivVlyRC	61:30
50) Penny DeMoss (1stW) WVTC	66:12 20
102) Ruth Anderson (2ndW) NCSTC	63:10 46
107) Jeanette Cotte (3rdW) WVTC	69:06 14

/Solano Track Club/

**February 8. Las Vegas. 10th Annual
Las Vegas Marathon, Southern Nevada
AAU District Championships**

1) Tom Wysocki (U of Reno)	2:26:18
2) T.S. Berger (un)	2:34:39
3) Dennis Fridly (LVTC)	2:43:27
4) Bruce Caputo (LassentC)	2:46:15
5) Joe Fiore (LVTC)	2:48:20
6) Tony Gerardi (LVTC)	2:49:35
7) Edward Barwick (AMJA)	2:50:33
8) Chris Cortez (USMC)	2:51:09
9) Joel Lobel (un)	2:51:41
10) Mike Neal (LVTC)	2:54:19
11) Eric Jones (un)	2:54:47
12) Warren Smith (un)	2:55:06
13) John Schwelb (un)	2:55:23
14) Dan Walter (AJJA)	2:55:36
15) Sam Paris (AMJA)	2:56:11
22) Tony Hernandez (MaderaHi)	3:07:25
30) Ray Rubio (Madera HiSch)	3:14:34
34) Mike Russler (FresnoTC)	3:17:44
47) Tony Gomez (CulverCityAth)	3:36:27

/Bill Selvin/

L.A. Times Indoor Meet
(2-7-76)

MEN

600—1. Quarrie (Beverly Hills Striders), 6.1; 2. Garpenborg (Maccabi TC), 6.1; 3. Simmons (USC), 6.2; 4. Gilkes (USC), 6.3.

60 HIGH HURDLES—1. Drut (France), 7.0; 2. C. Jackson (Maccabi TC), 7.0; 3. M. Johnson (USC), 7.1; 4. Owens, (UCLA), 7.1.

TRIPLE JUMP—1. Abdulh Rahman (BH Striders), 52-23/4; 2. Assef (USC), 51-31/2; 3. Cochee (USC), 50-4/4; 4. Seay (Pacific Coast Club), 49-11; 5. Gill (India), 49-8/4.

SHOT PUT—1. Wilkins (PCC), 68-41/2; 2. Feuerbach (PCC), 67-11/4; 3. Capes (Great Britain), 67-10/4; 4. Shmook (BH Striders), 67-0; 5. Hoslund (Maccabi TC), 66-11/4.

600—1. Tuitt (Florida TC), 1:10.1; 2. Bolding (PCC), 1:10.6; 3. Mann (BH Striders), 1:10.9; 4. Giffens (Club Northwest), 1:11.2.

TWO-MILE RELAY—1. USC (Bell, Kern, L. Johnson, Beaton), 7:47.0; 2. Occidental, 7:52.2; 3. Cal St. Los Angeles, 7:43.2; 4. Redlands, 8:02.4; 5. Cal St. Northridge, 8:02.6.

500—1. Newhouse (Baton Rouge TC), 56.9; 2. King (Maccabi TC), 57.2; 3. Shorts (Cal St. Long Beach), 58.2; 4. Casselman (PCC), 58.2.

1,000—1. O'Shaughnessy (Arkansas), 2:10.4; 2. Baxter (Santa Monica TC), 2:10.4; 3. Bryan (Chicago TC), 2:10.5; 4. Paul (Chicago TC), 2:10.6.

TWO MILE—1. Bonzet (South Africa), 8:35.2; 2. Tuttle (BH Striders), 8:36.0; 3. Kime-to (Washington St.), 8:41.8; 4. Steiner (American Avenue TC), 8:42.4; 5. Serna (UC Irvine), 8:42.6.

POLE VAULT—1. Ripley (PCC), 18-21/4 (world, American and meet record, old world and American record 18-11/4, Ripley, 1975; old meet record, 17-73/4 Isaksson, Sweden, 1971); 2. Rogers (USC), 17-6; 3. Simpson (Canada), 17-6; 4. Takanezawa (Japan), 17-6; 5. Trancanelli (France), 17-0.

MILE RELAY—1. USC (Ware, Graybell, Brown, T. Andrews), 3:18.6; 2. Occidental, 3:21.8; 3. Maccabi TC, 3:22.5; 4. Cal Poly SLO, 3:22.8; 5. BH Striders, 3:24.1.

MILE—1. Dixon (New Zealand), 4:00.2; 2. Cummings (BH Striders), 4:00.9; 3. Malan (South Africa), 4:05.9; 4. Fischer (Chicago TC), 4:08.1.

JUNIOR COLLEGE MILE RELAY—1. Bakersfield (Greasham, DeFrance, Jones, Ruffin), 3:27.9; 2. Long Beach, 3:28.5; 3. Mt. San Antonio, 3:29.3; 4. Glendale, 3:30.6.

DEVIL-TAKE-THE-HINDMOST-MILE—1. Perez (San Joaquin Delta JC), 4:11.9; 2. Luevano (UCLA), 4:15.9; 3. Boyet (UC Santa Barbara), 4:22.1; 4. Jamison (Occidental), 4:22.7.

SPRINT MEDLEY RELAY—1. Cal St. Long Beach (Thomas, County, Pipersburg, Ybarra), 3:41.5; 2. Occidental, 3:42.0; 3. Cal St. Northridge, 3:46.7; no fourth.

ONE-MILE WALK—1. Walker (BH Striders), 6:28.1; 2. Bouldin (LA Sheriff's Dept.), 6:49.6; 3. Randle (BH Striders), 6:52.1; 4. Ryan (BH Striders), 7:26.2; 5. Hickey (LA Police Dept.), 7:42.2.

HIGH JUMP—1. Woods (PCC) 7-4; 2. Stones (Desert Oasis TC), 7-4; 3. Frazier (Cal St. Northridge), 7-0; 4. Kotinek (PCC), 7-0; 5. Walker (USC), 7-0. Note—Woods and Stones both made 7-2 on third attempt, 7-4 on first attempt then missed 3 times at 7-6, cleared 7-4 on first try, missed a fifth try at 7-6, went over 7-4 again, missed at 7-6 and 7-4 before Woods cleared 7-2.

WOMEN

600—1. Bryant (LA Mercuresses), 6.8; 2. Watson (Lakewood International), 6.9; 3. Robinson (LA Mercuresses), 6.9; 4. Rich (LA Mercuresses), 7.0.

500—1. Forde (Atoms TC), 1:05.4 (meet record, old mark, 1:05.5, Wendy Koenig, Colorado, Gold, 1973); 2. Rich (LA Mercuresses), 1:06.4; 3. Koenig-Kaudon (Colorado, St.)

- 17) Truman Clark (EHS) 1st 40+ 2:34:55
- 18) Dave Hull (CanMst) 3 15-19 2:35:24
- 19) Douglas Essary (USArmy) 2:35:46
- 20) Jon Higley (WVTC) 2:35:57
- 21) Ragnar Tharing (MarinHarr) 2:36:19
- 22) Gary Goettelmann (WVTC) 2:36:19
- 23) Ross Smith (un) 2nd 40-49 2:37:08
- 24) Bob Paulin (Camden HS) 2:37:33
- 25) Dan Moore (LivermoreVRC) 2:37:37
- 26) Dave Himmelberger (WVTC) 2:38:20
- 27) David Warren (Excelsior) 2:39:50
- 28) Ed Almeida (SDCC) 1st 50+ 2:41:09
- 29) Allen Sandretti (un) 2:43:33
- 30) Brion Allen (un) 2:45:00
- 31) Mike Paredes (un) 2:46:17
- 32) Glenn Pruitt (Famakids) 2:46:23
- 33) Doug Butt (WVTC) 2:46:41
- 34) Walt Van Zant (WVJ&S) 2:46:49
- 35) Ed Dally (WVTC) 3rd 40-49 2:47:26
- 36) Benjamin Sawyer (Soquel) 2:47:31
- 37) Ted Wilson (un) 2:47:42
- 38) Jim O'Neil (SFOC) 2 50-59 2:47:52
- 39) Harry Ellis (WVTC) 2:49:23
- 40) Tom Mann (Excelsior TC) 2:49:42
- 41) Unofficial Runner 2:49:58
- 42) Thomas Fodor (un) 2:50:49
- 43) Ross Rowley (un) 2:51:37
- 44) Joe Becerra (Excelsior) 2:52:53
- 45) Douglas Young (un) 2:53:02
- 46) Frank Nolan (un) 2:53:31
- 47) Darrell Jeong (Excelsior) 2:53:46
- 48) Robin Clark (un) 2:53:53
- 49) William Mitchell (un) 2:53:56
- 50) Unofficial Runner 2:54:15
- 73) Kathy Himmelberger 3:00:36
- 84) Judy Gumbs 3:07:04
- 94) Carolyn Tierman 3:11:46

/Jack Leydig/

February 14. Reedley. Reedley All-Comers

- Javelin 40-49: 1) Fred Simon 127-11 1/2
- Javelin 50-59: 1) Fill Korales 154-0
- Javelin 60-69: 1) Jim York 83-11 1/2
- Javelin 70+ : 1) Stan Hermann 66-4 1/2
- Javelin Women: 1) Dorothy Hermann 35-10
- Long Jump 30-39: 1) Larry Sallinger 19-10 1/2
- Long Jump 40-49: 1) Dave Jackson 20-4 1/2
- Long Jump 50-59: 1) Bill Korales 14-11 1/2
- Long Jump Women: 1) Ursula Schreiber 13-2
- Pole Vault 30-39: 1) Dee Dewitt 11-6
- Pole Vault 40-49: 1) Duane Telliano 11-0
- Pole Vault 50-59: 1) Dave Brown 10-0
- Discus 40-49: 1) Fred Simon 91-9
- Discus 50-59: 1) Jack Thatcher 112-8
- Discus 60-69: 1) Jim York 111-6 1/2
- Discus 70+: 1) Stan Herrmann 112-1 1/2
- Discus Women: 1) Dorothy Herrmann 38-8 1/2
- Triple Jump 30-39: 1) Al Henry 40-1 1/2
- Triple Jump 40-49: 1) Dave Jackson 40-6 1/2
- Triple Jump 50-59: 1) Tom DeBaughn 28-9 1/2
- High Jump 30-39: 1) Larry Sallinger 5-6
- High Jump 40-49: 1) Yvonne Ruiz 8:07.0
- Mile High School: 1) Genschmer (AHC) 8:56.0

- 220 Women: 1) Irene Obera 28.1
- 3 Mile 30-39: 1) Danny Howard 17:59.4
- Mile Relay: 1) CDW 3:40.4
- Javelin Open: 1) Hartwig 181-9 1/2
- Long Jump High School: 1) Cliff Newson 19-9
- Long Jump Open: 1) John Davidson 18-5 1/2
- High Jump Open: 1) Brooke Hamilton 6-2
- High Jump High School: 1) Robert Riley 6-0
- High Jump Women: 1) Liz Lopez 4-4
- Discus High School: 1) Mark Pankratz 143-9
- Discus Open: 1) Sam Alexander 148- 1/2
- Triple Jump Open: 1) Bebe Salazar 44-8
- Shot Put High School: 1) Jerry Winter 47-10 3/4
- Shot Put Open: 1) Sam Alexander 50-3/4
- 100m 1h: 1) Phyllis Nishida 18.8
- 440 Relay High School: 1) Nadera 47.8
- 440 Relay Open: 1) Fresno Pacific Track Club 46.6
- Mile Women: 1) Yvonne Ruiz 8:07.0
- Mile High School: 1) Genschmer (AHC) 8:56.0

T.R.S. SPORTING GOODS



Track & Running Sports

T-SHIRTS

WATCHES

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Pico Rivera, CA 90660
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MANNY GUERRERO
owner

- Shot (m): 1) Akelian (Cue.) 42-11 1/2
- Shot (w): 1) Black (AHC) 34-8
- 100m (w): 1) Schmidt (AHC) 13.1
- 100m (H): 1) Carter (KPC) 10.8
- Pole Vault (m): 1) Mattivi (un) 14-6
- Triple Jump: 1) Elwell (AHC) 37-8 1/2
- High Jump: 1) Brown (Cue.) 6-2
- 800m (W): 1) Doss (AHC) 2:48.4
- 800m (m): 1) Hull (Cue.) 2:03.4
- 300m IH (m): 1) Morris (Cue.) 40.9
- Javelin (w): 1) Oliver (AHC) 103-4
- 200m (w): 1) Walters (Cue.) 28.9
- 200m (m): 1) C. Wilson (AHC) 22.5
- Javelin (m): 1) Lewis (AHC) 172-1
- 3000m (m): 1) Genschmer (AHC) 8:56.0

- Triple Jump: 1) Compton 130-9 3/4
- 2) Glendale 126-6 1/2
- 3) West Los Angeles 123- 1/2
- Best Mark: Whitehead (WLA) 45-6
- Javelin: 1) Glendale 504-7
- 2) Santa Barbara 499-1
- 3) Ventura 476-7
- Best Mark: Hodges (Glen) 201-0
- Shotput: 1) Glendale 142-7 1/2
- 2) Moorpark 136-8
- 3) Santa Barbara 111-5 1/2
- Best Mark: Iacopetti (Gl) 54-5 1/2
- Discus: 1) Glendale 366-3
- 2) Moorpark 351-3
- 3) Santa Barbara 344-10
- Best Mark: McCauley (Gl) 133-5
- Glendale 103, Moorpark 77, Santa Barbara 60, Compton 58, Allan Hancock 40, College of Canyons 39, West L.A. 39, Oxnard 23, Ventura 13, L.A. Trade Tech 12.

Women

- 440 Relay: 1) Hancock 51.9
- 2) Canyons 56.1
- 3) Santa Barbara 56.6
- 880 Relay: 1) Hancock 1:51.5
- 2) Compton 1:53.9
- 3) Glendale 2:04.4
- Mile Relay: 1) Hancock 4:31.7

Long Beach (Thomas, County, Pipeburg, Ybarra), 3:41.5; 2. Occidental, 3:42.0; 3. Cal St. Northridge, 3:46.7; no fourth.

ONE-MILE WALK—1. Walker (BH Striders), 6:28.1; 2. Boudin (LA Sheriff's Dept.), 6:49.6; 3. Randle (BH Striders), 6:52.1; 4. Ryan (BH Striders), 7:26.2; 5. Hickey (LA Police Dept.), 7:42.2.

HIGH JUMP—1. Woods (PCC) 7-4; 2. Stones (Desert Oasis TC), 7-4; 3. Frazier (Cal St. Northridge), 7-0; 4. Kotinek (PCC), 7-0; 5. Walker (USC), 7-0. Note—Woods and Stones both made 7-2 on third attempt, 7-4 on first attempt then missed 3 times at 7-6, cleared 7-4 on first try, missed a fifth try at 7-6, went over 7-4 again, missed at 7-6 and 7-4 before Woods cleared 7-2.

WOMEN

60—1. Bryant (LA Mercurettes), 6.8; 2. Watson (Lakewood International), 6.9; 3. Robinson (LA Mercurettes), 6.9; 4. Rich (LA Mercurettes), 7.0.

500—1. Forde (Atoms TC), 1:05.4 (meet record, old mark, 1:05.5, Wendy Koenig, Colorado Gold, 1973); 2. Rich (LA Mercurettes), 1:06.4; 3. Koenig-Knudson (Colorado St.), 1:06.8; 4. Scott (Premier TC), 1:07.3.

HIGH JUMP—1. Goyonnet (Tahiti), 5-11; 2. Sone (Japan), 5-11; 3. Hackett (unat, New Orleans), 5-9; no fourth.

1,500 METERS—1. Larrieu (PCC), 4:16.5 (meet record, old mark, 4:18.7, Larrieu, 1975); 2. Wright (Canada), 4:17.7; 3. Brown (LATC), 4:25.2; 4. Rose, (Blue Angels), 4:26.2.

1,000—1. Poor (San Jose Cinders), 2:30.3; 2. Koenig Knudson (Colorado St.), 2:30.4; 3. Costello (LATC), 2:33.1; 4. Medland (Canada), 2:36.3.

ONE-MILE WALK—1. S. Brodock (Rialto Roadrunners), 7:11.9 (world, American and meet record, old mark, 7:15.2, S. Brodock, 1975); 2. L. Brodock (RR), 8:02.9; 3. Villavazo (RR), 8:58.0; no fourth.

LONG JUMP—1. Watson (Lakewood Inter.), 20-6; 2. Anderson (Premier TC), 19-8 1/4; 3. Moran (LATC), 18 1/4; no fourth.

HIGH SCHOOL

CITY 640 RELAY—1. Hamilton (Martin, Lloyd, Goosby, Mullins), 1:06.9 (meet record, old mark, 1:07.6, Monroe, 1973); 2. San Fernando, 1:07.7; 3. Narbonne, 1:08.7; 4. Canoga Park, 1:12.3.

CIF 640 RELAY—1. Kennedy (N. Jones, L. Jones, Hill, Kelley), 1:06.7; 2. Notre Dame (SO), 1:09.9; 3. West Covina, 1:10.2; no fourth.

GIRLS' 640 RELAY—1. Muir (R. Jordan, G. Jordan, Milliner, Brown), 1:17.4 (meet record, old mark, 1:18.1, Muir, 1975); 2. Westchester, 1:17.6; 3. Fremont (LA), 1:17.7; 4. Santa Ana Valley, 1:21.0.

TWO-MILE—1. Hunt (Patrick Henry, San Diego), 8:52.4 (meet record, old mark, 8:55.0, Williams, Lompoc, 1973) (third best ever prep indoors); 2. Moses (Crescent Valley), 8:54.0 (fourth best ever prep indoors); 3. Hulst (Laguna Beach), 8:55.8; 4. Spilsbury (Foot-hill), 9:01.8; 5. G. Aguirre (Santa Barbara), 9:16.6

/Vern Gambetta/

February 8. Burlingame. 1976 West Valley Marathon

1) Steve Dean (JWTC)	2:19:13
2) Ron Zarate (un)	2:19:38
3) Joe Carlson (AATC)	2:22:02
4) Chris Ferka (WVTC)	2:22:09
5) Bill Clark (WVTC)	2:23:34
6) Doug McLean (WVTC)	2:23:59
7) Jan Sershen (Excelsior TC)	2:24:10
8) Dave White (AATC)	2:24:59
9) Gene Fitzgerald (Pama)	2:25:06
10) Mitch Kingery (Camet)	1 15-2:26:56
11) Ernie Rivas (Pamakids)	2:27:50
12) Doug Schmerk (SoCstHarr)	2:28:35
13) Tom O'Neill (Jesusit)	2 15+ 2:29:01
14) Dennis Billie (WVTC)	2:30:22
15) John Weidinger (ExcelTC)	2:33:39
16) Tom Castro (un)	2:34:10

Pole Vault 30-39:	
1) Dee Dewitt	11-6
Pole Vault 40-49:	
1) Duane Telliano	11-0
Pole Vault 50-59:	
1) Dave Brown	10-0
Discus 40-49:	
1) Fred Simon	91-9
Discus 50-59:	
1) Jack Thatcher	112-8
Discus 60-69:	
1) Jim York	111-6 1/2
Discus 70+:	
1) Stan Herrmann	112-1 1/2
Discus Women:	
1) Dorothy Herrmann	38-8 1/2
Triple Jump 30-39:	
1) Al Henry	40-1 1/2
Triple Jump 40-49:	
1) Dave Jackson	40-6 1/2
Triple Jump 50-59:	
1) Tom DeBaughn	28-9 1/2
High Jump 30-39:	
1) Larry Sallinger	5-6
High Jump 40-49:	
1) Bill Evans	5-2
High Jump 50-59:	
1) Orv Gillett	5-0
Shot Put 30-39:	
1) Bob Dirksen	25-1
Shot Put 40-49:	
1) Hal Smith	43-8 1/2
Shot Put 50-59:	
1) Jack Thatcher	40-1
Shot Put 60-69:	
1) Jim York	36-1 1/2
Shot Put 70+:	
1) Stan Herrmann	38-5 1/2
Shot Put Women:	
1) Ursula Schreiber	26-6 1/2
Mile 30-39:	
1) Tom Richards	4:39.5
Mile 50-59:	
1) Jack Noble	5:20.6
440 Relay 40-49:	
1) NCSTC	46.6
440 Relay Open:	
1) CDM	47.1
440 30-39:	
1) Denny Howard	58.8
440 40-49 1st heat:	
1) Don Cheek	56.0
440 40-49 2nd heat:	
1) Nick Newton	55.4
440 60-69:	
1) Frank Hicks	80.4
440 Women:	
1) Irene Obera	66.0
120 HH 30-39:	
1) Larry Sallinger	15.3
120 HH 40-49:	
1) Van Parish	18.1
100 Yd. Dash 40-49:	
1) Van Parish	10.5
100 Yd. Dash 50-59:	
1) Wayne Ambrose	11.6
100 Yd. Dash 60-69:	
1) Frank Hicks	15.0
100 Yd. Dash Women:	
1) Almeta Parish	12.7
100 Yd. Dash 70+:	
1) Sing Lum	14.3
440 IH 30-39:	
1) Hugh Adams	58.8
440 IH 40-49:	
1) Van Parish	65.5
880 30-39:	
1) Rey Rena	2:04.7
880 40-49:	
1) Keith Gilliland	2:32.0
880 50-59:	
1) Jack Noble	2:26.2
220 40-49:	
1) Van Parish	23.9
220 30-39:	
1) Larry Sallinger	24.6
220 50-59:	
1) Eddie Halpin	28.3
220 70+:	
1) Sing Lum	33.6

1) Brooke Hamilton	
High Jump High School:	
1) Robert Riley	6-0
High Jump Women:	
1) Liz Lopez	4-4
Discus High School:	
1) Mark Pankratz	143-9
Discus Open:	
1) Sam Alexander	148- 1/2
Triple Jump Open:	
1) Bebe Salazar	44-8
Shot Put High School:	
1) Jerry Winter	47-10 3/4
Shot Put Open:	
1) Sam Alexander	50-3/4
100m 1h:	
1) Phyllis Nishida	18.8
440 Relay High School:	
1) Madera	47.8
440 Relay Open:	
1) Fresno Pacific Track Club	46.6
Mile Women:	
1) Yvonne Ruiz	8:07.0
Mile High School:	
1) Scott Swenson	4:58.3
Mile Open:	
1) Keith Jacobson	4:27.4
440 High School:	
1) Joe Walker	57.4
440 Open:	
1) Steve Campbell	49.4
120 HH High School:	
1) John Eberlein	18.6
120 HH Open:	
1) Greg Zulim	15.5
100 Yd. Dash Open:	
1) Joe Prince	10.3
880 Open:	
1) Jess Gonzalez	2:09.7
880 High School:	
1) Raul Contreras	2:07.4
330 LH High School:	
1) Mario Santoya	45.4
220 High School:	
1) Jerry Winter	24.5
220 Open:	
1) Steve Campbell	23.1
3 Mile Open:	
1) Keith Jacobson	15:00.3
2 Mile High School:	
1) Craig Ewert	11:16.0
Mile Relay Open:	
1) Cal State Univ Fresno	3:30.4
Mile Relay High School:	
1) Madera	3:53.5
	/Hugh Adams/

February 11. Santa Maria. Allan Hancock College Track & Field Open Meet

4x100m relay (w):	
1) Allan Hancock	52.4
4x100m relay (m):	
1) Allan Hancock	44.7
1500m (w):	
1) Dendo (AHC)	5:11.7
1500m (m):	
1) Martin (AHC)	4:05.8
60m HH (m):	
1) Barnstead (AHC)	8.4
Long Jump (w):	
1) McElroy (AHC)	16-4 1/2
Long Jump (m):	
1) Carter (WPC)	22-11
60m H (w):	
1) Smith (Cue)	9.7
400m (w):	
1) McElroy (AHC)	63.0
400m (m):	
1) Tryon (Cue.)	54.3

Triple Jump:	
1) Elwell (AHC)	37-8 1/2
High Jump:	
1) Brown (Cue.)	6-2
800m (w):	
1) Doss (AHC)	2:48.4
800m (m):	
1) Hull (Cue.)	2:03.4
300m IH (m):	
1) Morris (Cue.)	40.9
Javelin (w):	
1) Oliver (AHC)	103-4
200m (w):	
1) Walters (Cue.)	28.9
200m (m):	
1) C. Wilson (AHC)	22.5
Javelin (m):	
1) Lewis (AHC)	172-1
3000m (m):	
1) Genschmer (AHC)	8:56.0
4x440 (m):	
1) Allan Hancock	3:37.4
Discus (m):	
1) Bils (MPC)	110-2
Discus (w):	
1) Dugre (AHC)	115-8
	/Ray Kring/

February 20. Glendale. Western States Conference Relays at Glendale College

480 Shuttle Hurdles:	
1) Santa Barbara	1:01.9
2) Moorpark	1:03.2
3) Hancock	1:05.8
440 Relay:	
1) Compton	42.9
2) West L.A.	43.1
3) Moorpark	43.4
880 Relay:	
1) Compton	1:29.7
2) Glendale	1:30.9
3) LA Trade Tech	1:31.8
Mile Relay:	
1) West Los Angeles	3:23.4
2) Glendale	3:23.7
3) Compton	3:24.3
Sprint Medley:	
1) Glendale	3:35.5
2) Moorpark	3:36.4
3) Compton	3:43.4
2 Mile Relay:	
1) Moorpark	8:09.3
2) West L.A.	8:18.8
3) Compton	8:22.0
Distance Medley:	
1) Moorpark	10:25.7
2) Hancock	10:27.5
3) Santa Barbara	10:31.6
4 Mile Relay:	
1) Moorpark	18:00.5
2) Canyons	18:04.3
3) Hancock	18:05.0
2 Mile Run (non-scoring):	
1) Blackburn (MP)	9:29.9
2) Gerace (GL)	9:30.3
3) Hippo (Can)	9:34.2
Pole Vault:	
1) Hancock	39-0
2) Glendale	36-6
3) West L.A.	33-6
Best Mark: Lewis (Hancock)	14-0
High Jump:	
1) Glendale	20-0
2) Canyons	19-2
3) Santa Barbara	18-2
Best Mark: LaRusch(Gl)	7-0
Long Jump:	
1) Oxnard	65-11 1/2
2) Santa Barbara	64-4 1/2
3) Glendale	64-2 1/2
Best Mark: Sanchez (SB)	22-7 1/2

3) Moorpark	138-8
3) Santa Barbara	111-5 1/2
Best Mark: Iacopetti(Gl)	54-5 1/2
Discus:	
1) Glendale	366-3
2) Moorpark	351-3
3) Santa Barbara	344-10
Best Mark: McCauley (Gl)	133-5
Glendale 103, Moorpark 77, Santa Barbara 60, Compton 58, Allan Hancock 40, College of Canyons 39, West L.A. 39, Oxnard 23, Ventura 13, L.A. Trade Tech 12.	
Women	
440 Relay:	
1) Hancock	51.9
2) Canyons	56.1
3) Santa Barbara	56.6
880 Relay:	
1) Hancock	1:51.5
2) Compton	1:53.9
3) Glendale	2:04.4
Mile Relay:	
1) Hancock	4:31.7
2) Glendale	4:32.3
3) Compton	4:42.0
Sprint Medley:	
1) Hancock	4:31.7
2) Compton	4:40.9
3) Ventura	4:41.5
Mile Run:	
1) Ledgerwood (AH)	5:54.0
2) Green (AH)	5:55.9
3) Doss (AH)	6:04.7
Shotput:	
1) Roachie (Com)	35- 1/2
2) Dook (Ven)	34-11
3) Black (AH)	32-6 1/2
Discus:	
1) Dugre (AH)	107-10
2) Snider (Ven)	104-2
3) Pickens (SB)	96-7
Javelin:	
1) Jimenez (Ven)	103-10
2) Montes (LATT)	99-3
3) Oliver (AH)	98-0
High Jump:	
1) Kring (AH)	4-8
2) Pickens (SB)	4-8
3) Maloney (SB)	4-6
Allan Hancock 71 1/2, Ventura 29, Compton 29, Santa Barbara 23 1/2, Glendale 19, Canyons 10, L.A. Trade Tech 8, Moorpark 2. /John Tansley/	
February 21. Tulare. Tulare Road Race, 6 Miles:	
1) Fred Carnabon(1st 19-29)	30:13
2) Robert Estrada(2nd 19-29)	31:26
3) Joe Soeiro (1st 17-18)	31:37
4) Alonzo Valdez (2nd 17-18)	31:40
5) Gilbert Franquez(3 17-18)	31:45
6) Manuel Perez (4th 17-18)	32:01
7) Len Thornton (1st 40-49)	32:03
8) Larry Lung (3rd 19-29)	32:18
9) Ron Canales (5th 17-18)	32:32
10) Rich Peterson (1st 30-39)	32:46
11) Vincent Garza (6th 17-18)	32:46
12) Jimmy Olea (1st 15-16)	32:54
13) Gary Campbell (4th 19-29)	33:02
14) Terry Taylor (2nd 15-16)	33:07
15) Tom Lonse (3rd 15-16)	33:13
16) John Henry (5th 19-29)	33:13
17) Robert Taylor (4th 15-16)	33:17
18) Javier Elias (5th 15-16)	33:17
19) Alvin Sanchez (7th 17-18)	33:46
20) Joe Delgado(2nd 30-39)	34:03
50) Patsy Cervantes(1st W)	41:35
	/Tulare Youth Services/

February 20. South Coast Relays

440 Relay:	
1) Mt. San Antonio	42.7
2) Orange Coast	43.5
3) Fullerton	43.7
880 Relay:	
1) Mt. San Antonio	1:29.9
2) Santa Ana	1:30.1
3) Orange Coast	1:30.9
Mile Relay:	
1) Mt. San Antonio	3:25.9
2) Fullerton	3:26.0
3) Orange Coast	3:31.7
2 Mile:	
1) Mt. San Antonio	8:05.4
2) Grossmont	8:27.1
3) Orange Coast	8:39.3
4 Mile:	
1) Fullerton	17:52.9
2) Cerritos	18:12.8
3) Orange Coast	18:20.1
Sprint Medley:	
1) Mt. San Antonio	3:50.6
2) Cerritos	3:57.5
Distance Medley:	
1) Cerritos	10:18.9
2) Fullerton	10:32.0
3) Santa Ana	10:37.9
480 Shuttle Hurdles:	
1) Fullerton	61.1
2) Grossmont	66.7
3) Cerritos	72.7
Intermediate Hurdle Relay:	
1) Mt. San Antonio	3:49.3
2) Grossmont	3:57.5
2 Mile:	
1) Armando Cerrijas(Full)	9:20.3
2) Dave Helgeson (Gross)	9:25.6
3) Randy Prine (SDKesa)	9:29.6
Javelin:	
1) S. D. Mesa	493-8
2) Fullerton	492-2
3) Mt. San Antonio	486-6
Best Mark: McCarthy(OC)	178-9
Shotput:	
1) Fullerton	151-8 1/2
2) Grossmont	146-8 1/2
3) S. D. Mesa	130-9 3/4
Best Mark: Brown(Full)	54-11
Discus:	
1) Fullerton	509-2
2) S. D. Mesa	392-11
3) Mt. San Antonio	389-11
Best Mark: Gordein(MtSac)	183-0
High Jump:	
1) Orange Coast	19-0
2) Cerritos	18-0
3) Mt. San Antonio	12-4
Best Mark: Funtling(Gross)	6-6

Pole Vault:	
1) Mt. San Antonio	41-0
2) Grossmont	39-0
3) Fullerton	28-0
Best Mark: Woepse(OC)	15-6
Long Jump:	
1) Grossmont	65-7 1/2
2) Mt. San Antonio	63- 1/2
3) Cerritos	61-0
Best Mark: Tolbert(Gross)	22-10 3/4
Triple Jump:	
1) Grossmont	132-6 3/4
2) Cerritos	124-11
3) Mt. San Antonio	86-8
Best Mark: Clingan(Cerr)	47-2
	/Don Ruh/

February 22. Sacramento. Pacific AAU 50 Mile Championship Run

1) Darryl Beardall(MarinHarr)	6:21.58
2) Robert Cooper(WoodsideStr)	6:30.4
3) Abe Underwood(BuffaloChps)	6:48.12
4) Donald Choi (Excelsior)	6:58.4
5) Sal Citarella (un)	7:03.3
6) Vic Crosetti (TaxReducers)	7:33.1
7) Jose Cortez, Jr. (Wood.Str)	8:02.1
8) Paul Reese (NCSTC)	8:03.4
9) Jack Wiley (FamKid)	8:08.0
10) Phil Schaffner (Wood.Str)	8:17.3
11) Dennis Lom (FamKid)	8:17.5
12) Jeff Lynn (Woodside Str)	9:42.5
13) Tim Smith (DolphinRunClub)	10:02.4
14) Brian Jarvis (un)	10:11.5
15) Charles Sawyer (Marines)	10:29.1
George Shafer (Marines)	10:29.1
Ralph Winningham (Marines)	10:29.1

February 28 & 29. Reedley. Second Annual Reedley College Pre-March 1 Decathlon All-Comers

1) Greg Gorsuch(Samson'sSgn)	6652
11.5, 22-1, 35- 1/2, 6-7 3/4, 52-0, 15.3, 108-11, 12, 143-3, 4:48.4	
2) Gary Jenkins (Porterville)	6270
3) Steve Le Va (Fresno)	6043
4) Dennis Moreley (Clovis)	5804
5) Hugh Adams (Reedley)	5689
6) Richard Nielson (Fresno)	5193
7) Mike Harris (Porterville)	5117
8) Eli Cazares (Reedley)	4969
9) Van Parish (Menlo Park)	3893
10) Hal Smith (HWS)	3537
	/Hugh Adams/

February 21. Bakersfield. Cal State Bakersfield All-Comers Meet

Hammer:	
1) Ward Sorenson (FSU)	170-6
2) Kenneth Brown (Biola)	161-4
3) 000 Meter Steeplechase:	
1) Gil Brooks (CPELO)	9:33.0
2) Muelter (un)	9:37.6
3) Houseworth (Westmont)	9:43
400 Meter Relay:	
1) Cal Poly San Luis Obispo	42.3
2) Fresno Pacific	42.5
3) Fresno State Univ.	42.7
1500 Meter Run:	
1) Dennis Caldwell (AzPac)	4:01.8
110 Meter Hurdles:	
1) Greg Zulim (FFTC)	14.9
2) David Gaeta (FSU)	15.0
400 Meters:	
1) Art Bell (CSB)	48.5
2) Metteer (CalPoly SLO)	49.7
Broad Jump:	
1) Dave Harper (CalPolySLO)	22-5 1/2
Shot:	
1) Ken Watkins (FSU)	49-0
100 Meters:	
1) Brown (Westmont)	10.7
1) B. Williams (SLO)	10.7
800 Meters:	
1) Gary McManus (FSC)	1:54.3
2) Darrel Cox (FFTC)	1:55.1
3) Fran Delach (AzPac)	1:55.2
4) Mike Bisbee (CSB)	1:55.5
400 Meter Hurdle:	
1) Chuck Lowe (FSU)	54.5
2) Dave Powell (Chapman)	55.4
200 Meter Dash:	
1) Steve Campbell (FSU)	22.0
Triple Jump:	
1) Jon Taploc (FSU)	47-11
Pole Vault:	
1) Pat Aldrich (un)	15-6
Javelin:	
1) Mike Nix (un)	206-9
5000 Meters:	
1) Jim Warrick (CalPolySLO)	14:55.8
Mile Relay:	
1) Fresno State Univ.	3:21.6
Discus:	
1) Steve Hull (FCC)	160
2) Steve Buss (CalPolySLO)	157 1/2
	/Charlie Craig/

February 22. San Francisco. Excelsior Track Club East End Run at Golden Gate Park, 5 Miles:

1) Jan Serhen (ETC)	41:45
2) Humberto Hernandez (WVTC)	42:15
3) Ernie Rivas (PAMA)	42:58
4) Bruce Degen (Marin Harr)	43:09
5) Dan Anderson (WVTC)	43:24
6) Robert Darling Jr. (ETC)	43:39
7) Mike Smith (PAMA)	44:08
8) Daryl Zapata (WVTC)	44:15
9) John Weidinger (ETC)	44:45
10) Mike Conroy (ETC)	45:11
11) Tim Swezey (PAMA)	45:30
12) Ralph Bowles (WVJS)	45:35
13) Barry Starkey (NVS)	45:52
14) Michael Bregante(Sundance)	45:53
15) Jeff Baker (Sundance)	45:56
16) Bill Jensen(PAMA) 1st 40+	46:01
17) Jack Kleinbach (ETC)	46:49
18) Steven O'Erien	47:35
19) Richard Blake (DSE)	47:38
20) Dave Lopez (Sundance)	47:38
21) Mike Plummer (NVS)	48:06
22) Jim Logan (Sundance)	48:11
23) Robert Woodliff (WVJS)	48:14
24) Clifford Stewart (PAMA)	48:15
25) Lloyd Sampson	48:19
26) Michael Coke (GPPMB)	48:25
27) Patrick Scannell	48:36
28) Marco Martin	48:46
29) Anthony Balsamo (WVTC)	48:57
30) Jim Nicholson (NCS) 2-40+	49:04
31) Steve Bailey	49:37
32) George Ridout	49:52
33) Bill Catanese	50:07
34) Danyal Kasaplialgal	50:13
35) Mike Heim	50:20
36) Jon Gerrans	50:23
37) George Roach	50:24
38) Mike Vernalli (MLTC)	50:42
39) Thomas Martin	50:44
40) Evan MacBride	50:45
41) Chuck Stagliano (Dolphin)	50:47
42) Richard Cooper (Ware Is)	50:55
43) William Lovelace (HRC)	51:03
44) John Ryan	51:12
45) Don Lucero(WVTC) 3rd 40+	51:19
46) Jamie Waste	51:32
47) Alex Eanger (Serra HS)	51:42
48) Richard Mayers	52:08
49) Ed Preston (SFPAC)	52:11
50) Arlon Jahnke (MVS)	52:13
85) Mary Mapelli(DSE) 1st W	55:23
103) Colleen Scannell 2nd W	57:23
108) Gail Gustafson 3rd W	57:49
116) Carroll O'Conner(NCSTC)	58:19
120) Pat Whittingslow(DCE) 4-W	58:27
127) Peggy Lavelle(MLTC) 5-W	58:59
132) Kathler Maloney(Para) 6-W	59:28
	/Robert L. Darling/

February 27. Santa Maria. Tri-Countries Invitational

HJ(Women):	
1) Pickens (SECC)	5-0
SP (Men):	
1) Laut (Moorpark)	50-9
Javelin (Men):	
1) Vance (Moorpark)	208-9
4x110 (Men):	
1) Moorpark	43.0
4x110 Women:	
1) Allan Hancock College	52.2
Mile (Men):	
1) Dave Haake (SECC)	4:22.3
Mile (Women):	
1) Joyce Dendo (AHC)	5:28.4
120HH (Men):	
1) Sanchez (SECC)	15.2
LJ (Women):	
1) Debbie McElroy (AHC)	15-3
LJ (Men):	
1) A. Britt (Oxnard)	22-2
Javelin (Women):	
1) Jimenez (Ventura)	112-7
100m H (Women):	
1) Kathy Schmidt (AHC)	15.8
SP (Women):	
1) Dock (Ventura)	37-10
440 (Men):	
1) Conaway (Oxnard)	49.2
440 (Women):	
1) Debbie McElroy (AHC)	62.6
100 (Men):	
1) James (Moorpark)	10.2
HJ (Men):	
1) Dani Eitelberg (AHC)	6-3
100 (Women):	
1) Quick (Ventura)	11.9
880 (Men):	
1) Mike Martin (AHC)	1:58.6
TJ (Men):	
1) Sanchez (SECC)	44-11
880 (Women):	
1) Joyce Dendo (AHC)	2:30.5
DT (Women):	
1) Estelle Dugre (AHC)	110-6
440 IH (Men):	
1) Miller (Ventura)	55.7
PV (Men):	
1) Parr (Cuesta)	14-3
220 (Men):	
1) Taylor (Moorpark)	22.9
220 (Women):	
1) Debbie McElroy (AHC)	27.4
1) Quick (Ventura)	27.4
2 Mile (Men):	
1) Zinger (Moorpark)	9:30.2
DT (Men):	
1) Bostock (Moorpark)	133-3
4x440 (Men):	
1) Allan Hancock College	3:28.5
4x440 (Women):	
1) Allan Hancock College	4:43.0
	/Ray Kring/

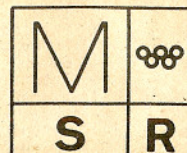
February 25 & 26. Azusa. 6th Annual California Invitational Decathlon, College Division:

1) Bruce Kupersmith (AzPac)	6754
2) Bill Waters (PLoma)	6378
3) Walter Scroggy (PolyPom)	6086
4) Darius Krupnik (Redlinds)	6062
5) Rick Carr (Chaffey)	5873
6) Don Israel (AzusaPac)	5081

7) Wayne Plumphrey (AzPac)	4993
8) Terry Mohr (Azusa Pac)	4555
9) Scott McFarland(Clare)	4225
Open Division:	
1) Rex Harvey (USAirForce)	7044
2) Chet McGough (ClareTruck)	6537
3) Ed Barre (USAir Force)	4385
	/Marvin Mardock/



photo by Keith Conning



MT. SAC
RELAYS



Photo by Keith Conning

Intn'l XC Trials(1-31-76) lft to rt: Chuck Smead, Tony Sandoval, Dave Babiracki, Don Kardong.

February 21. Pismo Beach. 3rd Annual Pismo Clam Festival Beach Run. 5 Miles:

- 1) John Jonas(27) Vandenberg 24:34
- 2) Larry Reyes (23) Vandenberg 25:21
- 3) Doug Schmenk(25)Vandenberg 25:59
- 4) Luis Arreola (18) SLO 26:16
- 5) Ed Thoma (18) SLO 26:21
- 6) Allen Schofield(28)ArrGrnd 26:26
- 7) Bob Nanninga (28) SLO 27:05
- 8) John Beaton(22)GroverCity 27:05
- 9) Bob Deines (28) Pasadena 27:12
- 10) Jim Sanchez (15) Arr Grnd 27:26
- 11) Jesse Mitchell (16) Pismo 27:33
- 12) Jim Flanigan (26) Pac Pal 27:34
- 13) John Hutchins (14) Fresno 27:37
- 14) Jim Hurley (19) SLO 27:38
- 15) Brian Waterbury(27) SLO 27:39
- 16) Jose Flores (17) Oceano 27:45
- 17) Roger Warnes (20) SLO 27:47
- 18) Richard Welch (17) Atas 27:49
- 19) Marty Conway (18) SLO 27:53
- 20) Allen Hire (28) Arr Grnde 27:57
- 21) Ed Weaver (17) SLO 28:23
- 22) Jim Casper (32) Arr Grnde 28:50
- 23) Ray Bergula (19) Arr Grnde 29:04
- 24) John Patterson(34)StBarb 29:05
- 25) Frank VanderBaan(29)Pasa 29:08
- 26) Sandy Dorbin(43) Oak View 29:09
- 27) Wayne Millar (18) SLO 29:10
- 28) Mike Dominguez (15) SLO 29:13
- 29) Brian Hall (16) Fresno 29:22
- 30) Primo Rames (29) SLO 29:23
- 31) Jack Cline(42)Grover 2-40- 29:54
- 46) John Coffey(40)Stakaria 40+30:16
- 59) Seymour Collins(50)Stakaria 31:22
- 72) Barbara Arreola(12)SLO W 32:38
- 74) Bob Lehman(56)Reedley 2-53+32:41
- 77) Franz Weinschenk(50)Fresno 32:59
- 81) Patty Carman(18)StBarb W 33:10
- 93) LeaAnn Stafford(15)Adadera 34:35
- 106)Virginia Collins(45)Stakaria 35:-1

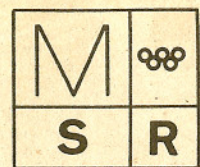
/Stan Rosenfield,

JACK IN THE BOX GAMES

San Diego, Calif., Feb. 27/1963 banked board, attendance 11,005-10, Williams (FTC) 6:3, 2. Gumpenberger (MaccSwe) 6:3; 3. Edwards (Minn) 5:3, 4. Jackson (LB St) 3:4, 5. Gilkes (Sn Cal Guy) 6:4, 6. 1. Frazer (Ariz St) 5:6 2; 2. Parks (Macc) 5:6 7; 3. King (Macc) 5:7 2; 4. Brown (Macc) 5:7 7; 5. Cardill (PCC) 5:8.6. 6th, Thompson (Sn Cal Jam) 1:10.7; 2. Mann (BHS) 1:10.7; 3. Williams (Macc) 1:10.9; 4. Bowling (PCC) 1:11.0; 5. Jenner (SJ Stars) 1:18.4. 680, Wohlhuter (UCTC) 1:50.0 (1:45.4ml). 2. En-yearst (Uran St) 1:50.2; 3. Jones (SMT) 1:52.6 4. Munnie (UTEP-Ken) 1:52.7; ... dsq, Beaton (Sn Cal Guy), Mile, Dixon (NZ) 3:55.8; 2. Bayi (Tanz) 3:57.5; 3. Cummings (BHS) 3:57.7; 4. Waigwa (UTEP-Ken) 3:59.8; 5. Popeby (UCTC) 3:59.4 6. Hunt (Calif HS) 4:02.7 HSR (old record 4:06.6 Carter, WJ HS) 72). 2M. Shorter (Colo TC) 8:27.0; 2. Nyambu (Tanz) 8:27.2; 3. Castaneda (Colo TC) 8:28.8; 4. Hart (BYU) 8:29.2; 5. Sabiracki (SFVTC) 8:29.4; 6. Liguori (NYAC) 8:48.6. 60HH, Jackson (Macc) 7:3; 2. Johnson (Sn Cal) 7:3; 3. Owens (UCLA) 7:3; 4. Cooper (SJ St) 7.4. HJ, Stones 7-6 1/2 WB, WAR, AR, CR (old record 7-6 1/2 Stones (LB St) 7'6) (6-10 1/2); 7-0 (1); 7-2 (1); 7-3 (1); 7-5 (2); 7-5 (1); 1); 2. Kotnek (PCC) 7-0; 3. Owens (BHS) 7-0; 4. Wreeds (PCC) 6-10; 5. Walker (Sn Cal) 6-10. PV, Rogers (Sn Cal) 17-6; 2. Takemizawa (Japl) 17-0; 3. Roberts (FTC) 17-0; 4. Dias (SHS) 17-0; 5. Taylor (BHS) 16-6; ... nh, Tully (UCLA) & Riney (PCC). LJ, Robinson (Macc) 25-11 1/4; 2. Whitley (Cal Int) 25-3 1/4; 3. Williams (BHS) 24-6 1/2; 4. Proctor (Macc) 24-3. SP, Shneck (BHS) 68-2 PR; 2. Feuerbach 67-11 1/4; 3. Semkiw (SJ St) 63-9; 4. Nardhart (UCLA) 61-2 1/2; 5. Budincich (Sn Cal) 58-1 1/2. Women 500, Ferde (Atoms) 1:03.4 WR (old record 1:04.5 Hammond (US) 72); 2. Scott (Premier TC) 1:05.1; 3. Rich (LA Merc) 1:06.5. 800m, Weston (Will's Spk) 2:07.2; 2. Brown (LATC) 2:07.7; 3. Costello (LATC) 2:09.2. 1500m, Larrieu (PCC) 4:13.8; 2. Poor (SJ Cindergals) 4:13.9; 3. Toussaint (Atoms) 4:26.7.

February 25 & 26. Azusa. 6th Annual California Invitational Decathlon. College Division:

- | | |
|----------------------------------|---------------------------------|
| 1) Bruce Kupersmith(AzPac) 6754 | 7) Wayne Pumphrey (AzPac) 4993 |
| 2) Bill Waters (PtLoma) 6378 | 8) Terry Mohr (Azusa Pac) 4555 |
| 3) Walter Scroggy (PolyPom) 6386 | 9) Scott McFarland(Clare) 4225 |
| 4) Darius Krupnik (Redlnds) 6062 | Open Division: |
| 5) Rick Carr (Chaffey) 5873 | 1) Rex Harvey (USAirForce) 7044 |
| 6) Don Israel (AzusaFac) 5081 | 2) Chet McGough (ClanTrek) 6537 |
| | 3) Ed Barre (USAir Force) 4385 |
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