

MARCH 1993

CALIFORNIA

Track News

93/09

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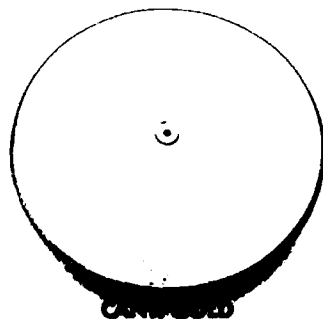
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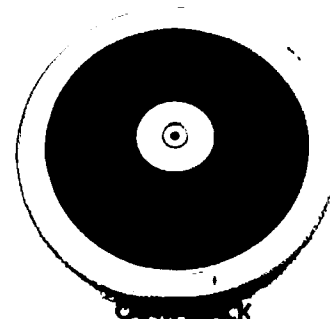
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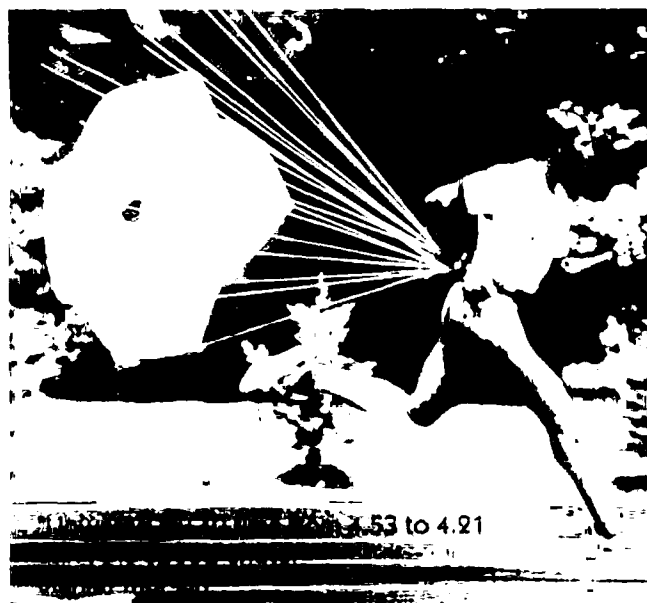
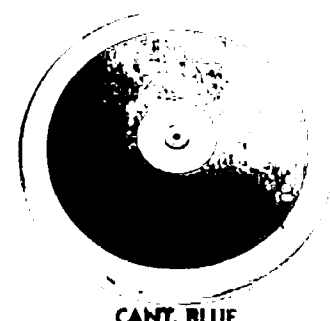
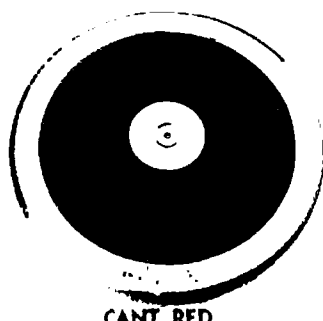
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#2001 Speed Chute -Small	(9 lbs. resistance)	\$ 70.00 ea.
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#2007 College Team Package	(2 sm., 6 med., 4 lge.)	\$1070.00
	(belt incl. - indicate size - small; medium; large; or XL)	
#2011 Additional Belt	(indicate size)	\$ 3.95
#2012 Speed Chute Bag	(Holds 1-5 chutes)	\$ 10.00
#2000 Tabachnik Speed Chute Video		\$ 49.95

Vern Gambetta's Speed Chute Tips

- Run into the wind for maximum resistance.
- If possible, have someone hold the chute off the ground at the start to achieve effective resistance immediately
- Use chutes for athletes of all levels and ages.

M-F Athletic Company

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CALIFORNIA Track News

Bill Cockerham
Editor & Publisher

Judy Cockerham
Production/Advertising Manager

Elaine Fraley
Production Assistant

Keith Conning
High School Editor

Doug Speck
Southern California
High School Editor

Dennis McClanahan
California Coaches Alliance

Bob Womack
High School All-Time Lists

Bill Minarik
SoCal Diary

Jim Hunt
Technique & Training

PHOTOGRAPHERS: Keith Conning, Burt Davis, Philip Enbody, Rich Gardner, Don Gosney, Ken Isaak, Kirby Lee, Bill Leung Jr., Mike Lambert, Dan McNamara and Doug Speck.

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GUEST EDITORIAL

I Think Officials Deserve Funding

By *Eddie Seese*
TAC Official

While I labored on the field at the Olympic Trials, I began to wonder which group was the single largest contributor to that meet. The answer was the same as it is at any track meet--the officials!

I believe that we officials spent at least \$1,000,000 in direct or indirect costs in support of the Olympic Trials.

Later, I wondered how much money the officials for the Super Bowl or the World Series get paid over and above their expenses. I then remembered that the President of the NorCal Seniors Track Club said that he receives \$80 for only three hours work at a Little League baseball game.

The expense of being a TAC official may be one of the reasons why finding a sufficient number of proficient officials is so difficult. Being away from our families while having to pay for all our own expenses contributes to the difficulties we experience in maintaining our ranks.

Why would a person become a volunteer TAC official when they can officiate other sports and be paid for their time? At that time I had no answer to the situation. Now I believe I have a solution to part of the problem. I propose:

- TAC membership dues be increased by

\$3.00 per membership for the sole purpose of paying for TAC officials' expenses.

- A portion will be kept by each TAC Association for the purpose of paying expenses at the individual association championships.

- A portion will be set aside by each Association for the purpose of paying expenses at each of the regional championships.

- A portion will be sent to the National TAC Office for the purpose of paying all or part of the expenses at our National Championship meets.

This proposal only addresses the reimbursement of expenses incurred by the officials in support of our championship meets.

Figuring out how to financially compensate officials for their time is still a problem for which I presently have no solution. I hope that this letter serves as a catapult to solve the difficulty of providing sufficient numbers of officials at our meets.

ON THE COVER: The phenomenal GREG FOSTER winning his final Sunkist Indoor hurdle title on his farewell season tour. What great athletic moments Greg has brought us! Thanks, Greg.

Photo by Bill Leung, Jr.

SCHEDULE

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

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

High School

Track & Field

March 6

- Hanford. Hanford Invitational.
- Tulare. Mustang Relays at Tulare Western.
- Los Banos. Los Banos-Lions Track & Field Invitational. 9 a.m. Mike Miller (209) 826-0867 (11:30-12:00 am) or (209) 826-2214 at home.
- Orange. Orange/Santa Ana Rotary Relays for Girls. (714) 997-6236.
- Long Beach. Long Beach Poly Invitational. Charles Clinton (310) 424-7335.

March 13

- Bakersfield. East Bakersfield Relays.
- Visalia. Pioneer Relays at Mt. Whitney.

March 19

- North Yosemite League Relays.

March 20

- Visalia. Golden West Relays at Golden West.
- Selma. Selma Relays.
- Taft. Taft Relays.

March 26

- Coalinga. George Olsen Invitational.

March 27

- Corcoran. Corcoran Relays.
- Delano. Delano Kiwanis Relays.
- Oakhurst. Yosemite Relays at Yosemite High.

March 27

- Azusa. Meet of Champions. High School Div., Top Distance Invitational in California. Irv Ray, Tim O'Rourke. (818) 969-3434 X 3294.
- San Jose. Hampton-Phillips Track & Field Classic, San Jose City College track. Robert

Poynter, Silver Creek High School, 3434 Silver Creek Rd., San Jose, CA 95121. (408) 274-1700. FAX (408) 270-1004.

-Martinez. Martinez Relays. Tim Bruder or Bill Wamosh (510) 313-0439.

-Long Beach. Bruin Invitational. Jim Arquilla (310) 433-0481.

April 2 & 3

-Fresno. Bob Mathias Fresno Relays. Dave Dodson (209) 875-7121 ext 339.

April 3

-Wasco. Wasco Relays.

-Berkeley. The Oakland Invitational, Edwards Stadium. Ralph Belany at McClymonds High School, Oakland. This meet is open only to schools in the North Coast Section. Bill Wamosh, Athletic Director, Alhambra High School, Martinez.

April 6

-Hanford. San Joaquin Valley Relays.

April 7

-Visalia. Sunkist Invitational High School Track Meet. Sunkist Stadium. CIF sanctioned. Contact Al Franken (310) 278-2030 or FAX (310) 278-8402.

April 10 (Sat)

-Arcadia. Arcadia High School Invitational, Arcadia High School. Nils Miller, Arcadia High, 1800 Campus Dr., Arcadia 91007. (818) 446-0131.

-Pierce Golden Bear. Tim Bruder & Bill Wamosh (510) 313-0439.

April 16

-Lemoore. Lemoore Kiwanis Meet.

-Walnut. Mt. SAC Relays. Hilmer Lodge Stadium. Dan Shrum, 1100 No. Grand Ave., Walnut 91789. (714) 594-5611x4840. FAX (714) 594-4266.

April 17

-Chowchilla. Chowchilla Invitational.

-McFarland. McFarland Invitational.

-Tulare. Tulare Elks Meet at Tulare Union.

April 23

-Union City. Bay Area Top 8. Invitational and relay. Sections: NCS, CCS, Oakland & San Francisco. Jim Gussette (510) 471-2520, ext 4113 or (510) 792-5181 home.

-Sanger. Sanger Metric Classic.

-Porterville. Tulare County Championships.

-Chico. West Valley/Chico Invitational. Scott Fairley (916) 347-7171.

April 24

-Bakersfield. Kern Relays.

-Yreka. Yreka Lion's Invitational, Yreka High

School. Jim Eckman (916) 842-6151.

-San Diego. Mt. Carmel/Pepsi Invitational. Dennis McClanahan (619) 484-1180.

April 30

-Fresno. Fresno City Championships.

-Visalia. Redwood Invitational.

-Charlie Eaton Relays. Manny Myers (510) 935-2600.

May 1

-Reedley. Reedley Invitational.

May 20

-Sanger. CIF Central Section Championships.

June 4 & 5

-CIF/Reebok California State Track & Field Championships. Cerritos College.

June 12 (Sat)

-Sacramento. Golden West High School Invitational, Cal State Univ., John Mansoor, 120 Ponderosa Ct., Folsom 95630. (916) 983-4622. FAX (916) 983-4624.

June 18-19 (Fri-Sat)

-Klamath Falls, OR. Dan O'Brien Invitational High School Decathlon. Doug Stiles, 54109 Southwest 34th Place, Portland, OR 97221. (503) 246-6872.

June 19 (Sat)

-Elmhurst, IL. Keebler International Track Meet, York High School. Joe Newton, Ath Dept., York High School, Elmhurst, IL. 60126. (708) 617-2472.

June 26-27 (Sat-Sun)

-Spokane, WA. USAT&F National Outdoor Meet. Juniors. Spokane Falls, CC. Vernie Foxley, Athletics MS-3070, 3410 Ft. George Wright Dr., Spokane, WA 99204-5288 (503) 459-3644.

July 1-4

-Houston, TX. USAT&F National Outdoor Meet (Multis: June 29-30) Youth Athletics. Robertson Stadium, Univ. of Houston. Kyle Tellez, U of Houston Athletic Dept., Houston, TX 77204-5121 (713) 749-1352.

July 15-17

-Winnipeg, Canada. Pan American Junior T&F Championships.

July 29-August 1

-Baton Rouge, LA. USAT&F National Outdoors (Junior Olympic T&F). Louisiana State Univ. Pat Henry, LSU Athletic Dept., Box 25095, Baton Rouge, LA 70894 (504) 388-8627.

SCHEDULE

College & Open

Track & Field

March 4-6 (Thurs.-Sat)

~Manhattan, KS. National Jr. College Athletic Ass'n. Indoor Championships. Bramlage Coliseum. Cliff Rovelto, Track Office, Kansas State Univ., Manhattan, KS 66506. (913) 532-6567. FAX (913) 532-7358.

March 6 (Sat)

~Tempe, AZ. Arizona State All Comers, Sun Angel Stadium. Ken Lehman, Track Office, ICA-507, Tempe, AZ 85287-2505. (602) 965-4313. FAX (602) 965-8219.

~Fresno. Bulldog All-Comers, Warmerdam Field. Red Estes, Ath. Dept. #27 FSU, Fresno, CA 93740. (209) 278-4097. FAX (209) 278-6611.

~Portland, OR. Lewis & Clark March Open, Lewis & Clark College. David Fix, Ath Dept. Lewis & Clark College, Portland, OR 97219. (503) 768-7068. FAX (503) 768-7058.

~San Diego. Aztec Invitational, Sportsman Oval. Rhan Sheffield, Ath Dept., San Diego State Univ. San Diego, CA 92182. (619) 594-5594. FAX (619) 582-6541.

March 6-7 (Fri-Sat.)

~Kansas City, MO. NAIA Indoor Championships.

March 12-13 (Fri-Sat)

~Indianapolis, IN. NCAA Division I Indoor Championships, Hoosier Dome. Tom McLean, USAT&F, One Hoosier Dome, Suite 140, Indianapolis, IN 46224. (317) 261-0500. FAX (317) 261-0481.

~Vermillion, SD. NCAA Division II Indoor Championships, Dakota Dome. Dave Gottsleben, Ath Dept., Univ. of South Dakota, Vermillion, SD 57069. (605) 677-5942. FAX (605) 677-6273.

~Brunswick, ME. NCAA Division III Indoor Championships, Bowdoin College. Peter Slovenski, Ath Dept. Bowdoin College, Morrill Gym, Brunswick, ME 04011. (207) 725-3010. FAX (207) 725-3123.

March 12-14 (Fri.-Sun.)

~Toronto. IAAF World Indoor Championships. Toronto '93, IAAF World Indoor Championships in Athletics, 41 Peter St., 2nd Floor, Toronto, Ontario, Canada M5V 2G2. (416) 341-2348. FAX (416) 341-2371.

March 13 (Sat)

~Sacramento. Sacramento Invitational, Sacramento State Univ. Joe Neff, Ath Dept. 6000 J Street, Sacramento, CA 95819. (916) 278-6208.

~Pomona. Bronco Invitational, Kellogg Field. Jim Sackett, 3801 W. Temple Ave., Pomona, CA 91768. (714) 869-2831. FAX (714) 869-2814.

March 19-20 (Fri-Sat)

~Tucson, AZ. Willie Williams Classic, (Hep & Dec 17-18) Drachman Stadium. Dave Murray, McKale Center, U of AZ, Tucson, AZ 85721. (602) 621-4829. FAX (602) 621-2681.

March 20 (Sat.)

~Santa Barbara. Easter Relays. Nick Carter Stadium. Russell Smelley, Ath Dept. 955 La Paz Rd., Santa Barbara, CA 93108-1099. (805) 565-6010.

~Tempe, AZ. Arizona State Invitational, Sun Angel Stadium. Ken Lehman, Track Office, ICA - 507, Tempe, AZ 85287-2505. (602) 965-4313. FAX (602) 965-8219.

March 20-21 (Sat.-Sun)

~Los Angeles. Occidental Decathlon & Heptathlon, Bill Henry Track. Bill Harvey, Ath Dept, Occidental College, Los Angeles, CA 90041. (213) 259-2608. FAX (213) 341-4993.

March 25-26 (Thurs.-Fri.)

~Tempe, AZ. Sun Devil Multi-Event Invitational, Sun Angel Stadium. Ed Gorman, Track Office, ICA - 507, Tempe, AZ 85287-2505. (602) 965-2406. FAX (602) 965-8219.

March 26 (Fri)

~Tempe, AZ. Sun Devil Invitational Distance Carnival. See Info from March 25-26.

March 26-27 (Fri-Sat)

~Stanford. Stanford Invitational, Stanford Stadium. Vin Lannana, Ath Dept., Stanford Univ., Stanford, CA 94305. (415) 723-2736.

~San Francisco. San Francisco Invitational Multi Event Classic, Cox Stadium. Dave Wetzel, Ath Dept. 1600 Holloway Ave., San Francisco, CA 94132. (415) 338-1561. FAX (415) 338-1967.

March 27 (Sat.)

~Northridge. Cal State Northridge Invitational. Tony Veney, Ath Dept., 18111 Nordhoff St., Northridge, CA 91330. (818) 885-3242. FAX (818) 885-4762.

~Tempe, AZ. Sun Devil Invitational. See info from March 25-26.

~Sacramento. River City Classic, Sacramento State Univ. Joe Neff, Ath Dept. 6000 J Street, Sacramento, CA 95819. (916) 278-6208. FAX (916) 278-5429.

March 28

~Amoebieta, Spain. 21st IAAF World Cross Country Championships

April 2-3 (Fri-Sat)

~Fresno. Bob Mathias Fresno Relays, Ratcliffe Stadium. Red Estes, Ath., Dept. #27

POLE VAULT STANDARD



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FSU, Fresno, CA 93740. (209) 278-4097. FAX (209) 278-6611.

~Sacramento. Stan Wright/Panther Invitational, Hughes Stadium. Joe Neff, Ath Dept., 6000 J Street, Sacramento 95819. (916) 278-6208. FAX (916) 278-5429.

April 3 (Sat.)

~Santa Barbara. GSAC Championships. 1 p.m.

~Riverside. Riverside Invitational, Highlander Track. Chris Rinne, Coach, U of California, Riverside, CA 92521. (714) 787-5207. FAX (714) 787-5889.

~Tempe, AZ. Sun Angel Track Classic. Herman Frazier, Arizona St U-ICA, Tempe, AZ 85287-2505. (602) 965-3856. FAX (602) 965-8219.

April 5-6 (Mon.-Tues.)

~Fresno. FSU Easter Decathlon & Heptathlon, Warmerdam Field. Red Estes, Ath. Dept. #27 FSU, Fresno, CA 93740. (209) 278-4097. FAX (209) 278-6611.

April 10 (Sun)

~Davis, CA. Woody Wilson Invitational (Multis Apr 9-10) Toomey Field. Jon Vochatzer, Ath Dept., UC Davis, Davis, CA 95616. (916) 752-8608. FAX (916) 752-6681.

SCHEDULE

April 15-16 (Thu-Fri)

-Walnut Mt. SAC & California Invitational Decathlon/Heptathlon . 8 a.m. Azusa Pacific Univ. Kevin Reid/Terry Franson, Citrus & Alost, Azusa, CA 91702. (818) 969-3434x3290x3294. FAX (818) 969-7180.

-Sacramento. Sacramento City College Decathlon. Hughes Stadium. Bob Lanza, 3835 Freeport Blvd., Sacto 95822-1386. (916) 558-2305.

April 15-17 (Thu-Sat)

-Walnut Mt. SAC Relays. Hilmer Lodge Stadium. Dan Shrum, 1100 No. Grand Ave., Walnut 91789. (714) 594-5611x4840. FAX (714) 594-4266.

April 17 (Sat)

-Eugene, OR. Oregon Invitational (Hep & Dec 4/15-16), Hayward Field. Mark Stream, 2727 Leo Harris Parkway, Eugene, OR 97401. (503) 346-5321. FAX (503) 346-5449.

-San Francisco. Johnny Mathis Invitational, Cox Stadium. Dave Wetzel, Ath Dept. 1600

Holloway Ave. San Francisco 94132. (415) 338-1561. FAX (415) 338-1967.

-Long Beach. Long Beach State Grand Prix, Long Beach State Track. Andy Sythe, 1250 Bellflower Blvd., Long Beach 90840. (310) 985-1700. FAX (310) 985-8197.

-Salinas, CA. Hartnell College Thrower's Meet, Hartnell College. Gary Shaw, Coach, 156 Homestead Ave., Salinas 93901. (408) 755-6845. FAX (408) 755-6751.

April 20 (Tues)

-Long Beach. Long Beach Collegiate Invitational Classic. Info same as April 17th.

April 24 (Sat)

-Azusa. Meet of Champions. Azusa Pacific University. Noon. Kevin Reid/Terry Franson, Citrus & Alost, Azusa 91702. (818) 969-3434x3290x3294. FAX (818) 969-7180.

-Turlock. Stanislaus Invitational, CSU Stanislaus. Kim Kemp, Ath Dept. 801 W. Monte Vista Ave., Turlock 95380. (209) 667-3566x3312. FAX (209) 667-3084.

-Santa Barbara. UC Santa Barbara Gaucho Invitational, Pauley Track. Pete Dolan, Ath Dept. UCSB, Santa Barbara 93106. (805) 893-8276.

April 24-25 (Sat.-Sun.)

-Irvine. Irvine Invitational, UC Irvine Stadium. Vince O'Boyle, Crawford Hall, UCI, Irvine 92717. (714) 856-6080. FAX (714) 856-5260.

May 1 (Sat.)

-San Diego. UC San Diego Invitational. 11 a.m.

-Northridge. Northridge Open, CS Northridge. Tony Veney, Ath Dept., 18111 Nordhoff St., Northridge 91330. (818) 885-3242. FAX (818) 885-4762.

-Tucson, AZ. Arizona Last Chance, Drachman Stadium. Dave Murray, Track Office, McKate Center, U of AZ, Tucson, AZ 85721. (602) 621-4829. FAX (602) 621-2681.

-Santa Barbara. Nick Carter Invitational (Men), Pauley Track. Pete Dolan, Ath Dept, UCSB, Santa Barbara 93106. (805) 893-8276. FAX (805) 893-8640.

May 7-8 (Fri-Sat.)

-NAIA District III Championships. Noon. Azusa Pacific Univ. Terry Franson/Kevin Reid, Citrus & Alost, Azusa 91702. (818) 969-3434x3290x3294. FAX (818) 969-7180.

-Long Beach. Big West Conference Championships, Long Beach State Track. Andy Sythe, 1250 Bellflower Blvd., Long Beach 90840. (310) 985-1700. FAX (310) 985-8197.

-Arcata. Northern California Athletic Conference Outdoor Championships, Redwood Bowl. David Wells, Humboldt State Univ. Arcata 95521. (707) 826-5955. FAX (707) 826-5961.

May 8 (Sat)

-Los Angeles. Occidental Invitational, Bill Henry Track. Bill Harvey, Ath Dept. 1600 Campus Rd., Los Angeles 90041. (213) 259-2608. FAX (213) 341-4993.

-Modesto. S&W Modesto Invitational, Modesto JC Stadium. Tom Moore, P.O. Box 367, Ceres 95307. (209) 537-0411. FAX (209) 572-5982.

May 15 (Sat.)

-Pomona. Pomona Last Chance Meet. 11 a.m.

-San Francisco. Kezar-Mizuno Invitational. Mike Fanelli (415) 252-5370. Jerry Colman (916) 487-3175.

-Sacramento. Home Invitational, Sacramento State Univ. Joe Neff, Ath Dept. 6000 J Street, Sacramento 95819. (916) 278-6208. FAX (916) 278-5429.

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

May 15-16 (Sat-Sun)

-Santa Barbara. Late Afternoon Decathlon, Pauley Track, Pete Dolan, Ath Dept. UCSB, Santa Barbara 93106. (805) 893-8276. FAX (805) 893-8640.

May 19-22 (Wed-Sat)

-El Paso, TX. Western Athletic Conference Championships, UTEP. Bob Kitchens, Ath Dept, Univ. Texas El Paso, El Paso, TX 79968. (915) 747-5812. FAX (915) 747-5444.

May 20-22 (Thu-Sat)

-Abbotsford, B.C., Canada. NAIA Outdoor Championships. Wally Schwartz, 1221 Baltimore Ave., Kansas City, MO 64105. (816) 842-5050. FAX (816) 421-4471.

-Odessa, TX. National Junior College Athletic Ass'n. Championships (Hep & Dec 5/12-13), Ratliff Stadium. James Segrest/Que McMaster, 201 W. University, Odessa, TX 79764. (915) 335-6567. FAX (915) 335-6304.

May 21-22 (Fri-Sat)

-Berkeley. Pacific-10 Conference Championships (Multi 14-15), Edwards Stadium. Erv Hunt, Ath Dept., Harmon Arena, Berkeley 94720. (510) 642-3158. FAX (510) 642-1765.

-Santa Monica. Santa Monica Twilight Distance Classic (not a road race), Santa Monica College. Skip Stolley, 825 16th St., Suite B, Santa Monica 90403. (310) 453-7655.

-Redding. California Junior College Championships, Shasta College. Gary Lewis, Ath Dept., 11555 North Old Oregon Trail, Redding 96049-6006. (916) 221-1428.

May 24 (Mon)

-Gainesville, FL. NCAA Qualifier, Percy Beard Track. John Webb, Ath Dept. Box

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SCHEDULE

14485, U of Florida, Gainesville, FL. 32604. (904) 375-4684x4461. FAX (904) 375-4809.

May 25-26 (Tues-Wed)

-Long Beach. Southern California TAC Ass'n. Heptathlon Championships, Long Beach State Track. Andy Sythe, 1250 Bellflower Blvd. Long Beach 90840. (310) 985-1700. FAX (310) 985-8197.

May 26 (Wed)

-Tucson, AZ. Arizona Elite Classic, Drachman Stadium. Dave Murray, McKale Center, U of AZ, Tucson, AZ 85721. (602) 621-4829. FAX (602) 621-2681.

-Fresno. FSU Last Chance, Warmerdam Field. Red Estes, Ath Dept, #27 FSU, Fresno 93740. (209) 278-4097. FAX (209) 278-6611.

-Long Beach. Long Beach Twilight Invitational, Long Beach State Track. See info from May 25-26.

May 26-29 (Wed-Sat)

-Berea, OH. NCAA Division III Championships (Hep & Dec 5/26-27), Baldwin Wallace College. Bill Tarashke, 130 East Bagley Rd., Bera, OH 44017. (216) 826-2184. FAX (216) 826-2192.

May 27-29 (Thurs-Sat)

-Abilene, TX. NCAA Division II Championships (Hep & Dec 5/27-28), Gray Stadium. Wes Kittley, Box 7916, ACU Station, Abilene, TX 79699-7916. (915) 674-2321/674-2581. FAX (915) 674-6904.

May 29 (Sat)

-San Jose. Bruce Jenner Classic (Grand Prix Meet), San Jose City College. Bert Bonanno, Ath Dept., 2100 Moorpark Ave., San Jose 95128. (408) 288-3732. FAX (408) 287-7222.

May 30 (Sun)

-Norwalk, CA. SPA/USAT&F Outdoor Championships, Cerritos College. Doug Wells, Ath Dept, 11110 E Alondra Blvd., Norwalk 90650. (310) 860-2451x236.

June 2-5 (Wed-Sat)

-New Orleans, LA. NCAA Division I Championships, Tad Gormley Stadium. Sam Seemes, Ath Dept. Tulane Univ., New Orleans, LA 70118. (504) 865-5501. FAX (504) 865-5512.

June 5 (Sat)

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

-New York, NY. MET USAT&F Outdoor Championships, Randalls Island, NY. Tracy Sundlun-MAC, 57 Reade St., 4th Floor, New York City, NY 10007. (212) 227-0071. FAX (212) 227-0756.

June 6 (Sun)

-Monmouth, OR. Oregon USAT&F Ass'n.

Open Track & Field Championships, Griswold Stadium. Bemy Wagner, 1111 Pawnee Circle, SE, Salem, OR 97306. (503) 585-8107.

June 10 (Thurs)

-Long Beach. USAT&F Tune-Up, Long Beach State Track, Andy Sythe, 1250 Bellflower Blvd., Long Beach 90840. (310) 985-1700. FAX (310) 985-8197.

June 11 (Fri)

-Central California USAT&F Ass'n Championships. Ken Dose, 1101 E. University Ave., Fresno 93741. (209) 442-4600. FAX (209) 485-3367.

June 17-19 (Thurs-Sat)

-Eugene, OR. USA/Mobil Outdoor Championships (Multis 15-16), Hayward Field. Tom Jordan/Barbara Kousky, P.O. Box 10825, Eugene, OR 97440. (503) 687-1989. FAX (503) 687-1016.

July 1 (Thurs)

-Long Beach. Long Beach Summer All-Comers, Long Beach State Track. Andy Sythe, 1250 Bellflower Blvd., Long Beach 90840. (310) 985-1700. FAX (310) 985-8197.

July 2

-Edinburgh, Scotland. USA-Great Britain Outdoor Dual T&F Meet.

July 3 (Sat)

-Sacramento. Independence Invitational, Sacramento State Univ. Joe Neff, Ath Dept, 6000 J Street, Sacto 95819. (916) 278-6208. FAX (916) 278-5429.

July 14-22

-Buffalo, NY. 20th World University Games.

July 22 (Thurs)

-Long Beach. Long Beach Summer All-Comers. Info same as July 1.

August 13-22

-Stuttgart, Germany. IAAF World Championships.

September 10

-London, Great Britain. 9th IAAF/Mobil Grand Prix Final.

Masters

Track & Field

March 13 (Sat.)

-Los Angeles. LA Patriots Meet. LA City College. Info: (213) 662-1062.

March 19-21 (Sat-Sun)

-Bozeman, MT. USAT&F National Masters Indoor Championships, Montana State Univ. Bob Sager, 545 Coulee Dr., Bozeman, Mt.

59715. (406) 587-1141.

March 27

-Sacramento, CA. River City Spring Track Festival. Sacramento State University. SASE Michael Holzgang, PO Box 255131, Sacramento, CA 95865 (916) 489-7881 (7-9 pm).

April 25 (Sun)

-Sacramento. Ken Carmine Masters Invitational, Sacto State Univ. Joe Neff, Ath Dept, 6000 J St., Sacto 95819. (916) 278-6208. FAX (916) 278-5429.

May 8

-Sacramento, CA. River City Invitational. Sacramento State Univ. SASE to Michael Holzgang, PO Box 255131, Sacramento 95865 (916) 489-7881 (7-9 pm).

May 15 (Sat.)

-Long Beach. Southern California Striders T&F Meet. CS Long Beach. (213) 666-0379.

June 5-6 (Sat-Sun)

-Sacramento, CA. California Senior Games. (Over age 50), Cordova Park & High School. Cindy Vine, City of Sacramento Parks & Community Services, 6005 Folsom Blvd., Sacramento, CA 95819 (916) 277-6094.

June 12 (Sat)

-Los Gatos. Pacific USAT&F Ass'n. Masters Championships, Los Gatos High School. Bruce Springbett, 220 Oak Meadow Dr., Los Gatos 95030. (408) 354-7333.

June 19 (Sat)

-Los Gatos. Pacific USAT&F Ass'n. Masters Championships. Info same as June 12.

-Los Angeles. Southern California USAT&F Ass'n. Masters Championships, Occidental College. Christel Miller, 1740 Grandview Ave. Glendale 91201. (818) 843-2139.

July 10-11

-Columbus, OH. USAT&F National Decathlon/Heptathlon. John White, 4865 Arthur Place, Columbus, OH 43220 (614) 459-2547.

July 11 (Sun.)

-Los Angeles. Trojan Masters Meet. USC. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744 (818) 917-6289.

July 11-12

-Columbus, OH. Natl Decathlon /Heptathlon.

August 11-14 (Wed-Sat)

-Provo, UT. USAT&F National Masters Outdoor Championships, Brigham Young Univ. Ben Stowell, 1663 Moordale Lane, Salt Lake City, UT 84117. (801) 272-9316.

BOOKS.. FROM CTN

- Ed Fern's Flight School -- \$8.50
Ed Fern. 72 pgs. Illustrated.
- How High School Runners Train -- \$5.00
ed. by Frank P. Calore. 2nd ed. 1982. 128 pgs. Illustrated.
- Peak When It Counts: Periodization for American T&F -- \$12.00
William H. Freeman. 1969. 111 pgs. Illustrated.
- Competitive Edge -- \$10.00
Rich Elliott. 193 pgs.
- The Throws Manual -- \$15.00
Kevin McGill & George Dunn, Jr. 153 pgs.
- The Hurdles -- \$13.50
- TAC T&F Coaching Manual -- \$16.00

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SCHEDULE

September 24 (Fri)
~Long Beach. Sri Chinmoy Masters Meet. CS Long Beach. (213) 838-4746.

October 2
~Santa Barbara. Club West Meet. Santa Barbara City College. (805) 682-9540.

October 6-17
~Miyazaki, Japan. WAVA World Games. 81-985-32-3376. FAX: 81-985-31-1153.

Camps / Clinics

July 9-13 (Fri.-Tues.)
~Buffalo, New York. XIII International Track & Field Coaches Association Congress & Clinic. (Immediately Preceding the World University

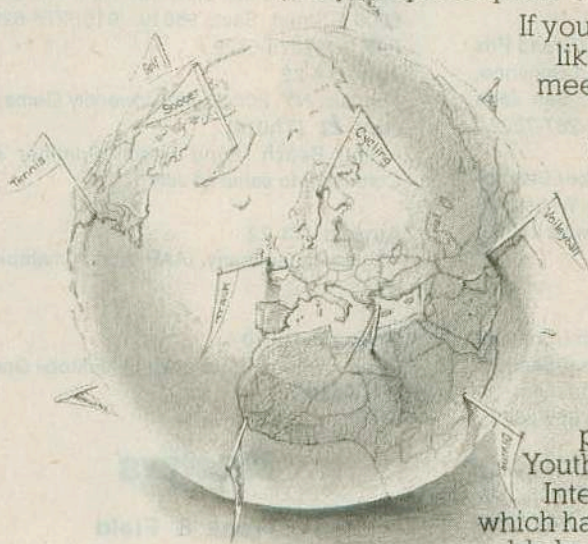
Games). Track & Field Events at Univ. of Buffalo Stadium. ITFCA, 1705 Evanston St, Kalamazoo, Michigan 49008.

August 2-8 (Mon-Sun)
~Lake Tahoe, CA. Camp Fleet Feet. Fitness Sports Camp. Camp Fleet Feet, 4455 Arden Way, Sacramento, CA 95864. (916) 972-1119.

August 1-Sept. 4:
~9th Annual Runner's Workshop Cross Country Running Camps. (Coed - Ages 12 & Older). **Aug. 1-6:** Lake Tahoe, CA. **Aug. 8-13:** Lake Tahoe, CA. **August 8-13:** Prescott, AZ. **Aug. 24-29:** Catalina Island, CA. **Aug. 30-Sept. 4:** Catalina Island, CA. For more info contact Mark & Rene Celestin, Coordinators: (310) 493-7545. Runner's Workshop Inc., P.O. Box 5028, Los Alamitos, CA 90720.

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(Do you speak Sports?)

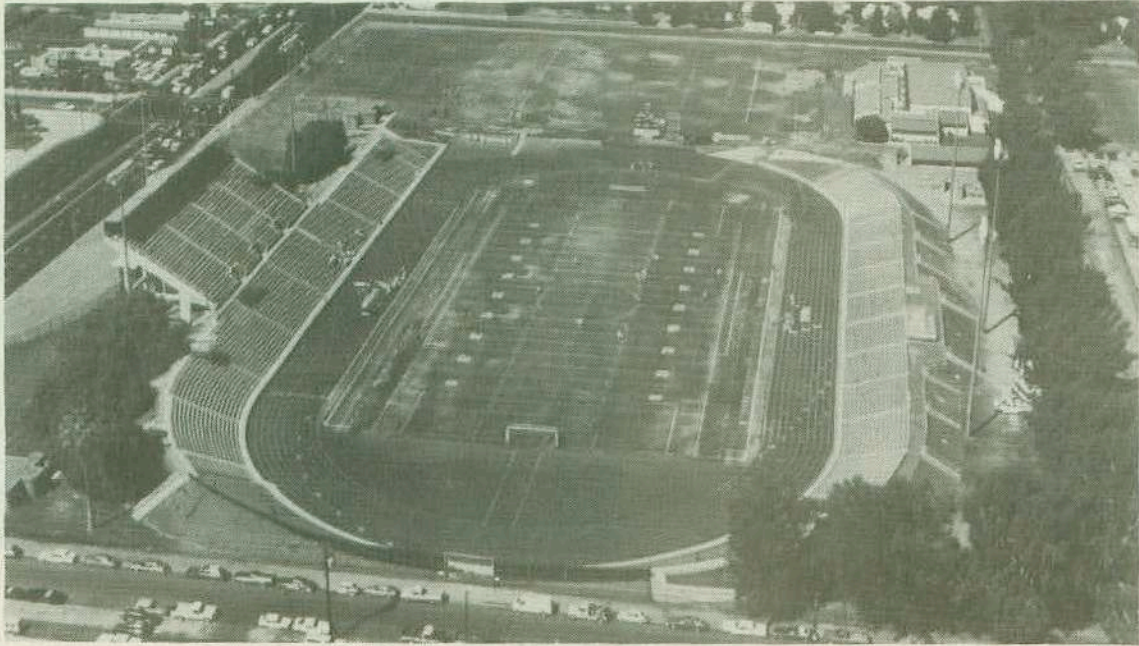


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A public service message of this magazine



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April 2-3, 1993

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MARC DAVIS

Photo by Bill Leung, Jr.

Sunkist

Indoor Track & Field Meet

Saturday, February 20th
L.A. Sports Arena
160 Yard Banked Board Track

By **DOUG SPECK**

(Preps below from California unless noted by name of state following school name)

Prep

California's lone indoor competition, the Thirty-Fourth Annual Sunkist Invitational, was held Saturday, February 20th, with the day a very complete one of enough action in the sport for even the most hearty. With over 1200 prep athletes from around the country taking part there were a number of very fine performances, with some great things set up to look forward to locally this spring.

The Morningside (Inglewood) Girls 4x440 relay group blazed, frosh Michael Granville (Bell Gardens) showed his age-group clip-pings were worth paying attention to, there was good 50 meter sprint action, and fine Girls 4x880 relay racing and High-Jumping took the spotlights.

Morningside, the nation's leading 4x100 relay group outdoors last spring (45.83) and #4 4x400 group (3:45.86) welcomed almost everyone back, with the group blazing the day's quickest 4x160 (1:14.69) early in the day, then returning in the 4x440. In a heat against a strong Bishop O'Dowd (Oakland) team, Morningside's Nicole Thompson (60.3) had a slight lead, with #2 Monarch star Jaronda White charging away from State 800m and Divisional Cross Country Champion, Miesha Marzell of O'Dowd, during a 56.8 split. The team was clear as Felicia Williams blazed 58.6

and LaShawn Stringer, returning to the program after a year's absence, soloed 58.5 on the anchor split. The time 3:54.19 is the #2 time ever run by a California team behind Long Beach Poly's then national record of 3:52.35 from 1980, and one of the fastest ever run on a 160 yard banked board track. The Morningside crew looked sharp!

Frosh Michael Granville (Bell Gardens) was the Junior Olympic 13-14 Champion at 400 (48.57) and 800 (1:56.7 in a regional meet) champion last summer. Locals who followed his pre-high school career were "gaa-gaa" about his potential, with an impressive start to his prep career here. In a 500 Yard heat against 48.96 400m star Derek Favorite (Centennial, Corona) Granville charged out, and powered away from the older runners over the final 160 yard lap on the way to a 60.01 clocking, which took down the 60.4 national frosh best set here by Troy Delemar of Pasadena back in 1979. Michael should have a great prep career! Ethan Taub (Foothill, Santa Ana) showed conditioning and strength while moving through the 440 at 49.6 to one of the quickest overall clockings in recent years in his 500 yard heat win at 58.82.

The 50 Meter sprint races were great! On the Boys side, a fine Golden State group had soph Bryan Howard (Canyon Springs, Moreno Valley--transfer from West Bakersfield where he raced 10.66 for 100m as a frosh!) race 5.84 for a Meet Record in his heat, with Colo-

rado State bound footballer Paul Turner (University City, San Diego) also impressive during a 5.85 prelim win. In the Finals the very strong and quick Howard led for forty-five meters, with Turner mounting a strong finish through the last couple of strides, edging ahead by a matter of inches 5.80-5.84, with the winner from San Diego surprisingly taking down the national prep best of 5.81 set by Bill Green (Cubberly, Palo Alto, Ca) and Ray Threatt (Pittsburg, Ca) back in 1979. California has a good looking group of male prep sprinters as we head for the spring!

The Girls 50 Meter event was without Marion Jones (1000 Oaks), as the two-time defending champion was busy with basketball action in the Section play-offs. The Moore League (greater Long Beach area) has become dominant locally on the female side, with super age-grouper, Lakeisha Backus (11.98 and 24.58 as eighth grader) showing up at Long Beach Wilson. The League already has two of the nation's best in Long Beach Poly sophs Aminah Haddad (11.73-23.97) and Andrea Anderson (11.77-24.11), with the conference finals tougher than most State final events. Anyway, Backus blasted a 6.49 heat (#7 prep time ever), with Haddad false-starting out of that race). Anderson took Heat Two at 6.46 (=#6 all-time prep). In the Finals Anderson proved dominant this day, blazing 6.53 to win by a meter over Jaime Sims (Etiwanda). When Marion Jones

continued next page...

joins the show this spring there will be some very, very exciting local sprinting on the Girls side.

Girls 880 action, individually, and in the 4x880 relay was strong. In the 4x880 Wilson (Long Beach), with one of the State's top middle distance groups ever, featuring Erica Sumi (4:51 1600m 1991), Christine Lewis (2:15.24 800m/5:10.74 1600m), and Leslie Chowen (2:16.70 800m), raced an impressive 9:43.9, the nation's #4 time indoors thus far this winter, in winning over Upland (9:46.8) and Agoura (9:47.1). Christie Engesser (Ocean View, Huntington Beach) rocketed out for her team that was way back in the 4x880 relay, finishing in 2:22, then returned to meet a good field in the Open 880 event. Showing conditioning built up while one of the leaders of the Cross Country State Division II Championship teams, the 2:11.23 outdoor specialist raced away from a fine field to win at 2:17.7, the nation's #6 prep 1993 indoor time. Duarte's Nathan Woods (1:52.35) led from early on against a strong Boys 880 field, taking a field that included five others at 1:55.1 or better through the first 440 at 58.7, then holding off fast-closing Paul de la Cerda (Hart, Newhall) 1:58.11-1:58.18. Adrian Garcia (Roosevelt, Fresno) took Heat 2 out at 56.9 (440), and looked strong in moving to a 1:59.69 win.

The Girls High Jump field was led by one of the nation's best, Danielle Boswell (Bullard, Fresno), with the 5-11 leaper joined through 5-6 by fine all-arounder Tracye Lawyer (Cate, Carpinteria), a 5-7 jumper last year who went on to age-group success in the Heptathlon (her 4254 score there was the nation's top frosh effort). With the bar at 5-8 Lawyer surprised with a personal best, with Boswell also clearing, with the Cate star (Cate is a pleasant, private school of 250 nestled in the foothills above Carpinteria) winning on misses. The Boys High Jump events were also impressive, with Clovis West (Fresno) junior Rick Madsen sailing over a personal best of 6-8 to take the rated event, and Lavelle Baloney (Del Mar, San Jose) edging Jim Romero (L.A. Baptist, Sepulveda) at the same height in the seeded contest.

The Boys Pole Vault was plagued by a "too-low" 13-0 opening height, with the 1:00 p.m. starting event still heavy with action after 5:00, with the Collegiate/Open Field anxious to warm up. Ten in the prep event cleared 14-6, with a ton of personal bests! Brandon Vance (Los Gatos), Robby Weighall (Highlands, Bakersfield), Tye Harvey (Sono-

ra), Sergio Alusha (El Rancho, Pico Rivera), Jeremy Parker (Upland), and Scott Slover (Leland, San Jose) all were over 15-0, with Harvey and Slover already having cleared 16-0 earlier this winter in the Reno meets. With time running short the bar was placed from 15-0 to 15-9, with Vance the only successful vaulter at that level. Brandon attempted 16-2 1/2, with the rush near the end affecting him and others, such as Slover, who were really only getting warmed up when the event ended. This will be another local strong event area this spring! Stunning beauty, Cheaza Figueroa (Quartz Hill) took the Girls Long Jump at 18-8 3/4, the nation's #4 effort of the winter. Five were over 18-0 in that event. In the very competitive Triple Jump, Muir (Pasadena) junior Amber Roberts won at 38-2 1/2 (nation's #3 prep effort this winter), with the next five in the field having a mark among the top dozen recorded nationally by preps thus far this winter indoor season.

John Muir (Pasadena) showed a wicked male sprint crew, blazing a 1:04.9 4x160 effort (certainly extrapolating out to around 41.0 potential outdoors), with a 2:12.69 8x160 win later in the meet in the Invitational level of that event. Coach Clyde Turner's Mustangs have a bunch of people who can fly! The Long Beach Poly Girls group (45.86 last year outdoors for 4x100m, nation's #2 clocking), were wicked on their side, blazing 2:31.70 to take down their own meet record from 1990.

Foothill (Santa Ana), with another strong, consistent group, raced the day's quickest Boys 4x440 time at 3:30.2, with Morningside (Inglewood) anchored by Edward Turner, and Hawthorne by Damon Oliver, who made a particularly impressive last lap charge, showing long relay potential in heat victories. Canyon (Canyon Country) had the day's best 4x880 clocking in a comfortable 8:17.87 Heat 1 win.

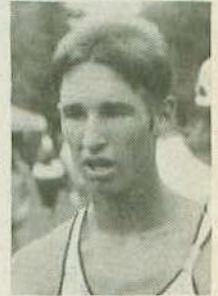
Hurdles action featured the state's top returnees, with Drue Powell (Reseda) taking John Muir of Pasadena's Gerald Stamps in the Boys 50 Meter event 6.94-7.00. Jennifer Odom (Independence, San Jose) had the fastest Girls time, with her 7.66 a bit ahead of the other fastest heat win winner, Elinor Tolson (Fountain Valley) (7.79).

The Long Distance events were headlined by Carrie Garritson (Buena Park), with the eleventh grader sitting out a year of Varsity eligibility after a switch from same district school Sunny Hills (Fullerton) to Buena Park. Last year's two mile winner at 10:45.7, Garritson was off to the races once again, charging

through the mile at 5:20.0 with Maribella Aparicio (Fillmore) close. Carrie noticeably pushed the pace right at the mile point, steadily easing away to a 10:52.52 win over Aparicio's 11:02.27. Karen Bockel (Nordhoff, Ojai) was third at 11:24.05, with Elyse Homberger (Edison, Huntington Beach) 11:25.70 in her first two mile race ever on any track. The Foot Locker Boys National Championship Mile, a top group from across the country, had the field fall in behind favorite Brian Wilkinson (Merced), 4:11.17 last year and second in the Millrose mile at 4:16.58 two weeks previous. The first 440 took a casual 67.0 with the 2:15.7 880 a bit slower than most hoped for. At 3:24.6 at the 1320 the Merced star had Bob Keino, Kip's son and an eleventh grader at Ridge-wood HS in New Jersey, and surprising Phillip Price (Catoosa, Okla) close in tow.

During a furious last two and three-quarters lap sprint Wilkinson managed to stay just ahead of his pursuers, running 59.0 for the final 440 to win at 4:23.56 over Price (4:24.32), with Keno third at 4:24.72. Christina Blackmer (Upland) took the Girls Seeded Mile race at 5:12.90.

In an attempt to include all areas of the Track & Field program, an outdoor Shot Put was held at USC, with Tyson Lingenfelter (Upland) taking the Boys event with a fine 56-7 1/4, and Chelsea Stephens (Atwater) taking the Girls event at 42-2 1/4.



BRIAN WILKINSON
Photo by Bill Cockerham

HIGH SCHOOL RESULTS

ALL ATHLETES COMPETED UNATTACHED WITH SCHOOL NAMES FOR IDENTIFICATION PURPOSES ONLY. Athletes listed with grades for 1992-93 school year (- = 12th grader, * = 11th grader, ** = 10th grader, *** = 9th grader, nothing = grade unknown).

High School Girls

50 Meters (H-1) 1. ***Lakisha Backus (Wilson, Long Beach) 6.49, 2. *Jaime Sims (Etlwanda) 6.52, 3. *Michelle Reid (Folsom) 6.76, 4. **Lucinda Watson (Century, Santa Ana) 7.05 (Haddad-Long Beach Poly dq false starts), (H-2) 1. **Andrea Anderson (Poly, Long Beach) 6.46, 2. *Tai-Ne Gibson (Morningside, Inglewood) 6.65, 3. *Miesha McKelvey (Gahr, Cerritos) 6.89, 4. *Dominique Hughes

continued next page...

(Ganesha, Pomona) 6.92. (H-3) 1. *Bisa Grant (Bishop O'Dowd, Oakland) 6.65, 2. -Oshonda Posey (North Hollywood) 6.74, 3. **Miesha Wilson-Duval (Woodbridge, Irvine) 6.78, 4. -Chanelle Anderson (Poly, Long Beach) 6.78, 5. ***Jennifer Knowles (Muir, Pasadena) 6.87, 6. *Lisa Key (Lynwood) 6.94. (H-4) 1. **Heather Sumpter (Muir, Pasadena) 6.68, 2. **Kelly White (Logan, Union City) 6.81, 3. **Kanesha Miller (Morse, San Diego) 6.96.

FINALS--1. **Andrea Anderson (Poly, Long Beach) 6.53, 2. *Jaime Sims (Etiwanda) 6.60, 3. ***Lakeisha Backus (Wilson, Long Beach) 6.61, 4. **Heather Sumpter (Muir, Pasadena) 6.64, 5. *Tai-Ne Gibson (Morningside, Inglewood) 6.66, 6. *Bisa Grant (Bishop O'Dowd, Oakland) 6.73.

500 Yards (R-1) 1. -Asha Jayasinghe (Arcadia) 1:12.76, 2. -Jo-Launa Gifford (Poly, Long Beach) 1:13.75, 3. -Barbie Jones (San Marcos, Santa Barbara) 1:14.03, 4. **Monique Dale (Logan, Union City) 1:14.56. (R-2) 1. ***Lana Garner (Morse, San Diego) 1:11.41 (60.0 at 440 yards), 2. -Allie Kemp (San Dieguito, Encinitas) 1:12.23, 3. *Marlene Lang (Fountain Valley) 1:12.46, 4. -Charlene Baldwin (Logan, Union City) 1:15.04.

880 (R-1) 1. -Christie Engesser (Ocean View, Huntington Beach) 2:17.7, 2. **Kristie Johnson (Central, Fresno) 2:21.1, 3. *Kamara Mayberry (St. Bernard, Playa del Rey) 2:21.3, 4. -Vicky Fleschner (Fortuna) 2:25.2, 5. -Michelle Muething (Amador Valley, Pleasanton) 2:27.6. (R-2) 1. *Shalynn Carr (Bonita, La Verne) 2:21.1, 2. **Courtney Pugmire (Esperanza, Anaheim) 2:27.2, 3. ***Laneisha McPherson (Independence, San Jose) 2:27.5, 4. ***Tamika Rodriguez (Chino) 2:29.5.

One Mile (Rated) (R-1) 1. *Jamie Artzner (Pensinsula, Rolling Hills) 5:18.27 (4:58.4 1500m), 2. *Meghan Mayes (Capistrano Valley, Mission Viejo) 5:20.44, 3. *Joanna Cerri (Downey, Modesto) 5:22.20, 4. *Kim Nelson (Canyon, Anaheim) 5:24.01, 5. -Jennifer Verglith (Mt. Carmel, San Diego) 5:26.10, 6. *Andrea Bruins (Rancho Cucamonga) 5:28.11. (R-2) 1. **Sarah Etman (South Pasadena) 5:28.47, 2. **Allison Twist (San Marino) 5:31.38. (Seeded) 1. -Christina Blackmer (Upland) 5:12.90 (4:53.4 1500m), 2. -Miesha Marzell (Bishop O'Dowd, Oakland) 5:16.90 (4:54.3 1500m), 3. -Kristina Dahlberg (El Modena, Orange) 5:21.82, 4. -Christine Lewis (Wilson, Long Beach) 5:23.47, 5. *Lisa Crouch (Aptos) 5:23.58, 6. -Janna Evans (Edison, Huntington Beach) 5:25.11.

Two Mile--1. *Carrie Garritson (Buena Park) 10:52.52 (10:07.6 3000m), 2. -Maribella Aparicio (Fillmore) 11:02.27 (10:16.7 3000m), 3. -Karen Bockel (Nordhooff, Ojai)/Ger 11:24.05, 4. **Elyse Homberger (Edison, Huntington Beach) 11:25.70, 5. -Mayra Medina (Laguna Hills) 11:38.93, 6. **Nicole Silva (Aptos) 11:44.37, 7. *Gabriela Rodriguez (Oxnard) 11:47.37, 8. -Liz Leigh-Wood (Aptos) 11:56.41.

50 Meter Hurdles (33") (R-1) 1. **Jennifer Odom (Independence, San Jose) 7.66, 2. -Zenzile Johnson (Paraclete, Lancaster) 7.91, 3. *Cori Rogers (Poway) 8.30, 4. -Mashana Mays (Hawthorne) 8.46. (R-2) 1. -Elinor Tolson (Fountain Valley) 7.79, 2. -Alison Rhodes (South Hills, West Covina) 8.23, 3.

*Miesha Mckelvy (Gahr, Cerritos) 8.44. (R-3) 1. **Katie Mook (Foothill, Santa Ana) 8.09, 2. *Heather Novak (Santa Margarita, Rancho SM) 8.13. (R-4) 1. -Ch'a Mosley (Marshall, L.A.) 7.93, 2. -Christine Stark (San Pasqual, Escondido) 7.95, 3. **Andrea Wasden (Rio Mesa, Oxnard) 8.32.

4x160 relay (R-1) 1. Hawthorne 1:18.91, 2. Arcadia 1:19.79, 3. Harvard-Westlake (North Hollywood) 1:24.07. (R-2) 1. Rio Mesa (Oxnard) 1:17.88, 2. Logan (Union City) 1:18.06, 3. Upland 1:24.02, 4. Palmdale 1:24.37. (R-3) 1. University (L.A.) 1:18.79, 2. Muir (Pasadena) 1:19.30, 3. Centennial (Corona) 1:20.62, 4. Silver Creek (San Jose) 1:21.54. (R-4) 1. Morningside (Inglewood) 1:14.69, 2. Bishop O'Dowd (Oakland) 1:18.10, 3. Thousand Oaks (w/o Marion Jones) 1:22.81. (R-5) 1. Canyon Springs (Moreno Valley) 1:19.82, 2. Dos Pueblos (Goleta) 1:21.96, 3. Lompoc 1:26.02, 4. Duarte 1:28.52.

8x160 (Rated) 1. Mission Viejo 2:42.2, 2. Pomona 2:47.8, 3. Yucaipa 2:51.9, 4. Pius X (Downey) 2:54.7. (Invitational) 1. Poly (Long Beach) 2:31.70, 2. Lynwood 2:36.47, 3. Wilson (Long Beach) 2:37.43, 4. Muir (Pasadena) 2:41.66.

4x400 (R-1) 1. Notre Dame Academy (L.A.) 4:16.88, 2. Hawthorne 4:16.91, 3. Arcadia 4:17.43. (R-2) 1. Logan (Union City) 4:16.62, 2. Upland 4:18.40, 3. Foothill (Santa Ana) 4:19.79. (R-3) 1. San Pasqual (Escondido) 4:11.14, 2. University (L.A.) 4:17.61. (R-4) 1. Morningside (Inglewood) 3:54.19 (fastest ever 11 lap track-- Nicole Thompson 60.3, Jaronda White 56.8, Felicia Williams 58.6, La-shawn Stringer 58.5), 2. Bishop O'Dowd (Oakland) 4:04.67, 3. Thousand Oaks 4:21.79. (R-5) 1. Lynwood 4:24.3.

4x880 (R-1) 1. Wilson (Long Beach) 9:43.9, 2. Upland 9:46.8, 3. Agoura 9:47.1, 4. (Tie) Aptos & El Modena (Orange) 10:01.2, 6. Laguna Hills 10:01.2, 7. Thousand Oaks 10:03.5, 8. Peninsula (Rolling Hills) 10:04.1. (R-2) 1. Corona del Mar (Newport Beach) 10:10.5, 2. Tustin 10:27.1. (R-3) 1. El Toro 10:30.1.

High Jump--1. **Tracye Lawyer (Cate, Carpinteria) 5-8, 2. *Danielle Boswell (Bullard, Fresno) 5-8, 3. (tie) *Cathy Watson (Saugus) & -Darci Morrison (Laguna Hills) 5-4, 5. (tie) *Jamie Ullrich (North, Bakersfield) & -Reischa Candidate (Clovis West, Fresno) 5-2, 7. *Amber Roberts (Muir, Pasadena) 5-2, 8. -Ingrid Bekkers (Los Gatos) 5-0.

Long Jump--1. -Cheaza Figueroa (Quartz Hill) 18-8 3/4, 2. -Amy Littlepage (Mt. Miguel, Spring Valley) 18-1 3/4, 3. *Michelle Reid (Folsom) 18-0 3/4, 4. -Jennifer Frank (Oak Park) 18-0 1/2, 5. -Melinda Forest (Mt. Miguel, Spring Valley) 18-0 1/4, 6. *Ebony Henderson (Bakersfield) 17-6 3/4, 7. -Christine Sherwood (Watsonville) 17-5.

Triple Jump--1. *Amber Roberts (Muir, Pasadena) 38-2 1/2, 2. -Amy Littlepage (Mt. Miguel, Spring Valley) 38-1 1/4, 3. *Ebony Henderson (Bakersfield) 37-9 3/4, 4. *Tamika Porter (Orange Glen, Escondido) 37-9, 5. *Michelle Reid (Folsom) 37-3 1/2, 6. -Karen Vigilante (Wilson, Long Beach) 37-0 1/4, 7. -Christine Sherwood (Watsonville) 36-11, 8. -Wintress Lang (Centennial, Compton) 36-6, 9. *Nina Foster (Mission Viejo) 35-1 3/4.

Shot Put (held outdoors) 1. -Chelsea Stephens (Atwater) 42-2 1/4, 2. *Soozie Shanley (Tulare) 41-3, 3. -Beth Burton (Warren, Downey) 39-9, 4. -Karin McCall (Santa Rosa) 38-11, 5. -Yolanda Crowder (Bakersfield) 38-8 1/2, 6. *Delores Tuimaloau (Channel Islands, Oxnard) 38-7.

High School Boys:

50 Meters (H-1) 1. -Tony Serpas (Birmingham, Van Nuys) 5.97, 2. -Anthony Volson (Merced) 6.00, 3. Elliot Elal (unknown HS) 6.04, 4. -Che Garcia (Anaheim) 6.20. (H-2) 1. **Bryan Howard (Canyon Springs, Moreno Valley) 5.84 (Meet Record), 2. -Brian Lewis (Highlands, North Highlands) 5.94, 3. *Jamie Houston (Lemoore) 6.04. (H-3) 1. -Paul Turner (University City, San Diego) 5.85, 2. -Damarion Knight (Lynwood) 5.93, 3. -Saki Middleton (Norwalk) 6.05, 4. -Robert Rice (Mt. Pleasant, San Jose) 6.06. (H-4) 1. **Marques Hollwell (West Bakersfield) 5.94, 2. *Gary Young (Woodbridge, Irvine) 5.94, 3. *Vince Boone (Duarte) 6.04, 4. -Charles Gates (Locke, L.A.) 6.04.

Football 50 meters (H-1) 1. *All Evans (Vallejo) 6.08, 2. *Damian Murphy (Poly, Long Beach) 6.11, 3. Jason McCorvey (Poly, Long Beach) 6.13, 4. -David Moala (Hawthorne) 6.24. (H-2) 1. -Saladin McCullough (Muir, Pasadena) 6.00, 2. -Kevin Devine (Nogales, La Puente) 6.05, 3. -Tank Smith (Oak Park) 6.10, 4. Rashad Sanders (Lincoln, San Francisco) 6.17, 5. -Scott Mitchell (Agoura) 6.18, 6. Davon Passno (Ventura) 6.21.

FINALS--1. -Paul Turner (University City, San Diego) 5.80 (NATIONAL HIGH SCHOOL INDOOR BEST AND MEET RECORD), 2. **Bryan Howard (Canyon Springs, Moreno Valley) 5.84, 3. -Damarion Knight (Lynwood) 5.94, 4. -Brian Lewis (Highlands, North Highlands) 5.99, 5. *Gary Young (Woodbridge, Irvine) 6.02, 6. **Marques Hollwell (West Bakersfield) 6.07.

500 Yards (R-1) 1. *Ethan Taub (Foothill, Santa Ana) 58.82 (49.6 440 yards), 2. -Ben Martinez (Belmont, L.A.) 61.09, 3. *Andre Delaussure (Taft, Woodland Hills) 61.59, 4. **Jimmy Hutsell (Cypress) 61.97. (R-2) 1. *Kenny Haslip (Muir, Pasadena) 60.18, 2. -Ramone Clark (Dorsey, L.A.) 60.24, 3. -Jason Campbell (North, Riverside) 60.25, 4. -George King (Nogales, La Puente) 62.79. (R-3) 1. *Walter Smith (McAteer, San Francisco) 61.17, 2. -Atlas Kendricks (Bakersfield) 61.91, 3. -Scott Elkin (Cypress) 62.11, 4. -Damon Oliver (Hawthorne) 62.46, 5. R.C. Stolpe (University, San Diego) 63.24. (R-4) 1. ***Michael Granville (Bell Gardens) 60.01 (NATIONAL FROSH RECORD-OLD RECORD 60.4 TROY DELEMAR (PASADENA, CA) 1979), 2. -Derek Favorite (Centennial, Corona) 62.65, 3. -Santiago Delgado (El Rancho, Pico Rivera) 62.73, 4. -Artis Seymore (Barstow) 64.05.

880 (R-1) 1. -Nathan Woods (Duarte) 1:58.11, 2. -Paul de la Cerda (Hart, Newhall) 1:58.18, 3. *Vondre Armour (Bakersfield) 2:00.50, 4. -Collin Dean (Bishop O'Dowd, Oakland) 2:02.73, 5. -Ted Heath (Foothill, Santa Ana) 2:05.62. (R-2) 1. -Adrian Garcia (Roosevelt, Fresno) 1:59.59, 2. *Josh Quintal (Fortuna) 2:00.57, 3. *Brian Peterson (Row-

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land, Rowland Heights) 2:00.61, 4. -Scott Kolenic (Rancho Bernardo, San Diego) 2:02.23, 5. Greg Field (Notre Dame, ??) 2:02.48, 5. -Chad Cook (Royal, Simi Valley) 2:03.65.

Mile (Rated) (R-1) 1. *Eric Dunn (Arroyo Grande) 4:29.06, 2. *Mark Hauser (St. Augustine, San Diego) 4:29.43, 3. -Morris Giddens (Gardena) 4:29.54, 4. **Brett Strahan (Hart, Newhall) 4:33.15, 5. *Omar Marroquin (Hamilton, L.A.) 4:36.36. (R-2) 1. -Jeff Sneed (La Canada) 4:31.92, 2. -Angel Ibarra (Righetti, Santa Maria) 4:33.75, 3. -Donald Camona (Hueneme, Oxnard) 4:34.85, 4. *Greg Tadmey (Silver Creek, San Jose) 4:38.75.

Nat'l Championship Mile--1. -Brian Wilkinson (Merced) 4:23.56 (4:08.6 1500m) (59.0 final 440), 2. -Phillip Price (Catoosa, Okla) 4:24.32 (4:08.9 1500m), 3. *Bob Keino (Ridgewood, NJ/Kenya) 4:24.72 (4:09.0 1500m), 4. -Mike Jackson (Independence, St. Joseph, Mo) 4:25.64, 5. -Chad Wenger (Mira Mesa, San Diego) 4:26.92, 6. -Ryan Wilson (Agoura) 4:27.01, 7. -Jim Cera (Upland) 4:31.04, 8. -Paul de la Cerda (Hart, Newhall) 4:31.13, 9. -Mike Love (Katella, Anaheim) 4:33.60.

Two Mile--1. -Tim Martin (Page, Az) 9:29.2, 2. -Theo Martin (Page, Az) 9:29.6, 3. -Margarito Casillas (Hoover, Glendale) 9:30.9, 4. -Ricardo Brewer (North, Bakersfield) 9:41.0, 5. -Nazario Romero (San Pasqual, Escondido) 9:41.9, 6. -Ben Flamm (Huntington Beach) 9:48.2.

50 Meter High Hurdles (R-1) 1. -Drue Powell (Reseda) 6.94, 2. -Gerald Stamps (Muir, Pasadena) 7.00, 3. *Jason Meadearis (Hart, Newhall) 7.12, 4. -Marquis Jones (Hawthorne) 7.24. (R-2) 1. -Shawn Shamsideen (Morningside, Inglewood) 7.15, 2. *Larry Parker (Bakersfield) 7.16, 3. *Kyle O'Neil (Bella Vista, Fair Oaks) 7.17, 4. *Nam Duong (Silver Creek, San Jose) 7.14. (R-3) 1. -Bruce Dunams (North, Riverside) 7.12, 2. *Geremi Burleigh (Upland) 7.13, 3. -David Moala (Hawthorne) 7.19, 4. -Danny Peryman (Lemoore) 7.22, 5. -Andy Colbert (Muir, Pasadena) 7.27.

4x440 Relay (R-1) 1. Loyola (L.A.) 3:37.3, 2. Arcadia 3:43.0. (R-2) 1. Ayala (Chino) 3:42.1, 2. Poly (Long Beach) 3:44.8, 3. Banning (Wilmington) 3:45.5. (R-3) 1. Foothill (Santa Ana) 3:30.2, 2. Bakersfield 3:36.2, 3. Woodbridge (Irvine) 3:41.3. (R-4) 1. Morningside (Inglewood) 3:35.3, 2. La Puente 3:37.4, 3. Lynwood 3:41.7, 4. Upland 3:42.0. (R-5) 1. Hawthorne 3:37.05, 2. St. Francis 3:38.08, 3. Rio Mesa (Oxnard) 3:42.42.

4x160 (R-1) 1. Dorsey 1:07.2, 2. Banning 1:10.3, 3. Bishop Montgomery (Torrance) 1:10.7, 4. Carson 1:11.6, 5. Merced 1:12.5. (R-2) 1. Canyon Springs (Moreno Valley) 1:10.0, 2. Mission Viejo 1:10.3, 3. Daurte 1:11.1, 4. De Anza (Richmond) 1:12.0, 5. Kennedy (Granada Hills) 1:19.8. (R-3) 1. Nogales (La Puente) 1:07.1, 2. Hawthorne 1:08.1, 3. Plus X (Downey) 1:10.1, 4. St. Bernard (Playa del Rey) 1:11.2. (R-4) 1. Muir (Pasadena) 1:04.9, 2. Mt. Pleasant (San Jose) 1:08.9, 3. Verbum Dei (L.A.) 1:09.3, 4. Washington (L.A.) 1:10.5. (R-5) 1. Woodbridge (Irvine) 1:10.23, 2. Birmingham (Van Nuys) 1:10.23, 3. Pomona 1:10.46, 4. Wilson (Long Beach) 1:10.55. (R-6) 1. Eisenhower (Rialto) 1:09.44, 2.

Manual Arts 1:09.79, 3. Bakersfield 1:10.36, 4. Chino 1:17.09.

8x160 Relay (Rated) (R-1) 1. Dorsey (L.A.) 2:16.0 (Meet Record), 2. Saddleback (Santa Ana) 2:19.7, 3. Loyola (L.A.) 2:22.6, 4. Baldwin Park 2:23.6, 5. San Fernando 2:25.3. (R-2) 1. Canyon (Canyon Country) 2:19.3, 2. Chino 2:21.0, 3. Santa Ana Valley 2:23.7, 4. Upland 2:23.8. (Seeded) 1. Muir (Pasadena) 2:12.69, 2. Lynwood 2:18.95, 3. Morningside (Inglewood) 2:18.96, 4. Poly (Long Beach) 2:19.02.

4x880 Relay (R-1) 1. Canyon (Canyon Country) 8:17.87, 2. Saugus 8:28.16, 3. Upland 8:32.53, 4. Huntington Park 8:32.60, 5. Sonora 8:35.75, 6. Merced 8:35.75 (Wilkinson 1:56.3 anchor). (R-2) 1. Villa Park 8:44.33. (R-3) 1. San Gabriel 8:35.74.

High Jump (Rated) 1. *Rick Madsen (Clovis West, Fresno) 6-8, 2. Rancy Martin (Clovis West, Fresno) 6-6, 3. -John Gianola (Hanford) 6-6, 4. *Art Lloyd (Eisenhower, Rialto) 6-6, 5. -Martin Hlike (Crescenta Valley, La Crescenta) 6-4, 6. -Matt Gwaltney (Fountain Valley) 6-4. (Seeded): 1. -Lavelle Baloney (Del Mar, San Jose) 6-8, 2. *Jim Romero (L.A. Baptist, Sepulveda) 6-8, 3. (tie) *Jeremy Fisher (Camarillo) & -Brian Carlson (Katella, Anaheim) 6-6, 5. -Jay Lim (Sonora, La Habra) 6-6, 6. *Eric Nyberg (Mt. Whitney, Visalia) 6-4.

Pole Vault--1. -Brandon Vance (Los Gatos) 15-9, 2. (tie) *Robby Weighall (Highlands, Bakersfield), -Tye Harvey (Sonora), -Sergio Alusha (El Rancho, Pico Rivera), & -Jeremy Parker (Upland) 15-0, 6. -Scott Slover (Leland, San Jose) 15-0, 7. -David Gehrke (Diamond Bar) 15-0, 8. *Ben Stark (Porterville) 14-6, 9. -Jesse Stern (Harvard-Westlake, No. Hollywood) 14-6, 10. Brad Kimbrell (Vestavia Hills, Alabama) 14-6, 11. -Justin Wilson (Rancho Buena Vista, Vista) 14-0, 12. *Borys Orloff (St. John Bosco, Bellflower) 14-0, 13. -David Fipp (La Jolla) 14-0, 14. -Justin Garcia (Coalinga) 14-0, 15. -Chris Buddin (Orange Glen, Escondido) 14-0, 16. *Jeff Truman (Covina) 14-0, 17. -Jeff Wilshusen (Paso Robles) 13-6, 18. -Mike Lanaro (Arroyo, El Monte) 13-6, 19. (tie) -Joe Davidman (Moro Bay) & -Sean Mason (Nevada Union, Grass Valley) 13-6.

Long Jump--1. -Maurice Taylor (University City, San Diego) 22-9 1/4, 2. -Edward Turner (Morningside, Inglewood) 22-8 1/4, 3. -Del Brown (Livermore) 22-0 3/4, 4. -Derek Charles (Hart, Newhall) 21-10 1/4, 5. -Walter Tilles (Fairfield) 21-10 1/4, 6. -Louis Morales (Reedley) 21-2 3/4.

Triple Jump--1. -Derrick Mitchell (Mt. Eden, Hayward) 47-3 1/4, 2. -Xavier Howell (Poly, Long Beach) 47-1, 3. -Mark Baskin (Helix, La Mesa) 46-9 1/2, 4. -Tony Parrish (Marina, Huntington Beach) 46-6 1/2, 5. -Mel Maultry (Beverly Hills) 46-4 1/2, 6. -Brandon Doss (Bella Vista, Fair Oaks) 46-3 1/2, 7. *Myron McClure (Rowland, Rowland Heights) 56-1 3/4, 8. *Geremi Burleigh (Upland) 45-5 1/2, 9.

Shot Put (held outdoors) 1. -Tyson Lingenfeller (Upland) 56-7 1/4, 2. -John Shelton (Duarte) 51-10 1/4, 3. -Beau Ralphs (Newport Harbor, Newport Beach) 51-0 3/4, 4. -Chris Conrad (Brea-Linda) 50-8 3/4, 5. -Alan Duben (Oak Park) 50-5.

Open

The Thirty-Fourth Sunkist Invitational featured a very high quality Invitational/Open portion to its 1993 Meet. The quality of athlete and performance was of Olympic level, with records and impressive performances by many of the sports real giants. The 11,121 who attended during the day and evening enjoyed a fine show.

Olympic Decathlon Robert Zmelik (Czechoslovakia) met World Record Holder Dan O'Brien in a mini-decathlon, Gail Devers (Nike International) set a world record in a very impressive 50 meter run, Joe Falcon (Foot Locker TC) took an exciting sub-4:00 mile, with all-time greats Jackie Joyner-Kersey, Greg Foster, and Kevin Young strong in their events.

The mini-decathlon may catch on during the indoor circuit, with athletes the quality of O'Brien and European Zmelik easily physically capable of the 50 meter sprint, 50 meter hurdles, and long jump they were asked here over the period of a couple of hours. O'Brien is magnificent, leading off with a 6.95 50 meter hurdles, returning for a 5.84 edging of Chris Huffins in the 50 meter dash, then taking the long jump at 25-1 3/4. Dan's point total of 2987 took Huffins 2910, Zmelik's 2843, and Al Joyner's 2660. It was fun to watch these stars do more than one event.

Gail Devers is truly getting up into "Flo-Jo's" class, exhibiting the same long, quick and very powerful stride that the 1988 Seoul Olympic star showed in taking her to "outer-stratosphere" world records. Devers seemed to really get going about two-thirds of the way through her 50 meter event, blasting to a 6.10 clocking which took down Marita Koch's drug-tainted 6.11 World Best and Jeanette Bolden and Michelle Finn's 6.13 American best. Coach Bob Kersee certainly has the big picture in mind, with Gail's eventual development over 1993 something very much worth watching.



GAIL DEVERS

Photo by Bill Leung, Jr.

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Jackie Joyner-Kersey equalled the American record in her 6.84 50 meter hurdle win over Dawn Bowles (6.99), with Greg Foster (World Class TC) continuing undefeated during his farewell season tour, crashing a few barriers and a bit off-balance in a .02 victory over Mark Crear 6.41-6.43 in the Men's 50 Meter Hurdles. Foster received a nice round of applause from the local fans, who regretted the end of the career of one of the World's all-time greats who had developed into that class during a career at UCLA and in open action while a local resident.

The "Sunkist" Mile is usually a good one, with 1993 a bit of a classic in its own way. A great field (Steve Scott, Jim Spivey, Jeff Atkinson, Joe Falcon, and Greg Whiteley, among others), good pacing, and an honest race until the tape gave the evening a good close as the final running event. Rabbit Chris Vincent took the pace out at 59.3 for the first 440, with a foursome that included Falcon, Alamayehu-Roba Jamma (one of Ted Banks' Ethiopians at Riverside CC), and Whiteley close behind. By the 880 Falcon, who indicated beforehand that he was ready for a really fast race, took over and led at 1:58.9. Joe pressed the pace through a 3:00.5 1320, with Whiteley, Scott, and Atkinson on his heels. Some absolutely delightful competition took place over the final two laps, with Falcon giving a real exhibition of indoor tactics, gauging his efforts and course of travel on the straightaways and turns with all the precision of a draftsman, pacing his exertion of effort right through the finish (3:58.95) that had him edge Atkinson (3:59.16) and Scott (3:59.88), with Scott rewarded with his 136th sub-4:00 clocking.

Tall Kevin Young (Foot Locker TC) took to the boards here so much better than one would have thought, extracting himself from the pack after a lap of the 500 yard event, then holding off pesky Gerald McCladdie (Long Beach CC) during the last half lap in moving to a 56.2 500 yard win. McCladdie showed superb conditioning in pushing the Olympic Champion and World Record Holder, with Coach Ron Allice's star bearing watching this spring.

The Shot Put featured Olympic Champion Mike Stulce against Randy Barnes, with this Randy's first competition in thirty months since his disputed drug suspension. Barnes set the indoor standard in one of Southern California's great moments in the sport in the 1989 Sunkist Meet with a 74-4 1/4 world record effort. Stulce put together an impres-

sive series, which included a 70-4 1/4 opener and four others over 69-7 to dominate Barnes, obviously a bit rusty in his first serious competition in so long, with the indoor record holder 67-9 3/4 in second.

Mozambique native Maria Mutola was very strong against Meredith Rainey in the 880, taking off after a 60.1 first 440 to pull away to a 2:01.00-2:04.13 victory. Sandy Richards (Jamaica) showed the same kind of power in the Women's 440, blasting away from the gun to a ten meter triumph at 52.9.

Travis Hannah (Unat) was surprising in a 5.81 50 Meter triumph. Marc Davis (Foot Locker TC) was looking for a national championship qualifying mark over 3000 meters. Through a 4:15.7 first mile Marc and former bay-area prep Brian Abshire had broken away from the field. In a miscout of laps Davis was marginally ahead with one lap to go (correct 3000m finish), then held the Steeplechase star off over the final 160 yard lap to win 8:17.57-8:18.20 over the 3000 meter + 160 yard distance. The Women's Mile continued this winter's rivalry of Shelly Steely (Mizuno) and Alisa Hill (Foot Locker TC). Ruth Wysocki led through a 69.0 (440) and 2:18.6 (880), before the Steely-Hill duo broke away from the pack. A third quarter at 68.2 and gradually accelerating 65.6 final 440 by Steely took enough of the sting out of the much quicker Hill's kick, with the distance star winning 4:32.40-4:32.82.

Billy Payne (Nike International) was impressive in an 18-8 1/4 Pole Vault win.

Open/College Results

Men:

50 Meters--1. Travis Hannah (Unat) 5.81, 2. Tony Miller (UCLA) 5.84, 3. Osmond Ezinwa (Azusa Pacific/Nigeria) 5.85, 4. Horace Dove-Edwin (Sierra Leone) 5.88, 5. Jeff Williams (Stars & Stripes TC) 5.94.

50 Meter Hurdles--1. Greg Foster (World Class Track Club) 6.41 (Meet Record), 2. Mark Crear (Nike) 6.43, 3. Tony Li (China) 6.58, 4. Andrew Parker (Jamaica) 6.74, 5. Takeo Hiraiwa (Japan) 7.00.

500 Yards--1. Kevin Young (Foot Locker Athl Club) 56.2, 2. Gerald McCladdie (Long Beach City College) 56.7, 3. Ibrahim Ismail (Qatar) 57.2, 4. Michael Graham (Santa Monica TC) 59.1, 5. Brian Bridgewater (Cal State L.A.) 60.2.

Mile--1. Joe Falcon (Foot Locker TC) 3:58.95 (3:43.5 1500m), 2. Greg Whiteley (Asics) 3:59.18, 3. Steve Scott (Asics) 3:59.88 (136th Sub-4:00 mile), 4. Jeff Atkinson (Foot Locker TC) 4:00.49, 5. Jim Spivey (Asics) 4:03.83, 6. Jason Pyrah (Brigham Young)

4:03.99, 7. Ibrahim Aden (Somalia) 4:08.89, 8. Steve Ave (Mountain West TC) 4:11.83, 9. Alamayehu Roba-Jamma (Riverside CC/Ethiopia) 4:14.99.

3000 Meters--(race ran one lap too long) 1. Marc Davis (Foot Locker AC) 7:58.3 at correct spot, 2. Brian Abshire (Asics TC).

Pole Vault--1. Bill Payne (Nike Int'l) 18-8 1/4, 2. Paul Benavides (NYAC) 18-4 1/2, 3. (tie) Greg Vena (Reebok) & Scotty Miller (Run-Tex) 17-8 1/2, 5. Tim McMichael (Athl in Action) 17-8 1/2, 6. Jay Borick (Unat) 17-0 3/4.

Shot Put--1. Mike Stulce (Unat) 70-4 1/4, 2. Randy Barnes (Unat) 67-9 3/4, 3. John Godina (UCLA) 64-1 1/4, 4. Brent Noon (Georgia) 62-7 1/4, 5. Gregg Trefalls (NYAC) 62-6.

Decathlon -- (50 Meter Hurdles) 1. Dan O'Brien (Reebok) 6.65, 2. Robert Zmelik (Czech) 6.76, 3. Al Joyner (Flo-Jo International) 6.77, 4. Chris Huffins (California) 6.91. **(50 Meters)** 1. Dan O'Brien 5.84, 2. Chris Huffins 5.84, 3. Robert Zmelik 6.04, 4. Al Joyner 6.07. **(Long Jump)** 1. Dan O'Brien 25-1 3/4, 2. Chris Huffins 25-0, 3. Robert Zmelik 24-7, 4. Al Joyner 22-3. **(Points)**: 1. Dan O'Brien 2987, 2. Chris Huffins 2910, 3. Robert Zmelik 2843, 4. Al Joyner 2660.

35 pound weight throw (Azusa Pacific) 1. Lance Deal (New York Athletic Club) 83-4 1/2, 2. Jim Driscoll (Unat) 68-8, 3. Steve Dering (Oregon International) 68-2 1/4, 4. Scott McGee (Oregon International) 66-5 3/4, 5. Scott Sargent (Triton Club) 53-11 1/4. (University Division) 1. Pat Mair (Azusa Pacific) 55-10 1/4, 2. Lary Johnson (Azusa Pacific) 54-10, 3. Jason Wyatt (Azusa Pacific) 49-6 1/4.

Women:

50 Meters--1. Gail Devers (Nike International) 6.10 (New American Record and Meet Record), 2. Teresa Neighbors (Mizuno) 6.25, 3. Chryste Gaines (California Super Track Club) 6.37, 4. Alice Brown (So Cal Cheetahs) 6.42.

440 Yards--1. Sandie Richards (Jamaica) 52.9, 2. Miriam Knijn (San Diego TC) 54.2, 3. Trevaia Williams (Unat) 54.8, 4. Janeene Vickers (Unat) 55.3, 5. Stephanie Saleem (Atoms TC) 55.5.

880 Yards--1. Maria Mutola (Mozambique) 2:01.00, 2. Meredith Rainey (Unat) 2:04.13, 3. Sharlette Garcia (Arizona State) 2:11.47, 4. Kim Toney (Arizona State) 2:11.47, 5. Jacqueline Love (Unat) 2:14.00.

Mile--1. Shelly Steely (Mizuno) 4:32.40 (4:15.05 1500m), 2. Alisa Hill (Foot Locker TC) 4:32.82, 3. Andrea Sollarova (Czech) 4:41.56, 4. Ruth Wysocki (Unat) 4:43.24, 5. Cynthia Bayles (Nike- Oregon Int'l) 4:44.22, 6. Michelle DiMuro (Mountain West TC) 4:45.65, 7. Darcy Arreola (Unat) 4:45.76.

50 Meter Hurdles--1. Jackie Joyner-Kersey (World Class TC) 6.84, 2. Dawn Bowles (Foot Locker TC) 6.99, 3. Ime Akpan (Arizona St/Nigeria) 7.08, 4. Michelle Campbell (Arizona State) 7.39.

SoCAL DIARY

By Bill Minarik

SoCal Track & Field Preview

PAC-10 Men:

UCLA had the meet of the decade to win last year's PAC-10 and it's doubtful they could repeat that effort. On paper, Oregon is the clear favorite in a relatively weak Conference.

- | | |
|-------------------|-------------|
| 1. Oregon | 6. USC |
| 2. Washington St. | 7. Arizona |
| 3. UCLA | 8. Cal |
| 4. Arizona St. | 9. Stanford |
| 5. Washington | |

PAC-10 Women:

This year's Conference Meet could go down to the 1600m relay with 3 teams still contending. However if that is not the case, look for Oregon to be #1 based on depth.

- | | |
|-------------------|---------------|
| 1. Oregon | 6. Stanford |
| 2. Arizona St. | 7. UCLA |
| 3. Arizon | 8. Washington |
| 4. USC | 9. Cal |
| 5. Washington St. | |

Big West Men:

With Fresno State gone to the WAC and UC Irvine operating with a resurrected program, this year's Conference is up for grabs. While newcomer Univ. of Nevada, Reno brings in some field event muscle, I'll go with Utah State based on all around strength.

- | | |
|-----------------|---------------------|
| 1. Utah State | 5. New Mexico St. |
| 2. Nevada | 6. CS Long Beach |
| 3. UC Irvine | 7. UC Santa Barbara |
| 4. CS Fullerton | |

Big West Women:

I see UC Irvine profiting more by Fresno State's departure than UNLV, so I'll go with the Anteaters here. No one else appears to be close.

- | | |
|-----------------|---------------------|
| 1. UC Irvine | 5. New Mexico State |
| 2. UNLV | 6. UC Santa Barbara |
| 3. Utah St. | 7. CS Long Beach |
| 4. CS Fullerton | 8. Nevada |

CCAA Men:

Cal Poly SLO appears to be the class of the field here with C/S Bakersfield moving into the place position.

- | | |
|-------------------|--------------------|
| 1. CPSLO | 4. UC San Diego |
| 2. CS Bakersfield | 5. Cal Poly Pomona |
| 3. CS Los Angeles | 6. UC Riverside |

CCAA Women:

CS Los Angeles upset CPSLO in last year's Conference Meet, but I see that as just a flash in the pan. Look for the Mustang's to regain control this season.

- | | |
|-------------------|--------------------|
| 1. Cal Poly SLO | 4. UC San Diego |
| 2. CS Los Angeles | 5. Cal Poly Pomona |
| 3. CS Bakersfield | 6. UC Riverside |

SCIAC Men:

After last season, the big question here is who will show up for the meet? Assuming all schools send a full team, I'll go with Oxy.

- | | |
|-------------------|-----------------|
| 1. Oxy | 5. CalTech |
| 2. Claremont-Mudd | 6. Cal Lutheran |
| 3. Pomona-Pitzer | 7. Whittier |
| 4. Redlands | 8. La Verne |

SCIAC Women:

I'll give Oxy the edge here, but this will be a very tight conference.

- | | |
|-------------------|-------------|
| 1. Oxy | 5. Redlands |
| 2. Pomona-Pitzer | 6. Whittier |
| 3. Claremont-Mudd | 7. CalTech |
| 4. Cal Lutheran | 8. LaVerne |

Community College-- SoCal Men:

This year should be pretty much a repeat of last with Long Beach CC's depth prevailing over Riverside's big points in every meet except the state meet.

- | | |
|------------------|-------------------|
| 1. Long Beach CC | 4. San Diego Mesa |
| 2. Riverside | 5. Moorpark |
| 3. Mt. SAC | |

Community College-- SoCal Women:

Mt. SAC continues to be the best on paper and little change is expected from last year.

- | | |
|--------------|------------------|
| 1. Mt. SAC | 4. Long Beach CC |
| 2. El Camino | 5. Riverside |
| 3. S.D. Mesa | |

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Today!

A Perspective on Being a Track & Field Coach



BY BOB COVEY

Head Coach of Men's Track & Field
Head Coach of Men's & Women's Cross Country
Bakersfield College

Presented to the
Fresno State University Clinic
January 16, 1993.

At the very core, the very heart of coaching any sport is a complexity of the coach's basic educational philosophy, personality, and technical knowledge. The willingness and ability to communicate all of this with a caring attitude provides the difference between long-term success and failure. This paper will examine some of the factors I feel are important for success in coaching the sports of track and field and cross country. I hope this paper might even have some value for teacher-coaches in other sports.

Basic attitude and value philosophy is a product of the teachings of the primary adults in a person's life. The ways and levels at which we cope with life is something for a psychology course, but it is important to mention here that our central beliefs and values are parts of our coaching base. How we coaches deal with our desire to win and our response to loss, how we adhere to the codes and rules of our sport, and how we honor the people we live and work with, is a product of this philosophy.

In coaching, beyond modeling from our primary adults, I believe the relationships with mentors is the most important factor in producing quality teacher-coaches. Our earliest coaching mentors were our coaches. As we started our professional careers as teachers and assistant coaches, we worked under experienced supervisors or were assistants to head coaches who were potentially good mentors. As we attend clinics we listen to still others with background experiences and ideas we can draw from. This mentoring process is central in establishing the sort of coaches we

become. I know some outstanding athletes who failed to become good teacher-coaches. I do not know of any truly excellent coaches who did not have quality mentoring in his/her past.

This mentoring link in the educational process places quite a responsibility on us as teachers and coaches. But, since we coach because we love the sport and enjoy the teacher-coach-leadership role, most of us honor that connection. Those who do not have good past mentoring or who are coaching more for ego than educational reasons, may win some championships, but are capable of doing great harm to their students while not really advancing their sport.

The director and coordinator of any organization is the chief executive officer (CEO). In track, this is the Head Coach, and his/her ability to direct and motivate the support staff and students, is proven not by one good team, but by an on-going, year-after-year story of success. Success goes deeper than just winning titles. Success is also measured in the level of honor and integrity the coach represents and demands. The prime purpose of any teacher and coach is service to the students. Winning championships is not always consistently possible due to reasons outside the control of the coach, but every coach can have an educational, honorable, and respected program. From solid philosophy, technical knowledge, hard work, the honoring of the students, and integrity, every team and program can be a success.

The integrity model is very valuable in the educational process. The coach demonstrates his/her willingness to commit to the student, to the sport, and to the rules of the sport. The students should recognize the importance of winning, but at the same time

within ethical, societal boundaries. There is learning from the adherence to team rules. There is learning from participation within the codes of the sport. There is learning in working constructively and peacefully with peers. There is learning from watching the coach's mature, problem-solving, business-like work ethics in a job he enjoys. There is learning from the concept that winning can be measured not just by titles won, but from the process.

To work toward success provides long-lasting educational value. I have often stated that I am proud of the championships we have won at Bakersfield College, but I am just as pleased with the later successes of my ex-students. Moreover, when I am finished with my profession, I want to walk away with the respect of my peers, my former athletes, and the parents of those athletes. As a coach, I want to have my students and their parents know that these young people are safe with me as a person, and that the educational experience that our program is providing has value. These ideals are not as lofty as they are basic for all coaches if we are to make the sort of impact that we should be attempting to make as educators and coaches.

COMMUNICATION

The tool of this success center is no surprise; it is the effort and ability the coach/teacher makes to communicate. From this effort at energetic, open, and honest communication, the students quickly feel the importance of the activity in which they have chosen to participate. This communication from the coaches to the students must include many verbal and non-verbal forms. The underlying feeling must be positive and enthusiastic from the written letters and verbal

continued next page...

contacts made to encourage participation, through the written training programs and verbal instructions on the field, to the final meetings of the season thanking the students for their efforts and encouraging them to maintain training in the off-season looking forward to next year. Finally, maybe the most important act of communication with a student is the genuine and caring response

Sequencing in planning the training programs on a daily and weekly basis should be produced starting from where the athlete is now to where you are directing him/her. So, the outline for this program for high school athletes, using the traditional Spring only training concept, might look something like this:

(1) Training program 1: BASE-UNDER-THE-BASE. . . starting with basic conditioning

From solid philosophy, technical knowledge, hard work, the honoring of the students, and integrity -- every team and program can be a success.

the coach gives when he shows he understands the student's injury pain, a conflict with a necessary job which forces the athlete to drop from the team, or a class responsibility conflict which forces a student to have to miss a competition.

The basic contact with the students come through daily communication on the field, but this whole process must start well before. Training programs require staff meetings and long and short-term goal-setting with some of the athletes. The students have learned that the coach knows what he is doing if the programming has been successful in the past. As the student becomes more successful, he/she should be encouraged to become more involved in program planning. Some athletes readily want this increased role, and some do not, but the encouragement of the coach to involve input from the older, experienced athlete places part of the responsibility on his/her shoulders and this is valuable to the process.

The form used in daily and weekly training programs makes no differences, but that a written form is used is vital. The program must provide a sense of meaning to each individual. Professional, computerized training programs have little value for the young athlete, except as a conceptual model for a possible future plan. Written training schedules, whether hand-written or word-processor generated, need to be logical and directed toward the level and immediate goals of each athlete.

training aerobically, anaerobically, flexibility, event drills, and weight training. (3-4 weeks minimum).

(2) Training program 2: BASE TRAINING . . . continuing training introducing more drills, higher velocity work, interval and/or repeat training aimed at race-pace conditions for the runners, (4-6 weeks).

(3) Training program 3: FINAL COMPETITION PREPARATION TRAINING. . . now the coach works backward from the date of the first major championship competition of the season in planning this program. The coach sets this four to six week program apart from the previous programs with higher velocity training, more intensity, and more rest.

The student-athlete must feel valued and stimulated. The male athlete tends to be more goal-oriented while the female athlete tends to be more relationship-directed. Both sexes are participating for often unknown-to-themselves reasons, but with personal validation as the underlying root. The well conceived, written training program indicates to each student that this sport, this team, and this athlete are all important.

The posting of the weekly schedule is something to anticipate. The comparisons of training schedules become topics of conversation. Questions relative to these comparisons may bring the athlete to the coach for meaningful and important interaction. These conversations may require from the coach reasoned explanations and may necessitate

some changes. No training program should be locked in concrete, but the coach must also be ready to justify the plan. This process is good. With copies available to the athletes and also on the field, the coach now has more time to interact more meaningfully and personally as a motivator and teacher during the training session.

CREATIVE PROGRAMMING

As the coach must know, the program progresses each week in terms of volume and/or velocity. To train exactly the same each Monday, week-after-week, demonstrates to the students that the coach doesn't know his business or doesn't care enough to be creative. Creative, but meaningful, programming stimulates the intelligence and emotions as well as trains the body. As the challenges become different and greater, the performances should become better. If not, there is something else going on which must be discovered and addressed. The student should quickly learn that, regardless of the ultimate performance success in winning and losing for this season, the process is worthwhile and enjoyable. There is the capacity for broad, educational direction in this experience and this relationship, and the student usually will buy into it because the value is felt.

Two words of warning: (1) the coach must take care to give attention to all the students. Certainly, the more gifted athletes will attract and demand more time, but all the students must feel the coach's caring if the program is to be truly an educational success. (2) the coach must never make competitive performance promises for the athlete, either to the athlete or to anyone else. Certainly, the worst sort of this would be if the coach told the media that "Susie will be the California State Cross Country Champion when she is a senior". This is unfair and cruel pressure on the athlete that serves no value. Short term and reasonable goal-setting is valuable, but to set lofty goals too far in advance creates counter-productive pressures which usually support tension, frustration, and failure. If anyone asks what the future might bring for an athlete, a logical response is: "Time will tell; Susie has some talents but there are a lot of talented runners out there. She is good, and I am excited about her abilities. We just want to have some fun seeing just how good she can become before she graduates."

continued next page...

TEAM RULES

Team rules provide necessary boundaries and important expectations. I start each season establishing the fundamental rules, verbally and in written form. In the third or fourth week of training, the team elects a "team committee" of their peers to help in identifying and addressing individual and team goals and problems.

The prime team training rule is attendance at all training sessions, meetings, and competitions. If an athlete is absent, we require that he/she inform in person, by phone message, or with a note the reason for the absence prior to being absent. I tell the team that all of the coaches are also required to inform the team when they must be absent, as well. Failure to comply starts with a team fine (usually \$1.00), with the money going to the Team Party Fund. Consistent absences will disqualify the athlete from the week's competition.

If absences require consideration for non-participation in competition, we handle this as follows:

Athlete: "Coach, what am I running this week?"

Coach: "What was your understanding of the rules involving your being absent from practice?"

Athlete's response: " "

Coach: "Well, by your missing practice this week, you have chosen not to compete this week, and I will honor your decision. I hope you will be practicing with us next week so you can compete."

With dignity, this process informs the student that he/she made the decision not to compete by not training, and the team rules are there for everyone.

Some coaches demand 100% attendance to participate on a relay team, and I feel that is another good idea. Regardless, coaches who permit any athlete to miss training without penalty are creating a bad precedent and are undermining the integrity of the process. This is a cancer that will destroy team unity, and will never permit any long-term team or individual success.

I feel the fewer rules the better, and the fewer mandated punishments the better. But, we ask that the students understand the importance of holistic training. . . good nutrition, proper rest, and the avoidance of all drugs. Two rules I do insist on are: (1) any athlete using any illegal substance, including alcohol, on campus or on any team trip will be immedi-

ately suspended from the team; (2) any athlete found stealing will be immediately suspended from the team. Later hearings and judgments by the Team Committee may permit the athlete to return to the team, but privileges, including competitions, will be lost prior to that hearing.

TEAM LEADERSHIP

Next, I feel the team leadership concept is important to promote. For the high school, to become a senior means increased leadership and the best in equipment the team has to offer. It may be an opportunity to be selected to the Team Committee or be elected one of the team Captains. For the senior athlete, this is the year to be the best; this is his/her team to lead by example and in performance. Seniors should be asked to help coach the beginners occasionally. Seniors need to know this is their year not to party, but to assert themselves in a positive way on the team. The coach who fails to provide senior leadership opportunities is losing a valuable power source for this team.

A part of the educating process are in areas of safety. At the first meeting of each year, we distribute a safety paper, and go over most of it in meeting. We ask that all athletes sign off that they have read it.

The very first meeting we discuss our methods of communication, starting with our team information board. This is the center for all announcements, training programs, and competition results. I have brought copies of one of the training schedule forms we have used, but the word processor is changing this process every year for us all.

It is no secret that we are in a difficult time for extracurricular activities. We have insufficient numbers of poorly trained and philosophically weak people being asked to coach in public schools to a broader range of ages, ethnic groups, and ability levels. The trend is very visible, and this includes more and more young coaches leaving the profession far too early from the frustration and work load. If we are to improve our sports, we must work to change this trend.

Today, we are hopefully learning to be better at what we do with our students. We leave this clinic today taking new information and, hopefully, a renewed energy to provide what a coach can in his school and community. Because all the events of track and field require so much time to learn, I am asking you to consider supplying clinics in your community for

those who were not here today. Three to five hour mini-clinics for coaches are excellent to this process.

Postscript:

I have a wish for U.S. schools relative to our massive drug-abuse problems, and coaches are a primary part of the solution. Drugs are attractive because they are so effective in altering moods, producing excitement, fun, and even a sense of validation. The same feeling can be found through participation in athletics and other extracurricular activities. D.A.R.E. is just scratching the surface, and I believe the war on drugs will not really be addressed until public education is permitted to supply more programs to stimulate more young people in more ways. The active word is "more". We need more money for professionally trained coaches to meet the needs of all of the prospective student-athletes. We need a more extensive base of educational programs.

This includes more education in such sports as mountain climbing, surfing, downhill and cross country skiing, road and mountain bike riding, and even hang-gliding. When students find their highs in activities, drugs become far less attractive. I agree with this direction which has already been started in at least one school district in the East.

We saw studies some thirty years ago which clearly showed that in states where education failed to meet the needs of the students, more tax dollars had to be used to supply juvenile and adult prisons. I doubt that this connection is any different today. Yes, lots of changes have occurred in public education these past thirty years, but the most meaningful has been financial difficulties leading to the reduction in courses and teachers in most areas of the country. Today, we have juvenile and adult crime at new highs, and drug sales and abuse prevalent. Clearly, something has failed in our educational system. To reverse this trend, there are many problems to be addressed. In my view, we must fight this war starting with a much greater commitment to public education, including broader educational offerings, not fewer. This means more, well-taught courses in all educationally valuable areas, including the extracurricular. This particularly includes physical education, recreation, and athletics. To not value this side of education is to not really understand human developmental needs. ♦

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Olympics '96

(Part 5)

By Bob Womack

(Fifth in a series on 1996 U.S. Olympic Track and Field prospects)

WOMEN

Sprints:

Key here is the future plans of America's top two 1992 sprinters. Gwen Torrence won the Trials 100 and Gail Devers the Olympics but neither may be in the short race four years hence.

Torrence spent the European season discovering what she could do in the 400; if she doubles at Atlanta, it's likely to be the 200/400. Similarly, Devers' best event has been the 100 hurdles and her fall at Barcelona has given her powerful incentive to concentrate on the barriers in 1996. (There's a catch which we'll deal with later.)

Evelyn Ashford was our third entry in the Olympic 100 and she almost certainly won't be back; asking her to make a sixth Olympic team at age 39 isn't reasonable. Michelle Finn, who made the team at 200, is another old-timer.

There were some younger sprint finalists at New Orleans, however. Carlette Guidry just got nipped by Ashford in the 100 and did qualify in the 200. Esther Jones, who has been running head-to-head with Guidry since high school, should be doing it for the next four years, too. And then there's Marion Jones, who almost made the U.S. team as a high school junior. Forget about the world juniors, where she bombed. That was at the end of a season that began seven months earlier. The only real question is whether the 200 or 400 might be better events for her than the 100.

At any event, Marion is the hope of American women's sprinting because there isn't much else in the pipeline. Two of the top three

in this year's NCAA were foreigners and the champion, Chryste Gaines, is headed for medical school which is probably going to spell her retirement from track. Two other preps, Danyelle Marshall and Sabrina Herring-Kelly, made this year's Trials off some very fast high school times but didn't come close to reproducing their marks in real competition.

In the longer sprints, Dannette Young came close to the team in both the 200 and 400. She's another one who is moving into her 30's and may or may not be around in 1996. The Howard sisters, Denean (Hill) and Sherri, and 1984-88 team member Lillie Leatherwood have been around even longer than that. Natasha Kaiser, a U.S. team member in the 400, is reportedly retiring.

Rochelle Stevens, our top 400 women this year, should be back. Anita Howard, this year's NCAA champ, is an exciting prospect and Maicel Malone, former NCAA and TAC champ who was injured this year, is too young to discount.

Further down the road are youngsters like Crystal Irving, who made the NCAA finals in both long sprints this year; Eureka Hall, this year's junior champion, who was barely tested in her prep career; and Cynthia Newsome, who qualified for the world juniors as a high school sophomore.

U.S. Olympic Team Predictions

100: Devers; Guidry; M. Jones

200: Torrence; Guidry; M. Jones

400: Torrence; Stevens; Malone

800:

We need some serious breakthroughs, here, folks. Since Madalyn Manning, our two-lappers just haven't been quite fast enough for international competition and our three entries at Barcelona--Joetta Clark, Julie Jenkins, and Meredith Rainey--are not likely to improve much at this stage of their careers.

Celeste Halliday is younger and broke two minutes for the first time in the Trials; she raced well in Europe. The rest of the Trials final and semi-final fields were pretty much the

usual suspects with two exceptions: NCAA champion Nikita Beasley and former junior champ Kim Toney.

This year's junior meet produced a couple of intriguing athletes. Jowanna McMullen, the champion, is a ninth-grader--and has an eye condition which could end her career prematurely. Liz Mueller, the runner-up, is a high school sophomore who won the national HS cross-country title; she may have been running the wrong distance.

U.S. Olympic Team Predictions:

Halliday; Beasley; Rainey

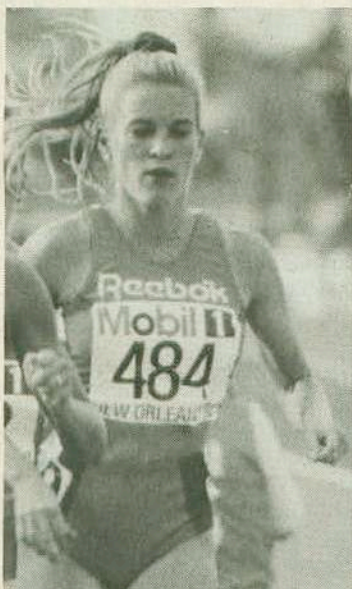
1500:

Here, again, most of the 1992 contenders were veterans. Regina Jacobs, the Trials winner, had retired after the '88 Trials; her retirement is likely to be permanent this time. Patti Sue Plumer may or may not be around four years from now. She's now 30 and may want to get started on a) a family; b) her law career; c) both of the above. Anyway, her best event is probably not the 1500 but either the 3000 or the 5000 (if the IOC and IAAF ever get off their rear ends and get the 5K onto the championship program). Nevertheless, I would not bet 10 cents against Patti Sue being on the team at 1500 if she makes a serious try. No more determined athlete has ever lived.

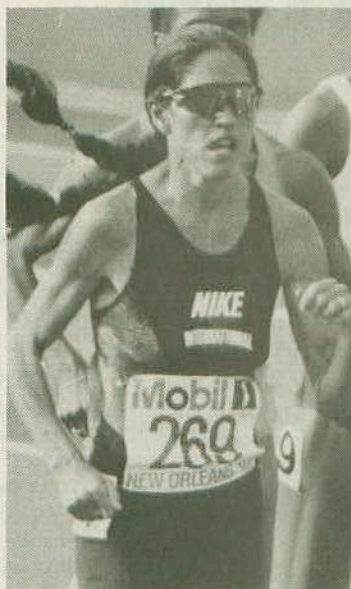
Mary Decker Slaney was a victim of timing this year, coming into the Trials off recent surgery. She might have made the team given another month of rehab. She'll be 36 at Atlanta and that, plus her injury history, makes her a very long shot.

Suzy Hamilton was our third team member at Barcelona. She'll be better in four years and given enough international competition, could be a medal contender in '96. And having said Suzy Hamilton, we've about summed up our young talent; she is the only runner to break into the top 10 juniors or top 20 high school 1500 runners since 1983. No high school runner has broken 4:45 for the mile since 1986. Now you know why somebody

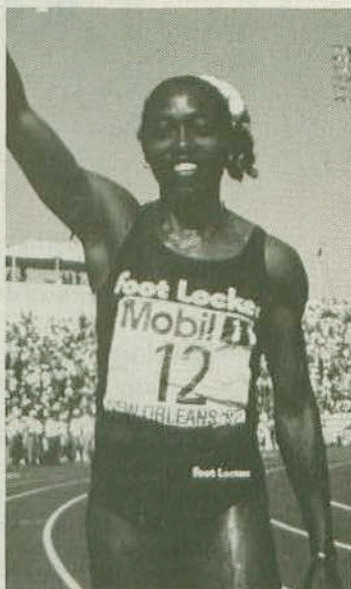
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SUZY HAMILTON
Photo by Bill Cockerham



PATTISUE PLUMER
Photo by Bill Cockerham



GAIL DEVERS
Photo by Keith Conning



MARION JONES
Fine Flicks by Don Gosney

needs to get to Liz Mueller and convince her to quit running the 800.

U.S. Olympic Team Predictions
Hamilton; Plumer; Mueller.

Distances:

The picture is a little better here because the top runners are a little younger and will be around in 1996. At 3000, Plumer is the oldest of our Barcelona trio and she might be back; Shelly Steely and Annette Peters will be back and Peters, particularly, figures to improve over the next four years.

Vickie Huber, who looked like THE American distance runner of the future at Seoul and has been hurt almost continuously since, is preparing a comeback, still on the sunny side of 30. Fran ten Benschel and Laurie Gomez-Henes are a couple of college runners from 1992 who are improving steadily. We are not, however, going to get a lot of help--certainly not immediate help--from the junior ranks. Milena Glusac from Fallbrook won the national junior title at 9:48, which is a minute short of world JUNIOR standards.

Lynn Jennings got the 10K bronze at Barcelona. She's 32 but still improving and should be a factor again at Atlanta. Judi St. Hilaire is

even older but she may have tapped into the Fountain of Youth, too, since her last two seasons have been by far her best. Gwyn Cogan was our third woman at Barcelona, which surprised most people; she's considerably younger than Jennings and St. Hilaire so her career may still be on the upswing.

We have some younger runners who showed promise in 1991 but slipped back last year. Anne Marie Letko made our world's team at Tokyo but apparently found the heat at New Orleans too much. Carole Zajac, the '91 junior champion, and Jamie Park, the NCAA champ, were hampered by injuries this year. There's also Sylvia Mosqueda, who ran fourth in the Trials and has been tantalizing fans for years with an enormous talent and results which can be charitably described as spotty.

Don't be too surprised to see some of these people in the marathon in 1996, probably St. Hilaire, possibly Mosqueda, and maybe even Jennings. The marathon team will be, as usual, a lottery and these would have as good a chance in the draw as anyone.

The most solid pick for the team is Cathy O'Brien, who has made the last two teams and is still--incredibly--only 25. Francie Lar-

rieu-Smith probably won't repeat unless you figure she can go on forever, but she almost certainly will try and, as for going on forever, maybe she already has.

Every recent Olympic and world championship trials marathon has had one runner who leaped out of obscurity and Janis Klecker was it at the '92 Trials. Typically, they promptly disappear back into obscurity and Klecker's Barcelona performance (21st, well behind O'Brien and Larrieru-Smith) didn't convince anybody she'll break the pattern. One pattern that should be broken is Lisa Wiedenback's; she's finished fourth in the last three Trials. She'll be 34 in 1996, not old for a marathoner, but four straight near-misses seems beyond the realm of statistical possibility.

Gordon Bloch and Maria Trujillo made the 1991 world's team and the top 10 in the '92 Trials and had enough speed to qualify for the 10K at New Orleans. After that, it's time for the hatpin.

U.S. Olympic Team Predictions:

3000: Huber; Plumer; Steely.
10,000: Peters; Jennings; Letko.
Marathon: O'Brien; St. Hilaire; Mosqueda.

PREP NOTES

By KEITH CONNING



■ FAX Me Your Northern California Track and Field Results

For your convenience you may now fax your results to me at (510) 849-3342. Or you can continue to send them in the mail to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702.

■ Minimum Reporting Standards

The only change this year is in the girls 100 hurdles, because the height has been raised by three inches to 33 inches. Therefore, the standard has been raised by three tenths of a second from 15.5 to 15.8.

Boys: 100--10.8, 11.13; 200--22.2, 22.53; 400--50.3, 50.53; 800--1:59.0; 1500--4:10; 1600--4:28.4; 3000--9:10; 3200--9:46.5; 110H--15.0, 15.33; 300IH--40.0, 40.33; 400R--43.5, 43.73; 1600R--3:27; Mile R--3:28; HJ--6-4; PV--13-6; LJ--21-10; TJ--44-3; SP--50; DT--150.

Girls: 100--12.4, 12.73; 200--26.0, 26.33; 400--59.8, 60.03; 800--2:23.5; 1500--5:06; 1600--5:24.0; 3000--11:00; 3200--11:50.8; 100H (33")--5.8, 16.13; 300H--47.5, 47.83; 400R--50.7, 50.93; 1600--4:10; HJ--5-2; LJ--16-9; TJ--35-0; SP--35-3; DT--110.

■ Robert E. Nelson (Polytechnic, San Francisco)

In the January Prep Notes, I published an obituary on Robert Nelson. *The San Francisco Examiner* had reported on December 17 that Robert Nelson was the first California school boy to clear 16 feet in the pole vault.

Nelson was not the first California school boy to clear 16 feet, but I was not able to find a mark for Nelson.

Jack Shepard, the high school men's editor for *Track & Field News* writes: "In checking my yearly high school lists (to be published in about 2015) I note that Robert vaulted 13-0 in 1935 and was the Pacific Assn. AAU Jr champion that year. The 13-0 tied for the national lead that year (unless I find a better mark). I

also checked and he wasn't even the first Bay area athlete to 13-0, George Varoff (Balboa, San Francisco) did it two years earlier."

■ Glasgow, Scotland

January 30--Mike Powell (Edgewood, West Covina 1981), the world record holder in the long jump, set a British all-comers record of 8.36 meters (27-5 1/4). This was a personal best for Powell. His previous best was 8.09 meters (26-6 1/2), which he set in New York on February 7, 1992.

Powell set the world record of 8.95 meters (29-4 1/2) at the 1991 world championships in Tokyo, Japan.

Carl Lewis holds the best indoor mark of 8.79 meters (28-10 1/4).

■ Sports News from the Villanova Wildcats

Villanova University, Villanova, PA, Feb 1--Villanova earned their first NCAA individual automatic qualifier on Friday night at the Terrier Classic in the Boston University Armory, when Louis Quintana (Sophomore, Nipomo, CA) ran 7:58.73 for the 3,000 meters. Quintana finished second behind Greg Keller of the Naval Academy in a close race, but easily went under the NCAA's Automatic Qualifying standard of 8:01.20. It was a personal best for the sophomore by over 21 seconds, and also the seventh fastest 3,000 meters in Villanova history. It was the fastest 3,000 meters by a Villanovan since Gerry O'Reilly in 1987.

Dave Hartman (Sophomore, Canyon Country, CA) ran the 5,000 meters in 14:30.8 to qualify for the IC4A.

Todd Tressler (San Marcos 1992), sixth in the 1992 State Meet 1,600 meters, finished 48th in the mile in 4:28.3.

Nikki Shaw (Freshman, Fillmore, CA) qualified for the ECAC with a time of 2:11.55 in the 800 meters. Becky Spies (Sophomore, Livermore, CA) also qualified in 2:13.43. Spies became Villanova's seventh NCAA qualifier when she ran a personal best of 4:46.63, to finish fifth overall and make the NCAA Provi-

sional standard. Shaw was eighth in 4:52.5.

IC4A Qualifiers: Mile) Louis Quintana, 4:06.12, 1/23/93; 3,000m) Dave Hartman, 8:27.26, 1/23/93.

■ Football Signings

February 4--NCAA letter-of-intent signings and/or declarations by California high school players, who participated in the 1992 State Track Meet:

California: Kevin Devine (Nogales, La Puente), DB, 6-0, 170. He finished fifth in the Southern Section 100 meters in 10.86. He false-started in heat one of the State Meet 100 meters.

Bobby Shaw (Galileo, San Francisco), WR, 6-1, 175. He won the San Francisco Section high jump at 5-10. In the State Meet he missed three times at the opening height of 6-2.

Southern California: Anthony Volson (Merced), WR, 5-10, 160. He placed second in the Sac-Joaquin Section 100 meters in 10.47w, and he won the 200 meters in 21.18w. He placed third in the State Meet 100 meters in 10.50, and third in the 200 meters in 21.16 wind-aided.

Washington State: Shon Lewis (Wilcox, Santa Clara), RB, 5-9, 175. He won the Central Coast Section 100 meters in 10.67 and placed second in the 200 meters in 21.58. He placed sixth in the State Meet 100 meters in 10.65 and second in heat one of the 200 meters in 21.72.

Arizona: Tyson Lingenfelter (Upland), OL-DL, 6-4, 245. He won the Southern Section shot put at 59-8 and placed second in the discus at 170-1. He placed third in the State Meet shot put at 60-5 1/4, and fourth in the discus at 167-8.

Geoff Nadeau (Monroe, Los Angeles), WR, 5-11, 175. He placed third in the Los Angeles Section high jump at 6-4. He placed eighth in the State Meet at 6-8.

■ Budapest, Hungary

February 5--Mike Powell won the long jump with a leap of 8.44 meters (27-8 1/4). It was his second victory in Europe and his second personal best.

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■ Millrose Games

New York, February 5 -- Kevin Young (Jordan, Los Angeles 1984), the Olympic 400 meter hurdles champion, placed second in the 400 meters in 48.13. Butch Reynolds, the world record holder, won in 47.16.

Gail Devers (Sweetwater, National City 1984), the Olympic 100 meter champion, won the 60 meters in 7.31.

Brian Wilkinson (Merced) almost edged Kevin Jermyn (Tottenville, Staten Island) in an exciting High School Mile race around the oval in Madison Square Garden--4:16.56 to 4:16.58.

■ Tiffany Roberts (Carondelet, Concord) All-American in Soccer

February 7--Tiffany Roberts (Carondelet, Concord), who was a member of Carondelet's 4 x 100 relay that placed third in the North Coast Section, was selected by *Parade Magazine* as an All-American in high school soccer.

■ Stuttgart, Germany

February 7--Johnny Gray (Crenshaw, Los Angeles 1978) won the 800 meters in 1:45.91.

■ Mobil 1

Fairfax, Virginia, February 7--Greg Whiteley (University, Irvine 1985/Asics TC) placed fourth in the mile in 3:58.04. Brian Abshire (De Anza, Richmond 1982/Reebok Racing Team) placed third in the 3,000 meters in 7:53.13.

Mark Crear (Rowland, Rowland Heights 1987/Nike International) placed fourth in the 60 hurdles in 7.70. Brian Stanton (Inglewood 1979/Unattached) placed third in the high jump at 7-3. Doug Fraley (Clovis West, Fresno 1983) no heighted in the pole vault.

Gail Devers (Sweetwater, National City 1984) won the 60 meters in 7.12. She said that she will concentrate on the 100 meter hurdles this year. Crystal Irving (Long Beach Poly 1988/UNLV) placed fifth in the 200 meters in 24.39. Kim Toney (Atascadero 1990/Arizona State) placed seventh in the 800 meters in 2:07.95.

Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981) placed ninth in the mile in 4:51.41. Victoria Herazo (Fairfax, Los Angeles 1977/Las Vegas) placed third in the mile walk in 6:47.82.

Lesia Parker (Bishop O'Dowd, Oakland

1992) led off Arizona State's 1600 meter relay team that won the Metro 1600 in 3:47.07. Julianne Broughton (Woodland 1989/Arizona) placed fifth in the high jump at 5-11 1/4. Sue (McNeal) Rembao (Cafsbad 1980/Reebok Racing Team) placed eighth in the high jump at 5-11 1/4.

■ DN Games

Stockholm, Sweden, February 9--Johnny Gray (Crenshaw, Los Angeles 1978) won the 800 meters in 1:48.21.

Mike Powell (Edgewood, West Covina 1981) won the long jump at 27-7 1/4.

Jim Doehring (San Clemente 1980) won the shot put with a throw of 20.56 meters (67-5 1/2). Greg Tafrales (Capuchino, San Bruno 1976) placed second at 19.51 meters (64-0 1/4).

Gail Devers (Sweetwater, National City 1984) won the 60 meters in 7.14.

■ Yomiuri Chitose

Osaka, Japan, February 11--Evelyn Ashford (Roseville 1975), the 1984 Olympic 100 meter champion, placed third in the 60 meters.

■ Jose Maria Cagigal Memorial Meet

Madrid, Spain, February 11--Irina Privalova (Russia) set a world record of 6.92 in the 60 meters. The old record of 6.96 was set by Merlene Ottey (Jamaica) on February 14, 1992 on the same track. Gail Devers (Sweetwater, National City 1984) was second in 7.05. Sheila Hudson (Rio Linda 1985) placed third in the triple jump at 13.28 meters (43-7).

■ Birmingham, England

February 13--Doug Fraley (Clovis West, Fresno 1983) and Tim Bright (Soquel 1976) placed second in the pole vault at 17-0 3/4. Ramona (Ebert) Pagel (Schurr, Montebello 1979) won the shot put at 57-4 1/4.

■ Maebashi, Japan

February 14--Gail Devers (Sweetwater, National City 1984) won the 60 meters in 7.09. Evelyn Ashford (Roseville 1975) was third at 7.28.

■ Sindelfinger, Germany

February 14--Johnny Gray (Crenshaw, Los Angeles 1978) won the 800 meters in 1:45.58,

the fastest in the world this season.

■ Genoa, Italy

February 17--Jim Doehring (San Clemente 1980), the Olympic silver medalist, won the shot put at 69-10 1/4. Greg Tafrales (Capuchino, San Bruno 1976) placed fourth at 65-4 3/4.

■ Southwest Conference

Fort Worth, Texas, February 19-20--Freshman Brian Keim (Baylor/San Pasqual, Escondido 1992), ninth in the State Meet 1,600 meters, placed second in the 5,000 in 14:38.94. Ben Mesfen (SMU/Venice, Los Angeles 1990), who placed sixth in the 1990 State Meet 1,600 meters, was third in 14:41.12. Keim also placed fifth in the mile in 4:15.72.

David Monk (Baylor/Fairfield 1992), 11th in the State Meet 3,200 meters, placed fifth in the 3,000 in 8:44.23. Jason Duff (Texas/Etiwanda 1990), second in the 1990 State Meet long jump, placed second at 24-9 3/4.

The Rice 4 X 400 team of Pam Brooks, Vonda Newhouse, Desiree Woods, and Holly Welch (Bella Vista, Fair Oaks 1992), third in the State Meet 800 meters, placed fourth in 3:52.37.

The Rice 4x800 team of Emily Massad, Holly Welch, Pam Brooks, and Chappelle Scurlock placed third in 9:08.30.

The SMU team of Kerri Woolheater (Casa Grande, Petaluma 1992), fourth in the State Meet 800 meters, Andrea Marquardt, Laurie Guerra, and Heather Murrell placed fifth in 9:14.07.

■ TSB Challenge

Birmingham, England, February 20--Tim Bright (Soquel 1976) placed fifth in the pole vault at 17-8 1/2. Doug Fraley (Clovis West, Fresno 1983) placed sixth at 17-4 1/2. Tyrone Scott (Mesa Verde, Citrus Heights 1988), the 1988 State Meet triple jump champion, placed fifth at 53-5.

■ J. R. Simplot Games

Pocatello, Idaho, February 20 -- The Acorn Track Club of Oakland ran the fastest 4x200 of all-time (1:37.49), but they were disqualified because two of their runners did not run in the finals of the 200 meters. Malika Freeman and Reyna Goodwin scratched from the

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200 meters final, so that they would be able to run faster in their legs of the relay.

Junior Cynthia Newsome (South High School, Denver, CO), third in the 1992 National Junior TAC 400 meters, set a new meet record of 54.49. Angela Harris (Skyline, Oakland) placed second in 58.31, but ran 55.96 in the prelim.

Girls Results

55m--1. Aspen Burkett (Colo Flyers) 7.20, 2. Wendy Jorgensen (NoVly TC) 7.23, 3. Aisha Wallace (Acom TC) 7.26. 200m Prelim (combined) -- 2. Malike Freeman (Acom) 25.76, 3. Reyna Goodwin (Acom) 26.13. 200m Final -- 1. Aleisha Latimer (Joe Gentry's Track) 24.66 MR, 2. Amy Feinsinger (Glennwood Springers) 26.11 (Freeman and Goodwin did not run.) 400m Prelim (combined) -- 1. Angela Harris (Acom) 55.96. 400m Final -- 1. Cynthia Newsome (CO Flyers) 54.49 MR, 2. Angela Harris (Acom) 58.31. 55 Hurdles -- 1. Kristen Thome 8.06, 2. Tiffany Lott (Dixie Vly Tc) 8.82, 3. Sakai Metcalf (Acom) 8.86. 4x200m Prelim (combined) 1. Acom Track Club 1:41.44. 4x200m Final -- 1. Colorado Flyers 1:39.04 MR, Acom Track Club 1:37.49 DQ. 4x400 Prelim (combined) -- 1. Acom Track Club 3:54.03, 2. Colorado Flyers 3:56.65. 4x400m Final -- 1. Colorado Flyers 3:58.36. Acom Track Club did not run. Medley Relay -- 1. Skyline Eagles Track Club 4:13.46, 2. Acom Track Club 4:20.57.

Long Jump -- 1. Jamie Hollingshead (Timpview) 17-2 3/4, 2. Wendy Thurgood (NoVly TC) 16-10 1/2, 3. Amy Reeder (Westside High) 16-7 1/2, 4. Jodi Bailey (Acom) 16-4 1/2. Triple Jump -- 1. Holly Anderson (Silver State Striders) 37-10 1/2, 2. Allisa Hardy (Green River Wolves) 35-6 3/4, 3. Amy Pope (Joe Gentry's Track Troupe) 34-9, 4. Sarah Mosler (Platte River Rehba) 34-7 1/2, 5. Sakai Metcalf (Acom) 34-5 1/2.

(See Prep Notes from Doug Speck regarding this disqualification.)

PREP NOTES

From DOUG SPECK

■ April 10th Arcadia/Foot Locker Invitational Shaping Up Super!

Annually one of the spring track and field highlights nationally is the Arcadia/Foot Locker Invitational at Arcadia High School, with

the 1993 Meet scheduled for April 10th at the Southern California high school.

The meet has been known as the "Home of National Records," with seven set in the last thirteen years of the affair. 1993 will be the year of "National Record Holders," with the potential for great things to happen when athletes the quality expected for the April 10th meet gather together.

Headlining the Meet will be Marion Jones (Thousand Oaks HS), Olympic team alternate, who established a National Federation 100 meter record of 11.14 last year and the All-Time Prep 200 meter best of 22.58 in taking fourth in the Olympic Trials. Marion set what was then a national prep record of 22.87 in the 200 meters in the 1991 Arcadia Meet as a sophomore. Jones is having a super basketball season, with the Arcadia meet one of her first strong outdoor meets, and she should be ready for a spectacular close to her prep career, one that many think marks her as the most spectacular prep track and field athlete of either sex to come out of Southern California.

Amy Acuff (Calallen, Corpus Christi, Tx) (say it "Cal-Allen" HS), is the national prep record holder in the High Jump at a lofty 6-3. Amy has put together a spectacular prep career, with a decision to give up basketball the winter of her senior year and concentrate on weight-lifting, probably assuring her of a much higher clearance this, her final high school season. Acuff has signed to compete for the UCLA Bruins her next four years as a member of the University's track team, with the Arcadia Meet a chance for locals to see one of the area and sport's next Olympic level athletes.

Skyline HS of Oakland is the third national record holder in this special year at the Arcadia competition. Coach Darrel Hampton's team earlier this winter demolished the old prep 4x200 meter relay standard at the Simplot Games in Pocatello, racing an amazing 1:37.89 (the old record was 1:40.48!). The Skyline team of Aisha Wallace, Reyna Goodwin, Malika Freeman, and Angela Harris must be saluted for their lowering by a sprint national record by such a huge amount. With the entire team underclass some great things should be happening down the road, with match-ups with Long Beach Poly, Morning-side (Inglewood), and others at affairs such as Arcadia making it super exciting.

The male portion of the meet should be highlighted by national leader showdowns involving Brian Wilkinson (Merced 1600m-

4:11.17), Margarito Casillas (Hoover, Glendale-9:05.79 3200m), 16-foot pole vaulters Brad Mayhew (Temple, Texas), Scott Slover (Del Mar, San Jose), and Tye Harvey (Sonoma), with 62-foot shotputter Tyson Lingenfelter (Upland) headlining the weight events.

State Champions from fifteen different states around the nation have made plans to attend the April 10th Arcadia Meet, with local track fans assured once again of great action on the oval and in the field.

■ Simplot National Record Awarded to Skyline H.S. of Oakland, CA

Doug Speck, Prep Girls Indoor Editor for *Track & Field News*, indicated that after consultation with the other two prep editors from that publication, Mike Kennedy and Jack Shepard, that Skyline H.S. of Oakland, Ca would be listed as the National Indoor Record Holders in the 4x200 meter relay for their massive destruction of the old mark (1:40.9 for 4x220 yards by William Penn of Philadelphia in 1991 and 1:41.03+ by Tilden of Brooklyn in 1990) while competing unattached for the Acom TC in a 1:37.89 (1:38.47c when converted to 4x220 yards for the all-time list) run at the February 20th Simplot Games in Pocatello, Idaho. The Simplot Meet is run according to USA Track & Field Rules, which feature an "honest effort" provision (Rule 77) that indicates that "any athlete declared to compete must honestly participate in each round (trial heat or final, etc.) of each track event for which the athlete is declared or the athlete will be barred from further competition in that meet." It seems that two of the Skyline athletes were qualified for the Finals of the 200 Meter event in the Simplot Meet, scheduled close enough before the 4x200 Finals that they were scratched from the individual event to concentrate on the relay. The unattached Skyline athletes running for the Acom TC compete in the Oakland Athletic League of California and are active in meets around the state. Under National High School Federation rules used in California the only statement in regards to "scratches" (Rule 4 Section 4 article 5) from an event is that if a "competitor or relay team qualifies for an event through earlier competition in that meet and then withdraws, no substitute from his or her or any other school may replace them."

In California prep meets athletes who scratch from one event are not penalized by being disqualified from the rest of the meet.

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California prep meets come championship time involve a much tighter time schedule than invitational and relay meets during the regular season, and athletes are scratched from events all of the time during end of season championship affairs, with slight injuries, illness, and other reasons adequate in those competitions. No athlete is penalized up through and including the state meet for a scratch in any competition. The Acom high school age athletes are used to the National Federation system.

This specific "honest effort" rule is not mentioned in Simplot meet paperwork (though we imagine it will be next year), with six months of study needed for the typical coach to interpret the fine nuances of the USA Track & Field rule book. If the athletes are qualified from further participation in a Meet under this "honest effort" rule, Meet Management has some responsibility to inform the affected athletes and coach that they cannot compete in the meet any further. As it was, the Acom TC, the unattached group from Skyline HS, showed up at the starting line of the 4x200 event and was allowed to run, with the team of Aisha Wallace, Reyna Goodwin, Malika Freeman, and Angela Harris winning the event in the "outer-stratosphere" time of 1:37.89 over an "all-star" Colorado Flyers Team from the greater Denver area that recorded a 1:39.84. The Acom group was all from the same school, are of legal high school age and attendance, with the fact that they stepped on the track, ran the event, obeyed the running rules of the relay competition, and received an accutrack time making it seem rather silly to rob them of the record. The National High School Federation has nothing to do with prep indoor standards, with *Track & Field News* the recognized record keeper in such areas. Meet Director Greg Burch was quoted as stating, "We felt so bad having to disqualify this fine team, and concur with the details as you describe them above. It is nice to see them rewarded in this significant way for their spectacular efforts." Coach Darrel Hampton of the Acom group indicated that he was gratified to have the girls receive recognition for what they had accomplished, and with the entire team underclass, watch out in the future for this special San Francisco Bay area group!

The Skyline crew are working on the details to head to Syracuse, New York to compete in the National Scholastic Indoor Meet on March 13-14 and on April 10th they will meet a super group of teams from Southern California in the Arcadia/Foot Locker Invitational.

It could be a cooking spring!

■ USA Track & Field/Coaches Alliance Clinic Mt. Carmel HS/San Diego

January 23rd - The annual USA Track & Field/Coaches Alliance (with USA Track & Field the new name given TAC or "The Athletics Congress" at its December convention) was held once again at Mt. Carmel High School, with seventy-five coaches from around the state in attendance. Coaches Dennis McClanahan (Mt. Carmel HS) and Manny Bautista (Mesa JC) once again put together a program with the entire track and field staff at a high school in mind, with generally three sessions at once going on--sprint/hurdles/relays, field events, and distance events. Lance Harter, winner of 14 NCAA Division II National team titles while at Cal Poly/SLO, and now at Arkansas, where his Women's Cross Country teams has been second to Villanova the last two years, was the keynote speaker, hosting a general session on "Preparing to Peak" in the sport and talking on his distance program at Arkansas.

A mixture of clinicians from the prep and college ranks continued the clinic's tradition of providing "down to earth" information and demonstrations that those involved in the sport could take out to practice the next Monday. The sessions this writer observed from Wes Williams (all-time Intermediate great now coaching at UC San Diego) on the hurdles, and Relays from Mike Klepper and Gary McDonald of Morse HS (San Diego) were superb!

■ USA Track & Field Junior Championships in Spokane, Washington

June 26-27

The USA Track & Field (new name for TAC) Junior National Championships will be held in Spokane, Washington at Spokane Falls Community College. The Meet is open to athletes who are born 1974 or later (those and who will not turn 20 during the year 1993), with this competition the qualifier for the Junior Pan American Athletic Championships to be held in Winnipeg, Canada July 15-17, 1993. Time standards will be listed in the next issue of *Cal Track News*, or one can call or write: U.S. Junior Track & Field Championships, Community Colleges of Spokane, MS 3070, 3410 w. Fort George Wright Drive, Spokane, WA 99204-5288. You can call (509) 533-3644.

The meet has been an "end of season" highlight for prep athletes nationwide, with

Marion Jones (1000 Oaks), Lesa Parker (Bishop O'Dowd, Oakland), Milena Glusac (Fallbrook), Maribella Aparicio (Fillmore), Laura Hayward (Agoura), Kayla Montgomery (Clovis West), Kristin Heaston (Ygnacio Valley), Suzie Powell (Downey, Modesto), Leslie Coons (Mesa JC), Ricky Carrigan (Compton JC), Richey Boulet (UC Berkeley), local athletes who qualified for the U.S. Junior National team out of the 1992 Junior Championship Meet in Columbus, Ohio.



KRISTIN HEASTON
Photo by Bill Cockerham

Steve Guerrini (ex-Santa Rosa HS, Wake Forest), Alisa Nicodemus (ex-Grossmont HS, Utah State Univ), and Catrina Bindel (ex-Eureka HS, Wake Forest), were others who placed high enough to earn a spot on the U.S. Junior squad for summer meets.

■ 1992 California Track and Cross Country Coaches Alliance All-Underclass Track and Field Teams

Girls 1992 All-State Junior Track and Field Team

100 M	Marion Jones (Thousand Oaks)
200 M	Marion Jones (Thousand Oaks)
400 M	Asha Jayasinghe (Arcadia)
800 M	Miesha Marzell (Bisp O'Dowd, Oakland)
1600 M	Milena Glusac (Fallbrook)
3200 M	Milena Glusac (Fallbrook)
100 M LH	Elinor Tolson (Fountain Valley)
300 M LH	Elinor Tolson (Fountain Valley)
High Jump	Amy Chell (Los Altos)
Long Jump	Sheena Ferguson (Wash., San Francisco, Ca)
Triple Jump	Christine Sherwood (Watsonville)
Shot Put	Kristin Heaston (Ygnacio Valley, Concord)
Discus	Lisa Stephaney (Hoover, Fresno)

Girls 1992 All-State Sophomore Track and Field Team

100 M	Tai-Ne Gibson (Morningside, Inglewood)
200 M	Tai-Ne Gibson (Morningside, Inglewood)
400 M	Latasha Gilliam (Pittsburg)
800 M	Lisa Crouch (Aptos)
1600 M	Kay Nekota (Agoura)
3200 M	Carrie Garrison (SunHills, Full/Buena Park)
100 M LH	Bisa Grant (Bishop O'Dowd, Oakland)
300 M LH	Jessica Veale (Poway)
High Jump	Danielle Boswell (Bullard, Fresno)
Long Jump	Danielle Reid (Folsom)
Triple Jump	Ebony Henderson (Bakersfield)

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Shot Put Soozie Shanley (Tulare)
Discus Suzy Powell (Downey, Modesto)

Girls 1992 All-State

Frosh Track and Field Team

100 M Aminah Haddad (Long Beach Poly)
200 M Andrea Anderson (Long Beach Poly)
400 M Sylvia Pleslak (Menlo-Atherton, Atherton)
800 M Kristie Johnson (Central, Fresno)
1600 M Barbara Boisvert (Orange Lutheran, Orange)
3200 M Amy Skeresz (Agoura)
100 M LH Jennifer Odom (Independence, San Jose)
300 M LH Jennifer Odom (Independence, San Jose)
High Jump Kristy Kieruff (Esperanza, Anaheim)
Long Jump Tracya Lawyer (Cate, Carpinteria)
Triple Jump Monique Dale (Logan, Union City)
Shot Put Peka Lulu (Nogales, La Puente)
Discus Nadia Lopez (Arroyo Grande)

Boys 1992 All-State

Junior Track and Field Team

100 M Anthony Volson (Merced)
200 M Anthony Volson (Merced)
400 M Edward Turner (Morningside, Inglewood)
800 M Nathan Woods (Duarte)
1600 M Brian Wilkinson (Merced)
3200 M Nazano Romero (San Pasqual, Escondido)
110 M HH Drue Powell (Reseda)
300 M IH Andrew Werhane (Upland)
High Jump Todd Kelly (Big Valley, Beber)
Pole Vault Jess Stern (Harvard-Westlake, N Hollywood)
Long Jump Edward Turner (Morningside, Inglewood)
Triple Jump Tony Parrish (Marina, Huntington Beach)
Shot Put Tyson Lingenfelter (Upland)
Discus Chad Peare (Trabuco Hills)

Boys 1992 All-State

Sophomore Track and Field Team

100 M Ali Evans (Vallejo)
200 M Ali Evans (Vallejo)
400 M Andre Desaussure (Royal, Simi Valley)
800 M Vondre Armour (Bakersfield)
1600 M Mike Powers (Fremont, Sunnyvale)
3200 M Mehbraton Kefizighi (San Diego)
110 M HH Larry Parker (Bakersfield)
300 M IH Ken Haslip (Muir, Pasadena)
High Jump Jeremy Fischer (Camarillo)
Pole Vault Scott Slower (Leland, San Jose)
Long Jump Chuck Bishop (Taft)
Triple Jump Chuck Bishop (Taft)
Shot Put Wade Tilt (Newport Harbor, Newport Beach)
Discus Luke Villanueva (King City)

(Information was not available for many spots at the frosh level with blanks. If any coaches have or any fans know of outstanding frosh athletes this coming spring, please mail information on those athletes and their best marks to the head of our nominating committee for the 1993 team: Doug Speck 563 N. Willowgrove Glendora, CA 91740)

(Don't miss Doug Speck's story on the Sunkist indoor meet elsewhere in this issue.)

California Track & Cross Country Coaches Alliance

From Dennis McClanahan

Fellow Coaches:

An issue of great importance has come up statewide involving the sport of Cross Country at the high school level in California. As you may have been aware from previous communications and information carried in *California Track News*, there has been a movement within the state High School Cross Country Championships Meet to reduce the individuals from five per section per division to the number that each section has going from its area to the state meet in track (Southern 5, North Coast 4, Central/Central Coast/LA/Sac Joaquin/San Diego 3, and Northern/Oakland/San Francisco 1).

Background Information

Athletic administrators, districts, and the State CIF Governing body are in a "reduction" mode where at all possible lately, given the current economic times. Solid research has gone on as to the successes of many of the individuals in the State Meet in Cross Country, and many have not placed high enough to be truly "competitive" in the eyes of the powers that be. Going into this meeting, it was hoped by the Coaches Alliance that we could trade this reduction in individuals for a fifth division in the State Meet (which would have really meant that most sections would have lost very little, if any, with the addition of another division to send teams and individuals). To put it bluntly, we were outvoted on the State CIF Track and Cross Country Advisory Committee, and the State Executive Council will take up the subject of a reduction in individuals in the State Cross Country Meet to the numbers indicated above at the May meeting. No consideration of a fifth division will be considered at this time. Additionally, no reductions are currently planned in other state championship sports, such as Volleyball and Basketball, which have five divisions at their State Championship level.

What Do We Do Now?

There is a way to fight back against this

change to our State Cross Country Meet, but it must be organized and done with some idea of how statewide politics work. As it was pointed out by a Section Administrator at a recent statewide gathering, coaches need to be sure that they are working through their Athletic Directors and Principals when they wish to push an issue in their section or the state. A true situation was presented where a coach signed a paper taking a stand on a subject that would have expanded the number of competitors in a prep sport and, at the same time, the principal from that same school was signing his name to paperwork that indicated their school district was for the supporting a cutback in athletics overall. As coaches, you need to keep this important fact in mind and remember to take the time to convince your own administrators of the importance and value of our stands, and get them to act on our behalf.

How do we do this?

It is very important that each of us work at the school, league, and section level to turn the tide on this movement towards a reduction in the number of individuals at the state meet in Cross Country. With the subject up for consideration at the State Federated Council Meeting May 7th and 8th, each of us must make inroads with our fellow league coaches (make sure these coaches do their homework with their own school AD and Principals), our own school and district administration, and take the time to communicate with Section Administrators to make your point of view known.

An example of this can be demonstrated with the following true story:

One Section Administrator indicated that he had heard from about one-fifth of the schools in his section on the subject of a fifth division in Cross-Country, with each of those schools indicating that they were for the fifth division--none had contacted him against the proposal, so you can imagine he was a supporter of the

continued next page...

PREP NOTES

concept of a fifth division.) We suggest that you do this in two ways:

1. Contact them personally or in writing during the month of March.
2. Then follow-up with some form of communication between April 10th to May 1st.

In Conclusion

We are now working to stem the tide that is moving in a direction against our sport at the State level. The politics are not complicated, and the subject of reduced individuals to the State Cross Country meet will be put to a vote if there is a great difference of opinions at the May State Federated Council Meeting.

We must all make our feelings known, and take the time to contact others and get them involved if we are to defeat this movement. Like so much of our current legislation at the high school level, if you don't get off your duff and do something you will be the victim of some ruling handed down by someone who knows very little about our sport, but are following what they feel is some imagined "sense of direction" (lately, that of reducing where at all possible) of what is right. If you feel the individuals are worth keeping you must actively assist in helping to save them.

If you would like to join the Coaches Alliance, please fill out the form opposite and return at your earliest convenience.

Thank you for supporting our athletes via the Coaches Alliance!

California Track and Cross Country Coaches Alliance

Name: _____

School: _____ Section: _____

Mailing Address: _____

City: _____ Zip: _____

Phone: (H) _____ (W) _____

Yearly dues for 1992/93 year (Tax Deductible) \$25.00. Make checks payable to Coaches Alliance.

Send to: Dennis McClanahan, Director,
 California Track News
 4957 E. Heaton
 Fresno, CA 93727

School Membership \$50--Schools will receive discounts for all members of their staff at clinics as well as a second copy of *California Track News* (You can have it sent to the library, or a second copy for your staff--indicate second copy recipient below).

Second Copy Name/Dept: _____

School: _____

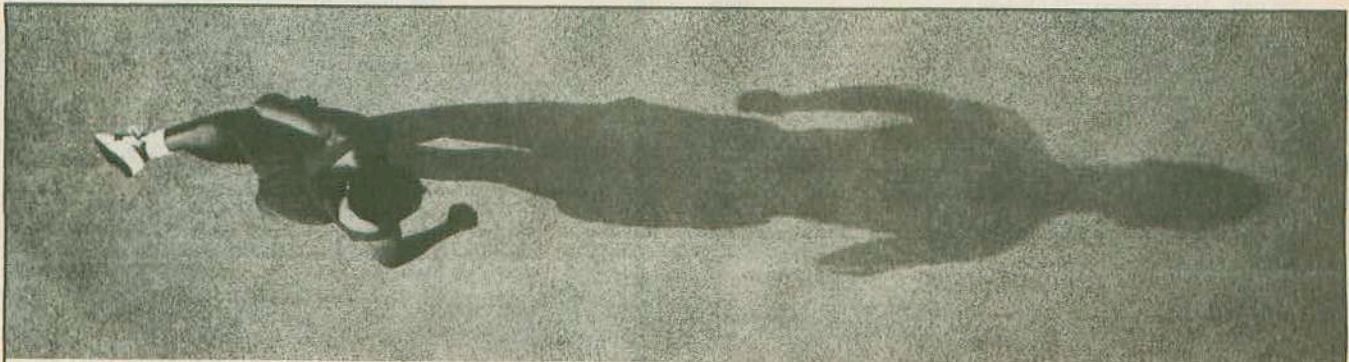
Mailing Address: _____

City: _____ Zip: _____

Spring Alliance Special

Join the Alliance for half a year and see what we are all about. Now is a time that we can use your support. This special allows you to join for the spring season and receive *California Track News* during track season. Fill out the form above and sent \$15 to the address above. You'll be on our mailing lists until the cross country season starts.

Join us and support our sports in California.



SEE WHAT TAKES SHAPE. EXERCISE.

American Heart Association 

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PREP NOTES

❖ HIGH SCHOOL RECORDS ❖

CALIFORNIA

Men

Mark	Name (School, City, St.)	Site of mark	Date
100y:	9.44	Michael Sanford (Pasadena)	1979
100m:	10.25	Henry Thomas (Hawthorne)	Eagle Rock 1985
200m:	20.50A	*Quincy Watts (Taft, Woodland Hills)	Provo, UT 1987
	20.53	Bryan Bridgewater (Washington, L.A.)	Site? 1988
400m:	45.09	Henry Thomas (Hawthorne)	Berlin 1985
800m:	1:47.31	Pete Richardson (Berkeley)	Norwalk 6/6/81
1500m:	3:46.4	Paul Medvin (University, L.A.)	Bloomington, IN 1979
Mile:	3:59.4	Tim Danielson (Chula Vista)	San Diego 1966
2000m:	5:25.3e	Eric Hulst (Laguna Beach)	Norwalk 5/28/76
3000m SC:	9:10.8	*Dave Daniels (San Geronimo, San Bernardino)	Site? 1976
2000m SC:	5:43.9	Steve Guerrini (Santa Rosa)	Santa Rosa 4/27/91
3000m:	8:07.60	Eric Mastalir (Jesuit, Carmichael)	Sacramento 6/14/86
2 Mile:	8:36.3n	Jeff Nelson (Burbank)	Westwood 5/06/79
3 Mile:	13:43.6	Rich Kimball (DeLaSalle, Concord)	Postal, Saratoga 12/01/73
5000m:	14:01.40	Eric Mastalir (Jesuit, Carmichael)	Site? 1986
6 Mile:	27:58.0e	Eric Hulst (Laguna Beach)	Irvine 3/28/76
10,000m:	28:55.0	Eric Hulst (Laguna Beach)	Irvine 3/28/76
10 Mile:	49:15.0ne	George Aguirre (Santa Barbara)	Goleta 7/26/75
20 Mile:	1:49.29	Tom O'Neil (Jesuit, Carmichael)	Clarksburg 11/28/76
1 Hour:	12m254y	Ajim Baksh (Hollywood)	Goleta 7/19/75
Marathon:	2:23.47	**Mitch Kingery (San Carlos)	Burlingame 2/11/73
110H(39"):	13.41	Steve Kerho (Mission Viejo)	Sacramento 1982
110H(42"):	14.1	*Dedy Cooper (Elis, Richmond)	Site? 1974
300mLH:	35.52	Danny Harris (Perris)	Bakersfield 6/04/83
300mH:	35.32	George Porter (Cabrillo, Lompoc)	Walnut 5/25/85
400mH:	51.5	Charles White (San Fernando)	Europe 1976
4x100:	40.24	Hawthorne,	Norwalk 1989
4x200:	1:25.1	Berkeley,	Site? 1981
4x400:	3:07.40	Hawthorne,	Austin, Texas 4/06/85
4x880y:	7:44.0	El Cerrito,	Site? 1969
4x1500:	16:13.4	Compton,	Site? 1987
4xMile:	17:13.2	Lompoc,	Site? 1973
SprMed:	3:21.15	Hawthorne,	Los Angeles 3/16/85
	3:21.1	Berkeley,	Sacramento 4/25/81
DistMed:	9:56.3	Jesuit, Carmichael,	Davis 4/25/86
4x110H:	58.4y	Fresno,	Porterville 6/12/71
HJ:	7-4 1/2	Maurice Crumby (Balboa, San Francisco)	Stanford 1983
PV:	18-2	Brandon Richards (San Marcos, Santa Barbara)	Eugene 7/11/85
LJ:	26-4 3/4	James Stallworth (Tulare)	Norwalk 1989
TJ:	53-6 1/2	Joe Richardson (Pasadena)	Sacramento 6/09/84
SP (12 lb):	76-2	Brent Noon (Fallbrook)	Site? 1990
SP (16 lb):	57-10 1/4	Dave Murphy (Sunny Hills, Fullerton)	Site? 1986
DT (3#9oz):	210-8	Brian Blutreich (Capistrano Vly, Mission Viejo)	Site? 1985
DT (4 lb6.4oz):	177-4	Ray Burton (Vacaville)	Fairfield 8/28/74
HT (12 lb):	219-2	Kevin McMahon (Bellarmine Prep, San Jose)	Site? 1990
HT (16 lb):	173-11	Chuck Vandagriff (Castro Valley)	Site? 1967
JT:	218-11	Mike Ostrom (Las Lomas, Walnut Creek)	Site? 1983
JT (New):	214-7	Greg Johnson (Menlo School, Atherton)	Site? 1990
Pent:	3513	Dixon Farmer (Miramonte, Orinda)	El Monte 7/10/59
Decath:	6970a	Tom Richards (San Marcos, Santa Barbara)	Site? 1988
Dec (1962):	6656	Kenny Kring (Santa Maria)	Site? 1970

continued next page...

UNITED STATES

Men

Mark	Name (School, City, State)	Place of Mark	Date
100y:	9.30	Houston McTear (Baker, FL)	Winter Park, FL 5/09/75
100m:	10.13	Derrick Florence (Ball, Galveston, TX)	Towson, MD 6/28/86
200m:	20.13	Roy Martin (Roosevelt, Dallas, TX)	Austin, TX 5/11/85
	20.13n	Roy Martin (Roosevelt, Dallas, TX)	Indianapolis, IN 6/16/85
400m:	44.69n	Darrell Robinson (Wilson, Tacoma, WA)	Ind, IN 7/24/82
800m:	1:46.58	George Kersh (Pearl, MI)	Sacramento, CA 6/13/87
1000m:	2:25.5n	Tom Carroll (FordPrep, Bronx, NY)	Koblenz, W.Ger. 8/10/57
1500m:	3:39.0n	Jim Ryun (East, Wichita, KS)	New Brunswick, NJ 6/28/64
Mile:	3:55.3	Jim Ryun (East, Wichita, KS)	San Diego, CA 6/27/65
2000m:	5:25.30	Michael O'Connor (St. John Bap, W. Islip, NY)	NY 6/17/86
	5:25.3e	Eric Hulst (Laguna Bch, CA)	Norwalk, CA 5/28/76
3000m:	8:05.8	John Trautmann (Monroe-Woodbry, CentVly, NY)	PA 4/25/86
2000mSC:	5:43.9	Steve Guerrini (Santa Rosa, CA)	Santa Rosa, CA 4/27/91
3000mSC:	8:50.1n	Jeff Hess (So. Eugene, Eugene, OR)	Eugene, OR 6/02/79
2 Mile:	8:36.3n	Jeff Nelson (Burbank, CA)	Westwood, CA 5/06/79
3 Mile:	13:17.0	Gerry Lindgren (Rogers, Spok, WA)	Kingston, Jam. 8/15/64
5000m:	13:44.0n	Gerry Lindgren (Rogers, Spok, WA)	Compton, CA 6/05/64
6 Mile:	27:36.4ne	Rudy Chapa (Hammond, Indiana)	Des Moines, IO 4/24/76
10,000m:	28:32.7n	Rudy Chapa (Hammond, Indiana)	Des Moines, IO 4/24/76
Marathon:	2:23.05n	Clancy Devery (South, Salem, OR)	Seaside, OR 2/26/77
110mH(39"):	13.30	Chris Nelloms (Dunbar, Dayton, Ohio)	Dayton, OH 5/26/90
	13.22y	Arthur Blake (Haines City, FL)	Winter Park, FL 5/11/84
	12.9y	Renaldo Nehemiah (Scotch Plains, Farwood, NJ)	NY 5/30/77
110mH(42"):	13.83	Glenn Terry (Sycamore, Cincinnati, OH)	Columbus, OH 6/11/89
	13.5	Renaldo Nehemiah (Scotch Plains, NJ)	Richmond, VA 7/02/77
300m LH:	35.52	Danny Harris (Perris, CA)	Bakersfield, CA 6/04/83
300m IH:	35.32	George Porter (Cabrillo, Lompoc, CA)	Walnut, CA 5/25/85
330y IH:	35.87	Bill Blessing (Hillcrest, Dallas, TX)	Dallas, TX 3/30/74
400m IH:	50.02n	Patrick Mann (Garfield, Woodbridge, VA)	L.A., CA 6/24/84
	49.8n(A)	Bob Bornkessel (No. Shawnee, MI, KS)	Echo Summit (7,362 Feet or 2,250 meters above sea level) 8/31/68
4x100m:	40.09	Jasper, Texas,	Austin, TX 5/10/91
4x110y:	40.41	South Oak Cliff, Dallas, TX,	Mesquite, TX 4/29/89
	40.2	Lincoln, Dallas, TX,	Austin, TX 5/09/70
4x220y:	1:24.8	Lake Charles, LA,	Alexandria, LA 5/05/78
4x400m:	3:07.40	Hawthorne, CA,	Austin, TX 4/06/85
4x800m:	7:34.8	Vork, Elmhurst, IL,	Elmhurst, IL 5/07/85
4x880y:	7:35.6	Jackson, Cambria Heights, NY,	Jamaica, NY 6/07/66
		Boys, Brooklyn, NY,	Jamaica, New York 6/07/66
4x1500m:	16:03.7	South Eugene, Eugene, OR,	Eugene, OR 4/30/82
4x1600:	17:04.7	McCullough, The Woodlands, TX,	The Woodlands, TX 3/01/86
4xMile:	17:06.6	South Eugene, Eugene, OR,	Eugene, OR 5/07/76
SprMed:	3:21.15m	Hawthorne, CA,	Los Angeles, CA 3/16/85
	3:21.1m	Berkeley, Sacramento, CA	4/25/81
	3:23.3y	Spring Branch Memorial, Houston, TX,	Houston, TX 4/08/67
DistMed:	9:53.31m	McCullough, The Woodlands, TX,	Houston, TX 5/09/87
	10:01.6y	South Eugene, Eugene, OR,	Eugene, OR 5/06/77
4x110mH:	57.26	Sterling, Baytown, TX,	The Woodlands, TX 4/30/82
HJ:	7-6	Dothel Edwards (Cedar Shoals, Athens, GA)	Ath, GA 7/09/83
PV:	18-2	Brandon Richards (SMarcos, Santa Barb)	Eugene, OR 7/11/85
LJ:	26-8 1/4	Dion Bentley (Penn Hills, Pittsb, PA)	Santa Fe, Arg. 6/23/89
TJ:	53-9 1/4	Brian Tabor (Clarke Centr, Athens, GA)	Columbus, OH 6/11/89
SP (12 lb):	81-3 1/2	Mike Carter (Jefferson, Dallas, TX)	Sacramento, CA 6/16/79
SP (16 lb):	67-9	Mike Carter (Jefferson, Dallas, TX)	Boston, MA 7/04/79
DT (3#9oz):	225-2	Kamy Keshmiri (Reno, NV)	Sacramento, CA 6/13/87

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California Track and Cross Country Coaches Alliance

PREP NOTES

CALIFORNIA, continued



DENEAN HOWARD
Fine Flicks by Don Gosney



LESLIE DENIZ
Photo by Dave Stock



POLLY PLUMER
Photo by Jim Reynolds

Women

100y:	10.62	Gwen Loud (Westchester, L.A.) Site?	1979
100m:	11.14	Marion Jones (Thousand Oaks) Norwalk	6/06/92
200m:	22.58	Marion Jones (Thousand Oaks) New Orleans, LA	6/28/92
400m:	50.87	Denean Howard (Kennedy, Granada Hills) Knoxville, TN	6/20/82
800m:	2:02.29	Mary Decker (Orange) Durham	7/06/74
1500m:	4:16.8	Francie Larrieu (Fremont, Sunnyvale) Stuttgart, Ger.	1969
Mile:	4:35.24	Polly Plumer (University, Irvine) Westwood	5/16/82
3000m:	9:11.80	Cory Schubert (Del Mar, San Jose) Indianapolis	1983
3200m:	10:04.2	Cory Schubert (Del Mar, San Jose) Berkeley	1983
5000m:	16:49.5	Rebecca Chamberlain (Leigh, San Jose) Site?	1986
10,000m:	34:54.8	Roxanne Bier (Independence, San Jose) Westwood	6/08/78
Marathon:	2:43.00	Helke Skaden (Encina, Sacramento) Site?	1980
100mH (30):	13.34	Janeene Vickers (Pomona) Sacramento	1987
100mH (33):	13.89	Effie Daetz (Leigh, San Jose) Tucson, AZ	6/20/87
	13.5	Lorna Tinney (Oceanside) Site?	1972
300mH:	40.18	Leslie Maxie (Mills, Millbrae) Berkeley	5/26/84
400mH:	55.20	Leslie Maxie (Mills, Millbrae) San Jose	6/09/84
4x100m:	45.11	Hawthorne, Walnut	5/25/85
4x200m:	1:36.87	Hawthorne, Site?	1985
4x220y:	1:37.1	Berkeley, Sacramento	4/26/80
4x400m:	3:37.69	Muir, Pasadena, Walnut	5/18/85
4x800m:	9:10.70	Foothill, Tustin, Site?	1983
4x1500m:	18:52.5	University, Irvine, Walnut	4/23/82
4x1600m:	20:29.15	Agoura, Agoura Hills, Site?	1992
4xMile:	20:49.8	Miramonte, Orinda, Site?	1981
800 Med.:	1:42.0	Hawthorne, Walnut	4/24/87
1600 Med.:	4:05.30	Compton, Site?	1985
Mile Med.:	4:04.70	Hawthorne, Site?	1989
DistMed:	11:43.53m	University, Irvine, Walnut	4/24/82
4x100LH:	56.78	Muir, Pasadena, Las Vegas, NV.	6/08/85
HJ:	6-2 3/4	Latrese Johnson (Clovis) Sanger	1985
LJ:	21-3 1/4	Juliana Yendork (Walnut) Bulgaria	1990
TJ:	44-0 1/2	Juliana Yendork (Walnut) Norwalk	5/31/91
SP (4K):	53-7 3/4	Natalie Kaaiawahia (Fullerton) Norwalk	5/21/83
DT:	183-11	Leslie Deniz (Gridley) Lancaster	7/03/80
JT:	196-1	Cathy Sulinski (El Camino, South San Francisco) Site?	1976
Pent:	4333a	Marlene Harmon (Thousand Oaks) Philadelphia, PA	7/16/80
Hept:	5237a	Sharon Hatfield (Fountain Valley) Los Angeles	6/25-26/82

Abbreviations: A=mark made at altitude (above 1000m); n=non-winning mark; e=mark made enroute to a longer distance; in decathlon/heptathlon, a=auto timing; y=yards; m=meters.

UNITED STATES, continued

DT (4#6.4):	201-4	Gregg Hart (Homestead, Ft. Wayne, IN) Ind., IN	7/18/90
HT (12 lb):	231-11	Manny Silverio (North Bergen, NJ) Evanston, IL	6/12/76
HT (16 lb):	202-9	Manny Silverio (North Bergen, NJ) Providence, RI	8/28/76
JT:	259-10	Art Skipper (Sandy, OR) Eugene, OR	5/28/88
JT (new):	241-11	Tommi Viskari (Amsterdam, NY) West Point, NY	11/12/88
Pent:	3513	Dixon Farmer (Miramonte, Orinda, CA) El Monte, CA	7/10/59
Decath:	7359	Craig Brigham (So. Eugene, Eugene, OR) Eugene, OR	4/22-23/72
	7161a	Kevin McGorty (Westfield, NJ) New Britain, Conn.	7/30-31/83



Left to right:
BRENT NOON
Fine Flicks by Don Gosney



BRIAN BRIDGEWATER
Photo by Bill Leung, Jr.



DANNY HARRIS
Fine Flicks by Don Gosney

Women

100y:	10.60	Benita Fitzgerald (Garfield, Wdbridge, VA) Atlanta, GA	6/02/79
	10.2	Michele Glover (Willingboro, NJ) Towson, Maryland	7/20/80
100m:	11.13	Chandra Cheeseborough (Ribault, Jacksonville, FL) Eug.	6/21/76
200m:	22.58	Marion Jones (Thous. Oaks, CA) New Orleans, LA	6/28/92
400m:	50.87	Denean Howard (Kennedy, Granada Hills, CA) Knoxville	6/20/82
800m:	2:00.07	Kim Gallagher (Upp. Dublin, Ft. Wash., PN) Indianapolis	7/24/82
1500m:	4:16.6e	Kim Gallagher (Upper Dublin, FLWA, Penn) Phil. Penn.	6/12/82
Mile:	4:35.24	Polly Plumer (Univ. Irvine, CA) Westwood, CA	5/16/82
3000m:	9:08.6	Lynn Bjorklund (Los Alamos, NM) Kiev, Soviet Union	7/05/75
2 Mile:	10:03.5	Mary Shea (Card-Gibbons, Raleigh, NC) Ft. Lauderdale	4/07/79
5000m:	16:13.7	Mary Shea (Card-Gibbons, Raleigh, NC) CollPk, MD	4/22/79
10,000m:	32:52.5	Mary Shea (CardinalGibbons, Raleigh, NC) Walnut, CA	6/15/79
Marathon:	2:34.24	Cathy Schiro (Dover, NH) Olympia, WA	5/12/84
100mH (30):	13.06A	Yolanda Johnson (Wash, Denver, CO) Denver, CO	5/17/86
100mH (33):	12.95	Candy Young (Beaver Falls, Penn) Walnut, CA	6/16/79
200m H:	28.32	Teri Wierson (Sunset, Beaverton, OR) Springfield, OR	5/27/78
220y H:	27.7	Gwen Brown (Lincoln, East St. Louis, IL)	5/18/79
300mH:	40.18	Leslie Maxie (Mills, Millbrae, CA) Berkeley, CA	5/26/84
400mH:	55.20	Leslie Maxie (Mills, Millbrae, CA) San Jose, CA	6/09/84
4x100m:	45.11	Hawthorne, CA, Walnut, CA	5/25/85
4x200m:	1:36.46	Smiley, Houston, TX, Pasadena, Texas	4/23/83
4x220y:	1:37.1	Berkeley, CA, Sacramento, CA	4/26/80
4x400m:	3:37.69	Muir, Pasadena, CA, Walnut, CA	5/18/85
4x800m:	8:55.63	Boys & Girls, Brooklyn, NY, Uniondale, NY	6/14/88
4x1500m:	18:52.5	University, Irvine, CA, Walnut, CA	4/23/82
4x1600m:	20:20.87	Brighton, Rochester, NY, Uniondale, NY	6/11/85
4xMile:	20:34.4	Ridgewood, NJ, Paramus, NJ	5/17/83
800 Med.:	1:42.0	Hawthorne, CA, Walnut, CA	4/24/87
1600 Med.:	3:58.85	Shabazz, Newark, NJ, Plainfield, NJ	5/13/86
Mile Med.:	3:57.0	Columbia, Maplewood, NJ, Randalls Island, NY	1980
DistMed:	11:43.53	University, Irvine, CA, Walnut, CA	4/24/82
4x100LH:	56.78	Muir, Pasadena, CA, Las Vegas, NV.	6/08/85
HJ:	6-3	Amy Acuff (Calallen, Corpus Christi, TX) Corpus, TX	4/11/92
LJ:	22-3	Kathy McMillan (Hoke Co., Raeford, NC) Wstwd, CA	6/21/76
TJ:	44-0 1/2	Juliana Yendork (Walnut, CA) Norwalk, CA	5/31/91
SP (4K):	53-7 3/4	Natalie Kaaiawahia (Fullerton, CA) Norwalk, CA	5/21/83
DT:	183-11	Leslie Deniz (Gridley, CA) Lancaster, CA	7/03/80
JT:	198-8	Barbara Friedrich (Manasquan, NJ) W Lng Branch, NJ	6/07/67
Pent:	4333a	Marlene Harmon (Thous. Oaks, CA) Philadelphia, PA	7/16/80
Hept:	5237a	Sharon Hatfield (Fountain Vly, CA) Los Angeles, CA	6/25-26/82

Abbreviations: A=mark made at altitude (above 1000m); n=non-winning mark; e=mark made enroute to a longer distance; *after name indicates foreign athlete attending U.S. school; in decathlon/heptathlon, a=auto timing; y=yards; m=meters; K=kilogram.

PREP NOTES**Northern & Central California
Prep Preview**

By Keith Conning

The Northern and Central California record for each event is listed at the top of each event. I have included the record for historical purposes. If the Central California record was superior to the Northern California record, then I have listed both. Central California is defined as the Central Section. In 1983 and 1984 the CIF had Northern and Southern California championship meets, which eliminated the need for trials at the State Meet. Northern California contained six sections: Central Coast, North Coast, Northern, Oakland, Sac-Joaquin, and San Francisco. Therefore, the Northern California record refers to those six sections. Southern California contained four sections: Central, Los Angeles, San Diego, and Southern.

The oldest record on the books was set by Bob Mathias (Tulare) in 1948. He won the decathlon in the 1948 Olympic Games in England, while he was still in high school!

The 1993 Sunkist Indoor meet results are listed.

The 1992 top performers list comes from *High School Track 1993* by Jack Shepard. This book, which I couldn't do without, is available for \$5.00 from Jack Shepard, 14551 Southfield Drive, Westminster, CA. 92683. It includes records, the top marks from last year, and the all-time lists. I recommend it highly!

There are five events--boys 110 hurdles, 300 intermediate hurdles, triple jump, shot put; and girls 3,200--in which returning Northern and Central California athletes did not achieve a performance on last year's national list. I have listed the minimum performance necessary to be listed.

I have also included the State Meet and Section results from last year for the athletes who are returning.

I did not list teams in the relays, because most of those teams used athletes who have graduated. I did list 1993 Sunkist relay results.

The grades shown for the athletes are for the 1993 season, except in the case of Kristen Heaston, who set a Northern California record in the shot put last year as a junior. Thus, she has an asterick before her name by the record, but elsewhere she is listed as a senior.

The years following some athletes on the list indicates what year they were born. This determines their eligibility for USA Track and Field Junior competition.

Abbreviations: --=senior, * =junior, ** =sophomore.

MEN**100 Meters:****Northern and Central California****Record:**

10.3 Kenny Robinson (Berkeley) 1981

1993 Sunkist 50 Meters Final:

4. -Brian Lewis (Highlands, NHigh) 5.99

6. **Marques Holliwell (W, Bkld) 6.07

Heat 1:

2. -Anthony Volson (Merced) 6.00

Heat 2:

2. -Brian Lewis (Highlands, NHigh) 5.94

3. *Jaime Houston (Lemoore) 6.04

4. Rashad Sanders (Lincoln, S.F.) 6.16

6. *Tim Cooper (DeAnz, Richmd) 6.28

Heat 4:

1. **Marques Holliwell (W, Bkld) 5.94

5. -Lindsey McDonald (Merced) 6.09

Football Heat 1:

*Ali Evans (Vallejo) 6.08

Heat 2:

4. Rashad Sanders (Lincoln, S.F.) 6.17

1992 Top Performers:

-Anthony Volson (Merced) 10.50

*Ali Evans (Vallejo) 10.52

-Brian Lewis (Highland, NHigh) 10.59

**Marques Holliwell (W, Bkld) 76 10.62

-Shon Lewis (Wilcox, S Clara) 74 10.63

-Jarron Turner (Mt. Pleas, SJ) 10.64

Wind-aided:

*Ali Evans (Vallejo) 10.43

-Anthony Volson (Merced) 10.47

Hand-timed: Wind-aided:

-Shon Lewis (Wilcox, S Clara) 74 10.3

State Meet Final (+1.97):

3. -Anthony Volson (Merced) 10.50

4. *Ali Evans (Vallejo) 10.52

6. -Son Lewis (Wilcox) 10.65

7. -Brian Lewis (Highlands) 10.66

1992 Section Results:**Central Section:**

1. **Marques Holliwell (W, Bkld) 10.70

2. **Bryan Howard (West) 10.72

3. *Jaime Houston (Lemoore) 10.90

Central Coast Section:

1. -Shon Lewis (Wilcox) 10.67

2. -Rob Rice (Mt. Pleasant) 10.76

North Coast Section:

1. -Rob Branch (St. Mary's) 11.14

2. *Tim Cooper (De Anza) 11.24

3. -Jonah Anderson (Las Lomas) 11.30

Oakland Section:

1. -Akinsha Page (OakTechnical) 11.08

Sac-Joaquin Section:

1. *Ali Evans (Vallejo) 10.46w

2. -Anthony Volson (Merced) 10.47

3. -Brian Lewis (Highlands) 10.57

200 Meters:**Northern and Central California****Records:**

Kevin Willhite (Cordova, RanC) 1981

1992 Top Performers:

-Anthony Volson (Merced) 21.33

*Ali Evans (Vallejo) 21.48

-Shon Lewis (Wilcox, S Clara) 21.58

Wind-aided:

-Anthony Volson (Merced) 21.16

-Brian Lewis (Highlands, NHigh) 21.36

*Ali Evans (Vallejo) 21.37

Hand-timed:

*Ali Evans (Vallejo) 21.2

1992 State Meet Final (+3.59):

3. -Anthony Volson (Merced) 21.16

4. -Brian Lewis (Highlands) 21.60

7. -Rod Branch (St.Mary's, Berk) 21.74

1992 Section Results:**Central Section:**

1. *Jaime Houston (Lemoore) 21.96

2. **Marques Holliwell (West) 22.34

Central Coast Section:

2. -Shon Lewis (Wilcox) 21.58

3. -Jack Beloney (Oak Grove) 21.89

North Coast Section:

1. -Rod Branch (St. Mary's) 22.28

Oakland Section:

1. -Akinsha Page (OakTech) 22.56

Sac-Joaquin Section:

1. -Anthony Volson (Merced) 21.18

2. -Brian Lewis (Highlands) 21.36

3. *Ali Evans (Vallejo) 21.38

400 Meters:**Northern and Central California****Record:**

Bill Green (Cubb, Palo Alto) 1979 45.51

1993 Sunkist 500 Yards, Race 3:

1. *Walter Smith (McAt, S.F.) 1:01.17

2. -Atlas Kendricks (Bakersfield) 1:01.91

1992 Top Performers:

-Jimmie Johnson (Miss SJ, Frem) 47.87

1992 State Meet Final:

6. -Jimmie Johnson (Mission SJ) 48.81

8. -Jack Beloney (Oak Gr, SJ) 49.54

1992 Section Results:**Central Coast Section:**

2. -Jack Beloney (Oak Grove) 48.52

North Coast Section:

2. -Jimmie Johnson (Mission SJ) 48.10

Northern Section:

1. -Jose Curiel (Live Oak) 50.70

Oakland Section:

1. -Rodney Joiner (Castlemont) 50.47

800 Meters:**Northern and Central California****Record:**

Pete Richardson (Berkeley) 1981 1:47.31

1993 Sunkist 880:

3. *Vondre Armour (Bakersfield) 2:00.50

4. -Colin Dean (O'Dowd, Oak) 2:02.73

Race 2:

1. -Adrian Garcia (Roos, Fresno) 1:59.59

2. *Josh Quintal (Fortuna) 2:00.57

1992 Top Performers:

-Brian Wilkinson (Merced) 1:51.19

*Vondre Armour (Bakersfield) 75 1:52.57

-Alfonso Mitchell (Monterey) 1:53.01

-John Lockard (Logan, UnCity) 1:53.03

-Colin Dean (O'Dowd, Oakland) 1:53.20

1992 State Meet Finals:

6. *Vondre Armour (Bakersfield) 1:53.72

8. -Alfonso Mitchell (Monterey) 1:56.93

1992 Section Results:**Central Section:**

1. *Vondre Armour (Bakersfield) 1:53.68

3. -Adrian Garcia (Roosevelt) 1:56.16

Central Coast Section:

1. -Alfonso Mitchell (Monterey) 1:53.13

3. *Scott Cervelli (STeresa) 1:55.52

North Coast Section:

3. -John Lockard (Logan) 1:53.03

4. -Colin Dean (Bishop O'Dowd) 1:53.20

Northern Coast:

1. -Greg Wheeler (Shasta) 1:58.66

Sac-Joaquin Section:

2. -Brian Wilkinson (Merced) 1:54.01

San Francisco Section:

1. -Spurgeon Edwards (McAteer) 2:07.31

1500 Meters:**Northern and Central California****Record:**

Reggie Williams (RiverCity, WSac) 3:47.65

1993 Sunkist:

-Brian Wilkinson (Merced) 4:08.6

1992 Top Performers:

-Brian Wilkinson (Merced) 3:55.96

1600 Meters:**Northern and Central California****Record:**

Rich Kimball (DeLaSalle, Concord) (mile) 1974 4:02.4

1993 Sunkist Mile:

4. *Greg Tadmeay (SilvCrk, SJ) 4:38.75

Foot Locker National Championship**Mile:**

1. -Brian Wilkinson (Merced) 4:23.56

1992 Top Performers:

-Brian Wilkinson (Merced) 4:11.17

-Terry Hickey (Foothill, Bkld) 4:15.89

1992 State Meet Final:

3. -Brian Wilkinson (Merced) 4:11.57

8. -Terry Hickey (Foothill) 4:17.55

1992 Section Results:**Central Section:**

2. -Terry Hickey (Foothill) 4:15.89

Central Coast Section:

3. *Mike Powers (Fremnt Christ) 4:18.69

Sac-Joaquin Section:

1. -Brian Wilkinson (Merced) 4:15.80

2. **Darren Holman (Sonora) 4:19.9

3. -Charles Williams (Hogan) 4:21.0

3200 Meters:**Northern and Central California****Record:**

Rich Kimball (DeLaSalle, Concord) (2 Miles) 1974 8:46.5

continued next page...

PREP NOTES

1993 Sunkist Asics Two Mile:
 4. -Ricardo Brewer (North, Bkfld) 9:41.0

1992 Top Performers:
 -Mike Prindiville (DeLaSal, Con) 9:13.50
 -Jorge Rive4ra (Delano) 9:16.84
 -Ricardo Brewer (North, Bkfld) 9:17.40

1992 State Meet Finals:
 8. -Mike Prindiville (DeLaSalle) 9:13.50
 9. -Jorge Rivera (Delano) 9:16.84
 10. -Ricardo Brewer (North) 9:17.40
 13. -Jason Tackette (MiraLoma) 9:20.47
 15. *Matt Creason (Eureka) 9:21.88
 17. **Jason Balkman (Lynbrook) 9:26.90
 21. *Mohammed Elmi (MIPleas) 9:37.59
 24. *John Kelly (DeLaSalle) 9:38.05

1992 Section Results:
Central Section:
 1. -Jorge Rivera (Delano) 9:17.67
 2. *Ricardo Brewer (North) 9:22.45
Central Coast Section:
 1. *Mohammed Elmi (MIPleas) 9:20.84
 2. **Jason Balkman (Lynbrook) 9:22.15
North Coast Section:
 1. -Mike Prindiville (DeLaSalle) 9:23.85
 2. *Matt Creason (Eureka) 9:26.01
 3. *John Kelly (DeLaSalle) 9:28.70
Sac-Joaquin Section:
 3. -Jason Tackette (Mira Loma) 9:24.0

Cross Country:

Northern and Central California Record at Woodward Park, Fresno:
 Jay Marden (MissSJ, Frem)'80 14:42

1992 Top Performers at Woodward Park, Fresno:
 -Ricardo Brewer (North, Bkfld) 15:20
 -George Rivera (Delano) 15:35
 -Juan Pinal (Overfelt, San Jose) 15:35
 *Scott Cervelli (SanTeresa, SJ) 15:36
 **Jason Balkman (Lynbrook, SJ) 15:38
 *Matt Creason (Eureka) 15:39
 *Matthew Farley (Jesuit, Carm) 15:41
 -Brian Wilkinson (Merced) 15:43
 -Nick Niles (Jesuit, Carmichael) 15:43
 -Marc Lawson (Clovis W, Fresno) 15:43

1992 State Meet Results:
Division I:
 6. *Scott Cervelli (SanTeresa) 15:36
 9. -Juan Pinal (Overfelt) 15:43
 10. -Brian Wilkinson (Merced) 15:44
Division II:
 2. Ricardo Brewer (North) 15:20
 4. *George Rivera (Delano) 15:35
 5. *Matt Creason (Eureka) 15:39
 10. *Matt Farley (Jesuit) 15:50
Division III:
 1. **Jason Balkman (Lynbrook) 15:38
Division IV:
 *Steve Brown (Piedmont) 15:48

110 Meter HH (39"): Northern and Central California Record:

Dedy Cooper (Ells, Rich)1975 13.2y

1993 Sunkist 50 Meter High Hurdles
Race 2:
 2. *Larry Parker (Bakersfield) 7.16
 3. *Kyle O'Neil (BelVist,FairOks) 7.17
 4. *Nam Duong (Silver Crk, SJ) 7.17

1992 Top Performers:
 No one reached the minimum mark 14.24

1992 Section Results:
Central Section:
 3. *Larry Parker (Bakersfield) 14.60
North Coast Section:
 1. -Ross Bomben (Liberty) 14.91
 4. *Anthony Montgomery (StM) 15.37
Oakland Section:
 1. *Jason Williams (Castlemont) 16.05

300 Meter IH:

Northern and Central California Record:
 John Montgomery (Indep.SJ)'88 36.43

1992 Top Performers:
 No one reached the minimum mark 37.90

1992 State Meet Final:
 9. *Kyle O'Neil (Bella Vista, SJ) 39.24

1992 Section Results:
Central Section:
 1. -Jon Giannola (Hanford) 38.79
North Coast Section:
 3. -Derrick Mitchell (Mt. Eden) 39.99
Sac-Joaquin Section:
 3. *Kyle O'Neil (Bella Vista) 38.3

4 x 100:

Central California Record:
 Edison, Fresno 1983 40.83

Northern California Record:
 Berkeley 1981 40.86

4 x 400:

Northern and Central California Record:
 Berkeley 1981 3:08.94

Race 3:
 2. Bakersfield 3:36.2

Race 5:
 St. Francis 3:38.08

High Jump:

Northern and Central California Record:
 Maurice Crumby (Bab,SF)1983 7-4 1/2

1993 Sunkist Rated:
 1. *Rich Madsen (ClovisW, Fres) 6-8
 2. Randy Martin (Clovis W, Fres) 6-6

Seeded:
 1. -Lavelle Baloney (Del Mar, SJ) 6-8
 6. *Eric Nyberg (Mt. Whit,Vis) 6-4

1992 Top Performers:
 -Todd Kelly (Big Valley, Bieber) 7-0 1/4A
 El 4,169 6-10
 -LaVelle Beloney (Del Mar, SJ) 6-10

1992 State Meet Final:
 3. -Todd Kelly (Big Valley) 6-9

1992 Section Results:
Central Section:
 2. *Larry Parker (Bakersfield) 6-6
Central Coast Section:
 2. -Lavelle Beloney (Del Mar) 6-8
North Coast Section:
 1. *Abby Hussein (St. Mary's) 6-6
Northern Section:
 1. -Todd Kelly (Big Valley) 6-11
Oakland Section:
 1. *Foley Caldwell (Oakland) 6-2
San Francisco Section:
 1. -Bobby Shaw (Galileo) 5-10



SCOTT SLOVER

Photo by Bill Cockerham

Pole Vault:

Northern and Central California Record:
 Brent Burns (Acal, Lafayette) 1987 17-8 1/2
 (Note: Burns vaulted 17-6 as a junior and 16-2 as a sophomore. Last year he placed second in the NCAA for Cal at 18-8 1/4.)

1993 Sunkist:
 1. -Brandon Vance (Los Gatos) 15-9
 2. (tie) *Robby Weighall (Highl,Bk) 15-0
 -Tye Harvey (Sonora) 15-0
 6. *Scott Slover (*Leland, SJ) 15-0
 8. *Ben Stark (Porterville) 14-6
 14. -Justin Garcia (Coalinga) 14-0
 19. -Sean Mason (NevUn,GrVly) 13-6

1992 Top Performers:
 *Scott Slover (Leland, San Jose) 16-3
 -Tye Harvey (Sonora) 74 16-0

1992 State Meet Final:
 8. *Scott Slover (Leland) 15-2

1992 Section Results:
Central Section:
 1. -Justin Garcia (Coalinga) 14-9 1/2
 2. *Bobby Weighall (Highland) 14-9 1/2
Central Coast Section:

1. *Jeff Slover (Leland) 15-0
 3. -Brandon Vance (Los Gatos) 14-4

San Francisco Section:
 1. -Philip Kendall (Galileo) 10-0

Long Jump:

Central California Record:
 James Stallworth (Tulare) 1989 26-4 3/4

Northern California Record:
 Ken Duncan (McClat, Sacto) '72 26-2 1/4

1993 Sunkist:
 3. -Del Brown (Livermore) 22-0 3/4
 5. -Walter Tilles (Fairfield) 21-10 1/4
 6. -Louis Morales (Reedley) 21-2 3/4

1992 Top Performers:
 -Jimmi Banks (San Leandro) 23-2 1/2

Wind-aided:
 *Del Brown (Livermore) 23-7

1992 State Meet Final:
 6. -Walter Tilles (Fairfield) 22-6 1/4
 8. *Chuck Bishop (Taft) 22-1w

1992 Section Results:
Central Section:
 1. *Chuck Bishop (Taft) 23-0 1/4
 2. -Jason Calhoun (Bakersfield) 22-9
North Coast Section:
 1. -Del Brown (Livermore) 22-9 1/4
 2. -Cletus Coffey (CardNewmn) 22-8 3/4
 4. -Josh Heady (Ukiah) 21-9 3/4
Sac-Joaquin Section:
 2. -Walter Tilles (Fairfield) 23-1
San Francisco Section:
 1. -Dante Corbin (Galileo) 21-10w

Triple Jump:

Central California Record:
 *Dave Tucker (SJoac, Fres)'70 52-6 1/4

Northern California Record:
 Ken Frazier (Mission, SF) 1981 52-4 3/4

1993 Sunkist:
 1. -Derrick Mitchell (MEd, Hay) 47-3 1/4
 6. -Brandon Doss (BellVis,FrOks) 46-3 1/2

1992 Top Performers:
 No one reached minimum mark 48-0 1/2

1992 State Meet Final:
 9. -Derrick Mitchell (Mt. Eden) 45-9 1/4

1992 Section Results:
Central Section:
 2. -Louie Morales (Reedley) 45-7
North Coast Section:
 3. -Derrick Mitchell (Mt. Eden) 45-6 1/2
 4. -Jimmi Banks (San Leandro) 44-9 1/4
Oakland Section:
 2. -Jamal Page (Castlemont) 38-1 1/4
Sac-Joaquin Section:
 1. -Brandon Doss (Bella Vista) 47-8
 2. -Dave Livingston (Bella Vista) 46-6 1/4
San Francisco Section:
 1. *Adam Powell (McAteer) 43-9

Shot Put (12 lb.): Northern and Central California Record:

Steve Montgomery (Lassen, Susv) 1976 68-5 1/2

1992 Top Performers:
 No one reached minimum mark 58-6

1992 State Meet Final:
 9. -Geoffrey Eibert (YerbaBuena) 53-5 1/4

1992 Section Results:
Central Coast Section:

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PREP NOTES

2. -Geoffrey Elbert (YerbaBuena)	56-3
Oakland Section:	
1. *Atonso Seymore (Oakland)	38-8 1/2

Discus (3 lb., 9 oz.)

Central California Record:	
*Jeff Buckley (Bakersfield) 1991	210-1
Northern California Record:	
Dave Porath (Atwater) 1978	209-6
1992 Top Performers:	
-Mark Moore (West, Bakersfield)	177-5
1992 Section Results:	
Central Section:	
2. -Mark Moore (West)	177-5
North Coast Section:	
1. -Travis Nutter (Amador Vly)	161-4
3. -Clint Dusey (Fortuna)	156-11
Oakland Section:	
1. -Corey Drain (Castlemont)	107-8
San Francisco Section:	
1. -Dan Ripper (McAteer)	130-9

Hammer (12 lb.)

Northern and Central California Record:	
Kevin McMahon (Bellar, S.J.) '90	219-2
1992 Top Performers:	
-Bill Stengele (Los Gatos) 74	179-4
-Dave Charlesworth (LGatos)75	176-2
Northern and Central California Record:	
16 lb.:	
Chuck Vandagriff (CasVly)'67	173-11
1992 Top Performers:	
-Bill Stengele (Los Gatos) 74	159-0

Decathlon:

Central California Record:	
Bob Mathias (Tulare) 1948	6711
Northern California Record:	
*Dixon Farmer (Mira,Orin) 1958	6444
1992 Top Performers:	
-Tyrn Price (Highland, Bkfld)	5440
With HS hurdles/impliments:	
*Robert Weighall (Highl,Bkfld)76	6483

WOMEN

100 Meters:

Northern and Central California Record:	
*Sharon Ware (Berkeley) 1980	11.34
1993 Sunkist 50 Meters Final:	
6. *Bisa Grant (O'Dowd, Oak)	6.73
Heat 1:	
3 *Michelle Reid (Folsom)	6.76
Heat 3:	
1. *Bisa Grant (O'Dowd, Oak)	6.65
Heat 4:	
2. **Kelly White (Logan, UnCity)	6.81
1992 Top Performers:	
*Bisa Grant (Bishop O'Dowd) 76	12.01
Wind-aided:	
*Bisa Grant (O'Dowd, Oak) 76	11.88
1992 Section Results:	
Central Section:	
2 **Crystal Lowe (Edison)	12.54
3 -Delisa House (Hoover)	12.64

Central Coast Section:	
2. -Lisa Bittner (Leigh)	12.44
3. **Sommer Washington (St.Ig)	12.49
North Coast Section:	
2. *Bisa Grant (Bishop O'Dowd)	12.43
3. *Keeta Zimmerman (Eureka)	12.60
Northern Section:	
1. -Addie Russell (Orland)	12.85
Oakland Section:	
1. **Aisha Wallace (Skyline)	12.78
Sac-Joaquin Section:	
2. -Maigha Strickland (Merced)	11.93

200 Meters:

Northern and Central California Record:	
**Leslie Maxie (Mills, Millbr)'83	23.44A
1992 Top Performers:	
Wind-aided:	
-Maigha Strickland (Merced)	24.50
1992 Section Results:	
Central Coast Section:	
2. -Rachael Parish (Wilcox)	24.70
North Coast Section:	
2. *Latasha Gilliam (Pittsburg)	25.20
3. **Kell White (Logan)	25.99
4. *Tricia Jacinto (Washington)	26.08
Northern Section:	
1. **Tracy Turner (West Valley)	26.43
Oakland Section:	
1. *Reyna Goodwin (Skyline)	25.94
Sac-Joaquin Section:	
2. -Maigha Strickland (Merced)	24.50
San Francisco Section:	
2. -Marlicia Walker (Lincoln)	25.46

400 Meters:

Northern and Central California Record:	
Kathy Hammond (MLom,Sac)'69	52.1
1993 Sunkist 500 Yards:	
Race 1:	
4. **Monique Dale (Log.UnCity)	1:14.56
Race 2:	
4. -Charlene Baldwin (Log.UnCy)	1:15.04
1992 Top Performers:	
*Latasha Gilliam (Pittsburg) 76	55.06
**Silvia Pieslak (Menlo-Ath) 74	55.99
-Marika Freeman (Sky, Oak) 76	56.03
1992 State Meet Final:	
2. *Latasha Gilliam (Pittsburg)	55.06
6. **Sylvia Pieslak (Menlo-Ath)	56.67
7. -Malika Freeman (Skyline)	56.70
1992 Section Results:	
Central Section:	
2. *Kim Harris (Roosevelt)	59.22
3. *Keshay Thomas (Roosevelt)	1:00.12
Central Coast Section:	
1. **Sylvia Pieslak (Menlo-Ath)	56.41
North Coast Section:	
1. *Latasha Gilliam (Pittsburg)	56.08
3. -Sarah-Tyah Wilson (Berkeley)	57.61
Northern Section:	
1. *Traci Anderson (Yreka)	59.42
Oakland Section:	
1. -Malika Freeman (Skyline)	56.03
Sac-Joaquin Section:	
1. -Patrina Hall (Franklin)	57.15
3. **Nadine Donaldson (Valley)	58.54
San Francisco Section:	
1. -Marlicia Walker (Lincoln)	1:01.50

800 Meters:

Northern and Central California Record:	
**Ann Regan (Cam.SJ) 1977	2:04.37
1993 Sunkist 880:	
Race 1:	
2. **Kristie Johnson (Cent. Fres)	2:21.1
4. -Vicky Fieschner (Fortuna)	2:25.2
5. -Michelle Muething (AmVly,Pl)	2:27.6
Race 2:	
3.***Lan. McPherson(Indep,SJ)	2:27.5



MIESHA MARZELL

Photo by Phillip Enbody

1992 Top Performers:	
-Miesha Marzell (O'Dowd,Ok) 75	2:09.48
**Kristie Johnson (Cent, Fres) 77	2:13.53
-Michelle Muething (AmVly,Pl)75	2:13.88
1992 State Meet Final:	
1. -Miesha Marzell (O'Dowd)	2:10.29
6. -Michelle Muething (AmVly)	2:14.75
1992 Section Results:	
Central Section:	
1. **Krsti Johnson (Central)	2:13.53
2. -Spring Lino (Fresno)	2:18.09
3. *Sherri Donovan (Madera)	2:20.32
Central Coast Section:	
2. *Christine Stavolone (Pres)	2:17.05
3. -Keana Collins (ML Pleasant)	2:18.72
4. -Tia Christianson (SLrenzVly)	2:19.22
North Coast Section:	
1. -Miesha Marzell (O'Dowd)	2:09.48
3. -Vicky Fieschner (Fortuna)	2:15.10
4. -Michelle Muething (AmVly)	2:15.41
North Section:	
1. *Brook Yerman (Paradise)	2:22.64
Oakland Section:	
1. *Tiffany Jordan (Fremont)	2:31.21
Sac-Joaquin Section:	
2. **Irene Hobbs (Alwater)	2:17.80
3. **Tanya Andrews (DelCamp)	2:18.85
1500 Meters:	
Northern and Central California Record:	
*FrancieLamie (Frem,Snylle)'69	4:16.8
1993 Sunkist:	
-Miesha Marzell (O'Dowd, Oak)	4:54.3e
1992 Top Performers:-	
-Miesha Marzell (O'Dowd, Ok)75	4:39.0e
*Lisa Crouch (Aptos) 76	4:42.39

1600 Meters:

Northern and Central California Record:	
Eileen Claugus (Rio Amer,Sac) 73	
(Mile)	4:40.7
1993 Sunkist Mile Rated Race 1:	
3. *Joanna Cerri (Downey, Mod)	5:22.20
Seeded:	
2. -Miesha Marzell (O'Dowd,Ok)	5:16.90
5. *Lisa Crouch (Aptos)	5:23.58
1992 Top Performers:	
-Miesha Marzell (O'Dowd) 75	
(Mile)	4:57.81
1992 State Meet Final:	
8. *Lisa Couch (Aptos)	5:10.98
1992 Section Results:	
Central Section:	
1. -Sarah Dawson (Hoover)	5:03.72mr
3. -Teresa Bivado (Golden West)	5:05.35
Central Coast Section:	
1. *Lisa Couch (Aptos)	5:07.22
2. **Miranda Middlecoff (LGat)	5:08.39
3. *Ann Baldelli (St. Ignatius)	5:08.44
North Coast Section:	
3. -Mel-Ling McNamara (Logan)	5:10.28
4. *Anjelica Randall (O'Dowd)	5:11.38
Northern Section:	
1. -Dina Vollandroff (LasPlumas)	5:16.01
Oakland Section:	
1. -Tiendres Rowden (Skyline)	5:51.09
Sac-Joaquin Section:	
1. -Julie Schuster (Oak Ridge)	5:08.5
4. -Danielle Nelson (Napa)	5:14.0
San Francisco Section:	
**Logan Hiroshima (Lowell)	5:49.68

3000 Meters:

Northern and Central California Record:	
Cory Schubert (Del Mar, SJ)'83	9:11.80
1992 Top Performers:	
**Miranda Middlecoff (LGat) 77	10:23.8e

3200 Meters:

Northern and Central California Record:	
Cory Schubert (Del Mar, SJ) '83	10:04.2
1993 Sunkist Two Mile:	
6. **Nicole Silva (Aptos)	11:44.37
8. -Liz Leigh-Wood (Aptos)	11:56.41
1992 Top Performers:	
No one reached minimum mark	
(2 miles)	11:00.85
1992 State Meet Final:	
7. *Magi Martinez (Wood, Vaca)	11:02.57
8. **Miranda Middlecoff (LGat)	11:02.65
16. **Elissa Riedy (MissSJ)	11:23.90
17. *Grace Durnell (Merced)	11:25.99
19. **Lani Van Babber (Bkfld)	11:44.48
-Kim Wilkes (Logan)	DNF
*Anna Frensi (Skyline)	DNF
1992 Section Results:	
Central Section:	
1. *Lani Van Babber (Bkfld)	11:23.50
Central Coast Section:	
1. *Miranda Middlecoff (LGat)	11:01.9
North Coast Section:	
1. -Kim Wilkes (Logan)	11:17.69

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California Track and Cross Country Coaches Alliance

PREP NOTES

2. **Elissa Riedy (MissSJ)	11:17.85
Oakland Section:	
1. *Anna Rensi (Skyline)	13:36.09
Sac-Joaquin Section:	
1. *Grace Dumell (Merced)	11:09.43
2. *Magi Martinez (Wood)	11:10.85

Cross Country:

Northern and Central California Record at Woodward Park, Fresno:
 Rebecca Chamberlain (Lat, SJ) 84 17:09
1992 Top Performers at Woodward Park, Fresno:

-Miesha Marzell (O'Dowd, Ok)	18:02
-Domatilla Torrens (St Fran, MV)	18:12
-Anikal Webb (Bear Riv, GrVly)	18:13
-Liz Leigh-Wood (Aptos)	18:39
*Grace Dumell (Merced)	18:46
*Sherrie Donovan (Madera)	18:48
-Laura Hamady (Urban, SF)	18:49
-Cindy Franco (Delano)	18:53
**Miranda Middlecoff (LGatos)	18:56
-Michelle Muething (AmVly, Pls)	18:59

1992 State Meet Results:

Division I:	
7. *Grace Dumell (Merced)	18:46
10. -Sherrie Donovan (Madera)	18:57

Division II:

4. -Cindy Franco (Delano)	18:53
5. *Miranda Middlecoff (LGatos)	18:56
7. -Michelle Muething (AmadVly)	19:02

Division III:

1. -Miesha Marzell (O'Dowd)	18:02
2. -Domatilla Torrens (St. Fran)	18:12
4. -Liz Leigh-Wood (Aptos)	18:41

Division IV:

2. -Anikal Webb (Bear River)	18:24
4. -Laura Hamady (Urban)	18:49

100 Meter Hurdles (30"): Northern and Central California

Record:
 Wendy Brown (Woodside) 1984 13.59

1993 Sunkist 50 Meter Hurdles (33")	
1. **Jennifer Odom (Indep, SJ)	7.66

1992 Top Performers:

**Jennifer Odom (Indep, SJ) 76	13.97
*Bisa Grant (O'Dowd, Oak) 76	14.38
-Denita Timberlake (DelM, SJ) 75	14.48

Wind-aided:

**Jennifer Odom (Indep, SJ) 76	13.96
*Bisa Grant (O'Dowd, Oak) 76	14.15

1992 State Meet Final:

3. **Jennifer Odom (Indep)	13.97
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1992 Section Results:

Central Section:	
3. -Celisa Carroll (Wasco)	15.14

Central Coast Section:

1. **Jennifer Odom (Indep)	14.24
3. -Denita Timberlake (Del Mar)	14.48

North Coast Section:

3. *Sunshine Peterson (Logan)	14.87
4. *Jenny Berrien (Berkeley)	15.09

Sac-Joaquin Section:

3. *Childera Madu (Valley)	14.83
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San Francisco Section:

1. **Akilah Couvson (McAteer)	15.76w
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100 Meter Hurdles (33"): Northern and Central California

Record:
 **Tonia Broden (Jefferson, Daly City) 1977 14.60

Record:
 **Tonia Broden (Jefferson, Daly City) 1977 14.60

300 Meter Low Hurdles:

Northern and Central California

Record:
 *Leslie Maxie (Mills, Millbr) 1984 40.18

1992 Top Performers:
 *Wendy Essad (Florin, Sacto) 76 43.45
 **Jennifer Odom (Indep, SJ) 44.44

1992 Section Results:
Central Section:
 3. -Celise Carroll (Wasco) 46.41

Central Coast Section:
 2. **Jennifer Odom (Indep) 44.61
 3. *Kim Veeder (Los Gatos) 45.21

North Coast Section:
 1. *Kim Couvson (American) 45.07

Northern Section:
 1. -Erica Wilson (Enterprise) 46.38

Oakland Section:
 1. -Lasondrea Todd (Oakland) 46.66

Sac-Joaquin Section:
 2. -Sara Garcia (Woodland) 44.7
 3. *Felicia Johnson (Merced) 44.8

San Francisco Section:
 2. *Shalonda Wall (Balboa) 51.02

4 x 100:

Northern and Central California
Record:
 Berkeley 1981 45.13

4 x 400:

Northern and Central California
Record:
 Berkeley 1981 3:41.33

1993 Sunkist Race 2:
 1. Logan (Union City) 4:16.62

Race 4:
 2. Bishop O'Dowd (Oakland) 4:04.67

High Jump:

Central California Record:
 Latrese Johnson (Clovis) 1985 6-2 3/4

Northern California Record:
 Wendy Brown (Woodside) 1984 6-2 1/4

1993 Sunkist:
 2. *Danielle Boswell (Bull, Fres) 5-8
 5. (tie) *Jamie Ullrich (No, Bkfld) 5-2

-Reischa Candidate (ClovW) 5-2
 8. -Ingrid Bekkers (Los Gatos) 5-0

1992 Top Performers:
 *Danielle Boswell (Bull, Fres) 75 5-11
 *Amy Cheli (Los Altos) 5-9
 *Erin Duffey (St. Fran, Mt. View) 5-7

1992 State Meet Final:
 2. *Danielle Boswell (Bullard) 5-10
 4. *Erin Duffey (St. Francis) 5-6
 6. (tie) *Jamilla Churchill (O'Dowd) 5-4

1992 Section Results:
Central Section:
 1. *Danielle Boswell (Bullard) 5-8

Central Coast Section:
 1. *Erin Duffey (St. Francis) 5-6
 2. *Amy Cheli (Los Altos) 5-4
 3. *Michelle Ghiggia (Mills) 5-4

North Coast Section:
 4. *Jamilla Churchill (O'Dowd) 5-4

Sac-Joaquin Section:
 2. -Makeena McCauley (Center) 5-4

San Francisco Section:
 1. -Sheena Ferguson (Wash) 5-0

Long Jump:

Northern and Central California
Record:
 Wendy Brown (Woodside) 1984 20-9 3/4

1993 Sunkist:
 3. *Michelle Reid (Folsom) 18-0 3/4
 6. *Ebony Henderson (Bkfld) 17-6 3/4
 7. -Christine Sherwood (Watsvl) 17-5

1992 Top Performers:
 -Sheena Ferguson (Wash, SF) 75 19-5

Wind-aided:
 -Sheena Ferguson (Wash, SF) 75 20-3 3/4
 -Eva Potter (WVly, Cottonwood) 18-7 1/4

1992 State Meet Final:
 8. -Eva Potter (West Valley) 17-7 1/2
 9. -Sheena Ferguson (Wash) 15-5 1/4

1992 Section Results:
Central Section:
 2. *Jennifer Oliveira (Lemoore) 17-4

North Coast Section:
 2. **Jodi Bailey (St. Elizabeth) 16-10
 3. **Tiffany Roberts (Carond) 16-5 1/2
 4. *Hadiya Green (Logan) 16-5

Northern Section:
 1. -Eva Potter (West Valley) 18-0 1/4

Sac-Joaquin Section:
 1. *Michele Reid (Folsom) 18-5
 2. -Jessica Renton (Downey) 18-2 1/2
 3. -Amy Loftin (Galt) 17-9

San Francisco Section:
 1. -Sheena Ferguson (Wash) 19-2 1/2w

Triple Jump:

Northern and Central California
Record:
 Wendy Brown (Woodside) 1984 42-10 1/2

1993 Sunkist:
 3. *Ebony Henderson (Bkfld) 37-9 3/4
 5. *Michelle Reid (Folsom) 37-3 1/2
 7. -Christine Sherwood (Watsvl) 36-11

1992 Top Performers:
 -Christine Sherwood (Watsvl) 75 39-3
 *Ebony Henderson (Bkfld) 75 39-0 1/2

Wind-aided:
 -Katrina Hall (Franklin, Stock) 75 38-6 3/4

1992 State Meet Final:
 4. *Ebony Henderson (Bkfld) 38-9 1/4
 5. -Christine Sherwood (Watsvl) 38-4 1/2

1992 Section Results:
Central Section:
 1. *Ebony Henderson (Bkfld) 38-11 3/4MR
 4. -Ronnelle Harrison (Wasco) 36-10 1/2

Central Coast Section:
 1. -Christine Sherwood (Watsvl) 37-11 3/4
 2. -Stacy Snow (St. Francis) 36-9

North Coast Section:
 2. *Keeta Zimmerman (Eureka) 36-1
 3. *Kendra Johnson (O'Dowd) 36-0
 4. *Hadiya Green (Logan) 35-4 3/4

Oakland Section:
 1. *Shalina Brumfield (Skyline) 32-5 1/2

Sac-Joaquin Section:
 1. -Katrina Hall (Franklin) 38-6 3/4
 2. *Michele Reid (Folsom) 38-0

San Francisco Section:
 1. -Anissa Tan (Lowell) 34-0 1/2w

Shot Put (4 Kilo):

Central California Record:
 Dawn Dumble (Bakersfield) 1990 50-11 3/4

Northern California Record:
 *Kristen Heaston (YgnVly, Con) 92 49-2 1/2
 (Note: Heaston threw 43-1 1/2 as a sophomore)

1993 Sunkist (held outdoors):
 1. -Chelsea Stephens (Atwater) 42-2 1/4
 2. *Soozie Shanley (Tulare) 41-3
 4. -Karin McCall (Santa Rosa) 38-11
 5. -Yolanda Crowder (Bkfld) 38-8

1992 Top Performers:
 -Kristen Heaston (YgnVly, Con) 75 49-2 1/2
 -Lisa Stephane (Hoov, Fres) 74 44-6
 -Chelsea Stephens (Atwater) 75 42-11 1/2

1992 State Meet Final:
 1. -Kristen Heaston (YgnVly) 45-3 1/2
 4. *Soozie Shanley (Tulare) 42-4 1/2
 5. -Yolanda Crowder (Bkfld) 41-10 3/4
 9. -Lisa Stephane (Hoover) 40-6

1992 Section Results:
Central Section:
 1. -Lisa Stephane (Hoover) 44-6
 2. *Soozie Shanley (Tulare) 40-11
 3. -Yolanda Crowder (Bkfld) 40-10

Central Coast Section:
 2. ? Denise Edwards (Del Mar) 38-7
 3. *Mari Savage (Burlingame) 38-1 1/2

North Coast Section:
 1. -Kristen Heaston (YgnVly) 49-2 1/2
 3. -Coreen DeLosSantos (Ukiah) 40-4 1/4
 4. -Stephanie Loggins (Moreau) 36-6 1/2

Sac-Joaquin Section:
 1. -Chelsea Stephens (Atwater) 42-11 1/2

Discus:

National Record:
 Leslie Deniz (Gridley) 1980 183-11
 (Note: Deniz threw 175-10 as a junior, and 150-9 as a sophomore)

1992 Top Performers:
 *Suzy Powell (Downey, Mod) 76 169-8
 (Note: Powell threw 162-11 as a freshman)

-Lisa Stephane (Hoov, Fres) 74 143-6

1992 State Meet Final:
 1. *Suzy Powell (Downey) 169-8
 4. *Soozie Shanley (Tulare) 135-5
 6. -Lisa Stephane (Hoover) 132-6
 9. -Kristen Heaston (YgnVly) 116-5

1992 Section Results:
Central Section:
 1. -Lisa Stephane (Hoover) 143-6
 3. *Soozie Shanley (Tulare) 127-4

Central Coast Section:
 1. -Monica Sullivan (Watsonville) 128-1

North Coast Section:
 1. -Kristen Heaston (YgnVly) 133-9

Oakland Section:
 1. *Nandi Ellis (Skyline) 95-7

Sac-Joaquin Section:
 1. *Suzy Powell (Downey) 157-6

Javelin:

Northern and Central California
Records:
 Cathy Sulinski (El Cam, SoSF) 76 196-1

1992 Top Performers:
 *Suzy Powell (Downey, Mod) 76 141-0

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RESULTS

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

District 8 Cross Country Championships

No Date Available. Tempe, AZ.

Men's Results

Team Scores: 1. Arizona 27, 2. Oregon 64, 3. Washington 84, 4. Stanford 95, 5. UCLA 142, 6. UC Irvine 165, 7. Portland 198, 8. California 206, 9. UC Santa Barbara 223, 10. CS Fullerton 230.

11. Nevada 300, 12. Arizona St. 323, 13. San Diego 391.

Individuals: 1. Kapkroy (WS) 30:41, 2. Stolz (Stan) 30:45, 3. Keino (AZ) 31:10, 4. Balindo (AZ) 31:20, 5. Rodriguez (AZ) 31:28, 6. Panchen (Wash) 31:32, 7. Meslier (OR) 31:42, 8. Harris (UCLA) 31:52, 9. Semler (AZ) 31:54, 10. M. Tansley (CS Fullerton) 31:54.

11. Jimenez (AZ) 31:55, 12. Reilly (Stan) 31:59, 13. Keska (OR) 32:02, 14. Humble (OR) 32:06, 15. Hughes (Wash) 32:13.

Women's Results

Team Scores: 1. Washington 90, 2. Oregon 94, 3. Arizona 94, 4. Stanford 106, 5. UCLA 122, 6. UC Irvine 129, 7. CS Fullerton 161, 8. Washington St. 183, 9. Arizona St. 221, 10. Portland 244.

11. CS Long Beach 278, 12. CS Northridge 294, 13. CS Sacramento 355, 14. St. Mary's 374.

Individuals: 1. Watson (Stan) 17:20, 2. Carlson (Wash) 17:31, 3. Williams (AZ) 17:34, 4. Goodrich (UCI) 17:35, 5. Van Borkulo (OR) 17:37, 6. Hofnik (Wash) 17:41, 7. Bravard (WS) 17:43, 8. Harvey (AZ) 17:51, 9. Bartholomew (UCLA) 17:53, 10. Hecox (UCLA) 17:55.

11. Bowie (Cal) 17:58, 12. Killeen (CSF) 18:02, 13. Cervantes (UCI) 18:08, 14. Truitt (Stan) 18:10, 15. Klein (OR) 18:11.

State Junior College Cross Country Championships

November 21. Woodward Park, Fresno.

Overall Results - Men's 4 Mile

Team Scores: 1. El Camino 67, 2. Mt. SAC 72, 3. Taft 146, 4. Hartnell 157, 5. San Diego Mesa 176.

Individuals: 1. Gabino Toledo (SD Mesa) 19:23, 2. Angel Martinez (Mt. SAC) 19:40, 3. Javier Lozano (Grossmont) 19:40, 4. Israel Pose (El Camino) 19:49, 5. Colin Johnston (Taft) 19:55, 6. Donnell Johnson (Taft) 19:57, 7. David Ortiz (San Bernardino Valley) 20:03, 8. Roberto Porfirio (Mt. SAC) 20:07, 9. Nacho Flores (Hartnell) 20:09, 10. Joe Reinisch (El Camino) 20:09.

11. Steve Gonzales (El Camino) 20:13, 12. Will Bower (Hartnell) 20:14, 13. Mark



1992 STATE JC XC CHAMPS--EL CAMINO. Front row, left to right: JOE REINISCH, STEVE GONZALES, SHIN NISHIHARA, GEOFF DELAHANTY. Back row, left to right: DAVE SHANNON (Athletic Director), JULIO MORENO, MEL ANDRADE, ISRAEL POSE and COACH DEAN LOFGREN.

Photo by Bill Leung, Jr.

Sinderson (Antelope Vly) 20:17, 14. Julio Moreno (El Camino) 20:19, 15. Dan Chamberlain (West Vly) 20:21, 16. Scott Downes (West Vly) 20:22, 17. Salvador Charon (San Bern Vly) 20:23, 18. Gary Mitchell (Mt. SAC) 20:24, 19. Robert Maiseed (Porterville) 20:25, 20. James Pendergraph (Riverside) 20:27.

21. Eli Gibbons (San Diego Mesa) 20:27, 22. James O'Connor (Mt. SAC) 20:29, 23. Heron Echeveste (Rio Hondo) 20:31, 24. Shaun Nichols (Fullerton) 20:34, 25. Geoff Pfau (Cuyamaca) 20:35, 26. Luis Sandoval (Coll of Desert) 20:36, 27. Jason Pacheco (West Vly) 20:38, 28. Jorge Barajas (Ventura) 20:39, 29. Brian White (Diablo Vly) 20:39, 30. Glenn Lomenick (Mt. SAC).

31. Robert Ho (Orange Coast) 20:41, 32. Robert Walker (Long Beach CC) 20:41, 33. Bart Stephens (Diablo Vly) 20:42, 34. Bobby Escay (American River) 20:42, 35. Dylan Kennedy (Taft) 20:46, 36. Willy Carrillo (Riverside) 20:49, 37. Geoff Delahanty (El Camino) 20:50, 38. Sai Zavala (Rancho Santiago) 20:50, 39. Ciro Melendez (San Diego Mesa) 20:50, 40. Sergio Becerril (Glendale) 20:51.

Overall Results - Women's 3 Mile

Team Scores: 1. Mt. SAC 104, 2. Irvine Valley 112, 3. Long Beach 170, 4. Diablo Valley 199, 5. San Francisco 202.

Individuals: 1. Emebet Shiferaw (Riverside) 17:21, 2. Honor Fetherston (San Francisco) 18:00, 3. Permillie Evans (LA Mission) 18:03, 4. Carrie Tacheira (Modesto) 18:04, 5. Maria Hartz (Foothill) 18:09, 6. Lisa Lopez (San Francisco) 18:17, 7. Kakhleen Looney (Rio Hondo) 18:29, 8. Monique Smith (Mt. SAC) 18:39, 9. Marcia Larson (San Diego Mesa) 18:44, 10. Maria Maldonado (El Camino) 18:49.

11. Josephine Yaba (Mt. SAC) 18:53, 12. Nancy Hunsaker (Irvine Vly) 18:53, 13. Kim Rupert (Coll of San Mateo) 18:54, 14. Randi O'Neill (Diablo Vly) 18:57, 15. Veronica Pineda (Hancock) 19:02, 16. Stacey Skele (Irvine Vly) 19:03, 17. America Rivas (Glendale) 19:05, 18. Donna Proia (Irvine Vly) 19:06, 19. Sonja Hildebrand (Saddleback) 19:09, 20. Valerie Aceves (Ventura) 19:10.

21. Amanda Grafius (Modesto) 19:12, 22. Kelly Olsen (Grossmont) 19:13, 23. Elenor Chiarliello (Mira Costa) 19:15, 24. Linda Gallardo (LA Trade Tech) 19:16, 25. Maggie

Lewy (Long Bch CC) 19:17, 26. BZ Churchman (CC San Fran) 19:17, 27. Tanesha Sandoz (Long Bch CC) 19:17, 28. Rene Azavedo (Antelope Vly) 19:19, 29. Bonnie Ogesby (Mt. SAC) 19:22, 30. Sharon Browne (Hancock) 19:25.

31. Adrienne Sweetser (Orange Coast) 19:28, 32. Heather Fyock (Diablo Vly) 19:29, 33. Jenny Chaffee (San Diego Mesa) 19:30, 34. Sandra Vaccaro (Long Bch CC) 19:32, 35. Jenny Newman (Sacto CC) 19:32, 36. Holly Ludwig (Antelope Vly) 19:35, 37. Christine Villescas (Mt. SAC) 19:37, 38. Liz Sutton (El Camino) 19:37, 39. Jennifer Steddick (Diablo Vly) 19:36, 40. Frankie Aneta (Mt. SAC) 19:40.

All-Comers Track & Field Meet

January 23. Edwards Stadium, Berkeley.

Men

55--Daymon Carter 6.4; 200--Rod Lewis 22.3; 400--Tim Green (California) 49.9; 800--Marcus Jackson 1:59.8; 1,000--Ben Turman (California) 2:31.4; 1200--Reggie Williams (California) 3:04.8; 1500--Youssef Choukri (Greater SFTC) 4:05.1; 5000--Andrew Boudreau 15:29.2; 55HH--Patrick Duffy 7.5; 4x100--CCSF (Carter, Speech, Harris, Goldsmith) 42.7; 4 x 400-California (Newsom, Jackson, Wilson, Magnuss) 3:20.4.

Pole Vault--Sean Brown & Clarence Phelps 13-0; Long Jump--Byron Young 22-10 1/2; Triple Jump--Ken Frazier 46-11; Discus--Scott Gonsolin 131-3; Javelin--Andrew Kearns (Nor Cal Seniors) 183-9.

Women

55--Jeanette Driskell 8.1; 200--Taunika Ogans (CCSF) 28.1; 400--Ogans 1:02.7; 800--Tracey Williams (California) 2:20.4; 55H--Peggy Odita 8.4; Discus--Annette Kailiwha (California) 141-8; Javelin--Nicole Carroll 160-0.

High School Boys

55--Branden Nichols (Acorn TC) & Jerron Dixon (Hayward) 6.7; 200--Daniel Stephens (Bishop O'Dowd) 22.9; 400--Josh Rogin (Piedmont) 52.3; 1,500--John Piazza (Marin Catholic) 4:26.3; 55HH--Todd Jackson 8.5; 300IH--Matt Lillig 50.6; 4 x 400--St. Mary's 3:40.4.

Long Jump--Erik Treuhatt 20-3 1/2; Triple Jump--Charles Murphy (Logan) 40-2 1/2; Shot Put--John Surla (American) 43-2 1/2; Discus--John Surla (American) 106-1; Javelin--Chip Lienthal (Napa TC) 150-6.

High School Girls

55--Bisa Grant (Bishop O'Dowd) 7.1; 200--Grant 25.1; 400--Angela Harris (Acorn TC) 59.9; 800--Ann Marie Francis (Dr. King's TC) 2:34.9; 1,500--Miesha Marzell (Bishop

RESULTS

O'Dowd) 5:03.6; 55H-Olivia Hawkinson (Monte Vista) 11.2; 300H-Sakai Metcalf (Acom TC) 55.2; 4 x 100-Acorn TC 48.1; 4 x 400-Acorn TC 4:06.9.

Long Beach State All-Comers Track & Field Meet

January 23, Long Beach.

Boy's Results

100 Meters: (Youth)

HS: 1. Robert 11.8, 2. Baucquey 11.9, 3. Ken Hamden 12.0, 4. Paul Barris 13.2, 5. Israel 13.3, 6. Brent Snowden 13.4, 7. Charles Pascascio 13.8, 8. Marcel Cote 14.0. Univ/Open: 1. Otis Dixon 11.1, 2. Tremayo 11.1, 3. Richard R. 11.8

200 Meters: (Youth)

HS: 1. Joshua B. 26.2, 2. Edwin Echeaverra 26.7, 3. Brent Snowden 27.6, 4. Israel 28.4, 5. Ed 28.5, 6. Ellis Howard 28.7. Univ/Open: 1. Otis Dixon 22.0, 2. Larry Billoups 22.4, 3. Natanaluyak 22.4. Masters: 1. Boucquey 25.0, 2. Bob Trubeak 25.4, 3. Cote 28.9.

400 Meters: (Youth)

HS: 1. Anthony Wheeler 53.6, 2. Stimpson 54.0, 3. Leo Settle 55.3, 4. Chuck Hartman 55.4, 5. Paul Andrews 55.5, 6. Edwin Echeaverra 57.1, 7. Matt Elmers 57.6, 8. Ellis Howard 59.9. Univ/Open: 1. R. Langston 50.0, 2. A. Herndon 50.5, 3. Kyle Beck 53.0, 4. Gibbs 53.8, 5. Matt Tillis 54.0, 6. Randy Fort 56.9, 7. R. Cotton 57.1. Masters: 1. Bob Tredeau 56.1.

800 Meters: (Youth)

HS: 1. Ramon 2:04.0, 2. Mo 2:19.4, 3. George Perea 2:06.8, 4. Mike Gomez 2:07.5, 5. Skipper 2:08.1, 6. Joshua B. 2:08.9, 7. Oscar Un 2:09.7, 8. Dale 2:13.3. Univ/Open: 1. Nick Collins 2:03.8, 2. Marc Javurek 2:04.3, 3. John Rosa 2:04.7, 4. Rob Pagura 2:17.8, 5. Rick Tussing 2:20.0.

1500 Meters: (Youth)

HS: 1. Gamby 4:21.7, 2. David Lendo 4:22.3, 3. Luis Hernandez 4:31.0, 4. Oscar Uri 4:37.1, 5. Joshua 4:42.5, 6. Jesse 4:44.6, 7. Daniel Santos 4:46.5, 8. Luis Pescio 4:50.3. Univ/Open: 1. Shean 4:14.9, 2. Salazar 4:16.7, 3. Eric Ree 4:20.3, 4. John Rosa 4:21.1, 5. Mark Perkins 4:25.5, 6. Marc Javurek 4:27.9, 7. Humberto Peraza 4:28.4, 8. Kele Perkins 4:36.4, 9. Matt Tillis 4:40.0. Masters: 1. Cliff Stolba 5:48.9.

3000 Meters: (Youth)

HS: 1. George Perea 9:19.6, 2. Oscar Uri 9:51.9, 3. Juan Leds 9:53.3. Univ/Open: 1. Humby 9:51.2.

5000 Meters:

Univ/Open: 1. Eric Ree 16:03, 2. Fong 16:32.6. Masters: 1. Cliff Stolba 22:07.0.

55 Meter Hurdles: (Youth)

HS: 1. Matthew Elmers 8.6, 2. Chuck Hartman 8.9. Univ/Open: 1. Kyle Beck 7.7, 2. Gary Cablayau 7.8, 3. Shawn Wilbourn 7.8. Masters: 1. Niedermeyer 9.7, 2. Michael Streeter 10.0.

110 Meters Hurdles: (Youth Boys)

HS: 1. Cheo Brockenbrough 19.2, 2. Brent Snowden 22.0. Univ/Open: 1. Tokio Hirakawa

14.8, 2. Shawn Wilbourn 15.0, 3. Kyle Beck 15.6, 4. Matt Roderick 15.9, 5. Jason Gibbs 16.1, 6. Randy Fort 16.5.

300 Meters Hurdles:

HS: 1. Edwin Echeaverra 44.9, 2. Robert 45.1, 3. Cheo Brockenbrough 46.1. Univ/Open: 1. K. Nakanelua 38.6, 2. Jeremy Matteson 40.2, 3. Marcel 40.5.

High Jump: (Youth)

HS: 1. Mike Chapman 6-0, 2. Craig Baker 5-6. Univ/Open: 1. Shawn Wilbourn 6-2.

Pole Vault: (Youth)

Univ/Open: 1. Chuck Gaudette 11-0.

Long Jump: (Youth)

HS: 1. Xavier Howell 20-3 1/2, 2. Robert Sims 19-8 3/4. Univ/Open: 1. Pat Scott 22-7 1/4.

Javelin: (Youth)

Masters: 1. Michael Streeter 105-6, 2. Al Cain 75-4.

Dicuss: (Youth)

HS: 1. Anthony Skinner 118-8, 2. P. Fulbright 117-10, 3. John Webb 89-4, 4. M. Jones 75-9 1/2. Univ/Open: 1. Shawn Wilbourn 139-11, 2. Chuck Gaudette 124-9, 3. Chris Henry 108-5, 4. L. Newell 90-5. Masters: 1. B. Fulbright 103-4, 2. Cain 63-1 1/2.

Triple Jump: (Youth)

Univ/Open: 1. Pat Scott 47-4 1/2. Masters: 1. Michael Streeter 29-10 1/4.

Shot Put: (Youth)

HS: 1. Mike Chapman 39-10 3/4, 2. Skinner 37-6 3/4, 3. Chuck Hartman 37-3 1/4, 4. Brent Snowden 33-1 1/4, 5. Craig Baker 32-2 1/4. Univ/Open: 1. Shawn Wilbourn 41-0 1/4, 2. Chris Henry 34-10 1/2, 3. L. Newell 34-1 1/4, 4. Michael Moing 28-10.

Girls Results

100 Meters: (Youth)

HS: 1. Robyn Yorke 13.6, 2. Raquel Roberson 13.8, 3. Sandra R. 13.8, 4. Hamden 13.9. Univ/Open: 1. M. Jones 12.8, 2. Angel Mosley 12.9, 3. Nicole Rucker 13.3, 4. B. Monique 13.5, 5. Deanne Call 13.5.

200 Meters: (Youth)

HS: 1. Raquel Roberson 29.3, 2. Kia Bockery 30.4, 3. T. Morgan 30.9, 4. Summer Wimberly 32.1. Univ/Open: 1. Angel Mosley 26.1, 2. J. Judge 26.8, 3. M. Jones 26.9, 4. P. Pennil 27.1, 5. L. Sutton 27.7.

400 Meters: (Youth)

HS: 1. Michelle Nelson 60.9, 2. Marlene Lang 61.0, 3. A. Anderson 62.4, 4. Keisha Backus 63.3, 5. Hadad 63.4, 6. Lewis 63.5, 6. Kyles 63.5, 8. Nichole 66.4. Univ/Open: 1. L. Sutton 58.7, 2. J. Judge 59.8, 3. M. Jones 60.9, 4. P. Pennil 62.4, 5. D. Call 63.8, 6. Myrett 69.6.

800 Meters: (Youth)

HS: 1. Tyrisa Mitchell 2:42.2, 2. Kelly Griffin 2:49.5, 3. Denise Dupetit 2:55.8, 4. Kristi Kingi 3:01.8, 5. Janelle Nelson 3:04.8, 6. Yvonne Vasquez 3:18.5, 7. Keisha Backus 3:19.0. Univ/Open: 1. Chris Morgan 2:16.5, 2. E. Sutton 2:23.9, 3. Sandra Rodriguez 2:25.6, 4. J. Judge 2:31.9, 5. Stacy Pando 2:32.3, 6. Chapman 2:34.1, 7. L. Hinckson 2:36.7, 8. Pennil 2:42.7.

1500 Meters: (Youth)

HS: 1. C. Lewis 5:03.3, 2. Erin O'Kette 5:20.2. Univ/Open: 1. Brooke Mabe

4:56.3, 2. Lisa Bower 5:09.7, 3. Carrie Haas 5:30.8, 4. L. Zavaia 5:47.2.

3000 Meters: (Youth)

Univ/Open: 1. Christine Morgan 10:45.9, 2. Brooke Mabe 10:46.1, 3. Lisa Bower 10:57.1, 4. Traci Skeen 12:00.0.

55 Meter Hurdles: (Youth)

HS: 1. S. Wilson 11.4, 2. Marqui Jackson 12.7. Univ/Open: 1. Wendi Simmons 8.3, 2. (tie) Ambre Thompson and Clair Look-Jaeger 8.4, 4. Kristi Kaufman 8.5, 5. Lisa Moxley 8.6, 6. D. Murrin 9.9.

100 Meter Hurdles: (Youth)

HS: 1. Hamden 18.7, 2. S. Wilson 22.5. Univ/Open: 1. Ambre Thompson 14.5, 2. Wendi Simmons 14.6, 3. Claire Look-Jaeger 14.7.

300 Meter Hurdles: (Youth)

HS: 1. Karen Vigilante 49.9, 2. Maxine Mitchell 53.3, 3. Myvett 55.9. Univ/Open: 1. Rosemary Amezcua 52.6.

High Jump: (Youth)

Univ/Open: 1. Claire Look-Jaeger 5-8, 2. Wendi Simmons 5-6, 3. Sue Marco 5-8, 4. Kristi Kaufman 5-2 1/2.

Long Jump: (Youth)

HS: 1. C. Anderson 16-1 1/4, 2. Michelle Nelson 15-5 1/2, 3. Sandra Roberson 14-0 1/4, 4. T. Morgan 13-8 1/4.

Javelin: (Youth)

Univ/Open: 1. D. Call 97-11.

Dicuss: (Youth)

Univ/Open: 1. Laura McCombs 97-8.

Triple Jump: (Youth)

HS: 1. Karen Vigilante 35-3 3/4.

Shot Put: (Youth)

Univ/Open: 1. Laura McCombs 30-0, 2. D. Call 29-1.

All Comers Track and Field Meet

Edwards Stadium, University of California, Berkeley

January 30, 1993

(All races in meters)

MEN

55--Eugene Swift 6.3, 200--Marvin Samuels 21.5, 400--Marvin Samuels 48.8, 800--Tracy Holmquist 1:57.2, 1,000--Reggie Williams (Cal) 2:34.9, 1,500--Mike McManus 4:05.9, 5,000--Mike McManus 15:39.6, 55HH--Eugene Swift 7.2, 300H--Bob Price 41.4, 4x100--CCSFTC (Goldsmith, Finney, Sanders, Stewart) 42.4, 4x400--Unattached 3:20.0

High Jump--Tony Carruthers (Cal) 6-4.

Triple Jump--Robert Curry 41-8. Discus--John Garvey (Olympic) 144-1. Hammer--Robert Dignan (Hayward TC) 163-10. Javelin--Andrew Kearns (Nor Cal Srs.) 177-8

WOMEN

200--Tiffany Janssen (Cal) 26.5, 800--Misty Garcia 2:32.8, 1,500--Amy Cathcart 4:56.7, 3,000--Tiffany Garcia 12:23.9

High Jump--Gia Johnson (Cal) 5-8. Triple Jump--Monique Dale 32-9 3/4. Shot Put--Erin Lathrop 38-6 1/4. Discus--Annette Kallihwa 43.88. Hammer--Tanya Wolf (Hayward TC) 129-11

HIGH SCHOOL BOYS

55--Reggie Young 6.6, 200--Bunk Sherman

23.3, 400--Geoffrey McAllister (Hogan) 54.9, 600--Colin Dean (Bishop O'Dowd) 1:23.0, 800--Brook Tessman (Monte Vista) 2:01.9, 1,500--John Piazza (Marin Catholic) 4:19.0, 55HH--Adrian Fox 7.8

Long Jump--Derrick Mitchell (Mt. Eden) 20-1. Shot Put--Frank Aguirre (Justin-Siena) 43-10 3/4. Discus--Chris Lorcher (Antloch) 125-9. Javelin--Chip Lilienthal (Napa TC) 136-6

HIGH SCHOOL GIRLS

55--Jennifer Odom (Independence) 7.8, 200--Aisha Margain 28.1, 400--Crystal Miles-Threatt (Bishop O'Dowd) 1:00.0, 800--Laneisha McPherson (Independence) 2:31.7, 55H--Jennifer Odom (Independence) 8.7]

Long Beach State All-Comers Track & Field Meet

January 30, Long Beach.

Men's Results

100m: (Youth) 1. Harris 12.0, 2. Edwin 12.6, 3. Morgan 12.8, 4. Mike G. 13.1, 5. Joshua 13.5, 6. Bruce 13.8, 7. Vaughn 14.1, 8. Ellis 14.4.

200: (Univ/Open) 1. Harris 25.4, 2. Barnes 27.3, 3. Echebering 27.5, 4. Morana 30.6.

400m: (HS) 1. Mike Gomez 56.9, 2. George P. 57.4, 3. Joshua 58.0, 4. Edwin Echiverria 59.2, 5. Oscar 59.6. (Univ/Open) 1. Steve Odgers 50.9, 2. Jay Thorson 51.5, 3. Brady Anderson 52.7.

800m: (Univ/Open): 1. Scott 2:07.7, 2. George 2:04.5, 3. Mike Gomez 2:11.4. Masters: 1. Lloyd MacGuer 2:58.3.

Long Jump: (HS) 1. Richard Dault 20-7 1/4, 2. Robert Sims 20-3 3/4, 3. Jewff Ridgway 19-2 3/4, 4. Justin Stallings 18-10 1/2, 5. Carl Hampton 17-4 1/4, 6. Dan Reeve 14-9 1/4. (Univ/Open) 1. Pat Scott 23-7 1/4, 2. Myron Leslane 21-11, 3. Chris Czerwinski 20-3, 4. Johnny Flores 19-8 3/4, 5. Chuck Gaudette 19-1 1/4, 6. Yath Than 18-5, 7. Zalore Stout 17-6.

Shot Put: (HS) 1. Jason Duarte 39-3, 2. Dan Reeve 33-2, 3. Anthony Pittman 22-7. (Univ/Open) 1. Greg Hodel 55-6 1/4, 2. Dave Phillip 38-3 1/2. (Masters) 1. Michael Streeter 30-0 1/4.

Dicuss: (HS) 1. Jason Duarte 110-1, 2. Skinner 95-8, 3. Kirkland 75-5. (Univ/Open) 1. John Godina 178-10, 2. Jamie Presser 159-11, 3. Mark Pulin 153-8, 4. Jonathan Ogden 140-7, 5. Dave Phillip 114-7. (Masters) 1. Michael Streeter 78-8.

Javelin: (Univ/Open) 1. James Culwell 180-7. (Masters) 1. Steve Barba 172-11, 2. Ron Rook 130-11, 3. Michael Streeter 105-7.

High Jump: (Univ/Open) 1. Brian Stout 7-0 1/2, 2. Dan Reeve 6-0, 3. Zaylor Stout 5-10, 3. Yuri 5-10, 5. Lonni Buettner 5-2 1/4, 6. Vaughn 5-0 1/4, 6. Ellis 5-0 1/4.

1500m: (HS) 1. M. Gidden 4:10.6, 2. Jared Overton 4:18.6, 3. Sky Paterka 4:21.2, 4. Juan Camacito 4:21, 5. DeZahd 4:31.9, 6. Jugio C. 4:37.4, 7. Henry Chian

RESULTS

4:44.8, 8. W. Barrientos 4:45.0. (Univ/Open) 1. Shoemaker 4:13.1, 2. George P. 4:14.9, 3. Nick C. 4:22.4, 4. Matt Tillis 4:31.6, 5. Mark Cleary 4:34.6. (Master) 1. Cliff Stoba 5:51.2.

3000m: (HS) 1. Oscar Urizar 9:53.9.
55m Hurdles: (HS) 1. Marqus Jones 7.9. (Univ/Open) 1. Henry Andrade 7.2, 2. Kyle Beck 7.4, 3. Tokeo 7.6, 4. Adrian Brown 7.7, 5. Lance Jacot 8.0, 6. Randy Fort 8.1, 7. Sam Johnson 8.1, 8. Gary Cablayan 8.1. (Master) 1. Fred Niedemeyer 9.2.

Women's Results

100m: (HS) 1. Jordan 11.5, 2. Lynn 12.9, 3. McKnight 13.7.

200m: (Univ/Open) 1. Anderson 23.4, 2. Thorson 23.7, 3. Jordan 24.5, 4. Yot 26.6, 5. Uzi 29.2.

400m: (Youth) 1. Vanessa Jamieson 1:12.8. (HS) 1. Jade Jamieson 1:06.8, 2. Kerrie Webb 1:17.7.

800m: (Univ/Open) 1. Linda 2:40.9, 2. Denise 2:52.5, 3. Erin 3:05.8.

Long Jump: (HS) 1. Michelle Nelson 15-10 1/2, 2. Keisha Doby 15-9 3/4, 3. Tiffany Morgan 13-10 1/4. (Univ/Open) 1. Lori Svoboda 17-9 3/4, 2. Melanie Clark 16-4 1/4.

Shot Put: (HS) 1. C. Parker 27-10.

Discus: (Univ/Open) 1. Dawn Dumble 165-8, 2. Sarah Andrews 143-8, 3. Jenny Welcher 139-2, 4. Valeyta Althouse 128-0.

1500m: (HS) 1. Sherron 5:56.2, 2. Lilia Paniagua 5:30.9, 3. Veronica Mendez 5:42.2, 4. Shay 5:45.3, 5. Rahjm 5:50.5, 6. Nancy A. 5:53.5, 7. Joy 5:57.2. (Univ/Open) 1. Jennifer Heaton 5:16.5.

55m Hurdles: (HS) 1. Karen Vigilante 8.8, 2. Meshale Mays 9.9. (Univ/Open) 1. Ambre Thompson 8.1, 2. Lee Hinds 8.6, 3. D. Call 9.2, 4. D. Murrin 9.8.

All Comers Meet

Feb. 6. Edwards Stadium, Berkeley.

Men

100--Eugene Swift 11.0. 400--Jeff Speech (CCSF) 50.7. 800--Noah Hinkston 1:58.3. 1200--Ben Turman (Cai) 3:04.3. 1500--Matt Nolan 4:06.4. 110HH--Eugene Swift 14.3. 4 X 100--CCSF (Speech, Goldsmith, Sanders, Stewart) 44.2. 4 X 400--California 3:18.6.

High Jump--Tony Caruthers 6-9. Shot Put--John Wirtz (California) 58-3 3/4. Javelin--Tom Silva 200-5. Hammer--John Thomas 210-7.

Women

400--Brandy Stephens 59.7. 800--Erin Belamy (Chabot CC) 2:27.9. 1,500--June Untalan 5:07.0. 4 X 100--Chabot CC 54.4. 4 X 400--Chabot CC 4:24.4.

Shot Put--Missy Maloata (California) 41-3 1/4. Hammer--Tanya Wolf 133-10.

High School Boys

100--Brian Kim 11.8. 400--Walter Smith (Senators) 49.7. 800--John Piazza (Marin Catholic) 2:03.0. 1,500--Scott Cervelli (Santa Teresa) 4:16.9. 110HH--Jason Miles (St. Ignatius) 17.1. 4 X 100--St. Ignatius 49.9. 4 X 400--De Anza 3:47.1.

High Jump--Andrew Richen (St. Ignatius) 6-2. Long Jump--Damian Rainey (Moreau)

20-2 1/4. Shot Put--Aaron Lewis (St. Ignatius) 48-2 3/4. Javelin--Chip Lilienthal (Napa) 134-5.

High School Girls

100--Angela Harris (Acorn TC) 12.5. 400--Miesha Marzell (Bishop O'Dowd) 59.1. 800--Miesha Marzell (Bishop O'Dowd) 2:26.7. 1,500--Tina Bowen (Danville TC) 5:36.1. 4 X 100--Acorn TC 48.8. 4 X 400--Acorn TC 3:53.9.

Long Jump--Kendra Johnson (Bishop O'Dowd) 16-0. Shot Put--Nicole Dillard (Mission) 30-1. Javelin--Molly Hoff (Napa) 99-3.

Cal State Bakersfield Track & Field Invitational

February 6. Bakersfield.

Men's Results

100m (Masters): 1. Mick Lucero 12.1, 2. Doug Smith 12.2, 3. Mike Pelle 12.9, 4. Juan Bustamante 13.1, 5. Jack Randolph 15.4, 6. Jim Bierman 18.7.

200m (Masters): 1. Mike Lucero 22.7, 2. Doug Smith 25.2.

400m: Heat 1: 1. Joey Ellis (Unat/FPC) 48.3, 2. Russell Hester (Unat) 48.4, 3. Austin Grey (Citrus College) 49.0, 4. Larry King (Unat) 50.9, 5. Brandon Rock (Unat) 50.9. Heat 2: 1. Steve Dirkse (FSU) 50.1, 2. David Hair (Garces HS) 53.7, 3. Scott Thomas (Unat) 56.0, 4. Libby Tracy (CSB) 55.7.

Master: 1. Mike Lucero 50.7.
3000m: 1. Kevin Baxter (FSU) 8:37.4, 2. Tim Coburn (FSU) 8:45.2, 3. Dan Zoldak (FSU) 8:45.8, 4. Bill Lind (Unat) 8:51, 5. Philip Livingwood (Westmont) 8:53, 6. Tom Counts (FSU) 9:03.1, 7. Robert Spencer (Fresno Pacific) 9:07.4, 8. Blair Venable (FSU) 9:13.4.

3200m (High School) 1. Jesus Villavicencio (Unat) 10:42.2, 2. Roy Ruelas (Taft) 10:49.9, 3. Jerry Mronez (Unat) 10:51.7, 4. Ernesto Venelas (Unat) 11:12.8, 5. Mike Morunez (Unat) 11:14, 6. Todd Jordan (Taft) 11:40, 7. Kyle Kinney (Taft) 11:50.8.

5000m: 1. Curtis Alexander (FSU) 15:22, 2. Colin Johnston (Taft College) 15:29.5, 3. Bill Lind (Unat) 15:34.1, 4. Cruz Gallegos (Taft College) 15:53.3, 5. Brian Nelson (Unat) 15:56.7, 6. Adam Duis (Taft College) 16:00.7.

10,000m: 1. Son-Eric Thalmad (CPP) 33:51.6, 2. Goshu Tadese (Fresno Pacific) 33:54, 3. John Orasco (Taft HS) 35:14.6, 4. Brett Dobson (CSB) 35:36, 5. Tom Graber (CPP) 35:50, 6. Mark Hamer (CPP) N.T., 7. Jeffi Ton (CPP) 36:38.7, 8. Justin Curley (CPP) 37:57.

110m Hurdles: (Heat 1) 1. Robert Foster (FSU) 15.0, 2. Travis Johnson (Citrus College) 15.2, 3. Kendall Hoggatt (FSU) 15.3, 4. Randy Furt (Advantage Athletics) 15.9. (Heat 2) 1. Kyle Beck (Ad. Athletics) 14.9, 2. Jabari Reynolds (FSU) 15.2, 3. Ryan Renz (BC) 15.7, 4. Jason Gibbs (Ad Ath) 15.9, 5. Albert Delgado (Citrus College) 16.4.

400m Hurdles: 1. Ryan Renz (BC) 56.4,

2. Arthur Jones (Unat) 57.6, 3. Daniel Herrera (Taft) 57.7, 4. Roderick Williams (CSB) 58.7, 5. Herman Covarrubias (Citrus College) 58.7, 6. Maurice Sibolbor (Citrus College) 67.4.

4x100m Relay: (Heat 1) 1. Taft College 'A' 40.6, 2. FSU 'A' 40.7, 3. BC 'A' 43.8, 4. Westmont College 46.6, 5. Citrus College 'A' 51.8. (Heat 2) 1. Citrus College 'B' 48.7.

Sprint Medley Relay: 1. Taft College 3:21.1, 2. CSUB 3:25.1, 3. Fresno Pacific 3:38.9, 4. BHS Unat. 3:40, 5. Advantage Athletics 3:43.5, 6. Advantage Athletics 3:44.8, 7. Westmont College 3:49.0.

Corporate Relay: 1. Elk Hills 'A' 4:19, 2. Elk Hills 'B' 4:26, 3. Elk Hills 'D' 4:39, 4. Elk Hills 'C' 4:55.

Distance Medley: 1. FSU 'A' 9:58.4, 2. Taft College 10:14.7, 3. Westmont College 10:23.2, 4. Fresno Pacific 10:28.9, 5. CSB 10:32, 6. CPP 10:41, 7. FSU 'B' 10:45.9, 8. Taft High N.T.

4x200m Relay: 1. FSU 'A' 1:25.5, 2. Advantage Athletics 1:30.1, 3. Citrus College 'A' 1:38.0, 4. BC 'A' 1:34.5. (Heat 2) 1. Citrus College 'B' 1:13.9, 2. Advantage Athletics 'B' 1:35.7, 3. BHS 1:39.0.

4x400m Relay: 1. Taft College 'A' 3:12.2, 2. FSU 3:13.4, 3. CSB 3:17.5, 4. Unat. 3:18.3, 5. Fresno Pacific 3:30.7, 6. Westmont College 'A' 3:31.5.

4x800m Relay: 1. FSU 7:42.8, 2. Taft College 7:56.3, 3. Westmont College 8:00.6, 4. Fresno Pacific 8:03.5, 5. CPP 8:06.0, 6. BHS 8:23.2.

Long Jump: Flt. 1: 1. Kendall Hoggatt (FSU) 23-7 1/2, 2. Chuck Bishop (Taft HS, Unat) 21-9, 3. Eric Lee Gilmore (Fresno Pacific) 21-6, 4. Phil Bradley (BC) 20-0. (Flt. 2) 1. Robert Foster (FSU) 24-1, 2. Libby Tracy (CSB) 23-5 1/2, 3. Damon Wright (BC) 22-1 1/2, 4. Chris Ruiz (CSB) 21-4, 5. Acie George (BC) 20-4, 6. Chi Hoang (CPP) 20-0.

Pole Vault: 1. Daniel McDowell (Fresno Pacific) 17-7. (Masters) 1. Jerry Stanners (LAVAC) 10-0.

Shot Put: Flt. 1: 1. John Godina (UCLA) 60-8 1/2, 2. Joe Bailey (UCLA) 58-5, 3. Mark Parlin (UCLA) 55-7, 4. Greg Hodel (UCLA) 55-0 1/2, 5. John Ogden (UCLA) 50-8. Masters: 1. Wilfredo Alejo 32-1. Flt. 2: 1. Darrin Flint (HS Unat) 49-6, 2. Henry Jason 47-10, 3. Kevin Rinehart (Unat) 47-1, 4. Jamie Jaluig (HS Unat) 46-10, 5. Jeremy Staat (HS Unat) 46-3, 6. David Dumble (BC) 44-1, 7. Brandon Wannright (BC) 42-6 1/2, 8. Bill Rogers (Citrus College) 39-6 1/2, 9. David Witenen (Citrus College) 38-2 1/2, 10. Henly Toby (HS) 36-5 1/2. Flt. 3: 1. Wilfredo Alejo (Masters) 32-1, 2. Scott Fitzgerald (Fresno Pacific) 32-0 1/2, 3. Kevin Eubanks (Unat) 36-8, 4. Armando Lopez (CPP) 39-4, 5. Fred Alejo (CSB) 33-4 1/2, 6. J. Forss (Ad Ath) 37-5 1/2, 7. Van Mounts (Unat) 43-3 1/2.

High Jump: 1. Zeke Martin (BC) 6-7 1/4, 2. Matt Gardner (Fresno Pacific) 6-7 1/4, 3. Robert House (FSU) 6-3 1/4, 4. Jermaine Davis (BC) 6-1 1/4.

Javelin: Flt. 1: 1. Petè Smith (Unat)

185-0, 2. Paul Treier (CSB) 166-11, 3. Monte Wilson (Unat) 150-2, 3. Monte Wilson (Unat) 150-2, 4. Neil Griffin (Citrus College) 150-0, 5. Kevin Eubanks (Unat) 149-4. Masters: 1. Wilfredo Alejo (Unat) 87-10. Flt. 2: 1. Monte Wilson (Unat) 150-2, 2. Kevin Eubanks (Unat) 149-4, 3. Bill Rogers (Citrus College) 138-8, 4. David Witamen (Citrus College) 128-9, 5. Fred Alejo (CSB) 126-3, 6. Scott Fitzgerald (Fresno Pacific) 117-6, 7. Wilfredo Alejo (Masters) 87-10.

Triple Jump: 1. Deandra Roberson (Unat) 49-6 1/2, 2. Robert House (FSU) 47-10 1/2, 3. Chuck Bishop (Taft HS) 46-2 1/2, 4. Steffan Bradley (BC) 44-0.

Discus: Flt. 1: 1. Jon Frank (BC) 156-1, 2. Monte Wilson (Unat) 147-0, 3. David Dumble (BC) 139-10, 4. Rene Bustamonte (Citrus College) 139-5, 5. Brandon Wannright (BC) 137-11. High School: 1. Staat 154-3. Flt. 2: 1. Darrin Flint (Unat HS) 150-3, 2. Jamie (Unat HS) 143-4, 3. Brandon Wannright (BC) 137-11, 4. Chris Chirgwin (Westmont College) 132-7, 5. Toby Henry (Unat HS) 119-6, 6. Jason Henry (Unat HS) 116-4, 7. Van Mounts (Unat) 113-2. Flt. 3: 1. Staat 154-3, 2. Neil Griffin (Citrus College) 122-1, 3. Kevin Eubanks (Unat) 119-9, 4. Bill Rogers (Citrus College) 113-3, 5. David Witenen (Citrus College) 106-9, 6. Fred Alejo (CSB) 105-10, 7. Armando Lopez (CPP) 100-4.

Women's Results

400m: 1. Melane Clarke (Unat) 56.5, 2. Stacy James (Taft) 60.5, 3. Contina Young (Taft) 61.8, 4. Chyllis Scott (Fresno Pacific) 66.4, 5. Vicky Ramos (Fresno Pacific) 69.1.
3000m: 1. Pam Boyles (Unat) 10:45.3, 2. Evelyn Martino (FSU) 10:51.9, 3. Rachel Dyer (Taft College) 11:31.6, 4. Lilia Paniagua (Ad Ath) N.T., 5. April Beaver (FSU) 12:09.2, 6. Cathy Relsen (BC) 12:58.3.
5000m: 1. Pam Boyles (Unat) 18:36.8, 2. Shirley Rojas-Weller (Fresno Pacific) 19:03.7, 3. Lilia Paniagua (LAVC) 20:28, 4. Sara Smith (Westmont College) 21:15, 5. Dao Truong (Westmont College) 22:28.

10,000m: 1. Eva Belt (FSU) 39:00.1, 2. Julie Ehschlaeger (FSU) 41:13.7.

100m Hurdles: (Heat 1) 1. Monica Misick (FSU) 15.0, 2. Lisa Colett (FSU) 15.1, 3. Samone Cole (FSU) 15.2, 4. Nicole Aflague (FSU) 15.8, 5. Kristen Nelson (FSU) 17.4.

400m Hurdles: 1. Nicole Aflague (FSU) 65.2, 2. Shann Kern (Unat) 67.6, 3. Kirsten Nelson (FSU) 67.6, 4. Jennifer Sperling (FSU) 69.6.

4x100m Relay: (Heat 1) 1. FSU 'A' 47.2, 2. FSU 'B' 48.3, 3. Advantage Athletics 51.2, 4. Westmont College 53.3.

Sprint Medley Relay: 1. FSU 4:06.5, 2. CSB 4:24.8, 3. Westmont College 4:44.6.

Distance Medley: 1. Westmont College 12:45.4, 2. FSU 13:05, 3. CPP 13:58.3, 4. CSB 14:12.6.

4x200m Relay: 1. FSU 'A' 1:39.1, 2. Advantage Athletics 1:49.2, 3. Westmont College 1:55.2.

4x800m Relay: 1. FSU 'A' 9:31.4, 2. Westmont College 10:00, 3. CPP 10:23.

4x400m Relay: (Heat 1) 1. FSU 'A'

RESULTS

3:46.6, 2. FSU 'B' 4:02.9, 3. CPP 4:17.8, 4. Westmont College 'A' 4:24.9, 5. Westmont College 'B' 4:25.5. (Heat 2) 1. CPP 3:26.0, 2. BHS (Unat) 3:33.2, 3. Westmont College 'B' 3:35.5.

Discus: (Ft. 1) 1. Dawn Dumble (UCLA) 171-2, 2. Shelly Biddinger (CSB) 150-3, 3. Tracy Meadors (Fresno Pacific) 136-8, 4. Misako Hampton (BC) 135-8. (HS) 1. Soozie Shanley (Tulare Union HS) 122-0, 2. Mandy Buckley (Bakersfield HS) 112-3.

Long Jump: 1. Twshah Jackson (FSU) 19.5, 2. Michelle Allen (FSU) 18.6, 3. Tara Didyk (FSU) 18.6, 4. Simone Cole (FSU) 18.5, 5. Lisa Colbet (FSU) 18.0, 6. Melanie Clarke (Unat) 17.8, 5. Stacy Pererson (CSB) 17.2.

High Jump: 1. Clarissa Mouton (CSB) 5-8, 2. Melanie Clarke (Unat) 5-2, 3. (tie) Brook Knight (Fresno Pacific) and Jaime Ullrich (Unat) 5-0.

Javelin: 1. Katy Seagle (Fresno Pacific) 115-9, 2. Shelly Biddinger (CSB) 113-5.

Triple Jump: 1. Kim Mallard (Unat) 38-6, 2. Tara Didyk (FSU) 38-3, 3. Michelle Allen (FSU) 37-2 1/2, 4. Kristal Kirkland (Unat) 36-9 1/2.

Shot Put: (Ft. 1) 1. Dawn Dumble (UCLA) 54-5 3/4, 2. Valeyta Althouse (UCLA) 53-10 1/2, 3. Rica Brown (Unat) 53-3 3/4, 4. Candy Roberts (UCLA) 47-5 1/2, 5. Jenni Wheichel (UCLA) 46-9. (HS) 1. Soozie Shawley (HS) 40-2. (Ft. 2) 1. Soozie Shawley (HS) 40-2, 2. Devlyn Duniap (CSB) 39-5, 3. Helen Kijkstra (BC) 38-7 1/2, 4. Shelly Biddinger (CSB) 36-8, 5. Marcelina Compton (Fresno Pacific) 29-4 1/2, 6. Urceli Hernandez (BC) 29-3, 7. Mandy Buckley (Unat) 27-7.

USA T&F World Cross Country Trials

Feb. 6, Sandy, OR.

Division Results

Citizen's Men 5K:

1. Thomas Shanahan (Bend, OR) 16:04.

Citizen's Women 5K:

1. Tracey Robinson (Timberhill Harriers) 19:22.2

Men's 40-44: 1. Herman Atkins (Snohomish TC, WA) 16:00, 10. Jim Price (Excelsior, CA) 17:27, 45-49: 1. Alan Beck (OPRC Masters, OR) 17:17, 3. Steven Ferraz (Nike, CA) 18:12, 50-54: 1. Roy Reisinger (Snohomish TC, AK) 18:22, 55-59: 1. David Pitkethly (Snohomish TC, WA) 19:16, 70-75: 1. Joseph Mallon (Portland, OR) 27:18.

Women's 40-44: 1. Laura Caldwell (Lake Oswego, OR) 19:19, 45-49: 1. Kate O'Neill (Snohomish TC, WA) 20:40, 50-54: 1. Judy Groombridge (Snohomish TC, WA) 22:05, 55-59: 1. Christine Currie (Snohomish TC, WA) 22:48.

USA T&F World Cross Country Trials

February 6, Sandy, OR.

Qualifier for 1993 IAAF World Cross Country Championships, March 28,

1993, Amorebieta, Spain.

Juniors: Top 6 USA citizens will represent USA in Spain.

Senior Women: Top 5 plus winner of USA T&F X-C Nationals.

Senior Men: Top 8 plus winner of USA T&F X-C Nationals.

Overall Results - Junior Women

1. Amy Skieresz (Future Track, CA) 14:34, 2. Katy Holbacher (Univ. of Michigan, MI) 14:40, 3. Tara Carlson (Univ. of Washington, WA) 14:40, 4. Heather Hollis (No. Carolina St., NC) 14:41, 5. Heidi Van Borkulo (Univ. of Oregon, OR) 14:44, 6. Colleen Glyde (Penn St., PA) 14:46, 7. Molly Lori (Univ. of Michigan, MI) 14:47, 8. Marie Davis (MAC Portland TC, OR) 14:55, 9. Carrie Garrison (UA-Fullerton, CA) 14:57, 10. Cynthia Moreshead (Wake Forest Univ., NC) 14:58.

11. Kristen Hall (No. Carolina St., NC) 15:00, 12. Veronica Barajas (Univ. of Colo. CO) 15:25, 13. Laura Hayward (Stanford,



AMY SKIERESZ

Photo by Phillip Embody

CA) 15:26, 14. Patricia Roberts (Univ. of Colorado, CO) 15:44, 15. Amy McNitt (Univ. of Colorado, CO) 15:54, 22. Kristie Camp (UA-Agoura Hills, CA) 16:45.

Overall Results - Junior Men

1. Brook Kintz (Georgetown Univ., DC) 25:45, 2. Robert Reeder (Stanford, CA) 25:48, 3. Theodore Martin (No. Arizona Rez Runner, AZ) 25:53, 4. J.J. Castner (UA-Agoura, CA) 25:59, 5. Theodore Molla (Univ. of Michigan, MI) 26:02, 6. Jason Dunklee (Dartmouth College, VT) 26:08, 7. Ryan Wilson (UA-Westlake Village, CA) 26:12, 8. Pascal Dobert (Univ. of Wisconsin, WI) 26:16, 9. Timothy Martin (No. Arizona Rez Runner, AZ) 26:16, 10. Stewart Ellington (Univ. of Tennessee, TN) 26:24.

11. Alan Boos (Malone, OH) 26:30, 12. Josh Danielson (Central Oregon CC, OR) 26:30, 13. James Garrison (UA-Portland, OR) 26:34, 14. Jack Dwyer (Dartmouth College, MA) 26:44, 15. Chris Burnham (Central Oregon CC, OR) 26:47.

Overall Results - Senior Women

1. Annette Peters (Nike, OR) 20:27, 2. Anne Marie Letko (Nike Running Room, NJ) 20:33, 3. Gwynneth Coogan (Adidas USA, CO) 20:35, 4. Elaine Van Blunk (Nike Running Room, NJ) 20:43, 5. Kathleen Franey

(Reebok RC, MA) 20:51, 6. Mindy Schmidt (Adidas USA, MI) 21:05, 7. Carmen Troncoso (Nike Texas, TX) 21:13, 8. Nicole Woodward (UA-Eugene, OR) 21:14, 9. Melody O'Reilly (Nike Running Room, PA) 21:15, 10. Laura Cattivera (Boston Athletic Ass'n., MA) 21:21.

11. Christi Constantin (Georgetown Univ., DC) 21:25, 12. Stephanie Wessell (Nike Portland, OR) 21:41, 13. Jennifer Rolfe (Nike Boston, MA) 21:44, 14. Laura Mason (Adidas, PA) 21:47, 15. Eryn Forbes (UA-Portland, OR) 22:01, 23. Chris Boyd (Impalas, CA) 22:48.

Overall Results - Senior Men

1. Todd Williams (UA-Knoxville, TN) 36:45, 2. Matt Giusto (Footlocker TC, CA) 36:55, 3. Mark Coogan (Adidas USA, CO) 37:04, 4. Ed Eyestone (Reebok, UT) 37:05, 5. Terry Croyle (Reebok, WV) 37:14, 6. Peter Sherry (Adidas, PA) 37:16, 7. Bradford Schlapak (New York AC, MA) 37:20, 8. Pat Porter (Mizuno, CO) 37:24, 9. Aaron Ramirez (Mizuno, NM) 37:35, 10. Jonathan Hume (Reebok RC, CO) 37:42.

11. Andrew Ball (Nike Run.Room, NJ) 37:48, 12. Dan Nelson (Nike Run. Room, OR) 37:53, 13. Danny Reese (US West TC, CO) 37:55, 14. Craig Dickson (Reebok RC, CO) 37:56, 15. Tim Gargiulo (Reebok RC, TX) 38:08.

34. Marc Davis (Wake Forest Univ., NC) 39:55, 35. Bryan Dameworth (Univ. of Wisconsin, WI) 40:01, 39. Bret Kimple (Reebok Aggies, CA) 40:44, 42. Parker Kelly (Reebok Aggies, CA) 42:00.

All-Comers Track and Field Meet

February 13, Edwards Stadium, University of California, Berkeley.

(All races in meters.)

Men

100--Rod Jett 10.8, 200--Tim Green (California) 21.5, 400--Dave Norville 49.6, 800--Tracy Holmquist 1:56.4, 1,500--Samuel Gwynn 4:07.2, 5,000--Brian Robinson 16:45.8, 110 High Hurdles--Rod Jett 14.2, 300 Intermediate Hurdles--Thomas McGuirk (California) 37.9

Pole Vault--Luis Lino 13-6. **High Jump--**G. Cooper 6-2. **Long Jump--**Ryan Morgan 22-6 1/4. **Shot Put--**Andre Godwin (ISA) 36-4 3/4

Women

400--Adria Ibarra (California) 61.2, 800--Saskia Hostetter 2:27.6, 1,500--June Untalan (California) 5:01.0

Javelin--Tiffany Janssen (California) 138-2. **Hammer--**Erin Woodburn 143-2

High School Boys

100--Ali Evans (Vallejo) 10.9, 400--Marlin Monroe & Joe Charles 51.6, 800--Colin Dean (Bishop O'Dowd) 1:59.1, 1,500--John Piazza (Marin Catholic) 4:21.0, 3,200--Adam Ozarski (Granada) 10:35.5, 110 High Hurdles--Jason Miles 16.8, 4 X 100--Castlemont 46.9, 4 X 400--Christian Brothers (Sacramento) 3:44.3

Long Jump--Cletus Coffey (Cardinal New-

man) 20-4 1/2. **Discus--**Chris DeMartini (St. Ignatius) 156-6. **Javelin--**John Lalla (De La Salle) 148-5

High School Girls

100--Bisa Grant (Bishop O'Dowd) 12.3, 200--Daniel Stevens (Bishop O'Dowd) 22.6, 400--Monica Buchongo 1:09.2, 800--Anne Baldelli (St. Ignatius) 2:31.1, 1,500--Miesha Marzell (Bishop O'Dowd) 5:02.5, 100 Hurdles--Olivia Hawkinson 21.5, 300 Hurdles--Monica Buchongo 47.3, 4 X 100--St. Ignatius 56.5, 4 X 400--St. Ignatius 4:27.4

High Jump--K. Cahill 4-4. **Long Jump--**Kendra Johnson (Bishop O'Dowd) 16-1 1/4. **Shot Put--**Nicole Brooks (Berkeley) 38-10 1/4.

All-Comers Track & Field Meet

February 20, Edwards Stadium, Berkeley.

Men's Results

100: 1. Rod Laws 0.7, 200: 1. Rod Lewis 21.4, 400: 1. Marcus Jackson 49.3, 800: 1. Ben Turman (Cal) 1:55.6, 1500: 1. Leon Shordon 4:05.6, 3200: 1. Richie Boulet (Cal) 8:56.3, 5000: 1. Leon Shordon 14:59.6, 300m IH: 1. Khalil Austin 41.6, 4x400: 1. Skyline College 3:36.5, PV: 1. Trevor Atkinson (Sierra College) 11-0. LJ: 1. Reggie Hairston (Unat) 21-5 1/4, DT: 1. Jeff Buckley (Unat) 159-8, JT: 1. Tom Silva (Unat) 203-0.

Women's Results

200: 1. Barbara Mason 29.9, 800: 1. Amy Cathcart 2:20.3, 1500: 1. Tanya Soderman (Unat) 4:47.4, 3200: 1. Misty Garcia 12:43.3, 4x400: 1. Skyline College 4:28.3, 100m H: 1. Olga Lara 18.0, 300m H: 1. Olga Lara 50.8, HJ: 1. Maricela Velasco (Skyline) 4-4, LJ: 1. Chris Swan (Unat) 18-10, TJ: 1. Judy Rodriguez 30-6 1/4, DT: 1. Lelica Zazabol (Skyline) 107-8, JT: 1. Lelica Zazabol (Skyline) 80-5 1/2

High School Boys

100: 1. Daren Simon 11.6, 200: 1. Dominique Neal (Sacred Heart) 22.7, 400: 1. Dominique Neal (Sacred Heart) 52.7, 800: 1. Rishi Ostrowski 2:05.2, 1500: 1. Adam Ozarski (Granada) 4:19.9, 3200: 1. Aaron Daniel (Livermore) 10:09.6, 110m HH: 1. Jason Miles (St. Ignatius) 17.1, 300m IH: 1. Herman Shum 44.8, 4x100: 1. Sacred Heart 47.9, 4x400: 1. Sacred Heart 3:34.5, HJ: 1. Andrew Richen (St. Ignatius) 5-10, LJ: 1. Mike Bruno (St. Ignatius) 17-8 1/4, TJ: 1. Thomas Seto (St. Ignatius) 39-8 1/2, DT: 1. Andy Fick 118-3.

High School Girls

100: 1. Wings Lee 13.3, 200: 1. Tanya Jackson 26.4, 400: 1. Tanya Jackson 1:00.7, 800: 1. Eliza Gaenger 2:35.3, 1500: 1. Ann Baldelli (St. Ignatius) 5:09.2, 3200: 1. Chrissy Monte 13:17.8, 100m H (33"): 1. Melissa Riego (St. Ignatius) 19.7, 4x100: 1. St. Ignatius 52.9, 4x400: 1. St. Ignatius 4:30.3, HJ: 1. Michelle Ghiggia (Mills) 5-2, LJ: 1. Carol travner 16-4, TJ: 1. Nicole Dobroski (St. Ignatius) 32-2 3/4.

Kenyans We Ain't

I spent the first nine years of my youth growing up in the hills of Southeastern Oklahoma. We lived down on Bear Creek, 7 miles from Red Oak. We didn't have modern conveniences, such as running water, electricity or inside toilet (it was an outhouse furnished with the Sears Catalog for toilet paper. How did I make it through childhood without T.V. or Nintendo?

From a very early age I liked to run. Saving my shoes for cold weather, I would spend a great deal of time exploring the creek bed running bare foot and hopping from rock to rock.

In 1936 we moved to Chowchilla, CA to pick cotton (Grapes of Wrath). There were two definitely different groups of people in Chowchilla--the so called "Native Californian" and the "Oakies." The children of the establishment would call me "white trash" and try to beat me up. I soon found that my best defense was my quick turnover developed by running barefooted over hot rocks and dirt. I was quick enough to win all of the foot races at the 4th of July celebrations and no one could catch me in a game of tag. I would spend all of the recess time tormenting the "natives," making them mad enough to chase me all over the playground.

When I entered high school the war had caused the elimination of all sports except baseball and basketball. There wasn't enough running in baseball, so I satisfied my need to run by catching long passes in touch football and playing basketball. I did not score many points playing the latter, but I was a swarm all by myself on defense.

In college I didn't survive the first cut on the freshman basketball team so I went out for cross country and became a distance runner.

I think I would have liked growing up in Kenya where the young people spend most of their time running and walking long distance--mostly barefoot--and to enjoy a low stress life with a low fat diet of chicken, beans, cornbread and potatoes. But mostly, a willingness to work hard.

There is no TV, Nintendo or drugs for the children of Kenya and they run because it makes them feel human.

Kenya's St. Patrick's High School, with an enrollment of 500 students, has enough talent to defeat most U.S. collegiate cross country teams. This high school has produced 6 world champions in cross country, four marathoners under 2:10, and over a dozen Olympians. This kind of talent exhibits itself in many parts of Kenya.

What makes the Kenyans so superior in events where the energy to perform work is derived from aerobic sources was at least partially answered in Running Research, where RR's editor, Owen Anderson, reported the findings of Dr. Burgt Saltin of Sweden, one of the most highly respected physiologists in the world.

With the help of Kip Keino, Dr. Saltin took some of the world class Swedish runners to Kenya to compete and then brought back several young Kenyans to be tested in his lab. A summary of the findings comparing Kenyans to highly trained and the talented Swedish distance runners is as follows:

1. Kenyans do so much running and walking at a young age that their feet and lower extremities are so strong that they can do high level intensity workout 6 days out of the week with very few injuries.

2. The Kenyans are more economical when running, using 3 percent less oxygen to run at a 5:24 mile pace over a course of 4 kilometers.

3. The young Kenyans who won't even make the Olympic team had a mean $\dot{V}O_2$ Max of 83 ml/kg with a range of 79-87 compared to Swedish Olympic caliber runners with a mean of 78 and a range of 76-81.

4. The answer was, not more slow twitch fibers as might be suspected. The results are, both groups about the same, 55 percent ST, 40 percent FT-A, 5 percent FT-B.

5. The answer lies in what is in and around the muscle fibers.

The Kenyans had more mitochondria

(small structures necessary for oxidation of fuel) and more capillaries wrapped around their fibers.

6. Quad Gastroc Difference -- Kenyans had more capillaries per fiber in quads giving superior oxygen supply to the muscles that lift the knees (hill training).

7. The Kenyans had more aerobic enzymes inside their cells for changing fat to energy.

8. Greater buffering power -- high levels of citrate synthase.

9. Smaller muscle fibers (diameter) enhancing the process of getting oxygen into the blood stream -- more capillaries per square cm.

10. Running aerobically for long periods of time produces large amount of ammonia causing muscle fatigue. The Kenyan's ammonia concentrations stay the same as when resting.

Ammonia is produced from the breakdown of amino acids to produce ATP in FT fibers and, it appears that the Kenyans muscles are so proficient at breaking down fat and carbohydrates for energy that they simply utilize amino acids at a lower rate during aerobic running.

Along with these physiological advantages the Kenyans have a socio-economic situation that motivates them to run.

In Kenya, running is the only sport other than soccer. Running is a ticket to fame and fortune by Kenyan standards. Runners are highly regarded by the Heads of State. The Kenyans run for the sheer joy of running and don't worry about complicated training programs, no asphalt roads to pound, no \$125 shoes, no color-coordinated running outfits, no running to stopwatches and no tracks to run left-handed circles on.

Yes, I think that I would have made a great Kenyan but, alas, no one would have discovered me because I was well past my prime before Ted Banks and John Chaplin.



We've waited long enough.
Track meets are more important
than baseball games.

We want a blimp.