

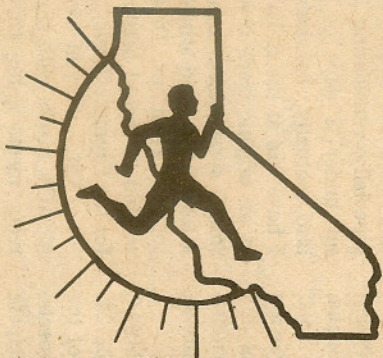
CALIFORNIA TRACK NEWS

MAY - JUNE 1976

ISSUE NUMBER 11

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CALIFORNIA TRACK NEWS

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EDITOR: Bill Cockerham

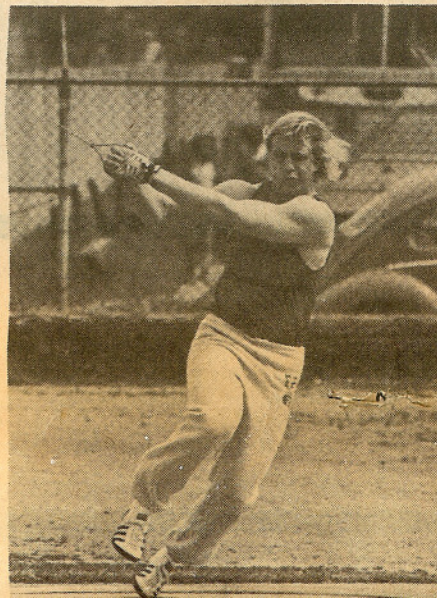
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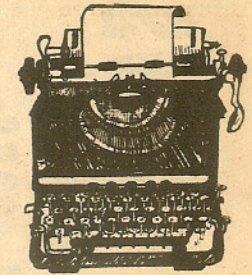
meet the staff

STEVE KROEKER: Steve is a Fresno Pacific College senior with a business administration major. His first three years at FPC Steve was a member of the school track team as a hammer thrower. However, since he has also begun law school this year - at the San Joaquin College of Law, located on the Fresno Pacific campus - he has had to curtail his track participation in favor of the books.

Steve has remained, somewhat, active in the sport through his help with



from the editor...



As I sat warming a plank, taking in the action at the Mt. SAC Relays, it hit me that this was my 15th trip to the Walnut based meet. I can still picture the efforts of some of America's all-time greats putting in quite a show: Ron Morris, Ralph Boston, Randy Matson, George Young, Jay Silvester, Al Oerter, Bill Toomey, Dave Tork, Chi Cheng, John Pennel, Bill Neider, Hal Connolly, Otis Davis, Rink Babka, Bob Hayes, and it goes on and on...

The 1976, or 18th Annual, version of the relays was just as exciting and maybe even more so than the previous - producing 17 meet records, four national, one American and one world.

Next to the Olympics, the MSAC Relays (held this year on April 23, 24, and 25) has been, and still is, one of the world's largest track and field meets. More than 4,200 athletes participate before nearly 14,000 spectators in the three day event. 1, 852 awards were given to athletes placing among the first three in each event.

A lot of credit for the success and smooth running of such a meet goes to the officials who all donated their time. "No one was paid for their time," stated meet director, Don Ruh. A budget of \$32,850 was allocated to the Relays Committee which is trying to break even. "We're a non-profit organization," Ruh said. "We just want to meet our expenses, but if we ever do clear above meet costs, we could use some communication equipment for the stadium."

Nearly everything this year was done in metric, including the field events. While the adjustment period from the English system to the metric system in track and field is not easy for anyone, the step must be taken and the MSAC Relays are helping to lead the way.

One drawback to the MSAC Relays might be the track. It's a good track, especially considering how well it holds up under 3 days of intense use. It's, also, actually, considered all weather - I have run at the Relays in the rain. But as an organic track it just isn't as fast as some synthesized ovals. "That's why a lot of the good athletes this year went to the Penn or Drake Relays. They wanted to record better marks to qualify for the Olympic Trials."

Yet, if you were to compare MSAC's marks with the other two major relay meets going that weekend you'd find the MSAC times on top, taking nine first places, seven seconds and only two thirds in the 18 common events. The Penn Relays had seven first, five seconds and six thirds. The Drake meet showed two top times, six seconds, and 10 thirds.

If one takes in the entire relay affair they certainly get their money's worth of track, besides getting just plain pooped-out. But other than the excitement of so much good competition what I like best about MSAC is the meeting and visiting with old and new friends. For some of them this is the only time we get together all year. An often spoken phrase has become, "See you at Mt. SAC Relays." Next year?



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Steve has remained, somewhat, active in the sport through his help with California Track News and also by working with the other FPC hammer throwers several times a week. Infact, he's coached one young thrower up to his own freshman record.

Steve has played a big part in getting California Track News started and out each issue. He has not only taken many of the pictures appearing on the pages of CTN but, since he has a dark-room in his garage, has done most of our developing and printing work. He also



built our layout table and light table. Unfortunately, with greater and greater demands at law school Steve is having to phase himself, temporarily, out of the picture here at CTN. Thanks for your faithful help, Steve - guess we'll have our own lawyer in a few years.



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The Lompoc Jaycees Present

3rd ANNUAL LOMPOC FLOWER FESTIVAL DISTANCE CARNIVAL



Sanctioned by the United States
Track and Field Federation

Saturday, June 26, 1976

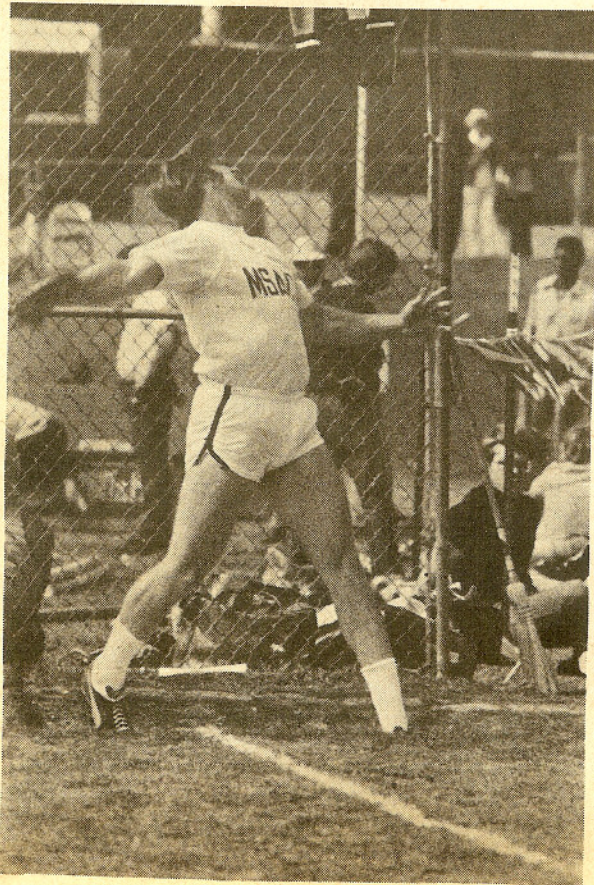
USTFF NATIONAL INVITATIONAL JUNIOR SIX MILE RUN: On the track. Last year's entrants included Jim Schankel(28:53.4), Thom Hunt(28:55.8), Ajim Baksh, Roy Kissin, Bill Stolp. Free room and board to ten best qualified entrants. Qualifying time: 31:00. Trophies to first five places. Sprcial Flower Festival Medallions to all competitors. **WOMEN'S INVITATIONAL ONE MILE RUN:** Qualifying time: 5:20. Trophies to first four places. Special Flower Festival Medallions to all competitors. **PARADE ROUTE ROAD RACE:** Five miles for men, three miles for women. Awards in five catagories: Open, High School, Women, Junior High, Masters(over 40). **OPEN SIX MILE RUN:** On the track. Awards in four catagories: Open, High School, Junior High, Masters.

For Details: Joe Sciamé, 1305 N. Orchid St., Lompoc, CA 93436
Phone: (805) 736-4916.

ON THE COVER: RICK BROWN(right) holds off JAMES BAXTER in the Invitational 800 Meter Run at MSAC photo by Bill Leung, Jr.

spotlight on:

MARCUS GORDIEN & STEVE BROWN



MARCUS GORDIEN: Mt. San Antonio Junior College sophomore. Age 20. 6 feet, 4 inches; 200 pounds. Born April 29, 1955 in Portland, Oregon.

Best Marks: Discus- 194-8(76); Shot Put- 55-11½(76). Coached by Fortune Gordien. Also competed for

STEVE BROWN: Fullerton City College sophomore. Age 20. 6 feet, 2 inches; 240 pounds. Born July 10, 1955 in Vancouver, Washington.

Best Marks: Discus- 194-10(76); Shot Put- 54-11(76). Coached by Dr.

The two best junior college discus throwers of all time are both Californians; and, what's more, they live only a few miles from each other. Steve Brown and Marcus Gordien have been trading off with ownership of the National Junior College discus record this year and their best marks are currently only two inches apart: Brown 194-10, Gordien 194-8.

Marcus started the record barrage in a dual meet (Cerritos at Mt. SAC) on March 5. His 189-10 broke the oldest recognized J.C. mark on the books. The old record of 187-5 belonged to Les Mills who set it May 18, 1963. Actually Gordien had a head start on the record and showed what was to come last summer when he thres 192-6 in a summer all comers meet. Then on March 6, at the Long Beach Relays he tossed to 191-6 and 192-3.

On March 28 at the UC Irvine Meet of Champions Fullerton's Steve Brown jumped to the top and grabbed the young record with a flip of 194-10. In that meet Gordien bettered his own pending record of 192-3 as well with a 192-4.

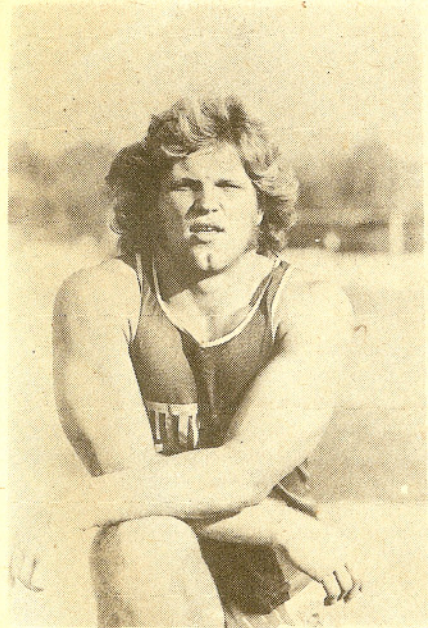
Since then it's been head-over-heels competition between the two. Marcus won the Mt. SAC dual with a lifetime 194-8? but Brown came back victorious the following week in the league meet with a 193-2 effort.

Both gentlemen are also good shot putters. If you think competition in the discus between the two has been keen, only 1 inch separates their shot put

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 Best Marks: Discus- 194-10(76); Shot Put- 54-11(76). Coached by Dr. Bob Ward.

		Brown	Gordien
73	H.S.	164-4	186-6
74	Coll.	164-0	175-5
75	Coll.	173-3	187-0
76	Coll.	194-10	194-8



STEVE BROWN



The GORDIEN CLAN.. Left to right: Mitchell(6-11 high jumper at MSAC JC), Kelly(1975 CIF 3A high jump champion for Claremont HS at 6-8), Fortune(father and three time Olympic discus thrower), Marcus(194-8 discus thrower at MSAC JC).

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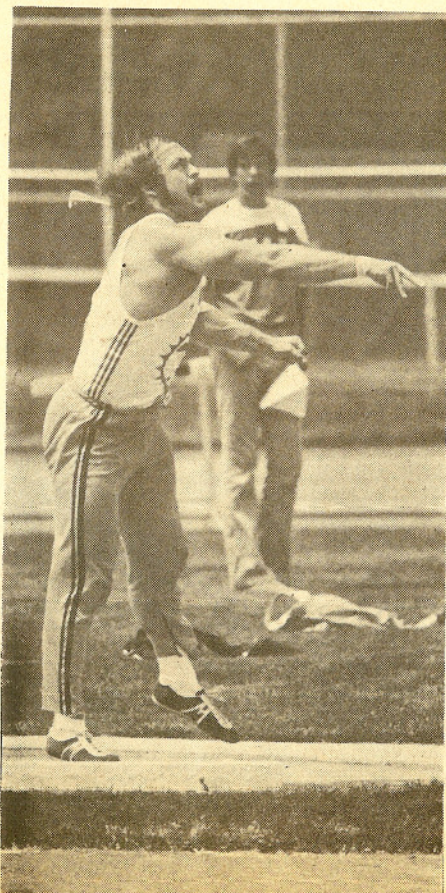
Both gentlemen are also good shot putters. If you think competition in the discus between the two has been keen, only [] inch separates their shot put bests: Gordien 54-11½, Brown 54-11.

Marcus is the defending State J.C. Discus Champion. He won it last year for San Bernardino Valley College where his father is head track coach. Now that he is at Mt. SAC Dad still works with him but, "I went to Mt. SAC because it is the number one junior college in the nation. Facilities are excellent, atmosphere is great, coaches are knowledgeable," relates Marcus. "Plus, my father has saved me ten years of trial and error. Can you beat that?"

Steve Brown is just one member of a group of super weight men at Fullerton. His teammates are also doing very well this season and keep pushing him to his best. Mark Baughman has done 183-9 and 52-9½, Jeff Klein 53-1, Coleman Kells 172-0 and 52-3½, and Bob Logsdon 50-2. Fullerton coach, Bob Ward, relates Fullerton's success in the weight events to: heredity, year round program (throwing, strength, and other), filming and comparing to films of great throwers, and selecting models for study and comparism.

Both young athletes are dedicated hard workers and are pointing toward the State Championships at Bakersfield on May 29. The outcome is completely unpredictable, othan than the competition will bring out the best of both of them -- look out 200 feet!

In one section of this country things are really happening in a big way for track athletes-- San Jose, California, is rapidly becoming the track capital of America. I'm sure our friends in Eugene, Los Angeles, El Paso and a few other places would detest this, so for the sake of avoiding any arguments, I will state that San Jose is the field event center of America.



On any Saturday, a track fan may find Brian Oldfield, John Powell, Ken Stadel, Pete Schmock, Bruce Jenner, Fred Samara, Ron Semkiw, Mac Wilkins, Mike Weeks, Richard Marks, and the man

who started the great training emphasis at San Jose, Al Feuerbach working out at any of their chosen sites. There are of course many reasons for the choice of San Jose as a major track center and in

Al Feuerbach has done for San Jose what Dan Gable did for the State of Iowa. He has given it so much exposure and publicity in the last five years. This exposure and publicity has brought the

San Jose

by BILL THOMAS

"Speed City" to "Strength City"

this article I would like to offer one reason for it: Al Feuerbach's move to San Jose in 1971.

San Jose, up until 1971, was mainly "speed city," with great sprinters and quarter milers. When Al Feuerbach moved there from Los Angeles things began to happen. Al became a great Olympic lifter through his training association with Ray Leso and Richard Marks. This drove him hard in his training which produced a world record in the shot put on May 5, 1973, and the champion in the 242 pound class of Olympic Lifting for 1974 in America.

His talents exposed Olympic lifting and gave the shot put much needed publicity. If you go to many outdoor meets, you can see that the shot put has become a featured event - and this is a tribute, I feel, to the hard work Al Feuerbach has put into his event.

The success he achieved in the shot ring at San Jose State, and the lifting he had done at the San Jose YMCA, no doubt prompted other great athletes to move to San Jose.

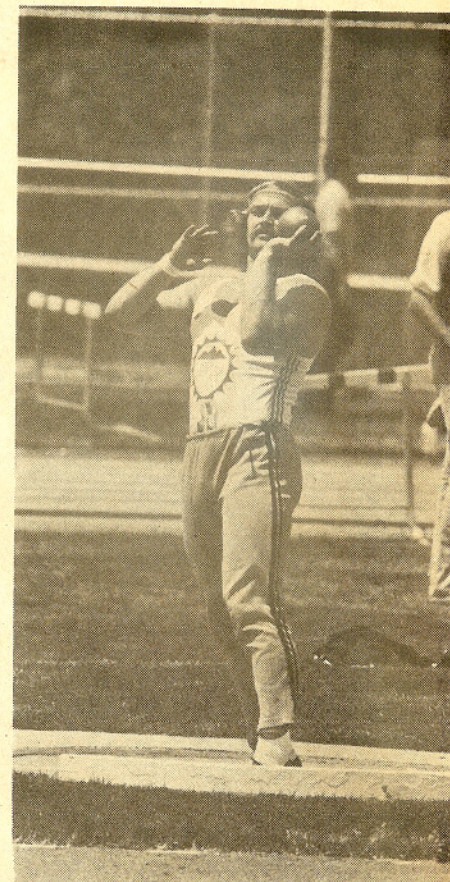
His Olympic lifting training was showcased very much throughout all of American track. He has always worked hard, but with his good friend Ray Leso and other members of the Germania Sports Club he set new personal records. I might add that Ernie Bullard, the Head Track Coach at San Jose State, is most cooperative and helpful with Al and the other club members.

shot put out from the depths of obscurity to a much watched and admired event.

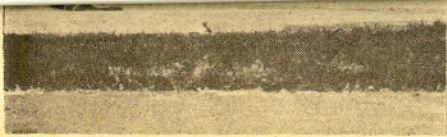
I'll never forget the times I spent in the San Jose YMCA with all the great athletes. Among these, none ever generated more electricity and enthusiasm than Al did. He motivated not only newcomers, but also gave experienced throwers and weight men the drive to go farther. He will go down in history as one of the greatest athletes of all time. San Jose will continue to have great athletes move there, but can we pause for a minute and give credit to the man who ignited it. No matter what the future holds, the truth will prevail that Al Feuerbach is indeed "the architect of San Jose as the field event center of America."

One of the many things Al has done, is to give younger throwers new hope and inspiration. It's now wonder the Russian people voted him Sportsman of the Year for 1973.

One aspect and maybe the most important one is that San Jose has become a leader because of the loyalty of many fine athletes to each other. There are many Saturday sessions that produce world class competitions through the joint work of all the athletes



working with one another. This was started when Al moved there, and has gotten to the point where it is even overstimulated at times. I'm sure when it is all added up at Eugene at the Olympic Trials that San Jose based athletes will have great success. There are of course many unforeseen things between now and then, but I'm sure of the outcome.



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pressure-packed years in high school or college.

Jim maintains his high level of proficiency on a flexible training schedule which includes 50 to 60 miles a week. One day is devoted to fartlek and he includes some interval training as well. He believes in varying the workout and the terrain as much as possible. His favorite event remains the steeplechase and his immediate racing goal is to defend his national championship at Gresham, Oregon, in July. In the meantime he runs in road races, about one per month on the average.

He is affiliated with the West Valley Joggers and Striders. He and Ken Napier anchor a strong contingent of veteran distance runners in the club. Jim is generous with training and racing tips, and has helped runners in the club to improve markedly. (He has made some suggestions to the author which have been quite useful).

Shettler plans to continue racing as long as possible, meanwhile keeping a well stocked wine cellar. He is a mellow, modest man, with a sense of humor; and invariably courteous and friendly. He calls his single long-range goal in running "survival," and when one has been at it as long as Jim and done so well, survival takes on deepening meanings. To be good at something and enjoy it over a lifetime brings deep satisfaction, and to integrate that activity into the larger processes of living is a victory. Jim Shettler's greatest victory is and continues to be "survival."

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PROFILE ON: by: GEORGE MOSS

Jim Shettler

JIM SHETTLER: West Valley Joggers and Striders. 6 feet, one inch; 150 pounds. 42 years old. College instructor.

Jim Shettler has been the dominant force on the Northern California Masters distance running scene since he turned 40 in 1973. He crowned his 1975 campaign with national championships in the steeplechase and 25 kilos. He is off to an impressive start in 1976, already annexing two Pacific Association championships at 20 kilos in 1:09:12, and 15 kilos in 50:14; both times are new PA-AAU masters records. Like the fine wines which he appreciates, Jim gets better with age.

Undergirding Jim's successes in masters competition are nearly two decades of training and racing. He is a veteran in the truest sense of the term for he has been running continually since his first AAU race in 1948. As he put it: "I've been at it for a lo-o-ong time." His extensive background gives him strength, confidence, and racing savvy which few runners his age can equal; particularly his ability to prepare for an important race and then give his best effort, which is usually a winning one.

During his career as an Open Division runner, Shettler concentrated on the steeplechase. For a time he was affiliated with the Santa Clara Youth



Village and coached by Mihaly Igloi, the expatriate Hungarian coach who developed the interval training method. Jim's best performance in the steeple came in 1962 when he ran 9:06, at the time third best in the country and 10th all-time USA. National championships eluded him during this phase of his running career; however he did win several Pacific Association titles. He was the cross country champion in 1961 and 1962, and the 1962 steeplechase and 10,000 meter winner. He also won many road races during these years and since, including the San Francisco Cross City Race, now better known as the "Bay-to-Breakers" run.

Jim is one of a handful of today's veteran runners who did not retire in his mid-twenties never to run again or to return to the sport after an absence of ten to twenty years. He and a few others successfully resisted the strong pressures built into our culture which usually confine amateur athletic careers to a few intense years of "golden youth" before surrendering to the exigencies of work, family life, and related activities.

Now that age-group competition, particularly the masters men's program, pioneered by David Pain and a handful of enthusiasts in the San Diego Track Club in the late 1960's has come of age, with national and international competition, more and more athletes will never be tempted to retire. Running and racing will become life-long avocations, not activities to be crammed into a few

MAY

Schedule

- 9 HANSON DAM 10 MILE. 8:00 am. Varv Rowley, 9725 Lev Ave., Arleta, CA 91331.
- 9 CORRALITOS 15 KILO RUN. 9:30 am, Watsonville. Mike Jones, 109 Valencia Ave., Aptos 95003.
- 9 ARROW TRACK CLUB RELAYS. Foothill College. Nick Sakelarios, 11 Burbank Ave., Redwood City 94063.
- 13 FAR WESTERN CONF. MEET. 3 days, San Francisco State.
- 14 PAC-8 CHAMPIONSHIPS. 2 days, UC Berkeley, 1 pm.
- 14 CCAA CHAMPIONSHIPS. 2 days, Cal Poly San Luis Obispo.
- 15 MICKY'S MISSILES INVITATIONAL. Audrey Tyler, 5526 Miraflores Dr., San Diego 92114.
- 15 ORANGE COAST INVITATIONAL. Newport Harbor HS, 2 days. Don Moraga, P.O. Box 2082, Huntington Bch. 92647.
- 15 GRANDFATHER GAMES. LA Valley College, noon. George Ker, 16750 Index, Granada Hills 91344.
- 15 PA-AAU SENIOR WOMEN'S CHAMPS. San Jose CC. Marge Powell, 3467 Golden State Dr., Santa Clara 95051.
- 16 BAY-TO-BREAKERS CROSS CITY RUN. 7.6 miles, 10 am. Frank R. Geis, PA-AAU Office, 942 Market St., Suite 601, San Francisco 94102. NO POST ENTRIES!
- 16 LAS POSAS HILLS 15 KILOMETER. 9:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 21 NORTHERN CAL J.C. FINALS. Diablo Valley J.C.
- 22 CALIFORNIA RELAYS. Modesto, 4 pm.
- 22 PA-AAU BOY'S AND GIRL'S AGE GROUP CHAMPIONSHIPS. Hartnell J.C., Salinas. Dick Casper, 122 Live Oak, Salinas 93901.
- 22 STRIDERS RELAYS. Cal Poly Pomona. Bill Adler, 5521 DuBois Ave., Woodland Hills, 91364.
- 22 FONTANA DAYS 11.5 MILE RUN. 10:45 am. Lewis Brewster: (714) 8227154.

- 22 OLYMPIC TRIALS MARATHON. Eugene, Oregon.
- 22 SPA-AAU WOMEN'S CHAMPIONSHIPS. 2 days. UCLA.
- 22 UCSB INVITATIONAL. UCSB track.
- 22 SOUTHERN CAL J.C. FINALS. MSAC.
- 22 GOLDEN GATE CHARITY RACE. 6 miles. Plastic Surgery Consultation Service, Cathedral Hill Medical Center, 1801 Bush St., San Francisco 94109.
- 28 NATIONAL WOMEN'S JUNIOR AND SENIOR PENTATHLON. UC Santa Barbara, 2 days. Sam Adams, Athletic Dept., UCSB, Goleta, CA 93106.
- 29 CALIFORNIA STATE AND REGION 13 WOMEN'S CHAMPIONSHIPS. Balboa Stadium, San Diego.
- 29 CALIFORNIA J.C. CHAMPIONSHIPS. Bakersfield Memorial Stadium, 6:30 pm.
- 29 MT. WILSON TRAIL RACE. 9.5 miles, 8:00 am.
- 30 T.R.A.C. 6 MILE RUN. San Jose, 10 am. John Clary, 272 Sorrento Way, San Jose 95119.
- 30 GEORGE E. OLSEN MEMORIAL MINI MARATHON. 13.1 & 6 miles. Coalinga, 8 am. Coalinga-Huron Rec. & Park Dist., P.O. Box 386, Coalinga 93210.
- 30 SILVER STATE MARATHON. Reno, Nevada. Tom Feroah, 1300 Foster Dr., Reno, NV 89502.
- 30 CALIFORNIA WOMEN'S STATE CHAMPIONSHIPS. Balboa Stadium, San Diego. John Van Benthem, 2429 Calle Del Oro, La Jolla 92037.
- 31 MEMORIAL DAY FUN RUN. 7 am, Fresno. Paul Buch, 1545 N. Arthur Ave., Fresno 93728.

JUNE

- 4 L.A. SPORTS INTERNATIONAL DECATHLON. 2 days. Warren Blaney, Mutual

- of Omaha Bldg., Suite 302, 5225 Wilshire Blvd., L.A. 90036.
- 5 LYTLE CREEK TORTURE ENDURO. 16 miles, 8 am. Brice Hammerstein, P.O. Box 1166, San Bernardino 92402.
- 5 HIDDEN VALLEY 12 MILE RUN. 9 am. Conie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 6 PA-AAU JUNIOR WOMEN CHAMPS. West Valley College or San Jose J.C.
- 6 SENIOR OLYMPICS MARATHON. Ron Markillie, Orange Coast YMCA, 2300 University Dr., Newport Bch. 90036.
- 6 STATUTO RACES. 9 am, 4 & 8 miles. John Valentini, 2232 18th Ave., San Francisco 94116.
- 6 LAKE REDDING RUN. 9 am, 7.6 miles. Robert Malain, 1870 Wisconsin, Redding 96001.
- 10 AAU TRACK CHAMPIONSHIPS. 3 days, UCLA. Senior men and women.
- 11 CCA-AAU ONE HOUR RUN. 2 days, Fresno. Sid Toabe 4566 N. Del Mar, Fresno 93704.
- 12 PALOS VERDES MARATHON. Les Woodson, 2209 Via Anocopa, Palos Verdes
- 12 PA-AAU ONE HOUR RUN. San Francisco State. Frank Donahue, 130 Park St., San Francisco 94110.
- 13 AGE GROUP TRACK CLASSIC. Girls and women, UCLA. Phil Snyder, 27102 Woodbrook Rd., Rancho Palos Verdes 90274.
- 14 JUNIOR WOMEN'S NATIONALS. UCLA. Bob Seaman, 17122 Leal Ave., Cerritos 90701.
- 19 NOVATO RIDGE RUN. 6.5 miles, 9 am. Darryl Beardall, 488 Benjamin Rd., Santa Rosa 95405.
- 19 COASTAL SECTION ONE HOUR RUN. San Luis Obispo HS. 9 am. Elaine Rosenfield, P.O. Box 1134, SLO 93406.
- 19 SPA-AAU ONE HOUR RUN. UCSB, 3 pm. John Brennand, 4476 Meadowlark Ln., Santa Barbara
- 19 WESTERN REGIONAL MASTERS. San Diego State. Sports Travel Int'l 4869 B Santa Monica Blvd., SD 92107.
- 20 HOLY CITY RUN. 9.1 miles, 9 am. Ken Napier, 1612 Bearden Dr., Los Gatos 95030.
- 20 FATHERS DAY RUN. Fresno, 6 miles. Bob Fries, 1501 E. Browning, Fresno 93710.
- 24 U.C. RIVERSIDE ONE HOUR RUN. 8 pm. Bruce Hammerstein, P.O. Box 1166, San Bernardino 92402.
- 26 EXCELSIOR BEACH RUN. 6.25 miles. San Francisco, 10 am. Frank Donahue, 130 Park St., San Francisco 94110.
- 26 EL MONTE 7.9 MILE RUN. 6:30 pm. Bertha Oliver: 443-1321.
- 26 SENIOR OLYMPICS. 2 days, UC Irvine. Warren Blaney, Mutual of Omaha Bldg., Suite 302, 5225 Wilshire Blvd., Los Angeles 90036.
- 27 JUNIOR OLYMPICS. College of the Canyons. Dave Topp: (805) 251-2047.

JULY

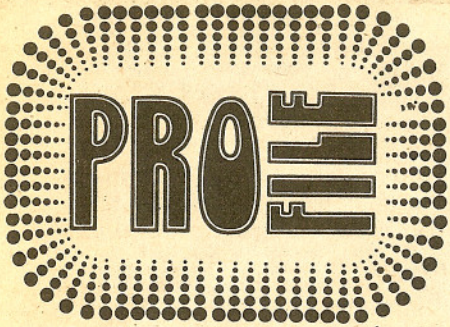
- 3 3 MILE BUNION DERBY. Fresno State. Larry Lung, 784 Jana Way, Hanford 93230.
- 3 HISTORIC FOLSOM ROAD RUN. 10 kilometers, 8 am. Frank Krebs, 8406 Taramore Ct., Orangevale 95661.
- 4 KENWOOD FOOTRACE - '76. 9 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- 4 NATIONAL AAU 15 KILOMETER. 10:30 am, Santa Barbara. John Brennand, 4476 Meadowlark Ln, Santa Barbara.
- 4 FOURTH OF JULY FUN RUN. Fresno. Paul Buch, 1545 N. Arthur Ave., Fresno 93728.
- 10 LAFAYETTE 10 KILO RUN. 8 am. Mike Foley, 116 Crest View Dr., Orinda 94563.
- 11 COLLEGE OF THE CANYONS RUN. 9 am, 6 miles. Monty Cartwright: (805) 259-7800.

- 9:30 am. Connie Rowe, 652 Sharon Dr., Camarillo 93010.
- 21 **NORTHERN CAL J.C. FINALS.** Diablo Valley J.C.
- 22 **CALIFORNIA RELAYS.** Modesto, 4 pm.
- 22 **PA-AAU BOY'S AND GIRL'S AGE GROUP CHAMPIONSHIPS.** Hartnell J.C., Salinas. Dick Casper, 122 Live Oak, Salinas 93901.
- 22 **STRIDERS RELAYS.** Cal Poly Pomona. Bill Adler, 5521 DuBois Ave., Woodland Hills, 91364.
- 22 **FONTANA DAYS 11.5 MILE RUN.** 10:45 am. Lewis Brewster: (714) 8227154.

- Nevada. Tom Feroah, 1300 Foster Dr., Reno, NV 89502.
- 30 **CALIFORNIA WOMEN'S STATE CHAMPIONSHIPS.** Balboa Stadium, San Diego. John Van Benthem, 2429 Calle Del Oro, La Jolla 92037.
- 31 **MEMORIAL DAY FUN RUN.** 7 am, Fresno. Paul Buch, 1545 N. Arthur Ave., Fresno 93728.
- JUNE**
- 4 **L.A. SPORTS INTERNATIONAL DECATHLON.** 2 days. Warren Blaney, Mutual

- 13 **AGE GROUP TRACK CLASSIC.** Girls and women, UCLA. Phil Snyder, 27102 Woodbrook Rd., Rancho Palos Verdes 90274.
- 14 **JUNIOR WOMEN'S NATIONALS.** UCLA. Bob Seaman, 17122 Leal Ave., Cerritos 90701.
- 19 **NOVATO RIDGE RUN.** 6.5 miles, 9 am. Darryl Beardall, 488 Benjamin Rd., Santa Rosa 95405.
- 19 **COASTAL SECTION ONE HOUR RUN.** San Luis Obispo HS. 9 am. Elaine Rosenfield, P.O. Box 1134, SLO 93406.

- Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- 4 **NATIONAL AAU 15 KILOMETER.** 10:30 am, Santa Barbara. John Brennand, 4476 Meadowlark Ln, Santa Barbara.
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by CREGG WEINMANN

GARY ROBERT TUTTLE: Five feet, nine inches tall, 130 pounds. Born October 12, 1947, in Ventura, California, 28 years old. Occupies his spare time, between workouts, working for his father, in his Ventura sporting goods store. Their specialty? Running shoes, of course.

Gary competes for the Beverly Hills Striders, and is coached by Jim Hunt and Pete Petersons. His favorite events are the 10,000 meter, and road races. His best marks include: 3000 meter steeplechase 8:51(69)
 2 mile 8:34(75)
 3 mile 13:20(74)
 10,000 meter 38:35(75)
 hour run 12 miles, 811 yards(75)
 marathon 2:17:26(75)

Gary also competed for Humboldt State. Gary Tuttle enjoys running, he says, "I guess I'm just a true jogger who is fortunate to have some talent." Enough talent to win the steeplechase twice, at the NCAA College Division

Gary Tuttle

Championships in 1968 and '69, while at Humboldt State. He continued his winning ways after graduation with National AAU wins in the '74 and '75 One Hour Runs, the '75 win producing an American Record; the '74 20 kilometer; and the '75 Marathon. Gary also won the U.S. trials for the International Cross Country Championships held in Chepstow, Wales, February 28. He placed seventh in the Chepstow race, beating national steeple recordmen, Tajio Kantanen(Finland 8:18), Franco Franco Fava(Italy 8:19), Michael Karst(West Germany 8:16), world record holder Anders Garderud(Sweden 8:09.8), Gaston Roelants(Belgium, a seasoned internationalist, successful at every distance from 1500 meters up), Mariano Haro(Spain, runnerup in this race the past four years), and a fine group of Americans, including Don Kardong, Glen Herold, Tony Sandoval, and Dave Babiracki.

Gary said he felt good during the International race, running just back of a group chasing the leader. His only problem, he felt, was an uncomfortable feeling running so easily with the above mentioned gentlemen. Therefore, he didn't make a move early enough to leave more of them in his wake. This was the best race of his life.



As for training philosophy he emphasizes always running relaxed, especially in practice, trying to run faster while relaxing more. A typical week's workouts might look like this:

MONDAY: am- 9 miles on the roads? pm- 4 miles in 20-22 minutes on the roads. **TUESDAY:** am- 11 hilly miles, last 2 miles in sub 9:30; pm- easy 4 miles on the roads. **WEDNESDAY:** am- 9 miles light fartlek; pm- 4 miles in 19-20 minutes. **THURSDAY:** am- light intervals 8X110, 220 - 2X1000 - 8X180; pm- 4 miles in 20-22 minutes on the roads. **FRIDAY:** am- 9 miles light fartlek on the roads; pm- 4 miles in 19-20 minutes on the roads. **SATURDAY:** 9 miles of extreme hills; pm- 7 miles hills. **SUNDAY:** am- 2-3 hours easy pace in hills; pm- 5 miles easy. Gary says he runs like he feels, "and luckily I always feel like running."

His immediate goals are to make the 1976 Olympic Marathon team, and worry anybody taking a shot at making the team in the 10,000 meters, and keep them more than "honest." Some longer range goals are to win the 1977 Boston Athletic Association Marathon, and make the 1980 Olympic Marathon.

Retirement doesn't seem to loom ahead for Gary Tuttle, when asked how long he plans to continue competition, he said, "Forever, I'm Peter Pan."

San Jose Relays

by FRAN ERROTA *Reprinted from the San Jose Mercury News.*

Houston McTear did his thing in the high school portion of the meet and so did Millard Hampton and John Rudd in the junior college class to feature the record smashing orgy that was the third annual San Jose Relays on the sunny but windswept San Jose City College track on Saturday, April 17.

At least 6000 fans filled the stadium and many of them stood around the fence rimming the track to witness an event not seen since the Tommie Smith-Lee Evans era at San Jose State.

McTear, from tiny Baker High School in Florida, and Rudd from Pasadena City College, accounted for national records while Hampton won both sprints in the Jaycee Division and ran strong legs on winning 440 and mile relay units for San Jose City College.

In addition to the national marks, 10 meet standards fell in the Jaycee meet and five in the High School Division.

McTear just ran to win in his heat of the 100 meters in 10.5, but exploded out of his blocks in the finals and had a huge lead 40 yard into the race which he won in 10.1, the fastest ever in an all-high school field. He ran 10.0 last year in Open competition. There was no wind blowing when he won the race Saturday, but there was too much later in the 200 meters which he won in 20.3.

His start did not appear as smooth in the 200 but he was far in front by the time the field had rounded the curve and he bolted into the tape eight yards ahead of Glenn Cannon of Mt. Pleasant who had also finished second in the 100.

McTear's 20.3 was also under the national best for the metric distance but was aided by a 5.5 miles per hour wind, one MPH over the allowable for record acceptance.

Cannon ran a 10.5 in the 100 but was more impressive with his 20.9 in the longer race and that stamps him as a threat in any competition among California sprinters.

Rudd's effort, a scintillating 50.7 for the 440 yard intermediate hurdles, may have been most surprising although he had a 51.4 state best coming into the race.

He ran a smooth race through the first eight hurdles before chopping his stride slightly as he approached the next to last barrier. His 50.7 bettered the national mark set by Grant Niederhaus, also of Pasadena, last year when he clocked 50.8 in winning the state meet.

Hampton ran 10.3 and 20.6 (both legal) right after McTear's races in each instance. He was not pressed in either sprint.

He was involved in a faulty handoff on the first exchange of the 440 relay which cost the Jaguars close to a second, but he made up the distance with his legs and the Jags went on to win easily in 41.4.

And he saved his best for the last when he made up 15 yards on Bakersfield's anchor man in the mile relay to give the Jags the victory in 3:15.9. in the final track event. He was caught in 46.2 for his anchor leg.

And, as was the case last year, an El Camino pole vaulter kept some fans hanging around after the completion of the track events to set a meet record.

Carl Brown did the honors Saturday with a faultless 16-8 vault to better the 16-6 meet mark set a year ago by ex-Warrior Jim Knaub.

Tom Bobertz of Serramonte in Daly City, who spent his freshman year at Yerba Buena, accounted for one of the five meet standards in the prep division when he skimmed over the 440 yard intermediate hurdles in 54.8, well under the 55.5 by Lincoln's Steve Nelson in 1974.

Bobertz also clipped the 120 highs in 13.8 for a national best, beating George Smith of La Sierra in Carmichael whose 13.9 had led the nation coming into the meet.

Among the standouts in the Jaycee meet was Steve Brown of Fullerton who threw the discus 191-7 on his final try.

Relays Results

Open Division

Shot Put — 1. Feuerbach, PCC, 69-9 1/4; 2. Stewart, CTC, 66-0; 3. Marks, Unatl., 65-2 1/2; 4. Semkiw, SJS, 64-2 1/2; 5. Weeks, SJS, 59-11 1/2.

Junior College Division

4 Mile Relay — 1. Fullerton, (Saavedra 4:14.7, Wingard 4:25.8, Fessenden 4:15.9, Cendejas 4:28.6) 17:25.0, meet record; 2. College of Canyons, 17:35.4; 3. American River 17:45.8; 4. West Valley, 17:49.0.

Distance Medley — 1. Fullerton (Saavedra 3:04.6, Albrecht 1:55.5, Hyde 48.2, Cendejas 4:17.9) 10:06, meet record; 2. West Valley, 10:08.4; 3. Pasadena 10:14.6; 4. San Jose 10:15.9; 5. Santa Barbara 10:27.8; 6. Bakersfield 10:28.8.

440 Relay: (First Section) — 1. El Camino, 42.3; 2. American River, 42.5; 3. Pasadena 42.6; 4. Glendale, 42.9; 5. West Valley, disc. (Second Section) — 1. San Jose, 41.4; 2. Bakersfield 41.8; 3. Contra Costa 41.8; 4. East L.A. 41.9; 5. Alameda, 42.6.

Long Jump — 1. Jones, East L.A., 24-7 1/2; 2. DeFrance, Bakersfield, 23-7; 3. Richardson, American River, 23-6; 4. Haynes, Contra Costa, 23-0; 5. Reeb, Mt. SAC, 22-4.

440 I.H. (First Section) — 1. Bingham, Fullerton, 53.5; 2. Summers, Mt. SAC, 53.7; 3. Brown, Alameda, 55.5; 4. Platner, American River, 55.6; 5. Wigton, De Anza, 55.8; 6. Shrerman, Mt. SAC, 56.1. (Second Section) — 1. Rudd, Pasadena, 50.7, meet, national J.C. records; 2. Esteban, Glendale, 53.4; 2. Pratt, Bakersfield, 53.6; 3. Nelson, San Jose, 53.8; 4. Mince, Bakersfield, 53.8; 6. Sheffield, East L.A., 54.9.

120 H.H. — 1. Hall, Mt. SAC, 13.9, meet

San Jose, 3:15.9; 2. Bakersfield, 3:16.2; 3. Pasadena, 3:19.4; 4. Santa Rosa, 3:19.5; 5. L.A. Harbor, 3:21.0.

Pole Vault — 1. Brown, El Camino, 16-8, meet record; 2. Eskola, Pasadena, 16-0; 3. Jokivarto, Pasadena, 16-0; 4. Searle, West Valley, 15-6; 5. Lawry, Santa Rosa, 15-6.

High School Division

100 Meters — 1. McTear, Baker, Fla., 10.1 (Meet and National prep record); 2. Cannon, Mt. Pleasant, 10.5; 3. Tagail, Mission (SF), 10.5; 4. Taylor, Piedmont Hills, 10.6; 5. Burrell, Piner, 10.6; 6. Jones, Barstow, 10.7.

120 HH — 1. Bobertz, Serramonte, 13.8; 2. o. Smith, La Sierra, 14.2; 3. Tyler, Balboa, 14.3; 4. Ward, Lodi, 14.4; 5. Cangauss, Dublin, 14.8; 6. Clark, Menlo Atherton, 14.8.

Long Jump — 1. White, Camden, 22-5 1/2; 2. Howard, Mt. Pleasant, 22-4; 3. Wipfler, Monta Vista, 22-1; 4. Brooks, Mikpitas 21-11 3/4; 5. Clark, Hilands, 21-10.

Discus — 1. Duggan, Monta Vista, 175-1; 2. Montgomery, Lassen, 174-8; 3. Tafraus, Capuchino, 171-9; 4. Albritton, Piner, 164-2 3/4; 5. Perry, Fremont, 161-9 3/4.

Distance Medley — 1. La Sierra (Sacramento) 10:30.6; 2. Jesuit (Sac.) 10:33.9; 3. Watsonville, 10:35.0; 4. Vintage, Napa, 10:36.0; 5. Leigh, 10:42.0.

Girls' 440 Relay — 1. Granada (Livermore), 49.9; 2. Harbor (Santa Cruz), 50.5; 3. San Rafael, 50.7; 4. Piedmont Hills, 50.9; 5. Branham, 51.1.

440 Relay — 1. J.F. Kennedy (Barstow), 41.7 (Meet record old record 42.4 by Wilson S.F., 1974); 2. Mt. Pleasant, 41.9; 3. Piedmont Hills, 42.3; 4. Balboa (SF), 42.6.

Pole Vault — 1. Nigh, Fremont, 14-9; 2.

photo by Dave Stock





SAN JOSE RELAYS High School 100 Meter Dash: Houston McTear leads the way for Glenn Cannon of Mt. Pleasant High in San Jose.

photo by Dave Stock

4:17.9) 10:06; 2. West Valley, 10:08.4; 3. Pasadena 10:14.6; 4. San Jose 10:15.9; 5. Santa Barbara 10:27.8; 6. Bakersfield 10:28.8.

440 Relay: (First Section) — 1. El Camino, 42.3; 2. American River, 42.5; 3. Pasadena 42.6; 4. Glendale, 42.9; 5. West Valley, disq. (Second Section) — 1. San Jose, 41.4; 2. Bakersfield 41.8; 3. Contra Costa 41.8; 4. East L.A. 41.9; 5. Alameda, 42.6.

Long Jump — 1. Jones, East L.A., 24-7 1/2; 2. DeFrance, Bakersfield, 23-7; 3. Richardson, American River, 23-6; 4. Haynes, Contra Costa, 23-0; 5. Reeb, Mt. SAC, 22-4.

440 I.H.: (First Section) — 1. Bingham, Fullerton, 53.5; 2. Summers, Mt. SAC, 53.7; 3. Brown, Alameda, 55.5; 4. Platner, American River, 55.6; 5. Wigton, De Anza, 55.8; 6. Sherrman, Mt. SAC, 56.1. (Second Section) — 1. Rudd, Pasadena, 50.7, meet, national J.C. records; 2. Esteban, Glendale, 53.4; 2. Pratt, Bakersfield, 53.6; 3. Nelson, San Jose, 53.8; 4. Mince, Bakersfield, 53.8; 6. Sheffield, East L.A., 54.9.

120 H.H. — 1. Hall, Mt. SAC, 13.9, meet record, wind 1.1; 2. Crittenden, Contra Costa, 14.0; 3. Turner, Fullerton, 14.0; 4. Rudd, Pasadena, 14.2; 5. Grien, Palomar, 14.5.

Sprint Medley — 1. Bakersfield (Ruffin 49.0, Cossey 22.5, Greasham 21.4, Jones 1:54.1) 3:27; 2. Fullerton, 3:28.6; 3. Contra Costa 3:31; 4. El Camino 3:32; 5. Laney 3:38.2.

100 Meter Dash — 1. Hampton, San Jose, 10.3, meet record, wind .85; 2. Jackson, Alameda, 10.3; 3. Williams, Delta, 10.4; 4. Brown, Contra Costa, 10.6; 5. Douglas, San Jose, 10.7; 6. Berrv, San Jose, 10.8.

Discus — 1. Brown, Fullerton, 191-7, meet record; 2. Baughman, Fullerton, 172-10; 3. Santiago, American River, 171-5; 4. Engle, Canyons, 166-10; 5. Moore, San Jose, 154-8.

2 Mile Relay — 1. L.A. Harbor, 7:49.2; 2. American River, 7:51.4; 3. Bakersfield 7:54.2; 4. Mt. SAC, 7:54.8; 5. Foothill 8:04.8; 6. De Anza, 8:13.2.

Javelin — 1. Hodges, Glendale, 211-1 1/2, meet record; 2. Gall, De Anza, 202-3; 3. Booth, Mt. SAC, 200-7 1/2; 4. Cain, East L.A., 198-8 1/2; 5. Noland, San Jose, 180-10; 6. Hurd, De Anza, 179-11.

2 Mile Run — 1. Perez, Delta, 8:54.6, meet record; 2. Simonian, Los Angeles C.C., 8:55.7; 3. Dies, American River, 8:59.0; 4. Fritzsche, West Valley, 9:03.5; 5. James, San Jose, 9:15.4; 6. Kennedy, De Anza, 9:17.6.

Shot Put — 1. Santiago, American River, 56-2 3/4, meet record; 2. Greco, San Jose, 53-4 1/2; 3. Iacopetti, Glendale, 52-4 1/2; 4. Kells, Fullerton, 51-7 3/4; 5. Klein, Fullerton, 51-4 1/2; 6. Brown, Fullerton, 51-1.

200 Meter Dash: (First Section) — 1. Turner, El Camino, 21.7; 2. Douglas, San Jose, 21.7; 3. Eastman, Contra Costa, 21.8; 4. Stewart, Bakersfield, 22.0; 5. Brown, Contra Costa, 22.4; 6. Stanger, San Jose, 22.5. (Second Section) — 1. Hampton, San Jose, 20.6; 2. Williams, San Jose, 21.2; 3. McGlothlin, East L.A., 21.3; 4. James, East L.A., 21.8; 5. Hill, Foothill, 21.8; 6. Cossev, Bakersfield, 21.8.

High Jump — 1. Nowacki, Santa Barbara, 7-0; 2. Allen, San Jose, 6-10; 3. LaRusch, Glendale, 6-10; 4. Mahl, Canyons, 6-8; 5. Miller, Mt. SAC, 6-8; 6. Churchill, Canyons, 6-8; 7. Boller, Glendale, 6-8.

Triple Jump — 1. Tavior, L.A. Harbor, 50-8, meet record, all marks legal; 2. De France, Bakersfield, 49-0; 3. Fincher, San Jose, 48-11 1/2; 4. Rice, Alameda, 48-8 1/2; 5. Roias, San Jose, 48-6 1/2; 6. Berry, El Camino, 48-4.

Mile Relay: (First Section) — 1. Mt. SAC, 3:18.6; 2. West Valley, 3:23.0; 3. De Anza, 3:25.7; 4. San Mateo, 3:26.3; 5. Alameda, 3:30.6; 6. Contra Costa, 3:42.0. (Second Section) — 1.

o. Smith, La Sierra, 14.2; 3. Tyler, Balboa, 14.3; 4. Ward, Lodi, 14.4; 5. Gangauss, Dublin, 14.8; 6. Clark, Menlo Atherton, 14.8.

Long Jump — 1. White, Camden, 22-5 1/2; 2. Howard, Mt. Pleasant, 22-4; 3. Wipfler, Monta Vista, 22-1; 4. Brooks, Mikpitas 21-11 3/4; 5. Clark, Hilands, 21-10.

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440 Relay — 1. J.F. Kennedy (Barstow), 41.7 (Meet record old record 42.4 by Wilson S.F., 1974); 2. Mt. Pleasant, 41.9; 3. Piedmont Hills, 42.3; 4. Balboa (SF), 42.6.

Pole Vault — 1. Nigh, Fremont, 14-9; 2. McElveny, Lynbrook, 14-3; 3. Powell, Saratoga, 14-0; 4. Boone, McClatchy (Sacramento), 14-0; 5. Sawyer, San Mateo, 14-0; 6. Bradley, Claremont, 14-0.

Shot Put — 1. Montgomery, Lassen, 64-4 1/2 (Meet Record, old record 59-8 1/4 by Charles Narramore, Mira Loma, 1975); 2. McKenzie, Hart, 63-8 1/4; 3. Jepsen, Washington (Fremont), 61-11 3/4; 4. Comer, Sunnyvale, 61-0 1/2.

440 IH — 1. Bobertz, Serramonte (Daly City), 54.8 (Meet record, old record 55.8 by Steve Nelson, Lincoln, 1974); 2. Phillips, Silver Creek, 56.1; 3. Koko, Sunset (Hayward), 56.2; 4. Palon, San Juan (Sacramento), 56.5.

Mile Run — 1. Holmes, Downey (Modes-to), 4:17.3; 2. Dowling, College Park (Pleasant Hill), 4:18.4; 3. Sup, Palma (Salinas), 4:18.6; 5. Mihalos, Redwood (Novato) 4:20.9.

Triple Jump — 1. Moreno, James Lick, 48-1; 2. Johnson, Mt. Eden, 47-1; 3. Ross, Palma, 47-1; 4. Keith, Johnson, 46-9 1/2; 5. Gray, Campbell, 45-4 3/4.

Girls' 100 — 1. Rapatz, San Rafael, 11.3; 2. Selman, Lodi (Stockton), 11.3; 3. Stohr, Granada, 11.5; 4. Palmer, Piedmont Hills, 11.6; 5. Spires, McAtear (SF) 11.6; 6. Wilber, Branham, 11.6.

Girls' 440 — 1. Peterson, Harbor, 59.0; 2. Stohr, Granada, 59.4; 3. Rapatz, San Rafael, 1:01.3; 4. Jackson, Live Oak, 1:01.3.

440 — 1. Couller, Harbor, 49.2; 2. Haines, Riordan, (SF), 50.1; 3. Head, Sacramento, 50.1; 4. Bishop, Carlmont (Belmont), 50.2; 5. Bourne, Mt. Pleasant, 50.5; 6. Breaux, Seaside, 50.8.

High Jump — 1. Lane, American, 6-10; 2. Gibbs, Andrew Hill, 6-8; 3. Low, Tamalpais, 6-6; 4. Brownlee, Yreka and Blount, Pacifica, 6-6.

880 — 1. Maxwell, Westmoor, and Stillman, Willow Glen, 1:56.5; 3. Taylor, Piedmont Hills, 1:57.3; 4. Freeman, Crestmoor, 1:58.4; 5. Larnos, Fontana, 1:58.7.

220 — 1. McTear, Baker, 20.3-wind aided (Meet and national prep record); 2. Cannon, Mt. Pleasant, 20.9; 3. Burrell, Piner, 21.0; 4. Tegail, Mission, 21.4; 5. Jones, J.F. Kennedy, 21.4.

Girls' Mile — 1. Mundy, Lincoln, 5:04.6; 2. Jackson, Live Oak, 5:05.5; 3. Broderick, Tamalpais, 5:07.8; 4. Kearns, Yuba City, 5:09.0; 5. Neary, Aotos, 5:16.0.

Mile Relay — 1. Grant (Sacramento), 3:19.8 (Meet record, old record 3:22.1 by Norte Del Rio, 1974); 2. Sacramento, 3:21.0; 3. Mt. Pleasant, 3:23.6; 4. San Mateo, 3:24.9; 5. Crestmoor, 3:25.7.

PRO

Paul Wilson

PAUL WILSON: Fontana High School, senior. Age 18. 6 feet, 5 inches; 210 pounds. Born January 12, 1958, in Fontana, California.

Best Marks: long jump- 24-8¼ (75); 120 yard high hurdles- 14.2(75); high jump- 6-5; 440- 51.0r. Coached by Gary Pickett.

Paul Wilson, as a junior, was the 1975 California state long jump champion with a leap of 24-8½. As a senior he is returning for what he calls his most successful track season yet. His goals this year will be to win both the long jump and 120 yard high hurdles in the state meet.

His coach, Gary Pickett, says that Paul has one trait that makes him an extra outstanding athlete - he has never had a down day at a major meet. Also, he has never missed a practice in his two years at Fontana. He works hard and listens to instructions during a practice.

When other athletes leave the field after practice, Paul stays afterwards and

practices just a little more one the particular point of his technique in which he is concentrating for that training period.

Wilson has quite a remarkable long jump record while at Fontana High. 28 wins to only 2 losses. His only losses were second place finishes. As a sophomore he finished second at the Mt. SAC Invitational. Last year, as a junior, his only defeat was a second place at the Masters Meet(his jump was 24-2¼).

Paul has set numerous records during his very successful high school career. He has set 10 school records from sophomore to varsity. Also 11 invitational and relay meet records. Along with that, he has 2 CIF records with still another year of competition left.

Aside from his success in track, Paul has also found the top in the classroom. He maintains an excellent 3.45 grade point average. He is student Body President and a member of various school clubs.

The one thing that bothers Paul more than anything is seeing good track talent and ability being wasted. He believes that some athletes don't think of the future and are not taking a sport serious enough after going out.

Typical Workout(April):
MONDAY: jog three laps, 20 minutes stretching 2X220 @ 24, 4X165 @ 17.5, stairs stressing arms. **TUESDAY:** speed work(stress line running), pop-ups (stress weakness from week before). **WEDNESDAY:** block work, 3X140 (line work). **THURSDAY:** track meet, never



more jumps than what it takes to win - usually only one. **FRIDAY:** jog three laps, 20 minutes stretching. **SATURDAY:** invitational or relay meet - jump for distance.

EASTER JOG

by HARRY HARDER

What did you do last Easter morning at sunrise? You were still in the sack? You were literally dragged to a church service? You would have rather been out running?

Some of us in the Central Valley of California had a different experience. We had an Easter Celebration Jog which

of the groups so that those not familiar with the park would not become lost.

Then came the day - the time for the Easter Celebration Jog. When the alarm went off, it was dark. I mean DARK. That is, dark like 2:30 am. How could anyone in his right, or wrong, mind get himself involved in something like this? In order to be set-up at dawn, I needed some breakfast, I do nothing on an empty stomach except get out of bed. I also needed enough time to get dressed and an hour's drive to the site of the activity. My good and long-suffering wife, who had been made a "cosponsor" rose to the occasion, at the sound of the alarm. What would one do without a help-meet?

The ride through the darkness, under cloudy skies, some rain on the windshield, was full of apprehension, some banter of words, some small talk, also an expectant feeling. Foremost, in our mind was the thought how many

5th Edition

1976 STARTING BOYS LINE HANDBOOK I

1976

STARTING

by HARRY HARDER

What did you do last Easter morning at sunrise? You were still in the sack? You were literally dragged to a church service? You would have rather been out running?

Some of us in the Central Valley of California had a different experience. We had an Easter Celebration Jog which consisted of a fun type activity followed by a service of Easter Celebration.

Early last summer, I read in "Christianity Today," about Haydn Gilmore of Tunkhannock, Pennsylvania, who conducted an early Easter morning run of eleven miles. This distance was symbolic, as there were eleven disciples (at that time) and the fact that Peter and John were running on that first Easter morning. Haydn Gilmore is the author of *Jog for Your Life*.

The more I thought about the possibilities, the more I felt that I wished to do something for my fellow runners, pay my dues, as it were. I contacted my pastor to see if he was involved in any sunrise service. As he was not committed to any, I asked him if he would speak to a group of walkers, joggers, and runners on Easter morning. After reminding him of the Biblical precedent, he stated that he would think about it.

Three loops were set up at scenic Woodward Park in Fresno. A one mile for walkers, a two mile for joggers and a three mile for runners. All would start and finish at about the same time.

The event was billed as an Easter Sunrise Celebration Jog. Starting time, therefore, was set for the first sign of the sun rising (about 5:20 am).

To add to the program, arrangements were made for a brass quintet. A litany of audience participation was planned so that all would have a part. Arrangements were made for participation ribbons, to be used, if one desired, as a book mark.

Other arrangements to take care of the 100 participants, for which we were planning, were to have leaders for each

an empty stomach except get out of bed. I also needed enough time to get dressed and an hour's drive to the site of the activity. My good and long-suffering wife, who had been made a "cosponsor" rose to the occasion, at the sound of the alarm. What would one do without a help-meet?

The ride through the darkness, under cloudy skies, some rain on the windshield, was full of apprehension, some banter of words, some small talk, also an expectant feeling. Foremost, in our mind, was the thought, how many are going to be there? Will we have enough participation ribbons? What if nobody comes?

Came the time, five minutes before sunrise; a whistle blew; an arm pointed toward the starting line. Those, for whom this was a new experience, had to be ushered, the old timers fell into the routine.

At 5:21, the sun hidden behind the clouds on the horizon, the starting command was given and everybody moved.

By the time the physical activity was finished, the brass quintet had arrived and the speaker was ready, having completed a brisk walk with a bit of a jog at the finish.

Following introductory remarks by the speaker Leo L. Miller, during which time the sun broke through the cloud cover, two numbers by the quintet, a litany for audience participation, pastor Leo presented a sermonette titled "Celebrating the Easter Pace." He mentioned that there are at least ninety references to running in the Bible. Peter and John both ran to the tomb, John outrunning Peter, but not going in until Peter arrived.

Pastor Leo also suggested that running or jogging or walking is good for the health, and we are to keep our bodies which are temples of God in good physical condition; but what do we do with the bodies we develop?

Pastor Leo concluded by saying, "Easter can be celebrated, not just once a year, but day by day as we perform, observe, proclaim and extol our Lord and run our race of life with Him, running in the resurrection sunrise."

work). THURSDAY: track meet, never jump for distance.

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TRAINING & TECHNIQUE

The Decathlon Part 2

by VERN GAMBETTA



VERN GAMBETTA is track and cross country coach at Santa Barbara High School. He has also served as assistant track coach at Stanford University, and has written a book on the hurdles and steeplechase. Vern is still a very active competitor in the decathlon.

This article on the decathlon is the second of a three part series. Part three will discuss the psychological aspects of competition, competition itself, and where to find decathlon competition.

Also for anyone interested, Vern

program: 1)The individual's stage of development. Is he a novice or a world class decathlete? 2)The individual's level of development in terms of the various physical demands required in the decathlon, i.e. speed, speed endurance, strength, endurance, and technique. 3) If he has competed in a decathlon, then a careful analysis of his score is necessary. This may be done by grouping the events in sprints(100m, 400m, 110mHH), jumps (LJ, HJ, PV), throws(SP, DT, JT), and the 1500m. Total the individual scores for each event and compare the groups. Also compare the individual events to see what the highest and lowest scoring events are and what is the range of difference. The goal of training should be to narrow the range of difference and get all three groups as even as possible. The 1500 should be analyzed separately. It is an event where points are more easily lost than gained and consequently it has been the undoing of many decathletes. With proper emphasis in a training program, this should not happen. Generally the score in the 1500 should not be more than 150-200 points below the average of the other events. The following are examples of groupings of scores. The first example is Bruce Jenner's world record performance and the second is a typical novice score:

BRUCE JENNER

100 meters	10.7	879
400 meters	48.7	866
110 meter HH	14.6	892
		2637
long jump	7.17	855

the scoring table, but must take into account the scoring table in order to maximize the decathlete's abilities. There is no point in spending the hours necessary to gain a foot in the shot put when slight improvement in the 400 meters will gain more points. Decathlon expert, Frank Zarnowski, makes an excellent point that the structure of the scoring table assumes more importance depending on the athlete's stage of development. In the early stage of development, the big points lie in the running areas, especially the 400 meters and the 1500 meters. In any stage of development the 110 meter high hurdles and pole vault are big scoring events.

Above all, the scoring table tells us that the decathlon is a running oriented event. Few outstanding decathletes have been throwers first, then jumpers, then runners. Most have been runners-jumpers-throwers or jumpers-runners-throwers. A slight improvement in running yields more points than a slight improvement in the field events. Four decathlon events are purely running and three more-- long jump, high jump(flop), and pole vault depend a great deal on running speed.

Training for the decathlon is a slow methodical process. It is like putting together a large mosaic: each piece (event) must be carefully sharpened and refined until they fit together. The athlete must be patient and should lay the foundation carefully in the first

meters, 110 meter highs, and pole vault. During this learning stage, it would be advisable to compete in approximately six decathlons a year, with adequate time to recover and train between each one. For most decathletes this learning stage lasts for three or four years until the weak events are brought up to a standard of good all-around performances.

The specificity stage of training should begin when the athlete reaches a certain amount of parity between the three groups of events, i.e. when there are no apparent weaknesses. The emphasis in this stage of training is on giving equal attention to each event. Actual physical training during this stage is aimed at developing speed, specific strength, more speed endurance and specific endurance. This is the stage of training when the athlete becomes a true multi-event specialist.

A sound decathlon training program should include the following principles and components: 1) speed--the development of sprinting speed is an integral part of training from the beginning. At least five events are directly related to speed. This component should be worked all year, not just pre-season and in season. Methods used should be sprint form drills, starts, and sprinting over 30 meters, 60 meters, 100 meters, and 150 meters. 2) speed endurance--essentially this is quarter mile training. It could also be called special endurance. The emphasis here is on carrying the speed developed in the speed component. Training would be running 200 meters, 300 meters, 400 meters, 500 meters, and 600 meters at various speeds and combinations. 3) technique--the goal in technique training is to develop a sound basic technique in each event. The task is not to develop a flawless technique, but to find one that is simple and mechanically sound. Each decathlete should develop a framework for events with a set of cues to remind him of the points of technique which he wishes to emphasize. The greatest emphasis on technique should be during the learning stage. This is when the fundamental

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Also, for anyone interested, Vern will be happy to send you a complete decathlon bibliography. Write him at Santa Barbara High School.

The decathlon is a unique event in track and field: no other single event requires the same blend of athletic ability and versatility. This blend presents a complex problem to the coach and athlete in terms of training for decathlon competition. The ten events of the decathlon demand an intricate combination of speed, strength, and stamina that must be constantly refined and practiced. Decathlon training is more than hard work. It demands a systematic and progressive plan that encompasses all areas of decathlon development.

The premium in decathlon competition today is on the true all-around athlete: the multi-event specialist who shows no apparent weakness in any of the ten events but who also is not outstanding in any one of them. The present scoring tables favor the all-around athlete. These tables tend to downplay outstanding single event performances, except in the pole vault, and reward the improvement in weak events. Balance and consistency in the events are the key words and training should reflect them. Friedel Schirmer, former German national decathlon coach, has said: "Decathlons are usually never won on the strength of one outstanding event but often lost because of one weak event."

Certain factors must be considered when setting up a decathlon training

training program, this should not happen. Generally the score in the 1500 should not be more than 150-200 points below the average of the other events. The following are examples of groupings of scores. The first example is Bruce Jenner's world record performance and the second is a typical novice score:

BRUCE JENNER

100 meters	10.7	879
400 meters	48.7	866
110 meter HH	14.6	892
		2637
long jump	7.17	855
high jump	2.01	865
pole vault	4.70	981
		2701
shot put	15.25	803
discus	872	

discus	50.0	872
javelin	65.52	827
		2502
1500 meters	4:16.6	684
178 point difference between highest and lowest scoring events.		

NOVICE

100 meters	11.6	665
400 meters	53.5	659
110 meter HH	17.0	660
		1984
long jump	6.20	648
high jump	1.70	588
pole vault	3.81	757
		1993
shot put	10.36	487
discus	30.78	492
javelin	43.60	544

		1523
1500 meters	5:09	361
270 point difference between highest and lowest scoring events.		

The scores of the novice and Jenner's reflect the bias of the current scoring table. The pole vault score tends to distort the jumping event group, but it also reflects the high number of points available in this event. The lowest scoring group for both Jenner and the novice is the throws: another reflection of the tables, which award points to the running events on an exponential scale and to field events logarithmically. The point is, training should not be based entirely on

improvement in running yards more points than a slight improvement in the field events. Four decathlon events are purely running and three more-- long jump, high jump(flop), and pole vault depend a great deal on running speed.

Training for the decathlon is a slow methodical process. It is like putting together a large mosaic: each piece (event) must be carefully sharpened and refined until they fit together. The athlete must be patient and should lay the foundation carefully in the first years of training. He should not try to hurry progress. With ten events he will always improve in one or two events. Progress in the decathlon is generally slow. It is best not to think in terms of days or months, but in years. Few decathletes have risen to national class in less than three years.

Compromise is an integral part of decathlon training. There are times when it is necessary to sacrifice some immediate gains in an event in order to perfect a technique that will yield more permanent long term results.

Use a holistic approach when setting up the training program. Take into account the whole man, not just the physical aspects of training. It is necessary to evaluate the total life style of an individual, his occupation, age, training facilities, coaching, etc. Without evaluating all these factors, setting up a complex training routine would be useless.

In most cases, the development of the decathlete can be divided into two distinct stages: the learning stage and the specificity stage. The main objective in the learning stage is to balance performance by working on the weaker events. During this stage the decathlete should concentrate on good all-around physical development and sound learning of the technique events. The actual physical training is aimed at developing speed, general strength, and endurance. Competitively during this stage, the athlete should compete often in those events in which he has reached a reasonable level of technique. The athlete especially should try to compete as often as possible in the "key events" - 100 meters, 400

Training would be running 200 meters, 300 meters, 400 meters, 500 meters, and 600 meters at various speeds and combinations. 3) technique--the goal in technique training is to develop a sound basic technique in each event. The task is not to develop a flawless technique, but to find one that is simple and mechanically sound. Each decathlete should develop a framework for events with a set of cues to remind him of the points of technique which he wishes to emphasize. The greatest emphasis on technique should be during the learning stage. This is when the fundamental concepts and sound motor patterns are developed. The technique is refined and sharpened during the specificity stage of development.

When setting up technique training it is important to consider the fatigue factor present in second day events. At times the second day events should be practiced when fatigued in order to prepare the athlete mentally and physically for competition.

Another important factor to consider in learning technique is the sequence in which events are practiced. Certain skills are easier to learn when placed in combinations. Experience has shown it is better to practice shot put before discus, discus before javelin, long jump before hurdles, hurdles before vault. The traditional and probably most logical way to group technique events for training purposes is to practice the events in order in which they occur in the decathlon: either first day events one day and second day the next or in pairs-- long jump and shot put, shot put and high jump, hurdles and discus, discus and pole vault, etc.

Strength training(4) should be divided into two parts: a) general strength training which consists of the traditional weight training exercises such as squat, snatch, clean, bench press, with emphasis on total overall body strength; b) specific strength which encompasses more specific dynamic exercises to develop the power for running, jumping and throwing. This includes bounding hopping, jumps over hurdles, depth jumps, and medicine ball exercises.

The general strength training predominates during the learning stage of a decathlete's career. Once the decathlete becomes more proficient and enters the specificity stage of training, strength training is divided almost equally between general and specific strength. It is important that strength training parallel technique work and not take precedence over it. An overemphasis of strength training to the exclusion of technique work can hamper further improvement.

5) Endurance training--the purpose of endurance training is to develop the aerobic base to run a good 1500 meters and to provide the general endurance necessary to handle the long hours of competition. This endurance training should not be long slow distance but more intense running designed to get the heart rate up to 150 and maintain that rate for a period of time. This can be accomplished by a 20-30 minute steady run every other morning and a 20-30 minute fartlek session once a week in the fall. During the season, several pace 880's or a 1320 would be advisable. The 1500 is an event that has been the undoing of many decathletes because they have either not trained for it or have not trained properly.

6) Mobility training--otherwise known as flexibility work. This is a very neglected area because many decathletes just cannot be bothered. Five or six stretching exercises done twice a day of only ten minutes each will pay dividends. They will increase the range of movement in the joints and help to prevent injury and soreness.

7) Training load--in order to include all the necessary components of training a large workload is necessary.

This workload should be planned so that the work is evenly distributed over a period of time. In order to facilitate this, the decathlete should set up his training in three distinct cycles-- a 21 day training cycle for fall and pre-season, a 14 day cycle for the competitive season, and encompassing both, a yearly plan which includes the number of competitions and planned periods of rest. Overtraining, that is, doing too much too soon, is a common tendency in the decathlon. Working in cycles allows for evaluation of the work over the long term, and thus, helps to prevent overtraining. The important thing is not how much is done in any one training day, but the sum total of workouts done over a particular training cycles.

One of the main stumbling blocks to a decathlete's development is injuries. Most of the injuries that occur are training injuries that could have been prevented with proper planning. In the same vein, it is very important to include planned rest periods in the training cycles. In the 21 day cycle, there should be three days of complete rest taken and two or three other days consisting of a light warmup and strength training. The 14 day cycle should have two complete days of rest and one or two other days of light warmup and strength work. In the yearly cycle there should be two or three weeks of complete rest with another week to two weeks of active rest. There should be at least one week of rest after the preparation period and one to two weeks after the competitive seasp; The rest is necessary to allow the body to recover and to adapt to the stress of training.

On an individual training day, including the previously mentioned components, the order of work should be: 1) technique training, 2) speed training, 3) power or strength training, and 4) speed endurance or endurance training. In a sequence of training days, it is advisable that technique training take place on a day following a rest day or a lighter training day. This will allow the athlete to perfect his technique when recovered and fresh. The technique day can be followed by a day emphasizing strength. A heavy work day on endurance or speed endurance is best done on the day before a rest day.

The following are examples of training from a decathlete in the learning stage of development:

Fall--Preparation Period. The 21 day cycle. The emphasis is on quantity.

Day 1 first day events(sprint, long jump, shot put), strength.

Day 2 second day events(high hurdles, discus, pole vault), 400 meters. A.M.= 20 minute steady run, 10 minutes stretching.

Day 3 weak events, strength.

Day 4 first day events(shot put, high jump, 400 meters).

A.M.= 30 minutes fartlek, 10 minutes stretching.

Day 5 second day events(pole vault, javelin, 1500 meters).

Day 6 warmup, strength.

A.M.= 20 minutes steady run, 10 minutes stretching.

Day 7 rest.

Day 8 sprinting, shot put high jump, strength.

Day 9 high hurdles, pole vault, javelin, 400 meters.

A.M.= 20 minutes steady run, 10 minutes stretching.

Day 10 weak events, strength.

Day 11 long jump, shot put, 400 meters. A.M.= 30 minutes fartlek, 10 minutes stretching.

Day 12 high hurdles, discus, pole vault.

Day 13 warmup, strength.

A.M.= 20 minutes steady run, 10 minutes stretching.

Day 14 rest.

Days 15-21 the same as days 1-7.

In-Season-Competitive Cycle. The 14 day cycle.

Day 1 sprinting, long jump, shot put, special strength work.

Day 2 high hurdles, discus, pole vault, 400 meters.

Day 3 weak events, strength.

Day 4 sprinting(starts), shot put, high jump, 400 meters.

Day 5 high hurdles, pole vault, javelin, 1500 meters.

Day 6 strength training.

Day 7 rest.

Day 8 sprinting, shot put, high jump, special strength.

Day 9 high hurdles, pole vault, javelin, 400 meters.

Day 10 long jump, shot put, 1500, strength.

Day 11 high hurdles, pole vault, 400.

Day 12 warmup, strength training.

Day 13 competition(4 or 5 events).

Day 14 rest.

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7) Training load---in order to include all the necessary components of training a large workload is necessary.

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Day 7 rest.
Day 8 sprinting, shot put high jump, strength.

Day 14 rest.

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 11.0 (3) Gayle Butler-UCLA
 11.0 (1) Kim Robinson-LAM 2-29
 11.0 (3) Diane Kummer-UCLA 3-12
 11.1 (1) Freida Cobb-BHS 4-17
 11.3 (2) Brenda Winston-RRR 2-15
 11.3 (2) Selma-Lodi 4-17
 11.3 (1) Ward-Sparks 3-25
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 11.4 (1) Tourdica-ElPorosHS 4-8
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 11.4 (4) Sharon White-UCLA 3-12
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 11.5 (4) Barbara Drake-LAM 1-25
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- 23.7 (1) Sandra Howard-CSUN 4-9
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 24.1 (p) Jane Frederick-LATC 4-1
 24.3 () Yolanda Rich-LAM 3-20
 24.3 (2) Debbie Ryfield-BESTC 4-25
 24.5 (4) Kim Robinson-LAM 3-21
 24.7 (1) Brenda Winston-RRR 4-26
 25.0 (1) Quickie-VenturaJC 4-2
 25.1 (5) Freida Cobbs-Unat 4-26
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 25.4 () Pam Green-SCC 3-20
 25.4 (2) Modupe Oshikya-LATC 4-26
 25.6 (1) Marilyn King-ML 2-14
 25.6 (4) Sandy Muse-LAM 4-26
 25.7 (5) Ginger Lewis-UCB 4-26
 25.7 () Bobbie Walker-LAM 3-20
 25.7 (1) Penny Slaughter-LI 4-26
 25.8 (1) Kathy Keyes-PAT 2-29

440 YARD DASH

- 54.4 (1) Yolanda Rich-LAM 2-15
 55.9 (1) Debbie Roberson-Unat 1-4
 56.7 (1) Pam Green-SCC 4-4
 57.8 (h) Jarvis Scott-PTC 2-27
 57.8 (1) Marie Nickson-SLO 3-26
 57.8 (1) Kalua Bell-SCC 4-4
 58.2 (2) Jones-EdisonHS 4-17
 58.3 (3) Warner-BevHLSHS 4-17
 58.4 (1) Barbara Moore-CPSLO 4-30
 58.6 (2) Prator-CSUN 4-30
 58.8 (1) Debbie Kainz-OntarioHS 4-10

- 58.9 (2) Della Equipilag-SCC 4-4
 59.0 (1) Peterson-HarborHS 4-17
 59.1 (1) Ella Rich-LAM 2-15
 59.2 (2) Roma Antoniewicz LATC 2-15
 59.2 (3) Nate-CSUN 4-30
 59.2 (3) Kathy Costello-LATC 2-15
 59.3 (4) Teresa Caudillo-LBC 2-15
 59.3 (1) Susan Moreno-LI 4-4
 59.4 (2) Stohr-Granada HS 4-17

400 METER DASH

- 52.9 (1) Roslyn Bryant-LAM 4-25
 54.1 (h) Yolanda Rich-LAM 3-20
 54.5 (2) Debra Lyfield-BESTC 4-25
 55.0 (4) Jarvis Scott-PTC 4-25
 55.6 (2) Debbie Bottcmly-Unat 4-4
 55.9 (1) Debbie Roberson-Unat 1-4
 55.9 (2) Kathy Keyes-PAT 3-21
 56.5 () Kathy Westor-WS 1-31
 56.5 (3) Pam Green-SCC 3-21
 57.1 (6) Sandy Muse-LAM 4-25
 57.1 (1) Michelle Hopper-PTC 4-26
 57.4 (2) Chee Swee Lee-JR 2-29
 57.7 (6) Teresa Caudillo-LBC 3-21
 57.7 (1) Della Equipilag-SCC 4-25
 57.9 (4) Laurie Mullins-LATC 3-21
 58.1 (2) Chris A'Harrak-Unat 1-4
 58.2 (1) Denise Smith-FAT 2-15
 58.3 () Kalua Bell-SCC 3-20
 59.1 (3) Rosetta Birt-LI 2-29
 59.6 () Ella Rich-LAM 3-20

800 METER RUN

- 2:05.2 (2) Ruth Kleinsasser-BA 3-21
 2:06.2 (3) Kathy Weston-WS 4-25
 2:06.9 (4) Cindy Poor-SJC 4-25

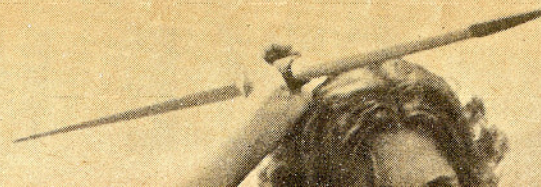
- 2:07.4 (5) Julie Brown-LATC 4-25
 2:08.3 (3) Francie Larrieu-Unat 4-17
 2:09.2 (3) Kathy Costello-LATC 2-21
 2:09.6 (1) Marilyn Neufville-UCF 1-17
 2:11.7 (5) Michele Hopper-PAT 4-25
 2:12.3 (4) Kathy Keyes-PAT 3-21
 2:12.5 (7) Chee Swee Lee-UR 4-25
 2:12.6 (2) Mary Decker-BA 1-16
 2:13.1 (5) Marquita Belk-SJC 2-21
 2:13.3 (1) Barney Sue Carral-SCC4-4
 2:13.6 (1) Laurie Mullins-LATC 4-26
 2:14.0 (2) Roma Antoniewicz-LATC 4-26
 2:14.6 (1) Adrienne Lair-FrmtHS 4-17
 2:14.9 (1) Jani Rouda-CPSLO 4-30
 2:15.3 (3) Linda Heinmiller-LATC 1-25
 2:15.3 (4) Chris Spoiloff-RRR 1-25
 2:15.7 (8) Lynn Smith-LAM 4-25

1500 METER RUN

- 4:13.8 (1) Francie Larrieu-PCC 2-21
 4:13.8 (2) Cyndy Poor-SJC 2-21
 4:20.3 (2) Julie Brown-LATC 2-20
 4:23.3 (3) Judy Graham-SJC 4-25
 4:24.0 (3) Kate Keyes-LATC 2-6
 4:26.2 (4) Paula Rose-BA 2-6
 4:29.5 (2) Kathy Costello-LATC 3-21
 4:29.9 (5) Sue Kinsey-SFVTC 4-25
 4:31.5 (4) Ruth Kleinsasser-UR 2-21
 4:32.5 (1) Jacki Hansen-SFVTC 2-29

1 MILE RUN

- 4:35.6 (1) Francie Larrieu-PCC 1-9
 4:38.5 (2) Julie Brown-LATC 2-27
 4:48.0 (1) Kate Keyes-LATC 1-4
 4:48.4 (2) Sue Kinsey-SFVTC 1-4
 4:55.5 (1) Ruth Kleinsasser-Unat 1-25
 4:56.9 (3) Linda Heinmiller-LATC 1-4
 4:57.6 (4) Paula Rose-BA 1-4
 5:01.1 (5) Suzanne Keith-RRR 1-4
 5:01.3 () Kathy Chisam-UCLA 4-30
 5:03.7 (6) Chris Troffer-LATC 1-4
 5:04.6 (1) Heather Tolford-SFVTC 4-4
 5:04.6 (1) Mundy-LincolnHS 4-17
 5:05.5 (2) Jackson-LyeOKHS 4-17
 5:06.5 (2) Carol Flournoy-LATC 4-4



- 11.4 (3) Kim Costello-LATC 2-5
- 11.4 (4) Sharon White-UCLA 3-12
- 11.4 (3) Brown-MuirHS 4-17
- 11.4 (1) Hughes-FthHS 3-13
- 11.5 (4) Barbara Drake-LAM 1-25
- 11.5 (2) Kim Moran-Unat 2-29
- 11.5 (5) Vicki Betts-CSLA 3-12
- 11.5 (1) Dawn Peters-SCC 4-4
- 11.5 (3) Stohr-GranadaHS 4-19
- 11.5 (4) Sanders-CentennialHS 4-17
- 11.5 (5) Bowie-ChaffeyHS 4-17
- 11.5 (1) LaLiberte-CamarilloHS 4-21

100 METER DASH

- 11.5 (1) Roslyn Bryant-LAM 4-9
- 11.7 (1) Yolanda Rich-LAM 4-26
- 11.8 (2) Debbie Byfield-SEBTC 4-26
- 11.8 (2) Kim Robinson-LAM 3-21
- 12.0 (1) Leida Hunter-CptnJC 2-15
- 12.0 (3) Marie Nickson-Unat 2-15
- 12.0 (1) Gwen Loud-LAM 3-21
- 12.0 () Brenda Winston-RRR
- 12.1 (2) Lisa Thompson-VSTC 4-25
- 12.1 (1) Gail Douglas-LEC 4-25
- 12.2 (2) Freida Cobb-Unat 4-25
- 12.2 (3) D. Stevenson-Merced 4-2
- 12.2 (3) Penny Slaughter-LI 4-26
- 12.3 (4) Pam Newton-LAM 2-15
- 12.3 (5) Sandy Muse-LAM 4-26
- 12.3 (2) Quickie-VenturaJC 4-2
- 12.5 () Denise Eddington-LATC 3-20
- 12.5 (4) Kim Costello-LATC 3-21
- 12.5 (6) Jarvis Scott-PTC

200 METER DASH

- 23.5 (h) Rosalyn Bryant-LAM 2-27
- 23.9w(1) Evelyn Ashford-UCLA 3-26
- 24.4 (1) Sandra Howard-CSUN 4-30
- 24.5 (2) Gayle Butler-UCLA 4-30
- 24.6 (3) Diane Kummer-UCLA 4-30
- 24.7 (1) Yolanda Rich-LAM 2-15
- 25.2 (1) Freida Cobb-BHS 4-17
- 25.3 (1) Elaine Parker-ML 12-27
- 25.4 (2) Gwen Loud-LALuthHS 4-17
- 25.8 (1) Brenda Winston-RRR 2-15
- 25.8 (3) Jones-EdisonHS 4-17
- 25.9 (1) Katie Gaston-SDS 1-25
- 25.9 (4) Brown-MuirHS 4-17
- 26.0 (1) Kim Costello-LATC 2-15
- 26.0 (1) Kathy Jones-FAT 2-29
- 26.0 (4) Quickie-VenturaJC 4-17
- 26.0 (5) Cassidy-W.Tor:HS 4-17
- 26.1 (2) Ella Rich-LAM 2-15
- 26.1 (1) Pam Green-SCC 2-29
- 26.1 (3) Pam Curran-USC 3-12
- 26.1 (1) Ward S.BakHS 3-25

- 57.8 (1) Kalua Bell-SCC 4-4
- 58.2 (2) Jones-EdisonHS 4-17
- 58.3 (3) Warner-BevHHS 4-17
- 58.4 (1) Barbara Moore-CPSLO 4-30
- 58.6 (2) Prator-CSUN 4-30
- 58.8 (1) Debbie Kainz-OntarioHS 4-10

800 METER RUN

- 2:05.2 (2) Ruth Kleinsasser-FA 3-21
- 2:06.2 (3) Kathy Weston-WS 4-25
- 2:06.9 (4) Cindy Poor-SJC 4-25

1 MILE RUN

- 4:35.6 (1) Francie Larrieu-PCC 1-9
- 4:38.5 (2) Julie Brown-LATC 2-27
- 4:48.0 (1) Kate Keyes-LATC 1-4
- 4:48.4 (2) Sue Kinsey-SFVTC 1-4
- 4:55.5 (1) Ruth Kleinsasser-Unat 1-25
- 4:56.9 (3) Linda Heinmiller-LATC 1-4
- 4:57.6 (4) Paula Rose-BA 1-4
- 5:01.1 (5) Suzanne Keith-RRR 1-4
- 5:01.3 () Kathy Chisam-UCLA 4-30
- 5:03.7 (6) Chris Troffer-LATC 1-4
- 5:04.6 (1) Heather Tolford-SFVTC 4-4
- 5:04.6 (1) Mundy-LincolnHS 4-17
- 5:05.5 (2) Jackson-LyeOkHS 4-17
- 5:06.5 (2) Carol Flournoy-LATC 4-4
- 5:07.8 (3) Broderick-TamalpaisHS 4-17
- 5:07.9 (7) Donna Sanchez-RRR 1-4
- 5:07.9 (2) Harryman-LagBchHS 4-17
- 5:08.3 (3) Becky Wolfinbarger-QCC 4-4
- 5:08.8 (3) Kathy Mintie-RosaryHS 4-17
- 5:09.6 (1) Tina Anex-UCD 4-17

2 MILE RUN

- 10:19.4 (1) Julie Brown-LATC 4-26
- 10:22.0 (2) Judy Graham-SJC 4-26
- 10:34.6 (1) Tena Anex-UCD 4-17
- 10:35.8 (1) Linda Heinmiller-LATC 2-15
- 10:47.8 (3) Kate Keyes-LATC 4-26
- 10:50.0 (1) Diane Stern-QCC 2-29
- 10:53.8 (4) Kathy Costello-LATC 4-26
- 10:55.2 (5) Cyndy Poor-SJC 4-26
- 10:57.6 (2) Chris Troffer-LATC 2-15
- 11:14.7 (4) Sandy DeNoon-BA 3-21
- 11:18.4 (1) Scatena-CSUN 4-9
- 11:20.4 (3) Diane Esslinger-QCC 3-21
- 11:27.4 (7) Suzanne Keith-RRR 4-26
- 11:34.2 () Carol Czarnetski-BA 3-14
- 11:35.4 (1) Shelly Wooldridge-QCC
- 11:36.3 (5) Donna Sanchez-RRR 3-21
- 11:38.8 (1) Schweiger-BuenaHS
- 11:48.6 (1) Becky Wolfinbarger-QCC 1-25
- 11:49.2 (2) Daniels-ShastaJC 4-17
- 11:51.7 (6) Becky Villalvaszo-RRR 3-21

1 MILE WALK

- 7:10.9 (1) Sue Brodock-RRR 1-25
- 7:44.7 (1) Lisa Metheny-RRR 1-25
- 7:46.1 (3) Cindi Johnson-BA 2-27
- 7:51.0 (1) Terri Teegarden-BA 2-15
- 7:57.5 (1) Linda Brodock-RRR 3-21
- 7:58.5 (1) Lisa Metheny-RRR 1-4
- 8:03.6 (1) Becky Villalvaszo-RRR 3-21
- 8:11.0 (2) Tracey Trisco-BA 3-21
- 8:13.4 (3) Jill Steiner-RRR 1-25
- 8:30.9 (3) Karlene Waskow-RRR 2-15
- 8:37.6 (2) Melissa Steine-SCC 1-25
- 8:54.6 (4) Joyce Brodock-RRR 2-15
- 8:55.0 () Lisa Davis-BA 3-14



KATHY SCHMIDT in the process of uncorking the second longest throw ever by an American -- 211-6 at the Mt. SAC Relays photo by Bill Leung, Jr.



Ruth Kleinsasser and Kathy Weston set the pace in the Invitational 1500 Meters at Mt. SAC Relays.

3000 METER WALK

- 16:02.8 (1) Becky Villalvaszo-RRR 2-29
- 16:16.4 (1) Lisa Metheny-RRR 2-15
- 16:17.2 (2) Tracy Trisco-BA 2-29
- 16:37.2 (3) Karlene Waskow-RRR 2-29
- 16:57.9 (4) Melissa Steinle-SCC 2-29
- 17:08.0 (5) Jill Steiner-RRR 2-29
- 17:23.8 (6) Kim Narwold-VGTC 2-29
- 17:25.3 (7) Carol Lowe-PAT 2-29
- 17:47.8 (3) Lisa Davis-BA 4-4

5000 METER WALK

- 24:27.4 (1) Sue Brodock-RRR 2-15
- 26:32.0 (2) Cindi Johnson-BA 2-25
- 27:05.0 (3) Joyce Brodock-RRR 2-25
- 27:19.0 (4) Jessica Waskow-RRR 2-25
- 27:35.0 (5) Becky Villalvaszo-RRR 2-25
- 27:56.2 (2) Terri Teegarden-BA 4-4
- 27:59.0 (6) Lisa Metheny-RRR 2-25
- 29:11.6 (1) Laura Janousek-SCC 4-4
- 29:36.4 (3) Jane Janousek-SCC 4-4

- 3:58.0 (3) U.C. Berkeley 4-26
- 3:58.9 (1) Fremont High School 4-17
- 3:59.2 (2) Arcadia High School 4-17
- 3:59.3 (3) Long Beach Comets 4-25
- 4:00.5 (4) San Jose Cindergals 4-25
- 4:03.1 (3) Santa Barbara H.S. 4-17
- 4:04.1 (2) San Diego State 4-30
- 4:05.4 (3) Cal Poly San Luis 4-30
- 4:08.3 (1) Chico State 4-17
- 4:08.6 (1) USC 3-12
- 4:10.1 (2) Blue Angeles 4-26
- 4:11.2 (2) U.C. Davis 4-17
- 4:11.6 (1) El Toro High School 4-10
- 4:12.7 (1) Santa Ynez H.S.
- 4:12.9 (1) Buena High School 4-3
- 4:12.9 (2) Dos Pueblos H.S.

HIGH JUMP

- 5-11 (2) Modupe Oshikoya-LATC 4-25
- 5-9 3/4 (p) Jane Frederick-LATC 3-30
- 5-8 (p) Marilyn King-ML 2-14
- 5-8 (1) Gossweiler-Upland 4-17
- 5-7 (5) Cindy Gilbert-UCLA 4-25
- 5-6 1/2 (p) Mitzi McMillin 4-17
- 5-6 (2) Cindy Sandberg-Unat 1-23
- 5-6 (2) Pam Blackburn-Unat 1-23
- 5-6 (4) Susan Lewis-LATC 4-25

- 42-8 1/2 (1) Jennifer-UCB 4-26
- 42-4 (2) Kerry Zwart-LATC 4-26
- 40-3 1/2 (1) Chase-CSLA 4-9
- 40-3 (1) Kelly Bailey-CSUH 4-17
- 38-9 (2) Jackie Roachie-CptnJC
- 38-8 (1) Vivian Turner-USC 4-30
- 38-5 1/2 (1) Dock-VenturaJC 4-17
- 38-2 1/2 (2) Julie Morgan 4-26
- 37-8 3/4 (2) Michele Morse-LJ 1-25
- 37-4 (1) Mitzi McMillin-LI 2-15
- 37-3 1/2 (2) Scheack-ChicoSt. 4-17
- 37-3 1/2 (3) Jenny Stary-SAL 4-26
- 36-10 (3) Vogel Sang-UCLA 4-30
- 36-6 (3) Syd Brown-CSLB 3-12
- 35-10 (3) Trimble-UCD 4-17
- 34-11 3/4 (4) Erkmantraut-DeAnaJC 4-17

DISC

- 175-3 (1) Linda Langford-ML 2-29
- 167-6 (2) Monette Driscoll-LATC 2-29
- 166-1 (1) Jan Svendsen-Unat 3-20
- 150-1 (1) Vivian Turner-USC 3-12
- 138-4 (3) Lisa Vogelsang-UCLA 3-29
- 133-10 (1) Christi Pyle-LATC 2-29
- 133-7 (2) Jennifer Wagstaff-UCU 4-26
- 126-9 () Kitty Hilton-PlstHNS 4-23
- 125-0 () Estelle Dugre-AHC
- 124-5 () Syd Brown-CSLB 4-30
- 121-5 (1) Decure-St.GenevHS 2-17
- 121-2 (2) Hoerner-MayfairHS 4-17
- 120-10 (1) R. Beurmann-EHS 3-25
- 120-7 (1) Gomez-BDiS
- 110-0 (4) Debra Widmer-Unat 2-29
- 109-7 (3) Daniel-NwpHbrHS 4-17
- 108-9 (4) Kauti-LaCanadaHS 4-17
- 108-2 (1) Charm Bishop-SCC 4-10
- 107-5 (4) Donnetta Moore-SDSV 3-12
- 107-4 () Darice Snider-VenturaJC

JAVELIN

- 215-6 (1) Kathy Schmidt-LATC 3-6
- 187-7 (1) Karin Smith-UCLA 4-30
- 175-10 (4) Sherry Calvert-LI 4-25
- 154-4 (2) Lisa Van Benthem-Unat 2-15
- 152-3 (1) Connie Cassen-LATC 4-26
- 147-6 (1) Donna Dietrich-SDSU 3-12
- 142-10 (3) Raedean Rona-PAT 2-29
- 137-1 (3) Jepsen-USC 4-30
- 132-4 (4) Lorelei Van Benthem-Unat
- 129-3 (4) Kathy Corr-LI 3-21
- 128-11 (1) Jacki Nelson-BA 4-26
- 126-5 (1) Hansen-FOM 1-31
- 126-1 (7) Lynn Van Benthem-Unat 3-21
- 125-3 (1) Angie Emory-SCC 1-4
- 124-11 (1) Debbie Dibb-Unatt 2-29
- 124-5 (1) Charm Bishop-SCC 4-10
- 117-6 (2) Ann Shultz-SBSP 1-25
- 117-5 (3) Donna Mayhew-Unat 2-29
- 116-10 () Wendy Oliver-AHC
- 115-1 (4) Xena Kistler-VGTC 2-29

PENTATHLON

- 4732 (1) Jane Frederick-LATC 3-31
- 4328 () Modupe Oshikoya-LATC 3-31
- 4296 (2) Marilyn King-ML 2-14
- 3980 (1) Mitzi McMillin-LI 4-17
- 3687 (2) Sandi Tyler-LI 4-17
- 3357 (1) Kerry Zwart-LATC 4-17
- 3307 (2) Jenny Stary-SAL 4-17
- 3265 (3) Dalal Ahmad-Unat 4-17
- 3219 (3) Angela Wind-SAL 4-17
- 2704 (4) Jackie Roache-CCC 4-17
- 2407 (5) Brenda Bruce-USC 4-17



Paula Rose

by ANITA TANABE



5000 METER WALK

- 24:27.4 (1) Sue Brodock-RRR 2-15
- 26:32.0 (2) Cindi Johnson-BA 2-25
- 27:05.0 (3) Joyce Brodock-RRR 2-25
- 27:19.0 (4) Jessica Maskow-RRR 2-25
- 27:35.0 (5) Becky Villalvazo-RRR 2-25
- 27:56.2 (2) Terri Teegarden-BA 4-4
- 27:59.0 (6) Lisa Metheny-RRR 2-25
- 29:11.6 (1) Laura Janousek-SCC 4-4
- 29:36.4 (3) Jane Janousek-SCC 4-4

10,000 METER WALK

- 56:31.8 (1) Lisa Metheny-RRR 4-17
- 57:15.2 (2) Cindi Johnson-BA 4-17
- 58:46.4 (3) Tracy Trisco-BA 4-17
- 59:23.0 (4) Becky Villalvazo-RRR 4-17
- 61:17.6 (5) Terri Teegarden-BA 4-17
- 61:45.6 (6) Jill Steiner-RRR 4-17

440 YARD RELAY

* = 400 meter time plus 0.2

- 46.6 (1-d) LA Mercurettes 3-21
- 46.9 (1) LA Mercurettes 4-26
- 47.2 (1) Cal State Univ. L.A. 4-30
- 47.9 (1) UCLA 3-26
- 48.2 (1) Chico State 4-17
- 48.2 (1) Muir High School 4-17
- 48.4 (2) Fremont High School 4-17
- 48.7 (2) Cal Poly San Luis 4-30
- 48.9 (1) Southern Cal Cheetahs 4-4
- 48.9 (3) Berkeley High School 4-17
- 49.0 (3) Cal State Northridge 4-30
- 49.6 (4) Centennial High School 4-17
- 49.8 (5) Arcadia High School 4-17
- 49.9 (1) Granada High School 4-17
- 49.9 (2) Long Beach Comets 3-21
- 49.9 (1) San Diego Cougars 4-25
- 49.9 (2) West Torrance H.S. 4-24
- 50.0 (1) El Toro High School 4-10
- 50.1 (1) Dos Pueblos High School
- 50.1 (2) Santa Ana Valley H.S. 4-24

ONE MILE RELAY

- 3:50.6 (1) L.A. Mercurettes 4-25
- 3:52.5 (1) Cal State Univ. L.A. 4-30
- 3:53.3 (2) Southern Cal Cheetahs 4-25
- 3:56.8 (1) Los Angeles T.C. 4-26

HIGH JUMP

- 5-11 (2) Modupe Oshikoya-LATC 4-25
- 5-9 3/4 (p) Jane Frederick-LATC 3-30
- 5-8 (p) Marilyn King-ML 2-14
- 5-8 (1) Gosswiller-Upland 4-17
- 5-7 (5) Cindy Gilbert-UCLA 4-25
- 5-6 1/2 (p) Mitzi McMillin 4-17
- 5-6 (2) Cindy Sandberg-Unat 1-23
- 5-6 (2) Pam Blackburn-Unat 1-23
- 5-6 (1) Susan Long-LATC 1-25
- 5-6 (1) Sandy Tyler-LI 4-4
- 5-6 (1) Chris Remmling-Un 4-26
- 5-6 (1) Lendi-RoyalHS
- 5-5 (2) Zeller-ReddHS 4-17
- 5-5 Candy Zbieranek-LI 4-25
- 5-5 (1) Kern-StaBarHS
- 5-4 1/2 (1) Candy Acres-SBSP 4-26
- 5-4 (1) Towery-HighlandHS 3-27
- 5-4 (3) Redican-SimiHS 4-17
- 5-4 (4) Ross-BerkeleyHS 3-17
- 5-4 (2) Fern Simon-CSLB 4-30

LONG JUMP

- 21-4 3/4 Martha Watson-LI 1-16
- 20-6w (2) Vicki Betts-CSLA 3-20
- 20-5 1/2w (3) Jane Frederick-LATC 3-20
- 20-3 3/4 (3) Modupe Oshikoya-LATC 3-20
- 20-3 (p) Marilyn King-ML 2-14
- 19-11 (1) Jodi Anderson-PTC 1-4
- 19-2 1/2 () Kim Moran-Unat 3-21
- 18-8 (2) Karen Elmore-ML 1-23
- 18-8 (1) Mitzi McMillin-LI 4-26
- 18-5 1/2 (2) Diane Kummer-UCLA 4-30
- 18-4 (3) Sandy Tyler-LI 3-21
- 17-10 1/2 (1) Dawn Peters-SCC 4-4
- 17-10 1/2 (1) Gourdin-El TorroHS 4-10
- 17-10 1/2 (1) Williams-ChnlHS
- 17-9 1/2 (3) Paula Ng-LiwermoreHS
- 17-9 1/2 (1) Erin Pike-LATC 1-25
- 17-9 (2) Vicki Raburn-LBC 1-25
- 17-8 1/2 (3) Gwen Wilkins-LAM 4-26
- 17-7 3/4 (5) Kathy Cutwane-Unat 4-26
- 17-7 3/4 (1) Jenny Stary-SAL 4-26

SHOT PUT

- 49-1 3/4 (p) Jane Frederick-LATC 3-30
- 49-1 (1) Emily Dole-LI 1-4
- 48-3 1/2 (3) Jan Svedandson-SJStr 4-25
- 46-1 1/2 (1) Denise Halloway-SJC 4-26

PROFILE

Paula Rose

by ANITA TANABE



PAULA ROSE: Blue Angeles Track and Field Team. Age 15. Five feet, eight inches; 115 pounds. Ninth grade at Corona Del Mar High School. Born April 2, 1961.

Paula Rose is one of the promising young distance runners coming up through the ranks of the fine age group club system in California. She's recorded a 2:09 in the 800 meters for what she considers her life-time best performance. She also placed sixth in the AAU Junior National Cross Country meet last fall.

Paula really became interested in running after the 1972 Olympics. She was excited enough about running to join the Orange Coast Thunderbolts track team, whose colors she ran under for 1 1/2 years - notching several club records during that time.

In June of 1974 she joined the Blue Angels Track Team. She now trains

daily under head coach Don DeNoon, along with teammates Mary Decker, Ruth Kleinsasser, Sandy DeNoon, Carol Czarnetski, Jackie Nelson and other national class athletes.

Paula's favorite event is the 1500 meters/one mile where she boasts of top marks of 4:26/4:48. Next to the mile she likes the two mile and the hurdles. When she's not running she enjoys horseback riding, skiing, swimming, drawing and listening to records.

Paula's family supports and encourages her running. Mom says, "We think it is really great. We have met many new and very nice people and especially enjoy the travel opportunities it brings."

Well, Mom, don't unpack your bags - there's plenty of exciting times ahead in this Olympic year. See you at Eugene.

TOP MARKS 1976 COLLEGE - OPEN

Includes marks received by May 1, 1976

Compiled by: CHUCK SKOW and JOHN WENOS

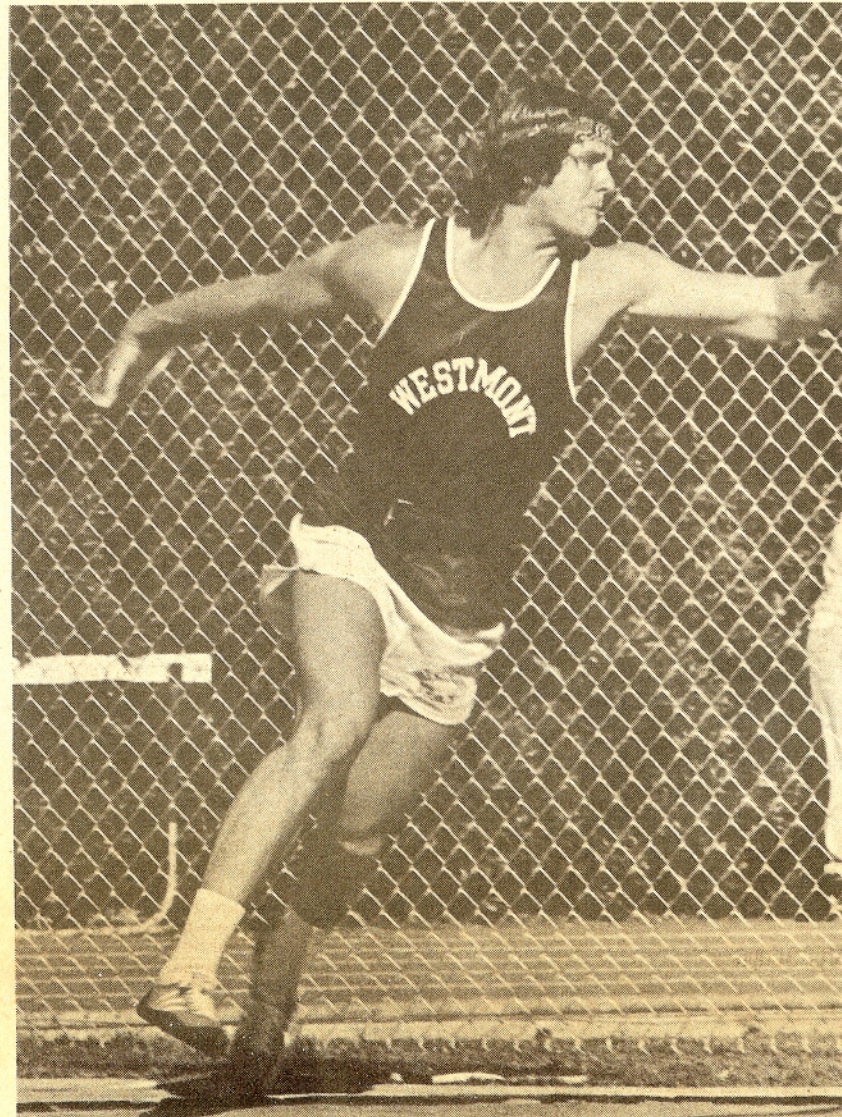
Please send all additions and corrections to California Track News

100 YARD DASH

9.4	Bob Triplett(SJS)
9.5	Harold Williams(SDS)
9.5	Don Miller(SDS)
9.5	James Gilkes(USC)
9.5	Joel Andrews(USC)
9.6	Mike Simmons(USC)
9.6	Mike Johnson(USC)
9.6	Wes Walker(Cal)
9.7	John Foye(CSLA)
9.7	Larry Rowles(CSLA)
9.7	Greg County(LBS)
9.7	Duke Ferguson(SDS)
9.7	Mike Farmer(SJS)
9.7	Don Livers(SJS)
9.7	Walt Woodard(CSUN)
9.7	Marvin Holmes(Stan)
9.7	Jeff Williams(LBS)

100 METER DASH

10.2	James Gilkes(USC)
10.3	John McCollum(BAS)
10.3	Chris Garpenborg(Macc)
10.3	Joel Andrews(USC)
10.4	Marion McCoy(AATC)
10.4	Jeff Williams(LBS)
10.4	Ken Randle(USC)
10.4	Mike Simmons(USC)
10.4	Rich Graybehl(USC)
10.4	Ray Clark(CSH)
10.5	Wes Walker(Cal)
10.5	Willie Deckard(AATC)
10.5	Rickie Jackson(LBS)
10.5	Don Miller(SDS)
10.5	Mike Farmer(SJS)
10.5	Mark Lutz(PCC)
10.5	Ron Whitaker(SJS)
10.5	Don Livers(SJS)
10.5	Mike Fray(Macc)
10.5	Mel Watson(SJS)
10.5	Jeff Williams(LBS)
10.6	Bart Williams(CPSLO)
10.6	Marvin Holmes(Stan)
10.6	Norbert Payton(BAS)
10.6	Earl Harris(Army)
10.6	Harold Williams(SDS)
10.6	Charles Carter(Chico)

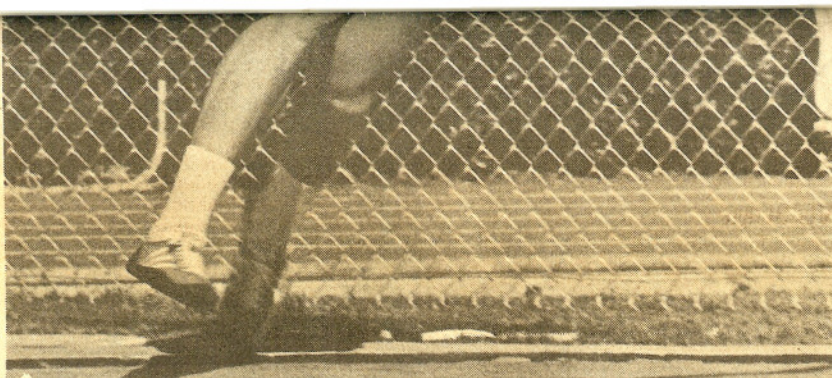


3:49.5	Ralph Serna(UCI)
3:49.6	Koenigh(UCI)
3:49.6	Tom Kovacich(UCI)
3:50.1	Rios(SMTC)
3:50.2	Mark Rafferty(SMTC)
3:50.3	Tony Sandoval(Stan)
3:50.5	Rayfield Beaton(USC)
3:50.7	Charles Harris(Cal)
3:50.9	John Armstrong(P-P)
3:51.0	Browning(OXY)
3:51.1	Wood(Cal)
3:51.8	Dan Gruber(SJS)
3:52.0	Rich McCandless(LBS)
3:52.1	Russ Nahirney(SJS)

1 MILE RUN

3:57.6	Paul Cummings(BHS)
4:03.8	Dan Gruber(SJS)
4:05.2	Russ Nahirney(SJS)
4:05.3	Steve Scott(UCI)
4:06.2	Mike Kasser(SJS)
4:07.0	Dave Babiracki(SFVTC)
4:07.1	Mark Luevano(UCLA)
4:07.2	Nicholson(WVTC)
4:07.3	Tony Sandoval(Stan)
4:07.5	John Armstrong(P-P)
4:07.5	Steve Beck(UCLA)
4:07.9	Mike Avrea(SDS)
4:08.1	Koenigh(UCI)
4:08.1	Rick Lord(SDS)
4:08.2	Dan Rock(FtLoma)
4:08.5	Frank Britton(CSLA)
4:08.6	Rich McCandless(LBS)
4:08.8	Allen Hazard(SDS)
4:09.5	Alvin Gilmore(UCLA)
4:09.8	Carey Simons(CSLA)
4:10.0	Tim Earle(Westmont)
4:10.0	Jeff Parletti(Stan)
4:10.3	Phelps(LBS)
4:10.8	Bruce Hellebrand(CSUN)
4:12.0	Bryan Foley(FSU)

10.4 Rich Graybehl(USC)
 10.4 Ray Clark(CSH)
 10.5 Wes Walker(Cal)
 10.5 Willie Deckard(AATC)
 10.5 Rickie Jackson(LBS)
 10.5 Don Miller(SDS)
 10.5 Mike Farmer(SJS)
 10.5 Mark Lutz(PCC)
 10.5 Ron Whitaker(SJS)
 10.5 Don Livers(SJS)
 10.5 Mike Fray(Macc)
 10.5 Mel Watson(SJS)
 10.5 Jeff Williams(LBS)
 10.6 Bart Williams(CPSLO)
 10.6 Marvin Holmes(Stan)
 10.6 Norbert Payton(BAS)
 10.6 Earl Harris(Army)
 10.6 Harold Williams(SDS)
 10.6 Charles Carter(Chico)



JIM HOWARD: N.A.I.A. National leader in the Discus.

photo by: Mike Clark

wind aided:

9.9 Clancy Edwards(Macc)
 9.9 Chris Gorpenborg(Macc)
 10.1 Wes Walker(Cal)
 10.2 Dotson Wilson(UCLA)
 10.2 James Owens(UCLA)
 10.3 Jeff Williams(LBS)
 10.3 Mike Kirtman(WVTC)
 10.4 Mike Bush(UCLA)
 10.4 Greg County(LBS)
 10.4 Bob Triplett(SJS)
 10.4 Rus Royston(UCI)
 10.4 Rickie Jackson(LBS)

200 METER DASH

'= 220 time minus 0.1

20.7 Joel Andrews(USC)
 20.7 Mike Simmons(UCJ)
 20.7 James Gilkes(USC)
 20.8 Ken Randle(USC)
 21.0 Benny Miles(UCLA)
 21.0 Greg County(LBS)
 21.1 Dotson Wilson(UCLA)
 21.1 Don Miller(SDS)
 21.2 Bob Triplett(SJS)
 21.2 Harold Williams(SDS)
 21.2 Albert Shorts(LBS)
 21.2 Rickie Jackson(LBS)
 21.2 Wallace(Cal)
 21.3 Sam Young(OXY)
 21.3 Ray Clark(CSH)
 21.3 Marvin Holmes(Stan)
 21.3 Alan Sheats(Stan)
 21.4 Willie Turner(AATC)
 21.4 Jeff Williams(LBS)
 21.4 Joe Prince(FPC)
 21.4 Jeff Leeds(UCLA)
 21.4 Clancy Edwards(Macc)
 21.4 John Poye(CSLA)
 21.4 Wes Walker(Cal)
 21.4 Mike Fray(Macc)
 21.4 Trevor Campbell(USC)
 21.4 Smith(P-P)

wind aided:

20.3 James Gilkes(USC)
 20.4 Clancy Edwards(Macc)
 20.5 Ken Randle(USC)
 20.5 Mark Lutz(PCC)
 20.7 Ron Whitaker(SJS)
 20.7 Leon Brown(BHS)
 20.7 John Pettus(WVTC)
 20.8 Dotson Wilson(UCLA)
 20.8 Benny Miles(UCLA)
 21.1 Rickie Jackson(LBS)
 21.2 Jeff Williams(LBS)

400 METER DASH

'= 440 time minus 0.3

45.6 Curtis Byrd(Staters)
 45.8 Bennie Myles(UCLA)
 46.0 Albert Shorts(LBS)
 46.2 Randy Benson(Kansas)
 46.2 Maxie Parks(Macc)
 46.2 Benny Brown(Macc)
 46.3 Ken Randle(USC)
 46.6 Jim Bolding(PCC)
 46.6 Mark Lutz(PCC)
 46.6 Vernon Fergerson(WCJ)
 46.6 Ron Whitaker(SJS)
 46.8 Schultz(PCC)
 46.8 Bob Cassleman(PCC)
 46.9 Rayfield Beaton(USC)
 47.0 Claude Brown(USC)
 47.1 Steve Campbell(FSU)
 47.1 James Robinson(Cal)
 47.2 Don Miller(SDS)
 47.3 Rod Connors(USC)
 47.2 Trevor Campbell(USC)
 47.2 Brian Theriot(UCLA)
 47.3 Art Bell(CSB)
 47.3 Gene Taylor(OXY)
 47.3 Adrian Rodgers(BAS)

800 METER RUN

'= 880 yard time minus 0.7

1:46.9 James Robinson(Cal)
 1:47.1 Rayfield Beaton(USC)
 1:49.0 Dale Scott(WSU)
 1:49.7 Malcolm Cleary(OXY)
 1:50.0 Jeff Haynes(UCLA)
 1:50.5 Cirillo Morgan(Cal)
 1:50.6 Lloyd Johnson(USC)
 1:50.7 Conrad Suhr(UCLA)
 1:50.9 Rick Brown(BHS)
 1:51.3 Albert Seeney(CPSLO)
 1:51.4 Steve Scott(UCI)
 1:51.5 Chang Chi Tarn(Redlands)
 1:51.6 Mark Cohen(CSUN)
 1:51.6 James Baxter(SMTC)
 1:51.6 Fran Delatch(Azusa)
 1:51.7 Davenport(Westmont)
 1:51.8 Robert Harrell(LBS)
 1:51.8 Tom Kovacich(UCI)
 1:51.9 Steve Beck(UCLA)
 1:51.9 Mike Kasser(SJS)
 1:52.0 Odie Huffman(SDS)
 1:52.0 Bill Heinzen(UCLA)
 1:52.1 Glen Fox(CSUN)
 1:52.1 Rich Grant(UCI)
 1:52.2 Otis Fisher(LBS)

1500 METER RUN

3:38.9 Paul Cummings(BHS)
 3:43.0 Len Hilton(PCC)
 3:44.6 Steve Scott(UCI)
 3:45.8 James Robinson(Cal)
 3:46.5 Larry Lawson(BHS)
 3:47.7 Terry Cotton(Ariz)
 3:48.8 Rudi Krause(Macc)
 3:47.8 Andy Clifford(Cal)
 3:48.6 Dennis Caldwell(Azusa)
 3:48.9 Steve Beck(UCLA)
 3:49.0 Dan Aldridge(USC)

4:07.3 Tony Sandoval(Stan)
 4:07.5 John Armstrong(P-P)
 4:07.5 Steve Beck(UCLA)
 4:07.9 Mike Avrea(SDS)
 4:08.1 Koenigh(UCI)
 4:08.1 Rick Lord(SDS)
 4:08.2 Dan Rock(PtLoma)
 4:08.5 Frank Britton(CSLA)
 4:08.6 Rich McCandless(LBS)
 4:08.8 Allen Hazard(SDS)
 4:09.5 Alvin Gilmore(UCLA)
 4:09.8 Carey Simons(CSLA)
 4:10.0 Tim Earle(Westmont)
 4:10.0 Jeff Parietti(Stan)
 4:10.3 Phelps(LBS)
 4:10.8 Bruce Hellebrand(CSUN)
 4:12.0 Bryan Foley(FSU)

2 MILE RUN

8:41.0 Paul Cummings(BHS)
 8:44.6 Larry Lawson(BHS)
 8:47.4 Tony Sandoval(Stan)
 8:54.4 Bob Thomas(UCLA)
 8:55.0 Joel Jamison(OXY)
 8:55.8 Carey Simons(CSLA)
 8:57.0 Mark Luevano(UCLA)
 8:57.6 Gary Nitti(UCLA)
 8:58.0 Brad Duffy(Cal)
 8:58.8 Roy Kissin(Stan)
 9:00.0 Dave Taylor(Oregon)
 9:01.0 Terry Williams(Oregon)
 9:01.0 Jeff Parietti(Stan)
 9:01.4 Dan Gruber(SJS)
 9:01.8 Rich McCandless(LBS)
 9:02.4 Ed Chaidze(CSUN)
 9:05.0 Doug Boswell(UCLA)
 9:05.4 Brian Hunsaker(UCI)
 9:06.0 Sisler(OXY)
 9:06.6 Jim Hartig(FPC)
 9:08.6 Burgess(LBS)
 9:09.0 Ruben Amaya(OSU)
 9:09.0 Jack Bellah(Stan)
 9:09.4 Jerry Garcia(Army)

3 MILE RUN

13:25.8 Tony Sandoval(Stan)
 13:32.4 Dave Taylor(Oregon)
 13:37.8 Ralph Serna(UCI)
 13:40.6 Terry Williams(Oregon)
 13:43.2 Bob Thomas(UCLA)
 13:45.8 Brad Duffy(Cal)
 13:46.2 Gordon Immes(Urat)
 13:46.2 Ron Elijah(HumSt)
 13:49.8 Ed Chaidze(CSUN)
 13:50.8 Jeff Parietti(Stan)
 13:55.0 Pat Curran(CSUN)
 13:57.4 Bob Tillman(UCI)
 13:58.6 Roy Kissin(Stan)
 14:02.2 Ruben Amaya(OSU)
 14:04.8 Steve Acuff(SDS)
 14:09.6 Gil Esparza(BoiseSt)
 14:12.8 Phil Horn(CSUN)
 14:12.8 John Armstrong(P-P)
 14:19.6 Jim Hartig(FPC)
 14:19.6 Tom Ashcraft(CSUN)

5000 METER RUN

13:50.8 Dave Babiracki(SFVTC)
 13:51.4 Terry Williams(Oregon)
 13:53.2 Tony Sandoval(Stan)
 13:59.4 Dave Taylor(Oregon)
 14:03.4 Tom Bryant(SMTC)
 14:04.8 Ralph Serna(UCI)
 14:14.0 Gil Esparza(BoiseSt)
 14:14.4 Bob Thomas(UCLA)
 14:17.8 Brad Duffey(Cal)
 14:17.8 Benton Hart(BYU)
 14:20.0 Jim VanDine(Boise St)
 14:23.2 Pat Curran(CSUN)
 14:24.4 Bob Tillman(UCI)
 14:27.0 Gary Blume(Cal)
 14:28.0 Dan Gruber(SJS)
 14:28.0 Guy Arbogast(WSU)
 14:33.4 Rich McCandles(LBS)
 14:33.8 Joel Jamison(OXY)
 14:35.0 Gary Nitti(UCLA)
 14:35.0 Steve Scott(UCI)
 14:38.2 Bob Ebert(SJS)
 14:39.8 Tony Ramirez(FSU)
 14:42.0 Jim Hartig(FPC)
 14:43.4 Rich Aguirre(FSU)
 14:43.4 Tom Lux(SDS)
 14:43.6 Mike Jurkovich(FSU)

10,000 METER RUN

28:37.0 Gary Tuttle(BHS)
 29:05.8 Terry Williams(Oregon)
 29:20.2 Tony Sandoval(Stan)
 28:32.2 Ed Mendoza(Arizona)
 29:28.0 Bobby Grubbs(ColoSt)
 29:40.0 Brian Hunsaker(UCI)
 29:50.0 Chuck Smead(Hum St)
 30:13.0 Jm Hartig(FPC)
 30:23.0 Ed Chaidez(CSUN)
 30:31.2 Anthony Reynoso(CPSLO)
 30:34.0 Jm Warrick(CPSLO)
 30:38.0 Doran(SBAA)
 30:45.8 Peter Sweeney(UCD)
 30:46.0 Paul Wright(CSUN)
 30:47.4 Guy Arbogast(WSU)
 30:56.0 Grover Prowell(SJS)
 31:01.0 Angelo Martinez(UCD)
 31:10.0 Greg Griffen(Chico)
 31:16.0 Mike Jurkovich(FSU)
 31:24.0 Bill Entz(CSUN)
 31:46.0 Gil Brooks(CPSLO)
 31:50.6 Mike Chambliss(Unat)
 31:51.0 Dave Stock(CPSLO)

6 MILE RUN

28:26.0 Tony Sandoval(Stan)

2:22:44 Ron Kurrle(BHS)
 2:22:47 Perry Forrester(SMTC)
 2:23:31 Dave White(AmAvTC)
 2:23:34 Bill Clark(WVTC)
 2:23:50 Tom Lee
 2:23:59 Doug McLean(WVTC)
 2:24:10 Jan Sershen(Excel)
 2:24:24 Jerry Alexander(Wstwd)
 2:25:06 Gene Fitzgerald(pama)

120 YARD HIGH HURDLES

13.6 Mike Johnson(USC)
 13.6 Tom Andrews(USC)
 13.6 Jim Owens(UCLA)
 13.6 Derek Ligons(BAS)
 13.7 Delario Robinson(AATC)
 13.7 Dedy Cooper(SJS)
 13.8 George Carty(BAS)
 13.9 John Peterson(LBS)
 13.9 Fred Shaw(USC)
 13.9 McKinley Mosley(Cal)
 13.9 Jhn Foster(Stan)
 14.0 Carl Florant(Cal)
 14.0 Robert Gains(UW)
 14.0 Clim Jackson(Macc)
 14.0 Paul White(LBS)
 14.0 Pete Austin(SJS)
 14.1 Steve Smith(P-P)
 14.1 Kirtman(WVTC)
 14.3 Craig Dorch(LBS)
 14.3 Chester Hart(CSLA)
 14.3 Ric Hall(Macc)
 14.3 Larry David(OXY)
 14.3 Phillop Mills(UCLA)
 14.3 Quentin Wheeler(SDS)
 wind aided:
 13.5 McKinley Mosley(Cal)
 13.5 George Carty(WVTC)
 13.6 Derek Ligons(BAS)
 13.6 Dedy Cooper(SJS)
 13.7 Fred Shaw(USC)
 13.8 Carl Florant(Cal)
 13.8 Robert Gains(UW)
 13.9 Tommie Lee White(macc)
 13.9 Dave Smith(AATC)
 14.0 Seve Smith(P-P)
 14.0 Kirtman(WVTC)

LONG JUMP

26-5 3/4 Arnie Robinson(Macc)
 25-10 1/2 Tommy Haynes(Army)
 25-9 Bouncy Moore(Macc)
 25-8 1/2 Stanford Brewer(LBS)
 25-6 1/2 Al Jodier(Army)

TRIPLE JUMP

54-9 3/4 Tommy Haynes(Army)
 54-7 1/2 Caleb-Abdul Rahman(BHS)
 54-14 James Butts(BHS)
 53-9 3/4 Willie Banks(UCLA)
 53-6 3/4 Rayfield Dupree(Army)
 52-8 1/2 Anthony Terry(WVTC)
 52-0 3/4 Tom Cochee(USC)
 52-1 Bill McClellon(WVTC)
 51-11 Chuck Steffes(WVTC)
 51-10 3/4 Fred Assef(USC)
 51-6 1/2 Robert Reader(Unat)
 51-6 1/2 Larry Johnson(SJS)
 51-5 1/2 Harry Freeman(AATC)
 50-8 3/4 Clarence Taylor(Macc)
 50-4 1/2 John LeGrande(HaySt)
 50-4 Steve Rim(OSU)
 50-2 1/2 Barry McClure(Army)
 50-0 3/4 Thorpe(Cal)
 49-11 1/2 Don Finley(SJS)
 49-8 1/2 Dan Carter(SJS)
 49-6 1/2 Maurice Valentine(LBS)
 49-6 Lewis(CSLA)
 49-4 Namikas(P-P)
 49-2 1/2 Tom Bush(SDS)

SHOT PUT

71-8 1/2 Terry Albritton(Haw)
 69-11 Al Feuerbach(PCC)
 66-10 1/2 Pete Shmack(BHS)
 65-2 1/2 Richard Marks(Unat)
 64-5 1/2 Ron Semkiw(SJS)
 64-0 James Neidhart(UCLA)
 63-9 Mike Weeks(SJS)
 63-6 Mac Wilkins(PCC)
 62-4 3/4 George Woods(PCC)
 61-10 1/2 Mike Budinich(USC)
 60-11 1/2 Kent Pagel(Macc)
 60-6 1/2 Steve Albright(CSUN)
 57-9 1/4 Ralph Fruguglietti(USC)
 57-3 1/4 Bret Mannon(Cal)
 57-1 1/2 David Kurrasch(UCLA)
 56-5 1/2 Jean Beaudry(SDS)
 56-0 Jim Howard(Westmont)
 55-11 Fritz Coffman(LBS)
 55-10 Jan DeSoto(SacSt)
 55-7 Bruce Rothschild(CSUN)
 55-0 Erad Slinkard(Stan)
 54-11 Kelvin Gebbs(CSUN)
 53-11 1/2 Bob Feuerbach(unat)
 53-10 Goldhammer(UCSB)
 53-9 1/2 Brad Vassar(UCLA)

POLE VAULT

18-1 1/2 Russ Rodgers(USC)
 17-9 1/4 Mike Tulley(UCLA)
 17-6 Ron Mooers(BHS)
 17-4 3/4 Larry Jesse(Macc)
 17-4 Dan Ripley(PCC)
 17-2 Bob Pullard(AATC)
 17-1 Don Baird(LBS)
 17-0 3/4 Jim Knaub(LBS)
 17-0 1/2 Mike Sabatino(UCI)
 17-0 Casey Carrigan(PCC)
 16-10 3/4 Tom DiStanislao(USC)
 16-9 Larry Hintz(Cal)
 16-8 3/4 Jon Vaughn(BHS)
 16-8 3/4 Steve Hardison(AIA)
 16-8 3/4 Mike Weidey(BAS)
 16-8 3/4 Greg Miguel(BHS)
 16-7 Jeff Taylor(BHS)
 16-6 3/4 Kirk Bentz(CSUN)
 16-6 Tim Curran(UCLA)
 16-6 John Kwan(USC)
 16-5 Kjell Isaksson(BHS)
 16-5 Ingmar Jernberg(BHS)
 16-1 1/2 Roger Martin(SJS)
 16-1 1/4 Darryl Robinson(HaySt)
 16-1 Lupe Rios(CSLA)

HAMMER

228-0 Bill Diehl(Army)
 226-11 Peter Farmer(Macc)
 214-8 George Frenn(Macc)
 210-7 Bill Shuff(Army)
 206-7 Peter Galle(Macc)
 201-5 Marl Murray(WSU)
 195-2 Ed Arcaro(BHS)
 190-0 McKenzie(Unat)
 185-5 Aldo Congi(SJS)
 183-9 Casey Ballway(Macc)
 183-3 Don Dyer(HaySt)
 177-11 Ward Sorenson(FSU)
 177-3 Mark Sawyer(HaySt)
 178-4 Frank Beeler(CSUN)
 173-0 Ken Brown(Biola)
 171-9 Fritz Coffman(LBS)
 166-7 Joe Briski(SDS)
 166-7 Mark Mizuki(SacSt)
 166-2 Schrader(UCI)
 158-4 Dale Zimmerman(CSUN)
 156-6 Tom Allison(CSUN)
 156-2 Wigton(Callu)
 150-11 Les Szelle(SFS)
 149-2 Gaffney(Azusa)

30:35.8	Doran(SBA)
30:45.8	Peter Sweeney(UCD)
30:46.0	Paul Wright(CSUN)
30:47.4	Guy Arbogast(WSU)
30:56.0	Grover Prowell(SJS)
31:01.0	Angelo Martinez(UCD)
31:10.0	Greg Griffen(Chico)
31:16.0	Mike Jurkovich(FSU)
31:24.0	Bill Entz(CSUN)
31:46.0	Gil Brooks(CPSLO)
31:50.6	Mike Chambliss(Unat)
31:51.0	Dave Stock(CPSLO)

13.7	Fred Shaw(USC)
13.8	Carl Florant(Cal)
13.8	Robert Gains(UW)
13.9	Tommie Lee White(macc)
13.9	Dave Smith(AATC)
14.0	Seve Smith(P-P)
14.0	Kirtman(WVTC)

LONG JUMP

57-3 $\frac{1}{2}$	Bret Mannon(Cal)
57-1 $\frac{1}{2}$	David Kurrasch(UCLA)
56-5 $\frac{1}{2}$	Jean Beaudry(SDS)
56-0	Jim Howard(Westmont)
55-11	Fritz Coffman(LBS)
55-10	Jan DeSoto(SacSt)
55-7	Bruce Rothschild(CSUN)
55-0	Brad Slinkard(Stan)
54-11	Kelvin Gebs(CSUN)
53-11 $\frac{1}{2}$	Bob Feuerbach(unat)
53-10	Goldhammer(UCSB)
53-9 $\frac{1}{2}$	Brad Vassar(UCLA)

178-4	Frank Beeler(CSUN)
173-0	Ken Brown(Biola)
171-9	Fritz Coffman(LBS)
166-7	Joe Briski(SDS)
166-7	Mark Mizuki(SacSt)
166-2	Schrader(UCI)
158-4	Dale Zimmerman(CSUN)
156-6	Tom Allison(CSUN)
156-2	Wigton(Callu)
150-11	Les Szelle(SFS)
149-2	Gaffney(Azusa)

6 MILE RUN

28:26.0	Tony Sandoval(Stan)
28:32.6	Ed Mendoza(Ariz)
29:14.2	Jim Hartig(FPC)
29:24.0	Ed Chaidez(CSUN)
29:50.0	Paul Wright(CSUN)
29:55.8	Grover Prowell(SJS)
30:07.2	Tim Earle(Westmont)
30:21.0	Mike Jurkovich(FSU)
30:26.0	Bill Entz(CSUN)

26-5 $\frac{3}{4}$	Arnie Robinson(Macc)
25-10 $\frac{1}{2}$	Tommy Haynes(Army)
25-9	Bouncy Moore(Macc)
25-8 $\frac{1}{2}$	Stanford Brewer(LBS)
25-5 $\frac{1}{2}$	Al Lanier(Army)
25-5 $\frac{1}{2}$	Curtis Davis(WVTC)
25-5 $\frac{1}{2}$	Dan Carter(SJS)
25-2 $\frac{3}{4}$	Willie Banks(UCLA)
25-1 $\frac{1}{2}$	Mark Givens(LBS)
24-11 $\frac{3}{4}$	Randy Williams(BHS)
24-10 $\frac{3}{4}$	Danny Seay(PCC)
24-11	John LeGrande(HaySt)
24-10	Reggie Huey(SJS)
24-9 $\frac{3}{4}$	Gerald Hardeman(USC)
24-9 $\frac{1}{2}$	James Lofton(Stan)
24-8 $\frac{3}{4}$	Chuck Steffes(WVTC)
24-6 $\frac{1}{2}$	Creg Magee(LBS)
24-5 $\frac{3}{4}$	McClellum(WVTC)
23-11 $\frac{1}{2}$	Jerry Herndon(UCLA)
23-10	Fred Assef(USC)
23-8 $\frac{1}{2}$	O.C. Johnson(FPC)
23-7 $\frac{1}{2}$	Elliot Thomas(AATC)
23-6 $\frac{1}{2}$	Marvin Wamble(HaySt)
23-6 $\frac{1}{2}$	Allan Hollis(LBS)
23-5 $\frac{1}{2}$	Morning(UCSD)

440 YARD INTERMEDIATES

' = 440 year time minus 0.3

49.8'	Tom Andrews(USC)
50.1	Ralph Mann(BHS)
50.2	Grant Niederhaus(UCLA)
50.2'	Wes Williams(MM)
50.2	Craig Caudill(PCC)
50.5	Jim Bolding(PCC)
50.5'	Rich Graybehl(USC)
50.5'	Quentin Wheeler(SDS)
50.8	Bob Casselman(PCC)
50.9	Jim King(Macc)
51.0'	Gene Taylor(OXY)
51.2	Phillip Mills(UCLA)
51.5'	Otis Fisher(LBS)
51.7	Steele(ColoSt)
51.7	Jim Wyatt(SJS)
51.9'	Dedy Cooper(SJS)
52.1'	Fred Shaw(USC)
52.1'	Mike Johnson(USC)
52.2	Roesky(Cal)
52.5	Ron Whitney(BHS)
52.6	Boyd Gittins(BHS)
52.6	Bill McCullough(CSLA)
52.9'	Nelson(CP/Pom)
53.1	Peter Austin(SJS)
53.3	Bill Cheadle(UCI)

HIGH JUMP

7-4 $\frac{1}{2}$	Dwight Stones(LBS)
7-3	Clarence Frazier(CSUN)
7-3	Rory Kotinek(PCC)
7-3	Rey Brown(AATC)
7-2 $\frac{1}{2}$	Joe Phillips(Chap)
7-1	Owens(BHS)
7-1	Jason Weisler(UCLA)
7-0 $\frac{3}{4}$	Tom Woods(PCC)
7-0 $\frac{1}{2}$	Dave Haber(HaySt)
7-0	Tim Walker(USC)
7-0	Schur(Macc)
7-0	Murphy(Cal)
7-0	Dave Friday(HaySt)
6-10 $\frac{1}{2}$	Weeks(Callu)
6-10 $\frac{1}{2}$	Bill Heitchew(LBS)
6-10	James Geddes(SDS)
6-10	Keith Nelson(SJS)
6-10	Rick Yttervick(Chico)
6-10	Ed Miller(Cal)
6-10	Hill(CSLA)
6-10	Tom Malvino(SJS)
6-9 $\frac{1}{2}$	Jim Pavor(UCLA)
6-9	Greg Arcidiancano(HaySt)
6-9	Jim Brown(SFS)
6-8 $\frac{1}{2}$	Chumley(CP/Pom)

MARATHON

2:18:07	Phil Camp(Navy)
2:19:13	Steve Dean(GWTC)
2:19:39	Carl Seift(AIA)
2:21:20	Tom Bryant(SMTC)
2:22:02	Joe Carlson(AmAvTC)
2:22:09	Chris Berka(WVTC)



RUSS RODGERS heads the pole vault list

photo by Bill Leung, Jr.

DISCUS

227-0	Mac Wilkins(PCC)
213-6	John Powell(PCC)
211-4	Ken Stadel(SJStars)
203-3	Miles Lister(BHS)
201-8	Dave Voorhees(Oregon)
199-3	Mike Weeks(SJS)
195-7	Larry Kennedy(Unat)
195-0	Darrell Elder(USC)
194-3	Jim Penrose(Unat)
192-2	Ralph Fruglietti(USC)
190-6	Rich Gunther(UCLA)
188-11	Jim Howard(Westmont)
185-11	Mike Hoffman(Unat)
185-5	Ray Burton(Oregon)
185-5	Dave Weber(Unat)
184-1	Art McCollum(BAS)
183-8	Fritz Coffman(LBS)
182-8	Steve Albright(CSUN)
182-3	Jay Pushkin(ASU)
178-11	Brad Nave(WVTC)
176-6	Ron Semkiw(SJS)
176-4	Dan Gardner(Macc)
176-2	Steve Frankiewich(Chico)
176-2	Bill Harvey(UCLA)
173-3	Goldhammer(UCSB)
171-10	Scott Overton(Cal)

JAVELIN

250-8	Larry Stuart(BHS)
244-0	Ken Johnson(WVTC)
242-1	Jim Pearce(BHS)
239-11	Mike Helsby(USC)
235-2	Bruce Kennedy(SJStars)
232-9	Michael Packer(SDS)
229-8	Bob Orell(P-P)
226-7	Carlos Omphroy(BHS)
224-7	Eilenberg(UCI)
223-3	Bill Staengel(SJS)
221-8	Jim Feeney(Unat)
221-8	Tony Garelli(SJStars)
220-8	David Drogh(SJS)
219-2	John Macrorie(Stan)
218-5	Steve Zotovich(LBS)
218-4	Biksa(Cal)
217-2	Jarvis(Whittier)
215-9	Mauricio Bardales(UCI)
213-9	Mike Spoolstra(LBS)
213-0	Rihn(CalLu)
211-11	McShane(CalLu)
210-9	Joe Tosti(UCLA)
210-8	Delaney(Biola)
209-11	O'Connor(CP?Pom)
206-8	Jeff Garcia(Chico)

DECATHLON

400 METER RELAY

* = 440 yard time minus 0.2

39.3'	USC
39.9	UCLA
39.9	Long Beach State
40.1	San Jose State
40.1	Maccabi
40.4	Cal Berkeley
40.4'	San Diego State
40.5	All American TC
40.6	Stanford
40.7	Cal State L.A.
40.8	Bay Area Striders
41.1	U.S. Armu
41.2	West Valley TC
41.2	Hayward State
41.6	Cal Poly SLO
41.7	Fresno State
42.0'	Fresno Pacific
42.0	Cal Poly Pomona
42.0'	Cal State Bakersfield
42.1'	Cal State Northridge
42.2'	San Francisco State
42.2	Sacramento
42.2'	Univ. Santa Clara

3000 METER STEEPLECHASE

8:55.8	Ruben Amaya(OSU)
9:03.0	Sisler(OXY)
9:03.8	Mark Luevano(UCLA)
9:04.6	Howard Burgess(LBS)
9:05.0	Gordon Innes(UCLA)
9:06.0	Jack Bellah(Stan)
9:07.0	Wayne Hurst(SJS)
9:08.2	Barry Anderson(HumSt)
9:08.2	Pat Curran(CSUN)
9:08.4	Stacey Geiken(Stan)
9:12.4	Mike Cour(SDS)
9:12.6	Bryan Foley(FSU)
9:14.8	Rich Hart(CSUN)
9:16.0	Bob Slick(UCI)
9:18.8	Ed Abelmeier(UCI)
9:19.4	Karl Schaechterle(Chico)
9:22.0	Gil Brooks(CPSLO)
9:23.8	Mike McGrath(UCD)
9:24.8	John Moreno(SFS)
9:24.8	Rich McCandless(LBS)
9:26.0	Bernstein(UCI)
9:26.5	Steve Houseworth(Wesmt)
9:26.6	Renor Mayshack(LBS)
9:27.8	Roger Watkin(UCLA)
9:28.6	Sweeney(OXY)
9:29.4	Bill Aguayo(LBS)
9:34.4	Bill Entz(CSUN)
9:34.6	Mike Davis(USC)



TOM COCHEE

USC's prime triple jumper. photo by Bill Leung, Jr.

**late
news**

Track & Field News

For over 25 years, we've served the track community: the leader in book and periodical publishing, track merchandise and accessories.

3 Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Jipcho, Dwight Stones, Steve Williams, Tony

218-5 Steve Zotovitch(LBS)
 218-4 Biksa(Cal)
 217-2 Jarvis(Whittier)
 215-9 Mauricio Bardales(UCI)
 213-9 Mike Spoolstra(LBS)
 213-0 Rihn(CalLu)
 211-11 McShane(CalLu)
 210-9 Joe Tosti(UCLA)
 210-8 Delaney(Biola)
 209-11 O'Connor(CP?Pom)
 206-8 Jeff Garcia(Chico)

9:26.0 Bernstejn(UCI)
 9:26.5 Steve Houseworth(Wesmt)
 9:26.6 Renor Mayshack(LBS)
 9:27.8 Roger Watkin(UCLA)
 9:28.6 Sweeney(OXY)
 9:29.4 Bill Aguayo(LBS)
 9:34.4 Bill Entz(CSUN)
 9:34.6 Mike Davis(USC)

TOM COCHEE

USC's prime triple jumper. photo by Bill Leung, Jr.

DECATHLON

8250 Bruce Jenner(SJStars)
 7749 Ron Evans(BHS)
 7561 John Warkentin(BHS)
 7550 Jim Scbieseczyk(CW)
 7395 Bob Corlman(BHS)
 7331 Rex Harvey(USAF)
 7219 Lineweaver(Unat)
 7184 Chris Adsit(AIA)
 7144 Ed Miller(Cal)
 7073 Andren(CSLA)
 6985 Marricio Bardales(UCI)
 6886 Joe Hippensteel(FSU)
 6852 Albritton(Unat)
 6777 Bayless(LBS)
 6754 Bruce KupperSmith(Azusa)
 6674 Bob Myers(Chico)
 6479 Tom Byron(FSU)
 6461 Buchanan(OXY)
 6445 Steve LeVa(FSU)
 6443 Ed Barber(FPC)
 6418 Bill Waters(Pt. Loma)
 6244 Tim Buckwalter(Westmont)
 6169 Devon Wheeler(SB)
 6123 Schneider(Pt. Loma)
 6086 Walter Scroggy(CP/Pom)

ONE MILE RELAY

3:07.0 USC
 3:07.3 UCLA
 3:09.9 Cal Berkeley
 3:10.0 Long Beach State
 3:10.8 Stanford
 3:11.0 San Diego State
 3:11.6 San Jose State
 3:12.0 Cal Poly SLO
 3:13.5 Occidental
 3:13.5 U.S. Army
 3:13.5 Cal State L.A.
 3:15.6 UC Irvine
 3:16.3 Beverly Hills Striders
 3:18.6 Fresno State
 3:18.8 Cal State Bakersfield
 3:19.0 Cal State Northridge

late news

Discus thrower Mac Wilkins increased the world record to 232 feet, 6 inches May 1, at the San Jose Bicentennial Invitational.

The former University of Oregon athlete reached 229-0 on his first throw, then reached 230-5 before spinning the 232-6. The third throw was almost six feet over the record of 226-11 established the week before at the Mt. SAC Relays.

The weather conditions were ideal, with a brisk crosswind blowing. John Powell, a PCC teammate of Wilkins, held the record at 226-8. He placed second at 220-4.

In the same meet Arnie Robinson won the long jump with a leap of 26-11½, James Butts went 55-7½ in the triple jump and Ron Whitaker of San Jose edged Clancy Edwards in the 100 meter dash in which both were timed in 10.0 flat. Whitaker also nipped Edwards in the 200 in 20.4. The 100 was legal but the 200 was wind-aided.

Other winners included Olympic veteran George Woods in the shot put with 69-0½, former UCLA star Benny Brown in the 400 with a time of 45.4 and Dave Roberts of the Florida Track Club and Dan Ripley, formerly of San Jose State, who both cleared 18-4 in the pole vault.

San Jose State is hosting a NATIONAL POLE VAULT CLINIC. June 14-18. This promises to be the best pole vault clinic ever and at exceptionally reasonable prices. Registration deadline is May 31. Write: Pole Vault Clinic, Intercollegiate Athletics, San Jose State University, San Jose, CA 95192.

Track & Field News

For over 25 years, we've served the track community: the leader in book and periodical publishing, track merchandise and accessories.

1 COUNTDOWN TO MON-TREAL. The Olympic year is underway, and the best way to keep informed, of course, is by reading TRACK & FIELD NEWS, still America's only publication to deliver all the major news and excitement of the sport, from high school track through the Olympics—from all corners of the USA and the world. While our focus is still on men's top-caliber competition, each monthly issue covers all aspects of track (women, masters, road racing, training tips, etc.). At \$11.00 yr., it's money well spent. Write for sample.

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



3 Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Jipcho, Dwight Stones, Steve Williams, Tony Waldrop, all in full color. Still available are color posters of Shorter, Prefontaine, Wottle, and Ryun/Keino. All color posters are \$2.50 each. Add 50¢ per order for postage and handling.

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



5 Coaches: keep up with the latest in technique and training. Read *Track Technique*, the Quarterly Review of Track and Field Athletics. Emphasis is given to easy-to-follow, immediately applicable material for your day-to-day coaching needs. \$5 a year, \$12 for three years.

Write for our complete catalog of books, films, the amazing new electronic stop-watches, jewelry, tours, and other track and field merchandise and equipment.

TRACK & FIELD NEWS, BOX 296, LOS ALTOS, CALIFORNIA 94022

MT. SAC RELAYS

by JOE BLACKSTOCK

The discus is one of those events in a track meet generally ignored by most of the viewing public.

After all, there's just not the drama of the pole vault or high jump or the excitement of a close 100 meter dash.



TONY SANDOVAL

wins Mt. SAC 10,000 Meter in record time

In the invitational events of the Mt. SAC Relays, however, the discus took over the spotlight as Mac Wilkins of the Pacific Coast Club set a world record in the event.

The bearded 6-foot-4 Wilkins, a University of Oregon Graduate, exceeded rival John Powell's old record of 226

Wilkins, who was a high school teacher last year but has been unemployed while training for the Olympics, had throws of 202-9, 225-7, a foul, 226-11, 221-6, and 221-4.

Silvester, whose meet record of 220-4 was broken four times by Wilkins, fouled three times and failed to make the finals.

Reynoldo Brown of the All American Track Club loves the Mt. SAC Relays. He won the high jump for the fifth straight time with a personal best of 7-3, breaking his own meet record. Tom Woods, No. 2 in the world in the event, dropped out early and got third with a jump of 7-0 $\frac{3}{4}$.

Wilkins was easily the field athlete of the meet and San Jose State's Dedy Cooper was the track athlete after a 13.6 victory in the 110-meter high hurdles. Cooper nipped USC's Fred Shaw (13.7) and James Owens of UCLA (13.8) for the victory.

Kathy Schmidt, the bronze medalist in the last Olympics in the javelin, had the second longest throw for an American woman in the event as she easily won with a toss of 211-6. She broke her own meet record, set two years ago, by nearly 20 feet.

Debbie Brill of Canada had the best high jump ever by a woman in the United States with a 6-2 $\frac{3}{4}$ best. She missed three

times at 6-4 which would have been three quarters of an inch shy of the world mark. Joni Huntley of Oregon, holder of the American record of 6-2 $\frac{3}{4}$ (set in New Zealand last year), settled for second with 6-0 $\frac{3}{4}$.

Ron Livers of the Philadelphia Pioneer Athletic Club shattered the meet record with a personal best of 54-11 in the triple jump. Livers, who also has high jumped 7-4, broke Art Walker's meet record set in 1968 of 53-10 $\frac{1}{2}$. Runnerup Caleb Addulrahman at 54-1 $\frac{1}{4}$ and James Butts at 54-1 $\frac{1}{4}$ also topped the old mark. UCLA's Willie Banks failed to appear.

The long jump didn't finish until long after most of the spectators had left the stands. The spectators missed Arnie Robinson's meet-record effort of 26-5 $\frac{3}{4}$, a quarter of an inch above Stan Whitley's old record set three years ago. Whitley was second with 25-11 while Bouncey Moore took third in 25-9.

Benny Miles won the 400 in 46.1, four tenths of a second ahead of Long Beach State's Albert Shorts in 46.5.

In the final event of the day, Jeane Haist of Canada led a 1-2-3 Canadian sweep in the women's discus, winning with 186-6 $\frac{1}{2}$. Fellow countrywomen Carmen Ionesco (185-10 $\frac{1}{2}$) and Carol Martin (179-8) also topped the Mt. SAC Relays record in the event.

mentioned coach Wall. "He threw 55-7, which qualifies him for the National Junior Trials this summer. The top two finishers at the trials make the us team for the annual meet with the Russians. A 55-7 easily qualified for the team last year."

And Wall thinks he could develop into an Olympic contender by 1980. "If he goes to the right school and gets the right coaching, 1980 is a definite possibility," He said. His success comes from patience, determination and brute strength. He runs and lifts weights every

PROFILE

Jane Frederick

JANE FREDERICK: Los Angeles Track Club. 24 years old; 5 feet, 11 $\frac{1}{2}$ inches, 155 pounds. Born in Oakland, California on April 7, 1952.

Best Marks: Pentathlon- 4732; 100 Meter Hurdles- 13.1; Shot Put- 15.03; High Jump- 1.77; Long Jump- 6.38; 200 Meters- 24.1. Also competed for the University of Colorado, Boulder. Currently coached by Sam Adams.

4732 and a new American pentathlon record for Jane Frederick. Since she held the old standard of 4676 no one was surprised when she tacked on an additional 56 points over March 31-April 1, except for Jane. "Yes, I was surprised," she commented following her performance, "I wasn't really shooting for any kind of score."

In putting together the record performance Jane established three life time bests: 13.1 hurdles, 5-9 $\frac{3}{4}$ high jump, and a 24.1 for 200 meters. Her other marks adding to the 4732 were a 49-1 $\frac{1}{4}$ shot put and a 19-11 long jump. Her favorite event in the pentathlon is the high jump. She was National indoor high jump champion in 1972. Other National championships include the 1972, 73 and 75 outdoor pentathlon, the 1975 100 meter hurdles and the 1975 and '76 indoor pentathlon.

She likes to compete about every six weeks and peaks for the big ones. About competition strategy, "I just try to be consistent and aggressive - taking each event separately." Training rules consist of, "Whatever I feel like as long as it doesn't interfere with track."

What does Jane Frederick see in her immediate future? "Montreal! I'm going to do just as well as I can, hoping

profile on: Steve Montgomery

STEVE MONTGOMERY: Lassen High School senior. Age 18; 6 feet, 2 inches;



photo by

TONY SANDOVAL

wins Mt. SAC 10,000 Meter in record time

In the invitational events of the Mt. SAC Relays, however, the discus took over the spotlight as Mac Wilkins of the Pacific Coast Club set a world record in the event.

The bearded 6-foot-4 Wilkins, a University of Oregon Graduate, exceeded rival John Powell's old record of 226 feet, eight inches with a 226-11 effort. What surprised Wilkins the most about his record performance was that he was even there at all.

"When I got up this morning my back was hurting so that I could hardly put my shoes on at all," he explained after his series of throws in which four were over 221 feet.

"I hurt it a week ago today in San Jose weightlifting and it's been bothering me all week. Today I was able to get off some good throws but as the day goes on it's getting tighter and tighter."

Wilkins best previous effort in the discus was 219-1. He is an all-around weight man in track with talents in the javelin and shot put as well. Wilkins' 68-4½ shot put earlier this year placed him No. 2 in the world indoors.

"I really didn't expect to go over the world record today. I would have been disappointed if I didn't get 215 or better but I never thought about 226."

Ageless Jay Silvester, who has won the Relays title in the discus five times, was in the field at Mt. SAC and his presense helped the 25-year-old Wilkins.

"Jay was a big help to me by just being there," said Wilkins. "I get inspired by him. I watched him in his first warmup and when he blasted out that first throw, I just got scared and turned on.

"I pattern my style after Jay's. He is so balanced after every throw. I knew it was just a matter of time for my technique in this event to catch up with my athletic ability."

profile on: Steve Montgomery

STEVE MONTGOMERY: Lassen High School, senior. Age 18; 6 feet, 2 inches; 235 pounds. Born October 3, 1957, in Chico, California.

Best Marks: Shot put- 66-6¾; discus- 184-5. Coached by Bob Wall.

Steve Montgomery caused quite a stir at the recent Fallon Invitational track meet. Wide-eyed, open-mouthed fans stared incredulously as his shot put and discus tosses soared beyond the farthest chalk lines. Those who remained in touch with reality scampered toward the parking lot. "We had the discus ring set up 165 feet from the lot," explained Fallon coach Bert Serrano, "as soon as he cut loose with the discus a couple of times everybody ran to move their cars. We would have had some broken windshields."

Montgomery established himself last year in the state finals at San Diego. The only junior among the nine finalists, Montgomery ranked seventh after a 60-11¼ effort. He also was eleventh in the discus, although he missed the finals with a 153-153-11 throw.

Steve started throwing the shot and spinning the discus as a freshman. "What else could a big freshman do?" recalls Lassen High coach, Bob Wall. "He was 5-11 and 190 pounds." As a freshman, Montgomery pushed the 8-pound ball 57-11 and upped his career best to 60-11 with a 10 pound shot as a soph. Last year with the 12 pounder, he recorded a 61-9 best to set the stage for this year's standard. His discus efforts have progressed from 137 to his state leading 184-5 (mid April).

"A month ago Steve also threw the 16 pound shot in an exhibition,"

mentioned coach Wall. "He threw 55-7, which qualifies him for the National Junior Trials this summer. The top two finishers at the trials make the us team for the annual meet with the Russians. A 55-7 easily qualified for the team last year."

And Wall thinks he could develop into an Olympic contender by 1980. "If he goes to the right school and gets the right coaching, 1980 is a definite possibility," He said. His success comes from patience, determination and brute strength. He runs and lifts weights every day, in addition to spending at least 45 minutes throwing the discus and 45 minutes tossing the shot. The training is grueling, but never monotonous. "I enjoy it," Steve says. "Mr. Wall sets up the running program, and I set up the weight lifting."

Coach Wall and Steve are looking toward a maximum effort-peak performance at the state meet. In competition Steve says, "I really concentrate and isolate into my own consciousness. I avoid other people - spectators and competitors. It's important to make the first throw a big one and not to be affected the other throwers."

Montgomery's talents aren't limited to track and field. He played varsity football for three years at Lassen and is seriously considering pursuing his football career in college. He also played basketball during his freshman, sophomore, and junior years, but sat out his senior season to lift weights and compete in some invitational track meets over the winter.

After the state meet Steve is reluctant to set any specific goals. "I have to switch to the 16 pound ball, and it's heavy, man. That thing is big. It's like a basketball."

Steve throws and lifts every day. The main three lifts he does each day are bench, cleans, and squats. He works with 80% maximum, then ups it to 90% for one set. He also daily does a series of lighter lifts which work the arms, higher back, etc. During the season Wednesdays are dual meets so he doesn't workout and Saturdays are invitationals so he lifts lighter on Friday.

Relays in the event.

high jump. She was National indoor high jump champion in 1972. Other National championships include the 1972, 73 and 75 outdoor pentathlon, the 1975 100 meter hurdles and the 1975 and '76 indoor pentathlon.

She likes to compete about every six weeks and peaks for the big ones. About competition strategy, "I just try to be consistant and aggressive - taking each event seperately." Training rules consist of, "Whatever I feel like as long as it doesn't interfere with track."

What does Jane Frederick see in her immediate future? "Montreal! I'm going to do just as well as I can, hoping for a medal," she admits. "I'll compete, perhaps through 1980-82. Track satisfies certain ideas I have about developing my potential and discipline; it constantly teaches me new things. My involvement in track has given me so many different experiences - travel opportunities, encounters with new people - that it has almost become a way of life."

"I have learned so much about myself through track," she goes on, "that any achievements are dependent upon this knowledge of myself. The more I understand, the more I progress. This continuation keeps me involved, and enjoying it."

Next year Jane will be at UCLA grad school in comparative literature. "I hope to teach at the university level for awhile but really would like to try to get into the foreign service."

Workouts:

M-W-F: Emphasis on strength; drills (long jump drills and hurdle drills). Run a ladder- 110 - 130 - 150 - 170 - 190 - 220 - 190 - 179 - 150 - 130 - 110. Lifting- clean and jerk, bench, pull-overs, leg lifts.

T-Th-S: Emphasis more on complete movement, often on quality. High jump, shot put, maybe hurdle over 4-5 at 12 yards apart. Running: 220, 180, 150 for timed quality (26 pace) or 10X60 meters. It varies. Often on Saturday I do a quality session, jumping for distance or height, then run an all-out 330 for time.

Sunday: Rest.

All workouts are begun with a mile jog, 20 minutes of stretching, then 5 or 6 100 meter strides to get loose.

JUNIOR COLLEGE 1976

TOP MARKS

Compiled by: FRED BAER, KEN DOSE, DON MULLIGAN
 Includes marks received by May 1, 1976. Please send additions
 and corrections to California Track News.

100 YARD DASH

9.4w	Doug Parrell (Santa Ana)
9.4w	Don Tavie (Compton)
9.4w	Lawrence Hernden (Compton)
9.5w	Phil Bransom (Pvtle) 9.8
9.5w	Harold Carter (Citrus)
9.5w	Millard Hampton (San Jose)
9.6	Eric Brown (Contra Costa)
9.6	Jerry Jordan (Alameda)
9.6	Ron June (Riverside)
9.6	Calvin Corker (Chabot)
9.6w	Tom Campbell (Caryons)
9.6w	Gary Jenkins (Long Beach)
9.6w	Phil Williams (Delta)
9.7	Pat Cranor (Citrus)
9.7	Mike Tanner (Glendale)
9.7	Alvin Diles (Skyline)
9.7w	Steve Lebovitz (MSac)
9.7w	Ron Malone (Fresno)
9.7w	Lew Buckner (Santa Rosa)
9.7w	Hime Bunting (Porterville)
9.7w	Mark Carley (Sacramento)
9.7w	Doug Hill (Foothill)
9.7w	Paul Jackson (Alameda) 9.8
9.8	Sam Jackson (Harbor)
9.8	Maurice Glass (Alameda)
9.8	Marty Krulee (WV)
9.8	Ed Taylor (Modesto)
9.8	Jim Tucker (Hartnell)
9.8	W. White (Alameda)
9.8	Kevin Cole (Harbor)

21.0'	Lew McGlothlin (ELA)
21.2	Phil Williams (Delta)
21.2w'	Paul Jackson (Alameda)
21.2w'	Doug Farrell (Santa Ana)
21.3w'	Don Tavie (Compton)
21.4w	Phil Bransom (Porterville)
21.4w'	Lynn Robinson (LBCC)
21.4w'	Mark Carley (Sacramento)
21.5'	Don Cassey (Bak)
21.5'	Pat Cranor (Citrus)
21.5'	Gary Jenkins (LBCC)
21.5'	Jim Perry (ELA)
21.5'	Rich Stillwell (Glendale)
21.5'	Larry Fleweller (LBCC)
21.5w'	Jose Martinez (Santa Rosa) 21.7'
21.5w'	Doug Hill (Foothill) 21.8
21.5w'	Jeff Sexton (Harbor) 21.6
21.6'	Edgar Orange (MSac)
21.6w	Alvin Diles (Skyline)
21.7'	Mike Tanner (Glendale)
21.7	James Douglas (SJCC)
21.7	Turner (El Camino)
21.7w'	Flax (Antelope Valley)
21.8	Taylor (Moorpark)
21.8	Tom Eastman (Contra Costa)
21.8'	Marty Krulee (WV)
21.8'	Ed Taylor (Modesto)
21.8	James (ELA)

400 METER DASH

* = 440 yds. less 0.3 seconds

46.5	Millard Hampton (SJCC)
47.6	Ron Brown (Diablo Valley)
48.1'	Jose Martinea (Santa Rosa)
48.2'	Bob Foulke (San Mateo)

49.7'	James Starner (Butte)
49.7'	Ed Rupenstein (CCSF)
49.7'	Reynolds (Moorpark)

800 METER RUN

* = 880 Yds. less 0.7 seconds

1:52.2'	Randy Jones (Bak)
1:53.5'	Gil Acedo (Cerritos)
1:53.6'	Phil Wingard (Fullerton)
1:53.7'	Chuck Hattersley (Grossmt)
1:53.7'	Lynn Ryan (SJCC)
1:53.7'	Dave Wells (Redwoods)
1:53.8'	Howard Keeley (Orange Coast)
1:54.0'	Johr. Albrecht (Fullerton)
1:54.3'	Julian Evola (SD Mesa)
1:54.5'	Brian Hurdal (San Mateo)
1:54.6'	Robert Eric (SE Mesa)
1:54.6'	Steve Tyler (MSac)
1:54.8'	Pruess (Butte)
1:55.2'	Don Carroll (Foothill)
1:55.2'	Don Marcheschi (Chabot)
1:55.5'	Frank Diaz (MSac)
1:55.5'	Don Woods (Harbor)
1:55.5'	Rod Lewis (Laney)
1:55.7'	Tom Jones (SJCC)
1:55.9'	Bob Deis (Amer River)
1:56.0'	Dave Harris (Sierra)
1:56.0'	Lupe Vargas (Merced)
1:56.0'	Don Woodo (Harbor)

4:10.4	Brian Donohue (Pierce)
4:10.7	Henry Perez (Delta)
4:11.0	Jose Saavedra (Fullerton)
4:11.1	Bob Deiss (Amer River)
4:11.3	Chuck Hattersley (Grossm)
4:12.9	Mike Munoz (Imperial Vly)
4:13.8	Rich Langford (Amer Riv)
4:14.1	Craig Kennedy (DeAnza)
4:14.3	Richard Nance (LA Valley)
4:14.4	Juan Garcia (COS)
4:14.9	Tom Tatum (WValley)
4:15.6	Gerardo Canchola (LAVly)
4:16.0	John Bettencourt (SJCC)
4:16.1	John Albrecht (Fullerton)
4:16.2	Scott Fessenden (Fullerton)
4:16.4	Gil Acedo (Cerritos)
4:16.4	Ron Fritze (WValley)
4:16.5	Ron Genschmer (Hancock)
4:17.6	Vicken Simonian (LACC)
4:17.7	Todd Baker (WValley)
4:17.7	Lynn Ryan (SJCC)
4:18.9	Jim White (Santa Rosa)

2 MILE RUN

8:54.4	Rich Langford (Amer River)
8:54.6	Henry Perez (Delta)
8:55.7	Vicken Simonian (LACC)
8:59.0	Bob Deis (Amer River)
9:03.5	Ron Fritze (West Valley)
9:06.4	Gerrardo Canchola (LAVly)
9:07.0	Rich Nance (LA Valley)
9:08.0	Craig Kennedy (DeAnza)
9:10.6	Dave Haake (Santa Barbara)
9:12.0	Mike Emry (Diablo Valley)
9:14.0	Shawn James (SJCC)
9:15.6	Steve Palladino (San Mateo)
9:16.6	Mitch Kingery (San Mateo)
9:17.0	Juan Garcia (COS)
9:19.4	Ron Genschmer (Hancock)
9:20.4	Armando Cendejas (Fullerton)
9:21.6	Art Baudendistal (Amer Riv)
9:21.6	Bill Weed (Amer River)
9:21.8	Keith Jacobson (Delta)
9:22.6	Glenn Best (Grossmont)
9:23.3	Joe Dabill (Hancock)
9:24.8	Greg Egen (DeAnza)
9:25.0	Bob Loux (Modesto)
9:25.0	Jim White (Santa Rosa)

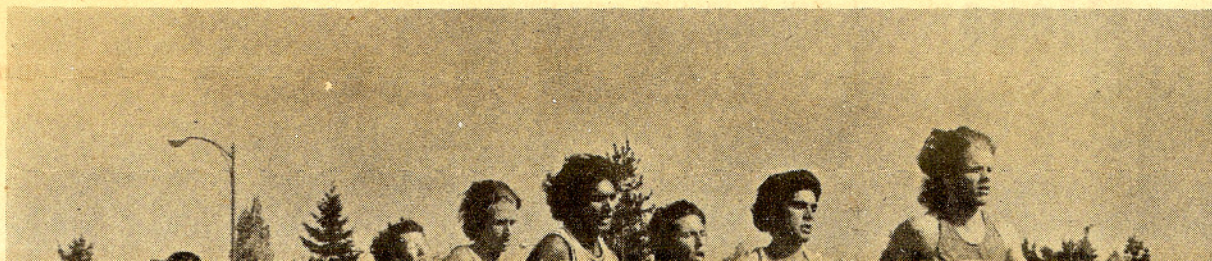


photo by: Dave Sto

9.8	Marty Krulee (WV)	46.5	Millard Hampton (SJCC)	1:56.0	Lupe Vargias (Merced)
9.8	Ed Taylor (Modesto)	47.6	Ron Brown (Diablo Valley)	1:56.0	Don Woode (Harbor)
9.8	Jim Tucker (Hartnell)	48.1	Jose Martinea (Santa Rosa)		
9.8	W. White (Alameda)	48.2	Bob Poulke (San Mateo)		
9.8	Kevin Cole (Harbor)				



photo by: Dave Stock

J.C. Two Mile Run at the San Jose Relays. Left to right: Mitch Kingery(San Mateo), Craig Kennedy(DeAnza), Shawn Jones(San Jose), Henry Perez(Delta), Ron Fritzke(West Valley), Vicken Simonian(L.A. City), and Bob Deis(American River).

3 MILE RUN

13:51.0	Vicken Simonian (LACC)
13:51.8	Kirk Pfeffer (Grossmont)
13:53.2	Armando Cendejas (Full.)
13:57.6	Juan Garcia (COS)
14:02.2	Tom Colley (San Bernardino)
14:04.6	Rich Langford (Amer Riv)
14:08.0	Dave Haake (Santa Barbara)
14:10.0	Shawn James (SJCC)
14:10.8	Bob Deis (Amer River)
14:10.8	Gary Hernandez (SDMesa)
14:12.6	Mike Munoz (Imperial Vly)
14:14.2	Gerardo Canchola (LAVly)
14:17.4	Mike Emry (Diablo Valley)
14:17.8	Mitch Kingery (San Mateo)
14:20.4	Jose Saavedra (Fullerton)
14:21.6	Ron Fritzke (West Vly)
14:33.4	Roger Schoonover (Glendale)
14:35.0	Casillas (Canyons)
14:36.6	Eric Huff (Cuesta)
14:38.4	Jim White (Santa Rosa)
14:38.8	Benny Jordan (Delta)

100 METER DASH

10.2w	Millard Hampton (SanJose)10.3
10.2w	Jerry Jordan (Alameda)
10.3	Faul Jackson (Alameda)
10.4	Phil Williams (Delta)
10.4w	Phil Bransom (Porterville)
10.6	Eric Brown (Contra Costa)
10.6w	Doug Penick (LATT)
10.7	James Douglas (SJCC)
10.7	Doug Hill (Foothill)
10.7w	Alvin Diles (Skyline)
10.7w	Marty Krulee (WValley)
10.7w	Henry Williams (Hartnell)

48.4'	Joe DeDora (Santa Rosa)
48.4'	Yerney Mayweather (Alameda)
48.5'	Rich Monseth (Cosumnes)
48.7'	Calvin Dupleasis (Citrus)
48.7'	Gerald Peete (LBCC)
48.7'	Ed Ruffin (Eak)
48.8'	James Jackson (FCC)
48.8'	Steve Riggins (Grossmont)
48.9'	Steve Conaway (Oxnard)
49.0'	Mike Tyrrell (WV)
49.1'	Willie Davis (MSac)
49.1'	Don Reeves (MSac)
49.2'	Bobby Batton (Santa Rosa)
49.2'	Maurice Glass (Alameda)
49.2'	Gary Gomes (Santa Rosa)
49.2'	Glen Williams (LACC)
49.3'	Mike Flack (SJCC)
49.3'	Jeff Sexton (Harbor)
49.4'	Randy Walker (WCA)
49.5'	Jerry Moret (Santa Rosa)
49.5'	Glen Ladson (LACC)
49.6'	Joe Garcia (FCC)
49.7'	Willie Hardeman (Chabot)
49.7'	Don Milligan (SJCC)
49.7'	Pruess (Butte)

1500 METER RUN

3:54.4	Tom Tatum (West Valley)
3:55.9	Phil Wingard (Fullerton)
3:56.6	Richard Nance (LAValley)
3:57.9	Craig Kennedy (DeAnza)
3:58.5	John Lettercourt (SanMateo)
3:58.8	Ron Genschmer (Hancock)
4:00.0	Gerardo Canchola (LAVly)
4:01.9	Steve Lacey (Marin)
4:02.9	Todd Barker (West Vly)
4:03.0	Ron Novotny (LAVly)
4:03.5	Kevin O'Hara (Chabot)
4:03.6	Mitch Kingery (SanMateo)
4:04.5	Dave Hull (San Mateo)
4:04.7	Hampton (Antelope Valley)
4:04.8	Steve Palladino (SnMateo)

5000 METER RUN

14:41.6	Gary Hernandez (SDMesa)
14:50.0	Armando Cendejas (Full.)
14:52.2	Ron Fritzke (West Vly)
15:04.6	Shawn Jones (SJCC)
15:07.6	Mark Isaacson (West Vly)
15:08.6	Tom Zinger (Moorpark)
15:08.6	Eric Huff (Cuesta)
15:11.8	Ron Genschmer (Hancock)

200 METER DASH

* = 220 yds. less 0.1

20.3w'	Millard Hampton (SanJose)20.6
20.8w'	Jerry Jordan (Alameda)

1 MILE RUN

4:06.6	Armando Cendejas (Full.)
4:07.1	Kirk Pfeffer (Grossmont)

6 MILE RUN

28:05.6	Kirk Pfeffer (Grossmont)
29:24.0	Dave Haake (Santa Barbara)
30:07.6	Randy Prine (SDMesa)

CALIFORNIA Community College CHAMPIONSHIPS

"One of the great track meets in California"



AT
MEMORIAL
STADIUM
BAKERSFIELD

Saturday, May 29, 1976



Starting Time: 6:00 pm

Adults: \$2.00
Students: \$1.00

Photo: Last year's exciting 880 --
Jeff Haynes nips Gary McManus

- 6-8 3/4 Dave Cliver (LBCC)
- 6-8 3/4 Lloyd Williams (LACC)
- 6-8 1 Gary George (MSac)
- 6-8 1 Andy Pecota (DeAnza)
- 6-8 1 Scott Bane (LAVly)
- 6-8 Vic Churchill (Canyons)
- 6-8 K. C. Connell (Orange Cst)
- 6-8 Joe Denger (Orange Coast)
- 6-8 Vic Fowler (Chaffey)
- 6-8 Rod Horn (Fresno)
- 6-8 Bill Hunt (El Camino)
- 6-8 Gil Jenkins (Fresno)
- 6-8 Duane Joseph (Harbor)
- 6-8 Mark Maxham (Fullerton)
- 6-8 Bob Montgomery (Santa Rosa)
- 6-8 Herb Ward (CCSF)
- 6-8 Tony Nubin (Alameda)
- 6-8 King Wiley (CCSF)
- 6-8 S. Coleman (WLA)
- 6-8 Eric Schommer (Cypress)
- 6-8 Larry Wright (San Mateo)
- 6-8 Mahl (Canyons)

LONG JUMP

- 25-7w Bruce Smith (Ventura)
- 25-1 1/2w Ned Armour (SMesa) 24-4 1/2
- 25-0 3/4w Bob Jones (ELA) 24-7 1/2
- 24-10w Harold Carter (Citrus) 24-7
- 24-7w Bill Tolbert (Grossmont)
- 24-6w Keith Taylor (Harbor) 23-9
- 24-4 1/2w Mike McRae (Chabot) 23-9 1/2
- 24-3 1/2w Alvin Spencer (Compton) 23-7 1/2
- 23-11 1/2 Rick Richardson (Amer Riv)
- 23-11w Ed Taylor (Modesto)
- 23-9 1/2 John Dunn (Solano)
- 23-9w Larry Johnson (Fresno)
- 23-9w Mike Marlow (Cosumnes Riv)
- 23-8 1/2 D. Pulliam (Alameda)
- 23-8 Rob Tribble (Jessert)
- 23-7 Chris DeFrance (Bak)
- 23-6 1/2w Kevin Cole (Harbor)
- 23-6 1/2w John Haynes (Contra Costa) 23-0
- 23-4 1/2 R. Reeb (MSac)
- 23-3 1/2 Mike Bertoli (DeAnza)
- 23-3w Walker (Antelope Vly)
- 23-2 3/4w C. Polite (Sacramento)
- 23-2 Mosley (Mira Costa)
- 23-1 Steve Sak (MSac)
- 23-3/4 Ken Tate (SJCC)
- 23-1 Cente Britt (Conard)
- 23-1w Ingram (Amer Riv)
- 23-1w Emile Shaffer (Alameda)

POLE VAULT

- 16-8 Charles Brown (El Camino)
- 16-7 3/4 Craig Wilson (LBCC)
- 16-3 Kimmo Jokivarto (Pasadena)
- 16-1 1/2 Greg Woepse (Orange Coast)
- 16-1 1/2 Raimo Eskola (Pasadena)
- 15-6 1/2 Steve Oravetz (WV)
- 15-6 Doug Bockmiller (Cypress)
- 15-6 Steve Lawry (Santa Rosa)
- 15-6 Mark Lizotte (Foothill)

- 15-6 Ken Parker (Cypress)
- 15-6 Stan Reyes (Fresno)
- 15-6 Tori Lewis (Harcock)
- 15-1 1/2 Bruce Kennedy (SJCC)
- 15-0 Bob Dillard (San Mateo)
- 15-0 Kevin May (El Camino)
- 15-0 Gary Moore (Amer River)
- 15-0 Steve Mitchell (Laney)
- 15-0 Tom Turner (Fullerton)
- 15-0 Tom Dixon (Foothill)
- 15-0 Vance Gallagher (Chabot)
- 15-0 D. Krause (Glendale)

TRIPLE JUMP

- 51-11 3/4 Mike Marlow (Cosumnes Riv)
- 51- 1/2 Keith Taylor (Harbor)
- 50-3w John Haynes (Contra Costa)
- 50-2 1/2 Mike McRae (Chabot)
- 50-2 1/2w Emile Schaffer (Alameda)
- 50-1w Gerald Halcomb (LBCC) 49-5 3/4
- 49-7 Chris DeFrance (Bak)
- 49-4 3/4 Mike Wasson (Delta)
- 49-3 Steve Smith (Harbor)
- 49-2 Larry Jackson (Chabot)
- 49-0 Jeff Clingan (Cerritos)
- 48-11 1/2 Stan Fincher (SJCC)
- 48-8 3/4 Glen Daugherty (COS)
- 48-8 1/2 Matt Rice (Alameda)
- 48-8 1/2w Bill Tolbert (Grossmont)
- 48-8 Hura Hill (Citrus)
- 48-6 1/2 Jr. Rojas (SJCC)
- 48-6 Anthony Berry (El Camino)
- 48-4 3/4 Ned Armour (SMesa)
- 48-4 Ed Berry (El Camino)
- 48-3 1/2 Tom Hassey (Solano)
- 48-2 3/4w Steve Scott (Foothill)
- 48-1 1/2 Steve Smith (Harbor)
- 48-0 1/2 Lonnie Watson (Modesto)
- 48-0 Duane Joseph (Harbor)
- 48-0w Mike Haynes (CCSF)

SHOT PUT

- 56-6 1/2 Paul Santiago (Amer Riv)
- 56-4 Curt Hampton (Grossmont)
- 55-6 1/2 Dave Laut (Moorpark)
- 54-11 Steve Brown (Fullerton)
- 54-10 Bob Barrows (Grossmont)
- 54-10 Marcus Gordien (MSac)
- 54-5 1/2 Lou Iacopetti (Glendale)
- 53-4 1/2 Scott Greco (SJCC)
- 53-3 3/4 Sam Alexander (COS)
- 53-1 Jeff Klein (Fullerton)
- 52-10 1/2 Dave Fuller (LBCC)
- 52-9 1/2 Mark Baughman (Fullerton)
- 52-7 3/4 Rick Paxton (SDMesa)
- 52-5 1/2 Tony Williams (Fresno)
- 52-5 Ron Engle (Canyons)
- 52-3 1/2 Coleman Kells (Fullerton)
- 51-8 Steve Smith (Harbor)
- 51-7 Lee Foster (DeAnza)
- 51-7 Larry Leach (Riverside)
- 51-4 1/2 Smith (Antelope Valley)
- 51-3 Hengeler (El Camino)

10,000 METER RUN

- 29:03.0 Kirk Pfeffer (Grossmont)
- 29:22.0
- 24.5 Davis (Compton)
- 24.6 Steve Irving (COS)
- 24.6 Denise Wilson (Grossmont)
- 24.7

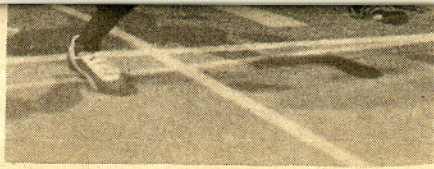


Photo: Last year's exciting 880 --
Jeff Haynes nips Gary McManus

Students: \$1.00

10,000 METER RUN

29:03.0	Kirk Pfeffer (Grossmont)
30:27.2	Dave Haake (Santa Barbara)
31:05.0	Randy Prine (SDMesa)
31:08.8	Vicken Simonian (LACC)

110 METER HIGH HURDLES

13.5w	Phil Bransom (Porterville)14.0
13.9	Andre Hill (MSac)
13.9w	Mike Crittenden (ContraCosta)
14.0	Tom Turner (Fullerton)
14.2	John Rudd (Pasadena)
14.2w	Scott Monroy (SJCC)14.3
14.4	Jeff Kennedy (Palomar)
14.4	Mike Mince (Bak)
14.5	Mike Grein (Palomar)
14.6	Anthony Green (MSac)
14.6w	Ned Armour (SDMesa)
14.6w	Mark Carley (Sacramento)
14.6w	Steve Irving (COS)
14.6w	Tom McDonald (Moorpark)
14.6w	Shelly White (MSac)14.8
14.6w	Terry Flowers (San Bernar)
14.6w	Brad Loveless (Harbor)
14.7	Greg Veatch (Chabot)
14.7w	Wayne Platner (Amer Riv)
14.7w	Vic White (PCC)
14.8	Steve Nelson (SJCC)

400 METER INTERMEDIATES

' = 440 yds. less 0.3 seconds

50.4'	John Rudd (Pasadena)
52.3'	Rhan Sheffield (East LA)
52.6'	Mike Mince (Bak)
52.7'	Tony Esteban (Glendale)
53.0'	Steve Nelson (SJCC)
53.1'	Bill Turner (Harbor)
53.2'	John Bingham (Fullerton)
53.3'	Walt Pratt (Bak)
53.4'	Craig Summers (MSac)
53.7'	Mike Miller (Ventura)
53.8'	Bruce Ashman (MSac)
53.8'	Steve Wright (Porterville)
53.8	Jeff Kennedy (Palomar)
54.0'	Craig Evans (Grossmont)
54.2'	Paul Brown (Alameda)
54.3	Dani Eitelberg (Hancock)
54.5'	Tom Shellworth (Foothill)

54.5	Davis (Compton)
54.6'	Steve Irving (COS)
54.6'	Denise Wilson (Grossmont)
54.7	Rick Easter (Harbor)
54.7'	Mike Grein (Palomar)
54.7	Norwood (Long Beach)
54.7'	Kent Wigton (DeAnza)
55.1	Cliff Morris (Cuesta)
55.2'	Don Mulligan (SJCC)
55.3'	John Marci (Modesto)
55.3'	Platner (Amer River)

3000 METER STEEPLECHASE

8:51.6	Henry Perez (Delta)
9:08.6	Rich Langford (Amer River)
9:25.2	Bill Weed (Amer River)
9:28.8	Andy Casillas (Canyons)
9:33.2	Jon Higley (Cosumnes)
9:33.4	Kevin Gerace (Glendale)
9:34.6	Joe Cordova (Delta)
9:36.8	Mitch Kingery (San Mateo)
9:39.8	Steve Neidrauer (West Vly)
9:41.8	Al Saver (Diablo Valley)
9:42.4	Enoch Martinez (Canyons)
9:44.4	John Brennerman (Canyons)
9:51.4	Dave Hull (San Mateo)
9:54.8	Harlan Sharklin (Bak)
9:55.6	Bob Schwartzberg (SMonica)
9:59.0	Joe Mangan (DeAnza)
10:01.0	Bill Dyer (Lassen)
10:01.4	Fred Arroyo (Modesto)
10:04.8	Alan Harkness (West Vly)

HIGH JUMP

7-0 3/4	Mike Nowacki (Santa Barb)
7-0	Steve LaRusch (Glendale)
7-0	Steve Miller (MSac)
6-11 1/2	Leo Williams (Alameda)
6-11	Sean Coleman (Pierce)
6-10 1/2	Charles Boyd (West IA)
6-10 1/4	Duane Broom (Bak)
6-10	Bill Bunting (Grossmont)
6-10	Rich Allen (SJCC)
6-9 3/4	Sid Tevis (Sacramento)
6-9	Greg Ballard (Shasta)
6-9	Bob Boller (Glendale)
6-9	Greg Cliver (Alameda)
6-8 3/4	Henderson (Bak)

POLE VAULT

16-8	Charles Brown (El Camino)
16-7 3/4	Craig Wilson (LBCC)
16-3	Kimmo Jokivarto (Pasadena)
15-1 1/2	Greg Woepse (Orange Coast)
16-1 1/2	Raimo Eskola (Pasadena)
15-6 1/2	Steve Oravetz (WV)
15-6	Doug Bockmiller (Cypress)
15-6	Steve Lawry (Santa Rosa)
15-6	Mark Lizotte (Foothill)

56-4	Curt Hampton (Grossmont)
55-6 1/2	Dave Laut (Moorpark)
54-11	Steve Brown (Fullerton)
54-10	Bob Barrows (Grossmont)
54-10	Marcus Gordien (MSac)
54-5 1/2	Lou Iacopetti (Glendale)
53-4 1/2	Scott Grucco (SJCC)
53-3 3/4	Sam Alexander (COS)
53-1	Jeff Klein (Fullerton)
52-10 1/2	Dave Fuller (LBCC)
52-9 1/2	Mark Baughman (Fullerton)
52-7 3/4	Rick Paxton (SDMesa)
52-5 1/2	Tony Williams (Fresno)
52-5	Ron Engle (Canyons)
52-3 1/2	Coleman Kells (Fullerton)
51-8	Steve Smith (Harbor)
51-7	Lee Poster (DeAnza)
51-7	Larry Leach (Riverside)
51-4 1/2	Smith (Antelope Valley)
51-3	Hengeler (El Camino)



GARY HERNANDEZ has been pacing
San Diego Mesa's crew of frosh distance
runners. Gary was also the first freshman
to finish at the State Cross Country Meet.

- 51-1 3/4 Nick Popovich (Pasadena)
- 50-10 1/2 Judd Binley (Orange Coast)
- 50-10 1/2 Dave Herbert (Sacramento)
- 50-8 Gary Bergano (WV)
- 50-2 Logsdon (Fullerton)
- 50-1 Rick McDonald (Shasta)

DISCUS

- 194-10 Steve Brown (Fullerton)
- 194-8 Marcus Gordien (MSac)
- 183-9 Mark Baughman (Fullerton)
- 181-5 Sam Alexander (COS)
- 175-7 Ron Engle (Canyons)
- 172-10 Paul Santiago (Amer River)
- 172-0 Coleman Kells (Fullerton)
- 167-0 Judd Binley (Orange Coast)
- 165-7 Steve Smith (Harbor)
- 163-8 Steve Hall (Fresno)
- 163-0 Dave Fuller (LBCC)
- 160-6 Glen Moore (SJCC)
- 159-7 Mike Ritzman (Poothill)
- 158-3 Dan John (Skyline)
- 158-2 Greg Warwick (Shasta)
- 157-3 Gary Bersaro (WV)
- 156-11 Rickey Dozier (CCSF)
- 156-5 Bob Smith (El Camino)
- 155-11 Cliff Mason (Pasadena)
- 153-8 Don Milburn (Fresno)
- 154-4 S. Smith (Harbor)
- 154-2 Al Just (Sacramento)
- 153-10 Bob McGuire (Saddleback)
- 153-7 Jim Fyfe (Cosumnes River)



JOSE SAAVEDRA sparks Fullerton JC to distance relay records in 1976.



MILLARD HAMPTON (San Jose C.C.)

- 3:33.6 Sequoias
- 3:34.5 Hancock
- 3:34.7 Yuba
- 3:35.1 West LA

TWO MILE RELAY

- 7:40.6 Bakersfield
- 7:45.2 San Jose
- 7:45.4 Harbor
- 7:46.0 LA Pierce
- 7:48.5 Citrus
- 7:50.4 Chabot
- 7:51.0 Sequoias
- 7:51.4 American River
- 7:51.4 Moorpark
- 7:54.8 MSac
- 7:56.2 Skyline
- 7:56.6 West Valley
- 7:57.0 Delta
- 7:57.4 Southwestern
- 7:57.8 Fullerton
- 7:57.8 LACC
- 8:00.2 Palomar
- 8:00.4 El Camino
- 8:00.8 Fresno
- 8:01.0 LA Southwest
- 8:01.4 Desert
- 8:04.8 DeAnza
- 8:04.8 Foothill

DISTANCE MEDLEY RELAY

- 10:00.6 American River
- 10:05.6 LA Valley
- 10:06.0 Fullerton
- 10:08.4 West Valley
- 10:09.2 Long Beach
- 10:11.4 Cerritos
- 10:11.6 Grossmont
- 10:13.0 Pasadena
- 10:14.4 Moorpark
- 10:14.8 Citrus
- 10:16.0 San Jose
- 10:17.3 DeAnza
- 10:20.0 Santa Barbara
- 10:21.0 Delta
- 10:21.8 LACC
- 10:22.2 Hancock
- 10:25.6 Bakersfield
- 10:27.2 Saddleback
- 10:27.8 Fresno
- 10:28.2 Canyons
- 10:30.6 San Bernardino
- 10:31.0 Marin
- 10:31.4 Modesto

JAVELIN

- 240-11 Luc Laperriere (Palomar)
- 239-7 Tom Walker (Chabot)
- 224-2 Fred Vance (Moorpark)
- 218-0 Martin Sarkesian (Citrus)
- 216-11 Shawn Ward (LBCC)
- 215-10 Joe Paur (Porterville)
- 214-8 Roger Cain (ELA)
- 214-1 Roger Kibbee (Desert)
- 211-1 Randy Hodges (Glendale)
- 208-5 Marcel Keeling (El Camino)
- 208-5 Jay Gall (DeAnza)
- 208-3 Justin Thornberg (Hartnell)
- 205-6 Duane Conrad (Saddleback)
- 202-10 Dennis Toussaint (Desert)
- 201-4 Steve Funderturk (Riverside)
- 200-7 Mark Booth (MSac)
- 200-0 Steve McMullen (LosMedanos)
- 200-0 Tori Lewis (Hancock)
- 197-3 Chris Cook (Fullerton)
- 196-7 Kevin McCarthy (Orange Coast)
- 196-2 Richard Nunez (MSac)
- 194-3 Wes Hickenbotham (Delta)
- 194-1 Gary Raymond (COS)
- 193-0 Steve Nolan (SJCC)

- 1:28.4 Long Beach
- 1:28.6 Santa Rosa
- 1:28.7 Glendale
- 1:28.8 Pasadena
- 1:28.8 Chabot
- 1:28.8 Skyline
- 1:28.9 El Camino
- 1:29.0 LA Southwest
- 1:29.1 Contra Costa
- 1:29.1 Diablo Valley
- 1:29.2 Porterville
- 1:29.4 Santa Ana

- 1:29.4 CCSF
- 1:29.5 Orange Coast
- 1:29.6 Compton
- 1:29.8 SD Mesa
- 1:29.8 Delta
- 1:29.8 Hartnell
- 1:29.8 Fullerton
- 1:29.8 Grossmont
- 1:30.0 Riverside
- 1:30.1 Modesto
- 1:30.4 American River

ONE MILE RELAY

- 3:14.5 San Jose
- 3:15.2 Santa Rosa
- 3:15.3 Long Beach
- 3:15.8 Bakersfield
- 3:16.9 LA Harbor

FOUR MILE RELAY



214-1	Roger Cain (ELA)	1:28.9	El Camino
214-1	Roger Kibbee (Desert)	1:29.0	LA Southwest
211-1	Randy Hodges (Glendale)	1:29.1	Contra Costa
208-5	Marcel Keeling (El Camino)	1:29.1	Diablo Valley
208-5	Jay Gall (DeAnza)	1:29.2	Porterville
208-3	Justin Thornberg (Martnell)	1:29.4	Santa Ana
205-6	Duane Conrad (Saddleback)		
202-10	Dennis Toussaint (Desert)		
201-4	Steve Funderburk (Riverside)		
200-7	Mark Booth (MSac)		
200-0	Steve McMullen (LosMedanos)		
200-0	Tori Lewis (Hancock)		
197-3	Chris Cook (Fullerton)		
196-7	Kevin McCarthy (Orange Coast)		
196-2	Richard Nunez (MSac)		
194-3	Wes Hickenbotham (Delta)		
194-1	Gary Raymond (COS)		
193-0	Steve Nolan (SJCC)		

440 YARD RELAY

* = 400m + .02

41.0	San Jose
41.4	Alameda
41.5	Bakersfield
41.7	Contra Costa
41.7	Porterville
41.8	Citrus
41.8	Long Beach
41.8	Compton
41.8	Mt. San Antonio
41.9	East L.A.
41.9	L. A. Harbor
42.0	Chabot
42.1	Fresno
42.1	Orange Coast
42.3	C.C. of San Francisco
42.3	El Camino
42.4	Santa Rosa
42.4	L.A. Pierce
42.5	Diablo Valley
42.5	Fullerton
42.5	Glendale
42.5	Pasadena
42.5	Santa Ana
42.5	American River
42.5*	L.A.C.C.
42.5*	S D Mesa
42.6	West Valley
42.8	Skyline

880 YARD RELAY

1:25.9	San Jose
1:26.7	Alameda
1:26.9	East LA
1:27.3	Bakersfield
1:27.6	MSac
1:28.1	LA Harbor
1:28.3	Citrus

1:29.8	Fullerton
1:29.8	Grossmont
1:30.0	Riverside
1:30.1	Modesto
1:30.4	American River

ONE MILE RELAY

3:14.5	San Jose
3:15.2	Santa Rosa
3:15.3	Long Beach
3:15.8	Bakersfield
3:16.9	LA Harbor
3:17.8	Skyline
3:18.0	East LA
3:18.0	Chabot
3:18.2	Mt. SAC
3:18.9	SDMesa
3:19.0	Pasadena
3:19.0	Merritt
3:19.1	Santa Ana
3:19.5	Pierce
3:19.6	Citrus
3:19.9	Grossmont
3:20.4	El Camino
3:20.4	LA Southwest
3:20.9	San Mateo
3:21.0	Diablo Valley
3:21.5	Orange Coast
3:22.0	Alameda
3:22.0	Delta

SPRINT MEDLEY RELAY

3:27.0	Bakersfield
3:27.9	Diablo Valley
3:28.6	Fullerton
3:28.8	S.D.Mesa
3:29.1	Laney
3:29.2	Harbor
3:29.3	Foothill
3:29.3	Citrus
3:29.6	Pierce
3:29.7	Grossmont
3:29.7	West Valley
3:29.7	Cerritos
3:29.7	Orange Coast
3:30.3	Contra Costa
3:30.4	Saddleback
3:31.2	Redwoods
3:31.5	Cosumnes River
3:31.8	Pasadena
3:31.9	San Mateo
3:32.0	Fresno
3:32.2	El Camino
3:32.5	American River
3:32.7	LACC
3:33.0	San Jose
3:33.3	Canyons

10:17.8	DeAnza
10:17.8	Santa Barbara
10:21.0	Delta
10:21.8	LACC
10:22.2	Hancock
10:25.6	Bakersfield
10:27.2	Saddleback
10:27.8	Fresno
10:28.2	Canyons
10:30.6	San Bernardino
10:31.0	Marin
10:31.4	Modesto

FOUR MILE RELAY

16:56.8	Fullerton
17:16.4	West Valley
17:16.4	Grossmont
17:34.8	LA Valley
17:34.8	San Jose
17:35.4	Canyons
17:36.0	Palomar
17:36.4	Santa Ana
17:36.6	Hancock
17:38.4	Bakersfield
17:45.8	American River
17:48.6	El Camino
17:54.0	Citrus
17:57.6	Moorpark
17:57.8	LBCC
17:59.4	Santa Rosa
18:02.6	DeAnza
18:07.0	Glendale
18:12.8	Cerritos
18:20.6	Modesto

DECATHLON

6861	Devon Wheeler (SBCC)
6392	Tom Harris (Canyons)
6377	Bockmiller (Cypress)
6350	Steve LaRusch (Glendale)
6163	Rich McGee (CCSF)
6149	Tom Picarella (Chabot)
6136	Greg Canfield (Chabot)
6130	Young (SoWest)
6098	Brian Lundberg (Chabot)
6063	Tom Dixon (Foothill)
6059	Fritz Meya (WV)
6045	Herb Ward (CCSF)
6041	William Sanchez (Santa Barb)
5976	Dave Mayni (Redwoods)
5970	Carr (Chaffey)
5954	Fous (Cerritos)
5918	Greg Veutch (Chabot)
5915	Tom Giles (DeAnza)
5807	Wine (Chaffey)
5702	Brent Holden (Foothill)

SPORT FANS!

PLAN NOW TO SEE THESE MAJOR SPORTS EVENTS

*MONTREAL, CANADA (JULY)

1976 Olympic Games

*HILO, HAWAII (JUNE)

California Hawaii T & F Games

*SWEDEN (JUNE)

1977 Swedish Track Tour

*EDMONTON, CANADA (AUGUST)

1978 British Commonwealth Games

*MOSCOW, RUSSIA

1980 Olympic Games

For free information write:

California Track Club

15336 Roscoe Blvd.
Panorama City, CA 91402
phone: (213) 787-6165

LTS..RESULTS..RESU

January 2 & 3. Santa Maria. Holiday Decathlon at Allan Hancock College

1) Rex Harvey (USAF)	7314
2) Bob Myers (Chico St)	6323
3) Devon Wheeler (SECC)	6169
4) Buddy Kring (UCSB)	5856
5) Chet McCaugh (ClanTC)	5741
6) Carl Johnk (Stanford)	5685
7) Kurt Wahl (UCR)	5443
8) David Hanley (Chico)	5189

/Ray Kring/

January 25. Irvine. SFAAU Women's All-Comers

Senior Women:	
60 Yd:	
1) Rosalyn Eryant (LAM)	6.8
100m:	
1) Rosalyn Eryant (LAM)	11.7
1) Gwen Loud (LAM)	11.0
220 Yd:	
1) Linda Wright (LJ)	26.2w
2) Clydine Crowder (LATC)	26.2w
400m:	
1) Yolanda Rich (LAM)	55.0
880 Yd:	
1) Ruth Kleinsasser (un)	2:11.3
1 Mile:	
1) Ruth Kleinsasser (un)	4:55.5
2 Mile:	
1) Sandy DeNoon (BA)	11:14.8
60 Yd Hurdles:	
1) Clydine Crowder (LATC)	8.4
1 Mile Walk:	
1) Sue Brodock (RRR)	7:10.9
Javelin:	
1) Kathy Schmidt (LATC)	202-10
Shot Put:	
1) Emily Dole (LIT)	45-2 1/2
High Jump:	
1) Susan Long (LATC)	5-6
Long Jump:	
1) Erin Pike (LATC)	17-9 1/2
Junior Women:	
60 Yd:	
1) Florence Griffin (ATC)	7.3
100 Yd:	
1) Florence Griffin (ATC)	11.5
220 Yd:	
1) Katie Gaston (SDC)	25.9
440 Yd:	
1) Ella Rich (LAM)	59.6
880 Yd:	
1) Monique Gregoire (SCC)	2:30.2
1 Mile:	
1) Lisa Mann (WWW)	5:17.4
2 Mile:	
1) Becky Wolfenbarger (QCC)	11:48.6
1 Mile Walk:	
1) Cindy Johnson (BA)	7:46.8
60 Yd Hurdles:	
1) Linda Hightower (SAL)	9.1
Shot Put:	
1) Lisa Cravits (LATC)	28-7 1/2
Discus:	
1) Kathy O'Brien (un)	107-4
Long Jump:	
1) Marilyn Purry (ATC)	14-1

Senior Women:

100m:	
1) Rosalyn Bryant (LAM)	11.8w
100 Yd:	
1) Kim Robinson (LAM)	11.5
200m:	
1) Rosalyn Bryant (LAM)	23.8
2) Yolanda Rich (LAM)	24.5
400m:	
1) Debbie Robertson (un)	55.9
2) Chris A'Herrah (un)	58.1
880 Yd:	
1) Lisa Smith (BA)	2:29.4
1 Mile:	
1) Carolyn LaBontz (SBS)	5:57.1
2 Mile:	
1) Sandy DeNoon (EA)	11:26.8
60 Yd Hurdles:	
1) Pat Donnelly (LIT)	8.3
1 Mile Walk:	
1) Lisa Metheny (RRR)	7:50.5
Junior Women:	
100 Yd:	
1) Vicki Almeida (SCC)	12.2
220 Yd:	
1) Pam Green (SCC)	26.6
880 Yd:	
1) Kalua Bell (SCC)	2:31.0
1 Mile:	
1) Marcha Pierce (EA)	5:24.2
Shot Put:	
1) Emily Dole (LIT)	49-1
Discus:	
1) Lisa Cravits (LATC)	98-3
High Jump:	
1) Susan Long (LATC)	5-4
14-15 Division:	
100 Yd:	
1) Cathy Jones (OCT)	11.6
220 Yd:	
1) Denise Eddington (LATC)	26.2
440 Yd:	
1) Michelle Rivers (SBS)	62.0
880 Yd:	
1) Carol Czarnetski (BA)	2:23.5
1 Mile:	
1) Alicia Gallup (AA)	5:42.6
2 Mile:	
1) Alicia Gallup (AA)	12:21.6
1 Mile Walk:	
1) Karlene Waskow (RRR)	9:08.0
100m Hurdles:	
1) Joanne Erb (LATC)	15.3
Javelin:	
1) Angie Emory (SCC)	125-3
Shot Put:	
1) Christi Pyle (LATC)	35-4
Discus:	
1) Christi Pyle (LATC)	126-8
High Jump:	
1) Keri Gosswiller (SAL)	5-2
Long Jump:	
1) Debbie Anderson (CCF)	15-8

/Phil Snyder/

February 1. Montebello. 28th Pop Marty Montebello Run, 9.601 miles:

1) Duane Waltmire (AIA)	49:25
2) Reid Harter (SPVT)	50:12
3) Mark Kushner (CCAC)	50:35
4) Carl Swift (AIA)	50:43

6) Glen Leckman (AIA)	1:16.00
7) John Laird (un)	1:16.05
8) Richard Hughes (OHTC)	1:16.17
9) Robert Estrada (FFTC)	1:16.45
10) Jim Hurley (SLDC)	1:17.04
11) Brian Waterbury (SLDC)	1:17.12
12) Robert Manninga (KVTC)	1:17.44
13) Manuel Adams (un)	1:18.59
14) Gregg Weinmann (FFTC)	1:20.05
15) Antonio Arreola (SLDC)	1:20.15
16) Kenny Cooper (un)	1:21.06
17) Frank Freyne (CCAC)	1:21.30
18) Gary Campbell (un)	1:22.42
19) Paul Cross (BTC)	1:22.49
20) Rob Deyonker (un)	1:23.34
21) Norman Nieberlein (41)	1:23.59
22) Gil Hinz (BTC) 45	1:24.03
23) Donna Sanchez (RRR) 13	1:24.52
34) Barbara Arreola (SLDC)	1:28.51
45) Ken Harvey (SLDC) 51	1:35.23
50) Franz Weinschok (FF) 50	1:36.53

/Bob Hestor/

February 8. Hermosa Beach. 24th Hermosa Beach Run, 5 Mile:

1) Bruce Johnson	26:40
2) Tom Edwards	26:44
3) Randy Kilpatrick	26:56
4) Carl Swift (AIA)	27:20
5) Duane Waltmire (AIA)	27:35
6) Walt Hitt	27:43
7) Jeff Day 1st HS	28:17
8) Walt Waltmire (AIA)	28:22
9) Richard Hornish 2ndHS	28:24
10) Fran Pelach (AIA)	28:30
11) Jeff Wise 3 HS	28:33
12) Steve Close	28:39
13) Steve Frayne 4 HS	28:39
14) Jerry Smart (BHS) 1st 40+	29:38
15) Bob Deines	29:45
16) Jim Flanagan (BHS)	29:51
17) John Pagliano (GWAA)	29:56
18) Wilbor Williams 2nd 40+	29:58
19) Ray Gil (STC) 1 50+	30:00
20) Dan Martinez 5 HS	30:03
21) Steve Kovatch	30:11
22) Michael Sayward (un)	30:25
23) Casey Jones	30:27
24) Jay White	30:31
38) Sandy Dorbin (un)	32:05
40) Linda Bottlik (SBDP)	32:23
44) Libby Corley	32:52

/John Brennan/

February 15. Culver City. Southern Pacific Association 30 kilometer Championship (18.6 Miles):

1) Mark Kushner (CCAC)	1:39:11
2) Carey Shons (ATZL)	1:40:05
3) Tom Lee	1:40:45
4) Carl Swift (AIA)	1:41:10
5) Todd Ferguson (AIA)	1:42:19
6) Walt Waltmire (AIA)	1:43:47
7) Bob Branch (CCAC)	1:44:33
8) Kenneth Moffitt (un)	1:45:36
9) David Waco (un) 1 40+	1:45:35
10) Joe Furgasser (STC)	1:46:10
11) Truman Clark (BHS) 2 40+	1:46:34

60 Yd Hurdles:	
1) Janet Fenford (un)	8.3
2) Cheryl Glazier (PUSA)	8.3
100 m Hurdles:	
1) Mitzi McMillian (un)	14.1
2) Sandy Tyler (LIT)	14.8
3) Cheryl Glazier (PUSA)	14.9
1 Mile Walk:	
1) Sue Brodock (RRR)	7:25.4
2) Linda Brodock (RRR)	8:46.1
5000 Meter Walk:	
1) Sue Brodock (RRR)	24:27.4
880 Medley Relay:	
1) LAM (A)	1:45.5
Javelin:	
1) Kathy Schmidt (LATC)	194-5
2) Lisa Van Benthem (un)	154-4
3) Radean Rona (PUSA)	134-6
Shot Put:	
1) Mitzi McMillian (un)	37-4
2) Sandy Tyler (LIT)	33-2
Discus:	
1) Irene Aragon (CSULA)	101-3
2) Sheryl Nastase (UR)	90-10
High Jump:	
1) Susan Long (LATC)	5-6
2) Sandy Tyler (LIT)	5-2
Long Jump:	
1) Cheryl Glazier (PUSA)	17-1 1/2
2) Beth Melton (PUSA)	16-8
Junior Women:	
100 Yd:	
1) Kim Robinson (LAM)	11.1
220 Yd:	
1) Yolanda Rich (LAM)	24.7
440 Yd:	
1) Pam Green (SCC)	58.4
880 Yd:	
1) Arnie Dandoy (BA)	2:22.6
1 Mile:	
1) Heather Tolford (SFVTC)	5:08.5
1 Mile Walk:	
1) Teri Teegarden (BA)	7:51.0
3000m Walk:	
1) Lisa Metheny (RRR)	16:16.4
Sprint Medley Relay:	
1) PUSA	1:51.8
Shot:	
1) Lisa Cravits (LATC)	28-4
Discus:	
1) Lisa Cravits (LATC)	96-9
Long Jump:	
1) Kim Moran (LATC)	18-10 1/2
14-15 Division:	
100 Yd:	
1) Gwen Loud (LAM)	11.2
220 Yd:	
1) Brenda Winston (RRR)	25.8
440 Yd:	
1) Ella Rich (LAM)	59.1
880 Yd:	
1) Carol Czarnetski (BA)	2:21.8
1 Mile:	
1) Carol Czarnetski (BA)	5:10.5
2 Mile:	
1) Tracy Trisco (BA)	12:06.2
100m Hurdles:	
1) Kim Costello (LATC)	15.1
1 Mile Walk:	
1) Lisa Metheny (RRR)	7:47.1
Javelin:	

52) Miki Gorman (SFVT) 1 wms	39:09
68) Richard Davies (CCAC) 54	40:16
84) Ruben Hereida (un) 2-50+	42:17
97) Sharon O'Halloran (CCAC)	43:25 1WV
112) Robert Takahashi 1 WCM	45:29
118) Margaret Miller (VCTC)	46:16 2WMS
125) Carolyn Rubio (BA) 2 WV	47:37
134) Patricia Hultman 3 WV	49:11
135) Kathy Martin (un) 2 WCM	49:22
138) Nicki Lewis 3 WMS	49:33
139) Virginia Collins (SLDS)	49:45 4 WMS

/John Brennan/

February 28, Canoga Park Relays.

VARSITY RESULTS	
FOUR-MILE RELAY — San Fernando (Fierroz, Duarte, Meza, Lugo), 19:07.5; Taft (Hillblom, Linton, Morris, Simenz), 19:08.3; Canoga Park (Sasaki, Horvath, Metcalfe, Neufel), 19:43.0.	
Shuttle hurdles — San Fernando (Spencer, Jett, Seeley, White), 37.7; Cleveland (Lynk, Porter, Long, J. Baker), 38.1; Taft (Woodman, Robertson, Hauber, Thomas), 38.1.	
440-relay — San Fernando (White, Stamps, R. Williams, K. Williams), 41.9 (New Meet record Old mark, 43.2; Taft, 1972); Jefferson (Allison, Black, Razor, Clark), 42.8; Taft (Erwin, Hauber, Hohmann, Stevenson), 42.9.	
Shot put — Zellman (T), 48-5; Sandlin (CP), 46-10.25; Yerkes (C), 46-5.5.	
Long jump — Hooks (C), 21-1; Ervin (T), 20-4-6; Razor (J), 19-8.	
Distance medley relay — Taft (Bilbrew, Rucker, Hillblom, Simenz), 11:13.8; Jefferson (Guy, Conley, Juko, Amos), 11:34.0; Cleveland (Shiffman, Giddings, Rarve, Gill), 11:35.1.	
High jump — Furlong (T), 6-2; Rose (C), 6-0; Hamill (T), 5-8.	
Mile relay — Jefferson (Allison, Black, Williams, Clark), 3:27.4; Cleveland (Porter, Brown, Durso, Moschin), 3:31.3; Taft (Stevenson, Bilbrew, Huettinger, Gustafsch), 3:31.7.	
Shuttle low hurdles — Jefferson (Razor, Conley, Harris, Williams), 1:00.4; Canoga Park (Shaw, O'Sullivan, Garrison, Parovolo), 1:00.5; Taft (Murphy, Glassman, Thomas, Robertson), 1:01.1.	
Two-mile relay — Taft (Rucker, Holmes, Sear, King), 8:42.2; Canoga Park (Horvath, Metcalfe, Fischer, Sasaki), 8:58.1; Cleveland (Pearse, Haas, Jenkins, Giddings), 9:19.2.	
Eight-man mile relay — San Fernando (Hart, Bethea, Oubre, R. Williams, Carter, Benjamin, Stamps, K. Williams), 3:11.1; Taft (King, Perry, Huttering, Goloberg, Powell, Holmes, Hohmann, Snyder), 3:15.8; Cleveland (Denton, Stevens, Haas, Houston, Shiffman, Durso, Moschin, Hooks), 3:15.9.	

/Ric Walker/

February 29. Northridge. SFAAU Women's "Season Opener" at Cal State Northridge	
Senior Women:	

60 Yd:
1) Florence Griffin (ATC) 7.3
100 Yd:
1) Florence Griffin (ATC) 11.5
220 Yd:
1) Katie Gaston (SDC) 25.9
440 Yd:
1) Ella Rich (LAM) 59.6
880 Yd:
1) Monique Gregoire (SCC) 2:30.2
1 Mile:
1) Lisa Mann (WWW) 5:17.4
2 Mile:
1) Becky Wolfenbarger (QCC) 11:48.6
1 Mile Walk:
1) Cindy Johnson (BA) 7:46.8
60 Yd Hurdles:
1) Linda Hightower (SAL) 9.1
Shot Put:
1) Lisa Cravits (LATC) 28-7½
Discus:
1) Kathy O'Brien (un) 107-4
Long Jump:
1) Marilyn Purry (ATC) 14-½
14-15 Division:
60 Yd:
1) Valerie Elliott (LATC) 7.4
100 Yd #1:
1) Valerie Elliott (LATC) 12.0
100 Yd #2:
1) Pam Newton (SCC) 12.0
100 Yd #3:
1) Jovell Boles (WVJ) 12.0
220 Yd:
1) Cheryl Glazier (PUSA) 26.2
440 Yd:
1) Rochelle Hatfield (FA) 61.7
880 Yd:
1) Della Equipilas (SCC) 2:22.4
1 Mile:
1) Carol Czarnetski (BA) 5:17.2
2 Mile:
1) Diane Harrett (un) 10:47.2
60 Yd Hurdles:
1) Cheryl Glazier (PUSA) 8.3
1 Mile Walk:
1) Lisa Metheny (RRR) 7:44.7
Javelin:
1) Angela Emory (SCC) 119-9
Discus:
1) Christi Pyle (LATC) 132-0
High Jump:
1) Cindy Cooper (SBS) 5-0
Long Jump:
1) Dawn Peters (SCC) 16-6
/Phil Snyder/

2 Mile:
1) Alicia Gallup (AA) 12:21.6
1 Mile Walk:
1) Karlene Waskow (RRR) 9:08.0
100m Hurdles:
1) Joanne Erb (LATC) 15.3
Javelin:
1) Angie Emory (SCC) 125-3
Shot Put:
1) Christi Pyle (LATC) 35-4
Discus:
1) Christi Pyle (LATC) 126-8
High Jump:
1) Kerri Gosswiller (SAL) 5-2
Long Jump:
1) Debbie Anderson (CCP) 15-8
/Phil Snyder/

February 1. Montebello. 28th Pop
Marty Montebello Run, 9.601 miles:
1) Duane Waltmire (AIA) 49:25
2) Reid Harter (SPVT) 50:12
3) Mark Kushner (CCAC) 50:35
4) Carl Swift (AIA) 50:45
5) Walt Waltmire (AIA) 51:10
6) Bob Branch (CCAC) 51:12
7) Walt Hitt Jr (AIA) 52:02
8) Fran Delach (AIA) 52:38
9) Skip Shaffer (CCAC) 52:42
10) Ken Elakely (un) 52:50
11) John Rupp (un) 53:22
12) David Waco (un) 53:23
13) Conrad Gonzalez 54:04
14) Ken Kendall (Oxy) 54:04
15) John Araujo 55:04
16) Preston Drake (CCAC) 55:15
17) James K. Murphy (SWTC) 55:22
18) Jeff Wise (un) 55:24
19) Michael Vernon (CCAC) 55:46
20) Irwin Merlein (CCAC) 56:05
21) Juan M. Torres (STC) 56:21
22) Charles Hodge 56:54
23) Mike Steiner 56:54
24) Michael Sayward (un) 58:10
25) Owen Gorman (un) 58:10
26) Lou Dosti 58:19
27) John Starr (CCAC) 58:44
28) Bill Fitzgerald (STC) 58:51
29) Norman Lumian (STC) 59:16
30) Tony Cociolo 59:24
/John Brennan/

February 7. Bakersfield. Bakersfield
Marathon
1) Paul Cook (AIA) 2:24.13
2) Curtis Ankeny (AIA) 2:39.00
3) Michael Harrie (RRR) 2:39.46
4) Joe Soeiro (Yulare) 2:42.33
5) Dave Naco (CCAC) 2:43.34
6) Pandy White (Shafter) 2:43.34
7) Gary Seeger (Tujunga) 2:47.53
8) Joe Delgado (HiSierra) 2:49.02
9) Ted Oliver (BTC) 2:49.03
10) Thomas Cory (GPAC) 2:51.18
11) Norman Sandstrom (GPAC) 2:51.31
12) Bill Peck (HiSierra) 2:51.41
13) Gilberto Banda (BTC) 2:52.28
14) Frank Delgado (FJ) 2:52.50
15) Robert Stephenson 2:53.31
16) Gene Lynch (HiSierra) 2:56.30
17) Sid Toabe (HiSierra) 2:57.03
18) John Henry (PPTC) 2:57.23
19) Tom Miller (SDTC) 2:58.14
20) Richard Jackson (CALSEN) 3:06.31
23) Marie Albert (RRR) 3:09.24
32) Maryana Marich (BTC) 3:28.15
44 Finishers /Bob Nestor/

February 7. Bakersfield. Bakersfield
Mini-Marathon
1) Carl Swift (AIA) 1:10.10
2) Brian Thompson (Bkfld) 1:13.28
3) Jim Hiserman (un) 1:13.30
4) Burt Ellison (un) 1:13.45
5) Bryan Tracy 1:15.39

January 4. Los Angeles. SPAAU
Women's All-Comers/Sunkist Indoor
Qualifier
Indoor Qualifying:
60 Yd:
1) Dollie Fleetwood (SCC) 7.0
2) Penny Slaughter (LIT) 7.0
500 Yd:
1) Yolanda Rich (LAM) 65.4
2) Patty Cape (LBC) 69.6
3) Gladys Crowder (LATC) 70.0
880 Yd:
1) Julie Brown (LATC) 2:10.6
2) Mary Decker (BA) 2:15.4
3) Barney Sue Carral (SCC) 2:15.7
1 Mile:
1) Kate Keyes (LATC) 4:48.0
2) Sue Kinsey (SPVTC) 4:48.4
3) Linda Heinmiller (LATC) 4:56.9
4x160 Relay:
1) LAM (A) 69.0
2) PRETC 71.4
3) LIT 72.0
Long Jump:
1) Jodi Anderson (PRETC) 19-11
2) Kim Moran (LATC) 18-7
3) Kerry Zwart (LATC) 17-7½

2) Michael Sayward (un) 58:10
25) Owen Gorman (un) 58:10
26) Lou Dosti 58:19
27) John Starr (CCAC) 58:44
28) Bill Fitzgerald (STC) 58:51
29) Norman Lumian (STC) 59:16
30) Tony Cociolo 59:24
/John Brennan/

February 15. Culver City. Southern
Pacific Association 30 Kilometer
Championship (18.6 Miles):
1) Mark Kushner (CCAC) 1:39:11
2) Carey Shnos (ATZL) 1:40:05
3) Tom Lee 1:40:45
4) Carl Swift (AIA) 1:41:10
5) Todd Ferguson (AIA) 1:42:19
6) Walt Waltmire (AIA) 1:43:47
7) Bob Branch (CCAC) 1:44:33
8) Kenneth Moffitt (un) 1:45:36
9) David Waco (un) 1:45:35
10) Joe Furgasser (STC) 1:46:10
11) Truman Clark (EHS) 2 40+ 1:46:34
12) Andy Levinson (STC) 1:47:26
13) John Brennan (SBAA) 3 40+ 1:47:38
14) Jerry Smartt (EHS) 4 40+ 1:47:56
15) John Rudberg (STC) 1:48:04
16) Larry Pontinen (SBAA) 1:48:29
17) Mario Quinones (ATZL) 1:48:33
18) Skip Shaffer (CCAC) 1:48:47
19) Tom Gleason (un) 1:48:53
20) John Pagliano (GNAA) 2 SMI 1:48:56
21) Joe Falcon (ATZL) 1:49:20
22) Marvin Rowley (CCAC) 3 SMI 1:49:48
23) Kirk Reeder (STC) 1:50:13
24) Stewart Eden (RRR) 1:51:12
25) Glenn Leckman (AIA) 1:52:33
26) Tom Howell (SPAA) 1:52:43
27) Dennis Parish 1:54:05
28) Dave T. Parker (STC) 1:54:21
29) Jacquelin Hansen (SPVT) 1:54:47
30) Frank Freyne (CCAC) 1:55:28
31) Lew Dosti (SPVT) 1:57:24
32) Frank Thomas (EHS) 1:57:36
33) James Van Manen (SBAA) 1:57:50
34) John Starr (CCAC) 1:58:38
35) Pat Miller (CCAC) 1:59:02
36) Don Jones (STC) 1:59:37
37) Roger Murray (STC) 2:00:52
38) Norman Lumian (STC) 2:00:57
39) Myron Shapiro (SPVT) 2:01:05
40) Dan Sheeran (STC) 2:01:38
48) Ray Gil (STC) 1 50+ 2:06:03
51) Charles Seekins (STC) 50+ 2:07:29
52) Becky Vallalvazo (RRR) 2:07:33
54) Ruben Heredia (un) 3 50+ 2:10:36
55) Chuck Dahlsten (CCAC) 60+ 2:11:22
59) Patricia Whitney 3 Wom 2:12:52
/John Brennan/

February 15. Santa Barbara. SPAAU
Women's All-Comers
Senior Women:
60 Yd:
1) Martha Watson (LIT) 6.8
100 Meters:
1) Leida Hunter (LAM) 12.0
2) Yolanda Rich (LAM) 12.0
3) Marie Nickson (un) 12.0
200m:
1) Leida Hunter (LAM) 25.0
2) Rose Cano (BA) 28.2
400m:
1) Yolanda Rich (LAM) 54.4
2) Jarvis Scott (PRETC) 57.0
880 Yd:
1) Kathy Costello (LATC) 2:13.0
2) Michele Hopper (PRETC) 2:15.0
3) Jani Rouda (CPSLO) 2:18.5
1500 m:
1) Paula Rose (BA) 4:32.7
2) Barney Sue Carral (SCC) 4:41.8
3) Sandy DeNoor (BA) 4:57.0
2 Mile:
1) Linda Heinmiller (LATC) 10:35.8
2) Chris Troffer (LATC) 10:57.6

February 29. 4th Malibu Canyon/Tapia
Park 10 Kilometer
1) Phil Ryan (GNAA) 33:07
2) Joe Carlson (AATC) 33:15
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Shuttle low hurdles — Jefferson (Razor, Conley, Harris, Williams), 1:00:4; Canoga Park (Shaw, O'Sullivan, Garrison, Parovolo), 1:00:5; Taft (Murphy, Glassman, Thomas Robertson), 1:01:1.
Two-mile relay — Taft (Rucker, Holmes, Sear, King), 8:42.2; Canoga Park (Horvath, Metcalfe, Fischer, Sakaki), 8:58.1; Cleveland (Pearse, Haas, Jenkins, Giddings), 9:19.2.
Eight-man mile-relay — San Fernando (Hart, Bothea, Oubre, R. Williams, Carter, Benjamin, Stamps, K. Williams), 3:11.1; Taft (King, Perry, Huttering, Goldberg, Powell, Holm, H. Hohmann, Snyder), 3:15.8; Cleveland (Denton, Stevians, Haas, Houston, Shiffman, Durgo, Moschin, Hooks), 3:15.9.

February 29. Northridge. SPAAU
Women's "Seaside Summer" at Cal State
Northridge
Senior Women:
100m:
1) Penny Slaughter (LIT) 12.4
200m:
1) Kathy Keys (FUSA) 25.8
400m:
1) Kathy Keys (FUSA) 57.1
2) Chee Swee Lee (UR) 57.4
800m:
1) Chee Swee Lee (UR) 2:13.0
1500m:
1) Jacki Hansen (SPVTC) 4:32.5
3000m:
1) Sandy DeNoor (BA) 10:23.6
100m Hurdles:
1) Mitzi McMillin (un) 14.7
5000m walk:
1) Laura Janousek (SCC) 30:19.8
1 Mile Relay:
1) University of Redlands 4:03.6
Javelin:
1) Kathy Schmidt (LATC) 192-7
2) Lisa Van Benham (un) 145-0
3) Raedeen Rona (PUSA) 142-10
Discus:
1) Linda Langford (LIT) 175-3
2) Monette Driscoll (LATC) 167-6
Junior Women:
1) Kim Robinson (un) 11.0
220 Yd:
1) Pam Green (SCC) 26.1
440 Yd:
1) Pam Green (SCC) 58.3
880 Yd:
1) Ruth Kleinsasser (un) 2:09.0
1 Mile:
1) Heather Telford (SPVTC) 5:07.3
3000m:
1) Diane Stern (QCC) 10:50.0
100m Hurdles:
1) Sherry Drevic (PUSA) 20.3
400m Hurdles:
1) Lisa Smith (BA) 70.6
3000m Walk:
1) Becky Vallalvazo (RRR) 16:02.8
880 Medley Relay:
1) LA Track Club 1:53.0
1 Mile Relay:
1) So. Calif. Cheetahs 4:02.2
2 Mile Relay:
1) Blue Angels 10:05.2
Long Jump:
1) Kim Moran (un) 18-0
Discus:
1) Jane DeCuir (un) 116-6
High Jump:
1) Christine Remling (un) 5-4
Shot Put:
1) Lisa Cravits (LATC) 29-2½
14-15 Division:
1) Gwen Loud (un) 11.4
220 Yd:
1) Kathy Jones (FUSA) 26.0
38:42
2) Kim Costello (un) 26.3
220 Yd #2:
1) Denise Eddington (LATC) 26.3

February 29. 4th Malibu Canyon/Tapia
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1) Phil Ryan (GNAA) 33:07
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440 Yd:
 1) Ella Rich (LAM) 59.5
 820 Yd:
 1) Carol Czartnecki (BA) 2:21.5
 1 Mile:
 1) Kelly Wells (QH) 5:10.4
 3000m:
 1) Becky Villalvazo (KPR) 10:44.0
 100m Hurdles:
 1) Kim Costello (un) 14.8
 300m Hurdles:
 1) Joanne Erb (LATC) 45.8
 440 Relay:
 1) FTF 54.6
 200 Medley Relay:
 1) LA Track Club 1:50.1
 Mile Relay:
 1) So. Calif. Cheetahs 4:16.2
 Javelin:
 1) Lebbie Dibb (un) 124-11
 Shot Put:
 1) Kerry Zwart (LATC) 37-10½
 Discus:
 1) Christi Pyle (LATC) 133-10
 High Jump:
 1) Jill Shinkle (BA) 5-2
 Long Jump:
 1) Erin Pike (LATC) 16-8
 /Bob Seaman/

February 28, Long Beach: 4 way (Long Beach, UC Irvine, USC, San Diego.

100 METERS—1. GHkas (USC), 10.4; 2. Miller (SDS), 10.5; 3. Royston (UCI), 10.8.
 200 (Race One)—1. J. Andrews (USC), 20.7; 2. Simmons (USC), 21.0; 3. Jackson (LBS), 21.2; 4. Royston (UCI), 21.6. (Race Two)—1. Campbell (USC), 21.4; 2. Thomas (LBS), 21.7; 3. Grace (LBS), 21.8.
 400—1. Shorts (LBS), 47.0; 2. Brown (USC), 47.0; 3. Connors (USC), 47.6; 4. Cox (LBS), 48.0.
 800—1. Kovacich (UCI), 1:51.8; 2. Huffman (SDS), 1:52.0; 3. Fisher (LBS), 52.2; 4. Cheadle (UCI), 1:52.5; 5. Harrell (LBS), 1:53.0.
 1,500—1. Scott (UCI), 3:46.6; 2. Beaton (USC), 3:50.5; 3. Aldridge (USC), 3:51.2; 4. Koningh (UCI), 3:51.3.
 5,000—1. Tillman (UCI), 14:24.4; 2. Hunsaker (UCI), 14:30.2; 3. Lux (SDS), 14:43.4; 4. Avrea (SDS), 15:10.4.
 100H—1. Shaw (USC), 13.9; 2. White (LBS), 14.0; 3. Johnson (USC), 14.1; 4. Graybehl (USC), 14.2; 5. Peterson (LBS), 14.3.
 400H—1. Graybehl (USC), 51.0; 2. Wheeler (SDS), 51.8; 3. Fisher (LBS), 52.2; 4. T. Andrews (USC), 52.8.

400 RELAY—1. Long Beach State (Brewer, Williams, County Jackson), 40.8; 2. San Diego State, 41.0; 3. UC Irvine 41.2.
 1,600 RELAY—1. Long Beach State (Cox, Shorts, Harrell, Beasley), 3:10.3; 2. San Diego State, 3:10.5; 3. UC Irvine, 3:16.5.
 HIGH JUMP—1. Stones (LBS), 7-4¼; 2. He between Donohue (UCI) and Walker (USC), 6-8.
 POLE VAULT—1. Rogers (USC), 17-0; 2. Sabatino (UCI), 16-6; 3. DiStanislao (USC), 16-6; 4. Baird (LBS), 16-6; 5. Kwan (USC), 16-6.
 LONG JUMP—1. Hardeman (USC), 24-9¼; 2. McGee (LBS), 24-6½; 3. Brewer (LBS), 24-6½; 4.

SHOT PUT — Iacopetti (Glen.), 52-7.50; Engle (COC), 52-5; Smith (AV), 51-4.
 POLE VAULT — Horwith (Glen.), 13-6; Manzanares (COD), 13-6; English (COC), 13-6.
 HIGH JUMP — Lavursh (Glen.), 6-8; Givins (LAH), 6-8; Joseph (LAH), 6-6.
 LONG JUMP — Tribble (COD), 23-8; Cole (LAH), 23-1.25; Taylor (LAH), 22-5.
 440 RELAY — Harbor, 4-2.6.
 MILE RELAY — Harbor, 4:24.5.

March 6, Arizona St. at UCLA.

400-METER RELAY—1. Arizona State (Wells, Williams, McCullough, Frazier), 39.5; 2. UCLA (Owens, Myles, Wilson, Leeds), 40.2.
 SHOT PUT—1. Neidhart (UCLA), 61-8¾; 2. Kurrasch (UCLA), 54-11¼; 3. Heide (ASU), 53-10¾.

/Ric Walker/



TOM ANDREWS leading 440 Hurdler

March 6, Irvine: USC Irvine & Northridge.

MILE RELAY—1. USC (Connors, Brown, Graybehl, Beaton), 3:15.7; 2. UCI, 3:21.5; 3. CSN, 3:24.8.
 LONG JUMP—1. Hardeman (USC), 25-10w; 2. Vavassuer (CSN), 22-9w; 3. Bryson (USC), 22-6¼w.
 TRIPLE JUMP—1. Cochee (USC), 52-7¼w; 2. Jackson (USC),

MILE—1. Wicksell (AS), 4:07.0; 2. Nitti (UCLA), 4:08.1; 3. S. Beck (UCLA), 4:08.5.
 LONG JUMP—1. Banks (UCLA), 24-7½; 2. Holeman (UCLA), 22-0¼; 3. Alexander (UCLA), 21-7½.
 110H—1. Owens (UCLA), 13.9; 2. Buri (ASU), 14.2; 3. Mills (UCLA), 14.4.
 JAVELIN—1. Thomee (ASU), 223-10; 2. Tosti (UCLA), 208-5; 3. Geist (ASU) 208-0.
 400—1. Frazier (ASU), 45.8; 2. Myles (UCLA), 45.8; 3. McKenzie

cabl TC (Garpenborg, McGill, Abrahams, Edwards), 1:25.6; 2. Long Beach St., 1:25.9; 3. All American TC, 1:26.2. MILE—1. Long Beach St. (Beasley, Harrell, Fisher, Cox), 3:13.4; 2. Long Beach St. "B", 3:15.8. TWO MILE—1. Long Beach St., 7:44.8; 2. Athletes in Action, 8:01. FOUR MILE—1. Santa Monica TC (Bryant, Parker, Rios, Jones), 16:58.4; 2. Fullerton College, 17:09.4. 480-SHUTTLE HURDLES—1. Long Beach St. (Durck, Fisher, Peterson, White), 58.0; 2. Fullerton College, 1:01.0.
 HJ—1. Phillips (Chapman), 7-2; 2. Brown (AATC), 7-1; 3. Owens (BH Striders), 7-1; 5. Stones (PCC), 6-10. PV—1. Baird (LBS), 17-1; 2. Hardison (AIA), 16-6; 3. Knaub (LBS), 16-0. LJ—1. Jackson (BHS), 24-10¼; 2. Givens (LBS), 24-0¼; 3. Hollis (LBS), 23-1¼. TJ—1. Freeman (AATC), 51-5½; 2. Jackson (BHS), 50-2½; 3. Taylor (MTC), 50-1¼. SP—1. Pagel (MTC), 57-4; 2. Ryan (unat.), 53-7; 3. Reilly (AATC), 52-10¼. DT—1. Gordien (Mt. San Antonio college), 192-3 (national junior college record, old mark, 187-5, Mills, Foothill College, 1963); 2. Weber (unat.), 185-5; 3. Baughman (Fullerton College), 183-9.
 WOMEN'S JAVELIN—Schmidt (Los Angeles TC), 215-6 (American record, old mark, 209-7, Schmidt, 1973; 2nd best performer, 3rd best performance all-time world).

Large Schools

RELAYS: 440-1. Fremont, 42.4; 2. Carson, 43.2; 3. LB Poly, 43.6. 880-1. Fremont, 1:30.4; 2. LB Poly, 1:30.9. MILE-1. Santa Monica, 3:22.7; LB Poly, 3:23.2; 3. Washington, 3:23.7. TWO MILE-1. Fremont, 8:08.1; 2. Millikan, 8:11.3; 3. Los Alamitos, 8:15.4. SPRINT MEDLEY-1. Washington, 3:32.5; 2. Canyon (Anahelm), 3:34.6; 3. Fremont, 3:36.0. DISTANCE MEDLEY-1. Canyon (Anahelm), 10:33.8; 2. Lakewood 10:40.6; Arcadia, 10:51.0.

Small Schools

RELAYS: 440-1. Duarte, 43.4; 2. Jefferson, 43.5; 3. Burbank, 43.8. 880-1. Jefferson, 1:30.3; 2. Duarte, 1:31.1; 3. Sonora, 1:34.3. MILE-1. Jefferson, 3:25.5; 2. Aviation, 3:28.1; 3. Morningside, 3:31.0. TWO MILE-1. Burbank, 8:06.7; 2. Pacifica, 8:17.5. SPRINT MEDLEY-1. Rancho Alamitos, 3:38.0; 2. Morningside, 3:42.5. DISTANCE MEDLEY-1. Rancho Alamitos, 10:52.0; 2. Garden Grove, 10:59.5.

Combined Divisions

TWO MILE-1. Burkin (Burbank), 9:07.0; 2. Haldeman (Santa Monica), 9:29.1; 3. Nichols (Sonora), 9:39.0. HJ-1. Caldwell (Fremont), 6-4; 2. Tyler (LB Poly), 6-4; 3. Island (Fremont), 6-4. PV-1. Young (Millikan), 14-0; 2. Fuller (Fremont), 13-6; 3. Bogard (Edison), 13-6. LJ-1. Wilson (Morningside), 22-9¼w; 2. Wilson (Inglewood), 22-0. SP-Miller (LB Poly), 52-4.

photo by Bill Leung, Jr.

4) Robert Branch (CCAC)	88:06
5) Marvin Rowley (CCAC)	89:03
6) Skip Shaffer (CCAC)	89:23
7) Carlos Alfaro (Azlin)	89:45
8) Pat Miller (CCAC)	90:33
9) John Pagliano (GWAA)	90:43
10) Ken Kendall (BHS)	91:05
11) Larry Pontinen (SEAA)	91:09
12) Joe Burgasser (STC)	92:04
13) John Rupp (STC)	92:32
14) Robert Ridley (CCAC)	93:11
15) Jerry Smartt (BHS)1-40+	93:26
16) Steve Close (AmAv)	93:49
17) John Rudberg (STC)2-40+	94:34
18) Bart Coventry (STC)	95:39
19) Jacki Hansen (SPVTC)1-W	95:39
20) Roger Murray (STC)	97:09
21) Barry Glennon (SEDR)	97:18
22) Chris Howard (STC)	97:34
23) David Holland	97:47
24) Bob Jeffrey	97:55
25) Bob Holtel 3rd 40+	98:04
26) Owen Gorman(CCAC)4-40+	98:28
27) Don Kalmar (Pacers)	98:34
28) Bob Emmerling(BHS)5-40+	98:41
29) Ken Ganezer(STC)	98:42
30) Jim Smith (Pacers)	99:32
31) John Starr (CCAC)6-40+	99:35
32) Jesse Cook	100:06
33) Angus Morrison (ECTC)	100:13
34) Miki Gorman(SFVTC)1-W35+	100:17
35) Hal Winton (STC)	100:39
36) Norm Luman (STC)	101:04
37) Colin Guiver (BHS)	101:33
38) Mark Reeder (STC)	101:52
39) Bob Rude	102:02
40) James Korb	102:15
41) Clemente Anchonoo(STC)	102:41
42) Frank Thomas (BHMS)	102:42
43) Jesus Garza 1st 50+	102:53
44) Jim Schott (STC)	103:22
45) Joseph Marino (STC)	103:26
46) Tom Sturak (BHS)	103:40
47) William Zappas 2 - 50+	103:41
48) Myron Shapero (SPVTC)	104:12
49) Steven Humphrey (STC)	104:13
50) John Cheever (EHSN)	104:58
119) Joyce Rowley (CCAC)2-W	124:47
120) Linda Pena (LAAC) 3-W	124:53
121) Patricia Butler (LAAC)	125:26 4-W
158 Finishers	/Carl Paulson/

March 13, Irvine: USC vs Ariaona.

100 METERS—1. Gilkes (USC), 10.2; 2. J. Andrews (USC), 10.3; 3. Strozler (A), 10.3.
 200—1. Gilkes (USC), 20.3; 2. Strozler (A), 20.4; 3. Gilbreath (A), 20.4.
 400—1. Campbell (USC), 47.2; 2. Connors (USC), 47.5; 3. T. Andrews (USC), 47.8.
 800—1. Beaton (USC), 1:48.6; 2. L. Johnson (USC), 1:50.6; 3. Kern (USC), 1:52.7.
 1,500—1. Cotton (A), 3:46.2; 2. Aldridge (USC), 3:49.0; 3. Arriola (A), 3:55.4.
 5,000—1. Mendoza (A), 14:14.8; 2. Shoots (A), 14:46.2; 3. Close (A), no time.
 110H—1. M. Johnson (USC), 13.7; 2. Shaw (USC), 13.9; 3. T. Andrews (USC), 13.9.
 400H—1. T. Andrews (USC), 51.2; 2. Graybehl (USC), 52.3; 3. Shaw (USC), 53.6.
 400 RELAY —1. USC (Simmons, J. Andrews, Randle, Gilkes), 39.3; 2. Arizona, 40.3.

/Ric Walker/

March 13. Big Creek. Big Creek 15 Kilometer
 1) Fred Carnahan(HSTC) 50:19
 2) Len Thornton (HSTC) 52:53
 3) Jan Wegener (FSTC) 53:16

MILE RELAY—1. USC (Connors 47.1, T. Andrews 47.8, Brown 46.7, Beaton 46.4), 3:08.0; 2. Arizona, 3:09.0.
 400H—1. T. Andrews (USC), 51.2; 2. Graybehl (USC), 52.3; 3. Shaw (USC), 53.6.

White (LBS), 14.1; 4. Graybehl (USC), 14.2; 5. Peterson (LBS), 14.3.
 400IH—1. Graybehl (USC), 51.0; 2. Wheeler (SDS), 51.8; 3. Fisher (LBS), 52.2; 4. T. Andrews (USC), 52.8.

400 RELAY—1. Long Beach State (Brewer, Williams, County, Jackson), 40.8; 2. San Diego State, 41.0; 3. UC Irvine 41.2.

1,600 RELAY—1. Long Beach State (Cox, Shorts, Harrell, Beasley), 3:10.3; 2. San Diego State, 3:10.5; 3. UC Irvine, 3:16.5.

HIGH JUMP—1. Stones (LBS), 7-4/4; 2. tie between Donohue (UCI) and Walker (USC), 6-8.

POLE VAULT—1. Rogers (USC), 17-0; 2. Sabatino (UCI), 16-6; 3. Distanislaio (USC), 16-6; 4. Baird (LBS), 16-6; 5. Kwan (USC), 16-6.

LONG JUMP—1. Hardeman (USC), 24-9/4; 2. McGee (LBS), 24-6/2; 3. Brewer (LBS), 24-6/2; 4. Mitchell (UCI), 24-3/4.

TRIPLE JUMP—1. McGee (USC), 51-5/4; 2. Assaf (USC), 51-2/4; 3. Jackson (USC), 49-9; 4. Valentine (LBS), 49-5.

SHOT PUT—1. Budincich (USC), 57-8; 2. Fruguglietti (USC), 55-3/2; 3. Coffman (LBS), 54-3/4; 4. Beaudry (SDS), 53-1/2.

DISCUS—1. Fruguglietti (USC), 184-4; 2. Fider (USC), 183-6; 3. Coffman (LBS), 173-3; 4. Budincich (USC), 164-1.

JAVELIN—1. Helsby (USC), 213-8; 2. Zorotovich (LBS), 210-3; 3. Packer (SDS), 209-0; 4. Selman (SDS), 197-8.

STEEPLECHASE—1. Slick (UCI), 9:16.0; 2. Burgess (LBS), 9:17.8; 3. Aguaxyno (LBS), 9:29.4; 4. Mayshack (LBS), 9:33.2.

/Vern Gambetta/

February 28, Valencia
 Cougar Classic

100 — Flack (AV), Stillwell (Glen), Host (LAH), 9.9

220 — Sexton (LAH), 21.7; Stillwell (Glen), 21.8; Flack (AV), 21.9.

440 — Sexton (LAH), 50.3; Allen (LAH), 51.2; Duffy (LAH), 51.4.

880 — Woods (LAH), 1:58.9; King (LAH), 1:59.5; Foss (Glen), 2:00.6

MILE — Cusick (COC), 4:26.3; Adams (AV), 4:28.8; Fisanotti (Glen), 4:29.5.

TWO-MILE — Cusick (COC), 9:33.9; Hampton (AV), 9:41.9; Fair (LAH), 9:51.8.

3000 METER STEEPLCHASE — Gerace (Glen), 9:33.3; Casillas (COC), 9:39.5; Brennenman (COC), 9:44.3.

120 HIGHS — Loveless (LAH), 14.6; Hampton (COD), 14.7; Wingate (LAH), 15.1.

440 INTERMEDIATES — Escobar (Glen), 56.0; Mullen (COD), 56.9; Turner (LAH), 57.0

JAVELIN — Goussiant (COD), 197-1; Hodges (Glen), 195-4; Kibbee (COD), 186-9.

TOM ANDREWS leading 440 Hurdler

March 6, Irvine: USC
 Irvine & Northridge.

MILE RELAY—1. USC (Connors, Brown, Graybehl, Beaton), 3:15.7; 2. UCI, 3:21.5; 3. CSN, 3:24.8.

LONG JUMP—1. Hardeman (USC), 25-10w; 2. Vavassuer (CSN), 22-9w; 3. Bryson (USC), 22-6/4w.

TRIPLE JUMP—1. Cochee (USC), 52-7/4w; 2. Jackson (USC), 49-7/4w; 3. Assaf (USC), 48-5/4w.

HIGH JUMP—1. Frazier (CSN), 7-0/4; 2. Walker (USC), 6-10; 3. Connors (USC), 6-8.

SHOT PUT—1. Budincich (USC), 60-1; 2. Albright (USC), 55-11; 3. Fruguglietti (USC), 55-2.

DISCUS—1. Fruguglietti (USC), 189-7; 2. Elder (USC), 185-5; 3. Albright (CSN), 176-6; 4. Budincich (USC), 169-7.

JAVELIN—1. Helsby (USC), 212-6; 2. Bardales (UCI), 205-0; 3. Eilenberg (UCI), 195-7.

POLE VAULT—1. Distanislaio (USC), 16-6; 2. Sabatino (UCI), 16-0; 3. Kwan (USC), 15-6.

TEAM SCORES—USC 113, UC Irvine 40, USC 133, Cal St. Northridge 20, UC Irvine 102, Cal St. Northridge 52.

STEEPLECHASE—1. Hart (CSN), 9:14.8; 2. Ahlmeyer (UCI), 9:25.6; 3. Entz (CSN), 9:34.4.

1,500—1. Scott (UCI), 3:56.0; 2. Serna (UCI), 3:56.0; 3. Koningsh (UCI), 3:56.4.

110 HH—1. Shaw (USC), 14.0w; 2. Johnson (CSN), 14.0; 3. Andrews (USC), 14.1.

400—1. Brown (USC), 47.7; 2. Graybehl (USC), 47.8; 3. Grout (UCI), 48.5.

100—1. Simmons (USC), 10.4w; 2. Randle (USC), 10.4; 3. Royston (UCI), 10.5.

800—Beaton (USC), 1:50.2; 2. Scott (UCI), 1:52.4; 3. Kovacich (UCI), 1:53.3; 4. Aldridge (USC), 1:54.4.

400 IH—1. Andrews (USC), 53.0; 2. Shaw (USC), 53.6; 3. Johnson (CSN), 54.1.

200—1. Andrews (USC), 20.8w; 2. Simmons (USC), 20.9; 3. Haddad (UCI), 21.5.

400 RELAY—1. USC (Simmons, Andrews, Randle, Graybehl), 40.0; 2. UCI, 41.6; 3. CSN, 42.3.

5,000—1. Tillman (UCI), 14:26.0; 2. Serna (UCI), 14:26.0; 3. Hunsacker (UCI), 14:26.6.

/Ric Walker/

MILE—1. Wicksell (AS), 4:07.0; 2. Nitti (UCLA), 4:08.1; 3. S. Beck (UCLA), 4:08.5.

LONG JUMP—1. Banks (UCLA), 24-7/2; 2. Holeman (UCLA), 22-0/4; 3. Alexander (UCLA), 21-7/2.

110 HH—1. Owens (UCLA), 13.9; 2. Buri (ASU), 14.2; 3. Mills (UCLA), 14.4.

JAVELIN—1. Thomee (ASU), 223-10; 2. Tosti (UCLA), 208-5; 3. Geist (ASU) 208-0.

400—1. Frazier (ASU), 45.8; 2. Myles (UCLA), 45.8; 3. McKenzie (ASU), 46.5.

100—1. Wells (AS), 10.5; 2. Williams (AS), 10.5; 3. Wilson (UCLA), 10.6.

800—1. Haynes (UCLA), 1:50.3; 2. Wicksell (ASU), 1:50.9; 3. White (AS), 1:52.8.

400 IH—1. Neiderhaus (UCLA), 50.5; 2. Aumas (ASU), 51.2; 3. Mills (UCLA), 52.9.

200—1. Williams (AS), 20.6 (9.3 m.p.h. aiding wind); 2. Wells (AS), 21.0; 3. Edwards (AS), 21.1.

DISCUS—1. Gunther (UCLA), 186-1; 2. Pushkin (AS), 182-3; 3. Harvey (UCLA), 172-1.

TWO MILE—1. Elder (AS), 8:51.6; 2. Thomas (UCLA), 8:54.4; 3. Luevano (UCLA), 8:57.0.

TRIPLE JUMP—1. Banks (UCLA), 53-9/4; 2. Carpenter (AS), 50-4/4; 3. Bruno (UCLA), 49-2.

HIGH JUMP—1. Meister (UCLA), 7-1; 2. Riggs (UCLA), 6-6; 3. Alexander (UCLA), 6-2.

MILE RELAY—1. UCLA (Theriot, 48.0; Neiderhaus, 47.2; Leeds, 46.7; Myles, 45.4), 3:07.3; 2. Arizona State (Masterson, 48.4; McKenzie, 46.2; McCullough, 46.6; Frazier, 46.9), 3:08.1.

POLE VAULT—1. Tuilly (UCLA), 17-1; 2. Haynie (AS), 16-6; 3. Herman (AS), 16-2.

Final score—UCLA 80, Arizona State 65.

Attendance—3,252.

/Walker & Gambetta/

March 6, Long Beach
 Relays.

At Long Beach State

440—1. Vernon Ferguson (West Coast Jets), 46.9; 2. Cassleman (Pacific Coast Club), 47.1; 3. Vernell Ferguson (WCJ), 47.3.

MILE —1. Steiner (Maccabi TC), 4:08.4; 2. Krause (unat.), 4:09.5; 3. McCauley (Santa Monica TC), 4:14.0.

STEEPLECHASE—1. Burgess (Long Beach St.), 9:15.4; 2. Mayshack (LBS), 9:38.4; 3. Lotich (Cal Poly Pomona), 9:48.7.

RELAYS: 440—1. Maccabi TC, 40.7; 2. All American TC, 41.0; 3. Long Beach St., 41.0. 880—1. Mac-

400—1. Campbell (USC), 47.2; 2. Connors (USC), 47.5; 3. T. Andrews (USC), 47.8.
 800—1. Beaton (USC), 1:48.6; 2. L. Johnson (USC), 1:50.6; 3. Kern (USC), 1:52.7.
 1,500—1. Cotton (A), 3:46.2; 2. Aldridge (USC), 3:49.0; 3. Arriola (A), 3:55.4.
 5,000—1. Mendoza (A), 14:14.8; 2. Shoots (A), 14:46.2; 3. Close (A), no time.
 110HH—1. M. Johnson (USC), 13.7; 2. Shaw (USC), 13.9; 3. T. Andrews (USC), 13.9.
 400IH—1. T. Andrews (USC), 51.2; 2. Graybehl (USC), 52.3; 3. Shaw (USC), 53.6.
 400 RELAY—1. USC (Simmons, J. Andrews, Randle, Gilkes), 39.3; 2. Arizona, 40.3.

/Ric Walker/

March 13, Big Creek. Big Creek
 15 Kilometer

- | | |
|-----------------------------|-------|
| 1) Fred Carnahan (HSTC) | 50:19 |
| 2) Len Thornton (HSTC) | 52:53 |
| 3) Jon Wegener (FPTC) | 53:16 |
| 4) Dave Fronzan (HSTC) | 55:24 |
| 5) Bill Peck (SkrlatC) | 55:28 |
| 6) Rich Peterson (HSTC) | 56:22 |
| 7) Paul Cross (ETC) | 56:49 |
| 8) Frank Delgado (FJ) | 56:53 |
| 9) Joe Delgado (HSTC) | 57:06 |
| 10) Gary Campbell (LasPalm) | 57:27 |
| 11) Sid Toabe (HSTC) | 58:25 |
| 12) Ray Reichert (un) | 58:56 |
| 13) Tom Bowen (un) | 60:16 |
| 14) R.M. LaJeunesse (un) | 61:09 |
| 15) Dan Granoff (un) | 62:24 |
| 16) Bert Woodruff (FJ) | 62:43 |
| 17) Jeff Zanoff (un) | 64:08 |
| 18) Terry Heller (un) | 64:17 |
| 19) Harry Harder (HSTC) | 65:05 |
| 20) Ron Anderson (FJ) | 67:56 |

7.5 Kilometer

- | | |
|-------------------------|-------|
| 1) Betty Toabe (FrdJog) | 52:49 |
| 2) Norel Walker (FJ) | 54:47 |
| 3) Evelyn Krumbain (FJ) | 53:48 |
| 4) Bill Albright (FJ) | 59:17 |

/Rich Peterson/

March 13/14, Sacramento. Camellia
 Festival 100 Mile Run

- | | | | | |
|-----------------|-------|-------|-------|-------------|
| | 25 Mi | 50 Mi | 75 Mi | 100 Mile |
| 1) Don Choi | 3:24 | 9:04 | 15:24 | 21:36:31 |
| 2) John Arberry | 3:39 | 8:34 | 15:03 | 23:26:06 |
| 3) Mike | 5:35 | 13:35 | 15:46 | (57.6 mi) |
| 4) Noe | 3:23 | 7:46 | 9:18 | 30(56.8 mi) |
| 5) Andrew | 2:50 | 6:25 | 6:43 | (50.7 mi) |
| 6) Terry | 5:58 | 13:44 | | |
| 7) Steve | 5:58 | 13:44 | | |
| 8) Tate | 3:57 | 11:22 | 15 | (49.9 mi) |
| 9) Jack | 4:08 | 9:36 | 10 | (43.9 mi) |
| 10) Jim | 3:33 | 5:59 | 45 | (37.0mi) |
| 11) Tony | 7:05 | 9:00 | 00 | (31.8 mi) |
| 12) Sue | 3:53 | | | (21.5 mi) |

/John Hill/

March 13, Lunada Bay. 1976 SPA AAU
 25 Kilometer Championship

- | | |
|-----------------------|-------|
| 1) Ron Kurrle (SFVTC) | 83:34 |
| 2) Don Ocana (CCAC) | 85:41 |
| 3) Carl Swift (AIA) | 87:09 |

MILE RELAY—1. USC (Connors 47.1, T. Andrews 47.8, Brown 46.7, Beaton 46.4), 3:08.0; 2. Arizona, 3:09.0.

HIGH JUMP—1. Walker (USC), 6-10; 2. Connors (USC), 6-8; 3. Vigiano (A), 6-6.

POLE VAULT—1. Rogers (USC), 17-1; 2. Distanislaio (USC), 16-6; 3. Kwan (USC), 16-0.

LONG JUMP—1. Hardeman (USC), 25-10/4; 2. Henderson (A), 23-1; 3. Mossburg (A), 22-5.

TRIPLE JUMP—1. Cochee (USC), 51-9/4; 2. Assaf (USC), 51-9; 3. Jackson (USC), 50-7/2.

SHOT PUT—1. Budincich (USC), 59-6/4; 2. Fruguglietti (USC), 57-5/2; 3. Ray (A), 48-2/4.

DISCUS—1. Fruguglietti (USC), 185-2; 2. Elder (USC), 178-4; 3. Budincich (USC), 158-7.

JAVELIN—1. Helsby (USC), 224-11/2; 2. Englehard (A), 193-8; 3. Distanislaio (USC), 186-0. FINAL SCORE—USC 116, Arizona 29.

Ric Walker

March 13, Santa Barbara: The Track Meet.

"THE TRACK MEET"

Pole vault — 1. Hardison, AIA 16-6; Anderes, Germany 16-0; 2. Davis, UCSB 15-6; 3. Aldrich, un., 15-6.

Long jump — 1. McClellum, Air Force 24-3; 2. Long, un., 22-4/4; 3. Spencer, un., 22-1/4; 4. Sobiesczyk, un., 21-4/2; 5. Koch, un., 21-3/4.

Shot put — 1. Reilly, All Amer., 51-9/4; 2. Wells, All Amer. 50-4/2; 3. Shetty, un., 43-5; 4. Lauderdale, UCSB, 42-7/4.

High jump — 1. Beers, Canada, 6-10/4; 2. Cuffell, Canada 6-10/4; 3. Kring, UCSB 6/6; 4. Sobiesczyk, un., 6-4; 5. Hawkins, Canada 6-4.

HJ (women) — 1. Brill, Canada, 6-2; 2. Redlick, un., 5-4.

Javelin — 1. Tobin, Wino TC, 215-5; 2. Nix, un., 208-7; 3. Robinson, un., 199-7; 4. Lineweaver, un., 189-9.

3000 steeplechase — 1. Phelan, Fresno, 9:06.7; 2. Houseworth, Westmont 9:26.5; 3. Patterson, AIA, 9:29.8; 4. Sutherland, Club Northridge, 9:33.3

1500 — 1. Caldwell, Azusa Pac. 3:48.6; 2. Rios, SMTC 3:50.1; 3. Rafferty, SMTC 3:50.2; 4. Kennedy, SFVTC 3:52.3; 5. Pulte, UCSB 3:53.9.

2-mile — Jordan, D. 9:30.1; 2. McGee, Sac, 9:33.8; 3. Herrick, Sac, 9:34.7.
 1200H — 1. Irving, COS, 14:7; 2. Burkin, Delta, 14.8; 3. White, F, 15.0.
 Sprint medley — 1. American River 3:38.5; 2. Cosumnes 3:40.1; 3. Modesto 3:42.4.
 100 — 1. Williams, Del, 9.9; 2. Carley, Sac, 10.0; 3. Malone, F, 10.0.
 2-mile relay — 1. COS 7:50.9; 2. American River 7:51.3; 3. Delta 7:57.0.
 800 relay — 1. Delta 1:29.8; 2. Modesto 1:30.1; 3. Cosumnes 1:31.1.
 Shuttle hurdle relay — 1. Sacramento 56.7; 2. Cosumnes 57.1; 3. Fresno 1:00.0.
 3000 steeplechase — 1. Weed, AR, 9:34.3; 2. Higley Cos, 9:43.6; 3. Cardova, SJD, 9:50.9.
 Mile relay — 1. American River 3:23.8; 2. Cosumnes 3:24.2; 3. College of Sequoias 3:24.5.
 Jav — 1. Fresno CC 543-11; 2. Cosumnes 504-10; 3. Delta 499-05.
 HJ — 1. Sacrament 19-6; 2. Modesto 19-4; 3. Fresno CC 18-6;
 PV — American River 48-9; 2. Cosumnes 38-6; 3. Modesto 37-6.
 SP — 1. American River 149-3; 2. Sacramento 136-4; 3. Cosumnes 135-7.
 Dis — American River 453-8; 2. Modesto 425-10; 3. AmCollege of Sequoias 404-0.
 LJ — 1. Sacramento 67-11; 2. American River 66-2; 3. College of Sequoias 65-5.
 TJ — 1. Delta 139-7; 2. Sequoias 135-7; 3. Cosumnes 134-10.
 Team scoring — American River 88, Cosumnes River 80, San Joaquin Delta 69, Modesto 67, Sacramento 59, College of Sequoias 57, Fresno City 57, Reedley 9.

/Ken Dose/

March 13, Westwood:
 UCLA vs San Jose St.

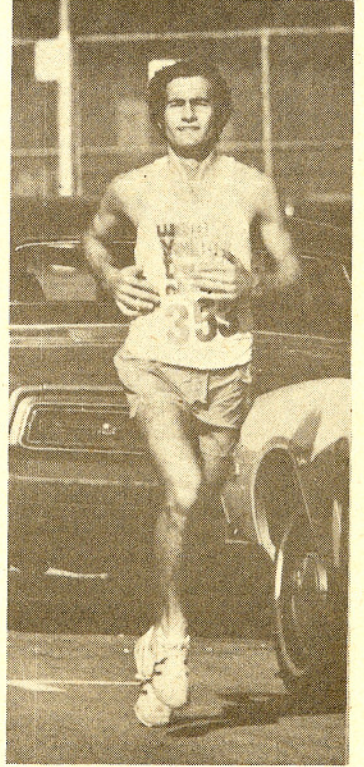
LONG JUMP—1. Banks (UCLA), 24-8¼; 2. Carter (SJS), 24-0; 3. Huey (SJS), 23-6.
SHOT PUT—1. Semkiw (SJS), 64-1¼ (school record, old mark 63-10½, Richard Marks, 1969); 2. Weeks (SJS), 63-9; 3. Neidhart (UCLA), 62-4¼.
400-METER RELAY—1. UCLA (Owens, Myles, Wilson, Theriot), 40.0; 2. San Jose State, 41.0
MILE—1. Gruber (SJS), 4:03.8; 2. Kasser (SJS), 4:06.2; 3. Luevano (UCLA), 4:07.1.
1100H—1. Owens (UCLA), 14.2;
 2. Mills (UCLA), 14.5; 3. Austin (SJS), 14.5.
400—1. Myles (UCLA), 46.4; 2. Theriot (UCLA), 47.2; 3. Darden (SJS), 48.0.
POLE VAULT—1. Tully (UCLA), 16-6; 2. Martin (SJS), 16-1; 3. Curran (UCLA), 16-1.
100—1. Triplett (SJS), 10.4 (wind 10.1 m.p.h.); 2. Wilson (UCLA), 10.4; 3. Farmer (SJS), 10.5.
800—1. Haynes (UCLA), 1:50.8; 2. Suhr (UCLA), 1:51.2; 3. Heinzen (UCLA), 1:52.8.
DISCUS—1. Gunther (UCLA), 183-8; 2. Weeks (SJS), 176-3; 3. Harvey (UCLA), 170-5.
HIGH JUMP—1. Meister (UCLA), 7-0½; 2. Paver (UCLA), 6-9½; 3. Malvino (SJS), 6-8¼.
400H—1. Niederhaus (UCLA), 50.6; 2. Wyatt (SJS), 51.7; 3. Mills (UCLA), 52.4.
200—1. Triplett (SJS), 21.1 (wind 5.6 m.p.h.); 2. Wilson (UCLA), 21.3; 3. Farmer (SJS), 21.5.
JAVELIN—1. Staengel (SJS), 223-3; 2. Krogh (SJS), 220-8; 3. Tosfi (UCLA), 196-11.

Robles; 3. St. Vincent; 4. Carri-
 880 — 1. Barrington (Baptist) 2:01.6; 2. Feeley (SY); 3. Meinke (SY); 4. Kohrt (Bishop Union).
 100 — 1. Ward (Baptist) 10.1; 2. Lam-
 berson (Bishop Union); 3. Ski (SB); 4. Smith (LR).
 Mile — 1. Huff (PR) 4:28.0 (New meet record; old record of 4:29.8 held by Murray of San Marcos); 2. Santistevan (SC) 4:28.3; 3. Burt (Bishop Union); 4. Tracy (N).
 440 — 1. Feeley (SY) 52.3; 2. Meinke (SY) 52.4; 3. Belland (Baptist); 4. Aiello (Bishop Diego).
 120 High Hurdles — 1. Benson (Lutheran) 15.1; 2. Love (Lutheran); 3. McGrath (SB); 4. Carrillo (Bishop Diego).
 220 — 1. Ward (Baptist) 22.7; 2. Lam-
 berson (Bishop Union); 3. Ski (SB); 4. Stewart (Bretheran).
 2 Mile — 1. Santistevan (SC) 9:49.4; 2. Tracy (N); 3. Welch (Atlas); 4. Huff (PR).
 Mile Relay — 1. Bishop Union 3:36.0; 2. Santa Ynez; 3. Bishop Diego; 4. L.A. Baptist.
Girls Varsity
 High Jump — 1. Kern (SB) 5-5 (New meet record; old record of 5-3 held by Pharris of Morro Bay). 2. Winnewisser (Bishop Diego); 3. Pharris (MB); 4. Mullen (Bishop Union).
 Long Jump — 1. Williamson (Bishop Union) 15-7¾; 2. Young (SY); 3. Winnewisser (Bishop Diego); 4. Hudychak (SY).
 Shot Put — 1. Gomez (Bishop Diego 37-0 (New meet record; old record of 36-10½ held by Burrell of Cabrillo); 2. Marchiano (Bishop Diego); 3. Gehres (N); 4. Lid-damore (F).
 Discus — 1. Gomez (Bishop Diego) 120-7 (New meet record; old record of 120-1½ held by herself); 2. Gehres (N); 3. Lid-damore (F); 4. Ratter (Bishop Diego).
 440 Relay — 1. Nordhoff 51.9; 2. Santa Ynez; 3. L.A. Lutheran; 4. Bishop Union.
 880 — 1. Ward (Lutheran) 2:24.0 (New meet record; old record of 2:27.9 held by MacKaye of Nordhoff); 2. MacKaye (N) 3. Nordquist (Bishop Union); 4. Ojeda (Bishop Diego).
 100 — 1. Loud (Lutheran) 11.2 (New meet record; old record of 11.8 held by Allen of Lutheran); 2. Young (SY); 3. Baumgarth (Bishop Union); 4. Hall (N).
 440 — 1. Parker (Lutheran) 1:01.1; 2. Shott (N); 3. Hudson (N); 4. Ostertag (SY).
 Mile — 1. Sessums (Bishop Union) 5:33.7 (New meet record; old record of 5:38.2 held by MacKaye of Nordhoff); 2. MacKaye (N) 5:37.9; 3. Aparico (F); 4. Calncey (Bishop Union).
 80 Hurdles — 1. Winnewisser (Bishop Diego) 11.3; 2. Barrett (SB); 3. Payne (Lutheran); 4. Janine Young (SY).
 220 — 1. Loud (Lutheran) 26.0 (New meet record; old record of 27.3 held by both Pickens of San Marcos and C. Smith of Bishop Diego); 2. Young (SY); 3. Mills (SY); 4. Lara (SB).
 Mile Relay — 1. Santa Ynez 4:12.7; 2. Nordhoff; 3. Bishop Union; 4. L.A. Lutheran.

/Vern Gambetta/

March 13. Van Nuys. Masters All-Comers Meet
 100 Yd Dash (30-39):
 1) Terry Cannon 10.9
 220 Yd Dash (30-39):
 1) Larry Sallinger 23.1

43-1
 1) Red Doms 40-9
 1) Stan Herrmann
 Discus (60-69):
 1) Red Doms 107-3
 Discus (70+):
 1) Stan Herrmann 107-10¼
 Javelin (60+):
 1) Bob MacConaghy 119-9
 Pole Vault (50+):
 1) Don Grosh 10-6
 /Shirley Davisson/
 March 14. San Francisco. 8th Annual Masters Five Mile Race, at Lake Merced
 Men's Division:
 1) Jim Shettler 26:38
 2) Jim O'Meill 26:58
 3) Dennis Teeguarden 28:07
 4) John Minch 28:15
 5) Jerome Lewis 28:42
 6) Jim Nicholson 28:52
 7) Tom Purkiss 29:24
 8) John Jamieson 29:29
 9) George Moss 29:44
 10) Carl Martin 29:46
 Women's Division:
 1) Jeannie Kayser 32:46
 2) Ruth Anderson 33:08
 3) Carol O'Connor 33:45
 4) Ruth Dettering 36:05
 5) Marje Heinlein 39:23
 120 Finishers /George Moss/



JIM NUCCIO

1) Don Grosh 10-6
 440 (30-39):
 1) Gary Miller 52.9
 440 (40-49):
 1) Tony Nasralla 57.1
 440 (50-59):
 1) Bob Hunt 61.2
 880 (All Div):
 1) G. Kalchschmid 2:11.4
 330 IH (Aoo Div):
 1) Tony Nasralla 46.7
 440 Relay (All Div):
 1) Corona Del Mar Long Jump (30-39) 45.8
 1) Larry Sallinger Long Jump (40-49) 20-6¼
 1) Nick Newton Long Jump (50-59) 19-3½
 1) Jim Vernon Long Jump (60+): 16-5
 1) Art Vesco Shot Put (40-49) 13-4
 1) George Waterman Shot Put (40-59): 40-1
 1) Jim Minah Shot Put (60+): 37-5½
 1) Red Doms Pole Vault (60+): 39-10
 1) Bob MacConaghy 9-0
 /Ric Walker/



BART WILLIAMS

March 20, Stan-
 ford Relays.

At Stanford
 110H—1. Florant (C), 13.8; 2. Foster (S), 14.1; 3. Mosley (C), 14.3.
 400 Relay—tie between Stanford (Holmes, Loffon, Foster, Sheats) and San Jose State (Farmer, Livers, Triplett, Smiley), 40.7. Mile relay—California (Wallace, Walker, Morgan, Robinson 46.7); 3:09.9; 2. Stanford (Loffon 46.8), 3:10.8. HJ —Haber (CS Hayward), 6-10. PV—Robinson (Hayward), 16-0; 2. Hintz (C), 16-0. LJ—Loffon (S), 24-8¾. TJ—Finley (SJS), 49-6½. SP—1. Semkiw (SJS), 64-5½; 2. Weeks (SJS), 62-9. DT—Weeks (SJS), 182-4.

March 20, Tempe:
 USC vs Arizona St.

SHOT PUT—1. Budincich (USC), 60-8¼; 2. Fruguglietti (USC), 56-10¼; 3. Heide (ASU), 55-6¼.
440 RELAY—1. USC (Simmons, J. Andrews, Randle, Gilkes), 39.5; 2. Arizona State (Wells, Williams, McCullough, Frazier), 39.7.
MILE—1. Wicksell (ASU), 4:09.7; 2. Eider (ASU), 4:11.2; 3. Aldridge (USC), 4:14.5.
1200H—1. M. Johnson (USC), 13.7 (meet record, old mark 13.8, Earl McCullough, USC, 1967); 2. Shaw (USC), 13.9; 3. Burt (ASU), 14.1.
440—1. Randle (USC), 46.4; 2. Frazier (ASU), 46.6; 3. McCullough (ASU), 47.3.
LONG JUMP—1. Hardeman (USC), 23-11¼; 2. Wilson (ASU), 22-8¼; 3. Cochee (USC), 22-8.
JAVELIN—1. Helsby (USC), 214-7; 2. Thomee (ASU), 208-4; 3. Collis (ASU), 203-3.
100—1. J. Andrews (USC), 9.5; 2. Gilkes (USC), 9.5; 3. Williams (ASU), 9.5.
880—1. Beaton (USC), 1:50.1; 2. L. Johnson (USC), 1:51.4; 3. Kern (USC), 1:53.1.
220—1. Gilkes (USC), 20.8; 2. Williams (ASU), 21.1; 3. Edwards (ASU), 21.2.
440H—1. T. Andrews (USC), 50.1 (meet record, old mark 51.2, Geoff Vanderstock, USC, 1967; Andrews, 1975); 2. Graybehl (USC), 50.8; 3. Aumas (ASU), 50.8.
DISCUS—1. Fruguglietti (USC), 182-7; 2. Eider (USC), 181-7½; 3. Pushkin (ASU), 175-1½.
HIGH JUMP—1. Underwood (ASU), 7-2; 2. Walker (USC), 7-0; 3. Connors (USC), 6-6.
TWO-MILE—1. Blakely (ASU), 9:34.2; 2. Eider (ASU), 9:34.2; 3. Koster (ASU), no time.
TRIPLE JUMP—1. Cochee (USC), 52-0¾; 2. Carpenter (ASU), 51-2½; 3. Assaf (USC), 49-4¼.
POLE VAULT—1. Herman (ASU), 17-2; 2. Rogers (USC), 17-2; 3. DiStanislao (USC), 16-6.
MILE RELAY—1. USC (Connors 47.8, Brown 46.9, Beaton 46.3, Randle 46.0), 3:07.0 (meet record, old mark 3:07.2, Arizona State, 1963); 2. Arizona State, 3:07.3.

/Ric Walker/

March 20, Los Angeles, 6th Annual
Los Angeles Invitational

1) Carl Swaff	2:24.31
2) Bill McBurnett	2:28.97
3) Doug Heberlein	2:29.10
4) Carlos Alfaro	2:34.28
5) Ken Moffitt	2:35.25
6) Skip Shaffler (35-39)	2:40.46
7) Marvin Rowley (35-39)	2:41.55
8) Dennis Stansack	2:42.09
9) Reynaldo Calderon	2:42.53
10) Patrick Kelly	2:46.42
11) Joe Falcon	2:48.54
12) Juan Torres	2:50.05
13) Bert Coventry (35-39)	2:51.14
14) Ken Ganezar	2:51.16
15) Ken Blaydon (35-39)	2:54.16
16) Warren Smith (35-39)	2:55.25
17) Robert Jensen	2:55.36
18) Tom Cory	2:55.50
19) Dan Sheeran (40-49)	2:56.04
20) Gary Sueger	2:57.39
21) Fred Carter	2:59.11
22) Roberto Ortiz	2:59.24
23) Stewart Boden	3:00.05
24) Brice Hammerstein	3:00.05
25) Bruce Yoshiwara	3:00.40
26) Art Mortell (35-39)	3:00.45
27) Steven Humphrey, S.D.	3:01.29
28) Sam Nicholson (40-49)	3:02.07
29) Franklin Fry (35-39)	3:02.46
30) Tracy Brown (40-49)	3:03.22
31) Donald Hall	3:03.27
32) Robert Beehler	3:04.37
33) Richard Fonseca (40-49)	3:06.13
34) Glidden Switzer (40-49)	3:06.14
35) Frank Janowicz	3:06.34
36) Jim Minami	3:07.51
37) Duane Shaffer (35-39)	3:07.52
38) Jonathan Brower	3:08.53
39) Angus Morrison	3:09.07
40) Maurice Montgomery (60+)	3:09.45
41) Paul Rehder, K.D.	3:11.46
42) John Starr (40-49)	3:12.16
43) John Hoffman	3:13.38
44) Donald Boulanger	3:13.39
45) Richard Sovitz (35-39)	3:14.18
46) Lew Roberts (40-49)	3:14.25
47) Douglas Melikian	3:14.29
48) Gary Stansack	3:14.41
49) Neil Finn	3:14.58
50) Greg Hill (18 & under)	3:15.47
63) Bill Fitzgerald (50-59)	3:20.05
67) Susan Kieffer (Women)	3:21.15
68) Tisha Whitney (Women)	3:21.35
69) Robert Hicks (50-59)	3:21.46
70) Paul Albright (50-59)	3:21.52
78) Sharon O'Halloran (W)	3:26.57
149) Finishers	/Fred Honda/

March 20, Newbury Park Invitational.

Large School Division

Varsity

TEAM SCORING: Thousand Oaks 70, Palmdale 49, Newbury Park 45, Simi Valley 33, Granada Hills 33, Jefferson 27.5, Lompoc 20, Royal 13.5.

Shuttle hurdles — Newbury Park (Vongaza, Ausmus, Duran and Manson) and Thousand Oaks (Roy, Swindle, Mejia and Taylor) tie, Palmdale and Lompoc tie, 1:01.1.

440 relay — Jefferson, Thousand Oaks, Palmdale, 45.1.

Dist. med. relay — Simi, Thousand Oaks, Granada Hills, 10:51.5.

High jump — Flynn (GH), Lawrence (TO),

—1. USC, 58.8; 2. Maccabi TC.
HJ—1. Brown (AATC), 7-2; 2. Schur (MTC), 7-0; 3. Frazier (CSN), 6-10; 4. Coleman (unat.), 6-10; 5. Hill (CSLA), 6-8.
PV—1. Benz (CSN), 16-2; 2. Rios (CSLA), 15-2; 3. Adams (CSLA), 15-2; 4. Knappen (unat.), 15-2; 5. Haagen (CPSLO), 15-2.
LJ—1. Jackson (BH Striders), 25-9w; 2. Taylor (Harbor JC), 24-6w; 3. Spencer (Compton), 24-3½w; 4. Morning (UCSD), 23-6½w.
TJ—1. Taylor (MTC), 52-1w; 2. Taylor (Harbor), 50-8½w; 3. Freeman (AATC), 50-10½w; 3. Jackson (BHS), 49-6w.
SP—1. Albright (CSN), 57-2; 2. Turri (unat.), 55-9½; 3. Baxter (CSLA), 53-53/4; 4. Klein (Fullerton), 53-1.
HT—1. Galle (MTC), 202-9; 2. Frenn (MTC), 199-8; 3. Venegas (Club Northridge), 173-10.
JT—1. Healy (BHS), 228-4; 2. Eilenberg (UCI), 224-7; 3. Jarvis (Whittier), 217-2; 4. Ward (Long Beach CC), 216-11; 5. Paur (Porterville), 215-10; 5. Bardales (UCI), 215-9.
WOMEN: LJ—1. Watson (Lake-wood International), 21-2w; 2. Betz (CSLA), 20-6w; 3. Frederick (LATIC), 20-5½w; 3. Oshikoya (LATIC), 20-3¾w. DT—Swendsen (unat.), 166-1.

/Ric Walker/

March 20, Huntington Beach: S. Counties Invit.

LARGE SCHOOLS

100—1. Ford (Pasadena), 9.9; 2. Cleveland (Pasadena soph), 10.0; 3. Sanders (Muir), 10.0; 4. White (Muir), 10.0.
220—1. Long (Centennial), 21.9; 2. White (Muir), 22.2; 3. Ford (Pasadena), 22.6; 4. Coffman (LB Jordan), 22.7.
440 (Race 1)—1. Sanford (Pasadena), 49.3; 2. Van (LB Wilson), 50.5; 3. Dickinson (Cypress), 50.6; 4. Stanley (Foothill), 50.9; 5. Davenport (Marina), 50.9. (Race 2)—1. Fowlkes (LB Poly), 50.0; 2. Hudson (Compton), 50.4; 3. Nieto (Millikan), 50.4; 4. Martinez (Lake-wood), 50.6; 5. Averetta (LB Wilson), 50.7.
880 (Race 1)—1. Pope (Compton), 1:55.8; 2. Owens (LB Poly), 1:56.5; 3. Christensen (Edison), 1:57.5; 4. Obrigawitch (Loara), 1:59.0. (Race 2)—1. Johnson (Sunny Hills), 1:57.8; 2. DeFrates (Millikan), 1:58.1; 3. Ciccio (Helix), 1:59.0; 4. Mansfield (Edison), 1:59.2; 5. Herring (LB Poly), 1:59.3.
MILE (Race 1)—1. Spilsbury (Foothill), 4:17.1; 2. Ryan (Sunny Hills), 4:19.7; 3. Wyman (Palos Verdes), 4:22.2; 4. Stormo (Agoura soph), 4:24.3; 5. Grant (LB Jordan), 4:27.6. (Race 2)—1. Peralta (Santa Fe soph), 4:17.7; 2. Cleary (Garden Grove), 4:26.6; 3. Heinig (La Quinta), 4:26.8; 4. Roberts (Sunny Hills), 4:28.0.
TWO MILE—1. Spilsbury (Foothill), 9:01.8 (meet record, old mark, 9:07.9. C. Beck, Santa Monica, 1972); 2. J. Day (Corona del

SMALL SCHOOLS

100—1. Rhue (Santa Ana Valley), 9.8w (10.0 in heat); 2. Cole (Garey soph), 10.0 (10.0); 3. McClammy (Morningside), 10.0; 4. Russell (Crespi), 10.1.
220—1. Florance (Arroyo), 22.1; 2. Cole (Garey), 22.2; 3. Rhue (Santa Ana Valley), 22.3; 4. Lewis (Cerritos), 22.5; 5. Hernandez (Gahr), 22.6.
440 (Race 1)—1. Thompson (Gahr), 47.0 (meet record, old mark, 47.1, Sims, Whittier, 1969); 2. Johnson (Santa Ana Valley), 49.5; 3. W. Curran (Crespi soph), 50.0; 4. Baker (Rancho Alamitos), 50.4; 5. Grasso (Aviation), 50.4. (Race 2)—1. Russell (Crespi), 49.2; 2. Bailey (Ganessa), 49.6; 3. Martin (St. John Bosco), 50.3; 4. Mitchell (Blair), 50.5.
880 (Race 1)—1. Grasso (Aviation), 1:55.5; 2. Besaw (Rancho Alamitos), 1:57.3; 3. Nielsen (La Habra), 1:57.6. (Race 2)—Nowak (La Mirada), 1:59.3.

MILE (Race 1)—Dutzi (ED), 4:25.3. (Race 2)—1. Bracht (Blair), 4:24.5; 2. LaCour (Salesian), 4:26.6.
TWO MILE—1. Godinez (Salesian), 9:16.6; 2. Casillas (Salesian), 9:36.2; 3. Hawkenson (Costa Mesa), 9:36.5; 4. Becker (Rancho Alamitos), 9:38.3; 5. Oppermann (La Habra), 9:41.0.

1200H—1. Hunt (El Dorado), 14.8; 2. Humphreys (Cerritos), 14.9; 3. Dexter (Santa Ana Valley), 14.9; 4. Holman (Santa Ana Valley), 15.1; 5. Wilson (Morningside), 15.2; 6. Delgado (Cerritos), 15.2.
320LH—1. Grubbs (Blair), 38.1; 2. Salazar (Arroyo), 38.9; 3. Webster (Garey), 39.0 (38.8); 4. Turner (Buena Park), 39.0; 5. Capaldi (Crespi), 39.1. Boyd (Morningside), 39.4 in heat.

440 RELAY (Race 1)—1. Blair, 43.8; 2. Garey, 43.9. (Race 2)—1. Santa Ana Valley, 42.9; 2. Gahr, 43.3; 3. Crespi, 43.4; 4. Morningside, 43.8.

MILE RELAY (Race 1)—1. Gahr, 3:25.5 (Thompson, 47.8); 2. Ejena Park, 3:27.1; 3. Garey, 3:27.5; 4. Santa Ana Valley, 3:30.2. (Race 2)—1. Crespi, 3:25.2; 2. Blair, 3:26.7; 3. Morningside, 3:28.8.

HIGH JUMP—1. Johnson (Arroyo), 6-6; 2. Lawson (El Dorado), 6-6; 3. Hamblton (Brea), 6-5; 4. Castaneda (Buena Park), 6-4; 5. Coyne (Crespi), 6-4.

POLE VAULT—1. Hintnaus (Aviation), 15-9; 2. A. Curran (Crespi soph), 15-6; 3. Boersma (St. John Bosco), 14-0; 4. Viote (Crespi), 14-0.

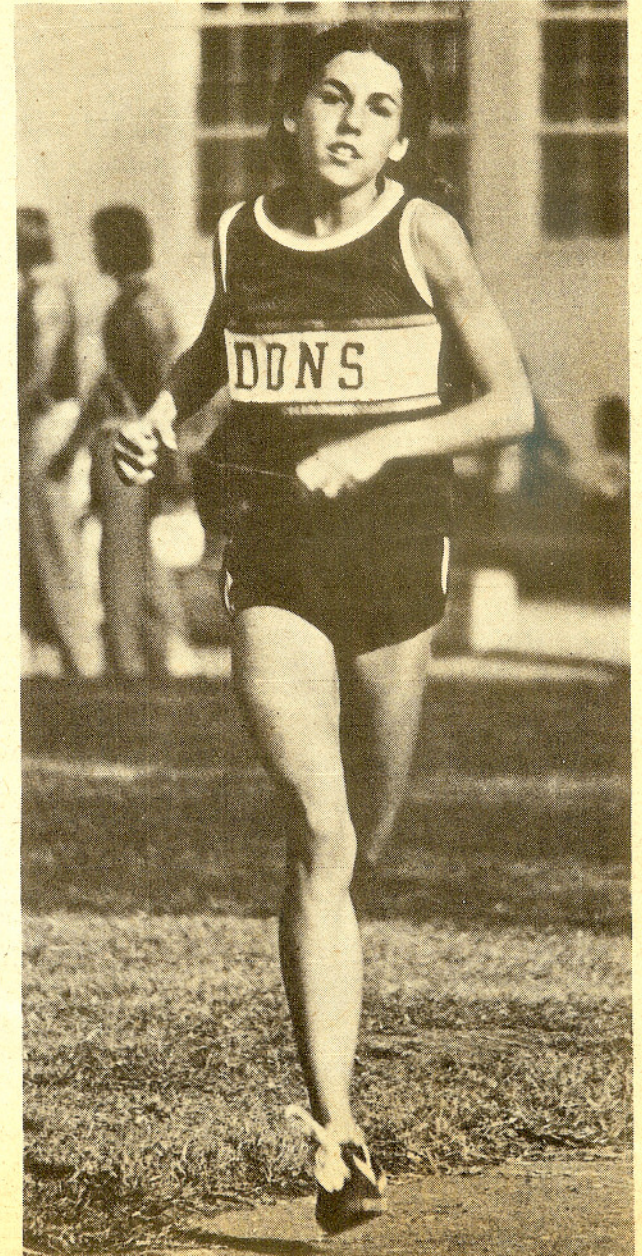
LONG JUMP—1. Wilson (Morningside), 22-10½; 2. Pitts (Santa Ana Valley), 22-6½w; 3. Webster (Garey), 22-6½; 4. Humphrey (Cerritos), 21-9; 5. Crosby (Cerritos), 21-8½; 6. Moreno (Valencia), 21-6½w.

SHOT PUT—1. Palkovic (Crespi), 60-0¼; 2. Johnson (Brea), 55-11½; 3. Silverman (La Mirada), 55-10½; 4. Titenson (Bolsa Grande), 54-10¾; 5. Stack (El Dorado), 53-10¾.

TEAM SCORES—Crespi 29, Santa Ana Valley 27, Blair 18½, Arroyo and El Dorado 16.

/Ted Brazil/

March 21, Westwood, UCLIA vs Tennessee



TERRA HOBBS is one of several outstanding Santa Barbara HS distance runners.

photo by George Aguirre

Large School Division

Varsity

TEAM SCORING: Thousand Oaks 70, Palmdale 49, Newbury Park 45, Simi Valley 33, Granada Hills 33, Jefferson 27.5, Lompoc 20, Royal 13.5.

Shuttle hurdles — Newbury Park (Vongaza, Ausmus, Duran and Manson) and Thousand Oaks (Roy, Swindle, Mejia and Taylor) tie, Palmdale and Lompoc tie, 1:01.1.

440 relay — Jefferson, Thousand Oaks, Palmdale, 45.1.

Dist. med. relay — Simi, Thousand Oaks, Granada Hills, 10:51.5.

High jump — Flynn (GH), Lawrence (TO), Gerlach (TO), 6-8.

Shot put — Dykstra (NP), Dimmett (Lompoc), Melkai (Palmdale), 47-5/2.

Long jump — Howard (Palmdale), Casias (Royal), Walker (Palmdale), 21-11.

880 relay — Thousand Oaks (Swindle, Goddard, Eddy and Williams), Jefferson, Palmdale, 1:31.1.

Mile relay — Palmdale, Jefferson, Simi, 3:31.4.

Pole vault — Batdorf (TO), Swindle (TO), Casias (Royal), 12-6.

Sprint med. relay — Newbury Park (Ausmus, Keen, Mathews and Broccoli), Simi, Thousand Oaks, 3:40.4.

2 miles — Wendler (GH), Prislac (SV), Bradley (NP), 9:44.3.

Girls' results

TEAM SCORING: Camarillo 51, Thousand Oaks 48, Agoura 31, Simi 30, Palmdale 25, Lompoc 21, Royal 21, Newbury Park 16, Chaminade 5.

Shuttle hurdles — Simi, Newbury Park, Thousand Oaks, 51:01.

440 relay — Palmdale, Camarillo, Thousand Oaks, 53.4.

Shot put — Chanters (R), Denny (R), Rowe (C), 31-11.

Dist. med. relay — Camarillo, Thousand Oaks, Agoura, 14:01.3.

High jump — Lendi (R), Redican (S), Chesnut (Lompoc), 5-5/4.

880 relay — Thousand Oaks, Camarillo, Palmdale, 1:52.3.

Mile relay — Agoura, Lompoc, Camarillo, 4:21.2.

Sprint med. relay — Thousand Oaks, Agoura, Camarillo, 4:34.7.

Long jump — Rowe (C), Redican (S), Ramsey (TO), 15-5.

/Ric Walker/

March 20, Northridge Relays.

RELAYS: 440—1. All-American TC, 41.5; 2. USC, 41.7; 3. Maccabi TC, 41.8. **TWO MILE**—1. UC Irvine, 7:54.3; 2. CS Northridge, 7:56.5. **SPRING MEDLEY**—UC Irvine, 3:33.6. **SHUTTLE HURDLES**

880 (Race 1)—1. Pope (Compton), 1:55.8; 2. Owens (LB Poly), 1:56.5; 3. Christensen (Edison), 1:57.5; 4. Obriggawitch (Loara), 1:59.0. (Race 2)—1. Johnson (Sunny Hills), 1:57.8; 2. DeFrates (Millikan), 1:58.1; 3. Ciaccio (Helix), 1:59.0; 4. Mansfield (Edison), 1:59.2; 5. Herring (LB Poly), 1:59.3.

MILE (Race 1)—1. Spillsbury (Foothill), 4:17.1; 2. Ryan (Sunny Hills), 4:27.7; 3. Wyman (Palos Verdes), 4:22.2; 4. Stormo (Agoura Soph), 4:24.3; 5. Grant (LB Jordan), 4:27.6. (Race 2)—1. Peralta (Santa Fe soph), 4:17.7; 2. Cleary (Garden Grove), 4:26.6; 3. Heinig (La Quinta), 4:26.8; 4. Roberts (Sunny Hills), 4:28.0.

TWO MILE—1. Spillsbury (Foothill), 9:01.8 (meet record, old mark); 2. C. Beck, Santa Monica, 9:07.2; 3. J. Day (Corona del Mar), 9:25.1; 4. Gerich (Foothill), 9:33.6; 5. Alvarez (Garden Grove), 9:37.9; 6. Dall (Kennedy, BP), 9:42.6; 7. Calvano (Huntington Beach), 9:43.6.

120 HH—1. Milloy (Pasadena), 14.7; 2. Jackson (Muir), 14.8; 3. Stanislasio (Newport Harbor), 14.9; 4. Danduren (Huntington Beach), 15.0; 5. Emanuel (Centennial), 15.2.

330 LH—1. Curry (LB Poly), 37.9 (meet record, new event); 2. Gibson (Millikan), 38.0; 3. Moore (Muir), 38.0; 4. Milloy (Pasadena), 39.0; 5. Ware (Cypress), 39.0; 6. Jackson (Muir), 39.5.

440 RELAY (combined races)—1. Centennial, 43.2; 2. Pasadena, 43.3; 3. Muir, 43.6; 4. Kennedy (BP), 44.5.

MILE RELAY (Race 1)—1. Huntington Beach, 3:28.3; 2. Muir, 3:28.4; 3. Pasadena, 3:28.5; 4. Edison, 3:28.7; 5. LB Jordan, 3:29.0. (Race 2)—1. Compton, 3:25.9; 2. Sunny Hills, 3:26.1; 3. Cypress, 3:26.6; 4. Millikan, 3:30.7; 5. Arcadia, 3:31.1.

HIGH JUMP—1. Cuervo (Western), 6-6; 2. Garnett (Muir), 6-5; 3. Montez (El Rancho), 6-5; 4. Sanders (Muir), 6-5; 5. Griffith (La Quinta), 6-4; 6. Cahill (Lakewood), 6-4.

POLE VAULT—1. Cuervo (Western), 14-6; 2. Millman (Hawthorne), 14-0; 3. Cirillo (Corona del Mar), 14-0; 4. Tie between Frank (Beverly Hills) and Thielen (Millikan), 13-0.

LONG JUMP—1. Williams (Muir), 23-11/2w (22-9 legal); 2. McKenzie (La Quinta), 22-11/2w; 3. Sharp (Newport Harbor), 22-5; 4. Farrell (Arcadia), 21-11/2; 5. Taylor (Pasadena), 21-0/2. Note: Isaac (Muir) finished fourth but disqualified for replacing another Muir athlete who had begun jumping but withdrew.

SHOT PUT—1. Lettow (Helix), 56-0/2; 2. Miller (LB Poly), 55-4/4; 3. Carr (Palos Verdes), 54-5/4; 4. Fusco (Cypress), 52-11/4; 5. Anderson (Arcadia), 52-6/2.

MILE RELAY—Both teams disqualified. Tennessee for cutting in after first exchange, UCLA for finishing without baton. 1. Tennessee (Barlow 48.6, Preyor 47.8, Harris 47.1, Morgan 46.8), 3:10.3; 2. UCLA (Theriot 48.8, Heinzen 49.7, Niederhaus 48.7, Myles 50.7), 3:16.9.

TEAM SCORES—Muir and Pasadena 32, LB Poly 18, Foothill and Compton 15, Centennial 13, Western 12.

400 METER RELAY—1. Tennessee (Young, Gardner, Morgan, Jones), 39.4; 2. UCLA (Owens, Myles, Wilson, Theriot), 39.9.

LONG JUMP—1. Banks (UCLA), 25-0/2 w; 2. Herndon (UCLA), 24-5/2 w; 3. Holeman (UCLA), 23-0w.

SHOT PUT—1. Neidhart (UCLA), 64-0; 2. Kurrasch (UCLA), 55-4/2; 3. Vassar (UCLA), 53-9/2.

STEEPLECHASE—1. Luevano (UCLA), 9:08.4; 2. Addison (T), 9:24.6; 3. Wright (T), 9:30.4.

MILE—1. Bentz (T), 4:07.4; 2. S. Beck (UCLA), 4:09.3; 3. Lapp (T), 4:10.1.

110HH—1. Owens (UCLA), 13.7 (wind 8.4 m.p.h.); 2. Darcus (T), 13.8; 3. Davie (UCLA), 14.3.

400—1. Myles (UCLA), 46.0; 2. Harris (T), 46.7; 3. Morgan (T), 46.9.

HIGH JUMP—1. Branch (T), 7-0; 2. Meisler (UCLA), 7-0; 3. Paver (UCLA), 6-8/4.

POLE VAULT—1. Tully (UCLA), 16-6; 2. Malone (T), 16-0; 3. Rivera (T), 16-0.

100—1. Jones (T), 10.2 (wind 7.4 m.p.h.); 2. Young (T), 10.5; 3. Wilson (UCLA), 10.5.

JAVELIN—1. Olsen (T), 259-1 (meet record, old mark 246-2, Rory Kotinek, UCLA, 1973); 2. Keith (UCLA), 242-6; 3. Tosti (UCLA), 210-9.

800—1. Haynes (UCLA), 1:50.0; 2. Suhr (UCLA), 1:50.9; 3. Heinzen (UCLA), 1:52.0.

400H—1. Niederhaus (UCLA), 50.2; 2. Mills (UCLA), 52.1; 3. Mardis (UCLA), 53.7.

200—1. Jones (T), 20.4 (4.7 m.p.h. aiding wind); 2. Pryor (T), 20.5; 3. Young (T), 20.9.

TRIPLE JUMP—1. Benks (UCLA), 52-7/4w; 2. Jordan (T), 51-2w (50-5 legal); 3. Glascoe (T), 50-0w. Guest—Butts (BH Striders), 54-0/2w (52-11 legal).

DISCUS—1. Gunther (UCLA), 183-4; 2. Genter (T), 171-6; 3. Harvey (UCLA), 169-7.

THREE-MILE—1. Davey (T), 13:57.8; 2. Waits (T), 14:34.6; 3. Bentz (T), 15:04.8.

MILE RELAY—Both teams disqualified. Tennessee for cutting in after first exchange, UCLA for finishing without baton. 1. Tennessee (Barlow 48.6, Preyor 47.8, Harris 47.1, Morgan 46.8), 3:10.3; 2. UCLA (Theriot 48.8, Heinzen 49.7, Niederhaus 48.7, Myles 50.7), 3:16.9.

SHOT PUT—1. Palkovic (Crespi), 60-0/4; 2. Johnson (Brea), 55-11/2; 3. Silverman (La Mirada), 55-10/2; 4. Titenson (Bolsa Grande), 54-10/4; 5. Stack (El Dorado), 53-10/4.

TEAM SCORES—Crespi 29, Santa Ana Valley 27, Blair 18/2, Arroyo and El Dorado 16.

/Ted Brazil/

March 21, Westwood, UCLA vs Tennessee.

400 METER RELAY—1. Tennessee (Young, Gardner, Morgan, Jones), 39.4; 2. UCLA (Owens, Myles, Wilson, Theriot), 39.9.

LONG JUMP—1. Banks (UCLA), 25-0/2 w; 2. Herndon (UCLA), 24-5/2 w; 3. Holeman (UCLA), 23-0w.

SHOT PUT—1. Neidhart (UCLA), 64-0; 2. Kurrasch (UCLA), 55-4/2; 3. Vassar (UCLA), 53-9/2.

STEEPLECHASE—1. Luevano (UCLA), 9:08.4; 2. Addison (T), 9:24.6; 3. Wright (T), 9:30.4.

MILE—1. Bentz (T), 4:07.4; 2. S. Beck (UCLA), 4:09.3; 3. Lapp (T), 4:10.1.

110HH—1. Owens (UCLA), 13.7 (wind 8.4 m.p.h.); 2. Darcus (T), 13.8; 3. Davie (UCLA), 14.3.

400—1. Myles (UCLA), 46.0; 2. Harris (T), 46.7; 3. Morgan (T), 46.9.

HIGH JUMP—1. Branch (T), 7-0; 2. Meisler (UCLA), 7-0; 3. Paver (UCLA), 6-8/4.

POLE VAULT—1. Tully (UCLA), 16-6; 2. Malone (T), 16-0; 3. Rivera (T), 16-0.

100—1. Jones (T), 10.2 (wind 7.4 m.p.h.); 2. Young (T), 10.5; 3. Wilson (UCLA), 10.5.

JAVELIN—1. Olsen (T), 259-1 (meet record, old mark 246-2, Rory Kotinek, UCLA, 1973); 2. Keith (UCLA), 242-6; 3. Tosti (UCLA), 210-9.

800—1. Haynes (UCLA), 1:50.0; 2. Suhr (UCLA), 1:50.9; 3. Heinzen (UCLA), 1:52.0.

400H—1. Niederhaus (UCLA), 50.2; 2. Mills (UCLA), 52.1; 3. Mardis (UCLA), 53.7.

200—1. Jones (T), 20.4 (4.7 m.p.h. aiding wind); 2. Pryor (T), 20.5; 3. Young (T), 20.9.

TRIPLE JUMP—1. Benks (UCLA), 52-7/4w; 2. Jordan (T), 51-2w (50-5 legal); 3. Glascoe (T), 50-0w. Guest—Butts (BH Striders), 54-0/2w (52-11 legal).

DISCUS—1. Gunther (UCLA), 183-4; 2. Genter (T), 171-6; 3. Harvey (UCLA), 169-7.

THREE-MILE—1. Davey (T), 13:57.8; 2. Waits (T), 14:34.6; 3. Bentz (T), 15:04.8.

MILE RELAY—Both teams disqualified. Tennessee for cutting in after first exchange, UCLA for finishing without baton. 1. Tennessee (Barlow 48.6, Preyor 47.8, Harris 47.1, Morgan 46.8), 3:10.3; 2. UCLA (Theriot 48.8, Heinzen 49.7, Niederhaus 48.7, Myles 50.7), 3:16.9.

SHOT PUT—1. Palkovic (Crespi), 60-0/4; 2. Johnson (Brea), 55-11/2; 3. Silverman (La Mirada), 55-10/2; 4. Titenson (Bolsa Grande), 54-10/4; 5. Stack (El Dorado), 53-10/4.

TEAM SCORES—Crespi 29, Santa Ana Valley 27, Blair 18/2, Arroyo and El Dorado 16.

/Vern Gambetta/



TERRA HOBBS is one of several outstanding Santa Barbara HS distance runners.
photo by George Aguirre

March 21. San Martin. 5th Annual

San Martin Karathen of the Lakes	
1) Jake White	2:53:55
2) Don MacIntosh (1st Sr)	3:04:14
3) Gary Nader	3:09:00
4) John Clary	3:10:45
5) Don Dugdale	3:12:15
6) John McGrillis	3:25:19
7) Unknown	3:25:45
8) F. Brazil	3:26:37
9) Jim Carr	3:26:50
10) Ed Folly	3:26:57

/Bill Flodberg/

March 21. Sacramento. 1976 National AAU Senior Men's & Master's Ken 50 Kilo Championships

Seniors:	
1) Chuck Smead (Six Rivers)	2:50:45.7
2) Jim Pearson (FFPR)	3:03:39
3) Darryl Beardall (MarHarr)	3:05:18
4) Brian Chapman (CrogtonTC)	3:10:05
5) Howard Labrie (SixRivers)	3:11:30
6) Kaj Johansen (SLTC)	3:18:26
7) Jack Leydig (WVTC)	3:24:47
8) Ed Jerome (TxRedusAC)	3:27:07
9) Brian Bonner (LivVRC)	3:30:06
10) Jim Sane (BuffChipsKC)	3:31:10
11) Bill Peck (Bkfd TC)	3:45:40
12) Bob Cooper (WoodsideStr)	3:45:57
13) Don Kirby (Six Rivers)	3:50:47
14) Fraser Rasmussen (BuffCh)	3:51:46
15) Tom Mounsey (ChicoPC)	3:52:33
16) Mike Souza (BuffChipsRC)	3:55:35
17) Tom Bowen (un)	3:57:22
18) Torry Lingbloom (FrFLRR)	4:05:18
19) Hoyt Walker (Liv V RC)	4:11:05
20) Jose Cortez (WoodsideStr)	4:16:58

Masters:	
1) Truman Clark (EHS)	3:20:30
2) John Rudberg (STC)	3:27:25
3) Dave Parker (STC)	3:31:27
4) Don Jones	3:45:02
5) Dick Willets (un)	3:55:13
6) Walt Betschart (BuffChp)	4:07:24
7) Robert Romano (TxReduc)	4:07:54
8) Jack Harper (STC)	4:09:21
9) Vic Crossetti (TxReduc)	4:21:40
10) Art Wagoner (BuffChps)	4:23:14

Senior Women:	
1) Penny DeMoss (WVTC)	3:48:27
2) Yvette Cotte (WVTC)	4:26:16

Masters Women:	
1) Ruth Anderson (NorCalSr)	4:17:53

/Harold DeMoss/

March 21. Sacramento. Buffalo

Stampede, 10 Mile:	
1) Ken Misner (Pla TC)	51:13
2) Pete Flores (Aggie TC)	52:03
3) Angelo Martinez (AggieTC)	53:11
4) Jim Birnbaum (USAF)	53:23
5) Tom Castro (un)	53:28
6) James Howard (un)	53:56
7) Unknown	54:16
8) Frank Donahue (Excelsior)	54:34
9) Gary Singer (un)	54:39
10) George Martin (Aggie TC)	54:43 40+
11) Harry Ellis (WVTC)	55:30
12) Walt Schafer (ChicoRC)	55:34 30+
13) Frank Krebs (BuffChps)	55:45 30+
14) Mike Conroy (ExcelTC)	56:13
15) Tim Jordan (un)	56:30
16) Joe Taxiera (Aggie)	56:57
17) Peter Marks (Aggie)	56:58
18) Craig Wells (Lincoln HS)	57:00
19) Bob Myers (Pama)	57:10
20) Doug Rennie (BuffCh)	57:29
21) Bruce Jones (un)	57:34
22) Jim O'Neil (Olympic)	57:38
23) Gordon Innes (Marin)	58:14
24) Bob Bummell (Marin)	58:15
25) Don Hakela (un)	58:17
26) Ron Elijah (un)	58:18
27) Robert L. Jamieson (un)	58:19
28) Terrence Casey (Excels)	58:30
29) Paul Keller (HangTownHr)	59:00
30) Ross Rowley (un)	59:02
31) Robert Ogg (BuffCh)	13-19 59:12
32) David Brown (un)	30+ 59:36
33) Bob Keller (un)	30+ 59:36
34) Paul Koski (Excelsior)	59:41 30+
35) Stephen Swesoy (MtVaca)	59:46
36) Robin Clark (un)	59:47
37) Rick Rockwell (Excel)	59:51
38) Harold DeMoss (WVTC)	40+ 59:55
39) Larry Main (WVTC)	30+ 60:08
40) Paul Holmes (BuffCh)	30+ 60:33
41) Robert Malain (NCSTC)	40+ 62:03
42) Ray Sibley (SolanoTC)	62:07
43) Dieter Diekmeyer (Sund)	62:09 40+
44) Walt Lange (BuffCh)	30+ 62:15
45) Kicky Koberg (LivVly)	62:30 40+
46) Robert Woodliff (WVTC)	62:35 30+
47) Ed Stromberg (BuffCh)	30+ 62:39 30+
48) Don Spickelmier (BuffCh)	62:48 30+
49) Evan MacBride (BuffCh)	62:58
50) James Dix (un)	30+ 63:05
51) Karen Bain (RioAmHS)	63:44
52) Sharon Furtado (un)	63:51 19&u
109) Karen Pessey (SundTC)	72:57
123) Madeleine Roese (un)	76:27
131) Jeani Fuller (HCTC)	19u 77:47

/Abe Underwood/

March 21. Ventura. Arroyo Verde Handicap--SPA#1, 15 Kilometer

1) Gary Tuttle	49:20
2) Allen Rude	51:07
3) Tom Edwards (1st 16-19)	52:13
4) Pat Miller	52:51
5) John Rupp	53:27
6) Steven Chase	53:50
7) Larry Pontinen	54:37
8) Dick Bartok (1st 40+)	55:27
11) H. Agostinelli (1st 50+)	58:12
17) Jon Lantry (1st 15 und.)	65:49
23) Tad Fujioka (1st 50)	68:45
31) Ann Benoch (1st girl)	71:19
33) Barbara Patterson (1st W)	72:19
38) Joan Spiers (1 W-vet)	88:59

/Connie Redowald/

March 27. Los Altos. Pacific AAU 15 Kilometer Championship

1) Jim Nuccio	44:59
2) Jan Sershen	46:59
3) Bill Seaver	47:46
4) John Sheehan	48:02
5) Dennis O'Halloran	48:32
6) Daryl Zapata	48:47
7) Gary Goettelman	49:30
8) Jack Leydig	49:36
9) Bruce Rider	49:40
10) John Weidinger	49:57
11) Jim Shettler (40+)	50:14
14) Jim O'Neill (50)	50:27
46) Victorio Bray (w)	56:35
93) Ruth Anderson (40+W)	62:36

/George Moss/

March 27. Morro Bay. 3rd Annual Morro Bay State Park Five Mile Road Race

1) Robert Ridley (CCAC)	25:42
2) Ed Thoma (SLDC)	26:05
3) Allen Schorfield (SBAA)	26:06
4) John Beaton (SLDC)	26:20
5) Bob Nanninga (WUTC)	26:20
6) John Rupp (STC)	26:23
7) Jon Wegener (FPTC)	26:51
8) Brian Waterbury (SLDC)	27:13
9) Scott Hull (SLDC)	28:15
10) Rey Pena (CDMTC) 1st 30+	28:24
11) John Patterson (SBAA)	28:45
12) Walter Thompson (SLDC)	29:03
13) F. van der Baan (CCAC)	29:13
14) Bob Carman (SBAA) 1st 40+	29:26
15) Frank Delgado (Fresno)	29:30
16) Jim Webb (SLDC)	29:42
17) Primo Ramos (SLDC)	29:43
18) Mike Barnes (Harmony)	29:45
19) Jim Casper (SLDC)	29:48
20) Stan Rosenfield (SLDC)	29:55
21) Ray Gil (STC) 1st 50+	29:59
27) Barbara Arreola (SLDC) 1-030:30	30
32) Mary Carman (StBarb) 2nd 031:25	25

/Stan Rosenfield/

High Jump: 1. Villa Park 17.2, 2. Canyon 17.2, 3. Orange 16-10, 4. El Modena 11-8. Individual--Harmon (VP) and Wilson (EM) 6-0.

Pole Vault: 1. Villa Park 40-2 (meet record, old 39-10, Villa Park, 1/2 3/4, 1/4, Canyon 33-6, 3. El Modena 25-6, 4. Orange 11-6. Individual--Jim Sidler (P) 15-8, Mark Kinnison (EM) 14-0 (school record).

Long Jump: 1. Villa Park 62-9 1/2 (meet record, old 62-2 1/2, Villa Park, 1974), 2. El Modena 60-4 1/4, 3. Orange 58-1 1/4. Individual--Werner (EM) 21-4, Hedlund (VP) 21-3 1/4, BenBen (VP) 21-2 1/4.

Triple Jump: 1. El Modena 123-7, 2. Villa Park 123-0, 3. Orange 121-0 1/2, 4. Canyon 101-8. Individual--Werner (EM) 43-2 1/2, Fenter (O) 42-9, BenBen (VP) 42-4.

Shot: 1. El Modena 132-6, 2. Canyon 129-4, 3. Villa Park 129-2 1/2, 4. Orange 111-6 1/2. Individual--Creteire (VP) 47-2.

Discus: 1. Orange 381-3, 2. Villa Park 374-1 1/4, 3. Canyon 370-3, 4. El Modena 357-2. Individual--Bailey (VP) 146-7, Brandes (C) 140-0, Talafus (O) 137-7, Sessa (O) 132-4.

TEAM SCORES--Villa Park 56, El Modena 38, Orange 20, Canyon 12.

JV--Villa Park 54, El Modena 42, Orange 6, Canyon 5.

Soph--El Modena 43, Villa Park 33, Orange 20 1/2, Canyon 11 1/2.

SWEEPSTAKES--Villa Park 143, El Modena 123, Orange 46 1/2, Canyon 28 1/2.

Top Track Athlete--Chris Money (El Modena).

Top Field Athlete--Jim Sidler (Villa Park).

/Ted Brazil/

March 27, Hawthorne Distance Meet

At Hawthorne High

440--1. McDonald (Banning), 50.2; 2. Jones (Ban), 50.5; 3. Knight (Ban), 50.8.

880--1. Blavet (Ban), 1:58.9; 2. Rodriguez (Salesian), 1:59.3; 3. Pacheco (Mountain View), 1:59.7.

MILE--1. Guerra (North Torrance), 4:21.0; 2. Grass (Aviation), 4:23.7; 3. Pacheco (MV), 4:25.6; 4. Godinez (Sal), 4:26.6; 5. Koenig (San Marino), 4:26.6; 6. LaCour (Sal), 4:27.3.

TWO MILE (Race)--1. Godinez (Sal), 9:15.0; 2. Stephenson (South Hills), 9:33.2; 3. Casillas (Sal), 9:36.2; 4. Schriver (Montebello), 9:36.2; 5. Vergara (Monte), 9:41.3; 6. Cessor (Hawthorne), 9:45.2. (Race 2)--Scott (Hawthorne), 9:44.3.

TEAM SCORES--Banning 27, Salesian 16, South Torrance 10, Hawthorne 9.

/Ric Walker/

March 27. San Diego. San Diego Cougars Invitational at Sportsman Field, San Diego State University 9 & Under

100 Yd:

1) Erica Peterson (LBC)	13.1
220 Yd:	
1) Erica Peterson (LBC)	30.2
440 Yd:	
1) Andrea Rolfe (LEC)	66.9
880 Yd:	
1) Rosalind Martinez (SCC)	2:39.5
440 Relay:	
1) So. Calif. Cheetahs	60.9
880 Relay:	
1) Long Beach Comets	2:08.1
Long Jump:	
1) Paulette Willis (LBC)	12-9 1/2
High Jump:	
1) Barbara Wilson (SCC)	3-7
100 Yd:	
1) Latanya Dawkins (LBC)	12.0
220 Yd:	
1) Latanya Dawkins (LBC)	27.1
440 Yd:	
1) Antoinette Rolf (LBC)	63.9
880 Yd:	
1) Sharon Hatfield (PAT)	2:29.0
1 Mile Run:	
1) Sonia Cooper (RRR)	5:25.9
50 Yd Hurdles:	
1) Sharon Hatfield (PAT)	8.3
880 Medley Relay:	
1) Long Beach Comets	2:05.0
Long Jump:	
1) Blaire Bates (SCC)	14-5 1/2
High Jump:	
1) Lisa Stary (LBC)	4-8
100 Yd:	
1) Janet Balliard (SCC)	11.3
220 Yd:	
1) Janice Smith (LBC)	25.5
440 Yd:	
1) Sharon Hulse (PAT)	58.1
880 Yd:	
1) Sharon Hulse (PAT)	2:20.5
1 Mile Run:	
1) Jane Wintermute (SCC)	5:17.7
80m Hurdles:	
1) Dulce Reade (PAT)	13.0
440 Yd Relay:	
1) Berkeley Eastbay	49.9
880 Medley Relay:	
1) Patriots USA	1:51.7
Shot:	
1) Barrie Greer (SCC)	35-4 1/2
Long Jump:	
1) Jenny Townsend (LBC)	16-3/4
High Jump:	
1) Lisa Peters (SCC)	5-4
Javelin:	
1) Barrie Greer (SCC)	99-2
Discus:	
1) Barrie Greer (SCC)	100-2
14 & 15	
100 Yd:	
1) Brenda Winston (RRR)	11.0
220 Yd:	
1) Brenda Winston (RRR)	25.7
440 Yd:	
1) Ella Rich (Merc)	60.0
880 Yd:	
1) Della Equipilag (SCC)	2:26.4
1 Mile Run:	
1) Kristi Kucera (LBC)	5:17.0
2 Mile:	
1) Suzanne Keith (RFR)	11:03.3
100m Hurdles:	
1) Christa Sears (PAT)	16.5
440 Yd Relay:	
1) San Diego Cougars	50.0
880 Medley Relay:	
1) San Diego Cougars	2:03.5
Javelin:	
1) Debbie Dibb (un)	132-6

Shuttle Hurdles-Thousand Oaks (Mejia, Roy, Swindle, Taylor) 55.8, Newbury Park 55.9, Ventura 56.5.

2-Mile Relay-Simi Valley (Bouillon, Prislac, Knerr, Hamilton) 8:13.3, Hart 8:17.3, Thousand Oaks 8:25.3.

3000 Meter Steeplechase-Kinsler (Buena) 9:57.2, Bradley (Newbury Park) 10:14.4, Fuoroli (Thousand Oaks) 10:26.8, Morales (Camarillo) 10:26.8.

Pole Vault Relay-Thousand Oaks (Warner, Swindle, Batdorf) 35-6, Hart, Camarillo. Best Individual: Batdorf 13-0.

HJ Relay-Thousand Oaks (Lawrence, Gerlach, Batdorf) 18-7, Hart 17-6, Camarillo 17-2.

Team Scores: Thousand Oaks 75, Newbury Park 45, Camarillo 38, Hart 36, Ventura 36, Simi Valley 32, Channel Islands 24, Euena 22, Agoura 20, Royal 4.

S. Small School Varsity

Pole Vault Relay-Nordhoff (Wickersham, Summers, Cracelius) 32-6, Santa Paula 29-6, Carpinteria 22-6; Best Individual: Wickersham 12-6.

2-Mile: Rio Mesa (Burgemeyer, Torres, Dunks, Fitzgerald) 8:13.8, Santa Clara 8:24.4, Bishop 8:27.

Long Jump Relay-Rio Mesa (Vasquez, D. Taylor, Nowlin) 56.9, Santa Paula 55-3/2, Bishop Diego 54-4 1/2.

330 IH-Vasquez (RM) 42.1, Hobbs (RM) 42.9.

Shuttle Hurdles-Rio Mesa (Pizzo, Vasquez, Rodarte, Hobbs) 57.8, Bishop Diego 59.1, Bishop 1:00.2.

440 Relay-Rio Mesa (Nowlin, Taylor, Harris, Urratio) 44.9, Alemany 45.4, Santa Paula 45.4.

Distance Medley-Rio Mesa (Harris, Dunks, Torres, Fitzgerald) 10:40.3, Santa Clara 10:54.9, Bishop 10:55.3.

3000 Meter Steeplechase-Phillips (Nordhoff) 10:35.5, Medel (Carpinteria) 10:40, Buchanan (Rio Mesa) 10:59.3.

Sprint Medley-Rio Mesa (Nowlin, Urratio, Vasquez, Burgemeyer) 1:37, Alemany 1:38.5, Santa Paula 1:40.2.

Shot Put Relay-Carpinteria (Izquierdo, Fischer, St. Clair) 122-11, Rio Mesa 122-5, St. Bonaventure 118-8. Best Individual: Core (Santa Paula) 49-1.

High Jump Relay-Nordhoff 16-7, Chaminade 16-2, Carpinteria 16-1, Rio Mesa 16-1.

Mile Relay-Rio Mesa (Urratio, Burgemeyer, Fitzgerald, Taylor) 3:33.3, Bishop 3:37.2, Bishop Diego 3:40.4.

Team Scores: Rio Mesa 100 1/2, Nordhoff 41 1/2, Santa Paula 36, Carpinteria 34, Bishop 34, Bishop Diego 26, Santa Clara 22, Alemany 16, St. Bonaventure 12, Chaminade 10.

Girls

Distance Medley-Nordhoff 13:16, Bishop 13:23, Buena 13:40.4.

440 Relay-Thousand Oaks 51.9, Buena 52.0, Rio Mesa 52.3.

Sprint Medley-Buena 1:54.8, Ventura 1:54.9, Thousand Oaks 1:55.

LJ Relay-Ventura (Haynes, Hindman, Dunn) 47-0, Buena, Thousand Oaks. Best Individual: Haynes (Ventura) 47-0 1/2.

HJ Relay-Bishop (Minermer, Butler, Mullen) 13-8, St. Bonaventure, Buena. Individual Best-Fowler (Hawthorne) 5-0.

Team Scores: Buena 38, Nordhoff 23, Thousand Oaks 22, Ventura 18, Bishop 18, Rio Mesa 16, St. Bonaventure 8, Newbury Park 4, Channel Islands 3.

Long Jump (30-39):

1) Al Henry	20-4
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Long Jump (40-49):

1) Shirley Davisson	21-3 1/2
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Long Jump (50-59):

1) Jim Vernon	16-5
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Pole Vault (60+):

1) Bob MacConaghy	9-0
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/Shirley Davisson/

March 27, Pasadena Games.

At Muir High

100--1. Ball (Blair), 9.9; 2. Jackson (Blair), 10.0; 3. Cleveland (Pasadena), 10.1. 220--1. Sanford (Pas), 22.3; 2. Hurst (Monrovia), 22.6; 3. Ball (Blair), no time. 440--1. Sanford (Pas), 50.1; 2. Mitchell (Blair), 50.7. 880--1. Bracht (Blair), 1:58.7; 2. DiConti (La Canada), 1:59.5. MILE--1. Moses (Cres. Valley), 4:21.1; 2. Trellilo (CV), 4:24.5; 3. Bracht (Blair), nt. TWO MILE--Sortino (CV), 10:56.9. 1200 HH--1. Lewis (Muir), 14.5; 2. Milloy (Pas), 14.6; 3. Sanders (Muir), 14.7. 330 LH--1. Grubbs (Blair), 38.0; 2. Brown (Pasa), 38.1; 3. Jackson (Muir), 38.2. 440 RELAY--1. Blair, 42.5; 2. Pasadena, 42.6; 3. Monrovia, nt. MILE RELAY--1. Blair, 3:25.4; 2. Pasadena, 3:26.0; 3. La Canada, nt.

HJ--1. Garnett (Muir), 6-8; 2. Sanders (Muir), 6-4; 3. Grubbs (Blair), 6-4. PV--Isaac (Muir), 13-0. LJ--1. Williams (Muir), 23-10 1/2; 2. Ellis (Blair), 23-2; 3. Pittman (Muir), 22-9 1/2. SP--1. Platisa (Gladstone), 52-10 1/4; 2. Fox (CV), 52-9.

/Ric Walker/

March 27, Newport Harbor: Beach Cities Invitational

100: 1. Dykes (Uni) 10.2, 2. Foley (NH) 10.2, 3. Harrison (NH) 10.2, 4. Connel (Ed) 10.2, 5. Dedrick (Mar) 10.2.

220: 1. Jones (MV) 23.2 (22.5 heat), 2. Connel (Ed) 23.2, 3. Corum (NH) 23.3, 4. Woods (SC) 23.3, 5. Harrison (NH) 23.3.

440: 1. Walters (Est) 49.5, 2. Jones (MV) 50.5, 3. Humann (NH) 51.4, 4. Butler (Mar) 51.5, 5. Davenport (Mar) 51.6.

880: 1. Christensen (Ed) 1:59.6, 2. Mansfield (Ed) 2:00.4, 3. Dickey (NH) 2:00.4, 4. Hendrick (Mar) 2:00.7, 5. Fenchak (FV) 2:01.3.

Mile: 1. Adamitis (SC) 4:25.1, 2. St. John (MD) 4:27.3, 3. Day (CDM) 4:28.0, 4. McConnell (Ed) 4:28.9, 5. Axtel (SC) 4:28.9.

2-Mile: 1. St. John (MD) 9:17.4, 2. McConnell (Ed) 9:19.2, 3. Day (CDM) 9:20.2, 4. Ertz (NH) 9:29.7, 5. Walterhouse (MV) 9:40.9.

1200 NH: 1. Margerum (FV) 14.8, 2. Distansiao (NH) 14.9, 3. Nettles (Est) 15.8, 4. Danduran (HB) 15.9, 5. Neville (CDM) 16.0.

330 LH: 1. Patrick (NH) 39.9 (39.5 heat), 2. Chesnut (SC) 40.2 (40.0 heat), 3. O'Malley (MD) 40.5 (39.3 heat), 4. Putman (Ed) 40.5, 5. Hogan (Ed) 40.5.

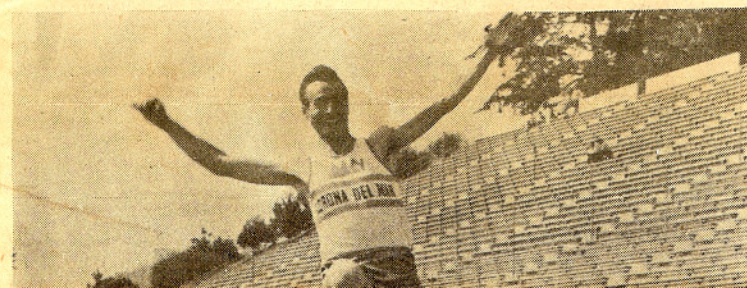
440 relay (composite): 1. Newport Harbor 44.1, 2. San Clemente 45.4, 3. Edison 45.5, 4. Corona del Mar 45.6, 5. Marina 45.8.

Mile relays: 1. Newport Harbor (Humann 51.8, Dickey 52.0, Corum 51.7,

March 27. Glendale. Masters All Cougars at Glendale College

100 Yd Dash (30-39):

1) Walt Butler	9.8
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- 19) Jim Casper (SLDC) 29:55
- 20) Stan Rosenfield (SLDC) 29:59
- 21) Ray Gil (STC) 1st 50+ 29:59
- 27) Barbara Arreola (SLDC) 1-630:30
- 32) Mary Carman (StBarb) 2nd 631:25

Salesian 16, South Terrace 3, Hawthorne 9.

/Ric Walker/



SHIRLEY DAVISSON: Masters long jump king. photo by Percy Knox

March 27, Orange Rotary Relays.

- (at Fred Kelly Stadium)
- 440 relay—1. Villa Park 44.5, 2. Orange 44.5, 3. El Modena 45.1.
- 880 relay—1. Villa Park 1:32.3 (meet record, old 1:32.4, El Modena, 1970), 2. El Modena 1:34.2, 3. Orange 1:34.6, 4. Canyon 1:36.7.
- Mile relay—1. Villa Park 3:25.0 (meet record, old 3:28.9, Orange, 1970), 2. El Modena 3:35.3, 3. Canyon 3:40.8, 4. Orange 3:42.8.
- 2-mile relay—Villa Park 8:33.4, 2. El Modena 8:47.3, 3. Canyon 8:56.3.
- 4-mile relay—Orange 18:28.7, 2. Villa Park 18:38.2, 3. El Modena 18:38.8, 4. Canyon 19:41.3.
- Distance medley—1. El Modena 10:47.5, 2. Villa Park 10:54.7, 3. Orange 11:12.5, 4. Canyon 11:30.2.
- Sprint medley—1. El Modena 3:45.3, 2. Villa Park 3:50.1, 3. Orange 3:50.3, 4. Canyon 4:02.4.
- 880 Shuttle low Hurdles—1. Villa Park 54.7 (ties meet record, Orange, 1970), 2. El Modena 56.4, 3. Orange 58.4.

March 27, San Luis Obispo: Cal Poly Invitational.

Women's Track

- CAL POLY SLO INVITATIONAL**
- 100—Ashford (UCLA), 10.7w, 220—Ashford (UCLA), 23.9w, 440—Nickson (SLO), 57.8, 880—Chisam (UCLA), 2:16.9, MILE—Chisam (UCLA), 5:15.4, 100-METER HURDLES—Benford (SLO), 14.0, 440 HURDLES—Robertson (UCSB), 1:10.7, 440 RELAY—UCLA (Butler, Lester, Kummer, Ashford), 47.9, MILE RELAY—USC (Biller, Hunter, VanPulverde, San Agustin), 4:10.5, 880 MEDLEY RELAY—USC (Birt, Curran, Hunter, San Agustin), 1:49.7.
- HJ—Gilbert (UCLA), 5-6, LJ—Betts (CSLA), 19-Ow, SP—Morgan (USC), 37-2 1/2, DT—Turner (USC), 138-5, JT—Smith (UCLA), 173-4.
- TEAM SCORES—UCLA 69, USC 55, Cal Poly SLO 52, UCSB 33, Cal. St. Los Angeles 12, Cal Lutheran 9.

March 27, Santa Paula: Citrus Capital Relays.

At Santa Paula High School Citrus Capital Relays Large School Varsity

- SP Relay-Camarillo (Burhoe, Rasmussen, McIntyre) 149-4 1/4. Best individual: McIntyre (Camarillo), 55-7 1/4.
- LJ Relay-Ventura (Snyder, Yates, Torres) 63-4, Agoura 60-5, Buena 59-9 1/2. Best individual: Snyder (Ventura) 22-1.
- Sprint Medley-Thousand Oaks (Goddard, Swindle, Williams, Mejia) 1:35.7, Camarillo 1:36-6, Channel Islands 1:36-8, 440 Relay-Thousand Oaks (Taylor, Goddard, Swindle, Williams) 43.9, Ventura 44-1, Agoura 44-2.
- 330 Intermediate Hurdles-Snyder (Ventura) 40.0, Mejia (Thousand Oaks) 40.2, Ausmus (Newbury Park) 40-4.
- Distance Medley-Simi Valley (Bouillon, Allegro, Hamilton, Pristac) 10:30.3, Thousand Oaks 10:43.5, Newbury Park 10:52.4.

- Javelin:
- 1) Barrie Greer (SCC) 99-2
 - Discus:
 - 1) Barrie Greer (SCC) 100-2
- 14 & 15
- 100 Yd:
- 1) Brenda Winston (RRR) 11.0
- 220 Yd:
- 1) Brenda Winston (RRR) 25.7
- 440 Yd:
- 1) Ella Rich (Merc) 60.0
- 880 Yd:
- 1) Della Equipilag (SCC) 2:26.4
- Mile Run:
- 1) Kristi Kucera (LNC) 5:17.0
- 2 Mile:
- 1) Suzanne Keith (RFR) 11:03.3
- 100m Hurdles:
- 1) Christa Sears (PAT) 16.5
- 440 Yd Relay:
- 1) San Diego Cougars 50.0
- 880 Medley Relay:
- 1) San Diego Cougars 2:03.5
- Javelin:
- 1) Debbie Dibb (un) 132-6
- Long Jump:
- 1) Dawn Peters (SCC) 17-3
- Discus:
- 1) Charm Eishop (SCC) 108-3
- Senior Women
- 100 Yd:
- 1) Rosalyn Bryant (Merc) 11.0
- 220 Yd:
- 1) Rosalyn Bryant (Merc) 24.3
- 440 Yd:
- 1) Yolanda Rich (Merc) 55.5
- Mile:
- 1) Sue Kinsey (SPV) 4:47.4
- 100m Hurdles:
- 1) Cheryl Glazier (PAT) 15.3
- 440 Yd Relay:
- 1) L.A. Mercuresses 47.9
- 880 Medley Relay:
- 1) Patriots USA 2:08.0
- Mile Relay:
- 1) So. Calif. Cheetahs 5:26.5
- Javelin:
- 1) Lisa VanBentham (un) 149-9
- Long Jump:
- 1) Linda Cornelius (UNLY) 17-3
- High Jump:
- 1) Chris Remmling (un) 5-2
- Discus:
- 1) Kathy O'Brien (un) 111-10

/Lenwood A. Williams/

- March 27, Glendale, Masters All Centers at Glendale College
- 100 Yd Dash (30-39):
- 1) Walt Butler 9.8
- 100 Yd Dash (40-49):
- 1) George Waterman 10.2
- 100 Yd Dash (50+):
- 1) Al Guidet 11.3
- 440 Yd Relay:
- 1) Corona Del Mar (30-39) 44.5
- Javelin (40-49):
- 1) John Tansley 136-11
- Javelin (50-59):
- 1) Pete Fetter 145-6
- Javelin (60-69):
- 1) Bob MacDonaghy 109-10
- Javelin (Women):
- 1) Shelly Brown 101-3
- Triple Jump (all):
- 1) Dave Jackson 40-9
- Pole Vault (30-39):
- 1) Don Grimes 12-6
- Pole Vault (40-49):
- 1) Duane Telliano 11-0
- 220 Yd Dash (30-43):
- 1) Nick Newton 23.8
- 220 Yd Dash (35-49):
- 1) Ken Dennis 24.3
 - Ted Vick 24.3
 - Bob Ralford 24.3
- 220 Yd Dash (40-49):
- 1) George Waterman 23.7
- 220 Yd Dash (50-):
- 1) Tom Clayton 26.4
 - 70 Yd HH (40-49):
 - 1) Dave Jackson 9.2
- Shot Put 16#:
- 1) Hal Smith 44-3 1/2
- Shot Put 12#:
- 1) John Tansley 43-11
- Shot Put 8#:
- 1) Red Doms 39-0
- Shot Put 6#:
- 1) Edith Mendyka 29-4
- High Jump (40-49):
- 1) Bill Evans 5-4
- High Jump (50-59):
- 1) Dave Brown 4-8
- Pole Vault (50-59):
- 1) Don Grosh 10-6
- 440 Yd (35+):
- 1) Ernie Taylor 54.7
- 880 Yd (35+):
- 1) Gary Miller 2:08.4
- Mile:
- 1) Tom Richards 4:39.9
- 2 Mile:
- 1) Tom Richards 10:33.1
- Discus (40-49):
- 1) George Waterman 116-9
- Discus (50-59):
- 1) John Bacotte 109-4
- Discus (60+):
- 1) Red Doms 108-1
- Discus (Women):
- 1) Shelly Brown 92-0

- (MV) 50.8, 3. Humann (NH) 51.4, 4. Butler (Mar) 51.5, 5. Davenport (Mar) 51.6.
- 880: 1. Christensen (Ed) 1:59.6, 2. Mansfield (Ed) 2:00.4, 3. Dickey (NH) 2:00.4, 4. Hendrick (Mar) 2:00.7, 5. Fenchak (FV) 2:01.3.
- Miller: 1. Adamitis (SC) 4:25.1, 2. St. John (MD) 4:27.3, 3. Day (CDM) 4:28.0, 4. McConnel (ED) 4:28.9, 5. Axtel (SC) 4:28.9.
- 2-miler: 1. St. John (MD) 9:17.4, 2. McConnel (Ed) 9:19.2, 3. Day (CDM) 9:20.2, 4. Ertz (NH) 9:39.7, 5. Walterhouse (MV) 9:40.7.
- 120 MH: 1. Margerum (FV) 14.8, 2. DiStanislas (NH) 14.9, 3. Nettles (Est) 15.8, 4. Danduran (HB) 15.9, 5. Neville (CDM) 16.0.
- 330 LH: 1. Patrick (NH) 39.9 (39.5 heat), 2. Chesnut (SC) 40.2 (40.0 heat), 3. O'Malley (MD) 40.5 (39.3 heat), 4. Putman (Ed) 40.5, 5. Hogan (Ed) 40.5.
- 440 relay (composite): 1. Newport Harbor 44.1, 2. San Clemente 45.4, 3. Edison 45.5, 4. Corona del Mar 45.6, 5. Marina 45.8.
- Mile relays: 1. Newport Harbor (Humann 51.8, Dickey 52.0, Corum 51.7, Foley 49.9) 3:25.4, 2. Estancia 3:25.4 (Walters 48.5), 3. Edison 3:28.3, 4. Mission Viejo 3:33.4, 5. Huntington Beach 3:33.7.
- High jump: 1. Craig (NH) 6-2, 2. Jardine (Est) 6-2, 3. Gibson (FV) 6-2, 4. Allen (CM) 6-2, 5. Fidone (Ed) 6-0.
- Pole vault: 1. BOGART (Ed) 14-0, 2. Groshov (Est) 13-6, 3. Wagstaff (HB) 13-0, 4. Cirillo (CDM) 13-0, 5. Spies (Est) 12-6.
- Long jump: 1. Wood (SC) 21-11, 2. Sharp (NH) 21.3, 3. Julien (Est) 20-7 1/4, 4. Dykes (U) 20-7 1/4, 5. Hirschak (Ed) 20-2 1/4.
- Triple jump: 1. Margerum (FV) 43-6 1/2 (meet record, old 42-11 1/4, Walters, Newport, 1975), 2. Stanford (Ed) 43-2 1/4, 3. ROMINE (Wm) 42-7 1/2, 4. Wood (SC) 42-6, 5. Hirschak (Ed) 41-7 1/2.
- Shot: 1. V. Rakhshani (Ed) 56-9, 2. Harper (SC) 54-4, 3. Al-Bayati (MV) 54-1, 4. Radish (Ed) 51-5 1/2, 5. Fleming (MV) 50-0.
- Discus: 1. Harper (SC) 156-1, 2. Allen (CM) 153-3, 3. Hostetter (FV) 145-6, 4. Wright (CM) 144-4, 5. Radish (Ed) 142-11.
- TEAM SCORES: Edison 53, Newport Harbor 51, San Clemente 35, Estancia 25, Fountain Valley 19, Mission Viejo 17, Mater Del 13, Corona del Mar 11, University and Costa Mesa 8, Marina 7, Huntington Beach 6, Westminster 3.
- JUNIOR VARSITY
- 100—Lairson (Wm) 10.5; 220—Cook (CM) 23.8; 440—Defeo (CM) 53.6; 880—Arciniega (Ed) 2:03.7; Mile—Kelsey (Ed) 4:43.3; 2-mile—Kelsey (Ed) 10:04.2; 120 MH—Gutierrez (HB) 16.0; 330 LH—Dudney (Wm) 41.9; 440 relay—Newport Harbor 45.5 (meet record); Mile relay—Edison 3:38.5; High jump—Gersten (Un) 6-4 (meet record); Pole vault—Schock (NH) 12-9; Long jump—Grosse (Mar) 19-9; TRIPLE JUMP—Hoose (NH) 40-1 1/2w, 2. Lambe (HB) 40-1w; Shot—Hickcock (Wm) 47-3/2.
- TEAM SCORES: Newport Harbor 46, Edison 45, Westminster 38, Mission Viejo and Fountain Valley 16, University 15, Estancia 13, Huntington Beach 12, Mater Dei 11, Marina 9, Corona del Mar 3.
- FRESH-SOPH
- 100—Kasperek (NH) 10.5; 220—Kasperek (NH) 23.8; 440—Burt (HB) 50.7 (meet record); 880—Young (CM) 2:00.1 (meet record); 2. Vargas (Wm) 2:01.0; Mile—Vargas (Wm) 4:32.1, 2. LaBonte (MV) 4:32.2; 2-mile—Appel (FV) 9:46.5, 2. Young (CM) 9:46.5, 3. Goldstein (ED) 8:50.3, 4. Ehler (Un) 9:50.4, 5. Eddy (MD) 9:52.9; 120 MH—Gourdine (ET) 15.7 (meet record); 330 LH—Dawson (NH) 41.2 (meet record); 2. Helfrich (NH) 41.3; 440 relay—Newport Harbor 45.1; Mile relay—Huntington Beach 3:35.5; High jump—Burt (HB) 6-0; Pole vault—Thompson (Mar) 12-0, 2. Dominguez (Est) 12-0; Long jump—Dis-

mond (HB) 19-9w; Triple jump—Jacinto (Wm) 39-5; Shot—Johnson (Wm) 52-6.
TEAM SCORES: Westminster 52, Newport Harbor 42, Huntington Beach 36, Costa Mesa 21, Marina 20, Mater Dei 19, Edison 14, Estancia 12, Fountain Valley 9, El Toro and Mission Viejo 6, University 3.

GIRLS
 100—Jones (Ed) 11.2 (meet record); 440—Keough (CdM) 60.3 (meet record); 440 relay—Newport Harbor 50.0 (ties meet record); Mile relay—Newport Harbor 4:10.9 (record, new event); High jump—Krusse (NH) 5-0; shot—Daniel (NH) 42-5 1/4 (record, new event).
 No team scores kept.

/Ted Brazil/

Shot:
 1) Nancy Rowell (un) 31-6
 Discus:
 1) D. Hollingsworth (QCC) 81-9
 High Jump:
 1) Ellen Fargo (GGTC) 5-2
 Long Jump:
 1) Toni Scott (PR) 15-3
 14 & 15
 100 Yd:
 1) Jane Harding (BA) 11.6w
 220 Yd:
 1) Jane Harding (BA) 26.8
 440 Yd:
 1) Jane Harding (BA) 60.8
 Michelle Rivera (un) 60.8
 880 Yd:
 1) Chris Stilloff (RRR) 2:18.8
 1 Mile:
 1) Shelly Wooldridge (QCC) 5:18.2

April 2. Santa Maria. Wauchock Merrie Invitational, JQ Men Division:
 4x100m:
 1) Glendale 42.5
 2) Porterville 43.0
 1500m:
 1) Genschmer (AHC) 3:58.5
 2) Loevy (Marin) 4:01.9
 110m Hi:
 1) Bransom (Porterville) 13.9
 400m:
 1) Conaway (Oxnard) 49.6
 2) Wright (Porterville) 50.2
 3) Butti (Marin) 50.2
 Long Jump:
 1) C. Britt (Oxnard) 23-3 1/2
 2) A. Britt (Oxnard) 23-2 3/4

April 3, Ontario: Chaffey Invitation

(At Chaffey High)
 100: 1. Cole (Garey) 9.7w, 2. Rhue (SA Valley) 9.7, 3. Sowards (San Bernardino) 10.0, 4. Davis (San Bernardino) 10.1, 5. Powell (SA Valley) 10.2.
 220: 1. Cole (Garey) 21.7w, 2. Andrews (Pomona) 22.3, 3. Branch (Barstow) 22.4 (21.5 heat), 4. Martin (Villa Park) 22.5 (22.5 heat legal), 5. Ward (La Sierra) 22.5.

440: 1st race—Walters (Estancia) 49.4, 2. Bridges (San Bernardino) 49.5, 3. Foley (Newport) 49.6, 4. Cox (Upland) 50.6, 5. Williams (San Bernardino) 50.6. 2nd race—Branch (Barstow) 47.9, 2. Vinson (San Geronio) 49.2, 3. Bailey (Ganessa) 50.0, 4. Fiesner (Villa Park) 51.2, 5. McFarlane (Upland) 52.0.
 880: 1st race—Edds (Banning) 1:57.5, 2. Dickey (Newport) 1:58.0, 3. Gerringer (Chaffey) 1:58.2, 4. Harden (Upland) 1:59.5, 5. Sutherland (Foothill) 2:02.0. 2nd race—Flynn (San Geronio) 1:56.7, 2. Carrillo (Santa Ana) 1:59.8, 3. Clark (Lowell) 2:00.2, 5. Goss (Pomona) 2:00.7, 5. Torres (San Bernardino) 2:10.0.

Mile: 1st race—Spilsbury (Foothill) 4:25.8, 2. McKeon (Upland) 4:28.4, 3. Carrillo (Santa Ana) 4:35.7, 4. Toberty (Foothill) 4:37.8, 5. Mattison (Chaffey) 4:37.8. 2nd race—Daniels (San Geronio) 4:26.1, 2. Dean (Fullerton) 4:29.1, 3. Edds (Banning) 4:29.9, 4. Mitchell (Lowell) 4:31.0, 5. Roberts (Chino) 4:31.8.
 2-mile: 1st race—Mattison (Chaffey) 9:23.4, 2. Ertz (Newport) 9:27.2, 3. Dean (Fullerton) 9:27.3, 4. Innes (Upland) 9:43.9, 5. Bucholz (Servite) 9:52.6. 2nd race—Spilsbury (Foothill) 9:15.5, 2. Daniels (San Geronio) 9:28.4, 3. Roza (Montclair) 9:32.7, 4. Alvarez (Garden Grove) 9:35.5, 5. Gerich (Foothill) 9:58.8.

1200 M: 1. Jarnigan (Pomona) 14.8w, 2. Jones (Ganessa) 14.9 (14.5 heat legal), 3. Bruckner (Lowell) 15.0, 4. DiStanislaw (Newport) 15.1, 5. Steffler (Chaffey) 15.2.
 1800 M: 1. Webster (Garey) 19.5w, 2. Jarnigan (Pomona) 19.9, 3. Steffler (Chaffey) 19.9, 4. Jones (Ganessa) 20.0, 5. Middleton (Pomona) 20.9.

440 relay: 1. Pomona 43.5, 2. Garey 43.7, 3. San Geronio 45.0, 4. Eisenhower 45.2 (San Bernardino, Santa Ana Valley, Chaffey dropped baton, did not finish.)
 Mile Relay: 1st race—San Bernardino 3:22.5, 2. Garey 3:28.0 (Cole 49.0 anchor), 3. Newport Harbor 3:29.5, 5. San Geronio 3:30.6. 2nd race—Estancia 3:25.4, 4. (Walters 49.4 anchor), 2. Villa Park 3:26.5, 3. North (Riv.) 3:33.0, 4. Ganessa 3:33.1, 5. Santa Ana 3:35.7.

High Jump: 1. Simmons (Barstow) 6-6, 2. Craig (Newport) 6-4, 3. (Tie) Harmen (Villa Park), Otrik (Garey), and Jardine (Estancia) 6-2.
 Pole vault: 1. Dalquest (Upland) 13-6, 2. Juell (Upland) 13-0, 3. Cutter (Lowell) 13-0, 4. Henry (Eisenhower) 12-6, 5. Grochow (Estancia) 12-6.

Long Jump: 1. Butler (Eisenhower) 22-11 1/2w, 2. Webster (Garey) 22-9w, 3. Pitts (SA Valley) 22-3 1/2w, 4. Donaldson (Pomona) 21-9w, 5. Cole (Pomona) 21-5w.
 Triple Jump: 1. Garrett (Garey) 44-5 1/2, 2. Butler (Eisenhower) 43-9, 3. Gray (Montclair) 43-2, 4. BenBen (Villa Park) 42-9 1/2, 5. Hedlund (Villa Park) 42-5.

Shot (12 pound): 1. Zibell (Pomona) 46-2 1/2, 2. Watson (SA Valley) 44-3 1/4, 3. Doadler (Eisenhower) 32-3 1/2, 4. Fairman (Pomona) 51-10, 5. Tifensor (Bolsa Grande) 51-7.
 Shot (16 pound) exhibits: 1. Zibell (Pomona) 49-6, 2. Watson (SA Valley) 46-4, 5. Easley (SA Valley) 39-1 1/2.

TEAM SCORES—Garey 38, Pomona 34, San Geronio 25, Newport Harbor and Upland 20, Eisenhower 18, San Bernardino 17, Estancia 16, Barstow 15, Chaffey 14.

NOVICE DIVISION
 100: 1. Corum (Newport) 10.4w, 2. Forte



photo by Bill Leung, Jr.

KEN RANDLE hand off to JAMES GILKES as USC clocks 39.3 over 400 meters against Arizona.

March 28. Pasadena. 1st Annual "Rosebuds Classic" at Pasadena City College 9 & Under
 100 Yd:
 1) Kellie Burkhead (LVTC) 13.5w
 220 Yd:
 1) Standley (BA) 21.0

2 Mile:
 1) Shelly Wooldridge (QCC) 11:35.4
 1 Mile Walk:
 1) Tracy Trisco (BA) 8:34.4
 440 Relay:
 1) West Vernon Jets 51.6
 100m Hurdles:
 1) Schram (Skyline) 46-6 1/2

100m:
 1) Bransom (Porterville) 10.4
 2) Diles (Skyline) 10.7
 3) Williams (Hartnell) 10.7
 Shot:
 1) Schram (Skyline) 46-6 1/2
 800m:

At UC Santa Barbara
Relays
 440—1. Air Force, 42.0; 2. Santa Clara, 42.4; 3. UC Santa Barbara, 42.5; 4. Westmont, 42.8.
 880—1. San Diego St., 1:25.3; 2. Washington, 1:26.7; 3. Pomona Pitzer, 1:29.9.
 MILE—1. San Diego St., 3:11.0; 2. Washington, 3:12.5; 3. Cal St. Los Angeles, 3:15.1; 4. Cal Poly SLO, 3:16.4.
 TWO MILE—1. Cal St. Northridge, 7:35.2; 2. Washington, 7:35.8; 3. Fresno St., 7:38.6; 4. Air Force, 7:52.0.
 DISTANCE MEDLEY—1. Washington, 9:49.2; 2. Fresno St., 9:57.0; 3. San Diego St., 10:00.6; 4. Cal St. Northridge, 10:08.6.

Individual Events
 100 METERS—1. Foye (CSLA), 10.5; 2. Williams (CPSLO), 10.6; 3. Adams (Santa Clara), 10.7.
 5,000—1. Jones (So. Cal. Harriers), 14:20.2; 2. Curran (CSN), 14:23.2; 3. Braun (Wash), 14:26.4; 4. Surface (Wash), 14:26.4.
 110HH—1. Gaines (Wash), 13.8w; 2. Smith (Pomona Pitzer), 14.0; 3. Hart (CSLA), 14.2; 4. Parker (Air Force), 14.2.
 800—1. Seeny (CPSLO), 1:51.3; 2. Davenport (Westmont), 1:51.7; 3. Gonzalez (Club Northridge), 1:52.9; 4. Lox (Fresno Pacific), 1:53.7.
 MILE—1. Babiracki (San Fernando Valley TC), 4:07.0; 2. Armstrong (PP), 4:10.1; 3. Hazard (San Diego St.), 4:10.6; 4. Earle (Westmont), 4:11.8.

10,000—1. Smead (Humboldt TC), 29:50; 2. Dave Haake (Santa Barbara CC), 30:27.6; 3. Reynoso (CPSLO), 30:31.2; 4. Warrick (CSSLO), 30:34.0.
 HIGH JUMP—1. Hill (CSLA), 6-10; 2. Hayes (Wash), 6-8; 3. Geddes (SDS), 6-8.
 POLE VAULT—1. Robinson (SDS), 16-0; 2. Clausen (Wash), 15-6; 3. Smith (FS), 15-6; 4. Rios (CSLA), 15-6; 5. Bentz (CSN), 15-6.
 LONG JUMP—1. Johnson (FP), 23-3 1/4; 2. Clemons (AF), 22-7 3/4; 3. Harder (CPSLO), 22-2 3/4.

TRIPLE JUMP—1. Hinkley (Wash), 50-7 1/2; 2. Triplett (Wash), 49-9 3/4; 3. Namikas (PP), 49-4; 4. Bush (SDS), 48-11.
 SHOT PUT—1. Vincent (Wash), 60-5 1/2; 2. Albright (CSN), 56-4 3/4; 3. Beaudry (SDS), 52-9 1/4.
 DISCUS—1. Chambal (Wash), 200-7; 2. Howard (Westmont), 188-11; 3. Albright (CSN), 182-8; 4. Goldhammer (UCSB), 169-4.
 JAVELIN—1. Ewaliko (Wash), 244-4; 2. Orell (PP), 229-8; 3. Atwood (Wash), 225-3; 4. Eppley (AF), 220-9.

RELAYS: 440—1. Glendale, 42.7; 2. Compton, 42.9; 3. West Valley, 43.1. 880—1. Glendale, 1:28.7; 2. Compton, 1:29.6; 3. Skyline, 1:29.7.
 MILE—1. Skyline, 3:22.2; 2. Glendale, 3:22.3; 3. tie between Oxnard and Compton, 3:22.9. TWO MILE—1. Skyline, 7:56.2; 2. West Valley, 7:56.6; 3. De Anza, 8:04.8.
 SPRINT MEDLEY—1. West Valley, 3:29.7; 2. Laney, 3:29.8; 3. Foothill, 3:30.9; 4. San Mateo, 3:31.9. DISTANCE MEDLEY—1. Valley, 10:05.6; 2. West Valley, 10:09.2; 3. De Anza, 10:17.8; 4. Santa Barbara, 10:19.9. SHUTTLE HIGH HURDLES—1. Santa Barbara, 1:00.2; 2. Sequoias, 1:02.5; 3. San Mateo, 1:04.5.

TWO MILE—1. Fritze (West Valley), 9:05.4; 2. Canchola (Valley), 9:06.4; 3. Nance (Valley), 9:07.0; 4. Kennedy (De Anza), 9:08.0; 5. Haake (Santa Barbara), 9:08.0.

KEN RANDLE hand off to JAMES GILKES as USC clocks 39.3 over 400 meters against Arizona.

March 28. Pasadena. 1st Annual "Rosebuds Classic" at Pasadena City College 9 & Under

100 Yd:	1) Kellie Burkhead (LVTC) 13.5w
220 Yd:	1) C. Standley (BA) 31.9
440 Yd:	1) Suzanne Muschitz (LVTC) 72.0
880 Yd:	1) C. Standley (BA) 2:40.6
1 Mile Walk:	1) Toni Everts (PAT) 9:28.5
440 Relay:	1) Pasadena Rosebuds 66.4
Baseball Throw:	1) Yvonne Tobias (PR) 86-0
Long Jump:	1) Bobbie Rubio (BA) 11-9 1/2
10 & 11	
100 Yd:	1) S. Thornton (PR) 12.7w
220 Yd:	1) S. Thornton (PR) 29.5
440 Yd:	1) Vickie Cook (RRR) 67.5
880 Yd:	1) Andrea Kirkhorn (EA) 2:27.7
1 Mile:	1) Chris Ramirez (SBS) 5:23.6
1 Mile Walk:	1) Chris Ramirez (SBS) 8:24.4
440 Relay:	1) Pasadena Rosebuds 57.1
880m Relay:	1) Pasadena Rosebuds 2:13.3
50 Yd Hurdles:	1) Kim Tanabe (BA) 8.7
Baseball Throw:	1) Cindy Vasquez (QCC) 136-3 1/2
Long Jump:	1) Sara Keenan (MVTC) 13-1 1/2
High Jump:	1) Kim Tanabe (BA) 4-2
12 & 13	
100 Yd:	1) Kerry Cerda (BA) 11.9
220 Yd:	1) Monica Bednar (LVTC) 27.4
440 Yd:	1) Jennifer Egan (LI) 62.9
880 Yd:	1) Detra Washington (BA) 2:24.7
1 Mile:	1) Mari Gibbs (LI) 5:06.3
1 Mile Walk:	1) Shelly Quintana (BA) 8:38.5
440 Relay:	1) West Vernon Jets 52.5
880m Relay:	1) Las Virgenes Track Club 1:58.2
80m Hurdles:	1) Susie Ray (BA) 12.7
200m Hurdles:	1) Susie Ray (BA) 29.8
Javelin:	1) D. Hollingsworth (QCC) 100-9 1/2

2 Mile:	1) Shelly Wooldrige (QCC) 11:35.4
1 Mile Walk:	1) Tracy Trisco (BA) 8:34.4
440 Relay:	1) West Vernon Jets 51.6
100m Hurdles:	1) Kathy Bower (SBS) 16.6
300m Hurdles:	1) Kathy Bower (SES) 48.7
Javelin:	1) Jackie Nelson (BA) 122-9
Shot:	1) Jackie Nelson (BA) 37
Discus:	1) Donna Mayhew (un) 105-1
High Jump:	1) Kathy Bower (SFS) 4-10
Long Jump:	1) Karen Ueda (LI) 16-4 1/2

April 2. Santa Maria. Hancock Metric Invitational, JC Women Division:

4x100m:	1) Hancock 50.7
1500m:	1) Derdo (AHC) 5:05.0
	2) Ledgerwood (AHC) 5:06.9
100m HH:	1) Schmidt (AHC) 15.4
High Jump:	1) Talytasavt (Porterville) 5-0
Javelin:	1) Haag (Hartnell) 126-2
400m:	1) Peters (Fresno State) 60.4
100m:	1) Steverson (Merced) 12.2
	2) Quicke (Ven) 12.3
Discus:	1) Dugre (AHC) 112-1 1/2
800m:	1) Doss (AHC) 2:32.7
200m:	1) Quicke (Ven) 25.0
	2) Peters (Fresno State) 25.2
Long Jump:	1) Straughter (Merced) 16-10 1/2
Shot:	1) Steverson (Merced) 41-11 1/2
Mile Relay:	1) Ventura 4:19.4

April 3. Eakersfield. Masters Meet at Eakersfield College

100m (35-49):	1) Walt Butler 10.0
100m (50+):	1) Wayne Ambrose 11.8
Discus 46# (35+):	1) Bob Humphreys 182-8
Shot Put 16# (35+):	1) John Tansley 45-7
High Jump (35+):	1) Hugh Adams 5-8
440m (35+):	1) Hugh Adams

/Shirley Davisson/

100m:	1) Bransom (Porterville) 10.4
	2) Diles (Skyline) 10.7
	3) Williams (Hartnell) 10.7
Shot:	1) Schram (Skyline) 46-6 1/2
800m:	1) Vargas (Merced) 1:56.0
	2) Phelps (Marin) 1:56.9
	3) Martin (AHC) 1:57.0
400m IH:	1) Wright (Porterville) 54.8
	2) Morris (Cuesta) 55.1
Pole Vault:	1) Lewis (AHC) 15-0
Discus:	1) John (Skyline) 142-2
200m:	1) Bransom (Porterville) 21.4
	2) Stillwell (Glen) 21.5
	3) Diles (Skyline) 21.6
High Jump:	1) Issac (Glen) 6-5
	2) Brown (Cuesta) 6-5
	3) Lencki (Glen) 6-5
Javelin:	1) Paur (Porterville) 189-5
5000m open:	1) Jones (SoCoast Harriers) 14:39.5
	2) Huff (Cuesta) 15:08.6
Mile Relay:	1) Skyline 3:23.5
Triple Jump:	1) Larkin (Skyline) 47-8

April 3. Santa Maria. Hancock Metric Invitational, High School Varsity

Var 300m LH:	1) Staggers (Rig) 40.1
Var 4x100m:	1) Santa Maria 43.5
Var 800m:	1) Mitchell (AG) 2:01.1
Var Discus:	1) Kester (PR) 146-8
	2) Thompson (SY) 145-6
Var 100m:	1) Brown (SM) 11.1
Var Long Jump:	1) Forrest (SM) 22-11 1/2
Var 1500m:	1) Huff (PR) 4:10.6
Var 400m:	1) Forrest (SM) 50.5
Var High Jump:	1) Alarcio (AG) 6-2
Var Pole Vault:	1) Foss (SY) 13-6
Var 110m HH:	1) Alarcio (AG) 15.0
Var 3000m:	1) Huff (PR) 9:17.6
Var Shot Put:	1) Gibson (AG) 53-5 3/4
Var Mile Relay:	1) Santa Maria 3:35.5
Var Triple Jump:	1) Foss (SY) 40-5

100m:	1) Bransom (Porterville) 10.4
	2) Diles (Skyline) 10.7
	3) Williams (Hartnell) 10.7

NOVICE DIVISION

100:	1) Corum (Newport) 10.4w, 2) Forte (Garey) 10.5, 3) Bangert (Upland) 10.5, 4) Garey 10.6
220:	1) Bangert (Upland) 22.9w, 2) Moore (Garey) 23.2, 3) Rodriguez (Foothill) 23.2, 4) Casparik (Newport) 23.4
400:	1st race—Corum (Newport) 51.8, 2) Wagner (Bolsa) 52.3, 3) Elliott (Newport) 52.5, 4) Moore (Garey) 52.8, 5) Shackelford (Costa Mesa) 52.9, 2nd race—Valverde (Montclair) 50.9, 2) Johnson (San Bernardino) 53.4, 3) Jones (Pomona) 54.4, 5) Coles (North, Riv.) 56.4
800:	1st race—Vencilk (Newport) 2:05.0, 2) Oreup (Villa Park) 2:05.7, 3) Rubidoux (Eisenhower) 2:05.6, 4) Weneta (Villa Park) 2:06.6, 2nd race—Burton (Rancho) 2:03.4, 2) Pyle (Rancho) 2:04.0, 3) Stanley (Foothill) 2:08.5, 4) Shied (Costa Mesa) 2:08.5
Mile:	1st race—Franks (San Geronio) 4:48.4, 2) McDonald (Newport) 4:49.4, 3) Hoffman (Newport) 4:52.0, 4) Borbon (Upland) 4:52.1, 2nd race—Duran (Foothill) 4:59.0, 2) Way (Foothill) 4:40.3, 3) Rodriguez (Chino) 4:46.4, 4) Rodriguez (Costa Mesa) 4:46.1, 5) Doering (Villa Park) 4:47.5
2-mile:	1) Daly (Foothill) 10:04.5, 2) Shipley (Rancho) 10:09.5, 3) Delgado (Eisenhower) 10:13.2, 4) Van Lieu (Upland) 10:13.6, 5) Sorensen (Villa Park) 10:33.6
70 Mh:	1) Scheerer (Upland) 9.3w, 2) Bauer (Upland) 9.5, 3) Dawson (Newport) 9.6, 4) Reid (Antelope Valley) 9.6, 5) Hall (Chaffey)
120 Mh:	1) Dawson (Newport) 13.9w, 2) Forte (Garey) 14.0, 3) Scheerer (Upland) 14.0, 4) Bulldock (Pomona) 14.0, 5) Bauer (Upland) 14.1
880 relay:	1) Newport Harbor 1:34.6, 2) Garey 1:35.8, 3) Santa Ana 1:36.7, 4) Upland 1:36.8, 5) Chaffey 1:37.7
High jump:	1) Dryden (San Geronio) 6-0, 2) Byer (Upland) 6-0, 3) McCool (Antelope Valley) 5-10, 4) D. Kahan (Lowell) 5-8
Pole vault:	1) Klasicck (Lowell) 13-0, 2) Gonzalez (Upland) 12-0, 3) Bales (Lowell) 11-0, 4) Peterson (Costa Mesa) 11-0
Long jump:	1) Bennett (Chaffey) 20-7 1/2, 2) Carr (Ganesha) 19-6 1/2, 3) Dawson (San Bernardino) 19-6 1/2, 4) Farrar (Pomona) 19-6 1/2
Shot:	1) Noss (Upland) 47-10, 2) Bieller (Villa Park) 47-7 1/2, 3) Reyes (SA Valley) 45-8 3/4, 4) McCool (Antelope Valley) 44-11 1/2, 5) Austin (San Bernardino) 44-9 1/2

TEAM SCORES —Garey 38, Pomona 34, San Geronio 25, Newport Harbor and Upland 20, Eisenhower 18, San Bernardino 17, Estancia 16, Barstow 15, Chaffey 14.

March 27, Santa Barbara Relays.

RELAYS:	440—1. Glendale, 42.7; 2. Compton, 42.9; 3. West Valley, 43.1. 880—1. Glendale, 1:28.7; 2. Compton, 1:29.6; 3. Skyline, 1:29.7. MILE—1. Skyline, 3:22.2; 2. Glendale, 3:22.3; 3. tie between Oxnard, and Compton, 3:22.9. TWO MILE—1. Skyline, 7:56.2; 2. West Valley, 7:56.6; 3. De Anza, 8:04.8. SPRINT MEDLEY—1. West Valley, 3:29.7; 2. Lane, 3:29.8; 3. Foothill, 3:30.9. 4. San Mateo, 3:31.9. DISTANCE MEDLEY—1. Valley, 10:05.6; 2. West Valley, 10:09.2; 3. De Anza, 10:17.8; 4. Santa Barbara, 10:19.9. SHUTTLE HIGH HURDLES—1. Santa Barbara, 1:00.2; 2. Sequoias, 1:02.5; 3. San Mateo, 1:04.5.
TWO MILE—1. Frizche (West Valley), 9:05.4; 2. Canchola (Valley), 9:06.4; 3. Nance (Valley), 9:07.0; 4. Kennedy (De Anza), 9:08.0; 5. Haake (Santa Barbara), 9:10.0. HJ—1. Nowacki (Santa Barbara), 7-03/4; 2. LaRusch (Glendale), 6-11; 3. Bolter (Glendale), 6-9; 4. Boyd (West LA), 6-9; 5. Wheeler (Santa Barbara), 6-7, PV—1. Lizotte (Foothill), 15-6; 2. Searle (West Valley), 15-6; 3. Reay (Fresno), 15-3; 5. Lewis (Hancock), 15-0; 6. Dillard (San Mateo), 15-0.	
LJ—1. Spencer (Compton), 23-3 1/2; 2. Dangerfield (Laney), 22-10 1/4; 3. Britt (Oxnard), 22-10. TJ—1. Utley (West Valley), 47-9 1/4; 2. tie between Dougherty (Sequoias) and Haynes (CCSF), 47-9 1/4; 4. Ford (Skyline), 47-6; 5. Larkin (Skyline), 47-3 1/4; 6. Scott (Foothill), 46-10.	
SP—1. Laut (Moorpark), 53-8 1/4; 2. Alexander (Sequoias), 53-0 3/4; 3. Foster (De Anza), 51-7. DT—1. Engle (Canyons), 165-5; 2. Alexander (Sequoias), 165-0; 3. John (Skyline), 151-8; 4. Barsabo (West Valley), 148-10; 5. Dozier (CCSF), 147-5. JT—1. Gall (De Anza), 208-5; 2. Hodges (Glendale), 192-10; 3. Lewis (Hancock), 185-2; 4. Raymond (Sequoias), 184-5.	
Boys	
RELAYS:	440—1. Oxnard, 44.0; 2. Santa Maria, 44.0; 3. Dos Pueblos, 44.1; 4. Lompoc, 44.3. MILE—1. Cabrillo, 3:27.3; 2. Dos Pueblos, 3:28.3; 3. Oxnard, 3:29.9; 4. St. Joseph, 3:30.4. DISTANCE MEDLEY—1. Santa Barbara, 10:24.6; 2. Dos Pueblos, 10:30.4; 3. Huememe, 10:35.4; 4. San Marcos, 10:38.5. Righthill, 10:51.6; 6. Lompoc, 10:54.0. SPRINT MEDLEY—1. Cabrillo, 3:36.8; 2. Oxnard, 3:37.6; 3. San Marcos, 3:37.8; 4. Santa Ynez, 3:41.8.
TWO MILE—1. Aguirre (Santa Barbara), 9:05.4; 2. Wise (Hueneme), 9:40.0; 3. Hollister (San Marcos), 9:41.8. PV—1. Foss (Santa Ynez), 14-0; 2. Rosecrance (Santa Barbara), 13-6; 3. Snyder (Cabrillo), 13-6; 4. Peters (San Marcos), 13-0; 5. Frasher (Cabrillo), 13-0. LJ—1. Forrest (Santa Maria), 22-8 1/4; 2. Fuggs (Lompoc), 21-6 3/4. TJ—1. Jones (Lompoc), 43-4 1/4; 2. Quigley (Santa Barbara), 43-1 1/2; 3. Jimenez (St. Joseph), 42-6; 4. Cokerley (San Marcos), 41-5 1/2. SP—1. McKenzie (Hart), 61-6 3/4; 2. Hunter (Santa Barbara), 58-1; 3. Jackson (San Marcos), 55-4 1/4.	
Girls	
RELAYS:	440—1. Dos Pueblos, 49.7; 2. Santa Barbara, 50.5. MILE—1. Santa Barbara, 4:00.1; 2. Dos Pueblos, 4:05.6; 3. Santa Ynez, 4:06.2.
100—1. Young (SY), 11.8; 2. Smith (San Marcos), 11.8. HJ—1. Winnissier (Bishop Diego soph), 5-2; 2. Carman (SM), 5-0; 3. Sabastian (BD), 5-0. SP—1. Kadlubek (SB), 39-2 1/2; 2. Gomez (BD), 38-	

April 3. Sacramento. 17th Annual

Sacramento Relays

4 Mile Relay: 1) Nevada 17:10.4 2) West Valley Track Club 17:11.0 3) Chico 17:11.8

Sprint Medley:

1) Sacramento State 3:23.5 2) Cal Poly 3:27.8 3) Army 3:28.8

120 HH:

1) Dale Clayton (Nev) 14.0 2) Austin, Pete (SJS) 14.3 3) Art Harris (Nev) 14.7

3000m Steeplechase:

1) Gordon Innes (Humboldt) 9:05.0 2) Wayne Hurst (SJS) 9:07.0 3) Ron Elijah (Humboldt) 9:08.0

880 Relay:

1) Bay Area Striders 1:28.2 2) San Francisco State 1:28.8 3) Santa Clara 1:28.8

100:

1) John McCollum (un) 9.8 2) Mike Kirtman (WVTC) 9.9 3) Mike Shavers (BAS) 10.0

Distance Medley:

1) Nevada 10:09.8 2) Sacramento State 10:12.0 3) Cal Poly 10:12.4

3 Mile Run:

1) Jim Nuccio (WVTC) 13:45.8 2) Chris Smead (Humb) 13:51.0 3) Dave Cords (WVTC) 13:56.8

Hammer:

1) Bill Diehl (Army) 215-0 2) Dave MacKenzie (un) 209-1 3) Bill Shuff (Army) 196-4

Shot Put:

1) Mike Weeks (SJS) 16m 3ccm 2) Jan DeSoto (SAC) 17m 02cm 3) Dan Lewis (Cal Poly) 15m 84cm

Long Jump:

1) Terry Anderson (WVTC) 24-01 2) John LeGrande (Hay) 24 3) Chuck Steffes (WVTC) 23-04

High Jump:

1) Dave Haber (Hay) 6-10 2) Dave Friday (Hay) 6-08 3) Jerry Coleman (un) 6-06

Mile Relay:

1) Army 3:12.5 2) San Jose State 3:13.1 3) Cal Poly 3:16.0

440 Relay:

1) San Jose State 40.6 2) Bay Area Striders 41.0 3) West Vly Track Club 41.4

Javelin:

1) Ken Johnson (WVTC) 244-09 2) Koch (Nev) 233-11 3) Carlos Ommphroy (Bev) 228-03

2 Mile Relay:

1) West Vly Track Club 7:49.4 2) Hayward 7:50.9 3) Army 7:56.8

Triple Jump:

1) Bill McLellon (AirForce) 51-7 2) Anthony Terry (WVTC) 51-5 3) John LeGrande (Hay) 49-0

Pole Vault:

1) Mike Weidig (un) 16-0 2) Chappell (un) 16-0 3) Craig Miguel (BHS) 16-0

Discus:

1) Ken Stadel (un) 200-7 2) Bill Tancred (GrBrit) 192-1 3) Larry Kennedy (un) 187-10

April 3. Santa Barbara. SPA-AAU

Relay Carnival at U.C.S.B.

10 & 11 Division: 3x50 Yd Shuttle Hurdles: 1) S. B. Sandpipers "A" 26.9

440 Relay:

1) L. A. Mercourettes 48.9 1320 Walk Relay: 1) Blue Angels 5:08.0

Long Jump:

1) Long Beach Comets 45-2 2) Distance Medley Relay: 1) Blue Angels 11:57.6

880 Medley Relay:

1) Long Beach Comets "A" 1:51.4 Mile Relay: 1) Cheetahs 3:59.7

High Jump:

1) Blue Angels 15-8 Javelin: 1) U.C.S.B. 237-11

/Jim Harvey/

April 3, Western HS: Anaheim Dist. Meet.

(At Western High)

100: 1. Hoff (Sav) 10.3. 2. Fogel (LA) 10.4. 3. Bodfish (Cyp) 10.4. 4. Gonzales (Sav) 10.5. 5. Lewter (LA) 10.6.

220: 1. Ahlstrom (LA) 22.7. 2. Gonzales (Sav) 23.2. 3. Curtis (C) 23.4. 4. Denevan (Cyp) 23.4. 5. Whitby (LA) 23.5

440: 1. Curtis (Cy) 51.1. 2. DeLoss (LA) 51.6. 3. Acosta (Cyp) 52.4. 4. Burns (Sav) 52.9. 5. Echevarria (Kat) 53.0.

880: 1. Obrigawitch (Lo) 1:59.7. 2. Johnson (Wn) 2:01.0. 3. Correa (A) 2:01.6. 4. Stocksdale (Ken) 2:02.0. 5. Klingelsmith (Lo) 2:02.2.

1 Mile: 1. Ferreras (LA) 4:27.6. 2. Miller (Wn) 4:28.6. 3. K. Pessler (Cyp) 4:29.0. 4. Coakley (Ken) 4:29.0. 5. Vickers (LA) 4:32.2

2 Mile: 1. Dahl (Pan) 9:35.3. 2. Miller (Wn) NT. 3. Ferreras (LA) 9:59.4. 4. Vickers (LA) 10:00.4. 5. Stocksdale (Ken) 10:00.5.

3 Mile: 1. Lucky (LA) 14.9. 2. Carey (A) 15.0. 3. Walker (Sav) 15.2. 4. Coelho (Ken) 15.4. 5. Roberson (Ken) 15.6.

330 Lm: 1. Walker (Sav) 38.9 (Meet record, 39.0). Turner, Cypress, 1975). 2. Lucky (LA) 41.1. 3. Roberson (Ken) 41.2. 4. Harris (Cyp) 41.2. 5. Coelho (Ken) 41.5.

440 relay: 1. Cypress 44.6. 2. Savanna 44.8. 3. Loara 44.8. 4. Kennedy 45.0. 5. Western 45.5.

Mile relay—not run because of rain; to be run Monday.

High Jump: 1. Cuervo (Wn) 6-7 1/2 (meet record, old 6-8 1/2). Herold, Los Alamitos, 1974). 2. Harris (LA) 6-4. 3. Russo (Sav) 6-4. 4. Coelho (Ken) 6-2. 5. Petrigna (Lo) 6-4.

Pole Vault: 1. Cuervo (Wn) 14.6. 2. Whisler (Ken) 13-6. 3. Conkie (Cyp) 13-6. 4. Dudley (LA) 13-0. 5. Peterson (Lo) 12-6.

Long Jump: 1. Russo (Sav) 20-11 1/2. 2. Contreras (Wn) 20-4 1/2. 3. Tillman (C) 19-11 1/4. 4. Redmond (Sav) 19-10 1/4. 5. Osado (Lo) 19-10.

Triple Jump: 1. Horsey (Wn) 43-10 3/4 (meet record, old 43-2 1/2). Leonard, Western, 1975). 2. Ware (Cyp) 43-3 1/4. 3. Lucky (LA) 41-8 1/4. 4. Cuervo (Wn) 41-3 1/4. 5. Johnson (Ken) 41-3 1/2.

Shot: 1. DeForrest (Kat) 54-3 1/4. 2. Fusco (Cyp) 53-9 1/4. 3. Bell (Wn) 51-5 1/4. 4. Stieb (Kat) 50-2 1/4. 5. Mondello (Cyp) 49-5 1/4.

Discus: 1. Shephard (Kat) 170-9. 2. Fusco (Cyp) 160-2. 3. Cole (Cyp) 155-4. 4. Mondello (Cyp) 145-4. 5. Mino (Lo) 144-9.

TEAM SCORES: 1. Cypress 52. 2. Los Alamitos 45. 3. Western 40. 4. Savanna 30. 5. Kennedy 27. 6. Loara 16. 7. Katella 15. 8. Anaheim 7. 9. Magnolia 0.

/Ted Brazil/

April 3, Burbank Invitational

RELAYS: 440—1. Banning, 43.0; 2. Locke JV, 43.6; 3. Monroe, 43.6; 4. Burbank, 43.7; 5. Locke, 43.9. MILE—1. Banning, 3:20.5; 2. Monroe, 3:29.2; 3. Locke, 3:29.5; 4. Burbank, 3:30.0; 5. Canyon (Sau), 3:30.1. DISTANCE MEDLEY—1. Burbank, 10:27.2 (Burkin, 4:19.0); 2. Canyon, 10:34.7 (Starinieri, 3:07.5); 3. Hoover, 10:49; 4. LA Poly, 10:59.8.

100—1. Davis (Locke), 10.0; 2. Knight (Banning), 10.0. TWO MILE (combined races)—1. Burk-in (Burbank), 9:26.1; 2. Gibson (Hoover), 9:36.0; 3. Graves (Burr-roughs), 9:38.0; 4. Hidalgo (Eagle Rock), 9:39.4; 5. Wemyss (Burr), 9:40.3; 6. Sortino (Crescenta Valley), 9:44.0. 1200M—1. Glen (Locke), 14.2; 2. Perry (Ban), 14.3; 3. Ballard (Cres. Valley), 14.9; 4. Briscoe (Locke), 14.9.

HJ—Cox (Burbank soph), 6-2 1/2. PV—1. A. Curran (Crespi), 14-6; 2. Roberts (Eagle Rock), 13-0; 3. Johnson (Hoover), 13-0. LJ—1. Hubbard (Ban), 22-7; 2. Clay (Canyon, Sau), 22-0 1/4; 3. Bear (Burr), 21-9. TJ—1. DeCaro (Burbank), 47-9; 2. Carroll (Burr), 43-3; 3. Boileau (Can), 41-4 1/2. SP—Palkovic (Crespi), 60-1 1/2; 2. Heins (Can), 54-4 1/2; 3. Sperling (Ban), 52-6 1/2; 4. Guzman (ER), 52-1. DT—1. Heinz (Can), 163-3.

TEAM SCORES—Banning 76. Burbank 63. Canyon (Sau), 60 1/2. Monroe 57. Locke 48. Crescenta Valley 43.

/Vern Gambetta/

April 3, Huntington Beach Dist. Meet.

(at Huntington Beach High)

100: 1. Dedrick (M) 10.4. 2. Connell (Ed) 10.5. 3. Lazear (Ed) 10.5. 4. Lairson (Wm) 10.6. 5. Davenport (M) 10.8.

220: 1. Connell (Ed) 23.0. 2. Lazear (Ed) 23.1. 3. Davenport (M) 23.2. 4. Dedrick (M) 23.7. 5. Burt (HB) 24.1.

440: 1. Butler (M) 50.6. 2. Burt (HB) 51.1. 3. Mansfield (Ed) 51.3. 4. Stephens (HB) 51.4. 5. Murphy (HB) 51.7.

880: 1. Christensen (Ed) 1:56.8. 2. Mansfield (Ed) 1:58.0. 3. Fenchak (FV) 1:59.8. 4. Russell (Wm) 2:01.3. 5. Short (HB) 2:03.4.

1 Mile: 1. McConnell (Ed) 4:20.6 (meet record). 2. Christensen (Ed) 4:26.3. 3. Krieger (HB) 4:26.7. 4. Hogan (Ed) 4:27.1. 5. Nolan (FV) 4:29.0.

2-mile: 1. McConnell (Ed) 9:28.6. 2. Loken (Wm) 9:34.4. 3. Walczak (Ed) 9:38.2. 4. Calvano (HB) 9:41.4. 5. Appell (FV) 9:42.0.

120 HH: 1. Danduran (HB) 15.0. 2. Jones (Wm) 15.9. 3. Jordan (Ed) 16.0. 4. Pinkerman (Ed) 16.1. 5. Gutierrez (HB) 16.6.

330 Lm: 1. Danduran (HB) 39.5. 2. Hogan (Ed) 39.7. 3. Jones (Wm) 39.9. 4. Chubik (M) 40.3. 5. Putman (Ed) 50.7.

440 relay: 1. Edison 44.4. 2. Marina 44.5. 3. Westminster 45.8. 4. Huntington Beach 46.3. 5. Fountain Valley 46.4.

Mile relay: 1. Marina 3:27.4. 2. Edison 3:27.9. 3. Huntington Beach 3:31.2. 4. Fountain Valley 3:39.2.

High Jump: 1. White (M) 6-2. 2. Adams (Wm) 6-2. 3. Tessier (FV) 6-2. 4. Fidone (Ed) 6-2. 5. Pinkerman (Ed) 6-2. Pole Vault: 1. Wagstaff (HB) 13-0. 2. Doug Boswell (Wm) 13-0. 3. S. Rakhshani (Ed) 11-6. 4. Cernicky (Wm) 11-6. Long Jump: 1. Romine (Wm) 20-5 1/4. 2. Hirschak (Ed) 20-4 1/2. 3. Chubik (M) 19-9. 4. Grosse (M) 19-4 1/4. 5. Dennis Boswell (Wm) 19-5 1/2.

Triple Jump: 1. Stanford (Ed) 43-5 1/4 (meet record). 2. Hirschak (Ed) 42-8. 3. Margerum (FV) 42-7 1/2. 4. Romine (Wm) 40-9 1/2. 5. Dennis Boswell (Wm) 40-0 1/2.

Shot: 1. V. Rakhshani (Ed) 55-7 1/2. 2. Redish (Ed) 51-10 1/4. 3. Sanders (Wm) 50-2. 4. Gerardi (Wm) 49-6. 5. Hickcox (Wm) 47-4.

Discus: 1. Radish (Ed) 146-6 (meet record). 2. Hosteller (FV) 139-1. 3. Wilson (Ed) 138-5 1/4. 4. Sanders (Wm) 137-1 1/4. 5. Abarta (Ed) 131-0 1/4.

TEAM: 1. Edison 111. 2. Westminster 46. 3. Marina 41. 4. Huntington Beach 38. 5. Fountain Valley 18.

Soph: 1. Westminster 95. 2. Marina 53. 3. Huntington Beach 46. 4. Edison 41. 5. Fountain Valley 20.

Frosh: 1. Fountain Valley 69. 2. Huntington Beach 56 1/2. 3. Westminster 47. 4. Edison 46. 5. Marina 36 1/2.

/Ted Brazil/

April 3, Valencia: El Dorado Invit.

330 Lm: 1. Benson (LA Lutheran) 38.0 (meet record, old 38.6. Benson in prelims). 2. Garcia (Cantwell) 38.2. 3. Hunt (El Dorado) 38.9. 4. Holmes (Perris) 39.8. 5. Andreolini (Paraclete) 39.9. 6. Stone (Perris) 40.2.

440 relay: (composite): 1. Gahr 44. 1. 2. Cantwell 44.2. 3. Perris 44.3. 4. LA Lutheran 44.4. 5. Ontario 44.6. 6. Verbum Dei 44.7.

880: 1. DiConti (LA Canada) 1:55.7 (meet record, old 1:56.4. Youngblood, La Canada, 1974). 2. Lybeck (El Dorado) 1:57.0. 3. Hope (Alta Loma) 1:59.7. 4. Ball (Walnut) 2:00.1. 5. Kostian (San Marino) 2:00.3. 6. Lamont (San Dimas) 2:01.6.

440: 1. Thompson (Gahr) 48.4 (meet record, old 49.6. Hitchens, San Dimas, 1974). 2. Jones (Mission Viejo) 49.6. 3. Memminger (La Canada) 50.7. 4. Stodola (Esperanza) 50.9. 5. Nash (Esperanza) 51.1. 6. Bushkirk (Canyon) 51.8.

Mile: 1. Baker (Cantwell) 4:22.8. 2. Arriola (Gahr) 4:25.4. 3. Walterhouse (Mission Viejo) 4:25.7. 4. Koenig (LA Canada) 4:25.9. 5. Lundgren (St. Joseph) 4:27.4. 6. Garrison (Miraleste) 4:28.4. 7. Boman (Dana Hills) 4:28.6.

120 HH: 1. Stone (Perris) 14.4. 2. Van Dyken (Neff) 14.5. 3. Kelly (Perris) 14.7. 4. Hunt (El Dorado) 14.7. 5. Moore (Brawley) 15.0. 6. Muck (Sonora) 15.2.

Shot: 1. P. Johnson (Brea) 58-8 3/4 (meet record, old 56-7. R. Johnson, Mayfair, 1975). 2. R. Johnson (Mayfair) 57-9 1/4. 3. Staub (Cantwell) 55-0 1/4. 4. Stack (El Dorado) 53-5 1/4. 5. Platina (Gladstone) 52-9. 6. Al-Bayati (Mission Viejo) 52-2 1/4.

Discus: 1. Corbett (El Dorado) 164-6. 2. Ortiz (Mayfair) 163-9. 3. Johnson (Brea) 163-9. 4. McSeveny (Gahr) 157-5. 5. Truelove (Neff) 145-2. 6. Eickelmann (Indio) 143-11.

Pole Vault: 1. Brogdon (Walnut) 12-6. 2. Nelson (Sonora) 12-6. 3. Herbst (El Dorado) 12-6. 4. Parker (Brea) 12-0. 5. Mummert (Laguna) 11-6.

High Jump: 1. Lawson (El Dorado) 6-6. 2. Nordquist (Sonora) 6-6. 3. Anderson (Walnut) 6-4. 4. (tie) Rakesiraw (Miraleste) and Hamilton (Brea) 6-4.

TEAM SCORES—Artesia 74. Valencia 40. Verbum Dei 40. Ontario 30. El Dorado 27. Indio 26. Brawley 25. Alta Loma 20. Mayfair 19. Canyon. Duarte and Sonora 12.

Conclusion 100—Kearney (Gahr) 10.5; 280—Anderson (Laguna) 24.1; 440—Sonora (Sonora) 53.6; 880—Flynn (El Toro) 2:06.2; Mile—Krusk (Mayfair) 4:41.4; 2-mile—Godinez (Cathedral) 10:07.0; 120 HH—Donaldson (Ontario) 16.2; 330 LH—Roberto (Paraclete) 41.9; High Jump—Allen (Dana Hills) 5-8; Pole Vault—Morales (Walnut) 11-6; Long Jump—Rall (Ontario) 20-1; Shot—Torres (Miraleste) 44-1; Discus—Carletto (Indio) 115-0.

/Ted Brazil/

April 3, Westwood:

USC VS. STANFORD

SHOT PUT—1. Budinich (USC), 59-11 1/2; 2. Frugulietti (USC), 56-10 1/2; 3. Slinkard (S), 53-4 1/4.

400 METER RELAY—1. USC (Simmons, J. Andrews, Randle, Gilkes), 40.2; 2. Stanford (Holmes, Lofton, Foster, Sheets), 40.6.

LONG JUMP—1. Lofton (S), 24-7 3/4; 2. Hardeman (USC), 23-5 1/2; no third. 1,500—1. Beaton (USC), 3:51.7; 2. Parietti (S), 3:52.6; 3. Aldridge (USC), 3:52.8.

JAVELIN—1. Heisby (USC), 228-7; 2. Macrorie (S), 216-5; 3. Ellis (S), 178-2.

HIGH JUMP—1. Walker (USC), 6-8; no second or third. 110HH—1. M. Johnson (USC), 13.9; 2. Shaw (USC), 14.0; 3. Foster (S), 14.1.

400—1. Brown (USC), 47.1; 2. Simmons (USC), 47.5; 3. Connors (USC), 47.9.

DISCUS—1. Frugulietti (USC), 192-2; 2. Elder (USC), 189-8; 3. Budinich (USC), 166-3.

100—1. Randle (USC), 10.6; 2. Holmes (S), 10.6; 3. Graybehl (USC), 10.7.

800—1. L. Johnson (USC), 1:51.9; 2. McCarthy (S), 1:53.4; 3. Hadley (S), 1:53.9.

400H—1. T. Andrews (USC), 50.8; 2. Graybehl (USC), 51.4; 3. Denmore (S), 58.5.

200—1. Randle (USC), 20.8; 2. Simmons (USC), 21.0; 3. Holmes (S), 21.3.

TRIPLE JUMP—1. Assaf (USC), 51-10; 2. Cochee (USC), 51-11 1/2; 3. Jackson (USC), 48-10 1/2.

POLE VAULT—1. DiStanisao (USC), 16-0; 2. Flint (S), 16-0; 3. Kwan (USC), 15-6.

5,000—1. Sandoval (S), 13:53.2; 2. Bellah (S), no time; 3. Parietti (S), no time.

MILE RELAY—1. USC (Connors 48.7, Gilkes 48.3, Brown 47.1, Beaton 47.8), 3:11.9; 2. Stanford (Wingo 49.6, Sheets 48.7, McCarthy 48.8, Lofton 47.1), 3:14.2.

FINAL SCORE—USC 105, Stanford 35. Attendance—6,565.

/Vern Gambetta/

April 3, Westwood:

UCLA VS. CALIFORNIA

SHOT PUT—1. Neldhart (UCLA), 61-6 1/2; 2. Mamon (C), 55-7 3/4; 3. Kurrasch (UCLA), 55-7 1/2.

400 METER RELAY—1. UCLA (Owens, Myles, Wilson, Theriot), 40.5; California dropped baton.

JAVELIN—1. Biska (C), 207-1; 2. Tosli (UCLA), 203-8; 3. Hibner (C), 197-1.

LONG JUMP—1. Banks (UCLA), 24-10 1/4; 2. Hibner (C), 23-0 1/4; 3. Thorp (C), 22-4 1/4. 1,500—1. Clifford (C), 3:47.8; 2. S. Beck (UCLA), 3:48.9; 3. Harris (C), 3:50.7.

110HH—1. Owens (UCLA), 13.6 (meet record, old mark 13.8, Ron Coreland, UCLA, 1967; Cliff Jackson, UCLA, 1973); 2. Mosley

2 Mile Relay:
 1) West Vly Track Club 7:49.4
 2) Hayward 7:50.9
 3) Army 7:56.8
 Triple Jump:
 1) Bill McClellan (AirForce) 51-7 1/2
 2) Anthony Terry (WVTC) 51-5 1/2
 3) John LeGrade (Hay) 49-0
 Pole Vault:
 1) Mike Waidig (un) 16-0
 2) Chappell (un) 16-0
 3) Craig Miguel (BHS) 16-0
 Discus:
 1) Ken Stadel (un) 200-7
 2) Bill Tanored (GrBrit) 192-1
 3) Larry Kennedy (un) 187-10
 /Bruce Drummond/

April 3. Santa Barbara. SPA-AAU
 Relay Carnival at U.C.S.B.
 10 & 11 Division:
 3x50 Yd Shuttle Hurdles:
 1) S. B. Sandpipers "A" 26.9
 440 Relay:
 1) So. Calif. Cheetahs 54.4
 1320 Walk Relay:
 1) Rialto Roadrunners "A" 6:07.0
 Long Jump:
 1) S. B. Sandpipers "A" 43-3 1/2
 Baseball Throw:
 1) S. B. Sandpipers 411-8 3/4
 2 Mile Relay:
 1) Blue Angels "A" 10:14.4
 880 Medley Relay:
 1) So. Calif. Cheetahs "A" 2:00.7
 Mile Relay:
 1) Long Beach Comets 4:22.5
 High Jump:
 1) S. B. Sandpipers "A" 12-8
 Shot:
 1) S. B. Sandpipers 65-9 1/2
 12 & 13 Division:
 3 x 80 Meter Shuttle Hurdles:
 1) Blue Angels 44.8
 440 Relay:
 1) So. Calif. Cheetahs "A" 49.9
 1320 Walk Relay:
 1) Blue Angels 5:58.5
 Javelin:
 1) So. Calif. Cheetahs 237-7
 Shot:
 1) Blue Angels 115-8 3/4
 Discus:
 1) So. Calif. Cheetahs 231-4
 880 Medley Relay:
 1) So. Calif. Cheetahs "A" 1:48.9
 Mile Relay:
 1) Comets 4:05.1
 High Jump:
 1) Blue Angels 14-6
 Long Jump:
 1) S. B. Sandpipers "A" 48-1 1/2
 Distance Medley:
 1) Blue Angels "B" 12:58.6
 14 & 15 Division:
 3 x 100m Shuttle Hurdles:
 1) Anaheim 57.9
 440 Relay:
 1) So. Calif. Cheetahs 50.5
 High Jump:
 1) Anaheim 12-7
 Discus:
 1) So. Calif. Cheetahs 272.2
 Distance Medley Relay:
 1) Blue Angels 12:16.8
 880 Medley Relay:
 1) So. Calif. Cheetahs "A" 1:51.7
 Mile Relay:
 1) So. Calif. Cheetahs 4:05.9
 Long Jump:
 1) So. Calif. Cheetahs 48- 1/2
 Javelin:
 1) So. Calif. Cheetahs 261-2
 14 & Over Division:
 3 x 100 Shuttle Hurdles:
 1) U.C.S.B. 60.3

Long jumps: 1. Russo (Sav) 20-11 1/2. 2. Contreras (Wn) 20-4 1/4. 3. Tillman (C) 19-11 1/4. 4. Redmond (Sav) 19-10 1/4. 5. Osado (Lo) 19-10.
 Triple jumps: 1. Horsey (Wn) 43-10 3/4 (meet record, old 43-2 1/2. Leonard, Western, 1975). 2. Ware (Cyp) 43-3 3/4. 3. Lucky (LA) 41-8 1/4. 4. Cuervo (Wn) 41-3 3/4. 5. Johnson (Ken) 41-3 1/2.
 Shot: 1. DeForrest (Kat) 54-3 3/4. 2. Fusco (Cyp) 53-9 1/4. 3. Bell (Wn) 51-5 1/4. 4. Stelb (Kat) 50-2 1/4. 5. Mondello (Cyp) 49-5 1/4.
 Discus: 1. Shepherd (Kat) 170-9. 2. Fusco (Cyp) 160-2. 3. Cole (Cyp) 155-4. 4. Mondello (Cyp) 145-4. 5. Mino (Lo) 144-9.
 TEAM SCORES: 1. Cypress 52. 2. Los Alamitos 45. 3. Western 40. 4. Savanna 38. 5. Kennedy 27. 6. Loara 16. 7. Katella 15. 8. Anaheim 7. 9. Magnolia 0.

/Ted Brazil/



The AAU/Culver City Marathon set the stage for 1976 as the best quality marathon year ever.

photo by Bill Leung, Jr.

(HB) 51.4. 5. Murphy (HB) 51.7.
 800: 1. Christensen (Ed) 1:56.8. 2. Mansfield (Ed) 1:58.0. 3. Fenchak (FV) 1:59.8. 4. Russell (Wm) 2:01.3. 5. Short (HB) 2:03.4.
 Mile: 1. McConnell (Ed) 4:20.6. (meet record). 2. Christensen (Ed) 4:26.3. 3. Krieger (HB) 4:26.7. 4. Hogan (Ed) 4:27.1. 5. Nolan (FV) 4:29.0.
 2-mile: 1. McConnell (Ed) 9:28.6. 2. Loken (Wm) 9:34.4. 3. Walczak (Ed) 9:38.2. 4. Calvano (HB) 9:41.4. 5. Appell (FV) 9:42.0.
 120 M: 1. Danduran (HB) 15.0. 2. Jones (Wm) 15.9. 3. Jordan (Ed) 16.0. 4. Pinkerman (Ed) 16.1. 5. Gutierrez (HB) 16.6.
 300 M: 1. Danduran (HB) 39.5. 2. Hogan (Ed) 39.7. 3. Jones (Wm) 39.9. 4. Chubik (M) 40.3. 5. Putman (Ed) 50.7.
 440 relay: 1. Edison 44.4. 2. Marina 44.5. 3. Westminster 45.8. 4. Huntington Beach 46.3. 5. Fountain Valley 46.4.
 Mile relay: 1. Marina 3:27.4. 2. Edison 3:27.9. 3. Huntington Beach 3:31.2. 4. Fountain Valley 3:39.2.

(Mission Viejo) 4:25.7. 4. Koenig (La Canada) 4:25.9. 5. Lundgren (St. Joseph) 4:27.4. 6. Garrison (Miraleste) 4:28.4. 7. Boman (Dana Hills) 4:28.6.
 120 M: 1. Stone (Perris) 14.4. 2. Van Dyken (Neff) 14.5. 3. Kelly (Perris) 14.7. 4. Hunt (El Dorado) 14.7. 5. Moore (Brawley) 15.0. 6. Muck (Sonora) 15.2.
 Shot: 1. P. Johnson (Brea) 58-8 3/4 (meet record, old 56-7. R. Johnson, Mayfair, 1975). 2. R. Johnson (Mayfair) 57-8 1/4. 3. Staub (Cantwell) 55-0 1/4. 4. Stack (El Dorado) 53-5 1/4. 5. Platisa (Gladstone) 52-9. 6. Al-Bayati (Mission Viejo) 52-2 1/4.

Discus: 1. Corbett (El Dorado) 164.6. 2. Ortiz (Mayfair) 163.9. 3. Johnson (Brea) 163-9. 4. McSeveney (Gahr) 157-8. 5. Truelove (Neff) 145-2. 6. Eickelmann (Indio) 143-11.

Pole vault: 1. Brogdon (Walnut) 12-6. 2. Nelson (Sonora) 12-6. 3. Herbst (El Dorado) 12-6. 4. Parker (Brea) 12-0. 5. Mummer (Laguna) 11-6.

High jumps: 1. Lawson (El Dorado) 6-6. 2. Nordquist (Sonora) 6-6. 3. Anderson (Walnut) 6-4. 4. (tie) Rakestraw (Miraleste) and Hamblon (Brea) 6-2. 220: 1. Nash (Esperanza) 22.7 (22.5 heat). 2. Stodola (Esperanza) 23.0. 3. Wortham (Nef) 23.2. 4. Morgan (Walnut) 23.3. 5. Tribble (Royal Oak) 23.3. 6. Anderson (Paraclete) 24.0.

2-mile: 1. Walterhouse (Mission Viejo) 9:28.6. 2. Lamont (San Dimas) 9:31.0. 3. Alvarez (Coachella Valley) 9:31.0. 4. Frame (La Canada) 9:31.1. 5. Glass (University) 9:31.2. 6. Congdon (So. Pasadena) 9:33.0. 7. Lusche (La Canada) 9:35.9.

Long jump: 1. Benson (LA Lutheran) 23-1 1/4. 2. Moreno (Valencia) 21-11. 3. Williams (Walnut) 21-7 1/2. 4. Moore (Brawley) 21-6 1/4. 5. Harrison (Canyon) 21-6. 6. Pollard (Glenn) 21-1 1/2.

Mile relay: 1. La Canada 3:28.1. 2. San Marino 3:28.7. 3. El Dorado 3:28.9. 4. Esperanza 3:29.0. 5. St. Joseph 3:31.1. 6. Ontario 3:31.4.

TEAM SCORES: El Dorado 54. Cantwell and Gahr 32. La Canada and Walnut 30. Esperanza 28. Perris 27. LA Lutheran 25. Brea-Olinda 23. Mission Viejo 22. Sonora 17. Mayfair 16. San Marino 14. San Dimas 13. Temple City 10. South Pasadena 9. University and Valencia 8. Coachella Valley 7. Alta Loma and Brawley 6. St. Joseph 4. Ontario, Verbum Dei and Canyon 3. Glenn 1.

Consolation
 100-Bishop (Ontario) 9.9w; 220-Jones (Mission Viejo) 22.9 (22.5n heat); 440-Vance (Mission Viejo) 51.8; 880-Muns (Gahr) 2:02.2; Mile-Sexton (Mayfair) 4:33.6; 2-mile-Foster (Miraleste) 9:41.6; 120 HH-Bullock (Duarte) 15.3; 330 LH-Muck (Sonora) 39.6 (39.4n heat). 2. Bullock (Duarte) 39.6. 3. Samuelson (La Canada) 39.7; High jump-Woods (Ontario) 5-10; Pole vault-Alvarez (Coachella Valley) 12-6; Long jump-Wiley (Indio) 20-9 1/4; Shot-Martinez (Valencia) 45-11; Discus-Haney (Brea) 130-1.

FRESH-SOPH
 100-Lawler (Verbum Dei) 10.1; 220-Gundrum (Alta Loma) 23.1; 440-Stillings (Artesia) 51.0 (meet record); 880-Stillings (Artesia) 1:57.7 (meet record); Mile-B. Kester (Artesia) 4:27.1 (meet record). 2. Gomez (Valencia) 4:29.2. 3. Cisneros (Valencia) 4:30.9; 2-mile-B. Kester (Artesia) 9:36.0 (meet record). 2. C. Kester (Artesia) 9:37.0. 3. Gomez (Valencia) 9:40.3. 4. Cisneros (Valencia) 9:41.0; 120 HH-Gourdine (El Toro) 15.5; 330 LH-Bea (San Marino) 40.7 (meet record); 440 relay-Verbum Dei 45.4; Mile relay-Artesia (Stillings) 51.3 (anchor) 3:34.6 (meet record); High jump-Rosenthal (El Dorado) 6-2; Pole vault-Ernst (El Dorado) 12-6; Long jump-Lawler (El Dorado) 20-10 1/2; Shot-Romero (Indio) 53-9; Discus-Doble (Ontario) 144-0.

FINAL SCORE—USC 105, Stanford 45.

Attendance—6,565.

/Vern Gambetta/

April 3, Westwood:

UCLA VS. CALIFORNIA

SHOT PUT—1. Neldhart (UCLA), 61-6 1/2; 2. Mannon (C), 55-7 1/4; 3. Kurrasch (UCLA), 55-7 1/2.

400 METER RELAY—1. UCLA (Owens, Myles, Wilson, Theriot), 40.5; California dropped baton.

JAVELIN—1. Biske (C), 207-1; 2. Testl (UCLA), 203-8; 3. Hibner (C), 197-1.

LONG JUMP—1. Banks (UCLA), 24-10 3/4; 2. Hibner (C), 23-0 1/4; 3. Thorp (C), 22-4 1/4. 1,500—1. Clifford (C), 3:47.8; 2. S. Beck (UCLA), 3:48.9; 3. Harris (C), 3:50.7.

110M—1. Owens (UCLA), 13.6 (meet record, old mark 13.8. Ron Corneland, UCLA, 1967; Cliff Jackson, UCLA, 1973); 2. Mosley (C), 14.1; 3. Mills (UCLA), 14.3.

400—1. Robison (C), 47.5; 2. Niederhaus (UCLA), 47.9; 3. Theriot (UCLA), 48.1. 100—1. Wilson (UCLA), 10.5; 2. Wallace (C), 10.6; no third.

DISCUS—1. Gunther (UCLA), 188-4; 2. Harvey (UCLA), 173-3; 3. Mannon (C), 152-8.

HIGH JUMP—1. Murphy (C), 6-10; 2. Miller (C), 6-8; 3. Paver (UCLA), 6-6.

800—1. Haynes (UCLA), 1:50.8; 2. Morgan (C), 1:50.9; 3. Bay (C), 1:52.8.

400M—1. Mills (UCLA), 51.2; 2. Robsky (C), 53.4; 3. Fullerton (C), 54.2.

200—1. Wallace (C), 21.2; 2. Myles (UCLA), 21.4; 3. Mosley (C), 21.6.

TRIPLE JUMP—1. Banks (UCLA), 52-8; 2. Thorp (C), 49-2 1/2; 3. McCarthy (UCLA), 48-0 1/4.

5,000—1. Duff (C), 14:17.8; 2. Bloom (C), 14:27.0; 3. Boswell (UCLA), no time.

POLE VAULT—1. Teilly (UCLA), 17-0; 2. Curran (UCLA), 16-6; 3. Hintz (C), 16-0.

MILE RELAY—1. UCLA (Theriot 48.0, Leeds 48.1, Haynes 49.2, Myles 48.0), 3:13.3; 2. California (Robinson 47.7, Ennes 50.0, Fullerton 50.0, Morgan 49.1), 3:16.8.

FINAL SCORE—UCLA 79, California 65.

/Vern Gambetta/

April 3, Bakersfield Relays.

Invitational 440 relay—San Jose (Berry, Hampton, Douglas, Fincher) 41.3, Alameda 41.4, Bakersfield 41.5, Contra Costa 41.7.

Invitational 100m—Hampton (San Jose) 10.4, Parrell (Santa Ana) 10.5, Tavie (Compton) 10.6, Jordan (Alameda) 10.7.

880 relay—Mesa 1:25.7, San Jose (Knowles, Hampton, Douglas, Milligan) 1:25.9 (school record), Alameda 1:27.6; E. Los Angeles 1:28.1.

3-Mile run—Simonian (L.A. City) 13:51.0, Colley (Santa Barbara) 14:02.2, Haake (Long Beach) 14:08.0, James (San Jose) 14:10.0.

4-Mile Relay—Fullerton 16:56.8N (national J.C. record), West Valley 17:16.4; San Jose 17:34.8, Palomar 17:36.0.

Mile relay—Mesa 3:12.5, San Jose (Flack, Milligan, Jones, Hampton) 3:14.5, Long Beach 3:15.3, Bakersfield 3:15.8.

440 intermediate hurdles—Rudd (Pasadena) 51.4, Sheffield (E. Los Angeles) 52.6, Mince (Bakersfield) 52.9, Esterban (Glendale) 53.0.

120 high hurdles—Branson (Porterville) 14.5, Crittendon (Contra Costa) 14.6, Mince (Bakersfield) 14.7, Rudd (Pasadena) 14.7.

3,000m steeplechase—Perez (Delta) 8:51.6 (national J.C. record), Langford (Am. River) 9:08.6, Weed (Am. River) 9:25.2, Casilas (Canyons) 9:28.8.

2-Mile relay—Bakersfield 7:40.6, San Jose (Ryan, Campbell, Markham, Jones) 7:45.2 (school record), Pierce 7:46.0, L.A. Harbor 7:46.6.

1,500m—Wingard (Fullerton) 3:55.9, Nance (Los Angeles Valley) 3:56.6, Kennedy (De Anza) 3:57.9, Canchola (L.A. Valley) 4:00.0.

Shot put—Santiago (Am River) 55-6 1/2, Laut (Moorpark) 53-11 1/2, Brown (Fullerton) 52-10 1/2, Baughman (Fullerton) 52-7 1/2.

Long jump—Carter (Citrus) 24-5 1/2, Jones (E. Los Angeles) 24-1 1/4, McClendon (Mesa) 23-7 3/4, Spencer (Compton) 23-7 1/2.

Discus—Brown (Fullerton) 178-8, Alexander (Sequoias) 175-9, Baughman (Fullerton) 172-3, Engle (Canyons) 165-8.

High jump—Boyd (W. Los Angeles) 6-10 1/2, Nowacki (Santa Barbara) 6-8, Larusch (Glendale) 6-8, Broom (Bakersfield) Wiley (San Francisco), Coleman (W. L.A.), Joseph (L.A. Harbor) all 6-6.

Triple jump—Marlow (Cosumnes River) 51-11 1/4, McClendon (Mesa) 51-3 1/4, DeFrance (Bakersfield) 48-4 1/2, Jackson (Chabot) 48-4 1/4.

Javelin—Walker (Chabot) 239-7, Sarkessian (Citrus) 218-0, Kibbe (Desert) 213-5, Blissitt (Mesa) 204-5

/James Day/

April 3, King City Invitational.

DT—Gonzales (SCreek) 160-6, Aimonetti (Campbell) 157-1, Wilson (NSalinas) 155-7, Walters (HMBay) 153-1, Lyons (MPleasant) 152-11.

LJ—Howard (MPleasant) 21-10 1/4, Leberz (Serramonte) 21-8 1/2, Jones (MPleasant) 21-3 1/4, Acosta (SClara) 21-1 1/4, Wells (Overfelt) 20-10 1/4.

440 R—Silver Creek (Barney, Sparkman, Holland, Harvey) 43.6, South City 43.8, Mt. Pleasant 44.0, Madera 44.1, tie between Serramonte and Westmont 44.7.

120 HH—Bobertz (Serramonte) 14.6, Hawkins (Burlingame) 14.8, Miller (Madera) 14.8, Phillips (SCreek) 15.4, Reed (MPleasant) 15.6.

880—Jensen (Buchser) 1:58.8, Cornejo (Westmor) 1:58.9, Newberg (Stevenson) 1:59.1, Green (MPleasant) 2:00.0, Maxwell (Westmoor) 2:01.0.

100—Cannon (MPleasant) 10.0, Anderson (Santa Teresa) 10.2, Rachal (Yerba Buena) 10.2, Skinner (SClara) 10.4, Taylor (Overfelt) 10.5.

440—Hilberg (SCity) 50.2, Harvey (SCreek) 51.0, Castro (SJose) 51.2, Bourne (MPleasant) 51.8, Holcomb (Hill) 51.9.

SP—Walters (HMBay) 54-5, Wilson (NSal) 52-01-2, House (American) 51-6, Seibert (SCity) 50-3-1, Winter (Madera) 49-6-1.

2-Mile—Smith (Newark) 9:25.3, Carranza (Madera) 9:36.4, McBride (HMBay) 9:38.7, Rumrill (PGrove) 9:39.2, Sup (Palma) 9:43.2.

330 LH—Bobertz (Serramonte) 38.2 (meet record, old by Tony Hicks, Serramonte, 38.6, 1975), Phillips (SCreek) 38.3, McDaniel (Seaside) 39.1, Chapman (Yerba Buena) 39.6, Miller (Madera) 40.5.

April 3, Buena-Ventura Relays

Varsity
2-Mile-Kinsler (Buena) 9:43.4, Parker (Hueneme) 9:49, Nunez (Lompoc) 9:50, Heinrichs (Santa Barbara) 9:53.4, Hughart (Hueneme) 10:06.

120 HH-Black (San Marcos) 15.0, P. Locher (San Marcos) 15.1, Conway (Santa Barbara) 15.3, Meadows (Buena) 15.4, Hawkes (CI) 15.8.

SP-Hunter (Santa Barbara) 57-7 1/2, Wollerman (Buena) 54-8, Futujuma (Hueneme) 54-1 1/4, McIntyre (Camarillo) 53-4 1/4, McKenzie (San Marcos) 51-5, Dimitt (Lompoc) 50-2 3/4.

100-Williams (Thousand Oaks) 9.9, Swindle (Thousand Oaks) 10.1, Chandler (Lompoc) 10.3, Yates (Ventura) 10.4, Johnson (San Marcos) 10.5.

HJ-Lawrence (Thousand Oaks) 6-4, Gerlach (Thousand Oaks) 6-2, Jones (Lompoc) 6-2, Blaisdell (Camarillo) 6-0, Eberly (Channel Islands) 5-10, Spainhour (San Marcos) 5-10.

2-Mile Relay-Dos Pueblos 8:16.1, Thousand Oaks 8:23, Lompoc 8:27.3, Hueneme 8:30.1.

880 Relay-Oxnard (Green, Cameron, Tartleton, Winubsh) 1:31.2, Dos Pueblos 1:32.3, Thousand Oaks 1:32.6, Santa Barbara 1:33, Channel Islands tied Lompoc 1:33.7.

LJ-Snyder (Ventura) 22-2 1/4, Fuggs (Lompoc) 21-4 1/4, Cokley (San Marcos) 20-6 1/4, Williams (Santa Barbara) 20-0 3/4, Miller (Buena) 19-11 1/2, Blair (Hart) 19-5.

Distance Medley-Santa Barbara 10:39, Hart 11:02, Thousand Oaks 11:13.8, Dos Pueblos 11:34.7, Hueneme 11:42.

Sprint Medley-Ventura 2:02.7, New Record, Channel Islands 2:03, Thousand Oaks 2:03.6, Santa Barbara 2:04.5.

Mile-Coffman (Dos Pueblos) 4:33.3, Orsco (Oxnard) 4:36.5, Gil (Santa Barbara) 4:40, Burgess (San Marcos) 4:41, Romero (Thousand Oaks) 4:45.

PV-J. Rosecrance (Santa Barbara) 13-9, Peters (San Marcos) 13-6, Baldorf (Thousand Oaks) 13-0, Boyce (Royal) 13-0, Blair (Hart) 12-6, Garrett (San Marcos) 12-6, Casias (Royal) 12-6.

TJ-Snyder (Ventura) 43-6 1/4, Born (Thousand Oaks) 42-3 3/4, Cokley (San Marcos) 42-3 1/2, Jones (Lompoc) 42-2 1/2, Quigley (Santa Barbara) 42-1 1/2, Wilson (CI) 41-6 1/2.

440 Relay-Thousand Oaks (Taylor, Goddard, Swindle, Williams) 44.0, Dos Pueblos 44.1, Oxnard 44.3, San Marcos tied Santa Barbara 44.7.

Discus-Burhoe (Camarillo) 145-2 1/4, Futujuma (Hueneme) 124-9 1/4, Dimitt (Lompoc) 136-8 3/4, McIntyre (Camarillo) 122-6 1/4, Godbe (Thousand Oaks) 121-11, Herrington (Hart) 121-3 1/4.

Mile Relay-Dos Pueblos 3:29.8, Hart 3:30.5, Channel Islands 3:31.1, Santa Barbara 3:31.5.

Sophomore
120 HH-Elgan (Carpinteria) 15.8, New Record, Sellers (Channel Islands) 15.9, Franco (Camarillo) 16.0, Bates (San Marcos) 16.2, Evans (Hueneme) 16.4.

100-Cates (Channel Islands) 10.5, Holston (Channel Islands) 10.7, Quicke (Ventura) 10.7, Diggs (Channel Islands) 10.7, Russell (Thousand Oaks) 11.0.

LJ-Fields (Thousand Oaks) 18-6 1/2, Colla (Buena) 18-2, Dixon (Santa Barbara) 17-11, Fiacco (Camarillo) 17-8 1/2, Alley (Royal) 17-6 1/2.

SP-Hunter (Santa Barbara) 57-7 1/2, Wollerman (Buena) 54-8, Futujuma (Hueneme) 54-1 1/4, McIntyre (Camarillo) 53-4 1/4, McKenzie (San Marcos) 51-5, Dimitt (Lompoc) 50-2 3/4.

100-Williams (Thousand Oaks) 9.9, Swindle (Thousand Oaks) 10.1, Chandler (Lompoc) 10.3, Yates (Ventura) 10.4, Johnson (San Marcos) 10.5.

HJ-Lawrence (Thousand Oaks) 6-4, Gerlach (Thousand Oaks) 6-2, Jones (Lompoc) 6-2, Blaisdell (Camarillo) 6-0, Eberly (Channel Islands) 5-10, Spainhour (San Marcos) 5-10.

Junior High
Mile-Hernandez (Cabrillo) 4:57.1, Pena (Balboa) 5:03.6, Velbig (Cabrillo) 5:05.3, Davis (Cabrillo) 5:13.6, New Event.
440 Relay-(seventh grade) Anacapa (Stork, Standifer, Stonecypher, Herrera) 52.5, Cabrillo 52.5, Balboa 55.0.
440 Relay-(eighth grade) Cabrillo (Reinhardt, Vail, Nelson, Ruiz) 49.6, New Record, Anacapa 51.1, Balboa 51.4.
440 Relay-(ninth grade) Cabrillo (Krohn, Moore, T. Regalado, Beeson) 49.5, Anacapa 48.5, Balboa 49.5.

/Rich Romine/

April 4, 1976 Kaweah Valley River Run 8 Mile:

- Open Division:
1) Fred Carnahan (HiSierra) 42:04
2) Jon Wegener (PPTC) 45:20
3) David Bronzan (HiSierra) 46:01
4) Bill Peck (Ekfld TC) 46:49
5) Frank Delgado (Fres Jog) 48:23
6) Rich Peterson (HiSierra) 48:45
7) Joe Delgado (HiSierra) 49:31
8) Rusty Crain (un) 54:55
9) William Greenwood (un) 58:42
Masters Division:
1) Len Thornton (HiSierra) 46:05
2) Sid Toabe (HiSierra) 50:36 50+
3) Gene Lynch (HiSierra) 51:05
4) Bob Lehman (HiSierra) 54:30
5) Franz Weinschenk (FJog) 57:09
6) Paul Buch (Fresno Jog) 59:38
7) Dewey Jan (Fresno Jog) 60:32
8) Jim Martin (Fresno Jg) 60:37
9) Chet Crain (un) 1st 60+ 69:50

/Dave Bronzan/

April 4, Long Beach, SPAAU Women's Mid-Season Opener, Senior Women's Div:

- 100m:
1) Modupe Oshikoya (LATC) 12.1
2) Penny Slaughter (LIT) 12.3
400m:
1) Jarvis Scott (PTC) 55.1
2) Debbie Bottomly (Un) 55.6
3) Kathy Keys (FISA) 56.3
1500m:
1) Dorothy Dobson (SA) 6:10.9
100m Hurdles:
1) Modupe Oshikoya (LATC) 13.8
5000 Meter Walk:
1) Cindy Johnson (BA) 27:20.4
Javelin:
1) Lisa Van Bentham (un) 152-2
High Jump:
1) Sandi Tyler (LIT) 5-6
Junior Women's Division:
100 Yd:
1) Kim Moran (un) 11.5
440 Yd:
1) Susan Moreno (LIT) 59.3
1 Mile:
1) Heather Tolford (SFVTC) 5:04.6
2) Carol Flournoy (LATC) 5:06.5
3) Becky Flourinbarger (QCC) 5:08.3
5000m Walk:
1) Laura Janousek (SCC) 29:11.6
High Jump:
1) Cathy Cook (BA) 5-0
14-15 Division:
10 Yd:
1) Alison Reed (LATC) 11.9
440 Yd:
1) Cynthia Tyler (IGA) 59.9
1 Mile:
1) Carol Czarnetzki (BA) 5:23.3
100m Hurdle:
1) Kim Costello (un) 14.3
3000m Walk:
1) Melissa Steinle (SCC) 17:37.6

April 4, Richmond: Kennedy Relays

4-MILERELAY — Skyline 1:04 Washington 1:06.6 De Anza 1:04.4 Alameda 1:04.9 Tennyson 1:05.1
Open 330 lows — Koko (Sunset) 37.6 Stevens (Berkeley) 39.1 tie between Lockhart (Pinole) and Johnson (Balboa) 39.0 Patterson (De Anza) 39.2 White (Richmond) 39.3.
Sprint medley — Oakland 3:34.2 Tennyson 3:38.5 Richmond 3:39.5 Berkeley 3:40.2 El Cerrito 3:40.4 Mt. Eden 3:41.9
Discus relay — Balboa 574-10, Piner 460-8 El Cerrito 509-10 Ukiah 507-6 Berkeley 484-6 Terra Linda 458-0.
Open 100 — Tegali (Mission) 9.8 (9.7 in trials) Burrell (Piner) 9.8 Burrell (Tennyson), 10.2 Johnson (Skyline), 10.3 Jones (JFK), 10.3 Gentry (Elis) 10.3.
Open 120 highs — Hill (JFK) 14.5 Harris (Oakland), 14.6 Tyler (Balboa), 15.0 Tanner (MSJ), 15.3 Koko (Sunset), 15.4 White (Richmond), 15.5.
Long jump relay — Oakland 81-3 Balboa 81-3 Skyline 81.6 Lincoln 80-2 De Anza 79-9 Mt. Eden 79-2.
Open mile — McMeans (De Anza) 4:32 Hussey (Washington), 4:32.2 Bullarvo (Piner) 4:37.9 Danda (Piner) 4:39, Martin (Piner), 4:38.1 Brown (El Cerrito), 4:41.3.
440 Relay — Berkeley 43.0 Tennyson, 43.6 JFK 43.8 De Anza 43.9 Castlemont, 44.1 Mt. Eden, no time.
Shot put relay — Balboa 190-8 Washington 185-11 Berkeley 183-9 Piner 182-9 Tennyson 177-1 Ukiah 167-10.
2-mile relay — Oakland 6:40.6 Alameda 6:11 Skyline 6:11.5 Washington 6:13.6 El Cerrito 6:20 Logan 6:23.5.
Open pole vault — Retri (Alameda) 13-0 Bellard (Pinole), 13-0 Tillinghast (Piner), 12-6 Francisco (MSJ), 12-0 Bright (Logan), 12-0 Cox (Washington), 11-6.
Open high jump — Hess (Oakland), 6-7 Lowe (Tamalpais), 6-6 McGiounkin (Tamalpais), 6-4 Sheitrawn (MSJ), 6-4 Kingsley (Oakland), 6-4 Woods (Mt. Eden), 6-4.
880 Relay — Balboa 1:30.2 Berkeley 1:30.7 tie between Elis and JFK 1:30.5 Skyline 1:31 Tennyson 1:32.4.
Distance medley — Skyline 10:48.6 De Anza 10:59 El Cerrito 10:59.1 Santa Rosa 11:00 Oakland 11:10 Alameda no time.
Shuttle highs — Balboa 35.8 Skyline 36.1 JFK 36.3 Logan 36.8 El Cerrito 37.6 Mt. Eden 38.2.
Open triple jump — Johnson (Mt. Eden), 47-7 Durham (Oakland), 47-3 Kelly (Skyline), 46.5 Morgan (El Cerrito), 45-9 Johnson (Lincoln), 45-5 Lewis (Berkeley), 44-8 1/2.
Mile Relay — Berkeley 3:22.1 Elis 3:23.3 Richmond 3:24.8 Balboa 3:26.5 Castlemont 3:27.6 JFK 3:30.5.
VARSITY SCORES — Balboa 75 1/2 Oakland and Skyline, each 65 Berkeley 62 De Anza and Piner, each 67 Tennyson 34 JFK 33 El Cerrito 32 Wilson 31 Alameda 24 Elis 20 Richmond 18 Mt. Eden 17 Logan 10 Pinole 9 Sunset and Tam, each 9 Lincoln, Castlemont and MSJ, each 8 Ukiah, Santa Rosa and Mission, each 6.
B SCORES — Pinole 38 Balboa 33 JFK 32 Galileo and Pacific, each 28 San Marin 24 Tam 22 De Anza and MSJ, each 16 Berkeley and Terra Linda, each 14 Logan 10 Piner 8 Castlemont and Lincoln, each 6 Petaluma and Alameda, each 4 Elis 3 El Cerrito 2.
GIRLS SCORES — Berkeley 40 JFK 36 Terra Linda 34 Mt. Eden 25 McClymonds 19 Hogan 16 Drake 3 Alameda and Arroyo each 2 Pinole and McAteer, each 1 Lincoln 1.

/Keith Conning/

120 HH: 1. Stone (Ferris) 15.1, 2. Moore (Brawley) 15.2, 3. Kelly (Berris) 15.5, 4. Brown (Charter Oak) 15.9, 5. McQueen (West Torrance) 16.2.
330 LH: 1. W. Curran (Crespi) 38.3 (meet record, old, 39.1, Garcia, Cantwell, 1975, and W. Curran in prelims), 2. Braga (Redlands) 38.8, 3. Garcia (Cantwell) 38.9, 4. Grady (Kennedy) 39.0, 5. Hons (West Torrance) 39.4.
440 relay: 1. Kennedy (Barstow) 42.5, 2. Crespi 44.1, 3. Moreno Valley 44.3, 4. Parris 44.4, 5. Redlands 44.6, 6. St. John 44.6.
Mile relay: 1. Crespi (Capaldi) 52.8, Faye 50.2, W. Curran 50.3, Russell 49.2 3:22.5 (meet record, old 3:22.9, Crespi in prelims), 2. Victor Valley 3:25.5, 3. Moreno Valley 3:26.5, 4. Fontana 3:27.3, 5. Esperanza 3:27.9, 6. Charter Oak 3:29.0, 7. Laguna Beach 3:29.4.
Pole vault: 1. Boersma (St. John Bosco) 14-6 (meet record, old 14-2, Foster, Laguna Beach, 1975), 2. Viole (Crespi) 13-6, 3. Moffaker (West Torrance) 13-0, 4. Richter (Crespi) 12-6, 5. Duncan (West Torrance) 12-6.
Long jump: 1. L. Jones (Kennedy) 22-3 1/2w, 2. Moore (Brawley) 22-2 3/4w, 3. McMillan (San Clemente) 20-11 1/2w, 4. Pederson (Norco) 20-6 1/2w, 5. Holmes (Perris) 20-5w.
Shot: 1. Johnson (Mayfair) 56-8 1/2, 2. Staub (Cantwell) 56-6, 3. Burch (West Torrance) 54-3, 4. Platias (Gladstone) 52-10, 5. Houtz (Alta Loma) 52-10.
Discus: 1. Johnson (Mayfair) 184-10 (meet record, old 159-2, Binley, Laguna, 1973), 2. Fealy (Victor Valley) 153-5, 3. Ortiz (Mayfair) 153-0, 4. Greenough (Laguna) 149-11, 5. Bash (Norco) 145-1.
High jump: 1. L. Jones (Kennedy) 6-8, 2. Scharr (San Clemente) 6-4, 3. Brock (Redlands) 6-4, 4. Simmons (Barstow) 6-4, 5. (tie) Reddick (Laguna) and Marshall (Foothill) 6-4.
DISTANCE MEDLEY: 1. Foothill 10:37.6 (Spilsbury) 4:17.01, 2. Laguna Beach 10:48.5 (Hvist) 4:22.6), 3. Victor Valley 10:57.3, 4. Coachella Valley 11:13.0, 5. Charter Oak 11:38.5.
TEAM SCORES: Kennedy (Barstow) 38, Crespi 26, Barstow 20, Mayfair 18, Victor Valley 17, Redlands 13, Ferris 12, San Clemente 10, Charter Oak, Moreno Valley and West Torrance 9, Laguna Beach 8 1/2, Brawley, Cantwell and Fontana 8, Alta Loma and Foothill 7, Coachella Valley and St. John Bosco 6, Banning 3 1/2, Canyon and South Pasadena 2, Esperanza, Gladstone and Norco 2, Dana Hills 1.
GIRLS
100—Gourdine (El Toro) 11.5, 2. Holmes (El Toro) 11.9, 3. Starks (El Toro) 11.9, 4. Holmes (El Toro) 12.1, 5. Mann (Kennedy, Barstow) 12.2, 440—Kanz (Ontario) 58.8; 880—Harryman (Laguna) 2:27.0, 2. Mcren (Crescenta Valley) 2:28.3, 3. Bowman (Dana Hills) 2:29.0; Mile—Troffer (Crescenta Valley) 5:11.0, 2. Harryman (Laguna) 5:12.0; 80 LH—Gourdine (El Toro) 11.2, 2. Mann (Kennedy) 11.5, 3. Zeller (Redlands) 11.8; 440 relay—El Toro 50.0, 2. Kennedy 52.0, 3. Mayfair 52.6; Mile relay—El Toro (Jones, Iinz, Furbee, Long) 4:11.6, 2. Dana Hills 4:21.9, 3. La Habra 3:24.0.
High jump—Hopkins (Brea) 5-2, 2. Mann (Kennedy) 5-2, 3. Stoll (Valencia) 5-0, 4. Zeller (Redlands) 5-0, 5. Barnett (Redlands) 5-0; Long jump—Gourdine (El Toro) 17-10 3/4, 2. Zeller (Redlands) 16-4, 3. Alameda (El Toro) 16-2 1/2; Shot—Hoerner (Mayfair) 39-0.
TEAM SCORES — El Toro 48, Kennedy 19, Redlands 17, Laguna Beach 13, Crescenta Valley and Mayfair 10, Fontana and Ontario 9, Troy and Dana Hills 7, Brea-Orinda and Rosemead 6, others—Sunny Hills, La Habra and Valencia 3.
Athlete of the MEET—Tom Hunt (Patrick Henry); Track—Dudree Branch

/Ted Brazil/

880—Jensen (Buchser) 1:58.8, Cornejo (Westmor) 1:58.9, Newberg (Stevenson) 1:59.1, Green (MPleasant) 2:00.0, Maxwell (Westmor) 2:01.0.

100—Cannon (MPleasant) 10.0, Anderson (Santa Teresa) 10.2, Rachal (Verba Buena) 10.2, Skinner (SClara) 10.4, Taylor (Overfelt) 10.5.

440—Hilberg (SCity) 50.2, Harvey (SCreek) 51.0, Castro (SJose) 51.2, Bourne (MPleasant) 51.8, Holcomb (Hill) 51.9.

SP—Walters (HMBay) 54-5, Wilson (NSal) 52-01-2, House (American) 51-6, Seibert (SCity) 50-3 1/4, Winter (Madera) 49-6 1/4.

2-Mile—Smith (Newark) 9:25.3, Carranza (Madera) 9:36.4, McBride (HMBay) 9:38.7, Rummil (PGrove) 9:39.2, Sup (Palma) 9:43.2.

330 LH—Bobertz (Serramonte) 38.2 (meet record, old by Tony Hicks, Serramonte, 38.6, 1975), Phillips (SCreek) 38.3, McDaniel (Seaside) 39.1, Chapman (Verba Buena) 39.6, Miller (Madera) 40.5.

220—Harvey (SCreek) 22.4, Barkley (SCreek) 22.9, Taylor (Overfelt) 22.9, Newsome (Madera) 23.2.

Mile—Ross (Serramonte) 4:22.9, Smith (Newark) 4:22.9, Castro (Los Gatos) 4:24.0, Carranza (Madera) 4:29.2, Johnson (Overfelt) 4:30.0.

Mile Relay—Silver Creek (Barkley, Sparkman, Phillips, Harvey) 3:25.9, Madera 3:26.6, Cabrillo (Lompoc) 3:33.0, Seaside 3:31.8, Prospect 3:35.0.

Team Leaders—Silver Creek 34, Mt. Pleasant 22, Serramonte 19 1/2, Madera 19, South City 11.

/James Day/

April 3, Arroyo Invitational.

100—Florance (Arroyo), 10.0 (9.9 in heat); 2. Carter (Fontana), 10.0 (9.8); 3. Russell (Glendale), 10.1 (10.0). Heats: Ford (Pasadena), 9.9; McClelland (Glendale), 10.0; Esparza (Schurr), 10.0. 200—1. Sanford (Pasadena), 22.1; 2. Florance (Arroyo), 22.9; 3. Carter (Fontana), 22.3; 4. Ford (Pas), 22.8 (22.6). 400—1. Mendez (Mt. View Soph), 50.4; 2. Sanford (Pas), 50.6; 800—1. Pacheco (MV), 1:57.1; 2. M. Lemos (Fontana), 1:57.5; Delgado (Glendale), 1:59.0. MILE—1. Tillery (West Covina), 4:24.7; 2. Flores (MV), 4:27.1. TWO MILE—1. Tillery (WC), 9:36.4; 2. Ward (Workman), 9:41.8. 120HH—1. Milloy (Pas), 14.5; 2. Wilson (Fontana), 14.6 (14.4); 3. Nelson (Azusa), 15.2. Heats: Ida (San Gabriel), 15.0; Stocking (WC), 15.1. 300LH—1. Rivas (WC), 38.5; 2. Brown (Pas), 38.6; 3. Heats: Salazar (Arroyo), 39.5.

440 RELAY—1. Fontana, 43.4; 2. Pasadena, 43.6. MILE RELAY—1. Pasadena, 3:28.5; 2. West Covina, 3:28.7; 3. Fontana, 3:29.8; 4. Mt. View, 3:30.7. HJ—Johnson (Arroyo), 6-8; 2. Gonzalez (El Monte), 6-6; 3. Montez (Rancho), 6-4. PV—1. Earnest (Mt. View Soph), 15-0; 2. Nelson (Azusa), 14-0; 3. Grinstead (Edgewood), 14-0. LJ—1. Wilson (Fontana), 23-6w; 2. Johnson (Arroyo), 23-3w; 3. Gonzalez (El Monte), 21-7w. SP—1. Pollak (Glendale), 55-10; 2. Ortiz (Schurr), 55-6 1/2.

TEAM SCORES—Pasadena 61, West Covina 58, Fontana 56, Arroyo 46, Mt. View 44, Schurr 25, Glendale 23, Edgewood 20.

/Vern Gambetta/

Godard, Swindle, Williams (Taylor), Dos Pueblos 44.1, Oxnard 44.3, San Marcos tied Santa Barbara 44.7.

Discus—Burhoe (Camarillo) 145-2 1/4, Fujiyama (Hueneme) 124-9 1/4, Dimitt (Lompoc) 136-8 3/4, McIntyre (Camarillo) 122-6 1/4, Godbe (Thousand Oaks) 121-11, Herrington (Hart) 121-3 1/4.

Mile Relay-Dos Pueblos 3:29.8, Hart 3:30.5, Channel Islands 3:31.1, Santa Barbara 3:31.5.

Sophomore

120 HH-Elgan (Carpinteria) 15.8 New Record, Seilers (Channel Islands) 15.9, Franco (Camarillo) 16.0, Bates (San Marcos) 16.2, Evans (Hueneme) 16.4.

100-Cates (Channel Islands) 10.5, Holston (Channel Islands) 10.7, Quicke (Ventura) 10.7, Diggs (Channel Islands) 10.7, Russell (Thousand Oaks) 11.0.

LJ-Fields (Thousand Oaks) 18-6 1/2, Colla (Buena) 18-2, Dixon (Santa Barbara) 17-11, Fiacco (Camarillo) 17-8 1/2, Alley (Royal) 17-6 1/2.

Distance Medley-Dos Pueblos 11:10.5 New Record, Carpinteria 11:16.8, Camarillo 11:22.3, Oxnard 11:25.3, San Marcos 11:36.

Discus-Bryant (Antelope Valley) 146-7 1/2 New Record, Liefeste (Antelope Valley) 118-5 1/2, Riech (Lompoc) 115-7 3/4, Kallas (Thousand Oaks) 107-2 1/2, Schlegel (Buena) 103-1 1/2, Emery (San Marcos) 102-6.

Sprint Medley-San Marcos 2:08.3, Thousand Oaks 2:08.6, Ventura 2:08.7, Channel Islands 2:09.5, Dos Pueblos 2:10.1. SP-Bryant (Antelope Valley) 51-8 1/4 New Record, Reeves (Thousand Oaks) 50-0 1/4, Peake (Buena) 49-10, Kallas (Thousand Oaks) 49-1 1/4, Bernaldes (Channel Islands) 48-6 1/2, Schlegel (Buena) 47-6 1/2.

PV-Lane (Dos Pueblos) 12-6 New Record, Pattison (Oxnard) 11-6, Yates (Hart) 11-6, Busch (Buena) 11-6. Fo s (Santa Barbara) 11-6.

Sprint Medley-Thousand Oaks tied Royal 3:23.9, Dos Pueblos 3:24.8, Channel Islands 3:26.9, Buena 3:28.5.

440 Relay-Channel Islands (Cates, Balan, Diggs, Holston) 46.0, Thousand Oaks 46.5, Dos Pueblos 47.2, Camarillo 47.6, Oxnard 47.6.

TJ Long (Camarillo) 38-8, Johnson (San Marcos) 38-3 1/2, Colla (Buena) 37-9 1/2, McAndrews (Thousand Oaks) 37-9 1/2, Braun (Dos Pueblos) 37-6 1/2.

7-Mile-Morales (Camarillo) 9:56.8 New Record, Nelson (Buena) 10:12, Shields (Dos Pueblos) 10:17.6, Trevathan (Carpinteria) 10:17.7, Parker (Dos Pueblos) 10:34.2.

Mile Relay-Dos Pueblos 3:36.5 New Record, Channel Islands 3:40.5, Oxnard 3:37.6, Thousand Oaks 3:39.7, San Marcos 3:43.

Combined division team scores—Thousand Oaks 94, Dos Pueblos 82, Channel Islands 49, Santa Barbara 43, San Marcos 41, Camarillo 40, Buena 30, Lompoc 27, Oxnard 26, Ventura 26, Royal 21, Antelope Valley 18, Hueneme 15, Carpinteria 14, Hart 13.

Girls

Distance Medley-Buena (Unterberger, Mason, Ramirez, Schweiger) 13:40, Ventura 14:18.4, Oxnard 15:06.1. New Event.

440 Relay-Buena (Unterberger, Wise, Peterson, Williams) 52.0, Hueneme 52.5, Ventura 52.5, Oxnard 53.0, St. Bonaventure 54.0.

Mile Relay-Buena (Wise, Brown, Williams, Unterberger) 4:12.9, Ventura 4:21, Hueneme 4:22.2, St. Bonaventure 4:25, Oxnard 4:33. New Event.

400-Tyler (LIT) 5-6

Junior Women's Division:
100 Yd:
1) Kim Moran (un) 11.5
440 Yd:
1) Susan Moreno (LIT) 59.3

1 Mile:
1) Heather Tolford (SFVTC) 5:04.6
2) Carol Flournoy (LATC) 5:06.5
3) Becky Wolfenbarger (QCC) 5:06.3

5000m Walk:
1) Laura Janousek (SCC) 29:11.6

High Jump:
1) Cathy Cook (BA) 5-0
14-15 Division:
100 Yd:
1) Allison Reed (LATC) 11.9
440 Yd:
1) Cynthia Tyler (MM) 59.9

1 Mile:
1) Carol Czarnetzki (BA) 5:23.3

100m Hurdle:
1) Kim Costello (un) 14.3

3000m Walk:
1) Melissa Steinle (SCC) 17:37.6
2) Jill Steiner (RRR) 17:38.6

440 Yd Relay:
1) PTC 54.5

Shot Put:
1) Xena Kistler (VGTCC) 28-5
Javelin:
1) Jackie Nelson (VA) 118-6
/Phil Snyder/

April 4, Moffett Field, Lockheed-Arrow 10 Kilometer

1) Jan Sershen (ETC) 31:13.4
2) Bill Clark (WVTC) 31:51
3) John Routh (Menlo) 32:18
4) Jack Leydig (WVTC) 33:00
5) Gordon McIlroy (Wales) 33:12
6) David Himmelberger (WVTC) 33:13
7) William Benz (WVTC) 33:36
8) Homer Latimer (un) 33:45
9) William Meinhardt (WVJS) 33:51
10) Gerald Werner (un) 33:56
11) Jay Marlowe (CW) 34:22
12) Jake White (TRAC) 34:23
13) Robert Hellick (WVAC) 34:26
14) Bob Myers (FAMA) 34:37
15) Robert Mahon (WVJS) 34:39
16) Ken Kapler (WVCS) 34:49
17) Jerry Lewis (NCS) 34:52
18) Lawrence Washington (WV) 34:54
19) Michael Coker (GPFNE) 34:59
20) Kerry Kilgave (Sun) 35:01
21) Clifford Stewart (PASA) 35:03
22) Richard Stiller (TRAC) 35:29
23) Robert Farceddes (Can) 35:57
24) Robert Woodliff (WVCS) 36:13
25) Harold DeWoss (WVTC) 36:16
26) Joe Fiori (un) 36:30
27) Brentan Johnson (un) 36:34
28) Jim Moore (un) 36:34
29) Peter Wood (NCS) 36:36
30) Kurt Sterling (un) 36:39
31) Marvin Winer (WVTC) 36:41
32) John Vent (un) 36:50
33) Michael Realy (WVJS) 36:54
34) Danny Gonzalez (ATC) 36:56
35) John Flather (TRAC) 36:59
36) Roxanne Sier (SJC) 37:01
37) Vicky Bray (un) 37:09
38) John Ulate (un) 37:12
39) Anthony Flores (un) 37:12
40) Santos Reynaga (WVTC) 37:13
41) Sharon Furtado (un) 37:15
42) Terry Mullen (TRAC) 37:15
43) Mark Scheuer (DSE) 37:33
44) John Ryan (DSE) 37:33
45) Bob Romano (TRAC) 37:42
46) Evan McBride (TC) 37:50
47) Robert Sierra (un) 37:51
48) Peter Alexander (un) 38:06
49) Joe Ballard (un) 38:15
50) Dennis Parks (GER) 38:27
75) Ann Wotherpoon (SJC) 40:15
83) Estrella Guira (SJC) 40:34
101) Gail Gustafson (un) 42:18
185 Finishers /Warren Olds/

7-11-77 Johnson (Lincoln), 45-5 Lewis (Berkeley), 44-8 1/2

Mile Relay—Berkeley 3:22.1 Ellis 3:23.3 Richmond, 3:24.8 Balboa 3:26.5 Castlemont, 3:27.8 JFK 3:30.5

VARSITY SCORES—Baiboa 75 1/2 Oakland and Skyline, each 65 Berkeley 62 De Anza and Piner, each 67 Tennyson 34 JFK, 33 El Carrizo, 32 Wilson, 31 Alameda, 24 Ellis, 20 Richmond, 18 Mt. Eden, 17 Logan, 10 1/2 Pinalo, 9 1/2 Sunset and Tam, each 9 Lincoln, Castlemont and MSJ, each 8 Ukiah, Santa Rosa and Mission, each 6

B SCORES—Piner 38 Baiboa 33 JFK, 32 Galileo and Pacific, each 28 San Marin, 24 Tam, 22 De Anza and MSJ, each 16 Berkeley and Terra Linda, each 14 Logan, 10 Piner, 8 Castlemont and Lincoln, each 6 Petaluma and Alameda, each 4 Ellis, 3 El Cerrito, 2

GIRLS SCORES—Berkeley 40 JFK, 36 Terra Linda 34 Mt. Eden, 25 McClymonds, 19 Hogan, 16 Drake, 3 Alameda and Arroyo each 2 Pinalo and McAttee, each 1 1/2 Lincoln, 1

/Keith Conning/

April 9, Laguna Beach Trophy Meet

LAGUNA TROPHY MEET (At Laguna Beach High)

FINALS
Mile: 1. Hunt (Patrick Henry) 4:06.6 (meet record, old 4:11.9, Hulst, Laguna, 1974), 2. Moses (Crescenta Valley) 4:08.5, 3. Hulst (Laguna) 4:09.5, 4. Spiisbury (Foothill) 4:11.2, 5. Peralta (Santa Fe) 4:13.0, 6. Daniels (San Geronio) 4:14.4, 7. Baker (Cantwell) 4:15.0, 8. Flynn (San Geronio) 4:19.7, 9. Lundgren (St. Joseph) 4:24.9.

2-mile: 1. Hunt (Patrick Henry) 8:49.6 (meet record, old 9:10.9, Hulst, Laguna Beach, 1975), 2. Hulst (Laguna) 8:52.5, 3. Moses (Crescenta Valley) 8:57.4, 4. St. John (Mater Dei) 9:10.1, 5. Daniels (San Geronio) 9:27.4, 6. Dauncey (Orange) 9:38.8.

100: 1. Branch (Barstow) 10.0 (fies meet record), 2. Hill (Kenedy, Barstow) 10.1, 3. Jones (Kennedy) 10.2, 4. Brown (Moreno Valley) 10.2, 5. Simmons (Moreno Valley) 10.3.

220: 1. Branch (Barstow) 21.8 (meet record, old 21.9, Van De Putte, Valencia, 1959), 2. N. Jones (Kennedy) 22.2, 3. Hill (Kennedy) 22.8, 4. Carter (Fontana) 22.9, 5. Garcia (Cantwell) 23.2.

440: 1. Branch (Barstow) 48.4 (meet record, old 50.8, Edds, Banning, 1975), 2. Russell (Crespi) 50.0, 3. Royston (Victor Valley) 51.8, 4. Stanley (Foothill) 51.9; 2nd race—Buskirk (Canyon) 51.1, 2. Edds (Banning) 51.9; 3rd race—Haynes (Kennedy) 52.7; 4th race—Telaneus (Dana Hills) 52.3; 5th race—Krueger (Mayfair) 53.8; 6th race—Roy (Whittier Christian) 53.7.

880: 1. Flynn (San Geronio) 1:55.3 (meet record, old 1:57.0, Magee (St. Joseph, 1975), 2. Waiman (Redlands) 1:55.7, 3. Edds (Banning) 1:57.3, 4. Lemos (Fontana) 1:59.1, 5. Cummings (St. John Bosco) 1:00.5; 2nd race—Carpenter (Victor Valley) 1:58.7, 2. Telaneus (Dana Hills) 2:01.3; 3rd race—Gonzales (Moreno Valley) 2:01.8.

Mile: 1. Hoffman (Charter Oak) 4:24.0, 2. Ortiz (Kennedy) 4:24.9, 3. Sexton (Mayfair) 4:26.8, 4. Richardson (Laguna) 4:27.1, 5. Borran (Dana Hills) 4:27.2; 2nd race—Saucedo (Esperanza) 4:31.5.

2-mile: 1. Hope (Alta Loma) 9:24.7, 2. Alvarez (Coachella Valley) 9:33.4, 3. Congdon (So. Pasadena) 9:34.0, 4. Martinez (Victor Valley) 9:37.5, 5. Saucedo (Esperanza) 9:42.7.

2:25.0; Mile—Troffer (Crescenta Valley) 5:11.0, 2. Harriman (Laguna) 5:12.0; 80 LH—Gourdine (El Toro) 11.2, 2. Mann (Kennedy) 11.5, 3. Zeller (Redlands) 11.8; 440 Relay—El Toro 50.0, 2. Kennedy 52.0, 3. Mayfair 52.6; Mile Relay—El Toro (Jones, Linz, Furbee, Long) 4:11.4, 2. Dana Hills 4:21.9, 3. La Habra 3:24.0. High Jump—Hopkins (Brea) 5-2, 2. Mann (Kennedy) 5-2, 3. Stoll (Valencia) 5-0, 4. Zeller (Redlands) 5-0, 5. Barnett (Redlands) 5-0; Long Jump—Gourdine (El Toro) 17-10 3/4, 2. Zeller (Redlands) 16-4, 3. Alameda (Troy) 16-2 1/2; Shot—Hoerner (Mayfair) 39-0.

TEAM SCORES—El Toro 48, Kennedy 19, Redlands 17, Laguna Beach 13, Crescenta Valley and Mayfair 10, Fontana and Ontario 9, Troy, and Dana Hills 7, Brea-Oldina and Rosemead 6, others—Sunny Hills, La Habra and Valencia 3.

Athlete of the Meet—Thom Hunt (Patrick Henry); Track—Dusree Branch

/Ted Brazil/

April 9, Pleasanton: Amador Valley Relays

F-5 2-MILE RELAY—Pacific (Almond, Murphy, Cutting, Kolzumi), 8:41.5; College Park, 8:51.2; Castro Valley, 8:55.6; McClymonds, 9:07.0; Mt. Diablo, 9:09.8.

VARSITY 2-MILE RELAY—College Park (Doman, Harrell, Dowling, Searis), 8:19.5; McClymonds, 8:25.1; Irvington, 8:29.8; Amador, 8:32.4; San Leandro, 8:33.2.

GIRLS 400 RELAY—McClymonds (Durham, Johnson, Palmer, Turner), 53.0; Mt. Eden, 53.1; Amador, 54.2; Northgate, 54.4; College Park, 54.7.

VARSITY 400 RELAY—Dublin (King, Boulware, Chan, Batchelor), 44.7; McClymonds, 45.0; Castro Valley, 45.1; Mt. Eden, 45.2; DeLaSalle, 46.3.

480 SHUTTLE LOW HURDLE RELAY—Amador (Mayes, Beigel, Beatty, Goodison), 55.9 (new meet record); Dublin, 57.1; Mt. Eden, 58.6; Irvington, 58.9; Mt. Diablo, 59.3.

F-5 MILE RELAY—San Leandro (Deruen, Cahall, Marques, Saliaz), 3:36.1 (new meet record); Pacific, 3:36.4; McClymonds, 3:39.8; Amador, 3:44.2; College Park, 3:44.3.

GIRLS MILE RELAY—McClymonds (Hancreek), (Hancreek, Durham, Johnson, Turner), 4:19.5 (new meet record); Northgate, 4:21.9; Mt. Eden, 4:26.8; Amador, 4:30.2; College Park, 4:30.3.

VARSITY MILE RELAY—McClymonds (Cobert, Rollins, Watson, Littlefield), 3:29.1; Irvington, 3:33.8; Amador, 3:34.3; DeLaSalle 3:35.4; Castro Valley, 3:36.1.

TRIPLE JUMP RELAY—Mt. Eden (Johnson, Allen, Reed), 124.7; San Leandro, 122.8; DeLaSalle, 121.8; Mt. Diablo, 120-11 1/2; College Park, 119-11. Best Jump—Cephus Johnson (ME), 45-8.

POLE VAULT RELAY—DeLaSalle, 33-0; Irvington, 31-0; Amador, 30-6; San Leandro, 28-6; no fifth.

HIGH JUMP RELAY—College Park, 17-4; Mt. Eden, 17-4; San Leandro, 16-2; no fourth or fifth.

SHOT PUT RELAY—Castro Valley (Davis, Feheay, Thomsen), 132-2 1/4; San Leandro, 131-8 1/4; Irvington, 131-8; Amador, 131-5 1/4; Mt. Eden, 130-4 1/4.

DISCUS RELAY—Amador (Larsen, Swartzwelder, Brothers), 400-2; Pacific, 390-6; Irvington, 385-9; Mt. Eden, 381-6; Castro Valley, 370-9.

VARSITY SPRINT MEDLEY—DeLaSalle (Burns, Fournet, Linney, Petrie), 1:38.8; Amador, 1:39.5; Irvington, 1:40.4; San Leandro, 1:40.7; College Park, 1:45.0.

VARSITY DISTANCE MEDLEY—College Park (Harrell, Textera, Dowling, Searis), 10:49.0; Amador, 10:55.8; Mt. Diablo, 10:58.5; Castro Valley, 11:01.5; Marina, 11:15.0.

VARSITY MILE RUN—Dowling (CP), 4:26.9; Harvey (Dub), 4:28.1; Searis (CP), 4:28.7; Burke (DLS), 4:32.4; Tierney (Irv), 4:34.8.

GIRLS MILE RUN—Salisbury (Nor), 5:20.3 (new meet record); Searis (CP), 5:26.6; Behrbaum (Ama), 5:28.8; Habis (Nor), 5:32.4; Coensgen (Ama), 5:43.5.

GIRLS 100—Turner (Mack), 11.6 (new meet record); Holland (ME), 11.7; Hayden (ME), 11.8; Clark (Nor), 12.4; Johnson (Mack), 12.5.

VARSITY 100—Fernandez (CV), 9.9 (new meet record); Boulware (Dub), 10.2; Batchelor (Dub), 10.2; Maves (Ama), 10.2; Linney (DLS), 10.4.

/James Day/

April 10, Long Beach: Long Beach vs San Jose April 10, San Jose Hill-Kiwanis Inv.

Pole vault—1. Baird, Long Beach State, 17-1. 2. Knaub, LB, 16-9. 3. Martin, San Jose State, 16-0.

Long jump—1. Brewer, LB, 25-8 1/4. 2. Carter, SJ, 25-5 1/4. 3. Givens, LB, 25-1 1/2.

Shotput—1. Semkiw, SJ, 63-4 1/2. 2. Weeks, SJ, 58-11 1/2. 3. Coffman, LB, 55-7 1/2.

Javelin—1. Staengel, SJ, 221-1. 2. Krough, SJ, 213-7. 3. Spoolstra, LB, 207-1.

440 Relay—1. San Jose (Farmer, Livers, Triplett, Whitaker) 40.3. 2. LB (Brewer, Williams, County, Jackson) 40.5.

1,500 meters—1. Gruber, SJ, 3:51.8. 2. Nihirnev, SJ, 3:52.1. 3. McCandless, LB, 3:54.1.

High Jump—1. Stones, LB, 7-2 1/4. 2. Heit-chew, LB, 6-10 1/4. 3. Malvino, SJ, 6-9.

110-meter high hurdles—1. Cooper, SJ, 13.9. 2. Peterson, LB, 13.9. Austin, SJ, 14.2.

400 meter run—1. Shorts, LB, 46.2. 2. Whitaker, SJ, 46.6. 3. Cox, LB, 47.4.

Discus—1. Weeks, SJ, 180-6. 2. Coffman, LB, 179-4. 3. Semkiw, SJ, 176-6.

Triple jump 1. Magee, LB, 52-0. 2. Johnson, SJ, 51-6 1/2. 3. Finley, SJ, 49-11.

100 meter dash—1. Williams, LB, 10.4. 2. Triplett, SJ, 10.4. 3. Farmer, SJ, 10.5.

800 meter run—1. Kasser, SJ, 1:52.7. 2. Beasley, LB, 1:53.1. 3. Harrell, LB, 1:53.3.

400 meter intermediate hurdles—1. Fisher, LB, 51.5. 2. Wvatt, SJ, 52.9. 3. Austin, SJ, 54.5.

200 meter dash—1. Williams, LB, 21.4. 2. Triplett, SJ, 21.4. 3. Shorts, LB, 21.7.

5,000 meter run—1. Gruber, SJ, 14:28.0. 2. McCandless, LB, 14:33.4. 3. Ebert, SJ, 14:38.2.

1 Mile Relay—Long Beach State (Cox, Harrell, Beasley, Shorts) 3:10.6. 2. San Jose, 3:13.2.

Final Score: San Jose State 75, Long Beach State 70. /James Day/

April 10, Westwood: UCLA vs Oregon

SHOT PUT—1. Neldhart (UCLA), 61-11 1/2. 2. Voorhees (O), 61-3 1/2. 3. Banich (O), 58-6 1/4.

3,000 METER STEEPLECHASE—1. Barger (O), 8:59.0. 2. Luevano (UCLA), 9:03.8. 3. Chesney (O), 9:16.8.

400 RELAY—1. UCLA (Owens, Myles, Wilson, Johnson), 40.2. 2. Oregon (Hagmeier, Bowen, Curry, Braithwaite), 40.7.

1,000 METER—1. Mills (UCLA), 14.4. 2. Davies (UCLA), 14.5. 3. Woodman (O), 14.9.

JAVELIN—1. Carter (O), 246-4. 2. Smith (O), 222-3. 3. Brigham (O), 206-11.

400—1. Bowen (O), 46.7. 2. Myles (UCLA), 46.8. 3. Theriot (UCLA), 47.3.

HIGH JUMP—1. Meisler (UCLA), 6-10. 2. Fries (O), 6-10 (Meisler cleared 7-0 to win jumpoff). 3. Paver (UCLA), 6-4.

100—1. Wilson (UCLA), 10.4 (wind 6.2 m.p.h.). 2. Bush (UCLA), 10.4. 3. Braithwaite (O), 10.5.

DISCUS—1. Voorhees (O), 201-8 (meet record, old mark 190-9, Mac Wilkins, O, 1973). 2. Gunther (UCLA), 190-6. 3. Banich (O), 176-1.

800—1. Haynes (UCLA), 1:50.9. 2. Stevers (O), 1:51.2. 3. Suhr (UCLA), 1:52.9.

400H—1. Mills (UCLA), 51.4. 2. Hagmeier (O), 52.6. 3. Mardis (UCLA), 53.9.

200—1. Myles (UCLA), 20.8 (wind 8.5 m.p.h.). 2. Wilson (UCLA), 20.9. 3. Braithwaite (O), 21.0.

TRIPLE JUMP—1. Banks (UCLA), 53-1 1/4 (meet record, old mark 52-9 1/2, Clarence Taylor, UCLA, 1974). 2. Malcolm (O), 49-3 1/4. 3. McCarthy (UCLA), 48-5.

POLE VAULT—1. Tully (UCLA), 17-8 1/2 (meet record, old mark 17-7, Mike Tully, UCLA, 1973). 2. Gurr (UCLA), 16-6. 3. Britz (UCLA), 16-2.

110—1. Mills (UCLA), 14.4. 2. Davies (UCLA), 14.5. 3. Woodman (O), 14.9.

400—1. Bowen (O), 46.7. 2. Myles (UCLA), 46.8. 3. Theriot (UCLA), 47.3.

100—1. Wilson (UCLA), 10.4 (wind 6.2 m.p.h.). 2. Bush (UCLA), 10.4. 3. Braithwaite (O), 10.5.

HILL-KIWANIS INVITATIONAL Track

100—K. Taylor (P. Hills) 9.7 (Meet Record), Cannon (Mt. Pleasant) 9.7, Littlejohn (Mt. Pleasant) 10.1, Jones (P. Hills) 10.1, Meriweather (Mt. Pleasant) 10.2; 220—Cannon (MP) 21.7, K. Taylor (PHills) 21.8, Harvey (SCreek) 22.5, Stevens (Berke) 22.5, Jones (PHills) 22.6; 440—Harvey (SCreek) 49.9, DeWitt (Berkeley) 50.2, Haynes (Riordan) 50.4, Holcombe (Hill) 50.7, Mitchell (Monterey) 50.8; 880—C. Taylor (PHills) 1:58.4, Freeland (Crestmoor) 1:58.5, Vinson (Burlingame) 2:00.5, Jansen (Buchser) 2:00.5; Mile—Stillman (WGlenn) 4:21.0, Smith (Mission SJ) 4:22.0, McQueen (Lynbrook) 4:25.9, Johnson (Overfelt) 4:26.4, Hussy (Wash.) 4:26.9; 2-Mile—Smith (Newark) 9:19.0, Carrasco (Mt. Pleasant) 9:19.0, Hussey (Wash.) 9:30.0, Salazar (Lick) 9:32.2, Brewer (Leigh) 9:34.8; 120 HH—Hawkins (Burl) 14.4, Clark (M-A), Turner (MSJ); 330 LH—Phillips (SCreek) 37.8 (MR), Hawkins (Burl) 38.5, Reed (Mt. Pleasant) 38.5.

1) Bill Seaver (WVTC) 37:52

2) Dennis Tracy (WVTC) 38:43

3) John Routh (Menlo) 38:54

4) Doug McLean (WVTC) 39:03

5) Homer Letimer 39:25

6) Ralph Bowles (WVJS) 39:39

7) Dan Anderson (WVTC) 39:43

8) Bill Benz (WVTC) 39:53

9) Jim Shettler (WVJS) 40:10

10) Hal Tompkins 40:17

11) Peter Borden (WVTC) 40:22

12) Bill Spence (WVTC) 40:40

13) Tim Swezey (PAMA) 40:54

14) John Thomas (Crabot) 40:58

15) Ross Smith 41:15

16) Kent Guthrie (WVJS) 41:45

17) Mike Cole 42:17

18) Ross Rowley 42:34

19) Glen Walder 42:51

20) Bob Malain (NCSTC) 43:57

21) Dan Hirtz (WVTC) 44:00

22) Don Lotz 44:41

23) Alon Chesterman 44:44

24) Jeff Nixon 45:25

25) John Ryan (Polphin) 45:30

26) Don Carpenter (SARC) 45:10

27) Paul Navano 45:35

28) Ralph Walker 45:38

29) Sharon Furtado 45:40

30) Thomas Martin 45:47

31) Dennis Tracy

April 10. San Francisco. Golden Gate Park 8 Mile Run

1) Ron Wayne (WVTC) 40:57

2) Bill Seaver (WVTC) 40:58

3) Jan Serphen (ETC) 41:02

4) Kim Nutter (Army) 41:03

5) Denis O'Halloran (un) 41:43

6) Pete Flores (AGTC) 41:53

7) Gene Fitzgerald (PAMA) 42:02

8) Ernie Rivas (PAMA) 42:14

9) Bill Clark (WVTC) 42:48

10) Gary Goette (WVTC) 42:50

11) Gary Zapata (WVTC) 42:52

12) Genaro M. Venegas (un) 42:59

13) Dennis Tracy (WVTC) 43:09

14) Tom Castro (un) 43:16

15) Tad Woliczko (un) 43:19

16) Clark Rosen (PAMA) 43:31

17) Robert Darling (ETC) 43:48

18) Jon Higley (WVTC) 44:17

19) Frank Donahue (ETC) 44:21

20) Bill Spence (WVTC) 44:22

21) Romero Mendoza (WVTC) 44:39

22) John Weidinger (ETC) 45:02

23) Mike Conroy (ETC) 45:29

24) Steven Fuller (WDS) 46:17

25) Robert Woodliff (WVJS) 47:04

26) I.P. deVilliers (un) 47:06

27) Richard Lenon (un) 47:07

28) Kees Tuinzing (MH) 47:21

29) Ross Rowley (un) 47:27

30) Charles Hubay, Jr. (un) 47:34

31) Robert O'G (EC) 47:38

32) Lloyd Sampson (un) 47:42

33) Steven Aernathy (OPTC) 47:49

34) Gary Temple (un) 47:50

35) Ted Wilson (KJ) 47:57

36) Byron Richardson (WVTC) 48:04

37) Mike Healy (WVJS) 48:09

38) Dan Williams (un) 48:12

39) Dieter Diekmeyer (SUND) 48:16

40) Rick Rockwell (ETC) 48:22

53) Sharon Fartado (un) 50:03

66) Phyllis Olrich (WVTC) 51:16

89) Ruth Anderson (NCSTC) 54:38

110) Jamie Lynch (un) 57:01

119) Louise Adamson (un) 57:49

Team Scores

Mt. Pleasant 50, Los Altos 37, Piedmont Hills 29, Berkeley 26, Silver Creek 19.

Outstanding Field Athlete—John Lane (American); Outstanding Track Athlete—Glenn Cannon (Mt. Pleasant). /James Day/

April 10, Walnut: Bishop Amat Inv.

April 10, Newport District Meet.

April 11. Castro Valley. Chestnut Branch, Children's Hospital Charity Run, 6.7 miles:

1) Bill Seaver (WVTC) 37:52

2) Dennis Tracy (WVTC) 38:43

3) John Routh (Menlo) 38:54

4) Doug McLean (WVTC) 39:03

5) Homer Letimer 39:25

6) Ralph Bowles (WVJS) 39:39

7) Dan Anderson (WVTC) 39:43

8) Bill Benz (WVTC) 39:53

9) Jim Shettler (WVJS) 40:10

10) Hal Tompkins 40:17

11) Peter Borden (WVTC) 40:22

12) Bill Spence (WVTC) 40:40

13) Tim Swezey (PAMA) 40:54

14) John Thomas (Crabot) 40:58

15) Ross Smith 41:15

16) Kent Guthrie (WVJS) 41:45

17) Mike Cole 42:17

18) Ross Rowley 42:34

19) Glen Walder 42:51

20) Bob Malain (NCSTC) 43:57

21) Dan Hirtz (WVTC) 44:00

22) Don Lotz 44:41

23) Alon Chesterman 44:44

24) Jeff Nixon 45:25

25) John Ryan (Polphin) 45:30

26) Don Carpenter (SARC) 45:10

27) Paul Navano 45:35

28) Ralph Walker 45:38

29) Sharon Furtado 45:40

30) Thomas Martin 45:47

April 12 & 13. Walnut. Second Annual Southern California J.C. Decathlon Championships at Mt. San Antonio College

1) Bockmiller (CYP) 6377

2) Young (So West) 6130

3) Foss (Cerritos) 5782

4) Karr (Chaff.) 5693

5) Sylvester (So. West) 5474

6) Jenkins (GW) 5344

7) Smith (SBVC) 5222

8) Wilom (MSAC) 4912

Open Division: 1) Waters (P.L.) 6258

2) Schneider (P.L.) 6123 /Don Ruh/

April 11. Menlo Park. Herbert Hoover Relays (Masters)

440 Relay (30-39): 1) Corona del Mar 44.6

Adams, Henry, Miller & Dennis

440 Relay (40-49): 1) Corona del Mar 46.7

Radford, Jackson, Knox Waterman

Long Jump: 1) Dave Jackson 19-9

220 (30-39): 1) Dave Jackson 23.4

1) Ken Dennis 23.4

220 (40-49): 1) Van Parish 24.1

Triple Jump: 1) Dave Jackson 40-6

880 Relay (30-39): 1) Corona del Mar 1:34.5

1) Corona del Mar 8:42.6

Miller, Beeman, Cordy & Richards

/Shirley Davison/

April 12 & 13. Walnut. Second Annual Southern California J.C. Decathlon Championships at Mt. San Antonio College

1) Bockmiller (CYP) 6377

2) Young (So West) 6130

3) Foss (Cerritos) 5782

4) Karr (Chaff.) 5693

5) Sylvester (So. West) 5474

6) Jenkins (GW) 5344

7) Smith (SBVC) 5222

8) Wilom (MSAC) 4912

Open Division: 1) Waters (P.L.) 6258

2) Schneider (P.L.) 6123 /Don Ruh/

April 17. Cupertino. The Annual Paul Masson Champagne Marathon

1) Ernie Rivas (Faria Kids) 2:34.49

2) Chuck Smead (un) 2:34.50

3) Dennis Dillie (WVTC) 2:41.39

4) Jim Sane (un) 2:49.39

5) Arthur Clausing (BKTC) 2:48.35

6) Anthony Kazzapelle (un) 2:49.39

7) Bryon Richardson (WVTC) 2:51.05

8) James Jacobs (Cabrillo) 2:51.46

9) Joseph Mandel (un) 2:53.50

10) Ted Pawlak (un) 2:54.22

11) Bill Peck (BTC) 2:54.32

12) Ted Wilson (Kaiser Jog) 2:54.42

13) Douglas Rennie (BufChps) 2:56.32

14) Dwight Hendrix (Un) 2:57.07

15) Norm Luman (LASTC) 1-40+2:57.56

16) Tim Chalmers (un) 2:59.18

17) James Nicholson (NCSTC) 3:00.37 40+

18) William Dougherty (un) 3:00.48

19) Cliff Wolery (un) 3:01.10

20) Raphael Reichert (un) 3:02.11

21) Thomas Bowen (un) 3:02.58

22) Ross Rowley (un) 3:04.42

23) Clifford Stewart (PAMA) 3:04.43

24) Robert O'G (BufChps) 3:09.33

25) Abe Underwood (BufChps) 3:09.57

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JAVELIN 14.5: 3. Woodman (O), 14.9; 2. Smith (O), 222-3; 3. Brigham (O), 206-11.
400—1. Bowen (O), 46.7; 2. Myles (UCLA), 46.8; 3. Theriot (UCLA), 47.3.
HIGH JUMP—1. Meisler (UCLA), 6-10; 2. Fries (O), 6-10 (Meisler cleared 7-0 to win jump-off); 3. Paver (UCLA), 6-4.
100—1. Wilson (UCLA), 10.4 (wind 6.2 m.p.h.); 2. Bush (UCLA), 10.4; 3. Brathwaite (O), 10.5.

DISCUS—1. Voorhees (O), 201-8 (meet record, old mark 190-9, Mac Wilkins, O, 1973); 2. Gunther (UCLA), 190-6; 3. Banich (O), 176-1.
800—1. Haynes (UCLA), 1:50.9; 2. Sievers (O), 1:51.2; 3. Suh (UCLA), 1:52.9.
400H—1. Mills (UCLA), 51.4; 2. Hagemer (O), 52.6; 3. Mardis (UCLA), 53.4.
200—1. Myles (UCLA), 20.8 (wind 8.5 m.p.h.); 2. Wilson (UCLA), 20.9; 3. Brathwaite (O), 21.0.
TRIPLE JUMP—1. Banks (UCLA), 53-11/4 (meet record, old mark 52-9/4, Clarence Taylor, UCLA, 1974); 2. Malcolm (O), 49-3/4; 3. McCarthy (UCLA), 48-5.
POLE VAULT—1. Tully (UCLA), 17-8/16 (meet record, old mark 17-7, Mike Tully, UCLA, 1975); 2. Curran (UCLA), 16-6; 3. Brigham (O), 15-0.

5,000—1. Taylor (O), 13:59.4; 2. Williams (O), 14:09.8; 3. Thomas (UCLA), 14:14.4.
MILE RELAY—1. Oregon (Curry 49.8, Davis 47.1, Chris 50.2, Leeds 47.7), 3:14.8; 2. UCLA (Theriot 48.5, Bowers 48.0, Haynes 49.8, Myles 48.5), 3:14.8.
FINAL SCORE—UCLA 82, Oregon 72
Attendance—4,131

/Vern Gambetta/

164—2. Frankin (Los Altos), 164-2; 3. Comer (Sunnyvale), 162-4; Perry (Fremont), 160-6; Lyons (Mt. Ple.), 155-8; SP—Comer (Sunnyvale), 61-6/4; Jepson (Washington), 61-3; Pear (Los Altos), 55-7 1/2; Lucas (SFrancis), 53-7; Todd (Lealand), 53-6.

Team Scores
 Mt. Pleasant 50, Los Altos 37, Piedmont Hills 29, Berkeley 26, Silver Creek 19.
Outstanding Field Athlete—John Lane (American); Outstanding Track Athlete—Glenn Cannon (Mt. Pleasant).
/James Day/

April 10, Walnut: Bishop Amat Inv.

BISHOP AMAT INVITATIONAL
 (at Mt. San Antonio)
100: 1. Banks (Loyola) 9.2, 2. Rhue (Valley) 9.9, 3. Jenkins (Notre Dame) 9.9, 4. Smith (West Covina) 10.0, 5. Pugh (Loyola) 10.0.
220: 1. Jenkins (Notre Dame) 21.3 (meet record, old 21.4, Ronrig, Valley, and Cranor, Monrovia), 2. Banks (Loyola) 21.5, 3. Pugh (Loyola) 21.6, 4. Hurst (Monrovia) 21.8.
440: Carliss (Saddleback) 48.9 (meet record, old 49.2, Carley, Victor Valley), 2. DeCarteret (Notre Dame) 50.3, 3. Hurst (Monrovia) 51.0, 4. Foster (Monrovia) 51.1.
880: 1. Kammer (Saddleback) 1:57.1, 2. Russell (Notre Dame) 1:58.3, 3. Nielsen (La Habra) 1:59.3.
1 Mile: 1. Tillery (West Covina) 4:21.5, 2. Stephenson (South Hills) 4:22.1, 3. Ward (LP Wilson) 4:23.0, 4. Garcia (La Puente) 4:31.0.
2-mile: 1. Tillery (West Covina) 9:19.6 (meet record, old 9:20.5, McRoskey, Loyola), 2. J. Ebner (Amat) 9:22.0, 3. F. Ebner (Amat) 9:30.0.
120 Hrs: 1. Santford (Loyola) 14.2, 2. Dexter (Valley) 15.3, 3. Holman (Valley) 15.4, 4. Hanson (Bassett) 15.5.
330 Hrs: 1. Rivas (West Covina) 38.5, 2. O'Malley (Mater Dei) 39.4, 3. Penner (South Hills) 39.6, 4. Robbins (Saddleback) 39.9.
440 relay: 1. Santa Ana Valley 42.6, 2. Monrovia 43.3, 3. Loyola 43.4, 4. Pius 43.9, 5. Notre Dame 44.2.
880 relay: 1. West Covina 1:31.0, 2. Notre Dame 1:32.0, 3. SA Valley 1:32.2, 4. Verbum Dei 1:33.0, 5. Monrovia 1:34.0.
1 Mile relay: 1. Loyola 3:24.2, 2. Notre Dame 3:26.2, 3. Saddleback 3:27.7, 4. SA Valley 3:32.4, 5. Monrovia 3:32.6.
2-mile relay: 1. Notre Dame 8:04.0, 2. Loyola 8:12.2, 3. Baldwin Park 8:13.6.
High jump: 1. Hall (Notre Dame) 6-6, 2. Anderson (Walnut) 6-4, 3. DeLapp (Saddleback) 6-4, 4. Nicholson (South Hills) 6-2, 5. Acosta (Amat) 6-2.
Pole vault: 1. Grimstead (Edgewood) 14-0, 2. Jones (South Hills) 13-6, 3. Ortiz (Schurr) 13-6, 4. Cutler (Loyola) 13-0.
Long jump: 1. Lomax (Workman) 22-11, 2. Nelson (Pius) 22-8, 3. Decuir (Monrovia) 22-5, 4. Pitts (Valley) 22-1, 5. Cianton (Verbum Dei) 21-4.
Triple jump: 1. Lomax (Workman) 48-10 1/4 (meet record, old 45-3/4, Spencer, Crescenta Valley), 2. Brown (Saddleback) 43-3/4, 3. Mitchell (West Covina) 43-2, 4. Robbins (Saddleback) 43-1/2, 5. Stivers (West Covina) 42-11.
Shot: 1. Sackinger (Workman) 56-8/4, 2. Van Home (Fullerton) 56-0, 3. Cabral (Pius) 55-7/4, 4. Watson (Valley) 54-6/4, 5. Fuentes (Servite) 54-0.
TEAM SCORES: Notre Dame 68, Santa Ana Valley 60, Loyola 56, West Covina 53, Saddleback 49, South Hills 28, Monrovia 24, Bishop Amat 21.
 Field event athlete of meet—Lomax (Workman); distances—Tillery (West Covina); sprints—Jenkins (Notre Dame).

/Ted Brazil/

25: Kees Guinzang (MH) 47:21
29: Ross Rowley (un) 47:27
30: Charles Kubay, Jr. (un) 47:34
31: Robert O'G (BC) 47:32
32: Lloyd Sampson (un) 47:42
33: Steven Auerneith (OPTC) 47:49
34: Gary Temple (un) 47:50
35: Ted Wilson (KJ) 47:57
36: Byron Richardson (WVTC) 48:04
37: Mike Healy (WVJS) 48:09
38: Dan Williams (un) 48:12
39: Dieter Diekmeyer (SUND) 48:16
40: Rick Rockwell (ETC) 48:22
53: Sharon Furtado (un) 50:03
66: Phyllis Ulrich (WVTC) 51:16
89: Ruth Anderson (NCSCTC) 54:38
110: Jamie Lynch (un) 57:01
119: Louise Adamson (un) 57:49

/Jack Leydig/

April 10, Newport District Meet.

NEWPORT DISTRICT MEET
 (at Davidson Field)
100: 1. Foley (N) 10.1, 2. Harrison (N) 10.2, 3. McPhail (E) 10.2, 4. Hilliard (CdM) 10.6, 5. Falke (CM) 10.7.
220: 1. Foley (N) 22.9, 2. Harrison (N) 23.1, 3. Barnes (CdM) 24.5, 4. Williams (E) 24.5, 5. Young (CdM) 24.6.
440: 1. Walters (E) 49.3, 2. Burman (N) 51.0, 3. White (E) 51.6, 4. Gonyea (N) 52.2, 5. Young (CdM) 52.7.
880: 1. G. Ertz (N) 1:58.7, 2. Dackey (N) 1:58.7, 3. Elliott (CM) 2:00.2, 4. Barnes (CdM) 2:02.9, 5. Tomlin (CM) 2:04.3.
1 Mile: 1. G. Ertz (N) 4:30.5, 2. Holland (CdM) 4:32.4, 3. Elliott (CM) 4:34.0, 4. Hunsaker (CdM) 4:35.9, 5. Hawkinson (CM) 4:36.3.
2-mile: 1. Day (CdM) 9:00.1, 2. G. Ertz (N) 9:42.4, 3. Hawkinson (CM) 9:47.8, 4. Chase (C) 9:48.4, 5. Hunsaker (CdM) 9:58.0.
120 Hrs: 1. DiStanislaw (N) 14.7, 2. Falke (CM) 15.5, 3. Rush (CdM) 15.8, 4. Starke (E) 16.1, 5. Patrick (N) 16.3.
330 Hrs: 1. Patrick (N) 39.8, 2. Falke (CM) 40.5, 3. Howe (E) 41.6, 4. Stark (E) 44.8, no fifth.
440 relay: 1. Newport Harbor 43.9, 2. Estancia 44.7, 3. Corona del Mar 45.2, no fourth.
1 Mile relay: 1. Estancia 3:23.2 (Walters 47.7), 2. Newport Harbor 3:23.3, no third or fourth.
High jump: 1. Rush (CdM) 6-3, 2. Jardine (E) 6-3, 3. Gray (N) 6-2, 4. Allen (CM) 6-0, 5. Hall (E) 6-0.
Pole vault: 1. Cirillo (CdM) 14-0, 2. Grochow (E) 13-0, 3. Spies (E) 12-6, 4. Shock (N) 12-6, 5. VanHoosen (E) 12-0.
Long jump: 1. Ward (N) 22-0, 2. Sharp (N) 21-8 3/4, 3. Julian (E) 21-7/4, 4. Spratitz (N) 20-3/2, 5. S. Ertz (N) 20-2 1/2.
Triple jump: 1. Ward (N) 42-1, 2. Julian (E) 41-9 1/2, 3. Sharp (N) 40-9 3/4, 4. Hoose (N) 40-9 1/4, 5. S. Ertz (N) 40-5 1/2.
Shot: 1. Lindsey (N) 48-1, 2. Holden (CM) 47-4, 3. Wright (CM) 46-8, 4. Raffi (E) 46-3, 5. Clark (N) 44-7.
Discus: 1. Holden (CM) 160-0, 2. Allen (CM) 152-0, 3. Wright (CM) 148-1, 4. DiStanislaw (N) 138-10, 5. Williams (E) 128-7.
TEAM SCORES: 1. Newport Harbor 108, 2. Estancia 55, 3. Costa Mesa 42, 4. Corona del Mar 39.
JV: 1. Newport Harbor 105, 2. Costa Mesa 65, 3. Corona del Mar 55, 4. Estancia 20.
FRESH-SOPH: 1. Newport Harbor 90, 2. Estancia 78, 3. Costa Mesa 59, 4. Corona del Mar 21.

/Ted Brazil/

161: Tim Chalmers (un) 2:59:18
17: James Richardson (NCSCTC) 3:00:37 40+
18: William Dougherty (un) 3:00:48
19: Cliff Wolery (un) 3:01:10
20: Raphael Reichert (un) 3:02:11
21: Thomas Bowen (un) 3:02:58
22: Ross Rowley (un) 3:04:42
23: Clifford Stewart (PAMA) 3:04:43
24: Robert O'G (BuffChips) 3:09:33
25: Abe Underwood (BuffChips) 3:09:57
26: Walt Bettschert (BuffCh) 3:09:58
27: Sal Citarella (un) 3:10:51
28: Robert Stephenson (un) 3:10:56 40+
29: Don Peterson (Stanf RC) 3:13:37
30: Santos Reynaga (WVTC) 3:13:37
31: R. H. Lee (un) 3:13:56
32: Mark Harris (un) 3:14:29
33: Ed Fuller (Good Earth) 3:14:42
34: Robert Ernst (WVJS) 3:14:50
35: Richard Willett (un) 40+ 3:15:25
36: Alan Larson (un) 3:15:58
37: Dennis Egley (un) 1st 50+ 3:16:13
38: R. M. L'Abbesse (un) 3:17:44
39: Arthur Kessner (un) 3:17:58
40: Kelvin Yamada (un) 3:19:38
41: Eric Steiner (Stanf RC) 3:19:55
42: Harry Ackley (un) 3:20:32
43: Dan Hintz (WVTC) 3:20:42
44: Alan Swartz (Army) 3:21:40
45: Mike Souza (BuffChips) 3:22:02
46: Russ Ellis (un) 3:22:08
47: John Dugan (un) 3:22:18
48: Gordon Stewart (un) 3:22:29
49: James Coughlin (DolphSE) 3:22:35
50: Evan Golder (un) 3:22:55
53: Arthur Waggoner (EufCh) 3:24:03 50+
73: Yvette Cotte (WVTC) 1st W 3:36:29
78: Lise Spielman (DolphSE) 3:41:12
84: Stephanie Atwood (un) 3:47:07
100: Susan Fox (Dolph SE) 3:56:19
104: Karen Scannell (PAMA) 3:57:46
163: Finishers /Dan O'Keefe/

April 17, Kentfield, Marin-Santa Rosa Relays

4x1 Mile:
 1) Allan Hancock College 17:37.6
4x110:
 1) Santa Rosa 42.9
Long Jump:
 1) Butti (Marin) 21-2
Javelin:
 1) Tori Lewis (AHC) 200-0
High Jump:
 1) Wright (CSM) 6-6
120Hr:
 1) Shepard (Mod) 14.8
120:
 1) Euckner (SRJC) 11.5
Discus:
 1) Tinsley (Yuba) 144-0
Sprint Medley:
 1) Allan Hancock College 3:39.7
4x880:
 1) College of Marin 8:02.4
4x220:
 1) Santa Rosa 1:31.0
Triple Jump:
 1) Watson (Mod) 45-5 1/4
450 Shuttle Hurdles:
 1) Allan Hancock College 58.7
Pole Vault:
 1) Stevenson (CSM) 14-6
Shot Put:
 1) Winter (Yuba) 46-4
3 Mile:
 1) White (SRJC) 14:49.2
4x440:
 1) Modesto 3:24.5
 Santa Rosa Junior College 78, Allan Hancock College 68, Modesto Junior College 68, College of San Mateo 56, College of Marin 39, Yuba College 36.
/Ray Kring/

Long Jump: 1. Reeb (MSAC) 22-11 1/2
 2. Adams (Pasadena) 22-9 1/4
 3. Thomas (Long Beach) 22-4 1/2
 4. Jackson (Long Beach) 22-11 1/4
 5. Berry (El Camino) 21-11 1/2
Triple Jump: 1. Halcomb (Long Beach) 49-4 1/2
 2. E. Berry (El Camino) 47-7 1/4
 3. A. Berry (El Camino) 45-9
 4. Jackson (Long Beach) 44-10 1/4
 5. Katerline (MSAC) 44-9
Shot: 1. Brown (Fullerton) 52-8 1/2
 2. Klein (Fullerton) 52-4 1/2
 3. Kells (Fullerton) 51-2
 4. Baughman (Fullerton) 50-10 1/4
 5. Fuller (Long Beach) 50-9
Discus: 1. Brown (Fullerton) 179-8, 2. Baughman (Fullerton) 178-1, 3. Binley (Orange Coast) 158-5, 4. Kells (Fullerton) 157-9, 5. Fuller (Long Beach) 157-8.
Javelin: 1. Kreling (El Camino) 208-5, 2. Booth (MSAC) 192-4, 3. Johnson (MSAC) 182-0, 4. Boutee (El Camino) 176-9, 5. Miller (LA Valley) 175-3.

TEAM SCORES: Fullerton 81, Long Beach 57, El Camino 54, Pasadena 35, Orange Coast 34, Pierce 29, Mt. San Antonio 26, LA Valley 11, Los Angeles City 5.

DIVISION 2
440 relay: 1. East Los Angeles 41.9, 2. Santa Ana 42.5, 3. Grossmont 43.2, 4. Palomar 43.6, 5. Cypress 43.8.
880 relay: 1. East Los Angeles 1:28.2, 2. Grossmont 1:29.8, 3. Santa Ana 1:29.8, 4. Palomar 1:34.4, 5. Cerritos 1:40.6.
1 Mile relay: 1. Grossmont 3:38.0, 2. Santa Ana 3:49.4, 3. Cerritos 3:52.9, no fourth, fifth.
2-mile relay: 1. Grossmont 8:17.7, 2. Palomar 8:18.7, 3. Cerritos 8:30.9, 4. Cypress 8:30.8.
4-mile relay: 1. Grossmont (Suggs 4:24.7, Pfeifer 4:09.8, Smith 4:24.5, Hattersly 4:17.3) 17:16.3, 2. Santa Ana 17:55.8, 3. SD Mesa 18:04.6, 4. Palomar 18:08.9, 5. Cerritos 18:16.8.
Spring medley: 1. Grossmont 3:29.7, 2. SD Mesa 3:30.4, 3. Cerritos 3:35.9, 4. Cypress 3:38.8, 5. Ventura 3:45.8.
Distance medley: 1. Grossmont 10:11.5, 2. Santa Ana 10:34.9, 3. Cerritos 10:52.4, 4. Palomar 10:58.6, 5. Rio Hondo 11:06.6.
480 Shuttle Hurdles: 1. Cypress 65.2, 2. Grossmont 66.4, 3. Palomar 67.2, 4. Cerritos 1:15.3.
3-mile (non-scoring): 1. Wilson (Grossmont) 9:30.2, 2. Best (Grossmont) 9:31.4, 3. Davies (Grossmont) 9:32.7.
High jump: 1. Bunting (Grossmont) 6-6, 2. Patterson (Cerritos) 6-6, 3. Leavenworth (Mesa) 6-4, 4. Burney (Santa Monica) 6-4, 5. Emery (Cerritos) 6-2.
Pole vault: 1. Parker (Cypress) 15-3, 2. Bales (Mesa) 14-0, 3. Baird (Cypress) 13-6, 4. Foss (Cerritos) 13-0, 5. Gibson (Palomar) 13-0.
Long jump: 1. Smith (Ventura) 25-7 1/2, 2. Armour (Mesa) 25-1 1/2, 3. Tolbert (Grossmont) 24-7, 4. Jones (ELA) 24-5 1/2, 5. Clingan (Cerritos) 23-3 1/4.
Triple jump: 1. Armour (Mesa) 48-0 1/4, 2. Tolbert (Grossmont) 47-4 1/4, 3. Clingan (Cerritos) 46-5 1/4, 4. Broadway (Santa Ana) 45-2 1/4, 5. Young (Mesa) 43-11 1/4.
Shot: 1. Barrows (Grossmont) 53-9 1/2, 2. Hampton (Grossmont) 53-0 1/4, 3. Paxton (Mesa) 49-7 1/4, 4. Williams (Grossmont) 44-7, 5. Weyer (Grossmont) 44-2.
Discus: 1. Paxton (Mesa) 143-9, 2. Carr (Venture) 143-8, e. Estrada (Mesa) 143-5, 4. Powell (Palomar) 135-1, 5. Weyer (Grossmont) 133-1.
Javelin: 1. LaPerrier (Palomar) 200-10, 2. Rogers (East LA) 194-11, 3. Downey (Venture) 184-5, 4. Davis (Palomar) 183-11, 5. Muna (Mesa) 178-5.
TEAM SCORES: Grossmont 97, Cerritos and Santa Ana 40, Cypress and East Los Angeles 28, Ventura 14, Rio Hondo and Santa Monica 2.

/Ted Brazil/

April 10, San Diego, San Diego Relays at Balboa Stadium
Javelin (40-49):
 1) Harry Hawke 147-10
Javelin (50-59):
 1) Bill Morales 158-7
Javelin (60-69):
 1) Chuck McMahon 130-9
Long Jump (40-49):
 1) Shirley Davison 20-2 3/4
Long Jump (50-59):
 1) Pete Petter 15-5 1/2
Mile (40-49):
 1) Robert Holmes 5:09.6
Mile (50-59):
 1) Bill Fitzgerald 4:51.4
Shot Put (40-49):
 1) Harry Hawke 37-9 1/2
Shot Put (50-59):
 1) Jerry Siefert 36-9 1/2
Shot Put (60-69):
 1) Chuck McMahon 38-1 3/4
440 (40-49):
 1) Jim Parks 55.4
440 (50-59):
 1) Bill Bowers 62.3
10,000m (40-49):
 1) Bob Wierman 35:37.0
10,000m (50-59):
 1) Wayne Zook 40:20.0
10,000m (60-69):
 1) John Hanna 52:53.0
10,000m (Women):
 1) Nadia Garcia 35:39.0
100 Yd (40-49):
 1) Jim Parks 11.3
 Ted Vick 11.3
100 Yd (50-59):
 1) Pete Petter 12.5
100 Yd (60-69):
 1) Vince Godfrey 13.4
5000m Run (40-49):
 1) Graham Parnell 16:20.7
5000m Run (50-59):
 1) Avery Bryant 18:03.4
5000m Run (Women):
 1) Nicki Hobson 18:55.3
/Shirley Davison/



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3+	-----	-----	\$1.45	\$0.95	\$0.75	\$0.65

SHOT PUT—1. Van Horne (Fullerton), 56-3/4; 2. Birch (West Torrance), 54-9; 3. Mills (Claremont), 53-6 1/2; 4. tie between Gray (Washington) and Houtz (Alta Loma), 52-8.

JAVELIN—1. Kennedy (San Jose Stars), 235-2; 2. Stuart (BH Striders), 229-7; 3. Omphrey (BH Striders), 226-7; 4. Orell (Pomona-Pitzer), 226-6; 5. Ewaliko (Washington), 222-5.

DISCUS—1. Gray (Washington), 173-7; 2. Jackson (San Marcos), 173-0; 3. Hostettler (Fountain Valley), 151-3; 4. Wright (Costa Mesa), 150-10.

HAMMER—1. Diehl (U.S. Army), 228-0; 2. Neilson (Canada), 219-6; 3. Hart (New York AC), 216-4; 4. Keating (Canada), 214-8 1/2; 5. Frenn (Maccabi TC), 214-8 1/2.

TWO MILE—1. Stephenson (South Hills), 9:19.0; 2. Dauncey (Orange), 9:21.6; 3. Gerrch (Foothill), 9:22.6; 4. C. Assuma (Kolb Jr. High), 9:23.0.

880 RELAY—1. Maccabi TC (C. Smith, Parks, B. Brown, Edwards), 1:23.4; 2. San Jose St., 1:25.0; 3. All-American TC, 1:25.4; 4. BH Striders, 1:26.0; 5. Canadian National Team, 1:27.5.

POLE VAULT—1. Switzer (Burbank), 15-7; 2. Hintinaus (Aviation), 15-7; 3. tie between Nelson (Azusa) and Cox (LB Wilson), 14-1.

LONG JUMP—1. Wilson (Fontana), 24-5w (23-6 legal); 2. Webster (Garey), 23-0 3/4w; 3. Lomax (Workman), 22-6 1/2; 4. Garrett (Garey), 22-5; 5. Forrest (Santa Maria), 22-2 1/2.

SHOT PUT—1. McKenzie (Hart), 64-0 1/2; 2. Palkovic (Crespi), 61-3 1/2; 3. Silverman (La Mir-

DISCUS—1. Howard (Westmont), 178-0; 2. Harvey (UCLA), 165-4; 3. Goldhammer (UC Santa Barbara), 161-0; 4. Gebbs (Cal St. Northridge), 156-9.

POLE VAULT—1. Knaub (Long Beach St.), 17-0 3/4; 2. Bentz (Cal St. Northridge), 16-6 3/4; 3. Ward (N. Arizona), 16-1; 4. Schnedar (Pt. Loma), 15-7; 5. Armstrong (N. Arizona), 15-7.

JUNIOR COLLEGE
Invitational

440 RELAY (Race 1)—1. Mt. Sac, 42.1; 2. LACC, 42.3; 3. Fullerton, 42.5. (Race 2)—1. Orange Coast, 42.2; 2. SD Mesa, 42.3; 3. Santa Ana, 42.4.

880 RELAY (Combined races)—1. El Camino, 1:29.1; 2. Orange Coast, 1:29.7; 3. SD Mesa, 1:29.8; 4. Fullerton, 1:29.8; 5. Riverside, 1:30.0.

TWO-MILE RELAY—1. LACC, 7:57.8; 2. Palomar, 8:07.4; 3. South-west LA, 8:09.4.

DISTANCE MEDLEY RELAY

April 23, 24,
Mt. SAC Relays

COLLEGE-UNIVERSITY

110-METER HH (Race 1)—1. Peterson (Long Beach St.), 14.3; 2. Gregory (UC Irvine), 14.4; 3. Savage (N. Arizona), 14.5. (Race 2)—1. Clayton (Nevada Reno), 14.0; 2. Hart (CSLA), 14.3; 3. Rillera (CSLA), 14.5. (Race 3)—1. Smith

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**April 23, 24,
 Mt. SAC Relays**

COLLEGE-UNIVERSITY

110-METER HH (Race 1)—1. Peterson (Long Beach St.), 14.3; 2. Gregory (UC Irvine), 14.4; 3. Savage (N. Arizona), 14.5. (Race 2)—1. Clayton (Nevada Reno), 14.0; 2. Hart (CSLA), 14.3; 3. Rillera (CSLA), 14.5. (Race 3)—1. Smith (Pomona-Pitzer), 14.4w; 2. Durck (Long Beach St.), 14.6.

400 IH (Combined races)—1. Ball (Utah), 52.9; 2. McCullough (CSLA), 53.0; 3. Risher (LBS), 53.4; 4. Savage (N. Arizona), 54.1; 5. Orr (Pomona-Pitzer), 54.4.

400 RELAY (Race 1)—Cal St. LA, 40.7; 2. Nevada Reno, 41.9; 3. UC Irvine, 42.2. (Race 2)—1. Long Beach St., 40.6; 2. Cal Poly Pomona, 42.0; 3. Westmont, 42.4.

880 RELAY—1. Long Beach St., 1:27.0; 2. Cal Poly Pomona, 1:27.4; 3. UC Irvine, 1:28.5; 4. Westmont, 1:28.5.

TWO-MILE RELAY—1. Nevada Reno, 7:50.4; 2. UC Irvine, 7:51.2; 3. Fresno Pacific, 7:55.8; 4. Claremont-Mudd, 8:11.2.

SPRINT MEDLEY RELAY (Race 1)—1. Long Beach St., 3:27.0; 2. Redlands, 3:29.3; 3. Pomona-Pitzer, 3:31.6. (Race 2)—1. Westmont, 3:26.5; 2. UC Irvine, 3:27.4; 3. Cal St. Bakersfield, 3:30.7.

DISTANCE MEDLEY RELAY—1. Pomona-Pitzer, 10:01.6; 2. UC Santa Barbara, 10:02.0; 3. Long Beach St., 10:03.4; 4. Utah, 10:07.6; 5. Azusa Pacific, 10:10.8.

POLE VAULT—1. Lock (UC Santa Barbara), 15.9; 2. Russell (UC Santa Barbara), 15.3; 3. Scroggy (Cal Pomona), 15.3.

LONG JUMP—1. Johnson (Fresno Pacific), 23.8½; 2. Buys (N. Arizona), 23.6; 3. Hollis (Long Beach St.), 23.2½.

TRIPLE JUMP—1. Hay (Utah), 49.2½; 2. Scott (Long Beach St.), 48.11; 3. McClure (Nevada Las Vegas), 48.9½; 4. Bush (San Diego St.), 47.11.

JAVELIN—1. Koch (Nevada Reno), 235-10; 2. Packard (San Diego St.) 232-7; 3. Zolovich (Long Beach St.) 214-2.

HAMMER—1. Beeler (Cal St. Northridge), 178-4; 2. Kells (Fullerton JC), 174-10; 3. Brown (Biola), 172-0; 4. Fuller (Long Beach CC), 168-5.

MILE RELAY—1. Pt. Loma, 3:23.8; 2. Pomona-Pitzer, 3:24.8; 3. Chapman, 3:26.7; 4. Claremont-Mudd, 3:26.7.

DISTANCE MEDLEY (Invitational)—1. UC Irvine, 9:49.8; 2. Fullerton College 9:50.8 (National JC record, old mark, 9:51.0, Valley, 1972); 3. San Diego St., 9:52.0; 4. Stanford, 9:53.4; 5. N. Arizona, 10:06.0.

SHOT PUT—1. Beaudry (San Diego St.), 56-5½; 2. Kurrasch (UCLA), 56-1¼; 3. Hart (Utah), 54-9½; 4. Rothschild (Cal St. Northridge), 54-9½.

DISCUS—1. Howard (Westmont), 178-0; 2. Harvey (UCLA), 165-4; 3. Goldhammer (UC Santa Barbara), 161-0; 4. Gebbs (Cal St. Northridge), 156-9.

POLE VAULT—1. Knaub (Long Beach St.), 17-0¾; 2. Bentz (Cal St. Northridge), 16-6¾; 3. Ward (N. Arizona), 16-1; 4. Schnedar (Pt. Loma), 15-7; 5. Armstrong (N. Arizona), 15-7.

JUNIOR COLLEGE

Invitational

110 HH—1. Hall (Mt. Sac), 14.3w; 2. Kennedy (Palomar), 14.6; 3. Rudd (Pasadena), 14.6; 4. Mince (Bakersfield), 14.8.

400 IH—1. Rudd (Pasadena), 50.9; 2. Estaban (Glendale), 52.9; 3. Sheffield (East LA), 53.4; 4. Mince (Bakersfield), 53.7; 5. Summers (Mt. Sac), 54.1.

880 RELAY—1. Alameda, 1:26.7; 2. East LA, 1:26.9; 3. Bakersfield, 1:27.3; 4. Mt. Sac, 1:27.6.

TWO-MILE RELAY—1. Bakersfield, 7:45.4; 2. Harbor, 7:45.4; 3. Pierce, 7:46.6; 4. Citrus, 7:48.5; 5. Moorpark, 7:51.4.

FOUR-MILE RELAY—1. Fullerton, 17:00.6; 2. Valley, 17:34.8; 3. Bakersfield, 17:38.4; 4. El Camino, 17:48.5; 5. Palomar, 17:54.8.

DISTANCE MEDLEY—1. Cerritos, 10:13.6; 2. Long Beach, 10:19.4; 3. Hancock, 10:22.2; 4. Citrus, 10:25.4.

HIGH JUMP—1. Miller (Mt. Sac), 6-8¾; 2. LaRusch (Glendale), 6-8¾; 3. Oliver (Long Beach), 6-8¾; 4. Lloyd (LACC), 6-8¾; 5. tie between Coleman (Pierce) and Hart (El Camino), 6-6¾.

SHOT PUT—1. Lauf (Moorpark), 55-6¾; 2. Barrows (Grossmont), 53-7¼; 3. Hampton (Grossmont), 53-7; 4. Iacopetti (Glendale), 52-11½.

DISCUS—1. Gordien (Mt. Sac), 194-8 (meet record, old mark, 184-7, Gordien, San Bernardino, 1975); 2. Brown (Fullerton), 190-9; 3. Baughman (Fullerton), 175-7; 4. Kells (Fullerton), 172-0; 5. Smith (Harbor), 165-7.

TRIPLE JUMP—1. Taylor (Harbor), 51-0½ (meet record, old mark, 49-11½, Pratt, Phoenix, 1968); 2. Smith (Harbor), 49-3; 3. DeFrance (Bakersfield), 49-2½; 4. A. Berry (El Camino), 48-6; 5. Joseph (Harbor), 48-0.

LONG JUMP—1. Smith (Ventura), 25-3½w; 2. Carter (Citrus), 24-7¼w; 3. Jones (East LA), 24-5½w; 4. Armour (SD Mesa), 24-4¼ (meet record, old mark, 24-1, Ron Jessie, Imperial Valley, 1967).

SPRINT MEDLEY RELAY—1. SD Mesa, 3:28.8; 2. Bakersfield, 3:29.2; 3. Harbor, 3:29.2; 4. Cerritos, 3:29.7; 5. Orange Coast, 3:29.7.

Open

110 HH (Race 1)—1. Hampton (Desert), 14.9; 2. Richardson (Orange Coast), 14.9. (Race 2)—Turner (Harbor), 14.9.

400 IH (Combined races)—1. tie between Kennedy (Palomar) and Turner (Harbor), 53.8; 3. Davis (Compton), 54.5; 4. Easter (Harbor), 54.7; 5. Norwood (Long Beach), 54.7.

440 RELAY (Race 1)—1. Mt. Sac, 42.1; 2. LACC, 42.3; 3. Fullerton, 42.5. (Race 2)—1. Orange Coast, 42.2; 2. SD Mesa, 42.3; 3. Santa Ana, 42.4.

880 RELAY (Combined races)—1. El Camino, 1:29.1; 2. Orange Coast, 1:29.7; 3. SD Mesa, 1:29.8; 4. Fullerton, 1:29.8; 5. Riverside, 1:30.0.

TWO-MILE RELAY—1. LACC, 7:57.8; 2. Palomar, 8:07.4; 3. Southwest LA, 8:09.4.

DISTANCE MEDLEY RELAY

—1. LACC, 10:21.8; 2. Mexico U., 10:22.8; 3. El Camino, 10:36.4.

480 SHUTTLE HH RELAY (Combined races)—1. Santa Barbara, 59.4; (equals meet record, LACC, 1972); 2. Harbor, 1:00.8; 3. Bakersfield, 1:00.9; 4. Fullerton, 1:01.7; 5. Palomar, 1:01.9.

HIGH JUMP—1. Henderson (Bakersfield), 6-8¾; 2. Conner (Orange Coast), 6-6¾; 3. Leavenworth (SD Mesa), 6-6¾; 4. Maxham (Fullerton), 6-4¾.

POLE VAULT—1. Werner (SD Mesa), 14-7½; 2. Kwasman (Valley), 14-7½.

TRIPLE JUMP—1. Amos (Bakersfield), 46-10½; 2. Jauregui (Rio Hondo), 46-4; 3. Young (SD Mesa), 46-11½.

DISCUS—1. McCauley (Glendale), 148-10; 2. Paxton (SD Mesa), 142-11; 3. Henggeler (El Camino), 141-11.

JAVELIN—1. Vance (Moorpark), 224-2; 2. Booth (Mt. Sac), 200-8; 3. Cane (East LA), 200-1; 4. Kibbe (Desert), 197-7; 5. Cook (Fullerton), 196-0.

MILE RELAY—1. SD Mesa, 3:18.9; 2. Santa Ana, 3:19.1; 3. Orange Coast, 3:21.5; 4. LACC, 3:22.7.

SPRINT MEDLEY RELAY (Combined races)—1. Citrus, 3:29.3; 2. Saddleback, 3:30.4; 3. Pasadena, 3:31.8; 4. El Camino, 3:32.2.

SHOT PUT—1. Baughman (Fullerton), 51-9¼; 2. Henggeler (El Camino), 51-1¼; 4. Logsdon (Fullerton), 50-2.

HIGH SCHOOL

Invitational

200 METERS—1. Edmerson (SD Lincoln) 21.8; 2. Banks (Loyola), 21.9; 3. Forrest (Santa Maria), 21.9; 4. Pugh (Loyola), 21.9; 5. Edindinos (Ganessa), 22.0.

110 HH—1. Jones (Ganessa), 14.4; 2. Sanford (Loyola), 14.4; 3. Lewis (Muir), 14.6; 4. Jarnigan (Pomona), 14.7; 5. Wilson (Fontana), 14.7.

880 RELAY—1. Pomona, 1:30.6; 2. Crawford, 1:30.8; 3. Notre Dame (Sherman Oaks), 1:31.3; 4. Santa Barbara, 1:33.3.

SPRINT MEDLEY RELAY—1. San Geronimo, 3:30.0; 2. Washington, 3:31.7; 3. Notre Dame (SO), 3:34.7; 4. Blair, 3:35.4; 5. Dominguez, 3:36.3.

DISTANCE MEDLEY RELAY—1. Laguna Beach, 10:26.6; 2. San Geronimo, 10:28.2; 3. Simi, 10:41.8; 4. Mountain View, 10:44.0; 5. Upland, 10:46.0.

POLE VAULT—1. Switzer (Burrroughs, Burbank), 15-7; 2. Hintnaus (Aviation), 15-7; 3. tie between Nelson (Azusa) and Cox (LB Wilson), 14-1.

LONG JUMP—1. Wilson (Fontana), 24-5w (23-6 legal); 2. Webster (Garey), 23-0¾w; 3. Lomax (Workman), 22-6½; 4. Garrett (Garey), 22-5; 5. Forrest (Santa Maria), 22-2¼.

SHOT PUT—1. McKenzie (Hart), 64-0¼; 2. Paikovic (Crespi), 61-3½; 3. Silverman (La Mirada), 60-2¾; 4. Zibell (Pomona), 59-11¼; 5. Malone (El Cajon), 59-1¾.

SPRINT MEDLEY RELAY—1. San Geronimo, 3:30.0; 2. Washington, 3:31.7; 3. Notre Dame (SO), 3:34.7; 4. Blair, 3:35.4; 5. Dominguez, 3:36.3.

FOUR-MILE RELAY—1. Crescenta Valley, 17:43.0 (Moses, 4:11.7); 2. Salesian, 17:47.6; 3. Patrick Henry, 17:59.6 (Hunt, 4:10.6); 4. Notre Dame (SO), 18:06.0; 5. Huenene, 18:09.2.

HIGH JUMP—1. Hall (Notre Dame, SO), 6-6¾; 2. McCall (Dominguez), 6-6¾; 3. LaCoste (Patrick Henry), 6-6¾; 4. tie between Cuervo (Western) and Smith (Santa Monica), 6-4¾.

DISCUS—1. Malone (El Cajon), 183-1 (meet record, old mark, 182-3, M. Gordin, Claremont, 1973); 2. Johnson (Mayfair), 177-1; 3. Corbett (El Dorado), 164-10; 4. Sheppard (Katella), 163-7; 5. Thompson (Santa Ynez), 158-2.

TRIPLE JUMP—1. Lomax (Workman), 48-1½; 2. Grubb (Blair), 48-0; 3. Cash (Crawford), 46-9; 4. Wilson (Inglewood), 45-1½.

Open

880 RELAY (Combined races)—1. Blair, 3:30.0; 2. Newport Harbor, 3:31.2; 3. Fontana, 3:32.2; 4. Dominguez, 3:32.4; 5. Inglewood 3:32.6.

TWO-MILE RELAY (Combined races)—1. Notre Dame (SO), 7:58.4; 2. San Marino, 8:06.6; 3. Upland, 8:07.6; 4. Washington, 8:12.4; 5. Simi, 8:12.4.

SPRINT MEDLEY RELAY (Combined races)—1. Monclair, 3:36.0; 2. Madison, 3:36.7; 3. Pomona, 3:37.1; 4. Fontana, 3:38.8; 5. Muir, 3:38.9.

DISTANCE MEDLEY RELAY (Combined races)—1. El Cajon, 10:47.2; 2. Valencia, 10:50.8; 3. Pomona, 10:51.0; 4. Monclair, 10:52.2.

480 SHUTTLE HH RELAY (Combined races)—1. Muir, 1:00.9; 2. San Bernardino, 1:01.3; 3. Pomona, 1:01.6; 4. West Covina, 1:02.7; 5. SD Lincoln, 1:03.2.

HIGH JUMP—1. Kuhn (LB Wilson), 6-15¼; 2. tie between Nordquist (Sonora) and Pool (Monte Vista), 6-4¾; 4. Anderson (Walnut), 6-4¾; 5. Grubbs (Blair), 6-4¾.

LONG JUMP—1. Murphy (Dominguez), 22-6½; 2. C. Cole (Pomona), 22-3½; 3. tie between Middleton (Pomona) and McMillan (Fontana), 21-7¾.

SHOT PUT—1. Van Horne (Fullerton), 56-3¼; 2. Birch (West Torrance), 54-9; 3. Mills (Claremont), 53-6½; 4. tie between Gray (Washington) and Houtz (Alta Loma), 52-8.

DISCUS—1. Gray (Washington), 173-7; 2. Jackson (San Marcos), 173-0; 3. Hostettler (Fountain Valley), 151-3; 4. Wright (Costa Mesa), 150-10.

TWO MILE—1. Stephenson (South Hills), 9:19.0; 2. Dauncey (Orange), 9:21.6; 3. Gerrch (Foothill), 9:22.6; 4. C. Assuma (Kolb Jr. High), 9:23.0.

400 RELAY (Combined races)—1. Pomona, 43.2; 2. Dominguez, 43.3; 3. Santa Monica, 43.3; 4. tie among Santa Maria, Ganessa, Garey and Oxnard, 43.4.

MILE RELAY (combined races)—1. Ganessa, 3:22.6; 2. Garey, 3:23.6 (Cole, 48.5); 3. San Geronimo, 3:24.6; 4. Loyola, 3:24.7; 5. tie between Muir and Buena Park, 3:26.4.

POLE VAULT—1. S. Foss (Santa Ynez, soph.), 14-1¼; 2. Carillo (Corona del Mar), 14-1¼; 3. tie between Jones (South Hills) and Dylan (Claremont), 13-7½.

INVITATIONAL

5,000 METERS—1. Castenada (Colorado TC), 13:48.8 (meet record, old mark, 13:51.8, Tracy Smith, unat, 1967); 2. Tibaduiza (Nevada Reno), 13:49.0; 3. Gregorio (Colorado TC), 13:50.6; 4. Babiracki (San Fernando Valley TC), 13:50.8; 5. Groarke (Canada), 13:57.6.

200—1. Hampton (San Jose CC), 21.3; 2. Turner (All-American TC), 21.4; 3. Edwards (Maccabi TC), 21.4; 4. Fray (Maccabi TC), 21.4; 5. Smith (Maccabi TC), 21.8.

400—1. Cassleman (Pacific Coast Club), 50.8; 2. King (Maccabi TC), 50.9; 3. Caudill (PCC), 51.5; 4. Lee (U.S. Navy), 52.1; 5. Whitney (BH Striders), 52.5.

SHOT PUT—1. Schmock (BH Striders), 66-10½; 2. Budinich (USC), 61-7¾; 3. Weeks (San Jose St.), 61-4¼; 4. Pagel (Maccabi TC), 60-11¼; 5. Albright (CS Northridge), 58-1.

100—1. McCollum (BA Striders), 10.3; 2. Taylor (Houston Striders), 10.3; 3. Garpenborg (Maccabi TC), 10.3; 4. McCoy (All-American TC), 10.4; 5. Deckard (All-American TC), 10.5.

110HH—1. Cooper (San Jose St.), 13.6w; 2. Shaw (USC), 13.7; 3. Owens (UCLA), 13.8; 4. White (Maccabi TC), 13.9; 5. Smith (All-American TC), 13.9.

800—1. Brown (BH Striders), 1:50.9; 2. Johnson (USC), 1:51.2; 3. Baxter (Santa Monica TC), 1:51.4; 4. Tarn (Redlands), 1:51.5; 5. Oelach (Azusa Pacific), 1:51.6.

1,500—1. Craig (Canada), 3:44.7; 2. Lawson (BH Striders), 3:46.5; 3. Hilton (PCC), 3:47.5; 4. Krause (Canada), 3:47.9; 5. Krause (Maccabi TC), 3:48.0.

400 RELAY (Race 1)—1. Maccabi TC (Parks, C. Smith, Edwards, Garpenborg), 40.1; 2. San Jose St., 40.1; 3. USC, 40.1; 4. Bay Area Striders, 40.8. (Race 2)—1. Long Beach St. (Brewer, J. Williams, County, Grace), 40.6; 2. San Jose CC, 40.8; 3. U.S. Army, 41.1; 4. West Valley TC, 41.1.

JAVELIN—1. Kennedy (San Jose Stars), 235-2; 2. Stuart (BH Striders), 229-7; 3. Omphrey (BH Striders), 226-6; 4. Orell (Pomona-Pitzer), 226-6; 5. Ewaliko (Washington), 222-5.

HAMMER—1. Diehl (U.S. Army), 228-0; 2. Neillson (Canada), 219-6; 3. Hart (New York AC), 216-4; 4. Keating (Canada), 214-8½; 5. Frenn (Maccabi TC), 214-8½.

880 RELAY—1. Maccabi TC (C. Smith, Parks, B. Brown, Edwards), 1:23.4; 2. San Jose St., 1:25.0; 3. All-American TC, 1:25.4; 4. BH Striders, 1:26.0; 5. Canadian National Team, 1:27.5.

MILE RELAY—1. USC (Connors 48.2, Graybehl 47.5, Brown 46.8, T. Andrews 46.6), 3:09.1; 2. Long Beach St., 3:12.4; 3. Canada, 3:13.2; 4. U.S. Army, 3:13.5; 5. Stanford, 3:13.8.

400—1. Myles (UCLA), 46.1; 2. Shorts (Long Beach St.), 46.5; 3. Miller (San Diego St.), 46.8; 4. Vernon Ferguson (West Coast Jets), 47.2; 5. H. Brown (Maccabi TC), 47.2.

TRIPLE JUMP—1. Livers (Phil. Pioneers), 54-11 (meet record, old mark, 53-10½, Walker, Striders, 1968); 2. Abdul Rahman (BH Striders), 54-7½; 3. Butts (BH Striders), 54-1½; 4. McClendon (Mesa, Ariz. CC), 52-6½.

DISCUS—1. Wilkins (PCC), 226-11 (world and meet record, old world mark, 226-8, John Powell, PCC, 1975); old meet mark, 220-4, Jay Silverster, unat, 1971); 2. Drescher (DC Striders), 209-8; 3. Stadel (BH Striders), 203-5; 4. Swarts (Phil. Pioneers), 202-6.

HIGH JUMP—1. Brown (All-American TC), 7-3; 2. Kotinek (PCC), 7-1¾; 3. Woods (PCC), 7-0¾; 4. Nowacki (Santa Barbara CC), 7-0¾.

POLE VAULT—1. Tie between Carter (Gulf Coast TC) and Jessee (Maccabi TC), 17-4¾; 3. Roberts (unat), 16-10¾; 4. DiStanislaw (USC), 16-10¾; 5. Rogers (USC), 16-10¾; 6. Carrigan (PCC), 16-10¾.

WOMEN

400—1. Bryant (LA Mercurettes), 51.9 (meet record, old mark, 53.2, Lundgren, Sweden, 1972); 2. Byfield (Berkeley East Bay TC), 54.5; 3. Rich (LA Mercurettes), 54.7; 4. Scott (Premier TC), 55.0.

800 (under 18)—1. Mullins (LATC), 2:13.6; 2. Antoniewicz (LATC), 2:14.0; 3. Arana (Mexico), 2:14.9; 4. Bing (San Jose Cinders), 2:17.7.

JAVELIN—1. Schmidt (LATC), 211-6; 2. Smith (UCLA), 189-3; 3. Harby (Norway), 177-6; 4. Calvert (Lakewood Int.), 175-10.

800—1. Knudson (Colorado St.), 2:04-8 (equals meet record, Decker, Blue Angels TC, 1974); 2. Kleinasser (Blue Angels TC), 2:06.2; 3. Weston (Will's Spikettes), 2:06.2; 4. Poor (San Jose Cinders), 2:06.9.

1,500—1. Currie (Canada), 4:19.2 (meet record, old mark, 4:20.9, Franck Larrieu, PCC, 1974); 2. Knudson (Colorado St.), 4:21.8; 3. Graham (San Jose Cinders), 4:23.3; 4. Rose (Blue Angels TC), 4:29.1.

/Vern Gambetta/

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