

CALIFORNIA TRACK NEWS

May 1978

75¢

Issue 25



Rich Ede
comp
1424 Lynoak Dr.
Claremont, CA 91711

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

CALIFORNIA TRACK NEWS
1717 South Chestnut Ave.
Fresno, CA 93702

The Only Publication Devoted to California Track



m

ISSU



CALIFORNIA TRACK NEWS

1717 South Chestnut Avenue
Fresno, CA 93702

EDITOR: *Bill Cockerham*
PRODUCTION MANAGER: *Judy Cockerham*

PUBLISHED BY: *The Fresno Pacific College Track Team and the Fresno Pacific Track Club.*

PHOTOGRAPHERS: *Diane Johnson, Bill Leung, Jr., Richard Lee Slotkin*

HIGH SCHOOL BOYS: *Ron Blackwood, Keith Conning, Jack Shepard, Mike Kennedy.*

HIGH SCHOOL GIRLS: *Rich Ede.*

4 YEAR COLLEGE-OPEN MEN: *Chuck Skow.*

AAU GIRLS AND WOMEN: *Calvin Brown.*

JUNIOR COLLEGE MEN: *Fred Baer, Ken Dose*

MASTERS MEN: *Percy Knox, Peter Mundle.*

MASTERS WOMEN: *Irene Obera.*

TECHNIQUE AND TRAINING: *Vern Gambetta.*

SAN DIEGO: *Noel Montrucchio. BAKERSFIELD: Mike Miles.*

EAST BAY: *James Day. SAN JOSE: Darrel Cox. VENTURA*

COUNTY: *Rich Romine. SACRAMENTO: Noel Hitchcock.*

TRACK TEASER PUZZLE: *Mike Lennemann.*

Subscription Rates:

1 Year	\$7.00	Published 10 times per year -
2 Years	\$12.00	one issue per month (January
3 Years	\$16.00	and September excluded).

first class and foreign rates on request

Write for advertising rates. Special "Meet Notice" rates.

Area Correspondents still needed for many parts of the state. If interested in serving on our staff please write for details.

MEET THE STAFF:

JAMES DAY



James Day is a sportswriter with the Hayward Daily Review newspaper. As such, he is in good position to keep us here at California Track News up to date on the track and field happenings in the East Bay region.

The 25 year old Day is currently attending Chabot JC in Hayward and will transfer to Cal State Hayward in the fall to work towards a BA in English. He's single; enjoys jogging, listening to music, and playing backgammon. We asked him to tell us a little bit about his interest in track so that our readers might get to know him.

As a kid I was interested in all sports, track included. I can remember attending various high school meets in the Hayward area and once attending the now-defunct Athens Invitational at the Oakland Coliseum Arena. But the single experience which turned me into a track nut was watching Rick Brown win his triple(440, 880, mile relay) in the 1970 California State High School meet in Berkeley. I was in awe of Brown's performance and my family and I continued to follow his career once he came to Cal-Berkeley.

We started attending Cal meets, saw the 1972 Pac-8 meet at Stanford and then an associate and myself drove all night to watch Brown compete in the 1972 Olympic Trials in Eugene. If the 1970 State Meet represented my initial turn on to track and field, those Olympic Trials got me hooked on the sport.

called *Cal Sports*, which was geared towards sports in California. I offered to write about track for him and chose Bruce Jenner as my first subject. At the time, Jenner was ranked No. 1 in the world but few people in his home town of San Jose knew he existed. I did two stories on Jenner for *Cal Sports* and also covered the 1975 AAU decathlon championships in Santa Barbara for the Eugene Register-Guard.

Meeting Jenner, his fellow decathletes and growing to understand the event was a fascinating experience for me. I turned in another all night driving exhibition to see Jenner break the world record in a meet with Poland and Russia at Eugene and watched in raptured awe on television as he shattered that mark in Montreal.

Watching Jenner compete -- both in person and on television -- has been my greatest experience in track.

I was able to use my experience writing about Jenner to land a job with the *Hayward Daily Review*. And now, I find myself covering a high school baseball game or seated behind a desk in the office answering phones and writing headlines whereas before, I would be out in the sun, watching a track meet. Oh, well, we all have to make a living.

Subscription Rates:

1 Year.....\$7.00
2 Years.....\$12.00
3 Years.....\$16.00

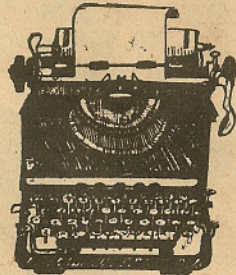
Published 10 times per year —
one issue per month (January
and September excluded).

first class and foreign rates on request

Write for advertising rates. Special "Meet Notice" rates.

Area Correspondents still needed for many parts of the state. If interested in serving on our staff please write for details.

from the editor...



Mike Lennemann's "Track Teaser" puzzle two issues ago listed some of California's track clubs. I was surprised to see that there were over thirty and I could still think of others which weren't included in the puzzle. My cerebral lightbulb light-up as I thought about working with all these clubs in California — I've developed a soft spot for clubs since my involvement with the Fresno Pacific Track Club. Why not a monthly column featuring club news? We are already running feature articles on the various clubs but that is a one shot deal.

Athletes in school get plenty of publicity and recognition with school newspapers, annuals, sports information directors, and public news media. But club participants get relatively little exposure other than their own club newsletter.

Not only is there a lack of publicity given to clubs but there isn't much communication among clubs. Who knows what is going on in the other clubs? It would be good to have a sounding board for the sharing of ideas.

With a little help from the various clubs *California Track News* could print a monthly column of "club news." Each club could appoint a member as publicity chairman who could see to it that we received a couple of newsy paragraphs about their respective club each month. Club athletes please let me know what you think.

I enjoy reading about what other clubs are doing from their newsletters and have gotten several good ideas from some of them. Track clubs will be coming increasingly important to our sport over the next several years. Let's work together. I am looking forward to hearing from all you clubs out there.

experience which turned me into a track nut was watching Rick Brown win his triple(440, 880, mile relay) in the 1970 California State High School meet in Berkeley. I was in awe of Brown's performance and my family and I continued to follow his career once he came to Cal-Berkeley.

We started attending Cal meets, saw the 1972 Pac-8 meet at Stanford and then an associate and myself drove all night to watch Brown compete in the 1972 Olympic Trials in Eugene. If the 1970 State Meet represented my initial turn on to track and field, those Olympic Trials got me hooked on the sport.

After that, track was "the great spring rite." I saw Cal, Stanford and San Jose State dual meets, journeyed to Modesto for the California Relays, saw the 1973 AAU meet in Bakersfield and virtually any other track action I could fit into my schedule.

But the best was yet to come. An associate of mine started a magazine

at Eugene and watched in raptured awe on television as he shattered that mark in Montreal.

Watching Jenner compete -- both in person and on television -- has been my greatest experience in track.

I was able to use my experience writing about Jenner to land a job with the *Hayward Daily Review*. And now, I find myself covering a high school baseball game or seated behind a desk in the office answering phones and writing headlines whereas before, I would be out in the sun, watching a track meet. Oh, well, we all have to make a living.

Because of my interest in track I have been offered a few choice assignments -- this year's Examiner Games, the Northern Cal JC Championships the past two years and loads of high school relay and championship meets. So, I'm still keeping my nose in the sport, although not as much as before.



RENEW EARLY

Don't Drop The Baton!

To insure you don't miss out on any of California's track action, renew your California Track News subscription before it expires. Check the date/year indicated on your address label; this is the date of the last issue you will receive.

C.T.N. INTERVIEW: Ann Regan

ANN REGAN: *San Jose Cindergals and Camden High School (San Jose) junior. Age 16. 5 feet, 7 inches, 108 pounds. Born August 20, 1961, in San Jose, California. Has also competed for Integra Track Club (1970-1975) and the Cupertino Yearlings (1975-1976).*

BEST MARKS: 440- 56.5('77), 55.7r ('77); 800 meter- 2:04.4('77); 1500 meter- 4:33.0('78), mile- 4:54.0('78). Coached by Mr. Augie Argabright.

In last year's State High School Track & Field Championships one of the most exciting races was the girls 880 yard run. Sophomore Linda Goen of North High in Bakersfield was the favorite, but another soph., Ann Regan, outsprinted Linda, handing her her first defeat of the year, and setting a national prep record in the process - 2:08.0.



Camden High School girls coach, Gail Balsley, speaks very highly of her prized pupil: "I have had the opportunity of working with Ann in physical education classes the past three years and as a member of our track team the past two, but not as her coach. She is coached by Augie Augabright of the San Jose Cindergals.

"Ann is an outstanding student. She is respected by all her teachers for the same qualities that make her an outstanding competitor as well as being a very fine individual. She sets high standards for herself on and off the track.

"Ann is very conscious of her talent," Coach Balsley continued, "and yet remains humble and most times even shy about talking about her accomplishments.

"Her most immediate goal is to win the State Meet in the 880 again this year and then, ultimately, to participate in the 1980 Olympics. With her positive attitude toward challenges and the drive and desire she exhibits, that goal is not beyond her reach."

CTN: You've achieved your biggest honors in the 880. Is that your favorite race; and how often do you like to compete?

Regan: The 880, or 800 meter is my favorite event in track. I like to compete every weekend in some type of meet; running different events, road races, cross country, and so on.

CTN: Do you have a favorite competition strategy that you like to use in

any plans yet. Right now I just want to hear from schools and see what they have to offer before I make any decisions.

CTN: Why do you participate in track, or what do you like best about it?

Regan: I like to run and compete in the meets. Now that I have a better opportunity to travel I like to look forward to that. I have met a lot of people through running and I have friends all across the country that I have gotten to know at meets.

CTN: How did you get started in track?

Regan: When I was 9, there was an announcement at school for any girl who was interested in running to come out to practice with the Integra Track Club. I found out about it and started running with them.

CTN: Has there been a particular individual who has inspired you?

Regan: No, not a single person, but just by competing, I want to be better than everyone else. So, I guess that the people I run against have inspired me to do better. Women's track is getting more competitive all the time, so I try to always keep improving.

CTN: What does a typical week of track workouts look like?

Regan: Monday is a distance run or long intervals like 880s to 3 mile repeats. Tuesday is long distance. Wednesday is short intervals like 110, 220, and 330s. Thursday is long distance. Friday consists of paced intervals like 220s and 440s. Saturday is a meet. Sunday is just a light run. As track season progresses the distances are shortened and the times become faster.

Classified ADS

TRIPLE JUMP ENCYCLOPEDIA: by Ernie Bullard and Larry Knuth. \$7.95 plus .30 postage. The Athletic Press, P.O. Box 2314-D, Pasadena, CA 91105.

CTN BACK ISSUES: All issues still available. \$.75 each. Order by issue number or date. California Track News, 1717 South Chestnut Ave., Fresno, CA 93702.

CLASSIFIED RATES: Meet information @ 10 cents per word; general advertisements @ 20 cents per word. Count name and address as five words. All ads must be paid in advance.

RUNNERS' FEET: The complete runners shop for men and women. Featuring all major brands. Runners' Feet, 9 Sutter St., San Francisco, CA 94104. (415) 391-5103.

TRACK & FIELD NEWS: 1956-1975. Track Newsletters 1956-1975.



Following her state championship last year she then went on to national level competition where she won the National 14-15 girls 880; placed third in the AAU Junior Nationals 800; and was second (first American) in the USA vs USSR junior dual meet.

This past cross country season Ann earned second in the California State Cross Country Championships and then 3rd. in the 14-15 Age Group Nationals.

At Camden High she holds school records in the 220, 440, 880, and mile. Presently, as a junior, she is the state leader in the 880 with 2:11.

and desire she exhibits, that goal is not beyond her reach."

CTN: You've achieved your biggest honors in the 880. Is that your favorite race; and how often do you like to compete?

Regan: The 880, or 800 meter is my favorite event in track. I like to compete every weekend in some type of meet; running different events, road races, cross country, and so on.

CTN: Do you have a favorite competition strategy that you like to use in the 880?

Regan: No. It varies with each individual race and the competition I am competing against.

CTN: Do you "peak" for one or two important competitions each season?

Regan: I usually try to peak for the Junior Nationals, but the championship meets at the end of the season are important and I try to do especially good in these as well.

CTN: Do you follow any special training rules?

Regan: Nothing specific other than taking some vitamins.

CTN: What are your immediate track and field goals for this year?

Regan: To qualify for the Junior National team which will run against the USSR team.

CTN: What about more long range goals?

Regan: I would like to make the Olympic team. But that is pretty far away, so lots could happen between now and then. I just try and keep the upcoming meets the most important.

CTN: How long do you plan to keep competing in track?

Regan: I definitely plan to run through college and after that, I don't know. I want to wait and see how everything is going.

CTN: What are your educational goals and career objective?

Regan: I think I will major in English and go into teaching or journalism. Maybe law.

CTN: Have you made up your mind where you would like to go to college?

Regan: I have received a few letters from some colleges but I haven't made

AIDS

CLASSIFIED RATES: Meet information @ 10 cents per word; general advertisements @ 20 cents per word. Count name and address as five words. All ads must be paid in advance.

TRACK & FIELD NEWS: 1956-1975. Track Newsletter: 1959-1968. Best offer over \$150.00. Eugene Epstein, Box 92957, Los Angeles, CA 90009.

SIERRA RUNNING CAMP: with Tracy Smith at Mammoth Mountain, California. A running vacation for male & female, 14 years & older. Sierra Running Camp, 851 Chamberlain, Bishop, CA 93514.

TRACK & FIELD NEWS: March 1955 to October 1977. \$200.00. Daniel R. Meyer, 468 Locke Haven, Pasadena, CA 91105.

BODY AND SOLES: New Balance Shoes— Super Comp 320s, 305s and Trail. Athletic vitamins and Body Punch. New Balance running shorts(with brief). 20% off regular price. Len—Scott—Mike Thornton, 5768 N. Millbrook, Fresno, CA 93710. Phone: (209) 439-5468.

CTN BACK ISSUES: All issues still available. \$.75 each. Order by issue number or date. California Track News, 1717 South Chestnut Ave., Fresno, CA 93702.

RUNNERS' FEET: The complete runners shop for men and women. Featuring all major brands. Runners' Feet, 9 Sutter St., San Francisco, CA 94104. (415) 391-5103.

WOMEN'S TRACK WORLD MAGAZINE One year(12 monthly issues) for \$10.00. P.O. Box 886, Mentone, CA 92359.

THE SPORTS SOLE: "For the active foot." Everything for runners: shoes, books, magazines, shorts, etc. The Sports Sole, 4777 N. Blackstone, Fresno, CA 93726. Dave Gleason— manager.

FRESNO PACIFIC TRACK CLUB: Striving for excellence in competition and physical fitness. Based in the center of the "hottest" track state in the USA. Something for everyone: national class performer or jogger. For information write: Fresno Pacific Track Club, 1717 South Chestnut Ave., Fresno, CA 93702.

PLEASE MENTION TO ADVERTISERS THAT YOU READ ABOUT THEM IN CALIFORNIA TRACK NEWS. THANKS

ON THE COVER: Julie Brown(left) and Sue Kinsey. Two key performers in L.A. Naturite Track Club's run to the top.

photo by Ralph F. Merlino

photo by Ralph F. Merlino



CHUCK DEBUS and JODI ANDERSON

The Los Angeles Track Club was formed in 1968, changing its name from Crown Cities Track Club which was begun in 1964. Naturite Health Products has been the club sponsor since its beginning, and in 1975, the word "Naturite" was added to the club name.

Mr. Jack Boyle owns Naturite Health Products and became interested in the club in 1964 through his daughter who was a member. Bob Seaman was the original coach and in March of 1971, Bob turned the club over to Chuck DeBus. One year and three months later the club won the AAU National Championship and has won 5 out of 6 times (placed second in 1974).

Workouts are: Monday through Friday from 3:00 to 6:30 pm, Saturday 10:00 to 2:30 and Sundays 1:30 to 5:30 depending on what event a person is training for. All workouts are at Cal State Northridge.

Athletes are provided travel expenses entry fees, medical insurance, uniforms, equipment, shoes, and of course vitamins from Naturite. There are no costs to the athlete. The club helps the athletes find jobs and housing if necessary. The purpose of the club is to develop USA team members that will do well in international competition.

TEAM SPOTLIGHT

L.A. Naturite Track Club

L.A.N.T.C. Team Records:

100m	10.9	Chi Cheng
200m	22.4	Chi Cheng
400m	52.5	Chi Cheng
800m	2:00.7	Julie Brown
1500m	4:11.5	Julie Brown
3000m	9:19.4	Julie Brown
100mh	12.8	Chi Cheng
400mh	58.64	Clydine Crowder
HJ	5-11	Jane Frederick
LJ	21-11	Jodi Anderson
SP	53-5½	Jan Svendsen
DT	189-0	Olga Connolly
JT	219-5	Kathy Schmidt
Pent.	4625	Jane Frederick



formed in 1968, changing its name from Crown Cities Track Club which was begun in 1964. Naturite Health Products has been the club sponsor since its beginning, and in 1975, the word "Naturite" was added to the club name.

Mr. Jack Boyle owns Naturite Health Products and became interested in the club in 1964 through his daughter who was a member. Bob Seaman was the original coach and in March of 1971, Bob turned the club over to Chuck DeBus. One year and three months later the club won the AAU National Championship and has won 5 out of 6 since (placed second in 1974).

LA Naturite has 74 active members—all women. Most of the college age members attend California State University, Northridge where DeBus serves as volunteer coach. The club enjoys depth in all events as shown in the *California Track News* rankings. LA Naturite has nationally ranked performers in the jumps, throws, hurdles, relays, sprints, distance, walk, long distance, road running, pentathlon, and cross country. It has been said when a team goes to a national championship whether it be outdoor track, indoor track, pentathlon, cross country or marathon the Los Angeles Naturite Track Club is the team to beat.

The energy behind all of this is Chuck DeBus who says the formula is simple, "15 hours a day, 7 days a week." But don't call it work because, "I just happen to love coaching track, its too bad that what I love to do doesn't make much money. I often wonder what it would have been like if law or medicine had been my love."

DeBus coaches all but 8 of the athletes on the team and as athletic director handles all of the administrative duties. Money is provided by Naturite Health Products from an annual budget presented by DeBus to Harlo Boyle, Vice President and Jack Boyle's son. The administrative staff of Naturite including President Don Aberg then approve the budget. Expenditures are controlled by the comptroller Brian Patterson and secretarial duties are managed by Marylou Kramer.

Friday from 3:00 to 6:30 pm, Saturday 10:00 to 2:30 and Sundays 1:30 to 5:30 depending on what event a person is training for. All workouts are at Cal State Northridge.

Athletes are provided travel expenses entry fees, medical insurance, uniforms, equipment, shoes, and of course vitamins from Naturite. There are no costs to the athlete. The club helps the athletes find jobs and housing if necessary. The purpose of the club is to develop USA team members that will do well in international competition.

Los Angeles Track Club USA Team Members:

1974:

Clare Choate
Julie Brown
Cheryl Bridges
Monette Driscoll
Kathy Schmidt
Terri Sabol

1975:

Kate Keyes
Julie Brown
Jane Frederick
Linda Heinmiller
Monette Driscoll
Kathy Schmidt
Terri Sabol
Debbie Roberson

1976:

Kate Keyes
Jane Frederick
Cheryl Bridges
Kathy Schmidt
Kerry Zwart

1977:

Jane Frederick
Julie Brown
Jodi Anderson
Sue Kinsey
Kerry Zwart
Christy Pyle
Patty Van Wolvelaere

400mh	58.64
HJ	5-11
LJ	21-11
SP	53-5½
DT	189-0
JT	219-5
Pent.	4625

Claydine Crowder
Jane Frederick
Jodi Anderson
Jan Svendsen
Olga Connolly
Kathy Schmidt
Jane Frederick



photo by Ralph F. Merlino

KAREN MARSHALL



photo by Bill Leung, Jr.

JULIE BROWN

photo by Ralph F. Merlino



PATTY VAN WOLVELAERE

Track

by MIKE LENNEMANN & CHUCK SKOW

T e a s e r

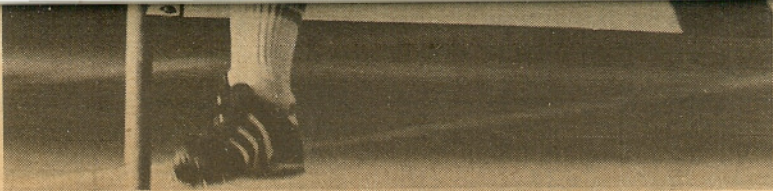
We thought last month's puzzle was the toughest one yet. However, we did have six "wild and crazy" track nuts go after it. Two of them scored perfect and the others were very close. Bob Womack of Fresno and Paul Cross of Oildale were the two to get them all. Others who missed between one and three were: Paul Brewer (Los Gatos), Richard Hymans (England), Donn Kirk (Los Altos), and James Oates (Oceanside). The winner of the one year free subscription renewal and track gift is Paul Cross on the basis of a drawing between him and Bob Womack.

Here are the answers to last time's: 1) Pullard, 2) McAfee, 3) Newman, 4) Rudd, 5) Ceres, 6) Lodge, 7) Overfelt, 8) Live Oak, 9) Roberts, 10) Stevenson, 11) Decathlon, 12) Bowden, 13) Hubbard, 14) Brumel, 15) Jerome & Sayers, 16) Kennedy, 17) Cummings, 18) javelin.

Note from Bob Womack about the puzzle: No. 5- My memory may be faulty but I thought Connolly broke the world record in San Diego after his throw in Ceres. No. 8- I think this is technically wrong. The HS is now Live Oak but I believe at the time Davis went there, it was still Morgan Hill HS. No. 10- I regard this one as sneaky. No. 11- I know Dennis Weaver was a track man at Oklahoma but I thought he ran the quarter and not the decathlon. Thanks, anyway, for a stimulating 45 minutes.

Now! This month's "Track Teaser." How many American Boston Marathon winners can you find hidden in the letter scramble? The puzzle covers a period from 1897 through 1978. The reader submitting the most correct answers will win a one year free subscription or renewal plus a track related gift. In case of a tie a drawing will decide the winner. Entries must be received by May 31.

T P A L M Y D E N N E K S K L
A A K O N S H L I N D E R O Z



PATTY VAN WOLVELAERE



photo by Bill Leung, Jr.

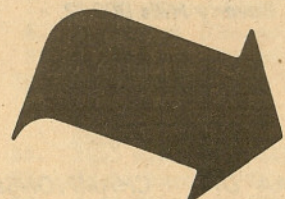
Chuck DeBus Coached Teams and Athletes Accomplishments:

1. Won National AAU Championships 5 of past 6 years (second other year).
2. Won National Cross-Country Championships in 1974, 1975, and 1976.
3. Won National AIAW Championship in 1975.
4. Won National 14-15 Age Group Championships in 1975 and 1976.
5. Established 3 world records in 1975 and 3 in 1977.
6. Established 7 American records in 1975, 4 in 1976, and 4 in 1977.
7. Established 4 AIAW records in 1975 and 2 in 1977.
8. Placed 48 athletes on USA Team in 1974, 1975, 1976, and 1977.
9. Placed 157 athletes in top 6 at National Championships in 1975, 1976, and 1977.
10. Won National Indoor Pentathlon in 1975, 1976, and 1977 and National Outdoor Pentathlon in 1975 and 1976.
11. Won Jr. National Pentathlon Championship in 1976.
12. Won World Cross-Country Championships in 1975.
13. Won 11 National Team Championships in past 6 years.
14. Won AAU National Marathon Championship in 1976.
15. Only team to ever win Cross Country and Track National Championships in same year (3 times) 1975, 1976, and 1977.

JANE FREDERICK

Now! This month's "Track Teaser." How many American Boston Marathon winners can you find hidden in the letter scramble? The puzzle covers a period from 1897 through 1978. The reader submitting the most correct answers will win a one year free subscription or renewal plus a track related gift. In case of a tie a drawing will decide the winner. Entries must be received by May 31.

T P A L M Y D E N N E K S K L
 A A K O N S H L I N D E R O Z
 N W O R B O M E M I S L E Y M
 O S B D H R S C N A S L G E O
 S O R E U T D R D I R E D L R
 L N I N V E I I E O G Y O L R
 R S G Q R B L M T D N A R E I
 A A N M W U P T S M N A N K S
 C R O I O R F C E H B A L S S
 N T L V R F U L T Z U N A D E
 T E I Y O O L O R D E M A R Y
 F R A R X O R O R O L L E M M
 T N D I R T L S P R I N G D L



COMING NEXT ISSUE:

- *Junior College Women's State Ranking.
- *High School State Meet and season wrap-up.
- *Dokie Williams profile.
- *San Jose Cindergals feature.
- *West Coast Relays.
- *Pepsi-UCLA Invitational.
- *Plus our regl

- *Plus our regular and other interesting features.

Schedule

MAY

- 11 CCAA CHAMPIONSHIPS. Bakersfield. 3 days.
- 12 NAIA DISTRICT III CHAMPIONSHIPS. Biola College. 2 days.
- 12 PCAA CHAMPIONSHIPS. Fresno. 2 days.
- 13 MOONSTONE 4 MILE RUN. 10 am. Mike Barnes, P.O. Box 2414, Harmony 93435.
- 13 WOODLAKE 4 MILE RUN. Wayne VanDellen, 37149 Road 192, Woodlake 93286.
- 13 2 PERSON 8 MILE RELAY. Fresno. Art Meyer, 3848 N. Thorne Apt.-E, Fresno 93704.
- 13 WOMEN'S NATIONAL TUNE UP MEET. UCLA.
- 13 GRANDFATHER GAMES. LA Valley College. George Ker, 16750 Index St., Granada Hills 91344.
- 13 SPA CHAMPIONSHIPS. UCLA. 2 days. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 14 BAY TO BREAKERS. Not on the 21st. as listed in the last issue. If you haven't registered it's too late.
- 14 SENIOR OLYMPICS MARATHON. Warren Blaney, 5225 Wilshire Blvd., Los Angeles 90036.
- 18 NAIA NATIONAL CHAMPIONSHIPS. Abilene, Texas. 3 days.
- 19 J.C. NORTHERN CAL FINALS. San Jose, 6 pm.
- 20 PA-AAU ONE HOUR RUN CHAMPIONSHIP. Bob Darling, Jr., 1403 - 41st. Ave., San Francisco 94122.
- 20 J.C. SOUTHERN CAL FINALS. Mt. San Antonio.
- 20 STRIDERS RELAYS. Masters. Cal Poly-Pomona. Bill Adler, 5521 Dubois Ave., Woodland Hills 91364
- 21 LAGUNA LAKE LA FIESTA RELAY. 4 miles. Ken Harvey, 2435 Del Campo, San Luis Obispo 93401
- 24 AIAW NATIONAL CHAMPIONSHIPS. University of Tennessee.
- 25 NCAA II NATIONAL CHAMPIONSHIPS. McComb, Illinois. 3 days.
- 26 C.I.F. SOUTHERN SECTION CHAMPIONSHIPS. Mt. San Antonio.
- 27 NORCAL 10 MILER. (also 3 mile). Redding. Tom Hayes, 1830 Riviera Dr. Redding 96001.
- 27 CORONA DEL MAR RELAYS. Masters. UC Irvine. Dave Jackson, 19103 S. Andmark Ave., Carson 90746.
- 27 AROUND THE BAY 10 MILE. 9 am. John Blair, 1162 Dorset Lane, Costa Mesa 92646.
- 27 CALIFORNIA RELAYS. Modesto.
- 27 MT. WILSON 9.5 MILE TRAIL RACE. 9 am. Dennis Yelland, 55 W. Sierra Madre Blvd., Sierra Madre 91024.
- 27 JUNIOR COLLEGE STATE MEET Bakersfield.
- 27 L.A. CITY CHAMPIONSHIPS.
- 27 JULIAN HALF MARATHON. Mike Rodgers (714) 765-1585.
- 27 PA-AAU MASTERS CHAMPIONSHIPS. Los Gatos High School. Rick Chappell, Box 1328, Los Gatos 95030.
- 27 NIMITZ MINI MARATHON. 6.2 miles. Treasure Island, 10 am. D.R. Sheppard, 25 Callaghan Hall, UCB, Berkeley 94720.
- 28 SANTA MARGARITA UP THE GRADE AND OVER THE HILL RUN. 9+ miles. Ian McPhee, Box 1542, San Luis Obispo 93406. Must pre-enter by May 20.
- 29 PACIFIC SUN MARATHON and 6 mile run. College of Marin, 8 am. Pacific Sun Marathon, Box 553,
- 2 CALIFORNIA STATE HIGH SCHOOL CHAMPIONSHIPS. Bakersfield, Memorial Stadium. Dean Crowley, CIF Office, Box 488, Artesia 90701.
- 3 MT. MISERY CROSS COUNTRY. 10 kilo. Newtown Rd. and Ft. Jim Rd., Placerville. 10 am. Ernie Marinoni, 5101 Newtown Rd., Placerville 95667.
- 3 BAKERSFIELD ONE HOUR RUN. West High School. Larry Arnt, 5000 Belle Terrace, No. 72, Bakersfield 93309.
- 4 SPA WOMEN'S ALL COMERS. Mt. SAC, 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 4 ROUND THE RUNWAY FOOTRACE. 3 & 7.6 mile. Moffett Field, 9:45 am. LCDR W.R. Hartman, FASO Detachment, NAS Moffett 94035.
- 5 U.C. BERKELEY/NIKE RUNNING CLINIC. 7:30 Morgan Hall 101. For information call (415) 843-7767.
- 8 AAU SENIOR CHAMPIONSHIPS (men & Women). U.C.L.A. Will Kern, Special Events, L.A. Times, Los Angeles 90053. 3 days.
- 10 SPA MASTERS CHAMPIONSHIPS. Cal State Northridge. Dave Jackson, 19103 S. Andmark Ave., Carson 90746. Tentative.
- 10 CCA-AAU ONE HOUR RUN. Visalia. Dave Bronzan, 1173 W. Wymann, Reedley 93654.
- 10 MORRO BAY TO CAYUCOS RUN. Brian Waterbury, 234 Catalina San Luis Obispo 93401.
- 11 WOODMINSTER RUN. 9.25 miles. Joaquin Miller Park, Oakland, 10 am. Charles McMahon, 154 Grover Ln., Walnut Creek 94596.
- 17 AAU Jr. & Sr. PENTATHLON CHAMPIONSHIPS. Arizona State University. Sue Humphrey, 1408 W. Glendale, No. 104, Phoenix, AZ 85021.
- 17 WESTERN AAU MASTERS CHAMPIONSHIPS. Los Gatos High School. Bill Sweet, 470 San Benito Ave., Los Gatos 95030.
- 17 PALOS VERDES MARATHON. 7:30 am. Kiwanis Club of P.V., Box 153, Palos Verdes Estates 90274.
- 18 CHESTNUT BRANCH RUN. 6.95 miles, Lake Chabot Boathouse, Castro Valley, 9 am. Dennis Tracy, 27910 Edgecliff Way, Hayward 94542.
- 18 HOLY CITY SUMMIT RUN. 9.1 miles. Ken Napier, 1612 Bearden Dr., Los Gatos 95030.
- 18 FRESNO FATHERS DAY RUN. 6 miles. Bob Fries, 1501 E. Browning, Fresno 93710.
- 24 PSA-AAU TRACK CHAMPIONSHIPS. San Diego.
- 24 EXCELSIOR BEACH RUN. 6.25 miles. San Francisco, 10 am. Bob Darling, Jr., 1403 - 41st. San Francisco 94122.
- 24 "Y" TO THE "Y" BENEFIT RUN. 2.1 & 5.3 miles. Pinole, 10 am. Ken Stein, P.O. Box 423, Pinole 94564.
- 24 LAKE TAHOE MARATHON. Incline Village, 8 am. Lake Tahoe T.C., Box 5983, Incline Village, NV 89450.
- 24 WESTERN STATES TRAIL ENDURANCE RUN. 100 miles. Squaw Valley, 5 am. Endurance Run, Box 1228, Auburn 95603.
- 24 AAU Jr. CHAMPIONSHIPS. Indiana Univ., Bloomington. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, Ind. 27401.

- 14 SENIOR OLYMPICS MARATHON Warren Blaney, 5225 Wilshire Blvd., Los Angeles 90036.
- 18 NAIA NATIONAL CHAMPION-SHIPS. Abilene, Texas. 3 days.
- 19 J.C. NORTHERN CAL FINALS. San Jose, 6 pm.
- 20 PA-AAU ONE HOUR RUN CHAMPIONSHIP. Bob Darling, Jr., 1403 - 41st Ave., San Francisco 94122.
- 20 J.C. SOUTHERN CAL FINALS. Mt. San Antonio.
- 20 STRIDERS RELAYS. Masters. Cal Poly-Pomona. Bill Adler, 5521 Dubois Ave., Woodland Hills 91364
- 20 FONTANA DAYS 20 MILE RUN. 10:45 am (tentative date). Louis Brewster, 8332 Nuevo, Fontana 92335. (714) 983-3511.
- 20 SANTANA 20 KILO. Santana High School, El Cajon. Hal Goforth (714) 464-8719.
- 20 CALIFORNIA RELAYS. Modesto Tom Moore, Box 152, Modesto 95353. Not on 27th. as listed in last issue.
- 20 MISSION BAY 20 KILO. Hal Goforth (714) 464-8719.
- 21 LOS POSAS HILLS 10 MILE HANDICAP. 9:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 21 BAY TO BREAKERS 7.6 MILE. Frank Geis, 942 Market-Suite 201, San Francisco 94102 (415) 986-6725. Pre entries required.
- 21 SPA WOMEN'S ALL COMERS. Cal State Northridge, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 21 PA-AAU PENTATHLON, Foothill J.C. Women. B. Carney, 505 Cypress Pt., No. 92, Mountain View 94041.
- 21 FORE MOTHERS DAY RUN Lake Merritt, Oakland, 8 am FORErunners, 239 Marlow Dr., Oakland 94605.
- 21 DEVIL MOUNTAIN RUN, 6.2 miles. Danville, 10 am. Devil Mountain Run, Box 727, Alamo 94507.
- 27 PA-AAU MASTERS CHAMPIONSHIPS. Los Gatos High School Rick Chappell, Box 1328, Los Gatos 95030.
- 27 NIMITZ MINI MARATHON 6.2 miles. Treasure Island, 10 am D.R. Sheppard, 25 Callaghan Hall, UCB, Berkeley 94720.
- 28 SANTA MARGARITA UP THE GRADE AND OVER THE HILL RUN. 9+ miles. Ian McPhee, Box 1542, San Luis Obispo 93406. Must pre-enter by May 20.
- 29 PACIFIC SUN MARATHON and 6 mile run. College of Marin, 8 am Pacific Sun Marathon, Box 553, Mill Valley 94941.
- 29 MEMORIAL DAY MARATHON Oceanside Pier, 7 am. Randy Twombly (714) 433-9000 ext. 290.
- 29 PA-AAU TRACK CHAMPIONSHIPS. College of San Mateo Dave Shrock, Track, CSM, 1700 W. Hillsdale, San Mateo 94402.
- 28 BRENTWOOD 10 KILO RUN. 9 am. Valerie Johnson, 12305 4th. Helena Dr., Los Angeles 90049.
- 28 INDIAN GULCH/HORNITOS RUNS. 5 & 10 miles. Near Merced, 9 am. Dave Donaldsen (209) 722-2384.
- 28 TRAC 10 KILO RACE. San Jose, 10 am. Ed Jerome, 1162 Charmwood Ct., Sunnyvale 94086.
- 29 MUHAMMAD ALI INVITATIONAL. Cerritos College. Harold Smith, 9701 Wilshire Blvd., Suite 710, Beverly Hills 90212.
- 10 SPA MASTERS CHAMPIONSHIPS. Cal State Northridge. Dave Jackson, 19103 S. Andmark Ave., Carson 90746. Tentative.
- 10 CCA-AAU ONE HOUR RUN Visalia. Dave Bronzan, 1173 W. Wymann, Reedley 93654.
- 10 MORRO BAY TO CAYUCOS RUN Brian Waterbury, 234 Catalina San Luis Obispo 93401.
- 11 WOODMINSTER RUN. 9.25 miles. Joaquin Miller Park, Oakland, 10 am. Charles McMahon, 154 Grover Ln., Walnut Creek 94596.
- 17 COMPTON INVITATIONAL. Compton College, 9 am. Darnell Mitchell, Compton College, 1111 Artesia Blvd., Compton 90224.
- 17 CALIFORNIA WOMEN'S AAU STATE CHAMPIONSHIPS. San Jose C.C.. Harmon Brown, 2335 David Court, San Mateo 94403.
- 24 "Y" TO THE "Y" BENEFIT RUN 2.1 & 5.3 miles. Pinole, 10 am Ken Stein, P.O. Box 423, Pinole 94564.
- 24 LAKE TAHOE MARATHON Incline Village, 8 am. Lake Tahoe T.C., Box 5983, Incline Village, NV 89450.
- 24 WESTERN STATES TRAIL END-URANCE RUN. 100 miles. Squaw Valley, 5 am. Endurance Run, Box 1228, Auburn 95603.
- 24 AAU Jr. CHAMPIONSHIPS. Indiana Univ., Bloomington. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, Ind. 27401.
- 24 SENIOR OLYMPICS. U.C. Irvine Warren Blaney, 5225 Wilshire Blvd., Los Angeles 90036.
- 25 VALLEY OF THE FLOWERS MARATHON. Lompoc, 8 am. Joe Sciamie, 1305 N. Orchid St., Lompoc 93436.

JUNE

- 1 NCAA DIV. I CHAMPIONSHIPS. University of Oregon. 3 days. John Caine, University of Oregon, Eugene, OR 97403.
- 2 CALIFORNIA J.C. DECATHLON CHAMPIONSHIP. Alan Hancock College, Santa Maria. 2 days.

2nd Annual

City of Banning

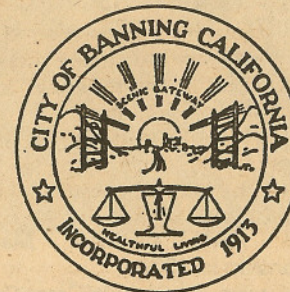
TEN MILE RUN

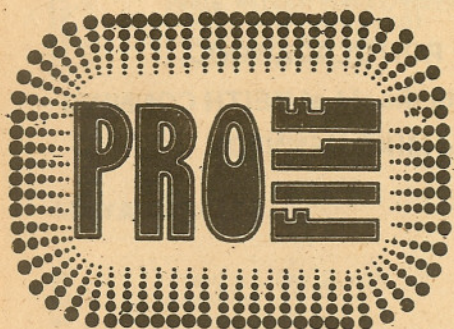
Saturday, July 1 5:30 pm

For information contact:

David Edds
1461-17 W. Mission Blvd.
Pomona, CA 91766
phone: (714) 629-3911

*Sanctioned by the SPAAAU
*Sponsored by Banning Parks & Recreation





Bart Williams

by WAYNE SHAW

San Luis Obispo--- He's a two-time NCAA Div. II All-American in the intermediate hurdles but his coach is not sure his man is competing in the right event.

Bart Williams, the brilliant 400-meter intermediate hurdler for Cal Poly, San Luis Obispo, is the subject.

He's an athlete who has labored in virtual obscurity for the first two years of college. But the junior's star ascended in a hurry when he was clocked in 49.5 in the intermediates on March 29, at the San Jose City College Relays. Despite his sensational clocking he had to settle for second place back of California's Quentin Wheeler who was given the same time as Williams.

But somebody took notice of Bart's performance which at the time was the fastest clocking in the world this season for the 400-meter intermediates. The Vallejo athlete will be competing in the prestigious Drake Relays April 28-29. He's the first Cal Poly athlete invited



a choice between the two. As a junior he concentrated on the 440 but he ran the 330 yard low hurdles and the 440 during his senior year as those events are further apart on the prep meet time schedules.

Williams had a 37.0 clocking for the low hurdles event which ranked second in the United States in 1975. His best high

meets, that is. Practice is a bore. I enjoy winning and that keeps me going, too."

Running has been a part of Bart's life since the fifth grade when he was timed in 5.9 for 50 yards. "Street racing is how I got started in track. I used to receive a lot of challenges to race in the streets of Vallejo. I used to win most of them," he recalled.

The Cal Poly Physical Education major hopes to break into the recording business sometime in the future, not as an entertainer but as a recording engineer.

tion on a continuous basis. His 49.5 intermediate time against Quentin Wheeler at San Jose is an indication of what Bart can do."

Much of Bart's competitive inspiration has come from within. "I have inspired myself the most by convincing myself that I can beat anyone I run against. My father (Roy Williams) helped me to acquire that attitude. And knowing that my mother (Margaret Williams) is always pulling for me has been quite helpful."

NOR-CAL RUNNING REVIEW®

Bi-Monthly - Only \$6/Year

INCLUDES: - Entry Blanks; Feature Articles & Training Tips; Very Comprehensive Scheduling; In-Depth Results; Medical Advice Columns; High School Rankings; and Much More. --- Covers Track & Field, Road Racing, X-Country, Race Walking... 40 or More Pages Each Issue (8½ x 11).

NAME _____

ADDR _____

CITY _____

STATE _____

ZIP _____

Box 1551 - San Mateo, CA 94401

He's an athlete who has labored in virtual obscurity for the first two years of college. But the junior's star ascended in a hurry when he was clocked in 49.5 in the intermediates on March 29, at the San Jose City College Relays. Despite his sensational clocking he had to settle for second place back of California's Quentin Wheeler who was given the same time as Williams.

But somebody took notice of Bart's performance which at the time was the fastest clocking in the world this season for the 400-meter intermediates. The Vallejo athlete will be competing in the prestigious Drake Relays April 28-29. He's the first Cal Poly athlete invited to compete in one of America's premiere track and field events.

Williams finished second in the NCAA Div. II championships as a freshman with a then Cal Poly school record time of 51.04. As a 1977 sophomore he placed third with a time of 51.94.

"Bart has unlimited ability," beams his coach, Steve Miller. "The only thing that has kept him from getting the recognition that he deserves is his lack of exposure. I'm sure even he does not know just how good he can be. And I'm not so sure he's even in the right event. He might be a better 400-meter man than an intermediate hurdler."

Miller continued, "The one glowing strength he has is that he never ever quits. He never knows when he is beaten.

"He's just now beginning to mature as an athlete. Lack of concentration is all that has kept him from NCAA Div. II national championships in the intermediates. And that goes back to the maturity thing I mentioned."

The junior, who will run in the College-University intermediate hurdles on Friday (April 28) and in the special 400 meters race on Saturday (April 29) at the Drake Relays, became a hurdler quite by chance.

"When I was a sophomore at Vallejo High School we had an entry in the shuttle hurdles relay at the Grant Relays in Sacramento. Our coach was short a hurdler and he asked me to volunteer. We won the event and I believe we set a record," Bart beamed.

Because the 180-yard low hurdles and 440 are back to back events on high school programs, Bart was forced to make

a choice between the two. As a junior he concentrated on the 440 but he ran the 330 yard low hurdles and the 440 during his senior year as those events are further apart on the prep meet time schedules.

Williams had a 37.0 clocking for the low hurdles event which ranked second in the United States in 1975. His best high school 440 clocking was 48.2.

As a high school senior he did not grab his share of the limelight first because he fell during the North Coast sectional championships and did not qualify for the State Finals in the 330 low hurdles. He did earn a berth in the 440 State Finals but finished fifth in his trials heat and did not make it to the final.

Cal Poly, SLO became his college choice "because I knew a couple of track athletes who were going to school there. Curtis Byrd and Albert Seeney were the main reason I chose Cal Poly," Williams related. Byrd was an outstanding 440 man who later transferred to Oregon State when former Mustang coach Steve Simmons got the head coaching job there in January of 1976. Seeney was one of Poly's top 800 meter runners finishing his career in 1976.

Bart states his competition strategy succinctly: "I try to make them run after me. What I try to do is to take charge of the race right away."

The 5-10, 158-pounder is hopeful this strategy will carry him "as far as possible in the NCAA Div. I and Div. II championships as well as the AAU meet. I'm also hoping for an opportunity to compete in Europe this summer. Of course, along the way my goal is to win some of these events.

"Naturally, my long range goal is to compete in the Olympics in Moscow in 1980 and win a gold medal. At this point I have no idea how long I will compete after 1980," the 21-year-old athlete advised.

Asked why he participates in track, Bart replied, "Because it's fun - the

meets, that is. Practice is a bore. I enjoy winning and that keeps me going, too."

Running has been a part of Bart's life since the fifth grade when he was timed in 5.9 for 50 yards. "Street racing is how I got started in track. I used to receive a lot of challenges to race in the streets of Vallejo. I used to win most of them," he recalled.

The Cal Poly Physical Education major hopes to break into the recording business sometime in the future, not as an entertainer but as a recording engineer. In fact, he'd like to attend school to learn that trade.

But for the time being Williams plans to concentrate on taking aim at his immediate goals, an NCAA Div. II intermediate hurdles championship and places in the NCAA Div. I and AAU meets.

"He needs more technique and form work right now as his trail leg is kinda slow," advises Coach Miller. "But most of all he needs to go against quality compet-

ition on a continuous basis. His 49.5 intermediate time against Quentin Wheeler at San Jose is an indication of what Bart can do."

Much of Bart's competitive inspiration has come from within. "I have inspired myself the most by convincing myself that I can beat anyone I run against. My father (Roy Williams) helped me to acquire that attitude. And knowing that my mother (Margaret Williams) is always pulling for me has been quite helpful."

Bart's best marks all have been achieved during the current season: 10.4 for the 100 meters, 21.0 for 200 meters, 46.9 in the 400 meters with a 44.8 relay leg and 49.5 in the 400-meter intermediate hurdles.

Winning is no surprise to Bart. "Because the most important thing for me is to actually visualize myself winning the race before I have run it. To be a winner you must have a strong belief in yourself," Williams asserted.



California

High School Boys

includes marks received through April 29, 1978

photo by Diane Johnson



GREG ERNST

100 YARD DASH

9.4	Ivan Cleveland (Pasadena)
9.5	M. Sanford (Pasadena)*
9.5	D. Butler (Fremont-LA)*
9.5	M. Morton (Inglewood)
9.6	W. Curran (Crespi-Encino)
9.6	Britton (Claremont)
9.6	Lester (Oakland)
9.6	Bernard (Galileo-SF)
9.6	Jones (South Gate)
9.6	Mills (Locke--LA)
9.6n	K. Bell (Crespi-Encino)
9.6n	McNeal (Oakland)
9.6n	Threatt (Pittsburg)
9.6w	K. Fowler (Fontana)
9.6w	H. Williams (Crenshaw-LA)
9.6w	Mays (Santa Monica)

220 YARD DASH

21.3	Willie Curran (Crespi-Enc)
21.5	Daniels (Fremont-LA)
21.5 ^{ww}	Moseley (NorteDelRio-Sac)
21.6 ^{wn}	Washington (Burbank-Sac) 21.8
21.6 ^{wn}	Taylor (Overfelt-SJ) 22.0
21.7	V. Torrance (Gardena-LA)
21.7	Mills (Locke-LA)
21.8	Banks (Morse-SD)
21.8	Threatt (Pittsburg)
21.8	Cleveland (Pasadena)*
21.8	Carthan (University-LA)

440 YARD DASH

880 YARD RUN

prep NOTES . . .

by KEITH CONNING

Pasadena's *Ivan Cleveland* ran the 100 in 9.4 seconds on Thursday March 23rd to tie the State prep sprint record. Cleveland's mark ties the record held by Mel Gray, Elijah Jefferson, Joel Andrews and Kevin Williams.

Valerie Brisco of Locke trimmed more than four seconds off the Valley Relays meet record with her 56.0 quarter mile.

School officials fear the passage of Proposition 13 on the June 6 ballot would mean the end of competitive high school athletics.

Chuck Assumma of Eisenhower pulled away from *Jeff Hildebrandt* of South Salem, Oregon, in the last 400 meters to win the 3,000 meters in 8:25.1 at the Eisenhower Invitational. The time was equivalent to a 9-minute two-mile. Hildebrandt finished second in 8:28 and *Carlos Carrasco* of Mt. Pleasant (San Jose) was third in 8:31.3. Burt *Shirley* of Notre Dame won the 1500 in 3:57.6 -- equivalent to a 4:15 mile.

At the Locke Invitational, *Valerie Brisco* ran a 54.1 relay leg to give Locke

by RON BLACKWOOD

with the aid of KEITH CONNING

and MIKE KENNEDY

6, in a dual meet with Esperanza. The mark was three inches better than Ernst's previous best and was the leading high school mark in the nation this year. Earlier this season *Anthony Curran* of Crespi did 16-6½ but it came in what amounted to an intrasquad meet since Crespi's opponent, St. Anthony, failed to show up.

Anthony Curran made up for it however, as he cleared 17-4¼ in the pole vault Saturday, April 22, at the Ventura Relays to shatter the national high school Interscholastic Federation record of 16-10 set by Randy Hall of Calhoun in Port Lavaca, Texas in 1977. Curran's mark is just one-half inch off the all-time high school record of 17-4¾ set by Casey Carrigan of Orting, Washington, in the Golden West Invitational in 1969. Curran, a slender senior, opened at 15-0 and didn't miss until 16-11 which he made on his second attempt. He also cleared the record height on his second try before missing three times at 17-6¾.

Dokie Williams of El Camino in Oceanside and *Mark Fricker* of Hemet highlighted action at the Vista Relays. Williams won the long jump at 24-11½ and the triple jump at 51-1¾. Both marks lead the nation. Fricker also set a national best for the year with a 4:11.0 in the mile to finish just ahead of LA University's *Paul Medvin* who ran 4:12.3

220 YARD DASH

21.3	Willie Curran(Crespi-Enc)
21.5	Daniels (Fremont-LA)
21.5 ^{ww}	Moseley(NorteDelRio-Sac)
21.6 ^{wn}	Washington(Burbank-Sac)21.8
21.6 ^{wn}	Taylor(Overfelt-SJ)22.0
21.7	V. Torrance(Gardena-LA)
21.7	Mills(Locke-LA)
21.8	Banks(Morse-SD)
21.8	Threatt(Pittsburg)
21.8	Cleveland(Pasadena)*
21.8	Carthan(University-LA)



GREG ERNST

440 YARD DASH

47.3	Rod Bethany(Fontana)
48.2	Newsome(Bakersfield)
48.8	Green(Cubberly-PaloAlto)
48.9	Maiocco(Liberty-Brentwood)
48.9	Caesar(Banning--LA)
49.0	Porter(Highland-Sac)
49.1	Clark(Westmont-DalyCity)
49.2	Banks (Morse-SD)
49.2n	Torrance(Gardena)
49.3	Dean(Moreno Valley)
49.3	Lewis(Banning-LA)
49.4	Johnson(SantaAnaValley)
49.4	Wycoff(Monroe-LA)
49.4	Stapleton(Lincoln-SF)

880 YARD RUN

1:54.0	Mike White(Richmond)
1:54.6n	Hale(Stagg-Stockton)
1:54.6n	O'Reilly(SanRafael)
1:55.7n	Montgomery(LaCanada)
1:55.9	Cangelosi(VillaPark)
1:55.9n	Schmidt (Anderson)
1:56.0	Lee (Castro Valley)
1:56.0	Avila (Cupertino)
1:56.0	Knerr. (Simi)
1:56.0	J. West (Crenshaw-LA)
1:56.1	D. Mack(Locke-LA)
1:56.1n	Alley (Royal)

in the Golden West Invitational in 1969. Curran, a slender senior, opened at 15-0 and didn't miss until 16-11 which he made on his second attempt. He also cleared the record height on his second try before missing three times at 17-6½.

Chuck Assumma of Eisenhower pulled away from *Jeff Hildebrandt* of South Salem, Oregon, in the last 400 meters to win the 3,000 meters in 8:25.1 at the Eisenhower Invitational. The time was equivalent to a 9-minute two-mile. Hildebrandt finished second in 8:28 and *Carlos Carrasco* of Mt. Pleasant (San Jose) was third in 8:31.3. Burt *Shirley* of Notre Dame won the 1500 in 3:57.6 -- equivalent to a 4:15 mile.

At the Locke Invitational, *Valerie Brisco* ran a 54.1 relay leg to give Locke the win with a time of 4:03.8. She also won the 100 in 10.6 and the 440 in 57.1. *Michael Sanford* of Pasadena, the younger brother of last year's state meet champion, upset *Virgil Torrance* of Gardena, *Ivan Cleveland* of Pasadena, and *James Mills* of Locke to win the 100 in 9.7.

In the Chaffey Invitational, *Larry Gholar* of Monrovia won the 330LH in 37.2 on a rain soaked track.

Greg Ernst of El Dorado cleared 16-4 in the pole vault Thursday, April

in the Golden West Invitational in 1969. Curran, a slender senior, opened at 15-0 and didn't miss until 16-11 which he made on his second attempt. He also cleared the record height on his second try before missing three times at 17-6½.

Dokie Williams of El Camino in Oceanside and *Mark Fricker* of Hemet highlighted action at the Vista Relays. Williams won the long jump at 24-11½ and the triple jump at 51-1¾. Both marks lead the nation. Fricker also set a national best for the year with a 4:11.0 in the mile to finish just ahead of LA University's *Paul Medvin* who ran 4:12.3

In the Glendale Relays, *Brad Harris* of Los Alamitos flopped over 6-10½ in the high jump for the best mark in the Southern Section this year. Junior *Tim McIntyre*, also of Los Alamitos, topped 15-6 in the pole vault. *Kerry Zwart* of Crescenta Valley did 44-2½ in the girls shot put to come within one-half inch of the top state mark. Centennial won the 440 relay in 42.1 and the mile relay in 3:18.7 to lead the state in both events.

BACK ISSUES

still available...

Send along 75 cents for each issue

Complete your California Track News collection.....copies of all back issues are still available. All issues contain profiles, stories, results and pictures of California track and field action. Please order by date and/or issue number from California Track News, 1717 South Chestnut Ave., Fresno, CA 93702.

MILE RUN

4:11.0	Mark Fricker (Hemet)
4:11.4	P. Medvin(University-LA)
4:14.0n	R. Roberts(Morse-SD)
4:14.9	Berry (Redwood-Larkspur)
4:15.4n	Woodland (LaJolla)
4:15.8	Cangelosi (Villa Park)
4:16.3	F. Assumma (Eisenhower)
4:16.6	B. Shirley(N.Dame-SherOak)
4:16.5	Atkinson(Clairemont-SD)
4:17.4n	Miller (Pt.Loma-SD)

2 MILE RUN

9:05.1	Chuck Assumma(Eisenhower)
9:06.2	C. Carrasco(Mt.Pleas-SJ)
9:08.3n	Love (Carlmont-Belmont)
9:12.8n	Strangio(Mission SJ-Fremont)
9:14.0	Coulman(SanMarin)
9:14.1n	Cangelosi(VillaPark)
9:16.0	Woodland (LaJolla)
9:16.5	Nelson(Burbank)
9:16.6	Holladay(Gilroy)
9:16.7	Spilman (Simi)
9:17.7	Hochhaus(ClaytonVal)
9:17.9	Harrington(SantaMonica)

120 YARD HIGH HURDLES

13.8	Phil Johnson(Gardena-LA)
13.9w	T. Campbell(Banning-LA)14.0
13.9w	Dixon (Sequoia-RedwCity)14.1
14.0	Cowling(Sacramento)
14.0	Wimberly(Muir-Pasadena)
14.0	Johnson(Sacramento)
14.1n	Davis (Banning-LA)
14.1w	Valentine(Cordova-Ranch)14.4
14.2w	White (LaCanada) 14.6
14.2w	Stewart(W. Vocina)14.3
14.2w	Redd(Crenshaw-LA)14.7
14.2w	Newsome(Vacaville)
14.2w	Ragster (Sacto)
14.3	Norris(Coachella Valley)

330 YARD LOW HURDLES

36.8	Willie Curran(Crespi-Encino)
37.2	L. Gholar (Monrovia)
37.3	Wells (Muir-Pasadena)
37.5	Wycoff (Monroe-LA)
37.5n	Moore (Muir-Pasadena)
37.7	Cowling(Sacramento)
37.7	Davis (Banning-LA)
37.8	Blevins(Fountain Valley)
37.8	Kasperek(NewportHarbor)
37.8	Gaskins(Ft.Hills-Sac)
37.9	Jones(Westchester-LA)
37.9n	Campbell(Banning-LA)

fresno pacific college

**...where
students
discover living
is as exciting
as preparing
for life.**

*For information
Call or write:*

Office of Admissions
Fresno Pacific College
1717 S. Chestnut Ave.
Fresno, California 93702
Phone (209) 251-7194



HIGH JUMP

7-0	Caraie Fairman(SanPedro)	17-4 $\frac{1}{2}$
6-10 $\frac{1}{4}$	Harris(LosAlamitos)	16-4
6-10 $\frac{1}{4}$	Fernandez(Hill-SJ)	15-10
6-10	A. Williams(ElCamino-Ocean)	15-6
6-10	Wyrick(Mt.Pleas-SJ)	15-6
6-10	Edwards(TerraLinda-SanRafael)	15-4
6-9	Baldwin(Fairfield)	15-1
6-9	Schiefer(Madison-SD)	15-0
6-9	Steelman(Yucaipa)	15-0
6-9	Galloway(Royal)	15-0
6-9	Morales (Walnut)	15-0
6-8 $\frac{3}{4}$	Asami (SunnyHills)	14-8
6-8 $\frac{3}{4}$	Balkin (Glendale)*	14-7 $\frac{1}{2}$

POLEVault

17-4 $\frac{1}{2}$	Anthony Curran(Crespi-Enc)
16-4	G. Ernst(ElDorado)
15-10	Tardieu(DelMar-SJ)
15-6	S. Foss(SantaYnez)
15-6	McIntyre(LosAlamitos)
15-4	Tully(Milliken-LongBeach)
15-1	White (LaCanada)
15-0	D. Kenworthy(Crespi-Encino)
15-0	Preciado(Homestead-Cupert)
15-0	McAlexander(MontaVista-Cup)
15-0	Hill(Wilson-Long Beach)
14-8	Hyatt(Vintage-Napa)
14-7 $\frac{1}{2}$	D. Pollard(Highland-Bkfld)

LONG JUMP

24-11 $\frac{1}{2}$	Dokie Williams(ElCamino-Ocn)
24-5 $\frac{3}{4}$	D. Butler(Fremont-LA)*
24-5	T. Pitts(SantaAnaVly)
23-10 $\frac{1}{2}$ w	Miller(DeAnza-Richmond)
23-7 $\frac{1}{2}$	Berger(Canyon-Anaheim)
23-7	Turner(ChannellIslands)
23-5	Bruce(Menlo-Atherton)
23-4	Bradford (Fairfax-LA)
23-2 $\frac{1}{2}$	Lee (Poly-Long Beach)
23-2	Finley(Cupertino)
23-2w	Palmer (Vacaville)
23-1 $\frac{1}{2}$	Asami(Sunny Hills)
23-0	Fowler(Fontana)

TRIPLE JUMP

52-5 $\frac{1}{2}$ w	D. Williams(ElCamino-Oc)51 $\frac{1}{2}$
48-9 $\frac{1}{2}$	C. Roberts(Cerritos)
48-7	Colter(Piner-Santa Rosa)
48-6w	Lamberton(Fairfield)47-11
47-11	Jones (Pasadena)
47-11	Sanders(Grant-Sac)
47-9	Marchbank(Santa Rosa)
47-5	M. Haynes(Highland-Bkfld)**
47-4	Norris(CoachellaValley)
47-3 $\frac{1}{2}$	H. Ellard (Hoover-Fresno)
47-3 $\frac{1}{2}$	Gilbert(SantaBarbara)





photo by Keith Conning

CRAIG HOCHHAUS



photo by Keith Conning

ROBERT MAIOCCO



photo by Keith Conning

STÈVE STRANGIO



photo by Keith Conning

KEVIN HOLLADAY

440 YARD RELAY

42.1	Edison-Fresno
42.1	Oakland
42.1	Centennial-Compton
42.3	Bakersfield
42.3	Compton
42.3	Banning-LA
42.4	Crenshaw-LA
42.4	Gardena-LA
42.4n	Monrovia
42.4n	Pasadena
42.5	Sacramento
42.5	Santa Ana Valley
42.6	Johnson-Sac
42.6	Pittsburg
42.6	Muir-Pasadena

MILE RELAY

3:18.7	Centennial-Compton
3:18.8	Banning-LA
3:19.4n	Locke-LA
3:19.8	Oakland
3:20.5	Muir-Pasadena
3:20.9	Bakersfield
3:21.5	Carlmont-Belmont
3:21.6	San Carlos
3:21.8n	Newport Harbor
3:21.9	Pittsburg
3:22.2	Morse-San Diego
3:22.2n	Del Mar-San Jose
3:22.5n	Crenshaw-LA
3:22.5n	Pasadena
3:22.5	Richmond

SHOT PUT

64-2	Dave Porath(Atwater)
62-5½	Faul (W. Covina)
61-3½	Brown(Mater Dei)
61-3	Strange(MiraLoma-Sac)
61-1½	Gauthier(Valhalla-ElCajon)
59-10½	Parker(St. Ignatius-SF)
59-5	Pole(ElCapitan-SD)
58-5	Spillers (Rowland)
57-11½	D. Mosebar(Mt. Whitney-Vis)
57-11	Var.Paris(Napa)
47-8½	Bryant(Antelope Valley)

DISCUS

206-6	Dave Porath(Atwater)CalBest
192-8	Bryant(Antelope Valley)
188-8	Peterson(N. Salinas-Salinas)
183-11	Gauthier(Valhalla-ElCajon)
181-7	Green(Fremont-Sunnyvale)
177-9	Thomas (McLane-Fresno)
176-11	Orr (Canyon-Saugus)
176-4	Kraychir(SanJacinto)
174-11	Pole(ElCapitan-SD)
174-9	Bruce (Valencia)
174-7	Struble(Sunnyvale)
173-4	Kilpatrick(Northgate)
172-4	T. Bennett(Kingsburg)
171-10	Ezerski(Cupertino)
170-8	Frazee(BellaVista)
170-6	Abendroth(Lowell)

TRAINING & TECHNIQUE

The 400 Meter Dash - Part 2

by VERN GAMBETTA

The basic concept behind training for the 400m is the same as training for any event: It is impossible to be in top condition at all times. Peak condition and performance must be planned to occur at the championship meets.

The training program is based on three factors: 1) the competitive schedule, 2) the runner's previous training background, and 3) seasonal and long-term goals.

Training should incorporate the physiological basis of the event discussed earlier. It should also incorporate the two principles of training that the 400m is most concerned with--specificity and overload. That is, the specific energy systems necessary to run the 400m (mainly the ATP-PC and Lactic Acid Systems) must be worked at above-normal levels in order to have a training effect.

A key concept of training that is not emphasized enough in American 400m training is that of rhythm and coordination leading to speed. The Europeans feel that this neuromuscular coordination is more important than strength. The importance of this cannot be overemphasized. Mathews and Fox (10, p. 243) have found that there is very little difference in energy potential between the less skilled and highly skilled athletes. The difference lies in their usage of their energy stores. The

Speed Endurance-- This is the ability to maintain speed in a state of high oxygen debt and lactic acid buildup. This component is the crux of 400m training. The distances run vary from 100m to 600m. No more than 6 repetitions are run in a workout. Recovery should be full-- at least 10 minutes so that the quality of the runs can be maintained. This type of training develops the lactic acid energy system. Examples of speed endurance workouts: 10x100m, 5-8 minute rest; 6x150m; 6x200m; 3x300m; 300-500-200; 500-400-300; 150-300-200; 180-150-180; split 500-- all out 300m-- 1 minute recovery-- all out 200m; split 400-- all out 300m-- 1 minute recovery-- all out 100m.

Tempo Endurance - Here an aerobic quality is introduced. The repetitions are run slower with an emphasis on rhythm and tempo. The emphasis is also on quantity, not quality. Rest is generally kept short-- 8 minutes and under. Examples of workouts: 10x100m-- 100m jog interval; pyramid: 100-200-300-300-200-100-- 100 jog interval; 8x200m, 2 minute rest; 9x300m, 100m jog interval; 3x500m or 600m, walk same distance as interval; Ladder: 50m-100-150-200-250-300-350.

Power Speed-- This component emphasizes speed of muscular contraction with less than 10 repetitions and less

Strength-- This consists of two components for the 400m; a) general strength-- developed through traditional weight training and b) specific strength-- developed through plyometric hopping, bounding, and jumping exercises. Examples of specific strength workouts: short jumps-- for the development of starting power and acceleration-- should be done before sprinting: 3-5x10 hops, each leg, 2x3 double leg jumps, 3-5x10 bounds, 3x10 tuck jumps. Long jumps-- for development of maintaining top speed and finishing strength: 3-5x50m hops, each leg, 3-5x50m bounds.

DIVISIONS OF THE TRAINING YEAR

The training year is divided into 5 phases: 1) general conditioning, 2)

specific conditioning, 3) pre-competitive, 4) competitive, and 5) post-competitive--active rest. None of these have fixed boundaries-- one should flow into the other in a smooth transition. Each period should vary according to the individual's strengths and weaknesses and level of conditioning. Basically, the greatest amount of conditioning should peak in the middle of the pre-competitive phase while the intensity should peak in the middle of the competitive phase.

Within each phase there are major and minor emphases on specific training components.

1) General Conditioning(September through October): *Major Emphasis:* Strength Endurance, Tempo Endurance, Strength--General. *Minor Emphases:* Speed Endurance, Power Speed II, Endurance.

2) Specific Conditioning(November through January): *Major Emphases:* Speed Endurance, Tempo Endurance, Strength--General, Power Speed II, Strength Endurance. *Minor Emphases:* Speed, Endurance, Strength-- Special.

3) Pre-Competitive(February through April): *Major Emphases:* Speed, Power Speed II, Speed Endurance, Tempo Endurance, Strength-- General. *Minor Emphases:* Endurance, Power Speed I, Strength-- Special, Strength Endurance.

4) Competitive(May through July): *Major Emphases:* Speed Power Speed II, Speed Endurance, Strength Endurance, Strength-- Specific. *Minor Emphases:* Tempo Endurance, Strength-- General, Strength Endurance.

5) Post-Competitive--Active Rest (August): Two weeks: Games and relaxed distance running. Two weeks: complete rest.

6 good reasons why athletes world-wide depend on...

Systems) must be worked at above-normal levels in order to have a training effect.

A key concept of training that is not emphasized enough in American 400m training is that of rhythm and coordination leading to speed. The Europeans feel that this neuromuscular coordination is more important than strength. The importance of this cannot be overemphasized. Mathews and Fox (10, p. 243) have found that there is very little difference in energy potential between the less skilled and highly skilled athletes. The difference lies in their usage of their energy stores. The highly skilled seem to be much more efficient than the less skilled. Therefore, throughout all 400m workouts it would be advisable to maintain a constant emphasis on rhythm and relaxation. Workouts should be run as fast as possible without straining.

TRAINING COMPONENTS

There are seven components of training which receive varying degrees of emphasis during the training year. They are speed, speed endurance, tempo endurance, strength endurance, endurance, strength, and power speed. Each of these components has a reciprocal relationship to the other. That is, they work in cooperation, each one complementing the other. These components are adapted from Gerard Mach's training program (8) and are based on the physiological principles enumerated in part one.

Speed--- This consists of all out running at distances ranging from 20m to 100m. Speed work should be done on both the straightaway and the curve. Rest is generally long between runs. Repetitions are discontinued when the athlete can no longer produce maximum performance. This component emphasizes use of the ATP-PC system. Examples of speed workouts: 8x60m flying start; 2x20m, 2x30m, 2x40m flying start; 6x50m-- 3 from flying start, 3 from crouch start.

Tempo Endurance - Here an aerobic quality is introduced. The repetitions are run slower with an emphasis on rhythm and tempo. The emphasis is also on quantity, not quality. Rest is generally kept short-- 8 minutes and under. Examples of workouts: 10x100m-- 100m jog interval; pyramid: 100-200-300-300-200-100-- 100 jog interval; 8x200m, 2 minute rest; 9x300m, 100m jog interval; 3x500m or 600m, walk same distance as interval; Ladder: 50m-100-150-200-250-300-350.

Power Speed-- This component emphasizes speed of muscular contraction with less than 10 repetitions and less than 10 seconds per repetition. It is divided into two parts: 1) Power Speed I- This works on speed factors with resistance. It includes hills, stair running, sand running, and harness running (8, p. 18). Examples of workouts: 6x50m hills; 5x30m harness running. 2) Power Speed II- This works on speed factors emphasizing technique and involves the "Mach Drills" described in *Cal Track News* (2, pp. 10-11). These rhythmic marching, skipping, and running "A" "B" and "C" drills are an integral part of the training program.

Strength Endurance-- This component involves more repetitions that last greater than 10 seconds per repetition. Included are resistance running and the "Mach Drills" done for greater than 20 meters. Examples: 6x150m hill; 4-6x300m-400m hill; 2 each of "A" and "B" drills done for 60m-80m.

Endurance-- This is the pure aerobic component. It consists of continuous runs of 20 to 40 minutes in duration at a steady relaxed pace. Immediately the question arises: Why aerobic training when the 400m is only 5% aerobic: According to Zauner and Reese (13, p. 1547) "Almost paradoxically then, if one is to train to develop anaerobic capacity, he must also train aerobically since recovery between efforts (repaying oxygen debt) is an aerobic proposition." Endurance work thus allows for better recovery and higher intensity efforts. Workout examples: 30 minute steady run; 30-40 minute fartlek; 3x800m on track with 3 minute recovery.

YEAR

The training year is divided into 5 phases: 1) general conditioning, 2)

5) Post-Competitive--Active Rest (August): Two weeks: Games and relaxed distance running. Two weeks: complete rest.

6 good reasons why athletes world-wide depend on...

BEE Pollen
from
England



1. It pushes up training levels enabling more work to be done, more skill to be acquired.
2. Aids in quick recovery from strenuous workouts.
3. Contains every vitamin and mineral the human body is composed of including Vitamin C, E, and B-12. Has Calcium and iron plus a "synergistic" effect.
4. Contains complete protein and carbohydrates readily available for rapid absorption.
5. Bee Pollen from England is an "energizer," it provides lots of energy. This 100% natural food is the most nutritious food in the world.
6. Patented, unique "cold processed" to retain full potency.

FREE-- Send for true story of how Bee Pollen from England has substantially helped the performances of athletes.

Prices: 30 - \$4.95
90 - \$9.95

Special 200 - \$14.95
"Athletes Pack" 600 - \$35.95

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Send check or money order
+ 25 cents postage and
handling to:

Pollen Products
139-B Plymouth Ave.
Oreland, PA 19075

TESTS

It is important to test the runner to evaluate the progress of training at least four times during the year: the beginning and end of the Specific Conditioning Phase, the end of the Pre-Competitive, and midway through the Competitive Phase.

There are three areas of testing: Speed, Strength, and Specific Endurance. Speed Tests-- 20m from crouch start; 20m from running start; 60m crouch start; 60m running start. Strength Tests-- Barbell squats to 18 inch bench with 50% body weight for 15 seconds; shot put-- two hand over the back throws; Standing long jump-- standing, 10 hops each leg; Standing 10 jumps alternating legs; Standing triple jump off strong leg. Specific Endurance Tests-- For the first three testing periods, the tests are a 250m and a 500m run. For the last period the distances are reduced to 150m and 300m. All are done from a standing start.

WORKOUT ORGANIZATION

Warmup-- The warmup should be as specific as possible. It consists of five parts: 1) 10-15 minutes of light, relaxed jogging and skipping. The purpose of this is to break a sweat and raise the heart rate. 2) 5-10 minutes of stretching-flexibility exercises. This should receive less emphasis in colder weather. It is my personal belief that spending a great deal of time stretching in this type of weather can lead to injury rather than preventing it. 3) 6-8x100m strides, each one a little faster than the previous one. In the first three phases of the training year, this should be done up and back with 30 second recovery, ideally on a grass straight. In the competitive season,

and an 800m jog, followed by extensive stretching. I have found that stretching after the workout helps in reducing the soreness felt in the next day's workout.

SAMPLE WORKOUTS

I am including sample workouts with a certain amount of hesitancy. I encourage the athlete to adjust these workouts according to his/her age, experience, level of competition and style of running. For instance, the beginning runner should do more endurance and base conditioning work than the more mature runner, who should do more speed and speed endurance work. Likewise, an 800m type of a runner should spend more time on volume at a relaxed tempo than the speed type of runner who should concentrate more on speed. Remember-- it is important to accentuate the strengths rather than spending too much time on the weaknesses (as long as the weaknesses do not hinder progression).

General Conditioning (September through October):

MONDAY: Tempo Endurance-- 3x600m, 3 min walk recovery, no time. Weight training--upper body.

TUESDAY: Endurance-- 30 minutes steady run. Weight training--lower body.

WEDNESDAY: Strength Endurance-- long hills (300m-400m), 4-6 repetitions. Weight training--upper body.

THURSDAY: Endurance-- 30 minute fartlek, preferably on grass. Repetitions should be 1-2 minute in length with 1-2 minutes jogging. Weights--lower body.

FRIDAY: Power Speed II-- "Mach Drills." Speed Endurance-- 6x200m with 3-5 minutes recovery.

SATURDAY: Tempo Endurance-- 6-8x300m, 1 minute recovery. Strength Endurance-- 4x50m skipping "A" Drills.

SUNDAY: Off.

Track & Field News

Good things come from Track & Field News, serving the track community for almost thirty years.

1 The best way to keep informed about what's happening across the nation and worldwide in track and field is by reading **TRACK & FIELD NEWS**, universally recognized as the bible of the sport. All the major news and excitement, from high school track through the Olympics, are brought to you each month. While we focus on top-caliber men's competition, all other aspects are covered, incl. women, masters, road racing, training, tips, etc. \$11 yr. Write for sample copy.

2 Have you seen our new Moscow t-shirt? A colorful yellow shirt with multi-color design and the logo MOSCOW 1980. Available in sizes S,M,L, XL at \$4.50 each, plus 50¢ per shirt for postage, handling.



3 New. 1976 Olympic Super-Films: men's and women's... show virtually all field event medalists from Montreal and other top stars. Excellent instructional films. Also event films and loop films, featuring Juantorena, Stones, Roberts, Quarrie, Arnie Robinson, Drut, Moses, Wilkins, Nemeth, many others. Write for full film brochure.

4 T&FN is still the foremost publisher of books on track and field. Recent titles are *Olympic Images* (our beautiful photobook of the track action at Montreal) \$15.00; *Masters' Age Records 1978*; and *Pre!*, the story of his career, \$4.50, plus 50¢ for postage.



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

parts: 1) 10-15 minutes of light, relaxed jogging and skipping. The purpose of this is to break a sweat and raise the heart rate. 2) 5-10 minutes of stretching-flexibility exercises. This should receive less emphasis in colder weather. It is my personal belief that spending a great deal of time stretching in this type of weather can lead to injury rather than preventing it. 3) 6-8x100m strides, each one a little faster than the previous one. In the first three phases of the training year, this should be done up and back with 30 second recovery, ideally on a grass straight. In the competitive season, these strides should be run at a faster tempo with a 100m walk interval. Remember-- stretching is for flexibility. Jogging, running, and striding are the activities that warm the body up. 4) 3-5 minutes of "Mach Drills" -- A series. 5) 2x100m accelerations, starting out gradually and building up to top speed the last 20-30m.

Actual Workout-- During the General Conditioning and Specific Conditioning Phases all workouts except the test workouts should be done in flats. This will add the element of control necessary at this time.

Fifty per cent of all repetitions run in workouts should be done from a standing or a crouch start. This will more closely simulate the actual start in a 400m race. It is easier to run fast 200's or 300's with a running start and delude yourself into believing that you are ready to run a faster time than you are actually capable of running.

During the Pre-Competitive and Competitive Phases include some sprint-assisted downhill training. This should be done on a very slight downhill grade, preferably on grass. Practice once per week in Pre-Competitive, twice per week in early Competitive and reduce to once in the latter part of the Competitive Phase. This will help build leg speed.

1600m Relay-- During the competitive season the 1600m relay pass should be practiced at the end of the workout at least three times a week. This should be done at this time in the workout in order to simulate the fatigue that is present in the relay at the end of a meet.

Cooldown-- The cooldown should consist of 4-6 easy, relaxed 100m strides

steady run. Weight training--lower body. **WEDNESDAY:** Strength Endurance-- long hills(300m-400m), 4-6 repetitions. Weight training--upper body.

THURSDAY: Endurance-- 30 minute fartlek, preferably on grass. Repetitions should be 1-2 minute in length with 1-2 minutes jogging. Weights--lower body.

FRIDAY: Power Speed II--"Mach Drills." Speed Endurance-- 6x200m with 3-5 minutes recovery.

SATURDAY: Tempo Endurance-- 6-8x300m, 1 minute recovery. Strength Endurance-- 4x50m skipping "A" Drills.

SUNDAY: Off.

Specific Conditioning (November through January):

MONDAY: Speed-- 6-8x60m flying accelerations. Speed Endurance-- 3x500m 5-8 minutes rest. Weights--upper body.

TUESDAY: Power Speed-- 4 of each Mach exercise @ 10m. Strength Endurance-- 6 long hills. Weights-- lower body

WEDNESDAY: Tempo Endurance-- 100-200-300-400-300-200-100. Weights--upper body.

THURSDAY: Strength Endurance-- 4-6x200m hill. Weights--lower body.

FRIDAY: Speed Endurance-- 6x200m, 5-8 minutes rest. Weights--upper body.

SATURDAY: Power Speed II-- 2 of each exercise @ 20m. Endurance-- 30-45 minute steady run.

SUNDAY: Off.

Pre-Competitive (February through April)

MONDAY: Speed-- 8x30m, 4 flying, 4 out of blocks. Special Strength-- short jumps. Speed Endurance-- 500-400-300m, 10 minute recovery. Weights-- upper body

TUESDAY: Power Speed I-- hills, 4-6, 50-100m in length. Weights-- lower body.

WEDNESDAY: Power Speed II--drills. Tempo Endurance-- 100-150-200-250-300-250-200-150-100m, 100m long interval; 6x100m, 100m jog interval. Weights--upper body.



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

THURSDAY: Speed-- 6x50m, 2 each from flying, standing, crouch starts. Speed Endurance-- 3x300m, 8-10 minutes recovery. Weights--lower body.

FRIDAY: Strength Endurance-- hills, 150m-200m, if no meet on Saturday. Special Strength-- long jumps.

SATURDAY: Competition or Tempo Endurance-- 6x300m, 2 minutes recovery.

SUNDAY: Off.

Competitive (May through July):

MONDAY: Specific Strength-- short jumps. Speed-- 4-6x60m flying start. Speed Endurance-- 200-300-200. Weights--

combined upper and lower body.

TUESDAY: Power Speed II-- Mach Drills. Speed Endurance-- 10x100m on grass, varied tempo.

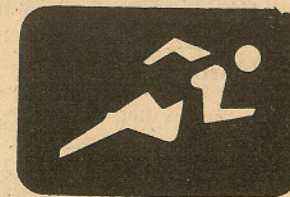
WEDNESDAY: Speed Endurance-- 3x200m or light tempo endurance. Special Strength-- long jumps. Weights--combined upper and lower body.

THURSDAY: Speed Endurance-- 3x150m out of blocks on turn, 13x120m on straight with flying start. Strength Endurance-- "A" & "B" Drills, 2 each @ 60-80m.

FRIDAY: Warmup. Power Speed II-- Mach Drills @ 10m.

SATURDAY: Competition.

SUNDAY: Off.



California Women

1978

Send all additions and corrections to Calvin Brown, 228 E. Artesia Blvd., No. C, North Long Beach, CA 90805.

Compiled by CALVIN BROWN

100 METER DASH

Accutrack = .24 (+)

11.2 (1)	Andrea Lynch(CSLB)3/18
11.58 (1)	Evelyn Ashford(UCLA)4/8
11.4 (1)	Sandra Howard (PTC)4/1
11.87 (3)	Gail Douglas (USC)3/18
11.7 (3)	Taylor (SDS) 3/18
11.9 (1)	Gloria Kennedy (UR) 3/18
11.9 (1)	Kim Robinson (LAM)2/19
11.9 (1)	Nickson (CSUH) 3/18
12.14w (1)	Venessa Denniston(un)3/12
11.9 (1)	Phyllis Elmore 3/8
12.0 (2)	Alice Brown (LAM)2/19
12.0 (3)	Valerie Brisco(LAM)2/19
12.0 (1)	Dollie Fleetwood(MSAC)4/14
12.1 (1)	Phyllis Elmore (CC) 2/24

800 METER RUN

2:01.8 (1)	Mary Decker(UC)1/28
2:04.2 (1)	Ruth Caldwell(Cit)4/14
2:06.5 (1)	Kathy Weston(LANTC)2/19
2:10.4 (1)	Debbie Roberson(UCLA)3/12
2:11.9 (2)	Kate Keyes(UCLA)3/12
2:12.3 (1)	Teresa Jenkins(LBC)2/26
2:13.5 (1)	Kathy Costello(LATC)2/25
2:13.6 (2)	Roma Antoniewicz(LATC)
2:14.2 (1)	J.J. Brown(CSUN)3/11
2:14.2 (1)	Arlise Emerson(un)2/26
2:14.4 (1)	Bird Anderson(CSB)3/18
2:14.6 (2)	Fromme (UR) 3/18
2:15.0	Diane Byington(USC)

1500 METER RUN

4:08.9 (1)	Mary Decker(UC)1/21
4:23.4 (1)	Kate Keyes(UCLA)4/15
4:25.4 (1)	Ruth Caldwell(Cit)2/26
4:30.5 (2)	Jeanne Abare(SDS)4/15
4:31.7 (1)	J.J. Brown(CSUN)3/11
4:35.1 (2)	Maggie Keyes(CPSLO)3/11
4:35.5 (1)	Craven(Humboldt)3/12
4:35.8 (1)	Kathy Chisam(UCLA)2/18
4:38.4 (2)	Kathy Weston(LATC)2/26
4:38.5 (3)	Kathy Costello(CSUN)3/11
4:39.0 (2)	Sheila Ralston(UCLA)2/18
4:40.3 (4)	Eileen Kraemer(CPSLO)3/11
4:42.4 (1)	Lynn Hjelte(UCB)4/22
4:42.5 (3)	Sally Metteer(CAL)2/18

3,000 METER RUN

9:34.0 (1)	Sue Kinsey(LANTC)2/19
------------	-----------------------

MARATHON

2:46:16(1)	Martha Cooksey(Or)3/19
2:57:42 (2)	Susan Peterson(SFVTC)1/21
3:05:00(17)	Joan Ulliyot(WVTC)3/19
3:09:57 (21)	Penny DeMoss 3/19
3:11:47(25)	Leal-Ann Reinhart 3/19

100 METER HURDLES

--.24 auto = HT

13.43 (1)	Patty Van Wolvelaere(USC)
13.7	Stella Edwinston(SMJC)3/23
13.86 (1)	Modupe Oshikoya(UCLA)4/8
14.03 (4)	Mitzi McMillan(USC)3/18
14.1 (2)	Dolores Render(UNLV)3/18
14.2 (2)	Pat Shmock(SDS) 4/15
14.4 (1)	Jodi Anderson(CSUN)4/1
14.65 (1)	Marilyn Linsenmeyer(LATC)3/12
14.6	Yvonne Boone(Ala) 3/25
14.91 (2)	Denise Pemberton(CSLB)3/12
15.03 (3)	Lisa Gourdine(UCLA)3/12
15.3 (P)	Denise Cornell(LATC)4/2
15.3 (2)	Linda Hightower(MSAC)4/14
15.4 (3)	Laura Nigel(SWJC)4/14
15.5 (1)	Tawny Singleton(un)2/19
15.5	Diana Macias(FCC)3/17

400 METER HURDLES

--.14 auto = HT

61.7 (1)	Colette Winlock(CSH)4/1
63.33 (1)	Kathleen Murphy(UCLA)3/12
63.52 (2)	Patty Cape(CSLB)3/12
63.6	Hunnerlack(Butte)3/25
63.5 (1)	Debbie Bottomly(CSLB)4/1
64.0 (1)	Yvonne Boone(Ala)4/14
64.4 (2)	Stella Edwinston(SMJC)4/14
64.4 (1)	S. Niehues(SDS)4/15
64.5 (3)	Laura Nagel(SWJC)4/14
64.9	Heidi Aufdermaur(Mod)3/25
66.7 (1)	Snider(UCD)3/11
67.0 (4)	Dolores Render(UNLV)3/18
67.6 (1)	Marks (EIC)4/14
67.8 (1)	Lindenmeyer(UR)3/18
68.0	Linda Hightower(MSAC)2/23
68.0	Diana Macial(FCC)4/1
68.3 (2)	Osterland(UR)3/18
68.4 (1)	McElroy (CSUN)3/11

MILE WALK

7:55.5 (1)	Tracy Trisco(LATC)2/19
8:06.6 (1)	Sally McPherson(WVTC)1/8
8:28.2 (2)	Vicki Jones(CW)1/8
8:30.0 (1)	Autumn Bateson(PAT)1/29
8:43.0	Connie Rodewald(VCTC)12/10
8:57.5 (2)	Jane Janousek(un)1/29
9:12.1 (4)	Paula Mori (CW) 1/8
9:49.3 (5)	Jane Kennedy (CW)1/8



photo by Bill Leung, Jr.



photo by Keith Conning

STELLA EDWINSON

200 METER DASH

-.24 for auto time = HT

23.3 (1)	Evelyn Ashford(UCLA)4/8
23.7 (1)	Andrea Lynch(CSLB)4/1
24.3w (1)	Arlise Emerson(PAT)3/12
24.4 (1)	Nickson (CSUH) 3/18
24.4 (1)	Valerie Brisco (LAM)2/19
24.5 (1)	Kim Robinson(LAM)1/29
24.6 (2)	Denise Eddington(LAM)1/29
24.86 (1)	Leeida Hunter(CSLB)3/12
24.8 (2)	Gwen Gardner(LAM)2/19
24.8 (1)	Phyllis Elmore(CC)
24.8 (1)	Dollie Fleetwood(MSAC)4/14
24.9 (1)	Marian Franklin(ML)1/7
24.9 (2)	Lena Wallin(USC)3/18

400 METER DASH

-.14 auto = HT

54.0 (2)	Arlise Emerson(PAT)3/19
55.0 (1)	Valerie Brisco(LAM)1/29
55.5 (1)	Debbie Roberson(UCLA)4/15
55.6 (1)	Kathy Weston(CSUN)2/25
56.1 (2)	Rosetta Birt (USC)4/15
56.2 (4)	Lena Wallin(USC)3/19
56.5 (2)	Colette Winlock(LAM)2/19
56.5 (3)	Gina Hendy(UCLA)4/15
56.6 (3)	Gwen Gardner (LAM)2/19
56.9 (1)	Yolanda Rich(CSLA)2/26

4:23.4 (1)	Kate Keyes(CSUN)4/15
4:25.4 (1)	Ruth Caldwell(Cit)2/26
4:30.5 (2)	Jeanne Abare(SDS)4/15
4:31.7 (1)	J.J. Brown(CSUN)3/11
4:35.1 (2)	Maggie Keyes(CPSLO)3/11
4:35.5 (1)	Craven(Humboldt)3/12
4:35.8 (1)	Kathy Chisam(UCLA)2/18
4:38.4 (2)	Kathy Weston(LATC)2/26
4:38.5 (3)	Kathy Costello(CSUN)3/11
4:39.0 (2)	Sheila Ralston(UCLA)2/18
4:40.3 (4)	Eileen Kraemer(CPSLO)3/11
4:42.4 (1)	Lynn Hjelte(UCB)4/22
4:42.5 (3)	Sally Metteer(CAL)2/18

3,000 METER RUN

9:34.0 (1)	Sue Kinsey(LANTC)2/19
9:38.4 (1)	J.J. Brown(CSUN)2/25
9:53.5	Evelyn Kane(SMCC)3/7
9:57.4 (1)	Linda Broderick(UCLA)3/12,
9:57.4 (2)	Linda Heinmiller(UCLA)3/12
10:01.6 (3)	Jeanne Abare(SDS)3/18
10:06.4 (3)	Chris Troffer(LANTC)2/19
10:09.8 (2)	Sally Metteer(Cal)2/18
10:11.7	Tammy Johnson(SMCC)3/7
10:12.6 (1)	Sue Munday(SJCC)4/14
10:25.5 (TI)	Robertson(CSUN)4/1
10:27.8 (1)	Kiki Lantry(LATC)2/26
10:30.3 (2)	Lynn Hjelte(UCB)4/22
10:33.1	Pat English(Mont)
10:35.6 (2)	Sharon Hulse(un)2/26
10:39.1 (1)	Kim Vollmer(PCP)1/29

5,000 METER RUN

16:56.4 (1)	Sally Metteer(Cal)4/1
17:05.6 (2)	Linda Broderick(UCLA)4/1
17:50.5 (1)	Linda Heinmiller(UCLA)4/15
18:00.7 (1)	Carol Flournoy(UCLA)2/18
18:13.5 (1)	Joyce Dendo(UCSB)4/22
18:27.8 (2)	Jill Campbell(UCB)4/22
18:35.7 (1)	Pepper Mintie(PCP)1/8
18:44.2 (1)	Pam Firestone(SFVTC)1/8
18:47.5 (2)	Tena Anex(UCD)2/18
19:02.4 (5)	Sue Craig(UCB)4/1
19:22.9 (3)	Moria Casey (UCB)4/22
19:24.0 (1)	Caporale(SacSt)3/12
19:32.8	Kaillen
19:36.2 (2)	Roese(UCD)3/11

10,000 METER RUN

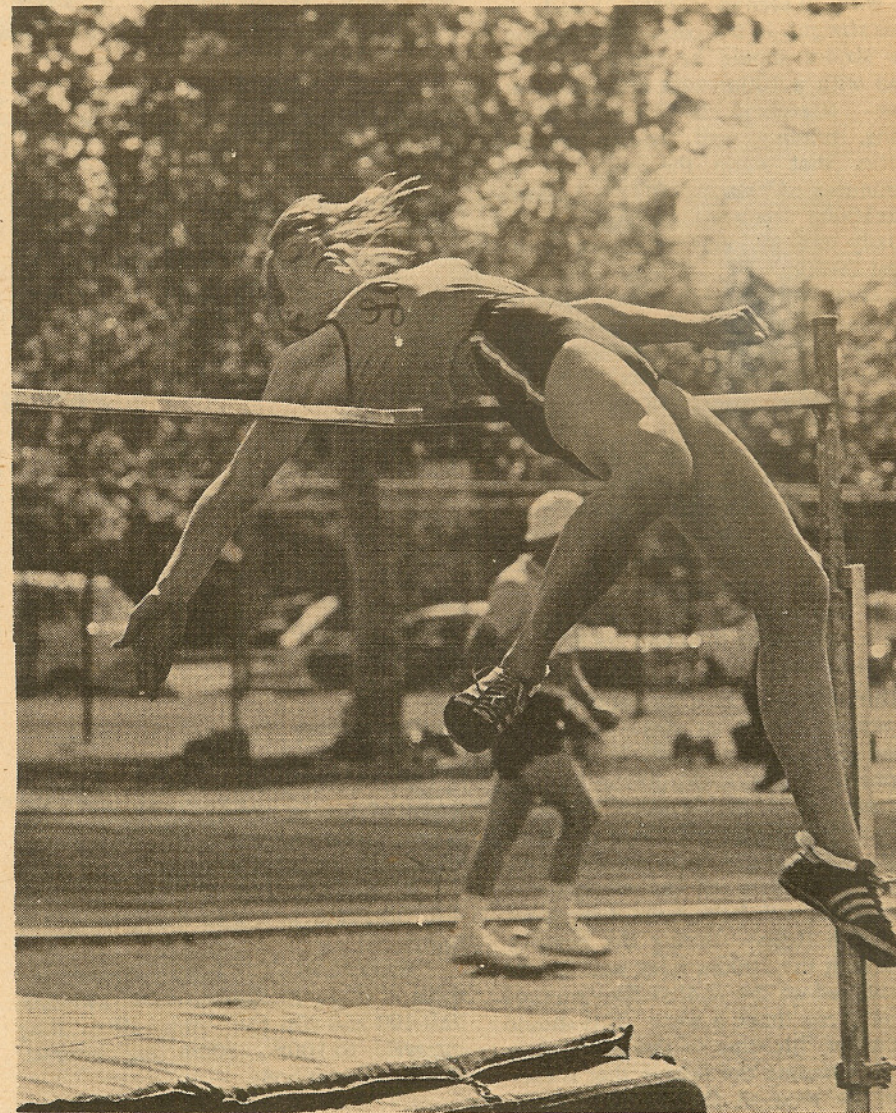
34:20.5 (1)	J.J. Brown(LATC)2/26
34:52.3 (2)	Sue Kinsey(LATC)2/26
41:25.8 (1)	Paula Cobb(RRR)3/19
41:32.4 (2)	Michelle Gaiche(RRR)3/19
42:02.0 (3)	Shari Wheeler(RRR)3/19
42:48.8 (4)	Lenelle Waskow(RRR)3/19
43:40.0 (5)	Marie Albert(RRR)3/19

14.4 (1)	Jodi Anderson(CSUN)4/1
14.65 (1)	Marilyn Linsenmeyer(LATC)3/12
14.6	Yvonne Boone(Ala) 3/25
14.91 (2)	Denise Pemberton(CSLB)3/12
15.03 (3)	Lisa Gourdine(UCLA)3/12
15.3 (P)	Denise Cornell(LATC)4/2
15.3 (2)	Linda Hightower(MSAC)4/14
15.4 (3)	Laura Nigel(SWJC)4/14
15.5 (1)	Tawny Singleton(un)2/19
15.5	Diana Macias(FCC)3/17

MILE WALK

7:55.5 (1)	Tracy Trisco(LATC)2/19
8:06.6 (1)	Sally McPherson(WVTC)1/8
8:28.2 (2)	Vicki Jones(CW)1/8
8:30.0 (1)	Autumn Bateson(PAT)1/29
8:43.0	Connie Rodewald(VCTC)12/10
8:57.5 (2)	Jane Janousek(un)1/29
9:12.1 (4)	Paula Mori (CW) 1/8
9:49.3 (5)	Jane Kennedy (CW)1/8

photo by Bill Leung, Jr.



JONI HUNTLEY now at Long Beach State

photo by Vern Gambetta

photo by Vern Gambetta

3,000 METER WALK

16:57.0 (1) Jessica Waskow(un)3/12

5,000 METER WALK

24:54.3 (1) Sue Brodock(RRR)3/12
 26:49.1 (1) Tracy Trisco(LATC)2/26
 26:57.4 (2) Paula Mori (CW) 2/26
 32:01.9 (3) Denece George(un)2/26
 34:14.4 (4) Shoshana Hirsh(CW)2/26

10,000 METER WALK

51:22.8 (1) Sue Brodock(SCR)4/2
 56:25.7 (2) Joyce Brodock(un)4/2
 57:48.2 (4) Jessica Waskow(un)4/2
 61:40.1 (5) Jane Janousek(un)4/2
 66:16.3(x-6) Chris Ramirez(SCR)4/2

440 YARD RELAY

-.14 auto = HT

46.42 (2) USC 3/18
 46.6 (1) CSUN 3/18
 46.7 (2) CSLA 3/18
 46.76m (1) CSLB 3/12
 47.44m (2) UCLA 3/12
 48.2 (1) Mt. SAC 4/14
 48.3 (2) Alameda JC
 48.87 (1) Cal 3/10
 48.9 (1) Cal Poly SLO 3/11
 48.9 (2) LBC 2/26
 49.0 (1) Compton CC 3/8
 49.7 (1) Pasadena CC 4/14
 50.0 WLA 3/7
 50.1 Chabot
 50.4 Yuba
 50.6 (2) Fresno CC 4/14
 50.7 (3) UCSB 3/18
 50.8 (1) Univ of Redlands 3/18
 51.0 Foothill
 51.2 (2) Pomona-Pitzer
 51.3 OCC
 51.4 BC
 51.4 (3) Chico 3/18

880 MEDLEY RELAY (220-110-110-440)

1:43.3 (1) LAM 1/29
 1:43.5 (2) LAM-B 1/29
 1:43.8 (3) CSLA 3/18

HIGH JUMP

6-1 (1) Joni Huntley(CSLB)3/12
 5-8 (1) Modupe Oshikoya(UCLA)4/8
 5-7 (1) Cindy Gilbert(UCLA)1/8
 5-7 (1) Annette Tannander(USC)3/19
 5-6½ (P) Jodi Anderson(LATC)4/2
 5-6½ (P) Denise Cornell(LATC)4/2
 5-6 (1) Alston 2/4
 5-6 (2) Rientra 2/4
 5-6 (1) Luanne Morris(UCSB)2/18
 5-6 (1) Natalie Vogel(DeAnz)3/25
 5-6 Julie Lendi (USC)

LONG JUMP

20-7 (1) Jodi Anderson(CSUN)3/18
 20-4½ (1) Modupe Oshikoya(UCLA)4/8
 19-8½ (2) Sherron Walker(CSLB)3/12
 19-4 ¾(2) Mitzi McMillin(USC)3/18
 19-2½ (1) Veronica Bell(SCC)3/12
 18-10½ (2) Page (SDS) 3/18
 18-10 (3) Lanessa Jones(UNLV)3/18
 18-10 (1) Karen Elmore(UCB)4/22
 18-8 ¾(1) Gwen Loud (LAM)1/29
 18-6 ¾(3) Lisa Gourdiene(UCLA)3/12
 18-6½ (1) Dorthea Gaffney(COS)4/1
 18-5 ¾(2) Mag Files(LAM)1/29
 18-2½ (1) Jeanette Smiley(LATC)3/12
 18-1 (2) Kim Moran(LATC)3/12

SHOT PUT

60-6½ (1) Maren Seidler(SJS)3/25AR
 49-1 (1) Karen Marshall(CSUN)4/1
 47-2 (1) Emily Dole(CSLB)3/18
 44-2 ¾(1) Bethan(Humboldt)3/12
 43-10 Kathy Kuchta(Hart)
 42-11 ¾(1) Tammie Williams(Hart)
 42-8 Renee Wessell(Mod)3/26
 42-6 Denise Holloway(WVJC)
 41-11½ (1) Cathy Sulinski(CSH)4/1
 41-8 ¾(1) Lisa Kinimaka(LATC)4/2
 41-7 Heidi Aufdermaur(Mod)3/3
 41-1½ (1) Kerry Zwart(LATC)1/29
 40-5 ¾(1) Denise Cornell(LATC)4/2
 40-3 (1) Laurie Lansedel(CSB)3/18
 39-10 (2) Marilyn Linsenmeyer(LATC)
 39-7 Garcia (Cab)3/25
 39-6 Carie Hansen(Reed)
 39-5 Marilyn Gaston(BC)4/14
 39-0 Roxanne Kasparian(FCC)
 38-11½ (2) Chandler(CSUN)3/11
 38-10 ¾(3) Kathleen Doyle(UNLV)3/18
 38-9 Alicia Dale(LACC)3/10
 38-4 (1) Amburn (COC) 3/25
 38-4 (1) Lorna Brandt(UCSB)

DISCUS



SALLY METTEER



LYNN HJELTE

PENTATHLON

3231 (7) Syd Brown(CSLB)4/2
 (17.2, 35-9½, 4-11, 15-3½, 2:25.3)
 3174 (4) Kris Sorrenson(un)4/2
 (15.8, 23-10½, 5-3, 16-5, 2:36.1)
 3174 (8) Jenny Stary(PP) 4/2
 (16.5, 33-3½, 4-9, 15-6 ¾, 2:28.0)
 3005 (9) Luanne Morris(UCSB)4/2
 (15.8, 28-3, 5-1, 15-7, 2:53.1)
 2765 Kerry Zwart(un) 4/2
 (15.9, 40-5, 4-11, 15-11 ¾)
 3977 (1) Jodi Anderson(LATC)4/2
 (14.6, 35-3 ¾, 5-6½, 20-1½, 2:38.8)
 3934 (2) Denise Cornell(LATC)4/2
 (15.3, 40-5 ¾, 5-6½, 18-0½, 2:22.3)
 3565 (4) Lisa Kinimaka(LATC)4/2
 (16.7, 41-8 ¾, 5-3, 17-5 ¾, 2:33.6)
 3530 (5) Joan Russell(UCSB)4/2
 (15.8, 34-9, 5-3, 16-1½, 2:23.5)
 3436 (6) Cindy Banks(SBCC)4/2
 (16.2, 36-2, 5-1, 16-10 ¾, 2:31.1)

3231 (7) Syd Brown(CSLB)4/2
 (17.2, 35-9½, 4-11, 15-3½, 2:25.3)
 3174 (4) Kris Sorrenson(un)4/2
 (15.8, 23-10½, 5-3, 16-5, 2:36.1)
 3174 (8) Jenny Stary(PP) 4/2
 (16.5, 33-3½, 4-9, 15-6 ¾, 2:28.0)
 3005 (9) Luanne Morris(UCSB)4/2
 (15.8, 28-3, 5-1, 15-7, 2:53.1)
 2765 Kerry Zwart(un) 4/2
 (15.9, 40-5, 4-11, 15-11 ¾)

50.7 (3) UCSB 3/18
 50.8 (1) Univ of Redlands 3/18
 51.0 Foothill
 51.2 (2) Pomona-Pitzer
 51.3 OCC
 51.4 BC
 51.4 (3) Chico 3/18

880 MEDLEY RELAY (220-110-110-440)

1:43.3 (1) LAM 1/29
 1:43.5 (2) LAM-B 1/29
 1:43.8 (1) CSLA 3/18
 1:45.0 (1) UCLA 4/15
 1:48.0 (3) Premier TC 1/29
 1:48.9 (4) LAMC 1/29
 1:48.9 (1) SCC 1/29
 1:49.3 (2) CP SLO 3/18
 1:50.5 (1) Compton JC 4/14
 1:50.6 (2) Pasadena CC 4/14
 1:50.7 (5) LAM-C 1/29
 1:51.1 (2) Patriots 1/29

MILE RELAY

3:50.2 (1) ML 2/4
 3:50.2 (1) CSLA 3/18
 3:50.9 (1) LAM 1/8
 3:52.2 (2) SJC 2/4
 3:52.7 (1) UCLA 3/12
 3:52.7m (1) CS Hayward 4/1
 3:53.2 (1) CSUN 4/1
 3:54.0 (2) Premier 1/8
 3:54.1 (3) BETC 2/4
 3:57.6 (2) CSLB 3/12

2 MILE RELAY

9:09.4 (1) UCLA 4/15
 9:16.6 (1) CSUN 4/1
 9:52.9 (2) SDS 3/18
 9:59.5 (1) Humboldt St 3/12

DISTANCE MEDLEY RELAY

13:03.6 (1) SBCC 2/17
 13:05.0 (2) Ventura CC 2/17
 13:30.5 (3) Glendale CC 2/17
 15:32.0 (4) Moorpark CC 2/17

41-1 (1) Kerry Zwart(LATC)1/29
 40-5 3/4(P) Denise Cornell(LATC)4/2
 40-3 (1) Laurie Lansedel(CSB)3/18
 39-10 (2) Marilyn Linsenmeyer(LATC)
 39-7 Garcia (Cab)3/25
 39-6 Carie Hansen(Reed)
 39-5 Marilyn Gaston(BC)4/14
 39-0 Roxanne Kasparian(FCC)
 38-11 (2) Chandler(CSUN)3/11
 38-10 3/4(3) Kathleen Doyle(UNLV)3/18
 38-9 Alicia Dale(LACC)3/10
 38-4 (1) Amburn (COC) 3/25
 38-4 (1) Lorna Brandt(UCSB)

DISCUS

163-11 (1) Karen Marshall(CSUN)4/1
 150-1 (1) Lisa Vogelsang(MUTC)1/29
 147-11 (1) Christi Pyle(un)2/19
 144-1 (1) Cindy Banks(SBCC)
 141-10 (1) Leslie Hoerner(CSLB)1/29
 136-0 Denise Holloway(WVJC)
 132-6 Wendy Robinson(Sky)
 131-7 Renee Wessell(Mod)
 131-0 Tammie Williams(Hart)
 131-0 Bonnie Dasse (OCC)2/23
 130-11 (1) Laurie Lansedel(CSB)2/25
 130-1 Grudzinka(Hart)2/17
 129-0 Kathy Kuchta (Hart)
 128-6 (2) Roxanne Kasparian(FCC)4/1
 127-7 (5) Emily Dole (CSLB)3/18
 127-0 (2) Shannon Duthie(UCB)4/22
 127-0 Robyn Ekern(Sierra)4/1
 126-4 (1) Terrie Grudzinskas(LATC)
 125-8 (1) Dolsby (SacSt) 3/12
 124-3 (3) Gomez (SBCC) 3/25
 123-10 (2) Jenny Mann(UCLA)1/8

JAVELIN

178-6 (1) Cathy Sulinski(CSH)4/1
 169-10 (1) Dietrich(SDS)3/18
 157-8 (1) Keri Camarigg(CSLB)3/12
 149-4 (1) Bryant (UCSB)3/18
 145-4 (1) Jackie Nelson(un)3/19
 144-1 Lisa Van Benthem
 144-0 (2) Lisa Vogelsang 3/18
 142-4 (2) Charm Bishop (LAPC)3/19
 140-9 (3) Raedean Rona (CPP)3/19
 136-7 (1) Regina Steele(USC)2/26
 133-4 (1) Arlene Mears (DeAnza)4/14
 130-11 (2) Marilyn White(LATC)3/12
 130-9 Cindy Banks (SBCC)
 130-2 (1) Stary (PP) 3/18

PENTATHLON

3231 (7) Syd Brown(CSLB)4/2
 (17.2, 35-9 $\frac{1}{2}$, 4-11, 15-3 $\frac{1}{2}$, 2:25.3)
 3174 (4) Kris Sorrenson(un)4/2
 (15.8, 23-10 $\frac{1}{2}$, 5-3, 16-5, 2:36.1)
 3174 (8) Jenny Stary(PP) 4/2
 (16.5, 33-3 $\frac{1}{2}$, 4-9, 15-6 3/4, 2:28.0)
 3005 (9) Luanne Morris(UCSB)4/2
 (15.8, 28-3, 5-1, 15-7, 2:53.1)
 2765 Kerry Zwart(un) 4/2
 (15.9, 40-5, 4-11, 15-11 3/4, 2:23.5)
 3436 (6) Cindy Banks(SBCC)4/2
 (16.2, 36-2, 5-1, 16-10 3/4, 2:31.1)

INTRODUCING

WOMEN'S TRACK WORLD

THE ONLY PUBLICATION IN THE WORLD
 DEVOTED EXCLUSIVELY TO
 WOMEN'S TRACK & FIELD ATHLETICS

Now back in publication, Women's Track World (formerly Women's Track & Field World) comes to you 10 times per year with the latest news, statistics, and features about women track athletes world-wide.

The cost? Only \$10.00 per year, \$18.00 for Air Mail delivery. Foreign subscriptions \$12.00 per year.

Send your check today to:

WOMEN'S TRACK WORLD
 P.O. BOX 886
 MENTONE, CA. 92359

100 METER DASH

10.0	Ernest Lewis (SJCC)	10.2
10.2	Houston McTear (Cerritos)	
10.3w	Dwayne Green (SJCC)	
10.3w	Elden Walker (Laney)	
10.3w	Mark Kent (Laney)	
10.3w	Fred Harvey (SJCC)	
10.3w	Ronnie Anderson (SJCC)	
10.3w	Ardis Gardner (Full)	10.4
10.4	Steve Daniels (SD)	
10.4	Redell Ellis (Cit)	
10.4	Steve Holder (LACC)	
10.4	Leo Herbert (SAC)	
10.4	Steve Henderson (Laney)	
10.4	Willie Jackson (SJCC)	



JUNIOR COLLEGE

Compiled by FRED BAER, KEN DOSE, & CHIP ARMSTRONG.

INCLUDES MARKS RECEIVED THROUGH APRIL 29, 1978



3,000 METER STEEPLECHASE

9:11.6	Joaquin Leano (Porterville)
9:13.6	Greg Dean (Full)
9:15.0	Bill Amable (Sky)
9:16.2	Frank Dauncey (Lass)
9:20:2	Chris Hammer (Sierra)
9:21.0	Ricardo Vargas (Hart)
9:21.4	Miguel Tibaduiza (Port)
9:21.6	Tim Minor (Mont)
9:23.0	Tim Farrell (AR)
9:23.2	Juan Garza (COS)
9:23.4	Joe Salazar (SJCC)
9:24.6	Mark Lewis (Glend)
9:26.1	Jose Renteria (PCC)
9:28.5	Ljung (Pal)
9:29.4	Rich Pincombe (San Mat)
9:30.4	Steve Nelson (DA)
9:30.8	Ivan Huff (AHC)
9:31.4	Austin (Gross)

400 METER INTERMEDIATES

52.10	Andre Phillips (SJCC)
52.2	Bill Dorvall (Butte)
53.05	Terry Richardson (PCC)
53.05	Carey Marjama (Butte)
53.4	Kenny Hays (PCC)
53.5	Russell Higgins (ECC)
53.5	Clarence Hopper (LBCC)
53.61	Mike O'Malley (Cerr)
53.7	Floyd Harris (COS)
54.2	Ric Salazar (Cit)
54.3	Hohman (Pierce)
54.4	Karl Mullins (Gross)
54.4	Rod Love (Pierce)
54.5	Jim Hunt (Full)
54.5	Mike Martin (Chab)
54.5	Reinon Fundin (Pal)
54.6	Dan King (Full)
54.6	Gene Antone (WV)

2 MILE RUN

8:59.4	John Sup (Mont)
9:04.8	Greg Hitchcock (Sierra)
9:08.0	Joe Ebner (MSAC)
9:09.2	Joaquin Leano (Port)
9:13.0	Tim Farrell (AR)
9:14.8	Rick Pincombe (San Mat)
9:15.0	Paul Mello (San Mat)
9:17.0	Bob Coulson (AR)
9:17.0	Doug Avrit (WV)
9:18.4	Angel Carrillo (Bak)
9:19.0	Bill Hurst (Mod)
9:19.2	Miguel Tibaduiza (Port)
9:19.6	Gilbert Flores (SJCC)
9:20.5	Todd Baker (WV)
9:22.2	J. Drew (S. Rosa)
9:23.0	Mario Jane (Hart)
9:23.8	Steve Locey (Marin)
9:24.8	David Grimes (DA)

HIGH JUMP

7-1 $\frac{1}{2}$	Bob Peterson (Chab)
7-1	Thurlis Gibbs (SJCC)
7-1	Coart Owens (Ala)
7-0 $\frac{1}{4}$	Stan Shuckley (MSAC)
7-0	Joe Radan (Sacto)
7-0	Willie Briscoe (LACC)
7-0	Matt Barney (AHC)
7-0	Kelly Gordien (MSAC)
7-0	Rod Smith (PCC)
7-0	Kelly Johnson (Cit)
7-0	Doug Norquist (Full)
7-0	Howard Smith (M. Costa)
6-11	Todd Ward (Bkfld)
6-11	Gary Lawrence (MPark)
6-10 $\frac{3}{4}$	Doug Reinhart (SD Mesa)
6-10	Kevin Brownlee (Shasta)
6-10	Henry Boyd (LATT)
6-10	Jerry Sanders (PCC)
6-10	John Young (LBCC)
6-9	M. Edwards (Merced)
6-9	Randy Wallace (Gross)
6-9	Gregory Caldwell (Comp)
6-9	John Hines (SMCC)

5,000 METER RUN



photo by Bill Leung, Jr.

TOM PETRANOFF

200 METER DASH

20.4	Ernest Lewis(SJCC)	20.7
20.8w	Ronnie Williams(Pierce)	21.3
20.8w	Elden Walker(Laney)	
21.0	Willie Jackson(SJCC)	
21.1w	Daryl Sidney(LBCC)	21.8
21.1w	Eugene Rachal(SJCC)	
21.2w	Fred Harvey(SJCC)	
21.2	Houston McTear(Cerritos)	
21.3w	Pat Croft (Los Medanos)	
21.3w	Mark Kent(Laney)	
21.3w	Dwayne Green(SJCC)	
21.4w	Ardis Gardner(Full)	
21.5	K. Williams (LACC)	

400 METER DASH

46.7	Elden Walker(Laney)	
47.0	Pat Holcomb(SJCC)	
47.3	Ron Williams(Pierce)	
47.6	Steve Chepkowony(Foot)	
47.6	Ernest Lewis(SJCC)	
47.8	Dean Greenaway(PCC)	
47.8	Fred Harvey(SJCC)	
47.8	Pat Croft (Los Medanos)	
48.0	Vinson (Chaf)	
48.2	Mike Regan(Glen)	
48.2	Forest (LAV)	
48.3	Henry Williams (LBCC)	
48.4	Lou Wilson(Marin)	
48.4	George Carlross (SAC)	
48.6	Terry Nash (Full)	
48.7	Brian Houghton (Full)	
48.7	Robert Hodge (LAC)	
48.7	Monty Callender (Full)	
48.7	Kenny Hays (PCC)	

800 METER RUN

1:51.0	Dan Navarro(Sierra)	
1:51.5	Jeff Maxwell(Sky)	
1:51.8	Dave Emery (Chabot)	
1:52.4	Matt Dowling(DV)	
1:52.7	Ron Haynes (CCSF)	
1:52.8	Robert Williams (Comp)	
1:52.8	Swift Katepa (COS)	
1:53.0	Dave West (Merritt)	
1:54.1	Reinhart (Glen)	
1:54.1	Ed Wright (PCC)	
1:55.0	Robert Tapia (AHC)	
1:55.2	Nolan Smith (PCC)	
1:55.2	Jim Carroll(MSAC)	
1:55.2	Pat Holcombe (SJCC)	
1:55.2	Kevin Lundgren	
1:55.4	Adam Messer(LAV)	
1:55.6	Jesse Garcia (MSA)	

1500 METER RUN

3:53.6	Kevin Burkin (LAV)	
3:54.7	Mike McQueeney (DA)	
3:54.8	Mike Brown(AR)	
3:55.0	Mike Wright (Solano)	
3:55.1	Barry Boetcher(MSAC)	
3:55.3	Mark Hilton (Glen)	
3:55.6	Steve Lacey (Marin)	
3:57.1	Matt Thornsberry(Gross)	
3:57.5	Bill Hurst (Modesto)	
3:57.6	Art Grasso (ECC)	
3:59.0	Alan Huff (AHC)	
3:59.4	Turner (Alameda)	
3:59.8	Paul Anderson(Harbor)	
3:59.8	Bob Bailey (Harbor)	

MILE RUN

4:13.2	Todd Baker (WV)	
4:13.9	Swift Katepa (COS)	
4:15.5	Mike Brown (AR)	

9:14.8	Tim Farrell (AR)	
9:15.0	Rick Pincombe (San Mat)	
9:17.0	Paul Mello (San Mat)	
9:17.0	Bob Coulson (AR)	
9:17.0	Doug Avrit (WV)	
9:18.4	Angel Carrillo (Bak)	
9:19.0	Bill Hurst (Mod)	
9:19.2	Miguel Tibaduiza (Port)	
9:19.6	Gilbert Flores(SJCC)	
9:20.5	Todd Baker(WV)	
9:22.2	J. Drew (S. Rosa)	
9:23.0	Mario Jane (Hart)	
9:23.8	Steve Locey (Marin)	
9:24.8	David Grimes (DA)	

5,000 METER RUN

14:35.4	Paul Mello (San Mateo)	
14:42.4	Bill Hurst (Mod)	
14:47.0	Dave Dahl (Cyp)	
14:51.0	Rick Pincombe (San Mat)	
14:51.2	Doug Avrit (WV)	
14:52.5	Dan Navarro (Sierra)	
14:54.2	Joaquin Leano (Port)	
14:54.5	Chris Hughes (Gross)	
14:57.6	Ortiz (Gross)	
15:00	Joe Ebiner (MSAC)	
15:01.6	Barry Boetcher(MSAC)	
15:02.1	Wally Buckingham(Gross)	
15:03.0	Greg Dean (Full)	

10,000 METER RUN

29:32.4	Kevin Burkin(LAV)	
30:15.9	Paul Mello(San Mateo)	
30:28.6	Joaquin Leano (Port)	
30:38.5	Lou Silva (LAV)	
30:58.0	Tim Farrell(AR)	
31:06.5	Jim Triplett(LBCC)	
31:18.3	Tim Minor (Mont)	
31:18.4	Greg Parks (LAV)	
31:45.1	Juan Garza (COS)	
31:46.0	Paul Hamilton (Mont)	
31:53.0	Cory (Glen)	
31:55.0	Tom Becker (Full)	

110 METER HIGH HURDLES

14.1w	Bill Dorvall(Butte)	14.48
14.2w	Derek Robertson(LBCC)	
14.2w	Lawrence Hill(CC)	14.5
14.3w	Rod Love (Pierce)	
14.3	Andre Frazier (PCC)	
14.3	Carnell Austin(COS)	
14.3	Rick Hicks(Laney)	
14.4w	Jerry Sanders(PCC)	14.6
14.4w	Andre Phillips(SJCC)	
14.4w	Gordon Bliss(SanMateo)	
14.4	Russell Higgins(ECC)	
14.4	Jeff Boyd(LASW)	
14.5	Jim Hunt (Full)	
14.5	Eric Logan (Comp)	
14.6	John Kennedy(SJCC)	
14.6	Winston Lindsey(LACC)	

7-0	Matt Barney (AHC)	
7-0	Kelly Gordien(MSAC)	
7-0	Rod Smith (PCC)	
7-0	Kelly Johnson(Cit)	
7-0	Doug Norquist (Full)	
7-0	Howard Smith(M.Costa)	
6-11	Todd Ward (Bkfld)	
6-11	Gary Lawrence(MPark)	
6-10 3/4	Doug Reinhart(SDMesa)	
6-10	Kevin Brownlee(Shasta)	
6-10	Henry Boyd (LAT)	
6-10	Jerry Sanders (PCC)	
6-10	John Young(LBCC)	
6-9	M. Edwards(Merced)	
6-9	Randy Wallace(Gross)	
6-9	Gregory Caldwell(Comp)	
6-9	John Hines(SMCC)	



JOAQUIN LEANO

photo by Diane Johnson

POLE VAULT

17-2 3/4	Jerry Mulligan(WV)	
17-1	Bill Halverson(MSAC)	
16-7 1/2	Kim Black(CSM)	
16-6 1/2	Jon Warner (ECC)	

MEN'S TOP MARKS



Send all additions, corrections and results to California Track News, 1717 South Chestnut, Fresno, CA 93702

- 7:49.2 American River
- 7:50.6 Bakersfield
- 7:50.8 College of Sequoias
- 7:50.8 Compton
- 7:51.4 Chaffey
- 7:52.2 San Jose City
- 7:53.3 Mt. San Antonio
- 7:54.2 Allan Hancock
- 7:55.2 Pasadena City
- 7:55.7 Diablo Valley
- 7:56.8 San Joaquin Delta
- 7:56.8 LA City
- 7:57.9 Palomar
- 7:59.0 Hartnell
- 7:59.1 Canyons
- 8:00.0 Chaffey
- 8:01.3 San Mateo
- 8:01.4 Moorpark

- 16-1 1/4 Kevin O'Reilly (FCC)
- 16-0 3/4 Brian Binau (SJCC)
- 16-0 3/4 Tim McDonald (S.Rosa)
- 15-10 Steve Rakshari (GWC)
- 15-9 Randy Ruzicka (COS)
- 15-6 John Fellando (ECC)
- 15-6 Ronnie Hunt (Bkfld)
- 15-6 Cliff Juell (MSAC)
- 15-6 Mark Newton (ECC)
- 15-6 Doug Searle (WV)
- 15-6 John Baucke (Cyp)
- 15-6 Andy Grimstead (MSAC)
- 15-6 Dave Nelson (LA Harbor)
- 15-4 Dave Shepard
- 15-4 Todd Leppner (Cyp)
- 15-4 Leon Roach (GWC)
- 15-4 Ambrose Courteau (Pal)
- 15-3 Reggie Lockett (Comp)
- 15-1 Jeff Conkle (Cyp)

JAVELIN

- 261-7 Tom Petranoff (Pal)
- 225-4 Dan Juell (Glen)
- 224-4 Matt Fuchs (PCC)
- 217-0 Dave Croft (Gross)
- 214-10 Art Smith (MSAC)
- 211-0 Mac Iosia (ECC)
- 210-11 Nugent (Chaff)
- 209-9 Joe Diregolio (Chab)
- 209-0 Mike Carli (COC)
- 208-6 Bill Campbell (Cerr)
- 207-6 Tom Jadwin (Bak)
- 207-5 Van Wiese (LA Harbor)
- 206-1 Don Stanford (GW)
- 205-6 Wayne Small (COD)
- 203-11 Patton (CRC)
- 201-7 Kevin O'Reilly (FCC)
- 200-9 Larry Cole (Butte)
- 200-3 Gary Morris (COD)
- 199-8 Mike Potter (GW)
- 198-8 Fred Crowder (SBVC)
- 196-4 Val Waggoner (Bak)
- 195-6 Sam Lawry (S.Rosa)
- 195-5 Armand Boutte (ECC)
- 192-5 Dave Rider (CSM)

- 3:18.4 Foothill
- 3:18.5 San Mateo
- 3:19.0 Sacramento
- 3:19.1 Cerritos
- 3:19.3 El Camino
- 3:19.6 Los Medanos
- 3:19.6 Bakersfield
- 3:19.7 Fresno City
- 3:19.8 LA Valley
- 3:20.1 Butte
- 3:20.8 West Valley
- 3:20.8 Citrus
- 3:21.1 Marin
- 3:21.3 Chabot
- 3:21.7 LA Southwest
- 3:21.7 San Diego Mesa
- 3:21.9 Hartnell
- 3:21.9 Chaffey
- 3:22.0 Skyline

DISTANCE MEDLEY RELAY

- 9:59.8 LA Valley
- 10:00.0 Glendale
- 10:05.6 Sierra
- 10:09.0 West Valley
- 10:15.4 Yuba
- 10:16.0 LA City
- 10:16.4 Pasadena
- 10:19.0 Modesto
- 10:20.1 Bakersfield
- 10:20.6 LA Harbor
- 10:20.8 Long Beach City
- 10:21.5 San Jose City
- 10:21.5 Alan Hancock
- 10:22.4 DeAnza
- 10:25.6 Palomar
- 10:27.0 Moorpark
- 10:27.5 Citrus
- 10:29.0 Saddleback
- 10:33.9 Alameda

LONG JUMP

- 25-6 1/2 w Kenny Hayes (PCC) 25-3 1/4
- 24-8 1/2 w Paul Bates (CSM) 23-11 1/2
- 24-8 w Matt Durham (Ala) 24-7
- 24-6 1/2 Sidney Mitchell (PCC)
- 24-1 1/2 Ricky Nichols (Bkfld)
- 24-0 Willie Alexander (FCC)
- 24-0 Gary Williams (PCC)
- 23-11 Glen Davis (LACC)
- 23-10 1/2 Adrian Richardson (Mod)
- 23-10 Roland Richardson (ECC)
- 23-9 3/4 Mike Murphy (Cerr)
- 23-9 1/2 Stan Webster (MSAC)
- 23-9 1/4 James DeCuir (PCC)
- 23-9 Farmer (SMCC)
- 23-8 1/2 Derek Robinson (LBCC)
- 23-7 Greg Turner (Ala)
- 23-7 Lewis (LBCC)
- 23-2 1/2 Jeff Garrett (LosMed)
- 23-1 1/4 Bob DeMatto (Cerr)
- 23-0 3/4 Elden Walker (Laney)
- 23-0 Mike Marin (Chab)
- 23-0 Conway (SBCC)

DISCUS

- 170-0 Mark McNaughton (FCC)
- 166-5 Kris Lettow (Gross)
- 166-3 Paul Bishop (WLA)
- 165-7 Greg Tafralis (Sky)
- 164-0 Terry Williamson (Glen)
- 164-0 Rich Stewart (Cyp)
- 161-11 Mike Stebleton (LMC)
- 160-6 Joe DiRegolio (Chab)
- 160-2 Kevin Goode (SJCC)
- 160-1 Bill Heins (COC)
- 160-0 Tom Marley (IASW)
- 158-8 Neil Berquist (Foot)
- 156-10 Nick Angelopolous (DA)
- 156-9 Dave Albritton (S.Rosa)
- 153-0 Don Brandes (SAC)
- 151-6 Vic Rakshani (GWC)
- 150-4 Paul Johnson (Full)

photo by Diane Johnson



TRIPLE JUMP

- 50-10 1/2 w Pete Moreno (SJCC) 50-1 1/4
- 50-9 w Kenny Hayes (PCC)
- 50-1 Gary Williams (PCC)

23-9 3/4 Mike Murphy (Cerr)
 23-9 1/2 Stan Webster (MSAC)
 23-9 1/4 James DeCuir (PCC)
 23-9 Farmer (SMCC)
 23-8 1/2 Derek Robinson(LBCC)
 23-7 Greg Turner (Ala)
 23-7 Lewis (LBCC)
 23-2 1/2 Jeff Garrett (LosMed)
 23-1 1/4 Bob DeMatto(Cerr)
 23-0 3/4 Elden Walker(Laney)
 23-0 Mike Marin (Chab)
 23-0 Conway (SBCC)

166-5 Kris Lettow(Gross)
 166-3 Paul Bishop (WLA)
 165-7 Greg Tafralis (Sky)
 164-0 Terry Williamson (Glen)
 164-0 Rich Stewart(Cyp)
 161-11 Mike Steblaton (LMC)
 160-6 Joe DiRegolio (Chab)
 160-2 Kevin Goode (SJCC)
 160-1 Bill Heins (COC)
 160-0 Tom Marley (LASW)
 158-8 Neil Berquist (Foot)
 156-10 Nick Angelopolous (DA)
 156-9 Dave Albritton (S.Rosa)
 153-0 Don Brandes (SAC)
 151-6 Vic Rakshani (GWC)
 150-4 Paul Johnson (Full)

TRIPLE JUMP

50-10 1/2 w Pete Moreno (SJCC)
 50-9 w Kenny Hayes (PCC)
 50-1 Gary Williams (PCC)
 50-0 1/2 w Adrian Richardson(Mod)
 49-4 Pat Chigbols (Pal)
 49-2 1/2 Anthony Frazier(COS)
 49-2 1/4 Mike Decano (Glen)
 49-0 1/2 Rickey Nichols(Bak)
 49-0 Nathan Wilford (LASW)
 48-10 1/2 Tom Lomax (MSAC)
 48-10 Ray Eddings (FCC)
 48-9 w Norm Alston (FCC)
 48-6 1/2 w Paul Bates(CSM)
 48-6 Glenn Davis (LACC)
 48-1 1/2 w G. Woods (Ala)

440 YARD RELAY

40.0 San Jose City
 40.5 Laney
 41.0 Alameda
 41.1 Sacramento
 41.3 Cosumnes River
 41.3 San Diego City
 41.3 Fullerton
 41.4 Contra Costa
 41.5 Marin
 41.5 LA City
 41.5 Pasadena City
 41.6 Long Beach City
 41.8 College of Sequoias
 41.8 West LA
 41.9 Citrus
 41.9 Los Medanos
 42.0 Bakersfield
 42.2 Ventura
 42.3 Mt. San Antonio
 42.3 LA Southwest
 42.3 LA Pierce
 42.4 LA Valley
 42.4 LA Harbor
 42.5 West Valley
 42.5 Fresno City
 42.6 Santa Ana
 42.7 College of San Mateo
 42.8 Butte
 42.8 Chabot
 42.8 Glendale

SHOT PUT

56-8 Paul Johnson(Full)
 55-6 3/4 Creg Tafralis (Sky)
 55-0 Mike Steblaton (LMC)
 54-2 1/2 Bill Traugher (SJCC)
 53-11 1/2 Nick Ayala (S.Rosa)
 53-5 1/2 Rick Stewart (Cyp)
 53-4 Tim Johnston(CRC)
 53-4 Matthew Fuchs (PCC)
 52-11 Mike Smith (CSM)
 52-8 1/4 Gian Rossini (Foot)
 52-6 1/2 Vic Rakagshain(GW)
 52-5 Mike Self (Full)
 51-7 3/4 Steve Wollerman (Vent)
 51-7 Chris Lettow (Gross)
 51-3 Stan Gardner (COC)
 51-0 Scott McIntyre (Mpk)
 51-0 Steve Futujima (Ox)
 50-8 Mark McNaughton (FCC)
 50-7 1/2 John Balletto (S.Rosa)
 50-7 Rob Svellflon (Foot)
 50-4 DeSadier (SBVC)
 50-1 1/4 Don Brandes (SAC)
 50-0 3/4 Brad Walters (CSM)

MILE RELAY

3:10.4 San Jose City
 3:14.9 Laney
 3:15.6 Cosumnes River
 3:15.6 Long Beach City
 3:15.9 West LA
 3:16.0 Fullerton
 3:18.0 Compton
 3:18.3 Pasadena City
 3:18.4 LA Pierce



ANDRE PHILLIPS

880 YARD RELAY

1:25.9 Laney
 1:27.1 College of Sequoias
 1:27.2 Fullerton
 1:27.2 Sacramento
 1:27.2 Cosumnes River
 1:27.4 Pasadena
 1:27.8 Long Beach City
 1:28.1 LA City
 1:28.4 LA Valley
 1:28.8 Citrus
 1:29.5 LA Southwest
 1:30.1 San Diego City
 1:30.2 Oxnard
 1:30.4 Ventura
 1:30.4 Alameda
 1:30.5 Chaffey
 1:30.6 Marin
 1:31.0 Sierra
 1:31.2 LA Pierce
 1:31.4 Santa Barbara
 1:31.4 LA Harbor
 1:31.5 Bakersfield
 1:31.6 Contra Costa
 1:31.7 Shasta
 1:31.9 Santa Rosa
 1:31.9 Saddleback

SPRINT MEDLEY RELAY

3:28.5 LA Pierce
 3:28.6 Foothill
 3:28.6 San Jose City
 3:30.0 Laney
 3:30.2 Compton
 3:30.6 Sierra
 3:31.4 College of Sequoias
 3:31.7 Skyline
 3:32.0 LA Harbor
 3:32.1 Santa Rosa
 3:32.4 San Mateo
 3:33.1 LA City
 3:33.9 Butte

4 MILE RELAY

17:44.9 Grossmont
 17:50.9 Long Beach City
 17:57.7 West Valley
 18:01.7 Bakersfield
 18:04.4 Fullerton
 18:07.9 Santa Monica
 18:10.2 Diablo Valley
 18:11.7 Santa Rosa
 18:12.8 Citrus
 18:14.4 Skyline

2 MILE RELAY

7:47.4 Laney
 7:48.4 Glendale

High School Girls

BEST MARKS

Compiled by Rich Ede.

Send all additions and corrections to Rich Ede,
1424 Lynoak Dr., Claremont, CA 91711

100 YARD DASH

- 10.5w Elaine Parker(Oceana)10.7
- 10.6 Valerie Brisco(Locke)
- 10.7 Sharon Ware(Berkeley)
- 10.8w Gwen Loud(11)Westchester 10.9
- 10.8 C. Ward(11)South/Bkfld
- 10.8 Alice Brown(11)Muir/Pasadena
- 10.8 Kalea Bolton(Hill/SanJose)
- 10.9w Danita Young(Crawford/SD)11.1
- 10.9w Freida Cobbs(Berkeley)
- 10.9 Brenda Winston(Pacific/SanBern)
- 10.9 Robinson(Hoover/SD)
- 10.9w Reed(Crawford/SD) 11.0
- 10.9 Dorcus DeWitty(Westchester)
- 10.9w Bullard (Morse/SD)11.2
- 11.0 Janice Smith(Poly/LB)11
- 11.0 Pam Marshall(Jordan/LB)
- 11.0 Frazier(Fremont/LA)
- 11.0 Linda Cassidy(West/Torrance)
- 11.0 Mallory(Silver Crk/SJ)
- 11.0w Webster(DeAnza)

CHERI WILLIAMS

photo by Keith Conning



220 YARD DASH

- 24.0 Valerie Brisco(Locke/LA)
- 24.4 Kalea Bolton(Hill/SJ)
- 24.5 Gwen Loud(Westchester)11
- 24.6 Alice Brown(Muir/Pasad)11
- 24.7 Denise Eddington(LA)
- 24.8 Parker (Oceanside)
- 24.9 Sharon Ware (Berkeley)
- 25.1 Young (El Cerrito)

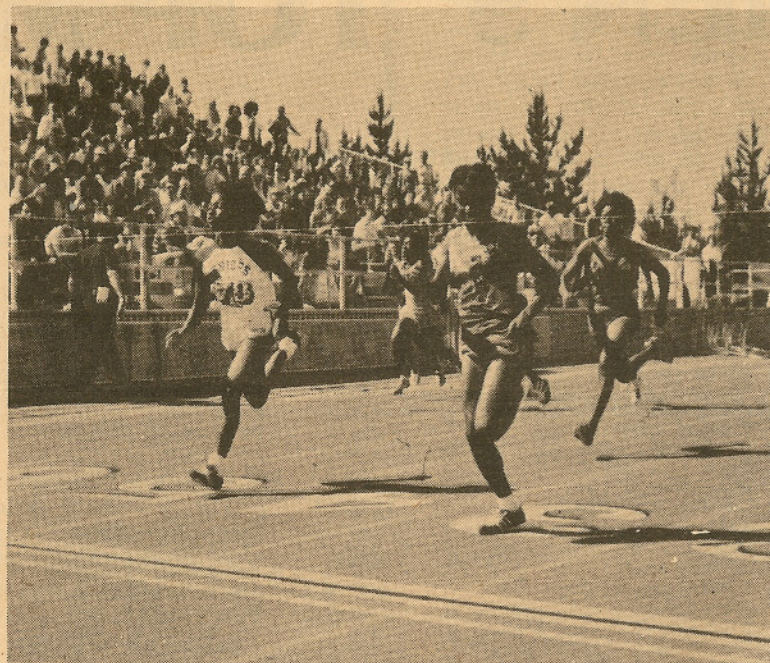


photo by Keith Conning

SHARON WARE of Berkeley outleaves ELAINE PARKER(lane 5) in heat 2 at the San Jose Relays.

- 25.6 Fortune (Cordova)
- 25.7 Lawson(Hill/SanJose)
- 25.9 Brenda Winston(SanGorgonio)
- 25.9 Kim Law(SantaAnaValley)

440 YARD DASH

- 55.1 Marquita Belk(SilverCrk/SJ)
- 55.3 Valerie Brisco(Locke/LA)
- 55.6 Arlise Emerson(Westmin)11
- 56.9 Freida Cobbs(Berkeley)
- 57.5 Ann Regan(Camden/SJ)
- 57.5 Stacy Kneeshaw(Foothill)10
- 57.5 Hawthorne(ElCerrito)
- 57.9 Reed(Crawford/SD)
- 58.0 Kalea Bolton(Hill/SJ)
- 58.1 Cheri Williams(Livermore)
- 58.3 Gwen Loud(Westchester)
- 58.4 Kim Law(Santa Ana Valley)
- 58.5 Michelle Bush(RollingHills)
- 58.5 Thomas (Morse/SD)
- 58.6 Fortune (Cordova)
- 58.8 White (Berkeley)
- 5:04.4 Tami Hogge(Canyon/Saugus)
- 5:04.8 Tara Hobbs(SantaBarb)
- 5:09.4 Suzanne Richter(Chico)
- 5:12.4 Jane Spencer(BonVista)
- 5:12.8 Cathy Schmandt(SantaBarb)
- 5:13.7 Laurie Crisp(Downey/Mod)
- 5:13.9 Pam Bowers(Amer/Fremont)
- 5:14.1 Sharon Hulse(Edison/HB)10
- 5:14.6 Schnurpfeil(SanMateo)
- 5:14.9 Nieto (Merced)
- 5:15.0 Bain (RioAmer/Sac)
- 5:15.0 Schmidt (Half Moon Bay)
- 5:15.7 Mary Carman(SanMarcos/SB)10
- 5:16.0 Honeywell(Kennedy/LA)
- 5:16.0 Judy Steese(Canyon/Anaheim)
- 5:16.1 Kaplan(Monroe/LA)
- 5:16.2 Cheryl Flowers (Valhal)11
- 5:17.1 Tani (Montgomery)
- 5:19.1 Alicia Kirkhorn(Edis/HB)10
- 5:19.4 Tracy Kearns(Yuba City)
- 5:19.7 Deloria Hobson(CanogaPk)

10.9w	Reed(Crawford/SD)	11.0
10.9	Dorcus DeWitty(Westchester)	
10.9w	Bullard (Morse/SD)	11.2
11.0	Janice Smith(Poly/LB)	11
11.0	Pam Marshall(Jordan/LB)	
11.0	Frazier(Fremont/LA)	
11.0	Linda Cassidy(West/Torrance)	
11.0	Mallory(Silver Crk/SJ)	
11.0w	Webster(DeAnza)	

220 YARD DASH

24.0	Valerie Brisco(Locke/LA)	
24.4	Kalea Bolton(Hill/SJ)	
24.5	Gwen Loud(Westchester)	11
24.6	Alice Brown(Muir/Pasad)	11
24.7	Denise Eddington(LA)	
24.8	Parker (Oceanside)	
24.9	Sharon Ware (Berkeley)	
25.1	Young (El Cerrito)	
25.1	Griffith(Jordan/LA)	
25.1	Gwen Gardner(Crenshaw/LA)	
25.1	Washington(Center/Compton)	
25.1	Kris Costello(Lynbrook/SJ)	
25.1	Linda Cassidy(West/Torrance)	
25.2	Reed(Crawford/SD)	
25.2	Webster(DeAnza)	
25.2	Shavon Dennis(Monrovia)	
25.3	Marshall(Jordan/LB)	
25.4	Janice Smith(Poly/LB)	
25.4w	Mallory(Silver Crk/SJ)	
25.5	Bullard (Morse/SD)	

photo by Keith Conning



KELIA BOLTON



440 YARD DASH

55.1	Marquita Belk(SilverCrk/SJ)	
55.3	Valerie Brisco(Locke/LA)	
55.6	Arlise Emerson(Westmin)	11
56.9	Freida Cobbs(Berkeley)	
57.5	Ann Regan(Camden/SJ)	
57.5	Stacy Kneeshaw(Foothill)	110
57.5	Hawthorne(ElCerrito)	
57.9	Reed(Crawford/SD)	
58.0	Kalea Bolton(Hill/SJ)	
58.1	Cheri Williams(Livermore)	
58.3	Gwen Loud(Westchester)	
58.4	Kim Law(Santa Ana Valley)	
58.5	Michelle Bush(RollingHills)	
58.5	Thomas (Morse/SD)	
58.6	Fortune (Cordova)	
58.8	White (Berkeley)	
58.8	K. Williams(Crawford/SD)	
58.8	Melton(Fountain Valley)	
59.0	Beshears(Fremont/LA)	
59.17m	Linda Cassidy(West/Torrnc)	
59.3	Webster(DeAnza)	
59.5	Gwen Gardner(Crenshaw/LA)	
59.6	Darla Burkhart(Estancia)	11
59.9	Cumbuss(Wilson/LA)	
59.9	Buchanan(Jefferson/LA)	

880 YARD RUN

2:11.5	Ann Regan(Camden/SJ)	
2:11.6	Cheri Williams(Livermore)	
2:11.6	Marquita Belk(SilverCrk/SJ)	
2:13.0	Linda Goen(N.Bkfld)	11
2:14.0	Mary Jo Mottino(Vista)	11
2:14.5	Pam Bowers(American/Fremont)	
2:15.5	Susie Meek(PalosVerdes)	
2:16.2	Honeywell(Kennedy/LA)	
2:16.2	Diane Figliomeni(Saratoga)	
2:17.0	Roxanne Bier(Independ/SJ)	
2:17.0	Saia (Drake)	
2:17.5	Michelle Bush(RollHills)	11
2:18.0	Weber(Lynbrook)	
2:18.4	Huyck (Aptos)	
2:18.6	Calerie Ross(West/Trrnc)	11
2:19.2	Lee (Castro Valley)	
2:19.5	Sharon Hulse(Edison/HB)	10
2:19.6	Jane Spencer(BonVista/ChVs)	
2:19.7	Tracy Kearns(YubaCity)	
2:19.9	Cheryl Flowers(Valhal/SD)	11
2:20.7	Laurie Proulx(ElCajon)	
2:20.7	Staci Kneeshaw(Foothill)	110
2:20.9	Diane Harrell(PlsVrds)	10
2:21.0	Sandra Anderson(BevHls)	11
2:21.1	Sonja Harringfeld(Beyer/Sac)	
2:22.0	Whiteman(Miramesa/SD)	

MILE RUN

4:59.0	Roxanne Bier(Indep/SJ)	
5:00.1	Linda Goen(N.Bkfld)	11
5:00.9	Cheri Williams(Livermore)	
5:02.6	Susie Meek(PalosVerdes)	
5:03.4	Michelle Bush(RollHls)	11

5:09.4	Suzanne Richter(Chico)	
5:12.4	Jane Spencer(BonVista)	
5:12.8	Cathy Schmandt(SantaBarb)	
5:13.7	Laurie Crisp(Downey/Mod)	
5:13.9	Pam Bowers(Amer/Fremont)	
5:14.1	Sharon Hulse(Edison/HB)	10
5:14.6	Schnurpfeil(SanMateo)	
5:14.9	Nieto (Merced)	
5:15.0	Bain (RioAmer/Sac)	
5:15.0	Schmidt (Half Moon Bay)	
5:15.7	Mary Carman(SanMarcos/SB)	10
5:16.0	Honeywell(Kennedy/LA)	
5:16.0	Judy Steese(Canyon/Anaheim)	
5:16.1	Kaplan(Monroe/LA)	
5:16.2	Cheryl Flowers(Valhal)	11
5:17.1	Tani (Montgomery)	
5:19.1	Alicia Kirkhorn(Edis/HB)	10
5:19.4	Tracy Kearns(Yuba City)	
5:19.7	Deloria Hobson(CanogaPk)	

2 MILE RUN

10:47.0	Susie Meek(PalosVerdes)	
10:53.0	Cheri Williams (Livermore)	
10:54.8	Roxanne Bier(Indep/SJ)	
11:05.6	Tara Hobbs(SantaBarb)	
11:08.0	Scaduto (SantaMonica)	
11:11.4	Mary Carman(SanMar/SB)	10
11:14.0	Hayes (Dublin)	
11:14.8	Flynn (Berkeley)	
11:14.9	J. Walker(Bakersfield)	
11:15.0	Deloria Hobson(CanogaPk)	
11:20.0	Pam Bowers(Amer/Fremont)	
11:20.1	Laurie Crisp(Downey/Mod)	
11:20.5	Brogan (LosAltos)	
11:21.0	Alicia Kirkhorn(Edis/HB)	10
11:21.0	Mari Gibbs (Marina)	
11:23.0	Blevins (Campolindo)	
11:23.7	Sheri Zucker(BevHills)	11
11:23.7	Judi Zucker(BevHills)	11
11:24.3	Nieto (Merced)	
11:26.1	Roberts (Rio Am/Sacto)	
11:27.0	Torransz(ElCaminoReal)	
11:27.3	Cheryl Flowers(Valhalla)	11
11:30.6	Sharon Roach(Kennedy)	
11:30.7	Tami Ragan (Saugus)	

110 YARD HURDLES

13.9	Kris Costello(Lynbrook/SJ)	
14.3w	Alexander(Crawford/SD)	14.6
14.6	Hawthorne(El Cerrito)	
14.86m	Marlene Harmon(ThouOaks)	10
14.7	Flowers(Crawford/SD)	
14.8w	Arana (Terra Nova)	
14.8	Tawny Singleton(Nord/Oj)	10
14.9	Tracy Hanlon(Edis/HB)	11
14.9	Cheryl Glazier(ElToro)	
14.9	Yarbrough(Clovis)	
14.9	Laurie Carroll(SanMarcos)	
14.9	Carroll(Fountain Valley)	
15.0	Venable(Sunnyvale)	
15.24m	Kris Sorrensen(Claremont)	11
15.0	Ruff (Berkeley)	
15.0	Reimann(Saratoga)	
15.0	Robinson(Antelope Valley)	
15.0	Laura Held(Edis/HuntBeh)	
15.0	Edwards(Pacific/S.Bern)	

15.2 Paula Weishoff(West/Torrnce)
 15.2 Overstreet(Lincoln/SD)
 15.2 Costello(El Camino)
 15.2 Milton(Fairfield)

2 MILE RELAY

10:09.3i Carlmont/Oakland
 10:10.3i Piedmont
 10:16.8i Sequoia/Redwood City
 10:23.4i Marin Catholic/Kentfield

440 YARD RELAY

47.4 Crawford/San Diego
 47.6 Berkeley
 48.2 Edison/Fresno
 48.4 Westchester/LA
 48.5 Morse/San Diego
 48.7 Locke/LA
 48.9 Silver Creek/San Jose
 49.0 Bakersfield
 49.0 Fremont/LA
 49.1 Crenshaw/LA
 49.1 Monrovia
 49.2 Jordan/Long Beach
 49.3 Hill/San Jose
 49.3m Thousand Oaks
 49.5 Oakland Tech
 49.6 Lynbrook/San Jose
 49.8 Jordan/LA
 49.8 McClymonds/Oakland
 49.9 West/Torrance
 49.9 Tamalpais
 49.9 Valley/Santa Ana
 49.9 Poly/Long Beach
 49.9 Oakland
 49.9 Huntington Beach
 50.0 Centennial/Compton
 50.1 Patrick Henry/San Diego
 50.1 Estancia
 50.1 Merced
 50.1 Cordova/Sacto
 50.4 Muir/Pasadena

DISTANCE MEDLEY RELAY

12:43.3 Santa Barbara
 12:50.3 Camarillo
 13:02.3 Helix/La Mesa
 13:14.3 West/Torrance
 13:19.1 El Cajon
 13:20.6m Antelope Valley
 13:25.0m Arcadia
 13:35.3 Saugus

440 YARD SHUTTLE HURDLE RELAY

70.0 Upland
 71.1 Claremont
 71.2 Rolling Hills
 72.0 Oceanside

HIGH JUMP

5-8½ Ruso (Watsonville)
 5-8 Sue McNeal(Carlsbad)10
 5-8 Ellen Fargo(CresVly)10
 5-8 Kari Gosswiller(Upland)
 5-7 Snarf (Carmel)
 5-7 Pfifer(Indepd/SJ)
 5-7 Anne Erpenbeck(HuntBch)
 5-7 Nancy Redican(SimiVly)
 5-7 King (Menlo-Atherton)
 5-6½ Tonya Alston(Chico)
 5-6 Kelly McPheeters(Orange)
 5-6 Corona (Sunny Hills)
 5-6 Sconiers(Wash/Easton)
 5-5 Mary Winniwisser(BishopDiego)
 5-5 Pritts(Azusa)
 5-5 Herse(Patrick Henry/SD)
 5-5 Cheri Beauregard(NewbPark)
 5-5 Candy Acres(SanMarcos/SB)

MILE RELAY

3:57.6 Berkeley
 3:59.1 Crawford
 4:00.0 North/Bakersfield
 4:01.2 Edison/Fresno
 4:01.3 West/Bakersfield
 4:03.8 Locke/LA
 4:03.1m West/Torrance
 4:03.6m Thousand Oaks
 4:04.8 Cordova/Sacto
 4:05.3 Morse/San Diego
 4:05.3 Fremont/LA
 4:05.4 Edison/Huntington Beach
 4:05.6 Redlands
 4:05.6 Drake/San Francisco
 4:05.6 Palisades
 4:06.1 Valley/Santa Ana
 4:06.5 Monroe/LA
 4:06.5 Westchester/LA
 4:07.1 Carlmont

LONG JUMP

20-4 3/4 Gwen Loud(Westches/LA)11
 19-8 Kathy Haynes(Madera)
 19-0 Magnolia Files(Dorsey/LA)
 18-6 Gosswiller(LA)

18-3 McLaughlin(Davis)
 18-2½ Grauf (LaJolla)
 18-2 Reed (Crawford/SD)
 18-1½ Kerry Zwart (CrescVly)11
 17-11½ Lenard (Palisades)
 17-11½ Veronica Bell(Garey/Pom)11
 17-11 Gatz(Torrance)
 17-10 Paula Ng(Livermore)
 17-10 Lambert (ElCamino/Ocnside)
 17-10 Gray (Marshall/Pasadena)
 17-9 Patty McFall(Hunt.Beach)
 17-9 Nicks (Ells/Richmond)
 17-8½ Costello(Lynbrook/SJ)
 17-8½ Pendleton(MissViejo)
 17-8 Kris Sorrensen(Claremont)11
 17-8 Pfifer (Indep/SJ)

40-9½ Klein (DosPueblos/Goleta)
 40-7½ Michelle (Gunderson)
 40-6 Jennie McBride(Vista)
 40-6 Read (Alameda)
 40-3½ Stampfli (Lassen)
 40-2½ Washington(Redwood/Visalia)
 40-2 Bowling (Oakdale)
 40-1½ Banks (Delano)
 40-1 Martin (Sanger)

DISCUS

154-6 Pyle (Hoover/Glendale)
 148-9 Susan Springer(Salinas)
 145-4 Leslie Deniz(Gridley)
 142-2 Karen Stampfli(Lassen/Snv.e)
 137-1 Renee Buermann(Bkfld)
 131-9 Read (Alameda)
 130-6 Stacio (Homestead/Cupert)
 128-11 Herse (P. Henry/SD)
 127-10 Jill Ridenhour(YubaCity)
 126-6 Zena Kistler(Buena/Vent)10
 123-10 Ford (Atwater)
 122-5 Pryor (Holy Names)
 121-1 Washington (Morse/SD)
 120-0 Jennie McBride (Vista)
 119-0 Foster
 118-1 Bishop (Summerville)
 117-8 Lindy Toman(Amador)
 114-1 Kepner (MiraMesa/SD)
 113-7 Nadine Ramirez(Kennedy)
 113-0 Tonya Alston(Chico)
 112-7 Corcoran (ElCajon)
 111-4 Cathy Smith(Cabrillo)
 110-11 Jenkins(Santana/SD)
 110-6 Liz Powell(Righetti/SM)

SHOT PUT

52-3 Jackie Nelson(Canyon/Anahm)
 44-3 Susan Springer(Salinas)
 43-1½ Rosario Ramos(Anaheim)
 42-9 Julie Green(FountainVly)
 42-8 Barker(Sequoias/RedwCty)
 42-7 Lynch(Camarillo)
 42-5 Kerry Zwart(CrescVly)
 42-1 Erickson(Mt.Shasta)
 42-0 Pryor(HolyName/Oakland)
 41-10½ Viuonano(Narbonne/LA)
 41-5 Ford (Atwater)
 41-4 Bunton(RioAm/Sacto)
 41-1 Richardson(Jefferson/LA)
 41-0½ MacLaurie(SantaMonica)
 40-10½ Herse (PatrickHenry/SD)
 40-10 Kennedy(ElCaminoReal)
 40-9½ Tony Alston(Chico)

RUNNING NEWS
 FEBRUARY 1977 • SEVENTY-FIVE CENTS

GOOD NEWS FOR RUNNERS!

RUNNING NEWS is good news for Masters. High

3:57.6 Berkeley
 3:59.1 Crawford
 4:00.0 North/Bakersfield
 4:01.2 Edison/Fresno
 4:01.3 West/Bakersfield
 4:03.8 Locke/LA
 4:03.1m West/Torrance
 4:03.6m Thousand Oaks
 4:04.8 Cordova/Sacto
 4:05.3 Morse/San Diego
 4:05.3 Fremont/LA
 4:05.4 Edison/Huntington Beach
 4:05.6 Redlands
 4:05.6 Drake/San Francisco
 4:05.6 Palisades
 4:06.1 Valley/Santa Ana
 4:06.5 Monroe/LA
 4:06.5 Westchester/LA
 4:07.1 Carlmont
 4:08.0 Pittsburg
 4:08.3 Huntington Beach
 4:09.6 Fountain Valley

LONG JUMP

20-4 3/4 Gwen Loud(Westches/LA)11
 19-8 Kathy Haynes(Madera)
 19-0 Magnolia Files(Dorsey/LA)
 18-6 Cooper(Dominguez/LA)
 18-6 Markham(Dorsey/LA)
 18-5 Frazier (Fremont/LA)
 18-3 1/2 Wright (Edison/Fresno)
 18-3 Rhonda Whitlow(Vista)

5-6 Kelly McPheeters(Orange)
 5-6 Corona (Sunny Hills)
 5-6 Sconiers(Wash/Easton)
 5-5 Mary Winniwisser(BishopDiego)
 5-5 Pritts(Azusa)
 5-5 Herse(Patrick Henry/SD)
 5-5 Cheri Beauregard(NewbPark)
 5-5 Candy Acres(SanMarcos/SB)

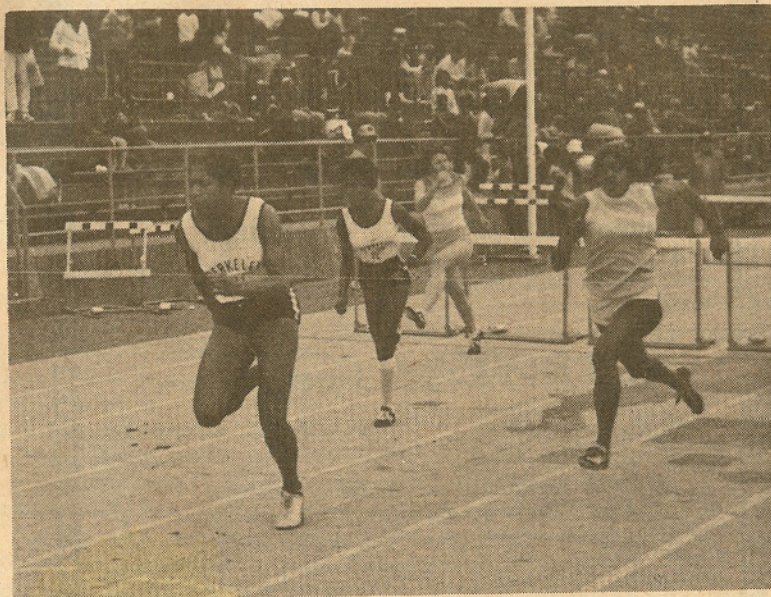


photo by Keith Conning

KIM COSTELLO (lane 4), TONYA ALSTON (lane 5), CAROLYN RUFF (lane 6), and LORETTA GILMORE (lane 7). 60 yard hurdles. Tonya Alston of Chico HS was the winner in 8.2. She also won the high jump at the Examiner Games at 5-10.

RUNNING NEWS

FEBRUARY 1977 • SEVENTY-FIVE CENTS

GOOD NEWS FOR RUNNERS!

RUNNING NEWS

FEBRUARY 1977 • SEVENTY-FIVE CENTS

USTFF NATIONAL MASTERS INDOOR - LINCOLN, NEBRASKA



Larry Bridges from Stillwater, Oklahoma, won the 60 yard race.

SEVENTEEN WILL
 FIGHT FOR THE
 NATIONAL MASTERS
 CHAMPIONSHIP AND
 THE MEMPHIS
 INDOOR CLASSIC

Freezing temperatures of -14 degrees didn't stop the United States Track and Field Federation from offering masters and submasters a chance to show their skills as they converged at the National Indoor Championships in Lincoln, Nebraska on January 15, 1977.

Ben Dufresne's camera catches one of the best indoor masters' 100 runners, Larry Bridges, as he wins the race in a record time of 2:02.3. Larry, from Stillwater, Oklahoma, and competed in the 100 yard group. Tom Firth, in the 40-44, was the only person to better Larry's time, and it was only a second better.

The submasters, broken into two age groups, from 40-44 and 45-49, those 40 and over are classified as masters' track and field athletes.

There were 110 competitors from 16 states and Canada at the National Indoor Championship. Ten other athletes entered in the meet were unable to attend.

The meet was a success financially as well as on the track. T-shirt sales, gate receipts, donations, and some hours of volunteer help resulted in the 40-44 Track Club clearing about \$150.

Getting to the action of the meet as six prelims were held beginning with the 60 yard dashes. The 40-44 and 45-49 age groups had two heats with the first places from these two heats advancing to the finals.

The next four fastest times also qualified for the finals. The finals in the 60 yard high hurdles in 30-34 were won as Jerry Helmberg edged out K.C. Tom Thorne.

In the 45-49, Larry Johnson won easily with an 8.4 as Bob Anderson of Salina hit the second hurdle to finish second. Austin Allen, also of Salina, won the 40-44 with a 7.2. Charles Swanson's 10.2, Beekl decathlon champion, Fred Ankley, won the 45-49 in 8.5. Master Athlete, Jack Greenwood, started his string of victories when he came in first with an 8.0. Earl Harvager in the 60-69 won at 11.6.

(Continued on page 61)

SPECIAL RUNNING NEWS SUBSCRIPTION OFFER!

1 Year For Only \$5.00 bi-monthly

Name _____
 Address _____
 City _____ State _____ Zip _____

RUNNING NEWS Box 25113, K. C. MO 64119

Mailbag

HIGH SCHOOL ALL TIMERS

I enjoyed reading your high school all time compilations in the March issue. To make your lists more accurate there are two entries I know are incorrect:

1) 880— Larry Davis did indeed run 1:52.7 in 1970 but he was a senior at the time so should not have the soph record. When he was a soph, he never broke 2 minutes.

2) Mile relay— Los Altos 3:15.6, the correct order was Thompson, Davis, Andrew (not Andrews), Brown.

Keep up the good work.

Donn Kirk, Los Altos

WHAT EVER HAPPENED TO

Please renew my subscription for another year. Also, could you please run a profile on the Assumma Twins if possible. I am a high school 2-miler (10:20) and I find their achievements to be incredible.

Whatever happened to Rich Kimball, the super high school distance runner of 1974?

Marty Dobbins, Baton Rouge, Louisiana.

Editors comment: Thanks for renewing. We have tried to gather information on the Assumma twins but have gotten no response from our repeated requests from Eisenhower High School.

Rich Kimball went to Oregon State following high school graduation. He was injured most of his freshman year and dropped out. He showed up a year

STATE'S TOP MARATHONERS

I noticed that in your marathon ranking list you didn't have marks made before 1968 except for a few. I went back to my records of past marathons and found a few not listed. Before 1960 Culver City was one of the few places on the west coast that sponsored a marathon. The winning times of all the pre-1960 Culver City marathons were over 2:28 and thus would not have made the list. Bob Carmen made a comprehensive list of marathon times in the mid 60's so he would be the best source for past marathon marks by Californians. The following are those that I found not on your list. I know Tom Ryan ran some good ones in Boston and New York but I don't have his times. Bob Cons may have run some good times also:

Bob Carmen(2:22:17) @Culver City—12-3-60. Bill Peck(2:26:19) @Culver City—12-9-61. Frank Muller(2:37:39) @Culver City—12-9-61. Ned Sargent(2:23:53) @Culver City—12-9-62. Ray Darwin (2:24:36) @Culver City—12-9-62. Pete Mundle(2:24:44) @Culver City—12-9-62. Mal Robertson(2:27:12) @Culver City—12-9-62. Gene Comroe(2:23:33) @Las Vegas—1-27-68. Doug Wiebe(2:23:45) @Las Vegas—1-27-68. Jose Barela(2:25:16) @Las Vegas—5-12-68. Merle McGee(2:26:08) @Culver City—12-11-65

Peter Mundle, Venice

Here are some updates that you missed on the Marathon Top 100 in the March issue...don't know if you count

PRE!

THE CAREER—IN WORDS AND PICTURES—
OF AMERICA'S GREATEST DISTANCE RUNNER.

By Tom Jordan

Occasionally, in the history of a sport, an athlete appears who captures the imagination and affection of the fans, an affection which lasts through success and failure, controversy and congratulation. Steve Prefontaine was such an athlete, and PRE! is the story of his exceptional career.

From Pre's athletic start as a 9th-grader in the small town of Coos Bay, Oregon, to his last race in front of "his people" in Eugene, Track & Field News writer Tom Jordan chronicles the rise of this running prodigy who, before his death, came to hold every American record from 2000 to 10,000 meters.

Relying greatly on those who knew Pre the athlete best—his friends, running rivals, and fans—PRE! captures as well something of the personal qualities of a runner who was idolized by some and dismissed as arrogant by others. Detailed, too, through reminiscence and 65 photos from throughout his career, is Prefontaine's unique relationship with the people of his adopted town of Eugene.

PRE! is a book for them, and for anyone who marvelled, during that special era, at the accomplishments of this magnificent athlete.

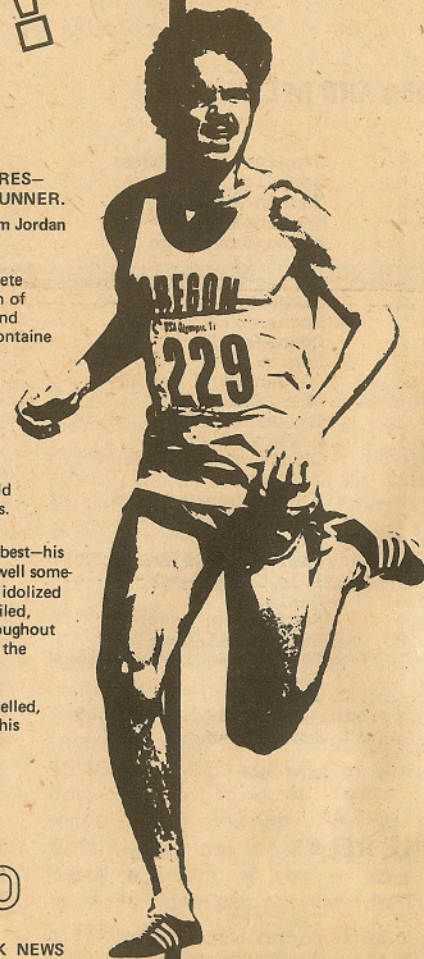
65 photos. Statistical appendix. 128 pages.



Send to: CALIFORNIA TRACK NEWS
1717 South Chestnut Ave.
Fresno, CA 93702

\$4.50

Add 50¢ for postage and handling; 6% tax for Calif. residents.



Whatever happened to Rich Kimball, the super high school distance runner of 1974?

Marty Dobbins, Baton Rouge, Louisiana.

Editors comment: Thanks for renewing. We have tried to gather information on the Assumma twins but have gotten no response from our repeated requests from Eisenhower High School.

Rich Kimball went to Oregon State following high school graduation. He was injured most of his freshman year and dropped out. He showed up a year latter at San Jose State sitting out his one year eligibility transfer rule. We are not sure what his status is right now but have reports that he has been getting back into running.

400 IH to DECATHLON

We enjoy your publication very much. Please renew our subscription. Did you know that Grant (Niederhaus) is now a decathlete. He had a fine 7312 at Santa Barbara in mid April. To pole vault 15-5 after only 4 months work on it I guess is pretty good. And, how many decathlons have you seen a 47.3 400 meters?

Kip Niederhaus, Pasadena

Editors note: We have had some exciting moments following Grant at Pasadena City College and UCLA and look forward to more good things to come in the decathlon.

SETTING IT STRAIGHT

I always thought that only the Pope and I were infallible. Now I see your esteemed fish wrapper his the Bay to Breakers cross city race listed for May 21. That was changed over a month ago from the original date in the AAU schedule to May 14th. You put out a first class rag and I am sure no one will hold it against you for messing up once.

Walt Stack, San Francisco

Mundie(2:24:47) @Culver City— 12-9-62.
Mal Robertson(2:27:12) @Culver City—
12-9-62. Gene Comroe(2:23:33) @Las
Vegas— 1-27-68. Doug Wiebe(2:23:45)
@Las Vegas— 1-27-68. Jose Barela(2
25:16) @Las Vegas— 5-12-68. Merle
McGee(2:26:08) @Culver City— 12-11-65

Peter Mundle, Venice

Here are some updates that you missed on the Marathon Top 100 in the March issue...don't know if you count resident foreigners or not, but I've listed Mejia. You did count Maxwell, so guess you do count foreign residents:
Alvara Mejia (2:17:21) in 1971.
Jim Bowles (2:19:25) in 1975 at Boston.

Jack Leydig (2:25:15) in 1972 at Boston.

Jack Leydig, San Mateo

Marathon list additions for the Top 100 All Time California ranking:
Ed Mendoza (2:14:13) in 1975 at the Fiesta Bowl in Phoenix.
Chuck Hattersley (2:26:39) in 1976 at the Mission Bay Marathon.
New marks after January 1, 1978:
Rory Trup (2:22:54) at MB.
Tom Lux (2:23:30) at MB.

Bob Larsen, El Cajon

In response to your plea for additions and corrections to your California Top 100 Marathons list published in your March issue, I have come up with the following: Bill Clark(WVTC) 1972 a 2:22:38 — location unknown. Mitch Kingery(San Carlos HS) 1973 a 2:23:47 at the West Valley Marathon.

Dave Larson, Berkeley



Send to: CALIFORNIA TRACK NEWS
1717 South Chestnut Ave.
Fresno, CA 93702

Add 50¢ for postage and handling; 6% tax for Calif. residents.

LK Publications

The Field Events

Quality Books

Wilkins vs. Powell: A Comparative Study "Europe's Choice"

The Linear Approach to the Discus "Highly Reviewed"

Fundamentals of Pole Vaulting 18' "The Vaulters Favorite"

Triple Jump Encyclopedia "The Definitive Study"

Sequence Strips

The original 'Phil Bath' ultra-high speed laminated photo sequences of the world's best.

Films

All events. Cartridges, loops, reel to reel in super 8, 16 mm. Discount available.

(Coed) Field Event Camps (Coed)

Phoenix (June 8-10)	San Diego (June 16-18)	Orange County (June 20-22)	Los Angeles (June 24-26)
------------------------	---------------------------	-------------------------------	-----------------------------

EVENTS: SP-DISC,PV,LJ—TJ,HJ,Sprints-Hurdles

STRUCTURE: 3 days, 5 hrs. daily, COST: \$55., includes ins.

Coaches discount—Bring two athletes and you participate free.

STAFF: E.Bullard, San Jose State Head Coach; J.Powell, two-time Olympian; J. Tansley, Glendale CC, Olympic Dev. Camp Clinician; B.Slover, 17'7" vaulter and Del Mar H.S.(Ca.) coach

For information including motel accomodations write ...

LK Publications, 5654 Park Oak Pl., Los Angeles, Ca., 90068

January 15. Napa. Napa Valley PA-AAU

20km Championships

1) Jim Nuccio (WVTC)	1:03:58.7
1) Brian Maxwell (BASC)	1:03:58.7
3) Mike Emery (AGRC)	1:04:28
4) Pete Sweeney (AGRC)	1:05:22
5) Jan Sershen (ETC) 1S	1:05:41
6) Dave Vellequette (CAL)	1:05:58
7) Bill Clark (WVTC) 2S	1:07:09
8) Darryl Beardall (DIRT) 1M1	1:07:41
9) Ernie Rivas (un)	1:07:55
10) Atkins Chun (un)	1:08:01
11) Dean Breest (ATC)	1:08:35
12) Kim Schaurer (TAM)	1:08:59
13) Jim Tracy (ETC)	1:09:20
14) Bob Darling (ETC)	1:09:24
15) Brian Tracy (AGRC)	1:09:28
16) Robert Welleck (WVJS) 2M	1:09:52
17) Greg Jewett (un) 3S	1:09:56
18) Mike Wheeler (LMJS)	1:10:08
19) Mike Panelli (PMK)	1:10:18
20) Jim Bowles (WVTC)	1:10:25
21) Jeff Wall (un) 4S	1:10:42
22) Chris Hamer (WVTC)	1:10:54
23) Mike Conroy (WVTC) 5S	1:10:57
24) Kees Tuinzing (TAM) 6S	1:11:06
25) Doug Butt (WVTC) 7S	1:11:22
30) Kent Guthrie (WVJS) 3M	1:12:36
37) Gerry Haslem (DIRT) 4M	1:13:21
41) Jim Nicholson (PMK) 5M	1:13:43
92) Karen Pascoe (Sund) 1W	1:25:04
102) Barbara Magid (TAM) 2W	1:28:27
108) Mary Healy (WOTR) 3W	1:29:45
WVTC 5:43:48, Excelsior 5:48:14,	
Aggie RC 5:54:51. /Mark Proteau	

RESULTS

March 15: Idaho State at Hayward State.

IDAHO STATE 100, CAL STATE HAYWARD 62

100 - Wright (I) 10.7; Cranor (I) 11.0; Coriker (CSUH) (H) 11.1.
 200 - Wright (I) 21.6; Austin (I) 22.1; Cranor (I) 22.2.
 400 - Austin (I) 48.4; Marshall (I) 49.5; Tullock (I) 49.7.
 800 - Wilson (I) 1:53.6; Ward (H) 1:53.9; Smith (I) 1:54.4.
 1,500 - Diaz (I) 3:53.3; Bell (I) 3:54.6; Molina (H) 3:55.2.
 5,000 - Bell (I) 15:29.8; Embody (H) 15:37.1; Diaz (I) 15:49.8.
 100 IH - Wright (I) 14.1; Kuzma (I) 14.8; White (H) 15.1.
 400 IH - Kuzma (I) 54.0; Kimmell (I) 56.2; Wigton (56.4).
 3,000 SC - Bartholomew (H) 10:15.0; Holstein (I) 10:20.2; Hiller (H) 10:53.6.
 400 relay - Idaho State, 41.6; Hayward 43.7.
 1,600 relay - Idaho State 3:19.8; Hayward 3:24.9.
 PV - Reitz (H) 15.6; Lee (I) 15.0.
 HJ - Haber (H) 6-10; Wright (H) 6-10; Powell (I) 6-10; Jenkins (H) 6-10.
 LJ - Garner (H) 22-7; Tullock (I) 21-4 1/4; Gomes (H) 21-2 3/4.
 TJ - Garner (H) 47-9 1/4; Daljogo 47-7 3/4; Powell (I) 42-11.
 SP - Palkovic (I) 53-9 1/2; Williams (H) 53-9; Austin (I) 45-10 1/2.
 Dis - Austin (I) 151-1; Williams (H) 150-10; Smith (I) 133-10.
 Hammer - Sawyer (H) 190-8; Lee (H) 153-0; Marinelli (H) 129-5.
 Javelin - Leichfuss (I) 174-7; Carrazzi (H) 168-11; Brodie (H) 148-7 1/2.

/James Day/

March 25. J.C. Invitational Women Track & Field Meet at Edwards Stadium

Javelin:

1) Sundby (Foothill)	123-9
2) Brandlin (MontPenn)	123-0
3) Jones (MontPenn)	118-9

Long Jump:

1) Hunerlack (Butte)	17-1 1/2
2) Ferreira (Cabrillo)	16-11 1/2
3) Ingals (MontryPenn)	16-9 1/2

Shot Put:

1) Wessel (Modesto)	42-8 1/2
2) Garcia (Cabrillo)	39-7
3) Jones (MontryPenn)	38-1 1/2

400m Relay:

1) Alameda	49.0
2) Yuba	50.4
3) Butte	51.3

1500m:

1) Robinson (SanJoaqDelta)	4:54.7
2) Cooper (MontryPenn)	4:57.9
3) Nielson (Butte)	4:58.6

High Jump:

1) Bordenkircher (Yuba)	5-3
2) Ferreira (Cabrillo)	4-7
2) Matthews (MtryPenn)	4-7

Discus:

1) Jones (MntryPenn)	125-7
2) Wessell (Modesto)	121-3
3) Eckern (Sierra)	116-10

5000m:

1) English (MntryPenn)	18:13.4
2) Young (MntryPenn)	18:37.8
3) Dobbs (Foothill)	19:09.2

100m Hurdles:

1) Boone (Alameda)	14.6
2) Hunnerlack (Butte)	15.6
3) Aufdermuer (Modesto)	15.6

Distance Medley:

1) Modesto	10:19.0
------------	---------

Women's 440 Yd Relay:

1) Yuba	51.0
---------	------

100m:

1) L. Wilson (Marin)	11.0
----------------------	------

Javelin:

1) S. Lawry (SR)	193-3
------------------	-------

Sprint Medley:

1) Santa Rosa	3:34.7
---------------	--------

Women's Long Jump:

1) A. Bess (Marin)	15-8
--------------------	------

2 Mile Relay:

1) Alan Hancock	7:54.2
-----------------	--------

Pole Vault:

1) T. McDonald (SR)	15-6
---------------------	------

Triple Jump:

1) P. Bates (CSM)	47-0 1/2
-------------------	----------

5000m:

1) P. Mello (CSM)	14:51.7
-------------------	---------

Women's Mile Relay:

1) Yuba	4:08.2
---------	--------

Discus:

1) D. Albritton (SR)	153-7
----------------------	-------

Women's 2 Mile Relay:

1) Yuba	10:17.0
---------	---------

880 Yd Relay:

1) San.Mateo	1:29.8
--------------	--------

Shuttle Hurdles:

1) San Mateo	59.1
--------------	------

Women's 1500m:

6TH IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS
 BELLAHOUSTON PARK - GLASGOW, SCOTLAND
 MARCH 25, 1978

Senior men - 12,300 meters

1. John Treacy (Ireland), 39:25
2. Aleksandr Antripov (USSR), 39:28
3. Karel Lismont (Belgium), 39:23
4. Tony Simmons (England), 39:51
5. Guy Arbogast (USA), 39:52
6. Craig Virgin (USA), 39:54
7. Nat Muir (Scotland), 40:00
8. Franco Fava (Italy), 40:03
9. Enn Sillick (USSR), 40:08
10. Pierre Luvisse (France), 40:10

also:

20. Gregg Meyers (USA), 40:33
29. Jeff Wells (USA), 40:47
44. Bill Rodgers (USA), 41:20
52. Mike Roche (USA), 41:35
72. Marc Hunter (USA), 42:08
73. Charlie Vigil (USA), 42:10
99. Randy Thomas (USA), 42:54

Teams

1. France - 151 points
2. United States - 156
3. England - 159
4. Soviet Union - 169
5. Belgium - 175

Women - 4728 meters

1. Grete Waitz (Norway), 16:19
2. Natalia Maracescu (Romania), 16:49
3. Maricica Puica (Romania), 16:59
4. Julie Shea (USA), 17:12
5. Cornelia Buerki (Switzerland), 17:13
6. Monika Greschner (W. Germany), 17:14
7. Jan Merrill (USA), 17:17
8. G. Gazibara (Romania), 17:18
9. Joyce Smith (England), 17:23

King City. 1978 King City Invitational--Varsity

100 Yd Dash:

1) Andre Wilkes (S.Cruz)	10.0
--------------------------	------

220 Yd Dash:

1) Andre Wilkes (S.Cruz)	22.6
--------------------------	------

440 Yd Dash:

1) Robert East (Soquel)	51.3
-------------------------	------

880 Yd Run:

1) Benny Trujillo (Gil)	1:58.6
-------------------------	--------

Mile Run:

1) Ken Holliday (Gilroy)	4:27.0
--------------------------	--------

2 Mile:

1) Ken Holliday (Gilroy)	9:35.6
--------------------------	--------

120 HH:

1) Noel Lederman (Clovis)	14.7
---------------------------	------

330 Low Hurdles:

1) Victor Solomon (Cabr.)	39.4
---------------------------	------

440 Yd Relay:

1) Overfelt (Monroe, Darby, Owens, Taylor)	44.2
--	------

Mile Relay:

1) Overfelt (Gines, Owens, Monroe, Taylor)	3:30.3
--	--------

Discus:

1) Tom Peterson (NorCal)	165-0
--------------------------	-------

Long Jump:

1) Mickey Scott (Cabr.)	21-9 1/2
-------------------------	----------

Shot Put:

1) Mike Walker (Lompoc)	55-4 1/2
-------------------------	----------

High Jump:

1) Marvin Fernandes (AndHl)	6-10 1/2
-----------------------------	----------

Pole Vault:

1) J. D. Wells (KingCity)	14-5
---------------------------	------

Triple Jump:

1) Clyde Frost (Clovis)	46-1
-------------------------	------

Gilroy 23, Cabrillo & Overfelt 21, Clovis 20, Live Oak 15, Soquel 14 1/2, Lompoc 11.

March 24,

SOUTHERN CALIFORNIA RELAYS

At Fullerton College

DIVISION ONE: RELAYS: 440-Fullerton, 42.2; Long Beach, 42.6; 880-Long Beach, 1:27.8; Fullerton, 1:38.3; LACC, 1:28.4. MILE-Long Beach, 3:21.3; Fullerton, 3:22.1. FOUR MILE-Long Beach, 17:50.9. SPRINT MEDLEY-Pierce, 3:35.0; Fullerton, 3:36.5. DISTANCE MEDLEY-LACC, 10:29.6. SHUTTLE HURDLES-Pasadena, 61.0; Fullerton, 61.7; El Camino, 61.9. HJ-Briscoe (LACC), 6-10; Nordquist (F), 6-8; Boyd (F), Young (LBCC), 6-6. TJ-Davis (LACC), 47-11 1/2; Richards (P), 46-1. SP-Johnson (F), 56-8. DT-Mondeno (F), 142-5. JT-Vanos (F), 182-8.

TEAM SCORES-Fullerton, 95 1/2; Long Beach, 59 1/2; LACC, 57; Pierce, 20 1/2; El Camino, 28; Pasadena, 25; Mt. San Antonio, 21 1/2; Orange Coast, 11.

DIVISION TWO: RELAYS: MILE-SD Mesa, 3:21.7; Bakersfield, 3:22.1; Cerritos, 3:22.8. TWO MILE-Bakersfield, 8:10.5. FOUR MILE-Grossmont, 17:44.9; Bakersfield, 18:01.7. SPRINT MEDLEY-Grossmont, 3:36.4; SD Mesa, 3:36.9; Cerritos, 3:36.9. SHUTTLE HURDLES-Cerritos, 62.0; Grossmont, 62.0.

HJ-Reinhart (SDM), Christianson (B), 6-8 1/2; Wallace (G), Finney (G), Murphy (G), Valentine (Cer), 6-6 1/2. PV-Baucke (Cyp), 15-6; Hunt (B), 15-0. LJ-Farmer (SM), 23-9; Michols (B), 23-0 1/2. TJ-Young (G), 46-2 3/4; Murphy (Cer), 46-1 1/2. SP-Stewart (Cyp), 53-5 1/2. DT-Leffow (G), 166-3; Stewart (Cyp), 157-0; Davis (RH), 149-7. JT-Croft (G), 213-0; Campbell (Cer), 190-7.

TEAM SCORES-Grossmont, 90 3/4;

1) Alameda	49.0
2) Yuba	50.4
3) Butte	51.3
1500m:	
1) Robinson (SanJoaqDelta)	4:54.7
2) Cooper (MontryPenn)	4:57.9
3) Nielson (Butte)	4:58.6
High Jump:	
1) Bordenkircher (Yuba)	5-3
2) Ferreara (Cabrillo)	4-7
2) Matthews (MtryPenn)	4-7
Discus:	
1) Jones (MntryPenn)	125-7
2) Wessell (Modesto)	121-3
3) Eckern (Sierra)	116-10
5000m:	
1) English (MntryPenn)	18:13.4
2) Young (MntryPenn)	18:37.8
3) Dobbs (Foothill)	19:09.2
100m Hurdles:	
1) Boone (Alameda)	14.6
2) Hunnerlack (Butte)	15.6
3) Aufdermauer (Modesto)	15.6
400m:	
1) Partida (Yuba)	57.5
2) Kesterson (Yuba)	57.7
3) Ingalls (MntryPenn)	60.9
100m:	
1) Ramierez (Modesto)	12.4
2) Horrill (Alameda)	12.5
3) McFarlane (Yuba)	12.6
800m:	
1) Papas (Yuba)	2:26.3
2) Midtredt (Foothill)	2:30.3
3) Cooper (MntryPenn)	2:32.8
400m Hurdles:	
1) Hunerlack (Butte)	63.6
2) Aufdermauer (Modesto)	64.9
3) Clark (Butte)	70.1
200m:	
1) C. Johnson (Alameda)	25.5
2) Bradley (Butte)	26.5
3) Ingalls (MntryPenn)	26.5
1600m Relay:	
1) Yuba College	4:04.00
2) Alameda	4:10.4
3) Monterey Penninsula	4:16.4
3200m Relay:	
1) Monterey Penninsula	10:46.4
2) Cabrillo	11:49.2
March 23. Santa Rosa. 1978 Marin/Santa Rosa Relays	
Women's 100m Hurdles:	
1) S. Edwinton (CSM)	13.7
3000m Steeplechase:	
1) Pincom (CSM)	9:29.4
Shot:	
1) N. Ayala (SR)	53-4½
440 Yd Relay:	
1) San Mateo	42.9
110m HH:	
1) G. Bliss (CSM)	15.0
Women's 100m:	
1) J. MacFarlane (Yuba)	13.0
High Jump:	
1) M. Barney (AH)	6-8½
Women's Javelin:	
1) S. Cortez (Marin)	102-3
400m IH:	
1) T. Taylor (Yuba)	56.4
Long Jump:	
1) E. Marchbanks (SR)	22-11

Sprint Medley:	
1) Santa Rosa	3:34.7
Women's Long Jump:	
1) A. Bess (Marin)	15-8
2 Mile Relay:	
1) Alan Hancock	7:54.2
Pole Vault:	
1) T. McDonald (SR)	15-6
Triple Jump:	
1) P. Bates (CSM)	47-0½
5000m:	
1) P. Mello (CSM)	14:51.7
Women's Mile Relay:	
1) Yuba	4:08.2
Discus:	
1) D. Albritton (SR)	153-7
Women's 2 Mile Relay:	
1) Yuba	10:17.0
880 Yd Relay:	
1) San Mateo	1:29.8
Shuttle Hurdles:	
1) San Mateo	59.1
Women's 1500m:	
1) C. Sakelarios (CSM)	5:15.3
Mile Relay:	
1) Santa Rosa	3:22.7
Santa Rosa 108½, San Mateo 102, Alan Hancock 48½, Marin 42, Yuba 38, Modesto 31.	/Dave Shrock/

March 26. Lake Merced Masters Race

1) Robert Wellock	40	25:52
2) Ralph Bowles	41	26:09
3) Kent Guthrie	41	26:31
4) Jim O'Neil	52	26:33
5) Gerald Haslam	41	27:26
6) Vince Spanger	40	27:53
7) B. Carradine	44	27:59
8) Paul Holmes	41	28:03
9) Norm McAbee	45	28:11
10) T. Pearce	45	28:24
11) Bill Bugler	42	28:45
12) Myron Nevraumont	43	28:51
13) Ted Wilson	40	28:52
14) Paul Hohe	40	29:00
15) James Nicholson	47	29:02
16) Rich Keene	40	29:22
17) Tim E. Treacy	45	29:31
18) Harold Moss	42	29:33
19) Warren Moorman	42	29:38
20) Rich Mueller	52	29:43
21) Marvin Winer	40	29:44
22) Bob Esquire	41	30:02
23) Richard Houston	56	30:13
24) Don Pickett	50	30:15
25) Philip Spiekerman	42	30:16
26) Siegfried Mattarn	41	30:17
27) Bill Hitch	44	30:24
28) Earl Norgard	41	30:32
29) Paul Spangler	40	30:33
30) Tokihiko Suychiro	45	30:36
44) Sue Stricklin	40	31:37
69) Ruth Anderson	48	32:40
81) J. Kayser-Jones	42	33:41
88) Ruth Waters	44	33:57
128) Ruth Dettering	51	37:28
144) Else Tuihzing	56	39:35

/Jack Bettencourt/

1. France - 151 points
2. United States - 156
3. England - 159
4. Soviet Union - 169
5. Belgium - 175

Women - 4728 meters

1. Grete Waitz (Norway), 16:19
2. Natalia Maracescu (Romania), 16:49
3. Maricica Puica (Romania), 16:59
4. Julie Shea (USA), 17:12
5. Cornelia Buerki (Switzerland), 17:13
6. Monika Greschner (W. Germany), 17:14
7. Jan Merrill (USA), 17:17
8. G. Gazibara (Romania), 17:18
9. Joyce Smith (England), 17:23
10. Carmen Valero (Spain), 17:26

also:

11. Kathy Mills (USA), 17:27
15. Brenda Webb (USA), 17:36
23. Cindy Bremser (USA), 17:51
85. Judy Graham (USA), 19:47

Teams

1. Romania - 30 points
2. United States - 37
3. England - 55
4. West Germany - 85
5. Poland - 122

Junior men - 7036 meters

1. Mick Morton (England), 22:57
2. Rob Earl (Canada), 23:10
3. F. Alario (Spain), 23:11
4. C. Esparcia (Spain), 23:12
5. R. Carroll (Ireland), 23:14
6. A. Pasarjuka (USSR), 23:15
7. V. Zinovetz (USSR), 23:20
8. K. Dillon (Canada), 23:22
9. M. Depauwe (Belgium), 23:23
10. Rob Berry (USA), 23:24

also:

25. Paul Schultz (USA), 23:48
37. Kevin Byrne (USA), 24:06
38. Jeff Milliman (USA), 24:06
54. Tim O'Neil (USA), 24:42
55. Steve Ferri (USA), 24:42

Teams

1. England - 53 points
2. Canada - 53
3. Spain - 54
4. Soviet Union - 60
5. Belgium - 72

(LACC), 6-8. T.J. Davis (LACC), 47-11½; Richards (P), 46-1. SP—Johnson (F), 56-8. DT—Mondeno (F), 142-5. JT—Vanos (F), 182-8.
 TEAM SCORES—Fullerton, 95½; Long Beach, 59½; LACC, 57; Pierce, 28½; El Camino, 28; Pasadena, 25; Mt. San Antonio, 21½; Orange Coast, 11.
 DIVISION TWO: RELAYS: MILE—SD Mesa, 3:21.7; Bakersfield, 3:22.1; Cerritos, 3:22.8. TWO MILE—Bakersfield, 8:10.5. FOUR MILE—Grossmont, 17:44.9; Bakersfield, 18:01.7. SPRINT MEDLEY—Grossmont, 3:36.4; SD Mesa, 3:36.9; Cerritos, 3:36.9. SHUTTLE HURDLES—Cerritos, 62.0; Grossmont, 62.0.
 HJ—Reinhart (SDM), Christianson (B), 6-8½; Wallace (G), Finney (G), Murphy (G), Valentine (Cer), 6-6½. PV—Baucke (Cyp), 15-6; Hunt (B), 15-0. LJ—Farmer (SM), 23-9; Michols (B), 23-0¾. TJ—Young (G), 46-2¾; Murphy (Cer), 46-1½. SP—Stewart (Cyp), 53-5½. DT—Lettow (G), 166-3; Stewart (Cyp), 157-0; Davis (RH), 149-7. JT—Croff (G), 213-0; Campbell (Cer), 190-7.
 TEAM SCORES—Grossmont, 90¾; Bakersfield, 73; Cerritos, 61¾; SD Mesa, 37; Cypress, 22; Santa Monica 13; San Bernardino, 8; East LA, 4; Rio Hondo, 3¾.
 /Vern Gambetta/

April 1, Sacramento Relays.

RESULTS

Four mile relay — 1. Occidental College, 17:18.8; 2. U.C. Davis, 17:25.9; 3. UN Reno, 17:29.0.
 Javelin — 1. Mikellson, UN Reno, 65.90 meters; 2. Coch, UN Reno, 64.76; 3. Galati, So. Oregon, 62.34.
 Sprint medley — 1. West Valley TC, 3:29.3; 2. Hayward, 3:30.0; 3. So. Oregon, 3:34.4.
 Hammer — 1. Dave McKenzie, unatt., 61.12 meters; 2. Bishop Dolegiewicz, Canada, 55.74; 3. Mark Sawyer, Hayward, 54.40.
 3000 meter steeplechase — 1. Ken Hammer, Humboldt, 9:18.5; 2. Roy Hognlund, UC Davis, 9:28.3; 3. AM. Everest, UC Davis, 9:38.5.
 110 hurdles — 1. Tony Bolden, WVTC, 14.8; 2. Clarence Rapids, BAS, 15.0; 3. Norman Thurman, SFS, 15.0.
 800 meter relay — 1. Bay Area Striders, 1:27; 2. West Valley TC, 1:28.6; 3. San Francisco State, 1:29.
 100 meter — 1. Darrell Smith, SSU, 10.8; 2. Cyril Lewis, UN Reno, 10.8; 3. Johnny Ware, Cosumnes, 10.8.
 Shop put — 1. Bishop Dolegiewicz, Canada, 19.40 meters; 2. Doll, Hayward, 17:36; 3. Johnson, Hayward, 16.50.
 5000 run — 1. Kelly Jensen, Unatt., 14:36.3; 2. Glen Borland, Humboldt, 14:40.4; 3. Cordis, Fresno Pacific, 14:44.2.
 Long jump — 1. Marion Anderson, WVTC, 7.31 meters; 2. Skip Peterson, WVTC, 7.31; 3. Joe Siiva, BAS, 7.23.
 400 meter relay — 1. Bay Area Striders, 41.2; 2. Hayward, 41.9; 3. San Francisco State, 42.0.
 High jump — 1. Dave Haber, Hayward, 2.15 meters; 2. Larry Wright, Hayward, 2.03; 3. Sid Tevis, SSU, 2.03.
 Two-mile relay — 1. Fresno Pacific, 7:58.6; 2. West Valley TC, 8:02.3.
 1600 meter relay — 1. Bay Area Striders, 3:16.4; 2. Hayward, 3:17.4; 3. West Valley TC, 3:18.
 Triple Jump — 1. Doug Garner, Hayward, 14.65 meters; 2. Van Fendyan, WVTC, 14.57; 3. Rudy Pearson, Fresno Pacific, 14.39.
 Discus — 1. Dan Garner, Maccabi TC, 56.49 meters; 2. Bishop Dolegiewicz, Canada, 56.44; 3. Tony Williams, Hayward, 49.79.
 Pole Vault — 1. Jeff Gutteridge, BAS, 16-6; 2. tie, Steve Chappell, BAS and Jim Williams, BAS, both 16-0.
 /Vern Gambetta/

April 1. Rialto. 1st Annual Rialto Breakfast Lions Track & Field Invitational

Varsity Boy's Pole Vault:
 1) Mark Van Buren(Arc) 13-0
 Varsity Girls 100m LH:
 1) Marlene Harmon (TO) 14.86
 2) Liz Robinson(AntVly) 15.86
 Varsity Girls 3000m:
 1) Tracy Dede (AntelVly) 11:17.5
 2) Jean McLaughlin(TO) 11:32.61
 Varsity Girls 400m Relay:
 1) Thousand Oaks 49.3
 2) Los Angeles Jordan 50.0
 Varsity Boys 400m Relay:
 1) Eisenhower 44.10
 Varsity Girls 800m:
 1) Valerie Ross(W.Torr) 2:20.59
 2) Laural Mazik (Redlnds) 2:21.66
 3) Frances Kerri(Duarte) 2:21.70
 Varsity Boys 800m:
 1) Tom Engle (Redlands) 2:00.28
 Varsity Girls High Jump:
 1) Carolyn Zeller (Redl) 5-2
 Varsity Girls Shot Put:
 1) Annie McElroy (Pacific) 38-5
 Varsity Girls Long Jump:
 1) Jeneau (Lynwood) 17-7 1/2
 2) Shirley Smith (Jordan) 17-4 1/2
 Varsity Boys Long Jump:
 1) Ken Fowler (Fontana) 23-1 1/4
 2) Robert Bronson(Lynwood) 22-6 3/4
 Varsity Boys Shot Put:
 1) Marnati (Bloomington) 52-1
 2) Jeff Brown (Grossmont) 51-8 1/2
 Varsity Boys High Jump:
 1) Vance Jackson (Eisenh) 6-2
 2) Dennis Turner (Eisenh) 6-2
 Varsity Girls 100m:
 1) Linda Cassidy (W.Torr) 12.29
 2) Terri Black (LosAngJor) 12.32
 Varsity Boys 100m:
 1) Rod Schenck (LosAngJor) 10.73
 Varsity Boys 110m HH:
 1) Gary Dawson (SanBernar) 14.84
 Varsity Girls 1500m:
 1) Jean McLaughlin (TO) 5:18.76
 2) Michelle Gaiehi (Pacif) 5:19.5
 Varsity Boys 1500m:
 1) Burt Shirley (NotreDm) 3:57.55
 2) Dave Daly (Foothill) 4:02.2
 3) Farron Fields (GranHl) 4:02.8
 Varsity Girls 400m:
 1) Linda Cassidy (W.Torr) 59.17
 2) Verta Guyness(Redlands) 1:00.29
 Varsity Boys 400m:
 1) Demetrius Cook(SanBer) 51.14
 Varsity Girls Distance Medley:
 1) Antelope Valley 13:20.57
 2) Arcadia 13:25.04
 3) Redlands 13:27.87
 Varsity Boys Triple Jump:
 1) Rodell Ward (Duarte) 43-1 1/2
 Varsity Boys 300m LH:
 1) Jim-Schulte (Foothill) 38.7
 2) Darren Cooper (Fontana) 38.7
 Varsity Girls 200m:
 1) Pat Phipps (ThousOaks) 26.44
 2) Cecil Poppen (ThsOks) 26.59
 Varsity Boys 200m:
 1) Anthony Gibson (SanFern) 23.02
 Varsity Boys 3000m:
 1) Chuck Assumma (Eisen) 8:25.07
 2) Jeff Hildebrandt(Ore) 8:28.03
 3) Carlos Carrasco (SL) 8:31.29

April 1. Cal Invitational Women's Track & Field Meet

Javelin:
 1) Sulinski (Hayward) 178-6
 2) Van Betham (USC) 144-1
 3) Bruder (UCLA) 122-0
 Shot Put:
 1) Sulinski (Hayward) 41-1 1/2
 2) Mann (UCLA) 38-6 3/4
 3) Walker (UCLA) 36-7 1/4
 High Jump:
 1) Oshikoya (UCLA) 5-7 1/2
 2) Lendle (USC) 5-6
 3) Remmling (UCLA) 5-6
 1500m:
 1) Ralston (UCLA) 4:45.6
 2) Roberson (UCLA) 4:51.6
 3) Hjelte (Cal) 5:06.5
 400m:
 1) Hendy (UCLA) 58.2
 2) Woods (Cal) 59.8
 3) Hopwood (UCLA) 60.0
 Long Jump:
 1) Oshikoya (UCLA) 19-4
 2) Elmore (Cal) 18-9
 3) Gourdine (UCLA) 18-4 3/4
 Discus:
 1) Duthie (Cal) 115-9
 2) Mansfield (Cal) 111-11
 3) Linde (Cal) 108-1
 400m Relay:
 1) UCLA 48.5
 2) Hayward 49.0
 100m Hurdles:
 1) Gourdine (UCLA) 14.9
 2) Ray (Hayward) 15.3
 3) Pickel (Hayward) 15.9
 100m:
 1) Ashford (UCLA) 11.4
 2) Douglas (USC) 11.7
 3) Nickson (Hayward) 11.9
 800m:
 1) Keyes (UCLA) 2:13.2
 2) Chisam (UCLA) 2:16.6
 3) Rowden (USC) 2:27.6
 200m:
 1) Ashford (UCLA) 23.5
 2) Nickson (Hayward) 24.3
 3) Douglas (USC) 25.0
 5000m:
 1) Metteer (Cal) 16:56.4
 2) Broderick (UCLA) 17:05.6
 3) Heinmiller (UCLA) 17:16.2
 400m Hurdles:
 1) Winlock (Hayward) 61.7
 2) Lester (UCLA) 65.2
 3) Murphy (UCLA) 65.5
 3200m Relay:
 1) UCLA #1 9:39.8
 2) UCLA #2 9:44.6
 3) Hayward 10:01.4
 1600m Relay:
 1) Hayward 3:52.7
 2) UCLA #1 4:00.8
 3) USC 4:26.2
 UCLA 120, Hayward 66, Cal 42, USC 35.

April 1

UCLA 170, HAYWARD 66 CAL 42, USC 37

Javelin - Sulinsky (H), 178-6; Van Betham (USC), 144-1; Bruder (UCLA), 122-0; Crampton (USC), 109-7; Kenny (H), 99-7.
 Shot put - Sulinsky (A), 41-1 1/2; Mann (UCLA), 36-6 3/4; Walker (UCLA), 36-7 1/4.

April 1. San Luis Obispo. Women's Quadrangular Track Meet

800m Relay:
 1) CSULA (Mills, Rich, Millan, Bryant) 1:50.3
 2) Cal Poly Pomona (Hanagon, Wouters, Oreeson, Bergstrom) 2:23.2
 400 Yd Relay:
 1) CPSLO (Peters, Moore, Morrison, Upton) 50.1
 2) CS Bkfld (Halle, Martin, Anderson, Thomas) 54.5
 High Jump:
 1) Sue Boehner (CPP) 5-5 3/4
 2) Musfette McKinney (CPP) 5-2
 1500m:
 1) Jani Rouda (CPSLO) 4:41.1
 2) Margie Keyes (CPSLO) 4:43.1
 100m Hurdles:
 1) Sue Boehner (CPP) 15.5
 2) Dianna Martin (CSB) 17.3
 400m:
 1) Cynthia Mills (CSULA) 56.5
 2) Barbara Moore (CPSLO) 57.4
 Long Jump:
 1) Cynthia Mills (CSULA) 18-2 3/4
 2) Suzy Boehner (CPP) 18-1 1/2
 100m:
 1) Rosalyn Bryant (CSULA) 12.0
 2) Cynthia Mills (CSULA) 12.6
 800m:
 1) Molly Miller (CPSLO) 2:18.5
 2) Jani Rouda (CPSLO) 2:18.5
 Shot Put:
 1) Melody Rose (CSULA) 43-4 1/2
 2) Lori Landseadel (CSB) 39-6 1/2
 200m:
 1) Rosalyn Bryant (CSULA) 24.4
 2) Valaria Milan (CSULA) 25.1
 400m Hurdles:
 1) Dianna Martin (CSB) 1:09.7
 2) Ann Wessel (CPSLO) 1:10.3
 3000m:
 1) Eileen Kramer (CPSLO) 10:41.0
 2) Amber Pappé (CPSLO) 10:48.9
 Discus:
 1) Melody Rose (CSULA) 115-3
 2) Shelly Brown (CPSLO) 114-9
 2 Mile Relay:
 1) CPSLO (Keyes, Rouda, Walters, Miller) 9:54.0
 2) CPP (Janousek, Schauble, Dreesen, DeAnda) 10:58.0
 1 Mile Relay:
 1) CSULA (Lair, Rich, Milan, Rich) 4:06.2
 2) CPSLO (Moore, Reich, Weigel, Wessel) 4:33.3
 Javelin:
 1) Raedean Rona (CPP) 147-8
 2) Pam Pariza (CSB) 131-0

Cal State LA 83, Cal Poly SLO 81, Cal Poly Pomona 45, Cal State Bkfld 33.
 /Eddy Cadena/

photo by Diane Johnson

April 2. Lakeport. 1st Annual Clear Lake Marathon

Men's Open:
 1) Noel Lincicone (Reno) 29 2:39:28
 2) Ben Tucker (Oakland) 35 2:43:53
 3) James L. Hamlin (CtrsHts) 2:47:20
 4) Bruce Jones (Lkport) 27 2:48:31
 5) Kim Schaurer (MillVly) 27 2:50:29
 Women's Open:
 53) Daphne F. Dunn (SF) 31 3:28:55
 63) Laura Gerdson (Orinda) 16 3:37:23
 84) Karen T. Gallagher 31 3:54:43
 Men 40+:
 8) Douglas H. Latimer 40 2:53:20
 24) Don MacIntosh 3:05:10
 25) Paul R. Routelle 3:06:44
 /Bill Jones/

April 1. Arcata. Arcata Invitational Relays

Varsity--
 Shot Put:
 1) C. Brace (Brookings) 50-5 1/2
 120 HH:
 1) Purcell (Eureka) 14.8
 2 Mile Relay:
 1) Arcata 8:24.2
 High Jump:
 1) Sullivan (Sonoma) 6-4
 Long Jump:
 1) Trawick (Enter) 21-4 1/2
 100:
 1) Johnson (Enter) 10.1
 Distance Medley:
 1) Arcata 11:02.4
 440 Relay:
 1) Enterprise 45.1
 Triple Jump:
 1) Callihan (Fortuna) 45-3
 Pole Vault:
 1) Vaughn (Enterprise) 12-6
 330 LH:
 1) Bettrga (Fortuna) 40.8
 Mile Relay:
 1) Arcata 3:32.2
 Discus:
 1) Kelly (Hoopa) 145-4
 2 Mile Run:
 1) Williams (Arcata) 9:58.5
 Sprint Medley:
 1) Ukiah 3:44.5
 Arcata 60, Enterprise 49, Eureka 48, Chico & Ukiah 34, Fortuna 33, Brookings 28.
 /Chuck Ehlers/

April 1

DVC RELAYS At Pleasant Hill

400-meter hurdles—1. Andre Phillips (San Jose), 52.3 (Ties meet record set in 1977 by Hicks, Skyline); 2. Harris (Sequoias), 53.7; 3. Lockyer (Contra Costa), 53.9; 4. Amerson (Los Medanos), 54.2; 6. Winston (Laney), 54.9. 3,000-meter steeplechase—1. Frank Dauncey (Lassen), 9:16.2; 2. Harner (Sierra), 9:20.2. Distance medley relay—1. Sierra (Mike Doyle, Tim Graham, Dan Navarro, Greg Hitchcock), 10:10.0 (New meet record, old record 10:18.8 set by Monterey in 1972); 2. West Valley, 10:15.8. 440 relay—1. Laney (Tim Vaughn, Mark Kent, Steve Henderson, Elden Walker), 41.0 (New meet record, old record 41.5 set by San Jose 1977); 2.



April 1. Humboldt State vs. Chico State vs. So. Oregon State College--
Women

Javelin:

1) Shirey (Chico)	121-5
Long Jump:	113-7
1) Allen (SOSC)	16-8 1/2
Shot Put:	
1) Betham (Humboldt)	45- 1/2
Sprint Medley:	
1) HSU (Hollenback, Truwe, Costello, Craven)	1:54:00
High Jump:	
1) McQuillan (Chico)	5-2
Discus:	
1) Betham (HSU)	111-9 1/2
5000m:	
1) Grigsby (HSU)	18:21:07
440 Yd Relay:	
1) HSU (Hollenback, Snell, Truwe, Costello)	53:02
1500m:	
1) Sprague (Chico)	5:03:00
100m Hurdles:	
1) Hollenback (HSU)	18:01
400m:	
1) Short (SOSC)	1:02:02
100m:	
1) Carter (Chico)	13:01
800m:	
1) Hagerty (HSU)	2:29:04
400m Hurdles:	
1) Snell (HSU)	76:00
200m:	
1) Hollenback (HSU)	27:04
3000m:	
1) Hubuchon (Chico)	11:16:06
2 Mile Relay:	
1) Chico (Saiyodin-jad, Oberth, Sprague Struven)	11:37:00
1 Mile Relay:	
1) HSU (Grigsby, Hagerty, Costello, Craven)	4:13:01

Chico 80, HSU 62, SOSC 35 /Sandoz/

April 2. Davis. Buffalo Stampede 10 Mile & PA-AAU 50 Kilometer Championships on UC Davis Campus:

10 Mile

1) Wayne Badgley (33) (30-39 1) Sund	50:09
2) Peanut Harms (26) (0 1) Aggies	52:38
3) Bradley Brown (20) (0 2) Sund	53:06
4) Czerwomy Kaprys (21) (0 3) Aggies	53:16
5) Mark Proteau (25) (0 4) Aggies	53:37
6) Chris Otis (18) (13-19 1) Ophir	53:38
7) Erik Winje (24) (0 5) Southside St	53:51
8) Tony Baccelli (29) (0 6)	53:59
9) R. Dressendorfer (35) (30-39 2) Agg	54:23
10) Adam Ferreira (27) (0 7) Hein Har	54:34
11) Chris Little (16) (13-19 2)	54:36
12) Michael Garrett (22) (0 8)	54:38
13) Dirk Rohloff (22) (0 9)	54:39
14) Mike Conroy (33) (30-39 3) ETC	54:47
15) Jim O'Neil (52) (50-59 1) BC	54:57
16) John Sheehan (24) (0 10) WVTC	55:05
17) Jim Dietler (17) (13-19 3)	55:13
18) Dan Smolich (23) (0 11)	55:16
19) Frank Turner (18) (13-19 4)	55:23
20) Mike Souza (28) (0 12) BC	55:33
21) Walt Lange (35) (30-39 4) BC	55:50
22) -	55:52
23) Vince Spangler (40) (40-49 1) WVTC	55:57
24) Rick Edson (31) (30-39 5) BC	55:58
25) Kon Danz (20) (0 13) Sund.	56:23
26) Stan Winkley (18) (13-19 5)	56:29
27) Jack Betschart (19) (13-19 6) BC	56:42
28) Perry Linn (26) (0 14) (0 14) BC	56:50
29) Frank Krebs (35) (30-39 6) BC	56:57
30) Terry Casey (27) (0 15) ETC	57:12
31) Mark Driscoll (31) (30-39 7)	57:13
32) Mike Catlin (26) (0 16) Aggies	57:14
33) Ross Smith (50) (50-59 2) WVJS	57:19
34) William Diaz (19) (13-19 7) Aggies	57:19
35) Earl Hardy (23) (0 17) Hein Har	57:24
36) Walt Howard (40) (40-49 2) BC	57:29
37) G. Vredenburg (34) (30-39 8) BC	57:33
38) Rick Vandertie (27) (0 18) SDTC	57:45
39) Joe Maher (31) (30-39 9) Tamalpa	57:59
40) Dan Moore (36) (30-39 10) LVRC	58:04

50 Kilo

1) Jim Howard (23) GW	3:05:41
2) Bob Cooper (23) WDS	3:06:10
3) Darryl Beardall (41) Tam	3:09:24 M
4) Jeff Wall (35) Excel (SM)	3:11:13
5) Jim Bowles (28) WVTC	3:13:25
6) Bob Coleman (29) un	3:15:54
7) Bruce LaBelle (22) ARC	3:22:44
8) Bob Bunnell (27) Tam	3:25:22
9) Marc Hoschlar BuffCh	3:28:01
10) Kevin Kirby (21) ARC	3:28:43
11) Bob Hedges (32) BC (SM)	3:29:15
12) Doug Peck (23) WDS	3:31:21
13) Dennis Rinde (19) OP	3:31:51
14) Gene Schaumberg (38) (SM)	3:33:51
15) Ross Rowley (29) Sund	3:36:27
16) V.I. Wexner (35) SWEAT	3:43:10 SM
17) Luis Sandoval (21) WDS	3:43:27
Chris Hamer (19) WVTC	3:43:27
Mike Williams (25) Soq	3:43:27
20) Glenn Bailey (30) (SM)	3:45:14
28) Caron Schaumberg (36) ER	4:03:09 W
43) Karen Stok (18) WDS	5:06:36 W
46) Helene Eisenbud (33) SS	6:00:32 W
47) Carol Walker (27) un	6:00:35 W

/Abe Underwood/

April 8. San Mateo. CSM Nor-Cal Invitational--Men's Division at College of San Mateo

10,000m:

1) Paul Mello (CSM)	30:15.9
2) Joaquin Leano (P)	30:28.6
3) Tim Farrell (ARC)	30:58.0
4) Tim Minor (MPC)	31:18.3
5) Juan Garza (Seq)	31:45.1
440 Relay:	
1) SJ (Anderson, Lewis, Jackson, Rachal)	40.1
2) L (Vaughn, Henderson, Walker, Kent)	40.5
3) CCC (Hill, Perry, Larry, Glover)	41.4
1500m:	
1) Mike McQueeney (DAC)	3:54.7
2) Mike Brown (ARC)	3:54.8
3) Mike Wright (Sol)	3:55.0
4) Steve Lacey (M)	3:55.6
110m HH:	
1) Gordon Bliss (CSM)	14.6
2) Keith Harris (Merr)	14.8
110m HH-Championship Div:	
1) Bill Dorvall (B)	14.1
2) Lawrence Hill (CCC)	14.8
3) Keith Sturdivant (WVC)	14.8
400m:	
1) Elden Walker (L)	46.7
2) Fred Harvey (SJ)	47.8
3) Pat Holecombe (SJ)	47.8
100m--Champ. Div.:	
1) Ernest Lewis (SJ)	10.3
2) Ronnie Anderson (SJ)	10.3
3) Willie Jackson (SJ)	10.5
800m--Champ. Div:	
1) Dan Navarro (Sie)	1:51.0
2) Jeff Maxwell (Sky)	1:51.5
3) Dave Emery (Cha)	1:51.8
4) Matt Dowling (DVC)	1:52.4
5) Ron Haynes (CCSF)	1:52.7
6) Swift Katepa (Seq)	1:52.8
400 IH--Champ. Div:	
1) Bill Dorvall (B)	52.2
2) Andre Phillips (SJ)	52.2
3) Floyd Harris (Seq)	53.7
200m--Champ. Div:	
1) Ernest Lewis (SJ)	20.8
2) Elden Walker (L)	20.8
3) Eugene Rachal (SJ)	21.1
4) Willie Jackson (SJ)	21.1
5) Mark Kent (L)	21.3
5000m:	
1) Bill Hurst (Mod)	14:42.4
2) Doug Avrit (WVC)	14:51.2
3) Rich Pincombe (CSM)	14:57.8
4) Mike Galigan (Y)	15:04.8
5) Greg Hitchcock (Sie)	15:06.0
Mile Relay--Champ. Div:	
1) SJ (Phillips, Johnson, Harvey, Holcombe)	3:13.3
2) Foothill (Chepkwony, Kramer, Villarreal, Key)	3:18.4
Long Jump:	
1) Paul Bates (CSM)	22-9 3/4
2) Adrian Richardson (Mod)	22-8 1/2
3) Willie Alexander (F)	22-5 1/2
Javelin:	
1) Joe DiRegolo (Cha)	195-8
2) Doug Hart (SJ)	190-3
3) Robert Juntz (Cha)	190-3
Pole Vault:	
1) Jerry Mulligan (WVC)	17-2 3/4
2) Kim Black (CSM)	16-7 1/2
Shot Put:	
1) Greg Tafalis (Sky)	55-6 3/4

100 m hurdles - 1. Anderson (CSUN) 14.8 (SCAA record; old record 15.0, Monteforte, CSUN, 1977); 2. Morris (UCSB) 15.3; 3. Boehner (CPP) 15.5; 4. Russell (UCSB) 15.7; 5. Niles (UCSB) 16.0; 6. Willson (UCSB) 17.0.

400 meters - 1. Weston (CSUN) 55.1 (SCAA record; old record 55.9, McElroy, CSUN, 1977); 2. Rich (CSLA) 55.4; 3. Moore (CPSLO) 57.0; 4. Lair (CSLA) 57.1; 5. McElroy (CSUN) 57.1; 6. Prator (CSUN) 57.4.

Pentathlon - 1. Kershner (UCSB) 2741; 2. Costello (UCSB) 2425; 3. Momsen (UCSB) 2251.

Javelin - 1. Brandt (UCSB) 138-8; 2. Rona (CPP) 134-1; 3. White (CSUN) 122-4; 4. Gregory (UCI) 114-1; 5. Lind (UCSB) 111-2; 6. Howard (CSUN) 108-7.

100 meters - 1. McKinley (CSUN) 12.3; 2. Hester (UCSB) 12.6; 3. Mills (CSLA) 12.6; 4. Palmer (CSLA) 12.9; 5. Scott (CSUN) 12.9.

800 meters - 1. Brown (CSUN) 2:11.4 (SCAA record; old record 2:14.9, Hopper, CSLA, 1977); 2. Antojewicz (CSUN) 2:13.0; 3. Rouda (CPSLO) 2:14.2; 4. Powers (UCSB) 2:14.7; 5. Keyes (CPSLO) 2:14.8; 6. Walters (CPSLO) 2:24.9.

400 m hurdles - 1. Niles (UCSB) 1:07.8; 2. Wessel (CPSLO) 1:08.9; 3. McKinney (CPP) 1:10.3; 4. Mills (UCSB) 1:12.2; 5. Villarosa (UCI) 1:14.4; 6. Higbee (CSLA) 1:17.6.

High Jump - 1. Russell (UCSB) 5-4 (SCAA record; old record 5-3, Russell, 1977); 2. Boehner (CPP) 5-4; Morris (UCSB) 5-2; 4. (tie) Jepsen (UCI) and McKinney (CPP) 5-0.

Discus - 1. Marshall (CSUN) 141-0; 2. Aragon (CSLA) 118-8; 3. Kartch (CSUN) 115-2-2; 4. Shank (UCSB) 114-3; 5. Brown (CPSLO) 112-2; 6. Brandt (UCSB) 110-0.

200 meters - 1. Bryant (CSLA) 23.5 (SCAA record; old record 24.4, Milan, CSLA, 1977); 2. McKinley (CSUN) 25.0; 3. Mills (CSLA) 25.0; 4. Prator (CSUN) 25.1; Milan (CSLA) 25.5; 6. Parker (CSLA) 26.3.

3000 meters - 1. (tie) Kinsey (CSUN) and Brown (CSUN) 10:01.4 (SCAA record; old record 11:23.4, Brown, 1977); 3. Pappe (CPSLO) 10:32.8; 4. Scatena (CSUN) 10:40.2; 5. DeAnda (CPP) 10:43.8; 6. Lane (UCSB) 10:45.4.

Two-mile relay - 1. UCSB 9:50.2; 2. CPP 10:45.2.

Mile relay - 1. CSLA 3:46.9 (SCAA record; old record 3:47.2, CSLA, 1977); 2. UCSB 3:58.7; 3. CSUN 3:54.9; 4. CPSLO 4:07.2.

/Vern Gambetta/

Long Beach vs San Jose

100 METERS-1. Jackson (LBS), 10.3w; 2. Pipersburg (LBS), 10.4; 3. Cole (SJS), 10.8.

200-1. Cooper (SJS), 21.1; 2. Pipersburg (LBS), 21.2; 3. Jackson (LBS), 21.4.

400-1. Beasley (LBS), 46.8; 2. Roc-hee (SJS), 47.1; 3. Saunders (LBS), 47.9.

800-1. Albrecht (SJS), 1:52.9; 2. Kee-ley (LBS), 1:53.6; 3. Hayden (LBS), 1:53.7; Huffman (LBS) finished first in 1:52.3 but disqualified for elbowing.

1,500-1. Ross (SJS), 3:48.5; 2. Cende-las (LBS), 3:49.4; 3. Cornell (LBS), 3:54.9.

TWO MILE-1. McConnell (LBS), 8:59.3; 2. Harvey (SJS), 9:03.5; 3. Cornell (LBS), 9:10.2.

3,000 STEEPLECHASE-1. McCan-ter (LBS), 9:07.2; 2. Helme (SJS), 9:10.2.

April 8. San Luis Obispo. Triangular Women's Meet

High Jump:

1) Joan Russell (UCSB)	5-6
2) LuAnne Morris (UCSB)	5-4
3) Niki Jepsen (UCI)	5-2
Shot Put:	
1) Lorna Brandt (UCSB)	36-6 3/4
2) Bonnie Lind (UCSB)	36-2
3) Joan Russell (UCSB)	34-8
1500m:	
1) Maggie Keyes (CPSLO)	4:37.6
2) Jani Rouda (CPSLO)	4:39.6
3) Eileen Kraemer (CPSLO)	4:40.7
100m Hurdles:	
1) LuAnne Morris (UCSB)	14.7
2) Joan Russell (UCSB)	15.5
3) Laurie Willson (UCSB)	16.8
400m:	
1) Molly Miller (CPSLO)	59.8
2) Sally Valdez (UCSB)	60.4
3) Robin Weigel (CPSLO)	64.3
Discus:	
1) Bonnie Lind (UCSB)	118-8
2) Shelly Brown (CPSLO)	116-5
3) Lorna Brandt (UCSB)	116-1

1) Lorna Brandt (UCSB)	36-2 3/4
2) Bonnie Lind (UCSB)	36-2
3) Joan Russell (UCSB)	34-8
1500m:	
1) Maggie Keyes (CPSLO)	4:37.6
2) Jani Rouda (CPSLO)	4:39.6
3) Eileen Kraemer (CPSLO)	4:40.7
100m Hurdles:	
1) LuAnne Morris (UCSB)	14.7
2) Joan Russell (UCSB)	15.5
3) Laurie Willson (UCSB)	16.8
400m:	
1) Molly Miller (CPSLO)	59.8
2) Sally Valdez (UCSB)	60.4
3) Robin Weigel (CPSLO)	64.3
Discus:	
1) Bonnie Lind (UCSB)	118-8
2) Shelly Brown (CPSLO)	116-5
3) Lorna Brandt (UCSB)	116-1

100m:	
1) Barbara Moore (CPSLO)	12.4
2) Liz Curry (UCSB)	12.6
800m:	
1) Jani Rouda (CPSLO)	2:17.6
2) Maggie Keyes (CPSLO)	2:18.3
3) April Powers (UCSB)	2:21.9
400m Hurdles:	
1) Ann Wessel (CPSLO)	67.8
2) Kim Niles (UCSB)	68.2
3) Jill Duncan (CPSLO)	72.5

Long Jump:	
1) Lori Usdansky (UCI)	17-4 1/2
2) Kim Niles (UCSB)	16-7 1/2
3) LuAnne Morris (UCSB)	16-5
200m:	
1) Barbara Moore (CPSLO)	25.5
2) Kristi Peters (CPSLO)	26.0
3) LuAnne Morris (UCSB)	27.0
5000m:	
1) Maggie Keyes (CPSLO)	18:31.1
2) Pam Cox (CPSLO)	18:31.2
3) Jani Rouda (CPSLO)	18:31.1

Mile Relay:	
1) Cal Poly SLO (Miller, Upton, Weigel, Moore)	4:00.8
2) UCSB (Ostertag, Valdez, Carrity, Russell)	4:02.5
400m Relay:	
1) Cal Poly SLO (Reich, Moore, Morrison, Upton)	50.4
2) UCSB (Curry, Johnson, Niles, Hester)	50.4
3) UC Irvine (Usdansky, Sweat, Marina, O'Leary)	52.5

Javelin:	
1) Lorna Brandt (UCSB)	131-3
2) Sue Gregory (UCI)	119-4 1/2
3) Bonnie Lind (UCSB)	103-0
/Eddy Cadena/	

April 1

10,000-METER RUN At Long Beach

OPEN—1. Virgin (Athletes West), 29:11.9; 2. Malley (Athletes West), 29:28.6; 3. Shorter (Colorado TC), 29:29.8. MASTERS: 40-44—Brennan (Santa Barbara AA), 34:30.7, 45-49—Smart (Southern Cal Striders), 35:05.2. WOMEN—Cooksey (CS Fullerton), 35:07.7.

/Vern Gambetta/

10) Marc Hoshlar (Burton)	3:28:43
11) Bob Hedges (32) BC (SM)	3:29:15
12) Doug Peck (23) WDS	3:31:21
13) Dennis Rinde (19) OP	3:31:51
14) Gene Schaumberg (38) (SM)	3:33:51
15) Ross Rowley (29) Sund	3:36:27
16) V.I. Wexner (35) SWEAT	3:43:10 SM
17) Luis Sandoval (21) WDS	3:43:27
Chris Hamer (19) WVTC	3:43:27
Mike Williams (25) Soq	3:43:27
20) Glenn Bailey (30) (SM)	3:45:14
28) Caron Schaumberg (36) ER	4:03:09 W
43) Karen Stok (18) WDS	5:06:36 W
46) Helene Eisenbud (33) SS	6:00:32 W
47) Carol Walker (27) un	6:00:35 W
/Abe Underwood/	

Azusa, 1978 California Invitational Decathlon at Azusa Pacific College

1) Brian DeRoo (Redlands)	7070
2) Don Foss (San Diego St)	6603
3) Steve Baker (Pt. Loma)	5614
4) Russ Nordquist (Westmt)	5566
5) Dave Wagner (AzPac)	5423
/Marv Mardock/	

April 8, 1978 Wine Country Relays

1) Grape Expectations-----	77:11
3 mi/Jeff Simmons (21)	15:26
7 mi/Mike McGrath (23)	36:35
4.8/Roy Heglund (21)	25:10
2) Sonoma State #1 (1-SbM)--	79:46 SM
3 mi/Gene Schaumberg (38)	17:00
7 mi/Doug Rustad (37)	36:45
4.8/John Lodin (34)	26:01
3) TRH Striders-----	80:39
3 mi/Terry Pintana (26)	15:49
7 mi/Romero Mendoza (29)	39:04
4.8/Hersh Jenkins (26)	25:46
4) Tamalpa Dipsea Indians--	81:18 M
3 mi/Bruce Carradine (44)	16:43
7 mi/Darryl Beardall (41)	37:03
4.8/Jerry Haslam (41)	27:32
5) Coyote Striders (2-SbM)--	82:12 SM
3 mi/Gary Grangle (32)	16:41
7 mi/Gary Alderman (34)	38:03
4.8/Terry Hughes (34)	27:28
Body Ammo Sports Club--	84:47
3 mi/Rey Corona (28)	15:44
7 mi/Paul Orgeron (28)	42:13
4.8/Arthuro Rodriguez	26:50
42) Chardonnay (1-Subm-W)---	1:48:59 SMW
3 mi/Donna Crowley (33)	22:10
7 mi/Caron Schaumberg (36)	49:02
4.8/Teresa Breazeale (33)	37:47
48) Tamalpa Trollups (1-MW)---	1:55:40 MW
3 mi/Pat Pickett (47)	23:33
7 mi/Eileen McGowan (41)	52:38
4.8/Els Tuinzing (56)	39:29
55) The Strangers (2-SbM-W)--	2:12:15 SMW
3 mi/Mary Rawles (30)	24:07
7 mi/Erica Fielder (31)	62:25
4.8/Beth Smart (31)	45:43
56) Y-Women (1-Open W)-----	2:16:19 OW
3 mi/Susie Freed (30)	27:18
7 mi/Ruth Seeger (28)	62:49
4.8/Anne Goodwin (32)	46:12
/Dennis Crandall/	

4) Mike Galigan (Y)	15:04.8
5) Greg Hitchcock (Sie)	15:06.0

Mile Relay--Champ. Div:	
1) SJ (Phillips, Johnson, Harvey, Holcombe)	3:13.3
2) Foothill (Chepkwony, Kramer, Villarreal, Key)	3:18.4

Long Jump:	
1) Paul Bates (CSM)	22-9 3/4
2) Adrian Richardson (Mod)	22-8 1/2
3) Willie Alexander (F)	22-5 1/2

Javelin:	
1) Joe DiRegolo (Cha)	195-8
2) Doug Hart (SJ)	190-3
3) Robert Juntz (Cha)	190-3

Pole Vault:	
1) Jerry Mulligan (WVC)	17-2 3/4
2) Kim Black (CSM)	16-7 1/2
Shot Put:	
1) Greg Tafralis (Sky)	55-6 3/4
2) Bill Traughbek (SJ)	54- 1/2
3) Mike Smith (CSM)	52-0

Discus:	
1) Greg Tafralis (Sky)	158-10
2) Dave Albritton (SRJC)	152-9
3) Scott Reid (Cha)	152-5

High Jump:	
1) Thurlus Gibbs (SJ)	7-0
2) Bob Peterson (Cha)	6-10
3) Billy Hice (Merr)	6-9

Triple Jump:	
1) Adrian Richardson (Mod)	49-5 3/4
2) Peter Moreno (SJ)	49-3/4
3) Ray Eddings (F)	48-10
/Dave Shrock/	

April 15

SCAA WOMEN'S CHAMPIONSHIPS At Pauley Track, UCSB

Team scores: Cal State Northridge 204, UC Santa Barbara 140, Cal State Los Angeles 96, Cal Poly-San Luis Obispo 63, Cal Poly-Pomona 41, UC Irvine 15.

Long Jump — 1. Anderson (CSUN) 20-1/2; 2. Moran (CSUN) 19-3/4; 3. Mills (CSLA) 18-9/2; 4. Smiley (CSUN) 17-10/2; 5. Scott (CSUN) 17-5/2; 6. Parker (CSLA) 17-2/2.
Shot Put — 1. Marshall (CSUN) 45-10/2 (SCAA record; old record 45-0, Marshall, 1978); 2. Rose (CSLA) 43-8/2; 3. Minimaka (CSUN) 41-10/2; 4. Chandler (CSUN) 38-4; 5. Brandt (UCSB) 37-6; 6. Shank (UCSB) 36-8.

880 Medley Relay — 1. CSLA 1:41.4 (SCAA record; old record 1:49.2, CSLA, 1977); 2. CSUN 1:43.9; 3. UCSB 1:53.3; 4. UC Irvine 1:56.2; 5. CPSLO 1:57.7.

5000 meters — 1. Brown (CSUN) 16:54.4 (SCAA record; old record 17:20.5, Kinsey, CSUN, 1977); 2. Troffer (CSUN) 16:54.4 (tied for 1st); 3. Cox (CPSLO) 18:05.6; 4. Dendo (UCSB) 18:12.8; Killeen (UCSB) 19:03.8; 6. Copley (UCSB) 19:46.8.

400 meter relay — 1. CSLA 46.8 (SCAA record; old record 47.7, CSLA, 1977); 2. CSUN 49.1; 3. UCSB 50.4; 4. CPSLO 50.9; 5. UC Irvine 53.1.

1500 meters — 1. Brown (CSUN) 4:24.7 (SCAA record; old record 4:35.2, Brown, 1977); 2. Keyes (CPSLO) 4:28.2; 3. Rouda (CPSLO) 4:28.5; 4. Costello (CSUN) 4:29.6; 5. Kinsey (CSUN) 4:43.6; 6. Kinane (UCSB) 4:49.6.

Long Beach vs San Jose

100 METERS—1. Jackson (LBS), 10.3w; 2. Pipersburg (LBS), 10.4; 3. Cole (SJS), 10.8.

200—1. Cooper (SJS), 21.1; 2. Pipersburg (LBS), 21.2; 3. Jackson (LBS), 21.4.

400—1. Beasley (LBS), 46.8; 2. Rochee (SJS), 47.1; 3. Saunders (LBS), 47.9. 800—1. Albrecht (SJS), 1:52.9; 2. Keeley (LBS), 1:53.6; 3. Hayden (LBS), 1:53.7; Huffman (LBS) finished first in 1:52.3 but disqualified for elbowing.

1500—1. Ross (SJS), 3:48.5; 2. Cendejas (LBS), 3:49.4; 3. Cornell (LBS), 3:54.9.

TWO MILE—1. McConnell (LBS), 8:59.3; 2. Harvey (SJS), 9:03.5; 3. Cornell (LBS), 9:10.2.

3,000 STEEPLECHASE—1. McCandless (LBS), 9:05.7; 2. Heime (SJS), 9:17.3; 3. Brooks (SJS), 9:54.7.

110HH—1. Cooper (SJS), 13.9w; 2. Peterson (LBS), 14.0; 3. Kirtman (SJS), 14.3.

400IH—1. Finley (SJS), 52.2; 2. Ligardi (LBS), 53.1; 3. Davis (SJS), 54.7.

400 RELAY—1. Long Beach St. (Berry, Jackson, Grace, Pipersburg), 40.0; 2. San Jose St., 40.0.

MILE RELAY—1. Long Beach St. (Lizardi, Beasley, Cox, Saunders), 3:11.7; 2. San Jose St., 3:17.2.

SHOTPUT—1. Gummerson (SJS), 58-8/2; 2. Feuerbach (SJS), 58-1/2; 3. D. Fuller (LBS), 55-4/4.

JAVELIN—1. Booth (LBS), 227-0; 2. Dejak (SJS), 222-7; 3. Moore (LBS), 200-0.

LONG JUMP—1. Taylor (LBS), 25-9/4; 2. Wilson (LBS), 24-5/4; 3. White (SJS), 23-11.

DISCUS—1. D. Fuller (LBS), 174-11; 2. Gummerson (SJS), 174-10; 3. Feuerbach (SJS), 170-6.

POLE VAULT—1. Lawry (LBS), 17-0; 2. Wilson (LBS), 16-6; 3. Woepes (SJS), 16-6.

HIGH JUMP—1. Livers (SJS), 7-0; 2. Viggiano (LBS), 6-10; 3. Pritchett (SJS), 6-10.

TRIPLE JUMP—1. Livers (SJS), 54-7/2; 2. Taylor (LBS), 53-3/2; 3. Halcomb (LBS), 50-4/2.

HAMMER—1. Kells (SJS), 184-8; 2. D. Fuller (LBS), 173-9; 3. P. Fuller (LBS), 164-6.

FINAL SCORE—Long Beach St. 92, San Jose St. 71

April 16, 5th Annual Kaweah River Valley Run

1) Marty McCulloch (Wings)	43:28
2) Tom Lohse (HSTC)	43:36
3) Gary Campbell (FPPTC)	45:56
4) Wayne Van Dellen (HSTC)	46:09 IM
5) Robert Stephenson (un)	46:23
6) Bruce Greenway (Wings)	46:58
7) Bob Lohse (HSTC)	47:09
Blaine Randolph (un)	47:09
9) Genaro Salazar (un)	49:27
10) Bob Lindsey (FPPTC)	50:21
43) Audrey Erkelens (HSTC)	72:44 IW
/Dave Bronzan/	

April 9. San Francisco. 1978 International Friendship Races

5Km:

1) Mike Porter (WVTC)	14:59
2) Lewis Patterson (un)	15:31
3) Tony Baccelli (un)	15:54
4) Lain Mickle (un)	16:14
5) Harry Cross (WVTC)	16:18
6) Karl Machscheffs (BTC)	16:20
7) Jack Knebel (WVTC)	16:21
8) Alfons Ida (VFLW)	16:38
9) Arthur Beckert (WVTC)	16:51
10) Daniel Hersh (WVTC)	16:54
11) Bill Catanese (TAM)	16:55
12) Lawrence Main (WVTC)	16:56
13) Terry Mullen (WVJS)	17:07
14) John Hawkes (WVTC)	17:11
15) Dennis Reager (SFR)	17:12
16) Alex Shelektinsky (BASC)	17:20
17) Tim Rostege (WVTC)	17:34
18) Ken Napier (WVJS)	17:46
19) John Danner (PMK)	17:49
20) Phyllis Olrich (WVTC)	17:50
21) Michael Harpe (Artsp)	18:03
22) Tom Standing (un)	18:34
23) Richard Blameuser (SSCK)	18:37
24) Paul Anderson (WVTC)	18:37
25) Judy Gumbs-Leydig (WVTC)	18:38
31) Horst Koch (un)	18:49
34) Jill Campbell (UCB)	19:02
36) Lynne Hjelte (UCB)	19:17
43) Susan Craig (BASC)	19:50
57) Linda Fry (un)	20:34
65) Lorraine Xuereb (un)	21:05
67) Lourdes Hernandez (WVTC)	21:09
70) Ellen Clark (WVTC)	21:16
72) Inge Schmidt (un)	21:21

15Km:

1) Unidentified	48:36
2) Michael J. Niemiec (WVTC)	48:56
3) Bill Clark (WVTC)	49:14
4) Tom O'Neil (BC)	49:32
5) Klaus Doffer Maudsdale	49:40
6) Unidentified	51:22
7) Kim Schaurer (TAM)	51:28
8) Jeffrey Wall (ETC)	51:50
9) Wilfried Rotthaus (un)	52:01
10) Scott Moling	52:41
11) Walt Lange (BC)	52:41
12) Bob Myers (PMK)	53:37
13) Bill Benz	53:48
14) Dieter Kramer (SCC)	53:51
15) Mike Plummer (WVTC)	53:55
16) Karl Heinz Becke (DSCWE)	54:29
17) Doug Butt (WVTC)	55:11
18) Ray Bonner	55:25
19) Tom Jordan (WVTC)	56:04
20) Unidentified	56:13
21) Douglas Bell	56:19
22) Michael Brown	56:20
23) Steve Lyons (DSE)	56:38
24) Ed Jerome (TRAC)	57:00
25) Gary Bluth (DSE)	57:03
33) Sally Metteer (UCB)	58:21
41) C. Carl Martin (WVJS)	59:49
42) Roderick McKenzie	1:00:02
43) Paul Spangler (TRAC)	1:00:05
88) Judy Irving	1:05:30
97) Patricia Cutler	1:06:30
107) Patricia Whittingslow	1:07:18
109) Moira Casey (ETC)	1:07:27
117) Sigrid A. Sucker (SRRC)	1:08:46
140) Ruth Waters (NCS)	1:10:16
142) Wendy Rehrbaum	1:10:52

880 Medley Relay:

1) CSULA	1:41.4
2) CSUN	1:43.9
3) UCSB	1:53.3

5000m:

1) Julie Brown (CSUN)	16:54.4
Sue Kinsey (CSUN)	16:54.4
3) Pam Cox (CPSLO)	18:05.6

400m Relay:

1) CSULA	46.8
2) CSUN	49.1
3) UCSB	50.4

1500m:

1) Julie Brown (CSUN)	4:24.7
2) Maggie Keyes (CPSLO)	4:28.2
3) Jani Rouda (CPSLO)	4:28.5

100m Hurdles:

1) Jodi Anderson (CSUN)	14.8
2) LuAnne Morris (UCSB)	15.3
3) Suzy Boehner (CPP)	15.5

400m:

1) Kathy Weston (CSUN)	55.4
2) Yolanda Rich (CSULA)	56.0
3) Barbara Moore (CPSLO)	57.0

Javelin:

1) Lorna Brandt (UCSB)	138-8
2) Raedean Rona (GPP)	134-1
3) Marilyn White (CSUN)	122-4

100m:

1) Danita McKinley (CSUN)	12.3
2) Cynthia Hester (UCSB)	12.6
3) Cynthia Mills (CSULA)	12.6

800m:

1) Julie Brown (CSUN)	2:11.4
2) Roma Antoniewicz (CSUN)	2:13.0
3) Jani Rouda (CPSLO)	2:14.2

400m Hurdles:

1) Kim Niles (UCSB)	67.8
2) Ann Wessel (CPSLO)	68.9
3) Musiette McKinney (CPP)	70.3

High Jump:

1) Joan Russell (UCSB)	5-4
2) Suzy Boehner (CPP)	5-4
3) LuAnne Morris (UCSB)	5-2

Discus:

1) Karen Marshall (CSUN)	141-0
2) Irene Aragon (CSULA)	118-8
3) Karen Kartch (CSUN)	115-2½

200m:

1) Rosalyn Bryant (CSULA)	23.5
2) Danita McKinley (CSUN)	25.0
3) Cynthia Mills (CSULA)	25.0

300m:

1) Sue Kinsey (CSUN)	10:01.4
2) Julie Brown (CSUN)	10:01.4
3) Amber Papp (CPSLO)	10:32.8

2 Mile Relay:

1) UCSB	9:50.2
2) CP Pomona	10:25.2

Mile Relay:

1) CSULA	3:45.9
2) UCSB	3:58.7
3) CPSLO	4:07.2

CSU Northridge 204, UC Santa Barbara 116, CS Los Angeles 96, Cal Poly SLO 63, Cal Poly Pomona 41, UC Irvine 15, /Eddy Cadena/

WARRIOR RELAYS At Westmont College Men's Division

Team scores - Cal St. Bakersfield 81, Cal Lutheran 66, Pomona-Pitzer 49, Biola 41, Azusa-Pacific 33, Westmont 25, USIU

April 15

NORTHBRIDGE RELAYS

Mile - 1. Keyes (Cal Poly-SLO) 4:53.7 (nat'l qualifying time); 5. Kinane (UC Santa Barbara) 5:07.7 (new school record); 9. Woodfill (UCSB) 5:16.0. 400 RELAY - 1. Cal State Northridge, 46.6; 3. UCSB (Curry, Johnson, Valdez, Hester) 50.7. 880 MEDLEY RELAY - 1. Cal State L.A., 1:43.8; 4. UCSB (Curry, Johnson, Garrity, McPherson) 1:54.7. MILE RELAY - 1. Cal State L.A., 3:50.2; 3. UCSB (Russell, Osterlag, Niles, Valdez) 4:01.7. 8x220 RELAY - 1. Cal State L.A., 3:24.7; 3. UCSB, 3:38.3. HJ - 1. Russell (UCSB) 5-3. SP - 1. Marshall (CSN) 45-6½; 3. Brandt (UCSB) 37-1½ (new school record); 4. Russell (UCSB) 37-0; 5. Shank (UCSB) 35-5½. Discus - 1. Marshall (CSN) 153-4; 3. Osterlag (UCSB) 112-0; Brandt (UCSB) 106-4; Shank (UCSB) 98-5¼. Javelin - 1. Brandt (UCSB) 149-4 (new school record, national qualifier).

KIWANIS GIRLS RELAYS

At Ventura High Varsity 100 - 1. Washington (Centennial) 11.2. Mile - 1. Hogge (Canyon, Saugus) 5:13.7; 2. Hobbs (Santa Barbara) 5:17.8. Two-mile - 1. Carman (San Marcos) 11:22.1. 110 low hurdles - 1. Carroll (San Marcos) 15.3. 400 RELAY - 1. Thousand Oaks, 49.8. 880 RELAY - 1. Thousand Oaks, 1:45.3 (new meet record); 4. San Marcos (Holford, Carroll, Vines, Bowie) 41.3. SPRINT MEDLEY RELAY - 1. San Marcos (Holford, Vines, Scott, Orr) 2:30.6. MILE RELAY - 1. West Torrance, 4:06.5; 3. San Marcos (Harrell, Castillo, Bower, Carroll) 4:11.8. DISTANCE MEDLEY RELAY - 1. Santa Barbara (Hogan, Byron, Schmandt, Hobbs) 12:43.3. HJ - 1. Beurgard (Newbury Park) 5-5; 2. Bowie (San Marcos) 5-4; 3. Acres (San Marcos) 5-2. LJ - 1. Williams (Channel Islands) 17-4; 2. Bowie (San Marcos) 16-5; 4. Rachael (Dos Pueblos) 16-0. SP - 1. Lynch (Camarillo) 39-3¼; 2. Klein (Dos Pueblos) 39-1¼; 4. Newby (Dos Pueblos) 34-9¼. Discus - 1. Kistler (Buena) 101-8; 5. Kent (San Marcos) 85-10¼.

/Vern Gambetta/

2ND NIKE/CATALINA 10KM (SHORT)

PLC	DISTANCE-- 6.000 MILES	DATE--040878	FAST TIME
1	CHUCK SHEAD	26	30:47
2	KENNETH MOFFITT	25	31:31
3	BRIAN OSMANN	20	32:04
4	RCN WAYNE	28	32:09
5	BRAD ROY	23	32:40
6	BOB O'BRIEN	22	32:59
7	VINCE O'BOYLE	32	33:03
8	DCN OCANA	27	33:06
9	STEPHEN BOAZ	26	33:25
10	FRANK BOZANICH	33	33:26
11	MIKE CALVANO	19	33:27
12	JAMES BRANSON	21	33:31
13	BCE DAY	33	33:53
14	CHARLES APPELL	30	34:18
15	KGEERT OPPERHANN	20	34:18
16	BLAKE WOOD	19	34:26
17	THOM LACIE	26	34:37
18	CRAIG MITCHELL	19	34:47
19	BILL AVILA	22	34:53
20	BILL CRUM	22	34:53
21	PANNY KEFECHAN	26	34:54

April 22, Sanger Metric Meet

Boys

300M ILH - Pretzer, McLane, 40.0; Cleaves, Lemoore, 40.7; Sanchez, Mt. Whitney, 40.8. Sprint medley relay - Lemoore (Strain, Strain, Herring, Jones), 3:38.9 (first-time event); McLane, 3:41.3; Madera, 3:44.6. 400M relay - Lemoore (Herring, Strain, Cleaves, Gaffney), 43.8; McLane, 43.9; Mt. Whitney, 44.1. 3,000M - Castillo, Tulare Western, 9:01.2. new meet record; Garcia, Madera, 9:05.7; Hill, Mt. Whitney, 9:06.1. 110M HH - Perryman, Lemoore, 15.1; Cleaves, Lemoore, 15.4; Kelly, Lemoore, 15.4. 800M - Thornburg, Selma, 2:01.1; Meeks, Lemoore, 2:01.3; Perez, Corcoran, 2:02.0. 100M - Smith, Washington Union, 11.0; Holbert, McLane, 11.0; McCollum, Washinton Union, 11.0. 400M - Poulter, McLane, 51.5; Jones, Lemoore, 51.8; Quarrels, McLane, 52.2. 1,500M - Covington, Lemoore, 4:09.7; Smallwood, Corcoran, 4:11.3. (national 14-year-old record; Castillo, Tulare Western, 4:13.2. 1,600M relay - McLane (Holbert, Quarrels, Poulter, Hamilton), 3:26.1 (meet record); Lemoore, 3:27.3; Mt. Whitney, 3:31.9. Dis - Bennett, Kingsburg, 172-4; Mosebar, Mt. Whitney, 160-6; Thomas, McLane, 155-5½. HJ - Anderson, McLane, 6-8¼ (meet-stadium record); Tawiks, Sanger, 6-4; Miller, Sanger, 6-4. LJ - Smith, Washington Union, 20-7¾; Harrison, Wasco, 20-7½; Johnson, Riverdale, 20-4. PV - Tarkon, Lemoore, 13-10; Cuevas, Sanger, 13-10; Folmar, Sanger, 13-0. SP - Mosebar, Mt. Whitney, 57-9½ (meet record); Merlo, Sanger, 54-7½; Dennis, McLane, 53-10½. TJ - Meadows, Tulare Western, 45-11; Lewis, Lemoore, 45-3¼; Houston, Lemoore, 44-1.

Girls

Sprint medley relay - Reedley (Santova, Mat-soura, Decker, Garza), 4:23.9 (first-time event); Lemoore, 4:24.6; Kingsburg, 4:34.2. 400M relay - McLane (Jackson, Jackson, Geary, Edmunds), 50.9; Madera, 51.2; Mt. Whitney, 51.3. 3,000M - Ortiz, Tulare Western, 10:42.4 (meet record); Stafford, Madera, 11:25.5; Estrada, Reedley, 11:54.7. 100M LH - Haynes, Madera, 15.3; Feese, Lemoore, 15.7; Bryson, Lemoore, 16.0. 800M - Ortiz, Tulare Western, 2:26.3; Garza, Reedley, 2:29.3; Greenwood, Selma, 2:33.8. 100M - Edmunds, McLane, 12.4 (meet, stadium record); Fallis, Mt. Whitney, 12.4; Decker, Reedley, 12.6. 400M - Haynes, Madera, 59.9; Stevens, Kingsburg, 59.9; Girard, Mt. Whitney, 1:00.4. 1,500M - Ortiz, Tulare Western, 4:55.7; Stafford, Madera, 5:18.4; Singh, Kingsburg, 5:21.4. 1,600M relay - Mt. Whitney (Wavadanthe, Figueroa, Girard, Fallis), 4:07.3 (meet, stadium record); Lemoore, 4:12.7; Reedley, 4:12.9. Dis - Phelps, Coalinga, 112-6; Miller, Sanger, 111-9; Stearns, Sanger, 109-4. HJ - Feese, Lemoore, 5-2¼ (meet record); Sconiers, Washington Union, 5-2; Jones, Riverdale, 5-0. LJ - Haynes, Madera, 18-2 (meet, stadium record); Williams, Cen, 17-1½; Jackson, McLane, 16-1½. SP - Martin, Sanger, 39-1; Greer, Mt. Whitney, 36-3; Stevens, Coalinga, 36-1½.

/Ron Blackwood/

April 22. Humboldt-Hayward-Davis at College of the Redwoods (Women)

100m:

1) Nickson (Hay)	11.88
------------------	-------

16) Karl Heinz Becke (DSCW)	54:29
17) Doug Butt (WVTC)	55:11
18) Ray Bonner	55:25
19) Tom Jordan (WVTC)	56:04
20) Unidentified	56:13
21) Douglas Bell	56:19
22) Michael Brown	56:20
23) Steve Lyons (DSE)	56:38
24) Ed Jerome (TRAC)	57:00
25) Gary Bluth (DSE)	57:03
33) Sally Metteer (UCB)	58:21
41) C. Carl Martin (WVJS) 51	59:49
42) Roderick McKenzie 43	1:00:02
43) Paul Spangler (TRAC) 40	1:00:05
88) Judy Irving	1:05:30
97) Patricia Cutler	1:06:30
107) Patricia Whittingslow	1:07:18
109) Moira Casey (ETC)	1:07:27
117) Sigrid A. Sucker (SRRC)	1:08:46
140) Ruth Waters (NCS)	1:10:16
147) Wendy Rehrbaum	1:10:52
153) Penny DeMoss (WVTC)	1:11:47
156) Carroll O'Conner (NCS)	1:11:59

30Km:

1) Brian Maxwell (BASC)	1:40:23
2) Jan Sershen (ETC)	1:42:25
3) Gary Goettelmann (WVTC)	1:43:59
4) James Barker (WVTC)	1:46:04
5) Brock Hinzmann (ETC)	1:47:04
6) Greg Jewett (ETC)	1:48:03
7) Alois Schumacher (TUSN)	1:48:04
8) Ralph Bowles (WVJS)	1:48:26
9) Darryl Beardall (TAM)	1:49:16
10) George Green (ETC)	1:49:41
11) Jake White (WVJS)	1:49:53
12) Philip Kay (ETC)	1:51:18
13) Jim O'Neill (BC)	1:51:43
14) Stephen Puryear (PMK)	1:52:43
15) Ross Smith (WVJS)	1:52:50
16) Frederick Coleman	1:53:24
17) Klaus Fischer (LGPSN)	1:53:27
18) Nick Winter (LVRC)	1:54:16
19) Hans Georg Kruger (TI)	1:55:26
20) Richard D. Franklin (LVRC)	1:55:28
21) Dave Levitsky (WVTC)	1:56:21
22) Ross Rowley (Sund)	1:56:35
23) Michael Healy (TAM)	1:57:50
24) David Zumwalt	1:58:00
25) Dan Dugdale (MPAC)	1:58:40
83) Joan Ullyot (WVTC)	2:11:32
96) Ruth Anderson (NCS)	2:14:29
106) Vivian Soderholm Difatie	2:16:13
123) Sue V. Brusher	2:19:29
128) Mary Healy (WR)	2:20:29
136) Stephanie Atwood	2:22:08
156) Lynn A. Harris	2:25:51
167) Merrily Landers	2:27:43
171) Beckie Simmie (ER)	2:28:31
174) Letha Figg Hoblyn	2:28:48

/Jack Leydig/

April 15. Santa Barbara. SCAA Conference Championships at UC Santa Barbara

Long Jump:

1) Jodi Anderson (CSUN)	20-1
2) Kim Moran (CSUN)	19-3
3) Cynthia Mills (CSULA)	18-9½

Shot Put:

1) Karen Marshall (CSUN)	45-10½
2) Melody Rose (CSULA)	43-8½
3) Lisa Kinimaka (CSUN)	41-10½

1) Sue Kinsey (CSUN)	10:01.4
2) Julie Brown (CSUN)	10:01.4
3) Amber Pappé (CPSLO)	10:32.8
2 Mile Relay:	
1) UCSB	9:50.2
2) CP Pomona	10:25.2
Mile Relay:	
1) CSULA	3:45.9
2) UCSB	3:58.7
3) CPSLO	4:07.2
CSU Northridge 204, UC Santa Barbara	
116, OS Los Angeles 96, Cal Poly SLO	
63, Cal Poly Pomona 41, UC Irvine 15.	
/Eddy Cadena/	

WARRIOR RELAYS
At Westmont College
Men's Division

Team scores — Cal St. Bakersfield 81, Cal Lutheran 66, Pomona-Pitzer 49, Biola 41, Azusa-Pacific 33, Westmont 25, USIU 15, Fresno-Pacific 14, Whittier 13, Redlands 4.

RELAYS: 2-mile — 1. Fresno-Pac, 8:14.2; 2. Biola, 8:17.5; 3. Whittier, 8:21.0; 4. Pom-Pit, 8:23.6; 5. Cal Lu, 8:52.1. 400 — 1. CSB, 43.5; 2. Azusa-Pac, 43.7; 3. Cal Lu, 44.2; 4. Pom-Pit, 44.7; 5. Biola, 44.7. Distance Medley — 1. CSB, 10:40.7; 2. Pom-Pit, 10:45.5; 3. Westmont, 10:59.2; 4. Biola, 11:18.5. Sprint Medley — 1. CSB, 3:41.0; 2. USIU, 3:42.8; 3. Cal Lu, 3:46.7; 4. Azusa-Pac, 3:48.6; 5. Whittier, 3:50.9. 800 — 1. CSB, 1:33.2; 2. Pom-Pit, 1:33.9; 3. Azusa-Pac, 1:34.0; 4. Biola, 1:34.7. Mile — 1. CSB, 3:23.7; 2. Cal Lu, 3:27.1; 3. Biola, 3:30.4; 4. Pom-Pit, 3:31.6; 5. Westmont, 3:32.0.

INDIVIDUAL EVENTS: 3,000m Steeple — 1. Andropoulos (West) 9:48.8; 2. Buchan (PP) 9:53.7; 3. Petersen (Bio) 10:02.5; 4. Black (CL) 10:16.2; 5. Rodriguez (CSB) 10:18.3. 1200m — 1. Kennedy (CL) 14.6 (set new meet record of 14.3 in prelims); 2. Perkins (CSB) 14.9; 3. Deroo (R) 15.2; 100 — 1. Haynes (AP) 10.0; 2. McCoy (CSB) 10.1; 3. Grant (CL) 10.2. 3-mile — 1. Helgeson (CL) 14:52.5; 2. Birch (CSB) 15:03.5; 3. Birch (CSB) 15:22.5; 4. Earle (West) 15:31.5. HAMMER (exhibition) — 1. Goldhammer (unat) 191-0; 2. Semor (CSB) 167-6; 3. Edwins (CL) 163-4. PV — 1. Ortiz (CL) 14-6; 2. New (West) 14-0; 3. Johnson (CL) 12-6; 4. Nordquist (West) 11-6. JT — 1. Myls (CL) 199-6; 2. Bergstresser (West) 193-9; 3. Delaney (B) 199-3. LJ — 1. Miller (CSB) 22-11; 2. Walker (CL) 22-10½; 3. Namikas (PP) 22-8. HJ — 1. Weeks (CL) 6-10½ (new meet record); 2. Doganyaro (AP) 6-4; 3. Salcido (CL) 6-4. SP — 1. Osborne (AP) 49-3; 2. Fox (CSB) 48-31½; 3. Seavey (PP) 46-11. TJ — 1. Tyler (B) 50-4; 2. Pearson (FP) 45-4; 3. Namikas (PP) 45-1½. DT — 1. Auferoth (B) 168-1; 2. Seavey (PP) 159-2; 3. Fox (CXB) 147-0.

Women's Division

Team scores — Pomona-Pitzer 46, Redlands 44½, USIU 10½, Cal St. Bakersfield 8, Fresno-Pacific 6, Azusa-Pacific 2.

RELAYS: 400 — 1. Red, 51.2; 2. Pom-Pit, 51.4; 3. USIU, 52.6. Mile — 1. Red, 4:14.1; 2. CSB, 4:17.1; 3. Pom-Pit, 4:19.1.

INDIVIDUAL EVENTS: 100 — 1. Kennedy (R) 11.2; 2. Johnson (USIU) 11.5; 3. James (PP) 11.7. Mile — 1. Laun (PP) 5:40.0; 2. Bell (FP) 5:43.1; 3. Linaweaver (R) 5:51.7. SP — 1. Stary (PP) 38-5; 2. Fromme (R) 33-¾; 3. Smith (PP) 32-2. JT — 1. Stary (PP) 136-3; 2. Fromme (R) 102-8; 3. Osterland (R) 82-9. HJ — 1. Mullineaux (PP) 4-10; 2. Stary (PP) 4-8; 3. Osterland (R) 3-7.

2ND NIKE/CATALINA 10KM SHORT DISTANCE-- 6.000 MILES	DATE-- 04/08/78
PLC	FAST TIME
1 CHUCK SNEAD	26 30:47
2 KENNETH HOFFITT	25 AZTL 31:31
3 BRIAN OSMANN	20 32:04
4 RCN WAYNE	28 32:09
5 BRAD ROY	23 32:40
6 BCB O'BRIEN	22 32:59
7 VINCE O'BOYLE	22 33:03
8 DCN OCANA	27 CCAC 33:06
9 STEPHEN BOAZ	26 33:25
10 FRANK BOZANICH	33 33:26
11 MIKE CALVANO	49 33:27
12 JAMES BRANSON	21 33:31
13 BCE DAY	33:53
14 CHARLES APPELL	30 34:18
15 ROBERT OPPERMAN	20 34:18
16 BLAKE WOOD	19 34:26
17 THOM LAGIE	26 34:37
18 CRAIG MITCHELL	19 34:47
19 BILL AVILA	22 34:53
20 BILL CRUM	42 STC 34:53
21 DANNY KERECHAN	20 34:55
22 PHILLIP GONZALES	30 34:58
23 JEFF JONES	21 35:10
24 BOB MACKEL	35 35:22
25 BRIAN DAVIS	17 36:06
26 JOHN MURPHY	29 36:12
27 PAUL O'TOOLE	32 36:18
28 DAVID COOK	21 36:20
29 MARK JUDGE	23 36:27
30 MICHAEL COOK	19 36:28
31 MIKE LARD	24 36:30
32 GENE FOSTER	28 36:32
33 JOHN BROSHSHEARS	27 36:34
34 RANDY THOMBLEY	27 36:38
35 FRED MILLARD	32 36:41
36 WAID WOODRUFF	40 36:42
37 CURTIS HELMS	29 36:43
38 ALLEN PETERSON	31 36:52
39 GARY SMITH	38 36:53
40 BCE SCULLY	20 36:56
41 RAY LAFLEUR	30 36:59
42 WILLIAM SIMONSEN	18 37:00
43 ANDREW O'LEERY	31 37:00
44 MAHLON HELLNITZ	24 37:01
45 JAMES HANGAN	37 37:01
46 TCP BROWN	39 37:02
47 PAUL FAULK	29 37:05
48 BEN BOCTEL	20 37:16
49 GARY FEGAN	30 37:22
50 JOEL CABANATUAN	18 37:41
63 NADIA GARCIA	24 38:38
70 SUF KRENN	28 39:12

April 22

QUADRANGULAR WOMENS MEET

100—1. McKinley (CSN), 11.7; 2. Branch (LV), 12.0. 200—1. Render (LV), 24.3; 2. Pope (SDS), 24.9. 400—Weston (CSN), 54.7. 800—1. Brown (CSN), 2:11.8; 2. Costello (CSN), 2:12.0; 3. Antoniewicz (CSN), 2:13.1. 1,500—1. Brown (CSN), 4:29.3; 2. Abare (SDS), 4:32.0; 3. Kinzie (CSN), 4:38.9. 5,000—1. tie between Brown (CSN) Kinzie (CSN), 17:05.1; 3. Hansen, 17:39.7. 1100—1. Branch (LV), 14.0; 2. Render (LV), 14.0; 3. Anderson (CSN), 14.2; 4. Crump (LV), 14.4. 400H—Humphries (A), 62.5. 400 RELAY—1. Nevada Las Vegas, 46.8; 2. CS Northridge, 47.6. MILE RELAY—CS Northridge, 3:48.7. LJ—1. Anderson (CSN), 20-9¼; 2. Page (SDS), 19-2½; 3. Jones (LV), 19-0¾; 4. Crump (LV), 18-6½; 5. Moran (CSN), 18-6¼. SP—1. Marshall (CSN), 46-4; 2. Stevenson (CSN), 44-5½; 3. Kinimaka (CSN), 44-5½. DT—Marshall (CSN), 148-0. JT—1. Dietrich (SDS), 161-4; 2. Dunton (SDS), 151-3. TEAM SCORES—Cal St. Northridge 198, Nevada Las Vegas 119, San Diego St. 108, Arizona 43.

/Vern Gambetta/

2000m: 1) Nickson (Hay) 11.88
200m: 1) Nickson (Hay) 24.30
400m: 1) Rebello (Hay) 61.66
880: 1) Craven (HSU) 2:19.95
1500m: 1) Brandt (Davis) 5:00.15
3000m: 1) Anex (Davis) 10:49.06
5000m: 1) Grigsby (HSU) 18:10.84
100m Hurdles: 1) Ray (Hay) 15.0
400m Hurdles: 1) Winlock (Hay) 60.78
Sprint Medley Relay: 1) Hayward 1:48.9
440 Yd Relay: 1) Hayward 48.0
Mile Relay: 1) Hayward 4:17.74
2 Mile Relay: 1) HSU 10:04.31
Long Jump: 1) Compagnin (Hay) 5m76
Shot: 1) Betham (HSU) 12m92
Javelin: 1) Betham (HSU) 31m8
Discus: 1) Roberts (Davis) 37m62
High Jump: 1) Ray (Hay) 5-0
Hayward 86, HSU 47, Davis 44
/J. Sandoz/

/Ron Blackwood/

April 22. Humboldt-Hayward-Davis at College of the Redwoods (Women)

100m:

1) Nickson (Hay)	11.88
------------------	-------

200m:

1) Nickson (Hay)	24.30
------------------	-------

400m:

1) Rebello (Hay)	61.66
------------------	-------

880:

1) Craven (HSU)	2:19.95
-----------------	---------

1500m:

1) Brandt (Davis)	5:00.15
-------------------	---------

3000m:

1) Anex (Davis)	10:49.06
-----------------	----------

5000m:

1) Grigsby (HSU)	18:10.84
------------------	----------

100m Hurdles:

1) Ray (Hay)	15.0
--------------	------

400m Hurdles:

1) Winlock (Hay)	60.78
------------------	-------

Sprint Medley Relay:

1) Hayward	1:48.9
------------	--------

440 Yd Relay:

1) Hayward	48.0
------------	------

Mile Relay:

1) Hayward	4:17.74
------------	---------

2 Mile Relay:

1) HSU	10:04.31
--------	----------

Long Jump:

1) Compagnin (Hay)	5m76
--------------------	------

Shot:

1) Betham (HSU)	12m92
-----------------	-------

Javelin:

1) Betham (HSU)	31m8
-----------------	------

Discus:

1) Roberts (Davis)	37m62
--------------------	-------

High Jump:

1) Ray (Hay)	5-0
--------------	-----

Hayward 86, HSU 47, Davis 44
/J. Sandoz/

April 22

MT. SAN ANTONIO RELAYS MARATHON

1. Waltmore (Athletes in Action), 2:26:52; 2. Ocana (Culver City AC), 2:27:04; 3. Arquilla (AIA), 2:34:25; 4. Stansauk (San Fernando Valley TC), 2:40:59; 5. Long (San Diego St.), 2:41:14

/Vern Gambetta/

April 22, UCLA All Comers.

April 22, Bakersfield Relays

MIEN

100 METERS (Race 1)-1. Mullins (USC), 10.2; 2. Gilkes (Tobias Striders), 10.2; 3. Jackson (Long Beach St.), 10.3; 4. Hamilton (LV Striders), 10.3. (Race 2)-Lamonte (JC Irvine), 10.4. (Race 3)-1. Jones (CS Northridge), 10.3; 2. Hart (CS Los Angeles), 10.4; 3. Williams (Maccabi TC), 10.4; 4. Green (South Bay TC), 10.4. (Race 4)-1. McCoy (Athletes in Action), 10.2; 2. Simon (Tobias Striders), 10.3. (Race 5)-1. Balderrama (unat), 10.2; 2. Moore (CSN), 10.3; 3. Robertson (LBS), 10.3. (Race 6)-1. Sal (CA Poly SLO), 10.2; 2. Gilbrith (AIA), 10.3; 3. Andrews (USC), 10.2. (Race 7)-1. Simmons (Tobias Striders), 21.3. (Race 8)-Williams (UCLA), 21.8. (Race 9)-Sanford (USC), 21.0. (Race 10)-Bush (CPSLO), 21.9.

400 (Race 1)-1. Rogers (Tobias Striders), 45.6; 2. Lofton (Stanford), 46.4; 3. Sanford (USC), 46.8; 4. Brown (AIA), 46.9; 5. Parks (AIA), 47.3. (Race 2)-1. Beasley (LBS), 46.4; 2. Miller (CSLA), 47.2; 3. Lloyd (unat), 47.2. (Race 3)-McGee (UCI), 47.4. (Race 4)-Pete (CSLA), 47.3. (Race 5)-1. Huffman (LBS), 1:48.9; 2. Omwansa (USC), 1:49.0; 3. Casselman (PCC), 1:50.0; 4. Donohue (SDS), 1:50.8; 5. Marlow (CPSLO), 1:51.6. (Race 6)-1. Ledet (LBS), 1:49.9; 2. Fawney (Point Loma), 1:49.9; 3. Johnson (USC), 1:49.9. (Race 7)-1. Magee (SDS), 1:52.1; 2. Kleinsasser (Point Loma), 1:52.2. (Race 8)-Smith (PCC), 1:54.2.

1500 (Race 1)-Scott (UCI), 3:38.9; 2. Omwansa (USC), 3:44.2; 3. Aldrich (CPSLO), no time; 4. Russell (UCLA), 3:47.3; 5. Kaningh (UCI), 3:48.7. (Race 2)-Christenson (UCI), 3:53.7. (Race 3)-Elliott (unat), 3:56.2. (Race 4)-1. Babiracki (San Fernando Valley TC), 14:02.2; 2. Schankel (CPSLO), 14:02.4; 3. Arbogast (Colorado TC), 14:02.5; 4. Ahlmeier (UCI), 14:08.5; 5. Cendejas (LBS), 14:11.2. (Race 5)-1. Kissin (Stanford), 29:12.3; 2. Romesser (Fresno Pacific), 30:51.0; 3. Packer (CSN), 30:58.7. (Race 6)-1. St. John (SDCC), 8:57.5; 2. Bauer (CPSLO), 9:15.1.

110HH (Race 1)-1. Foster (UCLA), 13.4; 2. Owens (UCLA), 13.4; 3. Johnson (Tobias Striders), 13.7; 4. Turner (CSLA), 13.9; 5. Hart (CSLA), 14.1. (Race 2)-1. Gregory (UCI), 14.2; 2. Brisco (CSLA), 14.2. (Race 3)-Marguerum (Stanford), 14.4. (Race 4)-1. Turner (CSLA), 49.3; 2. Graybehl (USC), 50.0; 3. Williams (CPSLO), no time; 4. Guerrero (unat), 52.0; 5. Lizardo (LBS), 52.4. (Race 5)-1. T. Andrews (Tobias Striders), 50.7; 2. Williams (AIA), 50.8; 3. McNeal (UCLA), 52.3. (Race 6)-Gray (WVC), 53.9.

400 RELAY (Race 1)-1. Tobias Striders (Williams, Simmons, Rogers, Gilkes), 39.4; 2. USC, 39.6; 3. San Jose CC, 39.8; 4. Cal Poly SLO, 39.9. (Race 2)-1. UCLA (Owens, Hampton, Thompson, Foster), 39.6; 2. Stanford, 39.8; 3. Long Beach St., "A", 39.8.

MILE RELAY (Race 1)-1. Long Beach St. (Conway 48.6; Beasley 45.6; Cox 47.8; Saunders 45.7); 2. UCLA, 3:08.0; 3. San Jose CC, 3:10.4. (Race 2)-1. UC Irvine, 3:16.8; 2. Maccabi TC, 3:17.5.

TWO MILE RELAY-1. Stanford (Hadley, Wells, Lobsinger, Stillman), 7:37.0 (stadium record, old mark, 7:52.8, Occidental, 1969); 2. Maccabi TC, 7:43.1; 3. CS Los Angeles, 7:46.1. DISTANCE MEDLEY RELAY-1.

Hammer-Van Arkel (Bak.), 117.1; Sutherland (Fres.), 115.4; Williamson (Glen.), 115.4; 3. 3,000 steeplechase (Rated)-Lewis (Glen.), 9:24.6; Carroll (Gross.), 9:33.4; Buckingham (Gross.), 9:36.8; 5,000 (Rated)-Trilevsky (Lon. Bea.), 15:38.2; Baldocchi (San Mat.), 15:40.4; Curley (Mesa), 15:42.0; 10,000-Cory (Glen.), 31:53.4; Sechrist (San Jose), 32:16.6; Garza (COS), 32:30.8. Distance medley (Rated)-Saddleback, 10:47.8; Fullerton, 10:49.6; Moorpark, 10:56.0; 5,000 (Invitational)-Ortiz (Gross.), 14:57.6; Hughes (Gross.), 15:05.2; Dahl (Cyp.), 15:18.2; Javelin (Rated 1)-Patton (Cos. Riv.), 203.11; 2. Morris (Des.), 200.3; Crowder (San Bar.), 198.8. Javelin (Invitational)-Petranoff (Pal.), 234.9; Juell (Glen.), 225.4; Fuchs (Pas.), 221.4.

110 HH (Race 1)-Feola (Full.), 14.7; 2. Jones (Con. Cos.), 15.1; Corley (LA Vall.), 15.2. Mile relay (Invitational)-Mesa, 7:49.3; Compton, 7:50.6; San Jose, 7:52.5; 110 HH (Race 2)-Logan (Comp.), Dixon (Foot.), 14.7; Day (Bak.), 14.9. Shotput (Rated)-DeSadler (San Bar.), 50.4; Acevedo (Gross.), 48.8; Taylor (LACC), 48.3. Shotput (Invitational)-Treuherth (San Jose), 53.9; Johnson (Full.), 53.8; Stebleton (Los Med.), 53.4; 1,500 (Invitational)-Thornberry (Gross.), 4:00.5; McQueeney (DeAn), 4:00.8; Baker (West Vall.), 4:01.1. 110 HH (Race 6)-Phillips (San Jose), 14.4; Higgins (El Cam.), 14.4; Robinson (Lon. Bea.), 14.5. 200 (Masters)-Polynis, 30.3; Lum, 32.5. Javelin (Rated 2)-Small (Des.), 203.7; Wiese (LA Harb.), 198.2; Willis (Comp.), 188.10; Long jump (Invitational)-Hays (Pas.), 25.3; Williams (Pas.), 24.6; Davis (LACC), 24.1; 4. Discus (Rated 2)-Rakshawi (Gol. West), 148.1; Greenough (Sad.), 138.4; Bolton (Gol. West), 148.0.

110 HH (Race 3)-Billis (San Mat.), 14.4; Hill (Con. Cos.), 14.6; Reed (SD Mesa), 14.6. 110 HH (Race 4)-Kelly (El Cam.), 14.7; Van Dyken (Cerr.), 14.7; Amerson (Los Med.), 14.8. 110 HH (Race 5)-Sanders (Pas.), 14.4; Brisco (Comp.), 14.8; Henry (West LA), 14.9. 440 Shuttle Relay (Race 1)-LA Southwest, 1:02.1; Cosumes River, 1:03.2; Palermo, 1:03.3. 440 Shuttle Relay (Race 2)-San Mateo, 1:02.0; Grossmont, 1:02.4; Golden West, 1:05.0. 440 Shuttle Relay (Race 3)-El Camino, 1:01.7; Chaffey, 1:03.4; Desert, 1:04.2. 440 Shuttle Relay (Race 4)-Mt. SAC, 1:00.9; Pierce, 1:01.2; LA City, 1:01.3. 440 Shuttle Relay (Invitational)-Fullerton, 59.6; Pasadena, 59.7; Grossmont, 1:00.4.

High jump (Invitational)-Gibbs (San Jose), 7.0; Johnson (Citrus), 7.0; Nordquist (Full.), 7.0. Long jump (Rated)-Richard (El Cam.), 23.10; Alexander (Fres.), 23.5; Conway (San Bar.), 23.0. Pole vault (Rated)-Newton (El Cam.), 15.6; Guillette (Pier.), 15.8; Wilkinson (Mesa), 15.0. Discus (Invitational)-Lettow (Gross.), 160.10; Stewart (Cyp.), 158.6; Taffels (Sky.), 156.7. 440 relay (Race 1)-Grossmont, 43.8; San Bernardino, 43.8; Antelope Valley, 44.5. 440 relay (Race 2)-LA Southwest, 42.4; Citrus, 42.4; American River, 42.7. 440 relay (Race 3)-LA City, 42.2; LA Harbor, 43.6; Santa Ana, 43.6. 440 relay (Race 4)-Pasadena, 41.7; San Diego, 42.1; LA Valley, 42.1. 440 relay (Invitational)-San Jose, 40.9; Laney, 41.2; Alameda, 41.6. 3,000 steeplechase (Invitational)-Ljung (Pal.), 9:28.5; Austin (Gross.), 9:31.4; Aguero (San Ana), 9:35.2. Triple jump (Invitational)-Moreno (San Jose), 50.10; 2. Hays (Pas.), 50.9; Williams (Pas.), 50.9. Sprint medley (Race 1)-Skyline, 3:31.8; Santa Ana, 3:32.7; Contra Costa, 3:33.2. Sprint medley (Race 2)-LA Harbor, 3:32.6; LA Valley, 3:34.7; Carrillos, 3:36.1. 100 (Race 1)-Greene (San Jose), 10.3; 2. Admiral (Con. Cos.), 10.4; Ellis (Cit.), 10.6. Discus (Rated 1)-Goede (San Jose), 140.2; Corbett (Full.), 152.2; Merdinger (Delta), 146.10. Sprint medley (Invitational)-Pierce, 3:28.5; Foot hill, 3:28.6; Compton, 3:30.4. 400 hurdles (Race 1)-Henley (Gross.), 55.5; Brisco (Comp.), 56.8; Demp

Jacobs (DeAn.), 13.3. (Race 3)-Fleetwood (Mt. SAC), 12.0 (ties meet record, Douglas, Compton, 1977); Mines (El Cam.), 12.8; Beaman (Bak.), 12.8. (Race 4)-Johnson (Alam.), 12.5; Mariman (Or. Coast), 12.6; Braman (COS), 12.9. Javelin (Rated 1)-O'Brien (Oxn.), 113.7; Juarez (El Cam.), 110.2; 2. Braman (COS), 100.3; 3. Shotput (Rated)-Duran (Vent.), 32.10; 2. Parrish (Bak.), 31.1; 3. O'Conner (San Mat.), 31.0. Shotput (Invit.)-Gaston (Bak.), 39.5; Amborn (Cany.), 37.7; 2. Kasparian (Fres.), 37.1.

800 (Race 1)-Myers (El Cam.), 2:29.2; Parker (Glen.), 2:30.0; Gregoire (Mt. SAC), 2:30.5. (Race 2)-Brookshire (Ven.), 2:21.7; Hathaway (El Cam.), 2:23.1; Cruz (Sthwst), 2:24.6. (Race 3)-Caldwell (Cit.), 2:04.2 (meet record, old record 2:22.2, Adams, Orange Coast, 1977); Hemond (Pas.), 2:17.3; Dunbar (Mt. SAC), 2:17.8. 400 Hurdles (Race 1)-Graser (Or. Coast), 1:12.3; Webb (Desert), 1:14.3; Muzik (El Cam.), 1:15.9. (Race 2)-Marks (El Cam.), 1:07.6; Witzerman (Harb.), 1:11.7; Hise (Glen.), 1:12.1. (Race 3)-Boone (Alam.), 1:04.0 (meet record, old record 1:07.8, Marks, El Camino, 1977); Edwinton (San Mat.), 1:04.4; Nagel (Sthwst), 1:04.5.

200 (Race 1)-Mines (El Cam.), 27.2; Thompson (Vent.), 28.3; Young (Desert), 29.7. (Race 2)-Dunbar (Mt. SAC), 26.6; Haggerty (Lon. Bea.), 27.4; Schmidt (El Cam.), 27.6. (Race 3)-Bowie (Mt. SAC), 25.5; Sheelar (Or. Coast), 26.2; Jordan (Pas.), 26.4. (Race 4)-Fleetwood (Mt. SAC), 24.8; Macias (Fres.), 25.6; Morgan (Bak.), 26.5. High Jump (Invit.)-Kalzer (Bak.), 5.4 (meet record, old record 5.4, Mulligan, Reedley, 1977); tie between Mulligan (Reed.) and Blackburn (Foot.), 5.2. Discus (Rated)-Parrish (Bak.), 108.9; O'Conner (San Mat.), 108.1; Glass (Glen.), 101.1. Discus (Invit.)-Banks (San Bar.), 143.6 (meet record, old record 130.8, Banks, Santa Barbara, 1977); Grundzinskas (Harb.), 120.10; O'Conner (San Mat.), 113.8. Distance medley- Glendale, 12:42.9; Santa Barbara, 12:48.0; Ventura, 12:52.0.

880 relay (Invit.)-Pasadena, 1:46.9; Compton, 1:47.4; Fresno, 1:50.7. 3,000 Munday (San Jose), 10:12.6; Galley (Mt. SAC), 10:48.2; Langdoco (Sthwst), 11:10.0. Mile relay (Race 1)-Bakersfield, 4:13.4; El Camino, 4:14.3; LA Harbor, 4:18.4. Mile Relay (Race 2)-Citrus, 4:00.4 (meet record, old record 4:04.5, Santa Barbara, 1977); Pasadena, 4:04.0; Alameda, 4:05.9. Long Jump (Rated)-Cordova (Reed.), 16.2; Beeman (Bak.), 15.1. Todd (El Cam.), 15.10. Long Jump (Invit.)-Marimon (Or. Coast), 17.10 (meet record, old record 17.8, McBride, Ventura, 1977); Bowie (Mt. SAC), 17.7; Gaffney (COS), 17.2.

/Mike Miles/

April 22, Chowchilla Invitational

Boys Distance Medley-1. Tranquillity (Martinez, Purewal, Cordova and Gonzalez), 11:23.1; 2. LEG-rand, 3. Reedley. Discus-1. Sciacqua, Cent, 138-4; 2. Floyd, Cent, 136-10; 3. Denton, Sie, 136-8. 2-Mile-1. Carrillo, Tran, 10:24.6; 2. Gonzalez, Tran, 10:25.0; 3. Vasquez, Tran, 10:30.7. 440 relay-1. Gaines, Chow, 16.1; 2. Guillez, 120HH-1.1. Gaines, Reed, 16.5. 440 relay-1. Chowchilla (Arnold, Allen, Williams and Gaines), 44.0; 2. Memorial, 45.5; 3. Central, 45.5. Sprint medley-1. Reedley, 3:43.8; 2. Memorial, 3:48.9; 3. Tranquillity, 3:52.2. 100-1. O'Neil, Mem, 10.0; 2. Gaines, Chow, 10.0; 3. Williams, Chow, 10.2. SP-1. Sciacqua, Cent, 52-1; 2. Davis, Ker, 47-10; 3. Geraday, Reed, 46-10. LJ-1. Williams, Chow, 21-4; 2. Severson, Liv, 20-8; 3. Purewal, Tran, 20-8.

DT-1. Arellano (SY) 155-7; 2. Secrease (Alem); 3. Peel (Fill); 4. Mills (Thatcher); 5. Croson (PR); 6. Wilson (Carp). SP-1. Mills (Th) 55-9; 2. Arellano (SY); 3. Croson (PR); 4. Secrease (Alem); 5. Howze (Breth); 6. Kuenen (LA Bap). LJ-1. Martinez (BD) 20-5; 2. White (LA Luth); 3. La Bombe (Alem); 4. Stark (Orange Luth); 5. Secrease (Alem); 6. Mitchell (PR). PV-1. Palacios (LA Luth) 13-0; 2. Wasden (SY); 3. Giordani (BD); 4. Brock (St B); 5. Shannon (Irv); 6. Grate (Cham). HJ-1. Laubacher (St B) 6-3; 2. Stark (Orange Luth); 3. Polli (Alem); 4. Winzey (LA Luth); 5. Torres (Calab); 6. (tie) Mitchell (PR) and Gabbarud (SC). TJ-1. Secrease (Alem) 42-4; 2. Martinez (BD); 3. Releford (LA Luth); 4. Mason (Alem); 5. Duba (Carp); 6. Williams (Breth).

100-1. Wyatt (Tem) 10.4; 2. Emel (LA Luth); 3. White (LA Luth) 4. Dunn (Carp); 5. Croson (PR); 6. Rynolds (B-J). 220-1. Wyatt (Tem) 23.0; 2. Releford (LA Luth); 3. Lietz (Calab); 4. Fisher (Alem); 5. White (LA Luth); 6. Ashworth (Orange Luth). 440-1. Denny (Orange Luth) 51.9; 2. (tie) Pfister (Cham) and Mason (Alem); 4. Wilson (Carp); 5. Crimes (Alem); 6. Lee (Cham). 880-1. Torres (Alem) 1:59.8; 2. Nunes (Carp); 3. Robles (Fill); 4. Martin (WC); 5. Hendrix (Maran); 6. Blum (Carp). Mile-1. Zubiate (Alem) 4:34.1; 2. Allen (Alem); 3. Russell (Carp); 4. Gulso (Irv); 5. Nunes (Carp); 6. Stevens (BD). 2-mile-1. Robles (Fill) 9:45.0; 2. Lizarraga (Alem); 3. Caswell (Maran); 4. Guiso (Irv); 5. Allen (Alem); 6. Stapp (Irv). 330 LH-1. Elgan (Carp) 38.5 (new meet record); 2. Taylor (Breth); 3. Mason (Alem); 4. Zeolla (Cham); 5. Toujilla (Fill); 6. Dunn (Carp). 120 HH-1. Elgan (Carp) 15.0; 2. Secrease (Alem); 3. Polli (Alem); 4. Neenan (Orange Luth); 5. Frankwick (Cham); Holman (LA Luth). 440 relay-1. Orange Lutheran 44.5; 2. Alemany; 3. Bishop Diego; 4. Carpinteria; 5. Paso Robles; 6. Calabassas. Mile relay-1. LA Lutheran 3:33.7; 2. Orange Lutheran; 3. Carpinteria; 4. Alemany; 5. Bishop Diego; 6. Chaminade.

Girls Varsity

Team finish-1. Alemany 63; 2. Irvine 61; 3. Orange Lutheran 43; 4. (tie) Atas-cadero and Nordhoff 41; 6. Chaminade 32; 7. Calabassas 29; 8. Yucca Valley 18; 9. Carpinteria 17; 10. LA Lutheran 16; 11. St. Bonaventure 12; 12. LA Baptist 11; 13. Brethren 10; 14. Bell-Jeff 8; 15. (tie) Fillmore and La Verne Lutheran 2; Paso Robles, Santa Clara, Whittier Christian and Templeton did not score. SP-1. Edwards (Breth) 37-0; 2. Filian (B-J); 3. Singleton (Nord); 4. L. Kelley (Irv); 5. Maseda (Cham); 6. Colborn (StB). DT-1. Singleton (Nord) 123-6 (new meet record); 2. Lipson (Carp); 3. Hodoy (Carp); 4. L. Kelley (Irv); 5. Gallardo (Fill); 6. Duran (Nord). LJ-1. M. Kelley (Irv) 17-4 (new meet record); 2. Sweeney (YV); 3. Jones (Alem); 4. L. Kelley (Irv); 5. Kern (StB); 6. Hudson (Nord). HJ-1. Sweeney (YV) 5-3; 2. Kern (StB); 3. Hall (Calab); 4. Chandler (Alem); 5. L. Kelley (Irv); 6. Perran Calab). 100-1. M. Kelley (Irv) 11.4; 2. Haight (Orange Luth); 3. Grayston (Atas); 4. Jones (Alem); 5. Lipsey (Atas); 6. Thomas (LA Bap). 220-1. M. Kelley (Irv) 26.0; 2. Haight (Orange Luth); 3. Grayston (Atas); 4. Jones (Alem); 5. Walker (LA

/Vern Gambetta/ April 22

GLENDALE RELAYS At Glendale College Boys

100-1. Sanford (Pasadena), 9.5 (1.36 m.p.h. wind); 2. Brown (Monrovia), 9.8. TWO MILE-Maserjian (Crescenta Valley), 9:36.4. 120HH-1. White (LA Canada), 14.2w (5.45 m.p.h.); 2. Knox (Pasadena), 14.7; 3. Gholar (Monrovia), 15.1. HJ-1. Harris (Los Alamitos), 6-10; 2. Balkin (Glendale), 6-8; 3. Jones (Pasadena), 6-4; 4. PV-1. McInlyre (Los Alamitos), 15-6; 2. White (LA Canada), 15-1; 3. Sandoval (Burrroughs), 13-0. LJ-Zawinal (Blair), 22-6; 2. Garner (Pasadena), 21-6; 4. T.J.-1. Jones (Pasadena), 45-6; 2. Greenroy (Los Alamitos), 45-0; 3. Garner (Pasadena), 44-5; 4. Crow (Montebello), 42-11; 5. SP-Polich (San Marino), 51-6. RELAYS: 440-1. Centennial, 42.1; 2. Monrovia, 42.4; 3. Pasadena, 42.4; 4. Crescenta Valley, 44.0. 880-1. Pasadena, 1:29.6; 2. Monrovia, 1:30.1; 3. Crescenta Valley, 1:32.2. MILE-1. Centennial, 3:18.7; 2. Pasadena, 3:22.5; 3. Monrovia, 3:23.5; 4. Burrroughs (Burb), 3:24.5; 5. West Torrance, 3:26.1; 6. LA Canada, 3:27.0. TWO MILE-1. Arcadia, 7:57.0 (Ladolo, 15:0.7); 2. LA Canada, 8:00.8; 3. tie between Burrroughs (Burb) and West Torrance, 8:18.1. FOUR MILE-1. Agoura, 18:04.4 (Storm, 4:21.0); 2. Kearny, 18:07.3; 3. Burrroughs (Burb), 18:14.9; 4. Montebello, 18:30.6. SPRINT MEDLEY-1. West Torrance, 3:38.5; 2. Hoover, 3:40.0; 3.

400H (Race 1)—1. Turner (CSLA), 49.3; 2. Graybehl (USC), 50.0; 3. Williams (CPSLO), no time; 4. Guerrero (unat), 52.0; 5. Lizardi (LBS), 52.4. (Race 2)—1. T. Andrews (Tobias Striders), 50.7; 2. Williams (AIA), 50.8; 3. McNeal (UCLA), 52.3. (Race 3)—Gray (WVC), 53.9.

400 RELAY (Race 1)—1. Tobias Striders (Williams, Simmons, Rogers, Gilkes), 39.4; 2. USC, 39.6; 3. San Jose CC, 39.8; 4. Cal Poly SLO, 39.9. (Race 2)—1. UCLA (Owens, Hampton, Thompson, Foster), 39.6; 2. Stanford, 39.8; 3. Long Beach St., "A", 39.8.

MILE RELAY (Race 1)—1. Long Beach St. (Conway 48.6; Beasley 45.6; Cox 47.8; Saunders 45.7), 3:07.7; 2. UCLA, 3:08.0; 3. San Jose CC, 3:10.4. (Race 2)—1. UC Irvine, 3:16.8; 2. Maccabi TC, 3:17.5.

TWO MILE RELAY—1. Stanford (Hadley, Wells, Lobsinger, Stillman), 7:37.0 (stadium record, old mark, 7:52.8; Occidental, 1969); 2. Maccabi TC, 7:43.1; 3. CS Los Angeles, 7:46.1.

DISTANCE MEDLEY RELAY—1. Stanford (Banks, Wells, Stillman, Lobsinger), 10:01.3 (stadium record, old mark, 10:02.4; San Diego St., 1969); 2. Fresno TC, 10:08.2.

5 KILOMETER WALK—1. Bouldin (LA Sheriffs), 23:01; 2. Hall (Ventura TC), 23:58; 3. Hampton (El Camino Walkers), 26:35.

20 KILOMETER WALK—Walker (Tobias Striders), 1:33:57.5 (only entrant).

WOMEN'S 10-KILOMETER WALK—1. Mori (Cal Walkers), 53:59; 2. Jones (Cal Walkers), 56:54.

MASTERS 100—1. Jordan (Stanford), 11.9; 2. Patskis, 12.1; 3. Fetter, 12.4; 4. Clayton, 12.4.

HAMMER—1. Mayer (UCTC), 184-3; 2. Briskie (San Diego St.), 173-10.

SHOTPUT—1. Dolegiewicz (Canada), 64-9/4; 2. Laut (UCLA), 62-9; 3. Summers (WV), 62-13/4; 4. Vincent (Club Northwest), 61-0/2; 5. McKenzie (USC), 58-11/4.

JAVELIN—1. Sinclair (Washington St.), 249-2; 2. Urpo Paananen (USC), 241-3; 3. DeMill (UCLA), 241-1; 4. Peiranoff (Palomar College), 238-2; 5. Pearce (Tobias Striders), 232-8.

LONG JUMP—1. Williams (Tobias Striders), 26-21/2; 2. Lofton (Stanford), 26-13/4; 3. Hays (PCC), 25-8; 4. Doubly (USC), 25-4; 5. McGee (Maccabi TC), 25-0/4.

HIGH JUMP—1. Kofinek (PCC), 7-2; 2. Joseph (UCLA), 7-2.

POLE VAULT—1. Taylor (Club Northwest), 18-0/2; 2. Haynie (Quest), 17-0; 3. Brown (UCLA), 16-6; 4. Mulligan (WVJC), 16-6; Eskola (CSLA), 16-6.

DISCUS—1. Stadel (Tobias Striders), 204-11; 2. Gordien (unat), 197-5; 3. Gardner (Maccabi TC), 190-4; 4. Binley (UCLA), 176-2; 5. Montgomery (USC), 174-11.

TRIPLE JUMP—1. Taylor (LBS), 53-1/4; 2. Freeman (unat), 52-6/4; 3. Caldwell (unat), 52-5/2; 4. Magee (Maccabi TC), 51-7/4; 5. Tiff (Tobias Striders), 51-4/4.

Attendance—2,156

/Vern Gambetta/

15.9; Williamson (Mesa), 15.9. (Discus) (Invitational)—Lerrow (Gross.), 160-10; Stewart (Cyp.), 158-9; Tetrels (Sky.), 156-7; 440 relay (Race 1)—Grossmont, 43.8; San Bernardino, 43.8; Antelope Valley, 44.5; 440 relay (Race 2)—LA Southwest, 42.4; Citrus, 42.4; American River, 42.7; 440 relay (Race 3)—LA City, 43.2; LA Harbor, 43.6; Santa Ana, 43.6; 440 relay (Race 4)—Pasadena, 41.7; San Diego, 42.1; LA Valley, 42.1; 440 relay (Invitational)—San Jose, 40.9; Lane, 41.2; Alameda, 41.6; 3,000 steepcchase (Invitational)—Ljung (Pal.), 9:28.5; Austin (Gross.), 9:31.4; Aguero (San Ana), 9:35.2; Triple Jump (Invitational)—Moreno (San Jose), 50 10/16 wa; Hays (Pas.), 50.9; Williams (Pas.), 50.0. Sprint Medley (Race 1)—Skyline, 3:31.8; Santa Ana, 3:32.7; Contra Costa, 3:33.2. Sprint medley (Race 2)—LA Harbor, 3:32.6; LA Valley, 3:34.7; Carritos, 3:36.1; 100 (Race 1)—Greene (San Jose), 10.3 wa; Admiral (Con. Cos.), 10.4; Ellis (Clif.), 10.6. Discus (Rated 1)—Goode (San Jose), 160.2; Corbett (Full.), 152.2; Merdinger (Delta), 146.10.

Sprint medley (Invitational)—Pierce, 3:28.5; Foot hill, 3:28.6; Compton, 3:30.4; 400 hurdles (Race 1)—Henley (Gross.), 55.5; Brisco (Comp.), 56.8; Dempsey (Moor.), 57.5. Triple Jump (Rated)—Davis (LA City), 47-10 1/4; Humphrey (Full.), 47-8; WLadow (DeAn.), 45-10; 4 mile relay—American River, 17:29.0; West Valley, 17:41.2; Santa Ana, 17:45.0; Pale vault (Invitational)—Mulligan (West Val.), 16.6; Ruzicka (COS), 15.6; Muht (Bak.), 15.6. Mile relay—Pierce, 3:18.4; Compton, 3:20.0; Glendale, 3:23.2.

April 21, Bakersfield Relays. Women

440 relay (Race 1)—Long Beach, 52.2; Glendale, 52.3; LA Valley, 52.8. (Race 2)—Pasadena, 49.7; Fresno, 50.6; LA Harbor, 51.1. (Race 3)—Mt. SAC, 48.2; Alameda, 48.3. HJ (rated)—Cordova (Reed.), 4-10; Achan (Alam.), 4-8; Craig (DeAnza), 4-8; 1,500 (Race 1)—Babros (Harb.), 5:08.0; Villanueva (Fres.), 5:09.3; Huggins (Ant. Vall.), 5:13.3. (Race 2)—Hemond (Pas.), 4:44.9 (meet record, old record 5:04.4; O'Neil, Golden West, 1977); Hester (Fres.), 4:46.7; Mears (DeAn.), 4:52.2; 100 hurdles (Race 1)—Maloney (San Bar.), 17.1; Rodriguez (Mt. SAC), 17.5; Sandoval (Glen.), 17.6. (Race 2)—Reese (El Cam.), 15.9; McConnel (Vall.), 16.4; Sheelar (Or. Coast), 16.5. (Race 3)—Edwinson (San Mat.), 15.0 (meet record, old record 15.4; Brinkman, Mt. SAC, 1977); Hightower (Mt. SAC), 15.3; Nigel, (Sothwest), 15.4.

Sprint medley (Race 1)—Fresno, 1:52.5; Contra Costa, 1:57.1; Santa Barbara, 1:57.7. (Race 2)—Compton, 1:50.5; Pasadena, 1:50.6; Alameda, 1:53.4. Javelin (Rated 2)—Dasse (Or. Coast), 112.5; Shields (Pas.), 100 7/2; Cook (Pas.), 100.4. Javelin (Invit)—Mears (DeAn.), 133.4 (meet record, old record 124.3; Ludes, El Camino, 1977); Banks (San Bar.), 126 1/2; Thomkin (Ant. Vall.), 119 7/2; 400 (Race 1)—Dunbar (Mt. SAC), 59.2; Harmon (Glen.), 1:03.4; Summers (Sthwst), 1:03.4. (Race 2)—Mulligan (Reed.), 58.5; Easter (Vent.), 59.7; Brent (Glen.), 1:00.0. (Race 3)—Wise (Vent.), 57.4; Morgan (Bak.), 58.0; West (San Jose), 58.9.

100 (Race 1)—Bowie (Mt. SAC), 12.3; Vaughn (R), 13.0; Rutherford (Fres.), 13.3. (Race 2)—Cordova (Reed.), 12.9; Haggerty (Lon. Bea.), 13.2;

April 22, Chowchilla Invitational

Boys

Distance Medley — 1. Tranquillity (Martinez, Purewal, Cordova and Gonzalez), 11:23.1; 2. LeGrand; 3. Reedley.

Discus — 1. Sciacqua, Cent, 138-4; 2. Floyd, Cent, 136-10; 3. Denton, Sie, 136-8.

2-Mile — 1. Carrillo, Tran, 10:24.6; 2. Gonzalez, Tran, 10:25.0; 3. Vasquez, Tran, 10:30.7.

1200H — 1. Gaines, Chow, 16.1; 2. Guillams, Fire, 16.4; 3. Cerda, Reed, 16.5.

440 relay — 1. Chowchilla (Arnold, Allen, Williams and Gaines), 44.0; 2. Memorial, 45.5; 3. Central, 45.5.

Sprint medley — 1. Reedley, 3:43.8; 2. Memorial, 3:48.9; 3. Tranquillity, 3:52.2.

100 — 1. O'Neil, Mem, 10.0; 2. Gaines, Chow, 10.0; 3. Williams, Chow, 10.2.

SP — 1. Sciacqua, Cent, 52-1; 2. Davis, Ker, 47-10 1/2; 3. Geradaw, Reed, 46-10.

LJ — 1. Williams, Chow, 21-4; 2. Severson, Liv, 20-8 1/2; 3. Purewal, Tran, 20-8 1/2.

Mile — 1. Cordova, Tran, 4:51.6; 2. Baptista, LeG, 4:52.0; 3. Martinez, Tran, 4:52.4.

300LH — 1. Williams, Chow, 39.9; 2. Ewy, Reed, 41.1; 3. Purewal, Tran, 41.5.

HJ — 1. McClanahan, Sie, 6-4 1/4; 2. Arnold, Chow, 6-3 1/4 (school record); 3. Reich, Mem, 6-0.

PV — 1. Avilla, Coal, 13-0; 2. Adair, Sie, 13-0; 3. Nathan, DP, 10-6.

TJ — 1. Severson, Liv, 43-1; 2. Purewal, Tran, 42-10; 3. Franco, Liv, 41-6 1/2.

Mile relay — 1. Sierra, 3:37.3; 2. Memorial, 3:38.7; 3. Coalinga, 3:41.6.

Team scoring — Chowchilla 52, Tranquillity 48, Memorial 39, Sierra 29, Central 27, Reedley 26, Livingston 21, LeGrand 14, Coalinga 12, Dos Palos 8, Kerman 8, Firebaugh 4.

Girls

2 mile — 1. Lemons, Chow, 13:25.1; 2. Mesa, Tran, 13:51.6; 3. Gillespie, Cen, 14:04.7.

SP — 1. Stevens, Coal, 37-4 1/4; 2. Jones, Coal, 25-4; 3. Phelps, Coal, 24-10 1/2.

LJ — 1. Stevens, Coal, 17-0; 2. Carter, Chow, 17-9; 3. Williams, Cen, 16-6 1/2.

Distance medley — 1. Reedley 14:35.6; 2. Memorial 14:58.0; 3. Firebaugh, NT.

HJ — 1. Sconlers, WU, 5-4 1/2; 2. Goobby, Reed, 5-2 1/2; 3. Ray, SJM, 5-0.

110 LH — 1. Williams, Chow, 16.5; 2. Hills, Fire, 17.0; 3. Williams, WU, 17.0.

440 relay — 1. Coalinga 52.5; 2. Sierra 52.6; 3. Washington 52.9.

Sprint medley — 1. Washington 4:40.8; 2. Central 4:44.1; 3. Memorial 4:44.5.

100 — 1. Arnold, Chow, 11.2; 2. Woods, WU, 11.4; 3. Rouse, Sie, 11.5.

Discus — 1. Randolph, Liv, 109-11; 2. Philps, Coal, 107-11; 3. Pierson, Tran, 107-4;

Mile — 1. Holland, WU, 6:07.6; 2. Acoston, Fire, 6:11.9; 3. Morin, Liv, 6:12.0.

Mile relay — 1. Sierra 4:26.4; 2. Reedley 4:29.6; 3. Memorial 4:31.2.

Coalinga 41, Washington 40, Chowchilla 30, Memorial 27, Reedley 27, Sierra 22, Central 19, Firebaugh 16, Livingston 16, Tranquillity 9, Dos Palos 1.

59th ANNUAL RUSSELL CUP
At Carpinteria Memorial Field

Boys Varsity

Team finish — 1. Alemany 121; 2. L.A. Lutheran 43; 3. Carpinteria 59; 4. Orange Lutheran 45; 5. Bishop Diego 33; 6. Santa Ynez 26; 7. Fillmore 24; 8. Irvine 17; 9. Chaminade 16; 10. Thatcher 14; 11. Paso Robles 13 1/2; 12. Brethren 11; 13. Santa Clara 10 1/2; 14. Templeton 10; 15. Calabasas 9; 16. Marantha 8; 17. (tie) St. Bonaventure, Whittier Christian and Yucca Valley 4; 20. Bell-Jeff 3; 21. L.A. Baptist 1; Atascadero, La Verne Lutheran, and Nordhoff did not score.

April 22

UCSB WOMEN'S
'MT. SAC IMITATIONAL'
At Pauley Track

Participating teams — UCSB, Cal St. Bakersfield, Cal Poly S.L.O., UC Berkeley, SBCC.

100m — 1. Allen (UCB) 12.4; 2. Hester (UCSB) 12.5 (new school record); 3. (tie) Curry (UCSB) and Cheek (UCB) 13.0; 5. Lenci (SBCC) 13.1. 200m — (Heat 1) — 1. Banks (SBCC) 25.3; 2. Elmore (UCB) 26.3; 3. Hester (UCSB) 26.3; 4. Thomas (CSB) 26.8; 5. Cheek (UCB) 27.2; (Heat 2) — 1. Allen (UCB) 26.0; 2. Curry (UCSB) 27.4; 3. Lenci (SBCC) 27.4. 400m — 1. Moore (SLO) 57.4; 2. Valdez (UCSB) 58.2 (new school record); 3. Miller (SLO) 58.3; 4. Woods (UCB) 59.1; 5. Reynoldis (SBCC) 61.6. 800m — 1. Anderson (CSB) 2:11.8; 2. Powers (UCSB) 2:12.1 (new school record); 3. Keyes (SLO) 2:13.1; 4. Rouda (SLO) 2:14.2; 5. Kinane (UCSB) 2:21.7; 6. Jacobson (UCSB) 2:26.9. 1500m — 1. Hjelte (UCB) 4:42.4; 2. Woodhill (UCSB) 4:53.4; 3. Branch (SBCC) 4:56.4; 4. King (SBCC) 5:02.0. 3,000m — 1. Metteer (UCB) 10:05.6;

7. Carpinteria 17; 10. LA Lutheran 16; 11. St. Bonaventure 12; 12. LA Baptist 11; 13. Brethren 10; 14. Bell-Jeff 8; 15. (tie) Fillmore and La Verne Lutheran 2; Paso Robles, Santa Clara, Whittier Christian and Templeton did not score.

SP — 1. Edwards (Breth) 37-0; 2. Filian (B-J); 3. Singleton (Nord); 4. L. Kelley (Irv); 5. Maseda (Cham); 6. Colborn (SIB). DT — 1. Singleton (Nord) 123-6 (new meet record); 2. Lipson (Carp); 3. Hodoy (Irv); 4. L. Kelley (Irv); 5. Gallardo (Fill); 6. Duran (Nord). LJ — 1. M. Kelley (Irv) 17-4 1/4 (new meet record); 2. Sweeney (YV); 3. Jones (Alem); 4. L. Kelley (Irv); 5. Kern (SIB); 6. Hudson (Nord). HJ — 1. Sweeney (YV) 5-3; 2. Kern (SIB); 3. Hall (Calab); 4. Chandler (Alem); 5. L. Kelley (Irv); 6. Perran Calab.

100 — 1. M. Kelley (Irv) 11.4; 2. Haight (Orange Luth); 3. Grayston (Atas); 4. Jones (Alem); 5. Lipsey (Atas); 6. Thomas (LA Bapt). 220 — 1. M. Kelley (Irv) 26.0; 2. Haight (Orange Luth); 3. Grayston (Atas); 4. Jones (Alem); 5. Walker (LA Bapt); 6. Quiroz (Carp). 440 — 1. (tie) M. Kelley (Irv) and Lipsey (Atas) 1:01.6; 3. Kahre (Orange Luth); 4. Leach (Alem); 5. Wheatman (Cham); 6. Long (SIB). 880 — 1. Ward (LA Luth) 2:21.2 (new meet record); 2. Deegan (Alem); 3. Burford (Cham); 4. Moeller (Alem); 5. Miller (Irv); 6. Karhe (Orange Luth). Mile — 1. Deegan (Alem) 5:32.7; 2. Gison (Calab); 3. Miller (Irv); 4. Burford (Cham); 5. Moore (Calab); 6. White (La Verne Luth). 2-mile — 1. Burford (Cham) 12:11.0; 2. Gison (Calab); 3. Gossman (Alem); 4. Blatt (Calab); 5. Wheatman (Cham); 6. White (La Verne Luth). 110 LH — 1. Singleton (Nord) 15.4; 2. Thoms (LA Bapt); 3. Smith (Nord); 4. Chandler (Alem); 5. Haun (Cham); 6. Glienke (Orange Luth). 440 relay — 1. Atascadero 51.5; 2. Orange Lutheran; 3. Nordhoff; 4. LA Lutheran; 5. Carpinteria; 6. Alemany. Mile relay — 1. Orange Lutheran 4:12.6; 2. Alemany; 3. Atascadero; 4. Chaminade; 5. LA Lutheran; 6. Nordhoff.

April 22

UCSB WOMEN'S
'MT. SAC IMITATIONAL'
At Pauley Track

Participating teams — UCSB, Cal St. Bakersfield, Cal Poly S.L.O., UC Berkeley, SBCC.

100m — 1. Allen (UCB) 12.4; 2. Hester (UCSB) 12.5 (new school record); 3. (tie) Curry (UCSB) and Cheek (UCB) 13.0; 5. Lenci (SBCC) 13.1. 200m — (Heat 1) — 1. Banks (SBCC) 25.3; 2. Elmore (UCB) 26.3; 3. Hester (UCSB) 26.3; 4. Thomas (CSB) 26.8; 5. Cheek (UCB) 27.2; (Heat 2) — 1. Allen (UCB) 26.0; 2. Curry (UCSB) 27.4; 3. Lenci (SBCC) 27.4. 400m — 1. Moore (SLO) 57.4; 2. Valdez (UCSB) 58.2 (new school record); 3. Miller (SLO) 58.3; 4. Woods (UCB) 59.1; 5. Reynoldis (SBCC) 61.6. 800m — 1. Anderson (CSB) 2:11.8; 2. Powers (UCSB) 2:12.1 (new school record); 3. Keyes (SLO) 2:13.1; 4. Rouda (SLO) 2:14.2; 5. Kinane (UCSB) 2:21.7; 6. Jacobson (UCSB) 2:26.9. 1500m — 1. Hjelte (UCB) 4:42.4; 2. Woodhill (UCSB) 4:53.4; 3. Branch (SBCC) 4:56.4; 4. King (SBCC) 5:02.0. 3,000m — 1. Metteer (UCB) 10:05.6;

April 22

UCSB WOMEN'S
'MT. SAC IMITATIONAL'
At Pauley Track

Participating teams — UCSB, Cal St. Bakersfield, Cal Poly S.L.O., UC Berkeley, SBCC.

100m — 1. Allen (UCB) 12.4; 2. Hester (UCSB) 12.5 (new school record); 3. (tie) Curry (UCSB) and Cheek (UCB) 13.0; 5. Lenci (SBCC) 13.1. 200m — (Heat 1) — 1. Banks (SBCC) 25.3; 2. Elmore (UCB) 26.3; 3. Hester (UCSB) 26.3; 4. Thomas (CSB) 26.8; 5. Cheek (UCB) 27.2; (Heat 2) — 1. Allen (UCB) 26.0; 2. Curry (UCSB) 27.4; 3. Lenci (SBCC) 27.4. 400m — 1. Moore (SLO) 57.4; 2. Valdez (UCSB) 58.2 (new school record); 3. Miller (SLO) 58.3; 4. Woods (UCB) 59.1; 5. Reynoldis (SBCC) 61.6. 800m — 1. Anderson (CSB) 2:11.8; 2. Powers (UCSB) 2:12.1 (new school record); 3. Keyes (SLO) 2:13.1; 4. Rouda (SLO) 2:14.2; 5. Kinane (UCSB) 2:21.7; 6. Jacobson (UCSB) 2:26.9. 1500m — 1. Hjelte (UCB) 4:42.4; 2. Woodhill (UCSB) 4:53.4; 3. Branch (SBCC) 4:56.4; 4. King (SBCC) 5:02.0. 3,000m — 1. Metteer (UCB) 10:05.6;

April 22

UCSB WOMEN'S
'MT. SAC IMITATIONAL'
At Pauley Track

Participating teams — UCSB, Cal St. Bakersfield, Cal Poly S.L.O., UC Berkeley, SBCC.

100m — 1. Allen (UCB) 12.4; 2. Hester (UCSB) 12.5 (new school record); 3. (tie) Curry (UCSB) and Cheek (UCB) 13.0; 5. Lenci (SBCC) 13.1. 200m — (Heat 1) — 1. Banks (SBCC) 25.3; 2. Elmore (UCB) 26.3; 3. Hester (UCSB) 26.3; 4. Thomas (CSB) 26.8; 5. Cheek (UCB) 27.2; (Heat 2) — 1. Allen (UCB) 26.0; 2. Curry (UCSB) 27.4; 3. Lenci (SBCC) 27.4. 400m — 1. Moore (SLO) 57.4; 2. Valdez (UCSB) 58.2 (new school record); 3. Miller (SLO) 58.3; 4. Woods (UCB) 59.1; 5. Reynoldis (SBCC) 61.6. 800m — 1. Anderson (CSB) 2:11.8; 2. Powers (UCSB) 2:12.1 (new school record); 3. Keyes (SLO) 2:13.1; 4. Rouda (SLO) 2:14.2; 5. Kinane (UCSB) 2:21.7; 6. Jacobson (UCSB) 2:26.9. 1500m — 1. Hjelte (UCB) 4:42.4; 2. Woodhill (UCSB) 4:53.4; 3. Branch (SBCC) 4:56.4; 4. King (SBCC) 5:02.0. 3,000m — 1. Metteer (UCB) 10:05.6;

April 22

UCSB WOMEN'S
'MT. SAC IMITATIONAL'
At Pauley Track

Participating teams — UCSB, Cal St. Bakersfield, Cal Poly S.L.O., UC Berkeley, SBCC.

100m — 1. Allen (UCB) 12.4; 2. Hester (UCSB) 12.5 (new school record); 3. (tie) Curry (UCSB) and Cheek (UCB) 13.0; 5. Lenci (SBCC) 13.1. 200m — (Heat 1) — 1. Banks (SBCC) 25.3; 2. Elmore (UCB) 26.3; 3. Hester (UCSB) 26.3; 4. Thomas (CSB) 26.8; 5. Cheek (UCB) 27.2; (Heat 2) — 1. Allen (UCB) 26.0; 2. Curry (UCSB) 27.4; 3. Lenci (SBCC) 27.4. 400m — 1. Moore (SLO) 57.4; 2. Valdez (UCSB) 58.2 (new school record); 3. Miller (SLO) 58.3; 4. Woods (UCB) 59.1; 5. Reynoldis (SBCC) 61.6. 800m — 1. Anderson (CSB) 2:11.8; 2. Powers (UCSB) 2:12.1 (new school record); 3. Keyes (SLO) 2:13.1; 4. Rouda (SLO) 2:14.2; 5. Kinane (UCSB) 2:21.7; 6. Jacobson (UCSB) 2:26.9. 1500m — 1. Hjelte (UCB) 4:42.4; 2. Woodhill (UCSB) 4:53.4; 3. Branch (SBCC) 4:56.4; 4. King (SBCC) 5:02.0. 3,000m — 1. Metteer (UCB) 10:05.6;

April 22

UCSB WOMEN'S
'MT. SAC IMITATIONAL'
At Pauley Track

Participating teams — UCSB, Cal St. Bakersfield, Cal Poly S.L.O., UC Berkeley, SBCC.

100m — 1. Allen (UCB) 12.4; 2. Hester (UCSB) 12.5 (new school record); 3. (tie) Curry (UCSB) and Cheek (UCB) 13.0; 5. Lenci (SBCC) 13.1. 200m — (Heat 1) — 1. Banks (SBCC) 25.3; 2. Elmore (UCB) 26.3; 3. Hester (UCSB) 26.3; 4. Thomas (CSB) 26.8; 5. Cheek (UCB) 27.2; (Heat 2) — 1. Allen (UCB) 26.0; 2. Curry (UCSB) 27.4; 3. Lenci (SBCC) 27.4. 400m — 1. Moore (SLO) 57.4; 2. Valdez (UCSB) 58.2 (new school record); 3. Miller (SLO) 58.3; 4. Woods (UCB) 59.1; 5. Reynoldis (SBCC) 61.6. 800m — 1. Anderson (CSB) 2:11.8; 2. Powers (UCSB) 2:12.1 (new school record); 3. Keyes (SLO) 2:13.1; 4. Rouda (SLO) 2:14.2; 5. Kinane (UCSB) 2:21.7; 6. Jacobson (UCSB) 2:26.9. 1500m — 1. Hjelte (UCB) 4:42.4; 2. Woodhill (UCSB) 4:53.4; 3. Branch (SBCC) 4:56.4; 4. King (SBCC) 5:02.0. 3,000m — 1. Metteer (UCB) 10:05.6;

April 22

UCSB WOMEN'S
'MT. SAC IMITATIONAL'
At Pauley Track

Participating teams — UCSB, Cal St. Bakersfield, Cal Poly S.L.O., UC Berkeley, SBCC.

100m — 1. Allen (UCB) 12.4; 2. Hester (UCSB) 12.5 (new school record); 3. (tie) Curry (UCSB) and Cheek (UCB) 13.0; 5. Lenci (SBCC) 13.1. 200m — (Heat 1) — 1. Banks (SBCC) 25.3; 2. Elmore (UCB) 26.3; 3. Hester (UCSB) 26.3; 4. Thomas (CSB) 26.8; 5. Cheek (UCB) 27.2; (Heat 2) — 1. Allen (UCB) 26.0; 2. Curry (UCSB) 27.4;

April 22

UCSB 79,
OCCIDENTAL 74

100M — 1. Nomura (UCSB) 11.0; 2. Ryan (UCSB) 11.0; 3. Robinson (O) 11.1. 200M — 1. Ryan (UCSB) 22.1; 2. Mondragon (O) 22.6; 3. Herrin (UCSB) 22.7. 400M — 1. Henderson (O) 48.1; 2. Jones (O) 48.3; 3. MacKenzie (UCSB) 49.0. 800M — 1. Colley (O) 1:52.9; 2. Partamian (O) 1:53.6; 3. Telaneus (O) 1:56.2. 1500M — 1. Acadoo (O) 3:52.8; 2. Wiggins (UCSB) 3:59.2; 3. Seeker (UCSB) 3:59.8. 5000M (over-distance) — 1. LeBold (UCSB) 14:54.4; 2. Colley (O) 15:24.5; 3. Canchola (UCSB) 15:33.2. 110M HH — 1. Whitworth (O) 16.1; 2. Buchanan (O) 16.7; no third. 400M IH — 1. Harris (UCSB) 52.6; 2. Starmer (UCSB) 53.9; 3. Hall (O) 70.0. 3,000M Steeple — 1. Sweeney (O) 9:18.2; 2. Gulve (O) 9:28.7; 3. Isaacson (UCSB) 9:50.0. 400M Relay — 1. UCSB (Herrin, Nomura, Starmer, Ryan) 41.6; 2. Oxy 42.0. Mile Relay — 1. UCSB (Johnston, MacKenzie, Starmer, Harris) 3:15.9; 2. Oxy 3:17.2.

PV — 1. Linn (UCSB) 15-6; 2. Bell (O) 15-0; 3. Cuervo (O) 15-0. LJ — 1. Harris (UCSB) 22-20½; 2. Whitworth (O) 21-9¼; 3. Tierney (O) 21-7¼. SP — 1. Gough (UCSB) 51-10¼; 2. Hickinbotham (UCSB) 48-0¼; 3. Buchanan (O) 47-7¼. JT — 1. Cuervo (O) 189-4; Buchanan (O) 174-0; 3. Gordien (UCSB) 170-6. HJ — 1. Hall (O) 6-10; 2. Ridgway (UCSB) 6-8; 3. Cuervo (O) 6-6. DT — 1. Gough (UCSB) 148-10; 2. Gordien (UCSB) 142-8; 3. Hickinbotham (UCSB) 142-4. TJ — 1. Williams (O) 48-1½; 2. Hall (UCSB) 44-5¼; 3. Morgan (UCSB) 44-5.

Vern Gambetta

April 22

VENTURA RELAYS

100—Britton (Claremont), 9.7 (3.7 m.p.h. wind); 2. W. Curran (Crespi), 9.8; 3. Keller (Newbury Park), 9.9; 4. Dixon (Santa Barbara), 10.0. TWO MILE—1. Spilman (Simi), 9:20.4; 2. Morales (Camarillo), 9:25.8; 3. Breaux (Claremont), 9:37.7; 4. Ross (Thousand Oaks), 9:42.7. 120HH—1. Gilbert (Santa Barbara), 14.5; 2. Calloway (Royal), 14.6; 3. Sellers (Channel Islands), 14.8; 4. Franco (Camarillo), 15.0. 330LH—1. W. Curran (Crespi), 37.2; 2. Keagans (Claremont), 39.5.

RELAYS: 440—1. Claremont, 43.2; 2. Santa Barbara, 43.4. 880—1. Claremont, 1:31.5; 2. Santa Barbara, 1:32.0. MILE RELAY—1. Thousand Oaks, 3:29.2; 2. Dos Pueblos, 3:30.0. TWO MILE—1. Dos Pueblos, 8:12.0; 2. Hart, 8:13.4; 3. Camarillo, 8:14.3. SPRINT MEDLEY—Thousand Oaks, 2:03.6. DISTANCE MEDLEY—1. Dos Pueblos, 10:47.3.

HJ—1. Lee (Royal), 6-6; 2. McClain (Buena), 6-4. PV—1. A. Curran (Crespi), 17-4¼ (national high school interscholastic federation record, old mark, 16-10, Randy Hall, Calhoun, Port LaVaca, Texas, 1977); 2. Foss (Santa Ynez), 15-0; 3. Kenworthy (Crespi), 15-0. LJ—1. Turner (Channel Islands), 22-3. TJ—1. Gilbert (Santa Barbara), 47-3½. SP—1. Poore (Ventura), 55-0½; 2. Britton (Claremont), 52-10. DT—1. Hintz (Antelope Valley), 152-7; 2. McCool (Antelope Valley), 149-0; 3. Holden (Hart soph), 147-4.

FROSH SOPH: 120 HH—Ellison (Ventura), 15.0.

Girls

2-mile — Moffitt, Ext, 12:25.0 (meet record); Notarnicola, Ext, 12:54.2; Dengler, Imm, 12:59.4. 440 relay — Imm (Buhler, Wall, Petersen, Ewert), Strath (Lawless, Mohoff, Adam, Ramirez), 53.9 (meet record); Din, Kings, 54.4.

110 HH — Veaahr, Din, 16.9 (meet record); Willerns, Imm, 17.1; DeLeon, Fov, 17.7.

100 — Davis, Din, 12.0 (meet record); Ewert, Imm, 12.2; Adams, Strath, 12.4.

880 — Stevens, Kings, 2:27.7 (meet record); Vener, Ext, 2:33.6; Buhler, Imm, 2:35.4.

440 — Stevens, Kings, 1:01.0 (meet record); Lawless, Strath, 1:03.7; Vener, Ext, 1:04.2.

220 — Davis, Din, 27.1 (meet record); Ewert, Imm, 28.3; Vee-man, Strath, 28.3.

Mile — Moffitt, Ext, 5:46.5 (meet record); Avants, Wood, 5:37.1; Notarnicola, Ext, 5:58.6.

Mile relay — Imm (Petersen, Dawson, Enns, Buhler), 4:23.8 (meet record); Strah, 4:29.1; Kings, 4:29.5.

HJ — Hunter, Car, 5-0¼ (meet record); Hildebrand, Imm, 4-10; Veaahr, Din, 4-10.

LJ — Westerling, Ext, 16-0 (meet record); Eng, Lind, 15-9; Noble, Din, 15-2.

Dis — Crass, Kings, 109-6½ (meet record); Kinney, Lind, 96-0; Wynn, Ext, 95-4½.

SP — Robles, Wood, 37-6½ (meet record); Burgess, Imm, 31-7¼; Downing, Imm, 31-6.

Team scoring — Immanuel 99, Exeter 80, Strathmore 55, Dinuba 47, Kingsburg 47, Woodlake 26.5, Lindsay 17, Caruthers 16, Orosi 8, Fowler 7.5.

/Ron Blackwood/

April 22

TUSTIN RELAYS
Combined Races

440 RELAY—1. Santa Ana Valley, 42.5; 2. Rolling Hills, 43.7; 3. Fountain Valley, 44.0; 4. tie among West Covina, Pacifica and Plus X, 44.1; 7. Lynwood, 44.2.

880 RELAY—1. Fountain Valley, 1:30.5; 2. Lynwood, 1:30.6; 3. Santa Ana Valley, 1:31.5; 4. Rolling Hills, 1:31.6.

MILE RELAY—1. Lynwood, 3:26.2; 2. LB Wilson, 3:27.6; 3. Mayfair, 3:28.4; Ofange, 3:28.5; 5. Corona del Mar, 3:28.9; 6. Estancia, 3:29.6; 7. Foothill, 3:30.0; 8. Savanna, 3:30.1; 9. tie between Rolling Hills and Santa Ana Valley, 3:31.2.

TWO MILE—1. Artesia, 8:08.2; 2. Lora, 8:08.3; 3. Edison, 8:10.3; 4. Rolling Hills, 8:14.3; 5. West Covina, 8:14.6; 6. Mayfair, 8:15.2; 7. Villa Park, 8:16.6; 8. Villa Park, 8:16.6; 9. Canyon (Saugus), 8:21.0; 10. Upland, 8:22.4.

FOUR MILE RELAY—1. Fountain Valley, 17:46.5; 2. Costa Mesa, 17:53.6; 3. Marina, 17:55.3; 4. Lakewood, 17:55.6; 5. Corona del Mar, 17:59.5; 6. Rolling Hills, 18:09.0; 7. Tustin, 18:15.7.

SPRINT MEDLEY—1. Santa Ana Valley, 2:24.5 (Johnson, 48.0 leadoff leg); 2. LB Wilson, 2:27.0; 3. West Covina, 2:28.1; 4. Mayfair, 2:28.5; 5. Rolling Hills, 2:28.7.

DISTANCE MEDLEY—1. Foothill, 10:27.5 (Daley, 4:19.0); 2. Marina, 10:36.3; 3. Huntington Beach, 10:39.5; 4. Artesia, 10:40.8; 5. Corona del Mar, 10:46.2; 6. Fountain Valley, 10:50.1; 7. Costa Mesa, 10:51.0; 8. Kennedy, 10:52.2; 9. Estancia, 10:55.8.

SHUTTLE HL HURDLES—1. West Covina, 56.0; 2. Fountain Valley, 57.0; 3. Saddleback, 57.1; 4. Plus X, 58.2; 5. El Modena, 58.6; 6. Santa Ana Valley, 58.7; 7. tie between Edison and Villa Park, 59.4.

HIGH JUMP—1. Stevens (Tustin), 6-8; 2. Kahan (Lowell), 6-4; 3. Spera (Tustin), 6-4.

POLE VAULT—1. Cramm (Rolling Hills), 14-0; 2. Preston (Pacifica), 13-6; 3. tie among Thorpe (Marina), Little (Saddleback) and Sandoval (West Covina), 13-0.

LONG JUMP—1. Pitts (Santa Ana Valley), 23-4; 2. Blevins (Fountain Valley), 22-9; Roberts (Cerritos), 22-1¼; 4. Stewart (West Covina), 21-10; 5. Bronson (Lynwood), 21-7; 6. Hall (West Covina), 21-6½; 7. Romain (Fountain Valley), 21-6.

TRIPLE JUMP—1. Roberts (Cerritos), 48-9½; 2. Gouridine (El Toro), 46-3; 3. Bronson (Lynwood), 45-7; 4. Stewart (West Covina), 45-6; 5. Hancock (San Clemente), 45-5½; 6. Cowan (Fountain Valley), 45-3½; 7. Jackson (Saddleback), 44-7½; 8. Lalicich (Savanna), 44-0½.

SHOTPUT—1. Faul (West Covina), 61-5¾; 2. Spillers (Rowland), 58-5; 3. Orr (Canyon, Sau), 55-3; 4. Hazelton (Downey), 53-1; 5. Cornwell (Canyon, Sau), 52-7¾.

DISCUS—1. Orr (Canyon, Sau), 176-11; 2. Cornwell (Canyon, Sau), 166-6; 3. Rava (El Modena), 164-6; 4. Hudson (Mission Viejo soph), 161-5; 5. Kausen (Corona del Mar), 161-3; 6. Ayles (La Quinta), 159-6; 7. Fulagosa (Capistrano Valley), 151-0; 8. Camp (Estancia), 150-9.

TRACK ATHLETE OF MEET—Blevins (Fountain Valley), FIELD ATHLETE OF MEET—Roberts (Cerritos).

/Vern Gambetta/

VISTA RELAYS

100—D. Williams (El Camino, Oceanside), 9.8. MILE—1. Fricker (Hemet), 4:11.0; 2. Medvin (LA University), 4:12.3; 3. R. Roberts (Morse, SD), 4:14.0; 4. Woodland (La Jolla), 4:15.4; 5. Miller (Pt. Loma), 4:17.4; 6. Rose (Helix), 4:18.5.

LJ—D. Williams (El Camino, Oceanside), 24-11½. TJ—D. Williams (El Camino, Oceanside), 51-1¼. HJ—1. Schiefer (Madison, SD), 6-9; 2. A. Williams (El Camino, Ocean.), 6-8.

April 22

SAN JACINTO INVITATIONAL
At Mt. San Jacinto College

Boys

100—1. K. Fowler (Fontana), 9.8w; 2. Greer (Elsinore), 10.0. 220—1. Bethany (Fontana), 22.0; 2. K. Fowler (Fontana), 22.3. 440—1. Bethany (Fontana), 48.7; 2. Hanes (Twentynine Palms), 50.3; 3. Gary (Fontana), 50.7; 4. K. Fowler (Fontana), 51.0. 1200HH—Cooper (Fontana), 14.7w. 330LH—1. Cooper (Fontana), 37.9; 2. Gary (Fontana), 39.0. MILE RELAY—1. Fontana, 3:22.9; 2. Perris, 3:32.0.

PV—1. Roughton (Brawley), 13-6; 2. Leake (Corona), 13-6. SP—1. Kray-schir (San Jacinto), 53-4¾; 2. Maramati (Bloomington), 52-5; 3. Finger (San Jacinto), 52-3½. DT—1. Kray-schir (San Jacinto), 156-2; 2. Finger (San Jacinto), 147-1.

TEAM SCORES—Fontana 122, Corona 91, San Jacinto 53.

Girls

100—1. Tagabon (Brawley), 11.1w; 2. Prunell (Canyon, Ana), 11.5. 220—1. Purnell (Canyon, Ana), 26.4; 2. Tagabon (Brawley), 26.6. 440—Turner (Can, Ana), 61.9. 880—1. Hammer-shock (Brawley), 2:23.5; 2. Kelley (Hemet), 2:24.3; 3. Vollmer (Canyon, Ana), 2:25.4. MILE—1. Kelley (Hemet), 5:27.2; 2. Hammershock (Brawley), 5:29.4. TWO MILE—1. Kelley (Hemet), 11:13.0; 2. Steese (Can, Ana), 11:17.0. 110LH—1. Paulson (Canyon, Ana), 15.0; 2. Linn (Can, Ana), 15.5. 440 RELAY—1. (Canyon, Ana), 50.8; 2. Fontana, 52.0. MILE RELAY—1. (Canyon, Ana), 4:11.8; 2. Notre Dame (Riv.), 4:14.0; 3. Brawley, 4:15.6. HJ—Paulson (Can, Ana), 5-2. SP—1. Nelson (Can, Ana), 42-5¼; 2. Hutchison (Notre Dame, Riv.), 38-5; 3. Butler (Perris), 36-9½; 4. Cvitanich (San Jacinto), 36-1½; 5. Foldehauer (Can, Ana), 34-2. DT—1. Nelson (Can, Ana), 115-8; 2. Sharp (Coachella Valley), 100-5.

TEAM SCORES—Canyon (Anahelm) 135, Brawley 58, Notre Dame (Riv.), 51.

BLYTHE INVITATIONAL

100—1. Chadler (Palo Verde), 10.0 (9.7 in prelims). 200—Chadler (PV), 22.5. 440—Johnson (PV), 50.4. 1200HH—Norris (Coachella Valley), 14.3; 2. Love (PV), 14.5; 3. Alverado (CV), 14.9; 4. Rios (El Centro), 15.0. 330LH—1. Alverado (CV), 39.3; 2. Magin (Holtville), 39.3. 440 RELAY—Palo Verde, 44.1. MILE RELAY—Palo Verde, 3:32.0. HJ—D. Gallegos (Indio), 6-4. TJ—Norris (CV), 46-9½. DT—Romero (Indio), 151-6.

/Vern Gambetta/

SAN JOSE INVITATIONAL MEET

At San Jose, Calif.

Summaries of yesterday's events in the 12th San Jose Invitational track and field meet (running distances in meters unless otherwise indicated):

Hammer — 1. Dave McKenzie, unot., 211.1. 2. Mark Sawyer, Hayward St., 200-3; 10-00 — 1. Ted Quintana, Hayward St., 30-05.7. 2. Dwayne Woltmire, Athletes in Action, 30-11.6; 3,000 steeplechase — 1. Jim Johnson, Club Northwest, 8:38.4. 2. Bill McCullough, Santa Monica TC, 8:39.5; 400 relay — 1. San Jose St. (Washington, Cooper, Kirtman, Whitaker) 39.6. 2. Cal Poly-St. O., 40.6; 1500 — 1. Jeff Jirelle, Santa Monica TC, 3:42.4. 2. Craig Gibson, Club Northwest, 3:47.3; Shot put — 1. Al Feuerbach, Athletes West, 69-1¼. 2. Bishop Dolegawicz, Canada, 65-1; Javelin — 1. Bruce Kennedy, San Jose Stars, 261.5. 2. Tom Petranoff, Palomar JC, 238-0; 400 — 1. Maxie Parks, AIA, 46.7. 2. Mark Enveroff, Pacific Coast

The Only Publication Devoted to California Track

CALIFORNIA TRACK NEWS

RELAYS: 440-1. Claremont, 43.2; 2. Santa Barbara, 43.4. 800-1. Claremont, 1:31.5; 2. Santa Barbara, 1:32.0. MILE RELAY-1. Thousand Oaks, 3:27.2; 2. Dos Pueblos, 3:30.0. TWO MILE-1. Dos Pueblos, 8:12.0; 2. Hart, 8:13.4; 3. Camarillo, 8:14.3. SPRINT MEDLEY-Thousand Oaks, 2:03.6. DISTANCE MEDLEY-1. Dos Pueblos, 10:47.3.

HJ-1. Lee (Royal), 6-6; 2. McClain (Buena), 6-4. PV-1. A. Curran (Crespi), 17-4 1/4 (national high school interscholastic federation record, old mark, 16-10, Randy Hall, Calhoun, Port LaVaca, Texas, 1977); 2. Fuss (Santa Ynez), 15-0; 3. Kenworthy (Crespi), 15-0. LJ-1. Turner (Channel Islands), 22-3. TJ-1. Gilbert (Santa Barbara), 47-3 1/2. SP-1. Poore (Ventura), 55-0 1/2; 2. Britton (Claremont), 52-10. DT-1. Hintz (Antelope Valley), 152-7; 2. McCool (Antelope Valley), 149-0; 3. Holden (Hart soph), 147-4.

FROSH SOPH: 120 HH-Ellison (Ventura), 15.0.

Girls

100-Phipps (1000 Oaks), 11.2. 2. Harmon (1000 Oaks), 11.2. 3. Kay (1000 Oaks), 11.3. TWO MILE-Regan (Saugus), 11:30.7.

RELAYS: 440-Thousand Oaks, 49.9. 800-Thousand Oaks, 1:44.1. MILE-Thousand Oaks, 4:06.9. DISTANCE MEDLEY-Saugus, 13:35.3.

/Vern Gambetta/

April 22, Orosi Invitational

Boys

2-mile - Lutz, Ext, 10:07.7 (meet record); Hard, Wood, 10:35.1; Rodriguez, Par, 10:38.7.

440 relay - Imm (Hansen, Reimer, Boldt, Janzen), 46.1; Car, 47.7; Kings, 47.9.

120 HH - Mayo, Fow, 15.9; Siemens, Imm, 16.6; Briones, Lind, 16.8.

880 - Pope, Ext, 2:03.4; Bick, Imm, 2:05.7; Palomo, Ext, 2:06.2.

100 - Huerta, Oro, 10.5; Gomez, Wood, 10.5; Hansen, Imm, 10.7.

Mile - Lutz, Ext, 4:41.0; Ewert, Imm, 4:51.1; Haro, Wood, 5:12.1.

440 - Gomez, Wood, 51.9; Regier, Imm, 52.5; Palomo, Ext, 54.4.

220 - Huerta, Oro, 22.2; Maloney, Car, 23.8; Hansen, Imm, 24.1. 330 LH - Bick, Imm, 42.1; Boldt, Imm, 43.0; Mayo, Fow, 43.0.

Mile relay - Imm (Regier, Reimer, Bick, Ewert), 3:41.15; Strath, 3:45.1; Din, 3:54.9.

HJ - Clark, Ext, 5-9 1/2; Palomo, Ext, 5-9 1/2; Gaede, Imm, 5-8.

SP - Brower, Car, 48-10 1/2; Bennett, Kings, 47-4 1/4; Ledbetter, Imm, 43-11 1/4.

PV - Hansen, Imm, 11-6; Hernandez, Lind, 11-0; Stone, Din, 8-6.

TJ - Janzen, Imm, 39-3; Palomo, Ext, 37-9 1/2; Clark, Ext, 37-9.

LJ - Flores, Lind, 20-0; Mayo, Fow, 19-8; Janzen, Imm, 18-11.

Dis - Bennett, Kings, 163-11 1/2; Brower, Car, 131-0; Ledbetter, Imm, 117-5.

Team scoring - Immanuel 141, Exeter, 76.5, Caruthers 48, Woodlake 39, Kingsburg 29.5, Lindsay 29, Orosi 28, Fowler 27,



CALIFORNIA TRACK NEWS

Now in its fourth big year, California Track News has increased production from six issues to ten issues per year! This change will enable us to provide you with more news more promptly, especially important during the peak season.

Past issues of California Track News included statewide schedules, rankings, profiles, features, all time lists, pictures of California track action and major meet results.

Keep up with all of the action in the hottest track state in the United States by ordering your subscription now.

Please begin my subscription to California Track News immediately. I have enclosed a check or money order for the amount indicated above.

WHY MISS ANOTHER EXCITING ISSUE...?

- ** OPEN
- ** COLLEGE
- ** WOMEN
- ** JUNIOR COLLEGE
- ** HIGH SCHOOL
- ** MASTERS
- ** GIRLS
- ** PICTURES
- ** RESULTS
- ** PROFILES
- ** RANKINGS
- ** SCHEDULES

NEW

RENEWAL

\$7.00 - 1 year/10 issues

\$12.00 - 2 years/20 issues

\$16.00 - 3 years/30 issues

Name _____

Address _____

Send to: CALIFORNIA TRACK NEWS
1717 South Chestnut Ave.
Fresno, CA 93702

City _____

State _____

Zip Code _____

/Vern Gambetta/

SAN JOSE INVITATIONAL MEET
At San Jose, Calif.

Summaries of yesterday's events in the 12th San Jose Invitational track and field meet (running distances in meters unless otherwise indicated):

Hammer - 1. Dave McKenzie, unat., 211.1; 2. Mark Sawyer, Hayward St., 200-3; 16:00 - 1. Ted Quintana, Hayward St., 30:05.7; 2. Dwayne Woltmire, Athletes in Action, 30:11.6; 3,000 steeplechase - 1. Jim Johnson, Club Northwest, 8:38.4; 2. Bill McCullough, Santa Monica TC, 8:39.5; 400 relay - 1. San Jose St. (Washington), Cooper, Kirfman, Whitaker) 39.6. 2. Cal Poly-SLO, 40.6; 1500 - 1. Jeff Jirell, Santa Monica TC, 3:42.4; 2. Craig Gibson, Club Northwest, 3:47.3; Shot put - 1. Al Feuerbach, Athletes West, 69-13 1/4; 2. Bishop Dolegawicz, Canada, 65-1; Javelin - 1. Bruce Kennedy, San Jose Stars, 261-5; 2. Tom Petranoff, Palomar JC, 238-0; 400 - 1. Maxie Parks, AIA, 46.7; 2. Mark Enveart, Pacific Coast Club, 47.2; Long jump - 1. Arnie Robinson, San Diego Striders, 25-8; 2. Chuck Steffes, West Valley, 25-1 1/2; 800 - 1. James Robinson, Intercity TC, 1:50.2; 2. Oddie Huffman, Long Beach St., 1:50.7; 100 - Dwayne Evans, unat., 10.0; 2. Joe Stai Stai, Cal Poly-SLO, 10.2; 400 intermediate hurdles - 1. Jim King, unat., 50.4; 2. Wes Williams, AIA, 50.9; Pole vault - 1. Jeff Taylor, Club Northwest, 17-6; 2. Steve Chappie, BAS, 16-6; 200 - 1. Adrian Rodgers, Tobias, 20.4 (wind-aided); 2. Marfy Krulac, San Diego St., 20.7; High jump - 1. Mark Wilson, BAS, 7-3 1/2; 2. Dave Haber, Hayward St., and Tom Woods, PCC, 7-1; 5000 - 1. Tony Ramirez, Fresno Pac., 14:24.7; 2. Pat Holleroh, Oregon TC, 14:25.3; Triple jump - 1. James Butts, unat., 54'11 1/2 (wind-aided); 2. Harry Freeman, San Jose Stars, 53-8 1/2; 110 hurdles - 1. Dedy Cooper, SJS, 13.2 (wind-aided); 2. Charles Foster, Philadelphia Pioneers, 13.6; Mile relay - 1. Pacific Coast Club (Enveart, Webster, Benson, Cassleman) 3:12.6; 2. Bay Area Striders, 3:14.3; Discus - 1. Mac Wilkins, Athletes West, 231-3; 2. Ken Stadel, Tobias, 224-5.

April 29, Cal vs Stanford.

100 METERS-1. Lofton (S), 10.5; 2. Farmer (C), 10.6; 3. Nelson (S), 10.6.
200-1. Lofton (S), 20.5; 2. Farmer (C), 21.1; 3. Nelson (S), 21.2.
400-1. Sheets (SO, 47.1; 2. Guss (C), 47.9; 3. Banks (S), 47.9.
800-1. Brown (CO, 1:50.9; 2. Stillman (S), 1:51.1; 3. Clarke (C), 1:51.3.
1,500-1. Clifford (C), 3:44.1; 2. Lobsinger (S), 3:46.1; 3. Wells (S), 3:52.0.
3,000 STEEPLCHASE-1. Schultze (C), 9:05.8; 2. Gail (S), 9:12.2; 3. Halde-man (S), 9:19.2.
110H-1. Smith (C), 14.2; 2. Pratt (C), 14.5; 3. Margerum (S), 14.5.
400H-1. Pratt (C), 50.9; 2. Smith (C), 52.6; 3. Shellworth (S), 53.3.
400 RELAY-1. Stanford (Nelson, Margerum, Banks, Lofton), 39.8; 2. California, 40.3.
1,600 RELAY-1. Stanford (McCarthy, Banks, Sheets, Lofton), 3:11.1; 2. California, 3:14.1.
SHOTPUT-1. Santiago (C), 55-5 1/4; 2. Greenwood (S), 52-1 1/2; 3. Weidman (S), 46-11.
JAVELIN-1. Lewis (C), 213-9; 2. Cooper (C), 196-6; 3. Brown (S), 195-7.
LONG JUMP-1. Lofton (S), 25-7; 2. Marlow (C), 24-13 1/4; 3. Eddings (CO, 24-1 1/2).
POLE VAULT-1. Hintz (C), 16-6 1/2; 2. Stevenson (C), 14-0; 3. Lewis (C), 14-0.
HIGH JUMP-1. Littleboy (S), 6-6; 2. Imperial (C), 6-6; 3. Good (C), 6-6.
TRIPLE JUMP-1. Marlow (C), 53-5 1/4; 2. Dobbins (C), 50-2 1/2; 3. Bullwinkel (S), 46-6.
DISCUS-1. Santiago (C), 177-9; 2. Buss (S), 166-11; 3. Hill (S), 154-6.
FINAL SCORE-California 86, Stan-ford 68