

MAY 1991

CALIFORNIA

Track News

1991
California
Collegiate
Ranking

■
Jim Hunt's
Technique &
Training

■
Prep Notes

■
Arcadia
Mt. SAC
Fresno Relays

■
Schedule &
Results



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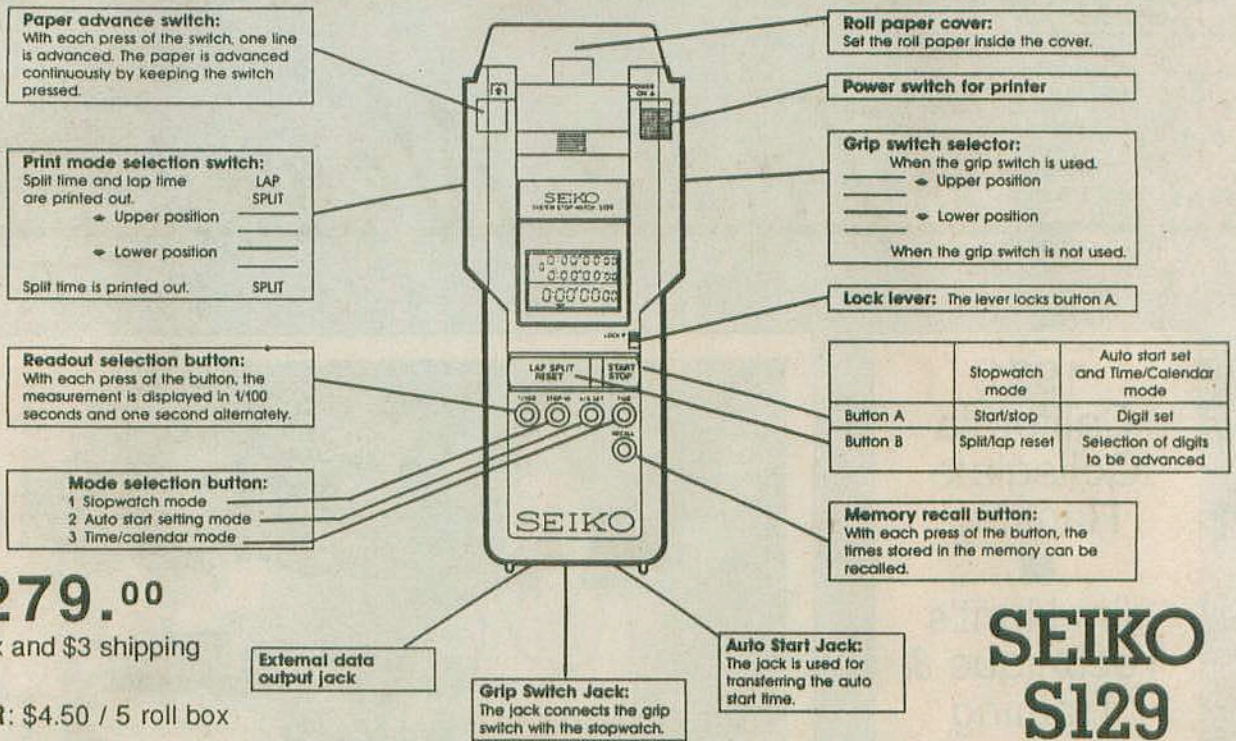
Track & Field ■ Cross Country

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1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
   0:00'07 06
2-0:00'09 03
   0:00'01 97
3-0:00'11 11
   0:00'02 08
4-0:00'13 15
   0:00'02 04
    
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Applications

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

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CALIFORNIA

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California Track News is published 11 times per year - one issue per month except December which is combined with November. Each issue is mailed about the first of the month.

California Track News has an average circulation of 2,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track News is mailed third class bulk rate and is not forwardable. When you move, please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (11 issues) \$18; 2 years (22 issues) \$32; 3 years (33 issues) \$43. Add \$10 per year for U.S. first class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special discounted rates for meet/race/clinic ads.

4957 E. Heaton Ave.
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FROM THE EDITOR

I thought when we split *California Track & Running News* into two magazines, that it wouldn't be any more work to put out two 24 pagers than it was putting out one 48-page magazine. It made sense on paper, but just hasn't worked out that way. You are holding a 40 page California Track News. The running division, California Running News, also turned out more than 24 pages this month. How did we ever get all of that into one 48 page magazine?

There is still even much more that we would like to do. Hopefully, subscription numbers will grow to enable us to give additional coverage to track and cross country in California.

Coaches can help us with some of the upcoming projects, including:

- (1) A 1991 California Collegiate Relay Ranking. We would like to list the top 25 times in all the standard relays.
- (2) A 1991 California Cross Country Schedule. Here we would like to list all of the age group, high school, college, open and masters invitational and championship cross country meets in the state.

With the championship track meets just around the corner, coaches and track runners should find this month's feature by Jim Hunt helpful in peaking

for the big race.

This month also features three of California's biggest track meets: Fresno Relays, Arcadia Invitational, and Mount San Antonio Relays. These features, plus the other results, news, and schedule should keep track fans busy for several hours. Hope you enjoy it.

We will be at the CIF/Reebok High School State Championships on May 31 and June 1 in Cerritos. I will be passing out sample copies of *California Track News*, taking pictures, and enjoying what should be another great track meet.

Hope to see you there.

ON THE COVER: SHELLEY TAYLOR (left) and **NIKKI SHAW** finishing strongly in Arcadia's 1600. Taylor edged Shaw 4:53.00 to 4:56.20. See Doug Speck's story beginning on page 20. Photo by Kirby Lee

SCHEDULE

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

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

College & Open

May 4 (Sat.): Northridge: Northridge Open at CS Northridge. Don Strametz (818-885-3608).

May 4 (Sat.): Tucson, AZ: Wildcat Last Chance, Drachman Track. Dave Murray, McKale Center, U of AZ, Tucson 85721. (602) 521-4829. FAX (602) 621-2681.

May 4 (Sat.): Modesto: S & W Relays. PLEASE NOTE CHANGE OF DATE TO May 11.

May 4 (Sat.): Santa Barbara: Nick Carter Invitational, Pauley Track. Sam Adams, UCSB, Santa Barbara 93106. (805) 893-2133.

May 10 (Fri.): Sacramento: JC NorCal Finals, 4:00 p.m.

May 10-11 (Fri. & Sat.): Irvine: Big West Conference Championships, UC Irvine Stadium, Vince O'Boyle, UC Irvine, Irvine 92717. (714) 856-6342. FAX (714) 856-5260.

May 10-11 (Fri. & Sat.): Bakersfield: Calif. Collegiate Athletic Ass'n. Championships, CS Bakersfield. Charlie Craig, 9001 Stockdale Hwy., Bakersfield 93311. (805) 644-2347.

May 11 (Sat.): Modesto: S&W Modesto Invitational, Modesto JC Stadium. Tom Moore, P.O. Box 367, Ceres 95307. (209) 537-0411. FAX (209) 572-5641.

May 11 (Sat.): Westwood: International Track & Field Classic. UCLA Drake Stadium. Al Franken (213) 278-2030.

May 11 (Sat.): Los Angeles: Occiden-

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

May 11 (Sat.): Eugene, OR: Oregon Twilight, Hayward Field. Dellinger, McArthur Ct. U of Or, Eugene, OR. 97403. (503) 686-5465. FAX (503) 686-3395.

May 11 (Sat.): Berkeley: Cal Invitational. Tony Sandoval (415) 642-9447.

May 12 (Sun.): Tucson, AZ: Pre Pac-10 Invitational, Drachman Track. Dave Murray, McKale Center, U of AZ, Tucson 85721. (602) 521-4829. FAX (602) 621-2681.

May 15-18 (Wed-Sat.): San Diego: Western Athletic, San Diego State Univ. Gary Stathers, Ath. Dept., San Diego State Univ., San Diego 92182. (619) 594-5536.

May 16-17 (Thu/Fri.): Sacramento: JC State Meet, Hughes Stadium. Bob Lanza, Ath. Dept., SCC 3835 Freeport Rd., Sacramento 95822. (916) 449-7305.

May 17 (Fri.): Santa Monica: Santa Monica Distance Classic. Santa Monica College. Skip Stolley (213) 730-9617.

May 18 (Sat.): Los Angeles: Los Angeles Invitational, CSLA. John Turek, Ath. Dept., 5151 State Univ. Dr., Los Angeles 90032. (213) 343-3095.

May 18-19 (Sat.-Sun.): Tempe, AZ: PAC-10, Arizona State Univ. Tom Jones, Ath. Dept., Arizona State Univ., Tempe, AZ 85287-2505. (602) 965-5660.

May 22-23 (Wed/Thurs): SCA/TAC Decathlon/Heptathlon Championships. Long Beach State. Andy Sythe (213) 985-4666.

May 22 (Wed.): Eugene, OR: Oregon Last Chance Open, Univ. of Oregon, Bill Dellinger, Track Coach, U of Oregon, McArthur Ct., Eugene, OR. 97403. (503) 686-5465.

May 23 (Thurs.): Walnut. Last Chance Twilight Meet. Mt. SAC. Dan Shrum (714) 595-1415.

May 23 (Thurs.): Long Beach. Long Beach Twilight Meet. Long Beach State. Andy Sythe (213) 985-4666.

May 23 (Thurs.) Fresno: Taco Bell Last Chance Meet at Warnerfield Field, Time TBA.

May 23-25 (Thurs.-Sat.): Stephenville, Texas: NAIA, Tarleton State Univ. Ron Nesome, Tarleton St. Univ., Stephenville, TX 76402. (817) 968-9178.

May 23-25 (Thurs.-Sat.): San Angelo, Texas: NCAA II, Angelo State Univ. Dave Noble, Ath. Dept., 2601 W. Avenue North, San Angelo, TX 96909. (915) 942-2091.

May 23-25 (Thurs.-Sat.): Berea, Ohio: NCAA III, Baldwin-Wallace. Baldwin-Wallace Univ., Ath. Dept., 130 E. Bagley Ave., Berea, OH 44019. (216) 826-2184.

May 25 (Sat.): San Diego: TAC Championships. San Diego State. Jim Cerveny (619) 594-5536.

May 25 (Sat.): San Jose: Bruce Jenner Bud Light Classic, San Jose City College. Bert Bonanno, Ath. Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95120. (408) 288-3732.

May 26 (Sun.): SCA/TAC Championships. UC Irvine.

May 29-June 1 (Wed.-Sat.): Eugene, OR: NCAA I, Hayward Field. Univ. of Oregon, Ath. Dept., McArthur Ct., Eugene, OR. 97403. (503) 346-4481.

June 1-2 (Sat.-Sun.): San Jose: IAAF World Cup Race Walk Championships, San Jose. USA Team Trials.

June 2 (Sun.): Irvine: Irvine Elite Classic, Univ. of Calif. Irvine. Danny Williams, Ath. Dept., Crawford Hall, Irvine 92717. (714) 856-6342.

June 7 (Fri.): Fresno: Central California TAC Championships at Ratcliffe Stadium, 5:30 p.m. Ken Dose (209) 442-4600 or Tom Pagani (209) 278-4097.

June 8 (Sat.): Tucson, AZ: Tucson Elite Classic. Drachman Stadium. Fred Harvey, 1848 S. Augusta Cir., Tucson, AZ 85710. (602) 722-3929.

June 8 (Sat.): Sacramento: Golden West Invitational, CSU Sacramento. Amie Krogh, 8078 Camstock Ct., Citrus Heights 95610. (916) 726-1441.

June 3 (Sat.): Los Gatos: PA/TAC Masters Track & Field Championships and Open Non-Championships. Los Gatos High School. Bruce Springbett (408) 354-2005.

June 12-13 (Wed.-Thurs.): Randall's Island, New York, NY: TAC National Decathlon, Downing Stadium, Randall's Island, New York. Tracy Sundlun, Met TAC, 57 Reade St. 4th Floor, New York, NY 10007. (212) 227-0071.

SCHEDULE

June 12-13 (Weds.-Thurs.): Randalls Island, New York, NY: TAC National Heptathlon. Same as above.

June 13-15 (Thurs.-Sat.): New York, NY: TAC/USA/Mobil Outdoor Championships, Downing Stadium, Randalls Island, New York, NY. Tracy Sundlun, Met TAC, 57 Reade St. 4th Floor, New York, NY 10007. (212) 227-0071.

June 21 (Fri.): Eugene, OR: Prefontaine Classic, Univ. of Oregon. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR. 97403. (503) 683-5635.

June 29 (Sat.): PA/TAC Track & Field Championships. Foothill College. Jerry Coleman (916) 487-3175.

July 13 (Sat.): Long Beach, TAC Southwest Regional Championships. Long Beach State. John Mansoor (916) 933-4913.

July 18-21 (Thurs.-Sun.): Los Angeles: U.S. Olympic Festival, Drake Stadium. U.S. Olympic Festival '91 Organizing Committee, 700 S. Flower St., 20th Floor, Los

Angeles 90017. (213) 489-1991.

July 19-25 (Fri.-Thurs.): Sheffield, England: World University Games, Sheffield, England. TAC/USA, P.O. Box 120, Indianapolis, IN. 46206. (317) 261-0500.

Aug. 3-11 (Sat.-Sun.): Havana, Cuba: Pan American Games. Havana, Cuba. USA Championships.

Aug. 24-Sept. 1 (Sat.-Sun.): Tokyo, Japan: IAAF World T&F Championships, Tokyo, Japan. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. (317) 261-0500.

Sept. 20 (Fri.): Barcelona, Spain: IAAF/Mobil Grand Prix.

Nov. 25 (Mon.): Tucson, AZ: NCAA I Cross Country Championships, Sheraton El Conquistador Resort, Tucson. Dave Murray, Ath. Dept., McKale Center, Univ. of Arizona, Tucson, AZ. 85721. (602) 521-4829.

Nov. 30 (Sat.): Boston, Massachusetts: U.S. Cross Country Championships, Franklin Park, Boston. NEAC, P.O. Box 1905, Brookline, MA. 02146. (617) 566-7600.

High School

May 31-June 1 (Fri.-Sat.): Cerritos. CIF / Reebok California State Track & Field Championships. Cerritos College.

✓ **June 7-8 (Fri.-Sat.):** Van Nuys. National Scholastic Outdoor Track & Field Championships. Birmingham High School. TAC cards required. NSSF, PO Box 4842, Chapel Hill, NC 27515-9921. Info: Mike Byrnes (703) 829-6718.

June 8 (Sat.): Sacramento: Golden West. CSU Sacramento. Arnie Krough, 8078 Camstock Ct., Citrus Hts., CA (916) 726-1441.

June 21-22 (Fri.-Sat.): Blaine, Minnesota: U.S. Junior Championships, National Sports Center. Dixon Farmer, P.O. Box 34444, Blaine, MN 55434. (612) 785-5600.

June 21-22 (Fri.-Sat.): Blaine, Minnesota: USA Junior Heptathlon;. Same as above.

The National Scholastic Sports Foundation and the Dad's Club of Birmingham High School are proud to present the

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✓ **ENTRIES:** Send SASE to NNSF, PO Box 4842, Chapel Hill, NC 27515-9921. For more information, call Mike Byrnes (703) 829-6718.

Qualifying Standards

Event	Men	Women	Event	Men	Women
100m Dash	10.5/10.74	11.9/12.23	400m Hurdles	55.0/55.23	64.0/64.23
200m Dash	21.5/21.74	24.9/25.23	4x100m Relay	42.2/42.53	48.5/48.83
400m Dash	48.3/48.53	57.0/57.23	4x400m Relay	3:20.0	3:58.0
800m Run	1:55.0	2:16.0	High Jump	6-9	5-7.25
**1500m Run	4:02.0	4:48.0	Pole Vault	14-8	
Mile Run	4:18.5	5:07.0	Long Jump	23-4	18-0
**3000m Run	8:48.0	10:25.0	Triple Jump	47-6	37-6
Two Mile Run	9:22.0	11:15.0	Shot Put	58-0	41-6
**100m HH/30"		14.2/14.53	Discus	175-0	132-0
100m HH /33"		14.7/15.03			
110m HH	14.2/14.53				
**300m Hurdles	38.0/38.33	44.5/44.83			

**Events WILL NOT BE CONTESTED. The times are for qualifying purposes only.

SCHEDULE

July 3-6 (Wed.-Sat.): Lafayette, LA: Youth Athletics TAC National Outdoor T&F, Cajun Track, Tommy Badon, 201 Reinhardt Dr., Lafayette, LA. 70506. (318) 231-6368.

July 6-7 (Sat.-Sun.): Spokane, WA: USA-Great Britain Jr. T&F Dual Meet I. (USA Junior Championships).

July 13-14 (Sat.-Sun.): Tallahassee, FL: USA-Great Britain Jr. T&F Dual Meet II. (USA Jr. Championships).

July 18-21 (Thurs.-Sun.): Kingston, Jamaica: Pan American Jr. T&F Championships. (USA Jr. Championships).

July 19-21 (Fri.-Sun.): Salamanca, Spain: Eight Nations Jr. T&F Meet. (USA Jr. Championships).

July 25-28 (Thurs.-Sun.): Chapel Hill, North Carolina: U.S. Junior Olympic Championships, Univ. of North Carolina. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

July 23-24 (Thurs.-Sun.): Chapel Hill, NC: Junior Olympic TAC National Decathlon. Same as above.

Masters

May 18 (Sat.): Sacramento: River City Spring Relays. Sacramento State. SASE to River City TC, PO Box 255131, Sacramento 95865 (916) 489-7881 (8-9 p.m.).

May 25 (Sat.): Irvine: Dan Aldrich Memorial / Anteaters Masters Meet. Univ. of California Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625 (714) 673-2025.

May 25 (Sat.): San Jose: Bruce Jenner Grand Prix Masters Events. 100 (60-69, 70+, W40+), 200 (M50+), 400 (M40+), 1500 (M40+) Payton Jordan (415) 948-3458; 1500 Jim Hampton (415) 573-8943. All others: Bruce Springbett (408) 354-7333 (w), (408) 354-2005 (h).

May 26-27 (Sun/Mon): San Diego: San Diego Senior Olympics. 55+. Sam Cohen, JCCA, 4079 54th St., San Diego 92105 (619) 583-3300.

May 31-June 2 (Fri/Sun): Sacramento. California Senior Games. 55+. Becky Furtaido, Mercy Foundation, 2710 Gateway Oaks, Dr. Suite 300 N, Sacramento 95833 (916) 648-1000.

June 2 (Sun.): Portland, OR: The Juniors/Masters Classic (formerly Scholastic / Masters Meet). Mike Monahan, P.O. Box 842, Gresham, OR 97080 (503) 667-1145.

June 3 (Sat.): Los Gatos: PA/TAC Masters Track & Field Championships and Open Non-Championships. Los Gatos High School. Bruce Springbett (408) 354-2005.

June 15 (Sat.): Los Angeles. Southern Pacific Assoc. / TAC Championships. Occidental College. C. Miller, 1740 Grandview Ave., Glendale, CA 91201 (818) 843-2139.

June 15 (Sat.): Berkeley: Northern Calif. Senior Track Club Classic. Cal Berkeley. Jim Johnson, 1026 Murchison Dr., Millbrae 94030 (415) 697-1889.

June 22 (Sat.): Eugene, OR: Hayward Classic Masters Championships. Les Castle, 720 East 20th Ave., Eugene, OR 97405 (503) 344-9809 (h) 484-9809 (w).

June 22-23 (Sat.-Sun.): Norwalk. TAC Western Sectional Masters Championships. Cerritos College. Marv Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027 (213) 666-7341.

June 22-23 (Sat.-Sun.): Lincoln, NE: Masters TAC National Decathlon/Heptathlon. Univ. of Nebraska, Lincoln, NE. Ross Great-house, 2826 South 25, Lincoln, NE 68502. (402) 3864 or 475-7712.

June 28-July 3 (Fri.-Wed.): Syracuse, NY. U.S. National Senior Sports Classic Senior Olympics, USNSSO, So. Outer Forty Road, Ste. N360, Chesterfield, MO 63017 (314) 878-4900.

June 30 (Sun.): Los Angeles. Trojan Masters Meet. USC. Bob Strobel, 2017 Vestal Ave., No. 3, Los Angeles, CA 90026 (213) 666-4964 (h) or 977-7492 (w).

July 4-7 (Thurs.-Sun.): Naperville, IL: Masters TAC National Outdoor T&F, North Central College. Dick Green, P.O. Box 6147, Rockford, IL 61125. (815) 332-4743.

July 4-7 (Thurs.-Sun.): Naperville, IL: Masters TAC National Men's Pentathlon, North Central College, Naperville, IL.

September 22 (Sun.): Irvine: Sri Chinmoy Masters Meet. UC Irvine. 50+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034 (213) 855-4143.

October 5 (Sat.): Santa Barbara. Club West Masters Meet. Santa Barbara Community College. Calif. Club West, P.O. Box 1059, Goleta, CA 93117. Lloyd Albright (805) 682-9540.

October 22-25 (Tues.-Fri.): St. George, UT: World Senior Games. 50+. T&F/Road Races (5K 10/23; 5K RW 10/24; 10K 10/25). Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111 (801) 583-6231.

Camps

June 24-25 (Mon/Tues): Fullerton: Runner's Workshop Track & Field Clinic. Fullerton Junior College. Contact: Mark Celestin, Coordinator (714) 969-8703. Runner's Workshop, PO Box 817, Huntington Beach 92648.

June 23-27 (Sun/Thurs): Stanford. Stanford Track & Field Camp. Ages 9-17. Info: Betsy Riccardi, Stanford Track & Field Camps, Stanford University, Stanford 94305 (415) 725-0761.

July 8-13 or 14-19: Eugene, OR. Oregon Age Group Track Camp. Ages 12-18. Info: Bill Dellinger, University of Oregon Track Office, Eugene, OR 97403 (503) 346-5465 or 484-7040.

July 15-26 (Mon/Fri): JFK University Elementary Sport Camp 1991 (children ages 7-11). Times: 9 am-4 pm. Wagner Ranch, Orinda, CA. Contact: Susan Edwards, Sport Camp Director (415) 254-0110.

Aug. 4-9 (Sun/Fri): Lake Tahoe - Echo Lake. Runner's Workshop. Directors: Bob Messina and Larry Knuth. Ages 12 to high school senior. Info: Runner's Workshop, PO Box 817, Huntington Beach 92648 (714) 969-8703 (Mark Celestin).

Aug. 4-9 (Sun/Fri): Arcata. Humboldt State Running Camp. Info: Humboldt Camp, 1410 E. Main St., Ventura 93001 (805) 643-1104 or (805) 643-3220.

Aug. 4-10 (Sun/Sat): SE Oregon. Steens Mt. Running Camp. Ages 13-19. Info: Harland Yriarte, Steens Mt. Running Camp, Box 5453, Eugene, OR 97405 (503) 747-4501 or 342-2337.

Aug. 5-11 (Mon./Sun.): Lake Tahoe: Fleet Feet Sports Camp, Sugar Pine Point State Park, Lake Tahoe. Info: Camp Fleet Feet (916) 442-3338.

Aug. 7-11 (Wed/Sun): JFK University Teen Challenge Camp 1991 (for teens 13-17). Wagner Ranch Campus, Orinda (Aug 7-8, 9 am-4pm; Grass Valley (Aug 9-11, 2 nights camping). Contact: Susan Edwards, Sport Camp Director (415) 254-0110.

Aug. 10-14 (Sat/Wed): Flagstaff, AZ. High Altitude T&F Cross Country Camp. Northern Arizona Univ. Ages 9-18. Info: Ron Mann, High Altitude Camp, Box 15400, Flagstaff, AZ 86011 (602) 523-5646 or 526-5605.

Aug. 11-16 (Sun/Fri): Gary Tuttle's Distance Camp. Carpinteria. Ages 13 and up. Info: Tuttle's Distance Camp, 1410 E. Main St., Ventura 93001 (805) 643-1104 or (805) 643-3220.

SCHEDULE

Aug. 11-17 (Sun/Sat): SE Oregon. Steens Mt. Running Camp. Ages 13-19. Info: Harland Yriarte, Steens Mt. Running Camp, Box 5453, Eugene, OR 97405 (503) 747-4501 or 342-2337.

Aug. 18-22 (Sun/Thurs.): Stanford. Stanford Cross Country Camp. Ages 9-17. Info: Betsy Riccardi, Stanford Track & Field Camps, Stanford University, Stanford 94305 (415) 725-0761.

Aug. 19-23 (Mon/Fri): Grouse Ridge, CA. High Altitude Runner's Camp. High school and older. Info: Nick Vogt, High Altitude Runner's Camp, 1025 Grande Rd., Meadow Vista, CA 95722 (916) 878-0521 or 878-0697.

Aug. 23-28 (Fri/Wed): Catalina Island-Holland's Landing. Runner's Workshop. Directors: Bob Messina and Larry Knuth. Ages 12 to high school senior. Info:

Runner's Workshop, PO Box 817, Huntington Beach 92648 (714) 969-8703 (Mark Celestin).

Aug. 28-Sept. 2 (Wedr/Mon): Catalina Island-Emerald Bay. See information above.

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TECHNIQUE & TRAINING

By Jim Hunt

Tapering for the "Big Race"

AT THIS TIME OF YEAR, coaches and athletes are thinking about how to train in order for the athlete to perform well in the "big meet" at the end of the season.

"Tapering" is the term that comes to mind. But what exactly does this mean and how do you go about it?

Tapering is not to be confused with backing off from hard work during the regular season in order to have a strong performance at an invitational meet. Resting or backing off from hard work is essential to big meet performance during the regular season, but tapering includes a drastic cutback of mileage over a two-week period and concentrating on workouts that will sharpen muscular action and create better storage of muscle glycogen.

Hard interval workouts deplete muscle glycogen and tear down muscle tissue, but when done properly—with proper rest—will stimulate the regeneration of muscle tissue and muscle glycogen, thereby strengthening the muscles.

A hard interval workout approximately ten days prior to the big race works very well as it takes about 10 days for the effects to show up in the physiological systems. Therefore, any such sessions after that may lead to injury or fatigue and will have no bearing on the race.

Short reps at about 5K pace with 4:1 rest will stimulate the storage of muscle glycogen during the last few days of practice. It is not a good idea to do much speed work during the last few workouts as speed work uses muscle glycogen. However, a "no pressure" race the weekend before the big meet will not be a negative factor providing there is rest before and after.

What kind of tapering offers the greatest percentage of available energy for the big race?

Total rest for a week is not the answer and neither is a lot of slow running. A 60 percent reduction in mileage seems to be the best, along with a few semi-speedy reps of 300 to

500 meters. This will:

- ✓ improve the stockpiling of carbohydrate fuel in the leg muscles,
- ✓ increase red blood cell density,
- ✓ increase blood volume,
- ✓ and enhance muscle enzyme activity keeping the runner in better tune for racing.

With the reduction of mileage and volume of intense work the runner should feel exhilarated and strong. This should, in turn, instill the confidence needed for the "big race" performance. (See Suggested Taper Workout

outlined below.)

Well-trained athletes can easily hold their VO_2 max and competitive level for 14 days and can race for a month or more after starting to taper with small amounts of work.

It is essential that mileage during the last week before the "big race" be drastically reduced with junk mileage kept to a minimum. (Junk mileage is non-specific running at paces slower than 60% of VO_2 max pace.) Junk mileage does not enhance turnover and does nothing to enhance the storage of muscle glycogen.

SUGGESTED TAPER WORKOUT

- 1 During the **second week** prior to race, reduce mileage 40% and then again by 20% more during the last week.
- 2 **10 days** prior to big race: Interval workout -- sets of intervals at goal race pace or slightly faster with short rest. Do in sets with good rest between sets. Total distance covered should equal approximately 8% of total weekly mileage.
- 3 **Day 9:** Easy relaxed running.
- 4 **Day 8:** 5 mile easy with occasional 100m buildups.
- 5 **Day 7:** Short race or rhythm reps.
- 6 **Day 6:** 800m Alt Walk -- jog counting steps 5x400 @ 5K pace 4:1 rest -- 800m step counting warmdown.
- 7 **Day 5:** Same warmup and warmdown. 4x400m @ 5K pace 4:1 rest.
- 8 **Day 4:** Same warmup and warmdown. 3x400m @ 5K pace 4:1 rest.
- 9 **Day 3:** Same warmup and warmdown. 2x400m @ 5K pace 4:1 rest.
- 10 **Day 2:** Same warmup and warmdown. 1x400m @ 5K pace.
- 11 **Day 1:** Complete rest.
- 12 **Race Day -- RIP IT!!!!**

NOTE: During 800m Alt jog walk step counting walk 45 sec with 50 turnovers, jog 1 minute with 94 turnovers.

CALIFORNIA COLLEGIATE RANKING

1991 Best Marks

Includes marks received through April 28, 1991.

Please send additions, corrections and updates directly to
California Track News, 4957 E. Heaton Ave., Fresno, CA
 93727 or FAX (209) 255-4904.

MEN

100 Meters

Victor Davidson	Nwankau	Mt. SAC	10.1
Davidson	Ezinwa	APU	10.11
Quincy	Watts	USC	10.17
Kevin	Lawson	RCC	10.2
Jeff	Laynes	Merritt	10.24
Chris	Huffins	CAL	10.3
Alonzo	Wilson	LBCC	10.3
James	Stallworth	FSU	10.30
Curtis	Conway	USC	10.32
Nathan	Campbell	Mt. SAC	10.4
Kevin	Thomas	Full	10.4
A	Williams	LBCC	10.4
Terry	Bowen	FCC	10.44
Larry	King	CSUB	10.46
Tony	Miller	UCLA	10.50
W.C.	Morrison	FSU	10.50
Will	Stolpe	UCI	10.53
Mike	Allison	CAL	10.56
Karl	Stewart	SFSU	10.56
DeJuan	Bean	Taft	10.57
Larry	Douglas	FCC	10.58
Donovan	Stephens	Chico	10.59
Schaun	Reed	CS Northridge	10.6
Joe	Randolph	Taft	10.61
Rande	Ross	Hayward	10.62

200 Meters

Davidson	Ezinwa	APU	20.55
Marcus	Bennett	LBCC	20.8
Victor	Nwankwu	Mt. SAC	20.8

Curtis	Conway	USC	20.91
Jeff	Laynes	Merritt	20.91
James	Stallworth	FSU	20.96i
Tony	Miller	UCLA	21.00
Joe	Randolph	Taft	21.01
Antonious	Dotson	Cerritos	21.04
Derrick	Baker	UCLA	21.09
Chris	Huffins	CAL	21.11
Curtis	Mazgain	CCC	21.14
Nathan	Campbell	Mt. SAC	21.2
Alonzo	Wilson	LBCC	21.2
Chris	Taylor	Merritt	21.24
Wes	Dunston	CS Northridge	21.25
Will	Stolpe	UCI	21.33
James	Crampton	STAN	21.35
Mike	Sulcer	USC	21.37
Mike	Lewis	CS Northridge	21.40
Donovan	Stephens	Chico	21.42
Karl	Stewart	SFSU	21.43
Terry	Bowen	FCC	21.44
Travis	Hannah	USC	21.45
Larry	King	CSUB	21.5

400 Meters

Quincy	Watts	USC	45.59
Marvin	Samuels	Chabot	46.64
Chris	Taylor	Merritt	46.84
Travis	Hannah	USC	46.94
Mike	Stevenson	UCLA	47.04
Darren	Huston	SDSU	47.13
Floyd	Barco	SDSU	47.15
Marty	Beck	UCLA	47.29
James	Cramton	STAN	47.30
Paul	Dennis	APU	47.44
Marcus	Hickerson	STAN	47.44

Darren	Bernard	CLU	47.49
Sean	Maye	Merritt	47.50
Michael	Williams	UCLA	47.52
Barry	Ketrell	SDM	47.63
Antonious	Dotson	Cerritos	47.67
Will	Stolpe	UCI	47.68
Joey	Ellis	FPC	47.70
Dant	Kuslieka	FSU	47.76
Yuli	Henry	ECC	47.78
Myron	Wise	MCC	47.8
Dayn	Kirksey	USC	47.88
Wallace	Henry	APU	47.92
Andre	Ammuels	Chabot	47.94
Patrick	Drake	CSLA	47.95

800 Meters

Dave	Strang	STAN	1:47.41
Reggie	Williams	CAL	1:48.94
Robert	Keter	PLNC	1:50.65
Todd	Overstreet	USC	1:50.76
Jim	Sorensen	CPSLO	1:50.81
Jim	Robbins	UCLA	1:50.87
Chris	Vincent	UCLA	1:50.87
Chris	Jimenez, Sr.	Biola	1:51.14
Ricky	Lucero	Chico	1:51.25
Melford	Homela	RCC	1:51.59
Marc	Spina	CPP	1:51.59
Joe	Amendt	SanJose CC	1:51.63
Craig	Magness	CAL	1:51.66
Bill	Frampton	HSU	1:51.72
Anthony	Hale	UCLA	1:51.74
Matt	Large	SDSU	1:51.75
Dan	Held	Sonoma St	1:51.8
Jeff	Holland	CAL	1:52.09
Tom	Halaszynski	CPSLO	1:52.26
Keith	Wayne	LBSU	1:52.39
Gordon	Johnson	Merritt	1:52.54
Rick	Provenzano	Glendale	1:52.70
Greg	Carley	LBCC	1:52.9
Neil	Chomos	LBSU	1:52.97
Brian	Strieff	CPSLO	1:53.10

1500 Meters

Mark	Mastalir	STAN	3:41.30
Mike	Stone	Sonoma St	3:45.16
Reggie	Williams	CAL	3:46.5
Dave	Strang	STAN	3:46.88

CALIFORNIA COLLEGIATE RANKING

Jamie Harris	FSU	3:48.48
Chris Rae	STAN	3:48.66
Jim Robbins	UCLA	3:48.97
Ben Turman	CAL	3:49.2
Chris Jimenez, Sr.	Biola	3:49.63
Darren Abbott	FSU	3:49.69
Haïssam Sabra	UCLA	3:49.8
Jim Sorensen	CPSLO	3:50.06
Robert Keter	PLNC	3:50.80
Neff McGhie	FSU	3:51.12
Alex Acceta	STAN	3:51.24
Melford Homela	Riverside	3:51.6
Jim Geerlings	UCI	3:51.73
Jason Lienau	FSU	3:52.0
Clay Biddle	UCI	3:52.00
Mike Nielsen	UCI	3:52.49
Scott Hempel	CPSLO	3:52.6
Eric Polonski	Riverside	3:52.60
Shannon Winkelman	UCR	3:52.76
Darryl Jewell	CSUB	3:52.80
Damian Capozzola	UCSB	3:52.96

3000m Steeplechase

Neff McGhie	FSU	8:55.46
Sean O'Hara	PLNC	9:00.75
Darren Abbott	FSU	9:01.20
Brett Kimple	UCD	9:03.7
Gary Stolz	STAN	9:05.8
Dave Baptiste	Mt. SAC	9:06.0
Jamey Harris	FSU	9:06.65
Mitch Brown	HSU	9:06.9
Jason Martin	STAN	9:07.04
Toby Freebourn	UCSB	9:08.21
Derik Vett	CS Northridge	9:08.66
Bryan MacMillan	UCSB	9:09.68
Chuck Mullane	HSU	9:10.5
Phil Cox	Sonoma St	9:10.95
Dale Vinski	CAL	9:11.09
Fred Carter	STAN	9:11.7
Mike Farrell	LBCC	9:16.0
Lance Rankin	CPSLO	9:16.47
Kevin Riley	HSU	9:18.0
Kelly Dodge	FSU	9:19.43
Demian Kloer	CPSLO	9:21.01
Bobby Ervin	CPSLO	9:22.62
Scott Peterson	CPSLO	9:23.46
Dave Hesseltime	UCI	9:24.04
Rick Penman	PLNC	9:25.64

5000 Meters

Dave Scudamore	STAN	14:16.8
Gary Stolz	STAN	14:19.7
Eric Polonski	Riverside	14:20.4
Shannon Winkelman	UCR	14:20.5
Craig Blockhus	CAL	14:22.5
Mike Stone	Sonoma St	14:29.8
Chris Jimenez, Sr.	Biola	14:30.60
Oscar Gonzales	LBCC	14:31.1
Mark Dani	UCLA	14:33.8
Mitch Sloan	USC	14:36.4

Scott Hempel	CPSLO	14:37.6
Matt Hempel	CPSLO	14:37.69
Mike Parrott	CPSLO	14:38.39
John Fedoroff	CPSLO	14:38.74
Ben Ayers	UCI	14:39.85
Dave Beaudet	USC	14:40.46
D Schumacher	LBSU	14:41.50



QUINCY WATTS

Photo by Kirby Lee

Allen Garcia	Glendale	14:42.0
Toby Freebourn	UCSB	14:43.23
Darrell Jewell	CSUB	14:43.4
Carter Yarbrough	CSLA	14:43.4
Dale Porter	UCD	14:45.0
Obed Aguirre	Glendale	14:47.0
Scott Peterson	CPSLO	14:48.21
Adam Shanks	UCI	14:49.13

10,000 Meters

D Schumacher	LBSU	29:53.1
Dave Scudamore	STAN	29:56.1
Gary Stolz	STAN	30:00.8
Mitch Sloan	USC	30:15.1
Mike Parrott	CPSLO	30:44.2
Carter Yarbrough	CSLA	30:58.9

Dale Porter	UCD	31:01.6
David Goodrich	Hayward St	31:04.3
Scott Pierce	Sonoma St	31:12.3
Mike Tapia	Hayward	31:14.0
Matt Hempel	CPSLO	31:14.5
Bennie Cravatt	STAN	31:20.03
Rob Ladner	SDSU	31:29.34
Rick Penman	PLNC	31:31.54
Rick Herr	Stanis. St.	31:31.7
Scott Peterson	CPSLO	31:32.3
Monte Mickley	Westmont	31:32.44
Pete Oviatt	HSU	31:43.7
Jordan Carroll	CPSLO	31:48
Chuck Mullane	HSU	31:49.2
Bobby Ervin	CPSLO	31:56.8
Jeff Gann	CPP	32:00
Ken Brown	Sonoma St	32:04.1
Sandeep Randhawa	Hay	32:10.9
Scott Metzger	UCD	32:15.3

110m High Hurdles

Eugene Swift	Merritt	13.68
Derek Pye	LBSU	13.86
Brent Burns	CAL	14.03
Doug Connor	LBSU	14.10
Tyrone Jeffries	CS Northridge	14.10
Jason Ricker	LBSU	14.13
John Herpin	USC	14.19
Berry Ketrell	SDM	14.4
Aaron Lacy	ECC	14.4
Peter Simmons	CAL	14.40
Ivan Graves	SFSU	14.44
Cedic Dodwell	Taft	14.45
Chris Youngblood	SanJose CC	14.45
Keith Pouncy	Cerritos	14.5
Myron Wise	MCC	14.53
Eldridge Franklin	LBCC	14.5W
Jason Munoz	UCSB	14.60
Tom Parry	FSU	14.60W
Jabari Reynolds	FSU	14.62
Don Vinson	BC	14.64
Kwane Moore	PLNC	14.68
Terrance Cangsbell	LBCC	14.6W
Chris Floyd	CPP	14.7
Rocky Morris	SanJoseCC	14.72
Jody Page	CCSF	14.74

400m Int. Hurdles

Marty Beck	UCLA	50.63
Lincoln Green	CAL	51.15
Nate Wright	Merritt	51.83
Jeff Gibson	LBCC	51.86
Eugene Swift	Merritt	51.91
Tyrone Jeffries	CS Northridge	52.02
Michael Cheney	Taft	52.04
Derek Pye	LBSU	53.02
Anthony Hale	UCLA	53.11
Aaron Lacy	ECC	53.19
Brian Arnold	SFSU	53.24
Marcus Carter	BC	53.3

CALIFORNIA COLLEGIATE RANKING

Rocky Morris	SanJoseCC	53.33
Kirk Ayers	Cerr	53.4
Tom McGuirk	CPSLO	53.55
Mark Higgins	CAL	53.71
Andy Shaben	UCI	53.86
Darius Smith	APU	53.90
Darrell Smith	UCLA	53.98
Sam Carson	Skyline	54.05
Ivan Graves	SFSU	54.09
Dan Bigham	Fresno CC	54.14
Myron Wise	MCC	54.26
Tim Shields	UCI	54.34
Jason Stein	CS Northridge	54.34

4x100 Meter Relay

USC	39.71
Merritt	40.09
UCLA	40.14
CS Northridge	40.30
CAL	40.39
Taft	40.45
FresnoCC	40.58
UC Irvine	40.78
Mt. SAC	40.90
Long Beach CC	40.99
FSU	41.00
El Camino	41.02
SFSU	41.12
Humboldt St	41.24
Chico St	41.31
CSHayward	41.33
Chabot	41.34
Riverside	41.37
Moorpark	41.43
Cerritos	41.50
CSUB	41.62
WVC	41.64
LBSU	41.67
Azusa Pac	41.86
San Diego St.	41.86

4x400 Meter Relay

USC	3:07.80
SDSU	3:09.12
Merritt	3:09.20
UCLA	3:10.35
CAL	3:13.62
FSU	3:14.01
SanJose CC	3:14.04
El Camino	3:14.17
Cerritos	3:14.20
Chico	3:14.4y
LBCC	3:14.5
UC Irvine	3:14.56
LBSU	3:15.26
CPP	3:15.45
CSLA	3:15.5
CS Northridge	3:15.59
Mt. SAC	3:15.6
Taft	3:16.53

Chabot	3:16.65
San Diego Mesa	3:16.7
HSU	3:16.81
CPSLO	3:16.90
Skyline	3:17.66
Pt.Loma	3:18.22
Biola	3:18.35

High Jump

Coleman Conroy	UCSB	7-04.50
Jim O'Sullivan	CAL	7-01
Kevin Keane	CAL	7-00.75
Mark Wilson	UCLA	7-00.50
John Deberry	Taft	7-00.25
William Bowling	SMCC	7-00
Adolpho Lopez	Hartnell	7-00
Jim Masuga	Mt. SAC	7-00
Gio Spratling	FSU	7-00
Juan Thomas	LBCC	7-00
Ron Herron	SFSU	6-11.25
Tim Loomer	CSUB	6-11.25
Undrae Walker	Stanis St.	6-11.25
Brian McCleery	CSLA	6-11
Sherdrick Bonner	CS Northridge	6-10.75
Niel Nelson	LBCC	6-10.75
Greg Powell	Taft	6-10.75
Deny Sepahar	USC	6-10.75
Dave Swanson	CS Northridge	6-10.75
Gabe Manville	CPSLO	6-10.25
Chris Conte	UCSB	6-10
Jamal Elmidge	SanJoseCC	6-10
Mathias Hartin	Riverside	6-10
Ruben Hendrix	BC	6-10
Mike Moran	UCD	6-10

Pole Vault

Jim Drath	FSU	17-071
Brent Burns	CAL	17-06.50
Jay Borick	UCLA	17-04.251
Jeff Coppock	FSU	17-01.50
Tony Castiglioni	CPSLO	17-01
Steve Slocum	UCLA	17-00.75
Jamie Merek	STAN	16-07.75
Ed Lasquete	CPSLO	16-04.75
Kevin Rankin	CPSLO	16-04.75
Steve Toney	CPSLO	16-04.75
Eric Whitcomb	APU	16-04.75
Vince Beresford	APU	16-04
Marvis Haley	Hay	16-04
Eric Klassen	USC	16-01.75
Todd Lehman	USC	16-01.75
Tim Baker	FSU	16-00.75
Craig Staub	CAL	16-00.75
Jim Lawrence	SanJose CC	16-00
Jesus Santos	Stanis. St.	15-10.50
Eric Juarez	Riverside	15-10
Eric Stone	Mt. SAC	15-07
Bret Whitford	CU	15-07
Dwayne Dawson	Chico	15-06
Jason Henlon	Mt. SAC	15-06
Matt Inskip	SDSU	15-06

Long Jump

McArthur Anderson	UCLA	25-10
James Stallworth	FSU	25-08.251
Marcus Hickerson	STAN	25-08.25
Derrick Baker	UCLA	25-01.751
Chris Huffins	CAL	25-00.75
Benjamin Koech	APU	25-00.50
Larry Douglas	FCC	25-00
Curtis Rogers	CAL	24-11.75
Keshon Johnson	FCC	24-11.00
Gary Waller	Taft	24-11
Damon Thomas	FCC	24-06
Chris Wilcox	CSLA	24-05.75
Benny Fernando	Mt. SAC	24-04.50
Alonzo Levingston	CAL	24-04.50
John Anthony	Cerritos	24-03.75
Bill Primbs	UCD	24-03.50
Matt Farmer	UCI	24-01
Mark Michaelian	USC	24-00.75
Chris Perry	CS Northridge	24-00
Kennedy Stephenson	Lassen	24-00
Pat Scott	LBCC	23-11.25
Charles Rogers	Mt. SAC	23-11
Darren Zabel	UC Davis	23-08
Scott Hill	SFSU	23-07.50
Jamal Elmidge	SanJose CC	23-05.75

Triple Jump

Don Parrish	CPP	54-01.75
McArthur Anderson	UCLA	52-05.50
Benjamin Koech	APU	52-02.75
Chris Huffins	CAL	51-07.50
Joe Frank	CAL	51-01.50
Christian Andreasson	PLNC	51-01
Charles Rogers	Mt. SAC	50-08.50
Elridge Franklin	LBCC	50-07.50
Ralph Kozell	UCD	50-06.50
Jamual Bush	LBCC	50-04.50
JR McCoy	Riverside	50-03
Patrick Scott	LBCC	49-11
Dave Ramey	UCD	49-09.50
Jermaine Brown	CCC	49-07
Khaldun Rucker	FSU	49-01
Charles Satcher	CCC	49-01
Jamal Elmidge	SanJose CC	49-00
Howard Stanford	LBCC	48-09.50
Matt Farmer	UCI	48-08
Dale Johnson	Mt. SAC	48-05.50
Dave Calomese	STAN	48-04.75
David Ramirez	CPSLO	48-04.75
Craig Price	Hartnell	48-04.50
Jesse Henderson	CS Fullerton	48-02.75
Robert House	FCC	48-00.75

Shot Put

Eric Bergreen	UCLA	62-10.751
Joe Bailey	UCLA	57-06.25
Roshawn James	FSU	56-09
Jon Kirksey	BC	56-05
Jason Wyatt	APU	56-03

CALIFORNIA COLLEGIATE RANKING

Roland Anderson	CAL	56-00
Mark Wolford	SanJose CC	55-09.50
Mark Lambert	CAL	55-04.75
Matt Wiley	Fullerton	55-04.50
Tony Smiderley	Hay	54-11.25
Rick Fuller	UCLA	54-06.75
Rick Cox	CAL	54-04
John Wirtz	CAL	53-10.25
Gary Kirchoff	Saddleback	53-10
Ziad Khoman	LBSU	53-06.50
Jeff Dunn	CS Northridge	53-01.25
Bonner Montier	SDSU	52-11.50
Chuck Underwood	Fullerton	52-06.75
Jared Wright	SDM	52-05.50
Benjamin Koech	APU	52-02.75
Joe Hicks	Modesto	52-00.50
Marc Harlsay	SanJose CC	52-00.25
Allen Babayan	Foothill	52-00
Tony Luatemaga	Chabot	51-10
Dave Youngberg	CS Northridge	51-10

35 Lb. Weight Throw

Andy Harris	FSU	64-01
Tom Rowe	FSU	61-09.50i
Roshawn James	FSU	61-02.25i
Andy Sheaffer	UCSB	57-07.50
Tim Boerum	FSU	56-09.50
Jay Christofferson	UCSB	48-05.50
John Moore	UCSB	40-08

Discus Throw

Ramon Jimenez-Gaona	CAL	197-07
Dag Solhaug	Riverside	195-04
Jason Pollack	Hancock	185-09
John Wirtz	CAL	177-10
Peter Schaffer	CAL	176-05
Ziak Khozam	LBSU	175-05
Rick Cox	CAL	174-04
Mark Lambert	CAL	172-07
Jamie Presser	UCLA	171-00
Scott Sargent	UCSD	169-08
Andy Scheaffer	UCSB	169-08
Chad Danowski	CS Northridge	167-11
Roshawn James	FSU	166-06
Gary Kirchoff	Saddleback	166-00
Ryan Vierra	CS Northridge	164-09
Don Winters	CPP	164-08
Steve Weinert	SDSU	164-04
Allen Babayan	Foothill	164-01
Rob Wagner	UCD	164-00
Kevin Absher	CSLA	163-09
Tim Boerum	FSU	163-01
John Gallagher	CS Northridge	163-01
Robert Clark	Mt. SAC	162-07
Mike Gonzales	DeAnza	161-10
Jon Kirksey	BC	160-10

Hammer Throw

Eric Bergreen	UCLA	225-10
Andy Scheaffer	UCSB	210-03

Scott Sargent	UCSD	202-07
Steve Kellogg	FSU	201-03
Demian Luper	CAL	196-05
Marvin Williams	CPP	194-10
Roland Anderson	CAL	189-04
Larry Johnston	AVC	188-02
Dave Popejoy	Stanford	188-00
Ryan McCann	APU	187-03
Kelly Graves	Sacto	186-10
Joe Hicks	Modesto	186-03
Roshawn James	FSU	185-01
Ryan Vierra	CS Northridge	184-05
Dave Youngberg	CS Northridge	181-08
Chris Mezich	SDM	179-11
Jeff Farrell	Sacto	179-05
Jeff Krieger	Deablo Vly	179-05
Jay Christofferson	UCSB	177-08
Orville Neal	Stanis. St.	177-07
Earl Edwards	CSUB	177-03
Ramon Alarcon	STAN	177-00
Allen Babayan	Foothill	173-03
Ed Moluneux	CPP	172-08
Brad Bowden	APU	171-07

Javelin Throw

David Bunevacz	UCLA	238-04
Erik Smith	UCLA	235-02
Todd Riech	FSU	223-10
Rob Vasquez	CSFull	222-06
Garret Noel	CS Northridge	220-08
Richard Dorins	CSLA	216-07
Jerry Vitelli	CSUB	216-01
Greg Johnson	UCLA	215-01
Gil Carrillo	CS Northridge	214-06
Kory Fleck	Hay	209-04
Hector Sanchez	Ventura	207-08
Steve Hefferan	LBSU	205-01
Jon Strong	Siskiyous	204-09
Jeff Elliott	Deanza	202-08
James Woods	CSLA	199-04
Ron Guzman	Hartnell	199-03
Harold Tower	UCSB	196-02
Eric Johnson	UCD	195-04
James Culwell	Riverside	195-01
Darrin Powell	COS	194-05
Jon Poggi	Chico	193-08
Ken Tensley	MP	193-03
Craig Schaeffer	UCSB	191-05
John Cummings	SD Mesa	191-00
Vince Ensero	Riverside	190-11

Decathlon

Tim Baker	FSU	7441
Matt Farmer	UCI	7011
Chris Wilcox	CSLA	7007
Oliver Hanf	Chico	6888
Erik Stunes	SFSU	6621
Dave Wetzel	SFSU	6485
Dan Bigham	FCC	6385
David Reidhav	PLNC	6310

Lane Polete	Chico	6137
Morgan Alstot	SFSU	6110
Alvaro Esparza	CPP	6057
Harold Tower	UCSB	6021
Jon Poggi	Chico	5910
Jerry Rollins	Sonoma St	5857
Sean Stone	SFSU	5820
Kyle Hopkins	Sonoma St	5510
Chris Trammell	UCI	5107
Steve Coats	Biola	4933
Steve Peralta	Humboldt St	4855
Jeff McCord	Sonoma St	4224

WOMEN

100 Meters

Revoli Campbell	Mt. SAC	11.3
Janeene Vickers	UCLA	11.80
Inger Miller	USC	11.64
Chryste Gaines	STAN	11.65
Angela Burnham	UCLA	11.70
Tina Davis	FSU	11.80
Lisa Hunter	FSU	11.80
Melanna Gray	USC	11.82
Katie Iheadgwan	Mt. SAC	11.9
Desiree Bracey	UCI	11.91
Jescia Casimir	Hay	11.94
Marlene Garner	Taft	11.94
Charlotte Vines	CS Northridge	11.96
Margo Grant	CSLA	11.97
Trishun Jackson	Taft	11.99
Kim Shepard	CPSLO	12.03
Lainia Brice	Delta	12.04
Deborah Hamilton	ECC	12.04
Sjondrala Vaughn	UCI	12.04
Erica Washington	UCSD	12.04
Cheryl Porter	CSLA	12.07
Denise Ervin	CAL	12.09
Alicia Armstrong	Taft	12.14
Felicia Harris	Chabot	12.14
Jessica Johnson	SFSU	12.14

200 Meters

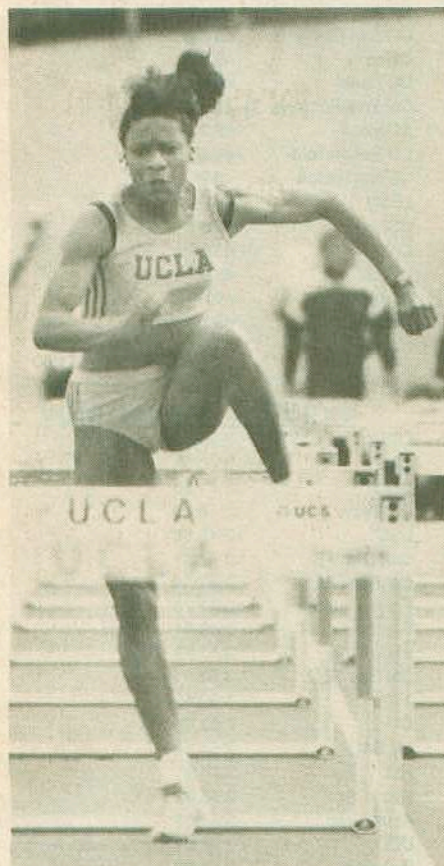
Janeene Vickers	UCLA	23.20
Darla Vaughn	SDSU	23.59
Revoli Campbell	Mt. SAC	23.6
Melanna Gray	USC	23.82
Chryste Gaines	STAN	23.96
Melanie Clarke	LAV	24.0
Angela Burnham	UCLA	24.10
Roslyn Mack	CAL	24.2
La Tima Jones	USC	24.26
Margo Grant	CSLA	24.39
Sjondrala Vaughn	UCI	24.48
Desiree Bracey	UCI	24.52
Rhonda Oliver	STAN	24.53
Kim Shepard	CPSLO	24.63

CALIFORNIA COLLEGIATE RANKING

Katie	Iheagwan	Mt. SAC	24.7
Andreen	Alvarenga	CAL	24.77
Jessica	Casimir	Hayward	24.80
Lisa	Hunter	FSU	24.84
Tanya	Dooley	FSU	24.96
Jakki	Henderson	CPP	24.98
Floretta	Green	Taft	24.99
Jessica	Johnson	SFSU	25.00
Cheryl	Porter	CSLA	25.02
Marlene	Garner	Taft	25.04
Joslyn	Mack	CAL	25.06

Louan	Guiadio	USC	55.49
Crystal	Irving	UNLV	55.49
Cela	McPherson	CS Northridge	55.50
Janeene	Vickers	UCLA	55.68
LaTima	Jones	USC	56.20
Michelle	DeCoux	USC	56.46
Tonya	Miles	Chico	56.53
Margo	Grant	CSLA	56.67
Marlene	Wilcox	CSLA	56.70
Andreen	Alvarenga	CAL	56.71
Laura	Baker	CAL	56.87
Caryl	Smith	UCLA	56.91
Andreea	Lee	UCLA	56.95
Ronda	Green	FSU	57.09
Marla	Runyan	SDSU	57.16
Socorro	Vasquez	CSLA	57.18
Glenda	Smith	UCLA	57.19
Debra	Hamilton	ECC	57.30
Erica	Prodanovich	SDSU	57.32

Gracie	Padilla	ELA	4:32.1
Tracey	Luis	CAL	4:33.13
Tracey	Williams	CAL	4:33.13
Andrea	DellaMonica	UCLA	4:33.51
Brigid	Stirling	UCI	4:33.64c
Wendy	Peterson	SDSU	4:33.92
Laura	Chapel	UCLA	4:34.09
Susan	Helfter	STAN	4:34.23
Carrie	Luis	Stanis. St	4:35.76
Melissa	Pardini	UCR	4:35.84
Tracy	Wright	SDSU	4:35.90
Andrea	Sansom	UCI	4:36.17
Kara	Olsen	CAL	4:36.23



JANEENE VICKERS

Photo by Ed Richards

400 Meters

Melanie	Clarke	LAVly	53.4
Tanya	Dooley	FSU	54.33
Jakki	Henderson	CPP	54.46
Shelly	Tochluck	UCI	54.90
Rhonday	Oliver	STAN	55.21
Yvette	Wickham	Hancock	55.39

800 Meters

Susan	Helfter	STAN	2:08.6
Shannon	Lieder	FSU	2:09.13
Anette	Ronnerman	PLNC	2:09.20
Denise	Walker	HSU	2:09.95
Marlene	Wilcox	CSLA	2:10.50
Carrie	Luis	Stanis. St.	2:10.77
Trish	Stone	SFSU	2:11.6
Chris	Morgan	LBSU	2:11.80
Buffy	Rabbitt	UCI	2:11.88
Glenda	Smith	UCLA	2:11.89
Kristina	Hand	CPSLO	2:12.15
Ashley	Black	STAN	2:12.26
Andrea	DellaMonica	UCLA	2:12.28
Dawn	Crawford	UCLA	2:12.37
Latoya	Polk	ECC	2:12.5
Laura	Baker	CAL	2:13.0
Gracie	Padilla	ELA	2:13.0
Rayna	Cervantes	UCI	2:13.15
Andrea	Sansom	UCI	2:13.19
Aimee	Cohon	FSU	2:13.89
Lisa	Wiederin	FSU	2:13.93
Tracy	Wright	SDSU	2:14.12
Elizabeth	George	Hancock	2:14.20
Nina	Liahjell	CAL	2:14.37
Socorro	Vazquez	CSLA	2:14.83

1500 Meters

Maria	Akraka	UCI	4:14.45
Buffy	Rabbitt	UCI	4:22.40
Kristina	Hand	CPSLO	4:25.11
Melanie	Bloch	STAN	4:25.86
Denise	Walker	HSU	4:26.67
Melanie	Hiatt	CPSLO	4:26.93
Rayna	Cervantes	UCI	4:27.28
Ashley	Black	STAN	4:29.1
Shannon	Lieder	FSU	4:29.17
Chris	Morgan	LBSU	4:31.12
Karen	Hecox	UCLA	4:31.86
Beth	Bartholomew	UCLA	4:31.95

3000 Meters

Buffy	Rabbitt	UCI	09:29.9
Rayna	Cervantes	UCI	09:37.9
Melanie	Hiatt	CPSLO	09:43.35
Kristina	Hand	CPSLO	09:44.44
Kara	Olsen	CAL	09:47.3
Brigid	Stirling	UCI	09:47.4
Chris	Morgan	LBSU	09:49.81
Traci	Goodrich	UCI	09:51.65
Ashley	Black	STAN	09:54.06
Sydney	Thatcher	CPSLO	09:55.12
Lean	Sweeney	CAL	09:55.4
Jean	Harvey	AVC	09:56.56
Cindy	Rockw-Amster	FSU	09:57.30
Tracy	Rose	LBCC	09:58.0
Janet	Roller	UC Davis	09:58.6
Nicole	Nugent	UCLA	10:01.06
Stacey	Wainwright	UCD	10:02.5
Jenee	Ellis	APU	10:02.94
Julie	Verke	FSU	10:03.10
Gracie	Padilla	ELA	10:03.9
Caroline	Plier	UCI	10:04.30
Melissa	Pardini	UCR	10:04.31
Karen	Talamantes	Mt. SAC	10:05.30
Sita	Jones	UCI	10:06.35
Jill	Hoffman	CPSLO	10:06.94

5,000 Meters

Buffy	Rabbitt	UCI	16:36.89
Chris	Morgan	LBSU	16:57.13
Traci	Goodrich	UCI	17:01.87
Sabrina	Han	CAL	17:02.9
Cindy	Rockwd-Amster	FSU	17:03.9
Jean	Harvey	AVC	17:08.6
Janet	Roller	UCD	17:17.0
Stacey	Wainwright	UC Davis	17:18.6
Jade	Preato	UCI	17:18.64c
Sita	Jones	UCI	17:20.78
Jill	Hoffman	CPSLO	17:20.85
Teresa	Clark	UCD	17:23.1
Lean	Sweeney	CAL	17:24.6
Caroline	Plier	UCI	17:25.42
Tracy	Leichter	CPSLO	17:31.49
Brigid	Stirling	UCI	17:35.84
Michelle	Lubinsky	WC	17:37.24
Julie	Verke	FSU	17:37.50

CALIFORNIA COLLEGIATE RANKING

Jennifer Ashe	UCLA	17:39.79
Sydney Thatcher	CPSLO	17:39.79
Akemi Royer	UCI	17:40.89
Jenny Cubillas	Hay	17:42.30
Kelly Tremmell	CS Northridge	17:42.4
Valerie Jensen	Hayward	17:44.3
Rosalinda Garcia	LBSU	17:44.79

10,000 Meters

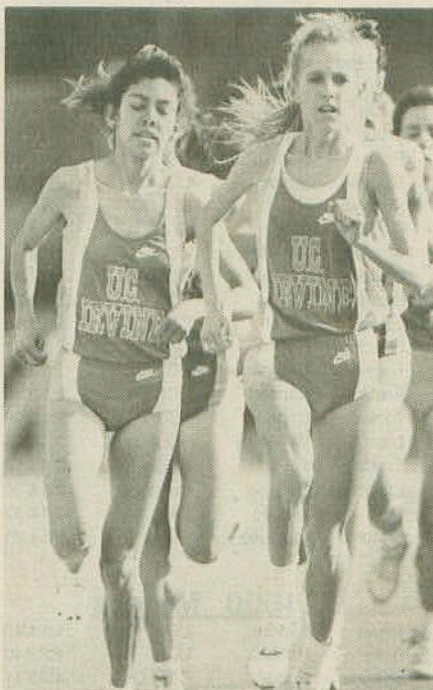
Sabrina Han	CAL	34:04.9
Pam Boyles	CSB	35:57.94
Christy Grimsley	Biola	36:14.00
Jenny Cubillas	Hay	36:51.4
Teresa Clark	UC Davis	37:21.4
Janet Roller	UC Davis	37:25.8
Megan Sheehy	Hay	37:56.9
Rosa Cazares	CSLA	38:21.64
Shawn Adams	Hayward St	38:43.7
Julie Dyson	Sonoma St	38:55.1
Renee Hayworth	UC Davis	39:01.9
Meg Neal	Biola	39:10.90
Sonja Weir	APU	39:40.36
Debbie Earl	Hay	40:07.0
Debbie Williams	HSU	40:16.3
Shawn Ostrom	Hayward St	40:17.9
Marissa van der Valk	CLU	41:00.24
Kim Njoroge	APU	42:01.77
Christine McComb	CLU	43:11.24
Dena Pierce	CLU	43:53.24
Kim McLlwin	APU	45:24.90

100m High Hurdles

Janeene Vickers	UCLA	13.43
Carla Vaughn	SDSU	13.57
Tonya Sedwick	UCLA	13.71
Monica Missick	FSU	13.80
Jessica Johnson	SFSU	13.81
LaShawn McBride	CAL	13.94
Geni Golden	CSB	13.95
Felice Lipscomb	USC	13.96
Raven Viltz	CAL	14.00
Amy Ice	LBSU	14.04
Trevia Williams	UNLV	14.11
Alica Armstrong	Taft	14.30
Birgit Bauer	FSU	14.30
Clara Trigg	HSU	14.31
Jescia Casimir	Hay	14.39
Bridgette Simmons	FSU	14.44
Effie Daetz	USC	14.45
Julie Tingle	CPSLO	14.47
Nicole Redmon	Contra Costa	14.48
Peggy Odita	STAN	14.58
Felicia Harris	Chabot	14.67
Michelle Silva	Sacto	14.68
Ambre Thompson	LBSU	14.70
Agneta Westen	USU	14.70
Jennifer Blunden	Hay	14.84
Kristi Kaufmann	UCI	14.84

400m Int. Hurdles

Michelle DeCoux	USC	58.80
Roslyn Mack	CAL	59.36
Erica Prodanovich	SDSU	59.98
Gina Albanese	CPSLO	60.23
Jescia Casimir	Hay	60.84
Bridgette Simmons	FSU	62.16
Amy Lutz	USU	62.38
Tonia Coleman	HSU	62.67
Cassandra Tyson	SDM	62.8
Nicole Redmon	CCC	62.85
Shanin Miller	CPSLO	62.90
Tanya Iwankovitch	Hartnell	63.15
Jody Egan	UCD	63.21
Kim Petway	APU	63.52
Andrea Lee	UCLA	63.91
Keisha Marvin	UCLA	63.91
Amy Marx	STAN	63.99
Jessica Johnson	SFSU	64.01
Shannon Proffer	SDSU	64.01
J Ballesteros	LBSU	64.05
Diane Washington	CSB	64.22



RAYNA CERVANTES (left) & TRACI GOODRICH

Photo by Bill Leung, Jr.

Stacy Mikaelson	Yuba	64.35
Kim Young	CS Northridge	64.47
Monica Missick	FSU	64.51
Julita Patil	Diablo Vly	64.56

4x100 Meter Relay

USC	45.11
UCLA	45.24
Stanford	46.0
UC Irvine	46.23
CAL	46.28
El Camino	46.58
Taft	46.78
Fresno State	46.80
San Diego St.	47.45
Cal Poly SLO	48.14
Mt. SAC	48.45
UC San Diego	48.64
Chico	48.84
UC Davis	48.91
Cal Poly Pomona	49.14
SD Mesa	49.20
CS Bakersfield	49.26
CS Northridge	49.26
LBSU	49.26
CSLA	49.33
Delta	49.57
LA Valley	49.6
Humboldt	49.60
Cerritos	49.7
Hayward	49.75

4x400 Meter Relay

LBSU	3:39.80
CAL	3:40.0
UCLA	3:41.36
UC Irvine	3:46.08
USC	3:46.88
San Diego St.	3:47.51
Cal State LA	3:47.56
Fresno State	3:47.79
Stanford	3:49.8
El Camino	3:51.88
Cal Poly SLO	3:52.21
Taft	3:53.59
Chico	3:53.5y
Mt. SAC	3:54.60
HSU	3:54.9
Stanis. St.	3:55.92
Azusa Pac	3:57.01
UCD	3:57.9
Pt. Loma	3:58.99
Hayward	3:59.51y
Cal Poly Pomona	3:59.65
SD Mesa	4:01.2
UC Riverside	4:03.45
SFSU	4:03.7
Shasta	4:04.04
Hancock	4:04.05

High Jump

Lisa Coleman	UCLA	6-00
Latrese Johnson	APU	6-00
Robin Campana	CPSLO	5-09
Maria Runyan	SDSU	5-08.75

CALIFORNIA COLLEGIATE RANKING

Melanie	Clarks	LA Vy	5-08
Chris	Diehl	SFSU	5-08
Terry	Wasson	CS Northridge	5-07.75
Renee	Sandberg	Chabot	5-07
Agneta	Westen	USU	5-07
Birgit	Bauer	FSU	5-06.50
Lori	Svoboda	LBSU	5-06.50
Edwina	Ammonds	KRC	5-06
Susan	Christy	UCSD	5-06
Kim	Cox	UCI	5-06
Amy	Gale	UCD	5-06
Christine	Kilian	UCR	5-06
Jennifer	McKeighen	FSU	5-06
Tara	Raquinio	HSU	5-06
Jenny	Stewart	LA Vy	5-06
Noreen	Flynn	CS Northridge	5-05.75
Lori	Mertes	LA Vy	5-05.75
Kristi	Kaufmann	UCI	5-05.25
Amanda	Hopkins	USU	5-05
Cozette	Lowndes	FSU	5-05
Kim	Moshier	FSU	5-04.25
Larissa	Rosstee	FSU	5-04.25

Long Jump

Jackie	Edwards	STAN	20-08.50
Rosalyn	Mitchell	CAL	20-07.75
Tonya	Miles	Chico	20-06
Louan	Guialdo	USC	20-04.50
Marieke	Veltman	UCI	20-00.25
Trishun	Jackson	Taft	19-11
Alysia	Hubbard	STAN	19-09
Jennifer	Haws	Chico	19-07.50
Tiesha	Holmes	ECC	19-06
Ann	Ralph	CSLA	19-03.75
April	Nash	CS Northridge	19-00.75
Tanya	Connor	CS Northridge	19-00
Edwina	Ammonds	KRC	18-09.25
Michelle	Allen	ECC	18-09
Peggy	Odita	STAN	18-08.75
Kristi	Kaufmann	UCI	18-08.50
Birgit	Bauer	FSU	18-08
Kristin	Kulow	FSU	18-06.50
Nedra	Dillon	SDSU	18-06
Ambre	Thompson	LBSU	18-05.25
Tara	Didyk	FSU	18-05
Ami	Ice	LBSU	18-04.75
Jocelyn	Jackson	UCD	18-04
Carol	Myezkowski	Chico	18-04
Tina	Davis	FSU	18-03.75

Triple Jump

Felicia	Harris	Chabot	42-08
Jackie	Edwards	STAN	41-07.25
Tanya	Connor	CS Northridge	40-06.25
Yvette	McCullough	CS Northridge	40-01.50
Tiesha	Holmes	ECC	39-10
Rochelle	Johnson	SD Mesa	39-10
Kim	Mallard	CSB	39-03.75
Marji	Gilles	CPSLO	38-11.50
Stacey	Lyles	FSU	38-11

Dana	Weeks	STAN	38-08.75
Edwina	Ammonds	KRC	38-08
Terri	Ciapponi	Chico	38-05
Carol	Myszkowski	Chico	38-05
Tara	Didyk	FSU	38-04.75
Jenny	Golden	USU	38-02.25
Alysia	Hubbard	STAN	38-02
Kristin	Kulow	FSU	37-10.50
Stacey	Thompson	CCC	37-09.25
Krystal	Kirkland	BC	37-08w
Jackie	Forte	Stanis. St.	37-08.25
Michelle	Burt	UCD	37-08
Charlotte	McKoy	ECC	37-07
Michelle	Allen	ECC	37-05
Tonya	Miles	Chico	37-05
Ami	Ice	LBSU	37-01

Shot Put

Tracie	Millett	UCLA	54-08
Dawn	Dumble	UCLA	54-00.50
Melisa	Weis	UCLA	52-06.75
Debbie	Malueg	STAN	49-00.25
Jenni	Whelchel	UCLA	48-06.25
Shannon	Quigley	UCSD	47-10
Angel	Mahan	San Mateo	44-05
Heidee	Ruiz	LBSU	44-04.75
Lori	Rodriguez	Hartnell	44-03
Jennifer	Viavia	FSU	44-02.50
Melissa	White	CPSLO	43-06.50
Tiff	Anderson	SD Mesa	43-01
Angela	Arrington	AVC	43-00.50
Amy	Nelson	CAL	42-11
Debbie	Malachowski	APU	42-06.75
Elena	Carmona	BC	42-04
Erica	Dice	SDM	42-04
Gerry	Misa	SDM	42-04
Christi	Bruno	Hartnell	42-01
Julie	DeJariais	SDSU	42-01
Julie	Hibbard	USU	41-10
Kerri	Holton	Full	41-09
Loni	Larson	CPSLO	41-06.50
Michelle	Schaeffer	UCSB	40-11
Carin	Sheehan	UCD	40-11

Discus Throw

Tracie	Millett	UCLA	184-01
Dawn	Dumble	UCLA	180-03
Melisa	Weis	UCLA	172-07
Debbie	Malueg	STAN	168-09
Donna	McKinnon	FSU	164-10
Shannon	Quigley	UCSD	163-02
Michelle	Schaffer	UCSB	161-02
Teri	Ortega	USC	158-02
Allison	Franke	USC	158-00
Candy	Roberts	UCLA	157-04
Tamara	Bermudes	Hay	152-06
Debbie	Malachowski	APU	152-02
Melissa	White	CPSLO	151-07
Kimya	Phillips	CSLA	149-03
Heidee	Ruiz	LBSU	149-03

Samira	Taylor	Sacto	148-01
Debbie	Hargrove	UCSD	146-05
Angela	Arrington	AVC	143-08
Julie	DeJariais	SDSU	142-09
Julie	Rilse	STAN	142-08
Gerry	Misa	SDM	141-01
Jennifer	Viavia	FSU	140-04
Tracy	Meadors	FPC	138-07
Sarah	Andrews	UCI	138-05
Tiff	Anderson	SDM	138-02

Javelin Throw

Daene	Bitter	FSU	167-06
Ashley	Selman	USC	164-10
Melisa	Weis	UCLA	156-09
Allison	Franke	USC	156-08
Melissa	White	CPSLO	152-06.50
Nicole	Carroll	FSU	150-11
Candy	Roberts	UCLA	150-10
Louise	Joubert	SDSU	150-02
Heidee	Ruiz	LBSU	149-03
Colleen	MacCotter	CSLA	147-08
Birgit	Bauer	FSU	146-04
Cathy	Saunders	Hay	142-08
Chris	Diehl	SFSU	138-08
Kristen	Dunn	CS Northridge	138-00
Tammie	Knudsen	LBCC	138-00
Debbe	Malachowski	APU	133-07
Bobbie	Octavo	UCSD	133-05
N	Force	Oxnard	132-06
Ami	Ice	LBSU	132-06
Kristi	Kaufmann	UCI	132-06
Jenny	Stewart	LA Vy	131-07
Jennifer	McCormick	San Mateo	130-04
D	Anderson	Saddleback	130-00
Karen	Tiner	ARC	129-04
Linda	Standing	SDSU	126-03

Heptathlon

Peggy	Odita	STAN	5178
Ami	Ice	LBSU	5165
LaShawn	McBride	CAL	5075
Kristi	Kaufmann	UCI	5030
Marieke	Veltman	UCI	4876
Chris	Diehl	SFSU	4808
Edwina	Ammonds	KRC	4652
Alida	Harasty	PLNC	4316
Tanya	Iwankovitch	Hartnell	3861
Julie	Campbell	APU	3830
Pinder	Baldwin	SFSU	3744
Amy	Gerbrandt	Hartnell	3565
Pam	Beaver	CLU	3413
Maddie	Liseblad	PLNC	3396
Lori	Rodriguez	Hartnell	3324
Julie	Hopkins	WC	3031
Jenny	Hendry	Biola	2595
Sabrina	Scheier	PLNC	2494

Fresno Relays

The West Coast Relays is Back (but did it ever leave?)

By Kevin Miller

We have all heard of the invisible man. He was the scientist who created a potion to make himself disappear. The problem with this experiment was he never could reappear, causing him the anguish of utter aloneness. Others would not even know if he was in a room with them.

Fellow track enthusiasts, the Fresno Relays is still in the "room." True, the number of world-class competitors and broken records have declined in comparison to the meet's early "glory" years. However, the competition, ranging from elementary school to college, is still going strong.

1927 marked the conception of the meet by "Mr. West Coast Relays" himself, J. Flint Hanner. The site was the clay track of Ratcliffe Stadium, known as the fastest track in the world. Ratcliffe has one-third of all world records in history, more than any other stadium. It is indeed appropriate the meet is described as a place "where world records are broken."

Because of the decline of the clay track and the difficulty of maintaining it (perhaps meet officials were tired of using large butane weed burners to dry the track in case of rain), the meet was moved to Lemoore's Tiger Stadium in 1982. Following the short stay of one year in Lemoore, the relays packed up its bags and made camp at Fresno State University from 1984-1986. It was at this time "West Coast" was changed to the "Fresno Bee Relays." Meanwhile, Ratcliffe Stadium was getting a "face lift" of sorts including added stadium seating and an artificial track.

The West Coast Relays was once at the pinnacle of track and field's premier events. The meet achieved such milestones as being the first relay carnival west of the Rocky Mountains and the first in the nation to be held outside at night.

Unforgettable champions such as Rafer Johnson, Johnny Hines, Bob Mathias, Tommie Smith, John Carlos, and Jim Ryun once made the meet something to marvel at.

Yet, where are the world-class "champions" in recent years? Beginning in the 1980's, it appeared elite athletes no longer wished to compete in Fresno. Attendance totals were once as high as 17,000 people (it is difficult to imagine Ratcliffe without an empty seat). Events were so saturated with world-class athletes it was almost too hard on the fan's heart to watch such electrifying performances.

Fresno Relays' meet director in charge of Men's Open-Intercollegiate and Invitational Events, and Fresno State Assistant Track and Field Coach Bob Fraley notes several reasons why the meet has been declining. Initially, elite athletes had no desire to run on a clay track when the rest of the world offered the all-weather surface. Ratcliffe may have been the fastest dirt track in the world, but there were other much faster artificial tracks on which to perform.

Fan support drastically dropped in the late 1970's and early 1980's. The sport of track and field as a whole experienced a lack of fan participation during this time.

Fraley also sees the integration of the European Grand Prix system as another factor accompanied with the change in amateur rules. Because of the European circuit, elite

athletes must pattern their training to peak in August. Where the college athlete is in the middle of his/her season, the elite athlete is just beginning. Thus, the likelihood of a world record is minute.

Track and field has also encountered the world of appearance fees and bonuses. The abolition of the amateur status has caused financial hardships for the meet simply because there is not enough funds to attract the world-class athlete.

Fraley reminds us in the past this was not the case.

"In the '50's and '60's, the Olympian and elite athletes were in college," said Fraley. "Those who were not in college came for per diem and travel expenses. The college athlete couldn't make a living in track and field, so the majority quit after college. Now that money is involved more can continue on."

Fraley sees some track fans not having the appropriate focus at meets. Too many fans look for the elite athletes and the possibilities of broken world records; they have lost touch with the greatness and excitement track and field has to offer.

"People need to get away from statistics," said Fraley. "They need to just watch one athlete versus another or one team battling another team. The competition is the most important thing."

This year's elite field of Joaquim Cruz, Jose Luis Barbosa, Brian Abshire, Jay Marden, Tonie Campbell, Mike Powell, Mike Buncic and Doug Nordquist gave new hope to the Fresno Relays future. It appears as if the "West Coast" flavor has returned and has the potential to stay.

continued next page...

WHERE WORLD RECORDS ARE BROKEN

Fraleley plans to make some changes next year that could fill the entire west side of the stands. Part of his proposal is to move some of the less competitive races to Friday and place some of the powerful high school, junior college, and small college relays on Saturday. He plans to maintain the idea of a "prime time" on Saturday of featured elite events from 4:00-8:30 p.m. By keeping what has been successful in the past and improving on other areas, Fraleley hopes to boost attendance to 8,000-9,000 and, as he says, "start Ratcliffe buzzing!"

Yet, Fraleley feels there is still more to the Fresno Relays than attracting elite athletes, breaking world records, and filling the stands. Most importantly, the young aspiring track athlete benefits from a meet such as this. Young basketball players have Michael Jordan to idolize and Bo Jackson is the ultimate symbol of a powerful football and baseball player; both athletes are seen performing on television daily (not to mention all their commercials). The young track star rarely sees elite runners performing the event in which he excels. A meet such as the Fresno Relays provides the youth with much-needed inspiration.

"What we are missing are heroes we can pattern ourselves after," said Fraleley. "High school athletes need to see these heroes; they need to see what a great athlete looks like. Greatness is born by watching someone and saying, 'I can do it.'"

It appears the Fresno Relays has much to offer even if few elite athletes compete. Just like the invisible man, we need to throw a hat, some sunglasses, and a coat on him, and we will recognize greatness standing in the room all along. ♦

Fresno Relays Results

April 5, 6, Ratcliffe Stadium, Fresno.

Men's Results - Friday - Small Colleges

400 Relay: 1. Hayward 41.33, 2. Humboldt 41.54, 3. Chico 42.42, 4. Fresno Pacific 42.55.

Hammer: 1. Neal (Stanis St) 172-10, 2. Moulton (Stanis St) 169-7, 3. Labno (Stanis St) 165-8, 4. Espinoza (Chico) 164-9, 5. Lambert (UC Davis) 149-6.

Long Jump: 1. Poppleton (Hayward) 23-3 3/4, 2. Johnson (Chico) 22-8, 3. Young (Sonoma) 22-2, 4. Andreasson (Pt. Loma) 22-5 1/4, 5. Campbell (Sonoma) 21-10 3/4.

Javelin: 1. Johnson (UC Davis) 195-4, 2. Andreasson (Pt. Loma) 183-0, 3. Moore (UC Davis) 181-8, 4. Reidhav (Pt. Loma) 176-10, 5. Fleek (Hayward) 174-6.

Discus: 1. Peterson (Hayward) 153-2, 2. Cooper (Stanis St) 152-6, 3. Rollins (Sonoma) 147-11, 4. Turini (UC Davis) 141-1, 5. UC Davis 140-2.

Distance Medley Relay: 1. Sonoma A 9:59.60, 2. Pt. Loma 10:14.84, 3. Fresno Pacific 10:12.06, 4. Humboldt 10:14.84, 5. Chico 10:27.71.

3200 Relay: 1. Sonoma 7:43.94, 2. Pt. Loma 7:47.54, 3. Biola 7:53.66, 4. UC Davis 7:56.63, 5. Hayward 8:04.01.

1600 Relay: 1. Humboldt 3:18.08, 2. Stanislaus St 3:20.83, 3. Fresno Pacific 3:23.63, 4. Biola 3:23.99, 5. Hayward 3:24.27.

100m: 1. Silander (Pt. Loma) 10.61, 2. Stephens (Chico) 10.72, 3. Minns (Hayward) 10.90, 4. Campbell (Sonoma) 10.95, 5. Allen (Humboldt) 10.99.

110m Hurdles: 1. Rasmus (Humboldt) 15.01, 2. Petrocco (Hayward) 15.10, 3. Dunn (UC Davis) 15.25, 4. Ingram (Humboldt) 15.25.

Triple Jump: 1. Anderson (Pt. Loma) 51-1, 2. Olsen (Hayward) 47-9 1/4, 3. Young (Sonoma) 45-2 1/4, 4. Lera (UC Davis) 44-8 1/4, 5. Jones (UC Davis) 44-6 1/4.

High Jump: 1. Walker (Stanis) 6-8, 2. Asch (Hayward) 6-6, 3. Quinn (UC Davis) 6-4, 4. Fleck (Hayward) 6-4, 5. Dingus (Stanis) 6-4.

Shot Put: 1. Smiderie (Hayward) 54-7 1/4, 2. Graham (Stanis) 50-6 1/4, 3. Cooper (Stanis) 50-2, 4. Novascone (Humboldt) 48-4, 5. Allende (Hayward) 48-0 1/2.

Women's Results - Friday - Small Colleges

400 Relay: 1. Chico 49.80, 2. Hayward 50.05, 3. Davis 50.12, 4. Stanislaus 50.35, 5. Pt. Loma 50.57.

3000m: 1. Grimsley (Biola) 10:10.35, 2. Couch (Pt. Loma) 10:13.28, 3. Bird (UC Davis) 10:14.85, 4. Ellis (Azusa Pacific) 10:15.60, 5. Jensen (Hayward) 10:17.17.

Long Jump: 1. Mkles (Chico) 18-10 3/4, 2. Mark (Pt. Loma) 18-2 1/4, 3. Haws (Chico) 17-10 3/4, 4. Raquinio (Humboldt) 17-10 1/4, 5. Glockel (Hayward) 17-8.

Triple Jump: 1. Myszkowski (Chico) 37-1 1/4, 2. Giapponi (Chico) 36-10, 3. Mark (Pt. Loma) 35-1, 4. Forte (Stanis) 34-4, 5. Lundquist (Stanis) 34-1.

High Jump: 1. Raquinio (Humboldt) 5-6, 2. Miles (Chico) 5-6, 3. Glockel (Hayward) 5-4, 4. Gale (UC Davis) 5-2, 5. Wheatley (Hayward) 5-2.

Shot Put: 1. Malackowski (Azusa Pacific) 40-9 1/4, 2. Sheehan (UC Davis) 37-11 1/2, 3. Meadors (Fresno Pacific) 37-8 1/2, 4. Nasca (Humboldt) 37-9, 5. Dekoster (Pt. Loma) 37-2 1/2.

Discus: 1. Bermudes (Hayward) 141-5, 2. Malackowski (Azusa Pacific) 139-9, 3. Meadors (Fresno Pacific) 134-3, 4. Spert (Chico) 133-11, 5. Moran (UC Davis) 131-6.

Distance Medley Relay: 1. Hayward 12:18.40, 2. Stanislaus 12:25.95, 3. Pt. Loma 12:27.55, 4. UC Davis 12:35.86, 5. Chico 12:43.24.

1600m Relay: 1. Chico 3:54.98, 2. Stanislaus 3:58.57, 3. Pt. Loma 3:58.99, 4. UC Davis 4:00.19, 5. Hayward 4:01.65.

100 Hurdles: 1. Casimir (Hayward) 14.87, 2. Blunden (Hayward) 15.29, 3. Trigg (Humboldt) 15.75, 4. Coleman (Humboldt) 15.77, 5. Harasty (Pt. Loma) 15.99.

100m: 1. Casimir (Hayward) 12.34, 2. Smith (Humboldt) 12.47, 3. Petway (Azusa Pacific) 12.50, 4. Stuart (Sonoma) 12.54, 5. Wisemath (Chico) 12.55.

Javelin: 1. Saunders (Hayward) 126-3, 2. Malackowski (Azusa Pacific) 124-0, 3. Hales (Hayward) 122-3, 4. Harasty (Pt. Loma) 121-9, 5. McDaniel (Azusa Pacific) 118-0.

Team Scores: 1. Hayward 64, 2. Chico 43, 3. Pt. Loma 39, 4. UC Davis 35, 5. Stanislaus 28.

Open Development

Pole Vault: 1. Morris (USC) 15-6, 2. Yarborough 14-6, 3. Price (Unat.) 13-0.

Men's Results - Friday - Small Junior Colleges

3200 Relay: 1. Siskiyou 7:46.8, 2. Mira Costa 7:47.7, 3. COS 7:58.2, 4. Canyons 8:06.1, 5. East L.A. 8:18.9.

1600 Relay: 1. Shasta 3:20.89, 2. COS 3:24.89, 3. Mira Costa 3:25.08, 4. Monterey Peninsula 3:25.27, 5. Cuesta 3:27.28.

Distance Medley Relay: 1. COS 10:20.54, 2. Mira Costa 10:24, 3. Siskiyou 10:28.13, 4. Shasta 10:32.60, 5. Canyons 10:43.70.

800 Relay: 1. Mira Costa 42.02, 2. COS 42.91, 3. Citrus 43.95, 4. Shasta 44.25, 5. Monterey Peninsula 44.50.

100m: 1. Wise (Mira Costa) 10.61, 2. Street (Mira Costa) 10.73, 3. West (Yuba) 10.84, 4. Zimmerman (Shasta) 10.91, 5. Knox (Mira Costa) 10.95.

110 Hurdles: 1. Wise (Mira Costa) 14.79, 2. Collins (Citrus) 15.64, 3. Arrebla (COS) 15.80, 4. Satter (Shasta) 15.90, 5. Grandados (Citrus) 16.31.

High Jump: 1. Lopez (Hartnell) 6-8, 2. Turner (Shasta) 6-8, 3. Merman (Mira Costa) 6-8, 4. Mattson (Siskiyou) 6-2, 5. Wise (Mira Costa) 6-2.

Long Jump: 1. Fisher (Mira Costa) 24-0 1/4, 2. Wise (Mira Costa) 23-10 1/4, 3. Hollins (Mira Costa) 23-7 1/2, 4. Reed (COS) 22-3 3/4, 5. Cephas (Mira Costa) 22-3 3/4.

Triple Jump: 1. Price (Hartnell) 48-4 1/2, 2. Elliot (Merced) 47-3 3/4, 3. Johns (Mira Costa) 46-11 1/2, 4. Fisher (Mira Costa) 45-10, 5. Bishop 44-3 1/4.

Pole Vault: 1. Lotterer (Mira Costa) 15-0, 2. Whitford (Cuesta) 14-6, 3. Tapia (East LA) 14-6, 4. Huntley (Cuesta) 14-6, 5. Gregg (Hartnell) 14-6.

Discus: 1. Powell (COS) 152-6, 2. Cook (Hartnell) 140-11, 3. Sherman (Mira Costa) 140-9, 4. Saat-Ara (Citrus) 130-7, 5. Garuff (Citrus) 130-3.

Shot Put: 1. Cook (Hartnell) 51-2 1/2, 2. Sherman (Mira Costa) 48-6 3/4, 3. Bustamonte (Citrus) 46-6, 4. North (Shasta) 44-3, 5. Arias (Hartnell) 43-3 1/2.

Javelin: 1. Guzman (Hartnell) 199-1, 2. Stong (Siskiyou) 196-8, 3. Powell (COS) 193-8, 4. North (Shasta) 174-9, 5. Barleme (Siskiyou) 172-9.

Hammer: 1. Spangler (Butte) 212-1, 2. Lomontagne (Sierra) 167-5, 3. Bustamante (Citrus) 158-1, 4. Garuff (Citrus) 139-0, 5. Saat-Ara (Citrus) 137-0.

Women's Results - Friday - Small Junior Colleges

Distance Medley Relay: 1. Shasta 13:13.46, 2. Butte 13:33.90, 3. Mira Costa 14:44.40. **1600 Relay:** 1. Shasta 4:03.9, 2. Hartnell 4:13.3, 3. Cuesta 4:16.5, 4. Butte 4:16.6, 5. Sierra 4:19.6.

3000: 1. Oliveria (Shasta) 10:20.79, 2. Weller (COS) 10:48.50, 3. Romo (Sierra) 11:11.60, 4. Petty (COS) 11:48.0, 5. Hoyas (Hartnell) 11:49.90.

400 Relay: 1. Kings River 50.32, 2. Hartnell 50.43, 3. Shasta 51.01, 4. Yuba 51.09, 5. Sierra 51.77.

100m: 1. Smith (Shasta) 12.4, 2. Jackson (Alameda) 12.5, 3. Paolinetti 12.5, 4. Packard (Kings River) 12.7, 5. Bbler (Cuesta) 13.1.

100 Hurdles: 1. Ammonds (Kings River) 15.00, 2. Ivankovitch (Hartnell) 15.46, 3. Udoffia (Sierra) 15.82, 4. Oxford (Shasta) 16.88, 5. Adolphs (Porterville) 17.44.

High Jump: 1. Ammonds (Kings River) 5-6, 2. Beasley (Yuba) 5-2, 3. Oxford (Shasta) 5-0, 4. Gerbrandt (Hartnell) 5-0, 5. McClure (Shasta) 4-10.

Long Jump: 1. Ammonds (Kings River) 18-9 3/4, 2. Ivankovitch

continued next page...

vitch (Hartnell) 16-10 3/4, 3. Dulay (Mora Costa) 16-10 1/2, 4. Ishit (Hartnell) 16-7 1/4, 5. Beesley (Yuba) 16-5 3/4.

Triple Jump: 1. Ammonds (Kings River) 38-4 3/4, 2. Ivankovitch (Hartnell) 36-1, 3. Udoffia (Sierra) 35-1, 4. Dulay (Mira Costa) 34-8, 5. Picquet (Canyons) 34-5 3/4.

Discus: 1. Bruno (Hartnell) 124-10, 2. Rodriguez (Hartnell) 122-11, 3. Haack (Consummes River) 116-5, 4. Chavez 110-10, 5. Wells (Sierra) 109-8.

Shot Put: 1. Rodriguez (Hartnell) 41-3 1/2, 2. Bruno (Hartnell) 38-3 1/2, 3. Wikinson (Merced) 38-0, 4. Moore (COS) 37-6, 5. DeLaCruz 35-2.

Javelin: 1. Moore (COS) 2115-8, 2. Rodriguez (Hartnell) 112-7, 3. Haack (Consummes River) 111-7, 4. Taylor (COS) 110, 5. Carrillo (Hartnell) 109-11.

Men's Results - Saturday - Small College

5000: 1. Pierce (Sonoma) 13:63.79, 2. Porter (UC Davis) 13:54.09, 3. Goodrich (Hayward) 14:55.18, 4. Tapea (Hayward) 14:55.80, 5. Metzger (UC Davis) 14:57.44.

Men's Results - Saturday - Open-Intercollegiate

3200 Relay: 1. Ultra Cred Track Club 7:30.46, 2. Adams St. 7:34.94, 3. Illinois 7:43.06, 4. Fresno State 7:49.10, 5. Cal Poly SLO 7:49.19.

Distance Medley Relay: 1. Illinois 9:49.82, 2. Adam St. 9:52.13, 3. Fresno State 9:58.96, 4. Cal Poly Pomona 10:16.88, 5. UC Irvine A 10:23.31.

600: 1. Clark (Mazda) 1:50.29, 2. Amour (Keiser) 1:50.50, 3. Williams (Cal) 1:51.02, 4. Spina (CPP) 1:51.59, 5. Carnegie (Westchester Puma) 1:52.13.

400 Relay: 1. Cal 40.72, 2. Illinois 40.90, 3. San Francisco 41.59, 4. Long Beach 41.67, 5. FSU 41.68.

110 Hh: 1. Pye (Long Beach) 13.86, 2. Turner (Illinois) 13.96, 3. Jefferies (Northridge) 13.97, 4. Conner (Long Beach) 14.10, 5. Ricker (Long Beach) 14.13.

5000: 1. Marden (New Balance) 14:08.87, 2. Wood (Rebok) 14:15.74, 3. Utah St. 14:31.36, 3. Dear (Utah St.) 14:34.46, 4. Oleson (Nike) 14:37.93.

1600 Relay: 1. Illinois 3:09.66, 2. Ultra Cred TC 3:12.46, 3. Utah St. 3:16.15, 4. FSU 3:16.66, 5. Northridge St. 3:17.34.

Steeplechase: 1. Abshire (Reebok) 8:49.31, 2. Kuphaldt (AIA) 8:56.98, 3. McGhie (FSU) 9:06.82, 4. Mohr (Adams St) 9:13.21, 5. MacMillan (UCSB) 9:18.28.

400 Hurdles: 1. Jenkins (Unat.) 53.19, 2. Jordan (Unat.) 53.35, 3. McGuirk (CPSLO) 53.80, 4. Dallas (Nevada) 54.13, 5. Higgins (Cal) 54.24.

110 Hh: 1. Burns (Cal) 13.89, 2. Jefferies (Northridge) 13.92, 3. Turner (Illinois) 14.11, 4. Pyle (Long Beach) 14.13, 5. Connor (Long Beach) 14.16.

100: 1. Huffins (Cal) 10.34, 2. Dunston (Northridge) 10.36, 3. Hendrix (Northridge) 10.46, 4. King (Bakersfield) 10.46, 5. Johnson 10.47.

Shot Put: 1. McKee (Unat.) 58-1 3/4, 2. McDanell (Unat.) 55-9 3/4, 3. Lamberg (Cal) 54-6 1/2, 4. James (FSU) 54-4 1/2, 5. Smitherly (Hayward) 54-0.

Hammer: 1. Fiax (NYAC) 252-0, 2. Carter (Utah St) 203-7, 3. Harris (Unat.) 200-0, 4. Johannson (Nevada) 198-2, 5. Shatter (UCSB) 197-2.

Javelin: 1. Reich (FSU) 221-1, 2. Woods (LA St) 186-5, 3. Pendleton (FSU) 179-6, 4. Tower (UCSB) and Zandes (Bakersfield) 176-11.

Triple Jump: 1. Parrish (CPP) 52-10 1/4, 2. Kimball (Unat.) 52-9, 3. Miller (McNeal) 51-6 1/4, 4. Rucker (FSU) 48-9 1/2, 5. Sears (Bahamas) 48-9 1/2.

Pole Vault: 1. Stromeyer (Unat.) 16-8, 2. Coppock (FSU) 16-8, 3. Keating (SkyJump) 16-4, 4. Hamilton (SkyJump) 16-4, 5. Besmer (Chico TC) 16-4.

Team Scores: 1. FSU 60, 2. Cal 59, 3. Illinois 41, 4. Utah St. 30, 5. Cal Poly SLO 25.

Women's Results - Saturday - Open-Intercollegiate

400 H: 1. Harrison (Unat.) 57.83, 2. Mack (Cal) 1:01.64, 3.

Casimir (Hayward) 1:01.91, 4. Simmons (FSU) 1:02.16, 5. Finerty (Sacto) 1:03.43.

Javelin: 1. Haris (Unat.) 171-9, 2. Bitter (FSU) 164-0, 3. Rainey (Unat.) 152-2, 4. Joubert (San Diego) 150-2, 5. Bauer (FSU) 146-4.

Long Jump: 1. Powell (Foot Locker) 26-7, 2. Smith (Unat.) 25-5 1/4, 3. Huffins (Cal) 24-6 1/2, 4. Coleman (Keiser) 24-6, 5. Primbs (UC Davis) 24-1 1/2.

High Jump: 1. Nordquist (Athleticorp) 7-6 1/4, 2. Williams (Keiser) 7-2 1/2, 3. Conroy (UCSB) 7-0, 4. O'Sullivan (Cal) 7-0, 5. Sprauling 7-0.

Discus: 1. Buncio (Mazda) 227-7, 2. Olukojo (Nigeria) 215-1, 3. Graville (Taft) 201-0, 4. Kashmiri (Nevada) 196-6, 5. Jiminez (Cal) 188-5.

Team Scores: 1. FSU 71, 2. Cal 45, 3. CSUN 35, 4. Cal Poly SLO 29, 5. Long Beach St. 29.

Men's Results - Saturday - Open

110 Hh: 1. Harrington 14.05, 2. Holmes 14.41, 3. Kallick 14.45, 4. Grimes 14.75, 5. Jordan 14.86.

100: 1. Williams (Unat.) 10.16, 2. Barnes (Keiser) 10.29, 3. Cranford (Sac TC) 10.36, 4. Thigpen (SD TC) 10.39, 5. Daniells (Liberia) 10.41.

Football 40: 1. Bradley (Moorpark) 4.67, 2. Watson 4.68, 3.



LAURA CATTIVERA

Photo by Bill Leung, Jr.

Antonio (Moorpark) 4.75, 4. Alvarez (Ventura) 4.80, 5. Seagle 4.84.

100: 1. Barnes (Keiser) 10.42, 2. Williams (S&S) 10.42, 3. Daniels (Liberia) 10.53, 4. Johnson (Unatt) 10.57, 5. Sac TC 10.67.

Mile: 1. Freer (Reebok) 4:05.84, 2. Heskett (FSU) 4:06.36, 3. DeOlivera (UCTC Brazil) 4:09.91, 4. Peterson (Nike West) 4:12.88, 5. Goulet (LBTC) 4:14.84.

Javelin: 1. Collatz (Unat.) 223-7, 2. Vasquez (Fullerton) 209-8, 3. Doering (LA St) 209-8, 4. Twedt (SD TC) 208-3, 5. Schmidt (Unat) 201-2.

Masters 100: 1. Jordan 13.64, 2. Killon 15.19, 3. Toner 15.69, 4. Johnson 17.80.

400: 1. Monroe (Sac TC) 48.41, 2. Ellis (Fresno Pacific) 48.77, 3. Allen (USMC) 49.29, 4. Billoups (Long Beach) 49.48.

Men's Results - Saturday - Invitational

110 Hurdles: 1. Campbell (Belitt) 13.74, 2. Dixon (Unat.) 13.82, 3. Johnson (Unat.) 13.87, 4. Duffy (Unat) 13.91, 5. Joyner (Flo-Jo) 13.97.

Pole Vault: 1. Arkell (New Mexico) 18-0 1/2, 2. Starkey (NYAC) 18-0 1/2, 3. Horvath (SkyJump) 17-0 3/4, 4. White (NYAC) 17-0 3/4, 5. Parker (AIA) 17-0 3/4.

Men's Results - Saturday - Open Development

1600 Relay: 1. Fresno Alumni 3:17.13, 2. LA St. 3:19.05, 3. Cal Poly SLO 3:20.85, 4. Nevada-Reno 3:20.07, 5. Sac TC

3:20.69.

10,000: 1. Gruber (Unat.) 31:17.96, 2. McManus (Utah St) 31:20.23, 3. Garcia (Unat.) 32:59.01, 4. Polivka (UCLA) 33:01.10, 5. Seewer (CPSLO) 33:02.33.

400 Relay: 1. Team Patriots 41.18, 2. Keiser 41.49, 3. Humboldt 42.29, 4. Sacramento 42.57.

High Jump: 1. Conte (UCSB) 6-8, 2. Fromina (FSU) 6-6, 3. Manville (CPSLO) 6-6, 4. Lewis (Bakersfield) 6-4, 5. Findley (UCSB) 6-4.

Women's Results - Saturday - Open

3200 Relay: 1. Cal 9:11.05, 2. FSU 9:11.99, 3. Track West 9:15.12, 4. Cal Poly SLO 9:29.06, 5. UC Davis 9:44.85.

1500: 1. Bayles (Oregon TC) 4:24.90, 2. Marshall (Unat.) 4:25.22, 3. Arreola (CSUN) 4:27.03, 4. Cattivera (Nike Cast) 4:28.84, 5. Walker (Humboldt) 4:29.54.

400: 1. Irving (UNLV) 54.23, 2. Dooley (FSU) 55.39, 3. Guialdo 56.29, 4. Baker (Cal) 56.87, 5. Manfredi (Sac TC) 57.0.

100 H: 1. Missick (FSU) 13.7, 2. Young (CSUN) 13.7, 3. Golden (Bakersfield) 13.7, 4. Johnson (S.F.) 13.8, 5. Morris (CSUN) 14.1.

400 Relay: 1. Cal 46.49, 2. CSUN 46.66, 3. Cal Poly SLO 46.60, 4. UC Irvine 48.90, 5. Cal Poly Pomona 49.02.

3000: 1. Cattivera (Nike Cast) 9:30.64, 2. Rabbitt (UCI) 9:37.01, 3. Morgan (Long Beach) 9:49.81, 4. Cervantes (UC Irvine) 9:53.35, 5. Boyd (Greater SFTC) 9:54.36.

High Jump: 1. Mendonca (Keiser) 6-0, 2. Westen (Utah) 5-10, 3. Fairfield (Sac TC) 5-10, 4. Avansino (Reno) 5-8, 5. Campana (Cal Poly SLO) 5-8.

100: 1. Vines (CSUN) 11.83, 2. Loud (Keiser) 11.86, 3. Hunter (FSU) 12.03, 4. Ervin (Cal) 12.25, 5. Polk (CSUN) 12.32.

Long Jump: 1. Rose (UNLV) 21-7 1/2, 2. Simmons (Unat.) 20-1 3/4, 3. Loud (Keiser) 19-9, 4. Veltman (UCI) 19-9, 5. Mitchell (Cal) 19-9.

Shot Put: 1. Ruiz (Long Beach) 49-1 1/2, 2. Viavia (FSU) 42-4 3/4, 3. Neon (Cal) 39-6 3/4, 4. Dejarlais (San Diego) 39-3 3/4, 5. McBride (Cal) 38-8.

5000: 1. Goodrich (UCI) 17:06.86, 2. Piler (UC Irvine) 17:40.34, 3. Clark (UC Davis) 17:42.30, 4. Boyles (Bakersfield) 17:47.74, 5. Roller (UC Davis) 17:52.2.

Distance Medley Relay: 1. Track West 11:59.84, 2. FSU 12:12.35, 3. Cal Poly Pomona A 12:12.35, 4. Cal Poly SLO 12:43.97, 5. Cal Poly Pomona B 13:46.69.

100 Hurdles: 1. Missick (FSU) 13.85, 2. Golden (Bakersfield) 13.95, 3. Johnson (San Francisco) 14.03, 4. Swift (Sacto) 14.16, 5. Viltz (Cal) 14.20.

Discus: 1. Barnes (Nike TC) 195-6, 2. Dentinger (Sac TC) 174-3, 3. McKinnon (FSU) 158-5, 4. Sheaffer (UCSB) 158-5, 5. Bermudes (Hayward) 150-5.

Men's Results - Saturday - Large Junior Colleges

3200 Relay: 1. Mt. SAC 7:48.65, 2. El Camino 8:01.96, 3. Fullerton 8:07.16, 4. West Valley 8:10.06, 5. American River 8:10.29.

Distance Medley Relay: 1. Bakersfield 10:18.63, 2. Fullerton 10:20.01, 3. LA Trade Tech 10:23.95, 4. Mt. SAC 10:24.46, 5. Orange Coast 10:32.22.

1600 Relay: 1. Merritt 3:11.66, 2. Taft 3:17.44, 3. El Camino 3:17.66, 4. Moorpark 3:20.09, 5. Skyline 3:20.33.

5000: 1. Woods (Hancock) 14:49.71, 2. Aguirre (Glendale) 14:58.97, 3. Castellon (Mt. SAC) 15:02.91, 4. Perez (Mt. SAC) 15:04.15, 5. Winn (El Camino) 15:18.79.

Pole Vault: 1. Lawrence (San Jose CC) 15-6, 2. Ciponeri (Modesto) 15-0, 3. Stone (Mt. SAC) 14-6, 4. Hardin (Bakersfield) 14-6, 5. Marshall (Sacto) 14-0.

Sprint Medley Relay: 1. Merritt 3:24.99, 2. Taft 3:29.65, 3. Chabot 3:32.97, 4. Moorpark 3:33.60, 5. Fullerton 3:34.79.

3000 SC: 1. Baptiste (Mt. SAC) 9:19.81, 2. Haskell (El Camino) 9:29.50, 3. Berhane (American River) 9:36.99, 4. Perez (Glendale) 9:50.04, 5. Fairbanks (DeAnza) 9:53.04.

400 Relay: 1. Merritt 40.20, 2. Taft 40.83, 3. Fresno CC

41.06, 4. Mt. SAC 41.71, 5. Moorpark 42.27.
400 Hurdles: 1. Swift (Merritt) 51.91, 2. Morris (San Jose) 53.33, 3. Cheney (Taft) 53.64, 4. Bigham (Fresno CC) 54.14, 5. Lacy (El Camino) 54.86.
110 Hurdles: 1. Swift (Merritt) 13.68, 2. Morris (San Jose) 14.39, 3. Page (SFCC) 14.74, 4. Dowdell (Taft) 14.85, 5. Edwards (Moorpark) 14.90.
100: 1. Laynes (Merritt) 10.24, 2. Bowen (Fresno CC) 10.44, 3. Dotson (Cerritos) 10.45, 4. Randolph (Taft) 10.64, 5. Douglas (Fresno CC) 10.72.
Long Jump: 1. Scott (LA Valley) 24-9 3/4, 2. Johnson (Fresno CC) 24-7 1/4, 3. Thomas (Fresno CC) 24-5 1/2, 4. Douglas (Fresno CC) 24-4 1/2, 5. Waller (Taft) 24-2 1/4.
High Jump: 1. DeBerry (Taft) 6-10, 2. Masuga (Mt. SAC) 6-8, 3. Bowling (Santa Monica) 6-8, 4. Powell (Taft) 6-6, 5. Wage-maker (Delta) 6-6.
Triple Jump: 1. Brown (Contra Costa) 49-7 3/4, 2. Satcher (Contra Costa) 49-1, 3. Robenson (Bakersfield) 48-6 1/4, 4. El-midge (San Jose) 48-4 1/4, 5. Tharrington (Fullerton) 48-2 1/4.
Javelin: 1. Sanchez (Ventura) 191-4, 2. Elliott (DeAnza) 182-0, 3. Krieger (Diablo Valley) 179-1, 4. Barreras (Glendale) 171-4, 5. Golenda (Mt. SAC) 177-11.
Hammer: 1. Hicks (Modesto) 182-2, 2. Clark (Mt. SAC) 174-9, 3. Farrell (Sacto) 174-2, 4. Wiley (Fullerton) 169-1, 5. Moeckel (San Jose) 157-0.
Discus: 1. Clark (Mt. SAC) 169-6, 2. Calvin (Bakersfield) 165-5, 3. Gonzalez (DeAnza) 161-10, 4. Fua (Delta) 159-1, 5. Harlsay (San Jose) 158-6.
Shot Put: 1. Wiley (Fullerton) 56-8, 2. Wohlford (San Jose) 54-4, 3. Kirksey (Bakersfield) 53-0, 4. Capes (Santa Monica) 52-2, 5. Underwood (Fullerton) 51-10.
Team Scores: 1. Mt. SAC 54, 2. Merritt 49, 3. Taft 45, 4. San Jose 30, 5. Fullerton 29.
Women's Results - Saturday - Large Junior Colleges
3000: 1. Talamantes (Mt. SAC) 10:40.05, 2. Mathiesen (Moorpark) 10:51.23, 3. Visscher (Sacto) 11:02.51, 4. Sullivan (West Valley) 11:04.57, 5. Coster (Santa Barbara CC) 11:06.69.
400 Hurdles: 1. Redmon (Contra Mesa) 1:02.85, 2. Patil (Diablo Valley) 1:04.77, 3. Ferrara (American River) 1:06.48.
100 Hurdles: 1. Armstrong (Taft) 14-2, 2. Redmon (Contra Costa) 14-3, 3. Silva (Sacto) 14-7, 4. Harris (Chabot) 14-8, 5. Molette (El Camino) 14-8.
High Jump: 1. Clarke (LA Valley) 5-6, 2. Stewart (LA Valley) 5-4, 3. Knight (Diablo Valley) 5-4, 4. Bayer (Orange Cst) 5-4, 5. Pavone (Delta) 5-4.
Javelin: 1. Tiner (American River) 129-4, 2. Stewart (LA Valley) 127-4, 3. McCormick (San Mateo) 125-1, 4. Camron (LA Valley) 112-8, 5. Perkins (San Mateo) 111-10.
Distance Medley Relay: 1. Mt. SAC 12:23.09, 2. El Camino 12:29.90, 3. Diablo Valley 13:06.52, 4. Moorpark 13:26.09, 5. Santa Monica 14:05.36.
1500: 1. Ronnerman (Mt. SAC) 4:48.09, 2. Castfruita (Mt. SAC) 4:48.49, 3. Barry (San Jose) 4:53.01, 4. George Hancock 4:54.06, 5. Viramontes (Rancho Santiago) 4:57.37.
3200 Relay: 1. El Camino 9:48.32, 2. West Valley 10:15.99, 3. Diablo Valley 10:24.45, 4. Santa Monica 10:46.09, 5. LA Valley 10:58.30.
1600 Relay: 1. El Camino 3:52.88, 2. Taft 3:53.59, 3. LA Valley 3:56.50, 4. Hancock 4:06.19, 5. Diablo Valley 4:09.98.
400 Relay: 1. Taft 47.32, 2. El Camino 47.98, 3. LA Valley 49.05, 4. Delta 49.57, 5. San Francisco CC 50.9
100: 1. Jackson (Taft) 11.99, 2. Hamilton (El Camino) 12.04, 3. Garner (Taft) 12.18, 4. Harris (Chabot) 12.28, 5. Iheagwan (Mt. SAC) 12.31.
Long Jump: 1. Jackson (Taft) 19-11, 2. Peterson (Santa Barbara) 19-8 3/4, 3. Holmes (El Camino) 19-6, 4. Allen (El Camino) 18-2 1/2, 5. McKoy (El Camino) 17-5 1/2.
Shot Put: 1. Mahan (San Mateo) 41-9 3/4, 2. Camona (Ba-

kersfield) 40-10, 3. Maloata (DeAnza) 37-10, 4. Cruz (Modesto) 37-7, 5. Taylor (Sacto) 37-6.
Discus: 1. Taylor (Sacto) 148-1, 2. McKinnon (Fresno CC) 137-9, 3. Cochran (Ventura) 132-9, 4. Ahles (Delta) 121-7, 5. Shoemaker (Fresno CC) 121-7.
Triple Jump: 1. Harris (Chabot) 42-7 1/4, 2. McKoy (El Camino) 37-7 1/2, 3. Allen (El Camino) 37-5 1/2, 4. Peterson (Santa Barbara) 36-3 3/4, 5. Haseman (Orange Coast) 36-0 1/2.
Team Scores: 1. El Camino 62, 2. Taft 40, 3. LA Valley 33, 4. Mt. SAC 30, 5. Diablo Valley 23 1/2.

Men's Results - Saturday - Small Junior Colleges

5000: (Friday's protested race) 1. Roman (Hartnell) 14:59.03, 2. Donnelly (Sierra) 15:02.34, 3. Russell (Hartnell) 16:10.23, 4. Bourland (Mira Costa) 15:34.7, 5. Sullivan (Hartnell) 15:36.2.
Team Scores: 1. Mira Costa 108, 2. COS 54, 3. Hartnell 46, 4. Shasta 38, 5. Citrus 37.
Women's Team Scores: 1. Hartnell 72, 2. Shasta 59, 3. Kings River 39, 4. COS 20, 5. Sierra 19.

High School results appear in the Prep Notes section.

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MEET SPOTLIGHT

By Doug Speck

Arcadia Invitational

April 13. Arcadia High School.

On Saturday, April 13th the Twenty-Fourth Annual Arcadia Invitational was blessed with good conditions and the usual spectacular competition and performances. One National Federation Record, Seventeen Outdoor Nation Leading Marks, and Twenty-One State Leading Efforts came from the thirty-three events in the Invitational portion of the Meet. The usual sell-out crowd enjoyed some great match-ups among the top California athletes, with stars from fourteen other states in attendance to spice up the action.

Much attention centered around a match-up in the Women's sprints involving 1990 *Track & Field News* Athlete of the Year, Zundra Feagin (Cocoa, Florida), who had run 11.35 (100m) and 23.13 (200m) in placing second in the World Junior Championships at 200m. California's Marion Jones (Rio Mesa, Oxnard) had run National Age-14 records of 11.62 and 23.70 in taking both State sprint titles, with Teresa Foster (Huntington, Shreveport, Louisiana) the third great sprint talent nationally also present, having 11.2w-11.5-23.75 sprint bests. Marion was the first on the track this day, as she anchored her school's 4x100m relay team in the seeded race, wowing the crowd with a seemingly rocket-assisted anchor that had her finish 10 meters ahead of the pack with her team totalling 48.35.

The emotional build-up for the 100 meter event was intense, with the gusty day breezes almost at a dead stop for the event (for the record they ran into a .38 mps headwind). Jones definitely had the better reaction to the gun, indicating afterwards that she had been working very hard on her start lately. With a half a meter lead in the first ten of the race, Jones built that up to a meter and a half by the half-way point. During the final part of the race one waited for Feagin's move, but Jones continued to add an inch or two to her lead with every couple of strides, finishing two meters in front of Zundra and five in front of Foster. The time for Marion was a very, very impressive 11.38, the yearly national leader, meet record, national age-15, and soph class record. Feagin was a very good 11.62, almost a half a second better than she ran here last year at 12.07. Foster, third at 11.97, wandered over to the Long Jump pit after the 100 and against a strong field eventually placed third at 19-1 1/2. In the 200 all eyes were on Feagin in Lane 4 and Jones in Lane 5. This duo stands at the moment so far above the heads of other preps that the possibility of watching them for twice as long a time as in the 100 was very, very appealing. When the race was off the smaller Feagin ate up all but a half a meter of the stagger Jones had at the start by the time the duo came off the turn (100 meter starting line passed in 11.7). Once again, Feagin could not mount a charge that could put a dent into the every so gradually increasing margin between Jones and herself. Marion raced in to a three meter victory in this event. People who had timed the race in the 22.6 and 22.7 range had to rattle their watches and figure they blew something

in the timing. When announced, the time astounded everyone--22.87.

The clocking is a new National Federation Record, significantly taking down the 23.19 by Sherri Howard (Kennedy, Granada Hills) from 1980, with the mark the number two time ever recorded by a prep behind Chandra Cheeseborough's 22.77 achieved at Mexico City's altitude in 1975. Feagin came in at a strong 23.27, about a second faster than she ran here last year. The Florida has to be congratulated on her efforts in traveling out to California two years in a row in search of strong competition. Marion's time is also the fastest run by an American female thus far this spring. Needless to say, she was awarded the "Athlete of the Meet" honor on the Girls side.

The Men's sprint events featured super groups also. From out of the state came Rafeal Denson (Ardmore, OK), who had run 10.1-10.38 and 21.4 venturing over into Texas, where he marked victories against many of that state's best. From Arizona came Derrick Land (Red Mountain, Mesa, AZ) (10.61 in 1990) and Ken Wilkens (Westwood, Mesa, AZ) (21.48 already this spring). California's best, led by the South's Ricky Carrigan (Compton) 10.41 at Fresno, and the North's Ato Boldon (Piedmont Hills, San Jose) 10.3w-21.2w and a big 10.72 Stanford 100m win. The action for this group started in the Relay, where a surprising Hawthorne group put it all together for the first time this spring, racing a well-balanced 41.66 in nipping Compton (41.70) with Carrigan charging hard on the second leg.

In the Invitational 100 the big actors gathered together. Surprising Tim Martin (San Clemente), out of Lane 1, had a meter lead over the field through 40 of the race, with Ricky Carrigan (Lane 7) starting a big move there that had him race past the field and Martin into the tape to a 10.63-10.72 win. Over 200 meters Ricky was much more dominant, with the tall sprinter showing no ill effects of running out of the tight turn in lane 3, rocketing off of the turn and racing away from the pack to win by four meters in 21.09, the #2 prep time in the nation for 1991. Ato Boldon (Piedmont Hills) was second here in a fine 21.48. Carrigan was named the Male Athlete of the Meet for his efforts in the Meet.

The distance events are always Arcadia highlights, with all winners this year running the top prep outdoor times for the season. In the Women's 3200 Milena Glusac (Fallbrook) let on that something special was coming from her with a 72 second first lap and 2:29 first 800. The pack bided their time a bit to the rear through a 1600 split just over 5:10, with Deena Drossin putting on a big move at that point that had her move into the lead during the fifth lap. Deena continued to press the pace through the second mile, running with a strength that she had never shown before on the track. Racing her second 1600 meters in 5:03, Deena finished in 10:19.63 (9:41.6 at 3000 meters), with Glusac 25

meters back in an amazing 10:24.61. The parade of super times started in third with Stacey Auer (1000 Oaks) 10:38.63, Kim Orlando (Carson City, NV) 10:38.91, and Deresa Walters (East, Rochester, NY) 10:40.35 the other award winners in an event that had 10th place at 10:58.8.

Dave Hartman (Canyon, Canyon Country) showed the same determination as Drossin in the Men's 3200 event. After a comfortable first 1600 in the low 4:30's that had many in the pack close, Hartman drove the last two laps, closing with a 61.6 final 400 for a big personal best 9:00.63 clocking that comfortably handled runner-up Angel Martinez (Gabriel) 9:03.92. The first three in this event (David Gurry of Blanchet HS in Seattle was 3rd in 9:04.91) raced the top times in the country this spring.

The 1600 winners were very strong over the final lap in leaving top groups behind. Sarah Schwald (Rogers, Spokane, WA), with a 4:23.59 best 1500, would come in to race National Outdoor Leader Nikki Shaw (Fillmore-4:55.24) and a strong group. The early pacing was handled by Shaw and Shelley Taylor (Edison, Huntington Beach) through 72.0 and 2:29.2 lap splits. The leading duo started to pull away from the pack during the first half of the third lap (first 200 there in 36.0-72.0 pace after a 77.2 second 400). During the final lap Taylor put on the accelerator, looking very strong in edging away to a 4:53.00 win over Shaw's 4:56.20, Melissa Freberg (California, San Ramon) 4:58.54, and improving Jennifer Hamel (Merced) 4:59.36. In the Men's race, 3:52.99 1500m star Brad Meyer (Bishop Manogue, Reno, NV) and National Scholastic Indoor 800 meter winner (1:53.29), Jim McCreery (Campbell County, Gillette, Wyoming), would face five Californians with 1600 bests of under 4:15.0. McCreery looked very strong the entire race, having an eight meter lead over Hector Hernandez (Mar Vista, Imperial Beach) and Robert Walker (San Pasqual, Escondido) at 3:11.4 for the 1200. On the final lap McCreery showed some amazing strength, racing the first 200 meters of that portion in 28.4 and finishing with 30.9 for a nation-leading 4:10.78. Jim later added that it was nice to have no wind, rain, or snow to run in. Todd Tressler (San Marcos, Santa Barbara) was next at 4:13.26 with Hector Hernandez 4:13.99, and Robert Walker 4:14.07 leading ten who finished under 4:20.

The Women's 800 was one of the best mass finishes ever in a prep two lap event. Becky Spies (Livermore), National Scholastic Indoor Champ from early March, blasted out right from the gun through 29.1 200 and 60.3 400 meter splits, and continued to push during the third 200. A very solid pack (five had entry lifetime bests of under 2:12.0) tagged along. Becky raced strongly throughout the final lap, passing the 600 meter point in 1:34.2. Eight meters back, Shalynn Carr (Bonita, La Verne), was closest with 100 meters to go, with Becky racing in strongly to a 12 meter triumph at

continued next page...

2:10.17 (national leader). Nicole Teter (West Valley, Cottonwood) sprinted the final stretch to finish 2nd at 2:12.23. Behind the front duo some interesting placings took place. Shenia Moses dropped seven seconds in three weeks down to 2:12.29 in third, with visitor Shelle Turner (William Penn, Philadelphia) next at 2:12.33. Ninth grader Kamara (accent on the first syllable in pronouncing Kah-mara) Mayberry (St. Bernard, Playa del Rey), who had run 2:10.1 last spring, but looked anything but that good in early 1991 spring races, raced 2:12.61 to edge in ahead of the other very talented frosh, Shalynn Carr (Bonita, La Verne) 2:13.39. Susan Scott (Mt. Carmel, San Diego) 2:14.21 and Jennifer Gillis (Irvine) 2:14.45 made eight under 2:15.0. On the Men's side talented frosh, Vondre Armour (Bakersfield) found himself in front of the pack through the 400 in 56.1, with many in the pack surging there off this relaxed pace. Louie Quintana (Arroyo Grande), Kinney National Cross Country Champion and the nation's top middle distance runner, found himself in last early on (57.3 400), but made a monster move that had him go from last to first between 400 and 600 meters (1:24.1 there for a 26.8 third 200). This move was done much in lanes two and three, with the effort of slamming on the accelerator for so long taking its toll during the final straightaway. As Quintana and Mike Terry (El Modena, Orange) battled down the final stretch, virtual novice in the event, Bryan Woodward (Poly, Long Beach), blazed by with ten meters to go to win at 1:52.60 (national leader). Quintana was second at 1:52.99 despite falling just past the finish, with Mike Terry (El Modena, Orange) next in a personal best at 1:53.38. Woodward was ninth at the 600 at 1:25.2 with less than a half a dozen races at this distance in his career.

With the quality of fields at Arcadia it is always interesting how someone or a group in one of the field events before the evening running events start kind of sets a tone for the meet with some truly impressive efforts. Here it came from the competition in the Men's Discus. A great gathering featured Jeff Buckley (Bakersfield), who had thrown a national junior class and age-16 record of 210-1 in a dual two days prior to the Arcadia competition. Thomas Barber (Carol City, Miami, FL) 191-0 and Mark Parlin (Esperanza, Anaheim) 182-11 1/2 would lead the challengers. Buckley started the fireworks here with a 194-4 toss on his first effort. Parlin improved to a big lifetime best in round 2 at 194-2, with Barber following at 198-10 and Buckley coming back at 195-1. Parlin fouled on his third toss, with Barber, a very, very powerful looking athlete headed for the University of Colorado on a football scholarship, answering with a 205-9 effort. Buckley fouled on his third toss. Barber tossed 193-4 and 200-11 on throws four and five to seal the competition, with Parlin and Buckley unable to improve over their early tosses. Buckley's performance was really quite impressive when one had to consider the emotional downer he had to be on after his 210-1 from two days previous. The same group headed over to the Shot Put circle later in the evening. Aaron Echternacht (Hopewell Valley, Pennington, New Jersey), 6th in the Discus at 169-9 was obviously not happy. In the Shot he popped 65-2 on his opener to throw out a challenge that no one in the field could come close to. Mark Parlin ended second at 62-3 1/4, with Barber next at 60-2 3/4.

The Women's Triple Jump was without Juliana Yendork (Walnut), who was a scratch, but those present simply had a competition that was deeper than any ever at the prep level. Ten athletes were over 37-0 through

the first round, with Tanel House (Hoover, Fresno) leading at 38-3 1/2 (all jumps discussed herein had legal wind). Tamara Hawthorne (Cordova, Rancho Cordova) replied with a 38-5 1/2 on round 2, with Kam Warner (West Bakersfield) 38-7 3/4, Tammy Graham (Mission Viejo) 38-8, and relatively unknown Danielle Brown (Sunny Hills, Fullerton) a shocking 39-5 1/2 legal yearly outdoor nation leading effort finishing out the round. The 37 and 38 foot efforts continued, with Nicole Irving (Nova, Ft. Lauderdale, FL) a lifetime best of 39-2 1/4 in round 4. Fahren Thomas (Foss, Tacoma, WA) improved to 39-4 3/4 on her final jump to move into second, with Irving answering with 39-4 1/2. Brown's early 39-5 1/2 held up for the win, with ninth place 38-1 (a mark that was just outside the top fifty U.S. prep efforts for the 1990 season). Nicole Irving moved with many in the group over to the Long Jump later in the evening, where the Floridan repeated as Arcadia champ with a fine 19-7 (wind legal) third effort that put her ahead of always improving Nicole Haynes (Bishop Montgomery, Torrance), who opened up with 19-1 3/4. Teresa Foster (Huntington, Shreveport, Louisiana) showed up here, leaping 19-1 1/2 on her final effort for third, with Danielle Brown (Sunny Hills) serving notice on her talent in this event also in fourth at 18-9.

The Relay action at the Meet was hot. A big show-down early in the evening in the Women's 4x100 event was taken by Morningside (Inglewood), whose 46.91 national leader turned back the 47.33 by William Penn of Philadelphia. At the end of a long evening the Philadelphia group of Coach Tim Hickey, the deepest ever group of long sprinters (six on the team can run in the 56's for 400 meters) ever gathered at one school, race 3:45.41 for a Meet Record in the 4x400 event to turn back Morningside at 3:49.09. Morningside emerged with the quickest Men's 4x400 clocking at 3:18.41 in nipping Wilson (Long Beach) 3:19.10 in the Seeded Race there.

The Distance Medley events were controlled by San Diego teams. Milena Glusac (Fallbrook) showed amazing recovery capabilities, racing a 10:24.61 3200, then lining up to anchor the school's Distance Medley group an hour later! Spotting the leaders 35 meters, Glusac paced a 5:01.9 anchor in breaking the tape in an overall 12:11.09 nation-leading time. The Men's race featured a truly peculiar twist. San Pasqual's anchor runner, Robert Walker, had the baton knocked out of his hand on



MARION JONES (left) and ZUNDR FEAGIN (Cocoa, FL) in 200 meters. Jones won in 22.87 seconds.

Photo by Kirby Lee

the backstretch on the first lap. The pack was out 45 meters ahead of him by the time he was back on the track with the stick. Walker simply paced himself back up to the leaders, then cranked a 62.0 final 400 to run 4:21.1 (worth 4:12-4:14 without the detour) and bring the team in for the win at 10:23.60.

Mario Sategna (Bloomfield, New Mexico) is probably the nation's top all-around athlete, scoring 7211 in the Decathlon with High School implements last year and over 6200 this year with the International implements despite failing to score in the Discus event. He is also a 16-foot pole vaulter. In that event here he had company through 15-0 with six in the field clearing that height. David Cox (Hoover, Fresno) was one of three over 15-4, with Heath Fulk (Norte Vista, Riverside) able to clear 15-8 along with Mario. Sategna then sailed over 16-0 for the win, with his efforts at 16-4 3/4 hindered by his 300 meter Intermediate Hurdle win

continued next page...

covered elsewhere. In the Men's Triple Jump Offord Rollins (Wasco) leaped 48-8 1/4, 48-1 1/4, and 48-9 3/4 (wind legal) on his first three efforts to put away the field with the #3 mark nationally outdoors this spring. Tyrone Edwards (Nogales, La Puente) handled a good Men's Long Jump field, soaring 23-8 to nip improving Derek Scurry (Hawthorne) 23-6 1/2 and Damon Boddie (Cordova, Rancho Cordova) 23-5 1/4. Matt Hemingway (Buena Vista, Colorado) was the only one in a good Men's High Jump field who could clear 6-10 to win that event over 7-footer Lorenzo Roberts (Auburndale, FL), who was second at 6-8.

A great Women's Discus field marked the High School coming out of Suzy Powell (Downey, Modesto), who last year set a national eighth grade record of 151-11. Against a group of five others with bests of over 140 feet Suzy handled herself well. Celeste McVey (Redlands), took the lead in the third round at 150-2, with Powell moving into second with a 144-6 fifth effort. Teresa Stricklin (Arroyo Grande) edged into second with a big personal best 145-1 on her final toss. McVey had five throws between 144-4 and 150-2. In the Shot Put, Nicole Logan (Novato) edged Mike Hilaire (Pittsburg) 42-9 3/4-42-7 3/4.

A very good Women's High Jump event had Chi Johnson (Menlo Atherton, Atherton), Melissa McDonald (Mater Dei, Santa Ana), and frosh Danielle Boswell (Bullard, Fresno) clear a fine 5-8, then place in that respective order due to misses.

In the Men's High Hurdle event, Isaac Carson (Jefferson, Daly City) ran the "cleanest" race, clearing all the barriers on the way to a state-leading 14.22 win, while the rest of the pack left hurdles scattered all over the track after they were through. In the 300 Intermediate, super all-rounder Mario Sategna (Bloomfield, NM-- discussed up above in the Vault), blazed a 23.4 first 200 over the hurdles, then raced in to a fine 37.44 clocking. Kam Warner (West, Bakersfield) took the 100 Meter Lows in a state-leading 14.32 over Erin Blunt (San Pasqual, Escondido) (14.40). Blunt gave the field a lesson in a strong disciplined step pattern in taking the 300 Lows in a nation-leading 42.69 effort.

Strong Juniors took the 400 Meter events. With Janice Nichols (Bakersfield) taking it easy on a tender hamstring, Allison Dring (Mt. Carmel, San Diego) dominated the Women's 400 event. Dring took it out through 25.3 for the opening 200, and raced in to win by fifteen meters in 54.77. Allison later added a 53.9 anchor leg to her school's 3:56.68 Seeded 1600 meter relay win. Derek Shepard (Lincoln, San Francisco) came back from two meters down on Erik Holcomb (Westlake, Westlake Village) at 300 meters to explode to a big state-leading 47.60 win.

Women's Results

100m (Seeded): (wind -.02 mps) 1. Wilson (Wm Penn, Philadelphia, PA) 12.19, 2. Somerville (Palm Springs) 12.34, 3. Woods (Duarte) 12.41, 4. Jayasinge (Arcadia) 12.54. (Invitational): (wind -.38 mps) 1. Jones (Rio Mesa, Oxnard) 11.38 (National leader, Meet, National Age-15, and National Soph Class Record, #8 Prep Time Ever), 2. Feagin (Cocoa, FL) 11.62, 3. Foster (Huntington, Shreveport, LA) 11.97, 4. Bradfield (Dominguez, Compton) 12.15, 5. Jackson (Bakersfield) 12.24, 6. Parker (Bishop O'Dowd, Oakland) 12.26, 7. Conwright (Hawthorne) 12.32.

200m (Seeded): 1. Somerville (Palm Springs) 24.81, 2. Wilson (Wm Penn, Philadelphia, PA) 25.05, 3. Walton (Red Mountain, Mesa, AZ) 25.32. Invitational: 1. Jones (Rio Mesa, Oxnard) 22.87 (National Federation Record, Meet Record, National Age-15 and National soph Class Record), 2. Feagin (Co-

coa, FL) 23.27, 3. Bradfield (Dominguez, Compton) 24.67, 4. Jackson (Bakersfield) 24.36, 5. Knowles (Muir, Pasadena) 24.99, 6. Parker (Bishop O'Dowd, Oakland) 25.19.

400m: 1. Dring (Mt. Carmel, San Diego) 54.77 (#2 Time Nation), 2. Jones (San Marcos, Santa Barbara) 56.47, 3. Smith (Wm Penn, Philadelphia) 56.82, 4. Rush (Wm Penn, Philadelphia) 57.39, 5. Crummie (Hogan, Vallejo) 57.53, 6. McCamish (Torrance) 57.54.

800m: 1. Spies (Livermore) 2:10.17 (National Leader), 2. Teter (West Valley, Cottonwood) 2:12.23, 3. Moses (Ramona, Riverside) 2:12.29, 4. Turner (Wm Penn, Philadelphia) 2:12.33, 5. Mayberry (St. Bernard, Playa del Rey) 2:12.61, 6. Carr (Bonita, La Verne) 2:13.39, 7. Scott (Mt. Carmel, San Diego) 2:14.21, 8. Gillis (Irvine) 2:14.45, 9. Engesser (Ocean View) 2:17.4.



DEENA DROSSIN (left) and MILENA GLUSAC

Photo by Kirby Lee

1600m: 1. Taylor (Edison, Huntington Beach) 4:53.00 (National Leader) (4:35.0 1500m), 2. Shaw (Fillmore) 4:56.20, 3. Freeberg (California, San Ramon) 4:58.54 (4:40.2), 4. Hamel (Merced) 4:59.36 (4:42.3), 5. Snowbeck (University, LA) 5:00.77 (4:41.5), 6. Sumi (Wilson, Long Beach) 5:02.92 (4:44.6), 7. Heap (Palos Verdes, PV Estates) 5:04.36, 8. Hadley (San Pasqual, Escondido) 5:06.28, 9. Bryson (Eisenhower, Yakima, WA) 5:06.42, 10. Schwald (Rogers, Spokane, WA) 5:06.78, 11. C. Landau (Tri-Valley, Grahamsville, NY) 5:07.00, 12. Camp (Agoura) 5:09.6.

3200m: 1. Drossin (Agoura) 10:19.63 (National Outdoor Leader) (9:41.6 3000m), 2. Glusac (Fallbrook) 10:24.61 (9:46.4), 3. Auer (Thousand Oaks) 10:38.63 (10:02.8), 4. Orlando (Carson City, NV) 10:38.91 (10:02.0), 5. Walters (East, Rochester, NY) 10:40.35 (10:01.2), 6. York (Agoura) 10:47.13

(10:05.0), 7. Rothman (Westlake, Westlake Village) 10:53.57 (10:12.9), 8. Parkinson (Orange Lutheran) 10:54.48 (10:17.6), 9. Klein (Ketchikan, Alaska) 10:54.9, 10. Roda (Irvine) 10:58.8 (10:21.1).

100m Low Hurdles: (Seeded) 1. Tolson (Fountain Valley) 14.80, 2. Burnham (Rio Mesa, Oxnard) 14.87, 3. Mosley (Muir, Pasadena) 15.02, 4. Malone (Claremont) 15.11, 5. Boyd (Foothill, Pleasanton) 15.18, 6. Burnside (Westchester) 15.22. Invitational: 1. Warner (West, Bakersfield) 14.32 (National Leader), 2. Blunt (San Pasqual, Escondido) 14.40, 3. Lazer-Lea (McAteer, SF) 14.57, 4. Nickson (Morningside, Inglewood) 14.77, 5. Bernard (Nogales, La Puente) 14.78, 6. Mays (Hawthorne) 15.00, 7. Tagle (Wm Penn, Philadelphia) 15.01, 8. Sims (Lompoc) 15.02.

300m Low Hurdles: 1. Burt (San Pasqual, Escondido) 42.69 (National Leader), 2. Bernard (Nogales, La Puente) 43.97, 3. Moxley (St. Bernard, Playa del Rey) 44.77, 4. Lazer-Lea (McAteer, SF) 44.81, 5. Mosley (Muir, Pasadena) 45.47, 6. Teagle (Wm Penn, Philadelphia) 45.98.

400m Relay: (Seeded) 1. Rio Mesa (Oxnard) 48.35, 2. Dorsey (L.A.) 49.46, 3. Mt. Carmel (San Diego) 49.69, 4. Corona 49.79, 5. Mission Viejo 50.06, 6. Thousand Oaks 50.14. Invitational: 1. Morningside (Inglewood) 46.91 (National Leader), 2. Wm Penn, Philadelphia 47.33, 3. Muir (Pasadena) 47.41, 4. Bakersfield 47.84, 5. Hawthorne 47.97, 6. Bishop O'Dowd (Oakland) 50.25, 7. Dominguez (Compton) 50.41.

1600m Relay: (Seeded) 1. Mt. Carmel (San Diego) 3:56.68, 2. Corona 3:58.12, 3. Mission Viejo 4:00.82. Invitational: 1. Wm Penn, Philadelphia, PA 3:45.41 (Meet Record and National Leader), 2. Morningside (Inglewood) 3:49.09, 3. Poly (Long Beach) 3:53.77, 4. Bishop O'Dowd (Oakland) 3:55.13, 5. St. Bernard (Playa del Rey) 3:55.53, 6. Muir (Pasadena) 3:56.00.

Distance Medley Relay: 1. Fallbrook 12:11.09 (National Leader), 2. Upland 12:22.75, 3. San Marino 12:24.01, 4. Woodbridge (Irvine) 12:25.07, 5. San Pasqual (Escondido) 12:27.57, 6. Tri-Valley, Grahamsville, NY 12:31.99.

High Jump: 1. Johnson (Menlo Atherton, Atherton) 5-8 (Johnson is State Leader), 2. McDonald (Mater Dei, Santa Ana) 5-8, 3. Boswell (Hoover, Fresno) 5-8, 4. Blankenship (Torrance) 5-6, 5. Jenkins (San Ramon (Danville)) 5-6, 6. Lazer-Lea (McAteer, SF) 5-4.

Long Jump: (all jumps wind-legal) 1. Irving (Nova, Ft. Lauderdale, FL) 19-7 (National Outdoor Leader), 2. Haynes (Bishop Montgomery, Torrance) 19-1 3/4, 3. Foster (Huntington, Shreveport, LA) 19-1 1/2, 4. Brown (Sunny Hills, Fullerton) 18-9, 5. Warner (West, Bakersfield) 18-6 3/4, 6. McDonald (Mater Dei, Santa Ana) 18-1.

Triple Jump: (all jumps wind-legal) 1. Brown (Sunny Hills, Fullerton) 39-5 1/2 (National Outdoor Leader), 2. Thomas (Foss, Tacoma, WA) 39-4 3/4, 3. Irving (Nova, Ft. Lauderdale, FL) 39-4 1/2, 4. Reton (Downey, Modesto) 38-8 3/4, 5. Graham (Mission Viejo) 38-8, 6. Warner (West, Bakersfield) 38-7 3/4, 7. House (Hoover, Fresno) 38-3 1/2, 8. Harrison (Mt. Miguel, San Diego) 38-1, 9. Hanf (Ygnacio Valley, Concord) 37-5 1/4 (better second effort), 10. Horn (Acalanes, Lafayette) 37-5 1/4, 11. TEagle (Wm Penn, Philadelphia) 37-4 1/2, 12. Harrison (Morningside, Inglewood) 37-3 3/4, 13. Andrews (Torrey Pines, Encinitas) 37-0 3/4, 14. Hulley (Ontario) 36-10 1/4.

Shot Put: 1. Logan (Novato) 42-9 3/4, 2. Hilaire (Pittsburg) 42-7 3/4 (Hilaire is State Leader), 3. Rhoadarmer (Cozad, NE) 41-6 1/2, 4. Stricklin (Arroyo Grande) 41-3 3/4, 5. Maumausoco (Mt. Carmel, San Diego) 39-6 1/2, 6. Brownlee (Westlake, Westlake Village) 38-11 1/2, 7. Stephaney (Hoover, Fresno) 38-10 1/4, 8. Barden (Nevada Union, Grass Valley) 37-5 3/4, 9. Fisher (West Torrance) 37-0 3/4.

Discus: 1. McVey (Redlands) 150-2 (McCoy is State Leader), 2. Stricklin (Arroyo Grande) 145-1, 3. Powell (Downey, Modesto) 144-6, 4. Biddinger (North, Bakersfield) 137-10, 5. Putman (O'Neill, Ne) 137-7, 6. Hermann (Etiwanda) 136-4, 7. Maumausoco (Mt. Carmel, San Diego) 134-10, 8. Rhoadarmer

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(Cozad, Ne) 132-8, 9. Alderman (Mission San Jose, Fremont) 132-5, 10. Bill (University, Irvine) 130-3, 11. Allen (El Capitan, Lakeside) 129-11, 12. Sihaney (Hoover, Fresno) 129-1.

Athlete of the Meet: Marion Jones (Rio Mesa, Oxnard).

Men's Results

100m: (Seeded) (wind -22 mps) 1. Green (Washington, L.A.) 10.80, 2. Harding (San Dimas) 10.87, 3. Lawrence (Morse, San Diego) 10.88, 4. Thomas (San Bernardino) 10.99, 5. Woods (Locke, L.A.) 11.07. **Invitational:** 1. Carrigan (Compton) 10.63 (Carrigan is State Leader), 2. Martin (San Clemente) 10.72, 3. Boldon (Piedmont Hills, San Jose) 10.81, 4. Denson (Ardmore, OK) 10.83, 5. Washington (Southwest, San Diego) 10.84, 6. Bradley (Pius X, Downey) 10.91.

200m (Seeded): 1. Bradley (Pius X, Downey) 21.71, 2. Green (Washington, L.A.) 21.77, 3. Martin (San Clemente) 21.81, 4. Thomas (San Bernardino) 21.91, 5. Coleman (Locke, L.A.) 22.28. **Invitational:** 1. Carrigan (Compton) 21.09 (#2 Time Nation, State Leader), 2. Boldon (Piedmont Hills, San Jose) 21.48, 3. Wilkins (Mesa, Westwood, AZ) 21.92, 4. Woods (Locke, LA) 22.06, 5. Lawrence (Morse, San Diego) 22.19, 6. Allen (Hawthorne) 22.24.

400m: 1. Shepard (Lincoln, SF) 47.60 (State Leader), 2. Hughey (Rubidoux, Riverside) 48.17, 3. Holcomb (Westlake, Westlake Village) 48.51, 4. Bynoe (Gunn, Palo Alto) 48.85, 5. Evans (Vallejo) 49.26, 6. Nelson (Wilson, Long Beach) 49.29, 7. Wuthrich (Wilson, Long Beach) 49.93.

800m: 1. Woodward (Poly, Long Beach) 1:52.60 (National Leader), 2. Quintana (Arroyo Grande) 1:52.99, 3. Terry (El Modena, Orange) 1:53.38, 4. Collins (Kingston, NY) 1:53.76, 5. Armour (Bakersfield frosh) 1:55.02, 6. Robinson (Santa Barbara) 1:55.36, 7. Ramirez (Rubidoux, Riverside) 1:55.44, 8. Henderson (Central, Philadelphia) 1:55.8.

1600m: 1. McCreery (Campbell County, Gillett, WY) 4:10.78 (National Leader) (3:54.9 1500m), 2. Tressler (San Marcos, Santa Barbara) 4:13.26 (3:58.0), 3. Hernandez (Mar Vista, Imperial Beach) 4:13.99 (3:57.9), 4. Wakor (San Pasqual, Escondido) 4:14.07 (3:57.6), 5. Meyer (Bishop Manogue, Reno, NV) 4:15.12 (3:59.6), 6. Spayde (ThousOaks) 4:15.34 (3:58.7), 7. Reyes (Lakewood) 4:15.51 (3:59.9), 8. Menon (San Luis Obispo) 4:15.84, 9. Boulet (Drake, San Anselmo) 4:18.12, 10. Bartholomy (Bartlett, Anchorage, Alaska) 4:19.65.

3200m: 1. Hartman (Canyon, Canyon Country) 9:00.63 (National Leader) (8:30.3 3000m), 2. Martinez (San Gabriel) 9:03.92 (8:32.5), 3. Gurry (Blanchet, Seattle, WA) 9:04.91 (8:32.8), 4. Ryser (Carson City, NV) 9:14.19 (8:42.6), 5. Douglas (Moreau, Hayward) 9:14.89, 6. Gonzales (Carson) 9:15.61, 7. Nichols (San Marino) 9:17.73, 8. Pose (Torrance) 9:18.12.

110m High Hurdles: 1. Carson (Jefferson, Daly City) 14.22 (State Leader), 2. Smith (Hawthorne) 14.49, 3. Anderson (North, Riverside) 14.62, 4. Redmond (Vallejo) 14.89, 5. Williams (Escondido) 15.03, 6. Rouser (Central, Philadelphia) 15.06.

300m Intermediate Hurdles: 1. Sategna (Bloomfield, NM) 37.44, 2. Williams (Escondido) 37.93 (Williams is State Leader), 3. Smith (Hawthorne) 38.49, 4. Watts (Jones, Orlando, FL) 38.53, 5. Redmond (Vallejo) 39.20, 6. Carson (Jefferson, Daly City) 39.35.

400m Relay (Seeded): 1. Rubidoux (Riverside) 42.19, 2. Milikan (Long Beach) 42.41, 3. Vallejo 42.42, 4. Morse, San Diego 42.87, 5. Arcadia 43.10. **Invitational:** 1. Hawthorne 41.66 (State Leader), 2. Compton 41.70, 3. Locke (L.A.) 42.15, 4. Independence (San Jose) 42.17, 5. Dorsey (L.A.) 42.57, 5. Bakersfield 43.03.

1600m Relay (Seeded): 1. Morningside (Inglewood) 3:18.41, 2. Wilson (Long Beach) 3:19.10, 3. Belmont (L.A.) 3:22.30, 4. Locke (L.A.) 3:22.61. **Invitational:** 1. Muir 3:19.73, 2. Vallejo 3:20.37, 3. Bishop O'Dowd (Oakland) 3:20.41, 4. Dorsey (L.A.) 3:22.43, 5. Poly (Long Beach) 3:23.89.

Distance Medley Relay: 1. Madera 10:24.30 (State Lead-

er), 2. St. Ignatius (San Francisco) 10:26.11, 3. Hart (Newhall) 10:27.99, 4. Bellarmine (San Jose) 10:28.73, 5. San Gabriel 10:31.35, 6. Arroyo Grande 10:31.89, 7. Upland 10:32.35.

High Jump: 1. Hemingway (Buena Vista, Colo) 6-10, 2. Roberts (Auburndale, FL) 6-8, 3. Rucks (Milpitas) 6-6, 4. Bass (Chowchilla) 6-6, 5. Cody (Servite) 6-4, 6. Chase (Antelope Valley, Lancaster) 6-4.

Pole Vault: 1. Sategna (Bloomfield, NM) 16-0, 2. Fulk (Norte Vista, Riverside) 15-8, 3. Cox (Hoover, Fresno) 15-4 (Cox is State Leader), 4. Tetreault (Arroyo Grande) 15-0, 5. Mendoza (Hesperia) 15-0, 6. McCauley (Nevada Union, Grass Valley) 15-0, 7. Chadwick (Woodland) 14-6, 8. Fraley (Lemoore) 14-6, 9. Crumrine (Camarillo) 14-6, 10. (tie) S. Shimooka (San Pasqual, Escondido) and Miller (Corona del Mar) 14-6, 12. Vu (Marina, Huntington Beach) 14-0, 13. Hecox (South Hills, West Covina) 14-0, 14. Schrier (Birmingham, Van Nuys) 14-0.

Long Jump: 1. Edwards (Nogales, La Puente) 23-8 (Edwards is State Leader), 2. Scurry (Hawthorne) 23-6 1/2, 3. Boddie (Cordova, Rancho Cordova) 23-5 1/4, 4. Errico (St. Ignatius, SF) 23-1 1/2, 5. Drehr (Antelope Valley, Lancaster) 22-9 1/2, 6. Sims (Carson) 22-5 1/4w (+3.84) (21-4 3/4 legal), 7. Moore (Rubidoux, Riverside) 22-3, 8. Balina (Mt. Carmel, San Diego) 22-3, 9. Hicks (Wilson, Long Beach) 22-0 1/4w (+2.48) (20-7 1/2 legal).

Triple Jump: 1. Rollins (Wasco) 48-9 3/4 (State Leader), 2. Waddington (Muir, Pasadena) 47-10, 3. Bartley (Lynwood

47-6, 4. Phifer (Hawthorne) 47-3 1/2, 5. Evans (Alta Loma) 47-0 1/2, 6. Scurry (Hawthorne) 46-1.

Shot Put: 1. Echternacht (Hopewell Valley, Pennington, NJ) 65-2 (National Outdoor Leader), 2. Parlin (Esperanza, Anaheim) 62-3 1/4, 3. Barber (Carol City, Miami, FL) 60-2 3/4, 4. Carlson (Gillette, Campbell County, WY) 59-1 1/4, 5. Willis (Cabrillo, Lompoc) 58-10 1/2, 6. Buckey (Bakersfield) 57-3, 7. Van Scoy (Rio Mesa, Oxnard) 56-3 1/2, 8. Lingenfelter (Upland) 56-2 1/2, 9. Loggins (Moreau, Hayward) 56-0 1/4, 10. Cienega (Escondido) 53-6, 11. Asbell (Manteca) 53-4 1/4 (better second effort), 12. Kloster (Lemoore) 53-4 1/4, 13. Yam (Rolling Hills, RH Estates) 53-0 3/4.

Discus: 1. Barber (Carol City, Miami, FL) 205-9 (#2 Throw Nation), 2. Buckey (Bakersfield) 195-1 (Buckey is State and National Leader), 3. Parlin (Esperanza, Anaheim) 194-2, 4. Willis (Cabrillo, Lompoc) 173-1, 5. Degnan (Atascadero) 173-0, 6. Echternacht (Hopewell Valley, Pennington, NJ) 169-9, 7. Thomas (West, Bakersfield) 167-9, 8. Torre (Notre Dame, Riverside) 167-9.

Arcadia's "Open" results will be included in the June 1991 issue.

Mt. SAC Relays

High School Portion

On Friday, April 19 and Saturday, April 20, the Mt. San Antonio facility was taken over for a good share of the time during the big Relays weekend by the preps, with some great action taking place during the twenty-four hours or so of action. Some of the stars who had risen to the top of the seasonal crop continued to shine during the weekend with some truly great performances along the way.

Friday afternoon action starts in mid-afternoon with 3000m events. On the Men's side a good group had Brazilian native, Daniel das Neves (Helix, La Mesa), who has lived and trained in San Diego with Luiz de Oliveira. The 11th grader kicked best over the final half lap to take 8:59.05 (1990) performer James Menon (San Luis Obispo) 8:35.82-8:35.97, with Steve Gonzales (Carson) 8:36.97 in third and continually improving Eric Spayde (1000 Oaks) 8:36.55 in 4th. Jeannie Rothman (Westlake, Westlake Village) tried to go with a

duo of Mexican visitors early in the Women's race, with Stacy Auer (1000 Oaks) kicking by over the final 400 to take second to Mexico's De La Luz (9:58.00) at 10:01.71, with Rothman 3rd at 10:06.11. Westlake (Westlake Village) added a fine 3:31.93 Men's Sprint Medley during the afternoon, bolstered by Erik Holcomb's 21.6 200 leg and Brian Dawson's 1:54.8 anchor. A good Women's 800m sprint medley was taken by Hawthorne, with Porche King (12.8 100m out of blocks around turn), Myesha Jones (12.2), Konika Conwright (24.6) and Julana Gilford (57.2) (1:46.90 total) hustling around the track before Allison Dring closed Mt. Carmel's 1:47.33 runner-up with a 54.4 anchor split.

Latest area jump find, Danielle Brown (Sunny Hills, Fullerton), who shocked with a nation leading outdoor effort at Arcadia (39-5 1/2) in the Triple Jump the previous weekend, won that Invitational event here also. With Juliana Yendork (Walnut) still on the shelf (but indi-

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cating during the weekend that she has had no pain for the last couple of days from a slight hamstring problem she picked up at the late March Bishop Amat Relays) Brown was the TJ winner here at 37-9 1/2w. The Friday evening action always finishes with 4x1600 Relay races. In the men's event, San Pasqual (Escondido) had Robert Walker (4:17.7) on the anchor kicking hard over the last final 150 meters to take Hart (Newhall), anchored by Billy Dixon (4:20.9) 17:56.7-18:00.0. Dave Hartman (Canyon, Canyon Country) raced 4:17.5 for his team on anchor, with Angel Martinez (San Gabriel) 4:17.8. In the Women's race Agoura came looking for records. The Chargers had run super the previous weekend at Arcadia. Deena Drossin took the 3200m (10:19.63), Tiffany York had improved magnificently to (10:47.12), with Laura Hayward (11:11.3), and Kristie Camp (5:09.6 1600m) making a pretty fair 4x1600 group. With only an all-star unit from Mexico for competition early, the Chargers had Hayward (5:15.6), York (5:13.4), and Camp (5:11.2) hand Drossin the baton with only lapped teams for competition. Deena took it out, 2:23 for the first 800 before finishing in 4:54.9, with an overall time of 20:35.05 converting to #4 on the All-Time Prep list and an All-Time California best.

Action Saturday was dynamite in spots. Steve DeBerry (San Dimas) surprised with a 37.79 Intermediate Hurdles win. Erin Blunt (San Pasqual, Escondido) was all over the place during the morning, with the scoring member of the San Pasqual State Champion and #4 ranked nationally Cross Country team showing carryover strength to the hurdle events here. Erin started her morning with a strong 43.3 300 Meter Lows win, raced a 14.6 lead off for her school's winning 1:02.62 Shuttle Low (30") Hurdles win, then took the Invitational 100 Meter Lows event at 14.26. Santa Teresa (San Jose) rode the legs of Kishi Anderson (2:22.6), Juoie Ruckriegel (2:22.2), Devon Moates (2:29.7), and Kimik Anderson (2:23.9) to a 9:38.60 4x800m win. Celeste McVey (Redlands) continued her very consistent year with the Discus, taking the Invitational Prep event with a fine 146-10, and she was named the Female Prep Field Athlete of the Meet for her efforts. Centennial (Compton) had a good day. In the Invitational Sprint Medley Relay (Jerry Hodnett 22.6-Roderick Steele 21.4-Gerald McCladdie 48.0-Chris Stroye (1:58.6) ran 3:30.47, with an even more impressive effort in the very end of the

day 4x400 Invitational race. After lead-off segments of 50.9 and 49.0, Steele (47.1) and McCladdie (47.4) really went to work, racing an excellent 3:14.46. Ricky Carrigan of Compton, 10.41 and 21.09 thus far this spring in the sprints, was very impressive here also. In the 4x100 he led his team's charge to a 42.32 win that turned the tide on their con



DAVE HARTMAN

Photo by Bill Leung, Jr.

querors of the previous weekend at Arcadia, Hawthorne (who were without star Erik Allen here). In the 200 Meter event Carrigan put on another individual show, charging 21.19 in leaving a good group far behind. In the 4x200 event Ricky charged 20.8 on the anchor for the winning 1:27.92 group, then closed out his afternoon with a 47.7 carry on the 4x400 team. Carrigan was named the Men's Track Athlete of the Meet for his efforts, with the young man still looking for local competition in

the open sprints.

All attention was, as usual, on the efforts of Marion Jones (Rio Mesa, Oxnard). After the previous weekend's efforts at Arcadia, 11.38 (100 meters) and a National Federation 22.87 (200m), one would question her emotional sharpness, but the fifteen year old soph continues to amaze. In the 100 against a top local group Marion appeared to once again have an extra series of gears, rocketing away from the field with a 5.95 meter per second wind behind her that carried her to an eight meter win at 11.29, among the fastest prep times ever run under any conditions. Over 400m Marion would meet Allison Dring (Mt. Carmel, San Diego), who was #2 on the national yearly list behind Marion's 54.66 at 54.77 with her Arcadia win. With Marion in Lane 5 and Dring in 4, Marion indicated that she felt the presence of Dring slightly during the second turn when Allison came up a bit, but basically when the running started Jones raced away to a 53.89-55.45 win. Jones later indicated that Coach Brian Fitzgerald wanted her to go out close to 25.0 for the first 200, but her 13.0 (100m) and 26.5 (200m) start was much slower than they had wanted. In the 4x100 event Jones received the baton way back against a top field, racing her 100 meter segment from the 100 meter starting line to the finish in a wind-assisted flying start 10.21. Marion received the Women's Track Athlete of the Meet award.

Morningside (Inglewood) is starting to crank it up on the Women's side in the Relays. The previous weekend they had established a nation-leading time at Arcadia in the 4x100 at 46.91 in winning at Arcadia, with a 3:49.09 (4x400) in chasing the winning William Penn group from Philadelphia. A late entry here, they found a spot in a second level 4x100, racing a yearly best of 46.71, with Muir taking the Invitational race at 47.41

In the 4x200 event Morningside was super, with LaShawn Stringer (24.8), Sanoma Nickson (24.5), Tai-ne Gibson (24.5), and Santishia Arnold (24.2) racing 1:37.81, one of the top dozen prep times ever run. In the 4x400 event the Monarchs raced 3:49.20 off Stringer's 55.7 second leg and Arnold's 57.0 anchor. Long Beach Poly recorded a fine 3:51.47 bolstered by Channel Anderson's 56.0 second leg and Tasha Prothro's 56.8 anchor.

The Agoura Women's distance group was sharp on Saturday also. In the Invitational

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Distance Medley Relay they would meet the National Leaders, Fallbrook, who had won the previous weekend at Arcadia in 12:11.09. Melanie Hand from Fallbrook gave the San Diego area school the lead over Agoura with a 3:46.1 carry (Tiffany York led Agoura off at 3:49.3). Carrie Malnekoff pulled Agoura back into the hunt with a 59.9 400, while Stacey Kerr carried 62.8 for Fallbrook. Kristie Camp raced a fine 2:16.6 800m for Agoura to take the lead, with Kristen Stocker (2:19.5) for Fallbrook. Agoura's Deena Drossin and Fallbrook's Milena Glusac had hooked up in a magnificent 3200 the previous weekend at Arcadia, with both on the anchor here. Glusac had taken the Arcadia 3200 out at close to 5:10 for the first 1600, with Drossin sitting back at 5:16 before closing with a 5:03 to run 10:190.63, while Glusac finished in a superb 10:24.61 time. Drossin was not waiting around for anyone this week, taking the pace out through a 2:20 first 800 before closing to a 4:53.8 clocking and 11:59.46 time, the #10 prep time ever run and the #3 California clocking ever. Glusac with a fine 4:58.0, with the Fallbrook crew dropping its time significantly, to 12:06.75 (#21 prep clocking ever).

In the Men's Distance Medley a number of good teams would meet. Canyon (Canyon Country) had Rosendo Sobel (3:15.9), Rob Landtiser (49.1), and Charles Mansfield (1:57.0) give anchor Dave Hartman a slight lead over some good people. Hartman, a noted long distance runner, third in the Kinney National Cross Country Championships and 9:00.63 for 3200m at Arcadia for the national lead, would face a shorter test here. Rocketing out at an 800 at 2:06, Hartman finished very strong at 4:13.9, with the team's 10:16.05 the yearly national leader. Robert Walker (San Pasqual, Escondido) 4:16.9 and Angel Martinez (San Gabriel) 4:18.2 had strong anchors. Earlier Martinez had kicked hard in the 1500 meter race, taking Hector Hernandez (Mar Vista, Imperial Beach) with a 58.2 final 400 3:56.43-3:57.18.

Mark Parlin (Esperanza, Anaheim) was awarded the Field Athlete of the Meet award for his weight double, a 64-7 3/4 Shot win by over 10 feet, and 177-5 Discus triumph. David Cox (Hoover, Fresno) and Health Fulk (Norte Vista, Riverside) were over 15-6 in the Vault, with Cox winning on misses.

Robin Snowbeck (University, L.A.) took Kim Orlando (Carson City, Nevada) on the kick in

a 4:38.47-4:39.43 1500 meter, with Karamara Mayberry (St. Bernard, Playa del Rey) closed strongly in the 800, racing 32.5 for the final 200 in a 2:13.45 win.

High School Boys' Results

3000: 1. DasNeves (La Mesa Helix) 8:35.82, 2. Menon (SLO) 8:35.97, 3. Gonzales (Carson) 8:36.37, 4. Spayde (Thous.Oaks) 8:36.55, 5. Garcia (Northview) 8:43.44.

400 Relay (Race 1): 1. San Geronio 43.78, 2. Hueneme 44.03. (Race 2) 1. Australia 43.18, 2. SD Mt. Carmel 43.83. (Race 3) 1. Marina 44.44. (Race 4) 1. Harvard 43.33, 2. Duarte 43.64, 3. Escondido San Pasqual 44.03, 4. Don Lugo 44.17. (Race 5) 1. Morningside 43.00, 2. Lynwood 43.48, 3. SD Poway 43.59, 4. Lakewood 44.03, 5. Nogales 44.05. (Race 6) 1. Eisenhower 43.55, 2. Valencia 43.70, 3. Hawthorne 43.84, 4. WV Westlake 43.98, 5. Santa Ana Mater Dei 44.02.

800 Relay (Race 1): 1. Poway 1:31.96. (Race 2) 1. Australia 1:29.91. (Race 3) 1. Valencia 1:30.45, 2. Hueneme 1:30.95.

1600 Relay (Race 1): 1. LA Fremont 3:26.08, 2. Palos Verdes B 3:27.04, 3. West Torrance 3:29.11, 4. Agoura 3:31.07. (Race 2) 1. Damien 3:25.69, 2. Katella 3:28.89, 3. Camarillo 3:31.88. (Race 3) 1. Rio Mesa 3:25.26, 2. Turlock 3:29.59, 3. Hueneme 3:27.59, 4. Norte Vista 3:30.41, 5. Diamond Bar 3:30.88. (Race 4) 1. Valencia 3:22.17, 2. Rosemead 3:24.40, 3. Upland 3:26.51, 4. Bishop Amat 3:27.12, 5. Carson 3:28.65. (Race 5) 1. Duarte 3:24.70, 2. Venice 3:24.73, 3. San Marcos 3:25.73.

3200 Relay: 1. Venice 7:58.10, 2. Simi Valley 8:10.95, 3. Bishop Amat 8:12.10, 4. Buena 8:17.53.

6400 Relay: 1. San Pasqual 17:56.7, 2. Hart 18:00.0, 3. El Toro 18:02.9, 4. San Gabriel 18:08.8, 5. San Jose Santa Teresa 18:11.1.

Sprint Medley Relay (Race 1): 1. WV Westlake 3:31.93, 2. Eisenhower 3:36.67, 3. Camarillo 3:39.60, 4. Upland 3:41.90. (Race 2) 1. Bakersfield Foothill 3:36.64, 2. Los Gatos 3:36.82, 3. Bishop Montgomery 3:39.75.

Shuttle Hurdle Relay (Race 1) 1. Rowland 1:07.01, 2. Ventura 1:09.75. (Race 2) 1. El Toro 1:04.14, 2. Ganesha 1:09.76.

Pole Vault: 1. Alusha (El Rancho) 13-6, 2. Datuin (Alta Loma) 13-0, 3. Stern (Hqrvard) 13-0, 4. Vong (Mt. Pleasant) 13-0, 5. (tie) Parken (Upland) and Palazuelos (Diamond Bar) 13-0.

LJ: 1. Carrillo (Rio Mesa) 21-9 3/4.

TJ: 1. Offutt (Pomona) 44-10, 2. McBride (Morningside) 44-5 1/4, 3. Davis (Cerritos) 44-0 3/4w.

SP: 1. Richard (Valencia) 51-2, 2. Greer (Palm Springs) 51-1, 3. Pallad (El Modena) 50-2 1/2.

DT: 1. Casper (Saugus) 154-3 1/2, 2. Wojcik (Fallbrook) 154-4.

Girls Results

3000: 1. DeLaLuz (Mexico) 9:58.00, 2. Auer (Thous.Oaks) 10:01.71, 3. Rotman (WV Westlake) 10:06-11, 4. Lopez (Mexico) 10:11.36, 5. Venegas (Mexico) 10:12.26.

400 Relay (Race 1): 1. Ganesha 50.28. (Race 2) 1. Camarillo 51.12. (Race 3) 1. SD Poway 50.69. (Race 4) 1. Lakewood 49.86, 2. Lynwood 50.64, 3. Arcadia 50.80, 4. Los Gatos 50.95. (Race 5) 1. Duarte 49.56, 2. Mountain View St. Francis 50.43.

800 Relay (Race 1) 1. Duarte 1:45.04, 2. Los Gatos 1:46.89, 3. Australia 1:46.95. (Race 2) 1. Palmdale 1:45.20, 2. Bishop Montgomery 1:46.56, 3. Eisenhower 1:47.77. (Race 3) 1. Po-

way 1:46.87, 2. Thousand Oaks 1:47.65, 3. Mountain View St. Francis 1:48.17.

1600 Relay (Race 1) 1. Ventura 4:09.91. (Race 2) 1. Dos Pueblos 4:14.22. (Race 3) 1. Torrance 3:57.90, 2. Agoura 4:07.53, 3. Australia 4:09.96, 4. Arcadia 4:12.99. (Race 5) 1. Camarillo 4:04.92, 2. Nogales 4:05.96, 3. Palos Verdes



CELESTE McVEY

Photo by Bill Cockerham

4:08.26, 4. Upland 4:09.02, 5. Thousand Oaks 4:13.16. (Race 6) 1. Lynwood 4:02.86, 2. San Marcos 4:05.10, 3. Redlands 4:09.69, 4. Mountain View St. Francis 4:09.73, 5. Turlock 4:13.80.

6400 Relay: 1. Agoura 20:35.05, 2. Escondido San Pasqual 21:22.90, 3. Mexico 21:26.80, 4. SD Mt. Carmel 21:30.29, 5. Upland 21:43.6.

Sprint Medley Relay (Race 1) 1. Upland 1:50.74, 2. WV Westlake 1:54.19. (Race 2) 1. Hawthorne 1:46.90, 2. SD Mt. Carmel 1:47.33, 3. San Marcos 1:50.73.

Shuttle Hurdle Relay (Race 1) 1. Claremont 1:06.24, 2. Chino 1:11.06. (Race 2) 1. San Luis Obispo 1:07.99, 2. Etiwanda 1:09.36.

Triple Jump: (Inv.): 1. Brown (Sunny Hills) 37-9 1/2, 2. Andrews (Encinitas Torrey Pines) 36-9 1/2, 3. Harris (Morningside) 35-9 3/4, 4. McQueen (Elsinore) 34-10 1/4, 5. Sprowl (Thous.Oaks) 34-10. (Open) 1. Hong (LB Poly) 35-4, 2. Heilmann (Etiwanda) 34-1, 3. Ebel (Orange Lutheran) 34-0 1/2.

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PREP NOTES

By KEITH CONNING

■ Results Wanted

Northern and Central California track results should be sent to Keith Conning, 2235 Brown- ing Street, Berkeley, CA 94702, or to Keith Conning, Berkeley High School, 2246 Milvia Street, Berkeley, CA 94704.

Southern California results should be sent to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

Minimum Reporting Standards:

Do 1st place in event, if no mark meets stan- dards.

Boys: 100: 10.8, 11.13; 200: 22.2, 22.53; 400: 50.3, 50.53; 800: 1:59.0; 880: 1:59.6; 1500: 4:10.0; 1600: 4:28.4; Mile 4:30.0; 3000: 9:10.0; 3200: 9:46.5; 2 Mile: 9:50.0; 110HH: 15.0, 15.33; 300IH: 39.8, 40.13; 400R: 43.5, 43.73; 1600R: 3:28.0; Mile R: 3:29.2; HJ: 6-4; PV: 13-6; LJ: 21-10; TJ: 44-3; SP: 50-0; DT: 150.

Girls: 100: 12.4, 12.73; 200: 26.0, 26.33; 400: 59.8, 60.03; 800: 2:23.5; 880: 2:24.3; 1500: 5:06.0; 1600: 5:24.0; Mile 5:26.0; 3000: 11:00.0; 3200: 11:45.9; 2 Mile: 11:50.0; 100LH: 15.5, 15.83; 300LHJ: 47.5, 47.83; 400R: 50.7, 50.93; 1600R: 4:10.0; Mile R: 4:11.4; HJ: 5-2; LJ: 16-9; TJ: 35-0; SP: 35-3; DT: 110.

■ Berkeley Sets Dubious Spending Records. Stanford Invitational Cost School \$1,464.50.

Berkeley spent a total of \$1,464.50 on the three-day Stanford Invitational in entry fees (\$495.00) and bus transportation (\$969.50).

Stanford charges \$20.00 per relay team and \$5.00 per individual entered. Teams have to pay the \$5.00 fee even if the athlete is not selected.

New coach Derek Robinson, who coached at Miramonte (Orinda) for the last three years, entered 18 relay teams and 27 individuals.

Berkeley had a school bus for each day. The drivers get paid for the entire day. The drivers receive overtime pay at \$21.50 per hour on Saturdays.

The Berkeley Athletic Director Robert Traum told Robinson he would have to cancel his re- maining three invitationals—Santa Rosa, Leigh/West Valley, and Top 8—because the

Stanford meet cost too much money.

Fortunately, a compromise was worked out. Four boys drove to Santa Rosa and entered just three relays. The Leigh meet was put back on the schedule, when it was discovered that the badminton team had a match in San Jose the same day. So the two teams could share the same bus. And the Top 8 Meet at Logan is on the BART line, so the ath- letes can get there themselves.

■ One 19 Hour Day in the Life of a Track Coach.

April 20. Berkeley--The bus picked up the Berkeley track and badminton teams at 6:30 a.m. The first stop was at Andrew Hill High School in San Jose, which is about 50 miles (one hour by school bus) from Berkeley. The badminton team had a tournament there. Then the track team was dropped off at West Valley College in Saratoga.

The track meet ended after 5:00 p.m. When the track team arrived back at Hill, they found out that the badminton tournament was still going on. The badminton coach said that the tournament could be over by 7:30 p.m., if no one made the finals. The track team went out to dinner at Burger King.

Unfortunately for the track team, two Berke- ley badminton teams (boys doubles and mixed doubles) made the finals. To make a long story short, the bus didn't lead Hill until 11:15 p.m. We arrived back in Berkeley at 12:20 a.m. I didn't get home until 1:00 a.m., because I had to wait for parents to pick up their children and I drove one student home.

■ Ato Boldon (Piedmont Hills)

What I love about high school track is that there is a new star every season. This year it is a sprinter from San Jose, which used to be known as "Speed City". That term mainly ap- plied to the Olympic athletes that ran for San Jose State University in the 60's. Names like Tommie Smith and John Carlos come to mind.

Senior Ato Boldon (Piedmont Hills, San Jose) is the fastest sprinter in Northern Cali- fornia this season.

I had an opportunity to talk with him recently at West Valley College. He transferred from

Jamaica High School in Queens, New York last fall. He placed sixth in the 100 and 3rd in the 200 at the New York State Meet. His best times last year were 10.5 and 21.2. He moved from Trinidad, West Indies in December 1988. He still has a pronounced accent.

So far this year he has won the Kiwanis- Bellarmine, Stanford, and Leigh/West Valley meets among others. He also ran very well in the Arcadia Invitational (3rd in the 100 and second in the 200).

He is upset that his name has been mis- spelled so frequently. His last name is spelled Boldon.

■ Golden Bear Meet of Champions

March 23. Edwards Stadium, Uni- versity of California, Berkeley-- Senior Mika Hilaire (Pittsburg), sixth in the State Meet shot put, set a new meet record of 43-3 3/4. The old record of 41-0 1/4 was set by Danyel Mitchell (Vallejo) in 1990.

■ Stanford Invitational

March 29-30. Stanford Stadium--I noticed that the teams in the mile relay trials were not finishing at the same line that they had started from. Stanford is a yard track, but the lines in the lanes are painted for the 400 meters conversion. They ran the difference between 400 meters and 440 yards short of a mile.

I asked Brooks Johnson, the Stanford coach and meet director, about this and he said: "These are the trials. It doesn't matter."

Junior Shante Williams (Independence, San Jose), the Maryland State Meet Champion in the triple jump last year, anchored his mile re- lay team to victory in 47.3. He passed Haw- thorne for the victory. He had bests last year of 48.00 400, 14.5 110HH, 54.8 400IH, 47-0 TJ for Eleanor Roosevelt High School in Greenbelt, Maryland.

"Today we made a statement," Independence sprints coach Bob Carter said to Dave Payne *San Jose Mercury News*. "Our relay teams came here today to prove they could run with the state's elite, and that's exactly what they did."

"These races (400 and mile relays) for us

continued next page...

PREP NOTES

basically were wars," said Kenny Haywood (Independence, San Jose) to Dave Payne. "We wanted to show the L.A. schools that we deserve a little respect."

Senior Melissa Freeberg (California, San Ramon), second in the North Coast Section 1600 in 4:59.81, won the mile in 5:03.50. Her splits indicate a very evenly paced effort as she only varied by 1.6 seconds from her fastest to her slowest lap. Her splits were: 1:15.0, 2:30.6 (1:15.6), 3:46.9 (1:16.3), 5:03.50 (1:16.6).

Sophomore Milena Glusac (Fallbrook), seventh in the State Meet 3200 in 11:00.10, won the 3,000 in 10:02.13. Her 440 yard lap splits were: 1:10.8, 2:30.4 (1:19.6), 3:52.4 (1:22.0), 5:16.6 (1:24.2), 6:40.7 (1:24.1), 8:03.9 (1:23.2), 9:27.0 (1:23.1). Her 5:16.6 enroute would have placed her 4th in the mile. Last year she had a 3,000 best of 10:13.3 enroute to the 3200.

Senior Trina Bindel (Eureka) pulled away in the last 100 meters to win the 400 hurdles in 1:02.86. She used her strength in the 800 meters to power to victory.

Muir (Pasadena), fourth in the State Meet 400 meter relay in 46.80, won the nationally televised race in 47.78. Pacific Sports Network televised two-hours of the meet live and it was picked up by other cable systems throughout the country. The boys 400 meter relay was also televised.

The Eureka sprint medley relay team defeated Merced--4:16.77 to 4:17.03.

The Fallbrook distance medley relay team anchored by Milena Glusac (last three laps in 1:20.4, 1:23.1, and 1:12.9) surpassed Santa Rosa anchored by Nika Horn in 5:18.0 (1:15.3, 1:20.3, 1:25.0, 1:17.7)--12:35.8 to 12:37.95.

Senior Chi Johnson (Menlo-Atherton, Atherton), the State Meet high jump champion at 5-8, cleared 5-11, a personal record. It is the leading mark in California this season. Her previous best was 5-9 1/2 last year in winning the Central Coast Section championship. She is 5-foot-4.

"I didn't think I was prepared," Johnson said to Fran Errota (*Peninsula Times Tribune*). "This was my first meet and I had practiced only three days, I had no clue as to how high I could jump. I still can't believe it."

"I was amazed she could jump this well so early, her first meet," said Menlo-Atherton coach Derrick Bell.

Senior Trina Bindel (Eureka), fifth in the State Meet at 5-7, and senior Tiffany Salmon (Live Oak, Morgan Hill), second in the Central

Coast Section at 5-4, cleared 5-8.

Junior Shena Ferguson (Washington, San Francisco), the San Francisco Section champion in the long jump at 17-10 1/4, jumped 18-8 1/4w.

Senior Jessica Alderman (Mission San Jose, Fremont), seventh in the State Meet discus at 135-1, threw 142-10.

■ Oakland Invitational Relays

April 6. Edwards Stadium, U.C. Berkeley--This meet was supposed to feature a 100-meter race between the two fastest female sprinters in the country--Zundra Feagin (Cocoa, Florida) and Marian Jones (Rio Mesa, Oxnard). However, Feagin pulled out of the meet on Tuesday. Without Feagin in the field, Jones decided to also run the 400.

Jones started her outstanding day by anchoring the 4x100 team to fourth place. It's enjoyable watching a great sprinter glide by the other runners.

Jones won the 400 easily in 54.66. She pulled away from the field in a beautiful stretch run. This may be her best event in the long run.

Jones set national sophomore class and age-15 records of 11.40. The old record of 11.47 was set by Michele Glover (Pennsauken, NJ) in 1979. Glover represented the United States in the World University Games in 1981.

Jones completed her day by running the second leg of the 4x200 in 21.7 (according to Doug Speck) or 21.9 (Keith Conning) into a negative 6.15mps wind. We had the wind gauge operator measure the wind during her leg.

The Bakersfield girls' sprint medley team won in 1:46.9. Janice Nichols, the State 400 champion, anchored in 56.3. She has been recovering from an injury.

Long Beach Poly girls' team defeated Morningside in the 4x100 (47.80 to 47.95) and in the 4x200 (1:41.42 to 1:41.81).

The Centennial (Compton) boys' 4x400 team ran 3:16.97 (50.7, 50.0, 48.6, 47.5 Jerrald McCladdie).

Junior Jeff Buckley (Bakersfield) threw the discus 187-2.

■ Chi Johnson (Menlo-Atherton, Atherton) Sets Meet Record

April 6. St. Francis-Foothill Invitational, Foothill College--Senior Chi Johnson (Menlo-Atherton, Atherton) set a

new meet record in the high jump of 5-9 1/2. The old meet record of 5-9 was set by Beth Vidakovits (St. Francis) in 1987.

Last week Johnson opened her season with a 5-11 jump at the Stanford Invitational.

■ King City Invitational

April 6. King City High School--Senior Robert Degnan (Atascadero) threw the discus 182-0.

Senior Teresa Stricklin (Arroyo Grande) won the discus at 142-2.

■ Lori Hockerson (Clayton Valley, Concord)

April 10--Senior Lori Hockerson (Clayton Valley, Concord), the North Coast Section champion in the 300 low hurdles in 45.14, ran 43.6 in a dual meet against Pinole Valley.

■ Suzy Powell (Downey, Modesto)

April 11. Downey High School, Modesto--Freshman Suzy Powell (Downey, Modesto), who threw the discus 151-11 in the eighth grade, hurled the discus 150-1 in a dual meet against Turlock.

■ Steve Guerrini (Santa Rosa) Sets California Steeplechase Record

April 13. Santa Rosa Relays, Bailey Field, Santa Rosa Junior College--Senior Steve Guerrini (Santa Rosa) set a new California high school record of 5:49.8 in the 2,000-meter steeplechase. It is also the third fastest in the United State high school history.

Jeff Hess (South Eugene, Eugene, OR) set the national high school record of 5:47.0 in 1978. John Gregorek (St. Anthony, Smithtown, NY) ran 5:47.1 also in 1978. Gregorek, who attended Georgetown University, was a two-time Olympian in the 3,000 meter steeplechase (1980 and 1984). Hess, who attended Arizona, placed tenth in 3,000 meter steeplechase in the 1984 U.S. Olympic Trials.

■ High School Portion of Jenner Meet Cancelled

April 17. San Jose--The 15th annual Bruce Jenner High School Classic track and field meet scheduled April 20th at San Jose City College has been cancelled because of insufficient entries.

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PREP NOTES

"We basically had four to five entries in each event, and that just wasn't enough," said Ken Johnson, the meet director, to Dave Payne (*San Jose Mercury News*).

The Jenner would have been competing with the Leigh/West Valley Relays in Saratoga and the Vallejo Invitational. Leigh has 55 schools entered.



STEVE GUERRINI

Photo by Burt L. Davis

■ Steve Guerrini (Santa Rosa) Signs with Wake Forest University

April 21. Santa Rosa--Steve Guerrini (Santa Rosa), third in the North Coast Section 1,600 and the winner at the Stanford Invitational and the Oakland Invitational Relays this spring, has signed a national letter-of-intent with Wake Forest University in Winston-Salem, North Carolina, which was founded in 1834.

Wake Forest is a small liberal arts college. They compete in the NCAA Division I. They are a member of the Atlantic Coast Conference.

On October 27, 1990 in Charlottesville, North Carolina, Wake Forest defended their Atlantic Coast Conference cross country title. They were led by frosh Stuart Burnham. The team scores were: Wake Forest 44, 2. North Carolina State 50, 3. Virginia 64, 4.

Clemson 105, and 5. North Carolina 148.

Wake Forest placed eighteenth in the NCAA men's cross country championship at Knoxville, Tennessee on November 19, 1990.

Guerrini wants to run cross country and the 3,000 meter steeplechase in college. He is the top steeplechase prospect in the country. Last year he ran the 3,000 meter steeplechase in 9:31.7, which was the fastest time turned in by an underclassman.

Where are you going to College?

People are always asking me where so-and-so is going to school. Please write me: Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Prep Track Results

NorCal/Central

Kiwanis-Bellarmino Invitational

From Terry Ward (Bellarmine)
March 16. Los Gatos High School.

Boys Teams:

1. Fairfield 39, 2. St. Ignatius 38, 3. Mt. Pleasant 31, 4. Bellarmine 28, 5. Jefferson 26, 6. Castlemont 22, 7. Piedmont Hills 21, 8. Del Mar and Tennyson 18, 10. Independence 17.

100: 1. Ato Boldon (Piedmont Hills) 10.80, 2. Frank Madu (McAteer) 10.90, 3. Shon Lewis (Wilcox) 11.08, 4. Jarron Turner (Mt. Pleasant) 11.09, 5. Eric Neas (St. Francis) 11.11, 6. Mike Varch (Independence) 11.12.

200: 1. Ato Boldon (Piedmont Hills) 22.09, 2. Shon Lewis (Wilcox) 22.33, 3. Frank Madu (McAteer) 22.38.

400: 1. Jessie Guerrero (Tennyson) 50.9.

800: 1. Dutch Yerton (Eureka) 1:56.9, 2. Mike Katri (Fortuna) 1:57.0, 3. Dustin Rawls (Lincoln, S.F.) 1:57.9, 4. Jeff Arnold (York) 1:58.8.

1 Mile: 1. David Sandies (Castlemont) 4:28.0, 2. Chris Devine (Half Moon Bay) 4:28.9.

2 Mile: 1. Scott Downes (Leigh) 9:44.0, 2. Brian Singleton (Bret Harte) 9:44.0, 3. Mark McManus (St. Ignatius) 9:45.8, 4. Brad Glosser (St. Ignatius) 9:47.5.

110m H: 1. Isaac Carson (Jefferson) 14.32, 2. Darnell Reed (Castlemont) 15.00, 3. Sean Williams (Independence) 15.05, 4. Matt Morse (St. Ignatius) 15.24, 5. Terry Fulton (Mt. Pleasant) 15.30.

300m IH: 1. Isaac Carson (Jefferson) 40.0.

400m Relay: 1. Mt. Pleasant 43.4.

1 Mile Relay: 1. Independence 3:23.7, 2. O'Dowd 3:23.8, 3. St. Ignatius 3:27.4.

High Jump: 1. Corey Settles (Lowell) 6-4. PV: 1. Ryan Peterston (Del Mar) 13-6. LJ: 1. Diamond Green (Fairfield) 21-4. TJ: 1. Amani Toomer (DeLaSalle) 45-7 1/4. SP: 1. Bruce Ventura (Yerba Buena) 53-3 1/2, 2. Chris Peters (Gunn) 52-1, 3. Tadas Petrys (Saratoga) 50-8, 4. Ivan Zasmiczuk (St. Ignatius) 50-1. DT: 1. Jeremy Robinson (Bellarmine) 156-5, 2. Griffin (Del Mar) 155-8. HJ: 1. Jeremy Robinson (Bellarmine) 169-9.

Girls Teams:

1. Bishop O'Dowd 77, 2. Mt. Pleasant 42 1/2, 3. Eureka and Ygnacio Valley 38, 5. McAteer 28, 6. Archbishop Mitty 25, 7. Los Gatos 21, 8. Novato 20, 9. St. Ignatius 16, 10. Leigh and Soquel 14.

100: 1. Lesa Parker (O'Dowd) 12.13, 2. Tanya Sloan (O'Dowd) 12.62, 3. Lisa Bittner (Leigh) 12.65, 4. Cherice Ellison (Mt. Pleasant) 12.68.

200: 1. Tanya Sloan (O'Dowd) 26.22.

400: 1. Maya Green (O'Dowd) 59.0, 2. Lisa Tanner (Holy Names) 59.0, 3. Weinberg (Los Gatos) 59.3, 4. Lanecia Strom (Silver Creek) 59.5.

800: 1. Candace Carpenter (Vintage) 2:26.3.

1 Mile: 1. Ann Baldelli (St. Ignatius) 5:22.8.

2 Mile: 1. Krissy Look (Shasta) 11:26.9, 2. Kate Sweeney (Leigh) 11:31.7, 3. Noel Fein (O'Dowd) 11:32.0, 4. Tenaya Soderman (Gunn) 11:45.9.

100m H: 1. Tanya Lazar-Lea (McAteer) 14.60, 2. Bisa Grant (O'Dowd) 15.43.

300m H: 1. Tanya Lazar-Lea (McAteer) 45.8, 2. Angela Hill (Mt. Pleasant) 47.0.

400 Relay: 1. Bishop O'Dowd 48.5, 2. Mt. Pleasant 49.6, 3. Silver Creek 50.1.

1 Mile Relay: 1. Eureka 4:17.2.

HJ: 1. Trina Bindel (Eureka) 5-6 3/4MR, 2. Tanya Lazar-Lea (McAteer) 5-4, 3. Diane Korbel (Mitty) 5-2, 4. Angela Hill (Mt. Pleasant) 5-2. LJ: 1. Shena Ferguson (Washington, SF) 17-5,

PREP NOTES

2. Cherice Ellison (Mt. Pleasant) 17-0. **TJ:** 1. Keeta Zimmerman (Eureka) 35-6, 2. Stefanie Hanf (Ygnacio Valley) 35-2. **SP:** 1. Nicole Logan (Novato) 42-3, 2. Kristen Heaston (Ygnacio Valley) 38-0, 3. Zareth Gray (Fairfield) 36-8 1/2, 4. Sasha Roberts (O'Dowd) 35-7. **DT:** 1. Nicole Logan (Novato) 114-5.

Golden Bear Meet of Champions

March 23. Edwards Stadium Univ. of California, Berkeley.
(Note: Some events were cancelled because of heavy rain).
Boys:

100: 1. Trevor McKinney (Hogan) 11.0w. **400:** 1. Jesse Wilson (St. Mary's) 51.4. **1600:** 1. Steve Guerrini (Santa Rosa) 4:23.8. **3200:** 1. Dan Stoll (College Park) 9:56.9. **110 HH:** 1. Darrell Miles (DeAnza) 14.6w. **400m Relay:** 1. Hogan 44.8. **Medley Relay:** 1. Santa Rosa (Steve Guerrini 1:56.6) 3:35.7. **LJ:** 1. Armando Gutierrez (Livermore) 21-10w. **SP:** 1. Ben Kinser (Santa Rosa) 45-4 1/2.

Girls:

100: 1. Andrea Holmes (Berkeley) 12.9w. **400:** 1. LaShundra Crummie (Hogan) 58.1MR. **1600:** 1. Nika Horn (Santa Rosa) 5:28.4. **3200:** 1. Megan Reeder (Santa Rosa) 11:59.3. **100m H:** 1. Mika Hilaire (Pittsburg) 15.7w. **400 Relay:** 1. Berkeley (Taye Adeagbo, Andrea Holmes, Taura Taylor, Fami Johnson) 51.1. **Medley Relay:** 1. Bishop O'Dowd 4:20.5. **HJ:** 1. Becky Krause (College Park) 4-11. **LJ:** 1. Taura Taylor (Berkeley) 16-6 3/4. **TJ:** 1. Bryn Gerich (Livermore) 35-9 1/2w. **SP:** 1. Mka Hilaire (Pittsburg) 43-3 3/4MR. **2. Nicole Logan (Novato) 41-0 1/2, 3. Stephanie Loggins (Moreau) 35-5, 4. Karin McCall (Santa Rosa) 35-3.**

Hampton-Phillips Classic

From Bob Poynter (Silver Creek)
March 23. San Jose City College.

Boys:

100: 1. Ato Boldon (Piedmont Hills) 10.83, 2. Shawn Lewis (Wilcox) 11.08. **200:** 1. Ato Boldon (Pleasant Hills) 22.02. **400:** 1. Gerald McCladdie (Centennial, LA) 48.34, 2. Derek Shepard (Lincoln) 48.95, 3. Alex Bynoe (Gunn) 49.26, 4. Chris Stroye (Centennial) 49.39. **1600:** 1. Shawn Wattles (San Ramon) 4:29.21. **3200:** 1. Nacho Flores (Watsonville) 9:43.05. **110 HH (Event 5):** 1. Isaac Carson (Jefferson) 14.55, 2. Jon Noble (Los Gatos) 14.69, 3. Shawn Williams (Independence) 15.19. **110 HH (Event 19):** 1. Carson 14.39, 2. Williams 15.10.

400 Relay: 1. Independence 42.84, 2. Centennial (Los Angeles) 42.85. **1600 Relay:** 1. San Benito 3:40.37. **3200 Relay:** 1. Santa Teresa 8:14.16. **DMR:** 1. Amador Valley 11:06.20. **HJ:** 1. Corey Settles (Lowell) 6-1. **PV:** 1. Pete Kennedy (Clovis) 13-7 1/2. **LJ:** 1. Steve Moore (Branham) 21-7 1/2. **TJ:** 1. Brandon Feedema (Fremont) 43-8. **SP:** 1. Jim Freeland (Amador Valley) 55-0, 2. Pete Swanson (San Benito) 51-10. **DT:** 1. Jim Freeland (Amador Valley) 162-2, 2. Pete Swanson (San Benito) 154-0.

Girls:

100: 1. Rene Williams (Kennedy) 13.23. **200:** 1. Rachel Parrish (Wilcox) 26.55. **400:** 1. Lanecia Strom (Silver Creek) 1:00.43. **1500:** 1. Silva (Watsonville) 5:12.20. **1600:** 1. Michelle Muething (Amador Valley) 5:30.0. **3200:** 1. Isabel Quintero (Watsonville) 11:57.73. **100 LH:** 1. Tanya Lazar-Lea (McAteer) 14.78. **400 Relay:** 1. Silver Creek 50.27. **1600 Relay:** 1. San Ramon 4:20.32. **3200 Relay:** 1. Santa Teresa 9:56.95. **LH:** 1. Julianna Hill (Silver Creek) 16-0. **TJ:** 1. Tianna Hicks (Fremont) 34-9 1/2. **SP:** 1. Anna Ziedins (San Ramon) 34-6. **DT:** 1. Rachel Hartford (Fremont) 111-10.

Youth Girls:

400: 1. Silvia Piestlak (Woodside Striders) 57.38. **400 Relay:** 1. Acorn Track Club (Oakland) 48.93.

Mt. Pleasant Relays

From Coach Nelson (Mt. Pleasant).
March 23. Independence High School San Jose.

Boys Teams:

1. St. Ignatius 104, 2. Logan 85, 3. Bellarmine 81, 4. Arroyo

Grande 53, 5. Mt. Pleasant 46, 6. Overfelt 36, 7. Leland 26.

4x100: 1. Logan 43.1MR, 2. Mt. Pleasant 43.3 **4x200:** 1. Logan 1:31.3JR. **4x400:** 1. Logan 3:27.7 (ties MR). **4x800:** 1. Logan 8:22.0. **4x1600:** 1. St. Ignatius 18:57.9. **4x3200:** 1. St. Ignatius 39:39.2MR. **4x110 HH:** 1. St. Ignatius 1:05.5. **4x300 IH:** 1. St. Ignatius 2:50.8. **HJ:** 1. Arroyo Grande 22-10. **PV:** 1. (tie) Bellarmine and Mt. Pleasant 44-0. **LJ:** 1. Arroyo Grande 75-5. **TJ:** 1. Mt. Pleasant 161-2 1/2. **SP:** 1. St. Ignatius 173-4 1/2. **DT:** 1. St. Ignatius 534-10.

Girls Teams:

1. Logan 92, 2. Arroyo Grande 91, 3. Mt. Pleasant 67, 4. St. Ignatius 64, 5. (tie) Leland and Overfelt 29, 7. Santa Teresa 24.
4x100: 1. Logan (Lila Warner, Susan Turner, Charlene Baldwin, Maria Johnson) 50.8. **4x200:** 1. Logan 1:50.9. **4x400:** 1. Logan (Susan Turner, Kim Wilkes, Charlene Baldwin, Meiling McNamara) 4:14.5. **4x800:** 1. Logan 10:19.5. **4x1600:** 1. Arroyo Grande 23:01.0MR. **4x3200:** 1. Arroyo Grande 47:56.5MR. **4x100 H:** 1. Arroyo Grande 1:10.4. **4x300 H:** 1. Mt. Pleasant 3:30.8. **HJ:** 1. Arroyo Grande 19-4MR. **LJ:** 1. Logan 58-9. **TJ:** 1. Mt. Pleasant 126-11MR. **SP:** 1. Logan (Mirinda Shafer 36-5) 122-10 1/2, 2. Arroyo Grande (Teresa Stricklin 37-3 1/2) 121-9 1/2. **DT:** 1. Arroyo Grande (Teresa Stricklin 127-10) 399-2 1/2.

Cordova Relays

March 23.

Boys Teams:

1. Jesuit 64, 2. Benicia 49, 3. Manteca 45, 4. Vallejo 42, 5. Valley 42, 6. Cordova 33, 7. El Dorado 32, 8. McClatchy 32, 9. Reno 32, 10. Florin 20, 11. South Lake Tahoe 12.
400R: 1. Vallejo 43.2. **800R:** 1. Vallejo 1:33. **1600R:** 1. East Union 3:27. **3200R:** 1. Jesuit 9:00. **DMR:** 1. Jesuit 11:04. **280SHR:** 1. Vallejo 38:78. **HJ:** 1. South Lake Tahoe 17-0. **LJ:** 1. Benicia 62-3 1/2. **TJ:** 1. Cordova 115-4. **SP:** 1. Jesuit 135-8 1/2. **DT:** 1. Valley 368-4 1/2.

Girls Teams:

1. Reno 82, 2. Cordova 66, 3. Benicia 42, 4. Vallejo 38, 5. El Dorado 34, 6. Manteca 33, 7. Valley 31, 8. Florin 27, 9. South Lake Tahoe 4, 10. Loretto 2.
400R: 1. Vallejo 51.2. **800R:** 1. Vallejo 1:52.9. **1600R:** 1. Cordova 4:19. **3200R:** 1. Manteca 11:04.6. **5M:** 1. Vallejo 1:57.71. **DM:** 1. Florin 14:26. **240SH:** 1. Cordova 38:97. **HJ:** 1. Reno 14-0. **LJ:** 1. Cordova 47-3. **TJ:** 1. Manteca 94-10 3/4. **SP:** 1. Valley 73-2 1/2. **DT:** 1. El Dorado 215-6 1/2.

Casa Roble Invitational

March 23.

Boys Teams:

1. Casa Roble 48, 2. Roseville 48, 3. Nevada Union 46, 4. Grant 32, 5. Del Campo 27, 6. Fairfield 26, 7. Reed 24, 8. Elk Grove 22, 9. Bella Vista 20, 10. Lodi 19.
100: 1. Stallworth (Grant) 11.2. **1600:** 1. Stelletto (Bear River) 4:32.2. **3200:** 1. Bluhm (Nevada Union) 9:56.7. **110 HH:** 1. Hatada (Casa Roble) 15.3. **400R:** 1. Grant 43.8. **800R:** 1. Del Campo 1:32.3. **1600R:** 1. Roseville 3:31.2. **3200R:** 1. Casa Roble 8:28.2. **HJ:** 1. Gamber (Davis) 6-6, 2. Childers (Woodland) 6-6, 3. Hudgens (Ponderosa) 6-4. **PV:** 1. LaCost (Nevada Union) 12-6. **LJ:** 1. Carraway (Fairfield) 21-3. **TJ:** 1. Eckford (Roseville) 43-8. **SP:** 1. Bruschi (Roseville) 52-4. **DT:** 1. Bruschi (Roseville) 147-8.

Girls Teams:

1. Reed 66, 2. Johnson 41, 3. Casa Roble 35, 4. Mesa Verde 34, 5. Nevada Union 30, 6. Bella Vista 27 1/3, 7. Burbank 25, 8. Lodi 22 1/3, 9. Central 18, 10. Oakmont 21.
100: 1. Johns (Burbank) 12.8. **1600:** 1. Marzell (Reed) 5:17.4. **3200:** 1. Marzell (Reed) 11:25.8. **100 LH:** 1. Scott (Johnson) 16.2. **400R:** 1. Johnson 51.9. **800R:** 1. Reed 1:51.9. **1600R:** 1. Reed 4:16.8. **3200R:** 1. Casa Rob 10:33.5. **HJ:** 1. McCauley (Center) 5-2. **LJ:** 1. Lewis (Mesa Verde) 16-7 1/4. **TJ:** 1. Wheatley (Lodi) 33-4. **SP:** 1. Barden (Nevada Union) 38-0 3/4,

2. Hopkins (Burbank) 36-9 1/2, 3. Brown (Stagg) 36-2 1/2. **DT:** 1. Barden (Nevada Union) 116-9.

Stanford Invitational

March 29-30. Stanford Stadium.

Boys:

100: 1. Ato Boldon (Piedmont Hills) 10.79, 2. Maurice Taylor (Logan) 11.02, 3. Dameron Campbell (Newark) 11.04, 4. Frank Madu (McAteer) 11.05, 5. Shon Lewis (Wilcox) 11.10, 6. Montrell Williams (Lindhurst) 11.13. **1 Mile:** 1. Steve Guerrini (Santa Rosa) 4:17.46, 2. Richie Boulet (Drake) 4:20.92, 3. Austin Matulonis (Oak Ridge) 4:21.96, 4. Brian Wilkerson (Merced) 4:22.2, 5. Dan Stoll (College Park) 4:25.9, 6. Joe Mayers (Soquel) 4:27.3, 7. Will Clark (St. Francis) 4:30.0.

5000: 1. Scott Downs (Leigh) 15:28.17, 2. Jorge Barajas (Fillmore) 15:37.34, 3. Austin Matulonis (Oak Ridge) 15:43.59. **110 H:** 1. Diamond Smith (Hawthorne) 14.51, 2. Shantee Williams (Independence) 15.08, 3. Dermel Reed (Castlemont) 15.16, 4. Matt Morse (St. Ignatius) 15.29. **400 H:** 1. Shantee Williams (Independence) 55.01, 2. Joe Sai (Turlock) 58.71, 3. Ryan Griffin (Douglas, NV) 58.99. **400R Inv:** 1. Independence (Michael Vurich, Shantee Williams, Kenny Haywood, Beto Lomax) 42.51, 2. Hawthorne 42.53, 3. Logan 42.98, 4. Muir 43.27, 5. Benson 43.63. **400R Open:** 1. Homestead (Spivey, Smith, Malatesta, Arnold) 43.20, 2. Merced 43.51.

MR: 1. Independence 3:19.42 (Burnett Mayes, Kenny Haywood, Beto Lomax, Shantee Williams 47.3), 2. Hawthorne 3:21.79, 3. Benson 3:26.75. (Note: Muir finished second, but was disqualified when its anchorman threw the baton to the ground). **2MR:** 1. Arroyo Grande 8:09.10 (Luis Quintana 1:54 anchor). **3MR:** 1. Logan 3:38.90, 2. Hawthorne 3:39.08, 3. Muir 3:39.24 (Merced finished first in 3:38.47, but their anchor runner interfered with the Logan anchor). **DMR:** 1. Santa Rosa 10:31.81, 2. St. Ignatius 10:39.55, 3. Arroyo Grande 10:42.39. **SH:** 1. Arroyo Grande 66.67, 2. Amador Valley 77.97.

HJ: 1. Kyle Shorts (Davis) 6-7, 2. (tie) Ryan Mayes (Palo Alto) Clayton Zeidler (Bellarmine), Scott Tetreault (Arroyo Grande), Brian Hudgens (Ponderosa), Change (Lincoln) and Kevin Heibling (Hanford) 6-4. **PV:** 1. Scott Tetreault (Arroyo Grande) 14-6, 2. Luis Lino (Liberty) 14-0, 3. Yutaka DeSilva (St. Francis) 13-6, 4. Ryan Peterson (Del Mar) 13-6. **LJ:** 1. Derek Scurry (Hawthorne) 22-6 1/2, 2. Damon Boddie (Cordova) 22-1. **TJ:** 1. Derek Scurry (Hawthorne) 46-6, 2. Bonner Cunnings (Yosemite) 46-3 1/4, 3. Andrew Hill (St. Mary's) 44-3 1/2. **SP:** 1. Rick Asbell (Manteca) 55-5 1/2, 2. Jim Freeland (Amador Valley) 52-8 1/2, 3. Chris Peters (Gunn) 50-8 3/4, 4. Tuione (Hawthorne) 50-2. **DT:** 1. Sean Griffen (Del Mar) 171-4, 2. Jim Freeland (Amador Valley) 168-8, 3. Tony Barreto (Logan) 150-4.

Girls:

100: 1. Charlene Baldwin (Logan) 12.41, 2. Amey Mitchell (Rancho Cotate) 12.65, 3. Regina Warren (Benson) 12.68, 4. Lisa Bittner (Leigh) 12.71. **1 Mile:** 1. Melissa Freeberg (California) 5:03.50, 2. Nika Horn (Santa Rosa) 5:13.04, 3. Muething (Amador Valley) 5:14.0, 4. Diulio (Anderson) 5:16.73, 5. Hamel (Merced) 5:17.05, 6. LaCorana (Morro Bay) 5:17.09. **3000:** 1. Milena Glusac (Fallbrook) 10:02.13, 2. Laura Monson (Claremont) 10:31.60, 3. Jennifer Lacovara (Morro Bay) 10:38.12, 4. Angle Diulio (Anderson) 10:40.69, 5. Lisa Lopez (Balboa) 10:42.53, 6. Kate Sweeny (Leigh) 10:42.78, 7. Tanaya Soderman (Gunn) 10:48.43, 8. Angela Orefice (Arroyo Grande) 10:57.26, 9. Tracy Shoemaker (Los Altos) 10:58.2, 10. Riva Rahl (Piedmont) 10:59.7.

100 H: 1. Tanya Smith (Cordova) 14.70, 2. Tanya Lazar-Lea (McAteer) 14.83, 3. Lia Collet (Lynbrook) 14.98, 4. Hanneke Jamieson (Fremont) 15.24, 5. Afia Malone (Claremont) 15.37, 6. Stephanie Hanf (Ygnacio Valley) 15.38, 7. Erin McClung (Fall River) 15.58, 8. Tina Tyrehan (Los Gatos) 15.66. **400 H:** 1. Trina Bindel (Eureka) 1:02.86, 2. Tanya Lazar-Lea (McAteer) 1:05.42, 3. Tanya Smith (Cordova) 1:06.79. **400R (Special):** 1. Muir 47.78, 2. Benson (Portland) 49.51, 3. Berkeley 49.85, 4. Cordova 50.15. **400R (Inv):** 1. Lynbrook 50.55, 2. St. Francis

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50.67. **MR (Special):** 1. Muir 4:04.25, 2. Benson 4:07.89, 3. Eureka 4:08.02 (Bindel 57.8), 4. Merced 4:08.57. **2MR:** 1. Santa Teresa 9:54.9, 2. Logan 10:06.9, 3. Claremont 10:08.4. **SMR:** 1. Eureka 4:16.77, 2. Merced 4:17.03, 3. Logan 4:21.07. **DMR:** 1. Fallbrook 12:35.8, 2. Santa Rosa 12:37.95, 3. Santa Teresa 13:10.35. **SH:** 1. Arroyo Grande 66.97, 2. Clayton Valley 68.85, 3. Tokay 70.02.

HJ: 1. Chi Johnson (Menlo-Atherton) 5-11, 2. Trina Bindel (Eureka) 5-8, 3. Tiffany Salmon (Live Oak) 5-8, 4. Boswell (Bullard, Fresno) 5-6, 5. Byron (Villa Park, Orange) 5-4, 6. Snow (Benson, Portland) 5-2. **LJ:** 1. Shena Ferguson (Washington, SF) 18-8 1/4, 2. Lisa Collet (Lynbrook) 18-7 1/2, 3. Tanya Lazar-Lea (McAteer) 17-11, 4. Tarver (Benons) 17-1 1/2, 5. Stefanie Hanf (Ygnacio Valley) 17-1. **TJ:** 1. Tammura Hawthorne (Cordova) 37-11 1/4, 2. Stefanie Hanf (Ygnacio Valley) 37-7 1/4, 3. Anne Lee (Palo Alto) 37-3 3/4. **SP:** 1. Teresa Stricklin (Arroyo Grande) 42-7 1/4, 2. Nicole Logan (Novato) 42-0 3/4, 3. Kristen Heaston (Ygnacio Valley) 39-8, 4. Shafer (Logan) 38-2 3/4, 5. Valiale (Logan) 38-2 1/4, 6. Vicki Garcia (Amador Valley) 37-7 3/4. **DT:** 1. Jessica Alderman (Mission San Jose) 142-10, 2. Teresa Stricklin (Arroyo Grande) 129-11, 3. Duke (Branham) 119-9, 4. Vicki Garcia (Amador Valley) 116-1, 5. Rouse (Livingston) 115-11, 6. Miles (Liberty, Brentwood) 114-10.

St. Francis-Foothill Invitational

April 6. Foothill College.

Boys:

100: 1. Boldon (Piedmont Hills) 10.7. **200:** 1. Boldon (Piedmont Hills) 21.9. **400:** 1. Logue (St. Ignatius) 50.5. **800:** 1. Green (Los Gatos) 1:57.3, 2. Taylor (Leigh) 1:57.8. **1500:** 1. McManus (St. Ignatius) 4:08.9, 2. Devine (Half Moon Bay) 4:09.4, 3. Joyner (Gunderson) 4:09.9. **3000:** 1. McManus (St. Ignatius) 9:03.2, 2. Glosser (St. Ignatius) 9:05.6, 3. Elmi (Mt. Pleasant) 9:06.3, 4. Sandu (Gunderson) 9:06.4, 5. Muniyak (Homestead) 9:08.7.



MARK McMANUS

Photo by Burt L. Davis

110 HH: 1. Morris (St. Ignatius) 15.0. **400 IH:** 1. Ferdon (St. Ignatius) 57.1. **400 R:** 1. Homestead 43.8. **MR:** 1. St. Ignatius 3:26.4, 2. Homestead 3:27.9. **2MR:** 1. Bellarmine 8:24.1. **DMR:** 1. Gunderson 11:02.5.

HJ: 1. Rucks (Milpitas) 6-8, 2. Brown (Menlo-Atherton) 6-4.

PV: 1. Manini (Los Altos) 14-6 (ties meet record set by Ivar Moon, Los Gatos, 1984 and Steve Toney, Menlo-Atherton, 1988); 2. Barkan (Hillsdale) 14-6, 3. Peterson (Del Mar) 13-6. **LJ:** 1. (tie) Lewis (Wilcox) and Errico (St. Ignatius) 22-3 1/2. **TJ:** 1. Baloney (Bellarmine) 45-9, 2. Sweat (Bellarmine) 45-0 1/2, 3. Leiner (Homestead) 44-7 1/4, 4. Czerwinski (Mt. View) 44-5 3/4. **SP:** 1. Grizeli (Hillsdale) 55-3, 2. Mazzola (Leigh) 52-10 3/4, 3. Robinson (Bellarmine) 51-1 1/2, 4. LaForte (Alhambra) 50-11, 5. Zaszimczuk (St. Ignatius) 50-9 3/4, 6. Peters (Gunn) 50-6. **DT:** 1. Griffin (Del Mar) 174-0, 2. Zaszimczuk (St. Ignatius) 163-11, 3. Peters (Gunn) 155-4, 4. Robinson (Bellarmine) 153-1. **HT:** 1. Robinson (Bellarmine) 156-9.

Girls:

100: 1. Chew (Lynbrook) 12.8. **200:** 1. Chrw (Lynbrook) 26.6. **400:** 1. Chandler (Reed, Sparks, NV) 1:00.9. **800:** 1. Marzell (Reed) 2:20.0, 2. Buchanan (Mitty) 2:20.4, 3. Kishi Anderson (Santa Teresa) 2:22.7. **1500:** 1. Jones (Carlmont) 4:51.1, 2. Baldelli (St. Ignatius) 4:53.9, 3. Taylor (Mills) 5:02.8, 4. Sweeney (Leigh) 5:05.1. **3000:** 1. Marzell (Reed) 10:31.5, 2. D. Harlick (Mills) 10:37.7.

100 LH: 1. Tyrphan (Los Gatos) 15.7. **300 LH:** 1. Korbel (Mitty) 49.1. **400 R:** 1. St. Francis 50.7. **MR:** 1. Mitty (Korbel, Simons, Buchanan, Johnson) 4:09.2, 3. Los Gatos 4:09.2. **2MR:** 1. Gunn 10:19.5. **DMR:** 1. Mills 13:30.0.

HJ: 1. Johnson (Menlo-Atherton) 5-9 1/2. **2M:** 2. Tyrchan (Los Gatos) 5-2, 3. Korbel (Mitty) 5-2. **LJ:** 1. McCloskey (Lynbrook) 17-6, 2. Johnson (Mitty) 17-0 1/4. **TJ:** 1. McGuigan (Cupertino) 37-3, 2. Sweet (Mitty) 35-9. **SP:** 1. Molnar (Carlmont) 40-7 3/4, 2. Heaston (Ygnacio Valley) 38-10 1/2. **DT:** 1. Molnar (Carlmont) 112-9, 2. Duke (Branham) 112-0.

King City Invitational

April 6. King City High School

Boys Teams:

1. Monterey 63, 2. North Salinas 57, 3. Fremont 42, 4. Arroyo Grande 38, 5. North Monterey County 34, 6. Gilroy 32, 7. Hollister 29.

110 HH: 1. Isaac Carson (Jefferson) 14.3. **400R:** 1. Monterey 43.4. **PV:** 1. TGetreault (Arroyo Grande) 14-0. **LJ:** 1. Elvin Harrison (North Salinas) 22-7 1/4. **TJ:** 1. B. Feddema (Fremont) 44-4. **SP:** 1. Wesley Childress (Paso Robles) 53-9. **DT:** 1. Robert Degnan (Atascadero) 182-0.

Girls Teams:

1. Arroyo Grande 122, 2. North Monterey County 75, 3. Overfelt 48, 4. Seaside 45, 5. Fremont 44, 6. Monterey 34, 7. Jefferson 26.

Mile: 1. Becky Kaiser (Seaside) 5:24.8. **2 Mile:** 1. Javi Trigos (Overfelt) 11:51.2. **100 LH:** 1. Hanneke Jamieson (Fremont) 15.3. **300 LH:** 1. Hanneke Jamieson (Fremont) 47.5. **DT:** 1. Teresa Stricklin (Arroyo Grande) 142-2.

Fresno Relays

By Doug Speck

April 5. Ratcliffe Stadium, Fresno.

As part of the big Fresno Relays weekend at Ratcliffe Stadium the preps divided use of the facility Friday afternoon and evening, April 5th with the University and Community College athletes. Some great action took place in a Meet that seems to be building towards the support and quality that the meet had in former times. They had a couple of deserving stars take home the Athlete of the Meet Awards, with David Cox (Hoover, Fresno) taking the Dutch Warmerdam special award given to the Pole Vault winner.

Ricky Carrigan of Compton HS has been rocketing to four and five meter 100 meter invitational wins in the 10.80 range in the greater L.A. area so far this season. Here, against some fine sprinters from the Central Section, with a 1.66 meter per second wind behind him, Ricky raced with the pack and then shifted into a gear

that has him running as "tall" as any local prep in recent times, powering through the tape in a time the unofficial finish line clock had at 9.9. Well, it was not quite that fast, but you had the feeling based upon his four meter win that it was special. The official time was a very, very impressive 10.41, the equal number six performance ever by a California prep. Damon Butler of Tulare was second in a fine 10.74. Ricky earlier had anchored Compton to second in the 4x100 meter relay at 42.81 behind Mt. Pleasant (San Jose), who added a 42.75 win here to a very strong day at the track. In the 1600 meter relay track aficionados had their wish as Carrigan received the baton for the anchor leg about 30 meters down on a couple of teams. Appearing to kind of bide his time in taking down one team through a 23.3 opening 200, Ricky nailed a second anchor runner down the homestretch on the way to his 47.8 anchor on the team's 3:23.23 (3rd place) behind the winning Logan (Union City) 3:22.13.

On the girls side the Athlete of the Meet went to a petite young lady who showed that the level of one's determination is often more important than physical stature. Jennifer Hamel of Merced first showed on the track in the 800 Meter event. With Lori Miller (North Bakersfield) as her main competition, Hamel took the event out a 32.0 for the first 200 meters, with Miller taking over at the 400 at 64.7. By the 600 Hamel had moved back to a one meter lead, with Jennifer and Lori battling furiously down the stretch, with Miller winning at the lean 2:16.69-2:16.79. An hour and a half later Hamel showed up against a respectable group in the 1600. Mei Ling McNamara (Logan, Union City) handled the brunt of the pacing, coming by the 1200 at 4:04.8. Hamel bided her time, waiting until the final stretch before racing by on the way to a 5:17.33-5:18.54 win. They cut the rest in half for the last part of Jennifer's interval workout for the evening, with less than half an hour from the end of the 1600 to the 4x400 relay. Jennifer filled in on the Merced winning 4:02.95 team, then walked over to pick up her Meet award. With concentration on just one event late in May and June Jennifer will be among the State's best.

They do give a special "Dutch Warmerdam" award to the winner of the High School Pole Vault event, with David Cox (Hoover, Fresno) very deserving after sailing over 16-0 in winning over Matt McCauley (Nevada Union, Grass Valley) 15-6.

Suzy Powell (Downey, Modesto), the frosh who threw an amazing 151-11 last year as an eighth grader in the Discus, continued a good ninth grade season with a 146-10 win over Jessica Alderman (Mission San Jose, Fremont) (138-7). Kevin Thomas (West Bakersfield) improved to 182-5 in the Boys Discus event. Danielle Boswell (Bullard, Fresno), another fine frosh athlete with very successful age-group credentials, showed her consistency in the High Jump at 5-6. In the horizontal jumps Kam Warner (West Bakersfield) took the Girls Long at 18-10 (no wind information), and Offord Rollins (Wasco) improved his personal best in the Triple Jump to 49-1 (no wind information). Relatively unknown Chris Sherwood (Watsonville) took the Girls Triple Jump at 38-1 3/4 (wind okay).

Mt. Pleasant (San Jose) looked impressive in the hurdles. Angela Hill raced the fastest 100 Lows win at 14.81, with Sean Lovett (15:23) and Terry Fulton (14.81) winning the very next two races on the track in the Boys High Hurdles. Ricky Whittle (Edison, Fresno) looked strong in a Section 2 10.82 100 Meter win. Aaron Wilson won the 800 in a wire-to-wire 1:55.65 performance. Pasqual Morales (Washington Union, Fresno) took the 3200 at 9:35.08 with a 64.5 final 400. Jermond Smith (Redwood, Visalia) was impressive in the

PREP NOTES

300 Meter Intermediates in a 38.63 win.

Women's Results:

100m: (S-1) (no wind reading) 1. Young (Tulare) 12.72. (S-2) (+1.66) 1. Baldwin (Logan, Union City) 12.28, 2. Harris (Foothill, Bakersfield) 12.33, 3. Criswell (Fresno) 12.33, 4. Williams (Madera) 12.59, 5. Tanner (Holy Names, Oakland) 12.72. **800m:** 1. Miller (North Bakersfield) 2:16.69, 2. Hamel (Merced) 2:16.79, 3. Lino (Fresno) 2:21.31, 4. Grogg (Clovis West, Fresno) 2:22.40, 1600m: 1. Hamel (Merced) 5:17.33 (5:03.4 1500 meters), 2. McNamara (Logan, UC) 5:18.54 (5:03.6), 3. Martinez (Wood, Vacaville) 5:25.86 (5:08.8). **3200m:** 1. Martinez (Wood, Vac) 11:36.38, 2. Petty (Golden West, Visalia) 11:43.00, 3. DeLaTorra (Roosevelt, Fresno) 11:51.12.

100LH: (S-1) (wind +1.38 mps) 1. House (Hoover, Fresno) 15.49. (S-2) (+1.48) 1. Hill (Mt. Pleasant, SJ) 14.81, 2. Montgomery (Clovis West, Fresno) 14.97, 3. Broedlove (Redwood, Visalia) 15.10, 4. Yarbrough (Clovis) 15.66. **300LH: (S-1)** 1. Yarbrough (Clovis) 48.39. (S-2) 1. Broedlove (Redwood, Vis) 46.66, 2. Filabrown (Atwater) 47.33, 3. Mings (Turlock) 47.54. **4x100 Re: 1.** Immanuel (Reedley) 52.79. (Medium) 1. Lemore 52.29. (Open) (S-1) 1. Tulare 51.48. (S-2) 1. Edison (Fr) 50.12, 2. Roosevelt (Fr) 50.50, 3. Hoover (Fr) 50.91, 4. Logan (Union City) 50.96. **4x400 Re: (Small)** 1. Corcoran 4:18.6. (Open) (S-1) 1. Lemore 4:13.2. (S-2) 1. Merced 4:02.95, 2. Edison (Fr) 4:04.89, 3. Redwood (Vis) 4:07.72, 4. Roosevelt (Fr) 4:08.66, 5. Turlock 4:10.99. **4x800 Re: 1.** South Bakersfield 10:30.29.

HJ: 1. Boswell (Bullard, Fr) 5-6, 2. Ullrich (North Bakersfield) 5-4, 3. Olivera (Lemoore) 5-4, 4. (tie) Freeman (Modesto) & Candidate (Clovis West, Fr) 5-2. **LJ: (no wind information, assume wind-aided)** 1. Warner (West Bakersfield) 18-10w, 2. House (Hoover, Fr) 18-7 3/4w, 3. Olivera (Lemoore) 17-9 3/4w, 4. Young (Tulare) 17-9 1/2w. **TJ: (wind okay on winner, assume all other wind-aided)** 1. Sherwood (Watsonville) 38-1 3/4 (wind okay), 2. House (Hoover, Fr) 37-5 1/2w, 3. Harrison (Wasco) 37-0 1/4w, 4. Montgomery (Clovis West, Fr) 36-10w, 5. Hudson (Hoover, Fr) 35-7w, 6. Jones (Mt. Pleasant, SJ) 35-0 1/2w. **SP: 1.** Sephaney (Hoover, Fr) 40-9, 2. Shafter (Logan, UC) 39-7 1/2, 3. Barden (Nevada Union, Grass Valley) 38-2 1/2, 4. Vaile (Logan, UC) 38-2, 5. Stovall (Clovis West, Fr) 35-10 1/2. **DT: 1.** Powell (Downey, Modesto) 146-10, 2. Alderman (Mission San Jose, Fremont) 138-7, 3. Sephaney (Hoover, Fr) 134-3, 4. Biddinger (No. Bakersfield) 133-4, 5. Valfar (Logan, UC) 121-7, 6. Rhodes (Selma) 113-7, 7. Flores (Selma) 111-3, 8. Hampton (North Bakersfield) and Martinez (Reedley) 110-2.

Men:

100m: (S-1) (+1.66) 1. Honston (Lemoore) 10.98, 2. Tsai (Turlock) 11.07. (S-2) (+1.57) 1. White (Edison, Fr) 10.82, 2. Patton (Dos Palos) 11.09. (S-3) (+1.66) 1. Carrigan (Compton) 10.41 (dqual #6 performer ever for California preps), 2. Butler (Tulare) 10.74, 3. Turner (Mt. Pleasant, SF) 10.85, 4. Sykes (Bullard, Fr) 10.91, 5. Pennywell (Mt. Pleasant, SJ) 10.93, 6. Jones (Lemoore) 10.94, 7. Dupree (Roosevelt, Fr) 11.11. **800m:** 1. Wilson (Mt. Whitney, Visalia) 1:55.65, 2. Sanchez (Madera) 1:57.23, 3. Wilkinson (Merced) 1:57.55, 4. Katri (Fortuna) 1:57.63. **1600m:** 1. Elia (Dos Pueblos, Goleta) 4:25.30, 2. Santiago (Madera) 4:25.76, 3. Wilkinson (Merced) 4:25.76, 4. Alexander (Hanford) 4:28.53. **3200m:** 1. Morales (Washington, Fresno) 9:35.08, 2. Singleton (Bret Harte, Altaville) 9:37.15, 3. Ray (Bonita, LaVerne) 9:39.38, 4. Flores (Watsonville) 9:44.86, 5. Duarte (Madera) 9:47.34, 6. Saveressig (Yosemite, Oakhurst) 9:47.96, 7. Loucks (Beyer, Modesto) 9:47.66, 8. Kropf (Madera) 9:47.78, 9. Rios (Madera) 9:47.99.

110mHH: (S-1) (wind +1.60 mps) 1. Lovett (Mt. Pleasant, SJ) 15.23, 2. Vaughn (Yosemite, Oakhurst) 15.24, 3. Bagley (Lemoore) 15.42. (S-2) (+2.28) 1. Fulton (Mt. Pleasant, SJ) 14.81w, 2. Renz (West Bakersfield) 14.88, 3. Marks (McLane, Fr) 14.90, 4. Hoggatt (Hoover, Fr) 14.99, 5. Mince (West Bakersfield) 15.22, 6. Smith (Redwood, Vis) 15.36. **300m IH: (S-1)** 1. Hoggatt (Hoover, Fr) 40.38, 2. Jacoby (Selma) 40.62. (S-2) 1. Smith (Redwood, Vis) 38.63, 2. Fulton (Mt. Pleasant, SJ) 39.69, 3. Mince (West Bakersfield) 39.94, 4. Renz (West Bakersfield) 39.96, 5. Tsai (Turlock) 40.81. **4x100 Re: (Small)** 1.

Dos Palos 43.94. (Medium) 1. St. Mary's (Berkeley) 44.79. (Open) (S-1) 1. Clovis 44.20. (S-2) 1. Logan (UC) 42.75, 2. Merced 43.54, 3. Watsonville 44.33. (S-3) 1. Mt. Pleasant (SJ) 42.75, 2. Compton 42.81, 3. Bullard (Fr) 42.93, 4. Redwood (Vis) 43.25, 5. East Bakersfield 43.76, 6. Christian Brothers (Sacto) 43.99. **4x400 Re: (Small)** 1. Dos Palos 3:32.48. (Medium) 1. Lemore 3:26.87, 2. St. Mary's (Berkeley) 3:27.54, 3. Central (Fr) 3:28.49. (Open) (S-1) 1. South Bakersfield 3:30.16, 2. West Bakersfield 3:30.17. (S-2) 1. Turlock 3:28.43, 2. Clovis 3:28.86, 3. Foothill (Bakersfield) 3:29.98, 4. Edison (Fr) 3:30.21. (S-3) 1. Logan (UC) 3:22.13, 2. Roosevelt (Fr) 3:22.34, 3. Compton 3:23.23 (Carrigan 47.8), 4. Redwood (Vis) 3:24.76, 5. Madera 3:26.43, 6. Christian Brothers (Sacto) 3:28.36, 7. East Bakersfield 3:28.96, 8. Lynwood 3:29.04, 9. Bullard (Fr) 3:30.4ht. **4x800 Re: 1.** Madera 8:07.00, 2. Foothill (Bak) 8:11.94, 3. Bellarmine (SJ) 8:12.39.

HJ: 1. Bass (Chowchilla) 6-6, 2. Montgomery (Lynwood) 6-6, 3. Nyberg (Mt. Whitney, Vis) 6-4. **LJ: 1.** Wilson (Washington Union, Fr) 23-2 1/2w (22-10 3/4 legal), 2. Hoggatt (Hoover, Fr) 22-6 1/2w (no legal), 3. Little (Fresno) 22-2 3/4, 4. Jefferson (Lemoore) 22-2, 5. Cummings (Yosemite, Oak) 22-1 1/2w (no legal), 6. Yates (McLane, Fr) 21-10 3/4w. **TJ: (no wind readings, assume all wind-aided)** 1. Rollins (Wasco) 49-1w, 2. Hayward (St. Mary's, Berkeley) 47-2 1/4w, 3. Cummings (Yosemite, Oakhurst) 44-9 3/4w, 4. Muhammad (Logan, UC) 44-3w. **PV: 1.** Cox (Hoover, Fr) 16-0, 2. McCauley (Nevada Union, Grass Valley) 15-6, 3. Chadwick (Woodland) 14-6, 4. Fraleigh (Lemoore) 14-0, 5. Wool (Modesto) 14-0. Also 14-0: Garcia (Coalinga), Phels (Christian Brothers, Sacto), Kennedy (Clovis). **SP: 1.** Klostler (Lemoore) 54-2, 2. Keyes (Corcoran) 53-0 3/4, 3. Meux (Edison, Fr) 51-0 3/4, 4. Rogers (Selma) 50-1 1/4. **DT: 1.** Thomas (West Bakersfield) 182-5, 2. Parino (Christian Brothers, Sacto) 163-8, 3. Robinson (Bellarmine, SJ) 160-0, 4. Casey (Downey, Modesto) 159-5, 5. Keyes (Corcoran) 151-8.

Oakland Relays

By Doug Speck

April 6th. UC Berkeley.

Zundra Feagin (Cocca, Fl) did not show up as advertised, but Marion Jones (Rio Mesa, Oxnard) put on quite a show just the same. The 15 year old Californian warmed up with a screaming anchor on her school's 49.00 4x100 relay, then got down to some individual events. Over 400 Meters, Marion allowed Hogan (Vallejo) junior, 56.3 performer LaShundra Crummie to take it out, then raced off the turn and cruised on in to an amazing 54.66 clocking. Over 100 Meters it got better, as Marion took down the national soph class and age-15 record with a seven meter win at an amazing 11.40 (wind +1.28 mps). Zundra, the previous national leader off an 11.58 at the Florida Relays will come to California in a week at Arcadia, with the showdown between her, Jones, and Teresa Foster (Louisiana), something truly special. Marion finished her day off with a leg on her school's 4x200 team. For kicks a wind-reading was taken, with a 6.12 meter per second (about 15 mph) gust into her face Jones simply blazed 22.8. Quite an amazing day!

Steve Guerrini (Santa Rosa) took the Boys Athlete Award with a 4:18.9 1600 triumph, 1:58.1 anchor on a 4x800 team, and 4:20.3 distance medley anchor 1600. Centennial (Compton) raced 3:16.97 in the 4x400 off a 48.6 leg by Rod Steel and 47.5 anchor by Gerald McCladdie.

Women:

100m: (Open) (S-1) (wind +3.58 mps) 1. Sloan (O'Dowd, Oakland) 12.46w, 2. Lewis (Vallejo) 12.66w. (S-2) (+4.30) 1. Walker (Vallejo) 12.57w. (Inv.) (+1.21) 1. Marion Jones (Rio Mesa, Oxnard) 11.40 (Nat'l. soph class and age 15 record, #6 All-Time U.S. Prep performer and #3 California Prep time ever), 2. Parker (O'Dowd, Oak) 12.15, 3. Jackson (Bakersfield) 12.15, 4. Anderson (Poly, LB) 12.20, 5. Mitchell (Rancho Cotate,

Rohnert Park) 12.55. **400m: (Open)** 1. Tanner (Holy Names, Oakland) 59.09, 2. Strom (Silver Creek, SJ) 59.81, 3. Hoggatt (Carondelet, Concord) 60.02. (Inv.) 1. Jones (Rio Mesa, Oxnard) 54.66, 2. Crummie (Hogan, Vallejo) 57.56, 3. Prothro (Poly, LB) 58.72. **800m: (Open)** 1. Lopez (El Cerrito) 2:24.0. (Inv.) 1. Teter (West Valley, Cottonwood) 2:16.63, 2. Bindel (Eureka) 2:16.93, 3. Freiburg (California, San Ramon) 2:17.50, 4. Woolheater (Casa Grande) 2:21.92, 5. Horn (Santa Rosa) 2:22.37.

1600m: (Open) 1. Lopez (El Cerrito) 5:31.9. (Inv.) 1. Dahlberg (El Modena, Orange) 5:13.0, 2. Pritchard (Vacaville) 5:18.5, 3. Lopez (Baiboa, SF) 5:25.9. **3200: (Open)** 1. Kuhl (Carondelet, Concord) 12:22.31. (Inv.) 1. Zwagerman (Tamalpais, Mill Valley) 11:37.7, 2. Pritchard (Vacaville) 11:40.1, 3. Dahlke (O'Dowd, Oak) 11:46.7. **110m Low: (Open) (S-1) (wind +.80 mps)** 1. Bisa Grant (O'Dowd, Oak) 14.89, 2. Jenkins (San Ramon, Danville) 15.12, 3. Hilaire (Pittsburgh) 15.14. (S-2) (+.42) 1. Gerich (Livermore) 15.77. (Inv.) (+.27) 1. Nixon (Morningside, Inglewood) 14.56, 2. Lazar-Lea (McAteer, SF) 14.79, 3. Johnson (Vacaville) 14.88, 4. Boyd (Foothill) 15.63. **4x100m Re: (Open) (S-1)** 1. Hogan (Vallejo) 50.21, 2. Vallejo 50.32, 3. Kennedy (Richmond) 50.51, 4. Oakland 50.56, 5. Silver Creek (San Jose) 50.79. (Inv.) 1. Poly (LB) 47.80, 2. Morningside (Inglewood) 47.95, 3. Bishop O'Dowd (Oakland) 48.79, 4. Rio Mesa (Oxnard) 49.00, 5. Berkeley 49.78. **4x200: (Open) (S-1)** 1. Kennedy (Richmond) 1:49.44. (S-2) 1. Hogan (Vallejo) 1:46.74, 2. Vallejo 1:47.81, 3. Oakland 1:50.36, 4. Silver Creek (SJ) 1:50.89. (Inv.) 1. Poly (LB) 1:41.42, 2. Morningside (Inglewood) 1:41.81, 3. Berkeley 1:47.42, 4. O'Dowd (Oakland) 1:48.04, 5. Dorsey (L.A.) 1:50.49. (Rio Mesa disqualified, Marion Jones 22.7 2nd leg). **4x400m Re: (Open) (S-1)** 1. East Union (Manteca) 4:14.90. (S-2) 1. Dorsey (L.A.) 4:06.39, 2. Hogan (Vallejo) 4:07.00, 3. Valley (Sacto) 4:10.57. (Inv.) 1. Morningside (Inglewood) 3:58.42. (Stringer 56.0), 2. O'Dowd (Oak) 4:01.77, 3. Wilson (LB) 4:11.08. **4x800m Re: (Open)** 1. East Union (Manteca) 10:35.00. (Inv.) 1. Wilson (LB) 9:54.9 (Sumi 2:22.4), 2. Santa Rosa 10:07.9. **Sprint Medley: (Open) (S-1)** 1. Dorsey (L.A.) 1:52.9. (S-2) 1. McAteer (SF) 1:55.6. (Inv.) 1. Bakersfield 1:46.9 (nichols 56.3), 2. O'Dowd (Oakland) 1:48.3, 3. Morningside (Inglewood) 1:51.4. **Distance Medley Re: (Open)** 1. Piedmont 13:36.0. (nv.) 1. Santa Rosa 12:51.2, 2. Amador Valley 13:04.0.

HJ: (Inv.) 1. Bindel (Eureka) 5-6, 2. Jenkins (San Ramon, Danville) 5-6, 3. Lazar-Lea (McAteer, SF) 5-2. **LJ: (Open)** (into wind) 1. Austin (Rio Mesa, Oxnard) 16-3. (Inv.) (into wind) 1. Mitchell (Rancho Cotate, Rohnert Park) 18-7, 2. Ferguson (Washington, SF) 17-9, 3. Burnham (Rio Mesa, Oxnard) 17-4, 4. Caddell (Bakersfield) 16-7 1/2. **TJ: (Open)** (into wind) 1. Hicks (Fremont, Oakland) 34-3 1/2. (Inv.) 1. Gerich (Livermore) 34-11 3/4, 2. Warren (Vallejo) 34-5. **SP: (Open)** 1. Gray (Fairfield) 35-6. (nv.) 1. Hilaire (Pittsburg) 43-1, 2. Logan (Novato) 41-11, 3. Woolery (West Valley, Cottonwood). **DT: 1.** Logan (Novato) 123-4, 2. Garcia (Amador Valley, Pleasanton) 118-7, 3. Lathrop (Manteca) 112-10, 4. Woolery (West Valley, Cottonwood) 111-2.

Men:

100m: (Open) (S-1) (wind +5.28 mps) 1. Evans (Vallejo frosh) 10.97w, 2. Rutherford (Benicia) 11.01w, 3. Fisher (Skyline, Oakland) 11.10w. (S-2) (+3.46) 1. Fisher (Skyline, Oakland) 11.10w. (Inv.) (+3.46) 1. Madu (McAteer, SF) 10.78w, 2. Carruth (Valley, Sacto) 10.94w, 3. Rolson (Oakland) 11.13w. **400m: (Open)** 1. Nelson (Wilson, LB) 50.17. (Inv.) 1. Evans (Vallejo) 48.72, 2. Bynoe (Gunn, Palo Alto) 48.77, 3. Wuthrich (Wilson, LB) 49.44, 4. Shepard (Lincoln, SF) 50.16. **800m: (Open)** 1. Armour (Bakersfield frosh) 1:59.39. (Inv.) 1. Terry (El Modena, Orange) 1:55.53, 2. Price (El Cerrito) 1:57.23, 3. Boulet (Drake, San Anselmo) 1:57.30, 4. Ferguson (Livermore) 1:58.76, 5. Wattles (San Ramon, Danville) 1:58.85, 6. Woodward (Poly, LB) 1:59.45, 7. Rawis (Lincoln, SF) 1:59.89.

1600m: (Open) 1. Selby (DeLaSalle, Concord) 4:33.7. (Inv.) 1. Guerrini (Santa Rosa) 4:18.9 (4:04.2 1500 meters), 2. Sandless (Castlemont, Oakland) 4:20.4 (4:04.8), 3. Stoll (College Park,

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Pleasant Hill) 4:20.6 (4:05.4), 4. Wattles (San Ramon, Danville) 4:24.3 (4:07.8), 5. Hyde (Amador Valley, Pleasanton) 4:28.3. **3200m: (Open)** 9:51.8. (Inv.) Douglas (Moreau, Hayward) 9:40.85, 2. Braden (Amador Valley, Pleasanton) 9:59.34. **1100m HH: (Open) (S-1)** (wind -0.12) 1. Nuess (Livermore) 15.64. (S-2) (+2.98) 1. Wilson (McClymonds, Oakland) 14.77w, 2. Elliott (Pinole Valley) 14.92w, 3. Williams (Vallejo) 15.31w. (Inv.) (+8.2) 1. Reed (Castlemont, Oakland) 14.56, 2. Arnold (Wilson, LB) 14.74, 3. Love (Poly, LB) 14.82, 4. Williams (Independence, SJ) 14.91, 5. Osborne (Poly, LB) 14.93, 6. Miles (DeAnza, Richmond) 15.21, 7. Williams (Morningside, Inglewood) 15.48. **4x100m Re: (Open) (S-1)** 1. El Cerrito 44.05. (S-2) 1. Valley (Sacto) 43.17, 2. Morningside (Inglewood) 43.70, 3. Skyline (Oakland) 44.19. (Inv.) 1. Dorsey (L.A.) 42.12, 2. Independence (San Jose) 42.89, 3. Vallejo 42.92, 4. Wilson (Long Beach) 43.18, 5. Bakersfield 43.25. **4x200m: (Open) (S-1)** 1. Bakersfield 1:32.72. (S-2) 1. Pittsburg 1:34.66. (Inv.) 1. Dorsey 1:28.81, 2. Centennial (Compton) 1:29.73, 3. Vallejo 1:31.24, 4. Wilson (LB) 1:31.66, 5. Poly (LB) 1:31.92. **4x400m: (Open) (S-1)** 1. Castlemont (Oakland) 3:30.04. (S-2) 1. Morningside (Inglewood) 3:25.45, 2. Bakersfield 3:28.87, 3. East Union (Manteca) 3:30.12. (Inv.) 1. Morningside (Steel 48.6, McClad-die 47.5) 3:16.97, 2. Wilson (LB) 3:23.88, 3. Poly (LB) 3:24.00, 4. O'Dowd (Oakland) 3:27.31, 5. Valley (Sacto) 3:29.21. **4x800m Re: (Open)** 1. Rancho Cotate (Rohmert Park) 8:58.0. (Inv.) 1. Santa Rosa (Guerrini 1:58.1) 8:14.9, 2. Livermore 8:19.5. **Sprint Medley Re: (Open) (S-1)** 1. Dorsey (L.A.) 3:43.0. (S-2) 1. Lincoln (SF) 3:36.3, 2. Wilson (LB) 3:38.6, 3. El Cerrito 3:41.3. (Inv.) 1. Hogan (Vallejo) 3:36.1, 2. Oakland 3:49.3. **Distance Medley: (Open)** 1. College Park (Pleasant Hill) 10:55.6, 2. Moreau (Hayward) 10:59.3. (Inv.) 1. Santa Rosa 10:52.1 (Guerrini 4:20.3).

HJ: (Inv.) 1. Bass (Chowchilla) 6-4, 2. (tie) Neuss (Livermore) and Urbina (Wilson, LB) 6-2. **PV: (Inv.)** 1. Loit (Manteca) 13-1, 2. Jones (Manteca) 13-0. **LJ: (Open)** (into wind) 1. Rutherford (Benicia) 22-5 3/4, 2. Purdue (Valley, Sacto) 21-7 1/2. (Inv.) 1. Carrillo (Rio Mesa) 21-6 1/2, 2. Valdez (El Modena, Orange) 21-3 1/4. **TJ: (Open)** (all into wind) 1. Coleman (Vallejo) 43-11. (Inv.) 1. Heywood (St. Mary's, Berkeley) 45-11, 2. Ikepeowo (Wilson, LB) 43-9. **SP: (Open)** 1. Owens (DeAnza, Richmond) 53-1. (Inv.) 1. Buckley (Bakersfield) 59-3, 2. Ventura (Yerba Buena) 56-6, 3. Logins (Moreau, Hayward) 56-4, 4. Asbell (Manteca) 56-2, 5. Van Scoy (Rio Mesa, Oxnard) 55-2, 6. Freeland (Amador Valley, Pleasanton) 54-11, 7. Sheridan (Livermore) 52-2, 8. Blakesfield (St. Patricks, Vallejo) 51-0. **DT: (Open)** 1. Ramos (Yerba Buena, SJ) 150-1. (Inv.) 1. Buckley (Bakersfield) 187-2, 2. Freeland (Amador Valley, Pleasanton) 166-1, 3. Blakesfield (St. Patricks, Vallejo) 164-9, 4. Van Scoy (Rio Mesa, Oxnard) 151-1, 5. Sheridan (Livermore) 149-3.

Downey and Turlock Meet

April 11. Downey High School, Modesto.

Girls Teams:

1. Turlock 84, 2. Downey 43.
LJ: 1. Renton (Downey) 17-0 1/2. **TJ:** 1. Renton (Downey) 36-10. **DT:** 1. Powell (Downey) 150-1.

Boys Teams:

1. Turlock 88, 2. Downey 48.
DT: 1. Casey (Downey) 152-1.

Santa Rosa Relays

April 13. Bailey Field, Santa Rosa Junior College.

Boys Teams:

1. Santa Rosa 57, 2. Berkeley 28, 3. De La Salle 27, 4. Montgomery and Lincoln 22, 6. Kennedy (Richmond) and De Anza 20, 8. Northgate and El Cerrito 19.

100: 1. Steve Miller (Northgate) 10.9. **400:** 1. Joe Curran (Santa Rosa) 50.6. **3200:** 1. Dan Stoll (College Park) 9:50.5. **2000 SC:** 1. Steve Guerrini (Santa Rosa) 5:49.8 (3rd all-time U.S.). **110 HH:** 1. Darren Miles (De Anza) 14.7, 2. James Elliot (Pinole) 14.8, 3. Brett Hartley (Montgomery) 14.9. **300 IH:** 1.

James Elliot (Pinole) 39.8. **400R:** 1. Kennedy (R) 44.0. **800R:** 1. Berkeley 1:33.6. **1 Mile R:** 1. Santa Rosa 3:29.1. **3200 R:** 1. Santa Rosa 8:06.7. **SMR:** 1. El Cerrito 3:35.0. **DMR:** 1. Santa Rosa 10:59.0.

HJ: 1. Corey Settles (Lowell) 6-4. **PV:** 1. J. Kenworthy (Piner) 13-0. **LJ:** 1. Steve Tapin (Lower Lake) 20-1 3/4. **TJ:** 1. Bradley Bursch (Piner) 42-11. **SP:** 1. Darrel Owens (De Anza) 51-2, 2. Tobin Spohr (Lower Lake) 50-0 1/2. **DT:** 1. Glen Anderson (De La Salle) 139-0 1/2.

Girls Teams:

1. Santa Rosa 73, 2. Montgomery 59, 3. Rancho Cotate 41, 4. Kennedy (Richmond) 39, 5. Carondelet 34, 6. Lowell 23, 7. Ukiah 17, 8. El Cerito and Pine 14, 10. Northgate 6 1/2.

100: 1. Amey Mitchell (Rancho Cotate) 12.3. **400:** 1. Alicia Lopez (El Cerrito) 59.4, 2. Tiffany Johnson (Kennedy) 59.7. **3200:** 1. Lisa Lopez (Balboa) 11:28.9. **100 LH:** 1. Christine Llewelyn (Santa Rosa) 15.5. **300 LH:** 1. Lindsey Stephens (Montgomery) 49.2. **400 R:** 1. Kennedy 51.3. **800 R:** 1. Kennedy 1:48.7. **1 Mile R:** 1. Santa Rosa 4:08.6. **2 Mile R:** 1. Santa Rosa 9:57.6. **SMR:** 1. Ukiah 4:30.3. **DMR:** 1. Santa Rosa 13:00.8.

HJ: 1. Sharon Derr (St. Vincent) 5-2. **LJ:** 1. Amey Mitchell (Rancho Cotate) 18-7. **TJ:** 1. Kellie Barak (Santa Rosa) 35-6. **SP:** 1. Karin McCall (Santa Rosa) 38-7, 2. Coreen De Los Santos (Ursuline) 35-8. **DT:** 1. Alicia Yakoboski (Rancho Cotate) 106-6 1/2.

Stapleton Relays

April 13. Antioch High School.

Boys:

100: 1. Jaccobi Williams (Antioch) 10.8. **PV:** 1. Luis Lino (Liberty) 14-6.

St. Ignatius Track & Field Meet

April 17. St. Ignatius High School, San Francisco.

Boys Teams:

1. St. Ignatius 82, 2. Bellarmine 54.
1600: 1. Mark McManus (SI) 4:26.4, 2. Pat Kelly (B) 4:27.3. **3200:** 1. Mark McManus (SI) 9:37.3, 2. Kyle Dando (B) 9:46.1. **300 IH:** 1. Ben Ferdon (SI) 40.0. **PV:** 1. Greg Hurwitz (B) 13-6. **SP:** 1. Jeremy Robinson (B) 54-3, 2. Ivan Zasmiczuk (SI) 52-1. **DT:** 1. Ivan Zasmiczuk (SI) 159-8, 2. Jeremy Robinson (B) 156-1, 3. Nick Tsiaqgas (SI) 150-5.

Leigh/West Valley Relays

April 20. West Valley College, Saratoga.

Boys Teams:

1. St. Ignatius 44 1/3, 2. Bellarmine 28, 3. Leigh 18, 4. Palo Alto 13, 5. (tie) Skyline (Oakland) and Yerba Buena 11, 7. (tie) Fremont (Sunnyvale), Homestead, Piedmont Hills and Overfelt 10.

100: 1. Ato Boldon (Piedmont Hills) 10.9, 2. Damon Lynch (Skyline, Oakland) 11.11, 3. Shon Lewis (Wilcox) 11.13. **200:** 1. Ato Boldon (Piedmont Hills) 22.03 MR, 2. Shon Lewis (Wilcox) 22.47. **800:** 1. Nate Taylor (Leigh) 1:58.48. **1500:** 1. Kelly (Bellarmine) 4:06.61, 2. Scott Downs (Leigh) 4:08.55. **1 Mile SC:** 1. Justin Whittall (Bellarmine) 5:16.45. **5000:** 1. Mark McManus (St. Ignatius) 15:41.46. **110 HH:** 1. Quincy Ruffin (St. Francis) 15.25, 2. Matt Morse (St. Ignatius) 15.26. **400 IH:** 1. Dave Swan (St. Ignatius) 57.22. **400R:** 1. Homestead 43.01, 2. Skyline (Oakland) 43.34, 3. Monterey 43.38. **1600 R:** 1. Homestead 3:24.24, 2. St. Ignatius 3:24.71, 3. Berkeley 3:28.67. **6400 R:** 1. St. Ignatius (Mark McManus 4:26.8) 18:15.18.

HJ: 1. Levalle Belomey (Del Mar) 6-6, 2. Bryan Jilison (Blackford) 6-6, 3. Ryan Mayes (Palo Alto) 6-6. **PV:** 1. Greg Harwitz (Bellarmine) 13-9, 2. Frank Schweininger (Bellarmine) 13-6, 3. Ryan Peterson (Del Mar) 13-6. **LJ:** 1. Brenden Feddema (Fremont) 22-0, 2. Tony Atwal (Oak Grove) 21-10 3/4, 3. D. Hutchins (Monterey) 21-10 1/2, 4. Jason Errico (St. Ignatius) 21-10 1/2. **TJ:** 1. Brenden Feddema (Fremont) 46-5 1/4, 2.

Chris Czerwinski (Mt. View) 44-8 1/4. **SP:** 1. Bruce Ventura (Yerba Buena) 56-4 1/2, 2. Frank Mazzola (Leigh) 53-0 1/2, 3. Jeremy Robinson (Bellarmine) 51-0 1/2. **DT:** 1. Ivan Zasmiczuk (St. Ignatius) 163-3, 2. Sergio Ramos (Yerba Buena) 161-11, 3. Frank Mazzola (Leigh) 156-4.

Girls Teams:

1. Mitty 21.5, 2. Fremont (Sunnyvale) 17, 3. Silver Creek 15, 4. Carlmont 13, 5. (tie) Overfelt and Beyer (Modesto) 12, 7. (tie) Lynbrook and Palo Alto 11, 9. Berkeley 10 1/2, 10. Mills 10.

100: 1. Michelle Ferguson (Independence) 12.43, 2. Rachel Parrish (Wilcox) 12.66, 3. Lanecia Strom (Silver Creek) 12.67. **200:** 1. Lanecia Strom (Silver Creek) 26.35. **800:** 1. Celeste Buchanan (Mitty) 2:21.02. **1500:** 1. Suzie Jones (Carlmont) 4:46.12, 2. Lisa Crouch (Aptos) 4:53.43, 3. Solario (Overfelt) 4:57.37. **3000:** 1. Diana Harlick (Mills) 10:34.08, 2. Suzie Jones (Carlmont) 10:37.8, 3. Tenaya Soderman (Gunn) 10:41.14. **100 H:** 1. Lisa Collet (Lynbrook) 15.35, 2. Hanneke Jamieson (Fremont) 15.70, 3. Anna Lee (Palo Alto) 15.82. **400 H:** 1. Hanneke Jamieson (Fremont) 1:05.31. **400 R:** 1. Silver Creek 50.72, 2. Menlo-Atherton 50.87. **1600 R:** 1. Berkeley 4:13.58, 2. Mitty 4:14.97, 3. Overfelt 4:15.52. **DMR:** 1. Overfelt 13:01.74.

HJ: 1. Chi Johnson (Menlo-Atherton) 5-10, 2. Tiffany Salmon (Live Oak) 5-10, 3. Michelle Ghiggia (Mills) 5-2. **LJ:** 1. Lisa Collet (Lynbrook) 17-11 1/2, 2. Stephanie Bull (Westmont) 17-1 1/2, 3. Latanya Johnson (Mitty) 17-1 1/2. **TJ:** 1. Anne Lee (Palo Alto) 37-9. **SP:** 1. Hilary Olson (Beyer) 34-1. **DT:** 1. Hilary Olson (Beyer) 126-3, 2. Hartford (Fremont) 117-6 1/2, 3. Deatte Duke (Branham) 110-1 1/2.

Foothill Invitational

April 21. Foothill High School, Pleasanton.

Boys:

TJ: 1. Steve Jones (Tennyson) 44-9. **SP:** 1. Kursten Sheridan (Livermore) 53-3 1/4, 2. Corey Asbell (Monte Vista) 52-8. **DT:** 1. Kursten Sheridan (Livermore) 163-3MR, 2. Corey Asbell (Monte Vista) 153-4.

Girls:

TJ: 1. Stefanie Harf (Ygnacio Valley) 37-1 1/2MR, 2. Bryn Gerich (Livermore) 35-4. **SP:** 1. Nicole Logan (Novato) 41-11MR, 2. Kristen Heaston (Ygnacio Valley) 39-0 1/2. **DT:** 1. Nicole Logan (Novato) 127-5.

SoCal

Meet of Champions

(Schools Competing: Hart, Bonita, Arroyo, Covina, Walnut, Chino, Alhambra, Mountain View, Yucipia, Temple City, Etiwanda, So. Hills, Glendora, San Gabriel, Bell Gardens, Montevia)

Varsity Boys:

400m: 1. Ramirez (Cov) 49.8, 2. Hill (Yuc) 50.1, 3. Willmore (Bon) 50.8, 4. Mendivil (Arr) 50.9.

800m: 1. Chaikittirafana (Nor) 1:57.6, 2. Guerra (Cov) 2:00.0, 3. Robles (Cov) 2:01.8, 4. Hake (Arr) 2:01.9.

1600m: 1. Martinez (SG) 4:17.7, 2. Dixon (Har) 4:24.1, 3. Hake (Arr) 4:26.3, 4. Estrada (Mon) 4:26.8, 5. Delacerda (har) 4:26.6, 6. Ray (Bon) 4:27.9.

3200m: 1. Martinez (SG) 9:24.9, 2. Dixon (Har) 9:34.8, 3. Hamer (Cov) 9:36.5, 4. Mitchell (SG) 9:40.0, 5. Grossman (Har) 9:47.8, 6. O'Conner (Ch) 9:54.2, 7. Gallegos (Arr) 9:55.5, 8. Ray (Bon) 9:59.1.

Varsity Girls:

400m: 1. Carr (Bon) 59.0.

800m: 1. Carr (Bon) 2:12.4.

1600m: 1. Velarde (MV) 5:21.9, 2. Delacerda (Har) 5:22.0, 3. Sanchez (Etw) 5:24.2, 4. Johnson (Cov) 5:25.1.

PREP NOTES

3200m: 1. Delgado (TC) 11:52.5, 2. Flayer (Har) 12:10.8, 3. Mejia (Arr) 12:14.1, 4. Delacerda (Har) 12:20.5, 5. Lo (Arr) 12:23.2



ANGEL MARTINEZ

Photo by Bill Leung, Jr.

Mt. Carmel Invitational

By Doug Speck

March 30. Mt. Carmel High School.

A group of ninety schools from Southern California gathered at Mt. Carmel HS for probably the best "dirt track" Invitational in the State. The San Diego section has probably its top group of male sprinter/hurdlers in a long, long time, with their match-ups here and involvement in other parts of the meet big highlights. Some very good athletes dropped in from the Southern and Central Sections to give the Meet some power at the top end.

Riley Washington (Southwest, San Diego), 10.53 last year as a soph, was a late add to the greatly anticipated Men's 100 meter field that included 10.4 dashman Gentry Bradley (Pius X, Downey), and San Diego stars Darnay Scott (Kearney) (10.69), Teddy Lawrence (Morse) (10.70) and Scott Hammond (Lincoln) (10.70). With no one gaining a real advantage at the start it was Lincoln's Hammond, a junior, who emerged strongest during the final half of the event, racing to a .05 win over Washington at 10.79. Over 200 Meters, Gentry Bradley showed the locals how to run the turn on the way to a 22.01 triumph. Tyrone Edwards (Nogales, La Puente) took the Long Jump battle of four returning 23-6+ jumpers at 23-9w, with Roque Belina (Mt. Carmel) next at 23-6 1/2. Robert Walker (San Pasqual, Escondido) had a big day. The 4:14.05 1600m runner started with a 2:03.1 anchor leg on his school's

The Sixteenth Annual "Great Southwest Track and Field Classic"...

...will be held Saturday, May 25 at the Sun Angel Stadium at Arizona State University in Tempe, Arizona. This competition is open to California prep male and female athletes who indicate an interest and are selected to compete, with all participants competing "unattached" after the close of their regular season with no affiliation or involvement with the meet from their high school. The "Great Southwest" competition is held involving athletes from Arizona, California, Nevada, New Mexico, Utah, Colorado and Texas. The quality of competition is very high, with all the regular prep events being held. This year, a special heptathlon and decathlon will be held on May 23 and 24, with high school implements used. With a number of top California athletes falling along the way during the State qualifying process for one reason or another, this is an opportunity for a very high-quality meet to finish out the season. For information on this competition from the Central California area, please call Steve Ward (Clovis HS) (209) 434-1040 or from the Southern California area, call Doug Speck (Calif. Track News) at (818) 963-7709.

winning 8:11.95 4x800 team, and ended the afternoon with a 4:33.2 anchor on a 10:45.55 distance medley relay winner. In between he met 4:12.95 1600m runner Hector Hernandez (Mar Vista, Imperial Beach) and 8:35 3000m runner Daniel das Neves (Helix). Walker looked very powerful in kicking away from his competition with a 61.4 final 440 in an impressive 4:19.70 win.

The weights were strong as Mark Parlin (Esperanza, Anaheim) took the Shot at 61-4, and Jeff Buckey (Bakersfield) the Discus at 190-1. San Diego section hurdle stars, Eric Bell (Castle Park, Chula Vista) 14.53 in the Hights, and Keith Williams (Escondido) 38.30 in the Intermediates, showed with their wins that they are among the very best in the state. Anthony Bartley (Lynwood) put together an impressive series in the Triple Jump, starting with 46-11 3/4, improving to 47-3 3/4, 47-3 1/2, 47-4 1/2, 48-1 1/2, and finally closing with a 48-3 3/4 effort to win.

Shelley Taylor (Edison, Huntington Beach) was named the Women's Track Athlete of the Meet for an impressive distance double, easily taking the 1600 at 5:06.37, then coming from behind to take the 800 in 2:17.78. Shonna Bernard (Nogales, La Puente) looked sharp in taking the Hurdles (100 Lows) 14.49 and 45.91. Kristina Mataafa (Orange Glen, San Diego) was the Girls Field Event Athlete award winner for a 39-11 3/4 (SP) and 131-9 (DT) double win.

Women's Results:

100m: (wind -0.05 mps) 1. Anderson (Poly, LB) 12.29, 2. Brook (Pius X, Downey) 12.60, 3. Dring (Mt. Carmel, SD) 12.66. 200m: (+0.08) 1. Brodes (Pius X, Downey) 25.85. 400m: 1. Dring (Mt. Carmel) 57.60, 2. Prothro (Poly, LB) 59.32. 800m: 1. Taylor (Edison, Huntington Beach) 2:17.78, 2. Scott (Mt. Carmel) 2:19.96, 3. Graham (Westlake, Westlake Village) 2:21.37, 4. Miller (No. Bakersfield) 2:22.72. 1600m: 1. Taylor (Edison, HB) 5:06.37, 2. Hadley (San Pasqual, Escondido) 5:16.64, 3. Bache (La Jolla) 5:20.46. 3200m: 1. Rothman (Westlake, WV) 11:10.28, 2. Smith (Diamond Bar) 11:31.25, 3. Dahlberg (El Modena, Orange) 11:42.55, 4. Heap (Palos Verdes, PV Estates) 11:43.83.

100mLH: (+1.41) 1. Bernard (Nogales, La Puente) 14.49, 2. Warner (West Bakersfield) 14.62, 3. Blunt (San Pasqual, Escondido) 15.02, 4. Shorts (Poly, LB) 15.57, 5. Stark (San Pasqual, Esc) 15.83. (R-2) (+1.07) 1. Sims (Nogales, LP) 15.99, 2. Trader (Mira Mesa, SD) 15.76. 300LH: 1. Bernard (Nogales, LP) 45.91. 400m Re: 1. Poly (LB) 49.60, 2. Morse (San Diego) 50.30. 160-0m Re: 1. Poly (LB) 4:04.0 ht, 2. Mt. Carmel (San Diego) 4:07.32. 4x880: 1. San Pasqual (Escondido) (Elierts 2:26.3-Keim 2:30.1-Blunt 2:31.4-Bergerom 2:23.8) 9:51.81, 2. Edison (HB) 10:02.38. Distance Medley Re: 1. San Pasqual (Esc) (Keim 4:02.1-Blunt 61.4-Elierts 2:26.8-Hadley 5:27.3) 12:57.6, 2. Westlake (WV) (Graham 2:24.3-Rothman 5:21.9) 13:07.67.

HJ: 1. Williams (Mt. Carmel, SD) 5-4, 2. Barnes (Granite Hills, El Cajon) 5-2. LJ: 1. Warner (West Bakersfield) 17-9 1/4, 2. Kemp (San Dieguito, Encinitas) 17-5 3/4w (legal 17-4), 3. Harrison (Mt. Miguel, Spring Valley) 17-1 1/2w (legal 16-11 1/2), 4. Casey (Patrick Henry, San Diego) 17-0, 5. Edwards (Poly, LB) 16-10 1/4, 6. Crews (Morse) 16-6 3/4w (16-4 3/4 legal), 7. McKinney (Monte Vista, Spring Valley) 16-6 1/2w (14-11 legal). TJ: 1. Warner (West Bakersfield) 38-0 3/4, 2. Harrison (Mt. Miguel, Spring Valley) 37-5, 3. Andrews (Torrey Pines) 36-6, 4. Huley (Ontario) 36-0 1/2, 5. Casey (Patrick Henry, SD) 35-6 3/4. SP: 1. Mataafa (Orange Glen, SD) 39-11 3/4, 2. Brownlee (Westlake, WV) 36-6 1/4, 3. Maumausolo (Mt. Carmel, SD) 36-1, 4. Harris (Morse, SD) 35-10 3/4, 5. Wickman (Mira Mesa, SD) 35-8 1/4, 6. Brown (Madison, SD) 35-7. DT: 1. Mataafa (Orange Glen, SD) 131-9, 2. Biddinger (North Bakersfield) 129-8, 3. Sephus (Mission Bay, SD) 129-6, 4. Allen (El Capitan, Lakeside) 128-3, 5. Blackburn (Don Lugo, Chino) 118-5, 6. Dykstra (Bakersfield) 117-5, 7. Wadlington (Granite Hills, EC) 115-5, 8. Stevens (Orange Glen, SD) 114-8, 9. Earman (Mt. Miguel, SV) 113-5, 10. Harris (Morse, SD) 112-10, 11. Crowder (Bakersfield) 112-7, 12. Maumausolo (Mt. Carmel, SD) 112-3. (Div. II) 1. Hampton (No. Bakersfield) 112-7, 2. Marmglen (Mira Mesa, SD) 110-3.

Women's Track Athlete of the Meet: Shelley Taylor (Edison, HB). Field Athlete of the Meet: Kristina Mataafa (Orange Glen, SD).

Men's Results:

PREP NOTES

100m: (wind +1.50mps) 1. Hammond (Lincoln, SD) 10.79, 2. Washington (Southwest, SD) 10.84, 3. Bradley (Pius X, Downey) 10.85, 4. Lawrence (Morse, SD) 10.86, 5. Scott (Kearney, SD) 10.89, 6. Baker (Pt. Loma, SD) 11.02, 7. Dunlop (West Hills, Grossmont) 11.04. 200m: (+0.25) 1. Bradley (Pius X) 22.01, 2. Scott (Kearney) 22.44. 400m: 1. Cahill (Mira Mesa) 50.61. 800m: 1. Woodward (Poly, LB) 1:57.99, 2. Sanchez (Castle Park, Chula Vista) 1:58.99. 1600m: 1. Walker (San Pasqual, Esc) 4:19.70, 2. Hernandez (Mar Vista, Imperial Beach) 4:21.51, 3. das Neves (Helix, La Mesa) 4:23.3. 3200m: 1. Minami (Palos Verdes soph, PV Estates) 9:37.73.

1100MH: (+0.89) 1. Bell (Castle Park, CV) 14.53, 2. Ford (Diamond Bar) 15.14, 3. Osborne (Poly, LB) 15.17, 4. Love (Poly, LB) 15.20, 5. Renz (West Bakersfield) 15.26. 300mIH: 1. Williams (Escondido) 38.30, 2. Bell (Castle Park, CV) 40.17. 400m Re: 1. Morse (SD) 43.10, 2. Lincoln (SD) 43.24, 3. Poly (LB) 43.59. 1600m Re: 1. Poly (LB) 3:25.55, 2. Belmont (L.A.) 3:26.44. 4x880: 1. San Pasqual (Daum 2:03.2-Engle 2:05.4-Christensen 2:00.1-Walker 2:03.1) 8:11.95. Distance Medley Re: 1. San Pasqual (Keim 3:16.4-Silva 52.9-Daum 2:04.3-Walker 4:33.2) 10:45.55, 2. El Modena 10:50.78.

HJ: 1. Montgomery (Lynwood) 6-6, 2. Darrell Martin (West Bakersfield) 6-4, 3. Santos (Rancho Bernardo) 6-4. (II) Lynch (Poway) 6-4. PV: 1. Shimooka (San Pasqual, Esc) 13-6, 2. Syverson (Granite Hills, EC) 13-6, 3. S. Shimooka (San Pasq) 13-6. (II) Whang (Diamond Bar) 13-6. LJ: 1. Edwards (Nogales, La Puente) 23-8w (23-1 1/4 legal), 2. Balina (Mt. Carmel, SD) 23-6 1/2, 3. Hammond (Lincoln, SD) 23-1 1/2, 4. Bartley (Lynwood) 22-10 1/2w (22-5 legal), 5. Lawrence (Morse, SD) 22-9, 6. Rogers (Lincoln, SD) 22-8 3/4, 7. Sweet (Morse, SD) 22-1 3/4, 8. Sauls (University City, SD) 22-1 1/2. (II) 1. Trauno (Mora Mesa, SD) 21-9 1/4w (21-0 legal), TJ: 1. Bartley (Lynwood) 48-3 3/4. SP: 1. Parlin (Esperanza, Anaheim) 61-4, 2. Buckley (Bakersfield) 57-3, 3. Loshonkohl (Granite Hills, EC) 53-8 1/2, 4. Cienega (Escondido) 53-8 1/4, 5. Glock (Nogales, La Puente) 53-7 3/4. DT: 1. Buckley (Bakersfield) 190-1, 2. Parlin (Esperanza) 169-10, 3. Norberg (Helix, SD) 158-5, 4. Graham (Mira Mesa, SD) 154-11.

Track Athlete of the Meet: Robert Walker (San Pasqual, Escondido). Field Athlete of the Meet: Jeff Buckley (Bakersfield).

Tustin Relays

April 6. (Running Events at Rancho Santiago College, Field Events at Tustin High School).

Boys:

Relays: 400: 1. Saddleback 42.9, 2. Mater Dei 43.4, 3. Rancho Alamitos 43.6, 4. Tustin 44.4, 5. Foothill 44.4. 800: 1. Saddleback 1:29.5, 2. Rancho Alamitos 1:29.9. 1600 Relay: 1. Saddleback 3:25.4, 2. El Toro 3:29.0, 3. Rancho Alamitos 3:29.4. 3200: 1. Fountain Valley 8:08.0, 2. Foothill 8:08.5, 3. El Toro 8:06.6. Distance Medley: 1. El Dorado 10:45.7, 2. San Marcos 10:46.3, 3. Corona del Mar 10:49.9. Shuttle Hurdles: 1. Huntington Beach 59.9. HJ: 1. Skinner (Redlands) 6-4. PV: 1. Vu (Marina) 13-6. SP: 1. Parlin (Esperanza) 59-6 1/4, 2. Sanlori (Tustin) 51-10, 3. Invares (Saddleback) 51-1 3/4, 4. Lango (Saddleback) 50-1. DT: 1. Parlins (Esperanza) 183-4.

Girls:

Relays: 400: 1. Woodbridge 50.7, 2. Bishop Montgomery 50.8. 800: 1. Bishop Montgomery 1:46.6, 2. Woodbridge 1:47.1. 1600: 1. Bishop Montgomery 4:07.0, 2. Woodbridge 4:09.6, 3. San Marcos 4:12.3, 4. Los Alamitos 4:12.6. 3200: 1. Edison 9:46.7, 2. Woodbridge 9:57.3. 6400: 1. Woodbridge 22:03.7, 2. Foothill 22:26.3, 3. Orange Lutheran 22:28.4. Distance Medley: 1. Edison 12:40.1, 2. Irvine 12:49.5, 3. Newport Harbor 12:51.8, 4. Costa Mesa 13:06.4. Shuttle Hurdles: 1. Claremont 67.0. HJ: 1. Morrison (Laguna Hills) 5-2, 2. Broughton (Irvine) 5-2. TJ: 1. Ebel (Orange Lutheran) 34-8, 2. Green (Canyon) 34-2. SP: 1. Fisher (West Torrance) 39-5, 2. Bill (University) 37-3. DT: 1. Pettay (El Dorado) 120-1, 2. Bill (University) 115-0.

Covina Invitational

April 6. Azusa Pacific College.

Boys:

100: 1. Harding (San Dimas) 10.6. 200: 1. Harding (San Dimas) 21.9, 2. Ramirez (Covina) 22.3. 400: 1. Ramirez (Covina) 50.2. 800: 1. Chakitaralina (Northview) 1:55.0, 2. Guerra (Covina) 1:58.6, 3. Montez (Azusa) 1:59.4. 1600: 1. Gracie (Northview) 4:25.2, 2. Mitchell (South Hills) 4:28.7. 3200: 1. Garcia (Northview) 9:51.0, 2. Hamer (Covina) 9:58.0.

1100H: 1. Johnson (Northview) 14.8, 2. DeBerry (San Dimas) 14.9. 300 IH: 1. DeBerry (San Dimas) 39.7. 400 Relay: 1. Covina 3:29.8. 1600 Relay: 1. San Dimas 3:28.7, 2. Covina 3:29.8. PV: 1. Howard (Covina) 14-0. LJ: 1. Satterfield (San Dimas) 22-2 1/2, 2. Pound (Covina) 21.6. TJ: 1. Satterfield (San Dimas) 45-7, 2. Pound (Covina) 44-7. SP: 1. Wright (Sierra Vista) 51-8, 2. Howard (Covina) 50-9. DT: 1. Howard (Covina) 140-6.

Team Scores: 1. Covina 137, 2. San Dimas 114, 3. South Hills 78.

Girls:

100: 1. Taylor (Western Christian) 12.5. 200: 1. Taylor (Western Christian) 25.4, 2. Lynch (Covina) 26.0. 400: 1. Ogleby (South Hills) 5:27.0. 800: 1. Gomez (South Hills) 12:15.0. 1600: 1. Thomas (Northview) 15.5. 400 Relay: 1. Western Christian 50.5. 1600 Relay: 1. Western Christian 4:15.0. HJ: 1. Sanchez (La Puente) 4-10. TJ: 1. Thomas (Northview) 17-6 1/2. DT: 1. Thomas (Northview) 33-3. SP: 1. Smith (Workman) 40-1. DT: 1. Smith (Workman) 117-2.

Team Scores: 1. Northview 90, 2. South Hills 68, 3. Covina 64.

Cerritos Relays

April 6. Gahr High School.

Boys:

100: 1. Brooks (Pius X) 12.5. 200: 1. McKelvy (Gahr) 26.1. 400: 1. Bemese (Pius X) 60.5. 800: 1. Lopez (Compton) 2:32.0. 1600: 1. Pinto (Katella) 5:32.3. 3200: 1. Pinto (Katella) 11:51.0. 2. Lopez (Compton) 12:00.0. 100 LH: 1. Saudsberry (Downey) 16.7. 300 IH: 1. McKinney (Downey) 49.2. 400 Relay: 1. Pius X 50.0. 1600 Relay: 1. Pius X 4:14.5. HJ: 1. James (Whittier) 5-3. LJ: 1. Tran (Western) 16-2. TJ: 1. Flanagan (Cerritos) 32-7 1/2. SP: 1. Brown (Pius X) 32-8 1/4. DT: 1. Richards (Katella) 93.5.

Van Nuys Invitational

April 6. Birmingham High School

Boys:

100: 1. Hardaway (Chatsworth) 11.0. 200: 1. Hardaway (Chatsworth) 22.6. 400: 1. Johnston (Culver City) 50.2. 800: 1. Daires (Kennedy) 2:00.1. 1600: 1. Hartman (CC Canyon) 4:19.7, 2. Wiley (Monroe) 4:28.2. 3200: 1. Wiley (Monroe) 9:49.5, 2. DelaCorda (Hart) 9:51.2, 2. Sorel (CC Canyon) 9:57.4. 1100H: 1. Landiser (CC Canyon) 15.2. 300 IH: 1. Landiser (CC Canyon) 39.5. 400 Relay: 1. Harvard 43.2, 2. Birmingham 43.3, 3. Kennedy 43.5. 1600 Relay: 1. Canyon 3:28.5, 2. Hart 3:29.5. HJ: 1. Turner (Burbank) 6-0. PV: 1. Escobar (Birmingham) 11-0. LJ: 1. Ricketts (Culver City) 21-9 1/2. SP: 1. Lycklama (LA Baptist) 50-0.

Girls:

100: 1. Posey (North Hollywood) 12.3. 200: 1. Posey (North Hollywood) 26.3. 400: 1. Posey (No. Hollywood) 26.3. 800: 1. Anderson (LA Poly) 61.6. 1600: 1. Toledo (North Hollywood) 2:35.1. 3200: 1. Held (CC Canyon) 5:22.1, 2. DeLaCorda (Hart) 5:27.8. 3200: 1. Giles (CC Canyon) 12:17.9. 300 LH: 1. Posey (North Hollywood) 47.3, 2. Anderson (LA Poly) 47.9. 400 Relay: 1. Kennedy 51.4. 1600 Relay: 1. CC Canyon 4:27.4. HJ: 1. Pozzi (Chaminade) 4-10. LJ: 1. Terry (Kennedy) 17-2 1/2. SP: 1. Pozzi (Chaminade) 36-5.

Valencia Invitational

April 6.

Boys:

100: 1. Hazel (Gahr) 11.19MR. 200: 1. Hazel (Gahr) 23.08. 400: 1. Edwards (Valencia) 49.85, 2. Blevins (Warren) 50.8, 3. Willmore (Bonita) 50.99. 800: 1. Mahon (La Habra) 2:01.62. 1600: 1. Contreras (Bishop Amat) 4:34.91. 3200: 1. Placios (Gahr) 10:15.59. 1100H: 1. Kim (Warren) 15.72. 300 IH: 1. Windsor (Gahr) 39.61, 2. Steward (Burroughs) 39.98. 400 Relay: 1. Valencia 43.75, 2. Gahr 44.41. 1600 Relay: 1. Valencia 3:28.0. HJ: 1. Mann (Sunny Hills) 6-4. PV: 1. Gale (Diamond Bar) 13-0. LJ: 1. Sullivan (Sunny Hills) 21-2 1/4. TJ: 1. Manning (Valencia) 41-11 1/4. SP: 1. Richard (Valencia) 49-11 1/2. DT: 1. Richard (Valencia) 154-1 1/4.

Girls:

100: 1. McKelvy (Gahr) 13.49. 200: 1. McKelvy (Gahr) 27.02. 400: 1. Jacques (Valencia) 1:03.64. 800: 1. Maher (Costa Mesa) 2:27.72. 1600: 1. Killeen (Valencia) 5:17.58. 3200: 1. Killeen (Valencia) 11:09.79, 2. Ekho (Costa Mesa) 11:17.09, 3. Mather (Costa Mesa) 11:49.74. 100 LH: 1. Johnson (Sunny Hills) 16.5. 300 LH: 1. Johnson (Sunny Hills) 48.03. 400 Relay: 1. Gahr 52.46. 1600 Relay: 1. Costa Mesa 4:16.99. HJ: 1. Rusher (Estancia) 5-2. LJ: 1. Connolly (Barstow) 16-5 1/2. TJ: 1. Fatino (Valencia) 34-4 1/2. SP: 1. Beauregard (Valencia) 38-1 1/4. DT: 1. Beauregard (Valencia) 124-0.

Teams: 1. Valencia 119 1/2, 2. Gahr 71, 3. Villa Park 35-0 1/2.

Teams:

1. Valencia 126, 2. Costa Mesa and Estancia 63.

Carpinteria Invitational

April 13.

Boys:

100: 1. Tribelhorn (Moorpark) 11.26. 200: 1. Tribelhorn (Moorpark) 22.49. 400: 1. Daarden (Morro Bay) 52.98. 800: 1. Parker (Desert) 2:01.4. 1600: 1. Castner (Oak Park) 4:34.23. 3200: 1. Casiner (Oak Park) 9:57.77. 1100H: 1. Aucull (Santa Clara) 15.87. 300 IH: 1. Deardon (Morro Bay) 42.03. 400 Relay: 1. Oak Park 45.49. 1600 Relay: 1. Morro Bay 3:37.31. HJ: 1. Mason (Carpinteria) 6-2. PV: 1. Joller (Morro Bay) 14-0, 2. Godstein (Brentwood) 14-0, 3. Benedix (Morro Bay) 13-6, 4. Vega (Carpinteria) 13-0. LJ: 1. Smith (Oak Park) 20-11 1/2. TJ: 1. Alexander (Oak Park) 43-9. SP: 1. Childress (Paso Robles) 52-11 3/4. DT: 1. Hume (Dunn) 145-3.

Teams:

1. Oak Park 76, 2. Morro Bay 66, 3. Carpinteria 49.

Girls:

100: 1. Linton (Moorpark) 13.91. 200: 1. Taylor (Western Christian) 27.44. 400: 1. Thomas (Moorpark) 1:02.18. 800: 1. Ambrizak (SM St. Joseph) 2:28.16. 1600: 1. Ambrizak (SM St. Joseph) 5:40.90. 3200: 1. Hunzker (Santa Ynez) 12:25.22. 100 LH: 1. Szemerred (Bell-Jeff) 16.07. 300 LH: 1. Szemerred (Bell-Jeff) 48.09. 400 Relay: 1. Oak Park 55.21. 1600 Relay: 1. Western Christian 4:25.89. HJ: 1. Garrity (Brentwood) 5-0. LJ: 1. Frank (Oak Park) 16-10. TJ: 1. Lagie (Paso Robles) 34-5. SP: 1. Pozi (Chaminade) 34-8 3/4. DT: 1. Mansell (Oak Park) 119-10.

Teams: 1. Paso Robles 60, 2. Chaminade 57, 3. Moorpark 41.

Orange County Championships

April 13.

Boys:

100: 1. Murrell (Saddleback) 10.85, 2. Davidson (Saddleback) 10.95, 3. Chapman (Capistrano Valley) 11.16. 200: 1. Sims (Esperanza) 22.00, 2. Murrell (Saddleback) 22.04, 3. Vickers (Tustin) 22.07. 400: 1. Davis (Saddleback) 49.20, 2. Taub (Foothill) 49.32, 3. Sims (Esperanza) 49.52. 800: 1. Grant (Marina) 1:56.80, 2. Schmitt 1:56.80, 3. Nelson (El Toro) 1:58.80. 1600: 1. Unh Le (Los Amigos) 4:21.0, 2. Hancock (Newport Harbor) 4:22.10, 3. Umer (Huntington Beach) 4:23.90. 3200: 1. Lynch (Laguna Hills) 9:37.22, 2. Kenfield (Esperanza) 9:38.01, 3. Leon (Foothill) 9:38.05. 1100H: 1. Davidson (Saddleback) 14.77, 2. Busch (Newport Harbor)

PREP NOTES

14.78, 3. Muniz (Woodbridge) 15.06. 300 IH: 1. Vickers (Tustin) 38.66, 2. Busch (Newport Harbor) 39.59, 3. Muniz (Woodbridge) 39.66. 400 Relay: 1. Saddleback 42.75, 2. Capistrano Valley 44.13, 3. Tustin 44.41. 1600 Relay: 1. Esperanza 3:26.97, 2. Saddleback 3:27.63, 3. El Toro 3:29.38. HJ: 1. Carlson (Katella) 6-6, 2. Swericz (San Clemente) 6-6, 3. Cline (Kennedy) 6-2. PV: 1. Lycl (Esperanza) 14-0, 2. Bofflax (Canyon) 13-6, 3. Brizic (El Toro) 13-6. LJ: 1. Chapman (Capistrano Valley) 22-1 3/4, 2. Church (Kennedy) 21-5 1/2, 3. Smith (Esperanza) 21-5 1/4. TJ: 1. Chapman (Capistrano Valley) 47-9, 2. Church (Kennedy) 46-6 1/2, 3. Smith (Esperanza) 44-6. SP: 1. Sanford (Tustin) 53-11, 2. Allen (Capistrano Valley) 51-9 3/4, 3. Mancuso (Newport Harbor) 51-0 1/2. DT: 1. Loja (Garden Grove) 151-3, 2. Allen (Capistrano Valley) 149-9, 3. Mancuso (Newport Harbor) 147-9.

Teams: 1. Saddleback 77, 2. Esperanza 57, 3. Capistrano Valley 54, 4. Newport Harbor 36, 5. (tie) Tustin and El Toro 34, 7. (tie) Marina and Kennedy 22, 9. Woodbridge, Foothill and Katella 19.

Ventura County Championships

One of the State's stronger sections in the sport, Ventura County, held its Championships at Rio Mesa HS on Friday evening, April 26th. On an evening of almost perfect weather, there were a number of fine performances, topped by the Marion Jones show, a hit wherever she turns up.

After all the action of the previous couple of weekends (national 200m record at Arcadia 22.87 and 100m win over the nation's best at 11.38, 11.29w (100) and 53.89 (400m) wins at Mt. SAC the previous Saturday), one would have thought that Marion would have wanted a breather, but she seemed to cruise through a series of amazing efforts once again here. Action here would be 4x100 relay duty, the 400, 100, and 200 in that order. Rio Mesa raced 48.55 to take the relay, with Jones, in lane 5 in the 400 eating up everyone's stagger by the start of the backstretch on the way to a 54.52 win. In the 100, with -1.03 meters per second of wind in her face she blasted 11.54, then came back over 200 meters (wind -1.02 mps) to race a scary 23.36. This is the number two prep triple ever, topped only by Valerie Brisco's 11.57-23.77 and 53.70 from 1977 at the Arcadia Invitational. The ease with which Marion flies to her times in these competitions continues to flat out amaze observers!

There were a number of other top performances in the Meet. This is distance runner land with one thinking they were back ten or fifteen years with the very high quality of a large group of athletes. How many moderate size county championships would have 25 in the Men's races go under 10:00 for 3200 meters, as they did here? In the 1990's not many. There were a group of impressive doubles in the distances. Nikki Shaw (Fillmore) is recovering from serious blister problems, and here raced away from Stacey Auer (1000 Oaks) 5:07.40-5:10.70 in the 1600, and returned to take the 800 at 2:14.25 over Jessica Graham (Westlake, Westlake Village) 2:15.50 and Deena Drossin (Agoura) 2:16.40. Drossin returned in the 3200, with Jeannie Rothman (Westlake, WV) for company through a 5:11.6 first 1600, before Deena broke away to a 10:34.76 win. Rothman pr'd by about 8 seconds to 10:42.35, with four athletes now in the Marmonte League at 10:47 or better. Unfortunately, Veronica Barajas (Channel Islands, Oxnard), 5th in the Kinney Nationals in Cross Country, has stress fractured out of the next month. Ken Gerry (Camarillo) was impressive on the Men's side in the distance. He was a comfortable winner in the 1600 at 4:20.95 over improving Agoura soph Ryan Wilson (4:22.61), with a 32.2 final 200 putting away Jorge Barajas (Fillmore) 9:21.20-9:22.53 in the 3200.

Channel Islands junior Stewart Ellington improved to 9:22.59 in 3rd. Brian Dawson (Westlake, WV) took the 800 in 1:55.92.

Alycia Burnham (Rio Mesa) had her best day ever in the Hurdles, racing to fine 14.43w (100m LH wind +2.71) and 45.3 (300m LH) wins. Moorpark's Kevin Tribelhorn will do some damage in the Section 1A sprint finals, racing 10.87 (100m wind -1.47 mps) and 22.07 (200m -1.52 mps) in putting away some good people in the Men's sprints. Westlake took the Women's 4x400 event with Jessica Graham anchoring the 4:01.92 win with a 58.8 leg, while teammate Erik Holcomb's 48.1 anchor pulled the Men's group into second at 3:24.51 behind Hueneme's (Oxnard) 3:24.35 win.

Boys Results

100: 1. Tribelhorn (Moorpark) 10.87, 2. Terry (Hueneme) 11.12, 3. Krill (ThousOaks) 11.27. 200: 1. Tribelhorn (Moorpark) 22.07, 2. Krill (ThousOaks) 22.47, 3. Holcomb (Westlake) 22.49. 400: 1. Holcomb (Westlake) 49.95. 800: 1. Dawson (Westlake) 1:55.92, 2. Spayde (ThousOaks) 1:56.33, 3. Winslow (Rio Mesa) 1:57.62. 1600: 1. Gerry (Camarillo) 4:20.95, 2. Wilson (Agoura) 4:22.61, 3. Barajas (Fillmore) 4:24.00. 3200: 1. Gerry (Camarillo) 9:21.20, 2. Barajas (Fillmore) 9:22.52, 3. Ellington (Channel Islands) 9:22.59. 110 HH: 1. Wesley (Simi Valley) 14.91, 2. Maashoff (Westlake) 15.06, 3. Dominguez (Ventura) 15.40. 300 IH: 1. Maashoff (Westlake) 39.19, 2. Caso (ThousOaks) 39.30, 3. Durmiendo (Channel Islands) 39.79. 400 Relay: 1. Thousand Oaks 43.15, 2. Westlake 43.56, 3. Hueneme 43.47. 1600 Relay: 1. Hueneme 3:24.35, 2. Westlake 3:24.51, 3. Rio Mesa 3:25.24.

HJ: 1. Ross (Royal) 6-4, 2. Stout (Ventura) 6-4, 3. Waldrop (Westlake) 6-4. PV: 1. Crumde (Camarillo) 13.6. LJ: 1. Carrillo (Rio Mesa) 22.0w, 2. Ross (Royal) 21-10 1/2w. TJ: 1. Ross (Royal) 45-7 3/4, 2. Alexander (Oak Park) 44-7 3/4. SP: 1. VanScoy (Rio Mesa) 56-6 3/4, 2. Righetti (Ventura) 53-5 1/4, 3. Hatch (Buena) 52-3 1/2. DT: 1. McKeown (Newbury Park) 162-3, 2. Righetti (Ventura) 161-2, 3. Van Scoy (Rio Mesa) 154-0.

Girls Results

100: 1. Jones (Rio Mesa) 11.54, 2. Frank (Oak Park) 12.46. 200: 1. Jones (Rio Mesa) 23.36, 2. Grosser (Westlake) 26.53. 400: 1. Jones (Rio Mesa) 54.52, 2. Ward (Ventura) 59.71, 3. Rogers (Channel Islands) 59.78. 800: 1. Shaw (Fillmore) 2:14.25, 2. Graham (Westlake) 2:15.50, 3. Drossin (Agoura) 2:16.40. 1600: 1. Shaw (Fillmore) 5:07.40, 2. Auer (ThousOaks) 5:10.70, 3. Spellman (Nordhoff) 5:16.24. 3200: 1. Drossin (Agoura) 10:34.76, 2. Rothman (Westlake) 10:42.35, 3. Aparicio (Fillmore) 11:04.80. 100 LH: 1. Burnham (Rio Mesa) 14.43w, 2. Sprawl (ThousOaks) 15.25, 3. Hanger (ThousOaks) 15.34. LH: 1. Burnham (Rio Mesa) 45.3, 2. Sofis (ThousOaks) 46.3, 3. Hanger (ThousOaks) 46.8. 400 Relay: 1. Rio Mesa 48.55, 2. Thousand Oaks 50.29, 3. Channel Islands 51.29. 1600: 1. Westlake 4:01.92, 2. Camarillo 4:03.22, 3. Ventura 4:06.87.

HJ: 1. Nordstrom (ThousOaks) 5-4, 2. Knudsen (Rio Mesa) 5-4, 3. Muir (Newbury Park) 5-2. LJ: 1. Frank (Oak Park) 18-0 1/4w, 2. Nordstrom (ThousOaks) 17-6 1/2, 3. Burnham (Rio Mesa) 17-3. TJ: 1. Sprowl (ThousOaks) 36-3. SP: 1. Brownlee (Westlake) 39-4, 2. Kleinmans (Santa Paula) 37-8 1/2, 3. Tsusu (Channel Islands) 37-8 1/2. DT: 1. Shannon (ThousOaks) 120-7, 2. Mansell (Oak Park) 119-10, 3. Tuimolou (Channel Islands) 119-7.

Clairemont Girls Invitational

April 26, Pomonca College.

100: 1. Jones (Hawthorne) 12.61, 2. Frost (Locke) 12.64, 3. Taylor (Western Christian) 12.68. 200: 1. (tie) Taylor (Western Christian) and Jones (Hawthorne) 25.37w, 3. Sutton (Hesperia) 25.50. 400: 1. Gilford (Hawthorne) 59.70, 2. Sutton (Hesperia) 59.73. 800: 1. Dahbert (El Modena) 2:18.38, 2. Monson (Clairemont) 2:23.76. 1600: 1. Monson (Clairemont) 4:49.2, 2.

MacDougall (Crescencia Valley) 5:02.2, 3. Bryant (Buena) 5:05.4. 3000: 1. Sanchez (Nogales) 11:02.35. 100 H: 1. Bernard (Nogales) 14.91, 2. Mays (Hawthorne) 15.22, 3. Sims (Nogales) 15.50. 400 H: 1. Bernard (Nogales) 64.66, 2. Bethel (Elwanda) 65.36, 3. Sutton (Hesperia) 66.94. 400 Relay: 1. Locke 49.54, 2. Blair 50.12, 3. Western Christian 50.39. 1600 Relay: 1. Hawthorne 4:09.01, 2. LA Banning 4:10.90, 3. Locke 4:12.20. 3200 Relay: 1. Buena 9:47.21, 2. Etiwanda 9:50.86, 2. Hawthorne 10:06.60. 800 Medley Relay: 1. Locke 1:50.19, 2. Hawthorne 1:51.68, 3. Western Christian 1:51.92, 4. Etiwanda 1:54.42. Distance Medley Relay: 1. Etiwanda 13:19.49. Shuttle Hurdle Relay (30 Inches) 1. Hawthorne 64.88, 2. Claremont 66.26, 3. Etiwanda 68.66. HJ: 1. Paikie (Buena) 5-4 1/4. LJ: 1. Rands (Claremont) 16-9 1/2. TJ: 1. Lang (Compton, Centennial) 38-5w. SP: 1. McVey (Redlands) 38-0 1/4, 2. Riney (LaCanada) 37-4 1/2. DT: 1. McVey (Redlands) 150-8, 2. Heilmann (Etiwanda) 132-9, 3. Whitaker (Nogales) 120-8, 3. Bryant (Hesperia) 113-10. Team Scores: 1. Claremont 90, 2. Hawthorne 85, 3. Buena 80, 4. Etiwanda 58, 5. Nogales 49 1/2.

Southern Section League Finals

April 26, Cuesta College.

Boys Results

100: 1. Lindsey (Cabrillo) 10.8. 200: 1. Lindsey (Cabrillo) 22.4. 800: 1. Stowe (Morro Bay) 2:00.0. 400 Relay: 1. Cabrillo 43.0, 2. Morro Bay 43.8, 3. Santa Ynez 44.4. 1600 Relay: 1. Cabrillo 3:31.0. HJ: 1. Greenbury (Cabrillo) 6-4. PV: 1. Benedix (Morro Bay) 13.0. TJ: 1. Robinson (Cabrillo) 46-7, 2. Esparza (Paso Robles) 45-9 1/2, 3. Scoggin (Santa Ynez) 44-8 1/2. SP: 1. Willis (Cabrillo) 59-10, 2. Childress (PR) 54-1 1/2. DT: 1. Willis (Cabrillo) 175-2, 2. Degnan (Atascadero) 171-4.

League Preliminaries

Northern League

April 26, Santa Maria High School.

Boys Results

800: 1. Quintana (Arroyo grande) 1:51.7, 2. Menon (San Luis Obispo) 1:57.2, 3. Divergillo (San Luis Obispo) 1:59.5. 1600: 1. Quintana (Arroyo Grande) 4:12.1, 2. Dunn (Arroyo Grande) 4:30.1.

Southern Section League Finals Los Padres League

April 26, Cuesta College.

800: 1. Ambrozsk (Santa Maria St. Joseph) 2:23.3. 1600: 1. Lacovera (Morro Bay) 5:11.7, 2. Ambrozak (SMSJ) 5:26.0. 3200: 1. Lacovera (MB) 11:43.2. HJ: 1. Johnson (Cabrillo) 5-2, 2. Dockery (RP) 5-2. TJ: 1. Lagle (PR) 34-4 1/2. SP: 1. Dockery (RP) 34-5.

Sunshine League

April 26, Harvard High School.

1600: 1. Bushnell (Marymount) 5:32.0. 400 Relay: 1. Marborough 51.2. HJ: 1. Jones (LA Westlake) 5-2.

See Arcadia Invitational and Mt. SAC results, elsewhere in this issue.

SoCAL DIARY

By Bill Minarik

March 11

A few UCLA Bruins made their way back to the NCAA Indoor Championships and walked away with 2 gold medals in the shot. Tracy Millett upped her PR indoors to 54-3 1/4 while Eric Bergreen went out to 62-10 1/2. Janeene Vickers added a 5th in the 55 meter hurdles.

On the Community College track scene, some major dual meets in the men's division saw Long Beach overpower El Camino 87-58, Fullerton crush Saddleback 98-40, Mira Costa just nip San Diego Mesa 73-72, Riverside over Fullerton 91-50 and Glendale getting by Santa Barbara, Valley, and Canyons 67-59-42-7. The only women's dual meet reported saw Fullerton just getting by Saddleback 70-65.

March 18

The big showdown of the Community College dual meet season took place last Saturday, and at that one the Long Beach CC Vikings clearly outclassed the Mt. SAC Mounties men 91-54.

In the Prep ranks, Arroyo Grande took both boys and girls divisions of the San Luis Obispo Championships by scores of 165-119 over San Luis Obispo and 179-74 over Paso Robles. At the Northridge/Alemany Invitational, the girls took the center stage with Rio Mesa's Marion Jones won the 100 in 11.65 and then anchored her school to 3 relay victories. At the Brea-Olinda Relays, the girls from Woodbridge outscored runner-up Sonora 90-76, while the Diamond Bar boys out-ran runner-up Santa Fe 61-52.

At the Long Beach Invitational, the Cal State Northridge men showed that they were up to being in Division I as they flew by the runner-up air force 149-130. The women's competition went down to the 1600 relay with San Diego St. edging out Cal State Long Beach 115-112. Out at Cal Poly Pomona, the Army was in town and looked just as potent as it did in Kuwait as it ran by CPP and CS Fullerton 171-122-50 in the men's meet and 137-73-28 in the women.

At Westwood, the UCLA men, who are somewhat down this year, were defeated by a potent Texas squad 83-71, while the Lady Bruins eased by a tough Fresno State squad 80-56.

Down at UC Irvine, the Anteater men took a 5-way meet over Utah St., CS Hayward, Cornell and Weber St. 163-142-103-96-89. However, the Ladies from Texas were in town

and took it to the Lady Anteaters along with Cornell, Utah St., Weber St., and Texas Tech by a 178-140-77-67-41-22 count.

At the Golden State Athletic Conference Championships at Azusa-Pacific, the home team men, as expected, were easy 149-104 winners over runner-up Pt. Loma Nazarene. However the P-L women came back to edge A-P 134-128.

March 25

A number of Prep Invitationals highlighted the week-end's track activity with the Bishop-Amat Invitational at Mt. SAC being the featured attraction. At that one, Long Beach Wilson High used its sprint strength to capture both boys and girls championships by scores of 89-63 over Nogales and 88-46 over Payson Arizona. At the Santa Barbara Relays, Rio Mesa's Marion Jones won the 100 in 11.65 and then anchored her school to 3 relay victories. At the Brea-Olinda Relays, the girls from Woodbridge outscored runner-up Sonora 90-76, while the Diamond Bar boys out-ran runner-up Santa Fe 61-52.

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April 1

There were a number of non-scoring Prep Invitationals last week including Mt. Carmel, Long Beach Wilson, and Arroyo High. However no major marks were achieved.

Up at Berkeley, UCLA's men and women engaged the Bears and Arizona in double dual meets with the Bruins men, thanks to their weight corps, coming out on top 86-77 and 92-64. The Lady Bruins weren't quite as fortunate, having to settle for a 72-72 tie with the Wildcats after easing by California 92-52. The big news for the shorthanded Bruins was

freshman thrower Dawn Dumble who posted a PR in the shot at 53-8 to edge out teammate and NCAA champ Tracy Millett.

Down at UC Irvine, BYU was in town and came away men's and women's wins in multi-meet affairs. The Cougar men topped the Air Force, UCI, Cal Poly Pomona, and CS Fullerton 287-219-205-124-56, while the women just did edge out UCI, A-F, and CSF 245-238-158-28. Most of the rest of SoCal schools were at the Northridge Invitational where the Matador's Darcy Arreola notched an impressive 800-1500 double.

April 6

The Sun Angel Invitational at Tempe, Arizona saw a few local athletes honing their skills for the big meets ahead including UCLA's Janeene Vickers, who notched a couple of 3rd's in the 100 and 100 hurdles. In addition, the Bruins' Tracy Millett upped her outdoor shot PR to 54-8 1/2 while finishing just behind Olympian Bonnie Dasse.

Up at the Fresno Relays, the hometown FSU Bulldogs gave the fans a real treat by finishing ahead of runner-up UC Berkeley 60-59 in the men's competition and 71-45 for the women's championship. Top marks at that meet came from Mike Buncic of Mazda with a PR and WL 227-7 in the discus. Mike Graville of Taft CC also posted a national leading CC mark of 201-0 in that event.

The Oakland Relays in Berkeley was the featured Prep attraction last week and Marion Jones, as usual, was the featured individual. She didn't disappoint the crowd as she destroyed the 100 meter field in a national age-15 record of 11.40 and then returned to post a train-length victory in the 400.

In a scoring Invitational at Azusa-Pacific College, the Covina High boys took the championship over runner-up San Dimas High 137-114 while the Northview girls came out 90-68 victors in front of runner-up South Hills.

At the Small School Community College Division of the Fresno Relays, the Mira Costa men destroyed the field and runner-up Sequoias 99-49 while the Hartnell girls were team winners over Shasta 72-53.

RESULTS

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

Visa/SFSU Invitational Decathlon

March 29, 30, San Francisco State University.

Overall Results

1. Mike Bennett (Northern Colorado) 7221,
 2. Erik Stunes (San Francisco State) 6621,
 3. Rob Martin (Univ. of Colorado) 6609,
 4. Dave Wetzel (San Francisco State TC) 6485,
 5. Rich Hesketh (Calgary West TC) 6437,
 6. Cameron Chell (Calgary West TC) 6239,
 7. Morgan Altstot (San Francisco State) 6110,
 8. Tim Fielder (Northern Colorado) 5957,
 9. Jerry Rollins (Sonoma State) 5857,
 10. Nick Rocherolle (Unat.) 5842.
11. Sean Stone (San Francisco State) 5820,
12. Kyle Hopkins (Sonoma State) 5510,
13. Steve Peralta (Humboldt State) 4855,
14. Jeff McCord (Sonoma State) 4224.

Riverside Invitational

April 6, UC Riverside.

Men's Results

- 100: 1. Wilson (LBCC) 10.55, 2. Lawson (Riverside CC) 10.65, 200: 1. Wilson (LBCC) 21.1, 2. Lawson (Riverside CC) 21.3, 3. Fleming (Riverside CC) 21.7, 400: 1. Dale (LBCC) 48.27, 800: 1. Homela (Riverside CC) 1:51.59, 1500: 1. O'Neill (LBCC) 3:53.11, 2. Rhodes (Riverside CC) 3:55.96, 5000: 1. Polonski (Riverside CC) 14:20.89, 10,000: 1. Reed (Gardena Valley) 30:33.4, 110 HH: 1. House (SDTC) 14.38, 400 IH: 1. Gibson (LBCC) 52.70, 3000 SC: 1. Ashford (LBTC) 8:46.3, 400 Relay: 1. Riverside CC 40.99, 2. Long Beach CC 41.14, 3. Grossmont 42.68, 1600 Relay: 1. Long Beach CC 3:12.45, 2. Azusa Pacific 3:14.18, 3. Riverside CC 3:19.24.

- HJ: 1. Woods (Riverside CC) 6-8, 2. Beall (Azusa-Pacific) 6-8, 3. (tie) Alexander (West LA) and Harten (Riverside CC) 6-8, 5. Banks (Riverside CC) 6-8, LJ: 1. Scott (LBCC) 25-1, 2. Price (Grossmont JC) 24-6 3/4, TJ: 1. Norog (Club Addidas) 53-5 1/4, 2. Harper (Unat.) 53-2, 3. Bush (LBCC) 50-4 1/2, 4. Scott (Long Beach CC) 49-11 3/4, PV: 1. Johnson (Reebok) 16-0, SP: 1. Wright (Unat.) 50-10 1/2, DT: 1. Soihang (Riverside CC) 193-0, HT: 1. Sergeant (UC San Diego) 199-9, 2. Sutherland (Commonwealth AC) 194-5, 3. Thiss (Calvin TC) 188-8, 4. Johnson (Antelope Valley JC) 184-3, 5. Mezich (Unat.) 182-9, TJ: 1. Morgan (Trilon AC) 198-9.

Women's Results

- 100: 1. Valleni (UC Riverside) 12.77, 200: 1. Davis (Calgary TC) 26.38, 400: 1. DeVries (Azusa Pacific) 59.65, 800: 1. Nanister (San Diego TC) 2:15.22, 1500: 1. Harvey (Antelope Valley JC) 4:44.05, 3000: 1. Bartholomew (UCLA) 10:13.8.

- 100 H: 1. Fritz (UC San Diego) 16.04, 400 H: 1. Jagielski (UC San Diego) 66.38, 400 Relay: 1. UC San Diego 50.39, 1600 Relay: 1. UC Riverside 4:07.70.

- HJ: 1. Harris (LBCC) 5-4, LJ: 1. Lee (Riverside CC) 17-3, TJ: 1. Johnson (Antelope Valley JC) 35-5 1/2, SP: 1. Arrington (Antelope Valley JC) 38-5, DT: 1. Pagel (Mazda) 178-4, 2. Arrington (Antelope Valley JC) 139-11, JT: 1. Octavo (UC San Diego) 129-3.

Mt. SAC Relays JC Portion

April 19, Mt. SAC College, Walnut.

Men's Results

- 1500 (Inv.): 1. Woods (Hancock) 3:54.12, 2. Lugo (Mexico) 3:54.71, 3. Strachan (Glendale, AZ) 3:55.56, 4. Lugo (Fullerton) 3:57.13, 5. Rowtham (El Camino) 3:57.35, 6. Gray (Mesa, AZ) 3:59.6, Open: 1. Watts (Bakersfield) 4:02.3.

- 110 HH (Inv.): 1. Franklin (Long Beach) 14.8, 2. Lacy (El Camino) 15.0, 3. Pouncy (Cerritos) 15.0, (Race 1) 1. Dowbell (Taft) 14.3, 2. Campbell (Long Beach) 14.7, 3. Abramson (Glendale, AZ) 15.0, 4. Cunningham (Glendale, AZ) 15.0, (Race 2) 1. Wade (Grossmont) 14.56.

- 400 IH (Inv.): 1. Gibson (Long Beach) 52.01, 2. Lacy (El Camino) 54.80, 3. Schwartz (Mt. SAC) 55.98, (Race 1) 1. Ayers (Cerritos) 53.33, 2. Lewis (SD Mesa) 54.34, (Race 3) 1. Sanders (Long Beach) 55.1, (Race 4) 1. Ishimanga (Santa Monica) 55.41.

- 3000 SC: 1. Haskell (El Camino) 9:26.6, 2. Cartwright (Mesa, AZ) 9:32.9, 3. O'Donnell (Int'l Athletics Exchange) 9:38.9, 4. Stewart (Orange Coast) 9:42.3, 5. Tobler (Int'l Ath. Ex.) 9:46.2.

- 400 Relay (Inv.): 1. Merritt 40.09, 2. Carritos 41.75, 3. San Bernardino 42.71, 4. Phoenix 42.71, (Race 1) 1. Grossmont 42.36, (Race 2) 1. Compton 42.20, 2. Glendale, AZ 42.30, 3. San Diego 42.32.

- 800 Relay (Inv.): 1. Merritt 1:22.93, 2. Taft 1:25.83, 3. Cerritos 1:25.86, 4. Trade Tech 1:28.76, 5. Long Beach 1:28.94, (Race 1) 1. Glendale AZ 1:28.97, 2. Mt. SAC 1:29.33, (Race 2) 1. Grossmont 1:29.27, 2. Phoenix 1:29.32, 3. San Diego 1:29.41.

- 1600 Relay (Inv.): 1. Merritt 3:09.20MR, 2. Long Beach 3:09.53, 3. Cerritos 3:15.4ht, 4. SD Mesa 3:19.19, (Open) 1. Orange Coast 3:19.73, 2. Rancho Santiago 3:21.59, 3. Mesa AZ 3:22.59.

- 3200 Relay: 1. Long Beach 7:44.85, 2. Mesa AZ 7:46.31, 3. Glendale AZ 7:46.65, 4. Fullerton 7:54.71.

- 6400 Relay: 1. Mt. SAC 17:24.46, 2. Long Beach 18:13.14, 3. Ventura 18:35.97, 4. Grossmont 18:43.91.

- Sprint Medley Relay (Inv.): 1. Mt. SAC 3:29.24, 2. Ventura 3:29.99, 3. MiraCosta

- 3:31.21, 4. Trade Tech 3:32.72, 5. SD Mesa 3:32.93, (Open) 1. Fullerton 3:32.20, 2. Compton 3:33.26, 3. San Diego 3:35.99, 4. Cerritos 3:36.14.

- Distance Medley Relay: 1. El Camino 10:30.41, 2. SD Mesa 10:31.55, 3. Phoenix 10:35.06.

- Shuttle Hurdle Relay: 1. Long Beach 1:01.5ht, 2. Mt. SAC 1:07.16.

- High Jump: 1. Masuga (Mt. SAC) 7-2MR, 2. Thomas (Long Beach) 7-2, 3. DeBerry (Taft) 6-11, 4. Alexander (West LA) 6-11, 5. Bowling (Santa Monica) 6-9, 6. Cunningham (Glendale AZ) 6-7, 7. Scatiff (LACC) 6-7, 8. Harten (Riverside) 6-7.

- Pole Vault (Inv.): 1. Lawrence (San Jose) 15-7, 2. Loherer (SD Mesa) 15-7, 3. Stone (Mt. SAC) 15-7, 4. Tapia (East LA) 15-0, (Open) 1. Degan (Mira Costa) 14-8.

- Long Jump: 1. Duff (Riverside) 25-11 3/4MR, 2. Price (Grossmont) 26-0, 3. Waller (Taft) 24-11, 4. Rogers (Mt. SAC) 23-10, 5. Scott (Long Beach) 23-5.

- Triple Jump (Inv.): 1. Johnson (Long Beach) 50-9, 2. Bush (Long Beach) 49-2, 3. Stanford (Long Beach) 48-10, 4. Alexander (West LA) 48-7, 5. Tharrington (Fullerton) 48-8, (Open) 1. Thompson (Santa Barbara) 46-2.

- Shot Put (Inv.): 1. Kirchoff (Saddleback) 57-2, 2. Wiley (Fullerton) 53-11 1/4, 3. Capes (Fullerton) 53-10 1/2, 4. Bustamante (Citrus) 52-9 1/4, 5. Wright (SD Mesa) 51-4 1/2.

- Discus (Inv.): 1. Velarde (Long Beach) 161-9, 2. Clark (Mt. SAC) 161-7, 3. Cummings (SD Mesa) 160-8, 4. Paoli (Pima) 159-2, 5. Bustamante (Citrus) 157-10, (Open) 1. Dickerson (Hancock) 158-8.

- Hammer: 1. Johnston (Antelope Valley) 189-2, 2. Hecich (SD Mesa) 175-6, 3. Clark (Mt. SAC) 173-2, 4. Wright (SD Mesa) 169-0, 5. Wiley (Fullerton) 167-4.

- Javelin (Inv.): 1. Vaal (Mexico) 218-4, 2. Lopez (Mexico) 200-1, 3. Dial (Pima, AZ) 194-10, 4. Pollock (Hancock) 177-4, 5. Borosmamaki (Scottsdale, AZ) 177-3, (Open) 1. Kohler (Pasadena) 163-2.

Women's Results

- 1500: 1. Padilla (East LA) 4:35.77, 2. Castfruita (Mt. SAC) 4:40.96, 3. Ronnerman (Mt. SAC) 4:41.47, 4. Burnett (Phoenix) 4:48.1, 5. Righer (Moorpark) 4:41.71.

- 3000: 1. Tracy (El Camino) 10:12.2, 2. Ojeda (Pasadena) 10:16.4, 3. Cleary (Foothill) 10:28.

- 100 H: 1. Anthony (Glendale, AZ) 14.35, 2. Molette (El Camino) 15.17, 3. Hall (Cerritos) 15.26, 4. McCallum (Agoura) 15.45.

- 400 H: 1. Tyson (SD Mesa) 63.07, 2. Anthony (Glendale AZ) 65.24, 3. Pregman (SD Mesa) 65.53, 4. Dietzel (El Camino) 65.73.

- 400 Relay (Inv.): 1. El Camino 46.76, 2. Taft 48.78, 3. Riverside 49.66, 4. Cerritos 49.80, (Race 1) 1. El Camino No. 2 49.43.

- 1600 Relay (Inv.): 1. El Camino 3:51.88, 2. SD Mesa 3:56.31, 3. Taft 3:58.96, 4. Hancock 4:04.05, (Race 1) 1. El Camino No. 2 4:00.51, 2. Riverside 4:00.95.

- 3200 Relay: 1. El Camino 9:22.83, 2. Int'l Ath. Ex. 9:31.16, 3. Phoenix 9:42.95, 4. Glendale AZ. 9:55.62, 5. Pima, AZ. 9:58.00.

- 800 Medley Relay (Inv.): 1. El Camino 1:44.91, 2. Taft 1:45.88, 3. El Camino No. 2 1:48.42, 4. SD Mesa 1:48.87, (Race 1) 1. Ventura 1:53.31.

- Distance Medley Relay: 1. Mt. SAC 12:24.38, 2. Pima (AZ) 13:10.57, 3. Santa Monica 13:34.38.

- High Jump: 1. Anthony (Glendale, AZ) 5-5, 2. Kym (Int'l Ath. Ex.) N.M., 3. Stainer (Glendale, AZ) 5-3.

- Long Jump: Allen (El Camino) 18-8 1/2, 2. Johnson (SD Mesa) 17-6 3/4, 3. Holmes (El Camino) 17-0 3/4.

- Triple Jump: 1. Johnson (SD Mesa) 39-5 3/4, 2. Peterson (Santa Barbara) 37-2, 3. Harris (Long Beach) 35-8 1/2.

- Shot Put: 1. Ainley (Glendale, AZ) 45-10 1/2, 2. Misa (SD Mesa) 40-2, 3. Anderson (SD Mesa) 39-10 3/4.

- Discus (Inv.): 1. Ainley (Glendale, AZ) 164-2, 2. Arrington (Antelope Valley) 141-0, 3. Misa (SD Mesa) 139-7, 4. Cochran (Ventura) 135-6, 5. Anderson (SD Mesa) 131-3, (Open) 1. Dice (SD Mesa) 124-0, (Open) 1. Nugent (Int'l Ath. Ex.) 120-2.

- Javelin: 1. Marshall (Pima) 132-5, 2. McBurney (Int'l Ath. Ex.) 132.5, 3. Anderson (Saddleback) 127-9.

University/Open Divisions

April 20-21, Mt. SAC College, Walnut.

Men's Results - Saturday

- 100m: 1. Ron Clark (Stephen Austin U) 10.42, 2. WC Morrison (Fresno St) 10.50, 3. Chris Huffins (CAL) 10.50, 4. Kevin Hendrix (CSU Northridge) 10.60, 5. Don Richards (Vancouver) 10.61.

- 200m: 1. Haron Davis (Tennessee) 20.55, 2. Davis Sheperd (Texas Tech) 21.11, 3. Aaron Davis (Unat) 21.22, 4. Don Richards (Vancouver Olym.Club) 21.23, 5. Tony Ezvika (U of New Mexico) 21.46.

- 400m: 1. Neil DiSilva (LA Trade Tech) 46.57, 2. Dennis Paul (Azusa Pacific) 47.44, 3. Waller (Web) 47.68, 4. Glover (No. Arizona) 47.85, 5. Keith Mouton (Nike AC) 48.06.

- 800m: 1. Robert Keter (Pt. Loma) 1:50.65, 2. Eric McBride (Unat.) 1:51.27, 3. Sunder Nix (Nike/Indiana) 1:51.86, 4. Marsee (Nebraska) 1:52.05, 5. Takatoshi Komatsu (Goldwin TC) 1:53.31.

- 3000m SC: (no times available) 1. Danny Lopez (Oregon), 2. Dannie Reese (US West), 3. Jon Warren (Nike Texas).

- 5000m: 1. Marcos Barreto (Federacion Mexicana) 13:30.58, 2. Terry Brahm (Nike/Indiana) 13:31.31, 3. Ignacio Frago (Fede-

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racion Mexicana) 13:32.25, 4. Bob Kennedy (Indiana) 13:33.76, 5. Mauricio Hernandez (Federacion Mexicana) 13:38.71.

10,000m: 1. O'Mare (Mazda) 27:58.01, 2. Aaron Ramirez (Mizuno) 27:59.70, 3. John Halvorsen (Mazda) 28:00.6, 4. William Musoki (Kenya) 28:04.1, 5. Tom Ansbery 28:12.4.

4x100m Relay: 1. Santa Monica TC 38.33, 2. Univ. of Tennessee 39.44, 3. Texas A&M 40.21, 4. Nebraska 40.24, 5. Blinn College 40.27.

4x200m Relay: 1. Merritt 1:23.84, 2. Great Britain 1:24.09, 3. Team Patriots USA 1:27.69, 4. CSU Northridge 1:28.03.

LJ: 1. Mike Powell (Footlocker) 27-5 1/2, 2. Joe Greene (NYAC) 27-4 1/2, 3. Larry Myricks (SoCal Cheetahs) 27-2 3/4, 4. Gordon McKee 26-5, 5. Andre Ester (Mazda) 25-11.

HJ: 1. Harrison Carrington (Blinn Texas) 6-10, 2. Denny Sepehr (USC) 6-8 3/4, 3. Undraa Walker (CSU Stanislaus) 6-10 3/4, 4. Brent Vaughan (U of Colorado) 6-10 3/4, 5. Steve Owens (U of S.Carolina) 6-8 3/4.

Pole Vault: 1. Brent Burns (UC Berkeley) 17-6 1/2, 2. Frank Burke (Atascadero Sky-jumper) 17-0 3/4, 3. Nick Hysong (Arizona St) 17-0 3/4, 4. Donny Signorelli (Texas A&M) 17-0 3/4, 5. Jay Borick (UCLA) 16-6 3/4.

Javelin: 1. James Woods (CSLA) 196-11, 2. Chris Anderson (Arizona Puma TC) 181-10, 3. Matt Pendleton (Fresno St) 180-2.

Shot Put: 1. Tony Smiderle (CSU Hayward) 53-10 1/2, 2. Christa Vonstentzch (Unat.) 50-2 1/2, 3. Jared Wright (Mazda/Mesa) 50-1 3/4, 4. Bonner Montler (San Diego St) 49-3 1/2, 5. Cary Cooper (CSU Stanislaus) 47-11 3/4.

Discus: 1. John Godina (Westwood TC) 192-3, 2. Ramon Jimenez (Cal) 183-5, 3. Hakan Karberg (Southwest Texas) 182-9, 4. Clint England (U of Wisconsin) 180-10, 5. Lance Davenport (Unat.) 180-8.

Hammer: 1. Evan Brown (Dartmouth) 208-1, 2. Ro James (Fresno St) 201-3, 3. Patrick McGraf (Manhattan) 198-10, 4. Mari-ono Williams (CPP) 195-2, 5. Brian Murer (So.Methodist) 194-10.

Men's Results - Sunday

100m: (Inv.) 1. Mike Marsh (SMT) 10.00, 2. Davidson Ezinwa (Azusa Pacific) 10.08, 3. Olapade Adeniken (UTEP) 10.14, 4. Floyd Heard (SMT) 10.16, 5. Jeff Williams (SSTC) 10.28.

200m: 1. Tim Williams (San Diego TC) 20.45, 2. Ron Clark (Stephen Austin U) 20.69, 3. Rod Green (Texas Tech) 20.71, 4. Peter Ogilvie (Vancouver Olym.Club) 20.82, 5. Konezana (Japan) 21.32. (Inv.) 1. Devlon Dunn (Doldwin) 20.32, 2. Jeff Williams (Unat.) 20.47, 3. Greg Foster (World Class) 20.53, 4. Kevin Little (US West) 20.69, 5. Raymond Pierre (Unat.) 20.92.

400m: 1. Anthony Wilson (No. Arizona) 46.74, 2. Trevor Graham (Nike AC) 46.76, 3. Ed Lovelace (ASU) 46.76, 4. George Porter (Reebok RC) 47.51, 5. Roger Franklin (Reebok RC) 47.83. (Inv.) 1. Quincy Watts (USC) 45.78, 2. Chip Jenkins (Nike AC) 45.91, 3. Tony Ezvika (U of NM) 46.96, 4.

Koji Ito (Japan) 47.23, 5. Watnabe (Japan) 47.33.

800m: 1. Martin Johns (Adams St) 1:50.48, 2. Joe Tamblin (Berkeley TC) 1:51.59, 3. Matt Large (San Diego St.) 1:52.19, 4. Luis Karin Toledo (Federacion Mexicana) 1:52.28, 5. Dan Held (Sonoma St.) 1:52.28.

1500m: 1. Ernie Freer (Unat.) 3:46.90, 2. Eric McBride (Unat.) 3:48.19, 3. Keith Allen (Nike/Indiana) 3:49.65, 4. Ben Thurman (UCB) 3:49.71, 5. Luiz Martinez (Glendale) 3:50.32. (Inv.) 1. Mark Deady (Nike/Indiana) 3:43.24, 2. Frank Wiegman (Holland) 3:43.64, 3. Paul Greer (San Diego TC) 3:43.90, 4. Mike Macinko (Goldwin TC) 3:43.99, 5. Mauricio Hernandez (Federacion Mexicana) 3:44.11.

5000m: 1. Jame Bungei (Lubbock Chirst.) 13:54.2, 2. Adalberto Velez (Mexico) 13:55.0, 3. Roberto Ramirez (Federacion Mexicana) 13:53.9, 4. Romero (Mexico) 14:01.3, 5. Marcelino Mareteiz (Mexico) 14:15.1.

10,000m: 1. Eduardo Fiero (Mexico) 29:50.6, 2. Chacon Salvador (Mexico) 30:28.8, 3. Joe Winegardner (Unat.) 30:29.4, 4. Dave Beaudet (USC) 30:54.0, 5. Phil Costello (Adam St) 31:05.7.

110m HH: 1. Richard Buchner (Jamaica) 13.62, 2. Terry Johnson (Unat.) 13.67, 3. Pat Duffy 13.75, 4. Malcolm Dixon (Unat.) 13.80, 5. Greg Williams (Texas A&M) 13.86.

400m H: 1. Andrew Dean-Hell (Nike AC) 52.17, 2. Lincoln Green (UC Berkeley) 52.29, 3. Rodney Belk (NAU) 53.02, 4. Cordell Smith (Central Arizona) 54.48.

4x100m Relay: 1. Stars & Stripes 39.90, 2. Blinn 41.52, 3. San Francisco State 41.12, 4. UC Irvine 41.26, 5. (tie) CSU Hayward and Northern Arizona 41.55.

4x200m Relay: 1. Mazda/LA 1:21.50, 2. Santa Monica TC 1:22.96, 3. Texas Tech 1:25.34, 4. Blinn College 1:27.26.

4x400m Relay: 1. Northern Arizona 3:09.86, 2. Arizona State 3:10.64, 3. San Diego State 3:11.64, 4. Stephen Austin U. 3:11.98, 5. Humboldt State 3:19.58. (Inv.) 1. Santa Monica TC 3:02.33, 2. Sports TC 3:02.79, 3. Blinn College 3:04.23, 4. Mazda/LA 3:04.86, 5. Nike Atlantic Coast N.T.

4x1600m Relay: 1. Reebok Aggies 17:13.0, 2. CSU Fullerton 17:39.0, 3. Westmont College 17:53.4.

High Jump: 1. Mark Cannon (Ohio St) 7-2 1/2, 2. Conroy Colman (UCSB) 7-2 1/2, 3. Gabe Beechum (Cent. Ariz.) 7-2 1/2, 4. Mark Reed (Nike Houston TC) 7-0 1/2, 5. Jason Dudley (Goldwin TC) 7-0 1/2.

Long Jump: 1. Kevin Smith (Unat.) 24-8 1/4, 2. Chris Perry (CSU Northridge) 23-11, 3. Dannie Jackson (Arizona All Star) 23-10 1/4, 4. Todd Trimble (Ohio State) 23-9 1/2, 5. Vince Martin (Unat.) 23-8 1/4.

Triple Jump: 1. Frank Rutherford (Nike Houston TC) 55-8 1/4, 2. Greg Harper (Unat.) 54-4, 3. Don Parisil (CPP) 53-11 1/4, 4. Alex Norca (Adidas-France) 53-11 1/4, 5. McArthur Anderson (UCLA) 51-11.

Pole Vault: 1. Dean Starkey (NYAC) 18-8 3/4, 2. Dave Volz (Nike/Indiana) 18-0 1/2,

3. Tim McMichael (AIA) 18-0 1/2, 4. David Watson (NYAC) 18-0 1/2, 5. Simon Arkell (U of NM) 18-0 1/2.

Discus: 1. Mike Buncic (Mazda/LA) 217-4, 2. Adewale Olukotu (Unat.) 210-2, 3. Rick Meyer (NYAC/USA) 200-5, 4. Wolfgang Schmitt (Germany) 200-3, 5. Randy Heisler (Nike/Indiana) 199-2.

Shot Put: 1. Dave Wilson (SMT) 63-11 1/2, 2. C.J. Hunter (US West) 62-9 1/2, 3. Art McDermott (NYAC) 62-6, 4. Roar Hoff (So. Methodist) 61-11 1/2, 5. Bill McDaniel (Unat.) 60-11 1/4.

Hammer: 1. Ken Flax (NYAC) 249-6, 2. Christopher Epalle (So. Methodist) 133-5, 3. Colin McCollough (Unat.) 215-9, 4. Guillermo Guzman (Federacion Mexicana) 210-8, 5. Mike Gritchman (Nike Oregon Int'l) 209-2.

Women's Results - Saturday

100m: 1. Charlotte Vines (CSU Northridge) 11.72, 2. Karen Clarke (Calgary Spartan) 11.84, 3. (tie) Ylanda Johnson (Colorado) and Margo Grant (CSLA) 11.93, 5. Kelly Delph (Colorado St) 11.94.

200m: 1. Denise Lucas (Nebraska) 23.70, 2. Kathy Sambell (Australia) 23.79, 3. Melanie Grey (USC) 23.82, 4. Natasha Kaiser 23.88, 5. Shanequa Campbell (Arizona ST) 23.97.

400m: 1. Latima Jones (USC) 56.20, 2. Erica Peterson (Passtrak) 55.04, 3. Leslie Hardson (Unat.) 55.74, 4. Shelly Tockluk (UC Irvine) 55.77, 5. Dana Jones (ASU) 56.34. (Inv.) 1. Tasha Downing (USA) 52.78, 2. Wendy Watson (USA) 52.92, 3. Olga Bryzgina (USSR) 53.32, 4. Tonette Homes (Nike Cst) 53.61, 5. Marina Shmonina (USSR) 53.30.

800m: 1. Kerri Zaleski (Nike Cst) 2:06.60, 2. Lisa Graham (Nebraska) 2:06.90, 3. Kim Sherman (Wisconsin) 2:08.59, 4. Monika Balini (Minnesota) 2:08.59, 5. Janie Bookerman (AIA) 2:09.09.

1500m: (Inv.): 1. Linda Sheskey (USA) 4:16.57, 2. Darcy Arreola (CSU Northridge) 4:18.09, 3. Claudet Groenddaal (Santa Monica) 4:19.56, 4. Sara Howell (Simon Fraser) 4:19.89, 5. Vera Chuwashowa (USSR) 4:25.39.

3000m: 1. Pauline Durran (U of Arkansas) 9:35.06, 2. Sandy Ham (Colorado St) 9:47.55, 3. Carol Keller 9:48.43, 4. Michelle Bryne (Texas A&M) 9:48.63, 5. Melissa Johnson (Adams St) 9:48.77. (Inv.) 1. Annette Peters (Nike West/Oregon) 8:52.3, 2. Shelly Steely (Mizuno) 8:54.3, 3. Bridgett Smyth (Arizona) 9:00.3, 4. Leah Pell (Abbotsford Royals) 9:04.0, 5. Colette Murphy (Nike/Indiana) 9:06.6.

10,000m: (Inv.) 1. Trina Painter (Nike Texas) 32:34, 2. Maricarman Diaz (Mexico) 32:42.6, 3. Lisa Harvey (Calgary Sp.) 32:44.5, 4. Valerie McGovern (U of Kentucky) 32:50.3, 5. Maria Servin (Mexico) 32:52.2.

100m H: 1. Carolyn Ross (Minnesota TC) 59.34, 2. Jessie Casimer (CSU Hayward) 1:00.84, 3. Michelle Coluney (Simon Fraser U) 1:01.12, 4. Tonia Coleman (Humboldt St) 1:02.67, 5. Diane Keller (U of Colorado) 1:02.77.

High Jump: 1. Shelly Choppa (Arizona St) 5-8 3/4, 2. Tara Fairfield (Sacramento TC) 5-8 3/4, 3. Lisa Coleman (UCLA) 5-8 3/4, 4. Michelle Laviolette (Simon Fraser U) 5-7, 5. Croinna Wolf (Abbotsford Royals) 5-7.

Triple Jump: 1. Cynthia Moore (Arkansas) 39-10 3/4, 2. Yolanda Taylor (Texas A&M) 39-8 1/2, 3. Kina McMillian (Texas A&M) 37-9 1/4, 4. Elizabeth Kealamakia (Weber St) 37-5, 5. Missy Hanlen (Colorado St) 36-9 1/2.

Discus: 1. Stacy Ainlay (Glendale CC) 175-5, 2. Tamara Bermudes (CSU Hayward) 152-6, 3. Amy Paulsen (Texas A&M) 147-11, 4. Robyn Young (U of Wyoming) 145-0, 5. Misty Wyant (U of NM) 144-5.

Shot Put: 1. Dawn Dumble (UCLA) 53-4, 2. Melissa Weis (UCLA) 52-7 1/4, 3. Joann Hacker (So. Meth) 48-7 1/2, 4. Jenni Wheelchel (UCLA) 48-6 1/4, 5. Amy Fox (NM St) 47-10.

Hammer: 1. Dukes 163-0, 2. Donna Beard (AIA) 145-2, 3. Liz Mueller (Tulton) 143-3, 4. Joy Bates (CSU Stanislaus) 132-2, 5. Bobbie Octavo (UC San Diego) 125-10.

Women's Results - Sunday

100m: 1. Heller (USC) 11.52, 2. Kim Walker (Nebraska) 11.55, 3. Melissa Moore (Australia) 11.76, 4. Desirée Bracey (UCI) 11.87, 5. Ocille Gittens (Nike/Indiana) 11.95. (Inv.) 1. Janesene Vickers (UCLA) 11.41, 2. Monique Dunston (Australia) 11.52, 3. Denise Lucas (Nebraska) 11.67, 4. Kathy Sambell (Australia) 11.74, 5. Susan Dhillon (Vancouver) 11.99.

200m: 1. Latina Jones (USC) 24.26, 2. Deedee Small (SoCal SC) 24.90, 3. Tarra Perry (Vancouver Oly. Club) 24.95, 4. Trisha Pachiano (SSTC) 25.12, 5. Mariana Luzar (Yugoslavia) 25.41. (Inv.) 1. Diane Dixon (Atoms TC) 22.98, 2. Kim Walker (Nebraska) 23.25, 3. Revoli Campbell (Mt. SAC) 23.42, 4. Daria Vaughn (San Diego St) 23.59, 5. Karen Clarke (Calgary Spartans TC) 23.84.

400m: 1. Tonette Holmes (Nike/Cst) 53.34, 2. Marsha Gualdo (SoCal Cheetahs) 54.31, 3. Margo Grant (So Cal SC) 55.87, 4. Cela Taylor (CSU Northridge) 56.44, 5. Pam Irby (Bay Area) 59.65. (Inv.) 1. Ximena Restrepo (Nebraska) 52.12, 2. Crystal Irving (UNLV) 53.16, 3. Jackie Henderson (CPP) 53.61, 4. Shanelle Porter (Nebraska) 54.37, 5. Lori Shaw (SSTC) 55.71.

800m: 1. Darcy Arreola (CSU Northridge) 2:07.23, 2. Sonja Sutherland (SSTC) 2:09.50, 3. Irma Betancourt (Federacion Mexicana) 2:10.34, 4. Renee Manfred (Sacto) 2:10.81, 5. Louise Achifran (Mt. SAC) 2:19.10. (Inv.) 1. Cathy Williams (Jamaica) 2:07.23, 2. Kim Toney (Arizona St) 2:07.67, 3. Lara ? (Simon Frazier U) 2:09.55, 4. Ursula Friedmann (U of AZ) 2:09.60, 5. Walker (Humboldt St) 2:11.20.

1500m: 1. Elena Lenny (U of NM) 4:26.28, 2. Veronica Rivera (Federacion Mexicana) 4:26.59, 3. Stephanie Barrett (U of Arkansas) 4:26.66, 4. Not Available (Mountain West) 4:27.01, 5. Pauline Dudley (U of Arkansas) 4:30.72. (Inv.) 1. Bridget Smyth (U of AZ) 4:18.31, 2. Debbie Marshall (NYAC)

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4:20.53, 3. Fran Tenrensel (Nebraska) 4:20.77, 4. Marie Relix (Nike/Indiana) 4:21.95, 5. Melissa Martel (Elite Athletes) 4:24.10.

5000m: 1. Patty Plummer (Nike Int'l) 15:24.4, 2. Benita Perez (Federacion Mexicana) 16:22.5, 3. Chris Morgan (Long Beach St) 16:57.13, 4. Cindy Amster (Fresno St) 17:03.9, 5. Carol Keller (Long Beach TC) 17:10.0.

100m Hurdles: 1. Daria Vaughn (San Diego St) 13.48, 2. Marsha Guialdo (SoCal Cheetahs) 13.50, 3. Rochelle Frazier (Start TC) 13.58, 4. Kwani Stewart (Nebraska) 13.70, 5. Jessica Johnson (San Fran. St.) 13.81.

400m Hurdles: 1. Trica Petersen (Fastrack) 59.26, 2. Pam Arby (BayArea Striders) 1:00.25, 3. Michelle DeCoux (USC) 1:00.82, 4. Elizabeth Kealamakia (Weber St) 1:01.45, 5. Michelle Colluney (Simon Fraser) 1:01.54.

4x100m Relay: 1. USC 45.28, 2. CSU Northridge 46.15, 3. UC Irvine 46.36, 4. UNLV 47.01, 5. Univ. of Colorado 47.22. (Inv.) 1. International 43.57, 2. Nike International 43.79, 3. Texas A&M 43.82.

4x200m Relay: 1. SoCal Cheetahs 1:35.46, 2. Athletics Australia 1:36.14, 3. UC Irvine 1:37.62, 4. CSU Northridge 1:39.21.

4x400m Relay: 1. Stars & Stripes TC 3:36.72, 2. Arizona State 2:41.75, 3. UNLV 3:42.56, 4. Fresno State 3:47.11, 5. Cal Poly Pomona 3:52.96. (Inv.) 1. Nike International 3:30.86, 2. Reebok RC 3:31.94, 3. International 3:32.24.

4x800m Relay (Inv.): 1. Fresno State 8:51.94, 2. Athletes in Action 9:04.13, 3. UCLA 9:05.55.

High Jump: 1. Sue Rambo (Unat.) 6-0 3/4, 2. Brenda Alcorn (U of Utah) 6-0 3/4, 3. Clare Look-Jaegerf (Nike Cst) 5-10 3/4, 4. Karol Damon (U of Col) 5-10 3/4, 5. Vicki Borshelm (Mizuno TC) 5-10 3/4.

Long Jump: 1. Carol Lewis (SMTC) 20-10, 2. Lashawn Simmons (Arizona State) 20-8, 3. Christee Opara (Unat.) 20-7 3/4, 4. Rosalyn Mitchell 20-7 3/4, 5. Bester (Arizona St) 20-5.

Triple Jump: 1. Diana Wills (Army) 43-0 1/4, 2. Christa Rogers (Southwest Texas) 41-6, 3. Gina Rhodes (Western State) 40-6, 4. Tamara Neely (Kelsey TC) 39-8 3/4, 5. Tonya Connor (CSU Northridge) 38-10 1/2.

Javelin: 1. Isel Lopez (Cuba) 190-7, 2. Paula Barry (Oregon) 178-1, 3. Durell Schmek (USA) 172-10, 4. Danene Bitter (Fresno St) 167-6, 5. Cathie Harris (Unat.) 157-11.

Discus: 1. Lacy Barnes (USA) 197-7, 2. Maritza Marten (Cuba) 197-4, 3. Penny Neer (Nike Cst) 194-7, 4. Edie Boyer (Min AC) 187-11, 5. Carla Garrett (Nike Cst) 186-1.

Shot Put: 1. Bonnie Dasse (Nike Cst) 56-1 1/4, 2. Christy Burnett (Indiana St) 54-11 1/2, 3. Dawn Dumble (UCLA) 50-0 1/2, 4. Peggy Pollack (Nike Cst) 52-4 3/4, 5. Pam Dukes (Nike Cst) 52-0.

Multi Team Meet

No Date. Azusa Pacific.

Men's Results

100: 1. Dunston (CSN) 10.54w, 200: 1. Ezinwa (AP) 20.55, 2. Dunston (CSN) 21.25, 3. T. Miller (UCLA) 21.49, 4. Dinkins (UCLA) 21.52, 5. Lewis (CSN) 21.68. 400: 1. Stevenson (UCLA) 48.35, 800: 1. Vincent (UCLA) 1:53.88, 1500: 1. Robins (UCLA) 3:55.85. Two Mile: 1. Dani (UCLA) 9:07.88, 110 HH: 1. Jeffries (CSN) 14.11w, 2. Henderson (UCLA) 14.59. 400 IH: 1. M. Beck (UCLA) 52.08. 400 Relay: 1. CS Northridge 50.52, 2. UCLA 40.77. 1600 Relay: 1. UCLA 3:12.18, 2. CS Northridge 3:15.59.



DARCY ARREOLA
Photo by Kirby Lee



DAVID HASKELL
Photo by Bill Leung, Jr.



JEAN HARVEY
Photo by Kirby Lee



DIANA TRACY
Photo by Bill Leung, Jr.

HJ: 1. Stewart (CSN) 6-10, 2. Bonner (CSN) 6-10, LJ: 1. Baker (UCLA) 24-0 3/4. PV: 1. Borick (UCLA) 17-0 3/4, 2. Rynearson (UCLA) 16-0 3/4. TJ: 1. Baker (UCLA) 47-9 1/2. SP: 1. Bailey (UCLA) 55-1 1/2. DT: 1. Presser (UCLA) 165-3. HT: 1. McCann (AP) 187-1, 2. Vierra (CSN) 187-1. JT: 1. Noel (CSN) 213-3, 2. Barnett (UCLA) 211-3, 3. Johnson (UCLA) 204-9.

Team Scores:
UCLA 112, Azusa Pacific 40, UCLA 92, CS Northridge 62, CS Northridge 109, Azusa Pacific 45.

Women's Results

100: 1. Burnham (UCLA) 11.70w, 2. Vines (CSN) 11.79, 200: 1. Burnham (UCLA) 24.10, 400: 1. McPherson Taylor (CSN) 55.85, 800: 1. Lowery (CSN) 2:17.20, 1500: 1. Nicklin (UCLA) 4:43.35, 3000: 1. Ashe (UCLA) 10:15.01, 100 H: 1. Sedwick (UCLA) 13.99, 2. Lee (UCLA) 14.33, 3. Young (CSN) 14.44, 400 H: 1. Petway (AP) 63.91, 400 Relay: 1. UCLA 46.35, 2. CS Northridge 46.97.

HJ: 1. Coleman (UCLA) 5-8, LJ: 1. Sedwick (UCLA) 20-3 1/4, TJ: 1. Connor (CSN) 40-5 1/4, 2. Moses (UCLA) 38-9 1/4, 3. Lynch (CSN) 38-7. SP: 1. Ward (UCLA) 45-11 3/4, DT: 1. Roberts (UCLA) 157-4,

2. Malachowski (AP) 148-4, 3. Wheelch (UCLA) 140-3. JT: 1. Roberts (UCLA) 141-11.

Team Scores:

UCLA 95, Azusa Pacific 30, CS Northridge 83, Azusa Pacific 45, UCLA 92, CS Northridge 40.

Long Beach State Collegiate Classic

No Date Available. Long Beach State College.

Men's Results

Teams: 1. CS Northridge 149, 2. Air Force 130, 3. CS Long Beach 126, 4. Idaho State

163-1, 3. Swaby (IS) 156-2, 4. Dallonso (AF) 155-4, 5. Khozam (CSLB) 154-10. HT: 1. Vierra (CSN) 183-5, 2. Fahie (C) 182-3, 3. Crosby (CO) 170-8, 4. Youngberg (CSN) 166-2, 5. Conaway (AF) 163-6. JT: 1. Noel (CSN) 215-1, 2. Foliz (IS) 185-10, 3. Malaer (CSLB) 185-2, 4. Helfaran (CSLB) 181-7, 5. Dallonso (AF) 171-1.

Women's Results

Teams: 1. San Diego State 115, 2. CS Long Beach 112, 3. Idaho State 100, 4. Wisc.-Madison 97, 5. CS Northridge 96, 6. Cornell 76, 7. Weber State 74, 8. Air Force 73, 9. Mankato State 53.

100: 1. Vaughn (SDSU) 11.95, 2. Vines (CSN) 11.96, 3. Payne (Wisc.Madison) 12.07, 4. Frazier (IS) 12.51, 5. Thompson

120, 5. San Diego State 120, 6. Weber State 96, 7. Cornell 90, 8. Wisconsin-Stout 34.

100: 1. Hendrix (CSN) 10.74, 2. Ealy (C) 10.82, 3. Dunston (CSN) 10.83, 4. Stewart (AF) 10.93, 5. Wilson (Wisc-Stout) NT. 200: 1. Lewis (CSN) 21.40, 2. Huston (SDSU) 21.62, 3. Reed (CSN) 21.66, 4. Barco (SDSU) 21.71, 5. Dunston (CSN) 21.82. 400: 1. Huston (SDSU) 47.13, 2. Barco (SDSU) 47.15, 3. Reed (AF) 48.51, 4. Langston (CSLB) 48.51, 5. Ellassen (IS) 48.71. 800: 1. Carlsen (IS) 1:51.77, 2. Serjun (AF) 1:52.17, 3. Barton (WS) 1:52.25, 4. Wynne (CSLB) 1:52.39, 5. Carge (SDSU) 1:52.86. 1500: 1. Ricca (AF) 3:53.58, 2. Cunningham (C) 3:54.18, 3. Vujic (CSN) 3:55.46, 4. Russell (IS) 3:56.04, 5. Chomos (CSLB) 3:56.23. 3000 SC: 1. Barton (WS) 8:40.76, 2. Durtschi (WS) 8:50.76, 3. McKay (IS) 9:03.71, 4. Vett (CSN) 9:08.66, 5. Godfrey (WS) 9:10.46. 5000: 1. Durtschi (WS) 14:34.77, 2. McKay (IS) 14:41.22, 3. Jones (WS) 14:44.68, 4. Ladner (SDSU) 14:52.46, 5. Vett (CSN) 14:53.24. 10,000: 1. Schumacher (CSLB) 29:53.1, 2. Nelson (AF) 30:01.3, 3. Tanner (IS) 30:12.7, 4. Sacca (C) 30:51.5, 5. Swenson (AF) 30:56.2.

110 HH: 1. Pye (CSLB) 14.28, 2. Connor

(CSLB) 14.35, 3. Ricker (CSLB) 14.85, 4. McDavid (IS) 14.94, 5. Kealamakia (WS) 14.99. 400 IH: 1. Jeffries (CSN) 52.02, 2. Alexander (AF) 52.82, 3. Pye (CSLB) 53.02, 4. Heineck (IS) 54.18, 5. Keaamakia (WS) 54.26. 400 Relay: 1. CS Northridge (Reed, Haas, Lewis, Hendrix) 41.90, 2. CS Long Beach 41.97, 3. Air Force 42.16, 4. San Diego State 42.54, 5. Cornell 42.59. 1600 Relay: 1. San Diego State 3:12.5, 2. CS Northridge 3:14.5, 3. CS Long Beach 3:16.0, 4. Idaho State 3:18.7, 5. Cornell 3:20.1.

HJ: 1. (tie) Bonner (CSN) and Swanson (CSN) 6-10 3/4, 3. Gray (WS) 6-9 1/2, 4. Fullmer (WS) 6-9 1/2, 5. Garfield (WS) 6-8 1/4. PV: 1. Pike (IS) 16-1, 2. Foster (IS) 16-1, 3. Tenney (AF) 15-2, 4. Dunn (WS) 14-6, 5. Hernandez (CSN) 14-2 1/4. LJ: 1. Lee (CSLB) 22-9, 2. White (AF) 22-2 1/2, 3. Salewey (C) 22-1, 4. Stone (WS) 21-11 3/4, 5. Giffi (AF) 21-11 1/2. TJ: 1. Moore (AF) 46-6, 2. Bugay (C) 45-9, 3. Franklin (AF) 45-6 1/4, 4. Salomey (C) 45-2 1/4, 5. Smith (AF) 44-1 1/4. SP: 1. Dunn (CSN) 53-1 1/2, 2. Khozam (CSLB) 52-4 3/4, 3. Montler (SDSU) 52-4 1/2, 4. Vierra (CSN) 52-0, 5. Schweich (WS) 48-8. DT: 1. Gallagher (CSN) 163-1, 2. Danowsky (CSN)

RESULTS

(CSLB) 12.66. 200: 1. Vaughn (SDSU) 23.99, 2. Payne (W-M) 24.03, 3. Briggs (IS) 25.16, 4. Vines (CSN) 25.17, 5. Feard (CSLB) 25.68. 400: 1. Sherman (W-M) 55.75, 2. McPherson-Taylor (CSN) 56.18, 3. Kershaw (IS) 56.82, 4. Payze (SDSU) 58.03, 5. Renzan (SDSU) 59.14. 800: 1. Gentes (W-M) 2:11.51, 2. Modhey (C) 2:13.92, 3. Michalski (W-M) 2:14.62, 4. Green (W-M) 2:16.08, 5. Hale (CSLB) 2:16.26. 1500: 1. Cobb (C) 4:27.58, 2. Elchner (W-M) 4:28.35, 3. Songdag (IS) 4:34.06, 4. Peterson (SDSU) 4:36.66, 5. Morgan (CSLB) 4:37.70. 3000: 1. Calhoun (AF) 9:38.51, 2. Karpel (AF) 9:41.79, 3. Rawling (W-M) 9:54.69, 4. Tackham (WS) 9:55.76, 5. Reeder (WS) 10:03.63. 5000: 1. Calhoun (AF) 16:37.66, 2. Morgan (CSLB) 17:20.91, 3. Songdag (IS) 17:27.56, 4. Sloan (WS) 18:09.98, 5. Segura (CSN) 18:46.66. 10,000: 1. Kraeger (W-M) 34:29.2, 2. Schumacher (CSLB) 36:28.6, 3. Tremmel (CSN) 36:35.6, 4. Sveum (W-M) 26:27.9, 5. Henke (AF) 36:41.4.

100 LH: 1. Young (CSN) 14.27, 2. Ice (CSLB) 14.38, 3. Vaughn (SDSU) 14.57, 4. Morris (CSN) 14.81, 5. Meyer (MS) 14.92. 400 LH: 1. Prodanovich (SDSU) 1:01.08, 2. Kealamakia (WS) 1:01.09, 3. Peterson (AF) 1:03.11, 4. Ballesteros (CSLB) 1:04.05, 5. Rittmeyer (W-M) 1:04.05. 400 Relay: 1. CS Northridge (Nash, Polk, Morris, Vines) 47.35, 2. Idaho State 48.13, 3. Cornell 48.46, 4. San Diego State 48.49, 5. Mankato State 49.87. 1600 Relay: 1. CS Northridge (Morris, Young, McPherson-Taylor, Lowery) 3:50.39, 2. Idaho State 3:50.71, 3. San Diego State 3:51.40, 4. Weber State 3:52.21, 5. Wisconsin-Madison 3:55.11.

HJ: 1. Renzan (SDSU) 5-6 1/2, 2. Svoboda (CSLB) 5-6 1/2, 3. Wasson (CSN) 5-5 1/4, 4. Schoo (W-M) 5-5 1/4, 5. Flynn (CSN) 5-5 1/4. LJ: 1. Payne (W-M) 19-11 1/2, 2. Dulmage (IS) 18-5 3/4, 3. Wheeler (AF) 18-2 1/4, 4. Curtis (C) 18-0 1/4, 5. Thompson (CSLB) 17-11 1/2. TJ: 1. Dulache (IS) 38-9 3/4, 2. Lynch (CSN) 37-3 1/4, 3. Ice (CSLB) 37-1, 4. Kealamakia (WS) 36-2 1/4, 5. Delroy (SDSU) 35-1 3/4. SP: 1. Ruiz (CSLB) 44-4 3/4, 2. Green (C) 42-6, 3. Bruegger (MS) 41-10 1/2, 4. Greganic (CSLB) 40-5, 5. Bozied (AF) 40-3 1/4. DT: 1. Ruiz (CSLB) 149-3, 2. Sarres (MS) 147-4, 3. Longhenry (MS) 143-2, 4. Dejarillas (SDSU) 138-6, 5. McDonnell (W-M) 136-10. JT: 1. Joubert (SDSU) 143-4, 2. Dunn (CSN) 130-8, 3. Ice (CSLB) 130-1, 4. Ruiz (CSLB) 130-0, 5. Nimori (WS) 125-2.

Northridge Invitational Track & Field Meet

No Date. CS Northridge.

Men's Results

100: 1. Lawson (Riverside CC) 10.64, 2. Smith (CO) 10.67, 3. King (CS Bakersfield) 10.71. 400: 1. DeSilva (Brazil) 46.82, 2. Wil-

liams (SSTC) 47.73. 800: 1. McBride (Unat.) 1:50.11, 2. Peifer (US Marines) 1:51.23. 1500: 1. Ashford (LBTC) 3:46.24, 2. Hall (LB TC) 3:47.09, 2. Messiter (Unat.) 3:48.0, 3. McBride (Unat.) 3:48.1, 4. Polonski (Riverside CC) 3:48.6, 5. Garabaldi (Unat.) 3:48.8. 5000: 1. Martinez (LBTC) 14:56.11. 100 HH: 1. Reading (Nike Texas) 13.82, 2. Johnson (Unat.) 14.42, 3. McCrahey (Patriots) 14.62. 3000: 1. Woods (Hancock JC) 9:37.49. 400 IH: 1. Jordan (Unat.) 53.37. 400 Relay: 1. San Bernardino JC 41.24, 2. Riverside CC 41.46, 3. El Camino JC 41.49. Mile Relay: 1. El Camino JC 3:15.84.

PV: 1. Johnson (Reeb ok) 15-11. HJ: 1. Bowling (Santa Monica JC) 6-11, 2. Haines (Unat.) 6-11 3/4, 3. Hartsen (Riverside CC) 6-9 3/4. TJ: 1. Baker (Bakersfield JC) 46-3 1/2. HT: 1. McCullough (Unat.) 205-10, 2. Harris (Unat.) 205-6, 3. Hodel (Westwood TC) 186-10, 4. Vierra (CSN) 185-0, 5. Johnson (Antelope Valley JC) 183011, 6. Youngberg (CSN) 181-6. JT: 1. Barreras (Glendale JC) 180-3.

Women's Results

100: 1. Opara (Unat.) 11.86, 2. Small (Unat.) 12.21. 200: 1. Irving (Nevada Las Vegas) 24.25, 2. Grant (CSLA) 24.39, 3. Hardison (Las Vegas Striders) 24.45, 4. Vines (CSN) 24.49. 400: 1. Irving (Unat.) 54.09, 2. Clarke (Valley JC) 55.64. 800: 1. Arreola (CSN) 2:07.91, 2. Monday (Track West) 2:10.01, 1500: 1. Arreola (CSN) 4:26.92, 2. Martin (Unat.) 4:31.77. 3000: 1. Harvey (Antelope Valley JC) 10:01.39. 5000: 1. Alderman (Pomona Pitzer) 19:19.91.

100 H: 1. Hainer (Nike Cst) 13.89, 2. Guialdo (Unat.) 13.89, 3. Young (CSN) 14.01. 400 H: 1. Harrison (Unat.) 60.77. 400 Relay: 1. Occidental 48.63. Mile Relay: 1. Occidental 3:55.90.

HJ: 1. Look-Jaeger (Nike Cst) 6-0, 2. Borscheim (Westwood TC) 5-10, 3. Mills (Advantage) 5-8. LJ: 1. Larson (Nike Cst) 20-4 1/4, 2. Williams (Nike Cst) 20-1 3/4, 3. Look-Jaeger (Nike Cst) 19-7. SP: 1. Pollock (Nike Cst) 50-0, 2. Brown (Unat.) 48-8. JT: 1. Harris (Unat.) 154-8, 2. Hainer (Nike Cst) 143-10.

Multi Team Meets

No Date. At Berkeley:

Men's Results

100: 1. Bates (A) 10.50, 2. Huffins (C) 10.63, 3. Miller (UCLA) 10.71. 200: 1. Bates (A) 20.80, 2. Miller (UCLA) 21.18, 3. Huffins (C) 21.26, 4. Baker (UCLA) 21.46. 400: 1. Rettarar (A) 47.56, 2. Williams (UCLA) 47.56. 800: 1. Vincent (UCLA) 1:51.31, 2. Hale (UCLA) 1:51.74. 1500: 1. Williams (C) 3:46.5, 2. Keino (A) 3:48.04, 3. Davis (A) 3:48.8, 4. Robbins (UCLA) 3:48.98. 5000: 1. Davis (A) 14:30.82, 2. Grosso (A) 14:31.20.

110 HH: 1. Burnes (C) 14.1, 2. Montgomery (A) 14.1. 400 IH: 1. Beck (UCLA) 50.63.

3000 SC: 1. Vinski (C) 9:22.81. 400 Relay: 1. California 40.76. 1600 Relay: 1. UCLA (Dinkins, Williams, Beck, Hale) 3:10.9, 3. Arizona 3:12.2.

HJ: 1. Keane (C) 7-0 3/4, 2. O'Sullivan (C) 6-10 3/4, 3. Wilson (UCLA) 6-10 3/4. PV: 1. Burns (C) 17-0 3/4, 2. Slocum (UCLA) 17-0 3/4, 3. Rynearson (UCLA) 16-6 3/4. LJ: 1. Huffins (C) 25-0 3/4, 2. Anderson (UCLA) 25-0 1/2, 3. Knox (A) 24-11 1/4, 4. Baker (UCLA) 24-1 3/4. TJ: 1. Anderson (UCLA) 52-5 1/2, 2. Huffins (C) 51-1 1/2, 3. Frank (C) 51-1 1/2. SP: 1. Bergreen (UCLA) 61-11, 2. Bailey (UCLA) 57-1 1/2. DT: 1. Jimenez-Gaona (C) 181-4. HT: 1. Bergreen (UCLA) 207-7, 2. Garcia (A) 194-10, 3. Cavallaro (A) 182-6. JT: 1. Bunevacz (UCLA) 224-2, 2. Smith (UCLA) 218-8, 3. Johnson (UCLA) 211-0.

Team Scores: UCLA 86, California 77.

UCLA 92, Arizona 64.

California 90, Arizona 72.

Women's Results

100: 1. Smith (UCLA) 12.23. 200: 1. Vickers (UCLA) 24.09. 400: 1. Vickers (UCLA) 55.68. 800: 1. Friedman (A) 2:11.82, 2. Delamonica (UCLA) 2:12.28. 1500: 1. Smythe (A) 4:30.21, 2. Bartholomew (UCLA) 4:31.95, 3. Brennan (A) 4:33.01. 3000: 1. Smythe (A) 9:19.20. 5000: 1. Mikeworth (A) 16:45.6.

100 H: 1. Vickers (UCLA) 13.96. 400 H: 1. R. Mack (C) 60.97. 400 Relay: 1. California 46.28, 2. UCLA 47.21, 3. Arizona 47.22. 1600 Relay: 1. California 3:46.55, 2. Arizona N.T., 3. UCLA 3:49.46.

HJ: 1. Hughes (A) 5-10, 2. Coleman (UCLA) 5-8 1/4. LJ: 1. Charleston (A) 19-2 1/2. TJ: 1. Moses (UCLA) 38-0 3/4. SP: 1. Dumble (UCLA) 53-8 1/4, 2. Millett (UCLA) 53-7 1/2, 3. Weis (UCLA) 51-6 1/2. DT: 1. Millett (UCLA) 182-6, 2. Dumble (UCLA) 170-7, 3. Weis (UCLA) 164-4. JT: 1. Perreault (A) 170-7, 2. Weis (UCLA) 151-0.

Team Scores: UCLA 92, California 52.

UCLA 72, Arizona 72.

Arizona 80, California 64.

Multi-Team Meet at UC Irvine

Men's Results

100: 1. Kayode (BYU) 10.65. 200: 1. Kayode (BYU) 21.14, 2. Stolpe (UCI) 21.52, 3. Kaulee (Speed Develop.) 21.59. 800: 1. Spence (BYU) 1:50.88, 2. Muir (BYU) 1:51.11. 1500: 1. Spence (BYU) 3:49.61. 5000: 1. Ayers (UCI) 14:45.67. 110 HH: 1. Page (Team Elite) 14.49. 3000 SC: 1. Yorges (BYU) 9:12.16. 400 Relay: 1. Speed Development 41.06, 2. BYU 41.27, 3. UC Irvine 41.67. 1600 Relay: 1. Air Force 3:48.21. PV: 1. Brannon (BYU) 17-6 1/2, 2. Smyder (BYU) 16-8 3/4, 3. Thorson (Unat.) 16-4 3/4. TJ: 1. Parish (CPP) 52-3. DT: 1. Palera (BYU) 186-4. HT: 1. Karlsson (BYU) 211-10, 2. Lundehi (BYU) 190-3, 3. Williams (CPP) 188-1. JT: 1. Vasquez (CSF) 214-0.

Team Scores: 1. BYU 287, 2. Air Force 219, 3. UC Irvine 205, 4. Cal Poly Pomona 124, 5. Fullerton 56.

Women's Results

100: 1. Pachlano (SSTC) 12.00, 2. Shuh-wa Wang (BYU) 12.07, 3. Bracey (UCI) 12.08. 200: 1. Bracey (UCI) 24.52. 400: 1. Tochtuk (UCI) 56.25. 800: 1. Keogh (Britain) 2:07.18, 2. L. Akra (Unat.) 2:10.29. 1500: 1. M. Akra (UCI) 4:14.45, 2. Buczkowska (BYU) 4:26.37, 3. Rabbitt (UCI) 4:28.25, 3. Cervantes (UCI) 4:28.69, 4. S. Karpel (AF) 4:33.11. 3000: 1. Birk (BYU) 9:25.53. 5000: 1. Goodrich (UCI) 17:01.87, 2. Lee (BYU) 17:10.25, 3. Henke (AF) 17:24.57, 4. Plier (UCI) 17:35.70. 100H: 1. Kaljurand (BYU) 13.62, 2. ShuHwa Wang (BYU) 13.85. 400 H: 1. Dean (Britain) 60.79. 400 Relay: 1. BYU 46.67, 2. UC Irvine 47.00. 1600 Relay: 1. Air Force 3:15.55. LJ: 1. ShuHwa Wang (BYU) 20-3, 2. Veltman (UCI) 20-0 1/4. SP: 1. Leppaaluoto (BYU) 47-10 1/2. DT: 1. Moses (BYU) 168-8. JT: 1. Hui Chen Lee (BYU) 175-2.

Team Scores: 1. BYU 245, 2. UC Irvine 238 1/2, 3. Air Force 158 1/2, 4. CS Fullerton 28.

Multi-Team Meet at Stanford

Men's Results

100: 1. Oloba (WA St) 10.37. 200: 1. Oloba (WS) 20.94. 1500: 1. Stone (Sonoma St) 3:48.40. Mile: 1. Kibiri (WS) 3:57.84, 2. Kennedy (Indiana) 3:59.03, 3. Guisto (Mizuno) 3:59.18. 10,000: 1. Cravatt (Stanford) 31:20.03. 3000 SC: 1. Croghan (Ohio St) 8:35.67, 2. Price (WS) 8:46.78, 2. Hill (WS) 8:59.64. 400 Relay: 1. Washington State 39.86. Mile Relay: 1. Ohio State 3:10.96. 4 Mile Relay: 1. Stanford 16:50.6. HJ: 1. Conroy (UC Santa Barbara) 7-1, 2. Reddan (Michigan) 7-1. PV: 1. Darr (Texas) 17-0 3/4. LJ: 1. Hickerson (Stanford) 24-11. SP: 1. Cappos (Indiana) 58-11 1/2. DT: 1. Tobin (Germany) 199-0, 2. Hart (Indiana) 188-3. HT: 1. Johnson (Sweden) 246-1, 2. Schaefer (UCSB) 204-5, 3. Sargeant (UC San Diego) 198-7. JT: 1. McKinney (WS) 206-1.

Women's Results

100: 1. Gaines (Stanford) 11.67, 2. Prather (Tennessee) 11.77. 1500: 1. Hand (CPSLO) 4:25.11, 2. Walker (Humboldt St) 4:26.67, 3. Haitt (CPSLO) 4:26.93, 4. K. Karpel (Boise St) 4:30.06. Mile: 1. PS Plumer (Nike Int'l) 4:31.53, 2. Colebrook (Nike Cst) 4:39.23, 3. Hopp (Asics) 4:41.99. 5000: 1. Wessell (Oregon) 16:41.6. 400 Relay: 1. Texas 45.13, 2. Tennessee 44.9, 3. Ohio St. 45.70. Mile Relay: 1. CS Los Angeles 3:48.78. 2 Mile Relay: 1. CS Los Angeles 8:59.84. TJ: 1. Ross (Idaho) 41-3 1/4, 2. Edwards (Stanford) 40-11. SP: 1. Dukes (Nike Cst) 54-0 3/4, 2. Koch (Indiana) 51-1. DT: 1. Dukes (Stanford) 183-4, 2. Koch (Indiana) 167-8. JT: 1. McClure (Washington St) 157-6, 2. White (CPSLO) 151-7, 3. McCotter (CSLA) 147-8.