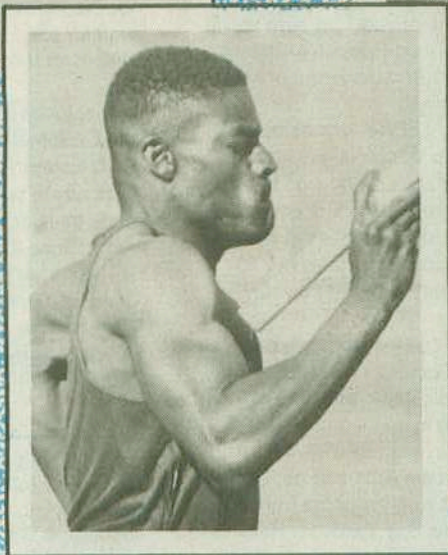


MAY 1993

CALIFORNIA

Track News



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EDITORIAL

Foot Locker Made It Possible The Athletes Made it Happen

The highlight of this issue of California Track News, as well as the state's track season to date, has to be the Arcadia/Foot Locker Invitational. What a meet! You can find six full pages of Arcadia action beginning on page 18. Six pages is a lot to give to just one meet, especially considering how tight space is this time of year. I'm sure you'll agree, after reading Doug Speck's excellent feature, that the 1993 Arcadia/Foot Locker warrants the extra splash.

For me the highlight of the Arcadia meet was the incomparable Marion Jones, the Thousand Oaks High senior. She won the 100 (11.48) and the 200 (23.49), of course. But, the long jump? I love surprises at a meet, and what a wonderful surprise her 20-9.25 victory was! What's next for this surprising star?

The Fresno Pacific College women's basketball coach, Kent Stanley, vows she is an even better basketball player than track competitor. I will have to see a game to believe it.

On the boys side of the Arcadia/Foot Locker thriller, the biggest surprise came from an unlikely freshman from Bell Gardens. Here Michael Granville came out of nowhere to pop a national frosh record of 1:51.61 in the 800 meters. Who can predict how fast he will go before he graduates from high school?

Your guess is as good as mine.

The Arcadia meet is just the tip of the load of prep track coverage you'll find in this issue. You will also enjoy the comprehensive track and field schedule. You can benefit greatly from some of the weight training books mentioned in Barbara Erskine's Book Review column. Then, there are results. Before we knew it we had filled up 48-pages and still had more to go. 48-pages sets a record for California Track News, so you'll have to wait for the June issue to get the best of the rest. Until then, happy track and field reading.

I enjoyed speaking with many of you at the California Track News booth at the Mt. SAC Relays (results next issue). My next opportunity to see you will be at the high school state track and field championships in Cerritos on June 4 and 5. Who knows what kind of surprises we can expect from the likes of Jones, Granville, Stamps, Haslip, Vance, Lingenfelter, Jayasinghe, Marzell, Glusac, Grant, Vigilant, Heaston, Powell ???

Bill

ON THE COVER: What a season for Agoura High's **AMY SKIERESZ!** (large photo). Highlights already include her 38th place finish at the World Junior Cross Country Championships in Spain and her current #2 national time in the 1600 meters. Way to run, Amy! (Photo by Phillip Enbody). Two of California's leaders in the Pac-10 Conference include USC's **JEFF LAYNES** and **INGER MILLER** (100 & 200). Photos by Bill Leung, Jr.

SCHEDULE

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

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

High School

Track & Field

June 4 & 5

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

June 12 (Sat)

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

-Westwood. Third Annual Disneyland National Scholastic Outdoor Track & Field Championships. Drake Stadium at UCLA. 1 p.m. Note Trials for 100, 200, 400, 4x100 -- June 11 at Birmingham High School, Van Nuys. SASE to: NSSF, PO Box 16702, Chapel Hill, NC 27516 (entry deadline is 6/6/93) (919) 490-0085 FAX (919) 490-6931.

June 18-19 (Fri-Sat)

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

June 19 (Sat)

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

June 26-27 (Sat-Sun)

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

July 1-4

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

July 8 (Thurs.)

-Azusa. Summer Series Track & Field All-Comers Meet. Azusa Pacific University. 4:30 p.m. Open to age group, prep, collegiate, open. Information: Irv Ray (818) 969-3434, ext 3294.

July 15 (Thurs.)

-Azusa. Summer Series Track & Field All-Comers Meet. Azusa Pacific University. 4:30 p.m. Open to age group, prep, collegiate, open. Information: Irv Ray (818) 969-3434, ext 3294.

July 15-17

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

July 22 (Thurs.)

-Azusa. Summer Series Track & Field All-Comers Meet. Azusa Pacific University. 4:30 p.m. Open to age group, prep, collegiate, open. Information: Irv Ray (818) 969-3434, ext 3294.

July 29 (Thurs.)

-Azusa. Summer Series Track & Field All-Comers Meet. Azusa Pacific University. 4:30 p.m. Open to age group, prep, collegiate, open. Information: Irv Ray (818) 969-3434, ext 3294.

July 29-August 1

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

College & Open

Track & Field

May 1 (Sat.)

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

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

-Tucson, AZ. Arizona Last Chance, Drachman Stadium. Dave Murray, Track Office, McKale Center, U of AZ, Tucson, AZ 85721.

(602) 621-4829. FAX (602) 621-2681.

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

May 7-8 (Fri-Sat.)

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

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

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

May 8 (Sat)

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

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

May 15 (Sat.)

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

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

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

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

May 15-16 (Sat-Sun)

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

May 16 (Sun)

-Walnut. Last Chance Twilight Meet. Mt. SAC. Dan Shrum (714) 594-5611 x 4840.

-Stanford. Stanford Open. Vince Lananna (415) 725-0759.

May 19-22 (Wed-Sat)

-El Paso, TX. Western Athletic Conference Championships, UTEP. Bob Kitchens, Ath

SCHEDULE

Dept. Univ. Texas El Paso, El Paso, TX 79968. (915) 747-5812. FAX (915) 747-5444.

May 20-22 (Thu-Sat)

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

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

May 21-22 (Fri-Sat)

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

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

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

May 22 (Sat)

-Los Angeles. CS Los Angeles Invitational. Noon.

-Davis. UC Davis Invitational. John Vochatzer (916) 752-8608.

May 24 (Mon)

-Gainesville, FL. NCAA Qualifier, Percy Beard Track. John Webb, Ath Dept. Box 14485, U of Florida, Gainesville, FL. 32604. (904) 375-4684x4461. FAX (904) 375-4809.

May 25 (Tues)

-Walnut. Mt. SAC Twilight. Verify this date. Dan Shrum (714) 594-5611 x 4840.

May 25-26 (Tues-Wed)

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

May 26 (Wed)

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

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

-Long Beach. Long Beach Twilight Invitational, Long Beach State Track. (This date is correct. Listed incorrectly as 5/27 in last issue.)

May 26-29 (Wed-Sat)

-Berea, OH. NCAA Division III Championships (Hep & Dec 5/26-27), Baldwin Wallace Col-

lege. Bill Tarashke, 130 East Bagley Rd., Bera, OH 44017. (216) 826-2184. FAX (216) 826-2192.

May 27-29 (Thurs-Sat)

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

May 29 (Sat)

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

May 30 (Sun)

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

June 2-5 (Wed-Sat)

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

June 5 (Sat)

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

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

June 6 (Sun)

-Monmouth, OR. Oregon USAT&F Ass'n. Open Track & Field Championships, Griswold Stadium. Bemy Wagner, 1111 Pawnee Circle, SE, Salem, OR 97306. (503) 585-8107.

June 10 (Thurs)

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

June 11 (Fri)

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

June 17-19 (Thurs-Sat)

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

Eugene, OR 97440. (503) 687-1989. FAX (503) 687-1016.

July 1 (Thurs)

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

July 2

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

July 3 (Sat)

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

July 8 (Thurs.)

-Azusa. Summer Series Track & Field All-Comers Meet. Azusa Pacific University. 4:30 p.m. Open to age group, prep, collegiate, open. Information: Irv Ray (818) 969-3434, ext 3294.

July 9-11

-Seattle, WA. US Corporate Athletic Assoc. National Track & Field Championships. Seattle, WA. Husky Stadium, University of Washington. Includes: Ekiden, 5K, 10K T&F, Cycling -- Open, submasters, masters, senior teams. Tom Anderson, Event Director, Super Jock & Jill Event Promotions, 305 NE Maple Leaf Place, Seattle, WA 98115 (206) 522-7788 FAX (206) 524-3952.

July 15 (Thurs.)

-Azusa. Summer Series Track & Field All-Comers Meet. Azusa Pacific University. 4:30 p.m. Open to age group, prep, collegiate, open. Information: Irv Ray (818) 969-3434, ext 3294.

July 14-22

-Buffalo, NY. 20th World University Games.

July 22 (Thurs)

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

-Azusa. Summer Series Track & Field All-Comers Meet. Azusa Pacific University. 4:30 p.m. Open to age group, prep, collegiate, open. Information: Irv Ray (818) 969-3434, ext 3294.

July 29 (Thurs.)

-Azusa. Summer Series Track & Field All-Comers Meet. Azusa Pacific University. 4:30 p.m. Open to age group, prep, collegiate, open. Information: Irv Ray (818) 969-3434, ext 3294.

August 13-22

-Stuttgart, Germany. IAAF World Championships.

SCHEDULE

September 10

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

Masters

Track & Field

May 8

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

May 13-16

~Fairfield. Fairfield Senior Olympics. 55+. Ellen Hardenburger, 1000 Webster St., Fairfield, 94533 (707) 428-7421.

May 15 (Sat.)

~Long Beach. Southern California Striders T&F Meet. CS Long Beach. Open, submasters, masters. (213) 666-0379.

May 22 (Sat)

~Visalia. Visalia Master's Classic. Sunkist Bowl. Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

~Stanford. Stanford Univ. Throws Series #15. Angel Field. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 29 (Sat)

~San Jose. Bruce Jenner Grand Prix. 100m/M60+, M70+, W40+; 200m/M50+; 400m/M40+. -- Bruce Springbett, (408) 354-7333. 1500m/M40+ -- Jim Hampton (415) 573-8943.

May 30 (Sun)

~Irvine. Anteater Masters / Dan Aldrich Memorial Meet. UC Irvine. Matt McCormick (714) 586-9942h. Listed as 5/23 last issue in error.

June 4-6

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

June 5 (Sat)

~Stanford. Stanford Univ. Throws Series #16. Angel Field. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

~Tempe. Arizona Masters Invitational. McClintock HS. (Deadline May 29) Arizona USATF, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257.

June 6 (Sun)

~Los Angeles. Pasadena Senior Games. Oc-

cidental College. 50+. Christel Miller, Director. Call Cynthia (818) 795-4331.

June 12 (Sat)

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

June 12-18

~New Orleans, LA. US National Senior Sports Classic Senior Olympics. 55+. USNSO, So. Outer Forty Dr., Suite N360, Chesterfield, MO 63017 (314) 878-4900.

June 19 (Sat)

~Los Angeles. Southern California USAT&F Ass'n. Pentathlon Championships, Occidental College. Christel Miller, 1740 Grandview Ave. Glendale 91201. (818) 843-2139 until 9 p.m.

June 24 (Thurs)

~Los Gatos. Los Gatos Summer Meets. Thursdays at 5 p.m. Los Gatos High School. Bruce Springbett, PO Box 1334, Los Gatos 95030 (408) 354-7333.

June 26 (Sat)

~Irvine. SCA/USATF Championships. UC Irvine. Marvin Thompson (213) 662-1062.

July 1 (Thurs)

~Los Gatos. Los Gatos Summer Meets. Thursdays at 5 p.m. Los Gatos High School. Bruce Springbett, PO Box 1334, Los Gatos 95030 (408) 354-7333.

July 3 (Sat)

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

July 8 (Thurs)

~Los Gatos. Los Gatos Summer Meets. Thursdays at 5 p.m. Los Gatos High School. Bruce Springbett, PO Box 1334, Los Gatos 95030 (408) 354-7333.

July 9-11

~Seattle, WA. US Corporate Athletic Assoc. National Track & Field Championships. Seattle, WA. Husky Stadium, University of Washington. Includes: Ekiden, 5K, 10K T&F, Cycling -- Open, submasters, masters, senior teams. Tom Anderson, Event Director, Super Jock & Jill Event Promotions, 305 NE Maple Leaf Place, Seattle, WA 98115 (206) 522-7788 FAX (206) 524-3952.

July 10-11

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

BOOKS.. FROM CTN

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

TO ORDER....send in this form, or listing of books requested, along with your check to: CTN, 4957 E. Heaton, Fresno, CA 93727.

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Address _____

City/State/Zip _____

Be sure to include postage & handling fees. For orders:

--under \$10, add \$1.75

--\$10 to \$20, add \$2.95

--\$20 or more, add 14%

Please allow 4-6 weeks for delivery.

Thank you!

SCHEDULE

July 11 (Sun.)

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

July 10-11

~Columbus, OH. USATF Natl Decathlon / Heptathlon Championships. John White, 4865 Arthur Pl, Columbus, OH 43220 (614) 459-2547.

July 15 (Thurs)

~Los Gatos. Los Gatos Summer Meets. Thursdays at 5 p.m. Los Gatos High School. Bruce Springbett, PO Box 1334, Los Gatos 95030 (408) 354-7333.

July 17-18 (Sat-Sun)

~Eugene, OR. Hayward Classic / USA Track & Field Masters Northwest Regional Championships. Hayward Field, Univ. of Oregon. 30+. Timothy Shelley (503) 343-4610 or 896-3210.

July 22 (Thurs)

~Los Gatos. Los Gatos Summer Meets. Thursdays at 5 p.m. Los Gatos High School. Bruce Springbett, PO Box 1334, Los Gatos 95030 (408) 354-7333.

July 29 (Thurs)

~Los Gatos. Los Gatos Summer Meets. Thursdays at 5 p.m. Los Gatos High School. Bruce Springbett, PO Box 1334, Los Gatos 95030 (408) 354-7333.

July 31-August 1

~Norwalk. USATF West Regional Masters Championships. Cerritos College. Marv Thompson, LAPOC, 2301 Hyperion Ave, Ste. P, Los Angeles 90027-4711 (213) 662-1062.

August 5 (Thurs)

~Los Gatos. Los Gatos Summer Meets. Thursdays at 5 p.m. Los Gatos High School. Bruce Springbett, PO Box 1334, Los Gatos 95030 (408) 354-7333.

August 11-14 (Wed-Sat)

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

September 17-19

~La Jolla. California State Senior Olympics. UC San Diego. 30+. Sam Cohen, 2820 Camino del Rio S., #306, San Diego 92108 (619) 543-0046 or (800) 246-9077.

September 18 (Sat)

~Kelfield Grand Opening. Tune-up meet for World Championships. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95050 (408) 458-0202.

September 24 (Fri)

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

September 25 (Sat)

~Woodstock, IL. USATF National Masters Weight Pentathlon Championships. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098 (312) 551-3720.

October 2

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

October 6-17

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

October 20-22

~St. George, UT. Huntsman Chemical's Senior Games. 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770 (801) 628-1442.

Camps / Clinics

June (dates TBA)

~Santa Cruz, CA. Coach Roy Benson's Nike Running Camp. Adults only. Roy Benson, 5600 Roswell Rd., Ste 355N, Atlanta, GA 30342.

July 9-13

~Buffalo, New York. XIII International Track & Field Coaches Association Congress & Clinic. (Immediately Preceding the World University Games). Track & Field Events at Univ. of Buffalo Stadium. ITFCA, 1705 Evanston St, Kalamazoo, Michigan 49008.

July 18-23

~Carpinteria, CA. Gary Tuttle's Distance Running Camp. Cate School. Minimum age is 12 years (unless accompanied by parent or coach). Contact Gary Tuttle, 1410 E. Main Street, Ventura, CA 93001 (805) 643-1104.

August 1-6

~Arcata, CA. Humboldt Distance & Steeple Camp. David Wells, Director. Ages 12 to adult. David Wells, Humboldt State Athletics, Arcata, CA 95521 (707) 826-5955.

August 2-8 (Mon-Sun)

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

Aug. 1-6, 8-13

~Lake Tahoe, CA. 9th Annual Runner's Workshop Cross Country Running Camps. (Coed - Ages 12 & Older). For more info contact Mark & Rene Celestin, Coordinators: (310) 493-7545. Runner's Workshop Inc., P.O. Box 5028, Los Alamitos, CA 90720.

August 8-13

~Prescott, AZ. 9th Annual Runner's Workshop Cross Country Running Camps. (Coed - Ages 12 & Older). For more info contact Mark & Rene Celestin, Coordinators: (310) 493-7545. Runner's Workshop Inc., P.O. Box 5028, Los Alamitos, CA 90720.

August 8-14

~Azusa. Steve Scott & ASICS Cross Country and Track Workshop. Azusa Pacific University. Training with heart rate monitors and training methods of world's best distance runners. Trails and mountains of Southern California. Contact Irv Ray (818) 969-3434 ext 3294.

Aug. 24-29, Aug. 30-Sept. 4

~Catalina Island. 9th Annual Runner's Workshop Cross Country Running Camps. (Coed - Ages 12 & Older). For more info contact Mark & Rene Celestin, Coordinators: (310) 493-7545. Runner's Workshop Inc., P.O. Box 5028, Los Alamitos, CA 90720.

August 9-13

~Grouse Ridge, CA. High Altitude Runner's Camp. Nick Vogt, Director. High School age and up. X-C and triathlon focus. Trails at 7700 ft. Nick Vogt, 1025 Grange Rd., Meadow Vista, CA 95722 (916) 878-0697.

August 14-19

~Stanford, CA. Coach Roy Benson's Nike Running Camp. Ages 10 and up. Roy Benson, 5600 Roswell Rd., Ste 355N, Atlanta, GA 30342.

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CALIFORNIA
Track News

Dear Track Fan, Coach, Athlete, Parent,

Knowing of your concern for high school track, we think you will be interested in becoming a member of the National Scholastic Sports Foundation. Membership entitles you to receive TRACK DIGEST, the only publication that provides nationwide coverage of our sport at the scholastic and Junior (19 & under) level.

The NSSF is a non-profit and tax-exempt organization so your donation is tax-deductible.

We publish our newsletter eight times a year, monthly January through June, then again in August and October. The latter two printings enable us to provide you with coverage of the various summer meets such as the Junior Olympics, East Coast Invitational, AAU Junior Olympics and other events. The October issue is devoted to the international meets our USATF Junior team attended, summaries of all 50 states meets, the year's final high school rankings for both Boys and Girls as well as our usual features and editorials.

In our first two years of publication we've covered over 220 high school meets ranging from the Trabuco Hills Invitational to the Florida Relays. We've printed close to a hundred pictures of scholastic athletes and written over two dozen feature articles. Our issue covering the recent World Junior Championships in Seoul earned us a personal letter of praise from the President of the IAAF, Primo Nebiolo.

Virtually all money taken in by the NSSF is distributed to athletes in need of financial assistance in attending the USATF Junior Nationals, the World Junior Cross Country Trials or the USOC training camps. The number of athletes we help is based upon the number of Foundation members. The more members, the more income and thus the higher the level of assistance we can provide.

We hope you will join with us in the Foundation. **Many of America's youngsters can't afford to attend their own National Championships**, and they, and the nation's track and field future, suffer. Your support can help alleviate that problem. THANKS!

Mike Byrnes
President, NSSF

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Olympics '96

(Part 7)

By Bob Womack

WOMEN

Throws

The good news here is that we don't have anything like the drug problems associated with the men throwers (even if shot putter Bonnie Dasse got cashiered off the 1992 US Olympic team when she flunked a drug test). The bad news is that our clean throwers are not, by international standards, very good. (Only two American women made the finals in the three throwing events and they weren't around for the last three throws.)

Key to American chances here are the future plans of Connie Price-Smith, clearly America's best in both the shot and discus. Connie won both events decisively at New Orleans but passed the shot at Barcelona, which some people thought was a mistake. In 1996, she'll be 34 and whether she'll want to keep competing another four years is questionable.

1992 would have been the last hurrah for Dasse in any event and probably also was the last Olympic appearance for her long-time San Diego sparring partner, Ramona Pagel. Pam Dukes, who was added to the '92 team to replace Price-Smith, appears to have plateaued in the shot (although she seems to be still improving in the discus).

There is quite a bit of younger talent here, although most of it is a long way from being competitive at the international level. One who is reasonably close to that class is Eileen Vanisi, the AJR holder who was the 1991 NCAA champ--and a mysterious no-show at New Orleans. Then there are the erstwhile "Bakersfield twins," Dawn Dumble and Melissa



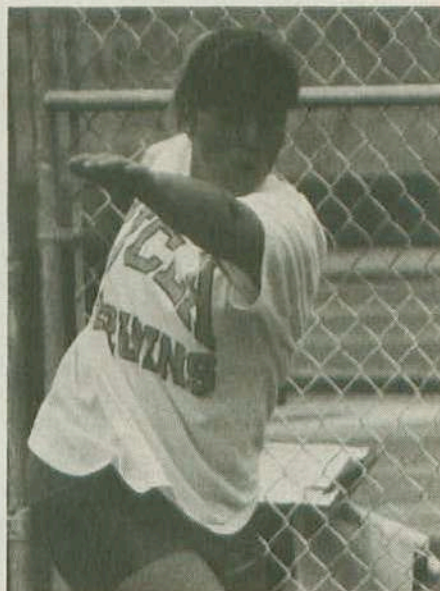
MELISSA WEIS

photo by Bill Cockerham

Weis, who were decoupled when Weis transferred from UCLA back home to Cal State Bakersfield. However, Weis's better event is the discus.

Another good young collegian is LSU sophomore Danyel Mitchell, a former California prep who was third in the NCAA but bombed in the Trials. A sleeper is Stephanie Wadsworth, who has bounced from college to college after winning the 1990 junior championship. Three preps competed at New Orleans; the only one to take seriously is Paulette Mitchell, a big left-hander from Nebraska who made the Finals.

Symptomatic of what's wrong here--and with American track in general--is the case of Dot Jones. At 6-2 and 250, her PR of 56-6 1/4 is a scratch on the surface of her potential. But as long as wrist wrestling (she's the women's world professional champ) pays better



DAWN DUMBLE

photo by Bill Cockerham

than track, and believe me it does, her shot putting career is going to be confined to a couple of warm-up meets and the Trials every four years.

Price-Smith's Olympic teammates in the discus were a couple of veterans, Carla Garrett and Penny Neer. Neer, in fact, has already announced her retirement.

Most of the other Trials finalists were veterans who'll be in their 30's by Atlanta with Kelly Landry, Becky Levi, and Lacy Barnes the closest challengers. Barnes went into the meet as the defending American champion, same as in 1988; the smallest of America's top throwers, she is more dependent on speed and favorable wind and the Trials are typically contested under conditions more conducive to power throwers.

Melissa Weis and Alana Preston are the best of the current collegiate crop. The real

future of American throwing looks like California prep titlist Suzy Powell, who has left a trail of age and class records in her wake. But that future is more likely to be eight years away rather than four.

In the javelin, America's prospects are really bleak. Donna Mayhew has been our top thrower of the post-Kate Schmidt era, but she'll be 36 at Atlanta. Paula Berry is the best of our younger crop but she had a terrible season in 1992 and made the Olympic team only off her 1991 qualifying mark when nobody else made the standard.

Incredibly, Karin Smith--at age 37--would have been our third team member, also off a 1991 qualifying mark, if she hadn't blown out her shoulder at the Trials. Subsequent surgery revealed a tom rotator cuff, the kind of injury which has ended a lot of careers for baseball pitchers and javelin throwers. Nevertheless, if rehab works, you can figure she'll be at the Trials in 1996 and maybe even on her fifth Olympic Team if some of her younger rivals don't show serious improvement between now and then.

Marilyn Senz and Meg Foster found out the hard way at New Orleans that finishing in the first three isn't necessarily enough; you've got to have a qualifier and they were 10-15 feet short. Neither is young enough that you can count on drastic improvement in the next four years.

Frankly, I'm not sure we'll even have three qualifiers four years from now. The few states that throw the javelin in high school aren't producing much; the winning mark at the 1992 junior meet was 151-7. A possible sleeper is former Fresno State thrower Nicole Carroll, who tacked nearly 15 feet onto her PR in 1992.

The hammer throw is at least eight years away from a spot on the international pro-

gram, which leaves AR holder Sonja Fitts all dressed up and nowhere to go. Sheila Hudson can identify with the feeling.

U.S. Olympic Team Predictions:

Shot: Mitchell; Dumble; Vanisi.

Discus: Preston; Weis; Dukes

Javelin--Berry; Carroll; Foster



JACKIE JOYNER-KERSEE

Photo by Bill Leung, Jr.

Heptathlon

Refer to Long Jump, Jackie Joyner-Kersey.

You can make a pretty good case that JJK is the best multi-event athlete ever, male or

female. Even at 85%, she can probably win the 1996 Olympic Trials and a Games medal and since, while she may lose a step of speed, there's still room for improvement in the throws over the next four years, there's a pretty good chance that Jackie will try for her third Olympic gold medal in this event at Atlanta.

That being the case, the U.S. will be in good shape here, even minus Cindy Greiner, who is calling it quits after placing second in five nationals and placing honorably in a series of Olympics and world championships.

Kym Carter, the third American at Barcelona, has 6500+ potential which would put her in medal contention at Atlanta to say nothing of making the team comfortably. DeDe Nathan and Jamie McNear had good meets at the Trials but both desperately need work on the throws. Theresa Roy, this year's junior champ, scored well, but seemed to lack basic speed. I personally like Nebraska's Cris Hall, who could also use more upper body strength but throws better than either Nathan or McNear.

U.S. Olympic Team Predictions:

Joyner-Kersey; Carter; Hall.

CONCLUSION

How accurate are these picks likely to be? Based on past performances, only moderately so. If I have correctly picked half the team, I'll be delighted--a third might be more like it. Probably a quarter to a third of the team won't even have been listed here. Some of those will be people none of us has ever heard of, which is why the U.S. Olympic Trials is, every fourth year, the most dramatic meet in the world. ♦

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SoCAL DIARY

By Bill Minarik

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March 15

Most of the area's top NCAA Division I Athletes were at the Indoor Nationals at Indianapolis last week; however only UCLA's men (with 7 points) had a significant showing. The Bruins' John Godina edged out former Fallbrook star Brent Noon for 3rd place with a 62-9 effort.

At the Burbank High School Invitational, the Glendale boys overtook the host Bulldogs on the final event to post a 75-74 win. On the distaff side, the girls of Beverly Hills were comfortably ahead of runner-up Burroughs, 84-62.

March 22

There were some big high school invitationals on last week's track menu, with the main course being served at Cal Poly Pomona as part of the Diamond Bar Invitational. At that one Marion Jones, in her usual starring roll, zipped to an 11.2 100 meters clocking and then, in her first-ever Long Jump competition, won at 19-11 3/4.

At the Katella Invitational, boy's teams from Saddleback, Villa Park, and Servite won Divisional Championships as did girls teams from Mission Viejo, Katella and Rosary. The boys from Bell Gardens and the girls from Paramount took the gold at the Downey Relays; while the boys and girls from Perris and Yucaipa High Schools swept Division I and II titles respectively at the Valley View Invitational.

At the Long Beach Invitational at Veteran's Stadium, the Cal State Northridge Matadors swept the men's and women's division by scores of 140-111 over the runner-up USC men and 148-89 over the Long Beach State women. The performance by the CSUN men

was all the more amazing when you consider that Coach Don Strametz's thinclads took only two firsts compared to nine for runner-up USC.

March 29

The Pasadena Games at Occidental College highlighted last week's prep track action and Muir junior Ken Haslip highlighted the boy's competition with a runaway 37:20 win in the intermediates. In addition, both the Muir boys and girls swept the relays and look potentially tough in the shorter races in this year's State Meet.

At the Long Beach Wilson Invitational, boys from Inglewood and St. John Bosco High Schools won Divisional Championships as did the girls from host Long Beach Wilson.

In meets involving 4-Year Colleges, UCLA took on Cal at Berkeley with the Bruin men getting edged in both relays for an 86-76 UCB win. The Lady Bruins had no problem with the undermanned Bears, winning 87-39.

Fresno State came down South to visit USC and saw it's men tie the Trojans 82-82-38 as part of a Tri-Meet with Iowa. The Lady Bulldogs, however, rolled past the Women of Troy 84-47 despite school record equalling performances by Troy's Inger Miller, who notched an 11.16-22.92 sprint double.

Elsewhere, the Weber State men defeated Cornell, UC Irvine, Cal Poly Pomona, and CS Fullerton 108-62-49-49-27 in a 5-way affair, while the Big Red women squeaked by Weber State, UCI, CPP, and CSF 88-86-47-27-12.

Other non-scoring meets included the Arroyo High School Invitational, Santa Barbara Relays and the Northridge Invitational.

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Thank you!

BOOK REVIEW

By Barbara T. Erskine, CAVU Company/Books for Runners

Weight Training

The 1990's are the decade when weight training comes into its own as a sports tool. For young athlete or masters, both sexes, study after study has proven the benefits of resistance training in maintaining healthy bones, giving strength for performing daily functions and improving athletic performance. Summed up by Lou Ferrigno, TV star and former Mr. Universe, "Weight training will dramatically increase your strength and visibly improve your appearance. This is true will improve your confidence, athletic ability and self-discipline."

Many books have been published on body building, how to perform weight training exercises and their value for sports participants. Described here are some of the best on the market for novice or serious athlete.

Weight Training for Beginners ...

... by Bill Reynolds, a noted bodybuilder, (1982, Contemporary, \$7.95) is a broad brush primer with all the basic information on free weights. Technique and exercises are illustrated with photos of positions and movements. Terminology is defined, misconceptions dispelled and training routines introduced. It is an effective manual for those new to strength training who don't have access to resistance machines.

Weight Training: Steps to Success ...

... Two educators and coaches, Thomas Baechle and Barney Groves (1992, Human Kinetics, \$14.95) explain strength training using progressions of exercises from basic to advanced techniques. Diagrams, organized by major muscle group, expand the descriptions as do discussions of lifting fundamentals and personalized programs. A current book, it is well written and utilitarian.

Weight Training and Fitness for Health and Performance ...

... takes a more intellectual approach (Todd Seidler, et al, 1990, Kendall Hunt, \$12.95). The authors try to give a little information on a lot of topics, from nutrition to flexibility. Because it is spiral bound and includes 30 log pages, the book becomes a notebook-style training aid, complete with photos of every exercise. This is a handy reference work which provides clear instruction.

Learn Weight Training in a Weekend ...

... by Dr. Nick Whitehead (1992, Alfred A. Knopf, \$16.00) is a picture book for the novice showing both free weights and machines. He presents a structured program to

master the basics of resistance training in a short time using high quality illustrations and photographs of every move, all equipment used and muscles worked. This is a clear guidebook which cannot be misunderstood.

Strength Training for Sport ...

... (Rex Hazeldine, 1990, Crowood Press, \$15.95) is one of the excellent British Skills of the Game series. Comprehensive and thorough, complete with line drawings and many photos, several methods of resistance training come alive and make sense. Even such peripheral exercises as individual body resistance and medicine ball lifts share space with free weights and machines. You'll feel ready to tackle a serious training program with the knowledge presented here.

It is hard to ignore the value of weight training, but many clubs or gyms don't have the qualified staff on hand enough to help with basic questions or spot incorrect technique. One of these books studied and used should help all but the advanced bodybuilder improve and enjoy the benefits of increased strength and muscle tone.

Barbara T. Erskine, owner, Books for Runners.
For information or a free catalog, contact her at 386
Portlock Road, Dept. BR, Honolulu, HI 96825.



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**THIRD ANNUAL DISNEYLAND NATIONAL
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CHAMPIONSHIPS**

JUNE 11 - 12

**TRIALS - JUNE 11:
100m, 200m, 400m, 4x100
BIRMINGHAM H.S., VAN NUYS, CA. - 6:00PM**

**FINALS: SATURDAY, JUNE 12 at
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OPEN TO ANY FULL-TIME HIGH SCHOOL ATHLETE, GRADES 9 - 12,
WHO HAS MET THE QUALIFYING STANDARDS

THIS EVENT IS SANCTIONED BY THE USA T&F; CARDS ARE REQUIRED

ENTRY FEE: \$20/INDIVIDUAL; \$40/RELAY TEAM

EVERY ENTRANT MUST PAY THE ENTRY FEE. NO EXCEPTIONS.

QUALIFYING STANDARDS

	MEN	WOMEN
100M Dash	10.6/10.84	12.0/12.23
200m Dash	21.7/21.94	25.0/25.33
400m Dash	48.7/48.93	57.5/57.73
800m Dash	1:56.0	2:17.0
1500m	4:02.0	4:48.0
One Mile Run	4:20.5	5:10.0
3000m	8:48.0	10:25.0
Two Mile Run	9:32.0	11:20.0
100mH - 33"		14.8/15.13
110mH	14.4/14.73	
300mH	38.5/38.83	45.0/45.33
400mH	56.0/56.23	65.0/65.23
4x100m Relay	42.0/42.33	48.2/48.53
High Jump	6'9"	5'6.25"
Pole Vault	14'9"	
Long Jump	23'2"	18'0"
Triple Jump	47'6"	37'0"
Shot Put	56'6"	39'6"
Discus	170'0"	128'0"

**Indented and asterisked events WILL NOT BE CONTESTED. The times are for
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FINALS: June 12 - **UCLA** - 1:00PM

**ENTRY FEE: Individual Events: \$20 Relays: \$40 (4 X \$10)
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ENTRY DEADLINE: MAY 31, 1993 (Exceptions: Due to the date of their state competitions, the deadline for the following states is June 6- CA, CN, IN, ME, MI, NJ, NY, OH, VT, VA, WI)

ENTRY REMINDERS: Fill out each entry blank completely. Use SEPARATE entry for each individual event. Photocopy if necessary. ENCLOSE ALL FEES. Make checks payable to Birmingham HS DADS CLUB. Fees are non-transferable and non-refundable. Enclose self-addressed, stamped business-sized envelope. RETURN TO: NSC, PO Box 16702, Chapel Hill, NC 27516 Phone: MIKE BYRNES, 703-829-6718

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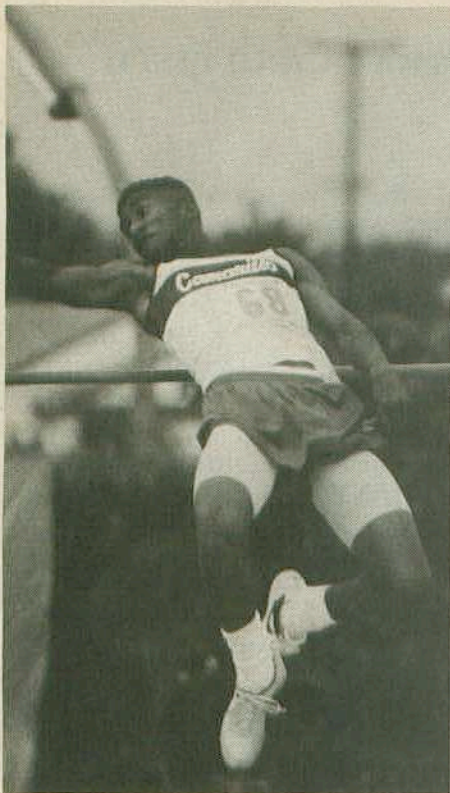
NAME _____ PHONE _____
ADDRESS _____
CITY, STATE, ZIP _____
SCHOOL/CLUB _____
BEST PERFORMANCE _____ DATE _____ MEET _____
SINGLET SIZE: S M L XL (circle one - GIRLS: use women's sizes)
COACH: _____ PHONE: (day) _____ (night) _____

.....
RELAYS EVENTS ENTRY BLANK
(Please note: ONLY the 4x100m Relay will be contested)

TEAM NAME _____
ADDRESS _____
CITY, STATE, ZIP _____
COACH _____ PHONE (day) _____ (night) _____
SINGLET SIZE: (circle one - GIRLS: use women's sizes)
S M L XL NAME _____
S M L XL NAME _____
S M L XL NAME _____
S M L XL NAME _____
S M L XL NAME (alternate) _____

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JEREMY FISCHER

Photo by Bill Cockerham

CALIFORNIA High School List

By Keith Conning

Through April 19

-The California record is listed after the event.-
Abbreviations: A=mark made at altitude (above 1,000m); -
=senior; * =junior; ** =sophomore; *** =freshman; ? =unknown
year and/or first name.

Sections: CCS=Central Coast, CS=Central, LAS=Los Angeles,
NCS=North Coast, NS=Northern, OS=Oakland, SFS=San Francisco,
SJS=Sacramento, SDS=San Diego, SS=Southern.

Timing: There is a difference of .14 between hand-timing and
accutrack timing in the 400 meters. Thus, 48.25 is listed
ahead of 48.2.

Boys

100 Meters (10.25)

- 10.61 -Anthony Volsan (Merced, SJS)
- 10.62 -Paul Turner (University City, SDS)
- 10.64 -Lindsey McDonald (Merced, SJS)
- 10.65 **Bryan Howard (Canyon Springs, SS)
- 10.76 -Kevin Devine (Nogales, SS)
- 10.80 ?Baldwin (Muir, SS)
- 10.81 ?Brandon Crockett (Inglewood, SS)
- 10.84 ?Demond Birks (Eisenhower, SS)

200 Meters (20.50A)

- 21.47 -Anthony Volsan (Merced, SJS)
- 21.50 -Lindsey McDonald (Merced, SJS)
- 21.59 -Jack Beloney (Oak Grove, CCS)
- 21.59 -Edward Turner (Morningside, SS)
- 21.64 -Kevin Devine (Nogales, SS)
- 21.65 -Jarron Turner (Mt. Pleasant, CCS)

- 21.79 ?Kory Jones (Fremont, LAS)
- 21.80 ?Moore (San Benito, CCS)
- 21.80 -Rob Rice (Mt. Pleasant, CCS)
- 21.81 **Walter Smith (McAteer, SFS)
- 21.81 -Shon Lewis (Wilcox, CCS)
- Wind-aided:
- 21.56 **Bryan Howard (Canyon Springs, SS)
- 21.80 ?Demond Birks (Eisenhower, SS)

400 Meters (45.09)

- 47.75 -Jack Beloney (Oak Grove, CCS)
- 48.0 ?Calvin Harrison (North Salinas, CCS)
- 48.25 **Mike Russell (Diamond Bar, SS)
- 48.2 -Jimmie Johnson (Mission San Jose, NCS)
- 48.40 ***William Granville (Bell Gardens, SS)
- 48.49 -Derek Favorite (Centennial, SS)
- 48.4 -Edward Turner (Morningside, SS)
- 48.72 *Andre DeSaussure (Taft, LAS)
- 48.6 -Jason Campbell (North, SS)
- 48.6 -Brian Wilkinson (Merced, SJS)
- 49.10 **Steve Campbell (Alta Loma, SS)
- 49.10 **Walter Smith (McAteer, SFS)

800 Meters (1:47.31)

- 1:49.50 -Brian Wilkinson (Merced, SJS)
- 1:51.61 ***William Granville (Bell Gardens, SS)
- 1:52.03 ?Vondre Armour (Bakersfield, CS)
- 1:52.89 -Colin Dean (Bishop O'Dowd, NCS)
- 1:53.04 -Adrian Garcia (Roosevelt, CS)
- 1:53.54 -Ted Heath (Foothill, SS)
- 1:53.82 *Mike Wenz (Canyon-CC, SS)
- 1:54.3 -John Lockard (Logan, NCS)
- 1:54.80 *Brock Tessman (Monte Vista, NCS)

1,500 Meters (3:46.4)

- 3:56.0 -Ryan Wilson (Agoura, SS)
- 3:56.8 -Morris Giddens (Gardena, LAS)
- 3:57.0 **Brett Strahan (Hart, SS)
- 3:58.28 *Eric Dunn (Arroyo Grande, SS)
- 3:59.3 -Paul De La Cerda (Hart, SS)
- 3:59.5 -Nazario Romero (San Pasqual, SDS)
- 3:59.7 -Chad Wenger (Mira Mesa, SDS)
- 4:01.85 -Jim Cera (Upland, SS)
- 4:03.00 ?Bryson McRay (Camarillo, SS)
- 4:03.30 ?Chadd Aldrich (Thousand Oaks, SS)

1,600 Meters (3:59.4 Mile)

- 4:13.14 -Ryan Wilson (Agoura, SS)
- 4:13.90 **Brett Strahan (Hart, SS)
- 4:14.62 -Morris Giddens (Gardena, LAS)
- 4:15.57 -Paul De La Cerda (Hart, SS)
- 4:15.58 -Nazario Romero (San Pasqual, SDS)
- 4:16.1 -Chad Wenger (Mira Mesa, SDS)
- 4:16.7 ?Klinger (Hart, SS)
- 4:19.42 -Margarito Casillas (Hoover, SS)

3,000 Meters (8:07.60)

- 8:33.1 -Margarito Casillas (Hoover, SS)
- 8:33.7 **Jason Balkman (Lynbrook, CCS)
- 8:34.7 *Matt Farley (Jesuit, SJS)
- 8:36.4 ?Martinez (Orange, SS)
- 8:41.2 -Jason Persheid (Jesuit, SJS)
- 8:42.5 -Jim Cera (Upland, SS)
- 8:45.03 -Ricardo Brewer (North, CS)
- 8:46.39 ?Ben Fiamm (Huntington Beach, SS)
- 8:47.4 -Dave Braden (Amador Valley, NCS)

3,200 Meters (8:36.3 2 Miles)

- 9:05.11 *Matt Farley (Jesuit, SJS)
- 9:06.90 **Jason Balkman (Lynbrook, CCS)
- 9:08.3 ?Martinez (Orange, SS)
- 9:14.12 -Ricardo Brewer (North, CS)
- 9:14.14 -Margarito Casillas (Hoover, SS)
- 9:15.7 -Jason Persheid (Jesuit, SJS)
- 9:17.7 -Jim Cera (Upland, SS)
- 9:20.29 -Gilbert Serrano (Pt. Loma, SDS)
- 9:20.86 -Paul De La Cerda (Hart, SS)

110-Meter High Hurdles (13.41)

- 14.31 -Gerald Stamps (Muir, SS)
- 14.45 ?Reuben Parrish (Atwater, SJS)
- 14.48 *Larry Parker (Bakersfield, CS)
- 14.48 ?Geremi Burleigh (Upland, SS)
- 14.49 -Andy Colbert (Muir, SS)
- 14.53 -Danny Perryman (Lemoore, CS)
- 14.59 *Brian Jones (Arroyo Grande, SS)
- 14.61 *Jason Mendearis (Hart, SS)
- 14.67 ?Coke Edmund (Bellarmine, CCS)
- 14.71 -Marquise Jones (Hawthorne, SS)

300 Hurdles (35.32)

- 37.20 *Kenny Haslip (Muir, SS)
- 37.70 *Kyle O'Neal (Bella Vista, SJS)
- 38.52 ?Ruebin Parrish (Atwater, SJS)
- 38.72 *Jason Mendearis (Hart, SS)
- 38.83 -Charlton Jordan (Washington, LAS)
- 38.89 ?Williams (River City, SJS)
- 38.99 ?Ricky Velasco (Bellarmine, CCS)
- 39.04 -Byron Casey (American, NCS)
- 39.05 ?Coke Edmon (Bellarmine, CCS)

4 x 100 (40.24)

- 41.43 Muir, SS
- 41.68 Merced, SJS
- 41.89 Canyon Springs, SS
- 41.97 Poly, Long Beach, SS
- 42.13 University City, SDS
- 42.32 Highlands, SJS
- 42.34 Morningside, SS
- 42.37 Dominguez, SS

continued next page...

- 42.42 Highlands, SJS
- 42.49 Dorsey, LAS
- 42.4 Mt. Pleasant, CCS
- 42.4 North Salinas, CCS
- 42.70 Inglewood, SS
- 42.6 Diamond Bar, SS

4 x 400 (3:07.40)

- 3:17.3 Muir, SS
- 3:18.24 Bakersfield, CC
- 3:18.62 Morningside, SS
- 3:18.84 Dorsey, LAS
- 3:19.49 Long Beach Poly, SS
- 3:21.54 Alta Loma, SS
- 3:21.70 St. Mary's, NCS
- 3:22.6c Highlands, SJS
- 3:23.1 Foothill, SS
- 3:23.46 Diamond Bar, SS

High Jump (7-4 1/2)

- 7-2 *Jeremy Fischer (Camarillo, SS)
- 7-0 *Art Lloyd (Eisenhower, SS)
- 6-10 3/4 ?Jim Romero (Baptist, SS)
- 6-10 1/2 -Jay Lim (Sonora, SS)
- 6-10 -Brian Carlson (Katella, SS)
- 6-10 -Martin Hilke (Crescenta Valley, SS)
- 6-10 -Macon (Downey, SS)
- 6-10 ?Mansfield (Canyon-CC, SS)
- 6-10 ?Martin (Clovis West, CS)
- 6-10 -Mike Woolery (Clovis West, CS)

Pole Vault (18-2)

- 16-6 *Scott Slover (Leland, CCS)
- 16-3 -Brandon Vance (Los Gatos, CCS)
- 16-2 -Tye Harvey (Sonora, SJS)
- 15-9 -Jeremy Parker (Upland, SS)
- 15-7 *Robby Weighall (Highland, CS)
- 15-6 -Jason Hinkin (St. Francis, CCS)
- 15-6 -Chris Buddin (Orange Glen, SDS)
- 15-5 -David Fip (La Jolla, SS)
- 15-4 -Justin Garcia (Coalinga, CS)

Long Jump (26-4 3/4)

- 24-1 3/4 -Edward Turner (Morningside, SS)
- 23-10 *Jackie Frazier (Madera, CS)
- 23-8 1/2 -Leandell Childs (Inglewood, SS)
- 23-8 -Derrick Mitchell (Mt. Eden, NCS)
- 23-7 -Del Brown (Livermore, NCS)
- 23-6 1/2 -Louis Morales (Reedley, CS)
- 23-3 1/2 ?Chewy Reyes (Chino, SS)
- 23-3 1/4 -Erik Truhalt (Amador Valley, NCS)

Triple Jump (53-6 1/2)

- 48-2 -Derrick Mitchell (Mt. Eden, NCS)
- 48-1 -Xavier Howell (Long Beach Poly, SS)
- 48-1 -Shamore Walker (Moreno Valley, SS)
- 47-11 1/2 -Tony Parrish (Marina, SS)
- 47-11 1/2 -Mel Moultry (Beverly Hills, SS)
- 47-9 1/2 ?Gaines (Palmdale, SS)

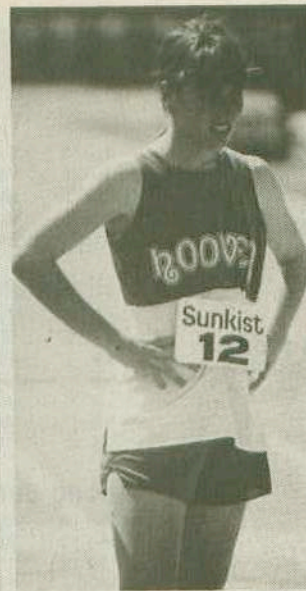
Shot Put (76-2)

- 63-11 -Tyson Lingenfelter (Upland, SS)
- 60-7 1/2 -Chad Peare (Trabuco Hills, SS)
- 55-11 1/2 ?Brown (Mission Viejo, SS)
- 55-9 -Jason Young (Piedmont Hills, CCS)
- 55-6 1/2 ?Fonua (Mira Costa, SS)
- 55-0 1/2 ?Alan Duben (Oak Park, SS)



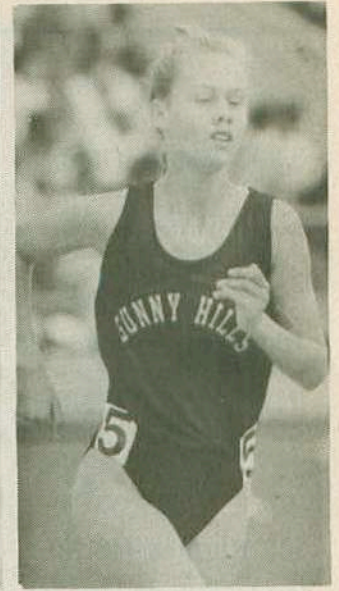
ADRIAN GARCIA

Photo by Bill Cockerham



SARAH DAWSON

Photo by Bill Cockerham



CARRIE GARRITSON

Photo by Kirby Lee

Discus (210-8)

- 191-11 -Chad Peare (Trabuco Hills, SS)
- 176-5 -Tyson Lingenfelter (Upland, SS)
- 174-4 ?Bermudez (Highlands, CS)
- 173-8 -Travis Nutter (Amador Valley, NCS)
- 173-2 *Chris DeMartini (St. Ignatius, CCS)
- 170-4 -Matt Stewart (Esperanza, SS)
- 169-5 ?Scott Bein (St. Francis, CCS)
- 168-2 ?Darrin Flynt (North, CS)
- 168-2 ?Jeremy Staat (Bakersfield, CS)

- 56.6 **Andrea Anderson (Poly, Long Beach, SS)
- 56.96 -Latasha Prothro (Poly, Long Beach, SS)

800 Meters (2:02.29)

- 2:11.69 -Miesha Marzell (Bishop O'Dowd, NCS)
- 2:13.14 -Christie Engesser (Ocean View, SS)
- 2:14.36 *Shaynn Carr (Bonita, SS)
- 2:15.24 -Melanie Hand (Fallbrook, SDS)
- 2:15.59 -Michelle Muething (Amador Valley, NCS)
- 2:15.98 **Pamela Richardson (Montgomery, NCS)
- 2:16.50 ?Rhett (Poly, Long Beach, SS)
- 2:17.17 *Jaime Artzner (Peninsula, SS)
- 2:17.96 *Kristie Johnston (Central, CS)

Girls

100 Meters (11.14)

- 11.48 -Marion Jones (Thousand Oaks, SS)
- 11.66 **Andrea Anderson (Poly, Long Beach, SS)
- 11.93 ***Lakeisha Backus (Wilson, Long Beach, SS)
- 12.08 *Tai-Ne Gibson (Morningside, SS)
- 12.11 ?Mitchell (Los Alamitos, SS)
- Wind-aided:
- 11.84 ***Lakeisha Backus (Wilson, Long Beach, SS)

200 Meters (22.58)

- 23.49 -Marion Jones (Thousand Oaks, SS)
- 24.42i **Aminah Haddad (Poly, Long Beach, SS)
- 24.57 ***Lakeisha Backus (Wilson, Long Beach, SS)
- 24.86 -Asha Jayasinghe (Arcadia, SS)
- Wind-aided:
- 24.36 **Andrea Anderson (Poly, Long Beach, SS)

400 Meters (50.87)

- 55.63 -Asha Jayasinghe (Arcadia, SS)
- 56.20i ***Crystal Miles-Threat (Bishop O'Dowd, NCS)
- 56.49 ***Lana Garner (Morse, SDS)
- 56.68 -Porchia King (Hawthorne, SS)
- 56.69 **Erica Bowling (Etwanda, SS)

1,500 Meters (4:16.8)

- 4:36.23 **Amy Skieresz (Agoura, SS)
- 4:40.33 -Christie Engesser (Ocean View, SS)
- 4:43.9 -Karen Bockel (Nordhoff, SS)
- 4:44.6 **Sarah Etman (Pasadena, SS)

1,600 Meters (4:35.24 mile)

- 4:57.97 **Amy Skieresz (Agoura, SS)
- 4:59.0 -Milena Glusac (Fallbrook, SDS)
- 5:00.10 -Erica Sumi (Wilson, Long Beach, SS)
- 5:00.70 -Karen Bockel (Nordhoff, SS)
- 5:01.10 -Sarah Dawson (Hoover, CS)
- 5:03.04 **Sarah Etman (South Pasadena, SS)
- 5:06.17 *Kim Nelson (Canyon, Anaheim, SS)

3,000 Meters (9:11.80)

- 9:48.86 -Maribella Aparacio (Fillmore, SS)
- 9:49.2 -Milena Glusac (Fallbrook, SDS)
- 10:07.6i *Carrie Garritson (Buena Park, SS)
- 10:12.9 -Melissa Keim (San Pasqual, SDS)
- 10:15.0 ?Karen Bockel (Nordhoff, SS)
- 10:16.3 ?Lisa Alexander (Tustin, SS)
- 10:25.6 *Grace Durnell (Merced, SJS)
- 10:26.9 *Kim Nelson (Canyon, Anaheim, SS)

continued next page...

3,200 Meters (10:07.8+ 2 miles)

10:26.72	-Milena Glusac (Fallbrook, SDS)
10:42.39	-Marbella Aparicio (Fillmore, SS)
10:48.74	*Carrie Garrison (Buena Park, SS)
10:52.64	-Melissa Keim (San Pasqual, SDS)
10:57.33	?Lisa Alexander (Tustin, SS)
11:01.37	*Kim Nelson (Canyon, Anaheim, SS)

100 Meter Hurdles (33") (13.5)

14.24	*Bisa Grant (Bishop O'Dowd, NCS)
14.5	**Jennifer Odom (Independence, CCS)
15.12	**Andrea Wasden (Rio Mesa, SS)
15.35	-Meshana Mays (Hawthorne, SS)
15.37	-Tanya Watkins (Walnut, SS)
15.42	*Amber Roberts (Muir, SS)
15.49	-Zenzlie Johnson (Paraclete, SS)

300 Hurdles (40.18)

43.86	?Nicole Thomas (Morningside, SS)
44.28	-Karen Vigilant (Wilson, Long Beach, SS)
44.45	*Cathey Prater (Agoura, SS)
44.94	?Shania Edwards (Moreno Valley, SS)
45.28	-Yuko Tananaka (San Marino, SS)

4 x 100 (45.11)

45.80	Poly, Long Beach, SS
46.57	Morningside, SS
46.76	Skyline, OS
47.39	Muir, SS
47.56	Wilson, Long Beach, SS
47.89	Etiwanda, SS

4 x 400 (3:37.69)

3:44.97	Morningside, SS
3:45.09	Poly, Long Beach, SS
3:47.13	Skyline, OS
3:50.49	Bishop O'Dowd, NCS

3:53.63	Logan, NCS
3:55.70	Wilson, Long Beach, SS
3:57.12	Muir, SS
3:57.36	Morse, SDS
3:59.01	Arcadia, SS

High Jump (6-2 3/4)

5-9 1/4	?Tina Bowman (Newport Harbor, SS)
5-8 1/2	*Danielle Boswell (Bullard, CS)
5-8	-Rishia Candidate (Clovis West, CS)
5-8	*Erin Duffey (St. Francis, CCS)
5-8	-Amy Chelli (Los Altos, CCS)
5-8	*Amber Roberts (Muir, SS)
5-8i	**Tracye Lawyer (Cate, SS)

Long Jump (21-3 1/4)

20-9 1/4	-Marion Jones (Thousand Oaks, SS)
19-1 1/2	-Amy Littlepage (Mt. Miguel, SDS)
19-1 1/4	***Jemae Wright (Logan, NCS)
18-10	*Tamika Hart (Monrovia, SS)
18-10	*Ebony Henderson (Bakersfield, CS)
18-8 3/4	-Cheeza Figueroa (Quartz Hill, SS)
18-8 1/4	**Pamela Simpson (Poly, Long Beach, SS)
18-5 3/4	?Keisha Doby (Lynwood, SS)

Triple Jump (44-0 1/2)

39-8 1/2	*Tamika Porter (Orange Glen, SDS)
39-8	*Ebony Henderson (Bakersfield, CS)
39-7 1/2	-Amy Littlepage (Mt. Miguel, SDS)
39-6 1/2	*Amber Roberts (Muir, SS)
37-11 1/2	***Sekai Metcalf (Skyline, OS)
37-9 3/4	-Wintress Lang (Centennial, Compton, SS)
37-8 1/4	-Shadesha Pearman (Mt. Miguel, SDS)

Shot (4 Kilo) (53-7 3/4)

51-1 1/2	-Kristen Heaston (Ygnacio Valley, NCS)
44-9	-Crystal Brownlee (Westlake, SS)
43-4 3/4	*Soozie Shanley (Tulare, CS)



SUZY POWELL

Photo by Bill Cockerham

43-2 1/2	*Gina Heads (Newport Harbor, SS)
43-0	-Lisa Stepaney (Hoover, CS)
42-10 3/4	-Nada Kawar (Crescenta Valley, SS)
42-4 1/4	-Chelsea Stephens (Altwater, SJS)
42-3 1/4	**Peka Lailu (Nogales, SS)
42-0	?Fernanda De Oliveira (Henry, SDS)
42-0	*Delores Tuimoloua (Channel Islands, SS)

Discus (183-11)

167-7	*Suzy Powell (Downey, SJS)
145-9	-Kristen Heaston (Ygnacio Valley, NCS)
145-0	-Staci Darden (Sonora, SJS)
144-1	-Lisa Stepaney (Hoover, CS)
143-1	?Burgess (Woodbridge, SS)
138-8	**Nadia Lopez (Arroyo Grande, SS)
138-7	-Lisa Misipeka (Temecula Valley, SS)
138-0	-Andrea Bill (University, SS)
136-1	-Crystal Brownlee (Westlake, SS)

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California Track and Cross Country Coaches Alliance

1992-93 Membership Update:

In its fourth year the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE continues to expand its scope, involvement, and improvement regarding our two sports within the state.

Why Should I Join The Coaches Alliance?

The CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field. Additionally, during the 91/92 year we honored 36 coaches throughout the state for their contributions to our sport.

Provides a unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows a group consensus helps to bring about change more effectively than isolated individual concerns.

The COACHES ALLIANCE was directly involved in helping to create a change in the State Cross Country meet format from three divisions to four.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE will be involved with clinics at Stanford, Fresno State, and San Diego during the month of January.

The State CIF has thought enough of the ALLIANCE to include two of its members on a select CIF Track and Cross Country Advisory Committee. Additionally, during the 92/93 season the ALLIANCE will assist the state office in helping to select section honor coaches for the state meet program.

What Do I Receive For My Membership?

COACHES ALLIANCE members will receive monthly editions of **California Track News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings organized around the **CIF/REEBOK** State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

If you would like to join, please fill out the following: (Please Print)

Name: _____

School: _____ Section: _____

Mailing Address: _____

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Phone: Home (____) _____ School (____) _____



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Dennis McClanahan--Treasurer ■ 4957 East Heaton Ave. ■ Fresno, CA 93727

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

School: _____ Mailing Address: _____

Send to attention of: _____ City: _____ Zip: _____

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

MEET SPOTLIGHT

By Doug Speck

Arcadia / Foot Locker Invitational

APRIL 10. ARCADIA HIGH SCHOOL.

With Foot Locker, America's largest footwear retailer, stepping in at the last minute in January to save this meet doomed to oblivion (with California's general economic and education funding difficulties), another frightening affair eventually emerged.

On a picture-perfect Southern California Saturday, athletes exploded, after a late winter of steady bad weather with a couple of recent adequate practice weeks under their belt, to the usual array of spectacular Arcadia performances. When the dust had cleared, out of the thirty-three events held, there were eleven nation-leading winning efforts, eight other winners recording the number two prep time in the nation for the year, and twenty-one winners having the top prep mark in the state for the year. One national grade and age record was set, with Marion Jones winning Female Athlete of the Meet honors with a special series of efforts over two other winners who recorded marks among the top ten prep efforts ever. Across the board results were super once again, with the Arcadia date continuing its special charisma in gathering and presenting a forum for prep athletes to perform at their maximum. Stars abounded!

Marion Jones closed out a spectacular Arcadia career, with perhaps her most impressive effort ever, in her new-found event, the Long Jump. Mentioning from the start of the season that she would try the horizontal jumping event, she jumped 18-10 1/4 off a crudely constructed facility her first meet ever, then settled into track preparation that left her legs a bit heavy for a couple of weeks. But this was Arcadia! The Thousand Oaks senior has set one National Record here (200m 22.87 1991), with three national age-records at 100 and 200 meters with, after this evening, eight Arcadia winner's watches, adorning her nightstand. Relay duty was first for the powerful senior, with the University of North Carolina-bound star blasting a big anchor that had her Lancer team record a season best 49.85 for second in the Seeded race. Jumping in the final Long Jump flight (7:30 event start), Marion wandered over to the start of the 100 meters

to do battle with the nation's top group that would be gathered this spring. National Indoor 55 meter champion Andrea Anderson (LB Poly), Philadelphian Jennifer Wilson, a late add and National Indoor 200 champ, would lead the challenge. Anderson, in lane 6 (Jones in 5) gave the Thousand Oaks star to her left a real go, running right with Marion through 70 meters, before the National Interscholastic Record Holder's lift had her pull away to an 11.48 nation-leading time, with Anderson racing a personal best 11.66 in second. Marion was back to the Long Jump, where a very special guest had showed up to watch. Wanting to maintain a low key presence here, Foot Locker Track Club star Mike Powell sat down near the Long Jump pit and observed that event closely. Marion later described her first jump, where she landed in the pit, looked up to her right, and there was Mike Powell, decked out in an all white sweat suit, greeting her like he was a long-time friend. Jones was psyched! Blasting down the runway with her speed, Marion flew through the air to 18-4 1/2, 18-9 1/2, 19-8 1/2, 20-8 (meet record), 20-9 1/4 (#13 prep performer ever in her third meet ever in the event), and 20-6 1/2 jumps. Powell was mildly impressed, indicating a couple of practice sessions with him would have Marion out over 22 feet, with 23 or 24 feet very possible.

Right after her final jump Jones had to race over to the start of the Invitational 200 meters, where another top group was looking for our star. Jennifer Wilson (Penn, Philadelphia, Pa) was worked into the meet at the last minute, with the 23.53 200m performer (third last year's TAC Jr Nationals and National Indoor 200m Champion) adding to a very capable field. Wilson was in Lane 2, with Marion in 5, with Wilson edging up to Marion by the head of the straightaway, and pushing the TO flash through 150 meters, before Jones pulled away once again to a 23.49 (National Leader)-23.98 win.

Marion was acknowledged as Athlete of the Meet in front of a sell-out crowd just prior to the Meet's close, with the young lady that many feel is the best athlete to ever come

through the sport in Southern California of either sex, closing out a spectacular Arcadia career in which she amazed so many viewers of the sport.

The Men's Athlete of the Meet award went to someone that probably no one in the Stadium, except for his father and Coach, felt was ready for such an effort. Michael Granville (Bell Gardens) had impressed with age-group running in recent years, winning national age-group titles over 400 and 800 meters. He had set a national frosh record over 500 yards in the Sunkist Indoor and brought a medal home from the Nike/National Scholastic Indoor Meet over 400 meters, but this would be his first big test against a top prep field over 800 meters. Against a crew with over a half a dozen who had run under 1:54.0 Michael would be taking his final exam early in the semester! Vondre Armour (Bakersfield) set the early pace, in the mid-54's through the 400 meter point, with Granville racing along on his shoulder.

Local fans usually recognize leaders in an Arcadia event, with an aging of at least usually a couple of prep seasons taking place prior to challenging for a win here. The frosh Granville was a stranger to most, with the youngster having the gall to press and take the lead at the 450 meter point, steadily pushing the third 200 meters to a time in the mid-1:22's at 600 meters. Armour kept the pressure on throughout the second lap, but Granville edged away to a three meter triumph down the final straightaway. People went grabbing for the record book when they realized that the frosh had run in the mid-1:51's. It turned out that he had taken down the national age-15 (1:52.1) and national frosh (1:52.4) records in his race here, leaving local experts "gaa-gaa" over the 1:51.61 run. Michael became the first ever male frosh athlete to take "Athlete of the Meet" honors in the twenty-six years of the event. One star graduates (Marion Jones), and this amazing sport generates another (our frosh star Michael Granville).

There were other spectacular performances all around the facility. Shot Putter

continued next page...

MEET SPOTLIGHT

Kristin Heaston (Ygnacio Valley, Concord) had her 1992 season go very late, competing in the World Junior Championships last September, with a good, but not spectacular start in 1993 for the nation's top returnee (49-2). California has a super group of female putters back in 1993, with half of the nation's top dozen prep throwers from the Golden State and entered here. In a spectacular qualifying round of throws, Heaston blew everybody and every local record away, plunking out to 48-8 3/4, 49-3 1/4, and a mind-boggling 51-5 1/2 (the #5 prep throw ever, taking down the 50-10 Meet Record set by National Record Holder Natalie Kaaiawahia [Fullerton] 1981).

The Women's Distance Medley Relay featured one of prep history's top efforts ever, with Kay Nekota (3:43), Carrie Malinikof (58.5), Kristie Camp (2:17.7), and Amy Skieresz (4:56.8 anchor) racing prep history's #8 time ever (11:57.02), breaking the Meet Record by the Polly Plumer-led University of Irvine group in 1982, that went on to set the still-standing National Record. Wilson (Long Beach) raced a fine 12:06.82 in second (#9 California team ever).

The Men had their stars. Joining the youngster movement was 400 meter star, Desmond Johnson (Saint Augustine, New Orleans, La), who blasted a top eastern field in a mid-March rather surprising National Indoor win at 47.85. Here he would meet Jonas Motiejunas (Horizon, Scottsdale, Az-46.71 1992) and Jack Beloney (Oak Grove, San Jose 47.78). Andre DeSaussure (Taft, Woodland Hills) took things out in the mid-21's through 200 meters, with Johnson bidding his time, rolling from 200 to 350 meters into lead in a well-disciplined manner, and letting off slightly at the tape to win narrowly (47.38-47.48), as Motiejunas mounted a big charge over the final thirty meters.

The distances are always a treat here, with defending 1600m champ Brian Wilkinson (Merced) blowing out an ankle in a "pick-up" basketball game a couple of days prior to the competition. Eight others with bests of under 4:15 would do battle in the four-lapper. It was Ryan Wilson (Agoura) who decided he wanted a big time here, leading the pack out through 3:05 for 1200 meters before Arizonan Ari Rodriguez (Corona del Sol, Tempe, Az) was strongest over the final lap in winning 4:10.10-4:12.27 over fellow Arizonan, Tim Martin (Page). Twelfth place was 4:16.7 in the deep event.

Over 3200 meters an equally spectacular field would have a majority of the nation's top dozen returnees competing. Margarito Casillas (Hoover, Glendale) (9:05.79) and Kenyan



MARION JONES

Photo by Phillip Enbody

Bob Keino (son of 1968 Olympic 1500m Champion and former L.A. favorite Kip) (Ridgewood, NJ) (8:25.4 3000m this winter) were the favorites. A huge pack was in attendance through the 1600 meter point at 4:34, with Keino taking the field over the final lap to win at 9:02.73, with Tim Martin second again (9:03.42), for a spectacular double. Big-time

depth was the order here also, with eleventh place 9:17.7, and some great break-throughs such as soph Jason Balkman (Lynbrook, San Jose) 9:06.90 in fifth. Coach Dave DeLong and Bob Messina's Canyon (Canyon Country) Distance Medley Relay surprised with a Nation-leading 10:16.07 win over Agoura's 10:16.89.

The Men's weight events featured great competition. The Discus had Arizonan Doug Reynolds (Greenway, Phoenix) toss a personal best 194-3 to lead over Chad Peare's (Trabuco Hills, Mission Viejo) (190-4) in the qualifying. Both athletes continued throwing well in the Finals, with Reynolds 192-7 and 194-6 (nation's #2 effort 1993), and Peare improving to 191-11 for second. Over in the Shot Put, Tyson Lingenfelter (Upland) had been talking big, backing that up with a great series, 63-8 1/2, 63-11 (1993 National Leader), foul, 62-5 1/4, 61-9 1/4, and foul, in disposing decisively of a very strong group.

The Pole Vault had a super field, with a 15-0 best necessary to get into the strong national field of seventeen. This evening it was Brandon Vance (Los Gatos) who bested the strong weekly gathering, with Scott Slover (Leland, San Jose) joining his Central Coast Section friend at 16-0. Vance cleared 16-3, with Slover passing there, and neither was able to negotiate 16-6, despite some fine efforts that wowed the big crowd.

The Women's Discus event featured one of the top prep groups ever gathered, with ten who had thrown over 140 feet present. Suzy Powell (Downey, Modesto) kept her string of wins going to three with her 167-7 (national leader) win, with Kristin Heaston (145-9) leading some fine throwing behind the Modesto star. Fine sophomore LaShonda Christopher (Timberline, Lacy, Wa) took down a great Women's Triple Jump field in the Meet's opening event, blasting a 40-9 (and two others over 40-0) in proving dominance over a fine field that had five others over 38-11. National prep High Jump record holder (6-3), Amy Acuff (Calallen, Corpus Christi, Tx), handled a fine High Jump field with a 5-10 win.

The Men's sprints had a super group, with National Indoor Record Holder at 50 meters, Paul Turner (University City, San Diego) showing great gears during an anchor effort in the Seeded 4x100m relay (bringing his team into second at 42.13), then racing to a

continued next page...

MEET SPOTLIGHT

10.62 Invitational 100m win over the State's best. At 200 meters USC-bound wide receiver Anthony Volsan (Merced) picked up his winner's watch with a 21.47 effort. Merced's Lindsay McDonald took the Seeded Men's sprints in 10.79 and 21.50.

The Women's side featured some great relay match-ups, with Skyline (Oakland) setting the nation afire during the Winter indoor season with a total destruction of the Prep 4x200m standard, with a 1:37.89 that destroyed the old 1:40.4 effort. Coach Darrel Hampton's crew had taken the National Indoor titles at 4x200 and 4x400 meters, and would take a run at Morningside (Inglewood) and Long Beach Poly here. Morningside was the Nation's leading 4x100 team (45.83) in 1992, with Poly close at 45.83, with both squads most of their stars back. Poly had ripped the best in Texas at the Texas Relays the previous weekend at the 4x100 and 4x400 distances. It would be hot! With the tension so thick at the start of this it together in the 4x100 event, blasting a 45.80 Meet Record equalling run, with Morningside 46.57 and Skyline 46.76. Later in the evening it was a fairly fresh Morningside group taking the 4x400 affair at 3:45.96, with Skyline next at 3:48.87.

On the Men's side of the relays, Muir (Pasadena) took a top group in the 4x100 (41.43), with Dorsey (L.A.) taking the locals in the 4x400 Invitational race at 3:18.84. West Brook (Beaumont, Tx), a late add in the Seeded 4x400 race, was anchored by super junior Marlon Ramsey (46.8) to a 3:15.75 win (#2 time nation).

Milena Glusac (Fallbrook) comes each year to this event and puts forth a magnificent 3200m effort, once again racing the first 1600m at close to 5:10, then charging in at 10:26.72, the nation's best clocking, in her 100 meter triumph. Amy Skieresz (Agoura), jsut back from 38th at the World Junior Cross-Country Championships, controlled the 1600m event, winning at 4:57.97 (#2 time nationally) over Arizonan Virginia Pedersoli (5:00.64). Miesha Marzell (Bishop O'Dowd, Oakland) looked great over 800 meters, charging a 63 second opening 400 and dominating a good field in a 2:11.69 (national leader) win over Christie Engesser (Ocean View, Huntington Beach) 2:13.14.

Jamel Green (First Colonial, Virginia Beach, Va) bested a great group in the High Jump, seven with bests of 6-10 1/4, winning at 6-10. Long Jumper Jared Hansen (Parma,

Idaho) stated the day before the Meet that his lifelong dream was to meet Mike Powell, with the eventual winner at 23-10 1/2 spending a few minutes with the World Record Holder after the event's close. Xavier Howell (Poly, Long Beach) repeated his win in the Triple Jump at 48-1.

National 100 Meter Hurdles leader Bisa Grant (Bishop O'Dowd, Oakland) showed little difficulty with California's movement upward to the 33" hurdles for Women this year, taking her event at 14.33. Great all-arounder Karen Vigilant (Wilson, Long Beach) raced 44.28 to win the 300 Meter Hurdles.

On the Men's side, Muir's fine hurdling trio of Gerald Stamps, Ken Haslip, and Andy Colbert made it a clean sweep, with Stamps taking a fine national field in the Invitational Highs at 14.31, Haslip the Intermediates at 37.45, and Stamps the Seeded Highs race, for good measure, at 14.49.

Hometown star Asha Jayasinghe (Arcadia) won the Invitational Women's 400 meter event at 55.63, the Seeded 200 meter at 24.86, and received the Meet's best cheer for a big "come from behind" anchor in the Seeded 4x400 meter relay with the Apaches winning at 3:59.01.

RESULTS

Weather 75 degrees & very calm, all races and field event wind readings legal as determined by gauge. Times in Hundreds Accutrack -- hand times in tenths.

MEN

100 Meters (wind -0.01 meters per second): Paul Turner (University City, San Diego) 10.62 (equal #2 time nation), Anthony Volsan (Merced) 10.66, Bryan Howard (Canyon Springs, Moreno Valley soph) 10.72, Gabriel Baldwin (Muir, Pasadena) 10.80, Brandon Crockett (Inglewood) 10.83, Kevin Devine (Nogales, La Puente) 10.94, Jason McCorvey (Poly, Long Beach) 11.06, Willie Jones (Franklin, Stockton) 11.07, (Seeded) (-0.04 mps) Lindsay McDonald (Merced) 10.79, Demond Birks (Eisenhower, Rialto) 10.84, Marcus Jones (Maryvale, Phoenix, Az) 10.87, Rob Rice (Mt. Pleasant, San Jose) 10.94, Saki Middleton (Norwalk) 10.95, Dwayne Ferguson (Hoover, Fresno) 11.07, Marques Holtwell (West Bakersfield) 11.16, Mike Graham (Mater Dei, Santa Ana) 11.21.

200 Meters (wind -0.01 meters per second): Anthony Volsan (Merced) 21.47 (State leader), Edward Turner (Morningside, Inglewood) 21.59, Jack Beloney (Oak Grove, San Jose) 21.72, Kevin Devine (Nogales, La Puente) 21.76, (Seeded) (+0.01) Lindsay McDonald (Merced) 21.50, Kory Jones (Fremont, L.A.) 21.79, Demond Birks (Eisenhower, Rialto) 21.80, Tony Serpas (Birmingham, Van Nuys) 21.82, Saki Middleton (Norwalk) 22.05, Demarion Knight (Lynwood) 22.07, Rob Rice (Mt. Pleasant, San Jose) 22.20.

400 Meters: Desmond Johnson (St. Augustine, New Orleans, La soph) 47.38 (National Leader), Jonas Motiejunas (Horizon, Scottsdale, Az) 47.48 (#2 time nation), Jack Beloney (Oak Grove, San Jose) 47.75, Mike Russell (Diamond Bar

soph) 48.25, Andre DeSaussure (Taft, Woodland Hills) 48.72, Walter Smith (McAteer, San Francisco) 49.10, Andre Harrison (Poly, Long Beach) 49.9.

800 Meters: Michael Granville (Bell Gardens) 1:51.61 (National Frosh Record - #2 time nation), Vondre Armour (Bakersfield) 1:52.03 (#3 time nation), Colin Dean (Bishop O'Dowd, Oakland) 1:52.89 (#8 time nation), Adrian Garcia (Roosevelt, Fresno) 1:53.04, Ted Heath (Foothill, Santa Ana) 1:53.54, Mike Wenz (Canyon, Canyon Country) 1:53.82, John Lockard (Logan, Union City) 1:54.3, Brice Newton (Columbia River, Vancouver, Wa) 1:54.7, Kevin Kimbell (East Central, San Antonio, Tx) 1:55.1, Andre Tutwiler (Jordan, Long Beach) 1:55.3, Isaac Turner (Burbank) 1:55.5, Eric Caldwell (Merced) 1:55.7, Jason Baker (Nordhoff, Ojai) 1:56.4.



RYAN WILSON

Photo by Phillip Erbody

1600 Meters: Ari Rodriguez (Corona del Sol, Tempe, Az) 4:10.10 (#2 time nation) (3:54.0 1500m), Tim Martin (Page, Az) 4:12.27 (#5 time nation) (3:55.1), Ryan Wilson (Agoura) 4:13.14 (#8 time nation/State Leader) (3:56.0), Reynaldo Mendez (Fordham Prep, Bronx, NY) 4:13.83 (#9 time nation) (3:54.4), Brett Strahan (Hart, Newhall soph) 4:13.90 (#10 time nation) (3:57.0), Morris Giddens (Gardena) 4:14.62 (3:56.8), Webb Shelley (Westwood, Mesa, Az) 4:14.79 (3:56.8), Ryan Cross (University, Spokane, Wa) 4:14.86, Paul de la Cerda (Hart, Newhall) 4:15.57 (3:59.3), Nazario Romero (San Pasqual, Escondido) 4:15.58 (3:59.5), Chad Wenger (Mira Mesa, San Diego) 4:16.1 (3:59.7), Gavin Klinger (Hart,

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MEET SPOTLIGHT

Newhall) 4:16.7, Mark Hauser (St. Augustine, San Diego) 4:21.7, Greg James (Mead, Spokane, Wa) 4:23.5.

3200 Meters: Bob Keino (Ridgewood, NJ) 9:02.73 (#3 time nation) (8:31.5 3000m), Tim Martin (Page, Az) 9:03.42 (#4 time nation) (8:31.6), Matt Farley (Jesuit, Sacramento) 9:05.11 (#5 time nation/State Leader) (8:34.7), Matt Davis (Mead, Spokane, Wa) 9:06.71 (#6 time nation) (8:33.5), Jason Balkman (Lyrbrook, San Jose soph) 9:06.90 (#7 time nation) (8:33.7), Theo Martin (Page, Az) 9:06.99 (8:33.1), Nathan Nutter (Corona del Sol, Tempe, Az) 9:07.44 (8:35.1), Jaime Martinez (Orange) 9:08.3 (8:36.4), Margarito Casillas (Hoover, Glendale) 9:14.8 (8:41.2), Jason Persheid (Jesuit, Sacramento) 9:15.7 (8:41.2), Jim Cera (Upland) 9:17.7 (8:42.5), Ricardo Brewer (North Bakersfield) 9:21.5 (8:47.8), Ramon Serratos (Duarte) 9:22.2 (8:48.6), Alvaro Mejia (Birmingham, Van Nuys) 9:23.5 (8:49.2), Warren Wolf (San Marino) 9:25.4 (8:51.8), Rob Aubrey (Mead, Spokane, Wa) 9:28.1 (8:55.7), Mike Prindville (De la Salle, Concord) 9:30.1 (8:56.0), Gil Serrano (Pt. Loma, San Diego) 9:30.6 (8:57.6), George Perea (Huntington Park) 9:36.5 (8:59.4), Keith Grossman (Hart, Newhall) 9:39.7 (9:00.1).

110 Meter HH (wind -0.53 meters per second): Gerald Stamps (Muir, Pasadena) 14.31 (State Leader), Jeremy Kendall (Green Mountain, Lakewood, Co) 14.38, Darius Pemberton (Hackensack, NJ) 14.51, Ryan Theriault (Cheyenne, No. Las Vegas, NV) 14.71, Reuben Parrish (Atwater) 14.82, Larry Parker (Bakersfield) 14.84, Geremi Burleigh (Upland) 14.89. (Seeded) (-0.01 mps) Andy Colbert (Muir, Pasadena) 14.49, Marquis Jones (Hawthorne) 14.71, Drue Powell (Reseda) 14.73, Andy Gardner (Moon Valley, Phoenix, Az) 14.81.

300 Meter IH: Ken Haslip (Muir, Pasadena) 37.45 (Haslip is National Leader), Reuben Parrish (Atwater) 38.52, Charlton Jordan (Washington, L.A.) 38.83, Edman Coke (Bellarmine Prep, San Jose) 39.05, Andrew Werhane (Upland) 39.15.

4 x 100m Relay: Muir (Pasadena) 41.43 (State Leader, #6 nationally), Merced 41.69, Poly (Long Beach) 41.97, Maryvale (Phoenix, Az) 42.06, Dorsey (L.A.) 42.49, Inglewood 42.84. (Seeded) Canyon Springs (Moreno Valley) 42.11, University City (San Diego) 42.13, Dominguez (Compton) 42.37, Diamond Bar 42.82, St. Bernard (Playa del Rey) 43.17.

4 x 400m Relay (Seeded): West Brook (Beaumont, Tx) 3:15.75 (#2 time nation), Diamond Bar 3:23.46. (Inv) Dorsey, L.A. 3:18.84, Poly (Long Beach) 3:19.49, Muir (Pasadena) 3:19.54, Bakersfield 3:21.04, Morningside 3:22.3, Inglewood 3:25.0.

Distance Medley Relay: Canyon (Canyon Country) 10:16.07 (National Leader), Agoura 10:16.89 (#2 time nation), Hart (Newhall) 10:24.04, Thousand Oaks 10:24.61, Loyola (L.A.) 10:25.63, Madera 10:29.30, Gardena 10:29.54, Bishop Amat (La Puente) 10:30.92, Newport Harbor (Newport Beach) 10:33.1, Upland 10:37.9, San Marino 10:38.2, Huntington Park 10:38.6, Birmingham (Van Nuys) 10:39.6, Centerville (Ohio) 10:40.9.

High Jump: Jamel Green (First Colonial, Virginia Beach, Va) 6-10, Lavelle Beiloney (Del Mar, San Jose) 6-8, Jeremy Fischer (Camarillo) 6-8, Jim Romero (L.A. Baptist, Sepulveda) 6-8, (tie) Ricky Madsen (Clovis West, Fresno) & Martin Hille (Crescenta Valley, La Crescenta) 6-6, (tie) Randy Martin (Clovis West, Fresno) 6-6 & Arthur Lloyd (Eisenhower, Rialto) 6-6.

Pole Vault: Brandon Vance (Los Gatos) 16-3 (#2 mark nation), Scott Slover (Leland, San Jose) 16-0, Robbie Manard (St. Martin's Episcopal, Metairie, La) 15-6, Robby Weighall (Highland, Bakersfield) 15-6, Tye Harvey (Sonora) 15-0, Brad Mayhew (Temple, Tx) 15-0, David Gehrke (Diamond Bar) 15-0, (tie) Dominic Johnson (Amphitheater, Tucson, Az), Mike Lannero (Arroyo, El Monte), & Jeremy Parker (Upland) 14-6, Chris Buddin (Orange Glen, Escondido) 14-6, Jesse Stern (Harvard-Westlake, North Hollywood) 14-6.

Long Jump: Jared Hansen (Parma, Id) 23-10 1/2 (wind 0 meters per second), Leandrew Childs (Inglewood) 23-8 1/4

(wind 0) (State Leader), Chewy Reyes (Chino) 23-3 1/2 (+1.0), Aaron Fox (Sinagua, Flagstaff, Az) 23-2 1/2 (+1.0), Greg Russell (University City, San Diego) 23-2 1/2 (+.5), Jablani Smith (Dorsey, L.A.) 23-1 1/2 (+1.0), Edward Turner (Morningside, Inglewood) 22-9 (+.5), Chuck Bishop (Taft) 22-8 1/4 (0), Erik Truehaft (Amador Valley, Pleasanton) 22-6 1/2 (0), Joaquin Clay (Muir, Pasadena) 22-5 1/2 (+1.0), Del Brown (Livermore) 22-4 1/2 (0), Eric Boykin (Las Vegas) 22-3 3/4 (0).

Triple Jump: Xavier Howell (Poly, Long Beach) 48-1 (#5 mark nation) (wind +0.1 meters per second), Tony Parrish (Marina, Huntington Beach) 47-11 1/2 (+.17), Mel Moltry (Beverly Hills) 47-11 1/2 (+0.01) (Parish better second jump), Ty Gaines (Palmdale) 47-9 1/2 (+0.01), Shami Walker (Moreno Valley) 47-2 1/2 (+0.01), James Jones (Lompoc) 47-1 (-0.49), Brandon Doss (Bella Vista, Fair Oaks) 46-8 1/4 (-0.01), Marc Baskin (Helix, La Mesa) 46-2 1/2 (-0.01), Chuck Bishop (Taft) 45-9 1/2 (+0.01), Shawn Williams (Crespi, Encino) 45-9 (+0.01), Geremi Burleigh (Upland) 45-6 (+0.03), David Livingston (Bella Vista, Fair Oaks) 45-3 (+0.01), Aaron Fox (Sinagua, Flagstaff, Az) 45-2 1/2 (+0.67).

Shot Put: Tyson Lingenfelter (Upland) 63-11 (National Leader) (series 63-8 1/2, 63-11, foul, 62-5 1/4, 61-9 1/4, foul), Justin Strand (Gonzaga Prep, Spokane, Wa) 58-2 1/2, Brian Morris (Moon Valley, Phoenix, Az) 58-0 1/2, Doug Reynolds (Greenway, Phoenix, Az) 57-5, Chad Peare (Trabuco Hills, Mission Viejo) 56-2, Alan Duben (Oak Park) 54-8 1/2, Beau Ralphs (Newport Harbor, Newport Beach) 54-3, Jason Young (Piedmont Hills, San Jose) 54-1 1/4, Eugene Goelins (Amphitheater, Tucson, Az) 52-11, Wade Tift (Newport Harbor, Newport Beach) 52-9 1/2, Steve Gonzales (Newport Harbor, Newport Beach) 51-10 3/4, Chris DeMartini (St. Ignatius, San Francisco) 51-10 1/4.

Discus: Doug Reynolds (Greenway, Phoenix, Az) 194-6 (#2 nation) (series 188-2, foul, 194-3, 177-6, 192-7, 194-6), Chad Peare (Trabuco Hills, Mission Viejo) 191-11 (#4 mark nation/State Leader), Tyson Lingenfelter (Upland) 176-5, Justin Strand (Gonzaga Prep, Spokane, Wa) 173-9, Chris DeMartini (St. Ignatius, San Francisco) 171-5, Brian Morris (Moon Valley, Phoenix, Az) 168-9, Darrin Flynt (North Bakersfield) 165-4, George Alvarez (San Jacinto) 164-4, Ryan Edington (Mead, Spokane, Wa) 160-10.

Athlete of Meet - Michael Granville (Bell Gardens)

WOMEN

100 Meters (wind +0.11 meters per second): Marion Jones (Thousand Oaks) 11.48 (National Leader), Andrea Anderson (Poly, Long Beach) 11.66 (#2 time nation), Jennifer Wilson (Penn, Philadelphia, Pa) 11.85 (#4 time nation), Keisha Backus (Wilson, Long Beach) 12.11, Cavetra Mitchell (Los Alamitos) 12.12, Jaime Sims (Etiwanda) 12.13, Shawna Jenkins (Del Mar, San Jose) 12.29. (Seeded) (-0.27 mps) Jennifer Frank (Oak Park) 12.18, Felecia Williams (Morningside, Inglewood) 12.28, Monica Henderson (Morse, San Diego) 12.46, Shania Edwards (Moreno Valley) 12.51, Dominique Hughes (Ganesha, Pomona) 12.52, Sommer Washington (St. Ignatius, San Francisco) 12.56.

200 Meters (wind +0.01 meters per second): Marion Jones (Thousand Oaks) 23.49. (National Leader), Jennifer Wilson (Penn, Philadelphia, Pa) 23.98 (#2 time nation), Aminah Haddad (Poly, Long Beach) 24.56 (#3 time nation), Keisha Backus (Wilson, Long Beach) 24.57 (#4 time nation), Tai-Ne Gibson (Morningside, Inglewood) 24.89, Latasha Prothro (Poly, Long Beach) 24.99, Porchia King (Hawthorne) 25.14, Heather Miller (Westridge, Pasadena) 25.42. (Seeded) (-0.01 mps) Asha Jayasinghe (Arcadia) 24.86, Jaime Sims (Etiwanda) 25.16, Jaime Brown (Canyon Springs, Moreno Valley) 25.36, Dornelsha Lewis (University, L.A.) 25.58, Tara Oettinger (Foothill,

Santa Ana) 25.82.

400 Meters: Asha Jayasinghe (Arcadia) 55.63 (#3 time nation/State Leader), Crystal Miles-Threatt (Bishop O'Dowd, Oakland) 56.41, Erika Bowling (Etiwanda) 56.69, Monique Coleman (Randolph, NYC, NY) 56.78, Porchia King (Hawthorne) 56.86, Lana Garner (Morse, San Diego) 57.97, Ja'launa Gilford (Poly, Long Beach) 58.69.

800 Meters: Miesha Marzeli (Bishop O'Dowd, Oakland) 2:11.69 (National Leader), Christie Engesser (Ocean View, Huntington Beach) 2:13.14 (#2 time nation), Shalyn Carr (Bonita, La Verne) 2:14.36 (#3 time nation), Melanie Hand (Fallbrook) 2:15.24 (#5 time nation), Michelle Muething (Amador Valley, Pleasanton) 2:15.59, Sherron Rhetta (Poly, Long Beach) 2:16.50, Brenda Stewart (Locke, L.A.) 2:18.34, Irene Hobbs (Atwater) 2:18.81, Deetra Deer (Crenshaw, L.A.) 2:19.0.

1600 Meters: Amy Skieresz (Agoura) 4:57.97 (#2 time nation/State Leader) (4:40.9 1500m), Virginia Pedersoli (Amphitheater, Tucson, Az) 5:00.64 (#5 time nation) (4:43.6), Karen Bockel (Nordhoff, Ojai) 5:00.70 (#6 time nation) (4:43.9), Sarah Etman (South Pasadena) 5:03.04 (4:44.6), Marie Davis (Lincoln, Portland, Or) 5:04.06 (4:46.4), Sarah Dawson (Hoover, Fresno) 5:04.23 (4:47.5), Ann Baldelli (St. Ignatius, San Francisco) 5:06.27 (4:46.8), Kay Nekota (Agoura) 5:06.70 (4:48.9), Christina Blackmer (Upland) 5:07.3 (4:47.8), Jamie Artzner (Peninsula, Rolling Hills) 5:09.2 (4:49.7), Janna Evans (Edison, Hunt Bch) 5:10.0 (4:48.6), Debbie Bleisch (Silver Creek, San Jose) 5:10.4 (4:51.6), Patricia Gibby (Thousand Oaks) 5:12.8 (4:55.4), Jennifer Vergth (Mt. Carmel, San Diego) 5:13.8 (4:53.1).

3200 Meters: Milena Glusac (Fairbrook) 10:26.72 (National Leader) (9:49.2 3000m), Maribella Aparicio (Fillmore) 10:42.39 (#2 time nation) (10:03.7), Melissa Keim (San Pasaqual, Escondido) 10:52.64 (#4 time nation) (10:12.9), Emily Nay (Capital, Helena, Mt) 10:56.31 (#6 time nation) (10:18.9), Liza Alexander (Tustin) 10:57.33 (#7 time nation) (10:16.3), Kim Nelson (Canyon, Anaheim) 11:01.37 (10:26.9), Grace Durnell (Merced) 11:03.20 (10:25.6), Elyse Homberger (Edison, Huntington Beach) 11:08.1 (10:29.2), Kim Mortensen (Thousand Oaks) 11:10.3 (10:31.0), Gabriela Rodriguez (Oxnard) 11:10.6 (10:28.9), Michelle Cox (Escondido) 11:16.7 (10:35.3), Molly Mehlberg (Peninsula, Roll Hills) 11:17.3 (10:38.0), Allison Twist (San Marino) 11:20.3 (10:40.4), Jamie Bascom (Elsinore, Lake Elsinore) 11:34.3 (10:49.7), Nicole Silva (Aptos) 11:35.4 (10:56.6), Jamie Whitmore (Valley, Sacramento) 11:43.1 (10:58.8).

100 Meter High Hurdles (33") (wind 0): Bisa Grant (Bishop O'Dowd, Oakland) 14.33 (B. Grant is national leader) (Meet Record/first time held), Jennifer Odom (Independence, San Jose) 14.65, Amber Roberts (Muir, Pasadena) 15.42, Karen Vigilant (Wilson, Long Beach) 15.57, Ch-a Mosely (Marshall, L.A.) 15.63. (Seeded) (wind -0.02 meters per second) Ayana Grant (Bishop O'Dowd, Oakland) 15.57, Beth Ault (St. Joseph, Santa Maria) 15.64, Denita Timberlake (Del Mar, San Jose) 15.71, Alison Rhodes (South Hills, West Covina) 15.77, Stacy Surratt (Rancho Bernardo, San Diego) 15.99.

300 Meter Low Hurdles: Karen Vigilant (Wilson, Long Beach) 44.28 (#5 time nation/State Leader), Cathy Prater (Agoura) 44.45 (#6 time nation), Shania Edwards (Moreno Valley) 44.94, Yuko Takenaka (San Marino) 45.28, Jennifer Odom (Independence, San Jose) 46.02, Erin Pinear (Timberline, Lacey, Wa) 46.49, Alison Rhodes (South Hills, West Covina) 46.8.

4 x 100m Relay: Poly (Long Beach) 45.80 (National Leader, #9 All-Time High School), Morningside (Inglewood) 46.57 (#2 time nation), Skyline (Oakland) 46.76 (#3 time nation), Muir (Pasadena) 47.39 (#7 time nation), Wilson (Long Beach) 47.56 (#9 time nation), Etiwanda 47.89, Bishop O'Dowd (Oakland) 47.93, Morse (San Diego) 48.61, Pomona

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MEET SPOTLIGHT

48.6 (Ht) (Seeded) University (L.A.) 49.08, Lynwood 49.25, Thousand Oaks 49.85, St. Ignatius (San Francisco) 49.93, Hawthorne 49.99, A. Philip Randolph (NYC, NY) 50.14, Arcadia 50.15, Dorsey (L.A.) 50.26.

4 x 400m Relay: Morningside 3:45.96 (#2 time nation), Skyline (Oakland) 3:48.87 (#4 time nation), Bishop O'Dowd (Oakland) 3:50.49 (#5 time nation), Poly (Long Beach) 3:55.62, Wilson (Long Beach) 3:55.70, Muir (Pasadena) 3:57.12 (Seeded) Arcadia 3:59.01, San Pasqual (Escondido) 3:59.11, San Marino 3:59.93.

Distance Medley Relay: Agoura 11:57.02 (National Leader/Meet Record/#8 Prep Team Ever), Wilson (Long Beach) 12:06.82 (#2 time nation/#9 California Team Ever), Peninsula (Rolling Hills) 12:29.68, Poly (Long Beach) 12:30.24, Edison (Huntington Beach) 12:31.18, Ocean View (Huntington Beach) 12:35.23, Mt. Carmel (San Diego) 12:36.11, South Pasadena 12:38.15, Upland 12:38.19, La Canada 12:38.21, Nordhoff (Ojai) 12:41.1, Corona 12:42.5, Centerville (Ohio) 12:46.7, Fillmore 12:49.0, Los Gatos 12:51.9, St. Ignatius (San Francisco) 12:58.3.

High Jump: Amy Acuff (Catalien, Corpus Christi, Tx) 5-10 (Acuff is national leader), Tina Bowman (Newport Harbor, Newport Bch) 5-6 (tie) Darci Morrison (Laguna Hills), Kristy Kierulff (Esperanza, Anaheim), & Danielle Boswell (Bullard, Fresno) 5-6 (tie) Tracye Lawyer (Cate, Carpinteria) & Holly Anderson (Reed, Sparks, Nv) 5-4, (tie) Misti May (Newport Harbor, Newport Bch) & Kelly Black (Downey) 5-4, Shania Edwards (Moreno Valley) 5-4, (tie) Amber Roberts (Muir, Pasadena) & Savant Williams (Poly, Long Beach) 5-4.

Long Jump: Marion Jones (1000 Oaks) 20-9 1/4 (National Leader/Meet Record/#13 prep ever) (wind 0) (Jones' series (all wind legal) 18-4 1/2, 18-9 1/2, 19-8 1/2, 20-8, 20-9 1/4, 20-6 1/2), Amy Littlepage (Mt. Miguel, Spring Valley) 18-10 3/4 (wind 0), Tamika Hart (Monrovia) 18-10 (0), Ebonie Henderson (Bakersfield) 18-9 1/2 (0), Pam Simpson (Poly, Long Beach) 18-8 (0), La Shonda Christopher (Timberline, Lacey, Wa) 18-6 (0), Kiesha Doby (Lynwood) 18-2 (0), Chanelle Anderson (Poly, Long Beach) 17-9 (0).

Triple Jump: La Shonda Christopher (Timberline, Lacey, Wa) 40-9 (#3 mark nation) (wind +.17 meters per second) (Christopher's series (all wind legal) 40-9, 40-2 1/4, 40-7 1/4, 39-3 1/4, f. p), Tamieka Porter (Orange Glen, Escondido) 39-8 1/4 (#4 mark nation/State Leader) (+.24 mps), Amy Littlepage (Mt. Miguel, Spring Valley) 39-7 1/2 (#6 mark nation) (+1.35), Amber Roberts (Muir, Pasadena) 39-3 3/4 (#9 mark nation) (+.14), Ebonie Henderson (Bakersfield) 39-0 (+.31), Holly Anderson (Reed, Sparks, Nv) 38-11 (#10 mark nation) (-0.02), Shadashia Pearman (Mt. Miguel, Spring Valley) 37-8 1/4 (+0.85), Kendra Johnson (Bishop O'Dowd, Oakland) 37-4 3/4 (+.91), Katrina Hall (Franklin, Stockton) 37-5 (+0.01).

Shot Put: Kristin Heaston (Ygnacio Valley, Concord) 51-1 1/2 (National Leader - #5 prep all-time - Meet Record) (Heaston's series -48-8 3/4, 49-3 1/4, 51-1 1/2, foul, 47-2 1/2), Lisa Stepaney (Hoover, Fresno) 42-3, Lisa Misipeka (Temecula Valley, Temecula) 41-10 1/2, Laulu Pekaaalii (Nogales, La Puente) 41-6 3/4, Beth Burton (Warren, Downey) 41-5 1/2, Chelsea Stephens (Atwater) 40-11 3/4, Nada Kawar (Crescenta Valley, La Crescenta) 40-11, Gina Heads (Newport Harbor, Newport Beach) 40-4 1/2, Karin McCall (Santa Rosa) 39-10 3/4.

Discus: Suzy Powell (Downey, Modesto) 167-7 (National Leader) (series 156-0, 153-6, 167-7, 150-1, 153-7, 162-4), Kristin Heaston (Ygnacio Valley, Concord) 145-9 (#4 mark nation), Staci Darden (Sonora) 145-0 (#5 mark nation), Lisa Stepaney (Hoover, Fresno) 144-1 (#6 mark nation), Gina Heads (Newport Harbor, Newport Beach) 140-11 (#10 mark nation), Jennifer Karmt (Scottsbluff, Ne) 137-7, Crystals Brownlee (Westlake, Westlake Village) 136-1, Tyrenda Stamps (Mt. Pleasant, San Jose) 135-10, Andrea Bill (University, Irvine) 134-10, Shelly Greathouse (Rocky Mountain, Ft.

Collins, Co) 133-11, Delores Tuimolou (Channel Islands, Oxnard) 131-1, Diane Hart (North Bakersfield) 129-1.

Athlete of the Meet - Marion Jones (Thousand Oaks)

RESULTS / Open Track & Field Meet

Presented by Arcadia Rotary

Weather - low 70's and breezy - wind readings determined by three gauges at meet site.

MEN

100 M (R-1) (wind +0.22 meters per second): Demarion Knight (Lynwood) 11.00, Stoney Jordan (Indio) 11.10, Rodney Sermons (Bishop Amat, La Puente) 11.15, Donald Addins (West, Bakersfield) 11.27, (R-2) (+1.84) Jason Isaac (Los Gatos) 11.03, Leandre Childs (Inglewood) 11.13, Dan Stevens (Bishop O'Dowd, Oakland) 11.16, Jim McElroy (Washington, L.A.) 11.19, (R-3) (-0.07) Marion Farlow (Eisenhower, Rialto) 11.03, Tarik Smith (Oak Park) 11.22, Charlton Jordan (Washington, L.A.) 11.27, Jamaal Carr (Muir, Pasadena) 11.29.

200M (R-1) (wind +0.88 meters per second): Walter Smith (McAtee, San Francisco) 22.17, Jason Isaac (Los Gatos) 22.64, Ray Flowers (Las Vegas) 22.92, Tarik Smith (Oak Park) 23.03, Bernard Lewis (Pasadena) 23.05, (R-2) (+0.88) Joe Criner (St. Bernard, Playa del Rey) 22.10, Charles Gates (Locke, L.A.) 22.53, Albert Richardson (Compton) 22.72, Craig Young (Florin, Sacramento) 22.86, Dan Stevens (Bishop O'Dowd, Oakland) 23.10, (R-3) (+1.14) Jim McElroy (Washington, L.A.) 22.64, Lamar Davis (Ontario) 22.98.

400 M (R-1): Derek Favorite (Centennial, Corona) 48.49, Sammy Cole (Silver Creek, San Jose) 49.87, Chad Dukeshier (Bullard, Fresno) 50.00, Jesus Aguirre (Roosevelt, Fresno) 50.15, Fred Brashear (St. Francis, La Canada) 50.80, (R-2) Craig Young (Florin, Sacramento) 49.98, Charley Welde (Crescenta Valley, La Crescenta) 50.74, Jason Boyer (San Pasqual, Escondido) 51.01, (R-3) Jerome Davis (Burroughs, Ridgecrest) 49.14, Brandon Crockett (Inglewood) 50.04, Santiago Delgado (El Rancho, Pico Rivera) 50.63, Dennis Stephens (Rio Mesa, Oxnard) 51.58.

800 M: (R-1) Isaac Sanchez (Castle Park, San Diego) 1:55.22, Brian Zakula (Rogers, Puyallup, Wa) 1:55.50, Angel Ibarra (Righetti, Santa Maria) 1:55.83, Mike Lynch (Foothill, Santa Ana) 1:56.04, Bill Stinehart (Harvard-Westlake, North Hollywood) 1:57.09, David Ley (Mission Bay, San Diego) 1:57.32, Rick Blackburn (Saugus) 1:57.78, Armando Lerma (Indio) 1:58.99, Lawrence Liu (South Pasadena) 1:59.4, (R-2) Matt Silva (San Pasqual, Escondido) 1:56.84, Kevin Barnard (Rancho Buena Vista, Vista) 1:59.56, Chris Clark (El Modena, Orange) 1:59.97, Junior Barragan (Mission Bay, San Diego) 2:00.15.

1600 M: (R-1) Shawn Frack (Esperanza, Anaheim) 4:19.59, Louie Alvarez (Palmdale) 4:26.16, Jeff Sneed (La Canada) 4:26.59, Adrian Baca (Schurr, Montebello) 4:27.02, Juan Camacho (Bell) 4:27.09, Alex Teakel (Bishop O'Dowd, Oakland) 4:28.84, Sadek Alsaidi (Ridgewood, NJ) 4:29.19, Aaron Greewald (Sir Francis Drake, San Anselmo) 4:32.27, Geoffrey Jaime (Plus X, Downey) 4:32.68, Devin Avey (Los Gatos) 4:32.27, (R-2) Hide Sano (Peninsula, Rolling Hills) 4:22.98, Greg Tademey (Silver Creek, San Jose) 4:23.43, David Mitchell (Morro Bay) 4:24.29, Roger Romero (Mission Bay, San Diego) 4:25.30, Brook Essick (Nordhoff, Ojai) 4:25.92, John Hendrickson (Huntington Beach) 4:27.7, John Henry Cottrell (Orange Glen, Escondido) 4:27.7, Adam Ozarski (Granada, Livermore) 4:28.7, Brett Butolph (Buena Ventura) 4:29.6, Dan Vielma (Huntington Beach) 4:30.4, Micah Robies (Nordhoff, Ojai) 4:31.8.

3200 M: Ben Flamm (Huntington Beach) 9:28.77 (8:55.1 3000m), Jaime Romero (Roosevelt, L.A.) 9:30.59 (8:58.9).

Devin Elizondo (Mission Bay, San Diego) 9:34.03 (9:03.1), John Greene (Agoura) 9:36.89 (9:03.9), Joey Taverner (Morro Bay) 9:38.85 (9:07.1), Dan Minami (Peninsula, Rolling Hills) 9:39.49 (9:06.2), Brendan Mahon (La Habra) 9:40.40 (9:01.7), Tommy Givens (Hart, Newhall) 9:40.85, Mario Marquez (Mission Bay, San Diego) 9:43.0, Steve Monje (South Hills, West Covina) 9:44.1, John Atwood (Castro Valley) 9:48.0, Ty Walker (De la Salle, Concord) 9:49.4, Matt Berkeley (Canyon, Canyon Country) 9:49.9, Emanuel Azizi (Agoura) 9:51.0, Ian Enriquez (Corona) 9:51.4, Rondie Gibbs (Rubidoux, Riverside) 9:52.3, Ben Nichols (San Marino) 9:54.6, Javier Ramirez (Nordhoff, Ojai) 9:56.8.

1100M HH (R-1) (wind -0.01 meters per second): 1. Jameel Green (First Colonial, Virginia Beach, Va) 14.52 (OPEN MEET RECORD), Phil D'Alessandro (Carpinteria) 14.81, Hector Valencia (Burbank) 14.83, Andy Blunt (San Pasqual, Escondido) 14.89, Charlton Jordan (Washington, L.A.) 15.03, (R-2) (+1.20) Jason Medearis (Hart, Newhall) 14.61, Tyrin Prince (Highland, Bakersfield) 15.00, Myron McClure (Rowland, Rowland Heights) 15.09, Jimmie Watkins (Eisenhower, Rialto) 15.19, Ryan Carr (Crespi, Encino) 15.22, Chris Bowle (Channel Islands, Oxnard) 15.30, (R-3) (-0.45) Justin Sanders (Loyola, L.A.) 15.40, Allen Hsu (South Pasadena) 15.50, Robert Black (Verbum Dei, L.A.) 15.60, Dennis Cummins (Loyola, L.A.) 15.73, Lyle Koegler (Crescenta Valley, La Crescenta) 15.97.

3000M (R-1) Kirk Sweetnam (Canyon, Canyon Country) 39.66, DeLewis Johnson (Nogales, La Puente) 40.39, Andy Blunt (San Pasqual, Escondido) 40.90, Henry Jerome (Loyola, L.A.) 41.12, (R-2) Jimmie Watkins (Eisenhower, Rialto) 39.87, Marc Musitano (Thousand Oaks) 40.62, Kelly Pettigrew (Escondido) 41.15, (R-3) Jason Medearis (Hart, Newhall) 38.72, Jason Brownlee (Hamilton, L.A.) 39.07, Phil D'Alessandro (Carpinteria) 39.47, Frank Trimble (Muir, Pasadena) 40.35, J.D. Fox (Arcadia) 41.20.

4x100M Relay: (R-1) Eisenhower (Rialto) 42.92, Lynwood 43.03, Muir "B," (Pasadena) 43.29, Washington (L.A.) 43.93, (R-2) Clovis West (Fresno) 43.49, Compton 43.96, Silver Creek (San Jose) 43.99, Pomona 44.12, Loyola (L.A.) 44.42.

4x400M Relay: (R-1) St. Francis (La Canada) 3:25.04, Loyola (L.A.) 3:27.10, Muir "B," (Pasadena) 3:28.67, Las Vegas 3:28.93, St. John Bosco (Bellflower) 3:29.10, (R-2) Washington (L.A.) 3:25.20, San Pasqual (Escondido) 3:25.25, Clovis West (Fresno) 3:28.01, Arcadia 3:28.62, Del Mar (San Jose) 3:29.44, Lynwood 3:30.29.

Distance Medley Relay: Claremont 10:43.23, Millikan (Long Beach) 10:44.05, Belmont (L.A.) 10:44.07, Huntington Beach 10:46.99, South Gate 10:48.15.

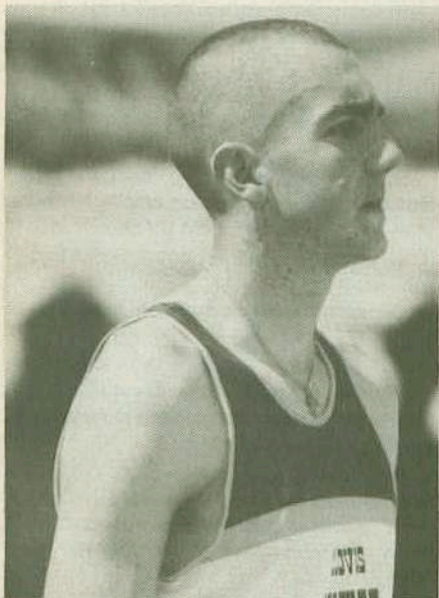
High Jump: Mike Wooley (Clovis West) 6-6, Aaron McGee (Diamond Bar) 6-4, Mike Kettler (San Pasqual, Escondido) 6-4, Kevin Little (Mt. Pleasant, San Jose) 6-2, (tie) Mike Vasile (Temecula Valley, Temecula), Aaron Pomeroy (El Dorado, Placentia) & Patrick Moran (San Marcos, Santa Barbara) 6-0. Also at 6-0: Tim Jones (Loyola, L.A.) & Ryan Lauterio (Palmdale) 6-0.

Pole Vault: David Fipp (La Jolla) 15-0, (tie) Justin Wilson (Rancho Buena Vista, Vista) & Ben Stark (Porterville) 15-0, A.J. Blackburn (Clovis West, Fresno) 14-6, Kevin Kneafsey (Loyola, L.A.) 14-6, Dan Short (Livermore) 13-6, John Bain (Foothill, Santa Ana) 13-0, Flip Strabrowski (South Pasadena) 13-0.

Long Jump: Jackie Frazier (Madera) 23-10 (wind -.3 meters per second) (MEET RECORD) (also 23-6 (+.5 mps), Louie Morales (Reedley) 23-6 1/2 (+.5 mps) (also 23-4 -.2 mps), Ty Pinkney (Colton) 22-6 (+1.0), Keith Harrison (Helix, La Mesa) 22-5 (+.5 mps), Maurice White (Helix, La Mesa) 22-4 1/2 (+1.0), Shamuri Walker (Moreno Valley) 22-1 (+.5), Andrew Little (Fresno) 21-5 3/4 (0 wind).

Triple Jump: Jackie Frazier (Madera) 46-7 1/2 (wind +.66 meters per second), Tim Bias (Damien, La Verne) 45-9 1/2w (+2.25 mps) (44-2 1/2 +.01 best wind legal), Rashaan Harri-

MEET SPOTLIGHT



MIKE WOOLEY

Photo by Bill Cockerham

son (Muir, Pasadena) 44-4 1/2 (+1.17), Sean Williams (Sir Francis Drake, San Anselmo) 43-11w (+2.39) (42-9 +1.55 best wind legal) Jamie Higgins (Piedmont Hills, San Jose) 43-9 1/2 (+.43), Kevin Little (Mt. Pleasant, San Jose) 43-8w (+4.03) (42-10 1/2 +1.90 best wind legal), Britt Lucky (Bella Vista, Fair Oaks) 43-2 3/4 (+1.35).

Shot Put: Chris Conrad (Brea-Olinda, Brea) 51-5, Ryan Marcos (Los Gatos) 51-3 1/2, J.D. Martin (Madera) 51-1, Troy Davis (San Pasqual, Escondido) 48-5 3/4, Matt Redman (Peninsula, Rolling Hills) 48-5, Damon Blechen (Agoura) 48-4 1/2, Discus Louie Bermudez (Highland, Bakersfield) 174-4, Luke Villanueva (King City) 159-1, Alan Duben (Oak Park, Agoura) 157-2, Ryan Theriault (Cheyenne, No. Las Vegas, NV) 154-7, Chris Conrad (Brea-Olinda, Brea) 153-4, Adam Stout (Alta Loma) 153-3, Tighe Jaffe (Mt. Carmel, San Diego) 146-0, Nathan Thompson (Hart, Newhall) 145-2.

WOMEN

100 M (R-1) (wind +0.02 meters per second): Sharika Higgins (Channel Islands, Oxnard) 12.65, Kim Hay (Los Gatos) 12.84, Amber Hutson (South, Bakersfield) 13.06. (R-2) (+0.01) Jacalyn Pruitt (Littlerock) 12.64, Lisa Key (Lynwood) 12.80, Rosalyn Grant (Ganessa, Pomona) 12.81, Kristie Williams (Reed, Sparks, NV) 12.83, Chassity Davis (Burroughs, Ridgecrest) 12.85, Tamika Dundy (Mt. Pleasant, San Jose) 12.99. (R-3) Anetra Washington (Torrance) 12.34w (+2.85 meters per second), Jonquil David (Charter Oak, Covina) 12.53w, Davida Washington (Rowland, Rowland Hts) 12.60w, Torri Edwards (Pomona) 12.69w, Melissa Gibbs (San Pasqual, Escondido) 12.78w.

200 M (R-1) (wind +2.59 meters per second): Carletta Smith (Ontario) 25.24w, Torri Edwards (Pomona) 25.56w, Alicia Sims (Oxnard) 25.90w, Adelita Williams (Dos Pueblos, Goleta) 26.04w (R-2) (+.24) Jonquil David (Charter Oak, Covina) 25.63, Anetra Washington (Torrance) 26.01, Lawonna Rashes (Lynwood) 26.18, Brandon Wilborn (Clovis West, Fresno) 26.57, Erin Sechler (San Marino) 26.62. (R-3) (+1.73) Oneika King

(Pomona) 26.30, Cynthia Midkiff (Fremont, L.A.) 26.45, Tamika Rodriguez (Chino) 26.65, Erica Montgomery (Lynwood) 26.69, Amy Feniello (Laguna Hills) 26.99.

400 M: (R-1) Heather Miller (Westridge, Pasadena) 57.65, Barbie Jones (San Marcos, Santa Barbara) 58.23, Nicole Wallace (Ontario) 59.39. (R-2) Melissa Gibbs (San Pasqual, Escondido) 57.79, Brenda Stewart (Locke, L.A.) 58.08, Jerrena Bernestine (Plus X, Downey) 58.44, Jannel Chandler (Reed, Sparks, NV) 59.23, Monique Graves (Philip Randolph, NYC, NY) 60.40, Colleen Rheem (Muir, Pasadena) 60.99. (R-3) Veronica Woods (Independence, San Jose) 58.79, Tara Oettinger (Foothill, Santa Ana) 58.91, Kirra Kania-Lloyd (Rancho Cucamonga) 59.48, Marlene Lang (Fountain Valley) 61.03, Kristen White (Trabuco Hills, Mission Viejo) 61.18.

800 M: (R-1) Spring Lino (Fresno) 2:18.71, Aubray Mescher (Rio Mesa, Oxnard) 2:19.50, Kristie Camp (Agoura) 2:20.18, Tanya Futami (Edison, Huntington Beach) 2:20.65, Shenalle Rogers (Channel Islands, Oxnard) 2:22.12, Nikki Harris (Beverly Hills) 2:22.26, Kim Jackson (St. Joseph, Lakewood) 2:22.37, Shelly Burkert (Saugus) 2:24.30, Keana Collins (Mt. Pleasant, San Jose) 2:25.24, April Herrity (Simi Valley) 2:25.81, Tamika Rodriguez (Chino) 2:25.7. (R-2) Stacey Kerr (Fallbrook) 2:18.68, LaTonya Sumlin (North, Bakersfield) 2:19.77, Meghan Randall (Aptos) 2:21.19, Jessica Barraza (Saugus) 2:21.58, Allison Kaz (Agoura) 2:22.30, Alexis Hodge (Phillip Randolph, NYC, NY) 2:23.70, Larissa Pennington (Lincoln, Portland, Or) 2:24.2, Beth Caster (Temescal Canyon, Lake Elsinore) 2:25.0, Molly Stark (Bella Vista, Fair Oaks) 2:26.3, Ryan Sartwell (Arcadia) 2:27.2.

1600 M: (R-1) Claris Fernandez (Corona) 5:07.43, Joanna Cerri (Downey, Modesto) 5:10.62, Carrie Caulkins (Esperanza, Anaheim) 5:10.80, Andrea Bruins (Rancho Cucamonga) 5:10.97, Amy Van Atta (Buena, Ventura) 5:12.45, Anjelica Randall (Bishop O'Dowd, Oakland) 5:17.85, Holly Malander (Los Gatos) 5:20.83, Christa Ayuso (Burbank) 5:22.42, Tara Whitfield (El Modena, Orange) 5:23.14, Mary Blake (Peninsula, Rolling Hills) 5:24.79, Ann Marshall (Highland, Palmdale) 5:24.8. (R-2) Josefina Sanchez (Hueneme, Oxnard) 5:18.26, Christy Beckman (San Pasqual, Escondido) 5:18.28, Genevieve DeBose (Hamilton, L.A.) 5:19.59, Marisa Daniel (Granada, Livermore) 5:19.97, Thresa Smith (Florin, Sacramento) 5:20.54, Lori Francon (Taft) 5:23.03, Jana Sandberg (Peninsula, Rolling Hills) 5:24.15, Audia Roberto (Belmont, L.A.) 5:25.43, Jennifer Mornach (Bella Vista, Fair Oaks) 5:26.94, Melissa Keenan (Trabuco Hills, Mission Viejo) 5:29.17.

3200 M: Sherrie Donovan (Madera) 11:19.1, Miranda Miedecoff (Los Gatos) 11:21.78, Sonya Melendez (Indio) 11:24.75, Liz Leigh-Wood (Aptos) 11:29.67, Lynn Snyder (Peninsula, Rolling Hills) 11:31.25, Patty Trejo (Belmont, L.A.) 11:41.7, Tiffany Burt (Agoura) 11:41.8, Julie Meyer (Peninsula, Rolling Hills) 11:42.8, Jenny Lopez (Calallen, Corpus Christi, TX) 11:45.7, Michelle Dale (Moreno Valley) 11:47.6, Laura Monson (Claremont) 11:49.3, Jeannie Formosa (Edison, Huntington Beach) 11:52.3, Danielle Pekar (Rubidoux, Riverside) 11:55.1, Melanie Pickett (Mt. Carmel, San Diego) 11:55.3.

100 M HH: (33° R-1) (wind -0.05 meters per second) Deaweh Totimeh (Valley, Sacramento) 15.50, Monique Woods (Plus X, Downey) 15.67, Andrea Wasden (Rio Mesa, Oxnard) 15.80, Heather Novak (Santa Margarita, Rancho SM) 15.91, Nicole Dodd (South Pasadena) 16.01. (R-2) (-0.05) Tanya Watkins (Walnut) 15.72, Keisha Griffiths (Washington, L.A.) 15.76, Syreeta Brown (Ontario) 15.14. (R-3) (+0.61) Laura Saw (Rio Mesa, Oxnard) 15.53, Lisa Shepard (Orange Glen, Escondido) 15.78, Marie Philman (Edison, Huntington Beach) 16.07, Kim Veeder (Los Gatos) 16.11.

300 M LH: (R-1) Deonna Ikner (Muir, Pasadena) 47.18, Lisa Shepard (Orange Glen, Escondido) 47.70, Susyn Heidenrich (Rio Mesa, Oxnard) 47.82, Yanick Clay (Inglewood) 48.65, Lashonda Ferguson (Ganessa, Pomona) 49.02, Rachel Carlin

(Valley Christian, Tempe, Az) 49.59. (R-2) Laura Saw (Rio Mesa, Oxnard) 46.30, Keisha Griffiths (Washington, L.A.) 46.99, Theretta Jones (Channel Islands, Oxnard) 47.96, Aya-na Grant (Bishop O'Dowd, Oakland) 48.23, Kelly Moten (Muir, Pasadena) 48.89. (R-3) Lisa Key (Lynwood) 46.82, Jennifer Knowles (Muir, Pasadena) 46.92, Stacy Hebert (Buena, Ventura) 47.17, Kim Veeder (Los Gatos) 47.61, Letisha Ducree (St. Bernard, Playa del Rey) 48.20, Ronessa Norwood (Crenshaw, L.A.) 48.32.

400M Relay: (R-1) Rio Mesa (Oxnard) 49.62, San Marino 49.86, Ganessa (Pomona) 50.32, Fremont (L.A.) 51.87. (R-2) Los Gatos 50.06, Dos Pueblos (Goleta) 50.18, Clovis West (Fresno) 50.23, Buena (Ventura) 50.46, Silver Creek (San Jose) 50.91.

1600M Relay: (R-1) Del Mar (San Jose) 4:07.01, San Marcos (Santa Barbara) 4:07.66, Lynwood 4:08.34, Rio Mesa (Oxnard) 4:08.80, Buena (Ventura) 4:11.61. (R-2) Inglewood 4:03.85, Burroughs (Burbank) 4:05.64, Channel Islands (Oxnard) 4:06.08, St. Bernard (Playa del Rey) 4:12.32, Fremont (L.A.) 4:12.92.

Distance Medley Relay: Buena (Ventura) 12:44.11, Madera 12:56.90, Belmont (L.A.) 12:59.40, Escondido 13:00.35, Saugus 13:06.06, Bishop Amat (La Puente) 13:08.01, Claremont 13:11.48, Temescal Canyon (Lake Elsinore) 13:15.26.

High Jump: Tina Farnady (Los Gatos) 5-5, Jarilla Churchill (Bishop O'Dowd, Oakland) 5-4, Stephanie Jones (Walnut) 5-4, Christina Ivey (Foothill, Santa Ana) 5-4, Kathy Watson (Saugus) 5-2, Ingrid Bekkers (Los Gatos) 5-0, Sarah Phelps (Palmdale) 5-0.

Long Jump: Lisa Domico (Claremont) 18-4 (wind +1.0 meter per second), Tamika Porter (Orange Glen, Escondido) 18-1 1/2 (+1.5), Rosalyn Grant (Ganessa, Pomona) 17-10 (+.5), Stephanie Jones (Walnut) 17-8 1/2 (+1.0), Chianti Austin (Rio Mesa, Oxnard) 17-7 (+1.0), Angela Grah (Highland, Bakersfield) 17-0 (+1.0), Julie Tinker (Valley, Sacramento) 16-10 (+.5), Rachelle Heibut (Clovis West, Fresno) 16-10 (0) (Tinker better 2nd jump), Dominique Hughes (Ganessa, Pomona) 16-9 (+1.0), Summer Scott (San Marcos, Santa Barbara) 16-7 1/2 (+.5), Kelly Moten (Muir, Pasadena) 16-5 (+1.0), Ashanti Austin (Rio Mesa, Oxnard) 16-5 (+2.0) (Moten better 2nd jump).

Triple Jump: Alana Harrell (La Jolla) 35-7 3/4 (wind -0.31 meters per second), Shawanda Hotchkiss (Channel Islands, Oxnard) 35-7 1/2w (+2.80) (wind legal 34-9 1/2 +1.00), Carol Clinger (Orange Glen, Escondido) 35-6 3/4 (+1.39), Ligaya Coleman (Carpinteria) 35-5 3/4 (+1.07), Lee Kuhn (Arroyo, El Monte) 34-11 (+0.29), Kerry O'Brick (Edison, Huntington Beach) 34-7 3/4 (+0.83), Summer Scott (San Marcos, Santa Barbara) 34-3 1/2 (+0.90), Bonne Trejo (Downey) 34-2 (+0.04).

Shot Put: Tyrenda Stamps (Mt. Pleasant, San Jose) 37-7, Diane Hart (North, Bakersfield) 37-4, Carol Clinger (Orange Glen, Escondido) 36-6 1/2, Anna Crossley (Paramount) 36-3 1/2, Mary Wilson (Charter Oak, Covina) 35-11 1/2, Margaret Veilgitone (Fallbrook) 35-2 1/2, La Vera Clark (Paramount) 35-0, Sharon Rohde (Fallbrook) 34-11 1/2, Katie Kraph (Peninsula, Rolling Hills) 34-3 1/2.

Discus: Mary Wilson (Charter Oak, Covina) 133-0, La Vera Clark (Paramount) 128-11, Yolanda Crowder (Bakersfield) 128-0, Amy Blackburn (Don Lugo, Chino) 120-0, SheNia Randle (South Bakersfield) 119-5, Laura Lange (San Marcos, Santa Barbara) 119-4, Nada Kawar (Crescenta Valley, La Crescenta) 118-6, Leslie Van Scoy (Rio Mesa, Oxnard) 115-4, Kari Usrey (Hart, Newhall) 112-2, Kim Righetti (Ventura) 111-8, Rose Ballesteros (Arroyo, El Monte) 109-3, Chrissy Maunaulo (Mt. Carmel, San Diego) 108-9.



PREP NOTES

By KEITH CONNING

FAX: (510) 849-3342

Northern California coaches can FAX me their results. Or you can send them to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Soozie Shanley (Tulare)

Pioneer Relays, Visalia, March 12--Junior Soozie Shanley (Tulare), fourth in the State Meet shot put at 42-4 1/2, put a personal best 43-4 3/4. She was the leading sophomore shot putter in the state last year.

I would like to thank her coach Greg Knight for sending in her marks.



SOOZIE SHANLEY

Photo by Bill Cockerham

Track death traced to sickle cell trait

West Palm Beach, Fla. (UPI) -- A Palm Beach Lakes High School freshman, who died after running a distance relay, was the victim of a rare complication caused by a sickle cell anemia trait, an autopsy showed.

Doctors said Damion Smith, 15, did not have sickle cell anemia, but did have the gene trait.

Palm Beach County Medical Examiner Dr. James Benz said Monday the three-quarter-mile run March 7 resulted in a low oxygen level in the blood which led to a sickling of the red blood cells and a release of potassium in the blood. He said that caused cardiac arrest.

"The odds of something like that happening are infinitesimal," said Dr. Samuel Gross, chief of pediatric hematology-oncology at the University of Florida.

Sickle cell anemia afflicts 15 of every 10,000 black children, but is found in the genes of about one in 12. Those with the trait do not normally exhibit symptoms of the disease.

Smith was apparently healthy, said his father, Booker Smith. He said he did not know his son carried the sickle cell trait.

Smith separated from the boy's mother, Deale Smith, 12 years ago. She said at about that time she found she had sickle cell trait but never told anyone.

Damion Smith collapsed after completing a leg of a distance medley relay at John I. Leonard High School in Lake Worth. His heart stopped and he was revived by cardio-pulmonary resuscitation. He died early the next morning in a hospital.

K-Bell

Los Gatos, March 20--I was told by Willie Harmatz, the Los Gatos coach, that the meet was hand-timed.

Jack Beloney (Oak Grove, San Jose), eighth in the State Meet 400 meters, won in 47.8.

Scott Slover (Leland, San Jose), the Central Coast Section champion and eighth in the State Meet pole vault, beat Brandon Vance (Los Gatos), third in the Central Coast Section, --16-6 to 16-1.

Derrick Mitchell (Mount Eden, Hayward) long jumped 22-8 and triple jumped 47-11 1/2. He placed ninth in the State Meet triple jump. Bill Stengle (Los Gatos) defeated Dave Charlesworth (Los Gatos) in the hammer throw--184-6 to 180-1.

Kelli White (Logan, Union City), third in the North Coast Section 200 meters, ran 24.7. Jennifer Odom (Independence, San Jose), third in the State Meet 100 meter hurdles, ran 14.5.

Bishop O'Dowd (Oakland) won the 400 meter relay in 48.1.

Erin Duffey (St. Francis, Mountain View), the Central Coast Section high jump champion and fourth in the State Meet, jumped 5-8.

Freshman Jemae Wright (Logan, Union City) long jumped 19-1 1/4.

Kristen Heaston (Ygnacio Valley, Concord), the State Meet shot put champion, put 47-3. Heaston, ninth in the State Meet discus, defeated Tyrenda Stamps (Mt. Pleasant)--133-0 1/2 to 132-0.

Skyline (Oakland)

McAteer High School, San Francisco, March 24--The Skyline girls' 400 relay team ran 47.5.

Brian Wilkinson (Merced) to Villanova

Stanford, March 26--Senior Brian Wilkinson (Merced), the fastest underclass 1,600 meter runner in the country last year at 4:11.17 and third in the State Meet 1,600 meters, told me today that he is going to go to Villanova. (He was wearing a Villanova sweatshirt around the stadium.) He will join Luis Quintana (Arroyo Grande 1991), who is running very impressively this year.

continued next page...

Stanford Festival

Stanford Stadium, March 26-27--On Friday the 26th the Merced sprint medley relay team turned in an outstanding early season time of 3:28.73. That would have been the third best time in the country last year. The team was composed of senior Brian Wilkinson (1:54.2), senior Anthony Volson, senior Lindsey McDonald, and Caldwell. Wilkinson ran his first 440 in 55.7 and his second in 58.5.

The Atwater girls' sprint medley relay team won in 4:17.0. Their 880 runner Irene Hobbs, a sophomore, ran 2:21.1.

The Aptos girls' distance medley relay team ran 12:34.3. Their team was composed of sophomore Nicole Silva 3:50.6, Lindsey McDougall 61.5, Meghan Randell 2:22.4, and junior Lisa Crouch 5:19.5. The splits were provided by Aptos coach Bill Hotchhiss, the former Leigh (San Jose) coach.

On Saturday the 27th senior Derrick Mitchell (Mt. Eden, Hayward) triple jumped 48-2. Senior Dave Charlesworth (Los Gatos) won the hammer at 178-0. Senior Bill Stengele (Los Gatos) placed second at 175-2, and senior Travis Nutter (Amador Valley, Pleasanton) was third at 173-3.

There was heavy rain all day on Saturday.

Hampton-Phillips

De Anza College, March 27--The Skyline (Oakland) girls' 4 x 100 meter relay team ran 47.42. The meet was stopped because of rain.

Don Franklin Invitational

Stanislaus State, March 27--Suzy Powell (Downey, Modesto) threw the discus 155-6.

Peter De La Cerda

Tempe, Arizona, March 27--Peter De La Cerda (Adams State), a sophomore from Newhall, placed second in the 5,000 meters at the Sun Devil Invitational. His time of 14:19 qualified him for the NCAA Division II outdoor championship.

De La Cerda won the NCAA Division II indoor 5,000 meter championship in 14:20.89 on March 13. De La Cerda, who ran his last lap in 60 seconds, pulled away from his teammate Phil Castillo at the end of the race. Castillo, who beat De La Cerda by one second for the NCAA-II cross country title last November, took second in 14:24.75.

De La Cerda graduated from Granada Hills High School. He attended Alemany High dur-

ing his freshman and sophomore years, and Hart High in Newhall in his junior year.

Jimmy Stewart Marathon Relay

Los Angeles, March 28--Third place went to the Spartans in 2:04.22. Irish Olympian John Doherty and American Olympians Steve Plasencia and John Gregorek combined with Brian Abshire (De Anza HS, Richmond 1982) and Greg Whitely (University HS, Irvine 1985) to share \$5,000.

Carlsbad 5000

Carlsbad, March 28--Marc Davis (San Diego HS 1987), fifth in the 1986 State Meet 3,200 meters, was the highest American finisher in fourth place with a time of 13:50.

Mary Slaney (Orange HS 1976) sustained a slight ankle injury training for the race and pulled out just before the start.

Deena Drossin (Agoura HS, Agoura Hills 1991), first in the 1990 and 1991 State Meet 3,200 meters, of Arkansas was the highest American finisher among the women, in sixth place with a time of 16:03.

World Cross Country Championships

Amorebieta, Spain, March 28--Matt Giusto (San Mateo HS 1984), third in the State Meet 3,200 meters in 1984, placed 50th in 34:37 over the 12,850 yard course.

Doctor Says Fall, Not Baton Blow, Left Sand Grain in King's Face

Los Angeles, March 30 (AP)--A single grain of sand removed from Rodney King's face months after his beating was seized upon by the defense in the trial of four police officers Tuesday to show that King's injuries were caused by a fall.

Dr. Dallas Long III, an emergency room physician from Irvine who did not treat King, said he examined medical records and found that on May 15, 1991, King had some scar tissue removed from his face.

During the procedure, he said, a particle of sand was found embedded in a scar.

"How could a piece of sand become embedded in the flesh?" asked attorney Michael P. Stone.

"It has to be driven in with some force," said Long. "It's associated with falls on some

sort of gravel."

Asked for his opinion about King's massive facial fractures he said the majority were "most consistent with a fall against a flat surface."

"Does the existence of an embedded piece of sand or gravel enhance that opinion?" asked Stone.

"Oh yes, it enhances it, sure," said the witness.

However, Long said that one cut on the right side of King's scalp was probably caused by a baton blow.

Long was called as a witness for Stone's client, Officer Laurence Powell, accused of inflicting the most baton blows on King during a videotaped beating March 3, 1991.

Stone was attempting to blunt the damaging testimony of California Highway Patrol Officer Melanie Singer who wept on the witness stand as she remembered Powell bashing King in the head repeatedly with his baton.

She described King cowering under the blows with his hands over his face, as Powell struck him on the knuckles.

Stone showed Long a picture of King's hands after the beating. The doctor said he could detect no injuries.

Powell is on trial in federal court along with Sgt. Stacey Koon, Officer Theodore Briseno and former Officer Timothy Wind. They are charged with violating King's civil rights in the beating at the end of an auto chase.

Prosecutors objected to Long's expert testimony, saying he lacked the qualifications to give opinions in the field of injury causation. Long, who now works in an outpatient clinic, said his specialty was emergency medicine but his "hobby" is studying the causes of injuries. U.S. District Judge John G. Davies allowed the testimony.

Long was the first medical witness in six weeks of testimony to say that King's injuries resulted from a fall. Doctors who treated King and a biomechanics expert testified for the prosecution that King's facial bones were shattered by blows from a baton. They said it was impossible to receive such injuries in a fall.

(Prep Editor: The preceding article appeared in the Los Angeles Times on March 31.)

Dallas Long (North Phoenix HS, Phoenix, AZ) set the national high school record of 69-3 in the shot put in the Luke-Greenway Invitational in Phoenix on May 16, 1958. The old national record of 64-0 3/4 was set by Clark Branson (Pasadena HS) in the State Meet at Berkeley on June 1, 1957. Long is still 15th

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PREP NOTES

on the all-time list. His record lasted until 1967, when Karl Salb (Crossett, AR) threw 69-6.

Long also set the national high school record in the 16lb. shot of 61-0 1/2. Long is still 4th on the all-time list. His record lasted ten years. Sam Walker (Samuell, Dallas, Texas) threw 61-1 3/4 in 1968.

Long attended the University of Southern California. He represented the Pasadena AA. He was born on June 13, 1940. He was 6-4 and 160. His personal bests were 67-10 in the shot put in 1964 and 172-3 in the discus in 1961. He placed third in the 1964 Olympic Games shot put at 62-4 1/2. He was the Olympic shot put champion in 1968 at 66-8 1/2. He won the AAU championship in 1961. He won the NCAA shot put in 1960, 1961, and 1962. He was a former world record holder in the shot put (11 times), between 1959 and 1964.)

Graduation Rate Lower For Black Male Athletes

Chicago, April 1 (AP) -- A cultural gap, the lure of professional sports and "black male machismo" contribute to much lower graduation rates for black male athletes at Big Ten Schools than for white athletes, academics and sociologists say.

Forty-eight percent of all black athletes who were Big Ten freshmen in 1985-86 earned diplomas within six years, compared with 68 percent of white athletes, the *Chicago Tribune* reported Wednesday.

"Most people think the only reason (blacks) are on campus is because they're athletes," said Charlie Wilson, athletic academic adviser at Michigan State and a former collegiate athlete. "There's overt and covert racism. There is a cultural gap."

The *Tribune* study also found a gender gap. Seventy-two percent of black female athletes graduated in the six years examined, while 44 percent of the black male athletes did so.

Gary Sailes, who studies sports and sociology at Indiana, said some black athletes are called "white boy" or "sissy" if they succeed in the classroom.

"It's part of the black male machismo," he said. "A lot of black athletes who are doing well, they go back to the 'hood, and all of a sudden they can't relate to their friends."

The lure of professional sports also keeps athletes from studying, Sailes said, even though less than 5 percent of football and

basketball players ever play pro ball. In a recent study of 918 athletes, Sailes found that 44 percent of blacks think they will sign a pro contract.

In men's basketball, 37 percent of the black players at Big Ten schools graduated, compared with 75 percent of the white players, the *Tribune* reported. And in football, 44 percent of blacks obtained degrees, compared with 67 percent of whites, the report said.

The *Tribune* survey did not include data from conference newcomer Penn State, which declined to participate.

The NCAA plans to release in April its latest survey of graduation rates at all schools. Last year, the NCAA reported that 35 percent of black athletes graduated nationwide, compared with 57 percent of white athletes. The *Tribune* study found that 64 percent of all Big Ten athletes graduated, compared to last year's NCAA figure of 51 percent.

The *Tribune* reported none of the basketball players at Illinois who were freshman in 1985-86 graduated within six years. A university spokesman said only two players were in that class. One transferred to another school and graduated there, and the other in one semester away from graduating, he said.

Stanislaus County Meet

Modesto, April 2--Suzy Powell (Downey, Modesto), the defending State Meet champion in the discus, set a meet record of 167-7. Her personal best is 169-8.

"I knew I was going to break my old mark here, but not by 20 feet," Powell said to James TenNapel (*Modesto Bee*). "After doing this so early, I'm starting to get pumped about what I can do at the bigger meets ahead."

Texas Relays

Austin, Texas, (AP) April 3--Mike Marsh (Hawthorne HS) said the Santa Monica TC decided to compete at the Texas Relays "because we think track and field needs a boost. In order for track and field to survive, we need to do things like this in order to keep it alive."

Oakland Invitational

Edwards Stadium, Berkeley, April 3--Freshman Crystal Miles-Threat (Bishop O'Dowd, Oakland) won the 400 meters in 56.20.

Junior Bisa Grant (Bishop O'Dowd), who ran the 100 meter low hurdles last year in 14.38, won the 33 inch hurdles in 14.24.

The Skyline of Oakland girls' 4 x 100 relay team of Aisha "Smoke" Wallace, Malika Freeman, Reyna Goodwin, and Angela Harris won in 47.05. The Skyline girls' 4 x 200 relay team of Aisha Wallace, Angela Harris, Malika Freeman, and Reyna Goodwin set a new meet record of 1:38.94. The old meet record of 1:39.9 was set by Berkeley in 1980.

The Skyline girls' 4 x 400 relay team of Aisha Wallace 58.1, Reyna Goodwin 58.2, Angela Harris 54.1, and Malika Freeman 56.7 set a new meet record of 3:47.13. The old meet record of 3:52.61 was set by Muir of Pasadena in 1990. Logan of Union City placed second in 3:53.63.

The Skyline girls' 800 medley (100, 100, 200, 400) team of Reyna Goodwin, Aisha Wallace, Malika Freeman, and Angela Harris (55.7) set a new meet record of 1:44.57. The old meet record of 1:44.95 was set by Bakersfield in 1990. Skyline's performance was the eighth fastest time in California history and the 19th fastest all-time in the United States. Hawthorne holds the national record of 1:42.0.

Senior Kristen Heaston (Ygnacio Valley, Concord), the defending State Meet shot put champion, won at 47-6 1/2. Her series: 45-5 1/4, 47-6, 47-6 1/2, foul, 46-3, foul.

St. Francis Carnival

Foothill College, April 3--Senior Amy Cheli (Los Altos), second in the Central Coast Section high jump, jumped 5-8.

Bob Mathias Fresno Relays

Fresno, April 3--Senior Brian Wilkinson (Merced), third in the State Meet 1,600 meters, defeated junior Vondre Armour (Bakersfield), sixth in the State Meet 800 meters, in the 800 meters--1:49.50 to 1:53.45.

Senior Anthony Volson (Merced), third in the State Meet 100 meters, edged his teammate senior Lindsey McDonald, who had a best of 10.91 in 1992, by .03--10.61 to 10.64. Merced won the distance medley in 10:22.63.

Senior Ty Harvey (Sonora), who pole vaulted 16-0 last year, and senior Branden Vance (Los Gatos), third in the Central Coast Section pole vault, set a new meet record of 16-2. Harvey won the competition.

Senior Lisa Stephaney (Hoover, Fresno), sixth in the State Meet discus, won at 140-7. Senior Stacy Darden (Sonora), who threw 131-6 last year, placed second at 134-11. Soozie Shanley (Tulare), fourth in the State

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Meet, was third at 134-10.

Junior Danielle Boswell (Bullard, Fresno), second in the State Meet high jump, defeated senior Rishia Candidate (Clovis West, Fresno), who jumped 5-6 last year, at 5-8 1/2. Senior Lisa Stephaney (Hoover, Fresno), ninth in the State Meet shot put, won at 43-0. Junior Ebony Henderson (Bakersfield), who long jumped 18-1 3/4 legal and 18-4 1/2 wind-aided in 1992, won at 18-10.



LISA STEPHANEY

Photo by Bill Cockerham

Junior Grace Dumell (Merced), 17th in the State Meet 3,200 meters, won in 11:14.51.

Merced won the boys' team title with 54 points. Hoover of Fresno won the girls' team title with 67 points.

Kristen Heaston (Ygnacio Valley, Concord)

April 7--Kristen Heaston (Ygnacio Valley, Concord), the defending State Meet champion in the shot put, won a dual meet against El Cerrito with a put of 47-5. Heaston, ninth in the State Meet discus, threw 134-8.

Slain Runner

Philadelphia, April 7 (AP) -- Police have no physical evidence linking a mother to her daughter's murder in a case that has drawn national attention, the defense attorney said Wednesday. Vivian King, 42, pleaded not guilty Wednesday in the Jan. 18 death of her 17-year-old daughter, Shillie Turner, considered one of the top five female running recruits in the country.

King originally told police she argued with her daughter, then shot her in Fairmount Park, where Turner's body was found Feb. 20, a month after she was reported missing. King later recanted. Police say King shot her daughter in their kitchen, then dumped the body in the park.

King's attorney, Jack McMahon, said sources he declined to identify have told him police found no evidence of gunshots, blood or any struggle in King's home. He also said an investigator he hired located no neighbors who had heard gunshots or fighting early on Jan. 19, the day police said Turner was killed.

In addition, McMahon said, King's second daughter, 10-year-old Clara Jones, has contradicted her original story to police, saying she never heard six gunshots that morning while she was sleeping upstairs. "It's becoming crystal clear to everybody that she was not shot in that house," he said.

Assistant district attorney Judith Frankel Rubino said prosecutors will focus on statements King made to police. "We certainly have her confession, if nothing else. There's nothing to indicate that it is not true," Rubino said.

King remained jailed on \$200,000 bail. A second hearing is scheduled for May 7, McMahon said. King led rallies and encouraged publicity to help the search for her missing daughter.

(Prep Editor: Shillie Turner (William Penn HS, Philadelphia, PA) ran the 300 hurdles in 43.56 last year. Turner's teammate Jennifer Wilson, third in last year's USA Track & Field Junior Nationals 200 meter dash, is the #2 rated sprinter nationally behind Marion Jones (Thousand Oaks), with 11.69 (100 meters) and 23.53 (200 meters) is scheduled to run in the Arcadia Invitational.)

Pierce/Golden Bear Relays

Edwards Stadium, University of California, Berkeley, April 10--The Mission San Jose girls' distance medley team ran 12:55.2.

Junior Nicole Brooks (Berkley) set a new meet record of 41-0 in the shot put. The old meet record of 32-2 was set by C. Bellamy (Montgomery, Santa Rosa) in 1992. Brooks was named the outstanding girl thrower in the meet. Brooks had never thrown over 40 feet before in competition.

Meanwhile, Kristen Heaston (Ygnacio Valley, Concord), the defending State Meet shot put champion who was entered in this meet, was competing in the Arcadia Invitational. "I plan to beat her (Heaston) sometime this year," Brooks said to Scott Strain of the *Oakland Tribune*. "She used to beat me by six or seven feet. No more. If she beats me now, it'll be by one or two feet. She's not going to intimidate me."

Unfortunately for Brooks, Heaston responded by throwing 51-1 1/2 that night at Arcadia. Could she have heard what Brooks had said to Strain? She beat Brooks by over 10 feet! Brooks' mark would have placed her sixth at Arcadia.

Heaston's throw ranks her as the second longest performer in California history and the fifth longest performer in the United States.

Decathlete Dies

Sioux City, Iowa (AP) -- A South Dakota State decathlete died after sustaining severe injuries Saturday at the Sioux City Relays when he missed the landing pad on a pole vault attempt. Wade Knutson, 21, was pronounced dead at about 9:30 p.m. Saturday, said a nursing supervisor at Marion Health Center in Sioux City.

Knutson, a sophomore, missed the pad after a vault Saturday morning, landed on his shoulders and then hit his head on the floor of Roberts Stadium. Sean Owens, a student trainer for North Dakota State, administered mouth-to-mouth resuscitation to Knutson after the fall. After he tired, Buena Vista coach Jim Nichols took over until medical personnel arrived.

Knutson is a native of Sisseton, S.D., and graduated from Watertown High School in 1990, said Ron Lenz, sports information director at SDSU. He attended the University of Nebraska for one year before transferring to South Dakota State two years ago.

Last week, Knutson won the decathlon at a meet at Northwest Missouri State, scoring 6,650 points in 10 events, including the pole vault. A decathlete who scores 6,700 points automatically qualifies for the NCAA Division II meet in Texas May 20-30. Lenz said Knut-

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son's goal had been to qualify for the national meet.

Knutson was one of the three athletes remaining in the pole vault when the accident occurred. Officials ended the event without declaring a winner.

Kyle O'Neill (Bella Vista, Fair Oaks)

Kansas Relays, Lawrence, Kansas, April 17--Junior Kyle O'Neill (Bella Vista, Fair Oaks) won the 330 intermediate hurdles in 37.42. He was leading the 110 high hurdles when he caught a hurdle and fell. He did not finish.

Where They Are Going

April 19--Mario Da Silva, an assistant coach at Amador Valley in Pleasanton, told me that Michelle Muething, the second California prep in the 800 meters at Mt. SAC, is going to Georgetown. Her teammate Dave Braden, fifth Californian in the 3,000 at Mt. SAC, is going to Cal Poly/SLO. Travis Nutter, sixth in the Mt. SAC discus, is going to California.

Angela Harris (Skyline, Oakland) takes national lead in 300H

Laney College, Oakland, April 21--Junior Angela Harris (Skyline, Oakland) took over the national lead in the girls' 300 hurdles with a very fast 42.4. The previous national leader was senior Anne Volmer (Central High School, Rapid City, South Dakota) at 42.7. The previous California leader was Nicole Thomas (Morningside) at 43.86.

The Skyline girls' 4 x 440 team, who are currently third fastest in California at 3:47.13 (4 x 400), ran 3:59.0.

Grace Upshaw (Acalanes, Lafayette)

Grace Upshaw, a long jumper for Acalanes High School in Lafayette, is the daughter of Monte Upshaw (Piedmont 1954). Upshaw won the "broad jump" in the 1954 State Meet at Berkeley. His mark of 25-4 1/4 was a new national record. His mark remained as a State Meet record until 1967, when Jerry Proctor (Muir, Pasadena) jumped 25-4 1/2. Upshaw also won the low hurdles in 19.0 and placed second in the high hurdles in 14.5 to score 14 points. Rafer Johnson (Kingsburg), who went on to win the decathlon in the 1960 Olympic

Games in Rome, beat Upshaw in the highs with a 14.3.

Suzy Powell (Downey, Modesto) extends national lead in discus

Modesto, April 23--Suzy Powell (Downey, Modesto), the national leader in the discus at 167-7, threw 173-2 in a triangular meet with Merced and Johansen. The national junior class record of 175-10 was set by Leslie Deniz (Gridley) in 1979.

Powell holds the national freshman class record of 162-11, and the sophomore class record of 169-8.

Harrison outruns Top 8 Classic field

By Victor Chi

Mercury News Staff Writer

Although the Top 8 Track and Field Classic was a collection of the best talent in the Central Coast Section, Calvin Harrison of North Salinas turned the meet Friday in Los Gatos into his personal showcase. First he won the 400 meters in 46.32 seconds, which set school, meet and track records. He followed it with a victory in the 200 meters. Then he capped the day with a third triumph as he anchored the Viking's 1,600-meter relay team.

Harrison said Oak Grove's Jack Beloney helped push him to his great run in the 400. "Jack's a great competitor, an incredible athlete," Harrison said. "He pushed me, and I just went out and did what I had to do. I concentrated and got support from my teammates."

Beloney, who finished second at 49.39, said he jumped out too quickly, which caused his right hamstring to tighten. Harrison said his start was excellent. "Probably my best all year," he said. And the key, Harrison emphasized, in the 400 is to block out whatever is happening in other lanes despite the staggered start. "You have to stay focused on your own lane," he said. "That's where you win or lose."

Later Harrison won the 200 in 21.71. And Beloney, although he had his right thigh taped, still had enough to finish second at 22.05, which nipped Wilcox's Shon Lewis at 22.08. Lewis won the 100, which Beloney did not run, in 10.76. Jason Isaac of Los Gatos was second at 11.06, and Harrison's twin, Alvin, was third at 11.07.

SHE'S BACK: Domitilla Torrens had been

conspicuous by her absence from the St. Francis lineup this spring. When we last left Torrens in November, she had won the CCS cross-country title in convincing fashion. But in February she came down with achilles' tendinitis in her feet. "It was from too many days running on the road and old shoes," Torrens said. Consequently, the meet Friday was just her third all season, but it looked as if she had never been away. "I still need to get into a little better shape," she said.

Ha? Try telling that to the other runners in the 3,200 meters. Torrens led virtually from beginning to end. She won in 11 minutes, 5.06 seconds. Just happens to be the best CCS time in the 3,200 this season. Not bad for someone who just started racing again about a week and half ago. Debra Bleisch of Silver Creek closed the gap on Torrens with a strong rush on the last lap and finished in 11:06.91.

(Prep Editor: The preceding story appeared in the San Jose Mercury News on April 24.)

Scott Slover (Leland, San Jose), who was leading the nation's pole vaulters at 16-6, cleared 16-7. Brandon Vance (Los Gatos) placed second at 16-0. Ann Baldelli (St. Ignatius, San Francisco) ran the 1,600 meters in 5:09.43. Nicole Silva (Aptos) placed third in the two miles in 11:11.94. Jennifer Odum (Independence, San Jose) ran the 300 hurdles in 45.05.)

Who is Calvin Harrison of North Salinas?

It is not often that an athlete becomes a national leader right out of the blue. Calvin and his twin brother Alvin ran for North Salinas in 1991. Calvin had 1991 bests of 22.03 wind-aided, 22.21, and 48.11. Calvin qualified for the State Meet. Alvin had a best of 11.04. Last year they moved to Florida, but did not compete; this is their last year of high school eligibility.

CALIFORNIA TRACK NEWS

...your complete source for California Prep Track & Field Action

California Track and Cross Country

COACHES ALLIANCE

Amateur Athletic Foundation to Sponsor FREE Cross Country Clinics This Summer

If you are a cross country coach and have wished that there was a clinic for your sport here in California, your wish has been granted.

The Amateur Athletic Foundation of Los Angeles (the AAF was the organizing body for the 1984 Olympic Games) will be hosting CROSS COUNTRY CLINICS for FREE this summer in five different Southern California locations.

Open to all levels of coaching background (club, junior high, and high school), the AAF clinics will offer a one weekend format that should have information for every level of coaching background, experience or position. During the two days of the clinic, the coach will be exposed to a variety of informational topics in the lecture hall, as well as covering different types of training information during the outdoor field sessions. The formats for these clinics were developed by a team of high school coaches and are targeted to help meet the needs of the current generation of coaches working in our school and club programs.

✓ Clinics will be at the following times and locations:

Sat/Sun, July 17-18 Yucaipa High School
 Sat/Sun, July 17-18 Mt. Carmel High School, San Diego
 Sat/Sun, July 24-25 Dos Pueblos High School, Goleta
 Sat/Sun, July 24-25 Irvine University High School
 Sat/Sun, July 31-Aug. 1 Peninsula High School, Palos Verdes

Coaches seeking more information should call Skip Stolley at the Amateur Athletic Foundation (213) 730-9617.

While it is a fact that these Cross Country clinics are held in the southern part of the state (the AAF charter restricts to certain counties where foundation activities can be held), the Northern and Central California coach can find some silver lining in the fact that these clinics are free. So, start checking around for those airline bargain tickets (Southwest has had some companion fares out of San Francisco and Sacramento), and be aware that there will be a hotel near the clinic site for lodging. Then, make plans to enjoy yourself as you attend one of the AAF Summer Cross Country Clinics. *-from Dennis McClanahan♦*

Notes from DOUG SPECK

✓ USA TRACK & FIELD JUNIOR NATIONALS

The 1993 USA Track & Field Junior National Championships are scheduled for June 26-27, 1993 at Spokane Falls Community College in Spokane, Washington. The Meet will be the qualifier for membership on the U.S. Junior National Team and competition in the Junior Pan American Track & Field Championships in Winnipeg, Canada, July 15-17, 1993.

The Spokane Meet is open to athletes born 1974 or later (and are 14 by the date of competition), and is the only "end of season" championship competition that can lead on to a position as a member of a U.S. National Team for prep-age athletes. Numerous young California athletes have marked the Junior Championship competition as their first foray into the level of International competition, with the experience there invaluable.

For information on the 1993 USA Junior Track & Field Championships you can call (509) 533-3644 or write:

1993 Jr. Nat'l Track & Field Championships
 Community Colleges of Spokane--MS 3070
 3410 W. Fort George Wright Drive
 Spokane, WA 99204-5288

Entry deadline is not until Monday, June 14th, 1993, so there is plenty of time to qualify, with a mark from May 1, 1992 on. (Note standards to be used in entering. Many who have not made the standards this year may have qualified from last sea-

son). Those serious about attending need to work on some items (such as room reservations) early, as there is a huge "three-on-three" basketball tournament in Spokane the same weekend as the Junior Meet. Local housing will be at a premium if you are last minute in reservations.

1993 USA TRACK & FIELD JUNIOR OUTDOOR CHAMPIONSHIP QUALIFYING STANDARDS

MEN

	<u>Automatic/Hand</u>
100m	10.64/10.4
200m	21.44/21.2
400m	47.84/47.7
800m	1:53.00/1:53.0
1500m	3:57.00/3:57.0
1600m	4:14.50/4:14.5
1 Mile	4:17.00/4:17.0
3000m SC	9:30.00/9:30.0
2000m SC	6:20.00/6:20.0
3000m	8:37.00/8:37.0
3200m	9:12.00/9:12.0
2 Mile	9:15.00/9:15.0
5000m	14:55.00/14:55.0
3 Mile	14:25.00/14:25.0
10,000m	32:30.00/32:30.0
6 Mile	31:15.00/31:15.0
110m H (42")	14.64/14.4
110m H (39")	14.24/14.0
400m H (36")	54.00/53.9
400m H (30")	53.74/53.6
300m H (36")	37.50/37.4
300m H (30")	37.00/36.9
5K Walk	25:28.00/25:28.0
10K Walk	55:15.00/55:15.0
	<u>Metric/English</u>
High Jump	2.11/6-11
Pole Vault	4.75/15-7
Long Jump	7.28/23-10.5
Triple Jump	14.82/48-7.75
Shot (16#)	15.54/51-00
Shot (12#)	17.98/59-00
Discus (2K)	47.24/155-0
Discus (HS)	53.34/175-00
Hammer (16#)	42.68/140-0
Hammer (12#)	48.78/160-0
Javelin (NEW)	56.38/185-0
Decathlon	5850 (Int'l) 6000 (HS)

California Track and Cross Country COACHES ALLIANCE

WOMEN

	<u>Automatic/Hand</u>
100m	12.14/11.9
100y	11.14/10.9
200m	24.74/24.5
220y	24.84/24.6
400m	56.14/56.0
440y	56.44/56.3
800m	2:15.14/2:15.0
880y	2:16.14/2:16.0
1500m	4:46.14/4:46.0
1600m	5:04.94/5:04.8
1 Mile	5:06.14/5:06.0
3000m	10:25.14/10:25.0
3200	11:05.14/11:05.0
2 Mile	11:10.14/11:10.0
5000m	19:00.14/19:00.0
10,000 M	45:00.14/45:00.0
100m H (33")	14.64/14.4
100m H (30")	14.34/14.1
300m H (30")	44.14/44.0
400m H (30")	63.14/63.0
3K Walk	16:00.14/16:00.0
5K Walk	28:30.14/28:30.0
10K Walk	58:00.14/58:00.0
	<u>Metric/English</u>
High Jump	1.73/5-8.0
Long Jump	5.70/18-8.5
Triple Jump	11.60/38-0.75
Shot (4K)	12.75/41-10
Discus	41.80/137-2
Javelin	39.00/127-11
Heptathlon	4200 (FAT)

Qualifying Guidelines:

1. Qualifying marks must be made in 1) USA Track & Field sanctioned meets, 2) collegiate meets, or 3) high school meets, except dual and triangular meets.
2. Junior Qualifying standards must be met from May 1, 1992 through June 20, 1993
3. Junior multi-event marks must be made from January 1, 1992 through June 20, 1993.
4. Indoor marks made after December 1, 1992, are acceptable for entry into the Junior Championships
5. A three percent (3%) altitude allowance will be permitted on track events of 1500 meters and longer conducted above 4000 feet.
6. Standards for events of 3000 meters and longer must be met on standard tracks, not on road courses.
7. If fully automatic and man-

ual times are both recorded, only FAT can be submitted. Times submitted in hundredths of seconds must be FAT.

8. The Junior Championships will accept 1500-meter, 1600-meter, one mile, 3000-meter, 3200-meter, and two mile qualifying times also qualify for the 5000 meters and 10,000 meters.

✓ MICHAEL GRANVILLE

Southern California's newest prep star is a frosh at Bell Gardens High School. The fifteen year old has won numerous age-group honors over the last couple of years, with a truly magic start to his prep career in 1993.

In his opening meet in February in the Sunkist Indoor Meet, he established a National Frosh 500 Yard record of 60.01. From there he moved on to the mid-March Nike/National Scholastic Indoor Championships in Syracuse, New York, where he brought a medal home for fifth place in the 400m event (50.55) against a group of older athletes from other parts of the nation with a full undercover season. It was in early outdoor action where the new star really shined. In the April 10th Arcadia/Foot Locker Invitational he became the first ever frosh male athlete to win "Athlete of the Meet" Honors there with his very impressive National Frosh and Age 15 800m record of 1:51.61 that won over an outstanding group of athletes from across the nation. In the week later Mt. SAC Invitational, Michael raced the 400, recording a 48.40, narrowly missing Vondre Armour's state frosh best of 48.38. Keep an eye on this talented youngster who can only get much, much better!

✓ TEXAS RELAYS

Long Beach powers Wilson and Poly traveled to Austin, Texas, April 2-3, to battle with the Lone Star State's best, returning with a number of awards for their efforts. So successful were the Californians that we hope they did not wear out our welcome! Not really, as Coach Charles Clinton (Poly) and Therese Butler (Wilson) related, as the Lone Star stagers were quite gracious as the Long Beach crews pretty well blasted Texas' best on the Women's side.

Long Beach Poly blasted the locals in the 4x100 (46.38) and the 4x400 (3:45.09), both without star Aminah Haddad. Poly nipped city rival Wilson in the 4x800 9:26.96-9:27.38, with Erica Sumi taking the 1600m event at 5:00.10.



ERICA SUMI

Photo by Phillip Enbody

✓ KANSAS RELAYS

Your correspondent opened the results of the Kansas Relays (April 15) with some surprise to find that Kyle O'Neill (Bella Vista, Fair Oaks) had won the 300 meter Intermediate Hurdles in that midwestern event. Kyle raced 37.8 to win by

12 meters, and was quoted in the end of day race winner quotes, "I'm coming off a hamstring injury. There was a strong wind out there, but I was hoping to run a better time. I can live with it though." It would appear the Kansas Meet, run by the University of Kansas (Lawrence, KS) is open to Californians. Might be a fun trip, with the only difficulty with such an excursion is the real "crapshoot" chances one takes on the meet weekend weather at this time of year in a place such as Kansas, with all race winners commenting on big-time winds and eventually hard rains during the meet.

✓ INGLEWOOD HIGH SCHOOL

Most improved program award in the southern half of the state goes to Russell Biggs at Inglewood High School, who has taken the program to real heights of respectability in a short time, with the Green and White clad Sentinals (led by sprinter Brandon Crockett) very prominent in a number of important Southern California Invitational Meets.

It is great to see a Coach grab the situation "by the bootstraps" where one knows there is talent, but has not been developed.

The squad was the team winner in the Large School division of the Long Beach Wilson Invitational, with Crockett racing 10.81 for 100m there, and holding off Merced's Anthony Volson in the Mt. SAC Meet in the 4x200 event with a 20.7 anchor, with LeAndrew Childs from the Inglewood squad one of the state's top Long Jumpers at 23-8 1/4. The 4x100 squad won the Southern California Challenge at UCLA at 42.27. The Girls team has also shown great improvement.

continued next page...

California Track and Cross Country COACHES ALLIANCE

✓ GEORGE REDDICK

George Reddick (Hamilton HS, Los Angeles/1971), one of Southern California's most colorful prep performers, and the only athlete ever to win the State title in his event (100 yards) twice in one year when meet officials required a re-run after they felt they had detected a false start, was murdered in December of 1992, with the news of late only hitting the track & field community.

George was one of the few top prep athletes who had his "happy-go-lucky" attitude come through to spectators at prep track events, with the bespectacled rocket having the nation's #2 prep 100 yard dash time (9.4) his senior year, and added 21.2 (220 straight) and 21.4 (220 turn) sprint bests. At Hamilton, George teamed up with David Thomas (9.6/21.1w turn) and teammates to race 41.2 for the 440 yard relay in 1971, the nation's number five time that year. There is no information available on the actual crime other than that an intruder entered George's residence and shot him to death.

✓ MUIR TO ARIZONA STATE'S "SUN ANGEL" CLASSIC

John Muir (Pasadena), one of the state's top Men's track programs, traveled to Tempe, Arizona for the Sun Angel Track Classic on April 3rd, doing the Golden State proud with their efforts there. The 4x100m group raced 41.56 to take that event over Maryvale (Phoenix-42.23) and the field, with the 4x400 team also dominating the locals with a 3:17.3 win. Gabriel Baldwin (Muir) was third in the High School 100 meters (11.05 wind -1.67 mps), with Marcus Jones (Maryvale) the winner there at 10.86. The World Class Sun Angel Meet consists of an "Open/University" division that is of very, very high quality, with an abbreviated prep schedule (one race of Prep Men and Women's 100, 1600m, 4x100, & 4x400). It would appear that the Sun Angel Meet is sanctioned for California prep participation, with Arizona State University, the sponsoring University, undoubtedly in the loop of information should any other California schools be interested in attending.

✓ GREAT SOUTHWEST

Speaking of Arizona, Doug Speck (818) 963-7709, will be coordinating California participation in the "Great Southwest" Classic, at Arizona State University in Tempe, Arizona, on Saturday evening, May 29th

This Meet, featuring athletes from Arizona, Nevada, Utah, Colorado, Utah, New Mexico, and Texas, is open to California athletes competing "unattached" after the close of their prep season. It is a good quality meet where a number of Californians, who have not made the state meet for one reason or another, have found a well-run affair with some very good competition. If things in May during the Section or State qualifying procedures do not go as planned, give Doug Speck a call at the above number to receive further information on the 1993 "Great Southwest" Meet in Tempe, Arizona, May 29th, 1993.

Your participation makes a difference...
JOIN THE
CALIFORNIA COACHES ALLIANCE

PREP RESULTS

NORCAL

From Keith Conning

Lions Invitational

March 6, 1993. Los Banos.

Boys

100--J. Kyle (Ch) 11.46 200--J. Auld (Gu) 25.35 400--J. Garcia (Ch) 52.8 meet record 800--R. Torres (SC) 2:14.13 1600--T. Espinoza (SC) 4:58.55 3200--J. Bruntz (SC) 10:34.26 110H--E. Imhoff (PA) 16.31. 300H--I. Diaz (LB) 42.24 meet record. 400R--Chowchilla 46.8. 1600R--Pacific Grove 3:48.44.

HJ--R. Spangler (Ch) 6-0. LJ--M. Pimentel (DP) 19-3 1/2 meet record. TJ--A. Perez (MA) 40-11 1/2. PV--J. Beam (LB) 12-6. SP--A. Roberts (Ch) 44-11. DT--N. Taylor (LB) 134-6

Girls

100--J. Ram (DP) 13.53. 200--J. Ram (DP) 29.11. 400--A. Cooney (Ma) 1:06.7. 800--H. Hart (SM) 2:40.84 meet record. 1600--B. Carreon (LB) 5:46.5. 3200--B. Carreon (LB) 12:43.95 meet record. 100H--S. Buchanan (SC) 18.15. 300H--B. Harrington (Li) 53.22. 400R--Dos Palos 54.37. 1600R--St. Mary's 4:46.98

HJ--H. Flanagan (Ch) 5-0 meet record. LJ--H. Flanagan (Ch) 15-11 1/2 meet record. TJ--S. Taylor (SM) 32-6. SP--N. Gallagher (MA) 32-9 1/2. DT--T. Barton (SC) 95-8

Pioneer Relays

Visalia. March 12, 1993

Girls

SP--Soozie Shanley (Tulare) 43-4 3/4
DT--Soozie Shanley (Tulare) 132-1

K-Bell Track Classic IV

Los Gatos High School. March 20, 1993
from Terry Ward (Bellarmine)

Note: All times are hand-timed, since the timing device was started by hand.

Boys

100--Willie Jones (Franklin) 10.8. 2. Jason Issac (Los Gatos) 10.9. 3. Malik Monroe (Yerba Buena) 11.0. 4. David Paterson (Archbishop Mitty) 11.1. 5. Tim Cooper (De Anza) 11.2. 6. Francisco Navarro (Loyola) 11.3. 7. Bill Wettig (Amador Valley) 11.6. 200--Jack Beloney (Oak Grove) 21.6. 2. Jarron Turner (Mt. Pleasant) 21.7. 3. Walter Smith (McAteer) 21.9. 4. Shon Lewis (Wilcox) 21.9. 5. Tyree Reed (De Anza) 22.2. 6. Dominique Neal (Sacred Heart) 22.3. 400--Jack Beloney (Oak Grove) 47.8. 2. Walter Smith (McAteer) 49.4. 3. Jarron Turner (Mt. Pleasant) 50.2. 4. Sammie Cole (Silver Creek) 50.8. 5. Jesse Hunt (Fortuna) 50.9.

6. Dominique Neal (Sacred Heart Cathedral) 51.0. 7. Shon Lewis (Wilcox) 51.1. 8. Jeff Billodeau (Logan) 51.3.

800--Josh Quintal (Fortuna) 1:57.3. 2. Colin Dean (Bishop O'Dowd) 1:57.5. 3. John Lockard (Logan) 1:58.5. 4. Greg Tademy (Silver Creek) 1:58.6. 5. Brendon Mosher (Pioneer) 2:00.4. 6. Roger Zarapa (Bellarmine) 2:01.6. 7. Luan Nguyen (Logan) 2:01.9. 8. Sean Eisbernd (St. Ignatius) 2:01.9. Mile--Dave Braden (Amador Valley) 4:25.3. 2. Jason Balkman (Lynbrook) 4:26.9. 3. Mike Prindiville (De La Salle) 4:27.7. 4. Greg Tademy (Silver Creek) 4:28.5. 5. Eduardo Avila (Milpitas) 4:29.3. 6. Hugo Rodriguez (Loyola) 4:30.6. 7.



MARK YANCEY

Photo by Keith Conning

Mohammed Elmi (Mt. Pleasant) 4:31.9. 8. Aaron Rckurs (Logan) 4:32.4. Two Mile--Matt Creason (Eureka) 9:30.9. 2. Mohammed Elmi (Mt. Pleasant) 9:31.8. 3. Mike Prindiville (De La Salle) 9:32.1. 4. Dave Braden (Amador Valley) 9:43.0. 5. Brian Billeter (Bellarmine) 9:50.0. 6. Chris

California Track and Cross Country COACHES ALLIANCE

Muir (Amador Valley) 9:56.7, 7. Jaim Cannon Bellarmine) 9:58.1, 8. Jeremy Weinstein (Gunn) 9:59.2.

110H--Coke Edmund (Bellarmine) 14.7, 2. Jerome Henry (Loyola) 14.8, 3. Nam Doung (Silver Creek) 14.8, 4. James Jackson (Oak Grove) 14.9, 5. Bo Sauer (Ferdale) 15.0, 6. John Giannola (Hanford) 15.1, 7. John Riddle (Shasta) 16.3. **300H**--Ricky Velasco (Bellarmine) 39.0, 2. John Giannola (Hanford) 39.2, 3. Coke Edmund (Bellarmine) 39.6, 4. Jerome Henry (Loyola) 39.6, 5. Nam Doung (Silver Creek) 40.5, 6. Mark Villarreal (Del Mar) 41.1, 7. Henry Barnhill (Mt. View) 41.8, 8. Leo Tom (Jefferson) 41.8. **400R**--St. Francis 43.8, 2. De Anza 44.0, 3. Vallejo 44.0, 4. Hanford 44.1, 5. Independence 44.4, 6. Amador Valley 44.5, 7. Silver Creek 44.6, 8. Milpitas 44.7. **MileR**--Logan 3:28.8, 2. Loyola 3:29.6, 3. Fortuna 3:31.0, 4. Bellarmine 3:32.0, 5. Del Mar 3:33.0, 6. Silver Creek 3:34.1, 7. St. Francis 3:34.9, 8. Hanford 3:35.0.

HJ--Ed McGee (Del Mar) 6-8 (Meet record), 2. Chris Shaw (St. Francis) 6-6, 3. Brendon Zeldler (Bellarmine) 6-6, 4. Eric Muensterman (Piner) 6-4, 5. Ben Murray (San José Academy) and Lavelle Belony (Del Mar) 6-4, 7. John Fernquest (St. Francis) 6-2, 8. Eric Neumann (Wilcox) 6-2. **LJ**--Derrick Mitchell (Mt. Eden) 23-8, 2. Erik Treuhaff (Amador Valley) 23-3 1/4, 3. Maurice Eaglin (Yerba Buena) 21-8 3/4, 4. Nghia Nguyen (Yerba Buena) 21-5 3/4, 5. Adam Powell (McAteer) 21-5 1/2, 6. Frisco Leaea (Jefferson) and David Croel (Mt. Pleasant) 21-5, 8. Dion McDaniel (Oak Grove) and Richard Turner (Oak Grove) 21-2. **TJ**--Derrick Mitchell (Mt. Eden) 47-11 1/2, 2. Jamie Higgins (Piedmont Hills) 45-0 3/4, 3. Jason Segent (Vallejo) 45-1 1/2, 4. Farrell Haman (Homestead) 44-10, 5. Eric Stallings (Bellarmine) 42-9, 6. Kelly Grogan (Lynbrook) 42-3 1/2, 7. Charles Murphy (Logan) 42-2, 8. Brandon Zeller (Mt. View) 41-11 1/4. **PV**--Scott Slover (Leland) 16-6 (Meet record), 2. Brandon Vance (Los Gatos) 16-1, 3. Jason Hinkin (St. Francis) 14-6, 4. Alex Gorden (Logan) 14-0, 5. Kevin Kneafsey (Loyola) 14-0, 6. Tom Ryan (Bellarmine) 14-0, 7. James Watson (St. Ignatius) 13-6, 8. Chris Whitman (St. Francis) 13-6. **SP**--Chris DeMartini (St. Ignatius) 52-7 3/4, 2. Kevin Berns (Lynbrook) 52-6 1/2, 3. Jason Young (Piedmont Hills) 52-2, 4. Mark Yankey (Marin Catholic) 51-9, 5. Robert Mateus (Hanford) 51-1 1/2, 6. Mike Anger (Moreau) 50-7, 7. Travis Nutter (Amador Valley) 49-1 1/2, 8. Matt Johnson (Milpitas) 49-1. **DT**--Travis Nutter (Amador Valley) 173-2 (Meet record), 2. Scott Bein (St. Francis) 162-11, 3. Chris DeMartini (St. Ignatius) 154-1, 4. Mike Warren (Los Gatos) 141-5 1/2, 5. Mike Anger (Moreau) 140-7 1/2, 6. Eric Wiener (Leland) 140-1, 7. Zack Abad (Bishop O'Dowd) 138-3, 8. Chip Daily (Del Mar) 136-2. **HT**--Bill Stengle (Los Gatos) 184-6, 2. Dave Charlesworth (Los Gatos) 180-1, 3. Marc Mazzone (Bellarmine) 155-10.

Girls
100--Shawna Jenkins (Del Mar) 12.3, 2.

Jernae Wright (Logan) 12.3, 3. Sommer Washington (St. Ignatius) 12.3, 4. Tricia Jacinto (Washington-F) 12.4, 5. Alexandra Jackson (Lowell) 12.5, 6. Turshica Bennett (Bishop O'Dowd) 12.8. **200**--Kelli White (Logan) 24.7 (Meet record), 2. Tricia Jacinto (Washington) 25.3, 3. Veronica Woods (Independence) 25.6, 4. Alexandra Jackson (Lowell) 26.1, 5. Kamilla Williams (Sacred Heart Cathedral) 26.7, 6. Melissa Durkin (Woodside) 26.8. **400**--Candace Miles-Threat (Bishop O'Dowd) 57.8, 2. Charlene Baldwin (Logan) 59.4, 3. Lisa Morrison (Amador Valley) 59.9, 4. Veronica Woods (Independence) 1:00.1, 5. Michelle Muething (Amador Valley) 1:00.2, 6. Kamilla Williams (Sacred Heart Cathedral) 1:00.7, 7. Patricia Hall (Franklin) 1:00.7, 8. Alex Tavares (Los Gatos) 1:00.9. **800**--Michelle Muething (Amador Valley) 2:18.3, 2. Candace Miles-Threat (Bishop O'Dowd) 2:19.1, 3. Holly Malander (Los Gatos) 2:21.9, 4. Christina Stavalone (Presentation) 2:22.1, 5. Keana Collins (Mt. Pleasant) 2:23.0, 6. Laura Demmelmarer (St. Francis) 2:24.0, 7. Tia Christianson (San Lorenzo) 2:24.8, 8. Rebecca Allison (Leland) 2:29.1. **Mile**--Miesha Marzell (Bishop O'Dowd) 5:11.5, 2. Ann Baldeili (St. Ignatius) 5:13.1, 3. Christina Stavalone (Presentation) 5:15.0, 4. Vicky Flesher (Fortuna) 5:17.2, 5. Mei-ling McNamara (Logan) 5:21.2, 6. Deborah Bleisch (Silver Creek) 5:23.8, 7. Janice Kim (Palo Alto) 5:24.2, 8. Stephanie Hovancik (Lynbrook) 5:25.1. **Two Mile**--1. through 5. unavailable, 6. Laura Sandoval (St. Ignatius) and Deborah Bleisch (Silver Creek) 11:46.9, 8. Kim Wilkes (Logan) 11:50.4.

100H--Jennifer Odum (Independence) 14.5, 2. Mariel Triggs (Moreau) 15.5, 3. Sunshinne Peterson (Logan) 15.7, 4. Gina Ocegüera (St. Francis) 15.7, 5. Bisa Grant (Bishop O'Dowd) 15.9, 6. Julie Peterson (Ferdale) 16.4, 7. Nikki Galvan (Benicia) 16.7. **300H**--Jennifer Odum (Independence) 46.5, 2. Julie Peterson (Ferdale) 46.8, 3. Kathy Rondeau (Lynbrook) 47.1, 4. Katrina Hall (Franklin) 47.1, 5. Sunshinne Peterson (Logan) 47.6, 6. Shannan Self (Archbishop Mitty) 47.6, 7. Mariel Triggs (Moreau) 48.6, 8. Liz Pappas (Amador Valley) 49.1. **400R**--Bishop O'Dowd) 48.1 (Meet record), 2. Logan 48.9, 3. St. Ignatius 50.1, 4. St. Francis 50.5, 5. Independence 50.8, 6. Los Gatos 51.9, 7. Silver Creek 52.3, 8. Amador Valley 52.4. **MileR**--Bishop O'Dowd 4:00.7, 2. Logan 4:09.8, 3. St. Ignatius 4:15.5, 4. Los Gatos 4:16.1, 5. Lynbrook 4:16.7, 6. Del Mar 4:16.7, 7. Moreau 4:19.7, 8. Franklin (Franklin) 4:20.3.

HJ--Erin Duffey (St. Francis) 5-8, 2. Amy Cheli (Los Altos) 5-6, 3. Ingrid Bekkers (Los Gatos) 5-2, 4. Alicyn Chappelle (Logan) 5-2, 5. Kim Davis (Amador Valley) 5-0, 6. Cortney Prevost (Fortuna) 4-10, 7. Shana Buchanan (Santa Clara) 4-10, 8. Ann Mitchell (Moreau) 4-10. **LJ**--Jernae Wright (Logan) 19-1 1/4, 2. Kendra Johnson (Bishop O'Dowd) 17-9 1/2, 3. Gina Ocegüera (St. Francis) 17-8 1/2, 4. Hadiya Green (Logan) 17-0 3/4, 5. Carol Trauner (St. Ignatius) 16-9, 6. Heather Marlow (Gunn) 16-6 1/4, 7. Anissa Tan (Lowell) 16-4, 8. Jaime Ruiz (Los Gatos) 15-11 1/2. **TJ**--Katrina Hall (Franklin) 36-9 1/4, 2. Kendra Johnson (Bishop O'Dowd) 36-4 3/4, 3. Hadiya Green (Logan) 35-10, 4. Gina Ocegüera (St. Francis) 35-4 1/2, 5. Anissa Tan (Lowell) 35-1 1/2, 6. Amy Cheli (Los Altos) 34-8 1/4, 7. Janaz Sterbertz (Silver Creek) 34-3 1/4, 8. Rockhaya Kawah (Mitty) 34-2 3/4. **SP**--Kristin Heaston (Ygnacio Valley) 47-3 (meet record), 2. Christina Estuali (Jefferson) 39-6, 3. Karin McCall (Santa Rosa) 39-6, 4. Rebecca Morrison (Presentation) 36-0, 5. Nacy Maldonado (Mt. Pleasant) 35-6, 6. Stephanie Loggins (Moreau) 35-0 1/2, 7. Mary Atoe (Jefferson) 34-3, 8. Barbara Boisseau (Mt. Eden) 33-5. **DT**--Kristin Heaston (Ygnacio Valley) 133-0 1/2, 2. Tryenda Stamps (Mt. Pleasant) 132-0, 3. Christina Estuali (Jefferson) 113-9, 4. Robyn Flynn (Fortuna) 110-9, 5. Sui Faasilala (Mt. Eden) 108-3 1/2, 6. Dawn Talley (Los Gatos) 106-8, 7. Yoette Hegedus (Mt. View) 105-8, 8. Karin McCall (Santa Rosa) 104-1.

West Catholic Athletic League
St. Ignatius High School, San Francisco. March 24, 1993
Boys--St. Ignatius 118, Riordan 17
HJ--Richen (St. Ignatius) 6-5
SP--DeMartini (St. Ignatius) 51-11
DT--DeMartini (St. Ignatius) 159-8

West Catholic Athletic League

Non-League Meet
McAteer High School, San Francisco. March 24, 1993
Boys--McAteer 83, Skyline (Oakland) 43, McClymonds (Oakland) 22
100--Smith (McAteer) 10.6. **200**--Smith (McAteer) 22.2. **400R**--McAteer 43.4
Girls--Skyline 84, McAteer 46, McClymonds 9
100--Wallace (Skyline) 11.9. **200**--Goodwin (Skyline) 25.6. **400R**--Skyline 47.5. **1600R**--Skyline 4:01.0. **LJ**--Bailey (Skyline) 18-0

Eastshore Athletic League

St. Mary's High School, Berkeley. March 25, 1993
Boys--St. Mary's 95, De Anza 26
800--Loh (St. Mary's) 1:58.4. **400R**--De Anza 43.1. **HJ**--Hussein (St. Mary's) 6-4. **SP**--Ishan Warren (St. Mary's) 50-2

Stanford Festival

Stanford Stadium. March 26-27, 1993
Boys
100 Heat 1--Volson (Merced) 10.84, 2. McDonald (Merced) 11.05, 3. Issac (Logan) 11.19, 4. Young (Florin) 11.33, 5. Clayton (Chapparel) 11.39, 6. Schaeter (Incline) 11.88, 7. McGhee (Florin) 12.2. **Heat 2**--O'Neil (Milpitas) 11.5, 2. Stephens (Santa Cruz) 11.5, 3. Simon (Churchill) 11.6, 4. Treuhaff (Amador Valley) 11.7, 5. Relvas (Patterson) 12.0. **Heat 3**--Clayton (Eureka) 11.5, 2. Bayan (Palo Alto) no time, 3. Green (Newark) 11.6, 4. Verritt (Gall) 12.0, 5. Imhaff (Patterson) 12.6, 6. Crockett (Patterson) 13.4.
Mile--Jason Maschmeyer (Churchill County) 4:18.9, 2. Mike Prindville (De La Salle) 4:21.8, 3. Angel Ibarra (Righetti) 4:25.4, 4. Boehle (Serra) 4:28.2, 5. Avila (Milpitas) 4:30.6, 6. Oden (Piner) 4:33.4, 7. Nash (San Mateo) 4:34.0, 8. Ellington (Milpitas) 4:34.6, 9. Gilchrist (Mills) 4:36.2.
5,000--Creason (Eureka) 15:29.8, 2. Balkman (Lynbrook) 15:30.5, 3. Braden (Amador Valley) 15:43.1, 4. Stannard (Los Gatos) 16:03.7, 5. Billeter (Bellarmine) 16:05.1, 6. Batchelor (Merced) 16:07.4, 7. Harder (Gunn) 16:07.6, 8. Genant (Branson) 16:24.9, 9. Weinstein (Gunn) 16:27.8.
110 Hurdles--Ruben Parrish (Atwater) 15:07, 2. Dan Nord (Los Altos) 16:05, 3. Jimmy Meyer (Santa Cruz) 16:31, 4. Woods (Lincoln, Stockton) 16:51, 5. Fielstrom (Newark Memorial) 16:78, 6. Whiting (Santa Cruz) no time.
400 Hurdles Heat 1--Parish (Atwater) 56.4, 2. Mayer (Santa Cruz) 60.1, 3. Cestphol (De La Salle) 61.7, 4. Erving (Palo Alto) 62.1. **Heat 2**--Ramsey (Lincoln) 58.6, 2. Woods (Lincoln) 61.3, 3. Jones (De La Salle) 62.8.
4x100--Merced 43:20, 2. Menlo-Atherton 44:20, 3. St. Francis (La Canada) 44:30, 4. St. Francis (Mountain View) 44:52, 5. Tulare 44:78, 6. Santa Cruz 45:05
4x400 Heat 1--Tulare 3:32.8, 2. Santa Cruz 3:37.7, 3. Highlands 3:37.7. **Heat 2**--Del Mar 3:28.4, 2. St. Francis (La Canada) 3:29.0, 3. Churchill 3:32.0, 4. Gunn 3:45.8.
4x880--Merced 8:02.74, 2. Logan 8:04.64, 3. Leland 8:23.54, 4. Nevada Union 8:24.32, 5. Los Gatos 8:29.43, 6. Westmoor 8:41.13, 7. Tokay 8:57.21, 8. Righetti 9:05.06, 9. Half Moon Bay 9:07.90.
Sprint Medley Heat 1--Merced 3:28.73, 2. Churchill 3:40.72, 3. St. Francis (Mountain View) 3:42.83, 4. Gunn 3:43.03, 5. St. Francis (La Canada) 3:43.97, 6. Santa Cruz 3:44.2, 7. Aptos 3:51.7, 8. Douglas 3:58.2. **Heat 2**--Amador Valley 3:41.33, 2. Riordan 3:45.10, 3. Los Gatos 3:45.5, 4. Fremont 3:46.5, 5. Westmoor 3:46.73, 6. Davis 3:50.12, 7. Tokay 3:50.8, 8. Florin 3:57.6.
Distance Medley--Fremont (Sunnyvale) 10:42.0 (*Mike Powers 4:23.7), 2. Amador Valley 10:43.5 (-Dave Braden 4:25.3), 3. Bellarmine 10:58.6, 4. Logan 11:02.6, 5. Santa Rosa 11:08.5, 6. Los Gatos 11:08.7, 7. Gunn 11:09.3, 8. Nevada Union 11:17.8, 9. Churchill 11:20.9.
Shuttle Hurdle Heat 1--Los Altos 67.3, 2. St. Ignatius 67.6, 3. Patterson 74.6, 4. Gunn 80.2. **Heat 2**--North Monterey County 66.7, 2. Fremont 67.2, 3. Amador Valley 79.0.
High Jump--Jon Perry (Douglas) & Lavelle Belony (Del Mar) 6-4, 3. Ed McGee (Del Mar) 6-4
Long Jump--Derrick Mitchell (Mt. Eden) 22-1 1/2, 2. Tahki Bannister (San Mateo) 21-7 1/4, 3. Jermaine Robinson (Santa

California Track and Cross Country COACHES ALLIANCE

Cruz) 19-7, 4. Williams (Drake) 19-5 1/2, 5. Bastiani (Los Gatos) 19-5 1/4, 6. Wong (St. Ignatius) 18-10 3/4, 7. Irwin (Lincoln, Stockton) 18-8 1/2, 8. Lahey (N. Monterey) 18-6.

Triple Jump--Derrick Mitchell (Mt. Eden) 48-2, 2. Jason Clayton (Chaparral) 43-0 1/4, 3. Nate Timberlake (Del Mar) 42-11 3/4, 4. Bill Wood (Sonora) 42-7 1/2, 5. Carlson (North Tahoe) 41-9 1/4.

Shot Put--Chris DeMartini (St. Ignatius) 52-8 3/4, 2. Mark Yancey (Marin Catholic) 52-6, 3. Matt Goss (Nevada Union) 48-2 1/2, 4. Johnson (Milpitas) 47-8 1/4, 5. Croghan (Santa Cruz) 45-5 3/4, 6. Anderson (Atwater) 45-2, 7. Zukoski (California) 44-9 1/4, 8. Harris (Tokay) 44-6 3/4, 9. Toate (San Mateo) 42-5 1/2.

Discus--Travis Nutter (Amador Valley) 159-1, 2. Chris DeMartini (St. Ignatius) 157-10, 3. Joel Sharp (Douglas) 152-2, 4. Epling (Grace Davis) 148-5, 5. Choe (Milpitas) 136-6, 6. Zukoski (California) 133-5, 7. Harris (Tokay) 131-6 1/2, 8. Eaton (Tokay) 126-9, 9. Vazquez (Newark) 126-9.

Hammer--Dave Charlesworth (Los Gatos) 178-0, 2. Bill Stengele (Los Gatos) 175-2, 3. Travis Nutter (Amador Valley) 173-3, 4. Mazzoni (Explorer Post 813) 146-0, 5. Kouretas (Explorer Post 813) 99-3.

Girls
100 Heat 1--White (Logan) 12.3, 2. Jenkins (Del Mar) 12.3, 3. Zimmerman (Eureka) 12.4, 4. Washington (St. Ignatius) 12.5, 5. Hill (Tokay) 12.5, 6. Hay (Logan) 12.9.
Heat 2--Wright 12.6, 2. Barefield (California) 12.7, 3. Lockridge (Westmoor) 12.9, 4. Feinberg (Palo Alto) 13.1, 5. Crittenden (Douglas) 13.2, 6. Parker (Tokay) 13.6.
Heat 3--Chew (Lynbrook) 13.1, 2. Ponder (Del Mar) 13.4, 3. Kainer (Newark) 13.4, 4. Brown (Florin) 13.5, 5. Hsu (Gunn) 14.1.

Mile--Michelle Muething (Amador Valley) 5:15.0, 2. Jo Anna Cerri (Downey) 5:23.2, 3. Emily Allison (Leland) 5:29.1, 4. Kim (Palo Alto) 5:30.9, 5. Hovancik (Lynbrook) 5:33.3, 6. Lawrence (Highett) 5:35.8, 7. Allison (Leland) 5:37.2, 8. Nowak (Newark Memorial) 5:38.5, 9. Schuster (Unattached) 5:39.9.
3,000--Muething (Amador Valley) 10:31.6, 2. Durnell (Merced) 10:31.8, 3. Silva (Aptos) 10:48.1, 4. McFadden (St. Francis, Sacramento) 10:50.9, 5. Leigh-Wood (Aptos) 11:08.9, 6. Milne (Amador Valley) 11:16.4, 7. Beguey (Palo Alto) 11:18.4, 8. Goehrig (Incline) 11:20.5, 9. Holt (Menlo-Atherton) 11:43.0.

100 Hurdles Heat 1--Sunshine Peterson (Logan) 15.66, 2. Denita Timberlake (Del Mar) 16.05, 3. Deanna Lockridge (Westmoor) 16.42, 4. Felton (Tokay) 16.82, 5. Cornwall (Galt) 21.88, 6. Sullivan (Santa Teresa) 22.94. **Heat 2**--Kaminski (N. Monterey) 16.96, 2. Cafe (Santa Cruz) 17.00, 3. Buchanan (Santa Clara) 17.22, 4. Rondeau (Lynbrook) 18.25.

400 Hurdles Heat 1--Cafe (Santa Cruz) 68.00, 2. Rondeau (Lynbrook) 68.42, 3. Esasad (Florin) 68.82, 4. Laurie (Douglas) 71.26. **Heat 2**--Murphy (Douglas) 70.91, 2. Laffin (Galt) 71.66, 3. Feinberg (Palo Alto) 74.67.

4x100--Logan 49:61, 2. Westmoor 50:22, 3. St. Ignatius 52:00.

4x400 Heat 1--Santa Cruz 4:16.2, 2. Atwater 4:19.8, 3. Douglas 4:28.7. **Heat 2**--Del Mar 4:18.9, 2. Lynbrook 4:19.7, 3. Incline 4:35.1, 4. Burlingame 4:35.9.

4x880--Aptos 9:42.57, 2. St. Ignatius 9:58.14, 3. Logan 10:00.43, 4. Los Gatos 10:04.65, 5. Castilleja 10:20.37, 6. Leland 10:26.03, 7. Los Gatos B 10:26.22, 8. Half Moon Bay 10:47.25, 9. Incline 10:52.55.

Sprint Medley Heat 1--Atwater 4:17.0, 2. Amador Valley 4:19.6, 3. St. Ignatius 4:20.2, 4. Logan 4:23.2, 5. Santa Cruz 4:24.1, 6. Los Gatos 4:25.0, 7. Florin 4:29.3, 8. Douglas 4:41.6, 9. Amador Valley B 4:43.8. **Heat 2**--Lynbrook 4:30.1, 2. Monterey 4:33.5, 3. Tokay 4:38.7, 4. Burlingame 4:40.4, 5. Palo Alto 4:41.5, 6. Davis 4:41.8, 7. Amador Valley 4:49.2, 8. Gunn 4:54.2, 9. Half Moon Bay 4:57.0.

Distance Medley--Aptos 12:34.3, 2. Los Gatos 12:54.1, 3. St. Ignatius 13:01.2, 4. Logan 13:03.3, 5. Davis 13:12.0, 6. Amador Valley 13:15.9, 7. Santa Teresa 13:22.6, 8. Castilleja 13:26.2, 9. Palo Alto 13:27.3.

Shuttle Hurdle Heat 1--Logan 69.2, 2. Amador Valley 75.8, 3. Tokay 80.3. **Heat 2**--Los Gatos 74.9, 2. Westmoor 75.3, 3. Gunn 86.0.

High Jump--Amy Cheli (Los Altos) 5-6, 2. Erin Duffey (St. Francis) 5-6, 3. Tina Farnady (Los Gatos) 5-2, 4. (Ile) Ghiggia (Mills) & Cornwell (Galt) 5-0, 6. Alvarez (Santa Cruz) 5-0.

Long Jump--Michele Reid (Folsom) 16-6, 2. Carol Trauner (St. Ignatius) 15-11, 3. Amy Loftin (Galt) 15-9 1/4, 4. Marlow (Gunn) 15-5 3/4, 5. Jones (N. Monterey) 15-2 1/4, 6. Cornwell (Galt) 15-0 1/4, 7. Buchanan (Santa Clara) 12-11 3/4.

Triple Jump--Michele Reid (Folsom) 35-1 1/4, 2. Shana Buchanan (Santa Clara) 33-7 1/4.

Shot Put--Chelsea Stephens (Atwater) 42-4 1/4, 2. Soozie Shanley (Tulare) 40-6 3/4, 3. Karin McCall (Santa Rosa) 39-9 1/4, 4. De Los Santos (Ukiah) 39-1 3/4, 5. Smith (N. Monterey) 35-1 1/4, 6. Harrington (King City) 34-7, 7. Bower (Gunn) 34-6 1/4, 8. Darden (Sonora) 34-5.

Discus--Stacy Darden (Sonora) 136-10, 2. Soozie Shanley (Tulare) 128-7, 3. Cassidy Knodel (Galt) 120-8, 4. Chelsea Stephens (Atwater) 117-11, 5. Mullin (San Mateo) 112-4, 6. Smith (N. Monterey) 105-5, 7. Bower (Gunn) 103-5, 8. Chambliss (Tokay) 99-5, 9. Talley (Los Gatos) 99-5.

Martinez Relays

Martinez High School, March 27, 1993
from Tim Bruder

(Alhambra Auto Shop--where Ed Miller, the Cal assistant coach, gets his car serviced!)
Boys and Girls Teams -- Monte Vista 104, 2. Northgate 80, 3. Pittsburg 79, 4. St. Francis (Mt. View) 67, 5. Castro Valley 56, 6. Amador Valley 49, 7. Acalanes 40, 8. Ygnacio Valley 38, 9. Elk Grove 36, 10. Piedmont 32, 11. Alhambra 26 1/2, 12.

College Park 26, 13. De La Salle 25, 14. Antioch 22, 15. Miramonte 21, 16. Carondelet 19, 17. Las Lomas 17, 18. Benicia 14, 19. Clayton Valley and Dublin 9, 20. Liberty and Campolindo 3.

Boys Teams--Monte Vista 80, 2. Pittsburg 46, 3. Castro Valley 38, 4. Piedmont 29, 5. Ygnacio Valley 28, 6. Northgate and De La Salle 25, 8. Amador Valley and Antioch 21, 10. Elk Grove 19, 11. College Park 15, 12. Alhambra 12, 13. Miramonte 11, 14. Acalanes 5, 15. St. Francis 4, 16. Las Lomas and Liberty 3, 17. Clayton Valley 1.

Boys
400R--Monte Vista 44.5, 2. Castro Valley 45.0, 3. Pittsburg 45.4. **Hudson's 800R**--Monte Vista 1:34.7, 2. Castro Valley 1:39.0, 3. Pittsburg 1:40.4. **Bud Ellison 1600R**--Northgate 3:41.6, 2. Monte Vista 3:42.6, 3. Piedmont 3:42.8. **Lepak Memorial 3200R**--Monte Vista 8:12.6, 2. Castro Valley 8:21.8, 3. Piedmont 8:27.3.

SM--Pittsburg 1:39.1, 2. Monte Vista 1:39.9, 3. Castro Valley 1:40.8. **DM**--Monte Vista 11:02.2, 2. Amador Valley 11:03.9, 3. De La Salle 11:07.4. **SH**--Ygnacio Valley 1:06.4, 2. Monte Vista 1:12.7, 3. De La Salle 1:13.5. **HJ**--Pittsburg 17-4, 2. Piedmont 17-0, 3. Miramonte 17-0. **LJ**--Pittsburg 56-7 1/2, 2. Monte Vista 55-9, 3. Amador Valley 55-8 1/4. **SP**--Antioch 124-3 1/4, 2. Elk Grove 123-2, 3. Alhambra 121-3.

Girls Teams: 1. St. Francis 63, 2. Northgate 55, 3. Acalanes 35, 4. Pittsburg 33, 5. Amador Valley 28, 6. Monte Vista 24, 7. Carondelet 19, 8. Castro Valley 18, 9. Elk Grove 17, 10. Alhambra 14 1/2, 11. Las Lomas and Benicia 14, 13. College Park 11, 14. Miramonte and Ygnacio Valley 10, 16. Dublin 9, 17. Clayton Valley 8, 18. Piedmont and Campolindo 3, 20. Antioch 1.

400R--Pittsburg 51.8, 2. St. Francis 51.8, 3. Acalanes 51.9. **800R**--Pittsburg 1:52.0, 2. St. Francis 1:52.2, 3. Northgate 1:53.8. **1600R**--Northgate 4:25.0, 2. Benicia 4:32.1, 3. Carondelet 4:38.3. **3200R**--Monte Vista 10:05.1, 2. St. Francis 10:06.3, 3. Northgate 10:06.9.

SM--Acalanes 1:58.1, 2. St. Francis 2:01.1, 3. Northgate 2:01.7. **DM**--Monte Vista 13:21.9, 2. Northgate 13:29.5, 3. Carondelet 13:30.9. **SH**--St. Francis 1:12.2, 2. Northgate 1:12.9, 3. Amador Valley 1:13.4. **LJ**--Pittsburg 40-0, 2. Miramonte 39-9, 3. Acalanes 39-7 3/4. **TJ**--St. Francis 94-3 1/2, 2. Acalanes 90-10, 3. Northgate 87-6 1/4. **SP**--Ygnacio Valley 94-11 1/2, 2. Clayton Valley 89-7 3/4, 3. St. Francis 84-0.

Hampton/Phillips Invitational

De Anza College, March 27, 1993
from Nanette Garcia

The remainder of the meet was cancelled because of rain.

Boys
1,600--Mike Powers (Fremont, Sunnyvale) 4:27.4, 2. Adam Ozarski (Granada) 4:29.1, 3. Luis Granada (North Salinas) 4:29.7. **110H**--Ross Bomben (Liberty) 14.8, 2. Nam

Duong (Silver Creek) 14.8, 3. James Jackson (Oak Grove) 15.5. **400R**--North Salinas 42.8, 2. Wilcox 43.2, 3. St. Mary's (Stockton) 44.3. **3,200R**--Santa Teresa 8:12.3, 2. Fremont-S 8:13.9, 3. Overfelt 8:15.5.

DT--Jason Young (Piedmont Hills) 139-8, 2. Jim Markenick (Soquel) 125-10, 3. Zach Abad (Bishop O'Dowd) 116-10.

Frosh/Soph Boys--HJ--Brendan Zeidler (Bellarmine) 6-6.

Girls
100 Heat 3--Bisa Grant (Bishop O'Dowd) 12.3, 1.600--Miesha Marzell (Bishop O'Dowd) 5:12.2, 2. Deborah Bleisch (Silver Creek) 5:23.7, 3. Marisa Daniel (Granada) 5:26.0. **100H Final**--Jennifer Odom (Independence) 15.5, 2. Sakal Metcalf (Skyline) 16.2, 3. Carey Moyales (Washington, Fremont) 17.2. **Heat 1**--Jennifer Odom (Independence) 15.3.

400R--Skyline A 47.42, 2. Bishop O'Dowd 48.31, 3. Skyline B 49.16. **3,200R**--Skyline 10:24.2, 2. Lowell 10:32.2, 3. Overfelt 10:32.2. **LJ**--Jennifer Poli (Soquel) 17-11, 2. Jodi Bailey (Skyline) 16-8 3/4, 3. Anissa Tan (Lowell) 16-1.

Don Franklin Invitational

Stanislaus State, March 27, 1993
from Mac Powell (Modesto)

Large Schools
Boys Teams--East Union 125, Turlock 122, Beyer 87, Manteca 83, Davis 58, Downey 46, Ceres 44, Johansen 33, Livingston 20.

Outstanding Athlete: Larry Rogers (Davis)
100--Larry Rogers (Davis) 11.20. **200**--Bob Cavan (Johansen) 22.42. **400**--Blaze Hernandez (Manteca) 51.99. **800**--Nick Karton (Manteca) 2:04.5. **Mile**--Sal Duarte (East Union) 4:44.4. **2M**--Hector Lejia (Manteca) 10:23.0. **110HH**--Sam Cavan (Downey) 16.38. **300H**--Paul Vallot (Turlock) 41.1. **400R**--Davis 43.53. **1600R**--East Union 3:35.8.

HJ--Jason Smith (Johansen) 5-10. **PV**--Tim Paulsen (Beyer) 12-0. **LJ**--Jason Smith (Johansen) 19-1 3/4. **TJ**--Karlo David (Beyer) 39-3 1/2. **SP**--Adam Black (Turlock) 47-3. **DT**--Angel Rubio (Ceres) 140-1. **Girls Teams**--Turlock 116 1/2, East Union 97, Manteca 74, Davis 69, Beyer and Downey 62, Ceres 52 1/2, Livingston 42, Johansen 6.

Outstanding Athlete--Val Cornwall (Turlock)
100--Rochelle Hoggans (Downey) 13.27. **200**--Libby Herndon (East Union) 24.58. **400**--Alicia Lyon (East Union) 1:01.49. **800**--Tania Welch (Davis) 2:34.3. **Mile**--Val Cornwall (Turlock) 5:33.4. **2M**--Val Cornwall (Turlock) 11:55.9. **100H**--Bobbie Beeson (Davis) 17.09. **300H**--Barbara Harrington (Livingston) 50.4. **400R**--East Union 52.48. **1600R**--Turlock 4:27.1.

HJ--Callie Lemont (Ceres) 5-0. **LJ**--Jessica Renton (Downey) 17-0. **TJ**--Jessica Renton (Downey) 35-10. **SP**--Val Perry (Turlock) 30-2 1/2. **DT**--Suzy Powell (Downey) 155-6.

California Track and Cross Country COACHES ALLIANCE

velt 48.74, 3. El Capitan 49.60.
Girls: (Fresno/Clovis Elem. Schools)
400m Relay: 1. Kirk 56.40, 2. Bethune 58.10, 3. Sunset 58.55. **400m Relay:** 1. Tioga 53.79, 2. Carver 55.41.
Girls: (County Small Schools)
400m Relay: 1. Big Creek 56.36, 2. Stratford 57.52. **400m Relay:** 1. Akers 54.11, 2. El Capitan 56.14, 3. Roosevelt-Seima 58.76.

Large High School - Boys

Saturday:
Team Scores: 1. Merced 54, 2. Madera 42, 3. Bakersfield 42, 4. Highland 30, 5. Clovis West 29.

100: 1. Anthony Volsan (Merced) 10.61, 2. Lindsey McDonald (Merced) 10.64, 3. Dwayne Ferguson (Hoover) 10.92. **800:** 1. Brian Wilkinson (Merced) 1:49.50, 2. Vonde Armour (Bakersfield) 1:53.45, 3. Eric Caldwell (Merced) 1:36.89. **3200:** 1. Paul Temmenman (Mt. Whitney) 9:33.29, 2. Sean Rios (Madera) 9:35.70, 3. Jose Sanchez (McFarland) 9:38.09. **110m HH:** 1. Ruben Parrish (Atwater) 14.45, 2. Larry Paarker (Bakersfield) 14.48, 3. Danny Perryman (Lemoore) 14.53. **4x100:** 1. Merced 41.89, 2. Bakersfield 42.42, 3. Hoover 43.49. **4x400:** 1. Edison (Fresno) 3:27.45, 2. Tulare 3:27.55, 3. Clovis 3:31.65. **1600:** 1. Madera 3:26, 2. Bullard 3:27.17, 3. Highland 3:27.19. **Distance Medley:** 1. Merced 10:22.63, 2. Madera 10:40.22, 3. Clovis West 10:53.65.

LJ: 1. Derrick Mitchell (Mt. Eden) 22-2, 2. Andrew Little (Fresno) 22-2, 3. Louie Morales (Reedley) 22-0 3/4. **DT:** 1. Darren Flint (North) 159-9, 2. Jaime Bermudas (Highland) 159-5, 3. Jeremy Staat (Bakersfield) 155-6. **PV:** 1. Tye Harvey (Sonora) 16-2, 2. Brandon Vance (Los Gatos) 16-2, 3. Scott Slover (Leland) 15-0. **SP:** 1. Jason Young (Piedmo) 55-9, 2. Jaime Bermudas (Highland) 52-10, 3. Jeremy Staat (Bakersfield) 50-9. **TJ:** 1. Jackie Frazier (Madera) 45-0, 2. Andrew Little (Fresno) 44-7, 3. Bill Wood (Sonora) 44-2 1/4. **HJ:** 1. Todd Kelly (Big Valley) 6-8, 2. Randy Martin (Clovis West) 6-6, 3. Eric Nyberg (Mt. Whitney) 6-6.

Large High School - Girls

Saturday:
100: 1. Rene Cobb (Hoover) 12.38, 2. Tami Mills (West) 12.54, 3. Tomeka Roberts (Edison Fr) 12.66. **800:** 1. Kristie Johnson (Central) 2:17.96, 2. Irene Hobbs (Atwater) 2:18.83, 3. Spring Lina (Fresno) 2:20.20. **1600:** 1. Sarah Dawson (Hoover) 5:01.10, 2. Kristy Johnston (Central) 5:08.79, 3. Jenny Mortenson (Redwood) 5:14.02. **3200:** 1. Grace Dumell (Merced) 11:14.51, 2. Sherrie Donovan (Madera) 11:23.85, 3. Kami Schofield (Mt. Whitney) 11:47.31. **100 H:** 1. Andrea Wasden (Rio Mesa) 15.12, 2. Loren Parker (Bakersfield) 15.51, 3. Laura Saw (Rio Mesa) 15.52. **100 H:** 1. Loren Parker (Bakersfield), 2. Andrea Wasden (Rio Mesa), 3. Anita Madden (Edison). **4x100:** 1. Hoover 48.78, 2. Edison-Fresno 48.90, 3. Rio Mesa 49.62. **4x400:** 1. Hoover 4:02.90, 2. Redwood 4:03.97, 3. Atwater 4:07.01.



JORGE RIVERA (#1) and REY SANCHEZ

Photo by Bill Cockerham

TJ: 1. Ebonie Henderson (Bakersfield) 37-11, 2. Felicia Johnson (Merced) 35-4, 3 1/4, 3. Rachelle Heibut (Clovis West) 35-3 1/2. **SP:** 1. Lisa Stephany (Hoover) 43-0, 2. Soozie Shanley 39-5 1/4, 3. Chelsea Stephens (Atwater) 39-0 1/4. **LJ:** 1. Ebonie Henderson (Bakersfield) 18-10, 2. Loren Parker (Bakersfield) 17-11, 3. Rachelle Heibut (Clovis West) 17-1. **HJ:** 1. Danielle Boswell (Bullard) 5-8 1/2, 2. Rischea Candidate (Clovis West) 5-8 1/2, 3. Jayme Ullrich (North) 5-4. **DT:** 1. Lisa Stephany (Hoover) 140-7, 2. Staci Darden (Sonora) 134-11, 3. Soozie Shanley (Tulare) 134-10.

Sunkist Track & Field Invitational

April 7. Sunkist Stadium, Visalia.

Boys Results

3200: 1. Brewer (North) 9:37.46, 2. Sanchez (McFarland) 9:37.83, 3. Rios (Madera) 9:57.84. **1600:** 1. Garcia (Roosevelt) 4:21.36, 2. Rivera (Delano) 4:21.40, 3. Sanchez (Delano) 4:22.82. **LJ:** 1. Morales (Reedley) 22-10, 2. Amundson (Tulare) 21-6, 3. Frazier (Madera) 21-0 3/4. **100:** 1. Ferguson (Hoover) 10.97, 2. Holliwell (West) 11.01, 3. Wilkerson (Tulare) 11.04. **HJ:** 1. Wooley (Clovis West) 6-10, 2. Martin (Clovis West) 6-10, 3. Roby (Corcoran) 6-8. **SP:** 1. Staat (Bakersfield) 51-2, 2. Eubanks (Stockdale) 50-7 3/4, 3. Jalving (Bakersfield) 50-7 1/2. **1600 Relay:** 1. Bakersfield 3:21.25, 2. Roosevelt 3:23.75, 3. Tulare 3:26.45.

300 IH: 1. Perryman (Lemoore) 40.15, 2. Aguirre (Roosevelt) 40.23, 3. Ruiz (Madera)



KRISTIE JOHNSON

Photo by Bill Cockerham

40.24. 400 Relay: 1. Bakersfield 42.85, 2. Clovis West 43.31, 3. Hoover 43.45. **TJ:** 1. Frazier (Madera) 44-11 1/4, 2. Morales (Reedley) 43-10 1/2, 3. Smith (Edison) 43-2. **DT:** 1. Staat (Bakersfield) 159-7, 2. Flynt (North) 157-3, 3. Jalving (Bakersfield) 151-8. **3200 Relay:** 1. Bakersfield 8:03.00, 2. Madera 8:05.81, 3. Lemoore 8:10.70. **PV:** 1. Garcia (Coalinga) 14-6, 2. Stark (Porterville) 14-0, 3. McNaughton (Kingsburg) 13-6.

Girls Results

LJ: 1. Henderson (Bakersfield) 18-6, 2. Heibut (Clovis West) 16-9, 3. Reneau (Monache) 16-4. **1600:** 1. Mortenson (Redwood) 5:09.20, 2. Johnson (Central) 5:01.73, 3. Donovan (Madera) 5:10.15. **DT:** 1. Shanley (Tulare) 138-6, 2. Stephney (Hoover) 137-7, 3. Buckley (Bakersfield) 127-10. **SP:** 1. Shanley (Tulare) 43-9, 2. Stephany (Hoover) 42-5 1/2, 3. Bey (Bullard) 38-7 1/2. **HJ:** 1. Boswell (Bullard) 5-6, 2. Creighton (Australia) 5-4 and Candidate (Clovis West) 5-4. **1600 Relay:** 1. Redwood 4:04.85, 2. Clovis West 4:07.99, 3. Sanger 4:08.23. **3200:** 1. Coronado (Madera) 12:15.8, 2. Christian (Garces) 12:24.83, 2. Ortiz (Reedley) 12:16.14. **TJ:** 1. Henderson (Bakersfield) 37-7, 2. Harrison (Wasco) 37-6 1/4, 3. Heibut (Clovis West) 35-3 1/2. **100:** 1. Cobb (Hoover) 12.33, 2. Mills (West) 12.59, 3. Roberts (Edison) 12.17. **300LH:** 1. Wilbum (Redwood) 46.27, 2. Carroll (Wasco) 46.78, 3. Jenkins (Golden West) 47.27. **400 Relay:** 1. Hoover 49:29, 2. Edison 49:70, 3. South 50.40. **3200 Relay:** 1. Madera 10:08.52, 2. Edison 10:19.58, 3. Australia 10:33.41.

Bay Valley Athletic League

April 7, 1993

Girls

Ygnacio Valley 75 1/2, El Cerrito 40 1/2
SP--Kristen Heaston (Ygnacio Valley) 47-5. **DT--**Kristen Heaston (Ygnacio Valley) 134-8

Diablo Foothill Athletic League

April 7, 1993

Boys

College Park 82, Liberty 54
110HH--Ross Bomben (Liberty) 15.0. **LJ--**Ross Bomben (Liberty) 22-5

Pierce/Golden Bear Relays

Edwards Stadium, University of California, Berkeley

April 10, 1993

(All distances in meters.)

Boys Teams--1. St. Mary's 120, 2. Monte Vista 74, 3. American 54, 4. Montgomery 39, 5. Bellarmine 38, 6. (tie) De Anza, Moreau, and Pinole 30, 9. Mission San Jose 29, 10. Piedmont 22, 11. (tie) Amador Valley, El Cerrito, Mt. Eden, and Northgate 20, 15. San Leandro 16, 16. (tie) Alhambra and Liberty 14, 18. Washington (Fremont) 13, 19. Berkeley 12, 20. Cardinal Newman 11, 21. (tie) Irvington and Newark Memorial 10, 23. Casa Grande 8, 24. (tie) Milpitas and Castlemont 7, 26. (tie) Acalanes and Sonoma Valley 6, 28. (tie) Petaluma and Piner 4, 30. (tie) Campolindo, Granada, Marin Catholic, and Terra Linda 2, 34. (tie) Hayward and Rancho Cotate 1.

Most Valuable Runner: Jimmie Johnson (Mission San Jose)

Most Valuable Thrower: Ishan Warren (Saint Mary's)

Most Valuable Jumper: Derrick Mitchell (Mt. Eden)

100 (wind: -0.88)--Lance Smith, Grade 11 (Pinole Valley) 11.04 (meet record, old record 11.05 Jessie Wilson, St. Mary's, 1992), 2. Marvin Love 12 (Washington) 11.30, 3. Jimmie Johnson 12 (Mission San Jose) 11.33, 4. Leon Callen 9 (Alhambra) 11.41, 5. Tim Cooper 11 (De Anza) 11.46, 6. Jamal Page 12 (Castlemont) 11.73, 7. Dirk Lacy 12 (El Cerrito) 11.85, 8. Danny Baker (Mission San Jose) 11.91.

200 (+0.27)--Jimmie Johnson 12 (Mission San Jose) 22.37, 2. Tyree Reed (De Anza) 22.48, 3. Leon Callen 9 (Alhambra) 23.13, 4. Rob Wiggins (Berkeley) 23.68, 5. Bobby Ventura (Mission San Jose) 24.36, 6. Trevor Price (Cardinal Newman) 25.43.

400--Jimmie Johnson 12 (Mission San Jose) 48.67, 2. Mark McDonald 12 (American) 50.26, 3. Doug Boyd (St. Mary's) 51.61.

800--Josh Dorris 12 (Montgomery) 1:59.44, 2. Josh Rogin 12 (Piedmont) 1:59.93, 3. John Pearman 11 (Bellarmine)

California Track and Cross Country COACHES ALLIANCE

2:01.94, 4. Rober Zacapa (Bellarmine)
2:03.26, 5. Zack Lassiter 11 (Campolindo)
2:05.36.

1600--Brock Tessman 11 (Monte Vista)
4:26.69, 2. Ricky Esponda 12 (Casa Grande) 4:26.98, 3. Eduardo Avila 12 (Milpitas) 4:29.54, 4. Chris Oden 12 (Piner) 4:30.85, 5. John Piazza 12 (Marin Catholic) 4:32.65, 6. Doug Ellington 11 (Milpitas) 4:33.49, 7. Scott Penwell 11 (Piedmont) 4:34.09, 8. Mark Boulland 12 (Bellarmine) 4:43.91.

3200--Jereme Mattern 11 (Irvington)
9:34.9, 2. Keith Kennedy 10 (San Leandro) 9:38.8, 3. Brian Billeter 12 (Bellarmine) 9:52.2, 4. Jaime Cannon 12 (Bellarmine) 10:04.9, 5. Abel Martinez 12 (Terra Linda) 10:09.7, 6. Pat Bendzick 11 (Mission San Jose) 10:18.4.

110 High Hurdles (-1.14)--Ross Bomben 12 (Liberty) 14.88, 2. Byron Casey (American) 15.03, 3. Doug Ridge 12 (American) 15.27, 4. Anthony Montgomery 11 (St. Mary's) 15.59, 5. Brandon Cober 12 (St. Mary's) 15.65, 6. Dominic Wong 12 (Hayward) 15.86, 7. Al Ferber 12 (Campolindo) 16.04, 8. Marlon Wilson (Castlemont) 18.1.
400 Relay--Pinole Valley 43.50, 2. St. Mary's 43.83, 3. Monte Vista 43.95, 4. American 43.96, 5. El Cerrito 44.16, 6. Berkeley 44.22, 7. Skyline 44.31, 8. Mission San Jose 44.61.

1600 Relay--St. Mary's 3:23.8, 2. De Anza 3:29.8, 3. Moreau 3:31.4, 4. American 3:31.6, 5. El Cerrito 3:32.3, 6. Berkeley 3:32.6, 7. Campolindo 3:34.1, 8. Montgomery 3:34.5.

3200 Relay--Monte Vista 8:05.1, 2. St. Mary's 8:07.6, 3. Montgomery 8:23.1, 4. Northgate 8:31.1, 5. Alhambra 8:36.6, 6. Piedmont 8:37.6, 7. Lowell 8:42.9, 8. Skyline 8:50.7.

Sprint Medley Relay--St. Mary's 1:35.92, 2. American 1:35.93, 3. El Cerrito 1:36.47, 4. Monte Vista 1:37.03, 5. Berkeley 1:37.70, 6. De Anza 1:37.74, 7. Moreau 1:38.59, 8. Skyline 1:39.84.

Distance Medley Relay--Amador Valley 10:49.0, 2. Monte Vista 11:17.1, 3. Northgate 11:22.2, 4. Montgomery 11:25.1, 5. Moreau 11:32.3, 6. Piedmont 11:32.5, 7. Casa Grande 11:55.7, 8. Campolindo 12:03.7.

High Jump--Jeff Bond 11 (Piedmont) 6-4 (ties meet record of Leonard Haywood, St. Mary's, 1992), 2. Brandon Zeidler 10 (Bellarmine) 6-2, 3. Tim Andre (Sonoma Valley) 6-0, 4. Damian Levesque 12 (Cardinal Newman) 5-10, 5. Tom Hunt (Granada) 5-10, 6. Drew Hill 11 (Rancho Cotate) 5-8, 7. Ryan McLucas 12 (St. Vincent) 5-6, 8. Joe Peacock (Moreau) 5-6.

Pole Vault--Youske Okano (Newark Memorial) 14-6 (meet record, old record 13-0 Chris Kennedy, Monte Vista, 1992), 2. Chris Kennedy 12 (Monte Vista) 14-0, 3. Tim Taylor 11 (Acalanes) 13-6, 4. Rene Lorraine 10 (Petaluma) 12-6.

Long Jump--Derrick Mitchell 12 (Mt. Eden) 22-10 (wind: +0.85), 2. Rah-Mu Brown 12 (St. Mary's) 20-11 3/4 (-0.03), 3. Cletis Coffey 12 (Cardinal Newman) 20-11

(-0.82), 4. Tuan Tran 11 (Bellarmine) 20-8 1/2 (+0.52), 5. Ross Bomben 12 (Liberty) 20-2 (-0.20), 6. Sean Lucas (Washington) 19-11 (+2.45), 7. Ryan Lucas 12 (St. Vincent) 19-2 1/4 (+0.16), 8. Derek Kuzak (Campolindo) 16-5 (+1.60).

Triple Jump--Derrick Mitchell (Mt. Eden) 47-3 1/2 (-0.37) (meet record, old record 46-8 1/4, Leonard Haywood, St. Mary's, 1992), 2. Rah-Mu Brown 12 (St. Mary's) 44-3 1/4 (-0.78), 3. Tuan Tran 11 (Bellarmine) 43-11 1/4 (-2.07), 4. Drew Harill 12 (Washington) 42-4 3/4 (-1.22), 5. Ross Bomben 12 (Liberty) 42-2 1/2 (-0.04).

Shot Put--Ishan Warren 11 (St. Mary's) 52-2 1/2 (meet record, old record 49-11 1/4 C. Strock, Antioch, 1992), 2. Mike Anger 12 (Moreau) 48-11, 3. John Paxton (Moreau) 47-2 1/2, 4. Nate Tuffanelli 12 (San Leandro) 46-3 1/2, 5. Maurice Brown (De Anza) 43-3 1/2, 6. Roger Loucks 12 (Montgomery) 43-2, 7. Stanley Miles 11 (Alhambra) 42-1 1/2.

Discus--Ishan Warren 11 (St. Mary's) 142-7, 2. Roger Loucks 12 (Montgomery) 135-9, 3. Cory Drain 12 (Castlemont) 117-5, 4. Nate Tuffanelli 12 (San Leandro) 111-0.

Girls Teams--Skyline 138, 2. Amador Valley 61, 3. Mission San Jose 53, 4. Carondelet 45, 5. Sonoma Valley 42, 6. Washington (Fremont) 39, 7. (tie) Moreau and Lowell 38, 9. Alhambra 37, 10. Clayton Valley 27, 11. (tie) Berkeley and Montgomery 22, 13. Northgate 19, 14. El Cerrito 16, 15. Monte Vista 15, 16. Petaluma 12, 17. (tie) Castro Valley and Piedmont 8, 19. (tie) Acalanes and American 7, 21. Rancho Cotate 6, 22. Ursuline 5, 23. Novato 4, 26. (tie) Hayward and Santa Rosa 2, 28. Terra Linda 1.

Most Valuable Runner:
Pamela Richardson (Montgomery)
Most Valuable Thrower:
Nicole Brooks (Berkeley)
Most Valuable Jumper:
Sakai Metcalf (Skyline)

100 (wind: -0.45)--Alexandria Jackson 12 (Lowell) 12.60, 2. Tricia Jacinto 11 (Washington) 12.83, 3. Jodi Bailey 10 (Skyline) 12.99, 4. Justina Thompson 10 (Alhambra) 13.30, 5. Tameka Tate 12 (Hayward) 13.34, 6. Amy Evans 10 (Mission San Jose) 13.46, 7. Cindy Gryniwicz (Granada) 13.55.

200 (+0.07)--Tricia Jacinto 11 (Washington) 26.42, 2. Tanya Jackson (Skyline) 27.13, 3. Adrienne Fernandez (Carondelet) 27.65, 4. Amy Evans 10 (Mission San Jose) 27.66, 5. Justina Thompson 10 (Alhambra) 27.67, 6. Carlee Sira (Amador Valley) 28.47, 7. Tameka Tate (Hayward) 29.29.

400--Kaselah Crockett 10 (Skyline) 59.73, 2. Lisa Morrison 11 (Amador Valley) 1:01.01, 3. Jennifer Nouguier 12 (Sonoma Valley) 1:01.21, 4. Tamika Chapman 11 (Mission San Jose) 1:01.99, 5. Ashley Clark 12 (Las Lomas) 1:02.37, 6. Lisa Piper 11 (Alhambra) 1:03.54.

800--Pamela Richardson 10 (Montgomery) 2:15.98, 2. Chrissy O'Brien 12 (Northgate) 2:18.18, 3. Carolyn Colyar 11 (Ca-

rondelet) 2:22.84, 4. Ashley Monahan 11 (Amador Valley) 2:24.69, 5. Andrea Comer 11 (Castro Valley) 2:24.79, 6. Elisabeth Porto 11 (Acalanes) 2:24.99.

1600--Alison Lambert 10 (Northgate) 5:16.55 (meet record, old record 5:19.33 Miesha Marzell, Bishop O'Dowd, 1992), 2. Jessica McCool (Piedmont) 5:20.60, 3. Lori Riedy 10 (Mission San Jose) 5:26.66, 4. Sara Jakel 11 (Sonoma Valley) 5:32.97, 5. Megan Reeder 12 (Santa Rosa) 5:36.93, 6. Stephanie Kolberg 11 (Monte Vista) 5:40.45, 7. Elisabeth Porto 11 (Acalanes) 5:45.57, 8. Colleen Fitzpatrick (Carondelet) 5:52.49.

3200--Elissa Riedy 10 (Mission San Jose) 11:24.8 (meet record, old record 11:43.3 Angela Daike, Bishop O'Dowd, 1992), 2. Sara Jakel 11 (Sonoma Valley) 11:29.4, 3. Stephanie Kolberg 11 (Monte Vista) 11:53.8, 4. Katie Owen 10 (Carondelet) 12:00.2, 5. Melissa Ackermann 12 (Castro Valley) 12:00.2, 6. Laura Kuhl 11 (Carondelet) 12:08.6, 7. Logan Hiroshima 11 (Lowell) 12:12.1, 8. Amber Robinson 10 (Las Lomas) 12:16.7.

100 High Hurdles (-0.02)--Sakai Metcalf 10 (Skyline) 15.44, 2. Jenny Berrien 11 (Berkeley) 15.64, 3. Mariel Triggs 10 (Moreau) 15.90, 4. Kim Couvson 11 (American) 16.27, 5. Kristin Palmer 11 (Petaluma) 16.50, 6. Evi Orogas 12 (Terra Linda) 16.82, 7. Katie Thurber 12 (Kelseyville) 17.72.

400 Relay--Skyline 49.74, 2. El Cerrito 51.28, 3. Alhambra 51.62, 4. Moreau 51.89, 5. Amador Valley 52.98, 6. Northgate and Washington 52.06, 8. Monte Vista 52.43.

1600 Relay--Skyline 4:03.17 (meet record, old record 4:06.77 Bishop O'Dowd, 1992), 2. Amador Valley 4:05.90, 3. Lowell 4:12.90, 4. Moreau 4:14.55, 5. Castro Valley 4:16.18, 6. Mission San Jose 4:16.30, 7. Washington 4:23.56, 8. Northgate 4:23.88.

3200 Relay--Skyline 10:02.1, 2. Lowell 10:05.3, 3. Amador Valley 10:15.4, 4. Carondelet 10:24.5, 5. Clayton Valley 10:24.6, 6. Mission San Jose 10:36.7, 7. Washington 10:40.1, 8. El Cerrito 10:51.0.

Sprint Medley Relay--Sonoma Valley 1:55.20 (meet record, old record 1:55.64 Clayton Valley, 1992), 2. Skyline 1:55.68, 3. Montgomery 1:56.50, 4. Monte Vista 1:56.74, 5. Carondelet 1:57.72, 6. Amador Valley 1:58.01, 7. Ursuline 1:58.82, 8. Moreau 1:58.94.

Distance Medley Relay--Mission San Jose 12:55.2, 2. Carondelet 13:46.9, 3. Washington 13:50.4, 4. Moreau 13:53.8, 5. Ursuline 13:56.3, 6. Las Lomas 13:57.3, 7. Lowell 14:13.6, 8. Alhambra 14:13.8.

High Jump--Traci Banks 10 (Alhambra) 5-0, 2. Kim Davis 12 (Amador Valley) 5-0, 3. Erin Nichols 9 (Acalanes) 4-10, 4. Heather Jackson 12 (American) and Jenny Brockman 11 (Rancho Cotate) 4-10, 6. Pam Karbowski 11 (Ursuline) 4-10, 7. Ann Mitchell 10 (Moreau) 4-8, 8. Anne Horeis 9 (Campolindo) 4-8, 9. Molly Marshall 11 (Acalanes) 4-8.

Long Jump--Jodi Bailey 10 (Skyline) 17-3 1/4 (+1.73) (meet record, old record 16-9 1/2 M. MacPherson, Montgomery, 1992), 2.

Monica Dunn 11 (Alhambra) 16-1 3/4 (+0.00), 3. Nicole McAllister 12 (Clayton Valley) 15-10 3/4 (+0.00), 4. Cindy Samuels 10 (Campolindo) 15-7 (+0.00), 5. Amanda Bauer 10 (Mission San Jose) 15-5 1/2 (+0.00), 6. Robyn Broone 11 (Rancho Cotate) 14-11 3/4 (+0.00).

Triple Jump--Sakai Metcalf 10 (Skyline) 35-6 1/2 (+0.00) (meet record, old record 34-7 P. Teal, Montgomery, 1992), 2. Carey Moyles (Washington) 35-2 3/4 (+0.37), 3. Kim Davis (Amador Valley) 34-1 3/4 (+2.41), 4. Vanessa Kale 12 (Sonoma Valley) 34-1 (+0.03), 5. Ann Mitchell 10 (Moreau) 33-6 (-1.26), 6. Nicole McAllister 12 (Clayton Valley) 33-2 (+3.18), 7. Anissa Tan 11 (Lowell) 32-8 (+0.88), 8. Amanda Bauer 10 (Mission San Jose) 32-7 1/2 (+0.34).

Shot Put--Nicole Brooks 11 (Berkeley) 41-0 (meet record, old record 32-2 C. Bellamy, Montgomery, 1992), 2. Nikki DeWitt 12 (Petaluma) 35-7 1/2, 3. Stephanie Loggins 12 (Moreau) 34-11, 4. Kristin Gabbard 11 (Novato) 34-4 1/2, 5. Danielle Loughran 11 (Rancho Cotate) 30-8, 6. Toary Anderson 12 (Mission San Jose) 29-7 1/2, 7. Bernadette Gilman 11 (Sonoma Valley) 29-5.

Discus--Melisa Genizal 10 (Clayton Valley) 115-2, 2. Nandi Ellis 12 (Skyline) 105-1, 3. Melissa Weeks 11 (Clayton Valley) 103-10, 4. Nicole Brooks 11 (Berkeley) 97-9, 5. Nikki DeWitt 12 (Petaluma) 96-11, 6. Toary Anderson 12 (Mission San Jose) 93-3, 7. Danielle Loughran 11 (Rancho Cotate) 87-0, 8. Bernadette Gilman 11 (Sonoma Valley) 81-11.

SOCAL

From Doug Speck

El Rancho Relays

Saturday, March 13th, El Rancho H.S.
Men: 400m Re Arcadia 44.6.
Women: Sprint Medley Re Arcadia 4:26.6
Overall Medal Totals (Men + Women + Fr/SO): Ayala (Chino) 31, Paramount 25, Arcadia 20, El Rancho (Pico Rivera) 19.

Ventura Relays

Saturday, March 13th - Ventura H.S.
NO WIND INFORMATION
Women: 4x100m Channel Islands (Oxnard) 50.9, L.J. C. Austin (Rio Mesa, Oxn) 17-2.
SP Tuimolou (Channel Islands, Oxnard) 36-1, DT Tuimolou (Cl, Oxn) 135-6., Righetti (Ventura) 111-1.

Ral Alf Invitational

Pomona College - Saturday, March 13th NO WIND INFORMATION
Men:
4x100m Oak Park 44.9, HJ Jim Romero (L.A. Baptist, Sepuveda) 6-10 3/4 (Meet Record), SP Alan Duben (Oak Park) 52-9 1/2 (Meet Record), DT Duben 158-8 (Meet Record)

California Track and Cross Country COACHES ALLIANCE

Women:

100m Jennifer Frank (Oak Park) 12.3. 200m Frank 25.3, Heather Miller (Westridge, Pasadena) 25.5. 3200m Amber Parkinson (Orange Lutheran) 11:59.5. LJ Frank 17-1.

NIKE/National Scholastic Indoor Track & Field Championships

Syracuse University - March 15th

Californians, competing unattached from their schools, had their most successful meet ever in this National Championship Indoor affair run in Syracuse on the weekend of the great storm of '93 that dumped about 50 inches of snow on the area! Unfortunately, the bad weather all across the country stopped many from our area from getting to the meet at all during the weekend, with weather, facility closures, and all forcing the meet from its usual two-day (Saturday-Sunday) format to a "one-day" Monday competition that proved to be spectacular, as usual.

California stars were all over the place. Athletes competing unattached from the Golden State won six events, with a number of others very competitive during the day.

Skyline of Oakland continued its magical undercover season with a thrashing of the top from the East, with their dozen-meet indoor schedules, racing 1:38.91 for the 4x200 relay, then returning for a 3:53.21 4x400 win. Coach Darrell Hampton's disciplined crew raced prep history's second ever sub-1:40 4x200, with this race a "sea-level" prep record, with the old standard 1:40.4. Andrea Anderson (Poly, Long Beach) showed great late-race acceleration in a 6.91 55m triumph, with Scott Slover (Lealand, San Jose) taking a great Pole Vault field with a 16-2 3/4 win. The other California victories came in the middle distance events, with Brian Wilkinson (Merced) racing close to 60 seconds for the final 400 in a 4:16.06 mile win, and Vondre Armour (Bakersfield), who raced 1:54.32 in the 800.

Paul Turner (University City, San Diego) was second over 55 meters (6.34), with frosh Michael Granville (Bell Gardens) 5th in the 400 (50.55). Margarito Casillas (Hoover, Glendale) was second in the two mile (9:20.64), and Foothill (Santa Ana) surprised the Easterners with a 3:21.25 4x400 for second.

Jeremy Fischer (Camarillo) was second in the High Jump at 6-10 3/4, with Brandon Vance (Los Gatos) and Robbie Weighall tied for third in the Pole Vault at 15-3. Tyson Lingentfeller (Upland) was third in the Shot Put at 60-8, with Tyrin Prince (Highland, Bakersfield) fifth in the Pentathlon (spread over three days with weather problems) at 3493 (7.89 55mHH, 20-8 LJ, 41-8 3/4 SP, 6-0 HJ, and 2:56.15 1000M).

On the Women's side, over 200 meters Aminah Haddad (Poly, Long Beach) was

third at 24.42, then joined her Long Beach Poly teammates for a 1:40.55 4x200 relay, one of prep history's fastest times ever behind Skyline. Upland High School was fifth in the Distance Medley Relay at 12:42.18.

Twenty-Nine Palms Invitational

29 Palms High School - March 20th

Men:

400m Re Banning 44.3. SP Gill (Bloomington) 49-10 3/4. DT Heidrich (Beaumont) 143-5. Team Scores: Beaumont 134 1/2, Banning 93, 29 Palms 92 1/2, Serrano (Phelan) 89. Women: TJ Best (Banning) 33-3 1/4, SP Timo (29 Palms) 40-10. Team Scores: Temescal Canyon (Elsinore) 126 1/2, 29 Palms 108, Banning 102 1/2, Aquinas (San Bernardino) 69.

Pomona HS/ La Verne Relays

March 20th

(NO WIND INFORMATION)

Men:

110mHH (H-1) Sweetnam (Canyon, CA) 15.11, Neal (Pomona) 15.30, Mitchell (Fontana) 15.36. 4x100m (H-1) Hawthorne 43.60, Baldwin Park 43.62. 4x200m (H-1) Canyon (CA) 1:30.75. 4x400 (H-1) Hawthorne 3:27.26. 4x800m Canyon (CA) 8:14.89. 4x1600m Canyon (CA) 18:06.0. Huntington Beach 18:10.0. Spr Medley Harvard-Westlake (No. Hollywood) 3:40.78. Dist Med Millikan (Long Beach) 10:59.45. DT Bowen (Murrieta Valley) 146-10. SP Sobhi (Hawthorne) 50-4.

Women:

100mHH (H-1) Roberts (Muir, Pas) 14.95, McKelvey (Gahr, Cerritos) 15.15, Harris (Chino) 15.95. 4x100m (H-1) Muir (Pas) 49.35, Pomona 50.02, Chino 50.81. 4x400 (H-1) Muir (Pas) 4:10.32. 4x800m Gahr (Cerritos) 10:06.29. 4x1600m Chino 23:14.6. Spr Med Chino 4:29.09. Dist Med Chino 13:25.80. LJ Roberts (Muir, Pas) 16-3. DT Wilson (Charter Oak, Covina) 119-7. SP Wilson (Charter Oak, Cov) 36-7.

Inland Empire Championships

University of California/Riverside.

Saturday, March 27th.

NO WIND INFORMATION

Men: 100m Bryan Howard (Canyon Springs, Moreno Valley) 10.65. 200m Bryan Howard (Cany Spr, MV) 21.5. Desmond Birks (Eisenhower, Rialto) 21.8. 400m Steve Campbell (Alta Loma) 49.70, Derek Favorite (Centennial, Corona) 50.53, Jerry Gonzales (Palm Springs) 50.83. 800m Peter McLaughlin (Redlands) 1:59.5. 1600m Rondie Gibbs (Rubidoux, Riverside) 4:31.0. 3200m Gibbs (Rubidoux, Riv) 9:48.0. 110mHH Bruce Dunams (North, Riverside) 14.75. 300mH Bruce Dunams (North, Riv) 39.15. 400m Re Centennial (Corona)

44.51. 4x400m Alta Loma 3:27.2.

HJ Arthur Lloyd (Eisenhower, Rialto) 6-8, Mike Trujillo (Redlands) 6-6. LJ Taiwan Pinkney (Colton) 22-1. TJ Jeremy Meyerett (Rubidoux, Riv) 44-0 1/4. SP Coleman Johnson (Poly, Riverside) 51-6 1/2, Gill (Bloomington) 50-3, Ryan Goode (Apple Valley) 50-3. DT Adam Stout (Alta Loma) 157-2, Cole

100m Young (Woodbridge, Irvine) 10.5, Russell (Diamond Bar) 10.6. 110mHH - Haan (Upland) 14.5.

Women:

100m Mitchell (Los Alamitos) 11.9, Wilson-Duval (Woodbridge, Irv) 12.2. 1600m Blackmer (Upland) 5:19.1. Dist Med Re Upland 12:55.6.



NATHAN WOODS

Photo by Bill Cockerham



RICARDO BREWER

Photo by Bill Cockerham

man Johnson (Poly, Riverside) 154-6.

Women:

100m Jaime Sims (Etiwanda) 12.51. 200m Jamie Brown (Canyon Spr, Mor Vall) 25.91, Jamie Sims (Etiwanda) 26.09. 400m Erika Bowling (Etiwanda) 58.18, Erin Green (North, Riv) 59.04. 800m Kelly Russell (Etiwanda) 2:23.3. 1600m Jamie Bascom (Elsinore, Lake Elsin) 5:20.6. 3200m Jamie Bascom (Elsinore, Lake Elsin) 11:22.1, Claris Fernandez (Corona) 11:34.8, Rose Sanchez (Etiwanda) 11:37.4, Danielle Pekar (Rubidoux, Rivers) 11:45.9. 100mHH Kelly Smith (Centennial, Corona) 16.90. 300mLH Jacquie Jarvis (Centennial, Cor) 49.3. 400m Re Etiwanda 48.5. Canyon Springs (Mor Vall) 50.56. 4x400m Etiwanda 4:12.3.

HJ Michelle Marshall (Hemet) & Christine Merfeld (Hesperia) 5-2. LJ Michelle Marshall (Hemet) 16-7 1/4. TJ Michelle Marshall (Hemet) 34-0 3/4. SP Barbara Timo (29 Palms) 39-9 1/2, Joanna Porter (Canyon Springs, Mor Valley) 38-5, Howard (A.B. Miller, Fontana) 36-7 1/2, Leah Silva (Colton) 36-1. DT Barbara Timo (29 Palms) 122-8, Michelle Marshall (Hemet) 117-0, Amy Blackburn (Don Lugo, Chino) 115-1.

Brea Relays

Saturday, March 27th. Brea-Olinda High School - NO WIND INFORMATION

Men:

Pasadena Games

Saturday, March 27th. Occidental

College (some races combined)

(Men): 100m Devine (Nogales, La Puente) 10.79, Baldwin (Muir, Pasadena) 10.81, Knight (Lynwood) 10.96, Gates (Locke, L.A.) 10.99, Miles (Dominguez, Compton) 11.02. 200m Devine (Nogales, LP) 21.64, Serras (Birmingham, Van Nuys) 22.06, Mason (Dominguez, Compton) 22.29, Baldwin (Muir, Pasadena) 22.34, Gates (Locke, LA) 22.52. 400m Taub (Foothill, Santa Ana) 48.82, King (Nogales, LP) 50.34, Welde (Crescenta Valley, La Crescenta) 50.39, Gay (Muir) 50.53. 800m Armour (Bakersfield) 1:52.71, Woods (Duarte) 1:55.19, Baker (Nordhoff, Ojai) 1:55.89, Mansfield (Canyon, Canyon Country) 1:55.97. 1600m De la Cerda (Hart, Newhall) 4:18.04, Casillas (Hoover, Glendale) 4:19.42, Strahan (Hart, Newhall) 4:20.40, Giddens (Gardena) 4:21.06, Klinger (Hart, Newhall) 4:22.35, Marraquin (Hamilton, LA) 4:23.53.

3200m Brewer (No Bakersfield) 9:14.12, Casillas (Hoover, Glendale) 9:14.14, Grossman (Hart, Newhall) 9:24.62, Serratos (Duarte) 9:25.23, Moreno (Roosevelt) 9:28.50, Perea (Huntington Park) 9:30.33, Lira (Gardena) 9:31.54, Minami (Peninsula, Rollin Hills) 9:31.83, Peterka (Newport Harbor, Newport Beach) 9:33.85. 110mHH Stamps

California Track and Cross Country COACHES ALLIANCE

(Muir, Pasadena) 14.44, Jones (Hawthorne) 14.59, Cobert (Muir, Pas) 14.74, Sweetnam (Canyon, CC) 14.89. **300mIH** Hasip (Muir, Pas) 37.20, Jordan (Washington, LA) 39.14, Medearis (Hart, Newhall) 39.68, Sweetnam (Canyon, CC) 39.80. **400m Re** Muir (Pas) 41.46, Bakersfield 42.57, Dorsey 43.05, Dominguez 43.07, Lynwood 43.13, Hawthorne 43.14, Manual Arts (LA) 43.17, Washington (LA) 43.35. **1600m Re** Muir (Pas) 3:22.4, Bakersfield 3:22.5, Nogales 3:26.07, Dorsey 3:26.07, Hawthorne 3:26.85, Dominguez (Compton) 3:26.85, Loyola (LA) 3:28.15.

HJ Romero (LA Baptist, Sepulveda) 6-8, Hike (Crescenta Valley, La Cres) 6-6, (tie) Lincoln (Birmingham, Van Nuys) & Macon (Downey) 6-4. **PV** Alusha (El Rancho, Pico Rivera) 14-6, Kneafsey (Loyola, LA) 14-6, Heid (Loyola, LA) 13-6, Stabrowski (South Pasadena) 13-6, Vermillion (Fillmore) 13-0. **LJ** Haupt (Hamilton, LA) 23-4 1/4, Adams (Nogales, LA) 21-11, Charles (Hart, Newhall) 21-7, Calhoun (Bakersfield) 21-6, TJ Walker (Moreno Valley) 46-10 1/2, Adams (Nogales, LP) 45-11 1/2, Delgado (El Rancho, Pico Rivera) 44-10 1/4, Arnold (Downey) 44-6 1/4. **SP-Peare** (Trabuco Hills, Mission Viejo) 55-8 1/4, Shelton (Duarte) 55-6 3/4, Tift (Newport Harbor, Newport Beach) 53-0, Ralphs (Newport Harbor, NB) 52-8, Terry (Muir, Pas) 51-5 3/4, **DT** Peare (Trabuco Hills) 183-0, Staat (Bakersfield) 168-2, Flynt (North Bakersfield) 164-2, McDonald (Laguna Hills) 157-109, Stewart (Esperanza, Anaheim) 157-9, Javig (Bakersfield) 156-9, Pellicer (Esperanza, Anah) 155-0.

Women:

100m Sumpter (Muir, Pas) 12.29, J. Knowles (Muir, Pas) 12.52, Edwards (Moreno Valley) 12.55. **200m** King (Hawthorne) 25.19, Sumpter (Muir, Pas) 25.39, Miller (Westridge, Pasadena) 25.62, Knowles (Muir, Pas) 26.09, Rashad (Lynwood) 26.17, Robson (Laguna Hills) 26.37. **400m** King (Hawthorne) 57.43, Oettinger (Foothill, Santa Ana) 59.38, Cull (Northhoff, Ojai) 59.50, Rashad (Lynwood) 59.77. **800m** Etman (South Pasadena) 2:17.98, Hall (Trabuco Hills, Mission Viejo) 2:20.06, Flint (Corona del Mar, Newport Bch) 2:20.76, de la Cerda (Hart, Newhall) 2:20.77, Berlin (Northhoff, Ojai) 2:20.79, Stewart (Locke, LA) 2:20.88, Samiline (North Bakersfield) 2:22.03. **1600m** Etman (South Pasadena) 5:11.32, Campbell (Corona del Mar, Newport Bch) 5:12.41, Blake (Peninsula, Roll Hills) 5:18.02, McFarland (South Pasadena) 5:21.62, Bray (Corona del Mar, Newport Bch) 5:24.03.

3200m Bockel (Northhoff, Ojai) 10:48.07, Aparicio (Fillmore) 10:53.17, Clark (Corona del Mar, Newport Bch) 11:14.44, Mehberg (Peninsula, Roll Hills) 11:19.84, Meyers (Peninsula, Roll Hills) 11:33.26, Twist (Newport Harbor, Newport Bch) 11:38.22, Schranz (Hart, Newhall) 11:40.45, Dale (Moreno Valley) 11:46.25. **100mHH** (33*) Parker (Bakersfield) 15.50, Roberts (Muir, Pasadena) 15.59, Mosley (Marshall, LA) 15.70, Mays (Hawthorne) 15.75, Novak (Santa Margarita, Rancho SM) 15.95. **300mLH**

Edwards (Moreno Valley) 45.6, Key (Lynwood) 47.50. **4x100m** Muir *A* 48.41, Lynwood 49.67, Hart (Newhall) 50.79, South Bakersfield 51.09, Westridge (Pasadena) 51.16. **4x400m** Muir 4:07.67, Hawthorne 4:11.95.

HJ Bowman (Newport Harbor, Newport Bch) 5-6, May (Newport Harbor, Newport Bch) 5-6, Black (Downey) 5-4, Roberts (Muir, Pas) 5-4, Henry (South Bakersfield) 5-2, (tie) Ullrich (North, Bakersfield) & Edwards (Moreno Valley) 5-2. **LJ** Henderson (Bakersfield) 18-6 1/4, Parker (Bakersfield) 18-5 1/4, Doby (Lynwood) 17-6 1/4, TJ Henderson (Bakersfield) 18-6 1/2, Roberts (Muir, Pas) 37-7 1/2, Doby (Lynwood) 36-0. **SP** G. Heads (Newport Harbor, Newport Bch) 41-1, Lailu (Nogales, La Puente) 38-11 3/4, Crowder (Bakersfield) 36-7, Hart (North, Bakersfield) 36-4. **DT** Hart (North, Bakersfield) 127-9, G. Heads (Newport Harbor, Newport Bch) 121-10, Randie (South Bakersfield) 117-11, Lailu (Nogales, La Puente) 116-3, Buckley (Bakersfield) 116-0, Crowder (Bakersfield) 115-3.

Long Beach Wilson Invitational

March 27, Veteran's Memorial Stadium (Long Beach City College)

Men: (Large Schools) Scoring: 1. Inglewood 42, 2. Rancho Bernardo (San Diego) 36, 3. Mater Dei (Santa Ana) 34, 4. Banning (Wilmington) 32.

100m Brandon Crackett (Inglewood) 10.81, Mike Graham (Mater Dei) 10.91, Ray Jackson (Mater Dei) 11.01, Albert Richardson (Compton) 11.09, Gibbons (Jordan, Long Beach) 11.13. **1600m** Scott Kollinac (Rancho Bernardo) 4:31.27, **4x100m** Inglewood 43.17, Mater Dei 43.68, Banning (Wilmington) 43.72. **4x200m** Inglewood 1:31.53. **4x400m** Inglewood 3:28.65. **4x800** Millikan (Long Beach) 8:24.42. **Sprint Medley** Re Jordan (Long Beach) 3:36.27, Carson 3:38.26. **Distance Medley** Re Rancho Bernardo (San Diego) 10:46.70.

LJ LeAndrew Childs (Inglewood) 22-11 1/4. **SP** Nicky Sualua (Mater Dei) 51-11 1/2. **(Small Schools) Team:** St. John Bosco 65, Santa Fe (SF Springs) 42, Sonora (La Habra) 38, Santa Margarita (Rancho SM) 33.

100m Ricky Boyer (Sonora, La Habra) 10.99, Jimmy Perry (Verbum Dei, LA) 11.07, Thomas Washington (Centennial, Compton) 11.11. **1600m** Jeff Sneed (La Canada) 4:31.49. **4x100m** Verbum Dei (LA) 43.85. **4x200m** Verbum Dei (LA) 1:31.42. **HJ** Jay Lim (Sonora, La Habra) 6-8. **PV** Borya Orloff (St. John Bosco, Bellflower) 14-0.

Men: Frosh/Soph: **1600m** Antonio Arce (Palmdale) 4:31.80. **LJ** Atavian Moore (Inglewood) 21-0.

Women: (Large Schools) 1. Wilson (Long Beach) 84, 2. Rancho Bernardo (San Diego) 50, 3. Compton 34, 4. Peninsula (Rolling Hills) 26.

100m Keisha Backus (Wilson, LB) 11.93.

1600m Erica Sumi (Wilson, LB) 5:03.82, Christine Lewis (Wilson, LB) 5:15.05, Mary Blake (Peninsula, Roll Hills) 5:20.02, Karen Richter (Rancho Bernardo, SD) 5:24.43. **100mHH** Karen Vigilant (Wilson, LB) 15.77, Rory Kelly (Westchester) 15.85. **4x100m** Wilson (LB) 48.60. **4x200m** Inglewood 1:48.36. **4x400m** Wilson (LB) 4:01.38. **4x800m** Wilson (LB) 9:37.67, Peninsula (Roll Hills) 9:53.24, Saugus 9:54.28. **Sprint Medley** El Modena (Orange) 4:15.17, Compton 4:19.64. **Distance Medley** Re Rancho Bernardo 13:00.6 Wilson (LB) 13:01.07, Peninsula (Roll Hills) 13:06.52.

HJ Kelly Watson (Saugus) 5-4, Lynette Anderson (El Modena, Orange) 5-2. **LJ** Michelle Nelson (Wilson, LB) 16-10. **TJ** Karen Vigilant (Wilson, LB) 36-3 1/2.

(Small Schools) Teams: 1. Santa Margarita (Rancho SM) 51, 2. Notre Dame Academy (LA) 45, 3. Sonora (La Habra) 38, 4. Bishop Montgomery (Torrance) 26.

100m A. Parks (Cerritos) 12.63. **1600m** Sarah Dien (La Canada) 5:26.98. **4x200m** Notre Dame Academy (LA) 1:50.00. **Distance Medley** Re La Canada 13:02.01. **HJ** Hilary James (Whittier) 5-4, LJ Kelly Moohr (Santa Margarita, Rancho SM) 16-5.

Trabuco Hills Invitational

Trabuco Hills High School (Mission Viejo) - Saturday, April 3rd.

Open Results: (combined heat results)

Men:

100m -Richard Anderson (Crenshaw, LA.) 11.06. **400m** Randy Bishop (Canyon Spring, Moreno Valley) 50.38, *Micha Denison (Dana Hills) 50.55, -Ben Kelly (Century, Santa Ana) 50.99, *Justin Horey (Capistrano Valley, Mission Viejo) 51.34. **110mHH** *Jason Medearis (Hart, Newhall) 15.08, *Steve Forte (Woodbridge, Irvine) 15.39, *Travis Harr (El Toro) 15.49. **300mIH** -Chris Cunningham (Fountain Valley) 40.77, -Marcellus Greene (Garey, Pomona) 40.97. **4x100m** Re Compton 44.07, Peninsula (Rolling Hills) 44.40, Crenshaw (LA) 44.57, Notre Dame (Sherman Oaks) 44.58, Garey (Pomona) 44.59, Ganesha (Pomona) 44.88. **4x200m** Hanford 1:31.57, Villa Park 1:32.67, Compton 1:32.95. **4x400m** El Dorado (Placentia) 3:26.46, Crenshaw (LA) 3:27.76, Notre Dame (Sherm Oaks) 3:27.46, Ganesha (Pomona) 3:30.85. **4x800m** Huntington Beach 8:11.56, Villa Park 8:11.56, Mission Viejo 8:15.96. **4x1600m** Huntington Beach 18:14.55, Mission Bay (San Diego) 18:33.75, Huntington Park 18:37.75, La Habra 18:38.96, Hart (Newhall) 18:48.08. **Spr Medley**-Peninsula (Rolling Hills) 3:44.1, Trabuco Hills 3:45.5.

PV Robert Griffin (Magnolia, Anaheim) 13-6, Adam Dyer (Esperanza, Anaheim) 13-0, Pat Posta (Loyola, LA) 13-0, Kevin Dahlin (Dana Hills) 13-0. **LJ** Ruben Hernandez (La Habra) 21-11 1/2, Francisco Paredes (Loyola, LA) 21-3 1/2. **TJ** Ruben Hernandez (La Habra) 43-0. **SP** Enrique Zuniga (St. John

Bosco, Bellflower) 48-2 1/2.

Women:

100m -Zenzile Johnson (Paraclete, Lancaster) 12.56, Dominic Hughes (Ganesha, Pomona) 12.69, Rosalyn Grant (Ganesha, Pomona) 12.69, -Breck Nester (El Toro) 12.69. **200m** *Heather Miller (Westridge, Pasadena) 25.79. **400m** *Heather Miller (Westridge, Pasadena) 59.58. ***Kelly Marshall (Edison, Huntington Beach) 59.68. *Julie Koudelka (Edison, Huntington Beach) 59.77. -Kristen White (Trabuco Hills, Mission Viejo) 60.46, *Kathi Aagaaro (Sonora, La Habra) 60.75. **800m** -Devon Warren (Peninsula, RH) 2:20.67, -Delta Dear (Crenshaw, LA.) 2:23.96. **4x100m** Edison (Huntington Beach) 50.35, Ganesha (Pomona) 50.40, Trabuco Hills 51.06, Esperanza (Anaheim) 51.27, Chino 51.28, Hart (Newhall) 51.44, Muir (Pasadena) 51.49, Dana Hills 51.54. **4x200m**-Compton 1:49.25. **4x400m**-Dana Hills 4:06.44. **4x800m**-Upland 9:47.56, Edison (Huntington Beach) 10:01.95, Compton 10:09.36. **4x1600m**-Edison (Huntington Beach) 22:11.98, El Toro 22:25.96, Upland 22:42.27, Los Alamitos 23:22.75, Santa Margarita 23:29.67, Hart (Newhall) 23:32.17. **Spr Medley**-Compton 4:22.46, Upland 4:27.2.

TJ Stacy Solder (Simi Valley) 34-6 1/4, Kerry O'Brick (Edison, Hunt Bch) 34-6. **SP** Marie Philman (Edison, Huntington Beach) 35-8 1/2. **Lia Rousset** (Newport Harbor, Newport Beach) 33-5 1/2. **DT** Marie Philman (Edison, Hunt Bch) 122-8.

Invitational Portion

(some races combined)

Men:

100m Akinyela Taylor (Dominguez, Compton) 11.16. **200m** *Gary Young (Woodbridge, Irvine) 22.09, Gerald Kemp (Canyon, CC) 22.37, -Randy Bishop (Canyon Springs, Moreno Valley) 22.65, -Ernie Wilson (El Modena, Orange) 22.69. **400m** *Mark Backhoff (Woodbridge, Irvine) 50.59. **800m** -Tad Heath (Foothill, Santa Ana) 1:56.49, -Mike Lynch (Foothill, Santa Ana) 1:56.69, Bill Stinehart (Harvard-Westlake, North Hollywood) 1:58.67, -Dan Strong (Chino) 1:59.06. **1600m** -Mike Love (Katella, Anaheim) 4:21.08, *Brett Strahan (Hart, Newhall) 4:22.08, *Gavin Klinger (Hart, Newhall) 4:22.36, -Shawn Frack (Esperanza, Anaheim) 4:22.46, *Kevin Marsden (Thousand Oaks) 4:23.36, *David Levy (Mission Bay, San Diego) 4:23.45, Chadd Aldrich (Thousand Oaks) 4:25.38, *Devin Elizondo (Mission Bay, San Diego) 4:25.48, *Andy Morgan (Mission Viejo) 4:26.27, -Jeff Sneed (La Canada) 4:27.16, *Matt Huss (Santa Margarita, Ranch SM) 4:27.38, *Julio Falcon (Montebello) 4:27.58, *Brendan Mahon (La Habra) 4:28.06.

3200m -Gilbert Serrano (Pt Loma, San Diego) 9:20.29, -Paul de la Cerda (Hart, Newhall) 9:20.86, -Jim Cera (Upland) 9:24.97, -Jared Overton (Newport Harbor, Newport Bch) 9:29.85, *Jeff Fischer (Thousand Oaks) 9:30.75, -Sky Peterka (Newport Harbor, Newport Bch) 9:35.24, -George Perca (Huntington Beach) 9:36.74, -Joe Be-

California Track and Cross Country COACHES ALLIANCE

dorha (Little Rock) 9:38.47, *Mike Moreno (Katella, Anaheim) 9:40.36, *Nathan Bennett (Woodbridge, Irvine) 9:41.27, -Oscar Urizar (Huntington Park) 9:41.48. **110mHH** *Gerimi Burleigh (Upland) 14.86, -Peter McConkie (Woodcross, Utah) 14.89.

300mIH -Peter McConkie (Woodcross, Utah) 39.09, *Jason Medearis (Hart, Newhall) 39.14, -Jon Gianolla (Hanford) 39.16, **Anton Hector (Esperanza, Anaheim) 39.59, -Andrew Werhand (Upland) 39.86, -Kirk Sweetnam (Canyon, CC) 39.88, -Jerome Henry (Loyola, L.A.) 40.36, -Brian Wick (Woodbridge, Irvin) 40.97. **400m Re-Canyon Springs (Moreno Valley)** 41.86, Dominguez 42.3 (ht), Woodbridge (Irvine) 43.15, Esperanza (Anah) 43.27, Hanford 43.35, Chino 43.37, Upland 43.47, Woodcross (Utah) 43.86, Canyon (CC) 43.96. **4x400m Re-Esperanza (Anaheim)** 3:25.04, Fountain Valley 3:25.17, Loyola (L.A.) 3:26.05, Woodcross (Utah) 3:26.27. **Sprint Medley Re-Upland** 3:37.96, Thousand Oaks 3:45.78. **Dist Med Re-Canyon (CC)** 10:30.81, Huntington Beach 10:38.64, Upland 10:51.96.

HJ Brian Carlson (Katella, Anaheim) 6-8, Jay Lim (Sonora, La Habra) 6-8, Matt Gwatney (Fountain Valley) 6-4, Martin Haynes (Bishop Montgomery) 6-2. **PV** (called because of darkness) Parker (Upland) & Stern (Harvard- Westlake, North Hollywood) had cleared 14-6, John Bain (Foothill, Santa Ana), Kevin Kneafsey (Loyola, L.A.), Mike Lanaro (Arroyo, El Monte), and Borya Urtoff (St. John Bosco, Bellflower) had cleared 14-0. Gary Van Sluis (El Modena, Orange) 13-6. **LJ Beau Eting** (Woodcross, Utah) 21-10 1/4, TJ Gerimi Burleigh (Upland) 44-0 1/4, Muniz (Woodbridge, Irvine) 43-9 3/4, Dave Bitter (El Modena) 43-6 3/4, Chewy Reyes (Chino) 43-3 1/2.

SP Tyson Lingenfelter (Upland) 63-5 3/4, Chad Peare (Trabuco Hills) 58-0 1/4, Beau Ralphs (Newport Harbor, Newport Bch) 54-0 1/4, Steve Gonzalez (Newport Harb, Newport Bch) 53-6 1/2, Wade Tift (Newport Harbor, Newport Bch) 53-4, Travis McCullough (Esperanza, Anaheim) 52-11 1/2. **DT Chad Peare** (Trabuco Hills, Mission Viejo) 186-6, Tyson Lingenfelter (Upland) 168-2, Tom Pellicer (Esperanza, Anah) 160-8, Jim Stewart (Esperanza, Anaheim) 157-5, Robert Mateus (Hanford) 150-5, Jesse McDonald (Laguna Hills) 147-5.

Women:

100m -Marion Jones (1000 Oaks) 11.87, **Heather Sumpter (Muir, Pas) 12.45, -Cavetra Mitchell (Los Alamitos) 12.49, **Meisha Wilson-Duval (Woodbridge, Irvine) 12.64. **200m** -Marion Jones (1000 Oaks) 23.79, -Deanna Knowles (Muir, Pasadena) 25.76, **Heather Sumpter (Muir, Pasadena) 26.17, Ann Leming (Canyon, Anaheim) 26.27, -Kelly Robson (Laguna Hills) 26.47, **Monica Griffiths (Paraclete, Lancaster) 26.95. **400m** **Meisha Wilson-Duval (Woodbridge, Irv) 59.14, *Mariene Lang (Fountain Valley) 59.36. **800m** **Tiffany Boykin (Laguna Hills) 2:19.59, **Peggy Hall (Trabuco Hills) 2:19.78, **Courtney

Pugmire (Esperanza, Anaheim) 2:19.86, -Mollie Flint (Corona del Mar, Newport Beach) 2:20.45, *Jennifer Gillis (Irvine) 2:22.15, *Jessica de la Cerda (Hart, Newhall) 2:22.17, ***Christy Bradshaw (Ocean View, Huntington Beach) 2:23.05, ***Tameka Rodriguez (Chino) 2:24.38. **1600m** *Kim Nelson (Canyon, Ana) 5:06.17, -Heidi Sickler (Laguna Hills) 5:08.17, -Janna Evans (Edison, Huntington Beach) 5:11.47, **Carrie Caulkins (Esperanza, Ana) 5:09.68, **Patricia Gibby (Thousand Oaks) 5:09.78, *Andrea Bruins (Rancho Cucamonga) 5:11.46, ***Kim Mortensen (Thousand Oaks) 5:12.74, **Barbara Boisvert (Loara, Anaheim) 5:15.77, *Meghan Mayes (Capistrano Valley, Mission Viejo) 5:16.39, LaAnna Degazon (Bishop Montgomery, Torrance) 5:23.16, **Katie Durham (Woodbridge, Irvine) 5:24.58, Sara Valdez (El Dorado, Placentia) 5:25.06.

3200m ***Kim Mortensen (Thousand Oaks) 11:05.46, **Tracy Clark (Corona del Mar, Newport Harbor) 11:09.27, *Jamie Bascom (Elisnore, Lake Elsin) 11:12.76, **Lynn Snyder (Peninsula, Roll Hills) 11:18.25, -Mayra Medina (Laguna Hills) 11:19.35, **Alyse Homberger (Edison, Huntington Beach) 11:22.44, Sara Valdez (El Dorado, Placentia) 11:27.32, -Julie Meyers (Peninsula, RH) 11:32.38. **100mHH** -Zenzile Johnson (Paraclete, Lancaster) 15.49, *Amber Roberts (Muir, Pasadena) 15.86. **300mIH** -Lindsey Curtis (Newport Harbor, Newport Bch) 47.67, **Jennifer Knowles (Muir, Pas) 47.69.

400m Re-Muir (Pas) 48.38, Thousand Oaks 50.67, El Toro 51.14, Mission Viejo 51.09, Paraclete (Lancaster) 51.76. **4x400m Re-Muir (Pasadena)** 4:00.01, Laguna Hills 4:03.60, Dominguez (Compton) 4:08.73, Woodbridge (Irv) 4:10.35, Mission Viejo 4:11.54, Corona del Mar (Newp Bch) 4:12.85. **Sprint Med Re-La Canada** 4:26.26, Thousand Oaks 4:28.87. **Distance Med Re-El Modena (Orange)** 12:35.57, Edison (Hunt Bch) 12:42.36, La Canada 12:45.68, El-Toro 12:54.57, Corona del Mar 13:01.38.

HJ Darcy Morrison (Laguna Hills) 5-6, Tina Bowman (Newport Harbor, Newport Bch) 5-6, Misty May (Newport Harbor, Newport Bch) 5-6, Kristy Kieruff (Esperanza, Anaheim) 5-6, LJ Marion Jones (1000 Oaks) 18-11, TJ Amber Roberts (Muir, Pas) 38-2 1/2, Ericka Dickson (Mission Viejo) 35-10, Kelly O'Connor (Esperanza, Anaheim) 35-9 1/2, Marion Ali (Muir, Pas) 34-7 3/4. **SP Angela Burgess** (Woodbridge, Irv) 39-11, Adara Newidowski (Dana Hills) 37-2, Karl Usrey (Hart, Newhall) 37-0 1/2, Spring Trammell (Los Amigos, Garden Grove) 36-09, Nina Foster (Mission Viejo) 36-0 1/4.

Bishop Amat Relays

Mt. San Antonio College, Sat., April 3rd Men:

Scores: Nogales (La Puente) 60, Diamond Bar 52, Eldorado (Las Vegas) 38, Washington (L.A.) 37.



MARGARITO CASILLAS

Photo by Bill Cockerham

100m Devine (Nogales, La Puente) 10.76, Sermons (Bishop Amat, La Puente) 10.87, Rudolph (West Covina) 11.05, Howard (Cimarron, Las Vegas) 11.07, McCoy (Washington, L.A.) 11.08. **200m** Devine (Nogales, La Puente) 21.67, Moore (San Benito, Hollister) 21.80, Adams (Nogales, LP) 22.21, Ivey (Eldorado, Las Vegas) 22.38, Howrad (Cimarron, LV) 22.42. **400m** Russell (Diamond Bar) 48.65, Campbell (Alta Loma) 49.36, Welde (Crescenta Valley, La Cresc) 50.09, Bayney (San Benito, Holl) 50.22. **800m** Peterson (Rowland, Rowl Hts) 1:58.69, Casillas (Hoover, Glendale) 1:58.91, Alvarez (Bishop Amat, La Puente) 1:59.91, 1500m Giddens (Gardena) 4:00.71, Cox (Christian, El Cajon) 4:02.72, Berhane (Redlands) 4:08.7. **3000m** Wolf (San Marino) 8:50.98, Cox (Christian, EC) 8:58.55, Baca (Rowland, Rowl Hts) 9:01.76, Lira (Gardena) 9:05.0.

110mHH Koegler (Crescenta Valley, La Cresc) 15.59, 300m IH Jordan (Washington, L.A.) 39.48. **400m Re** Diamond Bar 43.01, Washington (L.A.) 43.80. **800m Re** Lakewood 1:31.51, 1600m Re Diamond Bar 3:23.89, Washington (L.A.) 3:25.12, Alta Loma 3:26.44, West Covina 3:27.01. **Dist Med** Gardena 10:30.81, San Marino 10:35.24, Rowland (Rowl Hts) 10:36.79, Bishop Amat (LaP) 10:36.91, Claremont 10:38.05, Glendale 10:39.95.

HJ Hilke (Crescenta Valley, La Cres) 6-6, Macias (San Benito, Hollister) 6-4. **PV** Gehrke (Diamond Bar) 14-8, LJ Adams (Nogales, LP) 22-7 1/2, McKee (Cimarron, Las Veg) 22-3, McClure (Rowland, Rowl Hts) 21-10 3/4, TJ McClure (Rowland, Rowl Hts) 47-1 1/4, Adams (Nogales, LP) 44-9 1/2, Macias (San Benito, Holl.) 44-5. **SP** Forua (Mira Costa, Manh Beach) 55-6 1/2, Walker (Cimarron, LV) 51-3. **DT** Stout (Alta Loma) 151-2.

Women: Teams: San Marino 71, San Marcos (Santa Barbara) 58, Peninsula (Rolling Hills) 48, Crescenta Valley (La Crescenta) 35, Mira Costa (Manhattan Beach) 24.

100m Washington (Rowland, Rowl Hts) 12.76. **200m** Jones (San Marcos, Santa Barb) 25.91, Scheler (San Marino) 26.11. **400m** Jones (San Marcos, SB) 58.12.

Chambers (San Marino) 59.77, Elweke (Glendale) 59.96. **800m** Artzner (Peninsula, Roll Hills) 2:17.17, Sanberg (Peninsula, RH) 2:19.69, Garcia (San Marcos, SB) 2:21.06, McVey (Redlands) 2:21.28. **1500m** Martinez (Bishop Amat, LP) 5:05.10. **3000m** Twist (San Marino) 10:35.1, Mehilberg (Peninsula, RH) 10:36.3, Pleyte (San Benito, Holl) 10:36.5, Monson (Claremont) 10:42.0, Blake (Peninsula, RH) 10:45.7, Echols (Glendale) 10:57.2. **100mHH** Watkins (Walnut) 15.64, Lawson (Mira Costa, Manh Bch) 15.72, Griffiths (Washington, L.A.) 16.01, Takenaka (San Marino) 16.01. **300mLH** Takenaka (San Marino) 45.3, Griffiths (Washington, LA) 47.2. **400m Re** San Marino 49.73, Diamond Bar 50.85, **800m Re** South Bakersfield 1:50.45, **1600m Re** San Marcos (SB) 4:07.31.

HJ Jones (Walnut) 5-4, Young (Eldorado, LV) 5-2, Kamper (Redlands) 5-2. **LJ** Jones (Walnut) 17-9 1/2, Young (Eldorado, LV) 17-2 1/2, TJ Scott (St. Bernard, Playa del Rey) 35-3 1/2, Scott (San Marcos, SB) 35-0. **SP** Lailu (Nogales, La Puente) 41-4, Kavar (Crescenta Valley, LC) 39-0, Wood (Bonanza, LV) 37-7. **DT** Wood (Bonanza, LV) 121-6, Kavar (Crescenta Valley, LC) 118-9, Randle (South, Bakersfield) 116-0, Pipkins (Eldorado, LV) 115-8.

Reed Invitational

Sparks, Nevada, Saturday, April 3

Altitude - No wind information

Men-100m Jones (Franklin, Stockton)

10.5. **PV** Fargna (Nevada Union, Grass Valley) 13-6. **Girls-DT** 2. Moore (Lassen, Susanville) 113-7.

Meet of Champions

April 3, Azusa Pacific University.

Varsity Boys Results:

400: (Race 1) 1. Peterson (Row) 51.1, 2. Williams (Cov) 51.2, 3. Hernandez (Sch) 51.4. **(Race 2)** 1. Teson (Aya) 50.7. **800: (Race 1)** 1. Teson (Aya) 2:00.7, 2. Peterson (Row) 2:00.7, 3. Baca (Sch) 2:02.5. **1600: (Race 1)** 1. Falcon (Mon) 4:29.5, 2. Hardie (BA) 4:29.5, 3. Reyes (Nog) 4:30.5, 4. Love (Kat) 4:31.2, 5. Gallardo (Arr) 4:32.6. **L. Baca (Row)** 4:33.2. **3200: (Race 1)** 1. Baca (Row) 9:31.9, 2. Love (Kat) 9:32.1, 3. Alvarez (BA) 9:38, 4. Baca (Sch) 9:38.7, 5. McLarty (Aya) 9:39, 6. Estrada (SG) 9:45. **Steeplechase:** 1. Eveleth (HT) 6:36.1, 2. Courtis (HT) 7:04.8, 3. Piche (Arr) 7:46.4, 4. Delgado (Arr) 8:16.8. **1 Mile Relay: (Race 1)** 1. Schurr "A" 3:32.1, 2. Covina 3:34.3, 3. San Gabriel 3:35.8, 4. Damien 3:37.8.

Varsity Girls Results:

400: (Race 1) 1. Gonzalez (Mon) 1:02.5, 2. Marquina (Gle) 1:03.1, 3. Blackmon (Yuc) 1:03.1. **800: (Race 1)** 1. Born (Yuc) 2:27.7, 2. Nurillo (BG) 2:29.4, 3. Monuz (Sch) 2:29.7, 4. Martinez (BA) 2:30.4, 5. Gonzales (Mon) 2:30.3, 6. Hake (Arr) 2:32.1. **1600: (Race 1)** 1. Martinez (BA) 5:23.2, 2. Hake (Arr) 5:26.2, 3. Zamora (Arr) 5:37.1. **3200: (Race 1)** 1. Feree (BA) 12:00.4, 2. Zamora (Arr) 12:02.7, 3. Siegel (Arr) 12:11.4.

RESULTS

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

(Prep results begin on page 31)

Collegiate Track & Field Classic

March 20. Long Beach State.
Men's Results

Team Scores: 1. CS Northridge 140, 2. USC 109, 3. Long Beach St. 93, 4. Utah State 91, 5. Cornell Univ. 72, 6. Weber State 68, 7. CS Fullerton 67, 8. Wisconsin-LaCrosse 66, 9. Wisconsin-Stout 60.

100m: 1. Bruce Luizzi (USC) 10.78, 2. Myron Lesane (LBSU) 10.89, 3. Michael Bradley (USC) 10.90, 4. Shaun Reed (CSUN) 11.01, 5. Jeremy Martins (UW-LaCrosse) 11.02, 6. Bill Person (Weber St) 11.06.

200m: 1. Dustin James (USC) 21.23, 2. Paul Greene (USC) 21.35, 3. Troy Johnson (Utah St) 21.57, 4. Michael Bradley (USC) 21.80, 5. Sean Reed (CSUN) 21.98, 6. Marquette Ennis (CSUN) 22.37.

400m: 1. Jeff Laynes (USC) 46.21, 2. Troy Johnson (Utah St) 47.08, 3. Larry Biloups (LBSU) 47.82, 4. Marshall Evans (CSUN) 48.63, 5. Akiem Brown (CSUN) 48.98, 6. Ryan Chaplinski (Cornell) 49.1.

800m: 1. Mike Franks (Cornell) 1:53.64, 2. Matt Gaffrey (Weber St) 1:53.74, 3. Rob Cunningham (Cornell) 1:54.82, 4. Robbie Duncan (Weber St) 1:55.44, 5. Mike Smith (CSUN) 1:55.73, 6. Chris Wren (Cornell) 1:55.94.

1500m: 1. Rob Cunningham (Cornell) 3:51.37, 2. Charles Wallace (Utah St) 3:52.98, 3. Brian Godset (CSUN) 3:55.05, 4. Brian Clas (Cornell) 3:56.67, 5. Brian Johnson (CSUF) 3:56.81, 6. Dave Williams (UW-Stout) 3:57.47.

3000m SC: 1. Kurt Black (Weber St) 8:45.06, 2. Mike Tansley (CSUF) 8:58.09, 3. Duane West (Weber St) 9:01.95, 4. Matt Gaffrey (Weber St) 9:09.57, 5. Mike Davidson (Utah St) 9:10.26, 6. Guy Perry (Weber St) 9:13.58.

5000m: 1. Brian Clas (Cornell) 14:44.25, 2. Brian Godset (CSUN) 15:04.44, 3. Nathan Sacco (Cornell) 15:11.17, 4. Brian Johnson (CSUF) 15:16.80, 5. Carl Anstrom (Cornell) 15:17.47, 6. Lucio Brito (CSUF) 15:51.59.

10,000m: 1. Jason Kayne (Utah St) 31:38.77, 2. Chris Jones (Weber St) 31:49.70, 3. Jose Serrano (CSUF) 32:41.27, 4. Tom Casto (CSUF) 33:14.89, 5. Steve Fong (LBSU) 35:26.01, 6. Leo Hernandez (CSUN) 37:53.37.

110m HH: 1. Matt Mclean (Cornell) 14.33, 2. Terrance Campbell (Utah St) 14.60, 3. Eric Bell (USC) 14.66, 4. Josh Bailey (CSUN) 14.78, 5. Billy Schuffenhaur (Weber St) 15.01, 6. Brian Emond (UW-LaCrosse) 15.01.

400m IH: 1. Marcus Carter (USC) 52.55, 2. Brian Emond (UW-LaCrosse) 54.26, 3. Jason Stein (CSUN) 54.63, 4. Tim Price (Utah St) 55.02, 5. Andy Bailey (Utah St) 55.14, 6. Jim Nau (CSUN) 55.77.

4x100m: 1. USC 40.68, 2. CSU Northridge 41.78, 3. Utah State 42.65, 4. Long Beach State 43.0, 5. Cornell Univ. 43.0.

4x400m: 1. USC 3:11.91, 2. CSU Northridge "A" 3:14.33, 3. Utah State "A" 3:21.75, 4. CSU Northridge "B" 3:22.69, 5. Long Beach State 3:25.44, 6. Cornell Univ. 3:25.61.

HJ: 1. Danny Sepaher (USC) 6-9, 2. Mike Kudingger (UW-Stout) 6-8 1/4, 3. Billy Shuffenhaur (Weber St) 6-7, 4. D. Alexander (USC) 6-7, 5. Ed Barnett (LBSU) 6-6, 6. Zaylor Stout (CSUF) 6-6.

PV: 1. Chris Mailano (UW-LaCrosse) 15-6, 2. Josh Bailey (CSUN) 15-0, 3. Doug Clery (UW-LaCrosse) 15-0, 4. Randy Ogi (Cornell) 14-6, 5. Don Vibbert (Cornell) 14-6, 6. John Shirley (LBSU) NH.

LJ: 1. Bill Schroeder (UW-LaCrosse) 24-7, 2. Billy Schuffenhaur (Weber St) 23-11 3/4, 3. Jeremy Martins (UW-LaCrosse) 23-8 3/4, 4. Erin Bailey (CSUN) 23-7 1/4, 5. Chris Perry (CSUN) 22-10 3/4, 6. Pokey Eckford (Weber St) 22-10 1/2.

TJ: 1. Bill Schroeder (UW-LaCrosse) 51-0 1/4, 2. Chris Perry (CSUN) 47-2 1/4, 3. Clayton Tharrington (CSUN) 46-5 1/2, 4. Pokey Eckford (Weber St) 46-1 1/4, 5. Chris Czerwinski (LBSU) 44-6 1/4, 6. Travis Hortsman (UW-LaCrosse) 43-10 1/2.

SP: 1. Gary Kirchoff (USC) 59-2 3/4, 2. Joe Hicks (CSUN) 55-2 3/4, 3. Jeff Dunn (CSUN) 55-1, 4. Greg Groat (UW-LaCrosse) 50-7 1/4, 5. Keith Blake (UW-Stout) 50-5 1/2, 6. Scott Perkins (Cornell) 49-6 1/4.

DT: 1. Gary Kirchoff (USC) 174-7, 2. Chad Danowsky (USC) 171-11, 3. Roger Daley (Utah St) 170-8, 4. Tony Moore (LBSU) 157-10, 5. Keith Bike (UW-Stout) 155-7, 6. John Richardson (Utah St) 155-7.

JT: 1. Garrett Noel (CSUN) 230-10, 2. Paul Mann (Weber St) 208-7, 3. Joe Keisley (Weber St) 194-5, 4. Hecotr Sanchez (LBSU) 193-7, 5. Chris Plotz (UW-Stout) 144-10, 6. Matt Evans (UW-Stout) 130-0.

HT: 1. Joe Hicks (CSUN) 185-4, 2. Tyrone Gayles (CSUN) 168-1, 3. Jeff Asay (Utah St) 167-3, 4. Robert Glynn (UW-LaCrosse) 164-1, 5. Greg Groom (UW-LaCrosse) 156-3, 6. John Richardson (Utah St) 155-9.

Women's Results

Team Scores: 1. CS Northridge 148, 2. Long Beach St. 89, 3. Cornell Univ. 82, 4. San Diego St. 81, 5. USC 66, 6. Mankato State 51, 7. CS Fullerton 25.

100m: 1. Desiree Bracy (USC) 11.79, 2. Charlotte Vines (CSUN) 11.79, 3. Cherice Ellison (CSUN) 12.08, 4. Lisa Moxley (LBSU) 12.09, 5. Kisha Arnett (CSUN)

12.28, 6. Joy Polk (CSUN) 12.28.

200m: 1. Desiree Bracy (USC) 23.98, 2. Charlotte Vines (CSUN) 24.66, 3. Joy Polk (CSUN) 25.26, 4. Angel Mosley (LBSU) 25.37, 5. Lisa Moxley (LBSU) 25.46, 6. Nsenga Bansfield (Cornell) 25.66.

400m: 1. Latima Jones (USC) 55.41, 2. Janine Stewart (CSUN) 55.62, 3. Le'Gretta Hinds (LBSU) 57.05, 4. Cassondra Tyson (SDSU) 57.56, 5. Tamika Bradfield (CSUN) 57.08, 6. Erica Prodanovich (SDSU) 58.15.

800m: 1. Loren Mooney (Cornell) 2:11.50, 2. Dorothy Byron (CSUN) 2:13.54, 3. Kerrie Pegues (USC) 2:18.01, 4. Kendra Ossey (CSUN) 2:18.48, 5. Lori Miller (CSUN) 2:18.53, 6. Kristen Davis (Cornell) 2:19.16.

1500m: 1. Laura Woeller (Cornell) 4:38.51, 2. Ruth Viramontes (CSUF) 4:41.68, 3. Barbara Kozlowski (CSUF) 4:44.86, 4. Lori Miller (CSUN) 4:47.62, 5. Karla Sanford (CSUN) 4:54.31, 6. Sarah MacDougall (CSUF) 4:58.47.

3000m: 1. Giana Angelo (Cornell) 10:32.66, 2. Stacy Pando (LBSU) 10:35.67, 3. Ava Daniel (CSUN) 10:39.37, 4. Tania Nahale (CSUF) 10:41.44, 5. Teresa Chunovich (CSUF) 10:44.00, 6. Michelle Ishio (CSUN) 10:48.41.

5000m: 1. Mieke Van Zante (Cornell) 18:39.98, 2. Ava Daniel (CSUN) 19:06.38, 3. Michelle Marsh (SDSU) 19:43.97, 4. Tricia McDonald (SDSU) 21:41.47.

10,000m: 1. Martina Hoppe (Cornell) 35:00.7, 2. Lisa Bower (LBSU) 39:20.0, 3. Heidi Heitschmidt (CSUN) 39:53.9.

100m H: 1. Kim Young (CSUN) 14.05, 2. Erin Morris (CSUN) 14.24, 3. Ambre' Thompson (LBSU) 14.29, 4. Lisa Moxley (LBSU) 14.51, 5. Le'Gretta Hinds (LBSU) 14.74, 6. Erica Prodanovich (SDSU) 14.88.

400m H: 1. Cassondra Tyson (SDSU) 63.52, 2. Kim Young (CSUN) 66.05, 3. Cindy Byrne (CSUN) 70.19, 4. Jody Woyke (Mankato St) 71.28, 5. Rosemary Amezcua (LBSU) 75.79, 6. Erica Prodanovich (SDSU) 75.79.

4x100m: 1. USC 45.50, 2. CSU Northridge 46.18, 3. Long Beach St. 47.14, 4. Cornell Univ. 49.5, 5. Mankato St. 50.8, 6. San Diego St. 50.8.

4x400m: 1. CSU Northridge "A" 3:50.22, 2. San Diego St. 3:59.01, 3. CSU Northridge "B" 4:03.46, 4. Mankato St. "A" 4:04.77, 5. Cornell Univ. 4:08.24, 6. Mankato St. "B" 4:19.36.

HJ: 1. Crissy Mills (USC) 5-10, 2. Lisa Gill (CSUN) 5-6 1/2, 3. Janae Oliveira (USC) 5-5 1/4, 4. Loni Buettner (LBSU) 5-4 1/4, 5. Jennifer Delroy (SDSU) 5-3, 6. Janet Howie (Mankato St) 5-0 1/2.

LJ: 1. Tanel House (CSUN) 18-4 1/4, 2. Cherice Ellison (CSUN) 18-2 1/4, 3. Nedra Dillon (SDSU) 17-6 1/4, 4. Roxanne Prange (Mankato St) 17-3 1/4, 5. Kristy Harris (Cornell) 17-0 3/4, 6. Christine Burton

(CSUN) 17-0 1/2.

TJ: 1. Marquite Knight (LBSU) 38-9 3/4, 2. Tanel House (CSUN) 37-7 3/4, 3. Jennifer Delroy (SDSU) 36-0 3/4, 4. Akemi Smith (CSUF) 34-11 1/4, 5. Beth Farrell (Cornell) 33-8.

SP: 1. Teresa Stricklin (CSUN) 47-9 1/4, 2. Nicole Logan (CSUN) 42-8 3/4, 3. Julie Dejarlas (SDSU) 39-5 3/4, 4. Happy Timo (LBSU) 39-0 1/4, 5. Laite Pale (LBSU) 38-11 1/2, 6. Jen Watkins (Cornell) 38-7 3/4.

DT: 1. Celeste McVey (USC) 155-0, 2. Teresa Stricklin (CSUN) 153-4, 3. Julie Dejarlas (SDSU) 150-0, 4. Laite Pale (LBSU) 140-6, 5. Amy Brod (Cornell) 139-6, 6. Jen Watkins (Cornell) 136-10.

JT: 1. Kristen Dunn (CSUN) 164-0, 2. Lisa Gill (CSUN) 118-8, 3. Becky Schultz (Mankato St) 115-2, 4. Tammie Knudsen (LBSU) 112-1, 5. Jody Woyke (Mankato St) 106-5, 6. Jeanine Perkins (SDSU) N.M.

HT: 1. Tina Rankin (Cornell) 143-7, 2. Amy Brod (Cornell) 137-7.

Stanford Track & Field Festival

March 26, 27. Stanford Stadium.

Men's Results

Legend: UCSB=UC Santa Barbara; UCD=UC Davis; W=Washington; OSU=Ohio State; S=Stanford; NV=Nevada; S. ORE=Southern Oregon State; ID=Idaho; ORE=Oregon; CPSLO=Cal Poly San Luis Obispo; WSU=Washington State; CSS=Cal State Stanislaus; CS=Chico State; D=Dartmouth; V=Villanova; SFS=San Francisco State; Sac St=Sacramento State; Central State=Central State of Ohio; G.Fox=George Fox; CSH=Cal State Hayward; HS=Humboldt State.

Friday:

100m (Heat 1) 1. Coleman (W) 10.93, 2. Bynote (OSU) 10.95, 3. Martin (W) 10.96, 4. Wong (SFS) 11.07, 5. Jones (OSU) 11.11, 6. Khoo (ORE) 11.20, 7. Trimble (OSU) 11.21. **(Heat 2)** 1. Ingram (ORE) 11.09, 2. Penning (ID) 11.22, 3. Norville (CSS) 11.24, 4. Dixon (W) 11.31, 5. Moore (Sac St) 11.50, 6. Byrd (SFS) 11.52, 7. Huber (UCSB) 11.53. **(Heat 3)** 1. Burroagris (WSU) 11.18, 2. King (NV) 11.23, 3. Walker (ID) 11.33, 4. Yeager (W) 11.35, 5. Kersemeier (S) 11.38, 6. Frank (UCSB) 11.40, 7. Nathan (OSU) 11.56. **(Heat 4)** 1. Kalkbick (UCSB) 11.32, 2. Perry (S) 11.32, 3. Fairchild (SFS) 11.48, 4. Fisher (UCSB) 11.58, 5. Hall (Sac St) 11.74, 6. Nash (CND) 12.23, 7. Robinson (CND) 12.2. **(Heat 5)** 1. Balstrom (ORE) 11.80, 2. Davis (D) 12.41, 3. Baldwin (Menlo) 12.88, 4. Lee (Menlo) 14.28, 5. Weaver (CND) 14.0.

5000m: 1. Olesen (Unat) 13:58.85, 2. Appenheimer (Colg) 13:59.84, 3. Stolz

RESULTS

(Unat) 14:04.40, 4. Mahoki 14:24.10, 5. Gilbert 14:31.65, 6. Fitzpatrick 14:33.67, 7. Scudamore (S) 14:34.5, 8. Soloff 14:39.5, 9. Berkland 14:41.5, 10. Julian 14:43.4, 11. Sapienza 14:46.7, 12. Cantwell 14:47.1, 13. Mahoney 14:48.8, 14. Richard 14:50.7, 15. Humble 14:51.0, 16. Pfeifer 14:54.5, 17. Hamilton 15:17.9, 18. Sanchez 15:30.7, 19. Reioch 15:36.3, 20. Rocheleau 15:36.9, 21. Cullum 15:42.5, 22. Buena 15:50.0, 23. Vlada 15:50.6, 24. Wright 15:51.4, 25. Ulmer 16:10.0.

10,000m: 1. Steidl (P) 30:37.5, 2. Hartman (V) 30:45.2, 3. West (D) 31:00.2, 4. Zweifel (CPSLO) 31:13.6, 5. Joliet (S) 31:22.0, 6. Haugen (UCSB) 31:22.2, 7. Lamourie (V) 31:27.7, 8. Bunce (ID) 31:31.8, 9. Whitman (Humb. St) 31:32.3, 10. Chamberlain (W.Valley) 31:38.1, 11. White (DVC) 31:45.3, 12. Ricketts (CS) 31:55.3, 13. Phipps (UCD) 32:05.8, 14. Higaki (S) 32:07.1, 15. Myers (CS) 32:18.0, 16. Stevens (CS) 32:18.3, 17. Metzger (UCD) 32:29.6, 18. Glosser (UCSB) 32:30.2, 19. Aronson (UCSB) 32:36.9, 20. Osier (W) 32:37.7, 21. Brewer (G.Fox) 32:43.6, 22. Davis (UCD) 33:01.2, 23. Whitaker (UCSB) 33:19.16, 24. Kugler (UCD) 33:21.3.

400m IH: (Heat 1) 1. Gray (OSU) 52.01, 2. Dallas (NV) 53.29, 3. Premo (Montana St) 55.32, 4. Getzlaff (ORE) 55.58, 5. Williams (NV) 55.61. **(Heat 2):** 1. McCrate (OSU) 53.8, 2. Zuyderwyk (WSU) 54.2, 3. Ainsworth (ID) 54.5, 4. Reynolds (UCSB) 54.9, 5. Wahuurloo (WSU) 55.2, 6. Perry (Central St) 55.6. **(Heat 3):** 1. Carson (SFS) 53.2, 2. Salles (ORE) 53.2, 3. Vitale (ORE) 53.5. **(Heat 4):** 1. Redmond (NV) 53.3, 2. Jett (UCD) 54.0, 3. Thompson (ID) 54.8, 4. Anderson (UCSD) 54.8, 5. Fay (CPSLO) 54.8, 6. Adams (Sac St) N.T. **(Heat 5):** 1. McCoy (W) 54.9, 2. Madatl (S) 56.4, 3. Miller (UCD) 57.6, 4. Gano (W) 58.2, 5. Krause (UCD) 59.3, 6. Green (D) 60.8. **(Heat 6):** 1. Snelling (ORE) 54.9, 2. Shuttleworth (UCD) 56.0, 3. Allen (ID) 57.3, 4. Woodward (CS) 57.6, 5. Hessel (NV) 58.7. **(Heat 7):** 1. Christofferson (CS) 60.0, 2. Brown (CS) 60.9. **Overall Winners:** 1. Gray (OSU) 51.9, 2. Carson (SFS) 53.2, 3. Salles (ORE) 53.2.

Sprint Medley: (Heat 1): 1. Central State (Oh) 3:24.4, 2. Nevada 3:24.7, 3. Washington 3:27.9, 4. Redlands 3:31.3, 5. UCSB 3:33.0, 6. SFS 3:36.0. **(Heat 2):** 1. Idaho 3:06.0, 2. Sacramento State 3:31.0, 3. Dartmouth 3:36.1, 4. George Fox 3:36.6, 5. Oregon 3:37.1, 6. UCSB "B" 3:46.2. **Overall Winners:** 1. Central State (Oh) 3:24.4, 2. Nevada 3:24.7, 3. Idaho 3:26.0.

Distance Medley: 1. Villanova 9:55.2, 2. Oregon 9:58.8, 3. Stanford 10:08.2, 4. Washington 10:13.8, 5. George Fox 10:15.6, 6. UCSD 10:21.5, 7. Dartmouth 10:27.0, 8. CS Stanislaus 10:34.4.

LJ: 1. Webb (S) 23-2 3/4, 2. Livingston (ORE) 23-0 1/2, 3. Busch (CSS) 23-0 1/2, 4. Girley (CSS) 22-7 1/4, 5. Inskip (UCSD) 22-2 1/4, 6. Trujillo (ID) 22-1.7, Abello (S) 22-0 3/4, 8. Harris (So. ORE St) 22-0 1/4.

JT: 1. Phillips (WSU) 204-4, 2. Macleitch (Humb. St) 188-0, 3. Bradshaw (CSS) 177-3, 4. Schnitz (UCSD) 176-0, 5. Bartleme (UCD) 171-9, 6. Lyons (SacSt) 164-4, 7. Biddinger (NV) 163-8, 8. Bingham (G.Fox) 158-4.

HJ: 1. Cooke (UCSD) 6-8, 2. (tie) Stannard (WSU) and Haley (UCD) 6-8, 4. Wilson (WSU) 6-8, 5. (tie) Henderson (UCSB) and Boise (Davidson) and Payne (UCD) 6-4, 89. Sharpe (S) 6-4.

PV: 1. Williams (UCSD) 14-9, 2. Walton (NV) 14-9 1/4, 3. Sharp (SFS) 13-9, 4. Stary (UCSD) 13-9, 5. Smith (G.Fox) 13-9, 6. Strait (G.Fox) 13-2 1/2, 7. DaSilva (UCSB) 13-2 1/2, 8. Collieran (S) 12-8 3/4, 9. Gupta (UCSB) 12-8 3/4.

PV: 1. Adamick (CPSLO) 16-4 3/4, 2. Carro (NV) 15-0, 3. Fleming (WSU) 15-0, 4. Patterson (ORE) 15-0, 5. Park (W) 14-6, 6. Zieser (WSU) 14-6.

TJ: 1. Busch (CSS) 51-4 1/2, 2. Richards (Central St) 50-8, 3. Akins (W) 48-8 1/4, 4. Gumbs (OSU) 48-6, 5. Hatter (OSU) 48-5 1/2, 6. McLean (UCD) 47-11 1/4, 7. Trujillo (ID) 47-11 1/4, 8. Huff (WSU) 47-7.

DT: 1. Fowler (S) 159-2, 2. Karsevar (S) 158-8, 3. LaMontagne (D) 157-7, 4. Osborne (So.ORE St) 156-11, 5. Blakelief (UCD) 153-11, 6. HUwe (G.Fox) 147-7, 7. Allende (CSH) 146-5, 8. Thurman (ORE) 146-0.

SP: 1. McKee (Unat) 56-11 1/4, 2. Babayan (UCD) 56-7 1/2, 3. Carter (CPSLO) 50-2, 4. Cohen (D) 49-7, 5. Dinovitz (CS) 49-1 3/4, 6. Hurtado (CSLA) 48-7 1/4, 7. Allende (CSH) 47-9, 8. Branton (So.ORE St) 47-4 1/4.

HT: 1. Baskett (WSU) 193-4, 2. Fowler (S) 185-0, 3. Taylor (UCD) 182-4, 4. Alercon (S) 180-11, 5. Degnan (CSH) 169-7, 6. Halterman (CPSLO) 169-3, 7. Carcione (W.Valley) 166-4, 8. Saatara (CSLA) 162-3.

Saturday:

40 Yard Dash: University: 1. Butler ByNote (OSU) 4.5, 2. Jamie Webb (S), 3. Darrick Davis (ID) 4.6, 4. Rushing (WSU) 4.7, 5. Adrian McDaniel (Central St) 4.7.

100 East-West: 1. Aaron Payne (OSU) 10.63, 2. Chris Sanders (OSU) 10.74, 3. Kelley Coleman (W) 10.80, 4. Harris (ORE) 10.83, 5. Martin 10.86, 6. Pennywell (Central St. OH) 11.20, 7. McDaniel (Central St. OH) 11.26, 8. Perry (S) 11.39.

100 Masters: 1. Payton Jordan 14.8, 2. Frank Toner 15.7, 3. Don Anhorn 16.1, 4. Fairchild 19.1, 5. Garty 19.5.

800m Olympic Development: 1. Kien Wu-Tseng 1:57.08, 2. Aaron Samanski (NV) 1:57.10, 3. Joe Karlegaard (S) 1:58.37, 4. Lawrence (S) 1:59.39, 5. Perry (Central St. OH) 2:06.24.

800 East-West: 1. Erik Anderson (WSU) 1:51.13, 2. Dennis Webster (D) 1:51.82, 3. Shannon Lamoura (Unat) 1:51.86, 4. Lenin (Central St. OH) 1:52.17, 5. Lawrence (Central St. OH) 1:53.11, 6. Linley (ID) 1:53.16, 7. Scoggins (W) 1:54.34, 8. Watson (V) 1:54.93.

1500m (Heat 1): 1. Brad Summer (V) 3:51.3, 2. Dan Heid (CPSLO) 3:53.5, 3. Co-

ley Candaele (CPSLO) 3:53.7, 4. Whitwen (V) 3:54.0, 5. Koelwen (ID) 3:55.5, 6. Christiani (V) 3:55.6, 7. Foley (D) 3:58.6, 8. Mahon (V) 3:58.9, 9. Hunter (W) 4:02.0, 10. Wasserwen (NT) 4:02.8, 11. Winton (SacSt) 4:12.3, 12. King (OSU) 4:17.8. **(Heat 2):** 1. Kevin Guillierow (SU) 3:59.2, 2. Neil Henson (W) 3:59.7, 3. Berkowitz



COLEY CANDAELE

Photo by Bill Cockerham

(CPSLO) 4:00.9, 4. Yuen (UCSD) 4:01.2, 5. Shryock (S) 4:02.0, 6. Ringer (UCSD) 4:03.6, 7. McManus (UCD) 4:05.4, 8. Tuessier (V) 4:06.0, 9. Wynn (UCSD) 4:10.0, 10. Lobres (S) 4:14.8, 11. Hanna (D) 4:17.5. **(Heat 3):** 1. Martin (CS) 4:06.3, 2. David Sandies (CCSF) 4:07.5, 3. Kevin Selby (CS) 4:08.2, 4. Tell (CS) 4:09.5, 5. Goldman (UCSD) 4:13.2, 6. Wieker (UCSB) 4:16.3, 7. Devine (UCSB) 4:25.9, 8. Stroud (CND) 4:40.5. **Overall Winners:** 1. Summer (V) 3:51.3, 2. Dan Heid (CPSLO) 3:53.5, 3. Coley Candaele (CPSLO) 3:53.7.

1 Mile-East-West Invitational: 1. Louis Quintana, (VIII) 4:04.7, 2. Neil Panchen (W) 4:09.4, 3. Michael Going (V) 4:09.9, 4. Kes-

ka (ORE) 4:10.2, 5. Shaw (P) 4:10.5, 6. Kibir (WSU) 4:11.4, 7. Capozzola (UCSB) 4:16.2, 8. Hughes (D) 4:16.3, 9. Nason (V) 4:16.4, 10. Shaw (P) 4:16.71, 11. Hollister (ORE) 4:16.9, 12. Lewis (WSU) 4:18.4.

3000m SC: 1. Nathan Davis (WSU) 9:11.33, 2. Goodrich (UCSB) 9:25.09, 3. Bob Ryser (NV) 9:26.77, 4. Bork (S) 9:28.52, 5. Dykstra (S.ORE) 9:29.54, 6. Lawin (UCSB) 9:29.90, 7. Kilbridge (UCD) 9:30.13, 8. Cole (W) 9:31.77, 9. Brusig (CS) 9:33.17, 10. Fairbanks (UCSB) 9:30.24, 11. Spence (S) 9:42.17, 12. Johnson (UCSD) 9:44.95, 13. Oltstead (CS) 9:45.45, 14. Mirzaian (Redlands) 9:48.84, 15. Trowinger (UCD) 9:49.27, 16. Blanco (CS) 9:51.41, 17. Bursch (CS) 10:01.44, 18. Walker (S.ORE) 10:11.20, 19. Plumarata (UCSB) 10:21.89, 20. Arias (Sac St) 11:02.78.

3000m SC East-West: 1. Greg Metcalf (W) 8:52.39, 2. Mike Reilly (S) 8:59.42, 3. George Laouacadas (WSU) 9:01.04, 4. Tejedor (NV) 9:11.190, 5. Eimore (NV) 9:14.77, 6. Pavich (W) 9:17.17, 7. Boylan (D) 9:18.23, 8. Koch (W) 9:21.12, 9. Johanson (SFS) 9:30.91.

110m HH: (Heat 1): 1. Kallick (UCSB) 14.47, 2. Townsend (UCD) 14.89, 3. Gano (W) 14.96, 4. Gonzales (OSU) 15.04, 5. Abello (S) 15.32, 6. Dallas (NV) 15.49, 7. Coppidge (S.ORE) 15.50, 8. Allen (ID) N.T. **(Heat 2):** 1. Redmond (NV) 14.67, 2. Williams (ORE) 14.69, 3. Edwards (CPSLO) 14.86, 4. C. Edwards (CPSLO) N.T., 5. Getzhaff (ORE) 15.55, 6. White (ORE) 15.55, 7. Robinson (S) 15.63. **(Heat 3):** 1. Boiem (WSU) 15.27, 2. McCoy (W) 15.48, 3. Cabs (ORE) 15.71, 4. Ward (CSS) 15.78, 5. Christopherson (CS) 15.71. **Overall Winners:** 1. Marc Kallick (UCSB) 14.47, 2. Chris Redmond (NV) 14.67, 3. Jamar Williams (ORE) 14.69.

110m HH East-West: 1. Sherman Morris (NV) 14.21, 2. Tim McCrate (OSU) 14.36, 3. James Rollins (Central St) 14.81, 4. Hatter (OSU) 14.91, 5. Premo (Montana St) 14.93, 6. Davis (ID) 15.20.

400m Relay: (Heat 1): 1. Oregon 40.95, 2. Washington 40.54, 3. Nevada 41.77, 4. Chico St. 42.22. **(Heat 2):** 1. Washington St. 41.62, 2. Stanford 42.05, 3. Idaho 42.29, 4. Davis 42.42, 5. Redlands 45.44. **Overall Winners:** 1. Oregon 40.95, 2. Washington 41.54, 3. Washington St. 41.62.

4x440 Relay: (Heat 1): 1. Central State, OH. 3:12.5, 2. Washington St. 3:14.8, 3. UC San Diego 3:21.5, 4. UC Davis 3:23.9. **(Heat 2):** 1. Idaho 3:16.8, 2. Washington 3:26.7, 3. Cal Poly SLO "B" 3:32.7.

4x800 Relay East-West: 1. Washington 7:35.81, 2. Oregon 7:38.12, 3. CPSLO 7:42.00, 4. Dartmouth 7:42.21, 5. Stanford 7:44.49, 6. Ohio St. 7:47.08, 7. George Fox 7:54.56, 8. UCSB 8:05.94, 9. Davis 8:09.93.

HJ East-West: 1. Travis Clark (S) 6-8 3/4, 2. Jason Walton (ORE) 6-8 3/4, 3. (tie) Tim Rucks (W. Valley) and Jed Stannard (WSU) 6-6 3/4.

SP: 1. Ron McKee (Sac TC) 56-10, 2.

RESULTS

Alan Babayon (UCD) 52-6. 3. Pete Kuligis (W) 52-4 1/2. 4. Howington (ORE) 51-3. 5. Karsevar (S) 50-9 1/2. 6. Taylor (UCD) 50-5 1/2. 7. Dan O'Brien (USA) 50-0 3/4. 8. Osborne (So. Ore) 48-1 1/4.

JT East-West: 1. Jim Lile (ORE) 213-6. 2. Craig Ragan (ORE) 206-9. 3. Mike Demunlik (W) 202-8. 4. Smith (W) 197-0. 5. Phillips (WSU) 195-2. 6. Manalli (W) 190-8. 7. Ragazzo (WSU) 183-5. 8. Forster (D) 162-1.

HT Invitational: 1. John Thomas (Unat) 213-10. 2. Dave Delous (Unat) 205-9. 3. Matt Shaffer (WSU) 203-1. 4. Mick (Unat) 198-1. 5. Taylor (UCD) 186-4. 6. Borrmann (NV) 185-10. 7. Fowler (S) 182-10. 8. Taylor (UCD) 176-7. 9. Mezich (WSU) 169-0. 10. Felice (W) 157-1.

DT: 1. Pat Stowell (S) 160-9. 2. Mattias Borrmann (NV) 151-0. 3. John Fowler (S) 142-11. 4. Allende (CSH) 134-5.

PV: Cancelled because of heavy rains.

Women's Results

Friday:

100m: (Heat 1): 1. Harris (CS) 12.17. 2. Smith (WSU) 12.50. 3. Guilfien (W) 12.51. 4. Mathewson (W) 12.52. 5. Kidd (Cent St) 12.53. 6. Washington (UCSD) 12.69. 7. Hoggatt (S) 12.89. **(Heat 2):** 1. Kissinger (CSS) 12.62. 2. Bridgeman (S) 12.83. 3. Robinson (W) 12.97. 4. Casbere (W) 12.97. 5. Adams (P) 13.75. **(Heat 3):** 1. Terry (W) 12.89. 2. Werner (W) 13.00. 3. Sutton (W) 13.15. 4. Hobbs (CSS) 13.32. 5. Hardy (SFS) 13.45. 6. Coeren (Menlo) 13.83. 7. Love (Sac St) 13.8. **Overall Winners:** 1. Harris (CS) 12.17. 2. Smith (WSU) 12.50. 3. Guilfien (W) 12.51.

300m University: (Sec. 1): 1. Carlson (ORE) 9:56.83. 2. Pillow (ARK) 9:59.78. 3. Kriz (W) 10:03.29. 4. Cyrus (G.Fox) 10:09.76. 5. Truitt (S) 10:15.6. 6. Sanchez (D) 10:17.73. 7. Back (W.Valley) 10:22.0. 8. Purkis (S.ORE) 10:22.5. 9. Flathers (CPSLO) 10:24.1. 10. Brayton (W) 10:25.7. 11. Dockter (P) 10:28.9. 12. Manwaring (D) 10:30.6. 13. Harlick (UCD) 10:36.2. 14. Doering (UCD) 10:43.6. **(Sec. 2):** 1. Fatherson (CCSF) 10:19.45. 2. Bjornson (CS) 10:26.28. 3. Swagerman (ORE) 10:26.75. 4. Hall (WSU) 10:28.89. 5. Ottaway (CCSF) 10:30.60. 6. Wellis (S) 10:43.49. 7. Heidt (UCD) 10:50.2. 8. Kemp (UCD) 10:51.0. 9. Campbell (G.Fox) 10:51.5. 10. Gay (CS) 10:52.2. 11. Kaiser (UCD) 11:00.5. 12. Lange (S) 11:05.3. 13. Wheelock (CND) 12:46.0. **Overall Winners:** 1. Carlson (ORE) 9:56.83. 2. Pillow (ARK) 9:59.78. 3. Kriz (W) 10:03.29.

500m: 1. Zajac (V) 16:17.0. 2. Stieger (Unat) 17:05.9. 3. Orefice (CPSLO) 17:08. 4. Van Borkulo (ORE) 17:15.4. 5. Berry (Unat) 17:20. 6. Lacovara (CPSLO) 17:23.0. 7. Saplenza (Unat) 17:37.7. 8. Hayward (S) 17:41.2. 9. Callero (ORE) 17:53.2. 10. Lsichter (CPSLO) 17:56.4. 11. Garner (S) 18:04.8. 12. Cobb (D) 18:05.5. 13. Mifsud-Ell (P) 18:08.9. 14. McLoughlin (SFSU) 18:11.2. 15. Smith (UCD) 18:13.1. 16. Brown (G.Fox) 18:25.6. 17. Rothman (S) 18:28.1. 18. Hanna (UCSD) 18:33.4. 19. Hinkle (UCSD)

18:41.4. 20. Calveet (CPSLO) 18:43.7. 21. Johnson (UCD) 19:34.7. 22. Rosen (G.Fox) 19:41.3. 23. Hartwig (G.Fox) 19:47.3. 24. Taylor (G.Fox) 20:11.6.

10,000m: 1. Cossio (CSLA) 35:07.0. 2. Mount (Arkansas) 35:11.0. 3. Ojeda 35:53.0. 4. Cazaros 36:57.0. 5. Walton 38:32.9. 6. McCarthy 39:22.0. 7. Eckberg 39:42.8. 8. Atkinson 40:05.3. 9. Romo 41:06.6.

400m H: (Heat 1): 1. Hemmings (Cent. St) 60.63. 2. Woods (W) 62.49. 3. Weidman (ORE) 63.55. 4. Sandberg (WSU) 64.19. 5. Boyd (S) 65.26. 6. Neitling (ORE) 66.18. **(Heat 2):** 1. Taormina (WSU) 63.90. 2. Paul (WSU) 63.95. 3. Gabrielson (CPSLO) 65.60. 4. Stenberg (G.Fox) 66.45. 5. Mercer (CS) 66.57. 6. Adams (P) 69.24. **(Heat 3):** 1. Anderson (ORE) 64.59. 2. Heath (ORE) 65.15. 3. Patil (UCD) 66.50. 4. Sisti (D) 67.20. 5. Anderson (UCD) 67.25. 6. Monahan (UCSD) 67.78. **(Heat 4):** 1. Breedlove (ORE) 66.23. 2. Persons (CSS) 67.35. 3. Howell (UCD) 67.75. 4. Mings (CSS) 69.23. 6. Ross (G.Fox) 71.39. **(Heat 5):** 1. Brown (UCD) 69.46. 2. Popek (S) 71.22. 3. Cochrane (CS) 71.97. 4. Munoz (S) 72.09. 5. Dalton (S) 74.51. 6. Killeen (UCD) 77.95. **(Heat 6):** 1. Ferrara (UCD) 66.85. 2. Hall (WSU) 68.29. 3. Andrade (UCD) 70.27. 4. Pollaro (CS) 73.25. 5. Fejeran (CS) 74.88. **Overall Winners:** 1. Hemmings (Cent. St) 60.63. 2. Woods (W) 62.49. 3. Weidman (ORE) 63.55.

Shuttle Hurdles: (Heat 1): 1. WSU 64.2. 2. Stanford 65.2. 3. Sac St 75.9. **(Heat 2):** 1. Washington 60.5. 2. Oregon 63.3. **Overall Winners:** 1. Washington 60.5. 2. Oregon 63.3. 3. WSU 64.2.

Spint Medley: 1. Central State 3:53.3. 2. WSU 4:00.1. 3. Washington 4:01.4. 4. G. Fox 4:25.7.

Distance Medley: 1. Villanova 11:40.7. 2. Stanford 11:47.2. 3. Washington 12:22.4. 4. CPSLO 12:26.7. 5. George Fox 12:41.5. 6. Dartmouth 12:43.1. 7. CS Stanislaus 12:43.8.

HJ: 1. Campana (CPSLO) 5-6. 2. Izoco (NV) 5-4. 3. (tie) Carnation (S), Sprowl (UCS) and Korbel (CPSLO) 5-4. 6. Jensen (NV) 5-2. 7. Koebel (CPSLO) 5-1. 8. Sims (UCD) 5-1. 9. Blaney (S) 4-8.

LJ: 1. Lanovaz (Canada) 19-9. 2. Odita (Stanford TC) 19-8 1/4. 3. Warner (W) 18-6 1/4. 4. Silvis (W) 18-0. 5. Axtell (S) 17-9 1/4. 6. Cochrane (CS) 17-7 3/4. 7. Smith (CS Stanislaus) 17-3. 8. Vermeere (W) 17-2 1/4.

TJ: 1. Hudson (Unat) 43-5. 2. Li (WSU) 40-9. 3. Harris (CS) 40-4 1/4. 4. Phillips (WSU) 39-1 3/4. 5. Weeks (S) 38-7. 6. Silvis (W) 38-6 1/4. 7. Morrison (WSU) 38-0 3/4. 8. Lee (S) 38-0.

JT: 1. Schorr (W) 173-4. 2. Shepard (G.Fox) 137-3. 3. Beckman (NV) 131-0. 4. Eilers (CPSLO) 129-5. 5. Hoffman (WSU) 126-4. 6. Templeton (S) 125-4. 7. Johanson (G.Fox) 117-7. 8. Jessee (NV) 111-0.

Saturday:

100m East-West: 1. Chryste Gaines (Unat) 11.50. 2. Layphane Cragle (Central St, OH) 11.90. 3. Lareina Woods (ORE)



JANET HILL

Photo by Kirby Lee

11.91. 4. Brunner (WSU) 12.07. 5. Oliver (S) 12.15. 6. Edwards (Central St) 12.41. 7. Gaines (Unat) 12.54.

800m East-West: 1. Rene Manfredi (Unat) 2:12.27. 2. Erika Klein (ORE) 2:12.28. 3. Ingrid Gordon (Central St) 2:13.66. 4. Spies (V) 2:14.22. 5. Moore (CPSLO) 2:15.09. 6. Molway (UCD) 2:18.35. 7. Harman (So. ORE) 2:19.82. 8. Farnady (NV) 2:22.56.

1500m: (Heat 1): 1. Rainey (Unat) 4:34.7. 2. Ruopoll (V) 4:40.8. 3. Rhimes (V) 4:41.2. 4. Malloy (V) 4:43.0. 5. Horn (CPSLO) 4:47.6. 6. Van Borkulo (ORE) 4:50.0. 7. Braithoyd (WSU) 4:51.0. 8. Brown (WSU) 4:52.5. 9. Zack (WSU) 4:54.4. 10. Nemanic (Sac St) 5:04.7. 11. Maier (ORE) 5:04.8. **(Heat 2):** 1. Sheehy (S) 4:43.7. 2. Luo (S) 4:49.2. 3. Friedman (S) 4:51.0. 4. Anderson (W) 4:52.1. 5. Brayton (W) 4:52.4. 6. Palten (CRE) 4:52.6. 8. Churchman (CCSF) 4:54.0. 8. Bjornsen (CS) 4:55.4. 9. Hunt (ORE) 5:01.1. 10. Lanning (ORE) 5:05.5. **Overall Winners:** 1. Meredith Rainey (Unat) 4:34.7. 2. Reemie Ruopoll (V) 4:40.8. 3. Jen Rhimes (V) 4:41.2.

5 Mile Invitational East-West: 1. Jennifer Bravard (WSU) 4:51.10. 2. Carrie Luis (CSS) 4:53.69. 3. Jenna Carlson (ORE) 4:55.16. 4. Karr (P) 4:55.22. 5. Flowers (V) 4:55.91. 6. Woodward (ORE) 4:55.94. 7. Holtink (W) 5:01.07. 8. Jones (UCD) 5:03.16. 9. Johnson (W) 5:05.79. 10. Lopez (CCSF) 5:07.67. 11. Rotherston (CCSF) 5:16.44.

100m H: (Heat 1): 1. Robinson (W) 14.01. 2. Gabrielson (CPSLO) 14.93. 3. Hall (WSU) 14.95. 4. Warner (W) 15.18. 5. Lee (S) 15.60. 6. Breedlove (ORE) 15.60. 7. Beesley (Sac St) 15.98. 8. Peters (UCD) 16.29. **(Heat 2):** 1. Kissinger (CSS) 14.90. 2. An-

deron (ORE) 15.02. 3. Rieger (D) 15.03. 4. Weidman (ORE) 15.17. 5. Harmon (S.ORE) 15.65. 6. Pau (WSU) 15.77. 7. Stayberg (G.Fox) 15.80. 8. Atkinson (Sac St) 15.93. **(Heat 3):** 1. Woods (W) 15.54. 2. Neitling (ORE) 15.64. 3. Vermeere (W) 16.09. 4. Cochran (CS) 16.93. 5. Popek (S) 17.07. 6. Munoz (S) 17.27. **Overall Winners:** 1. Claudine Robinson (W) 14.01. 2. Ann Kissinger (CSS) 14.90. 3. Carrie Gabrielson (CPSLO) 14.93.

100m H East-West: 1. Caludine Robinson (W) 13.84. 2. Felicia Harris (CS) 14.12. 3. Christy Boyd (S) 14.50. 4. Shannon McKinney (WSU) 14.51. 5. Kami Warner (W) 14.95. 6. Rieper (D) 15.48.

400m Relay: 1. Oregon 46.06. 2. Washington State 46.85. 3. Washington 47.13. 4. Stanford 47.42. 5. UC Davis 47.42. 6. UC San Diego 48.78.

4x400 Relay: (Heat 1): 1. Central State Oh 3:46.0. 2. Washington 3:52.4. 3. Washington State 3:55.3. 4. Cal Poly SLO 3:59.9. **(Heat 2):** 1. UC Davis 3:57.8. 2. Oregon 3:59.3. UC San Diego 4:04.5. 4. Washington 4:07.2. **Overall Winners:** 1. Central State Oh 3:46.0. 2. Washington (A) 3:52.4. 3. Washington State 3:55.3.

4x800 Relay East-West: 1. Villanova 9:03.06. 2. Washington 9:16.99. 3. Stanford 9:20.09. 4. Washington State 9:26.43. 5. George Fox 9:47.33.

DT: 1. Sue Demars (S) 150-10. 2. Kimya Phillips (CSLA) 148-8. 3. Jennifer Peters (CPSLO) 144-1. 4. Winchester (D) 139-0. 5. Ahmann (CPSLO) 135-5. 6. Rouse (CSS) 135-4. 7. Roth (ORE) 132-3. 8. Lewis (W) 130-6.

Discus Invitational: 1. Pam Dukas (Unat) 168-9. 2. Janet Hill (CSLA) 149-9. 3. Sue Demars (S) 140-6. 4. Beck (ORE)

RESULTS

136-8, 5. Reed (Canada) 136-6.

SP East-West Invitational: 1. Janet Hill (CSLA) 51-9, 2. Georgette Reed (Canada) 49-9, 3. Julie Beck (ORE) 45-7, 4. Winchester (D) 44-2, 5. Shoemaker (D) 43-0, 6. Lewis (W) 41-5, 7. Barden (NV) 40-10.

JT Invitational: 1. Erica Wheeler (Unat) 173-4, 2. Ashley Selman (ORE) 164-8, 3. Nicole Carroll (Unat) 162-0, 4. Roth (ORE) 153-0, 5. McCormick (S) 151-3, 6. Stellick (ORE) 150-9, 7. Parker (W) 145-10, 8. Ronning (W) 143-5.

LJ East-West: 1. Jackie Edwards (Stan TC) 20-10 1/2, 2. Chantal Brunner (WSU) 19-10 1/4, 3. Nancy Lanovaz (Canada) 19-1 1/2, 4. Jackie Bridgeman (S) 18-1 1/2, 5. Mathewson (W) 17-11, 6. Atkinson (Sac St) 17-7.

HJ Invitational: 1. Peggy Odita (Stan TC) 5-7, 2. Kathy Unruh (S) 5-5, 3. Amo Olson (ORE) 5-5, 4. Vermeere (W) 5-3, 5. (Ile) Sandberg (Sac St) and Beesley (Sac St) 5-1, 7. Campana (CPSLO) 5-1.

HT: 1. Chamberlain (D) 143-11, 2. Wolf (CSH) 140-7, 3. Thompson (D) 133-7, 4. Alderman 124-1, 5. Templeton (S) 121-9.

SP: 1. Candi Shoemaker (D) 43-2 1/2, 2. Tiann Rouse (CSS) 41-4 1/4, 3. Tonia Roth (ORE) 40-6 3/4, 4. Lewis (W) 40-6 1/4, 5. Thompson (D) 40-4 1/4, 6. Stice (WSU) 38-8 3/4, 7. Marvick (Sac St) 38-0 3/4, 8. Holton (CPSLO) 37-11 1/2.

Bob Mathias Fresno Relays

April 2, 3. Ratcliffe Stadium, Fresno. College Men's Results

Friday:

Team Scores: 1. Stanislaus 122, 2. Humboldt 118, 3. Claremont 86, 4. Chico 80, 5. CS Bakersfield 56.

100: 1. D. Norville (CSC) 10.84, 2. K. Blanton (HSU) 10.97, 3. K. Moore (CSC) 11.09. **400:** 1. C. Margain (CSB) 49.40, 2. L. Tracy (CSB) 49.69, 3. S. Yanez (CSC) 50.10. **800:** 1. B. Aagaard (Clrmnt) 1:53.90, 2. D. Holmes (CSS) 1:55.70, 3. D. Mejia (CSS) 1:55.80. **1500:** 1. E. McBride (CSB) 3:54.84, 2. R. Anderson (HSU) 3:55.84, 3. J. Rhodes (Clrmnt) 3:56.22.

5000: 1. S. Whitham (HSU) 15:10.4, 2. A. Martin (CSC) 15:18.6, 3. S. Randhawa (CSS) 15:19.5. **100m H:** 1. M. Gilbreth (Clrmnt) 15.70, 2. Mark Ward (CSS) 15.74. **400m H:** 1. C. Woodward (CSC) 55.85, 2. Mark Ward (CSC) 58.40. **400 Relay:** 1. Humboldt State 42.26, 2. CS Stanislaus 42.73. **1600 Relay:** 1. CS Stanislaus 3:15.77, 2. CS Bakersfield 3:17.16, 3. CS Chico 3:17.57.

HT: 1. Will Watson (Clrmnt) 182-10, 2. Mike Susank (Clrmnt) 175-2, 3. Fritz Anker (Clrmnt) 161-5. **DT:** 1. Rodney Dickerson (HSU) 153-7, 2. Mike Susank (Clrmnt) 150-7, 3. Steve Palmer (CSC) 137-3. **LJ:** 1. Robert Fisher (HSU) 23-1 1/2, 2. Adolph Bush (CSC) 23-1, 3. Jamal Bush (CSS) 22-11 1/2. **JT:** 1. Paul Treier (CSB) 175-4, 2. Alex Macleitch (HSU) 173-4, 3. Jerry Rollins (HSU) 167-5. **PV:** 1. Mark Gilbreth (Clrmnt) 14-3. **SP:** 1. Rodney Dickerson

(HSU) 49-10 1/2, 2. Jayme Dinovitz (CSC) 49-10, 3. Mike Susank (Clrmnt) 47-6 1/4. **HJ:** 1. U. Walker (CSS) 6-10, 2. E. Jones (Clrmnt) 6-10, 3. B. Chase (HSU) 6-8. **TJ:** 1. Jamal Bush (CSS) 51-6 1/4, 2. Andre Girley (CSS) 46-0 1/2, 3. Howie Stanford (CSS) 43-2 1/2.

Invitational Results - Men

Friday:

200m: 1. Joey Ellis 22:11, 2. Fred Lee (Fresno St) 22:16, 3. John Byfield 22:41.

College Women's Results

Friday:

Team Scores: 1. Stanislaus 149, 2. Humboldt 123, 3. CS Bakersfield 70, 4. Chico State 49, 5. Claremont 12, 6. San Francisco State 10.

100: 1. Juan Ball (Humboldt) 12.03, 2. Felicia Harris (Chico St) 12.06, 3. An Kissinger (CSS) 12.39. **400:** 1. Valerie Freeman (SFS) 57.80, 2. Sabrina Brown (CS Bakersfield) 57.98, 3. Kathleen Fillebrown (CSS) 59.85. **800:** 1. Carrie Luis (CSS) 2:09.00, 2. Karen Merritt (HSU) 2:21.10, 3. Natalie Gage (CSS) 2:21.26. **1500:** 1. Carrie Luis (CSS) 4:29.28, 2. Karen Merritt (Humboldt St) 4:47.05, 3. Dana Bjornsen (Chico St) 4:51.41. **3000:** 1. Darbi Zediker (CS Bakersfield) 10:44.31, 2. Sarah Flores (Humboldt St) 10:52.71, 3. Lisa Gay (Chico St) 11:03.80.

100m H: 1. Ann Kissinger (CSS) 14.76, 2. Felicia Harris (Chico St) 15.81, 3. Aprille Cochran (Chico St) 16.38. **400m H:** 1. Tonia Coleman (HSU) 64.52, 2. Alicia Mercer (Chico St) 65.75, 3. Heather Mings (CSS) 65.89. **4x100:** 1. Humboldt State 48.54. **4x400:** 1. CS Stanislaus 3:54.42, 2. Humboldt State 3:56.03.

DT: 1. Shelly Bliddinger (CS Bakersfield) 145-9, 2. Tiann Rouse (CSS) 132-0 1/2, 3. Joy Bates (CSS) 128-4. **LJ:** 1. Stacy Petersen (CS Bakersfield) 18-5 1/4, 2. Tara Raquinio (Humboldt St) 17-10 3/4, 3. Aprille Cochran (Chico St) 17-10 1/2. **SP:** 1. Tiann Rouse (CSS) 42-7 3/4, 2. Mirinda Shafer (Humboldt St) 40-2, 3. Julie Murphy (Humboldt St) 40-2. **HJ:** 1. Clarissa Moulton (CS Bakersfield) 5-6 1/2, 2. Tara Raquinio (Humboldt St) 5-2 1/2, 3. Heather Mings (CSS) 5-0 1/2. **TJ:** 1. Krystal Kirkland (CS Bakersfield) 39-9, 2. Kim Mallard (CS Bakersfield) 37-10 1/2, 3. Tara Raquinio (Humboldt St) 36-2. **JT:** 1. Michelle Latimer (Humboldt St) 126-11, 2. Tamara Haack (CSS) 103-3, 3. Joy Bates (CSS) 98-2.

Small Junior College - Men

Friday:

100: 1. Scotty Stokes (Porterville) 10.76, 2. Larry Evans (Contra Costa) 10.90, 3. Ivory Yeale (Contra Costa) 11.05. **400:** 1. Eddie Barragan (Contra Costa) 48.55, 2. Kenneth Grace (Contra Costa) 49.87, 3. Jesse Lera (Monterey Peninsula) 50.30. **800:** 1. Robert Price (Contra Costa) 1:53.54, 2. Matt Bower (Hartnell) 1:56.05, 3. John Sparks (Contra Costa) 1:58.65. **1500:** 1. Josh McDonnell (COS) 4:07.83, 2. Jared Scoubes (Shasta) 4:07.7, 3. Guillermo Medrano (Citrus JC) 4:09.13.

110m H: 1. Travis Johnson (Citrus JC) 15.10, 2. JR Dominguez (Redwoods) 15.36,

3. Darrel Miles (Contra Costa) 15.64. **4x100:** 1. Contra Costa College 41.54, 2. College of the Sequoias 42.09, 3. Redwoods College 42.63.

HJ: 1. Jermaine Jenkins (COS) 6-10, 2. Moses Kearney (Merced) 6-8, 3. Eddie Tindal (Shasta) 6-8. **DT:** 1. Rene Bustamante (Citrus JC) 162-4, 2. Damon Devault (Butte) 147-1, 3. Mark Bagnell (Shasta) 144-11. **TJ:** 1. Marvin Boyd (Kings River) 48-5 1/2, 2. Jermaine Jenkins (COS) 48-3 1/4, 3. Not Available. **HT:** 1. Rene Bustamante (Citrus) 178-4, 2. Robert Dills (Shasta) 167-9, 3. Mark Bagwell (Shasta) 157-6. **JT:** 1. Marvin Boyd (Kings River) 164-8, 2. Neil Griffin (Citrus) 162-11, 3. Robert Guzman (Hartnell) 161-6. **LJ:** 1. Ben Griggs (Redwoods) 22-10 3/4, 2. Laru Birden (Redwoods) 22-10 1/2, 3. Jermaine Jenkins (COS) 22-1. **PV:** 1. Alan Heintz (Hartnell) 15-3, 2. Tim Pust (Merced) 14-9, 3. Warner Cabrerros (Hartnell) 13-3 1/2. **SP:** 1. Rene Bustamante (Citrus JC) 54-0, 2. Shane Franssen (Butte) 47-0, 3. Robert Dills (Shasta) 46-2.

Small Junior College - Women

Friday:

100: 1. Stacey Thompson (Contra Costa) 12.63, 2. Joanne Grier (Monterey Peninsula) 12.89, 3. Delphine Smith (Contra Costa) 12.91. **400:** 1. Joanne Grier (Monterey Peninsula) 59.84, 2. Tiffany Jones (Shasta) 1:01.37, 3. Shawana Johnson (Solano) 1:02.30. **800:** 1. Irene Orozco (Hartnell) 2:24.55, 2. Jessica Sauer (Citrus JC) 2:29.23, 3. Molly Long (Butte) 2:29.67. **1500:** 1. Jessica Sauer (Citrus JC) 5:12.64, 2. Molly Long (Butte) 5:23.45, 3. Stacy Skov (Shasta) 5:40.45. **3000:** 1. Nancy Lee (Hartnell) 11:28.26, 2. Deannie Joseph (Shasta) 11:40.30, 3. Stacy Skov (Shasta) 11:52.02.

100m H: 1. Felicia Brown (Hartnell) 15.36, 2. Erin McLung (Shasta) 16.17, 3. Jayne Montgomery (Solano) 16.32. **4x100:** 1. Contra Costa 48.33, 2. Shasta College 52.04, 3. Monterey Peninsula 51.40. **4x400:** 1. Contra Costa 4:03.65, 2. Shasta College 4:10.52, 3. Monterey Peninsula 4:16.36.

SP: 1. Leslie Woolery (Shasta) 43-10, 2. Cindy Harmon (Shasta) 35-6 1/2, 3. Kristen Stemmer (Shasta) 34-1 1/2. **DT:** 1. Leslie Woolery (Shasta) 133-4, 2. Naomi Reeves (Shasta) 107-11 1/2, 3. Cristy Smith (Hartnell) 104-2. **HJ:** 1. Cindy Harmon (Shasta) 5-2, 2. Erika Spencer (Citrus JC) 5-2, 3. Jayne Montgomery (Solano) 4-10. **LJ:** 1. Karleen Shields (Contra Costa) 19-3 1/4, 2. Stacey Thompson (Contra Costa) 19-0 3/4, 3. Steph Padilla (COS) 17-8 1/2. **JT:** 1. Cristy Smith (Hartnell) 127-4, 2. Cindy Harmon (Shasta) 107-11, 3. Naomi Reeves (Shasta) 100-2. **TJ:** 1. Karleen Shields (Contra Costa) 40-2 1/2, 2. Stacey Thompson (Contra Costa) 37-3 1/4, 3. Felicia Brown (Hartnell) 36-2.

Open/Intercollegiate - Men

Saturday:

400: 1. Andrew Valman (Mazda) 45.27, 2. Paul Green (USC) 46.41, 3. Marvin Samuels (SJTC) 46.84. **800:** 1. Robert Price

(CCTC) 1:54.70, 2. Adam Herndon (CSLB) 1:55.14, 3. Dutch Yerton (Humboldt) 1:55.47.

5000: 1. Mark LaPlant (Nike Track West) 14:27.07, 2. Mike McManis (Hous TC) 14:35.92, 3. Dan Zoldak (FSU) 14:40.51. **10,000:** 1. Curtis Alexander (FSU) 31:29.0, 2. Tim Coburn (FSU) 31:38.9, 3. Rick Herr (Unat) 32:21.7. **400m H:** 1. P. Rodrigues (USC) 50.99, 2. M. Carter (USC) 51:81.3, 3. Eugene Swift (S.Johansan TC) 51.95. **400m Relay:** 1. USC 40.09, 2. Fresno State 40.25, 3. Iowa 40:28. **1600m Relay:** 1. USC 3:06.45, 2. Iowa 3:07.95, 3. FSU 3:10.99.

HJ: 1. Leo Williams (Keiser) 7-2 1/2, 2. U. Waier (CS Stanislaus) 6-10 3/4, 3. Tony Caruthers (Cal) 6-10 3/4. **JT:** 1. Mathias Borman (Nevada) 208-6, 2. Shawn Wilbourn (BECH TC) 204-4, 3. Hector Sanchez (CSLB) 199-9. **DT:** 1. Dan Zorich (Unat), 2. Rodney Dickerson (Humboldt) 169-6, 3. Monte Wilson (Unat) 161-0. **HT:** 1. Zorich (Unat) 187-2, 2. Randy Herron (FSU) 184-3, 3. Monte Wilson (Unat) 178-1. **SP:** 1. Keith Jones (FSU) 53-6 1/2, 2. Jim Hujfado (CSLA) 48-2 3/4, 3. Roman Slobodinsky (Unat) 47-8. **PV:** 1. K. Rodrigues (Unat) 16-2 3/4, 2. Steve Keating (SLOTS) 16-8 3/4, 3. Eric Klassen (USC) 16-2 3/4. **TJ:** 1. Reggie Jackson (Unat) 54-3 3/4, 2. Ray Kimble (Unat) 52-4, 3. Dale Johnson (CSLA) 50-3 1/2. **PV:** 1. Adam Stratton (Unat) 16-0 3/4, 2. Jesus Santos (Unat) 15-7, 3. Darren Fraley (FSU) 15-11 1/4.

Open Men

Saturday:

100: 1. Jeff Laynes (USC) 10.17, 2. Brian Bridgewater (CSLA) 10.25, 3. Anthony Barnes (Keiser) 10.25. **110m H:** 1. F. Schwarhoff (Germany) 13.40, 2. Robert Reading (Accusplit) 13.69, 3. Rod Jett (Accusplit) 13.72. **LJ:** 1. Anthuan Maybank (Iowa) 25-1 3/4, 2. Robert Foster (FSU) 23-10 1/4, 3. K. Hoggatt (FSU) 22-11 3/4.

Intercollegiate Men

Saturday:

100: 1. Terry Bowen (FSU) 10.45, 2. Whaylin Bratton (FSU) 10.52, 3. Eddie Wongs (SFSU) 10.66. **110m H:** 1. Robert Foster (FSU) 13.85, 2. S. Morris (Nevada) 13.89, 3. Jabari Reynolds (FSU) 14.44.

Invitational Men

Saturday:

800: 1. R. Chagnon (Unat) 1:48.21, 2. Jack Armour (W.Puma) 1:48.54, 3. Joe Amendt (FSU) 1:49.60. **1 Mile:** 1. Ernie Freer (Goldwin) 4:02.66, 2. D. Capazzola (UCSB) 4:07.58, 3. J. Lieneau (FSTC) 4:08.05.

HT: 1. Babzs Kiss (USC) 226-11, 2. Mathias Borman (Nevada) 205-3, 3. Scot Sargent (Triton) 197-0. **JT:** 1. Ralph Howe (AIA) 230-9, 2. Nils Feamly (Norway) 218-6, 3. Alan Collatz (Amer. Big Guys) 214-0. **DT:** 1. Ade Oluokuju (Nigeria) 211-4, 2. Rod Chronister (Unat) 187-7, 3. Chad Danowski (USC) 181-4. **PV:** 1. Dean Starkey (Reebok) 18-2 1/2, 2. Jim Drath (Unat) 18-2 1/2, 3. David Cox (FSU) 17-8 1/2. **SP:** 1. Gary Kirchoff (USC) 60-3 3/4, 2. Billy McDanell (Unat) 58-4, 3. Marc Harisay (Unat) 57-2 3/4.

RESULTS

Open/Intercollegiate - Women

Saturday:

100: 1. Trishun Jackson (FSU) 11.83, 2. Myra Mayberry (Showtime Int'l) 12.01, 3. Cheryl Porter (Showtime Int'l) 12.16, **400:** 1. Tanya Dooley (FSU) 53.60, 2. Judy Fraser (UNLV) 54.01, 3. Janisha Richardson (FSU) 55.32. **1500:** 1. Regina Jacobs (Mizuno Int'l) 4:15.71, 2. Buffy Rabbit (Nike CST TC) 4:20.59, 3. Meredith Rainey (Nike Boston) 4:25.60. **3000:** 1. Liz Zaragoza (Nike Track West) 10:09.04, 2. Brooke Mabe (Unat) 10:09.45, 3. Dana Bjornsen (Chico) 10:12.66.

5000: 1. Traci Goodrich (Unat) 17:12.7, 2. Jeannie Sapienza (Impala Racing Team) 17:29.2, 3. Jade Preato (UCI) 17:35.4. **100m H:** 1. Wanet Chan (Mt. SAC) 13.71, 2. Monica Missick (FSU) 13.93, 3. Felicia Harris (Chico) 14.0. **4x100 Relay:** 1. Fresno State A 45.92, 2. Fresno State B 46.75, 3. Long Beach State 46.90. **4x400 Relay:** 1. Fresno State A 3:41.18, 2. UNLV 3:41.60, 3. Fresno State B 3:58.80. **Distance Medley Relay:** 1. Fresno State 11:54.58, 2. Impala Racing Team 11:59.11, 3. Nike Track Club 12:16.49.

TJ: 1. Kim Mallard (Bakersfield) 38-11 3/4, 2. Marquita Knight (Long Beach) 38-9 1/4, 3. Tammy Graham (Davis) 38-9. **JT:** 1. Nicole Carroll (SMAC) 179-6, 2. Allison Franke (USC) 156-9, 3. Birgit Bauer (FSU) 149-2. **DT:** 1. Janet Hill (CSLA) 174-1, 2. Allison Franke (USC) 155-2, 3. Celeste McVey (USC) 153-0. **LJ:** 1. Jackie Edwards (ST TC) 20-8 1/4, 2. Nancy Lanovaz (Canada) 19-6, 3. Gwen Loud (Keiser) 19-2 1/2. **HJ:** 1. Lori Svoboda (Unat) 6-0 1/4, 2. Sue Rembao (Reebok) 5-10, 3. Peggy Odlia (Unat) 5-8 1/4. **SP:** 1. Rica Brown (Unat) 52-4, 2. Peggy Pollock (Unat) 48-5 1/2, 3. Janet Hill (CSLA) 47-10 1/2.

Large JC - Men

Saturday:

100: 1. Ato Boldon (San Jose CC) 10.36, 2. Dino Philyan (Taft) 10.60, 3. Curt McIntire (Taft) 10.67. **400:** 1. Keith Barker (Taft) 47.61, 2. Cory Doxey (Taft) 47.94, 3. Bryan Krill (Moorpark) 48.16. **1500:** 1. Cruz Gallegos (Taft) 3:53.58, 2. Kipp Orienter (Cuesta) 3:53.60, 3. Colin Johnston (Taft) 4:00.20. **3000 SC:** 1. Robert Nelson (Glendale) 9:12.7, 2. Bart Stephens (9:22.4), 3. Paul Geogiedes (Pasadena CC) 9:45.0.

5000: 1. Bryan Contreras (MT SAC) 15:12.3, 2. Dan Chamberlain (West Valley) 15:18.8, 3. James O'Conner (MISAC) 15:22.1, **10,000:** 1. Ed Mulyak (DeAnza) 33:10.9, 2. Jerry Locker (Diablo Valley) 33:17.3, 3. Tom Reenie (American River) 35:16. **110m HH:** 1. Kyle Beck (LA Valley) 14.50, 2. Ryan Renz (Bakersfield) 14.84, 3. Jeremy Allen (Pasadena) 14.91. **400m IH:** 1. Ryan Renz (Bakersfield) 53.28, 2. Martin Wesley (Moorpark) 54.29, 3. Robert Price (Contra Costa) 55.19. **400 Relay:** 1. FCC 42.29, 2. Diablo Valley 42.40, 3. Ventura 42.55. **1600 Relay:** 1. Taft 3:10.45, 2. LA Valley 3:13.54, 3. Pasadena CC 3:14.42. **Sprint Medley Relay:** 1. Cerritos College 3:28.27, 2. Contra Costa 3:29.85, 3. Diablo Valley 3:31.09. **Distance Medley:** 1.

Humboldt (run w JC) 10:09.49, 2. Taft 10:14.62, 3. Glendale 10:19.25.

HT: 1. Ryan Carcione (West Valley) 168-11, 2. Bill Bowers (Diablo Valley) 168-4, 3. Chris Dose (FCC) 161-10. **JT:** 1. P.J. Chadwick (Cuesta) 16-0, 2. Dan Tapia (Cerritos) 15-6, 3. Aric Juarez (MT. SAC) 15-0. **DT:** 1. Jon Frank (Bakersfield) 173-5, 2. Rob Powell (FCC) 163-10, 3. Kevin Duffy (CO San Mateo) 159-3. **JT:** 1. Carlos Guerrero (Glendale) 187-1, 2. Zak Johnson (FCC) 180-6, 3. Mark Williams (Allan Hancock) 177-11. **HJ:** 1. Tim Rucks (West Valley) 6-10, 2. Darrel Martin (Bakersfield) 6-8, 3. Al Greenberry (SBCC) 6-8. **TJ:** 1. Marvin Brown (Diablo Valley) 47-6, 2. Tim Rucks (West Valley) 46-2, 3. Willie Lambert (FC) 45-4 1/2. **SP:** 1. Rob Powell (FCC) 49-11, 2. Sean McKeown (Moorpark) 48-5, 3. Tony Jackson (DeAnza) 48-1. **LJ:** 1. Kyhann Woods (LA Southwest) 24-9 3/4, 2. Donny Johnson (Ventura) 23-11 1/2, 3. Paul Bradford (C of San Mateo) 23-3 1/4.

Large Schools - JC Women

Saturday:

100: 1. Contina Young (Taft) 12.25, 2. Michele Ferguson (San Jose City) 12.35, 3. Nicole Rycker (LOAVC) 12.59. **400:** 1. Michele Ferguson (San Jose CC) 56.80, 2. Regina Sheperd (SF City) 60.78, 3. Doris Marshall (Allan Hancock) 60.85. **1500:** 1. Catherine Back (West Valley) 4:43.46, 2. Elizabeth Lopez (SF CC) 4:44.38, 3. Honor Fetherston (SF CC) 4:44.85.

5000: 1. Kristin Diggs (American River) 18:00.6, 2. Joan Ottaway (SF City) 18:02.7, 3. Josephine Yaba (Mt. SAC) 18:19.0. **100 H:** 1. Krissy Sandoval (Cerritos) 15.92, 2. Doris Marshall (Allan Hancock) 16.09, 3. Julie Solis (Moorpark) 15.8. **4x100:** 1. Los Angeles Valley 48.90, 2. Moorpark 50.24, 3. DeAnza 50.49. **4x400:** 1. Moorpark 4:02.69, 2. San Francisco City College 4:04.85, 3. DeAnza 4:08.29. **Distance Medley:** 1. San Francisco City College 11:59.8, 2. Cerritos College 13:12.16, 3. Diablo Valley 13:21.38. **HJ:** 1. Rhenna Munoz (Diablo Valley) 5-4, 2. Jennifer Stewart (LAVC) 5-4, 3. Heather Olson (Moorpark) 5-0. **JT:** 1. Alison Oliver (Glendale) 115-02, 2. Jennifer Stewart (LAVC) 112-10, 3. Sorja Warren (American River) 105-5. **DT:** 1. Michelle Bryant (Pasadena City) 134-6, 2. Mikaso Hampton (Bakersfield) 132-10, 3. Regina Magno (DeAnza) 131-2. **LJ:** 1. Stephanie Hauf (Diablo Valley) 16-8 1/2, 2. Ine Jones (DeAnza) 16-6 1/2, 3. Nicolet Sweet (DeAnza) 16-3. **TJ:** 1. Tasha Newman (SJCC) 37-1 1/2, 2. Stephanie Hauf (Diablo Valley) 37-9 3/4, 3. Ine Jones (DeAnza) 37-8. **SP:** 1. Renne Hopkins (American River) 42-8 1/2, 2. Laura Molnar (College of San Mateo) 40-1 1/2, 3. Regina Magno (DeAnza) 39-1 1/4.

Golden State Athletic Conference

April 3. Santa Barbara.

Men's Results

Team Scores: 1. Azusa Pacific 184, 2. PLNC 105, 3. Westmont 70, 4. Fresno Pacific 36, 5. So. Cal College 7.

100: 1. D. Ezinwa (APU) 10.39, 2. O. Ezinwa (APU) 10.46, 3. M. Silander (PLC) 10.84, 4. Glen Reyes (PLC) 11.22, 5. C. Chirgwin (WC) 11.51. **200:** 1. D. Ezinwa (APU) 21.40, 2. W. Henry (APU) 22.26, 3. M. Silander (PLC) 22.39, 4. R. Skold (PLC) 22.62, 5. Jason Allen (FPC) 23.54. **400:** 1. W. Henry (APU) 48.80, 2. Allen Lollis (WC) 49.20, 3. Z. Torok (PLC) 49.30, 4. K. Kouralas (PLC) 50.22, 5. E. Gilmore (FPC) 50.99. **800:** 1. Robert Keter (PLC) 1:50.46, 2. Eric Starkey (APU) 1:54.27, 3. Anthony Fisher (APU) 1:55.10, 4. Jim Drake (WC) 1:57.28, 5. Jason Schaefer (SCC) 1:57.54. **1500:** 1. Eben Robinson (WC) 3:49.60, 2. Tony Bergman (APU) 3:52.05, 3. Dennis Bourland (PLC) 3:53.94, 4. Jason Lindholm (FPC) 3:55.26, 5. Matt Nealson (WC) 3:55.97. **3000 SC:** 1. Doug Ravasdy (PL) 9:30.88, 2. Brian Dowd (WC) 9:39.32, 3. Eric Engel (PLC) 9:41.24, 4. Paul Ashby (WC) 10:15.16. **5000:** 1. Bryan Wallbank (PLC) 15:06.53, 2. Justin Snook (APU) 15:12.58, 3. Jef Burns (APU) 15:16.43, 4. Jason Lindholm (FPC) 15:19.44, 5. Phillip Livingood (WC) 15:38.04. **10,000:** 1. Goshu Tadese (FPC) 31:40.46, 2. Scott Lardner (PLNC) 32.30, 3. Jamie Guero (APU) 33:01, 4. George Velarde (PLNC) 33:40, 5. Brian Purcell (APU) 33:46. **110m HH:** 1. Corey Thomas (APU) 14.8, 2. Ronnie Skold (PLC) 15.0, 3. Mike Summers (APU) 15.3, 4. Josh Belden (WC) 15.9, 5. Marc Syverson (WC) 16.3. **400m IH:** 1. Zsombor Torok (PLC) 52.84, 2. David Fair (APU) 54.28, 3. Kostas Koutlas (PLC) 55.81, 4. Kevin Gilsapey (APU) 56.58, 5. John Gould (FPC) 56.93. **4x100:** 1. APU 40.87, 2. PLNC 42.31, 3. Westmont 44.08. **4x400:** 1. PLNC 3:17.41, 2. PLC 3:20.73, 3. APU 3:22.01, 4. FPC 3:25.06. **JT:** 1. Nevy Kennedy (PLC) 181-6, 2. Vaughan Mealey (APU) 174-0, 3. Vince Beresord (APU) 170-4, 4. Luke Walker (APU) 156-4, 5. Scott Fitzgerald (FPC) 150-11. **HT:** 1. Strandquist (PLC) 193-6, 2. L. Johnson (APU) 194-2, 3. Ryan Root (APU) 156-2, 4. B. Cornelius (WC) 156-2, 5. Jeff Saladin (AP) 128-9. **SP:** 1. J. Wyatt (APU) 55-6, 2. R. Root (APU) 46-10 1/4, 3. Strandquist (PL) 45-4 1/4, 4. D. Pope (APU) 42-10 1/2, 5. C. Chirgwin (WC) 39-2. **TJ:** 1. Ben Beal (APU) 46-7 1/2, 2. M. DeWitt (APU) 45-4 1/4, 3. Lester Smith (WC) 45-3, 4. C. Johns (APU) 45-2 1/2, 5. R. Todoroff (WC) 42-8. **DT:** 1. David Pope (APU) 146-1, 2. Chris Chirgwin (WC) 139-6, 3. Ryan Root (APU) 133-9, 4. Jason Wyatt (APU) 128-11, 5. Scott Fitzgerald (FPC) 89-4. **HJ:** 1. Matt Gardner (FPC) 6-8, 2. Ben Beal (APU) 6-6, 3. Vaughan Mealey (APU) 6-2, 4. Mike DeWitt (APU) 6-2, 5. Ryan Todoroff (WC) 6-0. **PV:** 1. V. Bersford (APU) 16-2, 2. L. Walker (APU) 16-1, 3. T. Cockrell (APU) 15-1, 4. Jeff Larsen (PLC) 13-7, 5. R. Sager (FPC) 12-7.

Women's Results

Team Scores: 1. Azusa Pacific 145, 2. Westmont 84, 3. Point Loma 78, 4. Fresno Pacific 44, 5. So. Cal College 15, 6. Christ College Irvine 2.

100: 1. Aminda Sloan (PLC) 12.81, 2. Sara Naylor (WC) 12.99, 3. Lynn Spradlin (APU) 13.01, 4. Carmen Gage (APU) 13.01, 5.

Shannon Geraghty (WC) 13.97. **200:** 1. M. Campbell (APU) 25.68, 2. A. Sloan (PLC) 25.90, 3. L. Spradlin (APU) 26.89, 4. Sara Naylor (WC) 27.72, 5. Jaquie Dixon (AP) 28.08. **400:** 1. Jackie Dixon (APU) N.T., 2. Amy Westy (APU) N.T., 3. Heather Hanger (WC) N.T., 4. Tara Stowell (PLC) N.T., 5. D. Bratis (WC) N.T. **800:** 1. Nicole DeVries (APU) 2:19.29, 2. Nikee Pool (SCC) 2:20.05, 3. Daniela Bazzoli (WC) 2:20.18, 4. Asa Lundh (PLC) 2:20.95, 5. Jennifer Jackson (APU) 2:24.59. **1500:** 1. Anna Helsebeck (WC) 4:55.13, 2. Sandi Cuevas (PLC) 5:01.08, 3. Amy Johnson (WC) 5:10.10, 4. Heather Salisbury (SCC) 5:17.07, 5. Valerie Daudel (FPC) 6:02.13. **3000:** 1. M. Allen (WC) 11:09.24, 2. J. Jackson (AP) 11:39.52, 3. Salisbury (SCC) 11:51.13, 4. N. Bird (SCC) 12:04.41, 5. B. Beltran (FP) 12:34.91. **5000:** 1. Misty Allen (WC) 18:51.77, 2. Julie Stucker (PLNO) 20:49.00, 3. Erin Stanton (APU) 21:01.02, 4. Becky Beltran (FPC) 21:55.71, 5. Sarah Laufer (APU) 23:17.29. **10,000:** 1. Shirley Rojas-Weller (FPC) 39:40, 2. Sonya Weir (APU) 40:43, 3. Amy McManus (PLNC) 45:22, 4. Natalie Lupica (APU) 45:27, 5. Sara Smith (WC) 45:52. **100 H:** 1. M. Campbell (APU) 13.6, 2. S. Snyder (WC) 16.0, 3. M. Liseblad (PLC) 16.2, 4. K. Seagle (FPC) 16.5, 5. S. Benitez (APU) 17.3. **400m H:** 1. M. Liseblad (PL) 1:06.78, 2. C. Guyer (WC) 1:09.22, 3. S. Benitez (AP) 1:10.31, 4. A. Johnson (WC) 1:12.93. **4x100:** 1. APU 49.62, 2. PLNC 49.92, 3. Westmont 51.46. **4x400:** 1. APU 3:59.47, 2. Westmont 4:19.65. **Sprint Medley:** 1. PLNC 1:48.76, 2. Westmont 1:52.62, 3. APU 1:53.40, 4. FPC 2:01.44. **LJ:** 1. Anneli Svard (PLNC) 17-8 1/2, 2. Carmen Gage (APU) 17-0, 3. Jennifer Ponder (APU) 16-8, 4. Tamar Nitcher (APU) 15-1, 5. Shannon Geraghty (WC) 13-7. **JT:** 1. D. Malachowski (APU) 134-4, 2. Angie Wiese (FPC) 128-1, 3. Katie Seagle (FPC) 109-4, 4. Anneli Svard (PLC) 108-8, 5. Lara Foley (PLC) 74-9. **TJ:** 1. Carmen Gage (APU) 36-5, 2. Terrn Pruitt (APU) 36-4 1/2, 3. Tamar Nitcher (APU) 35-0, 4. Daniell Bratis (WC) 29-0 1/2. **SP:** 1. Malachowski (AP) 44-0 1/2, 2. T. Meadors (FPC) 38-7 1/2, 3. A. Svard (PLC) 37-9 3/4, 4. M. Stewart (APU) 37-6 1/2, 5. L. Hellborg (PL) 32-9 1/2. **HJ:** 1. Kely Barnes (WC) 5-5, 2. Terrn Pruitt (AP) 5-4, 3. S. Benitez (APU) 5-0, 4. Katy Seagle (FPC) 4-10, 5. E. Kistemaker (PL) 4-8. **DT:** 1. D. Malachowski (APU) 156-0, 2. Linda Hellborg (PLC) 140-1, 3. Tracy Meadors (FPC) 134-7, 4. Melissa Stewart (APU) 124-0, 5. Angie Wiese (FPC) 118-4.

NEXT MONTH...
MT. SAC
AND MORE

1993 Pac-10 Conference Track and Field Bests

(As of May 10, 1993)

Symbols: # = NCAA automatic qualifier, + = NCAA provisional qualifier, l = PAC-10 record, i = indoor mark, (A) = altitude over 1000 meters, y = yards, *** = freshman, ** = sophomore, * = junior. Marks in parentheses after each event heading are (in order) Pac-10, NCAA automatic and NCAA provisional qualifying marks. Washington State men are ineligible for the Pac-10 and NCAA Championships this season due to NCAA rules violations--those marks are in parentheses.



JEFF LAYNES

Photo by Bill Leung, Jr.

MEN

100 Meters

(10.74, 10.22, 10.40)
10.17# *Jeff Laynes, USC 4/3
10.32+ Tony Miller, UCLA 4/17
10.49 Jimmy Kegler, ASU 4/3
10.49 *Marcus Reed, UCLA
10.56 Ronnie Harris, ORE 4/3

200 Meters

(21.54, 20.55, 20.90)
20.76+ *Jeff Laynes, USC 4/24
20.86+ Tony Miller UCLA 4/24
20.93 ***George Page, ASU 4/10
21.15 Tim Green, CAL 4/17
21.18 *Tim Martin, WASH 5/9

400 Meters

(47.84, 45.70, 46.60)
(45.9) Michael Joubert WSU 5/1
46.21+ *Jeff Laynes, USC 3/20
46.41+ ***Paul Greene, USC 4/3
46.46+ ***Rene Rodriguez, STAN 5/9
46.48+ Derrick Baker, UCLA 4/24

800 Meters

(1:51.44, 1:47.50, 1:48.95)
1:48.19+ **Jim McCreery, ASU 4/3
1:48.91+ Mitch Laffler, WASH 4/3
(1:49.20) ***Eric Anderson, WSU 5/9
1:49.4 *Gordon Johnson, ORE 5/1
1:49.79 Reggie Williams, CAL 4/10

1500 Meters

(3:49.14, 3:14.40, 3:46.00)
3:42.89+ *Martin Keino, ARIZ 4/17
3:44.83+ **Richard Boulet, CAL 3/20
3:44.90+ Ben Turman, CAL 3/20
3:46.28 ***Scott Nicholas, ORE 5/1
(3:47.08) Samuel Kibiri, WSU 5/1

Mile

(4:05.64, 3:59.09, 4:04.06)
4:06.58 l (A) *Martin Keno, ASU 2/27

3000 Steeplechase

(9:04.14, 8:44.00, 8:55.00)
8:43.28# Greg Metcalf, WASH 5/9
8:45.1+ **Erin Scoggins, ASU 4/16
8:46.2+ *Martin Keino, ARIZ 4/16
(8:53.15) **Nathan Davis, WSU 5/9
8:57.94 Jason Humble, ORE 5/1

5000 Meters

(14:25.14, 13:52.00, 14:15.00)
14:08.03+ Neil Panchen, WASH 4/3

14:08.35+ Greg Metcalf, WASH 4/10
(14:10.6) Samuel Kibiri, WSU 3/20
14:12.88+ Dave Scudamore, STAN 4/17
14:24.45 *Jaime Galindo, ARIZ 4/3

10,000 Meters

(No standard, 28:58.00, 29:45.00)
29:24.67+ Jimmy Rodriguez, ARIZ 4/16
29:35.14+ Dave Scudamore, STAN 4/22
30:02.82 **Creighton Harris, UCLA 4/17
30:33.6 Steve Kindred, WASH 2/28
30:41.0 **Andy Wyman, WASH 2/28

110 Meter Hurdles

(14.44, 13.72, 14.02)
13.99+ *Leo Simmons, ARIZ 4/24
14.10 *Ross Flowers, ARIZ 4/17
14.12 **Avery Anderson, UCLA 4/3
14.21 *Peter Simmons, CAL 4/17
14.26 Chris Huffins, CAL 4/17
Wind-aided:
13.80w+ *Ross Flowers, UCLA 5/9
14.29w ***Jamar Williams, ORE 5/8

400 Meter Hurdles

(52.84, 50.70, 51.60)
50.99+ ***Pedro Rodrigues, USC 4/3
51.03+ *Marcus Carter, USC 5/8
51.06+ John Montgomery, ARIZ 5/1
51.33+ *Tom McGuirk, CAL 4/23
52.30 Andy Sample, CAL 5/9

4x100 Meter Relay

(No Standard, 39.45, 40.00)
39.71+ UCLA 4/10
39.89+ ASU 4/3
40.09 USC 4/3
40.30 CAL 4/17
40.54 ORE 4/24

4x400 Meter Relay

(No Standard, 3:04.70, 3:07.50)
3:06.45+ USC 4/3
3:08.20 UCLA 5/8
3:09.03 ORE 4/24
3:09.97 ARIZ 5/1
3:10.24 CAL 3/27

High Jump

(6-10 3/4, 7-4 1/2, 7-1 3/4)
7-3 1/4 (A) Gabe Beechum, ASU 1/20
7-3 1/4+ Gabe Beechum, ASU 4/24
7-2 1/2+ *Brian Williams, ARIZ 4/17
7-1 3/4+ **Travis Clark, STAN 4/10
7-1 **Avery Anderson, UCLA 3/6
7-0 1/2 Jason Walton, ORE 4/3
7-0 1/2 *Jim O'Sullivan, CAL 4/17

Pole Vault

(16-4 3/4, 18-1 1/4, 17-4 1/2)
18-3 l (A) *Nick Hysong, ASU 1/20
18-1 (A)+ *Nick Hysong, ASU 5/8
17-4 1/2+ Derek Snelling, ORE 3/20
17-0 *Jon Sommers, UCLA 4/10
16-9 **Todd Campbell, WASH 3/20
16-7 1/4 *Jamie Marek, STAN 5/1

Long Jump

(24-3 1/2, 26-5, 25-3 1/4)
26-3 1/2+ *Chris Huffins, CAL 3/17
25-7+ Victor Agbebeku, ASU 4/17
25-4 1/2+ *Danny Simpson, ASU 3/6
25-0 1/2 Tyrone Edwards, CAL 5/9
(24-9 1/4) Rodney Zuyderwyk, WSU 4/17

Triple Jump

(49-2 1/2, 53-9 3/4, 51-10)
53-5 1/2+ Charles Rogers, UCLA 4/3
52-6 l **Brian Ellis, ASU 3/13
52-3 1/4+ **Brian Ellis, ASU 3/20
(50-7 1/4) Kali Roberts, WSU 4/17
50-3 1/2 Devon Hosey, ORE 4/3
49-5 3/4 Jamal Elmidge, USC 2/27

Shot Put

(57-5, 61-8 1/4, 57-5)
64-1 1/4 l **John Godina, UCLA 2/20
62-10 3/4# **John Godina, UCLA 3/27
61-2 1/2 l (A) *Joe Bailey, UCLA 2/13
60-10 3/4+ *Joe Bailey, UCLA 4/24
60-4 3/4+ **Mike Parlin, UCLA 5/8
60-3 3/4+ Gary Kirchhoff, USC 4/3
59-3+ John Wirtz, CAL 3/13

Discus

(170-7, 193-7, 178-10)
210-3# Adam Setliff, WASH 5/1
198-5# **John Godina, UCLA 5/8
197-4# Ramon Jimenez-Gaona, CAL 3/27
194-7+ Gary Kirchhoff, USC 5/1
189-2+ John Wirtz, CAL 5/1

Hammer

(190-3, 213-3, 195-2)
249-9# ***Balazs Kiss, USC 3/6
208-10+ **Greg Hodel, UCLA 4/24
(207-5) *Matt Shaffer, WSU 4/17
206-4+ Demian Luper, CAL 5/9
200-0+ **Chad Danowsky, USC 3/13

Javelin

(213-3, 242-9, 223-1)
243-11# Erik Smith, UCLA 5/1
233-2+ *Charlie Cohen, ASU 4/17
230-8+ **Greg Johnson, UCLA 4/10

continued next page...

228-6+ ***Oleg Krichenko, ARIZ 4/24
227-8+ **Mike deMunnik, WASH 3/20

Decathlon

(7000, 7700, 7100)
7920# Chris Huffins, CAL 3/17-18
7511+ **Matt Dallow, ARIZ 4/16-17
7169 *Eric Klassen, USC 4/15-16

WOMEN

100 Meters

(12.04, 11.43, 11.70)
11.11# *Inger Miller, USC 4/17
11.57+ ***Lesa Parker, ASU 4/24
11.62+ *Melanna Gray, USC
11.64+ **Lade Akinremi, ASU 4/10
11.64+ Desiree Bracey, USC 3/6
Wind-aided:
11.59w+ **LaReina Woods, ORE 5/8
11.62w+ *Camara Jones, ORE 5/8



INGER MILLER

Photo by Bill Leung, Jr.

200 Meters

(24.64, 23.28, 23.90)
22.33# | *Inger Miller, USC 4/17
23.67+ **Tayo Akinremi, ASU 3/20
23.77+ **Lade Akinremi, ASU 4/10
23.82+ *Shanequa Campbell, ASU 4/10
23.85+ **LaReina Woods, ORE 5/1
Wind-aided:
23.80w+ *Camara Jones, ORE 5/8
23.92w ***Camille Noel, UCLA 5/1

400 Meters

(55.84, 52.80, 54.40)
52.24# **Lade Akinremi, ASU 4/17
52.43# **Tayo Akinremi, ASU 4/3
53.74# *Shanequa Campbell, ASU 5/1

53.19+ *Camara Jones, ORE 5/1
53.84+ ***Camille Noel, UCLA 4/10

800 Meters

(2:11.14, 2:05.50, 2:08.50)
2:04.37# *Kim Toney, ASU 4/17
2:06.32+ Sharette Garcia, ASU 5/1
2:06.40+ ***Janice Nichols, ASU 5/1
2:08.14+ Erika Klein, ORE 5/8
2:10.23 ***Dena Day, STAN 5/1

1500 Meters

(4:40.14, 4:18.00, 4:24.20)
4:24.91 *Beth Bartholomew, UCLA 5/8
4:24.92 *Kim Toney, ASU 5/1
4:25.06 Rachel Brennan, ARIZ 4/17
4:25.21 Jennifer Bravard, WSU 5/9
4:26.61 Erika Klein, ORE 4/17

Mile

(No Standard, 4:38.62, 4:45.31)
4:51.10 Jennifer Bravard, WSU 3/27

3000 Meters

(9:52.14, 9:16.00, 9:34.00)
9:15.89# Jennifer Bravard, WSU 4/16
9:22.58+ Nicole Woodward, ORE 4/3
9:23.20+ *Louise Watson, STAN 4/17
9:28.11+ *Beth Bartholomew, UCLA 4/17
9:34.6 **Jenna Carlson, ORE 4/17

5000 Meters

(No Standard, 16:18.00, 16:45.00)
16:26.36+ Jennifer Bravard, WSU 5/1
16:27.89+ **Brenda Sloouwenhoe, KAZ 4/15
16:33.5+ ***Tara Carlson, WASH 5/1
16:45.74 Janet Bowie, CAL 5/1
16:46.97 Katie Williams, ARIZ 5/1

10,000 Meters

(No Standard, 34:00.00, 35:15.00)
34:03.20+ Janet Bowie, CAL 4/17
34:13.98+ Katie Williams, ARIZ 4/16
34:39.16+ *Jean Harvey, ARIZ 4/17
35:43.33 ***Heidi Van Borkulo, ORE 4/17
36:06.84 ***Laura Hayward, STAN 4/17

100 Hurdles

(14.24, 13.30, 13.75)
13.56+ *Felice Lipscomb, USC 3/6
13.58+ Ime Akpan, ASU 4/3
13.68+ *Claudine Robinson, WASH 4/24
13.70+ *Sheila Burrell, UCLA 4/10
13.84 *Kelly Blair, ORE 4/10
Wind-aided:
13.14w# Ime Akpan, ASU 5/8
13.89w **Tanya Smith, USC 5/1

400 Hurdles

(62.14, 57.65, 59.80)
57.12# **Lade Akinremi, ASU 4/3
57.43# **Tayo Akinremi, ASU 4/17
57.81+ ***Erin Blunt, UCLA 5/1
58.62+ Roslyn Mack, CAL 5/9
58.75+ *Kelly Blair, ORE 4/22



ERIN BLUNT

Photo by Bill Leung, Jr.

4x100 Meter Relay

(No Standard, 44.34, 45.70)
44.59+ ASU 4/3
44.95+ ORE 5/1
45.2+ UCLA 5/1
45.35+ USC 4/24
45.95 ARIZ 5/1

4x400 Meter Relay

(No Standard, 3:34.00, 3:39.80)
3:30.43# ASU 4/3
3:33.86# UCLA 5/1
3:36.49+ ORE 4/24
3:40.94 CAL 5/8
3:46.38 WASH 5/9

High Jump

(5-8 3/4, 6-1 1/2, 5-10 1/2)
6-3 1/2 | *J.C. Broughton, ARIZ 3/13
6-2 3/4# *Tanya Hughes, ARIZ 4/17
6-0 3/4+ *J.C. Broughton, ARIZ 3/20
6-0 1/2 | (A) *Shelly Choppa, ASU 2/27
6-0+ **Crispy Mills, USC 2/27,
3/27, 4/24, 5/1
6-0+ *Shelly Choppa, ASU 3/20, 4/10

Long Jump

(19-4 1/4, 21-4, 20-5 3/4)
20-8 1/2+ *Chantal Brunner, WSU 5/1
20-4 1/4 Marieke Veltman, UCLA 4/24
20-1 1/2 *Kelly Blair, ORE 4/3
Wind-aided:
20-4 1/4w *Kelly Blair, ORE 4/17
20-0 1/2w *Sharon Li, WSU 4/17

Triple Jump

(38-10 1/2, 42-11 3/4, 41-4 1/4)
42-0+ ***Juliana Yendorik, UCLA 4/10
41-2 1/4 *Sharon Li, WSU 4/10

40-6 1/2 ***Kayla Montgomery, AZ 5/1
40-5 Sheila Phillips, WSU 4/3
40-0 **Rebecca Butt, ARIZ 3/27
Wind-aided:
41-11 1/4w+ *Sharon Li, WSU 4/10

Shot Put

(44-11 1/2, 52-8, 47-10 3/4)
56-1 1/4# *Dawn Dumble, UCLA 5/1
53-10 1/2# ***Valoyta Allhouse, UCLA 2/6
52-0 1/2+ Jennifer Wheelchel, UCLA 4/10
48-0 1/2+ *Julie Beck, ORE 2/27
47-5 1/2 *Candy Roberts, UCLA 2/6

Discus

(150-11, 173-11, 159-1)
184-1# *Dawn Dumble, UCLA 5/1
167-10+ *Julie Beck, ORE 4/24
163-9+ **Annette Kaihiwa, CAL 5/1
163-8+ Allison Franke, USC 4/17
163-6+ Jennifer Wheelchel, UCLA 4/17

Javelin

(154-2, 170-7, 152-7)
181-4# Ashley Selman, ORE 4/10
173-4# *Tessie Schorr, WASH 3/27
163-8+ Allison Franke, USC 4/24
161-2+ **Nicole Engstrom, ARIZ 4/3
156-9+ ***Tonia Roth, ORE 3/20

Heptathlon

(4500, 5500, 5100)
5713# *Kelly Blair, ORE 3/25-26
5187+ **Tanya Smith, USC 3/19-20
5168+ Marieke Veltman, UCLA 4/16-17
5049 Allison Franke, USC 3/19-20
5043 ***Nicole Haynes, USC 3/19-20

It's the Best Little Roadrace in California!

Santa Cruz, California! It's the place to be on July 25th... if you're a runner, jogger, a walker, alive, or want to be.

For twenty-one years, runners across America and around the globe have flocked to this seaside Mecca of sun, fun and fitness on the fourth Sunday in July. They come to run for fame and glory, test their fitness or enjoy a day at the beach with old friends.

More than just a great race, Wharf to Wharf is a celebration of running. Blessed with perfect summer weather, spectacular scenery and a fast course, the six-mile jaunt from Santa Cruz to Capitola-by-the-Sea is a favorite of casual joggers and world class athletes alike. Crowds of enthusiastic spectators and a festive array of live entertainment line the gently rolling race route. Giant rainbows of colorful balloons mark each mile. And the beachparty finish is legendary with gifts and refreshments for all. That's the good news.

The bad news is that Wharf to Wharf is not for everyone. Due to narrow streets and small town venues, the race field is strictly limited to just 12,000 runners on a first-come-first-served basis. Twice that number apply each year, making it a truly gourmet event. It's not just the best little roadrace in California, it's the most exclusive event of its kind in the world.

Catch it if you can!

PRESENTED BY

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TCI Cablevision of Santa Cruz County

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MONTEREY BAY NEWS TALK

Sentinel

Wharf to Wharf Race



Original Watercolor Painting by Ed Pennington, Soquel

Application

Complete the attached entry form and mail it with a check for \$16 to: Wharf to Wharf Race, Box 307, Capitola CA 95010. Only one entry per entry form. (photocopies are OK). Do it now! **Remember, only the first 12,000 will be accepted, others are returned.** If your check is cashed, you are in. Entry fees are non-refundable. Race packets with your bib number and raceday instructions will be mailed first class on July 1st.

Wharf to Wharf is a foot race. For safety reasons, bikes, rollerblades, skates, skateboards, wheelbarrows, strollers, babyjoggers etc., are prohibited. Special accommodations will be provided for wheelchair athletes and others with special needs.

Awards

Top finishers, open & local, male & female win trips-for-two to Hawaii. First 100 finishers, male & female get special, commemorative sweat shirts. All race finishers earn a giftpack loaded with goodies, featuring the Official Wharf to Wharf Runner T-shirt which cannot be purchased by anyone, anywhere, at any price, ever!

And the biggest prize of all, a 1993 Toyota Celica, could go to anyone! All race entrants will be equally eligible to win the Official Race Pace Car. 100 names will be randomly drawn from the sold-out field. These 100 runners will be issued special gold bib numbers and entered in the final Pace Car drawing at the raceday awards ceremony. Check your Race Packet for a gold number! You could be driving home from Wharf to Wharf in a new Toyota!

OFFICIAL ENTRY FORM 1993 Wharf To Wharf Race

July 25, 8:30 AM

Name: First Name Last Name

Address:

City: State: Zip: Day Phone ()

Wheelchair athlete Athlete with other special needs (Specify) _____

Best 10K Time: :

Raceday Age: Sex:

AS ROADRACING IS DANGEROUS, ALL RUNNERS ARE REQUIRED TO ASSUME ALL RISK BY SIGNING THIS GENERAL RELEASE: In consideration of your accepting my entry application, I for myself, my personal representatives, heirs and next of kin hereby release and discharge Wharf To Wharf Race, Inc., its organizers, sponsors, directors and agents, the County of Santa Cruz, the Cities of Santa Cruz and Capitola and their respective agents from all liability to me, my personal representatives and heirs for all loss, damage, or any claims or demands on account of personal injury, death or property damage arising out of my participation in the Wharf To Wharf Race. I am fully aware of the risks inherent in participating in said RACE and hereby elect to voluntarily enter said event and event area and voluntarily assume all risks of loss and injury which I may sustain. I am physically fit and properly conditioned to safely complete this event. I hereby grant full permission to Wharf To Wharf Race, Inc., to use my name, voice or picture in any broadcast, telecast, advertising promotion or account of this event for any purpose. I have read and understand this release and waiver of all liability. All entrants are subject to drug testing for banned drugs listed in IAAF Rule 55. I agree to comply with all race rules and instructions of race officials and I understand that the right to reject any race entry application or to issue special invitations is reserved by Wharf to Wharf Race Inc.



SIGNATURES _____ / _____ DATE _____
RUNNER PARENT/GUARDIAN IF UNDER 18

Only one entry per blank (form may be photocopied). Form must be signed. Clip and mail with check for \$16.00 to: Wharf To Wharf Race, Box 307, Capitola CA 95010