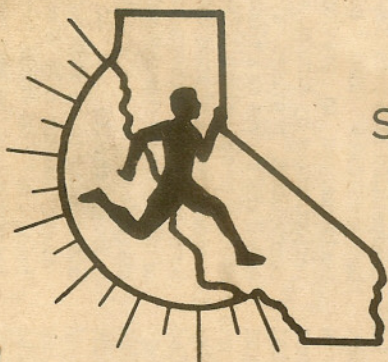


CALIFORNIA TRACK NEWS

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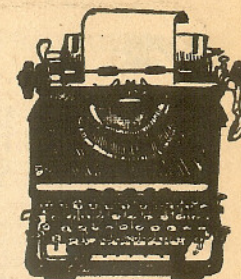


California Track News finds Steve pitching in and doing a variety of tasks. He's a photography bug and has taken many of the pictures as well as doing the developing and printing in the dark room. He, also, helps with the addressing, sorting, and mailing end of the publication and has written many of the articles and profiles in CTN.

Steve is a very active runner, himself. He came to Pacific College from Fresno's McLane High School as a 10:30 two-miler. Last season he clocked a PR 9:29. Steve is an example of what an athlete can do if he is willing to work very hard. Steve likes the longer distances best and hit a 2:38 marathon last year at Mission Bay. Last season Steve, also, won Pacific College's highest athletic award - the Viking of the Year cup, which is awarded on the basis of leadership, not only in athletics, but academically and spiritually as well.

Besides keeping busy helping with CTN he maintains a full load of studies, Runs twice a day, works part time each day in the cardiology lab at Valley Medical Center, and is active in his church

from the editor...



"Winning is everything" - "Do unto others as you would have them do unto you." Do these two statements sound contradictory? How can you defeat your opponent and yet fulfill the Golden Rule? If winning is everything then shouldn't you, if you love your neighbor as yourself, let your opponent win? Should you do less than your best? Is competition right? Should one strive to be better than and to defeat another?

These are good questions and worth thinking about. The athlete needs to be able to put into proper perspective competition, winning and defeat with his feelings towards his opponents.

Many athletes feel they must work up a hatred for their opponent if they are to fully defeat him and come out the winner. Others will go to every extreme in cheating and foul play if it will help their chances of victory. The sad thing is that some coaches will often teach young athletes to work up feelings of hostility and the use of methods of cheating. They say "winning is everything" and feel justified if that's what it takes.

I would like to propose a new definition of winning. We've adopted this at Pacific College and found this new definition of winning eliminates the contradiction between winning and the golden rule. The two become united and work together. The standard definition of winning is merely the defeating of your opponent no matter what type of effort was put forth, while losing is being defeated by your opponent no matter what kind of effort was given. The new definition of winning disregards the outcome of the contest in favor of examining the actual performance itself. Did the participant do the very best that he could in that particular contest? Was he properly prepared? Did he have the right mental attitude? Was he tough? Did he persevere? Or, did he loaf in training? Did he have a bad mental attitude? Did he give up when behind? Essentially: did the athlete do his best? If so then he was a winner no matter what place he finished. In the traditional sense

hostile toward an opponent or to resort to cheating. In the Ancient Olympics the race didn't always go to the swiftest but to him who combined speed, effort, form, and improvement.

Should we just eliminate competing against each other, then. Certainly not! The coming together for competition against others is very worthwhile. The contest against another provides a chance to experience similar things in striving for the same goal. This provides a common bond and is fertile ground for the development and growth of friendships. Competition also provides an opportunity to evaluate and compare ones performances to previous and future performances by himself and others. The competition provides a motivation to excell and serves as a climactic expression of the preparation. The competitive contest gives a chance to try oneself and by being against others, and often in front of others (spectators) it puts our efforts on stage for all to see and judge.

But, should we do our best in attempting to be first at the expense of others placing only second or third or being last? Yes! - your doing your best will help bring out the best in others and make them winners also even though you may have beaten them. If you were not to do your best your opponent could win with a sub-par less than his best effort and you would both be losers. You can help your opponent be a real winner by forcing him to do his best to beat you or come as close as he can. Additionally, doing your very best against an opponent is the most loving thing you can do for him. That way when he does beat you or comes close to it he will have the full and complete satisfaction of knowing that at that time he came out ahead and was the victory or gained. A friend once taught me how to play chess and he would, naturally, beat at every game. As I improved I took great



...Melane High School as a 10.00 two-miler. Last season he clocked a PR 9:29. Steve is an example of what an athlete can do if he is willing to work very hard. Steve likes the longer distances best and hit a 2:38 marathon last year at Mission Bay. Last season Steve, also, won Pacific College's highest athletic award - the Viking of the Year cup, which is awarded on the basis of leadership, not only in athletics, but academically and spiritually as well.

Besides keeping busy helping with CTN he maintains a full load of studies, Runs twice a day, works part time each day in the cardiology lab at Valley Medical Center, and is active in his church (Friends Community Church). After completing his education he plans to work in medicine or public health where he hopes to help other people better their lives physically, mentally and spiritually..

The standard definition of winning is merely the defeating of your opponent no matter what type of effort was put forth, while losing is being defeated by your opponent no matter what kind of effort was given. The new definition of winning disregards the outcome of the contest in favor of examining the actual performance itself. Did the participant do the very best that he could in that particular contest? Was he properly prepared? Did he have the right mental attitude? Was he tough? Did he persevere? Or, did he loaf in training? Did he have a bad mental attitude? Did he give up when behind? Essentially: did the athlete do his best? If so then he was a winner no matter what place he finished. In the traditional sense of winning only one person can win a race or one team a title. But with this new approach to winning every person competing can come away with the feeling of being a winner and personally being victorious on that occasion. This could also mean, then too, that he who comes in first might end up a loser in these terms. What it boils down to is that we can all be winners in athletics no matter how high we place if we are giving our very best. The end result isn't as important as the process of trying to achieve it. Afterwards the outcome will be of little importance compared to what happened on the way there. This will eliminate the need to be

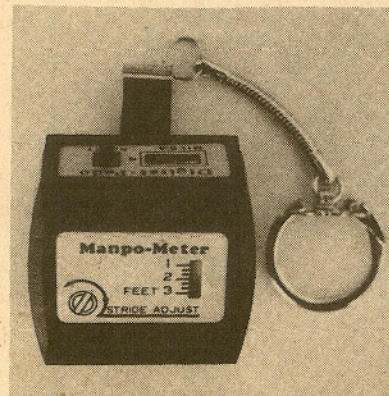
them winners also even though you may have beaten them. If you were not to do your best your opponent could win with a sub-par less than his best effort and you would both be losers. You can help your opponent be a real winner by forcing him to do his best to beat you or come as close as he can. Additionally, doing your very best against an opponent is the most loving thing you can do for him. That way when he does beat you or comes close to it he will have the full and complete satisfaction of knowing that at that time he came out ahead and was the victory or gained. A friend once taught me how to play chess and he would, naturally, beat at every game. As I improved I took great pride in occasionally being able to surprise him and make a good move and played hard for the day when I would possibly beat him. Once however, I could sense that he was letting me win. I did win, but it was no victory to me. There was no satisfaction. It ruined the game. He cheated me. If I were to win it wouldn't be meaningful unless we were both doing our best. We owe it to our opponents to do our very best against them, otherwise the contest has no meaning.

So, everyone can be a winner by giving his best. You owe it to your opponent to be this kind of a winner. Winning, then, is everything and is even loving your opponent at the same time.

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ON THE COVER: Senior Track Club's Bill Fitzgerald recently turned 50 and has been burning up the records.



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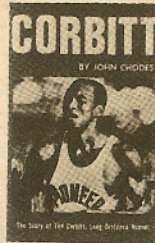
1 **COUNTDOWN TO MONTREAL.** The Olympic year is underway, and the best way to keep informed, of course, is by reading **TRACK & FIELD NEWS**, still America's only publication to deliver all the major news and excitement of the sport, from high school track through the Olympics—from all corners of the USA and the world. While our focus is still on men's top-caliber competition, each monthly issue covers all aspects of track (women, masters, road racing, training tips, etc.). At **\$9.00** a year, it's money well spent. Write for sample.

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



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



5 Coaches: keep up with the latest in technique and training. Read *Track Technique*, the Quarterly Review of Track and Field Athletics. Emphasis is given to easy-to-follow, immediately applicable material for your day-to-day coaching needs. **\$4** a year. **\$10** for three years.

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records as possible. He plans to continue competing as long as he can break 11.0 in the 100 because, "Track is one of my big things and has been a part of three fourths

spotlight on:

CYNDY POOR: San Jose Cindergals. Age 22; 5 feet, 4 inches; 115 pounds. Born May 18, 1953 in Hanover, New Hampshire.

Best Marks: 400 meters- 55.7 (73); 800 meters- 2:03.8 (75); 1500 meters- 4:11.8 (75); Mile- 4:43.8 (75); 3,000 meters- 9:24.1 (75); 2 mile- 10:53.2 (74). Coached by Aigue Argabright.

CTN: How long do you intend to continue competing?

Poor: That is hard to say - who knows? **CTN:** You said you are going to school - what are you studying?

Poor: I attend San Jose State University. I am a senior and a physical education major.

Cyndy Poor

Cyndy Poor does not have to worry about the loneliness of the long distance runner; not when she is sharing an apartment with San Jose Cindergal teammates Judy Graham, Amy Haberman and Sally McPherson. Cyndy might be considered the most versatile runner of the bunch having won championships from the 400 meters to cross country. In 1972 she was the California State 880 Champion. In 1973 she repeated the 880 title and added to it the State Cross Country. The highlight of 1974 was being a member of the American Record setting two mile relay team. She combined with Kathy Huaghey, Amy Haberman and Judy Graham for the 8:49.2 clocking. This past season (1975) she won the Pacific Association 400 meters (55.9) and placed fourth in the Senior Women's Nationals 1500 meters (4:17.2). Cyndy also became an international runner this year by competing for the American team in the International Cross Country meet in Rabat, Morocco.

CTN: Having found success at events from the 400 to cross country do you have a favorite?

Poor: I really enjoy running either the 800 or the 1500.

CTN: Is there any special strategy you like to use in your races?

Poor: A lot depends on what I'm running

CTN: Can you tell us why you participate in track?

Poor: I enjoy the rewards of traveling and meeting many people as well as improving as an athlete. All of us have a God given talent in someway or another - whether it be musical, artistic, athletic, etc. But it is not whether someone has more than some and less than others but how much one puts into his talent. I enjoy working hard to improve myself.



CTN: Your club has...

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PRO

Percy Knox

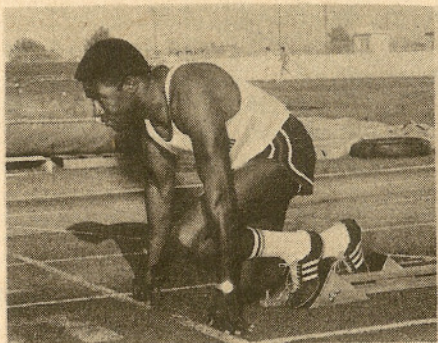
PERCY KNOX: Corona Del Mar Track Club. Age 41; 5 feet, 10 inches 170 pounds. Born October 28, 1933 in Selma, Louisiana. Also competed for Franklin High School in Seattle, Washington, and the US Air Froce.

Best Marks: High School (1953): 5.4, 9.8, 21.7, 49.1r, 22-7. **Air Force (age 22-26):** 5.3, 9.5, 21.1, 49.9, 24-2 **Sub Master:** 9.9 (71) age 38 record, 9.9 (72) age 39 record, 22.8 (72) age 38 record. **Master:** 9.9 (74) age 40 record, 22.3m, 9.8 (75) age 41 record.

If you follow the Masters track scene one name you must be familiar with is that of sprinter Percy Knox. At age 41 Percy is beginning to find that success he once enjoyed as a much younger athlete. His favorite event is the 100 yard dash where he holds numerous age records. He tries to compete at least three times a month but gears his racing for a peak at the Senior Olympics and the AAU. He was concentrating on hitting a 9.7 this year but had to settle for a still outstanding 9.8 when injuries ended this season. He will, however, be back trying to win the big ones and better as many 100 yard dash

records as possible. He plans to continue competing as long as he can break 11.0 in the 100 because, "Track is one of my big things and has been a part of three fourths of my life."

In 1956 he pulled a muscle in Hawaii which continued to plague him over the next few years so in 1963 he retired from track. In 1968 he ran the 100 for the first time in five years and clocked a 10.5. He



continued to compete off and on until 1972 when he joined the Corona Del Mar Track Club and once again became a serious track competitor. The Corona Del Mar (40-49) 440 and 880 relay teams are undefeated in 22 starts during the 1974 and 75 seasons. Best Marks: 44.7 (Shirley Davisson, Dave Jackson, Phil Schlegel, Percy Knox) at the Masters Nationals in 1974. 1:34.9 world record (Dave Jackson, Don Cheek, Ken Webb, Percy Knox) at the Cal Relays 1974.

Training: Always warm-up with slow mile and lots of stretching. **Monday:** 220-270 yards (3-6), 330-370 (2), weights. **Tuesday:** 110-160 yards (8-10), 220-270 (2). **Wednesday:** 220 yards (3-6), weights. **Thursday:** warm-up only. **Friday:** rest. **Saturday:** track meet. **Sunday:** 220-270 yards (6-8), 110-160 (3-6). Sore achilles will not allow practice starts.

past season (1975) she won the Pacific Association 400 meters (55.9) and placed fourth in the Senior Women's Nationals 1500 meters (4:17.2). Cyndy also became an international runner this year by competing for the American team in the International Cross Country meet in Rabat, Morocco.

CTN: Having found success at events from the 400 to cross country do you have a favorite?

Poor: I really enjoy running either the 800 or the 1500.

CTN: Is there any special strategy you like to use in your races?

Poor: A lot depends on what I'm running and other factors as to whether I go out hard at the start, in the middle, or at the end- or hopefully all the way. When running against good runners it is important to stay with the runners in order to be in the race and not lose contact with them. I consider myself to have a pretty good kick to finish up a race.

CTN: What about peaking your performances for important end of the season meets?

Poor: I train hard pretty much throughout the season and through most meets. It depends on the importance of the meet as to how much rest I will take before that competition. Basically I train through most meets, working toward Nationals.

CTN: Do you follow any specific training rules?

Poor: I have no strict regimented rules but do try to be aware of the right foods to eat. With all of the stress that I put on my body I supplement my diet with vitamins. I work on trying to get a good night's sleep and between working part time, going to school and training twice a day it isn't too hard to fall asleep.

CTN: After your most successful year what are your immediate track goals?

Poor: It has been a satisfactory year, what with making the International Cross Country Team, placing fourth in the track Nationals and touring Europe on my own. Now I am working toward a good distance background in preparation for the coming cross country season. It would be nice to make the International team again. I think they will be going to Italy next time.

CTN: What about the Olympics?

Poor: Of course I would like very much to compete in the 1976 Olympic Games in the 1500 meters and I will be having that goal in the back of my mind as I compete this year.



CTN: Your club has produced quite a crop of distance runners. Can you tell us a little about the San Jose Cindergals?

Poor: I have belonged to the Cindergals ever since I started track in 1970. I enjoy the team very much and think it is one of the best middle distance clubs around - a lot having to do with one of the best middle distance coaches - Augie. We have been expanding a lot as a team, too, as we have gotten more coaches and have added field events.

Although many people think that track is an individual sport - athletes who function together as a team are going to help each other. That's why I enjoy working with the Cindergals. Everyone helps each other in every way. And, Augie is so understanding and takes pride in each of his girls. We have many good athletes on the team but one who has helped me a lot these past couple of years has been Judy Graham who just recently returned from a USA AAU tour of China. **CTN:** Can you give us an idea of what your training is like?

Poor: It's hard to say what is typical but in general this is the pattern we follow. A lot of course, depends on what race I have for the weekend. **Saturday:** Race. **Sunday:** Long over-distance run. **Monday:** longer type intervals. **Tuesday:** Overdistance run. **Wednesday:** shorter type intervals. **Thursday:** Overdistance run. **Friday:** Speed or easy run or rest.

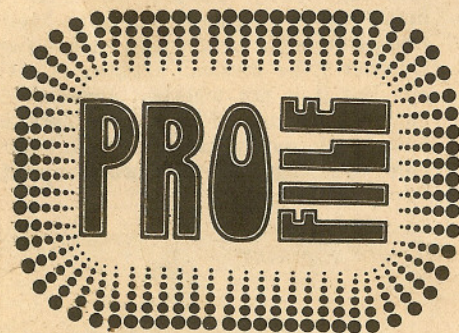
I feel it is also important to do exercises along with my training. I do sit-ups and push-ups for strength and off season weight training.

We have such a good variety in locations for different workouts. We have nice parks, parks with good hills, nice scenery, as well as an all weather track with many grass fields around. It makes for a nice change to run in different spots.

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**Kent
Guthrie**

by: George Moss



→ Schedule ←

SEPTEMBER

- 13 **LONG BEACH INV. X-C.** Univ., College, Open, JC. Ron Allice, Cal-State, Long Beach.
- 13 **LAKE WLDWOOD X-C 10 MILE.** 10:00 am. Gold Spike TC, Box 3 - Ridge View Dr., Grass Valley 95945.
- 13 **LA FIESTA X-C.** 4 mile. Grover City. 9:30 am. Stan Rosenfield, Box 1134, San Luis Obispo 93406
- 14 **WILL ROGERS X-C.** 15 kilo. 9:00 am. Phil Clarke, 15232 Burton St., Van Nuys 91402.
- 14 **MASTERS & PA-AAU 25 KILO CHAMPIONSHIPS.** 9:30 am. San Francisco. Entries for Masters Nationals close 9/12. 25 Kilo, Box 1551, San Mateo 94401
- 20 **DOUBLE DIPSEA.** 13.6 miles. 8:30 am. Stinson Beach. Walt Stack, 321 Collingwood, S.F. 94114.
- 20 **NEVADA X-C CARNIVAL.** Reno. Age Group, HS, JC, Univ., Open. Jack Cook, Univ. Nevada-Reno, Reno, Nev. 89507.
- 21 **BIG BEAR CITY 10 MILE.** 11:00 am. Sam Nicholson, 4946 Frederick, La Crescenta.
- 21 **WALNUT FESTIVAL RACES.** 5.6 mile open, many divisions. 9:00 am. Entries close 9/13. Andy MacCono, 1840 Geary Rd., Walnut Creek 94596.
- 21 **ATASCADERO COLONY DAYS RUN.** 4 miles. 11:00 am. Stan Rosenfield, see address above.
- 27 **NEVADA X-C RACES.** HS, JC, Coll., Open. Al McDaniels, Univ. of Nevada - Las Vegas, Nevada 89109.
- 27 **GRAN PRIX 5,000 METER.** Long Beach. 3:00 pm. Gran Prix Road Run, Box 4581. Long Beach 90804.
- 27 **SPA-AAU 20 KILO CHAMPIONSHIP**
- 11 **BERKELEY WATERFRONT RUN.** 5 miles. Athletic Dept., 2114 Addison St. Berkeley 94704.
- 11 **CAL AGGIE INV. X-C.** 5 miles. UC Davis. Bill Adams, UC Davis, Davis, CA
- 11 **REEDLEY ROAD RACE.** 6 miles. Roger Trujillo % Reedley HS.
- 11 **LONG BEACH USTFF X-C.** 6 miles. El Dorado Park. Ron Allice, Cal State Long Beach.
- 12 **SANTA BARBARA MARATHON.** 7:30 am. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105.
- 12 **COLUMBUS DAY 5 & 10 KILO.** Lake Merritt, Oakland. 8:30 am. Enrico Dell Osso, 1803 3rd Ave., Oakland 94606.
- 18 **AZTEC INVITATIONAL X-C.** Contact: Cross Country Coach at San Diego State.
- 18 **TAFT OILDORADO MASTERS MEET.** Taft, CA.
- 18 **PA-AAU MASTERS X-C CHAMPIONSHIP.** 10 kilo. Masters & women only. Mike Healy, 17 Elm St., Kentfield 94904.
- 19 **PALO ALTO 10 MILE:** 10:00 am. John Banich, 415 James Rd., Palo Alto 94306.
- 19 **HANCOCK INV. X-C.** Santa Maria. Something for everyone. Ray Kring, Hancock College, Santa Maria 93454.
- 4 **MT. SAC INVITATIONAL X-C.** Walnut. Contact: Cross Country Coach % Mt. San Antonio Junior College.
- 25 **77.5 MILE LONG BEACH TO SAN DIEGO RELAY.** 4:00 pm. Mickey Scholte, 8703 La Tijera Blvd., L.A. 90045.
- 25 **CHAPMAN INV. X-C.** Orange. 5 mile. Contact Bill Selvin % Chapman College.
- 25 **PLEASANT HILL INV. X-C.**
- 26 **BERKELEY TO MORAGA RUN.** 13.9 miles. 10:00 am. Charles MacMahon, 154 Grover Ln., Walnut Creek 94596.

Kent Guthrie

by: George Moss

KENT GUTHRIE has emerged as one of the quality veteran runners of Northern California in the past two years. Soon to join the over-40 ranks, he will be competitive with the best of what is unquestionably the finest group of Masters runners in the country.

Kent is having his best year in 1975, both on the roads and on the track. In 18 road races, he has finished 11th or better 14 times. His best effort was a 30th place finish in the prestigious "Bay-to-Breakers" race in a time of 41:17 for the 7.6 mile course. He has turned in some fine performances on the track also. At the Western Regional A.A.U. Masters Championships, Kent won the 5,000 meters in 15:58, tying the American age 38 record. Three days later, he set a new American age record at 2 miles in 9:53.6 in an All-Comers meet!

His favorite track race is the two mile. On the roads, he prefers a tough, hilly course of about 15 miles. Good at both kinds of racing, his first choice is track racing since he likes the intense running at shorter distances. He plans to continue both indefinitely but will lay off the roads to prepare for important track races.

Kent's training is mostly on the roads. A typical week will include two runs of 10 and 15 miles, and a track workout consisting of repeats of usual racing distances (one mile, 1 mile of 110's, one mile of 220's, etc.) He likes to race frequently, averaging about three races a month.

His immediate goal is, in his own words: "To improve enough to offer Darryl Beardall some competition as a 40 year old in 1976." His long range goal is to compete successfully in National Masters Championships.



Jeff Zimmerman photo

Perhaps the most impressive achievement of this quiet, intense man is his development into a world class veteran runner without a background in Open competition. Kent did not run in high school or college. He ran his first race since grade school in 1971 and was rather casual about his approach to the sport until 1973 when he met Jim Shettler, the top veteran NOR CAL runner, who introduced him to serious training and racing. He is still improving, and given his talent and determination, Kent Guthrie has the making of a champion.

Statistics:

Ht. 5'10", Wt. 150 Occupation: School Teacher. AAU Affiliation: West Valley Joggers and Striders. Best times in 1975:
 1500M 4:17
 2 miles 9:53.6
 5000M 15:58
 6 miles 31:15 (road time)
 In 1974, he ran 20 miles in 1:56 and a marathon in 2:46.

- 21 **WALNUT FESTIVAL RACES.** 5.6 mile open, many divisions. 9:00 am. Entries close 9/13. Andy MacCono, 1840 Geary Rd., Walnut Creek 94596.
- 21 **ATASCADERO COLONY DAYS RUN.** 4 miles. 11:00 am. Stan Rosenfield, see address above.
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- 27 **GRAN PRIX 5,000 METER.** Long Beach. 3:00 pm. Gran Prix Road Run, Box 4581. Long Beach 90804.
- 27 **SPA-AAU 20 KILO CHAMPIONSHIP.** Griffith Park. 8:00 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201.
- 27 **HARVEST FESTIVAL 8 MILE.** Arroyo Grande. 8:30 am. Jack Cline, 683 Parkview Ave., Grover City 93433.
- 28 **MT. VACA HILL CLIMB.** 10.6 miles. Near Vacaville. 10:00 am. Bill Floodberg, 12925 Foothill Ave., San Martin 95046.
- 28 **QUEEN MARY 10,000 METER.** Long Beach Arena. 9:00 am. Ron Allice at Cal State Long Beach.

OCTOBER

- 4 **ALL-CAL X-C.** UC Santa Barbara.
- 4 **SONOMA INV. X-C.** 5 miles. Santa Rosa. Bob Lynde, Cal State Sonoma, Rohnert Park 94928.
- 4 **FRESNO INV. X-C.** Woodward Park. JHS, HS, Open. Red Estes, Fresno State Univ., Fresno 93710.
- 5 **MALIBU CANYON X-C.** 10 kilo. Tapia Park. 9:00 am. Bruce Robinson, 6322 Eileen St., L A 90043.
- 5 **PAMAKID LAKE MERCED RUN.** 7.15 miles. Daly City. 9:30 am. Alex Monterrosa, 662 - 12th Ave., S.F. 94118.

- 4 **MT. SAC INVITATIONAL X-C.** Walnut. Contact: Cross Country Coach % Mt. San Antonio Junior College.
- 25 **77.5 MILE LONG BEACH TO SAN DIEGO RELAY.** 4:00 pm. Mickey Scholte, 8703 La Tijera Blvd., L.A. 90045.
- 25 **CHAPMAN INV. X-C.** Orange. 5 mile. Contact Bill Selvin % Chapman College.
- 25 **PLEASANT HILL INV. X-C.**
- 26 **BERKELEY TO MORAGA RUN.** 13.9 miles. 10:00 am. Charles MacMahon, 154 Grover Ln., Walnut Creek 94596.

NOVEMBER

- 1 **BIOLA INV. X-C.** 5 miles. La Mirada. Contact: Collin McDougal % Biola Coll.
- 1 **PACIFIC CROSS COUNTRY CARNIVAL.** Fresno. 4 miles. Contact: Cross Country Coach, Pacific College, 1717 S. Chestnut Ave., Fresno 93702.
- 1 **LOS TRAMPAS TRAIL RUN.** 7 miles. Peter Mattei, 1000 North Point, S.F. 94109.
- 2 **PA-AAU MARATHON CHAMPIONSHIP.** Rohnert Park. 9:00 am. Contact: Bob Lynde - see address above.
- 2 **CCA-AAU 20 KILO CHAMPIONSHIP.** Woodlake. Wayne VanDellen, Rd. 192, Woodlake, CA
- 8 **FAR WESTERN CONFERENCE X-C.** San Francisco.
- 8 **NAIA DISTRICT III.** La Mirada.
- 8 **CCAA CHAMPIONSHIP.** Cal Poly-SLO.
- 8 **GOLDEN GATE WEST END RUN.** 6 miles. 10:00 am. Frank Donohue, 4903-B Mission, S.F. 94112.
- 9 **ANGWIN TO ANGUISH RUN.** 8.2 miles. Pacific Union College. 10:00 am. Dennis Reeder, 42 Hillcrest Rd., St. Helena 94574.

PROFILE

photo by Jay Martinez



Cliff Morris

CLIFF MORRIS: San Luis Obispo High School, Senior, age 18, 5'10", 150 lbs., born March 9, 1957 in San Luis Obispo, California.

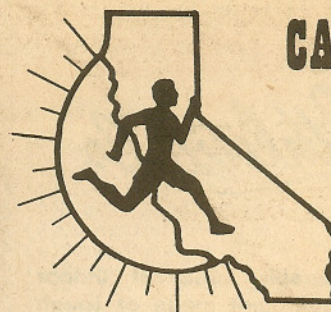
BEST MARKS: 330 yd. low hurdles 38.2; 120 HH -15.1; 440 - 51.2; long jump 21'7"; competed twice in triple jump - 42'; coached by Bruce Smith and Brian Waterbury.

All around track man Cliff Morris has been the iron man on the SLO high school team by competing in four events each meet. When Coach Smith wants extra points or wants to deny points to the other team, he asks Morris to "Give it a try." On-call Morris has run on the mile relay and 440 yd. relay teams and has competed in every event from the 100 yd. dash to the 440.

A Letterman in basketball with a solid "B" average, Morris would like to go on to a college that offers a Business Administration major and compete in the 440 intermediate hurdles plus give the 880 a try. This summer he hopes to learn the art of pole vaulting and parlay this skill and his unusual shoulder strength and balance into a shot at the decathlon (Morris can walk considerable distance on his hands and easily does 40 pull-ups)

Last year Morris won the coveted Booster Club MVP trophy in track for scoring more points in competition than anyone else in the recent history of the school. This year he will almost double his point total of last year.

Typical Week's Workout besides running cross-country before and through basketball season: Since Coach Waterbury and Coach Smith believe in quality workouts rather than quantity, the week's workout would be: Monday - after warmup Cliff's practices vary between 4 hard 660's, 550's, and 440's in times of 88 to 90 seconds, 67 to 70 sec., and 440's at 52 sec. or better. Tuesday - 3 to 4 mile job to loosen up and then starts and technique work over HH and LH. Wednesday - short and hard with 4 to 5 220's over low hurdles. Thursday - similar to Tuesday. Friday - short jog and stretching, loosening up in preparation for Saturday meet. Sunday - jogs 3 miles and plays tennis.



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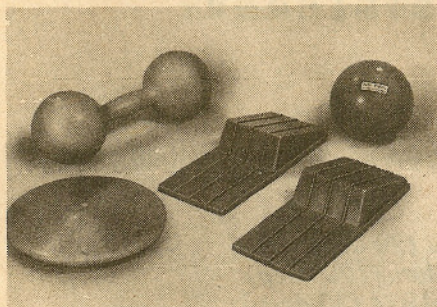
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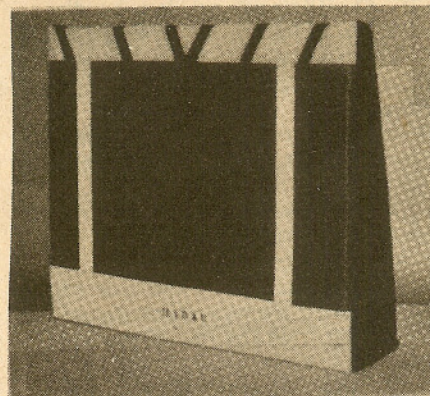
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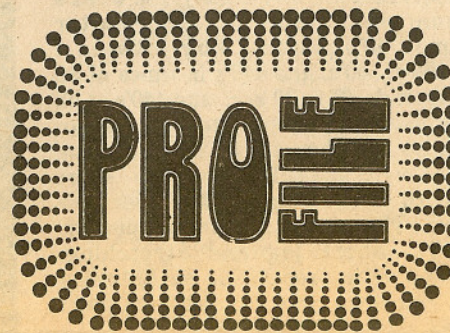
Two Californians were 1975 National Junior Olympic Champions. Paula Rose of Corona Del Mar set a new record in the girls one mile run with a 4:48.6. Steve Montgomery of Susanville won the shot put with a 59-8 heave. Region 13 (California) also won the girls 440 relay with Kim Moran, Veronica Venezia, Kim Robinson, and Denise Pemberton.... John Cheever is attempting to arrange a school faculty/staff cross country schedule. The rules will be modified in order to encourage as many schools as possible to field a faculty/staff harrier team. A team would consist of 3-5 scorers with up to 4 displacers. If enough interest is indicated a "conference" championship race would be conducted in November. If interested write John %Cal Poly Poma, School of Business, 3801 W. Temple Ave., Pomona 91768.... Athletes in Merced have just formed a new running group

High in Richmond. In 1975 he ran the 120 highs in a national record 13.2, the 330



Steven Subotnick and Dr. Jeffery Stone, will be writing a regular column for California Track News as well as answering questions concerning leg and foot problems from you the readers. Here

is your chance for some free medical advice from doctors who know runner's problems. See the first article in this issue.... The Marin Athletic Club has changed it's name to the Marin Harriers.



Terry Cotton

Terry Cotton recorded a nation leading 4:05.4 this season yet didn't achieve the Grossmont College school record. The Griffins four lap standard is 4:03.6 set by Ed Mendoza in 1973. Terry, however, will get another chance to go after Ed Mendoza's school records -- this time at the University of Arizona where they will be running together next season.

Terry set a national record in the junior college two mile (outdoors) and tied the indoor mile mark as well as running on the Grossmont four mile relay quartet which clocked a 16:59.2 national record.

Although he had a very successful 1975 track year Terry was really just getting started again after being sidelined with injuries and then the season was over. In fact Grossmont coach, Bob Larsen, feels injuries have been Terry's major problem

(California) also won the girls 440 relay with Kim Moran, Veronica Venezia, Kim Robinson, and Denise Pemberton. . . . John Cheever is attempting to arrange a school faculty/staff cross country schedule. The rules will be modified in order to encourage as many schools as possible to field a faculty/staff harrier team. A team would consist of 3-5 scorers with up to 4 displacers. If enough interest is indicated a "conference" championship race would be conducted in November. If interested write John %Cal Pofy Poma, School of Business, 3801 W. Temple Ave., Pomona 91768. . . . Athletes in Merced have just formed a new running group The Merced Track Club. Contact Alan at Merced College. . . . George Aguirre who will be a senior at Santa Barbara High School recently ran 12 miles and 147 yard in the one hour run. During that race he broke the high school ten mile record with an official 49:15.0. In that same race Gary Tuttle of the Beverly Hills Striders established three national records by covering 12 miles, 811 yards; recording 48:10 for 10 miles and 59:51 for 20 kilometers.

A group of youngsters from the Orinda Track Club spent the good part of the summer running from the Canadian border to the Mexican border. They ran about 12 miles a day. . . . We have reports that nearly 100 Californians competed in the recent Pike's Peak Marathon. . . . Fifty year old Bill Fitzgerald of Palos Verdes broke the world record for men over 50 in the mile with a 4:37.1 on June 7th. He also established a new American 880 record of 2:07.2. . . . Grossmont's Kirk Pfeffer topped a field of 250 runners to win the Indiana Marathon in 2:20:52. . . . Twenty-three San Gabriel Valley youngsters participated through Mt. SAC JC in the little American Games in Mexico City. A team from Mexico exchange visits the Mountie campus for the Mt. SAC relays each April. . . . Cal State Bakersfield is initiating a full cross country program this fall. Charlie Craig and Jim Wren will share coaching responsibilities.

Noteworthy marks from the poorly attended PSA-AAU Championships: Jeff Rigdon 14:44.8 in the 3 mile, Mike Cour 4:18.0 in the mile and Thom Hunt a 6 mile workout in 32:01.6. . . . Ron Blackwood's pick for California Prep Track Athlete of the Year is Dedy Cooper of Harry Ells



THE AGUIRRE BROTHERS

yard lows in a national record, 36.0, and the 330 yard intermediates in 36.4 (best ever by a Californian and 4th all time US). At the State Meet he earned three gold medals and one silver in bringing his team to the State Championship. How about the female rankings in this issue compiled by Calvin Brown. What a job he's done. Thanks a lot, Calvin. . . . The California Club Cross Country Championships have been moved from September 7 to November 8.

The San Diego Track Club's Nadia Garcia has broken the world record in the women's one hour run with a distance of 10 miles, 667 yards. . . . Bruce Jenner of San Jose has recently broken the World Record in the Decathlon in the decathlon team competition against the Russians - a meet he didn't originally qualify for. . . . Stanford University will field a women's cross country team in the fall on a club basis. . . . Two running podiatrists, Dr.



Terry Cotton



TERRY COTTON: Grossmont Junior College (graduated 1975). Age 21; 5 feet, 9 inches; 145 pounds. Born August 7, 1954 in Boise, Idaho. Also competed for El Cajon Valley High School.

Best Marks: 880- 1:54.0; Mile outdoor- 4:05.4; Mile indoor- 4:07.5; 2 mile outdoor- 8:43.6; 2 mile indoor- 8:48.6. Coached by Bob Larsen.

Griffins four lap standard is 4:03.6 set by Ed Mendoza in 1973. Terry, however, will get another chance to go after Ed Mendoza's school records -- this time at the University of Arizona where they will be running together next season.

Terry set a national record in the junior college two mile (outdoors) and tied the indoor mile mark as well as running on the Grossmont four mile relay quartet which clocked a 16:59.2 national record.

Although he had a very successful 1975 track year Terry was really just getting started again after being sidelined with injuries and then the season was over. In fact Grossmont coach, Bob Larsen, feels injuries have been Terry's major limiting factor in his track career: "Terry has unlimited ability but has been plagued by injuries both in high school and at Grossmont College. The problem has centered around his lower left leg and this season an additional strained calf muscle. We thought we had the problem solved this year by having Terry wear plastic inserts in his shoes fitted by Dr. John Pagliano. He encountered no pain in his shin area with the inserts but a little irritation in the knee area caused him to remove the inserts and probably contributed to the calf strain as his heel was then dropping lower. He is now doing special exercises to strengthen that area and I think that in the future his determination will pay off and we will be able to see an injury free Terry Cotton who will produce some amazing results. Terry's injury problems and his patience with them closely parallel the problems and attitude of Ed Mendoza."

The life time best of 4:05.4 came in the Southern California Championships where he kicked in a 57.4 final 440. His favorite racing distance is the two mile, but Coach Larsen feels his best distance could be the three mile. When asked about goals Terry felt he'd find satisfaction with a sub four minute mile and a national class performance at 5000 meters. He enjoys the competition aspect most in track and likes to compete about every two weeks. His favorite competition strategy is to save just enough during a race to put on a killing sprint at the end.

As for workouts he will usually alternate interval and road run days with Sunday left for an extra long run. Next year he will be a junior engineering major at the University of Arizona.

FEET FIRST

FROM YOUR RUNNING PODIATRIST

A Rational Approach to Running

STEVEN I. SUBOTNICK, D.P.M., M.S.

Executive Secretary of American Academy of Podiatric Sports Medicine.

Running injuries appear to be secondary to three major causes. The first cause is that of improper training; the second cause is that of improper conditioning; the third cause is that of biomechanical abnormalities and deformities of the lower extremities. We will be spending a great deal of time in the future talking about biomechanical problems such as bowleggedness and flat feet as they relate to running injuries. I would like to take this opportunity to discuss those problems secondary to improper training. The topic of conditioning will also be handled in further articles.

It's important to realize that training consists of gradual adaptation of the body to stress. Thus when you train you are training your body to accept stress. Too much training leads to too much stress and too much stress leads to injury. These injuries are called the overuse or overstress injuries. Examples of overuse or overstress include; runner's knee, shin splints, arch fatigue, and pulled muscle as well as stress fractures.

The most common problem I see in violation of good training principles is the runner becomes excited with the recent progress in racing and decides to increase his mileage, increase his speed, and get

ready for that big race. He increases his mileage from 24 miles a week to 40 miles a week and increases his running pace from 8 minutes per mile to seven minutes per mile in the course of two weeks. He allows himself no rest period and runs every day and eventually notices that his muscles are getting sore, the knees begin aching, the feet hurt and he is tired all over. Despite this he continues to push himself until finally something gives. He has crossed over that fine line that separates the fit athlete from the athlete who has passed the **brink of disaster**. There is a fine line between being finely trained and being overtrained. Obviously an athlete can not expect to double his mileage over night without getting hurt. The body just isn't ready to accept the increase stress.

Proper training should include periods of rest following hard workouts. It takes approximately 24 hours to recover from a hard workout and it may take from 6 to 8 weeks to recover from a marathon. Common sense is necessary. I find that I train best when I do one long run followed the next day by a shorter run. Thus when I am training for a marathon I will average 9 to 10 miles a day but do 9 to 10 miles one day and perhaps 6 miles at an easy pace

the next day, then go back again and do 13 miles at a harder pace and then 5 miles at an easy pace the following day. Along with this I do a liberal amount of yoga type stretching exercises. Of course I wear foot supports or orthotics during all workout sessions to prevent those overuse syndromes associated with abnormal foot function.

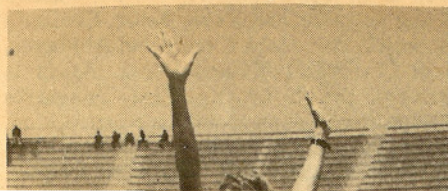
It is a good idea to combine a small amount of speed work with distance training when getting ready for racing. I like to do fartlek as well as intervals about once a week. I don't get overzealous with this type of speed work but I find it sharpens me up in my overall running. I am certainly not a great runner but those friends of mine who are inform me that they derived a great amount of benefit from speed work combined with distance work.

What are some other common sense approaches to running? The runner who trains on the flat and races on the hill will get hurt. Obviously you must gradually adapt to hills if you are accustomed to running on the flat. The runner who is used to long slow distance workouts and switches over to speed work without very carefully warming up and gradually

getting adapted to increased speeds may again get hurt. The runner who uses high heeled shoes all day long at work and runs in no heel or low heel shoes may again suffer a strain of the muscles of the back of the leg. The runner who races every weekend without a rest will sooner or later be hurt.

Doctor George Sheehan advises us to listen to our bodies. This is good advice! When your body feels tired and your run just isn't up to par it's a good idea to slow down your pace and take it easy. When your body feels good then go at it with a hard workout. When you have injury it's best not to run through it but to take a rest until you heal up. Using a common sense approach to running you should expect many many years of happy exercise. When you do not allow your body to adapt to stress you will suffer the consequences with overstress injuries.

Doctor Jeff Stone and myself are both Podiatrists who run and we will be answering your questions concerning running injuries in future articles in California Track News. Please feel free to address letters to the editor to either Doctor Stone or myself and we will do our utmost to serve you. Happy running.



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Diane Johnson photo

CONRAD SUHR: Leigh High School. Age 18; 6 feet, 2 inches; 160 pounds. Born February 21, 1957 in San Jose.

Best Marks: 100- 10.5; 220- 23.5; 440- 48.7; 880- 1:51.0; Mile- 4:13.4; 2 mile- 9:24.4; Long jump- 19-7. Coached by R. Homer Latimer and Bill Hotchkiss.

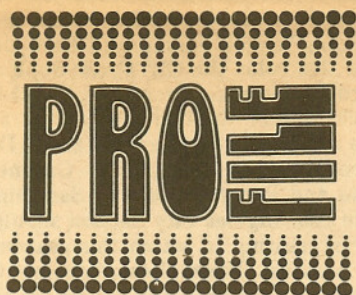
Conrad Suhr, the 1974 Central Coast Section mile champion, switched his event to the 880 in 1975 and it paid off big with the State Meet title. Conrad also peaked his performance for the end of the year California High School Meet and ran his life time best of 1:51.0. Although going for a maximum performance at the State he still managed to chalk up wins in the league 440 and 880, the regional 440 and

880 and the section 880. He now holds the Leigh High records in the 440, 880, and mile.

Conrad's favorite event is, understandably, the half mile and he runs it best when he can hang on within 15 yards and then "kick." Next year he will be enrolling at UCLA as a business major and has his goals set at the Pac-8 and NCAA titles before finishing as a Bruin. Nine to ten hours of sleep every night is important as is a daily dose of vitamins B, C, and E.

The competition and recognition are what Conrad likes best about track. He also stated, "I like to succeed in everything I do and am always learning in track." He is quick to admit, "I've been very lucky, the coaches at Leigh High have been great and have contributed greatly to my track progress."

Typical Week's Workout: Late season. **Monday:** 2 mile warm-up with lots of stretching and build-ups, 4X440 at 55-57 (220 jog rest), 12X220 at 25-26 (220 jog rest), 2 mile warm down. **Tuesday:** 5-8 mile road run, stretching and bending, 5X220 at 25-26, 5X110 fast, cool down. **Wednesday:** 2 mile warm-up with stretching and bending, 1X660 fast, 9X330 at 40-42 (220 jog rest), 6X110 fast, cool down. **Thursday:** 2-3 miles of easy striding, stretching. **Friday:** Competition. **Saturday:** Competition. **Sunday:** 5-7 miles.



Conrad Suhr

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Well, another cross country season is upon us. The 1975 harrier outlook is as thrilling as ever. With the help of many of the coaches throughout the state **California Track News** has pieced together a partial pre-season high school cross country preview. Of course, things never turn out as predicted (that's part of the excitement) but it is still fun to look ahead and see what very possibly could happen.

In Northern California the North Coast Section champion and super-runner Roy Kissin of San Ramon (member of 1975 AAU Junior International Cross Country Team) has graduated as has his "shadow" Dan Patterson of Del Valley High. In the Contra Costa area the teams to watch are **East Bay Athletic League's** Livermore (NCS finalist last year), **Diablo Valley Athletic League's** Mt. Diablo and College Park. Others that could upset are Pleasant Hill which just lost the NCS Frosh-Soph title by an eyelash last season; the **Foothill League** champion, Miramonte; defending East Bay champ San Ramon; and up and coming Campolindo.

To the west in the Alameda County-Hayward area Newark could have a great season with all hands returning from a very successful **Mission Valley League** championship squad. Washington of Fremont will be a strong factor as will be Alameda. Castro Valley, number three in NCS last year, will not be as strong this season, yet will be one of the better teams

individual champion, and three of his teammates from Lynbrook's championship team. Individual returnees in the FAL are Lynbrook's Stewart, Fremont's Copperwaith, Sunnyvale's Hernandez, Monte Vista's Nicklin and Cupertino's Wright. Team strength seems to be shifting this year from Lynbrook and Homestead to Monte Vista, Cupertino and Sunnyvale. The FAL championship could very easily go down to the seventh man. Pacific Grove of the **Mission League** and Leigh of the **West Valley League** will again have to be considered prime contenders in the CCS championship meet.

In Southern California there's going to be some real excitement as the season unfolds. Some Southern Section action: Looking first at the Orange County; Costa Mesa with Ellis, Hawkinson, Thompson, and Young all under ten flat on the Orange County course should dominate the **Century League**. Corona Del Mar led by Jeff Day and El Modena led by Chris Money should provide the toughest competition. The **Enterprise League** should be a two team battle between Foothill and Huntington Beach. Foothill has the top two individuals in Mark Spilsbury and Greg Gerich. Huntington Beach will depend on three "All County" runners, Calvano, Harrell, and Gifford. Foothill will back Spilsbury and Gerich with Toberty and Way who were also "All County." The **Freeway League** looks like a

contenders. Santa Barbara will be paced by dynamic George Aguirre - they lost the dual meet to Dos Pueblos last year by only one point.

The **Suburban League** favorites will again be paced by Gahr and Artesia. Jim Arriola was injured last year and will lead an experienced Gahr contingent. Artesia will have a lot of younger kids but they were third in the national postal 10 mile frosh team race last year. The **Rio Hondo League** should again be in the hands of CIF champions San Marino. In the **Citrus Belt League** San Gorgonio and Chaffey have dominated for the past few years and are expected to battle it out again. Top individual could be Chaffey's defending league champion, Tim Mattison. The **San Antonio League** will be between always strong Upland and Claremont. Upland has lost league champion Mark Sorenson but retains their depth. Mike Roza of Montclair and Mike Boetcher of Pomona will provide plenty of individual highlights. The **Hacienda League** also appears to be a two team race between Walnut and defending champion San Dimas. Joel Hope of Alta Loma is the defending league champ and he's just a junior. He holds the CIF Frosh-Soph mile record and as a soph recorded a 4:21-9:44 double. Other individuals going after Hope will be Scott Carter of Walnut, Doug Moore of Royal Oak, Mike Greene of Bonita and Perry LaMont of San Dimas.

The Los Angeles City Section should be

for a University High Western League title. Palisades with Woodson, Westchester with Scholssman and Venice with Hornish will be pushing. Poly and Sylmar will fight it out for the **East Valley League**. The individual race will be between Heide and Scobey (Hollywood), Maynez and Apuzzo (Sylmar) and Esquivel (Poly). Kennedy and San Fernando will go after the **Mid Valley League** crown with Wendler of Granada Hills and Bernstein of Monroe joining the others mentioned above for honors individually. Taft and Chatsworth are no doubt the **West Valley League** favorites. Simenz will lead Taft with Siemen the main gun for Chatsworth. They will be joined at the front by Harmon of Reseda and Weinstein from Canoga Park.

Here's a preview of the action in the **Central California Section**: Central Section champs Madera High will count heavily on their only two returnees, Lawrence Carranza and Jose Renteria, to defend the **North Yosemite League** title. Pishone and Muniz will pace a strong Clovis attack and Bullard can't be overlooked as they won frosh soph last year. Ketner from Fresno, Valentine from Roosevelt, Lowe and Esquivel of McLane will be individual contenders. Dos Palos has been building a strong team under new coach Keith Jeffers and are the pick in the **North Sequoia League**. The **West Yosemite League** looks strong and well balanced against this year. Defending champs Reedley have a new coach in Roger Trujillo and return six of their top seven. Look for Hanford and Mt. Whitney to push. Individuals will be Jesse Lopez of Reedley, Hector Garcia of Redwood, and Pedro Medrano of Sanger. Wasco is the defending **South Sequoia League** champion, and although they lose Central Section champion, Sammy Garcia, they retain five of their top seven and pick up age group standout Todd Knox. Corcoran and Shafter would like nothing better than to knock off Wasco and will have a run at it. Top runners could be Wasco's Lupe Arguello and Kevin Knox, Shafter's Randy White, Mark Keeley and Al Meyer, and Corcoran's Manual Perez. Arvin is always tough in the **East Yosemite League** and this year will be no exception. East Bakersfield looks to be the sure favorite in the **South Yosemite League**. They only lose one runner from last year

(NCS finalist last year), **Diablo Valley Athletic League's** Mt. Diablo and College Park. Others that could upset are Pleasant Hill which just lost the NCS Frosh-Soph title by an eyelash last season; the **Foothill League** champion, Miramonte; defending East Bay champ San Ramon; and up and coming Campolindo.

County the west in the Alameda County-Hayward area Newark could have a great season with all hands returning from a very successful **Mission Valley League** championship squad. Washington of Fremont will be a strong factor as will be Alameda. Castro Valley, number three in NCS last year, will not be as strong this season, yet will be one of the better teams in their area and should be favored in the **Hayward Athletic League**. Aside from Alameda things are hazy in the **Alameda Athletic League** since finances, or lack of same, have clouded the picture in the Richmond City Schools and so a promising El Cerrito and De Anza squads are big question marks at this time. De LaSalle of the **Catholic Athletic League** should be ahead of Bishop O'Dowd this go around.

Some of the toughest teams in the NCS will come from the more northern part of the Bay Area, the **Marin County Athletic League**. Redwood went undefeated in the league and went on to win the NCS, however they lost the Division title to a strong San Rafael who then wound up second in the section. Tamalpias won the Frosh-Soph NCS title so should also be a contender. However, champion Redwood has their top four runners back and will be awful hard to beat.

Individually College Park's Kevin Searls and Diablo's Ron Criner finished in the top six of last year's NCS and should give the two Diablo Valley Athletic League entries strong fire power. Add to that Matt Dowling of College Park, Boyd Tarrin and Gabe Aguayo of Livermore, Newark's Mike Smith and Mission San Jose's Tom Smith. Redwood's Hal Schulz was 10th in the section last year and zipped a 9:15.2 during track. Hal's teammate Dave Mihailoff placed 12th in the section last year and will give everyone a run for it. Aran Collier of Tamalpias was fourth last year and could take it all.

In the **Central Coast Section** it should be another very close race for team honors in the always tough **Fremont Athletic League**. Gone are Hulburg, the defending

Looking first at the **Orange County**; Costa Mesa with Ellis, Hawkinson, Thompson, and Young all under ten flat on the Orange County course should dominate the **Century League**. Corona Del Mar led by Jeff Day and El Modena led by Chris Money should provide the toughest competition. The **Enterprise League** should be a two team battle between Foothill and Huntington Beach. Foothill has the top two individuals in Mark Spilsbury and Greg Gerich. Huntington Beach will depend on three "All County" runners, Calvano, Harrell, and Gifford. Foothill will back Spilsbury and Gerich with Toberty and Way who were also "All County." The **Freeway League** looks like a very tight team race between La Habra and Buena Park. Fullerton has the potential to be there too. All three teams have most of last year's squad coming back. Top individuals include Dean (Fullerton), Mitchell (Lowell), Ryan (Sunny Hills), and Cendejas (Buena Park). The **Garden Grove League** will be just as tight. Garden Grove High, the champs for the past two years, has the best potential but Bosa Grande, La Quinta, and Rancho Alamitos will provide stiff competition. Mark Henig (La Quinta) is the top returning runner in the league. He placed eighth in last year's CIF-3A. The **Orange League** looks like a two team race with El Dorado and Valencia. El Dorado has the league's best individual in Sutzi and a slight depth advantage over Valencia. The two schools have battled close ones before so this year is nothing new. In the **South Coast League** Mission Viejo is a slight favorite. Top contenders include Laguna Beach, San Clemente, and University. Laguna will rely heavily on Eric Hulst, while Mission Viejo will count on Mike Walterhouse. San Clemente has another top runner in Terry Huddleston. University dominated the younger divisions last year and may have the best depth. Edison is the favorite in the **Sunset League**. They will probably be one of the top three teams in the entire county. They will be led by Colin McConnell. The closest competition should come from Westminster and Fountain Valley.

Moving into the northern part of the section the defending champion in the **Channel League**, Dos Pueblos, lost only two of their top seven. Jeff Coffman will pace the way for Dos Pueblos. Santa Barbara and Hueneme will be chief

strong Upland and Claremont. Upland has lost league champion Mark Sorenson but retains their depth. Mike Roza of Montclair and Mike Boetcher of Pomona will provide plenty of individual highlights. The **Hacienda League** also appears to be a two team race between Walnut and defending champion San Dimas. Joel Hope of Alta Loma is the defending league champ and he's just a junior. He holds the CIF Frosh-Soph mile record and as a soph recorded a 4:21-9:44 double. Other individuals going after Hope will be Scott Carter of Walnut, Doug Moore of Royal Oak, Mike Greene of Bonita and Perry LaMont of San Dimas.

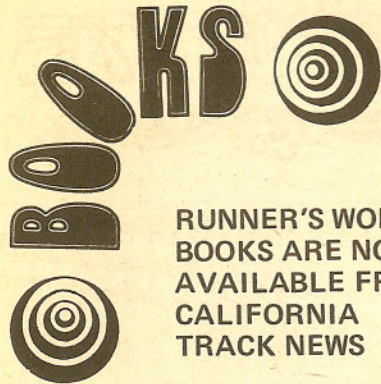
The **Los Angeles City Section** should be very interesting to watch this season for two reasons. First, Los Angeles City schools will increase the length of their cross country race to 3.0 miles for varsity and junior varsity races (10th grade will still run 2.0); and second, most of the outstanding runners from the last few years have graduated so a new group of names will appear as this year's stars. University, coached by Dick Kampmann, has to be the favorite for the Section team championship. Uni is the defending city champion and loses only Peter Levine from last year's squad. They will be led by Bill Bredall, Andy Sherrill, and Jeff Saunders. Other schools that could push Uni for the title include: Mid-Valley League powers Kennedy High with Tom Babiracki and juniors Greg Edwards and Robert Traba, and San Fernando High with Joe Meza, Manuel Fierroz, and Steve Duarte; Marine League favorite San Pedro High led by Ron Cornell, Bob Bailey and Paul Anderson are also strong contenders. Other leading teams should be Palisades High and Venice High from the strong Western League; and Taft High and Chatsworth High of the West Valley League. League breakdowns look like this: **Eastern League** favorite is Garfield paced by Fajardo. Guyton of Roosevelt and Garcia of Huntington Park will be individual contenders. San Pedro has a good shot at the **Marine League**. Top individuals being Cornell and Bailey of San Pedro, Villarreal of Carson and Sierra from Banning. Wilson is the pick in the **Northern League** and they will be paced by Quemada. Fremont will be counting on Ledet to hold off Washington and Los Angeles for **Southern League** honors. Sherrill and Bredall should pave the way

Pedro Medrano of Sanger. Wasco is the defending **South Sequoia League** champion, and although they lose Central Section champion, Sammy Garcia, they retain five of their top seven and pick up age group standout Todd Knox. Corcoran and Shafter would like nothing better than to knock off Wasco and will have a run at it. Top runners could be Wasco's Lupe Arguello and Kevin Knox, Shafter's Randy White, Mark Keeley and Al Meyer, and Corcoran's Manual Perez. Arvin is always tough in the **East Yosemite League** and this year will be no exception. East Bakersfield looks to be the sure favorite in the **South Yosemite League**. They only lose one runner from last year and also won the junior varsity race. Bakersfield, Foothill and Highland will have the best shot for an upset. Look for top individuals in East's Terry Lewis, Brian Thompson, and Rodney Lewis; Bakersfield's Bert Ellison, West's David Riel, Foothill's Harry Jimenez and a batch of young runners from highland in Felix Elieff, Frank Yorkus, and Eddie Lujan.

In the **Sac-Joaquin Section** several schools from the **Central Cal League** could upset favorites Jesuit and South Lake Tahoe. Downey will be led by Tim Holmes and Alfred Soto, but Turlock and Merced have the depth. Other league favorites are Rod Rodriguez of Merced, Mark Mirza of Turlock, Lucas Alberto of Modesto and Murphy Miller of Atwater.

Predictions don't mean much when it comes down to the nitty-gritty of a rough and tumble cross country season. One thing for certain is that there is alot of excitement ahead as the season unfolds. Sorry we don't have more information on the Sac-Joaquin, San Diego, and Northern California Sections. We are most grateful to the following coaches who provided the basic information for this preseason summary: Alan Beymer, Ted Oliver, Andy Darby, Doug Rudolf, Dennis DeWitt, Pete Nelson, Al Rhodes, Steve Bruhns, Jerry Whitaker, Vern Gambetta, Norm Eliason, Doug Basham, and Bob McGuire.



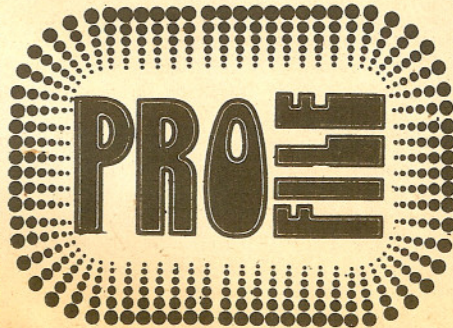


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KATHY COSTELLO: Pleasant Hill High School and Orinda Track Club. Age 17; 5 feet, 8 inches, 123 pounds. Born December 4, 1957 in Oroville, Ohio.
Best Marks: 880-2:08.6 (75); Mile- 4:51.1 (75); 2 Mile- 10:41.0 (75). Coached by Bob McGuire (Pleasant Hill HS) and Don Bailes (Orinda TC).

The Bruins have picked another peach.

*Kathy
Costello*

club to make a fifth runner and a complete cross country team. She swam 2 days and ran 2 days a week for the first month until swimming was over, then devoted 5 days a week to running. That first year she won the East Bay Invitational and placed third in the Northern Cal Invitational. In the Spring of 1973 she ran track for the first time with bests of 57.0 in the 440 and 2:16 in the 880.

"As a junior she ran in a few boys JV cross country races and again won the East Bay Invitational but the hills in the Northern Cal Invitational did her in and she was only fifth. Track was different. Since this was the first year for girls track as an official sport (CIF). She worked out with the better boys (note: all of our girls work out with boys at all workouts - runners are runners, jumpers are jumpers, etc. regardless of sex - we just have different levels of ability). Kathy ran a wide variety of events from 11.8 in the 100 through 11:10 in the two mile, with 2:10.6 in the 880 and 5:01 in the mile her top marks. She had come off of her first AAU experience having run a limited winter indoor program with Orinda Track Club. She capped off her nine meet junior prep season with the 880 crown in the first CIF State Meet in Bakersfield.

"Hooking up with Orinda TC in June, she took second in the State AAU mile and third in the National AAU Junior Champs mile. That ended her AAU season as she chose not to try the Junior Olympics. Instead she hit the road all summer averaging 40 to 80 miles a week.

"Since high school cross country for girls was still not an 'official' sport she ran as our #7 varsity or #1 JV all season. Due to late hours and poor pacing she 'bombed' in her favorite, the Pleasant Hill Invitational but bounced back to destroy the girls in the league, East Bay and Northern Cal Invitationals. Highlighting the season was a 10:41 two mile on the track.

"She elected not to run AAU indoors save a leg on Orinda TC's sprint medley, as she wanted to play on the schools basketball team for her second year. During this time she still got in good mileage as taken from her log book: **January 12:** Ran Daisy Hill Run 13.7 miles - 2nd in Women's Division. **January 13:** 4X55, 12X220. **January 14:** 4X55, 6X330

AAU field I will more likely key off of a proven opponent for 1000 to 1320 yards and then attempt a kick."

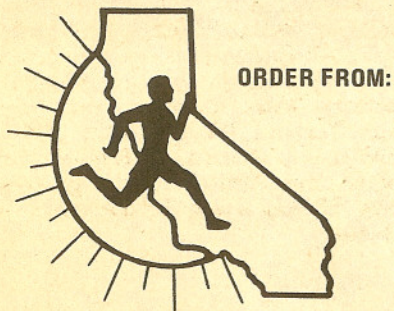
Kathy appreciates her participation in track and is setting some worthy goals for the future. "Success in track has opened up many new horizons for me. I have made many friends and enjoy the physical

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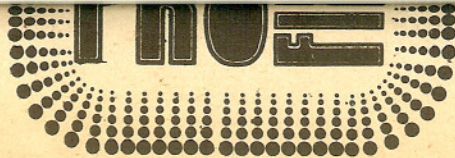
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The Bruins have picked another peach. Joining the ranks of the UCLA AIAW Nationals Champions will be Pleasant Hill High School graduate Kathy Costello. After three years of high school track Kathy has developed into one of the finest prospects in the state. She was State 880 Champion in 1974 and won both the 880 and one mile, just recently, in the 1975 State Meet. She also holds National Prep Records in both events.

Kathy says her favorite event "... is the mile run. I like to compete frequently, too; twice a week if the meets are low key and once every two weeks in the high level competitions. The strategy I use in each race depends on the competition. Normally I will take command and get the lead early in high school meets. In a strong

Costello

AAU field I will more likely key off of a proven opponent for 1000 to 1320 yards and then attempt a kick."

Kathy appreciates her participation in track and is setting some worthy goals for the future. "Success in track has opened up many new horizons for me. I have made many friends and enjoy the physical activity. My immediate goals are to get in good standing on the UCLA squad and shoot for 2:03, 4:42, and 10:20. The '76 Olympics? It will be tough. Maybe the 1980 Games would be a more realistic goal. I hope to continue competing until age 35 or so, or until the spirit fails." Her studies and running at UCLA will be preparing her to eventually be a coach or a recreation leader.

We asked Pleasant Hill High coach Bob McGuire to tell us a little bit about Kathy's track career so far, with emphasis on her training. "Kathy is strictly a high school product. She got her start in the Autumn of her sophomore year when four girls on our first ever female cross country team 'drafted' her off of the girl's swim

to late hours and poor pacing she 'bombed' in her favorite, the Pleasant Hill Invitational but bounced back to destroy the girls in the league, East Bay and Northern Cal Invitationals. Highlighting the season was a 10:41 two mile on the track.

"She elected not to run AAU indoors save a leg on Orinda TC's sprint medley, as she wanted to play on the schools basketball team for her second year. During this time she still got in good mileage as taken from her log book: **January 12:** Ran Daisy Hill Run 13.7 miles - 2nd in Women's Division. **January 13:** 4X55, 12X220. **January 14:** 4X55, 6X330 (110 jog). **January 15:** 6 mile road run. **January 16:** AM-3 1/2 miles, PM-2 miles, 6X55, 330 step up. **January 17:** 5 miles on roads. **January 18:** 7 miles in hills.

"When March rolled around she reeled off a 4:53.8 mile in the Granada dual on a beautiful day. Here is seven days prior workouts (all PM with the HS squad). **March 11:** 4X330, 4X220, 4X110, 1 1/2 mile cool down. **March 12:** 5 1/2 mile road run. **March 13:** 3 miles in rain, indoor sprints. **March 14:** 5 miles in rain. **March 15:** 2 miles easy. **March 16:** Fast 4 miles on road, 5 miles run, relay passes. Like all of our distance runners, we try to get on an alternating road-interval workout system. Unfortunately, early season rains and track meets clutter up the concept so it is difficult to recognize this pattern at times. A sample of such was as follows: **March 29:** Easter Relays, 2:14 and 57. **March 30:** 12 mile road run. **March 31:** 1 1/2 mile, 660 at 1:33.5, 8X220 at 32 (45 second rest), all out 440 at 62.0, 1 1/2 mile. **April 1:** 2 1/2 mile, 16X110, 2 1/2 mile. **April 2:** 6 miles on road. **April 3:** 1 mile, 4X660 at 1:40 (5 minutes rest), 3 1/2 miles. **April 4:** meet rained out 9 1/2 miles at 7:10 pace.

The State Meet was her Zenith and she later admitted that AAU was anti-climatic as was Junior Olympics. She won Northern Cal 880 and mile with a new National Junior Olympic Record in the mile but gave up her qualifying spot in regionals since she felt she had had a long enough season. She wanted to get back to the roads and get primed for UCLA. Workouts prior to North Coast Section Finals: **May 25:** Recreational swimming. **May 26:** AM-hard swim, PM-2 1/2 miles easy on grass. **May 27:** 2X660 at 1:39 and 1:34 (5 minute rest). **May 28:** Easy 3 miles. **May 29:** Relay practice. **May 30:** rest. **May 31:** North Coast, 2:10.8, 40 minutes later 5:01.1, 55 minutes later 56.2r.

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SENIOR DIVISION (14 and over)

100 YARD DASH

- 10.5 (H1) Sandra Howard (MAHS) 5-23
 10.6 (1) Evelyn Ashford (ML) 6-21
 10.7 (1) Rosetta Birt (USC) 5-24
 10.7 (3) Frieda Cobbs (BEBTC) 5-24
 10.8 (1) Dollie Fleetwood (SCC) 5-3
 10.8 (1) Gail Douglas (LBC) 5-10
 10.8 (5) Gayle Eutler (UCLA) 5-24
 10.8 (H1) Marie Nickson (BerHS) 6-6
 10.9 (2) Martha Watson (LI) 4-11
 10.9 (3) Renaye Bowen (LI) 4-19
 10.9 (H1) Waters (BellHS) 5-23
 10.9 Sandy Rapatz (SanRafHS)
 10.9w (1) Hunter (CentenHS) 5-23
 11.0 (1) Jarvis Scott (PTC) 3-21
 11.0 (1) Penny Slaughter (LI) 5-3
 11.0 G. Hall (TamalpaisHS)
 11.0 (H2) Kim Robinson (WstchtrHS) 6-6
 11.0 (H3) Regina Jordan (MuirHS) 6-6
 11.0w (1) Yolanda Rich (LBC) 3-15
 11.1 (6) Patty VanWolvelaere (WWW) 4-26
 11.1 (1) Mona Yates (Irwin) 5-3
 11.1 (2) Pat Donnelly (LI) 5-3
 11.1 Robin Lynn (Monroe HS)
 11.1 (2) Evans (MorningsideHS) 5-23
 11.1 (3) Pam Curran (LaRainaHS) 5-23
 11.1 (4) Cindy Banks (S.MarcosHS) 5-23
 11.1w (1) Alice Brown (Muir HS) 5-23
 11.2 Janet Benford (CPSLO) 4-11
 11.2 (2) Yvonne Johnson (SDC) 5-3
 11.2 (5) Fabors (SA Val HS) 5-23
 11.2 (H3) A.sberry (E.Bakfld HS) 6-6

220 YARD DASH

- 23.6m (1) Renaye Bowen (LI) 6-8
 23.72m (1) Esther Roth (Macc) 6-14
 23.8m (2) Jarvis Scott (PTC) 6-8
 23.8mw (1) Debbie Byfield White (BEBTC)
 24.1 (H2) Marie Nickson (BerHS) 6-6
 24.3 (H1) Waters (BellHS) 6-5
 24.2m (1) Jane Frederick (LATC) 6-21
 24.2m (2) Evelyn Ashford (WS) 6-27
 24.3m (3) Rosetta Birt (LI) 6-24
 24.3m (1) Denise Pemberton (ML) 8-16
 24.3mw (2) Frieda Cobbs (BEBTC) 5-3
 24.4m (2) Yolanda Rich (LEC) 5-18
 24.5 (2) Kim Robinson (WstchHS) 6-7



DEBBIE BYFIELD

880 YARD RUN

1500 METERS

- 4:08.5 (1) Francie Larrieu (PCC) 7-10
 4:11.8 (4) Cyndy Poor (SJC) 8-2
 4:13.5 (1) Julie Brown (LATC) 6-28
 4:17.3 (1) Kate Keyes (LATC) 6-8
 4:19.9 (3) Judy Graham (SJC) 5-27
 4:22.8 (2) Lee Chiu-Shia (UR) 5-18
 4:26.4 (1) Debbie Heald (Un) 3-2
 4:28.2 (3) Gunnilla Lindh (WWW) 5-18
 4:29.0 (11) Carol Flournoy (SCC) 6-28
 4:30.0 (3) Eileen Claugus (WS) 5-24
 4:31.8 (1) Pam Bowers (SJC) 5-3
 4:32.9 (H5) Suzanne Keith (RRR) 6-24
 4:34.0 (7) Teri Anderson (SJC) 6-27
 4:34.1 (2) Kathy Adams (WS) 5-3
 4:38.5 (5) Kathy Jewell (LBC) 5-17
 4:42.0 (3) Estella Guina (SJC)
 4:45.1 (4) Sally McPherson (SJC) 5-3
 4:46.5 (3) Pam Jewell (LBC) 6-8
 4:48.0 (3) Loretta Simmons (RCF) 4-6
 4:48.8 (3) i Anne Dandoy (SBC) 2-7
 4:49.1 (4) i Roma Antoniewicz (LATC) 2-7
 4:49.2 (5) i Teresa Caudillo (LBC) 2-7
 4:51.3 (5) Colleen McManus (SJC) 4-6
 4:55.4 (6) Suzi Greenberg (SJC) 4-6

ONE MILE RUN

- 4:31.69 (1) Francie Larrieu (PCC) 5-31
 4:40.58 (1) Julie Brown (UCLA) 5-17
 4:42.09 (2) Kate Keyes (UCLA) 5-17
 4:43.19 (3) Judy Graham (SJC) 5-10
 4:44.8 (1) Cyndy Poor (SJC) 12-21-74
 4:47.8 (5) Lee Chiu-Shia (UR) 4-26
 4:48.5 (4) i Linda Heinmiller (UCLA) 2-15
 4:51.1 (1) Kathy Costello (PHHS) 4-30
 4:52.4 (1) Jacki Hansen (SFVTC) 1-5
 4:52.8 (2) Lynn Morin (UCLA) 3-23
 4:54.2 (2) Debbie Heald (LHM) 1-25
 4:55.0 Sue Kinsey (CSUN) 5-16
 4:56.5 (1) Carol Flournoy (SCC) 6-8
 4:56.7 (6) Eileen Claugus (WS) 4-26
 4:57.4 (1) Chris Caldwell 8-9
 4:57.7 (4) Becky Wolfenbarger (SCC) 1-5
 4:58.0 (1) Maria Stearns (UCLA) 2-23
 5:00.1 (3) Teri Anderson (SJC) 6-14
 5:00.3 (2) Pam Allen (Lassen HS) 6-7
 5:01.0 (7) Paula Rose (BA) 4-26
 5:02.9 (3) Maggie Keyes (TamHS) 6-7

2 MILE RUN

- 10:07.0 Judy Graham (SJC) 12-24-74
 10:11.20 Julie Brown (UCLA) 5-17
 10:12.45 (3) Kate Keyes (UCLA) 5-17
 10:27.6 (3) Eileen Claugus (WS) 4-27
 10:28.0 (1) Jacki Hansen (SFVTC) 6-8
 10:31.2 (2) Cheryl Bridges (LATC) 4-19
 10:36.4 (3) Linda Heinmiller (UCLA) 3-21
 10:36.6 (2) Cyndy Poor (SJC) 4-12
 10:38.2 (1) Debbie Heald (LMM) 2-1
 10:39.6 (1) Lynn Morin (UCLA) 2-23
 10:40.0 (1) Lee Chiu-Shia (UR) 5-18
 10:49.4 (3) Pam Bowers (SJC) 4-12
 10:54.8 (4) Suzi Greenberg (SJC) 4-12
 10:56.2 (4) Sue Kinsey (CSN) 3-21
 10:58.2 (2) i Doreen Assumma (RRR) 1-24
 11:05.0 (5) Kathy Adams (WS) 4-27
 11:06.8 (5) Dominique Carron (ML) 4-12
 11:08.0 (6) Laurie Jewell (LBC) 4-27
 11:08.4 (3) i Kiane Stern (SCC) 1-24
 11:12.8 (6) Lisa Greenberg (SJC) 4-12
 11:15.0 (1) Carol Flournoy (SCC) 3-15
 11:19.4 (2) Kathy Jewell (Un) 5-10
 11:30.0 (3) Lynn Miller (SDTC) 5-18
 11:36.0 (3) Debra Johnson (RRR) 3-23
 11:42.0 (7) Suzanne Keith (RRR) 4-27
 11:51.0 (2) Patty Coursey (BA) 2-23
 11:57.6 (4) Katherine Spencer (Un) 5-18
 11:58.2 (1) Kathy Chisam (ArcdHS) 5-10
 12:24.0 (1) Sherry Simmons (BA) 6-21
 12:28.0 (8) Susan Brodock (RRR) 3-23

10,000 METERS

- 35:00.4 (1) Julie Brown (UCLA) 3-29
 35:59.6 (2) Cheryl Bridges (LATC) 3-29
 37:17.4 (1) Nadia Garcia (SDTC) 4-12
 40:22.6 (4) Suzanne Keith (RRR) 3-29
 40:25.4 (2) Lynne Miller (SDTC) 4-12
 41:01.0 (5) Donna Sanchez (RRR) 3-29
 41:10.8 (6) Penny ReNeau (NCTC) 3-39
 41:56.4 (7) Marie Albert (RRR) 3-29
 44:49.8 (3) Donna Gookin (SDTC) 4-12
 48:23.8 (8) Chris Pool (NCTC) 3-29
 48:33.6 (9) Kit Kakadelas (Un) 3-29

1500 METER WALK

11.2 (5)Sabers(SA Val HS)5-23
 11.2 (H3)Asberry(E.Bakfld HS)6-6

220 YARD DASH

23.6m (1)Renaye Bowen(LI)6-8
 23.72m (1)Esther Roth(Macc)6-14
 23.8m (2)Jarvis Scott(FTC)6-8
 23.8mw (1)Debbie Byfield White(BERTC)
 24.1 (H2)Marie Nickson(BerkHS)6-6
 24.3 (H1)Waters(BellHS)6-6
 24.2m (P)Jane Frederick(LATC)6-21
 24.2m (2)Evelyn Ashford(WS)6-27
 24.3m (3)Rosetta Birt(LI)6-24
 24.3m (1)Denise Pemberton(ML)8-16
 24.3mw (2)Frieda Cobbs(BERTC)5-3
 24.4m (2)Yolanda Rich(LEC)5-18
 24.5 (2)Kim Robinson(WstchHS)6-7
 24.5m (3)Gayle Butler(UCLA)6-8
 24.7 (1)Gail Douglas(LBC)4-27
 24.7 (4)Hunter(CentenHS)6-7
 24.7w (3)Sandy Muse(WWW)5-10
 24.8 (H2)Johnson(OakTechHS)6-6
 24.9 (5)Robbie Mitchell(FmtHS)6-7
 25.0 (4)Elaine Parker(ML)4-6
 25.0 (H2)Sandy Rapatz(SRafHS)6-6
 25.0 (H3)Ellis Yerba BuenaHS)6-6
 25.0 (H4)Pam Curran(LRHS)6-6
 25.0m (3)Pam Green(SCC)5-18
 25.1 (H3)Asberry(E.BakHS)6-6
 25.1 (H4)Jackson(N.RvdsHS)6-6
 25.1 (1)Cindy Banks(Un)6-8
 25.1 (1)Kathy Price(WashHS)6-29
 25.1w (2)Debbie Roberson(UCLA)4-27
 25.2 (5)Chris Smallwood(IntTC)4-6
 25.2 (H5)Taylor(SDClairmHS)6-6

440 YARD DASH

53.2m (3)Debbie B. White(BERTC)6-27
 53.3m (1)Jarvis Scott(PTC)6-8
 54.1m (2)Debbie Roberson(LATC)6-8
 54.3m (2)Kathy Weston(WS)5-3
 55.0 (1)Yolanda Rich(LBC)6-8
 55.1 (2)Jodi Anderson(PTC)6-8
 55.0m (3)Sharon Dill(LI)6-8
 55.0m (H1)Mary Decker(LI)6-24
 55.3m (3)Chris Smallwood(IntTC)5-3
 55.9 (2)Peterson(HarborHS)6-7
 56.0 (3)Partida(Yuba CityHS)6-7
 56.0 (4)Adrienne Lair(FmtHS)6-7
 56.0 (3)Teresa Caudillo(LBC)6-8
 56.2 (5)Moore(Royal HS)6-7
 55.8m (4)Julie Lake(LI)6-8
 56.4 (1)Lynn Smith(WWW)5-18
 56.2m (H1)Pam Green(SCC)6-24
 56.7 (1)Kathy Keyes(PAT)3-15
 56.3m (4)Denise Pemberton(ML)5-3
 56.5m (5)Michele Hopper(PTC)6-8
 57.0 (1)Ruth Kleinsasser(UR)4-11
 57.0 (1)Kathy Costello(PHHS)4-27
 57.3 (H1)Kathy Smock(BarstowHS)6-6
 57.5 (2)Ginger Lewis(ML)4-27
 57.5 (5)Robbie Mitchell(PTC)6-8
 57.6 (2)Cyndy Poor(SJC)4-6
 57.6 (3)June Bonacich(SJC)4-27
 57.6 (6)Linda Jackson(PTC)5-10
 57.7 (4)Patty Cape(LBC)5-3
 57.8 (2)Chris A'Harran(UCLA)4-27



DEBBIE BYFIELD

880 YARD RUN

2:03.8 (1)Cyndy Poor(SJC)7-16
 2:06.0 (1)Lee Chiu-Shia(UR)5-25
 2:07.6 (1)Kathy Weston(WS)2-28
 2:08.48 (2)Julie Brown(UCLA)5-20
 2:08.5 (1)Kathy Keyes(PAT)8-2
 2:09.0 (3)Mary Decker(LI)5-24
 2:09.2 (1)Kathy Costello(PHHS)6-7
 2:09.2 (1)Lynn Smith(WWW)7-19
 2:09.7 (2)Debbie Heald(LMM)8-16
 2:09.78 (6)Kate Keyes(UCLA)5-20
 2:09.8 (2)i Francie Larrieu(PCC)1-10
 2:09.8 (1)Ruth Kleinsasser(UR)4-11
 2:11.0 (4)Chris Caldwell(Peop)8-16
 2:11.4 (1)Teresa Caudillo(LBC)6-8
 2:11.8 (1)Michele Hopper(PTC)8-9
 2:11.9 (5)Judy Graham(SJC)8-16
 2:12.1 (2)Alice Trumbly(CingahHS)6-7
 2:12.8 (3)Beth Howell(SDgtoHS)6-7
 2:13.7 (3)Carol Flournoy(SCC)5-10
 2:14.6 (4)Loretta Simmons(RCF)5-3
 2:14.6 (4)Allen(Lassen HS)6-7
 2:15.0 (4)Marilyn Neufville(Cal)4-26
 2:15.2 (5)Carolyn McDonald(GsmthHS)6-7
 2:15.5 (2)Kim Miller Neal(SJC)4-6
 2:16.2 (1)Lynn Morin(UCLA)3-15
 2:16.7 (4)Kathy Jewell(LBC)6-8
 2:17.0 (7)Moore(Royal HS)6-7
 2:17.1 (5)Jamie Bowen(LI)5-10
 2:17.5 (7)Kathy Scatena(E.BakHS)5-10
 2:18.0 (5)Anne Dandoy(Un)6-8
 2:18.5 (1)Maggie Keyes(TamHS)5-17
 2:18.5 (1)Donna Machado(AcdHS)

800 METER RUN

2:02.9 (2)Kathy Weston(WS)6-28
 2:05.1 (2)Francie Larrieu(PCC)7-8
 2:05.5 (2)Cyndy Poor(SJC)7-4
 2:07.6 (1)Ruth Kleinsasser(UR)5-18
 2:08.0 (1)Julie Brown(LATC)6-8
 2:08.13 (1)Lee Chiu-Shia(UR)6-14
 2:08.5 (2)Kathy Keyes(PAT)6-8
 2:08.9 (2)Mary Decker(LI)5-18
 2:09.2 (3)Paula Rose(BA)6-24
 2:09.9 (1)Kathy Costello(OCT)6-24
 2:09.9 (7)Lynn Smith(WWW)6-27
 2:10.6 (3)Carol Flournoy(SCC)6-24
 2:10.8 (4)Ann Larsen(WWW)5-18
 2:11.4 (5)Val Cooper(SJC)5-17
 2:11.5 (5)Roma Antoniewicz(LATC)6-24
 2:11.7 (4)Lauri Mullins(LATC)6-24
 2:12.6 (6)Teresa Caudillo(LBC)6-24
 2:12.6 (7)Kim Miller Neall(SJC)6-27
 2:13.5 (8)Marilyn Neufville(LATC)6-27

4:31.69 (1)Francie Larrieu(PCC)5-31
 4:40.58 (1)Julie Brown(UCLA)5-17
 4:42.09 (2)Kate Keyes(UCLA)5-17
 4:43.19 (3)Judy Graham(SJC)5-10
 4:44.8 (1)Cyndy Poor(SJC)12-21-74
 4:47.8 (5)Lee Chiu-Shia(UR)4-26
 4:48.5 (4)i Linna Heinmiller(UCLA)2-15
 4:51.1 (1)Kathy Costello(PHHS)4-30
 4:52.4 (1)Jacki Hansen(SFVTC)1-5
 4:52.8 (2)Lynn Morin(UCLA)3-23
 4:54.2 (2)Debbie Heald(LMM)1-25
 4:55.0 Sue Kinsey(CSUN)5-16
 4:56.5 (1)Carol Flournoy(SCC)6-8
 4:56.7 (6)Eileen Claugus(WS)4-26
 4:57.4 (1)Chris Caldwell 8-9
 4:57.7 (4)Becky Wolfinbarger(SCC)1-5
 4:58.0 (1)Maria Stearns(UCLA)2-23
 5:00.1 (3)Teri Anderson(SJC)6-14
 5:00.3 (2)Pam Allen(Lassen HS)6-7
 5:01.0 (7)Paula Rose(BA)4-26
 5:02.9 (3)Maggie Keyes(TamHS)6-7
 5:03.8 (1)Kathy Jewell(LBC)3-8
 5:03.8 (4)Munday(LincolnHS)6-7
 5:03.8 (5)Sweery(MarinCthHS)6-7
 5:07.9 (1)Pam Jewell(LBC)4-27
 5:08.2 (4)Ruth Kleinsasser(UR)4-27
 5:08.4 (1)Kathy Chisam(ArcadiaHS)
 5:09.0 (5)Suzanne DeCuir(LMM)4-27
 5:09.2 (1)Jamie Bowen(LI)5-18
 5:10.6 (8)Massi (PowayHS)6-7
 5:11.1 (2)Anne Dandoy(SES)2-1
 5:11.1 (4)Kim Miller Neall(SJC)6-14

3 MILE RUN

15:43.4 (1)Julie Brown(UCLA)12-8-74
 16:04.0 (1)Judy Graham(SJC)12-24-74
 19:41.7 (2)Clare Choate(UCLA)12-8-74
 19:41.7 (2)Linda Heinmiller(UCLA) "
 20:03.6 (4)Kate Keyes(UCLA)12-8-74
 20:03.8 (5)Clydine Crowder(UCLA) "

3000 METERS

9:08.8 (1)Francie Larrieu(PCC)6-7
 9:19.4 (4)Julie Brown(LATC)6-28
 9:24.1 (2)Cyndy Poor(SJC)6-7
 9:26.6 (7)Kate Keyes(LATC)6-28
 9:39.8 (1)Lee Chiu-Shia(UR)6-12
 9:45.0 (12)Linda Heinmiller(LATC)6-28
 9:48.0 (11)Cheryl Bridges(LATC)6-28
 9:49.0 (3)Suzanne Keith(RRR)6-25
 9:55.0 (12)Jacki Hansen(SFVTC)6-28
 10:02.0 (9)Suzi Greenberg(SJC)6-25
 10:14.4 (2)Kathy Jewell(LBC)6-25
 10:18.6 (11)Kathy Adams(WS)6-25
 10:19.8 (12)Laurie Jewell(LEC)6-25

5000 METERS

16:56.0 (1)Judy Graham(SJC)4-6
 17:06.6 (1)Lee Chiu-Shia(UR)5-4
 17:29.8 (2)Jacki Hansen(SFVTC)5-4
 17:55.8 (3)Susanne Keith(RRR)5-4
 17:57.8 (2)Lisa Greenberg(SJC)4-6
 18:07.8 (3)Kathy Adams(WS)4-6
 18:23.6 (4)Dominique Carron(ML)4-6
 18:46.8 (4)Marie Albert(RRR)5-4
 18:50.8 (5)Sue Neary(Un)4-6
 19:45.3 (6)Valerie Everly(Un)4-6

12:28.0 (8)Susan Brodock(RRR)3-23

10,000 METERS

35:00.4 (1)Julie Brown(UCLA)3-29
 35:59.6 (2)Cheryl Bridges(LATC)3-29
 37:17.4 (1)Nadia Garcia(SDTC)4-12
 40:22.6 (4)Suzanne Keith(RRR)3-29
 40:25.4 (2)Lynne Miller(SDTC)4-12
 41:01.0 (5)Donna Sanchez(RRR)3-29
 41:10.8 (6)Penny ReNeau(NCTC)3-39
 41:56.4 (2)Marie Albert(RRR)5-29
 44:49.8 (3)Donna Gookin(SDTC)4-12
 48:23.8 (8)Chris Pool(NCTC)3-29
 48:33.6 (9)Kit Kakadelas(Un)3-29

1500 METER WALK

6:45.8 (1)i Susan Brodock(RRR)2-7
 6:46.6 (1)Lisa Metheny(RRR)6-28
 7:03.4 (3)Linda Brodock(RRR)6-28
 7:17.8 (4D)Cindi Johnson(BA)6-28
 7:21.9 (4D)Terri Teegarden(BA)6-25
 7:26.0 (6)Christine Sakelarios(RCF)
 7:45.0 (9)Becky Villalvaszo(RRR)6-28



LINDA HEINMILLER

ONE MILE WALK

- 7:13.9 (1) Susan Brodock(RRR)2-1
- 7:25.7 (2) Linda Brodock(RRR)2-28
- 7:25.7 (3) Esther Marquez(RRR)2-28
- 7:49.0 (1) Cindi Johnson(BA)6-8
- 7:56.6 (1) Chris Sakelarios(RCF)4-6
- 7:57.7 (3) Terri Teegarden(BA)5-25
- 8:06.8 (2) Sheila Thomsen(RRR)1-5
- 8:27.2 (1) Dianne Dimmick(SJC)4-27
- 8:28.4 (1) Lisa Metheny(RRR)2-1
- 8:31.1 (1) Laura Janousek(SCC)8-16
- 8:39.1 (2) Jane Janousek(SCC)6-8
- 8:55.5 (3) Jaydee Folkens(SBS)3-8
- 8:59.8 (2) Amy Spangler(App)4-6
- 9:10.5 (3) Lisa Davis(BA)1-5
- 9:59.1 (1) Lynn Fox(PCP)5-3

5000 METER WALK

- 25:08.0 (1) Esther Marquez(RRR)3-15
- 25:10.2 (1) Susan Brodock(RRR)4-26
- 26:07.0 (1) Chris Sakelarios(RCF)3-15
- 26:16.0 (2) Linda Brodock(RRR)3-15
- 27:02.8 (3) Lisa Metheny(RRR)4-26
- 27:42.0 (3) Dianne Dimmick(SJC)3-15
- 27:45.0 (3) Sheila Thomsen(RRR)3-15
- 28:00.? (5) Cindi Johnson(BA)4-26
- 28:29.4 (6) Terri Teegarden(BA)4-26
- 29:20.6 (4) Jane Janousek(SCC)5-4
- 29:36.8 (5) Karlene Waskow(RRR)5-4
- 29:47.6 (6) Laura Janousek(SCC)5-4
- 30:59.2 (7) Jill Steiner(RRR)5-4
- 32:53.8 (8) Melissa Johnson(RRR)5-4

10,000 METER WALK

- 54:51.0 (1) Linda Brodock(RRR)3-29
- 56:15.4 (2) Cindi Johnson(BA)3-29
- 57:05.4 (3) Lisa Metheny(RRR)3-29
- 58:11.8 (4) Terri Teegarden(BA)3-29
- 59:46.0 (5) Jane Janousek(SCC)3-29
- 60:43.6 (6) Sheila Thomsen(RRR)3-29
- 60:53.2 (7) Jaydee Folkens(SBS)3-29
- 62:17.6 (8) Karlene Waskow(RRR)3-29
- 63:37.6 (9) Melissa Johnson(RRR)3-29
- 65:35.2 (10) Leslie Young(SBS)3-29
- 68:34.8 (11) Mary Payandrea(RRR)3-29

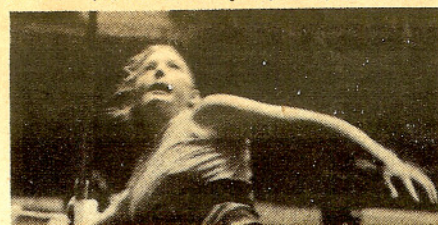
HIGH JUMP

- 5-10 (t1) Jane Frederick(LATC)3-3
- 5-10 (1) Pam Elackburn(Un)4-27
- 5-8 (1) Kim Maddox(LAHS)6-7
- 5-8 (2) Cindy Gilbert(WWW)6-14
- 5-8 (T5) Cindy Sandberg(SJC)6-28
- 5-8 (1) Susar Long(Gahr HS)7-26
- 5-7 (2) Chris Remmling(WWW)6-7
- 5-7 (1) Sandy G. Tyler(LI)8-16
- 5-6 (1) Rosetta Birt(USC)5-3
- 5-6 (3) Diane Stuart(OrindaTC)5-24
- 5-6 Candy Ross(Berk.HS)6-14
- 5-5 (4) Denise Cornell(SVTC)4-6
- 5-4 (2) DeAnne Wilson(LATC)1-5
- 5-4 (1) Cardise Zbieranek(LI)5-18
- 5-4 (1) Carey Hill(S.RafLHS)5-31
- 5-4 (2) Brenda Little(LI)6-8
- 5-4 (1) Adrienne Mosley(BannHS)6-29
- 5-3 Cecilia Rathmell(BroLindaHS)
- 5-3 (6) Pharris(MoorparkHS)

- 48-11 Linda Langford(MDYF)
- 48-4 1/2 (2) Kathy Devine(SDL)5-18
- 47-8 1/2 (7) Cel Rutledge(ML)6-28
- 45-6 3/4 (1) Vera Peco(LBC)1-25
- 45-6 (3) Denise Holloway(SJC)5-3
- 41-4 1/2 (Q) Lisa Kinimaka(SJC)6-24
- 41-4 (3) Judy Lane(WS)4-27
- 41-2 (2) Georgina Peko(LBC)3-23
- 40-11 1/2 (3) Kathy Trout(ML)4-6
- 40-10 1/2 (3) Jennifer Wagstaff(UCB)4-27
- 40-10 (1) Beverly Pendleton(PTC)2-1
- 40-0 1/2 (P) i Marilyn King(ML)2-22
- 39-10 1/2 (1) Kathy Schmidt(UCLA)5-3
- 39-10 (Q) Debra Haynes(Fresno)6-24
- 39-6 (1) Monette Driscoll(UCLA)4-12
- 39-1 (4) Maria Garcia(S.Czrs)5-3
- 38-7 (1) Michelle Peterson(LBC)6-8
- 38-4 1/2 (1) Marina Gomez(BshDgoHS)5-10
- 37-1 1/2 (1) Becky Daniels(LI)6-21
- 36-10 (2) i Bea Hunt(RRR)1-25
- 36-8 (1) Elanine Roque(LATC)12-18-74
- 36-2 3/4 (2) Michele Morse(WWW)5-3
- 35-11 1/2 (1) Williams(TamHS)5-17
- 35-11 (2) Gwen Wilkins(LI)6-8
- 35-6 3/4 (2) Vicky Vodon(PTC)2-23
- 35-2 Liz Schroeder(SLO)2-22
- 35-2 (5) Marta Kuehl(SVTC)4-6

DISCUS

- 189-9 (1) Connolly(SM)
- 175-7 (1) Carol Martin(Can)5-3
- 172-1 (2) Linda Langford(MDYF)5-3
- 164-10 (1) Jan Svendsen(WWW)8-16
- 163-5 (1) Terri Sabol(LATC)4-27
- 163-5 (2) Monette Driscoll(LATC)4-12
- 154-11 (3) Joan Pavelich(WWW)6-28
- 144-5 (1) Judy Lane(WS)4-27
- 133-9 (1) Debbie Rivera(SCTC)4-27
- 131-4 (1) Maren Seidler(MDYF)
- 128-11 (2) Lynn Cannon(ML)
- 128-9 (Q) Kathy Devine(SDL)6-24
- 128-5 (5) Jennifer Wagstaff(UCB)4-27
- 127-9 1/2 (2) Kathy Schmidt(UCLA)5-3
- 127-0 (1) Emily Dole(LI)2-1
- 126-7 (2) Kathy O'Brien(Un)5-18
- 123-3 (Q) Cathy Middleton(WWW)6-24
- 121-10 (3) Cel Rutledge(ML)
- 121-9 (1) Kathy Chapman(Un)5-3
- 121-7 (1) Marina Gomez(Bsh.DgoHS)5-27
- 121-0 (4) Marilyn King(ML)
- 120-4 (1) Morter(Ventura College)
- 119-7 (3) Roberta Bruder(UCLA)5-3
- 117-5 1/2 (1) Carey Hill(SRafLHS)5-17
- 116-0 Estelle Dugre(HanckCo.)
- 115-10 (1) Arlene McCall(PTC)3-2
- 114-8 Pam Blake(SLO)4-25
- 114-0 1/2 Kathy Hilton(PHHS)5-31
- 113-6 1/2 (3) Beverly Pendleton(PTC)2-23
- 112-0 (2) Lisa Bee(San RamonHS)5-31
- 111-8 (2) Christi Pyle(LATC)12-18-74



440 RELAY

- 45.8 (2) Lakewood Int. 4-20
- 46.4 (2) Millbrae Lions 6-25
- 47.3 (4) Long Beach Comets 6-25
- 48.0 (3) So. Cal. Cheetahs 4-13
- 48.2 (2) Wilt's Wonder Women 4-20
- 48.3 (2) Washington HS 6-7
- 48.4 (1H) Newport Harbor HS 6-6
- 48.4 (3) Fremont HS 6-7
- 48.6 (1) UCLA 3-2
- 48.6 (5) Sanger HS 6-7
- 48.7 (3) Chico State 5-10
- 48.8 (2) Berkeley TC 4-12
- 48.8 (H2) E. Bakersfield HS 6-6
- 49.1 (H3) Vista HS 6-6
- 49.2 (1) Berkeley HS 5-31
- 49.3 (2) Morningside HS 5-23
- 49.4 (H4) Westchester HS 6-6
- 49.5 (H3) San Diego Morse HS 6-6
- 49.6 (4) Premier TC 4-13
- 49.7 (5) Los Angeles TC 4-13
- 49.7 (1) Tamalpais HS 5-17
- 49.8 (1) USC 4-5
- 49.8 (3) San Jose Cindergals 5-3
- 49.8 (3) Dos Pueblos HS 5-23
- 49.8 (4) Royal HS 5-23
- 49.9 (1) San Diego Cougars 4-6
- 49.9 (H3) Terra Linda HS 6-6
- 50.0 (6) Lakewood Int.-B 4-13
- 50.0 (2) San Fernando HS 5-23
- 50.0 (3) Manual Arts HS 5-23

880 MEDLEY RELAY

- 1:43.3 (3) Wilt's Wonder Women 6-28
- 1:44.4 (1) Lakewood International 4-13
- 1:44.5 (1) Washington HS 6-7
- 1:44.7 (2) Fremont HS 6-7
- 1:44.9 (1) Los Angeles TC 6-8
- 1:44.96m (1) UCLA 5-17
- 1:46.1 (H1) Berkeley HS 6-6
- 1:45.5n (3) USC 5-17
- 1:46.4 (3) Muir HS 6-7
- 1:47.0 (4) Long Beach Comets 6-27
- 1:47.3 (2) Premier TC 4-13
- 1:47.3 (D1) Cal State LA 5-3(1:48.2)
- 1:47.9 (5) Royal HS 6-7
- 1:49.2 (H3) Harbor HS(Sta Cruz)6-6
- 1:49.8 (2) Patriots 3-2
- 1:49.9 (2) Tamalpais HS 5-31
- 1:50.0 (3) Pleasant Hill HS 5-31
- 1:50.2 (X) So Cal. Cheetahs 5-10
- 1:50.3 (H4) Arcadia HS 6-6
- 1:50.7 (6) Lakewood Int.-B 4-13
- 1:50.8 (4) Terra Linda HS 5-31
- 1:51.4 (H3) Milpitas HS 6-6
- 1:51.6 (H4) Beverly Hills HS 6-6
- 1:51.8 (5) Granada HS 5-31
- 1:51.8 Sunny Hills HS
- 1:52.2 (H2) Crenshaq HS 5-23
- 1:52.6 (7) San Dieguito HS 6-6
- 1:52.7 (H4) Monroe HS 6-6
- 1:53.0 (3) Banning HS 5-23

ONE MILE RELAY

- 3:45.4 (4) Premier TC 6-28
- 3:45.7 (5) Long Beach Comets 6-25

PENTATHLON

- 4676 (1) Jane Frederick(LATC)6-20/21
- 3684 (4) Sandy Tyler(LI)6-20/21
- 3484 (7) Jenny Stary(ClmtHS)6-20/21
- 3397 (1) Cindy Sandberg(SJC)4-6
- 3177 (3) i Michelle Morse(WWW)2-2
- 3150 (14) Angela Wind(OntChHS)6-20/21
- 3118 (2) Ann Meyers(UCLA)5-4
- 2928 (2) Carrie Cavanah(S.Czrs)4-6
- 2908 (3) Diane Stuart(OrindaTC)4-6



JANICE LESTER

- 2826 (3) Mary Rowell(SBS)3-29
- 2811 (4) Cathy Schentrup(SJC)4-6
- 2766 (4) Beth Rockuffe(OCR)3-29
- 2672 (3) Martha Wind(OntChHS)5-3
- 2637 (5) Benedicte Eskeland(SJC)4-6
- 2361 (4) Carla DeKiewiet(OntChHS)5-3
- 2320 (5) Ava Glenn(RsmndHS)5-3
- 2295 (6) Wanda Cook(RsmndHS)5-3
- 2049 (7) Michelle VanLeeuwen(OCHS)5-3
- 2027 (5) Pam Fowler(SBS)3-29

INTERMEDIATE DIVISION

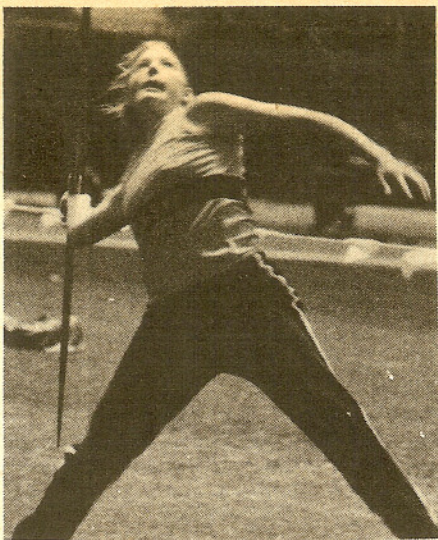
(ages 14 - 15)

100 YARD DASH

- 10.7w (1) Frieda Cobbs(BEETC)7-13
- 10.9 (1) Elaine Parker(ML)7-12
- 11.0w (1) Denise Eddington(LATC)3-15

- 5-10 (t1)Jane Frederick(LATC)3-3
- 5-10 (1)Pam Elackburn(Un)4-27
- 5-8 (1)Kim Maddox(LAHS)6-7
- 5-8 (2)Cindy Gilbert(WWW)6-14
- 5-8 (T5)Cindy Sandberg(SJC)6-28
- 5-8 (1)Susan Long(Gahr HS)7-26
- 5-7 (2)Chris Remmling(WWW)6-7
- 5-7 (1)Sandy G. Tyler(LI)8-16
- 5-6 (1)Rosetta Birt(USC)5-3
- 5-6 (3)Diane Stuart(OrindaTC)5-24
- 5-6 Candy Ross(Berk.HS)6-14
- 5-5 (4)Denise Cornell(SVTC)4-6
- 5-4 (2)DeAnne Wilson(LATC)1-5
- 5-4 (1)Cardise Zbieranek(LI)5-18
- 5-4 (1)Carey Hill(S.Raf1HS)5-31
- 5-4 (2)Brenda Little(LI)6-8
- 5-4 (1)Adrienne Mosley(BannHS)6-29
- 5-3 Cecilia Rathmell(BroLindaHS)
- 5-3 (6)Pharris(MoorparkHS)
- 5-2½ (1)Jenny Stary(ClrmtHS)4-22
- 5-2½ Julie Lendl(RoyalHS)
- 5-2½ (4)Kathy McQuillen(WS)5-3
- 5-2½ (5)Karyn Hinkleman(Arrow)5-3
- 5-2 (1)Virginia Oliver(LI)3-15
- 5-2 (2)Chris Shawhan(WS)4-6
- 5-2 (1)Price(ClaremontHS)4-30
- 5-2 Laurie Bruce(PalosVerdesHS)
- 5-2 (T2)Ann Meyers(UCLA)5-10
- 5-2 Sherri Morris(ChinoHS)5-23
- 5-2 (2)Suzie Boehner(CltnVlHS)
- 5-2 (3)Diane Hammer(TraLindaHS)
- 5-2 (1)Nancy Shallenberger(GB)6-8
- 5-2 Jill Shinkle(BA)7-5

- 129-4 (1)Mortera(Ventura Coll)5-3
- 119-7 (3)Roberta Bruder(UCLA)5-3
- 116-0 (1)Carey Hill(SRaf1HS)5-17
- 115-10 (1)Arlene McCall(PTC)3-2
- 114-8 Pam Blake(SLO)4-25
- 114-0½ Kathy Hilton(PHHS)5-31
- 113-6½ (2)Beverly Pendleton(PTC)2-23
- 112-0 (2)Lisa Bee(San RamonHS)5-31
- 111-8 (2)Christi Pyle(LATC)12-18-74



CATHY SULINSKI
Karin Smith photo

LONG JUMP

- 21-3 (1)Martha Watson(LI)6-28
- 20-5½ (1)Jodi Anderson(WashHS)
- 19-11½ (P)Jane Frederick(LATC)6-21
- 19-10 3/4 (1)Karen Elmore(ML)5-3
- 19-2½w (2)Pam Evans(ML)5-3
- 19-1½ (3)Marilyn King(ML)8-16
- 18-11½ (3)Kim Moran(LATC)1-5
- 18-8½ (4)Sandra Howard(LBC)6-25
- 18-5 3/4 (Q1)Taylor(Pt.LomaHS)6-6
- 18-5½ (1)Bobbette Krug(LI)5-3
- 18-4½ (1)Lanessa Jones(GdnHS)8-9
- 18-3 3/4 (2)Sardy Tyler(LI)3-23
- 18-1½ (1)Chi Cheng(UR)2-1
- 18-1 (3)Pan Blackburn(CubrlyHS)6-7
- 18-0 (2)Gwen Wilkins(LI)6-8
- 17-11 3/4 (Q)Sipert(CrshwHS)6-6
- 17-11½ Barbie Sinclair(ArcadiaHS)
- 17-11½ (1)Gwen Wilson(CSF)4-27
- 17-11½ (1)Gourdine(El ToroHS)5-23
- 17-10 3/4 (4)Evans(MorningsideHS)6-7
- 17-10 (1)Toni Griffin(WWW)5-18
- 17-10 (1)Terri Knight(BerkeleyHS)5-31
- 17-9½ (1)Paula Stevens(Coalinga)5-3
- 17-9 (2)Erin Pike(LATC)8-9
- 17-8 3/4 (Q)Gaffney(Lemoore HS)6-6
- 17-8½ (2)Penny Slaughter(LI)5-18
- 17-7½ (4)Alice Gast(LBC)3-23
- 17-6 3/4 (Q)Pipes(MiddletonHS)6-6
- 17-6½ (Q)Kim Sloane(DosPueblsHS)
- 17-6½ (Andee Garcia(LBC)6-21

SHOT PUT (4 kilo)

- 53-2½ (1)Maren Seidler(MDYF)6-28
- 50-0½ (1)Emily Dole(LI)6-8
- 49-3 3/4(P)i Jane Frederick(LATC)2-22

JAVELIN

- 209-7 (1)Kathy Schmidt(LATC)6-28
- 182-9 (1)Lynn Cannon(ML)1-23
- 181-1 (2)Sherry Calvert(USC)5-24
- 180-3 (1)Asa Westmon(LI)5-3
- 178-2 (3)Karin Smith(LATC)6-28
- 177-3 (1)Cathy Sulinski(ML)6-25
- 167-8 (3)Nadine Bowers(SJC)5-3
- 165-9 (1)Cathy Corr(LI)5-18
- 160-1 (1)Barbara Whitfield(Un)4-27
- 153-0 (2)Connie Gasson(LATC)3-23
- 149-9 (4)Karen Ertman(DeAnzaTC)4-27
- 141-3 (1)Teri Wiley(SD)4-5
- 139-8 (4)Laura Divine(Un)5-3
- 132-8 (7)Kathy Devine(SDL)4-26
- 129-9 (1)Lorelei VanBentham(WWW)3-29
- 126-4 Raedean Rona(PAT)6-24
- 124-3 (3)Lisa VanBentham(WWW)3-29
- 123-6½ (3)Roberta Bruder(UCLA)5-3
- 122-1 (1)Mortera(Ventura Coll)5-3
- 120-1 (5)Donna Mayhew(PTC)8-16
- 120-0 (3)Kendra Bramblett(LI)5-3
- 118-11 (3)Lynne VanBentham(WWW)3-2
- 117-4 (2)Need(Moorpark Coll.)5-3
- 115-1 (1)Jenny Stary(SAL)1-5
- 111-1 (4)Joy Kolesky(USC)5-3
- 108-9 (5)Sandra Brodock(RRR)3-23
- 107-5 (5)Pam Lindsay(SDSU)5-3
- 107-0 Wendy Oliver(Hancock Coll.)
- 102-2 (5)Missy Guhl(MM)3-2
- 101-11 (1)Regina Allen(SCC)2-1
- 100-4 (6)Edeena Kragen(CSN)5-3

- 1:50.3 (3)Pleasant Hill HS 5-31
- 1:50.2 (X)So Cal. Cheetahs 5-10
- 1:50.3 (H4)Arcadia HS 6-6
- 1:50.7 (6)Lakewood Int.-B 4-13
- 1:50.8 (4)Terra Linda HS 5-31
- 1:51.4 (H3)Milpitas HS 6-6
- 1:51.6 (H4)Beverly Hills HS 6-6
- 1:51.8 (5)Granada HS 5-31
- 1:51.8 Sunny Hills HS
- 1:52.2 (H2)Crenshaq HS 5-23
- 1:52.6 (7)San Dieguito HS 6-6
- 1:52.7 (H4)Monroe HS 6-6
- 1:53.0 (3)Banning HS 5-23

ONE MILE RELAY

- 3:45.4 (4)Premier TC 6-28
- 3:45.7 (5)Long Beach Comets 6-25
- 3:47.3 (1)Lakewood Internatl 6-8
- 3:49.6 (2)UCLA 4-13
- 3:52.6 (2)LATC 6-8
- 3:53.9 (1)Berkeley East Bay TC 5-3
- 3:55.7 (H3)Orinda TC 6-24
- 3:56.9 (2)Millbrae Lions TC 5-3
- 3:57.6 (2)Rialto Road Runners 6-8
- 3:58.0 (3) SJ Cindergals-A 2-15
- 3:58.0 (4)So. Calif. Cheetahs 4-13
- 3:58.5 (3)Arcadia HS 6-8
- 3:59.5 (2) i Wilt's Wonder Women 2-1
- 4:01.0 (1)SJ Cindergals-B 4-6
- 4:02.6 (5)Patriots 4-13
- 4:03.6 (4)Will's Spikettes 4-6
- 4:05.7 (1)Simi Valley HS 5-10
- 4:07.5 (6)Blue Angels 4-13
- 4:07.9 CSUN
- 4:09.0 (H1)Carson HS 5-23
- 4:10.9 (4) i WWW-B 1-24
- 4:14.3 (3)Alhambra HS 5-10
- 4:15.2 (H2)Reseda HS 5-23
- 4:15.5 (2)CPSLO 5-3
- 4:16.2 (1)Tamalpais HS 4-19
- 4:17.0 (6) i LBC-B 1-24
- 4:17.9 (H3)Fremont HS 5-23
- 4:18.2 (4)Los Angeles HS 5-23
- 4:20.0 (2)Ukiah HS 4-19
- 4:20.4 (4)Claremont HS 5-10
- 4:20.5 (1)South Bay Striders 3-2

2 MILE RELAY

- 8:50.6 (3)SJ Cindergals-A 6-28
- 8:53.2 (4)LATC 6-28
- 9:15.8 (1)Wilt's Wonder Women 5-10
- 9:31.8 (7)SJ Cindergals-B 6-28
- 9:40.0 (2)SJ Cindergals-C 4-12
- 9:41.4 (3)Millbrae Lions 4-12
- 9:46.6 (1)So. Calif. Cheetahs 3-2
- 10:19.5 (5)SJ Cindergals-D 4-12
- 10:27.0 (3)Santa Cruzers 4-6

DISTANCE MEDLEY RELAY

- 11:29.0 (1)UCLA 4-13
- 12:03.4 (2)So. Calif. Cheetahs 4-13
- 12:13.8 (3)Blue Angels 4-13
- 12:28.8 (4)Rialto Road Runners 4-13
- 12:30.4 (5)Lakewood Internatl 4-13
- 12:48.4 (6)Long Beach Comets 4-13
- 13:06.7 (7)Blue Angels 4-13
- 13:48.0 (1)Costa Mesa HS 5-10
- 13:56.6 (2)Rosemead HS 5-10
- 13:58.8 (2)South Bay Striders 3-2

INTERMEDIATE DIVISION

(ages 14 - 15)

100 YARD DASH

- 10.7w (1)Frieda Cobbs(BEETC)7-13
- 10.9 (1)Elaine Parker(ML)7-12
- 11.0w (1)Denise Eddington(LATC)3-15
- 11.0w (1)Danita Young(SDC)5-3
- 11.0w (5)Kim Robinson(Un)7-13
- 11.1 (1)Thea Parish(CB)5-10
- 11.1 (2)Mona Yates(Irwin)5-10
- 11.1 (3)Lena Dillworth(BEETC)7-12
- 11.1 (3)Yolanda Allen(ML)7-12
- 11.1w (2)Jane Harding(Un)3-15
- 11.2 (2)Sharon Foster(SDC)3-29
- 11.2 (1)Lela Johnson(LBC)4-20
- 11.2 (4)Kim Moran(LATC)4-27
- 11.2 (3)Connie Ward(Bak)5-10
- 11.2 (3)Karen Elmore(ML)7-12
- 11.3w (4)Linda Morrison(WWW)3-15
- 11.3w (2)Valerie Elliott(LATC)5-18
- 11.3w (3)Valerie Brisco(FS)5-18
- 11.4 (3)Pam Green(SCC)2-23
- 11.4 (1)Kimisam Castillo(VC)6-7
- 11.4 (6)Danita McKinley(FS)7-12
- 11.4w (4)Jennifer Edmonds(OX)5-18
- 11.5 (2)Tina Roberson(SCC)2-1
- 11.5 (3)Faneice Jackson(MM)3-29
- 11.5 (6)Cherry Yearwood(LBC)6-8
- 11.5w (1)P. Brew(Integra TC)4-19
- 11.5w (1)Kim Sloane(SBSP)6-21
- 11.6 (4)Rhonda Norris(SDC)3-29
- 11.6w (5)Ella Rich(LBC)3-15
- 11.6w (5)Carroll Young(LBC)5-3

220 YARD DASH

- 23.8w (1)Frieda Cobbs(BEETC)4-27
- 24.6 (1)Datie Gaston(SDC)3-29
- 24.6 (2)Cindy Tyler(MM)3-29
- 24.9 (1)Chris Smallwood(Int.TC)6-14
- 24.9 (2)Denise Eddington(LATC)6-14
- 25.0 (H)Danita Young(SDC)6-14
- 25.0 (4)Kim Robinson(Un)7-13
- 25.4 (H)Jennifer Edmonds(OX)6-14
- 25.4 (4)Pam Green(SCC)4-27
- 25.5 (H)Jane Harding(BA)6-14
- 25.6 (H)Peggy Jordan(SJC)6-14
- 25.6 (6)Michelle Hawthorne(BEETC)7-13
- 25.7 (4)Susan Moreno(LI)6-8
- 25.9 (4)Faneice Jackson(MM)3-29
- 25.9 (1)Joyce Franklin(Irwin)5-10
- 25.9 (H)Valerie Elliott(LATC)6-14
- 25.9w (6)Lela Johnson(LBC)4-27
- 25.9w (9)Sharon Dill(LI)5-10
- 26.0 (1)Karen Elmore(ML)4-27
- 26.1 (1)Valerie Brisco(FS)6-8
- 26.2 (3)Tina Roberson(SCC)2-23
- 26.3 (5)Pamela Newton(PTC)4-27
- 26.4 (2)Cheryl Glazier(PAT)4-27
- 26.4 (2)Cherry Yearwood(LBC)6-8
- 26.5 (4)Ella Rich(LBC)2-23
- 26.5 (5)Rhonda Norris(SDC)3-29
- 26.5 (H)Rabyn Fagan(SBS)6-14

- 26.5w (1)Shiavonne Shy(LBC)1-5
- 26.6 (3)Carroll Young(LBC)6-8
- 26.7 (9)Lauri Mullins(LATC)3-15
- 26.7 (6)Isa Farrington(SDC)3-29
- 26.7 (6)Marka Mandernacht(MM)4-27
- 26.7 (H)Perrin Brew(Arrow TC)6-14

440 YARD DASH

- 56.8 (1)Sharon Dill(LI) 5-18
- 56.9 (1)Cindy Tyler(MM) 2-1
- 57.0 (1)Chris Smallwood(ITC)6-14
- 57.5 (1)Pam Green(SCC) 7-12
- 57.8 (1)Kalva Bell(SCC) 6-8
- 58.2 (2)Lauri Mullins(LATC) 5-3
- 58.4 (3)Susan Moreno(LI) 7-13
- 58.7 (2)Pam Newton(PTC) 6-8
- 58.7 (4)Michelle Hawthorne(BEBTC) 7-1
- 58.8 (1)Ella Rich (LBC) 2-23
- 59.2 (3)Marsha Erickson (SCC) 5-3
- 59.4 (4)Carroll Young(LBC) 5-10
- 59.9 (4)Sherrie Goldstein(MTC) 3-15
- 60.2 (5)Rochelle Hatfield(BA) 2-1
- 60.3 (2)Marka Mandernacht(MM)4-27
- 60.3 (4)Denise Eddington(LATC)6-21
- 60.4 (2)Carla Neasel (LI) 6-8
- 60.5 (4)Beth Rockcliffe (OCT)2-1
- 60.6 (4)Faneice Jackson(MM)5-3
- 60.6 (6)Barb Geringer(WWW)5-10
- 60.7 (3)Cheryl Hawthorne(BEBTC)4-27
- 60.9 (2)Roma Antoniewicz(LATC)2-23
- 60.9 (6T)Patti Jones(SJC)6-14
- 60.9 (6T)Betsy Brew(ArrowTC)6-14
- 61.0 (1)Teri Beamish (LBC)6-14
- 61.2 (8)Cheryl Glazier(PAT)2-1
- 61.3 (6)Julia Torricelli(WWW)3-15
- 61.3 (8)Jane Harding(Un)5-10
- 61.4 (4)Tracy Billings(BA)2-23
- 61.8 (2)Kathy Egger(AA) 3-29
- 61.8 (5)Terri Lindenmeyer(MM)5-18
- 61.8 (4)Denise Garcia(OCT)6-8
- 61.8 (5)Kim Johnson(OVTC)6-21

880 YARD RUN

- 2:13.8 (1)Paula Rose(BA)6-14
- 2:14.2 (2)Lauri Mullins(LATC)6-8
- 2:14.8 (3)Roma Antoniewicz(LATC)5-10
- 2:15.6 (4)Marsha Erickson(SCC)5-10
- 2:16.2 (5)Jane Spencer(Un)5-10
- 2:16.3 (1)Pam Bowers(SJC) 4-19
- 2:19.0 (4)Janet Burns(SJC) 6-14
- 2:19.3 (6)Rachael Ervin(SJC)6-14
- 2:19.6 (1)Kalva Bell(SCC)2-23
- 2:20.0 (3)Rochelle Hatfield(BA)2-23
- 2:20.1 (2)Jamie Bowen (LI) 3-15
- 2:21.0 Becky Wolfenbarger(SCC)3-22
- 2:21.0 (7)Lezli Peterson(SC) 6-14
- 2:21.4 (1)Pam Evans (ML) 4-27
- 2:21.7 (1)Lisa Mann (MM) 2-1
- 2:21.7 (9)Karen Parish(BA)6-14
- 2:22.0 (2)Debbie Morelli(LBC)2-1
- 2:22.5 (5)Debbie Shryack(LATC)6-8
- 2:23.0 (4)Laura Johnson(Un)5-18
- 2:23.3 (4)Tracy Billings(BA)5-3
- 2:23.3 (6)Mary Coleman(GG)6-8
- 2:24.0 Diane Stern(SCC)3-22
- 2:24.4 (1)W. O'Kane (EVI) 6-7
- 2:24.9 (7)Carol Lowe(PAT)6-8
- 2:25.5 (5)Bridget Bohan(Un)5-3
- 2:25.7 (2)Terri Lindenmeyer(MM)5-18

- 12:40.0 (3)Lisa Davis(BA)3-15
- 12:47.4 (5)Karlane Waskow(RRR)6-8
- 12:51.0 (4)Reegis Waters(SCC)5-3
- 12:57.6 (4)Sherry Simmons(Un)3-15
- 13:40.0 (4)Magdalena Schweiger(VGTC)6-8
- 13:45.2 (2)Christi Lunt(Un)2-23

ONE MILE WALK

- 7:33.1 (1)Lisa Metheny(RRR)6-8
- 7:45.5 (1)Linda Brodock(RRR)3-23
- 7:47.5 (1)Chris Sakelarios(RCF)4-27
- 4:53.7 (2)Terri Teegarden(BA)6-8
- 8:02.7 (3)Becky Villalvaszo(RRR)6-8
- 8:20.5 (4)Jill Steiner(RRR)6-8
- 8:21.3 (4)Laura Janousek(SCC)7-13
- 8:24.2 (5)Karlene Waskow(RRR)6-8
- 8:33.4 (7)Leslie Young(SBS)6-8
- 8:33.4 (6)Melissa Steinle(SCC)7-13
- 8:50.1 (7)Amy Spangler(Arrow TC)6-14
- 9:18.8 (9)Melissa Johnson(RRR)6-8
- 8:34.0 (7)Mary Papandreou(RRR)3-23
- 9:37.0 (5)Yvette Irons(CG)6-21
- 9:42.4 (10)Lynn Fox(PCP)6-8

100 METER HURDLES(30")

- 14.4 (1)Erin Pike(LATC)7-19
- 14.6w (1)Cheryl Hawthorne(BEBTC)7-13
- 14.8 (2)Mary Winniwasser(SBSP)7-12
- 15.1w (1)Joanne Erb(LATC)5-3
- 15.2 (1)Alison Reed(AA)6-8
- 15.3 (1)Denise Rogers(ML)4-27
- 15.3 (2)Cheryl Glazier(PAT)4-27
- 15.3 (4)Laurie Willson(ML)7-12
- 15.4 (1)Heidi Hansen(SJC)4-19
- 15.4 (5)Karen Ueda(LBC)7-12
- 15.6 (4)Susie Beugen(Arrow)6-14
- 15.6 (5)Cindy Sandberg(SJC)6-14
- 15.8 (4)Diane Sebastian(SB)6-8
- 15.8 (5)Beth Prather(GG)6-8
- 15.8 (7)Kim Burgess(BENTC)7-12
- 16.2w (1)Tammy Feese(Lemoore)5-10
- 16.4 (7)Margaret Mandogian(Arrow)6-14
- 16.7 (6)Andrea Posey(LEC)6-8
- 16.8 (H)Sandra Dewitt(SVTC)6-14
- 16.8w (7)Tonya Little(Un)5-10
- 17.3w (4)Sharon K. Arce(Un)5-3
- 17.5w (2)Laurie Carman(SB)6-21
- 17.9 (P)Mary Rowell(SBS)5-4
- 18.1 (H)Lisa Coruccini(ML)6-14

300 METER HURDLES(30")

- 44.6 (1)Cheryl Hawthorne(BEBTC)7-13
- 44.9 (1)Cheryl Glazier(PAT)6-8
- 45.3 (1)Carolyn Bing(SJC)6-14
- 45.7 (1)Joanne Erb(LATC)3-22
- 45.8 (4)Karen Ueda(LBC)7-13
- 46.8 (3)Alison Reed(AA)6-8
- 47.2 (2)Terri Lindenmeyer(MM)5-18
- 47.5 (1)Johanna Hansen(SJC)3-8
- 47.7 (5)Margaret Manoogian(Arrow)6-14
- 48.4 (4)Dianne Rogowski(RCF)7-12
- 48.9 (4)Mary Rowell(SBS)3-15
- 49.0 (4)Kathy Holman(CY)7-12
- 49.4 (5)Beth Prather(CG)6-8

DISCUS THROW

- 137-6 (1)Christi Pyle(LATC)5-31
- 125-8 (2)Bea Hunt(RRR)5-18
- 116-0 (2)Elaine Roque(LATC)3-23
- 113-0 (1)Liz O'Conner(RCF)4-19
- 112-10 (2)Robin Sans(RCF)6-14
- 107-5 (4)Marta Kuehl(SVTC)6-14
- 105-8 (3)Rosemary Villalvaszo(RRR)5-1
- 103-8 (6)Cindy Young(SLTC)7-13
- 100-11 (5)Lisa Cravits(LATC)4-27
- 95-2 (3)Linda Ashe(Un)2-1
- 95-2 (6)Felicia Bodey(RG)6-14
- 92-7 (2)Carrie Mason(OCT)2-23
- 91-9 (8)Gina Lombardi(RCF)6-14
- 84-6 (5)Donna Mayhew(PTC)5-18
- 67-11 (6)Skyler Ousley(RRR)5-3
- 64-2 (5)Magdalena Schweiger(VGTC)

HIGH JUMP

- 5-7 (1)Cindy Sandberg(SJC)4-19
- 5-7 (1)Cardice Zbieranek(LI)6-14
- 5-4 (1)Laurie Carman(SBSP)6-8
- 5-2 1/2 (1)Tammy Feese(Lemoore)5-10
- 5-2 (1)Karyn Hinkelman(Arrow)4-27
- 5-2 (3)Junita Barnett(RRR)4-27
- 5-2 (2)Gail Williams(Un)5-10
- 5-2 (1)C. Mariette(SCVAC)6-7
- 5-2 (4)Susie Beugen(Arrow)6-14
- 5-2 (T5)Judy Fargo(GG)7-13
- 5-2 (7)Jill Shinkle(BA)7-13
- 5-1 (6)Elaine Roque(LATC)3-23
- 5-0 1/2 (1)Stefie Pirojnikoff(LATC)1-5
- 5-0 (3)Donna Traister(SAL)6-8
- 5-0 (5)Jodie Bowen(LI)6-8
- 5-0 (T4)Gail Pharris(Un)6-21
- 5-0 (Q2)Kari Gosswiller(SAL)7-12
- 4-10 (3)Mary Rowell(SBS)2-23
- 4-10 (7)Sharrie Hamilton(RRR)6-8
- 4-8 (8)Cheryl Kennedy(Un)5-10
- 4-8 (T9)Ester Scherzinger(LI)6-8
- 4-8 (Q16)Denise Gazaway(BEBTC)7-12
- 4-6 (2)Lori Blanco(LBC)2-1
- 4-6 (3)Mary Joe Boron(SCVAA)3-15
- 4-6 (7)Dawn Schiech(AV)6-21

LONG JUMP

- 19-2w (1)Karen Elmore(ML)4-27
- 18-6 1/2 (1)Kim Moran(LATC)6-14
- 17-11 1/2 (3)Erin Pike(LATC)7-13
- 17-6 3/4 (2)Sandra DeWitt(SVTC)6-14
- 17-5 3/4 (3)Karen Ueda(LBC)4-27
- 17-4 (1)Roxanne Wright(Fresno)5-10
- 16-11 1/2 (4)Liz Wigim(Un)6-14
- 16-10w (1)T. Evans(ML)4-19
- 16-9 3/4 (2)Shiavonne Shy(LBC)6-8
- 16-9 1/2 (6)Kim Sloane(SBSP)7-13
- 16-8 3/4 (4)Beth Melton(PAT)6-8
- 16-8 3/4 (5)Sharrie Hamilton(RRR)6-14
- 16-7 1/2 (1)Beth Rockcliffe(OCT)2-1
- 16-7 1/2 (1)Kim Becktold(Nrtrg Nts)6-7
- 16-7 1/2 (7)Kerry Zwart(LATC)7-13
- 16-7 1/4 (6)Susie Beugen(Arrow)6-14
- 16-6 3/4 (7)Kim McDonald(WdsSt)6-14
- 16-5 (1)Katie Gaston(SDC)3-29
- 16-4 3/4 (5)Carla Neasel(LI)6-8
- 16-4 1/2 (2)Linda Morrison(WWW)3-15

880 MEDLEY RELAY

- 1:46.7 (1)Los Angeles TC 7-13
- 1:46.9 (2)Berkeley East Bay TC 7-13
- 1:49.6 (1)Millbrae Lions TC 4-27
- 1:49.6 (2)Mickey's Missiles 6-14
- 1:50.2 (2)Long Beach Comets 3-2
- 1:50.9 (1)South CC 5-3
- 1:51.5 (3)San Diego Cougars 6-14
- 1:53.2 (4)Blue Angels 6-14
- 1:54.2 (5)Arrow TC 6-14
- 1:54.7 (4)Lakewood International 3-2
- 1:55.5 (5)Orange Coast Thndrblts 3-23
- 1:56.4 (6)SJ Cindergals 6-14
- 2:03.6 (3)Long Beach Comets-B 6-8
- 2:06.5 (2)Faith Streakers 3-2
- 2:06.3 (3)San Diego Cougars-B 3-29
- 2:08.4 (5)N. Calif. TC 5-10
- 2:09.0 (1)South Bay Striders 2-23
- 2:09.3 (2)Newbury Park Panthers 6-21

ONE MILE RELAY

- 3:59.0 (1)Los Angeles TC 7-13
- 3:59.4 (1)SJ Cindergals 6-14
- 4:00.6 (1)Lakewood International 3-2
- 4:00.8 (1)So. Cal. Cheetahs 6-21
- 4:02.6 (1)Mickey's Missiles 4-27
- 4:09.2 (3)Long Beach Comets 3-23
- 4:17.2 (3)Blue Angels 5-3
- 4:37.1 (3)Ojai Valley TC 6-8
- 4:39.5 (6)Rialto Road Runners 4-27
- 4:47.5 (2)Newbury Park Panthers 6-21

YOUTH DIVISION (ages 12 - 13)

100 YARD DASH

- 11.1 (1)Gwen Loud(Un)8-9
- 11.2w (1)Janet Ballard(SCC)5-10
- 11.2w (2)Brenda Winston(RRR)6-21
- 11.2w (2)Toni Winston(RRR)7-12
- 11.3 (1)Roxanne Banks(WWW)3-23
- 11.3 (H)Gail Claiborn(WS)5-25
- 11.3w (2)Elaine McKenna(LATC)5-10
- 11.4 (1)Debra Wilson(WVJ)6-7
- 11.5 (2)Karon Williams(SDC)3-29
- 11.5 (2)Pam Newton(SCC)5-3
- 11.5 (H2)Vicki Almeida(SCC)5-10
- 11.5w (1)Judy Young(BEBTC)4-6
- 11.5w (2)Regina Lambert(SVTC)4-6
- 11.5w (5)Jo ce Bowie(SBSP)5-10
- 11.5w (4)Lorraine Johnson(SVF)7-12
- 11.6w (3)Tanya Willis(OCT)3-15
- 11.6w (2)Sherrill Tappin(WRD)5-18
- 11.7 (1)Sharon Hulse(PAT)2-1
- 11.7 (3)Sharon Kennedy(Un)5-3
- 11.7 (H3)Tawmy Singleton(OVTC)5-10
- 11.7 (1)Debbie Baughan(LVTC)6-7
- 11.7w (2)Janise Thompson(LBC)4-5

2:16.3 (1) Pam Bowers (SJC) 4-19
 2:19.0 (4) Janet Burns (SJC) 6-14
 2:19.3 (6) Rachael Ervin (SJC) 6-14
 2:19.6 (1) Kalva Bell (SCC) 2-23
 2:20.0 (3) Rochelle Hatfield (BA) 2-23
 2:20.1 (2) Jamie Bowen (LI) 3-15
 2:21.0 Becky Wolfinbarger (SCC) 3-22
 2:21.0 (7) Lezli Peterson (SC) 6-14
 2:21.4 (1) Pam Evans (ML) 4-27
 2:21.7 (1) Lisa Mann (MM) 2-1
 2:21.7 (9) Karen Parish (BA) 6-14
 2:22.0 (2) Debbie Morelli (LBC) 2-1
 2:22.5 (5) Debbie Shryack (LATC) 6-8
 2:23.0 (4) Laura Johnson (Un) 5-18
 2:23.3 (4) Tracy Billings (BA) 5-3
 2:23.3 (6) Mary Coleman (GG) 6-8
 2:24.0 Diane Stern (SCC) 3-22
 2:24.4 (1) W. O'Kane (EVI) 6-7
 2:24.9 (7) Carol Lowe (PAT) 6-8
 2:25.5 (5) Bridget Bohan (Un) 5-3
 2:25.6 (6) Monique Gregoire (SCC) 3-15
 2:25.7 (7) Shaun Seibel (HCTC) 5-10
 2:26.0 (1) Theresa Fisher (Fresno) 5-10
 2:26.0 (5) Marka Mandernacht (MM) 5-18
 2:26.4 (8) Ronnell Powell (SJC) 6-14

ONE MILE RUN

4:48.1 (1) Paula Rose (BA) 8-10
 4:58.9 (2) Suzanne Keith (RRR) 6-8
 5:00.0 (2) Pam Rowers (SJC) 6-14
 5:01.6 (1) Kathy Adams (WS) 4-27
 5:06.4 (1) Jamie Bowen (LI) 4-20
 5:08.5 (3) Becky Wolfinbarger (SCC) 7-13
 5:10.0 (2) Karen Parish (BA) 7-19
 5:11.4 (3) Lisa Greenberg (SJC) 6-14
 5:13.5 (3) Marsha Pierce (LMM) 6-8
 5:13.5 (5) Ann Trason (MP) 6-14
 5:14.6 (1) Laurie Jewell (LBC) 2-1
 5:14.9 (3) Diane Stern (SCC) 3-8
 5:14.9 (2) Monique Gregoire (SCC) 3-15
 5:18.5 (1) Jane Spencer (Un) 5-3
 5:19.2 (3) Janet Waterbury (OCT) 3-15
 5:19.2 (7) Renay Wolfe (RCF) 6-14
 5:21.5 (4) Shelli Woolridge (SCC) 6-8
 5:21.5 (5) Kathy Anno (OCT) 6-8
 5:23.3 (1) Ann Slivkoff (SJC) 4-19
 5:24.0 (3) Pam Penn (SCC) 2-1
 5:25.6 (8) Micki Vardell (PBP) 6-14
 5:26.8 (1) Ann Trason (MPC) 4-27
 5:27.5 (1) W. O'Kane (EVT) 6-7
 5:35.4 (6) Judi Schroeder (PAT) 6-21
 5:36.0 (2) Bridget Bohan (Unat) 5-18
 5:40.0 (8) Karlene Waskow (RRR) 5-10
 5:57.1 (7) Melissa Steinle (SCC) 6-21
 5:59.1 (7) Virginia Lantry (RRR) 6-8

2 MILE RUN

10:42.0 (1) Suzanne Keith (RRR) 6-8
 11:02.0 (2) Becky Villalvasco (RRR) 6-8
 11:04.4 (2) Laurie Jewell (LBC) 3-23
 11:04.6 (2) Kathy Adams (WS) 7-13
 11:14.4 (1) Suzi Greenberg (SJC) 6-14
 11:27.6 (2) Diane Stern (SCC) 3-15
 11:29.6 (3) Lisa Metheny (RRR) 5-10
 11:32.0 (4) Linda Brodock (RRR) 3-23
 11:34.2 (3) Marsha Pierce (LMM) 6-14
 11:35.8 (4) Micki Vardell (PBP) 6-14
 11:42.6 (4) Shelli Woolridge (SCC) 7-13
 11:46.0 (1) Annabell DeLalmeida (SBS) 2-1
 11:55.8 (6) Kathy Anno (OCT) 7-13
 12:03.6 (2) Melissa Steinle (SCC) 2-1
 12:19.0 (2) Tammy Glaspie (PCP) 5-18
 12:20.8 (4) Penny Reneau (NCTC) 5-10

17.5w (4) Sharon K. Arce (Un) 5-3
 17.5w (2) Laurie Carman (SB) 6-21
 17.9 (P) Mary Rowell (SBS) 5-4
 18.1 (H) Lisa Coruccini (ML) 6-14

300 METER HURDLES(30")

44.6 (1) Cheryl Hawthorne (BEBTC) 7-13
 44.9 (1) Cheryl Glazier (PAT) 6-8
 45.3 (1) Carolyn Bing (SJC) 6-14
 45.7 (1) Joanne Erb (LATC) 3-22
 45.8 (4) Karen Ueda (LBC) 7-13
 46.8 (3) Alison Reed (AA) 6-8
 47.2 (2) Terri Lindemeyer (MM) 5-18
 47.5 (1) Johanna Hansen (SJC) 3-8
 47.7 (5) Margaret Manoogian (Arrow) 6-14
 48.4 (4) Dianne Rogowski (RCF) 7-12
 48.9 (4) Mary Rowell (SBS) 3-15
 49.0 (4) Kathy Hohman (CY) 7-12
 49.4 (5) Beth Prather (CG) 6-8
 49.9 (1) Mary Winniwisser (SBSP) 6-21
 50.2 (6) Beta Hudson (OVTC) 6-8
 50.3 (5) Laurie Willson (ML) 7-12
 50.4 (4) Tonya Little (Un-SD) 5-18
 53.1 (7) Judi Smith (OVTC) 6-8
 53.4 (2) Vicki Beatty (VGTC) 6-21
 53.5 Lisa Smith (BA) 5-25

2 MILE RELAY

9:33.6 (1) SJ Cindergals 6-14
 10:02.4 (1) So. Cal Cheetahs 3-2
 10:06.0 (1) Los Angeles TC 7-13
 10:25.2 (1) Rialto Road Runners 5-10
 10:26.6 (2) Mickey's Missiles 3-2
 10:27.3 (2) N. Calif. TC 5-10
 10:32.0 (2) Woodside Striders 6-14
 10:44.4 (3) Millbrae Lions 6-14
 10:51.4 (4) SJ Cindergals-B 6-14
 11:25.3 (3) N. Calif. TC-B 5-10
 11:32.0 (5) San Diego 6-14

SHOT PUT (8 pounds)

40-7 (1) Cindy Young (SITC) 7-13
 39-6 3/4 (1) Bea Hunt (RRR) 4-27
 39-5 (Q3) Elaine Roquo (LATC) 7-12
 37-5 1/2 (Q4) Christi Pyle (LATC) 7-12
 36-6 1/2 (1) Marta Kuehl (SVTC) 4-19
 36-5 3/4 (5) Kerry Zwart (LATC) 7-12
 36-2 3/4 Jackie Nelson (OCT) 8-2
 35-1 1/2 (2) Linda Kemp (CG) 5-3
 34-1 1/2 (3) Eridgette Henderson (LBC) 5-10
 32-5 1/2 (4) Mary Rowell (SBS) 3-23
 32-4 3/4 (4) Liz O'Conner (RCF) 6-14
 32-3 3/4 (3) Roseanne Gehres (OVTC) 6-21
 31-9 3/4 (7) Rosemary Villalvasco (RRR)
 31-6 3/4 (5) Jill Ridenour (PP) 6-14
 31-5 (4) Cynthia Johnson (LBC) 5-3
 30-9 1/2 (1) V. Smith (Ven. Tig) 6-7
 29-7 3/4 (Q10) Skyler Ousley (RRR) 7-12
 29-6 1/2 (4) Cheryl Kennedy (Un) 6-8
 29-4 (2) Carrie Mason (OCT) 2-23
 29-0 (1) Lisa Cravits (LATC) 7-13
 28-4 (5) Kim Lindner (SCVAA) 6-18
 28-3 1/2 (4) Clare Trotter (un) 3-15
 28-2 (4) Edith Gilmore (VC) 6-21
 28-0 3/4 (7) Glenda Smith (WS) 6-14
 27-8 1/2 (7) Keigh Lee Smith (Un) 5-10
 27-0 1/2 (6) Madelyn Butler (VC) 6-21
 26-9 (7) Janet Rotte (NPP) 6-21
 24-3 3/4 (8) Tina Delaney (VC) 6-21

19-2w (1) Karen Elmore (ML) 4-27
 18-6 1/2 (1) Kim Moran (LATC) 6-14
 17-11 1/2 (3) Erin Pike (LATC) 7-13
 17-6 3/4 (2) Sandra DeWitt (SVTC) 6-14
 17-5 3/4 (3) Karen Ueda (LBC) 4-27
 17-4 (1) Roxanne Wright (Fresno) 5-10
 16-11 1/2 (4) Liz Wigim (Un) 6-14
 16-10w (1) T. Evans (ML) 4-19
 16-9 3/4 (2) Shlavonne Shy (LBC) 6-8
 16-9 1/2 (6) Kim Sloane (SBSP) 7-13
 16-8 3/4 (4) Beth Melton (PAT) 6-8
 16-8 3/4 (5) Sharrie Hamilton (RRR) 6-14
 16-7 1/2 (1) Beth Rockcliffe (OCT) 2-1
 16-7 1/2 (1) Kim Becktold (Nrtgr Nts) 6-7
 16-7 1/2 (7) Kerry Zwart (LATC) 7-13
 16-7 1/2 (6) Susie Beugen (Arrow) 6-14
 16-6 3/4 (7) Kim McDonald (WdsSt) 6-14
 16-5 (1) Katie Gaston (SDC) 3-29
 16-4 3/4 (5) Carla Neasel (LI) 6-8
 16-4 1/2 (2) Linda Morrison (WW) 3-15
 16-2 3/4 (1) Sheri Moreno (LI) 5-18
 16-0 3/4w (4) Pam Fowler (SBS) 5-10
 15-11 1/2 (2) Alison Reed (AA) 5-18
 15-11 1/2 (7) Teri Beamish (LBC) 6-8
 15-11 1/2 (8) Diane Stewart (LI) 6-8
 15-10 (4) Julia Torricelli (WW) 3-15
 15-9 1/2 (4) Terry Rubin (VGTC) 5-3
 15-9 1/2 (7) Beth Howe (SCV) 6-21
 15-8 1/2 (9) Mary Winniwisser (SBSP) 6-8
 15-7 3/4 (10) Pam Evans (ML) 7-13

JAVELIN

145-7 (1) Lisa Van Benthem (Un) 5-18
 133-7 (2) Lorelei Van Benthem (Un) 5-18
 135-7 (2) Lynne Van Benthem (WW) 1-5
 130-1 (1) Raedan Rona (PAT) 6-8
 120-1 (4) Donna Mayhew (FTC) 5-3
 112-11 (2) Kendra Bramlett (LI) 6-21
 103-10 (6) Michelle Holmes (RCF) 6-14
 93-6 (7) Gina Lombardi (RCF) 6-14
 91-9 (1) Debbie Happerst (Un) 3-29
 82-11 (5) Stephanie Simaich (MTC) 2-1
 82-7 (8) Denise Bangert (ML) 6-14
 60-0 (4) Madelyn Butler (VC) 6-21

440 RELAY

47.4 (1) Millbrae Lions 5-3
 48.2 (2) San Diego Cougars 7-12
 48.6 (3) Los Angeles TC 7-12
 48.6 (3) Berkeley East Bay TC 7-13
 49.2 (2) Long Beach Comets 3-23
 49.5 (4) So. Cal Cheetahs 3-23
 50.0 (3) SJ Cindergals-A 6-14
 50.3 (4) Arrow TC 6-14
 50.7 (5) Lakewood International 6-14
 51.0 (3) Mickey's Missiles 5-3
 51.9 (2) San Diego Cougars-B 3-29
 52.0 (3) Orange Coast Thndrblts 4-27
 52.6 (5) Wilt's Wonder Women 4-27
 52.8 (6) So Cal Cheetahs-B 4-27
 53.0 (1) North Valley 6-7
 53.5 (4) LA State Streakers 3-2
 53.6 (5) Los Angeles TC-B 5-3
 53.8 (7) Glendale Girls 4-27
 54.1 (2) Faith Streakers 3-8
 54.7 (3) East Valley Trojans 6-8
 54.9 (1) Ventura HS 6-21
 55.4 (8) South Bay Striders 4-27
 55.8 (3) Valley Chargers 6-21
 56.4 (5) Lindbergh 3-2
 57.0 (4) Antelope Valley 6-21

11.2w (2) Brenda Winston (RRR) 6-21
 11.2w (2) Toni Winston (RRR) 7-12
 11.3 (1) Roxanne Banks (WW) 3-23
 11.3 (H) Gail Claiborn (WS) 5-25
 11.3w (2) Elaine McKenna (LATC) 5-10
 11.4 (1) Debra Wilson (WVJ) 6-7
 11.5 (2) Karon Williams (SDC) 3-29
 11.5 (2) Pam Newton (SCC) 5-3
 11.5 (H2) Vicki Almeida (SCC) 5-10
 11.5w (1) Judy Young (BEBTC) 4-6
 11.5w (2) Regina Lambert (SVTC) 4-6
 11.5w (5) Jo ce Bowie (SBSP) 5-10
 11.5w (2) Denise Smith (PAT) 6-21
 11.5w (4) Lorraine Johnson (SVF) 7-12
 11.6w (3) Tanya Willis (OCT) 3-15
 11.6w (2) Sherrill Tappin (WRD) 5-18
 11.7 (1) Sharon Hulse (PAT) 2-1
 11.7 (3) Sharon Kennedy (Un) 5-3
 11.7 (H3) Tammy Singleton (OVTC) 5-10
 11.7 (1) Debbie Baughan (LVTC) 6-7
 11.7w (2) Jenise Thompson (LBC) 4-5
 11.7w (3) Kathy Yuhas (App) 4-6
 11.7w (3) Gizzele Lewis (SCC) 6-21
 11.8 (4) LaDonna Moore (MM) 3-29
 11.8 (1) Gwen Lowe (Fresno) 5-10
 11.8 (2) Meinyon Nixon (Fresno) 5-10
 11.8 (H) Marian Franklin (ML) 5-25
 11.8 (2) L. Johnson (SV) 6-7
 11.8 (7) Dawn Peters (SCC) 6-7

220 YARD DASH

25.2 (1) Denise Smith (PAT) 5-21
 25.3 (1) Gwen Loud (Un) 8-9
 25.4w (1) Janet Ballard (SCC) 7-12
 25.5w (2) Toni Winston (RRR) 6-14
 25.6w (4) Elaine McKenna (LATC) 6-14
 25.7m (P) Tammy Singleton (OVTC) 3-29
 25.8 Brenda Turner 5-26
 25.8 (H2) Brenda Winston (RRR) 6-14
 25.9 (1) Marquita Belk (SJC) 4-6
 26.0 (5) Debra Wilson (WVJ) 6-7
 26.0w (5) Sharon Hulse (PAT) 5-10
 26.1 (H) Michele Riviere (SBS) 6-14
 26.1 (H) Gail Claiborne (WS) 6-14
 26.2 (2) Ann Regan (IntegTC) 4-6
 26.2 (H) Karon Williams (SDC) 6-14
 26.2 (H) Wendy Allums (BEBTC) 6-14
 26.2w (1) Sherry Blackburn (BEBTC) 4-19
 26.3 (3) Dawn Peters (SCC) 4-20
 26.3w (1) Tanya Willis (OCT) 3-15
 26.4w (6) Sharon Kennedy (OCT) 5-10
 26.3m (P) Erin Pike (LATC) 5-31
 26.4w (3) Susie Ray (Un) 7-12
 26.4w (4) Jennifer Egan (LI) 7-12
 26.4m (P) Jouce Bowie (SBSP) 3-29
 26.5 (3) Cheryl Greggans (RCF) 4-6
 26.5 (7) Lydia Laidlaw (WW) 5-10
 26.5 (8) Denise Cody (SDC) 5-10
 26.5 (H) Jenise Thompson (LBC) 6-14
 26.6 (8) Tracie McMurray (SCC) 6-7
 26.6 (H) Melva Norris (SDC) 6-14
 26.6 (H) Gigi Hurley (ML) 6-14

440 YARD DASH

56.0 (1) Marquita Belk (SJC) 4-3
 57.4 (1) Denise Smith (PAT) 7-13
 57.5 (2) Sherry Blackburn (BEBTC) 5-3
 57.9 (1) Barney Carral (SCC) 6-7
 58.5 (1) Sharon Hulse (PAT) 5-3
 58.5 (2) Josephine Riley (RRR) 6-7
 59.6 (1) Marian Franklin (ML) 4-19
 59.6 (3) Wendy Allums (BEBTC) 5-3
 59.6 (3) Della Equipilag (SCC) 6-14

- 59.8 (4)Ann Regan(Int.TC)5-3
- 60.0 (2)Penny Bridges(RRR)4-27
- 60.2 (3)Lisa Peters(SCC)4-27
- 60.3 (3)Paula Rose(BA)2-1
- 60.4 (2)Janet Ballard(SCC)3-29
- 60.6 (4)Melva Norris(SDC)3-23
- 60.6 (2)Karen Linn(WS)5-25
- 60.6 (5)Karon Williams(SDC)6-14
- 60.8 (4)Jennifer Egan(LI)4-27
- 60.9 Rochelle Hall 5-17
- 61.0 (1)Sharon Kennedy(n)5-17
- 61.1 (2)Debbie Jensen(SCC)4-27
- 61.1 (2)Jenise Thompson(LBC)5-17
- 61.2 (1)S. Smith(NR-VC)6-7
- 61.2 (5)Corinne Nunez(RRR)6-7
- 61.3 Denice Gody(SDC)3-22
- 61.5 (5)Lydia Laidlaw(WYW)4-20
- 61.5 (2)Sheila Hammond(RRR)5-3
- 61.5 (1)Poppo(Corcoran)5-10
- 61.5 (1)Jenny Townsend(LBC)6-7
- 61.6 (8)Kerry Cerda(Un)6-7

880 YARD RUN

- 2:13.9 (1)Sharon Hulse(PAT)5-25
- 2:14.2 (1)Chris, Stoiloff(RRR)7-26
- 2:16.4 (1)Paula Rose(BA)2-23
- 2:17.2 (3)Lynne Honeywell(RRR)6-7
- 2:17.3 (4)Carol Czarnetski(BA)6-7
- 2:17.9 (2)Penny Bridges(RRR)4-27
- 2:18.2 (2)Marquita Belk(SJC)6-14
- 2:18.4 (3)Barney Carral(SCC)4-27
- 2:21.0 (6)Corinne Nunez(RRR)4-27
- 2:21.0 (5)Laura Diconti(GG)6-7
- 2:21.5 (1)Shawn Hoose(WS)5-25
- 2:21.6 (7)Karen Bain(WS)4-29
- 2:22.4 (1)Sheila Hammond(RRR)4-27
- 2:22.6 (3)Cathy Partida(SCC)7-12
- 2:22.9 (4)Rhonda Washington(BA)6-14
- 2:22.9 (5)Karin Linn(WS)6-14
- 2:23.0 (1)Susan Follett(BA)5-17
- 2:23.5 (3)Laurie Strain(WYW)4-20
- 2:23.5 (9)Cheryl Flowers(MM)4-27
- 2:23.6 (3)Nanette Rianda(SVTC)5-25
- 2:23.6 (4)Valerie Davis(RCF)5-25
- 2:23.8 (4)Laurie Teague(ECS)4-20
- 2:24.0 (11)Christi Vanzant(SCC)4-27
- 2:24.2 Tracy Hughes(BA)5-25
- 2:24.2 (8)Donna Sanchez(RRR)6-7
- 2:24.4 (2)Laurie Johnson(RRR)4-27
- 2:24.7 (2)Diane Harrell(LBC)5-17
- 2:25.1 Pam Hedges(BA)5-25
- 2:25.4 (10)Autumn Bateson(PAT)6-7
- 2:25.6 (2)Krista Roberts(WS)3-29

ONE MILE RUN

- 5:00.8 (1)Paula Rose(BA)2-23
- 5:05.3 (2)Corinne Nunez(RRR)5-10
- 5:05.5 (1)Sharon Hulse(PAT)7-19
- 5:05.7 (1)Donna Sanchez(RRR)4-26
- 5:06.5 (2)Becky Villalvazo(RRR)4-26
- 5:08.6 (4)Mari Gibbs(LI)4-26
- 5:10.8 (5)Mary Carman(SB)4-26
- 5:12.3 (4)Laurie Johnson(RRR)6-7
- 5:12.6 (1)Sandy Beauchamp(WS)5-25
- 5:12.6 (4)Vicki Bray(Arrow)6-14
- 5:12.8 (2)Karen Bain(WS)5-25
- 5:13.8 Tracy Miller(SJC)6-14
- 5:14.6 (1)Marquita Belk(SJC)4-6
- 4:14.8 (3)Caron Choy(SVTC)5-25
- 5:14.8 (5)Pam Hedges(BA)6-7
- 5:15.0 (6)Kelley Wells(AV)6-7

- 8:41.9 (10)Becky Gomez(RRR)7-13
- 8:45.6 (4)Lynn Holmbeck(PAT)6-21
- 8:47.6 (7)Barbie Colunga(RRR)6-7
- 8:52.0 (11)Brooke Hendershey(SJC)6-14
- 8:53.0 (3)Christa Sears(PAT)3-2
- 8:53.2 (5)Melanie Johnson(SCC)6-21
- 8:57.0 (4)Bonnie Jewell(SVTC)4-6
- 9:01.0 (8)Ann Sweeney(OCT)3-23
- 9:04.0 (6)Kim Sriver(SJC)4-6
- 9:08.0 (16)Hedy Hafen(SCC)6-14
- 9:19.3 (9)Tina Santiago(RRR)6-21
- 9:20.0 (17)Kim MacLay(CY)6-14
- 9:25.0 Lori Jones(BA)5-25
- 9:28.0 (18)Patti Anderson(Arrow)6-14
- 9:40.0 (19)Rossana Quezada(SCC)6-14
- 9:48.4 (12)Shelley Glazier(PAT)5-10

80 METER HURDLES(30")

- 11.4 (1)Tawny Singleton(OVTC)6-7
- 11.8 (2)Kathy Yuhas(App)6-14
- 12.0 (2)Erin Pike(LATC)5-17
- 12.0w (P)Laurie Carroll(SBSP)3-29
- 12.1w (3)Kathy Bower(SBS)7-13
- 12.2 (3)Dulce Reade(LBC)6-7
- 12.5w (4)Debbie Vaughan(LV)5-10
- 12.5w (5)Marlene Harmon(LATC)5-10
- 12.7 (3)Yvette Irons(GG)7-12
- 12.8 Gigi Hurley(ML)4-19
- 12.8 (H4)Lisa Erickson(SCC)5-10
- 12.8w (P)Kerry Zwart(Un)3-29
- 13.0 (6)Paige Lubra(WS)6-14
- 13.1 (2)Tracy Cook(OrindaTC)5-25
- 13.1 (6)Christa Sears(PAT)6-7
- 13.1w (2)Susan Springer(SVTC)4-6
- 13.2 (2)Debbie Burton(SCVAA)6-7
- 13.2w (7)Candy Acres(SBSP)3-29
- 13.3 (5)Tracy Hanlon(LBC)4-20
- 13.3 (3)Kyra Bjornsson(WS)5-25
- 13.5 (3)R. Uranga(Ch-VC)6-7
- 13.6 (P)Susie White(Un)5-31
- 13.6w (P)Joyce Bowie(SBSP)3-29
- 13.7w (P)Judi Smith(OVTC)3-29
- 13.8 (6)Kerry Steinsower(GG)5-3
- 13.8w (P)Chris Wheeler(SBS)3-29
- 13.8w (1)Lori Guinn(Clovis)5-10
- 13.9w (2)Krisi Jensen(Brdsly)5-10
- 14.0w (2)Denise Montoya(AA)6-21
- 14.1 (3)Terri Smith(LBC)3-8
- 14.1 (H)Jill Mojas(ML)6-14

200 METER HURDLES(30") 30"):

- 27.6 (1)Tawny Singleton(OVTC)5-17
- 28.1 (2)Erin Pike(LATC)6-7
- 29.0 (1)Kathy Yuhas(App)6-14
- 29.2 (2)Dulce Reade(LBC)4-20
- 29.5 Laurie Carroll (SBS)3-23
- 29.9w (1)Mary Crevelt(RCF)4-6
- 30.1 Kathy Bower(SBS)3-22
- 30.1 Lisa Erickson(SCC)5-22
- 30.2 (4)Marlene Harmon(LATC)6-7
- 30.6 (3)Linda Elkins(RCF)5-25
- 30.9 (5)Tracy Hanlon(LBC)4-20
- 30.9 (4)Renee Strebig(SJC)5-25
- 31.0 (7)Kyra Bjornsson(WS)6-14
- 31.1 (3)Dawn Peters(SCC)3-15
- 31.1 (1)Candy Acres(SBSP)6-21
- 31.2 (2)Laurie Brazelton(SBSP)6-21
- 31.3 Christa Sears(PAT)3-22
- 31.3 (6)Detra Washington(Un)6-7
- 31.4 (5)Wendy Craig(CY)5-25
- 31.5 (4)Denise Montoya(AA)7-12
- 31.7 (2)Nanette VanDusen(SJC)4-6

- 1:54.5 (4)Redwood City Flyers 7-13
- 1:56.3 (5)Long Beach Comets 4-27
- 1:56.9 (1)San Jose Cindergals 4-6
- 1:56.9 (6)South Bay Striders 6-14
- 1:58.3 (2)Cupertino Yearlings 5-25
- 1:58.4 (7)Will's Spikettes 6-14
- 1:58.5 (5)Santa Clarita Valley 7-12
- 1:58.8 (7)Mickey's Missiles 4-27
- 1:59.5 (5)Glendale Girls 4-27
- 1:59.7 (6)Appaloosa TC 7-12
- 2:00.5 (6)Wilt's Wonder Women-B 4-27
- 2:01.2 (3)Patriots USA-B 5-3
- 2:02.5 (4)Lakewood International 5-3
- 2:02.9 (2)Ojai Valley TC 6-21
- 2:03.5 (5)Faith Streakers 5-3
- 2:03.7 (3)Santa Cruzers 5-25
- 2:04.2 (4)Orinda TC 5-25
- 2:10.2 (3)Newbury Park PanthersB 6-21

DISTANCE MEDLEY RELAY

- 12:28.6 (1)Rialto Road Runners 4-13
- 12:42.6 (2)Rialto Road Runners-B4-13
- 12:48.0 (3)So. Cal. Cheetahs 4-13
- 13:09.8 (4)Blue Angeles TC 4-13
- 13:15.0 (5)Rialto Road Runners-C4-13
- 13:23.4 (6)So. Cal. Cheetahs 4-13

ONE MILE RELAY

- 3:56.2 (1)So Cal. Cheetahs 5-31
- 4:01.3 (1)Rialto Road Runners 6-7
- 4:05.6 (3)Berkeley East Bay TC 7-13
- 4:06.8 (2)San Jose Cindergals 5-3
- 4:07.6 (1)Millbrae Lions TC 5-25
- 4:10.1 (4)Long Beach Comets 7-13
- 4:10.9 (3)Rialto Road Runners-B3-23
- 4:12.1 (4)Orinda Track Club 5-3
- 4:12.6 (1)Wilt's Wonder Women 5-3
- 4:13.1 (4)So. Cal. Cheetahs-B 7-12
- 4:14.2 (4)Lakewood International 6-7
- 4:16.2 (1)Will's Spikettes 4-19
- 4:16.3 (5)Patriots USA 4-13
- 4:16.8 (6)Blue Angeles TC 6-7
- 4:19.8 (3)Mickey's Missiles 3-2
- 4:23.4 (1)Salinas TC 4-6
- 4:32.2 (8)Montebello TC 6-7
- 4:33.3 (6)Wilt's Wonder Women-B 7-12
- 4:34.0 (4)Ventura Girls TC 4-13
- 4:34.9 (3)Las Virgenes TC 6-21
- 4:39.5 (4)Orinda TC-B 4-6
- 4:43.5 (5)Redwood City 4-6
- 4:44.5 (4)Newbury Park Panthers 6-21
- 4:44.7 (8)No. Cal. TC 5-10

HIGH JUMP

- 5-6 (1)Kyra Bjornsson(WS)7-13
- 5-5 (1)Candy Acres (SBSP)6-14
- 5-2½ (P)Erin Pike (LATC)5-31
- 5-2 (2)Lucy Wardle(SBS)6-7
- 5-2 (1)Yvette Irons(GG)6-21
- 5-2 (5)Lisa Peters(SCC)7-13
- 5-2 (8)Ellen Fargo(GG)7-13
- 5-0 (1)Kelley Hoban(SBS)2-23
- 5-0 (1)Gigi Hurley(ML)4-19
- 5-0 (1)Rose Sweeney(OCT)5-3
- 5-0 (1)Wanda Kelley(EVT)6-7
- 5-0 (T3)Cindy Cooper(SBS)6-7
- 5-0 (7)Joyce Bowie(SBSP)6-7
- 5-0 (6)Jill Mojas(ML)6-14
- 4-10½ (P)Susie Ray(OCT)3-29
- 4-10 (7)Laurie Carroll(SBSP)5-10

SHOT PUT

- 48-7½ (Q1)Susie Ray(Un)7-12
- 47-2½ (1)Susan Springer(SVTC)5-25
- 44-8 3/4 (2)Jackie Nelson(OCT)7-13
- 41-1 (2)Dorcas Williams(WVJ)5-17
- 39-9 (P)Kerry Zwart(Un)3-29
- 38-6 (Q4)Anne Schultz(SBS)7-12
- 38-2½ (4)Carole Kent(SBSP)6-14
- 37-11 (7)Debra Pryor(BEBTC)7-13
- 37-8 (7)Diana Bishop(Arrow)6-14
- 37-3½ (4)Rose Anne Gehres(OVTC)5-17
- 36-8 (2)Kyra Bjornsson(WS)5-25
- 36-5½ (3)Diana Wilson(SalinasTC)5-25
- 36-2½ (P)Chris Wheeler(SBS)3-29
- 35-9 (1)Mary Williams(Merced)5-10
- 35-7 3/4 (P)Tawny Singleton(OVTC)5-29
- 35-7½ (3)Teresa Warne(BA)4-5
- 35-7 (8)Susan Eaton(Un)6-14
- 34-11½ (1)T. Cleveland(Ch-VC)6-7
- 34-8 (6)Kim Cox(RCF)5-25
- 34-2 (3)Tina Evans(App)4-6
- 33-11½ (2)D. Matthews(W.Val.Eagl)6-7
- 33-9½ (P)Erin Pike(LATC)5-31
- 33-6 (4)Diana Wilson(SVTC)4-6
- 33-5½ (2)Dorothy Rivera(Madera)5-10
- 33-2½ (3)Marcella Hernandez(Sngr)5-10
- 33-2 (4)Susan Tillis(Bak)7-10
- 33-2 (5)Kelly Demina(Hanford)5-10
- 32-11½ (6)Cathie Cano(SBS)5-10
- 32-4 (9)K. Scudder(GG)6-7
- 32-0 3/4 (P)Sharon Kennedy(Un)5-31



DISCUS

- 122-3 (1)Susan Springer(SVTC)5-25
- 115-9 (2)Kim Cox(RCF)4-27
- 112-3 (1)Jackie Nelson(OCT)6-7
- 110-3 (2)Charm Bishop(SCC)7-13
- 109-4 (3)Rose Anne Gehres(OVTC)7-13
- 100-2 Rebecca Greening(CY)4-5
- 99-8 (4)Barbara Nichols(Ravie)6-14
- 99-1 (6)Diane Bishop(Arrow)6-14
- 91-10 (3)Carole Kent(SBSP)4-5
- 89-5 (1)Debbie McCauslin(Tul)5-10
- 89-0 (2)Jodie Moser(Grnfld)5-10
- 88-7 (3)Joanne Little(Clovis)5-10
- 88-7 (8)Terri Sanford(CY)7-13.
- 82-9 (3)Tina Evans(App)4-6
- 81-1½ (3)Xena Kistler(VGTC)6-21
- 77-10 (4)Chrissy Ruff(Grnfld)5-10
- 74-4 (5)Lydia Banegas(Hanford)5-10
- 71-6 (8)Darcy Emerson(LBC)5-10
- 62-6 (5)Tina Evans(App)4-6

ONE MILE RUN

5:00.8 (1)Paula Rose(BA)2-23
 5:05.3 (2)Corinne Nunez(RRR)5-10
 5:05.5 (1)Sharon Hulze(PAT)7-19
 5:05.7 (1)Donna Sanchez(RRR)4-26
 5:06.5 (2)Becky Villalvaszo(RRR)4-26
 5:08.6 (4)Mari Gibbs(LI)4-26
 5:10.8 (5)Mary Carman(SB)4-26
 5:12.3 (4)Laurie Johnson(RRR)6-7
 5:12.6 (1)Sandy Beauchamp(WS)5-25
 5:12.6 (4)Vicki Bray(Arrow)6-14
 5:12.8 (2)Karen Bain(WS)5-25
 5:13.8 Tracy Miller(SJC)6-14
 5:14.6 (1)Marquita Belk(SJC)4-6
 4:14.8 (3)Caron Choy(SVTC)5-25
 5:14.8 (5)Pam Hodges(BA)6-7
 5:15.0 (6)Kelley Wells(AV)6-7
 5:15.4 (7)Diane Esslinger(SCC)6-7
 5:15.9 Cheryl Flowers(MM)6-14
 5:16.3 (9)Alicia Kirkorn(BA)6-7
 5:18.6 (3)Roxanne Bier(App)4-27
 5:19.0 Valerie Davis(RCF)6-14
 5:19.2 (7)Christy Vanzant(SCC)5-10
 5:19.4 Debbie Lee(OrindaTC)6-14
 5:19+ (5)Julie Hatfield(BA)6-26
 5:19.7 (3)Michelle Wavers(SCC)7-12
 5:22.0 (1)Jennifer Heaton(Clovis)5-10
 5:22.2 (2)Torri Turner(Bak)5-10
 5:22.2 (1)Kelly Jones(Un)6-7
 5:22.6 (8)Penny Bridges(RRR)4-26
 5:22.6 (5)Jody Cobb(STC)5-25

2 MILE RUN

10:57.2 (1)Donna Sanchez(RRR)5-4
 11:03.8 (2)Becky Villalvaszo(RRR)5-4
 11:19.0 (3)Laurie Johnson(RRR)5-4
 11:22.6 (2)Suzanne Keith(RRR)2-1
 11:24.4 (4)Kim MacMillan(RRR)5-4
 11:33.4 (4)Diane Esslinger(SCC)2-1
 11:42.5 (3)Alicia Kirkorn(BA)5-25
 11:44.4 (5)Vickie Cook(RRR)5-4
 11:55.4 (6)Kathy Kiernan(BA)5-4
 12:02.0 (7)Angela Johnson(RRR)5-4
 12:10.6 (1)Pam Hodges(BA)2-23
 12:11.8 (2)Susie Heckethorn(Un)2-23
 12:13.6 (3)Kelly Jones(OCT)2-23
 12:24.8 (4)Diane Bongirno(Un)2-23
 12:27.6 (8)Terianne Topp(SCVAA)5-4
 12:29.6 (9)Cimi Redermann(RRR)5-4
 12:29.8 (5)Jackie Duran(OVTC)2-23
 12:41.0 (5)Margret Ball(MM)2-1
 13:43.8 (10)Michelle Mann(SCVAA)5-4

ONE MILE WALK

8:02.6 (1)Georgia Sakelarios(RCF)6-14
 8:04.1 (2)Joyce Brodock(RRR)7-13
 8:04.7 (2)Cindy Vaughan(RCF)6-14
 8:09.8 (1)Becky Villalvaszo(RRR)5-31
 8:11.3 (3)Laura Spencer(CY)6-14
 8:11.8 (1)Jessica Waskow(RRR)6-7
 8:16.8 (5)Kim Durham(RCF)6-14
 8:16.8 (4)Tracy Trisco(BA)7-13
 8:24.4 (6)Debbie O'Sullivan(SJC)6-14
 8:24.5 (2)Sharlene McGinley(SBS)6-7
 8:25.9 (3)April Hickey(PAT)6-7
 8:27.0 (6)Marti McCracken(WWW)7-13
 8:36.5 (8)Kim Narwold(VGTC)6-7

28.1 (1)Tawny Singleton(OVTC)5-17
 28.1 (2)Erin Pike(LATC)6-7
 29.0 (1)Kathy Yuhas(App)6-14
 29.2 (2)Dulce Reade(LBC)4-20
 29.5 Laurie Carroll(SBS)3-23
 29.9w (1)Mary Crevelt(RCF)4-6
 30.1 Kathy Bower(SBS)3-22
 30.1 Lisa Erickson(SCC)3-22
 30.2 (4)Marlene Harmon(LATC)6-7
 30.6 (3)Linda Elkins(RCF)5-25
 30.9 (5)Tracy Hanlon(LBC)4-20
 30.9 (4)Renee Strebig(SJC)5-25
 31.0 (7)Kyra Bjornsson(WS)6-14
 31.1 (3)Dawn Peters(SCC)3-15
 31.1 (1)Candy Acres(SBSP)6-21
 31.2 (2)Laurie Brazelton(SBSP)6-21
 31.3 Christa Sears(PAT)3-22
 31.3 (6)Detra Washington(Un)6-7
 31.4 (5)Wendy Craig(CY)5-25
 31.5 (4)Denise Montoya(AA)7-12
 31.7 (2)Danette VanDusen(SJC)4-6
 31.8 (1)Debbie Vaughan(LV)2-23
 31.8 (9)Debbie Dibb(WWW)5-10
 31.9 (7)Cindy Cooper(Un)3-15
 32.2 (6)Kerry Steinshower(GG)5-3
 32.2 Jody Cobb(SalinasTC)6-14
 32.2 (5)Jaime Hansen(App)7-12
 32.3 (4)Judi Smith(OVTC)5-17
 32.4 (10)Michelle Pollock(GG)5-10
 32.4w (4)Reesa Boston(SVTC)4-6

440 RELAY

50.0 (1)Berkeley East Bay TC 5-3
 50.1 (1)So. Cal. Cheetahs 4-27
 50.5 (2)Millbrae Lions TC 5-25
 50.6 (2)Rialto Road Runners 7-12
 50.7 Orange Coast Thunderbolts 3-22
 50.7 (3)Wilt's Wonder Women 6-14
 51.8 San Diego Cougars 3-22
 51.8 (4)Redwood City Flyers 7-12
 51.9 (3)Salinas Valley TC 5-3
 52.0 (2)South Bay Striders 4-13
 52.3 (4)Mickey's Missiles 4-27
 52.4 So. Cal. Cheetahs-B 3-22
 52.6 (4)Cupertino Yearlings 5-3
 52.6 (6)Sun Valley Falcons 7-12
 52.7 (2)Las Virgenes TC 6-7
 53.0 (3)Long Beach Comets 3-2
 53.0 (3)Santa Clarita AA 6-7
 53.3 (4)Glendale Girls TC 6-7
 53.6 (2)Newbury Park Panthers 6-21
 53.8 (6)Lewis AC 5-25
 54.0 (5)Ojai Valley 4-13
 54.3 (5)Orinda TC 4-6
 55.0 Appaloosa TC 6-14
 55.4 (5)Faith Streakers 6-21
 56.1 (7)Ventura Girls TC 4-5
 56.4 Woodside Striders 6-14
 57.2 (6)Anaheim Atoms 6-21

880 MEDLEY RELAY

1:49.3 (1)So. Cal. Cheetahs-B 6-7
 1:51.2 (2)Patriots USA 6-7
 1:51.4 (1)Berkeley East Bay TC 4-27
 1:52.2 (1)So. Cal. Cheetahs-A 3-2
 1:53.6 (1)Millbrae Lions TC 4-19
 1:53.7 (2)Orange Coast Thunderb 4-13
 1:53.7 (2)Wilt's Wonder Women 5-10
 1:53.9 (3)Santa Barbara Sdipers 4-13
 1:54.0 (2)San Diego Cougars 4-27
 1:54.1 (4)Rialto Road Runners 4-13

HIGH JUMP

5-6 (1)Kyra Bjornsson(WS)7-13
 5-5 (1)Candy Acres(SBSP)6-14
 5-2½ (P)Erin Pike(LATC)5-31
 5-2 (2)Lucy Wardle(SBS)6-7
 5-2 (1)Yvette Irons(GG)6-21
 5-2 (5)Lisa Peters(SCC)7-13
 5-2 (8)Ellen Fargo(GG)7-13
 5-0 (1)Kelley Hoban(SBS)2-23
 5-0 (1)Gigi Hurley(ML)4-19
 5-0 (1)Rose Sweeney(OCT)5-3
 5-0 (1)Wanda Kelley(EVT)6-7
 5-0 (T3)Cindy Cooper(SBS)6-7
 5-0 (7)Joyce Bowie(SBSP)6-7
 5-0 (6)Jill Mojas(ML)6-14
 4-10½ (P)Susie Ray(OCT)3-29
 4-10 (7)Laurie Carroll(SBSP)5-10
 4-10 (3)Theresa Cesari(CY)5-25
 4-10 (8)Marlene Harmon(LATC)6-7
 4-9 (P)Debbie Vaughan(LV)3-29
 4-9 (P)Tawny Singleton(OVTC)3-29
 4-9 (T4)Anne Thomas(CY)5-25
 4-9 (T4)Wendy Craig(CY)5-25
 4-8 3/4 (1)Stacy Doll(Standard)5-10
 4-8 (2)Terri Smithe(LBC)1-25
 4-8 (3)Cathy Hill(OVTC)2-23
 4-8 (4)Pam Robison(SBS)2-23
 4-8 (1)Kathy Yuhas(App)4-6
 4-8 (T6)Reesa Boston(Salinas)5-25
 4-8 (T6)Anita Scarpa(Salinas)5-25
 4-8 (T6)Kelly Hintz(CY)5-25
 4-8 (P)Kerry Zwart(LATC)1-25
 4-8 (2)L. Burns(SC-VC)6-7
 4-8 (3)L. Soja(SC-VC)6-7
 4-8 (9)L. Coates(Un)6-7
 4-8 (9)Kathy Bower(SBS)6-21
 4-8 (10)Michelle Pace6-21
 4-8 (Q18)Christi Webb(CY)7-12

LONG JUMP

18-6 3/4 (P)Erin Pike(LATC)5-31
 17-2 (1)Kerry Zwart(Un)3-15
 17-1½ (1)Gail Claiborne(WS)5-25
 17-0½ (2)Joyce Bowie(SBSP)6-14
 16-10 (1)Vicki Almeida(SCC)2-1
 16-10 (1)Vernetta Brothers(Bak)5-10
 16-8 (2)Cassandra Griffin(WWW)5-3
 16-8 (2)B. Pops(Corcoran)5-10
 16-7 3/4 (2)Debbie Vaughan(LV)2-1
 16-7 3/4w Jamie Anderson(SCC)
 16-7½ (3)Cindy Doyel(M.Mlrs)6-7
 16-6½ (4)Brenda Winston(RRR)6-7
 16-5 3/4 (3)Denise Smith(PAT)5-3
 16-5 (3)Sandra Balderas(MTC)4-5
 16-4 3/4 (P)Tawny Singleton(OVTC)3-29
 16-4½ (5)Lucy Wardle(SBSP)6-7
 16-3½ (2)Valerie Larson(ML)5-25
 16-3 (4)Jenny Townsend(LBC)5-3
 16-3 (3)Diane Harris(Fresno)5-10
 16-3 (8)Vicky Bray(Arrow)6-14
 16-2 3/4 (1)Pat McFall(OCT)2-23
 16-2½ (1)Kathy Yuhas(App)4-19
 16-2 (2)B. Reed(LVTC-VC)6-7
 16-1 (3)Lisa Peters(SCC)3-15
 15-11½ (3)Lori Burton(SCVAA)6-7
 15-11½ Gigi Hurley(ML)4-6
 15-11 (2)Bonnie McRoberts(WWW)3-8
 15-10½ (7)Tracie McMurray(SCC)7-13
 15-8 3/4 (10)Lisa White(OCT)4-5

DISCUS

122-3 (1)Susan Springer(SVTC)5-25
 115-9 (2)Kim Cox(RCF)4-27
 112-3 (1)Jackie Nelson(OCT)6-7
 110-3 (2)Charm Bishop(SCC)7-13
 109-4 (3)Rose Anne Gehres(OVTC)7-13
 100-2 Rebecca Greening(CY)4-5
 99-8 (4)Barbara Nichols(Ravil)6-14
 99-1 (6)Diane Bishop(Arrow)6-14
 91-10 (3)Carole Kent(SBSP)4-5
 89-5 (1)Debbie McCauslin(Tul)5-10
 89-0 (2)Jodie Moser(Grnfl)5-10
 88-7 (3)Joanne Little(Clovis)5-10
 88-7 (8)Terri Sanford(CY)7-13
 82-9 (3)Tina Evans(App)4-6
 81-1½ (3)xena Kistler(VGTC)6-21
 77-10 (4)Chrissy Ruff(Grnfl)5-10
 74-4 (5)Lydia Banegas(Hamford)5-10
 71-6 (8)Darcy Emerson(LBC)5-10
 69-5 (5)Anne Beggs(CY)4-6
 68-3½ (4)Debbie Phillips(SBSP)6-21
 65-8 (6)Claudia Anderson(MP)4-6
 64-4 (4)Francine Veon(M.Mlrs)5-17

JAVELIN

132-7 (1)Jackie Nelson(OCT)5-17
 127-6 (3)Debbie Dibb(WWW)4-27
 126-1 (1)Charm Bishop(SCC)7-13
 115-9 Kim Cox(RCF)
 114-9½ (3)Anne Molgaard(SBS)6-7
 113-1 (4)Diane Bishop(Arrow)6-14
 113-1 (2)Anne Schultz(SBS)6-21
 112-7 (4)xena Kistler(VGTC)7-13
 104-7 (1)Chris Wheeler(SBSP)2-23
 100-2 (6)Autumn Bateson(PAT)4-27
 98-4 (7)Debbie Sarmento(SC)6-14
 98-3 (5)Lorraine Bramlett(LI)6-7
 97-4 (Q7)Valerie Jochheim(CY)7-12
 94-8 (Q8)Rebecca Greening(CY)7-12
 84-2½ (4)Marty Knapsted(SJC)5-25
 81-1½ (6)Mona Deitz(SC)5-25
 74-10 (8)C. Snehord(RRR)6-7
 74-3 (6)Mayra Herrera(GG)5-3
 72-11 (7)Carole Kent(SBSP)4-5
 71-1 (9)Darcy Emerson(LBC)6-7
 70-8 (11)Rose Anne Gehres(OVTC)5-10
 66-5 (3)Nancy Rowell(SBS)2-1
 60-5 (7)Andrea Dolaney(VC)6-21

PENTATHLON

3800 (1)Erin Pike(LATC)5-31
 3621 (1)Tawny Singleton(OVTC)3-29
 3390 (4)Susie Ray(Un)5-31
 3205 (5)Kerry Zwart(Un)3-29
 3180 (6)Joyce Bowie(SBSP)3-29
 3125 (7)Candy Acres(SBS)3-29
 3122 (8)Debbie Vaughan(LV)3-29
 3054 (9)Laurie Carroll(SBS)3-29
 2958 (4)Yvette Irons(GG)5-4
 2831 Sharon Kennedy(Un)5-31
 2768 (10)Kathy Bower(SBS)3-29
 2741 (1)Jill Mojas(ML)4-6
 2736 (5)Lisa Peters(SCC)5-4
 2730 (11)Anne Schultz(SBS)3-29
 2640 (7)Ellen Fargo(GG)5-4
 2588 (8)Lucy Wardle(SBS)5-4
 2569 (12)Beverly Hudson(OVTC)3-29
 2475 (13)Jackie Nelson(OCT)3-29
 2378 Kerry Cerda(Un)5-31
 1979 (14)Susan Fillings(BA)3-29
 1929 (15)Judi Smith(OVTC)3-29
 1584 (16)Chris Wheeler(SBS)3-29

MIDGET DIVISION (ages 10 - 11)

100 YARD DASH

- 11.5w (1) Tina Scott(SCC)5-10
- 11.6 (1) LaTanya Dawkins(LBC)6-7
- 11.8w (2) Yvonne Jackson(BA)5-17
- 11.8w (1) Bridgette Blackburn(RRR)7-12
- 11.9 Janet Leaks(SDC)
- 11.9w (2) Sherifa Sanders(FEBTC)7-12
- 11.9w (3) Sharon Ware(FEBTC)7-12
- 12.0 (H2) Yolanda Dale(LBC)5-10
- 12.0w (1) Monica Bednar(LVTC)2-1
- 12.0w (5) Glynis Ometer(OX)7-12
- 12.0w (6) Sharon Moore(FEBTC)7-13
- 12.1 (2) Lana Norris(SDC)3-29
- 12.2w (3) Pam Miller(WVJ)5-17
- 12.3w (2) Pat Garcia(RRR)4-5
- 12.3w (6) Wynde Gray(LBC)7-12
- 12.4 (1) Debbie Johnson(RRR)5-17
- 12.4 (2) Yolanda Cornelius(WVJ)5-17
- 12.4w (3) Rena Stevens(SCC)4-5
- 12.4w (1) Debra Gilbert(Fresno)5-10
- 12.4w (2) Rita Hairston(SDC)7-12
- 12.5 (3) Stefani Farley(PAT)3-29
- 12.5 (2) A. Reiner(WV-VC)6-7
- 12.5 (3) S. Smith(NR-VC)6-7
- 12.5 (9) Tara Schultz(OVTC)7-12
- 12.5w (2) Kim Tomlin(Bak)5-10
- 12.5w (3) Rebecca Simms(Fresno)5-10
- 12.5w (4) Karen Neblett(SCC)7-12
- 12.5w (4) Sharon Cummings(SBS)7-12
- 12.6 (2) Renee Williams(MM)2-1
- 12.6 (4) Vicki Barlow(SDC)3-29
- 12.6 (4) Nichka Granger(SCC)4-20
- 12.6 (6) Amy Johnson(OCT)6-7

220 YARD DASH

- 26.0 (1) Tina Scott(SCC)6-7
- 26.0 (2) LaTanya Dawkins(LBC)6-7
- 27.1w (3) Yvonne Jackson(BA)5-10
- 27.3w (2) Monica Bednar(LV)7-12
- 27.4 (4) Pat Garcia(RRR)7-13
- 27.4w (1) Sherifa Sanders(FEBTC)7-12
- 27.5 Lana Norris(SDC)
- 27.7w (4) Stefani Farley(PAT)5-10
- 27.8 (3) Yolanda Dale(LBC)6-7
- 27.8 (6) Janet Leaks(SDC)7-13
- 27.9w (4) Karen Haller(VGTC)7-12
- 28.0w (6) Cindy Culberson(RRR)5-10
- 28.1 (4) Sharon Moore(FEBTC)7-12
- 28.3 (2) Charlette Pippins(MM)5-3
- 28.3 (H) Sharon Ware(FEBTC)5-25
- 28.4w (3) Rita Hairston(SDC)7-12
- 28.5 (2) Melanie Johnson(SCC)4-20
- 28.5w (8) Lisa Robb(GG)5-10
- 28.6w (9) Donna Savage(SCC)5-10
- 28.6w (11) Lori Guillen(SBSP)5-10
- 28.6w (3) Rena Stevens(SCC)7-12
- 28.7 (3) Renee Williams(MM)3-29
- 28.7w (12) Alana Capozzi(LBC)5-10
- 28.7w (4) Sharon Cummings(SBS)7-12
- 28.8 (4) Vicki Barlow(SDC)3-29
- 28.8 (H) Lisa Filkowski(CY)5-25
- 28.9 Glynis Ometer(OX)5-3
- 28.9 (2) M. Johnson(WL-VC)6-7

- 2:29.9 (1) Tiffany Choy(Salinas)4-19
- 2:30.0 (3) Carol Lantry(RRR)5-17
- 2:30.1 (1) Tina Scott(SCC)3-15
- 2:30.1 (4) Kelly Cerda(BA)5-10
- 2:30.7 (2) Lana Norris(SDC)3-29
- 2:31.5 (6) Cimi Ruderman(RRR)5-10
- 2:31.5 (1) K. Kellogg(CH-VC)6-7
- 2:31.7 (1) Marcee Hanson(Orinda)4-27
- 2:32.3 (1) Jackie Hammond(Bak)5-10
- 2:32.8 (4) Andrea Stone(Un)4-27
- 2:32.9 (3) S. Chamness(WS)5-25
- 2:32.9 (4) Lisa Stary(LBC)6-21
- 2:33.1 (4) Maggie Stein(CY)5-25
- 2:33.1 (5) J. Marvin(Arrow)5-25
- 2:33.4 (1) Debbie Gonzales(AA)6-7
- 2:34.0 (8) Shelley Quintana(Un)5-10
- 2:34.4 (2) Sharon Hameline(SCC)6-7
- 2:35.4 (4) Colleen Davidson(PCP)5-3
- 2:35.5 (3) Lenell Waskow(RRR)6-7
- 2:35.5 (7) Wendy Gigham(RRR)6-7

ONE MILE RUN

- 5:08.9 (1) Vickie Cook(RRR)6-7
- 5:09.2 (2) Carol Lantry(RRR)6-7
- 5:14.2 (3) Kristi Wilson(BA)7-13
- 5:16.0 (3) Kelly Cerda(BA)6-7
- 5:19+ (2) Andrea Kirkorn(BA)6-26
- 5:20.5 (4) Sheri Ball(WWV)7-13
- 5:22.9 (1) Carol Gleason(CY)4-27
- 5:23.8 (1) Sherri Grijalva(Salinas)5-25
- 5:24.5 (2) Danielle Mojica(SCC)2-1
- 5:25.5 (6) Colleen Davidson(PCP)7-13
- 5:27.7 (5) Angela Johnson(RRR)6-7
- 5:30.2 (6) Andrea Stone(Un)6-7
- 5:32.6 (7) Jane Wintermute(SCC)6-7
- 5:33.2 (8) Michelle Gaiche(RRR)6-7
- 5:35.0 Susan Fodor(BA)5-25
- 5:35.0 Tracy Melvin(BA)5-25
- 5:35+ Kathy Bryant(BA)6-26
- 5:35.6 (3) Sue Martinez(WS)5-25
- 5:37.0 (10) Tracy Waterbury(OCT)6-7
- 5:37.5 (1) Tammy Binggeli(ECS)3-29
- 5:39.4 (6) Barbara Arreola(Un)1-25
- 5:39.4 (5) Terianne Topp(SCVAA)7-12
- 5:39.5 (4) Jeanni Fuller(N,CalTC)5-25
- 5:39.8 (7) Lenell Waskow(RRR)6-21
- 5:41.5 (7) Vee McCarthy(BA)2-1
- 5:42.0 (12) Paula Cobb(RRR)6-7
- 5:43.0 (7) Wendy Bigham(RRR)7-12
- 5:45.0 (13) Jackie Rugio(BA)6-7
- 5:45.4 (8) Cindy Nunez(RRR)5-10
- 5:46.2 Sandra Katzer(LBC)2-23

2 MILE RUN

- 11:26.0 (2) Kelly Cerda(BA)5-25
- 11:44.5 (5) Vickie Cook(RRR)5-4
- 12:14.8 Andrea Kirkorn(BA)2-16

ONE MILE WALK

- 7:53.5 (1) Vickie Cook(RRR)5-17
- 8:18.2 (1) Lynn Holmbeck(PAT)7-13
- 8:18.8 (2) Chris Ramirez(SBS)6-7
- 8:25.2 (3) Shelley Quintana(Un)6-7
- 8:31.6 (5) Andrea Johnson(RRR)6-7
- 8:33.2 (6) Diane Gorenberg(RRR)6-7
- 8:49.4 (7) Lenell Waskow(RRR)6-7
- 8:52.4 (3) Jody Grob(SBSP)7-13

photo. by Bud Hanson



LONG JUMP

- 17-0 $\frac{1}{2}$ w (1) Alana Capozzi(LEC)5-10
- 15-3 $\frac{1}{2}$ (2) Dana Dahike(SBSP)4-5
- 14-11 (2) Debbie Johnson(RRR)7-13
- 14-8 3/4 (1) Donna Schultz(SBS)3-15
- 14-8 $\frac{1}{2}$ (2) Monica Bednar(LVTC)3-15
- 14-7 $\frac{1}{2}$ (2) Cindy Culberson(RRR)3-8
- 14-7 (2) Rhonda Whitlow(WWV)5-3
- 14-6 $\frac{1}{2}$ (1) Melanie Kirkland(Bak)5-10
- 14-4 $\frac{1}{2}$ (3) Lisa Hesbitt(OCT)3-8
- 14-0 3/4 (2) Nilza Boyd(Delhi)5-10
- 14-0 $\frac{1}{2}$ (1) Roberta Scarpa(Salinas)5-25
- 14-0 $\frac{1}{2}$ (2) Tara Schultz(OVTC)6-7
- 14-0 (2) Laura Heizman(Arrow)5-25
- 13-11 (3) Julie Johnson(OVTC)6-7
- 13-10 3/4 (2) A. Reiner(WV-VC)6-7
- 13-9 $\frac{1}{2}$ w (4) Karen Haller(VGTC)5-10
- 13-8 $\frac{1}{2}$ (1) Pat Garcia(RRR)1-5
- 13-8 $\frac{1}{2}$ (3) Kristi Hensgen(EVJ)6-7
- 13-8 $\frac{1}{2}$ (4) Dawn Hanson(GG)5-3
- 13-6 $\frac{1}{2}$ (3) Carrie Mayr(Bak)5-10
- 13-6 $\frac{1}{2}$ (10) Megan Evans(App)7-13
- 13-5 3/4 (4) D. Toth(NP-VC)6-7
- 13-3 $\frac{1}{2}$ (3) Brenda Wagner(StaRosa)5-25
- 13-1 $\frac{1}{2}$ (5) Cimi Ruderman(RRR)4-5
- 13-1 (6) Dede Gallardo(OX)4-5
- 13-0 (6) Rhomny Robinson(WWV)3-8
- 12-10 $\frac{1}{2}$ (9) L. Mason(SBSP)6-7
- 12-9 $\frac{1}{2}$ (10) Regina Ortega(RRR)6-7
- 12-7 $\frac{1}{2}$ (4) Rita Ingram(RRR)5-17
- 12-6 $\frac{1}{2}$ (T5) Kim Gonzales(VGTC)6-21

880 MEDLEY RELAY

- 1:57.2 (1) Long Beach Comets 3-2
- 1:57.6 (1) So. Cal. Cheetahs 4-13
- 1:58.7 (1) Mickey's Missiles 5-17
- 2:00.0 (2) Rialto Road Runners 6-7
- 2:00.9 (1) Cupertino Yearlings 5-25
- 2:03.0 (2) Oxnard TC 5-17
- 2:03.9 (3) Blue Angels TC 3-23
- 2:04.0 (4) San Diego Cougars 3-23
- 2:04.1 (4) Patriots USA 6-7
- 2:04.8 (3) Ventura Girls TC 6-21
- 2:04.9 (2) Salinas TC 5-25
- 2:06.1 (6) Montebello TC 6-7
- 2:07.1 (2) Wild's Wonder Women 3-29
- 2:07.3 (7) SB Sandpipers 6-7
- 2:08.0 (3) Appaloosa TC 5-25
- 2:09.0 (9) West Vernon Jets 6-7
- 2:09.6 (4) Orinda TC 5-25
- 2:10.2 (7) Anaheim Atoms 7-13
- 2:10.3 Long Beach Comets 3-22
- 2:10.8 (3) El Centro Suns 3-29
- 2:14.1 Rialto Road Runners-B 3-22
- 2:14.2 (6) Cupertino Yearlings-B 7-12
- 2:15.1 (6) Newbury Park Panthers 6-21
- 2:19.7 (7) Oxnard TC-B 6-21
- 2:20.8 (2) South Bay Striders 3-15

ONE MILE RELAY

- 4:29.4 (1) Long Beach Comets 4-13
- 4:37.2 (2) Rialto Road Runners 4-13
- 4:39.3 (3) Oxnard TC 4-13
- 4:41.0 (4) Blue Angels TC 4-13
- 4:51.2 (4) SB Sandpipers 4-13
- 5:00.4 (5) Rialto Road Runners-B 4-13

SHOT PUT (6 Pounds) ds:

- 38-11 (1) Barrie Greer(Un)7-13

27.7w (4) Stefani Farley (PAT) 5-10
 27.8 (3) Yolanda Dale (LBC) 6-7
 27.8 (6) Janet Leaks (SDC) 7-13
 27.9w (4) Karen Haller (VGTC) 7-12
 28.0w (6) Cindy Culbertson (RRR) 5-10
 28.1 (4) Sharon Moore (BEHTC) 7-12
 28.3 (2) Charlette Pippins (M) 5-3
 28.3 (H) Sharon Ware (BEHTC) 5-25
 28.4w (3) Rita Hairston (SDC) 7-12
 28.5 (2) Melanie Johnson (SCC) 4-20
 28.5w (8) Lisa Robb (GG) 5-10
 28.6w (9) Donna Savage (SCC) 5-10
 28.6w (11) Lori Cuillen (SBSP) 5-10
 28.6w (3) Rena Stevens (SCC) 7-12
 28.7 (3) Renee Williams (MM) 3-29
 28.7w (12) Alana Capozzi (LBC) 5-10
 28.7w (4) Sharon Cummings (SBS) 7-12
 28.8 (4) Vicki Barlow (SDC) 5-29
 28.8 (H) Lisa Filkowski (CY) 5-25
 28.9 Glynis Ometer (OX) 5-3
 28.9 (2) M. Johnson (WV-VC) 6-7
 28.9w (14) Eleanor Granado (HRP) 5-10
 29.0 (1) Debbie Johnson (RRR) 5-17
 29.0 (5) Kellee Carpenter (CY) 5-25

440 YARD DASH

59.4 (1) Tina Scott (SCC) 2-23
 59.5 (2) LaTanya Dawkins (LBC) 2-23
 61.3 (1) Melanie Johnson (SCC) 7-13
 62.1 (2) Stefani Farley (PAT) 7-13
 62.3 (2) Lana Norris (SDC) 3-22
 63.5 (3) Monica Bednar (LVTC) 2-23
 63.8 (1) Karen Haller (VGTC) 7-12
 64.0 (1) Laura Heizman (Arrow) 5-25
 64.0 (5) Sherrill Miller (CY) 7-13
 64.2 (2) Lisa Filkowski (CY) 5-25
 64.4 (1) Bea Amos (Bak) 5-10
 64.9 (4) Lisa Robb (GG) 6-7
 64.9 (5) Monica Mercado (MTC) 6-7
 64.9 (6) Amy Johnson (OCT) 6-7
 65.2 (3) Antoninette Rolfe (LBC) 4-20
 65.3 (1) Yvonne Jackson (BA) 5-17
 65.5 (1) K. Kellogg (CH-VC) 6-7
 66.0 (4) Rita Hairston (SDC) 2-23
 66.0 (1) Donna Savage (SCC) 6-7
 66.5 (2) M. Johnson (WV-VC) 6-7
 66.6 (2) Letricia Jones (Corcoran) 5-10
 66.6 (2) Pat Garcia (RRR) 5-17
 66.9 (6) Yolanda Dale (LBC) 2-23
 66.9 (8) Jana Rampsch (PAT) 6-7
 67.0 (3) Cindy Culbertson (RRR) 5-17
 67.4 (3) Tina Silva (Bak) 5-10
 67.8 (5) Lisa Johnston (BA) 3-22
 68.0 (2) Geri Golden (LBC) 6-7
 68.1 Rena Stevens (SCC) 5-3
 68.3 (5) Denette Ratcliff (OX) 5-17
 68.3 Spring Alexander (OX) 5-3

880 YARD RUN

2:25.3 (1) Tammy Binggeli (ECS) 4-20
 2:26.0 (1) Sharon Hatfield (Un) 6-7
 2:26.4 (2) Danielle Mojica (SCC) 4-20
 2:26.7 (1) LaTanya Dawkins (LBC) 5-17
 2:26.7 (2) Kathy Bryant (BA) 6-7
 2:26.8 (3) Doreen Stoiloff (RRR) 6-7
 2:27.5 (5) Andrea Kirkorn (BA) 6-7
 2:28.2 (6) Diane Harms (M.Mlrs) 6-7
 2:29.6 (3) Vickie Cook (RRR) 5-10
 2:29.7 Christi Wilson (BA) 4-12
 2:29.9 (1) Sheri Ball (WWW) 3-29

5:45.4 (8) Cindy Nunez (RRR) 2-23
 5:46.2 Sandra Katzer (LBC) 2-23

2 MILE RUN

11:26.0 (2) Kelly Cerda (BA) 5-25
 11:44.5 (5) Vickie Cook (RRR) 5-4
 12:14.8 Andrea Kirkorn (BA) 2-16

ONE MILE WALK

7:53.5 (1) Vickie Cook (RRR) 5-17
 8:18.2 (1) Lynn Holmbeck (PAT) 7-13
 8:18.8 (2) Chris Ramirez (SBS) 6-7
 8:25.2 (3) Shelley Quintana (Un) 6-7
 8:31.6 (5) Andrea Johnson (RRR) 6-7
 8:33.2 (6) Diane Gorenberg (RRR) 6-7
 8:49.4 (7) Lenell Waskow (RRR) 6-7
 8:52.4 (3) Jody Grob (SBSP) 7-13
 9:11.2 (8) Tracy Waterbury (OCT) 6-21
 9:13.2 (4) Ann Sweeney (OCT) 3-2
 9:14.4 (5) Andrea Bunting (RCF) 7-13
 9:17.2 (9) Kiki Santiago (RRR) 6-21
 9:18.6 (6) Jane Wintermute (SCC) 7-13
 9:20.8 (9) Diana Hafen (SCC) 6-7
 9:23.0 (6) Barbara Landberg (VGTC) 5-17
 9:28.4 (7) Cindy Nunez (RRR) 5-17
 9:29.2 (1) S. Dittman (Arrow) 4-19
 9:30.8 (8) Wendy Bigham (RRR) 5-17
 9:32.8 (8) Renee Emerson (LBC) 4-5
 9:36.6 (9) Nora Gonzales (OX) 4-5
 9:41.8 (11) S. Braun (RRR) 6-7
 9:43.4 (8) Sherrie Aveddissian (App) 7-13
 9:47.6 (5) Glazier (PAT) 3-2
 9:47.6 (8) Danielle Mojica (SCC) 5-10
 9:47.9 (10) Colleen Sanford (CY) 7-13
 9:52.0 (5) Rena Wright (SBS) 2-23
 9:52.6 (11) Kelly Pullins (LBC) 4-5
 10:01.0 (14) Linda Clampitt (RRR) 6-21
 10:07.4 (16) Sonja Cooper (RRR) 6-21
 10:23.8 (14) Sheri Ball (WWW) 5-10

50 YARD HURDLES (30")

7.8w (1) Pam Miller (WVJ) 6-7
 7.9 (2) Cari Venable (CY) 7-13
 7.9w (2) Sharon Hatfield (Un) 6-7
 8.1 (1) Rhonda Whitlow (WWW) 7-19
 8.2 (5) Nicki Granger (SCC) 7-13
 8.3w (2) Dana Danike (SBSP) 4-5
 8.4 (4) Cindy Culbertson (RRR) 3-23
 8.4 (2) Jackie Thomas (RRR) 6-7
 8.4 (3) Renee Learned (RRR) 7-12
 8.5 (3) Lisa Stary (LBC) 5-10
 8.5 (4) Geri Golden (LBC) 5-10
 8.5 (2) Debbie Gerard (Salinas) 5-25
 8.6 (4) V. Abraham (WVJ) 6-7
 8.6 (4) Lorna West (CY) 7-12
 8.6 (5) Suzette Harris (App) 7-12
 8.6 (6) Jill Gillingham (BA) 5-17
 8.8 (3) C. Brown (S. Tahoe St.) 5-25
 8.8 (5) Jody Grob (SBSP) 7-12
 8.9 (4) K. Beumer (Arrow) 5-25
 8.9 (5) Janice Bowie (SBSP) 6-21
 9.0 (6) Kathy Gustafson (Arrow) 5-25
 9.1 (7) Andrea Tapia (AA) 5-17
 9.1 (5) P. Oliver (WVJ) 6-7
 9.3 (4) Cristina Radrigan (OVTC) 2-23
 9.4 (5) Darci Pope (OVTC) 2-23
 9.4 Lisa Johnston (BA) 5-25
 9.6 (4) Charlotte Monroe (LBC) 5-3
 9.6 (6) T. Warren (WVJ) 6-7
 9.6 (7) T. Freetly (OVTC) 6-7
 9.6w (6) Regina Ortega (RRR) 4-5

13-0 (2) A. Reiner (WV-VC) 6-7
 13-0w (4) Karen Haller (VGTC) 5-10
 13-8 (1) Pat Garcia (RRR) 1-5
 13-8 (3) Kristi Hensen (EVJ) 6-7
 13-8 (4) Dawn Hanson (GG) 5-3
 13-6 (3) Carrie Mayr (Bak) 5-10
 13-6 (10) Megan Evans (App) 7-13
 13-5 3/4 (4) D. Toth (NP-VC) 6-7
 13-3 (3) Brenda Wagner (StaRosa) 5-25
 13-1 (5) Cimi Ruderman (RRR) 4-5
 13-1 (6) Dede Gallardo (OX) 4-5
 13-0 (6) Rhomny Robinson (WWW) 3-8
 12-10 (9) L. Mason (SBSP) 6-7
 12-9 (10) Regina Ortega (RRR) 6-7
 12-7 (4) Rita Ingram (RRR) 5-17
 12-6 (T5) Kim Gonzales (VGTC) 6-21

SHOT PUT (6 Pounds) ds:

38-11 (1) Barrie Greer (Un) 7-13
 33-0 (1) Gillian Delear (Arrow) 5-25
 33-0 (2) Kathy Martin (StaRosa) 5-25
 32-7 (2) Jackie Sheffield (RRR) 7-13
 32-2 (3) Elisa Weakley (CY) 7-13
 29-3 (4) Jackie Thomas (RRR) 7-13
 28-6 (4) Tami Frazer (StaRosa) 5-25
 28-3 (7) Paula Lopez (MTC) 7-13
 28-2 (2) Donna Schultz (SBS) 6-7
 27-3 (8) Regina Crawford (RRR) 7-13
 27-0 (1) D. Black (WV-VC) 6-7
 27-0 (2) Sandy Jaramillo (LVTC) 6-7
 27-0 (4) Paula Deminco (LVTC) 6-21
 25-9 (4) Paige Zamora (SBSP) 4-27
 25-9 (5) Leigh Ann Jackson (MNTY) 5-25
 25-8 (6) C. Matthews (WVJ) 6-7
 25-7 3/4 (5) Laurie Mason (SBSP) 5-10
 25-5 (7) S. Ramirez (MTC) 6-7
 25-3 (9) Renee Learned (RRR) 7-13
 25-1 (4) J. Woods (VC) 6-7
 24-11 (5) L. Rothman (NV-VC) 6-7
 24-11 (8) Julie Mooney (EVT) 6-21
 24-10 3/4 (2) Christi Lowe (GG) 4-5
 24-7 (1) Robin Skelton (OVTC) 2-23
 24-6 (9) Dawn Kellen (WLake TC) 6-21
 24-4 (3) Connie Cox (SBSP) 4-5
 23-7 (T) Rena Wright (SBS) 3-29
 23-4 (2) Pat McCurn (BA) 2-1
 23-3 (T) Jody Grob (SBSP) 3-29
 23-0 (T) Tina Scott (SCC) 5-4

440 RELAY

52.4 (1) Rialto Road Runners 6-7
 53.2 (1) Long Beach Comets 7-13
 53.6 (3) Berkeley East Bay TC 7-13
 53.8 (4) Cupertino Yearlings 7-13
 53.9 (2) West Vernon Jets 6-7
 54.1 (5) San Diego Cougars 7-13
 54.8 (1) So. Cal. Cheetahs 4-13
 55.2 (2) Orinda TC 5-3
 55.5 (4) Mickey's Missiles 7-12
 55.8 (2) Santa Barbara Sanpip 5-10
 55.8 (4) Oxnard TC 6-7
 55.9 (2) MNT 5-25
 56.0 Blue Angels TC 5-25
 56.0 (4) Appaloosa TC 5-25
 56.2 (1) Newbury Park Panthers 6-7
 56.3 (2) West Valley Eagles 6-7
 56.4 (3) Cupertino Yearlings-B 5-3
 56.5 (6) Salinas Valley TC 5-25
 56.6 (6) So. Cal. Cheetahs-B 4-13
 57.2 (3) Las Virgenes TC 6-21
 58.0 (6) Anaheim Atoms 6-7
 58.4 (6) West Lake TC 6-21
 58.8 (5) Ventura Girls TC 4-5
 58.9 (5) Long Beach Comets-B 3-2

2:08.0 (3) Appaloosa TC 5-25
 2:09.0 (9) West Vernon Jets 6-7
 2:09.6 (4) Orinda TC 5-25
 2:10.2 (7) Anaheim Atoms 7-13
 2:10.3 Long Beach Comets 3-22
 2:10.8 (3) EL Centro Suns 3-29
 2:14.1 Rialto Road Runners-B 3-22
 2:14.2 (6) Cupertino Yearlings-B 7-12
 2:15.1 (7) Newbury Park Panthers 6-21
 2:19.7 (6) Oxnard TC-B 6-21
 2:20.8 (2) South Bay Striders 3-15

ONE MILE RELAY

4:29.4 (1) Long Beach Comets 4-13
 4:37.2 (2) Rialto Road Runners 4-13
 4:39.3 (3) Oxnard TC 4-13
 4:41.0 (D4) Blue Angels TC 4-13
 4:51.2 (4) SB Sandpipers 4-13
 5:00.4 (5) Rialto Road Runners-B 4-13
 5:14.6 (6) Ojai Valley TC 4-13

HIGH JUMP

5-0 (1) Stacey Neuman (LVTC) 7-13
 4-10 (1) Rena Wright (SBS) 2-23
 4-10 (2) Donna Schultz (SBS) 2-23
 4-10 (1) Jill Gillingham (BA) 6-21
 4-8 (1) Carol Gleason (CY) 4-19
 4-7 (T) Dana Dahike (SBSP) 3-29
 4-6 (1) Michelle Pace (LI) 5-3
 4-6 (T2) Debbie Gerard (Salinas) 5-25
 4-6 (T2) Karen Robinson (CY) 5-25
 4-6 (4) Brenda Beatty (VGTC) 6-21
 4-6 (Q2) Kristy Wilson (BA) 7-12
 4-5 (T) Jody Grob (SBSP) 3-29
 4-5 (2) K. Hensen (EVG) 6-7
 4-4 (T) Tina Scott (SCC) 5-4
 4-4 (1) Gwen Gaddy (Sanger) 5-10
 4-4 (T4) Tammy Cotton (Lemoore) 5-10
 4-4 (3) Cindy MacMurtrey (Bak) 5-10
 4-4 (4) Rhonda Whitlow (WWW) 3-15
 4-4 (T4) Kathy Gustafson (Arrow) 5-25
 4-4 (T4) Laura Heizman (Arrow) 5-25
 4-3 (3) Tedeski (WH-VC) 6-7
 4-2 (2) Sharon Hatfield (BA) 2-16
 4-2 (T) Donna Gould (SBSP) 3-29
 4-2 (6) Janice Bowie (SBSP) 5-10
 4-2 (8) Dawn Hanson (GG) 5-10
 4-2 (T6) Molly Myall (SC) 5-25
 4-2 (T6) Tammy Jones (RCF) 5-25
 4-2 (4) Shann (WV-VC) 6-7
 4-2 (8) Tara Schultz (OVTC) 6-7
 4-2 (6) Regina Crawford (RRR) 6-21
 4-2 (7) Jackie Sheffield (RRR) 6-21
 4-2 (9) Megan McAllister (OVTC) 6-21

TRIATHLON

1468 (1) Tina Scott (SCC) 5-4
 1463 (2) Stacey Neuman (LVTC) 5-4
 1451 (1) Rena Wright (SBS) 3-29
 1419 (2) Dana Dahike (SBSP) 3-29
 1329 (3) Jody Grob (SBSP) 3-29
 1304 (4) Jill Gillingham (BA) 3-29
 1156 (4) Sharon Hatfield (BA) 5-4
 1067 (5) Donna Schultz (SBS) 5-4
 1051 (5) Lori Guillen (SBSP) 3-29
 953 (6) Donna Gould (SBSP) 3-29
 907 (7) Laurie Mason (SBSP) 3-29

BASEBALL THROW

- 230-7 (Q1)Melanie Johnson(SCC)7-21
- 228-0 (Q2)Tina Scott(SCC)7-12
- 209-4 (3)Cindy Culbertson(RRR)7-13
- 206-1 (4)Lisa Filkowski(CY)7-13
- 200-10 (5)Barrie Greer(Un)7-13
- 177-4(2)Gillian Delear(Arrow)5-25
- 175-0 (2)Jackie Sheffield(RRR)6-21
- 174-0 (2)Renee Emerson(LBC)5-10
- 172-6 (3)Jamie Kiethly(GG)6-21
- 169-6 (8)Jackie Thomas(RRR)7-13
- 166-9 (3)Laurie Bangert(ML)5-25
- 162-6 (9)Wynde Gray(LBC)7-13
- 155-7 (4)Cindy Barrero(Rsvlt)5-25
- 155-6 (6)Dana Kinney(OCT)3-22
- 155-2 (5)Tami Frazer(StaRosa)5-25
- 153-1 (6)Jody Marks(Orinda)5-25
- 152-4 (6)Paige Zamora(SFSP)5-10
- 150-7 (6)D.McKinnon(WVJ)6-7
- 150-4 (2)Yolanda Dale(BET)5-3
- 150-4 (6)Connie Cox(SBSP)6-21
- 148-1 (7)Deena Bernstein(NPP)6-21
- 146-7 (8)Rena Wright(SBS)3-22
- 142-7 (4)Sheri Ball(WWW)3-15
- 139-10 (5)Sandy Wilson(PAT)3-15
- 134-3 (12)SharonMcCormick(GG)6-7
- 126-5 (4)Lisa Johnston(BA)2-23

BANTAM DIVISION (9 and under)

100 YARD DASH

- 12.3w (1)Stacey Granger(SCC)5-10
- 12.4w (1)Pat Boyd(Bak)5-10
- 12.5w (2)Monique Wadkins(Bak)5-10
- 12.7w (2)Audrey Amey(SBSP)4-5
- 12.7w (3)Andrea Shamburger(SVF)6-21
- 12.8w (3)Tanya Granger(SCC)4-5
- 12.8w (3)Shannon Stepp(Madera)5-10
- 13.1w Ellen Parrot(CY)
- 13.2 (2)Erica Peterson(LBC)3-15
- 13.2 (3)Tracy Macon(RRR)6-21
- 13.2 (H)Celeste Friend(CY)5-25
- 13.2 (H)Sabrina Williams(L)5-25
- 13.3 (1)Stephanie McGencey(BEBTC)5-25
- 13.3 (H2)Tracey Keverline(SCVAA)5-25
- 13.3 (4)Dena Evans(BA)6-7
- 13.3 (3)S. Hanson(EVT)6-7
- 13.4 (3)Kim Tanabe(BA)3-15
- 13.4 (H)Keisha Harris(BEBTC)5-25
- 13.4 (4)Frances Newton(RRR)7-12
- 13.4w (5)Pam Bell(SDC)5-10
- 13.5 (4)Tina Brown(Lewis AC)5-25
- 13.5 (H)Denise Freeman(BEBTC)5-25
- 13.5 (6)Mia Cooks(BA)6-7
- 13.5 (4)Leslie Pratt(PAT)7-12
- 13.6w (7)Lisa Ladiner(LBC)5-10
- 13.7 (3)Laura T.ipp(NPP)6-21
- 13.8 (6)Tyna Hector(SDC)2-23
- 13.8 (4)Tonia Norris(SDC)3-29
- 13.8 (4)Dawn L. Buck(AA)6-7
- 13.9 (7)Evva Crowell(SCC)3-15
- 13.9 (3)Sonya Doolittle(OX)6-21

- 73.2 (2)Tanya Granger(SCC)4-12
- 73.3 (1splt)Kathy Kiernan(BA)3-23
- 73.5 (3)Andi Jason(OCT)2-23
- 73.6 (1)Erica Peterson(LBC)4-5
- 73.8 (4)Hillary Bray(Arrow)5-25
- 74.2 (1)Tracy Macon(RRR)6-21
- 74.3 (4)April Escobar(OX)2-23
- 74.3 (7)Andrea Wygle(VGTC)6-7
- 74.6 (4)Carina Quezada(SCC)5-3
- 74.7 (3)Francere Mendiola(Fresno)5-10
- 74.9 (2)A. Heinzer(WL-VC)6-7
- 75.0 (4)Lori Smith(SCC)3-15
- 75.0 (8)Marcy Parks(OVTC)6-7

880 YARD RUN

- 2:32.6 (1)Kathy Kiernan(BA)5-25
- 2:35.0 (2)Samantha Rodella(PAT)6-7
- 2:35.9 (1)Sonia Cooper(RRR)7-13
- 2:36.1 (1)Jeannie Cervantes(RRR)7-12
- 2:37.3 (3)Rebecca Engelman(OX)7-13
- 2:38.4 (1)Christine Standley(BA)6-7
- 2:39.0 (5)Carina Quezada(SCC)6-7
- 2:39.0 (1)Kim Tanabe(BA)6-21
- 2:39.3 (1)Michele Miller(App)5-25
- 2:39.3 (5)Marcy Anderson(RRR)7-12
- 2:39.6 (4)Andrea Rolfe(LBC)5-10
- 2:43.2 (2)Janice Bain(WS)5-25
- 2:43.7 (3)Cindy Kreig(RCF)5-25
- 2:45.1 (8)Kendy Anno(OCT)6-7
- 2:45.1 (9)Kiki Santiago(RRR)6-7
- 2:45.1 (3)Andria Smith(Un)6-21
- 2:45.6 (4)Meredith Smith(Salinas)5-25
- 2:45.6 (5)Kim Sainas(App)5-25
- 2:45.9 (6)Connie Bennett(ECS)4-27
- 2:45.9 (4)Andi Jason(OCT)6-21
- 2:46.1 (7)Marian Hedegard(SCC)4-27
- 2:46.9 (4)Susane Muschitz(LVTC)7-12
- 2:47.3 Bobbi Rubio(BA)5-31
- 2:47.9 (6)Kelly Hay(SRS)5-25
- 2:47.9 (4)Cindy Farrar(RRR)7-12
- 2:48.2 (6)Becky Curry(BA)3-22
- 2:48.2 (1)Sandy Leal(RioBravo)5-10
- 2:48.8 (1)Evva Crowell(SCC)6-21
- 2:48.9 (6)Lisa Torres(RRR)7-12
- 2:49.5 (8)Jaylene Victoria(VGTC)5-10

ONE MILE RUN

- 5:28.9 (5)Kathy Kiernan(BA)6-26
- 5:50+ (1)Kim Tanabe(BA)6-25
- 5:52.0 (1)Laura Miskinnis(WL)6-7
- 5:54+ Christine Standley(BA)6-26
- 6:00.3 (2)A. Smith(CH)6-7
- 6:10.2 (1)Kendy Anno(OCT)1-5
- 6:10.2 (3)Susane Muschitz(LV)6-7
- 6:31+ Mary Graham(BA)6-26
- 6:33+ Giselle Aguilar(BA)6-26

880 YARD WALK

- 4:03.0 (1)Kathy Kiernan(BA)7-13
- 4:03.0 (2)Samantha Rodella(PAT)7-13
- 4:21.7 (1)Meme Conn(RRR)6-21
- 4:22.0 (3)Kim Salinas(App)7-13
- 4:24.2 (4)Michele Olson(App)7-13
- 4:24.4 (3)Kiki Santiago(RRR)6-7
- 4:24.3 (2)Trisha Ramirez(SBS)6-21
- 4:26.8 (4)Giselle Aguilar(BA)6-7
- 4:26.8 (7)Cindy Farrar(RRR)7-13

- 63.4 (5)Oxnard TC-B 5-10
- 65.0 (3)Mickey's Missiles 5-17
- 67.4 (5)Ventura Girls TC 5-17
- 68.4 (6)Ojai Valley TC 4-13

880 RELAY (4X220)

- 2:04.1 (1)So. Cal. Cheetahs 4-27
- 2:05.1 (1)Long Beach Comets 6-7
- 2:08.3 (1)Blue Angels TC 7-12
- 2:08.3 (1)Rialto Road Runners 7-12
- 2:09.1 (2)Cupertino Yearlings 7-12
- 2:09.8 (4)Berkeley East Bay TC 7-13
- 2:10.3 (4)Oxnard TC 6-7
- 2:11.8 (6)Rialto Road Runners-B 6-7
- 2:13.3 (4)SB Sandpipers 4-13
- 2:15.3 (2)Salinas TC 5-25
- 2:15.5 (3)Orinda TC 5-25
- 2:15.9 (6)S. Cal. Cheetahs-B 4-13
- 2:25.2 (5)Mickey's Missiles 5-17
- 2:32.8 (3)Ventura Girls TC 6-21

ONE MILE RELAY

- 4:46.2 (1)So. Cal. Cheetahs 4-13
- 4:50.8 (2)Long Beach Comets 4-13
- 5:08.8 (3)Oxnard TC 4-13
- 5:09.2 (4)Blue Angels TC 4-13
- 5:20.4 (4)Rialto Road Runners 4-13
- 5:26.4 (5)Ventura Girls TC 4-13

TRIATHLON

BT, HJ):

- 1241 (1)Kim Tanabe(BA)5-4
- 1225 (2)Jeanne Faust(SBSP)3-29
- 1107 (3)Dena Evans(BA)3-29
- 921 (4)Suzanne Piske(SBSP)3-29
- 917 (5)Marcy Parks(OVTC)3-29
- 871 (6)Kelly Gould(SBSP)3-29
- 859 (7)Tammy Cannon(SBSP)3-29
- 749 (8)Christy Thurston(SBS)3-29
- 733 (9)Leah Jones(BA)3-29
- 716 (10)Jennifer Mead(SBSP)3-29

HIGH JUMP

- 4-6 1/8 (T)Jeanne Faust(SBSP)3-29
- 4-6 (1)Laura Carney(CY)5-25
- 4-4 (1)DeeDee Jones(FCP)7-13
- 4-3 (1)Beth Landy(LVTC)6-7
- 4-1 1/2 (2)Lynn Hitesman(LVTC)6-7
- 4-0 (1)Sue McLaughlin(CY)4-19
- 4-0 (2)Renay Schoenlein(App)5-25
- 4-0 (3)Kim Tanabe(BA)6-7

- 4-0 (3)Dawn Thedford(SVF)6-7
- 4-0 (12)Dena Evans(BA)6-21
- 3-11 (4)Leslie Fields(SVF)6-7
- 3-10 (5)Mia Cooks(BA)6-21
- 3-10 (6)Beth Rogers(SBSP)6-21
- 3-10 (13)Marcy Parks(OVTC)6-21
- 3-8 1/2 (1)Wendy Fortenberry(Bak)5-10
- 3-8 (4)Tammy DaVolos(Salinas)5-25
- 3-8 (5)Carrie Cambron(RCF)5-25
- 3-8 (4)Sonia Cooper(RRR)6-7
- 3-6 (6)Kelly Brogan(Arrow)
- 3-5 1/2 (2)Trisha Reynolds(Bak)5-10
- 3-5 (T)Leah Jones(BA)3-29
- 3-3 3/4 (T)Tammy Cannon(SBSP)3-29
- 3-3 (T)Kelly Gould(SBSP)3-29
- 3-3 (T)Susanne Piske(SBSP)3-29
- 3-1 3/4 (T)Christy Thurston(SBS)3-29
- 3-1 3/4 (T)Jennifer Mead(SBSP)3-29
- 3-0 (7)Leslie Pratt(PAT)6-7
- 2-9 (8)Kristy Clayton(SBS)6-7
- 2-9 (9)Mandi Gagliano(BA)6-7

LONG JUMP

- 13-3 (1)Tracey Keverline(SCVAA)3-15
- 13-2 1/2w Laura Carney(CY)
- 12-11 1/2 (1)Stacy Granger(SCC)4-27
- 12-11w (1)Dena Evans(BA)5-10
- 12-9 3/4w (Q3)Renay Schoenlein(App)
- 12-9 3/4w (4)Shannon McGinnis(PCP)7-13
- 12-7 1/2w (2)Lisa Ladiner(LBC)5-10
- 12-6 1/2 (1)S. Hanson(EVT)6-7
- 12-4 1/2 (2)Blair Bates(SCC)3-15
- 12-3 3/2w Hillary Bray(Arrow)
- 12-3 1/2w (4)Kim Tanabe(BA)5-10
- 12-2 1/2w (5)Jeanne Faust(SBSP)5-10
- 11-11 (3)Leslie Pratt(PAT)6-21
- 11-8 1/2 (1)Trisha Reynolds(Bak)5-10
- 11-7 1/2 (1)Erika Peterson(LBC)1-24
- 11-7 1/2 (3)S. Winemiller(CH-VC)6-7
- 11-6 1/2 (3)I. Houston(RRR)6-7
- 11-6 (1)Lisa Eye(MM)3-29
- 11-6 (5)Tanya Granger(SCC)6-21
- 11-5 1/2 (2)Hennie Cervantes(RRR)3-8
- 11-5 1/2 (6)Evva Crowell(SCC)6-21
- 11-3 (2)Tina Kirkpatrick(Lem)5-10
- 11-2 3/4 (4)Anne Anderson(Mont'y)5-25
- 11-2 (2)i Paulette Willis(LBC)1-24
- 11-2 (3)Patty Leach(Prtyle)5-10
- 11-2 (Q15)Jennifer Mead(SBSP)7-12
- 11-1 3/4 (7)Tracy Macon(RRR)6-7
- 11-1 (5)Mina Roberts(SDC)5-3
- 10-10 3/4 (3)Robin Fisher(LBC)3-8
- 10-10 1/2 (9)Hence Buonocore(VGTC)6-7



- 13.3 (H2) Tracey Keverline (SCVAA) 5-25
- 13.3 (4) Dena Evans (BA) 6-7
- 13.3 (3) S. Hanson (EVT) 6-7
- 13.4 (3) Kim Tanabe (BA) 3-15
- 13.4 (H) Keisha Harris (BEBTC) 5-25
- 13.4 (4) Frances Newton (RRR) 7-12
- 13.4w (5) Pam Bell (SDC) 5-10
- 13.5 (4) Tina Brown (Lewis AC) 5-25
- 13.5 (H) Denise Freeman (BEBTC) 5-25
- 13.5 (6) Mia Cooks (BA) 6-7
- 13.5 (4) Leslie Pratt (PAT) 7-12
- 13.6w (7) Lisa Ladiner (LEC) 5-10
- 13.7 (3) Laura T. Ipr (NPP) 6-21
- 13.8 (6) Tyna Hector (SDC) 2-23
- 13.8 (4) Tonia Norris (SDC) 3-29
- 13.8 (4) Dawn L. Buck (AA) 6-7
- 13.9 (7) Evva Crowell (SCC) 3-15
- 13.9 (3) Sonya Doolittle (OX) 6-21

220 YARD DASH

- 28.4w (1) Stacey Granger (SCC) 5-10
- 29.9 (4) Tanya Granger (SCC) 7-13
- 30.0w (1) Tracy Macon (RRR) 7-12
- 30.0w (2) Erica Peterson (LBC) 7-12
- 30.0w (2) Leslie Pratt (PAT) 7-12
- 30.0w (3) Andrea Shamburger (SVF) 7-12
- 30.1w (2) Dena Evans (EA) 7-12
- 30.1w (4) Mia Cooks (BA) 7-12
- 30.2 (1) Beth Landy (LVTC) 6-7
- 30.3w (3) Kim Tanabe (EA) 3-23
- 30.4w (1) Ellen Parrot (CY) 4-19
- 30.6w (4) Andrea Rolfe (LBC) 5-10
- 30.6w (5) Audrey Amey (SBSP) 5-10
- 30.7 (H1) Tracey Keverline (SCVAA) 5-25
- 30.7w (4) Lisa Ladiner (LEC) 7-12
- 30.7w (4) Denise Freeman (BEBTC) 7-12
- 30.8w (6) Shawn Donohue (NCTC) 5-10
- 31.1 (6) Frances Newton (RRR) 6-21
- 31.2 (2) Stephanie McGency (BEBTC) 5-25
- 31.3 (4) Celeste Friend (CY) 5-25
- 31.4 (5) Keisha Harris (BEBTC) 5-25
- 31.4 (1) Rita Harrison (OX) 6-7
- 31.4 (3) S. Hanson (EVT) 6-7
- 31.6w (6) Paulette Willis (LBC) 7-12
- 31.8w (5) Stacy Melton (SCC) 7-12
- 31.9 (2) Blaire Bates (SCC) 6-21
- 32.0 (8) Laura Tripp (NPP) 6-21
- 32.1w (10) Pam Bell (SDC) 5-10
- 32.2w (6) Cindy Kreig (RCF) 7-12
- 32.3 (8) Tyna Hector (SDC) 2-23
- 32.3 (4) Dana Gillette (VC) 6-21

440 YARD DASH

- 66.9 (1) Beth Landy (LVTC) 7-13
- 67.7 (2) Kim Tanabe (BA) 7-12
- 67.8 (1) Stacey Granger (SCC) 4-26
- 67.9 (1) Laura Carney (CY) 5-25
- 68.7 (1) Wendy Fortenberry (Bak) 5-10
- 68.9 (3) Jenny Cervantes (RRR) 4-26
- 69.1 (3) Lisa Ladiner (LBC) 7-12
- 69.2 (2) Lisa Elliot (SRS) 5-25
- 69.6 (3) M. Anderson (RRR) 6-7
- 70.0 (2) Andrea Rolfe (LBC) 3-23
- 70.8 (2) Shawn Donohue (NCTC)
- 71.0 Ellen Parrot (CY) 4-19
- 71.1 (4) Blaire Bates (SCC) 6-7
- 71.2 (5) Kasey Bedford (RRR) 6-7
- 72.0 (2) Dena Evans (BA) 5-25
- 72.4 (2) Jeannie Jimenez (Bak) 5-10
- 72.9 (3) Paulette Willis (LBC) 5-10
- 73.0 (4) Sonia Cooper (RRR) 5-10

- 5:50+ (1) Kim Tanabe (BA) 6-25
- 5:52.0 (1) Laura Miskinnis (WL) 6-7
- 5:54+ Christine Standley (BA) 6-26
- 6:00.3 (2) A. Smith (CH) 6-7
- 6:10.2 (1) Kendy Anno (OCT) 1-5
- 6:10.2 (3) Susane Muschitz (LV) 6-7
- 6:31+ Mary Graham (BA) 6-26
- 6:33+ Giselle Aguilar (BA) 6-26

880 YARD WALK

- 4:03.0 (1) Kathy Kiernan (BA) 7-13
- 4:03.0 (2) Samantha Rodella (PAT) 7-13
- 4:21.7 (1) Meme Conn (RRR) 6-21
- 4:22.0 (3) Kim Salinas (App) 7-13
- 4:24.2 (4) Michele Olson (App) 7-13
- 4:24.4 (3) Kiki Santiago (RRR) 6-7
- 4:24.3 (2) Trisha Ramirez (SBS) 6-21
- 4:26.8 (4) Giselle Aguilar (BA) 6-7
- 4:26.8 (7) Cindy Farrar (RRR) 7-13
- 4:29.2 (9) Becky Curry (BA) 7-13
- 4:30.0 Andrea Lepley (CY) 4-19
- 4:35.4 (7) Jaylene Victoria (VGTC) 6-7
- 4:35.9 Julianne Hernandez (BA) 5-25
- 4:36.4 (8) Angela Excoabar (OX) 6-7
- 4:37.6 (10) Robyn Freetly (OVTC) 6-7
- 4:40.0 (11) Dana Crawford (RRR) 6-7
- 4:40.2 (5) Jacqueline Augustine (SBS) 6-21
- 4:42.0 (12) Cindy Drieg (RCF) 7-13
- 4:41.3 (13) Andi Jason (OCT) 6-7
- 4:44.3 (14) Sonia Cooper (RRR) 6-7
- 4:52.5 (8) Linda Braun (RRR) 6-21
- 4:52.7 (16) Robin Fisher (LBC) 6-7
- 5:03.4 (18) Lislle Wilson (M.Mlrs) 7-13
- 5:08.8 (10) Toni Everts (PAT) 6-21
- 5:09.8 (11) Dawn Cooper (PAT) 5-10
- 5:13.6 (11) Jeanne Faust (SBSP) 6-21
- 5:19.0 (14) Lisa Cobb (RRR) 5-10
- 5:20.2 (19) Kristy Clayton (SESP) 6-7
- 5:23.5 (2) Pam Ranney (PAT) 1-5 (age 7)
- 5:29.1 (17) Renee Villalvaszo (RRR) 5-10

ONE MILE WALK

- 8:43.0 (4) Kathy Kiernan (BA) 6-21
- 8:48.9 (5) Samantha Rodella (PAT) 6-21
- 10:01.4 (13) Giselle Aguilar (BA) 4-5
- 10:05.4 Becky Curry (BA) 6-21
- 10:13.8 (14) Trisha Ramirez (SBS) 4-5
- 10:19.9 (15) Dana Crawford (RRR) 4-5
- 10:37.8 (18) Julianne Hernandez (BA) 4-5
- 10:43.6 (20) Lisa Cobb (RRR) 4-5
- 11:04.4 (21) Kiki Santiago (RRR) 4-5

440 RELAY

- 57.7 (1) So. Cal. Cheetahs 7-12
- 58.4 (1) Cupertino Yearlings 5-3
- 58.4 (2) Rialto Road Runners 7-12
- 58.9 (3) Las Virgenes TC 7-13
- 59.0 (1) McKinley (Bak) 5-10
- 59.3 (2) Berkeley East Bay TC 5-3
- 59.6 (1) Sun Valley Falcons 6-7
- 60.4 (2) Long Beach Comets 4-13
- 60.9 (2) Rialto Road Runners-B 6-7
- 61.5 (2) Appaloosa TC 5-25
- 61.5 (3) Salinas Valley TC 5-25
- 61.8 (4) Oxnard TC 7-12
- 61.9 (4) Arrow TC 5-25
- 62.1 (3) SB SandPipers 4-13
- 62.3 (5) Orinda TC 5-25
- 62.6 (2) Madera 5-10
- 62.7 (3) Blue Angels TC 4-27



Top: the pack at the Huntington Beach Distance Derby (results next issue).
 Bottom: some of the action at the popular Pierce college All Comers. photos by Bud Hanson



CALIFORNIA FEMALE STATE RECORDS

Send all additions, corrections, and results to Calvin Brown, 228 E. Artesia Blvd., Apt. A, N. Long Beach, CA 90805

SENIOR WOMEN (14 and over):

100 Yard Dash	10.0
220 Yard Dash	22.6
440 Yard Dash	52.5
880 Yard Run	2:02.3i
One Mile Run	4:31.69
Two Mile Run	9:39.3i
Three Mile Run	15:43.4
One Mile Walk	7:13.9
Marathon	2:43:54.6
100 Meter Hurdles(33)	12.8
400 Meter Hurdles(30)	59.5
440 Relay	45.8
880 Relay	1:39.7
880 Medley Relay	1:41.4
One Mile Relay	3:44.5
Two Mile Relay	8:49.1
High Jump	5-10 $\frac{1}{4}$
Long Jump	21-7 $\frac{1}{2}$
Shot Put(4 kilo)	56-11i
Discus	193-3
Javelin	209-7
Pentathlon	4676

Chi Cheng (LATC)	6-13-70
Chi Cheng (LATC)	7-3-70
Chi Cheng (LATC)	6-20-70
Mary Decker (Blue Angels)	2-17-74
Francie Larrieu (PCC)	5-31-75
Francie Larrieu (PCC)	2-17-74
Julie Brown (UCLA)	12-8-74
Susan Brodock (RRR)	2-1-75
Jacki Hansen(SFVTC)	12-1-74
Chi Cheng (LATC)	7-12-70
Janice Lester (LBC)	6-9-74
Lakewood International	6-27-75
Crown Cities TC	4-2-69
West Coast Jets	6-18-72
West Coast Jets	4-30-72
San Jose Cindergals	6-29-74
Cindy Gilbert (LJTC)	4-27-74
Martha Watson (LI)	7-18-74
Maren Seidler (ML)	2-16-74
Olga Connolly (LATC)	8-8-72
Kathy Schmidt (LATC)	6-28-75
Jane Frederick (LATC)	6-20/21-75

YOUTH GIRLS (12 - 13):

100 Yard Dash	10.9	Renaye Bowen (MM)	4-8-67
220 Yard Dash	24.3	Renaye Bowen (MM)	4-8-67
440 Yard Dash	56.0	Marquita Belk (SJC)	4-3-75
880 Yard Run	2:12.7	Mary Decker (LBC)	4-29-72
One Mile Run	4:55.0	Mary Decker (LBC)	2-6-72
Two Mile Run	10:57.2	Donna Sanchez (RRR)	5-4-75
One Mile Walk	8:02.6	Georgia Sakelarios (RCF)	6-14-75
80 Meter Hurdles(30)	11.4	Tawny Singleton (OV)	6-7-75
200 Meter Hurdles(30)	27.6	Tawny Singleton (OV)	5-17-75
440 Relay	49.0	Long Beach Comets	5-8-71
880 Relay	1:46.8	Lakewood International	5-25-69
880 Medley Relay	1:49.2	Long Beach Comets	5-28-71
One Mile Relay	3:56.2	S. California Cheetahs	5-31-75
High Jump	5-6	Kyra Bjornsson (WS)	7-13-75
Long Jump	18-6 $\frac{3}{4}$	Dora Lee Roberts (SJVAC)	1968
	18-6 $\frac{3}{4}$	Erin Pike (LATC)	5-31-75
Shot Put(6 Pound)	48-7 $\frac{1}{2}$	Debbie Rivera (LBTC)	3-28-71
	48-7 $\frac{1}{2}$	Susie Ray (BA)	7-12-75
Discus	141-1	Debbie Rivera (LBTC)	3-28-71
Javelin	135-8	Diane Matkovich (CCTC)	4-8-67
Pentathlon	3800	Erin Pike (LATC)	5-31-75

MIDGET GIRLS (10 - 11):

100 Yard Dash	10.6
220 Yard Dash	24.0
440 Yard Dash	54.2
880 Yard Run	2:07.5
One Mile Run	4:51.8
Two Mile Run	10:48.6
One Mile Walk	7:44.0
100 Meter Hurdles(33)	14.8
400 Meter Hurdles(30)	61.7
440 Relay	46.4
880 Relay	1:41.5
880 Medley Relay	1:45.7

Pernetta Glenn (CTC)	6-30-66
Mable Ferguson (WCJ)	7-7-71
Mable Ferguson (WCJ)	7-7-71
Mary Decker (BA)	6-26-74
Debbie Heald (LMM)	7-1-70
Debbie Johnson (RRR)	6-9-74
Susan Brodock (RRR)	6-10-73
Gayle Butler (LATC)	4-7-74
Clydyne Crowder (LMM)	5-28-73
Milbrae Lions	6-25-75
Los Angeles Mercuresses	6-29-67
	6-26-74

100 Yard Dash	11.6	LaTanya Dawkins (LBC)	6-7-75
	11.5w	Tina Scott (SCC)	5-10-75
220 Yard Dash	26.0	Tina Scott (SCC)	6-7-75
440 Yard Dash	59.4	Tina Scott (SCC)	2-23-75
880 Yard Run	2:23.1	Effie Jordan (RRR)	7-2-70
One Mile Run	5:06.4	Mari Gibbs (LI)	6-1-74
One Mile Walk	7:53.5	Vickie Cook (RRR)	5-17-75
50 Yard Hurdles(30)	7.7	Erin Pike (LMM)	5-12-73
440 Relay	52.4	Rialto Road Runners	6-7-75
880 Relay	1:56.4	Orange Coast	3-31-73
880 Medley Relay	1:57.2	Long Beach Comets	3-2-75
One Mile Relay	4:20.6	S. California Cheetahs	5-20-73
High Jump	5-0	Juanita Barnett (RRR)	3-5-72
	5-0	Stacey Neuman (LVTC)	7-13-75
Long Jump	17-0w		

JUNIOR WOMEN (14 - 18):

100 Yard Dash	10.6	Pernetta Glenn (CTC)	6-30-66
220 Yard Dash	24.0	Mable Ferguson (WCJ)	7-7-71
440 Yard Dash	54.2	Mable Ferguson (WCJ)	7-7-71
880 Yard Run	2:07.5	Mary Decker (BA)	6-26-74
One Mile Run	4:51.8	Debbie Heald (LMM)	7-1-70
Two Mile Run	10:48.6	Debbie Johnson (RRR)	6-9-74
One Mile Walk	7:44.0	Susan Brodock (RRR)	6-10-73
100 Meter Hurdles(33)	14.8	Gayle Butler (LATC)	4-7-74
400 Meter Hurdles(30)	61.7	Clydine Crowder (LMM)	5-28-73
440 Relay	46.4	Millbrae Lions	6-25-75
880 Relay	1:41.5	Los Angeles Mercuresses	6-29-67
880 Medley Relay	1:45.7	Lakewood International	6-26-74
One Mile Relay	3:45.7	Long Beach Comets	6-25-75
Two Mile Relay	9:02.2	San Jose Cindergals	6-25-75
High Jump	5-10	Cindy Gilbert (LJTC)	6-20-73
Long Jump	20-4¼	Kim Attlesley (LS)	6-13-71
Shot Put(4 Kilo)	49-6	Kathy Devine (SDL)	6-28-74
Discus	155-6	Terri Sabol (LATC)	6-26-74
Javelin	184-7	Sherry Calvert (SCM)	5-31-69
Pentathlon	3819	Lisa Kinimaka (SJC)	6-29-74

INTERMEDIATE GIRLS (14 - 15):

100 Yard Dash	10.9	Dollie Fleetwood (SCC)	6-30-74
	10.9	Frieda Cobbs (BEBTC)	4-27-75
	10.7w	Frieda Cobbs (BEBTC)	7-13-75
220 Yard Dash	24.1	Frieda Cobbs (BEBTC)	4-27-75
	23.8w	Frieda Cobbs (BEBTC)	7-13-75
440 Yard Dash	54.4	Mary Decker (BA)	4-7-74
880 Yard Run	2:09.1	Mary Decker (BA)	4-29-73
One Mile Run	4:50.8	Paula Rose (BA)	6-8-75
Two Mile Run	10:42.0	Suzanne Keith (RRR)	6-8-75
One Mile Walk	7:33.1	Lisa Metheny (RRR)	6-8-75
100 Meter Hurdles(30)	14.4	Erin Pike (LATC)	7-19-75
300 Meter Hurdles(30)	44.6	Cheryl Hawthorne (BEBTC)	7-13-75
400 Meter Hurdles(30)	66.3	Jill Gercovich (WS)	3-16-74
440 Relay	47.4	Millbrae Lions	5-3-75
880 Relay	1:43.9	S. California Cheetahs	5-27-74
880 Medley Relay	1:46.7	Los Angeles TC	7-13-75
One Mile Relay	3:58.5	S. California Cheetahs	6-9-74
Two Mile Relay	9:33.6	San Jose Cindergals	6-14-75
High Jump	5-7	Cindy Sandberg (SJC)	4-19-75
	5-7	Candice Zbieranek (LI)	6-14-75
Long Jump	19-2w	Karen Elmore (ML)	4-27-75
	18-6½	Kim Moran (LATC)	6-14-75
Shot Put(8 pound)	45-8½	Emily Dole (LMM)	5-12-73
Discus	137-6	Christi Pyle (LATC)	5-31-75
Javelin	145-7	Lisa Van Benthem (Un-SD)	5-18-75
Pentathlon	2926	Laurie Carman (SB)	5-26-74

MIDGET GIRLS (10 - 11):

100 Yard Dash	11.6	LaTanya Dawkins (LBC)	6-7-75
	11.5w	Tina Scott (SCC)	5-10-75
220 Yard Dash	26.0	Tina Scott (SCC)	6-7-75
440 Yard Dash	59.4	Tina Scott (SCC)	2-23-75
880 Yard Run	2:23.1	Effie Jordan (RRR)	7-2-70
One Mile Run	5:06.4	Mari Gibbs (LI)	6-1-74
One Mile Walk	7:53.5	Vickie Cook (RRR)	5-17-75
50 Yard Hurdles(30)	7.7	Erin Pike (LMM)	5-12-73
440 Relay	52.4	Rialto Road Runners	6-7-75
880 Relay	1:56.4	Orange Coast	3-31-73
880 Medley Relay	1:57.2	Long Beach Comets	3-2-75
One Mile Relay	4:20.6	S. California Cheetahs	5-20-73
High Jump	5-0	Juanita Barnett (RRR)	3-5-72
	5-0	Stacey Neuman (LVTC)	7-13-75
Long Jump	17-0½w	Alana Capozzi (LBC)	5-10-75
	16-6½	Joyce Bowie (SB)	4-28-74
Shot Put(6 Pound)	38-9	Susan Springer (SL)	5-27-73
Baseball Throw	245-2	Yvonne Uhalde (DV)	6-20-67
Triathlon	1678	Chris Shawhan (CCS)	5-23-71

BANTAM GIRLS (9 and under):

100 Yard Dash	12.3w	Stacey Granger (SCC)	5-10-75
	12.4	Tracy Hanlon (LBC)	4-22-72
	12.4	LaTanya Dawkins (LAJ)	4-6-74
220 Yard Dash	28.3	LaTanya Dawkins (LAJ)	5-26-74
440 Yard Dash	63.8	LaTanya Dawkins (LAJ)	6-30-74
880 Yard Run	2:30.4	Mari Gibbs (LS)	6-24-72
One Mile Run	5:28.9	Kathy Kiernan (BA)	6-26-75
880 Walk	4:03.0	Kathy Kiernan (BA)	7-13-75
One Mile Walk	8:43.0	Kathy Kiernan (BA)	6-20-75
440 Relay	57.7	S. California Cheetahs	7-12-75
880 Relay	2:04.1	S. California Cheetahs	4-27-75
880 Medley Relay	2:21.1	Ventura Girls TC	5-25-69
One Mile Relay	4:46.2	S. California Cheetahs	4-13-75
High Jump	4-6	Jeanne Faust (SBSP)	3-29-75
Long Jump	15-1¾	Joyce Bowie (SB)	6-4-72
Baseball Throw	163-10½	Nadine Bowers (SL)	5-21-67
Triathlon	1247	Kim Tanabe (BA)	5-4-75

MASTERS WOMEN (30 and over):

100 Yard Dash	13.6w	Alice Hernandez (BA)	3-15-75
220 Yard Dash	29.3m	Fay Hobbs (SB)	6-8-75
440 Yard Dash	67.7	Fay Hobbs (SB)	2-23-75
880 Yard Run	2:28.7m	Rosie O'Neil (PAT)	6-8-75
One Mile Run	5:54.5	Carolyn Rubio (BA)	4-2775
Two Mile Run	13:16.4	Carol Honeywell (RRR)	6-8-75
1500 Meters	5:31.4	Carolyn Rubio (BA)	6-8-75
3000 Meters	12:43.4	Carolyn Rubio (BA)	4-19-75
10,000 Meters	40:58.0	Nicki Hobson (SDTC)	4-12-75
Dist. Medley Relay	16:54.0	Blue Angele	4-12-75
Long Jump	14-1¼	Ursula Schreiber (CDM)	4-19-75
Shot Put	30-4½	Ursula Schreiber (CDM)	4-19-75
Discus	61-1	Edith Mendyka (PTC)	6-8-75
Javelin	67-6	Edith Mendyka (PTC)	6-8-75

Mile Relay:
 1. Redding 4:49.2
Long Jump:
 1. Becky Rohrer (RedBluff) 15-11
 2. Gall Claiborne (Reno) 15-10½
 3. Sandra Robertson (SanFran) 15-7
High Jump:
 1. Deann Homestead (Yeringt) 5-2
 2. Monica Weekes (Hayward) 5-2
 3. Bonnie Newman (Millbrae) 5-0
Shot Put:
 1. Michelle Bethame (Arcata) 35-11½
 2. Jill Richencour (YubaCty) 33-11
 3. Theresa Dunne (Burlingm) 32-2
Discus:
 1. Karen Wood (CarsonCity) 109-9
 2. Liz O'Connor (Belmont) 103-1
 3. Michelle Bethame (Arcata) 98-4
Javelin:
 1. Michelle Holmes (RedwCty) 94-5
 2. Gina Lombardi (RedwCty) 90-2
 3. Lorna Wilson (DelNorte) 86-2
Pentathlon (100mH, SP, HJ, LJ, 200m):
 1. Bonnie Newman (Burling) 2782
 2. Chris Mullins 2723
 3. Janelle Clark 2397
Senior Girls
100m Hurdles:
 1. Kathy Voss (Susanville) 16.2
 2. Debbie Bangert (SSnFran) 16.4
 3. Lesley Spellenberg (Eur) 16.8
400 m Hurdles:
 1. Amber Souza (Sacto) 68.0
 2. Jenny Cox (Susanville) 69.2
 3. Kathy Voss (Susanville) 72.2
100 Yd Dash:
 1. Denise Pemberton (SnMat) 11.1
 2. Donna Carley (Sacto) 11.5
 3. Ann Dutton (Anderson) 11.7
220 Yd Dash:
 1. Denise Pemberton (SnMat) 25.0
 2. Donna Carley (Sacto) 25.5
 3. Diane Stohr (Livermore) 26.4
440 Yd Dash:
 1. Veronica Venezia (SnRaf) 57.0
 2. Diane Stohr (Livermore) 58.7
 3. Randi Yamagati (SanRaf) 60.9
880 Yd Dash:
 1. Kathy Costello (Orinda) 2:14.9
 2. Loretta Simmons (RedCty) 2:16.5
 3. Amber Souza (Sacto) 2:24.9
Mile Run:
 1. Kathy Costello (Orinda) 5:04.1
 2. Pam Allen (Lassen) 5:06.0
 3. Loretta Simmons (RedwCty) 5:13.3
2 Mile Run:
 1. Pam Allen (ElDoradoHls) 11:01.6
 2. Sue Neary (Aptos) 11:12.0
 3. Victoria Monroe (Susanvl) 11:55.3
Mile Walk:
 1. Victoria Monroe (Susanvl) 11:04.2
440 Relay:
 1. San Rafael 53.2
880 Medley Relay:
 1. Terra Linda 1:56.7
Mile Relay:
 1. Lassen Cinderellas 4:20.4
Long Jump:
 1. Donna Hunerlach (LosMol) 16-9
 2. Lesley Spellenberg (Eur) 16-8½
 3. Cynthia Johnson (Berkeley) 16-5½
High Jump:
 1. Diane Stuart (Concord) 5-4
 2. Denise Cornell (KingCty) 5-4
 3. Carey Hill (San Rafael) 5-2

Midget Boys
50 Yd Hurdles:
 1. Eric Carlson (Snyvle) 7.8
 2. Charles Penner (Snyvle) 7.9
 3. Ross Lyon (Stockton) 8.6
50 Yd Dash:
 1. Mike Rutherford (Martin) 6.5
 2. David Rodigo (Sacto) 6.5
 3. Robbie Harrison (Eureka) 6.6
100 Yd Dash:
 1. Ronald Stobaugh (DiaSpr) 12.2
 2. David Rodigo (Sacto) 12.2
 3. Ken Taylor (San Jose) 12.5
220 Yd Dash:
 1. Ronald Stobaugh (DiaSpr) 27.4
 2. Steve Masar (Moraga) 27.5
 3. David Rodigo (Sacto) 28.0
440 Yd Dash:
 1. Desmond Dunting (SnMateo) 66.0
 2. Byron Burgess (Vallejo) 66.1
 3. Brian Amador (Pleas.Hill) 66.1
880 Yd Run:
 1. James Scattini (Salinas) 2:20.9
 2. Brian Amador (Pleas.Hill) 2:30.3
 3. Chris Frekmann (Pls.Hill) 2:30.7
Mile Run:
 1. Joshua Hickman (S.LkTahoe) 5:17.8
 2. Desmond Dunting (RdwCty) 5:18.4
 3. James Woodie (Redding) 5:34.9
1 Mile Race Walk:
 1. Angelo Sakalarios (RdwCty) 9:14.0
 2. Pat McGowan (Yrngtn,Nv) 9:21.6
 3. Richard Vasquez (Salinas) 9:32.6
440 Yd Relay:
 1. K&BTC 54.4
 2. Herbert Hoover TC 55.0
880 Yd Medley Relay:
 1. Valley of the Moon 2:07.3
 2. Pleasant Hill 2:11.1
 3. Diablo Valley TC 2:11.9
Long Jump:
 1. Steve Masar (Moraga) 15-5½
 2. Ross Lyon (Stockton) 15-1½
 3. Paul Vanliew (Loomis) 14-3 3/4
High Jump:
 1. Derick Johnson (SanFran) 4-10
 2. Brian Baker 4-4
 3. Ronald Stobaugh (DiaSpr) 4-4
Shot Put, 6#:
 1. Jerry Croxdale (Napa) 33-1½
 2. Dennis Austin (Sacto) 30-3
 3. Tony Albamese (FernlyNV) 28-8½
Junior Boys
70 Yd Hurdles:
 1. Kevin Reed (Sacto) 9.6
 2. Joe Croxdale (Napa) 9.6
 3. Rick Shanks (HamiltonCty) 10.0
100 Yd Dash:
 1. Anthony Williams (SF) 10.8
 2. Tyron McCall (San Fran) 10.9
 3. Rodney Nelson (Carmich) 11.1
220 Yd Dash:
 1. Anthony Williams (SF) 24.6
 2. Rodney Nelson (Carmich) 24.7
 3. Tyron McCall (San Fran) 25.1
440 Yd Dash:
 1. Rodney Nelson (Carmich) 55.6
 2. Steven Cox (Burlingame) 57.7
 3. Walter Roberts (Clayton) 57.7
880 Yd Run:
 1. Nathan Olivas (Salinas) 2:11.7
 2. Rich Weigle (Sacto) 2:11.8
 3. George Cardoza (Placerville) 2:16.9
Mile Run:
 1. Nathan Olivas (Salinas) 4:46.2

CALIFORNIA TRACK NEWS

220 Yd Dash:
 1. Willie Jackson (Stockton) 23.1
 3. Kenneth David (San Fran) 23.8
 2. Ricky Bowersox (Durham) 23.4
440 Yd Dash:
 1. Kenneth David (SanFran) 52.8
 2. Ed Marchand (San Fran) 52.9
 3. Dave Gillooley (Redland) 53.3
880 Yd Run:
 1. David Hafich (Fairfield) 2:03.8
 2. Christopher Shols (Chico) 2:04.5
 3. Dan Mitchell (Reno) 2:06.5
Senior Boys
120 Yd Hurdles:
 1. Ron Kennedy (Daly City) 14.1
 2. Tony Hicks (Daly City) 14.2
 3. Tim Stafford (Los Gatos) 15.1
330 IH:
 1. Tony Hicks (Daly City) 39.8
 2. Larry Mondragon (Stocktn) 43.0
 3. John Lucas (Martinez) 45.2
100 Yd Dash:
 1. Ron Kennedy (Daly City) 10.0
 2. Chuck Winters (San Fran) 10.1
 3. Bill Burrell (Hayward) 10.2
220 Yd Dash:
 1. Kenny Terrell (DalyCty) 23.4
 2. Mark Molinas (Hayward) 23.6
 3. Conway Hill (Stockton) 23.6
440 Yd Run:
 1. Lawrence Reese (SanFran) 50.7
 2. Richard Judy (Hayward) 51.6
 3. Reggie De Rosano (SF) 51.7
880 Yd Run:
 1. Glen Borland (CrescCity) 2:01.0
 2. Michael De Groot (Sacto) 2:01.1
 3. Jeff Griffin (Wilton) 2:01.1
Mile Run:
 1. Glen Borland (CresCity) 4:23.1
 2. Matt Dowling (Pacheco) 4:26.0
 3. Mike Smith (Newark) 4:26.5
2 Mile Run:
 1. Mike Smith (Newark) 9:47.1
 2. Mike Gilligan (Marysville) 9:59.0
 3. Glenn Borland (CrescCity) 9:59.9
3 Mile Run:
 1. Tim Holmes (Modesto) 14:31.8
 2. Ray Lawson (CarsCty,Nv) 15:03.7
 3. Dan Lavelle (San Fran) 15:04.0
3 Mile Race Walk:
 1. Brad Morgan (Walnut Crk) 30:29.8
440 Relay:
 1. K&BTC 43.3
 2. Falcons 43.7
 3. Stockton Boys Club 44.4
Mile Relay:
 1. K&B TC 3:33.2
 2. Red Bluff 3:42.0
Long Jump:
 1. Ken Vasquez (Millbrae) 22-2
 2. Anthony Glover (Rich) 21-10½
 3. Ted Banayat (San Fran) 21-4 3/4
High Jump:
 1. Terry Graham (Vacaville) 6-6
 2. Thurlis Gibbs (San Jose) 6-6
 3. Dave Parsons (Incline) 6-3 3/4
Shot Put, 12#:
 1. Steve Montgomery (Susvl) 57-10
 2. Larry Moss (Sparks, Nv) 56-1
 3. Mike Stebleton (Pittsb) 55-5½
Discus:
 1. Mike Stebleton (Pittsb) 161-4
 2. Don Giorgi (Yerkington) 155-5
 3. Louie Reyes (Berkeley) 150-7
Triple Jump:
 1. Gary Bulwinkle (Burling) 45-6

440 Yard Dash-Girls:
 1. Veronica Venezia (SnRaf) 56.4
 2. Pam Grene 57.1
 3. Diane Stohr (Livermore) 59.1
440 Yard Dash-Boys:
 1. Jeff Sexton (Compton) 49.4
 2. Percy Smith (LA) 50.1
 3. Lawrence Reece (SanFran) 51.0
220 Yard Dash-Girls:
 1. Denise Pemberton (SnMat) 24.6
 2. Kim Robinson (LA) 25.1
 3. Joyce Asberry (Bkfld) 25.3
Mile Run-Boys:
 1. Ray Rubio (Madera) 4:21.2
 2. Brian Russell (StudioCty) 4:21.6
 3. Ben Muniz (Clovis) 4:26.8
Mile Run-Girls:
 1. Paula Rose (CorDelMar) 5:00.3
 2. Karen Parish 5:10.0
 3. Micki Vardell (YubaCty) 5:14.0
8# Shot Put-Girls:
 1. Debra Haynes (Fresno) 41-10 3/4
 2. Renee Weissell (Tuol) 41-4 1/4
 3. Michele Peterson (LgBch) 38-8 3/4
Long Jump-Girls:
 1. Kim Moran (LA) 18-2 3/4
 2. Donna Hunerlach (LaMoln) 17-5½
 3. Lesley Spellenberg (Eur) 17-4½
Boys High Jump:
 1. Jeff Lawson (Placentia) 6-9½
 2. Bret Bell (Sanger) 6-8½
 3. Bill Scarbrough (Clovis) 6-6½
Girls High Jump:
 1. Nancy Shallenberger (SB) 5-6
 2. Debra Jones (Riverdale) 5-4
 3. Brenda Little 5-2
Exhibition Discus-Boys:
 1. Matt McNaughton (Fresno) 159-4½
 2. Kevin Corbett (Placent) 153-0
 3. Larry Moss (Sparks,Nv) 152-6
Exhibition Pole Vault:
 1. Stan Reyes 13-6
 2. Mike Thornton 13-6
 /Don Kavadis/

Felton, July 13--Felton Race to the Redwoods, 6.9 Mile:

1) Hans Templeman 36:56
 2) Jack Bellah 37:45
 3) William Seaver 38:16
 4) Dave Stock 38:25
 5) Gilbert Brooks 38:31
 6) Tad Woliczko 38:32
 7) John Moreno 39:20
 8) P. Stordahl 39:26
 9) Dennis Tracy 40:21
 10) A. Landretti 40:22
 11) Bruce Sayre 41:06
 12) Mark Quinn 41:22
 13) Jim Sane 41:26
 14) Roy Hoglund 41:34
 15) Scott Carvey 41:36
 16) Joe Salazar 41:49
 17) Mike Plummer 41:56
 18) John Hillman 41:58
 19) M. Kaempf 42:21
 20) Steve Watkins 42:24
 21) B. Sawyer 42:25
 22) S. Palladino 42:34
 23) David Weikel 42:35
 24) Jake White 42:36
 25) Hollis Marriott 42:45
 26) David Colburn 42:55
 27) Mike Millward

SEPTEMBER/OCTOBER - 1975

Marin County, July 20 -- Northern California Seniors 8th Annual Fort Baker Handicap Run, 15 miles:

1. Brancalana (MarinAC) 50 1:28:10(16)
 2. Malain (NCSTC) 48 1:28:01(14)
 3. Stewart, G. (WVTC) 25 1:25:03(0)
 4. Dally (WVTC) 44 1:25:05(10)
 5. Guthrie (WVJ&S) 38 1:19:13(4)
 6. Main (Un) 54 1:35:26(20)
 7. Houston (NCSTC) 53 1:34:51(19)
 8. Allen, Jim (NCSTC) 53 1:35:11(19)
 9. Fitzgerald (Pama) 31 1:17:11(0)
 10. Rodd (NCSTC) 51 1:34:51(17)
 11. Roenau (NCSTC) 47 1:31:10(13)
 12. McDevitt (WVTC) 29 1:18:25(0)
 13. Marshall (NCSTC) 49 1:33:43(15)
 14. McLean (WVTC) 21 1:19:06(0)
 15. Neary (Un) 17F 1:34:08(15)
 16. Flodberg (WVJ&S) 41 1:26:15(7)
 17. Sane (Buff Chips) 17 1:19:18(0)
 18. Butt (Marin Harr.) 30 1:19:52(0)
 19. Darling (ETC) 25 1:20:16(0)
 20. O'Neill (Buff Chips) 51 1:37:40(17)
 21. Lucero (USMITC) 48 1:34:46(14)
 22. Weidinger (Un) 34 1:20:54(0)
 23. Tucker (N.Oakland) 32 1:21:13(0)
 24. McIntosh (NCSTC) 43 1:30:25(9)
 25. Bonnell (MarinAC) 24 1:21:50(0)
 26. Quinn (CaminoWest) 17 1:22:00(0)
 27. Krebs (GoldenWest) 32 1:22:08(0)
 28. Jacobs (HCSTC) 41 1:30:00(7)
 29. White (WVTC) 37F 1:41:06(18)
 30. Munos (CaminoWest) 20 1:23:45(0)
 31. Soubier (DSE) 44 1:33:57(10)
 32. Bonner (Un) 33 1:24:13(0)
 33. Bowles (WVJ&S) 39 1:29:28(5)
 34. Marsh (Un) 37 1:27:39(3)
 35. Swezey (Pama) 25 1:24:53(0)
 36. Lyman (WVTC) 28F 1:40:39(15)
 37. Moberg (Livermore) 41 1:32:40(7)
 38. Pope (Un) 25 1:25:49(0)
 39. Getas (DSE) 52 1:43:52(18)
 40. Martinez (Un) 30 1:26:20(0)
 41. Cole (DSE) 61 1:53:22(27)
 42. Cuzzillo (NCSTC) 59 1:51:24(25)
 43. Cotte (WVTC) 15F 1:41:25(15)
 44. Hackman (VlyMoon) 27 1:26:43(0)
 45. Jeong (ETC) 23 1:26:57(0)
 46. Smith, H. (Un) 48 1:41:05(14)
 47. Goodmacker (Un) 15 1:27:13(0)
 48. O'Connor (Un) 33 1:27:17(0)
 49. Cordone (Un) 26 1:27:19(0)
 50. Rowley (Un) 26 1:27:40(0)
 203 Finishers /Keith Conning/

San Francisco, June 28 -- Excelsior Track Club Beach Run, 6.25 miles:

1. John Halberstadt (PCC/S.A.) 32:25
 2. Jim Nuccio (WVTC) 32:30
 3. Bill Clark (WVTC) 33:23
 4. Larry Rose (PCC/So.Afr.) 33:30
 5. Daryl Beardall (Marin) 34:23
 6. Tim Holmes (WVTC) 34:30
 7. J. Sershen (Un) 34:31
 8. G. A. Brooks (WestsideTC) 34:44
 9. Road Racer (WVTC) 34:45
 10. Pat McVeigh (U.ofSt.Clar) 34:53
 11. Gene Fitzgerald (Pamakid) 35:00
 12. Jack Leydig (WVTC) 35:07
 13. Mike Smith (Pamakids) 35:08
 14. Pete Flores (AggieTC) 35:14
 15. Mike Emery (Pamakids) 35:15
 16. Daryl Zapata (WVTC) 35:20
 17. Pat Stardahl (WVTC) 35:25

1. Pam Allen (Lassen) 5:06.0
 2. Loretta Simmons (Redwcty) 5:13.3
 2 Mile Run:
 1. Pam Allen (EldoradoHls) 11:01.6
 2. Sue Neary (Aptos) 11:12.0
 3. Victoria Monroe (Susanvl) 11:55.3
 Mile Walk:
 1. Victoria Monroe (Susanvl) 11:04.2
 440 Relay:
 1. San Rafael 53.2
 880 Medley Relay:
 1. Terra Linda 1:56.7
 Mile Relay:
 1. Lassen Cinderellas 4:20.4
 Long Jump:
 1. Donna Hunerlach (LosMol) 16-9
 2. Lesley Spellenberg (Burk) 16-8½
 3. Cynthia Johnson (Berkeley) 16-5½
 High Jump:
 1. Diane Stuart (Concord) 5-4
 2. Denise Cornell (KingCty) 5-4
 3. Carey Hill (San Rafael) 5-2
 Shot Put:
 1. Renee Wessel (Twolum) 37-11
 2. Debbie Jackson (San Raf) 32-11
 3. Stacy Bergsteat (Sn Mat) 31-6
 Javelin:
 1. Denise Bangert (S.SnFran) 98-0
 Pentathlon (100mH, SP, HJ, LJ, 200m):
 1. Donna Hunerlach (LosMol) 2944
 2. Michele Jerauld 1832

Junior Boys
 70 Yd Hurdles:
 1. Kevin Reed (Sacto) 9.6
 2. Joe Croxdale (Napa) 9.6
 3. Rick Shanks (HamiltonCty) 10.0
 100 Yd Dash:
 1. Anthony Williams (SF) 10.8
 2. Tyron McCall (San Fran) 10.9
 3. Rodney Nelson (Carmich) 11.1
 220 Yd Dash:
 1. Anthony Williams (SF) 24.6
 2. Rodney Nelson (Carmich) 24.7
 3. Tyron McCall (San Fran) 25.1
 440 Yd Dash:
 1. Rodney Nelson (Carmich) 55.6
 2. Steven Cox (Burlingame) 57.7
 3. Walter Roberts (Clayton) 57.7
 880 Yd Run:
 1. Nathan Olivas (Salinas) 2:11.7
 2. Rich Weigle (Sacto) 2:11.8
 3. George Cardoza (Placervl) 2:16.9
 Mile Run:
 1. Nathan Olivas (Salinas) 4:46.2
 2. Kenny Chord (Alameda) 5:03.0
 3. Kevin O'Conner (Belmont) 5:05.0
 2 Mile Run:
 1. Greg McDonald (San Jose) 10:48.9
 2. Kevin O'Conner (Belmont) 10:49.8
 3. Steve Howard (Ukiah) 10:55.3
 1 Mile Race Walk:
 1. Nick Sakelarios (RdwdCty) 8:42.6
 2. Isaac Miller (Sunnyvale) 9:03.4
 3. Bruce Ransdelli (Lafay) 9:13.0
 2 Mile Race Walk:
 1. George Vasquez (Salin) 18:42.6
 2. Isaac Miller (Sunnyvale) 18:58.6
 3. Nick Sakelarios (RdwdCty) 20:59.7
 440 Yd Relay:
 1. Mid Peninsula Elks A 49.5
 2. K & BTC 51.1
 3. Napa TC 51.2
 Mile Relay:
 1. St. Bonaventure 4:09.0
 2. Diablo Valley 4:25.3
 Long Jump:
 1. Kevin Redd (Sacto) 18-8½
 2. Rory Tolver (San Fran) 17-11
 3. Steven Cox (Burlingame) 17-3 3/4
 High Jump:
 1. Mike Michell (Reno) 6-3/4
 2. Kurt Schoocy (Reno) 5-2
 3. Allen Scott (San Fran) 5-2
 Shot Put, 8#:
 1. Mike Obenchalk (Antioch) 43-9½
 2. Russell Horan (Yerington) 42-2½
 3. Jim McQuire (Napa) 41-8½
 Discus:
 1. Michael Olenchalk (Anti) 129-9½
 2. John Maguire (Napa) 117-10
 3. Russell Horan (Yerngtn) 116-5½
 Triple Jump:
 1. David Miroglio (Napa) 33-1½
 2. Steve Lichto (Concord) 32-5 3/4
 3. Rob Waller (Gridley) 31-1 3/4
 Pole Vault:
 1. Joe Croxdale (Napa) 8-6
 2. Eric Dukes (Santa Rosa) 8-0
 3. Danny Escobar (Millbrae) 7-6
Intermediate Boys
 120 Yd Hurdles:
 1. Richard Clark (MenloPk) 15.4
 2. Anthony Amerson (W.Pitts) 15.8
 3. Gene Doughty (Fallen,Nv) 21.0
 330 IH:
 1. Richard Clark (MenloPk) 42.0
 2. Edward Marchand 43.4
 3. Jim Flores (Mill Vly) 43.8
 100 Yd Dash:
 1. Willy Jackson (Stockton) 10.3
 2. Ricky Bowersox (Durham) 10.7
 3. Matthew Emge (Vallejo) 11.0

2. Falcons 43.7
 3. Stockton Boys Club 44.4
 Mile Relay:
 1. K&B TC 3:33.2
 2. Red Bluff 3:42.0
 Long Jump:
 1. Ken Vasquez (Millbrae) 22-2
 2. Anthony Glover (Rich) 21-10½
 3. Ted Banayat (San Fran) 21-4 3/4
 High Jump:
 1. Terry Graham (Vacaville) 6-6
 2. Thurlis Gibbs (San Jose) 6-6
 3. Dave Parsons (Incline) 6-3 3/4
 Shot Put, 12#:
 1. Steve Montgomery (Susvl) 57-10
 2. Larry Moss (Sparks, Nv) 56-1
 3. Mike Stebleton (Pittsb) 55-5½
 Discus:
 1. Mike Stebleton (Pittsb) 161-4
 2. Don Giorgi (Yerington) 155-5
 3. Louie Reyes (Berkeley) 150-7
 Triple Jump:
 1. Clay Bulwinkle (Burling) 45-6
 2. Ephus Johnson (Hayward) 44-10
 3. Vince Endter (San Jose) 41-9½
 Pole Vault:
 1. Ray Crook (Reno, Nv) 15-0
 2. Tom Clabough (Elverta) 13-0
 3. Lane Maestretti (Qustin) 12-0
 Javelin:
 1. Anthony Green 144-5
 2. Paul Pende 139-9½
 3. John Starr 123-5½
 Decathlon:
 1. Jeff Scruggs (Snyvle) 5611
 2. Mike Lawrence (Sparks, Nv) 5429
 3. Jim Barnett (Campbell) 5382

5) Gilbert Brooks 38:31
 6) Tad Wolicko 38:32
 7) John Moreno 39:20
 8) P. Stordahl 39:26
 9) Dennis Tracy 40:21
 10) A. Landretti 40:22
 11) Bruce Sayre 41:06
 12) Mark Quinn 41:22
 13) Jim Sane 41:26
 14) Roy Hoglund 41:34
 15) Scott Carvey 41:36
 16) Joe Salazar 41:49
 17) Mike Plummer 41:56
 18) John Hillman 41:58
 19) M. Kaempf 42:21
 20) Steve Watkins 42:24
 21) B. Sawyer 42:25
 22) S. Palladino 42:34
 23) David Weikel 42:35
 24) Jake White 42:36
 25) Hollis Marriott 42:45
 26) David Colburn 42:55
 27) Mike Millward 43:05
 28) Ulrich Kaempf 43:13
 29) W. Meinhardt 43:18
 30) Rudy Del Rio 43:27
 31) Keith Maurer 43:32
 32) H. Norton 43:34
 33) Gary Grellmann 44:11
 34) Marc Lund 44:16
 35) Stan Ross 44:23
 36) Jack Reime 44:24
 37) Walt Betschart 44:27
 38) R. Wolters, Jr. 44:30
 39) Ed Dally 44:44
 40) Stan Newton 45:01
 41) Dennis Urfiaga 45:23
 42) Bryan Kovacs 45:26
 43) Jay Cruze 45:28
 44) Joseph Reinhart 45:31
 45) Gilbert Munoz 45:33
 46) Peter Stein 45:35
 47) Chris Kadoch 45:42
 48) Bill Brown 46:15
 49) M. Macallair 46:17
 50) Tom Cooper 46:29

San Francisco, June 28 -- Excelsior Track Club Beach Run, 6.25 miles:
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 7. J. Serphen (Un) 34:31
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 9. Road Racer (WVTC) 34:45
 10. Pat McVeigh (U.ofSt.Clar) 34:53
 11. Gene Fitzgerald (Pamakid) 35:00
 12. Jack Leydig (WVTC) 35:07
 13. Mike Smith (Pamakids) 35:08
 14. Pete Flores (AggieTC) 35:14
 15. Mike Emory (Pamakids) 35:15
 16. Daryl Zapata (WVTC) 35:20
 17. Pat Stordahl (WVTC) 35:25
 18. Joe Becerra (ExcelTC) 35:28
 19. Larry Cabral (Pamakids) 35:31
 20. G. Mandanis (Woodstrider) 35:35
 21. Jas Shettles (WVTC) 40+ 35:41
 22. Bruce Degen (Un) 35:44
 23. Bob Powell (Camino West) 35:47
 24. Joe Taxiera (Un) 35:56
 25. John Weidinger (Un) 36:00
 26. Armand Lagunas (Un) 36:07
 27. Roy Hoglund (WestsideTC) 36:19
 28. Dave Himmelberger (WVTC) 36:20
 29. Ken Salot (Camino West) 36:26
 30. Dave Muella (ExcelTC) 26:34
 31. Dave Sauer (Pamakids) 36:44
 32. Mark Quinn (CaminoWest) 36:45
 33. Robert Bailey (Un) 36:50
 34. Bob Love (CaminoWest) 36:51
 35. Joe Salazar (WestsideTC) 36:52
 36. Joe Peterson (ExcelTC) 36:53
 37. Steve Bird (Un) 37:00
 38. Ray Aver (LosGatosPacers) 37:01
 39. John Kennedy (Un) 37:03
 40. Humberto Hernandez (WVTC) 37:04
 41. Stan Winkley (Un) 37:10
 42. John Swift (Un) 37:13
 43. Doug Butt (Marin Harr) 37:14
 44. Bill Jensen (Pama) 2-40+ 37:17
 45. Bob Costa (Un) 37:25
 46. Mike Plummer (Alam TC) 37:26
 47. Tim Swezy (Pamakids) 37:27
 48. Kevin Searls (Un) 37:28
 49. Doug Rennie (BuffChips) 37:45
 50. Dave Weikel (CaminoWest) 37:50
 162. Joan Ulyot (WVTC) 44:20
 175. Kathleen Himmelberger (WV) 44:52
 178. Ruth Anderson (NorCalSrs) 44:56
 311 Finishers /Frank Donahue/

Guadalupe, July 22 -- 7th Annual County Fair 10 Mile Run from Guadalupe to Santa Maria, 10.1 Mile:
 1. Ron Zarate (Nevada TC) 50:16.3
 2. Larry Reyes (SDTC) 53:06
 3. Eric Huff (PasoRbLHS) 56:46
 4. Peter M. Martinez (Un) 56:53
 5. David McGee (St.Joseph) 57:04
 6. John Beaton (SLDC) 57:20
 7. Al Flores (SantaMariaHS) 58:02
 8. Stan Rosenfield (SLDC) 58:44
 9. Brian Waterbury (SLDC) 60:10
 10. Antonio Arreola (SLDC) 60:18
 11. Ray Gil (SrStC) 1st Sr. 60:27
 12. Danny Weitz (ArrGRHS) 60:30
 13. Luis Quintana (GuadTC) 60:39
 14. Jim Casper (SLDC) 62:01
 15. John Perkins (GoldSpk) 62:23
 16. Tom Frias (St.JosephHS) 62:32
 17. Howard Jacobson (BC) 62:42
 18. Geno Lambert (Rich HS) 63:04
 19. Jack Cline (Arr Gr) 63:17
 20. Tony Casano (ArrGRHS) 63:44
 21. Warren Woods (Rich HS) 64:21
 22. Dave Farmer (SLDC) 64:28
 23. John Coffey (VAFB) 64:29
 24. Seymour Collins (SLDC) 64:37
 25. Doug Halverson (RichJgr) 65:16
 40. Barbara Arreola (SLDC) 1-w73:49
 /Ray Krings/

Oakland, July 26 -- Oakland 8.4 Mile Watermelon Run, Chabot Regional Park:
 1) Bill Clark, WVTC (31) 44:40
 2) Tim Holmes, WVTC (16) 1-HS 46:57
 3) Bill Seaver, WVTC (25) 47:37
 4) Mike Emry, Pamakids (19) 48:01
 5) Dennis Tracy, WVTC (29) 48:20
 6) Peter Marks, AggieTC (21) 48:26
 7) Dave Himmelberger, WVTC (2) 48:28
 8) Rinaldo Montenegro, WTC (1) 48:37
 9) Mike Pinocci, WVTC (20) 48:51
 10) Phil Hornig, Un (17) 48:56
 11) Mark Quinn, CaminoWTC (17) 49:01
 12) Craig Ccey, Un (17) 49:07
 13) Steve Palladino, CMTC (19) 49:12
 14) Mike Plummer, AlamTC (17) 49:17
 15) Adem Ferreira, HeinHarr (2) 49:39
 16) Bennie Jordan, BVH (18) 49:55
 17) Humberto Hernandez, WVTC 50:06
 18) Roy Hoglund, CMTC (19) 50:20
 19) Bruce McInturf, McClatchHS 50:26
 20) Joe Peterson, ExcelTC (20) 50:35

127:40(O)
 /Keith Conning/

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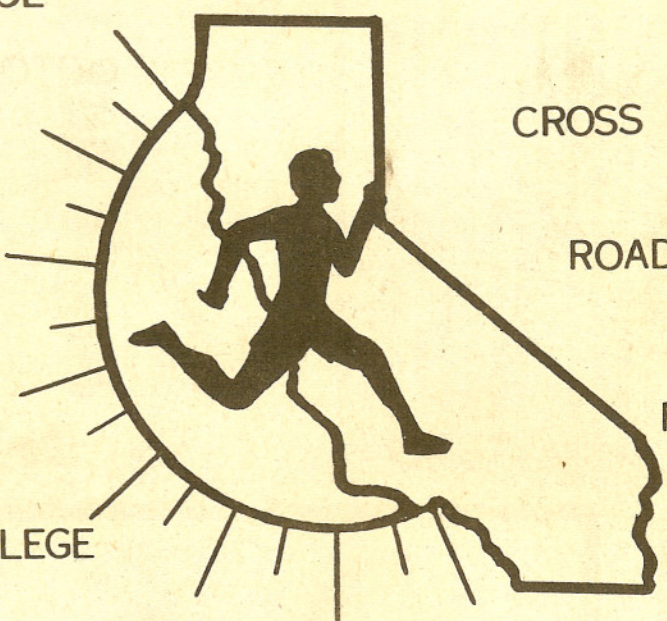
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