

CALIFORNIA

Track & Running News

September 1996

Issue No. 223



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**STATEWIDE COVERAGE OF TRACK & FIELD,
CROSS COUNTRY AND ROAD RACING**

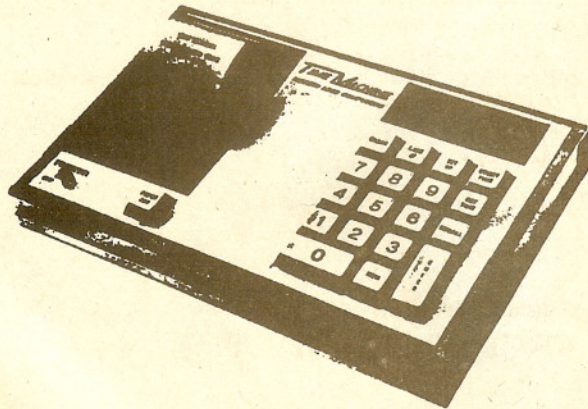
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Bill Cockerham
Editor & Publisher

Judy Cockerham
Production/Advertising Manager

Jack Leydig
Road Racing Schedule

Keith Conning
High School Editor

Doug Speck
Southern California High School Editor

Dennis McClanahan
California Coaches Alliance

Bob Womack
High School All-Time Lists

Bill Minarik **Nancy Clark**
SoCal Diary Nutrition

George Payan
Coaches' Corner Editor

Cregg Weinmann
Mostly Shoes

PHOTOGRAPHERS: Allison Cockerham, Keith Conning, Burt Davis, Phillip Enbody, Don Gosney, Ken Isaak, Kirby Lee, Bill Leung Jr., Elaine Rosenfield, Richard Lee Slotkin, Doug Speck and Vikki Waterbury.

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4957 E. Heaton Avenue
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(209) 255-4904 Office & FAX
CTRN@bx.netcom.com



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Since 1974

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FROM THE EDITOR

Transition Time

No sooner has my VCR recorder cooled down following a Herculean effort preserving the '96 Olympiad on video tape, than the season opener cross country meets are upon us. This issue of *California Track and Running News* is representative of the yearly transition from track to cross country.

Closing out the '96 track season in this September issue are Olympic-related articles featuring the Olympic Trials, Californians in the Olympic Games, Olympic shoe column, and another go-around with Bob Womack's Olympic predictions. That is all in addition to Keith Conning's end-of-the-season final High School Best Marks list, and Bob Womack's girls updated All-Time List. Also closing the season for the preps is Doug Speck's coverage of the Junior Nationals.

Looking ahead to cross country you will find a Coaches Buyer's Guide for cross country shoes by Cregg

Weinmann, a "Training for Racing" article by Coach David Olds, and a feature on the Esperanza High School cross country program from Rich Medellin.

Of course our regular features --schedules and results--help make this September issue a whopping 56-pager. And there is still a lot of material that has been left out. Not-to-worry, though, as all of the material not printed in this issue is being posted to the *California Track and Running News* Internet World Wide Web Page. So, if this issue doesn't satisfy your track, cross country or road racing craving, fire us up on your computer for another helping. The address (URL) the the CTRN Home Page is:

<http://www.RunningNetwork.com/CTRN/>

After you've read all that, put your waffles on and hit the trail. It's cross country season! We'll be here to cover the harrier action in California.

-B.C.

ON THE COVER: Californian's on the 1996 United States Olympic Team are represented by the following (left to right) -- Top Row: AMY ACUFF, ATO BOLDON, MARC DAVIS, GAIL DEVERS, MATT GIUSTO, JOHN GODINA, JOHNNY GRAY (Photos by Bill Leung, Jr./Geek Media), SHEILA HUDSON (Fine Flicks by Don Gosney), CHRIS HUFFINS (Photo by Bill Cockerham), JACKIE JOYNER-KERSEE, MICHAEL MARSH, INGER MILLER, MIKE POWELL, SUZY POWELL, JIM SORENSEN, JEFF WILLIAMS (Photos by Bill Leung, Jr./Geek Media).

SCHEDULE

ROAD RACING

Aug. 31 (Sat.)

Pescadero: Boothill Half-Marathon/10K, Duarte's Tavern, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Saratoga: Santa Cruz Mountains Half-Marathon/7M, Saratoga Gap (Hwy. 9 & 35), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Livermore: Livermore Valley Vine to Wine 5K/10K, Time TBA. Info: 510/564-0532.

Stockton: U.O.P. Cross-Country Benefit 5K, Brookside Field, Univ. of the Pacific, 8:30 a.m. Felicia Rowley, U.O.P. Athletic Dept., 3601 Pacific Av., Stockton 95211 (209/946-2472).

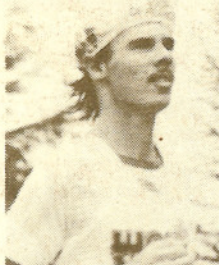
Kirkwood: A Run With a View 5K/10K, 10 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Arroyo Grande: Arroyo Grande Community Hospital 5K & 10K, Arroyo Grande Hospital, 8:30 a.m. Contact: Tina Levitan (805/545-9334).

Huntington Beach: Distance Derby 10M/5M, H.B. Pier, 7 a.m. City of Huntington Beach, 2000 Main St., Huntington Beach 92648 (714/536-5486).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl (east of Boulder Hwy. on Russell Rd.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Jack Leydig, serves California Track & Running News as editor/compiler of the largest, most complete schedule of road racing events in the State of California. As owner of Jack's Athletic Supply, Jack has served the running community since 1977 by providing a complete line of race supplies. Jack lives and works in San Mateo, CA.



Sept. 1 (Sun.)

San Francisco: DSE Roller Coaster Run, 2.92M, west end of Mountain Lake Park, 9 a.m./Kids' Run, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Tiburon: Angel Island 12K/25K, ferry from Tiburon only at 8:30 a.m., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/978-0837).

Bear Valley: Bear Valley Triathlon (600yS-12mB-3mR), Bear Valley Lake, 10 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-78732).

Kirkwood: Kirkwood 5K/10K, 10 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Pollock Pines: Run on the Sly, 50M/50K/30K/7M, Fresh Pond, 6:15 a.m./50K-50M, 7:15 a.m./30K-7M. Margie Lopez, 853 Holly W., Placerville 95667 (916/626-8846).

Mariposa: Amigo de Oro 5 & 10 Mi., 7:30 a.m. Amigo de Oro Runs, c/o Jerry Bloom, P.O. Box 872, Mariposa 95338 (209/966-4503(Wk), 966-5378(H)).

Santa Barbara: Pier to Peak Half Marathon, Mt. Peak, 7 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

Sept. 2 (Mon.)

El Sobrante: Miniman Triathlon (250yS-10mB-2mR), Lake Ridge A.C. (San Pablo Dam Rd./Castro Ranch Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Auburn: 49'r Canyon Classic Biathlon (6.1mR-7.45mB), Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Auburn: 49'r Canyon 10 Mile Classic, 10.45M, Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

McFarland: McFarland Labor Day Runs, Dis-

tances, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Ventura: Sweathart 10K Relay, male/female partners (females run first), 8 a.m. Info: Inside Track (805/643-1104).

Mt. Baldy: Mt. Baldy Run-To-The-Top, 8M, Mt. San Antonio (Mt. Baldy), 8 a.m. Helen "Dee" Hansen, Mt. Baldy Run-To-The-Top, P.O. Box 681, Mt. Baldy 91759 (909/985-2148).

Sept. 7 (Sat.)

San Francisco: Alcatraz Challenge Biathlon (2kS-15kR or 2kS only; also Relay), 8 a.m. Chris Oates, 90 New Montgomery, #1500, San Francisco 94105 (415/281-0944).

San Francisco: PA/USAT&F Golden Gate Park X-Country, 4M, Time TBA. Info: Tim Watson (415/648-1467, eve).

Montara: Ladyfinger Promenade 8K (California's Anaerobic Championship), McNee State Ranch (north of The Chart House), 7:30 a.m./hike, 8 a.m./run, 8:30 a.m./elite. Terry Milby, Tea & Crumpet Society, P.O. Box 1871, So. San Francisco 94083 (415/225-4746).

San Mateo: Peninsula Humane Society Mutt Strutt 5K, Coyote Point Park (Humane Society), 9 a.m. Judy Calhoun, Human Society, 12 Airport Blvd., San Mateo 94401 (415/340-7022, x327).

Mill Valley: Muir Beach Marathon /Half-Marathon/10K, Rock Springs (Mtn. Theatre above Pantoll Ranger Sta.), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Larkspur: Historic Downtown Larkspur Race, 5K & 1M Kids' Race, Magnolia/Ward, 9 a.m./1M, 9:30 a.m./5K. Larkspur Recr. Dept., 400 Magnolia Av., Larkspur 94939 (415/927-5110).

Oakland: Oakland A's All-Star Run, 5K/10K, Oakland Coliseum parking lot, 9 a.m./10K, 9:30 a.m. Lake Merritt Breakfast Club, 3446 Noyo St., Oakland 94602 (510/530-4586).

Lake Berryessa: Lake Berryessa Biathlon (1.25mS-21mB or 0.25mS-21mB), Putah Creek Resort, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Please send us your schedule information...

Cross Country and Track information: CTRN, 4957 E. Heaton Ave., Fresno, CA 93727. FAX (209) 255-4904. E-Mail: CTRN@ix.netcom.com

Road Racing Information: Jack Leydig, PO Box 1390, San Mateo, CA 94401. FAX (415) 348-1862.

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

continued next page..

SCHEDULE

Sacramento: Doggy Dash 2K/5K Run/Walk, CSU Sacramento (6000 J St.), 9:15 a.m. Charlene Mattison, Sacramento SPCA, 6201 Florin Perkins Rd., Sacramento 95828 (916/383-7387, x43).

Marysville: John Orogren Memorial 5K Cross Country Classic, River Front Park, 8 a.m. Nick Vogt, X-C Coach, Yuba College, 2088 N. Beale Rd., Marysville 95901 (916/634-7727, 878-0697).

Lake Tahoe: Humane Society Benefit 10K Run/Walk, Spooner Lake State Park (with and w/o leashed dogs), Time TBA. Dawn Armstrong, Box PET, So. Lake Tahoe 96158 (916/577-4521).

Lompoc: Park to Park 8 Mile Run, Miguelito County Park, 8 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438 (Kathi Froemming: (805) 736-0677).

Grover Beach: Grover Beach Dune Runs. Ramona Park (9th & Ramona). 9:30 a.m. 5K & 10K. Grover Beach Chamber of Commerce, 177 South 8th Street, Grover Beach 93433 (805) 489-9091.

Wasco: Wasco Rose Runs, Distances & Location TBA, 7:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Malibu: Bulldog 50K Ultrarun (jeep roads & trails in mountainous terrain), 6 a.m. (No race-day reg.). Info: SBR Sports Productions (714/858-7386).

South Orange County: Peter Vidmar 5K Run/Walk, US Gymnastics Training Center, 8 a.m. Info: Race Pace Promotions (714/661-6062).

Laguna Beach: Laguna Shanti Run for a Reason 5K, City Hall (505 Forest Av.), 8 a.m. Sara Kasmau, 401 Glenneyre, Suite C, Laguna Beach 92651 (714/494-1446).

Camp Pendleton: Camp Pendleton Half-Marathon, 7:30 a.m. MWR, Attn: Recr. Div., Intramural Dept., Box 555020, Camp Pendleton 92055. (Brent Poser: 619/725-6806).

San Diego: Balboa 4M X-C, Balboa Park (6th & Laurel), 7:30 a.m./M40+, 8:15 a.m./Women, 8:45 a.m./Men's Open. Info: Frank Williamson (800/450-7832).

Las Vegas, NV: LVTC 5K/2M, Trails Park (1910 Spring Gate Ln.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Sept. 8 (Sun.)

San Francisco: DSE Beach Esplanade Run, 5.6M, Sloat Blvd. parking lot, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Walnut Creek: Walnut Festival 10K/5K, Heather Famrs Park, 8:30 a.m./5K, 8:35 a.m./10K. Sue-Z-Bee's Inc., Bob Olin/Sue Palmer, P.O. Box 3223, Walnut Creek 94598 (510/746-7175).

Benicia: St. Dominic's Harvets Fair Run 5K/10K, Benicia City Park, 8 a.m. St. Dominic's

School, 935 E. Fifth St., Benicia 94510 (707/745-1266).

Ukiah: Ukiah Triathlon (0.5mS-24mB-5kR), Lake Mendocino, 8 a.m. Great Ukiah Chamber of Commerce, 200 S. School St., Ukiah 95482 (707/462-4705).

Sacramento: Buffalo Stampede 10 Miler & 5K, Rio Americano H.S. (4540 American River Dr.), 8 a.m./10M, 8:30 a.m./5K. Hotline (916/481-3653).

Fresno: Shin Zen Garden Run. 5 Mile/8 a.m., 2 Mile/7:30 a.m. & 1K Kid's Run/7:15 a.m.. Woodward Park. Shin Zen Run, c/o Fresno JACL, 1713 Tulare St., Suite 133, Fresno 93721-2530.

Century City: Run to Cure Paralysis, 5K/10K & Kiddie 1K, 8 a.m. Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions: 310/828-4123).

San Diego: Cabrillo Craze 10K, Balboa Park, 7:15 a.m. St. Vincent De Paul Village, 3350 E St., San Diego 92102 (KOZ Enterprises: 619/528-8111).

San Diego: San Diego Embarcadero 5K Run/Walk & 1M Kids' Run/Walk, No. Embarcadero Marina Park, 7:30 a.m. Info: SandRock Prods., 7915 Silverton, Suite 309, San Diego 92126 (619/530-1111).

Sept. 14 (Sat.)

Pleasanton: NCFBA 5K/10K, Hacienda Business Park (W. Las Positas), 8:30 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Santa Cruz: Wilder West Half-Marathon & 10K, Wilder Ranch State Park (2M north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Pacific Grove: The Triathlon at Pacific Grove (0.93mS-24mB-6.2mR), Lover's Point, 7 a.m./Amateur, 11 a.m./Pro & Elite (1000 Limit). Terry Davis, Tri-California, 1105 Daavid Av., Pacific Grove 93950 (408/373-0679).

Stockton: Park to Park 1M/5M, Louis Park (Mt. Diablo Exit off Hwy 5), 8 a.m./1M, 8:30 a.m./5M. Tarhumara R.C., P.O. Box 8422, Stockton

95208 (Dennis Jeffries: 209/847-5505; Lloyd: 209/239-9347).

Sacramento: (POSTPONED TO MAY 10, 1997 Tentatively) Sacramento Race for the Cure 5K, State Capitol, 9 a.m. Race for the Cure, 918 Second St., #200, Sacramento 95814 (916/443-6223).

Grass Valley: Bloomfield Boogie Ride & Tie, 13/26M (1 horse, 2 runners, alternate running/riding), Time TBA. Jon Root, P.O. Box 461, Grass Valley 95945 (916/292-1902).

So. Lake Tahoe: Tahoe To-Run-Osaurus 5K/10K & 0.5M Tot Trot, Bijou Park, 8:30 a.m./Tot Trot, 9 a.m. Kiwanis Sunriser, Box 555, So. Lake Tahoe 96156 (916/544-6771).

Arcata: PA/USAT&F X-Country, Humboldt Invit., 10K/5K, Time TBA. Info: Dave Wells (707/826-5955).

Bakersfield: BTC Hill and Dale 10K, Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Mt. Whitney: Mt. Whitney Challenge 22 Mi. Run, base of Mt. Whitney, 7 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

Malibu: Bulldog Ultra Run, 50K, 7 a.m. Ingrid Shattuck, 810 Rancho Rd., Thousand Oaks 91362 (805/495-2248).

Solana Beach: Frog's 5K & Kids' 1M Run, Frog's A.C., 7:30 a.m./Men, 8 a.m./Women, 8:30 a.m./Kids. Frog's 5K Run, c/o Breaking 40, 4060 Morena Blvd., #G-355, San Diego 92117 (KOZ Enterprises: (619/528-8111)).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl (east of Boulder Hwy. on Russell Rd.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Wells, NV: Race To The Angel, 13.1 Mi. (Run/Walk/Bike), 585 Sixth Av. to Angel Lake (3,000 ft. climb), 7 a.m./Walk, 7:30 a.m./Run, 8 a.m./Bike. Tommi Reynolds or Chris Hess, P.O. Box 365, Wells, NV 89835 (702/752-3328).



BRIAN STURGEON RUN

Sunday, September 15, 1996

Woodward Park, Fresno, California

2 Mile Walk ● 2 Mile Run ● 4 Mile Run ● 1/2 Mile Kid's Run

Contact United Cerebral Palsy (209) 221-8272

continued next page..

SCHEDULE

Sept. 15 (Sun.)

San Francisco: Golden Gate Presidio 10M/3M Run for the Kids, Presidio Park Parade Grounds, 8:30 a.m. Andy Fitzpatrick, 7 Azalea Dr., Mill Valley 94941 (415/781-6785).

San Francisco: DSE Ferry Building Run, 3.83M, Jefferson/Hyde Sts., 9 a.m./Kids' Run, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Los Gatos: Ron's Wildlife Run, 10K/5K/2K Kids' Run, Vasona Park, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030 (408/356-4945).

Pleasanton: Tri For Real (700yS-16mB-4mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Carmichael: Carmichael Classic Fun Run, 10K/5K & Kids' Run, Ancil Hoffman Park (6700 Tarshes Dr.), 8:15 a.m. Tracy Kerth, 5750 Grant Av., Carmichael 95608 (916/485-5322).

Shingle Springs: Ponderosa Sac Attack 5K/10K Run, Ponderosa H.S., 8 a.m. J. Lapanja, 3450 Palmer Dr., Box 123, Cameron Park 95682 (916/677-3986).

Yuba City: California Prune Festival 5K/10K Run/Walk, Boyd/Bridge Sts., 8 a.m. Marie Kroeger, Track Coach, Yuba College, 2088 No. Beale Rd., Yuba City 95901 (916/741-6839, 755-3584, 671-3100).

Burney: Burney Classic Marathon/Half-Marathon/10K/5K, Burney H.S., 8 a.m./Mara., 9:15 a.m./HM, 10 a.m./10K, 10:15 a.m./5K. Don Jacobs, P.O. Box 217, Dept. M. Burney

96013 (916/335-2825).

Fresno: UCP-Brian Sturgeon Run, 2M/4M, Woodward Park (Mtn. View Shelter), 7:15 a.m. Tom Purcel, United Cerebral Palsy, 4224 No. Cedar Av., Fresno 93726 (209/221-8272).

Pismo Beach: The Beach Run #2, Pismo Beach Pier, 9 a.m. Larry Jones Productions, 3623 Johnson Ave., San Luis Obispo 93401 (805) 544-8782.

Malibu: Met RX Triathlon (0.5mS-18mB-5mR), Zuma Beach, Time TBA. Info: MESP (818/707-8867).

Pasadena: 5 Acres Old Pasadena Run, 5K/10K & Kiddie Run, Rose Bowl, 8 a.m. Info: 818/798-6793.

Los Angeles: Home Run 5K/10K & 1M Family Fun Run, L.A. Police Academy (behind Dodger Stadium), 8 a.m. Home Run, 3750 W. Martin Luther King Jr. Blvd., Los Angeles 90008 (909/867-2600).

Tustin: Run Thru the Hangars IV, 5K, Marine Corps Air Station, 8 a.m. Aircraft Rescue Fire-fighting, MCAS Tustin, Santa Ana 92710 (714/726-7004).

Sept. 20 (Fri.)

San Mateo: Prime of Life Fitness Games Half-Marathon & 10K, San Mateo County Fairgrounds, Time TBA. Arthur Stubbs, 4295 - 24th St., San Francisco 94114 (415/285-8853).

Sept. 21 (Sat.)

San Francisco: San Francisco Amphibathon (1kS-10kR), Aquatic Park, Time TBA. Marc

Paulsen, 300 Hamilton St., #201, San Francisco 94134 (415/467-0869).

Cotati: Cotati Summer Biathlon (5K total run + shooting targets), Cotati Rod & Gun Club, 8 a.m. (mandatory clinic), 9:30 a.m. Mike Stafford, 1607 Colombaro Rd., Petaluma 94954 (707/763-7219).

Salinas: Healthy Choice American Heart 5K/10K Run/Walk & 10K Bike, Laguna Seca Raceway, 9 a.m. Bobby Price, American Heart Assoc., 1514 Moffet St., Suite A, Salinas 93905 (408/757-6221).

Sacramento: Chevy's to Chevy's 12K, Chevy's Restaurant (Riverfront location), 8:30 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Bass Lake: Bass Lake Triathlon (1.5kS-40kB-10kR), Pines Resort, 8:30 a.m. (wave starts). Chris Smith, 4976 Hartwell Rd., Oakhurst 93644 (209/683-6115).

Bakersfield: Frazier Mountain Falcon Runs, Distances & Location TBA, Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Squaw Valley: Pacific Crest Trail 50K/25K/50K Relay, Olympic Village, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Encinitas: Encinitas Day Races, 5K/1M, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

La Jolla: Windansea Surf Club 5K Run/Walk, Windansea Beach, 7:30 a.m. Windansea 5K, 809 Lamplight Dr., La Jolla 92037 (619/454-7245).

Green Valley, NV: ACT Charity 5K, Olive Garden (Athenian off Sunset), 7:30 a.m. Info: Ken Little (702/566-8438).

Sept. 22 (Sun.)

San Francisco: DSE Biathlon (2.5mR-0.5mS) or 2.5mR only, Dolphin Club (Hyde & Jefferson Sts.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside), 9 a.m. LMJS Hotline: 510/601-7887.

Alameda: Harbor Bay 5K/10K, Harbor Bay Ferry Terminal, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

San Anselmo: Run & Walk for Open Space 4 Mile, Memorial Park, 8:30 a.m. (300 Limit). San Anselmo Open Space, Kathy Sanders, 310 Redwood Rd., San Anselmo 94960 (415/456-5476).

Rohnert Park: Run for the Future, 10K/3K, Rohnert Park Community Center (5405 Snyder Ln.), 8:30 a.m. Boys & Girls Club, P.O. Box 2426, Rohnert Park 94927 (707/795-0139).

Ukiah: Coyote Trail 6M Run/Walk, Lake Mendocino (Mesa day use area), 9 a.m. Vic Crosetti/North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/462-3329).

Rancho Cordova: Cordova Fall Classic 5M Run/Walk, Cordova H.S./Hagan Park, 9 a.m. Classic Challenge Series, c/o Up & Running,

continued next page.

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embroidered emblems, race numbers, etc.

Free race equipment rentals with shirt purchases.

Contact: Jack Leydig, Box 459, San Carlos, CA 94070
(415) 372-0678 / FAX (415) 372-0789



SCHEDULE

11114 Oberun River Ct., Rancho Cordova 95670 (916/362-1841).

Reno, NV: Stride 'N Ride for SageWinds (1.5mR-18mB-1.5mR), Bowers Mansion (20M south of Reno on 395), 10 a.m. Suzy Truax, Finish Line Productions, 1105 Terminal Way, #202, Reno, NV 89502 (702/786-5531).

Redding: SWEAT Whiskeytown Lake Relays (4M/5.3M/3.7M/6.3M), Brandy Creek Marina, 8 a.m. Kim Stempien/SWEAT, P.O. Box 990188, Redding 96099 (916/221-4601).

Fresno: Fresno Fair Cross-City Race, 2M/10K, Time TBA. Fresno Fair Cross-City Race, 1121 Chance Av., Fresno 93702 (209/453-3247).

Simi Valley: Simi Valley Days Charity Run, 5K/10K, Simi Valley Fairgrounds (Madison & Los Angeles Av.), 7:30 a.m./5K, 8:20 a.m./10K. Erik Pedersen, 2828 Cochran St., #300, Simi Valley 93065 (805/584-1153).

San Dimas: Mt. Mike Triathlon & Duathlon (500yS-10mB-4kR or 4kR-10mB-4kR), Bonelli Park, Time TBA. Info: 818/331-0169.

Los Angeles: The Cacique Run to Save the Children, 5K/10K, Griffith Park, 8 a.m. Info: W2 Promotions (310/828-4123).

Big Bear City: Big Bear Classic 5K/10K, 8 a.m. Info: Norman Haines (909/585-5850).

Irvine: Spectrum 5000, Location & Time TBA. Info: SBR Sports Productions (714/858-7386).

Newport Beach: Orange County Race for the Cure 5K/1M, Fashion Island (Pacific Mutual Bldg.), 8:15 a.m./Women's 5K, 8:25 a.m./Adult 1M, 9:30 a.m./Co-ed Fk, 10:40 a.m./Kids' 1M. Infor: Kinane Events (714/224-0290).

Camp Pendleton: Do the Tri, Try the Du (0.5mS or 2mR-30mB-5kR), 8:30 a.m. Info: Russ Jones (714/240-8547).

San Diego: Suicide Shuffle Half Marathon, Torrey Pines Hill thru Mt. Soledad to La Jolla Cove, 8 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

San Diego: Villa/San Diego Youth Soccer 5K Fun Run, Mission Bay (south of Hilton), 7:30 a.m. SD Youth Soccer 5K, 4060 Morena Blvd., #G-355, San Diego 92117 (Michelle: (619/292-6918)).

Sept. 27 (Fri.)

Palo Alto: Palo Alto Weekly Moonlight Run/Walk, 5K/10K, Baylands Athletic Center, 9 a.m. The Final Result, 460 Wisnom, San Mateo 94401 (800/491-8988, 415/696-1196).

Calistoga: The Relay-Napa to Santa Cruz, 195 Mi., 12-member teams (each person runs approx. 5 Mi. three times in 24 hours) (staggered starts), Old Faithful Geyser to Santa Cruz Boardwalk, 10 a.m. (2-day event). Napa/GG/Santa Cruz Relay, 751 Laurel St., #401, San Carlos 94070 (415/508-9700).

Sept. 28 (Sat.)

San Mateo: The Coyote Point 5 Miler & 10 Miler, Coyote Point County Park, 9 a.m. Sky High,

P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Hercules: Healthy Choice, American Heart Assoc. Heart 3M/5M Walk, Hanna Ranch Park, 10 a.m. Gordon Speck, Lakewood A.C., 6350 San Pablo Dam Rd., El Sobrante 94803 (510/222-2500).

San Leandro: Shoreline Run & Festival 10K/3K Runs, San Leandro Marina, 8:45 a.m./3K, 9:05 a.m. Dave Piva, San Leandro Comm. Services, 300 Estudillo Av., San Leandro 94577 (510/577-3479, 577-3462(Hotline)).

Vacaville: Marti Nelson Cancer Research Fundatation 5K/10K, Vaca Valley Pkwy., Time TBA. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-2012).

Davis: PA/USAT&F X-Country, UC Davis-Aggie Invitational, 8K/5K, Time TBA. Info: Sue Williams (916/752-1942).

Angels Camp: Angels Camp Triathlon (0.5mS-16mB-4mR), New Melones Reservoir (off State Route 49), 8:30 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Bakersfield: Runway Runs, Distances & Location TBA, Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Dimas: City of San Dimas Run, 5K/1K, 7:30 a.m./5K, 8:30 a.m./1K. Info: Sjany Larson (909/394-6230).

Chino Hills: Harvest Run, 10K/5K, 8 a.m./5K, 8:30 a.m./10K. Info: 909/627-5532, 465-5503.

Encinitas: Encinitas 5K & 1M Run/Walk, Moonlight Beach, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

San Diego: Do "The Beach" 5K/10K Run/Walk & Kids' Run, Torrey Pines State Beach, 4 p.m. The Beach, P.O. Box 2293, Del Mar 92014 (Joan (619/736-1001)).

Avalon: Run for Sight 10.8M/5K/10K, Four House (Sumner Av.), 7:30 a.m./10.8M, 11 a.m./10K, 11:10 a.m./5K. Paul McIlroy, P.O. Box 305, Avalon 90704 (310/510-0787).

Las Vegas, NV: Juan in a Million 5K (Elite & People's Races), 7:30 a.m. Juan in a Million Children's Foundation, 700 E. Charleston Blvd., Las Vegas, NV 89104 (702/877-9072).

Sept. 29 (Sun.)

San Francisco: DSE Single & Double Lake Merced Runs, 4.6M/9.2M & Kids' Run, Sunset Blvd. Pkg. Lot, 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Pacifica: Fog Jog 5M Run/3M Stride, 170 Santa Maria Av., 9 a.m. David G. Barry III, City of Pacifica Rec. Dept., 170 Santa Maria Av., Pacifica 94044 (415/738-7354).

Oakland: Race for Education 8K & Youth Track Races, Laney College, 9 a.m./8K, 10 a.m./Youth Races. Richard Williams/Katrin Spinetta, Peralta Colleges Alumni Assoc., 333 E. Eighth St., Oakland 94606 (510/466-7314).

Santa Clara: Paramount's Great America Carousel to Coaster 10K Run/5K Stride, Great America, 8:30 a.m. City of Santa Clara Parks &

Recr. Dept., 1500 Warburton Av., Santa Clara 95050 (408/984-3223).

Scotts Valley: Bean Creek 10K Run/5K Walk, Scotts Valley Middle School (6 Bean Creek Rd.), 8:30 a.m. Fran Kaplan, 2 Cielo Dr., Scotts Valley 95066 (408/438-1820).

Oakley: Oakley Almond Festival "Love a Nut" 5K Fun Run/Walk, O'Hara Av./Cypress, 8:30 a.m. Pam Painter, Oakley Almond Festival, P.O. Box 8, Oakley 94561 (510/625-1881).

Pacific Grove: Monterey Bay 10K/5K "Run for the Beacon" & Kids' 1 Mi., Lover's Point Park, 8:15 a.m./1M, 9 a.m. Dan Gearhart, 370 Trinity Av., Seaside 93955 (408/899-1570).

Sonoma: Sonoma Vintage Run 5K & 0.5M Kids' Race, Sebastiani Winery (Lovall Valley Rd.), 8 a.m./5K, Kids' race follows 5K. Sherman Harris, 969 Madison Dr., Sonoma 95476 (707/938-2153).

Grass Valley: Empire Mine Gold Rush 5.1M Run/3.37M Walk, Empire Mine State Park, 8:30 a.m. Sherree Bell/Ed Sylvester, Sierra Trailblazers R.C., 101 Providence Mine Rd., Suite 202, Nevada City 95959 (916/265-5841).

Los Osos: Islay Creek 5K Run, 9:00 a.m. (Replaces Bear Foot 5K Run). Spooner's Cove. Contact Juliet Meece (805) 528-5801 or Lesa Smith (805) 528-7703. Or write: Los Osos Community Organization, PO Box 6397, Los Osos 93412.

Malibu: Nike Dolphin Run, 10K/5K & 1K Kids' Run, Zuma Beach, 8 a.m. Info: 310/395-2130.

Newport Beach: Fiber Human Race Triathlon (0.5mS-14mB-5kR), 7 a.m. Info: 800/357-9699.

Portland, OR: Portland Marathon (also 5M, Biathlon, 24-Hr. Ultra and Kids' Run), City Hall, 7 a.m./Mara. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076 (503/226-1111).

Oct. 5 (Sat.)

San Jose: Quicksilver Challenge Half-Marathon, Castellero Middle School (6384 Leyland Park Drd.), 8 a.m. Susan Brazelton, 17145 Munroe Way, Morgan Hill 95037 (408/778-3862).

Santa Rosa: PA/USAT&F Empire X-Country Open, 8K/6K, Time TBA. Info: Mike Weddington (707/544-2756).

Hopland: Hopland Harvest Fest 5K/8K, Fetzer Tasting Room, 8 a.m. Ready-Set-Go, P.O. Box 518, Ukiah 95482 (800/959-4035).

Sacramento: Run for the Library 5K/10K/3K Run/Walks, Natomas Racquet Club, 8:30 a.m. Jim Sandberg-Larsen, 1620 W. El Camino Av., #170, Sacramento 95833 (916/863-9622).

Murphys: Gold Rush 4 Miler, Murphys Park (part of Murphys Gold Rush Street Fair), 9 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Manhattan Beach: Manhattan Beach Old Hometown 10K Run, 3rd & Valley, 7:30 a.m.

continued next page.

SCHEDULE

(No Raceday Reg.) Info: 310/372-3553.

Rancho Santa Margarita: Chiquita Ridge Trail Runs, 20K/8K, Time TBA. Info: SBR Sports Productions (714/858-7386).

Newport Beach: Harbor Heritage Runs, 5K/2K, Newport Harbor H.S. (600 Irvine Av.), 8 a.m. Info: 714/760-3339, 631-4077.

Yorba Linda: Canning Hunger 5K/1K, 4221 Rose Dr., 8 a.m. Rocky Whan, 700 E. Lambert, #B, La Habra 90631 (714/990-9551).

Cuyamaca: Cuyamaca-Lagauna 50K, Cuyamaca State Park, 7 a.m. Info: Mike Suter (619/444-5023).

Carlsbad: Aviara 5K Run/Walk & Kids' Mile, Batiquitos Dr. (near Golf Club), 10 a.m./5K, 11 a.m./Kids. Aviara Land Assoc., 2011 Palomar Airport Rd., Carlsbad 92009 (619/431-2770).

Henderson, NV: Run for the Rose 5K, Henderson Automall, Time TBA. Info: Marty Galloway (702/558-4807).

Oct. 6 (Sun.)

San Francisco: KNBR Bridge to Bridge 12K/5K Run/Walk, Ferry Bldg/Presidio, 9 a.m. Isabel Lemon, KNBR-68 Radio, 55 Hawthorne, Ste. 1100, San Francisco 94105 (415/995-6868).

San Francisco: DSE Distance Classic 12 Hr. Run/5K Run, Golden Gate Park (Polo Fields/upper dirt track), 7 a.m./12 Hr., 9:30 a.m./5K. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/903-3041).

Palo Alto: The Great Race 10K, Stanford Stadium, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Novato: Novato Stampede 1M/5K/10K, San Marin H.S., 8 a.m./1M, 8:30 a.m. Novato Education Fndn., P.O. Box 1472, Novato 94948 (415/897-4254).

Santa Rosa: Harvest Fair 10K/3K, Santa Rosa Fairgrounds, 8 a.m. Sonoma County Family YMCA, 1111 College Av., Santa Rosa 95404 (707/545-YMCA).

Santa Cruz: Santa Cruz County Sentinel Triathlon (1mS-23mB-10kR), Bay Av./West Cliff Dr., 8 a.m. Santa Cruz Sentinel Triathlon, P.O. Box 638, Santa Cruz 95061 (408/423-4242, x301).

Carmel: Fine Arts 5K Run/Walk, 9 a.m. William Burleigh, Box 222620, Carmel 93922 (408/625-6287).

Sacramento: Sacramento Marathon/Half-Marathon, William Land Park, 7:30 a.m. Ron Sturgeon, P.O. Box 995, Dixon 95620 (916/678-5005).

Fresno: Run, Pedal & Paddle (5kR, 25-30kB, 1kPaddle), Camp Pashayan (Riverbottom picnic area), 7 a.m. San Joaquin River Pkwy. & Conservation Trust, 1550 E. Shaw, Suite 114, Fresno 93710 (209/248-8480).

Morro Bay: Morro Bay Harbor Sprint Triathlon (0.25mS-14mB-3mR), Coleman Beach, 9 a.m. Kirk Carmichael, 1001 Kennedy Way, Morro

Bay 93442 (805/772-6278).

Malibu: Nike Dolphin Run & Malibu Mile, 10K/5K & Kids' 1K, Zuma Beach, 9 a.m. Info: 310/828-5099.

Santa Clarita: 6 Flags 5K Run, Magic Mountain, Time TBA. Info: 800/416-9503.

Pasadena: Five Acres Rose Bowl, 5K/10K & Kiddie 1K, Rose Bowl area (Brookside Park), 8 a.m. Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions: 310/828-4123).

San Diego: Mission Bay Triathlon (500mS-15kB-5kR), Mission Bay Ski Beach, 7:30 a.m. Koz Enterprises, P.O. Box 1100, San Diego 92142 (619/528-8111).

Las Vegas, NV: St. Jude 5K, Location & Time TBA. Info: Tri-A-Run (702/656-3796).

Minneapolis, MN: USAT&F National Masters Marathon Championships, Location & Time TBA. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401 (612/673-0778).

Oct. 11 (Fri.)

Las Vegas, NV: Nevada Senior Games 5K, UNLV, 6:30 a.m. Info: Al McDaniels (702/895-4179).

Oct. 12 (Sat.)

Oakland: PA/USAT&F X-Country, Mills Invitational, 8K/5K, Time TBA. Info: Carla Jackson (510/430-3282).

San Leandro: Firetrails Fifty, 50M, Lake Chabot Marina, 6:30 a.m. Dick Collins, Bay Area Ultrarunners, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

Sausalito: Sausalito Marathon/Half-Marathon/7M, Ft. Cronkite (Rodeo Beach), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Folsom: Folsom's Run with Nature 5K/10K & 0.5M Youth Run, Albertson's (Blue Ravine/Natoma Sts.), 8 a.m./0.5M, 8:15 a.m. Robyn Scrimmager/Lynn LePage, 50 Naatoma St., Folsom 95630 (916/355-7285).

Quincy: Mt. Harvest Festival 5K/10K/3M Run/Walk, Court/Jackson Sts., 10 a.m. Jerry Thomas, 2631 American Way, Quincy 95971 (916/283-4283, -4231, -4779).

Reedley: Reedley Fiesta 5000. 5K. 7:15 a.m. Pioneer Park. Contact: Reedley Fiesta 5000, c/o Pirate Foundation, 675 W. Manning, Reedley 93654 (209) 637-1283.

Bishop: Mule Run Ultra 50K, Mill Pond Recr. Park, 7 a.m. Baz Hawley, P.O. Box 25, Fish Camp 93623 (209/683-7426).

Lompoc: Lompoc Red Ribbon Run, 5K/10K/1K, La Purisma Mission State Park, 8:00 a.m. LVDC, PO Box 694, Lompoc 93438 (Laurie Lane (805) 735-6751 or Ray Gil (805) 736-4233).

Huntington Beach: "Running is for the Birds". 10K/8:30 a.m., 5K/8:40 a.m., 1K Youth Run/9 a.m. Bolsa Chica State Beach (Pacific Coast Hwy near Warner Ave.). Info: Adrienne Morrison (714) 897-7003. Amigos de Bolsa Chica,

PO Box 3748, Huntington Beach 92605-3748.

San Diego: San Diego T.C. 10-Miler, Lake Miramar (Scripps Ranch), 7:30 a.m. Info: Frank Williamson (800/450-SDTC).

La Jolla: The San Diego Triathlon Challenge (0.5mS-56mB-13.1mR), La Jolla Cove, Time TBA (Limit 100 entrants). Info: Koz Enterprises (619/528-8111).

Las Vegas, NV: Nevada Senior Games 10K, UNLV, 6:30 a.m. Info: Al McDaniels (702/895-4179).

Las Vegas, NV: Hard Rock Cafe 5K, Paradise & Harmon, Time TBA. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Oct. 13 (Sun.)

San Francisco: DSE Kennedy Drive Run, 4.7M & Kids' Run, Golden Gate Park (south side of Polo Fields), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Woodside: Wunderlich Wilderness Run, 4.25M/10.25M, Wunderlich County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Palo Alto: Theta Breakers 5K/10K, Stanford Stadium, 9 a.m. Vince Lin, 20102 Northcrest Sq., Cupertino 95014 (408/252-8842).

Mountain View: Stevens Creek Trailblazers 10K Run/3m Walk/Youth Track Races, Shoreline Park, 8 a.m. Mary Alexander, 22221 McClellan Rd., Cupertino 95014 (408/255-5780, 415/903-6067).

San Jose: Almaden Classic, 10K/2M, Leland H.S., 8:30 a.m. Kate Chimenti, 7188 Brooktree Ct., San Jose 95120 (408/268-2904).

San Ramon: Primo's Run for Education, 5K/10K/Half-Marathon, Primo's/Danville (HM start), Bollinger/Alcosta (5K/10K start), 7:30 a.m./HM, 8 a.m. Primo's Run, P.O. Box 1463, San Ramon 94583.

Salinas: Salinas Skyclimb, 7.5M/5K, Toro Park (Quail Meadow Picnic Area), 9:30 a.m. Skip Latham, 105 Harvest St., Salinas 93901 (408/424-6155).

Merced: Gateway to Yosemite Triathlon (10kS-22mB-800mR or 2mS-6mB-400mR), Yosemite Lake Park, 8:30 a.m./long. John Mason/Gordon Wilkinson, 3326 Lagoon Av., Atwater 95301 (209/358-9385).

Fort Bragg: The Noyo Revenge 20M/40M, Jackson State Forest Egg Taking Station, 10 a.m. Mendocino Coast Recr. & Park District, 213 E. Laurel St., Ft. Bragg 95437 (707/964-9446).

Tahoe City: Lake Tahoe Marathon/Relay/Half-Marathon/10K/5K, Fanny Bridge, 10 a.m. Les Wright, 2261 Cold Creek Tr., So. Lake Tahoe 96150 (916/544-7095).

San Luis Obispo: Cuesta 50K Biathlon (1kR-40kB), Cuesta College, 8 a.m. Warren Hansen, Cuesta College Athletics, P.O. Box 8106, San Luis Obispo 93403.

Los Angeles: America Against Crime, 5K/10K,

continued next page...

SCHEDULE

Griffith Park, 8:30 a.m. Info: W2 Promotions (310/828-4123).

Loma Linda: Running Out Cancer '96, 8K Run & 5K Walk, Loma Linda Univ. & Medical Center (11234 Anderson St.), 8 a.m. Info: Carolyn Jordan-Daniels or Que Osler (909/799-6003).

Hermosa Beach: MET-Fx A Day at the Beach Hermosa Triathlon (0.25mS-9mB-3mR), Time TBA. Info: MESP (818/707-8867).

San Diego: Do the Bridge '96 (Coronado Bay Bridge), 4 Mi., Gaslamp District (5th/Harbor) to Coronado, 8 a.m. Joan, P.O. Box 2293, Del Mar 92014 (619/736-1001).

Oct. 18 (Fri.)

Bakersfield: Corporate Rate Race and Downtown Challenge, 5K, Chester Av., 5:45 p.m. Michael Lewis, Boy's & Girl's Club, 800 Monterey St., Bakersfield 93306 (805/633-3130).

Oct. 19 (Sat.)

Belmont: PA/USAT&F X-Country, Crystal Springs Challenge, 4M/3M, Time TBA. Info: Ken Grace (510/786-6929).

Santa Cruz: Skyline to the Sea Trail 50M/ Marathon/Half-Marathon, Big Basin HQ (Hwy. 236 off Hwy. 9), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Corralitos: Autumn Challenge '96 5.7M/3.3M, Location & Time TBA. Tisha Scurich, Salesian Sister's School, P.O. Box 508, Freedom 95019 (408/761-7481).

Ukiah: Kids "I Did It" Fun Runs, (25y 4/Under, 0.25M/1M 5/Over), Location & Time TBA. Dottie Deerwester, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-8024).

Winters: Wintros Rotary 13.1M/10K Run, 13.1M Ride, Main & 4th Sts., 8 a.m. Rotary Run or Ride, P.O. Box 565, Winters 95694 (916/795-4587).

Sacramento: Wenmat Classic, 5K/10K (& Kids' Half-Mile), Arden Bar/William Pond Park, 9 a.m. Mrs. Sally Mello, Wenmat Classic, Inc., 5800 Winding Way, Carmichael 95608 (916/481-5004).

Springville: Springville Apple Run. 8 a.m. 10K/ 5K/1 Mile Kid's Run. Information: (209) 539-3464.

Bakersfield: Joel Mena Memorial 5K, Location TBA, 4 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Chula Vista: Arturo Barrios Fiesta Kids' Runs, 1M/0.5M/0.25M/25Y, 8 a.m. Elite Racing, Inc., Anna Maria Hagstrom, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510, 714/374-3200).

Las Vegas, NV: Mt. Challenge, Location & Time TBA. Info: Mark Larson (702/382-3570).

Duluth, MN: USAT&F National Masters 100K Championships, Location & Time TBA. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391 (612/476-0015).

Oct. 20 (Sun.)

San Francisco: DSE Fun at Fort Funston 5K, Fort Funston (Skyline Hwy. 35), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: Race for the Cure 5K Run & 1M Walk, Golden Gate Park (Sharon Meadow), 8:30 a.m./5K, 8:45 a.m. Judy Ikenberry, Race Central, P.O. Box 828, Rialto 92377 (800/698-8699, 909/874-5870).

Half Moon Bay: Pumpkin Festival 10K/1.4M Run, Church & Kelly Av., 8 a.m. Cougar Boosters, P.O. Box 3183, Half Moon Bay 94019 (415/726-9691).

Foster City: Foster City Wildcard 8K, Location TBA, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Oakland: Race Judicata, 5K/10K, Lake Merritt (Boathouse), 9:30 a.m. Sandy Black, 360 - 22nd St., #800, Oakland 94612 (510/893-7160).

Garden Valley: Grizzly Runs 10K/5K/0.5M, Golden Sierra H.S., 8:30 a.m./0.5M, 9 a.m. Grizzly Runs, 2059 Hotchkiss Ct., Cool 95614 (Joan Giniel: 916/885-9948; Jim Sullivan: 916/888-7372).

Nevada City: Run Through the Colors 5K/10K, Pioneer Park, 8:30 a.m. Richard/Theresa Thomas, 10066 Rob-King Rd., Nevada City 95959 (916/265-2666).

Truckee: Where the Hell is Truckee 30K, Tahoe H.S., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Weott: Humboldt Redwoods Marathon/Half-Marathon (PA/USAT&F Half-Marathon Championships), Dyerville Bridge on Ave. of the Giants, 9 a.m. Six Rivers R.C., P.O. Box 4989, Arcata 95518 (707/443-1220).

San Luis Obispo: San Luis Obispo City to Sea Half-Marathon & 5K, Half/Downtown SLO to Avila Beach, 5K/Avila Beach, 9 a.m.. Joe Rubio, Venue Sports, 4106-B Vachell Ln., San Luis Obispo 93401 (800/676-7463).

Ventura: Roads Scholars Mile, 5K & 10K, Mission Park (E. Santa Clara St.), 8 a.m./10K, 8:05 a.m./1M, 9 a.m./5K. Inside Track, 1410 E. Main St., Ventura 93003 (805/643-1104).

Lake Isabella: Dam Tough Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Moreno Valley: Tour de Moreno Valley Half Marathon, Pedroena Park, 7:30 a.m. Info: 909/413-3700.

Canyon Lake: Canyon Lake Classic 10K Run, 5K Run/Walk, 5K In-Line Skate and 1M Kids' Run, 8 a.m. Info: Jeff Butzlaff (909/244-2955 (day), 909/244-1688(eve)).

Marina Del Rey: Marina Breakers 5K/10K, 7:30 a.m. Info: W2 Promotions (310/828-4123).

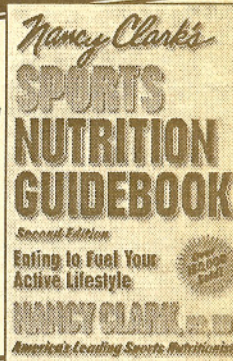
Dana Point: Lady Liberty "Freedom from Violence" 5K, Dana Pt. Harbor, Time TBA. Info: Kinane Events (619/434-6301).

Upland: Stride & Ride, 5k/10K Runs, 5K Walk, 10K Wheelchair, Memorial Park (btwn. Campus & Grove Sts., south of Foothill Blvd.), 8 a.m./5K,

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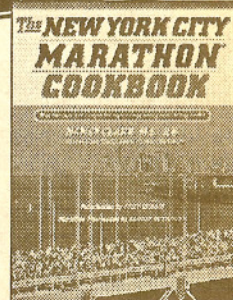
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617-891-1852

SCHEDULE

8:30 a.m./10K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Chula Vista: Arturo Barrios Invit., 5K/10K & 10K Invit., Bayside Park, 7:30 a.m./5K, 8:15 a.m./10K, 9:45 a.m./Invit. Elite Racing, Inc., Anna Marie Hagstrom, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510, 714/374-3200).

Oct. 26 (Sat.)

Pescadero: Pescadero Biathlon (5KR-17mB-5KR), Duarte's Tavern, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Gilroy: Halloween VII 10K/5K Run/Walk, Christmas Hill Park, 9 a.m./10K, 9:15 a.m. Bill Young, 7393 Eagleberry St., Gilroy 95020 (408/842-4145).

Vallejo: Blue Rock Classic, 10K Run/2M Walk, 8 a.m. Dan Donahue, P.O. Box 4427, Vallejo 94590 (707/554-6080).

Calistoga: Napa Valley Wine Country Classic Marathon/Half-Marathon/5M, Napa State Park (Hwy. 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

St. Helena: St. Helena Hometown Harvest Festival Run Run/Walk, 5K/10K/1M Kids' Run, 8:30 a.m./1M, 9 a.m. Rick Pina, 199 Randolph St., Napa 94559 (707/258-2521).

Ukiah: Pumpkin Super Mile, North State Street (near Fairgrounds), 10:45 a.m. Dottie Deewester, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-8024).

Davis: Rutillo Grande City for City Fun Run, 10K/5K, UC Davis Quad (southeast corner), 9 a.m. Terry Turner, 1224 Beach Ln., Davis 95616 (916/756-7681).

Fresno: Shoes 'n' Spokes 10K/2M Runs, Location TBA, 7:45 a.m. Center for Independent Living, 3475 W. Shaw, #101, Fresno 93711 (209/276-6777).

Bakersfield: Police Memorial Runs, Distances & Location TBA, 8:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Alhambra: Alhambra Moonlight 8K Run, Relay & Walk, Alhambra Park, 7 p.m. Info: 818/282-8481.

Lake Cuyamaca: Lake Cuyamaca Ride & Tie, 15/33M (1 horse, 2 runners, alternate running/riding), Time TBA. Arlene Foster, 38230 Lorenzo Ln., Hemet 92544 (909/767-1237).

Irvine: Heart & Sole Classic 5K/10K, Irvine Entertainment Center, 7:30 a.m. Info: Tammy Guiso (Heart Assoc.) (714/856-3555).

Newport Beach: Octoberfest Celebration 5K/10K Runs, Newport Dunes Resort, 7:30 a.m. Info: Race Pace Promotions (714/661-6062).

Orange County: Stride, Ride & Roll Trail Run/Hike, Roller Hockey, Mtn. Bike & Road Rides, Distances TBA, Foothill Ranch, 7:30 a.m. Info: Kinane Events (619/434-7706, 714/851-2576).

Hawthorne: Hawthorne Rotary 5K/10K & 0.5K Kids' Run, Robert F. Kennedy Medical Center

(4500 W. 116th St.), 8 a.m./5-10K, 9:30 a.m./Kids. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Temecula: Temecula Pumpkin Runs, 5K/10K & 1M Run/Walk, Pujol St., 8 a.m. Info: Melody (909/676-7875).

San Diego: Crimestoppers Light the Night Against Crime 5K, downtown, 7 p.m. Light the Night, c/o In Motion, 511 S. Cedros Av., Suite B, Solana Beach 92075 (619/792-2900).

Mexicali: Mexicali-San Felipe 5-Person Relay (2 Days), 125 Mi. (Sat./70M, Sun./55M), Crowne Plaza Hotel, 7:30 a.m. Info: Monday International (619/236-0895).

Kona, HI: Gatorade Hawaii Ironman Triathlon World Championship (2.4mS-112mB-26.2mR), Time TBA. Sharon Ackles, 75-127 Lunapule Rd., Suite 11, Kailua-Kona, HI 96740 (808/329-0063).

Las Vegas, NV: LVTC 10K/2M, Las Vegas Gun Club (Tule Springs Park), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Oct. 27 (Sun.)

San Francisco: San Francisco Classic, 10K/5K Run/Walk Against AIDS, Golden Gate Park (10th Av. & JFK Dr.), 8 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

Daly City: DSE San Bruno Mountain 5K/10K, San Bruno Mtn. State Park (Guadalupe Canyon Pkwy.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Anselmo: Run to the Heavens 6.4M/2M and 1M Kids' Run, San Dominico campus, 8:30 a.m./Kids, 9 a.m./6.4M, 9:15 a.m./2M. San Domenico School, 1500 Butterfield Rd., San Anselmo 94960 (415/721-2602, x29).

Alameda: Streamline Half-Marathon/5K, Harbor Bay, 8 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. LMJS Hotline: 510/601-7787.

Lafayette: Lafayette Reservoir Run, 10K/2M, Mt. Diablo Blvd. (btwn. B of A & Lamorinda Nat'l. Bank), 8 a.m. Sue Cross, Lafayette Chamber of Commerce, 100 Lafayette Cir., #103, Lafayette 94549 (510/284-7404).

Marina Del Rey: Marina Breakers Halloween Run, 5K/10K, 8 a.m. Info: 310/828-4123.

Newport Dunes Resort: Octoberfest Celebration 5K/10K, 7:30 a.m./5K, 8:30 a.m./10K. Info: Race Pace Promotions (714/660-6162).

La Mesa: Trolley Trot 5K/10K, Grossmont Center Trolley Station, 8 a.m. Info: 619/258-7423.

El Cajon: Youth Halloween Run, Various Distances, Kennedy Park, 10 a.m. Info: SDTC (Daryl Lassen) (800/450-7382).

San Diego: Sri Chinmoy Skate/Run, 5M In-Line

Skate followed by 5M Run (teams ok), Lake Miramar, 8 a.m. Info: Sri Chinmoy Marathon Team (619/280-1079).

Las Vegas, NV: Breaking the Barrier 5K, Location & Time TBA. Info: Carol Upton (702/656-4081).

Louisville, KY: USAT&F National Masters 8K X-C Championships, Location & Time TBA. Bob Miller, P.O. Box 6667, Louisville, KY 40207 (502/896-0717).

Nov. 2 (Sat.)

Stanford: PA/USAT&F X-Country, Stanford, 8K/5K, Time TBA. Info: Marc Lund, 1265 Montecito Av., #105, Mountain View 94043 (515/966-1511; or Kieran Sherlock: 415/325-9258).

Marin Headlands: (Verify Date: May be 11/9) PA/USAT&F X-Country, Tamalpa Challenge, 5.5M, Time TBA. Info: Craig Stem (415/892-0597).

Danville: Get Dirty! Trail Adventure 7K/12K, Mt. Diablo, 8 a.m. Forward Motion Sports, 412 Hartz Av., Danville 94526 (510/820-9966).

San Jose: Chevy's to Chevy's 5K/10K, Chevy's Restaurant, 9 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Morgan Hill: Morgan Hill Marathon/Half-Marathon, 8 a.m. Dan Barger, California Sports Marketing, P.O. Box 794, Morgan Hill 95037 (408/776-3035, 779-5653).

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Santa Barbara: Santa Barbara News-Press Half-Marathon, Cally's 5K Fun Run/Walk, Lead-better Beach, 8 a.m./HM, 8:10 a.m./5K. Ellen McCurdy, P.O. Box 1359, Santa Barbara 93101 (805/892-2250, x5050).

San Pedro: Harbor Light Half Marathon & 5K. Ports O'Call. Information: W2 Promotions (310) 828-4123.

Malibu: Annual 5K/10K Stotsenberg Races, Pepperdine Univ., 8 a.m. Info: Heidi Bernard (310/456-4745).

Julian: Julian 10K Run & 5K Run/Walk, Julian H.S., 8 a.m. Info: Kathy Loper Events (619/298-7400).

Nov. 3 (Sun.)

San Francisco: DSE Saucony/RRCA Women's Distance Festival 5K, Golden Gate Park (Polo Fields, South Side), 9:30 a.m. DSE Runners, c/o Pauline Dake, 528 Larch Av., So. San Francisco 94080 (415/978-0837).

San Francisco: Olympic Circle 4.5M Run/Walk, Lake Merced (Sunset Circle Parking Lot), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Santa Cruz: Ocean Chevrolet-GEO-Honda Santa Cruz Distance Classic 15K/5K, Long Marine Lab (UCSC), 8:30 a.m./15K, 8:45 a.m./5K. Marty Kruger, Santa Cruz T.C., 306 Younglove Av., Santa Cruz 95060 (408/662-0886).

continued next page..

SCHEDULE

Camino: Apple Hill Harvest Run, 8M/3.5M Run/Walk & Kids' 0.5M), Larsen's Apple Barn, 8:30 a.m./Kids, 9 a.m./3.5M, 9:10 a.m./8M. Snowline Hospice, 3097 Cedar Ravine, Placer-ville 95667 (916/621-7828).

Coulterville: Gold Rush Marathon (unofficial), finishes at Mariposa (along Hwy. 49), 9 a.m. Jerry Bloom, P.O. Box 872, Mariposa 95338 (209/966-5378, 966-4503).

Chico: Almond Bowl 3M/6M Run/Walk, Bidwell Park (One Mile Area), 10 a.m. Chico R.C., P.O. box 1182, Chico 95927 (916/898-4791).

Fresno: Central California Half-Marathon/5K Run, Woodward Park (HM), Lost Lake Park (5K), 8 a.m. Ron Gates, Fresno Joggers, P.O. Box 17097, Fresno 93744 (209/261-1284).

Newport Beach: Hard Rock Cafe Run for Cover, 10K/5K & Kids' 1K, Hard Rock Cafe (Fashion Island), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: Turkey Trot 10K, Fashion Show Mall, Time TBA. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Columbus, OH: USAT&F National Masters 5K X-C Championships, Location & Time TBA. John White, 4865 Arthur Pl., Columbus, OH 43220 (614/459-2547).

New York City, NY: New York City Marathon, 25,000 accepted. Entries probably closed (call 212/423-2284 before you waste your time!).

Nov. 9 (Sat.)

La Honda: The Pesadero Half Marathon/10K, Pescadero Creek County Park, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Big Sur: Big Sur Trail Marathon/Half-Marathon/5M, Andrew Molera State Park, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Sacramento: Jingle Bell Run/Walk for Arthritis 5K/10K, William Land Park, 8:30 a.m./Kids Run, 9 a.m. Arthritis Fndn., Joan Stevie, 3040 Explorer Dr., #1, Sacramento 95827 (800/571-3456).

Fullerton: La Salida del Sol 5K/10K Run, Cal-State Univ., Nutwood Ave. between 57 Frwy &

State College Blvd., 8 a.m./5K, 8:30 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Del Mar: Jake's 3.6M Fun Run/Walk (on the beach), Jake's, noon. Info: Michelle (619/942-1442).

La Mesa: La Meda Holiday Turkey Trot 3K/10K Fun Run/Walk, Lake Murray, 7 a.m. Info: 619/667-1331.

Las Vegas, NV: Harry Reid 10K/2M, Spring Mtn. Ranch (Charleston Blvd.), Time TBA. Info: Tri-A-Run (702/656-3796).

Nov. 10 (Sun.)

San Francisco: DSE South Embarcadero Run, 6.25M (& Kids' Run), Dolphin Club (Jefferson/Hyde Sts.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Ventura: Salmon Run 5K, river bottom, Time TBA. Info: Inside Track (805/643-1104).

Santa Clarita: City of Santa Clarita Marathon, 10 Mile & Kiddie 1K, Lang Station (Mara./Lang Station on Soledad Canyon Rd.; 10M/Valencia

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SCHEDULE

Town Center, 1K/ starts on Citrus), 7 a.m./Mara. & 10M, 7:30 a.m./1K. (Mara./1500 Limit). Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380 (805/259-5441).

Universal City: The Backlot Run of Universal Studios Hollywood 5K/10K, 7:30 a.m. Info: W2 Promotions (310/828-4123).

Riverside: The Mission Inn Run, 5K/10K (& 5K Team Invit.), The Mission Inn, 7:30 a.m./5K, 8:30 a.m. Elite Racing, Silia Hatzi, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

San Juan Hot Springs: San Juan Trail 50 Mile, Cleveland National Forest, 6 a.m. Info: Baz Hawley (209/683-7426).

Temecula: Temecula Triathlon (5kR-14.5mB-150meterS), Community Recr. Center, 8 a.m. Info: Melody (909/676-7875).

Nov. 16 (Sat.)

So. San Francisco: Thanksgiving Fun Run/Walk, 5M, 460 Point San Bruno Blvd., 8:30 a.m./Walk, 9 a.m. Elaine Porter, S.S.F. Park & Recr., 33 Arroyo Dr., So. San Francisco 94080 (415/877-8560).

Stinson Beach: Stinson Beach Marathon/25K/7M, Parkside Cafe, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Merced: MCMC Turkey Trot Fun Run/Walk, 8K, Applegate Park, Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

Playa del Rey: (Verify Date...also listed as Nov. 23 in some schedules) Jet to Jetty 5K Run/Walk, 10K Run, Dockweiler State Beach, 8 a.m. Chris Lucey, 7891 La Tigera, Westchester 90045 (310/670-1410).

San Diego: Mission Bay 25K, Fiesta Island (Mission Bay Park, San Diego Co. Admin. Bldg.), Time TBA. Info: SDTC (Joni Shirley: 619/292-6132).

Las Vegas, NV: Unity in the Community 5K, 1100 D St., 8 a.m. Info: Charles Bilbery (702/363-5213).

Nov. 17 (Sun.)

San Francisco: DSE Land's End 5K, Balboa Av./Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Ukiah: Turkey Trot Run/Walk, Distance, Location & Time TBA. Andy Jensen, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/462-3329).

West Los Angeles: Sinai Temple 5K Run/Walk, 8 a.m. Info: W2 Promotions (310/828-4123).

East Los Angeles: FEDCO Corrida de Campeones 5K/10K/10K Invitational & Kids' 1M Run, Belvedere Park, 8 a.m./5K, 9 a.m./10K, 10:30 a.m./1M, 10:45 a.m./Invit. 10K. Info: Elite Racing (714/374-3200; 619/450-6510).

Tustin: Dinosaur Dash 5K/10K (& 2K Brontosaurus Blitz), Tustin Market Place, 8 a.m./5-10K, 9:30 a.m./2K. Info: Tustin Public Schools

Fndn. (714/832-6299).

San Diego: Race for the Cure, 5K/1M, 8:30 a.m. Info: Kathy Loper Events (619/298-7400).

Nov. 23 (Sat.)

San Francisco: PA/USAT&F X-Country Championships (also Western Regional & Reebok National G.P. event), 10K/6K, Golden Gate Park, Time TBA. Info: Tim Wason (415/648-1467, eve).

Davis: Davis Turkey Trot 5K/10K, Civic Center Field, 8:30 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Poway: Lake Poway Turkey Trot 5K Run/Walk, Lake Poway, 8 a.m. Info: Larry Beauchamp (619/679-5465).

La Jolla: The Hard Rock Cafe Run/Walk, 5K/1M, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl, 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Nov. 24 (Sun.)

San Francisco: DSE Walt Stack Trail 7.13M Run & Kids' Run, Dolphin Club (Hyde/Jefferson Sts.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K/5K Walk, Old Boat-house (14th St./Lakeside Dr.), 9 a.m. Info: LMJS Hotline (510/601-7887).

Nov. 28 (Thur.)

San Francisco: S.F. Thanksgiving Turkey Trot 5K, Golden Gate Park, 9 a.m. South Park Race Productions, P.O. Box 77681, San Francisco 94107 (415/665-3397).

Sacramento: Run to Feed the Hungry, 10K/2K, Scottish Rite Temple (H/Carson Ssts.), 9 a.m. Leslie Elgood, Sac. Food Bank, 3333 Third Av., Sacramento 95817 (916/852-8463).

Merced: Thanksgiving Day Fun Run, Distance & Location TBA, 8 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

Bakersfield: Phantom Pie Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Dana Point: Turkey Trot 5K/10K/Hot-to-Trot 2K, Dana Point Harbor, 7:30 a.m./5K, 8 a.m./10K, 9:30 a.m./2K. Info: Dana Point Chamber of Commerce (714/496-1555).

Las Vegas, NV: Thanksgiving Day Gobbler 5K, 8000 block of W. Sahara in The Lakes, 8 a.m. Info: Travis Grappo (702/877-9072).

Nov. 30 (Sat.)

Cathedral City: Desert Princess Duathlon (Long Course: 10kR-62kR-10kR; Fun N' Sprint: 3kR-15kR-3kR; Super Kids Duathlon: 1mR-5mB-1mR), Doubletree Hotel, 9 a.m. (10 a.m./Kids). Info: Greg Klein (619/320-1341).

La Jolla: Hard Rock Cafe 5K/1M, Hard Rock Cafe (Prospect St.), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Dec. 1 (Sun.)

San Francisco: Run to the Far Side, 5K/10K, Golden Gate Park, 8:30 a.m. RhodyCo Prod., 3929 California St., San Francisco 94118 (415/564-0532).

San Francisco: DSE U.S.S.S.F. Monument to Baker Beach Run, 6.5M, parking lot above Clement St./El Camino Del Mar (48th Av.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Fresno: Producer's Dairy Bowl 10K, Fresno City College, Time TBA.

Pasadena: Lady Foot Locker 5K Series, Location & Time TBA. Info: Elite Racing (714/374-3200; 619/450-6510).

San Juan Capistrano: Saddleback Mountain Trail Marathon, Cleveland Nat'l. Forest (Blue Jay Campground), 8 a.m. Baz Hawley, P.O. Box 215, Fish Camp 93623 (209/683-7426).

LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

Dec. 7 (Sat.)

San Francisco: USAT&F National Masters 10K X-C Championships, Location & Time TBA. John Mansoor, 120 Ponderosa Ct., Folsom 95630 (916/983-4622).

Dec. 8 (Sun.)

Folsom: California International Marathon (PA/USAT&F Championships), Folsom Dam to State Capital in Sacramento, 7 a.m. CIM, 120 Ponderosa Ct., Folsom 95630 (916/983-4622).

Culver City: Western Hemisphere Marathon/Half-Marathon/5K, Veteran's Memorial Park, Times TBA. Western Hemisphere Marathon, 4117 Overland Av., Culver City 90230 (310/253-6650).

Honolulu, HI: Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waialae Av., Rm. 208, Honolulu, HI 96816 (808/734-7200).

Tucson, AZ: Tucson Marathon, Half-Marathon, Marathon Relay & 5K, 8 a.m./8:30 a.m.-HM/9 a.m.-5K. Tucson Marathon, So. Arizona RR, 4625 E. Broadway, Suite 112, Tucson, AZ 85711 (520/575-8281).

Dec. 14 (Sat.)

Furnace Creek: Death Valley Badwater Marathon/Half-Marathon, 8 a.m. (Pre-Reg. only). Enviro Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Huntsville, TX: USAT&F National Masters 50K/50M Championships, Location & Time TBA. Sunmart-Texas Trail Endurance Run, Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

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SCHEDULE

Dec. 15 (Sun.)

San Francisco: Christmas Relays, 4x4.464M, Lake Merced (Sunset Circle Parking Lot, Foot of Sunset Blvd.), 9 a.m. WVTC, Marc Lund, 1433 Norman Dr., Sunnyvale 94087 (Searcy Barnett: 510/635-9508).

Alameda: Reebok "Boston or Bust" Marathon/Half-Marathon, Harbor Bay Club, 9 a.m. (200 Limit). Sky High, P.O. Box 20963, El Sobrante 94803 (Al Kirkman: 510/223-5778) or TRS (415/472-RACE)).

Palm Desert: Palm Desert 5K & USATF Men's National Championships (0.5M & 1M Kids Runs), 8 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., #102, Palm Desert 92121 (619/450-6510; 714/548-4897).

TRACK & FIELD CROSS COUNTRY

High School

Track & Field

June 6-7, 1997

Sacramento: CIF State Track & Field Championships.

Cross Country

Sept. 7 (Sat.)

Monterey: Condor Earlybird Invitational. Oakmont Invitational. At Sierra College. Contact Ann Simpson (916) 782-3781 school, (916) 782-1893 home.

Sept. 14 (Sat.)

Kingsburg: Kingsburg Invitational.

Fresno: McLane Invitational. Woodward Park. 11 a.m./Frosh Boys, 11:30 a.m./Soph Boys, 12:00/Frosh-Soph Girls, 12:30/Junior Boys, 1:00/Jr-Sr Girls, 1:30/Senior Boys. 2 Miles. Contact Elmer McPhail, McLane High School, 2727 N. Cedar Ave., Fresno 93703, (209) 439-6941 h, (209) 441-3500 w, FAX (209) 226-5232.

Irvine: Woodbridge Invitational.

Ventura: Kiwanis Seaside Cross Country Invitational. Steve Blum (805) 652-1744.

Laguna Hills: Laguna Hills Invitational. Contact Kevin Dempsey (714) 770-2776 h, FAX (714) 830-0295.

Long Beach: Long Beach Millikan. Contact Stephen White, Boy's Coach (310) 495-5078 h, or Jeff Dobra, Girl's Coach (310) 420-2019 h.

Sept. 19 (Thurs.)

Porterville: Monache Invitational.

Sept. 20 (Fri.)

Sanger: Sanger Invitational. Avocado Lake.

Sept. 21 (Sat.)

Grass Valley: Nevada Union Invitational. 8 a.m. Contact Clyde Lehman (916) 273-4431 school, (916) 265-6772 h.

San Francisco: Lowell Invitational.

Hawaii: Hawaii Invitational.

Bret Harte: Frog Town Invitational.

Wasco: Wasco Invitational.

Irvine: Woodbridge Invitational. Contact George Varvas (714) 559-8171 h, FAX (714) 559-5795.

San Diego: Mt. Camel Invitational. Contact Dennis McClanahan FAX (619) 748-6985.

Sept. 27 (Fri.)

Hanford: Hanford Invitational. Hickey Park.

Visalia: Mt. Whitney Invitational. Mooney Grove Park.

Sept. 28 (Sat.)

Carson City: Carson Invitational.

Daly City: Westmoor "Ram" Invitational.

Merced: Merced Invitational. Lake Yosemite.

Burbank: Bellamine-Jefferson High School Cross Country Invitational. 3 miles, 20 races. Griffith Park (Vermont Ave. above the Greek Theater). 7:30 a.m. Contact Jim Couch (818) 972-1401 or write to: Athletic Department, BJHS, 465 E. Olive Avenue, Burbank 91501.

Dana Hills: Dana Hills Invitational. Contact Tim Butler FAX (714) 489-8317.

Bellflower: St. John Bosco Invitational. Contact Tim McIntosh (310) 425-8723 h.

Downey: Warren High School Invitational. Contact Jay Waldron (310) 439-2777.

October 3 (Thurs.)

Los Banos: Los Banos Invitational. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

October 4 (Fri.)

Visalia: Golden West Invitational. Cutler Park.

Visalia: Mt. Whitney Visalia Invitational. Mooney Grove Park.

October 5 (Sat.)

Half Moon Bay: Half Moon Bay Invitational.

Palo Alto: Stanford Invitational.

Brea: Brea Olinda Invitational. Contact Dan King, Boy's Coach (714) 256-8419 h, or Pam Barstow, Girl's Coach (714) 256-1071 h.

Yucaipa: Yucaipa Invitational. Contact Jim Clendaniel (909) 790-2114 h.

Oahu: Hawaii Invitational.

October 9 (Wed.)

Madera: Madera Elks Invitational.

October 12 (Sat.)

Fresno: Clovis Invitational. Woodward Park.

Atascadero: Atascadero Invitational.

San Mateo: Crystal Springs Invitational.

Huntington Beach: Fountain Valley Invitational.

Castro Valley: Castro Valley Invitational.

Hawaii: Hawaii Invitational.

October 18 (Fri.)

Fresno: Roosevelt Rough Rider Invitational. Woodward Park.

Tulare: Tulare Western Invitational.

October 19 (Sat.)

San Luis Obispo: Cal Poly Invitational. Contact Steve Boaz (805) 534-9308 home, (805) 544-5770 work, FAX (805) 542-9075.

Hayward: Mariner Invitational.

Lodi: Lincoln/Lodi Cross Country Invitational. Lodi Lake. 10 a.m./Frosh Girls--2 miles, 10:20 a.m./Frosh boys--2 miles, 10:40 a.m./Soph Girls--2 miles, 11:00 a.m./Soph Boys--2 miles, 11:20 a.m./Varsity Girls--5K, 11:50 a.m./Varsity Boys--5K. Contact Tod Anton, Lincoln HS (209) 478-8052.

Santa Clarita: Santa Clarita Valley Invitational. Contact Dave DeLong (805) 251-5432 h.

October 22 (Tues.)

Fresno: Madera K of C Invitational. Woodward Park.

October 23 (Wed.)

Mendota: Mendota Invitational.

October 24 (Thurs.)

Reedley: Reedley Invitational.

October 25 (Fri.)

Rocklin: Placer/Sierra Invitational. Sierra College.

October 25 & 26 (Fri-Sat)

Walnut: Mt. SAC Invitational.

October 26 (Sat.)

Soquel: Soquel Invitational.

Alameda: Oakland Invitational.

Walnut: Mt. SAC Invitational. Contact Jim Polite (909) 595-3496 h.

October 31 (Thurs.)

Kingsburg: John Seaman Invitational.

November 1

Bakersfield: Kern Invitational.

November 8 (Fri.)

Fresno: League Championships. Woodward Park.

November 14 (Thurs.)

Sanger: CIF Central Section Championships. Avocado Lake.

November 21 (Thurs.)

Fresno: Grand Masters Valley Championships. Woodward Park.

November 30 (Sat.)

Fresno: CIF State Meet Championships. Woodward Park.

December 7 (Sat.)

Fresno: 18th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 14 in San Diego).

continued next page...

SCHEDULE

Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 14 (Sat.)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

College & Open

Track & Field

September 14-15 (Sat-Sun)

Stanford: First Annual DECA-JAM. Angell Field. Decathlon-only competition. Contact Rick Riebhoff, First Down Promotions, P.O. Box 7511, Menlo Park 94025-7511, (415) 326-7797 or FAX (415) 326-3727.

March 29, 1997

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

April 12, 1997

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

June 7, 1997

San Diego: San Diego-Imperial Assoc. USA Track & Field Championships. UC San Diego. 12 noon. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

Cross Country

August 31

Fresno: Watermelon Run. Fresno State Campus.

"The Training of a National
Champion--Kim Mortensen,
Thousand Oaks High
School"

By Jack Farrell
\$15.00

64 Brookside Drive
Thousand Oaks, CA 91320
(805) 498-8980

September 7

San Francisco: Golden Gate Park Series. 4.0 miles. Tim Wason (415) 648-1467.

Fresno: Sunbird Run. Fresno Pacific College Campus. 8:30 a.m. Contact Eric Schwab (209) 453-2000.

September 14

San Diego: Aztec Invitational. Contact Rahn Sheffield (619) 594-5514, FAX (619) 582-6541.

McKinleyville: Humboldt Invitational. Contact Dave Wells (707) 826-5955.

September 21

Fresno: Fresno Invitational. Woodward Park. 10 a.m./Men--5 Miles. 10:40 a.m./Women--5K. Contact Red Estes (209) 278-4097, FAX (209) 278-6611.

Irvine: Irvine Invitational.

Rocklin: Sierra College Challenge. Men 4 miles, Women 5K. Contact Ron Richardson (916) 688-7258, FAX (916) 688-2626.

September 28

Davis: Aggie Invitational. Contact Sue Williams (916) 752-1942, FAX (916) 752-6681.

Riverside: Riverside Invitational. Contact Chris Rinne (909) 787-5207, FAX (909) 787-3569.

October 5

Santa Rosa: Empire Open. Men/8K, Women/6K. Contact Michael Weddington (707) 544-2756, FAX (707) 528-8226.

Palo Alto: Stanford Invitational. Contact Michael Reilly (415) 723-2736, FAX (415) 725-0758, e-mail: mreilly@leland.stanford.edu.

October 12

Belmont: Bronco Invitational. Crystal Springs. 4:30 p.m./Women--4920 meters. 5:00 p.m./Men--8000 meters. Info: John Maloney (408) 554-4886.

Santa Barbara: Santa Barbara Invitational. Contact Robin Paulsen (805) 965-0518 ext 2275, FAX (805) 963-7222.

October 19

Walnut: Mt. SAC Invitational. Contact Don Ruh (714) 594-5611.

San Luis Obispo: Mustang Invitational.

San Diego: Triton Cross Country Invitational. UC San Diego. 9 a.m./8K Men, 10 a.m./5K Women. Ted Van Arsdale, ICA Dept 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

November 2

Belmont: West Coast Conference Championships. Crystal Springs.

Santa Barbara: GSAC XC Championships.

November 9

Walnut: Asics Cup Invitational. Contact Skip Stolley (213) 730-9617 w, (310) 453-7655 h.

November 16

Fresno: NCAA Division I/District VIII. Woodward Park.

Humboldt: NCAA Division II Championships.

Kenosha, WI: NAIA National Cross Country Championships.

November 23

San Francisco: USATF Pacific Association Championships/Western Regional. Golden Gate Park. Contact Tim Wason (415) 648-1467 ph & FAX.

Fresno: State Community College XC Championships.

December 7

San Francisco: USA Championships (Junior, Senior, Masters). Golden Gate Park. (916) 983-4622, FAX (916) 983-4624.

Masters

September 8

Berkeley: Northern California Seniors Track & Field Classic (30+). Edwards Field at UC Berkeley. Dan Behrens, 2838 Enea Way, Antioch 94509-4755 (510) 754-3318.

September 14

Bozeman, MT: USATF National Masters Weight Pentathlon.

October 5

Santa Barbara: Club West Masters Meet. Santa Barbara CC. Beverly Lewis or Gordon McClenathan (805) 964-3005.

October 13

(Date changed from last issue) Long Beach: Sri Chinmoy Masters Games. 40+. Bigalita Eger (310) 645-0271.

All-Comers

September 15, 29; October 13, 27; November 10, 24; December 15

Sacramento: Timber Wolf All-Comers Track & Field Meet. Contact John Gallen (916) 489-2708.

Camps & Clinics

September 20-22

San Jose: Building and Rebuilding the Complete Athlete. Featuring Vern Gambetta. Information: M-F Athletic Company at (800) 556-7464 or (401) 942-9363. Gambetta Sports Training Systems, PO Box 10277, Sarasota, FL 34278.

December 28-31

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.

MOSTLY SHOES

By Cregg A. Weinmann

And the Winner Is...

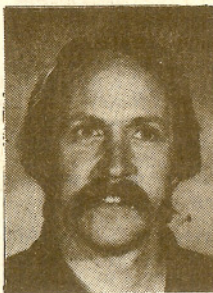
Atlanta, Georgia, USA, the site of the Centennial Olympic Games.

Judges have given the Atlantans a ten for their performance. Oh, I'm sorry, let me explain that it was the NBC TV judges which were tendering their opinion. Other judges from around the world were posting scores from the entire spectrum. IBM computers are whirring to tabulate the scoring, throwing out the high score, low score, factoring in the level of difficulty minus the number of letters in the city name multiplied by the number of athletes living in the Olympic Village who are from the host nation divided by the square root of athletes from other nations who have competed in previous Olympics in cities whose first letter begins with A...

There were some tremendous athletic abilities on display during the Olympic Games. From television coverage it can be extrapolated that some of those displays actually happened as part of the track and field competition. There was too little time allowed for the coverage of events which happened in the main stadium, but that may be my personal bias showing through. There is almost always a need for athletic judges. Playground basketball games which allow for the calling of fouls on one's opponents have some severe limitations when the deciding of a World Championship is involved. We need to have some help, with specialists who are looking for balls and strikes, personal fouls, net violations,

Cregg Weinmann . Ardent track fan, runner, coach, erstwhile computer teacher, and shoe maven, is ready to begin his 32nd cross country season. Cregg can be reached at his e-mail address: shuz2run@lightspeed.net.

For a sample subscription to Cregg's Running ShoesLetter please send an SASE (self-addressed stamped legal envelope) to: Running ShoesLetter, 2416 Kayoming Way, Bakersfield, CA 93306-3509



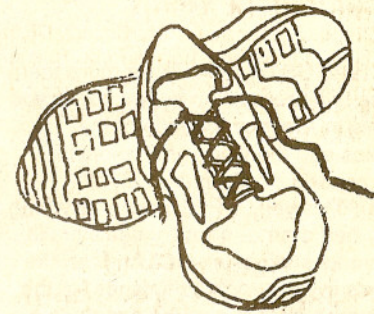
and the near drownings which take place in water polo (I'm always surprised we don't lose more horses in that sport).

Fencing has come a long way towards removing biased judging from the outcome of matches by using technology to determine when "touchés" take place and computers to score those points. This can be circumvented though, as competitors from some of the less scrupulous nations (in a previous Olympics), used a device to override the detection of touchés, and add them to their opponent. But that's why we need honest human judges to determine if the rules are being violated. I see a good deal of merit in these sports which have a goal, and the first individual or team to achieve that goal is the winner. This is easy to understand. The Olympics--swifter, higher, stronger.

Many of the sports which were visited upon us had a somewhat manipulated method involved in the deciding of the winners. I'm not referring to a late technical foul which turns the tide in a game, or even the expulsion of a star which hampers a team. These are things that are part of competition, and what it is about. The object of my scorn is (gasp) Subjective Olympic Sports. Gymnastics, diving, figure skating, ice dancing, freestyle skiing, rhythmic gymnastics, and synchronized swimming. These athletic activities add something which subtracts from their credibility--judging.

I analyzed why I was indifferent, or even hostile towards these "sports", and couldn't come up with an answer. Then one night, near the end of the Olympics, it came to me in a dream. I saw the athletes in a hazy sort of ethereal cloud, readying themselves for the medal ceremonies, and each and every one of them was putting on SHOES. They all had shoe contracts which went along with their apparel contracts, but none of them actually competed in shoes. That was it! Sure, biased judging of whether an athlete accomplished some ideal of perfection, takes away from the event. But it must be that all of these athletes are either barefooted, slipped, bladed, or planked that had my dander up.

Maybe the sanctimonious "experts" who provided the critical commentary with the "celebrity" sportscasters had a bit to do with my irritation. But I'm convinced it was the lack of footwear. Consider this. The gymnastics competition was marred by many performers not "sticking" their landings. Footwear problem. They would have been sticking those landings all over the place if they had been wearing those golden shoes Michael Johnson favored. And what about the lack of height that the divers and floor exercise performers were troubled with? If they were "pumped" up on a cushion of



trademarked air, they would have had no problem at all. Look what a good built up jumping shoe did for the 1960 Olympic high jump, hmm. What would one of those bean poles in rhythmic gymnastics have done with one of those balls if they had a little weight, and a pair of those wrap-around throwing shoes, like John Godina? I bet we'd see the first non-wind-aided 30 meter toss in Olympic history.

And another thing, we wouldn't have had to break for all those irritating, time-consuming commercials, if there had been better shots of the footwear and all those trademark opportunities (which as I mentioned was missing, because there were no SHOES). Don't those shoe companies have enough influence on the International Olympic Committee?

"...This is Bob Costas at the NBC broadcast center sending you out to the finish of the men's 3000 meter steeplechase as Tom, Craig and Dwight saw it."

"Kiptanui and Keter are really flying down the backstretch, Tom."

"And look at Lambruschini, Craig, he looks like a lock for the Bronze."

"Dwight, we're waiting on the judges scores for the last water jump. I'm a little concerned about the mandatory two tenths deduction for Keter's failure to stick that landing. Will his first place run hold up?"

"Tom, this is John Tesh. I've just heard from the head judge that we're only waiting on Marc 'D.O.C.' Davis of the US of A to complete the rotation with his final water jump. What's this? He's waving to the crowd, really getting them into it. I think he's going to try the nearly impossible 'flying flop' unsuccessfully executed by Mark Croghan in last summer's World Championships, almost covered by NBC, the perpetual broadcaster of the Olympics!"

"Yes, John, you're right, he's completed the mount and is now ready for the dismount! A ten! Tom, he really stuck that landing! I'm sure the judges have to give him a ten... he's done it! He's done it! USA, USA, USA!!!"

U.S. Olympic Trials

By Bob Womack

The 1996 US Olympic Trials more than lived up to its reputation as the best track and field in America (outside of the Olympics and the world championships when, as, and if held in the US, of course). This year's Trials had everything.

They had drama--sixth-try qualifiers in field events such as ex-UCLAn **Marieke Veltman** in the LJ, photo finishes for the last Olympic spot in running events, e.g., ex USCer **Inger Miller** edging former world champ **Gwen Torrence** off the team by .001 in the 200.

There were human interest stories in almost every event--**Mary Slaney**, at 37 coming back for a berth in the 5000. There were upsets--**Jackie Joyner-Kersey** losing her first heptathlon since 1984, men's 1500 favorite **Steve Holman** finishing next to last. And there were surprises--ex-Cal Poly SLO runner **Jim Sorensen** in the 5000, **Miller**, **Eugene Swift** from Berkeley in the high hurdles.

And there was a socko finish with **Micheal Johnson's** world 200 record in the final event--the first WR set in the United States in the event since 1968 and the first in the U.S. in any event since 1993.

Californians generally did well, claiming 37 of the 114 spots decided in the meet. Not all had Olympic qualifiers, Sorensen and 5000 runner **Ronnie Harris** being the only Californians. But the Golden State also stood to gain some failures, for instance in the men's javelin where **Road Bradstock**, the expatriate Brit now headquartered in San Diego, was the No. 3 thrower with an Olympic qualifier.

The Trials gained additional significance in that they were run at the Olympic site, just five weeks before the Games themselves. As such, they were a trial run for the ACOG (Atlanta Committee for the Olympic Games), which had mixed results to ponder.

On the one hand, the meet itself was run well, marred only by minor technical glitches which won't be repeated. (Example: ex-Fresno State 400 runner **Tanya Dooley** was not notified until the day of the heats she had made the Trials

field. The organizing committee recovered by flying her to Atlanta that day and seeding her into the second round.) The facility itself was fine, the track hard and lightning fast. The weather--well, not much the ACOG can do about that anyway for spectators who had to sit in the sun all day. Heat prostration was a constant threat. And July will be hotter than June.

Attendance was 151,522 for the eight days--a Trials record--despite: 1) a slow start; 2) the fact that Atlanta has never been a track town; 3) the weather; and 4)



Marieke Veltman
Photo by Kirby Lee

a lead column in the local paper kept ripping track in general, and the Olympic Trials in particular.

What concerned outside observers was the fact that, with a little over a month to go, Atlanta did not appear either physically or psychologically ready for the Games. Construction crews working around the clock would probably remedy the first. As for the second -- while there were plenty of instances of genuine Southern hospitality, there was also slow and surly service in many public places and numerous instances of officiousness and arrogance by stadium security

personnel. Security was, if anything, tighter at the Los Angeles Olympics, but it was managed in good humor and without becoming obviously intrusive.

Price-gouging was a major problem and every indication was that it would be much worse by Games-time. During the Trials, the head of the city's convention bureau issued an anguished plea for restraint by Atlanta merchants and landlords; it figured to be about as effective as the Mayor begging Sherman not to burn the town down in 1864.

One final note in the Dept. of Local Chauvinism: Fresno State has had 10 NCAA champions, eight world record holders, seven USA champions--zero members of the U.S. Olympic team. Until Atlanta, when three ex-Bulldogs made the team on consecutive nights--javelin throwers **Todd Riech** and **Nicole Carroll** and discus thrower **Lacy Barnes** -**Mileham**.

RESULTS

Men

100m--Dennis Mitchell 9.92; 2. Michael Marsh (ex-UCLA) 10.00; 3. Jon Drummond 10.01; Jeff Williams (ex-Washington HS, LA) 10.06. Semis I. 4. Williams 10.05; Jeff Laynes (ex-USC) 10.8; 7. Terrence Bowen (ex-Fresno State) 10.15. II. Marsh 10.00. Quarters: I. 4. Bowen 10.13 II. 1. Williams 10.07. II. 1. Williams 10.02; 5. Laynes 10.10 IV. 2. Marsh 10.17; 5. Anthony Barnes (ex-Fresno State) 10.45; 8. Pete Hargraves (ex-UCR) 10.54

200m--1. Michael Johnson 19.66; 2. Jeff Williams (ex-Washington HS, LA) 20.03; 3. Michael Marsh (ex-UCLA) 20.04. Semis: I. 5. Gentry Bradley (UCLA) 20.20w. II. 1. Williams 20.02; 2. Marsh 20.20; 6. Brian Bridgewater (ex-Cal State LA) 20.52. Quarters: I. 1. Williams 20.07w; 3. Bridgewater 20.43w; 7. Bryan Krill (ex-USC) 21.09w. II. 1. Marsh 20.34; 3. Bradley 20.48; Alvin Harrison (ex-North HS, Salinas) dnc. III. 3. Krill 20.95. IV. 1. Williams 20.10.

400m--1. Michael Johnson 43.44; 2. Butch Reynolds 43.91; 3. Alvin Harrison (ex-North HS, Salinas) 44.09; 7. Quincy Watts (USC) 45.54. Semis: I. 1. A. Harrison 44.43; 3. Watts 45.10; 7. Obea Moore (Muir HS, Pasadena) 46.01. II. 5. Calvin Harrison (ex-North HS, Salinas) 44.78; 8. Tony Miller (ex-UCLA) 46.84. Quarters: II. 1. A. Harrison 44.66; 2. Watts 44.76; 3. C. Harrison 44.76; 5. Moore 45.43. III. 5. Miller 45.96. Heats: I. 3. Watts 45.70; 4. Miller 45.89; 6. Danny Everett (ex-UCLA) 46.61. II. 6. Moore 45.48. IV. 1. C. Harrison 44.70; 2. A. Harrison 44.93

800m--1. Johnny Gray (ex-Santa Monica CC) 1:44.00; 2. Brandon Rock (ex-Taft CC) 1:44.64; 3. Jose Parilla 1:44.86. Semis: I. 1. Gray 1:45.90; 2. Rock 1:46.18; 8. Bryan Woodward (ex-Long Beach Poly HS) 1:48.15. III. 5. George Kersh (ex-Taft CC) 1:46.68. Quarters: I. 1. Gray 1:47.12; 4. Woodward 1:47.71; 6. Michael Granville (Bell Gardens HS) 1:47.90. II. 2. Rock 1:47.69. III. 2. Kersh 1:47.38. Heats: I. 1. Gray 1:47.35; 4. Rock 1:47.76. III. 1. Kersh 1:47.94; 3. Granville 1:48.20; 8. Sean Maye (ex-Meritt CC) 1:54.34. IV. 4. Woodward 1:48.09

1500m--1. Paul McMullen 3:43.86; 2. Jim Sorensen (ex-Cal Poly SLO) 3:43.88; 3. Jason Pyrah 3:44.03; 3. Jamey Harris (ex-Fresno State) 3:46.01. Semis: I. 3. Harris 3:44.53; 7. Christian Cushing-Murray 3:44.85; Jeff Atkinson

continued next page.

U.S. Olympic Trials



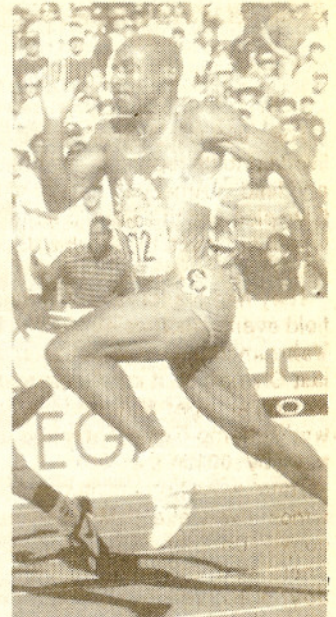
Ramona Pagel
Photo by Bill Cockerham



Nicole Carroll
Photo by Bill Cockerham



Balazs Kiss
Photo by Bill Leung, Jr./Geek Media



Mike Marsh
Photo by Bill Leung, Jr./Geek Media

Californians at the OLYMPIC GAMES

Compiled by Keith Conning

July 26-August 4. Olympic Stadium, Atlanta, Georgia.

★ Athletes from California High Schools

Men

100 Meters

★Ato Boldon

(Trinidad and Tobago/Piedmont Hills HS, San Jose 1991)

Time	Wind Pl Race	Date
10.06	+0.1 1) Heat 3	7/26
9.95	+0.3 1) Quarter 1	7/26
9.93	-0.6 1) Semi 2	7/27
9.90 NR	+0.7 3) Final	7/27 (5, =9 W)

★Michael Marsh

(Hawthorne HS 1985)

10.14	+2.0 1) Heat 8	7/26
10.04	-1.2 1) Quarter 5	7/26
10.08	-0.5 3) Semi 1	7/27
10.00	+0.7 5) Final	7/27

200 Meters

★Ato Boldon

(Trinidad and Tobago/Piedmont Hills HS, San Jose 1991)

20.26	+0.7 1) Heat 3	7/31
20.25	+1.9 1) Quarter 5	7/31
20.05	+0.1 2) Semi 2	8/1
19.80 NR	+0.4 3) Final	8/1 (7, =12 W) (10.18/9.62)

★Jeff Williams

(Washington HS, Los Angeles 1982)

20.37	-0.3 1) Heat 9	7/31
20.47	+0.7 2) Quarter 1	7/31
20.39	+0.3 3) Semi 1	8/1
20.17	+0.4 5) Final	8/1 (10.40/9.77)

★Michael Marsh

(Hawthorne HS 1985)

20.27	+1.3 1) Heat 1	7/31
20.39	+0.3 1) Quarter 4	7/31
20.26	+0.1 3) Semi 2	8/1
20.48	+0.4 8) Final	8/1 (10.58/9.90)

400 Meters

★Alvin Harrison

(North Salinas HS, Salinas 1993)

44.69	1) Heat 3	7:28
44.79	1) Quarter 4	7:27
45.04	4) Semi 1	7:28
44.62	4) Final	7:29

800 Meters

★Johnny Gray

(Crenshaw HS, Los Angeles 1978)

1:45.87	1) Heat 5	7:28
1:44.00	1) Semi 2	7:29
1:44.21	7) Final	7:31

Brandon Rock

(ex-Taft CC)

1:46.85	Heat 1	7:28
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3,000 Meter Steeplechase

★Marc Davis

(San Diego HS 1987)

8:31.25	5) Heat 3	7:29
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U.S. Olympic Trials

(ex-Stanford) dq. II. 3. Sorensen 3:44.43. Heats: I. 2. Atkinson 3:46.74. II. 2. Sorensen 3:41.98; 3. Cushing-Murray 3:42.13. III. 5. Harris 3:42.49

5000m--1. Bob Kennedy 13:46.17; 2. Matt Giusto (ex-San Mateo HS) 13:56.69; 3. Ronnie Harris (ex-Eisenhower HS, Rialto) 13:57.77; Marc Davis (ex-San Diego HS) & Tom Nohilly (ex-Taft CC) dnc. III 4I Giusto 14:03.53; Terrence Mahon (ex-LA Habra HS) dnc. III. 8. Ryan Wilson (ex-Agoura HS) 14:15.47

10,000m--1. Todd Williams 28:48.58; 2. Joe LeMay 29:06.89; Dan Middleman 29:13.81; 8. Terrence Mahon (ex-LaHabra HS) 29:36.14. Heats: II. 2. Mahon 29:26.88; 9. Gary Stolz (ex-Stanford) 29:57.21.

3000SC--1. Mark Croghan 8:18.80; 2. Robert Gary 8:19.26; 3. Marc Davis (ex-San Diego HS) 8:20.73; 4. Tom Nohilly (ex-Taft CC) 8:21.70; 5. Francis O'Neill (ex-Long Beach CC) 8:32.22; 13. Derek Kite (ex-Camarillo HS) 8:50.73. Semis: I. 5. Davis 8:35.53; 7. O'Neill 8:37.22; 10. Fred Carter (ex-Stanford) 8:52.22. II. 4. Nohilly 8:34.90; 7. Kite 8:36.76. Heats: I. 1. Kite 8:50.39; 4. O'Neill 8:50.79. II. 2. Nohilly 8:38.36; Brian Abshire (ex-DeAnza HS, Richmond) dnf. III. 6. Davis 8:50.31; 8. Carter 8:50.53; 11. Robert Nelson (ex-Glendale CC) 9:11.38

20,000m walk--1. Curt Clausen 1:29:50; 2. Tim Seamm 1:30:27; 3. Gary Morgan 1:31:00; 7. Jonathan Matthews (San Francisco) 1:33:47.

110mH--1. Allen Johnson 12.92; 2. Mark Crear (ex-USC) 13.08; 2. Eugene Swift (Berkeley HS) 13.20; 7. Robert Reading (ex-USC) 13.52. II. 4. Swift 13.28. Quarters: I. 1. Crear 13.14w; 2. Harrington 13.21w; 7. Derek Knight (ex-UCLA) 13.68w. IV. 1. Swift 13.30w; 3. Reading 13.38w; 7. Dominique Arnold (ex-Long Beach Wilson HS) 13.62w.

Heats: I. 1. Crear 13.25; 3. Knight 13.45; 7. Rod Jett (ex-Cal) 14.47. II. 1. Harrington 13.39; 2. Swift 13.41. III. 5. Rich Benoy (Los Angeles) 13.83w; 6. Patrick Duffy (ex-Cal) 13.97w. IV. 2. Reading 13.37; 5. Arnold 13.58.

400mH--1. Bryan Bronson 47.98; 2. Derrick Adkins 48.18; 3. Calvin Davis 48.32; 6. Stephen Flenoy (Los Angeles) 48.74. Semis: I. 1. Flenoy 48.56; 5. Kevin Young (ex-UCLA) 49.19; 8. Marty Beck (ex-UCLA) 50.06. Heats: I. 5. Kenny Hall (ex-Cal State Stanislaus) 50.31; 8. Keadrick Washington (ex-Mt. SAC JC) 51.86. II. 3. Young 49.15; 4. Beck 49.15. IV. 1. Flenoy 49.06; Danny Harris (ex-Perris HS) dnc.

HJ--1. Charles Austin 7-6.5; 2. Ed Broxterman 7-6.5, 3. Cameron Wright 7-6.5; Chris Olsson-O'Neill (ex-Rubidoux HS, Riverside) nh. Qualifying: T10. Olsson-Neill 7-2.5.

PV--1. Lawrence Johnson 19-0.25; 2. Jeff Hartwig 19-0.25; 3. Scott Huffman 18-8.25; 7. Dean Starkey (ex-Logan HS, Union City) 18-8.25; T10. Brent Burns (ex-Cal) 18-0.5; Tim Bright (ex-Soquel HS) nh. Qualifying: T7. Starkey 18-4.5; 9. Burns 18-4.5. 12. Bright 18-4.5; Ricky Wright (ex-Azusa Pacific), David Cox (Fresno State) & Jim Drath (ex-Fresno State) nh.

LJ--1. Mike Powell (ex-UCLA) 27-6.5; 2. Joe Greene 27-4.5w; 3. Carl Lewis 27-2.75; 8. Percy Knox (ex-Antelope Valley HS, Lancaster) 26-1.75. Qualifying: 1. Powell 27-3.75; T7. Knox 26-1.75.

TJ--1. Kenny Harrison 59-1.25; 2. Mike Conley 57-7.75; 3. Robert Howard 56-4.75; 9. Robert Cannon (Los Angeles) 54-2.75. Qualifying: 12. Cannon 53-1.75; 15. Tyrone Scott (ex-Mesa Verde HS, Citrus Heights) 52-0; 19. Dmitry Piterman (ex-Cal) 50-10.75; Von Ware (ex-Rancho Buena Vista HS) nh. Charles Rogers (ex-UCLA) dnc.

SP--1. Rancy Barnes 70-1.5; 2. John Godina (ex-UCLA)

69-6.25; 3. C.J. Hunter 69-1.5; 5. Mark Parlin (UCLA) 64-8. Qualifying: 1. Godina 66-5; 5. Parlin 64-1.75; 18. Dennis DeSoto (ex-Santa Rosa HS) 56-4.5; Jon Ogden (UCLA), Jim Doehring (ex-San Jose State) and Brent Noon (ex-Fallbrook HS) dnc.

DT--1. Anthony Washington 216-1; 2. John Godina (ex-UCLA) 211-10; 3. Adam Selliff 207-7; 5. Brian Blutreich (ex-UCLA) 204-0; 9. Jamie Presser (ex-UCLA) 189-1; 10. Mike Mielke (San Jose) 187-2; Mike Buncic (San Jose) nm. Qualifying: 5. Godina 201-4; 7. Blutreich 198-10; 8. Buncic 198-8; 10. Mielke 195-2; 12. Presser 194-3; 15. John Wirtz (ex-Cal) 187-10; Gary Kirchhoff (ex-USC) dnc.

HT--1. Lance Deal 249-4; 2. Dave Popejoy (ex-Stanford) 243-8; 3. Kevin McMahon (ex-Bellarmine HS, San Jose) 241-5; 8. Marvin Williams (ex-Cal Poly Pomona) 217-4. Qualifying: 2. McMahon 233-5; 3. Popejoy 232-5; 10. Williams 216-2; 16. Ken Norden (Sacramento) 208-10; 19. Scott Sergeant (ex-UCSD) 207-6; 21. Justin Strand (Stanford) 200-9; 22. Robert Dilts (ex-UC Davis) 196-8.

JT--1. Todd Riech (ex-Fresno State) 267-2; 2. Tom Pukstys 267-8; 3. Breaux Greer 262-5; 4. Dave Stephens (ex-Cal State Northridge) 255-3; 5. Roald Bradstock (San Diego) 253-5; 7. Jim Connolly (ex-UCLA) 241-2; 9. Erik Smith (ex-UCLA) 229-9; 10. Jason Bender (ex-UCLA) 226-4. Qualifying: 2. Riech 258-8; 3. Stephens 254-5; 4. Bradstock 253-2; 9. Smith 238-9; 10. Bender 235-11; 12. Connolly 227-3; 14. Mike Barnett (ex-Azusa Pacific) 225-1.

Decathlon--1. Dan O'Brien 8728; 2. Steve Fritz 8636; 3. Chris Huffins (ex-Cal) 8546 (10.22, 25-11.25, 53-11.25, 6-7.5, 48.05, 14.09, 159-6, 208-9, 5:27.42); 6. Dave Johnson (ex-Azusa Pacific) 8189 (11.15, 22-9.75, 48-1.25, 6-2.75, 49.81, 14.54, 161-6, 16-0.75, 235-3, 4:37.05); 11.

continued next page...

8:26.76 1) Semi 1 7/31
9:51.96 12) Final 8/2 (injured)

5,000 Meters

★Matt Giusto

(San Mateo High School 1984)

14:30.76 9) Heat 1 7/31

★Ronnie Harris

Did not compete. Did not meet Olympic qualifying mark.

110 Meter Hurdles

★Mark Crear

(Rowland HS, Rowland Heights 1987)

13.44 +1.0 1) Heat 3 7/28

13.14 +1.1 1) Quarter 2 7/28

13.22 +1.7 3) Semi 2 7/29

13.09 +0.6 2) Final 7/30

★Eugene Swift

(Berkeley HS 1982)

13.36w +2.8 1) Heat 8 7/28

13.37 +1.2 1) Quarter 1 7/28

13.21 =PR +1.7 2) Semi 2 7/29 (11, x A)

13.23 +0.6 6) Final 7/30

★Joe Naivalu

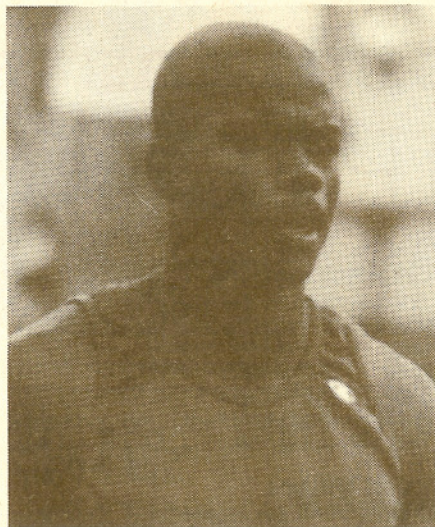
(Fiji/Fremont HS, Sunnyvale 1996)

14.23 NR -0.1 6) Heat 4 7/28

★Henry Andrade

(Cape Verde Islands/Johnson HS, Sacramento 1980)

DNF +0.3 Heat 5 7/28 (injured)



Gold Medalist Alvin Harrison
4x400 Meter Relay

Photo by Bill Cockerham

400 Hurdles

★Tom McGuirk

(Ireland/St. Ignatius HS, San Francisco 1990)

50.76 5) Heat 6 7/29

4x100 Meter Relay

United States (★ Michael Marsh, Hawthorne HS 1985)

38.05 2) Final 8/3

4x400 Meter Relay

United States (★ Alvin Harrison, North Salinas HS, Salinas 1993, 43.84)

2:55.99 1) Final 8/3

Long Jump

★Mike Powell

(Edgewood HS, West Covina 1981)

26-11 8.20 4) Qualifying 7/28

26-9 3/4 8.17 -0.2 5) Final 7/30

Series: 7.89, 8.17, 7.99, f, f, f.

Shot Put

John Godina

(ex-UCLA)

68-2 1/2 2) Final 7/26

Discus

John Godina

(ex-UCLA)

202-10 7) Qualifying 7/29

Hammer Throw

★Kevin McMahon

(Bellarmine Prep, San Jose 1990)

241-0 24) Qualifying 7/27

continued next page...

U.S. Olympic Trials

Chris Wilcox (ex-Cal State LA) 7822 (10.66, 23-6.25, 49-1.75, 6-7.5, 49.36, 14.58, 145-0, 14-1.25, 180-4, 4:59.78); 12. Shawn Wilbourn (ex-Long Beach State) 7793 (10.82, 23-9.5, 47-10.5, 6-4, 51.06, 14.62, 163-1, 14-9.25, 181-0, 4:59.73); 16. Tage Peterson (Azusa Pacific) 7389 (10.96, 24-1.5, 38-2, 6-4, 50.14, 15.34, 131-0, 14-5.25, 173-0, 4:43.70); David Pope (Azusa Pacific) dnf (11.15, 23-5.25, 46-2.5, 6-6.25, 49.02, 15.00, 121-3, nh, withdres).

WOMEN

100m--1. Gwen Torrence 10.82; 2. Gail Devers (ex-UCLA) 10.91; 3. D'Andre Hill 10.92; 4. Inger Miller (ex-USC) 10.96; 5. Chryste Gaines (ex-Stanford) 10.96. Semis: 1. 2. Devers 10.98. II. 2. Gaines 11.02; 3. Miller 11.10; 7. Juan Ball (ex-Humboldt State) 11.39. Quarters: I. 1. Gaines 11.04; 5. Ball 11.37. II. 2. Miller 11.00. III. 1. Devers 10.99. Heats: 1. 3. Devers 10.96; 2. Gaines 10.99; 8. Lesa Parker (ex-Bishop O'Dowd HS, Oakland) 11.78. II. 1. Miller 11.19. III. 4. Ball 11.40; 8. LaKeisha Backus (ex-Long Beach Wilson HS) 11.79. IV. 8. Angela Williams (Chino HS) 17.83

200m--1. Carlette Guidry 22.14; 2. Dannelle Young 22.16; 3. Inger Miller (ex-USC) 22.25. Semis: II. 3. Miller 22.45; Chryste Gaines (ex-Stanford) dnc. Quarters: I. 6. Juan Ball (ex-Humboldt State) 23.58. II. 4. Gaines 22.92; 7. Ali McKnight (Long Beach) 24.12. III. 1. Miller 22.57. Heats: 1. 5. McKnight 23.91; Linetta Wilson (ex-Muir HS, Pasadena) dnc. II. 2. Miller 22.75. IV. 1. Gaines 22.82; 5. Ball 23.54; LaKeisha Backus (ex-Long Beach Wilson HS) dnc.

400m--1. Maicel Malone 50.52; 2. Jearl Miles 50.61; 3. Kim Graham 50.87; 5. Linetta Wilson (ex-Muir HS, Pasadena) 51.49. Semis: I. 1. Wilson 51.02; 6. Denean Howard-Hill (ex-Cal State LA) 51.74. Quarters: II. 3.

Howard-Hill 51.89. III. 2. Wilson 51.35; 6. Tanya Dooley (ex-Fresno State) 53.18. Heats: I. 1. Wilson 51.29. II. 6. Latasha Gilliam (Cal) 55.13. III. 7. Crystal Irving (ex-Long Beach CC) 54.04. IV. 2. Howard-Hill 52.01.

800m--1. Meredith Rainey 1:57.04; 2. Joetta Clark 1:58.22; 3. Suzy Hamilton 1:59.04. Heats: I. 7. Nicole Teter (ex-Shasta CC) 2:05.44; Linetta Wilson (ex-Muir HS, Pasadena) dnc. III. 5. Carrie Neugebauer (ex-Cal State Stanislaus) 2:05.99; 6. Leslie Noll-Mayne (ex-USC) 2:11.78; 7. Renee Ross (ex-San Diego State) 2:13.24.

1500m--1. Regina Jacobs (ex-Stanford) 4:08.87; 2. Juli Henner 4:09.49; 3. Vicki Huber 4:11.23; 14. Ruth Wysocki (ex-Citrus CC) 4:23.59. Semis: I. 1. Jacobs 4:11.50; 8. Darcy Arreola (ex-Cal State Northridge) 4:15.36; 10. Suzanne Jones (ex-UC Davis) 4:17.16. II. 7. Mary Slaney (ex-Orange HS) 4:15.85; 8. Karen Hecox (ex-UCLA) 4:17.34; 10. Wysocki 4:25.09 (advanced on appeal). Heats: I. 1. Jacobs 4:15.38; 9. Miesha Marzell (ex-Bishop O'Dowd HS, Oakland) 4:24.14. II. 8. Arreola 4:17.93. III. 1. Slaney 4:15.28; 2. Wysocki 4:15.29; 6. Hecox 4:15.65; 7. Jones 4:16.99; 9. Polly Plumer (ex-UCLA) 4:22.52; Patti Sue Plumer (ex-Stanford) dnc.

5000m--1. Lynn Jennings 15:28.18; 2. Mary Slaney (ex-Orange HS) 15:29.39; 3. Amy Rudolph 15:29.91; 9. Patti Sue Plumer (ex-Stanford) 16:03.72; 11. Amy Skieresz (ex-Agoura HS) 16:22.99; 13. Tania Fischer (ex-UCLA) 16:33.97. Heats: I. 5. Skieresz 16:12.82. II. 1. Slaney 16:02.47; 5. Plumer 16:06.80; 9. Fischer 16:24.17; 11. Milena Glusac (ex-Fallbrook HS) 16:34.86.

10,000m--1. Katherine Fonshell 32:37.91; 2. Olga Appell 32:43.79; 3. Joan Nesbit 32:46.77; Sylvia Mosqueda (ex-Cal State LA) dnf. Heats: I. 2. Mosqueda 33:21.60.

3000mSC (Non-Olympic event)--1. Courtney Pugmire

(ex-Esperanza HS, Anaheim) 10:23.47; 3. Rae Henderson (ex-Cal) 10:35.93; 6. Chris Morgan (ex-Long Beach State) 10:54.49; 10. Annie Seawright (ex-UCLA) 11:12.13; 12. Kristin Von Teuber (ex-UICSB) 11:27.00; 15. Gracie Padilla (ex-Cal State LA) 11:58.28; Monal Chokshi (Stanford) dnc.

100mH--1. Gail Devers (ex-UCLA) 12.62; 2. Lynda Tolbert-Goode 12.69; 3. Cheryl Dickey 12.76. Semis: I. 3. Devers 12.93. II. 6. Rhonda Colvin (ex-Cal State Hayward) 13.25; 7. Marsha Gualdo (ex-USC) 13.28; 8. Michelle Johnson (ex-Vacaville HS) 13.84. Quarters: I. 5. Johnson 13.19w; 7. Joanna Hayes (UCLA) 13.35w. II. 1. Devers 12.69; 2. Colvin 13.02; 6. Gualdo 13.26. Heats: I. 5. Gualdo 13.17; 6. Johnson 13.29. II. 4. Hayes 13.24; 7. Doris Williams (ex-Cal Poly Pomona) 13.61. III. 4. Colvin 13.14w; 8. Val Manning (Sacramento) 13.40w. IV. 1. Devers 12.83; 8. Kwani Stewart (ex-Yuba City HS) 13.60.

400mH--1. Kim Batten 53.81; 2. Tonja Buford-Bailey 53.92; 3. Sandra Farmer-Patrick (ex-Cal State LA) 54.07. Semis: I. 1. Farmer-Patrick 54.86; 5. Alison Poulin (Davis) 56.67. II. 6. LaTanya Sheffield 1:21.90. III. 5. Michelle Johnson (ex-Vacaville HS) 58.90. Heats: I. 2. Johnson 56.71; 4. Sheffield 57.02; 6. Angela Harris (ex-Skyline HS, Oakland) 59.89. II. 1. Farmer-Patrick 55.86; 6. Sharifa Cox (San Diego State) 61.75. IV. 3. Poulin 57.38; 5. LaGretta Hinds (Long Beach State) 58.07.

10,000m Walk--1. Debbi Lawrence 46:05; 2. Michelle Rohl 46:37; 3. Victoria Herazo (Los Angeles) 48:12; 5. Sara Standley (Norco) 49:23; 8. Kim Wilkinson (Monterey) 50:47; 9. Susan Armenta (Riverside) 51:24; 16. Danielle Kirk (Calabasas) 54:14.

HJ--1. Tisha Waller 6-4.75; 2. Connie Teaberry 6-4.75; 3. Amy Acuff (UCLA) 6-3.5; 4. Karol Jenkins (ex-Redlands HS)

continued next page.

★David Popejoy

(Bellarmine Prep, San Jose 1990)
237-9 29) Qualifying 7:27

Balazs Kiss

(USC, Hungary)
266-6 1) Final 7:28

Javelin

Todd Reich

(ex-Fresno State)
255-11 8) Qualifying 8/2

Decathlon

Chris Huffins

(ex-Cal, Oakland)
8300 10) Final 7/31, 8/1
(10.47, 24-7, 51-1, 6-8 1/4, 48.83, 14.10, 159-10, 15-5, 196-10, 5:14.36)

Women

100 Meters

★Gail Devers

(Sweetwater HS, National City 1984)
10.92 -0.5 1) Heat 7 7/26
10.94 +0.0 1) Quarter 2 7/26
11.00 -0.1 1) Semi 2 7/27
10.94 -0.7 1) Final 7/27

200 Meters

★Inger Miller

(Muir HS, Pasadena 1990)



Gold Medalist Gail Devers
100 Meters & 4x100 Meter Relay

Photo by Kirby Lee

22.74	-0.6 2) Heat 6	7/31
22.57	-0.4 3) Quarter 3	7/31
22.33	+0.4 4) Semi 1	8/1
22.41	+0.3 4) Final	8/1 (11.36/11.05)

1,500 Meters

★Regina Jacobs

(Argyll Episcopal Academy, North Hollywood 1981)
4:07.41 3) Heat 3 7:31
4:06.13 2) Semi 2 8:1
4:07.21 10) Final 8:3
(68.4, 62.7 [2:11.1], 67.2 [3:18.3], 48.9) (65.8, 2:13.1).

5,000 Meters

★Mary Slaney

(Orange HS 1976)
15:41.30 7) Heat 2 7:26

★Katy McCandless

(Ireland/Castilleja HS, Palo Alto 1988)
15:55.66 10) Heat 3 7:26

Marathon

★Linda Somers

(Indio HS 1979)
2:36.58 31) Final 7:28

100 Meter Hurdles

★Gail Devers

(Sweetwater HS, National City 1984)
12.73 +0.8 1) Heat 6 7:29
12.83 -0.8 1) Quarter 4 7:29
12.62 =AL +1.0 3) Semi 2 7/31 (x, = 10 A)
12.66 +0.2 4) Final 7:31

400 Meter Hurdles

Sandra Farmer-Patrick

continued next page.

U.S. Olympic Trials

6-3.5; T9. Shelley Nixon (ex-Long Beach State) 6-0.75; 13. Clare Look-Jaeger (Pasadena) 6-0.75; 14. Lisa Coleman (ex-UCLA) 5-10.75; 16. Sue Remboa (ex-Cal Poly SLO) 5-10.75. Qualifying: T1. Acuff, Jenkins & Look-Jaeger 5-10.75; T13. Nixon 5-10.75; T15. Coleman & Remboa 5-10.75.

PV (Non-Olympic Event)--1. Stacy Dragila 13-9.25; 2. Melissa Price (Fresno State) 12-9.5; 3. Tiffany Smith (ex-UCLA) 12-5.5; 4. Jocelyn Chase (UCLA) 12-1.5; T6. Alexa Harz (Peninsula HS, Rolling Hills Estates) 11-9.5; 8. Glenda Smith (Los Angeles) 11-9.5; T9. Erica Hoernig (Foothill HS, Santa Ana) 11-5.75; 11. Sue DiMarco (ex-Cal State Northridge) 11-5.75.

LJ--1. Jackie Joyner-Kersey (ex-UCLA) 23-1.25w; 2. Shana Williams 22-9; 3. Marieke Veltman (ex-UCLA) 22-7; 4. Sharon Couch (Fresno) 22-1.75; 5. Sheila Hudson (ex-Cal) 21-11.75w (21-5.5); 6. Gwen Loud (ex-Westchester HS, L.A.) 21-11; 7. Tonya Sedwick (ex-UCLA) 21-10.25. Qualifying: 2. Joyner-Kersey 22-9.25; 3. Veltman 22-4.25; 4. Loud 21-11; 7. Sedwick 21-5.25; 10. Couch 21-1.5; 11. Hudson 21-0.75; Dawn Burrell (ex-UCLA) nm.

TJ--1. Cynthia Rhodes 46-1.5; 2. Sheila Hudson (ex-Cal) 46-1.25; 3. Diana Orrange 45-5; 4. Wendy Brown (ex-USC) 45-3.5; 12. Amy Littlepage (Cal) 41-11.25. Qualifying: 3. Brown 44-7.5; 4. Hudson 44-7.5; 10. Littlepage 43-2.5; 15. Robyne Johnson (ex-Berkeley HS) 42-1.25; Juliana Yendork (ex-Walnut HS) dnc.

SP--1. Connie Price-Smith 62-7.75; 2. Ramona Pagel (ex-San Diego State) 61-0.25; 3. Dawn Dumble (ex-UCLA) 58-2; 4. Valeyta Althouse (UCLA) 57-9.5; 12. Rica Brown (ex-Cal State Bakersfield) 50-4. Qualifying: 2. Dumble 58-1.25; 3. Pagel 57-7.5; 4. Althouse 57-0.25; 12. Brown 50-4.75; 13. Kristin Heaston (ex-Ygnacio Valley HS,

Concord) 48-6.75; Crystal Brownlee (ex-Westlake HS) nm. Melissa Weis (ex-UCLA) dnc.

DT--1. Suzy Powell (UCLA) 198-9; 2. Lacy Barnes-Mileham (ex-Fresno State) 195-9; 3. Aretha Hill 190-5; 5. Melissa Weis (ex-UCLA) 187-10; 6. Dawn Dumble (ex-UCLA) 187-2; 7. Erica Ahman (Cal Poly SLO) 186-9; 9. Janet Hill (ex-Cal State LA) 181-2; 10. Laura DeSnoo (ex-San Diego State) 180-4; 11. Mindy Wirtz (ex-Leland HS, San Jose) 169-3; 12. Alison Franke (ex-USC) 164-9. Qualifying: 1. Barnes-Mileham 195-4; 2. Powell 194-4; 3. Dumble 192-9; 4. Weis 189-8; 5. J. Hill 188-7; 7. DeSnoo 183-9; 10. Ahman 179-11; 11. Franke 170-6; 12. Wirtz 169-1; 20. Pam Dukes (ex-Stanford) 152-7. Rachele Noble (Los Angeles) dnc.

HT (Non-Olympic event)--Dawn Ellerbe 183-9; 2. Leslie Coons (USC) 188-6; 3. Katie Panek 184-10; 5. Kiyomi Parish (Pomona-Pitzer) 183-5. Qualifying: 6. Parish 176-5; 8. Coons 175-9; 13. Staci Darden (Fresno State) 171-1; 15. Erika Dice (Cal) 168-8; 20. LaVera Clark (Cal State LA) 166-9; 32. Deb Templeton (ex-Stanford) 144-9; 33. Carrie Martin (USC) 116-9. Beth Burton (Cal State Northridge) dnc.

JT--1. Nicole Carroll (ex-Fresno State) 188-11; 2. Windy Dean 187-4; 3. Lynda Lipson 184-9; 5. Erica Wheeler (ex-Stanford) 181-11; 7. Kristin Dunn (ex-Cal State Northridge) 176-4; 8. Jen McCormick (ex-Stanford) 170-9; 10. Ashley Selman (ex-USC) 160-8. Qualifying: 2. Wheeler 186-11; 3. Carroll 184-8; 6. Selman 175-3; 9. McCormick 169-2; 10. Dunn 168-10; 15. Donna Mayhew (ex-Glendale CC) 160-11.

Heptathlon--1. Kelly Blair 6406; 2. Jackie Joyner-Kersey (ex-UCLA) 6403 (13.03, 5-10, 50-6.75, 24.27, 22-0.25, 119-3, 2:20.80); 3. Sharon Hanson (ex-Cal Poly SLO) 6352 (13.07, 5-8, 46-8.25, 24.10, 160-0, 2:09.88); 6. Kim Carter (Santa Barbara) 6281 (13.98, 5-10, 49-8.25, 24.30, 19-7.5,

131-4, 2:06.73); 7. Wendi Simmons (Glendora) 6078 (14.19 5-8, 42-4.75, 24.28, 20-8.5, 125-5, 2:09.32); 9. Nicole Haynes (USC) 5891 (14.45, 5-8, 44-9.5, 25.36, 19-5.5, 154-6, 2:19.73); 10. Marla Runyan (ex-Dan Diego State) 5708 (13.91, 5-6, 35-8.5, 24.67, 18-8, 116-10, 2:04.70); 12. Ali McKnight (Long Beach) 5649 (13.62, 5-6, 40-11.5, 24.06, 18-6.5, 109-2, 2:19.13); 14. Sheila Burrell (ex-UCLA) 5601 (13.76, 5-2.25, 39-3, 24.38, 19-0, 122-3, 2:16.49); 17. Edwina Ammonds (ex-Kings River CC) 14.03, 5-8, 43-7, 24.74, 16-0.75, 125-0, 2:18.75); 18. Trina Bindel (ex-Eureka HS) 5455 (15.17, 5-10, 42-3.5, 25.93, 17-5.5, 123-9, 2:15.34); 20. Crystal Young (ex-Mt. SAC CC) 5446 (14.36, 5-6, 47-9.75, 25.98, 16-8.75, 130-9, 2:21.35); 21. Heather Sterlin (ex-Mission Viejo HS) 5445 (14.15, 5-2.25, 32-11.25, 24.53, 20-3.75, 106-9, 2:15.87); 22. Kristi McGihon (ex-UC Irvine) 5435 (14.36, 5-2.25, 43-10.5, 25.57, 18-6.5, 125-8, 2:19.59); Peggy Odita (ex-Stanford) dnf (14.32, 5-6, 43-7, 26.34, nm, 141-1, dnc).

(ex-Cal State Los Angeles)
54.73 5) Semi, Heat 1 7/29

10 Kilometer Walk

★Victoria Herazo
(Fairfax HS, Los Angeles 1977)
DQ Final 7/29

4x100 Meter Relay

United States
42.49 1) Heat 1 8/2 (Inger Miller 10.27)
41.95 1) Final 8/3
(★ Gail Devers, Sweetwater HS, National City 1984, 10.03; ★ Inger Miller, Muir HS, Pasadena 1990, 10.38)

4x400 Meter Relay

United States
3:22.71 1) Heat 1 8/2
(★ Linetta Wilson, Muir HS, Pasadena 1985, 51.22).

High Jump

Amy Acuff
(UCLA)
6-0 3/4 14) Qualifying 8/1

Long Jump

★Marieke Veltman
(Leland HS, San Jose 1989)
21-3 1/2 -0.3 17) Qualifying 8/2
Jackie Joyner-Kersey
(ex-UCLA)
22-11 3/4 3) Final 8/2

Triple Jump

★Sheila Hudson
(Rio Linda HS 1985)
46-9 1/2 9) Qualifying 7/29
46-0 10) Final 7/31

Shot Put

★Ramona Ragel
(Schurr High School, Montebello 1979)
60-10 1/2 12) Qualifying 7/31
60-7 3/4 9) Final 8/2
Series: 16.57, 18.48, 17.55.

★Dawn Dumble

Did not compete. Did not meet Olympic Qualifying Mark

Discus

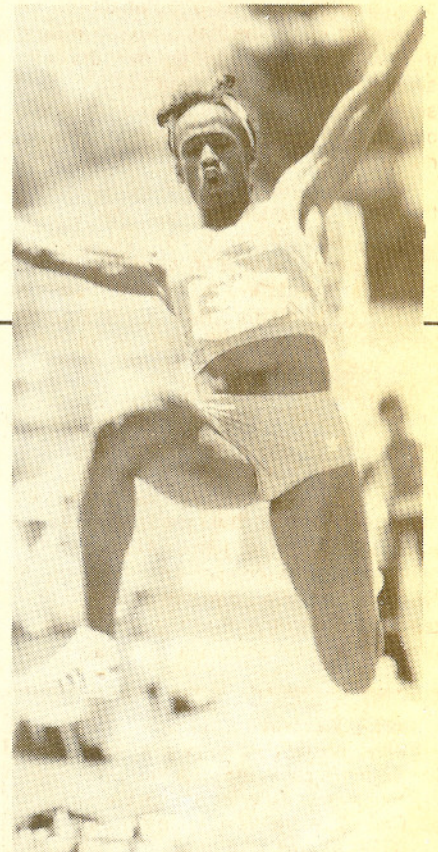
★Lacy Barnes-Mileham
(Burroughs HS, Ridgecrest 1983)
188-7 30) Qualifying 7/28
★Suzy Powell
(Downey HS, Modesto 1994)
184-6 33) Qualifying 7/28

Javelin Throw

★Nicole Carroll
(Alameda HS 1986)
179-7 26) Qualifying 7/26

Heptathlon

★Sharon Hanson-Lowery
(Buena HS, Ventura 1983) 6292
6292 9) Final 7/27-28
Series: (13.34, 5-9 3/4/1.77 PR, 44-1 1/2/13.45,



Bronze Medalist Jackie Joyner-Kersey
Long Jump

Fine Flicks by Don Gosney

24.42 [3713--8], 19-6 3/4/5.96, 154-1:46.98, 2:11.67 [2579]).

Jackie Joyner-Kersey

(ex-UCLA)
Withdrawn from event

PREDICTIONS

By Bob Womack

INTRODUCTION

About this time in 1992, the writer revived an old custom and tried to pick a U.S. Olympic team four years out -- why, I don't remember, although temporary insanity sounds like a reasonable explanation.

It was read, I know that. I can prove it by the sarcastic comments I got over the next several months, as the piece ran in segments in CTRN. (We also had a couple of threats of libel suits but, as far as I know, no cancelled subscriptions.)

And, the articles may have even affected the result. At least, decathlete **Chris Huffins**, about whom I commented that there were four events "in which his technique would have to improve to be mediocre," taped the offending article up in his locker for motivation. And, yes, he did make the team.

At the time, I said I thought one-out-of-three would be good. In fact, I did hit 21 out of 60 picks for the men's team, although only 12 of 51 on the women's side. (I would have done considerably better with the women, except that I made guesses about athletes moving around between events and guessed spectacularly wrong. No fewer than five women made the U.S. team in events other than the ones I had picked them in. Candor also compels me to

admit one of the 12 I did pick -- shot putter **Dawn Dumble** -- got pushed off the team for lacking an Olympic qualifying mark.

Anyway, Bill Cockerham, no doubt looking for comic relief, suggested, "Why don't you do it again?" So here it is: One man's long-range guess on the athletes who will represent us in the first Olympic Games of the 21st century.

PART I -- MEN

SPRINTS

One thing we should have learned from watching **Carl Lewis** and **Linford Christie** over the last few years is that the shelf life of sprinters expires somewhere around the age of 32. Not by pure coincidence, the people who have been carrying the banner for U.S. sprinting the last several years -- **Lewis**, **Dennis Mitchell**, **Jon Drummond**, **Leroy Burrell** and **Michael Marsh** -- will all be 32 or older in the year 2000. The message is clear: America needs a fresh crop.

Unfortunately, the fastest collegiate sprinter this year was **Ato Boldon**, who did get a couple of bronze medals at Atlanta, but for Trinidad.

So where is help coming from? Of the finalists at this year's Olympic Trials, we named five of the eight above. A sixth, **Jeff Williams**, is a relative newcomer to the top echelons, but he's the same age as the others. The remaining two finalists are where you start: **Tim Harden**, the 1995 NCAA champion, and **Tim Montgomery**. Both got some Olympic relay experience this year, although Harden's was mostly bad. He is going to have to shake the label of "the man who kept Carl Lewis from getting his 10th gold medal." (That assumes you agree with NBC that the U.S. would have been a lock in the 4x100 with Lewis replacing Harden on the team.)

Maurice Greene came out of nowhere to make the U.S. team for the Worlds in 1995 and went back there this year. He's still young and could be back. **Terry Bowen** has sneaked up onto the international level almost unnoticed; he beat Mitchell in Japan early this season. **Brian Lewis**, Montgom-

ery's Norfolk State teammate, beat him in the Division II finals and has a 10.03 best. And **Alvis Whitted** had very fast times when he wasn't injured. But there are no real phenoms there and no real help in sight at the high school level.

That's in the 100.

In the longer sprints, the outlook is much, much brighter. In fact, in the 4x400 at Atlanta, with the two best one-lappers in the world injured, the U.S. threw a bunch of young no-names out on the field -- and they averaged under 44 seconds a leg.

The guessing game here, as practically everywhere, is who will stick around. Where economics used to force athletes out of track almost immediately after college, nowadays the best athletes can make good livings, particularly sprinters. U.S. sprinters are in heavy demand overseas. (That's not true in all events, as we shall see.) And, of course, the very best can become wealthy. Very wealthy.

Which brings us to **Michael Johnson**. Michael will be only 32 at Sydney -- old for the 100, but not for the 400, or even really for the 200. It's a foregone conclusion that if he wants to be, he can still be on top. But, what's his point? When Michael Johnson gets through cashing in his endorsements from the 1996 Games, I guarantee he will never have to do anything again unless he wants to. And, assuming he has claimed the 400 world record by the time you read this (a reasonable assumption), what's left that he hasn't done?

As we suggested a couple of paragraphs back, Johnson will be missed more in the 200 than in the 400. I don't think people like **Kevin Little** and **Dave Dopek** are going to fill MJ's shoes. So who is?

Well, it's possible that the U.S. might be able to squeeze another Olympics out of some of the veterans in the 200, where pure fast-twitch speed matters less than in the 100 and racing savvy. **Ramon Clay**, another entry from the Norfolk State stable, was the sprint find of the Trials, just missing this year's team. (**Steve Riddick**, the old Olympic sprinter, must be doing something right at Norfolk State. He also produced the top new female sprinter of this year's Olympics, the Bahamas' **Chandra Sturrup**.)

continued next page..

Bob Womack -- track-and-field-fan-without-parallel, announcer of many California collegiate track and cross country events, voice of Foot Locker Cross Country West -- Bob serves CTRN as creator and maintainer of the High School All-Time Lists and contributor of many special features.

A C.P.A. when not following track, Bob lives and works in Fresno, CA.



Alvis Whitted figures here, too. In fact, this is a better event for him than the 100.

At 400, you start with our gold medal relay team of **Alvin Harrison, Lamont Smith, Derek Mills** and **Anthwan Maybank**. Of these, Maybank is the only one who will be 30 by Sydney and he just barely. Then there's **Calvin Harrison**, Alvin's twin, assuming he can be motivated. (I would think going from being the best prospect in the world to No. 2 in the family might be good motivation.) And then there's some even younger talent -- **Jerome Young**, the 1995 junior champion, who got lost in the shuffle this year, and the current junior champ, **Obea Moore**, who got to the Trials' semis as a high school junior. Now you know why **Calvin Davis** took his 45.04 and went to the intermediate hurdles. This event was much tougher at the Trials than in the Olympic Games -- it will be in 2000, too.

U.S. Team Predictions

100	Tim Harden, Tim Montgomery, Brian Lewis
200	Ramon Clay, Alvis Whitted, Jeff Williams
400	Anthwan Maybank, Obea Moore, Derek Mills

MIDDLE DISTANCE

For the last decade and a half, you've known what to expect in major 800 events -- **Johnny Gray** going out blazing, daring you to catch him if you can. Most of the time, they can't, at least in America. Johnny's won half a dozen national titles and made the last four Olympic teams. At the world level, it's not been quite as successful -- one bronze medal in four Olympic finals -- but the runners who beat him knew they'd earned it.

Well, Johnny Gray won't be around to set the pace for the 2000 Trials 800. By Sydney, he'll be eligible for veteran's competition. (Note to 40 and overs: Get ready for a pace like you haven't seen.) Gray's place as designated pace-setter will be apparently be taken by **Rich Kenah**, who experimented with front-running at the '96 Trials and almost parlayed it into a team berth.

Mark Everett and **Jose Parrilla**, conversely, have made careers out of laying off the pace (way off it) and then charging at the finish and each has made two U.S. Olympic teams doing it. It hasn't worked as well at the international level. The runners they've spotted 20 yards to in the first 650 meters have been just as fast as they are and they've wound up watching succeeding rounds from the grandstand. The third member of the 1996 U.S. team, **Brandon Rock**, follows a more moderate strategy of

staying close to the front.

Not a lot of help is in sight from the current collegiate ranks, where only one of the eight NCAA finalists was an American. The major hope for the future is California prep champ **Michael Granville**, who missed the Trials semi-finals because he forgot to lean at the finish. (Of course, leaning at the finish is something young Mr. Granville hasn't had much practice at, unless you count leaning backwards to see if any of his opponents have made it into the homestretch yet.) Give him four years of experience racing against the NCAA's Foreign Legion and he should be tough.

Once again, America has one world-class 1500 runner and he hasn't got the tactical racing sense God gave geese. This may be unfair to **Steve Scott**, who at least always managed to make U.S. international teams; he only got outkicked at Olympics and World Championships. **Steve Holman** has missed the last two U.S. teams ('95 World, '96 Olympics) by being blown off in almost laughably slow races. In the 1994 Nationals, just to show versatility I guess, he got outkicked in the heats.

If this sounds harsh, all I can tell you is that if I could run a 3:50 mile and 3:32 1500 and most of my competitors were struggling to break 4:00 and 3:40, I would be damned if I would get beat in 3:43. My reaction would be to go out at 3:32 or at least 3:34 pace with the attitude, "Let's see you turkeys kick off that." But then I'm not an honors graduate of a major Eastern university, either.

One thing our current national champion, **Paul McMullen**, has proved is that if you do run a slow pace, you will be looking at his rear end at the finish. He has been somewhat less successful in international competition, where 1:52 for the last 800 is routine.

Beyond McMullen, we have **Jason Pyrah**, who this summer made the break-through that had been predicted for him for years; **Brian Hyde**, who got onto this year's Olympic team through the back door when two higher-finishing runners at the Trials couldn't meet the Olympic qualifier; and **Erik Nedeau**, who had a big indoor season and probably didn't leave enough for the outdoor season.

There are also a whole bunch

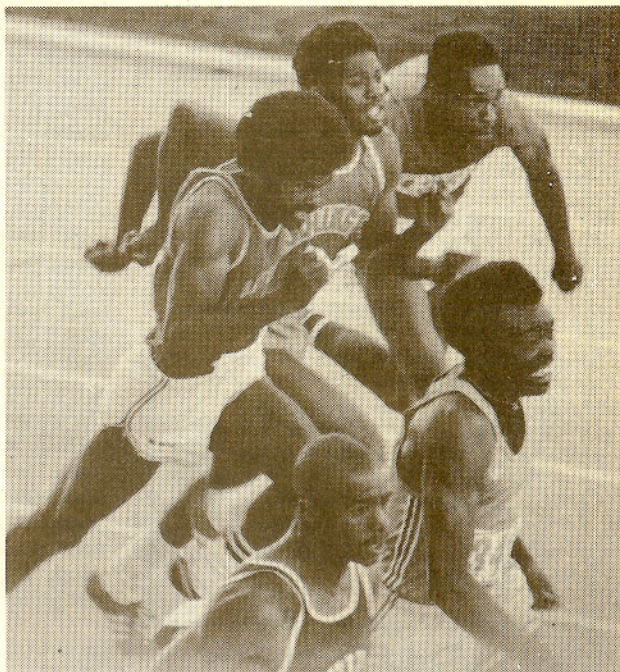
of runners (most of the Trials field, to be precise) with 800 bests in the 1:48/1:49 range who should be considering a move to longer distances in view of the fact that **Nouredine Morceli** runs the 800 in 1:44. Here, the names of **Jim Sorensen** and **Jamey Harris** come readily to mind. Sorensen, in fact, did make the U.S. Olympic team but got left home when he couldn't get down to the qualifying standard. Both have enough cross country/road racing experience to suggest they can handle the extra distance.

Michael Stember, this year's California high school champ, is another who fits into that category although the negative splits he's been running give promise that he might be able to improve substantially on his 1:49.29 800 PR. **Isaac Lassiter**, the Arkansas freshman who beat Stember in this year's junior, has already gotten the message; his coach, **Jim McDonnell**, has announced he'll move to the 5K in 1997.

U.S. Olympic Team Predictions

800	Brandon Rock, Rich Kenah, Michael Granville
1500	Paul McMullen, Erik Nedeau, Jason Pyrah

U.S. OLYMPIC TRIALS... the best, most dramatic track meet in the world! The race is for third down the homestretch in this race, the 110m Hurdles in 1976: 1) Charles Foster 13.44, 2) Willie Davenport 13.52, 3) James Owens 13.57, 4) Dedy Cooper 13.63, 5) Jerry Wilson 13.7. Photo by Dave Stock



A Look Back at Womack's 1996 Predictions

Published September 1992 through May 1993.

MEN

100m	Mike Marsh , Leroy Burrell, Ricky Carrigan
200m	Michael Johnson, Mike Marsh , James Trapp
400m	Quincy Watts, Steve Lewis, Deon Minor
800m	Jose Parrilla , Mark Everett, Milton Hughes
1500m	Steve Holman, Mark Dalley, Terrence Herrington
3000mSC	Mark Croghan, Marc Davis , Danny Lopez
5000m	Bob Kennedy , Dan Troutman, Louie Quintana
10,000m	Todd Williams , Ruben Reina, Bob Kennedy
Marathon	Bob Kempainen , Steve Taylor, Aaron Ramirez
110mH	Tony Dees, Mark Crear , Arthur Blake
400mH	Kevin Young, Danny Harris, McClinton Neal
High Jump	Hollis Conway, Darrin Plab, Tony Barton
Pole Vault	Dean Starkey, Kory Tarpening, Mike Holloway
Long Jump	Joe Greene, Mike Powell , Erick Walder
Triple Jump	Erick Walder, Kenny Harrison , Brian Ellis
Shot Put	Mike Stulce, Randy Barnes, C. J. Hunter
Discus	Anthony Washington , Brian Milne, John Godina
Hammer	Lance Deal, Kevin McMahon , Ken Flax
Javelin	Tom Pukstys , Art Skipper, Ed Kaminski
Decathlon	Dan O'Brien , Aric Long, Brian Brophy

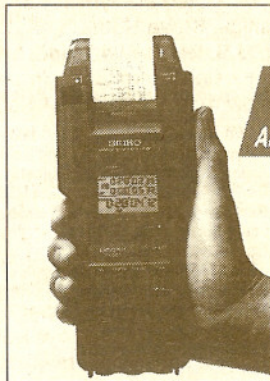
WOMEN

100m	Gail Devers , Carlette Guidry, Marion Jones
200m	Gwen Torrence, Carlette Guidry , Marion Jones
400m	Gwen Torrence, Rochelle Stevens, Maicel Malone
800m	Celeste Halliday, Nikita Beasley, Meredith Rainey
1500	Suzy Hamilton, Pattisue Plumer, Liz Mueller
3000m	Vicki Huber, Pattisue Plumer, Shelly Steely
10,000m	Annette Peters, Lynn Jennings, Anne Marie Letko
Marathon	Cathy O'Brien, Judi St. Hilaire, Sylvia Mosqueda
100mH	LaVonna Martin, Monica Taylor, Dawn Burrell
400mH	Janeene Vickers, Tonia Buford, Kim Batten
High Jump	Tanya Hughes, Amy Acuff , Angie Bradburn
Long Jump	Sharon Couch, Juliana Yendork, Monetta Haynesworth
Triple Jump	Sheila Hudson , Juliana Yendork, Diane Wills-Orange

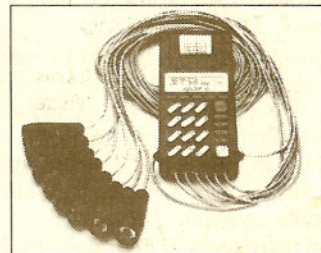
Shot Put	Danyel Mitchell, Dawn Dumble, Eileen Vanisi	Javelin	Paula Berry, Nicole Carroll , Meg Foster
Discus	Alana Preston, Melisa Weis, Pam Dukas	Heptathlon	Jackie Joyner-Kersey , Kym Carter, Cris Hall

~ Correct picks in **bold** type. ~

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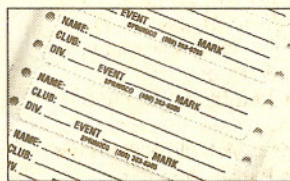
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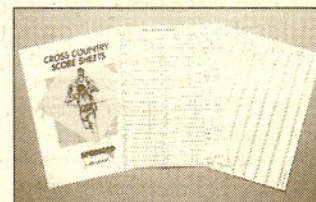
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All-Time California High School Girl's List

By Robert Womack

The following is an update of the All-Time California High School Girl's List including performances reported through August 9, 1996.

As usual, I have a lot of people to thank for help, notably Keith Conning and Ron Blackwood, but also including those who were kind enough to point out errors and omissions in prior lists. There is nobody to blame for errors except the writer who can be reached at 1540 East Shaw, Suite 118, Fresno, CA 93710 or by FAX (209) 225-6951.

The highlight of this year's girl's season was Kim Mortensen's new state record in the 3200. It was the first state class record in the event since 1983 and broke a logjam in which the list has been pretty static. Including Mortensen, only six of the top 25 marks date from the 1990's.

And one more time: The number after the year indicates the number of state championships won in the event. The year is the year of the performance, not necessarily the year of the state titles.

-Bob Womack

100 Meters

State Meet Record: 11.14 Marion Jones, (Thousand Oaks) 1992 @ Cerritos. **Fresh:** 11.24 Angela Williams (Chino) 1995. **Sept:** 11.17 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 11.14 Marion Jones (Thousand Oaks) 1992. **Senior:** 11.28 Marion Jones (Thousand Oaks) 1993.

11.14	Marion Jones (Thous Oaks)-4 at Cerr	1992
11.24	Angela Williams (Chino)	1995
11.28	Angela Burnham (Rio M, Oxn.)-2	1988
11.34	Sharon Ware (Berkeley)-2	1980
11.47	LaKeisha Backus (Wilson, Long Bch)-1	1995
11.48	Inger Miller (Muir, Pasadena)	1990
11.50	Kim Robinson (Westchester, L.A.)	1977
11.50	Andrea Anderson (Poly, Long Beach)	1995
11.51	Gail Devers (Sweetwater, Natli City)-1	1984
11.54	Jernae Wright (Logan, Union City)	1996
11.55	Kelli White (Logan, Union City)	1995
11.56	Jackie Thompson (Lincoln, San Diego)	1973
11.56	Jernae Wright (Logan, Union City)	1995
11.57	Valerie Brisco (Locke, L.A.)	1978
11.58	Brenda Winston (San Gorgo, S.Bern.)	1977
11.58	Heather Sumpter (Muir, Pasadena)-1	1994
11.59	Monica Taylor (Grant, Sacto)	1983
11.60	Aminah Haddad (Poly, Long Beach)	1995
11.61	Sherri Howard (Kennedy, Granada Hills)	1980
11.61	Gervaise McCraw (Ganesh, Pomona)-1	1982
11.61	Carrie Franklin (Muir, Pasadena)	1985
11.61	Leesa Parker (O'Dowd, Oak)	1992

11.62	Inger Peterson (Dorsey, L.A.)	1981
11.63	Lisa Winston (Jordan, Long Beach)-1	1982
11.63	Pam Qualls (Burbank, Sacto)	1984
11.64	Alice Brown (Muir, Pasadena)	1978
11.64	Robin Simmons (Crenshaw, L.A.)	1983
11.64	Tamika Bradford (Compton)	1991
Hand Timing		
11.3	Damesha Craig (St. Francis, MtnView)	1996
11.4	Jackie Thompson (Lincoln, San Diego)	1972
11.4	Elaine Parker (Oceana, Pacifica)	1978

200 Meters

(*220 Yards Minus 0.12)
State Meet Record: 22.71 Marion Jones (Thousand Oaks) 1992 @ Norwalk. **Fresh:** 23.70 Marion Jones (Rio Mesa, Oxnard) 1990. **Sept:** 22.76 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 22.58 Marion Jones (Thousand Oaks) 1992. **Senior:** 23.00 Marion Jones (Thousand Oaks) 1993.

22.58	Marion Jones (Thous.Oaks)-4 @ NewOr	1992
23.08	Jackie Thompson (Linc,S.D.)@ Munich	1973
23.19	Sherri Howard (Kennedy, Gran Hills)-1	1980
23.21	LaKeisha Backus (Wilson, Long Bch)-1	1994
23.23	Aminah Haddad (Poly, Long Beach)	1994
23.25	Denean Howard (Kennedy, Gran Hills)-2	1982
23.27	Gervaise McGraw (Ganesh, Pomona)	1982
23.40	Leslie Maxie (Mills, Millbrae)	1984
23.42*	Gwen Loud (Westchester, L.A.)-1	1979
23.45	Angela Burnham (Rio Mesa, Oxnard)-2	1988
23.47	Malika Edmonson (St.Bern, PlyDRey)-1	1996
23.49	Kelli White (Logan, Union City)	1995
23.49	Angela Williams (Chino)	1996
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-2	1985
23.57	Inger Miller (Muir, Pasadena)	1990
23.59	Cathy Roberts (Cerritos)	1984
23.59	Simone Cain (Hueneme, Port Hueneme)	1988
23.60	Andrea Anderson (LB Poly)	1993
23.60	Kinshasa Davis (LgBch Wilson)	1996
23.62	Sharon Ware (Berkeley)	1980
23.62	Latasha Gilliam (Pittsburg)	1994
23.69	Tamika Bradford (Compton)	1991
23.72	Frieda Cobbs (Berkeley)	1978
23.75	Kelia Bolton (Hill, San Jose)-1	1978
Hand Timing		
23.0	Andrea Anderson (LB Poly)	1993
23.2	Mable Ferguson (Ganesh, Pomona)	1973
23.2	Chewuakii Knighten (Locke, L.A.)	1985
23.4	Kathy Hammond (Mira Loma, Sacto)	1969
23.5	Brenda Winston (San Gorgonio,S.Bern.)	1977

400 Meters

(*440 Yards Minus 0.26)
State Meet Record: 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento, 1982. **Fresh:** 53.40 Angela Williams (Chino) 1995. **Sept:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sherri Howard (San Gorgonio, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Kenn)-2 @ Knoxville	1982
51.09	Sherri Howard (San Gorgonio)-1	1979
51.91	Mable Ferguson (Ganesh, Pomona)	1972
52.17	Chewuakii Knighten (Locke, L.A.)-2	1985
52.25	Janeene Vickers (Pomona)	1986
52.67	Kinshasa Davis (Lg Bch Wilson) -1	1996

52.83	Leslie Maxie (Mills, Millbrae)-1	1984
52.91	Marion Jones (Rio Mesa, Oxnard)	1991
52.95	Malika Edmonson (St.Bern, PlyDRey)	1996
53.10	Linetta Wilson (Muir, Pasadena)	1985
53.12	Frieda Cobbs (Berkeley)	1978
53.13*	Charlette Cooke (St. Mary's, L.A.)	1966
53.20	Paulette Blalock (Compton)	1984
53.27	Carla Estes (Logan, Union City)	1995
53.34	Jeannie Arnold (Locke, L.A.)	1982
53.40	Angela Williams (Chino) -1	1995
53.42	Arlise Emerson (Westminster)-1	1978
53.42	Gervaise McCraw (Ganesh, Pomona)	1982
53.46	Marian Franklin (Balboa, S.Franisco)	1979
53.47	Gwen Gardner (Crenshaw, L.A.)	1978
53.49	Princess Bennett (Compton)-1	1986
53.51	Faye Paige (Poly, Long Beach)	1980
53.55	Angela Rolfe (Dorsey, L.A.)-2	1987
53.64	Jodi Smith (Locke, LA)	1996
53.70	Valerie Brisco (Locke, L.A.)-1	1978

Hand Timing:		
(*440 Yards Minus 0.3)		
51.8*	Kathy Hammond (Mira Loma, Sacto)	1969
53.4*	Janice Wiser (LaJolla)	1973



Cory Schubert
Photo by Dave Stock

800 Meters

(*880 Yards Minus 0.7)
State Meet Record: 2:06.08 Donna Curtis (Culver City) @ Norwalk, 1981. **Fresh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Sept:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6* Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8* Charlette Cooke (St. Mary's, L.A.) 1966.

continued next page.

All-Time Girls

2:02.29	Mary Decker (Orange) @ Durham	1974
2:03.8*	Charlette Cooke (St. Mary's, L.A.)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Beach)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.43	Linda Goen (North, Bakersfield)	1977
2:05.61	Nicole Teter (West Vly, Cottonwood)-1	1991
2:05.7	Rennie Durrand (Laguna Beach)-1	1980
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnysvale)	1970
2:05.9	Lynn Hollins (Riverside)	1976
2:06.01	Donna Curtis (Culver City)-1	1981
2:06.07	Trescia Palmer (Westchester, L.A.)	1982
2:06.13	Kim Toney (Atascadero) -2	1990
2:06.47	Regina Jacobs (Argyll, NoHollywood)	1980
2:07.25	Becky Spies (Livermore)	1991
2:07.3	Marie Mulder (Sacramento)	1965
2:07.6*	Cis Schafer (Washington, Fremont)	1970
2:07.8	Arlice Emerson (Westminster)	1978
2:07.9*	Kathy Costello (Pleasant Hill, San Jose)-2	1975
2:08.00	Lesley Noll (Mt. Carmel, San Diego)	1985
2:08.18	Michelle Taylor (Ganesha, Pomona)	1982
2:08.4	Kristin Dowell (St Teresa, San Jose)-1	1984
2:08.42	Laura Chapel (Univer City, San Jose)-1	1986
2:08.5*	Paula Rose (Newport Harbor)	1975

1500 Meters

(+Enroute to Longer Distance)

Frost: 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soptr:** 4:27.9 Julia Stamps (Santa Rosa) 1995. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnysvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Frem, Snyv)@Stuttgart	1969
4:16.8+	Polly Plumer (Univ, Irvine) @ Westwd	1982

4:25.0	Regina Jacobs (Argyll, N Hollywood)	1981
4:25.10	Julia Stamps (Rincon Vly Jr., S. Rosa)	1994
4:25.16	Becky Spies (Livermore)	1991
4:25.2	Gladys Prieur (La Lycee Francais, L.A.)	1983
4:25.4	Michelle Bush (Rolling Hills)	1979
4:25.4	Kristen Dowell (Steresa, San Jose)	1985
4:25.6	Tracy Weber (Lynbrook, San Jose)	1981
4:25.66	Mary Decker (Portola Jr., Orange)	1973
4:25.7+	Paula Bresnan (Kennedy, GranHills)	1983
4:26.0+	Laurie Chapman (Gund, San Jose)	1986
4:26.8+	Julie Seleine (University, Irvine)	1983
4:27.7	Roxanne Bier (Independence, San Jose)	1979
4:27.8+	Tina Allen (Santana, Santee)	1982
4:27.8+	Jessica Spies (Livermore)	1982

1600 Meters

(* Mile Minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) @ Sacramento 1982. **Frost:** 4:40.2* Mary Decker (Portola Jr., Orange) 1973. **Soptr:** 4:45.30 Julia Stamps (Santa Rosa) 1995. **Junior:** 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44* Polly Plumer (University, Irvine) 1982.

4:33.44*	Polly Plumer (Univ, Irvine)-3 @Westwd	1982
4:38.9*	Eileen Claugus (Rio Americano, Sacto)	1973
4:40.0*	Vickie Cook (Alemany, Mission Hills)	1981
4:40.2*	Mary Decker (Portola Jr., Orange)	1973
4:42.77	Darcy Arreola (Grossm, La Mesa)-1	1986
4:43.15*	Cheri Williams (Livermore)-1	1978
4:43.72	Annie Ebner (St. Lucy's, W.Covina) -1	1996
4:43.90	Paula Bresnan (Kennedy, Gran Hills)	1983
4:44.47	Denise Ball (Newbury Park)	1982
4:44.6*	Linda Goen (North, Bakersfield)-2	1979
4:44.76	Tracy Weber (Lynbrook, San Jose)	1981

4:45.6*	Sandy Langan (El Camino, Sacto)	1971
4:45.7*	Debbie Heald (Neff, La Mirada)	1970
4:45.98	Kira Jorgensen (Vista)-2	1987
4:46.0*	Allison Ehlen (Santa Barbara)	1981
4:46.59	Robbyn Bryant (Hesperia)	1987

3000 Meters

(+ Enroute to Longer Distance)

Frost: 9:28.50 Julia Stamps (Rincon Valley Jr., Santa Rosa) 1994. **Soptr:** 9:21.99 Julia Stamps (Santa Rosa) 1995. **Junior:** 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

9:11.80	Cory Schubert (Del Mar, SJose)@ Indy	1983
9:14.5+	Kim Mortensen (Thousand Oaks)	1996
9:11.99	Julia Stamps (Santa Rosa)	1995
9:22.3	Vickie Cook (Alemany, Mission Hills)	1981
9:30.3	Polly Plumer (University, Irvine)	1982
9:30.8	Eileen Claugus (Rio Americano, Sacto)	1973
9:33.3+	Laurie Chapman (Gund, San Jose)	1986
9:33.9	Roxanne Bier (Independence, San Jose)	1978
9:35.33	Tania Fischer (Cham, Canoga Park)	1982
9:35.5+	Kirsten O'Hara (Palos Verdes)	1984
9:35.5	Rebecca Chamberlain (Leigh, SJose)	1986
9:36.6	Kira Jorgensen (Vista)	1987
9:37.7	Su-Mei Lee (Eisenhower, Rialto)	1979
9:38.2	Katie Dunsmuir (Palisades)	1982
9:38.5+	Denise Ball (Newbury Park)	1982
9:40.1+	Courtney Pugmire (Esperan, Anaheim)	1995
9:40.8+	Amy Skieresz (Agoura)	1995
9:41.2	Gladees Prieur (La Lycee Franc, L.A.)	1983
9:41.6	Deena Drossin (Agoura)	1991
9:42.0	Tena Anex (Del Campo, Carmichael)	1972
9:42.0+	Karen Hecox (South Hills, Covina)	1988
9:42.2+	Lori Lopez (Sacred Heart, L.A.)	1981



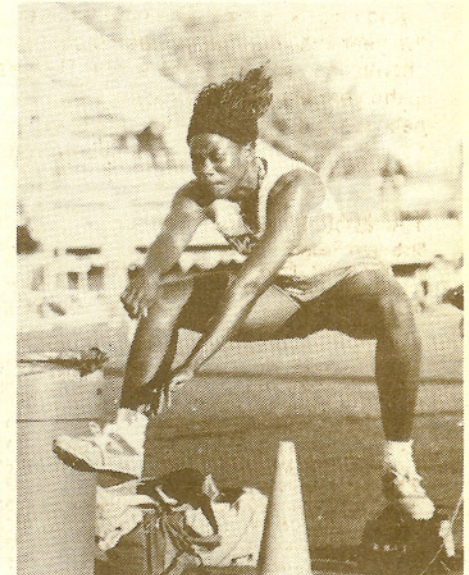
Leslie Maxie

Fine Flicks by Don Gosney



Kim Mortensen

Photo by Bill Leung, Jr./Geek Media



Juliana Yendork

Photo by Bill Leung, Jr./Geek Media

4:20.9	Cheri Williams (Livermore)	1978
4:21.0+	Vickie Cook (Alemany, Mission Hills)	1981
4:21.5	Eileen Claugus (Rio Americano, Sacto)	1972
4:23.0	Linda Goen (North, Bakersfield)	1979
4:23.9+	Darcy Arreola (Grossmont, La Mesa)	1986
4:24.17	Kathi Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:24.6	Paula Rose (Newport Harbor)	1976

4:44.9	Kim Mortensen (Thousand Oaks)	1996
4:44.93	Cory Schubert (Del Mar, San Jose)-1	1983
4:45.00	Julie Seleine (University, Irvine)	1983
4:45.11	Becky Spies (Livermore)-1	1991
4:45.13	Laurie Chapman (Gund, San Jose)	1986
4:45.2*	Jessica Spies (Livermore)	1982
4:45.32	Julia Stamps (Santa Rosa)	1995
4:45.35	Elissa Riedy (Miss SJose, Fremont)-1	1995
4:45.46	Tina Allen (Santana, Santee)	1982

9:42.3+	Rayna Cervantes (Montebello)	1988
9:43.33	Vicky Bray (Los Altos)	1977
9:43.50	Annie Ebner (St. Lucy's, W.Covina)	1996

3200 Meters

(* 2 Miles Minus 3.6)

State Meet Record: 9:52.80 Kim Mortensen (Thousand Oaks) 1996 @ Norwalk. **Frost:** 10:17.1* Vickie Cook

All-Time Girls

(Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:48.59 Kim Mortensen (Thousand Oaks) 1996.

9:48.59	Kim Mortensen (ThOaks)-1 @ Norw	1996
10:04.2	Cory Schubert (D M SJose)-1 @Berk.	1983
10:06.2*	Cheri Williams (Livermore)-1	1978
10:11.62	Kirstin O'Hara (Palos Verdes)-1	1984
10:11.78	Vickie Cook (Alemany, Mission Hills)-3	1982
10:12.86	Laurie Chapman (Gund San Jose)-1	1986
10:14.48	Courtney Pugmire (Esperan, Anaheim)	1995
10:15.27	Julia Stamps (Santa Rosa) -2	1995
10:15.8*	Eileen Claugus (Rio Amer, Sacto)	1973
10:15.99	Denise Ball (Newbury Park)	1982
10:16.14	Karen Hecox (South Hills, Covina)-1	1988
10:16.38*	Cindy Schmandt (Santa Barbara)	1979
10:16.42	Amy Skieresz (Agoura)	1995
10:18.04*	Su-Mei Lee (Eisenhower, Rialto)	1979
10:18.80	Rayna Cervantes (Montebello)	1988
10:19.10	Tania Fischer (Cham Canoga Pk)	1983
10:19.63	Deena Drossin (Agoura)-2	1991
10:19.94*	Susie Meek (Palos Verdes)	1978
10:21.19	Lori Lopez (Sacred Heart, L.A.)	1981
10:23.04	Mary Mendoza (Present, San Jose)-1	1987
10:23.4*	Gladees Prieur (La Lycee Franc L.A.)	1983
10:23.85	Rebecca Chamberlain (Leigh, SJ)-1	1985
10:24.23	Kira Jorgensen (Vista)	1987
10:24.61	Milena Glusac (Fallbrook)	1991
10:24.70	Tracey Williams (Mt. View, El Monte)	1986

100 Meter Hurdles--33"

State Meet Record: 13.45 Joanna Hayes (North, Riverside) 1995 @ Norwalk. **Fresh:** 13.86 Davetta Shepard (Kennedy, Richmond) 1994. **Soph:** 14.07 Davetta Shepard (Kennedy, Richmond) 1995. **Junior:** Nicole Hoxie (North, Riverside) 1996. **Senior:** 13.38 Joanna Hayes (North, Riverside) 1995.

13.38	Joanna Hayes (North,Riv.)@Raleigh,NC	1995
13.79	Nicole Hoxie (North, Riverside) -1	1996
13.83	Bisa Grant (O'Dowd, Okind/Knoxville) -1	1994
13.86	Davetta Shepard (Kennedy, Richmnd)-1	1994
13.87	Effie Daetz (Indep., SJose) @ Tucson	1987
13.92	Felice Lipscomb (Santa Monica)	1990
13.95	Wendy Brown (Woodside)	1984
14.06	Yayanna Grant (O'Dowd, Oakland)	1996
14.07	Adrian Hunter (Dorsey, LA)	1981
14.08	Ashley Bethel (Mission Viejo)	1996
14.09	Alysia Sweeney (Tamal, Mill Vly)	1979
14.10	Rory Kelly (Morningside, Inglewood)	1996
14.11	La Shawn McBride (LB Poly)	1987
14.11	Kam Warner (West, Bkfld)	1992
14.15	Kwani Stewart (Yuba City)	1990
14.17	Tisha Ponder (Del Mar, San Jose)	1996
14.21	Michelle Hawthorne (El Cerrito)	1978
14.23	Jennifer Odom (Indep, San Jose)	1994
14.24	Laurie Smith (Valley, Sacto)	1987
14.24	Lisa O'Reilly (St. Mary's, Stockton)	1996
14.25	Chewakii Knighten (Locke, LA)	1984
14.25	Janae Mitchell (El Cerrito)	1995
14.28	Kim Costello (El Camino, SoSanFran)	1978
14.28	Leslie Maxie (Mills, Millbrae)	1983
14.30	Kris Costello (Lynbrook, SJ)	1978
14.30	Judy Young (Berkeley)	1979
14.30	Sherifa Sanders (Berkeley)	1980
14.32	Gail Devers (Sweetwater, NatlCity)	1984

Hand-Timing --33"

13.5	Lorna Tinney (Oceanside)	1972
13.6	Bobbette Krug (La Jolla)	1972

300 Meter Hurdles

State Meet Record: 40.26 Janeene Vickers (Pomona) @ Sacramento 1987. **Fresh:** 42.54 Twila Sims (Lompoc) 1989. **Soph:** 41.76 Twila Sims (Lompoc) 1990. **Junior:** 40.18 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 40.26 Janeene Vickers (Pomona) 1987.

40.18	Leslie Maxie (Mills, Millbr)-2 @ Berk	1984
40.26	Janeene Vickers (Pomona)-2	1987

40.89	Joanna Hayes (North, Riverside) -1	1995
41.09	Gayle Kellon (Walnut)-2	1982
41.44	Michelle Taylor (Ganessa, Pomona)	1984
41.54	Linetta Wilson (Muir, Pasadena)	1985
41.69	Felicia Lipscomb (Santa Monica) -1	1990
41.71	Tisha Ponder (Del Mar, San Jose) -1	1996
41.76	Twila Sims (Lompoc) -1	1990
41.78	Ronda Brooks (Oakland)	1985
41.78	Nicole Hoxie (North, Riverside)	1996
41.86	Effie Daetz (Leigh, San Jose)	1987
41.89	Naeemah Wilney (Poly, Long Beach)	1995
41.94	Laurie Smith (Valley, Sacramento)	1987
42.16	Michelle DeCoux (O'Dowd, Oakland)-1	1988
42.25	Audrey Williams (Saugus)-1	1981
42.26	Gail Devers (Sweetwater, National City)	1983
42.33	Angela Harris (Skyline, Oakland)-2	1994
42.36	Lana Cantrell (Muir, Pasadena)	1985
42.37	Sherifa Sanders (Berkeley)	1981
42.50	Janice Farwell (Millikan, Long Beach)	1984
42.55	Sharon Hatfield (Fountain Valley)	1982
42.55	Melissa King (Fremont, L.A.)	1984
42.60	Keri Sanchez (Santa Teresa, SJ)	1989
42.62	Felicia Thompson (Jordan, Long Beach)	1982

Hand Timing:

42.2	Hannah Cooper (Hawthorne)	1996
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High Jump

State Meet Record: 6-0 Latrese Johnson (Clovis) @ Sacramento 1985. **Fresh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980 & Kristy Kierulff (Esperanza, Anaheim) 1992. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 3/4 Latrese Johnson (Clovis) 1985.

6-2 3/4	Latrese Johnson (Clovis)-1 @ Sanger	1985
6-2 1/4	Wendy Brown (Woodside)-1	1984
6-2 1/4	Julieann Broughten (Woodland)	1989
6-1	Sue McNeal (Carlsbad)-1	1979
6-1	Tonya Mendonca (Mt. Whit, Visalia)-1	1983
6-0	Karen Lysaght (St. Francis, Sacto)-1	1980
6-0	Yleana Carrasco (Anaheim)-1	1985
6-0	Celia Willis (Clovis West)	1988
6-0	Crissy Mills (Campbell Hall, L.A.)-2	1989
6-0	Tara Fleming (Immanuel, Reedley) -1	1995
5-11 1/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Katrena Johnson (Marshall, Pa)-2	1981
5-11	Danielle Boswell (Bullard, Fresno)	1992
5-11	Maggie Van Zealand (Acalanes)	1981
5-11	Tanya Smith (Rancho Cordova)-1	1991
5-11	Ursula Lovely (Kennedy, LaPalma)	1985
5-11	Chi Johnson (Menlo-Atherton)	1985
5/10 3/4	Lori Svoboda (El Dorado, Placentia)	1989
5-10 3/4	Kristy Kierulff (Esperanza, Anaheim)-2	1994
5-10 1/2	Denise Yamada (Dos Pueblos, Goleta)	1983
5-10 1/2	Lori Mertes (Chatsworth)	1989
5-10 1/4	Cindy Gilbert (Oceanside)	1974
5-10 1/4	Kari Gosswiller (Upland)-2	1978
5-10 1/4	Nancy Redican (Simi Valley)	1978

Pole Vault

State Meet Record: 12-6 Melissa Price (Kingsburg) 1995 @ Cerritos. **Fresh:** 11-8 Bridget Pearson (Hoover, Glendale) 1996. **Soph:** 11-6 1/2 Brooke Lankard (Golden West, Visalia) 1996. **Junior:** 11-6 1/4 Melissa Price (Kingsburg) 1994. **Senior:** 13-1 3/4 Melissa Price (Kingsburg) 1995.

13-1 3/4	Melissa Price (Kingsburg) -2 @ Walnut	1995
12-1 1/2	Alexa Harz (Peninsula, Roll Hills Est) -1	1996
12-0 3/4	Erica Hoernig (Foothill, Santa Ana)	1996
11-8	Bridget Pearson (Hoover, Glendale)	1996
11-6 1/2	Brooke Lankard (Golden West, Visalia)	1996
11-4	Alison Knode (Kingsburg)	1996
11-4	Katie Rorem (Marina, Huntington Bch)	1996
11-3 3/4	Vanessa Brunton (Temes Cyn, Lk Elsin)	1995
11-0	Kristi Draher (Mira Costa, San Diego)	1995
11-0	Krista Epperly (Nev Un, Grass Vly)	1996
11-0	Hannah Johnson (Atascadero)	1996
11-0	Maria Lopez (Memorial, Newark)	1996

11-0	Denise Warner (Ponderosa, Shgle Spr)	1996
10-10	Stephanie Heup (Marina, Hunt Bch)	1996
10-10	Bridgette Pearson (Toll Jr., Burbank)	1995
10-8	Amanda Bauer (Miss SJose, Fremont)	1995
10-8	Kylene Nixon (Poway)	1996
10-8	Kyla Pavlina (Kingsburg)	1996
10-6 1/2	Shannon Flett (Acalanes, Lafayette)	1996
10-6	Jocelyn Chase (Beverly Hills)	1994
10-6	Paula Serrano (San Marcos)	1995
10-6	Marylou Badillo (Mt. Pleasant, SJ)	1996
10-6	Laura Eckley (West Valley, Cottonwood)	1996
10-6	Kim Trout (Escondido)	1996
10-6	Kim Wyatt (North, Torrance)	1996

Long Jump

State Meet Record: 22-0 1/2 Marion Jones (Thousand Oaks) 1993 @ Cerritos. **Fresh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-9 Juliana Yendork (Walnut) 1989. **Junior:** 21-3 1/4 Juliana Yendork (Walnut) 1990. **Senior:** 22-0 1/2 Marion Jones (Thousand Oaks) 1993.

22-0 1/2	Marion Jones (Thous.Oaks)-1 @ Cerr	1993
21-3 1/4	Juliana Yendork (Walnut)-3	1990
20-11 1/4	Madette Smith (Quartz Hill)-1	1986
20-9 3/4	Wendy Brown (Woodside)-2	1984
20-9 3/4	Jernae Wright (Logan, Union City) -2	1995
20-9 3/4	Pam Simpson (Poly, Long Beach)	1995
20-8 3/4	Kim Attlessey (Corona Del Mar)	1971
20-8 3/4	Martelle Harmon (Thousand Oaks)-1	1980
20-8 1/2	Jodi Anderson (Washington, L.A.)-3	1975
20-7	Dora Lee Roberts (Riverdale)	1971
20-7	Gail Devers (Sweet, Natil City)-1	1984
20-7	Annette Coleman (Carlmont, Belmont)	1989
20-6 1/4	Kam Warner (West, Bkfld)-1	1992
20-5	Gwen Loud (Westchester, L.A.)-1	1979
20-5	Amy Littlepage (Mt. Miguel, Spr Vly)	1993
20-4 1/2	Carrie McLaughlin (Davis, Modesto)	1979
20-3 1/2	Joanna Harper (Fremont, L.A.)	1980
20-2 1/2	Denise Paschal (Lowell, San Fran)	1966
20-1 1/4	LaShawn Simmons (El Monte)	1987
20-0 3/4	Tisha Ponder (Del Mar, San Jose)	1996
20-0	Tammy Bryant (Ventura)	1983
19-11 1/2	Sabrina Williams (Vly Christ, Cerril)	1981
19-11 1/4	Serina Strang (Indio)	1987
19-10 1/2	Melanie Markham (Dorsey, L.A.)	1980
19-10	Yvette Roberts (Washi, Easton)-1	1985

Triple Jump:

State Meet Record: 44-0 1/2 Juliana Yendork (Walnut) @ Cerritos 1991. **Fresh:** 39-9 1/2 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 42-6 3/4 Juliana Yendork (Walnut) 1989. **Junior:** 42-6 3/4 Juliana Yendork (Walnut) 1990. **Senior:** 44-0 1/2 Juliana Yendork (Walnut) 1991.

44-0 1/2	Juliana Yendork (Walnut)-3 @Cerril	1991
42-10 1/2	Wendy Brown (Woodside) -3	1984
42-5 1/2	Yvette Bates (Berkeley)	1984
41-8 1/4	Jackie Anderson (Mt. Miguel, Spr Vly)	1987
40-11 3/4	Kayla Montgomery (Clovis West)-1	1992
40-11 3/4	Kelly O'Connor (Esperan, Anaheim) -2	1996
40-11	Sheila Hudson (Rio Linda)-1	1985
40-11	Latasha Burnett (Lynwood)	1992
40-9 3/4	Althea Moses (Morningside, Inglewd)-1	1988
40-8 3/4	La Frenia West (Grossmt, La Mesa)	1988
40-6 3/4	Rochelle Johnson (Henry, San Diego)	1989
40-6 1/4	Tamika Porter (Orange Gl, SDiego)	1993
40-6	Ebony Henderson (Bakersfield)	1993
40-4 3/4	Tisha Ponder (Del Mar, San Jose)	1996
40-4	Amy Littlepage (Mt. Mig, Spr Vly)	1993
40-2 3/4	Renita Robinson (Manual Arts, L.A.)	1983
40-2	Felicia Harris (San Lorenzo)-1	1986
40-1 1/2	Keri Sanchez (Santa Teresa, SJ)	1989
40-1 1/4	Cheaza Figueroa (Quartz Hill)-1	1993
39-11 1/2	Lisa Fager (Mission Viejo)	1989
39-11	Krystal Kirkland (Hesperia)	1989
39-10	Rosanda Glenn (West Covina)	1989
39-9 1/2	Janis Diggs (Salinas)	1984
39-9 1/2	Vanetta Kinard (El Cam Real, WoodHls)	1993
39-8 1/4	Debbie Orr (Ocean View, Hunti Bch)	1986

continued next page.

All-Time Girls

Shot Put

(4 Kg.)
State Meet Record: 52-11 1/2 Kristen Heaston (Ygnacio Valley, Concord) 1993 @ Cerritos. **Fresh:** 48-4 1/2 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/4 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaaiawahia (Fullerton) 1983.

53-7 3/4	Natalie Kaaiawahia (Full)-4@ Norwk	1983
52-11 1/2	Kristen Heaston (Ygnacio Vly)-2	1993
50-11 3/4	Dawn Dumble (Bakersfield) -2	1990
50-3 1/2	Lynn Graham (Muir, Pasadena)	1985
50-0 1/2	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Miss Bay, San Di)-2	1974
49-2	Melisa Weis (Bakersfield) -1	1990
49-2	Delores Tuimolou (Chan Isl, Oxrd)-1	1994
48-11 3/4	Susie Ray (Villa Park)-1	1980
48-1 3/4	Rebecca Morrison (Presentation, SJ) -1	1995
47-11 1/2	Iva Wright (Edison, Fresno)	1971
47-9 3/4	Debra Corley (Garces, Bakersfield)	1981
47-7	Darlene Tulua (Carmel)	1996
47-6 1/2	Christine Etuale (Jefferson, Daly City)	1995
47-5 1/4	Gina Heads (Newport Harbor)	1994
47-4 1/2	Brandi Gail (Rowland, Hac Hts.)-1	1986
46-11 1/4	Elaina Oden (Irvine)-1	1985
46-9	Dot Jones (Hilmar)	1982
46-9	Latoria Floyd (Oak Grove)	1984
46-9	Heidi Adams (Mission Viejo)	1985
46-8 1/2	Pam Alexander (Arlington)-1	1983
46-1 1/2	Rosario Ramos (Anaheim)	1979
46-0 1/2	Lorraine Costanzo (Saugus)	1981
46-0 1/2	Chaniqua Ross (Laguna Crk, Elk Grove)	1996
45-11 1/2	Crystal Brownlee (Westlake)	1993

Discus

State Meet Record: 176-7 Suzy Powell (Downey, Modesto) 1993 @ Cerritos. **Fresh:** 162-11 Suzy Powell (Downey, Modesto) 1991. **Soph:** 169-8 Suzy Powell (Downey, Modesto) 1992. **Junior:** 180-8 Suzy Powell (Downey, Modesto) 1993. **Senior:** 189-7 Suzy Powell (Downey, Modesto) 1994.

189-7	Suzy Powell (Down, Mod)-3 @Modesto	1994
183-11	Leslie Deniz (Gridley)-2	1980
176-2	Melisa Weis (Bakersfield) -3	1990
174-9	Natalie Kaaiawahia (Fullerton)-2	1983
171-2	Dawn Dumble (Bakersfield)-1	1990
167-8	Candy Roberts (Don Lugo, Chino)	1989
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Fremont)	1981
165-10	Kristen Heaston (Ygnacio Vly)	1993
165-10	Darlene Tulua (Carmel)	1996
164-10	Karen Nickerson (Cord, Rancho Cord)	1982
162-11	Kim Kesler (Vintage, Napa)	1983
162-2	Lil Ili (Nogales, La Puente)-1	1985
162-0	Lori Parker (Ramona)	1986
161-10	Linda Langford (Leigh, San Jose)	1989
161-9	Nadia Lopez (Arroyo Grande) -1	1995
160-11	Celeste McVey (Redlands)-1	1991
160-6	Alison Franke (Canyon, Anaheim)	1989
159-8	Chaniqua Ross (Laguna Crk, Elk Gr) -1	1996
159-1	Stacey Hom (Cord, Rancho Cord)-1	1984
158-7	Toni Lutjens (Righetti, Santa Maria)	1983
158-4	Christi Pyle (Hoover, Glendale)-1	1981
157-9	Tracy Crawford (Southwest, San Di)-1	1986
157-6	Rashawnda Holmes (Tennyson, Hayw)	1994
157-6	Lacy Barnes (Burroughs, Ridgecrest)	1983

400 Meter Relay

(* 440 Yards Minus 0.23)
State Meet Record: 45.13 Berkeley (King, Ware, Johnson, Rodgers) @ Norwalk 1981. **Hand:** 45.1 Poly, Long Beach (Snowe, Haddad, Simpson, Anderson) 1995 @ Norwalk.

45.11	Hawthorne -1 (Wheeler, Grant, Amy, Stiles)	1985
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45.13	Berkeley -1 (King, Ware, Jackson, Rodgers)	1981	3:40.95	Logan (Union City)	1996
45.20	Poly (Long Beach) -1 (Snowe, Haddad, Simpson, Anderson)	1995	3:41.21	Hawthorne (Allen, Stiles, Amy, Oates)	1985
45.20	Logan (Union City) -1 (Smith, Estes, Wright, Neal)	1996	3:41.33	Berkeley (Rice, King, Johnson, Rodgers)	1981
45.23	Muir (Pasadena)	1985	3:41.72	Dorsey (Los Angeles)-1 (Willis, Peterson, Rolfe, Dawkins)	1982
45.42	Dorsey (Los Angeles) -1 (Stewart, Peterson, Rolfe, Dawkins)	1982	3:41.90	Skyline (Oakland) -1 (Wallace, Crockett, Goodwin, Harris)	1994
45.53	Wilson (Long Beach)	1996	3:42.31	Compton-1	1986
45.54	Hawthorne -1 (Thomas, Wheeler, Amy, Stiles)	1986	3:42.58	Poly (Long Beach) (Washington, Simpson, Haddad, Anderson)	1994
45.59	Poly (Long Beach) -1	1993	3:42.75	Poly (Long Beach)-1	1993
45.62	St. Bernard's (Playa Del Rey)	1996	3:42.79	Manual Arts (Los Angeles) (Holland, Jackson, White, Wright)	1980
45.63	Morningside (Inglewood)	1996	3:43.07	San Geronio (San Bernardino)-1 (Howard, Howard, Howard, Howard)	1979
45.68	Wilson (Long Beach)	1995	3:43.0	Skyline (Oakland)	1993
45.81	Kennedy (Granada Hills) -1 (Howard, Thompson, Howard, Howard)	1980	3:43.15	Hawthorne (White, Thomas, Stiles, Amy)	1986
45.83	Morningside (Inglewood) -1 (Williams, Nickson, Gibson, Arnold)	1992	3:43.26	Ganesha (Pomona) (Savage, Robinson, Raylor, McCraw)	1982
45.83	Poly (Long Beach)	1992	3:43.35	Millikan (Long Beach) (Stiles, Zaleski, Hall, Farwell)	1984
45.88	Poly (Long Beach)	1992	3:43.5	Manual Arts (Los Angeles) (Bonty, Munns, Wright, Lowe)	1982
45.90	Morningside (Inglewood) -1 (Nickson, Stringer, Gibson, Arnold)	1991	3:43.61	Poly (Long Beach)	1996
45.90	Poly (Long Beach)	1994	3:43.71	Morningside (Inglewood) (Thomas, White, Daniels, Williams)	1994
45.90	(Green, Haddad, Simpson, Anderson)	1995	3:44.16	Morningside, Inglewood -1	1990
45.90	Logan (Union City)	1977	3:44.66	Hawthorne (Allen, Price, Amy, Willis)	1984
46.91*	Crawford (San Diego) -1 (Young, Gaston, Reed, Lovelady)	1984			
46.01*	Hawthorne -1 (Allen, Price, Burrell, Grant)	1979			
46.05	Berkeley	1993			
46.06	Skyline (Oakland)	1980			
46.07	Poly (Long Beach) (Evans, Smith, Randolph, Paige)	1990			
46.07	Muir (Pasadena)	1995			
46.14	Muir (Pasadena)	1981			
46.15	Dorsey (Los Angeles)	1983			
46.15	Hawthorne -1 (Burrell, Grant, Allen, Hill)	1994			
46.15	Wilson (Long Beach) -1 (Nelson, Backus, Harris, Davis)	1980			
	Hand-Timing:				
45.7	Berkeley (Rodgers, Ware, King, Young)	1980			
	1600 Meter Relay				
	(* Mile Minus 1.1)				
	State Meet Record: 3:37.71 Kennedy (Granada Hills) (Howard, Cook, Johnson, Howard) @ Norwalk 1981.				
3:37.38	Wilson (Long Beach) -1 @ Raleigh, NC (Calloway, Borders, Smith, Davis)	1996			
3:37.69	Muir (Pasadena)-1 @ Walnut (Cantrell, Caddell, Franklin, Wilson)	1985			
3:37.71	Kennedy (Granada Hills)-1 (Howard, Cook, Johnson, Howard)	1981			
3:37.98	Kennedy (Granada Hills)-1 (Howard, Cook, Howard, Howard)	1980			
3:38.65	Locke (Los Angeles)-1 (Giddens, Culliver, Sims, Knighten)	1984			
3:39.07	Manual Arts (Los Angeles) (Holland, Wright, Jackson, Bonty)	1981			
3:39.53	Poly (Long Beach) -1 (Williams, Simpson, Haddad, Anderson)	1995			
3:39.83	Poly (Long Beach) (Rambo, Randolph, Smith, Paige)	1980			
3:40.06	Skyline (Oakland)	1995			
3:40.59	Compton (Bennett, Watson, Hull, Blalock)	1984			

Miscellaneous Records:

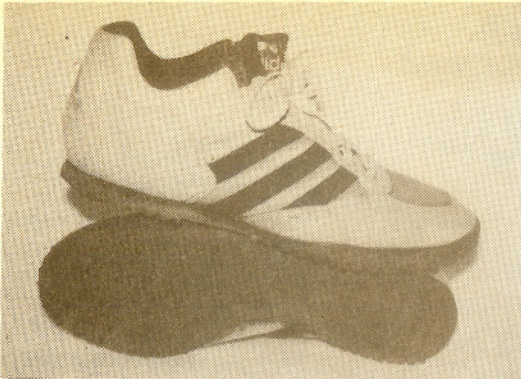
5000 Meters:		
16:31.2	Julia Stamps (Santa Rosa)	1995
10,000 Meters:		
34:54.8	Roxanne Bier (Independence, SJ)	1978
Marathon:		
2:43.00	Heike Skaden (Encina, Sacramento)	1980
100 H (30"):		
13.33	Janeene Vickers (Pomona)	1987
400 H:		
55.20	Leslie Maxie (Mills, Millbrae)	1984
4x200:		
1:36.77	Poly (Long Beach)	1994
4x800:		
9:07.77	Poly (Long Beach)	1995
4x1500:		
18:52.5	University (Irvine)	1982
4x1600:		
20:29.15	Agura (Hayward, Nekota, Camp, Skieresz)	1992
4xMile:		
20:49.8	Miramonte (Orinda)	1981
800 Medley R:		
1:42.00	Hawthorne (Thomas, Wheeler, Amey, Adams)	1987
Sprint Medley:		
4:04.70	Hawthorne (Kennerson, Adams, Johnson, Marvin)	1989
Distance Medley:		
11:43.53	University (Irvine)	1982
Hammer:		
125-9	Rebecca Morrison (Presentation, SJ)	1995
Javelin:		
196-1	Cathy Sulinski (EICamino,SSF)	1976
Heptathlon:		
5237	Sharon Hatfield (Fountain Valley)	1982



All-Time Boys Ranking
 . . . in an upcoming issue.

SHOES :

Cross Country Racing Flats



adidas Cross

adidas Cross

Suggested retail price: \$45

Spikeless distance shoe. Synthetic suede/nylon upper with full length molded EVA and rubber spikeless nibs and ridges similar to a 7 spike configuration. Monotounge provides supportive fit, good traction on all surfaces. Very flexible.
Color: White/Blue **Sizes: 5-12, 13**



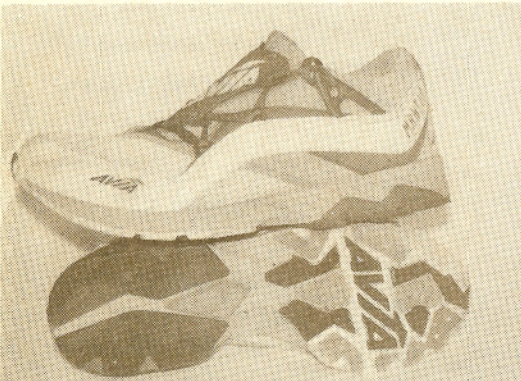
Asics Harrier

ASICS Harrier '96

Price: \$65

Spikeless distance shoe. Nylon/synthetic leather upper with single density EVA and rubber spikeless nibs and ridges similar to a 7 spike configuration.
Color: White/Navy/Red **Sizes: 4-13, 14**

"Snug 'spike-like' fit, and very light. Nibs and ridges provide good traction on a variety of surfaces, including pavement, grass and dirt. Very good flexibility."



Avia Mantis

Avia - Mantis

Suggested retail price: \$65

The Mantis, while not specifically designated by Avia as a cross-country shoe is, nevertheless, well-suited because of the tread pattern and stable cantilever heel. It is quite well-cushioned, and still weighs only 7.8 ounces. It is also snug fitting featuring "bilateral lacing."

Color: White/Citrin/Red/Purple

Sizes: 5-12, 13

NOTE: Avia was purchased by American Sporting Goods (Turmtc) in May, so you may expect to see this shoe for considerably less, and availability may become limited.

Mizuno - Cross

Suggested retail price: \$60

Unavailable for review. Track lasted, the Cross has rubber nibs in a spike pattern layout.

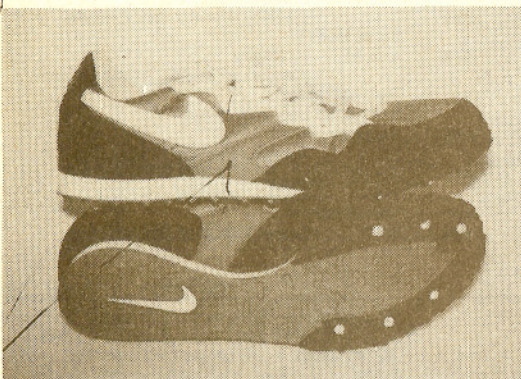
Nike Zoom Waffle

Price: \$45

Nylon/synthetic suede upper with full length EVA and rubber "waffle" outsole with rubber nibs similar to a 6 spike arrangement.

Color: Black/White or Royal/Neon/Black

Sizes: 4-13, 14, 15



Nike Zoom Waffle

Reebok - Harrier Ultra Racer

Price: \$44.99

Unavailable for review. Nylon/synthetic leather upper with EVA midsole and rubber spikeless nibs and ridges similar to a 6 spike arrangement.

Color: Orange/White/Green

Sizes: 3-12, 13, 14, 15

continued next page..

A Buyer's Guide for XC Coaches

Cross Country Racing Spikes

adidas - Advance Cross

Suggested retail price: \$50

The Advance Cross is a hybrid shoe combining the last of a track shoe, including the spikes, with a rugged studded sole to handle grass and dirt cross-country courses. It has a six spike layout for extra traction or track racing, but may be worn with or without the spikes. Probably intended for courses without concrete or pavement. It weighs in at 8 ounces.

Color: Black/White

Sizes: 5-12, 13



adidas Advance Cross

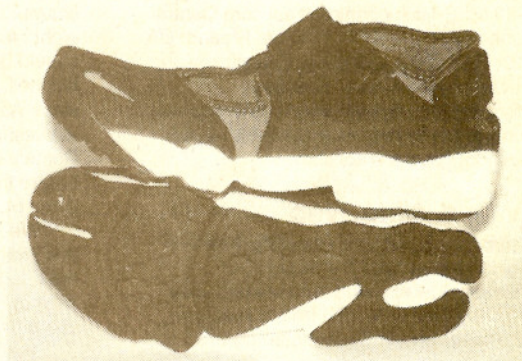
Nike - Zoom Country Spike

Suggested retail price: \$60.

The two Zooms are nearly identical in every respect except color, price, and weight (due to the spikeplate in the Country). They are built on a spike last. Both are intended for rugged cross country courses of any type of surface. The Country has the feature of using metal spikes.

Color: Green/Black/Red or White/Purple/Black

Sizes: 4-13, 14, 15



Nike Air Rift

Reebok - Ultra Harrier Spike

Suggested retail price: \$55

Unavailable for review. The Harrier is built on a track last. It has 6 spikes which allows for good traction.

Color: Green/Orange/White

Honorable Mention

Cushioned choices for "tougher" cross country courses

Nike Air Rift

Price: \$85 (comes with special socks)

Unique "articulated" toe and aggressive lugged sole for traction and considerable cushioning make the Rift a good choice as a racer. 9.2 ounces in Men's 9.

Color: Black/Atom Red/Forest Green

Sizes: 4-13 (whole sizes)



adidas Terrain Lite

adidas Terrain Lite

Price: \$70

Trail running shoe with aggressive, rugged sole for traction and snug fit of upper combines for an good racer trainer. 12.3 ounces in Men's 9.

Color: White/Blue/Black

Sizes: 6.5-12, 13

◆ **By Cregg Weinmann**



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PREP NOTES

By Keith Conning

High School Cross Country Results Wanted

Please send high school cross country results to the following addresses: Northern California--Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; FAX (510) 849-3342; E-Mail: conning@aol.com Central Section--CTRN, 4957 E. Heaton, Fresno, CA 93727, FAX (209) 255-4904, E-Mail: CTRN@ix.netcom.com. Southern California--Doug Speck, 563 E. Willowgrove, Glendora, CA 91740, FAX (818) 963-2955, E-Mail: dougspeck@aol.com.

World Wide Web

California Track and Running News is being read around the world. Our publication now appears on the world wide web. I received an e-mail from a reader in Switzerland, who had graduated from USC.

Dennis Mitchell dismissed Trinidad's Ato Boldon

By Alan Baldwin

ROME, June 4 (Reuters) - American veteran **Dennis Mitchell** dismissed Trinidad's new 100 metres sensation **Ato Boldon** as unimpressive on Tuesday and said he was confident he could dominate the coming U.S. Olympic Trials. Boldon, a 22-year-old UCLA student, clocked 9.92 seconds for the fastest 100 metres in the world this year at the U.S. collegiate championships in Oregon at the weekend. Mitchell, who set a wind-assisted time of 9.93 in Atlanta last month, was dismissive.

"It does not impress me. It's just a time. It's not something **Linford (Christie)** or I haven't

done before," the shaven-headed 30-year-old told a news conference before Wednesday's Golden Gala Grand Prix event in Rome.

"Ato does not impress me," he added firmly. Boldon had said after his race on June 1 that he would break **Leroy Burrell's** world record of 9.85 this season. He added that only he, world champion **Donovan Bailey** of Canada and eight times Olympic champion **Carl Lewis** should be considered for the 100 metres gold. Mitchell, appearing in Italy for his first race since Atlanta, clearly disagreed with that assessment and said he had decided to race at Rome's Olympic Stadium as his last event before the U.S. Olympic trials which start on June 14.

"We have had a lot of sub-10 (second) races this year, but they're not what's important to me right now," he said. "What's important is racing. A lot of those who have run sub-10s have been doing it against themselves.

"I just want to race now. This year is about the man, it's not about the time."

Mitchell said the U.S. trials were going to be tougher than the Olympic Games themselves, with any of the athletes making it to the finals having a chance of making the team.

"Right now I'm just concentrating on putting my best race together," he said. "I'm going to be in the top three...If I run the pace I want to I don't think there's anyone in the world that's going to be able to beat me."

[Prep Editor: **Ato Boldon** (Piedmont Hills, San Jose) placed third in the 1991 State Meet 200 meters in 21.17. He placed third at Golden West in 10.58, and fourth in the 200 in 21.47. His prep bests were 10.54, 10.44w, 21.07.]

Golden West Invitational

American River College, Sacramento, June 8--I announced the meet this year, because long-time announcer **Bob Jarvis** had a heart attack in May one week after my wife's heart attack in Mexico. Fortunately, Bob is feeling better and he even announced one race to keep his streak intact. I would like to thank **Kevin Saylor**, a U.S. Correspondent for *Track and Field News*, and all the others, who helped me.

Look for the Golden West results later in this issue. Meet highlights included the following: **Julia Stamps** (Santa Rosa), second in the state meet 3,200 meters at 10:15.13, set a new meet record in the mile of 4:47.97. The old record of 4:48.08 was set by Stamps in 1995. **Katy Radkewich** (Beaumont, Cleveland Heights, Ohio), second at U.S. World Trials and second at National Indoor, won the 3,200 meters in 10:35.87. **Allyson Marquand**

(University, Irvine), second in the Southern Section at 10:40.03, was third in 10:41.76. **Kimi Welsh** (Yucaipa), fourth in the state meet at 10:42.84, was fourth in 10:46.79.

Dominique Calloway (South, Denver, Colorado), the national leader, set a new meet record in the 100 meter hurdles at 13.21 (2, 4 HS). The old record of 13.34 was set by **Dawn Bowles** (Neptune, New Jersey) in 1988. **Joyce Bates** (Gratz, Philadelphia, PA) placed second in 13.41 (8, x HS). **Nicole Hoxie** (John W. North, Riverside), the state meet champion at 13.87, was third in 13.79. **Ayana Grant** (Bishop O'Dowd, Oakland), fourth in the state meet at 14.18, was also fourth here in 14.35. **Nicole Hoxie** (John W. North, Riverside), second in the state meet at 42.66, won the 300 meter hurdles in 41.78. **Tisha Ponder** (Del Mar, San Jose), the state meet champion in 42.22, was third in 42.94.

Ron Dayne (Overbrook Regional, Pine Hill, New Jersey), the state champion at 215-3, threw the discus 216-11 (3, x HS). His series: 215-8 [4, x HS], 216-11, f, f, f, 205-3. **Scott Moser** (Huntington Beach), the state meet champion at 185-7, was seventh at 181-7. **Nathan Junius** (Jesuit, New Orleans, LA), the Penn Relays and state champion, won the javelin at 220-11. **John Badovinac** (Jesuit, Carmichael), sixth in the state meet shot and discus, won the hammer throw at 211-4. **Robert Vincelette** (Atwater) placed second at 167-10.

LaKeesha White (Jack Yates, Houston, Texas), the state 5A champion in 11.73, won the 100 meters in 11.43 (-0.06). **Jernae Wright** (James Logan, Union City), the North Coast Section champion, placed second in 11.58. **Damesha Craig** (St. Francis, Mountain View), third in the state meet at 11.96, was third in 11.80.

Erin Aldrich (Lake Highland, Dallas, Texas), the defending champion, second in the World Juniors, and the 5A state champion, set a new meet record in the high jump at 6-2 1/4 (=4, x HS) (=6, x AJ). Her series: 5-4 p, 5-6 p, 5-8 x, 5-10 x, 6-0 x, 6-0 1/2 x, 6-2 1/4 ox, 6-3 1/2 ooo. **Tara Flaming** (Immanuel, Reedley), second in the state meet at 5-10, placed third at 5-10.

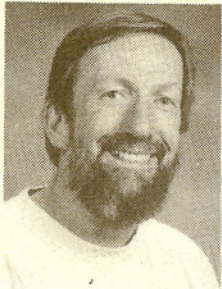
Jernae Wright (James Logan, Union City), the state meet champion at 20-3, won the long jump at 19-8. Her series: 17-0 1/4w (+2.25), 19-8 (+0.01), -, 19-0 1/4 (+0.03), 19-2 1/2 (+1.18), 19-6 3/4 (+1.29).

High School All-Time Outdoor List Through June 10, 1996 Men Discus (3 lb. 9 oz)

225-2 Kamy Keshmiri (Reno, NV) 87
217-1 John Schulte (Hanover, Central, Cedar Lake)

continued next page...

Keith Conning, expert on California high school competitors, has served California Track & Running News as Prep Editor for over two decades. Keith is a teacher and cross country coach at Berkeley High School and is a sought-after track announcer in the Northern California area.



PREP NOTES

- In) 93
 216-11 Ron Dayne (Overbrook, Pine Hill, NJ) 96 1) Golden West Invitational
 216-9 Gregg Hart (Homestead, Ft. Wayne, In) 90
 214-9 Paul Northway (Ut) 96
 213-6 Clint Johnson (Shawnee Mission South, Overland Park, Ks) 80 212-11 Dwight Johnson (Tempe, Az) 87 212-0John Nichols (Winnfield, La) 87
 210-8 Brian Blutreich (Capistrano Valley, Mission Viejo, Ca) 85
 210-4 John Godina (Central, Cheyenne, Wy) 90

Women 100 Hurdles (33")

- 12.95 *Candy Young (Beaver Falls, Pa) 79
 13.21 Dominique Calloway (South, Denver, Co) 96 1) Golden West Invitational
 13.25 Yolanda Johnson (Wash, Denver, Co) 86
 13.30 Dawn Bowles (Neptune, NJ) 88 LaTasha Colander (Wilson, Portsmouth, Va) 94
 13.38 Joanna Hayes (North, Riverside, Ca) 95
 13.40 Tanya Davis (Sterling, Houston, Tx) 86
 13.41 Joyce Bates (Gratz, Philadelphia, Pa) 96 2) Golden West Invitational
 13.2 *Rhonda Brady (Calumet, Gary, In) 76
 13.50 **Sonya Hardy (Boulder, Co) 76 Carmen Banks (Adams, Cleveland, Oh) 94

High Jump

- 6-4 Amy Acuff (Calallen, Corpus, Christi, Tx) 93
 6-2 3/4 *Lisa Bernhagen (Wood River, Hailey, Id) 83
 6-2 3/4 Latrese Johnson (Clovis, Ca) 85
 6-2 1/4 Kym Carter (East, Wichita, Ks) 82
 Wendy Brown (Woodside, Ca) 84
 *Angie Bradburn (Norwell, Ossian, In) 85
 Julie Broughton (Woodland, Ca) 89
 Erin Aldrich (Lake Highlands, Dallas, Tx) 96 1) Golden West Invitational
 6-2 **Mary Moore (Issaquah, Wa) 81
 Corissa Yasen (Couer d'Alene, Id) 92

Danny Harris tests positive for cocaine

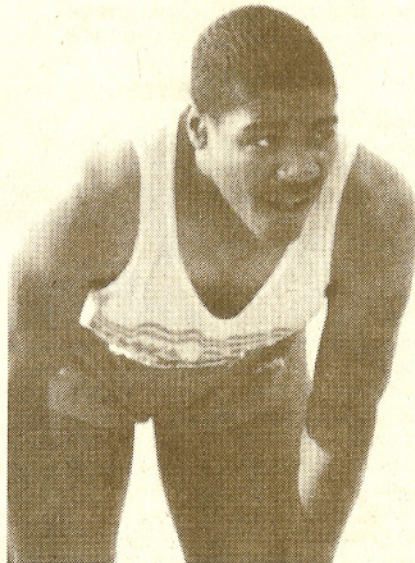
AMES, Iowa, AP, June 13 -- Danny Harris, the 1984 Olympic silver medalist in the 400-meter hurdles and among the favorites to make the U.S. team this year, has withdrawn from the Olympic trials after testing positive for cocaine. Harris, who missed the 1992 Olympics while serving a two-year suspension for cocaine use, said Thursday he tested positive for cocaine after winning a Grand Prix race in Rio de Janeiro May 5. His time in that race, 48.08 seconds, is the best in the world this year.

A three-time NCAA champion at Iowa State, Harris said he won't compete while the International Amateur Athletic Federation and USA Track & Field decide whether he should be suspended. Harris, who has been training in Ames with Iowa State track coach Steve Lynn, was suspended for four years after testing positive for cocaine following the U.S. indoor championships in 1992. The IAAF later reduced the suspension to two years. In a prepared statement, Harris said he was told of his latest

test results Tuesday.

"I experienced a relapse in April and consequently tested positive for cocaine in an IAAF post-race drug test," Harris said in his statement. "In accordance with IAAF procedure, I have until June 21 to make a written response to the IAAF and USA Track & Field. I have decided to forgo the Olympic trials to focus on communication with USA Track & Field."

Harris, 30, broke **Edwin Moses'** 107-race winning streak in the 400 hurdles on June 4, 1987, and finished second to Moses at the World Championships later that year. He failed to make the U.S. Olympic team in 1988. Danny Harris faces lifetime ban.



Danny Harris

Photo by Bill Leung, Jr./Geek Media

United States Olympic Trials 28 Former California Preps Finish in First Three Places

Atlanta, Georgia, June 14-23--The following 28 athletes, who finished in the first three places at the U.S. Olympic Trials, attended California high schools: **Jim Sorenson** (1,500 meters), **Ronnie Harris** (5,000 meters), and **Dawn Dumble** (shot put) have not yet met the Olympic Games qualifying standard. I have shown their U.S. Olympic Trials record going back to 1980.

Men 100 Meters

Michael Marsh

Born August 4, 1967 in Los Angeles. WT: 5-10, HT: 165. Hawthorne HS 1985, UCLA 1989, Santa Monica TC. PR: 9.93 1992 (9.89w 1995)
 Major Meets:
 1986 3h) NCAA, 3) JR; 1987 3) NCAA, 5h)

TAC; 1988 4) NCAA, 6) OT; 1989 9) NCAA, 5t-s) TAC; 1990 4) TAC; 1991 7) TAC; 1992 4) OT; 1993 6) USA; 1995 1) USA. 5) World;

1988 U.S. Olympic Trials:

10.14w	+3.1 3) Heat 1	7/15/88
10.17	+0.0 2) Quarter 3	7/15/88
10.19	+2.6 4) Semi 1	7/16/88
9.94w	+5.2 6) Final	7/16/88

1992 U.S. Olympic Trials:

10.29	-1.7 1) Heat 3	6/19/92
10.09	-0.1 1) Quarter 3	6/19/92
10.28	-1.8 3) Semi 2	6/20/92
10.14	-0.7 4) Final	6/20/92

1996 U.S. Olympic Trials:

10.17	+1.1 2) Heat 4	6/14/96
10.07	-0.9 2) Quarter II	6/14/96
10.00	-0.1 2) Semi II	6/15/96
10.00	+1.1 2) Final	6/15/96

200 Meters

Jeff Williams

Born December 31, 1964 in Los Angeles. HT: 5-10, WT: 150. Washington HS (Los Angeles) 1982, Prairie View A & M 1986, Unattached. PRs through 1995: 20.18 (1995), 20.08Aw, 20.12w. PR: 19.87 1996

Major Meets:

1986 6h) NCAA; 1989 2) TAC; 1990 6) TAC; 1991 5s) TAC; 1993 6s) USA; 1994 6) USA; 1995 3) USA, 3)WC;

1992 U.S. Olympic Trials:

20.67	-0.2 4) Heat 4	6/26/92
20.76	-2.3 4) Quarter 1	6/27/92
20.27	-0.8 4) Semi 1	6/27/92
20.46	+1.0 8) Final	6/28/92

1996 U.S. Olympic Trials:

20.10	+0.9 1) Heat IV	6/21/96
20.07w	+2.4 1) Quarter I	6/22/96
20.02	-0.3 1) Semi II	6/22/96
20.03	+1.7 2) Final	6/23/96

Michael Marsh

See 100 Meters above

HS PR: 20.82 1985. PR: 19.73 1992 AR

Major Meets:

1985 1) STATE; 1986 3h) NCAA, 3) JR; 1989 7) NCAA; 1990 5s) TAC; 1991 5) TAC; 1992 2) OT, 1) OG; 1993 1) USA, 4) WC; 1995 6) USA

1992 U.S. Olympic Trials:

20.21	-0.3 1) Heat 3	6/26/92
20.36	-0.6 1) Quarter 2	6/27/92
20.26	-2.8 1) Semi 2	6/27/92
19.86	+1.0 2) Final	6/28/92

1996 U.S. Olympic Trials:

20.34	+0.3 1) Heat II	6/21/96
20.30	+0.0 2) Quarter II	6/22/96
20.20	-0.3 2) Semi II	6/22/96
20.04	+1.7 3) Final	6/23/96

400 Meters

Alvin Harrison

No listing in U.S. Annual. North Salinas HS 1993. HS PR: 46.25 (1993). PR: 44.09 (1996)
 Major Meets:

continued next page.

PREP NOTES

1993 2) GWI, 3) JR
 1996 U.S. Olympic Trials
 44.93 PR 2) Heat IV 6/15/96
 44.66 PR 1) Quarter II 6/16/96
 44.43 PR 1) Semi I 6/17/96
 44.09 PR 3) Final 6/19
 Splits: 11.44, 10.33 (21.77), 10.47 (32.24),
 11.85) (21.77/22.32)

800 Meters

Johnny Gray

Born June 19, 1960 in Los Angeles. HT: 6-3
 1/2, WT: 165. Crenshaw HS (Los Angeles)
 1978, Southwest Los Angeles CC 1979, Santa
 Monica CC 1980, Santa Monica TC. HS PR:
 1:51.1. PR: 1:42.60 1985

Major Meets:

1979 4) JR; 1980 8) OT; 1982 2) TAC; 1983
 5s) TAC; 1984 2) OT, 7) OG; 1985 1) TAC;
 1986 1) TAC; 1987 1) TAC, 8q) WC; 1988 1)
 OT, 5)OG; 1989 1) TAC; 1990 3) TAC; 1991 3)
 TAC, 6) WC; 1992 1) OT, 3)OG 1993 1) USA,
 8s) WC

1980 U.S. Olympic Trials:

1:48.44 2) Heat 2 6/21/80
 1:47.41 4) Semi 1 6/22/80
 3:28.9 8) Final 6/23/80

1984 U.S. Olympic Trials:

1:47.31 1) Heat 1 6/16/84
 1:47.62 1) Quarter 2 6/17/84
 1:46.36 3) Semi 2 6/18/84
 1:43.74 2) Final 6/19/84 AR
 (24th birthday)

1988 U.S. Olympic Trials:

1:47.15 1) Heat 1 7/16/88
 1:49.11 1) Quarter 1 7/16/88
 1:45.55 1) Semi 7/17/88
 1:43.96 1) Final 7/18/88

1992 U.S. Olympic Trials:

1:47.70 1) Heat 3 6/19/92
 (32nd birthday)
 1:47.51 1) Quarter 1 6/20/92
 1:46.14 1) Semi 1 6/21/92
 1:42.80 1) Final 6/24/92

1996 U.S. Olympic Trials:

1:47.35 1) Heat I 6/14/96
 1:47.12 1) Quarter I 6/15/96
 1:45.90 1) Semi I 6/16/96
 1:44.00 1) Final 6/19/96 AL
 36th birthday)

Splits: 24.3, 26.0 [50.3], 26.6 [1:16.9], 27.2)
 (50.25/53.75)

1,500 Meters

Jim Sorensen

Born May 10, 1967 in Orange. HT: 5-7, WT:
 147. Villa Park HS 1986, Rancho Santiago CC
 1988, Cal Poly San Luis Obispo 1991, Brooks
 RT. HS PR: 1:52.38 (800). PR: 3:39.81 1995

1996 U.S. Olympic Trials

3:41.98 2) Heat II 6/17/96
 3:44.43 3) Semi II 6/21/96
 3:43.88 2) Final 6/23/96

Did not make Olympic qualifying standard.

3,000 Meter Steeplechase

Marc Davis

Born December 17, 1969 in Oceanside. HT:
 6-1, WT: 145. San Diego HS 1987, Arizona
 1992, Nike International. HS PRs: 3:53.76
 (1500), 4:13.58 (1600), 8:23.51 (3k), 8:55.21i
 (3200), 9:24.5 (SC). PR: 8:14.30 1994

Major Meets:

1986 1) Kinney XC; 1987 5) STATE 3,200;
 1992 1) NCAA, 14s) OT; 1993 1) USA, 11) WC;
 1994 2) USA;

1992 U.S. Olympic Trials:

8:33.93 6) Heat 1 6/22/92
 9:23.15 14) Semi I 6/24/92

1996 U.S. Olympic Trials:

8:50.31 6) Heat III 6/17/96
 8:35.53 5) Semi I 6/19/96
 8:20.73 3) Final 6/23/96

5,000 Meters

Matt Giusto

Born October 25, 1966 in San Francisco. HT:
 5-10, WT: 140. San Mateo HS 1984, Arizona
 1988, FootLocker AC. HS PRs: 4:15.2 (mile)
 8:28.87 (3k), 9:07.1 (2 miles), 14:51.9 (5k). PR:
 13:23.60 1993

Major Meets:

1983 1) Kinney XC; 1984 3) STATE 3,200;
 1988 1) NCAA, 9s) OT; 1989 6) TAC; 1993 1)
 USA; 1994 1) USA; 1995 3) USA;

1988 U.S. Olympic Trials:

14:12.64 9) Heat 1 7/21/88

1996 U.S. Olympic Trials:

14:03.53 4) Heat II 6/19/96
 13:56.69 2) Final 6/21/96
 Splits: (2:51.9, 2:49.4 [5:41.3], 2:45.7 [8:27.0],
 2:44.3 [1:11.3], 2:45.4) (64.1).

His grandparents immigrated from Italy and
 went into the baking business. His father sells
 natural bread under the Giusto label, which is
 sold in health food stores.

Ronnie Harris

Born May 16, 1965. Eisenhower HS (Rialto)
 1983, U.S. Naval Academy, Anapolis 1987,
 Reebok Enclave.
 HS PR: 3:54.7 (1500), 4:12.36+ (mile)
 PR: 13:40.30 (1995)

Major Meets:

1983 2) STATE 1,600; 1987 3) NCAA, 15) TAC;
 1994 3) USA;

1996 U.S. Olympic Trials

13:57.37 1) Heat I 6/19/96
 13:57.49 3) Final 6/21/96

Did not make the Olympic qualifying standard.

110 Hurdles

Mark Crear

Born October 2, 1968 in San Francisco. HT:
 6-1, WT: 175. John A. Rowland HS (Rowland
 Heights) 1987, Southern California 1992,
 Reebok. HS PR: 14.07. PR: 13.02 1995

Major Meets:

1987 4) STATE; 1990 3) NCAA; 1992 1) NCAA,

8s) OT; 1993 3) USA, 4s) WC; 1994 1) USA;
 1995 3s) USA;

1992 U.S. Olympic Trials:

13.67 -0.9 1) Heat 3 6/26/92
 13.55 +1.7 1) Quarter.1 6/27/92
 14.09 -1.3 8) Semi I 6/27/92

1996 U.S. Olympic Trials:

13.25 +1.8 1) Heat I 6/21/96
 13.14w +2.1 1) Quarter I 6/22/96
 13.08 +1.7 1) Semi I 6/22/96
 13.05 +0.9 2) Final 6/23/96

Eugene Swift

Born September 14, 1964 in Oakland. HT: 6-0,
 WT: 165. Berkeley HS 1982, Chabot CC 1987,
 Merritt CC 1991, Insport TC. HS PR: 14.69. PR
 through 1995: 13.23 1994. PR: 13.21 1996.

Major Meets:

1989 6h) TAC; 1990 7) TAC; 1991 dq-h) TAC;
 1992 7q) OT; 1993 6s) USA 1994 7) USA; 1995
 7s) USA;

1992 U.S. Olympic Trials

14.28 -1.1 8) Heat 4 6/26/92
 14.06 +1.8 7) Quarter 3 6/27/92

1996 U.S. Olympic Trials

13.41 +1.2 2) Heat II 6/21/96
 13.30w +2.1 1) Quarter III 6/22/96
 13.28 +1.6 4) Semi I 6/22/96
 13.21 PR +0.9 3) Final 6/23/96

Long Jump

Mike Powell

Born November 10, 1963 in Philadelphia, Pa.
 HT: 6-2, WT: 170. Edgewood HS, West Covina
 1981, UC Irvine 1984, UCLA 1986, FootLocker
 AC. HS PR: 23-8. PR: 29-4 1/2 WR 1991

Major Meets:

1981 1) STATE HJ; 1984 2) TAC, 6) OT; 1985
 3) TAC; 1987 7) TAC; 1988 4) TAC, 3) OT,
 2)OG; 1989 2) TAC; 1990 1)TAC; 1991 2) TAC,
 1)WC; 1992 1) OT, 2) OG; 1993 1) USA, 1)WC;
 1994 1) USA; 1995 1) USA, 3)WC;

1984 U.S. Olympic Trials:

25-9 1/2w Q) Qualifying 6/18/84
 26-2 1/4 6) Final 6/19/84

1988 U.S. Olympic Trials:

27-8 1/4w Q) Qualifying 7/17/88
 27-5 1/4w 3) Final 7/18/88

1992 U.S. Olympic Trials:

27-5 1/4 Q) Qualifying 6/22/92
 28-3 1/2 1) Final 6/24/92

1996 U.S. Olympic Trials:

27-3 3/4 Q) Qualifying 6/17/96
 27-6 1/2 1) Final 6/19/96

Series: (f, 26-4 1/2, 25-10 1/4, 26-6 1/4, 26-9,
 27-6 1/2 (0.5).

Hammer

David Popejoy

Born February 15, 1972 in San Francisco. HT:
 5-11, WT: 245. Bellarmine Prep, San Jose
 1990, Stanford 1995. HS PR: (151-0), 194-6hs
 1990. PR through 1995: 240-10 1995. PR:
 243-8 1996

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Mike Powell
Photo by Bill Leung, Jr./Geek Media

Major Meets:

1989 9) JR; 1990 12) JR; 1991 3) JR; 1992 9) NCAA, 16q) OT; 1993 4) USA; 1994 6) NCAA, 5) USA; 1995 5) NCAA, 2) USA;

1992 U.S. Olympic Trials:

207-3 NQ) Qualifying 6/22/92

1996 U.S. Olympic Trials:

232-5 Q) Qualifying 6/17/96

243-8 PR 2) Final 6/19/96 (11, xA)

Series: 228-10, 234-8, 236-8, 243-8, 234-7, 242-10).

He was coached by Olympian Ed Burke, who carried the U.S. flag in the Opening Ceremonies at the 1984 Olympic Games in Los Angeles. Burke had a personal best of 243-11 in 1984. So the pupil has almost caught up with the teacher. Maybe Popejoy will surpass Burke's PR at the Olympic Games.

Kevin McMahon

Born May 26, 1972. HT: 6-0, WT: 213.

Bellamine Prep, San Jose 1990, Georgetown 1995. HS PR: 164-7, 219-2 hs. PR: 245-1 1995

Major Meets:

1989 10) JR; 1990 7) JR; 1991 1) JR; 1992 2) NCAA, 8) OT; 1993 3) USA; 1994 7) NCAA, 3) USA; 1995 3) NCAA, 3) USA, 28q) WC;

1992 U.S. Olympic Trials:

215-4 Q) Qualifying 6/22/92

215-5 8) Final 6/24/92

1996 U.S. Olympic Trials:

233-5 Q) Qualifying 6/17/96

241-5 3) Final 6/19/96

Series: f, 220-6, 241-5, f, 235-9, 233-7.

He was coached by Ed Burke.

Women 100 Meters

Gail Devers

DOB: 11/19/66 Seattle, WA. HT: 5-3 WT: 120.

Sweetwater HS (National City) 1984, UCLA

1988, Nike International. HS PRs: 11.51,

11.34w. PR: 10.82 1992

Major Meets:

1984 1) STATE; 1992 1) OG; 1993 1) WC;

1988 U.S. Olympic Trials:

11.15 +3.5 2) Heat 4 7/16/88

10.98 +0.0 3) Quarter 1 7/16/88

11.24 +1.3 4) Semi 2 7/17/88

DNC Final 7/17/88

1992 U.S. Olympic Trials:

11.31 -1.7 1) Heat 2 6/19/92

11.18 -0.7 2) Quarter 2 6/19/92

11.32 -1.8 3) Semi 1 6/20/92

11.02 -0.5 2) Final 6/20/92

1996 U.S. Olympic Trials:

10.96 -0.1 1) Heat I 6/14/96

10.99 +0.6 1) Quarter I 6/14/96

10.98 +1.1 2) Semi I 6/15/96

10.91 +1.1 2) Final 6/15/96



Regina Jacobs
Photo by Bill Leung, Jr./Geek Media

200 Meters

Inger Miller

DOB: 6/12/72 Los Angeles. HT: 5-4, WT: 120.

John Muir (Pasadena) 1990, Southern

California 1994, Unattached. HS PR: 23.57

1990. PR: 22.25 1996

Major Meets:

1988 3) STATE; 1989 2) STATE; 1992 1) P10;

1994 1) P10;

22.75 +1.5 2) Heat II 6/21

22.57 +1.6 1) Quarter III 6/22

22.45 +0.5 3) Semi II 6/22

22.25 PR -0.6 3) Final 6/23

Her father is a Jamaican Olympian Lennox Miller.

1,500 Meters

Regina Jacobs

DOB: 8/28/63 Los Angeles. HT: 5-6, WT: 115.

Argyll Academy (North Hollywood) 1981,

Stanford 1985, Mizuno TC. HS PR: 4:25.0

1981. PR: 4:00.46 1988

Major Meets:

1994 1) USA; 1995 1) USA;

1984 U.S. Olympic Trials:

4:19.72 1) Heat 2 7/20/84

4:09.35 3) Semi 1 7/21/84

4:22.47 10) Final 6/24/84

1988 U.S. Olympic Trials:

4:00.46 PR 2) Final 7/23/88

1992 U.S. Olympic Trials:

4:13.54 2) Heat 2 6/24/92

4:17.10 1) Semi 1 6/26/92

4:03.72 1) Final 6/28/92

1996 U.S. Olympic Trials:

4:15.38 1) Heat I 6/19/96

4:11.50 1) Semi I 6/21/96

4:08.67 1) Final 6/23/96

Splits: (69.5, 70.9 [2:20.4], 65.3 [3:25.7], 43.0) (28.7, 58.7).

5,000 Meters

Mary Staney

DOB: 8/4/58 Flemington, NJ. HT: 5-6, WT: 108

Orange HS 1976, Colorado 1978, Foot Locker

AC. HS PR: 2:01.8i (800) 1973. PR: 15:06.53

1985

Major Meets:

1983 1) WC 1,500 and 3,000; 1984 DNF) OG

3,000 (fell); 1988 8) OG 1,500; 10) OG 3,000;

1980 U.S. Olympic Trials:

4:13.62 1) 1,500 Heat 1 6/27/80

4:04.91 1) 1,500 Final 6/29/80

1984 U.S. Olympic Trials:

9:07.90 1) 3,000 Heat 2 6/19/84

4:13.70 1) 1,500 Heat 1 6/21/84 11 am

8:56.12 1) 3,000 Semi 2 6/21/84 7:20pm

4:09.05 1) 1,500 Semi 1 6/22/84

8:34.91 1) 3,000 Final 6/23/84

4:00.40 2) 1,500 Final 6/24/84

1988 U.S. Olympic Trials:

9:04.35 1) 3,000 Heat 2 7/15/88

8:42.53 1) 3,000 Final 7/17/88

4:11.99 1) 1,500 Heat 4 7/20/88

4:04.27 1) 1,500 Semi 1 7/21/88

3:58.92 1) 1,500 Final 7/23/88

1992 U.S. Olympic Trials:

9:04.36 2) 3,000 Heat 2 6/19/92

9:02.60 6) 3,000 Final 6/22/92

4:13.07 1) 1,500 Heat 2 6/24/92

4:10.35 2) 1,500 Semi 2 6/26/92

4:05.43 4) 1,500 Final 6/28/92

1996 U.S. Olympic Trials:

16:02.47 1) Heat II 6/14/96

15:29.39 2) Final 6/17/96

Splits: (3:13.1, 3:08.4 [6:21.5], 3:10.8 [9:32.3],

3:04.3 [12:36.6], 2:52.8) (31.7, 63.5).

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10K Race Walk

Victoria Herazo

DOB: 6/2/59 West Palm Beach, Fl. HT: 6-0, WT: 140. Fairfax HS (Los Angeles) 1977, Pierce CC 1980 (dnc), Cal State Northridge 1986, California Walkers. PR: 45:53t
Major Meets:
1995 42)WCq; 4)USA

Marathon

Linda Somers

DOB: 5/7/61 Bitburg AFB, Germany. HT: 5-4, WT: 100. Indio HS 1979, UC Davis 1983, Asics Tiger TC. PR: 2:33.37 1989
Marathon trials were held earlier in the year.

4X400

Linetta Wilson

DOB: 10/11/67 Altadena, CA. HT: 5-5, WT: 142. Muir HS (Pasadena) 1985, Nebraska 1989, Unattached. HS PR: 53.10 1985. PR: 51.58 1987

100 Hurdles

Gail Devers

See 100 meters. HS PR: 14.32, 13.41 LH 1984. PR: 12.46 1993

1988 U.S. Olympic Trials:
13.01 -0.6 1) Heat 3 7/21/88
12.83 +1.9 1) Quarter 2 7/21/88
12.92 +1.9 2) Semi 1 7/22/88
12.90 +0.1 2) Final 7/22/88
1992 U.S. Olympic Trials:
12.86 -2.7 1) Heat 3 6/26/92
12.93 -3.2 1) Quarter 3 6/27/92
12.67 +0.3 1) Semi 2 6/27/92
12.55 +0.4 1) Final 6/28/92

1996 U.S. Olympic Trials:
12.83 +1.8 1) Heat IV 6/21/96
12.69 -0.3 1) Quarter II 6/22/96 (AL)
12.93 -0.4 3) Semi II 6/22/96 (hit hurdle)
12.62 +0.6 1) Final 6/23/96 (AL) (x, 9A)

Long Jump

Marieke Veltman

DOB: 9/18/71 Charlotte, NC. HT: 5-7, WT: 130. Leland HS (San Jose) 1989, UC Irvine 1992, UCLA 1993, World Class AC. HS PR: 19-0 3/4, 19-3 1/2w 1989. PR: 22-7 1996

Major Meets:
1989 3) STATE; 1995 2) USA, 16q) WC;
1992 U.S. Olympic Trials:
19-2 1/2 NQ) Qualifying 6/26/92
1996 U.S. Olympic Trials:
22-4 1/4 Q) Qualifying 6/21/96
22-7 PR 3) Final 6/23/96 (7, xA)
Series: (20-11 3/4, 20-10, 21-8, 21-6 3/4, 22-0 1/4, 22-7).

Triple Jump

Sheila Hudson

DOB: 6/30/67 Warzburg, Germany. HT: 5-5, WT: 115. Rio Linda HS 1985, California 1990,

Reebok RC. HS PR: 40-11, 41-10w 1985. PR: 46-9 1995

Major Meets:
1985 1) STATE; 1994 1) USA; 1995 1) USA, 16q) WC;
1996 Olympic Trials
44-7 1/2 Q) Qualifying 6/16/96
46-1 1/4 2) Final 6/17/96
Series: (44-9 3/4, 45-2 1/2, 45-7 1/4, 45-1 3/4, 45-9 3/4, 46-1 1/4).

Shot Put

Ramona Pagel

DOB: 11/10/61 Los Angeles. HT: 5-11 1/2, WT: 180. Schurr HS (Montebello) 1979, Cal State Long Beach 1982, San Diego State 1984, Nike/Coast Athletics. HS PR: 42-9, 46-6 1/4 (8 lb.) 1979. PR: 66-2 1/2 1988

Major Meets:
1979 3) STATE; 1984 11) OG; 1987 16q) WC; 1988 15q) OG; 1991 13q) WC; 1992 11) OG; 1993 12) WC; 1995 7) WC;
1980 U.S. Olympic Trials:
41-11 1/2 NQ) Qualifying 6/21/80
1984 U.S. Olympic Trials:
55-7 1/2 3) Final 6/16/84
1988 U.S. Olympic Trials:
62-1 3/4 Q) Qualifying 7/22/88
63-5 1) Final 7/23/88
1992 U.S. Olympic Trials:
59-5 1/2 Q) Qualifying 6/26/92
59-6 3/4 2) Final 6/28/92
1996 U.S. Olympic Trials:
57-7 1/2 Q) Qualifying 6/21/96
61-0 1/4 2) Final 6/23/96
Series: (58-11 1/4, f, 60-8 1/2, 59-2 3/4, 61-0 1/4, f).

Dawn Dumble

DOB: 2/25/72 Panorama City. HT: 5-8, WT: 177. Bakersfield HS 1990, UCLA 1995, Reebok RC. HS PR: 50-11 3/4 1990. PR: 58-10 3/4 1995

Major Meets:
1987 2) STATE; 1988 1) STATE; 1990 1) STATE; 1993 1) NCAA, 5) USA; 1994 3) USA; 1995 2) NCAA, 5) USA;
1992 U.S. Olympic Trials:
51-0 Q) Qualifying 6/26/92
54-3 3/4 5) Final 6/28/92
1996 U.S. Olympic Trials:
58-1 1/4 Q) Qualifying 6/21/96
58-2 3) Final 6/23/96
Series: (57-1, 55-8 1/4, f, 54-9 1/4, 58-2, 57-4 1/4). Did not make Olympic qualifying standard.

Discus

Suzy Powell

DOB: 9/3/76. HT: 5-10 1/2, WT: 155. Thomas Downey (Modesto) 1994, UCLA 1998. HS PR: 188-4 1994. PR: 198-9 1996

Major Meets:
1991 2) STATE, 4) JR; 1992 1) STATE, 2) JR; 1993 1) STATE, 1) JR; 1994 1) STATE, 1) JR,

3) WJ; 1995 5) NCAA, 11) USA, 1) JR;
1996 U.S. Olympic Trials:
194-4 Q) Qualifying 6/15
198-9 PR 1) Final 6/19
Series: (194-9, 198-9, 182-10, 183-2, f, f).

Lacy Barnes-Mileham

DOB: 12/23/64. HT: 5-6, WT: 165. Sherman E. Burroughs HS (Ridgecrest) 1983, Fresno State 1988, Nike. HS PR: 157-6. PR: 206-10 1996

Major Meets:
1983 3) STATE; 1985 2) NCAA; 1986 8) TAC; 1987 2) NCAA, 6) TAC; 1988 2) NCAA, 1) TAC; 1989 2) TAC; 1990 2) TAC; 1991 1) TAC, 17q) WC; 1993 7) USA; 1994 2) USA;
1988 U.S. Olympic Trials:
166-10 NQ) Qualifying 7/20/88
1992 U.S. Olympic Trials:
179-7 Q) Qualifying 6/20/92
190-3 6) Final 6/24/92
1996 U.S. Olympic Trials:
195-4 Q) Qualifying 6/15/96
195-9 2) Final 6/19/96
Series: (183-2, 179-6, f, 195-9, f, f).

Javelin

Nicole Carroll

DOB: 4/18/68. HT: 5-6, WT: 150. Alameda HS 1986, San Mateo CC 1988, Fresno State 1991, San Mateo AC. PR: 205-10 1995

Major Meets:
1990 7) NCAA;
1991 6) NCAA, 10) TAC; 1993 4) USA; 1994 2) USA; 1995 5) USA, 23q) WC;
1992 U.S. Olympic Trials:
166-3 Q) Qualifying 6/19/92
165-9 9) Final 6/22/92
1996 U.S. Olympic Trials:
184-6 Q) Qualifying 6/14/96
188-11 1) Final 6/17/96
Series: (179-9, 180-7, f, 184-5, f, 188-11).

Heptathlon

Sharon Hanson

DOB: 9/24/65. HT: 5-6 1/2, WT: 140. Buena HS (Ventura) 1983, Cal Poly San Luis Obispo 1987, Nike/Coast Athletics. PR: 6202

Major Meets:
1989 3) TAC; 1990 3) TAC; 1991 4) TAC; 1994 5) USA; 1995 5) USA;
1988 U.S. Olympic Trials:
5537 9) Final 7/15-16/88
Marks: HH 14.34, HJ 1.66, SP 11.25, 200 25.44, LJ 5.84, JT 41.12, 800 2:18.09.
1992 U.S. Olympic Trials:
6078 5) Final 6/20-21/92
Marks: HH 13.50, HJ 1.67, SP 11.90, 200 24.55 [1st day 3451/5th place], LJ 6.02, JT 37.56, 800 2:12.31.
1996 U.S. Olympic Trials:
6352 3) Final 6/14-15/96
Marks: HH 13.07, HJ 5-8, SP 46-8 1/4, 200 24.10 [1st day 3785--3rd place], LJ 18-8 3/4, JT 160-0, 800 2:09.68 [2nd day 2567].

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Moral: "If at first you don't succeed (9th in 1988), try (5th in 1992), try (3rd in 1996) again."

■ Alvin Harrison a Most Unlikely Olympian

By **ROB GLOSTER AP Sports Writer**
ATLANTA, June 20 (AP) -- Calvin and

Alvin Harrison have been through it all together, from a delinquent childhood to a home that was a black Ford Mustang. Seven months ago, Alvin was not even running. Four months ago, he was working with hazardous materials so corrosive that, at times, he had to use a respirator to protect his lungs. Now, with an athletic feat of breathtaking suddenness, Alvin has set himself apart from his twin brother. He is an Olympian.

Alvin ran 400 meters in 44.09 seconds Wednesday night at the U.S. track and field trials, finishing third behind world champion **Michael Johnson** and world record-holder **Butch Reynolds** to qualify for the Olympics. His time was the third fastest in the world this year. Alvin hadn't run the 400 seriously until this year. In the trials, he set a personal best in each of the four rounds. Not bad for a guy who came into the event as the slower brother. Calvin made it to the semifinals of the 400 at the trials, missing a place in the final by one one-hundredth of a second. Before the final, he told his twin brother to run for both of them.

"Our plan was to make it together," Alvin said. "My brother told me, 'Go without me.'"

The Harrisons, 22, survived a tough childhood in Florida and moved to California as high school sophomores. They immediately became track stars at North Salinas High, though Calvin always outshone Alvin. They didn't run their junior year, which included two months in Orlando as their father moved back to Florida to work as a cement mason. Back in California as seniors, Calvin won the 200 and 400 to lead North Salinas to the 1993 state title. Alvin ran the 100 and 200, but failed to make the state finals in either.

Neither twin graduated from North Salinas, but they got high school equivalency degrees and enrolled at nearby Hartnell College. Calvin quit within a few months, and Alvin left the team after a groin injury. That was March 1994, and the brothers moved seven times in the next two years. They dreamed of making a rap record as "The Twins" and took odd jobs. For a couple of months, they lived out of the Mustang. They returned to the track last December, and trained when they could. Calvin worked at a sporting goods store and Alvin had a job helping reprocess the etching material used in the manufacture of computer circuit boards. Alvin's work was dangerous, forcing him to wear gloves and boots and sometimes a respirator. He worked with ammonia, which, if handled improperly, could cause lung damage.

The Harrisons came into the Olympic Trials

as outsiders, especially with runners such as Johnson, Reynolds and 1992 Olympic champion **Quincy Watts** in the 400. They ran heats together in the first two rounds, easily qualifying for the semifinals. That's when Alvin separated himself from Calvin. After the semifinals, Johnson congratulated Alvin. Later, he wondered: "Or was that Calvin?"

The twins attribute their success to a deep spirituality, as well as to each other.

"No car, no girl, no money can compete with having a twin to go through life with," Alvin said. "The beauty of us being able to run together, there's nothing that competes with that."

■ Harrison Lives an Olympic Fairy Tale

By **Bill Buchalter The Orlando Sentinel**

ATLANTA, June 20 -- Alvin Harrison didn't mind watching his heroes, **Michael Johnson** and **Butch Reynolds**, finish first and second in the 400-meter final Wednesday night at the U.S. Olympic Track and Field Trials. He was in the best position to see them, earning the third spot on the U.S. Olympic team and closing the chapter on one of the most incredible rags-to-riches scripts at the Trials.

Johnson went into cruise control in the final 30 meters and won his 53rd consecutive 400 final in 43.44 seconds. It's the third-fastest time ever run for the event and the fastest ever on American soil. Reynolds, the world record-holder at 43.29, ran his first sub-44-second race since 1988, when he set his mark. They were followed to the finish line by Harrison, 22, who established four consecutive personal bests during the Trials and ran 44.09 Wednesday. Last year he was on an assembly line in Orlando making Coca-Cola bottles.

Johnson said it wasn't his intent to slow down in the final fourth of the one-lap race.

"At some time, the body says I can't go anymore," Johnson said. "I made a couple of mistakes at the beginning of the race which cost me at the end. I know right now I feel confident to run 43-flat."

Although he hit the 200 mark at 21.2, within his acceptable parameters, Johnson admitted he had to run harder to achieve the mark, "and I didn't relax the last part of the race."

Everybody knows about Johnson and Reynolds. Now, everybody is learning about Harrison, who thought his budding track career had ended because of a groin injury last summer. Harrison and his twin brother, Calvin, ran for Salinas (Calif.) High and Hartnell College, a nearby junior college where he was a state champ in the 200 and 400. When the groin injury was diagnosed, he returned to Orlando, where his grandmother lives, to work for ECC, a bottle-making firm.

The Olympic Trials were the furthest thing from his mind. Why Orlando?

Alvin and Calvin were born in what was then Orange Memorial Hospital (now Orlando Regional). Alvin is the older brother by 3 minutes. The twins attended Carver Middle School and began the ninth grade at Edgewater High School before their father, Albert, got a construction job building the Monterey Bay Aquarium. Grandma sent the kids west to be with Dad.

"My brother began running again about a month before I did," Alvin said. "He inspired me to give it another try, so I went back to Salinas."

The brothers lived for a while in their car until family and friends found a place for them. They hooked up with their old coaches at Salinas High and Hartnell College. Alvin's first race came in December in Reno, Nev. The brothers qualified for the Trials, Calvin finishing fifth in his semifinal heat.

"I don't know whether I'm going back home to Florida or to California to train," he said.

■ International Competition

Paris GP Paris, June 28--Ato Boldon

(Trinidad and Tobago/Piedmont Hills HS, San Jose 1991) placed fifth in the 100 meters in 10.09 (+0.7). **Brian Lewis** placed fifth in the 200 meters in 20.57 (-0.2). **Mark Crear** (Rowland HS, Rowland Heights) won the 110 meter high hurdles in 13.09 (-0.9). **Ruth Wysocki** (Azusa HS 1974) placed tenth in the 1,500 meters in 4:10.43.

Lausanne GP Lausanne, Switzerland, July 3--Ato Boldon

(Trinidad and Tobago/Piedmont Hills HS, San Jose 1991) placed third in the 100 meters in 9.94 (-0.4). Boldon, an engineering student at UCLA, set a new national record of 19.85 (-0.9) in the 200 meters (=7, x W). **Jeff Williams** (Washington HS, Los Angeles 1982) was fifth in 20.63. **Calvin Harrison** (North Salinas HS, Salinas 1993) placed seventh in the 400 meters in 44.98. **Alvin Harrison** was eighth in 45.28. **Jim Sorensen** (Villa Park HS 1986) placed 15th in the 1,500 meters in 3:40.38. **Marc Davis** (San Diego HS 1987) placed 13th in the 3,000 meters in 7:49.62. **Dean Starkey** (James Logan HS, Union City 1984) tied for 15th in the pole vault at 17-8 1/2. **Inger Miller** (Muir HS, Pasadena 1990) placed third in the 100 meters in 11.11 (-0.3). **Ruth Wysocki** (Azusa HS 1974) placed seventh in the 1,500 meters in 4:12.04.

BISLETT GAMES/OSLO, NORWAY, July 5,

1996--Jeff Laynes (Oakland HS 1989) placed second in the 100 meters in 10.20 (-0.3). **Jeff Williams** (Washington HS, Los Angeles 1982) was fifth in 10.27. Williams placed third in the 200 meters in 20.44. **Inger Miller** (Muir HS, Pasadena 1990) placed second in the 100 meters in 10.98 (+1.3).

SALAMANCA INTERNATIONAL

SALAMANCA, SPAIN, July 5--Alvin Harrison (North Salinas HS, Salinas 1993) won the 400

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PREP NOTES

meters in 45.16. His twin Calvin placed second in 45.81.

■ 1987 State Meet 800 Meter Champion on Doomed Flight

By April Lynch, Peter Fimrite, Henry K. Lee
San Francisco Chronicle San Francisco,

Of the hundreds of passengers lost in the tragic crash of TWA Flight 800 to Paris, two were Northern California residents with connections to the track community.

EAST BAY TRACK STAR

"This doesn't happen to us," said Peggy Monahan, a friend and neighbor of Dan Gabor, a 27-year-old geology student and track star who was born in Walnut Creek and grew up in Pleasanton on a quiet, tree-lined street.

Gabor grew up in the East Bay town with his mother, Ann, and sister, Cathy, after losing his father to cancer when he was 10. At Amador

Valley High, he was one of the first students to sport a mohawk, and he left everyone else in the dust on the soccer field and on the track. One of his closest friends was his high school track coach, Michael Walsh, who became a mentor and father figure.

"He would show up at a track meet in grungy, mismatching sweats with a beanie and all the other kids in their expensive Reebok sweats would laugh at him," said Brian Cochrane, 27, a former teammate who now works in corporate finance in Los Angeles. "Then he'd go out and beat everybody by 200 yards."

Gabor set the school record for the 800-meter race, and competed in the state championships. From there he was snatched up by the University of Arkansas, one of the nation's top men's track schools, where he was

a two-time all-American scholarship track athlete.

During his career at Arkansas, the team won three national indoor team titles and two outdoor titles. Gabor earned bachelor's and master's degrees at Arkansas, and he was pursuing an advanced degree in geology. He also had a girlfriend in England, who had invited him to join her at a friend's wedding in London. The two planned to meet first in Paris to spend a few days alone.

Gabor was a dedicated rock climber, bicyclist, snowboarder and backpacker. He went to Africa last year to conduct tree core studies for a geology project.

"He was the type of guy who would make friends anywhere and everywhere," said Chuck Monahan, 29. "It became a nuisance walking around with him because you'd get tired of all the people stopping him in the street. He lived his life his style and always came out smelling like a rose."

FREMONT NATIVE

While the passengers on the flight were getting settled, Elias Luevano Jr.'s work day was just beginning. He was one of the plane's 14 flight attendants, and a dedicated 17-year TWA employee who took pride in being from the Bay Area. After this trip, he planned to attend a family reunion in Missouri. He was all business on the job, but to his five brothers and sisters, he was just Eli, a brother who was proud of his job, his family and where he was from.

"He lived for his family," said his sister, Debbie Luevano-Hicks. His love for his family was coupled with intense pride for TWA and its passengers, said another sister, Annabelle

Sharpe.

"He always promoted the company -- I think he was one of the best employees that TWA could have hired," Sharpe said from her parents' Fremont home of more than 30 years. Luevano graduated in 1972 from Fremont's John F. Kennedy High School, where he played the trumpet in the marching band and was a member of the track team. He earned a degree in mass communications in 1978 from California State University in Hayward.

After the flight to Paris, Luevano had planned to meet his wife, Denise, 9-year-old daughter Danielle and 7-year-old son Guy in St. Louis for a family reunion. He and his family had moved to Spain two years ago, fulfilling a long-held dream fueled by his interest in that country.

"He loved the people he served," Sharpe said. "He always made sure that everyone knew he was from the United States and that the Bay Area was the best place to live. He made that a point on all his flights."

[Prep Editor: Dan Gabor (Amador Valley High School, Pleasanton), won the 1987 State Meet 800 meters in 1:52.3. He placed sixth in the Golden West Invitational in 1:50.71, the race in which George Kersh (Pearl, MS) set a new high school record of 1:46.58.]

■ Monaco Grand Prix

MONTE CARLO, Monaco, August 10--Ato Boldon (Trinidad and Tobago) placed second in the 100 meters in 10.09. Jeff Williams was seventh in 10.36. Williams placed third in the 200 meters in 20.45. Mark Crear placed fifth in 13.47. Gail Devers placed second in the 100 meters in 10.98. Inger Miller was fourth in 11.03. Regina Jacobs won the mile in 4:24.22.



Dan Gabor

Photo by Bill Leung, Jr./Geek Media

Want More Prep Notes???

Additional September Prep Notes, plus much more, can be found on CTRN's World Wide Web site -- log in.

<http://www.RunningNetwork.com/CTRN>

Foot Locker
WEST REGIONAL
WOODWARD PARK

December 7, 1996

For entry form write to:

Foot Locker West Regional
4957 E. Heaton Ave.
Fresno, CA 93727

Questions ?? Call Bill or Judy (209) 456-0535

PREP RESULTS

Golden West Invitational

June 8, 1996: Sacramento, CA
(no wind info.)

Boys Events

100 Meters

1. Anthony Arthurlee (Houston, TX) 10.57
2. Lawrence Armstrong (Jasper, TX) 10.64
3. Miguel Fletcher (MissHills, CA) 10.65
4. Daunte Burks (Sacramento, CA) 10.77
5. JaWarren Hooker (Elnsbrg, WA) 10.78
6. Frank Johnson (Edmond, OK) 10.88

200 Meters

1. Anthony Arthurlee (Houston, TX) 20.93
2. Obea Moore, (Pasadena, CA) 20.97
3. Vince Williams (San Diego, CA) 21.11
4. Pap Howard (Round Rock, TX) 21.27
5. Kevin Griswold (Gard Grove, CA) 21.40
6. Melvin Porter (Shreveport, LA) 21.50

400 Meters

1. Obea Moore (Pasadena, CAS) 45.91
2. James Carter (Baltimore, MD) 47.13
3. Dameron Johnson (Baltimore, MD) 47.42
4. Tony Berrian (Atwater, CA) 47.45
5. Sam Singleton (San Angelo, TX) 48.15
6. Mike King (Tolleson, AZ) 48.29

800 Meters

1. Kevin Ross (Temple, TX) 1:51.56
2. Dan Sikiric (San Jose, CA) 1:51.92
3. Kareem Morrell (Modesto, CA) 1:52.19
4. Chris Achafer (Yakima, WA) 1:52.75
5. Ajani Brown (San Diego, CA) 1:53.24
6. Beebe Rutledge (Los Gatos, CA) 1:53.56

One Mile

1. Michael Stember (Sacram, CA) 4:06.38
2. Robert Frichtel (Hemet, CA) 4:10.13
3. Jonathon Riley (Brookline, MA) 4:10.89
4. Darren Dineen (Andover, MA) 4:12.37
5. Aaron Gillen (Yreka, CA) 4:14.56
6. Andrew Wulf (San Jose, CA) 4:16.96

3,200 Meters

1. Ryan Andrus (Oren, UT) 9:13.41
2. Mike Fitzula (New York, NY) 9:18.31
3. Randy Maestretti (Concord, CA) 9:18.38
4. Isaac Hawkins (Spokane, WA) 9:19.27
5. Jason Fryberg (Bothell, WA) 9:23.27
6. Steve McQuitty (La Mesa, CA) 9:40.84

110 Meter Hurdles

1. Mike Harte (Greeley, CO) 13.69
2. John McAfee, Jr. (Midland, TX) 13.82
3. Joe Naivalu (Sunnyvale, CA) 13.89
4. Martin Dosssett (Portland, TX) 14.08
5. Sulta Tucker (Franklinville, NJ) 14.9

300 Meter Hurdles

1. Joe Naivalu (Sunnyvale) 36.37
2. John McAfee, Jr. (Midland, TX) 36.39
3. Greg Flint (Kaysville, UT) 39.07
4. Sultan Tucker (Franklinville, NJ) 39.14
5. Martin Dosssett (Portland, TX) 39.72

High Jump

1. J.J. Barton (Lafayette, LA) 7-2
2. Levar Miller (St. Louis, MO) 7-0
3. Eric Draper (Memphis, TN) 7-0
4. Rod Newton (Crossett, AR) 6-10
5. Damion Turner (Rockdale, TX) 6-8
6. Damian Olseon (Bend, OR) 6-8

Pole Vault

1. Russ Buller (Westlake, CA) 16-0
2. Tyler DeFries (Bellingham, WA) 16-0
3. Eric German (Bellevue, WA) 15-6
4. Jarrod Heard (Elk City, OK) 15-6
5. Robert Constantine (Hmshire, TX) 15-6
6. Scott Wilkinson (Stroud, OK) 15-6



Julia Stamps
Photo by Phillip Enbody



Obea Moore
Photo by Bill Leung, Jr./Geek Media

Long Jump

1. Melvin Lister III (Lvenworth, KS) 23-9.25
2. Brian Merlett (Spanaway, WA) 23-9
3. Babatunde Ridley (Carlinville, IL) 23-8
4. Sedrick Lusk (Lancaster, TX) 23-4.25
5. Shandrea Carter (Miin Wells, TX) 22-10.5
6. Jim McGee (Sacramento, CA) 22-7.25

Triple Jump

1. Melvin Lister III (Lvenworth, KS) 51-0.5
2. Ike Olekaibe (Las Vegas, NV) 48-8.5
3. Lavar Miller (St. Louis, MO) 47-8

Shot Put

1. Roger Roesler (Round Rock, TX) 67-11.75
2. Ben Lindsey (Lynnwood, WA) 65-5
3. Ron Dayne (Pine Hill, NJ) 62-0.5
4. Jason Hammond (Fowler, CA) 61-5.75
5. Tony Sotelo (Ramona, CA) 61-4.5
6. Adam Guthrie (Austin, TX) 60-6.75

Discus

1. Ron Dayne (Pine Hill, NJ) 216-11
2. Ben Lindsey (Lynnwood, WA) 200-7
3. Roger Roesler (Round Rock, TX) 192-1
4. Dainel Arrhenius (Orem, UT) 189-1
5. Lance Jauron (Reno, NV) 187-9
6. Adam Guthrie (Austin, TX) 183-0

Hammer

1. John Badovinac (Sacram, CA) 211-4
2. Robert Vincelette (Atwater, CA) 167-10
3. Bryan Hoard (San Jose, CA) 164-3
4. Alex Maschmeyer (Sacram, CA) 157-4

Javelin

1. Nathan Junius (New Orleans, LA) 220-11
2. Noah Christian (Homer City, PA) 214-3
3. Jason Carroll (Anthony, KS) 209-5
4. Kevin Davis (Gresham, OR) 200-0
5. Jared Wisdom (Concordia, KS) 199-2
6. Justin St. Clair (Tacoma, WA) 192-11

Girls Events

100 Meters

1. LaKeesha White (Houston, TX) 11.43
2. Jernae Wright (Union City, CA) 11.58
3. Damesha Craig (Mtn View, CA) 11.80
4. Myra Combs (Lake Charles, LA) 11.90
5. SaDonna Thornton (Arlington, TX) 11.96
6. Shay Segarst (Beaumont, TX) 12.15

200 Meters

1. Dominique Calloway (Den. CO) 23.45
2. Myra Combs (Lake Chrls. LA) 24.02
3. Damesha Craig (Mtn View, CA) 24.27
4. SaDonna Thornton (Arlington, TX) 24.79
5. Heather Hanchek (Pittsburg, PA) 24.88

400 Meters

1. Heather Hanchek (Pittsburg, PA) 54.09
2. Caria Estes (Union City, CA) 54.87
3. Julie Gray (Riverside, CA) 55.19
4. Crystal Miles-Threat (Pleas. CA) 56.43

800 Meters

1. Tamiela Grizzle (New York, NY) 2:05.38
2. Tara Mendoza (Aurora, CO) 2:07.59
3. Nicole McRae (Seattle, WA) 2:13.55
4. Christy Lacy-Krietz (Portland, OR) 2:13.55
5. Cindy Stefanko (Albuq, NM) 2:13.82
6. Candice Miles-Threat (Pleas. CA) 2:15.46

One Mile

1. Julia Stamps (Santa Rosa, CA) 4:47.97
(meet record, old 4:48.08, Stamps 1995)
2. Jessica Koch (Round Rock, TX) 4:52.43
3. Elizabeth Jackson (SLC, UT) 4:58.06
4. Sarah Gardiner (SLC, UT) 5:06.24
5. Kylene Kownurko (Newton, PA) 5:06.95
6. Kelly Felsted (Kaysville, UT) 5:12.78

3,200 Meters

1. Tara Rohatinsky (Provo, UT) 10:35.87
2. Katy Radkewich (Cleve Hts., OH) 10:36.22
3. Allyson Marquand (Irvine, CA) 10:41.76
4. Kim Welsh (Yucipa, CA) 10:46.79

5. Jen Schindler (Sacramento, CA) 11:10.37
6. Anne Gunnison (Sacramento, CA) 11:41.45

100 Meter Hurdles

1. Dominique Calloway (Denv. CO) 13.21
(meet record, old 13.34, Dawn Bowles, NJ 1988)
2. Joyce Bates (Philadelphia, PA) 13.41
3. Nicole Hoxie (Riverside, CA) 13.79
4. Lisa O'Reilly (Stockton, CA) 14.86
5. Katie Schukle (Santa Rosa, CA) 14.97

300 Meter Hurdles

1. Nicole Hoxie (Riverside, CA) 41.78
2. Joyce Bates (Philadelphia, PA) 41.86
3. Tisha Ponder (San Jose, CA) 42.94
4. Rachela Ruddock (CorSprgs, FL) 43.38
5. Katie Schukle (Santa Rosa, CA) 44.97
6. Lisa O'Reilly (Stockton, CA) 45.27

High Jump

1. Erin Aldrich (Dallas, TX) 6-2.24
(meet record, old 6-0.25 Melinda Boice UT 1993)
2. Janique Williams (Sugar Lnd, TX) 5-10
3. Tara Flaming (Reedley, CA) 5-10
4. Laci Lewis (Waco, TX) 5-10

Pole Vault

1. Ashley Feinberg (Sparks, NV) 11-6
2. Erika Hoernig (Santa Ana, CA) 11-6
3. Shannon Agee (Helena, MT) 11-6
4. Brooke Lankard (Visalia, CA) 11-0
5. Alexa Harz (Rolling Hills, CA) 11-0
6. Denise Warner (Sacramento, CA) 10-6

Long Jump

1. Jernae Wright (Union City, CA) 19-6
2. Myra Combs (Lk Charles, LA) 18-11.25
3. Tisha Ponder (San Jose, CA) 18-10.5
4. Dionne Brown (Little Rock, AR) 18-9.5
5. Tonia Thomas (Sequin, TX) 18-6.5
6. Kelly O'Connor (Anaheim, CA) 18-4

Triple Jump

1. Alisha Broussard (Houston, TX) 42-9
2. Dahlia Ingram (Liberal, KS) 42-3
3. Kelly O'Connor (Anaheim, CA) 39-6.5
4. Julie Tinker (Sacramento, CA) 39-4

Shot Put

1. Caria Littleton (Junctin City, KS) 47-4
2. Krista Keir (Westerville, OH) 44-4.75
3. Stacy Tiefenauer (BonTerre, MO) 43-5.25
4. Mandy Sefman (Houston, TX) 43-2.25
5. Chaniqua Ross (Sacramento, CA) 42-9.75
6. Kristy Martin (Fairfax, VA) 42-7.25

Discus

1. Darlen Tulua (Carmel, CA) 157-4
2. April Burton (Bakersfield, CA) 155-3
3. Chaniqua Ross (Sacramento, CA) 149-5
4. Kristy Martin (Fairfax, VA) 148-10
5. Mandy Sefman (Houston, TX) 146-9
6. Krista Keir (Westerville, OH) 144-3

Hammer

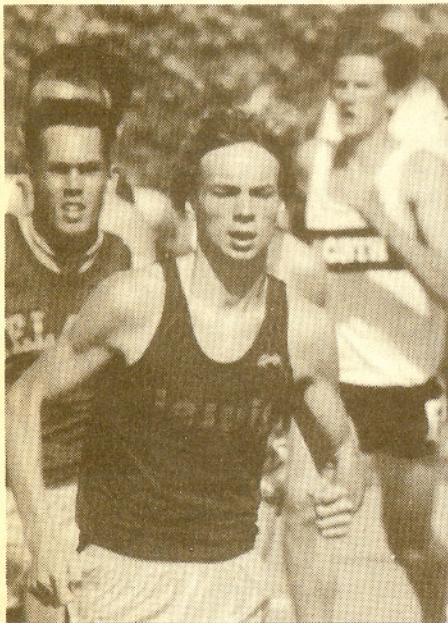
1. Maureen Griffin (Pocatello, ID) 154-0
2. Alana Robinson (Grosse Ile, MI) 124-6
3. Nicole Krause (Glendora, CA) 118-3
4. Melani Glennen (Davis, CA) 108-11
5. Gina Houlemard (WCovina, CA) 103-11
6. Dominique Perreria (Sacram, CA) 90-7

Javelin

1. Molly Monroe (Ellensburg, WA) 142-7
2. Heather Reichman (Seattle, WA) 136-7
3. Amy Sheppard (Roseburg, OR) 133-7
4. Renee Trahan (Abbeville, LA) 132-3
5. Amber Stohs (Marysville, KS) 131-6
6. Hillary Zumwalt (LaCenter, WA) 123-10

1996 CALIFORNIA HIGH SCHOOL BEST MARKS LIST

By Keith Conning



Michael Stember (right) & Daniel Sikiric

Photo by Bill Cockerham

Men

100 Meters

10.45	-Jim McGee (Sacramento, SJS)
10.45	-Vince Williams (University City, SDS)
10.46	*Tierre Sams (Edison, CS)
10.47	**Miguel Fletcher (Alemany, SS)
10.54	-Gerald Williams (Lynwood, SS)
10.59	-Clarence Scott (Dorsey, LAS)
10.62	-E.J. Jackson (Beyer, SJS)
10.62	-Leon Callen (De La Salle, NCS)
10.67	-Philip Pipersburg (Santa Barbara, SS)
10.67	-Daunte Burks (Kennedy, SJS)
10.70	-J-Sharon Jones (Skyline, OS)
10.75	-Adrian Logan (Upland, SS)
10.77	*DeAngelo Stewart (Muir, SS)
10.78	-George Jordan (Pittsburg, NCS)
Wind-aided:	
10.33	-Jim McGee (Sacramento, SJS)
10.35	-Vince Williams (University City, SDS)
10.41	-E.J. Jackson (Beyer, SJS)
10.42	-Daunte Burks (Kennedy, SJS)
10.44	-Jim McGee (Sacramento, SJS)
10.47	-Gerald Williams (Lynwood, SS)
10.50	-Clarence Scott (Dorsey, LAS)
10.54	-Philip Pipersburg (Santa Barbara, SS)
10.59	*Kris Richard (Serra, SS)
10.60	-Leon Callen (De La Salle, NCS)
10.60	-Anthony Sanford (Pasadena, SS)

10.61	-Damon Hamm (Milpitas, CCS)
10.63	*David Currie (Pittsburg, NCS)
10.63	?Griswold (Garden Grove, SS)
10.68	*Damian Allen (Damien, SS)
10.75	**Aaron Bryant (Wilcox, CCS)

200 Meters

20.77	*Obea Moore (Muir, SS)
21.05	-Vince Williams (University City, SDS)
21.06	**Miguel Fletcher (Alemany, SS)
21.09	-Adrian Logan (Upland, SS)
21.20	-Philip Pipersburg (Santa Barbara, SS)
21.21	-Kevin Griswold (Garden Grove, SS)
21.34	-Lydell Burston (Morse, SDS)
21.35	-Michael Granville (Bell Gardens, SS)
21.36	-Clarence Scott (Dorsey, LAS)
21.40	-Wynzell Lynn (South, CS)
21.43	-Michael Granville (Bell Gardens, SS)
21.43	-Gerald Williams (Lynwood, SS)
21.45	-Felton Charles (McClymonds, OS)
	*Tierre Sams (Edison, CS)
21.52	-Damon Hamm (Milpitas, CCS)
21.52	-Emon Thomas (Bakersfield, CS)
21.60	-Leon Callen (De La Salle, NCS)
21.62	-Anthony Sanford (Lincoln, SDS)
21.63	?Macias (Bishop Amat, SS)
21.67	-E.J. Jackson (Beyer, SJS)

Wind-aided:

20.99	-Vince Williams (University City, SDS)
21.24	-Clarence Scott (Dorsey, LAS)

400 Meters

45.62	*Obea Moore (Muir, SS)
46.68	-Felton Charles (McClymonds, OS)
46.85	-Lydell Burston (Morse, SDS)
46.95	-Michael Granville (Bell Gardens, SS)
47.14+	-Vince Williams (University City, SDS)
47.36	*Eddie Levine (Golden Valley, SJS)
47.36	*Jucorie Tryon (Muir, SS)
47.40	*Tony Berrian (Atwater, SJS)
47.46	-Ray Carter (Morse, SDS)
47.54+	*Tim Brown (McClymonds, OS)
47.58	-Howard Moore (De La Salle, NCS)
47.67	-Guillermo Macias (Bishop Amat, SS)
47.87	?Damian Allen (Damien)
47.89	?Rice (Serra, SS)
47.94+	-Malachi Davis (Davis, SJS)
48.06	-Brent Williams (Miller, SS)
48.12	-Anthony Cephas (Fairfax, LAS)
48.14	-Curtis Napoleon (Del Mar, CCS)
48.14	Ken Gowan (Oakmont, SJS)
48.32	*Carleton Davis (Kennedy, SJS)
48.42	*Marques Anderson (Poly, SS)
48.60	-Jess Strutzel (Huntington Beach, SS)
48.65	?Reed (Poly, Riverside, SS)
48.74	?Forde (Notre Dame, SS)
48.76	-Kohl Adu (Los Angeles, LAS)
48.77	-Mike Harris (Golden West, CS)
48.81	?Cruel (Poly, SS)
48.86	?Young (North, SS)
48.89	?Kashus Perrona (Eisenhower, SS)
48.89	-Darrell Logan (Banning, LAS)
48.96	*Jelani Hogg (Riordan, CCS)

800 Meters

1:46.45	-Michael Granville (Bell Gardens, SS)
1:49.29	-Michael Stember (Jesuit, SJS)
1:50.05	*Obea Moore (Muir, SS)
1:50.52	-Robert Frichtel (Hemet, SS)
1:51.32	-Daniel Sikiric (Leland, CCS)
1:51.83	-Beebe Rutledge (Los Gatos, CCS)
1:51.93	*James Levine (Golden Valley, SJS)
1:52.19	-Kareem Morrell (SJCse Academy, CCS)
1:52.25	-Jess Strutzel (Huntington Beach, SS)
1:52.77	-Ajani Brown (Crawford, SDS)
1:53.30	-Garrick Goods (Dorsey, LAS)
1:53.53	*Mark Hassell (Barstow, SS)
1:54.08	-Alex Rodriguez (Tennyson, NCS)
1:54.17	-Tom Newman (Los Gatos, CCS)
1:54.2	*Ryan Carroll (Merced, SJS)
1:54.25	-Rich Townsend (Eureka, NCS)
1:54.30	-Demond Todd (Wilson, SS)
1:54.31	*Andrew Wulf (Bellarmine, CCS)
1:54.60	*Kevin Elliott (Mira Costa, SS)
1:54.68	-Carlos Aguilar (Palisades, LAS)
1:54.73	-Micheil Jones (Livermore, NCS)
1:54.83	?Brendan Fitzgibbon (St. Ignatius, CCS)
1:55.05	?Victor Gonzalez (West Covina)
1:55.20	?Ryan Meuse (Simi Valley, SS)
1:55.30	-Luke Leiningor (Clayton Vly, NCS)

1,600 Meters

4:04.95y	-Michael Stember (Jes, SJS) 4:06.38 m
4:08.68y	-Robert Frichtel (Hemet, SS) 4:10.13m
4:09.82	-Micheil Jones (Livermore, NCS)
4:10.43+	-Daniel Sikiric (Leland, CCS)
4:11.50	-Larry Henderson (Mira Mesa, SDS)
4:13.09+	-Aaron Gillen (Yreka) 4:14.56
4:13.69	-Mike Wojciechowski (CI Valley, NCS)
4:14.20	*Andrew Wulf (Bellarmine, CCS)
4:14.69	**Jon Stevens (MissSan Jose, NCS)
4:14.82	-Jesse Barragan (Wilson, SS)
4:15.21	-Eduardo Sanchez (Garfield, LAS)
4:15.72	-Enrique Torres (Silver Creek, CCS)
4:16.08	-Chad Schmidt (North, CS)
4:16.20	-Sean Phillips (Dos Pueblos, SS)
4:16.32	-Ajani Brown (Crawford, SDS)
4:16.39	**Juan Chavira (Hanford, CS)
4:16.7	-Enrique Torres (Silver Creek, CCS)
4:16.85	-TW Burchmore (Morro Bay, SS)
4:17.09	-Sal Martinez (Ventura, SS)
4:17.12	*Alex Sanchez (De La Salle, NCS)

3,200 Meters

9:03.96	-Aaron Gillen (Yreka, NS)
9:04.18	-Will Bernaldo (Nordhoff, SS)
9:04.96	-Bolota Asmerom (McAteer, SFS)
9:05.23	-Micheil Jones (Livermore, NCS)
9:06.32	-Larry Henderson (Mira Mesa, SDS)
9:07.57	-Randy Maestretti (De La Salle, NCS)
9:10.51	**Juan Chavira (Hanford, CS)
9:10.95	?Bernard Maitai (Whittier, SS)
9:11.70	-Eduardo Sanchez (Garfield, LAS)
9:13.44	-David McQuitty (Grossmont, SDS)
9:13.45	?Joe Smith (Livermore, NCS)
9:15.61	-Daniel Sikiric (Leland, CCS)
9:15.75	*David Lopez (Hoover, SS)

continued next page.

CALIFORNIA HIGH SCHOOL LIST

9:15.81 *Michael Kasahun (Fresno, CS)
 9:16.60 *Dave Rodriguez (MissSan Jose, NCS)
 9:17.00 -Jim-Ryan Nelson (Napa, SJS)
 9:17.22 *Brad Hansen (St. Ignatius, CCS)
 9:17.48 -Sean Clendaniel (Yucaipa, SS)
 9:18.29 **Isaiah Festa (Morro Bay, SS)
 9:18.8 -Brian Pruy (Vintage, SJS)

110m Hurdles

13.68 -JoVesa Naivalu (Fremont, CCS)
 13.77 *Sharif Paxton (Crenshaw, LAS)
 13.80 -Makio Haywood (Muir, SS)
 13.87 *Dominque Degrammont (Tustin, SS)
 13.92 *Kenyon Rambo (Poly, SS)
 14.10 -Mark Roman (Central, CS)
 14.11 *Reggie DePass (Montgomery, SDS)
 14.16 -Adrian Logan (Upland, SS)
 14.23 -Wilbert Moore (Paramount, SS)
 14.34 -Robbie Hughes (Hawthorne, SS)
 14.38 -Pat Swanson (Esperanza, SS)
 14.46 -Glen Valdez (Stockdale, CS)
 14.50 -Chris Barnsdale (Montgomery, NCS)
 14.55 *Mike Sturgeon (Allen, NCS)
 14.57 -Nima Salimi (Rancho Bernardo, SDS)

Wind-aided:

13.65 -JoVesa Naivalu (Fremont, CCS)
 13.76 *Dominque Degrammont (Tustin, SS)
 13.85 -Makio Haywood (Muir, SS)
 13.89 *Kenyon Rambo (Poly, SS)
 13.91 -Wilbert Moore (Paramount, SS)
 14.19 -Pat Swanson (Esperanza, SS)
 14.20 -Robbie Hughes (Hawthorne, SS)
 14.49 -Lamont Webb (West, SJS)
 14.53 -John Bull (Mountain View, CCS)
 14.53 -Jasson Fossov (Elk Grove, SJS)
 14.54 *John Knowles (Fairfield, SJS)
 14.62 *Mike Sturgeon (Allen, NCS)

300m Hurdles

36.18 -Makio Haywood (Muir, SS)
 36.26 -JoVesa Naivalu (Fremont, CCS)
 36.99 *Kenyon Rambo (Poly, SS)
 37.13 -Matt Blasdel (Santa Margarita, SS)
 37.17 -Wilbert Moore (Paramount, SS)
 37.22 *Reggie De Pass (Montgomery, SDS)
 37.78 -Robbie Hughes (Hawthorne, SS)
 37.80 *Dominque Degrammont (Tustin, SS)
 37.81 ?John Hall (Servite, SS)
 37.94 -Glen Valdez (Stockdale, CS)
 38.02 -Chris Barnsdale (Montgomery, NCS)
 38.42 -Jake Kuritz (Torrey Pines, SDS)
 38.52 ?Oh (Irvine, SS)
 38.62 ?Hunsacker (Ganessa, SS)
 38.68 -Josh Oldog (Del Oro, SJS)
 38.80 ?Swanson (Esperanza, SS)
 38.82 *Sadat Piggee (Castle Park, SDS)
 38.90 **Guy McGowan (Leigh, CCS)

4x100m Relay

40.53 Serra, Gardena, SS
 40.64 Muir, Pasadena, SS
 41.12 Poly, Long Beach, SS
 41.15 Edison, Fresno, CS
 41.39 Dorsey, Los Angeles, LAS
 41.40 University City, San Diego, SDS
 41.46 Morse, San Diego, SDS
 41.50 De La Salle, Concord, NCS
 41.50 Crenshaw, Los Angeles, LAS
 41.59 Jordan, Long Beach, SS
 41.64 Pittsburg, NCS
 41.76 Franklin, Stockton, SJS
 41.81 Lemoore, CS
 41.85 McClymonds, Oakland, OS
 41.93 Bakersfield, CS

42.00 Del Mar, San Jose, CCS
 42.00 Morningside, Inglewood, SS
 42.04 Garden Grove, SS
 42.05 Notre Dame, SS
 42.19 Birmingham, Van Nuys, LAS
 42.22 Sacramento, SJS
 42.29 Hawthorne, SS
 42.31 Valley, SJS
 42.31 Logan, Union City, NCS
 42.34 Sherman Oaks, SS
 42.35 Santa Margarita, SS
 42.37 Canyon, SS
 42.38 Milpitas, CCS
 42.47 Taft, LAS
 42.51 Logan, Union City, NCS

4x400m Relay

3:08.66 Muir, Pasadena, SS
 3:10.80 Morse, San Diego, SDS
 3:13.10 Poly, Long Beach, SS
 3:14.59 Golden Valley, Merced, SJS
 3:15.15 McClymonds, OS
 3:15.71 Dominguez, SS
 3:16.07 Crenshaw, LAS
 3:16.23 Edison, Fresno, CS
 3:16.65 Dorsey, LAS
 3:17.29 Alemany, SS
 3:17.74 Serra, SS
 3:17.91 De La Salle, NCS
 3:18.12 Villa Park, SS
 3:18.84 Sherman Oaks, SS
 3:18.92 Morningside, Inglewood
 3:19.43 Del Mar, CCS
 3:19.60 Taft, LAS
 3:19.85 South, Bakersfield, CS
 3:20.04 St. Mary's, Berkeley, NCS
 3:20.25 Eisenhower, Rialto, SS
 3:20.27 Hawthorne, SS
 3:20.28 Bakersfield, CS
 3:20.35 Los Gatos, CCS
 3:20.48 Gunn, Palo Alto, CCS

High Jump

7-0 -Cory Johnson (Los Alamitos)
 -Kevin Wilkinson (Arroyo Grande, SS)
 -John Bull (Mountain View, CCS)
 6-11 -Jeff Poisson (Cardinal Newman, NCS)
 6-10 *Elliot Parks (El Toro, SS)
 6-10 ***Gabriel Zarate (Selma, CS)
 6-10 *Henry Jenkins
 6-9 *Darryl Felbach (Bear Creek, SJS)
 6-8 ?Ron Nelson (La Mirada, SS)
 6-8 -Matt Hurd (Antioch, NCS)
 6-8 -Ryan Mitchell (Sweetwater, Natl City, NCS)
 6-8 -Matt Castiglione (Clovis, CS)
 6-8 -Broderick Jones (Vallejo, CS)
 6-8 -DeJuan Hawkins (Newbury Park, SS)
 *Gabe Cottle (Upland, SS)
 -Mitch Naber (Arroyo Grande, SS)
 ?Clinte Motley (Alta Loma)
 -Steve Dawson (Antioch, NCS)
 -Ray Guanella (Santa Rosa, NCS)

Pole Vault

16-5 1/4 -Steve Michels (Brethren, SS)
 16-1 -Nate Fox (Edison, SS)
 16-0 *Steve Harris (Del Mar, CCS)
 15-6 -Nguyen Vong (Silver Creek, CCS)
 15-6 *David Gritz (Bear Creek, SJS)
 15-4 Alfredo Llamas (South Gate, LAS)
 15-4 *Chad Salsbury (Stockdale, CS)
 15-3 ***Mark Unzueta (Lemoore, CS)
 15-0 -Joey Lippman (N Monterey County, CCS)
 15-0 -Joe Lindenfelser (Lemoore, CS)

15-0 *Erik Rasmussen (Johansson, SJS)
 15-0 -Dan Ortiz (La Puente, SS)
 15-0 Joel Kriwinski (Arroyo Grande, SS)
 15-0 *Willie Deitchman (Ponderosa, SJS)
 15-0 ?Updyke (Temecula Valley, SS)
 14-8 **Mark Lee (Granite Hills, SDS)
 14-8 -Axel Page (Monte Vista, SDS)

Long Jump

25-4 1/2 -Clarence Scott (Dorsey, LAS)
 24-10 1/2 -Gerald Williams (Lynwood, SS)
 24-9 -Ronney Jenkins (Hueneme, SS)
 24-7 1/2 *Patrick McCall (Carson, LAS)
 24-6 1/4 -Jim McGee (Sacramento, SJS)
 23-10 -Anthony Sanford (Lincoln, SDS)
 23-6 1/2 *Mike Nealy (Yerba Buena, CCS)
 23-4 1/2 -Lawrence Owusu (El Camino, SDS)
 23-4 -Howard Moore (De La Salle, NCS)
 23-3 1/2 -Myron Washington (Mt. Pleas, CCS)
 22-9 3/4 -Ryan Capalbo (Loyola, SS)
 22-9 3/4 -Peter Slater (Pleasant Valley, NS)
 22-9 -Lafayette Bailey (Littlerock, SS)
 22-9 -Bryan McMillan (Bellarmine, CCS)
 Wind-aided:
 25-1 1/2 *Patrick McCall (Carson, LAS)
 24-6 1/2 -Jim McGee (Sacramento, SJS)
 24-0 -Howard Moore (De La Salle, NCS)
 23-8 1/2 -Lafayette Bailey (Littlerock, SS)
 23-6 ?Vann (Canyon Springs, SS)
 23-3 ?Brian Merchain (Rancho Cucamonga)
 23-2 1/2 -Dennis Gibbs (Lompoc, SS)
 23-1 1/2 ?B.J. Stewart (Norco, SS)
 22-11 1/2 *Robert Nero (Chino, SS)
 22-10 1/2 **Kenny Pearson (Franklin, SJS)
 22-10 ?Cater (Foothill, SS)
 22-9 3/4 -Felix Vallot (Modesto, SJS)
 22-9 3/4 ?Hawkins (Newbury Park, SS)
 22-9 1/2 ?Alex Tinsley (Gilroy, CCS)

Triple Jump

50-9 1/2 -Ty Anderson (Poly, SS)
 49-10i -Gerald Williams (Lynwood, SS)
 49-7 1/4 -Derrick Evans (El Camino Real, LAS)
 49-5 1/4 -Justin Cox (Rancho Buena Vista, SDS)
 49-4 1/2 -Peter Slater (Pleasant Valley, NS)
 48-2 -Anthony Sanford (Lincoln, SDS)
 47-7 -Myron Washington (Mt. Pleas, CCS)
 47-6 1/2 -Ryan Pearce (Bakersfield, CS)
 47-5 3/4 *Tyriff Rudder (Mt. Miguel, SDS)
 47-4 *Erik Vann (Canyon Springs, SS)
 47-0 -DeJuan Hawkins (Newbury Park, SS)
 46-10 -Rajan Montero (Jordan, SS)
 46-9 1/4 *Joe Augustine (Yuba City, SJS)
 46-6 1/4 -Scott Towne (St. Mary's, SJS)
 46-3 ?Castiglione (Clovis, CS)
 Wind-aided:
 50-9 1/2 -Peter Slater (Pleasant Valley, NS)
 46-9 1/2 ?West (Center, SJS)
 46-9 -Scott Towne (St. Mary's, SJS)

Shot Put

65-11 -J.D. Martin (Madera, CS)
 65-2 -Jason Hammond (Fowler, CS)
 63-11 3/4 **Van Mounts (Bakersfield, CS)
 62-7 1/2 -Tony Sotelo (Ramona, SDS)
 61-8 *Brian Chase (Cardinal Newman, NCS)
 60-7 1/2 *John Badinovic (Jesuit, SJS)
 58-5 -Willie Howard (Los Altos, CCS)
 57-0 -Mike Lopez (Arroyo, SS)
 56-10 -Raul Gussa (San Diego, SDS)
 56-9 -Dan Noll (El Toro, SS)
 56-3 1/4 *Brodie Reiderich (Edison, SS)
 55-7 -Josh Young (Piedmont Hills, CCS)
 55-6 **Roy Rivas (Carlsbad, SDS)

continued next page.

CALIFORNIA HIGH SCHOOL LIST

Discus

192-1	-J.D. Martin (Madera, CS)
190-11	-Victor Leyva (Porterville, CS)
185-7	*Scott Moser (Huntington Beach, SS)
181-4	-John Bello (Rancho Cucamonga, SS)
179-6	-Jason Hammond (Fowler, CS)
178-3	-Tony Sotelo (Ramona, SDS)
177-11	*John Badinovic (Jesuit, SJS)
176-2	-Sean Jarne (Esperanza, SS)
173-7	-John Bello (Rancho Cucamonga, SS)
174-0	-Willie Howard (Los Altos, CCS)
171-11	?Jeff Beadle (Highland, CS)
170-5	-Sam McMullen (Calvary Chapel, SS)
170-3	-Mike Lopez (Arroyo, SS)
169-11	*Brian Chase (Cardinal Newman, NCS)
180-0	-John Gagnon (Christian Brothers SJS)
166-0	-Anthony Gabriel (Morse, SDS)
165-6	?Derek Baxter (Ayala, SS)
163-11	*Rocci Doria (Arnador Valley, NCS)
163-8	***Luke Mackay (Central Catholic, SJS)
163-6	*Tooram Gilliam (San Diego, SDS)
163-6	-John Shann (Lodi, SJS)

Women

100 Meters

11.54	-Jernae Wright (Logan, NCS)
11.72	**Miesha Withers (Morningside, SS)
11.73	*Malika Edmonson (St. Bernard, SS)
11.73	**Angela Williams (Chino, SS)
11.74	*Damesha Craig (St. Francis, CCS)
11.82	-LaTroya Mucker (Hamilton, LAS)
11.89	*Akiba McKinney (Monte Vista, SDS)
11.90	*Carla Estes (Logan, NCS)
11.90	*Zhaunte Holman (Valley, SJS)
11.98	?Brianna Glenn (La Mirada, SS)
12.05	***Latrice Borders (Wilson, SS)
12.06	?Perry (Quartz Hill, SS)
12.08	*Sunny Butler (Morningside, SS)
12.10	***Natasha Neal (Logan, NCS)
12.15	**Zahalea Showe (Poly, SS)
12.15	**Tiffany Freow (Morse, SDS)
12.16	***DeCola Groce (Morse, SDS)

Wind-aided:

11.49	-Jernae Wright (Logan, NCS)
11.54	*Zhaunte Holman (Valley, SJS)
11.59	*Malika Edmonson (St. Bernard, SS)
11.66	**Miesha Withers (Morningside, SS)
11.81	**Zahalea Showe (Poly, SS)
11.84	***Latrice Borders (Wilson, SS)
11.87	*Sunny Butler (Morningside, SS)
11.88	?Glenn (La Mirada, SS)
11.95	-Crystal Watson (Edison, SJS)
11.97	-Pilar Arroyo (Tracy, SJS)
12.10	**Natasha Neal (Logan, NCS)
12.16	-Capricia Thompson (Clovis, CS)

Hand-timed:

11.3	*Damesha Craig (St. Francis, CCS)
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200 Meters

23.47	*Malika Edmonson (St. Bernard, SS)
23.49	**Angela Williams (Chino, SS)
23.60	*Kinshasa Davis (Wilson, SS)
23.72	?Withers (Morningside, SS)
23.87	*Damesha Craig (St. Francis, CCS)
24.18	***Theodoesha Rivers (Ran Verde, SS)
24.25	-LaTroya Mucker (Hamilton, LAS)
24.27	***Latrice Borders (Wilson, SS)
24.33	-Lana Garner (Morse, SDS)
	***Joni Smith (Wilson, SS)
24.38	*Carla Estes (Logan, NCS)
24.40	*Regine Caruthers (St. Bernard, SS)

24.47	?Tammy Wallace (Pomona, SS)
24.48	*Zhaunte Holman (Valley, SJS)
24.51	?Butler (Morningside, SS)
24.61	?Brianna Glenn (La Mirada, SS)
24.72	**Casey Loveland (Granite Hills, SDS)
24.80	**Bo Alade (Foothill, CS)
24.93	?Attrina Higgins (Chino, SS)
24.94	***Kerry Blaschke (St. Francis, CCS)
24.99	?Sharika Higgins (Channel Islands, SS)
25.02	*Enjoli Smith (Gilroy, CCS)
25.03	?Kela Walker (Muir, SS)
25.06	**Shaunte Williams (Armijo, SJS)
25.07	?Wallace (Pomona, SS)
25.08	-Atiba Green (University City, SDS)
25.11	?Thomas (Dorsey, LAS)

Wind-aided:

23.33	**Angela Williams (Chino, SS)
23.73	*Damesha Craig (St. Francis, CCS)
24.20	*Zhaunte Holman (Valley, SJS)
24.68	**Shaunte Williams (Armijo, SJS)
24.73	*Regine Caruthers (St. Bernard, SS)
24.93	-Crystal Watson (Edison, SJS)

400 Meters

52.67	*Kinshasa Davis (Wilson, SS)
52.95	*Malika Edmonson (St. Bernard, SS)
53.39	**Theodoesha Rivers (Ran Verde, SS)
53.64	***Joni Smith (Wilson, SS)
53.81	*Carla Estes (Logan, NCS)
54.09	-Lana Garner (Morse, SDS)
54.65	**Julia Gray (North, SS)
55.23	*Regine Caruthers (St. Bernard, SS)
55.26	?Kadrina Coffee (Palmdale, SS)
55.51	-Crystal Miles-Threat (Amad Vly, NCS)
55.74+	**Angela Williams (Chino, SS)
55.84	*Saneik Saavedra (El Cerrito, NCS)
55.94	**Lacretia McKinney (Hanford, LAS)
56.06	*Nikelola Balogun (Westchester, LAS)
56.22	***LaToya Thomas (Poly, SS)
56.26	?Mucker (Hamilton, LAS)
56.36	-Turshika Bennett (O'Dowd, NCS)
56.44	?Funn (Eisenhower, SS)
56.44	?Aisha Washington (Poly, SS)
56.45	?Kamalia Williams (Sacred Heart, CCS)
56.59	-Sabrina Edge (R Buena Vista, SDS)
56.73	*Rose Sczawinski (Los Gatos, CCS)
56.77	?Shavonne Jennings (Woodside, CCS)
56.77	*Angie Milner (Modesto, SJS)

800 Meters

2:10.80	-Candace Miles-Threat (Amad Vly, NCS)
2:11.24	***Lindsay Hyatt (Placer, SJS)
2:11.75	Jennifer Bridgeman (Logan, NCS)
2:11.89	**Kelly Piatanese (Carondelet, NCS)
2:12.30	*Kerri Bock-Wilmes (Carondelet, NCS)
2:13.12	-Sharon Rhetta (Poly, SS)
2:13.18	-Amanda Boice (Folsom, SJS)
2:13.35	-Katie Crabb (Pleasant Valley, NS)
2:13.85	-Betty Butler (Dorsey, LAS)
2:14.24	**Tara Gregory (Crescenta Valley, SS)
2:14.40	-Martina Ze (Livermore, NCS)
2:14.47	?Monica Van Wegen (Amad Vly, NCS)
2:14.82	-Ali Pearson (Turlock, SJS)
2:14.94	-Anna Behrens (Peninsula, SS)
2:15.39	**Lina Biber-Ferro (Los Gatos, CCS)
2:15.40	-Cara Mottet (Brawley, SS)
2:15.55	**Christa Fitzgerald (Dana Hills, SS)
2:15.59	?Maribel Delgado (Santa Ana Vly, SS)
2:15.69	-Shauluinn Fullove (Louisville, SS)
2:15.77	*Ally Lombardi (Los Gatos, CCS)
2:15.83	?Kelly Howsey (Clayton Valley, NCS)
2:15.94	*Drisana Carey (University, SDS)

1,600 Meters

4:44.9	-Kim Mortensen (Thousand Oaks, SS)
4:46.30+	*Julia Stamps (SRosa, NCS) 4:47.97m
4:46.8+	-Annie Ebner (St. Lucy's, SS)
4:49.3	*Kristen Gordon (Carondelet, NCS)
4:53.02	***Lindsay Hyatt (Placer, SJS)
4:57.8	***Allison Marquand (University, SS)
4:58.38	-Shauluinn Fullove (Louisville, SS)
4:58.71	*Claire Tillotson (Redondo, SS)
4:58.99	**Jennifer Burris (Ayala, SS)
4:59.13	**Jennifer Akana (Lowell, SFS)
4:59.15	?Winkler (Fountain Valley, SS)
4:59.37	?Anne Gunnison (McClatchy, SJS)
5:00.59	*Kelly Howsey (Clayton Valley, NCS)
5:01.36	?Nuances (Santa Margarita, SS)
5:01.54	*Tracy Cohn (Stockdale, CS)
5:02.12	?Welsh (Yucaipa, SS)
5:02.8	*Julie Ott (University, SDS)
5:04.00	-Deborah Bleisch (Silver Creek, CCS)
5:04.90	*Tiffany Hansen (Redwood, NCS)
5:05.30	?Julia Floyson (Valhalla, SDS)
5:05.60	-Stephanie McCarty (Madera, CS)
5:06.02	***Sarah Wilkins (Ran Bernardo, SDS)
5:06.02	*Shelby Horgan (Temescal Cyn, SS)
5:07.13	-Laneisha McPherson (Silver Crk, CCS)
5:07.70	-Stephanie McCarty (Madera, CS)

3,200 Meters

9:48.59	-Kim Mortensen (Thousand Oaks, SS)
10:06.41+	*Julia Stamps (Santa Rosa, NCS)
10:22.40+	-Annie Ebner (St. Lucy's, SS)
10:25.22+	*Kristen Gordon (Carondelet, NCS)
10:36.75	**Kim Welsh (Yucaipa, SS)
10:40.03	***Allison Marquand (University, SS)
10:40.70	-Kristen Koppes (Foothill, NS)
10:44.0	**Heather Garritson (Buena Park, SS)
10:45.20	*Danielle Day (Quartz Hill, SS)
10:46.48	?Harris (Canyon, SS)
10:51.14	*Anne Gunnison (McClatchy, SJS)
10:52.1	***Trina Cox (Santa Rosa, NCS)
10:56.02	*Jen Schindler (Ponderosa, SJS)
10:58.82	?Andrea Neipp (Highland, Palmdale)
10:58.95	?Julie Harris (Canyon, SS)
11:01.4	**Jennifer Akana (Lowell, SFS)
11:02.04	-Tina Bowen (San Ramon Valley, NCS)
11:04.50	-Emily Allison (Leland, CCS)
11:04.55	*Emily Lawson (Clovis, CS)
11:05.12	-Marissa Hurwitz (Bishops, SDS)
11:05.31	*Jaymie Harper (Santana, SDS)
11:06.53	?Deborah Osteen (Clayton Valley, NCS)
11:06.81	?Lisa Gillis (Moreau, NCS)
11:07.7	*Lori Giacinti (University, SDS)
11:07.72	?Zhang (Rowland, SS)

100m Hurdles

13.79	*Nicole Hoxie (North, SS)
14.07	**Daveetta Shephard (Salesian, NCS)
14.08	**Ashley Bethel (Mission Viejo, SS)
14.10	-Rori Kelly (Morningside, SS)
14.17	-Tisha Ponder (Del Mar, CCS)
14.18	-Ayana Grant (Bishop O'Dowd, NCS)
14.37	*Michelle Perry (Quartz Hill, SS)
14.46	*Lisa O'Reilly (St. Mary's, SJS)
14.59	*Khomeel Fleming (Dorsey, LAS)
14.64	*Tanisha Allen (North Salinas, CCS)
14.69	-Brandi Jenkins (Golden West, SJS)
14.67	*Angie Polk (Cerritos, SS)
14.81	*Katie Schuckle (Santa Rosa)
14.85	**Janae Mitchell (El Cerrito, NCS)
14.88	*Michelle Steingart (St. Francis, CCS)
14.89	*Hannah Cooper (Hawthorne, SS)
Wind-aided:	
13.61	*Nicole Hoxie (North, SS)
14.15	-Rori Kelly (Morningside, SS)

continued next page..

CALIFORNIA HIGH SCHOOL LIST

14.31 -Kenisha Barnes (San Juan, SJS)
 14.34 *Michelle Perry (Quartz Hills, SS)
 14.57 *Katie Schuckle (Santa Rosa, NCS)
 14.58 *Angie Polk (Cerritos, SS)
 14.59 *Hannah Cooper (Hawthorne, SS)
 14.86 *Khameel Fleming (Dorsey, LAS)

300m Hurdles

41.71 -Tisha Ponder (Del Mar, CCS)
 41.78 *Nicole Hoxie (North, SS)
 42.44+ *Hannah Cooper (Hawthorne, SS)
 42.68 *Michelle Perry (Quartz Hill, SS)
 43.14 -Nicole Thomas (Morningside, SS)
 43.24 **Francis Santin (Taft, LAS)
 43.40 *Katie Schuckle (Santa Rosa, NCS)
 43.59 ?Kelly (Morningside, SS)
 43.70 *Lisa O'Reilly (St. Mary's, SJS)
 43.80 **Davetta Shephard (Salesian, NCS)
 43.88 *Michelle Steingart (St. Francis, CCS)
 44.04 *Leanne Slater (Pioneer, CCS)
 44.13 ?Deetra King (Poly, SS)
 44.27 ?Hatch (Nordhoff, SS)
 44.34 -Stacy Hebert (Buena, SS)
 44.51 ?King (Poly, SS)
 44.60 -Brandi Jenkins (Clovis West, CS)
 44.73 *Myesha Kirtman (Lowell, SFS)
 44.75 ?Myvett (Wilson, SS)
 44.80 *Khameel Fleming (Dorsey, LAS)
 44.92 ?Heaven (Woodbridge, SS)
 45.04+ **Carrie McGraw (Miss S Jose, NCS)
 45.13 ?Fobin Leafblad (Arlington, SS)
 45.31 -Satin Lewis (Cleveland, LAS)
 45.32 -Silvia-Aidee Acero (Hilltop, SDS)
 45.43 ?Katrina Brooks (Etiwanda)
 45.50 -Bahed Hernandez (Mt. Carmel, SDS)
 45.50 ***Tiara Anderson (West Valley, NS)
 45.64+ -Odessa Balumba (Logan, NCS)

4x100m Relay

45.20 Logan, Union City, NCS
 45.53 Wilson, Long Beach, SS
 45.62 St. Bernard, Playa del Rey, SS
 45.63 Morningside, Inglewood, SS
 46.42 Poly, Long Beach, SS
 46.44 Morse, San Diego, SDS
 46.90 Valley, SJS
 47.05 Muir, SS
 47.07 Palmdale, SS
 47.09 Chino, SS
 47.20 Dorsey, Los Angeles, LAS
 47.23 North, SS
 47.25 El Cerrito, NCS
 47.54 Vallejo, SJS
 47.64 St. Francis, CCS
 47.72 Foothill, CS
 48.02 Edison, SJS
 48.10 Pomona, SS
 48.18 Westchester, LAS
 48.27 Golden West, CS
 48.36 El Camino, SDS
 48.43 Los Gatos, CCS
 48.52 Benicia, NCS
 48.53 Hamilton, LAS

4x400m Relay

3:37.38 Wilson, Long Beach, SS
 3:40.95 Logan, Union City, NCS
 3:43.61 Poly, Long Beach, SS
 3:44.90 St. Bernard, Playa del Rey, SS
 3:45.63 El Cerrito, NCS
 3:45.94 Amador Valley, Pleasanton, NCS
 3:47.07 Muir, Pasadena, SS
 3:47.60 North, Riverside, SS
 3:49.0 Morse, San Diego, SDS

3:51.34 Dorsey, Los Angeles, LAS
 3:51.79 Morningside, SS
 3:51.84 Los Gatos, CCS
 3:52.71 St. Francis, Mountain View, CCS
 3:52.87 Palmdale, SS
 3:53.13 Carondelet, Concord, NCS
 3:58.31 Clovis, CS
 3:58.6 Woodland, SJS
 3:58.72 Woodbridge, SS
 3:59.0 Taft, LAS
 3:59.01 Valley, SJS
 3:59.39 Westchester, LAS

High Jump

5-10 -Tara Fleming (Immanuel, CS)
 -Liz Giltner (Chaminade, SS)
 *Tayibba Haneef (Laguna Hills, SS)
 -Michelle Perez
 *Lisa Underhill (RBUena Vista, SDS)
 -Shavent Williams (Long Beach, SS)
 **Lacretia McKinney (Hanford, CS)
 *Michelle Mahlke (Marymount, SS)
 **Yolanda McGriff (Lincoln, SDS)
 -Callie Lemont (Ceres, SJS)
 -Tait Holden (Wood, SJS)
 ***Brittany Roberts (Bullard, CS)
 **Tia Hanson (Cajon, SS)
 *Jennifer Thomas (Cent, Corona, SS)
 *Jessica Saltzman (Big Valley, NS)
 ?Kristi Johnson (Ygnacio Valley, NCS)

Pole Vault

12-1 1/2 -Alexa Harz (Peninsula, SS)
 12-0 3/4 -Erica Hoernig (Foothill, SS)
 11-8 ***Bridget Pearson (Hoover, SS)
 11-6 1/2 **Brooke Lankard (Golden West, CS)
 11-4 **Allison Knode (Kingsburg, CS)
 11-0 ?Maria Lopez (Newark, NCS)
 11-0 -Denise Warner (Ponderosa, SJS)
 11-0 -Christa Epperly (Grass Valley, SJS)
 11-0 *Hannah Johnson (Atascadero, SS)
 11-0 **Katie Rorem (Marina, SS)
 10-8 **Kyla Pavlina (Acalanes, NCS)
 10-8 *Kylene Nixon (Poway, SDS)
 10-8 -Marylou Badillo (Mt. Pleasant, CCS)
 10-8 -Shannon Flett (Acalanes, NCS)
 10-6 ?Kimberly Wyatt (West Torrance, SS)
 10-6 **Kim Trout (Escondido, SDS)
 10-6 *Laura Eckley (West Valley, NS)
 10-6 ?Heup (Marina, SS)

Long Jump

20-9 -Jemae Wright (Logan, NCS)
 20-0 3/4 -Tisha Ponder (Del Mar, SJS)
 19-9 *Carla Estes (Logan, NCS)
 -Kerry O'Bric (Edison, SS)
 19-8 3/4 -Kelly O'Connor (Esperanza, SS)
 19-6 1/4 -Stephanie Jones
 ?Corley (Antelope Valley, SS)
 ?Laren Parker (Bakersfield, CS)
 19-1 1/2 *Akiba McKinney (Monte Vista, SDS)
 19-0 1/4 -Rosalyn Grant (Ganessa, SS)
 18-11 1/2 -Connie Smith (Modesto, SJS)
 18-10 1/2 -Julie Tinker (Valley, SJS)
 18-10 ?Bummi Onguleye (Poly, SS)
 18-9 1/2 ?Taylor (Littlerock, SS)
 18-7 **Monique Harris (Cerritos, SS)
 18-6 1/4 ?Perry (Quartz Hill, SS)
 18-5 3/4 -Richelle Perkins (Bishops, SDS)
 18-5 3/4 ?Perry (Quartz Hill, SS)
Wind-aided:
 20-11 1/4 -Jemae Wright (Logan, NCS)
 20-6 -Tisha Ponder (Del Mar, CCS)
 19-3 3/4 **Monique Harris (Cerritos, SS)

19-3 *Pia McAllister (Clayton Valley, NCS)
 19-0 *Reynda King (St. Mary's, SS)
 18-11 1/2 -Rosalyn Grant (Ganessa, SS)
 18-8 ?Perry (Quartz Hill, SS)
 18-7 ?Bethel (Mission Viejo, SS)
 18-6 3/4 -Richelle Perkins (Bishops, SDS)
 18-6 1/2 *Dannielle Martin (Valley, SJS)
 18-5 -Latanya Collier (Banning, LAS)
 18-4 1/4 -Zakirah Sanford (Lincoln, SDS)

Triple Jump

40-11 3/4 -Kelly O'Connor (Esperanza, SS)
 40-4 3/4 -Tisha Ponder (Del Mar, CCS)
 39-5 1/2 -Julie Tinker (Valley, SJS)
 39-5 1/4 **Andrea Booker (El Camino, SDS)
 39-2 -Kerry O'Bric (Edison, SS)
 38-11 3/4 -Brandy Prieto (North Torrance, SS)
 38-4 -Connie Smith (Modesto, SJS)
 38-2 3/4 *Ebony Poe (Cerritos, SS)
 38-2 -Casey Whyte (San Pasqual, SDS)
 38-1 1/2 *Nici Peyton (Santa Monica, SS)
 37-11 -Andrea Lacson (Logan, NCS)
 37-11 *Shirley Anku (R Buena Vista, SDS)
 37-10 1/2 -Marylou Badillo (Mt. Pleasant, SJS)
 37-10 -Reena Sihota (Selma, CS)
 37-7 1/4 -Jamie Sarns (Tulare Western, CS)
Wind-aided:
 40-11 3/4 -Tisha Ponder (Del Mar, CCS)
 39-10 1/2 -Julie Tinker (Valley, SJS)
 38-7 1/2 *Nici Peyton (Santa Monica, SS)
 38-1 1/4 -Marylou Badillo (Mt. Pleasant, SJS)
 37-10 1/2 *Pia McAllister (Clayton Valley, NCS)
 37-9 1/2 -Evelyn Shih (Palo Alto, CCS)
 37-7 3/4 ?Griffith (Trabuco Hills, SS)

Shot Put

47-7 -Darlene Tulua (Carmel, CCS)
 46-0 1/2 **Chaniqua Ross (Laguna Creek, SJS)
 45-2 -Vavatau Pohahau (Balboa, SFS)
 44-9 *Cynthia Ademiliyi (Poly, SS)
 43-9 1/2 -Marisela Rooney (Woodland, SJS)
 43-6 -Cheree Hicks (Littlerock, SS)
 43-1 1/2 -Melissa Wallace (Clovis, CS)
 43-0 3/4 ?Bryant (Marina, SS)
 43-0 1/4 **Stephanie Brown (Arroyo Gran, SS)
 42-9 1/2 -Tanasha Hunter (Locke, LAS)
 42-9 *Kristin Bryden (Anderson, NS)
 42-0 1/4 ?Togagae (Los Amigos, SS)
 41-10 *Jennifer Vail (Palm Springs, SS)
 41-6 1/4 **Bell Jordan (Lincoln, SJS)
 41-1 1/2 -Marie Philman (Edison, SS)
 40-11 -Stacy Davidson (Reedley, CS)
 40-8 -Sandre Sahourieh (Westmoor, CCS)
 40-7 ?Susan Hatchett (Arroyo Grande, SS)
 40-6 1/2 -Amanda Tagaleo'o (El Camino, SDS)

Discus

165-10 -Darlene Tulua (Carmel, CCS)
 159-8 **Chaniqua Ross (Laguna Creek, SJS)
 155-3 ***April Burton (Bakersfield, CS)
 154-11 **Cecilia Barnes-Mileham (Clov W, CS)
 150-5 -Mandy Buckley (Bakersfield, CS)
 150-0 *Carrie Axton (Los Amigos, SS)
 145-6 -Cheree Hicks (Littlerock, SS)
 144-0 -Marie Philman (Edison, SS)
 142-10 -Sonya Bryant (Marina, SS)
 142-4 -Christina Magana (Fallbrook, SDS)
 142-2 *Katrina Crouch (El Capitan, SDS)
 141-2 **Amy Thiel (Fremont Christian, CCS)
 140-8 *Kristin Bryden (Anderson, NS)
 140-4 ?Susan Hatchett (Arroyo Grande, SS)
 137-1 ?Jennifer Vail (Palm Springs, SS)
 133-7 -Mary Kaihiwa (Loretto, SJS)

MEET SPOTLIGHT

By Doug Speck

1996 Junior Nationals

June 28-29, Ohio Wesleyan University, Delaware, Ohio.

The 1996 Junior Nationals (under 20 years of age, born 1977 or later) was held at Ohio Wesleyan University in Delaware, Ohio. The 2000 student private school some 20 minutes outside of Columbus, Ohio had the meet set in a historical 1930's era football stadium and featured some great competition with Californians a prominent part of the action. The top two athletes per event would qualify for the World Junior Championships in Sidney, Australia (providing they had met the world championship standard for the event and it was being held). A ton of Golden Staters will be on the team with some medals sure to come home from the "down-under" competition August 20-25th.

In the speed events athletes with a California base or natives were strong. **Jernae Wright** and **Obea Moore** truly shown this weekend. Wright, seeming to limp for a long time in favoring an old injury when running all-out, seemed over that here, smoothly blasting a super 100 meter

field with an 11.54 win over Texas prep **Lakeisha White**, thought to be the number one prepster around! UCLA's **Andrea Anderson** was third in the 100 (11.64) and 200 (23.85). Wright came back in the Long Jump late in the competition to move into the lead and cap a double win this weekend with her best wind-legal effort this season at 20- 09! USC frosh **Pam Simpson** was pushed to third at 19-11.75 with Wright's winning effort.

Obea Moore took on the 200 and the 400, with the weather here and qualifying rounds taking it out of everyone, including those just watching. The final day's weather was up into the 90's with tough humidity making any activity for those not used to it very, very difficult. Obea took the 400m at 45.62 over USC frosh **Jerome Davis** (46.30), then came back in an interesting battle over 200 meters. **Bryan Harrison**, transplanted Dana Hills HS star, now at Roswell HS in Georgia, had taken Heat 1 at 21.43, with San Diego University City HS star, **Vince Williams**, Heat 2 at 21.44, and Moore Heat 3 at 21.31. In a great 200 Final it was Moore 21.10, Harrison 21.19, and Williams 21.21 sweeping the first three spots! Earlier over 100 meters, Williams followed Texas prep **Lawrence Armstrong's** 10.47 win with a 10.48 for second with Harrison 10.54 in third. Californians will dominate the US Junior sprint crew!

The Women's 400 had some pleasant surprises. The event was headlined by NCAA **Suzann Reed** of the University of Texas who has run 51.65! **Malika Edmonson** moved up in distance for this meet, impressing with a 52.95 second place Finals run. The interesting story was **Theodoesha Rivers**, a young lady who did not run for her school in Moreno Valley this year (she is a soph), who cranked 53.39 for third place, hopefully

making the relay squad for Sidney.

A number of other Californians were winners. **Melissa Price** wowed the crowd once again. She set an American record of 13- 01.75 in this competition last year, with a 13-03.5 win this time and efforts at a personal best and new U.S. Junior record 13- 07.25. **Alexa Harz** was second at 11-11.75 in the competition, which is not a World Championship event this time around.

Houston frosh athlete **John Davis** (via Long Beach Wilson) had exploded this spring out to over 60 feet with the 16 pound Shot Put--here he was the winner at 58-10, with a 174-6 for fourth in the Discus.

Kerry O'Bric, **Tracye Lawyer**, and **Ashley Bethel** met in a very tough Hephathlon, with the need for a very high 5200 point total to qualify for the World Meet. Only two preps ever--**Sharon Hatfield** (from Fountain Valley with the prep record of 5237 from 1982) and **Kelly Blair** (this year's Olympic Trials winner)--had ever scored that as Preps, so a big challenge was there. O'Bric came so close that it made you want to cry. Needing a sub-2:29 800m at the end of a very tough and hot second day, Kerry managed 2:35.93 for a 5114 point total, making her the #5 prep in U.S. history! Lawyer, a Stanford first year star, was next at 4997, with Bethel, only 16, setting soph class and age 16 records with her 4991 total for third (Ashley set the 15 and frosh records in this competition in 1995).

Distance action was also great to watch! **Mike Stember** would hook up with rival **Seneca Lassiter**, his conqueror from the 1995 National Scholastic Indoor Championships, but who he had defeated handily at the 1995 Golden West Mile. In an interesting contest, Lassiter, now a frosh at the University of Arkansas, had

continued next page.

Doug Speck is an expert on high school track & field and cross country. He is a prolific writer and contributor to a number of publications and a meet director of the prestigious Arcadia Invitational. Doug's "real" job is as a teacher at Arcadia High School. Doug lives in Glendora, CA.



MEET SPOTLIGHT

run 3:43 this year for 1500 meters, with Stember still on the comeback from mid-season injuries. Lassiter did not mess around, taking the race out at 59-2:01.6 for the first 800 meters. Stember was back some 40 meters at that point, and was 6th place with 500 meters to go before moving up to within 1.8 seconds of Lassiter at the bell. At 3:03.2 for 1200 meters, the California prep never was able to reach contact with the leader, closing to within seven at the finish as Lassiter ran 3:48.50 and Michael 3:49.48.

Cal/Berkeley's **Elissa Riedy** was the winner over a good group in the Women's 1500. **Krissy Jost** of Villanova and **Shaquandra Roberson** of Rice had run 4:21 this year, so the former California State prep Champ had her work cut out for her. Roberson ran poorly in the Finals, with Riedy following Jost through a 3:36.3 1200. With a last lap at 69 seconds Riedy burst by right at the finish to win at 4:28.19.

Julia Stamps now has taken three consecutive Junior 3000m championships, this time at 9:40.33 off of kilometer splits of 3:05.4, 3:14.1, and 3:21.2. The Santa Rosa lass who will finally be a twelfth grader next year commented that the wind was pretty tough on her for about 150 meters of each lap, with the weather warm and humid, and only area rival, **Kristen Gordon**, who suprisingly finished second at 9:55.72, the only one close for the first couple of laps.

Stanford's **Brent and Brad Hauser** were prominent in the Men's 5k and 10k. Brent was 14:58.55 (2nd) and 31:20.55 (2nd), with Brad 15:02.87 (3rd) and 31:24.80 (3rd). Cal/Berkeley's **Peter Gilmore** was 4th in the 10K at 31:42.58.

Marc Mazzoni was second in the Hammer at 183-05.

Cal State Bakersfield's **David Larson** was the High Jump winner over 7-04 prep leaper **David Furman** from South Carolina at 7-01.5. Some good horizontal jumping competition had Californians leap far, but not quite far enough to make the team. The Long Jump at **Gerald Williams** 4th at 24-08.25, slightly limping **Clarence Scott** 5th at 24-06.5, and **Jim McGee** 7th at 23- 11.5. In the Triple Jump, Purdue frosh **Mike Turner**, who had a spectacular spring, was 4th at 50-00.75 with **Gerald Williams** 8th at 48-09.

In the Intermediate Hurdles, a great event, **Felix Sanchez** was third at 51.75 and Muir prep **Maklo Haywood** making great strides at this distance, 51.78 in fourth. **Scott Wenholz** was 3rd in the Pole Vault at 15-09 and **Bevan Hart** was second in the Decathlon at 6674.



Elissa Riedy

Photo by Bill Leung, Jr./Geek Media

RESULTS/WOMEN

WOMEN'S 100 METER DASH Prelims -- Heat 1: (w-1.0): 1. Mokeisha T Carr 11.91; 2. ANGELA WILLIAMS 12.03; 3. Loreain Dunlop 12.12; 4. Amanda R Ward 12.42; 5. Shakita Turner 12.62; 6. Tiffany Cook 13.04. Heat 2: (w-1.1): 1. ANDREA L ANDERSON 11.71; 2. Kimberly A McGruder 11.73; 3. Nicole Carmichael 12.15; 4. Marzette O Pernton 12.28; 5. Alisha P McClinton 12.43; 6. Arlaina K Davis 12.52; 7. Marquita F Knight 12.73. Heat 3: (w-0.0): 1. KELLI WHITE 11.82; 2. Francesca E Green 11.91; 3. Christie M Winke 12.23; 4. Kelsa D Brown 12.25; 5. Shonda Robinson 12.43; 6. Darothesa S Game 12.58; 7. Mari Kong 12.60. Heat 4: (w-0.6): 1. Lakeesha L White 11.60; 2. Shakedia D Jones 11.62; 3. NATASHA NEAL 12.10; 4. Keena L Schuler 12.28; 5. Onome F Pela 12.30; 6. Valerie E Williams 12.34. Heat 5: (w-0.0): 1. JERNAE L WRIGHT 11.64; 2. Nanceen L Perry 11.88; 3. Natalie P Johnson 12.20; 4. Madia O Johnson 12.28; 5. Doreisha T Davis 12.29; 5. Lystra E Bartholomew 12.29. **Finals WOMEN'S 100 METER DASH** (w-0.5): 1. JERNAE L WRIGHT, 11.54; 2. Lakeesha L White, 11.56; 3. ANDREA L ANDERSON 11.64; 4. Shakedia D Jones, 11.71; 5. Nanceen L Perry, 11.71; 6. Francesca E Green, 11.76; 7. KELLI WHITE, 11.77.

WOMEN'S 200 METER DASH Prelims -- Heat 1: (w-1.6): 1. MALIKA R EDMONSON 24.50; 2. Natalie P Johnson 24.84; 3. Courtnee Ratliff 25.15; 4. Lyria Martin 25.21; 5. Arlaina K Davis 25.34. Heat 2: (w-0.7): 1. Alexis R Simmons 24.29; 2. Nicole Carmichael 24.55; 3. Kelsa D Brown 24.75; 4. Shortee Bryant 25.17; 5. Mari Kong 25.80. Heat 3: (w-0.6): 1. Nanceen L Perry 23.80; 2. THEODOESHA L RIVERS 24.18; 3. REGINE CARUTHERS 24.83; 4. Rhondale Jones 24.89. 5. Virginia L Miller 24.95; 6. Shonda Robinson 25.05. Heat 4: (w-0.8): 1. ANDREA L ANDERSON 24.02; 2. Deshawnda L Williams 25.15; 3. Madia O Johnson 25.23; 4. Courtney West 25.72. Heat 5: (w-1.9): 1. Crystal S Cox 23.65; 2. KELLI WHITE 24.57; 3. Chequita S Fortson 24.74; 4. Keena L Schuler 25.01; 5. Michelle R Williams 25.80. **Finals WOMEN'S 200 METER DASH** (w-1.3): 1.

Nanceen L Perry, 23.52; 2. Crystal S Cox, 23.69; 3. ANDREA L ANDERSON, 23.85; 4. Alexis R Simmons, 24.18; 5. Nicole Carmichael, 25.01; 6. THEODOESHA L RIVERS 25.07

WOMEN'S 400 METER DASH Prelims -- Heat 1: 1. MALIKA R EDMONSON 53.82; 2. Sharkara Grant 54.79; 3. Laila R Brock 54.81; 4. CARLA Y ESTES 54.94; 5. Shakita Turner 57.28; 6. Rhondale Jones 57.61. Heat 2: 1. Angel Patterson 54.20; 2. KADRINA M COFFEE 55.50; 3. ERIKA R BOWLING 56.36; 4. Tiffany Cook 57.75; 5. Michelle M Higginbottom 57.98; 6. Alicia N Emanuel 58.91. Heat 3: 1. Heather M Hanchak 54.42. Lashonda L Cutchin 55.14; 3. REGINE CARUTHERS 55.52; 4. Lyria Martin 56.12; 5. Whitney M Renfern, 56.36. Heat 4: 1. Suziann M Reid, 53.53; 2. THEODOESHA L RIVERS, 54.62; 3. Arlaina K Davis, 55.39; 4. ZARINAH I TILLMAN, 55.74; 5. Laila V Long, 57.65; 6. Adrienne M Hunter, 58.04; - Mandie Dulin, DQ. **Finals WOMEN'S 400 METER DASH** 1. Suziann M Reid, 52.46; 2. EDMONSON, 52.95; 3. RIVERS, 53.39; 4. Hanchak, 53.69; 5. Angel Patterson, 53.92; 6. Sharkara Grant, 54.33; 7. Laila R Brock, 55.72; 8. Carla Y Estes, 56.63.

WOMEN'S 800 METER RUN Prelims -- Heat 1: 1. Tamieka Grizzle, 2:10.11; 2. Erin L White, 2:11.08; 3. Dara Crocker, 2:11.35; 4. KERRI BOCK-WILLMES, 2:15.17; 5. Tanqueray H Hayward, 2:15.18; 6. Christina Stansberry, 2:15.91; 7. JENNIFER M CARR, 2:17.02. Heat 2: 1. Tara Mendoza, 2:12.32; 2. Lindsay A Jones, 2:12.37; 3. Amanda J Wendorf, 2:14.59; 4. LINDSAY C HYATT, 2:14.78; 5. Elizabeth S Rogers, 2:18.68; 6. Courtney D Bell, 2:20.91. Heat 3: 1. Stacey L Carpenter, 2:11.25; 2. KRISTIE A JOHNSTON, 2:12.06; 3. Cara L Cline, 2:13.69; 4. Michele L Baskin, 2:14.40; 5. Janelle Briggs, 2:16.24; 6. Tyra M McCoy, 2:18.65; 7. Danielle J Fonzi, 2:20.53; 8. NICOLE M CAMPBELL, 2:21.56. Heat 4: 1. Candace M Nicholson, 2:12.39; 2. Cindy L Stefanko, 2:14.02; 3. CANDACE THREAT, 2:14.16; 4. Katie L Grabb, 2:15.59; 5. Amanda L Crouse, 2:16.84; 6. Danielle Price, 2:20.45; 7. Leatrice P Shaw, 2:21.55. **Finals WOMEN'S 800 METER RUN** 1. Tamieka Grizzle, 2:04.58; 2. Tara Mendoza, 2:06.07; 3. Candace M Nicholson, 2:07.93; 4. KRISTIE A JOHNSTON, 2:08.99; 5. Stacey L Carpenter, 2:09.90; 6. Dara Crocker, 2:10.47; 7. Lindsay A Jones, 2:14.86; 8. Ern L White, 2:19.00.

WOMEN'S 1,500 METER RUN Prelims -- Heat 1: 1. Shaquandra M Roberson, 4:36.03; 2. ELISSA L RIEDY, 4:36.07; 3. Amy S Wiseman, 4:36.57; 4. Heather M Miller, 4:37.04; 5. Shannon L Smith, 4:38.91; 6. Margret L Larson, 4:40.53; 7. Lena L Van Haren, 4:40.95; 8. Lora C Delaney, 4:43.27; 9. Kate A Moynihan, 4:46.86; 10. Megan Q Ganey, 4:55.22; - Laura A Lodwig, DNF. Heat 2: 1. Kristine Jost, 4:32.41; 2. Jessica A Totaro, 4:32.65; 3. Autumn Fogg, 4:39.44; 4. Kristen Ritter, 4:41.81; 5. Keri A Freeman, 4:44.97; 6. Maria E Harriman, 4:45.36; 7. Elizabeth McGarvey, 4:46.88; 8. Lauren K Adams, 4:53.52; 9. Danielle Barajas, 4:56.94; 10. Meghan L Randall, 5:18.57. **Finals WOMEN'S 1,500 METER RUN** 1. RIEDY, 4:28.19; 2. Kristine Jost, 4:28.56; 3. Jessica A Totaro, 4:29.62; 4. Amy S Wiseman, 4:32.68; 5. Autumn Fogg, 4:35.98; 6. Kristen Ritter, 4:36.51; 7. Lora C Delaney, 4:38.39; 8. Shaquandra M Roberson, 4:39.51; 9. Heather M Miller, 4:39.56; 10. Shannon L Smith, 4:41.79; 11. Margret L Larson, 4:44.75; 12. Lena L Van Haren, 4:49.99.

Finals WOMEN'S 3,000 METER RUN 1. JULIA C STAMPS, 9:40.33; 2. KRISTEN J GORDON, 9:55.72; 3. Donna Fidler, 10:06.07; 4. Amy S Wiseman, 10:09.48; 5. Bridget A Quenzer, 10:10.02; 6. Jennifer T Owens, 10:12.19; 7. Bethany F Brewster, 10:19.45; 8. Linn E Schulte-Sasse, 10:19.95; 9. ANNE T GUNNISON, 10:27.92; 10. Maureen E McGranaghan, 10:29.92; 11. Lauren K Adams, 10:33.42; 12. Neil A Shields, 10:36.16; 13. Paula M Elstrom, 10:37.83; 14. Lisa M Welter, 10:38.40; 15. Mildred V Crisastomo, 10:40.84; 16. Laura Kearns, 10:42.67; 17. Pamela Johnson, 10:42.76; 18. Jocelyn Heighton, 10:51.68.

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MEET SPOTLIGHT

19. Marcy A Akard, 10:52.71; 20. Lisa Degrechie, 11:01.70; 21. Tami L Degrechie, 11:15.88; 22. Stephanie B Ingersoll, 11:29.10.

Finals WOMEN'S 5,000 METER RUN 1. Amy L Yoder, 17:00.58; 2. Laurie M Sturgell, 17:12.06; 3. Casi R Florida, 17:19.04; 4. Donna Fidler, 17:20.96; 5. Sharon M Van Tuyl, 17:28.69; 6. Lisa M Petsche, 17:41.79; 7. Allison L Medlin, 17:48.80; 8. Aina Pinto, 18:08.72; 9. Linn E Schulte-Sasse, 18:11.22; 10. Meghan Busse, 18:15.97; 11. Lisa M Weltzer, 18:17.36; 12. JEN L SCHINDLER, 18:20.70; 13. Kristie L Deyoung, 18:20.91; 14. Kyla M Barbour, 18:28.14; 15. Laura A Hribik, 18:43.42; 16. Paula M Elstrom, 18:53.18; 17. Keri A Freeman, 18:55.59; 18. Carrie R Deming, 19:30.60.

Finals WOMEN'S 10,000 METER RUN 1. Amy L Yoder, 36:25.29; 2. April A Brannon, 38:30.05; 3. Melissa S Griffey, 39:25.98; 4. Lisa M Murphy, 40:09.67; 5. Kim A Kutska, 40:58.26; 6. Teresa V Shanahan, 41:39.34; 7. Lisa - Reaves, 42:40.70; 8. Tracy A Raymond, 43:25.80; - Jessica N Bullock, DNF.

Finals WOMEN'S 5,000 METER RACE WALK 1. Anya-Maria Ruoss, 25:13.26; 2. Lisa M Kutzing, 25:35.03; 3. Samantha N Cohen, 26:25.57; 4. Roselle E Safran, 26:48.44; 5. Keri A Cohn, 27:00.02; 6. Alison L Zabrenski, 27:26.12; 7. Corinne I Coling, 27:37.68; 8. Katherine G Rulapaugh, 27:44.68; 9. Laurie A Starr, 27:45.61; 10. Erin O Taylor, 28:40.05; 11. Loretta M Schuellen, 28:54.17; - Sasha M Devore, DNF.

WOMEN'S 100 METER HIGH HURDLES Prelims - Heat 1: (w:-1.0): 1. Joyce G Bates, 13.75; 2. ASHLEY N BETHEL 14.11; 3. Ayesha George, 14.54; 4. Donnet Facey, 14.58; 5. Kendal J Willis, 14.59; 6. Opal T Jones, 14.78; 7. Katie N Schukle, 15.14. Heat 2: (w:0.9): 1. Jenny L Adams, 13.98; 2. Michelle R Williams, 14.26; 3. Lystra E Bartholomew, 14.50; 4. Jane Marshall, 14.68; 5. Stephanie Toomer, 14.79; 6. Lisa C O'Reilly, 14.96. Heat 3: (w:0.5): 1. Donica J Merriman, 13.96; 2. Brenda N Taylor, 14.44; 3. Robyn A Woolfork, 14.64; 4. AYANA GRANT, 14.79; 5. Hannah G Cooper, 14.89; 6. Patrice R Davis, 15.33. Heat 4: (w:-1.4): 1. Dominique Calloway, 13.41; 2. Camee' H Williams, 14.30; 3. Nzingah Kamani, 14.34; 4. Deana C Simmons, 14.78; 5. Shanita D Ford, 15.32; 6. Charlene S Chin, 15.41; 7. Tina T Watkins, 17.20. **Finals WOMEN'S 100 METER HIGH HURDLES (w:-2.5)**: 1. Dominique Calloway, 13.28; 2. Joyce G Bates, 13.42; 3. Donica J Merriman, 13.87; 4. Jenny L Adams, 14.06; 5. Camee' H Williams, 14.31; 6. BETHEL, 14.48; 7. Michelle R Williams, 14.56; - Nzingah Kamani, DNF.

WOMEN'S 400 METER LOW HURDLES Prelims - Heat 1: 1. Mandie Dulin, 1:00.58; 2. TISHA L PONDER, 1:02.99; 3. Jane Marshall, 1:04.33; 4. Angela Y Butcher, 1:05.20; 5. Amy L Taborne, 1:05.73; 6. Sarah A Lopienski, 1:05.94. Heat 2: 1. Yvette White, 1:00.68; 2. Angela R Craft, 1:01.21; 3. Quanda Tallington, 1:02.28; 4. KATIE N SCHUKLE, 1:02.66; 5. LISA C O'REILLY, 1:03.22; 6. Heather E Jordan, 1:04.21. Heat 3: 1. Shontel K Powell, 1:00.57; 2. Amanda K Helberg, 1:00.64; 3. Brenda N Taylor, 1:01.91; 4. Angel Patterson, 1:04.31; 5. HANNAH G COOPER, 1:04.48; 6. Patrice R Davis, 1:04.58. Heat 4: 1. Charlyna A Foster, 59.87; 2. Ayana Coleman, 1:01.39; 3. Ruqayya Raheem, 1:03.08; 4. Aiyanna Burton, 1:03.62; 5. Charmaine S Chin, 1:07.62. Heat 5: 1. Yamelis Ortiz, 1:00.88; 2. Camee' H Williams, 1:02.28; 3. Delisa L Binning, 1:03.10; 4. MICHELLE R STEINGART, 1:03.85; 5. Jamillah D Wade, 1:03.89. **Finals WOMEN'S 400 METER LOW HURDLES** 1. Charlyna A Foster, 58.93; 2. Shontel K Powell, 59.46; 3. Mandie Dulin, 1:00.19; 4. Yamelis Ortiz, 1:00.28; 5. Yvette White, 1:00.39; 6. Angela R Craft, 1:01.31; 7. Amanda K Helberg, 1:02.17; 8. Ayana Coleman, 1:03.74.

Finals WOMEN'S HIGH JUMP 1. Erin M Aldrich, 1.90m (6-02.75); 2. Adriane Y Sims, 1.82m (5-11.50); 3. Stacy A Grant, 1.79m (5-10.50); 4. Melissa L Dyal, 1.79m (5-10.50); 5. Jessica S Johnson, 1.76m (5-09.25); 6. Erin K Anderson, 1.73m (5-08); 7. Jeana M McDowell, 1.73m (5-08); 7. Quacharia S Wallace, 1.73m (5-08); 9. Deborah B Volkers, 1.73m (5-08); 10. KRISTY KIERULFF, 1.70m (5-07); 10. Carri L Long, 1.70m (5-07); 12. Kathy M Kilar, 1.70m (5-07); 13. Gina E Curtis, 1.70m (5-07); 14. Lindsay A Taylor, 1.67m (5-05.75); 15. Jennifer - Engelhardt, 1.67m (5-05.75); 15. Jaime L Hallmark, 1.67m (5-05.75); 17. Ayesha George, 1.67m (5-05.75); - Katherine A Gelb, NH; - Jennifer Britz, NH; - Elizabeth Bodnar, NH; - Valerie K Waugaman, NH; - Kelly M Cizek, NH; - Kristy S Dickson, NH; - Stefani M Dixon,

NH; - Rebecca L Blackburn, NH.

Finals WOMEN'S POLE VAULT 1. MELISSA F PRICE, 4.05m (13-03.50); 2. ALEXA M HARZ, 3.65m (11-11.75); 3. BROOKE S LANKARD, 3.35m (10-11.75); 4. Karina J Elstrom, 3.35m (10-11.75); 5. KYLENE L NIXON, 3.25m (10-08); 6. Ashley A Feinberg, 3.25m (10-08); 7. DENISE M WARNER, 3.25m (10-08); 8. KYLA M PAVLINA, 3.25m (10-08); 9. MARYLOU BADILLO, 3.25m (10-08); 10. Jennifer L Sargent, 3.05m (10-0); 11. Holly E Spaight, 3.05m (10-0); 12. Sarah Higham, 3.05m (10-0); 13. BRIDGET K PEARSON, 3.05m (10-0); 14. Abigail Doucette, 2.90m (9-06.25); 15. ALLISON E KNODE, 2.90m (9-06.25); - KIMBERLY J WYATT, NH; - Rebecca S Studebaker, NH; - Kerry P Teamey, NH; - Lindy M Butler, NH.

Finals WOMEN'S LONG JUMP 1. JERNAE L WRIGHT 6.32m w:1.2 (20-09); 2. Francesca E Green, 6.21m w:2.4 (20-04.50); 3. PAMELA L SIMPSON, 6.09m w:1.2 (19-11.75); 4. TISHA L PONDER, 6.01m w:2.2 (19-08.75); 5. Kelly M Miller, 5.95m w:0.5 (19-06.25); 6. Alisha P McClinton, 5.92m w:2.8 (19-05.25); 7. Valerie E Williams, 5.81m w:0.6 (19-00.75); 8. Camee' H Williams, 5.78m w:0.7 (18-11.75); 9. Lynette O Wington, 5.73m w:-0.9 (18-09.75); 10. Christi Smith, 5.69m w:-1.0 (18-08); 11. Keisha L Day, 5.62m w:3.1 (18-05.25); 12. Deanne L Davis, 5.60m w:1.7 (18-04.50); 13. Deana C Simmons, 5.50m w:2.1 (18-00.50); 14. Latoria Jordan, 5.46m w:1.1 (17-11); 15. Marzette O Penton, 5.41m w:0.9 (17-09); 16. Tisha M Parker, 5.37m w:2.1 (17-07.50); 17. Aisha S Shabazz, 5.35m w:-0.9 (17-06.75); 18. Alisha N Maston, 5.33m w:1.3 (17-06); 19. Mokeisha T Carr, 5.24m w:2.7 (17-02.25); 20. Shadana L Patterson, 5.10m w:-0.5 (16-08.75); - Kamesha N Leaden, FOUL w:NW.

Finals WOMEN'S TRIPLE JUMP 1. Nicole N Gamble, 13.15m w:-0.6 (43-01.75); 2. Dalia D Ingram, 12.95m w:-0.4 (42-06); 3. Deanne L Davis, 12.74m w:-1.1 (41-09.75); 4. Alisha D Broussard, 12.68m w:-0.7 (41-07.25); 5. Deana C Simmons, 12.67m w:-1.4 (41-07); 6. Valerie E Williams, 12.47m w:0.5 (40-11); 7. Lynette O Wington, 12.36m w:1.2 (40-06.75); 8. Sherlane N Armstrong, 12.19m w:-0.4 (40-0); 9. Danielle D Brown, 11.99m w:1.7 (39-04); 10. Jennifer Walker, 11.88m w:-0.8 (38-11.75); 11. Zakyyah T Modeste, 11.85m w:-1.2 (38-10.50); 12. Kelly M O'Connor, 11.82m w:1.4 (38-09.50); 13. Tisha M Parker, 11.79m w:1.2 (38-08.25); 14. Mokeisha T Carr, 11.76m w:0.9 (38-07); 15. Virginia L Miller, 11.70m w:-0.2 (38-04.75); 16. Shadana L Patterson, 11.45m w:-1.6 (37-06.75); 17. Marshari Williams, 11.36m w:-0.4 (37-03.25); 18. Taressa L Davis, 11.31m w:-0.5 (37-01.25); 19. Marlena D Robinson, 11.16m w:-0.4 (36-07.50); 20. Carrie A Mitchell, 11.03m w:-0.2 (36-02.25); 21. Jessica S Johnson, 10.93m w:0.5 (35-10.50); 22. Michelle K Mellegaard, 10.90m w:-0.4 (35-09.25); 23. Alisha N Maston, 10.81m w:0.5 (35-05.75); 24. Kaneshia Polk, 10.45m w:-0.8 (34-03.50); - Latoria Jordan, FOUL w:NW; - Maruquel M Williams, FOUL w:NW.

Finals WOMEN'S SHOT PUT 1. Seilala M Sua, 15.21m (49-11); 2. April L Kockrow, 14.17m (46-06); 3. Rebeekah E Green, 13.69m (44-11); 4. Mandy L Shelman, 13.29m (43-07.25); 5. Elizabeth M Mulvaney, 13.21m (43-04.25); 6. Andrea Pappas, 13.21m (43-04.25); 7. Heather A Colyer, 12.98m (42-07); 8. Emily B Carlsen, 12.86m (42-02.25); 9. Loren L Thouvenot, 12.58m (41-03.25); 10. Sarah B Cullen, 12.44m (40-09.75); 11. Kelly R Plummer, 12.41m (40-08.75); 12. Missy S Banks, 12.33m (40-05.50); 13. Lakisha R Mose, 12.22m (40-01.25); 14. REBECCA E MORRISON, 12.19m (40-0); 15. Makiba M Batten, 12.13m (39-09.75); 16. Jane E Ludtke, 11.93m (39-01.75); 17. Andrea M Brownlee, 11.91m (39-01); 18. Dawn E Digmann, 11.88m (38-11.75); 19. Paula J Allan, 11.83m (38-09.75); 20. Jill M Wool, 11.79m (38-08.25); 21. Dawn M Anderson, 11.72m (38-05.50); 22. Dore' E Debartolo, 11.00m (36-01.25); 23. Keisha R Chandler, 9.99m (32-09.50).

Finals WOMEN'S DISCUS THROW 1. Seilala M Sua, 54.42m (178-06); 2. Roberta J Collins, 51.34m (168-05); 3. Alana M Robinson, 46.26m (151-09); 4. Gina Lomonaco, 45.68m (149-10); 5. Heather A Colyer, 44.90m (147-04); 6. Marlea J Woodman, 44.88m (147-03); 7. Tria N Tyler, 43.70m (143-04); 8. Mandy L Shelman, 43.60m (143-0); 9. April L Kockrow, 43.22m (141-09); 10. Beth A Obruba, 42.74m (140-03); 11. Dore' E Debartolo, 42.34m (138-11); 12. Shelly M Dove,

41.44m (135-11); 13. Suzie Vonbernuth, 40.46m (132-09); 14. Beth M Weyer, 40.00m (131-03); 15. Katherine J Townsend, 39.54m (129-09); 16. Teri Girrell, 39.48m (129-06); 17. Jennifer L Murphy, 39.14m (128-05); 17. Andrea Pappas, 39.14m (128-05); 19. Elizabeth K Aldrich, 38.68m (126-11); 20. Makiba M Batten, 38.38m (125-11); 21. Elizabeth M Mulvaney, 37.64m (123-06); 22. Paula J Allan, 36.88m (121-0); 23. Penny L Hansen, 35.98m (118-0); 24. Tara M Loper, 33.34m (109-04); - Julie Schaad, FOUL; - Jacie L Victor, FOUL.

Finals WOMEN'S HAMMER THROW 1. Lynda L Barnard, 48.58m (159-04); 2. Maureen G Griffin, 48.54m (159-03); 3. REBECCA E MORRISON, 47.34m (155-04); 4. Tamara O Renda, 47.06m (154-05); 5. Candy Mitchell, 45.88m (150-06); 6. Bethany Hart, 45.26m (148-06); 7. Loren L Thouvenot, 43.68m (143-04); 8. Aisha O Abernathy, 42.62m (139-10); 9. Jill M Wool, 42.32m (138-10); 10. Tria N Tyler, 41.46m (136-0); 11. Elizabeth A Shope, 41.24m (135-04); 12. Julie Schaad, 40.88m (134-01); 13. Angie R Kroop, 38.80m (127-03); 14. Julie A Polovick, 38.74m (127-01); 14. Elizabeth K Aldrich, 38.74m (127-01); 16. Carla L Nakashima, 38.52m (126-04); 17. Jaclyn T Ornee, 38.06m (124-10); 18. Dawn M Anderson, 37.54m (123-02); 19. Penny L Hansen, 36.94m (121-02); 20. Amara M Walthour, 36.20m (118-09); 21. Alana M Robinson, 36.14m (118-07); 22. Rachel Heins, 32.18m (105-07); - Teri Girrell, FOUL; - Michelle Zengliowski, FOUL.

Finals WOMEN'S JAVELIN THROW 1. Emily B Carlsen, 49.52m (162-05); 2. Denika L Kisty, 47.68m (156-05); 3. Anna L Church, 47.30m (155-02); 4. Kim A Kreiner, 46.42m (152-03); 5. Michelle L Gordon, 43.44m (142-06); 6. Carrie J Karabnos, 43.10m (141-05); 7. Allison Beatty, 43.08m (141-04); 8. Tristan H Sharp, 42.26m (138-08); 9. Molly E Monroe, 41.64m (136-07); 10. Candy Mitchell, 40.96m (134-04); 11. Megan Harrison, 40.62m (133-03); 12. Beth A Burkett, 40.38m (132-06); 13. Ailene J Ganley, 39.40m (129-03); 14. Catherine M Betz, 38.98m (127-11); 15. Keeley K Hancock, 37.38m (122-08); 16. Mari Kong, 34.62m (113-07); 17. Carol T Olguin, 30.48m (100-0); 18. Dore' E Debartolo, 27.34m (89-08); - Erin R White, FOUL.

Finals WOMEN'S HEPTATHLON 1. KERRY O'BRIEN, 5114; 2. TRACYE J LAWYER, 4997; 3. ASHLEY N BETHEL, 4991; 4. Beth A Reid, 4729; 5. Joy L Goff, 4715; 6. Loren A Leaverton, 4680; 7. Chinette N Johnson, 4551; 8. Angela M Montgomery, 4510; 9. Liz A Giltner, 4435; 10. Felicia N Cooksey, 4364; 11. Emily Bienko, 4308; 12. Desiree R Jones, 4274; 13. Kim E Schiemenz, 4150; 14. Nicolette Chambers, 4146; 15. Jennifer Britz, 4120; 16. ROBIN L LEAFBLAD, 3972; 17. Angie C Grah, 3863; 18. Nichole T Lipp, 3772; 19. Corissa Thomas, 3680; 20. Lori A Spurlin, 3362.

RESULTS-MEN

MEN'S 100 METER DASH Prelims - Heat 1: (w:1.3): 1. Lawrence JR E Armstrong, 10.53; 2. Anthony R Authorlee, 10.58; 3. Christopher Clay, 10.67; 4. Matthew T Whigham, 10.72; 5. Bennie F Geter, 11.01; 6. Anthony Scruggs, Geneva, OH 11.12. Heat 2: (w:-0.6): 1. JIM O MCGEE, 10.73; 2. Anthony D Moorman, 10.80; 3. Raven M Rogers, 10.85; 4. Aaron N Armstrong, 10.87; 5. Maurice P Jackson, 10.92; 6. DAMON L HAMM, 11.02. Heat 3: (w:0.0): 1. VINCE WILLIAMS, 10.57; 2. Jaumiene L Holloway, 10.71; 3. Xavier Alston, 10.74; 4. Ja-Warren K Hooker, 10.81; 5. Mike Blevins, 10.82; 6. CHARLES A LEE, 10.83. Heat 4: (w:0.0): 1. Ricardo Shaw, 10.58; 2. Leshaunte R Edwards, 10.65; 3. Bryan G Harrison, 10.67; 4. Sedrick E Lusk, 10.81; 5. Casey J Flores, 10.84; 6. Dayne A Ross, 11.00; 7. Shawn M Fernandes, 11.13. **Finals MEN'S 100 METER DASH (w:0.0)**: 1. Lawrence JR E Armstrong, 10.47; 2. WILLIAMS, 10.48; 3. Bryan G Harrison, 10.54; 4. Ricardo Shaw, 10.58; 5. Jaumiene L Holloway, 10.56; 6. Leshaunte R Edwards, 10.63; 7. Christopher Clay, 10.72; 8. Anthony R Authorlee, 11.16.

MEN'S 200 METER DASH Prelims - Heat 1: (w:-2.3): 1. Bryan G Harrison, 21.43; 2. Anthony D Moorman, 21.77; 3. Jaumiene L Holloway, 22.09; 4. Sedrick E Lusk, 22.17; 5. DAM-

continued next page.

MEET SPOTLIGHT

ON L. HAMM 22.20; 6. Donald D Saddler, 22.48. Heat 2: (w: 0.5): 1. VINCE WILLIAMS, 21.44; 2. Raven M Rogers, 21.45; 3. Matthew T Whigham, 21.74; 4. CHARLES A LEE, 21.84. Heat 3: (w:-1.2): 1. WILLIAM O MOORE, 21.31; 2. Lawrence JR E Armstrong, 21.50; 3. Jonathan Howard, 21.77; 4. Casey J Flores, 21.92; 5. Christopher Clay, 21.99; 6. William T Graham, 22.12; 7. Len Herring, 22.87. **Finals MEN'S 200 METER DASH** (w:-2.2): 1. MOORE, 21.10; 2. Bryan G Harrison, 21.19; 3. WILLIAMS, 21.21; 4. Raven M Rogers, 21.45; 5. Lawrence JR E Armstrong, 21.50; 6. Matthew T Whigham, 21.57; 7. Jonathan Howard, 21.96.

MEN'S 400 METER DASH Prelims - Heat 1: 1. WILLIAM OBEA MOORE, 47.20; 2. Lynn E Stewart, 47.50; 3. Javon T Dixon, 48.33; 4. Dwight D Phillips, 48.67; 5. Brian M Ely, 49.02; 6. Nathaniel J Gross, 49.25; 7. Derrick Pryor, 49.72. Heat 2: 1. Desmond Johnson, 46.56; 2. JEROME DAVIS, 46.73; 3. James Carter, 47.08; 4. Kareem Williams, 47.65; 5. Scott D Druskin, 48.08; 6. Tim L Brown, 48.38; 7. Stephen P Pyles, 50.07. **Finals MEN'S 400 METER DASH** 1. MOORE, 45.62; 2. DAVIS, 46.30; 3. Desmond Johnson, 46.73; 4. Lynn E Stewart, 47.05; 5. James Carter, 47.08; 6. Scott D Druskin, 47.43; 7. Kareem Williams, 47.78; 8. Javon T Dixon, 48.13.

MEN'S 800 METER RUN Prelims - Heat 1: 1. Robert S True, 1:50.86; 2. Kevin O Ross, 1:51.03; 3. Robin M Martin, 1:51.19; 4. Jacob M Maas, 1:52.36; 5. Joshua A Buffolino, 1:52.56; 6. Ricky A Bell, 1:52.74. Heat 2: 1. Jason B Owen, 1:50.34; 2. Trinity S Gray, 1:50.42; 3. Brian J McCulley, 1:51.01; 4. BRANDON R PACHECO, 1:53.97; 5. Phil J Mishka, 2:00.41; 6. Jason J Dixon, 2:02.33. Heat 3: 1. Lee C Lorenz, 1:51.39; 2. Derrick J Small, 1:51.55; 3. Kevin Jensen, 1:52.13; 4. Robert S Stowe, 1:52.16; 5. Arif L Welcher, 1:53.86; 6. JONEVAN HORNSBY, 1:54.66. **Finals MEN'S 800 METER RUN** 1. Robert S True, 1:49.23; 2. Robin M Martin, 1:49.61; 3. Trinity S Gray, 1:49.93; 4. Jason B Owen, 1:50.03; 5. Brian J McCulley, 1:51.47; 6. Lee C Lorenz, 1:53.41; 7. Kevin O Ross, 1:54.37; - Derrick J Small, DNF.

MEN'S 1,500 METER RUN Prelims - Heat 1: 1. Todd S Humcke, 3:57.42; 2. Seneca R Lassiter, 3:57.89; 3. BRANDON R PACHECO, 3:57.99; 4. Robert R Mitchell, 3:58.15; 5. Teren Jameson, 3:58.19; 6. Lee P Doherty, 3:58.28; 7. Andy M Tate, 4:02.78; 8. Antony G Smith, 4:08.95; 9. Tom E Miller, 4:13.78. Heat 2: 1. Gabriel H Jennings, 3:55.41; 2. MICHAEL W STEMBER, 3:55.99; 3. Jason E Vanderhoof, 3:56.19; 4. Jonathan M Riley, 3:56.78; 5. Laird A Prosser, 3:57.49; 6. Bill F Jackson, 3:58.09; 7. Jared M Cordes, 3:59.58; 8. Jeremy R Parks, 4:00.11; 9. Ronald B Jex, 4:05.03. **Finals MEN'S 1,500 METER RUN** 1. Seneca R Lassiter, 3:48.50; 2. STEMBER, 3:49.48; 3. Todd S Humcke, 3:49.84; 4. Gabriel H Jennings, 3:50.84; 5. Jason E Vanderhoof, 3:50.90; 6. Robert R Mitchell, 3:54.16; 7. Teren Jameson, 3:54.18; 8. Lee P Doherty, 3:55.41; 9. Jonathan M Riley, 3:57.02; 10. Laird A Prosser, 3:59.50; 11. Bill F Jackson, 4:00.01; - Brandon R Pacheco, DNF.

Finals MEN'S 5,000 METER RUN 1. BRENT J HAUSER, 14:58.55; 2. John D Hedengren, 14:59.93; 3. BRAD A HAUSER, 15:02.87; 4. John W Schoenfelder, 15:20.71; 5. KENNY GOODRICH, 15:24.48; 6. Jeremy R Parks, 15:24.78; 7. PETER M GILMORE, 15:30.22; 8. Eric M Post, 15:35.14; 9. Adam W Daniels, 15:45.40; 10. Zachary Woodmansee, 16:02.93; 11. Ben C Hefferon, 16:15.58; 12. Michael A Cliff, 16:33.58; 13. Jeff Connolly, 17:20.12; - Kevin T Bulla, DNF; - Juan Buendia, DNF.

Finals MEN'S 10,000 METER RUN 1. John D Hedengren, 31:14.65; 2. BRENT J HAUSER, 31:20.55; 3. BRAD A HAUSER, 31:24.80; 4. PETER M GILMORE, 31:42.58; 5. Matthew R Stauffer, 32:19.37; 6. Jason R Lehmkuhle, 32:26.37; 7. Owen M Donahue, 32:41.15; 8. Russell S Coleman, 32:49.27; 9. Jonathan A Dietrich, 33:11.53; 10. Dwight G Davis, 33:39.97; 11. David B Hampson, 33:41.82; 12. Benjamin R Ingram, 33:53.77; 13. Michael K Larson, 33:54.69; 14. Juan Buendia, 34:26.32; 15. Brandon S Mogayzel, 34:26.34; 16. Brandon E Buhr, 34:38.44; 17. Jon M Dean, 35:09.75.

Finals MEN'S 10,000 METER RACE WALK 1. Kevin S Eastler, 47:57.82; 2. Brian T Colby, 48:48.87; 3. Josh Ginsburg, 50:15.32; 4. Scott Crafton, 51:49.80; 5. Brandon C Perry, 54:08.83; 6. Danny E Dalton, 54:43.14; 7. Shaun Foster, 1:00:21.20.

MEN'S 110 METER HIGH HURDLES Prelims - Heat 1: (w:0.7): 1. John W McAfee Jr., 14.08; 2. Darrick L Trimble, 14.47; 3. Dmarcus T Brown, 14.63; 4. Kyle S Walker, 14.66; 5. Ryan P Jones, 14.81; 6. DANIEL A NORD, 14.84; 7. Kenneth B Riley, 15.12. Heat 2: (w:-0.9): 1. Sultan Tucker, 14.33; 2. Asa M Heath, 14.40; 3. Vernon D Pitcher, 14.48; 4. Dedic D Ruffin, 14.63; 5. Benjamin L Meyer, 14.74; 6. ROBBY J HUGHES, 14.89; 7. Adonis Cole, 14.90. Heat 3: (w:0.5): 1. Jason L Waters, 14.50; 2. MAKIO H HAYWOOD, 14.53; 3. Christopher H Cobbs, 14.55; 4. SHARIF H PAXTON, 14.80; 5. Bill Lemaster, 15.15; 6. Kenneth W Fambro, 15.18. **Finals MEN'S 110 METER HIGH HURDLES** (w:-1.6): 1. John W McAfee Jr., 14.23; 2. Jason L Waters, 14.36; 3. Sultan Tucker, 14.36; 4. Asa M Heath, 14.52; 5. Vernon D Pitcher, 14.57; 6. Darrick L Trimble, 14.60; 7. Christopher H Cobbs, 14.68; 8. HAYWOOD, 14.77.

MEN'S 400 METER INT HURDLES Prelims - Heat 1: 1. John W McAfee Jr., 52.14; 2. Angelo Taylor, 52.65; 3. Dedic D Ruffin, 53.12; 4. Francy Louis, 54.36; 5. Benjamin L Meyer, 55.28; 6. Ryan P Jones, 56.52. Heat 2: 1. Kyle L Grossarth, 52.70; 2. BRIAN P FELL, 53.67; 3. Kevin Meier, 55.88. Heat 3: 1. FELIX SANCHEZ, 52.52; 2. Kenneth W Fambro, 52.73; 3. Greg O Christie, 53.57; 4. Michael M Brown, 56.49; 5. Dmarcus T Brown, 58.32. Heat 4: 1. MAKIO H HAYWOOD, 53.24; 2. Vernon D Pitcher, 54.32; 3. Yamir Hawkins, 54.52; 4. Aaron A Latino, 54.69; 5. Christopher H Cobbs, 55.58. **Finals MEN'S 400 METER INT HURDLES** 1. Angelo Taylor, 50.92; 2. John W McAfee Jr., 51.40; 3. FELIX SANCHEZ, 51.75; 4. MAKIO H HAYWOOD, 51.78; 5. Kyle L Grossarth, 51.6; 6. Greg O Christie, 53.62; 7. Dedic D Ruffin, 54.39; - Kenneth W Fambro, DNF.

Finals MEN'S 3,000 METER STEEPCHASE 1. Jeremy B Tolman, 9:13.38; 2. Charles Sloan, 9:14.70; 3. Ryan D Pirfle, 9:17.73; 4. Corbin J Talley, 9:28.39; 5. Todd R Crescenzo, 9:33.16; 6. Timothy M Rieger II, 9:37.17; 7. Parker W Pruet, 9:44.37; 8. Jake R Johnson, 9:49.46; 9. Joe B Baltes, 9:50.34; 10. CHARLES J APPELL, 9:53.65; 11. Geoffrey Fleming, 9:53.72; 12. Steven J Moreno, 9:55.80; 13. Sean R MACMILLAN, 9:57.06; 14. Eric C Zack, 9:57.27; 15. Peter C Egerton, 9:57.76; 16. Kristo L Kriebbaum, 9:58.20; 17. Javier Colon, 10:03.14; 18. Cary R Stidham, 10:06.20; 19. Joseph R Parks, 10:14.77; 20. Robert A Munro, 10:16.55; 21. Jeremy N Lyon, 10:27.55; 22. Matt D Bloodgett, 10:38.09; - Brett Strahan, DNF.

Finals MEN'S HIGH JUMP 1. DAVID S LARSEN, 2.17m (7-01.50); 2. Darnell D Furman, 2.14m (7-00.25); 3. Kevin R Dotson, 2.10m (6-10.75); 4. Todd D Beyerlein, 2.06m (6-09); 5. Ladar D Miller, 2.06m (6-09); 6. MARTY BROSETT, 2.06m (6-09); 6. Sean M Vago, 2.06m (6-09); 8. Stacy J Ruffer, 2.02m (6-07.50); 8. Andrew G Dambreville, 2.02m (6-07.50); - James B Thomas, NH; - Tedrick Greene, NH; - Jay Meystedt, NH.

Finals MEN'S POLE VAULT 1. James T Davis, 4.90m (16-00.75); 2. Shane H Stewart, 4.90m (16-00.75); 3. SCOTT F WENHOLZ, 4.80m (15-09); 4. Joshua M Dispennett, 4.80m (15-09); 5. Christopher J Tamez, 4.80m (15-09); 6. STEVEN J MICHELS, 4.70m (15-05); 6. Russ A Buller II, 4.70m (15-05); 8. Patrick P Tvarunas, 4.70m (15-05); 9. Randy Tadlock, 4.70m (15-05); 10. Robert W Constantine, 4.70m (15-05); 11. Tyler N Defries, 4.55m (14-11); 11. PETE T KOVACS, 4.55m (14-11); 13. Keith C Kline, 4.55m (14-11); - Kasey R Freed, NH; - Erik W German, NH; - Walter O Malmstrom III, NH; - Jo-L Gerardot, NH; - James L Fox, NH; - Gregory M Steele, NH; - Bill B Collins, NH; - Nate M Fox, NH; - Daniel Ortiz, NH; - Spencer R Schumacher, NH; - Justin I Calame, NH.

Finals MEN'S LONG JUMP 1. Melvin L Lister III, 7.70m w:1.6 (25-03.25); 2. Bashir Yamini, 7.67m w:3.1 (25-02); 3. Camron J Howard, 7.56m w:2.7 (24-09.75); 4. GERALD K WILLIAMS, 7.52m w:1.2 (24-08.25); 5. CLARENCE B. SCOTT, 7.48m w:1.0 (24-06.50); 6. Levar E Anderson, 7.38m w:2.2 (24-02.50); 7. JIM O MCGEE, 7.30m w:1.4 (23-11.50); 8. Jauron Pigg, 7.28m w:-2.2 (23-10.75); 9. John Gorham, 7.27m w:-1.1 (23-10.25); 10. Sedrick E Lusk, 7.20m w:1.8 (23-07.50); 11. JEFFERY NORD, 7.05m w:2.3 (23-01.75); 12. France Davis, 7.02m w:1.8 (23-00.50); 13. Len Herring, 7.01m w:0.6 (23-0); 14. Babatunde Ridley, 6.98m

w:1.1 (22-11); 15. MICHAEL T TURNER, 6.96m w:1.1 (22-10); 16. Jessie Grant, 6.95m w:0.8 (22-09.75); 17. Kurt A Bridge, 6.94m w:0.9 (22-09.25); 18. Joe Crallie, 6.69m w:2.0 (21-11.50); Brian L Merlett, ND w:NW!

Finals MEN'S TRIPLE JUMP 1. Levar E Anderson, 15.76m w:-0.9 (51-08.50); 2. Len Herring, 15.44m w:1.1 (50-08); 3. Dwight D Phillips, 15.41m w:-0.9 (50-06.75); 4. MICHAEL T TURNER, 15.26m w:-0.7 (50-00.75); 5. Marcell A King, 15.15m w:-0.2 (49-08.50); 6. Drexell Owusu, 15.04m w:-1.6 (49-04.25); 7. Michael J Richardson, 14.96m w:-1.0 (49-01); 8. GERALD K WILLIAMS, 14.86m w:-0.2 (48-09); 9. Melvin L Lister III, 14.73m w:-0.3 (48-04); 10. Eldridge Hill, 14.67m w:0.5 (48-01.75); 11. Greg M Yeldell, 14.66m w:0.0 (48-01.25); 12. Christopher B Hercules, 14.60m w:-0.7 (47-11); 13. Jason L Waters, 14.48m w:0.0 (47-06.25); 14. Lamont A Dagen, 14.23m w:0.0 (46-08.25); 15. PETER P SLATER, 14.20m w:0.0 (46-07.25); 16. Joseph Sciuto, 14.17m w:-0.3 (46-06); 17. Toriano A Taylor, 14.07m w:-0.4 (46-02); 18. DANIEL A NORD, 13.96m w:-0.4 (45-09.75).

Finals MEN'S SHOT PUT 1. JOHN A DAVIS, 17.93m (58-10); 2. Ian S Waltz, 17.60m (57-09); 3. Roger A Roessler, 17.52m (57-05.75); 4. Cornelius R Wilks, 16.57m (54-04.50); 5. Ben C Lindsey, 15.99m (52-05.50); 6. Burton C Wood, 14.75m (48-04.75); 7. David C Spitz, 14.72m (48-03.50); 8. Jamieson R Wu, 14.69m (48-02.50); 9. BILLY L BUSH, 14.42m (47-03.75); 10. Micah J Shanks, 14.24m (46-08.75); 11. Jan E Stevens, 14.18m (46-06.25); 12. Rodney L Johnson, 13.92m (45-08); 13. Toby L Colyer, 13.84m (45-05); 14. Chris D Hutton, 13.59m (44-07); 15. Bryan L Alftuis, 13.57m (44-06.25).

Finals MEN'S DISCUS THROW 1. Casey J Malone, 58.14m (190-09); 2. Ian S Waltz, 56.56m (185-07); 3. Ben C Lindsey, 54.62m (179-02); 4. JOHN A DAVIS, 53.18m (174-06); 5. Roger A Roessler, 52.76m (173-01); 6. Jody S Lawrence, 50.22m (164-09); 7. Cornelius R Wilks, 49.88m (163-08); 8. Burton C Wood, 49.28m (161-08); 9. JOHN BELLO, 48.24m (158-03); 10. William K Henagan, 46.18m (151-06); 11. Jamieson R Wu, 45.74m (150-01); 12. Sal L Gigante, 45.50m (149-03); 13. Robert A Hardin, 45.40m (148-11); 14. Derek A Baumer, 44.50m (146-0); 15. Ryan E Smerek, 42.82m (140-06); 16. BILLY L BUSH, 41.94m (137-07); 17. Mark P Ganek, 41.02m (134-07); 18. Mark W Spang, 39.82m (130-08); 19. Paul B Buschman, 37.18m (122-0); 20. Darrell B Meike, 35.56m (116-08); 21. Mark D Simmons, 33.72m (110-07); - Bryan L Alftuis, FOUL; - Larry D Wilson, FOUL.

Finals MEN'S HAMMER THROW 1. Sean Flynn, 57.06m (187-02); 2. MARC R MAZZONI, 55.92m (183-05); 3. Matthew M Kavanaugh, 54.10m (177-06); 4. DAVID C SPITZ, 53.34m (175-0); 5. Richard A Ulm, 52.10m (170-11); 6. Derrick A Jones, 47.30m (155-02); 7. Christopher D Heckel, 46.84m (153-08); 8. Andrew S Apisa, 45.32m (148-08); 9. Derek A Baumer, 44.24m (145-02); 10. Sal L Gigante, 43.02m (141-02); 11. Heath Appleton, 41.70m (136-10); 12. Kyle C Turley, 40.64m (133-04); 13. Brian T Hoard, 35.58m (116-09); - Toby S Henry, FOUL; - Gary J Judd, FOUL.

Finals MEN'S JAVELIN THROW 1. Troy D Burkholder, 70.22m (230-04); 2. John Hetzendorf, 65.72m (215-07); 3. Darin J File, 61.66m (202-03); 4. Nathan J Junius, 61.12m (200-06); 5. Barry E Mott, 60.48m (198-05); 6. Justin M St.Clair, 60.12m (197-03); 7. Edward D Colleton, 58.84m (193-0); 8. Brian D Kolar, 58.22m (191-0); 9. Brian Harrell, 57.34m (188-01); 10. Toby L Colyer, 57.26m (187-11); 11. Noah G Christian, 57.18m (187-07); 12. Travis M Grasha, 57.16m (187-06); 13. Sean J Simoneau, 55.86m (183-03); 14. Brian Anderson, 54.54m (178-11); 15. Jay M Williams, 54.42m (178-06); 16. Matthew L Getman, 53.70m (176-02); 17. Jonathan R Stein, 53.08m (174-02); 18. Daniel D Huber, 52.88m (173-06); 19. John W Ruch, 52.36m (171-09); 20. Rafael D Sango, 51.86m (170-02); 21. Peter M Weed, 51.14m (167-09); 22. Ryan R Nichols, 48.66m (159-08); 23. Peter R Stalik, 46.18m (151-06).

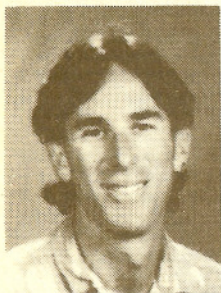
Finals MEN'S DECATHLON 1. Gabriel A Garrett, 6677; 2. BEVAN T HART, 6674; 3. Aaron Thornton, 6273; 4. PATRICK M LEONARD, 6146; 5. Ryan Shea, 5939; 6. Tylon K Burris, 5556; 7. Heath A Cazier, 5603; 8. Jerry Terry, 5571.

COACHES EDUCATION

From George Payan

TACTICAL TRAINING "Training to Race"

By David Olds, Crossroads School, Santa Monica, CA



RUNNING FAST, and racing are two very different things, and training to run fast and training to race are also two rather different things. "Training to race" takes the principles behind training to run fast

and gives them a more specific focus--competition. Unfortunately, many of us focus our workouts exclusively on running fast while relegating the tactics and strategies of racing to post-workout or pre-race discussion. In doing this we separate the running from the racing. Racing and competing well require skills which must be taught and practiced, not just discussed. Therefore, training itself should be designed to both teach and practice the tactics and strategies we want our team to employ in their races. So, once a team has achieved a good level of basic fitness, the focus of their workouts should shift away from trying to run faster and further and towards training to compete.

Workouts need to be developed which challenge your runners to push hard physically, as well as mirror race situations. Athletes should practice tactics, strategies and the act of racing, not just the discomfort of running hard. This does not mean that you have to radically alter your training plan. Instead, it should involve giving a more specific focus to the things you are already doing. It will, however, ask you to examine more closely why you have your athletes do the things that you ask them to do. Many of us, coaches and athletes alike, believe that hard workouts are good because they are hard. We need to get away from this notion, and we need to create workouts which are hard in the ways that races are hard, so that, instead of just tiring our athletes, the workouts teach them to compete with confidence--to race well.

The single most significant thing which stands in the way of runners racing to their potential is fear of the unfamiliar. Sure, pain ranks pretty high on the list too, but fear of the unfamiliar is what stops people short; it's what makes the pain unbearable. Why don't all runners surge off the top of the hill, and

push hard to the base of the hill? Yes, they are hurting pretty badly, at that point in the race, but most could run faster if they had to, if their lives depended upon it. In fact, most could run faster if they knew that it would be OK, that they would be able to stand the pain, that they would still make it up the hill, that they would still have a kick at the finish, that they would finish, period. No, the reason they don't all surge is the fear that it won't be OK, that they won't be able to endure the pain. Therefore, training to race well involves making athletes comfortable with the demands of racing, as well as the practicing of tactics and strategies. Workouts must be designed to familiarize your team with the situations, not just the speed, they will face in a race. If your runners are familiar with the situations that they encounter in a race, they will be less fearful of them, and they will race better.

The key to making this process work is a heightened communication between coach and athlete. Instead of creating scripts which simply list the number, length, and recovery of a particular day's repetition training, a coach needs to present and explain a workout with respect to its specific focus. If it is to achieve the desired effect of teaching racing, each workout needs to have a clearly stated *why*, as well as a *what*. 6x800m at 10 seconds faster than race pace, with a 2:00 jog recovery is a fine workout, but it says nothing about racing. To make the workout race specific, a coach must add a purpose, something for the runners to concentrate on besides how they feel and what pace they are running.

For example add to the above workout:

"Focus particularly on #'s 5,6,7.

Make sure that #'s 1-4 are on pace, don't run them too fast or too slowly; then total concentration on #'s 5-7. Do whatever you can to not slow down."

Then, take it one step further and tell them *why* they need to do this, how this workout is going to help them in their next race.

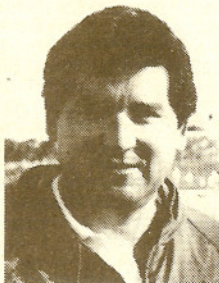
"These are the reps which most closely mirror how you feel in the painful middle of the race when you tend to get scared and slow down to recover a bit. They are mentally,

The information submitted for the Coaches Alliance section is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. **George Payan** (Head Cross Country and Track Coach at Santa Ana Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.

California is fortunate to have many capable and successful

coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact: **George Payan**, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443.

In addition, please send any information you have on California coaching clinics Thank you!



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as well as physically tough. The only purpose of #'s 1-4 is to get you to #5 feeling tired. Then you can practice running hard and on pace when you feel like you have to slow down. You will see that you can continue to run hard while you are hurting. And remember, if you're hurting in a race, so is the person running next to you, and if you can push hard at the point when you are hurting the most, you will beat that person. So this workout gives you a chance, in an unthreatening environment, with nothing on the line, to learn how to deal effectively with the hardest part of a race and to become familiar with how it feels. And, believe it or not, soon you will come to look forward to this part of the race and its pain because it is here that you can do the most damage to your opponent."

Now you have a workout with a very specific link to teaching runners how to race and how to deal with the things that make a race hard. Nothing about the workout has changed except the presentation and explanation of it but, believe me, doing the workout is a completely different experience for the runners. I tell my kids all this stuff, and they buy it every time.

Communication and observation are the keys. What are your goals? What are your strengths and weaknesses? Ask your runners, "What was hard about the last race?" "How did the workout go?" Make them give you real answers. They'll say that they got tired in the third mile or after the fourth hill repeat. Don't accept that. Did they really suddenly become sleepy? I doubt it. Make them be specific. Was their breathing labored? Were their legs fatigued? Were their arms numb? What really was the limiting factor? What can you and they do to keep this problem from recurring?

Below is a list of some other tactics and strategies your team might use in a cross country race, together with workout ideas to help your team implement these tactics. If you don't practice specific tactics, your team will not be able to use them effectively in races. The workouts you devise will vary considerably depending on your team, your opponents, your team's goals, etc. Each team has a specific set of skills, strengths, and weaknesses. The decision as to which ones to take advantage of or to work on improving is where the true art of coaching comes into play.

HOW TO INCORPORATE TACTICS INTO YOUR WORKOUTS

STARTS

The start is an extremely important aspect of the race and, the bigger the race, the more important the start is to your team. With all the chaos and adrenaline that surrounds a start, it is easy for runners, even experienced ones, to go out too fast or to forget a carefully formed plan to stay together with teammates. Each runner needs to have a specific job at the start, someone or something to key off of to ensure that they don't get lost in the mad scramble for position. Develop a starting plan for your team. This plan will vary according to the particular race or course on which you are running. At Mt. SAC, where each team gets only one person on the starting line, the plan will be very different than it will for a dual or triangular meet where you can have all seven on the line. Make it a regular part of your training to practice starts. It is not enough to just talk about what the runners should do.

WORKOUT: Find or set up an area which resembles the first 400m of a particular course you will be running. Set your runners up on the line in the order and configuration

"...We need to create workouts which are hard in the ways that races are hard, so that, instead of just tiring our athletes, the workouts teach them to compete with confidence--to race well."

they will use in the race. One person needs to be chosen to lead the group out. The others need to follow this lead. Give each runner another person to follow; this is their *one* job. Run 5-10 practice starts with runners focusing on the one job that they have, staying within touching distance of their teammates. This may sound simple, but it gives an order and a specificity to what can otherwise be total chaos. Be sure to practice this on your home course to give your runners that extra advantage of knowing exactly where they are going and who they will be near. Be sure that at the race your runners use the plan you have practiced.

GETTING OUT FAST AND SETTLING IN

Most big invitationals require a team to start at a pace which is much faster than race pace, in order to be at a place near the front of a pack when the course narrows. Once a team or an individual is trapped behind hundreds of runners, it requires a great deal of time, and energy to work back up through the pack. Once a gap has developed, it is almost impossible to make up. The trick is to get out quickly, establish position, and settle into race pace while using *as little extra energy* as possible.

WORKOUT: 4 or 5x800m on grass (or a surface similar to a course for which you wish to prepare) with a very quick first 200m and the time at 800m at just a little faster than 1/2 of what the first mile should be (for example a 16:00 runner would run 33-35 seconds for the first 200m and hit the 800m mark at roughly 2:25-2:35). The focus is on returning to race pace and relaxing. Stress the importance of not settling into too slow a pace, thereby losing the advantage you have gained.

TEAM OR PACK RUNNING

Keeping five to seven runners within 60 seconds of each other is the key to success in cross country. Emphasis must be placed

upon running *with* teammates *against* opponents. This is often difficult for high schoolers to understand, but nothing will tear a good team apart faster than racing amongst team members. Conversely, nothing will help a team win more than running near the front of a race, working together as a pack.

WORKOUT: On a hard day, perhaps a tough tempo run, make the goal of the workout to go as fast as possible while keeping the whole 5-7 person group together. The faster runners will not try to surge away from the slower runners, and the slower runners will feel a new sense of empowerment and responsibility to stay up

continued next page...

COACHES EDUCATION

with the group. If your team cannot realistically all stay together in one group, divide them into two or three smaller groups with the focus still on staying together. The goal could be for the whole team to stay together for the first two or three miles and then break up into the smaller groups. Get your team to do this once in a race, and they'll be hooked. You can easily make pack running the focus of a repetition workout as well.

ACCELERATING INTO AND OUT OF TURNS

This tactic, as well as cresting which follows it, takes advantage of the simple fact that it is much easier to gain distance on rivals when they are running slowly than when they are running quickly. Both are classic examples of tactics which capitalize on a weakness by identifying and recognizing the weakness and then avoiding it.

Nearly everyone chops their steps and slows down going into a turn. They then must accelerate for 40-50 meters to get back to race pace. Not only does this save time, it wastes energy. Instead of slowing down, runners should swing slightly wide and speed up into and out of the turn. This is a technique which must be practiced many times before everyone is comfortable with it. Through practice, your runners will begin to instinctively approach every turn this way.

WORKOUT: Design a 400-1000m loop on grass with lots of turns. Run loops or parts of loops at race pace or faster focusing on maintaining speed in the turns. At first it will be difficult for your runners to maintain race pace on the turns. They will feel like they are running faster than the time on the watch indicates. Do this type of workout regularly, however, and as the season goes on, their technique will improve and it will seem much easier. Some of your runners will be better at this than others. Have them demonstrate and discuss their technique with the rest of the team. Have the runners who are struggling explain the difficulty they are experiencing. Just by thinking about turns, your runners will run them more effectively.

CRESTING

Although almost all coaches discuss the proper hill running technique called cresting; very few runners actually run hills well. As the first hill approaches you can feel the adrenaline pumping as most of the runners, having forgotten their coaches careful orders, charge into the hill, unwilling to give away an inch of the lead or position they

have worked so hard to gain. As a result, nearly everyone slows markedly at the top of the hill, often losing the precious ground they've gained by running hard on the hill itself. Cresting involves almost the complete opposite of this: instead of attacking a hill and dying at the top, runners maintain comfortable effort at the bottom of the hill and accelerate the last 50m of the hill itself and 100m over the top. They fly past the runners who are catching their breath. This is a tactic you definitely must practice because it is counter-intuitive--it's hard, and it hurts, which is why so few runners do it well.

WORKOUT: Do 5-8 reps on a 200-500m hill, running the bottom at race pace and surging (accelerating) the last 50m of the hill and 100m off of the top. Jog to the bottom for recovery. Have kids try to run the same time for all reps. The focus is the surge at the top. The key is getting the runners to realize, or believe, that cresting does not hurt any more than resting at the top of the hill. Pick a visual landmark at which point the runners begin to accelerate. Make it a part of your team's pre-race warm-up to identify these landmarks on each course.

SURGING

The Kenyans use surging to perfection, which is one of the reasons that they dominate the distance races on the international level. The easiest most energy-efficient way to run a race is to run even splits. Once runners are locked into a rhythm, they don't like to make too many changes until the end of the race sprint for the finish. By surging (changing quickly to a faster pace) you force the runners around you to either abandon their comfort zone or let you go. It is like raising in poker and forcing people to either fold or to call your bluff. Surging only works if you are able to continue to race if people do call your bluff. Like cresting, surging works best when everyone in the race is hurting. Therefore, it is best used from the mid-point of the race on. However, this really depends upon the course you are running and the strength of your team. Again, this is one which must be practiced regularly because it is really hard.

WORKOUT: Do multiple loop repetitions, for example, 5 x 600m on a 200m loop. Have athletes run race pace for the first loop, five seconds faster than race pace for the second loop, and return to race pace for the third loop. The focus should be on returning to race pace rather than slowing to recover. Your runners will probably find that loop three is as hard or harder than loop two.

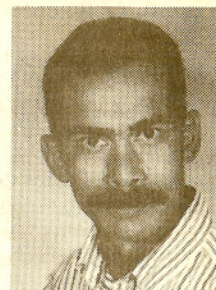
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Southern California CIF Cross Country 1996

- 9:14 Laguna Hills Invitational
Contact Kevin Dempsey
(714) 770-2776 (h)
FAX (714) 830-0295
- 9:14 Long Beach Millikan
Contact Stephen White, Boy's
Coach (310) 495-5078 (h)
Contact Jeff Dobra, Girl's Coach
(310) 420-2019
- 9:21 Mt. Carmel Invitational, San Diego
Contact Dennis McClanahan
FAX (619) 748-6985
- 9:21 Woodbridge Invitational
Contact George Varvas
(714) 559-8171 (h)
FAX (714) 559-5795
(Incorrect date previously printed)
- 9:28 Dana Hills Invitational
Contact Tim Butler
FAX (714) 489-8317
- 9:28 St. John Bosco Invitational
Contact Tim McIntosh
(310) 425-8723 (h)
- 9:28 Warren High School Invitational
Contact Jay Waldron (310)
439-2777 (h)
- 10:5 Yucaipa Invitational
Contact Jim Clendaniel
(909) 790-2114 (h)
- 10:5 Brea Olinda Invitational
Contact Dan King, Boy's Coach
(714) 256-8419 (h)
Contact Pam Barstow, Girl's Coach
(714) 256-1071 (h)
- 10:19 Santa Clarita Valley Invitational
Contact Dave DeLong
(805) 251-5432 (h)
- 10:19 Cal Poly SLO Invitational
Contact Steve Boaz
(805) 534-9308 (h)
(805) 544-5770 (w)
FAX (805) 542-9075
- 10:26 Mt. SAC Invitational
Contact Jim Polite
(909) 595-3496 (h)

Cross Country Program

By Rich Medellin, Esperanza High School



AT ESPERANZA, we start with an aerobic base building mileage phase in the early part of the season and slowly progress into peak shape by use of aerobic threshold runs, tempo runs and anaerobic intervals.

The training involves long aerobic runs, difficult anaerobic intervals, and Olympic free-weight training. Luckily, we have had a great deal of success with our athletes which has had a "snowballing" effect on the team. Once the athletes see the effects of the training then they too are convinced and willing to "pay the price" to become successful. Said in another say: "Success breeds success."

All the workouts will increase in length and intensity except for the recovery runs which are always run at an easy pace approximately 75% of the maximum heart rate, but can be as long as an hour in

length. When running intervals, I like to use a specific amount of time instead of distance to determine the length of the hard interval sessions during the early part of the season.

Sundays are always a day of rest and recuperation and no running is done. During the championship part of the season it is not unusual for the team to take an extra day (Wednesday) of rest in the middle of the week before an important cross country meet.

Weight sessions consist of four basic Olympic style lifts. Bench Press, Front Squats, Lunges and Power Cleans. The Power Cleans are done on a platform with bumper plates of various weights. Usually beginners start with light-weight plastic bumper plates which can be as light as 5 pounds, until the correct form is learned. We feel that the weight lifting is both

physically and mentally a psychological advantage for our athletes, in a race. The weight sessions were developed by our shot and discus coach Bill Pendleton who has had great success with the throws in our track and field program.

EARLY SEASON

In the early season the emphases is on long, slow mileage. Most of the mileage is done at 70 to 75% of the maximum heart rate. Once again, the early season is only a base-building period. I like to give the athletes a day of alternative exercise or cross-training for the purpose of variety. Exercises could consist of a bike ride, swimming or a run in the pool. A typical

continued next page...

TACTICAL TRAINING, *continued*

Indian runs also work well for this. On a five or six mile distance run have runners run in a single file 2-3 body lengths apart (the further apart, the longer the surge). The person in front of the line says "go", and the person in the back of the line accelerates to the front of the line. When he or she has established position in front he/she says "go" and the new last place runners surges to the front. There are many other ways to practice surging, but this one keeps the whole group together.

RUNNING HARD WHILE HURTING

Most runners run pretty well when they are feeling good. Few runners are able to really go for it when they are hurting badly in the late middle stages of a race. Most runners run how they feel. When they feel good, they speed up; when they feel bad they slow down. To race well, you must be able to dig down and push hard when you are in pain.

WORKOUT: On any interval, fartlek, or repeat workout make the goal staying strong

in the middle efforts. Do 8x500m hills and have the runners focus on pushing through the pain on #'s 4,5,6,7. Most everyone can start fast. And the last repeat usually isn't usually that bad. But the middle of the set is where you learn how to run with pain. They are the repeats which most closely model how you feel in a race. And, if you want to be able to push through pain barriers in a race, you have to practice it.

FINISHES

Everyone tries to sprint at the end of a race. Therefore, waiting to sprint at the end is not always the best strategy. Each runner has different ability when it comes to raw speed. Few distance runners are noted for their sprinting ability, but some are faster than others. Each runner should have a good idea of his or her finishing speed and should plan a finishing tactic to play up his/her strengths. As a general rule no one should pass you in the last 400m.

WORKOUT: Finish a medium-hard day with four or five 500-800m pushes to the

finish of your course. The goal is to finish nearest the front in the most pushes. Encourage each runner to employ the tactics he/she feels are necessary to do well. Discuss the results with the runners and suggest alternatives. (NOTE: This will, of course, turn the medium hard day into a hard day.)

Distance running is hard, and distance racing harder still. There is a lot of time to think out there during a three mile race, and if all that your athletes have to think about is how they feel or how far they still have to go, they will not perform up to the standards of which they are capable. When it starts to hurt in the middle of the race, it is way too easy for runners to start feeling sorry for themselves. Workouts like these give your athletes something specific to think about and focus on when the going gets tough. I hope that these ideas help your team prepare for races in the upcoming season.

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COACHES EDUCATION

ESPERANZA, *continued*

week in July would consist of:

- Monday: 50 mins. @ 75% MHR
Weights--3 sets of 10
- Tuesday: Swim for 30 mins.
- Wednesday: 2 miles warm-up
2 mins. hard @ 85% MHR
2 mins. easy @ 70% MHR
(continue for 4 miles)
One mile warm-down
- Thursday: 20 mins. @ 70% MHR
- Friday: 30 mins. @ 75% MHR
Weights--2 sets of 10
- Saturday: 55 mins. @ 75% MHR

Notice we start with 2 minutes of hard running (On) and 2 minutes of easy running (Off). This will increase as the season progresses, ultimately covering up to 7 minutes On and 7 minutes Off of hard running.

MID-SEASON

In the mid-season the emphasis switches to Mile Repeats, which is our "bread and butter." It is very typical that we do these repeats at the park on terrain of undulating hills. I have measured out mile segments at the park for this workout. Just like everything else we do, we would progress or adapt into more intervals or longer intervals as the season continues. It is possible to increase the intervals up to a mile and a quarter. (If the athlete is capable!) The recovery phase of the workout is until the athlete heart rate is at or below 120 beats per minute, then the next interval begins. A typical week in September would look like this:

- Monday: 2.5 mile warm-up
2 x Mile @ 90% to 95% MHR
2 x 1320 @ 90% to 95% MHR
Weights--2 sets of 10
- Tuesday: 4 miles @ 70% MHR
- Wednesday: 3 miles easy
5 x 100m strides
Weights--2 sets of 8
- Thursday: Meet Day
- *Friday: 5 miles @ 80% MHR
Weights--2 sets of 8
- Saturday: 60-70 mins. @ 75% MHR

Usually run in very hilly terrain

*If we have a meet on Saturday, Friday would be 3 miles easy.

CHAMPIONSHIP SEASON

During the end of the season, the emphasis is two-fold--rest and speed! In order for the athlete to perform at his/her best, they must be totally rested, mentally and physically. The mileage in this phase of the season is minimal, approximately 18-20 miles per week. The speed work can be done on the track or on grass, whichever is available. A week in this part of the season would look similar to this:

- Monday: 30 mins. @ 75%
Weights--2 sets of 8

- Tuesday: 2 miles warm-up
600m @ race pace
2 x 400m faster than race pace
300m faster than race pace
1 mile warm-down
- Wednesday: 40 mins. @ 70% MHR
Weights--2 sets of 8
- Thursday: 2 miles warm-up
3 x 400m
2 miles easy
warm-downs
- Friday: 3 miles easy
5 x 100m

Patience, determination and a willingness to do the hard work will pay off.

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RESULTS

✓ Track & Field

NCAA II

May 23-25. At UC Riverside.
Men

100m: 1. Dontra Jenkins (AbChr) 10.34, 2. Elgin Gordon (St. Aug) 10.37, 3. Scott Mack (Mill) 10.55. Others: 8. Scottie Stokes (CSBkfd) 10.75. 200m: 1. Elgin Gordon (St. Aug) 20.97, 2. Steve Coleman (East Tx) 21.26, 3. Royce Dennis (AngeloSt) 21.36. Others: 8. Gregory Turner (CSBkfd) 21.73. 400m: 1. Robert Guy (AC) 45.61, 2. Terrence Norris (AC) 45.93, 3. Michael McKinney (TX A&M) 46.27. 800m: 1. Wayne Patton (NoColo) 1:50.85, 2. Tom Dow (Aug) 1:50.95, 3. Ossie Mdzinoso (AC) 1:51.12. 1500m: 1. Alexander Alexin (Centr Miss) 3:46.36, 2. Ivars Balkova (Lewis) 3:46.84, 3. Thomas Korir (Ac) 3:47.09.

3000mSC: 1. Ivan Ivanov (Neb Kearney) 8:51.73, 2. Eric Pierce (Mank St) 8:52.92, 3. Jacques Saberg (CSLA) 8:55.43. Others: 8. Shawn Page (CP Pomona) 9:16.14. 5000m: 1. Carl Leonard (Edinboro) 14:16.37, 2. Thomas Korir (AbiChr) 110mH: 1. Charlie thomas (Morehouse) 13.90, 2. Stephen Giffens (Adams St) 14.03, 3. Traifon Rodgers (AC) 14.20. Others: 4. Ray Banner (CSLA) 14.20. 400mH: 1. Dinsdale Morgan (PittsSt) 50.31, 2. Stephen Gittens (Adams St) 51.12, 3. Richard Young (Ac) 51.16. 400R: 1. Abilene Christian 39.88, 2. St. Augustine's 40.16, 3. Texas A&M Kingville 40.91. Others: 4. CS Los Angeles 41.06, CS Bakersfield DNF. 1600mR: 1. Abilene Christian 3:06.48, 2. Angelo St. 3:08.20, 3. St. Augustine's 3:08.45. Others: 4. CS Bakersfield 3:12.07.

HJ: 1. Gregory Roberts (Morehse) 7-3, 2. Nathan Gibson (AngeloSt) 7-1 3/4, 3. Dayton Watson (StAug) and David Larsen (CSBkfd) 6-10 1/4. Others: 9. Robert Robinson (UCR) 6-6 1/4. TJ: 1. Jonathan Jordan (CSLA) 53-1 3/4, 2. Rod Coleman (Ind) 50-8 1/4, 3. Shawn Weber (NE Mo) 49-3 1/2. Others: 7. Jason Sergent (CSBkfd) 47-8 1/2. SP: 1. Tambi Wenj (CSLA) 63-5, 2. Jason Sluke (EmpSt) 57-8 1/2, 3. Ryan Keith (PittsSt) 56-9 1/4. PV: 1. Jason Pearce (AC) 17-8 1/2, 2. Roman Botchamkov (Cent Mo) 17-0 3/4, 3. Clark Lozier (Ashlnd) 17-0 3/4. JT: 1. Kirt Thompson (Ashlnd) 256-1, 2. John Corwin (EmpSt) 233-8, 3. Steve Ribel (SlipRock) 220-4. DT: 1. Andy Kokhanovsky (AC) 194-10, 2. Brian Seller (Morningside) 177-11, 3. Jason Stuke (Emp St) 174-1. Others: 4. Tambi Wenj (CSLA) 163-5. Decathlon: 1. Stephen Moore (AbiChr) 7446, 2. Mike Bohansky (Angelo St) 7356, 3. Kyle Gouch (Seattle Pac) 7200. Others: 9. Mike Kouppmaid (UC Davis) 6152. Team Scores: 1. Abilene Christian 149, 2.

St. Augustine's 77 1/2, 3. Angelo St. 58-1/2, 4. CS Los Angeles 52, 5. Central Missouri 29, 6. Ashland 27, 7. Lewis 25, 8. Emporia St. 25. Others: 22 CS Bakersfield 12 1/2, 24. Cal Poly Pomona 9, 26. UC Riverside 8.

Women

100m: 1. Mary Tombiri-Shirley (AbChr) 11.56, 2. Amara Ezem (Ac) 11.63, 3. Elisha Marshall (NoCarol Centr) 11.86. Others: 7. Jocelyn Pruitt (CPP) 12.18, 8. Oshanda Posey (CSLA) 12.24. 200m: 1. Lorraine Graham (Linc) 23.70, 2. Mary Tombiri-Shirley (Ac) 23.83, 3. Magali Schneider (Emp St) 24.17. Others: 8. Taunika Ogans (CSLA) 24.81, 9. Jocelyn Pruitt (CPP) 24.87. 400m: 1. Tracey Barnes (AC) 51.71, 2. Lorraine Graham (Linc) 51.85, 3. Magali Schneider (Emp St) 53.33. Others: 8. Angeleta Graham (CSLA) 54.85, 9. Taunika Ogans (CSLA) 55.88. 800m: 1. Jennifer Fisher (St. Aug) 2:07.81, 2. Malgorzata Biela (Lewis) 2:08.44, 3. Janice Nichols (CSBkfd) 2:08.743. 1500m: 1. Elva Dryer (West St) 4:21.03, 2. Jennifer Peck (Mankato St) 4:26.69, 3. Karen Vann (AbiChr) 4:30.70.

3000m: 1. Elva Dryer (West St) 9:23.14, 2. Nicole Jefferson (WS) 9:45.76, 3. Magdalena Paszta (Lewis) 9:46.04. 5000m: 1. Kim Pawelek (NoFla) 16:44.86, 2. Casi Florida (AbiChr) 16:52.95, 3. Sara Flores (Humb) 16:56.31, 4. Martha Pinto (CSLA) 17:02.37. 100mH: 1. Delloreen Ennis (AbiChr) 13.69, 2. Tifani Spraggins (Pittsb) 14.03, 3. Amy Bippert (Ang St) 14.09. 400mH: 1. Andrea Giscombe (St. Aug) 1:00.14, 2. Celise Carrol (UCD) 1:00.53, 3. Mary Ingram (Ab) 1:00.54. Others: 7. Desiree Green (CSBkfd) 1:01.93. 400mR: 1. Abilene Christian 44.61, 2. St. Augustine's 45.47, 3. Pittsburg St 45.83. Others: 8. Cal Poly Pomona 47.21. 1600mR: 1. Abilene Christian 3:40.65, 2. Emporia St. 3:42.94, 3. St. Augustine's 3:43.52. Others: 7. CS Bakersfield 3:47.48. Heptathlon: 1. Robin Unger (Port St) 5218, 2. Lisa Kresky (NoDak) 5158, 3. Amy Bippert (AngSt) 5029.

SP: 1. Petra Juraskova (CSLA) 51-0 3/4, 2. Denise George (St. Aug) 49-1, 3. Andrea Kieser (SagVly) 48-4 1/2. Others: 8. Misako Hampton (CSBkfd) 45-4 1/4. TJ: 1. Emmelinda Shehu (West St) 41-7 1/4, 2. Lindsay Welsh (AC) 41-4 1/4, 3. Donna Hinkson (AC) 40-0 3/4. Others: 7. Francesca Carver (CSLA) 39-0 1/4, 3. Ruth Moecks (CPP) 38-7. JT: 1. Mindy Lyne (Ft. Hayes) 165-7, 2. Joyce Burnett (Emp St) 163-3, 3. Tiffany Coleman (SeattlePac) 159-9. DT: 21. Petra Juraskova (CSLA) 170-3, 2. Sandy Dingmann (St. Cloud) 156-9, 3. Julie Humphreys (NW Miss) 155-9. Others: 5. Misako Hampton (CSBkfd) 143-9, 6. LaVera Clark (CSLA) 143-9. HJ: 1. Jaime Hallmark (AbiChr) 5-10, 2. Debby Volkens (Aug) 5-8 3/4, 3. Andrea Jeseritz (NoDak) 5-6 1/2.

Team Scores: 1. Abilene Christian 136, 2. St. Augustine's 86, 3. CS Los Angeles 54, 4. Western St. Colo 42, 5. Emporia St. 40, 6. North Dakota St. 29, 7. Lewis 26, 8. Ashland

24. Others 17. CS Bakersfield 15. 31. Cal Poly Pomona 5.

Olympic Trials Tune-up Meet

June 6. Long Beach State University.
Women

100m: 1. Angela Williams (Sheffield) 11.67, 2. Andria Loyd (un) 11.74, 3. Diane Pullins (un) 11.86. 200m: 1. Angela Williams (Sheff) 23.61, 2. Andria Loyd (un) 23.85, 3. Diane Pullins (un) 24.09. 400m: 1. LaTanya Sheffield (Sheff) 53.94, 2. Theodessa Rivers (New Era) 54.53, 3. Leslie Holmes (un) 55.19. 800m: 1. Nicole Teter (Nike) 2:02.55, 2. Carrie Neugenbauer (Nike) 2:04.31, 3. Darcy Areola (un) 2:04.60. 1500m: 1. Sharette Garcia 4:40.82, 2. Lori Miller (un) 4:44.42, 3. Ann Lunsman (Asics) 4:55.83. 3000mSC: 1. Josephine Sepulveda (LB Poly) 12:29.6. 100mH: 1. Donna Waller (Sheff) 13.14, 2. Rhonda Coluin (Army) 13.23, 3. Marsha Gualdo (un) 13.25. 400mH: 1. Sharifa Cox (SDSU) 59.77, 2. Arnta Minicks (un) 62.58, 3. Stacy Hebert (un) 65.32.

HJ: 1. Lisa Coleman (Adv Ath) 5-10 1/2, 2. Lori Svoboda (un) 5-10 1/2, 3. Kristy Kierulff (LB St) & Vicki Borshiem (un) 5-8 1/2. PV: 1. Tiffany Smith (No Limit) 13-1 1/2, 2. Sue Dimarco (jn) 12-2 1/2, 3. Jocelyn Chase (UCLA) 12-2 1/2. LJ: 1. Juliana Yendork (Cheet) 19-9 3/4, 2. Glory Dolphin (un) 19-3 3/4, 3. Lisa Mihale (un) 19-1 1/4. TJ: 1. Lisa Austin (un) 41-9, 2. Althea Moses (Unk) 41-3, 3. Sara Howell (RunPro) 41-1. SP: 1. Beth Bunge (un) 58-6, 2. Dawn Dumble (Reebok) 57-10, 3. Valeyta Althouse (Bruin Reeb) 56-4. DT: 1. Dawn Dumble (Reeb) 190-11, 2. Suzy Powell (Bruin Reeb) 190-11, 3. Brenda Westbrook (un) 168-0. JT: 1. Teri Spires (Coca Cola) 173-5, 2. Christine Dunn (un) 167-10, 3. Salcie Raine (SMAC) 149-7. HT: 1. Kiyomi Parish (un) 188-1, 2. LaVera Clark (CSLA) 167-1, 3. Leslie Coons (USC) 165-1.

Men

100m: 1. Aaron Thigpen 10.29, 2. Obadiah Cooper (New Era) 10.31, 3. Gabriel Okon (Nig) 10.39. 200m: 1. Barry Smith (Nike) 20.61, 2. Bryan Kryll (GWHTC) 20.71, 3. Dino Napier (Army) 20.89. 400m: 1. Dino Napier (Army) 46.73, 2. Ken Hull (Miz) 46.82, 3. Buabo Tshimanga (un) 49.94. 800m: 1. Edgar Oliveira (Braz) 1:48.23, 2. Robert Price (un) 1:50.75, 3. Chris Vincent (SMT) 1:52.85. 1500m: 1. J. Nyamba 3:45.33, 2. Daniel Das Neves 3:45.69, 3. Jim Robbins (un) 3:46.23. 3000mSC: 1. Derek Kite (Future) 8:37.07, 2. Wes Ashford (un) 8:46.73, 3. Jacques Saberg (CSLA) 8:47.43. 5000m: 1. Mark Huime (CA Cst) 16:08.41. 110mH: 1. Mark Crear (Reeb) 13.50, 2. Robert Reading (Accu) 13.60, 3. Robert Foster (Miz) 13.64. 400mH: 1. Hadi Souan (Saudi Arab) 49.77, 2. Cliff Alexander (Tucson Elite) 50.88, 3. Aaron Cacy 51.16.

HJ: 1. Cameron Wright (un) 7-5 1/4, 2. Peter Malessev (Yug) 7-4 1/2, 3. Doug Nordquist (AIA) & Steve Parker (un) 7-2 1/2. PV: 1. Pat Manson (un) 19-0, 2. Dean Starkey (un) 18-6, 3. Lance White & Simon Arkell 18-0 1/2. LJ: 1. Derek Scurry (GCC) 25-0, 2. Perry McBride (Mont) 23-9, 3. Byron Young (un) 23-7 1/4. TJ: 1. Jonathan Jordan (CSLA) 53-6 1/2, 2. Lee Watts (un) 53-0, 3. Mel Moultry (un) 51-1 1/2. SP: 1. John Godina (Reeb) 68-1, 2. Mark Parlin (Reeb) 60-10, 3. Brian Miller (un) 60-6. DT: 1. R. Jimenez-Gaona (Parag) 207-6, 2. David

Dumble (Bruin Reeb) 186-4, 3. Eric Cole (un) 171-9. JT: 1. Allan Collatz (un) 227-3, 2. Ken Hall (un) 216-8, 3. Gary Kinder (TK Racing) 212-6. HT: 1. Marvin Williams (un) 221-9, 2. Craig Carter (Rocky Mt) 216-6, 3. Stephen DeSantis (PacBay TC) 215-7.

Timber Wolf All Comers T&F Meet

June 23, 1996. Sacramento, CA. From John Gallen

50 Meters M-17 Kareem Castillo 6.3. M-50 David Naylor 6.7. M-60 Dennis Rietz 8.6. W-45 Avril Naylor 7.4. 100 Meters M-17 Kareem Castillo 11.7. Open Germain Gill 11.6. M-50 David Naylor 12.4. W-15 Stephanie Foster 15.4. W-45 Avril Naylor 14.5. Herawdy110 Meter High Hurdles M-45 Ed Baskauskas 17.9. 200 Meters M-17 Kareem Castillo 24.9. Open Germain Gill 23.6. M-50 David Naylor 25.6. W-45 Avril Naylor 30.9.

High Jump M-40 John Townsend 5-2. M-65 Charles Bispala 3-7.5. Discus M-40 John Townsend 98-3. M-50 Roger Foster 123-6. M-55 Wayne Roberts 73-9. M-60 Dennis Rietz 128-0. M-65 Ira Barkman 99-4. W-14 Stephanie Foster 78-9. W-50 Donna Rietz 42-5. Shot Put M-40 John Townsend 35-5. M-50 Roger Foster 44-6. M-55 Bob Buckman 32-8.5. M-60 Dennis Rietz 36-6. M-65 Charles Bispala 30-2. W-14 Stephanie Foster 25-2.5. W-45 Avril Naylor 23-2.5. W-50 Donna Rietz 20-7.5. Javelin M-17 Kareem Castillo 142-11. M-40 John Townsend 118-5. M-45 John Gallen 99-7. M-50 Roger Foster 109-5. M-55 Bob Buckman 107-0. M-60 Dennis Rietz 98-7. M-65 Charles Bispala 75-9. W-14 Stephanie Foster 71-8. W-45 Avril Naylor 48-4. W-50 Donna Riezg 40-8

✓ Road Racing

Tilden Tough 10

May 19. Berkeley.
Overall Results-10 Miles

1. Richard Flores (40) Windsor, 58:15. 2. Bruce Mace (37) Corte Madera, 1:00:06. 3. Jeff Teeters (36) Berkeley, 1:01:02. 4. Mark Picillo (39) Berkeley, 1:01:30. 5. Ken Gregorich (37) Oakland, 1:04:06. 6. Eric Ellison (34) Berkeley, 1:04:17. 7. Michael Radcliffe (38) Mill Valley, 1:04:21. 8. John Pidoli (32) Livermore, 1:04:35. 9. Jim Curtis (37) Lafayette, 1:04:40. 10. Ali Mansouri (27) Fremont, 1:04:50. 11. Mike Rossner (31) SF, 1:05:38. 12. Dan Ramos (46) Daly City, 1:05:39. 13. Marc Frodyma (44) Moraga, 1:07:08. 14. John Spriggs (35) El Cerritos, 1:07:21. 15. Steve Gregg (39) Oakland, 1:07:30. 16. Jaced Nowakowski (25) Berkeley, 1:07:37. 17. Jim Russell (27) Santa Clara, 1:07:48. 18. Don James (47) Oakland, 1:08:24. 19. George Green (45) Mill Valley, 1:09:12. 20. Beth Vitalis (31) SF, 1:09:34. 21. Erwin Punz (34) Berkeley, 1:09:40. 22. Adam Kirschner (27) Berkeley,

PLEASE SEND RESULTS directly to:

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RESULTS

1:09:44. 23. Sergio Garcia (35) Oakland, 1:09:45. 24. Fred Martin (52) Pleasanton, 1:10:11. 25. Bernard Demai (48) Berkeley, 1:10:37. 28. Janice Prudhomme (361) Kensington, 1:11:44. 34. Karl Soderberg (31f) Fairfield, 1:13:26. 35. Michelle Perry (31f) 1:14:06. 38. Corinne Crnicich, (33f) 1:14:49. 39. Angela Longworth (28f) Richmond, 1:15:07.

Division Results-10 Mile Men
20-29: 1. Ali Mansouri, Fremont, 1:04:50. **30-39:** 1. Bruce Mace, Corte Madera, 1:00:06. **40-49:** 1. Richard Flores, Windsor, 58:15. **50-59:** 1. Fred Martin, Pleasanton, 1:10:11. **60-69:** 1. Robert Moorman, Fremont, 1:35:34. **70 & O:** 1. Gary Toji, Berkeley, 1:32:30.

Division Results-10 Mile Women
20-29: 1. Angela Longworth, Richmond, 1:15:07. **30-39:** 1. Beth Vilakis, San Francisco, 1:09:34. **40-49:** 1. Carol Bruton, Livermore, 1:18:32. **60-69:** 1. Hanna Szoke, Fremont, 1:49:07.

Bonita Road Runners 5K/10K

May 25. Rohr Park, Bonita
Division Results-10K Men
25-29: 1. Ian Smith (29) San Diego, 33:40. 2. Mark Dani (28) San Diego, 34:03. 3. Rich Hathaway (28) San Diego, 36:52.
30-34: 1. Juan Lepe (31) Chula Vista, 33:09. 2. Randy Montesanto (33) La Mesa, 33:24. 3. David Hatfield (34) La Mesa, 35:20. **35-39:** 1. Fred Jolly (35) San Diego, 33:34. 2. Guy Gary (37) Leucadia, 35:35. 3. Michael Anderson (38) El Cajon, 36:09.
40-44: 1. Tyrone Farley (41) San Diego, 35:50. 2. Carroll Pope (41) San Diego, 36:42. 3. Stephen Fick (43) Lakeside, 37:01:45-49: 1. Rick Vanertie (45) Santee, 39:35. 2. Ron Sandvick (45) La Mesa, 41:02. 3. Antonio Vargas (48) Chula Vista, 41:14. **50-54:** 1. John McBride (52) Caribad, 39:39. 2. George Ricks (54) Riverside, 44:31. 3. Alford Claiborne (51) San Diego, 47:49. **55-59:** 1. Hans Dieben (57) Chula Vista, 40:20. **60-69:** 1. Raymond Parra (62) San Diego, 49:22. 2. Jay Stacy (61) El Cajon, 50:33. 3. Peter Kipkowski (61) Chula Vista, 53:12. **70-80:** 1. Ted Horner (71) San Diego, 50:50. 2. John Cross (71) Bonita, 57:50.

Division Results-10K Women
18-24: 1. Janet Rodriguez (20) San Diego, 59:41. **25-29:** 1. Tina Chapman (28) San Diego, 53:54. **30-34:** 1. Kathleen Loin (32) Coronado, 39:52. 2. Laura Curtis (31) Chula Vista, 45:24. 3. Jodi Visosky (33) El Cajon, 47:00. **35-39:** 1. Julie Branson (37) Chula Vista, 46:51. 2. Nancy Peinado (37) Bonita, 47:46. 3. Kayren Freels (39) Chula Vista, 53:07. **40-44:** 1. Maria Fernandez (43) Bonita, 40:43. 2. Mary Fee (44) Moreno Valley, 44:53. 3. Cindy Millar (43) San Diego, 49:03. **45-49:** 1. Kim Satterlee (46) San Diego, 49:40. 2. Karen Chettle (47) La Jolla, 49:48. **50-54:** 1. Sandy Madden (52) San Diego, 50:34. 2. Patricia Halderman (53) Jamul, 53:10. 3. Judy Bruce (52) Chula Vista, 57:20. **55-59:** 1. Ursula Rains (55) Chula Vista, 49:58. 2. Joan Lester (56) Bonita, 1:11:05. **60-69:** 1. Chris Cromer (64) Chula Vista, 53:12.

Division Results-5K Men
1-12: 1. James Serratos III (10) Bonita, 21:50. 2. Andres solis (9) Chula Vista, 23:49. 3. Sean Diaz (10) Bonita, 27:25. 13-17: 1. Mark Savel (16) San Diego,

17:54. 2. Bryan Bartlett (17) Chula Vista, 18:42. 3. Kevin Bartlett (16) Chula Vista, 19:53. 18-24: 1. Greg Ottinger (18) Bonita, 19:27. 2. Justin Matthews (18) Santa Usabel, 20:55. 3. Michael Kepflinger (21) Bonita, 21:4. 25-29: 1. Bryan Walkbank (28) Chula Vista, 15:15. 2. Jesse Austin (29) San Diego, 15:59. 3. John Cekander (28) San Diego, 16:26. **30-34:** 1. Michael Coe (31) La Mesa, 16:11. 2. Steve Taggart (34) San Diego, 17:34. 3. Andrew fowkes (33) Imperial, 17:51. **35-39:** 1. Eoin Fahy (36) San Diego, 15:23. 2. Bill Dusing (35) San Diego, 16:17. 3. Matt Lake (39) San Diego, 17:35. **40-44:** 1. Dave Hunter (43) Chula Vista, 16:50. 2. Leon Ruddy (43) Chula Vista, 18:21. 3. Richard Olson (44) Escondido, 21:11. **45-49:** 1. Jim Pool (46) San Marcos, 18:09. 2. Berek Fiszlewicz (48) Chula Vista, 18:55. 3. Bob Stamp (47) Bonita, 20:34. **50-54:** 1. Charles Adair (54) San Diego, 17:54. 2. Pete Kane (52) Carlsbad, 20:10. 3. Gary Haynes (54) Bonita, 21:30. **55-59:** 1. Dan McCaskill (55) San Diego, 19:24. 2. Jerry Selby (58) Poway, 20:52. 3. Chuck Brady (55) San Diego, 22:15. **60-69:** 1. Jose Vigil (63) Chula Vista, 20:05. 2. Dan Dalton (64) San Diego, 22:35. 3. Peter Kopkowski (61) Del Mar, 22:42. **70-99:** 1. Jack Green (70) Oceanside, 25:22. 2. Ted Horner (71) San Diego, 25:39. 3. Robert Sprouse (74) Chula Vista, 32:03.

Division Results-5K Women
1-12: 1. Kate Branson (11) Chula Vista, 30:51. 2. Karla Vargas (11) Chula Vista, 32:27. 18-24: 1. Kim Komara (24) Bonita, 22:55. 2. Brenda Barnes (19) Spring Valley, 27:27. 25-29: 1. Shirley Edgar (25) San Diego, 25:17. 2. Tina Franchitto (25) Imperial Beach, 26:19. **30-34:** 1. Cynthia Castle (31) San Diego, 18:28. 2. Maria Gain (34) Chula Vista, 29:59. 3. Sheri Johnson (34) Chula Vista, 33:42. **35-39:** 1. Patricia Buddie (35) Chula Vista, 23:23. 2. karen Vargas (37) Chula Vista, 25:07. 3. Rebecah Bryning (37) La Mesa, 28:06. **40-44:** 1. Joyce Gilcrease (40) San Diego, 23:24. 2. Laurie Redmond (43) Santa Ysabel, 24:45. 3. Alice Wiltse (43) San Diego, 27:45. **45-49:** 1. Willie Mundt (47) El Cajon, 20:46. 2. Gail Zucker (45) Danville, 22:02. 3. Karen Martin (49) San Diego, 26:23. **50-54:** 1. Mary McCalister (54) San Diego, 24:41. 2. Judy Bruce (52) Chula Vista, 24:54. 3. Betty Cuellar (50) Coaroado, 26:11. **55-59:** 1. Ursula Rains (55) Chula Vista, 23:34. 2. Keiko Junker (55) Bonita, 39:32. **60-69:** 1. Dorothy Stock (63) La Mesa, 25:02.

Memorial 8K Race

May 28. Grass Valley
Overall Results-8K
1-12: 1. Dave Smith, 28:51. 2. Gary Johnsrud, 28:57. 3. David Keane, 29:04. 4. Jim Freeman, 29:12. 5. Kirt Flynn, 29:17. 6. Thom Pearman, 29:32. 7. Todd Nunan, 29:47. 8. Kevin Cimini, 30:22. 9. Mike Buzbee, 31:04. 10. Scott Spaulding, 31:09. 11. Kelvin Nelson, 31:18. 12. David Boardman, 31:25. 13. Kim Isham, 31:42. 14. Kevin Sulton, 32:01. 15. Joel Coburn, 32:07. 16. Sara Freitas (f) 32:19. 33. Lori Nelson (f) 34:33. 38. Leslie King (f) 35:16. 50. Erin Jensen, 37:56. 51. Cristene Sellers, 38:03.

Strawberry Stampede

May 28. Arroyo Grande
Division Results-10K Men
13-18: 1. Jess Rankin, Paso Robles, 45:31. 2. Tom Dang, Paso Robles, 48:09. 3. Luis Farias, Grover Beach, 52:49. **19-29:** 1. Scott Smith, Avila Beach, 33:53. 2. Matthew Emmons, Ventura, 35:33. 3. Mickey Higgins, Victorville, 37:04. **30-34:** 1. Alan Ryder, Redondo Beach, 38:22. 2. Ken Hammond, Los Osos, 38:59. 3. Joyhn Ematt, SLO, 41:47. **35-39:** 1. Adolfo Lopez, Santa Maria, 32:53. 2. Doug Sims, Santa Maria, 34:56. 3. Dan Takahashi, Torrance, 35:05. **40-44:** 1. Kim Hipsher, Rossmoor, 36:50. 2. RD Delgado, Grover Beach, 37:26. 3. Jim Batterson, Santa Maria, 37:28. **45-49:** 1. Bruce Horiguchi, Gardena, 39:15. 2. Ray Vick, Santa Maria, 39:41. 3. Mike Duffy, Atascadero, 40:06. **50-59:** 1. Larry Jamison, SLO, 38:30. 2. Rolie Cavaletto, Nipomo, 39:10. 3. Clem Michel, Los Osos, 40:21. **60 & O:** 1. Alan Feinberg, Northridge, 65:45.

Division Results-10K Women
19-29: 1. Kristen Orr, SLO, 42:13. 2. Bridget Ryder, Redondo Beach, 45:16. 3. Karly Kolb, Los Osos, 45:40. **30-34:** 1. Michelle Johnson, Arroyo Grande, 39:52. 2. Sue O'Sullivan, Grover Beach, 41:43. 3. Sheila McCann, SLO, 45:19. **35-39:** 1. Mary Cooper, SLO, 39:55. 2. Cathy Agler, SLO, 42:10. 3. Ahyce Fujiwara, Gardena, 42:51. **40-44:** 1. Mary Jost, Santa Maria, 45:52. 2. Blair Church, Arroyo Grande, 48:20. 3. Angie Ramirez, Santa Maria, 48:40. **45-49:** 1. Stephanie Wilch, Santa Barbara, 49:18. 2. Chiye Horiguchi, Gardena, 50:33. 3. Yuriko Sano, Manhattan Beach, 50:57. **50-59:** 1. Betty Jory, Lompoc, 45:36. 2. Angie Fuhmann, Arroyo Grande, 49:15. 3. Eiko Petty, Torrance, 49:47. **60 & O:** 1. Shirley Blush, Rancho Palos Verdes, 48:22. 2. Lisa Norcutt, Lompoc, 55:20. 3. Mary Stallard, Morro Bay, 56:57.

Division Results-5K Men
12 & U: 1. Andrew Lawrence, Arroyo Grande, 19:46. 2. Chris Stehula, Arroyo Grande, 20:00. 3. Michael Niblett, Pismo Beach, 20:31. 13-18: 1. Michael Leon, Grover Beach, 17:00. 2. Andrew Provence, Arroyo Grande, 18:46. 3. Danny Moore, Nipomo, 19:01. **19-29:** 1. Mario Morales, SLO, 17:07. 2. Rosendo, Sobal, SLO, 17:44. 3. John Bouchard, SLO, 19:23. **30-34:** 1. Eric Nordbeck, Victorville, 20:21. 2. Luis Lopez, Santa Maria, 21:29. 3. James Wahlg, Grover Beach, 23:03. **35-39:** 1. Paul Lee, Pismo Beach, 16:27. 2. Dave Fronckowiak, Gilroy, 16:38. 3. Greg Hall, SLO, 17:53. **40-44:** 1. Tom McKeawn, SLO, 17:08. 2. Stanley Reyes, Nipomo, 18:08. 3. Bob Murray, Lake Elsinore, 19:33. **45-49:** 1. Steve Burke, Arroyo Grande, 18:39. 2. Dave Lawrence, Arroyo Grande, 20:01. 3. Stephen Wyr, Arroyo Grande, 20:13. **50-59:** 1. Neil Wilcox, Bakersfield, 18:51. 2. San Nall, Bakersfield, 19:27. 3. Doug Williams, Los Osos, 22:04. **60 & O:** 1. James Lipford, Bakersfield, 20:11. 2. Ben Horner, Arroyo Grande, 20:37. 3. Bob Herman, Atascadero, 24:45.

Division Results-5K Women
12 & U: 1. Lauren Ross, Arroyo Grande, 24:11. 2. Melanie Korsgaard, Paso Robles, 27:19. 3. Christian Mancillas, West Covina, 28:51. **13-18:** 1. Katherine Niblett, Pismo Beach, 20:06. 2. Samantha Michel, Los Osos, 20:24. 3. Niki Canby, Arroyo Grande, 21:04. **19-29:** 1. Donna Kim, SLO, 25:06. 2.

Cheryl Jessee, Reno, 25:47. 3. Tammi Nystul, SLO, 25:57. **30-34:** 1. Lori Dudding, Dillsburg, 22:49. 2. Claudia Watters, Grover Beach, 23:50. 3. Frankie Lehner, Mt. Aukum, 23:57. **35-39:** 1. Pam Ricci, SLO, 20:50. 2. Jerri Higinbotham, Corona, 21:24. 3. Judy Denman, Tahachapi, 26:44. **40-44:** 1. Ingrid Warren Cayucos, 22:52. 2. Karen Krahl, SLO, 27:06. 3. Annette, Essen, Arroyo Grande, 27:26. **45-49:** 1. Debbie Berry, Bakersfield, 28:08. 2. Robin Endert, SLO, 29:32. 3. Marie Oseguera, Arroyo Grande, 32:34. **50-59:** 1. Yvonne Livett, Santa Maria, 27:32. 2. Joanie Stahura, Rancho Palos Verdes, 34:16. 3. Joyce Ashimine, Torrance, 36:24. **60 & O:** 1. Pat Hudson, Nipomo, 33:01. 2. Dorothy Cabibi, Porterville, 41:35.

Walt Stack Trail 5K/25K

May 28. San Francisco
Overall Results-5K
1-12: 1. Fred "The Red" Habergreen, 21:00. 2. Paul Mosel-blue, 23:12. 3. Jim Gallagher, 24:16. 4. Dale Nelson-blue, 24:55. 5. Peter Nollbauer, 25:19.

Overall Results-25K
1-12: 1. Alex hetherington, 1:31:10. 2. Tom Hale-light blue, 1:32:23. 3. Antonio Rodriguez-green, 1:37:06. 4. Professor David Moulton-green, 1:37:56. 5. Jim Misener-green, 1:39:43. 6. Mike Rossner-green, 1:40:19. 7. Todd Barzinger-green, 1:43:16. 8. Joe Burgasser-blue, 1:45:52. 9. William "Galvanic Action" Galvin-green, 1:46:36. 10. Herman Escajadillo-green, 1:47:18.

Race For Knowledge 3K & 10K

May 27. Santa Cruz
Overall Results-10K
1-12: 1. Bob Ebert (42) Santa Cruz, 32:57. 2. Elijah Bilotta (17) Santa Cruz, 34:57. 3. Dave Rosen (22) Aptos, 35:18. 4. James Romanek (34) Santa Cruz, 35:35. 5. unofficial, 36:17. 6. Mark Rollins (35) Woodside, 36:21. 7. Bob Anderson (48) Los Altos, 36:22. 8. Francisco Avila (40) Santa Cruz 36:54. 9. Patrick Thinguri (26) Santa Cruz, 37:04. 10. Carlos Siqueiros (38) San Jose, 37:06. 11. Mark Nockley (29) Santa Cruz, 37:19. 12. Glenn Seiler (39) Santa Cruz, 37:22. 13. Tom Saucedo (33) Santa Cruz, 37:24. 14. Doug Heltzer (44) Santa Cruz, 37:40. 15. Eric Small (24) Santa Cruz, 37:48. 16. Tony Madden (32) Scotts Valley, 38:11. 17. Erika Watson (29f) Scotts Valley, 38:21. 18. John Snyder (48) San Jose, 38:28. 19. Carlos Siqueiros (15) San Jose, 38:50. 20. Jim Russell (27) Santa Cruz, 38:58.

Division Results-10K Men
12 & U: 1. Daniel Salvatore-De (9) Aptos, 49:56. 2. Matthew Bailey (10) Santa Cruz, 1:00:33. **13-19:** 1. Elijah Bilotta (17) Santa Cruz, 34:57. 2. Carlos Siqueiros (15) San Jose, 38:50. 3. Omar Campos (14) Watsonville, 39:29. **20-29:** 1. Dave Rosen (22) Aptos, 25:18. 2. Patrick Thinguri (26) Santa Cruz, 37:04. 3. Mark Nockley (29) Santa Cruz, 37:19. **30-39:** 1. James Romanek (34) Santa Cruz, 35:35. 2. Mark Rollins (35) Woodside, 36:21. 3. Carlos Siqueiros (38) San Jose, 37:06. **40-49:** 1. Bob Ebert (42)

RESULTS

Santa Cruz, 32:57. 2. Bob Anderson (48) Los Altos, 36:22. 3. Francisco Avila (40) Santa Cruz, 36:54. **50-59:** 1. Dick Duccini (53) Scotts Valley, 41:17. 2. Don Matthews (52) Sacramento, 41:19. 3. Robert Jones (56) Los Gatos, 44:51. **60-69:** 1. Lloyd Anderson (65) Fremont, 49:37. 2. Richard Cropper (60) Soquel, 59:28. 3. Henry Rossi (68) Santa Cruz, 1:16:00. **70 & 0:** 1. Jack Friedlander (74) San Mateo, 55:43.

Division Results-10K Women

13-19: 1. Isis sien (13) Santa Cruz, 52:21. 2. Rachel Ableah (13) Half Moon Bay, 54:14. **20-29:** 1. Erika Watson (29) Scotts Valley, 38:21. 2. Leslie Asbury (21) San Jose, 40:33. 3. Aniel Lang (26) Pacific Palisades, 43:04. **30-39:** 1. Gretchen Schmitt (34) Scotts Valley, 41:41. 2. Joanna Ladd (37) Palo Alto, 43:45. 3. Angela Schmidt (32) Sacramento, 44:29. **40-49:** 1. Valerie Leal (43) Santa Cruz, 41:08. 2. Janet Sobczak-Marti (41) Aptos, 41:58. 3. Katie Scott (43) Santa Cruz, 43:44. **50-59:** 1. Jane Walton (51) Santa Cruz, 56:33. 2. Joyce Friedlander (58) San Mateo, 58:50. 3. Toni doane (63) Santa Cruz, 1:01:59. **60-69:** 1. Katherine Beirers (63) Santa Cruz, 58:43.

Overall Results-3K

1. Jim Kurtzman (34) Pebble Beach, 9:16. 2. Gilbert Munoz (37) Watsonville, 9:39. 3. Barb Acosta (38) Santa Cruz, 10:19. 4. Greg Burke (49) San Jose, 10:31. 5. Dickown Duccini (53) Scotts Valley, 11:13. 6. William Hendricks (51) Aptos, 11:40. 7. Nick Butterfield (39) ? 11:46. 8. Glynn Wood (62) Monterey, 11:48. 9. Sid Rigor (36) Aptos, 11:56. 10. Thomas Schwarzmann (43) Aromas, 11:57.

Division Results-3K Men

12 & U: 1. David Kehn (11) Aptos, 12:11. 2. Ronnie Raymond (12) Santa Cruz, 12:46. 3. Lukas Leuthold (11) Santa Cruz, 14:41. **20-29:** 1. Fernando Jose (24) San Leandro, 15:01. 2. Richard Rumley (28) Aptos, 17:13. 3. Joshua Goldsmith (24) Aptos, 17:55. **30-39:** 1. Jim Kurtzman (34) Pebble Beach, 9:16. 2. Gilbert Munoz (37) Watsonville, 9:39. 3. Nick Butterfield (39) ? 11:46. **40-49:** 1. Greg Burke (49) San Jose, 10:31. 2. Thomas Schwarzmann (43) Aromas, 11:57. 3. Glenn Liberatore (41) Santa Cruz, 12:28. **50-59:** 1. Dickown Duccini (53) Scotts Valley, 11:13. 2. William Hendricks (51) Aptos, 11:40. 3. Joe Dooling (57) Los Altos, 17:06. **60-69:** 1. George Anderson (67) Hollister, 26:25.

Division Results-3K Women

12 & U: 1. Brianna Jacobson (11) Scotts Valley, 12:50. 2. Teresa Gill (12) Scotts Valley, 14:35. 3. Erin Curtis (12) Santa Cruz, 15:10. **13-19:** 1. Leah Rubin (13) Santa Cruz, 20:08. **20-29:** 1. Deirdre Carroll (27) San Mateo, 16:37. 2. Renee Gaff (25) Redwood City, 21:48. **30-39:** 1. Barb Acosta (38) Santa Cruz, 10:19. 2. Diane Delucchi (36) Aptos, 12:35. 3. Zanni Romano (31) Santa Cruz, 13:38. **40-49:** 1. Karen Reed (40) Santa Cruz, 13:23. 2. Venetia Bradford (41) Santa Cruz, 14:27. 3. Stacey Lund (40) Scotts Valley, 15:46. **50-59:** 1. Susan O'Hara-Jones (50) Woodland, ?.

Fontana Days Run 1/2 Marathon & 5K

June 1. Fontana

Overall Results-1/2 Marathon

1. Fredson Mayiek (50) 1:03:51. 2.

Eulimio Garcia (32) Moreno Valley, 1:05:00. 3. Alfonso Nunes (32) Montebello, 1:06:33. 4. Mahmud Nasser (23) Riverside, 1:07:20. 5. Eugene Hogue (33) Farmington, NM, 1:09:58. 6. Joey Broxmeyer (30) Rialto, 1:10:09. 7. Gerardo Montes (23) Morwalk, 1:11:52. 8. Trini Robles (33) Placentia, 1:21:21. 9. Enrique Carranza (28) Rialto, 1:13:01. 10. David Hernandez (36) 1:14:44.

11. Antonio Herrera (39) Ontario, 1:25:28. 12. Carmelo Velazquez (18) Corona, 1:15:45. 13. Noe Escoto (25) 1:15:50. 14. James Marquez (35) Upland, 1:16:13. 15. Wayne Mitchell (51) Silverado, 1:16:16. 16. Daniel Arteaga (33) Fontana, 1:16:43. 17. Stuart Gonzalez (20) Corona, 1:16:41. 18. David Edgar (41) Tujunga, 1:17:46. 19. Liliana Mendoza (28) Pasadena, 1:18:01. 20. John Montgomery (49) Del Mar, 1:18:10.

21. Abel Contreras (39) Los angeles, 1:18:26. 22. Elsie Doliverira (28) Albuquerque, NM, 1:19:42. 23. Carolyn Lowe (25) Claremont, 1:19:43. 24. Mark Thompson (26) Claremont, 1:20:15. 25. Jennifer Henderson (37) Rancho, 1:20:23. 26. Terry Cammack (49) West covina, 1:20:34. 27. Vikram Mahan (15) Norwalk, 1:20:53. 28. Robert Barrera (33) Rosemead, 1:21:42. 29. David Rtiz (35) Rialto, 1:22:35. 30. John Fitzgerald (42) 1:23:06.

31. Bruce Mauldin (48) Anaheim, 1:23:07. 32. Angel Perez (24) Buena Park, 1:23:57. 33. Jeff Burton (30) Hesperia, 1:23:59. 34. Raymond Maranda (56) Bakersfield, 1:24:31. 35. Mick McKay (24) Redlands, 1:25:27. 26. Troy Martin (28) 1:25:21. 37. Bobbi Jo Carovsky (25) Bakersfield, 1:25:54. 38. Erik Downs (24) Riverside, 1:26:02. 39. Raul Cortez (24) Riverside, 1:26:17. 40. Brigid Freyne (25) Riverside, 1:26:56.

Division Results-1/2 Marathon Men

11-14: 1. Geovani Vega (12) Etwanda 2:36:32. 15-19: 1. Carmelo Valazquez (18) Corona, 1:15:45. 2. Vikram Mahan (15) Norwalk, 1:20:53. 3. Tad Johnson (16) Highland, 1:33:13. **20-24:** 1. Mahmud nasser (23) riverside, 1:07:20. 2. Gerardo Montes (23) Norwalk, 1:11:52. 3. Stuart Gonzalez (20) Corona, 1:16:41. **25-29:** 1. Enrique Carranza (28) Rialto, 1:13:01. 2. Noe Escoto (25) 1:15:50. 3. Mark Thompson (26) Claremont, 1:19:43. **30-34:** 1. Eulimio Garcia (32) Moreno Valley 1:05:00. 2. Alfonso Nunes (32) Montebello 1:06:33. 3. Eugene Hogue (33) Farmington, 1:09:58. **35-39:** 1. David Hernandez (36) 1:14:44. 2. Antonio Herrera (39) Ontario, 1:15:28. 3. James Marquez (35) Upland, 1:16:13. **40-44:** 1. David Edgar (41) Tujunga, 1:17:46. 2. John Fitzgerald (42) 1:23:06. 3. Jim Slepiski (40) San Bernardino, 1:28:27. **45-49:** 1. John Montgomery (49) Del M, 1:18:10. 2. Terry Cammack (49) West Covina, 1:20:34. 3. Bruce Mauldin (48) Pasadena, 1:55:04. **50-54:** 1. Wayne Mitchell (51) Silverado, 1:16:16. 2. Leroy Wilke (53) Highland, 1:28:31. 3. Ron Lowy (52) San Diego 1:35:39. **55-59:** 1. Raymond Maranda (56) Bakersfield, 1:24:31. 2. Roberto Vargas (58) Ontario, 1:28:50. 3. Joseph Booze (59) Las Vegas, 1:35:33. **60-64:** 1. William Wall (63) Chino, 1:30:51. 2. Ben Bernal (61) Los Angeles, 1:34:21. 3. Joshap Bruney (63) Anaheim, 1:39:32. **65-69:** 1. Rac Paladugu (67) Duarte, 1:49:12. 2.

Roland Robinson (65) Vistorville, 2:29:58. 3. Donald Rodgers (65) San Dimas, 3:30:41. **70-74:** 1. Gilbert Cisneros (71) Lake Elsinore, 2:11:54. 2. Rich Walsh (73) Las Vegas, 2:12:11. 75-79: 1. Samuel Dimura (78) Arcadia, 2:21:35.

Division Results-1/2 Marathon Women

1-10: 1. Julie Sontag (5) Riverside, 2:55:58. 11-14: 1. April Egler (14) San Jacinto, 2:04:48. 15-19: 1. Beth Morales (15) Highland, 1:33:15. 2. Lorraine Rivera (16) San Bernardino, 2:02:10. 3. Amy Niessen (15) Highland, 2:09:34. **20-24:** 1. Wendy Krieger (20) Claremont, 1:39:00. 2. Shanona Phillips (22) Huntington Beach, 1:52:43. 3. Griceida Villagomez (21) Fontana, 2:15:44. **25-29:** 1. Liliana Mendoza (28) Pasadena, 18:18:01. 2. Elsie Doliveira (28) Albuquerque, 1:19:42. 3. Carolyn Lowe (25) Claremont, 1:19:43. **30-34:** 1. Theresa Coyle (30) Castaic, 1:28:53. 2. Andrea Johnson (32) Highland, 1:29:55. 3. Andrea Behm (34) Agoura Hills, 1:37:40. **35-39:** 1. Jennifer Henderson (37) Rancho, 1:20:23. 2. Jennifer Buckley (38) Tustin, 1:30:51. 3. Brenda Villanueva (35) Bakersfield, 1:32:23. **40-44:** 1. Carol Richardson (44) Laguna Beach, 1:34:33. 2. Cori Leone (41) Orange, 1:40:09. 3. Paula Colman (40) Hemet, 1:40:14. **45-49:** 1. Kim Satterlee (46) Los Angeles, 1:45:19. 2. Karen Chettle (47) La Jolla, 1:45:58. 3. Irma Hulton (49) Pasadena, 1:55:04. **50-54:** 1. Viola Phillips (57) Laguna each, 1:39:34. 2. Elaine Murphy (57) Arcadia, 1:44:25. 3. Carole Davis (58) Cedar Glen, 2:00:12. **60-64:** 1. Shirley Chadwick (61) Covina, 2:19:58. 2. Evelyn Tapia (60) Valinda, 2:25:53. **70-74:** 1. Blanche Furtney (70) Escondido, 2:50:19.

Overall Results-5K

1. Cosmas Musyoka (23) Riverside, 13:30. 2. Wilhel, Gidaboday (21) Riverside, 13:42. 3. Gray Mavher (22) Riverside, 13:54. 4. Jackson Makene (21) Riverside, 13:58. 5. Bashir Hussain (31) Riverside, 14:03. 6. Mike Spencer (31) ? 14:08. 7. Alemayehu Roba (23) Riverside, 14:14. 8. Dave Hartman (23) ? 14:26. 9. Eduardo Macias (30) Panorama City, 14:45. 10. Ramos Bryan (21) Glendale, 14:46. 11. Steve Blum (41) Ventura, 14:52. 12. Nicolas Hernandez (41) Whittier, 15:03. 13. Macario Campos (23) Lordsburg, NM, 15:11. 14. David Gomez (20) Sun Valley, 15:13. 15. Angel Romero (19) Grand Terrace, 15:18. 16. Oscar Sanchez (19) La Puente, 15:22. 17. Cesar Gonzalez (19) Rialto, 15:27. 18. Antonio Malagon (38) Yucaipa, 15:28. 19. Jose Gonzalez (17) Rialto, 15:30. 20. Mike Langdon (16) Grand Terrace, 15:33.

21. John Tuttle (39) Running Springs, 15:37. 22. Chris Jagers (35) Los Angeles, 15:47. 23. Trais Marisoli (15) Redlands, 15:47. 24. Cesar Vasquez (33) Los Angeles, 15:47. 25. Steve Myhor (50) San Diego, 15:53. 26. Alonzo Ramirez (21) Moreno Valley, 16:14. 27. Don Irvine (46) Oceanside, 16:15. 28. Brian Nelson (38) Bakersfield, 16:18. 29. Theresa Barrios (29) 16:19. 30. Juan Duarte (17) Corona, 16:19.

31. Tony David (40) Encinitas, 16:22. 32. Oscoar Martin (20) Sun Valley, 16:28. 33. Donald Oceana (48) Placentia, 16:32. 34. Jesus Gomez (19) La Puente, 16:34. 35. Ryan Smith (18) 16:38. 36. James Rowe (15) Hesperia, 16:39. 37. Leonardo Botello (27) S El Monte, 16:41. 38. Filiberto

Hidalgo (30) Fontana, 16:56. 39. Meg Harris (22) San Antonio, TX, 16:57. 40. Apolonio Ruiz (18) West Hills, 16:59.

Division Results-5K Men

1-10: 1. Stephen Pitts (10) Wrightwood, 20:29. 2. Daneil Pitts (8) Wrightwood, 21:16. 3. Samuel Pitts (6) Wrightwood, 21:18. 11-14: 1. Jonathan McGhee (14) Riverside, 17:41. 2. Gilbert Santillan (13) Big Bear, 17:46. 3. Guy Crottinger (14) Cedar Glen, 18:42. 15-19: 1. Angel Romero (19) Grand Terrace, 15:18. 2. Oscar Sanchez (19) La Puente, 15:22. 3. Cesar Gonzalez (19) Rialto, 15:27. **20-24:** 1. Cosmas Musyoka (23) Riverside, 13:30. 2. Wilhelm Gidaboday (21) Riverside, 13:42. 3. Gray Mavhera (22) Riverside, 13:54. **25-29:** 1. Leonardo Botello (27) S. El Monte 16:41. 2. Aichaeh Mahurin (26) Van Nuys 17:22. 3. Scott Hanes (26) Redlands 19:11. **30-34:** 1. Bashir Hussain (31) Riverside 14:03. 2. Mike Spencer (31) 14:08. 3. Eduardo Macias (30) Panorama City 14:45. **35-39:** 1. Antonio Malagon (38) Yucaipa 15:28. 2. John Tuttle (39) Run Sprgs 15:37. 3. Chris Jagers (35) Yorba Linda 15:45. **40-44:** 1. Nicolas Hernandez (41) Whittier 15:03. 2. Tony David (40) Encinitas 16:22. 3. Fred Vartinian (41) Highland 17:02. **45-49:** 1. Don Irvine (46) Oceanside 16:15. 2. Donald Oceana (48) Placentia 16:32. 3. John Hunter (49) Torrance 17:12. **50-54:** 1. Steve Myhor (50) San Diego, 15:53. 2. Allen Gamber (51) 17:03. 3. Bobby Roberts (51) Highland, 17:52. **55-59:** 1. Dave Arnson (57) Chino, 19:16. 2. John Velverton (55) Walkinsville, 21:44. 3. Robert Jones (56) Riverside, 22:55. **60-64:** 1. Bill Crum (60) Crestline, 18:36. 2. Don Vandyke (60) Wrightwood, 18:55. 3. Leroy Carter (64) Los Angeles, 19:30. **65-69:** 1. Patrick Devine (67) Rancho Palos Verde, 19:00. 2. Paul Saucedo (65) Anaheim, 19:50. 3. Efrain Sanchez (67) Highland, 20:58. **70-74:** 1. Larry Banuelos (72) Pico Rivera, 21:05. 2. Relio Rivera (71) Ontario, 23:20. 3. Joe Fleischmann (73) Loma Linda, 25:49. **75-79:** 1. JR Smith (72) Glendale, 34:38. 2. James Henehan (75) Highland, 39:36.

Division Results-5K Women

1-10: 1. Tammy Wildgoose (10) ? 25:07. 2. Carolina Garcia (10) Mexicali, Mex. 35:54. 3. Kelly Olsen (10) Etiwanda, 35:56. 11-14: 1. Allyda Fletcher (12) Rialto, 18:43. 2. Sarah Lankhaar (12) Hemet, 19:38. 3. Laurie Lankhaar (13) Hemet, 19:42. 15-19: 1. Meghann Allard (15) Costa Mesa, 19:42. 2. Kelly Mathison (16) Riverside, 20:37. 3. Sylvia Conroy (19) Rialto, 21:00. **20-24:** 1. Meg Harris (22) San Antonio, 16:57. 2. Elsa Meza (20) Rosemead, 19:25. 3. Julie Ann Busek (23) Redlands, 21:23. **25-29:** 1. Theresa Barrios (29) ? 16:19. 2. Christi Prescott (29) Calimesa, 18:05. 3. Lynda Launer (29) Alta Loma, 24:33. **30-34:** 1. Michelle Eitepa (30) Placentia, 17:14. 2. Jill Thomas (30) Murrieta, 20:56. 3. Kathy Yourk (34) Angelus Oaks, 21:45. **35-39:** 1. Cheryl Davis (38) Rialto, 19:49. 2. Deborah Pincus (37) Henderson, 19:56. 3. Elida Ortiz (35) Colton, 21:49. **40-44:** 1. Valeria Pinocci (43) Las Vegas, 17:27. 2. Pamela isher (44) Mission Viejo, 21:30. 3. Barbara Moses (40) Buena Park, 21:46. **45-49:** 1. Carolyn Pelinis (47) Alta Loma 21:22. 2. Mariana Schaffer (45) Alta Loma, 23:18. 3. Norma Porter (47) Chino,

RESULTS

25:01. **50-54:** 1. Nancy Ten Berge (54) Huntington Beach, 21:54. 2. Coni Mcelroy (51) Hesperia, 22:15. 3. Janyth Dison (53) Redlands, 26:33. **55-59:** 1. Bonnie Harkins (55) Encinitas, 20:45. 2. Lorie Rose (55) Chino, 28:28. 3. Lois Jimenez (56) Rialto, 30:42. **60-64:** 1. Kathleen Callaway (64) Redlands, 31:09. 2. Anna Aguiera (62) Rialto, 54:27. **65-69:** 1. Verian Bruce (67) Playa Del Rey, 32:46. 2. Ella Crabtree (65) Banning, 38:19. 3. Louise Rigo (69) San Bernardino, 51:57. **70-74:** 1. Mary Storey (72) Riverside, 24:28. 2. Gladys Mathes (72) Redlands, 43:11.

"Run Of The Pines"

June 1. Pollock

Overall Results-Mini Marathon (13 miles) Men

1. Thom Pearman (34) 85:28. 2. Bob Whitehead (47) 90:27. 3. Felix Jaramillo (36) 97:28. 4. Troy Limb (35) 97:51. 5. Mark Satchwell (43) 1:09:26.

Overall Results-Mini Marathon (13 miles) Women

1. Ann Cartwright (33) 1:00:18. 2. Beth Kleine (35) 1:03:11. 3. Carrie West (30) 1:08:08. 4. Ellen Romano (42) 1:19:34. 5. Linda Rodgers (38) 1:65:58.

Division Results-10K Men

11-14: 1. Michael Ratcliff (14) 55:56. 15-18: 1. Connor Medley (17) 39:09. 19-29: 1. Joachim Wettermark (29) 40:03. 30-39: 1. Tom Hannickel (36) overall winner, 32:38. 40-49: 1. Gary Jensen (42) 43:26. 50-59: 1. Jerry Lyerly (56) 43:45.

Division Results-10K Women

19-29: 1. Lori Franklin (28) 56:15. 30-39: 1. Allison Orofin (34) overall winner, 42:57. 40-49: 1. Barbara Sandstrom (45) 57:22. 50-59: 1. Gin Fierro (51) 57:35.

Division Results-5K Men

10 & U: 1. Todd Carroll (9) 50:34. 11-14: 1. Keith Yocum (14) 27:43. 15-18: 1. Tristan (15) Winnekar, 26:57. 19-29: 1. Richard Lingo (29) 31:32. 30-39: 1. Buzz Sotello (39) 20:38. 40-49: 1. Spencer Weston (40) overall winner, 20:20. 50-59: 1. Paul Allen (53) 34:09. 60 & O: 1. David Selway (63) 43:15.

Division Results-5K Women

10 & U: 1. Cat Duffy (10) 36:15. 11-14: 1. Siri Harrington (14) 26:20. 19-29: 1. Nicola Macklin (28) overall winner, 20:22. 30-39: 1. Kim Harrell (31) 25:21. 40-49: 1. Patricia Bever (48) 29:27. 50-59: 1. Barb Truka (52) 29:34. 60 & O: 1. Patsy Buhlert (63) 37:46.

Alum Rock Run 10K

June 2. San Jose.

Overall Results-10K

1. Jeff Shaver (35) Cupertino, 34:28. 2. Kenrick Sealy (29) San Jose, 34:34. 3. Robert Tapia (37) San Jose, 34:35. 4. Juan Pinales (22) San Jose, 36:15. 5. Stacy Van Horn (32) Carmel Valley, 36:24. 6. Gilbert Munoz (37) Watsonville, 36:42. 7. Jim Christensen (36) Morgan Hill, 36:59. 8. Greg Tademy (19) San Jose, 38:20. 9. Dave Fronckowiak (36) Gilroy, 38:29. 10. Tom Dorst (35) Soquel, 38:51. 11. Don Hicks (36) Rancho Cordova, 39:01. 12. Jose Garcia (46) Gilroy, 39:30. 13. Patrick Buzbee (44) San Jose, 39:38. 14. Rob Nast (33) San Jose, 39:42. 15. Jose Acosta (16) San Jose, 39:53. 16. Dan Anderson (44) Union City, 40:05. 17. Larry Bartholomew (39) Felton, 40:20. 18. Alex Gurza (34) San Jose, 40:29. 19. Barb Acosta (38) San Cruz, 40:43.

20. Karl Malmshemer (32) Capitola, 40:49. 21. Darin Compton (31) Campbell, 41:13. 22. Steven Garza (16) San Jose, 41:20. 23. Mark duson (33) Saratoga, 41:25. 24. Howard Hopper (40) San Jose, 41:32. 25. Cesar Chavez (28) Santa Clara, 41:50. 26. Ryan McGuire (18) San Jose, 41:53. 27. Javier Martinez (25) San Jose, 41:54. 28. Pete West (19) Denair, 42:15. 29. Greg Elder (33) Cupertino, 42:22. 30. Ismael Garcia (22) Gilroy, 42:31.

31. Jason Guven (22) San Jose, 42:33. 32. Jose Cortez (44) Fremont, 42:33. 33. Justen Whittall (21) Santa Clara, 42:34. 34. Kelvin Nelson (39) Cupertino, 42:45. 35. Peter Munoz (15) San Jose, 42:58. 36. Bernie Pabon (35) Campbell, 43:04. 37. Fernando Loza (32) Santa Cruz, 43:22. 38. Michael Gilson (48) Fremont, 43:26. 39. Bob Lilly (48) Boulder Creek, 43:30. 40. Daniel Chavez Jr. (21) San Jose, 43:32. 56. Diana Berexa (28f) Chico, 45:10. 70. Elizabeth Nast (34f) San Jose, 46:09. 75. Debbie McCracken (34f) Mountain View, 46:27. 80. Laura Ezell (29f) Boulder Creek, 46:44.

Division Results-10K Men

1-18: 1. Jose Acosta (16) San Jose, 39:53. 2. Steven Garza (16) San Jose, 41:20. 3. Ryan McGuire (18) San Jose, 41:53. 19-29: 1. Kenrick Sealy (29) San Jose, 34:34. 2. Juan Pinales (22) San Jose, 36:15. 3. Greg Tademy (19) San Jose, 38:20. 30-39: 1. Tapia Robert (37) San Jose, 34:35. 2. Stacy Van Horn (32) Carmel Valley, 36:24. 3. Gilbert Munoz (37) Watsonville, 36:42. 40-49: 1. Jose Garcia (46) Gilroy, 39:30. 2. Patrick Buzbee (44) San Jose, 39:38. 3. Dan Anderson (44) Union City, 40:05. 50-59: 1. Carlos Saldivar (57) San Jose, 45:27. 2. Paul Ficken (51) Union City, 47:13. 3. Lou Garza (51) San Jose, 48:35. 60-99: 1. Roy Thomas (64) Mountain View, nt. 2. Ike Munoz (60) San Jose, nt. 3. Richard Garcia (61) San Jose, nt.

Division Results-10K Women

1-18: 1. Rachael Wiseman (16) San Jose, 51:48. 2. Kristin Brown (16) San Jose, 52:58. 3. Beth Gower (18) San Jose, nt. 19-29: 1. Diana Berexa (28) Chico, 45:10. 2. Laura Ezell (29) Boulder Creek, 46:44. 3. Kimberly Van Kuran (20) Palo Alto, 48:22. 30-39: 1. Elizabeth Nast (34) San Jose, 46:09. 2. Debbie McCracken (34) Mountain View, 46:27. 3. Jennifer Tripp (32) Santa Clara, 47:43. 40-49: 1. Judy Fulton (42) Pleasanton, 48:01. 2. Amy Haberman (43) Santa Cruz, 49:01. 3. Tonia Trombetta (43) Santa Clara, 50:40. 50-59: 1. Susan Brown (53) San Jose, 50:04. 2. Luise Van Ness (57) San Jose, nt. 3. Leni Tomasso (50) San Jose, nt. 60-99: 1. Joy Johnson (69) San Jose, 1:02:12. 2. Mary Torres (64) San Jose, 1:23:37.

Gold Country Road Races

June 2. Nevada City.

Overall Results-Marathon

1. Scott St. John, St. George, UT, 2:57:47. 2. Robert Clementz, Truckee, 3:16:56. 3. Rae Clark, Auburn, 3:20:10. 4. Mark Samuelson, Cool, 3:35:22. 5. Brent Cushman, Yuba City, 3:37:13. 6. Mike Buzbee, Yuba City, 3:39:08. 7. Ken Gal, Yuba City, 3:44:35. 8. Sara Freita (f) Nevada City, 3:49:30. 9. Christine Jones (f) San Anselmo, 3:53:17. 10. Tom Wright, Georgetown, 3:59:33. 13. Jan Level (f) Camino 4:12:29. 14. Helen Hull (f) Rocklin, 4:14:47. 17. Toni

Miller (f) Redding, 4:21:14.

Overall Results-1/2 Marathon

1. Mike Rodriguez, Nevada City, 1:29:05. 2. Jon Root, Grass Valley, 1:37:39. 3. Arthur Sharpe, Grass Valley, 1:41:24. 4. Brian Putty, Orangevale, 1:43:07. 5. Brad Brunner, Chico, 1:43:48. 6. Dennis Trenner, Chico, 1:46:45. 7. Chuck Brockman, Reno, NV, 1:47:13. 8. David Denkers, Nevada City, 1:47:50. 9. Jim Olto, Grass Valley, 1:49:41. 10. Scott Lery, Nevada City, 1:51:11. 14. Wendy Welch (f) Grass Valley, 2:06:03. 16. Eva Lobsitz (f) Nevada City, 2:09:24. 17. Joanne Burnett (f) Cool, 2:09:32. 18. Lynn Dennis (f) Granite Bay, 2:09:43.

Overall Results-10K

1. Scott McIntosh, Grass Valley, 41:27. 2. Toni Brockman (f) Reno, NV, 48:40. 3. Rod Gillespie, Nevada City, 49:21. 4. Paul Breneman, Marietta, GA, 49:48. 5. Dirk Denkeers, Valley Springs, 50:40. 6. Scott Jackson, Nevada City, 51:53. 7. Tawny Bridge (f) Sparks, NV, 52:10. 8. Gary Noe, West Covina, 53:18. 9. Kathy Sheffield (f) Nevada City, 53:31. 10. Steve Dennis, Granite Bay, 53:35.

11. Dotti Derry (f) Woodland, 54:53. 12. Rhonda Roman (f) Santa Rosa, 56:02.

Overall Results-5K

1. Luke Olts, Auburn, 21:36. 2. Ross Smith, Reno, NV, 25:12. 3. Benjamin Lee, Sacramento, 25:20. 4. Glenda Laird (f) Garden Valley, 26:33. 5. Paul Manuel, Nevada City, 26:55. 7. Candace Brooks (f) Nevada City, 27:33. 8. Tara Keyser (f) Grass Valley, 28:20.

Practice Dipsea

June 2. Mill Valley

Overall Results-6.8 Miles

1. Glen Redpath, 50:48. 2. John Lundy, 52:07. 3. Sam Vanleer, 55:43. 4. Tom Hale, 55:44. 5. Eric Ellison, 57:04. 6. Will Aarsheim, 58:08. 7. Professor David Moulton, 1:00:18. 8. Malt Pasewark, 1:00:54. 9. Mike Rossner, 1:00:55. 10. Roy Kissin 1:01:52.

11. Joe Naughten, 1:03:04. 12. Diane Peterson, f, 1:00:21. 13. John Kammeyer, 1:04:27. 14. Jamie Wendel, f, 1:00:38. 15. Mark Miller, 1:05:50. 16. Andy Morrison, 1:06:01. 17. Bob Miller, 1:06:23. 18. George Foreman, 1:06:35. 19. Mark Byers, 1:08:05. 20. Unknown, 1:09:21.

21. Adam Innes, 1:10:29. 22. David McEwen, 1:10:32. 23. Phillip Lawton, 1:11:12. 24. Phillip Ginsburg, 1:11:13. 25. Unknown, 1:11:13.

Statuto Race

June 2. San Francisco.

Overall Results-4.2 Miles

1. Aaron Pierson (33) 20:49. 2. Mike Spencer (31) 20:50. 3. John Moreno (41) 21:40. 4. Joseph Karnes (30) 21:50. 5. Ernest Stanton (32) 22:01. 6. JuanAntonio Torres (21) 22:30. 7. Gerald Gay (25) 23:18. 8. Michael Gama (37) 23:27. 9. Ruben Macedo (31) 23:35. 10. Peter Hsia (35) 23:58. 11. Jerry Morucci Jr (28) 24:14. 12. Victor Diaz (29) 24:32. 13. John Hirschberger (44) 24:47. 14. Carl Kadiz (26) 24:54. 15. Franklin Chang (31) 25:15. 16. Aaron Cardie (25) 25:30. 17. Devlin Gardella (29) 25:36. 18. Jim Moyles (44) 25:42. 19. Thomas Caruso (26) 25:47. 20. Paul Gassner (29) 26:03.

22. Leslie McMullin (45f) 26:06. 47. Kendra Huber (23f) 29:02. 52. Kianne Panelli (33f) 29:48. 66. Sharon Moran (23f) 30:59. 68. Cathleen Guy (30f) 31:04. 69. Judy Waitz (36f) 31:21.

Division Results-4.2 Mile Men

18 & U: 1. Tony Arzave (14) 27:22. 19-29: 1. Juan Antonio Torres (21) 22:30. 30-39: 1. Aaron Pierson (33) 20:49. 40-49: 1. John Moreno (41) 21:40. 50-59: 1. Rick Kell (52) 27:18. 60-69: 1. Ed Mooney (63) 32:58. 70 & O: William Robinson (71) 43:48.

Division Results-4.2 Mile Women

18 & U: 1. Nicole Tomei (13) 35:15. 19-29: 1. Kendra Huber (23) 29:02. 30-39: 1. Dianne Panelli (33) 29:48. 40-49: 1. Leslie McMullin (45) 28:06. 50-59: 1. Ursula Rains (55) 33:38. 60-69: 1. Peggy Kang (60) 33:00. 70 & O: 1. Annabel Marsh (73) 56:07.

Cayucos 5K

June 8. Cayucos.

Overall Results-5K

1. Paul Lee (35) 16:45. 2. Joe Berquist (32) 17:06. 3. Kevin Cooper (36) 17:10. 4. Joe Morris Jr. (17) 17:36. 5. Scott Kress (36) 17:38. 6. Nathan Carter (19) 17:40. 7. Brian Waterbury (47) 17:45. 8. Greg Hall (36) 17:50. 9. Henry Hernandez (42) 18:04. 10. Louie Quintana Sr. (44) 18:04. 11. Jason Wilkinson (16) 18:06. 12. Veron Sallaz (37) 18:12. 13. Rick Conway (42) 18:24. 14. Ray Vick (14) 18:57. 15. Art Froese (52) 18:54. 17. Janet Norem (39) 19:12. 22. Sue O'Sullivan (34f) 19:44. 24. Cathy Apler (38f) 19:54. 27. Megan Marshall (26f) 20:00. 31. Samantha Michel (14f) 20:20.

Robert Decelle Memorial Tahoe Relay

June 8. Tahoe

Overall Results

1. Aggie Old Farts 11-Lap 1 (54:59) 2 (1:44:10) 3 (2:41:03) 4 (3:56:00) 5 (4:58:25) 6 (6:04:32) 7 (7:15:09). 2. Chico TC. 3. Tara Humara Savages. 4. Rebels #1 Team. 5. Large Rotating Fish.

State Street Mile

June 8. Downtown Santa Barbara.

1. Francis O'Neill (26) Escondido 3:57. 2. Bryan Dameworth (25) Calabasas 3:58. 3. Gus Harper (23) Santa Barbara 4:04. 4. Brian Culley (25) Encinitas 4:07. 5. Daniel Niednagel (23) Menlo Park 4:10. 6. Michael Thatcher (19) La Canada/Flint 4:11. 7. Sean Phillips (18) Goleta 4:11. 8. Pedro Gutierrez (27) Santa Barbara 4:13. 9. Michael Smith (32) Santa Barbara 4:16. 10. Dan Mancini (32) San Fran 4:16. 11. Peter Mogg (40) Simi Vly 4:20. 12. Jose Sanchez (25) Oxnard 4:21. 13. Dave Saunders (29) Santa Barb 4:22. 14. Matt Bogdanowits (27) Fremont 4:22. 15. Eric Gans (17) Goleta 4:24. 16. Zack Rattray (18) Santa Barb 4:25. 17. Shannon Brown (22f) Agoura Hills 4:27. 18. Dan Goldstein (31) Thous Oaks 4:27. 19. Barry Moloney (44) Ventura 4:27. 20. Hector Mendez (21) Las Vegas 4:29. 21. Moin Salahuddin (16) Santa Barb 4:37. 22. Benjamin Rattray (15) Santa Barb 4:39. 23. Hans Van Koppen (41) Summerland 4:40. 24. Beth Bartholomew (20f) Mtn View 4:40.

RESULTS

25. Mark Newton (46) 4:41. 44. Misty Allen (29F) Santa Barb 4:53. 65. Ruth Vomund (38F) Ventura 5:06. 72. Elizabeth North (34F) Santa Barb 5:12

Dr. Seuss Race for Literacy

June 9. San Diego

Overall Results-8K Men

1. Alfredo Viguera (33) 22:37. 2. Julius Randich (24) 22:43. 3. Cosmas Musyoka (24) 23:10. 4. Richard Rono (34) 23:11. 5. Joao ntyamba (28) 23:14.

Overall Results-8K Women

1. Karen Oudekerk (29) 27:08. 2. Heather Fuhr (28) 27:28. 3. Laura Stuart (31) 27:46. 4. Carmen Martinez (29) 27:49. 5. Tamara Lave (27) 28:02.

Division Results-8K Men

12 & U: 1. Alvaro Figueroa, 35:56. 2. Oscar Jorda, 37:35. 3. Isai Arquidez, 37:47. 4. Derek Gould, 40:40. 5. Kyvan Moayed, 42:03. 13-17: 1. Galen Reid, 25:54. 2. Dustin Diaz, 26:46. 3. Mark Savel, 28:41. 4. Christopher Nagao, 28:44. 5. Bob King, 29:45. 18-24: 1. Javier La Balazavala, 23:49. 2. Corey Brantley, 24:14. 3. David Hartman, 24:50. 4. Ciro Melendez, 25:24. 5. Juan Limon, 27:08.

25-29: 1. Kipkemboi Kimeli, 23:15. 2. Wynston Alberts, 23:20. 3. Hector Lopez, 23:56. 4. Michiel Gieskes, 24:32. 5. Mark Dani, 25:01. 30-34: 1. Darrell General, 23:32. 2. Danny Martinez, 24:08. 3. James Sheremeta, 24:16. 4. Aaron Pierson, 24:20. 5. Jose Iniguez, 24:32. 35-39: 1. Paul Pilkington, 23:28. 2. Alan Scharu, 25:31. 3. Luis Camarillo, 25:44. 4. Ralph Havens, 25:55. 5. Rodrigo Casas, 26:03. 40-44: 1. Farley Simon, 24:19. 2. Kevin McCarey, 25:17. 3. Bill Randall, 25:51. 4. James Willmore, 26:54. 5. Mark Galeazzi, 26:59. 45-49: 1. Sam Haji, 26:31. 2. Michael dove, 26:36. 3. Jose Hinojosa, 27:45. 4. Vasilis Kondylis, 28:07. 5. don Oceana, 28:19. 50-54: 1. Steve Myhro, 27:40. 2. Hal Gorforth Jr., 28:04. 3. Don Shanahan, 28:51. 4. Charles Adair, 30:03. 5. Mark Nutter, 31:09. 55-59: 1. Dan McCaskill, 30:57. 2. Jim Noto, 32:03. 3. Arnulfo Anaya, 32:36. 4. Roberto Villanueva, 33:03. 5. Richard Rosenberg, 33:42. 60-64: 1. Jose Vigil, 32:15. 2. Antonio Verdin, 32:53. 3. Bob Mangrum, 33:34. 4. Harry Slayen, 34:00. 5. Earl Davis, 35:36. 65-69: 1. Ollie Olivares, 34:37. 2. Wayne Myers, 39:38. 3. Cliff Hewitt, 40:59. 4. Joe Stowers, 42:44. 5. Gene Hiezer, 43:34. 70-74: 1. Jim McCown, 37:09. 2. Ted Horner, 39:32. 3. Jack Green, 41:20. 4. Ross Walker, 42:00. 5. Steve Schanes, 45:18. 75-79: 1. Omer Hall, 1:29:14. 80 & O: 1. Walt Kuetzing, 49:16. 2. Tom Vinton, 1:21:05. 3. John Hanna, 1:29:35.

Division Results-8K Women

12 & U: 1. Laurie O'Connor, 38:01. 2. Deanna Lynn, 44:52. 3. Kate Branson, 45:45. 4. Erica Ramirez, 51:42. 5. Elisa Cardona, 57:09. 13-17: 1. Kendra Goffredo, 30:36. 2. Ruby Grinolds, 31:41. 3. Shannon O'Connor, 32:05. 4. Jinny Holdzkorn, 32:33. 5. Julie Manson, 33:51. 18-24: 1. Jill Cherudti, 29:03. 2. Jenny Davis, 29:03. 3. Ana Isabel Morale, 30:00. 4. Elizabeth Skane, 30:02. 5. Jennifer Andrews, 30:12. 25-29: 1. Karen Lasio, 28:49. 2. Vbronica Alvarez, 29:59. 3. Tracy Wright, 30:54. 4. Rhessa Ashbacher, 32:05.

5. Neily Mathias, 32:27. 30-34: 1. Terry Martin, 28:17. 2. Palaneby Aer, 28:57. 3. Cynthia Castle, 29:36. 4. Lisa Schmidt, 30:32. 5. Audrey Brink, 30:34. 35-39: 1. Mary Burns-Prine, 28:14. 2. Jeanne Lasee-Johnson, 28:37. 3. Elizabeth Baker, 28:45. 4. Maria Luisa Madueno, 29:19. 5. Cheryl Brady, 29:55. 40-44: 1. Kimerlee Campo, 28:52. 2. Marcella Teran, 28:52. 3. Elizabeth Edwards, 30:00. 4. Joann Bahm, 30:38. 5. Maria Fernandez, 31:29. 45-49: 1. Robin Paine, 33:01. 2. Betty Rosenberg, 33:20. 3. Kerry Tabler, 34:58. 4. Willie Mundi, 35:44. 5. Linda Bennett, 36:41. 50-54: 1. Kathy Loper, 33:21. 2. Barbara Awarre, 33:41. 3. Linda Kewin, 38:22. 4. Ann Walker, 38:53. 5. Sandy Madden, 39:05. 55-59: 1. Eileen Pae, 34:22. 2. Ursula Rains, 37:37. 3. Anita Stern, 38:00. 4. Una Marie Pierce, 40:08. 5. Elaine Robinson, 42:24. 60-64: 1. Jorge Ortiz, 36:43. 2. Caroline Murray, 40:31. 3. Pat McClain, 43:30. 4. Ruth Dundon, 46:24. 5. Ruth Mangrum, 47:23. 65-69: 1. Mary Storey, 42:46. 2. Roberta Hennings, 47:59. 3. Dorothy Shumway, 1:10:51. 4. Johanna De Groot, 1:18:38. 5. Hazel Irwin, 1:20:12. 75-79: 1. Janet Owen, 1:18:42. 2. Mary Jane Vinton, 1:22:30. 3. Margaret Walker, 1:38:30. 80 & O: 1. Caryn Hoffman, 1:10:35. 2. Marjorie Easton, 1:14:15.

Fitch Mountain Footrace

June 9. Healdsburg.

Overall Results-10K Men

1. Hector Delgado, 34:05. 2. Colin Davidson, 36:07. 3. Johnny Suazo, 36:34. 4. Scott Ames, 36:38. 5. Jason Mendes, 36:57. 6. Jason DeSalle, 37:30. 7. Charlie Hernandez, 38:01. 8. Bret Shaw, 38:20. 9. Jake Currie, 39:14. 10. Jeremy Jackman, 40:39. 11. Ted Chun, 40:53. 12. Bret Buggan, 41:00. 13. Andy Jensen, 41:02. 14. Mike Wilson, 41:38. 15. Richard Slevin, 41:44. 16. Carl Triola, 42:07. 17. Ted Lopscomb, 42:22. 18. Tony Smyth, 42:35. 19. Lauren Lorenz, 42:42. 20. Robin Barker, 42:44. 21. Stephen Passalacqua, 43:07. 22. Bob Herold, 43:19. 23. Bill Posedel, 43:26. 24. Peter Bacisco, 44:08.

Overall Results-10K Women

1. Tory Vainnre, 41:56. 2. Hillary Barfield, 42:13. 3. Robin Stovall, 42:45. 4. Kelly Ridgway, 43:08. 5. Lisa Hernandez, 44:20. 6. Pam Horton, 45:34. 7. Valerie Hamilton, 45:50. 8. Debbie Prk, 46:27. 9. Sara Hernandez, 47:16. 10. Gia Dornbach, 47:43. 11. Mary Pezzi, 48:49. 12. Kathy Weaver, 48:52. 13. Susan Muskar, 49:53. 14. Darcy Atterbury, 49:55. 15. Nancy Wright, 49:57. 16. Heidi Mattered, 50:06. 17. Chritine Mullis, 50:26. 18. Betsy Sliney, 50:33. 19. Anna Derbo, 51:11. 20. Donna Werby, 51:40. 21. Karen Watkins, 52:08. 22. Tara Smith, 52:16. 23. Pamela Murphy, 52:45. 24. Sheila Maai, 52:51. 25. Sally Schlich, 52:53.

Overall Results-2K Men

1. Brook Bannister, 9:17. 2. Sky Pile, 9:22. 3. David Capron, 9:47. 4. Rey Cormn, 10:12. 5. Andrew Hidas, 10:44. 6. Terry McNeil, 10:59. 7. Patrick McRee, 11:15. 8. Travis Phcpis, 11:16. 9. John Lander, 11:21. 10. David DeSelle, 11:41.

Overall Results-2K Women

1. Sarah Hallas, 11:08. 2. Jenny Drady,

13:14. 3. Caitlyn Zundel, 13:23. 4. Ashlee Drady, 14:24. 5. Linze Turner, 14:53. 6. Guna Urmini, 15:01. 7. Shannon Mills, 15:32. 8. Mary Pay Rowan, 15:54. 9. Michelle Allendorf, 15:57. 10. Leslie Howell, 16:01.

Polo Field 5K

June 9. San Francisco.

Overall Results-5K

1. William Galvin, 17:30. 2. Jim Hampton, 17:44. 3. Conor Flynn, 18:07. 4. W.N. Morrison, 18:14. 5. R. Guerrero, 18:51. 6. John Weidinger, 18:59. 7. Heliodoro Perez, 19:24. 8. Steven Deschler, 19:45. 9. George Rehmet, 20:00. 10. Tony Arzave, 20:01.

Valley of the Flowers Marathon/Half/5K

June 9. Lompoc.

Division Results-Marathon Men

Overall Winner: 1. Gregg Horner, 2:32:52. 20-24: 1. Roger Thomas, 3:11:05. 25-29: 1. Ed Dardenne-Ankrin, 3:06:08. 2. Eric Priedkains, 3:06:39. 3. Aaron Grumet, 3:49:47. 30-34: 1. Luis Excolbar, 2:49:19. 2. Gerard Pearlbevg, 2:51:18. 3. Stu McMillan, 2:54:58. 35-39: 1. Tim Taylor, 2:46:32. 2. James Eales, 2:59:06. 3. Mike Taylor, 3:02:01. 40-44: 1. Greg Horner, 2:32:52. 2. Steve Watanabe, 2:54:36. 3. Ernesto Ramos, 3:03:36. 45-49: 1. Caz Seislawicz, 3:02:01. 2. Bob Ullow, 3:10:24. 3. Jerry Kising, 3:14:01. 50-54: 1. Neville Pearson, 2:59:46. 2. Mike Donoff, 3:15:53. 3. San Van Wagner, 3:29:21. 55-59: 1. William Jenney, 3:29:30. 2. Ed Arasim, 3:32:43. 3. Gordon Northorn, 3:48:00. 60-64: 1. Phil Porretta, 3:35:31. 2. Don Moore, 3:54:47. 3. Al Casey, 4:02:44. 65-69: 1. Allen Craft, 4:49:32. 2. Fred Schweiser, 5:02:02.

Division Results-Marathon Women

Overall Winner: 1. Terri Spilcer, 3:07:10. 20-24: 1. Tia Thomas, 3:32:04. 2. Jill Fuces, 4:01:16. 25-29: 1. Christy Gimsley, 3:16:22. 2. Susan Nishiyama, 3:23:18. 3. Kimberlee Sherman, 5:06:26. 30-34: 1. Sharon Kebles, 3:12:17. 2. Virginia dckjon, 3:18:46. 3. Carrie Sovo, 3:21:26. 35-39: 1. Terri spiker, 3:07:10. 2. Julie Hiramatsu, 3:22:20. 3. Alyee Fujiwara, 3:21:28. 40-44: 1. Cecilia Ramos, 3:35:06. 2. June Montuon, 3:20:41. 3. Susan Chara, 4:04:17. 45-49: 1. Susan Ranson, 3:57:03. 2. Mary Painter, 4:34:40. 50-54: 1. Penny Tyree, 3:50:00. 2. Sally Tyree, 4:35:47. 3. Elaine Kogg, 5:15:18. 55-59: 1. Patricia Brumbalow, 3:46:12. 2. Patty Lanais, 4:18:05.

Division Results-1/2 Marathon Men

Overall Winner: 1. Doug Sims, 1:14:37. 19 & U: 1. Paul Granger, 1:18:42. 2. Craig Farley, 1:19:24. 3. Brandon Tuoruela, 1:25:19. 20-24: 1. Nate Tobe, 1:19:52. 2. Janes Stafford, 1:21:02. 3. Tom Pankonin, 1:44:01. 25-29: 1. Chris Baied, 1:20:00. 2. Chuck Goetschel, 1:20:02. 3. Darryll Whalez, 1:28:58. 30-34: 1. Ed Grand, 1:18:32. 2. Jose Gonzales, 1:20:12. 3. Patrick Dolan, 1:25:50. 35-39: 1. Doug sims, 1:14:37. 2. Scott Coe, 1:14:39. 3. TJ McGreevy, 1:19:14. 40-44: 1. Stephen Pointer, 1:25:34. 2. Jim Batterson, 1:25:36. 3. Ed Birrer, 1:26:59. 45-49: 1. Jose Garcia, 1:15:04. 2. William Ericson, 1:21:15. 3. Doug Davis, 1:24:47. 50-54: 1. Vic Birtalan, 1:25:51. 2. J. Bianchi, 1:27:13. 3. Roger Patrick, 1:27:34. 55-59: 1. Jerry Hill, 1:37:32. 2. Howard Brown, 1:40:21. 3. Patrick Hggel, 1:41:23. 60-64: 1. duane Schlamn, 1:50:08. 2. Rick Gonzalez, 1:56:54. 3. Larry LaMay, 1:57:50. 65-69: 1. Larry Brown, 1:56:19. 2. Paul Woodberry, 1:58:39. 3. William Cattoi, 2:01:34. 70 & O: 1. Fred Nagtschmidt.

1:53:06. 2. Milton Heady, 2:17:22. 3. Art DeLeon, 2:51:02.

Division Results-1/2 Marathon Women

Overall Winner: 1. Mary Button, 1:21:02. 19 & U: 1. Melissa bonds, 1:44:08. 2. Carla Ollivas, 1:47:45. 20-24: 1. Colleen Cooke, 1:33:31. 2. Jolene Hoffman, 2:08:03. 25-29: 1. Meghan Behrens, 1:28:10. 2. Mary Dietz, 1:31:28. 3. Andra Stouffer, 1:32:01. 30-34: 1. Amanda Nowakowski, 1:34:47. 2. Lynne Koertge, 1:46:01. 3. Suzy Sivesny, 1:48:36. 35-39: 1. Mary Button, 1:21:02. 2. Laurie Singer, 1:30:30. 3. Tiny Escobar, 1:30:53. 40-44: 1. Kathy Froemming, 1:37:31. 2. Mary Jost, 1:43:37. 3. Marcy Wynn, 1:44:47. 45-49: 1. Kathy Housel, 1:44:16. 2. Stephanie Welch, 1:45:24. 3. Loretta MacBronk, 1:46:30. 50-54: 1. Betty Spurgeon, 1:56:32. 2. Harriet Arita, 2:09:58. 3. Sherrie Morris, 2:11:15. 55-59: 1. Alma Paige, 1:50:08. 2. Katsuko Uema, 2:03:12. 3. Yvonne Lwett, 2:10:39. 60-64: 1. Yacko Patrick, 1:38:44. 2. Lisa Norcutt, 2:06:35. 3. Elise Conigan, 2:37:17. 65-69: 1. Anna Hollenberg, 2:12:06. 2. Margie Winthrow, 2:15:22.

Isleton Crowdad 5 Mile June 16. Isleton

Division Results-5 Mile Men

Overall Winner: 1. Richard Flores, 25:38. 15-19: 1. David Nichols, 31:02. 2. Rabba Roberts, 34:46. 3. Abel Rodriguez, 35:28. 19-29: 1. David Zwick, 35:38. 2. Sebastian Banioni, 42:09. 3. James Blagioni, 45:10. 30-39: 1. Jim Freeman, 27:12. 2. Don Hicks, 27:32. 3. Thom Pearman, 40:49. 1. Al Michel, 27:03. 2. Chris Enfante, 28:40. 3. Karl Bacon, 29:19. 50-59: 1. Eddie Campbell, 31:25. 2. Al Murillo, 31:30. 3. Bob Rundstrom, 32:33. 60 & O: 1. John Milne, 37:46. 2. Frank Tisch, 43:08. 3. Ron Galloway, 43:17.

Division Results-5 Mile Women

Overall Winner: 1. Meg Svoboda, 29:03. 15-19: 1. Kirsten Odegard, 32:41. 19-29: 1. Jennifer Borenstein, 39:38. 2. Nancy Freese, 40:27. 3. Beth Garcia, 41:01. 30-39: 1. Margaret Ervin, 36:04. 2. Melanie Bilkis, 36:28. 3. Suzanne Ferraro, 37:13. 40-49: 1. Desiree Wilson, 36:11. 2. Patty Jacquetz, 37:04. 3. Sarah Lin, 38:56. 50-59: 1. Louise Walters, 34:29. 2. Susan Condon, 38:27. 3. Mary Ellen Murillo, 39:56. 60 & O: 1. Margaret Styskel, 38:15. 2. Jean LaFever, 52:29. 3. Charlotte Davis, 55:50.

Oak Knoll Otter 5K

June 16. Menlo Park.

Overall Results-5K

1. Pete St Geme, 17:29. 2. David Collet, 17:30. 3. Martin Keck, 17:47. 4. Michael King, 17:59. 5. Ceci St Geme (f) 18:25. 6. Dan Moreno, 18:43. 7. San Sinnott, 19:04. 8. David Larson, 19:15. 9. Chris Schenone, 19:21. 10. Jerry Hester, 19:32. 11. Ingrid Smith (f) 19:47. 12. David McGrouther, 20:08. 13. Dave Boylan, 20:09. 14. Chad Keck, 20:10. 15. Debbie McCracken (f) 20:13. 16. Frank Walters, 20:14. 17. Chole Glare (f) 20:20. 18. Karen Saxena (f) 20:26. 19. Rita Comes-Batey, 20:34. 20. Helen Paleologos (f) 20:36. 21. Paul Sallaberry, 20:46. 22. Tom Boeddiker, 21:14. 23. Kevin Bell, 21:26. 24. Frank Kaplan, 21:27. 25. Chad Morse, 21:29.

Division Results-5K Men

8 & U: 1. Andy Gregg, 26:30. 9-12: 1.

RESULTS

J.P. Leisure, 22:16. 13-18: 1. Martin Keck, 17:47. 19-20: 1. David Collet, 17:30.
30-39: 1. Pete St Geme, 17:29. 40-49: 1. Dan Moreno, 18:43. 50 & O: 1. Chad Keck, 20:10.

Division Results-5K Women

8 & U: 1. Bobbie Englert, 35:53. 9-12: 1. Katie Sullivan, 25:13. 13-18: 1. Chole Glare, 20:20. 19-29: 1. Alison Ekdale, 22:32. 30-39: 1. Ceci St Geme, 18:25. 40-49: 1. Ingrid Smith, 19:47. 50 & O: 1. Marina Rivaflones, 28:41.

Presidio Gate

June 16, San Francisco.

Overall Results-3.3 Miles

1. Cliff Lentz, 17:37. 2. Dan Shore, 17:45. 3. Tyler Abbott, 17:57. 4. Michael Gama, 18:30. 5. Gary Ellis, 18:36. 6. Professor David Moulton, 19:16. 7. Pete Nowicki, 19:32. 8. Antonio Corgas, 19:41. 9. W.N. Morrison, 20:05. 10. Kevin Grady, 21:01.

27th Double Dipsea

June 22, Stinson Beach

Overall Results-13.7 Mile

1. Sal Vasquez 56, (1:59:39) 1:34:39. 2. Jane Hoopes 34f, (2:04:46) 1:34:36. 3. Cliff Lentz 31, (1:46:13) 1:37:13. 4. Martin Jones 53, (2:02:44) 1:37:44. 5. Karen Brown 33, (2:08:19) 1:38:19. 6. John Lundy 33, (1:47:56) 1:38:56. 7. Susanna Sandrock 32, (2:10:48) 1:40:48. 8. Geoff Vaughan 31, (1:50:10) 1:41:10. 9. Ilana Lerin 25, (2:12:48) 1:42:48. 10. Jennifer Dunn 33, (2:13:53) 1:43:53.

11. Tyler Abbott 35, (1:52:47) 1:43:57. 12. Stephan Lyons 5, (2:09:11) 1:44:11. 13. Robert Knox 50, (2:09:38) 1:44:38. 14. Gregory Weaver 40, (2:00:04) 1:45:04. 15. George Foreman 50, (2:10:27) 1:45:27. 16. Diane Peterson 28, (2:16:18) 1:46:18. 17. Jamie Wendel 45, (2:16:19) 1:46:19. 18. Ruth Zollinger 30, (2:16:54) 1:46:54. 19. Dimitris Sklavopoulos 51, (2:12:32) 1:47:32. 20. Thomas Garvey 32, (1:57:48) 1:48:48. 21. John Slebir 31, (1:58:06) 1:49:06. 22. Joe Green 37, (1:58:33) 1:49:33. 23. Eric Elisen 35, (1:58:39) 1:49:39. 24. John Catts 42, (2:04:54) 1:49:54. 25. Guy Palmer 37, (1:59:20) 1:50:20. 26. Leslie Birdleough 30, (2:20:24) 1:50:24. 27. Tom Benvenuto 32, (2:20:23) 1:51:23. 28. Tomas Pastalka 49, (2:11:27) 1:51:27. 29. Donn DeAngelo 50, (2:16:36) 1:51:36. 30. Michelle Holman 31, (2:22:03) 1:51:23.

31. Anne Courtney 36, (2:22:03) 1:52:03. 32. Don James 47, (2:12:39) 1:52:39. 33. Eamon Croke 53, (2:17:46) 1:52:39. 34. Michael Clark 50, (2:17:55) 1:52:55. 35. Michael Radcliffe 39, (2:01:58) 1:52:58. 36. Paul Ainslie 48, (2:13:35) 1:53:35. 37. Cristofer Garvin 24, (2:02:45) 1:53:45. 38. Reed Benet 33, (2:02:49) 1:53:49. 39. Kristine Barrios 31, (2:24:18) 1:54:18. 40. Robert Bunnell 45, (2:14:37) 1:54:37. 41. Hans Williams 33, (2:03:43) 1:54:43. 42. Elias Olson 52, (2:20:31) 1:55:31. 43. David Leipsic 31, (2:05:13) 1:56:43. 44. Lorilei Vose 39, (2:26:55) 1:56:55. 45. Patrick Wiegand 40, (2:12:18) 1:57:18. 46. Mark Donaldson 32, (2:06:33) 1:57:33. 47. Milano Zeman 54, (2:22:41) 1:57:48. 48. Sarah Hechscher 25, (2:27:45) 1:57:45. 49. Daniel Ruiz 36, (2:06:48) 1:57:48. 50. Mike Rossner 31, (2:06:50) 1:57:50.

Division Results-13.7 Miles

"Actual time in parentheses" Winners Base on Handicap: 1. Sal Vasquez (56) 1:59:39. 2. John Lundy (33) 1:47:56. 3. Tyler Abbott (35) 1:52:57. **Fastest Actual Times:** 1. Cliff Lentz 31, (1:46:13). 2. Geoff Vaughan 31, (1:50:10). 3. Thomas Garvey 32, (1:57:48). **Fastest Females:** 1. Jane Hoopes 34, (2:04:46). 2. Ilana Levin 25, (2:12:48). 3. Jennifer Dunn 33, (2:13:53). **Females 30-39:** 1. Karen Brown 33, (2:08:19). 2. Susanna Sandrock 32, (2:10:48). **Males 40-49:** 1. Gregory Weaver 40, (2:00:04). 2. John Catts 42, (2:04:54). 3. Tomas Pastalka 49, (2:11:27). **Females 40-49:** 1. Jamie Wendel 45, (2:16:19). 2. Nancy Marriner 40, (2:34:27). **Males 50-57:** 1. Martin Jones 53, (2:02:44). 2. Stephan Lyons 55, (2:09:11). 3. Robert Knox 50, (2:09:38). **Females 50-59:** 1. Kare Honschuch 50, (2:52:06). 2. Anitra Seiltman 52, (3:01:30). **Males 58 & O:** 1. Hugh Evans 59, (2:32:09). **Females 60 & O:** 1. Marty Maricle 63, (3:00:58). **First Male Finisher over 200 pounds:** 1. Robert Elias 37, (2:18:05). **First Female Finisher over 140 pounds:** 1. Sarah Sweeney 36, (2:30:14). **Oldest Finisher under 4 hours:** 1. Calvin Mehler 68, (2:43:46). **Oldest Finisher:** 1. D.F. Wichelman 72, (3:40:09). **Youngest Finisher under 4 hours:** 1. Moriah Underhill 17, (2:30:43). **First Married Couple:** 1. Scott Harn 29, (2:21:49) & Carol Harn 30, (2:30:00). **First Family:** 1. Tom Vaughan 59, (2:46:05) & Geoff Vaughan 31, (1:50:10).

Newport 5,000

June 23, 1996: Newport Beach, CA

Men's Overall Results

1. Cosmas Musyok 24 (Riverside) 14:08. 2. Bryan Dameworth 25 (Calabasas) 14:09. 3. Peter DeLaCerdia 24 (Alamosa, CO) 14:18. 4. Gus Quinonez 30 (Newport Beach) 14:34. 5. Danny Reed 35 (Riverside) 14:40. 6. Hector Lopez 28 (Oxnard) 14:41. 7. Dan Arsenault 33 (Garden Grove) 14:45. 8. Mario Gutierrez 33 (Carmoga Park) 14:48. 9. Ralph Garibaldi 33 (Running Springs) 14:52. 10. Jackson Makene 21 (Riverside) 14:53.

Women's Overall Results

1. Laura Stuart 32 (Solana Beach) 16:29. 2. Karen Oudakerk 29 (San Diego) 16:38. 3. Tamara Lave 27 (San Diego) 16:46. 4. Teresa Barrios 29 (Huntington Beach) 16:59. 5. Alexis Rocherolle 28 (La Jolla) 17:04. 6. Jytte Pedersen 32 17:07. 7. Jeanne Lasee-Johnson 38 (Chula Vista) 17:18. 8. Carmen Martinez 29 (Los Angeles) 17:23. 9. Kimberlee Campo 40 (San Diego) 17:28. 10. Terry Martin 33 (Encinitas) 17:37.

Men's Age Group Results

11 and Under 1. Camden Delong (Yucaipa)

18:17. 2. Mark Batres (Monterey Park) 18:32. 3. Nathan Leam (Placentia) 19:09. 12-14 1. Rolando Carrillo (La Puente) 17:02. 2. Aaron Chavez (La Puente) 17:32. 3. Ryan Montez (Oceanside) 18:00. 15-18 1. Eduardo Sanchez (Los Angeles) 15:21. 2. Colin Moore (Windham, ME) 15:31. 3. Josh Lybarger (Fort Collins, CO) 16:21. 19-24 1. Jackson Makene (Riverside) 14:53. 2. Vince Saltarelli (Capistrano Beach) 15:21. 3. Fidel Zavala (Anaheim) 15:24. 25-29 1. Hector Lopez (Oxnard) 14:41. 2. Jose Arriaga (Glendale) 14:59. 3. Dan Kash (Newport Beach) 15:18. 30-34 1. Dan Arsenault (Garden Grove) 14:45. 2. Mario Gutierrez (Canoga Park) 14:48. 3. Ralph Garibaldi (Running Springs) 14:52. 35-39 1. Dr. John Konigh (Newport Beach) 15:03. 2. Mark Hulme (Newport Beach) 15:34. 3. Bryan Wilkins 15:34. 40-44 1. Keith Withaour (Placentia) 15:21. 2. Dave Parsel 15:31. 3. Steve Blum (Ventura) 15:39. 45-49 1. Arturo Rodriguez (Encinitas) 16:18. 2. Barry Schaeffer (Redondo Beach) 16:46. 3. German Alonso (Gardena) 16:52. 50-54 1. Juan Cabeza (Torrance) 17:09. 2. Catarina Gonzales (Hermosa Beach) 17:17. 3. Mike Eck (Anaheim) 17:21. 55-59 1. Sonny Morioz (El Segundo) 19:12. 2. Steve Waltner (Tustin) 19:33. 3. Bill Blair (Newport Beach) 20:14. 60-64 1. Carlos Valle (San Bernardino) 17:25. 2. William O'Donnell (Burbank) 19:59. 3. Jerry Jefferson (San Juan Capistrano) 20:36. 65-69 1. Patrick Devine (Rancho PV) 20:16. 2. Bob Vitale (Pis Vrd's Pnsi) 21:36. 3. Richard Hochschild (Cormoa Del Mar) 22:36. 70 and Over 1. Larry Banuelos (Pico Rivera) 22:38. 2. John Norberg (Eureka) 24:34. 3. Robert Katz (Santa Monica) 26:21.

Women's Age Group Results

11 and Under 1. Rachel Pitts (Wrightwood) 20:46. 2. Ayn Leam (Placentia) 22:43. 3. Denise Broers (Castaic) 23:11. 12-14 1. Allyson Marquand (Irvine) 17:49. 2. Tiffany Lee (Vista) 19:56. 3. Sara Pitts (Wrightwood) 20:20. 15-18 1. Jeani Crist (Fort Collins, CO) 19:17. 2. Angela Schorr (Mission Viejo) 19:32. 3. Crystal Smith (Yorba Linda) 19:43. 19-24 1. Jennifer Davis (Oceanside) 17:44. 2. Cari Martin (San Diego) 19:25. 3. Mirdam Wicki (Mission Viejo) 21:31. 25-29 1. Teresa Barrios (Huntington Beach) 16:59. 2. Alwxis Rocherolle (La Jolla) 17:04. 3. Carmen Martinez (Los Angeles) 17:23. 30-34 1. Jytte Pedersen 17:07. 2. Terry Martin (Encinitas) 17:37. 3. Marisol Cossio (Alhambra) 17:49. 35-39 1. Jeanne Lasee-Johnson (Chula Vista) 17:18. 2. Anet Cooper (Tustin) 17:47. 3. UYayoi Liu (Irvine) 18:23. 40-44 1. Kimberlee Campo (San Diego) 17:28. 2. Sandy Robbins-Snyder (El Segundo) 17:58. 3. Joann Behm (San Diego) 18:29. 45-49 1. Debby Jamieson (Newport Beach) 20:04. 2. Betty Rosenberg (San Diego) 20:51. 3. Becky

Parker (Placentia) 21:27. 50-54 1. Penny Tyree (Huntington Beach) 21:05. 2. Margaret Neville 21:41. 3. Nancy Ten-Berge (Huntington Beach) 22:55. 55-59 1. Alexandra DeMiranda (Whittier) 24:39. 2. Elaine Cook (San Clemente) 26:53. 3. Mary Bonner (Dana Point) 28:40. 60-64 1. Helene Bernbaum (Burbank) 21:44. 2. Chieko Allwein (Torrance) 25:08. 3. Nina Mixson (Irvine) 29:04. 65-69 1. Jane Virgilio (Santa Ana) 28:31. 2. Rachel Sandoval (Santa Ana) 43:16. 70 and Over 1. Mary Storey (Riverside) 25:52. 2. Lois Edds (Tustin) 30:59. 3. Mary Coropoff (Los Angeles) 40:35.

Parade Route 3 Mile Fun Run

June 29, Lompoc.

Overall Results-3 Mile

1. Scott Coe (36) 15:06. 2. Craig Farley (16) 15:27. 3. Sean McCormick (32) 15:56. 4. Paul Lee (35) 16:11. 5. James Stafford (24) 16:18. 6. Kent Yankee (15) 16:33. 7. Ed Grand (33) 16:34. 8. Louie Quintana (44) 16:54. 9. Robert Niemi (15) 17:18. 10. Alvin Gilmore (40) 17:26. 11. Kevin Young (39) 18:01. 12. Brandon Tuomela (17) 18:05. 13. Scott Swanson (34) 18:08. 14. Dianna Hall (38f) 18:11. 15. Karl Seelandt (39) 18:16. 16. Thomas Carrillo (42) 18:18. 17. Emie Escove (32) 18:36. 18. Louis Heredia (45) 19:01. 19. Mike Wordinger (43) 19:04. 20. Neil Smoots (41) 19:05. 21. Mike Uema (53) 19:14. 22. William Tuomela (42) 19:14. 23. Tad Weber (37) 19:16. 24. Gus Molinar (40) 19:22. 25. Kathi Froemming (40f) 19:23. 34. Yako Patrick (62f) 20:49. 37. Marian Amsbaugh (35f) 21:25. 39. Margie Coe (36f) 21:33. 43. Doris Fredieu (33f) 21:57.

Junefest Run

June 30, Baywood Park.

1. Ivan Huff (1st 30-39) 19:04. 2. Brent Griffiths 20:30. 3. Thomas Reise (1st 20-29) 21:00. 4. Tom McKeown (1st 40-49) 21:08. 5. Andre Kossman 21:43. 6. Badkeas Soffker 21:43. 7. Frank Hutchinson 21:55. 8. Christian Hesch (1st 15-19) 22:15. 9. Antoni Arho 22:16. 10. Louie Quintana. Sr. 23:14. 11. Joe Bergquist 23:27. 12. Charlie Joslin 23:32. 13. Ryan Alanez 23:45. 14. John Leembruggan 23:51. 15. Brian Waterbury 24:02. 16. Paul Prochaska 24:18. 17. Stanley Reyes. Jr. 24:30. 18. Vernon Sallaz 24:36. 19. Thomas Ruthwan 24:43. 20. Joe Morriss 24:45. 21. Jim Milligan 24:45. 22. Clem Michel (1st 50-59) 24:53. 23. Neil Wilcox 25:04. 24. Coy Kendrick 25:13. 25. Kendall Wilcox 25:15. 35. Pam Fritts (1st 20-29) 27:15. 36. Catherine Arnold (1st 30-39) 27:31. 41. Jennifer Jimenez 27:52. 44. Samantha Michel (1st 12-14) 28:08. 49. Kathy Kolb 28:27.

Twin Peaks Run

Jun 30, San Francisco.

Overall Results-3.36 Miles

1. Gerardo Gay Mendoza, 19:01. 2. Tyler Abbott, 19:03. 3. W. N. Morrison, 20:49. 4. Steve Stephens, 21:11. 5. John Spriggs, 21:22. 6. Greg Burke, 21:54. 7. Paulo Van Den Berg, 21:58. 8. Mario Johnny Garza, 22:17. 9. Hank Van Den Berg, 22:42. 10. Dimitris Sklavopoulos, 22:57.

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✓ For information, contact Alliance treasurer:

Dennis McClanahan
13014 Nightfall Terrace
San Diego, CA 92128