

NorCal

3-31 (Exam)

Best Prep Track Times

Following is the season's first listing by The Examiner of the top prep track and field marks in the Bay Area. For additions and/or corrections to the weekly list, coaches should write to Glenn Schwarz, Examiner Prep Sports Editor, 110 Fifth St., San Francisco, 94103.

Legend: (s) sophomore; (j) junior; (n) non-winning; (2) achieved mark twice.

440 relay — El Cerrito (Gaines, D. Smith, Watson, Burns), 42.3; Lincoln, 42.9; Balboa, 43.3; Oakland Tech, 43.3; Poly, 43.5; Castlemont, 43.5; Berkeley, 43.5; Albany, 43.5.

100 — Mel Washington, Lincoln, 9.7; Mike Shavers (s), Albany, 9.7; Chuck Bommarito, Crestmoor, 9.8; Adrian Rodgers, Castlemont, 9.8; Otis Gaines, Berkeley, 9.8 (n); Jim Henry, Napa, 9.8.

220 — Rodgers, 21.6; Joe DeDora, Santa Rosa, 21.7; Sammy Burns, El Cerrito, 21.9; Shavers, 22.0; Mel Watson, El Cerrito, 22.0 (n).

440 — DeDora, 48.6; John Roberts, Castlemont, 49.9; Bradley Coleman (j), Oakland Tech, 49.9; Jarrod Curry, Castlemont, 50.1; Michael Jamison, Poly, 50.5.

880 — Bob See, Del Valle, 1:55.7; Scott MacTavish, Pleasant Hill, 1:56.1; Dale Scott, El Cerrito, 1:56.6 (n); Chakra Chappell, San Marin, 1:57.5; Jim Kelly, Mt. Diablo, 1:57.7.

1 mile — Ron Genschmer, Sunset, 4:15.2; Tom Hale, Campolindo, 4:17.8; Hans Templeman, Carlmont, 4:20.6; Brady Duffy (j), Lowell, 4:22.1; Steve Miller, Carlmont, 4:22.8.

Two mile — Hale, 9:06.2; Chuck Mork, Washington, Fre., 9:28.0; Jerry Metcalf, Arroyo, 9:30.2; Randy Palmer, Piner, 9:36.8; Templeman, 9:38.0.

120 high hurdles — Charles Porter,

Vallejo, 14.4; Lou Bartholomew, Fremont, Oak., 14.5 (n); Tom Cochee (j), Oakland Tech, 14.7 (2); Willie Hamilton, Richmond, 14.7; Jim Brown, Santa Rosa, 14.8; Stewart Humpert, Napa, 14.8.

180 low hurdles — Porter, 19.6; Cezar Oravillo, Sequoia, 19.7; Paul Gaines, El Cerrito, 19.8; Brown 19.8 (n); Mel Wallace, Hogan, 19.8.

1 mile relay — McClymonds (James, Watkins, Harris, Robinson), 3:25.0; Santa Rosa, 3:25.3; Oakland Tech, 3:26.0; Pittsburg, 3:26.4; El Cerrito, 3:26.5 (n).

High jump — Randy Zimmer, Castro Valley, 6-7/4; Gerald Robertson, Tamalpais, 6-5/4; Clarence Burgess (j), Castlemont, 6-5; Dave Bagshaw, Gunn, 6-5; Ed Miller, Pleasant Hill, 6-5.

Pole vault — Mark Behr (j), Miramonte, 13-7; Larry Williams, Berkeley, 13-6; Frank Mercer, St. Francis, 13-6; Elvin Burleson, Balboa, 13-4; Rob Doshier, Alameda, 13-3/2.

Long jump — Bernard Maxwell, Balboa, 23-2/2; Keith McNeil (j), Castlemont, 22-9; Herman Jackson, San Carlos, 22-7; Elbert Marshall, Balboa, 22-6.

Triple jump — Mike Hughes, Sequoia, 47-13/4; Dale Krebs, Gunn, 45-10; Mike Hall, Carlmont, 45-4; Cochee, Oakland Tech, 44-11; Gary Price, Castro Valley, 44-3.

Shot put — Dave Gherardi (j), St. Ignatius, 55-0; Jerry Gifford, Berkeley, 54-9/2; Bob Reilly, St. Francis, 54-3/2; Mike Conroy, St. Mary's, 54-0.

Discus — Rich Gunther, Campolindo, 182-8/2; Rich Turner, Sunset, 182-5; Steve Buss, Gunn, 165-4; Tom Douglas, San Carlos, 162-10; Steve Haluchak, Concord, 162-7.

Glenn Chambers, Pleasant Hill, 19.5; Paul Gaines, El Cerrito, 19.5n.

440 relay — El Cerrito (Gaines, Scott Smith, Watson, Burns), 41.9; Berkeley, 42.7n (2); Lincoln, 42.9; Oakland Tech, 42.9; Skyline, 42.9; Cardinal Newman, 42.9n.

1 mile relay — Castlemont (Rodgers, Curry, Morgan, Roberts), 3:17.4; El Cerrito, 3:21.6; Kennedy (Rich.), 3:21.8; Richmond, 3:22.1n; Oakland Tech, 3:22.5.

High jump — Mark Viera, De La Salle, 6-8; Ed Miller, Pleasant Hill, 6-8; Randy Zimmer, Castro Valley, 6-7/4; Mike Roman (j), St. Francis, 6-63/4; Johnny Barnes (j), Berkeley, 6-6/4.

Pole vault — Steve Trueman, Crestmoor, 14-6; Terry Webb, Hillsdale, 14-6; Frank Mercer, St. Francis, 14-1/2; Young, Bellarmine, 13-9; Paul Dempster (j), Carlmont, 13-8/4; Rick Watson, Newark, 13-8/4.

Long jump — Bernard Maxwell, Balboa, 23-11; Mike Rock (j), Kennedy (Rich.), 23-4/2; Emile Shaffer (s), Albany, 23-3; Alvin Burleson, Balboa, 22-11; Tony Reed, Kennedy (Rich.), 22-9/4.

Triple jump — Dale Krebs, Gunn, 47-9/2; Reed, 47-4; Mike Hughes, Sequoia, 47-13/4; Mike Hall, Carlmont, 46-5; Ed Miller, Pleasant Hill, 46-9/2.

Shot put — Rich Turner, Sunset, 57-6/2; Jim Glantz (j), Monte Vista, 57-5; Dave Gherardi (j), St. Ignatius, 57-2; Gary Williams, Berkeley, 56-5/4; Bob Reilly, St. Francis, 56-0.

Discus — Rich Gunther, Campolindo, 182-8/2; Turner, 182-5; Steve Buss, Gunn, 170-9; Ken Cowl, Castro Valley, 170-5; Doug Otterstetter, Marina, 168-3.

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Prep Track Bests

4-24 SF Exam

Following are the top track and field marks in the Bay Area this season. California bests also are listed for each event.

Legend: (s) sophomore; (j) junior; (n) non-winning; w — wind-aided; (2) achieved mark twice.

100 — Chuck Bommarito, Crestmoor, 9.7 (9.5w); Sammy Burns, El Cerrito, 9.7 (9.6w); Joe DeDora, Santa Rosa, 9.7 (3); Mike Shavers (s), Albany, 9.7 (2); Mel Washington, Lincoln, 9.7; Ron Whitaker (s), Wilson, 9.7. CALIF. — Reddick, Hamilton (L.A.), 9.4.

220 — Jim Henry, Napa, 21.4; Burns, 21.5; Adrian Rodgers, Castlemont, 21.6; Shavers, 21.6; DeDora, 21.7. CALIF. — Berry, Washington (L.A.), 21.3.

440 — DeDora, 48.6; Bradley Coleman (j), Oakland Tech, 49.5; Mike S. Jim D's on, Kennedy (Rich.), 49.6n; Mike Kelly, St. Ignatius, 49.7n; Tony Lawson, Pittsburg, 49.7n; Krsyzosiak, Brown, Sunnyvale, 48.1; Krsyzosiak, Garden Grove, 48.1.

880 — Bob See, Del Valle, 1:54.4; Scott MacTavish, Pleasant Hill, 1:56.1; Dale Scott, El Cerrito, 1:56.6n; Jim Kelly (j), Mt. Diablo, 1:57.7; Hicklin, Crestmoor, 1:58.5. CALIF. — Tubb, Cleveland (L.A.), 1:51.9.

1 mile — Ron Genschmer, Sunset, 4:15.2; Tom Hale, Campolindo, 4:17.3; Dave Montoya, Burlingame, 4:18.5n; John Sheehan, Arroyo, 4:20.2n; Hans Templeman, Carlmont, 4:20.6. CALIF. — Walker, Arroyo, 4:13.8.

Two mile — Hale, 9:06.2; Templeman, 9:14.4; Chuck Mork, Washington (Fre.), 9:23.6; Gordon MacMittell, Gunn, 9:25.0; Jerry Metcalf, Arroyo, 9:25.8. CALIF. — Genet, Santa Ana, 9:12.3.

120 high hurdles — Charles Porter, Vallejo, 14.1 (2); Louis Bartholomew, Fremont (Oak.), 14.2; Dave Bagshaw, Gunn, 14.3; Willie Hamilton, Richmond, 14.4n; Tom Cochee (j), Oakland Tech, 14.7 (4). CALIF. — Hall, Morningside, 13.9.

180 low hurdles — John Minnifield, Kennedy (Rich.), 19.0; Cezar Oravillo, Sequoia, 19.4; Manny Myers, Piedmont, 19.4; Porter, 19.5; Nathaniel Evans, Kennedy (Rich.), 19.6. CALIF. — Mosley, Bakersfield, 18.9.

440 relay — El Cerrito (Gaines, Scott Smith, Watson, Burns), 41.9; Berkeley, 42.7n; Lincoln, 42.9; Cardinal Newman, 42.9n; Pleasant Hill, 43.0. CALIF. — Hamilton (L.A.), 41.6.

1 mile relay — El Cerrito (Little, Williams, Sproul, Scott), 3:21.6; Kennedy (Rich.), 3:22.0n; Oakland Tech, 3:22.5; Richmond, 3:23.3n; Santa Rosa, 3:23.5n. CALIF. — Morningside, 3:21.0.

High jump — Mark Viera, De La Salle, 6-8; Randy Zimmer, Castro Valley, 6-7/4; Mike Roman, St. Francis, 6-63/4; Louis Bartholomew, Fremont (Oak.), 6-6 (2); El Miller, Pleasant Hill, 6-6 (2). CALIF. — Stones, Glendale, 7-0.

Pole vault — Steve Trueman, Crestmoor, 14-6; Terry Webb, Hillsdale, 14-6; Frank Mercer, St. Francis, 14-1/2; Young, Bellarmine, 13-9; Mark Behr (j), Miramonte, 13-7; Virgil Price, Oakland Tech, 13-7. CALIF. — Selzer, Glendale, 15-43/4.

Long jump — Bernard Maxwell, Balboa, 23-11; Mike Rock (j), Kennedy (Rich.), 23-10/2; Alvin Burleson, Balboa, 22-11; Claighorn, Berkeley, 22-9/2; Tony Reed, Kennedy (Rich.), 22-9/4. CALIF. — Williams, Edison (Fresno), 24-10/2.

Triple jump — Dale Krebs, Gunn, 47-9/2; Reed, 47-4; Mike Hughes, Sequoia, 47-13/4; Mike Hall, Carlmont, 46-2/4; Tom Cochee (j), Oakland Tech, 45-9. CALIF. — Tucker, San Joaquin Memorial (Fresno), 50-3/4.

Shot put — Rich Turner, Sunset, 57-6/2; Jim Glantz (j), Monte Vista, 56-2; Gary Williams, Berkeley, 56-0; Jerry Gifford, Berkeley, 55-6/2; Mark Baldwin, Washington (Fre.), 55-3. CALIF. — Stevens, Newport Harbor, 63-5/2.

Discus — Rich Gunther, Campolindo, 182-8/2; Turner, 182-5; Steve Buse, Gunn, 170-9; Setoga, Setoga, South San Francisco, 167-9/4; Tom Douglas, San Carlos, 162-10. CALIF. — Hailey, Foothill (Bakersfield), 180-8.

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Prep Track Bests

SF Exam 5-12

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Legend: (s) sophomore; (j) junior; (n) non-winning; w — wind-aided; (2) achieved mark twice.

100 — Joe DeDora, Santa Rosa, 9.6 (2); Chuck Bommarito, Crestmoor, 9.7 (9.5w); Sammy Burns, El Cerrito, 9.7 (9.6w); Mike Shavers (s), Albany, 9.7; Mel Washington, Lincoln, 9.7; Ron Whitaker (s), Wilson, 9.7.

220 — Jim Henry, Napa, 21.4; Burns, 21.5; Adrian Rodgers, Castlemont, 21.6; Shavers, 21.6; DeDora, 21.7.

440 — DeDora, 48.1; Jarrod Curry, Castlemont, 49.2; Carl Wilson, Sunset, 49.3n; Bradley Coleman (j), Oakland Tech, 49.5; Bob See, Del Valle, 49.6; Mike Simpson, Kennedy (Rich.), 49.6n.

880 — See, 1:54.4; George Guisnard, Del Valle, 1:55.3; Chakra Chappell, San Marin, 1:56.1; Scott MacTavish, Pleasant Hill, 1:56.1; Dale Scott, El Cerrito, 1:56.6n.

1 mile — Ron Genschmer, Sunset, 4:15.2; Tom Hale, Campolindo, 4:17.3; Dave Montoya, Burlingame, 4:18.5n; Vian Collier, Tamalpais, 4:19.0; Bill Solomon (j), Monte Vista, 4:19.8.

Two mile — Hale, 9:06.2; Chuck Mork, Washington (Fre.), 9:13.5; Hans Templeman, Carlmont, 9:14.4; Mike Arago, Tamalpais, 9:17.6; Jerry Metcalf, Arroyo, 9:20.4n.

120 high hurdles — Charles Porter, Vallejo, 14.1 (2); Louis Bartholomew, Fremont (Oak.), 14.2 (2); Dave Bagshaw, Gunn, 14.3; Willie Hamilton, Richmond, 14.4n; Jim Brown, Santa Rosa, 14.4n.

180 low hurdles — John Minnifield, Kennedy (Rich.), 19.0; Hamilton, 19.0; Cezar Oravillo, Sequoia, 19.4; Manny Myers, Piedmont, 19.4; Porter, 19.5.

Glenn Chambers, Pleasant Hill, 19.5; Paul Gaines, El Cerrito, 19.5n.

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Triple jump — Dale Krebs, Gunn, 47-9/2; Reed, 47-4; Mike Hughes, Sequoia, 47-13/4; Mike Hall, Carlmont, 46-5; Ed Miller, Pleasant Hill, 46-9/2.

Shot put — Rich Turner, Sunset, 57-6/2; Jim Glantz (j), Monte Vista, 57-5; Dave Gherardi (j), St. Ignatius, 57-2; Gary Williams, Berkeley, 56-5/4; Bob Reilly, St. Francis, 56-0.

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