

Circled number indicates place in State Meet.

CONGRATULATIONS!

NOR - CAL
COMMUNITY COLLEGE

TRACK AND FIELD BEST MARKS
TRACK EVENTS

DUK WITH TRACKS
1-5 }
2-6 } 18 events
3-9 }
4-7 }
5-11 }
6-8 }
TOTALS → 44890

100 Yd. Dash

1-	Livers	(4)	(SJCC)	9.6
2-	Watson		(CCC)	9.6
3-	Chatman		(CCC)	9.6
4-	Givens	(2)	(FCC)	9.7
5-	Horton		(LAN)	9.7
6-	Watkins		(LAN)	9.7
7-	Sagon		(SRJC)	9.7
8-	Barnes		(DVC)	9.7
9-	Johnson		(SOL)	9.7
10-	Sliger		(WVC)	9.7
11-	Eastman		(CCC)	9.7
12-	Clark		(LAN)	9.8
13-	Lignons		(CHAB)	9.8
14-	Picard		(CUE)	9.8
15-	Chambers		(CCSF)	9.8

880 Yd. Run

1-	Robinson	(1)	(LAN)	1:48.0
2-	Bryan	(2)	(ARC)	1:48.9
3-	Ramsey	(3)	(SRJC)	1:50.1
4-	McMamus	(5)	(DVC)	1:51.2
5-	Manriquez		(SJCC)	1:52.8
6-	Sanchez		(SJCC)	1:53.6
7-	Spolarich		(SCC)	1:54.0
8-	Schaecker		(WVC)	1:54.1
9-	Pick		(SJCC)	1:54.4
10-	Watson		(ARC)	1:54.8
11-	Bengson		(MJC)	1:55.1
12-	McDaniel		(SRJC)	1:55.4
13-	Coronado		(ARC)	1:55.4
14-	Fritz		(ARC)	1:55.6
15-	Hull		(FCC)	1:55.7
	Mahon		(DA)	1:55.7

3 Mile Run

1-	Brooks S.		(SJCC)	13:58.0
2-	Quintana		(CHAB)	14:01.0
3-	Van Slyke	(5)	(SJD)	14:05.2
4-	Green		(ARC)	14:09.8
5-	Hart		(FOOT)	14:13.2
6-	Hartig		(FCC)	14:20.0
7-	Fitzgerald		(CAB)	14:21.8
8-	De La Garza		(CAB)	14:20.6
9-	Caputo		(LASS)	14:33.0
10-	Magallanes		(MPC)	14:33.2
11-	Taxiera		(LAN)	14:33.2
12-	Sweeney		(MAR)	14:42.2
13-	Tello		(WVC)	14:45.6
14-	Summer		(WVC)	14:48.6
15-	Horn		(AV)	14:31.0

220 Yd. Dash

1-	Sagon		(SRJC)	21.3
2-	Livers	(14)	(SJCC)	21.6
3-	Jeffery	(5)	(SJD)	21.7
4-	Watson	(6)	(CCC)	21.7
5-	Royston		(MPC)	21.8
6-	Cavaco		(WV)	21.8
7-	Smith		(MJC)	21.8
8-	Johnson		(SOL)	21.8
9-	Price		(ALA)	21.8
10-	Cravens		(SJCC)	21.9
11-	Hart		(MPC)	22.0
12-	Gordon		(SJCC)	22.0
13-	Malvino		(MAR)	22.0
14-	Eastman		(CCC)	22.0
15-	Overton		(YUBA)	22.0

Mile Run

1-	Schaecker	(2)	(WV)	4:10.0
2-	Robinson		(LAN)	4:13.6
3-	Sanchez		(SJCC)	4:13.9
4-	Hughes		(CCC)	4:15.3
5-	Fotinos	(5)	(SKY)	4:15.3
6-	Vrismo		(SJD)	4:15.8
7-	Flynn		(CHAB)	4:16.1
8-	Baird		(FCC)	4:16.2
9-	Gates		(ARC)	4:16.6
10-	Sayre		(CSM)	4:16.8
11-	Boyett		(SCC)	4:16.9
12-	Quintana		(CHAB)	4:17.0
13-	Ellis		(LAN)	4:17.8
14-	Ramirez		(FCC)	4:17.9
15-	Horn		(AV)	4:18.0

120 Yd. HH

1-	Lignons	(2)	(CHAB)	13.8
2-	Davis	(1)	(AV)	14.1
3-	Foster	(3)	(FOOT)	14.1
4-	Pierce		(SKY)	14.3
5-	Allmond	(4)	(SKY)	14.4
6-	Rapides		(DVC)	14.4
7-	Carrington		(SRJC)	14.4
8-	Thomas		(MPC)	14.5
9-	Eastman		(CCC)	14.6
10-	Kellough		(MAR)	14.6
11-	Cameron		(SJCC)	14.7
12-	Taylor		(LAN)	14.7
13-	Porter		(FOOT)	14.7
14-	Relles		(SCC)	14.7
15-				

440 Yd. Dash

1-	Robinson		(LAN)	47.9
2-	Harrell	(14)	(ALA)	48.4
3-	Jeffery		(SJD)	48.4
4-	Deckard	(6)	(LAN)	48.6
5-	Sagon		(SRJC)	48.6
6-	Larry		(CRC)	48.6
7-	Ross		(FCC)	48.7
8-	Madruaga		(DVC)	48.8
9-	Villarreal		(FOOT)	48.9
10-	Williams		(SJCC)	49.0
11-	Peters		(LAN)	49.2
12-	Hudson		(NP)	49.2
13-	Bryan		(ARC)	49.3
14-	Darden		(DVC)	49.3
15-	D'Auvergne		(PC)	49.7

2 Mile Run

1-	Quintana		(CHAB)	9:06.0
2-	Caputo		(LAS)	9:07.8
3-	Hartig		(FCC)	9:16.8
4-	Van Slyck		(SJD)	9:22.6
5-	Collier		(MAR)	9:23.6
6-	Hart		(FOOT)	9:23.8
7-	Tello		(WV)	9:25.0
8-	Green		(ARC)	9:25.2
9-	Sweeney		(MAR)	9:25.4
10-	Taxiera		(LAN)	9:27.4
11-	Brooks S.		(SJCC)	9:29.0
12-	Streett		(MAR)	9:29.8
13-	Prows		(FOOT)	9:30.0
14-	Ramirez		(FCC)	9:30.4
15-	Ferreira		(ARC)	9:31.0

440 Yd. IH

1-	Wyatt	(14)	(SKY)	52.9
2-	Roesky		(DA)	53.4
3-	Foster	(5)	(FOOT)	53.8
4-	Williamson	(6)	(SJD)	53.8
5-	Kirkpatrick		(LAN)	53.9
6-	Allmond		(SKY)	54.2
7-	Davies		(AV)	54.5
8-	Estrada		(SJCC)	54.7
9-	Goodlow		(LAN)	54.8
10-	Biber		(MAR)	55.0
11-	Alameda		(OHL)	55.3
12-	Shootgun		(ARC)	55.3
13-	Caboane		(CUE)	55.3
14-	Williams		(CCSF)	55.4
15-	Rapides		(DVC)	55.6

NOR - CAL
COMMUNITY COLLEGE
TRACK AND FIELD BEST MARKS

FIELD EVENTS

Shot Put			High Jump			Long Jump		
1- Sisemore (6) (SJCC)	54-3 3/4		1- Williams (FCC)	6-9		1- Overstreet (3) (SJCC)	25-1	
2- Gorbet (5) (LAS)	53-7		2- Geske (3) (SOL)	6-9		2- Shaw (FOOT)	24-6 1/2	
3- Reifer (SCC)	50-1 1/4		3- 2 at	6-8		3- Givens (4) (FCC)	24-4 1/2	
4- Wigton (MC)	49-6 1/2		4- 4 at	6-7		4- Abrahams (FCC)	23-11	
5- Gummerson (SRJC)	49-5		5- Grenshaw (BUTTE)	6-6 1/2		5- Harris (SJCC)	23-9 3/4	
6- Lewis (CUE)	49-4		6- Stevenson (PC)	6-6		6- Cleghorn (6) (NP)	23-6 1/4	
7- Doll (CRC)	48-11 1/2		7- Sylvester (AV)	6-6		7- Mathews (MPC)	23-6	
8- Pushkin (FOOT)	48-10		8- Friday (SIS)	6-6		8- Jeffrey (SJD)	23-5 1/2	
9- Schmidt (MJC)	48-10		9- Christiansen (WV)	6-6		9- Taplac (RC)	23-3 1/2	
10- Glantz (DVC)	48-9 1/2		10- Porter (FOOT)	6-6		10- Gilmore (SKY)	23-3 1/4	
11- Victorino (HART)	48-9		11- Armosino (CCC)	6-5		11- Perry (ALA)	23-2 3/4	
12- Stevenson (LAN)	48-8 1/4		12- Erbes (DA)	6-5		12- 2 at	23-2	
13- Perich (SCC)	48-8 1/4		13- Ross (CHAB)	6-6		13- Triplett (WVC)	23-1 1/2	
14- Watkins (COS)	48-8		14- Wyrick (DA)	6-5		14- 3 at	22-11	
15- Haag (HART)	48-5 1/2		15- Forsythe (SOL)	6-4 1/2		15- Bule (SKY)	22-9	
<u>Discus</u>			16-			16- 2 at	22-6 1/2	
1- Frankiewisk (3) (MC)	174-0		17-			17-		
2- Pushkin (1) (FOOT)	173-2		18-			18-		
3- Grover (4) (WV)	170-2		19-			19-		
4- Patterson (5) (FOOT)	163-5		20-			20-		
5- Hall (BUTTE)	160-2		<u>Fole Vault</u>			<u>Triple Jump</u>		
6- Harbottle (WV)	160-1		1- Flint (1) (FCC)	16-6 1/4		1- Harrell (5) (SJD)	50-2 1/2	
7- Sisemore (SJCC)	160-1		2- Martin (2) (WV)	16-6 1/4		2- Abrahams (3) (FCC)	49-10	
8- Wilder (WH)	157-10		3- Turner (WV)	14-10		3- Triplett (WV)	49-6 1/2	
9- Allen (DA)	157-5		4- Glaude (LAN)	14-6		4- Porter (FOOT)	49-3/4	
10- Smith (SRJC)	155-1		5- Andrews (CHAB)	14-6		5- Goodlow (6) (LAN)	49-1/2	
11- Watkins (COS)	153-8		6- Parr (CUE)	14-6		6- Torrance (COS)	48-11	
12- Ernst (WV)	151-9		7- Norris (CUE)	14-6		7- Blakeney (MPC)	48-6 1/4	
13- See (DVC)	151-7		8- Hooten (CAB)	14-6		8- Wells (CCSF)	48-5 3/4	
14- DeSoto (SRJC)	148-10		9- Behr (DVC)	14-6		9- Thompson (HART)	48-0	
15- Crum (SC)	148-9		10- Phillips (DVC)	14-6		10- Taplac (REED)	47-11 1/2	
<u>Javelin</u>			11- Williams (MJC)	14-6		11- Richardson (ARC)	47-4	
1- Ladd (5) (MJC)	208-7		12- McDowell (FOOT)	14-6		12- Finley (FCC)	47-2 1/4	
2- Schmidt (6) (AV)	200-0		13- Linn (WVC)	14-6		13- Harris (SJCC)	47-1	
3- Chandon (ARC)	197-11		14- Shank (SJCC)	14-3		14- La Grande (WV)	47-1	
4- Nielson (COS)	197-7		15- Bell (ARC)	14-3		15- Gray (SRJC)	46-5	
5- Brown (SJD)	194-7		16- 8 at	14-0		16- 2 at	46-1 1/2	
6- Ryan (FOOT)	190-0		17-			17- Lloyd (SJCC)	46-1	
7- Garcia (HART)	189-0		18-			18- Meadows (COS)	46-0	
8- Hunt (COS)	187-7		19-			19- Redington (DA)	45-11 3/4	
9- Meyers (SCC)	186-11		20-			20- Kellough (MAR)	45-10 1/2	
10- Farlow (CCSF)	184-7		<u>Steeplechase</u>			8- Pelton (MPC)	9:43.6	
11- Shank (SJCC)	182-6		1- Magallenes (1) (MPC)	9:14.2		9- Street (MAR)	9:48.6	
12- Edminster (COS)	182-5		2- Pearson (2) (DVC)	9:14.2		10- Boyet (SCC)	9:50.6	
13- Langford (MC)	181-11		3- Sullivan (ARC)	9:35.6		11- Day (ARC)	10:00.8	
14- Crowhurst (MAR)	179-9		4- Caputo (3) (LASS)	9:35.6		12- Williams (ARC)	10:02.0	
15- Brooks (FCC)	179-4		5- Reime (5) (CAB)	9:37.2		13- Fertig (FCC)	10:04.2	
			6- Hart (FOOT)	9:40.8		14- Turek (MAR)	10:04.4	
			7- Barney (CSM)	9:42.0				

NO.

FINAL

DATE

1974

NOR - CAL
COMMUNITY COLLEGE
TRACK AND FIELD BEST MARKS

RELAY EVENTS

440 Yd. Relay

1- Contra Costa (2)	40.9
2- San Jose (5)	41.4
3- Laney	41.6
4- Fresno	42.0
5- Monterey	42.1
6- Delta	42.1
7- Alameda	42.2
8- Cosumnes	42.3
9- Chabot	42.3
10- Diablo Valley	42.5
11- Skyline	42.8
12- West Valley	42.9
13- Hartnell	42.9
14- DeAnza	43.0
15- Sierra	43.0

2 Mile Relay

1- American River	7:44.6
2- San Jose	7:47.2
3- Santa Rosa	7:53.0
4- DeAnza	7:53.8
5- Diablo Valley	7:55.4
6- Modesto	7:58.8
7- Fresno	8:00.9
8- San Francisco	8:03.0
9- Laney	8:04.4
10- Sequoias	8:06.0
11- Chabot	8:09.2
12- Cosumnes	8:14.4
13- Contra Costa	8:14.5
14- Cabrillo	8:15.0
15- Butte	8:15.8

Distance Medley Relay

1- San Jose	10:10.0
2- Fresno	10:11.8
3- Sacramento	10:13.6
4- Monterey	10:14.8
5- Chabot	10:15.8
6- Delta	10:20.2
7- Laney	10:21.4
8- American River	10:21.6
9- West Valley	10:22.2
10- Contra Costa	10:28.0
11- Cabrillo	10:28.6
12- Skyline	10:30.0
13- Foothill	10:30.3
14- Diablo Valley	10:37.2
15- Sequoias	10:38.6

380 Yd. Relay

1- Contra Costa	1:27.4
2- Laney	1:27.4
3- San Jose	1:27.9
4- Delta	1:28.2
5- Diablo Valley	1:29.0
6- Cosumnes	1:29.3
7- Fresno	1:29.4
8- Alameda	1:30.8
9- Modesto	1:31.2
10- Chabot	1:31.5
11- Porterville	1:31.5
12- Santa Rosa	1:31.7
13- Skyline	1:31.9
14- West Hills	1:32.3
15- Antelope Valley	1:32.4

4 Mile Relay

1- San Jose	17:28.0
2- Cabrillo	17:34.4
3- Fresno	17:38.4
4- American River	17:46.4
5- Marin	17:47.2
6- Chabot	17:49.6
7- Santa Rosa	17:55.9
8- Monterey	17:59.0
9- De Anza	18:10.6
10- Skyline	18:12.6
11- Foothill	18:14.6
12- San Mateo	18:47.6
13- Diablo Valley	18:59.4
14- Hartnell	19:17.2
15- San Francisco	22:28.4

Shuttle HH Relay

1- Skyline	61.4
2- Monterey	61.5
3- Chabot	62.0
4- Contra Costa	63.1
5- Laney	64.9
6- San Francisco	66.0
7-	
8-	
9-	
10-	
11-	
12-	
13-	
14-	
15-	

Mile Relay

1- Laney (2)	3:10.2
2- San Jose (6)	3:13.0
3- Diablo Valley	3:15.5
4- Foothill	3:18.0
5- West Valley	3:18.2
6- Monterey	3:18.4
7- American River	3:18.5
8- Cosumnes	3:18.7
9- Sacramento	3:19.2
10- Skyline	3:19.2
11- De Anza	3:19.4
12- Modesto	3:19.6
13- Santa Rosa	3:20.4
14- Cuesta	3:22.6
15- Delta	3:22.6

Sprint Medley

1- Laney	3:24.2
2- Contra Costa	3:28.2
3- American River	3:28.6
4- San Jose	3:30.1
5- Diablo Valley	3:30.0
6- Skyline	3:30.3
7- Monterey	3:31.3
8- Sacramento	3:32.2
9- Santa Rosa	3:32.7
10- Foothill	3:32.8
11- De Anza	3:33.1
12- West Valley	3:34.7
13- Alameda	3:35.2
14- San Francisco	3:38.1
15- Fresno	3:41.4

Shuttle LH Relay

1- Foothill	56.8
2- Skyline	56.9
3- Contra Costa	57.2
4- DVC	57.5
5- Monterey	57.8
6- Marin	58.5
7- Delta	58.9
8- Sequoias	59.2
9- Sacramento	59.6
10- Santa Rosa	59.7
11- Modesto	59.8
12- American River	61.7
13- Hartnell	62.0
14- Fresno	62.6
15-	

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