

1974 NORTHERN CALIFORNIA JUNIOR COLLEGE TRACK CHAMPIONSHIPS

HELD AT DIABLO VALLEY COLLEGE --- Pleasant Hill, California

SATURDAY, MAY 18, 1974

TEAM SCORING

1.	San Jose	70
2.	San Joaquin Delta	46
3.	West Valley	41
4.	Laney	38
5.	Foothill	37
6.	Contra Costa	32
7.	Chabot	26
	Skyline	26
9.	Fresno	25
10.	American River	24
11.	Diablo Valley	23
12.	Antelope Valley	18
13.	Merced	16
14.	Monterey Peninsula	15
15.	Cosumnes River	12
	Solano	12
17.	Modesto	10
18.	Lassen	8
19.	DeAnza	7
	Santa Rosa	7
	Sequoias	7
22.	Alameda	6
23.	Cuesta	5
24.	Menlo	4
	North Peralta	4
26.	Hartnell	2
	Marin	2
	Sacramento	2
29.	Cabrillo	1
30.	San Francisco	½
	Siskiyou	½

TEAMS WITH QUALIFIERS  
BUT NON-SCORING

Butte  
 Redley  
 Porterville  
 San Mateo  
 West Hills

NORCAL TEAMS NOT QUALIFYING

Gavilan  
 Napa  
 Ohlone  
 Redwoods  
 Shasta  
 Sierra  
 Taft  
 Yuba  
 Canada  
 Merritt

NORTHERN CALIFORNIA J.C. CHAMPIONSHIPS

Saturday, May 18, 1974

Diablo Valley College

<u>JAVELIN</u>	1.	Doug Ladd	Modesto	199' 5"
	2.	Bill Chandon	American River	197' 11"
	3.	Steve Schmidt	Antelope Valley	191' 1"
	4.	Chris Hunt	Sequoias	184' 10"
	5.	Mike Langford	Merced	182' 6"
	6.	Barry Ryan	Foothill	180' 5"
<u>HIGH JUMP</u>	1.	Rich Geske	Solano	6' 8"
	2.	Greg Arcidiacono	Diablo Valley	6' 6"
		Bill Erbes	DeAnza	6' 6"
	4.	Pete McMurrin	Menlo	6' 6"
	5.	Lloyd Williams	Fresno	6' 6"
	6.	Dave Friday	Siskiyou	6' 4"
	Randy Minnix	San Francisco	6' 4"	
<u>POLE VAULT</u>	1.	Roger Martin	West Valley	15' 1 3/4"
	2.	Bill Andrews	Chabot	14' 6"
	3.	Bob Flint	Fresno	14' 6"
		Dick Parr	Cuesta	14' 6"
	5.	Leo Linn	West Valley	14' 0"
	6.	Mark Bell	American River	13' 6"
<u>SHOT PUT</u>	1.	Lon Sizemore	San Jose	53' 9"
	2.	Ira Gorbet	Lassen	53' 3"
	3.	Dave Wigton	Merced	50' 5 1/2"
	4.	Jim Glantz	Diablo Valley	49' 1"
	5.	Tim Haag	Hartnell	48' 7"
	6.	Bob Gummerson	Santa Rosa	48' 7"
<u>DISCUS</u>	1.	Jay Pushkin	Foothill	165' 7"
	2.	Steve Frankiewich	Merced	165' 2"
	3.	Jamie Groover	West Valley	159' 1"
	4.	Randy Patterson	Foothill	157' 10"
	5.	Lon Sizemore	San Jose	153' 10"
	6.	Ken Watkins	Sequoias	146' 3"
<u>LONG JUMP</u>	1.	Cecil Overstreet	San Jose	23' 3"
	2.	Harry Mathews	Monterey Peninsula	23' 2"
	3.	Mark Givens	Fresno	22' 9 1/2"
	4.	Mark Cleghorn	North Peralta	22' 9"
	5.	Carlton Shaw	Foothill	22' 8 1/2"
	6.	Sylvester Abrahams	Fresno	22' 4 1/2"
<u>TRIPLE JUMP</u>	1.	Clint Harrell	San Joaquin Delta	48' 10 1/2"
	2.	John Triplett	West Valley	48' 9 3/4"
	3.	Allen Goodlow	Laney	47' 11 3/4"
	4.	Sylvester Abrahams	Fresno	47' 9 1/2"
	5.	Jake Torrence	Sequoias	47' 7 3/4"
	6.	Steve Porter	Foothill	47' 6 3/4"

<u>3000 meter STEEPLECHASE</u>	1.	Emil Magallenes	Monterey Peninsula	9:34.8
	2.	Bruce Caputo	Lassen	9:35.8
	3.	Jack Reime	Cabrillo	9:37.2
	4.	Dean Pearson	Diablo Valley	9:38.8
	5.	Tom Pelton	Monterey Peninsula	9:43.6
	6.	Gil Brooks	San Jose	10:00.6

<u>4x40 RELAY</u>	1.	San Jose	41.9	
		(Cecil Overstreet, Don Livers, Bob Gordon, Darryl Craven)		
	* 2.	Contra Costa	42.0	
		(Gary Moore, Nick Eastman, Lionel Chatman, Mel Watson)		
	3.	San Joaquin Delta	42.1	
		(Clint Harrell, Mike Nealy, Willie Williamson, Randall Jefferey)		
	4.	Monterey Peninsula	42.3	
	(Harry Mathews, Robert Sparks, John Speals, Don Royston)			
5.	Cosummes River	42.5		
	(Wil Berry, Howard Redmond, Roy Larry, Wilson Bowie)			
6.	Fresno	42.5		
	(Sylvester Abrahams, Jackson, Woods, Owens)			
7.	Chabot	42.5		
	(Freitas, Nordman, Torres, Ligons)			
	* Contra Costa was originally disqualified, but the NorCal Committee over-ruled and the results are as listed above.			

<u>MILE</u>	1.	Mike Schaecher	West Valley	4:11.3
	2.	Tony Fotinos	Skyline	4:15.8
	3.	James Hughes	Contra Costa	4:16.1
	4.	Ernie Ferrel	San Jose	4:16.6
	5.	Ned Baird	Fresno	4:17.8
	6.	Dave Boyet	Sacramento	4:18.3

<u>120 HIGH HURDLES</u>	1.	Mark Davie	Antelope Valley	14.1
	2.	Derek Ligons	Chabot	14.3
	3.	John Foster	Foothill	14.4
	4.	Ike Allmond	Skyline	14.5
	5.	Al Kellough	Marin	14.5
	6.	Steve Porter	Foothill	14.8

<u>440</u>	1.	Randall Jefferey	San Joaquin Delta	48.4
	2.	Roy Larry	Cosummes River	48.6
	3.	Steve Harrell	Alameda	48.9
	4.	Ken Williams	San Jose	49.0
	5.	Jim Deckard	Laney	49.2
	6.	Ed Peters	Laney	49.9

<u>100</u>	1.	Mel Watson	Contra Costa	9.9
	2.	Tony Bartholomew	Laney	9.9
	3.	Don Livers	San Jose	10.0
	4.	Mark Givens	Fresno	10.0
	5.	Charlie Johnson	Solano	10.0
	6.	Robert Sparks	Monterey Peninsula	10.0

<u>880</u>	1.	James Robinson	Laney	1:51.8
	2.	Tim Bryan	American River	1:52.7
	3.	Jeff Ramsey	Santa Rosa	1:53.3
	4.	Gary McManus	Diablo Valley	1:53.5
	5.	George Manriquez	San Jose	1:54.5
	6.	Ed Spolarich	Sacramento	1:54.7

<u>440</u> <u>INTERMEDIATE</u> <u>HURDLES</u>	1.	Jim Wyatt	Skyline	53.5
	2.	John Foster	Foothill	54.1
	3.	Willie Williamson	San Joaquin Delta	54.3
	4.	Ike Allmond	Skyline	54.4
	5.	Mark Davie	Antelope Valley	54.6
	6.	John Kirkpatrick	Laney	55.2

<u>220</u>	1.	Don Livers	San Jose	22.1
	2.	Mel Watson	Contra Costa	22.2
	3.	Randall Jefferey	San Joaquin Delta	22.3
	4.	Darryl Craven	San Jose	22.3
	* 5.	Don Royston	Monterey Peninsula	22.5
	* 6.	Dennis Cavaco	West Valley	22.5
	* 7.	Ken Williams	San Jose	22.5

\* Official Order of Finish as certified by NorCal Committee after check of Video-tape of Finish.

<u>THREE MILE</u>	1.	Ted Quintana	Chabot	14:03.2
	2.	Rich VanSlyke	San Joaquin Delta	14:05.2
	3.	Gary Green	American River	14:09.8
	4.	Rick Hart	Foothill	14:13.2
	5.	Steve Brooks	San Jose	14:14.0
	6.	Ben DeLaGarza	Cabrillo	14:20.6

<u>MILE RELAY</u>	1.	Laney	3:14.4
		(Ed Peters 49.3, Jim Deckard 48.5, John Kirkpatrick 49.3, James Robinson 47.1)	
	2.	Diablo Valley	3:15.5
		(Jim Enemark 50.2, Chris Darden 49.1, Gary McManus 49.0, Jose Madruaga 47.2)	
	3.	San Jose	3:17.1
		(Ben Castro 49.9, George Manriquez 49.2, Don Livers 50.0, Ken Williams 48.2)	
4.	West Valley	3:18.2	
	(Mark Bailey 51.0, Denis Craine 49.2, Rick Gonzales 49.6, Dennis Cavaco 48.4)		
5.	Cosumnes River	3:18.7	
	(Wilbert Berry 50.0, Howard Redmond 50.6, Mark Sullivan 50.4, Roy Larry 47.7)		
6.	American River	3:22.7	
	(Kerry Inderbitzen 52.4, Tim Bryan 48.3, Jeff Lane 51.4, Rick Richardson 50.6)		