

APRIL 13, 1974

SAN JOSE RELAYS

RESULTS

JUNIOR COLLEGE DIVISION

4 MILE RELAY

- 1. EL CAMINO 17:34.4 (Avrea 4:17.1, Marshall 4:20.6, Walsh 4:23.8, Villanueva 4:32.9)
- 2. CABRILLO 17:40.4 (Graep 4:20.3, DeLaCaza 4:35.8, Munoz 4:23.5, Fitzgerald 4:19.8)
- 3. AMERICAN RIVER 17:46.4 (Martin 4:21.1, Ellis 4:36.5, Camp 4:25.2, Gates 4:24.6)
- ~~4. DE ANZA 18:10.6 (Mahan 4:33.4, Lawson 4:29.1, Rohloff 4:35.3, Church 4:33.8)~~

120 HIGH HURDLES

1st Heat

- 1. John Foster (Foothill) 14.5 Wind 0.1
- 2. Mike Harris (San Jose) 14.9
- 3. John Turak (Fullerton) 14.9
- 4. Nick Eastman (Contra Costa) 15.3
- 5. Dave Estrada (San Jose) 15.3

2nd Heat

- 1. Bill Ardary (Fullerton) 14.6 Wind 0.5
- 2. Dave Cameron (San Jose) 14.9
- 3. Vern Taylor (Laney) 15.0
- 4. Allan Lenders (Contra Costa) 15.4
- 5. Bill Palmer (West Hills) 15.4

Top 4 in each heat advance to Finals

DISTANCE MEDLEY

- 1. San Jose 10:18.7
- 2. Foothill 10:30.3
- 3. Contra Costa 10:37.2
- 4. Cabrillo 10:41.3

HIGH JUMP

- 1. Tony Maday (Fullerton) 7-0 $\frac{1}{2}$
- 2. Mike Franz (El Camino) 6-9
- 3. Rich Gaske (Solano) 6-9
- 4. Rich Rietveld (Glendale) 6-5 $\frac{1}{2}$
- 5. Joe Wyrick (De Anza) 6-3 $\frac{1}{2}$
- 5. Cliff Ross (San Jose) 6-3 $\frac{1}{2}$

TIE

SAN JOSE RELAYS

RESULTS

JUNIOR COLLEGE DIVISION

440 RELAY	1.	Los Angeles SW	41.4	
	2.	San Jose	41.5	
	3.	Laney	41.6	
	4.	Contra Costa	41.9	
	5.	Consumnes River	42.3	
	6.	De Anza	43.0	
440 INTERMEDIATE HURDLES	1st section	1.	Dave Estrada (San Jose)	56.1
		2.	Nekemis Benjamin (Con. Costa)	59.3
		3.	Allan Landers (Contra Costa)	60.6
		4.	Be Silva (West Hills)	62.0
	2nd section	1.	Dave Schotten (Amer. River)	55.3
		2.	Mike Telar (West Valley)	56.5
		3.	Charlie Brown (West Valley)	56.7
		4.	Dave Cameron (San Jose)	57.2
	3rd section	1.	Rick Steele (Glendale)	53.6
		2.	John Kirkpatrick (Laney)	53.9
		3.	Rich Roesky (De Anza)	53.9
		4.	Mark Von Icerstein (Fullerton)	55.0
5.		Randy Smith (L.A. Pierce)	55.4	
6.		John Foster (Foothill)	57.0	
DISCUS	1.	Steve Frankiewish (Merced)	174-0	
	2.	Jay Pushkin (Foothill)	173-2	
	3.	Jamie Groover (West Valley)	160.5	
	4.	Marl Murray (Fullerton)	158-5	
	5.	Randy Patterson (Foothill)	140-3	
	6.	Ren Allen (De Anza)	148-0	
120 HIGH HURDLES FINAL			Wind 6.7	
	1.	Bill Ardary (Fullerton)	14.2	
	2.	John Foster (Foothill)	14.6	
	3.	Nick Eastman (Contra Costa)	14.7	
	4.	Vern Taylor (Laney)	14.8	
	5.	Dave Cameron (San Jose)	14.8	
6.	Mike Harris (San Jose)	14.8		

San Jose Relays - J.C. Division

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100 DASH FINALS

Wind 4.3

1. Don Livers (San Jose) 9.6
2. Randy Bensen (Fullerton) 9.6
3. Mel Watson (Contra/Costa) 9.7
4. Antonio Watkins (Laney) 9.9
5. Darrell Craven (San Jose) 10.0
6. Heward Redmond (Consumnes Riv.) 10.0

LONG JUMP

All Marks Wind Aided

1. Dan Carter (El Camino) 25-0 $\frac{1}{2}$
2. Cecil Overstreet (San Jose) 24-7 $\frac{3}{4}$
3. Carlton Chaw (Foothill) 24-6 $\frac{1}{2}$
4. Wadnell Smith (L.A. SW) 24-3 $\frac{1}{2}$
5. Wilson Bowie (Consumnes River) 23-10 $\frac{1}{2}$
6. Mike Harris (San Jose) 23-9 $\frac{3}{4}$

JAVELIN

1. John Macerrie (Fullerton) 190-0
2. Bill Shandon (American River) 185-2
3. Barry Ryan (Foothill) 183-2
4. Mike Shank (San Jose) 182-6
5. Spencer Wenner (Consumnes River) 173-1
6. Mike Langford (Merced) 170-0

2 MILE RELAY

1. L. A. Pierce 7:44.2 (Barry 1:55.6, Smith 1:55.6)
2. American River 7:52.2
3. San Jose 7:56.7
4. Contra Costa 8:56.1

880 RELAY

1. San Jose 1:28.6
2. Contra Costa 1:29.3
3. Consumnes 1:29.3
4. L.A. SW 1:33.3

SHOT PUT

1. John Numis (L.A. Pierce) 54-5 $\frac{1}{2}$
2. Len Sisemore (San Jose) 52-6 $\frac{1}{2}$
3. Steve Albright (Glendale) 52-3
4. Steve Parison (L.A. Pierce) 50-6 $\frac{1}{2}$
5. Mari Murray (Fullerton) 47-7 $\frac{1}{2}$
6. Jay Pushkin (Foothill) 46-10

SPRINT MEDLEY

1. Laney 3:29.3 (Watkins 22.9, Peters 22.4, Deckard 50.2, Robinson 1:53.8)
2. West Valley 3:34.7
3. San Jose 3:41.6
4. Contra Costa 3:50.9

De Anza

RESULTS OF SAN JOSE RELAYS

440 IM Rich Roesky (53.9) (3rd)

4 mile Relay (18.10.6) (4th)
Bernie Mahon (4:33.4) New School Record
Hank Lawson (4:29.1)
Dirk Rohloff (4:35.3)
Matt Church (4:33.8)

440 Relay (43.0) 6th
Joe Wyrick Murray Jones 2nd FASTEST TIME IN
Ron Dodgen Gary Blanchard De ANZA History

1 mile Relay (3:22.2) (5th)
Murray Jones 49.6 2nd FASTEST TIME
Ron Dodgen 50.9 @ De ANZA
Gary Hunter 51.2
Rich Roesky 49.4

High Jump Joe Wyrick (6-3 1/2) (5th Tie)

Discus Ron Allen (148-8) (6th)

Triple Jump Kim Redington (45-6) (6th)