

1975

**Golden Gate Conference
Championship Meet**

College of San Mateo

De Anza

**City College of
San Francisco**

Foothill

Diablo Valley

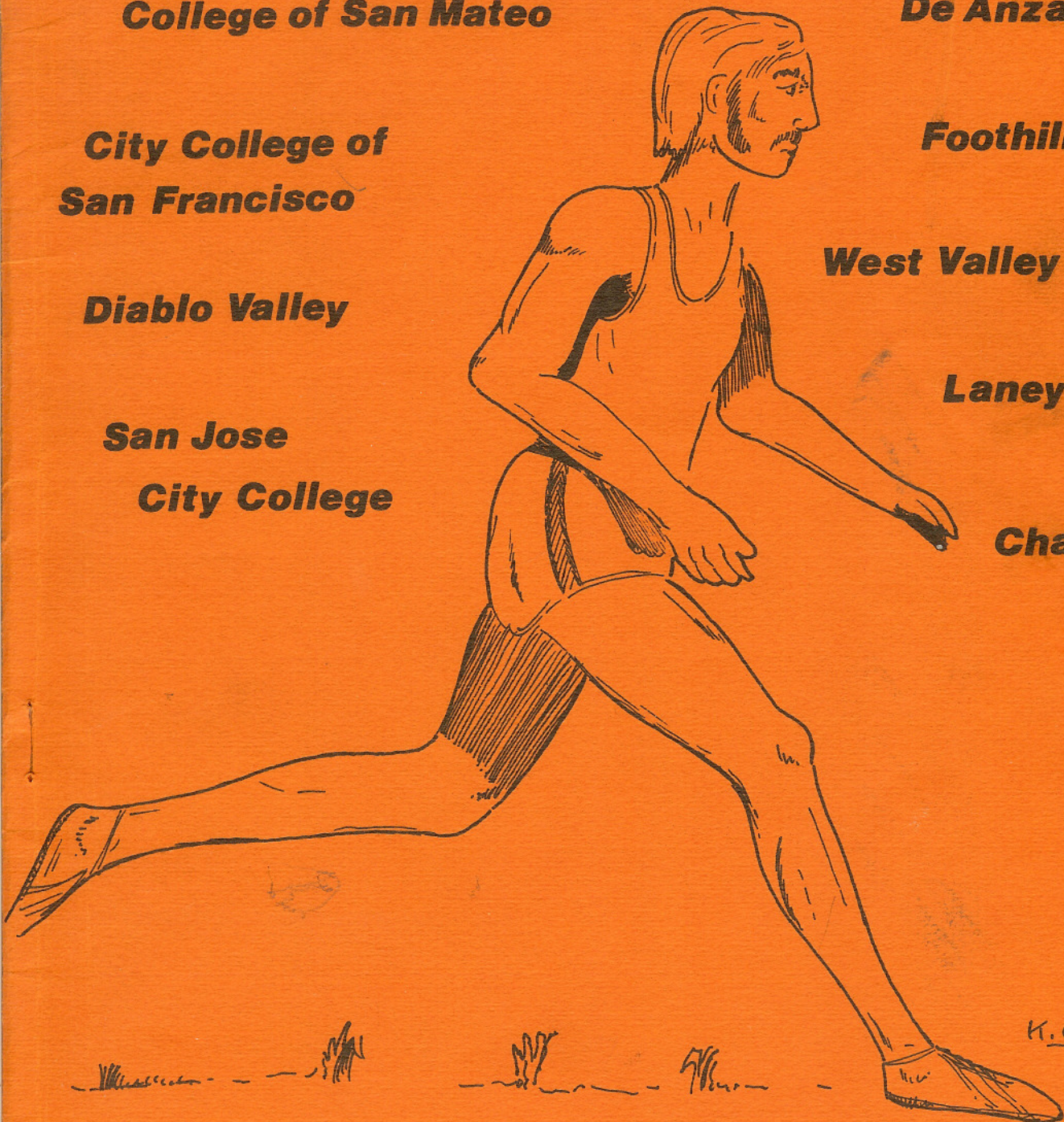
West Valley

San Jose

Laney

City College

Chabot



K. CROMB '75

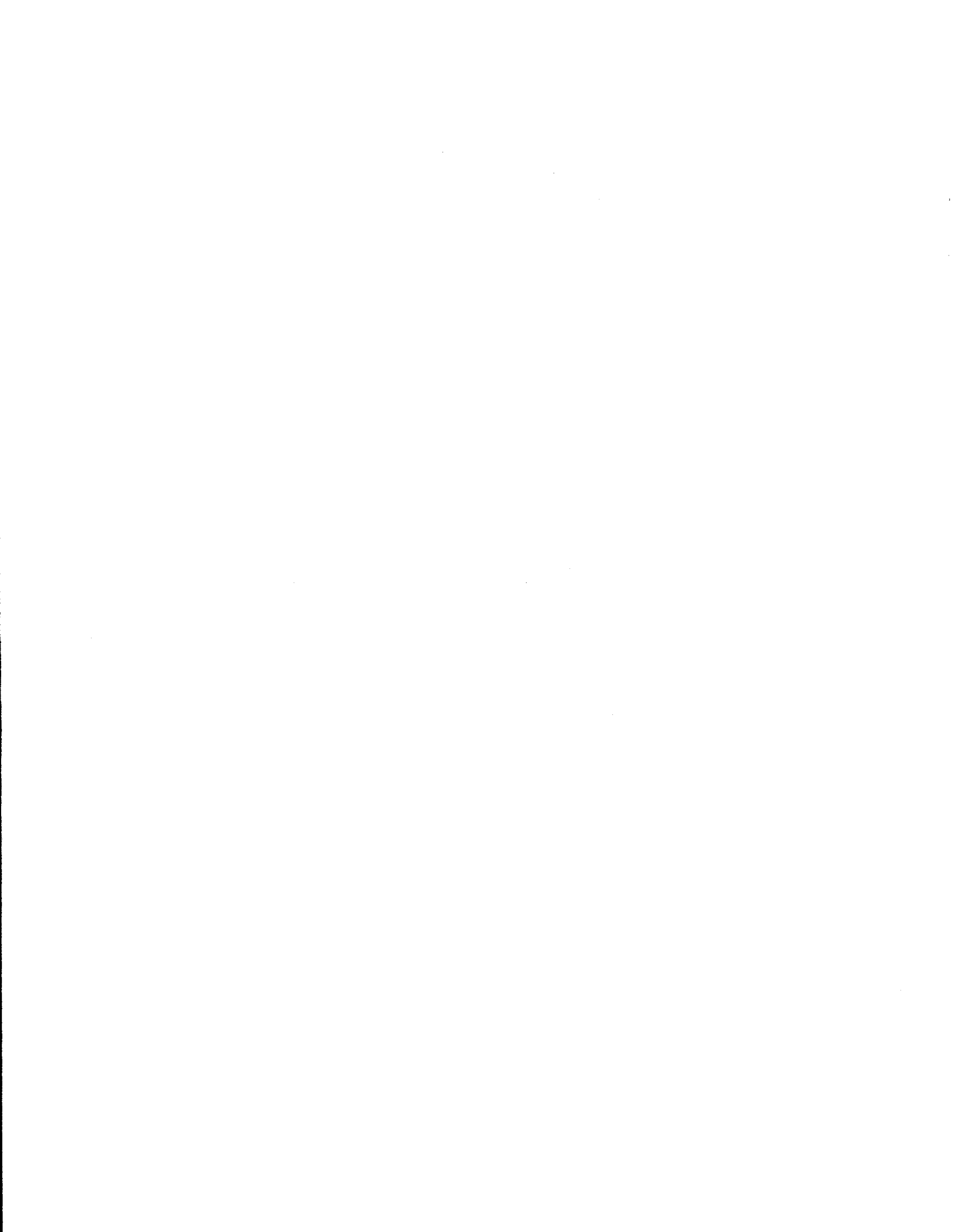
TIME SCHEDULE
GOLDEN GATE CONFERENCE TRACK FINALS
FRIDAY, MAY 2, 1975 - DIABLO VALLEY COLLEGE

FIELD EVENTS

5:00	JAVELIN
5:00	POLE VAULT
5:00	LONG JUMP
5:00	DISCUS
6:15	SHOT PUT
6:15	TRIPLE JUMP
6:15	HIGH JUMP

RUNNING EVENTS

6:00	3000 METER STEEPLECHASE
6:20	440 YD. RELAY
6:30	MILE RUN
6:40	120 HIGH HURDLES
6:50	440 YD. DASH
7:00	100 YD. DASH
7:10	880 RUN
7:20	440 INTERM. HURDLES
7:30	220 DASH
7:40	THREE MILE RUN
8:00	MILE RELAY



JAVELIN

Meet Record: 197'7

Jay Gall - De Anza 1975

Stadium Record: 199' 1"

Doug Ladd, - Modesto 1974

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

<u>ENTRIES</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1 Jay Gall	D.A.	197'7	197'7
2 Tom Walker	Ch	197'5	205'5
3 Gary Ferdinand	Ch	190'9	190'9
4 Jim Herron	D.V.C.	185'2	202'1
5 Mike Shank	S.J.	181'5	181'5
6 Robin Herfort	C.C.S.F.	179'7	179'7
7 Tim Bergstresser	D.A.	173'11	186'8
8 Kim Redington	D.A.	170'2	185'3
9 Larry Nord	D.V.C.	169'6	171'6

POLE VAULT

Meet Record: 15'7-1/2"

Sam Caruthers - San Jose 1968

Stadium Record: 15'2"

Doug Phillips - D.V.C. 1975

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

<u>ENTRIES</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1 Dennis Wiley	S.F.	13'6	13'6
2 Leo Linn	W.V.C.	14'	15'6
3 Mark Lizotte	F	14'	15'2
4 Earle Caldwell	C.S.M.	13'6	13'6
5 Bill Geruasi	S.J.	14'	15'
6 Walt Bogue	C.S.M.	13'6	13'6
7 Ryon Paton	C.S.M.	14'	16'0-1/2
8 Tim Iverson	S.J.	14'	15'
9 Lionel Collins	S.F.	13'6	13'6
10 Doug Phillips	D.V.C.	14'	15'2
11 Richard Snook	S.J.	13'6	13'6
12 Jeff Silveria	S.J.	13'6	13'6

LONG JUMP

Meet Record: 24'8-1/2"

Henry Stuckey - Merritt 1970

Stadium Record: 24'4-3/4"

Heulon Jewitt - Merced 1971

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

<u>ENTRIES</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1 Ralph Dangerfield	L	23'6-1/4	23'6-1/4
2 James Holt	Ch	23'3-3/4	23'3-3/4
3 Cecil Overstreet	S.J.C.C.	23' -1/2	25'2-3/4
4 Ken Wun	Ch	22'3-1/2	22'3-1/2
5 Tim Eckford	C.C.S.F.	22'2-3/4	22'3-3/4
6 Johnnel Connor	W.V.C	22'1-1/2	22'7-1/4
7 Keith Bynum	Ch	22'1-1/4	22'1-1/4
8 Joe Klou	D.V.C.	21'10-1/4	21'10-1/4
9 Ulysses Allen	S.J.C.C.	21'7-3/4	22'1-1/4

DISCUS

Meet Record 187'3" Les Mills Foothill 1963

Stadium Record 177'1" Dan Gardner Chabot 1973

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES

Name	School	Qualifying Mark	Season Best
Jay Pushkin	F	163' 11"	170' 5"
Ron Allen	DA	162' 3"	168' 1"
Dave Hickson	SJ	161' 6"	164' 11"
Robert Map	SF	159' 9"	159' 9"
Glen Moore	SJ	150' 6"	163' 10"
Chris See	DVC	149' 1"	150' 9"
Kurt Vonagas	F	148' 5"	148' 5"
Tim Bergstresser	DA	147' 4"	154' 10"
Jeff Vetovec	CSM	147' 1"	147' 1"

SHOT PUT

Meet Record 59'11" Don Castle Foothill 1963

Stadium Record 55'5½" Charles Montgomery Merritt 1971

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1	_____	4	_____
2	_____	5	_____
3	_____	6	_____

ENTRIES

Name	School	Qualifying Mark	Season Best
Jack Sitton	DVC	51' 8 3/4"	53' 3 3/4"
Greg Deaton	F	49' 1¼"	50' 4"
Roy Schablaske	DA	48' 2 3/4"	50' 6"
Lon Sizemore	SJ	47' 10"	50' 1"
Dave Hickson	SJ	47' 6"	49' 7½"
Jay Pushkin	F	47' 2"	48' 3"
Mark Rockwood	CSM	46' 6¼"	46" 10 3/4"
Rick Davis	WV	46' 2¼"	48' 3"
Jeff Vetovec	CSM	45' 10 3/4"	45" 10 3/4"

TRIPLE JUMP

Meet Record: 52'0

Ralph Byrd - Chabot 1973

Stadium Record: 52'0

Ralph Byrd - Chabot 1973

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____
4 _____	_____	_____	_____

<u>ENTRIES</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1 Thermond Wells	C.C.S.F.	47'8-3/4	49'11-1/2
2 Ken Wun	Ch	46'11-1/4	46'11-1/4
3 Cal Walker	S.J.C.C.	46'11	47'3-1/2
4 James Holt	Ch	46-10-1/2	46'10-1/2
5 Paul Louen	D.V.C.	46'9	46'9
6 Brent Holden	F	46'8-1/2	46'8-1/2
7 Sheldon Cartain	Ch	46'8	46'8
8 Stan Fincher	S.J.C.C.	46'5-1/4	46'11-3/4
9 Rich McGee	C.C.S.F.	45'7-1/4	46'3

HIGH JUMP

Meet Record: 6'9"

Ed Miller - D.V.C. 1973

Stadium Record: 7'0"

Greg Redmond - D.V.C. 1972

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES

<u>NAME</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
Fritz Moga	W.V.C.	6 6'2	6'7
King Wiley	S.F.C.C.	6'2	6'10
John Vohns	D.V.C.	6'0	6'0
Rich Allen	S.J.C.C.	6'2	6'9
Sheldon Castrain	Ch	6'2	6'4
Dennis Abbott	D.V.C.	6'0	6'4
Mike Owings	W.V.C.	6'2	6'7
Bruce Mallroy	W.V.C.	6'2	6'6
John Littleboy	F	6'2	6'*

300M STEEPLECHASE

Meet Record: 9:32.6

Dean Pearson - D.V.C. 1974

Stadium Record: 9:38.0

Emil Magallenes - M.P.C. 1974

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

<u>ENTRIES</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>
Rich Hart	F	9:16..
Gil Brooks	S.J.C.C.	9:42.4
Peter Dinno	W.V.C.	9:48.0
Roy Hogleund	S.J.C.C.	9:48.0
Larry Cabral	D.V.C.	9:54.2
Alan Sauer	D.V.C.	9:57.0
Dave Reiter	Ch	10:13.0
Allen Robertson	D.V.C.	10:19.8
Richard Fishbaugh	Ch	10:33.6
Bob Kuchenmeister	Ch	10:35.0
Shawn James	S.J.C.C.	N T
Hank Lawson	D.A.	N T
Ron Martin	F	10:02.0
Dave Muela	C.C.S.F.	N T
Bill Riddle	Ch	N T
Ed Robledo	F	N T
Jack Shuflin	F	N T
Joe Hernandez	S.J.C.C.	N T

440 RELAY

Meet Record: 41.0 - Merritt 1970

Stadium Record: 41.1 - Merritt 1971

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

<u>LANE</u>	<u>SCHOOL NAME</u>	<u>SEASON MARK</u>
1	De Anza	43.9
2	Laney	43.0
3	West Valley	42.5
4	San Jose C.C.	40.7
5	C.C. San Francisco	42.1
6	Chabot	42.2
7	Foothill	42.9
8	Diablo Valley	43.3

MILE RUN

Meet Record: 4:13.2

Melvin Hayes - Laney 1973

Stadium Record: 4:11.3

Mike Schaecher - West Valley 1974

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

<u>ENTRIES</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON MARK</u>
1 Damon Wood	C.S.M.	4:22.1	4:18.7
2 Lynn Ryan	S.J.	4:19.4	4:12.7
3 Craig Sullivan	W.V.C.	4:20.2	4:17.1
4 Rich McCandless	W.V.C.	4:22.1	4:10.9
5 Ernie Ferrel	S.J.	4:21.3	4:20.9
6 Doug Padilla	Ch	4:24.0	4:16.9
7 Bruce Sayre	C.S.M.	4:22.6	4:22.6
8 Bernie Mahon	D.A.C.	4:24.4	4:19.4
9 Dirk Rohloff	D.A.C.	4:23.8	4:18.6
10 Matt Logan	F	4:24.4	4:24.4
11 John Bettencourt	S.J.	4:28.0	4:19.2
12 Gordon MacMitchell	F	4:29.8	4:18.3

120 HIGH HURDLES

Meet Record: 14.2

Derek Ligons - Chabot 1974

Stadium Record: 21.1

Don Ward - Fresno 1971

21.1

Royce Ford - Merritt 1971

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES:

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1	Ron Bramlett	C.S.M.	15.3	15.3
2	Steve Nelson	S.J.	15.3	15.3
3	Dwight Williams	S.F.	15.0	15.0
4	Roy Gaines	S.F.	14.5	14.5
5	Dave Cameron	S.J.	14.7	14.7
6	Gerald Bennett	L	14.8	14.8
7	Thermond Wells	S.F.	15.0	14.9
8	Kevin Warren	L	15.1	14.9
9	Norvel Hammond	S.F.	15.3	14.9

440-YD. DASH

Meet Record: 46.2

Lee Evans - San Jose 1966

Stadium Record: 47.6

Maxie Parks - Fresno 1971

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES:

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1	Dennis Craine	W.V.C.	50.9	50.9
2	Steve Syth	W.V.C.	50.9	50.3
3	Ed Rupenstein	S.F.C.C.	49.7	49.7
4	Jose Madruaga	D.V.C.	48.3	48.3
5	Ivory Hammond	S.F.C.C.	48.5	48.5
6	Ken Williams	S.J.C.C.	49.6	48.5
7	Chris Penny	C.S.M.	50.2	50.2
8	Kent Wigton	D.A.C.	50.7	50.6
9	Ed Oravillo	F	51.0	49.4

100-YD. DASH

Meet Record: 9.4

Warren Edmonson - Merritt 1969

Stadium Record: 9.5

Phil Chewing - Delta 1972

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1	Doug Hill	F	9.8	9.7
2	Don Livers	S.J.C.C.	9.8	9.4
3	Marty Koules	W.V.C.C.	9.6	9.6
4	Mike Farmer	S.F.C.C.	9.4	9.4
5	Mike Farmer	S.F.C.C.	9.4	9.4
6	Calvin Corker	Ch	9.8	9.6
7	Jim Douglas	S.J.C.C.	9.7	9.7
8	Fred Adams	Ch	9.6	9.6
9	Joe Kiou	D.V.C.	10.1	10.1

880-YD. DASH

Meet Record: 1:48.4

James Robinson - Laney 1974

Stadium Record: 1:49.1

James Robinson - Laney 1973

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1	Roderick Lewis	L	1:55.5	1:54.3
2	George Manriquez	S.J.C.C.	1:54.8	1:54.8
3	Jeff Searls	D.V.C.	1:59.5	1:58.6
4	Gary McManus	D.V.C.	1:54.8	1:52.8
5	Mike Jones	D.V.C.	1:56.1	1:56.1
6	Dominic Marchesi	Ch	2:00.2	1:56.0
7	Tom Tatum	W.V.C.	1:55.4	1:55.4
8	Dave Nolte	D.A.C.	1:56.2	1:56.1
9	Artie Rios	W.V.C.	2:01.1	1:55.9

440-1M HURDLES

Meet Record: 53.5
53.5

Larry Glenn - Merritt 1970
Will Fields - S.F.C.C. 1973

Stadium Record: 53.5
53.5

Will Fields - S.F.C.C. 1973
Jim Wyatt - Skyline 1974

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1	Ken Barranti	C.S.M.	57.3	57.3
2	Rich McGee	S.F.C.C.	56.7	55.3
3	Don Carroll	F	55.0	55.0
4	Steve Nelson	S.J.C.C.	54.5	53.8
5	Dave Cameron	S.J.C.C.	55.3	54.8
6	Dwight Williams	S.F.C.C.	55.0	55.0
7	Roy Gaines	S.F.C.C.	55.4	55.4
8	Joe Demers	S.J.C.C.	56.8	56.0
9	Greg Canfield	Ch	57.4	56.7

220-YD. DASH

Meet Record: 20.9

Royce Ford - Merritt

Stadium Record: 21.1
21.1

Don Ward - Fresno 1971
Royce Ford - Merritt 1971

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUALIFYING MARK</u>	<u>SEASON BEST</u>
1	Ralph Dangerfield	L	22.8	22.4
2	Fred Adams	Ch	22.6	22.1
3	Cecil Overstreet	S.J.C.C.	21.9	21.9
4	Don Livers	S.J.C.C.	21.6	21.0
5	Mike Farmer	S.F.C.C.	21.9	21.2
6	Jim Douglas	S.J.C.C.	22.5	21.3
7	Calvin Corker	Ch	22.2	21.7
8	Marty Krulee	W.V.C.	22.4	22.0
9	Doug Hill	F	23.0	21.4

THREE MILE

Meet Record: 13:58.0

Steve Brooks - San Jose 1974

Stadium Record: 14:03.2

Ted Quintana - Chabot 1974

<u>PLACE</u>	<u>PERFORMANCE</u>	<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____	4 _____	_____
2 _____	_____	5 _____	_____
3 _____	_____	6 _____	_____

ENTRIES

<u>NAME</u>	<u>SCHOOL</u>	<u>SEASON BEST</u>
Rich McCandless	W.V.C.	14:20.4
Mike Emry	D.V.C.	14:23.6
Ted Quintana	Ch	14:25.6
Gil Brooks	S.J.C.C.	14:28.8
Paul Fredrickson	D.A.C.	14:30.6
Roy Hogleund	S.J.C.C.	14:31.2
Gordon MacMitchell	F	14:37.8
Rick Hart	F	14:39.0
Hank Lawson	D.A.C.	14:44.0
Doug Padilla	Ch	14:45.0
Greg Eger	D.A.C.	14:45.8
Matt Logan	F	14:50.0
Steve Niedrauer	W.V.C.	14:52.0
Tony Mezzopelle	S.J.C.C.	14:54.0
Steve Palladino	C.S.M.	14:58.0
Bruce Sayre	C.S.M.	14:59.0
Mark Isaacson	W.V.C.	15:14.6
Dave Reiter	Ch	15:16.0
John Thomas	Ch	15:26.0
Doug Scovil	W.V.C.	15:30.0
Jim VanDine	C.S.M.	9:26.6
Tom Jordan	C.S.M.	9:41.0
Dana Carvey	C.S.M.	9:59.0

MILE RELAY

Meet Record: 3:15.9

Dadeard, Coleman, Peters, Robinson -
Laney 1973

Stadium Record: 3:13.6

Merritt 1971

<u>PLACE</u>	<u>PERFORMANCE</u>
1 _____	_____
2 _____	_____
3 _____	_____

<u>PLACE</u>	<u>PERFORMANCE</u>
4 _____	_____
5 _____	_____
6 _____	_____

ENTRIES:

<u>LANE</u>	<u>SCHOOL</u>	<u>SEASON BEST</u>
1	C.C.S.F.	3:17.2
2	S.J.C.C.	3:16.6
3	D.V.C.	3:19.5
4	C.S.M.	3:20.8
5	Foothill	3:20.8
6	Laney	3:21.0
7	W.V.C.	3:23.3
8	Ch	3:23.7
9	D.A.C.	3:25.4