

GOLDEN STATE CONFERENCE OAK AND VALLEY DISTRICT

at Diablo Valley College - May 2, 1975

(the first six places in each event will qualify
for the Northern California Trials at Modesto May 16)
Placers must have met qualifying standards during
the season. NCS - Nor Cal Standards.

Discus-- 1. Jay Pushkin (F) 168.9

~~2. Tom Adams (DA) 160.5~~

3. Dave Hickson (SJ) 158.6

4. Robert Mapp (CCSF) 156.10

5. Chris See (DV) 148.1

6. Kurt Vonagan (F) 146.5

7. Jeff Vetrovec (SM) 145.4 8. Tim Bergstrom (DA) 143.8

NCS
43-5

3000 Meter Steeplechase (Non-Scoring)

1. Rick Hart (F) 9:26.0 New GGC Record, Old mark 9:32.6 by Dean Pesron
of DVC 1974

2. Gil Brooks (SJ) 9:43.8

~~3. Mark Lawson (DA) 9:47.0~~

4. Peter Dinno (WV) 9:58.2

5. Ray Hoglund (SJ) 10:04.0

6. Dave Reiter (Ch) 10:07.2

7. Ron Martin (F) 10:12.4

NCS

10:12.0

Long Jump-- 1. Cecil Overstreet (SJ) 24-24 wind-aided

2. Ralph Dangerfield (L) 23-0 1/2 OK

3. Johnel Conner (WV) 22-11 OK

4. James Holt (Ch) 22-9 3/4 OK

5. Ulysses Allen (SJ) 22-4 1/4 wind-aided

6. Ken Wm (Ch) 21-9 1/4 wind-aided

7. Keith Byam (Ch) 21-8

NCS

21-9

440 Relay-- 1. San Jose (Cecil Overstreet, Don Livers, Jim Douglas, Ken Williams) 41.0
New GGC Record of 41.0 by Merritt 1970

2. Chabot (Greg Canfield, Randy Nordman, Fred Adams, Calvin Coker) 41.7

3. CCSF (Roy Gainer, Norvell Hammond, Mike Farmer, Dwight Odum) 42.0

4. West Valley (Glen Carpenter, Dennis Craine, Marty Krulce, Mark Rosenberg) 43.0

5. Laney (Dave Green, Ralph Dangerfield, Ken Cook, Bradley Coleman) 43.5

~~6. DeAnza (Jeff Jenkins, Steve Lamborn, Murray Jones, Eric Johnson) 44.0~~

NCS

43-6

1 Mile Run-- 1. Rich McCandless (WV) 4:11.2 New GGC Record, Old mark 4:13.2 by Melvin
Hayes of Laney 1973

2. Craig Sullivan (WV) 4:12.0

3. Lynn Ryan (SJ) 4:14.6

4. Doug Padilla (Ch) 4:15.0

5. Damon Wood (SM) 4:16.4

~~6. Dennis Hays (F) 4:17.0~~

7. Gordon Nachtlebell (F) 4:18.7

NCS

4:18.7

- 120 BR-- 1. Roy Gaines (SF) 15.5 w (Wind 8.2 mph)
 2. Dwight Williams (SF) 16.9 w
 3. Dave Cameron (SJ) 15.0 w
 4. Marvel Eastwood (SF) 15.0 w
 5. Steve Nelson (SJ) 15.1 w
 6. Ron Braalett (SH) 15.4 w
 7. Thermond Wells (SF) 15.5 w

NCS
 15-0

Javelin-- 1. Tom Walker (Ch) 209-2 New GSC Record, old mark 197-9 by Jay
 Gall DeAnna 1975 GSC Trials

NCS
 170-0

2. Ray Galt (DA) 92-8
 3. Jim Herron (DV) 191-2
 4. Mike Snaik (SJ) 184-0
 5. Tim Bergstrom (DA) 179-2
 6. Gary Ferdinand (Ch) 176-9
 7. Robin Harfort (SF) 174-10

NCS
 50-0

- 440-- 1. Jose Madruga (DV) 48.0
 2. Ken Williams (SJ) 48.1
 3. Ivory Hammond (SF) 48.9
 4. Chris Penny (SM) 48.9
 5. Ed Ruppenstein (SF) 49.5
 6. Steve Syth (WV) 49.6
 7. Kent Wigton (DA) 50.1

- 100-- 1. Mike Farmer (SF) 9.5 into a 6.5 mph headwind
 2. Cecil Overstreet (SJ) 9.7
 3. Don Livers (SJ) 9.7
 4. Jim Douglas (SJ) 9.7 tie
 5. Calvin Corker (Ch) 9.7
 6. Marty Krules (WV) 10.2
 7. Doug Hill (F) 10.2

NCS
 9-9

- Shot Put-- 1. Jack Sitton (DV) 51-6 1/4
 2. Greg Denton (F) 48-10 3/4
 3. Lon Sizemore (SJ) 48-8 3/4
 4. Roy Schmaligke (DA) 48-11 1/4
 5. Dave Rickson (SJ) 47-7 1/2
 6. Jay Pushkin (F) 47-1 3/4
 7. Rick Davis (WV) 46-9 3/4

NCS
 7-2

- 280-- 1. Gary McManus (DV) 1:51.7 First two places best for US #2 1975
 2. Roderick Lewis (L) 1:52.5
 3. George Marriques (SJ) 1:53.7
 4. Dave Naitz (DA) 1:53.7
 5. Don Marchenchi (Ch) 1:54.7
 6. Mike Jones (DV) 1:55.1
 7. Tom Tatum (WV) 1:55.2

NCS
 1:57.7

- 440 JR-- 1. Steve Nelson (SJ) 53.7
 2. Dwight Williams (SF) 54.4
 3. Dave Cameron (SJ) 54.7
 4. Roy Gaines (SF) 55.4
 5. Don Carroll (F) 55.7
 6. Rich McGee (SF) 55.8
 7. Joe Douere (SJ) 55.8

NCS
 57-0

- 220-- 1. Mike Farmer (SF) 21.2 w (Wind-Aided 6.2 MPH)
 2. Don Livers (SJ) 21.5 w
 NCS 3. Cecil Overstreet (SJ) 21.6 w
 22.3 4. Jim Douglas (SJ) 21.6 w
 5. Calvin Corker (Ch) 21.6 w
 6. Fred Adams (Ch) 21.9 w

- Triple Jump-- 1. Thermond Wells (SF) 47-2 wind
 2. Ken Wan (Ch) 46-8 3/4 wind
 NCS 3. Cal Walker (SJ) 46-8 1/4 wind
 46-0 4. Brent Holden (F) 45-7 OK
 5. James Holt (Ch) 45-1 1/4 wind
 6. Rich McGee (SF) 44-11 3/4 OK
 7. Sheldon Castain (Ch) 44-11 1/2 OK

- High Jump-- 1. King Wiley (SF) 6-6
 2. John Littleboy (F) 6-6
 NCS 3. tie between Fritz Moga (WV) and
 6-2 Mike Owings (WV) 6-4
 5. Dennis Abbott (DV) 6-4
 6. Rich Allen (SJ) 6-4
 7. Bruce Mallory (WV) 6-2

- Three Mile-- 1. Ted Quintana (Ch) 13:59.8
 2. Jim Van Dine (SM) 14:12.8
 3. Rich McCandless (WV) 14:16.4
 NCS 4. Gordon MacMitchell (F) 14:17.2
 15:14.1 5. Doug Padilla (Ch) 14:19.6
 6. Paul Frederickson (DA) 14:23.8
 7. Mike Emry (DV) 14:24.0

- Mile Relay-- 1. San Jose (Steve Nelson 50.7, Don Livers 49.2, George
 Manriquez 49.5, Ken Williams 47.6) 3:17.0
 2. CCSF (Roy Gaines 51.8, Dwight Williams 50.0, Mike Farmer 48.8
 Ivory Hammond 48.2) 3:18.8
 NCS 3. Diablo Valley (Paul Danduraad 51.5, Gary McManus 49.0, Mike
 3:24.7 Jones 51.2, Jose Madruga 47.5) 3:19.2
 4. West Valley (Mark Rosenberg 51.1, Denis Craine 51.0, Marty
 Krulee 50.2, Steve Syth 48.6) 3:21.0
 5. San Mateo (Chris Penny 49.6, Jerry Lilly 51.5, Marlon
 Murphy 50.5, Don MacKenzie 49.9) 3:21.5
 6. Laney (Brad Coleman 51.7, Kea Cook 51.0, Ralph Dangerfield 49.5,
 Rod Lewis 49.3) 3:21.6

Results of Golden Gate Conference Championship Meet

New School Records :

Dave Nolte	<u>880</u>	1:53.7
Hank Lawson	<u>Steeplechase</u>	9:47.0
Paul Frederickson	<u>3 mile</u>	14:23.8

Qualifiers To Nor Cal TRIALS :

Jay Gall	<u>Javelin</u>	192-6	2 nd	place
Tim Bergstresser	<u>Javelin</u>	179-6	5 th	place
Roy Schablaske	<u>Shot Put</u>	48-1 ¹ / ₄	4 th	place
Ron Allen	<u>Discus</u>	160-5	2 nd	place
Bernie Mahon	<u>mile</u>	4:17.0	6 th	place
Dave Nolte	<u>880</u>	1:53.7	4 th	place
Hank Lawson	<u>Steeplechase</u>	9:47.0	3 rd	place
Paul Frederickson	<u>3 mile</u>	14:23.8	6 th	place

Additional De Anza Entries :

440 R (Jenkins, Lambson, Jones, Saunders)	-	44.2	-	6 th place
440 (Kent Wigton)	-	50.1	-	7 th place
mile (Dirk Rohloff)	-	4:23.4	-	8 th place
Javelin (Kim Redington)	-	173-3	-	8 th place