

"13th ANNUAL GOLDEN GATE CONFERENCE RELAYS"

Saturday, February 22, 1975

AT: COLLEGE OF SAN MATEO

THREE (3) MILE RACE

1. Mike Emry (D.V.C.) 14:23.6
2. Gil Brooks (S.J.C.C.) 14:28.8
3. Doug Padilla (CHABOT) 14:41.4

DISTANCE MEDLEY RACE

1. West Valley College 10:14.6
(Steve Syth, Tom Tatum, Artie Rios, & Tom Rich McCandless)
2. San Jose City College 10:16.4
(Steve Nolan, Joe Demers, Marty Krenn, & Lynn Ryan)
3. Chabot College 10:23.0
(Ben Oldencamp, Dominic Marcheschi, Bill Riddle, & Ted Quintana)

Winning Splits: W.V.C. 51.9, 1:58.8,
3:10.6, & 4:22.8

400 YARD RELAY RACE

1. CHABOT COLLEGE 42.3
(Andy Nordman, Fred Adams, Phil Hazelwood, & Calvin Corker)
2. City College of San Francisco-42.8
(Roy Gaines, Larry Bell, Mike Farmer, & Dwight Williams)
3. Foothill College 42.9
(Kevin Fielding, Ed Oravillo, Cliff Corbett, & Ralph Doug Hill)

120 YARD HIGH HURDLES RACE

1. Roy Gaines (C.C.S.F.) 14.9
2. Kevin Warren (LANEY) 15.1
3. Dave Cameron (S.J.C.C.) 15.2

SPRINT MEDLEY RELAY RACE

1. FOOTHILL COLLEGE 3:27.7
(Ed Oravillo, Doug Hill, Ed Villarreal 48.7, & Rick Hart 1:54.6)
2. LANEY COLLEGE 3:27.8
(Mike Horton 22.2, Ralph Dangerfield 22.5, Bradley Coleman 50.5, & Roderick Lewis 1:52.6)
3. DIABLO VALLEY COLLEGE 3:33.1
(Joe Kiou, Paul Dandurand, Jose Madruaga 49.5 & Gary McManus 1:56.7)

LONG JUMP RELAY

1. SAN JOSE CITY COLLEGE 62'9 1/4"
(Cecil Overstreet 22'8 1/4", Larry Monteer 20'4", Cal Walker 19'9")
2. WEST VALLEY COLLEGE 62'1 1/4"
(John LeGranda 21'11 3/4", Jeff Scott 19'7 1/2", Johnnel Connor 20'5")
3. CHABOT COLLEGE 61'5 3/4"
(Jim Holt 21'1/4", Keith Bynum 20'1 1/2", Ken Wan 20'4")

100 YARD DASH (wind-aided times)

1. Don Livers (S.J.C.C.) 9.7
2. Mike Barnes (D.V.C.) 10.0
3. Mark Rosenberg (W.V.C.) 10.0

SHOT PUT RELAY

1. FOOTHILL COLLEGE 139'2"
(Jay Pushkin 46'10 3/4", Greg Deaten 46'8", & Robert Lowe 45'7 1/2")
2. DE ANZA COLLEGE 137'5"
(Roy Schablaske 48'5", Ron Allen 46'1 1/2", & Will Dardis 42'10 1/2")
3. CHABOT COLLEGE 132'11 1/2"
(Bill Ackerman 45'11 1/2", Robert Mackey 44'9", & Brian Swartzwelder 42'3")

TWO (2) MILE RELAY

1. DE ANZA COLLEGE 8:01.2
(Brian Saunders 2:06.1, Mark Carroll 1:59.4, Dave Nolte 1:57.4 & Bernie Mahon 1:58.2)
2. WEST VALLEY COLLEGE 8:02.8
(Steve Niedrauer 2:01.5, Mark Isaacson 2:03.1, Tom Tatum 1:57.6, & Keith Maurer 2:00.2)
3. CITY COLLEGE OF SAN FRANCISCO 8:06.2
(Tony Herbert, George Gilbert, Joe Peterson, & Amador Garcia)

HIGH JUMP RELAY

1. WEST VALLEY COLLEGE 18'10"
(Mike Owings 6'6", Bruce Malory 6'2", & Fritz Moga 6'2")
2. CHABOT COLLEGE 18'6"
(Sheldon Gastain 6'2", Angel Bobo 5'10", & Fred Adams 5'8")

THESE WERE THE ONLY TWO COMPLETE TEAMS

CORRECTION:HIGH JUMP RELAY

1. WEST VALLEY COLLEGE 18'10"
 2. CHABOT COLLEGE 17'8"
- (TOP THREE INDIVIDUALS)
1. King Wiley (CCSF) 6'6"
 2. Rich Allen (SJCC) 6'6"
 3. Mike Owings(w.v.c) 6'6"

880 YARDS RELAY RACE

1. SAN JOSE CITY COLLEGE 1:26.5
(Ken Williams 22.4, Don Livers 21.6,
James Douglas 21.8, & Millard
Hampton 20.7)
2. CHABOT COLLEGE 1:28.6
(Randy Nordman 22.7, Fred Adams 22.8
Phil Hazelwood 22.1, & Calvin Corker
3. CITY COLLEGE OF S.F. 1:29.9 21.0
(Roy Gaines, Mike Farmer, Dwight
Williams, & Rich McGee)

480 YARD SHUTTLE HURDLE RELAY RACE

1. CITY COLLEGE OF SAN FRANCISCO 1:04.5
(Roy Gaines, Dwight Williams, Rich
McGee, & Thurman Wells)
2. CHABOT COLLEGE 1:07.9
(Dave Stonich, Greg Canfield, John
Walker, & Len Eisen)

JAVELIN THROWING RELAY

1. CHABOT COLLEGE 547'10"
(Tom Walker 205'5", Gary Ferdinand
176'11", & Randy Nordman 165'6")
2. DE ANZA COLLEGE 489'7"
(Ron Allen 167'4", Jay Gail 165'9",
& Kin Redington 156'6")
3. SAN JOSE CITY COLLEGE 443'1"
(Mike Shank 157'9", Lloyd Hennessey
136'5", & Steve Nolan 148'11")

FOUR (4) MILE RELAY RACE

1. WEST VALLEY COLLEGE 17:25.4 NEW RECORD
(Jeff Werner 4:22.3, Matt Sommer 4:22.8,
& Rich McCandless 4:20.5, Craig Sul-
livan 4:19.2)
2. DE ANZA COLLEGE 17:37.2
(Greg ~~Walker~~ Eger 4:23.8, Hank Lawson 4:20.9,
Dirk Rohloff 4:24.9, & Paul Frederickson
4:27.9)
3. SAN JOSE CITY COLLEGE 18:06.6
(John Battencourt, Roy Hogland,
Shawn James, & Marty Krenn)

MILE RELAY (ONE)

1. FOOTHILL COLLEGE 3:20.8
(Don Carroll 50.8, Ed Oravillo 50.4
Doug Hill 51.7, & Ed Villareal 47.9)
2. LANEY COLLEGE 3:21.0
(Ralph Dangerfield 50.1, Bradley
Coleman 51.0, Mike Horton 50.7,
& Roderick Lewis 48.2)
3. SAN JOSE CITY COLLEGE 3:21.4
(Ben Castro 51.5, Joe Demers 51.6
George Manriquez 50.8, & Ken
Williams 47.5)

TRIPLE JUMP RELAY

1. FOOTHILL COLLEGE 131'10"
(Steve Tovar 43'9", Keith Childs 43'9",
& Brent Holden 44'3")
2. CHABOT COLLEGE 131'7"
(Jim Holt 44'2", Sheldon Castain 43'9",
& Ken Wan 43'8")
3. SAN JOSE CITY COLLEGE 129'10"
(Fred Hathorn 42'8 3/4", Mike Rudd
42'11", & Stan Fincher 44'2")

DISCUS THROWING RELAY

1. SAN JOSE CITY COLLEGE 428'9"
(Dave Hickson 154'2", Lloyd Hennessey 137'
Glen Moore 137'3")
2. FOOTHILL COLLEGE 406'2"
(Kurt Vonagas 137'5", Rob Lowe 134'6",
Jay Pushkin 134'3")
3. DE ANZA COLLEGE 404'3"
(Ron Allen 150'1", Tim Bergstreser 131'7"
Kim Redington 122'7")

Top Marks

New S.Re

S.P. - Roy Schablashe 48-5
Ron Allen 46-1 1/2
Will Dardis 42-10 1/2

New SR

Javelin - Ron Allen 167-4
Jay Hall 165-9
Ken Redington 156-6
Tim Bergstesser

Discus - Ron Allen 150-1
Tim Bergstesser 131-7
Ken Redington 122-7

New School Record

4 Mile ^{Relay} - Greg Eger 4:23.8 Dirk Rohloff 4:24.9
Hank Lawson 4:20.9 Paul Friedrichson 4:27.9

2 Mile Relay Dave Nolte 1:57.4 Mark Carroll 1:59.4
Bernie Mahon 1:58.2 Brian Saunders 2:06.1

Pole Vault Brian Hoey 12-6 Brian Saunders 12-0
Nandy Agtzyani 12-0

2:00

DAC Entries

440 R

Jeff, Steve
Murray, Brian

440 IM

220

male

Steve - 23.3

+ Dirk, ~~Hank~~ (4:18.6)

~~Hank~~ (4:20.8)

- Bernie (4:19.4)

- Tim (4:35.0)

3 mile

37 ✓ Paul - 14:30.6

✓ Greg - 14:45.8

✓ Hank 14:44.0

120 HH

H-281 X

440

✓ Kent (50.6)

MR

3:25.4

✓ 100

Jeff (10.2)

(over)

880

✓ Dave (1:56.1)

~~✓ Bernie (1:56.7)~~

✓ Alex (1:59.6)

✓ Dave V. (2:00.8)

✓ Roger (2:01.0)

Steeplechase

✓ Hank

~~✓ Bernie~~

~~✓ Dirk~~

HJBrian - 22-9^wSteve - 21-5^{3/4}^wEric - 21-5^wSP

Roy - 50-6

Ron - 47-5

Marty - 44-2

TJIdim - 45-3^{1/4}Discus

Ron - 168-1

Tim - 154-10

HJ

Brian - 6-1

Alex - 6-0

Walt - 5-10

Javelin

Tim - 186-8

Jay - 185-4

Idim - 185-3

PV

Jim - 12-6

Brian - 12-6

Randy - 12-0

Dan - 164-5

Vikes Set Records In GCC Relays

2/23/75

SAN MATEO—West Valley College set meet marks in the 4-mile relay and pole vault and also claimed victories in the distance medley and high jump relays Saturday at the 13th annual Golden Gate Conference Track & Field Relays at College of San Mateo.

Craig Sullivan anchored the Vikes 4-mile relay team with a 4:19.2 mile as the team clocked 17:25.4 to finish 12 seconds ahead of De Anza. Scott Turner vaulted 14-6 $\frac{1}{4}$ as he teamed with Leo Linn and Ralph Baker for a meet mark of 42-0 $\frac{3}{4}$. Ryan Paton of San Mateo also claimed an individual vault mark with his 15-5 which bettered the 15-4 by Dennis Phillips, also of CSM, in 1966. Phillips served as Paton's coach last year at Oregon State.

13th ANNUAL GCC RELAYS

Track Events

100—Livers (SJ) 9.7w; 120 HH—Gaines (CCSF) 14.9w; 3-Mile—Emery (DVC) 14:23.6; Brooks (SJ) 14:28.8.
440 R—Chabot (Nordman, Adams, Hazelwood, Corker) 42.3; CCSF 42.8; Foothill 42.9, 880 R—San Jose (Williams 22.4, Livers 21.6, Douglas 21.8, Hampton 20.7) 1:26.5; Mile R—Foothill (Carroll 50.8, Oravillo 50.4, Hill 51.7, Villareal 47.9) 3:20.8; 1.6 Mile R—San Jose (Williams 47.5) 3:21.4; 2-Mile R—De Anza (Saunders 2:05.1, Carroll 2:00.2, Nolte 1:57.1, Mahon 1:58.2) 8:01.2; West Valley (Tatum 1:57.4) 8:02.8; Sprint Medley—Foothill (Oravillo, Hill, Villareal 48.7, Hart 1:54.6) 3:27.7; Laney (Lewis 1:52.6) 3:27.8; Distance Medley—West Valley (Syth 51.9, Tatum 1:58.8, Rios 3:10.6, McCandless 4:12.8) 10:14.6; San Jose 10:16.4 (Nolan, Demers, Krenn, Ryan); 4-Mile R—West Valley (Werner 4:22.3, Sommer 4:22.8, McCandless 4:20.5, Sullivan 4:19.2) 17:25.4 (New Meet Record); De Anza (Lawson 4:20.7) 17:37.2; 480 Shuttle Hurdle R—San Francisco (Gaines, Williams, McGee, Wells) 1:04.5.

Field Events Relays

HJ—West Valley (Owinn 6-6, Mallory 6-2, Moga 6-2) 18-10; (Allen, SJ, and Wiley, SF, also cleared 6-6). JT—Chabot (Walker 205-5, Ferdinand 176-11, Nordman 165-6) 547-10; TJ—Foothill (Tovner 42-9 $\frac{1}{2}$, Childs 43-9 $\frac{1}{2}$, Holden 44-3 $\frac{1}{4}$) 131-10; (Best individual mark, Wells, CSF, 47-2). DT—San Jose (Hickson 154-2, Hennessey 137-11, Moore 137-3) 429-9; Foothill 404-2; De Anza 404-3 (Allen, 150-1). LJ—San Jose (Overstreet 22-8 $\frac{1}{2}$, Monteer 20-4, Walker 19-9) 62-9 $\frac{1}{4}$. SP—Foothill (Pishkin 4-10 $\frac{3}{4}$, Deafen 46-8, Lowe 45-7 $\frac{1}{4}$); De Anza (Schablaske 48-5) 137-5; (Best individual mark, Sifton, DVC, 49-4 $\frac{1}{4}$). PV—West Valley (Linn 14-0 $\frac{1}{4}$, Turner 14-6 $\frac{1}{4}$, Baker 13-4 $\frac{1}{2}$) 42-0 $\frac{3}{4}$; (New meet record). (Best individual mark, Paton, CSM, 15-5, bettered meet record of Dennis Phillips, CSM, 15-4 in 1966).

Two meet records set in GCC relays

2/23/75

Two meet records were broken and another tied yesterday as the new JC track season opened with the Golden Gate Conference Relays at College of San Mateo.

Millard Hampton blazed to a 20.7 clocking on his leg of the 880 relay to lead San Jose CC to a 1:26.5 clocking, which tied a meet record.

West Valley established the two records, running the four mile relay in 17:25.4, and totalling 42-0 $\frac{3}{4}$ in the pole vault.

City College's Mike Farmer, who ran in the same races as former high school rival Hampton but not on the same legs, turned in a 48.4 second leg performance in the mile relay, and outran San Jose's Don Livers in the 880 relay.

GOLDEN GATE CONFERENCE RELAYS

At College of San Mateo

Three mile — 1. Mike Emery (DVC) 14:23.6; 2. Gil Brooks (SJCC) 14:28.8; 3. Doug Padilla (Chabot) 14:41.4.
Distance medley relay — West Valley (Syth 51.9, Tatum 1:58.8; Rios 3:10.6, McCandless 4:12.8) 10:14.6; 2. San Jose, 10:16.4; 3. Chabot, 10:23.0.
440 relay — 1. Chabot (Nordman, Adams, Hazelwood, Corker) 42.3; 2. CCSF, 42.8; 3. Foothill, 42.9.
120 HH — 1. Roy Gaines (CCSF)

14.9; 2. Kevin Warren (Laney) 15.1; 3. Dave Cameron (SJCC) 15.2.

Sprint medley relay — 1. Foothill (Oravillo, Hill, Villareal 48.7, Hart 1:54.6) 3:27.1; 2. Laney, 3:27.8; 3. Diablo Valley, 3:32.1.

100 — 1. Don Livers (SJCC) 9.7; 2. Mike Barnes (DVC) 10.0; 3. Mark Rosenberg (WVC) 10.0.

3 200 mile relay — 1. De Anza (Saunders, 2:05.11, Carroll 2:00.2, Nolte 1:57.11, Mahon 1:58.2) 8:01.2; 2. West Valley, 8:03; 3. CCSF, 8:06.2.

880 — 1. San Jose CC (Williams 22.4, Livers 21.6, Douglas 21.8, Hampton 20.7) 1:26.5 (ties meet record); 2. Chabot, 1:28.6; 3. CC F 1:29.9. "B3 480 huttle HH — 1. CCSF (Gaines, Williams, McGee, Wells) 1:04.5; 2. Chabot, 1:07.9; 3. West Valley, 1:07.9.

Four mile relay — 1. West Valley (Werner 4:22.3, Sommer 4:22.8, McCandless 4:20.5, Sullivan 4:19.2) 17:25.4 (meet record); 2. De Anza, 17:37.2; 3. San Jose CC, 18:06.0.

Mile relay — 1. Foothill (Carroll 50.8, Oravillo 50.4, Hill 51.7, Villareal 47.9) 3:20.8; 2. Laney (Lewis 48.2) 3:21.0; 3. San Jose (Williams 47.5) 3:21.4; 4. CCSF (Farmer 48.4) 3:21.6.

LJ — 1. San Jose CC, 62-9 $\frac{1}{4}$; 2. West Valley, 62-0 $\frac{1}{4}$; 3. Chabot, 61-5 $\frac{3}{4}$. (Top individuals — Overstreet (SJCC) 22-8 $\frac{1}{2}$; LeGrande (WVC) 21-11 $\frac{3}{4}$; Holt (Chabot) 21-0 $\frac{1}{4}$.)

SP — 1. Foothill, 139-2; 2. De Anza, 137-5; 3. Chabot, 132-11 $\frac{1}{4}$. (Top individuals — Sifton (DVC) 49-4 $\frac{1}{4}$; Schablaske (De Anza 48-5; Hickson (SJCC) 49-9.)

HJ — 1. West Valley, 18-10; 2. Chabot, 18-6; (Top individuals — Wiley (CCSF) 6-6; Allen (SJCC) 6-6; Bowings (WVC) 6-6.)

Javelin — 1. Chabot, 547-10; 2. De Anza, 489-7; 3. San Jose, 443-1. (Top individuals — Walker (Chabot) 205-5; Ferdinand d (Chabot) 176-11; Allen (De Anza) 167-4.)

TJ — 1. Foothill, 131-10; 2. Chabot, 131-7; 3. San Jose CC, 129-10 $\frac{1}{4}$. (Top individuals — Wells (CCSF) 47-2; LeGrande (WVC) 45-11; Chavis (Laney) 44-7 $\frac{1}{2}$.)

Discus — 1. San Jose, 428-9; 2. Foothill, 406-2; 3. De Anza, 404-3. (Top individuals — Hickson (SJCC) 1540-2; a 154-2; Allen (De Anza) 150-1; Mapp (CCSF) 146-2.)

PV — 1. West Valley, 42-3 $\frac{1}{4}$ (meet record); 2. San Jose, 41-5 $\frac{1}{4}$; 3. Foothill, 40-11 $\frac{1}{2}$. (Top individuals — Paton (CSM) 15-5 (meet record); Gervasi (SJCC) 14-6 $\frac{1}{4}$; Turner (WVC) 14-6 $\frac{1}{4}$.)