

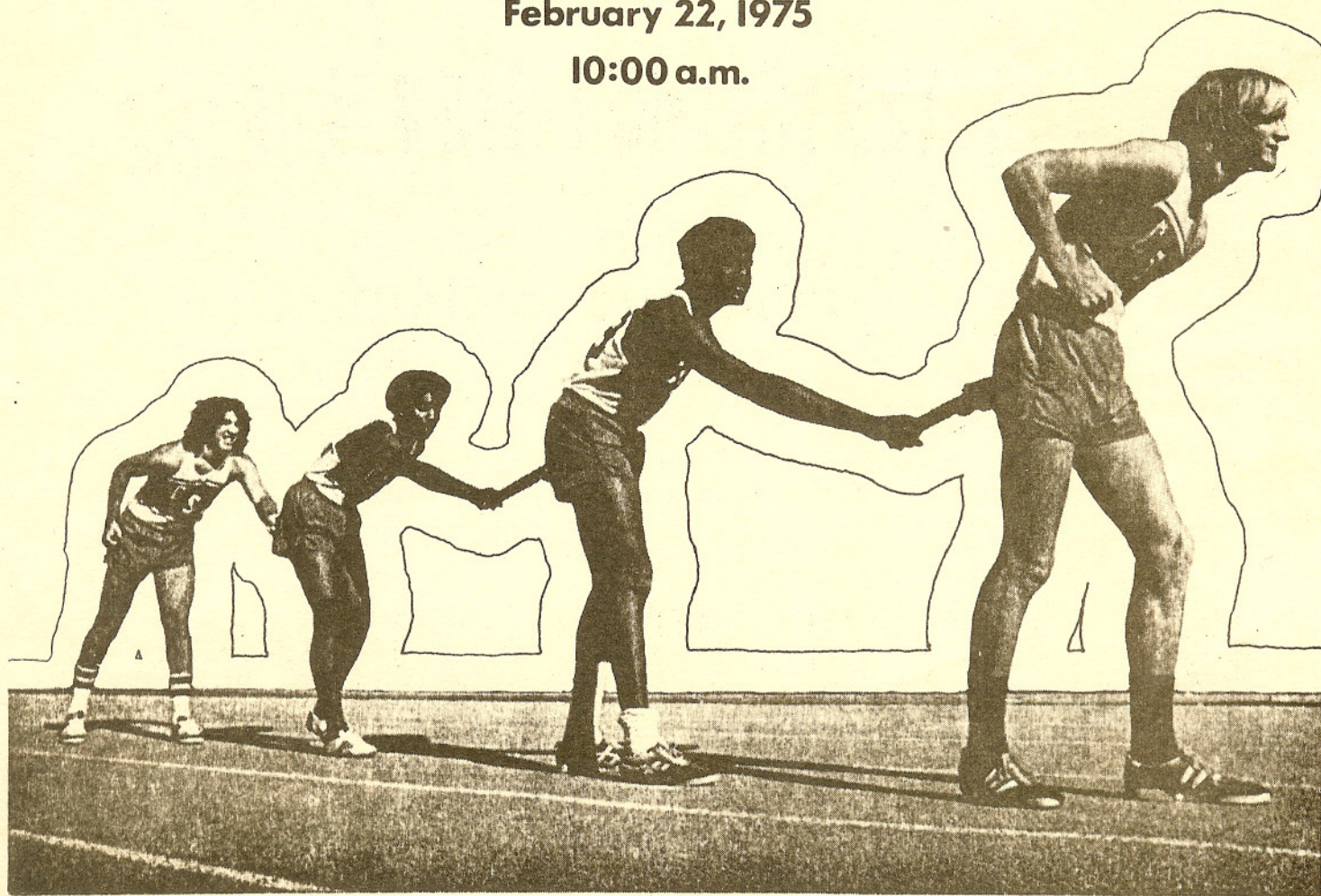
13th Annual

GOLDEN GATE CONFERENCE RELAYS

Host
College of San Mateo

RESULTS

Saturday
February 22, 1975
10:00 a.m.



**THIRTEENTH ANNUAL
GOLDEN GATE CONFERENCE**

RELAYS

February 22, 1975

College of San Mateo

College of San Mateo

San Mateo

WELCOME TO THE 13TH ANNUAL
GOLDEN GATE CONFERENCE RELAYS

The students and staff of College of San Mateo are honored to host the 13th Annual Golden Gate Conference Track and Field Relays. We welcome our colleagues from the Golden Gate Conference with the knowledge that this year's event will again reflect the exemplary standards of sportsmanship that are characteristic of our conference. We hope that each team and individual athlete will face the highest level of competition and will have full opportunity to attain outstanding performance.

Welcome!

David H. Mertes

David H. Mertes
President

PARTICIPATING TEAMS

TEAM

Chabot College
College of San Mateo
Laney College
Diablo Valley College
City College of San Francisco
San Jose City College
West Valley College
Foothill College
De Anza College

COACH

Glenn Malcolm
Bob Rush (Director)
Proverb Jacobs
Gay Bryan
Lou Vasquez
Burt Bonnano
Bill Campbell
Hank Ketels
Jim Linthicum

"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.) 14:29.8
3. Doug Padilla (CHABOT) 14:41.4
4. Tony Mezzapelle (S.J.C.C.) 14:54.0
5. Alex Aguilar (S.J.C.C.) 14:56.8

DISTANCE MEDLEY RACE

1. WEST VALLEY COLLEGE 10:14.6
(Steve Syth 51.9; Tom Tatum 1:58.8, Artie Rios 3:10.6, & Rich McCandless 4:12.8)
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)
4. DIABLO VALLEY COLLEGE 10:41.0
5. COLLEGE OF SAN MATEO 10:49.2

✓ 440 YARD RELAY RACE

1. CHABOT COLLEGE 42.3
(Randy Mordman, 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, & Doug Hill)
- ✓ 4. LANEY COLLEGE 43.0
- ✓ 5. WEST VALLEY COLLEGE 43.3

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
4. Len Eisen (CHABOT) 15.6
5. Ken Barranti (C.S.M.) 17.8

✓ SPRINT MEDLEY RELAY RACE

1. FOOTHILL COLLEGE 3:27.7
(Ed Oravillo, Doug Hill, Ed Villarreal 43.7, & Rick Hart 1:54.6)
2. LANEY COLLEGE 3:27.3
(Mike Horton 22.2, Ralph Dangerfield 22.5, Bradley Coleman 50.5, & Roderick Lewis 1:52.6)

LONG JUMP RELAY

1. SAN JOSE CITY COLLEGE 62'9 1/4"
(Cecil Overstreet 22'8 1/4", Larry Menteer 20'4" & Cal Walker 19'9")
 2. WEST VALLEY COLLEGE 62'1 1/4"
(John LeGrande 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 1/2", Keith Bynum 20'1 1/2", & Ken Mun 20'4")
- (INDIVIDUAL EFFORTS)
- 1) Cecil Overstreet S.J.C.C. 22'8 1/4"
 - 2) John LeGrande W.V.C. 21'11 3/4"
 - 3) Jim Holt CHABOT 21'1 1/2"
 - 4) George Turner C.C.S.F. 20'8 3/4"

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
4. Jerry Bell (C.C.S.F.) 10.2

SHOT PUT RELAY

1. FOOTHILL COLLEGE 139'2"
(Jay Pushkin 46'10 3/4", Greg Deaten 46'8", & Robert Lowe 45'7 1/4")
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")

INDIVIDUAL EFFORTS

- 1) Jack Sitton (D.V.C.) 49'4 1/2"
- 2) Roy Schablaske (DEANZA) 48'5"
- 3) Dave Hickson (S.J.C.C.) 47'9"
- 4) Jay Pushkin (FOOTHILL) 46'10 3/4"

TWO (2) MILE RELAY RACE

1. DE ANZA COLLEGE 3:01.2
(Brian Saunders 2:05.1, Mark Carroll 2:00.2, Dave Nette 1:57.1, & Bernie Mahon 1:58.2)
2. WEST VALLEY COLLEGE 3:02.3
(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 3:06.2
(Tony Herbert, George Gilbert, Joe Peterson, & Amador Garcia)
4. DIABLO VALLEY COLLEGE 3:11.3
5. SAN JOSE CITY COLLEGE 3:20.6

HIGH JUMP RELAY

1. WEST VALLEY COLLEGE 18'10"
(Mike Owings 6'6", Bruce Malory 6'2", & Fritz Moga 6'2")
2. CHABOT COLLEGE 17'8"
(Sheldon Castain 6'2", Angel Bobo 5'10", & Fred Adams 5'3")

THESE WERE THE ONLY TWO COMPLETE TEAMS

INDIVIDUALS

- 1) ~~King Wiley (C.C.S.F.) 6'6"~~
- 2) ~~Rich Allen (S.J.C.C.) 6'6"~~
- 3) ~~Mike Owings (W.V.C.) 6'6"~~
- 4) ~~Jack Kellum (S.J.C.C.) 6'4"~~
- 5) ~~Sheldon Castain (CHABOT) 6'2"~~
~~Bruce Mallory (W.V.C.) 6'2"~~
~~Chris See (D.V.C.) 6'2"~~
~~Fritz Moga (W.V.C.) 6'2"~~

380 YARDS (1/2-mile) RELAY RACE

1. SAN JOSE CITY COLLEGE 1:26.5 *(EQUALS MEET RECORD)*
(Ken Williams 22.4, Don Livers 21.6, James Douglas 21.3, & Millard Hampton 20.7)
2. CHABOT COLLEGE 1:22.6
(Randy Nordman 22.7, Fred Adams 22.3, Phil Hazelwood 22.1, & Calvin Corker 21.0)
3. CITY COLLEGE OF SAN FRANCISCO 1:29.9
(Roy Gaines, Mike Farmer, Dwight Williams, & Rich McGee)
4. WEST VALLEY COLLEGE 1:39.5
5. DIABLO VALLEY COLLEGE 1:32.9

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 Lisen)

THESE WERE THE ONLY TWO TEAMS COMPETING

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 Gall 165'9", & Kim Redington 156'6")
3. SAN JOSE CITY COLLEGE 443'1"
(Mike Shank 157'9", Lloyd Hennessey 136'5", & Steve Nolan 148'11")
4. WEST VALLEY COLLEGE 417'5"
INDIVIDUAL

- ~~1) Tom Walker (CHABOT) 205'5"~~
- ~~2) Gary Ferdinand (") 176'11"~~
- ~~3) Ron Allen (DEANZA) 167'4"~~
- ~~4) Jim Herron (D.V.C.) 165'10"~~
- ~~5) Jay Gall (DEANZA) 165'9"~~
- ~~6) Randy Nordman (CHABOT) 165'6"~~

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 Sullivan 4:19.2)
2. DE ANZA COLLEGE 17:37.2
(Greg Eger 4:23.3, Hank Lawson 4:20.9, Dirk Rohloff 4:24.9, & Paul Frederickson 4:27.9)
3. SAN JOSE CITY COLLEGE 18:06.6
(John Bettencourt, Roy Hogland, Shawn James, & Marty Krenn)
4. CHABOT COLLEGE 18:30.0
5. DIABLO VALLEY COLLEGE 18:36.2

ONE (1) MILE RELAY RACE

- ✓ 1. FOOTHILL COLLEGE 3:20.8
(Don Carroll 50.3, Ed Oravillo 50.4, Doug Hill 51.7, & Ed Villarreal 47.9)
- ✓ 2. LANEY COLLEGE 3:21.0
(Ralph Dangerfield 50.1, Bradley Coleman 51.0, Mike Horton 50.7, & Roderick Lewis 43.2)
- ✓ 3. SAN JOSE CITY COLLEGE 3:21.4
(Ben Castro 51.5, Joe Demers 51.6, George Manriquez 50.3, & Ken Williams 47.5)
- ✓ 4. CITY COLLEGE OF S.F. 3:21.5
- ✓ 5. CHABOT COLLEGE 3:23.7

TRIPLE JUMP RELAY

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

4. WEST VALLEY COLLEGE 127'7 $\frac{1}{2}$ "

POLE VAULT TOP INDIVIDUALS

INDIVIDUALS

- 1) Thurman Wells (G.C.S.F.) 47'2"
- 2) John Legrande (W.V.C.) 45'11"
- 3) Walter Chavis (LANEY) 44'7 $\frac{1}{2}$ "
- 4) Mario Gates (LANEY) 44'7 $\frac{1}{2}$ "

- 1) Ryan Paton (C.S.M.) 15'5" ***NEW MEET RECORD***
(old record-Dennis Phillips CSM 15'4" set
in 1966)
- 2) Bill Gervasi (S.J.C.C.) 14'6 $\frac{1}{4}$ "
- 3) Scott Turner (W.V.C.) 14'6 $\frac{1}{4}$ "
- 4) Leo Linn (W.V.C.) 14'1 $\frac{1}{2}$ "
- Doug Phillips (D.V.C.) 14'1 $\frac{1}{2}$ "
- Tim Iverson (S.J.C.C.) 14'1 $\frac{1}{2}$ "
- Mark Lizotte (FOOTHILL) 14'1 $\frac{1}{2}$ "
- Thomas Dixon (FOOTHILL) 14'1 $\frac{1}{2}$ "

DISCUS THROWING RELAY

1. SAN JOSE CITY COLLEGE 428'9"
(Dave Hickson 154'2", Lloyd Hennessey
137'4", & Glen Moore 137'3")
2. FOOTHILL COLLEGE 406'2"
(Kurt Vonagas 137'5", Bob Lowe 134'6",
& Jay Pushkin 134'3")
3. DE ANZA COLLEGE 404'3"
(Ron Allen 150'1", Tim Bergstresser 131'7",
& Kin Redington 122'7")

4. WEST VALLEY COLLEGE 402'3"

INDIVIDUALS

- 1) Dave Hickson (S.J.C.C.) 154'2"
- 2) Ron Allen (DEANZA) 150'1"
- 3) Robert Hupp (G.C.S.F.) 146'2"
- 4) Chuck Husa (W.V.C.) 139'11"

SPECIAL & EXTRA: WEIGHT MAN'S RELAY RACE

1. COLLEGE OF SAN MATEO 47.6
(Jeff Vetrovec, Russ Fitts, Mike Weber,
& Mark Rockwood)
2. SAN JOSE CITY COLLEGE 49.3
(Holand, Hennessey, Harness, & Moore)

POLE VAULT RELAY

1. WEST VALLEY COLLEGE ***NEW MEET RECORD*** 42'3 $\frac{3}{4}$ "
(Leo Linn 14'1 $\frac{1}{2}$ ", Scott Turner 14'6 $\frac{1}{4}$ ",
& Ralph Baker 13'6 $\frac{1}{2}$ ")
2. SAN JOSE CITY COLLEGE 41'5 $\frac{1}{4}$ "
(Bill Gervasi 14'6 $\frac{1}{4}$ ", Jim Iverson 14'1 $\frac{1}{2}$ ",
& Jeff Silveria 12'11")
3. FOOTHILL COLLEGE 40'11 $\frac{1}{2}$ "
(Bryan McDowell 12'11", Mark Lizotte 14'1 $\frac{1}{2}$ ",
Thomas Dixon 14'1 $\frac{1}{2}$ ")
4. COLLEGE OF SAN MATEO 40'5"
(Ryan Paton 15'5", Steve Field 12'6", &
Dave Graham 12'6")

1975

GOLDEN GATE CONFERENCE

RELAYS

APPROXIMATE TIME SCHEDULE

FIELD EVENTS

10:00 a.m.	Pole Vault
	Long Jump
	Shot Put
	High Jump
	Javelin
11:15 a.m.	Triple Jump (Or completion of L.J.)
	Discus (Or completion of Shot Put)

RUNNING EVENTS

10:30 a.m.	3 Mile Run
10:50 a.m.	Distance Medley Relay
11:10 a.m.	440 Yard Relay
11:25 a.m.	120 Yard High Hurdles
11:40 a.m.	Sprint Medley Relay
11:55 a.m.	11 Yard Dash
12:10 p.m.	Two Mile Relay
12:25 p.m.	880 Yard Relay
12:40 p.m.	Shuttle Hurdle Relay - All Highs
1:00 p.m.	4 Mile Relay
1:30 p.m.	One Mile Relay

GOLDEN GATE CONFERENCE

3 Mile Run	14:11	San Mateo
440 Relay	:41.1	San Jose
880 Relay	1:26.5	Merritt
Mile Relay	3:15.1	Merritt
2 Mile Relay	7:52	San Mateo
Sprint Medley	3:27.6	Merritt
Distance Medley	10:12.4	Diablo Valley
Shuttle Hurdles (H.L.)	:57.3	Merritt
Shuttle Hurdles (H.H.)	1:02.0	Chabot
100 Yard Dash	:09.5	Contra Costa
120 Yard High Hurdles	:14.2	Contra Costa
High Jump	19'4"	Contra Costa
Long Jump	68'10 $\frac{1}{2}$ "	San Jose
Triple Jump	138'11- $\frac{3}{4}$ "	Foothill
Pole Vault	41'5- $\frac{3}{4}$ "	San Mateo
Shot Put	156'11"	Foothill
Discus Throw	455'9"	Foothill
Javelin	(to be established)	
4 Mile Relay	18:09.1	Chabot

Note: No field events were held in 1974 due to wet conditions.

RELAY RECORDS

Jim Van Dine	1973
Calloway-Miller-Delk-Harris	1968
Edmonson-Stuckey-Ford-Glenn	1970
Stuckey-Gordon-Glenn-Edmonson	1970
Bickel-Best-Shershen-Robertson	1970
Ford-Stuckey-Glenn-Baker	1970
Sweargin-See-Bentz-Schap	1972
McCormick-Bains-Sanders-Johnson	1964
Barnes-Critelli-Andrews-Ligons	1974
Travis Williams	1964
Rick Rogers	1966
Reed - Osborne - Anderson	1968
Harris-Delk-Jackson	1968
Olmstead, Lozano, Armstrong	1965
Olmstead, Lozano, Armstrong	1968
Castle, Mills, Headley	1963
Patterson, Bass, Seed	1973
Dyer-Hurtado-Anderson-Bautista	1970

ORDER OF EVENTS

POLE VAULT
ORDER OF FINISH

HEIGHT

1. _____
2. _____
3. _____
4. _____

MEET RECORD: COLLEGE OF SAN MATEO

41'5-3/4" 1968

LONG JUMP
ORDER OF FINISH

DISTANCE

1. _____
2. _____
3. _____
4. _____

MEET RECORD: SAN JOSE

68'10" 1968

SHOT PUT
ORDER OF FINISH

DISTANCE

1. _____
2. _____
3. _____
4. _____

MEET RECORD: FOOTHILL COLLEGE

156'11" 1963

HIGH JUMP
ORDER OF FINISH

HEIGHT

1. _____
2. _____
3. _____
4. _____

MEET RECORD: CONTRA COSTA COLLEGE

19'4" 1968

TRIPLE JUMP

DISTANCE

1. _____
2. _____
3. _____
4. _____

MEET RECORD: FOOTHILL COLLEGE

138'11-3/4" 1965

DISCUS THROW

DISTANCE

1. _____
2. _____
3. _____
4. _____

MEET RECORD: FOOTHILL COLLEGE

455' 9" 1973

JAVELIN THROW
ORDER OF FINISH

DISTANCE

1. _____
2. _____
3. _____
4. _____

MEET RECORD: TO BE ESTABLISHED

3 MILE RUN
ORDER OF FINISH

TIME

1. _____
2. _____
3. _____
4. _____

- _____
- _____
- _____
- _____

MEET RECORD: College of San Mateo
Jim Van Dine

1973
14:11

DISTANCE MEDLEY (440-880-1320-MILE)
ORDER OF FINISH

TIME

1. _____
2. _____
3. _____
4. _____

- _____
- _____
- _____
- _____

MEET RECORD: Diablo Valley College

1972
10:12.4

440 YARD RELAY (4 x 110)
ORDER OF FINISH

TIME

1. _____
2. _____
3. _____
4. _____

- _____
- _____
- _____
- _____

MEET RECORD: San Jose City College

1968
41.1

120 YARD HIGH HURDLES
ORDER OF FINISH

TIME

1. _____

2. _____

3. _____

4. _____

MEET RECORD: Contra Costa
Rick Rogers

1966
14.2

SPRINT MEDLEY (220-220-440-880)
ORDER OF FINISH

TIME

1. _____

2. _____

3. _____

4. _____

MEET RECORD: Merritt College

1970
3:27.6

100 YARD DASH
ORDER OF FINISH

TIME

1. _____

2. _____

3. _____

4. _____

MEET RECORD: Contra Costa College
Travis Williams

1965
9.5

TWO-MILE RELAY (4x880)
ORDER OF FINISH

TIME

1. _____
2. _____
3. _____
4. _____

MEET RECORD: College of San Mateo

1970
7:52

880 YARD RELAY (4x220)
ORDER OF FINISH

TIME

1. _____
2. _____
3. _____
4. _____

MEET RECORD: Merritt College

1970
1:26.5

SHUTTLE HURDLE RELAY (4x120 HH)
ORDER OF FINISH

TIME

1. _____
2. _____
3. _____
4. _____

MEET RECORD: Chabot College

1974
1:02.0

ONE-MILE RELAY (4x440)
ORDER OF FINISH

TIME

1. _____
2. _____
3. _____
4. _____

MEET RECORD: Merritt College

1970
3:15.1

NATIONAL JUNIOR COLLEGE TRACK AND FIELD RECORDS

100 Yard Dash - 9.2	DOUG HAWKEN, Glendale CC, 1969
220 Yard Dash - 20.5	MIKE FREY, Mesa CC, Arizona, 1968
440 Yard Dash - 45.8	KARL FARMER, L. A. Southwest, Bakersfield, Ca June 15, 1973
880 Yard Dash - 1:48.0	JAMES ROBINSON, Laney, Bakersfield, Ca May 25, 1974
One-mile Run - 3:56.1	NEILL DUGGAN, Allan Hancock, San Diego, Ca June 11, 1966
Two-mile Run - 8:52.4	PHIL BURKWIST, Spokane CC, Spokane, Wash. April 18, 1970
Three-mile Run - 13:39.1	ED MENDOZA, Grossmont, Bakersfield, Ca June 14, 1973
120 Yard High Hurdles - 13.5	CHARLES RICH, L. A. Southwest, San Diego, Ca May 22, 1971
440 Yard Intermediate Hurdles - 51.2	GEOFFREY VANDERSTOCK, Mt. San Antonio, Walnut, Ca April 16, 1966
3000 Meter Steeplechase - 8:57.8	DICK KRENZER, L.A. Valley, Compton, Ca May 31, 1963
High Jump - 7-1½	ED CARUTHERS, Norwalk, Ca, April 15, 1965 RAY LISBY, Mesa CC, Ariona, 1971
Long Jump - 26-2 3/4	HENRY HINES, Sacramento CC, Fresno, Ca May 10, 1969
Triple Jump - 52-4½	CLARENCE TAYLOR, Forest Park, Bakersfield, Ca June 14, 1973
Pole Vault - 17-½	RALPH HAYNIE, Central Arizona, San Jacinto, Tex. May 24, 1974
Shot Put - 62-10	RON SEMKIW, Mesa, Arizona, San Jacinto, Tex. May 24, 1974
Discus - 187-5	LES MILLS, Foothill Col., Modesto, Ca May 18, 1963
Javelin - 273-0	MARK MURRO, Mesa Comm. Col., Garden City, Kan. April 9, 1968
Hammer Throw - 187-11	CASEY BALLWAY, Fullerton, Fresno, Ca May 12, 1973
440 Yard Relay - 40.4	MESA, ARIZONA, San Jacinto, Tex. May 24, 1974
880 Yard Relay - 1:24.1	MERRITT, Cupertino, Ca April 26, 1969
One Mile Relay - 3:08.2	MERRITT, Cupertino, Ca April 26, 1969
Two Mile Relay - 7:29.3	L.A. PIERCE, Fresno, Ca May 13, 1967
Four Mile Relay - 17:00.2	ALLEGHENY CC, PA, University Park, Pa April 13, 1974
Sprint Medley Relay - 3:19.7	ESSEX COUNTY, Gainesville, Flz. March 30, 1973
Distance Medley Relay - 9:51.0	L.A. VALLEY COLLEGE, Fresno, CA May 13, 1972

NATIONAL JUNIOR COLLEGE TRACK AND FIELD RECORDS continued

480 Yard Shuttle Hurdle Relay - 53.7

Mt. San Antonio, Walnut, Ca
April 23, 1965

480 Yard High Hurdle Shuttle Relay - 59.1

Fullerton College, Bakersfield, Ca
April 22, 1972

APPROXIMATE ORDER OF EVENTS FINISHING	CHABOT	SAN MATEO	LANEY	DIABLO VALLEY	SAN FRANCISCO	SAN JOSE	DE ANZA	FOOTHILL	WEST VALLEY
LONG JUMP	/	/	/	/	/	/	/	/	/
SHOT PUT	/	/	/	/	/	/	/	/	/
HIGH JUMP	/	/	/	/	/	/	/	/	/
DISTANCE MEDLEY	/	/	/	/	/	/	/	/	/
440 RELAY	/	/	/	/	/	/	/	/	/
120 HIGH HURDLES	/	/	/	/	/	/	/	/	/
SPRINT MEDLEY	/	/	/	/	/	/	/	/	/
POLE VAULT	/	/	/	/	/	/	/	/	/
JAVELIN	/	/	/	/	/	/	/	/	/
DISCUS	/	/	/	/	/	/	/	/	/
TRIPLE JUMP	/	/	/	/	/	/	/	/	/
100 YARD DASH	/	/	/	/	/	/	/	/	/
2 MILE RELAY	/	/	/	/	/	/	/	/	/
880 YARD RELAY	/	/	/	/	/	/	/	/	/
SHUTTLE HURDLES	/	/	/	/	/	/	/	/	/
4 MILE RELAY	/	/	/	/	/	/	/	/	/
ONE MILE RELAY	/	/	/	/	/	/	/	/	/
THREE MILE RUN	/	/	/	/	/	/	/	/	/
TOTAL									

SCORING

Running and Field Relays 10-8-6-4-2-1
Individual Running Events 5-4-3-2-1

No official score is kept in the Golden Gate Conference Relays.