

NORTHERN CALIFORNIA JUNIOR COLLEGE

TRACK AND FIELD

CHAMPIONSHIP

TRIALS

MODESTO JUNIOR COLLEGE

May 16, 1975

RUNNING EVENTS - - - Heats and Lane Assignments

FIELD EVENTS - - - - Flights and Order of Competition

NOR-CAL MEET RECORDS

1973
3000 Meter Steeplechase - Phelan - AR 9:21.3

1970
440 Relay - Merritt 40.8

1973
1 Mile - Buenrostro - Delta 4:08.9

1971
HH - Wilson - Fresno 13.9

1967
440 - Hatcher - Hancock 47.4

1967
100 - Davis - Fresno 9.4

1968
880 - Martin - Sac 1:50.7

1973
IH - Roesky - DeAnza 52.9

1970
220 - Edmonson - Merced 20.8

1970
2 Mile - Weaver - AR 9:16.4

1971
Mile Relay - Merritt 3:13.6

1971
P.V. - Royal - DeAnza 16'1"

1966
H.J. - Lowe - Foothill 6'10"
1968 - Pierce - D.V.C.

1971
L.J. - Hewitt - Merced 24'11½"

1969
S.P. - Mosley - Merritt 55'10"

1963
Discus - Mills - Foothill 187'5"

1973
TJ - Krebs - Foothill 51'11½"

1973
3 Mile - Hall - Fresno 14:08.8

1974
Javelin - Ladd - Modesto 199'5"

TRIALS
22ND ANNUAL NORTHERN CALIFORNIA TRACK & FIELD MEET
May 16, 1975

TIME SCHEDULE AND ORDER OF EVENTS

FIELD EVENTS

12:00	Javelin Warm-Up
12:30	Javelin Begins
1:30	Warm-Up -- Long Jump - Shot Put - Pole Vault - High Jump
2:00	Pole Vault (Competition begins at 13'6")
2:00	High Jump (Competition begins at 6'0")
2:00	Shot Put
2:00	Long Jump
3:30	Discus (will follow completion of Shot Put - allowing time for warm-up)
3:30	Triple Jump (will follow completion of Long Jump - allowing time for warm-up)

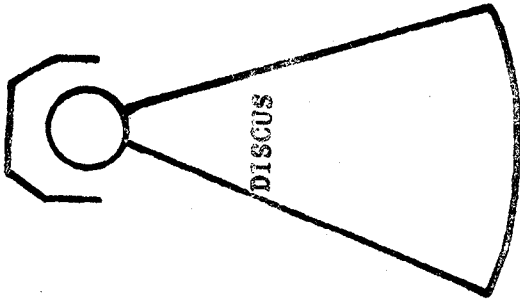
TRACK EVENTS

2:15	3000 Meter Steeplechase
3:00	440 Relay
3:15	Mile Run
3:35	120 Yard High Hurdles
3:55	440 Yard Dash
4:10	100 Yard Dash
4:30	880 Yard Run
4:40	440 Yard Int. Hurdles
5:00	220 Yard Dash
5:15	Three Mile Run
5:45	One Mile Relay

LOCKER ROOM

TENNIS COURTS

COLLEGE AVENUE



Warm-up Area

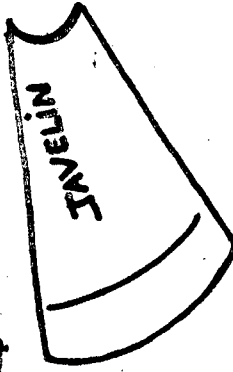
Bleachers

START

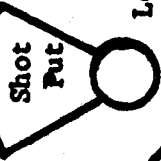
440- 440 Relay
 Mile Relay
 220- 1880

440- 440 Relay
 Mile Relay
 220- 1880

Triple Jump



High Jump



Long Jump

START
 120 High Hurdles

START
 100 Yds.

START
 440 I.H.

START
 Mile
 2 Mile- 3 Mile
 FINISH
 100-220
 120 H.H.

Pole Vault

BLEACHERS

TULLY ROAD

PLEASE PARK
 SCHOOL
 VEHICLES HERE

COLDWELL AVENUE

JAVELIN

12:30 PM

Qualify 10 plus all ties for 10th. 4 throws.

Flight 1

Joe Leas	Shasta College	177'3"
Chris Baker	Cosumnes River College	180'1"
Matt Hartwig	Fresno City College	179'10"
Scott Thorn	Cabrillo College	170'6"
Bill Chandon	American River College	170'0"
Doug Dunham	Antelope Valley College	168'1"

Flight 2

Mike Shank	San Jose City College	184'0"
Tim Bergstresser	DeAnza College	186'8"
Dave Crowhurst	College of Marin	185'6"
Dale Hurt	Porterville Junior College	181'5"
Bob McCann	Cabrillo College	180'6"
Greg Bodmer	Skyline College	184'2"

Flight 3

Steve McMullen	Los Medanos	191'7"
Bill Prefach	Solano City College	195'8"
Gary Ferdinand	Chabot College	190'9"
Justin Thomberg	Hartnell College	195'1"
Jerry Prnjak	Shasta College	189'8"

Flight 4

Jeff Garcia	Hartnell College	203'8"
Jim Herron	Diablo Valley College	202'1"
Tom Walker	Chabot College	209'2"
Jay Gall	DeAnza College	197'7"
Willie Robinson	College of the Sequoias	203'10"

Marcia 214-5
 Walker 204-8
 Herron DVC 202-4
 Bergstresser 201-4
 Robinson COS 200-5
 Sky 195-6
 Crowhurst M 187-7
 McMullen DMC 181-6
 Prnjak 180-8

POLE VAULT

2:00 PM

Qualify 10, plus all ties for 10th. Starting height: 13'6"

ALLOW TWO WARM-UPS BETWEEN FLIGHTS

Flight 1

Dave Karacozoff	Cosumnes River College	13'6"
Vince Sampson	Cosumnes River College	13'6"
Robert Paffenberger	Los Medanos	13'6"

Flight 2

Olof Moen	Santa Rosa Junior College	14'0"
Allon Bennett	Hartnell College	14'0"
Ron Hopkins	Lassen College	14'0"
Rich Stark	Santa Rosa Junior College	14'0"
David Jayne	Fresno City College	14'0"

Flight 3

Gary Jenkins	Porterville Junior College	14'0"
Jack Okell	Solano City College	14'0"
Steve Serrano	Skyline	14'0"
Larry Kern	Cabrillo College	14'1"
Ray Gullion	Hartnell College	14'1"

Flight 4

Jeff Tomasetti	Fresno City College	14'3"
Mike Poindexter	Fresno City College	14'6"
Bruce Gagon	Sierra College	14'6"
James Smith	College of the Sequoias	14'6"
Bill McKay	Shasta College	14'6"

Flight 5

Paul Klepp	Antelope Valley College	14'6"
Earl Caldwell	San Mateo City College	14'6"
Mark Bell	American River College	15'0"
Tim Iverson	San Jose City College	15'0"
Steve Lawry	Santa Rosa Junior College	15'½"

Flight 6

Bill Gervasi	San Jose City College	15'3/4"
Mark Lizotte	Foothill College	15'2"
Leo Linn	West Valley College	15'6"
Doug Phillips	Diablo Valley College	15'6½"
Ryon Paton	San Mateo City College	16'½"

HIGH JUMP

2:00 PM

Qualify 10. Starting height : 6'2"

ALLOW TWO WARM-UP ATTEMPTS BETWEEN FLIGHTS

Flight 1

Charlie Ford	Skyline College	6'2"
Emile Shaffer	Alameda College	6'2"
Glenn Stephenson	Porterville Junior College	6'4"
Al Bentley	Butte College	6'4"
Ray Johnson	Fresno City College	6'4"

Flight 2

Terry Parker	Modesto Junior College	6'4"
Dennis Abbott	Diablo Valley College	6'4"
Greg Arciadiacono	Los Medanos	6'4½"
Don Crane	Redwoods College	6'5"
Tom Acker	Shasta College	6'5"

Flight 3

Tom Picarella	Ohlone College	6'6"
Rob Jones	Menlo College	6'6"
Glenn Lilly	San Joaquin Delta College	6'6"
Dennis Little	Modesto Junior College	6'6"
Willard Epps	College of the Sequoias	6'6"

Flight 4

Rodney Simmons	Alameda College	6'6"
Ed Cloud	Contra Costa College	6'6"
Ben Peat	Sierra College	6'6 3/4"
Mike Owings	West Valley College	6'7"
Fritz Moga	West Valley College	6'7"

Flight 5

Brooke Hamilton	Reedley College	6'7"
Rick Yttervik	Yuba City College	6'7½"
John Littleboy	Foothill College	6'8"
Greg Oliver	Alameda College	6'8"
Sid Tevis	Sacramento City College	6'8"

Flight 6

Rich Allen	San Jose City College	6'9"
Lonnie Watson	Modesto Junior College	6'9"
King Wiley	City College of San Francisco	6'10"
Tony Nubian	Alameda College	6'10"
Charles Hatch	Cuesta College	6'10"

SHOT PUT

2:00 PM

Qualify 10, plus all ties for 10th. 4 puts.

Flight 1

Mark Bagoye	Gavilan College	45'7 $\frac{1}{4}$ "
Gennit Schram	Skyline College	45'0"
Tom Daniels	Contra Costa College	45'2 3/4"
Loren Schendel	College of Siskiyous	47'1"

Flight 2

Steve Perich	Sacramento City College	49'5 $\frac{1}{2}$ "
Dave Hickson	San Jose City College	49'7 $\frac{1}{2}$ "
Doug Maier	American River College	48'4"
Rick Davis	West Valley College	48'3"
Mike Burns	Antelope Valley College	48'2 $\frac{1}{2}$ "

Flight 3

Greg Deaton	Foothill College	50'4"
Lon Sizemore	San Jose City College	50'1"
Sam Alexander	College of the Sequoias	51'5"
Roy Schablaske	De Anza College	50'6"
Jim Schmidt	Modesto Junior College	50'2"

Flight 4

Dan Lewis	Cuesta Community College	51'11 $\frac{1}{2}$ "
Jack Sitton	Diablo Valley College	53'3 $\frac{1}{4}$ "
Bob Gummerson	Santa Rosa Junior College	51'7 $\frac{1}{2}$ "
Mark Doll	Cosumnes River College	54'2 3/4"
Paul Santiago	American River College	52'11 3/4"

LONG JUMP

2:00 PM

Qualify 10. Four jumps.

ALLOW TWO WARM-UP ATTEMPTS BETWEEN FLIGHTS

Flight 1

Bill Russell	Merced College	21'5"
Bill Dew	Hartnell Community College	21'8"
John Hudson	Butte College	22'0"
Mike Gilmore	Skyline College	21'7½"

Flight 2

Ken Wun	Chabot College	22'3½"
Ulysses Allen	San Jose City College	22'4¼"
Dennis Little	Modesto Junior College	22'4½"
Mike Morgan	Cabrillo College	22'0"
Tyree Gray	Santa Rosa Junior College	22'2½"

Flight 3

Milt Carter	Monterey Peninsula College	22'6 3/4"
Larry Johnson	Fresno City College	22'11"
Clint Harrell	San Joaquin Delta College	22'7½"
Johnel Conner	West Valley College	22'11"
Dave Butler	Modesto Junior College	22'4½"

Flight 4

Greg Oliver	Alameda College	23'0"
James Holt	Chabot College	23'3 3/4"
Gary Gomes	Santa Rosa Junior College	23'2½"
Emile Shaffer	Alameda College	23'4½"
Ricky Richardson	American River College	23'2 3/4"

Flight 5

Mark Cleghorn	Alameda College	24'1½"
Ralph Dangerfield	Laney College	23'6¼"
Mark Givens	Fresno City College	24'2½"
Larry Hicks	Los Medanos Junior College	23'6½"
Cecil Overstreet	San Jose City College	25'2½"

DISCUS

3:30 PM

Qualify 10, plus all ties for 10th. 4 throws.

Flight 1

Bob Gummerson	Santa Rosa Junior College	151'0"
Sil Amdahl	Contra Costa College	148'8"
Kurt Vonagas	Foothill College	148'5"
Randy Carter	Modesto Junior College	151'7"
Don Nelson	College of Marin	140'9"
Chris See	Diablo Valley College	150'9"

Flight 2

Randy Whited	Modesto Junior College	159'0"
Mel Johnson	Monterey Peninsula College	155'7"
Steve Hall	Fresno City College	156'4"
Jim Fyfe	Cosumnes River College	154'9"
Loren Schendel	College of Siskiyous	159'3"
Carlos Jacobs	Hartnell Community College	152'3"
Paul Santiago	American River College	156'6"

Flight 3

Jay Pushkin	Foothill College	170'4"
Dave Hickson	San Jose City College	164'11"
Ron Allen	De Anza College	168'1"
Ron Grant	West Hills College	161'6"
Sam Alexander	College of the Sequoias	184'11"
Robert Mapp	City College of San Francisco	159'9"

176-2	Pushkin	Foot
168-7	Hickson	SJCC
164-6	Santiago	ARC
158-4	Johnson	MPC
156-7	Alexander	COS
153-10	See	DVC
153-5	Allen	D
152-8	Mapp	CCSF
149-2	Hall	Fresno
148-5	Whited	Modesto

3,000 METER STEEPLE CHASE

2:15 PM

Top 6 from each heat qualify to finals.

Heat 1

	Position 1.	Bill Dyer	Lassen Junior College	9:54.0
9:48.1	- 2.	Mike Garrett	Cosumnes River College	9:32.5
9:34.3	- 3.	Gil Brooks	San Jose City College	9:42.4
9:32.7	- 4.	Hank Lawson	De Anza College	9:47
9:55.8	- 5.	Mark Dawson	Santa Rosa Junior College	9:53.8
	6.	Darrell Davis	Ohlone College	10:15.0
	7.	Mike Gourley	College of Siskiyous	N.T.
9:38.2	- 8.	Jack Reime	Cabrillo College	9:23.0
9:30.5	9.	Rich Langford	American River College	9:15.7
	10.	Joe Castillo	Modesto Junior College	10:24
	11.	Myron Self	Contra Costa College	N.T.
	12.	Dave Reiter	Chabot College	10:07.2
	13.	Roger Stordal	Sacramento City College	10:08.5

Heat 2

9:52.8	- Position 1.	E. Magallenes	Monterey Peninsula College	9:20.5
	2.	Kevin Ainslie	Solano Community College	N.T.
9:54.6	- 3.	Dan Turek	College of Marin	9:33.8
① 9:43.7	- 4.	Rick Hart	Foothill College	9:16.8
	5.	Bruce Caputo	Lassen Junior College	9:40.8
10:05.3	- 6.	Jim Howard	Cosumnes River College	10:06.0
	7.	Richard Sanchez	Gavilan College	N.T.
	8.	Joe Cordova	San Joaquin Delta College	9:58.7
	9.	P. Everest	Yuba College	10:14.0
9:54.7	- 10.	Bob Powell	Skyline College	10:14.4
	11.	Roy Hogle	San Jose City College	9:48.0
9:58.0	- 12.	Peter Dinno	West Valley College	9:48.0

1:08.7

2:20.6

3:34.6

4:50.9

6:07.9

7:26.9

8:16.9

8:46.1

9:32.8

TRIPLE JUMP

3:30 PM

Qualify 10, plus all ties for 10th. 4 jumps

ALLOW TWO WARM-UP ATTEMPTS BETWEEN FLIGHTS

Flight 1

Ernie Washington	Contra Costa College	46'0"
Alan Landers	Contra Costa College	46'0"
Norman Thurman	Sacramento City College	46'0"
Jim Hardy	Sierra Junior College	45'11 3/4"
John Hudson	Butte College	45'11 3/4"

Flight 2

Rich McGee	City College of San Francisco	46'3"
James Holt	Chabot College	46'10"
Brent Holden	Foothill College	46'8 1/2"
Ricky Richardson	American River College	46'6 1/4"
Greg Oliver	Alameda College	46'11"

Flight 3

Ben Halliman	West Hills College	47'2 1/2"
Cal Walker	San Jose City College	47'3 1/2"
Bill Dew	Hartnell Community College	46'11 1/2"
Mike Wasson	San Joaquin Delta College	47'3"
Ken Wun	Chabot College	46'11 1/4"

Flight 4

Mario Gates	Laney College	48'1"
Bob Tompkins	Gavilan College	47'7 1/4"
Tyree Gray	Santa Rosa Junior College	47'11 1/2"
Clint Harrell	San Joaquin Delta College	48'8 1/2"
Larry Johnson	Fresno City College	49'1 1/2"
Richard Abuan	Hartnell Community College	47'5 1/2"

Flight 5

Mike Marlow	Cosumnes River College	50' 1/2"
Emile Shaffer	Alameda College	50'6 1/2"
John Le Grande	West Valley College	50'9 3/4"
John Haynes	Contra Costa College	49'6 1/2"
Thermond Wells	City College of San Francisco	49'11 1/4"

440 YARD RELAY

3:00 PM

First 3 in each heat qualify for finals.

Heat 1

Lane 2	Sierra College	43.9
3	San Joaquin Delta College	42.8
4	Hartnell College	42.2
5	San Jose City College	40.7
6	Porterville Junior College	42.2
7	Cosumnes River College	42.9
8	Yuba City College	44.4

Heat 2

Lane 2	Santa Rosa Junior College	43.1
3	West Hills College	42.6
4	City College of San Francisco	42.0
5	Contra Costa College	41.6
6	West Valley College	42.5
7	Merritt College	43.0

Heat 3

Lane 2	Modesto Junior College	43.1
3	American River College	42.5
4	Alameda College	41.7
5	Chabot College	41.7
6	Fresno City College	42.5
7	Laney College	43.0

ONE MILE RUN

3:15 PM

Top 6 from each heat qualify to finals.

Heat 1

Position 1.	Maurice O'Reilly	Santa Rosa Junior College	4:22.4
2.	Keith Malain	Shasta College	4:23.9
3.	Tony Tarantino	Skyline College	4:25.1
4.	Bernie Mahon	De Anza College	4:17
5.	Bob Deis	American River College	4:16.5
6.	Generd Venegas	Cosummes River College	4:23.1
7.	Ned Baird	Fresno City College	4:19
8.	Doug Padilla	Chabot College	4:15
9.	Lynn Ryan	San Jose City College	4:12.7
10.	Richard Barraza	Monterey Peninsula College	4:17.9
11.	Collins Gaisie	Porterville Junior College	4:20
12.	Kian McCarthy	Marin College	4:20.9
13.	John Moreno	Skyline College	4:23.8

Heat 2

Position 1.	Damon Wood	San Mateo City College	4:16.4
2.	Lupe Vargas	Merced College	4:19.6
3.	Dave Wells	Redwoods College	4:17.1
4.	Harry Ellis	American River College	4:24.2
5.	Craig Sullivan	West Valley College	4:12.0
6.	Tony Fotinos	Skyline College	4:21.7
7.	^{Franco Ferrer} Dirk Rohloff	^{S S C} De Anza College	4:18.6
8.	Richard Flores	San Joaquin Delta College	4:22.2
9.	Tom Burrough	Contra Costa College	4:23.7
10.	Ian Burnett	Santa Rosa Junior College	4:27.5
11.	Loran Ringo	American River College	4:17.5
12.	Mark Jensen	Monterey Peninsula College	4:23.5
13.	John Routh	Menlo College	4:15.5

31

63.

2:07

3:12

4:20.8

120 YARD HIGH HURDLES

3:35 PM

First 3 in each heat qualify to finals.

Heat 1

Lane 2	Dwight Williams	City College of San Francisco	14.9
3	Roy Gaines	City College of San Francisco	14.5
4	Jose Rivas	College of the Sequoias	14.5
5	Clarence Rapides	Los Medanos Junior College	14.1
6	Charles Hatch	Cuesta Community College	14.9
7	Fran Carrington	Santa Rosa Junior College	15.0
8	Alan Landers	Contra Costa College	15.0

Heat 2

Lane 2	Norvel Hammond	City College of San Francisco	14.9
3	Cal Jones	San Joaquin Delta College	14.5
4	Bill Smith	Cosumnes River College	14.4
5	Phil Bransom	Porterville College	14.4
6	Steve Irving	College of the Sequoias	14.8
7	Billy Dew	Hartnell Community College	15.0
8	Rich Verdugo	Fresno City College	15.0

Heat 3

Lane 2	Thurmond Wells	City College of San Francisco	14.9
3	Mark Carley	Sacramento City College	14.6
4	Mike Crittenden	Contra Costa College	14.4
5	Ike Almond	Skyline College	14.4
6	Dave Cameron	San Jose City College	14.8
7	Gerald Bennett	Laney College	14.9
8	Rocky Perry	Sierra Junior College	15.7

440 YARD DASH

3:55 PM

First three in each heat qualify for finals.

Heat 1

Lane 2	Ray Watts	Skyline College	49.8
3	Marlo Williams	Contra Costa College	49.7
4	Jose Madruga	Diablo Valley College	48.0
5	Frank Christian	Alameda College	49.2
6	Ed Rupenstein	City College of San Francisco	49.5
7	Steve Bambaci	Cabrillo College	50.3
8	Dick Criner	San Joaquin Delta College	50.7

Heat 2

Lane 2	Ron Hornstra	Skyline College	50.5
3	Steve Syth	West Valley College	49.6
4	Ken Williams	San Jose City College	48.1
5	Jose Martinez	Santa Rosa Junior College	48.5
6	Alban D'Auvergne	Porterville College	49.4
7	Oliver Hudson	Alameda College	49.6
8	Jeff Hemmingsen	Shasta College	51.6

Heat 3

Lane 2	John Novo	Skyline College	50.8
3	Rick Monseth	Cosumnes River College	49.4
4	Ivovy Hammond	City College of San Francisco	48.9
5	Chris Penny	College of San Mateo	48.9
6	Gary Gomes	Santa Rosa Junior College	49.6
7	Dave Gunderson	Redwoods College	50.3

100 YARD DASH

4:10 PM

First three in each heat qualify for finals.

Heat 1

Lane 3	Jim Douglas	San Jose City College	9.7
4	Mike Farmer	City College of San Francisco	9.4
5	Millard Hampton	San Jose City College	9.4
6	Eric Brown	Contra Costa College	9.5
7	Al Smith	Modesto Junior College	10.0
8	Curt Parks	College of Siskiyous	10.0

Heat 2

Lane 2	Larry Sims	American River College	9.9
3	Calvin Corker	Chabot College	9.6
4	Cecil Overstreet	San Jose City College	9.4
5	Lionel Chatman	Contra Costa College	9.4
6	Michael Shavers	Alameda College	9.6
7	Milton Canten	Monterey Peninsula College	10.0
8	Ken Howell	Yuba City College	10.1

Heat 3

Lane 2	Marty Krulee	West Valley College	9.8
3	Mark Givens	Fresno City College	9.7
4	Jerry Jordan	Alameda College	9.4
5	Don Livers	San Jose City College	9.4
6	Dana Brewer	Contra Costa College	9.5
7	Steve Cottengin	West Hills College	10.0
8	Andy Madolora	Menlo College	10.0

880 YARD RUN

4:30 PM

First 3 in each heat qualify for finals.

Heat 1

Lane 2	Lupe Varas	Merced College	1:58.1
3	Bill Cockerham	Monterey Peninsula College	1:59.4
4	George Manriquez	San Jose City College	1:53.7
5	Brian Pierce	Skyline College	1:56.4
6	Dave Nolte	De Anza College	1:53.7
7	Sid Ennis	Contra Costa College	1:57.7
8	Bert Alarcon	American River College	1:56.5

Heat 2

Lane 2	Richard Flores	San Joaquin Delta College	1:58.4
3	Roderick Lewis	Laney College	1:52.5
4	Mike Jones	Diablo Valley College	1:55.1
5	Jeff Ramsey	Santa Rosa College	1:54.4
6	Dave Wells	Redwoods College	1:57.3
7	Mark Payne	American River College	1:56.5

Heat 3

Lane 2	Richard Barraza	Monterey Peninsula College	1:58.5
3	Gary McManus	Diablo Valley College	1:51.7
4	Dominic Marcheschi	Chabot College	1:54.7
5	Rich Maher	Merced College	1:54.4
6	Keith Malain	Shasta College	1:57.1
7	Tom Avery	Fresno City College	1:56.9

Merced ③ 1:56.4
 Nolte ⑥ 1:56.7
 Mar ⑨ 1:57.2
 Ramsey ② 1:55.3
 Lewis ⑤ 1:56.6
 Wells ⑧ 1:56.9
 McManus ① 1:53.9
 Maher ④ 1:55.3
 Marcheschi ⑦ 1:56.9
 1 2 3 4 5 6 7 8 9
 N M P R V L

440 YARD INTERMEDIATE HURDLES

4:40 PM

Two from each heat qualify to finals, plus fastest third place.

Heat 1

Lane 2	Don Carroll	Foothill College	55.7
3	Bob Phelps	Porterville Junior College	55.6
4	Dave Cameron	San Jose City College	54.7
5	Steve Nelson	San Jose	53.7
6	Bill Hibner	Fresno City College	54.8
7	Gary Stipek	Redwoods College	56.8
8	Fran Carrington	Santa Rosa Junior College	56.9

Heat 2

Lane 2	Steve Irving	College of the Sequoias	55.8
3	Rich McGee	City College of San Francisco	55.5
4	Jerry Evanoff	Taft College	54.6
5	Clarence Rapides	Los Medanos College	54.3
6	Tony Simon	Contra Costa College	55.0
7	Ike Almond	Skyline College	55.1
8	Emile Shaffer	Alameda College	57.0

Heat 3

Lane 2	Al Morton	Yuba City College	56.1
3	Roy Gaines	City College of San Francisco	55.4
4	Calvert Jones	San Joaquin Delta College	54.5
5	Dwight Williams	City College of San Francisco	54.4
6	Paul Brown	Alameda College	55.2
7	Dave Cordtz	Santa Rosa Junior College	56.4

220 YARD DASH

5:00 PM

First 3 from each heat qualify to finals.

Heat 1

Lane 2	Billy Tisdell	Hartnell College	22.1
3	Cecil Overstreet	San Jose City College	21.6
4	Eric Brown	Contra Costa College	21.5
5	Mike Farmer	City College of San Francisco	21.2
6	Fred Adams	Chabot College	21.9
7	Warren Haggary	Porterville Junior College	22.3
8	Ron Hall	Hartnell College	22.3

Heat 2

Lane 1	Ken Howell	Yuba City College	22.8
2	Glenn Mahoney	Monterey Peninsula College	22.1
3	Calvin Corker	Chabot College	21.6
4	Jerry Jordan	Alameda College	21.4
5	Don Livers	San Jose City College	21.0
6	Gary Jenkins	Porterville Junior College	21.9
7	Rickey Overstreet	Contra Costa College	22.2
8	Bernie Wright	Skyline College	22.3

Heat 3

Lane 1	Curt Parks	College of Siskiyous	22.6
2	Gary Moore	Contra Costa College	21.9
3	Jose Martinez	Santa Rosa Junior College	21.7
4	Millard Hampton	San Jose City College	21.3
5	Jim Douglas	San Jose City College	21.3
6	Mark Carley	Sacramento City College	21.8
7	Keith Jackson	Hartnell College	22.2
8	Al Smith	Modesto Junior College	22.4

THREE MILE RUN

5:15 PM

First 6 in each heat qualify for finals.

Heat 1

Position	1.	Mike Killeen	College of Marin	14:48.8
	2.	Bob Powell	Skyline College	15:02.2
	3.	Charlie Hernandez	Santa Rosa Junior College	14:55.6
	4.	Joe Cordova	San Joaquin Delta College	14:52.0
	5.	Bill Kipp	Sacramento City College	15:07.2
	6.	Mike Poulin	Los Medanos College	15:11.04
	7.	Emil Magallanes	Monterey Peninsula College	14:32.5
	8.	Ken Scalmanini	College of Marin	15:08.8
	9.	Paul Frederickson	De Anza College	14:38.8
	10.	Gary Green	American River College	14:51
<i>Mike Emry</i>	11.	Gordon McMitchell <i>DVC</i>	Foothill College	14:17.2
	12.	Ted Quintana	Chabot College	13:59.8
	13.	Rich McCandless	West Valley College	14:16.4
		<i>COSIN</i>	<i>AVC</i>	<i>15:09</i>

Heat 2

Position	1.	John McVeigh	Skyline College	14:46.8
	2.	Doug Padilla	Chabot College	14:19.6
	3.	Jack Reime	Cabrillo College	14:17.7
	4.	Henry Perez	San Joaquin Delta College	14:11.5
	5.	Tony Perez	Fresno City College	14:35.8
	6.	Maurice O'Rielly	Santa Rosa Junior College	15:04
	7.	Casey Culbertson	American River College	15:02.2
	8.	Jim VanDine	San Mateo College	14:12.8
	9.	Kian McCarthy	College of Marin	14:56.6
	10.	Gaisie Collins	Porterville Junior College	14:55.7
	11.	Charles Griffin	Butte College	15:24.7
	12.	Tim Hampton	Antelope Valley College	15:08.0
	13.	Steve Barr	Sacramento City College	15:07.5

72
2:22.5
3:34.5
4:46.3
5:59.5
7:13.3
8:28.5
9:46.6
11:03.0
12:21.7
13:39.6
14:45.8

Pow
5:53
7:05
8:19
9:24
10:50
12:05
13:20
14:32

VDT
8:53
9:49
11:05
12:21
13:36
14:49

ONE MILE RELAY

5:45 PM

First 3 in each heat qualify for finals.

Heat 1

Lane 2	Antelope Valley College	3:31
3	Skyline College	3:23.5
4	West Valley College	3:21.0
5	Sacramento City College	3:24.7
6	San Mateo College	3:20.8
7	San Jose City College	3:16.6

Heat 2

Lane 2	Santa Rosa Junior College	3:17.2
3	Fresno City College	3:23.0
4	Diablo Valley College	3:19.2
5	Monterey Peninsula College	3:25.2
6	Laney College	3:21.0
7	Porterville Junior College	3:29.3

Heat 3

Lane 2	Alameda College	3:22.0
3	City College of San Francisco	3:18.8
4	Cosumnes River College	3:26.3
5	Redwoods College	3:25.5
6	Contra Costa College	3:18.9
7	Los Medanos College	3:22.6

De Anza

Results @ Nor Cal Trials:

Qualifiers To Nor Cal Finals

<u>Javelin</u>	Tim Bergstresser	(201-4)	4 th overall
<u>Discus</u>	Ron Allen	(153-5)	7 th overall
<u>3000 m Steeplechase</u>	Hank Lawson	(9:32.7)	2 nd in Heat <u>New School Record</u>
<u>880</u>	Dave Nolte	(1:56.7)	2 nd in Heat
<u>3 mile</u>	Paul Frederickson	(14:45.9)	2 nd in Heat

Finals → Friday, May 23rd

@ Diablo Valley College

Top 4 placers qualify for State JC Championships @ Bakersfield

~~_____~~ ~~_____~~ ~~_____~~ vs Top 4 placers
Southern California

