



Price 50¢

NOTES

CENTRAL COAST SECTION  
TRACK AND FIELD CHAMPIONSHIPS

Friday - May 30, 1975

SAN JOSE CITY COLLEGE  
San Jose, California



10:22 Mile Kejya (4 sections) Erosn\20br\ Erosn\20br  
 10:42 880 Yd. Med. Kejya Erosn\20br  
 10:50 Mile Run Erosn\20br  
 1:22 550 Yd. Deep Erosn\20br  
 1:30 330 Yd. Low Hm\20br  
 1:42 170 Mile Run Erosn\20br  
 1:50 440 Yd. Deep (2 sections) Erosn\20br  
 2:12 100 Yd. Deep Erosn\20br  
 2:20 880 Yd. Run Erosn\20br  
 2:42 20 Hm\20br  
 2:50 180 Hm\20br  
 3:00 440 Yd. Kejya Erosn\20br

BURNING ELEMENTS - LIST 2

1:50 80 Yd. Low Hm\20br  
 2:20 550 Yd. Deep Erosn\20br  
 2:50 330 Yd. Low Hm\20br  
 3:20 100 Yd. Deep Erosn\20br  
 3:32 20 Hm\20br  
 3:50 180 Hm\20br  
 4:00 440 Kejya Erosn\20br

BURNING ELEMENTS - LIST 2

ORDER OF ELEMENTS AND LINE SCHEDULE

WILE RELAY - VARSITY

Records: Los Altos, 1970, Thompson, Davis, 3:15.8  
 Andrews, Brown  
 FINALS ONLY - 2 sections, places determined by time.

Reg. Qual. Time	School	Lane
3:20.4	Carimont	1
3:24.4	Yerba Buena	2
3:25.5	Leigh	3
3:26.0	Seaside	4
3:27.2	Lynbrook	5
3:28.6	Aragon	6
3:29.2	Mendo-Atherton	7
3:34.4	Salinas	8

  

Reg. Qual. Time	School	Lane
3:19.8	San Mateo	1
3:21.2	Peterson	2
3:22.3	Mt. Pleasant	3
3:22.2	Monterey	4
3:20.2	Serramonte	5
3:20.9	St. Ignace	6
3:22.4	Elroy	7
3:22.8	Woodside	8

PLACES AND TIME:

ORDER OF EVENTS AND TIME SCHEDULE - continued

FIELD EVENTS

3:00 Shot Put Varsity to completion  
 Long Jump (Pit A) Varsity to completion  
 High Jump Varsity to completion

(Unlighted) Pole Vault (Pit B) Frosh/Soph to completion  
 " Discus (Pit B) Frosh/Soph to completion  
 " Triple Jump (Pit B) Frosh/Soph to completion

Upon completion of the preceding Field Events scheduled at 3:00, the Varsity Discus (Pit B) and Frosh/Soph Long Jump will begin at approximately 5:00.

(Unlighted) Discus (Pit B) Varsity to completion  
 " Long Jump (Pit B) Frosh/Soph to completion

7:00 Triple Jump (Pit A) Varsity to completion  
 Pole Vault (Pit A) Varsity to completion  
 to Shot Put Frosh/Soph to completion  
 Discus (Pit A) Girls to completion  
 9:00 High Jump Frosh/Soph to completion

Upon completion of the preceding events scheduled at 7:00 P.M. the Girls' Long Jump, High Jump and Shot Put will begin.

Long Jump (Pit A) Girls to completion  
 High Jump Girls to completion  
 Shot Put Girls to completion



MILE RELAY - FROSH/SOPH

CCS Record: Oceana, 1973, 3:29.4

FINALS ONLY - 2 Sections, Placings Determined by time.

SECTION I

Lane	School	Reg. Qual. Time
1	Lynbrook	3:31.7
2	Carlmont	3:32.2
3	Fremont	3:33.5
4	Serramonte	3:35.1
5	Hillsdale	3:36.2
6	Aragon	3:36.8
7	Salinas	3:38.8
8	No. Salinas	3:41.5

SECTION II

1	Ayer	3:29.3
2	Menlo-Atherton	3:29.9
3	Capuchino	3:35.0
4	Soquel	3:37.4
5	Camden	3:30.0
6	Mt. Pleasant	3:30.4
7	Sequoia	3:30.8
8	Silver Creek	3:31.4

PLACINGS AND TIME:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Timers

Stew Fowler  
Marge Powell  
Bill Smith  
Cliff Harris  
Ernie Leydecker  
Larry Walton  
Lee Megginson

Steve Bowen  
George Bergna  
Frank Sullivan  
Margaret Milan  
Clay Henry (Trials)  
Holland Johnson (Trials)  
Wally Burr (Finals)

Judges

Hank Weston  
Gerald Scott  
Paul Castoro  
Bob Hughey  
Don Ludwig  
Dick de la Rosa  
Craig Battaglia  
Terry Petrazelka

Bob Landreth  
Rod Overton  
Jack Kunkel  
Basil Huffman (Trials)  
Bill Mansfield (Trials)  
Jim Crawford (Trials)  
Hal Sonntag (Trials)  
Tom Ryan (Finals)

Horizontal Jumps - Lee Boyd, Bob Reichart, John Lopes (Tr)

Bud Griffith, Bob List, Kent Marshall (Tr)

Shot Put - Bill Smith, Mike Cancilla (Tr), Jim Buck (Finals)

High Jump - Bruce Patterson (Tr), Doug Edwards (Tr), Len Kaczmarek (Final)

Pole Vault - Jim Johnson, Ken Hiob

Discus - Fred Niemann, John Mackey, Ed Bersano

Head Inspector - Russ Perry (Tr), Dwight Martin (Finals)

Inspectors - South Turn, Joseph Tenma, Aldo Balbiani,  
Dave Silva (Tr), Umberto Abronzino (Final)  
Back Stretch, Ken Dyson, Steve Romito, Carl Olsen (Tr),  
Jim Sadler (Final)

North Turn - Mike Munziata

Marshalls - Noel Lanctot, Bill Leavy, Don Carraher



ONE MILE RUN - Girls

CCS Record: Brenda Dake, Salinas, 1974, 5:28.3

Lane	Name	School	Reg. Qual. Time
1	Olga Santiago	San Jose	5:43.5
2	Sue Mundy	Lincoln	5:10.6
3	Sharan Furtado	Buchser	5:25.9
4	Sue Neary	Aptos	5:28.7
5	Sue Richter	Cupertino	5:31.4
6	Paula Gusman	Gunn	5:31.5
7	Becky Barrett	Branham	5:32.9
8	Tamay Smith	Cupertino	5:42.4

PLACINGS AND TIME:

1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____

HIGH JUMP - FROSH/SOPH

CCS Record: True, Monte Vista, 1971, 6'6"

Starting Height: 5'8"

FLIGHT I

	Name	School	Reg. Qual. Distance
1	Barry Heaslet	Awalt	5'8"
2	Bob Armstrong	Palo Alto	5'8"
3	Lou Tricerri	Riordan	5'10"
4	Mike Critchfield	Los Altos	5'10"
5	Merv Fernandez	Andrew Hill	6'0"

FLIGHT II

6	Bill Ribera	Oceana	6'0"
7	Steve Maske	Overfelt	6'0"
8	John Dillon	Soquel	6'0"
9	Bill Graber	Los Altos	6'0"
10	Steve Raugust	Salinas	6'0"

FLIGHT III

11	Brett Woods	Lynbrook	6'0"
12	Rex Gordon	Prospect	6'2"
13	Lawrence Lebherz	Gilroy	6'2"
14	Dave Kniffin	Serra	6'4"
15	Tom Bryan	Alisal	6'5"
16	Don Ackerland	San Mateo	6'6"

PLACINGS AND DISTANCE:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



MILE RUN - Varsity

CCS Record: Mike Ryan, Wilcox, 1965, 4:09.5

Finals only - 2 to a lane, 2-turn stagger

Lane	Name	School	Reg. Qual. Time
1	Todd Baker	Westmont	4:20.0
2	Mitch Kingery	San Carlos	4:22.4
3	Gerry Harnett	Serra	4:23.0
4	Rich Green	No. Salinas	4:24.8
5	Chris Hulburd	Lynbrook	4:23.9
6	Dan Hogue	Gilroy	4:24.0
7	Bill LaForge	Oceana	4:25.3
8	Chuck Hahn	Salinas	4:26.4
1A	Mel Brazil	Wilcox	4:24.5
2A	Ron Fritzke	Leigh	4:24.6
3A	Craig Carey	San Mateo	4:27.2
4A	Pat Saylor	Pacific Grove	4:34.8
5A	Mike Holst	Santa Teresa	4:24.9
6A	Dan Farwell	Woodside	4:25.1
7A	Ron Loza	Mills	4:27.9
8A	Ed Young	Carlmont	4:25.8

PLACINGS AND TIME

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

POLE VAULT- VARSITY

CCS Record: Roger Martin, Camden, 1971, 15'5-3/4"

Starting Height: 12'0"

Starting Time: 7:00

FLIGHT I

	Name	School	Reg. Qual. Mark
1	Kevin King	Marello	12'1-3/4"
2	Richard Munoz	Watsonville	12'7-3/4"
3	Staley	Homestead	13'0"
4	X Marlon Medeiros	Cupertino	13'0"
5	Tom Lemmon	Bellarmino	13'6"

FLIGHT II

6	<del>Steve Hawkes</del>	St. Francis	13'6"
7	Tom Lacey	Mills	13'6"
8	Jim Larkin	Menlo Atherton	13'6"
9	<del>Gordon Berg</del>	Los Altos	13'6"
10	X Oravetz	Campbell	14'0"

FLIGHT III

11	6 Shuler	Los Gatos	14'0"
12	X Kim Black	Carlmont	14'0"
13	X Kevin Stevenson	Aragon	14'0"
14	Mark Sambriello	Watsonville	14'0-3/4"
15	5 X Lovejoy	Del Mar	14'6"
16	X Fernside	Del Mar	14'9"

PLACINGS AND MARK:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



220 YARD DASH - Frosh/Soph

(Two heats - top four in each qualify for finals)  
 CCS Record: Rosenberg, Del Mar, 1972, 22.4

HEAT I			Reg. Qual.
Lane	Name	School	Time
1	William Castro	San Jose	23.5
2	Derrick Carter	Mt. Pleasant	23.2
3	Dwayne Taylor	Overfelt	23.2
4	Dwayne Green 22.3	Ayer	22.6
5	Mike Folletta	Palma	23.6
6	Byron Robinson	Seaside	23.5
7	Kevin Murphy	Carmel	23.8
8	Darryl Jones	Serramonte	23.7

HEAT II			Reg. Qual.
Lane	Name	School	Time
1	Stan Beal	San Carlos	23.5
2	Rick Voss	St. Francis	23.5
3	Asa Hilliard 23.0	So. San Francisco	23.4
4	Steve Bennett 22.4	Lynbrook	22.7
5	Ken Terrell 22.7	Serramonte	23.3
6	Paris Edwards Rav	Ravenswood	23.5
7	Marlow Beltrano	Homestead	23.5
8	Byron Miller	Carlmont	23.6

PLACINGS AND TIME:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

LONG JUMP - VARSITY

CCS Record: John Johnson, Pacific Grove, 1964 25'3/4"

Starting Time: 3:00 (pit inside track area)

FLIGHT I			Reg. Qual.
Lane	Name	School	Mark
1	Larry Wright	Carlmont	20'11-3/4"
2	Maurice Galvez	Menlo-Atherton	21'4 1/2"
3	Greg Malreaux	San Carlos	21'8"
4	Dan Young	Hillsdale	21'8 1/4"
5	Clay Bullwinkel	Mills	21'8 1/2"

FLIGHT II			Reg. Qual.
Lane	Name	School	Mark
6	2 Rich Bertoli 23-3	Homestead	21'9"
7	4 Gerald Steward	Seaside	21'10"
8	Victor Jones	Mt. Pleasant	21'10 1/2"
9	Toby Noriel	Piedmont Hills	21'10 1/2"
10	Gerald Batton	Serramonte	21'11 1/2"

FLIGHT III			Reg. Qual.
Lane	Name	School	Mark
11	Mark Barry	Leland	22'0 1/2"
12	1 Nathan Johnson	Seaside	22'0-3/4"
13	Charles Carter	Monterey	22'1 1/4"
14	3 Don Finley	Cupertino	22'4"
15	Junior Rojas	Overfelt	22'6"
16	5 Ken Vasquez	Mills	22'8 1/4"

PLACING AND MARK:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



### 330 LOW HURDLES - Frosh/Soph

(Two heats - first 4 in each qualify for finals.)

#### HEAT I

Lane	Name	School	Reg. Qual. Time
1	Ed Dubbs	Westmont	40.8
2	Jim Barnett	Camden	40.8
3	Kevin Anderson	Yerba Buena	40.4
4	Andre Phillips	Silver Creek	39.6
5	Greg Munoz	Soquel	40.7
6	Steve Sykes	Hillsdale	41.4
7	John Perissenti	Bellarmino	42.3
8	Fred Orvillo	Sequoia	41.6

#### HEAT II

1	Nick Napolitan	Cupertino	41.2
2	5 Brian Matooka 41.1	Gunn	41.1
3	Jim Key 40.8	Awalt	40.8
4	/ Harold Ross 38.7	Hillsdale	40.0
5	Rick Luttrell	San Carlos	40.4
6	Richard Garcia	Gonzales	41.2
7	Rob Stanford	Aptos	41.8
8	John Gomez	St. Francis	42.4

PLACINGS AND TIME:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### GIRLS LONG JUMP

CCS Record: Sandy Ferreira, King City, 1974 17'7"

Starting Time: Follows Varsity Triple Jump which starts at 7:00 (Approx. 9:00)

#### FLIGHT I

	Name	School	Reg. Qual Mark
1	Kathy Trevisan	Menlo-Atherton	17'8-3/4"
2	Pam Blackburn	Cubberley	17'7"
3	Sandy Ferreira	King City	17'5 1/2"
4	Jana Mackie	Lynbrook	17'3 1/2"
5	Vicki Riggins	Yerra Buena	17'2"
6	Debbie Kieler	Lynbrook	16'11"
7	Louise Eureka	No. Salinas	16'11"
8	Kim McDonald	St. Francis	16'9-3/4"

PLACINGS AND DISTANCE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



TWO MILE RUN - Frosh/Soph

CCS Record: Gerry Emory, Gunn, 1973, 9:25.6  
 Finals only - Two to a lane, Olympic Start.

Lane	Name	School	Reg. Qual. Time
1	Bob Love	Carlmont	9:48.2
1A	Gary Goodstein	Menlo	9:51.6
2	Steve Allara	Capuchino	9:52.0
2A	Steve Bruns	Saratoga	9:53.3
3	Larry Berakamp	Leigh	9:57.0
3A	Chuck Arnold	Half Moon Bay	9:57.5
4	Greg Monanis	Carlmont	10:00.3
4A	Greg Hanley	No. Salinas	10:03.5
5	Robert Flores	Bellarmino	10:00.6
5A	Mike Tambini	Piedmont Hills	10:03.4
6	Peter Stahle	Homestead	10:03.5
6A	Gordon McLean	Soquel	10:08.6
7	Rob Bewley	Capuchino	10:03.8
7A	Stan Newton	Silver Creek	10:03.8
8	Dave Cortez	Woodside	10:05.2
8A	Kurt Harbordt	Menlo Atherton	10:05.5

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

TRIPLE JUMP - FROSH/SOPH

CCS Record: Greg Malreaux, San Carlos, 1973, 46'3 1/2"

FLIGHT I

	Name	School	Reg. Qual. Distance
1	Larry Metter	Hillsdale	38"8-3/4"
2	Dave Rider	Capuchino	38'9 1/2"
3	Terry Gettle	Terra Nova	39'6-3/4"
4	Steve Finley	Cupertino	40'2 1/2"
5	John Heyne		40'4-3/4"

FLIGHT II

6	Leonard Oberman	Santa Clara	40'4-3/4"
7	Pete Jolley	Lynbrook	40'5-3/4"
8	Olav RaFoss	Mills	41"2"
9	Fred Grolle	Los Altos	41'6 1/4"
10	Frank Sheldon	North Salinas	41'10"

FLIGHT III

11	Neil Theilen	Soquel	41'10"
12	Melvin Wilson	Gilroy	43'8-3/4"
13	Pat Holcomb 45-	Andrew Hill	43'9-3/4"
14	Jim Rossi 46-6 3/4	Palma	44'9-3/4"
15	Lawrence Lebherz 46-13/4	Gilroy	45' 1/4"
16	Greg Woodard 45-	Silver Creek	45'6"

PLACINGS AND DISTANCE:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



440 YARD RUN - Girls

CCS Record: Sharon Nichols, Menlo Atherton, 1974, 59.8

Lane	Name	School	Reg. Qual. Time
1	Nancy Hart	Aptos	61.9
2	3 Lori Anderson <i>61.9</i>	Salinas	61.3
3	4 Julie Peterson <i>60.5</i>	Harbor	60.1
4	1 Lezli Peterson <i>57.4</i>	Harbor	57.5
5	2 Sharon Nichols <i>59.3</i>	Menlo Atherton	59.4
6	3 Francine Ward <i>59.9</i>	Milpitas	60.7
7	Paula Jackson	Live Oak	61.2
8	Pam Kershner	Pioneer	62.2

PLACINGS AND TIME:

1.	Andrew Hill	Pat Holcombe	51.3
2.	Menlo-Atherton	Keith Young	52.0
3.	San Francisco	Steve Royston	51.6
4.	Monterey	Bruce Jensen	51.7
5.	San Carlos	Dave Gilfoyle	51.8
6.	San Jose	William Castro	51.9
7.	Camden	Kevin Hejman	51.9

*Handwritten notes:*  
 1. Hilliard 51.1  
 2. Holcombe 51.5  
 3. 51.5  
 4. 51.4  
 5. Hill 51.0

SHOT PUT - FROSH/SOPH

CCS Record: Gary Bersano, Los Gatos, 1973, 61'6"

FLIGHT I

	Name	School	Reg. Qual. Distance
1	Steve McGuire	Palma	47'1-3/4"
2	John Starr	Marello	47'6 1/4"
3	Jeff Sesak	Palma	48'7-3/4"
4	Rob Suelfohn	Woodside	49'3"
5	Jim Milbourn	Camden	49'9 1/4"

FLIGHT II

6	Rick Tenerowitz	El Camino	49'11"
7	Don Brown	Camden	50'3 1/4"
8	Craig Awbrey	Menlo-Atherton	50'9 1/4"
9	Steve Chapman	Monte Vista	51'5 1/4"
10	Robert Honore	Camden	52'1 1/4"

FLIGHT III

11	Ray Gonzales	Silver Creek	52'5"
12	Anthony Geranios	Aragon	52'8 1/4"
13	Ray Franklin	Los Altos	53'4 1/2"
14	Charles Perkins	San Mateo	53'5 1/4"
15	Bob Wiley	St. Francis	56'1 1/2"
16	Matt Pear	Los Altos	58'6"

PLACINGS AND DISTANCE:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



440 YARD RUN - Varsity

CCS Record: Rick Brown, Los Altos, 1970, 47.1  
 Finals only, 2-sections - places determined by time.

SECTION I

Lane	Name	School	Reg. Qual. Time
1	Perry Cockerham	Seaside	50.3
2	Dave Kellog	Woodside	50.6
3	Norman Abryzzini	Gilroy	50.6
4	Murray Hunt	Menlo Atherton	50.7
5	Greg Johnson	Mt. Pleasant	50.7
6	Mike Breaux	Seaside	50.9
7	Mike Newer	Peterson	51.1
8	Gary Burke	Lynbrook	51.2

SECTION II

1	Conrad Suhr	Leigh	48.7
2	Ron Kennedy	Serramonte	48.8
3	Wyatt Bishop	Carlmont	48.8
4	Don Coulter	Harbor	49.0
5	Paul McCarthy	St. Ignatius	48.8
6	Bob Faulke	San Mateo	49.4
7	Tom Paulin	Riordan	49.5
8	Fred Harvey	Silver Creek	49.8

PLACINGS AND TIME:

1. Coulter 48.2
2. Harvey 49.0
3. Bishop 49.3
4. McCarthy 49.4
5. Kennedy 49.4
6. \_\_\_\_\_

DISCUS - VARSITY

CCS Record: Scott Overton, Los Altos, 1972, 191'0"

Starting Time: (Following F/S Discus - Approx. 5:00)

FLIGHT I

	Name	School	Req. Qual. Mark
1	Dan Radusinovich	Del Mar	146'3"
2	Ken Fellows	Gilroy	148'1"
3	Howard Meyer	Branham	151'7"
4	Greg Tafralis	Capuchino	155'4"
5	George Ford	Los Altos	155'11"

FLIGHT II

6	Perry	Fremont	158'8"
7	Jim Scarry	Sunnyvale	159'1"
8	Brent Long	Los Altos	159'7"
9	Gian Rossini	St. Francis	159'9"
10	Dean Reddick	Pacific Grove	159'11"

FLIGHT III

11	Bruce Nearn	King City	161'9"
12	Gary Humphreys	Cupertino	162'6"
13	Dan John	So. San Francisco	163'0"
14	Guy Gide	Monterey	163'8"
15	Craig Watkins	Mitty	168'11"
16	Gary Bersano	Los Gatos	174'10"

PLACINGS AND MARK:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



100 YARD DASH - Frosh/Soph

CCS Record: Glen Cannon, Mt. Pleasant, 1973, 10.0

Two heats - top 4 of each qualify for finals

HEAT I

Lane	Name	School	Reg. Qual. Time
1	Brian Matooka	Gunn	10.2
2	Paris Edwards 10.3	Ravenswood	10.1
3	Steve Bennett 10.2	Lynbrook	10.1
4	Dwayne Green 9.7w	Ayer	10.0
5	Byron Robinson	Seaside	10.5
6	Rackley	San Lorenzo Valley	10.7
7	Ken Terrell 10.4	Serramonte	10.8

HEAT II

1	John Comeau	Los Gatos	10.4
2	Rodney Torrence 10.1	Ayer	10.3
3	Scott Osborn 10.1	Ayer	10.3
4	Mark Winston 10.0	Gunn	10.1
5	Rick Voss 10.0	St. Francis	10.4
6	Marty Donahue	Burlingame	10.6
7	Kevin Murphy	Carmel	10.7
8	Darryl Jones	Serramonte	10.8

PLACINGS AND TIME:

1.	Green	9.9	10.1
2.	Bennett	10.1	
3.	Osborn	10.2	P.P.
4.	Torrance	10.3	P.P.
5.	Winston	10.3	P.P.
6.			

DISCUS - GIRLS

CCS Record: (New Event)

Starting Time: 7:00 in Main Discus Ring in Stadium.

FLIGHT I

	Name	School	Reg. Qual. Mark
1	Marta Kuehl	No. Salinas	116'11"
2	Kathy Kutcha	King City	116'6"
3	Sheila Pannell	Leland	112'3"
4	Cathy Hargens	Harbor	105'11"
5	Kathie Guetterg	Branham	104'3"
6	Marie Garcia	Harbor	104'2"
7	Norma Williamson	Lynbrook	102'10"
8	Chris Chandler	Mt. Pleasant	101'6"

PLACINGS AND DISTANCE:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



880 YARD RUN - Girls

CCS Record: Amy Huyck, Aptos, 1974, 2:24.7

Lane	Name	School	Reg. Qual. Time
1	Sue Neary	Aptos	2:27.6
2	Kim McDonald	St. Francis	2:22.1
3	1 Amy Huyck 2:19.9	Aptos	2:24.8
4	3 Joanne McFate 24.2	Menlo Atherton	2:25.5
5	2 Paula Jackson 20.6	Live Oak	2:25.6
6	4 Vickie Strong 24.3	Branham	2:26.3
7	5 Judy Sambrailo	Watsonville	2:29.8
8	Jeanne Day	Aptos	2:29.8

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

8:22:11  
W

440 YARD RELAY - VARSITY

CCS Record: Silver Creek, 1972, 42.1

Two Heats, Top 4 in each qualify for FINAL

HEAT I

Lane	School	Reg. Qual. Time
1	5 Los Altos 43.2	43.0
2	3 Peterson 43.0	42.6
3	4 Carlmont 43.2	42.2
4	2 Woodside 42.3	42.0
5	2 Serramonte 42.5	42.8
6	6 St. Ignatius	43.2
7	Palma	44.5
8	Hillsdale	44.5

HEAT II

1	5 Branham 43.2	43.7
2	3 Overfelt 43.0	43.1
3	2 Piedmont Hills 42.8	42.7
4	1 Mt. Pleasant 42.6	42.6
5	Monterey	42.7
6	4 Seaside 43.2	43.1
7	Riordan	43.8
8	Cupertino	43.3

PLACINGS AND TIME:

1.	Woodside 5:34	41.6
2.	Mt Pleas 0:40	42.3
3.	Serra monte 5:14	42.3
4.	PM 5:40	42.5
5.	Pet 5:44	42.5
6.	_____	_____



880 YARD RUN - Varsity

CCS Record: Rick Brown, Los Altos, 1970, 1:50.7  
 Finals only, two to a lane, 2-turn stagger

Lane	Name	School	Reg. Qual. Time
1	Conrad Suhr	Leigh	1:53.0
2	Charles Jones	Ravenswood	1:54.9
3	Steve Vasquez	Mills	1:55.3
4	Tom Light	Pacific Grove	1:57.8
5	Mike Ercolini	Lincoln	1:55.0
6	Tim Chain	Lynbrook	1:55.2
7	Dan Hanniger	Mitty	1:56.4
8	Robert Walker	Seaside	1:58.7
1A	Brain Hurdal	Carlmont	1:55.7
2A	Larry Gonzales	Saratoga	1:56.3
3A	Dennis Burns	St. Ignatius	1:56.9
4A	Eric Lindsey	San Lorenzo Valley	1:59.2
5A	Bob Vargas	Sunnyvale	1:56.2
6A	Clayton Taylor	Piedmont Hills	1:56.6
7A	Bill LaForge	Oceana	1:57.3
8A	Al Pramann	Los Altos	1:56.4

PLACINGS AND TIME:

1. Suhr 1:51.4
2. Vasquez 1:53.5
3. Hurdal 1:54.2
4. Jones 1:55.4
5. Light 1:55.4
6. \_\_\_\_\_

440 YARD MEDLEY - Girls

CCS Record: Menlo-Atherton, 1974, 50.5

Lane	School	Reg. Qual. Time
1	Pioneer	51.7
2	Menlo-Atherton	51.3
3	Milpitas	51.1
4	Branham	50.7
5	Harbor	51.0
6	Samuel Ayer	51.2
7	Piedmont Hills	51.6
8	Carlmont	51.7

PLACINGS AND TIME:

1. Harbor 50.3
2. Branham 50.4
3. Ayer 50.7
4. MA 51.0
5. Milp 51.2
6. \_\_\_\_\_



120 YARD HIGH HURDLES - Varsity

CCS Record: Carl Florant, Palo Alto, 1973, 14.0

Two Heats, top 4 in each qualify for finals.

HEAT I

Lane	Name	School	Reg. Qual. Time
8 1	3 Don Reed 14.9	Mt. Pleasant	14.7
7 2	4 Tim Stafford 14.7	Los Gatos	14.6
6 3	2 Tony Hicks 14.3	Serramonte	
5 4	1 Scott Monroy 14.1	Overfelt	14.1
5 5	Marty Capron	Soquel	14.9
6 6	Jon Beacom	Watsonville	15.0
7 7	5 Byron Hawkins 14.9	Burlingame	14.9
8 8	Tom Reedy	Peterson	14.9

HEAT II

1	5 Mark Gerkenmeyer 14.5	Menlo-Atherton	14.9
2	4 Keith Caruso 14.5	San Carlos	14.8
3	Ray Thomas	Overfelt	14.6
3 4	2 Ron Kennedy 13.9	Serramonte	14.6
4 5	1 Don Finley 13.8	Cupertino	14.7
6	3 Andy Pecota 14.5	Peterson	14.8
7	Phil Kitchen	Soquel	15.3
8	Tom Bobertz	Serramonte	15.0

PLACINGS AND TIME:

1.	Kennedy	13.8
2.	Hicks	13.9
3.	Finley	14.1
4.	Monroy	14.3
5.	Pecota	14.6
6.		

70 HIGH HURDLES - FROSH/SOPH

CCS Record: Washington, Salinas, 1970, 8.6

Two Heats, Top 4 in each qualify for Finals)

HEAT I

Lane	Name	School	Reg. Qual. Time
1	Rick Luttrell	San Carlos	9.2
2	Jim Key	Awalt	9.1
3	Richard Clark	Menlo-Atherton	9.0
4	Harold Ross	Hillsdale	8.8
5	Greg Woodard	Silver Creek	9.0
6	Richard Garcia	Gonzales	9.3
7	Robert Cooke	Alisal	9.5
8	Fred Oravillo	Sequoia	9.2

HEAT II

1	Jim Barnett	Camden	9.3
2	Rick Yarbroff	Los Gatos	9.3
3	Pedro Rena	Westmont	9.1
4	Gary Wipfler	Monte Vista	8.9
5	Tom Bryan	Alisal	8.9
6	Chris Williams	Crestmoor	9.2
7	Steve Sykes	Hillsdale	9.5
8	Tony Parra	Riordan	9.6

PLACINGS AND TIME:

1.	Ross	8.6
2.	Woodard	8.8
3.	Clark	8.8
4.	Bryan	8.9
5.	Wipfler	8.9
6.		



440 RELAY - Frosh/Soph

(Two heats, top 4, qualify for finals)

CCS Record: Yerba Buena, 1973, 43.9

HEAT I

Lane	School	Reg. Qual. Mark
1	Gilroy	44.7
2	Silver Creek	44.4
3	Andrew Hill	43.6
4	Ayer	43.5
5	Seaside	45.4
6	Salinas	45.7
7	Monterey	45.8
8	Buchser	45.2

HEAT II

Lane	School	Reg. Qual. Mark
1	Sequoia	45.2
2	San Carlos	45.0
3	Awalt	44.7
4	Lynbrook	44.3
5	St. Francis	45.4
6	So. San Francisco	45.7
7	Oceana	45.8
8	St. Ignatius	46.4

PLACINGS AND MARK:

1.	Ayer	43.2
2.	Hill	44.0
3.	Sil Crk	44.3
4.	St Fran	44.7
5.	Sequoia	44.7
6.		

880 YARD RUN - FROSH/SOPH

CCS Record: Charles Jones, Ravenswood, 1973, 1:57.3

FINALS ONLY - Two to a lane.

Lane	Name	School	Reg. Qual. Time
1	Kurk Brintzheoff	Live Oak	1:59.0
2	Jeff Nicklin	Monte Vista	1:59.4
3	Rick Escobar	Mills	2:02.0
4	Rene Villanueva	Watsonville	2:04.0
5	Fred Gothan	Sequoia	1:59.8
6	Reggie Green	Mt. Pleasant	2:00.0
7	Neil Grabek	Aragon	2:02.0
8	Gerry Capron	Soquel	2:05.5
1A	Bruce Jensen	Buchser	2:00.7
2A	Ron Jenkins	Ayer	2:02.0
3A	Mike Helm	Oceana	2:02.6
4A	Willie Fraire	King City	2:06.3
5A	Curt Foianini	Carlmont	2:01.0
6A	Dan Sheehan	Prospect	2:02.0
7A	Brian Bandy	Hillsdale	2:03.0
8A	Mike Toedsen	Los Altos	2:01.1

PLACINGS AND TIME:

1.		
2.		
3.		
4.		
5.	Jensen	1:58.8
6.	W	



80 YARD LOW HURDLES - Girls

CCS Record: Kathy Schentrap, Willow Glen, 1974, 11.5

Lane	Name	School	Reg. Qual. Time
1	Melinda Schmidt <i>11.1</i>	San Carlos	11.7
2	Carrie Cavanah <i>11.4</i>	Harbor	11.6
3	Pam Blackburn	Cubberley	11.6
4	Kathy Schentrap <i>11.1</i>	Willow Glen	11.5
5	Sharon Nichols <i>11.3</i>	Menlo Atherton	11.5
6	Jeanie Horn <i>11.4</i>	Cupertino	11.6
7	Tina Pisetti	N. Salinas	11.7
8	Loretta Stewart	Aptos	11.8

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

100 YARD DASH - Varsity

CCS Record: Rupp, Sequoia, 1952. . . . . 9.7  
 Brad Lyman, Los Altos, 1967. . . . . 9.7  
 Chuck Bommarito, Crestmoor, 1970 . . . . . 9.7  
 Millard Hampton, Silver Creek, 1972-73, 9.7

Two Heats - Top 4 in each qualify for finals.

HEAT I		School		Reg. Qual. Time
Lane	Name	School		Time
1	4 Robert Sweet <i>9.9</i>	Woodside	Steve Edwards	9.9
2	3 Ron Anderson <i>9.7</i>	Santa Teresa	Dwayne	9.8
3	1 Keith Taylor <i>9.4</i>	Piedmont Hills	Byron	9.7
4	2 Glen Cannon <i>9.7</i>	Mt. Pleasant	Rackey	9.7
5	Alvin Davis	Serramonte	San Terrence	10.3
6	Dan MaGee	St. Ignatius		10.5
7	Connell Cargill	Monterey		10.3
8	Chris Duba	St. Francis	John	10.7

HEAT II		School		Reg. Qual. Time
Lane	Name	School		Time
1	2 Brian Hurly <i>9.9</i>	Branham	Mark Winston	10.0
2	Mike Greggans	Woodside	Rick Voss	9.9
3	1 Brian Ward <i>9.9</i>	Cupertino	Marty Donahue	9.9
4	3 Brent Nance <i>10.0</i>	Carlmont	Kevin	9.8
5	<del>Charles Carter</del>	<del>Monterey</del>		10.1
6	Rick Parker	Carmel		10.1
7	Ken Vasquez	Mills		10.6
8	4 Eric Hill <i>10.1</i>	Woodside		10.0

PLACINGS AND TIME:

1.	Taylor <i>9.6</i>	_____
2.	Cannon <i>9.6</i>	_____
3.	Anderson <i>9.7</i>	_____
4.	↑	_____
5.	Hurley <i>9.8</i>	_____
6.	Ward <i>9.9</i>	_____



DISCUS - Frosh/Soph

CCS Record: Craig Watkins, Mitty, 1973, 157' 11"

FLIGHT I

	Name	School	Reg. Qual. Mark
1	Curt Foianini	Carlmont	126' 0"
2	Steve Chapman	Monta Vista	127' 10"
3	Kevin Wincoop	Crestmoor	133' 8"
4	4 Kern 145-3	El Camino	135' 10"
5	John Starr	Marello	135' 10"

FLIGHT II

6	Doug Casey	Wilcox	136' 8"
7	Matt Pear	Los Altos	138' 1"
8	4 Sheeham 146-7	Prospect	139' 10 1/2"
9	Don Brown	Camden	141' 6 1/2"
10	5 Jerry Shuck 148-3	No. Salinas	143' 0"

FLIGHT III

11	Rick Benson	King City	144' 4 3/4"
12	2 Ron Clarke 144-3	Mitty	144' 7"
13	Wade Buckingham	Capuchino	147' 5"
14	1 Ray Franklin 157-4	Los Altos	147' 10"
15	Ray Gonzales	Silver Creek	150' 2"
16	2 Robert Honore 149-4	Camden	156' 11"

PLACINGS AND MARK:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

100 YARD DASH - Girls

CCS Record: Beverly James, Silver Creek, 1974, 11.5

SECTION I

Lane	Name	School	Reg. Qual Time
1	Karen Rudolf	Pioneer	11.7
2	4 Gina Hendy 11.6	Wilcox	11.5
3	3 Eloise Mallory 11.4	Overfelt	11.5
4	Beverly James	Silver Creek	11.4
5	1 Mary Ellis 11.1	Yerba Buena	11.5
6	2 Leticia Sherrill 11.3	Milpitas	11.5
7	5 Sonia Randolph	Milpitas	11.6
8	Karen Taylor	Piedmont Hills	11.7

SECTION II

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____







SHOT PUT - Varsity

CCS Record: Bob Brannon, Los Gatos, 1964, 63'9"

Starting Time: 3:00

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Jim Leonard	Harbor	50' 8 3/4"
2.	Randy Wilson	No. Salinas	52' 10 3/4"
3.	Dave Costello	Fremont	53' 8"
4.	Mike Smith	San Mateo	53' 10 1/2"
5.	Mark Reynold	Hillsdale	53' 10 1/2"

FLIGHT II

6.	Chuck Wehrle	Pioneer	54' 2 1/4"
7.	6 Mike Gough	Homestead	54' 4"
8.	Scott Greco	Camden	54' 10 1/4"
9.	Guy Gida	Monterey	54' 11 3/4"
10.	Jim Brown	Peterson	55' 2 1/4"

FLIGHT III

11.	Bill Webster	Lick	55' 10"
12.	5 Ron Comer	Sunnyvale	56' 8"
13.	1 Craig Watkins 59-5	Mitty	57' 9 1/4"
14.	3 Gary Bersano 58-2	Los Gatos	58' 5 1/4"
15.	2 Brent Long 58-5 1/2	Los Altos	59' 2"
16.	4 Gian Rossini 56-4	St. Francis	60' 0 1/2"

PLACINGS AND MARK

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

TWO MILE RUN - VARSITY

CCS Record: Gordon MacMitchell, Gunn, 1973, 9:01.6

FINALS ONLY: Two-to a Lane Olympic Scratch Start

HEAT

HEAT	Lane	Name	School	Reg. Qual. Time
1	1	Ron Fritzke	Leigh	9:09.8
1A	2	Jerry Emory	Gunn	9:27.0
2	4	Craig Corey	San Mateo	9:28.3
2A		Andy Jones	Carmel	9:31.9
3		Rumaldo Montenegro	Lincoln	9:24.0
3A	3	Mitch Kingery	San Carlos	9:27.2
4		Bob Barnett	Hillsdale	9:28.3
4A		Allen Sandretti	Santa Cruz	9:38.0
5		Blair Goodrow	Saratoga	9:24.1
5A		Jeff Curran	Los Altos	9:32.4
6		Bob Nelson	Aragon	9:37.4
6A		Dwane Little	Seaside	9:42.6
7		Ray Aver	Branham	9:30.2
7A		Dave Hull	Menlo-Atherton	9:35.2
8		Paul Mello	Crestmoor	9:42.0
8A		John Daley	Carlmont	9:43.2

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



TRIPLE JUMP - Varsity

CCS RECORD: Craig Conway, Cupertino, 1971, 49'5"

Starting Time: 7:00 (pit inside track)

FLIGHT I	Name	School	Reg. Qual. Mark
1	Mark Banks	San Mateo	43' 3 3/4"
2	Bob Adcock	Salinas	43' 5"
3	Tom Gonia	St. Francis	43' 6"
4	Mark Nicholas	Serramonte	44' 0 1/2"
5	Clay Bullwinkel	Mills	44' 2 1/4"
FLIGHT II			
6	Greg Malreaux	San Carlos	45' 3 1/2"
7	Steve Scott	Los Altos	45' 4"
8	Don Finley	Cupertino	45' 9 1/4"
9	Moreno	Lick	45' 10 3/4"
10	Myrt Easley	Woodside	46' 4"
FLIGHT III			
11	Nathan Johnson	Seaside	46' 8 1/4"
12	Willis	Leigh	46' 11 3/4"
13	David Zizzo	Gilroy	47' 2"
14	Kevin Utley	Peterson	47' 5"
15	Gerald Steward	Seaside	47' 5 1/4"
16	Junior Rojas	Overfelt	48' 5 3/4"

PLACINGS AND MARK:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

330 LOW HURDLES - VARSITY 330

CCS Record: (New Event)

Two Heats, Top 4 in each qualify for Final.

HEAT I	Lane	Name	School	Reg. Qual. Time
	1	3 Savann Thompson	38.7 San Carlos	38.4
	2	Myrt Easley	Woodside	38.1
	3	2 Byron Hawkins	38.5 Burlingame	38.0
	4	1 Don Reed	38.1 Mt. Pleasant	37.5
	5	Brent Barsotti	Palma	40.2
	6	5 Steve Viars	40.4 Monterey	40.5
	7	Steve Gidding	Harbor	40.5
	8	4 Ron Owen	39.8 Los Altos	39.1

HEAT II	Lane	Name	School	Reg. Qual. Time
	1	Ron Johnson	Overfelt	38.6
	2	Mark Chapman	Yerba Buena	38.5
	3	3 Dave Jakle	38.4 Los Altos	38.1
	4	2 Don Finley	37.7 Cupertino	37.6
	5	1 Tony Hicks	37.2 Serramonte	37.6
	6	Tracy Wilson	Branham	38.4
	7	4 Bob Mardis	38.7 San Mateo	39.2
	8	Jim Fitzhenry	Bellarimine	39.3

PLACINGS AND TIME:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



LONG JUMP - Frosh/Soph

CCS Record: Marcki, Buchser, 1971, 21'9½"

FLIGHT I

Name	School	Reg. Qual. Distance
1 Frank Miller	Menlo Atherton	18'5"
2 Steve Lawrence	Carlmont	18'9"
3 Marty Donahoo	Burlingame	18'10"
4 Steve Bennett	Lynbrook	19'2"
5 Don Vidal	St. Ignatius	19'3½"

FLIGHT II

6 Dave Rider	Capuchino	19'3½"
7 Mel Garees	St. Ignatius	19'4 3/4"
8 Gary Wipfler	Monta Vista	19'7½"
9 Fred Acosta	Santa Clara	19'10½"
10 Ron Harney	Palma	20'2½"

FLIGHT III

11 Chris Whitworth	R.L. Stevenson	20'5 3/4"
12 Tom Bryan	Alisal	20'11"
13 Melvin Wilson	Gilroy	21'3¼"
14 Wells	Overfelt	21'3¼"
15 Harrington	Mt. Pleasant	21'5"
16 White	Camden	21'6 3/4"

PLACINGS AND DISTANCE

1. Bennett	22-7
2. White	21-10
3. Wifler	21-6
4.	
5.	
6.	

220 YARD DASH - VARSITY

CCS Record: Millard Hampton, 1974, 20.9

Two Heats, top 4 in each qualify for Finals.

HEAT I

Lane	Name	School	Reg. Qual. Time
1	Robert Sweet	Woodside	22.5
2	3 Fred Harvey 22.1	Silver Creek	22.0
3	1 Keith Taylor 21.9	Piedmont Hills	21.5
4	2 Glen Cannon 22.1	Mt. Pleasant	21.5
5	4 Alvin Diles 22.3	Serramonte	22.7
6	Rick Parker	Carmel	22.9
7	Torres	Salinas	23.4
8	Jim Perris	Aragon	23.3

HEAT II

1	Scott Stanger	Pioneer	22.7
2	3 Eric Hill 23.4	Woodside	22.5
3	2 Kevin Bryant 22.0	Wilcox	22.3
4	1 Dan Coulter 21.9	Harbor	22.1
5	4 Mike Greggans 22.1	Woodside	22.1
6	Dan MaGee	St. Ignatius	22.88
7	Pat Crosby	St. Francis	22.9
8	Brent Nance	Carlmont	22.9

PLACINGS AND TIME:

1.	
2.	
3.	
4.	
5.	
6.	



POLE VAULT - Frosh/Soph

CCS Record: Marlon Madeiros, Cupertino, 1973, 13'4"

Starting Height: 11'0"

FLIGHT I	Name	School	Reg. Qual. Mark
1	Rich Long	Oceana	11'0"
2	Dean Rafello	Half Moon Bay	11'6"
3	Dan Nielson	Capuchino	11'6"
4	Dan Sullivan	Aragon	11'6"
5	Doug Perry	Carlmont	12'0"

FLIGHT II	Name	School	Reg. Qual. Mark
6	Kevin McElveny	Lynbrook	12'0"
7	Mancuso	Leigh	12'0"
8	Doll	Camden	12'0"
9	Crane	Leigh	12'0"
10	Skipper Valencia	Watsonville	12'2"

FLIGHT III	Name	School	Reg. Qual. Mark
11	Joe McMath	Buchser	12'6"
12	Rodriquez	DelMar	12'6"
13	Robert Cooke	Alisal	12'8"
14	Mike Severin	Watsonville	12'8"
15	Jim Westlund	Fremont	13'0"
16	Barry Heaslet	Awalt	13'0"

PLACINGS AND MARK:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

220 YARD DASH - Girls

CCS Record: Sue Hanley, Pioneer, 1974, 25.6

HEAT I

Lane	Name	School	Reg. Qual. Time
1	Lynn Franceshi	Watsonville	26.9
2	Lezli Peterson	Harbor	26.3
3	Beverly James	Silver Creek	26.2
4	Mary Ellis	Yerba Buena	25.9
5	Kim McDonald	St. Francis	26.0
6	Marsha Gallion	Samuel Ayer	26.2
7	Leticia Sherrill	Milpitas	26.3
8	Laura Camacho	N. Salinas	26.5

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



HIGH JUMP - Girls

CCS Record: Pam Blackburn, Cubberley, 1974, 5'5"

Starting Time: Follows Frosh/Soph H.J. which starts at 7:00 - (approx. 9:00)

Starting Height: 4'10"

	Name	School	Reg. Qual. Mark
1	Pam Blackburn	Cubberley	4'10"
2	Julie Moo	Lynbrook	4'10"
3	Denise Cornell	King City	4'10"
4	Sandy Ferreira	King City	4'10"
5	Tanja White	Leland	4'10"
6	Jerri Moo	Lynbrook	4'10"
7	Louise Burket	N. Salinas	4'10"
8	Cathy Parker	San Mateo	4'10"

PLACINGS AND MARK:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

ONE MILE RUN - FROSH/SOPH

CCS Record: Suhr, Branham, 4:23.6, 1972

FINALS ONLY - Two to a lane.

Lane	Name	School	Reg. Qual. Time
1	Jeff Maxwell	Westmoor	4:27.5
2	Mark Stillman	Willow Glen	4:29.4
3	Ken Norton	Awalt	4:29.9
4	John Sup	Palma	4:32.3
5	Stan Ross	Serra	4:28.2
6	Jim Durocher	Silver Creek	4:31.6
7	Jeff Nicklin	Monte Vista	4:35.5
8	Gary Goodstein	Menlo-Atherton	4:38.7
1A	Rohe Martin	Saratoga	4:31.7
2A	Alden Pratt	Palo Alto	4:36.1
3A	Chuck Arnold	Half Moon Bay	4:39.2
4A	Danny Ventura	Watsonville	4:42.3
5A	Dave Sipiora	Leigh	4:32.8
6A	Bob Aldrete	Wilcox	4:36.1
7A	Mike Vernali	Mills	4:40.2
8A	Robert Riplinger	Monte Vista	4:36.3

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



HIGH JUMP - Varsity

CCS Record: John Radetich, San Carlos, 1966, 6'9 3/4"

Starting Height: 6'2"

Starting Time: 3:00

FLIGHT I

	<u>Name</u>	<u>School</u>	<u>Reg. Qual. Time</u>
1	Curtis Sells	Salinas	6'2"
2	Bruce Johnson	Salinas	6'2"
3	Jeff Leach	Carlmont	6'4"
4	Sylvester Pritchett	San Mateo	6'4"
5	Scott McCarthy	Cupertino	6'4"

FLIGHT II

6	Thorlis Gibbs	Hill	6'4"
7	Bill Kleppe	Hillsdale	6'4"
8	Kevin Harding	Camden	6'4"
9	4 Steve Ferguson 6-6	Homestead	6'4"
10	Ken Baugh	Los Altos	6'4"

FLIGHT III

11	Kevin Matlock	Los Gatos	6'4"
12	David Zizzo	Gilroy	6'4"
13	Ken Miller	Oceana	6'7"
14	1 Bob Dillard 6-8	Mills	6'8"
15	3 Kirk Collins 6-7	Monterey	6'8"
16	2 Larry Wright 6-7	Carlmont	6'9"

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

880 YARD MEDLEY RELAY - GIRLS

CCS Record: Menlo-Atherton, 1974, 1:52.3

<u>Lane</u>	<u>School</u>	<u>Reg. Qual. Time</u>
1	Harbor	1:55.2
2	Milpitas	1:55.5
3	Pioneer	1:56.0
4	Cupertino	1:57.5
5	Overfelt	1:57.8
6	Salinas	1:57.8
7	Watsonville	1:58.1
8	Ravenswood	1:59.5

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



OFFICIALS

Meet Director . . . . .	Don Bell	FIELD EVENTS
Girl Director . . . . .	Jan Nay	3:00
Announcer . . . . .	Dave Dickerson	
Referee . . . . .	Charles Sullivan	(Un)lighted
Girl's Referee . . . . .	Sue Grigsby	
Head Field Judge . . . . .	Don Bell, Sr.	
Head Timer . . . . .	Bob Anderson	
Head Finish Judge . . . . .	Steven Chelbay	
Wind Gauge . . . . .	Leon Glover, Sr.	
(Alt. Head Timer) . . . . .	Leon Glover, Jr.	(Un)lighted
Awards . . . . .	Tom Niemiller	
	Wil Concklin	3:00
Starter . . . . .	Bob Podkaminer	
Re-Call Starter . . . . .	Frank Tamez	
Clerk of the Course . . . . .	Mike Gunion	3:00
Clerk of the Finish . . . . .	Roz Sullivan	
Finish Photographer . . . . .	Walter Reynolds D.D.S.	
Weights & Measures . . . . .	Gene Nutt	

MILE RELAY - VARSITY

CCS Record: Los Altos, 1970, Thompson, Davis, 3:15.8  
 Andrews, Brown  
 FINALS ONLY - 2 sections, places determined by time.

SECTION I

<u>Lane</u>	<u>School</u>	<u>Reg. Qual. Time</u>
1	Carlmont	3:23.4
2	Yerba Buena	3:24.4
3	Leigh	3:25.5
4	Seaside	3:26.0
5	Lynbook	3:27.2
6	Aragon	3:28.6
7	Menlo-Atherton	3:29.2
8	Salinas	3.34.4

SECTION II

1	San Mateo	3.19.9
2	Peterson	3.21.2
3	Mt. Pleasant	3.22.3
4	Monterey	3.25.2
5	Serramonte	3:20.2
6	St. Ignatius	3:20.9
7	Gilroy	3.22.4
8	Woodside	3.22.5

PLACINGS AND TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____



2370M

NOTES

ORDER OF EVENTS AND TIME SCHEDULE

RUNNING EVENTS - TRIALS

3:00	440 Relay	Varsity, Frosh/Soph
3:20	120 High Hurdles	Varsity
3:35	70 High Hurdles	Frosh/Soph
3:50	100 Yd. Dash	Varsity, Frosh/Soph
4:20	330 Yd. Low Hurdles	Varsity, Frosh/Soph
4:50	220 Yd. Dash	Varsity, Frosh/Soph
5:20	80 Yd. Low Hurdles	Girls- Final

RUNNING EVENTS - FINALS

7:00	440 Yd. Relay	Varsity, Frosh/Soph, Girls
7:30	120 High Hurdles	Varsity
7:40	70 High Hurdles	Frosh/Soph
7:50	880 Yd. Run	Varsity, Frosh/Soph, Girls
8:15	100 Yd. Dash	Varsity, Frosh/Soph, Girls
8:40	440 Yd. Dash (5 sections)	Varsity, Frosh/Soph, Girls
9:05	Two Mile Run	Varsity, Frosh/Soph
9:30	330 Yd. Low Hurdles	Varsity, Frosh/Soph
9:55	220 Yd. Dash	Varsity, Frosh/Soph, Girls
10:20	Mile Run	Varsity, Frosh/Soph, Girls
10:45	880 Yd. Med. Relay	Girls
10:55	Mile Relay (4 sections)	Frosh/Soph, Varsity



29th 1926, California  
29th 1926 CITY COLLEGE

1926 - May 30, 1926

TRACK AND FIELD CHAMPIONSHIPS  
CENTRAL COAST SECTION

NOTES



103 6019



विद्यया ऽमृतमश्नुते

विद्यया ऽमृतमश्नुते



1975

TRIALS  
Grass Reg?

Track and Field





DISCUS, continued

Name	School	Distance
Robin Mitchell	Cupertino	83'11-3/4"
Kathy Hungerford	Milcox	84'
Brenda Jamrus	Oak Grove	84'
Kathy Fitzpatrick	San Mateo	84'3"
Patricia Warrick	N. Salinas	84'3-3/4"
Jamie Guthrie	Lynbrook	84'4"
Patrice Rickard	Pioneer	84'5"
Judy Lynch	Ravenswood	84'7"
Carolyn Smith	Cupertino	85'1"
Danisa Thorangkoon	Carmel	85'5"
Luan Sheidon	Salinas	85'11 1/2"
Kathy Van Gastel	Leigh	86'
Becky Cubrera	Alisal	86'2"
Karen John	Pioneer	86'2"
Nancy Magoun	Cupertino	86'11 1/2"
Kathy McManera	Carimont	86'11 1/2"
Ruth Smith	Mm. Overfelt	87'5"
Linda McDermot	Gunn	87'10"
Kate Leonard	St. Francis	87'10"
Kathy Shelby	James Dick	88'9-3/4"
Renee Ajlegre	Aptos	88'11"
Bonnie Coursey	Piedmont Hills	88'11"
Ali McArthur	Salinas	89'1 1/2"
Maurice Valencia	Andrew Hill	89'4"
Vicki Mandy	Woodsdale	89'11"

HIGH JUMP CONCLUSIONS

Name	School	Distance
Robin Mitchell	Cupertino	83'11-3/4"
Kathy Hungerford	Milcox	84'
Brenda Jamrus	Oak Grove	84'
Kathy Fitzpatrick	San Mateo	84'3"
Patricia Warrick	N. Salinas	84'3-3/4"
Jamie Guthrie	Lynbrook	84'4"
Patrice Rickard	Pioneer	84'5"
Judy Lynch	Ravenswood	84'7"
Carolyn Smith	Cupertino	85'1"
Danisa Thorangkoon	Carmel	85'5"
Luan Sheidon	Salinas	85'11 1/2"
Kathy Van Gastel	Leigh	86'
Becky Cubrera	Alisal	86'2"
Karen John	Pioneer	86'2"
Nancy Magoun	Cupertino	86'11 1/2"
Kathy McManera	Carimont	86'11 1/2"
Ruth Smith	Mm. Overfelt	87'5"
Linda McDermot	Gunn	87'10"
Kate Leonard	St. Francis	87'10"
Kathy Shelby	James Dick	88'9-3/4"
Renee Ajlegre	Aptos	88'11"
Bonnie Coursey	Piedmont Hills	88'11"
Ali McArthur	Salinas	89'1 1/2"
Maurice Valencia	Andrew Hill	89'4"
Vicki Mandy	Woodsdale	89'11"

PARTICIPATING HIGH SCHOOL

Name	School	Distance
Robin Mitchell	Cupertino	83'11-3/4"
Kathy Hungerford	Milcox	84'
Brenda Jamrus	Oak Grove	84'
Kathy Fitzpatrick	San Mateo	84'3"
Patricia Warrick	N. Salinas	84'3-3/4"
Jamie Guthrie	Lynbrook	84'4"
Patrice Rickard	Pioneer	84'5"
Judy Lynch	Ravenswood	84'7"
Carolyn Smith	Cupertino	85'1"
Danisa Thorangkoon	Carmel	85'5"
Luan Sheidon	Salinas	85'11 1/2"
Kathy Van Gastel	Leigh	86'
Becky Cubrera	Alisal	86'2"
Karen John	Pioneer	86'2"
Nancy Magoun	Cupertino	86'11 1/2"
Kathy McManera	Carimont	86'11 1/2"
Ruth Smith	Mm. Overfelt	87'5"
Linda McDermot	Gunn	87'10"
Kate Leonard	St. Francis	87'10"
Kathy Shelby	James Dick	88'9-3/4"
Renee Ajlegre	Aptos	88'11"
Bonnie Coursey	Piedmont Hills	88'11"
Ali McArthur	Salinas	89'1 1/2"
Maurice Valencia	Andrew Hill	89'4"
Vicki Mandy	Woodsdale	89'11"

CENTRAL COAST SECTION

MAY 22, 1975

GIRLS MEET  
RES MEET



PARTICIPATING HIGH SCHOOLS

Alisal	Leland	San Benito
Andrew Hill	Lincoln	San Carlos
Aptos	Live Oak	San Jose
Aragon	Los Altos	San Lorenzo Valley
Branham	Lynbrook	San Mateo
Buchser	Marengo	Santa Clara
Camden	Menlo-Atherton	Saratoga
Capuchino	Milpitas	Silver Creek
Carlmont	Mt. Pleasant	S. San Francisco
Carmel	N. Salinas	St. Francis
Cubberley	Oak Grove	Watsonville
Cupertino	Pacific Grove	Willcox
Gilroy	Palo Alto	William Overfelt
Gunn	Piedmont Hills	Willow Glen
Harbor	Pioneer	Woodside
James Lick	Ravenswood	Yerba Buena
King City	Salinas	
Leigh	Samuel Ayer	

HIGH JUMP - continued

<u>Name</u>	<u>School</u>	<u>Distance</u>
Terri Parker	San Mateo	4'7 1/2"
Sheila Cavriel	Carlmont	4'7"
Debbie Edwards	Branham	4'7"
Natalie Vogel	Gilroy	4'7"
Bonnie Conrsey	Piedmont Hills	4'7"
Michelle McDonald	St. Francis	4'7"
Claudia Hawkins	St. Francis	4'7"
Kelly Scoffone	Willow Glen	4'7"
Denise Sanders	Yerba Buena	4'7"
<u>DISCUS (72 Qualifiers)</u>		
<u>Name</u>	<u>School</u>	<u>Distance</u>
Maxine Epstein	Willow Glen	80'7"
Laurie Pura	King City	80'11"
Mary Toffield	Salinas	81'1 1/2"
Karen Logan	James Lick	81'4"
Kathy Kumura	Gilroy	81'4"
Debbie Zamagni	Lynbrook	81'5"
Karen Borden	Carlmont	81'10"
Terry Herbert	Woodside	82'1 1/2"
Karen Winn	Oak Grove	82'2 1/2"
Jean Crackshank	Piedmont Hills	82'4"
Lorri Cuffaro	San Jose	82'6"
Lorraine Azevedo	San Jose	82'8"
Anna Siaz	Alisal	82'8"
Rita Tilery	Silver Creek	83'5"
Debbie Souza	James Lick	83'8"



**880 YARD MEDLEY RELAY (33 Qualifiers)**

School	Time
Los Altos	2:04.3
Cubberley	2:04.9
Santa Clara	2:05.0
Mt. Pleasant	2:06
San Carlos	2:06.2
Woodside	2:06.7
Gunn	2:06.9
Andrew Hill	2:06.9
St. Francis	2:07

**SHOT PUT (37 Qualifiers)**

Name	School	Distance
Denise Buckner	Piedmont Hills	30'11"
Sue Webb	Silver Creek	30'8"
Jane Macke	Lynbrook	30'6"
Betsy Shelton	San Mateo	30'2"
Debbie Owens	King City	30'1-3/4"
Joanna McVay	San Lorenzo Valley	30'
Patty James	San Carlos	30'
Adrienne Roth	Leigh	30'
Stephanie Morales	Carlmont	30'

**HIGH JUMP (50 QUALIFIERS)**

Name	School	Distance
Suzanna Stebir	Marengo	4'7 1/2"
Jerry Mack	Mt. Pleasant	4'7"
Patrice Campbell	Mt. Pleasant	4'7"
Martan Reich	Lynbrook	4'7"
Bev Groot	Oak Grove	4'7"
Angel Lumas	Andrew Hill	4'7"
Nancy Stevens	San Mateo	4'7"
Cathia Mulligan	Gunn	4'7"
Melinda Schmidt	San Carlos	4'7"
Mary Jo Nicholletti	Carlmont	4'7"

**OFFICIALS**

TIMERS:	HEAD:
Carl Hoch	Margaret Milan
Penny LeVitis	Vera Pulido
Bob Leighton	Dave Pridham
Jan Leach	Larry Pender
Frank Lynch	Stacey Gieken
Ron Jones	Sandy Stober
Sue Hunt	Donna Carter
	Kathy Self

FINISH JUDGES:	HEAD:
Ken Forfman	Dick DeLaRosa
Jay Russell	Marie Wright
Mat Berwald	Diane Iverson
Darlene Keith	Jean Steckel
Linda McOwen	Georgianna Hays
	Murtle Berry

CLERK: Bill Pitcher



OFFICIALS continued

SHOT-PUT: CHARLIE GORDOVA

CHARLIE GORDOVA

GAIL MESER

CHUCK GARY

LONG JUMP:

MIKE CLAMPITT

BILL PARKER

DEBBIE ADAMS

DISCUS:

JIM FERGURSON

NAN GOREE

DAVE MORELAND

TOM MALLOY

HIGH JUMP:

COURTNEY WELLS

JIM MCGUIRE

BETTY SELTZ

MILE RUN (45 Qualifiers)

Name	School	Time
Emily Greenland	Gumf	6:10.6
Julie Amaya	Harbor	6:10.7
Jennifer Schneider	Carmel	6:10.9
Meike Grawert	Los Altos	6:12.6
Renee Apararado	Alisal	6:14.8
Patti D'Ardenne	Leland	6:15.2
Ginger Cisi	Pioneer	6:17.0
Julie Tetzloff	San Mateo	6:18.6
Lisa Benaron	Lynbrook	6:18.6
Karen Richards	Lynbrook	6:18.8
Amaya Blanca	Milpitas	6:18.9
Alicia Munoz	Watsonville	6:19.0
Alicia Grimos	Pioneer	6:19.0
Linda Hickey	San Carlos	6:19.4

440 YARD RUN (30 Qualifiers)

Name	School	Time
Karen Noland	Cupertino	65.2
Nancy Cole	Cupertino	65.3
Kathy Turkington	Watsonville	65.3
Lisa MacClean	Leland	65.4
Patti D'Ardenne	Leland	65.4
Alison Jeffrey	Carlmont	65.5
Laurie Tichenor	Gilroy	65.5

LONG JUMP (37 Qualifiers)

Name	School	Distance
Robyn Heen	Woodside	15'6"
Sally Menaul	Lynbrook	15'6"
Ritia Holiday	Ravenswood	15'6"
Kathy Vopat	San Carlos	15'6"
Dea Touroungy	Salinas	15'5"
Chris Tuggle	Piedmont Hills	15'5"
Kathy London	Pioneer	15'5"
Paula Dodge	Watsonville	15'5"
Shari Segger	Saratoga	15'5"



Due to the many girls that qualified for the C.C.S. Qualifying Meet, it was necessary to re-establish entry marks that would enable the completion of the meet at a reasonable time for all participants and coaches.

We would like to recognize and honor the following girls who were unable to participate in today's meet. **CONGRATULATIONS ON YOUR FINE TRACK SEASON.**

Name	School	Time
Kathy Powell	Alisal	12.7
Karen Eichhore	Watsonville	12.7
Wickie Riggins	Yerba Buena	12.8
Paula Moore	Woodside	12.8
Christie Pope	King City	12.8
Brenda Damon	Mt. Atherton	12.8
Annette Mafer	Mt. Pleasant	12.8
Sue Dalton	Wilcox	12.8
Robin Morris	Carmel	12.9
Jennifer Bradley	Willow Glen	12.9
Diane Chin	Watsonville	13.0
Vera Otto	Carlmont	13.0
Diana Howder	Aptos	13.0
Adrian Jones	Carlmont	13.0
Joyce Coleman	Cupertino	13.0
Jan Baca	Gunn	13.0
Julie Moo	Lynbrook	13.0
Eddie Avey	N. Salinas	13.0
JoAnn Atwell	Ravenswood	13.0
Connie Colline	San Carlos	13.0
Kathy Bodine	St. Francis	13.0
Sue Cass	St. Francis	13.0

**80 YARD HURDLES (46 Qualifiers)**

**80 YARD HURDLES (Record: 11.1) Susie Nichues, Cubberley / Kathy Schentrup - Willow Glen**

Heat	Lane	Name	School	Time
I	1	Leanna MacGowan	Gunn	12.5
I	2	Cheryl Phifer	James Lick	12.5
I	3	Sharon Nichols	Mt. Atherton	11.7
I	4	Kathy Schentrup	Willow Glen	11.3
I	5	Pam Blackburn	Cubberley	11.7
I	6	Bebe Bryans	Los Altos	12.2
I	7	Kurt Wilcox	San Mateo	12.4
I	8	Danita Ross	Aptos	12.6
II	1	Kathie Gardner	Silver Creek	12.5
II	2	Pam Sellers	Andrew Hill	12.2
II	3	Tina Pisetti	Salinas	11.9
II	4	Loretta Stewart	Aptos	11.5
II	5	Chris Gustafson	Saratoga	11.7
II	6	Melinda Schmidt	San Carlos	12.1
II	7	Jennifer Kelly	Leland	12.4
II	8	Diane Grimando	Aragone	12.6
III	1	Linda Leedham	King City	12.6
III	2	Lori Anderson	Salinas	12.2
III	3	Wicki Boyett	Palo Alto	11.9
III	4	Jean Horn	Cupertino	11.5
III	5	Carrie Cavanah	Harbor	11.5
III	6	Carol Bollinger	Watsonville	12.0
III	7	Jacque Chambers	Ravenswood	12.3
III	8	Kathy Lomi bao	Mirpitas	12.6

**QUALIFIERS**

Heat	Lane	Name	School	Time
1	1			
2	2			
3	3			
4	4			
5	5			
6	6			
7	7			
8	8			



440 YARD DASH (Record: 61.6 - Sharon Nichols, Menlo-Atherton)

Heat	Lane	Name	School	Time
I	1	Wende Sawyer	San Mateo	64.1
	2	Barbe Little	Menlo-Atherton	63.3
	3	Paula Jackson	Live Oak	61.3
	4	Lezli Peterson	Pioneer	58.0
	5	Sharon Nichols	Menlo-Atherton	61.2
	6	Laurie Somers	Capuchino	63.0
	7	Tonette Williams	Silver Creek	64.1
	8	Lisa Ross	Saratoga	65.0
II	1	Lisa Snyder	Camden	64.2
	2	Debbie Edwards	Branham	63.5
	3	Lori Anderson	Salinas	61.8
	4	Christine Samllwood	James Lick	58.3
	5	Nancy Hart	Aptos	60.5
	6	Annette Hammonds	Silver Creek	62.9
	7	Perry Lemmon	Willow Glen	64.0
III	1	Grace Bandong	Alisal	64.2
	2	Karen Hardy	Aptos	63.6
	3	Pam Kershner	Pioneer	62.3
	4	Julie Peterson	Harbor	59.9
	5	Francine Hard	Milpitas	60.1
	6	Erin VanRheenen	Ravenswood	62.8
	7	Lori Damweg	Los Altos	63.9

QUALIFIERS

Lane	Time
1	50.7
2	51.4
3	51.7
4	51.7
5	51.9
6	51.6
7	
8	

DISCUS continued

FLIGHT	Lane	Name	School	Distance
IV	1	Marilyn Maida	Willow Glen	97'9 1/2"
	2	Annette Hammonds	Silver Creek	97'10 1/2"
	3	Sheila Pannell	Leland	98'2"
	4	Michelle Harvey	Pioneer	98'8"
	5	Liz Mee	Menlo-Atherton	99'11 1/2"
	6	Norma Williamson	Lynbrook	102'1"
	7	Mary Colontuono	Milpitas	102'8"

FLIGHT V

Lane	Name	School	Distance
1	Cassie Walz	Samuel Ayer	103"
2	Sue Marisko	Hoodside	103'6"
3	Cathy Hargens	Harbor	103'1"
4	Fai Tuinavave	Overfelt	111'0"
5	Marta Kuchi	Salinas	111'11 1/2"
6	Kathy Kuchta	King City	113'11 1/2"

QUALIFIERS

Lane	Distance
1	113'11 1/2"
2	113'11 1/2"
3	113'11 1/2"
4	113'11 1/2"
5	113'11 1/2"
6	113'11 1/2"
7	113'11 1/2"
8	113'11 1/2"



**DISCUS**

FLIGHT	Lane	Name	School	Distance
I	1	Stephanie Morales	Carlmont	90' 11"
	2	Julie McGavern	Pioneer	90' 2"
	3	Debbie DuFrange	Leland	90' 6"
	4	Jill Fredlund	Leland	90' 11"
	5	Chris Chandler	Pleasant	91' 7"
II	1	Kathy Kent	Lymbrook	92' 6"
	2	Debbie Chapman	Wilcox	94'
	3	Claudia Harvey	Pioneer	94' 7"
	4	Karen Christiansen	Satinas	94' 9"
	5	Denise Beacom	Watsonville	94' 10"
	6	Kathie Gutierrez	Branham	94' 11"
III	1	Stacey Bergstedt	Aragon	95' 2"
	2	Marie Garcia	Harbor	95' 2-3/4"
	3	Kathy Korach	Watsonville	95' 3"
	4	Patty James	San Carlos	95' 8-3/4"
	5	Debbie Vargas	Yerba Buena	96' 3"
	6	Laura Sanchez	Pioneer	97' 1"

**880 YARD RUN (Record: 2:28.3 - Amy Huyck - Aptos)**

Heat	Lane	Name	School	Time
I	1	Lucy Ahrens	Pacific Grove	2:37.1
	2	Jeanne Day	Aptos	2:33.5
	3	Francine Ward	Milpitas	2:30.6
	4	Amy Huyck	Aptos	2:19.1
	5	Joanne McFate	Menlo-Atherton	2:30.4
	6	Renee Mallet	Branham	2:33.4
	7	Kim Kapte	King City	2:37.9
	8	Kim Kapte	King City	2:37.9
II	1	Marian Green	San Lorenzo Valley	2:37.2
	2	Megan Hayes	Lincoln	2:34.0
	3	Jundy Sambrailo	Watsonville	2:31.8
	4	Sue Neary	Aptos	2:24.8
	5	Vickie Strong	Branham	2:26.4
	6	Julie Prado	Aptos	2:33.7
	7	Rene Tuseber	Cupertino	2:36.7
	8	Cassandra Eaglia	Silver Creek	2:37.8
III	1	Diana Mitt	Menlo-Atherton	2:37.6
	2	Claudia Messenger	Saratoga	2:34.9
	3	Kim McDonald	St. Francis	2:32.0
	4	Paula Jackson	Live Oak	2:25.6
	5	Kathy Tarkington	Watsonville	2:26.3
	6	Karen Hardy	Aptos	2:33.0
	7	Susan Bailey	King City	2:35.0
	8	Susan Bailey	King City	2:35.0
<b>QUALIFIERS</b>				<b>TIME</b>
1				222.1
2				224.8
3				222.5
4				222.56
5				222.63
6				229.8
7				229.8
8				227.6



**100 YARD DASH**

Record: 11.4 Sandy McIlroy - Leland  
Robbin Holiday - Ravenswood

Heat	Lane	Name	School	Time
I	1	Jill McPherson	Branham	11.9
	2	Gina Hendy	Pioneer	11.7
	3	Karen Rudolf	Silver Creek	11.5
	4	Beverly James	Piedmont Hills	11.0
	5	Peaches Palmer	N. Salinas	11.4
	6	Laura Camacho	St. Francis	11.7
II	7	Janet Sevely	Ravenswood	11.9
	8	Ervin VanRheenen	Ravenswood	11.9
III	1	Barbara Finger	St. Francis	11.9
	2	Sue Marisko	Woodsides	11.8
	3	Karen Taylor	Piedmont Hills	11.5
	4	Leticia Sherrill	Milpitas	11.4
	5	Eloise Mallory	Overfelt	11.4
	6	Laura Whitbur	Branham	11.7
	7	Jacque Chambers	Ravenswood	11.8
	8	Clair Corsick	Santa Clara	11.9
IV	1	Laurel McKenzie	Cupertino	11.9
	2	Janet Marazzo	Watsonville	11.8
	3	Isaura Servin	Santa Clara	11.6
	4	Sonia Randolph	Milpitas	11.2
	5	Robbin Holiday	Ravenswood	11.4
	6	Dana Doheny	Samuel Ayer	11.6
	7	Nancy Springhorn	Cubberley	11.8
	8	Denise Jones	San Carlos	11.9

**HIGH JUMP, continued**

FLIGHT	Lane	Name	School	Distance
IV	1	Chris Gustafson	Saratoga	4'9"
	2	Cathi Parker	San Mateo	4'9"
	3	Carrie Cavanah	Harbor	4'10"
	4	Linda Birkel	Guinn	4'10"
	5	JoAnne Zwieg	Cupertino	4'10"
	6	Jennifer Bradley	Willow Glen	4'10"
FLIGHT	1	Tanja White	Leland	5'0"
	2	Robert Hodges	Cupertino	5'0"
	3	Sandy Ferreira	Kings City	5'1"
	4	Julie Moo	Lyabrook	5'1 1/2"
	5	Denise Cornnell	King City	5'5"
	6	Pam Blackburn	Cubberley	5'10"
QUALIFIERS	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			



**HIGH JUMP (Record: 5'3" - Pam Blackburn - Cubberley)**

FLIGHT I	Name	School	Height
	Colleen Russell	Marengo	4'8"
	Paula Dodge	Watsonville	4'8"
	Jenni Moo	Lynbrook	4'8"
	Tylen Stringfield	Carlmont	4'8"
	Peggy Pollock	Cupertino	4'8"
	Tonette Williams	Silver Creek	4'8"
<b>FLIGHT II</b>			
	Patti Zwiieg	Cupertino	4'8"
	Grace Ann Pederson	Menlo-Atherton	4'8"
	Linda Dale	James Lick	4'8"
	Bebe Bryans	Los Altos	4'8"
	Arlotta Smith	Woodside	4'8"
	Karen Bobst	Pioneer	4'8"
<b>FLIGHT III</b>			
	Joann Atwell	Ravenswood	4'8"
	Louise Burket	N. Salinas	4'9"
	Delethia Davis	Andrew-Hill	4'9"
	Verna Whilwhite	Piedmont Hills	4'9"
	Gina Hendy	Wilcox	4'9"
	Joni Martin	San Lorenzo Valley	4'9"

**100 YARD DASH, continued**

Heat	Lane	Name	School	Time
1	1	Jana Macke	Lynbrook	11.9
1	2	Kim Young	Menlo-Atherton	11.8
1	3	Esther Hull	W. Pleasant	11.6
1	4	Mary Ellis	Yerba Buena	11.3
1	5	Sandra Rand	S. San Francisco	11.3

**QUALIFIERS**

Heat	Lane	Name	School	Time
1	1	Jana Macke	Lynbrook	11.9
1	2	Kim Young	Menlo-Atherton	11.8
1	3	Esther Hull	W. Pleasant	11.6
1	4	Mary Ellis	Yerba Buena	11.3
1	5	Sandra Rand	S. San Francisco	11.3
2	1	Joann Atwell	Ravenswood	11.9
2	2	Louise Burket	N. Salinas	11.8
2	3	Delethia Davis	Andrew-Hill	11.6
2	4	Verna Whilwhite	Piedmont Hills	11.3
2	5	Gina Hendy	Wilcox	11.3
2	6	Joni Martin	San Lorenzo Valley	11.3
3	1	Joann Atwell	Ravenswood	11.9
3	2	Louise Burket	N. Salinas	11.8
3	3	Delethia Davis	Andrew-Hill	11.6
3	4	Verna Whilwhite	Piedmont Hills	11.3
3	5	Gina Hendy	Wilcox	11.3
3	6	Joni Martin	San Lorenzo Valley	11.3



MILE RUN (Record: 5:41.0 - Brenda Drake, Salinas)

Heat	Lane	Name	School	Time
I	1	Carol Costarella	Samuel Ayer	5:55.9
	2	Liz Kemp	Saratoga	5:54.3
	3	Sue Richter	Cupertino	5:50.2
	4	Amy Wyck	Aptos	5:17.0
	5	Becky Barrett	Branhart	5:48.0
	6	Sharon Furtado	Buchser	5:53.4
	7	Kathy Farkington	Matsonville	5:55.0
	8	Carmen Chavez	King City	5:57.0
II	1A	Sylvia Ballantine	Alisal	6:09.0
	2A	Lydia Zele	Woodside	6:06.7
	3A	Jennifer Smith	San Carlos	5:59.2
	4A	Elaine Seyman	Willow Glen	5:57.9
	5A	Paula Gusman	Gunn	5:58.2
	6A	Patti Prendegast	St. Francis	6:01.9
	7A	Karen Hardy	Aptos	6:04.7
	8A	Toni Rossell	Pioneer	6:09.5
III	1	Olga Santiago	San Jose	5:55.6
	2	Tamy Smith	Cupertino	5:55.0
	3	Karen Palmtag	Matsonville	5:52.3
	4	Sue Neary	Aptos	5:18.1
	5	Sue Muncy	Lincoln	5:28.0
	6	Marian Green	San Lorenzo Valley	5:53.3
	7	Dianne Tyson	Carlmont	5:55.5
	8	Valerie Sheetz	Samuel Ayer	5:57.2
<p><i>Black 17.7"</i>  <i>K.C. 17.5"</i>  <i>Brenda 17.2 1/2"</i>  <i>MA 17.1 1/2"</i>  <i>16.11 1/2"</i>  <i>NB 16.10"</i>  <i>16.7 1/2"</i>  <i>NS 16.3"</i>  <i>PA 16.3 1/4"</i></p>				

LONG JUMP, continued

Name	School	Distance
Gigi Kinslow	Andrew Hill	15'10"
Sarita Johnson	Oak Grove	15'10"
Jennifer Bradley	Willow Glen	15'9"
Mary Riordan	Saratoga	15'9"
Sharon Van Dyke	Piedmont Hills	15'9"
Maribeth Brebzke	Cupertino	15'8 1/2"
Vicki Riggins	Yerba Buena	15'7-3/4"
Vicki Bogett	Palo Alto	15'7"
Theresa Flaherty	San Carlos	15'6 1/2"
Sharon Barthule	Leland	15'6 1/2"



LONG JUMP (Record: 17'6 $\frac{1}{2}$ " - Sandy Ferreira - King City)

Name	School	Distance
Denise Cornell	King City	17'7"
Sandy Ferreira	King City	17'4"
Kathy Trevisan	Menlo-Atherton	17'3 $\frac{1}{2}$ "
Jana Macke	Lynbrook	17'3 $\frac{1}{2}$ "
Cheryl Phifer	James Lick	17'
Laurel MacKenzie	Cupertino	16'10"
Ann Ottis	James Lick	16'7"
Pam Blackburn	Cubberley	16'6"
Debbie Kieler	Lynbrook	16'5"
Cathy Greenstreet	San Mateo	16'5"
Kim McDonald	St. Francis	16'4"
Kathie Gardner	Silver Creek	16'3"
Louise Burket	N. Salinas	16'2"
Pam Kershner	Pioneer	16'1"
Sharon Jordan	Ravenswood	16'1"
Becky Lowe	Salinas	16'1 $\frac{1}{2}$ "
Tina Pisetta	N. Salinas	16'
Diane Freitas	San Benito	15'10"

MILE RUN, continued

Heat	Lane	Name	School	Time
II	1A	Irene Crowley	Overfelt	6:09.4
	2A	Amy Parker	Menlo-Atherton	6:07.5
	3A	Monica Rice	Menlo-Atherton	6:01.5
	4A	Beth Harrison	Los Altos	5:58.7
	5A	Julie Pardo	Aptos	5:58.2
	6A	Karen Matthieson	Palo Alto	6:02.0
	7A	Julie Schreiber	Carlinmont	6:09.3
	8A			

  

QUALIFIERS	Time
1	6:09.4
2	6:07.5
3	6:01.5
4	5:58.7
5	5:58.2
6	6:02.0
7	6:09.3
8	



**440 YARD RELAY (Record: 52.0 Menlo-Atherton)**

HEAT I	Lane	School	Time
	1	Salinas	53.2
	2	Lynbrook	52.7
	3	Aptos	52.3
	4	Harbor	51.4
	5	Menlo-Atherton	52.1
	6	Rayenswood	52.5
	7	Woodside	53.2
	8	Santa Clara	54.0
HEAT II	1	San Mateo	53.3
	2	James Lick	52.8
	3	Milpitas	52.4
	4	Branham	51.4
	5	King City	51.8
	6	Cupertino	52.5
	7	Pioneer	53.2
	8	Yerba Buena	53.7
HEAT III	1	Saratoga	53.3
	2	Silver Creek	53.0
	3	N. Salinas	52.4
	4	Watsonville	51.7
	5	Piedmont Hills	51.8
	6	Samuel Ayer	52.5
	7	Carlmont	53.1
	8	Overfelt	53.4
QUALIFIERS	1		TIME
	2		
	3		
	4		
	5		
	6		
	7		
	8		

**8 lb. SHOT PUT, continued**

FLIGHT IV	Name	School	Distance
1	Marta Kuehl	N. Salinas	36'2"
2	Sheila Pannell	Leland	36'2"
3	Chris Chandler	Mt. Pleasant	37'2-3/4"
4	Ruth Smith	Mt. Overfelt	38"
5	Denise Burtis	Silver Creek	38'9"
6	Kathy Kuchtia	King City	39'10 1/4"
7	Marie Garcia	Harbor	41'5"
QUALIFIERS			DISTANCE
1			
2			
3			
4			
5			
6			
7			
8			



8 lb. SHOT PUT (Record: 33'-9 1/2" Patty Meer, Menlo-Atherton)

FLIGHT I	Name	School	Distance
1	Maribeth Brebzke		
2	Norma Williamson		
3	Karen Williams		
4	Julie Paul		
5	Liz Meer		
6	Debbie Vargus		
7	Coralyn Bond		
FLIGHT II			
1	Loretta Loeffler		
2	Cecilia Tullioh		
3	Vicki Boyett		
4	Luan Sheldon		
5	Stacey Bergstedt		
6	Casie Walz		
7	Kathy Kunimura		
FLIGHT III			
1	Marilyn Maida		
2	Sue Marisko		
3	Kathy Shelby		
4	Fai Tuimavave		
5	Lorri Cuffaro		
6	Brenda Jamrus		
7	Denise Beacom		

220 YARD DASH (Record: 25.9 - Sue Hanley - Pioneer)

Heat	Lane	Name	School	Time
I				
	1	Chris Tuggle	Piedmont Hills	28.0
	2	Barbara Finger	St. Francis	27.7
	3	Karen Rudolf	Pioneer	27.0
	4	Beverly James	Silver Creek	24.8
	5	Lezli Peterson	Harbor	26.8
	6	Debbie Kieler	Lynbrook	27.6
	7	Melody Caspe	Ravenswood	28.0
II				
	1	Cathy London	Pioneer	28.0
	2	Gina Hendy	Wilcox	27.8
	3	Lynn Franceschi	Watsonville	27.0
	4	Peaches Palmer	Piedmont Hills	25.9
	5	Jane Delliiver	Menlo-Atherton	26.6
	6	Marsha Gallion	Samuel Ayer	27.5
	7	Christie Holmes	St. Francis	28.0
III				
	1	Kim Young	Menlo-Atherton	28.0
	2	Michelle Marisko	Watsonville	27.8
	3	Laura Wilbur	Branham	27.2
	4	Karen Taylor	Piedmont Hills	26.0
	5	Sonia Randolph	Milpitas	26.5
	6	Esther Hull	Mt. Pleasant	27.5
	7	Lori Depweg	Los Altos	27.9
	8			



220 YARD DASH (Record: 1:56.0 Menlo Atherton)

Heat Lane Name School Time

Heat	Lane	Name	School	Time
I	1	Sher Spolensky	Gilroy	28.0
	2	Kelly Norwood	Alisal	27.8
	3	Robyn Heen	Woodside	27.4
	4	Kim McDonald	St. Francis	26.0
	5	Mary Ellis	Yerba Buena	26.4
	6	Leslie Turner	Lynbrook	27.4
	7	Karen Kirsch	Aptos	27.9
	8			
V	1	Lisa MacLean	Leland	28.0
	2	Debbie Lyman	Pioneer	27.8
	3	Susan McCarty	Gunn	27.4
	4	Laura Camacho	N. Salinas	26.2
	5	Leticia Sherrill	Milpitas	26.2
	6	Jill McPherson	Branham	27.4
	7	Gigi Kinslow	Andrew Hill	27.8
	8			

220 YARD DASH (Record: 1:56.0 Menlo Atherton)

Heat Lane Name School Time

Heat	Lane	Name	School	Time
II	1	Camden	Camden	2:02.7
	2	Silver Creek	Silver Creek	2:01.4
	3	Piedmont Hills	Piedmont Hills	1:57.6
	4	Harbor	Harbor	1:54.1
	5	Watsonville	Watsonville	1:57.5
	6	San Mateo	San Mateo	1:59.5
	7	Alisal	Alisal	2:02.0
	8	Saratoga	Saratoga	2:03.9
III	1	King City	King City	2:03.0
	2	Lynbrook	Lynbrook	2:01.7
	3	Branham	Branham	1:58.1
	4	Milpitas	Milpitas	1:54.8
	5	Menlo-Atherton	Menlo-Atherton	1:56.0
	6	Cupertino	Cupertino	1:59.0
	7	Ravenswood	Ravenswood	2:02.0
	8	Leland	Leland	2:03.7
IV	1	Carlmont	Carlmont	2:03.3
	2	N. Salinas	N. Salinas	2:01.8
	3	Salinas	Salinas	1:58.2
	4	James Lick	James Lick	1:55.5
	5	Aptos	Aptos	1:55.6
	6	Pioneer	Pioneer	1:59.0
	7	Willow Glen	Willow Glen	2:02.0
	8	Wm. Overfelt	Wm. Overfelt	2:03.3

QUALIFIERS: TIME: 14

220 YARD DASH (Record: 1:56.0 Menlo Atherton)

Heat Lane Name School Time

Heat	Lane	Name	School	Time
I	1	Sher Spolensky	Gilroy	28.0
	2	Kelly Norwood	Alisal	27.8
	3	Robyn Heen	Woodside	27.4
	4	Kim McDonald	St. Francis	26.0
	5	Mary Ellis	Yerba Buena	26.4
	6	Leslie Turner	Lynbrook	27.4
	7	Karen Kirsch	Aptos	27.9
	8			
V	1	Lisa MacLean	Leland	28.0
	2	Debbie Lyman	Pioneer	27.8
	3	Susan McCarty	Gunn	27.4
	4	Laura Camacho	N. Salinas	26.2
	5	Leticia Sherrill	Milpitas	26.2
	6	Jill McPherson	Branham	27.4
	7	Gigi Kinslow	Andrew Hill	27.8
	8			

220 YARD DASH (Record: 1:56.0 Menlo Atherton)

Heat Lane Name School Time

Heat	Lane	Name	School	Time
II	1	Camden	Camden	2:02.7
	2	Silver Creek	Silver Creek	2:01.4
	3	Piedmont Hills	Piedmont Hills	1:57.6
	4	Harbor	Harbor	1:54.1
	5	Watsonville	Watsonville	1:57.5
	6	San Mateo	San Mateo	1:59.5
	7	Alisal	Alisal	2:02.0
	8	Saratoga	Saratoga	2:03.9
III	1	King City	King City	2:03.0
	2	Lynbrook	Lynbrook	2:01.7
	3	Branham	Branham	1:58.1
	4	Milpitas	Milpitas	1:54.8
	5	Menlo-Atherton	Menlo-Atherton	1:56.0
	6	Cupertino	Cupertino	1:59.0
	7	Ravenswood	Ravenswood	2:02.0
	8	Leland	Leland	2:03.7
IV	1	Carlmont	Carlmont	2:03.3
	2	N. Salinas	N. Salinas	2:01.8
	3	Salinas	Salinas	1:58.2
	4	James Lick	James Lick	1:55.5
	5	Aptos	Aptos	1:55.6
	6	Pioneer	Pioneer	1:59.0
	7	Willow Glen	Willow Glen	2:02.0
	8	Wm. Overfelt	Wm. Overfelt	2:03.3

QUALIFIERS: TIME: 14