

1976 TRACK

PRESS TABLE: There will be a table reserved for the news media at every home event. It is located at the finish line for your convenience.

INFIELD CONTROL: We are asking the news media representatives to please confine their trips to the infield to the judges stand at the finish line, where athletes will be made available for interviews following each event.

TELEPHONE SERVICE: Telephones for transmitting results are available in the field house to the north of the track on the corner of South 10th and East Humboldt Street.

XEROX TELECOPIER SERVICE: SJSU will have one Xerox Telecopier for story filing. It is suggested that writers bring their own unit if possible to avoid delay.

MEDIA CREDENTIALS AND COMPLIMENTARY TICKET REQUESTS: Requests should be directed to Wynn Cook at (408) 277-3283 at least one full week prior to date of meet. These are available on first-come-first-served basis.

Metric Conversions

Distance Conversions

100 meters = 109.4 yards
200 meters = 218.7 yards
400 meters = 437.4 yards
800 meters = 874.9 yards
1500 meters = 0.93 miles
1600 meters = 0.99 miles
2000 meters = 1.24 miles
3000 meters = 1.86 miles
5000 meters = 3.10 miles
10,000 meters = 6.21 miles
110 meters = 120.3 yards

Time Approximations

100m - 1.0 sec = 100y
200m + 0.1 sec = 220y
400m + 0.3 sec = 440y
800m + 0.7 sec = 880y
1500m + 17.0 sec = Mile
1600m + 1.2 sec = Mile
2000m - 61.0 sec = Mile
3000m + 34.0 sec = 2 Miles
5000 - 28.0 sec = 3 Miles
10,000 - 59.0 sec = 6 Miles
110m + 0.0 sec = 120 yards

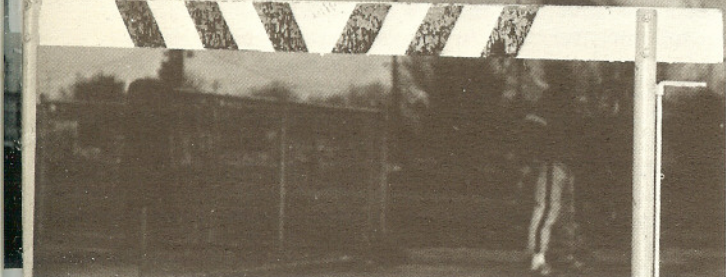
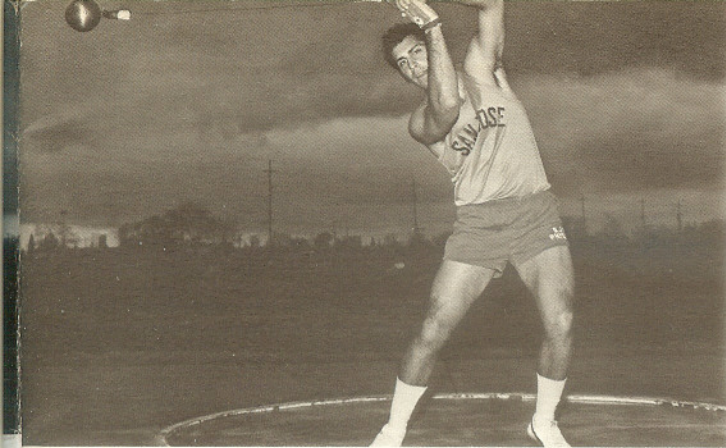
Example: a 3:40.0 1500m time would be approximately equivalent to a (3:40.0 + 17.0) = 3:57.0 mile time.

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1976 Spartan Track and Field

SAN JOSE STATE UNIVERSITY
SAN JOSE, Ca. 95912

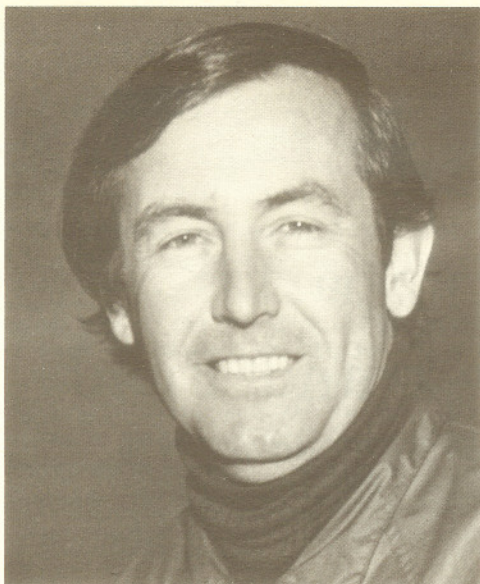
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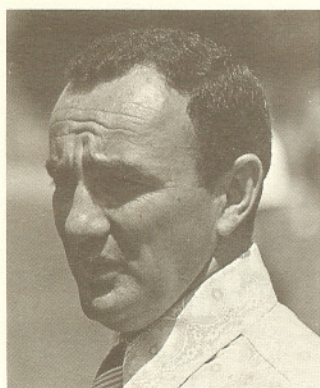
1975 TRACK & FIELD GUIDE

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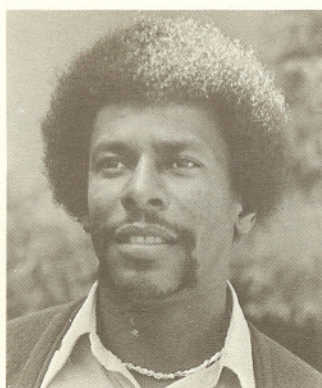
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ERNIE BULLARD



DON RIGGS



LARRY LIVERS

COACHING STAFF

HEAD TRACK & FIELD COACH ERNIE BULLARD

Head Track & Field Coach Ernie Bullard is entering his sixth year at the reins as head coach of the Spartans.

Bullard came to San Jose State in 1968 from Mesa Community College where his 1968 squad won the National Junior College Athletic Association Championship. Included among his star athletes was Neville Myton (Jamaican Olympic team), NJCAA Javelin Champion and American JC Recordholder Mark Murro, Jamaican Olympian Mike Fray, and quarter-miler Elmo Dees. Previous to Mesa, Bullard was head track coach at Orange Coast Community College.

Since his appointment as head SJSU mentor, Bullard has posted an impressive 22-10 record against Division I teams dually, and has compiled a 51-15 unofficial record (includes meets against clubs and non-Division I competition). In the past three seasons, Bullard's teams have been nationally ranked 6th, 13th, and 7th while racing to three consecutive PCAA titles and a fourth place finish in the 1975 NCAA meet. Teams over that period have constructed a 21-3 record.

Bullard's list of SJSU athletes that he has coached reads like a West Coast Who's Who. That list includes World Record-

holders John Powell (Discus), Dan Ripley (Pole Vault), and Ron Livers (High Jump differential), school recordholders Charles Mackey (HJ), Marion Anderson (LJ), Mike Metz (JV), and Richard Marks (SP), plus standouts Louie Wright (LJ), Curtis Davis (LJ), Gary O'Sullivan (Disc), and pole vaulters Vic Diaz, Bob Slover, Sam Carruthers, Frank Rock, and Russ Royal.

Bullard graduated from USC in 1959 where he took fourth in the NCAA pole vault competition, and received his M.S. from Arizona State in 1961. In 1975, he was named the Head Coach of the Junior Olympic team, culminating a year of successes which included two international tours and publication of the first of three books on field event technique.

THE BULLARD RECORD

	Officially*	Unofficially	Titles
1971	1-4	6-7	PCAA (2nd)
1972	0-3	5-5	PCAA (2nd)
1973	6-0	15-0	PCAA
1974	7-2	12-2	PCAA
1975	8-1	13-1	PCAA, NCAA (4th)
Totals	22-10	51-15	

*against Division I teams dually

Distance Coach Don Riggs

Don Riggs was named Head Cross Country and Distance Coach at SJSU in September 1972.

Last coaching at the University of Oregon as an assistant coach in charge of the weight events, high jump, and running events, Riggs has developed several fine distance harriers with sound coaching and training principles he brought into the Spartan program from Oregon. In just three short seasons, he has placed nine athletes in the mile on the list of all-time SJSU milers (top twenty), six in the two mile, seven in the three-mile, five in the six-mile, and four in the steeplechase. In addition his distance runners have been defeated only twice against their opponent's counterparts in the dual meet competition.

Riggs attended Eastern Washington State for his B.A. degree in Physical Education, and moved to Central University for his Master's. In 1969, Riggs received his Ph.D from the University of Oregon.

States Bullard on Riggs: "We needed a man who would take charge and make the total distance program go, and Coach Riggs has been superb in doing just that. He also developed the Conditioning Concept for our running program."

"Don expects much from himself, and from the people he coaches. He is given a lot of responsibility and responds greatly to the overall challenge. At a time when we needed a lift, his contribution has been both vital and considerable!!"

Sprint Coach Larry Livers

Coming off a successful athletic career himself, sprint coach Larry Livers joined the Spartan coaching staff in the fall of 1972, and immediately began to rebuild the lost "Speed City" era of the late 1960's as overseer of the sprint corps.

Livers graduated in 1966 from Villanova following an illustrious collegiate hurdle career (13.6, 50.7). He is currently earning his Master's degree from SJSU.

States Bullard of Livers: "San Jose State was Larry's first real coaching experience, and he has developed into an outstanding collegiate coach, though he is still developing. Sound approaches to coaching the sprinters and hurdlers are used by Larry, but his strongest suit is his ability to relate to people. The fact that we are in a people business has made Larry invaluable to our Track & Field program."

Boldly predicted in many track & field circles as one of four possibilities for the 1976 NCAA Team Championship, the San Jose State University Spartans boast a squad composed of skilled and competent veterans blended with several of the nationally prominent high school and junior college performers of a year ago. Finishing fourth in the NCAA competition in 1975, the Spartans return **all but three** performers to the team (Dan Ripley, Curtis Davis, Charles Mackey), a loaded cannon that will gun for its fourth consecutive PCAA title and its first NCAA title since 1969.

The Spartans assume again the dimension of quality-oriented depth in every event to challenge UTEP for the NCAA title and UCLA for the national dual meet crown. And a challenge that will be. Ranked the 7th toughest dual meet power by *Track & Field News* in 1975, the Blue n' Gold meet the Bruins of UCLA in Westwood on March 13, and vie with Oregon State and Washington State as well during the season.

Among the recruited include Dedy Cooper (13.2, 46.1r), Ron Semkiw (70-0 1/4), Mitch (6-10) and Marc (192-4) Gordien, Don Livers (9.4, 20-9), Bob Feuerbach, Keith Schimmel, and a host of others. Head Track & Field Coach Ernie Bullard comments: "Our goal is to be a solid contender for the 1976 NCAA title — but to reach that desired goal will require a tremendous amount of work. We have the people to do it, and I think our overall prospects are excellent."

The following is a quick rundown of the 1976 contingent, with comments and observations by Coach Bullard.

SPARTAN DEPTH AT A GLANCE (* indicates newcomers)

The Middle Distance Events

"Coach Don Riggs is hoping for support from several good candidates in what should be a very solid area for us." Losing only twice in dual meet competition in three years, the distance program has produced more stars during that period than in the previous ten campaigns. Returning are NCAA candidates Rudi Krausse, Rusty Nahirney, and Bob Ebert to form the toughest distance corps for the Spartans since the NCAA Cross-Country Championship squad of 1963.

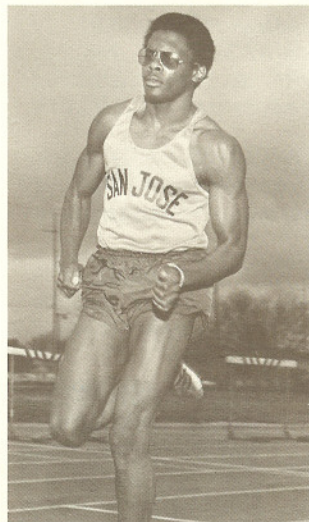
	880	Mile	
MILE HANIGER	1:51.7	4:11.5	
MIKE KASSER	1:52.3	4:15.0	1.51.5r
PHIL KESSLER	1:56.8	4:18.1	
JOHN MUSICH	1:51.1	4:08.0	
*GARY SANCHEZ	1:53.0	4:13.0	
MARK SCHILLING (r)	1:50.0	3:58.6	3:38.9m

The Long Distance Events

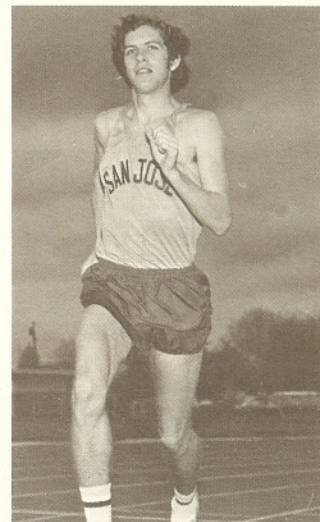
"This has usually been a very reliable group in a tough competitive situation. Our track & field schedule is loaded with teams emphasizing good distance running programs. Consequently, this area will definitely be a key factor in our overall team success." A solid group of competitors, track enthusiasts can expect to see several top-notch encounters this season with the fireworks supplied by this senior-dominated squad. All have above average shots at the NCAA qualifying marks, including upcoming star Grover Prowell and junior Dan Gruber in the six-mile.

	Mile	2-Mile	3-Mile	6-Mile	Stp
BOB EBERT	4:08.9	9:04.6	14:03.8	—	—
MARC GENET	4:11.5	8:51.0	13:41.8	28:54.0	—
DAN GRUBER	4:14.1	8:56.4	13:46.4	29:00.2	—
WAYNE HURST	4:13.7	9:28.2	14:27.0	—	9:05.0
RUDI KRAUSSE	4:03.7	8:51.8	13:47.4	—	9:06.6
RUSTY NAHIRNEY	4:06.6	9:07.0			
GROVER PROWELL —		9:22.0	14:31.0	31:25.6	

TRACK & FIELD PREVIEW



CALVIN CAZENAVE



MIKE KASSER

The Sprinting Events

"We have very good quality and apparently added depth. I'm not certain this area has reached its zenith the past few seasons. However, we are attempting to train Ron Whitaker in the 440, and that means the talent that is here must carry the added responsibility to achieve that end." Adding to the talented corps of sprinters from a season ago, the Spartans now face a new dilemma — where to put everyone. Behind the 9.38 speed of junior Ron Whitaker, the Blue n' Gold have no less than four other sprinters at 9.5 or better, and have the same quality depth in the 220 and quarter as well. As a result, the relay teams should easily break the 40.0 and 3:10.0 barriers if the personnel can both stay healthy and stay motivated.

	100	200	440
*DEDY COOPER	—	—	46.1r
CALVIN CASENAVE	9.7	21.5	47.8
CHRIS DARDEN	—	—	48.3
GARY ELLIS	9.6	21.4	—
*MIKE FARMER (r)	9.4	20.9	46.8r
*MIKE KIRTMAN (r)	9.5	21.2	—
*DON LIVERS	9.4	20.9	—
*MARLIN ROCHEE (r)	9.5	20.9	46.8
BRUCE SMILEY	9.5	20.9	48.6r
*BOB TRIPPLETT	9.5	21.3	47.1r
MEL WATSON	9.5	21.6	—
RON WHITAKER	9.4	20.5	47.0
*KENNY WILLIAMS (r)	—	—	47.9

The Jumping Events

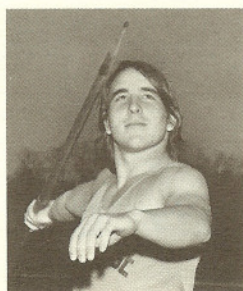
"As a whole, this should be an extremely solid group for us this year with talented people in each event to give us a balanced attack. In the UCLA meet particularly, this group must be effective." The do-or-die portion of the last three seasons has rested firmly with the Spartan jumping crew, and this year will be no exception. With the loss of world recordholder Dan Ripley in the pole vault and Curtis Davis in the long jump (25-10 1/2), the jumping events would seem to have suffered a serious setback. However, a vigorous recruiting venture paid off, and the jumpers should be returning to their #1 performance of a year ago.

	HJ	LJ	TJ	PV
BILL ANDREWS	—	—	—	15-0
DAN CARTER	—	25-6	50-1 1/4	—
*DON FINLEY	—	24-3	48-1	—
*MITCH GORDIEN	6-10	—	—	—
REGGIE HUEY	—	24-6	—	—
MARK INSLEY	6-8	—	—	—
LARRY JOHNSON	—	—	—	16-7 1/2
RON LIVERS (r)	7-1 1/4	—	54-1 1/4	—
ROGER MARTIN	—	—	—	16-9
KEITH NELSON	6-9	—	—	—
*RICH PALMER (r)	6-8	—	—	—
*KEITH SCHIMMEL	—	—	—	16-3 1/4

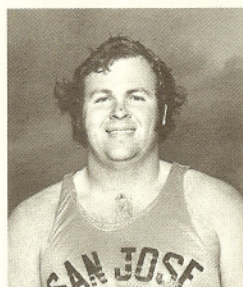
(r) redshirt



PETE AUSTIN



DAVID KROGH



MIKE WEEKS

The Hurdle Events

"This should be one of our strongest areas — perhaps the strongest ever at San Jose State. The quality and quantity in both hurdle events is definitely present. The addition of Dedy Cooper would improve the direction of any program, and with Pete Austin and Jim Wyatt returning, the Spartans should be ready for a fine year." National High high hurdle and low hurdle recordholder Dedy Cooper will combine his hurdling skills with 46.1 quarter speed to join PCAA IH medalist Jim Wyatt in pacing a group of intermediate hurdlers that are even better than the outstanding 1975 squad. In the highs, NCAA title contender Pete Austin tops an impressive list of hurdlers, two of whom will redshirt the season and compete in 1977 to carry on the great SJSU hurdle tradition.

	HH	IH
PETE AUSTIN	13.9	—
*DEDY COOPER	13.2'	36.0'
*DON FINLEY	13.8'	37.1'
WAYNE HURST	—	54.6
*MIKE KIRTMAN (r)	14.1	—
*DEREK LIGONS (r)	13.8	—
*DONIVAN MARTIS	—	54.1
MARK MILDEBRANDT	14.2'	54.9
FRANK ROUBLICK	14.3	52.8
JIM WYATT	—	52.0

The Weights and Throws

"Definitely our most improved area. We have national level performers in both the shot and discus. Aldo Congi has developed into a very respectable hammer thrower. Our most important asset is our apparent depth in all weight events." Coming off several years of "depthless" squads in this area, Coach Bullard has beefed up the weight events with recruiting to mold an outstanding quality-oriented unit with an abundance of depth. Five of eight performers are newcomers, but by no means unknowns to the track & field world. Returning weightman Mike Weeks was the #2 point scorer for the Spartans last season behind Ron Livers, and Aldo Congi, competing as a redshirt, would have qualified for the NCAA hammer competition with his 182-11 mark. The days of 0-9 shutouts are gone.

	SP	DISC	JAV	HAM
ALDO CONGI	—	153-2	—	182-11
*BOB FEUERBACH	53-1	162-0	—	—
*MARC GORDIEN	55-3	192-4	—	—
*RALPH HORNE	—	184-0'	—	—
DAVID KROGH	—	—	236-0	—
*RON SEMKIW	70-1 1/2	181.4	—	—
*BILL STAENGEL	—	—	221-2	—
MIKE WEEKS	57-0	182-0	—	—

(r) redshirt

' high school mark

SPARTAN PROFILES

Best mark(s), class, and college experience in ().

Bill Andrews (15-0, so, Isj) ... upcoming soph with good potential ... will be #3 or #4 vaulter in 1975.

Pete Austin (13.9, so, Isj) ... Muir HS ... knee surgery in fall '74 ... 1975 NCAA competitor ... 1975 #9 dual meet point scorer (31 1/2) ... 1975 PCAA HH Champion ... 3rd, 1975 San Jose Invitational HH ... excellent attitude and one of the

nation's top upcoming HH stars ... Honor Roll: #4 (HH).

Dan Carter (25-6, 50-1/4, Se, 2 jc, Isj) ... El Camino JC ... 1974 JC State Champion (LJ) ... 1975 #5 dual meet point scorer (42) ... 1975 NCAA competitor ... 3rd, '75 PCAA LJ ... 2nd, '75 PCAA TJ ... 3rd, 1975 San Jose Invitational LJ ... Honor Roll #10 (LJ), #7 (TJ) ... will be SJSU LJ leader this year.

SPARTAN PROFILES

Calvin Cazenave (9.7, 21.5, 47.8, so, Isj) ... Sacramento ... this man has Potential, with a capital "P" ... was injured most of last season, but still ran 48.0 ... excellent attitude ... Honor Roll: #20 (440).

Aldo Congi (153-2, 182-11h, j, 2sj) ... St. Ignatius HS ... 1971 Region meet discus champion ... 3rd, 1974 PCAA Hammer ... 4th, 1974 PCAA Discus ... 1975 redshirt ... would have qualified for NCAA hammer if not a '75 redshirt ... excellent potential as an NCAA candidate ... Honor Roll: #2 (Hammer) ... Administration of Justice major.

Dedy Cooper (14.1, 36.4, 46.1r, f) ... Ells HS (Richmond, Ca.) ... 1974 Junior Olympic HH Champion ... 1975 Track & Field HH All-American ... National High School HH and LH recordholder at 13.2 and 36.0 ... was a one-man show for 1975 Cal State Champ Ells as he anchored both winning relays to 41.2 and 3:15.7 (46.1r) times, won the 330 LH (36.5), and finished 2nd in the HH (13.3) ... Only 1975 losses to Robert Gaines (twice) ... 1975 International Prep meet IH champ (36.4-4th best ever) ... 2nd, '75 IPI HH ... rated as the top 1975 HS prospect.

Chris Darden (48.4, so, Isj) ... Kennedy HS ... had an off year in '75 but should demonstrate the potential he has this season ... 2nd, 1975 San Jose Invitational 440.

Bob Ebert (4:08.9, 9:04.6, 14:03.8, j, 2sj) ... Willow Glen HS ... State meet competitor 1971 & 1972 ... Central Coast Section 2-mile Champ, 1971 ... 2nd, 1972 CSS 2-Mile ... 4th, 1973 PCAA Mile ... 1973 Spartan Foundation Scholar-Athlete ... 1975 redshirt ... Honor Roll: #9 (M1), #16 (2-M), #12 (3-M) ... Engineering major.

Gary Ellis (9.6, 21.4, j, 2sj) ... has improved tremendously in two years, and should supply needed sprint support ... member, 1975 PCAA 440R Champions.

Mike Farmer (9.4, 20.9, 46.8r, so, ljc) ... Wilson HS via San Francisco City ... 1976 redshirt ... excellent credentials and one of SJSU's most talented athletes ... will join ex-Wilson teammates Whitaker and Kirtman in '77 for the Spartan's finest 440 relay team since 1969 speed city era.

Bob Feuerbach (53-1, 162-0, f) ... Preston, Iowa ... rated as one of nation's top weight prospects ... 3-time Iowa State SP Champ ... World recordholder Al's brother ... good attitude, will bolster the vest SP and Disc group since 1969 ... Business Major.

Don Finley (24-3, 48-1, 13-8hs, f) ... Cupertino HS' ... has demonstrated a great deal of versatile talent as a CCS star for several years ... will concentrate on jumps.

Steve Fuller (9:25, so, Isj) ... Carlmont HS ... 1975 redshirt ... 10th, 1973 Ocean to Bay Marathon ... 6th, 1974 Ocean to Bay ... been hampered by leg injuries, but should be capable of 30:30 six-mile effort ... Math-Computer Science/Meteorology double major.

Marc Genet (4:11.5, 8:51.0, 13:41.8, Se, ljc, 2sj) ... San Jose CC ... 2nd, 1972 Cal State HS 2-Mile ... #6 1974 dual meet point scorer (42) ... 1974 PCAA 3-Mile Champ ... 1974 PCAA X-Country Champ ... nicknamed "the Bald Eagle" ... heel injury hampered running in 1975, but still ran 13:48 ... Honor Roll: #19 (M1), #3 (2-M), #2 (3-M) ... Art major.

Rich Greene (4:15, f) ... North Salinas HS ... one of top 1975 milers in the Central Coast Section ... high school mile recordholder ... great talent and top potential.

Dan Gruber (8:56.4, 13:46.4, 29:00.2, j, 2sj) ... Aptos HS ... 1972 Central Coast Section X-Country Champ ... 3rd, 1973 PCAA X-C Championships ... 1973 NCAA X-C participant ... 3rd, 1973 PCAA 3-Mile ... 1975 San Jose Invitational 3-M Champion ... 2nd, 1975 PCAA 6-Mile ... 1975 NCAA competitor ... has improved steadily since a freshman ... goals: break 8:50, 13:40 ... Honor Roll: #7(2-M), #4(3-M), #2(6-M).

Mike Haniger (1:51.7, 4:11.5, Se, 2jc, isj) ... West Valley JC ... 1974 Spartan redshirt ... shares 3 relay records at WVJC ... 3rd, 1975 PCAA 880 ... excellent attitude and good potential, should close in on 1:50 ... Honor Roll: #16 (880), #18 (M1) ... Recreation major.

Ralph Horne (184-0, f) ... Cupertino HS ... described as having the best potential over a four-year period ... should be a substantial aid to the weight program.

Jim Hubner (1:52.8, f) ... one of the next bright SJS middle distance stars ... excellent potential ... father was NCAA tennis singles champ in mid-1940's.

Reggie Huey (9.6, 24-6, j, 2sj) ... Vallejo HS ... 1973 EI Cerrito Relays 100, LJ, 120 HH x 4 (member), and 180 LH x 4 (member) Champion ... 2nd, 1975 PCAA LJ ... Honor Roll: #8 (LJ) ... Electrical Engineering major.

Wayne Hurst (9:05.0 stp, Se, 3 sj) ... Blackford HS ... 1973 PCAA Steeple Champ ... 4th, 1974 Steeplechase ... 2nd, 1973/4 SJ Invitational stp ... very coachable, may run open events as well ... Honor Roll: #17 (3-M), #4 (stp), #15 (IH) ... Biology major.

Mark Insley (6-8, so, Isj) ... Cupertino HS ... one of California's top high school jumpers for many years ... has good potential ... Honor Roll: #17 (HJ) ... undeclared major.

Larry Johnson (16-7 1/2, Se, 2 jc, Isj) ... Glendale JC ... one of top JC pole-vaulters in '74 ... goal: 17' 0" ... injured knee in fall, '75 ... Honor Roll: #7 (PV) ... Physical Education major.

Mike Kasser (1:52.3, 1:51.5r, so, Isj) ... St. Francis HS ... 1974 Cal State 880 runner-up ... 4th, 1975 PCAA 880 ... excellent attitude; strong, smooth runner ... Honor Roll: #19 (880).

Phil Kessler (4:18.1, so, Isj) ... Pioneer HS ... 2nd, 1972 HS league Mile ... tremendous leg speed; potential to break 4:10 ... Geology major.

David Krogh (236-0, Se, 2jc, Isj) ... Mt. San Antonio JC ... 1974 JC State Champ ... 2nd, 1975 PCAA Javelin ... 1975 #7 dual meet point scorer (39) ... could be one of top throwers on West Coast ... Honor Roll: #4 (jav).

Don Livers (9.4, 20.9, j, 2jc) ... San Jose CC ... 1975 JC 220 Champ ... brother to Ron & Larry ... should dominate as one of the West Coast's top sprinters ... ranked #1 JC 100 in '75 (9.4), #2 220 (20.9) nationally ... good attitude.

SPARTAN PROFILES

Ron Livers (7-4 1/4, 54-1 3/4, 55-1 3/4w, j, 2sj) ... Norristown, Pa. ... top HS TJ'er in 1973 ... 1975 NCAA Triple-Jump Champion ... member, 1973 National European Tour ... 2nd, 1973 HS Nationals (TJ) ... 4th, 1974 SJ Invitational TJ ... 2nd, 1975 SJ Invitational TJ ... 5th, 1975 NCAA HJ (7-0) ... 1974 Junior AAU TJ Champ (51-1 1/4) ... 4th, 1975 AAU HJ (7-3) ... 5th, 1975 AAU TJ (53-5 1/2) ... 5th, 1975 Cal Relays HJ (7-0) ... 1974/1975 PCAA HJ & TJ Champions ... 1974 #3 dual meet point scorer (63) ... 1975 #1 dual meet point scorer (79) ... had only three jumps total less than 50' in 1975 ... jumped 7-4 1/4 in Chicago, summer '75 ... holds world height differential record (5-8/7-4 1/4) ... holds world record HJ/TJ Combination ... ranked #9 U.S. TJ in 1974 ... ranked in top three TJ & HJ in 1975 ... has 34 jumps over old school record in TJ, 9 over old in HJ ... also has capability to be a top-notch high hurdler ... Honor Roll: #1 (TJ), #1 (HJ) ... undeclared major.

Donivan Marthis (54:1, j, 2jc) ... Grossmont JC ... good potential ... should develop into an honor roll candidate ... major unavailable.

Roger Martin (16-9, Se, lj, 2sj) ... West Valley JC ... 3rd, 1975 SJ Invitational ... 6th, Cal Relays PV ... 2nd, 1975 PCAA PV ... 3rd, 1975 San Jose Invitational PV ... will be the Spartans #1 vaulter this season ... good attitude ... Honor Roll: #5 (PV) ... Physical Education major.

Rusty Nahirney (4:06.6, 9:07, so, lsj) ... Fremont HS ... one of nation's top distance runners in HS in 1974 ... 1975 San Jose Invitational Mile Champion ... possible sub-4:00 by junior year ... Honor Roll: #6 (M1).

Keith Nelson (6-9, j, 2jc) ... 1975 redshirt ... has demonstrated good attitude and spirit ... could top 6-10 this season ... Honor Roll: #14 (HJ) ... undeclared major.

Grover Prowell (31:25.6, Se, 3sj) ... Atwater HS ... has run an outstanding Cross Country season with several sub-30:00 six-mile course clockings ... should be one of the Spartan's top distance men ... Meteorology major.

Marlin Rochee (9.5, 20.9, 46.8, j) ... University of Georgia transfer ... 1976 redshirt ... one of the nation's outstanding 440 runners ... will concentrate primarily in 220 and quarter ... good attitude, solid competitor.

Frank Roublick (14.3, 52.8, j, 2sj) ... Lindenhurst HS ... 4th, 1975 PCAA IH ... improved tremendously last season from 15.0 to 14.3 and from 54.8 to 52.8 ... good attitude ... Honor Roll: #7 (HH), #9 ... Political Science major.

Mark Schilling (3:38.9m, 3:58.6, 1:50, Se, 3sj) ... Garden Grove HS ... undefeated in dual meet competition at any distance ... 1972 Cal State & Southern Section Mile Champ ... 1973/4 San Jose Invitational Mile Champ ... 1973/4/5 PCAA Mile Champion ... 1973/4 PCAA 880 Champion ... Bud Winter Field Mile Recordholder ... 6th, 1973 NCAA Mile ... 2nd, 1975 NCAA Mile (4:00.4) ... clocked 3:59.9 in 1975 PCAA Mile ... 3rd, 1975 AAU Mile (3:38.9 - equivalent 3:56 mile) ... 1973 Junior Olympic team ... 1973 #4 dual meet point scorer (31 1/4) ... 1974 #4 dual meet point scorer (46 1/4) ... 1975 #4 dual meet point scorer (60) ... best double of 1:50.8/4:04.2 (3/15/75 vs. UCLA) ... Definite Olympic candidate ... Honor Roll: #1 (M1), #6(880) ... Recreation major.

Ron Semkiw (70-0 1/2, 181-4, j, 2jc) ... Mesa Community College ... ex-Mesa roommate of Mike Weeks ... became first even teen over 70-0 ... one of the most highly sought after performers in the nation ... has been hampered the last few seasons by a shoulder injury, but should be sufficiently recovered to lead the Spartan weight crew ... undeclared major.

Bruce Smiley (9.5, 20.9, Se, 2jc, lsj) ... Long Beach JC ... 1974 JC State 100 and 220 runnerup ... good attitude, excellent potential ... 3rd, 1975 PCAA 220 ... member, 1975 PCAA 440 relay quartet ... 1975 #6 dual meet point scorer (41 3/8) ... Honor Roll: #20 (220) ... major unavailable

Bill Staengel (221-2, j, 2jc) ... El Camino JC ... one of California's top 1975 JC throwers ... ranked #3 JC thrower nationally ... will bolster a recently sagging javelin program.

Art Tello (9:22, f) ... freshman walk-on ... had a brilliant cross country season, should develop into one of SJSU's top distance runners in a few seasons ... good attitude.

Bob Triplett (9.5, 47.1r, j, 2jc) ... Bakersfield ... 2nd, 1975 JC 100 State ... will find work in a relay and in open 100 and 440 ... excellent potential.

Mel Watson (9.5, 21.6, Se, 2jc, lsj) ... Contra Costa JC ... 1974 JC West Coast Relays Champ ... 3rd, 1975 PCAA 100 ... member, 1975 PCAA 440 relay quartet ... good potential.

Mike Weeks (57-0, 182-0, Se, 2jc, lsj) ... Mesa Community ... 2nd, 1975 PCAA SP ... 2nd, 1975 PCAA Discus ... 1975 #2 dual meet point scorer (76) ... was main discus and shot performer in 1975 ... Honor Roll: #5 (SP) #9 (Disc) ... Material Sciences major.

Ron Whitaker (9.3w, 9.4, 20.5, 47.0, j, 2sj) ... Wilson HS ... #1 H.S. quarter-miler in 1973 (nationally) ... 1973 Champion of: San Francisco City, League, Region, Section, and Cal State 440 ... one of the brightest sprint stars since the late 1960's ... has run 6.0 in the 60 ... 1975 PCAA 100 Champion ... 1975 PCAA 220 Champion ... anchor, 1975 PCAA 440 relay Champions ... 4th, 1975 NCAA 220 (20.9) ... 4th, Cal Relays 100 (1975) ... 5th, 1975 Cal Relays 220 ... 1975 #1 collegiate 220 runner ... 1975 #3 dual meet point scorer (68) ... 3rd, 1975 San Jose Invitational 100 ... 3rd, 1975 San Jose Invitational 220 ... Honor Roll: #6 (100), #5 (220), #15 (440) ... will concentrate primarily in quarter ... Olympic hopeful.

Kenny Williams (47.9, so, lsj) ... San Jose City College ... 1976 redshirt ... excellent potential in this young man to be one of the best ... will be a major factor in '77 Sprint-enriched corps.

Jim Wyatt (52.0, Se, 2jc, lsj) ... Skyline JC ... 1974 best for Cal JC athletes (52.8) ... 1975 NCAA competitor ... 3rd, 1975 PCAA IH ... has confidence and poise needed to be a champion performer ... Honor Roll: #6(IH) ... also a member of the Mile relay quartet best (48.4) ... Civil Engineering major.

1976 TRACK & FIELD SCHEDULE

March	6	Small College Meet	SJSU
March	13	UCLA	UCLA
March	20	Stanford Relays	Stanford
March	24*	Oregon State/Irvine	SJSU
April	10	Long Beach State	Long Beach
April	17	Bay Area Striders	SJSU
April	24	Washington State	WSU
May	1	SJ National Invitational	SJSU
May	8	West Coast Relays	Fresno
May	21-22	PCAA Championships	San Diego
June	3-5	NCAA Championships	Philadelphia, Pa

* Wednesday

San Jose National Invitational

Heading into its tenth year, the San Jose National Bicentennial Track & Field Meet has been highlighted this year as an official Bicentennial Sports Event of the city of San Jose. Always a top-notch meet featuring some of the world's top track & field athletes, the event has produced several world class marks, including one world record, three American records, and an array of world-best year marks (up through May). The meet has expanded yearly to now include open, women's, senior's age-group, and high school events, and has become one of the track & field focal points of California each spring.

Event	Mark	Performer	Year
100y Dash	9.3	Kirk Clayton, San Jose State	1970
		Ben Vaughn, US Army	1970
	9.2w	Steve Williams, Unatt	1975
220y Dash	20.3	John Carlos, Unatt	1970
	20.2w	Steve Williams, Unatt	1975
440y Dash	44.8	Tommie Smith, San Jose State	1967
880y Run	1:49.3	Neville Myton, San Jose State	1970
Mile Run	+3:58.1	Arne Kvalheim, Oregon TC	1971
3-Mile Run	13:38.6	Jim Crawford, US Army	1971
6-Mile Run	28:01.8	Jerry Jobski, PCC	1971
440y Relay	39.5	Santa Clara Youth Village	1968
Mile Relay	3:10.3	Pacific Coast Club	1971
120y HH	13.7	George Carty, San Jose State	1970
440y IH	49.6	Jim Bolding, PCC	1974
3000m Steep.	8:54.0	Jim Dare, WVTC	1974
2-Mile Walk	14:43.6	Tom Dooley, WVTC	1974
High Jump	7-2 1/2	Reynaldo Brown, PCC	1974
Long Jump	26-3	Tommie Haynes, US Army	1975
Triple Jump	54-2	Tommie Haynes, US Army	1975
Pole Vault	17-7	Kjell Isakkson, Beverley Hills	1974
		Casey Carrigan, PCC	1974
		Bob Slover, Beverley Hills	1974
Shotput	*71-7	Al Feuerbach, PCC	1973
Discus	218-7	John Powell, PCC	1973/5
Javelin	268-7	Mark Murro, Mesa Comm	1968
Hammer	199-7	Bill Diehl, US Army	1975
Pentathlon	'3387	Bruce Jenner, San Jose Stars	1975

*world outdoor mark

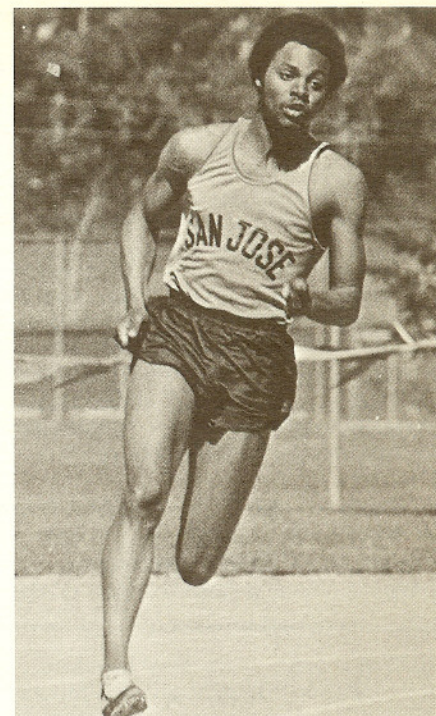
'runner-up mark was 3372 by Fred Samara, San Jose Stars



JOHN POWELL

The Spartans travel again this year to UCLA for their third consecutive meeting with the powerful Bruins of Westwood. Coached by Jim Bush, UCLA holds a 3-0 series advantage over the Spartans with victories in 1934, 1974, and 1975. Only two dual meet records still stand from the historic first meeting between these two powerhouses, both by world sprint sensation Lou Salvato.

Event	Mark	Performer, School	Year
100y Dash	9.6	Lou Salvato, SJS	1934
220y Dash	21.3	Lou Salvato, SJS	1934
440y Dash	46.3	Benny Brown, UCLA	1974
880y Run	1:50.4	Tony Veney, UCLA	1974
Mile Run	4:04.2	Mark Schilling, SJS	1975
Two Mile	8:52.0	Gary Nitti, UCLA	1975
3000 m Steeple.	9:02.6	Mark Luevano, UCLA	1975
440y Relay	40.2	UCLA	1974
Mile Relay	3:08.6	UCLA	1974
120y HH	14.5	James Owens, UCLA	1975
440y IH	51.8	Lynnsey Guerrero, UCLA	1975
High Jump	7-0 1/4	Rory Kotinek, UCLA	1974
Long Jump	25-10 1/4	Jerry Herndon, UCLA	1974
Triple Jump	54-11 3/4	Clarence Taylor, UCLA	1974
Pole Vault	17-6	Ron Mooers, UCLA	1975
		Mike Tully, UCLA	1975
Shotput	63-3 3/4	Jim Neidhardt, UCLA	1974
Discus	184-11	Roger Freberg, UCLA	1974
Javelin	252-8	Rory Kotinek, UCLA	1974
From the Record Book:		1934 UCLA (no score available)	
		1974 UCLA 87, SJSU 57	
		1975 UCLA 93, SJSU 61	



VINCE BREDDALL

UCLA

MEET RECORDS (0-3)

After a three year lay-off, the Oregon State forces come to Bud Winter Field to re-kindle their hard-fought series. This, the second Pac-8 foe in as many weeks for San Jose, pits the Beavers highly respected jumping forces against those of the Spartans in what should be an excellent encounter.

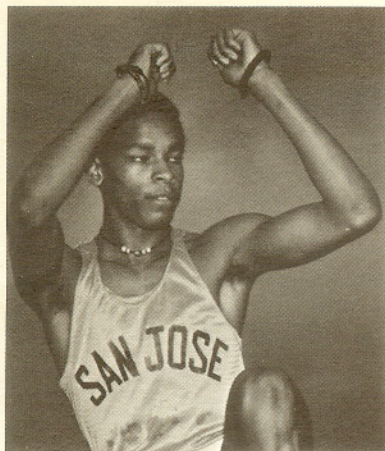
Oregon State

MEET RECORDS (1-3)

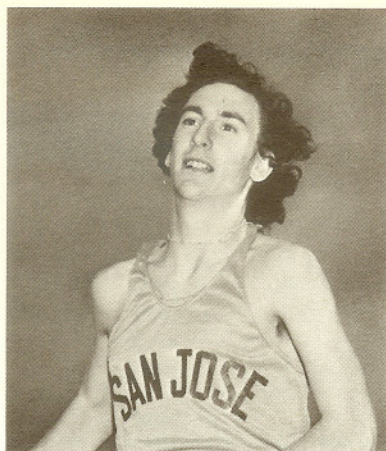
Event	Mark	Performer, School	Year
100y Dash	9.4	Vince Breddell, SJS	1973
220y Dash	21.0	Vince Breddell, SJS	1973
440y Dash	46.9	Dwight Middleton, SJS	1963
880y Run	1:49.5	Norm Hoffman, OSU	1963
Mile Run	4:04.2	Keith Munson, OSU	1971
Two Mile	8:59.4	Leonard Hill, OSU	1973
Three Mile	14:04.4	Gary Hanson, OSU	1971
440y Relay	41.0	SJS	1973
Mile Relay	3:13.2	OSU	1973
120y HH	13.9	George Carty, SJS	1971
440y IH	52.8	Jeff Oveson, OSU	1972
High Jump	6' 10"	Bill Crawford, SJS	1973
		Greg Tinnin, SJS	1973
Long Jump	25' 1 1-2"	Louie Wright, SJS	1973
Triple Jump	52' 2 1-2"	Robert Reader, OSU	1971
Pole Vault	16' 0"	Frank Rock, SJS	1973
		Vic Diaz, SJS	1971
Shot Put	59' 8 1-2"	Spike Walker, OSU	1972
Discus	178' 5"	Steve Athay, OSU	1971
Javelin	254' 10"	Mike Metz, SJS	1971

From the Record Book:

1963	OSU 78½, SJS 66½
1964	OSU 80, SJS 65
1971	OSU 92, SJS 62
1973	SJS 89, OSU 56



RON LIVERS



DAN GRUBER



MARK SCHILLING

The UC Irvine Anteaters come to Bud Winter Field March 24 for a triangular meet with the Spartans and the visiting Oregon State Beavers. Under the direction of Olympic Decathlon great Bill Toomey, who established the Anteater Track & Field program in 1972, the UCI squad will be traveling to San Jose following back-to-back thrashings of 111-33 (1974) and 113-23 (1975) in the last two encounters.

UC Irvine

MEET RECORDS (2-0)

Event	Mark	Performer, School	Year
100y Dash	9.8	Louie Wright, SJS	1974
220y Dash	21.8	James Shirley, I	1974
440y Dash	48.7	Tom Sprink, SJS	1974
880y Run	1:53.0	Mark Schilling, SJS	1975
Mile Run	4:07.0	Mark Schilling, SJS	1974
Two Mile	9:09.6	Dan Gruber, SJS	1975
440y Relay	42.3	SJS	1974
Mile Relay	3:15.6	SJS	1975
120y HH	14.3	James Austin, SJS	1975
440y IH	52.1	Greg Tinnin, SJS	1974
High Jump	7' 10"	Bill Cheadle, I	1975
Long Jump	25' 1"	Ron Livers, SJS	1975
Triple Jump	53' 11 3/4"	Reggie Huey, SJS	1975
Pole Vault	17' 8"	Ron Livers, SJS	1975
Shot Put	55' 6"	Dan Ripley, SJS	1975
Discus	166' 3"	Dave Gherardi, SJS	1974
Javelin	216' 3"	Mike Weeks, SJS	1975
		Dave Krogh, SJS	1975

From the Record Book:

1974 SJS 111, UCI 33
1975 SJS 113, UCI 23

Only two teams in the six-year history of the PCAA T&F Championships have captured the conference crown — San Jose State (4 times) and Long Beach State (2 times) — and the two conference rivals will meet April 10 in Long Beach to prematurely decide the 1976 crown. LBS, led by Ron Alice, will butt heads in their first true one-on-one dual meet since 1972 — a meet SJS in which the Spartans lost to the 49ers 85-69.

Event	Mark	Performer, School	Year
100y Dash	9.5	Ted Whitley, SJS	1972
220y Dash	21.0	Oscar Beasley, LBS	1972
440y Dash	47.2	Oscar Beasley, LBS	1972
880y Run	1:50.8	Al Shorts, LBS	1975
Mile Run	4:04.2	Mark Schilling, SJS	1975
Two Mile	8:51.8	Mark Schilling, SJ	1975
Three Mile	14:02.0	Jim Sweeney, LBS	1975
3000M Steep.	9:20.0	Mark Evens, SJS	1972
440Y Relay	40.5	Rudi Krause, SJS	1975
Mile Relay	3:14.1	SJS/LBS	1975
120y HH	14.0	SJS	1975
440y IH	52.6	Greg Tinnin, SJS	1974
High Jump	6' 10"	Jim Wyatt, SJS	1975
Long Jump	25' 7"	Ron Livers, SJS	1975
Triple Jump	53' 1 1/2"	Louie Wright, SJS	1974
Pole Vault	17' 4 1/4"	Ron Livers, SJS	1975
Shot Put	60' 8"	Steve Smith, LBS	1972
Discus	178' 7"	Greg Born, SJS	1972
Javelin	229' 6"	Chuck Sherman, SJS	1972
		Keith Goldie, LBS	1974

From the Record Book:

1972 LBS 85, SJS 69
1974 SJS 106, LBS 47
1975 SJS 96, LBS 69

Long Beach State

MEET RECORDS (2-1)

The Bay Area Striders, formed in early 1972 and composed primarily of Bay Area Track & Field alums from SJS, Cal, and Stanford, will make their third appearance against the Spartans on April 17.

Event	Mark	Performer, Team	Year
100y	9.4	Eddie Hart, BAS	1972
220y	21.1	Lee Evans, BAS	1972
440y	48.5	Elmo Dees, BAS	1973
880y	1:53.3	Bob Stevens, SJS	1972
Mile	4:12.4	Glenn Harmatz, SJS	1973
3-Mile	14:44.2	Rudi Krause, SJS	1973
3000m Stp	9:21.0	Wayne Hurst, SJS	1973
120y HH	14.0	Greg Magee, BAS	1972
440y IH	52.0	Larry Walls, BAS	1972
Shotput	57-9	Greg Born, BAS	1973
Discus	186-7	Greg Born, BAS	1972
Javelin	243-1	Mike Metz, BAS	1972
High Jump	6-10	Bill Crawford, SJS	1973
		Greg Tinnin, SJS	1973
		Clarence Johnson, BAS	1972
Long Jump	25-2 1/4	Steve Rogaway, BAS	1972
Triple Jump	53-2 3/4	Stan Royster, BAS	1972
Pole Vault	17-3	Bob Slover, BAS	1972
440y Rly	40.4	Bay Area Striders	1972
Mile Rly	3:13.5	Bay Area Striders	1972

From the Record Book:

1972 BAS 79, SJS 64
1973 SJS 77, BAS 61

Bay Area Striders

MEET RECORDS (1-1)



LEE EVANS

Washington State

MEET RECORDS (1-2)

The Washington State University Cougars will meet the Spartans for the third consecutive season this year in a dual meet in Pullman on April 24. The battle with WSU, the Spartan's third Pac-8 opponent of 1976, will conclude San Jose State's dual meet season — hopefully on a winning note. The Blue n' Gold lost to John Chaplin's 1974 squad 86 1/2 — 67 1/2, but bounced back last year to stop the Cougar contingent 79-75 in one of the top dual meet contests at Bud Winter Field. The NCAA Meet Performer of 1975, John Ngeno, returns for the Cougar distance crew.

Event	Mark	Performer, School	Year
100y	9.5	Tommie Smith, SJS*	1967
		John Carlos, SJS	1969
220y	21.3	Vince Breddell, SJS	1974
		Lee Evans, SJS	1967
440y	46.5	Lee Evans, SJS	1967
880y	1:51.2	Dale Scott, WSU	1975
Mile	4:04.4	Mark Schilling, SJS	1975
3-Mile	13:35.0	John Ngeno, WSU	1975
3000m Stp.	9:03.8	Dale Fleet, WSU	1974
440y Rly	40.8	San Jose State	1975
Mile Rly	3:12.8	San Jose State	1967
120y HH	13.9	Kip Ngeno, WSU	1974
440y IH	51.8	Dick Olsen, WSU	1971
High Jump	7-1	Lee Branch, WSU	1975
Long Jump	24-9 1/2	Curtis Davis, SJS	1975
Triple Jump	*52-2 1/2	Ron Livers, SJS	1974
Pole Vault	16-5 1/2	Chris Papanicoulau, SJS	1967
Shotput	56-10	Dave Gherardi, SJS	1974
Discus	175-7	Jed Miller, WSU	1975
Javelin	238-0	Harry Koonetzoff, WSU	1975

* top non-windy mark

From the Record Book:

1969 WSU 84, SJS 67
1971 WSU 94, SJS 69
1974 WSU 86 1/2, SJS 67 1/2
1975 SJS 79, WSU 75

WSU and SJS met in 1967 but the meet was not scored as a dual meet.

Pacific Coast

Athletic Association

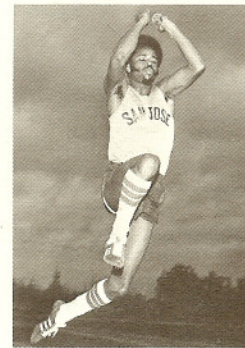
San Jose State goes after an unprecedented fourth straight Pacific Coast Athletic Association title May 21-22 when the Spartans travel to San Diego State for the league championship. Four team Crowns belong to the Spartans, who also won the inaugural in 1970. SJSU claims individual champions, followed by Long Beach State with 27 and San Diego State with 17.



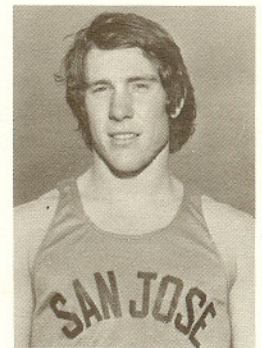
GREG TINNIN



BILL CRAWFORD



CURTIS DAVIS



DAN RIPLEY

PCAA MEET RECORDS

100y	9.4	KIRK CLAYTON, SJS	1970
		Steve Williams, SDS	1974
220y	20.7	Ni Addo Allotey, LAS	1970
440y	46.7	Al Shorts, LBS	1975
		Clarence Palmer, LBS	1970
880y	1:49.5	Tim Bryan, Fullerton	1975
Mile	3:59.9	MARK SCHILLING, SJS	1975
3-Mile	13:51.9	John Dean, LAS	1973
6-Mile	28:51.9	Otis Martin, SDS	1971
Steep	9:03.2	Jim Sweeney, LBS	1975
120y HH	13.9	GEORGE CARTY, SJS	1970/1
440y IH	50.8	Quentin Wheeler, SDS	1975
440y R	40.7	Long Beach State	1970
		CSU, Los Angeles	1971
Mile R	3:10.9	SAN JOSE STATE	1970
Shotput	59-8	GREG BORN, SJS	1972
Discus	185-0	Dan Gardner, LBS	1975
Javelin	243-7	Keith Goldie, LBS	1974
Hammer	194-10	Mike Giroux, FSU	1974
High Jump	7-2	RON LIVERS, SJS	1975
Long Jump	25-5 1/4	CURTIS DAVIS, SJS	1975
		Arnie Robinson, SDS	1971
Triple Jump	51-11 1/4	RON LIVERS, SJS	1974
Pole Vault	17-0	DAN RIPLEY, SJS	1975
		Steve Smith, LBS	1972
Decathlon	7455	Roger George, FSU	1973

OVERALL

SAN JOSE STATE	47 champions
Long Beach State	27 champions
San Diego State	17 champions
Fresno State	15 champions
CSU, Los Angeles	11 champions
UC, Santa Barbara	6 champions
UOP	1 champion
Fullerton	1 champion

Past Results:	1970	SJSU 74, LBS 55, FSU 54
	1971	LBSU 82, SJSU 75, SDSU 60
	1972	LBSU 151, SJSU 86, SDSU 72
	1973	SJSU 152 1/2, LBSU 113, FSU 70
	1974	SJSU 143, FSU 101, LBSU 98
	1975	SJSU 107 1/2, LBSU 90 1/2, FSU 61

Athletic Association

Pacific Coast

SAN JOSE STATE PCAA CHAMPIONS

100 yard Dash

1970	Kirk Clayton	9.4
1972	Ted Whitley	9.6
1973	Vince Breddell	9.7
1975	Ron Whitaker	9.6

220 yard Dash

1973	Vince Breddell	21.6
1975	Ron Whitaker	20.8

440 yard Dash

1971	Elmo Dees	47.1
1973	Tom Sprink	47.1

880 yard Run

1970	Neville Myton	1:50.9
1971	Lee Marshall	1:52.3
1973	Mark Schilling	1:50.6
1974	Mark Schilling	1:52.6

One Mile Run

1973	Mark Schilling	4:06.9
1974	Mark Schilling	4:14.0
1975	Mark Schilling	3:59.9

3-Mile Run

1972	Mark Evans	13:55.8
1974	Marc Genet	14:03.2

6-Mile Run

1970	Gary Hanson	30:08.6
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3000m Steeplechase

1973	Wayne Hurst	9:13.6
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120 yard High Hurdles

1970	George Carty	13.9
1971	George Carty	13.9
1973	Milt Whitley	14.3
1974	Greg Tinnin	14.4
1975	Pete Austin	13.9w

440 yard Intermediates (none)

440 yard Relay

1973	41.3
1974	41.4
1975	40.9

Mile Relay

1970	3:10.9
1973	3:12.5

High Jump

1972	Bill Crawford	6-8 1/4
1973	Dave Curtis	6-8
1974	Ron Livers	6-10
1975	Ron Livers	7-2

Long Jump

1974	Curtis Davis	24-4 3/4
1975	Curtis Davis	25-5 1/4

Triple Jump

1974	Ron Livers	51-11 1/4
1975	Ron Livers	51-11 3/4w

Pole Vault

1971	Vic Diaz	16-0
1973	Frank Rock	16-0
1974	Dan Ripley	16-3
1975	Dan Ripley	17-0

Shotput

1971	Greg Born	57-1
1972	Greg Born	59-8

Discus

1970	Gary O'Sullivan	169-9
1971	Gary O'Sullivan	170-4
1972	Greg Born	171-3
1974	Dave Gherardi	167-6

Javelin (none)

Hammer (none)

Decathlon (none)

PCAA CONFERENCE RECORDS

100y	9.3	KIRK CLAYTON, SJS	1970
		Steve Williams, SDS	1974
220y	20.5	RON WHITAKER, SJS	1975
		Ni Addo Allotey, LAS	1970
440y	46.2	Al Shorts, LBS	1975
880y	1:49.3	NEVILLE MYTON, SJS	1970
Mile	3:58.6	MARK SCHILLING, SJS	1973
2-Mile	8:44.6	Bob Messina, SDS	1970
3-Mile	13:38.6	Jeff Lough, LAS	1973
6-Mile	28:51.9	Otis Martin, SDS	1971
Steep	8:59.4	Jim Sweeney, LBS	1975
Decathlon	7557	Roger George, FSU	1973
120y HH	13.4	GEORGE CARTY, SJS	1970/1
440y IH	50.3	Wes Williams, SDS	1970
440y R	40.0	San Diego State	1974
		Long Beach State	1970
Mile R	3:08.2	San Diego State	1974
Shotput	60-9	GREG BORN, SJS	1972
Discus	195-3	Dan Gardner, LBS	1975
Javelin	254-10	MIKE METZ, AJA	1971
Hammer	204-1	Mike Giroux, FSU	1975
High Jump	7-2	RON LIVERS, SJS	1975
Long Jump	25-10 1/2	CURTIS DAVIS, SJS	1974
		Arnie Robinson, SDS	1971
Triple Jump	54-1 3/4	RON LIVERS, SJS	1975
Pole Vault	18-1	DAN RIPLEY, SJS	1975

National Collegiate

Athletic Association

1976 NCAA Track and Field Championships Phil., Penn. June 3 — 5

San Jose State University enjoyed its finest NCAA Team Championship finish since 1969 with a "surprising" 4th place finish in the competition. Listed below are the scoring members of the 1975 squad.

Ron Livers	1st	Triple Jump	55' 1 3/4
Ron Livers	5th	High Jump	7' 0"
Mark Schilling	2nd	Mile	4:00.4
Dan Ripley	2nd	Pole Vault	18' 1"
Ron Whitaker	4th	220	20.9

1975 NCAA Track and Field Team Results:

1. UTEP, 55; 2. UCLA, 42; 3. USC, 37; 4. San Jose St., 32; 5. Kansas, 27; 6. Tennessee, Oregon (tie) 24; 8. BYU, 21 1-2.

San Jose State NCAA Team Places Since 1950 (Top 6 only)

1952	2nd*	1962	6th
1958	4th	1964	2nd+
1959	2nd#	1966	3rd
1960	6th	1969	1st
1961	4th	1975	4th

*USC first #Kansas first +Oregon first

NCAA Track and Field Championship Meet Records

Performer, School	Event	Mark	Year
Charlie Greene, Nebraska	100y Dash	9.1	1967
Tommie Smith, SJSU	220y Dash	20.2	1967
John Carlos, SJSU			1967
Curtis Mills, Texas A&M	440y Dash	44.7	1969
Byron Dyce, New York U.	880y Run	1:45.9	1969
Dave Wottle, Bowling Green	Mile Run	3:57.1	1973
Steve Prefontaine, Oregon	Three-Mile Run	13:05.3	1973
Garry Bjorklund, Minnesota	Six-Mile Run	27:43.1	1971
Rod Milburn, Southern U.	120y HH	13.1	1973
Ralph Mann, BYU	440y IH	48.8	1973
USC	440y Relay	38.6	1967
UCLA	Mile Relay	3:03.4	1969
Reynaldo Brown, Cal Poly SLO	High Jump	7'4"	1973
Tom Woods, Oregon State			1973
Earl Bell, Arkansas State	Pole Vault	18'1"	1975
Dan Ripley, San Jose State			1975
Charleton Ehizuelen, Illinois	Long Jump	26'11"	1975
Charleton Ehizuelen, Illinois	Triple Jump	54'8"	1974
Hans Høglund, UTEP	Shot Put	70'0"	1975
Marc Williams, Oregon	Discus	204'6"	1973
Albert Schoterman, Kent State	Hammer	231'3"	1972
Sam Colson, Kansas	Javelin	279'9"	1973
Raimo Pihl, BYU	Decathlon	8,079 Pts.	1975

Metric Records

Cliff Branch, Colorado	100-m Dash	10.0	1972
Warren Edmonson, UCLA			1972
Bobby Morrow, Abilene Christian	200-M Dash	20.6	1956
Ted Woods, Colorado	400-M Dash	45.7	1960
George Kerr, Illinois	800-M Run	1:46.4	1960
Dave Wottle, Bowling Green	1,500-M Run	3:39.7	1972
Steve Prefontaine, Oregon	5,000-M Run	13:31.4	1972
John Halberstadt, Oklahoma State	10,000-M Run	28:50.3	1972
Thomas Hill, Arkansas State	110-M H	13.3	1972
Ralph Mann, BYU	400-M H	48.8	1970
Doug Brown, Tennessee	3,000-M Stplchase	8:28.1	1973

1976 NCAA Outdoor Meet Qualifying Standards

Event	Time	Metric
100	9.4	(10.2) 10.22
220	21.1	21.0
440	46.9	46.6
880	1:49.8	1:49.1
Mile	4:04.0	3:45.2
3-Mile	13:45.0	14:15.7
6-Mile	28:50.0	29:56.1
H.H.	13.9	Same
I.H.	51.8	51.4
Steeplechase	8:55.0	Same
440 Relay	40.8	40.6
Mile Relay	3:10.8	3:09.6

Event	Mark
High Jump	7'0"
Long Jump	25' 0"
Pole Vault	16' 6"
Shot Put	59' 0"
Discus	177' 0"
Javelin	240' 0"
Hammer	190' 0"
Triple Jump	52' 0"
Decathlon	7100 Pts.

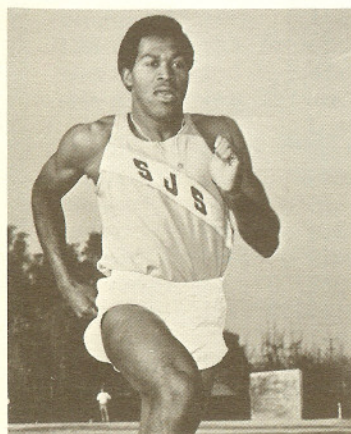
SJSU HONOR ROLL



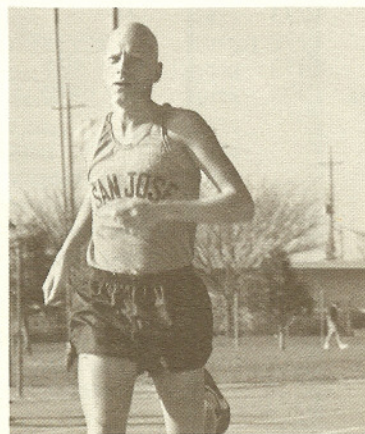
LANG STANLEY



MARK SCHILLING



LEE EVANS



MARC GENET

100 yard Dash

John Carlos	9.1	1969
Kirk Clayton	9.3	1970
Tommie Smith	9.3	1967
Dennis Johnson	9.3	1961
Ray Norton	9.3	1959

220 yard Dash

Tommie Smith	20.0	1966
John Carlos	20.2	1969
Ronnie Ray Smith	20.2	1968
Bobby Poynter	20.3	1959
RON WHITAKER	20.5	1975
Wayne Herman	20.5	1966
Ray Norton	20.5	1959

440 yard Dash

Tommie Smith	44.8	1967
Lee Evans	44.9	1967
Willie Williams	46.4	1960
Dwight Middleton	46.6	1962
Elmo Dees	46.8	1970

880 yard Run

Ben Rucker	1:47.8	1962
Mike Gibeau	1:48.7	1963
Lang Stanley	1:48.7	1956
Neville Myton	1:49.2	1969
Joe Neff	1:49.3	1965

One Mile Run

MARK SCHILLING	3:58.6	1973
Pete Santos	4:02.8	1968
Ben Tucker	4:03.6	1962
RUDI KRAUSSE	4:03.7	1975
Buck Black	4:05.1	1971
RUSTY NAHIRNEY	4:06.6	1975

Two Mile Run

Charlie Clark	8:45.4	1961
Danny Murphy	8:47.8	1964
MARC GENET	8:51.0	1974
RUDI KRAUSSE	8:51.8	1975
Ralph Gamez	8:53.5	1968

Three Mile Run

Danny Murphy	13:20.0	1964
MARC GENET	13:41.8	1974
Ralph Gamez	13:44.4	1965
DAN GRUBER	13:46.4	1975
RUDI KRAUSSE	13:47.4	1975
Pete Santos	13:48.8	1967

Six Mile Run

Danny Murphy	28:39.8	1964
DAN GRUBER	29:00.2	1975
Bill Langdon	29:25.0	1967
Les DeVoe	29:29.8	1973
Gary Berthiume	29:34.0	1972

3000 Meter Steeplechase

Jeff Fishback	8:43.6	1964
Charlie Clark	8:58.2	1960
Darold Dent	9:03.0	1968
WAYNE HURST	9:05.0	1975
Ron Davis	9:06.0	1962
RUDI KRAUSSE	9:06.0	1974

120 yard High Hurdles

George Carty	13.4	1971
Greg Tinnin	13.6	1973
Milt Whitley	13.7	1972
PETE AUSTIN	13.9	1975
Sam Carruthers	13.9	1970

440 yard Intermediates

Larry Walls	51.3	1968
Lloyd Kaster	51.8	1974
Bruce McCullough	51.8	1962
Len Gaskill	51.9	1970
Ken Shackelford	52.0	1957
Jim Wyatt	52.0	1975

440 yard Relay

Davis-Clayton-R.Smith-Carlos	38.8	1969
Slayton-Griffin-R.Smith-Davis	39.7	1968
Poynter-McNeil-Herkenrath-Norton	39.7	1959
Herman-Knowles-Bambury-T.Smith	39.9	1966
Poynter-Brooks-Herkenrath-Norton	40.2	1959

880 yard Relay

Shackelford-Talmadge-Evans-T.Smith	1:22.1	1967
Davis-R.Smith-Carlos-Clayton	1:22.7	1969
Poynter-McNeil-Herkenrath-Norton	1:22.7	1959
Davis-Griffin-R.Smith-Evans	1:23.1	1968
Leek-Wright-Whitaker-Breddell	1:23.8	1974

One Mile Relay

Shackelford-Talmadge-Evans-T.Smith	3:03.5	1967
Shackelford-Bambury-Evans-T.Smith	3:09.0	1967
Bambury-Malloy-Peo-Evans	3:09.4	1968
Meyers-Peo-Malloy-Evans	3:10.1	1968
Herman-Knowles-Shackelford-T.Smith	3:10.2	1966

High Jump

RON LIVERS	7-4 1/4	1975
Charles Mackey	7-0 1/4	1974
Ed Johnson	7-0	1966
Darnell Hillman	6-11 1/2	1968
Don Lindsey	6-10 1/2	1968
Terry Doe	6-10 1/2	1966

Long Jump

Marion Anderson	26-2 1/2	1969
Tommie Smith	25-11	1966
Curtis Davis	25-8	1975
Louie Wright	25-7	1974
Willie Steele	25-7	1942

Triple Jump

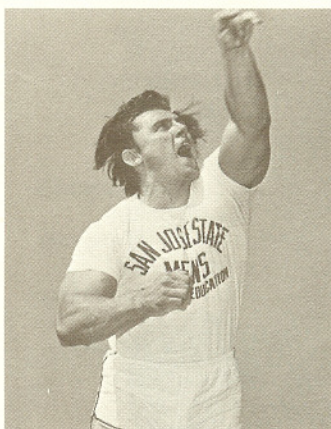
RON LIVERS	54-1 3/4	1975
Les Bond	52-0 3/4	1965
Craig Jergus	51-10 1/2	1966
Dwight Tucker	51-1	1967
Gary Moody	50-11	1972



ROGER MARTIN



LOUIE WRIGHT



RICHARD MARKS



GEORGE CARTY

Pole Vault

Dan Ripley	18-1	1975
Chris Papanicoulau	17-6 3/4	1968
Sam Carruthers	17-1 1/2	1970
Vic Diaz	17-0	1970
ROGER MARTIN	16-9	1975

Shotput

Richard Marks	63-10 1/2	1969
Greg Born	60-8	1972
Pat Kelso	59-10 3/4	1964
Dave Gherardi	56-10	1974
MIKE WEEKS	56-6 1/2	1975

Discus

John Powell	195-0	1969
Gary O'Sullivan	182-11	1970
Chuck Sherman	178-7	1972
Harry Edwards	178-3	1962
Fred Hayden	178-2	1968

Javelin

Mike Metz	254-10	1971
Dan Studney	247-2	1962
Dick Bocks	235-0	1959
DAVE KROGH	234-6	1975
Bob Brown	233-7	1965

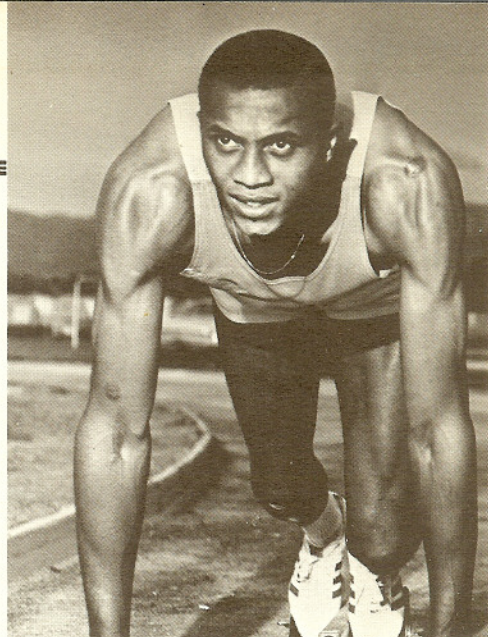
Hammer

Ed Burke	192-3 1/2	1962
ALDO CONGI	182-11	1975

SPARTAN WORLD RECORDS

50 y	*5.0	Kirk Clayton	1970
60 y	5.9	John Carlos	1969
100 y	9.1	John Carlos	1969
100 m	*9.9	Ronnie Ray Smith	1968
220 ys	*19.5	Tommie Smith	1966
220 yc	20.0	Tommie Smith	1966
200 ms	*19.5	Tommie Smith	1966
200 mc	*19.8	Tommie Smith	1966
400 m	*43.8	Lee Evans	1968
	44.5	Tommie Smith	1967
400 m(i)	46.2	Tommie Smith	1967
440 y	44.8	Tommie Smith	1967
440 y(i)	*46.2	Tommie Smith	1967
800 m Rly	1:22.1	Shackelford-Talmadge- Evans-T. Smith	1967
880 y Rly	1:22.1	Shackelford-Talmadge- Evans-T. Smith	1967
Mile Rly	3:03.5	Shackelford-Talmadge- Evans-T. Smith	1967
PV (o)	18-0 1/4	Chris Papanicoulau	1970
PV (i)	*18-1 1/4	Dan Ripley	1976
Discus	*226-8	John Powell	1975
HJ (dif)	*7-4 1/4	Ron Livers (5-8)	1975

* current world standards



TOMMIE SMITH

BUD WINTER FIELD MARKS

100y Dash	9.3	Carl Lawson, Idaho State	4/21/73
		Kirk Clayton, SJSU	5/02/70
		Ben Vaughn, U.S. Army	5/02/70
	9.2w	Steve Williams, Unatt.	5/03/75
	9.3w	Pablo Franco, Washington	4/26/75
		Ron Whitaker, SJSU	4/26/75
220y Dash	20.3	John Carlos, Unatt.	5/02/70
	20.2w	Steve Williams, Unatt.	5/03/75
440y Dash	45.8	Lee Evans, Unatt.	5/02/70
880y Dash	1:49.3	Neville Myton, SJSU	5/02/70
Mile Run	3:59.9+	Mark Schilling, SJSU	5/17/75
Two Mile Run	8:45.2	Rick Riley, Washington St.	4/05/69
Three-Mile Run	13:35.0	John Ngeno, Washington St.	4/05/75
Six-Mile Run	29:03.4	Bill Clark, WVTC	5/03/75
120y HH	13.7	George Carty, SJSU	5/02/70
440y IH	49.6	Jim Bolding, Pacific Coast TC	5/04/74
440y Relay	39.5	Santa Clara Youth Village	5/04/68
Mile Relay	3:10.6	SJSU	5/02/70
High Jump	7'2 1-2"	Reynaldo Brown, PCC	5/04/74
		Tom Woods, Unatt.	3/24/73
Long Jump	26' 3"	Tommie Haynes, U.S. Army	5/03/75
Triple Jump	54' 2"	Tommie Haynes, U.S. Army	5/03/75
Pole Vault	17' 8"	Dan Ripley, SJSU	4/12/75
Shot Put	71' 7"	Al Feuerbach, PCTC	5/05/73
Discus	218' 7"	John Powell, PCTC	5/03/75
Javelin	268' 7"	Mark Murro, Mesa Comm. JC	5/04/68
Hammer	199' 7"	Bill Diehl, U.S. Army	4/12/75
3000m Stp.	8:53.8	Bob Price, Athens	4/20/68

+Note: only second sub-four minute mile recorded in Santa Clara Valley.

HOWARD & LAURA BLETHEN
 ARMEN & PAT HANZAD
 JOHN CONGI
 WYNN & YVONNE COOK
 PAUL CASTORO
 BEN REICHMUTH
 STEVE & CHERYL CAPLAN
 JOE THOMASON
 PAT & SUSAN SPOONER
 RALPH PARKER
 MARVIN SCHILLING
 BOB PODKAMINER
 EVELYN FULLER
 FRANK & MABEL BOROVICKA
 FRED & ANN DIVISEK
 WOODY LINN
 MR. & MRS. DUNCAN INSLEY
 WALLY & VIVIAN BURR
 JOHN BENTLEY
 LYNN & VIRGINIA KROGH
 LEONARD & PEARL BLANKS
 GARY O'SULLIVAN
 JACK PEAK
 BOB & JEAN LANDRETH
 DENTON NELSON
 JOE MATTOS
 RAY SILVA
 TERRY & LYNN DeSANDERS
 KENT HERKENRATH
 GEORGE HERBST
 MICHAEL NUNZIATA
 RAY MORRISON
 BOB & SANDRA BOWEN
 ROD LEE
 JON HENDERSHOTT
 ROBERT & MAXINE SCHIMMEL
 JOHN FULLER
 STEVE FIAMENGO
 ALISON CASAZZA
 ROXANNE JACKSON
 BUD WINTER
 ROBERT & ELAINE PECK
 JOHN LOPES
 JAMES & TRUDY WYATT
 AL RUFFO
 ART LUND
 ROBERT GUCKERT
 DANNY HILL
 RICHARD STANLEY
 GARY KELMENSEN
 DAN KAGE
 DAN & DELOS DOTTA
 DOUG & GAIL CHEESEMAN
 MASAO HASHIGUCHI
 GEORGE GLENDENNING
 PETE ZIDNAK
 LARRY KNUTH
 RUSSEL & MARIE NAHIRNEY
 FRANK & HELEN PENNOCK
 CLIFF LINDSEY

LON FENCHEL
 JOHN FIELDER
 MR. & MRS. WILLIAM KASSER
 ROBERT LOCKS
 CLIFF JARRAD
 ROBERT & ARLENE SNYDER
 FLORIAN PALMER
 JOHN POWELL
 ED MOSHER
 ALEX STEPOVICH
 JOHN MORAN
 MARSHALL BEAN
 MORRIS FRUIT COMPANY
 FREDRIC ALLRED
 HOWARD & DORIS EBERT
 ARMAND CORDANO
 GEORGE C. LIVERS
 DONN B. KIRK
 ART ALLEN
 GEORGE DOLFIN
 ALAN SIMPKINS
 HARVEY RENTSCHLER
 GEORGE SOUSA
 WALTER & JUNE HANIGER
 W. CALDWELL SIMS
 CHRIS PANOPULOS
 JANET CHRISTMAS
 JULES WOLFFERS
 DR. DONALD FAHRNEY
 EMERSON ARENDS
 SALLY HAWK
 LUKE ARGILLA
 KEN BOSCACCI
 ED AUSTERMUEHLE
 DR. HENRY WESTON

*through 12/1/75

1976 SPARTAN SPIKESTERS



WALLY BURR

SALUTE TO SPARTAN FOUNDATION AND ASSOCIATED STUDENTS

The Spartan Track & Field program salutes the Spartan Foundation and the Associated Students of San Jose State University.

Each year, the Foundation, a group community and university leaders, conducts a fund drive to help finance various aspects of SJSU's athletic program.

The Associated Students, through elected student officials, annually allocates funds from its budget to help finance Spartan sports.

To both of these groups, a heartfelt thank you for helping to make the SJSU Athletic Program — which includes the nationally-ranked track and field team — one of the finest in the nation.



1976 San Jose State Track & Field Schedule

March 6	Small College Meet	SJSU
March 13	UCLA	UCLA
March 20	Stanford Relays	Stanford
March 24*	Oregon State/Irvine	SJSU
April 10	Long Beach State	Long Beach
April 17	Bay Area Striders	SJSU
April 24	Washington State	WSU
May 1	SJ National Invitational	SJSU
May 8	West Coast Relays	Fresno
May 21-22	PCAA Championships	San Diego
June 3-5	NCAA Championships	Philadelphia, Pa

* Wednesday

HOME MEETS AT BUD WINTER FIELD, 10TH & ALMA

HEAD COACH: Ernie Bullard
DISTANCE COACH: Don Riggs
SPRINT COACH: Larry Livers

Home Meets Begin At 11 a.m.

1975 Results

SJSU	OPPONENT	OPP.
122	Hayward State	48
	San Francisco State	22
99	Stanford	52
61	UCLA	93
96	Long Beach State	49
91	San Diego State	52
112	Nevada - Las Vegas	21
79	Washington State	75
113	U.C. Irvine	23
116.5	Utah	47½
73	Washington	72

First PCAA Championships, in San Jose
Fourth NCAA Championships, in Provo, Utah