

M-JT, IH,

W-SP, HS, 400H

24th ANNUAL VANCOUVER RELAYS

Sponsored by the Vancouver Olympic Club

OPEN DIVISION

Saturday, May 1, 1976 - SWANGARD STADIUM, Central Park, Burnaby, B.C.

RESULTS

EVENT 6H MEN'S 110 METRE HURDLES - Heats

10:00 a.m.

3 Heats - Top TWO in each Heat PLUS NEXT TWO FASTEST TIMES to Final at 2:30 p.m.

Heat 1

| | | | |
|--------|---------------|------|------|
| 1. 267 | Howard Lutton | PLU | 15.0 |
| 2. 285 | Greg Rooney | SpCC | 15.0 |
| 3. 227 | Randy Moon | UPS | 15.2 |
| 4. 223 | Mark Stream | Fal | 15.5 |
| 5. 316 | Vince Madden | SCC | 17.1 |
| 6. 343 | Toni Putzi | Kaj | 17.4 |

Heat 2

| | | | |
|--------|-----------------|-----|------|
| 1. 367 | Tom Pink | VOC | 15.5 |
| 2. 306 | Chris Husenika | SPC | 15.8 |
| 3. 317 | Edward Sullivan | SCC | 16.6 |

Heat 3

| | | | |
|--------|---------------|------|------|
| 1. 284 | Dave McDuffie | SpCC | 15.3 |
| 2. 422 | Mark Warbinek | SFU | 15.4 |
| 3. 286 | Brad Upton | SpCC | 15.8 |
| 4. 334 | Alan Sheridan | VTC | 15.9 |

EVENT 7H WOMEN'S 100 METRE HURDLES - Heats

10:25 a.m.

2 Heats - Top TWO in each Heat PLUS NEXT FOUR FASTEST TIMES to Final at 2:45 p.m.

Straight to Final

EVENT 1 - WOMEN'S 800 METRES - TIMED FINAL

10:40 a.m.

The Malkin Memorial Trophy

| | | | | | | | |
|--------|--------------------|-------|--------|---------|-------------------------|-------|--------|
| 1. 314 | Ulla Hansen | VMerc | 2:11.0 | 8. 397 | Lori Stubbs (Mid) | VOC | 2:15.9 |
| 2. 398 | Bev Cox | VOC | 2:11.6 | 9. 413 | Sharon Doherty | Esq | 2:17.0 |
| 3. 411 | Debbie Scott | Esq | 2:11.8 | 10. 360 | Bernadette Vossen (Mid) | WCFC | 2:18.8 |
| 4. 438 | Brit Lind Petersen | SFU | 2:12.3 | 11. 412 | Sharon Young | Esq | 2:19.6 |
| 5. 315 | Debbie Campbell | VMerc | 2:12.7 | 12. 281 | Alice Kelly | UWash | 2:22.3 |
| 6. 239 | Terrie Winney | SeaU | 2:15.3 | 13. 439 | Sally Adam | SFU | 2:33.8 |
| 7. 501 | Sara Neal (Juv) | WCFC | 2:15.4 | 14. 461 | Agnetta Lakaender | UMex | 2:27.4 |

EVENT C - MEN'S SHOT PUT

10:00 a.m.

The Lloyd Swindells Trophy

| | | | | | | | |
|--------|-------------------|------|--------------------|----------------------------------|---------------|------|--------|
| 1. 203 | Bruce Pirnie | Gal | 18.32m (60' 1.2")* | Vancouver Relays Record (18.26m) | | | |
| 2. 479 | Don Allemeersch | VOC | 15.75m (51' 8") | | | | |
| 3. 305 | Roy Martin | SpCC | 15.52m (50' 11") | | | | |
| 4. 283 | Marcel Gallays | RKTC | 13.78 | | | | |
| 5. 253 | Tom Enlow | YVC | 13.63 | | | | |
| 6. 307 | Greg Wheelock | SpCC | 13.44 | 10. 308 | Jeff Washburn | SpCC | 12.87m |
| 7. 276 | Graham Stuart | UBC | 13.41 | 11. 384 | Don Staller | VOC | 12.60 |
| 8. 434 | Zenon Smiechowski | SFU | 13.12 | | | | |
| 9. 328 | Eric Schultz | SCC | 12.91 | | | | |

EVENT 10H - WOMEN'S 100 METRES - Heats

11:20 am

2 Heats - First TWO in each Heat PLUS NEXT FOUR
FASTEST TIMES to Final at 3:10 p.m.

Heat 1Heat 2

| | | | | | | | |
|--------|----------------------|-------|------|--------|-------------------------|------|------|
| 1. 507 | Cathy Weich | VMerc | 12.4 | 1. 400 | Stephanie Berto | VOC | 12.0 |
| 2. 416 | Gail Gummer | Esq | 12.4 | 2. 459 | Yollande Romero | UMex | 12.2 |
| 3. 463 | Barbara Bishop | UMex | 12.6 | 3. 361 | Maureen Donaldson (Juv) | WCFC | 12.5 |
| 4. 462 | Corina Garduno | UMex | 12.6 | 4. 242 | Colleen Gibson (Mid) | Abb | 12.5 |
| 5. 362 | Nancy McCarthy (Juv) | WCFC | 13.1 | 5. 478 | K. Eistetter | UALb | 12.8 |
| 6. 356 | Louise Morris (Juv) | WCFC | 13.7 | 6. 332 | Lindsay Jack | VTC | 13.4 |
| 7. 460 | Elina Linaros | UMex | 13.7 | 7. 477 | Terry Bogan | ECC | 14.1 |
| 8. 401 | Raji Biln (Juv) | VOC | 13.8 | | | | |

EVENT G - WOMEN'S SHOT PUT

11:00 a.m.

| | | | | |
|--------|--------------------|-------|-------------------|---------------------------------------|
| 1. 209 | Marcia Mecklenberg | SPC | 15.42m (50' 7") | * Vancouver Relays Record (14.67m) |
| 2. 492 | Estella Rung | CalS | 11.72m (38' 5.4") | |
| 3. 215 | Lynn Polk | SPC | 11.42m (37' 5.6") | |
| 4. 243 | Heather Fraser | Unatt | 10.99 | |
| 5. 332 | Lindsay Jack | VTC | 10.64 | |
| 6. 339 | Laia Moraes (Juv) | NorW | 10.40 | |
| 7. 500 | Liz Hollands | CVacs | 9.81 | |

EVENT B - MEN'S TRIPLE JUMP

10:00 a.m.

| | | | |
|--------|-----------------|------|--------------------|
| 1. 382 | Lloyd Scott | VOC | 13.96m (45' 9.6") |
| 2. 301 | Steve O'Shea | SpCC | 13.76m (45' 1.7") |
| 3. 335 | Brent Fougner | VTC | 13.71m (44' 11.7") |
| 4. 311 | Janis Moorehead | SpCC | 13.57m |

EVENT A - WOMEN'S JAVELIN

10:00 a.m.

| | | | | |
|--------|------------------|-------|------------------|--|
| 1. 352 | Laurie Kern | Kaj | 52.44m (172' 0") | * Vancouver Relays Record (52.44m) |
| 2. 504 | Jay Dahlgren | VOC | 50.10 (164' 4") | |
| 3. 394 | Alison Hayward | VOC | 46.62 (152' 11") | |
| 4. 215 | Lynn Polk | SPC | 42.99 | |
| 5. 211 | Kim Baker | SPC | 40.02 | |
| 6. 353 | Cindy Baldwin | SPC | 36.20 | |
| 7. 500 | Liz Hollands | CVacs | 30.09 | |
| 8. 278 | Melanie Sullivan | UBC | 29.48 | |

EVENT F - MEN'S POLE VAULT

11:00 a.m.

| | | | |
|--------|-----------------|------|--------------------|
| 1. 235 | Mike Ramoska | UPS | 4.34m (14' 2 1/4") |
| 2. 487 | Larry Robertson | SFTC | 4.34m (14' 2 1/4") |
| 3. 336 | Raul Estrada | VTC | 4.19m (13' 8 1/2") |
| 4. 330 | Mark Jacobs | SCC | 4.19m |

EVENT 9H MEN'S 100 Metres

- HEATS

10:55 a.m.

Heat 1

| | | | | |
|----|-----|------------------|-------|------|
| 1. | 291 | Mark Robinson | SpCC | 11.0 |
| 2. | 231 | Calvin Saunders | UPS | 11.0 |
| 3. | 271 | Zvonko Stankovik | VOC | 11.2 |
| 4. | 451 | Jukihiro Minami | UMex | 11.4 |
| 5. | 262 | Dale Baugh | UPort | 11.5 |
| 6. | 406 | Gavin Smart | Esq | 11.0 |

Heat 2

| | | | |
|-------|---------------|-----|------|
| 1.270 | Kostie Killas | UBC | 17.0 |
| 2.428 | Tom Dickson | SFU | 17.4 |

Heat 3

| | | | | |
|----|-----|----------------|-----|------|
| 1. | 127 | Murray Delorme | SFU | 12.6 |
| 2. | 375 | Les Varga | VOC | 12.7 |

Heat 4

| | | | | |
|----|-----|---------------|------|------|
| 1. | 292 | Bart Taylor | SpCC | 10.9 |
| 2. | 363 | Jamie Pardy | VOC | 11.2 |
| 3. | 335 | Brent Fougner | VTC | 11.5 |
| 4. | 232 | Steve Kitchen | UPS | 11.7 |
| 5. | 323 | Jeff Jackson | SCC | 11.7 |

Heat 5

| | | | | |
|----|-----|----------------|------|------|
| 1. | 320 | Duran Wooten | SCC | 10.8 |
| 2. | 450 | Fernando Valla | UMex | 11.3 |
| 3. | 375 | David Douglas | VOC | 11.4 |
| 4. | 374 | Tracey Hallam | VOC | 11.4 |
| 5. | 429 | John Pankratz | SFJ | 11.7 |
| 6. | 246 | Tony Harris | YVC | 11.7 |
| 7. | 486 | Allan Langdale | SFTC | 11.9 |

EVENT 9SFMEN'S 100 MetresSemi-Final

12:25 p.m.

Section 1

| | | | | |
|----|-----|------------------|------|------|
| 1. | 428 | Tom Dickson | SFU | 10.8 |
| 2. | 292 | Bart Taylor | SpCC | 11.0 |
| 3. | 371 | Zvonko Stankovik | VOC | 11.0 |
| 4. | 231 | Calvin Saunders | UPS | 11.2 |
| 5. | 451 | Jukihiro Minami | UMex | 11.3 |
| 6. | 374 | Tracey Hallam | VOC | 11.4 |
| 7. | 376 | David Douglas | VOC | 11.5 |
| 8. | 375 | Les Varga | VOC | 11.9 |

Section 2

| | | | | |
|----|-----|----------------|-------|------|
| 1. | 320 | Duran Wooten | SCC | 10.8 |
| 2. | 291 | Mark Robinson | SpCC | 10.9 |
| 3. | 270 | Kostie Killas | UBC | 11.1 |
| 4. | 427 | Murray Delorme | SFU | 11.1 |
| 5. | 262 | Dale Baugh | UPort | 11.2 |
| 6. | 363 | Jamie Pardy | VOC | 11.4 |
| 7. | 450 | Fernando Valla | UMex | 11.4 |

EVENT EMEN'S HIGH JUMP

11:00am

MURRAY CAMERON ENTERPRISES TROPHY

| | | | | | | | | | | |
|----|-----|-----------------|------|--------------|-----|-----|--------------|-----|-------|-----|
| 1. | 514 | Steve Shelton | EVCC | 2.03m (6'8") | 7. | 403 | Bruce Miller | Esq | 1.88) | Tie |
| 2. | 303 | Scott Marshall | SpCC | 2.03 (6'8") | | 328 | Eric Shultz | SCC | 1.88) | |
| 3. | 508 | Darryl Lavendur | CNor | 1.98 (6'6") | 9. | 275 | Mike Hagen | UBC | 1.83 | |
| 4. | 456 | Rose Luis Leon | UMex | 1.93 | 10. | 233 | Mark Wells | UPS | 1.83 | |
| 5. | 282 | Kelly Black | RKTC | 1.93 | 11. | 381 | Frank Bua | VOC | 1.83 | |
| 6. | 467 | Dick Cook | ECC | 1.93 | | | | | | |

EVENT D - MEN'S JAVELIN

11:00 a.m.

| | | | | | |
|-----|-----|-------------------|-------|---------------------|---------------------------------------|
| 1. | 502 | Fred Luke | CNW | 81.93m (268' 9.11") | * Vancouver Relays Record (79.51m) |
| 2. | 263 | Pat Kaiser | UPort | 64.10 (210' 3.6") | |
| 3. | 343 | Tony Putzi | Kaj | 62.15 (203' 10.8") | |
| 4. | 434 | Zenon Smiechowski | SFU | 60.70 | |
| 5. | 418 | Vaclau Cempirex | VQS | 60.70 | |
| 6. | 249 | Steve Davis | YVC | 60.59 | |
| 7. | 503 | Ken McGowan | CNW | 58.61 | |
| 8. | 233 | Mark Wells | UPS | 55.87 | |
| 9. | 505 | Carlos Rodriguez | UMex | 50.61 | |
| 10. | 381 | Frank Bua (Juv) | VOC | 45.51 | |
| 11. | 325 | Rob Koba | SCC | 45.20 | |

EVENT I - WOMEN'S DISCUS

12:30 p.m.

| | | | | |
|----|-----|--------------------|------|--------------------|
| 1. | 209 | Marcia Mecklenberg | SPC | 45.74m (150' 0.7") |
| 2. | 210 | Julie Hansen | SPC | 42.52 (139' 6") |
| 3. | 492 | Estrella Rung | CalS | 41.78 |
| 4. | 211 | Kim Baker | SPC | 41.40 |
| 5. | 277 | Joanne Calverley | UBC | 39.36 |
| 6. | 201 | Betty Anderson | Cal | 33.46 |
| 7. | 241 | Antonia Fussi | Abb | 31.14 |
| 8. | 202 | Araksi Tahmazian | Cal | 28.76 |

EVENT 4 - MEN'S 3000 METRE STEEPLECHASE - Final

12:50 p.m.

Equitable Life Insurance Co. of Canada Trophy

| | | | | | | | | | |
|----|-----|------------------|------|--------|-----|-----|-----------------------|-----|---------|
| 1. | 341 | Jim Scorgie | Kaj | 9:04.4 | 8. | 425 | Gary Giles | SFU | 9:48.8 |
| 2. | 423 | Mike Lonergan | SFU | 9:12.6 | 9. | 364 | Robert Lonergan (Juv) | VOC | 9:59.2 |
| 3. | 445 | David Ferrusquia | UMex | 9:16.4 | 10. | 426 | Damien DuPlessis | SFU | 10:15.6 |
| 4. | 446 | Jose Ferrusquia | UMex | 9:18.6 | 11. | 365 | Ken Black | VOC | 10:19.2 |
| 5. | 225 | Bryan Brouillet | UPS | 9:26.4 | 12. | 404 | Bob Noble | Esq | 10:25.6 |
| 6. | 498 | Terry Kelly | PhAC | 9:34.4 | | | | | |
| 7. | 269 | Dave Taylor | UBC | 9:41.4 | | | | | |

EVENT 13 - MEN'S 4 x 100 METRE RELAY - Timed Final

1:15 p.m.

| | | | | | |
|----|-------------------------------|------|----|-----------------------------|------|
| 1. | Simon Fraser University | 42.1 | 5. | University of Mexico | 43.0 |
| 2. | Spokane Community College "A" | 42.5 | 6. | Vancouver Olympic Club "A" | 43.2 |
| 3. | Spokane Community College "B" | 42.9 | 7. | University of Puget Sound | 44.0 |
| 4. | Yakima Valley College | 43.0 | 8. | Shoreline Community College | 44.1 |
| | | | 9. | Vancouver Olympic Club "B" | 45.2 |

University of B.C. Disqualified

EVENT 5 WOMEN'S 4 X 400 METRE RELAY - FINAL

1:05 p.m.

J. Fletcher Winter Memorial Trophy

| | | |
|----|-----------------------------|--------|
| 1. | Seattle Pacific College "A" | 3:54.4 |
| 2. | University of Washington | 3:58.0 |
| 3. | Richmond Kajaks | 4:03.6 |
| 4. | Esquimalt | 4:04.6 |
| 5. | Simon Fraser University | 4:06.8 |
| 6. | Vancouver Olympic Club "A" | 4:18.8 |

EVENT 6 MEN'S 110 METRE HURDLES - FINAL

2:30 p.m.

| | | | |
|----|-------------------|------|------|
| 1. | 267 Howard Lutton | PLU | 14.6 |
| 2. | 284 Dave McDuffie | SpCC | 14.7 |
| 3. | 285 Greg Rooney | SpCC | 14.9 |
| 4. | 367 Tom Pink | VOC | 15.0 |
| 5. | 227 Randy Moon | UPS | 15.2 |
| 6. | 422 Mark Warbinek | SPU | 15.3 |
| 7. | 223 Mark Stream | Fal | 15.6 |
| 8. | 506 Greg Emry | VOC | 15.6 |

EVENT 8 - WOMEN'S LONG JUMP

12:00 noon

| | | | |
|-----|------------------------|------|-----------------|
| 1. | 213 Jeannette Smiley | SPC | 5.75 (18' 10.3" |
| 2. | Maria Los Angeles Cato | UMex | 5.50 (18' 6.5" |
| 3. | Yolland Romero | UMex | 5.45 (17' 10.5" |
| 4. | Colleen Gibson (Mid) | Abb | 5.27 |
| 5. | Lindsay Jack | VTC | 5.26 |
| 6. | Kay Eistetter | UALb | 5.18 |
| 7. | Robyn Munn | WCFC | 5.03 |
| 8. | Lindsay Wood | NorW | 4.90 |
| 9. | Kathy Dong (Juv) | VOC | 4.87 |
| 10. | Louise Morris (Juv) | WCFC | 4.74 |
| 11. | Celia Connor (Juv) | WCFC | 4.61 |
| 12. | Vikki Walker | Kaj | 4.54 |

EVENT 8 - ROGER BANNISTER MEN'S MILE

Timed Final

2:55 p.m.

Whitehorse Copper Mines Trophy

| | | | | | | | |
|------|---------------------|-------|--------------|-----|---------------------|------|--------|
| 1. | 516 Bill Smart | VOC | 4:09.24 | 21. | 489 Alex Ulaszonek | CALS | 4:26.6 |
| 2. | 447 Miguel Monroy | UMex | 4:12.6 | 12. | 230 Steve Milner | UPS | 4:27.2 |
| 3. | 405 Dave Weicker | Esq | 4:15.4 | 13. | 248 Ernie Vigil | YVC | 4:28.0 |
| 4. | 228 Mark Brown | UPS | 4:15.6 | 14. | 433 Tim Cornish | SFU | 4:31.0 |
| 5. | 344 Keith McLeod | Kaj | 4:15.8 | 15. | 490 Jerry Jackson | CALS | 4:31.4 |
| 6. | 345 Doug Webber | UBC | 4:18.0 | 16. | 290 Tim Riley | SpCC | 4:33.7 |
| 7. | 245 Doug Seebeck | YVC | 4:18.8 | 17. | 318 Mark Winder | SCC | 4:34.0 |
| * 8. | 448 Vicente Barrera | UMex | 4:21.0 | 18. | 499 Barry Adams | VOC | 4:36.0 |
| 9. | 368 Peter Favell | VOC | 4:22.9 (Juv) | 19. | 466 Steve Fortescue | ECC | 4:42.5 |
| 10. | 259 Mike Porter | UPort | 4:24.2 | 20. | 319 Mike Ackers | SCC | 4:43.4 |

* 8. 448 Vicente Barrere UMex 4:21.0

EVENT 2 - WOMEN'S 400 METRE HURDLES - TIMED FINAL

11:40 a.m.

1. 219 Denise Anderson SPC 61.8* Vancouver Relays Record (63.4)
2. 441 Pam Myring SFU 64.0
3. 359 Carrie McCarthy (Juv) WCFC 67.8
4. 415 Karen Egger Esq 68.5
5. 437 Desiree Gauthier SFU 69.0
6. 220 Sharon Barker SPC 69.3

EVENT 14 - WOMEN'S 4 x 100 METRE RELAY - Final

1:30 p.m.

Hudson's Bay Company Trophy

1. University of Mexico 47.9
2. West Coast Field Club 50.7
3. Vancouver Olympic Club "A" 51.0
4. Esquimalt 51.1
5. Yakima Valley College 53.9

Vancouver Olympic Club "B" Disqualified

EVENT 3 - MEN'S 400 METRE HURDLES - Timed Final

12:10 p.m.

Bernie Ingley Memorial Trophy

- | | |
|--|----------------------------------|
| 1. 284 Dave McDuffie SpCC 52.0 | 11. 206 Chris Husenik SPC 57.6 |
| 2. 258 Greg Trakler UPort 52.5 | 12. 486 Allan Langdale SFTC 57.7 |
| 3. 442 Enrique Aquirra UMex 53.1 | 13. 422 Mark Warbinek SFU 57.8 |
| 4. 340 Lloyd Guss NorW 55.4 | 14. 444 Chris Duran UMex 58.1 |
| 5. 267 Howard Lutton PLU 55.8 | 15. 224 Alex Krumins UPS 58.2 |
| 6. 285 Greg Rooney SpCC 55.8 | 16. 244 Leonard Dennis YVC 58.3 |
| 7. 443 Enrique De la Mora UMex 56.0 | 17. 316 Vince Madden SCC 60.1 |
| 8. 421 Doug Higgins SFU 56.1 | 18. 403 Bruce Miller Esq 61.3 |
| 9. 286 Brad Upton SpCC Tie { 56.2) | 19. 333 Mark Salter VTC 63.5 |
| 9. 363 Jamie Pardy (Juv) VOC Tie { 56.2) | |

EVENT 11 - MEN'S 4 x 400 METRE RELAY - TIMED FINAL

3:15 p.m.

Birk's Trophy

1. Spokane Community College "A" 3:14.9
2. Simon Fraser University 3:23.3
3. University of Mexico 3:24.4
4. Spokane Community College "B" 3:25.0
5. Seattle Pacific College 3:27.5
6. Vancouver Olympic Club "A" 3:29.4
7. University of Puget Sound 3:30.1
8. Esquimalt 3:32.6
9. NorWesters 3:38.4

EVENT 9 MEN'S 100 METRES FINAL 3:05 p.m.
THE HARRY JEROME TROPHY

| | | | | |
|----|-----|------------------|------|------|
| 1. | 320 | Duran Wooten | SCC | 10.6 |
| 2. | 427 | Murray Delorme | SFU | 10.6 |
| 3. | 428 | Tom Dickson | SFU | 10.7 |
| 4. | 270 | Kostie Killas | UBC | 10.9 |
| 5. | 291 | Mark Robinson | SpCC | 11.2 |
| 6. | 292 | Bart Taylor | SpCC | 11.2 |
| 7. | 371 | Zvonke Stankovik | VOC | 11.3 |
| 8. | 231 | Calvir Saunders | UPS | 11.4 |

EVENT 7 WOMEN'S 100 METRE HURDLES FINAL 2:45 p.m.

| | | | | |
|----|-----|-------------------------|------|------|
| 1. | 361 | Maureen Donaldson (Juv) | WCFC | 14.7 |
| 2. | 240 | Jeanine Shepherd | SeaU | 14.8 |
| 3. | 453 | Maria Cato | UMex | 15.0 |
| 4. | 214 | Chris Schroeder | SPC | 15.2 |
| 5. | 222 | Jean Hinkling | SPC | 16.2 |
| 6. | 359 | Carrie McCarthy (Juv) | WCFC | 16.9 |
| 7. | 396 | Charlene Goltz (Juv) | VOC | 17.3 |
| 8. | 475 | Margaret Hunter | ECC | 17.6 |

EVENT 10 WOMEN'S 100 METRES FINAL (The JOHN FREEMAN TROPHY) 3:10 p.m.

| | | | | |
|----|-----|-------------------------|------|------|
| 1. | 400 | Stephanie Berto | VOC | 12.0 |
| 2. | 459 | Yollande Romero | UMex | 12.1 |
| 3. | 507 | Cathy Weich | UMex | 12.2 |
| 4. | 416 | Gail Gummer | Esq | 12.4 |
| 5. | 361 | Maureen Donaldson (JUV) | WCFC | 12.8 |
| 6. | 242 | Colleen Gibson (Mid) | Abb | 12.8 |
| 7. | 463 | Barbara Bishop | UMex | 12.8 |
| 8. | 462 | Corina Gardune | UMex | 12.9 |

EVENT L WOMEN'S HIGH JUMP (The Mary Fisher Trophy) 3:00p.m.

| | | | | | |
|----|-----|---------------------|------|------------------|-------------------------|
| 1. | 217 | Pam Spencer | SPC | 1.815m (5' 11½") | * Vancouver Relays Rec. |
| 2. | 218 | Theresa Smith | SPC | 1.67 | (5' 6") |
| 3. | 389 | Toni Hamner (Mid) | VOC | 1.62 | (5' 4") |
| 4. | 485 | Scarlet Van den Bos | NorW | 1.62 | |
| 5. | 354 | Wendy Scorgie | Kaj | 1.62 | |
| 6. | 388 | Kathy Dong (Juv) | VOC | 1.57 | |
| 7. | 390 | Carole Homewood | VOC | 1.57 | |

EVENT K MEN'S LONG JUMP (Bill Greenough Memorial Trophy) 3:00 p.m.

| | | | | | | | | | |
|----|-----|----------------|------|------------------|-----|-----|-------------------|------|------|
| 1. | 382 | Lloyd Scott | VOC | 6.75m (22' 1.7") | 9. | 251 | Eric Fuller | YVC | 6.34 |
| 2. | 435 | Phil Lowe | SFU | 6.62 (21' 8.6") | 10. | 272 | Greg McGinn | UBC | 6.30 |
| 3. | 300 | Gene Farris | SpCC | 6.57 | 11. | 451 | Jukihiro Minami | UMex | 6.27 |
| 4. | 429 | John Pankratz | SFU | 6.55 | 12. | 327 | Larry Williams | SCC | 6.08 |
| 5. | 233 | Mark Wells | UPS | 6.46 | 13. | 326 | Daryl Fiesen | SCC | 6.06 |
| 6. | 301 | Steve O'Shea | SpCC | 6.43 | 14. | 282 | Kelly Black | RKTC | 6.00 |
| 7. | 456 | Jose Luis Leon | UMex | 6.40 | 15. | 434 | Zenon Smiechowski | SFU | 5.88 |
| 8. | 224 | Alex Krumins | UPS | 6.38 | 16. | 455 | Fernando Martinez | UMex | 5.80 |
| | | | | | 17. | 383 | Kevin Stark (Mid) | VOC | 5.08 |

EVENT - SPECIAL G - GIRLS' INVITATIONAL ELEMENTARY SCHOOLS4 x 100 METRE RELAY

Final 3:35 p.m.

- | | |
|---------------------------|------|
| 1. Kingsford-Smith School | 57.6 |
| 2. Waverley School | 63.8 |

EVENT - SPECIAL B - BOYS' INVITATIONAL ELEMENTARY SCHOOLS4 x 100 METRE RELAY

Final 3:45 p.m.

- | | |
|---------------------------|------|
| 1. Waverley School | 56.2 |
| 2. Kingsford-Smith School | 59.5 |

EVENT 12 - WOMEN'S 4 x 800 METRE RELAY - Final

3:25 p.m.

Scottish Manor Trophy

- | | | | |
|---------------------------------|--------|---------------------------------|---------|
| 1. Falcon Track Club | 8:54.2 | 5. Richmond Kajaks "A" | 9:43.2 |
| 2. Esquimalt | 9:21.6 | 6. University of Washington "B" | 10:08.8 |
| 3. University of Washington "A" | 9:23.0 | 7. Richmond Kajaks "B" | 10:08.8 |
| 4. Seattle Pacific College | 9:41.8 | 8. Vancouver Olympic Club "A" | 10:17.4 |

EVENT 15 - MEN'S DISTANCE MEDLEY RELAY - Final

3:50 p.m.

Army and Navy Stores Trophy

- | | | | |
|--------------------------------|---------|--------------------------------|---------|
| 1. University of Mexico | 10:16.6 | 6. Richmond Kajaks | 10:41.6 |
| 2. University of Puget Sound | 10:18.6 | 7. Simon Fraser University "B" | 10:53.2 |
| 3. Simon Fraser University "A" | 10:18.8 | 8. University of B.C. "A" | 11:04.6 |
| 4. Vancouver Olympic Club "A" | 10:21.4 | 9. Vancouver Olympic Club "B" | |
| 5. Spokane Community College | 10:22.8 | | |

EVENT J - MEN'S DISCUS

2:30 p.m.

- | | | |
|--------------------------|------|--------------------|
| 1. 479 Don allemeersch | VOC | 49.18m (161' 3.8") |
| 2. 283 Marcel Gallays | RKTC | 48.12 (157' 10.4") |
| 3. 200 Joe Smith | Cal | 47.34 (155' 3.7") |
| 4. 305 Roy Martin | SpCC | 47.08 |
| 5. 255 Gary Gefre | YVC | 42.02 |
| 6. 308 Jeff Washburn | SpCC | 42.02 |
| 7. 434 Zenon Smiechowski | SFU | 41.46 |
| 8. 237 Frank Olotoa | UPS | 41.12 |
| 9. 384 Don Staller | VOC | 39.30 |
| 10. 515 Lon Franz | CNor | 39.18 |
| 11. 307 Greg Wheelock | SpCC | 37.70 |
| 12. 276 Graham Stuart | UBC | 35.86 |
| 13. 331 Greg Diehl | SCC | 30.18 |

EVENT M - HANS KNUT WAAGE MEN'S HAMMER

3:15 p.m.

- | | | |
|---------------------------|-------|------------------|
| 1. 387 Mike Cairns | VOC | 57.06m (187' 2") |
| 2. 204 Steve James | Unatt | 53.14 (174' 4") |
| 3. 436 Fred Sommer | SFU | 50.36 (165' 2") |
| 4. 237 Frank Olotoa | UPS | 43.80 |
| 5. 265 Forrest Brouillard | Unatt | 38.64 |
| 6. 384 Don Staller | VOC | 35.64 |

EVENT 16 - MEN'S 5000 METRES - FINAL

4:05 p.m.

Robert Piercy Trophy

| | | | | | | | |
|--------|-------------|-------|---------|---------|------------------|-------|---------|
| 1.510 | E. Equino | UMex | 14:37.4 | 8. 247 | Dave Sanderson | YVC | 15:22.0 |
| 2.289 | T. Larson | SpCC | 14:52.2 | 9. 297 | Dennis Armstrong | SpCC | 15:27.0 |
| 3.496 | Rick Becker | Unatt | 14:57.8 | 10. 495 | Mark Van | Unatt | 15:32.0 |
| 4.511 | Manuel Vera | UMex | 14:59.6 | 11. 207 | Roger Olsoon | SPC | 15:54.0 |
| 5.378 | Mike Creery | VOC | 15:03.0 | 12. 497 | Lyle Kuchmak | Unatt | 16:00.0 |
| 6.431 | John Hill | SFU | 15:14.6 | 13. 488 | Toby Suhm | YVC | 16:02.0 |
| 7. 346 | John Currie | Kaj. | 15:16.0 | 14.408 | Dave Whitehead | Esq | 17:32.8 |

EVENT 17 - MEN'S SPRINT MEDLEY RELAY - FINAL

4:25 p.m.

The T. Eaton Col. Trophy

| | | | | | |
|----|-------------------------------|--------|-----|----------------------------|--------|
| 1. | Spokane Community College "A" | 3:28.2 | 8. | Seattle Pacific College | 3:37.4 |
| 2. | Yakima Valley College | 3:30.2 | 9. | University of Puget Sound | 3:39.2 |
| 3. | U. of Portland | 3:32.0 | 10. | Vancouver Olympic Club "A" | 3:43.3 |
| 4. | U. of Mexico | 3:32.0 | 11. | U.B.C. | 3:56.0 |
| 5. | Spokane Community College "B" | 3:34.6 | 12. | V.O.C. "B" | 3:57.0 |
| 6. | Simon Fraser University | 3:36.0 | 13. | Shoreline Community Coll. | 3:58.0 |
| 7. | Esquimalt | 3:36.4 | 14. | V.O.C. "C" | 4:05.5 |

EVENT 18 - WOMEN'S 4 x 200 METRE RELAY - Final

4:40 p.m.

SS PRINCESS LOUISE FLOATING RESTAURANT TROPHY

| | | |
|----|--------------------------|--------|
| 1. | University of Mexico | 1:43.5 |
| 2. | Seattle Pacific College | 1:43.8 |
| 3. | University of Washington | 1:47.5 |
| 4. | Esquimalt | 1:47.7 |
| 5. | V.O.C. "A" | 1:49.0 |
| 6. | Yakima Valley College | 1:59.0 |

***** EVENT 12 - WOMEN'S 4 x 800 METRE RELAY -

FALCON TRACK CLUB - 8:54.2 Breaks Canadian Open & Native
B.C. Open & Native
Relays Record 9:04.6 set by
UBC in 1974

OUTSTANDING ATHLETE - OMEGA WATCH CHALLENGE TROPHY - FRED LUKE Club Northwest WashingtonWOMEN'S TEAM TROPHY - VANCOUVER SUPPLY TROPHY - Seattle Pacific College 111 Points

| | | | |
|----------------------------|-----|------------------------|----|
| 1. Seattle Pacific College | 111 | 8. Victoria Mercuries | 18 |
| 2. University of Mexico | 48 | 9. Simon Fraser U. | 16 |
| 3. Vancouver Olympic Club | 48 | 10. Calgary Spartans | 14 |
| 4. Esquimalt Athletic Club | 34 | 11. Falcon Track Club | 10 |
| 5. West Coast Field Club | 27 | 12. Seattle University | 9 |
| 6. Richmond Kajaks | 21 | | |
| University of Washington | 21 | | |

MEN'S TEAM TROPHY - HON E.W. HAMBER TROPHY - SPOKANE COMMUNITY COLLEGE 117 pts

| | | | |
|------------------------------|-----|-----------------------------|----|
| 1. Spokane Community College | 117 | 10. Riversdale Kiwanis | 14 |
| 2. S.F.U. | 71 | Shoreline Community College | 14 |
| 3. U. O Mexico | 64 | 12. V.O.S. | 12 |
| 4. V.O.C. | 61 | Victoria Track Club | 12 |
| 5. U. of Puget Sound | 32 | Pacific Lutheran U. | 12 |
| 6. U. of Portland | 22 | 15. Everett Community Coll. | 11 |
| 7. Richmond Kajaks | 19 | 16. Galaxy Trail - Winnipeg | 10 |
| 8. Yakima Valley College | 17 | | |
| 9. Club Northwest | | | |