

# C. S. M.

## TRACK & FIELD



## 1978 RECORD BOOK

# College of San Mateo

COLLEGE OF SAN MATEO  
Athletic Department

Men's

1978 Track and Field Schedule

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>OPPONENT</u>	<u>LOCATION</u>
Sat.	February 4	12:00	Cow Palace Trials	San Jose City College
Sat.	February 18	6:00	Cow Palace Indoor Meet	Daly City
Sat.	March 4	10:00	*G.G.C. Relays	West Valley (Saratoga)
SAT.	MARCH 11	10:00	*DeANZA - C.C.S.F.	SAN MATEO
Fri	March 17	3:00	Foothill - Diablo Valley	Diablo Valley (Concord)
Thurs.	March 23	11:00	Marin - Santa Rosa Relays	Santa Rosa
Sat.	March 25	10:00	San Jose Relays	San Jose City College
** Sat.	March 25	10:00	Santa Barbara Relays	Santa Barbara City College
Thurs.	March 30	3:00	*Chabot	Chabot (Hayward)
Sat.	April 1	12:00	D.V.C. Relays	Diablo Valley (Concord)
SAT.	APRIL 8	11:00	NOR-CAL INVITATIONAL	SAN MATEO
Tues.	April 11	3:00	*San Jose City College	San Jose City College
** Sat.	April 15	10:00	Bakersfield Relays	Bakersfield
THURS.	APRIL 20	22:30	*WEST VALLEY - LANEY	SAN MATEO
Wed.	April 26	2:00	*G.G.C. Trials	Chabot (Hayward)
Fri.	April 28	4:00	*G.G.C. Finals	Chabot (Hayward)
** Sat.	May 6	12:00	West Coast Relays	Fresno
Fri.	May 12	12:30	Northern Calif. Trials	Delta (Stockton)
Fri.	May 19	5:00	Northern Calif. Finals	San Jose City College
** Sat.	May 27	6:00	Calif. State Championships	Bakersfield

\* = Denotes Golden Gate Conference Meet

\*\* = Denotes Overnight Trips

HEAD COACH: Bob Rush  
DISTANCE COACH: Pave Shrock  
SPRINT COACH: Pete Michon  
WIEGHT COACH: Vince Marchi

MEN'S TRACK OFFICE: (415) 574-6257  
WOMEN'S TRACK OFFICE: (415) 574-6467

COLORS: Royal Blue and White  
MASCOT: Bulldogs  
ATHLETIC TRAINER: Jack Dawson

PRESIDENT OF THE COLLEGE: Dr. David Mertes  
DEAN OF STUDENTS: Dr. Allan Brown  
DEAN OF INSTRUCTION: Dr. Lois Callahan  
ATHLETIC DIRECTOR: Cliff Giffin

BOARD OF TRUSTEES: Eleanore Nettle, Pres.;  
Dr. James Rudolph, Clerk; Robert a. Tarver;  
James P. Tormey; Carl E. Ward; Glenn P.  
Smith, Chancellor-Superintendent

COLLEGE OF SAN MATEO  
Men's Track and Field Roster  
1978

<u>Name</u>	<u>Phone</u>	<u>Address</u>	<u>High School</u>	<u>Event</u>
Baldocchi, Rick	756-7435	462 Higate Ave, Daly City, 94015	Westmoor	Distance
Bates, Paul	323-1261	1384 Madera, Menlo Park, 94025	Menlo-Atherton	Jumps-Sprints
Beard, Mike	588-4954	539 Redwood, San Bruno, 94066	Crestmoor	Middle Dis.
Benson, Dave	344-9552	740 Walnut Ave, Burlingame, 94010	Burlingame	Hurdles
Berini, Bob	347-7360	660 Nevada, San Mateo, 94402	Aragon	Javelin
Berry, Bruce	583-6560	171 Yorkshire, San Bruno, 94066	Crestmoor	Distance
Black, Kim	593-7490	1241 Granada, Belmont, 94002	Carlmont	Pole Vault
Bliss, Gordon	593-4036	422 Belmont, Belmont, 94002	Carlmont	Hurdles
Davis, Garrick	341-4862	317 Menhaden, Foster City, 94404	San Mateo	Middle Dis.
Dickinson, David	851-7325	1585 Canada Ln., Woodside, 94062	Woodside	Javelin
Dolliwhite, Steve	574-4103	3248 Countryside, San Mateo	Buchanan, Ore.	Javelin
Eden, Hugh,	343-0606	34 N. Eldorado, San Mateo, 94401	Hillsdale	Weights-Jumps
Farey, Kevin	854-1733	2060 Monterey, Menlo Park, 94025	Menlo-Atherton	Distance
Fedyna, Tom	756-9115	534 Westmoor, Daly City, 94015	Westmoor	Weights
Graber, Neil	341-5408	5 French Creek, San Mateo, 94402	Aragon	Middle Dis.
Green, Joe	344-0344	401 Aragon, San Mateo, 94402	Aragon	Distance
Harris, Dan	697-8527	2721 Arguello, Burlingame, 94010	Glen Ellyn, Ill.	Middle Dis.
Henderson, Dan	345-8775	419 Dolores, San Mateo, 94403	Mis. San Jose	Javelin
Herbert, Kern	586-6442	267 Alta Vista, Daly City, 94015	Serramonte	Sprints
Ild, Peter	345-7627	15 White Plains, San Mateo, 94403	Aragon	Distance
Kniffin, Dave	341-0282	237 30th Ave., San Mateo, 94403	Serra	High Jump
Lomski, Paul	589-7860	611 Santa Barbara, Millbrae, 94030	Capuchino	Weights
McBride, Ken	728-3723	110 Derecho, Moss Beach, 94038	Half Moon Bay	Distance
Mello, Paul	726-6500	2004 Bordeaux, Half Mn. Bay, 94019	Crestmoor	Distance
Ozols, John	343-8079	1506 Dore Ave., San Mateo, 94401	San Mateo	Weights
Pincombe, Rich	368-0351	58 Hillview, Redwood City, 94062	Serra	Distance
Radovich, Bud	573-1138	1100 E. Hillsdale, Foster City, 94404	Hillsdale	Jumps-Sprints
Rider, David	697-2236	475 Anita Dr., Millbrae, 94030	Capuchino	Jav.-Jumps
Rogers, Doug	854-3795	2160 Avy, Menlo Park, 94025	Woodside	Distance
Sherrin, Ron	none	2125 Ralston, Hillsborough, 94010	Burlingame	Middle Dis.
Sodek, Shay	347-7598	107 Clark Dr., San Mateo, 94401	Serra	Middle Dis.
Spencer, Carlos	322-6508	2503 Farrington, E.P.A., 94303	Carlmont	Sprints
Smith, Mike	342-5424	123 Rochester, San Mateo, 94401	San Mateo	Weights
Stifel, Ernest	574-3654	3245 Countryside, San Mateo, 94403	Hillsdale	Hurdles
Thurston, Gary	382-7412	153 Oak Ct., Menlo Park, 94025	Menlo-Atherton	Distance
Tscharner, Jon	574-1965	1111 Shoal Dr., San Mateo, 94404	Serra	Middle Dis.
Walters, Brad	726-5162	407 St. Joesph, Half Mn. Bay, 94019	Half Moon Bay	Weights
Randy DeAragon (Admin. Asst.)	344-9086	112 Newton Dr., Burlingame, 94010		
Ed Rebarchik (Equipment)	348-1339	509 Crescent, San Mateo, 94402		
Andy Takaha (Meet Prep.)	343-4312	10 Huron Ct., San Mateo, 94401		
Kelly Weston (Coaching Asst.)	366-5195	855 Barron, B-6, Redwood City, 94063		
Vince Marchi (Weight Coach)	349-9299	391 Catamaran, Foster City, 94404		
Pete Michon (Sprint-Relay Coach)	591-5451	1070 Crestview, San Carlos, 94070		
Roshonie Taylor (Weight Training Coach)	726-3163	439 Myrtle, Half Moon Bay, 94019		
Bob Rush (Head Men's; Jump Coach)	591-5226	116 Wycombe, San Carlos, 94070		
Dave Shrock (Head Women's; Distance Coach)	343-7895	20 LaSalle Rd. Hills., 94010		

Men's Track Office: 574-6257

Women's Track Office: 574-6467

COLLEGE OF SAN MATEO  
TRACK and FIELD RECORDS

100 yd. Dash	9.6	Rob Hylton	*(100m = 10.45)	1940
220 yd. Dash (Straight)	21.40	John L. Simmons		1950
220 yd. Dash (Turn)	21.4	Steve Firenze	*(200m = 21.3)	1963
440 yd. Dash	47.5	Ron Benson	*(400m = 47.2)	1963
880 yd. Dash	1:50.4	Ron Benson	*(800m = 1:49.7)	1963
One Mile Run	4:11.7	Ralph Likens	*(1500m = 3:53.1)	1965
Two Mile Run	9:04.7	Paul Mello		1978
Three Mile Run	13:55.8	Mitch Kingrey		1976
120 yd. High Hurdles	14.2	Al Rockwell	*(110m HH = 14.2)	1964
220 yd. Low Hurdles	23.3	Lee Roy Kirkpatrick		1936
330 yd. Low Hurdles	38.4	Willie Webster		1965
440 yd. Inter. Hurdles	54.9	Ken Phelps	*(400m IH = 54.6)	1972
880 yd. Relay	1:27.8	Gary Olivieri, Dave McQueen, Frank Varriale, Bill Johnson.		1965
Two Mile Relay	7:49.9	Ralph Lee Jim Grottof, Sam Rutland, Jeff Fishback.		1961
Four Mile Relay	17:19.2	Dave Hull, Eric Benson, Kurt Dicus, Mitch Kingery.		1977
Two Man, Ten Mile Relay	43:11.3	Marcel Hetu, Ralph Likens		1964
Three Man, High Jump Relay	19'4"	Bob Dillard, Mike Jett, Skip Peterson.		1977
Three Man, Pole Vault Relay	41'5 <sup>3</sup> / <sub>4</sub> "	Ron Coleman, Chuck Johnston, Rich Dragovich.		1968
Three Man, Long Jump Relay	63'9 <sup>1</sup> / <sub>4</sub> "	Skip Peterson, Dan Young, Andy Gustavson.		1977
Three Man, Shot Put Relay	146'11 <sup>1</sup> / <sub>2</sub> "	Mike Smith, Brad Walters, Gregg Tafralis.		1977
Three Man, Discus Throw Relay	433'10"	Mike Smith, Brad Walters, Grgg Tafralis.		1977
Three Man, Triple Jump Relay				
Three Man, Javelin Throw Relay				

\* Calculated time, converted to metric distance by using accepted conversion factors.

College of San Mateo  
Track and Field Honor Roll 1978

<u>100 Yard Dash</u>	<u>Time</u>	<u>Date</u>
1. Bob Hylton	9.6	1940
2. Mike Carboni	9.7	1964
3. Bill Hohson	9.7	1965
4. Fred Storek	9.7	1967
5. Oscar Jones	9.7	1969
6. Mike Greggans	9.7w	1976
7. Ted Morr	9.8	1947

<u>120 Yard High Hurdles</u>	<u>Time</u>	<u>Date</u>
1. Al Rockwell	14.2	1964
2. Jim Miller	14.4	1970
3. Lee Roy Kirkpatrick	14.6	1936
4. John Schuller	14.6 n	1968
5. Bob Little	14.8	1962
6. Jim Portman	15.0	1969
7. Mark Gerkenmeyer	15.2	1976

<u>220 Yard Dash</u>	<u>Time</u>	<u>Date</u>
1. Steve Firenze	21.4	1963
2. Bill Johnson	21.6	1965
3. Gary Olivieri	21.9	1965
4. Bob Hylton	22.0	1940
5. Fred Storek	22.0	1967
6. Mike Greggans	22.0	1976
7. Mike Miller	22.2	1969

<u>One Mile Run</u>	<u>Time</u>	<u>Date</u>
1. Ralph Likens	4:11.7	1965
2. Ralph Lee	4:12.2	1962
3. Dave Kamar	4:12.7	1963
4. Marcel Hetu	4:12.9	1965
5. Edmond Temple	4:13.3	1968
6. Jeff Fishback	4:15.1	1961
7. Mitch Kingery	4:16.1	1977
8. Ted Lydon	4:18.3	1967

<u>440 Yard Dash</u>	<u>Time</u>	<u>Date</u>
1. Ron Benson	47.5	1963
2. Mike Miller	48.2n	1969
3. Bob Foulke	48.5	1976
4. Rick Fambrini	48.8	1961
5. Chris Penny	48.9n	1975
6. Dave McQueen	49.1	1965
7. Frank Varriale	49.1	1965
8. Leon Purchase	49.2	1940
9. Steve Firenze	49.3	1964
10. Andy Alexander	49.3	1972

<u>Two Mile Run</u>	<u>Time</u>	<u>Date</u>
1. Paul Mello	9:04.7	1978
2. Mitch Kingery	9:05.6	1977
3. Jeff Fishback	9:09.2	1961
4. Jim Van Dine	9:14.5	1973
5. Rick Pincombe	9:14.8	1978
6. Steve Palladino	9:15.6	1976
7. Dave Kamar	9:18.4	1963
8. Ralph Likens	9:19.3	1965
9. Ted Lydon	9:21.8	1977
10. Dave Hull	9:21.8	1977

<u>880 Yard Dash</u>	<u>Time</u>	<u>Date</u>
1. Ron Benson	1:50.4	1963
2. Groothoof	1:52.4	1962
3. Bill Skifvars	1:53.1	1965
4. Ralph Lee	1:53.2	1962
5. Cross	1:53.8	1966
6. Edmond Temple	1:54.1	1968
7. Brian Hurdal	1:55.2	1976
8. Jack Sandin	1:55.3	1965

<u>Three Mile Run</u>	<u>Time</u>	<u>Date</u>
1. Mitch Kingery	13:55.8	1976
2. Jim Van Dine	14:03.8	1973
3. Paul Mello	14:05.4	1978
4. Edmond Temple	14:22.6	1968
5. Jose Cortez	14:33.1	1972
6. Dave Hull	14:39.0	1977
7. Vic Massa	14:48.0	1972
8. Scott Carvey	14:48.0	1972
9. Dan Best	14:48.8	1971
10. Steve Palladino	14:55.3	1976

College of San Mateo  
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<u>440 yd. Inter. Hurdles</u>		
	<u>Time</u>	<u>Date</u>
1. Ken Phelps	54.9	1972
2. Keith Anderson	55.0	1977
3. Tim Sershen	56.1	1970
4. Leon Swindell	56.4	1972
5. Mark Gerkensmeyer	56.7	1976
6. Keith Slade	56.9	1971
7. Ken Barranti	57.1	1975
8. Mike Clabby	57.2	1970
9. Jim Miller	58.0	1970

<u>Shot Put</u>		
	<u>Mark</u>	<u>Date</u>
1. Mike Smith	54'4 1/4"	1978
2. Bob Merlo	54'2 1/4"	1962
3. Greg Tafralis	53'8"	1977
4. Roger Carlson	53'1 1/4"	1967
5. Dunker	51'4"	1967
6. Taylor	50'7 1/4"	1964
7. Larry Kennedy	50'6 1/2"	1962
8. Brad Walters	50'6 1/2"	1978
9. Tino Salzano	49'3 1/4"	1969
10. Steve Boschetti	48'1"	1971

<u>High Jump</u>		
	<u>Mark</u>	<u>Date</u>
1. Ted Winfield	6'10 1/4"	1964
2. Bob Dillard	6'8 1/4"	1977
3. Mike Jett	6'8"	1977
4. Larry Wright	6'8"	1976
5. Les Steers	6'7 1/2"	1939
6. Divird	6'6 1/4"	1965
7. Skip Peterson	6'6"	1977
8. Connie Varneck	6'5 1/4"	1939
9. Dave Kniffin	6'4 1/2"	1978

<u>Discus Throw</u>		
	<u>Mark</u>	<u>Date</u>
1. Gregg Tafralis	174'4"	1977
2. Mike Boschetti	167'2"	1970
3. Tom Grimm	165'1 1/2"	1966
4. Gerry Fogel	164'6"	1969
5. Lou Nova	158'9"	1969
6. Brad Walters	155'10"	1978
7. Chuck Saunders	157'10 1/2"	1965
8. John Ozols	146'4"	1978

<u>Pole Vault</u>		
	<u>Mark</u>	<u>Date</u>
1. Kim Black	17' 1/2"	1978
2. Dennis Phillips	16'8"	1966
3. Ryan Paton	16' 1/2"	1975
4. Kevin Stevenson	16'0"	1977
5. Jim Lydon	15'6"	1970
6. Bob Dillard	15'6"	1977
7. Rich Dragovich	15'1"	1968
8. Ron Coleman	15'0"	1969
9. Earle Caldwell	15'0"	1975

<u>Long Jump</u>		
	<u>Mark</u>	<u>Date</u>
1. John L. Simmons	24'11 1/4"	1950
2. Skip Peterson	24'11"	1977
3. Paul Bates	24'8 1/2"	1978
4. Bill Fitzpatrick	23'6"	1938
5. Gildo Trevison	23'3"	1940
6. Bobby Jordan	23'1 1/2"	1967
7. Carl Krohn	22'11 3/4"	1965
8. Steve Mitchell	22'8 1/2"	1969
9. Dan Young	22'8 1/4"	1976
10. Andy Gustavson	22'6 1/2"	1977

<u>Javelin Throw</u>		
	<u>Mark</u>	<u>Date</u>
1. Dave Rider	209'9"	1978
2. Les Steers	194'10"	1939
3. Tristan Kirchknoff	192'5"	1977
4. Steve Dollahite	180'10"	1978
5. Jim Trujillo	175'5"	1967
6. Bob Berini	175'1"	1977
7. Dave Dickenson	160'2"	1978
8. Hugh Eden	159'6"	1978
9. Scott Gordon	159'4"	1977

<u>Triple Jump</u>		
	<u>Mark</u>	<u>Date</u>
1. Paul Bates	48'6 1/2"	1978
2. Hugh Eden	46'2 1/2"	1977
3. Connie Varneck	46'0"	1939
4. Andy Gustavson	46'0"	1977
5. Adams	45'10"	1966
6. Peterson	45'3"	1966
7. Dan Clark	44'10 1/2"	1973
8. Chuck Johnston	44'9"	1966
9. Buddy Crowell	44'8"	1967

College of San Mateo  
Track and Field Honor Roll 1978

<u>100 Meter Dash</u>			<u>1500 Meter Run</u>				
1.	Mike Greggans	10.5	1977	1.	Mitch Kingery	3:55.2	1977
2.	Kern Herbert	10.9	1978	2.	Dave Kamrar	3:55.7	1963
3.	Garrick Davis	11.1	1978	3.	Joe Green	3:58.3	1978
				4.	Eric Benson	4:00.9	1977
				5.	Kurt Dicus	4:01.6	1977
				6.	Rick Pincombe	4:03.5	1978
				7.	Dave Hull	4:04.5	1976
				8.	Paul Mello	4:04.5	1978
				9.	Steve Palladino	4:04.8	1976
 <u>200 Meter Dash</u>			 <u>3000 Meter Steeplechase</u>				
1.	Mike Greggans	21.3	1977	1.	Rick Pincombe	9:14.6	1978
2.	Ron Sherrin	22.1	1978	2.	Dave Hull	9:18.8	1977
3.	Skip Peterson	22.2	1977	3.	Mitch Kingery	9:36.7	1976
4.	Kern Herbert	22.2	1978	4.	Ken McBride	9:57.8	1978
5.	Garrick Davis	22.4	1978	5.	John Shroyer	9:59.6	1976
6.	Bob Foulke	22.6	1976				
 <u>400 Meter Dash</u>			 <u>5000 Meter Run</u>				
1.	Ron Sherrin	47.8	1978	1.	Mitch Kingery	14:32.2	1976
2.	Bob Foulke	48.2	1977	2.	Paul Mello	14:34.8	1978
3.	Chris Penny	48.9	1975	3.	Steve Palladino	14:47.0	1976
4.	Paul Bates	49.0	1978	4.	Rick Pincombe	14:51.0	1978
5.	Gary Davis	49.1	1978	5.	Marcel Hetu	15:08.8	1977
6.	Andy Gustarson	49.3	1976	6.	Rick Baldocchi	15:06.7	1978
7.	Frank Varriale	49.8	1964	7.	Dave Hull	15:08.8	1977
				8.	Kurt Dicus	15:17.4	1977
				9.	Gary Thurston	15:23.2	1978
 <u>800 Meter Run</u>			 <u>10,000 Meter Run</u>				
1.	Brian Hurdal	1:54.5	1976	1.	Paul Mello	30:15.9	1978
2.	Bob Foulke	1:55.3	1976	2.	Steve Palladino	32:22.6	1976
3.	Ron Sherrin	1:55.3	1977	3.	Ken McBride	32:34.7	1978
4.	Tony Casillas	1:56.2	1964	4.	Ted Lyon	33:08.0	1967
5.	Shay Sodek	1:56.4	1977	5.	Kevin Farey	33:54.0	1978
6.	Gary Spann	1:57.6	1976				
7.	Neil Graber	1:57.6	1978				
8.	Dan Harris	1:58.5	1978				

College of San Mateo  
Track and Field Honor Roll 1978

<u>110 Meter High Hurdles</u>			<u>Marathon</u>		
	<u>Time</u>	<u>Date</u>		<u>Time</u>	<u>Date</u>
1. Gordon Bliss	14.4	1978	1. Jose Cortez	2:21:48	1971
2. Ernie Stifel	14.8	1978	2. Mitch Kingery	2:27:0	1976
3. Tom Nelson	15.1	1977	3. Dave Hull	2:37:45	1976
4. Mark Gerkenmeyer	15.2	1976			
5. Kieth Anderson	15.3	1976			

<u>400 Meter Int. Hurdles</u>			<u>Decathlon</u>		
	<u>Time</u>	<u>Date</u>		<u>Points</u>	<u>Date</u>
1. Kieth Anderson	53.3	1977	1. Hugh Eden	5804	1978
2. John Dietrich	56.2	1977	2. Steve Dollahite	5320	1978
3. Gordon Bliss	56.3	1978			
4. Mark Gerkenmeyer	56.4	1977			
5. Dave Benson	56.8	1978			

<u>440 Yd. Relay</u>			<u>Time</u>	<u>Date</u>
1. Gary Olivieri, Bob Pinelli, Frank Varriale, Bill Johnson			41.7	1965
2. Gary Olivieri, Bill Sprague, Frank Varriale, Bill Johnson			42.1	1965
3. Steve Mitchell, Oscar Jones, Mike Miller, Larry Furiosi			42.2	1969
4. Bill Hatcher, Willie Morrison, Barry Raymond, Oscar Jones			42.3	1970
5. Mike Greggans, Andy Gustavson, Bob Foulke, Gary Davis			42.4	1977
6. Steve Mitchel, Al Marefos, Jim Portman, Fred Storek			42.7	1968
7. Bud Radovich, Kern Herbert, Paul Bates, Garrick Davis			42.7	1978
8. Bob Pinelli, Gary Olivieri, Steve Hunt, Bill Sprague			43.5	1965

<u>One Mile Relay</u>			<u>Time</u>	<u>Date</u>
1. Mike Greggans, Andy Gustavson, Ron Sherrin, Bob Foulke			3:14.3	1977
2. Garrick Davis, Shay Sodek, Ron Sherrin, Paul Bates			3:14.8	1978
3. Steve Firenze, Barry Sheldon, George Smith, Ron Benson			3:16.2	1963
4. Frank Varriale, Willie Webster, Jack Sandin, Bill Johnson			3:17.6	1965
5. Frank Varriale, Bill Skrifvars, Dave McQueen, Bill Johnson			3:17.7	1965
6. Mike Greggans, Dan Mackenze, Andy Gustavson, Bob Foulke			3:17.8	1976
7. Ken Phelps, Barry Raymond, Andy Alexander, Dave Robertson			3:17.9	1971
8. Mike Miller, Oscar Jones, Larry Furiosi, Gerry Fogel			3:18.0	1969
9. Barry Raymond, Gary John, Dave Robertson, Tom Sershen			3:18.0	1970



COLLEGE OF SAN MATEO  
TRACK and FIELD  
1978 Season Best Marks

100 Meter Dash

Kern Herbert	10.9
Garrick Davis	11.1

200 Meter Dash

Ron Sherrin	22.1
Kern Herbert	22.2
Garrick Davis	22.4
Paul Bates	23.0
Carlos Spencer	23.5

400 Meter Dash

Ron Sherrin	47.8
Paul Bates	49.0
Garrick Davis	49.1
Carlos Sprncer	51.1

800 Meter Run

Ron Sherrin	1:56.7
Shay Sadek	1:56.9
Neil Graber	1:57.6
Dan Harris	1:58.5
Garrick Davis	1:59.8
Jon Tschiner	2:05.7
Pete Ild	2:02.7

1500 Meter Run

Joe Green	3:58.3
Rick Pincombe	4:03.5
Paul Mello	4:04.5
Eric Benson	4:05.0
Gary Thurston	4:05.9
Rick Baldocchi	4:06.7
Ken McBride	4:11.3
Ron Sherrin	4:11.3
Pete Ild	4:12.2
Doug Rogers	4:20.8
Bruce Berry	4:25.7

3000 Meter Steeplechase

Rick Pincombe	9:14.6
Ken McBride	9:57.8
Pete Ild	10:46.5

Two Mile Run

Paul Mello	9:04.7
Rick Pincombe	9:14.8
Ken McBride	9:37.0
Rick Baldocchi	9:38.2
Joe Green	9:58.9
Gary Thurston	10:05.8
Kevin Farey	10:09.2
Eric Benson	10:16.7

5000 Meter Run

Paul Mello	14:34.8
Rick Pincombe	14:51.0
Rick Baldocchi	15:06.7
Gary Thurston	15:23.2
Joe Green	15:30.0
Ken McBride	15:33.1
Kevin Farey	16:01.5
Eric Benson	16:30.7
Dan Harris	17:28.9
Doug Rogers	17:40.3

10,000 Meter Run

Paul Mello	30:15.9
Ken McBride	32:34.7
Kevin Farey	33:54.0

110 Meter High Hurdles

Gordon Bliss	14.4
Ernie Stifel	14.8
Dave Benson	15.3
Carlos Spencer	16.4

400 Meter Inter. Hurdles

Gordon Bliss	56.3
Dave Benson	56.8
Dave Kniffin	59.0
Ernie Stifel	62.3

1978 Season Best Marks Cont.

Shot Put

Mike Smith	54' 1 $\frac{1}{2}$ "
Brad Walters	50' 6 $\frac{1}{2}$ "
Paul Lomski	42' 3 $\frac{1}{2}$ "
John Ozols	41' 10 $\frac{1}{2}$ "
Hugh Eden	44' 10"
Steve Dollahite	34' 7 $\frac{1}{2}$ "

Discus Throw

Brad Walters	155' 10"
John Ozols	146' 4"
Hugh Eden	136' 3"

Javelin Throw

Dave Rider	209' 9"
Steve Dollahite	180' 10"
Bob Berini	172' 5"
Dave Dickenson	160' 2"
Hugh Eden	159' 6"
Bud Radovich	149' 0"
Tom Fedyna	145' 9"
Dan Henderson	109' 5"

High Jump

Dave Kniffin	6' 4 $\frac{1}{2}$ "
Ernie Stifel	5' 10"
Steve Dollahite	5' 9"

Pole Vault

Kim Black	17' 1 $\frac{1}{2}$ "
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Long Jump

Paul Bates	24' 8 $\frac{1}{2}$ "
Bud Radovich	21' 6"
Hugh Eden	20' 8"
Steve Dollahite	19' 7 $\frac{1}{2}$ "
Dave Rider	19' 4"

Triple Jump

Paul Bates	48' 6 $\frac{1}{2}$ "
Hugh Eden	45' 11"
Steve Dollahite	43' 2"
Bud Radovich	41' 11"

440 Yard Relay

Bud Radovich, Kern Herbert, Paul Bates, Garrick Davis.	42.7
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One Mile Relay

Garrick Davis	49.9
Shay Sodek	49.6
Ron Sherrin	47.5
Paul Bates	47.8
	3:14.8

High Hurdle Shuttle

Gordon Bliss	14.5
Dave Benson	15.8
Ernie Stifel	14.8
Carlos Spencer	16.9
Relay Time	62.0

High Low Hurdle Shuttle

Carlos Spencer (L)	14.4
Gordon Bliss (H)	14.7
Dave Benson (L)	14.4
Ernie Stifel (H)	15.2
Relay Time	58.7

Sprint Medley

Dave Benson	23.7
Bud Radovich	22.4
Dave Kniffin	52.8
Dan Harris	2:05.0
Relay Time	3:43.9

Distance Medley

Carlos Spencer	50.5
Eric Benson	2:04.8
Dan Harris	3:22.3
Joe Green	4:37.3
Relay Time	10:55.9

Two Mile Relay

Ron Sherrin	1:58.3
Garrick Davis	2:01.7
Neil Graber	2:03.8
Shay Sodek	1:57.5
Relay Time	8:01.3

Four Mile Relay

Joe Green	4:28.9
Rick Pincombe	4:30.0
Rick Baldocchi	4:33.0
Eric Benson	4:53.0
Relay Time	18:28.4

400 Meter Relay

Bud Radovich, Shay Sodek, Paul Bates, Garrick Davis	42.9
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1600 Meter Relay

Garrick Davis	
Shay Sodek	
Ron Sherrin	
Paul Bates	3:15.4

COLLEGE OF SAN MATEO STADIUM RECORDS 1978

60 Yard	J.C.	6.2	Allan Chisolm	Foothill College	1978
Dash:	J.C.	6.2	Andy Madolora	Menlo College	1978
	J.C.	6.2	Ed Peters	Laney College	1973
	Open	6.0	Bob Triplett	San Jose State	1978
100 Yard	J.C.	9.4	Sam Davis	Fresno City College	1967
Dash:	Open	9.5	Steve Robinson	Santa Clara Valley Y.V.	1967
220 Yard	J.C.	21.2	Jim Hatcher	Fresno City College	1968
Dash:	Open	21.2	Bob Triplett	San Jose State	1978
440 Yard	J.C.	46.2	Lee Evans	San Jose City College	1968
Dash:	Open	46.2	Lee Evans	San Jose City College	1968
880 Yard	J.C.	1:51.9	Ron Stones	Santa Rosa City College	1968
Run:	Open	1:51.2	Willie Eashman	Cal State Hayward	1968
One Mile	J.C.	4:12.2	Ralph Likens	College Of San Mateo	1965
Run:	Open	4:06.3	Jim Dare	West Valley Track Club	1974
Two Mile	J.C.	9:13.6	Mitch Kingrey	College of San Mateo	1977
Run:	Open	9:03.6	Jim Dare	West Valley Track Club	1975
Three Mile	J.C.	13:55.8	Mitch Kingrey	College of San Mateo	1976
Run:	Open	13:44.0	Wolfgang Achulowics	Unattached	1976
Six Mile	J.C.	31:45.0	Fred Arroua	Modesto College	1976
Run:	Open	27:58.8	Jerry Garcia	U.S. Army	1975
One Mile	J.C.				
Walk:	Open	6:48.0	David Himmelberger	West Valley Track Club	1978
Two Mile	J.C.				
Walk:	Open	12:59.8	Neal Pyke	West Valley Track Club	1978
Three Mile	J.C.				
Walk:	Open	21:50.0	Bill Raney	Athens Club	1969
60 Yard	J.C.	7.1	Vernon Young	West Valley College	1970
High Hurdles:	Open	7.0	George Carty	West Valley Track Club	1976
70 Yard	J.C.				
High Hurdles:	Open	8.5	Bud Walsh	Stanford University	1966
120 Yard	J.C.	14.1	Mike Crittendon	Contra Costa College	1976
High Hurdles:	Open	13.8	George Carty	West Valley Track Club	1976
330 Yard	J.C.	37.6	Tyrone Brown	Allen Hancock College	1967
Int. Hurdles:	Open	36.8	Andre Phillips	San Jose Striders	1978
440 Yard	J.C.	53.7	Steve Nelson	San Jose City College	1976
Int. Hurdles:	Open	52.0	John Charles Aki-Bau	Uganda	1971
	Open	52.0	Jared Butler	Bay Area Striders	1976

COLLEGE OF SAN MATEO STADIUM RECORDS 1978 Continued.

High Jump:	J.C. Open	7'1½" 7'1½"	Bob Peterson Dave Haber	Chabot College Cal State Hayward	1978 1976
Pole Vault:	J.C. Open	17'2½" 17'1½"	Jerry Mulligan Mike Weidig	West Valley College Bay Area Striders	1978 1975
Long Jump:	J.C. Open	24'6½"	Stan Whitley	Allan Hancock College	1967
Triple Jump:	J.C. Open	50'1" 51'5½"	Doug Olmstead Chuck Steffles	Foothill College West Valley Track Club	1965 1976
Shot Put:	J.C. Open	59'8½" 67'9½"	Dave Laut Al Feuerbach	San Jose City College Pacific Coast Track Club	1977 1972
Discus Throw:	J.C. Open	174'6" 202'10"	Mike Hoffman John Powell	Foothill College Pacific Coast Track Club	1967 1972
Javelin Throw:	J.C. Open	209'3" 247'9"	Tom Walker Tom Walker	Chabot College U.C. Berkeley	1975 1976
100 Meter Dash:	J.C. Open Open Open	10.2 10.5 10.5 10.5	Ernest Lewis John Pettus Bob Triplett Darrin Nelson	San Jose City College Bay Area Striders San Jose State Stanford University	1978 1976 1976 1978
200 Meter Dash:	J.C. Open	21.6 20.7	Alvin Diles James Lofton	Skyline College Stanford University	1977 1977
400 Meter Dash:	J.C. Open	46.2 46.2	Lee Evans Lee Evans	San Jose City College San Jose City College	1966 1966
800 Meter Run:	J.C. Open	1:51.0 1:48.1	Dan Navarro Rick Brown	Sierra College West Valley Track Club	1978 1976
1500 Meter Run:	J.C. Open	3:54.7 3:48.6	Mike McQueeny Andy Clifford	DeAnza College U.C. Berkeley	1978 1977
5,000 Meter Run:	J.C. Open	14:35.4 13:52.2	Paul Mello Duncan McDonald	College of San Mateo West Valley Track Club	1978 1978
10,000 Meter Run:	J.C. Open	30:15.9 29:56.0	Paul Mello Gerry Garcia	College of San Mateo West Valley Track Club	1978 1976
3,000 Meter Walk:	J.C. Open	12:47.8	Neal Pyke	West Valley Track Club	1978
110 Meter High Hurdles:	J.C. Open	14.1 14.0	Bill Dorvall Ashland Whitfield	Butte College So. Arizona Track Club	1978 1976
400 Meter Int. Hurdles:	J.C. Open Open	52.2 52.0 52.0	Bill Dorvall John Charles aki-Bua Jared Butler	Butte College Uganda Bay Area Striders	1978 1971 1976

COLLEGE OF SAN MATEO STADIUM RECORDS 1978      Continued.

440 Yard Relay:				
J.C.	40.1	Ronald Anderson, Ernest Lewis, Willie Jackson, Eugene Rachal-	San Jose City College	1971
Open				
880 Yard Relay:				
J.C.	1:26.7	Joel Scotia, Ezunial Burts, Tim Vaux, Alvin Mann	- Fresno City College	1961
Open				
One Mile Relay:				
J.C.	3:13.3	Andre Phillips, Greg Johnson, Fred Harvey, Pat Holcombe	- San Jose City College	1971
Open				
Two Mile Relay:				
J.C.	7:49.1	Marcel Hetu, Tony Casillas, Jack Sandin, Bill Skifvars	- College Of San Mateo	1961
Open				
Four Mile Relay:				
J.C.	17:11.8	Art Baudenistor, Loran Ringo, Rich Langford, Bob Deis	- American River College	1976
Open				
Sprint Medley Relay:				
J.C.	3:28.2	Randy Dangerfield, Rod Lewis, Hardie Smith, Steve Mitchell	- Laney College	1976
Open				
Distance Medley Relay:				
J.C.	10:01.7	Bill Skifvars, Dave McQueen, Marcel Hetu, Ralph Likens	- College of San Mateo	1965
Open				
480 Yard High Hurdle Shuttle:				
J.C.	57.3	Cornelius McCormick, Jim Bains, Bill Sanders, Abe Johnson	- Merritt College	1964
Open				

SENIOR EVENTS

60 Yard Dash:	6.6	Jim Lingel	A.A.U. Official	1971
100 Yard Dash:	10.4	Rick Mason	Stanford Road Runners	1972
100 Meter Dash:	13.1	Harry Koppel	N.C.S.T.C.	1978
220 Yard Dash	23.8	Jim Lingel	Bay Area Striders	1972
440 Yard Dash:	51.7	Bill Green	Unattached	1972
880 Yard Dash:	2:00.0	David Pratt	N.C.S.T.C.	1973
800 Meter Run:	1:59.3	Paul Richardson	W.V.T.C.	1977
1500 Meter Run:	4:12.7	Paul Richardson	W.V.T.C.	1977
One Mile Run:	4:30.1	Paul Richardson	Sundance Track Club	1976
Three Mile Run:	15:37.4	Jim O'neil	Olympic Club	1972

California Community College  
Track and Field Championships

May 26-27, 1978

MEN

Bakersfield

Pole Vault: 1st Place, Kim Black  
10,000 Meter Run: 2nd Place, Paul Mello  
Long Jump: 6th Place, Paul Bates  
3000 Meter Steeplechase: 7th Place, Rick Pincombe  
Shot Put: 7th Place, Mike Smith  
Javelin Throw: 8th Place, Dave Rider  
One Mile Relay: 7th Place  
 Garrick Davis, Shay Sodek, Ron Sherrin, Paul Bates.

Final Team Standings: 7th Place in California State Meet.

WOMEN

100 Meter Hurdles: 1st Place, Stella Edwinson  
400 Meter Hurdles: 2nd Place, Stella Edwinson

TOP 1978 POINT GETTERS  
 C.S.M. TRACK and FIELD  
 DUAL and TRI MEET SEASON

	Dual Meets (5-3-1)		Tri Meets (5-3-2-1)			1978 Season Total Pts.
	Chab.	S.J.	DeAn.-S.F.	D.V.-Foot.	W.V.-Lan.	
	Paul Bates	12 $\frac{1}{2}$	6	11 $\frac{1}{4}$	11 $\frac{1}{4}$	
Gordon Bliss	6	8	10	5	4 $\frac{1}{4}$	33 $\frac{1}{2}$
Brad Walters	2	6	6	4	8	24
Mike Smith	5	3	5	5	5	23
Paul Mello	6	5	2	3	5	21

OUTSTANDING TRACK and FIELD AWARDS FOR 1978  
 MEN

Most Valuable Track Athlete - Paul Mello  
 Most Valuable Field Athlete - Kim Black  
 Most Improved Athlete - - - Gordon Bliss  
 Most Inspirational Athlete - Paul Mello  
 1978 Team Captain - - - - - Hugh Eden

WOMEN

Most Valuable Track Athlete - Stella Edwinson  
 Most Valuable Field Athlete - Liz O'Conner  
 Most Inspirational Athlete - Vera Otto  
 1978 Team Captain - - - - - Vera Otto

College of San Mateo  
Men's Track and Field  
1978 Relays, Invitationals, & Championships  
"The BIG MEETS"

College of San Mateo Placers

Marin - Santa Rosa Relays

March 23, 1978

Santa Rosa

3000 Meter Steeplechase: 1st Place, Rick Pincombe 9:29.4  
5th Place, Peter Ild 10:46.5  
110 Meter High Hurdles: 1st Place, Gordon Bliss 15.0  
400 Meter Inter. Hurdles: 4th Place, Dave Kniffin 59.5  
Shot Put: 2nd Place, Mike Smith 52'3 $\frac{1}{2}$ "  
4th Place, Brad Walters 47'6"  
Javelin Throw: 2nd Place, Dave Rider, 192'5"  
Triple Jump: 1st Place, Paul Bates 47'1 $\frac{1}{2}$ "  
Discus Throw: 2nd Place, Brad Walters 141'10"  
100 Meter Dash: Kern Herbert 11.1, 2nd Place  
5000 Meter Run: 1st Place, Paul Mello 14:51.7  
2nd Place Rick Baldocchi 15:39.7  
Distance Medley: 5th Place 10:55.8  
Carlos Spencer, Eric Benson, Dan Harris, Joe Green.  
Two Mile Relay: 2nd Place 8:01.3  
Ron Sherrin, Neil Graber, Garrick Davis, Shay Sodek.  
Sprint Medley: 5th Place 3:50.0  
Dave Benson, Hugh Eden, Mike Beard, Jon Tscherner.  
880 Yd. Relay: 1st Place 1:29.8  
Bud Radovich, Kern Herbert, Paul Bates, Garrick Davis.  
480 Yd. L-H Hurdle Shuttle: 1st Place 59.1  
Carlos Spencer, Gordon Bliss, Eric Benson, Ernie Stifel.  
440 Yd. Relay: 1st Place 42.9  
Bud Radovich, Kern Herbert, Paul Bates, Garrick Davis.  
One Mile Relay: 2nd Place 3:23.2  
Shay Sodek, Gordon Bliss, Carlos Spencer, Ron Sherrin.

SAN JOSE RELAYS

March 25, 1978

San Jose

Long Jump: 1st Place, Paul Bates, 24'8 $\frac{1}{2}$ "

Santa Barbara Relays

March 25, 1978

Santa Barbara

Shot Put: 3rd Place, Brad Walters 50'3/4"  
Javelin Throw: 4th Place, Dave Rider 179'11"  
Two Mile Run: 1st Place, Rick Pincombe 9:14.8  
2nd Place Paul Mello 9:15.0  
480 Yd. High Hurdle Shuttle: 3rd Place 1:04.1  
Gordon Bliss, Eric Benson, Ernie Stifel, Carlos Spencer.

"THE BIG MEETS" continued:

April 1, 1978 Diablo Valley College Easter Relays

Diablo Valley

300 Meter Steeplechase: 5th Place, Rick Pincombe 9:34.4  
110 Meter High Hurdles: 3rd Place, Gordon Bliss 14.9  
5000 Meter Run: 1st Place, Paul Mello 14:46.5  
Shot Put: 5th Place, Mike Smith 51'10"  
Triple Jump: 4th Place, Paul Bates 48'4½"  
Four Mile Relay: 5th Place 18:28.4  
Joe Green, Rick Pincombe, Rick Baldocchi, Eric Benson.  
480 Yd. High Hurdle Shuttle: 2nd Place 64.0  
Gordon Bliss, Ernie Stifel, Dave Benson, Carlos Spencer.  
One Mile Relay: 5th Place 3:19.5  
Garrick Davis, Kern Herbert, Ron Sherrin, Paul Bates.

April 8, 1978 CSM Nor-Cal Invitational

San Mateo

10,000 Meter Run, Championship Division: 1st Place, Paul Mello 30:15.9  
110 Meter High Hurdles, Invitational Division: 1st Place, Gordon Bliss 14.6  
5000 Meter Run, Championship Division: 3rd Place, Rick Pincombe 14:57.8  
1500 Meter Run, Championship Division: 5th Place, Joe Green 4:01.4  
400 Meter Dash, Invitational: 4th Place, Garrick Davis 49.1  
Long Jump: 1st Place, Paul Bates 22'9½"  
Shot Put: 3rd Place, Mike Smith 52'0"  
Pole Vault: 2nd Place, Kim Black 16'7½"  
One Mile Relay, Championship Division: 4th Place 3:19.6  
Garrick Davis, Shay Sodek, Ron Sherrin, Paul Bates.

April 15, 1978 Bakersfield Relays

Bakersfield

5000 Meter Run, Rated Division: 2nd Place, Rick Baldocchi 15:40.4  
5000 Meter Run, Invitational Division: 4th Place, Paul Mello 15:20.4  
110 Meter High Hurdles, Rated Division: 1st Place (tie), Gordon Bliss 14.4w  
480 Yd. High Hurdle Shuttle: 4th Place 1:02.0  
Dave Benson, Ernie Stifel, Carlos Spencer, Gordon Bliss.

May 6, 1978 West Coast Relays

Fresno

Two Mile Run: 5th Place, Paul Mello 9:04.7  
Pole Vault: 4th Place, Kim Black 16'0"  
Shot Put: 3rd Place, Mike Smith 54'4½"  
Long Jump: 3rd Place, Paul Bates 24'2"



"THE BIG MEETS" continued

Golden Gate Conference Finals

April 28, 1978

Chabot

110 Meter High Hurdles: 2nd Place, Gordon Bliss 14.8  
6th Place, Ernie Stifel 15.1  
400 Meter Dash: 4th Place, Ron Sherrin 48.0  
3000 Meter Steeplechase: 1st Place, Rick Pincombe 9:14.6  
5000 Meter Run: 1st Place, Paul Mello 14:34.8  
3rd Place, Rick Baldocchi 14:49.5  
5th Place, Gary Thurston 15:23.0  
10,000 Meter Run: 4th Place, Ken McBride 33:11.6  
5th Place, Kevin Farey 33:54.0  
Shot Put: 2nd Place, Mike Smith 52'8 $\frac{1}{2}$ "  
3rd Place, Brad Walters 49'1 $\frac{1}{2}$ "  
Javelin Throw: 5th Place, Dave Rider 182'7"  
Discus Throw: 6th Place, Brad Walters 155'10"  
High Jump: 6th Place (tie), Dave Kniffin 6'2"  
Long Jump: 1st Place, Paul Bates 22'4 $\frac{1}{2}$ "  
Pole Vault: 1st Place, Kim Black 15'8"  
One Mile Relay: 3rd Place 3:14.8  
Garrick Davis, Shay Sodek, Ron Sherrin, Paul Bates.

Nor Cal Trials

May 12, 1978

San Joaquin Delta College,  
Stockton

10,000 Meter Run: 1st Place, Paul Mello 30:44.7  
400 Meter Dash: 2nd Place, Ron Sherrin 47.8  
3000 Meter Steeplechase: 3rd Place, Rick Pincombe 9:22.6  
5000 Meter Run: 3rd Place, Rick Baldocchi 15:41.0  
Shot Put: 5th Place, Mike Smith 51'1"  
8th Place, Brad Walters 50'6 $\frac{1}{2}$ "  
Discus Throw: 10th Place, Brad Walters 152'11"  
Javelin Throw: 6th Place, Dave Rider 191'3"  
Long Jump: 4th Place, Paul Bates 23'1 $\frac{3}{4}$ "  
Pole Vault: 1st Place, Kim Black 16'9"  
One Mile Relay: 3rd Place 3:17.3  
Garrick Davis, Shay Sodek, Ron Sherrin, Paul Bates.

Northern California Community College  
Track and Field Championships

May 19, 1978

San Jose

10,000 Meter Run: 1st Place, Paul Mello 30:44.7 (San Joaquin Delta College 5/12/78)  
3000 Meter Steeplechase: 4th Place, Rick Pincombe 9:15.4  
Shot Put: 2nd Place, Mike Smith 53'1 $\frac{1}{2}$ "  
Javelin Throw: 6th Place, Dave Rider 188'8"  
Pole Vault: 1st Place, Kim Black 17'1 $\frac{1}{2}$ "  
Long Jump: 6th Place, Paul Bates 23'1"  
One Mile Relay: 3rd Place 3:15.52  
Garrick Davis, Shay Sodek, Ron Sherrin, Paul Bates.

MEN'S  
DUAL MEET RECORDS

College of San Mateo vs. City College of San Francisco

100 meter Dash	Keith Limnell	10.8	C.C.S.F.	1976
100 yard Dash	Tom Gardner	9.7	C.C.S.F.	1964
	Mike Corboni	9.7	C.S.M.	1964
	Fred Storek	9.7	C.S.M.	1967
200 meter Dash	Keith Limnell	22.4	C.C.S.F.	1976
	Mike Greggans	22.4	C.S.M.	1977
220 yard Dash	Bill Johnson	21.7	C.S.M.	1965
400 meter Dash	Bob Foulke	48.7	C.S.M.	1977
440 yard Dash	Lee Benton	48.9	C.C.S.F.	1965
800 meter Run	Ron Sherrin	1:56.3	C.S.M.	1977
880 yard Run	Bill Skrifvars	1:53.2	C.S.M.	1965
1500 meter Run	Mitch Kingery	3:57.9	C.S.M.	1977
One Mile Run	Ralph Likens	4:12.2	C.S.M.	1965
Two Mile Run	Mitch Kingery	9:19.0	C.S.M.	1977
110 meter H.H.	Charles Hatch	14.6	C.C.S.F.	1977
120 yard H.H.	Bob Little	14.8	C.S.M.	1962
	Al Rockwell	14.8	C.S.M.	1964
400 meter Intermediate H.	Keith Anderson	55.1	C.S.M.	1977
440 yard Intermediate H.	William Fields	55.3	C.C.S.F.	1973
Three Mile Run	Jim Van Dine	15:08.8	C.S.M.	1973
440 yard Relay (M.Haynes-C.Winters-R.Haynes-R.Cody)		41.8	C.C.S.F.	1977
One Mile Relay (Coleman-Benton-Davis-Johnson)		3:17.7	C.C.S.F.	1965
High Jump	Dwight Tucker	6'9½"	C.C.S.F.	1966
Pole Vault	Kim Black	16'0"	C.S.M.	1978
Long Jump	Ray Hearne	24'3"	C.C.S.F.	1966
Triple Jump	Mike Haynes	47'11"	C.C.S.F.	1977
Shot Put	Roger Carlson	52'0½"	C.S.M.	1967
Discus Throw	Alex Darnes	173'3"	C.C.S.F.	1962
Javelin Throw	Dave Rider	176'4"	C.S.M.	1978

DUAL MEET SCORES

1963	San Mateo-81	C.C.S.F.- 41	1971	San Mateo-71	C.C.S.F.-65
1964	San Mateo-99	C.C.S.F.- 37	1972	C.C.S.F.-74	San Mateo-62
1965	San Mateo-78	C.C.S.F.- 54	1973	C.C.S.F.-76	San Mateo-60
1966	San Mateo-83½	C.C.S.F.- 47½	1974	C.C.S.F.-90	San Mateo-45
1967	San Mateo-72	C.C.S.F.- 64	1975	C.C.S.F.-95	San Mateo-49
1968	San Mateo-81	C.C.S.F.- 55	1976	C.C.S.F.-73	San Mateo-71
1969	San Mateo-70	C.C.S.F.- 66	1977	San Mateo-99	C.C.S.F.-46
1970	San Mateo-76	C.C.S.F.- 60	1978	San Mateo-108½	C.C.S.F.-35½

SERIES RECORD: San Mateo: 11                      C.C.S.F.: 5

MEN'S  
DUAL MEET RECORDS

College of San Mateo vs. De Anza College

100 meter Dash	Bill Johnson	11.0	DeAnza	1977
100 yard Dash	Mike Greggans	9.7	C.S.M.	1976
200 meter Dash	Skip Peterson	22.3	C.S.M.	1977
220 yard Dash	Mike Greggans	22.2	C.S.M.	1976
400 meter Dash	Bob Foulke	48.5	C.S.M.	1977
440 yard Dash	Bill Popin	51.2	C.S.M.	1975
800 meter Run	Ron Sherrin	1:56.0	C.S.M.	1977
880 yard Run	Dave Nolte	1:56.1	DeAnza	1975
1500 meter Run	Mike McQueeney	4:01.6	DeAnza	1978
One Mile Run	Mitch Kingery	4:16.1	C.S.M.	1977
Two Mile Run	Dan Grimes	9:25.8	DeAnza	1978
5000 meter Run	Mitch Kingery	15:06.3	C.S.M.	1977
110 meter H.H.	Gordon Bliss	15.1	C.S.M.	1978
120 yard H.H.	Andy Pecota	15.2	DeAnza	1976
400 meter Intermed. H.	Kieth Anderson	56.3	C.S.M.	1977
440 Yard Intermed. H.	Kent Wigton	56.2	DeAnza	1976
440 Yard Relay (Davis-Herbert-Sherrin-Bates)		43.7	DeAnza	1977
One Mile Relay (Davis-Herbert-Sherrin-Bates)		3:22.3	C.S.M.	1978
High Jump	Larry Wright	6' 8"	C.S.M.	1976
Pole Vault	Kim Black	16' 0"	C.S.M.	1978
Long Jump	Paul Bates	23' 11½"	C.S.M.	1978
Triple Jump	Paul Bates	47' 5"	C.S.M.	1978
Shot Put	Lee Foster	51' 10"	DeAnza	1977
Discus Throw	Bill Perry	156' 10"	DeAnza	1977
Javelin Throw	Tom Giles	186' 8"	DeAnza	1977

DUAL MEET SCORES

1975	San Mateo - 77	De Anza College - 68
1976	De Anza - 83	San Mateo - 59
1977	San Mateo - 103	De Anza College - 52
1978	San Mateo - 85	De Anza College - 60

SERIES RECORD: Col. of San Mateo: 3      De Anza College: 1

MEN'S  
DUAL MEET RECORDS

College of San Mateo vs. Diablo Valley College

100 Meter Dash	John Gill	11.1	D.V.C.	1976
	Ivory Lewis	11.1	D.V.C.	1977
100 Yard Dash	Fred Storek	9.8	C.S.M.	1968
	Jared Butler	9.8	D.V.C.	1972
200 Meter Dash	Mike Greggans	22.0	C.S.M.	1977
220 Yard Dash	Bill Johnson	22.0	C.S.M.	1965
	Fred Storek	22.0	C.S.M.	1968
400 Meter Dash	Paul Bates	49.0	C.S.M.	1978
440 Yard Dash	Ron Brown	47.9	D.V.C.	1976
800 Meter Run	Ron Sherrin	1:55.3	C.S.M.	1977
880 Yard Run	Bill Skrifavars	1:53.1	C.S.M.	1965
1500 Meter Run	Ron Criner	4:04.1	D.V.C.	1977
One Mile Run	Ralph Likens	4:14.2	C.S.M.	1965
Two Mile Run	Mike Emry	9:12.0	D.V.C.	1976
Three Mile Run	Mike Emry	15:05.4	D.V.C.	1975
5000 Meter Run	Rich Pincombe	15:10.4	C.S.M.	1978
110 Meter High Hurdles	Tom Nelson	15.6	C.S.M.	1977
120 Yard High Hurdles	John Schuller	14.9	C.S.M.	1968
	Jared Butler	14.9	D.V.C.	1972
400 Intermed. Hurdles	Kieth Anderson	55.2	C.S.M.	1977
440 Intermed. Hurdles	Todd Skinner	55.5	D.V.C.	1972
High Jump	Greg Redmond	7'5"	D.V.C.	1972
Pole Vault	Jim Lydon	15'0"	C.S.M.	1971
	Ryan Paton	15'0"	C.S.M.	1975
Long Jump	Paul Bates	23'7½"	C.S.M.	1978
Triple Jump	George Francis	46'9½"	D.V.C.	1977
Javelin Throw	Dave Rider	189'1"	C.S.M.	1978
Shot Put	Mike Smith	52'11"	C.S.M.	1978
Discus Throw	Mike Boshetti	165'6"	C.S.M.	1970
440 Yard Relay		42.7	D.V.C.	1976
One Mile Relay (Johnson-McQueen-Skifvars-Varrile)		3:20.1	C.S.M.	1965

DUAL MEET SCORES

1963-SAN MATEO	91	Diablo Val.	30	*1971-Diablo Val.	91	SAN MATEO	45
1964-SAN MATEO	77	Diablo Val.	59	1972-Diablo Val.	88	SAN MATEO	46
1965-SAN MATEO	111	Diablo Val.	19	1973-Diablo Val.	90	SAN MATEO	46
1966-SAN MATEO	67½	Diablo Val.	63½	1974-Diablo Val.	99	SAN MATEO	36
1967-Diablo Val.	76	SAN MATEO	60	1975-Diablo Val.	99	SAN MATEO	46
1968-SAN MATEO	112	Diablo Val.	19	1976-Diablo Val.	83	SAN MATEO	58
1969-SAN MATEO	117	Diablo Val.	19	1977-SAN MATEO	108½	Diablo Val.	31½
1970-SAN MATEO	72	Diablo Val.	64	1978-SAN MATEO	95	Diablo Val.	49

Series Record: San Mateo- 10 ; Diablo Valley- 6

\*= C.S.M. declared winner because D.V.C. used an ineligible runner.

MEN'S  
DUAL MEET RECORDS

College of San Mateo vs. Foothill College

100 Meter Dash	Doug Hill	10.7	Foothill	1976
100 Yard Dash	Russ Hodge	9.7	Foothill	1966
200 Meter Dash	Mike Greggans	21.7	C.S.M.	1977
	Jim Key	21.7	Foothill	1978
220 Yard Dash	Willie Ridley	21.9	Foothill	1972
400 Meter Dash	Steve Chepkwony	48.0	Foothill	1977
440 Yard Dash	Russ Pierce	48.6	Foothill	1963
800 Meter Run	Shay Sodek	1:56.4	C.S.M.	1977
880 Yard Run	Charles Oakley	1:53.3	Foothill	1962
1500 Meter Run	Mitch Kingery	4:03.6	C.S.M.	1976
One Mile Run	Ralph Likens	4:18.0	C.S.M.	1965
	Marcel Hetu	4:18.0	C.S.M.	1965
Two Mile Run	Marcel Hetu	9:21.9	C.S.M.	1965
Three Mile Run	Bob Smith	14:29.6	Foothill	1972
5000 Meter Run	Mitch Kingery	14:48.4	C.S.M.	1977
110 Meter High Hurdles	Gordon Bliss	14.8	C.S.M.	1977
120 Yard High Hurdles	John Foster	14.8	Foothill	1973
400 Intermed. Hurdles	Kieth Anderson	54.6	C.S.M.	1977
440 Intermed. Hurdles	Steve Gendreau	56.3	C.S.M.	1969
	Tim Sershen	56.3	C.S.M.	1970
High Jump	Ted Winfield	6'8½"	C.S.M.	1964
Pole Vault	Dennis Phillips	16'4"	C.S.M.	1966
Long Jump	Paul Bates	23'7½"	C.S.M.	1978
Triple Jump	Doug Olmstead	47'10"	Foothill	1965
Shot Put	Russ Hodge	54'7¼"	Foothill	1966
Discus Throw	Gregg Tafralis	169'11"	C.S.M.	1977
Javelin	Chris Ryan	189'6"	Foothill	1974
440 Yard Relay (Holden-Villarel-Frates-Marshall)	42.2	Foothill	1969	
Mile Relay (Greggans-Davis-Sherrin-Foulke)	3:16.8	C.S.M.	1977	

DUAL MEET SCORES

1963-SAN MATEO	71	Foothill	51	1971-Foothill	81	SAN MATEO	50
1964-SAN MATEO	92	Foothill	44	1972-Foothill	76	SAN MATEO	60
1965-SAN MATEO	88	Foothill	48	1973-Foothill	74	SAN MATEO	62
1966-Foothill	82½	SAN MATEO	53½	1974-Foothill	not in G.G.C. this year		
1967-Foothill	69	SAN MATEO	67	1975-Foothill	97	SAN MATEO	46
1968-SAN MATEO	68	Foothill	48	1976-Foothill	80	SAN MATEO	65
1969-Foothill	73	SAN MATEO	63	1977-SAN MATEO	121	Foothill	24
1970-SAN MATEO	86	Foothill	50	1978-SAN MATEO	80	Foothill	61

Series Record: San Mateo- 7 Foothill- 8

MEN'S  
DUAL MEET RECORDS

College of San Mateo vs. Chabot College

100 Meter Dash	Mike McRae	10.6	Chabot	1977
100 Yard Dash	Larry Swearington	9.9	Chabot	1965
	Fred Adams	9.9	Chabot	1975
200 Meter Dash	Mike Greggans	21.7	C.S.M.	1977
220 Yard Dash	Terry Pongni	22.1	Chabot	1966
400 Meter Dash	Bob Foulke	48.8	C.S.M.	1977
440 Yard Dash	Rich Cook	49.0	Chabot	1971
800 Meter Run	Dave Emery	1:54.6	Chabot	1977
880 Yard Run	Ron Benson	1:54.6	C.S.M.	1963
1500 Meter Run	Joe Green	4:02.4	C.S.M.	1978
One Mile Run	Marcel Hetu	4:18.1	C.S.M.	1964
	Tom Smith	4:18.1	Chabot	1977
Two Mile Run	Jim Van Dine	9:14.5	C.S.M.	1976
3,000 Meter Steeple	Mitch Kingery	9:36.7	C.S.M.	1976
Three Mile Run	Jose Cortez	14:55.2	C.S.M.	1974
5,000 Meter Run	Mitch Kingery	14:48.4	C.S.M.	1977
110 Meter High Hurdles	Gordon Bliss	14.8	C.S.M.	1977
120 Yard High Hurdles	Al Rockwell	14.7	C.S.M.	1966
400 m. Intermed. Hurdles	Kieth Anderson	54.6	C.S.M.	1977
440 Yd. Intermed. Hurdles	Tim Sershen	55.9	C.S.M.	1970
High Jump	Bob Peterson	7'0"	Chabot	1978
Pole Vault	Kevin Stevenson	15'1½"	C.S.M.	1977
Long Jump	Mike McRae	23'11½"	Chabot	1977
Triple Jump	Mike McRae	49'7"	Chabot	1977
Shot Put	Mike Smith	52'5"	C.S.M.	1978
Discus Throw	Gregg Tafralis	169'11"	C.S.M.	1977
Javelin Throw	Tom Walker	213'4"	Chabot	1977
440 Relay		42.2	Chabot	1977
One Mile Relay (Greggans-Davis-Sherrin-Foulke)		3:16.8	C.S.M.	1977

DUAL MEET SCORES

1963-SAN MATEO	116	Chabot	6	1971-Chabot	97	SAN MATEO	39
1964-SAN MATEO	121	Chabot	14	1972-Chabot	78	SAN MATEO	58
1965-SAN MATEO	107	Chabot	25	1973-Chabot	94	SAN MATEO	42
1966-Chabot	70	SAN MATEO	66	1974-Chabot	82	SAN MATEO	50
1967-SAN MATEO	98	Chabot	38	1975-Chabot	114	SAN MATEO	31
1968-SAN MATEO	92	Chabot	44	1976-Chabot	103	SAN MATEO	42
1969-SAN MATEO	89	Chabot	47	1977-Chabot	73	SAN MATEO	72
1970-SAN MATEO	69	Chabot	66	1978-Chabot	62	SAN MATEO	58

Series Record: SAN MATEO-7      Chabot-9

MEN'S  
DUAL MEET RECORDS

College of San Mateo vs. Laney College

100 Meter Dash	Mark Kent	10.6	Laney	1978
100 Yard Dash	Antonio Watkins	9.7	Laney	1974
200 Meter Dash	Mark Kent	21.9	Laney	1978
220 Yard Dash	Toney Lomax	21.9	Laney	1969
400 Meter Dash	Bruce Sterling	48.6	Laney	1978
440 Yard Dash	Mike Miller	49.1	C.S.M.	1969
800 Meter Run	Doug Owyang	1:56.4	Laney	1978
880 Yard Run	James Robinson	1:52.8	Laney	1974
1500 Meter Run	Eric Benson	4:05.0	C.S.M.	1978
Mile Run	Edmond Temple	4:20.8	C.S.M.	1969
Two Mile Run	Joe Taxeria	9:29.6	Laney	1974
Three Mile Run	Paul Mello	14:05.0	C.S.M.	1978
5000 Meter Run	Paul Mello	14:35.4	C.S.M.	1978
110 Meter High Hurdles	Rick Hicks	14.5	Laney	1978
120 Yard High Hurdles	Vernon Taylor	15.0	Laney	1974
400 Meter Intermed. Hur.	Dave Benson	56.8	C.S.M.	1978
440 Yard Intermed. Hur.	Tim Shershen	56.0	C.S.M.	1970
High Jump	Ron Van	6'6"	Laney	1969
Pole Vault	Kim Black	16'0"	C.S.M.	1978
Long Jump	Paul Bates	23'6 3/4"	C.S.M.	1978
Triple Jump	August O'Neal	43'3 3/4"	Laney	1970
Shot Put	Mike Smith	51'0"	C.S.M.	1978
Discus Throw	Greg Tafralis	155'7"	C.S.M.	1977
Javelin Throw	Steve Dollahite	175'8"	C.S.M.	1978
440 Yard Relay (Vaughn-Walker-Henderson-Kent)		41.7	Laney	1978
One Mile Relay (Sodek-Bliss-Sherrin-Davis)		3:21.6	C.S.M.	1978

DUAL MEET SCORES

1969- SAN MATEO- 77	Laney- 59	1974- Laney- 102	SAN MATEO- 25
1970- SAN MATEO- 69	Laney- 67	1975- SAN MATEO- 104	Laney- 39
1971- Laney- 77	SAN MATEO- 59	1976- SAN MATEO- 79	Laney- 11
1972- SAN MATEO- 86	Laney- 50	1977- SAN MATEO- 97	Laney- 44
1973- Laney- 80	SAN MATEO- 56	1978- SAN MATEO- 95	Laney- 33

SERIES RECORD: SAN MATEO: 7 Laney: 3

DUAL MEET RECORDS

College of San Mateo vs. San Jose City College

100 Meter Dash	Ernest Lewis	10.0 W	S.J.C.C.	1978
100 Yard Dash	Rich Lavigne	9.7	S.J.C.C.	1965
200 Meter Dash	Ernest Lewis	20.4 W	S.J.C.C.	1978
220 Yard Dash	Bill Johnson	22.0	C.S.M.	1965
	Lee Evans	22.0	S.J.C.C.	1966
400 Meter Dash	Willie Jackson	48.1	S.J.C.C.	1978
440 Yard Dash	Lee Evans	46.8	S.J.C.C.	1965-1976
	Millard Hampton			
800 Meter Run	Fred Harvey	1:55.2	S.J.C.C.	1977
880 Yard Run	Lynn Ryan	1:54	S.J.C.C.	1976
1500 Meter Run	Mitch Kingery	3:57.9	C.S.M.	1977
One Mile Run	John Bettencourt	4:16.0	S.J.C.C.	1976
Two Mile Run	Shawn James	9:14.0	S.J.C.C.	1976
Three Mile Run	Jim Van Dine	14:42.2	C.S.M.	1973
5000 Meter Run	Paul Mello	14:44.2	C.S.M.	1978
110 Meter High Hurdles	Andre Phillips	14.4	S.J.C.C.	1978
120 Yard High Hurdles	Jim Miller	14.8	C.S.M.	1969
400 Meter Inter Hurdles	Keith Anderson	55.1	C.S.M.	1977
440 Yard Inter Hurdles	Steve Nelson	54.4	S.J.C.C.	1976
High Jump	Thurlis Gibbs	7'1"	S.J.C.C.	1978
Pole Vault	Kevin Stevenson	15'6"	C.S.M.	1977
Long Jump	Cecil Overstreet	24'1/2"	S.J.C.C.	1975
Triple Jump	Peter Moreno	48'7 3/4"	S.J.C.C.	1978
Javelin Throw	Steve Nolan	193'0"	S.J.C.C.	1976
Shot Put	Dave Laut	59'8 1/2"	S.J.C.C.	1977
Discus Throw	Mike Boschetti	164'9"	C.S.M.	1970
440 Yard Relay	H. Perry	41.0	S.J.C.C.	1976
	M. Hampton			
	J. Douglas			
	S. Fincher			
One Mile Relay	Tim Foster	3:16.3	S.J.C.C.	1978
	Dwayne Green			
	Ernest Lewis			
	Fred Harvey			

DUAL MEET SCORES

1963 San Mateo 98; San Jose 24	1971 San Jose 82; San Mateo 49
1964 San Mateo 91; San Jose 45	1972 San Jose 97; San Mateo 38
1965 San Mateo 105; San Jose 30	1973 San Jose 86; San Mateo 46
1966 San Jose 72; San Mateo 64	1974 San Jose 94; San Mateo 31
1967 San Mateo 78; San Jose 58	1975 San Jose 117; San Mateo 25
1968 San Jose 78 1/2; San Mateo 57 1/2	1976 San Jose 113; San Mateo 31
1969 San Jose 69; San Mateo 67	1977 San Jose 87; San Mateo 58
1970 San Mateo 96 1/2; San Jose 39 1/2	1978 San Jose 93; San Mateo 48

Series Record: San Mateo: 5 San Jose: 11



MEN'S  
DUAL MEET RECORDS

College of San Mateo vs. West Valley College

100 Meter Dash	Brian Hurley	10.9	W.V.C.	1977
100 Yard Dash	Dan Cavaco	10.2	W.V.C.	1975
200 Meter Dash	Skip Peterson	22.3	C.S.M.	1977
220 Yard Dash	Dan Cavaco	22.5	W.V.C.	1975
400 Meter Dash	Bob Foulke	48.5	C.S.M.	1977
440 Yard Dash	Jim Tyrrell	49.3	W.V.C.	1976
800 Meter Run	Todd Baker	1:55.0	W.V.C.	1978
880 Yard Run	Bob Foulke	1:57.2	C.S.M.	1976
1500 Meter Run	Todd Baker	4:00.0	W.V.C.	1978
One Mile Run	Mitch Kingery	4:16.1	C.S.M.	1977
3000 Meter Steeplechase	Mitch Kingery	9:36.7	C.S.M.	1976
Three Mile Run	Paul Mello	14:05.0	C.S.M.	1978
5000 Meter Run	Paul Mello	14:35.4	C.S.M.	1978
110 Meter High Hurdles	Gordon Bliss	14.6	C.S.M.	1978
120 Yard High Hurdles	Mike Reedy	15.7	W.V.C.	1976
400 Meter Intermed. Hur.	Paul Caruso	55.4	W.V.C.	1978
440 Yard Intermed. Hur.	Kieth Anderson	57.0	C.S.M.	1976
High Jump	Larry Wright	6'8"	C.S.M.	1976
Pole Vault	Steve Oravetz	17'1"	W.V.C.	1977
Long Jump	Paul Bates	23'6 3/4"	C.S.M.	1978
Triple Jump	Russ Willis	47'10"	W.V.C.	1976
Shot Put	Mike Smith	51'0"	C.S.M.	1978
Discus Throw	Brad Walters	154'3"	C.S.M.	1978
Javelin Throw	Tristan Kirchknoph	180'7"	C.S.M.	1977
440 Yard Relay		42.6	W.V.C.	1976
One Mile Relay (Sodek-Bliss-Sherrin-Bates)		3:21.6	C.S.M.	1978

DUAL MEET SCORES

1975- West Valley- 98	SAN MATEO- 47
1976- West Valley- 96	SAN MATEO- 49
1977- SAN MATEO- 89	West Valley-56
1978- SAN MATEO- 72	West Valley-72

Series Record: West Valley: 2½      SAN MATEO: 1½

GOLDEN GATE CONFERENCE RELAYS  
MEET RECORDS 1977

100 Meter Dash	Ernest Lewis	10.6	DVC	1977
100 Yd. Dash	Travis Williams	9.5	CCC	1964
110 Meter High Hurdles	Scott Monroy	14.2	SJCC	1977
120 Yd. High Hurdles	Ricky Rodgers	14.2	CCC	1966
3000 Meter Steeple Chare	Dave Hull	9:34.3	CSM	1977
3 Mile Run	Jim Van Dine	14:11.0	CSM	1973
5000 Meter Run	Paul Mello	15:13.3	CSM	1977
440 Yd. Relay	Calloway, Miller Delk, Harris	41.1	SJCC	1968
880 Yd. Relay	H. Berry, E. Rachal S. Jones, K. Merriwether	1:26.0	SJCC	1977
One Mile Relay	Stuckery, Gordon Glenn, Edmonsan	3:15.1	Merritt	1970
Two Mile Relay	M. Molina, T. Smith R. Judy, D. Emery	7:51.8	Chabot	1977
Four Mile Relay	Werner, McCandless Sullivan, Sommer	17:25.4	West Valley	1975
Sprint Medley Relay	Ford, Stuckey Glenn, Baker	3:27.6	Merritt	1970
Distance Medley Relay	Swearengin, Bentz See, Schapp	10:12.4	DVC	1972
480 Yd. Shuttle Hurdles (High-Lows)	McCormick, Bains Saunders, Johnson	57.3	Merritt	1964
480 Yd. Shuttle Hurdles (All Highs)	G. Veatch, L. Jackson M. Martin, M. McRae	60.5	Chabot	1977
High Jump Relay	Moore, Hatch Turner	19.10"	SFCC	1977
High Jump Individual	Ted Winfield	6'9"	CSM	1964
Pole Vault Relay	Mulligan, Searle, Oravetz	74'1"	West Valley	1977
Pole Vault Individual	Ryon Paton	15'5"	CSM	1975
Long Jump Relay	Harris, Delk, Johnson	68'10 1/4"	SJCC	1968
Long Jump Individual	Earl Harris	23'10 1/4"	SJCC	1968
Triple Jump Relay	Martin, Jackson, McRae	141'3 1/2"	Chabot	1977
Triple Jump Individual	Doug Olmstead	49'9 1/4"	Foothill	1965
Shot Put Relay	Castle, Mills, Headlay	156'11"	Foothill	1963
Shot Put Individual	Don Castle.	54'10 1/4"	Foothill	1963
Discus Throw Relay	Patterson, Buss, Seed	455'9"	Foothill	1973
Discus Throw Individual	Lee Mills	168'3 1/2"	Foothill	1963
Three Mile Run	Jim Van Dine	14:11.0	CSM	1973
Javelin Relay	Walker, Ferdinand, Nordman	547'10"	Chabot	1975
Javelin Individual	Tom Walker	205'5"	Chabot	1975

\* Golden Gate Conference Relays not held in 1978.

## GOLDEN GATE CONFERENCE

## MEN'S TRACK AND FIELD

Trials and FinalsMeet Records 1978

100 M. Dash	Ernest Lewis	San Jose	10.0	1978
100 Yd. Dash	Warren Edmonson	Merritt	9.4	1969
200 M. Dash	Millard Hampton	SJCC	20.4	1976
220 Yd. Dash	Royce Ford	Merritt	20.9	1970
400 M. Dash	Eldon Walker	Laney	46.7	1978
440 Yd. Dash	Lee Evans	SJCC	46.2	1966
800 M. Run	Vernon Sallaz	Chabot	1:50.5	1978
880 Yd. Run	James Robinson	Laney	1:48.4	1974
1500 M. Run	Vernon Sallaz	Chabot	3:49.9	1978
One Mile Run	Rick McCandless	West Valley	4:11.2	1975
Two Mile Run	Ed Ortegon	Foothill	9:18.8	1965
3000 M. Steeplechase	Rick Pincombe	CSM	9:14.6	1978
5000 M. Run	Paul Mello	CSM	14:34.8	1978
Three Mile Run	Ted Quintana	Chabot	13:59.8	1975
10,000 M. Run	Paul Sechrist	SJCC	31:27.0	1978
110 M. High Hurdles	Scott Monroy	SJCC	13.7	1977
120 Yd. High Hurdles	Derk Ligons	Chabot	14.2	1974
400 M. Inter. Hurdles	Andre Phillips	SJCC	50.9	1978
440 Yd. Inter. Hurdles	Larry Glenn	Merritt	53.5	1970
	William Fields	CCSF	53.5	1973
High Jump	Thurlis Gibbs	SJCC	7'1"	1978
Pole Vault	Steve Oravetz	West Valley	16'6"	1977
Long Jump	Henry Stuckey	Merritt	24'8 1/2"	1970
Triple Jump	Ralph Byrd	Chabot	52'0"	1973
Shot Put	Dave Laut	SJCC	60'5 1/4"	1977
Discus Throw	Les Mills	Foothill	187'3"	1963
Javelin Throw	Tom Walker	Chabot	219'9"	1976
440 Yd Relay	Ron Anderson	SJCC	40.0	1978
	Ernest Lewis	SJCC	40.0	1978
	Willie Jackson	SJCC	40.0	1978
	Eugene Rachal	SJCC	40.0	1978
One Mile Relay	Andre Phillips	SJCC	3:10.8	1978
	Willie Jackson	SJCC	3:10.8	1978
	Pat Holcombe	SJCC	3:10.8	1978
	Fred Harvey	SJCC	3:10.8	1978

Northern California Community College  
Track and Field Championships  
Trials and Finals Including 1978  
NOR-CAL MEET RECORDS

100 Meter Dash	10.1	Paul Jackson	Alameda College	1976
200 Meter Dash	20.68	Derald Harris	Alameda College	1978
400 Meter Dash	46.31	Eldon Walker	Laney College	1978
800 Meter Run	1:51.7	Tom Jones	San Jose City College	1976
1500 Meter Run	3:48.3	Bob Deis	American River College	1976
3000 M. Steeplechase	9:09.9	Joaquin Leano	Porterville College	1978
5000 Meter Run	14:22.94	Bill Hurst	Modesto City College	1978
10,000 Meter Run	30:44.7	Paul Mello	College of San Mateo	1978
110 Meter High Hurdles	14.2	Scott Monroy	San Jose City College	1976
400 M. Int. Hurdles	50.67	Andre Phillips	San Jose City College	1978
440 Yd. Relay	39.8		Alameda College	1978
One Mile Relay	3:10.98		San Jose City College	1978
Shot Put	60'5"	Dave Laut	San Jose City College	1977
Discus Throw	187'5"	Les Mills	Foothill College	1963
Javelin Throw	222'7"	Tom Walker	Chabot College	1976
High Jump	6'10 $\frac{1}{2}$ "	Rich Allen	San Jose City College	1976
Pole Vault	17' $\frac{1}{2}$ "	Kim Black	College of San Mateo	1978
Long Jump	25'1 $\frac{1}{4}$ "	Mike McRae	Chabot College	1976
Triple Jump	51'8"	Mike Marlow	Cosumnes River	1976

COLLEGE OF SAN MATEO  
Men's Track and Field Results  
C.S.M. vs. San Jose City College at San Jose  
Tuesday, April 11, 1978

440 YARD RELAY

1. San Jose City College 41.1  
(Anderson, Lewis, Jackson, Rachel)
2. College of San Mateo 43.5  
(Radovich, Spencer, Bates, Davis)

LONG JUMP

1. Thurlis Gibbs-SJ 22'4"\*
2. PAUL BATES-CSM 21'5 1/2"
3. Roosevelt Williams-SJ 21'3 1/4"
4. Tim Foster-SJ 19'9 1/4"
5. Philip Roberts-SJ 18'4 1/4"

JAVELIN

1. Kevin Goode-SJ 183'2"
2. Doug Hart-SJ 181'3"
3. STEVE DOLLAHITE-CSM 180'10"
4. BOB BERINI-CSM 172'0"
5. Mike Crescini-SJ 153'9"

POLE VAULT

1. Jamie Foss-SJ 15'3"

HIGH JUMP

1. Thurlis Gibbs-SJ 7'1"\*
2. DAVE KNIFFIN-CSM 6'0"
3. ERNIE STIFEL-CSM 5'10"

SHOT PUT

1. Bill Traugher-SJ 52'11 1/2"
2. MIKE SMITH-CSM 49'6 1/2"
3. BRAD WALTERS-CSM 49'6"
4. Dave Powell-SJ 43'2"
5. PAUL LOMSKI-CSM 41'6 1/2"

TRIPLE JUMP

1. Peter Moreno-SJ 48'7 3/4"\*
2. PAUL BATES-CSM 47'3/4"
3. Philip Roberts-SJ 45'1/2"
4. Thurlis Gibbs-SJ 44'7 3/4"
5. HUGH EDEN-CSM 44'5 1/2"

DISCUSS

1. BRAD WALTERS-CSM 152'0"
2. Kevin Goode-SJ 149'4"
3. Dave Powell-SJ 139'11"
4. Bill Traugher-SJ 139'6"
5. HUGH EDEN-CSM 136'3"

110 METER HIGH HURDLES

1. Andre Phillips-SJ 14.4\*
2. GORDON BLISS-CSM 14.6
3. ERNIE STIFEL-CSM 14.9
4. DAVE BENSON-CSM 15.3

400 METER INTERMEDIATE HURDLES

1. GORDON BLISS-CSM 57.2
2. DAVE BENSON-CSM 57.7
3. DAVE KNIFFIN-CSM 59.0

MILE RELAY

1. San Jose City College 3:16.3\*  
(Foster, Green, Lewis, Harvey)
2. College of San Mateo 3:31.0  
(Spencer, Sodek, Bliss, Kniffin)

5000 METERS

1. PAUL MELLO-CSM 14:44.2\*
2. Joe Salazar-SJ 15:19.5
3. RICK BALDOCCHI-CSM 15:20.9
4. KEVIN FAREY-CSM 16:01.5

1500 METERS

1. Joe Fabris-SJ 3:59.1
2. RICK PINCOMBE-CSM 4:04.5
3. GARY THURSTON-CSM 4:05.9
4. KEN McBRIDE-CSM 4:11.3

800 METERS

1. Pat Holcombe-SJ 1:56.4
2. SHAY SODEK-CSM 1:56.9
3. NEIL GRABER-CSM 1:59.1
4. Greg Johnson-SJ 1:59.2

400 METERS

1. Willie Jackson-SJ 48.1\*
2. Eugene Rachal-SJ 48.2
3. RON SHERRIN-CSM 48.3
4. Ronnie Anderson-SJ 53.3

200 METERS

1. Ernest Lewis-SJ 20.4\*
2. Fred Harvey-SJ 21.2
3. Dwayne Green-SJ 21.3
4. RON SHERRIN-CSM 22.1

100 METERS

1. Ernest Lewis-SJ 10.0\*
2. Fred Harvey-SJ 10.3
3. Dwayne Green-SJ 10.6
4. Gary Davis-SJ 11.1

Dual Meet Score:

San Jose City College	93
College of San Mateo	48

\*Denotes New Dual Meet Record

COLLEGE OF SAN MATEO  
Men's Track and Field Results  
C.S.M. vs Chabot @ Chabot  
Thursday, March 30, 1978

440 Relay

- |                                |      |
|--------------------------------|------|
| 1. COLLEGE OF SAN MATEO        | 42.7 |
| (Radovich-Herbert-Bates-Davis) |      |
| 2. Chabot College              | 42.8 |

1500 METER RUN

- |                        |         |
|------------------------|---------|
| 1. JOE GREEN-CSM       | 4:02.4* |
| 2. RICH PINCOMBE-CSM   | 4:03.5  |
| 3. PAUL MELLO-CSM      | 4:04.5  |
| 4. Bob Peterson-Chabot | 4:04.5  |
| 5. RICK BALDOCCHI-CSM  | 4:08.4  |

110 METER HIGH HURDLES

- |                       |      |
|-----------------------|------|
| 1. GORDON BLISS-CSM   | 15.0 |
| 2. ERNIE STIFFEL-CSM  | 15.1 |
| 3. Mike Matrin-Chabot | 15.5 |
| 4. DAVE BENSON-CSM    | 15.9 |

400 METER DASH

- |                          |      |
|--------------------------|------|
| 1. Rich Judy-Chabot      | 49.2 |
| 2. GARRICK DAVIS-CSM     | 49.5 |
| 3. CARLOS SPENCER-CSM    | 51.5 |
| 4. Dwight Ybarbra-Chabot | 51.5 |

100 METER DASH

- |                        |      |
|------------------------|------|
| 1. Kevin Smith-Chabot  | 11.0 |
| 2. Darryl Young-Chabot | 11.2 |
| 3. KERN HERBERT-CSM    | 11.2 |
| 4. CARLOS SPENCER-CSM  | 12.1 |

800 METER RUN

- |                         |        |
|-------------------------|--------|
| 1. Dave Emery-Chabot    | 1:56.2 |
| 2. Terry Johnson-Chabot | 1:56.7 |
| 3. SHAY SODEK-CSM       | 1:57.3 |
| 4. NIEL GRABER-CSM      | 1:57.6 |
| 5. DAN HARRIS-CSM       | 1:58.5 |

400 INTERMEDIATE HURDLES

- |                         |      |
|-------------------------|------|
| 1. Steve Biagden-Chabot | 55.1 |
| 2. Mike Martin-Chabot   | 55.1 |
| 3. GORDON BLISS-CSM     | 56.3 |
| 4. DAVE BENSON-CSM      | 57.9 |
| 5. DAVE KNIFFIN-CSM     | 60.3 |

200 METER DASH

- |                             |      |
|-----------------------------|------|
| 1. Kevin Smith-Chabot       | 22.0 |
| 2. KERN HERBERT-CSM         | 22.4 |
| 3. Young & Beckett-both Cha | 22.5 |
| 4. CARLOS SPENCER-CSM       | 23.5 |

TWO MILE RUN

- |                       |        |
|-----------------------|--------|
| 1. PAUL MELLO-CSM     | 9:18.1 |
| 2. RICH PINCOMBE-CSM  | 9:19.0 |
| 3. RICH BALDOCCHI-CSM | 9:38.2 |
| 4. KEN McBRIDE-CSM    | 9:41.4 |
| 5. JOE GREEN-CSM      | 9:58.9 |

DISCUSS

- |                        |        |
|------------------------|--------|
| 1. Joe Direbolo-Chabot | 159'6" |
| 2. Scott Reid-Chabot   | 154'3" |
| 3. BRAD WALTERS-CSM    | 152'6" |
| 4. Eric Larson-Chabot  | 143'3" |
| 5. HUGH EDEN-CSM       | 123'8" |

TRIPLE JUMP

- |                          |           |
|--------------------------|-----------|
| 1. PAUL BATES-CSM        | 48'6 1/2" |
| 2. Joe Viera-Chabot      | 45'10"    |
| 3. Leo Sacramento-Chabot | 43'6"     |
| 4. STEVE DOLLAHITE-CSM   | 43'2"     |
| 5. BUD RADOVICH-CSM      | 41'11"    |

SHOT PUT

- |                        |           |
|------------------------|-----------|
| 1. MIKE SMITH-CSM      | 52'5"*    |
| 2. Bruce Wibben-Chabot | 46'2 1/4" |
| 3. BRAD WALTERS-CSM    | 45'8"     |
| 4. PAUL LOMSKI-CSM     | 42'0"     |
| 5. JOHN OZOLS-CSM      | 40'4 1/4" |

HIGH JUMP

- |                           |          |
|---------------------------|----------|
| 1. Bob Peterson-Chabot    | 7'0"*    |
| 2. Erick Tauscheck-Chabot | 6'8"     |
| 3. DAVE KNIFFEN-CSM       | 6'4 1/2" |
| 4. ERNIE STIFFLE-CSM      | 5'10"    |

JAVELIN

- |                        |        |
|------------------------|--------|
| 1. Joe Diregold-Chabot | 174'7" |
| 2. DAVE RIDER-CSM      | 173'5" |
| 3. STEVE DOLLAHITE-CSM | 170'2" |
| 4. Mike Wallace-Chabot | 169'0" |
| 5. BOB BERINI-CSM      | 162'0" |

LONG JUMP

- |                          |           |
|--------------------------|-----------|
| 1. PAUL BATES-CSM        | 22'7 1/2" |
| 2. Mike Martin-Chabot    | 20'8 1/2" |
| 3. Leo Sacramento-Chabot | 20'8"     |
| 4. BUD RADOVICH-CSM      | 20'3"     |

POLE VAULT

- |                                      |       |
|--------------------------------------|-------|
| 1. Rich Thompson-Chabot              | 12'6" |
| -no one else cleared opening height- |       |

ONE MILE RELAY

- |                               |        |
|-------------------------------|--------|
| 1. COLLEGE OF SAN MATEO       | 3:18.5 |
| (Davis-Herbert-Sherrin-Bates) |        |
| 51.2    50.4    48.6    48.3  |        |
| 2. Chabot College             | 3:27.8 |

FINAL SCORE:

Chabot College: 73 pts.  
COLLEGE OF SAN MATEO: 68 pts.

\* - Denotes Dual Meet Record

COLLEGE OF SAN MATEO  
Men's Track and Field Results  
C.S.M. vs. Diablo Valley vs. Foothill @ Diablo Valley College  
Friday, March 17, 1978

HIGH JUMP

1. John Griffin-DVC	6'4"
2. DAVE KNIFFIN-CSM	6'2"
3. Tom Ronis-F	6'0"
4. Jim Key-F	5'10"

LONG JUMP

1. PAUL BATES-CSM	23'7 1/2"
2. BUD RADOVICH-CSM	21'5 1/2"
3. Jim Key-F	21' 1/2"
4. Kevin Helms-DVC	20'9"
5. George Francis-DVC	20'4 1/2"

440 YARD RELAY

1. CSM	42.8
2. Foothill	43.0

MILE RELAY

1. CSM	3:24.8
2. Foothill	3:30.7
3. DVC	3:33.4

MILE RUN

1. Matt Dowling-DVC	4:24.0
2. Bill Lowe-F	4:26.6
3. Rich Barbaugh-DVC	4:30.3
4. Greg Babierg-DVC	4:31.2
5. Bryan Marcs-DVC	4:36.8

120 HIGH HURDLES

1. Roy Dixon-F	15.0
2. Dave Peters-DVC	15.4
3. GORDON BLISS-CSM	15.4
4. DAVE BENSON-CSM	15.9

400 METERS

1. PAUL BATES-CSM	49.0
2. GARRICK DAVIS-CSM	49.9
3. Bill Kramer-F	50.7
4. SHAY SODEK-CSM	51.2
5. Jim Moore-DVC	51.5

JAVELIN

1. DAVE RIDER-CSM	189'1"
2. Gian Rossini-F	176'6"
3. Mike Taylor-DVC	171'10"
4. STEVE DOLLAHITE-CSM	165'6"
5. Ralph Howe-F	165'2"

5000 METER RUN

1. RICK PINCOMSE-CSM	15:10.4
2. PAUL MELLO-CSM	15:10.6
3. Ron Criner-DVC	15:45.8
4. Kevin Searls-DVC	15:58.4
5. KEN MCBRIDE-CSM	16:04.2

100 METER DASH

1. Jim Key-F	10.4
2. KERN HERBERT-CSM	10.5
3. Vince Dailey-F	10.5
4. Kevin Helms-DVC	10.6
5. Gene Daniello-DVC	10.8

800 METER DASH

1. Matt Dowling-DVC	1:56.7
2. RON SHERRIN-CSM	1:56.7
3. Brad Curry-DVC	1:57.7
4. Bill Lowe-F	1:58.2
5. NEIL GRABER-CSM	1:59.0

POLE VAULT

1. Don Beede-DVC	13'6"
2. Roy Dixon-F	12'6"
3. George Rose-DVC	12'0"

400 INTERMEDIATE HURDLES

1. Roy Dixon-F	56.4
2. GORDON BLISS-CSM	56.5
3. Vince Dailey-F	58.1
4. DAVE BENSON-CSM	58.6
5. Rich Harbaugh-DVC	59.5

200 METER DASH

1. Jim Key-F	21.7
2. KERN HERBERT-CSM	22.2
3. Don Allen	22.3
4. SHAY SODEK	22.8
5. Kevin Helms-DVC	22.9

TRIPLE JUMP

1. Tom Gonia-F	46'2 1/2"
2. HUGH EDEN-CSM	45'4 1/2"
3. George Francis-DVC	45'2 1/2"
4. Mike Taylor-DVC	43'0

SHOT PUT

1. MIKE SMITH-CSM	52'11"
2. Gian Rossini-F	52'2"
3. Rob Suelflhon-F	50'7"
4. BRAD WALTERS-CSM	48'9"
5. Brian Chapman-F	45'4"

DISCUS

1. Neil Bergquist-F	152'0"
2. BRAD WALTERS-CSM	151'8"
3. Jeff Wells-F	129'7"
4. JOHN OZOLS-CSM	125'9"
5. George Rose-DVC	125'0"

MILE RELAY

1. CSM	3:24.8
2. Foothill	3:30.7
3. DVC	3:33.4

TRI MEET SCORE:

1. COLLEGE OF SAN MATEO	74
2. Foothill College	66
3. Diablo Valley College	42

COLLEGE OF SAN MATEO  
Men's Track and Field Results  
C.S.M. vs. DeAnza vs. C.C.S.F. @ San Mateo  
Saturday, March 11, 1978

440 YARD RELAY

1. C.C.S.F.	43.0
(Haynes-Craney-Williams-Chapman)	
2. DeAnza Col.	44.8
(Beltramo-Manolitan-Johnson-Robinson)	
3. Col. of San Mateo	D.M.F.

1500 METER RUN

1. Mike McQueeney-DeAnza	4:01.6*
2. RICH BALDOCCHI-CSM	4:06.7
3. Joe Mangan-DeAnza	4:10.0
4. Mike Eshia-CCSF	4:12.2
5. PETER ILLD-CSM	4:16.2

110 METER HIGH HURDLES

1. GORDON BLISS-CSM	15.1*
2. Gary Whipler-DeAnza	15.5
3. DAVE BENSON-CSM	15.9
4. Rick Napolitan-DeAnza	15.9

400 METER DASH

1. RON SHERRIN-CSM	49.7
2. GARRICK DAVIS-CSM	49.9
3. Bill Johnson-DeAnza	50.9
4. Joe Incrocci-DeAnza	53.2
5. Cluade Jackson-CCSF	54.5

100 METER DASH

1. KERN HERBERT-CSM	11.2
2. Bernard Williams-CCSF	11.3
3. Nate Czane-CCSF	11.4
4. Tony Chapman-CCSF	11.4

800 METER RUN

1. Ed Hase-CCSF	1:56.4
2. Mike McQueeney-DeAnza	1:56.6
3. SHAY SODEK-CSM	1:57.9
4. NEIL GRABER-CSM	1:57.9

400 METER INTERMEDIATE HURDLES

1. GORDON BLISS-CSM	57.5
2. Rick Napolitan-DeAnza	58.2
3. DAVE BENSON-CSM	60.3
4. James Graham-CCSF	62.1

200 METER DASH

1. Bill Johnson-DeAnza	22.9
2. Tony Chapman-CCSF	23.2
3. Russ Reese-CCSF	23.5
4. KERN HERBERT-CSM	23.8

TWO MILE RUN

1. Dan Grimes-DeAnza	9:24.8*
2. RICK PINCOMBE-CSM	9:25.1
3. PAUL MELLO-CSM	9:26.6
4. Steve Nelson-DeAnza	9:36.7
5. KEN McBRIDE-CSM	9:37.0

\*-Denotes CSM-DeAnza dual meet Record

+Denotes CSM-CCSF dual meet record

MILE RELAY

1. Col. of San Mateo	3:22.3
(Davis-Herbert-Sherrin-Bates)	
2. C.C.S.F.	3:34.2
(Carpenter-Reese-Marchand-Haynes)	
3. DeAnza Col.	3:36.4
(Napolitan-Beltrano-Johnson-Nicklin)	

HIGH JUMP

1. DAVE KNIFFIN-CSM	1.88 (6'2")
2. JEFF NICKLIN-DeAnza	1.83 (6'0")
3. Steve Ferguson-DeAnza	1.78 (5'10")
4. STEVE DOLLAHITE-CSM	1.75 (5'8")
5. DAVE RIDER-CSM	1.67 (5'6")

DISCUS

1. N. Angelopulous-DeAnza	44.56 (146'2")
2. BRAD WALTERS-CSM	43.20 (141'9 1/2")
3. G. Humphries-DeAnza	42.96 (140'11")
4. HUGH EDEN-CSM	40.58 (133'2")

POLE VAULT

1. KIM BLACK-CSM	4.87 (16'0")* +
2. Jim Westlound-DeAnza	4.42 (14'6")
3. Devin McElveny-DeAnza	4.26 (14'0")
4. Jeff Kitts-DeAnza	4.11 (13'6")

SHOT PUT

1. MIKE SMITH-CSM	15.32 (50'3 1/2")
2. BRAD WALTERS-CSM	14.50 (47'7 1/2")
3. GARY Humphreys-DeAnza	14.44 (47'4 1/2")
4. Steve Lanza-DeAnza	13.16 (43'2 1/2")
5. Bruce Jolly-CCSF	12.74 (41'9 1/2")

JAVELIN

1. DAVE RIDER-CSM	53.74 (176'4")+
2. BOB BERINI-CSM	47.98 (157'5")
3. Mike Youmans-DeAnza	46.56 (152'9")
4. Tyce Ferguson-DeAnza	45.92 (150'8")
5. BUD RADOVICH-CSM	45.66 (149'6")

LONG JUMP

1. PAUL BATES-CSM	7.29 (23'11 1/4")*
2. Nate Craney-CCSF	6.48 (21'0 1/4")
3. Marvin Wadlow-DeAnza	6.15 (20'2 1/4")
4. Pete Jolley-DeAnza	6.05 (19'10 1/4")
5. DAVE RIDER-CSM	5.89 (19'4")

TRIPLE JUMP

1. PAUL BATES-CSM	14.45 (47'5")*
2. Marvin Wadlow-DeAnza	13.71 (45'0")
3. Pete Jolly-DeAnza	13.53 (44'4 3/4")
4. HUGH EDEN-CSM	13.36 (43'10")
5. STEVE DOLLAHITE-CSM	12.81 (42'0 1/2")

MEET SCORES: Tri-Meet

1. COL. OF SAN MATEO-	83 pts.
2. DeAnza College-	71 pts.
3. C.C.S.F.-	30 pts.



COLLEGE OF SAN MATEO  
Men's Track and Field Results  
C.S.M. vs. West Valley vs. Laney College @ San Mateo  
Thursday, April 20, 1978

440 YARD DELAY

1.	Laney College	41.7+
	(Vaughn-Walker-Henderson-Kent)	
2.	College of San Mateo	42.9
	(Radovich-Sodek-Bates-Davis)	
3.	West Valley College	43.7
	(Grey-Fishen-Hoffman-Cotlen)	

1500 METER RUN

1.	Todd Baker-West Valley	4:00.0*
2.	LeRoy Bumbaca-West Val.	4:01.0
3.	Doug Arnit-West Val.	4:01.2
4.	ERIC BENSON-CSM	4:05.0+
5.	Vance Eberley-West Val.	4:05.9

110 METER HIGH HURDLES

1.	Rick Hicks-Laney	14.5+
2.	GORDON BLISS-CSM	14.6*
3.	ERNIE STIFEL-CSM	14.8
4.	Paul Caruso-West Val.	15.2
5.	Tim Stafford-West Val.	15.3

400 METER DASH

1.	Bruce Sterling-Laney	48.6+
2.	Wayne Gray-West Val.	49.0
3.	GARRICK DAVIS-CSM	49.3
4.	Darryl Winston-Laney	49.9
5.	Abe Roosevelt-Laney	51.0

100 METER DASH

1.	Mark Kent-Laney	10.6+
2.	Tim Vaughn-Laney	10.7
3.	Rob Fisher-West Val.	11.1
4.	Rick Hoffman-West Val.	11.2
5.	Rick Hicks-Laney	11.3

800 METER RUN

1.	Todd Baker-West Val.	1:55.0*
2.	Doug Owyang-Laney	1:56.4+
3.	SHAY SODEK-CSM	1:57.7
4.	Allen Bayley-West Val.	1:57.8
5.	NEIL GRABER-CSM	1:58.1

400 METER INTERMEDIATE HURDLES

1.	Paul Caruso-West Val.	55.4*
2.	Rick Howell-West Val.	56.6
3.	DAVE BENSON-CSM	56.8+
4.	Tim Stafford-West Val.	58.0
5.	GORDON BLISS-CSM	58.0

200 METER DASH

1.	Elden Walker-Laney	21.5+
2.	Mark Kent-Laney	21.9
3.	Tim Vaughn-Laney	22.7
4.	Wayne Grey-West Val.	22.9
5.	Rick Hoffman-West Val.	23.0

TRI MEET SCORES:

1.	West Valley - 71 pts.	3.	Laney - 40 pts.
2.	San Mateo - 70 pts.		

5000 METER RUN

1.	PAUL MELLO-CSM	14:35.4+*
2.	RICK PINCOMBE-CSM	14:51.0
3.	Doug Arvit-West Val.	15:04.1
4.	RICK BALDOCCHI-CSM	15:23.1
5.	Kurt Graves-West Val.	15:27.8

MILE RELAY

1.	COLLEGE OF SAN MATEO (Sodek-Bliss-Sherrin-Davis)	3:21.6*+
2.	Laney College	3:22.1
3.	West Valley College	3:23.2

DISCUS

1.	BRAD WALTERS-CSM	154'3"*
2.	Don Wooley-West Val.	149'11"
3.	Dan Sheehan-West Val.	144'4"
4.	Ken Ferris-West Val.	137'9"
5.	JOHN OZOLS-CSM	133'1"

JAVELIN

1.	STEVE DOLLAHITE-CSM	175'8"+
2.	DAVE RIDER-CSM	172'11"
3.	Tony Abate-West Val.	166'9"
4.	Dan Sheehan-West Val.	162'8"
5.	BOB BERINI-CSM	164'4"

SHOT PUT

1.	MIKE SMITH-CSM	51.0*+
2.	BRAD WALTERS-CSM	49'7 1/4"
3.	Don Wooley-West Val.	42'9"
4.	JOHN OZOLS-CSM	41'10 1/2"
5.	HUGH EDEN-CSM	41'9 1/2"

TRIPLE JUMP

1.	PAUL BATES-CSM	44'6"
2.	HUGH EDEN-CSM	42'10 3/4"
3.	Bob Boldon-West Val.	42'10"
4.	Rob Fisher-West Val.	41'7"
5.	STEVE DOLLAHITE-CSM	41'2 1/2"

LONG JUMP

1.	PAUL BATES-CSM	23'6 3/4"
2.	Bob Fisher-West Val.	21'2 3/4"
3.	Wayne Grey-West Val.	21'0 3/4"
4.	HUGH EDEN-CSM	19'8"
5.	BUD RADOVICH-CSM	19'8"

HIGH JUMP

1.	Kevin Harding-West Val.	6'6"
2.	Mark Sinel-West Val.	6'6"
3.	DAVE KNIFFIN-CSM	6'2"

POLE VAULT

1.	Jerry Mulligan-West Val.	16'6"
2.	KIM BLACK-CSM	16'0"+
3.	Rick Vasquez-West Val.	15'6"

+Denotes Laney-CSM Dual Rec'd

\*Denotes WVC-CSM Dual Rec'd

C.S.M. DECATHLETES  
Best Result Summary  
1978 Decathlon Competitions

1. Hugh Eden - Total Score: 5804 (Nor Cal Championships).							
<u>100 Meters</u>	<u>Long Jump</u>	<u>Shot Put</u>	<u>High Jump</u>	<u>400 Meters</u>	<u>First Day Total</u>		
12.0	6.30	13.14	1.70	54.6	3130 pts.		
<u>110 M. Hh</u>	<u>Discus</u>	<u>Pole Vault</u>	<u>Javelin</u>	<u>1500 Meters</u>	<u>Second Day Total</u>		
17.4	40.82	2.70	44.96	5:12.5	2674 pts.		
2. Steve Dollahite - Total Score: 5320 (Nor Cal Championships).							
<u>100 Meters</u>	<u>Long Jump</u>	<u>Shot Put</u>	<u>High Jump</u>	<u>400 Meters</u>	<u>First Day Total</u>		
12.4	5.98	10.38	1.75	59.5	2671		
<u>110 M. Hh</u>	<u>Discus</u>	<u>Pole Vault</u>	<u>Javelin</u>	<u>1500 Meters</u>	<u>Second Day Total</u>		
18.8	36.60	2.70	55.44	5:28.5	2649		

De Anza College May 3 & 4, 1978

NOR CAL DECATHLON CHAMPIONSHIPS

FINAL RESULTS

<u>Name</u>	<u>100</u>	<u>LJ</u>	<u>SP</u>	<u>HJ</u>	<u>400</u>	<u>110 HH</u>	<u>Discus</u>	<u>PV</u>	<u>JAV</u>	<u>1500</u>	<u>FINAL SCORE</u>
1. Tim Gelonek (SHASTA)	11.0	6.92	11.93	2.00	52.5	15.3	38.58	3.70	50.50	5:03.1	6991 * *
2. Wayne Gray (WVC)	10.8	6.86	12.56	1.80	49.2	15.5	34.56	3.10	54.46	4:50.2	6885 *
3. Tim McDonald (SRJC)	11.2	5.74	10.00	1.75	51.1	14.8	33.30	4.72	47.56	4:47.6	6635 *
4. Dan Sheehan (WVC)	11.9	6.44	12.35	1.65	54.6	16.9	44.06	3.50	54.48	4:34.1	6439 *
5. Bob Juntz (Chabot)	11.6	5.85	11.69	1.75	53.1	15.7	32.08	3.20	61.90	4:53.0	6252 *
6. Gary Wipfler (DeAnza)	11.4	6.48	11.92	1.80	52.9	15.9	35.76	3.00	45.04	5:03.9	6212 *
7. Dave Viars (MPC)	11.4	6.17	11.24	1.65	52.6	16.1	38.36	2.70	54.10	4:40.4	6172 *
8. Jim Barnett (WVC)	11.4	6.06	11.92	1.75	55.1	17.2	37.94	4.20	41.78	5:13.0	6159 *
9. Sean Giblin (Sac CC)	11.6	6.45	9.36	1.95	55.2	16.1	33.78	3.20	48.08	4:54.9	6117 *
10. George Rose (DVC)	11.5	6.10	12.20	1.75	58.6	18.1	38.94	3.80	53.04	5:25.8	5980
11. Hugh Eden (CSM)	12.0	6.30	13.14	1.70	54.6	17.4	40.82	2.70	44.96	5:12.5	5804
12. Rick Napolitan (DAC)	11.3	5.63	11.06	1.70	53.7	15.3	35.38	2.50	41.80	4:50.3	5789
13. Scott Crandall (SJD)	11.5	5.71	11.60	1.65	52.1	17.4	35.74	2.90	40.98	4:47.6	5763
14. Jon Delfatti (SJD)	10.9	6.09	9.65	1.75	51.6	19.7	29.02	2.70	48.68	4:38.5	5760
15. Mike Martin (Chabot)	11.2	6.63	7.41	1.80	50.8	14.9	23.36	2.90	33.08	4:46.9	5738
16. Steve Dollahite (CSM)	12.4	5.98	10.38	1.75	59.5	18.8	36.60	2.70	55.44	5:28.5	5320
17. Gene Daniello (DVC)	11.2	5.64	9.87	1.55	59.5	8.2	24.36	2.50	43.00	DNF	4562

\* Qualified for State Decathlon Championships @ Allan Hancock College, Santa Maria

\*\* New meet record

## NOR CAL Decathlon Championships

## FIRST DAY TOTALS

May 3 &amp; 4, 1978

100 METERS

1.	Gray	WVC	10.8
2.	Delfatti	SJD	10.9
3.	Gelonek	Shasta	11.0
4.	Martin	CHAB	11.2
5.	McDonald	SRJC	11.2
6.	Daniello	DVC	11.2
7.	Napolitan	DAC	11.3
8.	Wipfler	DAC	11.4
9.	Viars	MPC	11.4
10.	Barnett	WVC	11.4
11.	Crandall	SJD	11.5
12.	Rose	DVC	11.5
13.	Juntz	CHAB	11.6
14.	Giblin	SAC CC	11.6
15.	Sheehan	WVC	11.9
16.	Davini	SRJC	11.9
17.	Eden	CSM	12.0
18.	Dollahite	CSM	12.4

HIGH JUMP

1.	Gelonek	Shasta	2.00
2.	Giblin	SAC	1.95
3.	Gray	WVC	1.80
4.	Martin	CHAB	1.80
5.	Wipfler	DAC	1.80
6.	Delfatti	SJD	1.75
7.	McDonald	SRJC	1.75
8.	Barnett	WVC	1.75
9.	Juntz	CHAB	1.75
10.	Dollahite	CSM	1.75
11.	Rose	DVC	1.75
12.	Napolitan	DAC	1.70
13.	Eden	CSM	1.70
14.	Crandall	SJD	1.65
15.	Viars	MPC	1.65
16.	Sheehan	WVC	1.65
17.	Davini	SRJC	1.65
18.	Daniello	DVC	1.55

LONG JUMP

1.	Gelonek	Shasta	6.92
2.	Gray	WVC	6.86
3.	Martin	CHAB	6.63
4.	Wipfler	DAC	6.48
5.	Giblin	SAC CC	6.45
6.	Sheehan	WVC	6.44
7.	Eden	CSM	6.30
8.	Viars	MPC	6.17
9.	Rose	DVC	6.10
10.	Delfatti	SJD	6.09
11.	Barnett	WVC	6.06
12.	Davini	SRJC	6.02
13.	Dollahite	CSM	5.98
14.	Juntz	CHAB	5.85
15.	McDonald	SR	5.74
16.	Crandall	SJD	5.71
17.	Daniello	DVC	6.64
18.	Napolitan	DAC	5.63

400 METERS

1.	Gray	WVC	49.2
2.	Martin	CHAB	50.8
3.	McDonald	SRJC	51.1
4.	Delfatti	SJD	51.6
5.	Crandall	SJD	52.1
6.	Gelonek	Shasta	52.5
7.	Viars	MPC	52.6
8.	Wipfler	DAC	52.9
9.	Juntz	CHAB	53.1
10.	Napolitan	DAC	53.7
11.	Eden	CSM	54.6
12.	Sheehan	WVC	54.6
13.	Barnett	WVC	55.1
14.	Giblin	SAC CC	55.2
15.	Daniello	DVC	55.6
16.	Rose	DVC	58.6
17.	Dollahite	CSM	59.5

SHOT PUT

1.	Eden	CSM	13.14
2.	Gray	WVC	12.56
3.	Sheehan	WVC	12.35
4.	Viars	MPC	12.24
5.	Rose	DVC	12.20
6.	Gelonek	Shasta	11.93
7.	Barnett	WVC	11.92
8.	Wipfler	DAC	11.92
9.	Juntz	CHAB	11.69
10.	Crandall	SJD	11.60
11.	Napolitan	DAC	11.06
12.	Davini	SRJC	10.80
13.	Dollahite	CSM	10.38
14.	McDonald	SRJC	10.00
15.	Daniello	DVC	9.87
16.	Delfatti	SJD	9.65
17.	Giblin	SAC CC	9.42
18.	Martin	CHAB	7.41

FIRST DAY TOTALS

1.	Gray (new record)	WVC	3802
2.	Gelonek	Shasta	3758
3.	Wipfler	DAC	3377
4.	Delfatti	SJD	3256
5.	Martin	CHAB	3203
6.	Giblin	SAC CC	3190
7.	Barnett	WVC	3154
8.	McDonald	SRJC	3154
9.	Viars	MPC	3135
10.	Eden	CSM	3130
11.	Juntz	CHAB	3123
12.	Sheehan	WVC	3081
13.	Crandall	SJD	3054
14.	Rose	DVC	3036
15.	Napolitan	DAC	3029
16.	Daniello	DVC	2749
17.	Dollahite	CSM	2671
18.	Davini	SRJC	DNF

110 METER HH

1.	McDonald	SRJC	14.8
2.	Martin	CHAB	14.9
3.	Napolitan	DAC	15.3
4.	Gelonek	Shasta	15.3
5.	Gray	WVC	15.5
6.	Juntz	CHAB	15.7
7.	Wipfler	DAC	15.9
8.	Giblin	SAC CC	16.1
9.	Viars	MPC	16.1
10.	Shehan	WVC	16.9
11.	Barnett	WVC	17.2
12.	Eden	CSM	17.4
13.	Crandall	SJD	17.4
14.	Rose	DVC	18.1
15.	Daniello	DVC	18.2
16.	Dollahite	CSM	18.8
17.	Delfatti	SJD	19.7

JAVELIN

1.	Juntz	CHAB	61.90
2.	Dollahite	CSM	55.44
3.	Sheehan	WVC	54.48
4.	Gray	WVC	54.46
5.	Viars	MPC	54.10
6.	Rose	DVC	53.04
7.	Gelonek	Shasta	50.50
8.	Delfatti	SJD	48.68
9.	Giblin	SCC	48.08
10.	McDonald	SRJC	47.56
11.	Wipfler	DAC	45.04
12.	Eden	CSM	44.96
13.	Daniello	DVC	43.00
14.	Napolitan	DAC	41.80
15.	Barnett	WVC	41.78
16.	Crandell	SJD	40.98
17.	Martin	CHAB	33.08

DISCUS

1.	Sheehan	WVC	44.06
2.	Eden	CSM	40.82
3.	Rose	DVC	38.94
4.	Gelonek	Shasta	38.58
5.	Viars	MPC	38.36
6.	Barnett	WVC	37.94
7.	Dollahite	CSM	36.60
8.	Wipfler	DAC	35.76
9.	Crandall	SJD	35.74
10.	Napolitan	DAC	35.38
11.	Gray	WVC	34.56
12.	Giblin	SAC	33.78
13.	McDonald	SRJC	33.30
14.	Juntz	CHAB	32.68
15.	Delfatti	SJD	29.02
16.	Daniello	DVC	24.36
17.	Martin	CHAB	23.36

1500 METER RUN

1.	Sheehan	WVC	4:34.1
2.	Delfatti	SJD	4:38.5
3.	Viars	MPC	4:40.4
4.	Martin	CHAB	4:46.9
5.	Crandell	SJD	4:47.6
6.	McDonald	SRJC	4:47.6
7.	Gray	WVC	4:50.2
8.	Napolitan	DAC	4:50.3
9.	Juntz	CHAB	4:53.0
10.	Giblin	SCC	4:54.9
11.	Gelonek	Shasta	5:03.1
12.	Wipfler	DAC	5:03.9
13.	Eden	CSM	5:12.5
14.	Barnett	WVC	5:13.0
15.	Rose	DVC	5:25.8
16.	Dollahite	CSM	5:28.5
17.	Daniello	DVC	DNF

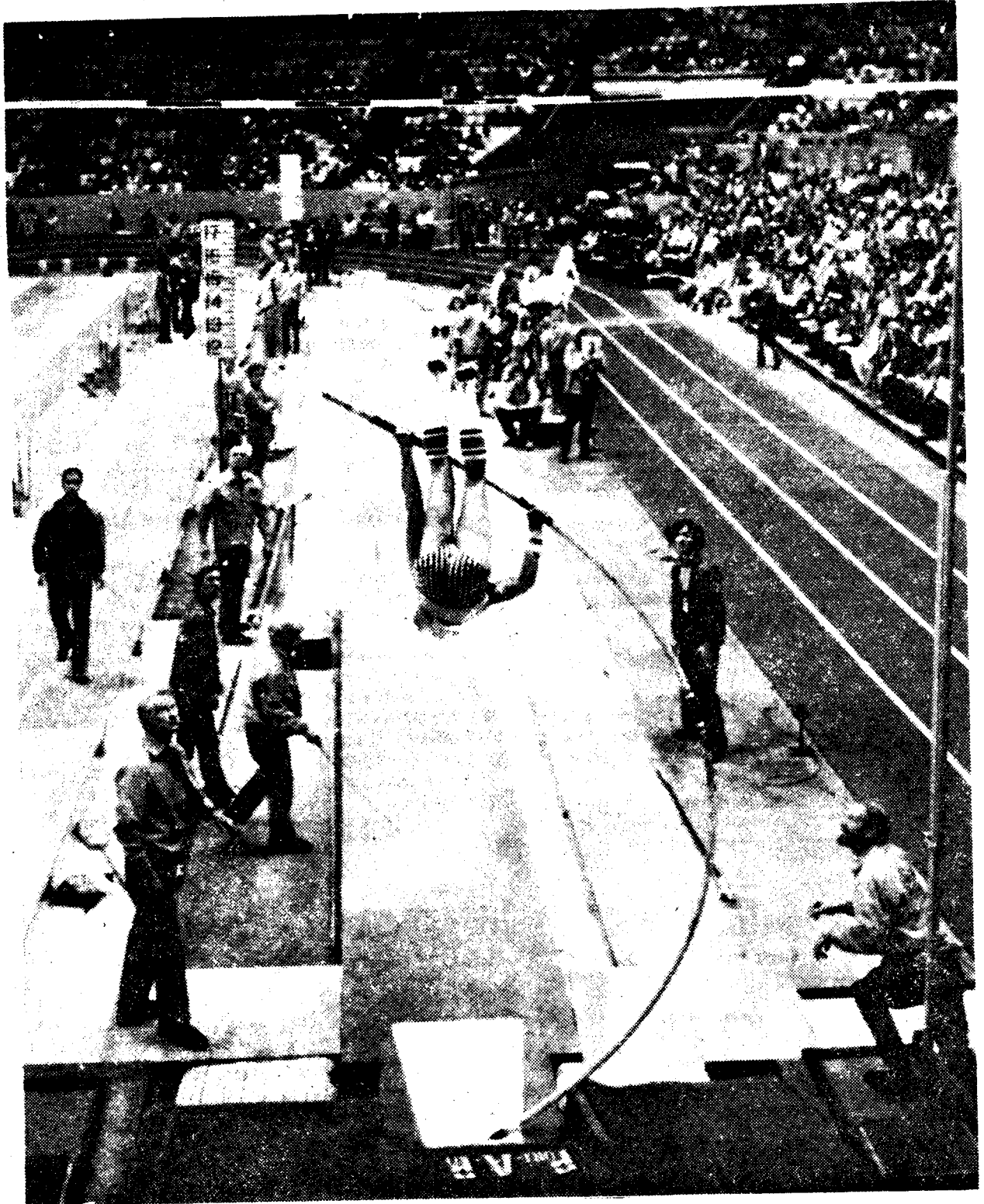
POLE VAULT

1.	McDonald	SRJC	4.72
2.	Barnett	WVC	4.20
3.	Rose	DVC	3.80
4.	Gelonek	Shasta	3.70
5.	Sheehan	WVC	3.50
6.	Juntz	CHAB	3.20
7.	Giblin	SAC CC	3.20
8.	Gray	WVC	3.10
9.	Wipfler	DAC	3.00
10.	Martin	CHAB	2.90
11.	Crandall	SJD	2.90
12.	Delfatti	SJD	2.70
13.	Eden	CSM	2.70
14.	Viars	MPC	2.70
15.	Dollahite	CSM	2.70
16.	Daniello	DVC	2.50
17.	Napolitan	DAC	2.50

SECOND DAY TOTALS

1.	McDonald	SRJC	3481
2.	Sheehan	WVC	3358
3.	Gelonek	Shasta	3233
4.	Juntz	CHAB	3129
5.	Gray	WVC	3083
6.	Viars	MPC	3037
7.	Barnett	WVC	3005
8.	Rose	DVC	2944
9.	Giblin	SCC	2927
10.	Wipfler	DAC	2835
11.	Napolitan	DAC	2760
12.	Crandell	SJD	2709
13.	Eden	CSM	2674
14.	Dollahite	CSM	2649
15.	Martin	CHAB	2535
16.	Delfatti	SJD	2504
17.	Daniello	DVC	1813

# CSM vaulter, Kim Black, takes Examiner meet title



# Bates, Bliss win a pair; so does CSM track squad

College of San Mateo turned in several promising performances, including the closest sort of near miss at 16-6 in the pole vault by Kim Black, as the Bulldogs took a triangular victory over visiting De Anza and City College of San Francisco Saturday in a Golden Gate Conference track opener.

CSM notched 83 points to turn back De Anza (71) and CCSF (30). De Anza's women downed CSM in a dual meet, 68-30.

"Black just missed by a hair of reaching 16-6 (his best is 16-1½)," said Bulldog coach Bob Rush. "He came down before the bar came down — someone said the wind might have knocked it down. I don't know. But he'll be over 17 soon."

Freshman Paul Bates turned in meet records in the long jump (23-11¼) and triple jump (47-5). Yearling shot putter Mike Smith turned in a promising 50-3½ in his first meet for CSM after wrist surgery sidelined him all last

year. And veteran hurdler Gordon Bliss scored a double win.

Rick Baldocchi turned in a 4:06.7 second-place 1,500 meters, impressive considering it was his first crack at the event. Distance veterans Rick Pincombe and Paul Mello, who has been fighting a cold, were second and third in the two-mile.

While veterans Ron Sherrin and Garrick Davis finished one-two at 400 meters, Rush was also impressed by freshman winners Kern Herbert (100) and Dave Rider (javelin).

Stella Edwinson turned in a triple win for CSM's women, taking both hurdles and the 200, while Theresa Dunne turned in a winning 32-6 shot put and Vera Otto performed well in several events.

"Stella had been having trouble with her knee (pinched nerve), but she was feeling fine," said Bulldog women's coach Dave Shrock, who expects Edwinson to

be among the state's finest hurdlers. Shrock also was pleased with Chris Sakelarios' second-place 5:07.9 1,500-meter run.

## CSM 83, DE ANZA 71, CCSF 30

Winners and CSM placers: 440 rel. — CCSF 43.0; 1500 meters — McQueeney (D) 4:01.7mr. 2. Baldocchi 4:06.7; 110 HH — Bliss (SM) 15.1mr. 3. Benson 15.9; 400 — Sherrin (SM) 49.7, 2. Davis 49.9; 100 — Herbert (SM) 11.2; 800 — Hase (SF) 1:56.4, 3. Sodek 1:57.9 and Graber 1:57.9; 400 IH — Bliss (SM) 57.5, 3. Benson 60.3; 200 — Johnson (D) 22.9, 4. Herbert 23.8; 2-mile — Grimes (D) 9:24.8mr. 2. Pincombe 9:25.1, 3. Mello 9:26.6; Mile rel. — SM (Davis, Herbert, Sherrin, Bates) 3:22.3. HJ — Kniffin (SM) 6.2, 4. Dollahte 5-8; Dis. — Angelopoulos (D) 146-2, 2. Walters 141-9½, 4. Eden 133-2; PV — Black (SM) 16-0mr; SP — Smith (SM) 50-3½, 2. Walters 47-7½; Jav. — Rider (SM) 178-4mr. 2. Berini 157-5; LJ — Bates (SM) 23-11¼mr. TJ — Bates (SM) 48-5mr. 4. Eden 43-10.

mr — meet record. Metric distances except 2-mile, relays.

## WOMEN

### DE ANZA 68, CSM 38

Winners and CSM placers: 440 rel. — DA 53.6; 1500 — Mears (D) 4:58.7, 2. Sakelarios 5:07.9, 4. Brucker 5:12.7; 100 HH — Edwinson (SM) 15.5, 3. Otto 21.0, 4. Scott 22.7; 400 — McKenzie (D) 62.0, 2. Otto 85.3, 3. Bland; 100 — Jacobs (D) 13.1, 4. Damon 14.9; 800 — Sherrer (D) 2:27.8, 4. Scott 2:58.0; 400 IH — Edwinson (SM) 68.9; 200 — Edwinson (SM) 27.1; Mile rel. — DA 4:28.3. HJ — Vogel (D) 5-0; LJ — McKenzie (D) 15-0, 3. Otto 14-9; SP — Dunne (SM) 32-6, 3. O'Conner 30-8½; Dis. — Jacobs (D) 112-2, 3. O'Conner 106-9¼; Jav. — Webb (D) 107-5, 3. Bangert 88-5, d. Brucker 78-1.

## Fresno Relays

# JC Weightmen Shine

By FRED BAER

Times Correspondent

FRESNO — Both College of San Mateo and Skyline came up with outstanding performances in a West Coast Relays Saturday.

Skyline's Gregg Tafralis tossed the discus 166-10 on

### Related Story on Page 24

his first attempt, and that hel up for a 19-inch victory over Mark McNaughton of Fresno. Tafralis then put the shot 54-8 for second

behind state leader Paul Johnson of Fullerton, who won at 56-1-3/4 to account for all of the Trojans' 10 points.

But the only one of the leaders to hit their best in the shot was CSM's Mike Smith, who popped a 54-4¼ throw for third place. That wiped out one of the oldest CSM school records, the 54-2¼ by Bob Merlo in 1962.

"I've been chasing him for a long time," said Smith regarding the record. "He holds the record at San Mateo High School too (59-11 with the high school, 12-pound, shot)." Smith, now a sophomore at CSM, failed to top Merlo's mark while in high school.

Paul Mello erased Mitch Kingery's CSM record of 9:05.6 in the two-mile with a 9:04.7 clocking for fifth in the fastest JC one mile

race of the year. Winner Bill Hurst of Modesto set a West Coast Relays mark of 8:51.6. Rich Pincombe ran a swift but non-placing 9:15.9 for the Bulldogs.

CSM also got a third place in the long jump from Bates at 24-2 and a fourth in the pole vault by Kim Black at 16-0. Although only vault victor Bill Halverson of Mt. San Antonio (16-4) went higher than Black, the fewer misses rule determined the other places.

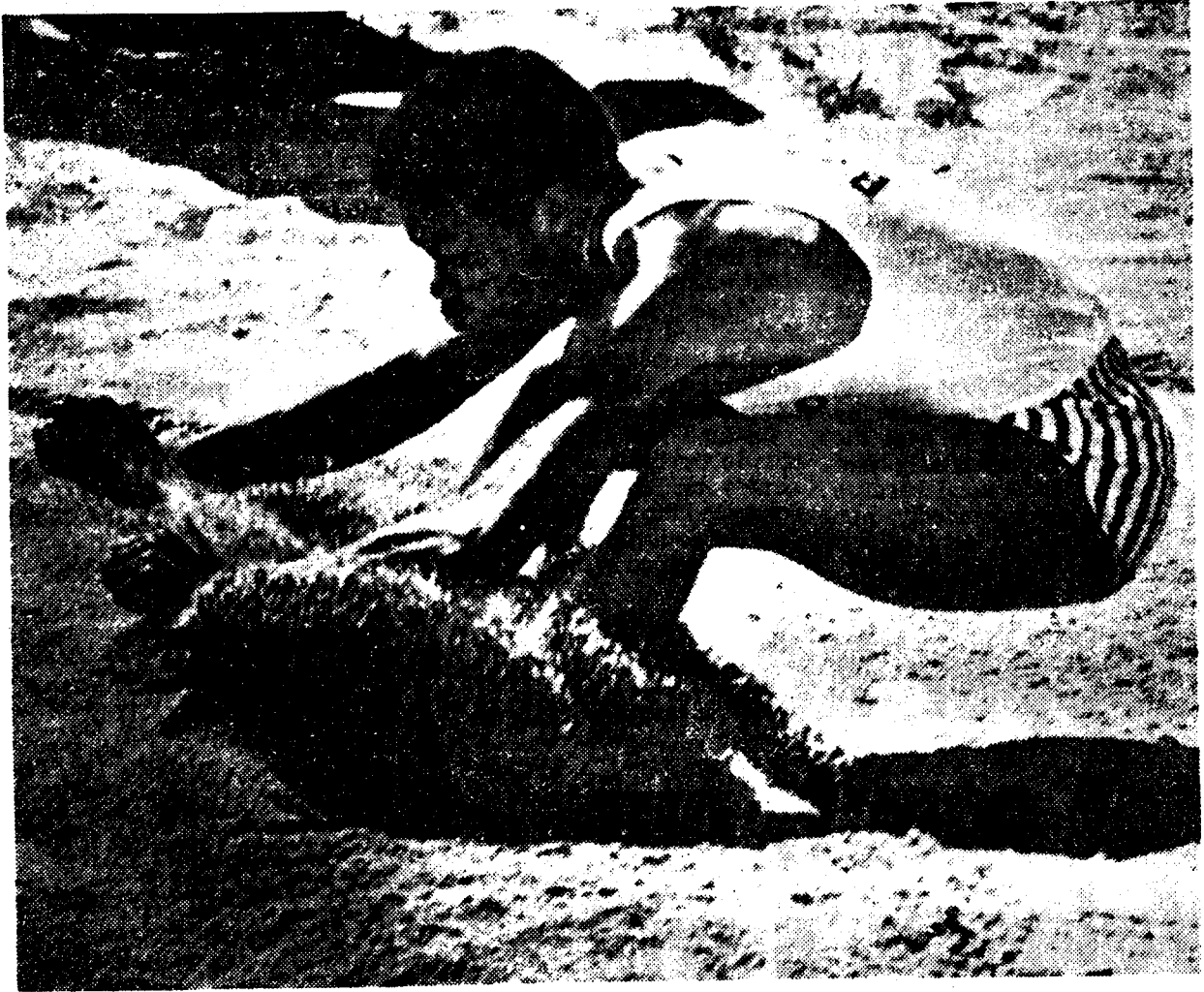
CSM's quartet tallied nine points. Both County teams were shutout in the relays, which scored double.

San Jose won the team title after sweeping the sprint relays — 400 in 40.1, 1600 in 3:10.2 and 800 in 1:24.0 — a national JC record. SJCC high jumper Thurlis Gibbs leaped 7-3¼ for another national mark.

# CSM's Black vaults 17-0½, Bulldogs shine

In San Jose Relays

# *CSM's Bates Tops Champ*



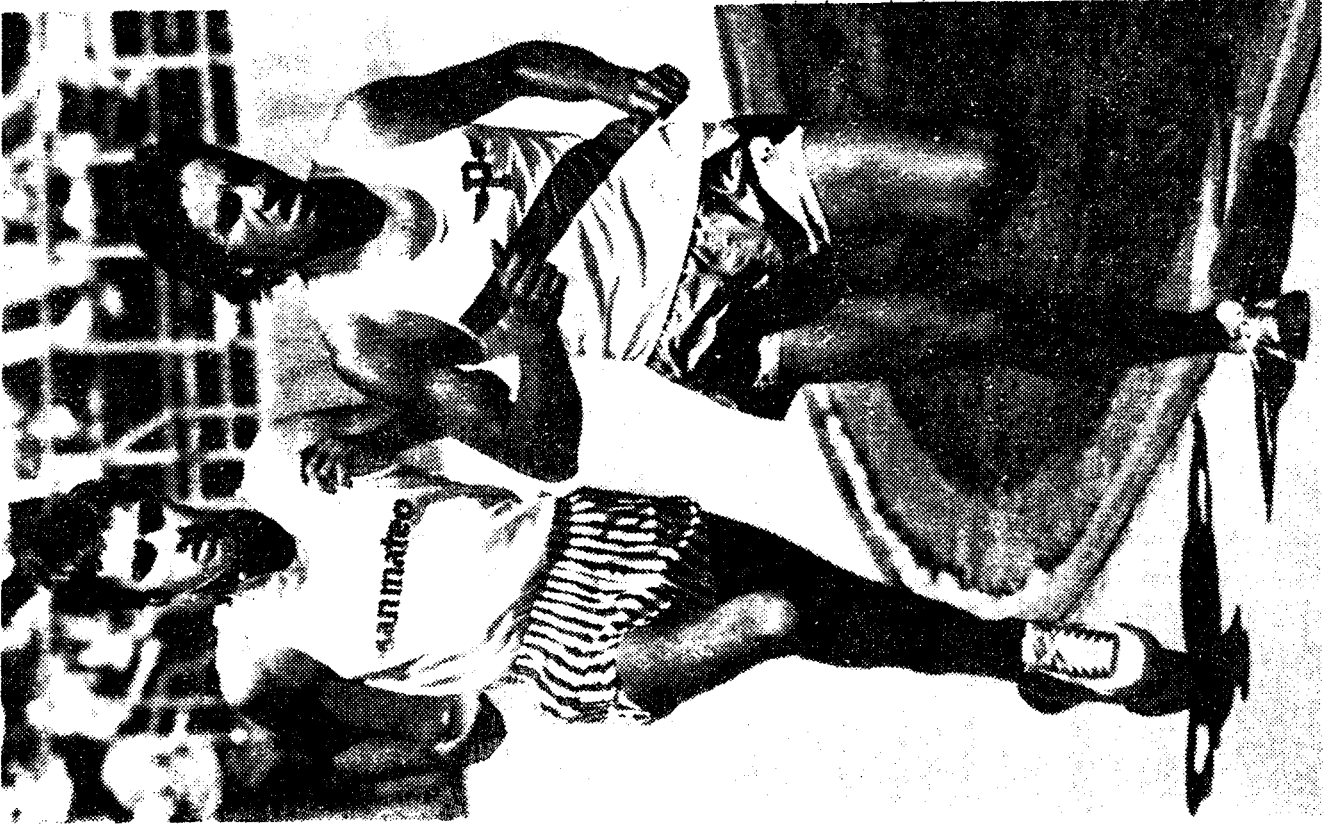
## **The leader and favorite**

College of San Mateo's Paul Bates, a Menlo-Atherton High product, leaped 23-11¼ in yesterday's trials to uphold his

favorite's role in the long jump in tomorrow's Golden Gate Conference finals at Chabot College.

# **23 Bulldogs compete in GGC track finals**

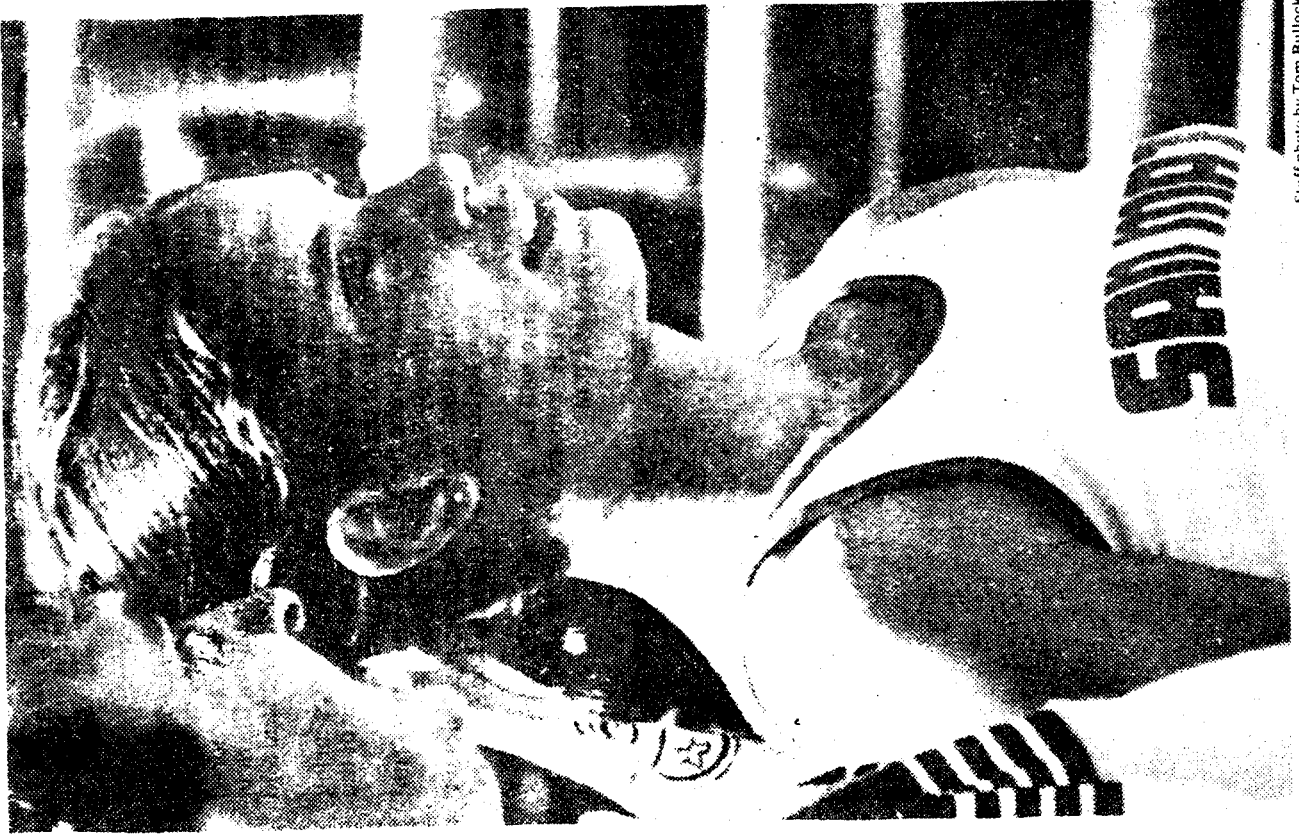




Staff photo by Tom Bullock

## Mello's dandy

CSM's Paul Mello trailed Porterville's Joaquin Leano most of the way before scoring a runaway victory in the 10,000 meter run at Saturday's CSM Invitational.



Staff photo by Tom Bullock

## CSM winner Stella Edwinson

# 24 Bulldogs qualify for NorCal track meet

## Mello breaks record to lead Dog qualifiers

by Jeff Fernandez

For the second consecutive year Paul Mello took the 10,000 meter championship at the Nor-Cal trials last Friday at Delta College.

Running in 80-degree plus temperature, Mello dominated the race from the beginning. With a halfway mark lead of almost 75 yards he finished the race with a commanding 300 yard lead having lapped all but six of the original 17 starters. Mello's time of 30:44.7 was a new meet record, breaking the old record by almost two minutes.

"It was too hot to go for a good time, but I felt alright," said Mello after the race. "For the first few miles I wanted to stay with the pack and let them take the lead. I knew if I stayed with them too long they would have stayed with me. After two or three miles I wanted to break out and run my race."

With a new school record under his belt, CSM's star pole vaulter Kim Black looks towards the Northern California Championships with a host of other Bulldogs, all having gained a spot to compete in the prestigious event by qualifying at the trials.

"I've never had a rooting section like that before, it felt great," said Black, just after setting the new school record of 16'9" and adding almost two inches to his previous lifetime best.

Breaking his light pole in early practice run throughs, Black was forced to go with his heavy pole,

which meant going in at a higher qualifying height. Having qualified with an opening vault of 15'6", Black was determined to go for the record, clearing his next vault of 16'2". At 16'9" the bar shook but held and the new CSM record was established.

The heat was no problem for CSM freshman Dave Rider as he qualified for the Nor-Cal in the javelin throw with a toss of 191'3". "I was a little nervous when I went up for my first throw," said Rider, "but after that I loosened up. That was my second best throw of the year. I'm now going for 200'."

"I was playing it safe and just running to qualify. I felt really loose and relaxed," said CSM's Rick Pincombe as he took third in the 3000 meter steeplechase with a qualifying time of 9:22.6.

Despite being hampered by an illness for over a week, distance man Rick Baldocci qualified for the 5000 meter run with a third place finishing time of 15:41. CSM's long jumper Paul Bates qualified for the Nor-Cals with a fourth place jump of 23'1¾", after what would have been a state best 25'8" was nullified because of a foot foul.

Weightman Brad Walters and Mike Smith both qualified in the shot put, Smith with a fifth place toss of 51'1" and Walters with an eighth place put of 50'6½". Walters also made it into the Nor-Cal discus competition with a throw of 152'11".

CSM's mile relay team of Gary Davis, Shey Sodek, Ron Sherrin and Paul Bates, took third in their heat to qualify with a finishing time of 3:17.3. Sherrin will also be competing in the 400 meter race after finishing with a second place time of 47.8. The Nor-Cal finals will be held tonight at San Jose City College beginning at 5 p.m.

## State JC Showdown

# CSM Goes For Title

## State Champ

# Black Isn't Satisfied

By FRED BAER  
Times Correspondent

Kim Black isn't satisfied with merely winning the state community college pole vault title. The College of San Mateo sophomore is still chasing the national JC record of 17-4 and was trying again in today's Pacific Association AAU championships at CSM.

It took him 13 vaults, including six in a grueling jumpoff, to get the decision over Tim McDonald of Santa Rosa JC at 16-6 in the state finals at Bakersfield Saturday.

San Mateo placed eighth among the 58 teams with 19 points, one of the highest finishes ever for the Bulldogs and the best under current Coach Bob Rush. Pasadena CC edged Golden Gate Conference and NorCal champ San Jose CC, 64-59, for the team title but four GGC teams placed among the top eight — easily the best showing by any of the state's 12 conferences.

CSM's Paul Mello, co-favored with Kevin Burkin of L. A. Valley in the 10,000 meters, got the better of his southern adversary but still had to be content with the runner-up spot.

"Paul became the victim of thinking Burkin was his big opposition," noted Rush. "They went through the mile in 4:40 and the two mile in 9:20 and paid the price at the end."

That's because unheralded Chris

Hughes of Grossmont found the two leaders coming back to him and took control in the latter stages for a 30:12.6 victory. Mello was second in 30:22.4, off his best of 30:15.9, and Burkin third.

"Paul's whole plan was to go with Burkin," said Rush. "He had to do what he did. But Hughes took advantage of him."

Rush was elated in having three freshmen make the finals in their events, although only long jumper Paul Bates scored.

In fact Bates was the leader through the first of the two six-man flights — at 24¼. But that only got him sixth place in what may have been the greatest long jump competition in JC history.

Ken Hays of Pasadena set a state meet record of 25-9¼ on his first leap, then equaled the national JC record of 25-2¼ on his next try. Hays also won the triple jump with a state meet record of 51-7½, as the Lancers went one-two in both jumps, and led off Pasadena's second place mile relay team (3:10.6). San Jose won the latter event in 3:10.1, thanks to a 45.9 anchor by Phillips. CSM was seventh in 3:15.6, with Bates anchoring in 47.8.

Bulldog frosh javelin thrower Dave Rider had a personal best of 194-3 to make the finals and finished eighth. He had a foul throw well over 200 feet.

Shot putter Mike Smith, also a freshman in eligibility, threw 51-10¼ for seventh to just miss scoring. "His wrist was bothering him the most since his operation last year," Rush pointed out. Both Smith and Skyline's Tafralis were expected to score high. Tafralis, however, had two fouls after his opening 48-6 heave and didn't make the finals.

GGC steeplechase champ Rick Pincombe of CSM was tenth, as American River's Tim Farrell took an upset win in a state season best of 8:55.2 when leader Mark Lewis of Glendale fell into the last water jump.

COLLEGE OF SAN MATEO  
Athletic Department

Women's  
1978 Track and Field Schedule

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>OPPONENT</u>	<u>LOCATION</u>
Fri.	March 3	2:30	*G.G.C. Relays	Foothill(Los Altos)
SAT.	MARCH 11	10:00	*DeANZA-Millbrae Lions T.C. San Francisco State Univ.	SAN MATEO
Fri.	March 17	3:00	*FOOTHILL-Marin-Alameda	Alameda
Thurs.	March 23	11:00	Marin - Santa Rosa Relays	Santa Rosa
Sat.	March 25	10:00	Easter Relays	Santa Barbara
Thurs.	March 30	3:00	*CHABOT-Cabrillo	Chabot(Hayward)
Sat.	April 1	12:00	D.V.C. Relays	Diablo Valley(Concord)
SAT.	APRIL 8	11:00	NOR-CAL INVITATIONAL	SAN MATEO
Tues.	April 11	3:00	*SAN JOSE-Hartnell	San Jose City College
Sat.	April 15	10:00	Bakersfield Relays	Bakersfield
THURS.	APRIL 20	2:30	*WEST VALLEY-San Fran. St.	SAN MATEO
Wed.	April 26	2:00	*G.G.C. Trials	Chabot(Hayward)
Fri.	April 28	4:00	*G.G.C. Finals	Chabot(Hayward)
Fri.	May 12	12:30	Northern Calif. Trials	Butte College(Oriville)
Fri.	May 19	5:00	Northern Calif. Finals	San Jose City College
Fri.	May 26	6:00	Calif. State Championships	Bakersfield

\*=Capitalized School Denotes G.G.C. Opponent

HEAD COACH: Dave Shrock (Home ph.= 343-7895)  
SPRINT COACH: Pete Michon  
WIEGHT COACH: Vince Marchi

WOMEN'S TRACK OFFICE: (415) 574-6467  
MEN'S TRACK OFFICE: (415) 574-6257

COLORS: Royal Blue and White  
MASCOT: Bulldogs  
ATHLETIC TRAINER: Jack Dawson

PRESIDENT OF THE COLLEGE: Dr. David Merte  
DEAN OF STUDENTS: Dr. Allan Brown  
DEAN OF INSTRUCTION: Dr. Lois Callahan  
ATHLETIC DIRECTOR: Cliff Giffin

BOARD OF TRUSTEES: Eleanore Nettle, Pres;  
Dr. James Rudolph, Clerk; Robert A Tarver  
James R. Tormey; Carl E. Ward; Glenn P.  
Smtih, Chancellor-Superintendent

COLLEGE OF SAN MATEO  
 TRACK and FIELD  
 1978 Season Best Marks  
 WOMEN

100 Meter Dash

Stella Edwinston	12.2
Sharon Bry	14.2
Linda Darata	17.5

200 Meter Dash

Stella Edwinston	25.9
Sharon Bry	29.2

400 Meter Dash

Vera Otto	64.8
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800 Meter Run

Vera Otto	2:33.4
Joye Scott	2:46.0

1500 Meter Run

Mercedes Brucker	4:57.2
Chris Sakelarios	5:07.2

3000 Meter Run

Chris Sakelarios	11:11.1
Mercedes Brucker	11:19.2
Joye Scott	16:07.0

Two Mile Run

Chris Sakelarios	12:12.0
Mary Bland	16:37.0

400 Meter Hurdles

Stella Edwinston	61.5
Vera Otto	71.6

440 Yd. Relay

Vera Otto	
Monica Luzzi	
Chris Sakelarios	
Stella Edwinston	54.6

100 Meter Hurdles

Stella Edwinston	13.7
Vera Otto	21.0
Joye Scott	22.0

Shot Put

Liz O'Conner	32'7"
Mercedes Brucker	28'3"

Discus Throw

Liz O'Conner	114'4"
Denise Bangert	62'10"

Javelin Throw

Denise Bangert	115'9"
Chris Sakelarios	89'3"
Mercedes Brucker	82'2"

High Jump

Stella Edwinston	5'0"
Vera Otto	4'8"

Long Jump

Stella Edwinston	16'2 $\frac{1}{4}$ "
Verra Otto	14'9"
Monica Luzzi	13'0"

One Mile Relay

Verra Otto	
Mercedes Brucker	
Chris Sakelarios	
Stella Edwinston	4:23.4

WOMEN'S  
DUAL MEET RECORDS

College of San Mateo vs. Foothill College

100 Meter Dash	Stella Edwinson	12.2	C.S.M.	1978
200 Meter Dash	Debbie Tinker	27.4	Foothill	1978
400 Meter Dash	Debbie Zwick	64.5	Foothill	1978
800 Meter Run	Vera Otto	2:36.2	C.S.M.	1978
1500 Meter Run	Mercedes Brucker	5:18.0	C.S.M.	1978
Two Mile Run	Chris Sakelarios	12:12.0	C.S.M.	1978
100 Meter High Hurdles	Stella Edwinson	15.4	C.S.M.	1978
400 Intermed. Hurdles	-not run-			
High Jump	Stella Edwinson	5'0"	C.S.M.	1978
Long Jump	Stella Edwinson	15'0"	C.S.M.	1978
Javelin Throw	Elaine Sundby	111'1"	Foothill	1978
Shot Put	Liz O'Conner	30'5½"	C.S.M.	1978
Discus	Liz O'Conner	107'10"	C.S.M.	1978
440 Yard Relay (Otto-Luzzi-Bry-O'Conner)		68.0	C.S.M.	1978
Mile Relay (Otto-Scott-Brucker-Sakelarios)		4:42.0	C.S.M.	1978

DUAL MEET SCORES

1978- SAN MATEO 77 Foothill 34

Series Record: San Mateo-1 ; Foothill- 0

WOMEN'S  
DUAL MEET RECORDS

College of San Mateo vs. Chabot College

100 Meter Dash	Stella Edwinson	12.6	C.S.M.	1978
200 Meter Dash	Stella Edwinson	25.9	C.S.M.	1978
400 Meter Dash	Diana Stohr	61.1	Chabot	1978
800 Meter Run	Diana Stohr	2:29.1	Chabot	1978
1500 Meter Run	Mercedes Brucker	5:15.0	C.S.M.	1978
3000 Meter Run	Chris Sakelarios	11:21.4	C.S.M.	1978
100 Meter High Hurdles	Stella Edwinson	14.8	C.S.M.	1978
400 m. Intermed. Hurdles	Vera Otto	72.2	C.S.M.	1978
440 Yard Relay	-not run-			
One Mile Relay (Ratcliff-Honour-Friesen-Stohr)		5:18.2	Chabot	1978
High Jump	Stella Edwinson	4'9"	C.S.M.	1978
Long Jump	Kathy Honour	17'1½"	Chabot	1978
Shot Put	Liz O'Conner	32'7"	C.S.M.	1978
Discus	Liz O'Conner	111'5"	C.S.M.	1978
Javelin Throw	Denise Bangert	111'11"	C.S.M.	1978

DUAL MEET SCORES

1978- SAN MATEO 70    Chabot 52

Series Record: SAN MATEO- 1    Chabot- 0

WOMEN'S  
DUAL MEET RECORDS

COLLEGE OF SAN MATEO vs. SAN JOSE CITY COLLEGE

100 Meter Dash	Sharon Bry	14.2	C.S.M.	1978
200 Meter Dash	Sharon Bry	29.7	C.S.M.	1978
400 Meter Dash	Sharon Bry	74.0	C.S.M.	1978
800 Meter Run	Joslyn West	2:28.5	S.J.C.C.	1978
1500 Meter Run	Sue Munday	4:55.4	S.J.C.C.	1978
3000 Meter Run	Chris Sakelarios	11:15.0	C.S.M.	1978
100 M. High Hurdles	Stella Edwinson	14.8	C.S.M.	1978
400 M. Intermed. Hur.	-not run-			
High Jump	Stella Edwinson	4'8"	C.S.M.	1978
Long Jump	Stella Edwinson	16'2 $\frac{1}{4}$ "	C.S.M.	1978
Shot Put	Liz O'Conner	31'3 $\frac{1}{2}$ "	C.S.M.	1978
Javelin	Denise Bangert	100'0"	C.S.M.	1978
Discus	Liz O'Conner	111'0"	C.S.M.	1978
440 Yard Relay (Otto-Luzzi-Bry-Edwinson)		56.4	C.S.M.	1978
Mile Relay	-not run-			

DUAL MEET SCORES

1978- San Mateo: 79 pts. San Jose: 13 pts.

Series Record: San Mateo: 1 San Jose: 0



WOMEN'S  
DUAL MEET RECORDS

100 Meter Dash	Stella Edwinson	12.6	C.S.M.	1978
200 Meter Dash	Carlita Anderson	27.7	W.V.C.	1978
400 Meter Dash	Carlita Anderson	62.7	W.V.C.	1978
800 Meter Run	Ann Witherspoon	2:23.0	W.V.C.	1978
1500 Meter Run	Ann Witherspoon	4:47.4	W.V.C.	1978
3000 Meter Run	Ann Witherspoon	10:14.7	W.V.C.	1978
100 Meter High Hurdles	Stella Edwinson	14.9	C.S.M.	1978
400 Meter Intermed. Hur.	Stella Edwinson	65.3	C.S.M.	1978
High Jump	Stella Edwinson	5'1"	C.S.M.	1978
Long Jump	Mary Riordan	15'8½"	W.V.C.	1978
Shot Put	Carol Bond	31'2"	W.V.C.	1978
Discus	Liz O'Conner	108'10"	C.S.M.	1978
Javelin	Denise Bangert	111'4"	C.S.M.	1978
440 Yard Relay (Anderson-O'Connell-Gunning-Elbrach)	51.8	W.V.C.	1978	
Mile Relay (O'Connell-Anderson-Witherspoon-Elbrach)	4:20.0	W.V.C.	1978	

DUAL MEET SCORES

1978- West Valley- 80      SAN MATEO- 46

Series Record: West Valley: 1      SAN MATEO: 0

WOMEN'S

DUAL MEET RECORDS

College of San Mateo vs. De Anza College

100 meter Dash	Cyrstal Jacobs	13.1	DeAnza	1978
200 meter Dash	Stella Edwinson	27.1	C.S.M.	1978
400 meter Dash	Laurel McKenzie	62.0	DeAnza	1978
800 meter Run	JoAnne Shearer	2:27.8	DeAnza	1978
1500 meter Run	Arleen Mears	4:58.7	DeAnza	1978
3000 meter Run	-not run-			
100 meter H.H.	Stella Edwinson	15.5	C.S.M.	1978
400 meter Intermed. H.	Stella Edwinson	68.9	C.S.M.	1978
440 yard Relay (Jacobs-Craig-Vogel-McKenzie)		52.6	DeAnza	1978
Mile Relay (Mears-Furtado-McKenzie-Shearer)		4:28.3	DeAnza	1978
High Jump	Natalie Vogel	5'0"	De Anza	1978
Long Jump	Lauurel Mc Kenzie	15'0"	DeAnza	1978
Shot Put	Therisa Dunne	32'6"	C.S.M.	1978
Discus	Crystal Jacobs	112'2"	DeAnza	1978
Javelin	Kathy Webb	107'5"	DeAnza	1978

DUAL MEET SCORES

1978 De Anza College - 68 San Mateo - 38

SERIES RECORD: De Anza College: 1 Col. of San Mateo: 0

GOLDEN GATE CONFERENCE  
WOMEN'S TRACK AND FIELD

Trials and Finals

Meet Records 1978

100 M. Dash	Kathy Honour	Chabot	12.4	1978
200 M. Dash	Debbie Zwick	Foothill	26.6	1978
400 M. Dash	Diana Stohr	Chabot	55.9	1978
800 M. Run	Anne Wotherspoon	West Valley	2:12.1	1978
1500 M. Run	Anne Wotherspoon	West Valley	4:35.2	1978
3000 M. Run	Anne Wotherspoon	West Valley	9:45.3	1978
100 M. Hurdles	Kathy Honour	Chabot	15.5	1978
400 M. Low Hurdles	Stella Edwinston	CSM	64.2	1978
High Jump	Pam Blackburn	Foothill	5'2"	1978
Long Jump	Kathy Honour	Chabot	16'8 1/2"	1978
Shot Put	Denise Holloway	West Valley	42'1 1/2"	1978
Discus Throw	Denise Holloway	West Valley	141'10"	1978
Javelin Throw	Arleen Meers	De Anza	133'8"	1978
440 Yd. Relay	Kathy Honour	Chabot	49.6	1978
	Debbie Santa Maria	Chabot	49.6	1978
	Stephanie Ratcliffe	Chabot	49.6	1978
	Diana Stohr	Chabot	49.6	1978
One Mile Relay	Debbie Santa Maria	Chabot	4:03.6	1978
	Kathy Honour	Chabot	4:03.6	1978
	Stephanie Ratcliffe	Chabot	4:03.6	1978
	Diana Stohr	Chabot	4:03.6	1978

COLLEGE OF SAN MATEO

Women's Track Results

C.S.M. vs. College of Alameda vs. College of Marin vs. Foothill @ Alameda  
Friday, March 17, 1978

440 YARD RELAY

1. College of Alameda 50.8
2. College of San Mateo 58.0\*  
(Otto-Luzzi-Bry-O'Connor)

1500 METER RUN

1. Gocke-Marin 5:11.7
2. Attwood-Alameda 5:15.6
3. MERCI BRUCKER-CSM 5:18.0\*
4. Chris Callas-Foothill 6:01.0

100 METER HIGH HURDLES

1. STELLA EDWINSON-CSM 15.4\*
2. Bess-Marin 16.2
3. JOYE SCOTT-CSM 22.1

400 METER RUN

1. Howell-Alameda 64.0
2. Debbie Swick-Foothill 64.5\*
3. MARY BLAND-CSM 72.2

100 METER DASH

1. STELLA EDWINSON-CSM 12.2\*
2. Johnson-Alameda 12.2
3. Debbie Tinker-Foothill 13.1
4. Younger-Alameda 14.9
5. SHARON BRY-CSM 15.0

800 METER RUN

1. VERA OTTO-CSM 2:36.2\*
2. Warner-Alameda 2:47.3
3. JOYE SCOTT-CSM 2:53.2

200 METER DASH

1. C. Johnson-Alameda 26.4
2. Debbie Tinker-Foothill 27.4\*
3. Cortez-Marin 29.9
4. SHARON BRY-CSM 30.8

DUAL MEET SCORES

1. College of San Mateo 62 pts.
2. College of Alameda 50 pts.

1. College of San Mateo 76 pts.
2. College of Marin 24 pts.

G.G.C. MEET

1. College of San Mateo 77 pts.
2. Foothill College 34 pts.

TWO MILE RUN

1. CHRIS SAKELARIOS-CSM 12:12.0\*
2. Attwood-Alameda 12:55.5
3. Caroline Schinkle-Foothill 13:19.0
4. Warner-Alameda 13:27.0
5. Toso-Marin 13:30.0

MILE RELAY

1. College of Alameda NT
2. College of San Mateo 4:42.0\*  
(Otto-Scott-Bruker-Sakelarios)
3. Foothill College NT

SHOT PUT

1. Evonne Dilsworth-Alameda 35'11 1/2"
2. LIZ O'CONNOR-CSM 30'5 1/2"\*
3. Ann Fairchild-Foothill 29'6 1/2"
4. Elaine Sundby-Foothill 28'8"
5. Edith Marile-Alameda 27'11"

JAVELIN

1. Elaine Sundby-Foothill 111'1"\*
2. Sandra Cortez-Marin 110'3"
3. CHRIS SAKELARIOS-CSM 89'3"
4. Robin Grear-Alameda 88'8"
5. MERCI BRUCKER-CSM 82'2"

DISCUS

1. LIZ O'CONNOR-CSM 107'10"\*
2. Kim Mitchell-Marin 107'2"
3. Elaine Sundby-Foothill 82'7 1/2"
4. Ann Fairchild-Foothill 73'6"
5. Diane Raints-Foothill 70'1"

LONG JUMP

1. STELLA EDWINSON-CSM 15'0"\*
2. VERA OTTO-CSM 14'8"
3. Angela Bess-Marin 14'6"
4. Ann Fairchild-Foothill 13'2"
5. MONICA LUZZI-CSM 13'0"

HIGH JUMP

1. STELLA EDWINSON-CSM 5'0"\*
2. Jackie Achin-Alameda 4'7"

\*Denotes Dual Meet Record (CSM vs. Foothill)

COLLEGE OF SAN MATEO  
 Women's Track and Field Results  
 C.S.M. vs. Chabot @ Chabot  
 Thursday, March 30, 1978

440 RELAY

-not run-

1500 METER RUN

1. MERCEDES BRUCKER-CSM	5:15.0*
2. Kathy Friesen-Chabot	5:47.3
3. NANCY BURNSIDE-CSM	6:43.0

100 METER HIGH HURDLES

1. STELLA EDWINSON-CSM	14.8*
2. Kathy Honour-Chabot	16.2
3. JOYE SCOTT-CSM	21.4

400 METER DASH

1. Diane Stohr-Chabot	61.1*
2. VERA OTTO-CSM	67.3
3. SHARON BRY-CSM	73.1

100 METER DASH

1. STELLA EDWINSON-CSM	12.7*
2. Stephanie Ratcliff-Chabot	13.3
3. Kathy Honour-Chabot	13.6
4. NANCY BURNSIDE-CSM	16.9

800 METER RUN

1. Diane Stohr-Chabot	2:29.1*
2. VERA OTTO-CSM	2:39.2
3. Kathy Friesen-Chabot	2:44.4
4. JOYE SCOTT-CSM	2:57.0

200 METER DASH

1. STELLA EDWINSON-CSM	25.9*
2. Diane Stohr-Chabot	26.3
3. Stephanie Ratcliff-Chabot	27.5
4. SHARON BRY-CSM	31.8

3000 METER RUN

1. CHRIS SAKELARIOS-CSM	11:21.4*
2. Diane Stohr-Chabot	12:21.0
3. Kathy Honour-Chabot	13:02.9
4. JOYE SCOTT-CSM	13:06.3

MILE RELAY

1. Chabot	5:18.0*
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(CSM Did not enter a team)

SHOT PUT

1. LIZ O'CONNOR-CSM	32'7"*
2. MERCEDES BRUCKER-CSM	27'7 3/4"
3. Diane Stohr-Chabot	23'7"
4. Kathy Honour-Chabot	22'10 1/4"
5. KATTIE ROEMER-CSM	20'1 3/4"

JAVELIN

1. DENISE BANGERT-CSM	111'11"*
2. CHRIS SAKELARIOS-CSM	88'1 1/2"
3. Stephanie Ratcliff-Chabot	75'6"
4. Kathy Friesen-Chabot	40'0"

DISCUS

1. LIZ O'CONNOR-CSM	111'5"*
2. DENISE BANGERT-CSM	62'10"
3. VERA OTTO-CSM	50'11"

LONG JUMP

1. Kathy Honour-Chabot	17'1 1/2"*
2. Diane Stohr-Chabot	16'0"
3. Stephanie Ratcliff-Chabot	14'6 1/2"

HIGH JUMP

1. STELLA EDWINSON-CSM	4'9"*
2. Diane Stohr-Chabot	4'5"
3. Kathy Honour-Chabot	4'5"
4. VERA OTTO-CSM	4'3"

400 INTERMEDIATE HURDLES

1. VERA OTTO-CSM	72.2*
2. Kathy Honour-Chabot	73.6
3. MERCEDES BRUCKER-CSM	87.2

MEET SCORE:

COLLEGE OF SAN MATEO	70 pts.
Chabot College	52 pts.

\*Denotes Dual Meet Record

COLLEGE OF SAN MATEO  
Women's Track and Field Results  
 C.S.M. vs. De Anza vs. M.L.T.C. @ San Mateo  
 Saturday, March 11, 1978

440 YARD RELAY

1. De Anza College 52.6\*  
(Jacobs-Craig-Vogel-McKenzie)
2. College of San Mateo 56.5  
(Otto-Luzzi-Bry-Damon)

1500 METER RUN

1. Arleen Mears-De Anza 4:58.7\*
2. CHRIS SAKALARIOS-CSM 5:07.9
3. Sharon Furtado-DeAnza 5:12.3
4. MERCI BRUCKER-CSM 5:12.7

100 METER HIGH HURDLES

1. STELLA EDWINSON-CSM 15.5\*
2. Bonnie Newnan-Unatt. 18.3
3. VERA OTTO-CSM 21.0
4. JOYE SCOTT-CSM 22.7

400 METER DASH

1. Laurel McKenzie-DeAnza 62.0\*
2. VERA OTTO-CSM 65.3
3. MARY BLAND-CSM 82.5

100 METER DASH

1. Crystal Jacobs-DeAnza 13.1\*
2. JoAnne Shearer-DeAnza 13.7
3. Xenia Koroklov-MLTC 14.5
4. Brenda Damon-CSM 14.9
5. SHARON BRY-CSM 14.8

800 METER RUN

1. JoAnne Shearer-DeAnza 2:27.8\*
2. Sharon Futado-DeAnza 2:36.2
3. Robin Leimar-DeAnza 2:44.9
4. JOYE SCOTT-CSM 2:58.0

400 INTERMEDIATE HURDLES

1. STELLA EDWINSON-CSM 68.9\*
2. Shelley Craig-DeAnza 77.6

200 METER DASH

1. STELLA EDWINSON-CSM 27.1\*
2. Natalie Vogel-DeAnza 27.3
3. JoAnne Shearer-DeAnza 28.8
4. SHARON BRY-CSM nt

MILE RELAY

1. DeAnza College 4:28.3\*  
(Mears-Furtado-McKenzie-Shearer)
2. College of San Mateo 4:46.0  
(Otto-Scott-Brucker-Sakalarios)

HIGH JUMP

1. Natalie Vogel-DeAnza 1.52 (5'0")\*
2. Bonnie Newnan-Unatt. 1.42 (4'8")
3. Shelley Craig-DeAnza 1.37 (4'6")
4. JOYE SCOTT-CSM n.h.

LONG JUMP

1. Laurel McKenzie-DeAnza 4.57 (15'0")\*
2. VERA OTTO-CSM 4.49 (14'9")
3. Xenia Korolkov-MLTC 4.37 (13'4 1/4")
4. Kathy Webb-DeAnza 3.79 (12'5 1/2")
5. MONICA LUZZI-CSM 3.48 (11'5")

SHOT PUT

1. Tilly Ehers-MLTC 10.70 (35'1 1/2")
2. THERISA DUNNE-CSM 9.90 (32'6")\*
3. Barbra Lloyd-DeAnza 9.98 (30'9 1/4")
4. LIZ O'CONNOR-CSM 9.96 (30'8 1/2")

DISCUS

1. Crystal Jacobs-DeAnza 34.18 (112'2")
2. Barbra Lloyd-DeAnza 33.86 (111'1")
3. LIZ O'CONNOR-CSM 32.54 (106'9 1/4")
4. Tilly Ehers-MLTC 25.84 (84'9 1/2")
5. THERISA DUNNE-CSM 23.98 (78'8")

JAVELIN

1. Cathy Sulinski-MLTC 45.26 (148'6")
2. Kathy Webb-DeAnza 32.74 (107'5")\*
3. Arleen Mears-DeAnza 31.82 (104'5")
4. DENISE BANGERT-CSM 26.95 (88'5")
5. MERCI BRUCKER-CSM 23.80 (78'1")

MEET SCORE: Dual Meet

DeAnza College	68 pts.
COLLEGE OF SAN MATEO	38 pts.

Millbrae Lions Track Club were non-scoring,  
 City College of San Francisco did not compete

\*Denotes dual meet record

COLLEGE OF SAN MATEO  
 Women's Track and Field Results  
 C.S.M. vs. San Jose City College @ San Jose  
 Tuesday, April 11, 1978  
 (Hartnell entries were non-scoring)

440 Yard Relay

1. COLLEGE OF SAN MATEO

1500 Meter Run

1. Sue Munday	SJCC	4:55.4
2. Maria Regaldo	Hart.	5:07.0
3. MERCEDES BRUCKER	CSM	5:17.6
4. MARY PARLE	CSM	7:15.1

Shot Put

1. Kathy Kuchta	Hart.	42'4"
2. Tammy Williams	Hart.	40'4 1/2"
3. LIZ O'CONNER	CSM	31'3 1/2"

100 Meter Hurdles

1. STELLA EDWINSON	CSM	14.8
2. Lesley McPharlin	Hart.	16.0
3. JOYE SCOTT	CSM	19.6

Discus Throw

1. Tammy Williams	Hart.	129'6"
2. LIZ O'CONNER	CSM	111'0"
3. Kathy Kuchta	Hart.	108'4"
4. Mary Tofield	Hart.	83'2"

400 Meter Run

1. Susan McCane	unat.	63.9
2. Maria Regaldo	Hart.	66.1
3. Anne Smith	Hart.	67.7
4. SHARON BRY	CSM	74.0

High Jump

1. STELLA EDWINSON	CSM	4'8"
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100 Meter Dash

1. SHARON BRY	CSM	14.2
2. Anne Smith	Hart.	14.3
3. MONICA LUZZI	CSM	14.7

Dual Meet Score:

1. COLLEGE OF SAN MATEO	69 pts.
2. San Jose City College	13 pts.

800 Meter Run

1. Joslyn West	SJCC	2:28.5
2. Sue Munday	SJCC	2:30.9
3. Maria Regaldo	Hart.	2:37.3
4. VERA OTTO	CSM	2:45.3

400 Meter Hurdles

1. Lesley McPharlin	Hart.	1:27.0
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200 Meter Dash

1. Betty Ayer	unat.	28.2
2. SHARON BRY	CSM	29.6
3. Anne Smith	Hart.	29.9

3000 Meter Run

1. Maria Regaldo	Hart.	11:13.3
2. CHRIS SAKELARIOS	CSM	11:15.0
3. JOYE SCOTT	CSM	13:55.7

LONG JUMP

1. STELLA EDWINSON	CSM	16'2 1/4"
2. Becky Lowe	Hart.	15'4 1/4"
3. MONICA LUZZI	CSM	12' 1"

Javelin Throw

1. DENIS BANQERT	CSM	100' 0"
2. CHRIS SAKELARIOS	CSM	89' 11"
3. Mary Tofield	Hart.	88' 11"

COLLEGE OF SAN MATEO  
Women's Track and Field Results  
 C.S.M. vs. West Valley College @ San Mateo  
 Thursday, April 20, 1978

440 YARD RELAY

1. West Valley College	51.8
2. College of San Mateo	54.9

1500 METER RUN

1. Ann Wotherspoon-WV	4:47.1
2. Kathy Perkins-WV	4:53.8
3. MERCI BRUCKER-CSM	5:05.4
4. Gail Campbell-WV	5:09.1

100 METER HURDLES

1. STELLA EDWINSON-CSM	14.9
2. Nancy O'Connell-WV	15.9
3. JOYE SCOTT-CSM	21.5
4. Rebecca McLean-WV	23.4

400 METER RUN

1. Carlita Anderson-WV	62.7
2. Carine Elbracht-WV	63.6
3. VERA OTTO-CSM	64.8
4. Mary Gunning-WV	65.1

100 METER DASH

1. STELLA EDWINSON-CSM	12.6
2. Nancy O'Connell-WV	12.8
3. Mary Riordan-WV	13.5
4. Anne Cathey-WV	14.0

800 METER RUN

1. Ann Wotherspoon-WV	2:23.0
2. Kathy Perkins-WV	2:29.5
3. MERCI BRUCKER-CSM	2:39.3

400 METER HURDLES

1. STELLA EDWINSON-CSM	65.3
2. Nancy O'Connell-WV	66.6
3. Colleen McManus-WV	80.5

200 METER DASH

1. Carlita Anderson-WV	27.7
2. Carine Elbracht-WV	28.5
3. Mary Gunning-WV	29.1
4. SHARON BRY-CSM	30.8

3,000 METER RUN

1. Ann Wotherspoon-WV	10:14.7
2. Kathy Perkins-WV	10:23.6
3. CHRIS SAKELARIOS-CSM	11:27.1
4. Gail Campbell-WV	11:51.4

MILE RELAY

1. West Valley College	4:20.0
2. College of San Mateo	4:42.9

SHOT PUT

1. Carolyn Bond-WV	31'2"
2. LIZ O'CONNOR-CSM	31'1"
3. Becky Slaght-WV	29'11 3/4"

DISCUS THROW

1. LIZ O'CONNOR-CSM	108'10"
2. KATIE ROEMERS--CSM	57'2"
3. MONICA LUZZI-CSM	52'11"

JAVELIN THROW

1. DENISE BANGERT-CSM	111'4"
2. Rebecca McLean-WV	104'8"
3. Mary Gunning-WV	94'7"
4. CHRIS SAKELARIOS-CSM	82'5"

HIGH JUMP

1. STELLA EDWINSON-CSM	5'1"
2. VERA OTTO-CSM	4'2"

LONG JUMP

1. Mary Riordan-WV	15'8 1/2"
2. Anne Cathey-WV	15'5 1/4"
3. MONICA LUZZI-CSM	11'10 3/4"

DUAL MEET SCORES:

1. West Valley College	80 pts.
2. College of San Mateo	46 pts.



College of San Mateo  
Women's Track and Field  
1978 Relays, Invitationals, and Championships

College of San Mateo placers

March 23, 1978                      MARIN-SANTA ROSA RELAYS                      Santa Rosa

100m High Hurdles: 1st Place, Stella Edwinson    13.7

440 Yd. Relay: 2nd Place    54.6  
(Otto-Luzzi-Edwinson-Sakelarios)

One Mile Relay: 2nd Place    4:23.4  
(Scott-Brucker-Sakelarios-Edwinson)

1,500m Run: 1st: Chris Sakelarios    5:15.3  
                  2nd: Mercedes Brucker    5:23.8

March 25, 1978                      SANTA BARBRA RELAYS                      Santa Barbara

Mile Run: 8th: Merci Brucker    5:22.1  
                  11th: Chris Sakelarios 5:32.9

April 1, 1978                      DIABLO VALLEY COLLEGE EASTER RELAYS                      Concord

3,000m Run: 4. Mercedes Brucker    11:11.1  
                  7. Chris Sakelarios    11:18.0

400m Low Hurdles: 5th: Vera Otto    72.3

Discus: 8th: Liz O'Conner    144'4"

April 8, 1978                      CSM NOR-CAL INVITATIONAL                      San Mateo

100m High Hurdles: 1st: Stella Edwinson    14.7

1,500m Run: 7th: Mercedes Brucker    5:03.0

400m Low Hurdles: 3rd: Vera Otto    71.6

3,000m Run: 7th: Chris Sakelarios    11:19.2

April 14, 1978                      BAKERSFIELD RELAYS                      Bakersfield

800m Run:  
Rated Section: 6th: Vera Otto    2:33.4

Shot Put:  
Rated Section: 3rd: Liz O'Conner    31'0"

1,500m Run:  
Invitational Section: 6th: Mercedes Brucker    4:58.0

100m High Hurdles:  
Invitational Section: 1st: Stella Edwinson    15.0

Rated Section: 6th: Joye Scott    22.6

400m Low Hurdles:  
Invitational Section: 2nd: Stella Edwinson    64.2

"THE BIG MEETS" continued:

Bakersfield Relays, Cont.

Discus:

Invitational Section: 3rd: Liz O'Conner 133'6"

Javelin:

Invitational Section: 6th: Denise Bangert 109'10"

April 28, 1978

G.G.C. FINALS

Hayward

Discus: 3rd: Liz O'Conner 110'6"

Javelin: 4th: Denise Bangert 109'10"

Shot Put: 4th: Liz O'Conner 32'1"

440 Yd. Relay: 3rd: 54.7  
(Otto-Luzzi-Bry-Edwinson)

100m Dash: 6th: Sharon Bry 14.2

1,500m Run: 5th: Mercedes Brucker 5:00.2  
7th: Mary Bland

3,000m Run: 6th: Chris Sakelarios 11:16.5

400m Low Hurdles: Stella Edwinson 1st: 64.2

May 19, 1978

NOR-CAL FINALS

San Jose

Javelin: 7th: Denise Bangert 108'3" (155'9" in trials)

1,500m Run: 8th: Mercedes Brucker 4:57.2

100m High Hurdles: 1st: Stella Edwinson 14.58

400m Low Hurdles: 1st: Stella Edwinson 61.53

3,000m Run: 9. Chris Sakelarios 11:20.0

May 26, 1978

CALIFORNIA STATE MEET

Bakersfield

100m High Hurdles: 1st: Stella Edwinson 14.89

400m Low Hurdles: 2nd: Stella Edwinson 62.8

# TRACK AND FIELD



1978