

REGIONAL CALIFORNIA CONFERENCE COLLEGE TRACK & FIELD CHAMPIONSHIPS at DENVER COLORADO

March 18, 1979

Weather- warm

Women's Results

First four finishers in lane races (through 800 meters and both relays) and first six finishers in all other events qualify for state finals Saturday, May 26, at Redwoodlands.

(State meet starts at 3:00 p.m. with women's field events, 6:45 p.m. track events).

400 M

1. Henri Jones	Monterey	1:36.49	Glendale - 1:50 <sup>1</sup> / <sub>4</sub>
2. Robert Sandry	Foot Hill	1:39.00	Ventura - 1:33 <sup>1</sup> / <sub>11</sub>
3. Kim Wickliffe	Paft	1:35.11	Compton - 1:23 <sup>1</sup> / <sub>11</sub>
4. Carol Alcock	Yuba	1:37.11	
5. Lynn Harrison	Diablo Valley	1:38.97	
6. Heidi Mitchell	San Jose	1:36.47	
7. Debbie Dawson	Imble	1:31.93	

400 Relay

1. Alameda	47.25	Compton - 46:02
(Heidi McKee, Kathy Lynsford, Hollyann Smith, Debbie White)		
New North-Cal West record - old record 47.9 Alameda, 1976		
2. San Jose	47.59	El Camino - 46:25
(Debra Deapton, Eloise Mallory, Tina Gibbs, Joclyn West)		
3. Ukiah	48.57	Pasadena - 49:01
(Dot Ramirez, Kellie, Shreve, Michele Torquist, Ann Perry)		
4. Fresno	48.59	
(Kerita Walker, Diana Macias, Kim Wooten, Carrie Johans)		
5. Santa Rosa	49.14	
6. Sequoias	49.6	
7. Monterey	49.7	

800 M

1. Roxanne Espersen	Fresno	1:38.07	Glendale - 1:44 <sup>1</sup> / <sub>4</sub>
2. Cecilia Sernaival	Merced	1:38.22	O.C. - 1:36 <sup>1</sup> / <sub>3</sub>
3. Wendy Robinson	Butte	1:37.07	BARB - 1:26 <sup>1</sup> / <sub>1</sub>
4. Lynn Hunter	Paft	1:31.27	
5. Sharon Hart	Daluz	1:29.02	
6. Lori Wilson	Merced	1:22.48	
7. Lauri Jones	Monterey	1:22.13	
Pauline White	Los Angeles	1:22.13	

800 Relay

New North-Cal West record - old record 1:03 3/4 D. Jeffrey, Sequoias 1976

1. Hollyann Smith	Alameda	1:01.17	South Westport 1:06 <sup>1</sup> / <sub>2</sub>
2. Donna Hunschock	Butte	1:00.57	El Camino - 1:06
3. Michele Torquist	Merced	1:00.17	Compton - 1:02
4. Delgracia Green	Central Costa	1:00.17	
5. Donna Huff	Santa Rosa	1:00.17	
6. Jodie White	Merced	1:00.17	
7. Debbie Wick	Foot Hill	1:00.17	

1500 METERS

1. Pam Bowers ✓ (New North-Cal Meet record)	West Valley	4:37.6	CITRUS - 4:36.7 - 1
	West Valley, 1978)		
2. Sabrina Peters	Monterey	4:37.7	Glendale - 4:41.6 - 4
3. Anna Wetherspoon	West Valley	4:43.1	BARER - 4:47.2
4. Kathy Perkins	West Valley	4:44.9	
5. Suzanne Blevins	Diablo Valley	4:45.9	
6. Connie Hester	Fresno	4:45.0	
7. Pending film review			

110 METER HURDLES (head wind .62 meters/sec.)

1. Diana Macias	Fresno	14.5	S.W. - 14.52
2. Karen Kendall	Sierra	14.8	S.W. - 14.99
3. Liz Robinson	Antelope Valley	15.0	
4. Jamie Blake	Chabot	15.0	O.C. - 15.04
5. Donna Humerlack	Butte	15.2	
6. Nancy O'Connell	West Valley	15.5	

100 METER DASH (Head wind 2.5 meters/sec.)

1. Debbie White (New North-Cal Record)	Alameda	11.83	El CAMINO - 11:90
	Alameda, 1978)	12.19	COMPTON - 12:03
2. Tina Gibbs	San Jose	311.96	West L.A. - 12:39
3. Eloise Mallory	San Jose	12.02	
4. Donna Carley	American River	12.13	
5. Celeste Martyn	Cucaba	12.21	
6. Della Hampton	San Jose	12.31	

800 METERS

1. Tamy Gonzalez	Monterey	2:14.66	CITRUS - 2:09.72
2. Luann Park	Butte	2:15.46	Glendale - 2:16:41
3. Pam Barers	West Valley	2:16.31	MOORPARK - 2:16:57
4. Suzanne Blevins	Diablo Valley	2:16.76	
5. Dianna Pappas	Yuba	2:18.56	
6. Connie Hester	Fresno	2:19.5	
7. Serena Domingues	Fresno	2:21.0	

400 METERS

1. Teresa Philopona (New North-Cal record)	Santa Rosa	55.27	MT. SAC - 56.43
	old record Teresa Philopona,	55.4	OR 1979)
2. Arlene Van Warmerdam	Delta	56.11	VONNUM - 56:45
3. Joselyn West	San Jose	56.69	
4. Diana Macias	Fresno	57.23	S.B. 57.66
5. Gwen Kennedy	Skyline	57.34	
6. Donna Kesterson	Yuba	58.40	

100 METRE LONG JUMPS

1. Debra Lunaticzek	Butte	31:02.63	1 O.C. - 61.6
2. Nancy O'Connell	West Valley	1:03.17	
3. Kathy Honnanz	West Valley	1:03.19	2 S.W. - 62.3
4. Jackie Bartolo	Santa Rosa	1:03.97	LA - 64.0
5. Stephanie Patcliffe	Chabot	1:04.06	
6. Cathy Thurber	Sierra	1:05.26	
7. Ariane Van Marwarden	Delta	1:07.10	

200 METRES

(Head wind 2.2 meters/sec. over allowable, no record)

1. Debbie White	Alameda	1 24.11	2 El CAMINO - 24.52
(New North-Cal record -	old record	Viola Johnson 24.57, Alameda, 1970)	
2. Tina Gibbs	San Jose	2 24.59	5 MT SAC - 24.97
3. Eloise Mallory	San Jose	2 24.74	
4. Della Hampton	San Jose	25.11	6 N.L.A. - 25.40
5. Teresa Philopona	Santa Rosa	25.76	
6. Jean McDaniel	Sacramento	25.86	
7. Ora Perry	Modesto	25.92	

500 FT

1. Deane Erickson	Shasta	1 41" 2 1/2"	~44'0 - Glendale
(New North-Cal record -	old record	Kathy Kuchta 44" 2", Hartnell, 1970)	
2. Betty Paulock	Delano	4 39" 10 1/2"	40'3 - ORANGE CONST 3
3. Heidi Mitchell	San Jose	5 39" 6 3/4"	39'4 1/2 -
4. Wendy Robinson	Butte	39" 3 3/4"	
5. Roxanne Kasparian	Fresno	39" 1/2"	
6. Sandy Bliss	Modesto	38" 9"	
7. Laurel Jones	Monterey	37" 5 1/2"	

1000 FT

1. Deanne Neff	Santa Rosa	5:10	El CAMINO - 6'
(New North-Cal record -	old record	Natalie Vogel 5:17", Delano, 1970)	
2. Lisa Bordenkircher	Butte	5:18	CYRUS 5'6"
3. Karen Richards	Delano	5:22	BARF - 5'6"
4. Cathy Matthews	Monterey	5:22	
5. Heidi Hemerson	Sacramento	5:10	
6. Shelly Craig	Delano	5:10	

MILE RELAY

1. San Jose 3:52.14  
 ( Elcise Mallory, Della Hampton, Tina Gibbs, Joclyn West )  
New North-Cal Record Old record Chabot 3:55.64 1978  
 (Santa Maria, Stohr, Mateliffe, Honour)
2. Alameda 3:53.37  
 ( Robbie McGree, Kathy Tysruski, Nellwynn Smith, Debbie White)
3. Santa Rosa 3:56.08  
 ( Jackie Boricio, Peggy Rogers, Teresa Philopana, Deanna Neff)
4. Butte 3:56.81  
 (Deanna Hancarlach, Cindy Cook, Lia Bennett, Luanne Park)
5. West Valley 3:57.05
6. Yuba 3:58.26
7. Modesto 4:05.1  
 Sequoias

3000 METERS

- |                    |             |         |
|--------------------|-------------|---------|
| 1. Kathy Perkins   | West Valley | 10:00.6 |
| 2. Sabrina Peters  | Monterey    | 10:00.8 |
| 3. Maria Trujillo  | Hartnell    | 10:09.6 |
| 4. Irene Crowley   | San Jose    | 10:10.2 |
| 5. Karoy Robinson  | Delta       | 10:12.6 |
| 6. Ann Witherspoon | West Valley | 10:23.6 |
| 7. Leann Knedler   | Shasta      | 10:32.4 |

FOOTBALL CALIFORNIA COMMUNITY COLLEGE TRACK & FIELD CHAMPIONSHIPS at DIABLO VALLEY COLLEGE,

Pleasant Hill - Friday, May 18, 1979

Weather - warm

MENS RESULTS

First four finishers in lane races (through 800 meters and both relays) and first six finishers in all other events qualify for state finals Saturday, May 26, 1979 at Eakersfield

(State meet starts at 3 p.m. with women's field events; 6:05 p.m. track events.)

Hammer Throw (non-scoring) first six qualify to state

- |  |                                  |
|--|----------------------------------|
| 1. Tim Bennett (Fresno) 141-7 (establishes meet record, new event) |                                  |
| 2. Steve Schovitt (Chabot) 127-11                                  | Alternates:                      |
| 3. Mike Ganger (Cosumnes) 127-4                                    | 7. Lee Carbonaro (De Anza) 109-7 |
| 4. Larry Delaguan (Fresno) 125-6                                   | 8. Nick Byers (Cosumnes) 90-9    |
| 5. Tim Whomson (De Anza) 123-9                                     |                                  |
| 6. Steve Lanza (De Anza) 117-2                                     |                                  |

10,000 METER RUN (Run during the trials - Delta College May 11, 1979)

- |                  |               |                     |
|------------------|---------------|---------------------|
| 1. Paul Sechrist | San Jose City | 31:16.7             |
| 2. Larry Jimas   | DeAnza        | 31:18.6             |
| 3. Greg Lanto    | West Valley   | 31:59.8             |
| 4. Kurt Oraves   | West Valley   | 32:02               |
| 5. Cal Detunen   | San Jose      | 32:36.9             |
| 6. Mike Panell   | CCSF          | 32:59.3             |
| 7. Mike Milli    | Skyline       | 33:27.5 Non Scoring |

5000 METER RUN

- |                       |                 |        |
|-----------------------|-----------------|--------|
| 1. Mike Dyer          | West Valley     | 9:17.6 |
| 2. Ricardo Vargas     | Hartnell        | 9:30.2 |
| 3. Brian Turner       | Alameda         | 9:31.6 |
| 4. Kevin Jones        | Santa Rosa      | 9:33.2 |
| 5. Brent Cushmanberry | American River  | 9:47.4 |
| 6. Stan Winkley       | Modesto         | 9:47.6 |
| 7. Jack Howell        | Antelope Valley | 9:48.2 |

400 METER RELAY

- |   |       |
|---|-------|
| 1. SAN JOSE CITY  | 40.99 |
| Tim Foster-Audre Phillips-Dyron Carmichael-Willie Jackson |       |
| 2. SANTA ROSA   | 41.32 |
| Humphrey Barrett-Jim Flores-Nicky Jackson-Chris Whitlock  |       |
| 3. HARTNELL   | 41.48 |
| Rod Blakeney-Chil Frask-Claude Grady-Mike Folleta         |       |
| 4. PLACER   | 41.68 |
| Willie Moore-Rene Scott-Alan Williams-Terry Flanagan      |       |
| 5. CALIFORNIA RIVER                                       | 41.72 |
| 6. SAN JOSE STATE   | 41.83 |

1500 METER

1. John Day	Monterey	3:47.7
(New-Cal Heat Record, Old Mark 3:48.3, Bob Deis, American River, 1976)		
2. Dan Navarro	Sierra	3:48.0
3. Vernon Gillas	Chabot	3:49.2
4. Swift Kutepa	Sequoias	3:54.4
5. Jim Christensen	Monterey	3:55.4
6. Jacob Candelaria	Herritt	3:55.8
7. Greg Hitchcock	Sierra	3:57.0

800 METER

1. Jeff Voorhees	Santa Rosa	58 <sup>07</sup> 1/2"
2. Mike Smith	San Mateo	53 <sup>05</sup> 1/4"
3. Ron McKee	San Jose	52 <sup>04</sup> 1/4"
4. Randy O'Rourke	American River	51 <sup>01</sup> 1/4"
5. Chris Corenson	Santa Rosa	50 <sup>05</sup> 1/4"
6. Tom Herle	Fresno	49 <sup>03</sup> 1/4"

400 METER

1. Kerry Myers	Alameda	6 <sup>0</sup> 10"
2. Mike Edwards	Merced	6 <sup>0</sup> 10"
3. Phil Chapman	Yuba	6 <sup>0</sup> 10"
4. Erik Johannessen	Shasta	6 <sup>0</sup> 10"
5. Joel Wyrick	San Jose	6 <sup>0</sup> 10"
6. Brian Towel	American River	6 <sup>0</sup> 8"
7. Jerry Hawkins	Butte	6 <sup>0</sup> 8"

400 METERS

1. Chris Whitlock	Santa Rosa	46.94
2. Joel Ngetich	Foothill	47.02
3. Pat Croft	Los Medanos	47.67
4. James Bradley	Cosumes	47.91
5. Eddie Carey	Butte	48.25
6. Jeff Garrett	Los Medanos	48.36
7. Cleve Prince	Foothill	

110 METER HIGH HURDLES (Aiding Wind 1.1 Meters/Second, OK)

1. Malcolm Dixon	Foothill	14.0	14.33	(Establishing electrically timed heat record)
2. Bill Patterson	Contra Costa	14.2	14.37	
3. Andre Phillips	San Jose	14.3	14.47	
4. Bryan Carmichael	San Jose	14.3	14.49	
5. Greg Parajana	Butte	14.4	14.61	
6. Claude Grady	Hartnell	14.5	14.62	
7. John Kennedy	San Jose	14.7	14.73	

100 METER DASH (Head Wind 1.5 Meters/Second)

1. Willie Jackson	San Jose	10.47
2. Chris Bailey	Sacramento	10.56
(ie) Tim Foster	San Jose	10.56
4. Phil Trusk	Hartnell	10.62
5. Victor Trapps	Alameda	10.64
6. Renee Scott	Fresno	10.74

200 METERS

1. Vernon Hallow	Chabot	1:50.28
2. Pat Holcombe	San Jose	1:50.92
3. Larry Gonzales	Sequoias	1:51.39
4. Rocky Weidnerberger	American River	1:51.62
5. Antone Shired	Santa Rosa	1:51.66
6. Reggie DeRosa	San Jose	1:52.37

1000 YARD

1. Paul Bates	Alameda	24:10 1/2"
2. Gerald Wilhite	American River	24:19 1/4"
3. Willie Alexander	Fresno	24:13"
4. Gary Wippler	DeAnza	23:12 1/2"
5. Mike Heinz	Chabot	23:12"
6. Tim Golonek	Shasta	23:11 1/4"
7. John Rosinski	San Mateo	22:10 1/2"

400 INTERNATIONAL HURDLES

1. Andre Phillips	San Jose	51.03
2. Greg Marjama	Butte	52.55
3. Mark Stryker	Santa Rosa	52.76
4. David Jackson	Cosumnes	53.64
5. Curtin Bells	Hartnell	54.06
6. Steve Blagdon	Chabot	54.2 HR

200 F. FUM (Aiding Wind 2.10 meters/second, over limit)

1. Willie Jackson	San Jose	20.92
2. Phil Trask	Hartnell	21.28
3. Rene Scott	Fresno	21.45
4. Victor Trapps	Alameda	21.52
5. Gerald Wilhite	American River	21.87
6. Rod Morris	American River	21.89
7. Wendell McNeal	Herritt	22.63

JAVELIN

1. Dave Rider	San Mateo	218'5"
2. Steve Rolier	Skyline	208'8"
3. Jasmeel Singh	Sequoias	204'7"
4. Chris Hurtbess	Santa Rosa	199'3"
5. Tom Peterson	Hartnell	199'1"
6. Neil Sheppard	Foothill	191'9"
7. Kevin O'Neilly	Fresno	191'0"

1000 YARD

1. Brian Binau	San Jose	15:16"
2. Ross McAlexander	DeAnza	15:16"
3. Greg Cox	Antelope Valley	14:16"
4. Jeff Kitta	West Valley	14:16"
5. Kris Reuter	Sierra	14:16"
6. Bruce Collett	Chabot	14:16"