

1979 final Central Coast Section top Track & Field marks

BOYS

100 YARDS

9.56 Bill Green (Cubberley)
 9.87n *Carl Montgomery (South San Francisco)
 10.01n Stan Mitchell (Lynbrook)
 9.8 Art Nicholson (Menlo-Atherton)
 Mike Thompson (Branham)
 10.06n Terry Brown (Salinas)
 10.07n Troy Christy (Del Mar)
 Many tied at 9.9

Wind-aided

9.6 Art Nicholson (Menlo-Atherton)
 9.8 Flowers (Milpitas)

220 YARDS

21.0 Bill Green (Cubberley)
 21.68 *Carl Montgomery (South San Francisco)
 21.81n Art Nicholson (Menlo-Atherton)
 21.6 Tony Harris (Independence)
 21.8 Stan Mitchell (Lynbrook)
 21.9 Alan Tucker (Monterey)
 Gil Pacaldo (St. Ignatius)
 Ernest Bonner (Seaside)
 22.0 **Anthony Toney (North Salinas)
 22.39n *Bobby Lister (Mt. Pleasant)

Wind-aided

21.4 Tony Harris (Independence)
 22.0 Sterling (Silver Creek)

440 YARDS

46.73 Bill Green (Cubberley)
 47.74n Art Nicholson (Menlo-Atherton)
 48.3 Tony Harris (Independence)
 48.6n Chris Fank (Gunn)
 48.8n **Reggie Grimes (Hill)
 49.3n Bert ~~XXXXXXXX~~ McCracken (Buchser)
 49.76n Robert East (Soquel)
 *Kelvin Collins (Monterey)
 49.9 Jack Creedon (Cupertino)
 Diaz (Jefferson)
 n Cary (Westmont)

880 YARDS

1:55.3 *Benny Trujillo (Gilroy)
 1:55.5 Kurt Larcher (Westmoor)
 1:55.8n **Ed O'Neal (Independence)
 1:56.1n Jim Hudson (Mills)
 1:56.3n Mike Garcia (Gilroy)
 1:56.4n Art Lemos (Bellarmine)
 1:56.5 *Mario Springer (Mtn. View)
 1:56.7 *Paul Marquez (Ayer)
 **Al Miller (Palma)
 1:56.8 Dennis Maloney (Leigh)

MILE

4:16.3 *Fernando Balderas (San Jose)
4:16.8n Dennis Maloney (Leigh)
4:17.9n Rick Ifland (Soquel)
4:18.5n *Ken Bergkamp (Leigh)
4:19.0n Danny Ramirez (Yerba Buena)
4:19.4n *Paul Marquez (Ayer)
4:20.0n *Benny Trujillo (Gilroy)
4:21.5 *Kevin O'Connor (Carlmont)
4:22.3n *John Hoch (Menlo-Atherton)
4:23.8 **Angel Vasquez (Watsonville)
*Mario Springer (Mtn. View)

2-MILE

9:13.3 *Fernando Balderas (San Jose)
9:14.3n John Rebao (Santa Cruz)
9:15.1n *Kevin O'Connor (Carlmont)
9:17.0n Scott Cooper (Willow Glen)
9:17.1n *Benny Trujillo (Gilroy)
9:18.2n *Felix Soto (Mt. Pleasant)
9:21.2n Danny Hernandez (Independence)
9:21.3n Ken Mellquist (Carlmont)
9:22.9n *John Hoch (Menlo-Atherton)
9:24.5n ***Bryan Carroll (Los Altos)

120 HIGH HURDLES

14.1 Eric McPherson (Mt. Pleasant)
14.3 Jim Walker (Aragon)
14.4 Jim Swain (Carlmont)
14.5n Mike Chukes (Santa Teresa)
n Leonard Robinson (Yerba Buena)
Kevin Bradley (Campbell)
14.6 *Joe Hicks (North Salinas)
Phil Whyte (Seaside)
14.7n Steve Woodson (Menlo-Atherton)

Wind-aided

14.4 Mike Chukes (Santa Teresa)
14.5 Tabby Davenport (Jefferson)

330 LOW HURDLES

37.6+ Jim Swain (Carlmont)
37.85 Jim Walker (Aragon)
37.88n Terry Smith (Cubberley)
37.9n Karl Broussard (St. Francis)
38.3 Chris Cooke (Cubberley)
Danny Magno (Watsonville)
38.4 Mike Chukes (Santa Teresa)
38.5 Eric McPherson (Mt. Pleasant)
38.6n Sean Daley (Los Gatos)
38.7 Kevin Bradley (Campbell)
n Steve Moore (Westmont)
n Chris Campana (Woodside)

4 x 110 YARDS

42.07	Cubbereley
42.4	Lynbrook
42.67n	Monterey
42.77n	Mt. Pleasant
42.99	Menlo-Atherton
43.0	Independence
43.1	South San Francisco
43.2n	Silver Creek
n	Gunn
43.3	Westmont.

4 x 440 YARDS

3:17.7n	Cubberley
3:23.0	Independence
3:23.6n	Mt. Pleasant
3:24.4n	Buchser
3:25.8n	Carlmont
3:26.0	Gunn
3:26.4	Gunderson.
3 +	Seaside
3:26.5n+	Monterey
3:26.6	Riordan
n	Watsonville

HIGH JUMP

6-10 $\frac{1}{4}$	*Joe Hicks (North Salinas)
6-10	Mesha Spivey (Woodside)
	*Dan Iliff (Palma)
6-8 $\frac{1}{2}$	Jeff Stuart (Gunn)
6-7	*Tim Crudo (St. Ignatius)
6-6 $\frac{1}{2}$	Rocca (Live Oak)
6-6	Tim Johnson (Piedmont Hills)
	Lewis Ward (Hill)
	Young (Serra)
	Lopez (Riordan)

POLE VAULT

15-6	*Gweg Ellis (Menlo-Atherton)
15-3	*D.J. Bahl (Awalt)
15-0	Mike Kenison (Mills)
14-8	*Warren Jaques (Del Mar)
14-7	*Robert Crumpler (Menlo-Atherton)
14-6 $\frac{1}{4}$	**Mitch Norris (Del Mar)
14-6	Marc Hazel (Buchser)
	*Bill Cotton (Los Gatos)
	Rich Nemeth (Los Gatos)
	*Alan Janke (Ayer)

LONG JUMP

23-8 3/4 Steve Bruce (Menlo-Atherton)
 23-1 3/4 *Ralph Lumactod (Buchser)
 23-0 1/2 Adam Haysbert (San Mateo)
 22-9 1/2 Trevor Ngai (Peterson)
 22-7 3/4 Gradnigo (Independence)
 Fletcher (Sunnyvale)
 22-7 1/2 Chris Lundy (Independence)
 22-7 1/4 Tim Thompson (Carlmont)
 22-6 3/4 Dondi Skinner (Lick)
 22-4 1/2 Chris Norwood (Seaside)

Wind-aided

23-4 *Ralph Lumcatod (Buchser)
 23-3 1/2 Trevor Ngai (Peterson)
 22-8 1/4 Dondi Skinner (Lick)
 Tim Thompson (Carlmont)

TRIPLE JUMP

48-8 1/2 Myron Porter (Willow Glen)
 48-0 1/2 Tim Thompson (Carlmont)
 47-7 *Greg Marshall (Mt. Pleasant)
 46-10 **Donnie Sample (Yerba Buena)
 46-9 Phil Whyte (Seaside)
 46-7 1/4 *Kelvin Collins (Monterey)
 46-6 1/2 Munoz (Campbell)
 46-5 1/2 Don Franks (Serramonte)
 46-3 1/4 Marcus Bass (Del Mar)
 46-1 3/4 Gradnigo (Independence)

Wind-aided

46-10 1/2 Gradnigo (Independence)
 46-6 1/4 Marcus Bass (Del Mar)

SHOT PUT

61-10 Steve Aimonetti (Campbell)
 60-1 Jim Krueger (Los Altos)
 57-8 Chris Morton (Menlo School)
 56-11 3/4 Rick Weyers (Awalt)
 56-10 Tim Small (Cupertino)
 56-7 Bob Fontana (Saratoga)
 55-6 Jack Cremen (St. Ignatius)
 55-3 3/4 Dean Paleologos (Woodside)
 55-1 1/4 *Rey Mendizabal (Guderson)
 55-0 *Ray Bellantoni (Del Mar)

DISCUS

189-2 Steve McEnroe (Seaside)
 175-5 Greg Horn (Cupertino)
 174-5 Rick Weyers (Awalt)
 172-6 Ben Adley (Riordan)
 171-10 *David Nagengast (Del Mar)
 **Henry Hall (Westmoor)
 168-5 *Dave Cowell (Gunn)
 167-10 **Jim Dewerk (Gunn)
 167-9 Tim Small (Cupertino)
 166-0 *Rey Mendizabal (Gunderson)

GIRLS

100 YARDS

10.9 *Lola Rockwell (Gunn)
 11.19n **Sheila Greene (Hill)
 11.0 ***Joanne Jacobs (Lick)
 11.29n **Rhonda Robinson (San Carlos)
 11.1 Annette Snyder (Camden)
 11.42n *Val Milligan (Carlmont)
 11.2 Jackie Hendy (Wilcox)
 n Donahue (Los Gatos)
 n ***Felicia Smartt (Silver Creek)
 Regina Lambert (Salinas)
 Vanessa Woods (Jefferson)

Wind-aided

10.5 Vanessa Woods (Jefferson)
 11.1 **Kerry Lauer (Terra Nova)
 11.2 Ginny Giammona (Santa Teresa)
 Thompkins (Hill)

220 YARDS

25.03 Vanessa Woods (Jefferson)
 25.23n **Rhonda Robinson (San Carlos)
 25.1+ Marquita Belk (~~XXXXXXXXXXXX~~Live Oak)
 25.3 **Sheila Greene (Hill)
 n ***Joanne Jacobs (Lick)
 25.5n DEE Dee Gladney (San Mateo)
 25.6 ***Sherrill Miller (Fremont)
 n Brenda Brewer (Hillsdale)
 25.7 *Lola Rockwell (Gunn)
 25.8 *Val Milligan (Carlmont)
 Pounds (Live Oak)
 n ***Anita Bolton (Hill)

Wind-aided

25.2 ***Dana Edwards (Silver Creek)
 25.3 ***Sherrill Miller (Fremont)
 25.6 *Val Milligan (Carlmont)

440 YARDS

55.0+ Marquita Belk (Live Oak)
 56.79 ***Sherrill Miller (Fremont)
 56.85n Vanessa Woods (Jefferson)
 56.96n Ann Regan (Camden)
 57.76n ***Anita Bolton (Hill)
 57.9 Rose Blake (Oak Grove)
 58.0 **Paula Foianini (Carlmont)
 58.2 Jackie Hendy (Wilcox)
 58.35n Margaret Demorest (Buchser)
 58.5n *Linda Jungsten (Carlmont)

880 YARDS

2:09.0 Ann Regan (Camden)
 2:11.9n **Tracy Weber (Lynbrook)
 2:12.6n ***Maria King (Ayer)
 2:16.5 **Paula Foianini (Carlmont)
 2:16.6n+ Diane Figliomeni (Saratoga)
 2:17.0n Anne Hamilton (Capuchino)
 2:17.8n Caron Choy (Salinas)
 2:17.9n ***Sherrill Miller (Fremont)
 2:18.0 *Tiffany Choy (Salinas)
 2:18.7n **Kerry Brogan (Los Altos)

MILE

4:51.7n **Tracy Weber (Lynbrook)
 4:57.5n *Roxanne Bier (Independence)
 4:58.5n **Kerry Brogan (Los Altos)
 5:04.4 Ann Regan (Camden)
 5:05.0n ***Maria King (Ayer)
 5:05.2n *Amy Harper (Prospect)
 5:05.8 Anne Hamilton (Capuchino)
 5:09.6n **Aida Stearns (Silver Creek)
 5:16.1n **Linda Thomas (Gunderson)
 5:16.4 *Tiffany Choy (Salinas)

2-MILE

10:33.3 *Roxanne Bier (INdependence)
 10:48.7n **Kerry Brogan (Los Altos)
 10:57.9n *Amy Harper (Prospect)
 11:03.1n Anne Hamilton (Capuchino)
 11:03.3n Becky Schmidt (Half Moon Bay)
 11:03.8n ***Karen Devine (Westmont)
 11:15.0 **Tracy Weber (Lynbrook)
 11:24.3n **Penny Goldthorpe (Half Moon Bay)
 11:27.1n Terry Schneider (Santa Cruz)
 11:31.9n ***Linda Van Housen (Woodside)

100 LOW HURDLES

14.39 *Mary Crevelt (St. Francis)
 14.59n Veronica Soto (Gilroy)
 14.66n Terri Bowlds (Peterson)
 14.94n Kathy Reimann (Saratoga)
 15.06n U'Rainnah Broussard (Independence)
 15.22n Liz Otto (Carlmont)
 15.1 Maragaret Demorest (Buchser)
 n O'Brien (Monta Vista)
 15.2 Janet Harman (Awalt)
 n *Trisha King (Menlo-Atherton)
 n Luttrell (San Carlos)
 n Lewis (Gunn)

4 x 110 YARDS

48.72 Fremont
49.1 Hill
49.44n Carlmont
49.5n Sequoia
49.5 Salinas
49.8n Silver Creek
49.9 Los Gatos
50.13n Leland
50.17 Mt. Pleasant
50.1n Camden

4 x 440 YARDS

3:56.0 Carlmont
4:00.1n Sequoia
4:00.2n Camden
4:02.3n Branham
4:02.6n Saratoga
4:03.9n Westmont
4:04.1n Soquel
4:04.6 Fremont
4:05.2n San Mateo
4:05.9n Silver Creek

HIGH JUMP

5-9 *Trisha King (Menlo-Atherton)
5-8 Kathy Raugust (Salinas)
5-7 *Angela Phifer (Independence)
**Karen Robinson (Fremont)
5-6 Wendy Craig (Monta Vista)
*Dana Davidson (Lynbrook)
U*Rainnah Broussard (Independence)
5-5½ Sally Riggle (Westmont)
5-4 Walker (Fremont)
Julie Hauck (Pioneer)
Debby Arana (Terra Nova)

LONG JUMP

19-6½ **Sheila Greene (Hill)
19-4¼ *Lola Rockwell (Gunn)
18-9½ Lori Costello (El Camino)
18-8 **Kristy Campbell (Lynbrook)
18-5 *Angela Phifer (Independence)
18-4 Melanie Campbell (Del Mar)
18-3 Beborah Witt (Seaside)
17-8 Veronica Soto (Gilroy)
Janet Harman (Awalt)
17-7 Terri Bowlds (Peterson)

Wind-aided

18-2 Terri Bowlds (Peterson)

45-2 3/4 Susan Springer (Salinas)
 44-7 1/4 Jodie Barker (Sequoia)
 41-8 Geraldine Thompson (Campbell)
 39-5 *Deanna Ramirez (Hill)
 39-4 1/2 Diana Bishop (Los Altos)
 38-11 Jernigan (Independence)
 38-8 1/2 Jill Crisler (Gunn)
 38-7 Pierce (Camden)
 38-6 1/2 Patti McGuire (San Lorenzo Valley)
 38-6 Karen Woodbeck (Cupertino)

DISCUS

148-5 Susan Springer (Salinas)
 144-5 Karen Woodbeck (Cupertino)
 135-1 Julia Bergman (Monta Vista)
 128-7 Jodie Barker (Sequoia)
 125-6 Diane & Stasio (Homestead)
 122-6 Chris Radel (Mills)
 121-10 Kim Pianavilla (Santa Cruz)
 120-7 ***Stephanie Townsel (Silver Creek)
 119-9 Pam Johnston (Menlo-Atherton)
 119-6 Oswalt (Los Gatos)

NOTE:

n--denotes non-winning time

+-denotes time converted from metric equivalent (in 220, 440 and 880 yards races and 110 LH, 120 HH and 330 LH races)

Times in hundredths are fully-electronic and are placed with their corresponding hand-time equivalents. In races of 880 yards and up, fully-electronic times are rounded up to the next tenth. Fully-electronic times in ~~hundred~~ thousandths are rounded up to the next hundredth (in races of 440 yards and below). Fully-electronic times in races of 330 yards or more are placed 0.14 seconds higher to meet their hand-time equivalent; races under 330 yards are placed 0.24 seconds higher.

Marks of ineligible athletes are included (as per Track & Field News rules) and likewise marks of athletes in non-high school sanctioned meets are also included.

List doesn't include marks made after the state meet, although athletes have until August 31, 1979, which marks the end of the season.

Included in the list are marks made since September 1, 1978 and therefore includes times run in the National 2-mile Postals and winter all-comer meets.

Indoor marks are not included; this is an outdoor list.