

(State CIF Championships, Cont'd...) ...Soto/Gil 14.60); 440R: Westchester-LA 47.19, Cordova 48.45, 4-Edison/Stktn 48.65, 5-Tamalpais 48.72, 6-El Cerrito 50.35, 7-Northgate nt (Berkeley DNF - did not complete pass) (Heats: Berkeley 46.58, Skyline-Oklid 48.48, Northgate 48.12, Tamalpais 48.64, Casa Robles 48.66, Fremont-Snyvie 48.91); MileR: San Gorgono 3:44.1 (NR), 3-Berkeley 3:55.9, 4-Carlmont 3:58.5, NP-Tamalpais nt (Heats: Tamalpais 4:00.3, Miramonte 4:00.6, Berkeley 3:55.7)...Note--San Gorgonio's winning team is composed of the 4 Howard sisters!; HJ: Alston/Chico 5-9, 3-King/M-A 5-9, 4-Lysaght/SFran 5-8, 5-Peters/NG 5-8, 6-Van Zeeland/Aca 5-7, 8-Hamilton/Beyer 5-7 (Qual: all at 5-7); HJ: Loud/Wstch 20-4½, 3-McLaughlin/Davis 19-1 3/4, 6-Sanders/Berk 18-7¼, 9-Nicks/Ells 17-2½ (Qual: McLaughlin 19-1½, Nicks 18-10); SP: Ray/VP 49-6½, 4-Barker/Seq 44-7¼, 5-Springer/Sal 44-6½, 7-Toman/AV 42-11 (Qual: Toman 43-0); DT: Denis/Grid 167-1 (NR), Read/Alam 147-3, Springer/Sal 145-8, Magnone/Atw 136-1, 6-Woodbeck/Cup 135-3, 8-Carlson/Mir 130-1, 9-Johnson/PH 124-11, 10-DeShoo/Wash 124-8 (Qual: Carlson 135-6, DeShoo 130-3, Johnson 126-11½). /Keith Conning/



(L) Tom Downs joined Rob Wentworth in the sub-9:00 club as he finished second in the CIF 2-Mile. (R) Three of NorCal's top 880 preps are: (1-x) Ann Regan, 2:07.1m, Maria King, 2:12.6, and Tracy Weber, 2:09.7m. /Dave Stook Photos/

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## ● ● ● ● NorCal Prep Rankings ● ● ● ●

(Compiled by Keith Conning) - Here are the 1979 Nor-Cal Prep Bests (by performer), ten deep. Any corrections/additions should be sent directly to Keith at 2235 Browning St., Berkeley 94702. \*\*\* KEY: \* = junior; \*\* = sophomore; \*\*\* = freshman; w = wind-aided; m = meters. Times in hundredths are fully electronic...they have been converted by standard methods for insertion into rankings: 0.24 for 220 & below and 0.14 for 330 & up.

### 100 YARDS

- 9.56 Bill Green (Cubberley, Palo Alto)
- 9.5 Raymond Threatt (Pittsburg)
- 9.6 Derrick Adams (Oakland)
- Ted White (Richmond)
- 9.87 \*Carl Montgomery (So. San Francisco)
- 9.7 Harper (Sacramento)
- Moore (Stagg, Stockton)
- Roy Mosley (Norte Del Rio, Sacramento)
- 9.7w Bowman (Burbank, Sacramento)
- 10.01 Stan Mitchell (Lynbrook, San Jose)

### 220 YARDS

- 21.23 Raymond Threatt (Pittsburg)
- 21.0 Bill Green (Cubberley, Palo Alto)
- 21.64 Fred Williams (Norte Del Rio, Sac'to)
- 21.4 Nathan Williams (Edison, Stockton)
- 21.4w Tony Harris (Independence, San Jose) 21.6
- 21.68 \*Carl Montgomery (So. San Francisco)
- 21.5 Warren (Ceres)
- Ted White (Richmond)
- 21.81 Art Nicholson (Menlo-Atherton)
- 21.6 Roy Mosley (Norte Del Rio, Sacramento)

### 440 YARDS

- 46.73 Bill Green (Cubberley, Palo Alto)
- 47.47 Nathan Williams (Edison, Stockton)
- 47.74 Art Nicholson (Menlo-Atherton)
- 47.9 Kevin Hollins (Sacramento)
- 48.1 Mark Hill (Richmond)
- 48.3 Tony Harris (Independence, San Jose)
- 48.6 \*Mike Barber (Highlands, No. Highlands)
- Chris Fank (Gunn, Palo Alto)
- 48.8 \*\*Reggie Grimes (Hill, San Jose)
- Gregg Thornton (Campolindo, Moraga)

### 880 YARDS

- 1:52.8 \*Vincent Wilkins (Oakland)
- 1:54.6 \*\*Dave Rodrigues (Montgomery, Santa Rosa)
- 1:55.3 \*Mike Barber (Highlands, No. Highlands)
- Benny Trujillo (Gilroy)

- 1:55.4 \*\*Pete Richardson (El Cerrito)
- 1:55.5 Kurt Larcher (Westmoor, Daly City)
- 1:55.6 \*Larry Guinee (Castro Valley)
- \*Pedro Reyes (Jesuit, Carmichael)
- 1:55.8 Ed O'Neal (Independence, San Jose)
- 1:55.9 Andy Howard (Novato)
- Leroy Johnson (Kennedy, Richmond)

### ONE MILE

- 4:11.8 \*Pedro Reyes (Jesuit, Carmichael)
- 4:13.6 Rob Wentworth (Livermore)
- 4:13.7 \*Larry Guinee (Castro Valley)
- 4:13.8 Steve Strangio (Mission San Jose, Fremont)
- 4:15.3 Dave Royal (Petaluma)
- 4:15.4 \*Fernando Balderas (San Jose)
- 4:15.5 Tom Downs (Skyline, Oakland)
- 4:16.8 Dennis Maloney (Leigh, San Jose)
- 4:17.9 Steve Howard (Ukiah)
- Rick Ifland (Soquel)

### TWO MILES

- 8:55.0 Rob Wentworth (Livermore)
- 8:55.7 Tom Downs (Skyline, Oakland)
- 9:04.8 Steve Strangio (Mission San Jose, Fremont)
- 9:11.9 \*\*Jay Marden (Mission San Jose)
- 9:13.3 \*Fernando Balderas (San Jose)
- 9:14.3 John Rembao (Santa Cruz)
- 9:14.6 \*Rich Read (Mission San Jose, Fremont)
- 9:15.0 Dave Royal (Petaluma)
- 9:15.1 \*Kevin O'Connor (Carlmont, Belmont)
- 9:16.0 \*Bret Baffert (San Ramon, Danville)

### 120 HIGH HURDLES

- 13.87 Jim Scannella (San Ramon, Danville)
- 13.9 \*Henry Andrade (Johnson, Sacramento)
- 14.20 Farrell Purcell (Eureka)
- 14.0 \*Don Ward (St. Mary's, Berkeley)
- 14.0w Brennan Redd (Wilson, San Francisco)
- 14.1 Eric McPherson (Mt. Pleasant, San Jose)
- Vince Newsome (Vacaville)
- 14.2 Donald Barrett (El Cerrito)
- 14.3 Daryl Hill (Bishop O'Dowd, Oakland)
- Randy Silva (San Lorenzo)
- Jim Walker (Aragon, San Mateo)
- \*Frank Williamson (Skyline, Oakland)
- 14.3w Ernie Daumas (Galileo, San Francisco)





### 330 LOW HURDLES

- 36.3 \*Henry Andrade (Johnson, Sacramento)  
 Vince Newsome (Vacaville)  
 36.75 Jim Scannella (San Ramon, Danville)  
 37.47 Mark Silva (Casa Robles, Orangevale)  
 37.3 \*Don Ward (St. Mary's, Berkeley)  
 37.4 Donald Barrett (El Cerrito)  
 Randy Patterson (Berkeley)  
 37.6 Scott Barram (Piedmont)  
 37.4m Jim Swain (Carlmont, Belmont)  
 37.85 Jim Walker (Aragon, San Mateo)

### 440 YARD RELAY

- 41.5 Richmond  
 41.94 Norte Del Rio (Sacramento)  
 41.9 Edison (Stockton)  
 Logan (Union City)  
 Pittsburg  
 Vallejo  
 42.05 Sacramento  
 42.07 Cubberley (Palo Alto)  
 42.08 Johnson (Sacramento)  
 42.09 Berkeley

### ONE MILE RELAY

- 3:17.0 Richmond  
 3:17.4 Berkeley  
 3:17.7 Cubberley (Palo Alto)  
 3:19.1 Highlands (North Highlands)  
 3:19.5 Oakland  
 3:20.6 Antioch  
 3:20.7 El Cerrito  
 Pittsburg  
 3:21.1 McClymonds (Oakland)  
 3:21.2 Vallejo

### HIGH JUMP

- 7-0½ Ron Harvey  
 6-10¼ \*Joe Hicks (North Salinas)  
 6-10 \*Dan Iliff (Palma, Salinas)  
 Morris (Johnson, Sacramento)  
 Mesha Spivey (Woodside)  
 \*James Wilson (Hayward)  
 6-9 ¾ Shawn Bentley (Pleasant Valley, Chico)  
 McCoy (Johnson, Sacramento)  
 6-9 Vernall Harris (Marysville)  
 Ray Kent (Armijo)  
 Mike Perine (Downey, Modesto)

### POLE VAULT

- 15-6 \*Greg Ellis (Menlo-Atherton)  
 15-3 \*D.J. Bahl (Awalt, Mountain View)  
 15-0 Mike Kenison (Mills, Millbrae)  
 14-8 \*Warren Jaques (Del Mar, San Jose)  
 Bruce Letner (Modoc, Alturas)  
 14-7¼ Mike Becker (Pittsburg)  
 14-7 \*Robert Crumpler (Menlo-Atherton)  
 14-6 ¾ Peter Mansur (Galt)  
 14-6½ Bennett (South Lake Tahoe)  
 14-6¼ \*\*Mitch Norris (Del Mar, San Jose)

### LONG JUMP

- 24-8 Alonzo Jackson (Oakland)  
 23-8 ¾ Steve Bruce (Menlo-Atherton)  
 23-7½w Jones (Franklin, Stockton) 23-7  
 23-7¼ Darryl Miller (DeAnza, Richmond)  
 23-7 Thompson (Merced)  
 23-6 Jacques Hebert (Skyline, Oakland)  
 23-4 Lashawn Roberson (McClymonds, Oakland)  
 23-4w \*Ralph Lumactod (Buchser, Santa Clara)  
 23-3½w Trevor Ngai (Peterson, Santa Clara)  
 w Mitch Stancil (Lindhurst) 22-4½

### TRIPLE JUMP

- 48-10½ Coy Justice (Logan, Union City)  
 48-9¼ Kevin Dye (Highlands, No. Highlands)  
 48-8½ Myron Porter (Willow Glen, San Jose)  
 48-6 ¾ Gene Underwood (Merced)  
 48-5½ \*Byron Criddle (El Cerrito)  
 48-5w Ivory Small (Tamalpais, Mill Vly) 48-2  
 48-0½ Tim Thompson (Carlmont, Belmont)  
 47-10 Anthony Trammell (Skyline, Oakland)  
 47-8 \*Mike Metoyer (Tamalpais, Mill Valley)  
 47-7 \*Greg Marshall (Mt. Pleasant, San Jose)



### SHOT PUT

- 61-10 Steve Aimonetti (Campbell)  
 60-1 Jim Krueger (Los Altos)  
 58-2 ¾ Cameron Baxter (Folsom)  
 57-8 Chris Morton (Menlo, Menlo Park)  
 57-2½ Beau Babka (Stagg, Stockton)  
 56-11 ¾ Rick Weyers (Awalt, Mountain View)  
 56-10 Tim Small (Cupertino)  
 56-9 Don Boyd (Fortuna)  
 56-7 Bob Fontana (Saratoga)  
 56-0 ¾ Doug Mattern (Piner, Santa Rosa)

### DISCUS THROW

- 189-2 Steve McEnroe (Seaside, Monterey)  
 183-10 Eric Debus (Irvington, Fremont)  
 175-5 Greg Horn (Cupertino)  
 174-5 Rick Weyers (Awalt, Mountain View)  
 174-4 Lamont Hilliard (Lincoln, Stockton)  
 173-1 Dave Troppy (Santa Rosa)  
 172-6 Ben Adley (Riordan, San Francisco)  
 171-10 \*\*Henry Hall (Westmoor, Daly City)  
 \*David Nagengast (Del Mar, San Jose)  
 171-7 Brad Buckman (Lincoln, Stockton)

## — GIRLS —

### 100 YARDS

- 10.6 \*\*Sharon Ware (Berkeley)  
 10.7 Debra Tanner (Skyline, Oakland)  
 11.02 \*\*Tanaya King (Berkeley)  
 10.8 \*Kim Webster (Berkeley)  
 10.9 \*Lola Rockwell (Gunn, Palo Alto)  
 Ward (Hogan, Vallejo)  
 11.19 \*\*Sheila Greene (Hill, San Jose)  
 11.0 Delphina Banks (Holy Names, Oakland)  
 11.0 \*\*\*Joanne Jacobs (Lick, San Jose)  
 Aleta Johnson (Castlemont, Oakland)  
 Cynthia Miller (Hogan, Vallejo)  
 Gilda Nunley (Skyline, Oakland)  
 Valerie Spence (San Lorenzo)  
 Debra Tatum (Oakland Technical)  
 11.0w Allison Durnell (Redwood, Larkspur) 11.1  
 w Rhonda Williams (Tamalpais, M.V.) 11.1

### 220 YARDS

- 24.1 \*\*Sharon Ware (Berkeley)  
 24.2 \*\*Tanaya King (Berkeley)  
 24.3m Marian Franklin (Balboa, San Francisco)  
 24.4m Kim White (Berkeley)  
 24.89 Karen Jordan (Ceres)  
 24.7 \*Kim Webster (Berkeley)  
 24.95 Devy Sanders (Edison, Stockton)  
 25.03 Vanessa Woods (Jefferson, Daly City)  
 24.8 Delphina Banks (Holy Names, Oakland)  
 Allison Durnell (Redwood, Larkspur)  
 Rhonda Williams (Tamalpais, Mill Valley)

### 440 YARDS

- 53.54m Marian Franklin (Balboa, San Francisco)  
 54.1 Kim White (Berkeley)  
 54.7m Marquita Belk (Live Oak, Morgan Hill)  
 55.5 Sherrill Griffen (Kennedy, Sacramento)  
 56.0 \*Lisa Peters (Northgate, Walnut Creek)  
 56.3 Devy Sanders (Edison, Stockton)  
 56.79 \*\*\*Sherrill Miller (Fremont, Sunnyvale)  
 56.85 Vanessa Woods (Jefferson, Daly City)  
 56.8 \*Alesia Sweeney (Tamalpais, Mill Valley)  
 56.96 Ann Regan (Camden, San Jose)

### 880 YARDS

- 2:07.1m Ann Regan (Camden, San Jose)  
 2:09.7m \*\*Tracy Weber (Lynbrook, San Jose)  
 2:12.0 Marian Franklin (Balboa, San Francisco)  
 2:12.6 \*\*\*Maria King (Ayer, Milpitas)  
 2:13.0 Melissa Martel (Piedmont)  
 2:13.6 \*\*\*Marilyn Davis (Miramonte, Orinda)  
 2:14.1 Kim Keaton (Woodland)  
 2:14.6 Eileen Brennan (Marin Catholic, Kentf.)  
 2:14.9 Diane Kenny (Novato)  
 2:15.1 Carla Morilla (Tokay)



### ONE MILE

- 4:51.7 \*\*Tracy Weber (Lynbrook, San Jose)
- 4:57.5 \*Roxanne Bier (Independence, San Jose)
- 4:58.5 \*\*Kerry Brogan (Los Altos)
- 5:03.6 Shelly Nieto (Merced)
- 5:04.4 Ann Regan (Camden, San Jose)
- 5:04.5 Melissa Martel (Piedmont)
- 5:05.0 \*\*\*Maria King (Ayer, Milpitas)
- 5:05.2 \*Amy Harper (Prospect, Saratoga)
- 5:05.8 Anne Hamilton (Capuchino, San Bruno)
- 5:08.6 \*\*Chris Manning (Carondelet, Concord)

### TWO MILES

- 10:33.3 \*Roxanne Bier (Independence, San Jose)
- 10:00.0m \*\*Chris Manning (Carondelet, Concord)
- 10:48.7 \*\*Kerry Brogan (Los Altos)
- 10:57.9 \*Amy Harper (Prospect, Saratoga)
- 10:59.8 \*\*Dana Flint (Ukiah)
- 11:03.1 Anne Hamilton (Capuchino, San Bruno)
- 11:03.3 Becky Schmidt (Half Moon Bay)
- 11:03.8 \*\*\*Karen Devine (Westmont, Campbell)
- 11:05.2 \*\*\*Robyn MacSwain (Terra Linda, San Raf.)
- 11:05.9 \*\*Mary Gaffield (El Cerrito)



Sherifa Sanders (Left) and Judy Young, rank 4th & 1st respectively in the low hurdles. /Don Gosney/

### 110 LOW HURDLES

- 14.19m \*Judy Young (Berkeley)
- 14.04 \*Alesia Sweeney (Tamalpais, Mill Valley)
- 14.39 \*Mary Crevett (St. Francis, Mtn. View)
- 14.2 \*\*Sherifa Sanders (Berkeley)
- 14.45 Tonya Alston (Chico)
- 14.3 Carrie McLaughlin (Grace Davis, Modesto)
- Joyce Scott (Vanden, Travis AFB)
- 14.59 Veronica Soto (Gilroy)
- 14.60 Sheryl Davenport (Lincoln, San Francisco)
- 14.62 Ann Richardson (El Molino, Forestville)

### 440 YARD RELAY

- 45.9m Berkeley
- 47.3 Cordova (Rancho Cordova)
- 47.6 Northgate (Walnut Creek)
- 48.1 Skyline (Oakland)
- 48.2 Hogan (Vallejo)
- 48.4 Tamalpais (Mill Valley)
- 48.5 El Cerrito
- 48.65 Edison (Stockton)
- 48.66 Casa Robles (Orangevale)
- 48.72 Fremont (Sunnyvale)

### MILE RELAY

- 3:50.7 Berkeley
- 3:56.0 Carlmont (Belmont)
- 3:56.0 Miramonte (Orinda)
- 3:56.1 Tamalpais (Mill Valley)
- 3:56.7 El Cerrito
- 3:58.9 Moreau (Hayward)
- 3:59.8 Cordova (Rancho Cordova)
- 4:00.0 Casa Robles (Orangevale)
- 4:00.1 Sequoia (Redwood City)
- 4:00.2 Camden (San Jose)

### HIGH JUMP

- 5-11½ Tonya Alston (Chico)
- 5-10 Kathy Hamilton (Beyer, Modesto)
- Karen Lysaght (St. Francis, Sacramento)
- 5-9 \*Trisha King (Menlo-Atherton)
- 5-8 Gilmore (Johnson, Sacramento)
- \*Lisa Greenfield (Redwood, Larkspur)
- Chris Nann (Marin Catholic, Kentfield)
- \*Lisa Peters (Northgate, Walnut Creek)
- Kathy Raugust (Salinas)
- \*\*Maggie Van Zeeland (Acalanes, Lafayette)

### LONG JUMP

- 20-4½ Carrie McLaughlin (Grace Davis, Modesto)
- 19-6½ \*\*Sheila Greene (Hill, San Jose)
- 19-4½ \*Lola Rockwell (Gunn, Palo Alto)
- 19-3½ \*Lisa Greenfield (Redwood, Larkspur)
- 19-1½ \*\*Sherifa Sanders (Berkeley)
- 18-10 \*\*Sheila Nicks (Ells, Richmond)
- 18-9½ Lori Costello (El Camino, So. San Fran.)
- 18-9½w Shiri Milton (Fairfield) 18-8½
- 18-9w Lisa Jackson (Terra Linda, San Rafael) 18-1
- 18-8 \*\*Kristy Campbell (Lynbrook, San Jose)

### SHOT PUT

- 45-4 \*Leslie Deniz (Gridley Union, Gridley)
- 45-2 3/4 Susan Springer (Salinas)
- 45-1 Debra Pryor (Holy Names, Oakland)
- 44-7½ Jodie Barker (Sequoia, Redwood City)
- 44-2 Lindy Toman (Amador Valley, Pleasanton)
- 43-11 Linda Read (Alameda)
- 42-4½ Tonya Alston (Chico)
- 42-3½ Glenda Ford (Atwater)
- 42-1 \*\*Debbie Tupoula (Encinal, Alameda)
- 41-11 Becerra (Downey, Modesto)

### DISCUS THROW

- 175-10 \*Leslie Deniz (Gridley Union, Gridley)
- 150-2 Linda Read (Alameda)
- 149-5½ Glenda Ford (Atwater)
- 148-5 Susan Springer (Salinas)
- 144-5 Karen Woodbeck (Cupertino)
- 139-5 Sandy Johnson (Pleasant Hill)
- 138-3 Heidi Carlson (Miramonte, Orinda)
- 138-6 Gloria Randolph (Livingston)
- 136-9 Lindy Toman (Amador Valley, Pleasanton)
- 136-1 Caroline Magnone (Atwater) □

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