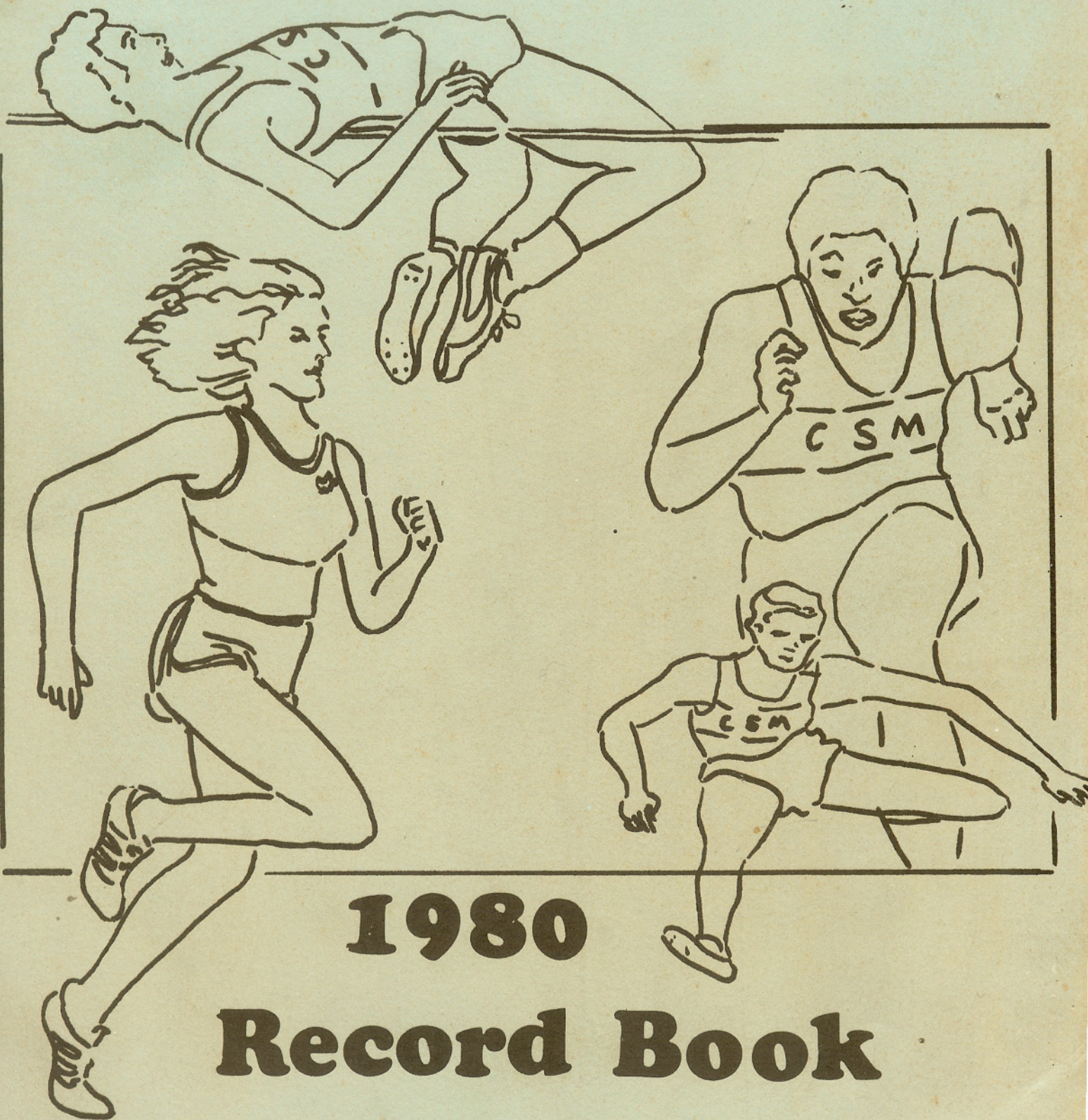


College of San Mateo Track & Field



1980

Record Book

NORTHERN CALIFORNIA COMMUNITY COLLEGE CONFERENCES



NOR-CAL

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COLLEGE OF SAN MATEO
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COLLEGE OF SAN MATEO

TRACK & FIELD TROPHIES: 1980

WOMEN'S TRACK & FIELD TROPHIES

MOST VALUABLE TRACK ATHLETE:	JOANNE HODNICK
MOST VALUABLE FIELD ATHLETE:	BONNIE NEWMAN
MOST IMPROVED ATHLETE:	LAUR RYAN
MOST INSPIRATIONAL ATHLETE:	PATTY MARTIN

MEN'S TRACK & FIELD TROPHIES

OUTSTANDING FIELD ATHLETE:	MESHA SPIVEY
OUTSTANDING TRACK ATHLETE:	DAVE CASTRO
MOST IMPROVED TRACKMAN:	PAUL LOMSKI
MOST INSPIRATIONAL TRACKMAN:	KURT LARCHER
1980 TRACK TEAM CAPTAIN:	K. J. FORBES

COLLEGE OF SAN MATEO

MEN'S TRACK ROSTER

1980

BALDOCCHI, Rick (S)	992-2602	462 Higate Dr., Daly City, 94015	Westmoor
BARTOLOME, David (S)	992-7815	359 Willits St., Daly City, 94014	Jefferson
BRUCE, Steve (F)	327-1213	1875 Oakdell Dr., Menlo Park, 94025	M.A.
BRYANT, Brad (F)	591-8194	113 Club Dr., San Carlos, 94070	Carlmont
BUCKINGHAM, Wade (S)	583-4557	1139 Elmwood, Millbrae, 94030	Capuchino
CASTRO, Dave (S)	341-1797	963 Laguna, Foster City, 94404	Hillsdale
FAORO, Dennis (F)	589-7439	607 Larch Av. S. San Francisco 94080	So. S.F.
FOIANINI, Curt (S)	593-2461	3922 Christian Dr., Belmont, 94002	Carlmont
FORBES, K.J. (F)	341-0154	722 Folkstone, San Mateo, 94402	Aragon
FULLER, Kevin (F)	756-7397	209 Verand, Daly City, 94015	Westmoor
GERRANS, Jon (F)	355-3542	60 Frances, Pacifica, 94044	Oceana
HANNA, Greg (F)	591-4632	2220 Howard Av., San Carlos, 94070	San Carlos
JETT, Michael (S)	344-8513	361 Humboldt, San Mateo, 94401	San Mateo
JONES, Vincent (S)	326-6934	375 Donohoe, E. Palo Alto, 94303	Sequoia
LARCHER, Kurt (F)	755-1863	40 Ocean Grove, Daly City, 94015	Westmoor
LAWSON, Abe (S)	756-4959	104 Delmonte Dr., Pacifica, 94044	Serramonte
LEWIS, Ed (F)	355-0369	1160 Rosita Rd., Pacifica, 94044	Serra
LOMSKI, Paul (S)	589-7860	611 Santa Barbara, Millbrae, 94030	Capuchino
LOUD, Ken (F)	321-2779	108 Aster Way, Palo Alto, 94303	Woodside
LUTTRELL, Rick (F)	364-6058	902 Pleasant Hill, Redwood City, 94061	San Carlos
McFADDEN, Luthay (F)	944-2678	36 Longview Dr., Daly City, 94015	Serramonte
McLAUGHLIN, Mike (F)	593-2076	309 Portofino, San Carlos, 94070	San Carlos
MACHUCA, Edgar (F)	728-3538	438 California, Moss Beach, 94038	Half Moon Bay
MARZILLO, John (F)	944-8798	5026 Palmetto Dr., Pacifica, 94044	Pioneer
MELLQUIST, Ken (F)	593-0564	417 Hillcrest Rd., San Carlos, 94070	Carlmont
MIHALEK, Paul (S)	574-4874	2071 Kings Road., San Mateo, 94402	Aragon
MITCHELL, Steve (F)	328-5775	2257 Addison, E. Palo Alto, 94303	M.A.
NORTH, Charles (F)	992-0456	320 Magellan Dr., Pacifica, 94404	Serramonte
ROSINSKI, John (S)	589-0272	30 San Filepe, S. San Francisco, 94080	El Camino
RUTH, Darren (F)	793-9390	3980 Chilton Lane, San Bruno	American
SANCHEZ, Danilo (F)	347-3452	624 Ocean View Av., San Mateo, 94401	Westmoor
SPIVEY, Mesha (F)	364-2326	435 Center St., Redwood City, 94062	Woodside
SWAIN, J.B. (F)	325-7636	2209 Poplar Av., E. Palo Alto, 94303	Carlmont
TINSLEY, Louis (F)	756-7576	455 Skyline Dr., Daly City, 94015	Serramonte
WALKER, James (F)	347-7448	625 Parrott Dr., San Mateo, 94402	Aragon
YOUNG, Chris (F)	583-3786	253 Ferndale Av., S. San Francisco 94080	Serra

Head Coach

BOB RUSH 574-6257 (CSM Office) 595-3619 (Home Office)

Managers

SAUCEDO, Carlos
GOLL, Terry

Assistant Coaches

MARCHI, Vince 572-1940 175 Acaëia Ave., San Bruno
SCHENCK, Larry 365-2222 51 Loma Road, Redwood City 94061

COLLEGE OF SAN MATEO

TRACK AND FIELD

1980 SEASON BEST MARKS

100 Meter Dash

Jim Walker 10.5w
Abe Lawson 11.2
Dave Castro 11.7

200 Meter Dash

Jim Walker 21.6
Dave Castro 21.7

400 Meter Dash

Dave Castro 47.8
Vince Jones 50.7
Paul Mihalek 52.1

800 Meter Run

Kurt Larcher 1:54.5
Curt Foianini 1:55.6
Paul Mihalek 1:57.0
Dave Castro 2:00.1

1500 Meter Run

Rick Baldocchi 4:03.2
Greg Hanna 4:13.1
Dave Bartholome 4:23.0
Jon Gerrans 4:25.8
Curt Foianini 4:47.1
Kevin Fuller 4:48.7

5000 Meter Run

Rick Baldocchi 15:08.2
Ken Mellquist 15:51.4
Greg Hanna 16:13.0
Dan Sanchez 16:18.0
Dave Bartolome 16:53.0
Jon Gerrans 17:12.0

2 Mile Run

Rick Baldocchi 9:29.4
Ken Mellquist 9:39.0
Greg Hanna 9:55.0
Dave Bartolome 10:30.0

3000 M. Steeplechase

Dan Sanchez 10:13.8
Jon Gerrans 10:35.7

100 Meter Hurdles

J.B.Swain 14.9
Jim Walker 15.1
Steve Mitchell 16.1
Charles North 16.3

400 Meter Hurdles

Rick Luttrell 53.2
J.B.Swain 56.4
K.J.Forbes 62.0

Shot Put

Paul Lomski 50.5"
Wade Buckingham 39.9"

Discus Throw

Wade Buckingham 159.6"
Curt Foianini 119'3"
Paul Lomski 105'2-1/2

Javelin Throw

Curt Foianini 179'10"
Wade Buckingham 177'7"
K.J.Forbes 153'5"
Jim Walker 143'10"
Steve Bruce 139'6"
Dennis Faoro 119'6"

Long Jump

John Rosinski 23'1/2"
Steve Bruce 22'10"
Darren Ruth 22'10"
Abe Lawson 20'8"
Charles North 19'2"
Chris Young 18'1/2"

Triple Jump

J.B.Swain 43'7"
Dennis Faoro 40'1"

High Jump

Mesha Spivey 6'10"
Michael Jett 6'8"
Lathay McFadden 6'2"
Mike McLaughlin 6'2"
Chris Young 6'2"

Pole Vault

Brad Bryant 14'0"
Dennis Faoro 12'6"

400 Meter Relay

Abe Lawson-Dave Castro 42.09
Vince Jones-Jim Walker
(Converted to 440 yards = 42.1)

One Mile Relay

Rick Luttrell (50.7) Total
Jim Walker (49.8) Relays
Vince Jones (50.4) Time
Dave Castro (48.6) 3:19

COLLEGE OF SAN MATEO
ATHLETIC DEPARTMENT

Track and Field Schedule (Men and Women) 1980

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>OPPONENT(S)</u>	<u>LOCATION</u>
<u>Indoor Season</u>				
Sat.	Feb. 2	12:30 p.m.	Examiner Games Trials	San Jose C.C.
Sat.	Feb. 23	6:00 p.m.	Examiner Games	Cow Palace
<u>Outdooe Season</u>				
Fri	Mar. 7	2:30 p.m.	GGC Relays (Women)	Foothill
Sat.	Mar. 8	10:00 a.m.	GGC Relays (Mwn)	Chabot
Fri.	Mar. 14	2:30 p.m.	* West Valley-CCSF (1500 M)(2 mile)	West Valley
Thurs.	Mar. 20	2:30 p.m.	* San Jose (Mile)	San Jose
Sat.	Mar. 22	12:00 noon	Santa Barbara Relays	Santa Barbara
Fri.	Mar. 28	3:15 p.m.	* Chabot-Diablo Valley (2 mile)	Chabot
Thurs.	Apr. 3	10:00 a.m.	Diablo Valley Relays	Diablo Valley
Sat.	Apr. 5	11:00 a.m.	Marin-Santa Rosa Relays	Santa Rosa
Wed.	Apr. 9	2:30 p.m.	* Foothill-DeAnza	Foothill
Sat.	Apr. 12	10:00 a.m.	Bruce Jenner Classic	San Jose
Sat.	Apr. 19	12:00 noon	Ed Adams Invitational	Salinas
Fri.	Apr. 25	2:30 p.m.	* Golden Gate Trials	Foothill
Fri.	May 2	3:00 p.m.	* Golden Gate Finals	Foothill
Sat.	May 10	10:00 a.m.	West Coast Relays	Fresno
Fri.	May 16	12:00 noon	Nor Cal Trials (Men)	Chabot
Sat.	May 17	12:00 noon	Nor Trials (Women)	West Valley
Fri.	May 23	2:30 p.m. (4:30)p.m.	Nor Cal Finals (Men & Women)	DVC
Sat.	May 31	5:00 p.m.	State Championships	San Jose

*Denotes Golden Gate Conference

COACHES: Bob Rush - Head Men's Coach (415) 574-6257 (Home: 595-3619)
 Rich Harris - Head Wm's Coach (415) 574-6469
 Division Office (415) 574-6461
 Asst. Track Coaches:
 Larry Schenck
 Vince Marchi

COLLEGE OF SAN MATEO
TRACK and FIELD RECORDS

100 yd. Dash	9.6	Rob Hylton	*(100m = 10.45)	1940
220 yd. Dash (Straight)	21.0	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
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 3/4"	Ron Coleman, Chuck Johnston, Rich Dragovich		1968
Three Man, Long Jump Relay	63'9 1/4"	Skip Peterson, Dan Young, Andy Gustavson.		1977
Three Man, Shot Put Relay	146'11 1/2"	Mike Smith, Brad Walters, Gregg Tafralis		1977
Three Man, Discus Throw Relay	433'10"	Mike Smith, Brad Walters, Greg Tafralis		1977
Three Man Triple Jump Relay				
Three Man, Javelin Throw Relay	529'7"	Dave Rider, Dave Dickenson, Bud Radovich		1979

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

COLLEGE OF SAN MATEO
TRACK AND FIELD
METRIC RECORDS

100 Meter Dash	10.5	Mike Greggans		1977
	10.5w	Jim Walker		1980
200 Meter Dash	21.3	Mike Greggans		1977
400 Meter Dash	47.8	Ron Sherrin		1978
	47.8	Dave Castro		1980
800 Meter Run	1:54.5	Brian Hurdal		1976
	1:54.5	Kurt Larcher		1980
1500 Meter Run	3:55.2	Mitch Kingery		1977
3000 Meter Steeplechase	9:14.6	Rick Pincombe		1978
5000 Meter Run	14:32.2	Mitch Kingery		1976
10,000 Meter Run	30:15.9	Paul Mello		1978
Marathon	2:21:48.	Jose Cortez		1971
110 Meter High Hurdles	14.4	Gordon Bliss		1978
400 Meter Hurdles	53.2	Rick Luttrell		1980
High Jump	2.09	Ted Winfield	6'10 1/4"	1964
Pole Vault	5.19	Kim Black	17'1/2"	1978
Long Jump	7.60	John L. Simmons	24'11 1/4"	1950
Triple Jump	14.83	Paul Bates	48'8"	1978
Shot Put	17.28	Mike Smith	56'8 1/2"	1979
Discus Throw	53.14	Gregg Tafralis	174'4"	1977
Javelin Throw	68.22	Dave Rider	223'10"	1979
Decathlon	5804 pts.	Hugh Eden		1978
440 Yard Relay	41.7	Gary Olivieri, Roy Pinelli,		1965
	*(400m = 41.5)	Bill Johnson, Frank Varriale		
One Mile Relay	3:14.3	Mike Greggans, Andy Gustavson,		1977
	*(1600m = 3:13.2)	Ron Sherrin, Bob Foulke		
Sprint Medley Relay	3:24.6	Steve Firenze, George Smith,		1963
		Jerry Rose, Ron Benson		
Distance Medley Relay	10:01.7	Bill Skrifars, Dave McQueen,		1965
		Marcel Hetu, Ralph Likens		
480 Yard Low Hurdle	56.7	Al Marfos, Jim Portman,		1968
Shuttle Hurdle Relay		Steve Mitchell, John Schuller.		
480 Yard High	57.1	Al Rockwell, Willie White,		1964
Shuttle Hurdle Relay		Dave Shaughnessy, Roy Roberts		

*Calculated Time, Converted to metric distance by using accepted conversion factors.

'Field Events converted to metric measurement marks from English measurements.

COLLEGE OF SAN MATEO STADIUM RECORDS

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	1976
100 Yard	J.C.	9.4	Sam Davis	Fresno City College	1967
Dash:	Open	9.5	Steve Robinson	Santa Clara Valley Y.V.	1965
220 Yard	J.C.	21.2	Jim Hatcher	Fresno City College	1968
Dash:	Open	21.2	Bob Triplett	San Jose State	1976
440 Yard	J.C.	46.2	Lee Evans	San Jose City College	1966
Dash:	Open	46.2	Lee Evans	San Jose City College	1966
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 Achuolwics	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

High	J. C.	7'11/2"	Bob Peterson	Chabot College	1978
Jump:	Open	7'11/4"	Dave Haber	Cal State Hayward	1976
Pole	J. C.	17'21/4"	Jerry Mulligan	West Valley College	1978
Vault:	Open	17'11/2"	Mike Weidig	Bay Area Striders	1975
Long	J. C.	24'61/2"	Stan Whitley	Allan Hancock College	1967
Jump:	Open	24'10 3/4"	Kevin Cole	San Jose State	1978
Triple	J. C.	50'1"	Doug Olmstead	Foothill College	1965
Jump:	Open	51'5 1/2"	Chuck Steffles	West Valley Track Club	1976
Shot	J. C.	59'81/2"	Dave Laut	San Jose City College	1977
Put:	Open	67'9 3/4"	Al Feuerbach	Pacific Coast Track Club	1972
Discus	J. C.	174'6"	Mike Hoffman	Foothill College	1967
Throw:	Open	202'10"	John Powell	Pacific Coast Track Club	1972
Javelin	J. C.	209'6"	Dave Rider	College Of San Mateo	1978
Throw:	Open	247'9"	Tom Walker	U. C. Berkeley	1976
100 Meter	J. C.	10. 2	Ernest Lewis	San Jose City College	1978
Dash:	Open	10. 3	Eddie Hart	Bay Area Striders	1978
200 Meter	J. C.	21. 6	Alvin Diles	Skyline College	1977
Dash:	Open	20. 6	Adrian Rogers	Tobias Stiders	1978
400 Meter	J. C.	46. 2	Lee Evans	San Jose City College	1966
Dash:	Open	46. 2	Lee Evans	San Jose City College	1966
800 Meter	J. C.	1:51. 0	Dan Navarro	Sierra College	1978
Dash:	Open	1:48. 1	Rick Brown	West Valley Track Club	1976
1500 Meter	J. C.	3:54. 7	Mike McQueeney	DeAnza College	1978
Run:	Open	3:46. 4	Duncan McDonald	W. V. T. C.	1978
5,000 Meter	J. C.	14:35. 4	Paul Mello	College Of San Mateo	1978
Run:	Open	13: 52. 2	Duncan McDonald	W. V. T. C.	1978
10,000 Meter	J. C.	30:15. 9	Paul Mello	College Of San Mateo	1978
Run:	Open	29:56. 0	Gerry Garcia	W. V. T. C.	1976
3,000 Meter	J. C.				
Walk:	Open	12:47. 8	Neal Pyke	West Valley Track Club	1978
110 Meter	J. C.	14. 1	Bill Dorvall	Butte College	1978
High Hurdles:	Open	14. 0	Ashland Whitfield	So. Arizona Track Club	1976
400 Meter	J. C.	52. 2	Bill Dorvall	Butte College	1978
Int. Hurdles:	Open	51. 2	Don Finley	San Jose State	1978

COLLEGE OF SAN MATEO STADIUM RECORDS

440 Yard Relay:		San Jose City College	1978
J.C.	40.1	Ronald Anderson, Ernest Lewis, Willie Jackson, Eugene Rachal	
Open	40.9	Oakland A. C.	1978
880 Yard Relay:		Fresno City College	1965
J.C.	1:26.7	Joel Scotia, Ezunial Burts, Tim Vaux, Alvin Mann	
Open			
One Mile Relay:		San Jose City College	1978
J.C.	3:13.3	Andre Phillips, Greg Johnson, Fred Harvey, Pat Holcombe	
Open			
Two Mile Relay:		College Of San Mateo	1965
J.C.	7:49.1	Marcel Hetu, Tony Casillas, Jack Sandin, Bill Skifvars	
Open			
Four Mile Relay:		American River College	1976
J.C.	17:11.8	Art Baudenistor, Loran Ringo, Rich Langford, Bob Deis	
Open			
Sprint Medley Relay:		Laney College	1976
J.C.	3:28.2	Randy Dangerfield, Rod Lewis, Hardie Smith, Steve Mitchell	
Open			
Distance Medley Relay:		College of San Mateo	1965
J.C.	10:01.7	Bill Skifvars, Dave McQueen, Marcel Hetu, Ralph Likens	
Open			
480 Yard High Hurdle Shuttle:		Merritt College	1964
J.C.	57.3	Cornelius McCormick, Jim Bains, Bill Sanders, Abe Johnson	
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	1971
100 Meter Dash:	11.8	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

COLLEGE OF SAN MATEO

Track and Field Honor Roll 1980

<u>100 Meter Dash</u>			<u>1500 Meter Run</u>		
	<u>Time</u>	<u>Date</u>		<u>Time</u>	<u>Date</u>
1. Mike Greggans	10.5	1977	1. Mitch Kingery	3:55.2	1977
2. Jim Walker	10.5w	1980	2. Dave Kamrar	3:55.7	1963
3. Andre Price	10.7	1979	3. Joe Green	3:58.3	1978
4. Kern Herbert	10.9	1978	4. Eric Benson	4:00.9	1977
5. Garrick Davis	11.1	1978	5. Kurt Dicus	4:01.6	1977
6. Abe Lawson	11.2	1980	6. Rick Baldocchi	4:03.2	1980
			7. Rick Pincombe	4:03.5	1978
			8. Len Sperandeo	4:04.3	1979
			9. Dave Hull	4:04.5	1976
			10. Paul Mello	4:04.5	1978
			11. Steve Palladino	4:04.8	1976
			12. Greg Hana	4:13.1	1980
			<u>3000 Meter Steeplechase</u>		
			1. Rick Pincombe	9:14.6	1978
			2. Dave Hull	9:18.8	1977
			3. Mitch Kingery	9:36.7	1976
			4. Ken McBride	9:57.8	1978
			5. John Shroyer	9:59.6	1976
			6. Dan Sanchez	10:13.8	1980
			7. Peter Ild	10:15.4	1979
			8. Jon Gerrans	10:35.7	1980
			<u>5000 Meter Run</u>		
			1. Mitch Kingery	14:32.2	1976
			2. Paul Mello	14:34.8	1978
			3. Steve Palladino	14:47.0	1976
			4. Rick Pincombe	14:51.0	1978
			5. Rick Baldocchi	15:08.2	1980
			6. Marcel Hetu	15:08.8	1977
			7. Dave Hull	15:08.8	1977
			8. Joe Green	15:11.8	1979
			9. Kurt Dicus	15:17.4	1977
			10. Gary Thurston	15:23.2	1978
			11. Ken Mellquist	15:51.4	1980
			<u>10,000 Meter Run</u>		
			1. Paul Mello	30:15.9	1978
			2. Steve Palladino	32:22.6	1976
			3. Ken McBride	32:34.7	1978
			4. Ten Lyon	33:08.0	1967
			5. Kevin Farey	33:54.0	1978
<u>200 Meter Dash</u>					
1. Mike Greggans	21.3	1977			
2. Andre Price	21.6	1979			
3. Jim Walker	21.6	1980			
4. Dave Castro	21.7	1980			
5. Ron Sherrin	22.1	1978			
6. Skip Peterson	22.2	1977			
7. Kern Herbert	22.2	1977			
8. Garrick Davis	22.4	1978			
9. Bob Foulke	22.6	1976			
<u>400 Meter Dash</u>					
1. Ron Sherrin	47.8	1978			
Dave Castro	47.8	1980			
2. Bob Foulke	48.2	1977			
3. Chris Penny	48.9	1975			
4. Paul Bates	49.0	1978			
5. Gary Davis	49.1	1978			
6. Andy Gustarson	49.3	1976			
7. Frank Varriale	49.8	1964			
Vince Jones	49.8	1979			
<u>800 Meter Run</u>					
1. Brian Hurdal	1:54.5	1976			
Kurt Larcher	1:54.5	1980			
3. Bob Foulke	1:55.3	1976			
Ron Sherrin	1:55.3	1977			
5. Curt Foianini	1:55.6	1980			
6. Len Sperandeo	1:55.8	1979			
7. Tony Casillas	1:56.2	1964			
8. Shay Sodek	1:56.4	1977			
9. Paul Mihalek	1:57.0	1980			
10. Gary Spann	1:57.6	1976			
10. Neil Graer	1:57.6	1978			
12. Dan Harris	1:58.5	1978			

COLLEGE OF SAN MATEO

Track and Field Honor Roll - 1980

<u>110 Meter High Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Marathon</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	1979	2. Mitch Kingery	2:27:0	1976
3. J.B. Swain	14.9	1980	3. Dave Hull	2:37:45	1976
4. Tom Nelson	15.1	1977			
5. Jim Walker	15.1	1980			
6. Mark Gerkenmeyer	15.2	1976			
7. Kieth Anderson	15.3	1976			

<u>400 Meter Int. Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Decathlon</u>	<u>Points</u>	<u>Date</u>
1. Rick Luttrell	53.2	1980	1. Hugh Eden	5804	1978
2. Kieth Anderson	53.3	1977	2. Steve Dollahite	5320	1978
3. John Dietrich	56.2	1977			
4. Gordon Bliss	56.3	1978			
5. Rick Luttrell	56.3	1979			
6. Mark Gerkenmeyer	56.4	1977			
7. J.B. Swain	56.4	1980			
8. Dave Benson	56.8	1978			

<u>440 Yard 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. Abe Lawson, Dave Castro, Vince Jones, Jim Walker (400M=42.09)	42.32	1980
4. Steve Mitchell, Oscar Jones, Mike Miller, Larry Furioli	42.2	1969
5. Bill Hatcher, Willie Morrison, Barry Raymond, Oscar Jones	42.3	1970
6. Mike Greggans, Andy Gustavson, Bob Foulke, Gary Davis	42.4	1977
7. Steve Mitchel, Al Marefos, Jim Portman, Fred Storek	42.7	1968
8. Bud Radovich, Kern Herbert, Paul Baltes, Garrick Davis	42.7	1978
9. Abe Lawson, Andre Price, Tom Bodeman, Dave Castro	43.0	1979

<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	3:17.6	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 Furioli, Gerry Fogel	3:18.0	1969
9. Barry Raymond, Gary John, Dave Robertson, Tom Sershen	3:18.0	1970
10. Andre Price, Vince Jones, Leonard Sperandeo, Dave Castro	3:18.9	1979
11. Rick Luttrell, Jim Walker, Vince Jones, Dave Castro	3:19.6	1980

College of San Mateo
Track and Field Honor Roll 1980

<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	14.6n	1968
5. Bob Little	14.8	1962
6. Jim Portman	15.0	1969
7. Mark Gerkensmeyer	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. Jim Van Dine	4:16.0	1973
8. Mitch Kingery	4:16.1	1977
9. 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. Rich 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. Grotthoff	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	14:22.5	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

Track and Field Honor Roll 1980

<u>440 Yard I. Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Shot Put</u>	<u>Mark</u>	<u>Date</u>
1. Ken Phelps	54.9	1972	1. Mike Smith	56'8-1/2	1979
2. Keith Anderson	55.0	1977	2. Bob Merlo	54'2-1/4	1962
3. Tim Sershen	56.1	1970	3. Greg Tafralis	53'8	1977
4. Leon Swindell	56.4	1972	4. Roger Carlson	53'1-1/4	1967
5. Mark Gerkensmeyer	56.7	1976	5. Dunker	51'4	1967
6. Keith Slade	56.9	1971	6. Taylor	50'7-1/4	1964
7. Ken Barranti	57.1	1975	7. Larry Kennedy	50'6-1/2	1962
8. Mike Clabby	57.2	1970	8. Brad Walters	50'6-1/2	1978
9. Jim Miller	58.0	1970	9. Paul Lomski	50'5	1980
			10. Tino Salzano	49'3-1/4	1969
			11. Steve Boschetti	48'1	1971
<u>High Jump</u>			<u>Discus Throw</u>		
1. Ten Winfield	6'10-1/4	1964	1. Gregg Tafralis	174'4	1977
2. Mesha Spivey	6'10"	1980	2. Mike Boschetti	167'2	1970
3. Bob Dillard	6'8-1/4	1977	3. Tom Grimm	165'1-1/2	1966
4. Mike Jett	6'8"	1977	4. Gerry Fogel	164'6	1969
5. Larry Wright	6'8"	1976	5. Lou Nova	158'9	1969
6. Les Steers	6'7-1/2"	1939	6. Brad Walters	155'10	1978
7. Divird	6'6-1/4	1965	7. Chuck Saunders	157'10-1/2	1965
8. Skip Peterson	6'6"	1977	8. Wade Buckingham	159'6	1980
9. Connie Varneck	6'5-1/4"	1939	9. John Ozols	146'4	1978
10. Dave Kniffin	6'4-1/2"	1978			
<u>Pole Vault</u>			<u>Long Jump</u>		
1. Kim Black	17'-1/2"	1978	1. John Simmons	24'11-1/4	1950
2. Dennis Phillips	16'8"	1966	2. Skip Peterson	24'11	1977
3. Ryan Paton	16'-1/2"	1975	3. Paul Bates	24'8-1/2	1978
4. Kevin Stevenson	16'0"	1977	4. Bill Fitzpatrick	23'6	1938
5. Jim Lydon	15'6"	1970	5. John Rosinski	23'4-1/2	1979
6. Bob Dillard	15'6"	1977	6. Gildo Trevison	23'3	1940
7. Rich Dragovich	15'1"	1968	7. Bobby Jordan	23'1-1/2	1967
8. Ron Coleman	15'0"	1969	8. Carl Krohn	22'11-3/4	1965
9. Earle Caldwell	15'0"	1975	9. Steve Bruce	22'10	1980
			9. Darren Ruth	22'10	1980
			11. Steve Mitchell	22'8-1/4	1969
			12. Dan Young	22'8-1/4	1976
<u>Javelin Throw</u>			<u>Triple Jump</u>		
1. Dave Rider	223'10"	1979	1. Paul Bates	48'8	1978
2. Les Steers	194'10"	1939	2. Hugh Eden	46'2-1/2	1977
3. Tristan Kirchknoff	192'5"	1977	3. Paul Buckley	46'2	1979
4. Bud Radovich	187'7"	1979	4. Connie Varneck	46'0	1939
5. Dave Dickenson	183'5"	1979	5. Andy Gustavson	46'0	1977
6. Steve Dollahite	180'10"	1978	6. Adams	45'10	1966
7. Curt Foianini	179'10"	1980	7. Peterson	45'3	1966
8. Wade Buckingham	177'7"	1980	8. Dan Clark	44'10-1/2	1973
9. Jim Trujillo	175'5"	1967	9. Chuck Johnston	44'8	1967
10. Bob Berini	175'1"	1977	10. Buddy Crowell	44'8	1967
11. Hugh Eden	159'4"	1978	11. J.B. Swain	43'7	1980
12. Scott Gordon	159'4"	1977			

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	CSM	1977
220 Yard Dash	Terry Pongni	22.1	Chabot	1966
400 Meter Dash	Dave Castro	48.3	CSM	1980
440 Yard Dash	Rich Cook	49.0	Chabot	1971
800 Yard Run	Vernon Sallaz	1:54.0	Chabot	1979
880 Yard Run	Ron Benson	1:54.6	CSM	1963
1500 Meter Run	Joe Green	4:02.4	CSM	1978
One Mile Run	Marcel Hetu	4:18.1	CSM	1964
	Tom Smith	4:18.1	Chabot	1977
Two Mile Run	Jim Van Dine	9:14.5	CSM	1976
3000 Meter Steeple	Mitch Kingery	9:36.7	CSM	1976
Three Mile Run	Jose Cortez	14:55.2	CSM	1974
5000 Meter Run	Mitch Kingery	14:48.4	CSM	1977
110 Meter HH	Gordon Bliss	14.8	CSM	1977
120 Yard HH	Al Rockwell	14.7	CSM	1966
400 Meter IH	Kieth Anderson	54.6	CSM	1977
440 Yard IH	Tim Sershen	55.9	CSM	1970
High Jump	Bob Peterson	7'0"	Chabot	1978
Pole Vault	Kevin Stevenson	15'1-1/2"	CSM	1977
Long Jump	Mike McRae	23'11-1/2"	Chabot	1977
Triple Jump	Mike McRae	49'7"	Chabot	1977
Shot Put	Mike Smith	52'7-1/2"	CSM	1979
Discus Throw	Scott Reid	178'3"	Chabot	1979
Javelin Throw	Dave Rider	223'10"	CSM	1979
440 Relay		42.2	Chabot	1977
One Mile Relay	Greggans, Davis, Sherrin, Foulke	3:16.8	CSM	1977

DUAL MEET SCORES

1963	San Mateo - 116	Chabot - 6	1972	Chabot - 78	San Mateo - 58
1964	San Mateo - 121	Chabot - 14	1973	Chabot - 94	San Mateo - 42
1965	San Mateo - 107	Chabot - 25	1974	Chabot - 82	San Mateo - 50
1966	Chabot - 70	San Mateo - 66	1975	Chabot - 114	San Mateo - 31
1967	San Mateo - 98	Chabot - 38	1976	Chabot - 103	San Mateo - 42
1968	San Mateo - 92	Chabot - 44	1977	Chabot - 73	San Mateo - 72
1969	San Mateo - 89	Chabot - 47	1978	Chabot - 62	San Mateo - 58
1970	San Mateo - 69	Chabot - 66	1979	Chabot - 81	San Mateo - 63
1971	Chabot - 97	San Mateo - 39	*1980	San Mateo - 68	Chabot - 29 DVC - 84

SERIES RECORD: San Mateo - 8 Chabot 10

* Tri-Meet Scoring

MEN'S
DUAL MEET RECORDS

College of San Mateo vs. City College of San Francisco

100 Meter Dash	Bernard Wallace	10.5	CCSF	1979
100 Yard Dash	Tom Gardner	9.7	CCSF	1964
	Mike Corboni	9.7	CSM	1964
	Fred Storek	9.7	CSM	1967
200 Meter Dash	Andre Price	22.0	CSM	1979
220 Yard Dash	Bill Johnson	21.7	CSM	1965
400 Meter Dash	Bob Foulke	48.7	CSM	1977
440 Yard Dash	Lee Benton	48.9	CCSF	1965
800 Meter Run	Ron Sherrin	1:56.3	CSM	1977
880 Yard Run	Bill Skrifvars	1:53.2	CSM	1965
1500 Meter Run	Mitch Kingery	3:57.9	CSM	1977
One Mile Run	Ralph Likens	4:12.2	CSM	1965
Two Mile Run	Mitch Kingery	9:19.0	CSM	1977
5000 Meter Run	Mike Fenalla	15:42.6	CCSF	1979
110 Meter H.H.	Charles Hatch	14.6	CCSF	1977
	Pete Crossley	14.6	CCSF	1980
120 Yard H.H.	Bob Little	14.8	CSM	1962
	Al Rockwell	14.8	CSM	1964
400 Meter I.H.	Rick Luttrell	55.0	CSM	1980
440 Yard I.H.	William Fields	55.3	CCSF	1973
Three Mile Run	Jim Van Dine	15:08.8	CSM	1978
High Jump	Dwight Tucker	6'9-1/2"	CCSF	1966
Pole Vault	Kim Black	16'0"	CSM	1978
Long Jump	Ray Hearne	24'3"	CCSF	1966
Triple Jump	Mike Haynes	47'11"	CCSF	1977
Shot Put	Roger Carlson	52'0-1/2"	CSM	1967
Discus Throw	Alex Darnes	173'3"	CCSF	1962
Javelin Throw	Dave Rider	189'7"	CSM	1979
One Mile Relay	Coleman, Benton			
	Davis, Johnson	3:17.7	CCSF	1965
440 Yard Relay	Haynes, Winters			
	R.Haynes, Cody	41.8	CCSF	1977

DUAL MEET SCORES

1963	San Mateo - 81	CCSF - 41	1972	CCSF - 74	San Mateo - 62
1964	San Mateo - 99	CCSF - 37	1973	CCSF - 76	San Mateo - 60
1965	San Mateo - 78	CCSF - 54	1974	CCSF - 90	San Mateo - 45
1966	San Mateo - 83-1/2	CCSF - 47-1/2	1975	CCSF - 95	San Mateo - 49
1967	San Mateo - 72	CCSF - 64	1976	CCSF - 73	San Mateo - 71
1968	San Mateo - 81	CCSF - 55	1977	San Mateo - 99	CCSF - 46
1969	San Mateo - 70	CCSF - 66	1978	San Mateo - 108-1/2	CCSF - 35-1/2
1970	San Mateo - 76	CCSF - 60	*1979	San Mateo - 70	CCSF - 57
1971	San Mateo - 71	CCSF - 65	1980	San Mateo - 99	CCSF - 39

SERIES RECORD: San Mateo - 13 CCSF - 5

*Denotes Tri-Meet Scoring

MEN's

DUAL MEET RECORDS

College of San Mateo vs. DeAnza College

100 Meter Dash	Jim Walker	10.7	CSM	1980
	Andre Price	10.7	CSM	1979
100 Yard Dash	Mike Greggans	9.7	CSM	1976
200 Meter Dash	Andre Price	22.0	CSM	1979
220 Yard Dash	Mike Greggans	22.2	CSM	1976
400 Meter Dash	Bob Foulke	48.5	CSM	1977
440 Yard Dash	Bill Popin	51.2	CSM	1975
800 Meter Run	Kurt Larcher	1:55.2	CSM	1980
880 Yard Run	Dave Nolte	1:56.1	DeAnza	1975
One Mile Run	Mitch Kingery	4:16.1	CSM	1977
Two Mile Run	Dan Grimes	9:25.8	DeAnza	1978
1500 Meter Run	Mike McQuenney	4:01;6	DeAnza	1975
5000 Meter Run	Danny Grimes	14:57.0	DeAnza	1979
110 Meter H.H.	Gary Wiphler	14.3	DeAnza	1979
120 Yard H.H.	Andy Pecota	15.2	DeAnza	1976
400 Meter I.H.	Kieth Anderson	56.3	CSM	1977
440 Yard I.H.	Rick Luttrell	56.1	CSM	1980
High Jump	Mesha Spivey	6'10"	CSM	1980
Pole Vault	Kim Black	16'0"	CSM	1978
Long Jump	Paul Bates	23'11-1/4"	CSM	1978
Triple Jump	Paul Bates	47'5"	CSM	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
One Mile Relay	Davis-Herbert			
	Sherrin-Bates	3:22.3	CSM	1978
440 Yard Relay		43.0	CSM	1980

DUAL MEET SCORES

1975	San Mateo	-	77	DeAnza	-	68
1976	DeAnza	-	83	San Mateo	-	59
1977	San Mateo	-	103	DeAnza	-	52
1978	San Mateo	-	85	DeAnza	-	60
1979	San Mateo	-	70	DeAnza	-	48
*1980	San Mateo	-	65	DeAnza	-	21

Series Record: CSM: 5 DeAnza: 1

*Denotes Tri-Meet Scoring

MEN'S

DUAL MEET RECORDS

College of San Mateo vs. Diablo Valley College

100 Meter Dash	Jim Walker	10.7	CSM	1980
	Craig Nasa	10.7	DVC	1980
	Ivory Lewis	11.1	DVC	1977
100 Yard Dash	Fred Storek	9.8	CSM	1968
	Jared Butler	9.8	DVC	1972
200 Meter Dash	Mike Greggans	22.0	CSM	1977
220 Yard Dash	Bill Johnson	22.0	CSM	1965
	Fred Storek	22.0	CSM	1968
400 Meter Dash	Dave Castro	48.3	CSM	1980
440 Yard Dash	Ron Brown	47.9	DVC	1976
800 Meter Run	Ron Sherrin	1:55.3	CSM	1977
880 Yard Run	Bill Skrifavars	1:53.1	CSM	1965
1500 Meter Run	Greg Balbierz	3:58.3	DVC	1979
One Mile Run	Ralph Likens	4:14.2	CSM	1965
Two Mile Run	Mike Emry	9:12.0	DVC	1976
Three Mile Run	Mike Emry	15:05.4	DVC	1975
5000 Meter Run	Rich Pincombe	15:10.4	CSM	1978
110 Meter HH	Ernie Stifel	15.0	CSM	1979
	Henry Kraft	15.0	DVC	1979
120 Yard HH	John Schuller	14.9	CSM	1968
	Jared Butler	14.9	DVC	1972
400 Meter IH	Kieth Anderson	55.2	CSM	1977
440 Yard IH	Todd Skinner	55.5	DVC	1972
High Jump	Greg Redmond	6'5"	DVC	1972
Pole Vault	Jim Lydon	15'0"	CSM	1971
	Ryan Paton	15'0"	CSM	1975
Long Jump	Paul Bates	23'7-1/2"	CSM	1978
Triple Jump	George Francis	46'9-1/2"	DVC	1977
Javelin Throw	Dave Rider	205'7"	CSM	1979
Shot Put	Mike Smith	53'3"	CSM	1979
Discus Throw	Mike Boshetti	165'6"	CSM	1970
440 Yard Relay		42.3	DVC	1980
One Mile Relay	Johnson, McQueen, Skifvars, Varrile	3:20.1	CSM	1965

DUAL MEET SCORES

1963	San Mateo - 91	Diablo Val. - 30	1972	Diablo Val. - 88	San Mateo - 46
1964	San Mateo - 77	Diablo Val. - 59	1973	Diablo Val. - 90	San Mateo - 46
1965	San Mateo - 111	Diablo Val. - 19	1974	Diablo Val. - 99	San Mateo - 36
1966	San Mateo - 67-1/2	Diablo Val. - 63-1/2	1975	Diablo Val. - 99	San Mateo - 46
1967	Diablo Val. - 76	San Mateo - 60	1976	Diablo Val. - 83	San Mateo - 58
1968	San Mateo - 112	Diablo Val. - 19	1977	San Mateo - 108-1/2	Diablo Val. - 31-1
1969	San Mateo - 117	Diablo Val. + 19	1978	San Mateo - 95	Diablo Val. - 49
1970	San Mateo - 72	Diablo Val. - 64	*1979	DVC - 61	WVC - 70
1971	Diablo Val. - 91	San Mateo - 45	*1980	CSM - 41-1/2	
				DVC - 84	CSM - 68
				Chabot - 29	

SERIES RECORD: San Mateo 9. Diablo Valley 9.

* Tri-Meet Scoring

MEN'S

DUAL MEET RECORDS

College of San Mateo vs. Foothill College

100 Meter Dash	Jim Walker	10.7	CSM	1980
	Doug Hill	10.7	Foothill	1976
100 Yard Dash	Russ Hodge	9.7	Foothill	1966
200 Meter Dash	Mike Greggans	21.7	CSM	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	B. Lowe	1:54.2	Foothill	1980
880 Yard Run	Charles Oakley	1:53.3	Foothill	1962
1500 Meter Run	Mitch Kingery	4:03.6	CSM	1976
One Mile Run	Ralph Likens	4:18.0	CSM	1965
	Marcel Hetu	4:18.0	CSM	1965
Two Mile Run	Marcel Hetu	9:21.9	CSM	1965
Three Mile Run	Bob Smith	14:29.6	Foothill	1972
5000 Meter Run	Mitch Kingery	14:48.4	CSM	1977
110 Meter High Hurdles	Malcomn Dixon	14.2	Foothill	1980
120 Yard High Hurdles	John Foster	14.8	Foothill	1973
400 Intermed. Hurdles	Kieth Anderson	54.6	CSM	1977
440 Intermed. Hurdles	D. Deeney	54.0	Foothill	1980
High Jump	Mesha Spivey	6'10"	CSM	1980
Pole Vault	Dennis Phillips	16'4"	CSM	1966
Long Jump	Paul Bates	23'7-1/2"	CSM	1978
Triple Jump	Doug Olmstead	47'10"	Foothill	1965
Shot Put	Russ Hodge	54'7-1/4"	Foothill	1966
Discus Throw	Gregg Tafralis	169'11"	CSM	1977
Javelin	Dave Rider	208'5"	CSM	1979
440 Yard Relay		41.7	Foothill	1980
Mile Relay	Greggahs-Davis	3:16.8	CSM	1977
	Sherrin-Foulke			

DUAL MEET RECORDS

1963	San Mateo	- 71	Foothill	- 51	1972	Foothill	- 76	San Mateo	- 60
1964	San Mateo	- 92	Foothill	- 44	1973	Foothill	- 74	San Mateo	- 62
1965	San Mateo	- 88	Foothill	- 48	1974	Foothill not in GGC	this year		
1966	Foothill	82-1/2	San Mateo	53-1/2	1975	Foothill	- 97	San Mateo	- 46
1967	Foothill	- 69	San Mateo	- 67	1976	Foothill	- 80	San Mateo	- 65
1968	San Mateo	- 68	Foothill	- 48	1977	San Mateo	121	Foothill	- 24
1969	Foothill	- 73	San Mateo	- 63	1978	San Mateo-	80	Foothill	- 61
1970	San Mateo	- 86	Foothill	- 50	1979	Foothill	- 77	San Mateo	- 68
1971	Foothill	- 81	San Mateo	- 50	*1980	Foothill	- 96	San Mateo	- 65

Series Record: CSM : 7 Foothill: 10

*Denotes Tri-Meet Scoring

MEN'S

DUAL MEET RECORDS

College of San Mateo vs. San Jose City College

100 Meter Dash	Ernest Lewis	10.0	SJCC	1978
100 Yard Dash	Tich Lavihne	917	SJCC	1965
200 Meter Dash	Ernest Lewis	20.4	SJCC	1978
220 Yard Dash	Bill Johnson	22.0	CSM	1965
	Lee Evans	22.0	SJCC	1966
400 Meter Dash	Pat Holcombe	48.0	SJCC	1979
440 Yard Dash	Lee Evans	46.8	SJCC	1976
	Millard Hampton	46.8	SJCC	1976
800 Meter Run	Fred Harvey	1:55.2	SJCC	1977
880 Yard Run	Lynn Ryan	1:54.0	SJCC	1976
1500 Meter Run	Mitch Kingery	3:57.9	CSM	1977
One Mile Run	John Bettencourt	4:16.0	SJCC	1976
Two Mile Run	Shawn James	9:14.0	SJCC	1976
Three Mile Run	Jim Van Dine	14:42.2	CSM	1973
5000 Meter Run	Paul Mello	14:44.2	CSM	1978
110 Meter HH	J. Carmichael	14.3	SJCC	1979
120 Yard HH	Jim Miller	14.8	CSM	1969
400 Meter IH	Keith Anderson	55.1	CSM	1977
440 Yard IH	Steve Nelson	54.4	SJCC	1976
High Jump	Thurlis Gibbs	7'1"	SJCC	1978
Pole Vault	Hudson	16'4"	SJCC	1980
Long Jump	Cecil Overstreet	24'-1/2"	SJCC	1975
Triple Jump	Peter Moreno	48'7-3/4"	SJCC	1978
Javelin Throw	Dave Rider	195'10"	CSM	1979
Shot Put	Dave Laut	59'8-1/2"	SJCC	1977
Discus Throw	T. Kennon	183'3"	SJCC	1980
440 Yard Relay	Foster, Phillips, Taylor, Jackson	40.9	SJCC	1979
One Mile Relay	Foster, Green, Lewis, Harvey	3:16.3	SJCC	1978

DUAL MEET SCORES

1963	San Mateo - 98	San Jose - 24	1972	San Jose - 82	San Mateo - 49
1964	San Mateo - 91	San Jose - 45	1973	San Jose - 86	San Mateo - 46
1965	San Mateo - 105	San Jose - 30	1974	San Jose - 94	San Mateo - 31
1966	San Jose - 72	San Mateo - 64	1975	San Jose - 117	San Mateo - 25
1967	San Mateo - 78	San Jose - 58	1976	San Jose - 113	San Mateo - 31
1968	San Jose - 78-1/2	San Mateo - 57-1/2	1977	San Jose - 87	San Mateo - 58
1969	San Jose - 69	San Mateo - 67	1978	San Jose - 93	San Mateo - 48
1970	San Mateo - 96-1/2	San Mateo - 39-1/2	1979	San Jose - 106	San Mateo - 34
1971	San Jose - 82	San Mateo - 49	1980	San Jose - 100	San Mateo - 41

Series Record: SAN MATEO - 5 SAN JOSE - 13

MEN'S
DUAL MEET RECORDS

College of San Mateo vs. West Valley College

100 Meter Dash	Brian Hurley	10.9	WVC	1977
	Jim Walker	10.9	CSM	1980
100 Yard Dash	Dan Cavaco	10.2	WVC	1975
200 Meter Dash	Skip Peterson	22.3	CSM	1977
	Jim Walker	22.3	CSM	1980
220 Yard Dash	Dan Cavaco	22.5	WVC	1975
400 Meter Dash	Bob Foulke	48.5	CSM	1977
440 Yard Dash	Jim Tyrrell	49.3	WVC	1976
800 Meter Run	Todd Baker	1:55.0	WVC	1978
880 Yard Run	Bob Foulke	1:57.2	CSM	1976
1500 Meter Run	Jim Thylin	3:59.2	WVC	1979
One Mile Run	Mitch Kingery	4:16.1	CSM	1977
Two Mile Run	Mike Dyer	9:14.6	WVC	1979
Three Mile Run	Paul Mello	14:05.0	CSM	1978
3000 Meter Steeplechase	Mitch Kingery	9:36.7	CSM	1976
5000 Meter Run	Paul Mello	14:35.4	CSM	1978
110 Meter High Hurdles	Gordon Bliss	14.6	CSM	1978
120 Yard High Hurdles	Mike Reedy	15.7	WVC	1976
400 Meter Hurdles	Rich Hohmann	53.8	WVC	1980
440 Yard Hurdles	Kieth Anderson	57.0	CSM	1976
High Jump	Larry Wright	6'8"	CSM	1976
Pole Vault	Steve Oravetz	17'1"	WVC	1977
Long Jump	Paul Bates	23'6 3/4"	CSM	1978
Triple Jump	Russ Willis	47'10"	WVC	1976
Shot Put	Mike Smith	53'3"	CSM	1979
Discus Throw	Brad Walters	154'3"	CSM	1978
Javelin Throw	Dave Rider	205'7"	CSM	1979
440 Yard Relay		42.6	WVC	1976
One Mile Relay		3:19.6	WVC	1980

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
*1979 - West Valley	- 70: DVC - 61 1/2:	CSM - 41 1/2	
1980 - West Valley	- 75	San Mateo	- 70

Series Record: West Valley 4-1/2 San Mateo 1-1/2

*Triangular Meet Scoring

GOLDEN GATE CONFERENCE RELAYS
MEET RECORDS 1980

100 Meter Dash	Ernest Lewis	10.6	DVC	1977
100 Yard Dash	Travis Williams	9.5	CCC	1964
110 Meter High H.	Malcom Dixon	14.1	Foothill	1979, 1980
120 Yd. High H.	Ricky Ridgers	14.2	CCC	1966
3000 Meter Steeplechase	Mike Dyer	9:07.6	WVC	1979
3 Mile Run	Jim Van Dine	14:11.0	CSM	1973
5000 Meter Run	Kevin Ostenberg	15:01.1	DVC	1980
440 Yd. Relay	Calloway, Miller Delk, Harris	41.1	SJCC	1968
880 Yd. Relay	Foster, Phillips Holcome, Jackson	1:25.2	SJCC	1979
One Mile Relay	Stuckery, Gordon Glen, Edmonsan	3:15.1	Merritt	1970
Two Mile Relay	Walker, Green Breigan, DeRosans	7:38.7	SJCC	1980
Four Mile Relay	Werner, McCandless Sullivan, Sommer	17:25.4	West Valley	1975
Sprint Medley Relay	Ford, Stuckey Glen, 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)	Veatch, Jackson Martin, McRae	60.5	Chabot	1977
High Jump Relay	Moore, Hatch Turner	19'10"	SFCC	1977
High Jump Individual	Tod Winfield Joel Wyrick	6'9" 6'9"	CSM SJCC	1964 1979
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 1/2"	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 Mill	168'3 1/2"	Foothill	1963
Three Mile Run	Jim Van Dine	14:11.0	CSM	1973
Javelin Relay	Parich, Barret Dunckelmann	581'2"	West Valley	1979
Javelin Individual	Ross Parich	273'3"	West Valley	1979

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GOLDEN GATE CONFERENCE

MEN'S TRACK & FIELD

Trials and Finals
Meet Records 1980

100 M. Dash	Ernest Lewis	San Jose	10.0	1978
200 M. Dash	Millard Hampton	SJCC	20.4	1976
400 M. Dash	Cleve Prince	Foothill	46.5	1980
	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	Mike Dyer	West Valley	9:07.6	1979
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. H. H.	Scott Monroy	SJCC	13.7	1977
400 M. I. H.	Andre Phillips	SJCC	50.9	1978
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/Ernest Lewis Willie Jackson/Eugene Rachal	SJCC	40.0	1978
One Mile Relay	Andre Phillips/Willie Phillips Pat Holcombe/ Fred Harvey	SJCC	3:10.8	1978

NORTHERN CALIFORNIA COMMUNITY COLLEGE
 TRACK AND FIELD CHAMPIONSHIPS
 TRIALS AND FINALS INCLUDING 1980
NOR-CAL MEET RECORDS

100 Meter Dash	10.1	Paul Jackson	Alameda	1976
200 Meter Dash	20.68	Derald Harris	Alameda	1978
400 Meter Dash	46.31	Eldon Walker	Laney	1978
800 Meter Run	1:50.28	Vernon Sallez	Chabot	1979
1500 Meter Run	3:47.7	John Sup	Monterey	1979
3000 M. Steeplechase	9:09.9	Joaquin Leano	Porterville	1978
5000 Meter Run	14:22.94	Bill Hurst	Modesto City	1978
10,000 Meter Run	30:44.7	Paul Mello	C.S.M.	1978
110 Meter High Hurdles	14.0	Malcolm Dixon	Foothill	1979
400 Meter Hurdles	50.67	Andre Phillips	SJCC	1979
440 Yard Relay	39.8		Alameda	1978
One Mile Relay	3:10.98		SJCC	1978
Shot Put	60'5"	Dave Laut	SJCC	1977
Discus Throw	187'5"	Les Mills	Foothill	1963
Javelin Throw	229'2"	Steve Roller	Skyline	1980
High Jump	7'0"	Kerry Myers	Alameda	1980
Pole Vault	17'-1/2"	Kim Black	C.S.M.	1978
Long Jump	25'1-1/4"	Mike McRae	Chabot	1976
Triple Jump	51'8"	Mike Marlow	Cosumnes River	1976
Hammer Throw	146'10"	Ron McKee	SJCC	1980

CALIFORNIA COMMUNITY COLLEGE
Men's Track and Field
 Championship Meet Records, as of 1980

100 Meter Dash	Houston McTear	Santa Monica	10.18	1977
200 Meter Dash	Millard Hampton	San Jose C.C.	20.4	1976
400 Meter Dash	Larry Goldston	Mt. Sac	45.78	1979
800 Meter Run	John Gray	Santa Monica	1:47.55	1980
1500 Meter Run	Steve Ortiz	Grossmont College	3:45.76	1979
3000 M Steeplechase	Shannon Laird	Palomar C.C.	8:53.2	1977
5000 Meter Run	Vicker Simonian	Los Angeles C.C.	11:10.4	1976
10,000 Meter Run	Kurt Pfeffer	Grossmont College	29:48.8	1976
110 Meter Hurdles	Malcom Dixon	Foothill College	13.9	1980
400 Meter Hurdles	John Rudd	Pasadena C.C.	50.2	1976
High Jump	Coart Owens	Alameda C.C.	7'2"	1978
Pole Vault	Steve Oravetz	West Valley C.C.	16'11 $\frac{1}{4}$ "	1977
Long Jump	Kenneth M. Hays	Pasadena C.C.	26'2 $\frac{1}{4}$ "	1978
Triple Jump	Paul Bates	Alameda C.C.	52'4 $\frac{1}{4}$ "	1979
Shot Put	Joe Staub	Glendale C.C.	62'5 $\frac{1}{4}$ "	1980
Discus Throw	Sylvester Marshall	West Hills C.C.	184'3"	1970
Javelin Throw	Luc LaPerriere	Palomar C.C.	266'8"	1977
400 Meter Relay		San Jose C.C.	39.81	1977
One Mile Relay	Darry Sidney Sam Ceasar Devin Lewis Ronnie Williams	Long Beach C.C.	3:07.07	1979

UNITED STATES TRACK & FIELD

Junior College Records Through June, 1979

Made by competitors attending a two-year college and accepted by the National Joint Junior College Track Records Committee. Claims for National Junior College Track Records should be submitted to Dave Kamanski, Cerritos College, Norwalk, California. George E. Killian, MJCAA, P.O. Box 1586, Hutchinson, Kansas 67501

- 100 Yard Dash 9.2s
Doug Hawken (Glendale CC, Arizona) 1969
- 220 Yard Dash 20.6
Mel Grey (Fort Scott Community College, Kansas) Pittsburg, Kansas, April 9, 1968.
Wardell Gilbreath (New Mexico JC, New Mexico) 1973.
- 440 Yard Dash 45.8
Karl Farmer (Los Angeles Southwest) Bakersfield, Calif. June 15, 1973
- 880 Yard Run im 48.0 (4 turns)
James Robinson (Laney College, Oakland) Bakersfield, Calif. May 25, 1974
- One Mile Run 3m 56.1s
Neill Duggan (Allan Hancock College, Calif) San Diego, Calif, June 11, 1966
- Two Mile Run 8:43.6
Terry Cotton (Grossmont College, Calif) Irvine, Calif, March 23, 1975
- Three Mile Run 13:27.4
Malcolm East (Allegheny College, Pa.) Philadelphia, February 27, 1978
- Six Mile Run 28:03.1
Malcolm East (Allegheny College, Pa.) Champaign, Ill., May 19, 1978
- 120 Yard High Hurdles 13.5
Charles Rich (Los Angeles Couthwest) San Diego, Calif, May 22, 1971
- 440 Yard Intermediate Hurdles 50.56
John Rudd (Pasadena City College, Calif) Fresno, Calif, May 8, 1976
- High Jump 7'3-1/2"
Milton Baker (Santa Fe CC) Champaign, Illinois, May 19, 1978
- Long Jump 26'2-3/4"
Harry Hines (Sacramento City College, Calif.) Fresno, Calif, May 10, 1969
Kenneth Hays (Pasadena City College) Bakersfield, Calif., May 27, 1978
- Pole Vault 17'4"
Charlie Brown (El Camino College, Calif) Citrus, Calif., May 14, 1977
- Discus Throw 194'10"
Steve Brown (Fullerton College, Fullerton, Calif.) Irvine, Calif, March 28, 1976

- Shot Put 62'10"
Ron Senkiw (Mesa Community College, Mesa, Ariz) San Jacinto, Texas, May 24, 1974
- Javeline Throw 273'0"
Mike Murro (Mesa Community College, Mesa, Ariz.) Garden City, Kansas, April 9, 1968
- Hammer Throw 187'11"
Casey Ballwey (Fullerton College, Calif) Fresno, Calif., May 12, 1973
- Triple Jump 52'9"
Michael Marlow (Cosumnes River College, Calif) Fresno, Calif, May 8, 1976
- 440 Yard Relay 39.8
San Jose City College, San Jose, Calif, (Horace Berry, Millard Hampton,
Jim Douglas, Stan Fincher) Bakersfield, Calif, May 29, 1976
- 880 Yard Relay 1:24.1
Merritt College, Oakland, Calif., (Norbert Payton, Henry Stuckey, Larry Glenn,
Warren Edmonson) Cupertino, Calif., April 26, 1969
- One Mile Relay 3:07.07
Long Beach City College, Long Beach, Calif. (Darryl Sidney, Sam Ceasar
Devon Lewis, Ron Williams), Bakersfield, Calif. May 26, 1979
- Two Mile Relay 7:29.3
Pierce College, Calif., (Biff Newman, Terry Tubb, Paul Myers, Rovert Hansen)
Fresno, Calif., May 13, 1967
- Four Mile Relay 16:31.0
(Allegheny College, Pa.) Knoxville, Tenn., April 14, 1978
(Saavedra, Armando Cendejas) Bakersfield, Calif., April 3, 1976
- Sprint Medley Relay 3:19.7
Essex County (Lawrence Brown, Alfred Daley, Horace Tuitt, Ainsley Armstrong)
Gainesville, Fla., March 30, 1973
- Distance Medley Relay 9:50.8
Fullerton College, Fullerton, Calif., (Barry Hyde, Jon Albrecht, Phil Wingard,
Jose Saavedra)Walnut, Calif., April 23, 1976
- 480 Yard Shuttle Hurdle Relay (low, high, low high) 53.7s
Mt. San Antonio College, Calif., (Bob Seagren, Geoff Vanderstock, Bruce
Johnson, Don Shy) Walnut, Calif., April 23, 1965
- 480 Yard Shuttle Hurdle Relay (all highs) 59.1
Fullerton College, Fullerton, Calif., (Jeff Schrecengost, John Stroot, Bryan
Poland, Ward Kinsman) Bakersfield, Calif., April 22, 1972
- Mile Relay Intermediate Hurdles 3:38.9
Pasadena City College, Pasadena, Calif., (Jackie Roberts, Andre Thompson,
Billy Smith, Elvester Strong) Walnut, Calif., April 23, 1977
- 3000 Steeplechase 8:38.80
Amos Korir (Allegheny College, Pa) Philadelphia, April 29, 1978

METRIC MARKS - NATIONAL RECORDS

thru 1979

- 100 Meters 10.0
Houston McTear (Santa Monica CC) Bakersfield, Calif., April 9, 1977
- 200 Meters 20.10
Millard Hampton (San Jose CC) Eugene, Ore., June 22, 1976
- 400 Meters 45.2
Lee Evans (San Jose CC) Los Angeles, Calif., July 23, 1966
- 800 Meters 1:45.7
James Robinson (Laney Calif.) Westwood, Calif., June 22, 1974
- 1500 3:41.6
Neill Duggan (Allan Hancock, Calif) Los Angeles, Calif., June 4, 1966
- 5000 13:56.8
Malcolm East (Allegheny College, Pa.) Pittsburgh, Pa., 1978
- 10,000 29:03.0
Kirk Pfeffer (Grossmont College, Calif.) Irvine, Calif., March 28, 1976
- 110 High 13.7
Franklin Postell (Miami Dade, North Fla.) Miami, Fla., April 6, 1976
- 400 Intermediate Hurdles 49.47
Andre Phillips (San Jose City College, Calif.) Walnut, Calif., June 16, 1979
- 3000 Steeplechase 8:38.80
Amos Korir (Allegheny College, Pa.) Philadelphia, April 29, 1978
- Four x 1500 Relay 15:26.0
(Allegheny College, Pa.) Philadelphia, April 24, 1976
- Marathon 2:17.44
Kirk Pfeffer (Grossmont College, Calif) Mission Bay Park, San Diego, Cal.
January 11, 1975
- 800 Meters Relay 1:23.96
San Jose City College, San Jose, Calif. (Dwayne Green, Ernest Lewis, Willie Jackson, Eugene Rachal) Fresno, Calif., May 6, 1978
- 1600 Meters Relay 3:06.9
Long Beach City College, Long Beach, Calif. (Darryl Sidney, Sam Ceasar, Ron Williams, Devon Lewis) Walnut, Calif., April 21, 1979
- Distance Medley Relay - Metric 9:55.1
Allegheny College, Pa (Tajd Rivera, Bob Baratta, Tarald Lindviesmoen, Malcolm East) Philadelphia, April 28, 1978.
- 440 Meters - Shuttle Hurdle Relay 56.8
Santa Fe College, Gainesville, Fla. (Greg Smith, Frank Henery, Angelo Booker, Mike Holloway) Florida, March 31, 1979

College of San Mateo
Men's Track and Field Results

C.S.M. vs. West Valley vs. C.C.S.F.

Friday, March 14, 1980

440 Yard Relay

1. C.C.S.F.	42.5
2. W.V.C.	42.5
3. C.S.M.	43.5

110 Meter Hurdles

1. Pete Crossley	CCSF	14.6
2. J.B. Swain	CSM	14.9
3. Jim Walker	CSM	15.1
3. Craig Thompson	WVC	15.5

400 Meter Hurdles

1. Rick Hohmann	WVC	53.8
2. Rick Luttrell	CSM	55.0
3. Jim Walker	CSM	57.0
4. Craig Thompson	WVC	57.7

100 Meter Dash

1. Jim Walker	CSM	10.9
2. Paul Jones	CCSF	10.9
3. Mike Thompson	WVC	11.0
4. Al Leberz	WVC	11.2

200 Meter Dash

1. Jim Walker	CSM	22.3
2. Mark Kibort	WVC	22.4
3. Paul Jones	CCSF	22.5
4. Dave Castro	CSM	22.7

440 Yard Dash

1. Dave Castro	CSM	49.3
2. Stan Mitchell	WVC	49.6
3. Steve Bennaue	CCSF	50.8
4. Vince Jones	CSM	52.4

800 Meter Run

1. Bert McCracken	WVC	1:57.3
2. Paul Mihalek	CSM	1:58.0
3. Kurt Larcher	CSM	1:58.0
4. Curt Foianini	CSM	1:58.7

1500 Meter Run

1. Dennis Maloney	WVC	4:05.0
2. Peter Stanford	CCSF	4:08.0
3. Mark Gyorey	WVC	4:09.7
4. Greg Hanna	CSM	4:13.5

One Mile Relay

1. W.V.C.	3:19.6
2. C.C.S.F.	3:22.6
3. C.S.M.	3:29.3

2 Mile Relay

1. Rick Baldocchi	CSM	9:29.4
2. Mark Gyorey	WVC	9:34.7
3. Ken Mellquist	CSM	9:39.0
4. Curt Karbowski	WVC	9:45.1

Shot Put

1. Paul Lomski	CSM	43'0
2. M. Kiesle	WVC	41'6
3. Wade Buckingham	CSM	38'9
4. J. Covington	WVC	37'7

Discus Throw

1. Wade Buckingham	CSM	140'10
2. J. Adams	WVC	126'9
3. J. Covington	WVC	115'0
4. Y. Kiesley	WVC	114'2

Javelin Throw

1. Rich Hohmann	WVC	160.7
2. C. Miner	WVC	150'6
3. Jim Walker	CSM	143'10
4. J. Covington	WVC	133'7

High Jump

1. Louis Tinsley	CSM	6'2
2. Chris Young	CSM	6'2
3. Lathay McFadden	CSM	6'0
4. Mike McLaughlin	CSM	6'0

Pole Vault

1. Frank Lines	WVC	14'0
2. Scott Buddie	WVC	13'6
3. Rich Nemeth	WVC	13'0
4. C. Fong	CCSF	12'0
5. Dennis Faoro	CSM	12'0

Long Jump

1. Steve Bruce	CSM	22'8
2. Tony Campbell	WVC	22'4-3/4
3. John Rosinski	CSM	21'11
4. Darrin Ruth	CSM	21'4-1/2

Triple Jump

1. Al Leberz	WVC	44'2-1/2
2. Fred Cunningham	CCSF	44'0
3. J.B. Swain	CSM	42'9-3/4
4. M. Mestressat	WVC	42'3-1/2

Tri Meet Score

1. W.V.C.	78 Points
2. C.S.M.	74 Points
3. C.C.S.F.	27 Points

College of San Mateo
Men's Track and Field Results

C.S.M. vs. S.J.C.C.
Thursday, March 20, 1980

440 Yard Relay

1. S.J.C.C.		42.3
2. C.S.M.		43.8

One Mile Run

1. Ramirez	SJCC	4:37.1
2. Rick Baldocchi	CSM	4:45.7
3. Curt Foianini	CSM	4:47.1

Long Jump

1. John Rosinski	CSM	23'1/2
2. Steve Bruce	CSM	22'10
3. Darrin Ruth	CSM	22'10

High Jump

1. Johnson	SJCC	6'4
2. Lathay McFadden	CSM	6'2
3. Mike McLaughlin	CSM	5'10

Javelin Throw

1. Hudson	SJCC	169'10
2. Breigan	SJCC	149'9
3. Jim Walker	CSM	143'4

Pole Vault

1. Hudson	SJCC	16'4
2. Brad Bryant	CSM	13'6
3. Pope	SJCC	13'0

110 Meter Hurdles

1. Curry	SJCC	14.8
2. Jim Walker	CSM	15.1
3. Jap	SJCC	15.1

400 Meter Dash

1. Breigan	SJCC	50.7
2. Green	SJCC	52.0
3. Smith	SJCC	53.7

100 Meter Dash

1. Dwayne Taylor	SJCC	10.6
2. Green	SJCC	10.7
3. Jim Walker	CSM	10.7

Shot Put

1. Mickey Cutler	SJCC	55'1
2. Ron McKee	SJCC	52.9
3. Paul Lomski	CSM	45'0

Discus Throw

1. Mickey Cutler	SJCC	183'3
2. Wade Buckingham	CSM	146'4
3. Ron McKee	SJCC	136'2

400 Meter Hurdles

1. Kennon	SJCC	55.3
2. Rick Luttrell	CSM	55.6
3. J.B. Swain	CSM	63.3

200 Meter Dash

1. Dwayne Taylor	SJCC	21.6
2. Harris	SJCC	21.7
3. Jim Walker	CSM	21.7

800 Meter Run

1. Walker	SJCC	1:59.0
2. Dave Castro	CSM	2:00.1
3. Kurt Larcher	CSM	2:00.2

Triple Jump

1. Paz	SJCC	39'11-1/2
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5000 Meter Run

1. Ramirez	SJCC	15:51.2
2. Rick Baldocchi	CSM	15:55.0
3. Ruprecht	SJCC	16:17.2

One Mile Relay

1. S.J.C.C.	3:23.9
2. C.S.M.	3:28.7

Dual Meet Score

1. S.J.C.C.	100 pts
2. C.S.M.	41 pts

COLLEGE OF SAN MATEO
Men's Track and Field Results
C.S.M. vs. Chabot vs. D.V.C.
Friday, March 28, 1980

440 YARD RELAY

1. D.V.C.	42.3
2. C.S.M.	42.7
3. Chabot	42.7

1 MILE RELAY

1. C.S.M.	3:23.6
2. Chabot	3:38.3
3. D.V.C.	Disqualified

110 Meter Hurdles

1. Ed Alazraqui-DVC	15.3
2. Mike Floyd-Chabot	15.3
3. Dan Pellitier-DVC	16.2
4. Charles North-CSM	16.8

SHOT PUT

1. Tim Smith-DVC	46'1"
2. Paul Lomski-CSM	45'10"
3. Chris Kilpatrick-DVC	45'1"
4. Wade Buckingham-CSM	39'9"

1500 METER RUN

1. Alan Smith-DVC	4:03.0
2. Rick Baldocchi-CSM	4:03.2
3. Mike DeGroot-Chabot	4:07.0
4. Kevin Ostenberg-DVC	4:10.3

HIGH JUMP

1. Reggie Younger-DVC	6'4"
2. Mike Jett-CSM	6'4"
3. Lathay McFadden-CSM	6'2"
4. Mitch Ashley-Chabot	6'2"

100 METER DASH

1. Jim Walker-CSM	10.7
2. Craig Nasa-DVC	10.7
3. Carlos Armstrong-Chabot	11.0
4. Darryl Byrd-Chabot	11.2

LONG JUMP

1. Jeff McGraw-DVC	23'3"
2. Dave Fernandez-Chabot	22'5"
3. Steve Bruce-CSM	21'8"
4. John Rosinski-CSM	21'0"

400 METER DASH

1. Dave Castro-CSM	48.3
2. Dave Fernandez-Chabot	48.6
3. Brad Wilson-Chabot	50.0
4. Mark Demedum-Chabot	50.5

DISCUS THROW

1. Chris Kilpatrick-DVC	155'10 $\frac{1}{2}$ "
2. Tim Smith-DVC	149'11"
3. Brad Dano-DVC	148'5"
4. Wade Buckingham-CSM	141'1"

800 METER RUN

1. Alan Smith-DVC	1:55.6
2. Mike DeGroot-Chabot	1:56.7
3. Curt Foianini-CSM	1:57.2
4. Kurt Larcher-CSM	1:57.2

TRIPLE JUMP

1. Jeff McGraw-DVC	46'9"
2. Brian Indelicato-DVC	45'6"
3. Craig Cutting-Chabot	43'1 $\frac{1}{2}$ "
4. J.B. Swain-CSM	42'11"

400 METER HURDLES

1. Rick Luttrell-CSM	55.3
2. Ed Alazraqui-DVC	55.3
3. Mike Floyd-Chabot	56.7
4. J.B. Swain-CSM	57.7

POLE VAULT

1. Steve Thomas-DVC	14'6"
2. Brad Bryant-CSM	14'0"
3. Don Aguiar-Chabot	13'6"
4. Bon Weiner-DVC	13'6"

200 METER DASH

1. Jim Walker-CSM	22.1
2. Dave Castro-CSM	22.1
3. Craig Nash-DVC	22.6
4. Darryl Byrd-Chabot	22.7

JAVELIN THROW

1. Curt Foianini-CSM	179'10"
2. Lou Christensen-DVC	178'0"
3. Jon McGraw-DVC	176'7"
4. K.J. Forbes-CSM	153'5"

2 MILE RUN

1. Rick Baldocchi-CSM	9:32.1
2. Kevin Ostenberg-DVC	9:44.5
3. Grg Hanna-CSM	9:55.0
4. Alan Smith-DVC	10:04.4

TRI MEET SCORE

1. Diablo Valley College	85 pts.
2. College of San Mateo	68 pts.
3. Chabot College	29 pts.

COLLEGE OF SAN MATEO
Men's Track and Field Results
C.S.M. vs. DeAnza vs. Foothill
Wednesday, April 9, 1980

440 YARD RELAY

1. Foothill College	41.8
2. College of San Mateo	43.0
3. DeAnza College	44.0

1500 METER RUN

1. Rick Baldocchi- CSM	4:09.2
2. Greg Hanna- CSM	4:14.5
3. Kennedy- Foot	4:21.8
4. McClure- Foot	4:23.2

110 METER HURDLES

1. Malcomn Dixon- Foot	14.2
2. J.B. Swain- CSM	15.1
3. Montgomery- Foot	15.7
4. D. Long- DeAn	16.3

400 METER DASH

1. Dave Castro- CSM	49.2
2. Malcomn Dixon- Foot	50.0
3. Ramian- DeAn	50.7
4. Vince Jones- CSM	51.9

100 METER DASH

1. Jim Walker- CSM	10.8
2. Oravillo- Foot	10.8
3. T. Smith- Foot	10.9
4. Bennett- DeAn	11.1

800 METER RUN

1. B. Lowe- Foot	1:54.3
2. C. Prince- Foot	1:54.9
3. Kurt Larcher- CSM	1:55.2
4. S. Kinzy- DeAn	1:56.9

400 METER HURDLES

1. Deeney- Foot	54.0
2. Montgomery- Foot	54.7
3. Rick Luttrell- CSM	56.1
4. T. Duran- DeAn	60.0

200 METER DASH

1. Dave Castro- CSM	22.2
2. Oravillo- Foot	22.3
3. Jim Walker- CSM	22.4
4. T. Smith- Foot	22.4

5000 METER RUN

1. B. lowe- Foot	15:22.6
2. Rick Baldocchi- CSM	15:26.0
3. Westwood- DeAn	15:44.0
4. Brown- DeAn	15:54.7

1 MILE RELAY

1. College of San Mateo	3:23.8
2. Foothill College	3:28.1
3. DeAnza College	3:40.3

SHOT PUT

1. Paul Lomski- CSM	47'9"
2. Long- Foot	47'3 $\frac{1}{2}$ "
3. Carhonaro- DeAn	44'3 $\frac{1}{2}$ "
4. Salinas- DeAn	42'10"

HIGH JUMP

1. Mesha Spivey- CSM	6'10"
2. Grant- Foot	6'8"
3. McGee- DeAn	6'8"
4. Mike Jett- CSM	6'8"

LONG JUMP

1. John Rosinski- CSM	23'0"
2. Oravillo- Foot	22'3 $\frac{1}{2}$ "
3. G. Grant- Foot	21'3 $\frac{1}{2}$ "
4. M. Grany- Foot	20'9"

DISCUS THROW

1. Salinas- Foot	135'6"
2. Long- Foot	131'3"
3. Carhonaro- DeAn	125'6"
4. Lomski- CSM	105'2"

POLE VAULT

1. Kockleran- Foot	13'6"
2. Brad Bryant- CSM	13'6"
3. Hoop- Foot	13'0"
4. Dennis Faoro- CSM	12'6"

TRIPLE JUMP

1. Oravillo- Foot	45'1 $\frac{1}{4}$ "
2. Thompson- Foot	44'0"
3. Morishima- DeAn	36'8"

JAVELIN THROW

1. Gray- Foot	186'10"
2. Curt Foianini- CSM	172'0"
3. Wade Buckingham- CSM	164'3"
4. K.J. Forbes- CSM	143'9"

TRI MEET SCORE

1. Foothill College	96 pts.
2. College of San Mateo	65 pts.
3. DeAnza College	21 pts.

1980 TOP C.S.M. POINT GETTERS
COLLEGE OF SAN MATEO TRACK and FIELD DUAL and TRI MEET SEASON

Scoring: Dual Meets (5-3-1) Tri Meets (5-3-2-1) (Scoring relay team members split points)
1980

	W.V.C. C.C.S.F.	S.J.C.C.	D.V.C. Chabot	DeAn. Foothill	Season Total
Jim Walker	12	6	11	9	38
Rick Balsocchi	5	6	8	8	27
Dave Castro	6	3	10	7	26
Rick Luttrell	3	3	7	3 $\frac{1}{4}$	16 $\frac{1}{4}$
Wade Buckingham	7	3	1	2	13
John Rosinski	2	5	1	5	13
J.B. Swain	7	1	2	3	13
Curt Foianini	1	1	7	3	12
Pual Lomski	5	1		6	12
Steve Bruce	5	3	2		10

1980 TOP C.S.M. POINT GETTERS

RELAYS - INVITATIONALS - "BIG MEET" SEASON

Scoring: Multi Teams (10-8-6-4-2-1)
(Scoring individuals and each scoring relay team member receives full points)

	Marin				West Coast				Nor Cal Finals	Cal State Meet	1980 Season Total
	D.V.C. Relays	Bruce Jenner Classic	Ed Adams Relays Hartnell	G.G.C. Finals	Coast Relays Fresno	Nor Cal Trials	Nor Cal Finals	Cal State Meet			
D. Castro	12	1	8	2	6	19	12	2	62		
J. Walker	15	9		3	20	12			59		
C. Foianini	18	2	4	2	2				28		
R. Baldocchi	12	1			10				23		
M. Spivey	2		10	2	2	1	2	2	23		
W. Buckingham			8		10				20		
R. Luttrell	6	1			8	8	4	4	20		
K. Larcher					6	1			16		
P. Lomski			6	2	8	2			16		
V. Jones			1		10				14		
J. Rosinski	6		8						14		
G. Hanna	12		1						13		
M. Jett			1						13		
S. Bruce	12				6		1	6	13		
P. Mihalek	8	1							12		

COLLEGE OF SAN MATEO
MEN'S TRACK AND FIELD
1979 RELAYS, INVATIONALS & CHAMPIONSHIPS
"THE BIG MEETS"

College of San Mateo Placers

GOLDEN GATE CONFERENCE RELAYS

March 8, 1980 - Chabot College

2 Mile Relay	3rd Place	Kurt Larcher-Rich Baldocchi Greg Hana-Paul Mihalek	8:16.6
Javelin Relay (3 man)	3rd Place	Curt Foianini-K.J. Forbes Jim Walker	460'4-1/2
Long Jump Relay (3 man)	3rd Place	Steve Bruce-John Rosinski Darren Ruth	63'0"
High Jump Relay (3 man)	2nd Place Tie	Chris Young-Louis Tinsley Mike McLaughlin	18'2"
Distance Medley	3rd Place	Paul Mihalek-Curt Foianini Greg Hanna-Rich Baldocchi	10:52.3
Sprint Medley	4th Place	Jim Walker-Steve Bruce Dave Castro-Curt Foianini	3:35.7
120 Yard High Hurdles	5th Place	J. Swain	14.9
480 Yard Shuttle Hurdles	5th Place	Jim Walker-J.B.Swain Charles North-K.J.Forbes	1:07.8
One Mile Relay	5th Place	Kurt Larcher-Jim Walker Steve Bruce-Dave Castro	3:22.9
500 Meter Run	5th Place	Ken Mellquist	15:51.4

SANTA BARBARA RELAYS

March 22, 1980 - Santa Barbara

Long Jump	5th Place	Steve Bruce	22'9-1/2
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DIABLO VALLEY EASTER RELAYS

April 3, 1980 - Diablo Valley

100 Meter Dash:	Tied 2nd Place	Jim Walker	10.5w
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MARIN-SANTA ROSA RELAYS

April 5, 1980 - Santa Rosa

High Jump:	1st Place	Mesha Spivey	6'10"
Javelin:	2nd Place	Wade Buckingham	177'7"
Long Jump:	2nd Place	John Rosinski	21'7-1/2
110 Meter H.H.:	2nd Place	J.B. Swain	15.2
400 Meter Dasy:	2nd Place	Dave Castro	49.5
Shot Put	3rd Place	Paul Lomski	46'5-1/2
3000 Meter Steeplechase:	3rd Place	Jon Gerrans	10:51.1
5000 Meter Run:	4th Place	Dan Sanchez	16:26.3
800 Meter Run:	4th Place	Curt Foianini	1:59.3

NORTHERN CALIFORNIA COMMUNITY COLLEGE

TRACK AND FIELD TRIALS

May 16, 1980 - Chabot College

(Heats)	400 Meter Dash:	2nd Place	David Castro	48.34
(Heats)	100 Meter Dash:	2nd Place	Jim Walker	10.88
(Heats)	400 Meter I.H.:	2nd Place	Rick Luttrell	53.55
(Heats)	200 Meter Dash:	4th Place	Jim Walker	22.03
		4th Place	Dave Castro	22.44
	Shot Put:	6th Place	Paul Lomski	50'5"
	High Jump:	7th Place	Mesha Spivey	6'8"
		8th Place	Mike Jett	6'6"

NORTHERN CALIFORNIA COMMUNITY COLLEGE

TRACK AND FIELD FINALS

May 23, 1980 - Diablo Valley College

High Jump:	3rd Place	Mike Jett	6'8"
	5th Place	Mesha Spivey	6'6"
400 Meter Hurdles:	4th Place	Rick Luttrell	53.74
400 Meter Dash	5th Place	Dave Castro	48.5

CALIFORNIA COMMUNITY COLLEGE

TRACK AND FIELD CHAMPIONSHIPS

MEN

May 31, 1980			San Jose
400 Meter Hurdles:	5th Place	Rick Luttrell	54.0

WOMEN

400 Meter Dash:	4th Place	Joanne Hodnick	56.76
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COLLEGE OF SAN MATEO

CROSS COUNTRY
1980

WOMEN'S PERMANENT SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>OPPONENT</u>	<u>LOCATION</u>
Fri.	Sep. 19	TBA	12th Annual Beach Run	Half Moon Bay
Fri.	Sept. 26	4:00 p.m.	Two Rivers Running Seminar	Graegle, California
and				
Sat.	Sept. 27			
Sat.	Oct. 4	10:00 a.m.	Golden Gate Invitational	Golden Gate Park
Thurs.	Oct. 9	3:30 p.m.	*West Valley - Foothill	Coyote Hills, Newark
Sat.	Oct. 11	12:00 noon	CSM Invitational	Crystal Springs
Wed.	Oct. 15	3:00 p.m.	*Diablo Valley - Chabot	Golden Gate Park
Fri.	Oct. 17		Bye	
Fri.	Oct. 24	2:30 p.m.	*San Francisco - San Jose	Crystal Springs
Fri.	Oct. 31	3:30 p.m.	*Canada - De Anza	Hellyer Park, San Jose
Fri.	Nov. 7	2:30 p.m.	*Golden Gate Championships	Coyote Hills, Newark
Sat.	Nov. 15	11:00 a.m.	Nor Cal Championships	Sierra, Rocklin
Sat.	Nov. 22	11:00 a.m.	State Championships	Van Nuys, California

*Denotes Golden Gate Conference

COACH: Rich Harris - Head Women's Coach (415) 574-6469 Home - (415) 592-0919
 Division Office (415) 574-6461

COLLEGE OF SAN MATEO

1980 WOMEN'S TRACK ROSTER

<u>NAME</u>	<u>ADDRESS</u>	<u>HIGH SCHOOL</u>	<u>YEAR</u>
ALLARA, Mari	500 Fairfax Av., San Mateo	Aragon	Frosh
CARLTON, Shirley	1364 Vancouver, Burlingame	Burlingame	Frosh
CRAIG, Carolyn	157 Occidental, Burlingame	Burlingame	Soph
HODNICK, Joanne	2306 Coronet Blvd., Belmont	Carlmont	Frosh
MARTIN, Patty	1811 Louvaine Dr., Colma	Mercy	Soph
MCCORMACK, Mary-Emily	2103 Cipriani Blvd., Belmont	Carlmont	Frosh
NEWMAN, Bonnie	1448 Cortez Av., Burlingame	Mills	Soph
PRENTICE, Kathleen	811 Canyon Rd., Redwood City	San Carlos	Frosh
RYAN, Laureen	608 Wellington, San Carlos	Carlmont	Frosh

RICH HARRIS, Women's Track Coach
1709 Valley View
Belmont, 94402

574-6469 (Office)

592-0919 (home)

COLLEGE OF SAN MATEO

TRACK AND FIELD

1980 SEASON BEST MARKS - WOMEN

<u>100 M. Dash</u>		<u>400 M. Relay</u>	
Joanne Hodnick	12.4	Lor Ryan	
Lor Ryan	13.3	Mara Allara	
Mara Allara	13.4	Patty Martin	
Shirley Carlton	14.0	Joanne Hodnick	50.9*
<u>200 M. Dash</u>		<u>Mile Relay</u>	
Joanne Hodnick	25.04*	Lor Ryan	
Lor Ryan	27.68	Kathleen Prentice	
Mara Allara	28.69	Patty Martin	
		Joanne Hodnick	4:07.17*
<u>400 M. Dash</u>		<u>Shot Put</u>	
Joanne Hodnick	56.76*	Bonnie Newman	31'6"
Lor Ryan	62.24		
<u>800 M. Run</u>		<u>Discus Throw</u>	
Kathleen Prentice	2:24.8*	Bonnie Newman	85'5-1/2"
		Mary-Emily McCormack	58'8-1/2"
<u>1500 M. Run</u>		<u>Javelin Throw</u>	
Carolyn Craig	5:26.7	Bonnie Newman	112'11"
<u>3000 M. Run</u>		<u>High Jump</u>	
Carolyn Craig	12:16.8	Bonnie Newman	5'1"*
<u>400 M. Hurdles</u>		<u>Long Jump</u>	
Patty Martin	74.7	Joanne Hodnick	16'4"
		Bonnie Newman	16'6-1/4*
		Shirley Carlton	15'7"
<u>100 M. Hurdles</u>			
Bonnie Newman	15.8		
Mary-Emily McCormack	24.67		

*School Record

COLLEGE OF SAN MATEO

WOMEN'S TRACK AND FIELD RECORDS

1980

100 M. Dash	12.2	Stella Edwinson	1978
200 M. Dash	25.04	Joanne Hodnick	1980
400 M. Dash	56.76	Joanne Hodnick	1980
800 M. Run	2:24.8	Kathleen Prentice	1980
1500 M. Run	4:57.2	Mercedes Brucker	1978
3000 M. Run	11:11.1	Chris Sakelarios	1978
400 M. Hurdles	61.5	Stella Edwinson	1978
100 M. Hurdles	13.7	Stella Edwinson	1978
400 M. Relay	50.9	Lor Ryan-Mara Allara Patty Martin-Joanne Hodnick	1980
Mile Relay	4:07.17	Lor Ryan-Kathleen Prentice Patty Martin-Joanne Hodnick	1980
Shot Put	32'7"	Liz O'Conner	1978
Discus Throw	114'4"	Liz O'Conner	1978
Javelin Throw	115'9"	Denise Bangert	1978
High Jump	5'1"	Bonnie Newman	1980
Long Jump	16'6-1/4"	Bonnie Newman	1980

WOMEN'S DUAL MEET RECORDS

College of San Mateo vs. De Anza College

100 Meter Dash	Joanne Hodnick	12.4	CSM	1979
200 Meter Dash	Douglas	25.4	DeAnza	1979
400 Meter Dash	Laurel McKenzie	62.0	DeAnza	1978
800 Meter Run	Janet Smith	2:26.42	DeAnza	1980
1500 Meter Run	Arleen Mears	4:58.7	DeAnza	1978
3000 Meter Run	Amy Haberman	11:13.0	DeAnza	1980
100 Meter H. Hurdles	Janet Yarbrough	15.02	DeAnza	1980
400 Meter I. Hurdles	Stella Edwinson	68.9	CSM	1978
440 Yard Relay		51.5	DeAnza	1979
Mile Relay		4:14.3	DeAnza	1979
High Jump	Craig	5'2"	DeAnza	1979
Long Jump	Janet Yarbrough	17'6"	DeAnza	1980
Shot Put	Peggy Pollock	44'10-1/2"	DeAnza	1980
Discus	Nadine Ramirez	136'	DeAnza	1980
Javelin	Kathy Webb	107'5"	DeAnza	1978

DUAL MEET SCORES

1978	DeAnza College	68	San Mateo	38
1979	DeAnza College	62	San Mateo	45
*1980	DeAnza College	53-1/2	San Mateo	52

Series Record: DeAnza College 3 College of San Mateo 0

*Scored Tri-Meet with Foothill

WOMEN'S DUAL MEET RECORDS

College of San Mateo vs. Diablo Valley College

100 Meter Dash	Joanne Hodnick	12.9	CSM	1980
200 Meter Dash	Joanne Hodnick	25.7	CSM	1980
400 Meter Dash	Joanne Hodnick	58.3	CSM	1980
800 Meter Run	Kathleen Prentice	2:26.2	CSM	1980
1500 Meter Run	D. Spurrier	4:54.3	DVC	1979
3000 Meter Run	Carolyn Craig	16.8	CSM	1980
100 Meter H. Hurdles	Bonnie Newman	16.0	CSM	1980
400 I. Hurdles	D. Bateman	72.5	DVC	1979
High Jump	Bonnie Newman	5'1	CSM	1980
Long Jump	Rita O'Conner	16'9	DVC	1980
Shot Put	Sandy Johnson	39'2	DVC	1980
Discus Throw	Julia Morales	102'10	DVC	1980
Javelin Throw	Sandy Johnson	105'3	DVC	1980
440 Yard Relay	L. Ryan, M. Allara P. Martin, J. Hodnick	52.35	CSM	1980
One Mile Relay	L. Ryan, K. Prentice P. Martin, J, Hodnick	4:10.1	CSM	1980

DUAL MEET SCORES

1979	D.V.C.	-	57	C.S.M.	-	17
*1980	D.V.C.	-	38	C.S.M.	-	60

Series Record: D.V.C. 1 C.S.M. 1

*Scored Tri-meet with Chabot

WOMEN'S DUAL MEET RECORDS

College of San Mateo vs. Foothill College

100 Meter Dash	Stella Edwinson	12.2	CSM	1978
200 Meter Dash	Debby Zwick	26.1	Foothill	1979
400 Meter Dash	Debbie Zwick	59.2	Foothill	1979
800 Meter Run	Heidi Hansen	2:23.36	Foothill	1980
1500 Meter Run	Mercedes Brucker	5:18.0	CSM	1978
Two Mile Run	C. Sakelarios	12:12.0	CSM	1978
100 Meter H. Hurdles	Stella Edwinson	15.4	CSM	1978
400 Meter I. Hurdles	Heidi Hansen	1:10:19	Foothill	1980
High Jump	Stella Edwinson	5'0"	CSM	1978
	Bonnie Newman	5'0"	CSM	1980
Long Jump	Hansen	15'8-1/2"	Foothill	1979
Javelin Throw	Elaine Sundby	127'8"	Foothill	1979
Discus	Elaine Sundby	108'0"	Foothill	1979
Shot Put	Elaine Sundby	33'7"	Foothill	1979
440 Yard Relay		53.5	Foothill	1979
Mile Relay	L. Ryan, K. Prentice P. Martin, J. Hodnick	4:20.07	CSM	1980

DUAL MEET SCORES

1978	CSM	-	77	Foothill	-	34
1979	Foothill	80	CSM	-	37	
*1980	Foothill	52-1/2	CSM	-	52	

Series Record: San Mateo 1 Foothill 2

*Scored Tri-meet with DeAnza

WOMEN'S DUEL MEET RECORDS

College of San Mateo vs. Chabot College

100 Meter Dash	Stella Edwinson	12.6	CSM	1978
200 Meter Dash	Joanne Hodnick	25.7	CSM	1980
400 Meter Dash	Joanne Hodnick	58.3	CSM	1980
800 Meter Run	Kathleen Prentice	2:26.2	CSM	1980
1500 Meter Run	P. Gonsalves	5:12.9	Chabot	1979
3000 Meter Run	P. Gonsalves	11:12.1	Chabot	1979
100 Meter H. Hurdles	Stella Edwinson	14.8	CSM	1978
400 Meter I. Hurdles	S. Ratcliff	1:09.9	Chabot	1979
440 Yard Relay		51.5	Chabot	1979
One Mile Relay	L. Ryan, K. Prentice P. Martin, J. Hodnick	4:10.1	CSM	1980
High Jump	Bonnie Newman	5'1	CSM	1980
Long Jump	Jamie Blake	18'1	Chabot	1980
Shot Put	Kim Daniel	37'4-1/4"	Chabot	1980
Discus	Kim Daniel	113'10"	Chabot	1980
Javelin Throw	Kim Daniel	128'1	Chabot	1980

DUAL MEET SCORES

1978	San Mateo	- 70	Chabot	- 52
1979	Chabot	- 1	San Mateo	- 97
1980	San Mateo	- 60	Chabot	- 59

WOMEN'S DUAL MEET RECORDS

College of San Mateo vs. San Jose City College

100 Meter Dash	Mallory	12.1	SJCC	1979
200 Meter Dash	Gibbs	25.2	SJCC	1979
400 Meter Dash	West	56.7	SJCC	1979
800 Meter Run	Crowley	2:28.4	SJCC	1979
1500 Meter Run	Sue Munday	4:55.4	SJCC	1978
3000 Meter Run	Crowley	10:51.3	SJCC	1979
100 Meter H. Hurdles	Stella Edwinson	14.8	CSM	1978
400 Meter I. Hurdles	Finney	1:10.2	SJCC	1980
High Jump	U'Rainnan Broussard	5'0	SJCC	1980
Long Jump	U'Rainnan Broussard	16'6	SJCC	1980
Shot Put	Michelli	37'1	SJCC	1979
Javelin	Michelli	107'6	SJCC	1979
Discuss	Michelli	119'9	SJCC	1979
440 Yard Relay	Finney,Taylor McKeon,Taylor	52.1	SJCC	1980
Mile Relay		4:18.4	SJCC	1979

DUAL MEET SCORES

1978	San Mateo	- 79	San Jose	- 13
1979	San Jose	- 82	San Mateo	- 39
1980	San Jose	- 60	San Mateo	- 54

Series Record: San Jose 60 San Mateo 54

WOMEN'S DUAL MEET RECORDS

College of San Mateo vs. West Valley College

100 Meter Dash	Stella Edwinson	12.6	CSM	1978
200 Meter Dash	Jacie Hendy	26.2	WVC	1980
400 Meter Dash	Jacie Hendy	58.4	WVC	1980
800 Meter Run	Ann Regan	2:10.6	WVC	1980
1500 Meter Run	Ann Witherspoon	4:47.4	WVC	1978
3000 Meter Run	Ann Witherspoon	10:14.7	WVC	1978
100 Meter H. Hurdles	Stella Edwinson	14.9	CSM	1978
400 Meter I. Hurdles	Stella Edwinson	65.3	CSM	1978
High Jump	Stella Edwinson	5'1"	CSM	1978
Long Jump	Diana Figliomeni	15'10-1/4	WVC	1980
Shot Put	Geraldine Thompson	37'4	WVC	1980
Discus Ger	Geraldine Thompson	116'	WVC	1980
Javelin	Denise Bangert	111'4	CSM	1978
440 Yard Relay		50.0	WVC	1980
Mile Relay		4.05	WVC	1980

DUAL MEET SCORES

1978	West Valley	- 80	San Mateo	- 46
1979	West Valley	- 82	San Mateo	- 17
*1980	West Valley	- 102	San Mateo	- 37

Series Record: West Valley 2 San Mateo 0

*Scored Tri-meet with S.F.C.C.

GOLDEN GATE CONFERENCE
 WOMEN'S TRACK AND FIELD
TRIALS & FINALS
MEET RECORDS - 1980

	<u>Time</u>	<u>Individual</u>	<u>School</u>	<u>Date</u>
100 M. Dash	12.0	TINA GIBBS	San Jose	1980
200 M. Dash	24.7	TINA GIBBS	San Jose	1980
400 M. Dash	55.9	DIANA STOHR	Chabot	1978
800 M. Run	2:16.1	ANN WOTHERSPOON	West Valley	1978
1500 M. Run	4:35.2	ANN WOTHERSPOON	West Valley	1978
3000 M. Run	9:45.3	ANN WOTHERSPOON	West Valley	1978
100 M. Hurdles	14.3	JAMIE BLAKE	Chabot	1980
400 M. Hurdles	62.8	JAMIE BLAKE	Chabot	1980
High Jump	5'4	WENDY CRAIG	De Anza	1980
Long Jump	17'9	JAMIE BLAKE	Chabot	1980
Shot Put	43'1-3/4	PEGGY POLLOCK	De Anza	1980
Discus Throw	141'10	DENISE HOLLOWAY	West Valley	1978
Javelin Throw	134'9	ELAINE SUNDBY	Foothill	1979
440 Relay	47.2	HAMPTON-MALLORY GIBBS-TAYLOR	S.J.C.C.	1980
Mile Relay	3:52.7	HOHMANN-REGAN HENDY-FIGLIOMENI	West Valley	1980

* * * * *

COLLEGE OF SAN MATEO
WOMEN'S TRACK AND FIELD
1980 RELAYS, INVITATIONAL AND CHAMPIONSHIPS
"THE BIG MEETS"
COLLEGE OF SAN MATEO PLACERS

GOLDEN GATE CONFERENCE RELAYS - Friday March 7, 1980 - Foothill

Distance Medley: 2nd Place 13:56.69
Patty Martin (440) Kathleen Prentice (880) Carolyn Craig (1320)
Kathleen Goodwin (Mile)
100 Meter Dash: Joanne Hodnick 3rd Place 12.72
100 M. Hurdles: Bonnie Newman 4th Place

SANTA BARBARA RELAYS - Saturday March 22, 1980 - Santa Barbara

400 M. Relay: 4th Place 53.2
Lor Ryan - Mara Allara - Patty Martin - Joanne Hodnick

DIABLO VALLEY EASTER RELAYS - Thursday April 3, 1980 - Diablo Valley College

440 Relay: 5th Place 51.7
Lor Ryan - Mara Allara - Patty Martin - Joanne Hodnick
100 M. Dash: Joanne Hodnick 5th Place 12.4
Mile Relay: 4th Place 4:12.8
Patty Martin - Kathleen Prentice - Lor Ryan - Joanne Hodnick

MARIN-SANTA ROSA RELAYS - Saturday April 5, 1980 - Santa Rosa

400 M. Dash: Joanne Hodnick 1st Place 58.4
400 M. Dash: Lor Ryan 3rd Place 63.8
800 M. Run: Kathleen Prentice 2nd Place 2:27.0
200 M. Dash: Lor Ryan 4th Place 28.2

BRUCE JENNER CLASSIC - Saturday April 12, 1980 - San Jose

100 M. Dash: Joanne Hodnick 6th Place 12.67

ED ADAMS INVITATIONAL - Saturday April 19, 1980 - Salinas

<u>800 M. Run:</u>	Kathleen Prentice	7th Place	2:24.8
<u>400 M. Relay</u>	L. Ryan-M. Allara P. Martin-J. Hodnick	8th Place	52.7
<u>100 M. Hurdles:</u>	Bonnie Newman	4th Place	15.80
<u>400 M. Dash:</u>	Joanne Hodnick	2nd Place	57.7
<u>100 M. Dash:</u>	Joanne Hodnick	2nd Place	12.59
<u>200 M. Dash:</u>	Joanne Hodnick	2nd Place	25.1

GOLDEN GATE FINALS - Friday May 25, 1980 - Foothill

<u>440 Relay:</u>	L. Ryan - M. Allara P. Martin-J. Hodnick	3rd Place	50.9
<u>100 M. Hurdles:</u>	Bonnie Newman	3rd Place	15.9
<u>400 M.</u>	Joanne Hodnick	3rd Place	56.8
<u>100 M</u>	Mara Allara	5th Place	13.4
<u>800 M.</u>	Kathleen Prentice	6th Place	2:25.9
<u>200 M.</u>	Joanne Hodnick	2nd Place	25.2
<u>Mile Relay:</u>	L. Ryan-K. Prentice P. Martin-J. Hodnick	4th Place	4:10.3
<u>Javelin:</u>	Bonnie Newman	3rd Place	112'11"
<u>Long Jump:</u>	Bonnie Newman	5th Place	16'6-1/4
<u>Long Jump:</u>	Shirley Carlton	6th Place	14'9-1/2
<u>High Jump:</u>	Bonnie Newman	3rd Place	5'0"

NOR CAL TRIALS - Saturday May 17, 1980 - West Valley

<u>440 Relay:</u>	L. Ryan-M. Allara P. Martin-J. Hodnick	Fastest 5th	52.30
<u>100 M. Hurdles:</u>	Bonnie Newman	4th Place	15.8
<u>200 M. Dash:</u>	Joanne Hodnick	2nd Place	25.04
<u>400 M. Dash:</u>	Joanne Hodnick	2nd Place	57.16
<u>Mile Relay:</u>	L. Ryan-K. Prentice P. Martin-J. Hodnick	Fastest 5th	4:07.17

1980 RELAYS, INVITATIONAL & CHAMPIONSHIPS
"THE BIG MEETS"

Page 3

NOR CAL FINALS - Friday May 23, 1980 - Diablo Valley

400 M. Dash	Joanne Hodnick	4th Place	57.13
200 M. Dash	Joanne Hodnick	5th Place	25.55

COLLEGE OF SAN MATEO

WOMEN'S TRACK AND FIELD RESULTS

CSM vs. WEST VALLEY vs. S.F.C.C. at WEST VALLEY

Friday, March 14, 1980

400 M. Relay

1. West Valley	50.0
2. San Mateo	53.14
3. S.F.C.C.	53.75

1500 Meter Run

1. Pam Bowers	WV	4:58.4
2. Val Eberly	WV	5:01.0
3. Diana Davis	WV	5:18.0
4. Carolyn Craig	CSM	5:32

100 M. H. Hurdles

1. Cathy Hohmann	WV	15.64
2. Bonnie Newman	CSM	17.7
3. Mary-Emily McCormack	CSM	24.07

400 M. Dash

1. Jacie Hendy	WV	58.4
2. Cathy Hohmann	WV	59.1
3. Joanne Hodnick	CSM	59.7
4. D. Beattile	CCSF	66.6

100 M. Dash

1. Rita Crittle	CCSF	12.6
2. Dianna Figliomeni	WV	13.1
3. Jacie Hendy	WV	13.5
4. Lor Ryan	CSM	13.7

800 M. Run

1. Ann Regan	WV	2:10.6
2. Pam Bowers	WV	2:23.0
3. Val Eberly	WV	2:27.0
4. Kathleen Prentice	CSM	2:30

400 Intermediate Hurdles

1. Cathy Hohmann	WV	1:09
2. Diana Figliomeni	WV	1:10.7
3. Patty Martin	CSM	1:19.0

200 Meter Dash

1. Jacie Hendy	WV	26.2
2. Joanne Hodnick	CSM	26.4
3. Ann Regan	WV	26.75
4. Rita Crittle	CCSF	27.1

Mile Relay

1. West Valley	4:05
2. CSM	4:20
3. CCSF	4:37.1

3000 M. Run

1. Pam Bowers	WV	11:40.6
2. Diana Davis	WV	11:44
3. Jane Duff	WV	11:59.7
4. Kristin Webb	WV	12:14

Shot Put

1. Geraldine Thompson	WV	37'4
2. Bonnie Newman	CSM	29'5
3. Andrea Joseph	CCSF	26'4

Discus

1. Geraldine Thompson	WV	116'
2. Andrea Joseph	CCSF	79'7
3. Mary-Emily McCormack	CSM	59'9

Javelin

1. Pam Bowers	WV	110'10
2. Bonnie Newman	CSM	104'
3. Geraldine Thompson	WV	90'2
4. Deborah Keane	CCSF	72'5

High Jump

1. Pam Bowers	WV	5'0
2. Bonnie Newman	CSM	4'8

Long Jump

1. Diana Figliomeni	WV	15'10-1/4"
2. Bonnie Newman	CSM	15'5-1/4"
3. Shirley Carlton	CSM	14'8-1/4"
4. Pam Bowers	WV	14'4-1/2"

MEET SCORE

West Valley	102
San Mateo	37
S.F.C.C.	13

COLLEGE OF SAN MATEO
 WOMEN'S TRACK AND FIELD RESULTS
 CSM vs. SAN JOSE at SAN JOSE
 Thursday March 20, 1980

400 Relay

1. San Jose 52.1
 2. CSM 53.3

1500 M. Run

1. Carolyn Craig CSM 6:15.8

100 M. Hurdles

1. U'Rainnah Broussard SJCC 15.1
 2. Bonnie Newman CSM 17.4
 3. Mary-Emily McCormack CSM 25.1

400 M. Dash

1. Cathy McKean SJCC 64.9
 2. Joanne Hodnick CSM
 (disq. false start)

100 M. Dash

1. Karen Taylor SJCC 12.5
 2. Joanne Hodnick CSM 12.6
 3. Sue Finney SJCC 13.2

800 M. Run

1. Kathleen Prentice CSM 2:31.8
 2. Sharon Taylor SJCC 2:33.7
 3. Cathy McKean SJCC 3:00.3

400 M. I. Hurdles

1. Sue Finney SJCC 1:10.2

200 M. Dash

1. Karen Taylor SJCC 26.0
 2. Joanne Hodnick CSM 26.1
 3. Cathy McKean SJCC 27.0

Mile Relay

1. San Jose 4:18.9

3000 M. Run

1. Carolyn Craig CSM
 2. Mara Allara CSM
 3. Shirley Carlton CSM

Shot Put

1. Bonnie Newman CSM 28'5-3/4"
 2. U'Rainnah Broussard SJCC 27'3"
 3. Mary-Emily McCormack CSM 15'2-1/2"

Discus

1. Mary-Emily McCormack CSM 59'8-1/2"
 2. U'Rainnah Broussard SJCC 58'3"
 3. Bonnie Newman CSM 55'11-1/2"

Javelin

1. Bonnie Newman CSM 100'9"
 2. Shannon Scratore SJCC 58'7"
 3. Mary-Emily McCormack CSM 49'1"

High Jump

1. U'Rainnah Broussard SJCC 5'0"
 2. Bonnie Newman CSM 4'8"

Long Jump

1. U'Rainnah Broussard SJCC 16'6"
 2. Joanne Hodnick CSM 16'4"
 3. Shirley Carlton CSM 15'7"

MEET SCORE

S.J.C.C. 60
 CSM 54

COLLEGE OF SAN MATEO

WOMEN'S TRACK AND FIELD RESULTS

College of San Mateo vs. Diablo Valley College at Chabot

Friday, March 28, 1980

400 M. Relay

1. San Mateo	52.35
(L.Ryan/M.Allara P.Martin/J.Hodnick)	
2. Chabot	52.6

Mile Relay

1. San Mateo	4:10.1
(P.Martin/K.Prentice L. Ryan/J.Hodnick)	
2. Chabot	4:10.2

1500 M. Run

1. Diana Bateman	DVC	5:07
2. Carolyn Craig	CSM	5:26.7
3. Julie Zehnder	Chabot	5:35
4. Diana McCoy	DVC	6:12.9

3000 M. Run

1. Carolyn Craig	CSM	12:16.8
2. Julie Zennder	Chabot	12:45.1
3. Diana McCoy	DVC	13:48
4. Mara Allara	CSM	14:07

100 M. Hurdles

1. Jamie Blake	Chabot	15.2
2. Bonnie Newman	CSM	16.0
3. Carol Dean	DVC	17.2
4. Debbie Sexton	Chabot	19.1

Shot Put

1. Sandy Johnson	DVC	39'2"
2. Kim Daniel	Chabot	37'4-1/4"
3. Julia Morales	DVC	32'3"
4. Bonnie Newman	CSM	30'3/4"

400 M. Dash

1. Joanne Hodnick	CSM	58.3
2. Rita O'Conner	DVC	60.04
3. Lor Ryan	CSM	63.0
4. Terri Parker	Chabot	68.4

Discus

1. Julia Morales	DVC	102'10"
2. Cheri Montgomery	Chabot	100'11"
3. Bonnie Newman	CSM	100'2"
4. Leslie Dobberpuhl	Chabot	65-1/2'

100 M. Dash

1. Joanne Hodnick	CSM	12.9
2. Lynne Muller	Chabot	13.4
3. Carol Dean	DVC	13.7
4. Mara Allara	CSM	13.9

Javelin

1. Kim Daniel	Chabot	128'1"
2. Sandy Johnson	DVC	
3. Julia Morales	DVC	
4. Bonnie Newman	CSM	

800 M. Run

1. Kathleen Prentice	CSM	2:26.2
2. Leslie Dobberpuhl	Chabot	2:28.2
3. Debbie Sexton	Chabot	2:29.8
4. Diana Bateman	DVC	2:30.9

High Jump

1. Bonnie Newman	CSM	5'1"
2. Debbie Sexton	Chabot	4'10"
3. Terri Parker	Chabot	4'8"

400 M. Hurdles

1. Leslie Dobberpuhl	Chabot	1:14.2
2. Patty Martin	CSM	1:14.7
3. Carol Dean	DVC	1:17.7

Long Jump

1. Jamie Blake	Chabot	18'1"
2. Rita O'Conner	DVC	16'9"
3. Shirley Carlton	CSM	14'10"
4. Cheri Montgomery	Chabot	14'10"

200 M. Dash

1. Joanne Hodnick	CSM	25.7
2. Jamie Blake	Chabot	
3. Lynne Miller	Chabot	
4. Mara Allara	CSM	

MEET SCORE

San Mateo	60
Chabot	59
D.V.C.	38

COLLEGE OF SAN MATEO
WOMEN'S TRACK AND FIELD RESULTS
CSM vs. DEANZA vs. FOOTHILL at FOOTHILL

Wednesday, April 9, 1980

400 M. Relay

1. CSM 53.8
Ryan-Allara
Martin-Carlton

2. Foothill 54.25

1500 M. Run

1. Amy Haberman DA 5:13.06
2. Lisa Altrocchi F 5:27.21
3. Peggy Carlson DA 5:43.47
4. Yvette Cottie DA 5:49.0

100 M. Hurdles

1. Janet Yarbrough DA 15:02
2. Bonnie Newman CSM 15:89
3. Heidi Hansen F 16:59
4. Mary-Emily McCormack CSM -

400 M. Dash

1. Lor Ryan CSM 1:02.24
2. Leslie Bliss F 1:03.32
3. Peri Raboff F 1:07.65

100 M. Dash

1. Mara Allara CSM 13:63
2. Lor Ryan CSM 13:75
3. Joan Bottum F 13:78
4. Shirley Carlton CSM 14:00

800 M. Run

1. Heidi Hansen F 2:23.36
2. Janet Smith DA 2:26.42
3. Kathleen Prentice CSM 2:39.9
4. Hill Clark F 3:19:48

400 I. Hurdles

1. Heidi Hansen F 1:10.19
2. Patty Martin CSM 1:16.22
3. Leslie Blase F 1:26.82
4. Meridith Lake F 1:27.15

200 M. Dash

1. Lor Ryan CSM 27.68
2. Terri Bliss F 28.40
3. Mara Allara CSM 28.69
4. Joan Bottum F 29.02

Mile Relay

1. CSM Martin-Allara 4:20.07
Prentice-Ryan
2. Foothill 4:23.73

3000 M. Run

1. Any Haberman DA 11:13.4
2. Lisa Altrocchi F 12:18.0
3. Connie Stebbins F 15:00
4. Hill Clark F 15:02

Shot Put

1. Peggy Pollock DA 44'10-1/2
2. Maureen Burt DA 37'10-1/4
3. Julia Berghan DA 31'6-1/2
4. Heidi Hansen F 30-1/4

Discus

1. Nadine Ramirez DA 136'
2. Maureen Burt DA 119'3/4
3. Julia Bergman DA 117'5
4. Peggy Pollock DA 96'4-1/2

Javelin

1. Bonnie Newman CSM -
2. Peggy Pollock DA -
3. Meridith Lake F 89'2"
4. Kim Frieberg F 86'1-1/2"

High Jump

1. Bonnie Newman CSM 5'0
2. Peggy Pollock DA 4'10
3. Heidi Hansen F 4'10
4. Louise Jensen F 4'2

Long Jump

1. Janet Yarbrough DA 17'6
2. Shirley Carlton CSM 15'3
3. Heidi Hansen F 15'3
4. Peggy Pollock DA 15'1-1/2

MEET SCORE

DeAnza 53-1/2
Foothill 52-1/2
CSM 52

WOMEN'S 1980 TOP CSM POINT GETTERS
 COLLEGE OF SAN MATEO TRACK AND FIELD DUAL AND TRI MEET SEASON

Scoring: Dual Meets (5-3-1) Tri Meets (5-3-2-1) (Scoring relay team members split points)

	W.V.-CCSF	San Jose	Chabot-DVC	Foothill-DeAnza	1980 Season Total
Bonnie Newman	15	17	12	13	57
Joanne Hodnick	6-1/2	9	17-1/2		33
Lor Ryan	2-1/2		4-1/2	15-1/2	22-1/2
Carolyn Craig	1	10	8		19
Mara Allara	3/4	3	4-1/4	9-1/2	17-1/2
Kathleen Prentice	1-3/4	5	6-1/4	3-1/4	16-1/4
Patty Martin	3-1/2		5-1/2	5-1/2	14-1/2
Mary-Emily McCormack	4	8			12
	37	54	60	52	203

WOMEN'S 1980 CSM POINT GETTERS
 RELAYS-INVITATIONALS-"BIG MEET" SEASON

Scoring: Multi Teams (10-8-6-4-2-1) (Scoring individuals and each scoring relay team members receives full points)

	G.G.C. Relays	Santa Barbara Relays	DVC Relays	Marin/ Santa Rosa Relays	Bruce Jenner Classic	Ed Adams Invit.	GGS Finals	Nor Cal Trials	Nor Cal Finals
Bonnie Newman	4		1			4	20	4	
Joanne Hodnick	6	4	8	10	1	28	24	18	6
Lor Ryan		4	6	12		4	10	2	
Mara Allara		4	2				6		
K. Brentice	8		4	8		4	5	2	
Patty Martin	8	4	6			4	10	2	
Carolyn Craig	8								
	34	16	27	30	1	44	75	28	6



JOANNE HODNICK

VOTED:

MOST VALUABLE TRACK

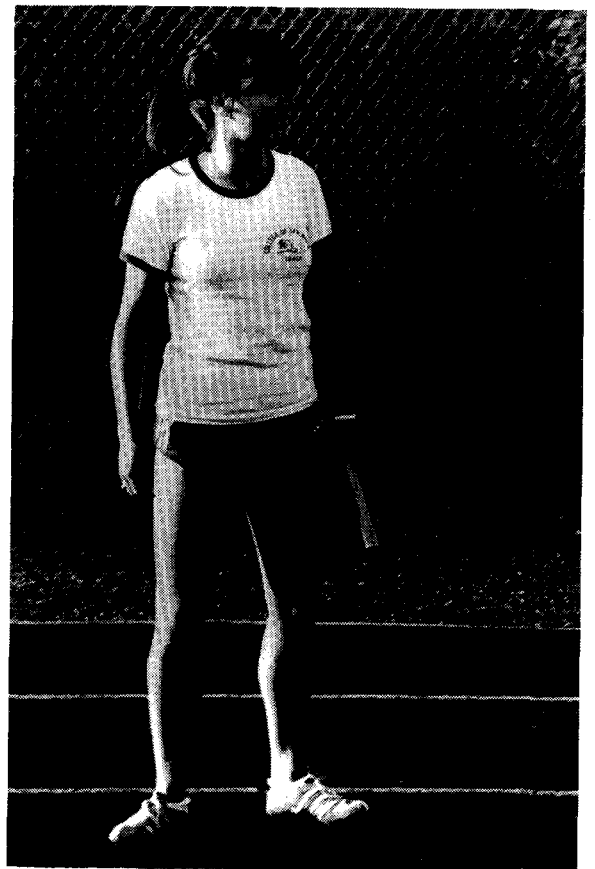
ATHLETE of 1980

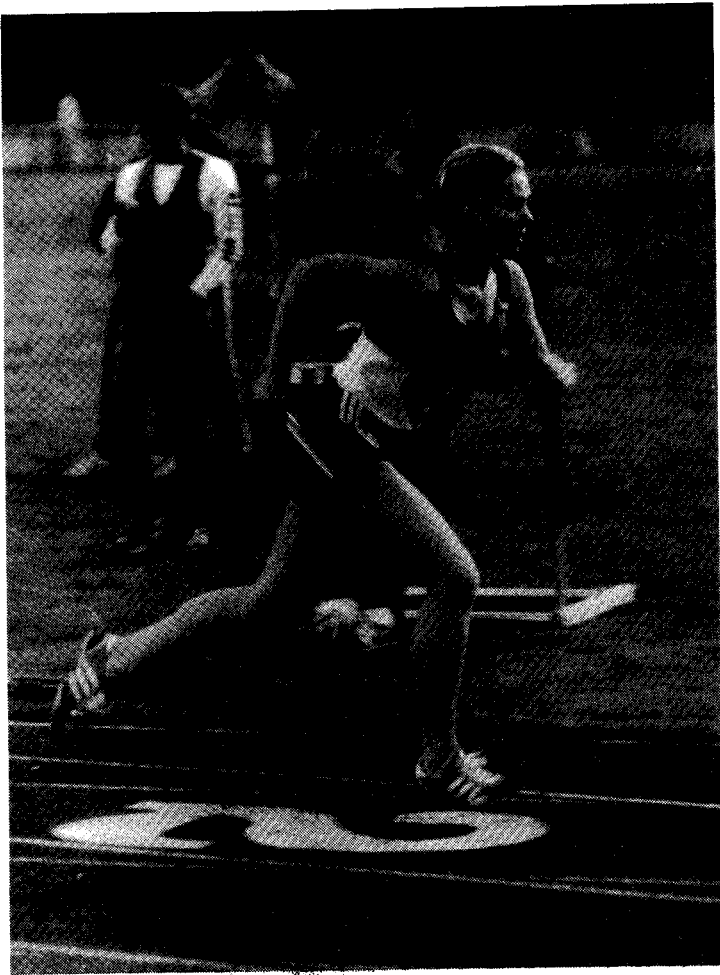
LAUR RYAN

VOTED:

1980 MOST IMPROVED

TRACK & FIELD ATHLETE





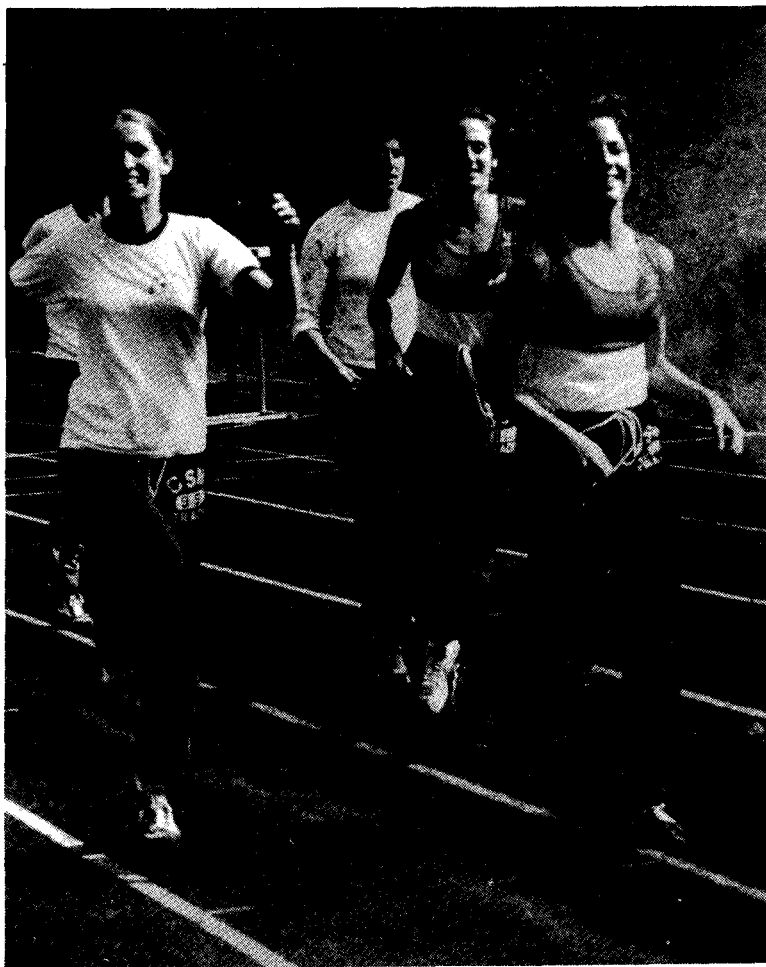
PATTY MARTIN

Voted MOST INSPIRATIONAL
WOMEN'S TRACK AND FIELD
ATHLETE OF 1980

BONNIE NEWMAN

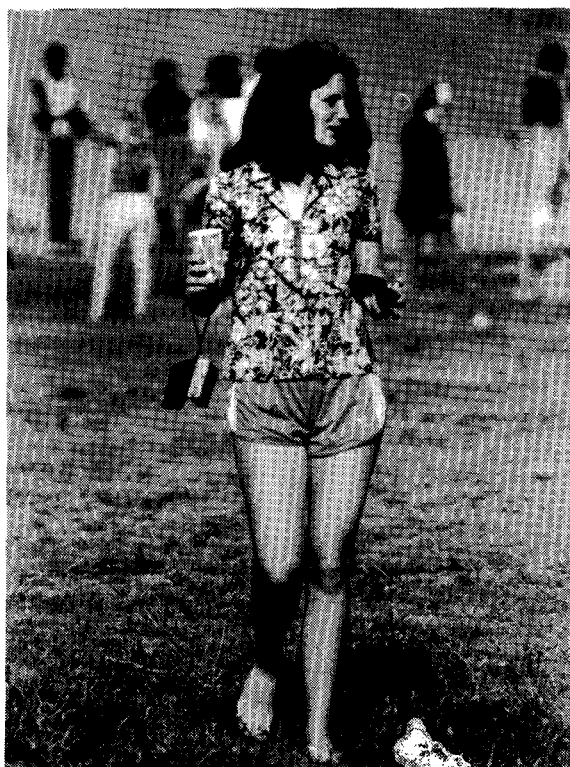
Voted MOST VALUABLE
FIELD ATHLETE OF 1980





(Left to Right)
SHIRLEY CARLTON, BONNIE
NEWMAN, MARA ALLARA and
KETHLEEN PRENTICE

MARY-EMILY McCORMACK



Frosh runners, field men to bolster 1980 track team

by Sam Buhagiar

With 37 athletes contributing to this year's men's track team, head coach Bob Rush has some fine recruits, as well as a host of freshmen.

One of them, soph John Rosinski, has big meet experience including last year's state finals in which he was one of the top long jumpers among Northern California tracksters.

Other vets include middle range man Rick Baldoechi, discus thrower Wade Buckingham and Dave Castro in the quarter mile. Running in the 400 and 800 meters, as well as tossing the javelin, is Curt Foianini.

Another 400 runner is Vincent Jones, while Abe Lawson supplants Rosinski in the long jump and throws the shot put as well.

Also returning is Paul Lomski, another shot putter, and Paul Mihalek in the half mile.

The incoming freshmen, upon whom Rush will depend, include five vets from last year's California High School State Meet. Long jumper Steve Bruce, a Menlo-Atherton High grad, has a high mark of 239" and Ken Mellquist of Carlmont has experience in the relays.

Woodside grad and football player Mesha Spivey, has a high jump record of 6'10", but will miss at least the first four weeks of the season with an injury.

High hurdler J. B. Swain, also out of Carlmont, has run 14.4 seconds in the 110-yard event, good enough to earn a trip to the state meet. James Walker, from Aragon, is the other vet, competing in the shot put and the hurdles.

For the other 20 freshmen, there seems to be a lot of depth in the field events and the middle and long distance races.

The long jumpers include Norman Adams, ex-Hillsdale High (who also tosses the shot put); Ken Loud, an-

other Woodside grad; Darren Rutledge, a red-shirted football player and Louis Tinsley, a Serramonte grad who also competes in high jumping.

High jumping has several more capable candidates: Mike McLaughlin, Steve Mitchell and Chris Young. The other shot putters include Job Marzillo of Pioneer High and Edgardo Machuca, a Half Moon Bay grad.

Another good half-mile prospect is Kurt Larcher, out of Westmont High, who competed in the Central Coast Section finals the last two years.

Competing in the pole vault this year are Brad Bryant, whose best effort is a 13-foot vault, and is from Carlmont and Dennis Faoro from South City High.

Depth is the key word when it comes to the distance races with Kevin Fuller, miler Greg Hanna, and distance runners Danilo Sanchez, F. Lewis and Jon Gerrans competing for the Bulldogs.

The remaining three are all hurdlers: K. J. Forbes, an Aragon grad; Rick Luttrell, San Carlos High; and Charles North of Serramonte.

Due to poor track conditions CSM, there will not be any meets scheduled here. In all, there will be a total of ten meets and invitations beginning with the Golden Gate Conference Relays at Chabot, March 8, at 10 a.m. All this will lead to the GGC Trials and Finals to be held at Foothill College April 25 and May 2.

Those who are successful at the finals can then compete at the National Cal finals and the prestigious State Championship, to be held on Saturday, May 31, at San Jose City College.



LONG JUMPER . . . Soph John Rosinski practices his event for the upcoming 1980 season, and a hopeful return to the state meet.



DURABLE . . . Curt Foianini placed in the javelin, 800 meters, the sprint medley and 2 mile relay over the Easter holidays.

Sprinter Jim Walker leads Dog cindermen

Led by Jim "Iron Man" Walker, the men's track team placed second in a recent triangular meet

Diablo Valley won with 84 points followed by CSM with 68 and Chabot with 29.

Walker raced to victory in the 200 meter in the time of 22.1 and tied for first in the 100 meter at 10.7. He also anchored the 440 relay team which took a second at 42.7. Also on that team were Rick Luttrell, Dave Castro and Abe Lawson.

Castro and Luttrell were also winners in their respective events. Castro won the 400 meter in 48.3 and Luttrell annexed the intermediate hurdles in 55.3.

In the middle distance events, Rick Baldocchi was the key man for the Bulldogs. He won the two-mile event with a time of 9:32.1 and placed second in the 1500 meters, two-tenths of a second behind the winner at 4:03.2.

In the mile relay, CSM scored another victory with the team of Walker, Luttrell, Vincent Jones and Castro. Their time was 3:23.6.

Other point scorers for the Blue and White were Charles North, who took a fourth in the 110 high hurdles at 16.8 and Curt Foianini and Kurt Larcher, who took third and fourth, respectively, in the 800 meters.

In the field events, CSM also had a number of point scorers. In the javelin Foianini took a first with a toss of 179 feet 10 inches and K. J. Forbes was fourth at 153 feet 5 inches.

In the shotput Paul Lomski and Wade Buckingham placed second and fourth, respectively, with tosses of 45 feet 10 inches and 39 feet 9 inches. Buckingham also placed third in the discus with a throw of 144 feet 1 inch.

Steve Bruce and John Rosinski added to the CSM point total by taking third and fourth in the long jump. In the triple jump J. B. Swain took a fourth with a leap of 42 feet 11 inches. Luthay McFadden took a second in the high jump, and Brad Bryant placed second in the pole vault with a leap of 14 feet.

Competing in the 10th annual Diablo Valley Easter Relays, the cindermen did well, according to track coach Bob Rush.

Walker once again played a key

role in what success the Bulldogs had. He ran the difficult sprint medley, which consists of separate rounds in the 100, 200, 400 and 800 meters. The final outcome is decided by combining the times of each participant in these events. Walker was seen on KGO-TV winning his heat. Jones, Castro and Foianini also competed in this event.

Walker also won a heat in the 100-meter race but, unfortunately, a meet record was set by the top Northern California sprinter, Paul Trask of Hartnell, who had a time of 10.4, one-tenth of a second faster than Walker.

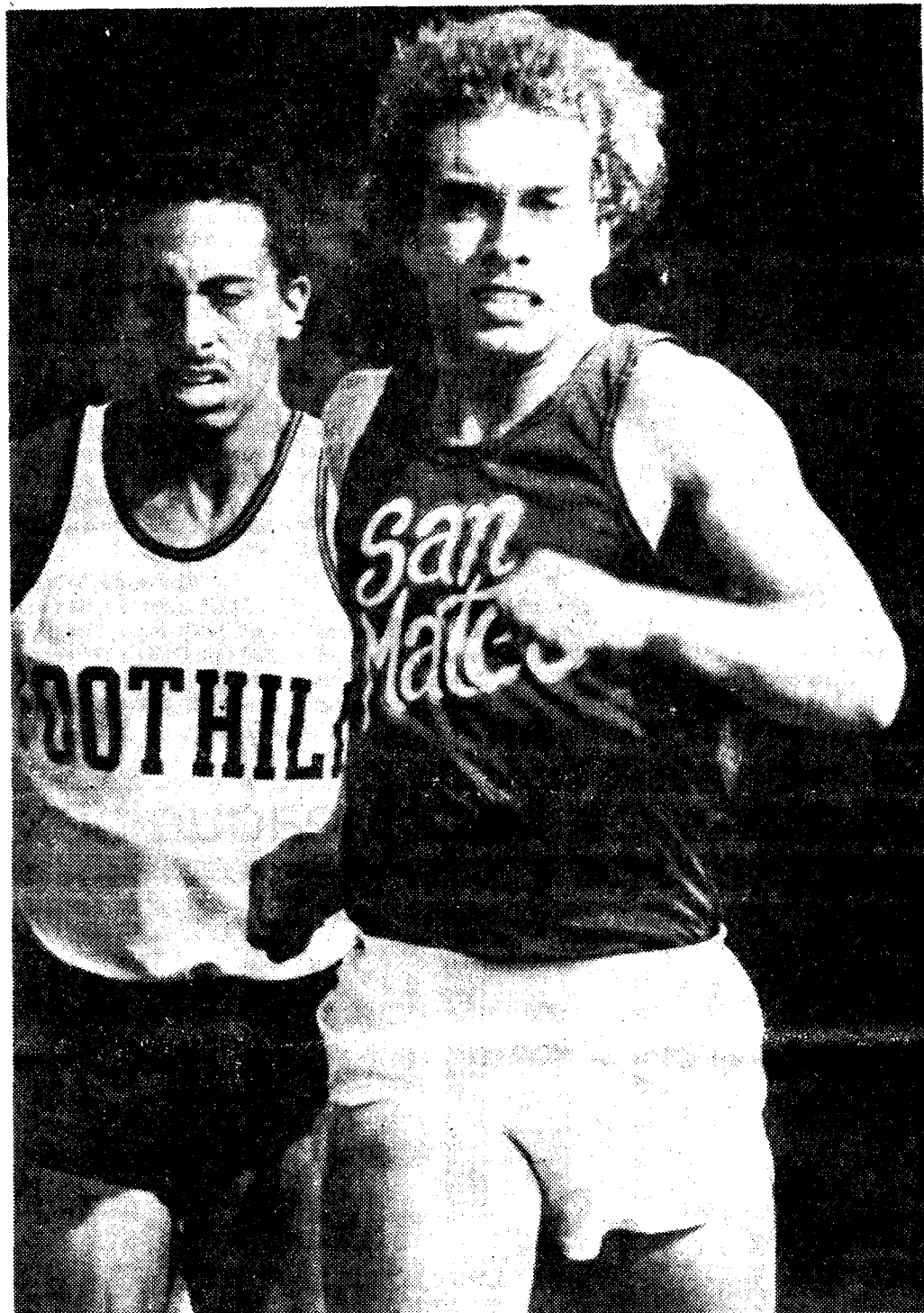
For the Bulldog 440 relay team a first heat winning time of 42.8 was also not good enough. They had to settle for a second place finish behind Sacramento City College, which set a meet record at 40.8.

The Blue and White tracksters closed the meet with a sixth place finish in the two-mile relay. Foianini, Paul Mihalek, Larcher and Baldocchi were the participants in that race.

Up and over

Mesha Spivey of College of San Mateo slips over the high jump bar at 6-10 during Marin-Santa Rosa Relays at Santa Rosa Junior College's Bailey Field Saturday afternoon. The Bear Cubs' Jan Olson cleared 6-6 for second place. SRJC dominated the men's running events. For details, See Page 2D.





Times Tribune Staff Photo by Dianne Hagaman

San Mateo's Kurt Larcher leads Foothill's Bill Lowe on the last lap of the 800 meters, but it was Lowe taking second place and Larcher third behind a San Jose City College runner in the Golden Gate Conference track and field championships Friday.

Women tracksters lose 'closest' meet

Although CSM's women's track team was without its top sprinter and top distance runner, the Bulldogs proved tough competitors before losing in perhaps the closest triangular meet in Golden Gate Conference history last Wednesday.

De Anza, using its strength in the field events, won 53½, to 52½, to 52 over Foothill and CSM, respectively. CSM won seven of 15 events, getting wins in the 100 meters from Mari Allara and in the 200 and 400 from Lori Ryan.

With CSM's top sprinter Joanne Hodnick sidelined with a strep throat infection, Shirley Carlton looked impressive, winning the event relay, placing fourth in the 100, and equaling the second-place mark in the long jump. Her total points gave her a third place.

Bonnie Newman was a double winner in the field, as she won the high jump at 5'-0" and the javelin with a 100'-0" throw.

The women closed their conference season with a 3-4 record.

Team balance assists improving cindermen

With the arrival of Mesha Spivey to the hilltop team, track fans should be aware of his ability to high jump. Last year's CCS high jump champion, at 6'10", has entered just two track meets (due to a nagging leg injury, suffered during football season) but is starting where he left off.

In the triangular track meet held at Foothill, along with De Anza, CSM scored eight first places and had an overall point total of 65, but split, losing to Foothill (96) but defeating De Anza (21)

The Bulldogs started off with a second place finish in the 400 meter relay at 43.0. They then went one and two in the 1500 meters, as Rick Baldoceni and Greg Hanna had times of 4:09.2 and 4:14.5, respectively.

In the 110 meter high hurdles, J. B. Swain was edged out by top hurdler Harold Dixon, losing by nine-tenths of a second.

Rick Luttrell came in third in the 400 meters with a time of 56.1. CSM

took a first in the mile relay, with help from Walker, Luttrell, Jones and Castro.

In other field events John Rosinski won the long jump, with a leap of 23 feet. Brad Bryant and Dennis Faoro came in second and fourth in the pole vault. CSM also won three places in the javelin.

Curt Foianini came in second, while Wade Buckingham and K. J. Forbes took third and fourth.

In GGC Trials

Top marks for CSM spikes

By FRED BAER
Times Correspondent

LOS ALTOS HILLS — Rick Luttrell tied the College of San Mateo intermediate hurdle record, and the Bulldogs suffered no significant losses in Friday's Golden Gate Conference track and field preliminaries at Foothill College.

Finals are slated for the same track next Friday, a twilight affair starting with field events at 3:30 and the track events running from 4 to 7 p.m.

However, the prelims aren't quite over. The first heat of the 400 meters will be partially rerun on Monday afternoon at Foothill — and that gives CSM's Vince Jones a second chance.

NorCal leader Cleve Prince of Foothill won the heat easily in 46.9.

and the top three spots in the race will stand. But the other five runners, who had to jostle with high hurdles left on the track from the previous event, will run again — for the one remaining finals berth.

San Mateo's Dave Castro won the other heat in 48.2, and also qualified in the 200 meters (21.9). The Bulldogs had another double sprint qualifier, Jim Walker, in the 100 (10.8 for second in his heat but equal to the day's best time) and in the 200 (21.8).

In the women's division, Joanne Hodnick was a strong qualifier in both the 400 (57.3) and 200 (25.5).

Luttrell ran 53.3 in the 400 meter intermediate hurdles to equal the school mark but settled for second in his heat to Foothill's Malcolm Dixon

(52.7), a Sequoia High grad, who is also the national JC leader in the highs and led that event at 14.2 Friday)

CSM got impressive field event performances from high jumper Mesha Spivey, just a fraction off the school record with his trials-leading 6-10 high jump, and in the discus throw, where Wade Buckingham topped everyone at 149-7. Matean Paul Lomski was third in the shot put at 46-11¼.

San Mateo also got a pair of season bests from 800 meter qualifiers Kurt Larcher (1:54.6 for the third best time of the day) and Curt Foianini (1:55.8). CSM had one of the top women's 800 qualifiers in Kathleen Prentice (2:24.9).

No trials were necessary in the distance races (1500 meters and up). They'll be finals only. One early final is the 3000 meter steeplechase, to be contested Thursday at 3 p.m. at San Jose CC.

Top tracksters qualify to race in Nor Cals



"Iron Man" Jim Walker

by Sam Bahagiar

Entering tonight's Golden Gate Conference track finals, CSM has 11 athletes, including two women, who will be competing for berths in the Nor Cal and State meets.

Rick Luttrell tied the CSM record in the intermediate hurdles with a time of 53.3.

Dave Castro won the second heat of the 400 meters in 48.2 and also qualified for the 200 meters. Jim "Iron Man" Walker, was another double qualifier, placing in both sprints, 100 meters in 10.8 and 200 in 21.8.

Mesha Spivey still hasn't broken the high jump record at 6'10 $\frac{1}{2}$ " but did place first with a leap of 6'10". In the discus, Wade Buckingham bested everyone at 149-7. Shot put-ter Paul Lomski was third at 46-11 $\frac{1}{2}$.

In the 800 meters, Kurt Larcher and Curt Fionini had season-bests, 1:54.6 and 1:55.8, to qualify for tonight's meet.

In the Women's division, Joanne Hodnick qualified in both the 200 and 400. Kathleen Prentice qualified in the 800 meters.

Finals will be held at Foothill College in Los Altos Hills, with the field events slated at 3:30 in the afternoon and the track running events from 4 to 7 p.m.

CSM spikes score life bests in finals

LOS ALTOS HILLS — College of San Mateo's track squad turned out its most impressive outing of the season last Friday in the Golden Gate Conference Finals held at Foothill.

Although both the men and women finished a distant fourth place in their respective division, Bulldog Coach Bob Rush was pleased with a number of outstanding individual efforts.

"It seemed that almost everyone was notching a lifetime or season best in his or her event," said Rush, whose club travels to Fresno later this week for the West Coast Relays. "I just wish they could give awards for sheer effort."

CSM came up with two first-place finishes in the men's division.

Rich Baldochi ran a season best 15:08.2 to take the 5000 meters, and Wade Buckingham unleashed 159-6 discus throw to steal the event from the favored SJCC weightmen, Ron McKee and Mickey Cutler.

Also placing high were Mike Jett and Mesha Spivey in the high jump with 6-8 efforts; Jim Walker in both the 100 and the 200; and intermedi-

ate hurdler Rick Luttrell, who wheeled to a school record 53.2 in the 400-meter race.

In the women's division, versatile Bonnie Newman did everything short of selling cameras en route to placing in four events.

The former Mills High star qualified for the NorCal finals (at Chabot, May 13) in the 100 HH, javelin, long jump and high jump.

Always-reliable Jo Anne Hodnick was also impressive with a second-place finish in the 200 and a third in the 400.

6 Bulldogs quality for NorCal track

Track team sends 15 to Fresno meet

The CSM track team qualified twelve men and three women for the Nor Cal track meet, after they successfully competed in the Golden Gate Conference finals.

The top six in each event qualifies for the meet in Fresno this weekend. The Bulldogs only had two first place finishes, Rick Baldocchi in the 5,000 meters, 15:08.2, and Wade Buckingham in the discus, 159'6". Both were personal bests.

Both the relay teams qualified; the 440 relay taking third 44.2 and the mile fourth at 3:19.6. In a disappointing showing, Mike Jett and Mesha Spivey placed third and fifth with equal jumps of 6'8". Both jumpers were expecting higher marks.

Jim "Iron Man" Walker placed in two events: 100 in 10.8 for fifth place and the 200 in 21.6 for a second-place finish.

Dave Castro was the only other double placer in the men's competition, the 400 and 200, with times of 47.8 and 21.9, respectively.

Setting a new school record in the 400 intermediate hurdles was Rick Luttrell. The new time is 53.2, which was good enough for a fourth-place finish.

Two runners qualified for the 800, Kurt Larcher and Curt Fionini. Both advanced as well as shot putter Paul Lomski, Brad Bryant in the pole vault and Darrin Ruth in the long jump.

Women speedsters compete in relays

The CSM women's track team qualified six contestants for the Nor-Cal meet to be held this afternoon.

JoAnn Hodnick leads the Bulldogs field that will compete at Diablo Valley College in Concord at 4:30.

Hodnick will compete in the quarter mile and mile relays and the 200 and 400 meter sprints. Bonnie Neuman will race in the high hurdles. Laura Ryan, Mara Allara, Patti Martin and Hodnick make up the quarter mile relay team while Kathy Prentiss, Hodnick, Martin and Ryan team up for the mile relay.

According to coach Rich Harris, Hodnick possesses the best chance to advance to the state finals which will be held in San Jose this year. Hodnick's better events are the 200 and 400 meter sprints.



Sprinter Dave Castro

Six tracksters qualify for final NorCal meet

by Sam Buhagiar

Six members of the men's track team qualified last weekend for the Nor Cal finals which will be held tonight at 4:30 p.m. at Diablo Valley College.

Leading the way in the Chabot trials were several field men, including standout high jumpers Mesha Spivey (6'-8"), and Mike Jett (6'-6").

Also qualifying was shot putter Paul Lomski, who tossed a season best of 50'-1". Discuss man Wade Buckingham qualified in his specialty

after another good performance.

Buckingham was seventh in the recent West Coast Relays, which was open to all junior college athletes in the state.

Sprinter Jim "Iron Man" Walker qualified in the 100 at 10.8, but didn't make it in his stronger event, the 200.

Dave Castro made it in the 200 with a time of 21.6. In the 5,000 meters, Rick Baldocchi is entered in the race, which is only held in the finals.

Departing sophomores on this year's squad include Baldocchi, Buckingham, Castro, Curt Fionini, Vincent Jones, Lomski, Paul Mihalek and John Rosinski.

Rosinski qualified last year in both the Nor Cals and the State meet, but didn't make it past the Golden Gate conference finals this year.

CSM's Hodnick 4th in state JC track

By FRED BAER
Times Correspondent

Joanne Hodnick's surprising fourth-place finish in the 400 meters in Saturday's California Community College track and field championships at San Jose City College was the highlight for San Mateo County athletes — although both College of San Mateo and Skyline had men's and women's scorers.

Hodnick, a CSM sophomore, lowered her personal best from 56.8 to 56.76, despite having to share a lane in the finals. In fact, that situation may have been the catalyst for her performance.

Hodnick had tied for the fourth and final state berth out of the Northern California championships a week earlier, hence the shared lane in the state meet. She utilized starting blocks in the state meet to get out of traffic in a hurry and the quick start paid off. Hodnick challenged eventual winner Veronica Smith of Cerritos (54.89) early and finished a strong fourth behind two other NorCal runners.

Also taking a fourth place was Skyline College javelin thrower Steve Roller at 213-8. But he had to be a bit disappointed, having won the state title a year earlier. A two-year adversary, Louie Romero of College of the Desert, unleashed a 239-7 toss on his first try and nobody else threw within 16 feet of that distance. Roller, throwing last in the order,

had a series of 204-0, 135-9 and 213-8 in the preliminaries and then had trouble in the finals (foul, 181-2, foul).

Skyline also had a scorer in the women's javelin. Debbie Deason placed fifth with a throw of 133-5. She was in third place at 131-2 at the end of the three preliminary throws, but was passed in the finals by two others. Deason improved to 133-5 on her last throw, but it wasn't enough to move any higher. It did improve her personal best by 16 inches, however.

Donna Mayhew of Glendale won the event with a new all-time California Community College mark of 167-6.

Rick Luttrell accounted for CSM's men's points with a fifth-place 54.0 in the intermediate hurdles. He just missed fourth place by a tenth of a second. Dwayne Wycoff of Glendale won the barrier event in 51.67.

Skyline's Bob McDaniel ran second during some of the mid-stages of the 10,000 meters, but then faded out of contention.

CSM high jumper Mike Jett finished seventh at 6-6, opening at that height with a first-attempt clearance but then failing at 6-8. Modesto JC's Tyke Peacock, the California CC record holder at 7-3, won at 7-0.

Malcolm Dixon of Foothill, the Sequoia High grad who is the national JC leader in the 110 meter

high hurdles, won his specialty in a state meet record 13.9.

California Community College
Track and Field Championships
(At San Jose CC)

Winners and county placers.

Men

3000m Steeplechase — Carmello Rios (Long Beach) 9:03.3. 400m Relay — Long Beach 40.58. 1500m — Steve McCormack (Grossmont) 3:51.0. 110m HJ — Malcolm Dixon (Foothill) 13.9 (state meet record). 400m — Nate Williams (Sacramento) 16.93. 100m — Deven Lewis (Long Beach) 10.51. 800m — Johnny Gray (Santa Monica) 1:47.55 (state meet record). 400m IH — Dwayne Wycoff (Glendale) 51.67; 5. Rick Luttrell (CSM) 52.95. 200m — Adrian Jones (Pasadena) 20.59 (state meet record). 5000m — Rick Rose (Grossmont) 14:34.2. Mile Relay — Pasadena 3:09.94. 10,000m — Alfredo Rosas (El Camino) 30:15.8. JI — Louie Romero (Desert) 239-7; 4. Steve Roller (Sky) 213.8. SP — Joe Staub (Glendale) 62-5² (state meet and all-time California CC record). HJ — Tyke Peacock (Modesto) 7-0; 7. Mike Jett (CSM) 6-6. LJ — Tony Zawinul (Pasadena) 24-9⁴. PV — David Kenworthy (Grossmont) 16-6. DI — Joe Staub (Glendale) 180-2. IJ — Kevin Dye (American River) 50-7².

Outstanding Male Athlete — Joe Staub, Glendale.

Final Men's Team Scores — 1. Long Beach CC 67; 2. Grossmont 60; 3. Pasadena CC 58; 4. San Jose CC 49; 5. Glendale 48; 6. Foothill 27; 7. Compton 24; 8. (tie) Bakersfield, El Camino, Sacramento CC 22; 11. Santa Rosa JC 21; 12. Santa Monica 18; 13. (tie) Alameda, American River 12; 15. Fresno CC 11; 16. (tie) Desert, Modesto 10; 18. Santa Ana 9; 19. Butte 8; 20. Fullerton 7; 21. (tie) Hartnell, LA Harbor, Saddleback, Sierra, West Valley 6; 26. Diablo Valley 5; 27. (tie) Contra Costa, Mt. San Antonio, Riverside CC, Skyline, Ventura 4; 32. (tie) Chabot, Golden West 3; 34. (tie) San Diego Mesa, San Mateo, CC San Francisco, Shasta 2; 38. (tie) LA Trade Tech, San Bernardino Valley 1.

Final Women's Team Scores — 1. West Valley 48; 2. Orange Coast 38; 3. Monterey Peninsula 30; 4. Long Beach CC 27; 5. San Jose CC 24; 6. (tie) Cerritos, Hartnell, American River 23; 9. San Diego Mesa 20; 10. Butte 19; 11. Shasta 18; 12. Glendale 17; 13. San Joaquin Delta 16; 14. Chabot 14; 15. De Anza 12; 16. (tie) Alameda, Santa Monica 12; 18. Mt. San Antonio 10; 19. Fresno CC 8²; 20. Los Angeles Harbor, Fullerton, Canyons, Porterville, San Diego CC 6; 27. (tie) Ventura, San Mateo, Santa Barbara CC 4; 30. (tie) Marin, Cypress 2²; 32. (tie) Diablo Valley, Bakersfield, Skyline, Santa Rosa JC 2.

Outstanding Female Athlete — Pam Marshall, Long Beach CC.

Women

400m Relay — Alameda 46.59 (state meet and California CC record). 1500m — Diane Figliomeni (West Valley) 4:29.9. 100m Hurdles — Rene Felton (Santa Monica) 14.32. 400m — Veronica Smith (Cerritos) 54.89; 4. Joanne Hodnick (CSM) 56.76. 100m — Pam Marshall (Long Beach) 11.86 (state meet record). 800m — Ann Regan (West Valley) 2:09.22. 400m Hurdles — Arlene Van Warmerdam (Delta) 62.01. 200m — Pam Marshall (Long Beach) 23.63 (state meet and California CC record). Mile Relay — West Valley 3:50.64. 3000m — Sabrina Peters (Monterey) 9:41.2 (state meet record). DT — Glenda Ford (Butte) 144-1. JL — Veronica Bell (Mt. SAC) 20-0⁹ (state meet and national JC record). HJ — Kathy Raugust (Hartnell) 5-9⁴ (state meet record). JT — Donna Mayhew (Glendale) 167-6 (state meet and California CC record); 5. Debbie Deason (Sky) 133-5. SP — Donna Erickson (Shasta) 45-4².