

FOOTHILL/ST. FRANCIS INVITATIONAL

April 7, 1990

Women's Results

3000 Meters - 1. Roller(Mt.View)10:32.29, 2. Sweeny(Leigh)10:37.32, 3. Harlick(Mills)10:43.47, 4. Kurz(Mills)10:49.39, 5. Soderman(Gunn)10:50.36, 6. Muething(Amador)10:54.08

4 X 800 Relay - 1. Mitty 9:57.8, 2. Burlingame 10:10.5, 3. Amador 10:20.4, 4. Gunn 10:28.5, 5. Mills 10:31.5, 6. St. Francis 10:32.0

100M LH - 1. Collett(Lynbrook)15.0, 2. Coleman(Branham)15.3, 3. Spencer(Lynbrook)15.6, 4. Coulris(Menlo-Atherton)15.7, 5. Holt (Woodside)16.0, 6. Peters(Willow Glen)16.1

400M Relay - 1. Menlo-Atherton 50.5, 2. Santa Clara 51.5, 3. Mitty 51.6, 4. Los Gatos 52.0, 5. Del Mar 52.3, 6. Wilcox 52.5

1500M - 1. Sweeney(Leigh)4:55.1, 2. Lemes(Los Altos)4:56.1, 3. Stepp(Amador)4:58.9, 4. Ruiz(SF)5:00.6, 5. Farnady(Los Gatos)5:08.1, 6. Hays(Mitty)5:12.0

400M - 1. Knight(Hill)59.6, 2. Oakley(Amador)60.0, 3. Dudley(Mitty)60.2, 4. Alaniz(Moreau)61.3, 5. Weinberg(Los Gatos)61.5, 6. Meyer(Palo Alto)61.5

100M - 1. Ferguson(Independence)12.6, 2. Meyer(SF)12.7, 3. McCloskey(Lynbrook)12.9, 4. Pugh(Woodside)13.0, 5. Parrish(Wilcox)13.0, 6. TIE Legoncion(Lynbrook)13.1 & Hackett(Los Gatos)13.1

800M - 1. Buchanan(Mitty)2:21.6, 2. Farnady(Los Gatos)2:26.9, 3. Lemes(Los Altos)2:27.5, 4. Ruiz(SF)2:28.4, 5. Allison(Leland)2:28.7, 6. Issaa(Westmont)2:29.2

330LH - 1. Coulris(Menlo-Atherton)48.1, 2. Hsu(Cupertino)48.9, 3. Holt(Woodside)49.7, 4. Meyer(Palo Alto)49.9, 5. Spencer(Lynbrook)50.3, 6. Lynch(Mt. View)50.4

200M - 1. Ferguson(Independence)25.3, 2. McCloskey(Lynbrook)26.3, 3. Hackett(Los Gatos)27.1, 4. Meyer(SF)26.5, 5. Parrish(Wilcox)26.6, 6. Pugh(Woodside)26.8

Dist Medley - 1. Burlingame 13:20.6, 2. Amador 13:16.8, 3. Gunderson 13:31.6, 4. College Park 13:42.2, 5. Lowell 14:12.1, 6. Half Moon Bay 14:42.2

Mile Relay - 1. Mitty 4:11.3, 2. Los Gatos 4:17.3, 3. Los Altos 4:18.3, 4. Douglass 4:22.1, 5. Hill 4:24.1, 6. Wilcox 4:26.8

Long Jump - 1. Collett(Lynbrook)17'0", 2. Donnell(SF)16'6 3/4", 3. Griseshaber(Leigh)16' 6 1/4", 4. Montague(Mt. View)16' 5 1/2", 5. Sweet (Mitty)16'2 1/2", 6. Newman(Santa Clara)16'2 1/2"

Discus - 1. Garcia(Amador)128'1 1/2", 2. Alderman (MissionSJ)120'8", 3. Feldman(Los Gatos)111'0", 4. McMahon(Gunn)106'3 1/2", 5. Bulder(Gunderson)103'7 1/2", 6. Hernandez(Gunn)102'9"

Shotput - 1. McMahon(Gunn)37'6", 2. Garcia(Amador)36'2 1/4", 3. Maluza(Pioneer)34'10 1/2", 4. Dill(Del Mar)34'0 1/2", 5. Loggins(Morin)33'8 1/4", 6. Billingsley(Moreau)33'3 3/4"

High Jump - 1. Johnson(Menlo-Atherton)5'4", 2. Korbel(Mitty)5'2", 3. Ixoco(Douglas)5'0", 4. Bigge(Independence)5'0", 5. Holt(Woodside)5'0", 6. Brauchle(Homestead)4'10"

Triple Jump - 1. Perkins(Menlo-Atherton)34'5 3/4", 2. Johnson(Independence)34'1", 3. Korbel(Mitty) 33'7 1/4", 4. Quinn(SF)33'6", 5. Tsou(Monta Vista)33'3 1/2 ", 6. Montague(Mt. View)33'2 1/2"

Frosh Soph Results

4 X 800 - 1. Bellarmine 8:35.6, 2. Santa Teresa 8:39.5, 3. Gunn 8:42.4, 4. Los Gatos 8:47.9, 5. Leigh 8:48.4, 6. Amador 9:10.5

70YDMHH - 1. Ruffin(St.Francis)9.4, 2. Barnes(Gunn)9.7, 3. Apela(Mills)9.9, 4. Davis(Bellarmino)10.1, 5. TIE Goodrich(Los Altos)10.1 & Villareal (Del Mar)10.1

DISTANCE MEDLEY - 1. Gunderson 11:14.4, 2. St. Ignatius 11:23.5, 3. Leigh 11:24.7, 4. Leland 11:26.8, 5. Gunn 11:36.8, 6. Bellarmine 11:39.2

400M Relay - 1. Leland 45.0, 2. Silver Creek 45.4, 3. Homestead 45.5, 4. St. Francis 46.0, 5. Mills 46.0, 6. Del Mar 46.1

1500M - 1. Sjostron(Santa Teresa)4:16.6, 2. Avila(Milpitas)4:18.9, 3. Branch(Serra)4:19.3, 4. Briet(Prospect)4:19.4, 5. Abdul (Gunderson)4:20.9, 6. Lopez(Watsonville)4:22.1

400M - 1. Davis(Silver Creek)52.5, 2. Lauson(Los Altos)52.6, 3. Matz(Amador)54.1, 4. Sears(Santa Teresa)54.1, 5. Murphy(Serra)54.2, 6. Wan(SI)54.5

100M - 1. Emdonson(Woodside)11.2, 2. Grundman(Serra)11.2, 3. Chico(Leland)11.4, 4. Efcourt?(Lincoln)11.4, 5. Liao(Leland)11.5, 6. Harvey(Silver Creek)11.6

800M - 1. Nyugyen(Silver Creek)2:07.3, 2. Kocsis(St. Francis)2:03.9, 3. Botello(Del Mar) 2:03.5, 4. Wegbeitt(Paly)2:05.2, 5. Kane(Leland)2:05.9, 6. Meager(Burlingame)2:07.3

330LH - 1. Villareal(Del Mar)43.5, 2. Eaglin(Yeurbu Buena)43.7, 3. Goodrich(Los Altos)43.9, 4. Apela(Mills)44.4, 5. Estillore(SF)44.4, 6. Oshidari(Lynbrook)44.5

200M - 1. Grundman(Serra)22.9, 2. Harvey(Silver Creek)22.9, 3. Chico(Leland)23.1, 4. Simpson(St. Francis)23.6, 5. Boleda(Monta Vista)23.6, 6. Spivey(Homestead)23.6

Mile Relay - 1. Silver Creek 3:38.5, 2. Del Mar 3:38.6, 3. St. Francis, 4. Bellarmine 3:41.7, 5. Gunn 3:44.2, 6. St. Ignatius 3:44.2

Pole Vault - 1. Thompson(Del Mar)12'6", 2. Gonda(Del Mar)12'6", 3. Chan(Mills)12'0", 4. Calaghan(Santa Clara)11'6", 5. Maza(Moreau)10'6", 6. Cook(Burlingame)10'6"

Shotput - 1. Dossey(Serra)52'6", 2. Zasinczuk(SI)51'1", 3. Peters(Gunn)49'6 1/4", 4. Robinson(Bellarmino)49'3 1/4", 5. Bein(SF)47'3 3/4", 6. Roach(Amador)45'7 1/2"

High Jump - 1. Zeidler(Bellarmino)6'0", 2. Beloney(Del Mar)5'10", 3. Gay(Douglass)5'10", 4. Cotton(San Mateo)5'8", 5. Smith(Homestead)5'8", 6. TIE Bacon(SI)5'8" & Stokes (Amador)5'8"

Discus - 1. Dossey(Serra)150'10", 2. Ivan(S.I.)138'10 1/2", 3. Robinson(Bellarmino)136'3", 4. Paz(Watsonville)124'5", 5. Peters(Gunn)122'10", 6. Iautwa(Menlo-Atherton)122'3"

Varsity Men Results

- 3000M - 1. Waxman(San Mateo)8:45.3, 2. Hannon(Woodside)8:47.1, 3. Wright(Los Altos)9:01.3, 4. Douglass(Moreau)9:03.3, 5. Munysk(Homestead)9:03.8, 6. Dowels(Leigh)9:04.2
- 4 X 800 - 1. Amador 8:31.8, 2. Bellarmine 8:32.4, 3. Los Gatos 8:37.4, 4. Aragon 8:50.5, 5. Douglass 8:58.3
- 110M HH - 1. Besser(St. Francis)15.5, 2. Freeman(College Park)16.0, 3. Noble(Los Gatos)16.0, 4. Morse(St. Ignatious)16.1, 5. Simons(Mitty)16.2, 6. Fendon(St. Ignatious)16.3
- 400M Relay - 1. Leigh 43.1, 2. Homestead 43.6, 3. St. Ignatius 43.8, 4. Milpitas 44.2, 5. Los Gatos 45.1, 6. Amador 45.8
- 1500M - 1. Waxman(San Mateo)4:04.1, 2. Joyner(Gunderson)4:06.3, 3. Stoll(College Park)4:06.6, 4. McCormack(Prospect)4:06.9, 5. Wright(Los Altos)4:09.2, 6. Bravo(Leigh)4:09.5
- 400M - 1. Dawkins(Homestead)49.5, 2. Gleaton(Homestead)50.2, 3. Smith(Gunderson)50.7, 4. Parson(Palo Alto)50.8, 5. Lowgue(SI)51.1, 6. Yap(Los Gatos)51.7
- 100M - 1. Lewis(Wilcox)10.9, 2. Johnson(Leland)10.9, 3. TIE Maron(Mills)11.0, & Fields(San Mateo) 11.0, 5. Moore(Branham)11.0, 6. Colbert(Leigh)11.0,
- 800M - 1. West(College Park)1:57.3, 2. Clark(SF)1:58.6, 3. Matis(Wilcox)2:02.4, 4. Lee(Gunn)2:03.6, 5. Brown(Gunderson)2:04.1, 6. Torres(Santa Teresa)2:04.8
- 400M H - 1. Freeman(College Park)58.3, 2. Dick(San Mateo)58.9, 3. Fendon(S.I.)58.9, 4. Noble(Los Gatos)59.7, 5. Arddin(Woodside)59.9, 6. Hung(Branham)60.7
- 200M - 1. TIE Fields(San Mateo)22.3 & Lewis(Wilcox)22.3, 3. Dawkins(Homestead)22.3, 4. Johnson(Leland)22.7, 5. Colbert(Leigh)22.7, 6. Hernandez(Gunderson)22.7
- Dist Medley - 1. Woodside 10:57.8, 2. Bellarmine 10:59.6, 3. Moreau 10:59.9, 4. St. Ignatius 11:03.6, 5. Amador Valley 11:12.5, 6. Lowell 11:20.9
- Mile Relay - 1. Leigh 3:23.5, 2. Homestead 3:27.4, 3. Gunderson 3:27.8, 4. St. Ignatius 3:28.8, 5. College Park 3:32.5, 6. San Mateo 3:37.9
- High Jump - 1. Baxter(Prospect)6'7", 2. Pryor(Aragon)6'2", 3. Hunter(SF)6'0", 4. TIE Phillips(San Mateo)5'10" & Tran(College Park)5'10", 6. Settles(Lowell)5'10"
- Pole Vault - 1. Stahler(Mt. View)13'6", 2. Peterson(Del Mar)13'0", 3. Sherry(Mills)13'0", 4. DeSilva(St. Francis)12'6", 5. Avers(Gunn)12'6", 6. Emery(Gunn)12'0"
- Long Jump - 1. Moore(Branham)23', 2. Roberts(SI)22'3", 3. Maron (Mills)21'10" 3/4", 4. Lewis(Wilcox)21'3 1/2", 5. Enrico(SI)21'1 3/4", 6. Bowden(Leigh)21'
- Hammer Throw - 1. Popejoy(Bellarmino)183'0", 2. Kim(Bellarmino)114'1", 3. Burst(Bellarmino)112'8", 4. Mazzola(Leigh)107'0", 5. Bowling(Leigh)80'2"
- Shotput - 1. Younger(Milpitas)54'2 1/4", 2. Bowers(Bellarmino)51'4 3/4", 3. Gardner(Lincoln)50'5 3/4", 4. Jeremia(Woodside)48'10", 5. Duffey(Aragon)48'5", 6. Steele(SF)47'11 1/4"
- Discus - 1. Duffey(Aragon)173'10", 2. Bowers(Bellarmino)161'7", 3. Hein(Del Mar)155'0 1/2", 4. Crawford(Del Mar)151'4", 5. Nurse(SF) 145'9 1/2", 6. Mazzola(Leigh)138'1 1/2"
- Triple Jump - 1. Czerwinski(Mt. View) 43'8", 2. Hung (Branham) 42'7", 3. Lin (DelMar)42'6", 4. Liang (Gunn) 42'2", 5. Moyer (Palo Alto) 42' 0 1/2", 6. Goodrich (Los Altos) 41' 6 1/2"

3000N -Girls

Soderman	Moberg	Roller	MILLS	Sweeney
		1:18.2 (78.2)		1:15.2 (75.2)
1:20.3 (80.3)	1:26.8 (86.8)	2:45.3 (87.1)		2:41.6 (86.4)
2:47.5 (87.2)	3:02.6 (95.8)	4:14.7 (89.4)		4:10 (88.4)
4:15.5 (88)	4:41.4 (98.8)	5:43.8 (89.1)	5:41 (341)	5:36.4 (86.4)
5:44.6 (89.1)	6:19.9 (98.5)	7:10.9 (87.1)	7:11.6 (90.6)	7:05.9 (89.5)
7:13.1 (88.5)	7:59.8 (99.9)	8:37.4 (86.5)	8:40.6 (89)	8:36.8 (90.9)
8:42.9 (89.8)	9:40.4 (100.6)	9:56.7 (79.3)		9:58.4 (81.6)
10:11.8 (88.9)		10:32.2 (35.5)		10:37.1 (38.7)
10:50 (38.2)	11:18.5 (98.1)	11:18.2		
11:37.3	11:54.2 (35.7)			
	12:46.2			

3000N -Girls

Soderman	Moberg	Roller	MILLS	Sweeney
		1:18.2 (78.2)		1:15.2 (75.2)
1:20.3 (80.3)	1:26.8 (86.8)	2:45.3 (87.1)		2:41.6 (86.4)
2:47.5 (87.2)	3:02.6 (95.8)	4:14.7 (89.4)		4:10 (88.4)
4:15.5 (88)	4:41.4 (98.8)	5:43.8 (89.1)	5:41 (341)	5:36.4 (86.4)
5:44.6 (89.1)	6:19.9 (98.5)	7:10.9 (87.1)	7:11.6 (90.6)	7:05.9 (89.5)
7:13.1 (88.5)	7:59.8 (99.9)	8:37.4 (86.5)	8:40.6 (89)	8:36.8 (90.9)
8:42.9 (89.8)	9:40.4 (100.6)	9:56.7 (79.3)		9:58.4 (81.6)
10:11.8 (88.9)		10:32.2 (35.5)		10:37.1 (38.7)
10:50 (38.2)	11:18.5 (98.1)	11:18.2		
11:37.3	11:54.2 (35.7)			
	12:46.2			

3000M - Boys

Ng	Waxman	Hannon	Bupp	PALY
	1:10.3 (70.3)	1:11 (71)		
1:12.7 (72.7)	2:23 (72.7)	2:23.7 (72.7)		
2:31.1 (78.4)	3:33.8 (70.8)	3:34.4 (70.7)	3:36.4 (216.4)	
3:52.5 (81.4)	4:44.5 (70.7)	4:44.1 (69.7)		
5:17 (84.5)			4:51.7 (75.3)	4:53.9 (293.9)
6:42.5 (85.5)		7:09.8 (145.7)	6:09.1 (77.4)	6:10.7 (76.8)
	7:10.2 (145.7)		7:27 (77.9)	7:27.6 (76.9)
8:09.3 (86.8)	8:17.8 (67.6)	8:18.1 (68.3)	8:45.2 (78.2)	8:44.7 (77.1)
	8:45.7 (27.9)	8:47 (28.9)		9:14.5 (29.8)
9:37 (87.7)			9:17.4 (32.2)	
10:13.3 (36.3)				

3000M - Boys

Ng	Waxman	Hannon	Bupp	PALY
	1:10.3 (70.3)	1:11 (71)		
1:12.7 (72.7)	2:23 (72.7)	2:23.7 (72.7)		
2:31.1 (78.4)	3:33.8 (70.8)	3:34.4 (70.7)	3:36.4 (216.4)	
3:52.5 (81.4)	4:44.5 (70.7)	4:44.1 (69.7)		
5:17 (84.5)			4:51.7 (75.3)	4:53.9 (293.9)
6:42.5 (85.5)	⁷² 7:09.8 (145.7)	7:09.8 (145.7)	6:09.1 (77.4)	6:10.7 (76.8)
	⁷² 7:10.2 (145.7)		7:27 (77.9)	7:27.6 (76.9)
8:09.3 (86.8)	8:17.8 (67.6)	8:18.1 (68.3)	8:45.2 (78.2)	8:44.7 (77.1)
	8:45.7 (27.9)	8:47 (28.9)		9:14.5 (29.8)
9:37 (87.7)	9:24.0	9:25.4	9:17.4 (32.2)	9:54.9
10:13.3 (36.3)				
	10:58.0			

.9942

4x 880

1990 4 7
START 8:10
SPLIT / LAP

Berg 1-01:00:12 87
01:01:12 87
01:01:22 87 2:33.6
01:01:12 87 (Moro)
01:01:22 87
01:01:12 87 2:51.3
01:01:22 87 2:51.6
01:01:12 87
01:01:22 87
01:01:12 87 2:49.7
01:01:22 87 2:51.6
01:01:12 87 2:49.7
01:01:22 87
01:01:12 87 10:26.3
01:01:22 87 7:51.7
01:01:12 87 2:36.6
01:01:22 87

4x 550

1990 4 7
START 8:10
SPLIT / LAP

1-01:00:01 86
01:01:01 86
02:01:00:02 86

1990 4 7
START 8:10
SPLIT / LAP

1-01:01:00 89
01:01:00 89
01:02:00:02 87 2:17.5
01:01:06 89
2-01:02:11 85 4:17.7
01:01:03 87 2:51.3
01:01:19 75 2:17.2
01:01:02 80
01:02:05:02 86 6:36.6
01:01:05 87 8:15.7
01:02:05 87 2:12.3
01:02:05 87
01:02:05 87 4:09.9
01:02:05 87 6:35.8
01:02:05 87 8:15.7
01:02:05 87 10:00.0

DM

1990 4 7
START 9:45
SPLIT / LAP

1-01:01:01 87
01:01:01 87
01:02:00:02 86 2:09.2
01:01:03 87 M
01:02:00:02 87
01:00:53 81 53.6
2-01:02:10 80
01:01:02 87
5-01:05:05 85 6:36.6
01:01:14 87 15:02.1
01:02:00:02 87
01:01:11 56
7-01:02:43 81
01:01:07 80
01:02:00:02 87
01:01:10 87
01:02:00:02 87 MRS
01:01:10 87 8:55.6
01:02:00:02 87 10:40.5
01:02:00:02 87

1500 M G

1990 4 7
START 10:15
SPLIT / LAP

1-01:01:01 80
01:01:01 80
01:02:01:50 81
01:01:09 19
2-01:02:00 80
01:01:02 87
4-01:05:17 80
01:00:52 82
5-01:05:19 86
01:00:50 84
6-01:05:00 80 40
01:00:50 87 8:43.7

1500 M B

1990 4 7
START 11:04
SPLIT / LAP

1-01:01:02 80
01:01:02 80
01:02:02:01 14
01:01:12 70
2-01:03:14 89
01:01:13 75
4-01:04:05 86 4:45.0
01:00:51 87
5-01:05:07 80
01:00:57 75

MP 5/5

1990 4 7
START 10:15
SPLIT / LAP

1-01:00:02 80
01:00:02 80
2-01:00:55 87
01:00:05 82
3-01:01:01 87
01:00:05 80 51.6
4-01:01:52 87 55.1
01:00:30 87 55.7
5-01:02:47 80
01:00:24 87 2:00.0
6-01:02:47 80 51.4
01:00:09 80
7-01:03:13 80
01:00:24 80 3:00.3
8-01:03:44 87 2:00.6
01:00:30 75 52.3
9-01:03:40 86

M/R

1990 4 7
START 17:00
SPLIT / LAP

1-01:00:05 80
01:00:05 80
01:00:55 87
01:00:59 80
3-01:01:00 75
01:00:04 75 2:00.0
4-01:01:49 86 3:00.0
01:00:09 81 53.3
5-01:02:12 80
01:00:25 86 2:45.1
6-01:02:45 87 5:00.5
01:00:30 87
7-01:03:10 80
01:00:07 87 3:00.0
8-01:03:40 85 2:45.1
01:00:28 87 55.7