

1976 Outdoor List

1-522	Scott Poelling (Bergen, Fremont, Mich)	4:10.8	*Dave O'Connor (Valley Central, Montgomery, NY)
1-523	Leslie Mackers (Gordon, Decatur, Ga)	4:10.9	Jim Arriola (Gahr, Carrizo, Calif)
1-523*	Sam Sommerville (Holy Spirit, Abbeville, NJ)	4:11.0	Bob Hebenbaugh (Marshall, Rochester, Minn)
1-523	Tom Horton (McQuaid Jesuit, Rochester, NY)	4:11.2	Mark Spidbury (Foot Hill, Tusin, Calif)
1-524	Theodis Abston (Davidson, Mobile, Ala)	4:11.2	Bob Amthran (Canford, NJ)
1-525	Bruce Gringrich (Hastings, Ainet, Tex)	4:11.2	*Steve Francis (Arlington, Poughkeepsie, NY)
1-525	Brian Russell (Venera Dame, Sherman Oaks, Calif)	4:11.3	Joe Weston (South, Parlatton, Fla)
1-525*	Bruce Lundy (Lakewood, Colo)	4:11.6	Larry Martinez (Sunmyssie, Tucson, Ariz)
1-526	Ron Wartow (Belvidere, Ill)	4:11.6	Bill Liddler (Bishop O'Connell, Arlington, Va)
1-526	Dave Kempf (Blackford, Hartford City, Ind)	4:11.6	Jay Keith (Mayo, Rochester, Minn)
1-526	*Dan Ayoub (Central, Peoria, Ill)	4:11.7	Randy Storneman (Central, Aurora, Colo)
1-527	*Dave Hanson (Lyons Township, Lagrange, Ill)	4:11.9	Dave Daniels (San Geronimo, San Bernardino, Cal)
1-528	*Earl Hill (Burchard, Gainesville, Fla)	4:11.9	Gregdon Pihlaja (St Helens, Ore)
1-529	*Robb Gomez (Breca Grove, Gulfport, Fla)	4:12.0	Cly Sigmam (Chatsworth, Calif)
1-529	Tom Light (Pavlic Grove, Calif)	4:12.0	Sam James (Highland Park, Mich)
1-529*	*Kevin Byrne (Catholic, Paramus, NJ)	4:12.1	*John Tuttle (Millerd Almond, Almond, NY)
1-530	*Eddie Hodges (Statesboro, Ga)	4:12.1	*Sai Peralta (Sana Fe, Santa Fe Springs, Calif)
1-530	Derrick Leerdam (Hempstead, NY)	4:12.4	John Herbert (Central, Hinsdale, Ill)
1-531	Gary Hoppe (Klein, Tex)	4:12.5	Gary Lautenschlager (North Mesquite, Tex)
1-531	Low West (North Marion, Spear, Fla)	4:12.5	*Rob Carney (Burrville, Minn)
1-531	Larry Davis (Moree, Ware, Tex)	4:12.5	*Kevin Byrne (Catholic, Paramus, NJ)
1-531	Ronald Brown (Bethel, Hampton, Va)	4:12.5	Scott Clark (Deseo, Minn)
1-532	Greg Conry (Broad Run, Ashburn, Va)	4:12.7	Rick Devine (Westwood, NJ)
1-532	Michael Vargas (Fox Tech, San Antonio, Tex)	4:12.8	Mark Anderson (Jay, San Antonio, Tex)
1-532	Maxon Tompanga (East St Louis, Ill)	4:12.9	Jim Shintzi (North, Menomonee Falls, Wis)
1-532	John Roloff (Hazen, Benton, Wash)	4:12.9	Chris Kurtz (Windsbrook, Villa Park, Ill)
1-532	*Kevin Young (Mt Olive, NJ)	4:13.2	Kevin Kenny (Shaw Miss So, Overland Park, Kans)
1-532	*Larry Kirk (Bishop Ludden, Syracuse, NY)	4:13.2	Dave Feiler (State College, Pa)
1-533	Robert Legard (Bowfield, Tex)	4:13.3	Mike Ertson (North, Eugene, Ore)
1-533	Marshall Durr (Northwestern, Miami, Fla)	4:13.4	Jody Wetherwax (Public, Hartford, Conn)
1-533	Gary Wilburn (Kethan, Miami, Fla)	4:13.5	
1-533	Dave Washington (Mt Vernon, NY)		
1-533	Joe Hartley (Boson, Ramsey, NJ)	8:52.6	Jim Shields (Chamnade, Mineola, NY)
1-533	Joel Hernandez (Laner, San Antonio, Tex)	8:53.2	Shields
1-533	Joe Swenson (Chamnade, Mineola, NY)	9:06.2	John Gustafson (South, Eugene, Ore)
1-533	Robert Roach (Wahob, Knoxville, Tenn)	9:10.8	*Dave Daniels (San Geronimo, San Bernardino, Calif)
1-533		9:10.8	Shields
		9:13.6	Daniels
		9:15.8	Gustafson
		9:22.8	Kevin Burklin (Burbank, Calif)
		9:25.4	Shields
		9:26.0	Bert Wertz (Manant, NY)
		9:30.8	James Grogan (Chamnade, Mineola, NY)
		9:31.8	Steve O'Connor (South, Eugene, Ore)
		9:33.4	Mike Colton (New Canaan, Conn)
		9:35.6	Chuck Farrell (Manassas, NJ)
		9:41.0	John Black (Xaverian, Brooklyn, NY)
		9:42.2	Jose Barzosa (Archbishop Molloy, Jamaica, NY)
		9:46.0	*Pat Lappin (St Anthony's, Smithtown, NY)
		9:47.2	*Bill Allen (Port Angeles, Wash)
		9:49.2	Tom Cofie (Parrel, Staten Island, NY)
		9:49.2	Don Carter (Archbishop Molloy, Jamaica, NY)
		9:51.2	Tim Rutledge (South Salem, Salem, Ore)
		9:51.8	Don Moses (Crescenta Valley, La Crescenta, Calif)
		9:53.6	Eric Jensen (White Plains, NY)

1500 METERS

3-47.7	Ed Dabshaurt (Ft Madison, Ia)	8:52.6	Jim Shields (Chamnade, Mineola, NY)
3-48.8	Jim Arriola (Gahr, Carrizo, Calif)	9:06.2	Shields
3-49.6	Luis Gortchazaga (Bishop Loughlin, Brooklyn, NY)	9:15.8	Daniels
3:50.0	Maure Weaver (Power Memorial, New York, NY)	9:22.8	Gustafson
3:50.0	Steve O'Connell (Millburn, NJ)	9:25.4	Kevin Burklin (Burbank, Calif)
3:50.0	Paul Neve (Grossmont, La Mesa, Calif)	9:30.8	Shields
3:53.6	Kevin Kenny (Shaw Miss So, Overland Park, Kans)	9:31.8	Bert Wertz (Manant, NY)
3:54.1	*Chuck Brown (Sullivan East, Birlit City, Tenn)	9:33.4	James Grogan (Chamnade, Mineola, NY)
3:55.9		9:35.6	Steve O'Connor (South, Eugene, Ore)

MILE

4:05.8	Rudy Chapa (Hammond, Ind)	8:44.6	Eric Hukst (Laguna Beach, Calif)
4:06.4	Rick Kimm (Sprague, Salem, Ore)	8:45.2	Thom Hunt (Henry, San Diego, Calif)
4:06.4	Clara	8:47.4	Hukst
4:06.6	Thom Hunt (Henry, San Diego, Calif)	8:49.2	Hukst
4:07.3	Ed Dabshaurt (Ft. Madison, Ia)	8:49.5	Hunt
4:07.8	Ron Warogow (Belvidere, Ill)	8:49.5	Hunt
4:08.0	John Dabshaurt (South, Eugene, Ore)	8:51.0	*Bill McChesney (South, Eugene, Ore)
4:08.8	Kelly Briz Lasser (Portland, Ore)	8:51.8	Ron Carter (York, Elmhurst, Ill)
4:08.8	Don Moses (Crescenta Valley, La Crescenta, Calif)	8:52.6	Hukst
4:08.8	Dabshaurt	8:52.6	Don Moses (Hammond, Ind)
4:09.2	Steve O'Connell (Millburn, NJ)	8:52.6	Don Moses (Crescenta Valley, La Crescenta, Calif)
4:09.2	*Bob Hicks (Sandburg, Orland Park, Ill)	8:52.6	Hukst
4:09.5	Eric Hukst (Laguna Beach, Calif)	8:52.6	Rudy Chapa (Hammond, Ind)
4:09.5	Maure Weaver (Power Memorial, New York, NY)	8:51.8	Hukst
4:10.2	*Todd McAllister (Deerfield, Ill)	8:52.6	Hukst
4:10.4	Tom Herem (Lynan, Longwood, Fla)	8:52.6	Hukst
4:10.4	John Rogers (Rushburg, Ore)	8:53.0	Hukst
4:10.5	Ron Carter (York, Elmhurst, Ill)	8:53.0	Hukst
4:10.6	Richard Brady (Whitman, Bethesda, Md)	8:53.8	Mark Shishbury (Fossilhill, Tusin, Calif)
4:10.6	Luis Gortchazaga (Bishop Loughlin, Brooklyn, NY)	8:53.8	Alberto Salazar (Wayland, Mass)
4:10.6	*Bill McChesney (South, Eugene, Ore)	8:53.8	

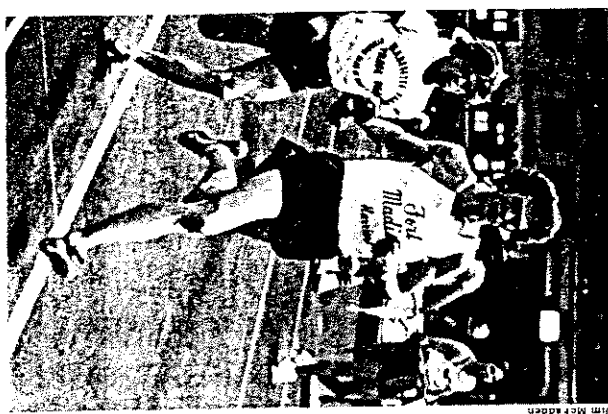
STEEPLECHASE

9:10.8	John Gustafson (South, Eugene, Ore)	8:52.6	Jim Shields (Chamnade, Mineola, NY)
9:13.6	Shields	9:06.2	Shields
9:15.8	Daniels	9:10.8	John Gustafson (South, Eugene, Ore)
9:22.8	Gustafson	9:13.6	Shields
9:25.4	Kevin Burklin (Burbank, Calif)	9:15.8	Daniels
9:30.8	Bert Wertz (Manant, NY)	9:22.8	Gustafson
9:30.8	James Grogan (Chamnade, Mineola, NY)	9:25.4	Kevin Burklin (Burbank, Calif)
9:31.8	Steve O'Connor (South, Eugene, Ore)	9:30.8	Bert Wertz (Manant, NY)
9:33.4	Mike Colton (New Canaan, Conn)	9:30.8	James Grogan (Chamnade, Mineola, NY)
9:35.6	Chuck Farrell (Manassas, NJ)	9:31.8	Steve O'Connor (South, Eugene, Ore)
9:41.0	John Black (Xaverian, Brooklyn, NY)	9:33.4	Mike Colton (New Canaan, Conn)
9:42.2	Jose Barzosa (Archbishop Molloy, Jamaica, NY)	9:35.6	Chuck Farrell (Manassas, NJ)
9:46.0	*Pat Lappin (St Anthony's, Smithtown, NY)	9:41.0	John Black (Xaverian, Brooklyn, NY)
9:47.2	*Bill Allen (Port Angeles, Wash)	9:42.2	Jose Barzosa (Archbishop Molloy, Jamaica, NY)
9:49.2	Tom Cofie (Parrel, Staten Island, NY)	9:46.0	*Pat Lappin (St Anthony's, Smithtown, NY)
9:49.2	Don Carter (Archbishop Molloy, Jamaica, NY)	9:47.2	*Bill Allen (Port Angeles, Wash)
9:51.2	Tim Rutledge (South Salem, Salem, Ore)	9:49.2	Tom Cofie (Parrel, Staten Island, NY)
9:51.8	Don Moses (Crescenta Valley, La Crescenta, Calif)	9:49.2	Don Carter (Archbishop Molloy, Jamaica, NY)
9:53.6	Eric Jensen (White Plains, NY)	9:51.2	Tim Rutledge (South Salem, Salem, Ore)

TWO MILES

8:44.6	Eric Hukst (Laguna Beach, Calif)
8:45.2	Thom Hunt (Henry, San Diego, Calif)
8:47.4	Hukst
8:49.2	Hukst
8:49.5	Hunt
8:51.0	*Bill McChesney (South, Eugene, Ore)
8:51.8	Ron Carter (York, Elmhurst, Ill)
8:52.6	Hukst
8:52.6	Don Moses (Hammond, Ind)
8:52.6	Don Moses (Crescenta Valley, La Crescenta, Calif)
8:53.0	Hukst
8:53.8	Mark Shishbury (Fossilhill, Tusin, Calif)
8:53.8	Alberto Salazar (Wayland, Mass)

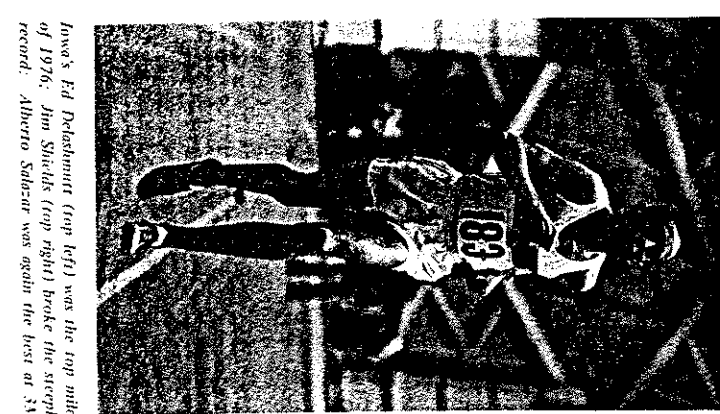
1976 Outdoor List



Jim McFadden



Steve Sutton/Duomo



Steve Sutton/Duomo

Howe's Ed Deckshaurt (top left) was the top miler of 1976. Jim Shields (top right) broke the steeple record. Alberto Salazar was again the best at 5M.

1976 Outdoor List

13:43.2^o Alberto Salazar (Wayland, Mass)
 13:44.4^o *Bill McChesney (South, Eugene, Ore)
 13:44.8 Salazar
 13:52.0^o Eric Hulst (Laguna Beach, Calif)
 13:52.0^o Randy Jackson (Iowa City, Iowa)
 13:54.0^o Hal Schultz (Redwood, Larkspur, Calif)
 13:54.6^o Hulst
 13:56.4 George Aguirre (Santa Barbara, Calif)
 13:58.2^o Chris Hallinan (Bernards, Bernardsville, NJ)
 14:00.2^o McChesney
 14:01.0^o Mary Froelick (Scarborough, Houston, Tex)
 14:09.8 Ron Craker (York, Elmhurst, Ill)
 14:11.2 *Tim Holmes (Downey, Modesto, Calif)
 14:21.0^o Jim Shields (Channahoe, Rhineola, NY)
 14:24.8 Bob Parlin (Camden, San Jose, Calif)
 14:25.8^o Steve O'Connell (Millburn, NJ)
 14:26.8 Seth Brown (South, Eugene, Ore)
 14:30.0 Homig (Castro Valley, Calif)

THREE MILES

9:09.6 Herman Bueno (Southport, Indianapolis, Ind)
 9:09.6 Kurt Dixie (Sparks, Nev)
 9:09.8 Kenny Layman (Eastern Mennonite, Harrisonburg, Va)
 9:09.8 Doug Moreland (Uroquois Central, Elma, NY)
 9:09.8 Brian Penn (Watchung Hills, Warren Township, NJ)
 9:09.8 Chris Hughes (Monte Vista, Spring Valley, Calif)

15:16.6 *Jon Mathison (Ft Madison, Ia)
 17:36.4^o Rudy Chapa (Hammond, Ind)
 17:58.0^o Eric Hulst (Laguna Beach, Calif)
 28:08.4^o *Bill McChesney (South, Eugene, Ore)
 28:11.0^o Chapa
 28:31.6^o Hulst
 28:57.6^o McChesney
 29:27.0^o Mary Froelick (Scarborough, Houston, Tex)
 30:11.2 *Tim Holmes (Downey, Modesto, Calif)
 30:20.6 Sai Godiner (Salascan, Los Angeles, Calif)
 30:42.2 *Joe Weston (South, Plantation, Fla)
 30:56.2 *Mike Waterhouse (Mission Viejo, Calif)
 30:57.0 Ron Craker (York, Elmhurst, Ill)
 31:01.0 Richard McCann (Mt. Ranier, Des Moines, Wash)
 31:18.6 Rod Read (Jesuit, Carmichael, Calif)
 31:23.0 *Mike Lacey (Westerville, Ohio)
 31:27.0 Earl Legomarsino (Jesuit, Carmichael, Calif)
 31:51.0 **Scott Reid (Stevenson, Wash)

10,000 METERS

28:32.8 Rudy Chapa (Hammond, Ind)
 28:56.0 Eric Hulst (Laguna Beach, Calif)
 29:09.4 Chapa
 29:30.6 Hulst
 30:23.4 McChesney
 30:36.4 Chapa
 31:56.8 Ron Craker (York, Elmhurst, Ill)
 32:02.0 Richard McCann (Mt. Ranier, Des Moines, Wash)
 32:26.0 *Mike Lacey (Westerville, Ohio)
 32:46.6 Bob Freeze (West, Eugene, Ore)

SIX MILES

27:36.4^o Rudy Chapa (Hammond, Ind)
 27:58.0^o Eric Hulst (Laguna Beach, Calif)
 28:08.4^o *Bill McChesney (South, Eugene, Ore)
 28:11.0^o Chapa
 28:31.6^o Hulst
 28:57.6^o McChesney
 29:27.0^o Mary Froelick (Scarborough, Houston, Tex)
 30:11.2 *Tim Holmes (Downey, Modesto, Calif)
 30:20.6 Sai Godiner (Salascan, Los Angeles, Calif)
 30:42.2 *Joe Weston (South, Plantation, Fla)
 30:56.2 *Mike Waterhouse (Mission Viejo, Calif)
 30:57.0 Ron Craker (York, Elmhurst, Ill)
 31:01.0 Richard McCann (Mt. Ranier, Des Moines, Wash)
 31:18.6 Rod Read (Jesuit, Carmichael, Calif)
 31:23.0 *Mike Lacey (Westerville, Ohio)
 31:27.0 Earl Legomarsino (Jesuit, Carmichael, Calif)
 31:51.0 **Scott Reid (Stevenson, Wash)

MARATHON

2:24:06 Thom Hunt (Henry, San Diego, Calif)
 2:27:25 Eric Hulst (Laguna Beach, Calif)
 2:29:01 *Tom O'Neil (Jesuit, Carmichael, Calif)
 2:29:31 Chris Hughes (Monte Vista, Spring Valley, Calif)
 2:30:52 Chris Sbler (Mt Vermont, Wash)
 2:30:56 Hulst
 2:31:18 Eric Gulvig (Claremont, San Diego, Calif)
 2:31:27 Soler
 2:31:50 Jim Sane (Cordova, Rancho Cordova, Calif)
 2:32:14 Sane
 2:33:31 *Al Kirsinikas (Stagg, Palo Hills, Ill)
 2:33:40 *Glancy Devery (South Salem, Salem, Ore)
 2:34:22 Jay Johnson (Lakeville, Minn)
 2:34:29 John Swift (Downey, Modesto, Calif)
 2:34:44 Kelly Carter (Albany, Ore)
 2:35:29 Karl Knapa (Corvallis, Ore)
 2:36:36 Robert Whetten (Mesa, Ariz)
 2:37:33 Bob Paulin (Camden, San Jose, Calif)
 2:39:00 Dave Lombi (Sunnyside, Tucson, Ariz)
 2:40:51 Larry Nestuck (Fitzgerald, Warren, Mich)
 2:40:57 Jim Alexander (Temnet, Warminster, Pa)
 2:40:58 Jim Hemphill (Durango, Colo)
 2:40:59 Marshall Spalding (Calif)
 2:41:05 *Greg Mandanis (Carlmont, Belmont, Calif)
 2:41:14 Mike Clay (Choctawhatchee, Fla)
 2:41:16 **Vito Perrone (Glen Dale, Ariz)
 2:41:17 Mike Lohr (Hemet, Calif)
 2:41:59 Tim Love (Edmonds, Wash)
 2:42:08 Jim Flannery (Gordon Tech, Chicago, Ill)
 2:42:13 *Kevin Baxter (Wilson, Hacienda Heights, Calif)
 2:42:33 Joe Sestro (Western, Tulare, Calif)
 2:42:34 Mike Meger (Gordon Tech, Chicago, Ill)
 2:42:36 Juan Hernandez (Downey, Calif)
 2:42:52 Tom Zatycki (Meth)

120 YARD HURDLES (39")

Greg Foster (Proviso East, Maywood, Ill)
 Foster
 Dan Oliver (Triway, Wooster, Ohio)
 Rodney Chesley (Charlottesville, Va)
 Dan Lavitt (South, Raytown, Mo)
 Jerry Hill (Arsenal Tech, Indianapolis, Ind)
 Lavitt
 Chesley
 Eugene Miller (Dunedin, Fla)
 *Luigi (White Plains, NY)
 Karl Williams (Wythe, Richmond, Va)
 Oliver
 *Renaldo Nchemiah (Scotch Plains Fmwd, Scotch Plains, NJ)
 Earl George (New Bern, N Car)
 Wayne Mason (Mifflin, Columbus, Ohio)
 *Marshall Parks (Floth, Dayton, Ohio)
 Jesse James (Newcas, Tex)
 Gary Colston (Bogalusa, La)
 J.D. Hill (Southeast, Kansas City, Mo)
 Mike Bruce (Notre Dame, Chattanooga, Tenn)
 Edward Thomas (King, Chicago, Ill)
 *Barry Brown (Central, Little Rock, Ark)
 Carl White (Hempflit, Tex)
 Bobby Phillips (Union Pines, Cameron, N Car)
 *Paul Lanford (Farringdale, NY)
 Tom Bobertz (Sacramento, Daly City, Calif)
 *George Bouttie (New Iberia, La)
 Robert Maxwell (Lanes, Tex)
 Kent Friggs (Sterling, Houston, Tex)
 Clifton Broussard (Forest Brook, Houston, Tex)
 Kevin Brown (Snider, Ft Wayne, Ind)
 Ken Cammack (Wayne, Ft Wayne, Ind)
 Alvin Taylor (Warwick, Newport News, Va)
 *Mike Fahnestock (Stein Grove, Pa)
 Harry Majors (Mt Juliet, Tenn)
 Terron Wright (Southside, Memphis, Tenn)
 *Ron Johnson (Summer, St. Louis, Mo)
 *Dave Still (Pennsauken, NJ)
 Roland James (Greenview, Jamestown, Ohio)
 Gary Ramsey (Neptune, NJ)
 Jim Little (Moorestown, NJ)
 **Terry Peet (Jefferson, Tex)
 Lamont Bowles (Marshall, Richmond, Va)
 John Sanders (Hickman, Columbia, Mo)
 *Gary White (Rockdale, Tex)
 Kendall Brown (Del City, Okla)
 Mike Gardner (North Eugene, Ore)
 Billy Ray Washington (Jacksonville, N Car)
 James Baldwin (Dunbar, Lubbock, Tex)
 Doug Stone (Bay City, Tex)
 Darrell Reed (West, Salt Lake City, Utah)
 Kevin Williams (Wythe, Richmond, Va)
 Steve Martin (Arundel, Gambrills, Md)
 Richard Jones (Chester, Pa)
 Ron Glenn (Locke, Los Angeles, Calif)
 **Joe Winningham (Bordentown, NJ)
 Mike Austin (West, Columbus, Ohio)
 David Long (Hall, Little Rock, Ark)
 Lloyd Jeromiah (Coldridge, Washington, DC)
 Scott Feuda (Great Falls, Mont)
 Garnett Edwards (Weich, W Va)
 *Mike Erland (Goldendale, Wash)
 Karl Williams (Wythe, Richmond, Va)
 Foster
 Gary Colston (Bogalusa, La)

1976 Outdoor List

14:35.0 **Rod Berry (Redwood, Larkspur, Calif)
 14:38.4 **Herb Wilts (Leon, Tallahassee, Fla)
 14:45.2 **Bill Love (Carlmont, Belmont, Calif)
 14:47.2 Bill St. John (Water Dei, Santa Ana, Calif)
 14:47.6 Tom Gusloff (York, Elmhurst, Ill)
 14:47.6 Jim Oriscoll (York, Elmhurst, Ill)
 14:47.8 *Mike Lacey (Westerville, Ohio)
 14:48.0 *Tod Peterson (York, Elmhurst, Ill)
 14:48.5 Dave Kiemann (York, Elmhurst, Ill)
 14:49.6 Sai Godinez (Salascan, Los Angeles, Calif)

5000 METERS

14:04.8 Alberto Salazar (Wayland, Mass)
 14:06.2 Salazar
 14:08.0 Salazar
 14:13.2 *Bill McChesney (South, Eugene, Ore)
 14:15.2 Randy Jackson (Iowa City, Iowa)
 14:17.6 Hal Schultz (Redwood, Larkspur, Calif)
 14:22.6 Chris Hallinan (Bernards, Bernardsville, NJ)
 14:29.2 Mary Froelick (Scarborough, Houston, Tex)
 14:34.6 Thom Hunt (Henry, San Diego, Calif)
 14:51.0 Seth Brown (South, Eugene, Ore)
 14:52.6 Jim Shields (Channahoe, Rhineola, NY)
 14:54.2 Steve O'Connell (Millburn, NJ)



Bill Ross

Christopher Thiem



Bill McChesney (r) was the first of 3 to break the 10,000m/6M records: Rudy Chapa was the last, and the fastest.