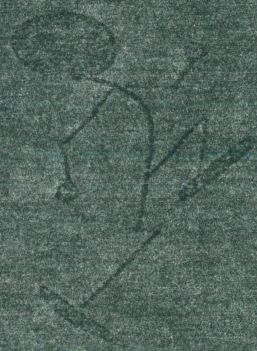




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1968





CANYON HIGH SCHOOL

1974 CROSS COUNTRY SEASON

- AR. \*CAN. 24 JAMES LOGAN 31- Lee 1st 18:32, Rock 2nd 18:54, J. Romiguere 4th 19:29  
Barton 8th 21:22, Harb 9th 24:21
- S. JAMES LOGAN 20 CAN. - K. Romiguere 3rd 13:56, Jensen 6th 15:34, Flagg 7th 16:33
- OAL INVITE, 3rd 70 pts.
- AR. Lee 6th 13:07, Rock 11th 13:29, J. Romiguere 13th 13:37  
Barton 18th 14:50, Harb 22nd 15:42
- S. 5th 107th pts. K. Romiguere 5th 10:29, Flagg 22nd 12:05, Jensen 25th 12:12  
Windrich 27th 12:31, G. Romiguere 28th 13:15
- AR. MAR. 27 CAN. 44 \*SUN. 55- Rock 1st 16:00, J. Romiguere 5th 16:30, Lee 6th 16:31  
Harb 15th 18:20, Mitchell 17th 19:39
- S. CAN. 23 SUN. 32 MAR. - K. Romiguere 1st 11:40, Flagg 3rd 12:48, Jensen 4th 12:50  
Windrich 6th 13:15, G. Romiguere 9th 13:44
- SAN RAMON INVITE.
- AR. Rock 14th 9:07, J. Romiguere 43rd 9:48
- V. Barton 13th 10:10
- S. 10th 249 pts. K. Romiguere 18th 9:58, Flagg 48th 10:49, Jensen 53rd 11:00  
Harb 64th 11:20, Windrich 66th 11:25, G. Romiguere 71st 12:40
- AR. \*C.V. 15 SL2. 60 CAN. 64- Lee 9th 17:01, Rock 10th 17:02, J. Romiguere 16th 18:20  
Barton 19th 19:22, Harb 22nd 20:25
- S. C.V. 21 CAN. 47 SL2. 65- K. Romiguere 1st 11:51, Flagg 9th 13:25, Jensen 10th 13:27  
Windrich 13th 14:38, G. Romiguere 14th 15:10
- AR. TENN. 27 \*CAN. 42 HAY. 62- Lee 2nd 17:31, Rock 3rd 17:55, J. Romiguere 5th 18:08  
Barton 15th 19:48, Harb 18th 22:27
- S. TENN. 29 CAN. 38 HAY. - K. Romiguere 1st 13:05, Jensen 6th 14:42, Flagg 8th 14:52  
Windrich 10th 14:59, G. Romiguere 13th 15:40
- AR. CAN. 34 \*ARR. 44 M.E. 44- Lee 1st 16:03, Rock 1st 16:03, J. Romiguere 5th 16:24  
Barton 9th 17:03, Harb 17th 18:35
- S. ARR. 24 CAN. 36 M.E. 60- K. Romiguere 1st 11:25, Flagg 6th 12:20, Jensen 7th 12:21  
Windrich 8th 12:28, G. Romiguere 14th 13:25
- H.A.A.L. FINALS
- AR. Rock 9th 16:35, J. Romiguere 23rd 17:22, Barton 32nd 17:50
- S. 6th place 136 pts. - K. Romiguere 6th 11:09, Flagg 28th 12:08, Harb 29th 12:08  
Jensen 33rd 12:15, Windrich 40th 13:31, G. Romiguere 49th 15:02

\* Hosting School



Canyon had the most successful cross country season in its history in 1975. The varsity, junior varsity, and frosh-soph teams all finished with 6-2 records in league competition, good for third place behind Tennyson and Castro Valley in all three cases. The overall dual meet records were 8-4 for the varsity, 8-3 for the JV's, and 10-2 for the frosh-soph. At the HAAL championship meet, the varsity finished fourth and the JV's and frosh-soph teams were third. Other team honors were frosh-soph championships in the small schools division at the Livermore Cross Country Roundup and the OAL Invitational, and second places for the varsity and JV teams at Livermore. On an individual basis, the team was led by senior Jeff Lee, who ran the second fastest time ever on Canyon's course behind Mike Smith of Newark, who was the Bay Division individual champion this year. Jeff finished eighth at the HAAL meet to win all-league honors. Jeff was voted varsity MVP. Most improved was junior Wadie Harb, who was a steady fifth man throughout the year. For the JV team, the most valuable award went to senior Glenn Mitchell, who came out to get in shape for basketball and ended up finishing third at league. Most improved was Steve Fazzini, just a freshman. Steve was another basketball player who discovered he can run, and he finished the season as the number three man in the league finals, where he helped the team to its third place finish. The frosh-soph team's most valuable member was Charlie Harb, another freshman. Charlie lost just two dual meets all year, one to teammate Scott Flagg, and one to league champion Greg Routh. He finished second to Routh at the league finals. Most improved frosh-soph runner was Tom Jensen, a sophomore who couldn't even make the six-man team for the OAL Invitational early in the year, but came all the way up to a 13th place finish in the league finals.

The 1976 season is Canyon's last, and it figures to be its best. A solid nucleus of four is at the core of the team. Juniors Ken Romiguere, Scott Flagg (both of whom have improved tremendously during the summer months), and Jason Lee, and sophomore Charlie Harb are without a doubt, the best first four in the league. The other three spots are wide open, and the filling of them could well determine whether Canyon goes out with a championship. Greg Romiguere, Tom Jensen, and Wadie Harb, the team's only senior, figure prominently in the fight for the open slots, but men like Dave Everhart, Greg Osborne, or Rich Cameron could easily take over with a good season. The junior varsity figures to be led by track sprinters Gordon Granger, Scott Parker, and John McHenry. Another force to contend with will be returnee John Ward. The frosh-soph team will suffer from a lack of experience, as only Steve Fazzini and Jon Gust have run before. The novice cross country runners will be sophomore Pat Todd, and freshmen Darin Rock and Basim Harb, both from established Canyon running families.



## VARSITY

RESULTS: Canyon 14th, 327

COURSE: 3.0 miles; hilly and narrow

CONDITIONS: clear and pleasant

### INDIVIDUALS:

Jeff Lee	28th
Brad Rock	71st
Wadie Harb	76th
Jeff Romiguere	81st
Glenn Mitchell	90th

Canyon finished its season on a rather disappointing note by beating only one team at the Bay Division championships. Jeff Lee finished an excellent senior season with a respectable 28th place finish. Glenn Mitchell should be commended for moving up to varsity for this race after a spectacular season as a JV runner which culminated in his third place finish last week at the HAAL meet. Glenn found this distance a bit too long for him.

## FRESH-SOPE

RESULTS: Canyon 11th, 268

Course: 2.0 miles; hilly and narrow

CONDITIONS: clear and pleasant

### INDIVIDUALS:

Scott Flagg	34th
Ken Romiguere	36th
Charlie Harb	55th
Greg Osterne	69th
Tom Jensen	74th
Dave Everhart	76th
Jason Lee	99th

Canyon couldn't seem to do much of anything right at the Bay Division championships, finishing 11th (second among the HAAL teams). Ken Romiguere was still trying to recover from a severe cold, and was unable to handle the hills. Charlie Harb, who hadn't had a bad day all year, had a bad day. Tom Jensen, who was peaking for this week and last week all year, fell on a hairpin turn and lost 20 places. Jason Lee tried to come back from the injury which held him out of every meet for the past month, but couldn't. Despite all of this, Canyon finished just 35 points behind league champ Castro Valley.



## CANYON HIGH VS SO. S.F. HIGH

PLACE: SOUTH SAN FRANCISCO  
 COURSE: 2.4 MILES; FLAT, REPETITIVE  
 WEATHER: WINDY, OVERCAST  
 RESULTS:

VARSITY CAN 22 SSP. 37		FROSH-SOPH, JUNIOR VARSITY CAN 21 SSP. 45	
1st	SSF.	1st	Charlie Harb 15'08
2nd	Jeff Lee 13'56	2nd	SSF.
3rd	Ken Romiguere 14'22	3rd	Greg Romiguere 16'03
4th	Jason Lee 14'43	4th	Dave Everhart 16'15
5th	SSF.	5th	SSF.
6th	Jeff Romiguere 14'53	6th	Jay Schlieper 16'37
7th	Brad Rock 14'56	7th	Tom Jensen 16'50
8th	SSF.	8th	Rich Cameron 17'14
9th	Wadie Harb 15'22	9th	SSF.
10th	Scott Flagg 15'30	10th	SSF.
11th	SSF.	11th	Nick Windrich 18'07
		12th	Terry Rhine 18'09
		13th	Steve Fazzini 19'08

Canyon High's opening Country Meet proved highly successful as the Cougar upset So. San Francisco High School, the defending North Peninsula League Champion in the varsity meet 22-37. The team of seniors Jeff Lee, Brad Rock, and Jeff Romiguere; Junior Wadie Harb; Sophmores Ken Romiguere, Jason Lee, and Scott Flagg easily swept by SSP. home course. The Frosh-Soph team led by Freshman Charlie Harb won 21-38. Greg Romiguere and Dave Everhart put in fine performances. The Junior Varsity with a fine performance by Jay Schlieper, also scored a 21-39 victory.



**Varsity  
CANYON AND MOREAU AT LOUAN**

**COURSE: 2.9 miles, flat, mostly asphalt**  
**WEATHER: fair and windy**

**RESULTS**

**Moreau 34, Canyon 38, Logan no score**

1.	Tom Castro(L)	
2.	Moreau	
3.	Jeff Lee (C)	15:41
4.	Moreau	
5.	Logan	
6.	Ken Romiguere(C)	16:10
7.	Brad Roek(C)	16:17
8.	Moreau	
9.	Moreau	
10.	Jeff Romiguere(C)	16:28
11.	Moreau	
12.	Jason Lee(C)	16:37
13.	Moreau	
14.	Moreau	
15.	Wadie Harb(C)	17:29

Canyon split a non-league triangular cross country meet Friday, giving Moreau, one of the more powerful teams in the Catholic Athletic League, a strong scare before losing, 34-38. Jeff Lee was the Cougars' first finisher, defeating some highly rated runners, including Logan's Gerry Searcy. Sophomore Jason Lee's back injury held him back, and perhaps prevented a double victory. Canyon's record now stands at 2-1.



## JUNIOR VARSITY

MOREAU 29, Canyon 34, Logan no score

COURSE: 2.0 miles, flat, mostly asphalt

WEATHER: fair and windy

### RESULTS:

1. Moreau
2. Glenn Mitchell(C) 12:13
3. Jay Schliefer(C) 12:23
4. Moreau
5. Logan
6. John Ward(C) 12:34
7. Moreau
8. Moreau
9. Moreau
10. Moreau
11. Terry Rhine(C) 13:49
12. Jon Gust(C) 13:53
13. Moreau

Canyon's JV squad nearly checked Moreau's group of more experienced runners, losing only by five points. Glenn Mitchell proved his strength by starting well back, then pulling past almost everyone by the finish. Mitchell, John Ward, and Jon Gust have been running for less than a week each, and should become even better as the season goes on. Terry Rhine and Jay Schliefer both ran strong races, beginning to show evidence of their strength over two miles. The JV's ran their season's record to 2-1 with the split.



FROSH-SOPEH

Canyon 34, Moreau 35, Logan 51

PLACE: Lake Elizabeth in Fremont  
COURSE: 2.0 miles, flat, mostly asphalt  
WEATHER: fair and windy  
RESULTS:

1. Charlie Harb 11:03
2. Moreau
3. Moreau
4. Scott Flagg 11:35
5. Logan
6. Logan
7. Greg Romiguere 11:57
8. Moreau
9. Moreau
10. Dave Kverhart 12:06
11. Logan
12. Tom Jensen 12:11

other Canyon runners:

- Greg Osborne 12:53  
Rich Cameron 13:15  
Steve Fazzini 14:19

Canyon's frosh-sopeh team upset the defending North Coast Section frosh-sopeh cross country champions, Moreau, by a single point. Freshman sensation Charlie Harb won with a strong sprint in the last 100 yards. Good balance in the next four spots carried Canyon to the surprising win. So-honorees Dave Lverhart, Tom Jensen, and Greg Osborne turned in especially strong performances.



## VARSITY

### Livermore Cross Country Round-up.

PLACE: Del Valle State Park in Livermore  
COURSE: 2.8 miles, hilly, loose dirt  
WEATHER: fair and mild  
RESULTS:

Team- Canyon 2nd, 45 points

Individual-

Jeff Lee 3rd, 15:08

Ken Romiguere 5th, 15:34

Jeff Romiguere 11th, 16:07

Brad Rock 12th, 16:08

Jason Lee 14th, 16:17

Wadie Harb 28th, 18:37

The Cougars and DeLaSalle reduced the six-team race to a two-team one, as 10 of the first 14 finishers were from either DeLaSalle or Canyon. The varsity once again displayed the tight team running that is becoming a habit; only 1:09 separated our first man from our fifth, which is an unusually low figure. The Two-thirds of the running Romiguere clan, Ken, a sophomore, and Jeff, a senior, turned in excellent performances as Canyon finished ahead of Bishop O'Dowd, Monte Vista, Memorial, Foothill, and Clear Lake.



## JUNIOR VARSITY

### Livermore Cross Country Round-up

**PLACE:** Del Valle State Park in Livermore

**COURSE:** 1.7 miles, hilly, loose dirt

**WEATHER:** fair and mild

**RESULTS:**

**Team-** Canyon 2nd, 36 points

**Individual-**

Jay Schlieper 4th, 10:30

Rich Cameron 6th,

Greg Osborne 7th,

Jon Gust 10th,

Terry Rhine 11th,

Only two teams entered the race, Canyon and DeLaSalle. The more experienced DeLaSalle runners took off early and were able to hang on well. The team was weakened by the absence of Glenn Mitchell and John Ward, who had been their Nos. 1 and 3 men the day before at Lake Elizabeth. Jay Schlieper ran another strong race, and continues to convince more and more people, including himself, that he can be a strong force in the league this year at the JV level. Jon Gust was also impressive, in only his third day of running this year.



FROSH-SOPH

Livermore Cross Country Round-up

PLACE: Del Valle Park in Livermore  
COURSE: 1.7 miles, hilly, loose dirt  
WEATHER: fair and mild  
RESULTS:

Team- Canyon 1st, 50 points

Individual-

Charlie Harb 2nd, 9:43

Scott Flagg 4th, 9:52

Greg Romiguere 11th, 10:10

Dave Everhart 15th, 10:54

Tom Jensen 18th, 11:07

The frosh-soph team continued their remarkable success by running away with the team title, outdistancing second-place DeLa Salle by 12 points, and also defeating Bishop O'Dowd, Memorial, Monte Vista, and Foothill. Charlie Harb lost his first race of the year to Pat Scannell, who is normally Bishop O'Dowd's number one varsity runner. Sophomore Scott Flagg also ran an excellent race, and would have run even better if he knew how to run downhill. Nobody has beaten this team, in dual meets or invitationals, and they don't have the services of the best two sophomores on the team, Ken Romiguere and Jason Lee, who are running for the varsity this year. The future looks very bright for Canyon cross country.



FROSH-SOPH

MEET: Alum Rock Invitational Canyon 6th, 168  
COURSE: 2.0 miles; very steep hill about 1 mile out, then downhill  
CONDITIONS: warmish

RESULTS:

Ken Romiguere	8th
Charlie Harb	13th
Scott Flagg	32nd
Greg Romiguere	42nd
Greg Osborne	73rd
Tom Jensen	83rd
Rich Cameron	105th

Canyon came up with a strong performance at San Jose's Alum Rock Invitational. Although they finished 6th, they were only 26 points away from second, and could have finished that high with a little more luck, or with usual number two man, Jason Lee, who was unable to run here. Charlie Harb and Greg Romiguere ran excellent races against tougher competition than they will see all year. Ken Romiguere led the race at the top of the hill, but lost control on the downhill section.

OTHER DIVISIONS

FROSE:	Jon Gust	53rd
JV:	Wadie Harb	63rd
	Glenn Mitchell	71st
COACH:	Peter Jensen	6th



## Varsity

PLACE: Canyon  
Course: 3.0 miles; hilly  
WEATHER: fair and warm

SCORE: NEWARK 27, CANYON 28

### INDIVIDUAL:

1.	Mike Smith(N)	17:16
2.	Mike Plummer(N)	17:25
3.	Jeff Lee(C)	17:38
4.	Ken Romiguere(C)	18:13
5.	Barry Starkey(N)	18:37
6.	Brad Roek(C)	18:46
7.	Jason Lee(C)	19:05
8.	Wadie Harb(C)	19:18
9.	Jeff Smith(N)	19:20
10.	Mac Gray(N)	19:27
11.	Jeff Romiguere(C)	19:53

Newark edged Canyon here Friday, '27-'28. Mike Smith, one of the better runners in the East Bay, broke the course record by three seconds, after running with teammate Mike Plummer most of the way. Jeff Lee did well to come so close to those two. Wadie Harb was the outstanding performer for Canyon, as he came from last place to finish eighth in a time more than four minutes faster than he had ever run in a meet before. He showed that he will be the strong sixth man that every cross country team needs to be truly successful. Ill health and injuries have held the team back throughout their practice meets, but it looks as if everyone is rounding into shape, and we're looking forward to a strong league season. Incidentally, we'd all like to thank the people who came out to watch this meet, setting a new unofficial attendance record for a cross country meet at Canyon. Our next home meet will be Wednesday, October 8, against Hayward and San Lorenzo.

FRESH-SOPE

PLACE: Canyon  
COURSE: 2.1 miles; hilly  
WEATHER: fair and warm

SCORE: CANYON 21, NEWARK 36

INDIVIDUAL:

1.	Charlie Harb(C)	13:02
2.	Calie Ramirez(N)	13:08
3.	Scott Flagg(C)	13:27
4.	Greg Rasiguiera(C)	13:50
5.	Greg Osborne(C)	14:06
6.	Billy Kent(N)	14:49
7.	Kevan Jensen(N)	14:49
8.	Tom Jensen(C)	14:53
9.	Hanay Kent(N)	15:08
10.	Jon Gust(S)	15:25.
11.	John Ward(C)	15:26
12.	Steve Pazzini(C)	15:59
13.	Riah Cameron(C)	15:51
14.	Brian Newlun(N)	17:11
15.	Newark	18:09
16.	Newark	19:38

Canyon maintained their undefeated record in dual meet competition by walloping Newark, 21-36. They are now 3-0. Charlie Harb also maintained his undefeated record in dual meets by gaining 30 yards on Calie Ramirez in the last half-mile to win going away. Charlie had excellent support, as Canyon placed nine runners in front of Newark's fifth man. Jon Gust and Steve Pazzini, both freshmen, ran strong races, but the best performance was turned in by Greg Osborne, who has improved by leaps and bounds in the two weeks he has been running. The team takes on California on Monday, and should go into the league season carrying a 4-0 record.



VARSIITY & JV

PLACs: Joaquin Miller Park in Oakland; the OAL Invitational

COURsE: 2.3 miles; hilly

WEATHER: fair and pleasant

INDIVIDUAL: JUNIOR VARSITY

Glenn Mitchell 13th, 14:27

Tom Jensen 23rd, 15:57

Steve Pazzini 24th, 16:30

Jon Gust 25th, 16:48

INDIVIDUAL: VARSITY

Wadie Harb 30th, 15:16

Canyon was unable to run full teams in either race because of various problems which prevented several people from running. Glenn Mitchell ran another good race, coming from well back in the pack to get up to 13th in the 30 man field. This race was just a workout for many people, as everyone had run a race the previous day, so not much emphasis was put on times.

### FRESH-SOPH

**PLACE:** Joaquin Miller Park in Oakland; the OAL Invitational  
**COURSE:** 1.7 miles; hilly  
**WEATHER:** fair and pleasant

**SCORE:** CANYON 36, MOREAU 54, ALAMEDA 55, BISHOP O'DOWD 95,  
ENCINAL 106, HAYWARD 118

#### **INDIVIDUAL:**

Ken Romiguere 2nd, 9:27

Jasen Lee 4th, 9:42

Charlie Harb 6th, 9:48

Scott Flagg 9th, 10:00

Greg Osborne 15th, 10:15

Greg Romiguere 16th, 10:17

Canyon finally put together the best fresh-soph team available, and they proceeded to run away with the OAL Invitational championship. The old course record was 10:08, which took quite a beating, as is evidenced by the times recorded by Canyon's runners. Greg Osborne continues to make spectacular improvements, and is the most pleasant surprise of this year's team. Everyone else ran strong races also, as all six Canyon runners finished over a minute ahead of Hayward's normal #2 varsity runner.



## VARSITY

PLACE: Canyon  
COURSE: 3.0 miles; hilly  
WEATHER: approaching perfection

SCORE: CANYON 28, HAYWARD 45, SAN LORENZO no score

### INDIVIDUAL:

1.	Jeff Lee(C)	17:20
2.	Ken Romiguere(C)	18:12
3.	Jason Lee(C)	18:47
4.	Greg Slentz(SL)	18:49
5.	Mike Griffin(H)	19:03
6.	Ed Marsden(SL)	19:22
7.	Ed Healy(H)	19:28
8.	Carl Nielson(SL)	19:40
9.	Jeff Romiguere(C)	19:46
10.	Darrell Baxter(H)	19:55
11.	Jim Norsworthy(H)	19:56
12.	Ed Madeiros(H)	20:17
13.	Wadie Harb(C)	20:17
14.	Ed Gabrielson(SL)	24:24

Canyon won its first league meet of the season without the services of Brad Rock, 28-45-no score over Hayward and San Lorenzo. They are now 2-0 in the league and are tied for first place. Jeff Lee was the individual star for the Cougars, as he missed the course record by four seconds, running by himself for the last  $2\frac{1}{2}$  miles. Jeff should be a prime challenger for the individual league championship this year. Canyon's overall record now stands at 4-2.

## JUNIOR VARSITY

**PLACE:** Canyon  
**COURSE:** 2.1 miles; hilly  
**WEATHER:** approaching perfection

**SCORE:** CANYON 15, SAN LORENZO no score, HAYWARD no score

### **INDIVIDUAL:**

1. Glenn Mitchell(C) 13:43
2. Jay Schlieger(C) 14:35
3. John Ward(C) 14:54
4. Jon Gust(C) 15:32
5. Steve Fazzini(C) 15:49
6. Cindy Larsen(SL) 20:23
7. Monica Madinez(SL) 23:29
8. Cindy Bane(SL) 24:51
- 9.

Canyon had only three girls to run against, but they ran quite well, despite that lack of opposition. Glenn Mitchell ran the fastest JV time ever on this course, and the team had good balance behind him. They will be ready when they get a chance to run against someone. The JV's are tied for first in the league with a 2-0 record. Their overall dual meet record now stands at 4-1.



FROSH-SOPH

PLACE: Canyon

COURSE: 2.1 miles; hilly

WEATHER: approaching perfection

SCORE: CANYON 18, HAYWARD 44, SAN LORENZO 68

INDIVIDUAL:

1.	Charlie Harb(C)	13:04
2.	Scott Flagg(C)	13:11
3.	Brian Healy(H)	13:59
4.	Greg Romiguere(C)	13:49
5.	Greg Osborne(C)	13:52
6.	Dave Everhart(C)	13:58 67.54
7.	Greg Griffin(H)	14:08
8.	Tom Jensen(C)	14:11
9.	Brian Braun(SL)	14:23
10.	John Rekenhaller(H)	14:25
11.	Steve Wilson(H)	14:27
12.	Willie King(SL)	14:58
13.	Fred Sandsmark(H)	15:00
14.	Nick Morrison(SL)	15:35
15.	Tom Anaya(SL)	15:42
16.	Andy Parker(H)	15:50
17.	Victor Martinez(H)	16:03
18.	David Howard(SL)	16:25
19.	Harley Halseth(SL)	19:03

Canyon's frosh-soph remained undefeated in dual meets by lambasting Hayward and San Lorenzo. They placed all six of their runners in the first eight places. Charlie Harb remained undefeated in dual meets against runners from other schools, missing his best time on this course by two seconds. Everyone else on the team got their best time ever for this course. Canyon is now 2-0 in league (tied for first), and 6-0 overall.

FROSH-SOPH

PLACE: Old Ranch Road in San Ramon  
COURSE: 2.0 miles; very hilly, all asphalt  
WEATHER: cold, windy, light mist

SCORE: CANYON 23, CALIFORNIA 33

INDIVIDUAL:

1.	Scott Flagg(C)	12:41
2.	Charlie Harb(C)	13:02
3.	Doyle O'Ragan(Cal)	13:27
4.	Chris Faynter(Cal)	13:49
5.	Dave Everhart(Can)	14:03
6.	Greg Osborne(Can)	14:22
7.	Daryl Lamb(Cal)	14:37
8.	Mike Barrol(Cal)	14:48
9.	John Ward(Can)	14:52
10.	Tom Jensen(Can)	14:56
11.	Frank Justice(Cal)	15:00
12.	Lisa Flaisted(Cal)	15:18
13.	Steve Sanders(Cal)	15:51
14.	J. J. McMillen(Cal)	16:30
15.	Jon Gust(Can)	17:18
16.	Bill Lukbos(Cal)	17:20
17.	Dan Adams(Cal)	19:11

Canyon ran their record to 4-0 with a convincing win over California. The stars of the meet for the Cougars were Scott Flagg and Dave Everhart. Flagg beat Charlie Harb for the first time this year, and missed the course record by just three seconds. Everhart ran an especially good race, particularly because he hadn't run for nearly a week because of a cold.



VARSITY

PLACE: Mt. Eden

WEATHER: fair and warm

COURSE: 3.0 miles; completely flat

SCORE: CANYON 29, MARINA 32, MT. EDEN 61

**INDIVIDUAL:**

1.	Mike Degroot(M)	15:39
2.	Jeff Lee(C)	16:12
3.	Dan Bettridge(M)	16:31
4.	Chuck Reyna(M)	16:32
5.	Ken Romiguere(C)	16:46
6.	Scott Flagg(C)	17:10
7.	Brad Rock(C)	17:14
8.	Keith Ortiz(ME)	17:15
9.	Wadie Harb(C)	17:19
10.	Don Peterson(M)	17:25
11.	Jim Masingale(ME)	17:34
12.	Rolando Imperial(ME)	17:54
13.	Rich Breece(ME)	17:59
14.	Gean Ducraug(M)	18:08
15.	Jeff Romiguere(C)	18:19
16.	Keven Clevenger(M)	18:26
17.	Bob Juntz(ME)	20:15
	disq: Larry Nolan(M)	17:26

Canyon remained undefeated in the HAAL and tied for first under strange circumstances, finally defeating Marina and Mt. Eden, 29-32-61. Ken Romiguere was in third place by twenty yards with a quarter-mile to go, when he went around the wrong pylon. This was ignored by the person who was placed there to make sure that no one went around the wrong pylon until it was too late. As a result of that, Ken was passed by two Marina men. Later, it arose that Marina's Larry Nolan had cut the course. After much deliberation, he was disqualified, allowing Canyon to snatch victory from the jaws of defeat. As for the race itself, Scott Flagg moved up from the freshman team to run a fine race. Good performances were also turned in by Brad Rock and Wadie Harb

## JUNIOR VARSITY

PLACE: Mt. Eden

WEATHER: fair and warm

COURSE: 2.0 miles; completely flat

SCORE: CANYON 19, MT. EDEN no score, MARINA no score

### INDIVIDUAL:

1. Glenn Mitchell(C)	11:56
2. Jay Schlieper(C)	12:26
3. Rich Cameron(C)	13:18
4. Rich Canada(ME)	13:31
5. Steve Fazzini(C)	13:46
6. Jansson Anders(ME)	14:24
7. Ken Currie(ME)	14:26
8. Bill Klas(C)	16:02

Canyon upset their league record to 4-0 and their overall record to 6-1 with another unopposed victory over Mt. Eden and Marina. All five runners turned in exceptional efforts: Glenn Mitchell ran off and hid from the rest of the field, and looked capable of a much faster time; Jay Schlieper and Rich Cameron looked fully recovered from physical problems both have had. Steve Fazzini ran one of his strongest races this year, and Bill Klas, the team manager, courageously stepped in and ran to make a full team. It's not easy to step out and run two miles without warning, but Bill was up to the task. The team will finally meet up with some strong opposition next week, when they take on Tennyson and Sunset.

## FROSH-SOPH

PLACE: Mt. Eden

WEATHER: fair and warm

COURSE: 2.0 miles; completely flat

SCORE: CANYON 25, MT. EDEN 31, MARINA no score

### INDIVIDUAL:

1.	Charlie Harb(C)	11:29
2.	Greg Osborne(C)	11:58
3.	Mark Demeduk(ME)	12:09
4.	Dale Woodall(ME)	12:14
5.	Greg Hemiguiere(C)	12:18
6.	John Traynor(ME)	12:19
7.	Martin McDonald(ME)	12:21
8.	Tom Jensen(C)	12:30
9.	Jehn Ward(C)	12:51
10.	Lee Lyon(M)	13:10
11.	Rich Guera(ME)	13:17
12.	Jeff Johnson(ME)	13:43
13.	Ken Fried(M)	13:54
14.		

Canyon's frosh-soph ran their undefeated streak to eight with another double victory, this one over Mt. Eden and Marina. Charlie Harb still hasn't lost to a runner from another team, and he wasn't challenged in this one, beating teammate Greg Osborne by 29 seconds. Osborne filled in well for the normal #2 man, Scott Flagg, who ran varsity. The double win gives Canyon a 4-0 record in the league, leaving them in a tie for first. Since 1973, Canyon's frosh-soph teams have had a 16-4 record in league meets.



## VARSITY

**MEET:** HAAL Invitational

**COURSE:** 3.0 miles; a few hills, mostly flat

**CONDITIONS:** pleasant and calm

**RESULTS:** Canyon 9th, 225

Jeff Lee	9th	16:20	Canyon's dismal day was made a little brighter by Jeff Lee's ninth place finish in a high-quality field. There was little else to be happy about.
Ken Romiguere	31st	16:59	
Scott Flaag	51st	17:43	
Brad Rock	60th	18:05	
Wadie Harb	74th	19:32	

## FROSH-SOPH

**MEET:** HAAL Invitational

**COURSE:** 2.0 miles; a few hills, mostly flat

**CONDITIONS:** pleasant and calm

**RESULTS:** Canyon 7th, 199

Charlie Harb	3rd	10:58	Just as in the varsity race, there was just one bright spot: the number one man. Charlie Harb ran an excellent race, recording a truly fine time (anyone, particularly a freshman, who breaks eleven minutes on this course is a classy runner). Unfortunately, Charlie got very little help from his teammates, although Greg Osborne at least ran up to his capabilities, unlike the others.
Greg Osborne	36th	11:54	
Greg Romiguere	47th	12:07	
Tom Jensen	52nd	12:15	
Rich Cameron	64th	12:27	
John Ward	71st	12:32	

## JUNIOR VARSITY

Jay Schlieper	11:58
Steve Fazzini	13:02
Jon Gust	13:27

## VARSIITY

PLACE: Tennyson

COURSE: 3.0 miles; flat and repetitive

WEATHER: fair and windy

SCORE: TENNYSON 22, CANYON 45, SUNSET 62

### INDIVIDUAL:

1.	Steve Gray(T)	15:23
2.	Jeff Lee(C)	15:36
3.	Andy Enanoria(T)	15:40
4.	Bob Raisner(T)	15:50
5.	Brett Hill(T)	16:08
6.	Ken Romiguere(C)	16:15
7.	Jesse Magallon(S)	16:16
8.	Jerry Quarry(S)	16:17
9.	Dennis Chinn(T)	16:20
10.	Brad Rock(C)	16:50
11.	Rick Collier(T)	16:59
12.	Scott Flagg(C)	17:05
13.	Joe Fernandez(S)	17:30
14.	Wadie Harb(C)	17:43
15.	Jim Engberson(S)	18:12

Canyon lost their first meet of the year, dropping into a second place tie with Castro Valley at 5-1. The Cougars face CV at Arroyo next week. Jeff Lee ran another very strong race, achieving a R(personal record) for 2 miles en route to the 3 miles. He ran about 10:10 for 2. Ken Romiguere did the same, running about 10:40. Brad Rock continues to get stronger almost day by day, and he hopefully will be ready for a good effort against Castro Valley. Canyon's overall record is now 7-3.

## JUNIOR VARSITY

PLACE: Tennyson

COURSE: 2.0 miles; flat and repetitive

WEATHER: fair and windy

SCORE: TENNYSON 20, CANYON 36, SUNSET 73

### INDIVIDUAL:

1.	RICH Judy(T)	10:52
2.	Gerald Elliott(T)	10:53
3.	Mike Herbst(T)	11:16
4.	Glenn Mitchell(C)	11:25
5.	Jay Schlieper(C)	11:42
6.	John Simmons(T)	11:44
7.	John Ward(T)	11:44
8.	Phil Stager(T)	11:53
9.	Rick Windrich(C)	12:14
10.	Gary McKinley(S)	12:17
11.	Steve Pazzini(C)	12:22
12.	Gary Stockel(S)	12:24
13.	Bill Burrell(T)	12:27
14.	Jon Gust(C)	12:41
15.	Roger Brown(T)	13:01

Canyon dropped their first league meet, and they are now 5-1, tied for second with Tennyson. They decimated Sunset, which came into the meet with a 3-1 league record. Glenn Mitchell, running with a cold, lost his first JV race of the league season to three bona-fide distance runners (Judy was the league and division champion in the 880 last year, Elliott finished in the top ten in the frosh-soph league meet last year, and Herbst was fifth in the league in the 880 last year). John Ward ran one of his finest races of the year, and Rick Windrich ran his first race of the year, hanging in well. He will help the JV's considerably in the league meet.



## FROSH-SOPH

**LACE: Tennyson**

**COURSE: 2.0 miles; flat and repetitive**

**WEATHER: fair and windy**

**SCORE: TENNYSON 21, CANYON 46, SUNSET 65**

### **INDIVIDUAL:**

1. Charlie Harb(C) 10:47
2. Glenn Hill(T) 11:02
3. Chris Juarez(T) 11:03
4. Paul Cruz(T) 11:04
5. Jerry Hines(T) 11:04
6. H. Rocha(S) 11:08
7. M. Gama(T) 11:10
8. Greg Osborne(C) 11:11
9. Dave Vieira(T) 11:14
10. Dave Everhart(C) 11:16
11. M. Gellie(S) 11:20
12. Randy Parsons(T) 11:24
13. James Silva(T) 11:27
14. Tom Jensen(C) 11:28
15. Greg Romiguere(C) 11:34
- Rich Cameron(C) - 22nd 12:18

Canyon lost their first league meet of the year. Their league record is now 5-1, and their overall record is 9-1. Charlie Harb did what is becoming old hat, running away from everyone. His 10:47 is a course record for freshmen and a .R. Also getting R's for two miles were Greg Osborne, Dave Everhart, Tom Jensen, and Greg Romiguere. Jensen and Everhart ran especially strong races. The team will face its toughest challenge of the year next week when they face unbeaten Castro Valley.

## VARBITY

PLACb: Arroyo

COURSb: 3.0 miles; flat and repetitive

WEATHER: pleasant

SCORE: CASTRO VALLEY 23, CANYON 51, ARROYO 57

### INDIVIDUAL:

1. Phil Hornig(CV)	15:23
2. Kristy Wright(A)	15:36
3. Jeff Lee(C)	15:48
4. Mark Behring(CV)	16:07
5. Steve Roberts(CV)	16:16
6. Ron Stevensen(CV)	16:25
7. Dave Fordahl(CV)	16:25
8. Bill Bodin(CV)	16:50
9. Brad Rock(C)	16:56
10. Dan Boulton(A)	16:59
11. Dave Emery(A)	16:59
12. Wadie Harb(C)	17:09
13. Jeff Romiguere(C)	17:25
14. Scott Flagg(C)	17:26
15. Eric Overland(CV)	17:28

Canyon salvaged a split with Castro Valley and Arroyo primarily on the strength of performances by seniors Brad Rock and Jeff Romiguere, running their last triangular for Canyon. The team finished the season with a 6-2 record, and finished third in the HAAL.

## JUNIOR VARSITY

PLACE: Arroyo  
COURSE: 2.0 miles; flat and repetitive  
WEATHER: Pleasant

SCORES: CASTRO VALLEY 21, CANYON 46, ARROYO 55

### INDIVIDUAL:

1. Dave McHug (CV) 10:44
2. Jeff Schloss (CV) 11:30
3. Jay Schlieper (C) 11:40
4. Bob Cuddy (A) 11:45
5. Brent Cooper (CV) 11:57
6. Kevin O'Leary (CV) 11:57
7. Jim Weinberg (CV) 12:19
8. Dave McDaniels (A) 12:20
9. John Ward (C) 12:39
10. Steve Pazzini (C) 12:43
11. Rick Windsorish (C) 12:49
12. Roger Golec (A) 12:53
13. Jon Vast (C) 13:13
14. Linda Holt (CV) 13:20
15. Leri Thompson (A) 13:23

Canyon finished the season at 8-2, to finish third in the league. The JV's came through with the split in the absence of their normal number one man, Glenn Mitchell, who moved up to varsity for this meet. Jay Schlieper stepped into the void and ran an excellent race. Also running well were John Ward and Steve Pazzini.



FROSH-SOPH

PLACE: Arroyo

COURSE: 2.0 miles; flat and repetitive

WEATHER: pleasant

SCORE: CASTRO VALLEY 19, CANYON 38, ARROYO 71

INDIVIDUAL:

1. Greg South(CV) 10:50
2. Charlie Harb(C) 10:56
3. Dave Fisher(CV) 11:27
4. Ray Tieman(CV) 11:28
5. Andy Schloss(CV) 11:29
6. Bob Tieman(CV) 11:29
7. Dave Everhart(C) 11:43
8. Tom Jensen(C) 11:44
9. Greg Osborne(C) 12:14
10. Dan Pratt(A) 12:20
11. Bob Brady(A) 12:21
12. Greg Romigalere(C) 12:31
13. Rich Cameron(C) 12:39
14. Mike Dittman(CV) 12:41
15. Leo Vik(A) 13:37

Charlie Harb lost his first league race to the favorite at the league meet, Greg South. Charlie, however, didn't get the necessary support from his teammates to upset Castro Valley, as no one else was able to break into CV's next four men, which is a difficult task indeed. Tom Jensen ran his best race of the year, and he and Dave Everhart seem to be coming into their best shape for the league meet, and should provide considerable help to Harb and Scott Flagg who will be dropping back down to frosh-soph after three weeks on the varsity team. The team finished the league season at 8-2, good for third in the HAAL. They were 10-2 overall on the season.



## Varsity

MEET: NAAL Finals

COURSE: 3.0 miles; a few hills, mostly flat

CONDITIONS: clear and sunny

### RESULTS:

1. Phil Hornig(CV)	15:37	25. Brad Rock(Canyon)	17:51
2. Rusty Wright(Arroyo)	15:47	26. Ken Romiguere(Canyon)	17:33
3. Steve Gray(Tennyson)	15:51	27. Rolando Imperial(Mt. Eden)	17:38
4. Mike DeGroot(Marina)	15:55	28. Keith Ortiz(Mt. Eden)	17:42
5. Bob Ralner(Tennyson)	15:57	29. Mike Griffin(Hayward)	17:45
6. Mark Belmont(CV)	16:06	30. Dan Boulton(Arroyo)	17:54
7. Andy Knaoris(Tennyson)	16:11	31. Jim Masingale(Mt. Eden)	18:02
8. Jeff Lee(Canyon)	16:13	32. Larry Nolan(Marina)	18:09
9. Brett Hill(Tennyson)	16:16	33. Gerald Elliott(Tennyson)	18:10
10. Ron Stevenson(CV)	16:20	34. Wadie Harb(Canyon)	18:14
11. Dan Bettridge(Marina)	16:35	35. Ed Madeiros(Hayward)	18:15
12. Dave Jordahl(CV)	16:36	36. Joe Fernandez(Sunset)	18:17
13. Steve Roberts(CV)	16:39	37. Jeff Romiguere(Canyon)	18:25
14. Dave McHugh(CV)	16:40	38. Joe Engberson(Sunset)	18:31
15. Jerry Quarry(Sunset)	16:52	39. Robert Cuddy(Arroyo)	18:34
16. Greg Slentz(San Lorenzo)	16:54	40. Kevin Clevenger(Marina)	18:37
17. Bill Bodin(CV)	16:58	41. Darrell Baxter(Hayward)	18:44
18. Ed Marsden(San Lorenzo)	17:00	42. Brian Hutchinson(Sunset)	18:53
19. Charles Reyna(Marina)	17:03	43. Dick Tomlinson(San Lorenzo)	19:01
20. James Kersworthy(Hayward)	17:11	44. Bob Forrester(Arroyo)	19:10
21. Jesse Macallon(Sunset)	17:15	45. Gary Craig(Arroyo)	19:28
22. Dennis Chinn(Tennyson)	17:23	46. Ed Gabrielson(San Lorenzo)	20:28
23. Lan Peterson(Marina)	17:24	47. Nick Morrison(San Lorenzo)	20:40
24. Pat Healy(Hayward)	17:26		

### TEAM SCORES

1. Castro Valley	42
2. Tennyson	46
3. Marina	89
4. CANYON	130
5. Hayward	149
6. Sunset	152
7. Arroyo	160
8. San Lorenzo	170
9. Mt. Eden	no score

Canyon finished its league season rather ignominiously, by finishing a shaky fourth in the league finals. This means that their team will go on to the Bay Division championships next week. Problems of injuries, illnesses, and just plain indifference combined to produce a very disappointing performance in this meet. The only individual who performed up to par was the team's steady number one man throughout the season, Jeff Lee, as he finished eighth.



## JUNIOR VARSITY

MEET: HAAL Championships

COURSE: 2.0 miles; one good hill, mostly flat

CONDITIONS: sunny and pleasant

### RESULTS:

1.	Rich Judy (Tennyson)	11:05	16.	John Simmons (Tennyson)	12:35
2.	Jeff Schloss (CV)	11:13	17.	Steve Fazzini (Canyon)	12:38
3.	Mike Herbst (Tennyson)	11:25	18.	Jim Weirberg (CV)	12:42
4.	Glenn Mitchell (Canyon)	11:29	19.	Roger Golec (Arroyo)	12:52
5.	Kevih O'Leary (CV)	11:33	20.	Gary Stockel (Sunset)	13:01
6.	Eric Overland (CV)	11:41	21.	Jon Gust (Canyon)	13:11
7.	James Silva (Tennyson)	12:00	22.	Jay Fink (Arroyo)	13:13
8.	Brent Cooper (CV)	12:01	23.	Phil Stapper (Tennyson)	13:26
9.	Jim Hanson (CV)	12:08	24.	Frank Tapia (Arroyo)	13:28
10.	Steve Bickell (Tennyson)	12:13	25.	Alan China (Arroyo)	13:41
11.	Pat Hohl (Arroyo)	12:19	26.	Gary Wright (Arroyo)	13:45
12.	John Ward (Canyon)	12:29	27.	Joe Marciel (Sunset)	13:50
13.	Rich Cameron (Canyon)	12:30	28.	Dave Carlsen (Sunset)	14:00
14.	Barry Fearow (Sunset)	12:31	29.	Doug Galant (Sunset)	14:05
15.	Dan Delariva (CV)	12:32	30.	Lori Thompson (Arroyo)	14:49

### TEAMS

1.	Castro Valley	30
2.	Tennyson	37
3.	Canyon	67
4.	Arroyo	101
5.	Sunset	118
	Hayward	no score
	Marina	
	Mt. Eden	
	San Lorenzo	

Canyon's hastily-assembled JV team finished a strong third in the HAAL championships. Missing normal number two man Jay Schlieper and Rick Windrich, Rich Cameron had to be pulled from the frosh-soph team at the last minute. Cameron performed admirably, finishing an excellent thirteenth, right behind teammate John Ward. Both Ward and Cameron are sophomores. Senior Glenn Mitchell ran a typically strong race, starting slowly and picking runners off until he reached fourth place. Freshmen Steve Fazzini and Jon Gust came through well, particularly Fazzini, who has improved tremendously this year and figures to be a very tough performer in the frosh-soph level next year.



## FROSH-SOPH

MEET: HAAL Finals

COURSE: 2.0 miles; a few hills, mostly flat

CONDITIONS: clear and sunny

### RESULTS:

1. Greg Routh(CV)	10:56	26. Steve Wilson(Hayward)	12:02
2. Charlie Harb(Canyon)	11:01	27. Mike Gellie(Sunset)	12:02
3. Dave Fisher(CV)	11:07	28. Willie King(San Lorenzo)	12:04
4. Brian Healy(Hayward)	11:10	29. Dan Camacho(Sunset)	12:10
5. Scott Flagg(Canyon)	11:11	30. David Mendez(Sunset)	12:13
6. Ray Tieman(CV)	11:13	31. Glen Hill(Tennyson)	12:16
7. Rick Collier(Tennyson)	11:13	32. Greg Osborne(Canyon)	12:17
8. Bob Tieman(CV)	11:16	33. Dave McDaniel(Arroyo)	12:18
9. Greg Griffin(Hayward)	11:21	34. Fred Sandmark(Hayward)	12:19
10. Steve Grace(Arroyo)	11:28	35. Danny Villanueva(Marina)	12:20
11. Enrique Cruz(Tennyson)	11:34	36. Dan Pratt(Arroyo)	12:21
12. Mike Gama(Tennyson)	11:35	37. John Travnor(Mt. Eden)	12:23
13. Tom Jensen(Canyon)	11:37	38. Greg Romiguere(Canyon)	12:24
14. Andy Schloss(CV)	11:38	39. Andy Parker(Hayward)	12:24
15. Glen Hines(Tennyson)	11:40	40. Mike Dittman(CV)	12:35
16. Dave Viera(Tennyson)	11:42	41. Tom Anaya(San Lorenzo)	12:38
17. Mark Demeduk(Mt. Eden)	11:45	42. Bob Brady(Arroyo)	12:40
18. Jon Jobe(Tennyson)	11:45	43. Lee Lyon(Marina)	12:49
19. Brian Braun(San Lorenzo)	11:47	44. Matt Villavecchi(Marina)	12:59
20. Dave Everhart(Canyon)	11:52	45. Leo Vik(Arroyo)	13:03
21. Tony Reid(Hayward)	11:53	46. Gary McKinley(Sunset)	13:07
22. Hal Rocha(Sunset)	11:55	47. Rich Guerra(Mt. Eden)	13:08
23. Oscar Mendez(Sunset)	11:58	48. David Howard(San Lorenzo)	13:34
24. Jon Rekenhaller(Hayward)	11:59	49. Jeff Johnson(Mt. Eden)	13:36
25. Martin McDonald(Mt. Eden)	12:00	50. Dave Bevilaqua(Arroyo)	14:06

### TEAM SCORES

1. Castro Valley	32
2. Tennyson	61
3. CANYON	72
4. Hayward	84
5. Sunset	131
6. Arroyo	163
7. Mt. Eden	176
8. San Lorenzo	no score
9. Marina	no score

Canyon's frosh-soph team finished third at the league finals, as expected. Stronger performances from the fourth and fifth men could have yielded a second-place finish, however. The team, as usual, was led by Charlie Harb, who locked horns with Greg Routh in a great battle for the individual championship. Just as in the dual meet, Routh showed a stronger kick than Harb to win. Scott Flagg, who led early in the race, dropped off to fifth at the finish. Tom Jensen pulled off the biggest surprise of the race for Canyon, finishing in a lefty 13th, and beating several runners who had beaten him soundly in the tri meets. Dave Everhart performed perhaps a little under par, but was still able to finish a very respectable 20th. The team will go on to compete in the Bay Division championships next week at Joaquin Miller Park in Oakland.