

VARSIITY

MEET: HAAL Championships

SCORE: Canyon 43, Castro Valley 45, Marina 85, Hayward 92, Tennyson 117,
Mt. Eden 219, Arroyo, San Lorenzo, and Sunset no score

DATE: November 3, 1976

COURSE: 3.0 miles; relatively flat

CONDITIONS: hazy and coolish

RESULTS:

1. Ken Romiguere (Canyon)	15:55	26. Dennis Chinn (Tennyson)	17:46
2. Mark Behning (CV)	16:11	27. Greg Romiguere (Canyon)	17:50
3. Mike DeGroot (Marina)	16:15	28. Chris Juarez (Tennyson)	17:53
4. Jerry Quarry (Sunset)	16:22	29. Brian Healy (Hayward)	17:57
5. George Del Rio (Hayward)	16:23	30. Willie Gaul† (San Lorenzo)	18:01
6. Charlie Harb (Canyon)	16:26	31. Bob Vitton (Canyon)	18:04
7. Jason Lee (Canyon)	16:33	32. Tom Gomes (Tennyson)	18:07
8. Scott Flagg (Canyon)	16:36	33. Jerry Reyna (Marina)	18:15
9. Bill Bodin (CV)	16:39	34. Greg Routh (CV)	18:17
10. Dave McHugh (CV)	16:42	35. Andy Schloss (CV)	18:19
11. Dave Fordahl (CV)	16:52	36. Rick Collier (Tennyson)	18:23
12. Jesse Magallon (Sunset)	16:57	37. Keith Ortiz (Mt. Eden)	18:27
13. Dave Fisher (CV)	16:59	38. Greg Griffin (Hayward)	18:29
14. Chuck Reyna (Marina)	17:01	39. Rich Noble (San Lorenzo)	18:31
15. Bill Wenik (Hayward)	17:03	40. Bob Forrester (Arroyo)	18:36
16. Jon Jobe (Tennyson)	17:06	41. Gene Judson (Marina)	18:40
17. Don Peterson (Marina)	17:10	42. Mark Demeduk (Mt. Eden)	18:47
18. Randy Rogers (Marina)	17:17	43. Jim Norsworthy (Hayward)	18:55
19. Robbie Smith (Hayward)	17:22	44. Terry Tucker (Mt. Eden)	19:05
20. Steve Grace (Arroyo)	17:24	45. Ken Indalecio (Marina)	19:12
21. Tom Jensen (Canyon)	17:24	46. Ed Hohl (Arroyo)	19:30
22. Enrique Cruz (Tennyson)	17:28	47. Bob Patterson (Mt. Eden)	19:40
23. Carl Nielson (San Lorenzo)	17:30	48. Carl Fahlman (Arroyo)	19:40
24. Jeff Turnbull (Hayward)	17:34	49. Mark Rickey (Mt. Eden)	20:03
25. Glenn Hill (Tennyson)	17:34	50. Rick Tomlinson (San Lorenzo)	20:33

Canyon won its first ever HAAL championship at the varsity level by slipping past Castro Valley by the barest of margins at Hayward High. Ken Romiguere led the six junior-one sophomore team with an easy 16-second victory over Mark Behning. Charlie Harb, Jason Lee, and Scott Flagg allowed no one to get between them, as they did all year, finishing 6-7-8, to lock the meet away. However, there were some anxious moments before Tom Jensen did his characteristic chase act, moving up to 21st by the finish. Greg Romiguere and Bob Vitton were by far the best 6th and 7th men in the race, finishing 27th and 31st. Next week the HAAL champions face by far their toughest test of the year at the NCS ~~3A~~ Southern Area championships. MVAL champion Mission San Jose, ACAL champion Alameda (the only team to beat Canyon in a dual meet this year), CAL champion Bishop O'Dowd, and other powerful teams like DeLaSalle, Moreau, Piedmont, and Washington will also be competing for the four available trips to Santa Rosa for the NCS 3A finals.

Awards

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: CHARLIE HARB

All-League in our hearts, but not in the results: SCOTT FLAGG

JUNIOR VARSITY

MEET: HAAL Championships

SCORE: Castro Valley 24, Tennyson 56, Marina 61, all others no score

DATE: November 3, 1976

COURSE: 2.0 miles; relatively flat

CONDITIONS: hazy and coolish

RESULTS:

1. Bob Tieman(CV)	11:26	11. James Silva(Tennyson)	12:25
2. Dan Delariva(CV)	11:37	12. Dolton Simmons(Tennyson)	12:42
3. Dave Fernandez(CV)	11:39	13. Bill Herndon(Marina)	12:49
4. Randy Parsons(Tennyson)	11:44	14. Larry Brown(Tennyson)	12:52
5. Gordon Granger(Canyon)	11:56	15. Steve Bickell(Tennyson)	12:53
6. Carl Kawaguchi(Marina)	12:02	16. Steve Mello(Marina)	12:53
7. Greg Osborne(Canyon)	12:04	17. Nick Weissman(Marina)	13:07
8. Mike Dittman(CV)	12:16	18. Stuart Lund(Marina)	13:41
9. Martin Indalecio(Mar)	12:23	19. Randy Gove(Canyon)	14:45
10. Brent Cooper(CV)	12:24	20. Greg Young(Marina)	17:07

Canyon ended up with only three JV runners at the league finals, but that didn't seem to bother Gordon Granger and Greg Osborne, both of whom probably ran his best race of the year. The two ran together for the first mile and a half, starting slowly, but then picking off several runners until they reached the last hill, where Gordon took off, whipping past Carl Kawaguchi, and eating up ground on everyone in front of him down the last straight. This excellent run brought him a totally unexpected fifth place finish, and it speaks well of his chances to break the school record and be one of the top quarter-milers in the league this year. Osborne held on well to finish 7th. Canyon's third runner, Randy Gove, had a bad day and ended up only 19th, but the training will undoubtedly help him in track.

Awards

Best Performance: GORDON GRANGER

Intestinal Fortitude: GREG OSBORNE

It must have been those basketball shoes: RANDY GOVE

FROSH-SOPH

MEET: HAAL Championships

SCORE: Tennyson 50, Castro Valley 71, Sunset 90, Hayward 100,
Arroyo 127, Canyon 137, Mt. Eden 138

DATE: November 3, 1976

COURSE: 2.0 miles; mostly flat with minor hills

CONDITIONS: hazy and warmish

RESULTS:

1. Larry Guinee(Sunset)	10:58	27. Martin McDonald(Mt. Eden)	12:10
2. Jon Rekenhtaler(Hayward)	10:59	28. William Labostrie(Tenn.)	12:10
3. Dan Pratt(Arroyo)	11:07	29. Steve Fazzini(Canyon)	12:12
4. Mike Gama(Tennyson)	11:11	30. Pat Todd(Canyon)	12:16
5. Doug Wright(Tennyson)	11:12	31. Dave Bevilacqua(Arroyo)	12:16
6. Joe Casey(Tennyson)	11:18	32. Craig Carter(CV)	12:16
7. Dave Glass(Castro Valley)	11:25	33. Perry Gee(Mt. Eden)	12:20
8. Fred Sandsmark(Hayward)	11:26	34. Brian Smith(Marina)	12:22
9. Jeff Berg(Sunset)	11:28	35. Eddie Blanch(Tennyson)	12:28
10. Dante Najera(Tennyson)	11:31	36. Kelly Miles(Mt. Eden)	12:29
11. Dave Paiva(CV)	11:31	37. Wayne Dodson(Hayward)	12:40
12. Oscar Mendez(sunset)	11:32	38. Mike Kraft(Mt. Eden)	12:40
13. Doug Rodgers(CV)	11:32	39. Mike Healy(Hayward)	12:42
14. Keith Faber (Hayward)	11:33	40. Basem Harb(Canyon)	12:44
15. Brian Brown(San Lorenzo)	11:37	41. Fred Indalecio(Marina)	12:44
16. Ralph Quinones(Mt. eden)	11:47	42. Steve Kirchner(Mt. Eden)	13:09
17. Darin Rock(Canyon)	11:50	43. Steve Rekenhtaler(Hayward)	13:13
18. Ray Tieman(CV)	11:54	44. Mike Jepsen(San Lorenzo)	13:17
19. Ken Thompson(Arroyo)	11:55	45. Ken Fried(Marina)	13:31
20. Mike Gellie(Sunset)	11:55	46. Mark Duchaineau(Canyon)	13:37
21. Mike Yepez(Canyon)	11:58	47. Ed Xavier(Marina)	13:38
22. Jeff Dittman(CV)	11:59	48. Ralph Moller(Sunset)	13:40
23. Jeff Kramm(Arroyo)	12:01	49. Reinhard Loewe(Sunset)	13:44
24. Jeff Shore(CV)	12:02	50. Jeff Marciel(Sunset)	14:12
25. Ed Silva(Tennyson)	12:02	51. Andy Soto(Arroyo)	14:24
26. Tom Davis(Mt. Eden)	12:07	52. Tom Engbrock(Canyon)	15:50

Canyon finished its season with a mediocre performance at the HAAL finals, finishing sixth. The team was hurt by the absence of Rick Leizgold, who was out with the flu. Freshman Darin Rock led the team, as he ran perhaps his best race of the year, finishing an excellent 17th. Sophomore Mike Yepez finished a very successful first cross country season with a 21st place. Steve Fazzini and Pat Todd finished together about fifteen seconds behind Yepez, and freshman Basem Harb finished another 30 seconds later, running one of his best races as he tried to fill the vacuum created by Leizgold's absence. Mark Duchaineau continued to improve, as he has all year, and showed signs that he will be a good runner in the near future.

Awards

Best Performance: DARIN ROCK

Intestinal Fortitude: BASEM HARB

If the race had only been a couple of miles longer . . . : PAT TODD

1976

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

HAYWARD HIGH SCHOOL

VARSITY

1	Ken Romiguere	15:55	C	26	Dennis Chinn	17:46	T
2	Mark Behning	16:11	CV	27	Greg Romiguere	17:50	C
3	Mike Degroot	16:15	M	28	Chris Juarez	17:53	T
4	Jerry Quarry	16:22	S	29	Brian Healy	17:57	H
5	George DelRio	16:23	H	30	Willie Gault	18:01	SL
6	Charlie Harb	16:26	C	31	Bob Vitton	18:04	C
7	Jason Lee	16:33	C	32	Tom Gomes	18:07	T
8	Scott Flagg	16:36	C	33	Jerry Reyna	18:15	M
9	Bill Bodin	16:39	CV	34	Greg Routh	18:17	CV
10	Dave McHugh	16:42	CV	35	Andy Schloss	18:19	CV
11	Dave Fordahl	16:52	CV	36	Rick Collier	18:23	T
12	Jessy Magallon	16:57	S	37	Keith Ortiz	18:27	ME
13	Dave Fisher	16:59	CV	38	Greg Griffin	18:29	H
14	Chuck Reyna	17:01	M	39	Richard Noble	18:31	SL
15	Bill Wenig	17:03	H	40	Bob Forester	18:36	A
16	John Jobe	17:06	T	41	Gene Judson	18:40	M
17	Don Petersen	17:10	M	42	Mark Demeduk	18:47	ME
18	Rodgers	17:17	M	43	Jim Norsworthy	18:55	H
19	Robbie Smith	17:22	H	44	Terry Tucker	19:05	ME
20	Steve Grace	17:24	A	45	Ken Indalecio	19:12	M
21	Tom Jensen	17:24	C	46	Ed Hohl	19:30	A
22	Enrique Cruz	17:28	T	47	Bob Patterson	19:40	ME
23	Carl Nielson	17:30	SL	48	Carl Fahlman	19:40	A
24	Jeff Turnbull	17:34	H	49	Mark Rickey	20:03	ME
25	Glenn Hill	17:34	T	50	Rick Tomlinson	20:33	SL

TEAM SCORES

1	Canyon	43
2	Castro Valley	45
3	Marina	85
4	Hayward	92
5	Tennyson	117
6	Mt. Eden	219
7	Arroyo	no score
8	San Lorenzo	no score
9	Sunset	no score

1976

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

HAYWARD HIGH SCHOOL

JUNIOR VARSITY

1	Bob Tieman	11:26	CV	11	James Silva	12:25	T
2	Dan Dela Riva	11:37	CV	12	Dolton Simmons	12:42	T
3	Dave Fernandez	11:39	CV	13	Bill Herndon	12:49	M
4	Randy Parsons	11:44	T	14	Larry Brown	12:52	T
5	Gordon Granger	11:56	C	15	Steve Bickell	12:53	T
6	Carl Kawaguchi	12:02	M	16	Steve Mello	12:53	M
7	Greg Osborne	12:04	C	17	Nick Weissman	13:07	M
8	Mike Dittman	12:16	CV	18	Stuart Lund	13:41	M
9	Martin Indalecio	12:23	M	19	Randy Gove	14:45	C
10	Brent Cooper	12:24	CV	20	Greg Young	17:07	M

TEAM SCORES

1	Castro Valley	24
2	Tennyson	56
3	Marina	61
	Canyon	no score
	Arroyo	no score
	Hayward	no score
	Mt. Eden	no score
	San Lorenzo	no score
	Sunset	

1976

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

HAYWARD HIGH SCHOOL

FROSH SOPH

1	Larry Guinee	10:58	S	27	Martin McDonald	12:10	ME
2	John Rekenenthaler	10:59	H	28	Wm. Labostrie	12:10	T
3	Dan Pratt	11:07	A	29	Steve Passini	12:12	C
4	Mike Gama	11:11	T	30	Pat Todd	12:16	C
5	Doug Wright	11:12	T	31	Dave Bevilacqua	12:16	A
6	Joe Casey	11:13	T	32	Craig Carter	12:16	CV
7	Dave Glass	11:25	CV	33	Perry Gee	12:20	ME
8	Fred Sandsmarh	11:26	H	34	Brian Smith	12:22	M
9	Jeff Berg	11:28	S	35	Eddie Blanch	12:28	T
10	Dante Najera	11:31	T	36	Kelly Miles	12:29	ME
11	Dave Paiva	11:31	CV	37	Wayne Dodson	12:40	H
12	Oscar Mendez	11:32	S	38	Mike Kraft	12:40	ME
13	Doug Rodgers	11:32	CV	39	Mike Healy	12:44	H
14	Keith Faber	11:33	H	40	Basem Harb	12:44	C
15	Brian Brown	11:37	SL	41	Fred Indalecio	13:09	M
16	Ralph Quinones	11:47	ME	42	Steve Kirchner	13:13	ME
17	Darin Rock	11:50	C	43	Steve Rekenenthaler	13:17	H
18	Ray Tieman	11:54	CV	44	Mike Jepsen	13:31	SL
19	Ken Thompson	11:55	A	45	Ken Fried	13:37	M
20	Mike Gellie	11:55	S	46	Mark Duchaineau	13:38	C
21	Mike Yopez	11:58	C	47	Ed Xavier	13:40	M
22	Jeff Dittman	11:59	CV	48	Ralph Moller	13:44	S
23	Jeff Kramm	12:01	A	49	Reinard Loewe	14:12	S
24	Jeff Shore	12:02	CV	50	Jeff Marciel	14:24	S
25	Ed Silva	12:02	T	51	Andy Soto	15:50	A
26	Tom Davis	12:07	ME	52	Tom Engbrock	NT	C

TEAM SCORES

1	Tennyson	50
2	Castro Valley	71
3	Sunset	90
4	Hayward	100
5	Arroyo	127
6	Canyon	137
7	Mt. Eden	138
8	Marina	no score
9	San Lorenzo	no score

1976

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

Hayward High School

RESERVES

1	Dennis Milan	12:10	CV	14	Brent Kernan	13:56	CV
2	John Lateer	12:20	CV	15	Cl. Casipit	14:02	T
3	Westerfield	12:42	T	16	Bacage	14:05	T
4	Phil Duncan	12:54	CV	17	Steve Barbaria	14:15	ME
5	Tony Nannini	12:58	CV	18	Basil Medeiros	14:16	ME
6	Jeff Carter	13:11	CV	19	John Vertrees	14:30	CV
7				20	Philpott	14:34	T
8	Olmo	13:20	T	21	Mark Gregg	14:34	H
9	David Mendez	13:24	S	22			
10				23	Valencia	15:24	T
11	Jules Nacario	13:32	ME	24	Kohler	15:35	T
12	Paul Lebon	13:33	S	25	Ca. Casipit	17:24	T
13	Nguyen	13:34	T				

1976

H.A.A. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

HAYWARD HIGH SCHOOL

GIRLS VARSITY

- | | | | |
|----|-------------------|-------|------|
| 1. | Michele Stevenson | 11:38 | C.V. |
| 2. | Pam Warnath | 17:27 | M.E. |

No Team Scores

Girls - Frosh-Soph

- | | | | |
|----|----------------|-------|------|
| 1. | Maria Jacobson | 13:14 | C.V. |
| 2. | Kookie Ito | 15:26 | M.E. |

No Team Scores