

CALIFORNIA TRACK NEWS

April 1978

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Issue 24



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ISSUE

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

CALIFORNIA TRACK NEWS
1717 South Chestnut Ave.
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The Only Publication Devoted to California Track



CALIFORNIA TRACK NEWS

1717 South Chestnut Avenue
Fresno, CA 93702

EDITOR: *Bill Cockerham*
PRODUCTION MANAGER: *Judy Cockerham*

PUBLISHED BY: *The Fresno Pacific College Track Team and the Fresno Pacific Track Club.*

PHOTOGRAPHERS: *Diane Johnson, Bill Leung, Jr., Dave Stock.*

HIGH SCHOOL BOYS: *Ron Blackwood, Keith Conning, Jack Shepard, Mike Kennedy.*

HIGH SCHOOL GIRLS: *Rich Ede.*

4 YEAR COLLEGE-OPEN MEN: *Chuck Skow.*

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MASTERS WOMEN: *Irene Obera.*

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SAN DIEGO: *Noel Montrucchio. BAKERSFIELD: Mike Miles.*

EAST BAY: *James Day. SAN JOSE: Darrel Cox. VENTURA*

COUNTY: *Rich Romine. SACRAMENTO: Noel Hitchcock.*

TRACK TEASER PUZZLE: *Mike Lennemann.*

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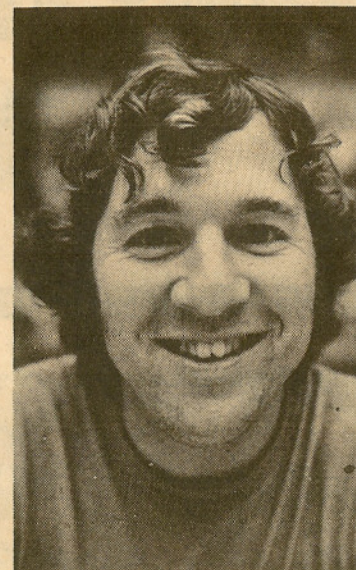
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MEET THE STAFF:

RICH ROMINE



had never been done before," relates Rich. "I also started an "All Ventura County" cross country team and helped form the Ventura County Track and Cross Country Coaches Association. Now we pick an All-County track team. During track season I keep a best marks list which motivates many of the athletes to do better than the other guy or their own teammate."

Besides the running sports Rich also covers junior college football and basketball, plus prep sports like football, basketball, baseball and numerous other events. He says, "It's a never ending job, but very rewarding."

Rich agrees that he has seen a lot of track meets, but says, "The greatest moment, for me, in track came last June at the California State High School Championships at UCLA. James Sanford of Pasadena High School, was electrifying in the 100, 220, and 440. He's the best runner I've ever seen and really caught the eyes of many that weekend. Now he is running at USC."

The 27 year old Romine also enjoys watching motorsports, like formula one cars, motorcross, or speedway motorcycles. Plus, "I also enjoy collecting now and old rock and roll albums. I like to exercise with basketball and table tennis."

Rich also keeps busy working with junior high age children as a youth group sponsor at the Ventura Christian

Rich Romine is the Ventura County correspondent for *California Track News*. He works for the *Press-Courier* newspaper in Oxnard and sees to it that *CTN* is kept up to date on all the track and field happenings in the Ventura area.

He got his start in journalism by covering the Cal State Northridge cross country team back in 1971. For three seasons he covered the Matador harriers of Coach Chris Johnson. Beginning in 1972 he also reported on the CSUN track team of Coach Cliff Abel. Why did he start with cross country? "At the time," says Rich, "I picked a sport that I could write about and not worry about others stepping in. Everybody wants to cover college football or basketball."

He began with *The Press-Courier* in 1974, and has continued his special interest in cross country and track. "I started giving all the county schools



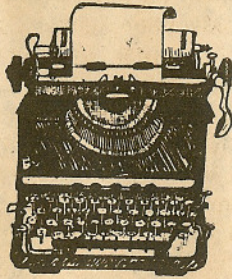
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from the editor...



It's hard to believe that I've been coaching at Fresno Pacific College for seven years, now. The time has especially sped by the last four years, as that's about how long we've been putting out *California Track News* here at Fresno Pacific College.

A lot of our readers, I am sure, are not acquainted with Fresno Pacific College. We often get questions about the college from readers. "What is this Fresno Pacific?" "Where is it?" "Who is it?" I'll take just a few paragraphs to briefly explain the "who" and "what" we are.

Basically, FPC is a fully accredited, co-educational, four year liberal arts college. We are a Christian college sponsored by the Mennonite Bretheran Church. The studentbody of about 400 comes from many denominational, social, and ethnic backgrounds.

FPC offers the traditional liberal arts majors plus an unique opportunity for students to design and pursue their own personal major. As a small college the person is important at FPC. We are concerned with the development of the whole person: in relationship to God, to other persons, to self, to culture, to nations, to environment, etc.

As a Christian college students are encouraged to make a personal commit-

ment to Jesus Christ, to learn more of the nature of that commitment, and to demonstrate discipleship in serving God and man. Commitment to Jesus, however, is voluntary in nature: therefore the college does not force students to subscribe to a particular theological position.

In sports the FPC "Vikings" compete in the N.A.I.A. and field teams in cross country, soccer, basketball, and track & field. The track team has been very representative in the N.A.I.A. District III, and have had many athletes place in the National Championships. Top track men would probably be Jim Farmer who ran 9.4 and 20.9, and Steve Hardison who pole vaulted 16-6¼ (three time national champ). The school also sponsors a track club (Fresno Pacific Track Club) which provides for competitive opportunities and an organization for those out of the college athletic structure.

Well, that's it in a nut shell. I'm proud of our school and feel good about what Fresno Pacific is doing and what we are striving to do. I would be happy to answer any further questions about FPC and especially invite inquiries from prospective students.

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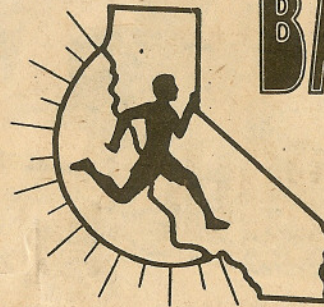
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ON THE COVER: Bob Emmerling(center) holds of John Brennand(left) and Ed Gookin in the Ali Indoor Masters 1500 meter race. Bob finished a stride ahead of John in 4:15.8
 /photo by Diane Johnson/

TEAM SPOTLIGHT

San Luis Distance Club

by STAN ROSENFELD

In 1971, the sole distance race on the central California coast was the First Annual Morro Bay to Cayucos Fun Run, directed by Cal Poly runners Brian Waterbury and Terry Record. The race, along six miles of hard packed sand on the water's edge, drew 32 entrants and was won in 34:04. The 1977 version drew 660 entrants and that first year's winning time would have been good for only 35th place. The race, while still the biggest, was now only one race among an estimated 30 held during the year in the San Luis Obispo to Lompoc area.

What accounts for this rapid growth? While much of it is due to the running boom in general, another part is due to the active club program that began in the area in early 1974. By the summer of 1973, the Morro Bay race had grown to 165 entrants and local runners realized that there was definitely a base for forming a local club. With Cuesta

photo by Dave Stock



PAUL SPANGLER

College and Cal Poly University runners also interested, the club would have a strong competitive group on which to draw. The club idea received a further boost in October when three San Luis Obispo runners travelled to the Santa Barbara Marathon. Although all 3 lived within 2 miles of each other, they all competed for separate teams. Had they been able to run as a local club, they would have taken third place in the team standings.

With this as a background and with the support of Cal Poly cross country coach Larry Bridges, the club was started in January, 1974 by Brian and Sue Waterbury and Stan and Elaine Rosenfield. The San Luis Distance Club was incorporated and granted status as a non-profit organization with the legal work being done by marathoner Dick Wood, now a Municipal Court Judge. By the end of the year, the club had 32 members and was publishing a quarterly newsletter for members. By the end of 1977, membership was up to 135 and the newsletter was now monthly, averaging 7-9 pages per issue.

Almost all the members are distance runners, although a few compete in track events as well. The two most prominent members are Ed Cadena and Paul Spangler, whose best marathon marks are almost two hours apart. Ed holds the club record of 2:21:54, set in 1977 when he took second at the West Valley Marathon, and he has been the dominant central coast runner since the club was formed. Paul's best is just

by being a solid mixture of open, junior, women, and masters runners. Ages range from 7 to 78 and marathon times from 2:21 to 4:24. No restrictions are made on age or ability level and the only membership requirement (besides dues) is a recently added policy that prospective members attend at least three events before joining. This is in keeping with the feeling that club members should be active and not known to each other only as names on the roster. Because of this involvement, the race program has grown from a few races administered by the same people to a widely varied program served by at least 20 different meet directors.

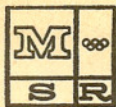
photo by Dave Stock



APRIL 21, 22 & 23*

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PAUL SPANGLER



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Team highlights have included winning the open team title at the 1976 Santa Barbara Marathon and a second in the junior division at the National AAU 15 Kilometer Championship earlier that year. One of the more memorable moments, if not much of a highlight, came at the 1977 Lake Tahoe Relays when 5 members attended after the other two had backed out at the last moment. Relying on two runners picked at random on the morning of the race for the first two legs, SLDC found itself in 94th place out of 98 teams at the end of 20 miles before the regular members had a chance to run. These five finally moved the team up to finish 58th, with Jim Casper passing literally 22 teams on his 9 mile 3rd leg.

The club's success in competition and race promotion has prompted several other clubs to form in the area, most notably the Lompoc Valley Distance Club which serves as a local rival and supplements the San Luis Obispo racing schedule. SLDC has achieved its success



EDDY CADENA

Dues are \$5.00 an year for adults, \$2.50 for juniors (ages 19 & under), and there is a special family rate of \$1.00 for each additional member after the first one. The San Luis Distance Club is affiliated with both the A.A.U. and the R.R.C. and regularly participates in championship races sponsored by both organizations. Further information about the club or about races on the central coast can be obtained by sending a self-addressed, stamped envelope to the San Luis Distance Club, Post Office Box 1134 San Luis Obispo, CA 93406.

PROFILE

by CAROL CARTWRIGHT

Leal-Ann Reinhart is 30 years old. She has been running about three years. During her three year running career she has experienced quite a climb to excellence. Her first real sign of sparkle came at the 1976 AAU National Marathon Championships where she grabbed second place. Then the following year at the 1977 version of the same AAU National Marathon Championships she stole the show and won the title with her superb 2:46:34.

Leal-Ann is one of several world class marathoners training under the great distance running coach, Laszlo Tabori with the San Fernando Valley Track Club. She graduated in 1969 from UC Berkeley with an English major and works in public relations and sales for the LA Strings World Tennis Team and Computer Nutrition Reports.

CTN: How old were you when you started running?

Reinhart: Twenty seven.

CTN: Do you wish you'd started younger?

Reinhart: No. I'm pretty much of a fatalist about how things happen in life. If I'd started younger I would have missed out on a lot of things that were very important in my personal development. The way it happened was perfect —



photo by Mick Tolford

Reinhart: Jacqueline Hansen, primarily. She dragged me out to Laszlo initially, encouraged me, believed in me

C.T.N. INTERVIEW:

Leal-Ann Reinhart

me because I know that my relationship with Michael will remain the same if I never run another step. He never offers opinions about my training or racing unless I ask. And if I ask his advice and then choose to ignore it, that's OK, too. He'd be totally supportive if I decided to take up underwater basket weaving tomorrow. He's more concerned with my general well-being and happiness than my "success."

CTN: Do you follow any special diet as part of your training?

REINHART: Sometimes I think I'm on the same diet that enabled Martina Navratilova to gain 40 pounds in her first few months in the US: the "see-food" diet. You know, you see food and you eat it....Seriously though, I watch my diet very carefully — I'm a fanatic about fats in the diet. There's been a lot of heart disease in my family, so that's very real to me. I can't change my genetic makeup, but I can control other factors. I eat meat only on rare occasions, not for any philosophical reason, but because I prefer chicken or fish. My basic diet is probably soup and salad, and a lot of

CTN: How long do you think you'll keep marathoning seriously?

Reinhart: Until I don't want to invest the time in it anymore. I love to run the last six miles with someone who's running their first marathon — that's a tremendous thrill for me. I'd like to help pace people to PRs — for times between 2:55 and 3:15 or so. That would be very satisfying to me.

CTN: What are your workouts like?

Reinhart: MONDAY— 1-1½ hours easy running or fartlek. TUESDAY— 2-3 hours of intervals. WEDNESDAY— Same as Monday. THURSDAY— Same as Tuesday. FRIDAY— Same as Monday and Wednesday. SATURDAY— 2 hours of intervals. SUNDAY— 17-20 miles of varied pace.

If training for a marathon I run for 45 minutes to an hour every morning except Saturday and Sunday — some easy running, some interval.

Carol Cartwright is a teammate of Leal-Ann Reinhart at the San Fernando

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CTN: Do you wish you'd started younger?

Reinhart: No. I'm pretty much of a fatalist about how things happen in life. If I'd started younger I would have missed out on a lot of things that were very important in my personal development. The way it happened was perfect — I was very secure and had a strong personal identity; I knew I was totally self-motivated. At other times in my life I might have been running because of peer pressure, for parental approval, to satisfy some coach's ego, etc.

CTN: Do you think you would be where you are now without coaching?

Reinhart: Absolutely not! Laszlo Tabori is a magician as far as I'm concerned. He has a sixth sense about running. He's told me very precise things about my physical potentials which have been later substantiated by sophisticated scientific testing. He always knows exactly what I will run in a race. We work as a team — I try to always be totally honest with him about how I'm feeling — physically, mentally, emotionally — what's going on in my life, etc. As long as he knows where I'm coming from he can plan my training perfectly. Since I trust his judgment, I don't have to worry about my running. It's a great freedom. One of the most special things about Laszlo, and there are many, is that he wants his athletes to run well for them selves, for their own satisfaction, not to build his ego. He will do his best to help you reach your potential — whether it's a 10 minute mile or a 4 minute mile.

CTN: Are there any runners whom you admire or who have been inspirational to you?

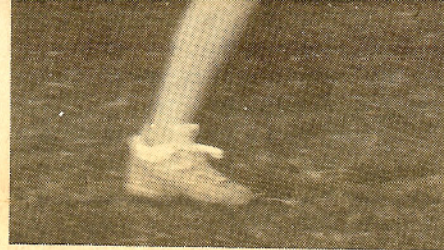


photo by Mick Tolford

Reinhart: Jacqueline Hansen, primarily. She dragged me out to Laszlo initially, encouraged me, believed in me and has been responsible for getting me to a lot of starting lines when my courage failed me.

CTN: Was Minnesota(the 1977 AAU Marathon) different from any of your previous marathons?

Reinhart: Yes and no. I had less time to prepare than usual, and was coming off a six week lay off from a stress fracture, so I really didn't know what to expect. I hoped to run respectably — at least as well as my previous best, but didn't know if that was realistic. Mentally, I was better prepared than I'd ever been. I felt no pressure. I just ran for my own experience and felt that ultimately it didn't much matter what my time was. I knew everyone would still love me, I would still love myself and the sun would still come up in the morning. What else is there?

CTN: Was Laszlo surprised at your time or at your win?

Reinhart: No, not at all. He was delighted and had predicted my time to within a minute. We hadn't ever talked about winning. I wasn't particularly concerned about that — I think I was the most surprised of all to be first across the finish line.

CTN: Do you think being married has played any part in your success?

Reinhart: Well, it's provided stability in my life. And, of course, a supportive relationship, married or otherwise, is always valuable. It has worked well for

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Carol Cartwright is a teammate of Leal-Ann Reinhart at the San Fernando Valley Track Club.

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MEET OF CHAMPIONS



OOPS! Forgotten picture credit from last issue: The excellent cover photo was by Bill Leung, Jr.

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4 T&FN is still the foremost publisher of books on track and field. Recent titles are *Olympic Images* (our beautiful photobook of the track action at Montreal) \$15.00; *Masters Age Records 1978*; and *Pre!*, the story of his career, \$4.50, plus 50¢ for postage.



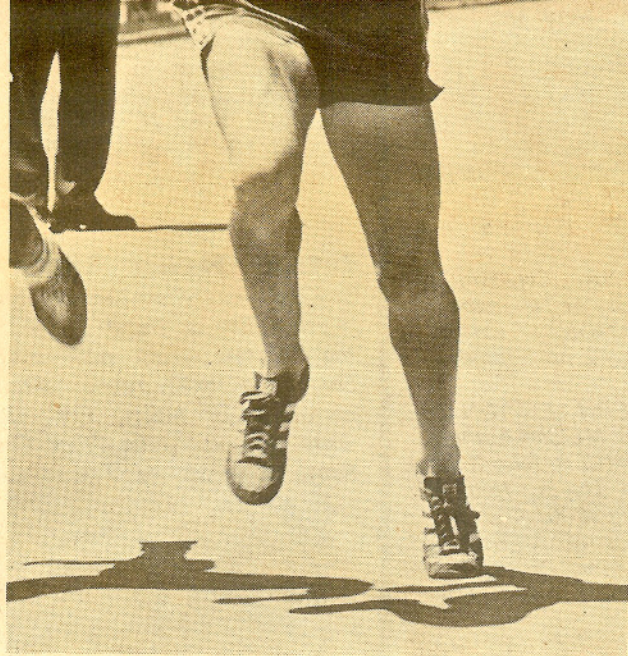


photo by Bill Leung, Jr.

STEVE SCOTT

The San Jose Relays to the north pulled a lot of track talent away from the southernly UC Irvine based "Meet of Champions." Previously the San Jose carnival was limited to high school and junior college athletes. But UC Irvine's own Steve Scott produced the most outstanding performance between the two "biggie" meets with his solo 3:53.9 clocking in the mile run.

Two of the meet's other top marks also came from host school Anteaters. LaMonte King won the long jump with a 25-3 leap and teammate Dave Daniels, just a freshman, got his feet wet in the steeplechase with a 8:47.0 victory.

The meet wasn't completely dominated by Irvine's own track squad as Ray Burton and Don Baird, both competing unattached did quite well in their events. Burton put discus out to 195-0 and Baird put his body over the pole vault bar set at 18-0.

Steve Scott set the pace in the mile with a brisk 56 second first lap and was

all by himself with 1:56 and 2:56 from then on. Could he have run faster with more competition? Steve says, yes. "I can take another two seconds off that 3:53 if I have any competition," he said. "If Coghlan (Eamonn Coghlan of Ireland) and Waigwa (Wilson Waigwa of Kenya) had any guts ... they were invited to the meet and suddenly they had leg problems."

Scott's time was the sixth fastest by an American. The world record is 3:49.4 by New Zealand's John Walker. He may get his chance to shave those competitive dependent seconds off on May 7 at the Pepsi Invitational scheduled for UCLA. Meet promoter Al Franken has confirmed Ireland's Niall O'Shaughnessy and Marty Liquori, second on the all time U.S. mile list (3:52.2). There is also a possibility that Great Britain's Steve Ovett, the World Cup 1,500 meter winner, and Coghlan may compete.

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100 METERS—1. Marshall (unat), 10.33; 2. James (CS Northridge), 10.49; 3. Hamilton (Nevada Las Vegas), 10.53.
200—1. Krulle (San Diego St.), 21.07; 2. King (UC Irvine), 21.16; 3. Marshall (unat), 21.16.
400—1. McGee (UCI), 47.3; 2. Benson (Pacific Coast Club), 47.5; 3. Myles (Maccabi TC), 47.7.
800—1. Donohue (SDS), 1:51.7; 2. Thornton (Maccabi TC), 1:52.4; 3. Robinson (unat), 1:52.4.
MILE—1. Scott (UCI), 3:53.92; 2. Jones (Santa Monica TC), 4:00.20; 3. Jirelli (SMTC), 4:05.78.
3,000 STEEPLCHASE—1. Danells (UCI), 8:47.0; 2. McCullough (SMTC), 8:53.0; 3. Ahlmeyer (UCI), 9:03.0.
5,000—1. Babiracki (San Fernando Valley TC), 14:17.4; 2. Vernon (SMTC), 14:27.0; 3. Bryant (SMTC), 14:32.8. 10,000—1. Thoma (West Germany), 31:54.8; 2. Cook (Athletes In Action), 32:03.2; 3. Entz (unat), 32:15.4.
110HH—1. Turner (CS Los Angeles), 13.95; 2. Hart (CSLA), 14.25; 3. Hicks (SDS), 14.41.
LONG JUMP—1. King (UCI), 25-3; 2. McGee (All-American TC), 24-7¼; 3. Armour (SDS), 24-6.
TRIPLE JUMP—1. Dupree (Maccabi TC), 53-2; 2. Tyler (Biola), 51-3; 3. Scott (All-American TC), 51-1¼.
HIGH JUMP—1. Flynn (UC Riverside), 6-8; 2. Connell (USC), 6-6; 3. Ertz (UCI), 6-2.
POLE VAULT—1. Baird (Australia), 18-0; 2. Eskola (CSLA), 16-6; 3. Zelar (unat), 16-6.
SHOTPUT—1. Kurrasch (USC), 56-0¾; 2. Klein (UCLA), 56-0; 3. Longden (Maccabi TC), 52-6¾.
DISCUS—1. Burton (unat), 195-0; 2. Weber (All-American TC), 176-8; 3. Binley (UCI), 174-6.
JAVELIN—1. DeMill (UCLA), 236-8½; 2. Stuart (Maccabi TC), 234-9; 3. Russell (Citrus College), 230-1.
HAMMER—1. Arcaro (Maccabi TC), 201-4; 2. Meyer (unat), 184-5; 3. Briski (SDS), 178-2.

Schedule

APRIL

- 14 **BAKERSFIELD INVITATIONAL.** Junior College. Bob Covey, Track Coach, Bakersfield College, 1801 Panorama, Bakersfield 93305. 2 days.
- 14 **ED ADAMS INVITATIONAL.** Hartnell J.C.. Gary Shaw, 156 Homestead, Salinas 93901.
- 15 **WARRIOR RELAYS.** Small College. Steve Hughes, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93708.
- 15 **WOODY WILSON RELAYS.** College meet. U.C. Davis.
- 15 **MILLBRAE LIONS RELAY CARNIVAL.** Mills High School, 9 am. Harmon Brown, 2335 David Ct., San Mateo 94403. (415) 341-5726.
- 15 **SIMI VALLEY PIONEER DAYS 10 KILO RUN.** Simi High School, 9 am. Carl Pytlinski, 1672 Fitzgerald, Simi 93065. (805) 527-7506.
- 16 **DOUBLE MARATHON.** 52.4 miles Mike Ipsen, Box 868, Redwood City 94061.
- 16 **S.C. THUNDERBIRD INVITAT.** Citrus College, 9 am. Dave Martinez 16144 Elgenia, Covina 91722. (213) 338-5973.
- 16 **KAWEAH RIVER VALLEY 8 MILE RUN.** Near Visalia. Dave Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.

- 29 **SOUTHERN CALIF. COLLEGIATE TRACK CHAMPIONSHIPS.** U.C. Irvine. Len Miller, U.C. Irvine Athletic Dept., Irvine 92717. (714) 833-6304.
- 29 **SAN JOSE INVITATIONAL.** San Jose State. Ernie Bullard, San Jose State University, San Jose 95114. (408) 277-2000.
- 29 **SOUTHERN CALIF. COLLEGIATE TRACK FEDERATION FINALS.** U.C. Riverside.
- 29 **RENO INVITATIONAL.** Jack Cook, Track Coach, University of Nevada, Reno, Nevada 89507.
- 30 **REEDLEY 10 MILE ROAD RUN.** Dave Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.
- 30 **CINCO DE MAYO 10 MILE RUN.** Bevedere Park, 9 am. Carlos Alfaro, 1322½ S. Fremont, Alhambra 91803. (213) 282-3977.
- 30 **MICKEY'S MISSILES INVITAT.** Balboa Stadium, San Diego, 9 am. Mickey Tyler, 5526 Miraflores Dr., San Diego 92114. (714) 262-6380.

MAY

- 5 **WEST COAST RELAYS.** Fresno. 2 days.
- 5 **EL CAMINO RELAYS.** Junior College @ El Camino JC. 2 days.
- 6 **GOLDEN STATE MASTERS MEET.** Porterville. Allen Nelson, Porterville College, 900 S. Main, Porterville 93257.
- 6 **HANSON DAM 10 MILE.** 8 am.

- 13 **GRANDFATHER GAMES.** LA Valley College. George Ker, 16750 Index St., Granada Hills 91344.
- 13 **SPA CHAMPIONSHIPS.** UCLA. 2 days. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 18 **NAIA NATIONAL CHAMPIONSHIPS.** Abilene, Texas. 3 days.
- 19 **J.C. NORTHERN CAL FINALS.** San Jose, 6 pm.
- 20 **PA-AAU ONE HOUR RUN CHAMPIONSHIP.** Bob Darling, Jr., 1403 - 41st. Ave., San Francisco 94122.
- 20 **J.C. SOUTHERN CAL FINALS.** Mt. San Antonio.
- 20 **STRIDERS RELAYS.** Masters. Cal Poly-Pomona. Bill Adler, 5521 Dubois Ave., Woodland Hills 91364
- 20 **FONTANA DAYS 20 MILE RUN.** 10:45 am (tentative date). Louis Brewster, 8332 Nuevo, Fontana 92335. (714) 983-3511.
- 20 **MISSION BAY 20 KILO.** Hal Goforth (714) 464-8719.
- 21 **LOS POSAS HILLS 10 MILE HANDICAP.** 9:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 21 **BAY TO BREAKERS 7.6 MILE.** Frank Geis, 942 Market-Suite 201, San Francisco 94102. (415) 986-6725. Pre entries required.
- 21 **SPA WOMEN'S ALL COMERS.** Cal State Northridge, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 24 **AIAW NATIONAL CHAMPIONSHIPS.** University of Tennessee.
- 25 **NCAA II NATIONAL CHAMPIONSHIPS.** McComb, Illinois. 3 days.
- 26 **C.I.F. SOUTHERN SECTION CH-**

Classified ADS

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9 am. Carl Pytlinski, 1672 Fitzgerald, Simi 93065. (805) 527-7506.

- 16 DOUBLE MARATHON. 52.4 miles Mike Ipsen, Box 868, Redwood City 94061.
- 16 S.C. THUNDERBIRD INVITAT. Citrus College, 9 am. Dave Martinez 16144 Elgenia, Covina 91722. (213) 338-5973.
- 16 KAWEAH RIVER VALLEY 8 MILE RUN. Near Visalia. Dave Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.
- 17 BOSTON MARATHON. Will Cloney, 150 Causeway St., Boston, MA 02114. Qualifying times required. Entry deadline is April 1.
- 21 MT. SAC RELAYS. Walnut. Don Ruh, Mt. San Antonio College, 1100 N. Grand, Walnut 91789. (714) 623-3016. 3 days, including marathon on 22nd.
- 22 LAKE LEGG 10 KILO ROAD RUN. 8 am. Manny Guerra, 9242 Slauson, Pico Rivera 90660. (213) 949-1254.
- 22 LIVERMORE VALLEY 8.5 MILE RUN. Tom Jefferson, 1767 Tahoe Ct., Livermore 94550.
- 23 COLLEGE FACULTY-STAFF TRACK MEET. Hayward, 12 noon. D.P. Neilson, School of Business, Cal State Hayward, Hayward 94542 (415) 642-4593.
- 23 SPA-AAU 50 KILO CHAMPIONSHIP & 16 MILE RUN. Camarillo, 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
- 28 SOUTH COAST CONFERENCE TRACK FINALS. Junior College. San Diego Mesa. Dick Coxe, 7250 Mesa College Dr., San Diego 92111.
- 29 VALLEY CONFERENCE TRACK FINALS. Junior College. Stockton. Merv Smith, San Joaquin Delta College, 5151 Pacific Ave., Stockton 95204.

San Diego 92114. (714) 262-6380.

MAY

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- 6 GOLDEN STATE MASTERS MEET. Porterville. Allen Nelson, Porterville College, 900 S. Main, Porterville 93257.
- 6 HANSON DAM 10 MILE. 8 am. Marv Rowley, 9725 Lev Ave., Arleta 91331 (213) 899-5054.
- 6 SACRAMENTO INVITATIONAL. Women. Women's Track Coach, Cal State University, 6000 "J" St., Sacramento 95819.
- 6 HART PARK 6 MILE HANDICAP. Larry Arnt, 5000 Belle Terrace, No. 72, Bakersfield 93309
- 6 SPA PENTATHLON CHAMPIONSHIP. Women. UCLA, 9 am. Rich Ede, (714) 624-1484.
- 7 PEPSI INVITATIONAL. UCLA Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211.
- 7 AVENUE OF THE GIANTS MARATHON. If you haven't entered by now it's too late. Only the first 2,000 entries accepted and they were full in February.
- 11 CCAA CHAMPIONSHIPS. Bakersfield. 3 days.
- 12 NAIA DISTRICT III CHAMPIONSHIPS. Biola College. 2 days.
- 12 PCAA CHAMPIONSHIPS. Fresno. 2 days.
- 13 MOONSTONE 4 MILE RUN. 10 am. Mike Barnes, P.O. Box 2414, Harmony 93435.
- 13 WOODLAKE 4 MILE RUN. Wayne VanDellen, 37149 Road 192, Woodlake 93286.
- 13 2 PERSON 8 MILE RELAY. Fresno. Art Meyer, 3848 N. Thorne Apt. E, Fresno 93704.
- 13 WOMEN'S NATIONAL TUNE UP MEET. UCLA.

- Rodewald, 852 Sharon Dr., Camarillo 93010.
- 21 BAY TO BREAKERS 7.6 MILE. Frank Geis, 942 Market-Suite 201, San Francisco 94102. (415) 986-6725. Pre entries required.
- 21 SPA WOMEN'S ALL COMERS. Cal State Northridge, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 24 AIAW NATIONAL CHAMPIONSHIPS. University of Tennessee.
- 25 NCAA II NATIONAL CHAMPIONSHIPS. McComb, Illinois. 3 days.
- 26 C.I.F. SOUTHERN SECTION CHAMPIONSHIPS. Mt. San Antonio.
- 27 NORCAL 10 MILER. (also 3 mile). Redding. Tom Hayes, 1830 Riviera Dr. Redding 96001.
- 27 CORONA DEL MAR RELAYS. Masters. UC Irvine. Dave Jackson, 19103 S. Andmark Ave., Carson 90746.
- 27 AROUND THE BAY 10 MILE. 9 am. John Blair, 1162 Dorset Lane, Costa Mesa 92646.
- 27 CALIFORNIA RELAYS. Modesto.
- 27 MT. WILSON 9.5 MILE TRAIL RACE. 9 am. Dennis Yelland, 55 W. Sierra Madre Blvd., Sierra Madre 91024.
- 27 JUNIOR COLLEGE STATE MEET Bakersfield.
- 27 L.A. CITY CHAMPIONSHIPS.
- 28 BRENTWOOD 10 KILO RUN. 9 am. Valerie Johnson, 12305 4th. Helena Dr., Los Angeles 90049.
- 28 INDIAN GULCH/HORNITOS RUNS. 5 & 10 miles. Near Merced, 9 am. Dave Donaldsen (209) 722-2384.
- 28 TRAC 10 KILO RACE. San Jose, 10 am. Ed Jerome, 1162 Charmwood Ct., Sunnyvale 94086.
- 29 MUHAMMAD ALI INVITATIONAL. Cerritos College. Harold Smith, 9701 Wilshire Blvd., Suite 710, Beverly Hills 90212.

Shoes— Super Comp 320s, 305s and Trail. Athletic vitamins and Body Punch. New Balance running shorts(with brief). 20% off regular price. Len—Scott—Mike Thornton, 5768 N. Millbrook, Fresno, CA 93710. Phone: (209) 439-5468.

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One year(12 monthly issues) for \$10.00. P.O. Box 886, Mentone, CA 92359.

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AAU 25 kilo

The National AAU 25 Kilo Championships held on the Southern California coast proved to be more of a California championship than a true national best — but, then, that's pretty much been the history of the AAU national road racing events. Individuals and clubs can't afford to travel all over the country for the many national road runs.

The national scope of these events might be improved if the various AAU associations all paid the way for the individual and team champion of their similar local district championship to the



The top places were determined early in the race as Duncan Macdonald of the West Valley Track Club blasted out front from the start and was never contested. Chuck Smead and teammate Duane Waltmire settled into second and third places on the first lap and remained to the end. The other places were won with much more excitement as they were hotly contested down to the wire. Fresno's Gary Romesser moved up from 12th at the halfway mark to 4th at the finish.

Even though Duncan Macdonald wasn't pressed he felt he achieved his maximum, "I went out fast and pushed it all the way. I don't think I could have run any faster even if I had been pushed."

Second placer, Smead, felt he couldn't have really done much different to beat Duncan. "I possibly should have gone out faster," related Smead, "but I thought the hills would bring him back to me. It was Duncan's day today."

Athletes in Action easily won the team championship. AIA coach, Nick Vogt, said, "We really had been pointing very hard for this event, but actually, we weren't as strong as we could have been." The San Jose based West Valley Track Club placed second in the open Division and the Fresno Pacific Track Club rounded out the top three.

The race also served as the AAU National Masters Championships, but those results have not yet been made available to us — hopefully by next

RESULTS:

- | | | | |
|----------------------------|---------|-------------------------|---------|
| 1. Duncan Macdonald (WVTC) | 1:18:34 | 8. Tony Ramirez(FPTC) | 1:22:58 |
| 2. Chuck Smead(AIA) | 1:19:28 | 9. Sckylar Jones | 1:22:58 |
| 3. Duane Waltmire(AIA) | 1:20:09 | 10. Dave Smith | 1:23:01 |
| 4. Gary Romesser(FPTC) | 1:21:26 | 11. Bob Daniels(Unat) | 1:23:19 |
| 5. Bill Entz(BB) | 1:21:39 | 12. Paul Cook(AIA) | 1:23:32 |
| 6. Dave Frickel(Unat) | 1:22:03 | 13. Keith Colburn(SMTC) | 1:23:50 |
| 7. Steve Brown(BB) | 1:22:04 | 14. John Modvig(SFVTC) | 1:23:53 |
| | | 15. Bob Hayes | 1:23:54 |



ATHLETES IN ACTION winning team. Back(lft to rt): Nick Vogt, Bob Hayes, Chuck Smead, Duane Waltmire, Ed Haver, Front: Dave Smith, Ben Martinez, Jim Arquilla, Paul Cook.

11th Arcadia Invitational

TRACK AND FIELD MEET



DUNCAN MACDONALD

gone out faster," related Smead, "but I thought the hills would bring him back to me. It was Duncan's day today."

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The course was ideal for spectators since the four mile loop passed by the start-finish area twice on each lap. The problem, though, was telling which runners were on which lap as participants were already lapped after once around.

national. But, then, the associations can't afford that kind of an expense either. The many associations would also have to organize their association championships around the nationals to be sure they came just before the nationals. Until then or until another solution can be found most of the AAU national road racing events will remain local.

The fact that this was a national championship did bring a lot of the national caliber runners from all over the state. The weather was perfect; sunny with mild ocean breezes and an occasional puffy cloud casting a large shadow.

The course looped through the streets of the exclusive residential area of the Palos Verdes Estates located in the beautiful green rolling hills of the Palos Verdes Peninsula. Once around the loop covered about four miles of rolling hills, thus, the course was run four times to make the total of 25 kilometers.



11th Arcadia Invitational

TRACK AND FIELD MEET
FOR
HIGH SCHOOL MEN AND WOMEN

Saturday — April 15, 1978
5:30 pm — Field Events
7:00 pm — Running Events

"TOP HIGH SCHOOL OUTDOOR INVITATIONAL
ON THE COAST"

- ***1977 meet featured 12 of 16 California Mens State Champions.
- ***Top Womens Meet (Linda Goen — National Record 880 in 1977.
- ***Open to all California CIF sections and selected schools from neighboring states.

MEET RECORDS:

MEN: 9.7; 21.2; 47.2; 1:51.4; 4:06.7; 8:45.2;
13.9; 36.9; 41.7; 3:17.0; 6-10½; 16-1½;
24-10; 50-5; 66-10¼; 188-0.

WOMEN: 10.7; 25.2; 57.8; 2:10.2; 4:54.7;
11:18.5; 14.6; 48.2; 3:58.6; 5-8; 19-4½;
42-3; 121-5.

For Meet Information:

Doug Speck — Mike Gordon
Arcadia High School
180 Campus Drive
Arcadia, California 91006
(213) 445-7507

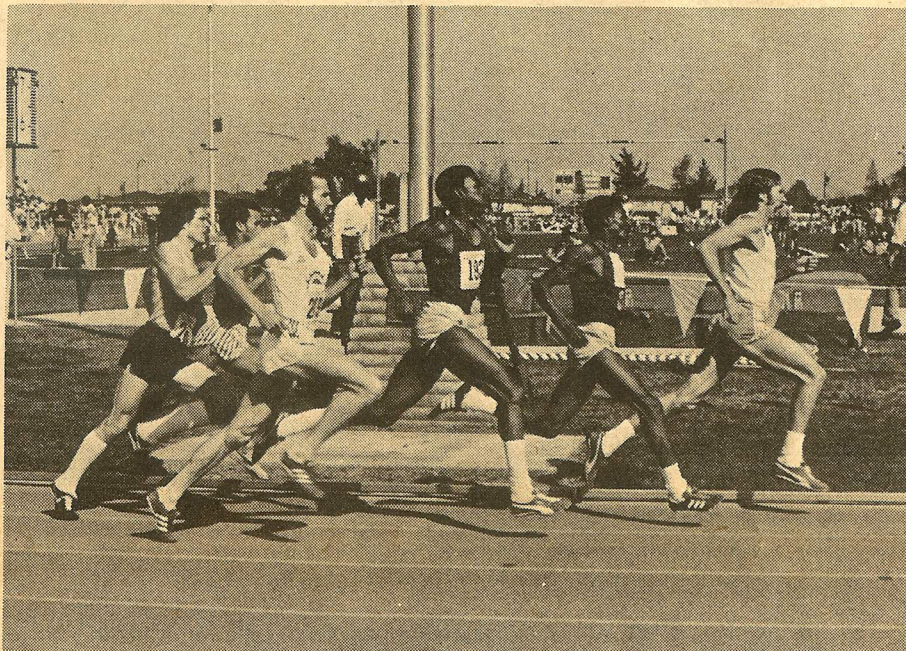
SAN JOSE RELAYS 1978

a possibility and he also has ambitious plans for the 1980 Olympics. "I did 29-7 once while practicing," Duncan insisted. "There were a couple of other guys there but nobody believes me. I did it because I took a 60 yard approach," he said. "I participated in several events in high school and I'm going to train for the decathlon as well as the long jump for the Moscow Olympics. It will be three

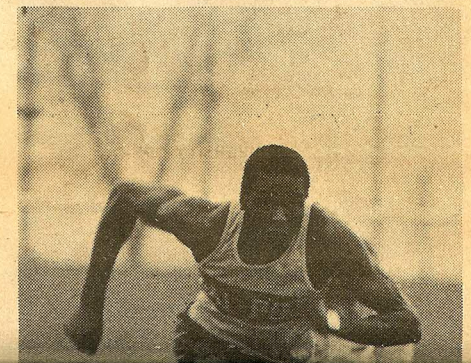
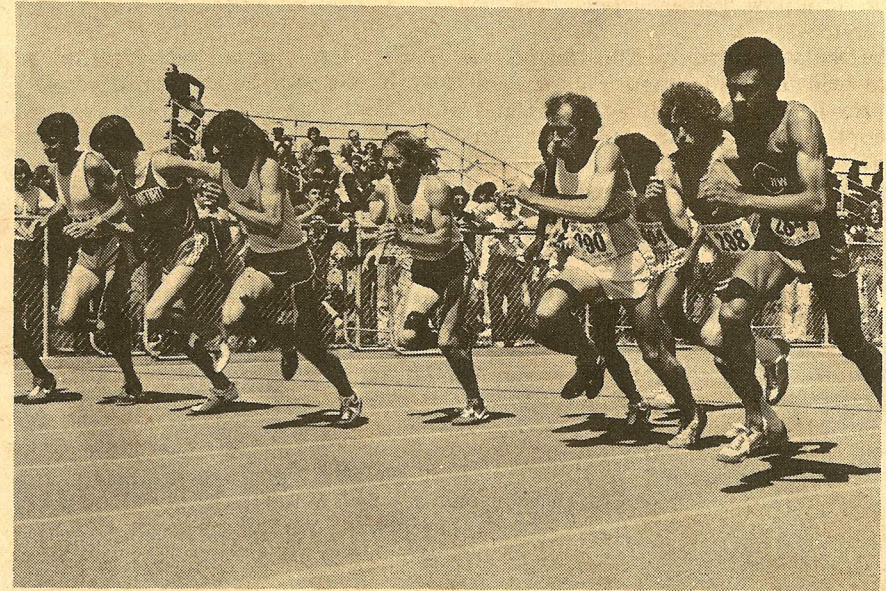
go to school in California," Evans related, "and I like it right here in San Jose. I've talked with Larry Livers(sprint and hurdles coach) of San Jose State. I'm definitely considering San Jose."

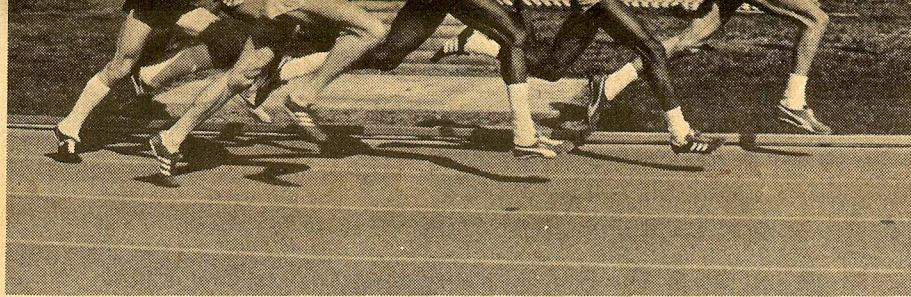
Eldon Walker of Laney College was a standout in the junior college division, winning the 100 meters in 10.4, and anchoring the 400 meter relay team to victory in 40.7.

Start of 5,000 Meter Run: winner, DUNCAN MACDONALD, is at far left.



800 Meter Run: MARK SCHILLING leads on the final turn.





800 Meter Run: MARK SCHILLING leads on the final turn.

With almost perfect track weather the standing room only crowd of 8,000 fans at the San Jose Relays were treated to some thrilling races and, although there were few records broken, some very good early season marks. There was some disappointment, however, in the large number of no-show athletes who had indicated they would participate but for one reason or another failed to make it to the starting line.

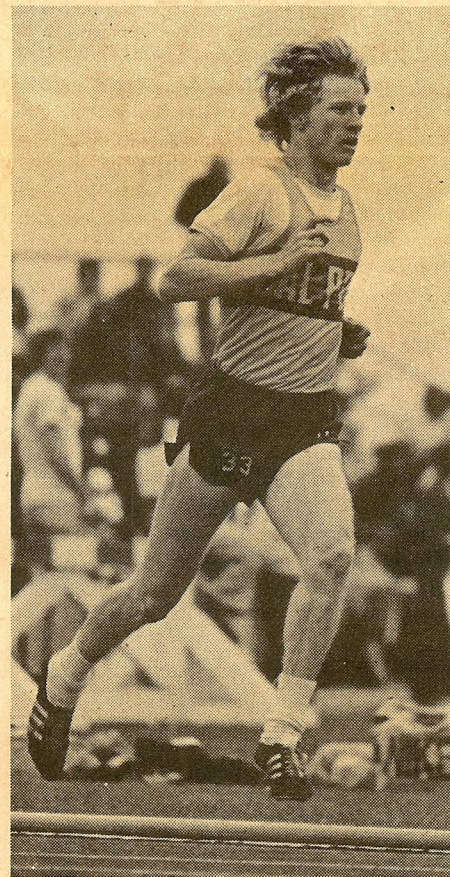
Other than in the high school division there was only one women's event: the shot put. And that event was the one where the biggest news came—a new American Record by Maren Seidler. Maren became the first American to throw over 60 feet outdoors (earlier this year she became the only American to go over 60 feet indoors with a 61-2½ tops). She had three puts over 60 feet, and wound up tossing 60-6½ for the outdoor mark. "I felt good because a lot of friends came to cheer me on," Seidler said of her performance. "I was going to be more than happy with a throw of 59, but three throws over 60... wow, that's great."

Other top performances in the open division were turned in by Washington State's Henry Rono in the 5,000, UCLA's Greg Foster in the 110 meter high hurdles, the Bay Area Striders' Ken Duncan in the long jump and the USC 880 relay.

Rono turned in an outstanding 5,000 time of 13:31.8, winning by almost 80 yards over Duncan McDonald of the West Valley Track Club. Rono ran like a machine, using teammate Joel Cheruyiot as a pacer for the first half of the race. Rono raced home with a 60 second last lap.

Foster clocked a fast 13.3 in the hurdles, coming from behind to nip the Philadelphia Pioneers' Charles Foster, who was second. Cal Poly San Luis Obispo's Joe Siai Siai, last year's state JC champ, was a surprising third ahead of UCLA's James Owens. Another surprising Cal Poly hurdler was Bart Williams in the 400 meter intermediates. Bart nearly stole the show with a life-time best of 49.5, the same time as winner Quentin Wheeler of Cal.

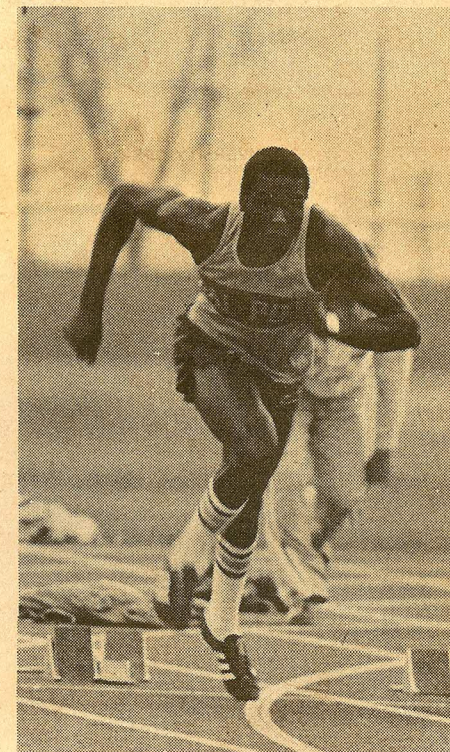
Ken Duncan showed his old form in winning the long jump with a windy 26-7. The wind was just three-tenths over the allowable 5.0 miles per hour. He did have a legal 25-7. Duncan, who set the national high school long jump record of 26-2 while attending McClatchey High School of Sacramento in 1972, had until now virtually dropped out of the picture. "I'm about a month away from being in good shape and when I get stronger and get my technique down I feel I can do 28 feet," Duncan said. Looking ahead, Duncan sees 30 feet as



DAN ALDRIDGE wins the mile

tough days but it could be worth it. I could really be somebody after that."

Other noted winners in the open division were Dwayne Evans of Phoenix, who won both sprints in 10.5 and 20.7, and Ian Campbell of Washington State in the triple jump at 54-8¼. Evans competed for the University of Arizona last year as a freshman but has transferred to Phoenix College. He isn't competing for the Phoenix team because he wants to save a year of eligibility. He's currently leaning toward enrolling at San Jose State next season as he would lose a year if he opted for a Pac-8 or Western Athletic Conference school. "I'd like to



JOE SIAI SIAI fast 3rd. in highs

The host Jaguars received impressive performances from Andre Phillips who set a school record of 52.1 in the 400 meter intermediates, and Thurlis Gibbs who won the high jump at 7-0.

All-in-all, it was a great show. Meet Director, Bert Bonnano, and his staff should be quite pleased. I just wish the meet wasn't on the same day as the Meet of Champions in Irvine — another outstanding meet, but one can't be in two places at once.

Joel Wyrick of Mt. Pleasant-San Jose won the high jump with his career best of 6-10, despite competing with a sore back.

"It still blows my mind," he said later. I felt like a cripple today. But my day (a former San Jose State high jump star) kept saying, 'You can't jump. You can't do it.' I guess he kinda got me mad."

Six records were set in the high school division. Camden's Ann Regan won the 880 in 2:11.5 and Hill's Kelia Bolton won the 100 meters in 11.7. Bolton and Eileen Parker of Oceana are new to the high school ranks, having competed for the Millbrae Lions AAU club until now. Parker had the same time as Bolton.

Dokie Williams of El Camino, who also won the triple jump, took the long in a record-setting 23-8 $\frac{3}{4}$. Other meet records were by Antelope Valley's Mark Bryant in the discus (185-8), the Berkeley girls' 440 relay team of Carolyn Ruff, Kim White, Freida Cobbs, and sensational freshman Sharon Ware in 47.6, and the Pittsburg boys mile relay of Bobby Jackson, Bobby Hilton, Craig Lawson, and Dennis Smith in 3:21.9.

Another highlight was the two-mile run, where Mt. Pleasant's Carlos Carrasco and Carlmont's Bob Love staged their expected duel. Carrasco won it by better than two seconds with a 9:06.2.

Richmond's Mike White captured the 880 in 1:54.6. He also anchored his mile relay team with a split of 48.9.

results

UNIVERSITY-OPEN

100 METERS—1. Evans (unat, Phoenix), 10.50 (3.50 m.p.h. wind against); 2. Lewis (San Jose CC), 10.56; 3. K. Williams (USC), 10.71; 4. Campbell (Washington St.), 10.72; 5. Peyton (Bay Area Striders), 10.91; 6. Hampton (Muhammad Ali TC), 10.92.
200—1. Evans (unat, Phoenix), 20.7 (wind 2.2 m.p.h.); 2. Jordan (Staters TC), 21.0; 3. Hampton (Muhammad Ali TC), 21.1; 4. Simmons (Tobias Striders), 21.5.
400—1. Taylor (Phil Blomquist), 46.4

POLE VAULT—1. Tully (UCLA), 17-10 $\frac{1}{2}$; 2. Haynie (Quest TC), 17-0; 3. Brown (UCLA), 16-6; 4. Laz (unat, Los Angeles), 16-6; no fifth.

HIGH JUMP—1. Jacobs (Fairleigh Dickinson), 7-4; 2. Brown (All-American TC), 7-2; 3. Wilson (unat), 6-10; 4. Nelson (San Jose St.), 6-10; 5. Walker (USC), 6-8.

TRIPLE JUMP—1. Campbell (Washington St.), 54-8; 2. Carlos (BA Striders), 53-1; 3. Tiff (Tobias Striders), 52-9 $\frac{3}{4}$; 4. Assef (USC), 50-11; 5. Jackson (USC), 50-3 $\frac{3}{4}$.

SHOTPUT—1. Feuerbach (Athletes West), 65-5; 2. Dolegiewicz (Canada), 63-8; 3. Wilkins (Athletes West), 63-5; 4. Weeks (unat, San Jose), 62-9; 5. Laut (UCLA), 62-2.

WOMEN'S SHOTPUT—1. Seidler (SJ Stars), 60-6 $\frac{1}{2}$ (American record, old mark, 56-7, Seidler, 1974); 2. Mecklenberg (Seattle Pacific), 48-6 $\frac{1}{2}$; 3. Griffin (Seattle Pacific), 46-2.

JUNIOR COLLEGE

100—1. Walker (Laney), 10.4 (2.9 m.p.h. wind against); 2. Garner (Fullerton), 10.5; 3. Rochel (San Jose), 10.6; 4. Kent (Laney), 10.6.

TWO MILE—1. Smith (Skyline), 9:03.6; 2. Leano (Porterville), 9:04.2; 3. Hitchcock (Sierra), 9:04.8; 4. Ebner (Mt. San Antonio), 9:08.0.

3,000 STEEPLECHASE—1. Leano (Porterville), 9:11.6; 2. Dean (Full), 9:13.6; 3. Amable (Skyline), 9:15.0.

110M—1. Higgins (El Camino), 14.5; 2. Hunt (Full), 14.5; 3. Dorvall (Butte), 14.5 (14.48 in heat); 4. Hickey (Laney), 14.8.

400M—1. Phillips (San Jose), 52.10; 2. Dorvall (Butte), 52.80; 3. tie between Marjama (Butte) and Richardson (Pasadena), 53.05; 5. O'Malley (Cerritos), 53.61.

400 RELAY—1. Laney, 40.7; 2. Alameda, 41.1; 3. Sacramento, 41.2; 4. Fullerton, 41.4; 5. Contra Costa, 41.5.

880 RELAY—1. Fullerton, 1:27.2; 2. Cosumnes River, 1:27.2; 3. Sacramento, 1:27.2; 4. Pasadena, 1:28.4; 5. Valley, 1:28.4.

MILE RELAY—1. Laney, 3:14.9; 2. Fullerton, 3:16.0; 3. Pasadena, 3:18.9; 4. Cerritos, 3:19.1; 5. El Camino, 3:19.3; 6. Bakersfield, 3:19.6.

TWO MILE RELAY—1. Laney, 7:47.4; 2. Glendale, 7:48.4; 3. American River, 7:49.2; 5. Bakersfield, 7:50.6.

DISTANCE MEDLEY RELAY—1. Valley, 10:15.4; 2. Glendale, 10:00.0; 3. Sierra, 10:05.6; 4. West Valley, 10:09.0; 5. Yuba, 10:15.4.

JAVELIN—1. Carl (Canyons), 209-6; 2. tie between Jadwin (Bakersfield) and Iosin (El Camino), 207-6; 4. Lawrey (Santa Rosa), 195-6; 5. Jewell (Glendale), 191-10.

DISCUS—1. Taffralls (Skyline), 162-2; 2. Berquest (Foothill), 158-8; 3. Albritton (Santa Rosa), 155-4; 4. Williamson (Glendale), 155-2; 5. Lettow (Grossmont), 154-11.

TRIPLE JUMP—1. Williams (Pasadena), 50-1; 2. Moreno (San Jose), 48-3 $\frac{1}{2}$; 3. Frazier (Cosumnes River), 49-2 $\frac{1}{2}$; 4. DeCaro (Glendale), 48-6 $\frac{1}{2}$; 5. Lomax (Mt. Sac), 48-5 $\frac{1}{2}$.

PRE!

THE CAREER—IN WORDS AND PICTURES—OF AMERICA'S GREATEST DISTANCE RUNNER.

By Tom Jordan

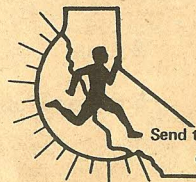
Occasionally, in the history of a sport, an athlete appears who captures the imagination and affection of the fans, an affection which lasts through success and failure, controversy and congratulation. Steve Prefontaine was such an athlete, and PRE! is the story of his exceptional career.

From Pre's athletic start as a 9th-grader in the small town of Coos Bay, Oregon, to his last race in front of "his people" in Eugene, Track & Field News writer Tom Jordan chronicles the rise of this running prodigy who, before his death, came to hold every American record from 2000 to 10,000 meters.

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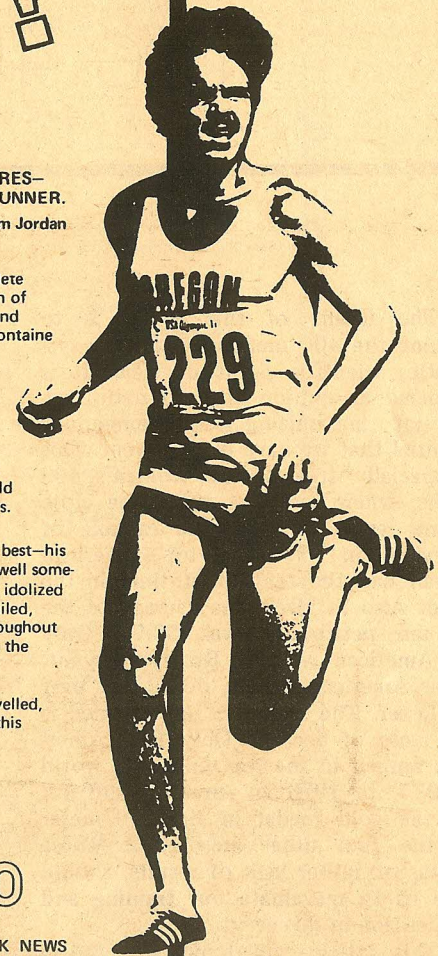
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results

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100 METERS—1. Evans (unat, Phoenix), 10:50 (3.50 m.p.h. wind against); 2. Lewis (San Jose CC), 10:56; 3. K. Williams (USC), 10:71; 4. Campbell (Washington St.), 10:72; 5. Peyton (Bay Area Striders), 10:91; 6. Hampton (Muhammad Ali TC), 10:92.

200—1. Evans (unat, Phoenix), 20:7 (wind 2.2 m.p.h.); 2. Jordan (Stafers TC), 21:0; 3. Hampton (Muhammad Ali TC), 21:1; 4. Simmons (Tobias Striders), 21:5.

400—1. Taylor (Phil. Pioneers), 46:4; 2. Kablan (Washington St.), 46:8; 3. Sheals (Stanford), 46:9; 4. Solomon (Phil. Pioneers), 47:0.

800—1. Ormwansa (USC), 1:48.5; 2. Cassleman (Pacific Coast Club), 1:48.8; 3. Schilling (Puma TC), 1:48.8; 4. Clifford (California), 1:48.9; 5. Johnson (USC), 1:49.4.

MILE—1. Aldridge (Cal Poly SLO), 4:04.5; 2. Brown (unat, Berkeley), 4:05.3; 3. Cheruyot (Washington St.), 4:05.8; 4. Lobsinger (Stanford), 4:06.2; 5. Rono (Washington St.), 4:07.5.

5,000—1. Rono (Washington St.), 13:31.8; 2. Macdonald (West Valley TC), 13:52.4; 3. Cheruyot (Washington St.), 13:53.4; 4. Tuttle (Tobias Striders), 14:04.0; 5. Kissin (Stanford), 14:11.0.

10000—1. G. Foster (UCLA), 13:3 (2.3 m.p.h. wind against); 2. C. Foster (Phil. Pioneers), 13:4; 3. Sial Sial (Cal Poly SLO), 13:7; 4. Owens (UCLA), 13:9; 5. Johnson (Tobias Striders), 13:9.

4000H—1. Wheeler (Cal), 49:5; 2. B. Williams (Athletes In Action), 49:5; 3. King (unat, San Diego), 50:1; 4. Graybehl (USC), 51:1; 5. Young (UCLA), 52:5.

400 RELAY—1. Philadelphia Pioneers (Wells, Frazier, Collins, Riddick), 39:18; 2. Tobias Striders, 39:29; 3. USC, 39:31; 4. San Jose CC, 40:21; 5. Cal Poly SLO, 50:52.

800 RELAY—1. USC (J. Andrews, Sanford, Mullins, Edwards), 1:21.8; 2. Phil. Pioneers, 1:21.9; 3. Tobias Striders, 1:22.7; 4. San Jose St., 1:23.3; 5. Stanford, 1:23.4.

MILE RELAY—1. USC (Graybehl, Beaton, Mullins, Sanford), 3:07.4; 2. Cal Poly SLO, 3:11.0; 3. San Jose CC, 3:11.5; no fourth.

TWO MILE RELAY—1. USC (Ormwansa, Walters, Johnson, Beaton), 7:24.8; 2. Stanford, 7:29.4; 3. Cal Poly SLO, 7:30.0; 4. West Valley TC, 7:43.2; no fifth.

LONG JUMP—1. Duncan (BA Striders), 26-7w (25-7 legal); 2. Lofton (Stanford), 25-7; 3. Doubly (unat), 25-7 (Lofton second on second best jump, 25-2 to 24-2½); 4. Steffes (West Valley TC), 23-11½w; no fifth.

JAVELIN—1. Ewaliko (Club Northwest), 256-6; 2. Strickland (Club Northwest), 252-10; 3. Kennedy (San Jose Stars), 238-7; 4. Carpenter (Athletes In Action), 237-9; 4. Guy (Cal), 235-9.

DISCUS—1. McGoldrick (SJ Stars), 190-11; 2. Weeks (unat, San Jose), 190-1; 3. Endler (Fresno St.), 170-1; 4. Buss (Stanford), 169-1; 5. Santiago (Cal), 166-0.

MILE RELAY—1. Laney, 3:14.9; 2. Fullerton, 3:16.0; 3. Pasadena, 3:18.9; 4. Cerritos, 3:19.1; 5. El Camino, 3:19.3; 6. Bakersfield, 3:19.6.

TWO MILE RELAY—1. Laney, 7:47.4; 2. Glendale, 7:48.4; 3. American River, 7:49.2; 5. Bakersfield, 7:50.6.

DISTANCE MEDLEY RELAY—1. Valley, 10:15.4; 2. Glendale, 10:00.0; 3. Sierra, 10:05.6; 4. West Valley, 10:09.0; 5. Yuba, 10:15.4.

JAVELIN—1. Carl (Canyons), 209-6; 2. tie between Jadwin (Bakersfield) and Josin (El Camino), 207-6; 4. Lawrey (Santa Rosa), 195-6; 5. Jewell (Glendale), 191-10.

DISCUS—1. Tafralls (Skyline), 162-2; 2. Berquest (Foothill), 158-8; 3. Albritton (Santa Rosa), 155-4; 4. Williams (Glendale), 155-2; 5. Lettow (Grossmont), 154-11.

TRIPLE JUMP—1. Williams (Pasadena), 50-1; 2. Moreno (San Jose), 48-3½; 3. Frazier (Cosumnes River), 49-2½; 4. DeCaro (Glendale), 48-6½; 5. Lomax (Mt. Sac.), 48-5½.

SHOTPUT—1. Johnson (Full), 54-1; 2. Tafralls (Skyline), 53-7½; 3. Rossini (Foothill), 52-0½; 4. Fuchs (Pasadena), 52-0.

HIGH SCHOOL DIVISION

100 METERS—1. McNeal (Oakland), 10:5. 2. T. White (Richmond), 10:6; 3. Green (Cubberley), 10:6.860—1. M. White (Richmond), 1:54.3; 2. Hale (Stagg, Stockton), 1:54.3; 3. Montgomery (La Canada), 1:55.7.

TWO MILE—1. Carrasco (Mt. Pleasant, SJ), 9:06.2; 2. Love (Carmont, Belmont), 9:08.3; 3. Holladay (Gilroy), 9:16.6; 1200H—1. Dixon (Sequoia), 13:9w (4.6 m.p.h.); 2. Cowling (Sacramento), 14:0; 3. M. White (Richmond), 14:2. 440 RELAY—1. Oakland, 42:1; 2. Mt. Pleasant (SJ), 43:1; 3. Sacramento, 43:2.

MILE RELAY—1. Pittsburg, 3:21.9; 2. Carmont, 3:22:1; 3. Del Mar, 3:22:2; 4. Oakland, 3:22:2; 5. Richmond, 3:22:5.

PV—1. G. Ernst (El Dorado), 15-6½; 2. Tardieu (Del Mar, SJ), 14-6¼; 3. McAlexander (Monte Vista, Cupertino), 14-6¼; 4. White (La Canada), 14-0¼.

DT—1. Bryant (Antelope Valley), 185-8; 2. Struble (Sunnyvale), 171-6; 3. Frazee (Bella Vista, Sac.), 170-8. SP—1. Pole (El Capitan), 58-6½; 2. Parker (St. Ignatius, SF), 57-7; 3. Sorenson (Sunnyvale), 56-11½. HJ—1. Wyrick (Mt. Pleasant, SJ), 6-10; 2. Montgomery (El Camino, Oceanside), 6-8; 3. Anderson (McLane, Fresno), 6-8.

TJ—1. D. Williams (El Camino, Ocean), 48-1; 2. Coulter (Piner, Santa Rosa), 47-3; 3. Sanders (Grant, Sac.), 47-2½.

GIRLS: 100—1. Bolton (Hill, SJ), 11:7; 2. Parker (Oceanside, Daly City), 11:7; 3. Cobbs (Berkeley), 11:9; 4. Ware (Berkeley), 11:9. 800—1. Regan (Camden, SJ), 2:11.5; 2. Beik (Silver Creek, SJ), 2:11.6; 3. Williams (Livermore), 2:11.6; 4. Bowers (American, Fremont), 2:14.5. 440 RELAY—1. Berkeley, 47-6; 2. Silver Creek (SJ), 48-9; 3. Hill (SJ), 49-4; 4. Lynbrook (SJ), 49-6; 5. Tamalpais, 49-9.



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TRAINING & TECHNIQUE

The 400 Meter Dash

by VERN GAMBETTA

The intent of this article is to examine the 400 meter dash from a systematic, scientific point of view. It is my personal opinion that as a nation we are not maximizing the tremendous potential that we have in this event. This is especially true of the women's 400 meters, where we have not come close to the results that we are capable of achieving. In 1977 the top American woman had the tenth best time in the world. Also in 1977, the average of the top ten performers was 50.71. Only one American woman, Rosalyn Bryant, in her American record, 50.62, has ever run faster. The situation for the men is in a state of decline. Only four Americans ranked in the top ten in the world in 1977. In 1976 an American did not win the gold medal in the 400 meter for the first time since 1952. These results, or rather lack of results, should force us to reevaluate our training and competition in this event.

This article will look at the 400 meters from all aspects: physiological, psychological, and biomechanical, and apply these to training and racing.

Physiological Basis of 400m Running

In order to fully comprehend training and racing for the 400m, it is important to understand the systems that

Table II illustrates further that energy sources for any given activity are time-dependent. In other words, the primary energy source(s) will depend on the performance time of the activity:

other foot at touchdown. For world class female sprinters at top speed, the stride length falls between 1.28-1.33 X standing height. Szewinska's stride length is 7-6¼. For the male sprinter, the value

TABLE II— Correlation between duration of the race, predominant energy producing system involved, and most efficient training methods (12, p. 4)

Racing Distance	Performance Time	Predominant Energy System Involved	Most Efficient Training
50-100m	10 sec or less	ATP-PC	Short sprints & wt training
200-600m	30-90 sec	ATP-PC/LA	High speed 60 sec reps
800-1500m	2-4 min	LA/Oxy	High speed 90 sec reps
2,000 m and longer	5 min and longer	Oxy	3-5 min reps at max Oxy uptake.

The 400m is an oxygen deficit event, that is, the level of oxygen consumption is below that which is necessary to supply the ATP required. Thus, as seen in Tables I & II, this event relies mainly on the two anaerobic systems: ATP-PC and Lactic Acid. Training emphasis

is 1.24 X height at maximum speed (3, 9. 89). Brooks states, "...it may also be expected that there is an optimum stride length for the most efficient 400 meter run. In addition, as velocity decreases during a race, a runner may find that decreasing stride length by

for good 400m running and can serve as an indicator of potential. Wilt (12, 0. 27) states that 2 X athlete's best 200m time plus 3.5 seconds = potential 400m time.

Wilt also has another term: "Staying Power" = 2 X best 200m curve time minus the best 400m time. This can be an indicator of how far the athlete is from his/her potential.

Another of Wilt's indexes is preservation time = best 200m (curve) time subtracted from the fastest time the athlete can run the first 200m in the 400m. In order for success, this figure must be low. This can help determine if an athlete is going out too fast or not fast enough (12, p. 27).

Time loss or differential is the difference between the first and second 200m in a 400m race. John Smith's 440 yard record of 44.5 was achieved with splits of 22.2 and 22.3, a differential of only .1 of a second. On the other hand, the first man to break 46 seconds, George Rhoden, had a differential of 4 seconds: 20.9 — 24.9. Generally, the outstanding 400m runner will have a differential of 1.0 — 2.0 seconds and the beginner or inexperienced competitor, 2.0 — 4.0 seconds.

When Tommie Smith ran a world record 400m in 44.5, his 200m split was 21.6. This is considerably off his lifetime best of 19.8. His preservation time was 1.8. In contrast, Lee Evans, in his world record 43.8, ran the first 200m in 21.2, only .5 off his best 200m.

Ideally the pattern of the race should be a smooth deceleration. The second 100m is usually the fastest due to the transition from a curve to a straightaway. For the opposite reason, going from a straight to a curve, the third 100m tends to be slow--sometimes being the slowest of the four 100m segments. It is the third 100m where the races are won or lost. It is here--going into the turn--that effort should be increased so that the runner will have the momentum to build off the turn. A good illustration of this is the 1976 Olympic women's final--the race between Brehmer, the silver medalist, and Szewinska, the gold medalist. The first 100m splits are not

force us to reevaluate our training and competition in this event.

This article will look at the 400 meters from all aspects: physiological, psychological, and biomechanical, and apply these to training and racing.

Physiological Basis of 400m Running

In order to fully comprehend training and racing for the 400m, it is important to understand the systems that supply the energy for activity. The basis of movement, the contraction of skeletal muscles, relies on the breakdown of ATP (adenosine triphosphate) as its source of energy. ATP is supplied through three systems: (1) ATP-PC system--produces energy for short term, high intensity exercise such as 50-100 meter sprints; (2) Lactic Acid(LA) system--related more to high speed runs of longer distances, i.e. speed endurance or specific endurance work (Both 1 and 2 are anaerobic--without oxygen); (3) Aerobic system--with oxygen--produces energy for long term, sub-maximal intensity exercise such as a 5,000m race (10, pp. 9-28). Table I (12, p. 5) illustrates the energy systems involved in various running events:

TABLE I -- Percent of training time spent in developing the three energy sources for various track events.

Event	Speed ATP-PC	Aerobic Oxy	Anaerobic ATP-PC/LA
Marathon	5%	90%	5%
10,000m	5%	80%	15%
5,000m	10%	70%	20%
3,000m	20%	40%	40%
1,500m	20%	25%	55%
800m	30%	5%	65%
400m	80%	5%	15%
200m	95%	3%	2%
100m	95%	2%	3%

2,000 m and longer

5 min and longer

Oxy

90 sec reps
3-5 min reps at max Oxy uptake.

The 400m is an oxygen deficit event, that is, the level of oxygen consumption is below that which is necessary to supply the ATP required. Thus, as seen in Tables I & II, this event relies mainly on the two anaerobic systems: ATP-PC and Lactic Acid. Training emphasis for the 400m should be on maximizing use and development of these two systems.

Characteristics of the 400m Runner

Physical Size: The average size of the eight women finalists in Montreal was 5-6½, 123 lbs. The Olympic Champion, Irene Szewinska (Poland), was 5-9¼, 139 lbs. For the men, the average size was 6-1¼, 169 lbs. The Olympic Champion, Alberto Juantorena (Cuba), was 6-2, 185 lbs.

Speed=Velocity (determined by dividing the distance by the time taken to run that distance): In order to be successful in the 400m it is necessary to have high speed. According to Brooks, world class male runners are capable of maintaining a velocity of 93-94 per cent of the average velocity of their best 200m time. Lee Evans, 400m record holder, had an average velocity of 29.96 ft/sec in the 440 and 31.88 ft/sec in the 220, a 6% difference between the two. Irene Szewinska has a 10% difference in average velocity between the 200 and 400. To run under 51 sec, it is necessary to have an average velocity of 26 ft/sec (3, pp. 44-48, 89-91).

Stride Length: This is measured from the toe of one foot to the toe of the

is 1.24 X height at maximum speed (3, 9. 89). Brooks states, "...it may also be expected that there is an optimum stride length for the most efficient 400 meter run. In addition, as velocity decreases during a race, a runner may find that decreasing stride length by 3 to 4 inches and consequently increasing her stride frequency will result in a faster time overall than concentrating on knee lift and stride length." (3, p. 90)

Stride Frequency or Cadence: Stride frequency is the number of strides taken per second, arrived at by dividing the number of strides in a specific distance by the time taken to cover that distance. Stride frequency for top class male sprinters is 4½ to 5 strides per second. It decreases as the height and leg length of the athlete increases.

The measures of speed, stride length, and stride frequency can be put together to draw a profile of a particular athlete. This can then be compared to known parameters of world class competitors in order to indicate potential and gauge progress.

Distribution of Effort

The key in the 400m race is utilizing speed--distributing the effort as much as possible over the entire distance. To illustrate this, one must imagine Lee Evans' world record 400m run as four 100m splits averaging 11.0 seconds. No athlete is capable of the 400m at top speed from start to finish. It is important that he/she rely on pace, judgment, and effort distribution.

The 400m is not a pure sprint. Speed at 100m and 200m is a prerequisite

be a smooth deceleration. The second 100m is usually the fastest due to the transition from a curve to a straightaway. For the opposite reason, going from a straight to a curve, the third 100m tends to be slow--sometimes being the slowest of the four 100m segments. It is the third 100m where the races are won or lost. It is here--going into the turn--that effort should be increased so that the runner will have the momentum to build off the turn. A good illustration of this is the 1976 Olympic women's final--the race between Brehmer, the silver medalist, and Szewinska, the gold medalist. The first 100m splits are not known:

BREHMER(East Germany): 200m=23.3, 3rd. 100m=12.0, 300m=35.3, 4th. 100m=15.21, total=50.51, Differential=3.91.

SZEWINSKA(Poland): 200m=23.5, 3rd 100m=11.9, 300m=35.4, 4th 100m=13.89, total=49.29wr, Differential=2.29.

Irena Szewinska won on the "maximum acceleration minimum deceleration" principle. She was best able to distribute her effort and preserve her speed.

Most races follow this principle. According to Wilt (12, p. 28), this is true due to "the fact that the energy cost of running increases as the 3.8 mathematical power of the speed. Due to the speed of 400-800m races, oxygen debt and fatigue products induce exhaustion rapidly. The runner therefore seeks to cover as much of the race as possible at the greatest speed which will permit him to finish in a minimum time, before fatigue becomes intolerable."

Psychology and Strategy

At first appearance, it would seem that these two aspects are entirely unrelated. But upon deeper examination, I feel that they are integrally related.

It takes a special type of person to excel in the 400m. The event is a controlled sprint which requires a great deal of determination and patience to deal with the many variables of the race. It is a thinking man's sprint. In the 100m, the race can be lost with a bad start or a momentary lapse. In the 200m there is more room for error. The 400m allows even more latitude for experimentation in tactics and race patterns.

I think Lee Evans typifies what the 400m runner should be: fast, tough, strong, and above all, a great competitor. Although he ran world class times at shorter and longer distances, he was essentially a 400m runner.

Perhaps the most important mental attribute a runner can have toward the 400m is one of aggressiveness. The athlete cannot be afraid to attack the race. With an aggressive attitude, he/she may tie up and hit the wall a few times, but will eventually learn how to distribute the effort. The runner who is afraid of going out after it will not succeed. He/she usually ends up losing to faster runners who have gone out and built up a lead that cannot be overcome.

Psychologically, a common problem with runners who have been racing 400m for an extended period of time is the development of a staleness that leads to a plateau in performance. Nikolay Ozolin, a Russian sprint coach, terms this the "speed-barrier"—This happens in training as well as in racing.

My suggestion to avoid this is to have the 400m runner run in a variety of races at different times during the competitive season. Indoors, the 400m runner should run under distance, 300m, and

overdistance, 500m and 600m. During the early outdoor season, several 800-400 doubles are advisable. Then, the athlete should concentrate on the 400m exclusively. When a plateau is reached, he/she should run 200m and mile relay for several meets. The 200m will work on the speed component and the relay adds an element of aggressiveness. The runner should return to the 400m refreshed.

Mentally the runner should break the race into segments. There should be various cue points around the track that the runner can use as a frame of reference. The runner should also take into account the stagger and lane assignment and where the main opposition will be. It is also important to know where the finish is. In high school, many races are started and finished at the midpoint of the straight rather than the Olympic start. An example of this was in the 1977 Southern California Finals meet. It was run with the Olympic stagger while the previous two qualifying meets had been run with the usual high school mid-straight start and finish. The entire week preceding the Finals meet, our team had practiced finishing on the long straight and using reference points orienting them to the new start and finish. I firmly believe that this resulted in our quarter miler finishing second and our mile relay team taking first place.

Traditionally, the 400m has been broken into 100m segments. Race tactics have been to run the first 100m all out, float the back straight, pick up the effort in the third 100m on the turn and let the last 100m take care of itself. This is a good, simple concept that I, as a

coach, have gradually grown away from. Instead, I prefer to break the race down into 50m segments. I do not believe that a general pattern can be set for all runners to cover all eight segments. Instead, it has to be determined for each individual runner according to his/her strengths and weaknesses. Generally, though, every runner should run the first 50m in the same manner: flat out or as fast as possible to take advantage of the energy stores (ATP—PC system).

There is a period in the second, third or fourth 50m segment where the runner should concentrate on leg speed

ticular attention to maintaining leg speed. Studies have shown that the drop off in performance at the end of a race is not due to shortened stride but to a decreased stride frequency.

In the next issue I will discuss training for the 400m.

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the 400m runner run in a variety of races at different times during the competitive season. Indoors, the 400m runner should run under distance, 300m, and

float the back straight, pick up the effort in the third 100m on the turn and let the last 100m take care of itself. This is a good, simple concept that I, as a

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There is a period in the second, third or fourth 50m segment where the runner should concentrate on leg speed with a minimum of effort, or "float" as it is commonly called. In these segments it is important to take advantage of the straight and build the effort into the turn. As I said earlier, this should vary from runner to runner. Some runners are best running very strong for the first 150m then going into their leg speed emphasis in the fourth and fifth 50m segments, which would put them midway into the turn. Others run better using the third and fourth segments for the leg speed emphasis.

The fifth and sixth segments are the keys to the race. Here the effort must be increased due to the natural tendency to slow down on the turn. In these segments the runner should emphasize good turn technique: running the line, dropping the inside arm and shoulder and working the right arm slightly across the body. As a key to relaxation and gathering of effort the runner should slightly drop both arms and shoulders midway through the sixth segment. Sometimes it helps to take a deep breath here. Mentally in this segment the runner should check all form points: arm action, knee lift, facial expression, etc. This is all preparatory to the straight and seventh segment.

Emphasis in the seventh 50m segment should be on arm action. The athlete should concentrate on using the arms off the turn. A common tendency in this segment is to begin to overstride. The athlete should try to avoid this and control the running with proper arm action.

The eighth segment is an individual matter. The runner should strive to maintain form and relaxation, paying par-

ticular attention to maintaining leg speed. Studies have shown that the drop off in performance at the end of a race is not due to shortened stride but to a decreased stride frequency.

In the next issue I will discuss training for the 400m.

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California High School Boys

Prep Preview

by KEITH CONNING

There are four boys returning to defend their state championships: two-miler Frank Assumma of Eisenhower in Rialto, high hurdler Phil Johnson of Gardena, pole vaulter Anthony Curran of Crespi in Encino, and triple jumper Dokie Williams of El Camino in Oceanside. Williams' best, 51-2½, is just a half-inch behind Willie Banks' all-time San Diego county record and within reach of the national best of 52-6¼ by Fresno's David Tucker in 1970.

There are eight girls returning to defend their state titles: sprinter Jeanette Bolden of Centennial in Compton, quarter-miler Valerie Brisco of Locke in Los Angeles, half-miler Ann Regan of Camden in San Jose, miler Linda Goen of North in Bakersfield, two-miler Roxanne Bier of Independence in San Jose, hurdler Kris Costello of Lynbrook in San Jose, high jumper Kari Gosswiller of Upland, and discus thrower Karen Stampfli of Lassen in Susanville.

All-Time Relay Records

by RON BLACKWOOD

440 YARD RELAY

- 41.0 ---- Wilson-San Fran. (Farmer, Whitaker, Kirtman, Walker)'73-1
- 41.1 ---- El Cerrito (Gaines, Watson, Smith, Burns)'71-1
- 41.1 ---- Ells-Richmond (Gentry, Davis, Miller, Cooper)'75-1
- 41.1 ---- Hamilton-Los Angeles (Menzies, Goosby, Martin, Mullins)'76
- 41.2 ---- Castlemont-Oakland (Pruitt, Turner, Irvin, Gibson)'70
- 41.2 ---- Hamilton-L.A. (Avant, Wallace, Thomas, Reddick)'71
- 41.2 ---- El Cerrito (Smith, Battle,



- 3:16.6 -- Poly-Long Beach '70
- 3:16.7 -- Newport Harbor-New.Bch.(Foley, Humann,Mulroy,Theriot)'75
- 3:16.8 -- Tech-Oakland '70

SPRINT MEDLEY RELAY

(220, 220, 440, 880)

- 3:27.4 -- La Habra '60
- 3:27.9 -- Orange '61
- 3:28.0 -- La Habra '62
- 3:28.4 -- Hoover-Glendale '62
- 3:28.4 -- Los Angeles '69
- 3:28.9 -- El Cerrito (Enis,Walker, Watson,Scott)'72
- 3:29.0 -- Poly-Long Beach '60
- 3:29.4 -- South Gate '61
- 3:29.4 -- San Geronio-San Bern.(Vinson, Ellison,Grant,Flynn)'75
- 3:29.5 -- Castlemont-Oakland(Morgan, Robert,Rodgers,Curry)'71
- 3:30.0 -- Miramonte-Orinda '65
- 3:30.0 -- San Geronio-San Bern. '76
- 3:30.1 -- Dominguez-Compton '61
- 3:30.1 -- Bakersfield '65
- 3:30.1 -- Los Altos '65
- 3:30.2 -- Millikan-Long Beach '68
- 3:30.2 -- El Cerrito '70
- 3:30.4 -- Fontana '68
- 3:30.4 -- Carlmont-Belmont'75
- 3:30.6 -- Millikan-Long Beach '66
- 3:30.7 -- Bellflower '59
- 3:30.8 -- Hoover-Glendale '62
- 3:30.8 -- Aviation-Redondo Beach '65
- 3:30.8 -- Sacramento '72
- 3:30.9 -- Henry-San Diego '75
- 3:30.9 -- Henry-San Diego '76

DISTANCE MEDLEY RELAY

(440, 880, 1320, mile) mi

- 10:03.0 - Lompoc(Jackson,Costa,Gilmore, Williams)'73
- 10:10.2 - Valley-El Cajon (Kuehne,Smith, Owens,Cotton)'72
- 10:12.0 - El Modena-Orange.(Fredman, Nelson,Wooley,White)'70
- 10:13.4 - Berkeley '65
- 10:13.6 - Crescenta Valley-La Cresc. '76
- 10:13.8 - Wilcox-Santa Clara '65
- 10:14.0 - Poly-Long Beach '70
- 10:14.2 - El Cerrito (Sidney,Scott, Sproul,Bailey)'72
- 10:14.8 - Leigh-San Jose '75
- 10:15.0 - La Canada (Vermiere,Dastrup, Sherburn,Konigh)'74
- 10:15.2 - University-L.A. '76
- 10:15.6 - Lompoc (Gilmore,Jackson, Hansen,Williams)'72
- 10:15.8 - Reedley (Taplac,Clark,Bravo, Nicholas)'71
- 10:16.0 - Clairmont-San Diego '72
- 10:16.0 - Laguna Beach '76
- 10:16.8 - Burlingame '69
- 10:17.2 - Compton '68
- 10:17.2 - Skyline-Oakland (Moss,Clayton, Klugh,Johnson)'75

440 YARD RELAY

- 41.0 ---- Wilson-San Fran. (Farmer, Whitaker, Kirtman, Walker)'73-1
- 41.1 ---- El Cerrito (Gaines, Watson, Smith, Burns)'71-1
- 41.1 ---- Ells-Richmond (Gentry, Davis, Miller, Cooper)'75-1
- 41.1 ---- Hamilton-Los Angeles (Menzies, Goosby, Martin, Mullins)'76
- 41.2 ---- Castlemont-Oakland (Pruitt, Turner, Irvin, Gibson)'70
- 41.2 ---- Hamilton-L.A. (Avant, Wallace, Thomas, Reddick)'71
- 41.2 ---- El Cerrito (Smith, Battle, Lewis, Burns)'70
- 41.2 ---- Crenshaw-L.A. (Coulter, Franklin, Tyler, Johnson)'72
- 41.2 ---- Wilson-San Fran. (Farmer, Kirtman, Ward, Lewis)'74
- 41.2 ---- Kennedy-Barstow (L. Jones, Hill, Kelly, N. Jones)'76-1
- 41.2 ---- Pasadena (Cleveland, Hill, Milloy, J. Sanford)'77-1
- 41.3 ---- Centennial-Compton (Hilbreth, Graham, Buford, White)'68
- 41.3 ---- Centennial-Compton (Hilbreth, Graham, White, Garrison)'68
- 41.3 ---- Fremont-L.A. (McBee, Sanders, Smith, Solomon)'71
- 41.3 ---- Wilson-San Fran. (Farmer, Whitaker, Lewis, Walker)'72-1
- 41.3 ---- Centennial-Compton (McMillan, Rawls, Tassin, Orange)'72
- 41.4 ---- Edison-Stockton (Montgomery, Nelson, Roe, Donnell)'69
- 41.4 ---- Santa Ana (Winstead, Farrell, Greer, White)'70-1
- 41.4 ---- Crenshaw-L.A. (Johnson, Ross, Tyler, Moore)'71
- 41.4 ---- Kennedy-Richmond (Johnson, Gaines, Barnes, Jackson)'74-1
- 41.4 ---- Gardena-L.A. (Cole, Jones, Robinson, Broussard)'74
- 41.4 ---- Compton (Hurt, McGlothlin, Sexton, Humphrey)'75
- 41.4 ---- Pasadena (Davis, Smith, Hunter, Jackson)'75
- 41.5 ---- Edison-Fresno (Wright, Burks, McCloud, Ams)'68
- 41.5 ---- Lincoln-San Diego (Robinson, Maxwell, Franklin, Murphy)'68
- 41.5 ---- Los Angeles (Welch, Davis, Jones, Hearvey)'69
- 41.5 ---- Pittsburg (Butler, Davis, Adams, Ligons)'70
- 41.5 ---- Berkeley (Griffin, Arndt, Bennett, Odoms)'70
- 41.5 ---- Edison-Stockton (Farrell, Montgomery, Roe, Gray)'70
- 41.5 ---- San Diego (Fenderson, Neal, Jones, Turner)'71
- 41.5 ---- Muir-Pasadena (Baldwin, Bass, Herron, Sheats)'74
- 41.5 ---- Crawford-San Diego (Kodana, Jefferson, M. Brown, J. Brown)'75
- 41.5 ---- Gardena '77



JOHN MUIR HIGH SCHOOL in Pasadena has had many top relay teams. ALAN SHEATS (far right) anchors this 1974 squad

MILE RELAY

- 3:13.2 -- Castlemont-Oakland (Roberts, Morgan, Curry, Rogers)'71-1
- 3:13.7 -- Pasadena (Cleveland, Dancer, M. Sanford, J. Sanford)'77-1
- 3:13.8 -- Muir-Pasadena (Herron, Austin, Shaw, Sheats)'74-1
- 3:14.3 -- Centennial-Compton (Hilbreth, Buford, McCall, Garrison)'68-1
- 3:14.6 -- Fremont-L.A. (Payne, Vernon, Williams, Smith)'68
- 3:14.9 -- West-Bkfld. (Gloyer, Andrews, Foster, Boasen)'71
- 3:14.9 -- Muir-Pasadena (Moore, Easley, Perkins, Bowie)'77
- 3:15.0 -- Santa Ana (Denmark, Dicus, Mead, Harrell)'72
- 3:15.1 -- Centennial-Compton (McCall, Davis, Manley, Buford)'69
- 3:15.1 -- Fremont-L.A. (Crawford, Bradley, Roberts, Smith)'77
- 3:15.1 -- Banning-Wilmington (Caesar, Perry, Blaney, Lewis)'77
- 3:15.2 -- Los Angeles (Davis, Reese, Davis, Baxter)'69-1

- 3:15.2 -- Dominquez-Compton (Coach, Franks, Franks, Thornburg)'71
- 3:15.4 -- Kennedy-Barstow '77
- 3:15.5 -- Lincoln-San Diego (Mitchell, Carrero, Fennel, Murphy)
- 3:15.6 -- Los Altos (Andrews, Davis, Thompson, Brown)'70-1
- 3:15.8 -- Muir-Pasadena '65
- 3:15.8 -- Bakersfield (Bennett, Jansen, Fite, Greasham)'74
- 3:15.7 -- Ells-Richmond (Williams, Gentry, Davis, Cooper)'75-1
- 3:15.9 -- San Bernardino (Diggs, Andrews, Lee, Andrews)'68
- 3:16.0 -- McClymonds-Oakland (Deckard, Watkins, Harris, Robinson)'71
- 3:16.0 -- Hamilton-L.A. (Goosby, Martin, Menzies, Mullins)'76
- 3:16.0 -- Banning-Wilmington (Knight, Hubbard, McDonald, Jones)'76
- 3:16.2 -- Dorsey-L.A. '69
- 3:16.3 -- Washington-L.A. (Brown, Reddix, King, Berry)'71
- 3:16.4 -- Morningside-Inglewood '70
- 3:16.4 -- Morningside-Inglewood (Brooks, Hall, Keeling, Shaw)'71

- 10:13.4 - Berkeley '65
- 10:13.6 - Crescenta Valley-La Cresc. '76
- 10:13.8 - Wilcox-Santa Clara '65
- 10:14.0 - Poly-Long Beach '70
- 10:14.2 - El Cerrito (Sidney, Scott, Sproul, Bailey)'72
- 10:14.8 - Leigh-San Jose '75
- 10:15.0 - La Canada (Vermiere, Dastrup, Sherburn, Koningsh)'74
- 10:15.2 - University-L.A. '76
- 10:15.6 - Lompoc (Gilmore, Jackson, Hansen, Williams)'72
- 10:15.8 - Reedley (Taplac, Clark, Bravo, Nicholas)'71
- 10:16.0 - Clairmont-San Diego '72
- 10:16.0 - Laguna Beach '76
- 10:16.8 - Burlingame '69
- 10:17.2 - Compton '68
- 10:17.2 - Skyline-Oakland (Moss, Clayton, Klugh, Johnson)'75
- 10:17.4 - Hoover-Fresno (Stevenson, Lara, Merrick, Foley)'75
- 10:18.0 - Lincoln-San Diego '67
- 10:18.2 - La Habra '68
- 10:18.2 - Upland '74
- 10:18.8 - Glendale (Stillwell, Moulton, Moulton, Thomas)'74
- 10:19.2 - Clairmont-San Diego (Novak, McFanlane, Harper, Fleet)'71
- 10:19.4 - Ygnacio-Valley-Concord '71
- 10:19.6 - Excelsior-Norwalk '73
- 10:19.6 - Mission Viejo '74
- 10:19.6 - Henry-San Diego '75

4 MILE RELAY

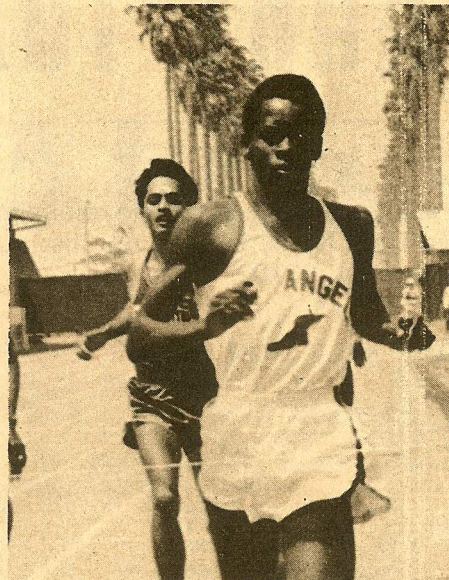
- 17:13.2 - Lompoc (Schankel, Fabing, Gilmore, Williams)'73
- 17:15.0 - Clairmont-San Bernar. (Novak, Lord, Harper, Fleet)'75
- 17:37.4 - San Geronio-San Bernard. (Troutman, Muller, Daniels, Flynn)'75
- 17:37.8 - Foothill-Tustin '75
- 17:39.0 - Dos Pueblos-Goleta (Phillips, Szeriwo, Lambert, Bjorkman)'72
- 17:41.0 - Marina-Huntington Beach '73
- 17:41.2 - Crespi-Encino '65
- 17:41.6 - Monte Vista-Spring Valley '73
- 17:41.6 - Crawford-San Diego (Best, Shepard, Hendrick, Lean)'75
- 17:42.6 - Mira Costa-Manhattan Bch. '70
- 17:42.6 - Glendale '74
- 17:43.0 - Valley-La Crescenta '76
- 17:44.5 - Leigh-San Jose '77
- 17:46.0 - Edison-Huntington Bch '76
- 17:46.2 - Helix-La Mesa '70
- 17:46.6 - Merced '73
- 17:46.6 - Palisades-Pacific Palis. '75
- 17:46.8 - Clairmont-San Diego '70
- 17:47.0 - Loara-Anaheim '75
- 17:47.2 - Mission Viejo '73
- 17:47.6 - Lowell-Whittier '75
- 17:47.6 - Salesian-L.A. '76
- 17:47.8 - Carlmont-Belmont '72
- 17:48.8 - Mt. Pleasant-San Jose '77
- 17:49.0 - Westminster '65
- 17:49.4 - Tustin '65
- 17:49.4 - Costa Mesa '77
- 17:49.8 - Corona del Mar-Newpt. Bch. '75

Class Records

by RON BLACKWOOD



CURT HAMPTON shot put class record



JAMES BAXTER 880 class record

100 YARD DASH

FR 9.7	Leamon King(Delano)'51 Morris Cole(Pomona)'76
SO 9.5	Howard Williams(Pasa)'67 Mike Shavers(Albny)'71 Elijah Jefferson(SD)'73
JR 9.4	Elijah Jefferson(SD)'74 Kevin Williams(SnFern)'75
SR 9.4	James Jackson(Alameda)'54 Forrest Beauty(Glendale)'62 James Hines(Oakland)'64 Mel Gray(SantaRosa)'67 George Reddick(LA)'71 Elijah Jefferson(SD)'75 Joel Andrews(W.Bkfld)'75 Dupree Branch(Barstow)'76 Dave Russell(SD)'77 Don Hall(Barstow)'77

220 YARD DASH

FR 21.8	Morris Cole(LA)'63
SO 21.2	Millard Hampton(SanJose)'72
JR 21.0	Mike Shavers(Albany)'72
SR 20.7	Phil Underwood(LA)'66 Mel Gray(SantaRosa)'67

440 YARD DASH

FR 49.3	Larry Boaen(W.Bkfld)'69
SO 48.1	Rod Connors(RnchCord)'72
JR 46.8	Ray Johnson(Pasadena)'71
SR 46.60 46.1	James Sanford(Pasadena)'77 Ulis Williams(Compton)'61

880 YARD RUN

FR 1:56.6	Harry Nicholas(Rdly)'68
SO 1:52.7	Larry Davis(LosAltos)'70
JR 1:51.0	James Baxter(LA)'69
SR 1:48.5	Dale Scott(ElCerrito)'72

ONE MILE RUN

FR 4:17.2	Harry Nicholas(Rdly)'68
SO 4:08.8	Jim Arriola(Cerr)'74
JR 4:04.2	Curtis Beck(StMonica)'72
SR 3:59.4	Tim Danielson(ChVsta)'65

2 MILE RUN

FR 9:04.4	Eric Hulst(LagBch)'73
SO 8:50.5	Eric Hulst(LagBch)'74
JR 8:45.0	Eric Hulst(LagBch)'75
SR 8:44.6	Ralph Serna(Anaheim)'76

3 MILE RUN

FR 14:26.8	Eric Hulst(LagBch)'73
SR 14:05.4	Eric Hulst(LagBch)'74
JR 13:45.4	Ralph Serna(Anaheim)'74
SR 13:43.6	Rich Kimball(Concrd)'74

120 YARD HIGH HURDLES (39")

FR	None
SO 14.2	Ron Cox(Fresno)'69
JR 13.7	Dedy Cooper(Richm)'74
SR 13.2	Dedy Cooper(Richm)'75

330 YARD LOW HURDLES

FR	None
SO 37.2	Tim Chambers(Pasa)'75
JR 36.4	Andre Phillips(SnJose)'76
SR 36.0	Dedy Cooper(Richm)'75 Charles White(SnFern)'76

HIGH JUMP

FR 6-5	Reynaldo Brown(LA)'66
SO 6-9½	Reynaldo Brown(Comp)'67 Jeff Lawson(Placnta)'75
JR 7-3/4	Reynaldo Brown(Comp)'68
SR 7-3	Reynaldo Brown(Comp)'69

POLE VAULT

FR 14-8 3/4	Anthony Curran(Enc)'75
SO 15-9½	Anthony Curran(Enc)'76
JR 16-4½	Anthony Curran(Enc)'77
SR 16-8 3/4	Steve Smith(Torrnce)'69 Mike Tully(LngBch)'74

LONG JUMP

FR 23-10½	Johnny Johnson(PacGr)'63
SO 25-2½	Johnny Johnson(PacGr)'64
JR 25-10 3/4	Heulon Hewitt(Merced)'68
SR 26-2½	Ken Duncan(Sacto)'72

TRIPLE JUMP

FR 48-4	David Tucker(Fres)'68
SO 50-½	David Tucker(Fresno)'69
JR 52-6½	David Tucker(Fresno)'70
SR 52-3½	Randy Williams(Fres)'71

SHOT PUT (12lb)

FR 52-5 3/4	Curt Hampton(SD)'71
SO 61-1	Dave Kurrasch(SnAna)'73
JR 65-5	Terry Albritton(NewBch)
SR 69-6 3/4	Jim Neidhart(NewpBch)'73

DISCUS THROW

FR	None
SO 180-7	Mark McNaughton(Fres)'72
JR 194-10	Ray Burton(Vacaville)'73
SR 201-6	Ray Burton(Vacaville)'74

State Meet Records

prep NOTES . . .

James Hines(Barkland)'68	FR	49.3	Larry Boen(W.Bkfld)'69	SO	37.2	Tim Chambers(Pasa)'75	-FR	None
Mel Gray(SantaRosa)'67	SO	48.1	Rod Connors(RnchCord)'72	JR	36.4	Andre Phillips(SnJose)'76	SO	180-7
George Reddick(LA)'71	JR	46.8	Ray Johnson(Pasadena)'71	SR	36.0	Dedy Cooper(Richm)'75	JR	194-10
Elijah Jefferson(SD)'75	SR	46.60	James Sanford(Pasadena)'77			Charles White(SnFern)'76	SR	201-6
Joel Andrews(W.Bkfld)'75		46.1	Ulis Williams(Compton)'61					Ray Burton(Vacaville)'74
Dupree Branch(Barstow)'76								Ray Burton(Vacaville)'74
Dave Russell(SD)'77								
Don Hall(Barstow)'77								

State Meet Records

prep NOTES . . .

by RON BLACKWOOD

100 YARD DASH

9.4 Mel Gray(Mont-SRosa)'67
Elijah Jefferson(Craw-SD)'74
Joel Andrews(W.Bkfld)/75
Kevin Williams(SanFern.)'75

220 YARD DASH

20.7 Mel Gray(Mont-SRosa)'67

440 YARD DASH

46.6 Larence Jones(Lemoore)'69

880 YARD RUN

1:48.8 Richard Joyce(Sierra-Whit)'65

ONE MILE RUN

4:05.4 Mark Schilling(GardGr)'72

2 MILE RUN

8:45.0 Eric Hulst(LagunaBch)'75

120 YARD HIGH HURDLES (39")

13.2 Dedy Cooper(Ells-Rich.)'75

330 YARD LOW HURDLES

36.2 Dedy Cooper(Ells-Rich.)'75

440 YARD RELAY

41.0 Wilson-San Francisco
(Farmer,Whitaker,Kirtman,
Walker)'73

MILE RELAY

3:13.2 Castlemont-Oakland (Roberts,
Morgan,Curry,Rodgers)'71

HIGH JUMP

7-2 Dennis Smith(SantaMonica)'77

POLE VAULT

16-2 3/4 Tim Curran(Crespi-Encino)'73

LONG JUMP

25-4 1/2 Jerry Proctor(Muir-Pasad)'67

TRIPLE JUMP

51-0 1/2 Dokie Williams(ElCam-Ocnside)

SHOT PUT (12 lb)

68-0 Steve Montgomery(Lassen)'76

DISCUS

201-3 Chris Adams(LosAltos)'70

Pasadena's Ivan Cleveland, who finished second in the State 100 last year, ran the 100 in 9.4 seconds on Thursday, March 23, to tie the State prep sprint record. Cleveland's mark ties the record held by Mel Gray, Elijah Jefferson, Joel Andrews and Kevin Williams.

Rod Berry of Redwood in Larkspur was the first American finisher in the Junior International Cross Country Championships in Scotland, with his 10th place finish.

Odd Event Records

by RON BLACKWOOD

100 meter	10.2	Bill Gaines, San Jose '68
220 yard	20.2	Forrest Beaty, Hoover-Glendale '61
800 meter	1:48.5	Dale Scott, El Cerrito '72
1500 meter	3:48.8	Jim Arriola, Gahr-Cerritos '76
3000 meter	8:22.0	Terry Williams, Lompoc '73
5000 meter	14:08.4	Terry Williams, Lompoc '73
10,000 meter	28:55.0	Eric Hulst, Laguna Beach '76
6 mile	27:58.0	Eric Hulst, Laguna Beach '76
10 mile	49:15.0	George Aguirre, Santa Barbara '75
1 hour run	12 mi 254 yd	Ajim Baksh, Hollywood '75
Marathon	2:23:47.0	Mitch Kingery, San Carlos '73
120 Yd. HH(42")	14.1	Dedy Cooper, Ells-Richmond '74
440 Yd. IH	52.7	Mark Low, Pomona '69
400 meter IH	51.5	Charles White, San Fernando '76
Steeplechase	9:13.4	Steve Mowry, Madison-San Diego '73
HH Relay	58.4	Fresno (Larson,Cox,Lyon,Elders) '71
LH Relay	53.5	Franklin-Stockton '74
Shot Put (16 lbs)	57-10 1/2	Dave Murphy, Sunnyhills-Fullerton '66
Discus (4lbs/6oz)	177-4	Ray Burton, Vacaville '74
Hammer (16 lbs)	173-11	Chuck Vandagriff, Castro Valley '67
Pentathlon	3418	Dixon Farmer, Miramonte-Orinda '59
Decathlon	6899	Bob Mathias, Tulare '48

100 METER DASH

- 10.1 Clancy Edwards (USC)
- 10.2 Victor Trapps (UNLV)
- 10.3 Billy Mullins (USC)
- 10.32w Greg Foster (UCLA)
- 10.33 LeNorris Marshall (un)
- 10.4 Chester Hart (CSULA)
- 10.4 Mike Farmer (UCB)
- 10.4 Joe Sial Sial (CPSLO)
- 10.4 Ron Whitacker (SJS)
- 10.49 Greg James (CSUN)
- 10.5 Kevin Williams (USC)
- 10.5 Marcus Washington (SJS)
- 10.5 Nelson (Stanford)
- 10.5 LaMonte King (UCI)
- 10.5 Bart Williams (CPSLO)
- 10.5 Marty Krulee (SDS)
- 10.5 Michael Patrick (SDS)
- 10.54 Ken Sam (BSU)
- 10.6 Gary Ellis (SJS)
- 10.6 Sam Turner (CSULA)
- 10.6 Dan Miller (CSULA)
- 10.6 Burrell (UCB)
- 10.6 Margerum (Stanford)
- 10.6 Eddings (UCB)
- 10.6 Smith (UCB)
- 10.6 Brian Bradley (FSU)
- 10.65 Russell Royston (UCI)

TOP MARKS 1978* 4-YR

Send all additions, corrections and results to
California Track News, 1717 South Chestnut
Ave., Fresno, CA 93702.

- 47.14 Goldstone (UCLA)
- 47.2 James King (un)
- 47.3 Darryl McGee (UCI)
- 47.3 Vernon Ferguson (WCJ)
- 47.4 William Hunt (Ariz)
- 47.4 Quentin Wheeler (UCB)
- 47.5 Randy Benson (PCTC)
- 47.7 Benny Myles (MUTC)
- 47.8 Dan Stewart (SDS)
- 47.8 Bryan Saunders (LBS)

ONE MILE RUN

- 3:53.9 Steve Scott (UCI)
- 4:00.20 Jerald Jones (SMTc)
- 4:00.4 Jeff Jirelle (SMTc)
- 4:04.3 Mark Schilling (Puma)
- 4:04.5 Dan Aldridge (CPSLO)
- 4:04.6 Duncan MacDonald (WVTC)
- 4:05.3 Rick Brown (un)
- 4:05.7 Bob Deis (FSU)
- 4:06.2 Tom Lobsinger (Stanford)
- 4:06.64 Armando Cendejas (LBS)
- 4:06.8 Ralph Serna (UCI)
- 4:07.3 Mark Stillman (Stanford)
- 4:07.6 Andy Clifford (UCB)
- 4:08.6 Damon Wood (UCB)
- 4:09.1 John Koningh (UCI)
- 4:10.8 Rich McCandless (LBS)
- 4:11.5 Rick Bartlett (MUSA)
- 4:12.8 Stan Ross (SJS)

- 31:55.4 Luis Arreola (CPSLO)
- 32:03.2 Paul Cook (AIA)
- 32:05.0 Bill Villa (Chap)
- 32:05.5 Tom Edwards (UCSB)
- 32:15 Bill Entz (Basin Blues)

3,000 METER STEEPLECHASE

- 8:47.0 Dave Daniels (UCI)
- 8:47.0 Bill McCullough (SMTc)
- 8:48.0 Bob McLeod (SMTc)
- 8:53.6 Mike LaBold (UCSB)
- 8:56.0 Shawn James (UCLA)
- 9:03.0 Ed Ahlmeyer (UCI)
- 9:04.4 Bill St. John (SDS)
- 9:04.6 Bill Gail (Stanford)
- 9:06.7 Mike Cour (SDTC)
- 9:09.1 Haldeman (Stanford)
- 9:11.6 Jeff Small (CPSLO)
- 9:11.6 Paul Heide (HSU)
- 9:14.6 Hal Schultz (UCB)
- 9:16.2 Mike Lohman (DTC)
- 9:16.4 Howard Burgess (MUTC)
- 9:17.9 George Aguirre (FSU)
- 9:18.8 Rich Langford (FSU)
- 9:20.8 Vellequette (UCB)
- 9:22.0 Terry Bauer (CPSLO)
- 9:28.4 Gil Brooks (SJS)
- 9:32.2 John Bettencourt (SJS)
- 9:32.6 Steve Kelley (FPCTC)

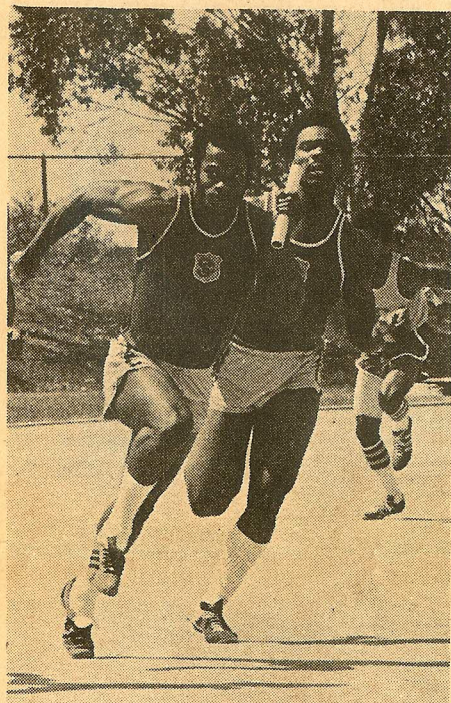
1500 METER RUN

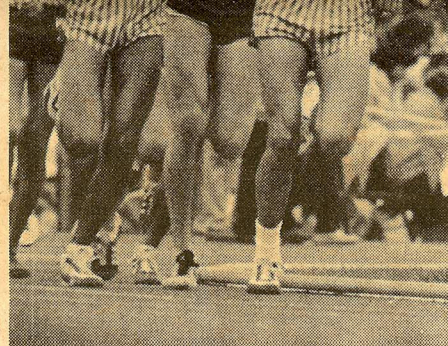
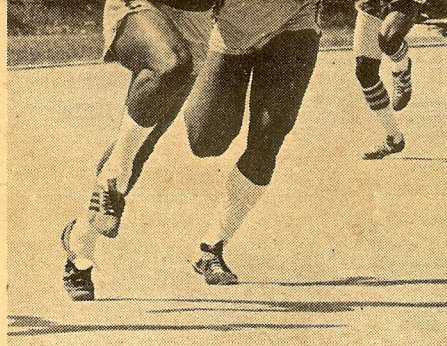
- 3:43.6 Armando Cendejas (LBS)
- 3:48.9 Russell (UCLA)
- 3:49.0 Dan Aldridge (CPSLO)
- 3:49.3 Andy Clifford (UCB)
- 3:49.5 Curtis Beck (UCLA)
- 3:49.6 Brian Hunsaker (SDS)
- 3:49.6 David Omwansa (USC)
- 3:50.2 Damon Wood (UCB)
- 3:50.4 John Koningh (UCI)
- 3:50.9 Tom Colley (Oxy)
- 3:51.0 Rayfield Beaton (USC)
- 3:51.9 Bryan Foley (FPCTC)
- 3:52.0 Byrne Elliott (SDS)
- 3:52.7 Tim Earle (Westmont)
- 3:53.0 Stan Ross (SJS)
- 3:53.3 Charlie Christensen (UCI)
- 3:53.3 Ed Arriola (MUTC)
- 3:53.8 Steve Wolf (OSN)
- 3:54.7 Jeff Small (CPSLO)
- 3:54.9 Rich Green (SJS)

110 METER HIGH HURDLES

- 13.3 Greg Foster (UCLA)
- 13.7 Joe Sial Sial (CPSLO)
- 13.8 Dedy Cooper (SJS)
- 13.9 James Owens (UCLA)
- 13.9 Mike Johnson (Tobias)
- 13.95 Sam Turner (CSULA)
- 14.0 Derek Liggon (Tobias)
- 14.1 Tony Hicks (SDS)
- 14.1 Mike Kirtman (SJS)
- 14.2 Mark Carley (FSU)

photo by Bill Leung, Jr.





CLANCY EDWARDS takes the stick

JIM SCHANKEL(rt), **MITCH KINGERY** (lft), and **BOB DEIS**(ctr).

200 METER DASH

20.0	Clancy Edwards (USC)
20.5	Don Quarrie (Tobias)
20.5	William Mullins (USC)
20.6	Greg Foster (UCLA)
20.9	Sam Turner (CSULA)
21.0	Mark Carley (FSU)
21.0	Jerry Jordan (Staters)
21.0	James Lofton (Stanford)
21.0	Marty Krulee (SDS)
21.1	Hildria Newell (SDS)
21.1	Millard Hampton (Ali)
21.1	Joe Siai Siai (CPSLO)
21.16	LaMonte King (UCI)
21.16	LeNorris Marshall (un)
21.2	Marlin Rochee (SJS)
21.2	Gordon Banks (Stanford)
21.3	Bart Williams (CPSLO)
21.3	Ron Whitaker (SJS)
21.3	McGlothlin (UCLA)
21.31	Greg James (CSUN)
21.33	Ken Sam (BSU)
21.35	Chester Hart (CSULA)
21.39	Johnny Thompson (FSU)
21.42	Baxter Slayton (CSUN)
21.44	Steve Brodie (CSUN)
21.5	Farmer (UCB)
21.5	D. Miller (CSULA)
21.5	Mike Simmons (Tobias)
21.56	Vernell Ferguson (WCJ)

400 METER DASH

45.51	William Mullins (USC)
46.22	James Sanford (USC)
46.24	Adrian Rodgers (Tobias)
46.9	Alan Sheats (Stanford)
46.9	Bart Williams (CPSLO)
47.0	Hubert Beasley (LBS)
47.1	Marlin Rochee (SJS)

47.85	Don Thompson (UCLA)
48.0	Pete (CSULA)
48.0	Vic Remple (Stan.St.)
48.2	Joel Andrews (USC)
48.4	Guss (UCB)
48.4	Mike Bush (CPSLO)
48.6	Charles Bowie (UCI)
48.6	Vernoy Mayweather (SDS)
48.6	Jones (Oxy)

800 METER RUN

1:47.6	Steve Scott (UCI)
1:48.5	Rick Brown (Tobias)
1:48.5	David Omwansa (USC)
1:48.5	James Robinson (ICAC)
1:48.8	Rob Casselman (PCC)
1:48.8	Mark Schilling (Puma)
1:48.9	Andy Clifford (UCB)
1:49.4	Lloyd Johnson (USC)
1:49.4	Walters (USC)
1:49.8	Conrad Suhr (UCLA)
1:50.3	Odie Huffman (LBS)
1:50.6	Malcolm Cleary (SMTTC)
1:51.3	Cliff West (BAS)
1:51.4	Brown (UCB)
1:51.4	Jeff Wells (Stanford)
1:51.5	Leonard Ledet (LBS)
1:51.7	Brian Donohue (SDS)
1:51.7	Quentin Wheeler (UCB)
1:52.1	Dulardele (CP-Pom)
1:52.2	Jon Albrecht (SJS)
1:52.4	John Thornton (MUTC)
1:52.4	Mark Robinson (un)
1:52.4	Tom Light (UCSB)
1:52.49	Howard Keely (LBS)
1:52.5	Dave Marlow (CPSLO)
1:52.5	Percell Keeling (SMTTC)

3:49.0	Dan Aldridge (CPSLO)
3:49.3	Andy Clifford (UCB)
3:49.5	Curtis Beck (UCLA)
3:49.6	Brian Hunsaker (SDS)
3:49.6	David Omwansa (USC)
3:50.2	Damon Wood (UCB)
3:50.4	John Koningh (UCI)
3:50.9	Tom Colley (Oxy)
3:51.0	Rayfield Beaton (USC)
3:51.9	Bryan Foley (FPTC)
3:52.0	Byrne Elliott (SDS)
3:52.7	Tim Earle (Westmont)
3:53.0	Stan Ross (SJS)
3:53.3	Charlie Christensen (UCI)
3:53.3	Ed Arriola (MUTC)
3:53.8	Steve Wolf (CSN)
3:54.7	Jeff Small (CPSLO)
3:54.9	Rich Green (SJS)

5,000 METER RUN

13:52.4	Duncan MacDonald (WVTC)
14:04.0	Gary Tuttle (Tobias)
14:11.0	Roy Kissin (Stanford)
14:12.8	Hal Schultz (UCB)
14:16.4	Gary Romesser (FPTC)
14:17.4	Dave Babiracki (SFVTC)
14:17.7	Bob Deis (FSU)
14:25.7	Jim Schankel (CPSLO)
14:26.9	Dave Daniels (UCI)
14:27.0	Stan Vernon (SMTTC)
14:27.4	Ted Quintana (CSUH)
14:27.6	Thom Hunt (Ariz)
14:30.0	Mike McGrath (UCD)
14:31.3	Ralph Serna (UCI)
14:31.9	Dan Aldridge (CPSLO)
14:32.1	David Schriver (UCI)
14:32.8	Tom Bryant (SMTTC)
14:33.9	Kerry Simons (SMTTC)
14:34.1	Tony Ramirez (FPTC)
14:34.1	Mitch Kingery (CPSLO)
14:34.1	Brian Hunsaker (SDS)
14:35.6	David Shoots (Ariz)
14:35.7	Dennis Laidell (AIA)
14:37.8	Mike Garcia (UCR)
14:40.1	Rich McCandless (LBS)
14:40.2	Paul Frederickson (SDS)
14:40.8	Damon Wood (UCB)

10,000 METER RUN

29:54.2	Jim Schankel (CPSLO)
29:55.8	Gary Romesser (FPTC)
30:29.9	Ted Quintana (CSUH)
30:30.4	Bob Deis (FSU)
30:37	Bob Hayes (AIA)
30:46.2	Chris Speers (HSU)
30:46.4	Tom O'Neill (Stanford)
30:49.0	Van Horn (CSUS)
30:50.8	Mitch Kingery (CPSLO)
31:11.6	Robbie Bray (CPSLO)
31:30.6	Gerardo Canchola (UCSB)
31:38.5	Eric Gulve (Oxy)
31:46.9	Carl Smith (C.North)

9:28.4	Bill Brooks (SJS)
9:32.2	John Bettencourt (SJS)
9:32.6	Steve Kelley (FPTC)

110 METER HIGH HURDLES

13.3	Greg Foster (UCLA)
13.7	Joe Siai Siai (CPSLO)
13.8	Dedy Cooper (SJS)
13.9	James Owens (UCLA)
13.9	Mike Johnson (Tobias)
13.95	Sam Turner (CSULA)
14.0	Derek Liggons (Tobias)
14.1	Tony Hicks (SDS)
14.1	Mike Kirtman (SJS)
14.20	Mark Carley (FSU)
14.2	Reynolds (SFS)
14.25	Chester Hart (CSULA)
14.3	Crittenden (Un)
14.3	Smith (UCB)
14.36	John Peterson (LBS)
14.4	Roberts (WVTC)
14.4	Margerum (Stanford)
14.4	Walt Pratt (UCB)
14.4	Kennedy (CLC)
14.5	Rich Graybehl (USC)
14.5	Wilbur Gregory (UCI)
14.5	Greg Veatch (UCI)
14.58	Delario Robinson (AATC)

400 METER INTERMEDIATES

49.5	Quentin Wheeler (UCB)
49.5	Bart Williams (CPSLO)
50.1	James King (un)
50.92	Rick Walker (Tobias)
51.08	Phil Mills (un)
51.1	Rich Graybehl (USC)
51.5	Walt Pratt (UCB)
51.50	Lindsay Guerrero (un)
51.7	Dedy Cooper (SJS)
51.73	Anthony Young (UCLA)
51.8	Tim Chambers (UCI)
51.99	Mike Mince (FSU)
52.2	Tom Shellworth (Stanford)
52.4	Tony Hicks (SDS)
52.5	Guss (UCB)
52.7	Don Finley (SJS)
52.8	Dan Orr (Pom-Pitz)
52.81	McNeal (UCLA)
53.0	Gene Taylor (un)
53.1	David Lizardi (LBS)
53.4	Mike Bartlett (CPSLO)
53.95	Rich Easter (FSU)
54.3	Elvester Strong (CSB)
54.53	Otis Fisher (MUTC)
54.6	Kennedy (CLC)
54.7	Campbell (UCD)

COLLEGE & OPEN MEN

* includes marks received through April 1, 1978

HIGH JUMP

7-3	Dave Haber (CSUH)
7-2½	James Frazier (Ariz)
7-2	Reynaldo Brown (AIA)
7-1	Ron Livers (SJS)
7-0 1/8	Keith Nelson (SJS)
7-0	Tim Walker (USC)
7-0	Joe Phillips (Chapman)
7-0	Ron Horn (FSU)
7-0	Dwayne Joseph (UCLA)
6-10¼	Weeks (CLC)
6-10	Hall (Oxy)
6-10	Jason Meisler (un)
6-10	Mark Wilson (un)
6-10	Sly Prichett (SJS)
6-10	Larry Wright (CSUH)
6-10	Gil Jenkins (CSUH)
6-8	Fitzgerald (CP-Pom)
6-8	Byrne (UCLA)
6-8	Littleboy (Stanford)
6-8	Lynn Bess (Ariz)
6-8	Paul Viggiano (LBS)
6-8	Darryl Washington (LBS)
6-8	Mitchell Zarders (LBS)
6-8	Larry Flynn (UCR)
6-8	Greg Kraft (CPSLO)

POLE VAULT

18-0½	Mike Tully (UCLA)
18-0	Don Baird (un)
17-0	Craig Wilson (LBS)
17-0	Steve Lawry (LBS)
16-7	Raimo Eskola (CSULA)
16-6	Miro Zalar (un)
16-6	Charlie Brown (UCLA)
16-6	Doug Laz (un)
16-6	Greg Woepse (SJS)
16-1	Craig Robinson (CSULA)
16-0	Keith Adams (un)
16-0	Bill Thilken (UCI)
16-0	Williams (BAS)
16-0	Russ Rogers (USC)
16-0	Doug Bockmiller (SJS)

16-0	Tori Lewis (UCB)
16-0	Olsen (CSUH)
15-7	Leo Linn (UCSB)
15-7	Jeff Ferguson (CSULA)
15-6	Pat Aldrich (un)
15-6	Stan Reyes (CPSLO)
15-6	Stuart Foster (CPSLO)
15-6	Bob Pfaffenberger (FSU)
15-6	Billy Pierce (FSU)
15-6	Kevin Stevenson (UCB)
15-6	Larry Hintz (UCB)
15-6	Stan Reitz (CSUH)

LONG JUMP

25-11 3/4	Larry Doubly (USC)
25-11½	Randy Williams (Tobias)
25-7	James Lofton (Stanford)
25-7 (26-7w)	Ken Duncan (BAS)
25-3 3/4	Kevin Cole (SJS)
25-3	LaMonte King (UCI)
25-2	Mike McRae (BAS)
25-0½	Willie Banks (UCLA)
24-10	Darrin Nelson (Stanford)
24-7½	Greg McGee (AATC)
24-6½	Keith Taylor (LBS)
24-6	Ned Armour (SDS)
24-5½	Rex White (SJS)
24-4 3/4	Kent Namikas (Pom-Pitz)
24-3½	Scott Stauch (UCLA)
24-3	Chris DeFrance (ASU)
24-0	Kevin Weeks (LBS)
23-11½	Chuck Steffes (WVTC)
23-10½	Dave Brown (SJS)
23-5½	Brown (Stanford)
23-4½	Victor Lancaster (UCLA)
23-2	Michael Corrin (UCI)
23-0½	Ed Tate (CPSLO)

TRIPLE JUMP

53-4½	Chris DeFrance (ASU)
53-2	Rayfield Dupree (MUTC)
53-1	Ron Livers (SJS)
53-1	Mike Marlow (BAS)
52-9 3/4	Milan Tiff (Tobias)
52-9	Larry Johnson (SJS)
52-4½	Keith Taylor (LBS)
51-10½	Greg Caldwell (un)
51-5	Chip Benson (UCLA)
51-3	Carey Tyler (Biola)
51-2	Gerald Halcomb (LBS)
51-1½	Enrique Scott (AATC)
51-0	Greg McGee (AATC)
50-11½	Fred Assef (USC)
50-3 3/4	Dan Jackson (USC)
50-2	Harry Freeman (SJStars)
50-0	Ed Tate (CPSLO)
49-10	Willie Banks (UCLA)
49-7	Mike Dobbins (UCB)
49-2½	Doug Garner (CSUH)
49-1½	Sam Reed (UCI)
49-0½	Kent Namikas (Pom-Pitz)
48-7½	Grubbs (UCB)
48-4½	Greg Garrett (SDS)
48-0½	William Salazar (FSU)

SHOT PUT

65-6	Al Feuerbach (AW)
63-5	Mac Wilkins (AW)
62-9	Mike Weeks (un)
62-2	Dave Laut (UCLA)
58-11½	Dave McKenzie (USC)
57-9½	Bob Feuerbach (SJS)
57-4½	Bob Gummerson (SJS)
56-10	Steve Montgomery (USC)
56-6½	Kent Pagel (MUTC)
56-3	Jeff Klein (UCLA)
56-0 3/4	Dave Kurrasch (USC)
55-1½	Tony Williams (CSUH)
54-7	David Fuller (LBS)
53-11	Paul Santiago (UCB)
53-4½	Roy Schablaske (FSU)
53-0	Johnson (CSUH)

52-6 3/4	John Longdon (MUTC)
52-6½	Bruce Rothschild (CSN)
52-2	Dave Michelmore (CPSLO)
51-11 3/4	Scott Endler (FSU)
51-9	Paul Toma (CPSLO)
51-6 3/4	Judd Binley (UCI)

DISCUS THROW

200-7	Marcus Gordien (un)
195-0	Ray Burton (un)
190-11	Jim McGoldrick (MUTC)
190-1	Mike Weeks (un)
183-8	Bob Gummerson (SJS)
180-5	Judd Binley (UCI)
178-11	Paul Santiago (UCB)
176-8	Dave Weber (AATC)
173-6	Scott Endler (FSU)
171-5	David Fuller (LBS)
170-10	Frank Riley (AATC)
170-5	Jon Sheppard (UCI)
169-1	Rick Buss (Stanford)
168-0	Ben Plucknett (un)
167-10	Steve Montgomery (USC)
166-9	Scott Wells (UCLA)
163-10	Ralph Horn (SJS)
159-4	Dave Kurrasch (USC)
159-2	Auferoth (Biola)
159-0	Doug Silcox (Chico)
156-9	Ken Watkin (FPCT)
155-1	Fyfe (CSUS)
153-4	Kurt Vonogas (CPSLO)
152-1	Lars Koch (CSULA)
151-8	Dave Michelmore (CPSLO)

JAVELIN THROW

248-11	Dennis Morley (FSU)
248-4	Fred Carpenter (AIA)
240-8	Wayne Guy (UCB)
238-7	Bruce Kennedy (SJStars)
236-8½	Ted DeMill (UCLA)
236-9	Larry Stuart (MUTC)
226-8	Mauricio Bardales (UCI)
223-5	Mike Packer (MUTC)
223-2	Mark Booth (LBS)
217-0	Andrews (CSULA)
215-7	Rick Moore (LBS)
214-5	Bob Myers (Chico)
210-8	Curt Eilenberg (UCI)
209-9	Barney Kaufelot (un)
207-10	Paananen (USC)
207-3	Rich Stewart (SJS)
205-11	Gall (CSUH)
205-8	Tori Lewis (UCB)
205-2	Don Myles (CLC)
205-6	Steve Jarvis (un)
205-0	Joe Gould (un)

POLE VAULT

18-0 $\frac{1}{2}$	Mike Tully (UCLA)
18-0	Don Baird (un)
17-0	Craig Wilson (LBS)
17-0	Steve Lawry (LBS)
16-7	Raimo Eskola (CSULA)
16-6	Miro Zalar (un)
16-6	Charlie Brown (UCLA)
16-6	Doug Laz (un)
16-6	Greg Woepse (SJS)
16-1	Craig Robinson (CSULA)
16-0	Keith Adams (un)
16-0	Bill Thilken (UCI)
16-0	Williams (BAS)
16-0	Russ Rogers (USC)
16-0	Doug Bockmiller (SJS)

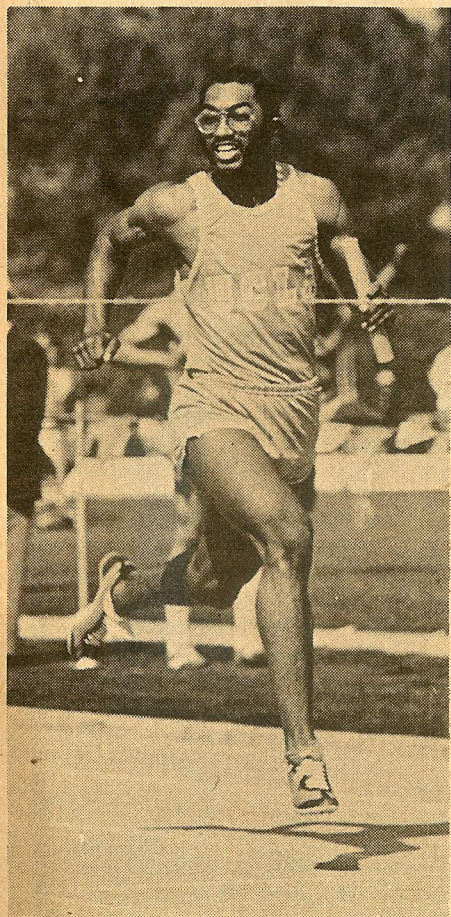
24- $\frac{1}{2}$	Greg McGee (AATC)
24-6 $\frac{1}{2}$	Keith Taylor (LBS)
24-6	Ned Armour (SDS)
24-5 $\frac{1}{2}$	Rex White (SJS)
24-4 $\frac{3}{4}$	Kent Namikas (Pom-Pitz)
24-3 $\frac{1}{2}$	Scott Stauch (UCLA)
24-3	Chris DeFrance (ASU)
24-0	Kevin Wilson (LBS)
23-11 $\frac{1}{2}$	Chuck Steffes (WVTC)
23-10 $\frac{1}{2}$	Dave Brown (SJS)
23-5 $\frac{1}{2}$	Brown (Stanford)
23-4 $\frac{1}{2}$	Victor Lancaster (UCLA)
23-2	Michael Corrin (UCI)
23-0 $\frac{1}{2}$	Ed Tate (CPSLO)

SHOT PUT

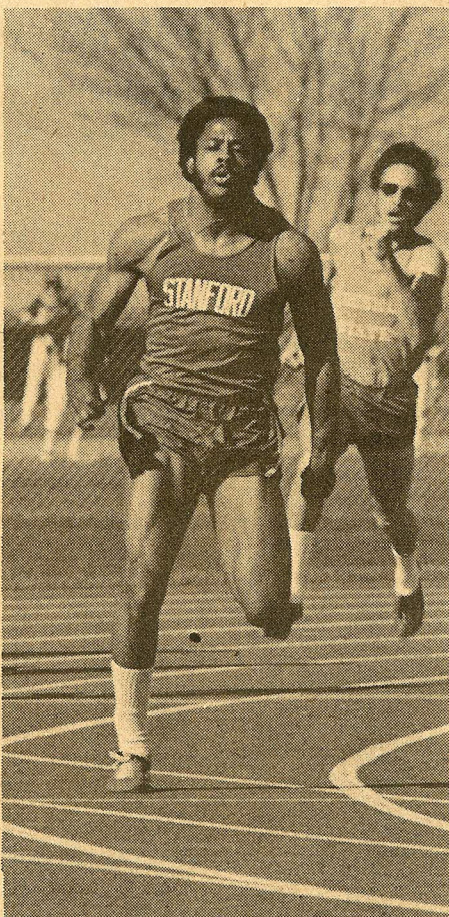
65-6	Al Feuerbach (AW)
63-5	Mac Wilkins (AW)
62-9	Mike Weeks (un)
62-2	Dave Laut (UCLA)
58-11 $\frac{1}{2}$	Dave McKenzie (USC)
57-9 $\frac{1}{2}$	Bob Feuerbach (SJS)
57-4 $\frac{1}{2}$	Bob Gummerson (SJS)
56-10	Steve Montgomery (USC)
56-6 $\frac{1}{2}$	Kent Pagel (MUTC)
56-3	Jeff Klein (UCLA)
56-0 $\frac{3}{4}$	Dave Kurrasch (USC)
55-1 $\frac{1}{2}$	Tony Williams (CSUH)
54-7	David Fuller (LBS)
53-11	Paul Santiago (UCB)
53-4 $\frac{1}{2}$	Roy Schablaske (FSU)
53-0	Johnson (CSUH)
52-7	Paul Fuller (LBS)

240-8	Wayne Guy (UCB)
238-7	Bruce Kennedy (SJStars)
236-8 $\frac{1}{2}$	Ted DeMill (UCLA)
234-9	Larry Stuart (MUTC)
226-8	Mauricio Bardales (UCI)
223-5	Mike Packer (MUTC)
223-2	Mark Booth (LBS)
217-0	Andrews (CSULA)
215-7	Rick Moore (LBS)
214-5	Bob Myers (Chico)
210-8	Curt Eilenberg (UCI)
209-9	Barney Kaufelot (un)
207-10	Paananen (USC)
207-3	Rich Stewart (SJS)
205-11	Gall (CSUH)
205-8	Tori Lewis (UCB)
205-6	Don Myles (CLC)
205-2	Steve Jarvis (un)
205-0	Joe Gould (un)

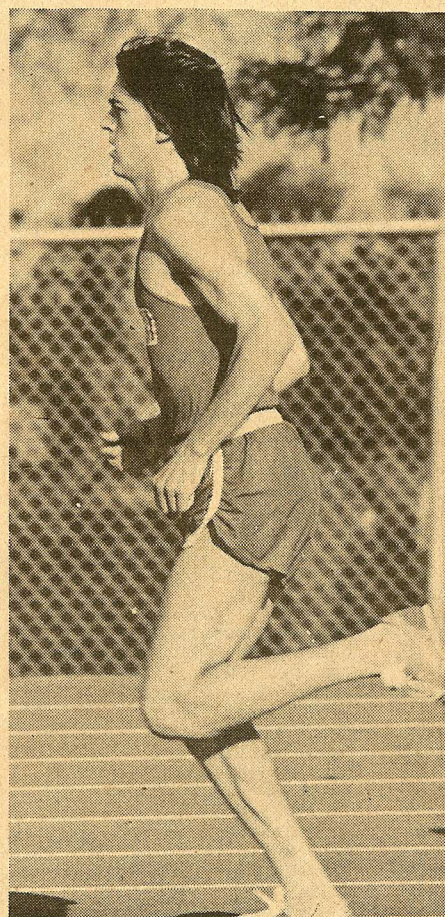
photo by Bill Leung, Jr.



GREG FOSTER



ALAN SHEATS



ROY KISSIN

HAMMER THROW

202-1	Ed Arcaro (MUTC)
193-6	Ray Burton (un)
192-8	Mark Sawyer (CSUH)
186-3	Joe Briski (SDS)
186-1	Coleman Kells (SJS)
184-5	Tom Meyer (un)
181-8	David Fuller (LBS)
177-2	John Goldhammer (JCTC)
177-1	Paul Fuller (LBS)
174-11	Larry Schrader (UCI)
173-4	Rick Brunner (CPSLO)
167-3	Dave Kennon (Chico)
163-6	Ken Edwins (CLC)
160-6	Chuck Weidman (Stanford)
160-5	Thompson (Stanford)
159-11	Auferoth (Biola)
158-0	Lee (CSUH)
158-0	Scott Semar (CSB)
155-5	Rick Fritzemeyer (FSU)
152-4	Clark Behnke (CPSLO)
149-11	Gary Costello (SDS)

DECATHLON

8011	John Warkentin (un)
7831	Mauricio Bardales (UCI)
7762	Roger George (AW)
7368	Brian Mondschein (ITC)
7159	Grant Niederhaus (MUTC)
7030	Rex Harvey (USAF)
6994	Bill Waters (PLC)
6885	Greg Veatch (UCI)
6753	Brian DeRoo (UR)
6707	Tom Byron (FSU)
6691	Don Foss (SDS)
6595	Brian Saunders (CPSLO)
6007	Mike Wilcox (FSU)
6002	Jeff Harmon (UCB)

400 METER RELAY

39.04	USC
39.29	Tobias Striders
39.7	Stanford
39.9	San Jose State
40.3	Cal Poly-San Luis Obispo
40.4	UC Berkeley
40.64	CS Northridge
40.66	CSU Los Angeles
40.88	UC Irvine
40.9	Long Beach State
40.93	Stanislaus State
40.93	San Diego State
41.0	Fresno State
41.4	UC Riverside

1600 METER RELAY

3:06.3	USC
3:06.6	Stanford
3:06.8	San Jose State
3:08.4	Athletes in Action
3:08.5	UCLA
3:09.4m	Cal Poly-San Luis Obispo
3:12.9	Fresno State
3:13.0	UC Berkeley
3:13.2	UC Irvine
3:16.6	San Diego State
3:17.4	UC Santa Barbara
3:18.0	Cal State Bakersfield
3:18.8	CSU Hayward
3:19.0	Stanislaus State
3:19.1	Cal State Los Angeles
3:19.1	Occidental
3:19.3	Pt. Loma College
3:20.6	Cal Lutheran

Track ?

by CHUCK SKOW & MIKE LENNEMANN

T e a s e r

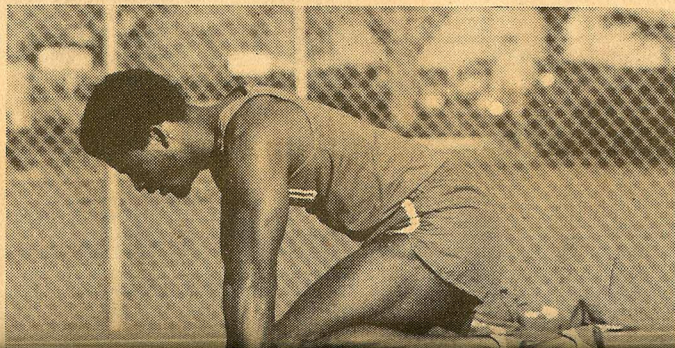
Last issue's puzzle was a doozie as only three "track nuts" felt confident enough to send in their answers. Listed here are the 33 track clubs hidden in the letter scramble: Bay Area Striders, Dolphin South End, Cupertino Yearlings Naturite, Mercurettes, Aztlan, San Luis DC, Six Rivers RC, Fresno Pacific, West Valley, Cindergals, Jamul Toads, Pacific Coast, Tobias Striders, Maccabi, Aggie RC, Corona Del Mar, Santa Monica, Athletes in Action, Rialto Road Runners, Blue Angels, San Diego, San Fernando Valley, Nor Cal Seniors, Buffalo Chips, Santa Barbara AA, Culver City AC, Pamakid, Sundance, High Sierra, Camino West, Milbrae Lions, Peachbowl Pacers.

Steve Wolters of Corcoran got the most right with his 31, and will receive the free one year renewal and gift. Two others were close: Pat Lohse of Hanford and John Cheever of Upland.

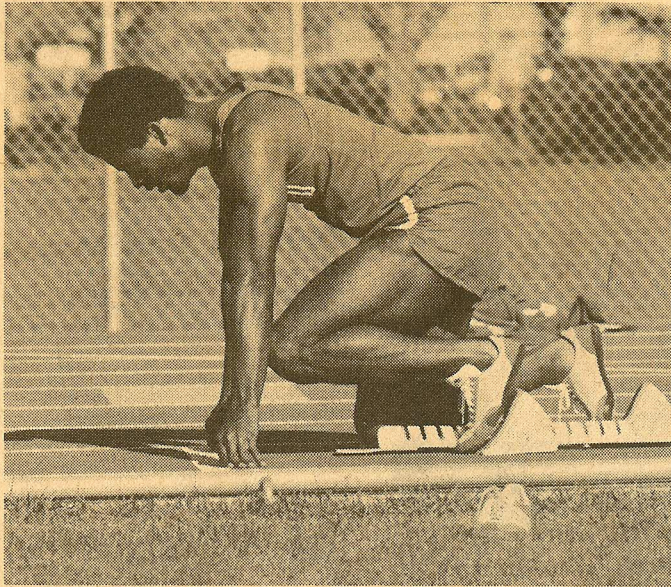
Here is the new puzzle for this issue. The answers to the following questions are hidden in the letter scramble. How many can you find. The reader submitting the most correct answers circled will receive a free one year subscription (or renewal) plus a track related gift. In case of a tie a drawing will determine the winner. Entries must be received by April 30, 1978.

1. Name of black pole vaulter who has vaulted the highest. 2. First U.S. black runner to break 4 minutes in the mile. 3. First U.S. white sprinter to run 9.2 in 100 yard dash. 4. Only person ever to win both N.J.C.C. and California J.C. championships. 5. Name of California town in which last hammer throw world record was set. 6. Name of founder of Mt. SAC Relays. 7. Name of high school from which Lee Evans graduated. 8. Name of high school Hal Davis attended. 9. Which left handed person has vaulted highest. 10. Name of TRACK where last two Olympic Trials were held. 11. What was the track & field event of Chester in the TV series "Gunsmoke?" 12. First American sub 4 minute miler. 13. First black to win a gold medal in the Olympics. 14. Who holds Stanford University's stadium high jump record. 15. Name of only 2 men ever to beat Bob Hayes in a major 100 yd/100 m race. 16. Name of black who has thrown discus farthest. 17. Who holds the American 1500m decathlon record? 18. What was the track & field event of Little Joe in the TV series "Bonanza?"

O T K A O E V I L Y O J
V S S N C A L L S D D A
E T T L D O A S E E L V
R R E A D R R C R N E E
F C V G S E A W E N M L
E U E M Y T E L C E U I
L M N A H N R F L K R N
T M S L J E V E A U B T
W I O E D D U R B C P R
C N N A M W E N U O M A
R G J E R O M E T M R C
M S D R A B B U H I P K



*"Converting, Building and Marking a *High School Track for Metric Events"*



JAMES LOFTON

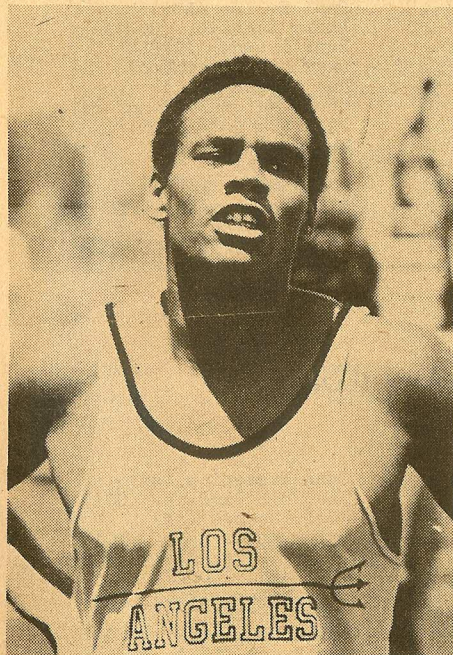


photo by Diane Johnson

CHESTER HART

MARATHON

2:17:16	Duncan Macdonald (WVTC)
2:18:41	Joe Carlson
2:19:00	Michael Pinocci (WVTC)
2:19:14	Dave Frickel (LaVerne)
2:20:06	Brian Maxwell (BA)
2:21:14	Tom Bryant (SMTC)
2:21:52	Ron Kurrle (SFVTC)
2:22:21	Ken Moffitt (Aztlan)
2:22:47	John Bordell
2:22:52	Dave White
2:22:54	Rory Trup (JT)
2:22:57	Robert Burch (CSB)
2:23:19	Chris Cole
2:23:30	Tom Lux (JT)
2:23:36	Gordon Innes (Humb.St.)
2:23:49	Dan Cloeter
2:24:00	Kevin McDonald
2:25:30	John Bramley
2:26:32	Mark Stevenson
2:26:45	Frank Dauncey
2:27:03	Chris Speere
2:27:09	Mark Sisson
2:28:08	Bill Britten (ARC)
2:28:10	Jean Ellis
2:28:15	Ernie Rivas (ETC)
2:28:39	Atkins Chun (un)
2:28:59	Bruce Dewsberry (TW)
2:29:09	John Modvig (SFVTC)
2:29:46	Angel Martinez (ARC)

"Converting, Building and Marking a *High School Track for Metric Events"

THE BOOK on Track is Now Helping Administrators, Coaches, Architects, Engineering, and Contractors in 30 States !

The text and drawings include:

- * engineering construction and cost for converting a 440 yard track to 400 meters.
- * how to calculate, measure and mark metric events on a 440 yard track.
- * how to calculate, measure and mark a 400 meter track.
- * typical track dimensions and layouts.
- * review of National Federation rules, policies and recommendations.

*** also now includes NCAA events and dimensions ***

*Prepared by the consultant to the NCAA
Track & Field Rules Committee.*

Send \$15.00 per copy to:

Merle E. Schwab
—Professional Engineer—
413 Research Drive, Manhattan, Kansas 66502

RESULTS

126477 AAU CHAMP./30TH WEST. HEMI. CHAMPS.

1	HAKAN SPIK	IKKF	2:17:48	
2	EDWARD SCHELEGLE	ARC	2:18:11	
3	JOE CARLSON	CCAC	2:20:12	
4	DAVE BABIRACKI	SFVT	2:20:37	
5	ATHOL BARTON	SL	2:21:53	
6	RONALD KURRLE	SFVT	2:24:54	
7	KENNETH MOFFITT	AZTL	2:24:59	
8	KEVIN HEATON	SDTC	2:26:27	
9	DOON MOSES	ITC	2:26:40	
10	TOM LEE	CCAC	2:27:47	
11	MARK PROTEAU	ARC	2:27:58	
12	BILL ENTZ	B B	2:29:33	
13	ALLEN RUDE	SLDC	2:29:43	
14	VINCENT ENGEL	B B	2:30:24	
15	STEVE SCOTT	ITC	2:32:22	
16	JOHN NASLUND	TCTC	2:33:21	
17	JOHN MADVIG	SFVT	2:33:25	
18	STEVE BLUM		2:34:31	
19	TRUMAN CLARK	SCS	2:34:35	1 MA
20	BART J COVENTRY	STC	2:35:05	1 SM
21	KEITH STRIPSKY	UNAT	2:35:08	
22	UNIDENTIFIED		2:35:28	
23	RUBEN RUIZ	AZTL	2:35:53	1 B3
24	DAVE ASKREN	AZTL	2:36:26	
25	BYRLE SMALLER	STC	2:36:28	
26	JOHN ARMSTRONG		2:36:41	
27	BERT PROUST		2:37:01	
28	MICHAEL DUNCAN	WVTC	2:37:20	
29	C. CHRISTIANSEN	ITC	2:38:37	2 B3
30	ANDREW LEVINSON	STC	2:38:42	
31	BILL ANDERSON	SBAA	2:39:14	
32	ANTHONY GERARDI	LVTC	2:39:18	
33	JOE BURGASSER	STC	2:39:29	2 SM
34	GRAENE SHIRLEY		2:41:00	
35	LEN EFFRON	CCAC	2:41:02	2 MA
36	JIM MINAMI	ATZL	2:41:41	
37	LARRY PONTINEN	SBAA	2:42:00	3 SM
38	H. FITZPATRICK	TC	2:42:20	
39	CARLOS ALFARO	AZTL	2:42:41	4 SM

6.	Occidental College	4:25:17
7.	Fresno Pacific T.C.	4:26:34
8.	Tamalpa "A"	4:30:58
9.	Sinful Seven	4:31:23
10.	Monterey Pen. College	4:31:40
11.	SWEAT	4:32:52
12.	WVTC Sub-Masters	*4:34:02
13.	Sensuous Seven	4:34:35
14.	WVJS "A"	4:35:06
15.	A. Hancock	4:35:53
16.	Camino West "B"	4:41:05
17.	Sunshine Boys	4:41:12
18.	Squeaky Cheeks	4:41:51
19.	Mission San Jose	*4:42:29
20.	Harbor Harriers	4:42:46
21.	WVTC "B"	4:44:10
22.	Range Rovers	4:44:57
23.	Buffalo Chips Sub-Masters	4:45:26
24.	De Anza	4:46:06
25.	Redwood High	4:46:29
26.	Marvin Movers	4:47:16
27.	Carlmonsters (Carlmont H.S.)	4:47:31
28.	Excelsior T.C.	4:49:08
29.	Lake Merritt Striders	4:49:19
30.	Baby Aggies	4:49:26
31.	Buffalo Chips "A"	4:50:51
32.	Coyote Striders	4:51:26
33.	WVJS "A"	*4:51:29
34.	Pamakid "A"	4:51:45
35.	Los Gatos H.S. "A"	4:52:53
36.	Tamalpa Turkeys	4:53:13
37.	Aggie R.C. "Sleds"	4:53:21
38.	Tamalpa-Dipsea Indians	4:54:08
39.	WVTC Pick-ups	4:54:23
40.	Peach Bowl Pacers Pick-up	4:54:50
41.	Good Earth Runners "A"	4:55:01
42.	U.C. Crew Team	4:55:05
43.	San Luis D.C.	4:55:10
44.	WVJS 30	4:55:45
45.	Canadian Bacon "A" (Cordova H.S.)	4:56:29
46.	Jack's Jocks	4:57:13
47.	Hastings Runners H/C	4:58:44
48.	Runner's World Road Club "1"	4:59:04
49.	Orinda Road runners "A"	4:59:26
50.	Yuba City H.S.	

/Jack Leydig/

January 14 **MISSION BAY HALF-MARATHON** 1978

Sanita Monica Track Club's Gary Mittl, now a San Diego resident, overtook leading Tim Peterson, Jamal Todd, and Jim Mosher, San Diego Track Club, on the De Anza Cove loop and went on to win the 1978 Mission Bay Half-Marathon by an impressive two minutes forty seconds. His time of 66:59 is all the more impressive when the hazards of the hastily revised (but certified) course were considered. The leaders not only had to contend with some mud at the Fiesta Island Junction but had to work their way through packs of slower Marathoners and Half-Marathoners as they lapped the field at the Fiesta Island Junction.

6TH PICO RIVERA ANNIVERSERY RUNS

DISTANCE-- 5.000 MILES DATE-- 012278

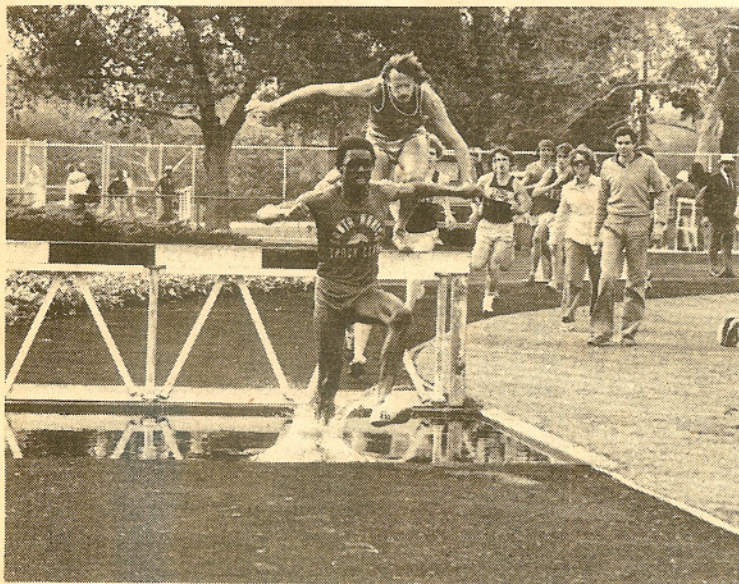
PLC	NAME	CLUB	TIME
1	DAVE FRICKEL		23 24:06
2	DAVID SCHRIVER	18 ITE	25:03
3	BOB ALEXANDER	25 CCAC	25:16
4	ALEX HEDGES	29	26:11
5	MIKE FISHER	15 O F	26:18
6	STEVE CHASE	23 UNAT	26:11
7	LUIS VERGARA	18	26:11
8	JOE RAZL	39 AZTL	26:28
9	DIMAS IGLESIAS	20 RRR	26:31
10	STEVE CLOSE	34 STC	26:41
11	MICHAEL SAYWARD	29 AATA	26:54
12	TOM VIERA	17 O F	27:00
13	OSCAR HUICOCHA	15 O F	27:16
14	KEITH HILL	21 AZTL	27:20
15	MIT HUNT	32	27:43
16	JIM FLANIGAN	28 CCAC	27:46
17	RICHARD VASQUEZ	17 O F	27:49
18	JOE RAMOS	18	28:11
19	ANTHONY GUZMAN	17 O F	28:12
20	SERGIO VERGARA	16 O F	28:20
21	THOMAS CORY	31 GPAC	28:22
22	NESTO LERMA	29	28:30
23	RICK VASQUEZ	40 AZTL	28:31
24	CHRIS SMITH	17 O F	28:35
25	JOHN CARRASCO	17	28:41
26	MIKE BIRDSONG	16 O F	28:41
27	SAL LOZANO	18	28:42
28	DAVID ARAUJO	16 O F	28:53
29	DAN GUTIERREZ	30	28:59
30	STEVE MIZERA	16 O F	29:10
31	WILLIAM SUMNER	30	29:16
32	MARK JUDGE	22	29:18
33	RENE DRONA	20	29:24
34	STEVE GUZAN	17 O F	29:26
35	JIM GILLESPIE	40	29:28
36	FRANK GUZMAN	14 O F	29:33
37	JESSE SORENSON	15 O F	29:40
38	JOHN CHEEVER	36 UNAT	29:47
39	LES CALDERA	26 UNAT	29:48
40	FRANK VANDERBAAN	31 CCAC	29:50
41	JESUS MARTINEZ	13 O F	29:50
42	DANNY VELASQUEZ	18	29:51
43	LOUIS E SIMMS JR	45 STC	29:52
44	JOE PINEDA	14 O F	29:54
45	GLEESON	42 SCS	29:58
46	EDWARD VOLL	29	30:11
47	KIM VOLLMER	17 PCP	30:11
48	STEVE SUMMERS	16 O F	30:16
49	JUDY STEESE	18	30:25
50	BOB LOSSER	41 UNAT	30:25
71	SUZANNE BOTTLIK	12 SBDR	31:50
83	DENISE LOPEZ	15 O F	32:56



by Keith Conning

23	RUBEN RUIZ	AZTL	2:35:53	1	B3
24	DAVE ASKREN	AZTL	2:36:26		
25	BYRLE SMALLEN	STC	2:36:28		
26	JOHN ARMSTRONG		2:36:41		
27	BERT PROUST		2:37:01		
28	MICHAEL DUNCAN	WVTC	2:37:20		
29	C. CHRISTIANSEN	ITC	2:38:37	2	B3
30	ANDREW LEVINSON	STC	2:38:42		
31	BILL ANDERSON	SBAA	2:39:14		
32	ANTHONY GERARDI	LVTC	2:39:18		
33	JOE BURGASSER	STC	2:39:29	2	SM
34	GRAENE SHIRLEY		2:41:00		
35	LEN EFFRON	CCAC	2:41:02	2	MA
36	JIM MINAMI	ATZL	2:41:41		
37	LARRY PONTINEN	SBAA	2:42:00	3	SM
38	W. FITZPATRICK	TC	2:42:20		
39	CARLOS ALFARO	AZTL	2:42:41	4	SM
40	GARY SEEGER		2:42:53		

photo by Richard Lee Slotkin



BILL McCULLOUGH splashes to 8:47.0 in the steeplechase.

December 18, Santa Cruz, Christmas Relays

	FINISH
1. Athletes In Action	*4:14:42
2. Camino West "A"	4:15:46
3. Aggie R.C. "Toy Makers"	4:16:35
4. West Valley Track Club "A"	4:22:10
5. Aggie R.C. "Elves"	*4:23:34

43. San Luis D.C.	4:35:03
44. WJBS 30	4:55:10
45. Canadian Bacon "A" (Cordova H.S.)	4:56:45
46. Jack's Jocks	4:56:29
47. Hastings Runners H/C	4:57:13
48. Runner's World Road Club "1"	4:58:44
49. Orinda Road runners "A"	4:59:04
50. Yuba City H.S.	4:59:26

/Jack Leydig/

MISSION BAY HALF-MARATHON

January 14 1978
 Santa Monica Track Club's Gary Hittl, now a San Diego resident, overtook leading Tim Peterson, Jamul Toads, and Jim Mosher, San Diego Track Club, on the De Anza Cove loop and went on to win the 1978 Mission Bay Half-Marathon by an impressive two minutes forty seconds. His time of 66:59 is all the more impressive when the hazards of the hastily revised (but certified) course were considered. The leaders not only had to contend with some mud at the Fiesta Island Junction but had to work their way through packs of slower Marathoners and Half-Marathoners as they lapped the field at the Island Junction and again approaching the finish.

Jeff Shaver, 17, also of Santa Monica, was the first Junior with 72:32. Just thirteen seconds ahead of San Diegoan Sparky Lebold. Jeff placed 12th overall with Sparky in 15th and third Junior, Santa Barbara's Bob Brennand, 16, in 20th with 73:55.

First Master was Joe Livesay, SDTC, from Yuma, in 84th and 83:06, 11:36 ahead of San Diego State professor Tony Sucec, also SDTC. Ruth Caldwell, running for Athletes in Action, was the first Woman finisher in 84:24 and 93rd place with Linda Pena, Los Angeles Athletic Club, and Joanna Yundt, Camp Pendleton, battling it out for second 86:46 to 86:51. Lita Whitman, Jamul Toadette, surprised San Diego Track Club's Terry Brown with an 85:52 victory in the Girl's Division with 14-year-old Terry in 88:02.

First Woman Master was Northern California Seniors Track Club veteran Ruth Anderson in 91:48 and La Jolla Daniel Brim, 53, was first Men's Division II Master with 88:46. Elbert Smith, 61, from San Diego, led ten over-60's in 1:46:47 for first in the Masters III Division.

1978 MISSION BAY HALF-MARATHON RESULTS 04 JAN 1978

PLACE	RUNNERS NAME	AGE	AFFILIATION	FINISH	DIV
1	GARY J. HITTL	23	SDTC	1:06:59	
2	TIM D. PETERSON	27	JAMUL TOADS	1:08:19	
3	JAMES K MOSHER	20	SDTC	1:08:53	
4	ROBERT ARCHIBOLD	22	JAMUL TOADS	1:09:50	
5	MICHAEL L. COUR	24	SDTC	1:10:24	
6	BRYAN FOLEY	20	FRESNO PAC TC	1:10:24	
7	PHIL STANFORTH	20	TUCSON	1:11:06	
8	DAVE WHITE	29	ORANGE FLYERS	1:11:39	
9	DEWIS KASISCHKE	23	SDTC	1:12:19	
10	WIL WESTER	28	ESCONDIDO	1:12:26	
11	RICK HAGIN	29	SAN MARCOS	1:12:30	
12	JEFF SHAVER	17	SANTA MONICA	1:12:32	1-J
13	GARY KOHN	20	TEAR CHART HOUSE	1:12:35	
14	DOUG JACOBSON	21	MOSCOW IDAHO TC	1:12:35	
15	SPARKY LEBOLD	17	SAN DIEGO	1:12:35	2-J
16	BRIAN STEPHENSON	19	QUEST CLUB	1:12:57	
17	DEWIS STONEHOCKER	26	SO. ARIZONA RR	1:13:14	
18	BRYAN WELCH	25	USA	1:13:39	
19	PHIL HENDRICK	21	SAN DIEGO	1:13:40	
20	BOB BRENNAND	16	SANTA BARBARA AA	1:13:55	3-J
21	TIM BECKER	19	ORANGE COUNTY TC	1:13:59	
22	FRANKLIN HARALSON	19	OCEANSIDE	1:14:00	
23	LARRY STONE	24	JAMUL TOADS	1:14:10	
24	ROBERT DAY	33	SDTC	1:14:19	
25	KEVIN WEITZ	26	ELIZIA TC	1:14:33	
26	ALBERT RAMIREZ	20	MONTEBELLO	1:14:53	
27	HOWARD BURGESS	23	SAN DIEGO	1:14:57	
28	BRIAN PARKS	10	SDTC	1:15:05	
29	DAVID OLSON	10	SANTA BARBARA	1:15:20	
30	TIM J. SALL	21	ORANGE FLYERS	1:15:27	
31	MIKE POPE	16	SDTC	1:15:43	4-J
32	HANK LAWSON	20	NATIONAL CITY	1:16:06	
33	BOB DEINES	30	BASIN BLUES	1:16:14	
34	MIKE MC CAA	17	ORANGE COUNTY TC	1:16:21	5-J
35	RICHARD NANCE	21	SAN DIEGO	1:16:22	
36	STEPHEN ADAMS	20	BASIN BLUES	1:16:22	
37	MARK F. HANWELL	17	CAROL TROTTERS	1:16:50	
38	KEN RIEDER	36	TORRANCE	1:16:54	6-J
39	ROYAL R. BRICHER	19	CHICAGO	1:16:49	
40	KEITH L. HILL	34	PARADISE	1:16:58	
41	DEWIS HOLY	30	SDTC	1:17:05	
42	ROBERT FRANKS	17	SAN DIEGO	1:17:07	7-J
43	MARSHALL SPALDING	19	OCEAN BEACH ODDS	1:17:08	
44	JAMES KING	20	ORANGE COUNTY TC	1:17:21	
45	MERRAN FOUNTAIN	30	LA JOLLA	1:17:33	
46	BILL JOHNSON	26	SDTC	1:17:44	
47	DAN JR. MCCASKILL	30	SDTC	1:17:59	
48	GARY GREENBERG	17	TORRANCE	1:18:05	8-J
49	PAT BRADY	16	CANYON COUNTY	1:18:17	9-J
50	KIR E. ULLE	16	BONITA	1:18:21	
51	MARY ALVAREZ			1:18:39	
52	MARTY A. POST	26	LAKE HERRITT JOG	1:18:37	
53	FRANK CLAYPOOL	16	LA REBA	1:18:56	10-J
54	JON JACKSON	10	SANTA BARBARA	1:19:11	
55	CHUCK WOODS	17	EL CAJON	1:19:28	11-J

/Bill Gookin/

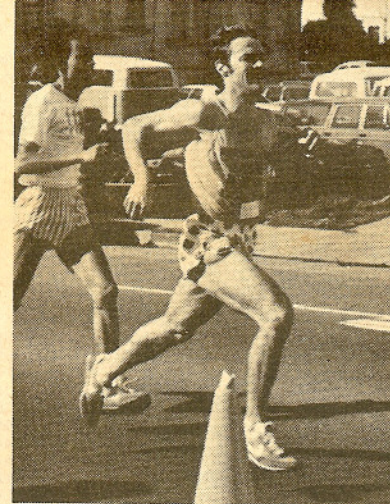


photo by Keith Conning

BRIAN MAXWELL

January 22, Saratoga, 6th Annual Paul Masson Champagne Marathon

1)	Brian Maxwell (28)	2:20:06
2)	John Bordell (25)	2:22:47
3)	Dan Cloeter (29)	2:23:49
4)	Kevin McDonald (27)	2:24:00
5)	John Bramley (27)	2:25:30
6)	Mark Sisson (28)	2:27:09
7)	Dennis Rinde (19)	2:30:47
8)	James Barker (31)	2:31:14
9)	Thomas Kennedy (22)	2:32:17
10)	Kenji Kimhara (25)	2:32:21
11)	Robert Brunkan (27)	2:33:52
12)	Chris Hamer (19)	2:34:41
13)	Paul Thompson (30)	2:34:48
14)	Jeffrey Wall (35)	2:35:10
15)	Kevin Kirby (20)	2:35:21
16)	Chris Bolter (24)	2:40:07
17)	Jesus Garza (25)	2:41:14
18)	Robert Woodliff (30)	2:41:15
19)	Santos Reynaga (28)	2:41:16
20)	Noel Lincicome (29)	2:41:29
21)	Peter Demarais (20)	2:42:50
22)	Ulrich Kaempf (47)	2:42:59
23)	Steve Nelson (20)	2:43:21
24)	Ken Danz (20)	2:43:56
25)	Ron Wayne (32)	2:44:15
26)	Joseph Maher (31)	2:44:15
27)	David Dunbar (22)	2:44:18
28)	Paul Carrier (15)	2:44:28
29)	Jay Cook (38)	2:44:40
30)	Frank Custino (20)	2:44:54
31)	Jim Wurm (31)	2:45:39
32)	Steve Marks (25)	2:46:23
33)	Richard Batha (27)	2:46:24
34)	Dete Kraus (34)	2:46:37
35)	Jim Bowles (28)	2:46:39
36)	Joe Salazar (19)	2:47:28
37)	Dennis Gustafson (34)	2:47:32
38)	Robert Jeffery (31)	2:47:46

39) Ted Pawlak (21)	2:47:56
40) Harold Yamauchi (20)	2:48:01
41) David Bartholomew (21)	2:48:03
42) Brent Marsden (28)	2:48:39
43) David Levitsky (25)	2:48:52
44) Stephen Decarlo (17)	2:49:00
45) Donald Schultz (33)	2:49:07
46) Dennis Anderson (36)	2:49:10
47) Steven Specker (32)	2:49:41
48) Gary Crangle (31)	2:49:54
49) Paul Gyorey (19)	2:50:17
50) Jim Libdtke (39)	2:50:40
74) Joe Sloan (43)	2:56:03
75) Ted Wilson (40)	2:56:12
136) Carol Dickinson (19)	3:03:05
137) Marche Unnasch (39)	3:03:17
148) Don Lucero (50)	3:04:51
160) Lynn Petronella (23)	3:07:59
670 finishers /Dan O'Keefe/	

January 28. Pismo Beach. 5th Annual Pismo Beach 5 Mile Run

1) Mitch Kingery (CPSLO)	26:00
2) Jim Warrick (CPSLO)	26:09
3) Ray Rubio (CPSLO)	26:21
4) Tom Trimble (CPSLO)	26:36
5) Matt O'Brien (CPSLO)	26:57
6) Luis Arreola (SLDC)	27:21
7) Allen Schofield (SBAA)	27:23
8) Bob Nanninga (WVTC)	27:24
9) Jim Casper (SLDC)	27:24
10) Jesse Mitchell (Cuesta)	27:45
11) Jeff Funk (CPSLO)	28:15
12) Mike Raynes (CPSLO)	28:31
13) Mike Lane	29:22
14) John Coffey (SLDC 40+)	29:23
15) Mike Gourley (CW)	29:33
16) Ray Gil (STC) 50+	29:33
35) Fran Castro (LVDC) 1W	32:40
45) Carolyn Proctor 2W	37:03
46) Jean Spierling 3W	37:26

February 11. Ivanhoe. 9th Annual Ivanhoe Road Races

3 Mile:

1) Terry Taylor (HSTC) 1hs	15:16
2) Robert Taylor (HSTC) 2hs	15:31
3) Rich Pearson (un) 3hs	17:05
4) Deena Pearson (un) 1W	19:20

6 Mile:

1) Marty McCulloch (Wings)	31:10
2) Bruce Greenway (Wings)	32:04
3) Jack Case (HSTC)	32:09
4) Larry Martin (FJ)	33:14
5) Len Thornton (HSTC) 1 40+	33:28
6) George Garcia (FPFC)	34:45
7) Art Meyer (FPFC)	35:34
8) Paul Martin (FJ)	36:32
9) Jack Zeman (un)	36:42

3RD HIDDEN VALLEY MARATHON
RACE NUMBER 901

PLC	NAME	TIME	CC
1	BRUCE DEWSBERRY	2:28:59	
2	DAVE WHITE	2:32:13	
3	FRANK BOZANICH	2:43:12	SDTC
4	TAD KLEINDIENST	2:43:56	
5	ANTHONY LUGO	2:45:07	
6	JOE BURGASSER	2:47:57	STC
7	JOHN MURPHY	2:47:59	
8	NORM SECORD	2:48:15	
9	TONY GOFFREDO	2:51:51	
10	JOHN BRANDES	2:53:07	
11	GARY SEEGER	2:53:53	
12	ROBERT GARMAN	2:55:54	STC
13	JON JACKSON	2:56:07	SBAA
14	TIMOTHY KEY	2:57:11	
15	ALAN ULLMAN	2:57:23	
16	TIM LENAHAH	2:58:10	VCTC
17	FRANKLIN FELBER	3:00:19	
18	JERRY HONG	3:00:31	
19	RICHARD DINGES	3:00:34	
20	JESSE COOK	3:01:53	
21	DALE SUTTON	3:02:57	
22	SUE PETERSEN	3:03:39	STC
23	PETE PETERSEN	3:03:39	STC
24	CURTIS INGHAM	3:04:08	
25	ERIC MCCREARY	3:05:08	
26	SHERMAN SCHAPIRO	3:06:53	
27	IAN MADDIESON	3:07:17	
28	JOE HAMPTON	3:07:56	
29	GEORGE W HUBBARD	3:09:14	
30	DWANE NELSON	3:09:29	

3RD HIDDEN VALLEY 1/2 MARATHON
RACE NUMBER 902

PLC	NAME	TIME	CC
1	JOE CARLSON	1:08:34	CCAC
2	GARY ROMESSER	1:09:55	FPTC
3	VINCENT ENGEL	1:11:48	B B
4	FRANK DUARTE	1:12:38	
5	MICHAEL SAYMARD	1:13:30	AZTL
6	ED AVOL	1:14:06	
7	STEVE ADAMS	1:14:25	B B
8	MICHAEL BERGKAMP	1:15:41	
9	IGNACIO CANTU	1:16:13	
10	TIM GILES	1:16:15	B B
11	BOB OBRIEN	1:16:36	KS
12	VINCE OBOYLE	1:16:47	
13	LARRY PONTINEN	1:17:15	SBAA
14	MEL MAGSON	1:18:12	CACC
15	ARMANDO COBOS	1:18:23	
16	VERN EASLEY	1:18:32	
17	BYRLE SHALLEN	1:18:33	STC
18	STEVE BROTEN	1:19:25	B B
19	ROBEN GRAF	1:19:41	
20	TRUMAN CLARK	1:19:58	SCS
21	BOB BRENNAND	1:20:06	SBAA
22	R. NEBEKER	1:20:28	
23	VERNE TJARKS	1:20:40	
24	BRADLEY GALLUP	1:20:48	
25	THOMAS CORY	1:21:03	GPAC
26	CHARLES R MCCLUNG	1:21:05	UNAT
27	KEN LUCCI	1:21:35	SBAA
28	CHUCK FOOTE	1:22:07	LAPD
29	DENNIS STANSAUK	1:22:13	SFVT
30	JUSTIN LIVERSIDGE	1:22:33	
36	CELTA PETERSON	1:23:44	
43	JAN FEKES	1:25:44	

3RD HIDDEN VALLEY 1/4 MARATHON
RACE NUMBER 903

PLC	NAME	TIME	CC
1	DENNIS CALDWELL	29:29	AIA
2	JOE TERRONES	31:04	
3	TIM CORNISH	31:27	VO
4	TODD FALK	31:35	
5	RALPH KOLTHOFF	31:35	
6	BOB BOURRET	31:53	C

February 25, Seaside, Oregon. 1978 Trail's End Marathon

1) Sam Williams (Ore)	2:21:44
2) Bruce Manclark (Wash)	2:22:34
3) Ron Hill (England)	2:22:44
4) Christopher Cole (Calif)	2:23:19
5) Gordon Innes (Calif)	2:23:36
6) Mike Creery (Canada)	2:24:18
7) Robert McIntosh (Canada)	2:25:12
8) Bruce Mortenson (Minn)	2:25:34
9) John Blalock (Wash)	2:25:44
10) Yair Karni (Ore)	2:26:00
13) Frank Dauncey (Calif)	2:26:45
14) Christopher Speere (Calif)	2:27:03
118) Irene Griffith (Wash)	2:47:02
1,357 Finishers /Ralph Davis/	

Tempe, Ariz. USC vs. BYU and ASU.

100 METERS—1. Edwards (USC), 10.34; 2. Moore (AS), 10.59; 3. Edwards (AS), 10.69; 4. Williams (USC), 10.71.
200—1. Edwards (USC), 20.33; 2. Moore (AS), 20.98; 3. Edwards (AS), 21.33; 4. Williams (USC), 21.75.
400—1. Mullins (USC), 45.51; 2. Darden (AS), 46.20; 3. Sanford (USC), 46.2; 4. McKenzie (AS), 46.4.
800—1. Walters (USC), 1:49.4; 2. Johnson (USC), 1:50.2; 3. Moreno (BYU), 1:50.9; 4. Schultz (BYU), 1:51.3.
1,500—1. Wickzell (AS), 3:44.5; 2. Marsh (BYU), 3:44.6; 3. Woods (BYU), 3:45.8; 4. Hyde (BYU), 3:47.1.
TWO MILE—1. Marsh (BYU), 8:50.5; 2. Elder (AS), 8:51.8; 3. Perez (USC), 8:59.2; 4. Woods (BYU), 9:05.9.
110MH—1. Jackson (AS), 14.2; 2. Jones (AS), 14.4; 3. Graybehl (USC), 14.5; 4. Echavarrria (BYU), 14.7.
400IH—1. Jones (BYU), 54.22; 2. Echavarrria (BYU), 54.30; 3. Estep (AS), 54.56; 4. Steiner (BYU), 55.45.
440 RELAY—1. USC (Williams, Mullins, Andrews, Edwards), 39.1; 2. Arizona St., 39.7; 3. BYU, no time.
MILE RELAY—1. USC ((Beaton, Johnson, Mullins, Sanford), 3:06.6; 2. Arizona St., 3:15.3; 3. BYU, 3:16.2.
SHOTPUT—1. Nilsson (BYU), 61-10; 2. Gardenkrans (BYU), 57-9; 3. McKenzie (USC), 56-5; 4. Montgomery (USC), 56-2.
LONG JUMP—1. Jackson (AS), 25-10 1/4; 2. DeFrance (AS), 24-3; 3. Steiner (BYU), 23-3 1/4; 4. Brink (BYU), 23-1 1/2.
JAVELIN—1. Gasser (BYU), 214-4; 2. Paananen (USC), 207-10; 3. Funderburk (USC), 201-1; 4. Garcia (AS), 195-10.
TRIPLE JUMP—1. DeFrance (AS), 51-10 1/4; 2. Assef (USC), 50-8; 3. Jackson (USC), 49-1 1/2; 4. Brink (BYU), 48-3 3/4.
DISCUS—1. Gardenkrans (BYU), 190-2; 2. Rider (BYU), 171-1; 3. Heide (AS), 164-7; 4. Montgomery (USC), 161-5.
POLE VAULT—1. Barela (AS), 16-0; 2. Rogers (USC), 16-0; 3. Childs (BYU), 16-0; 4. Burke (BYU), 15-0.
HIGH JUMP—1. Nielson (BYU), 7-0; 2. tie between Walker (USC) and Olson (BYU), 6-10; 4. Connell (USC), 6-6.
TEAM SCORES—BYU 63 1/2; USC 61 1/2; Arizona St. 56.

/Vern Gambetta/

100—Threatt (Pittsburg) 9.6 (meet record; previous record 9.7 Cannon, Mt. Pleasant, and Trapps, Pittsburg); Taylor (Overfelt) 9.8; Green (Cubberley) 9.8.
440 relay—Pittsburg 42.6; Carlmont 43.4; Cubberley 43.6.
Dist medley—Carlmont 10:27.8; Mt. Pleasant 10:28.4; Leigh 10:33.6.
120 M—Dixon (Sequoia) 14.2; Guthrie (Cupertino) 15.0; Ribera (Carlmont) 15.1.
2-mile relay—Leigh 8:06; Carlmont 8:08.4; Mt. Pleasant 8:08.6

/Vern Gambetta/

Tempe, Ariz. USC vs. Univ. of Arizona

100—1. Edwards (USC), 10.1; 2. Mullins (USC), 10.3; 3. Williams (USC), 10.5.
200—1. Edwards (USC), 20.0; 2. Mullins (USC), 20.5; 3. Sanford (USC), 20.9.
400—1. Sanford (USC), 47.3; 2. Andrews (USC), 48.2; 3. Haden (A), 51.7.
800—1. Walters (USC), 1:51.3; 2. Johnson (USC), 1:52.0; 3. Johnson (A), 1:53.0.
1,500—1. Omwansa (USC), 3:49.6; 2. Beaton (USC), 3:51.0; 3. Lakeman (A), 3:52.4.
5,000—1. Hunt (A), 14:38.0; 2. Shoots (A), 14:47.4; 3. Perez (USC), 15:04.3.
110HH—1. Greybehl (USC), 14.6; no second or third.
3,000 STEEPLECHASE—1. Hamilton (A), 9:33.6; 2. Hernandez (A), 9:43.3; 3. Konvalin (A), 11:01.6.
400 RELAY—1. USC (Williams, Mullins, Edwards, Sanford), 39.57; 2. Arizona, 41.41.
MILE RELAY—1. USC (Walters, Greybehl, Johnson, Beaton), 3:21.8; no second.
HIGH JUMP—1. Curtis (A), 7-1 1/4; 2. Frazier (A), 7-0; 3. Walker (USC), 7-0.
POLE VAULT—1. Rogers (USC), 15-11; 2. Roberts (A), 13-6; no third.
LONG JUMP—1. Henderson (A), 24-5 3/4; 2. Jackson (USC), 22-1 1/2; 3. Otte (A), 21-9 3/4.
TRIPLE JUMP—1. Henderson (A), 50-9; 2. Jackson (USC), 49-2 1/4; 3. Otte (A), 45-6.
SHOT PUT—1. McKenzie (USC), 58-11 1/2; 2. Montgomery (USC), 56-10; 3. Kurrasch (USC), 54-5 1/2.
DISCUS—1. Montgomery (USC), 167-10; 2. Kurrasch (USC), 159-4; 3. HECKMAN (A), 154-9.
JAVELIN—1. Jacobs (A), 209-4; 2. Paananen (USC), 196-6; 3. DeWeese (A), 176.8.
TEAM SCORES—USC 90, Arizona 50.

/Vern Gambetta/

San Jose State vs Cal Berkeley.

Shot put—1. Bob Feuerbach (S.J.), 57-9 1/2; 2. Gummerson (S.J.), 57-4 1/4; 3. Santiago (C), 54-8 1/2.
400 relay—1. SJS (Gary Ellis, Whitaker, Kirrman, Cooper), 40.1; 2. Cal (Holden Smith, Taylor, Floyd Eddings, Farmer), 40.4.
3000 M steeplechase—1. Schulz (C), 9:14.6 (New meet record. Old record 9:20.6 by Steve Carroll (C), 1971); 2. Dave Vellequette (C), 9:20.8; 3. Gil Brooks (S.J.), 9:28.4.

/Vern Gambetta/

February 11. Ivanhoe. 9th Annual
Ivanhoe Road Races

3 Mile:
1) Terry Taylor (HSTC) 1hs 15:16
2) Robert Taylor (HSTC) 2hs 15:31
3) Rich Pearson (un) 3hs 17:05
4) Deena Pearson (un) 1W 19:20

6 Mile:
1) Marty McCulloch (Wings) 31:10
2) Bruce Greenway (Wings) 32:04
3) Jack Case (HSTC) 32:09
4) Larry Martin (FJ) 33:14
5) Len Thornton (HSTC) 1 40+ 33:28
6) George Garcia (FPTC) 34:45
7) Art Meyer (FPTC) 35:34
8) Paul Martin (FJ) 36:32
9) Jack Zenner (un) 36:42
10) Joe Herzog (HSTC) 36:59
/Dave Bronzan/

February 12. San Mateo. West Valley
Marathon

1-Duncan Macdonald/29/WVTC	2:17:16
2-Michael Pinocci/23/WVTC	2:19:00
3-Ernie Rivas/27/ETC	2:28:15
4-Atkins Chun/22/Un	2:28:39
5-Angel Martinez/22/AGRC	2:29:46
6-Jan Sershen/30/ETC	2:33:16
7-Greg Jewett/31/Un	2:33:59
8-Peter Demarais/20/Un	2:36:04
9-James Barker/31/WVTC	2:36:46
10-Mark Driscoll/31/WVJS	2:36:46
11-Michael Conroy/33/ETC	2:37:34
12-Allen Sandretti/22/Un	2:39:21
13-Jim O'Neil/52/BC	2:39:48
14-Ted Pawlak/21/Un	2:39:58
15-Tom Robinson/29/PMK	2:41:04
16-Phil Sanfilippo/27/WVJS	2:45:19
17-Richard Franklin/31/LVRC	2:46:29
18-Frederick Coleman/37/Un	2:47:24
19-Robert Woodliff/30/WVJS	2:47:44
20-Gene Schaumberg/38/ER	2:47:46
21-Sargon Nona/26/Un	2:47:53
22-Glenn Pruitt/35/PMK	2:48:28
23-Bill Brusher/26/Un	2:48:33
24-Kees Tuinzing/30/TAM	2:48:47
25-Joe Becerra/35/ETC	2:48:59
26-Andrew Lewis/26/WVJS	2:49:05
27-Olin Boschker/38/USN	2:49:05
28-Michael Brown/26/Un	2:49:17
29-Don Porteous/31/Un	2:49:27
30-Roy Scellato/30/TRAC	2:49:30
31-Bruce King/30/Un	2:49:39
32-John Dressler/35/LVRC	2:50:15
33-Mark Hines/27/Un	2:51:22
34-Ross Rowley/29/SUND	2:51:55
35-Glen Krawiec/39/CLRX	2:51:58
36-Mikey Rowerdink/25/SUND	2:52:03
37-Thomas Aldana/26/Un	2:52:14
38-Steve Lyons/37/SFOC	2:52:27
39-Russell Kiernan/40/TAM	2:52:33
40-John Thias/24/Un	2:53:08

/Jack Leydig/

20 TRUMAN CLARK	42	SCS	1:19:58
21 BOB BRENNAND	16	SBAA	1:20:06
22 R. NEBEKER	29		1:20:28
23 VERNE TJARKS	38		1:20:40
24 BRADLEY GALLUP	20		1:20:48
25 THOMAS CORY	31	GPAC	1:21:03
26 CHARLES R MCCLUNG	37	UNAT	1:21:05
27 KEN LUCCI	29	SBAA	1:21:35
28 CHUCK FOOTE	30	LAPD	1:22:07
29 DENNIS STANSAUK	21	SFVT	1:22:13
30 JUSTIN LIVERSIDGE	25		1:22:33
36 CELIA PETERSON	17		1:23:44
43 JAN FEKKES	48		1:25:44

3RD HIDDEN VALLEY 1/4 MARATHON
RACE NUMBER 903 DATE--021278

PLC			FAST TIME
1	DENNIS CALDWELL	23	AIA 29:129
2	JOE TERRONES	28	31:104
3	TIM CORNISH	22	VO 31:127
4	TODD FALK	17	31:135
5	RALPH KOLTHOFF	17	31:135
6	BOB ROURCCT	20	G 31:153
7	MARK KINGSBURY	16	32:106
8	DAN CAPRIOGLIO	16	BLOA 32:120
9	WILLIE PITTENGER	27	32:125
10	MIKE BACA	16	32:134
11	JIM FLANIGAN	28	CCAC 33:108
12	DAVID HALL	27	33:115
13	JEFF GABRIELSON	26	33:118
14	BOB DEINES	30	B B 33:222
15	WILLIAM GOULD	19	33:127
16	BUDDY BARNETT	36	33:128
17	LYNN SWAIN	18	33:154
18	JAY ROMAIS	34	33:155
19	BOB SCULLY	21	33:156
20	DAVID HERRI	26	34:105
21	ROBERT HUTTON	31	34:119
22	DALLAS ROPER	16	34:124
23	Tom STURAK	46	MSTR 34:128
24	GENE CONROE	35	B B 34:135
25	JACQUELINE HANSEN	29	I F 34:148
26	CAVIO TRUSEL	14	AHS 34:150
27	JOHN MEZA	20	AZTE 35:113
28	GARY GORDON	17	WRH 35:115
29	MARY CARMAN	17	SBAA 35:116
30	JIM HETZLER	20	35:119

February 26. Los Angeles. LAPD 6.1

Mile

1) Steve Durand (21)	29:37
2) Joe Terrones (20)	29:46
3) Steve Close (34)	31:37
4) Tom Gleson (35)	31:40
5) Ken Kendal (27)	31:53
6) Jim Murphy (38)	31:54
7) John Pagliano (38)	32:02
8) John Greenwood (25)	32:09
9) Phil Meyer (26)	32:15
10) Jim Flanigan (38)	32:27
11) Rene Ruiz (35)	32:42
12) Skip Shaffer (40)	32:52
13) Chuck Foote (30)	33:03
14) Mark Judge (23)	33:06
15) Bob Hutton (31)	33:13
16) Ed Lopez (18)	33:19
17) Andre Toccu (42)	33:26
18) Tom Cory (31)	33:37
19) Bob Scully (21)	33:53
20) Darty Cronin (50)	34:05
65) Roberta Takahashi (31) 1W	38:45
69) Denise Lopez (15) 2W	39:33
90) Karen Neal (28) 3W	41:23

/Tom Cory/

LONG JUMP—L. Jackson (AS), 25-10 1/4; 2. DeFrance (AS), 24-3; 3. Steiner (BYU), 23-3/4; 4. Brink (BYU), 23-1/4.
JAVELIN—1. Gasser (BYU), 214-4; 2. Paananen (USC), 207-10; 3. Funderburk (USC), 201-1; 4. Garcia (AS), 195-10.
TRIPLE JUMP—1. DeFrance (AS), 51-10 1/4; 2. Assef (USC), 50-8; 3. Jackson (USC), 49-1 1/2; 4. Brink (BYU), 48-3/4.
DISCUS—1. Gardenkrans (BYU), 190-2; 2. Rider (BYU), 171-1; 3. Heide (AS), 164-7; 4. Montgomery (USC), 161-5.
POLE VAULT—1. Barela (AS), 16-0; 2. Rogers (USC), 16-0; 3. Childs (BYU), 16-0; 4. Burke (BYU), 15-0.
HIGH JUMP—1. Nielson (BYU), 7-0; 2. Tie between Walker (USC) and Olson (BYU), 6-10; 4. Connell (USC), 6-6.
TEAM SCORES—BYU 63 1/2; USC 61 1/2; Arizona 51.56

/Vern Gambetta/

Foothill College:
Kiwanis Invitational

Team points
Carlmont 53, Mt. Pleasant 24 1/2, Pittsburg 24, Leigh 18, Del Mar 17 1/2, Cupertino 17, Independence 16 1/2, San Francisco Lincoln 16, Gilroy 15, San Carlos 14.

Individual results
Mile—Smith (Avalon) 4:19.9; Avilla (Cupertino) 4:20.6; Miller (MacAteer) 4:23.5.
880—Walker (Independence) 1:57.4; Sperandeo (Menlo-Ath) 1:57.7; Smith (Live Oak) 1:59.1.
220—Threatt (Pittsburg) 21.8; Taylor (Overfelt) 22.0; Wallace (Galileo) 22.3.
TJ—Porter (Willow Glen) 46-6 1/2; Groile (Los Altos) 46-13/4; Thompson (Carlmont) 45-2 1/4.
Mile relay—Carlmont 3:24.0; San Carlos 3:24.6; Del Mar 3:25.1.
Disc—Struble (Sunnyvale) 170-2; Ezerski (Cupertino) 163-8; Slatery (Del Mar) 159-0.
LJ—Finley (Cupertino) 21-11 3/4; Lebhara (Gilroy) 21-5; Hazell (Galileo) 21-1.
Shot—Parker (St. Ignatius) 57-6 1/2; Sorenson (Sunnyvale) 56-4 1/2; Awbrey (Menlo-Ath) 54-2 1/4.
HJ—Wyrick (Mt. Pleasant) 6-8; Wright (Live Oak) 6-8; Hazell (Galileo) 6-6.
PV—Preciado (Homestead) 15-0; Tardieu (Del Mar) 15-0; Allen (Carlmont) 14-0.
440—Stapleton (Lincoln) 49.4; Green (Cubberley) 49.5; Mende (Del Mar) 49.5.
330 H—Stapleton (Lincoln) 39.1; Dixon (Sequoia) 39.5; Scott (Independence) 39.8.
2-mile—Trullio (Gilroy) 9:37.6; Dean (Jefferson) 9:37.8; Hannawalt (St. Ignatius) 9:38.6.

San Jose State vs
Cal Berkeley.

Shot put—1. Bob Feuerbach (SJ), 57-9 1/2; 2. Gummerson (SJ), 57-4 1/4; 3. Santiago (C), 54-9 1/2.
400 relay—1. SJS (Gary Ellis, Whitaker, Kirtman, Cooper), 40.1; 2. Cal (Holden Smith, Taylor, Floyd Eddings, Farmer), 40.4.
3000 M steeplechase—1. Schulz (C), 9:14.6 (New meet record. Old record 9:20.6 by Steve Carroll (C), 1971); 2. Dave Vellequette (C), 9:20.8; 3. Gil Brooks (SJ), 9:28.4.
1500 meters—1. Clifford (C), 3:49.3 (New meet record. Old record 3:49.8 by Pete Santos (SJ), 1966); 2. Wood (C), 3:50.2; 3. Stan Ross (SJ), 3:53.0.
110 High hurdles—1. Cooper (SJ), 14.1; 2. Kirtman (SJ), 14.4; 3. Ray Smith (C), no time.
Pole vault—1. Greg Woepse (SJ), 16-6 (Ties meet record set by Doug Bockmiller (SJ), 1977); 2. Larry Hintz (C), 15-6; 3. Dan Simpson (SJ), 13-6.
Javelin—1. Wayne Guy (C), 240-8; 2. Tori Lewis (C), 205-8; 3. Doug Cooper (C), 196-1.
400 meters—1. Rochee (SJ), 47.2; 2. Wheeler (C), 47.4; 3. Lloyd Guss (C), 48.4.
100 meters—1. Whitaker (SJ), 10.5; 2. Farmer (C), 10.7; 3. Kirtman (SJ), 10.9.
800 meters—1. Clifford (C), 1:50.9; 2. Ron Brown (C), 1:51.4; 3. Jon Albrecht (SJ), 1:52.2.
Long jump—1. Kevin Cole (SJ), 23-8 1/2; 2. Rex White (SJ), 23-6; 3. Don Finley (SJ), 22-10 3/4.
400 meter hurdles—1. Walter Pratt (C), 51.5; 2. Finley (SJ), 53.0; 3. Mark Uribe (C), 53.3.
200 meters—1. Whitaker (SJ), 21.3; 2. Rochee (SJ), 21.6; 3. Farmer (C), 21.7.
High jump—1. Keith Neilson (SJ), 6-10; 2. Ron Livers (SJ), 6-8; 3. Tie between Peter Imperial (C), Dave Redick (SJ) and Jeff Good (C), 6-2.
Discus—1. Santiago (C), 178-11; 2. Gummerson (SJ), 176-6; 3. Feuerbach (SJ), 159-4.
5000 meters—1. Wood (C), 14:40.8; 2. Schulz (C), 14:45.2; 3. Dan Harvey (SJ), 14:52.8.
1600 meter relay—1. Cal (Guss 49.2, Brown 47.5, Ray Smith 50.7; Wheeler 46.3), 3:13.0; 2. SJS (Paul Desmet 49.7, Antonio McDaniel 49.8, Lionel Foster 48.4, Cooper 46.9), 3:14.8.
Triple jump—1. Livers (SJ), 51-5 1/2; 2. Mike Dobbins (C), 49-6 1/4; 3. Ramon Grubbs (C), 48-7.

/Vern Gambetta/

February 26, Northridge. SPAAU
All-Comers #3 at Cal State Northridge

14 - 15 DIVISION

200 METERS (Flight 1 of 4)

1. Kim Turner	LATC	26.4
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200 METERS (Flight 2 of 4) - 2.2

1. Deborah James	LBC	26.0
2. Faye Paige	LBC	26.2
3. Wanda Evans	LBC	27.2
4. Rosario Ramos	UNAT	27.3
5. Felicia Jones	PR	28.5
6. Andria Tapia	AA	29.2
7. Sherri Law	AA	32.5

200 METERS (Flight 3 of 4) - 2.1

1. Susan Washan	SDC	27.1
2. Sharon Cummings	SBS	28.1
3. Wynde Grey	PR	28.4
4. Cynthia Harper	VGTC	29.7
5. Andralette Gill	LBC	30.8

200 METERS (Flight 4 of 4) - 1.8

1. Portia Hodge	SBS	29.3
2. Stephanie McGrue	SDC	30.0
3. Kaye Johnson	SDC	30.0
4. A. Sutton	RRR	30.2

400 METERS

1. Rita Hairston	SDC	60.7
2. Charlotte Zepheria	SDC	60.9
3. Nydett Henderson	LBC	61.2
4. Angela Sapp	SDC	61.5
5. Sharon Cummings	SBS	62.6
6. Melanie Cummins	LBC	64.0
7. Rossana Quezada	SCC	64.8
8. Pam Miller	LBC	67.0
9. Sherri Law	AA	67.1
10. Portia Hodge	SBS	67.4
11. Iris Pitpins	SDC	68.6
12. Stephanie McGrue	SDC	71.4
13. Leslie Rhodes	SDC	74.2
14. Katrina Dawkins	SDC	74.3

800 METERS

1. Karen Haller	VGTC	2:24.0
2. Andrea Stone	UNAT	2:24.1
3. Susan Follett	BA	2:25.5
4. Martha Solis	PR	2:37.3
5. Maria Gibbons	SBS	2:38.8
6. Lori Lopez	SHC	2:38.9
7. Denise DeLaRosa	SHC	3:01.4

1500 METERS

1. Karen Haller	VGTC	5:01.4
2. Andrea Stone	UNAT	5:05.2
3. Cynthia Pedroza	SBS	5:28.3
4. Maria Gibbons	SBS	5:40.6
5. Cheryl Conley	VGTC	5:53.0

3000 METER WALK

1. Autume Batesen	UNAT	18:11.5
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440 RELAY

1. PR (Felicia Jones)	52.5
2. SDC (Charlotte Zepherin)	52.8

HIGH JUMP

1. Ellen Fargo	UNAT	5-4
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JAVELIN

1. Deana Bernstein	UNAT	137.8
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JUNIOR WOMEN'S DIVISION

200 METERS - 2.1

1. Venessa Denniston	UNAT	26.4
2. Terri Yancey	PR	28.0
3. Lynne Hingle	PV	28.0
4. Erin Lynch	PV	29.7
5. Judy Raine	PR	30.0

400 METERS

1. Kathy Jones	UNAT	58.1
2. Brenda Temblador	SHC	64.0
3. Judy Raine	PR	66.2

800 METERS

1. Arlise Emerson	UNAT	2:14.2
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1500 METERS

1. Kelly Wells	UNAT	4:46.2
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HIGH JUMP

1. Liz Kern	UNAT	5-0
2. Kathy Bower	UNAT	5-0
3. Shannon Forbes	LAM	5-0
4. Lynne Wingle	PV	4-10

SENIOR WOMEN'S DIVISION

200 METERS (Flight 1 of 2)

1. Danita McKinley	LATC	25.4
2. Cende Mills	CS-LA	26.4
3. Valerie Milan	CS-LA	26.4
4. Pam Parker	CS-LA	27.4

200 METERS (Flight 2 of 2) - 2.0

1. Debbie McElroy	LATC	26.3
2. Stephanie Davis	USC	26.9
3. Jeanette Smiley	LATC	27.5
4. Suzanne Hybee	CS-LA	27.9
5. Linda Mob	USC	29.3
6. Terrie Heid	CS-LA	29.7

400 METERS

1. Yolanda Rich	CS-LA	56.9
2. Marcia Romesser	UNAT	57.3
3. Debbie McElroy	LATC	58.6
4. Rose Kaufman	LATC	59.7
5. Dana Miller	LATC	62.0
6. Evangelina Hue??	CS-LA	63.7
7. Debbie Wilson	LAC	63.6
8. Terrie Herd	PTC	64.5
9. Suzanne Highee	CS-LA	67.7
10. Carolyn Williams	CS-LA	70.6
11. Charee Openhauer	USC	75.3
12. Vicky Bla??	CS-LA	75.9

800 METERS

1. Teresa Jenkins	LBC	2:12.3
2. Diane Byington	USC	2:17.1
3. Marilyn Linsenmeyer	LATC	2:20.7
4. Pam Evans	SD-ST	2:22.5
5. Deana Prator	NTC	2:22.9
6. Denise Cornell	LATC	2:22.9
7. Tina Stough	LBC	2:24.5
8. Lisa Kininaka	LATC	2:30.6
9. Becky Guerrero	SHC	3:23.2

1500 METERS

1. Ruth Caldwell	CIT	4:25.4
2. Kathy Weston	LATC	4:38.4
3. Roma Antoniewicz	LATC	4:56.8
4. Anne Dandov	LATC	4:56.8

PV - Reitz (H) 15-0; Grace (H) 14-5; Fairley (C) 14-1.
HJ - Wright (H) 6-8; Jenkins (H) 6-6; Radcliffe (H) 6-4.
LJ - Garner (H) 22-10 1/4; Daijogo (H) 22-2; Long (H) 21-11 1/2.
TJ - Garner (H) 48-4; Daijogo (H) 46-8; Dobbins (H) 41-8.
Jav - Anderson (C) 189-2; Mosbacker (C) 181-8 1/2; Gall (H) 180-6 1/4.
SP - Doll (H) 54-9; Williams (H) 53-4; Rousseau (C) 42-8.
Dis - Williams (H) 155-1; Silcox (C) 145-8; Doll (H) 136-6.
Hammer - Sawyer (H) 186-10; Lee (H) 155-10; Kennon (C) 155-5.

/James Day/

March 5. Vallejo. 10 Mile Channel-to-Lake Run

1) Mike McGrath	52:24
2) Jan Sershen	53:12
3) Boyd Tarin	54:57
4) Mike Conroy	55:10
5) Mike Sweeney	55:26
6) Kent Guthrie	56:15
7) R. Franklin	57:16
8) Rafael Tierrafria	57:38
9) Doug Butt	58:41
10) Dan Moore	59:00
11) Dana Burall	59:20
12) James Engle	59:46
13) David Brown	59:48
14) David Moon	60:08
15) Robert Feish	60:15
16) Larry Pugh	61:00
17) John Rupp	61:12
18) Ed Jerome	61:35
19) Dave Cargill	61:48
20) Keith Golding	61:59
229 starters/197 finishers	

/Wendy Musladine/

March 4. Chico. Bidwell Classic

Marathon:

1) James Barker (M30-39)	2:30:27
2) Chip Bowles (M18-29)	2:36:35
3) Gary Alderman (M30-39)	2:41:55
4) Robert Jeffery (M30-39)	2:42:14
5) Mike Buzbee (18-29)	2:42:24
6) Douglas Latimer (M40-49)	2:43:25
7) Ross Rowley (M18-29)	2:44:00
8) Michael McLain (M18-29)	2:44:34
9) Bill Parr (M30-39)	2:45:12
10) Mike Davis (M30-39)	2:45:50
11) James Hamlin (M30-39)	2:46:46
12) Frank Burk (M30-39)	2:47:40
13) Bud Lashlee (M18-29)	2:50:02
14) Theodore Jones (M30-39)	2:50:37
15) Tim Chalmers (M18-29)	2:50:48
16) Julian Sanchez (M30-39)	2:50:55
17) Dave Nyquist (M18-29)	2:51:07
18) Terry Hughes (M30-39)	2:51:28
19) Rick Sylvester (M30-39)	2:51:33
20) Mike Rowderdink (M18-29)	2:53:03
21) Scott Mellberg (M18-29)	2:53:03
22) Ed Stromberg (M30-39)	2:53:56
23) V.I. Wexner (M30-39)	2:54:32
24) Gene Schaumberg (M30-39)	2:54:36
25) Wayne Moss (M30-39)	2:56:13

26) Allen Koslofski (M30-39)	2:56:26
27) Dave Mulford (M30-39)	2:56:43
28) James Wholey (M30-39)	2:57:10
29) Frank Smith (M30-39)	2:57:11
30) Larry Lawson (M30-39)	2:57:30
31) Harry Daniel (M40-49)	2:57:44
32) Tim Tracy (M40-49)	2:58:31
33) Bob...	2:58:31

400 - 1. Guss (Cal) 48.4; 2. Taylor (Cal) 49.1; 3. Cazenave (Sac) 49.6; 4. Grimes (Cal) 50.6; 5. Jones (BAS) 50.7.

100 meter (HEAT I) 1. Farmer (Cal) 10.5; 2. Smith (Cal) 10.6; 3. Eddings (Cal) 10.6; 4. Burrell (Cal) 10.6; Beasley (Sac) 11.0. (Wind 6.7 aiding.) (HEAT II) 1. Payton (BAS) 10.7; 2. Duncan (BAS) 11.0; 3. Clark (BAS) 11.0; 4. Newport (Unatt) 11.4. (Wind:1.6 mph aiding.)

800 - 1. Robinson (ICTC) 1:50.8; 2. West (BAS) 1:51.3; 3. Wheeler (Cal) 1:51.7; 4. Clifford (Cal) 1:51.8; 5. Brown (Cal) 1:51.9.

400 IH - 1. Uribe (Cal) 54.4; 2. Smith (Cal) 55.1; 3. Zabackis (Cal) 56.6; 4. Rapides (BAS) 58.8.

200 1. Farmer (Cal) 21.5; 2. Duncan (BAS) 22.4; 3. Burrell (Cal) 22.4; 4. Beasley (Sac) 22.9; 5. Hicks (Sac) 23.4. (Wind: 6.5 mph aiding.)

5000 - 1. Schulz (Cal) 14:55.4; 2. Van Horn (Sac) 15:10.4; 3. Vellequette (Cal) 15:33.6.

1600 relay - 1. Unattached (Wallace, 48.1, Robinson, 48.2, West, 47.9, Rodgers, 47.9) 3:12.1; 2. Cal 3:16.3.

Shot - 1. Santiago (Cal) 52-0; 2. Borteletto (Sac) 46-4 1/2.

LJ - 1. Tleimat (Cal) 21-9; Sutton (Unatt) 20-4 1/2; 3. Harmon (Unatt) 19-6 1/2.

Jav - 1. Guy (Cal) 236-2; 2. Lewis (Cal) 199-101; 3. Moshos (WVTC) 178-11; 4. Gale (WVTC) 169-10; 5. Pande (Cal) 154-4.

Discus - 1. Santiago (Cal) 166-11; 2. Fyfe (Sac) 155-1; 3. Haley (Sac) 142-1; 4. Hill (Cal) 138-7; 5. Borteletto (Sac) 138-5.

PV - 1. Williams (BAS) 16-0; 2. Hintz (Cal) 15-6; 3. Stevenson (Cal) 15-6.

HJ - 1. Good (Cal) 6-6; 2. Coleman (WVTC) 6-4; 3. (tie) Yund (Sac) and Abbott (Sac) 6-4; 5. Steen (Cal) 6-0.

/Keith Conning/

March 10. Selma Relays

PV - Sanger, 34-6; Mt. Whitney, 23-10; Selma, 22-0.
Dis - Sanger, 399-7 3/4; Mt. Whitney, 385-2 1/4; Sierra, 372-2.
SP - Mt. Whitney, 151-3/4; Sanger, 147-1 1/4; Selma, 130-8.
3-Mile relay - Mt. Whitney, 14:06; Redwood, 14:13; Madera, 14:30.
TJ - Tulare Western, 121-8 1/2; Selma, 115-11 1/2; Reedley, 115-5.
300 relay - Mt. Whitney, 34.1; Tulare Western, 34.3; Immanuel, 34.5.

7. Denise DeLaRosa	SHC	3:01.4
1500 METERS		
1. Karen Haller	VGTC	5:01.4
2. Andrea Stone	UNAT	5:05.2
3. Cynthia Pedroza	SBS	5:28.3
4. Maria Gibbons	SBS	5:40.6
5. Cheryl Conley	VGTC	5:53.0

3000 METER WALK		
1. Autume Bateson	UNAT	18:11.5

440 RELAY		
1. PR (Felicia Jones)		52.5
2. SDC (Charlotte Zepherin)		52.8

HIGH JUMP		
1. Ellen Fargo	UNAT	5-4

JAVELIN		
1. Deena Bernstein	UNAT	137-8
2. Donna Hollingworth	QCC	126-10
3. Andrea Tapia	AA	84-6
4. Leslie Rhodes	SDC	67-8

DISCUS		
1. Barrie Greer	LATC	116-4
2. Donna Hollingworth	QCC	102-8
3. Linda Martinez	SCT	57-5

14 - 18 DIVISION

JAVELIN		
1. Donna Mayhew	UNAT	122-5
2. Liz Kern	UNAT	83-7

DISCUS		
1. Christi Pyle	UNAT	130-1
2. Donna Mayhew	UNAT	106-6
3. Lynne Wingle	PV	97-11
4. Erin Lynch	PV	92-4

14 & OVER DIVISION

3000 METERS		
1. Kiki Lantry	LATC	10:27.8
2. Sharon Hulse	UNAT	10:35.6
3. Patty Forg	P-USA	10:51.7
4. Kim Gonzales	VGTC	11:12.7
5. Suzanne Stewart	P-USA	11:15.4
6. Ginger Cisi	UNAT	11:23.5
7. Lenell Waskow	RRR	11:28.2
8. Cynthia Pedroza	SBS	12:20.7
Autumn Bateson	DNF	

10,000 METERS		
1. J.J. Brown	LATC	34:20.5
2. Sue Kinsey	LATC	34:52.3

HIGH JUMP		
1. Denise Cornell	LATC	5-4
2. Chris Remmling	UCLA	5-4
3. Lisa Kinimaka	LATC	5-2
4. Carey Hill	USC	5-0

DISCUS		
1. Jane Decuir	UNAT	116-10
2. Irene Aragon	CSLA	109-2
3. Lisa Cravits	LATC	107-10
4. Sharon Williams	CSLA	101-7

8. Terrie Herd	PTC	64.7
9. Suzanne Highee	CS-LA	67.7
10. Carolyn Williams	CS-LA	70.6
11. Charoe Openhauer	USC	75.3
12. Vicky Bla??	CS-LA	75.9

800 METERS		
1. Teresa Jenkins	LBC	2:12.3
2. Diane Byington	USC	2:17.1
3. Marilyn Linsenmeyer	LATC	2:20.7
4. Pam Evans	SD-ST	2:22.5
5. Deana Prator	NTC	2:22.9
6. Denise Cornell	LATC	2:22.9
7. Tina Stough	LBC	2:24.5
8. Lisa Kinimaka	LATC	2:30.6
9. Becky Guerrero	SHC	3:23.2

1500 METERS		
1. Ruth Caldwell	CIT	4:25.4
2. Kathy Weston	LATC	4:38.4
3. Roma Antoniewicz	LATC	4:56.8
4. Anne Dandoy	LATC	4:56.8
5. Alberta Martin	CS-LA	5:21.8
6. Carolyn Williams	CS-LA	5:26.4
7. Evangelina Huey-ya	CS-LA	5:35.5
8. Vicky Blank	CS-LA	5:42.7

5000 METER WALK		
1. Tracy Trisco	LATC	26:49.1
2. Paula Kash Mori	CW	26:57.4
3. Denece George	IND	32:01.9
4. Shoshana Hirsh	CW	34:14.4

440 RELAY		
1. CS-LA (Yolanda Rich)		48.8
2. LBC (Debbie Wilson)		48.9
3. CS-LA'B' (Carolyn Williams)		58.1

JAVELIN		
1. Regina Steele	USC	136-7
2. Charm Bishop	LATC	131-6
3. Lorelei vanBenthem	USC	115-3
4. Lynne vanBenthem	USC	114-10
5. Lori Jepsen	USC	104-2

Results by: Calvin and Jeanne

Hayward State vs Chico State

CAL STATE HAYWARD 127, CHICO STATE 39	
100 — Simmons (H) 10.8; Corker (H) 10.9; Munday (H) 10.9.	
200 — Simmons (H) 21.7; Corker (H) 21.9; Munday (H) 22.3.	
400 — Gomes (H) 48.9; Ward (H) 48.9; Zavala (C) 50.5.	
800 — Molina (H) 1:55.0; Arnerich (H) 1:56.8; Cobb (C) 2:03.9.	
1500 — Ruggle (C) 3:56.7; Embody (H) 4:01.4; Carson (H) 4:03.3.	
5,000 — Durbin (C) 16:03.4; Mackey (C) 16:07.1; Hiler (H) 16:34.0.	
110 MH — White (H) 14.9; Dobbins (H) 15.0; Conley (H) 15.2.	
400 IH — Rinker (H) 55.5; Wigton (H) 55.8; Dobbins (H) 56.2.	
3,000 SC — Olsen (C) 10:00.1; Hiler (H) 11:05.3; no third.	
10,000 — Sophie (C) 33:46.0; V. Capurro (H) 39:51.9; D. Capurro (H) 42:00.0.	
400 relay — Hayward 42.1; Chico 44.0.	
1600 relay — Hayward fell, Chico did not compete (no points awarded).	

13. Bud Lashlee (M18-29)		2:47:40
14. Theodore Jones (M30-39)		2:50:02
15. Tim Chalmers (M18-29)		2:50:37
16. Julian Sanchez (M30-39)		2:50:55
17. Dave Nyquist (M18-29)		2:51:07
18. Terry Hughes (M30-39)		2:51:28
19. Rick Sylvester (M30-39)		2:51:33
20. Mike Rowderdink (M18-29)		2:53:03
21. Scott Mellberg (M18-29)		2:53:03
22. Ed Stromberg (M30-39)		2:53:56
23. V.I. Wexner (M30-39)		2:54:32
24. Gene Schaumberg (M30-39)		2:54:36
25. Wayne Moss (M30-39)		2:56:13
26. Allen Koslofski (M30-39)		2:56:26
27. Dave Mulford (M30-39)		2:56:43
28. James Wholey (M30-39)		2:57:10
29. Frank Smith (M30-39)		2:57:11
30. Larry Lawson (M30-39)		2:57:30
31. Harry Daniel (M40-49)		2:57:44
33. Tim Tracy (M40-49)		2:58:31
37. Bob Malain (M50-59)		2:59:47
42. Merrill Cray (M18-29)		3:01:38
52. Rich Mueller (M50-59)		3:07:14
67. Candy Hearn (W30-39)		3:11:46
73. Caron Schaumberg (W30-39)		3:13:25
3 Mile:		
1. Lee Ferrero (M30-39)		14:52.8
2. Robert Woodliff (M30-39)		15:57.7
3. Rich Vasquez (M18-29)		16:08.4
4. Jim Bevins (M40-49)		16:13.6
5. Daniel Rubio (M14-17)		16:26
6. Bruce Lodge (M18-29)		16:36
7. Britt Brewer (M14-17)		16:50
8. Steve Daniels (M18-29)		16:56
9. Dave Watt (M14-17)		17:08
10. Don Fridshal (M40-49)		17:20
36. Ray Mahannah (M60+)		19:26
42. Kari Frazier (F14-17)		19:50
44. Carol Stanley (F18-29)		19:51
52. Rhonda Kinslow (F10-13)		20:15
66. Joan Perkins (F30-39)		20:43
70. Theresa Hanneman (F40-49)		20:51

/Walt Schafer/

March 5: Berkeley

CAL, Sacramento St., Bay Area Striders at Edwards Stadium

3000 meter steeple — 1.	
Schruiz (Cal) 9:26.0 (meet record. Previous mark, 9:31.0, by Steve Carroll, Cal, 1971); 2. Vellequette, Cal) 9:49.1; 3. Chapman (Cal) 10:04.6; 4. Capron (Cal) 10:06.9.	

400 meter relay — 1. Cal (Smith, Taylor, Eddings, Farmer) 41.6; BAS 42.0; 3. Sacramento St. 43.7.	
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1500 — 1. Brown (Unatt) 3:54.6; 2. Wood (Unatt) 3:56.4; 3. Sutherland (Sac) 4:07.0; 4. Loza (Unatt) 4:15.1; 5. Levitsky (WVTC) 4:22.9.	
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110 MH — 1. Crittenden (Unatt) 14.3; 2. Smith (Cal) 14.3; 3. Roberts (WVTC) 14.4; 4. Pratt (Cal) 14.8; 5. Rapides (BAS) 14.8 (Wind: 8.8 mph aiding.)	
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Coleman (WVTC) 6-4; 3. (tie) Yund (Sac) and Abbott (Sac) 6-4; 5. Steen (Cal) 6-0.

/Keith Conning/

March 10. Selma Relays

PV — Sanger, 34-6; Mt. Whitney, 23-10; Selma, 22-0.	
Dis — Sanger, 399-7/4; Mt. Whitney, 385-2/4; Sierra, 372-2.	
SP — Mt. Whitney, 151-3/4; Sanger, 147-1/4; Selma, 130-8.	
3-Mile relay — Mt. Whitney, 14:06; Redwood, 14:13; Madera, 14:30.	
TJ — Tulare Western, 121-8/2; Selma, 115-11/2; Reedley, 115-5.	
330 relay — Mt. Whitney, 34.1; Tulare Western, 34.3; Immanuel, 34.5.	
Sprint medley — San Joaquin Memorial, 3:22; Redwood, 3:23; Madera, 3:24.	
Distance medley — Exeter, 10:16; Mt. Whitney, 10:17; Tulare Western, 10:22.	
1320 relay — San Joaquin Memorial, 2:42; Madera, 2:43; Coalinga, 2:43.8.	
1/2-mile relay — Redwood, 6:22; Madera, 6:24; Exeter, 6:31.	
HH shuffle relay — Mt. Whitney, 50.5; Sanger, 50.8; Selma, 51.8.	
330 LH — San Joaquin Memorial, 1:25.2; Tulare Western, 1:29.7; Mt. Whitney, 1:30.1.	
LJ — Mt. Whitney, 57-8/2; Tulare Western, 57-6/4; Sanger, 57-6/4.	
HJ — Sanger, 18-6; Sierra, 17-3; Madera, 17-1.	
660 relay — Tulare Western, 1:10.9; Mt. Whitney, 1:12.2; Immanuel, 1:12.9.	
Girls	
LJ — Mad, 45-2/2; Red, 44-7; Reedley, 41-9/2.	
Dis — San, 308-2/2; Red, 278-1/4; Kingsburg, 270-1/2.	
HJ — Reed, Mad 13-11; SJM, 13-9.	
3-mile relay — Ext, 18:11; Red, 18:17; MW, 18:21.	
LH shuffle — Mad, 52.1; MW, 52.8; Red, 53.4.	
Distance medley — Clovis West, 12:38; Ext, 12:40; Red, 13:05.	
330 relay — Red, 39.0; CW, MW, 39.3.	
1/2-mile relay — CW, 7:55; Ext, 7:56; SJM, 7:59.	
1320 relay — MW, 3:11; Red, 3:16; Mad, 3:19.	
660 relay — MW, 1:23.4; Mad, 1:24.2; CW, 1:25.9.	
SP — MW, 94-1; Red 93-7/4; Mad, 92-4.	
Sprint medley — CW, 4:02; Red, 4:03; Mad, 4:15.	
Boys Fresh-Soph	
HH shuffle — Sel 32.4. Dis — Sel 340-8. 660 relay — MW 1:13.5. Distance medley — CW 10:45. TJ — Sel 110-10/2. 3-mile relay — Mad 15:59.9. PV — San 31-6.	
SP — Sel 121-10/2. 1/2-mile relay — MW 6:45.6. 330 LH — Sel 1:34.6. 1320 relay — MW 2:47. LJ — MW 54-3. HJ — SJM 16-9. Sprint medley — Sel 3:29.4.	

/Ron Blackwood/

March 11. U.S.A.F. Academy, Colorado. USA-Canada Women's Indoor Pentathlon

1) Diane Konihowski (Canada)	4485
2) Jill Ross (Canada)	3922
3) Linda Cornelius (USA)	3842
4) Mary Harrington (USA)	3824
5) Liz McBlain (Canada)	3761
6) Sandra Cooper (Canada)	3732
7) Sue Summers (Canada)	3725
8) Denise Cornell (USA)	3691
9) Lisa Kinimaka (USA)	3632
10) Brenda Wilson (USA)	3607

/Pete Cava/

March 10, Hayward:
Women's Meet.

440 Relay - Cal State (Winlock, Nic son, Compagnin, Pickell), Chabot, Alameda 48.87; 1,500 Meters - Gazzafy (CSUH) Bruder (CSUH), Attwood (Ala), 5:01.0; 100 Meter Hurdles - Ray (CSUH), no second or third, 18.46; Javelin - Pickell (CSUH), Kenny (CSUH), Glear (Los Medanos), 113-4; HJ - Compagnin (CSUH), Ray (CSUH), Patton (CSUH), 5-0; 400 Meters - Nickson (CSUH), Santa Maria (Cha), Howard (CSUH), 57.48; 800 Meters - Rebello (CSUH), Crosshwaite (CSUH), Attwood (Ala), 2:34.1; 100 Meters - Winlock (CSUH), Johnson (Ala), Harrell (Ala), 12.3; Discus - White (Los Medanos), Kenny (CSUH), Ward (Los Medanos) 119-5; LJ - Honour (Cha), Compagnin (CSUH), Santa Maria (Cha), 16-9; 400 Meter low hurdles - Winlock (CSUH), Pickell (CSUH), no third, 66.7; 200 meters - C. Johnson (Ala), V. Johnson (Ala), Ray (CSUH), 25.2; Shot Put - Dilsworth (Ala), Canella (Ala), Pickell (CSUH) 35-6 1/2; 2-Mile - Gazzafy (CSUH), Robinson (unatt), no third, 11:26.7; Mile Relay - Cal State (Nickson, Winlock, Compagnin, Rebello) Chabot, Cal State B, 4:15.8.

/James Day/

March 11, Los Alamitos. 3rd Annual
Los Alamitos Marathon

- | | |
|-------------------------|---------|
| 1) Frank Duarte (35-39) | 2:31:39 |
| 2) William Fitzpatrick | 2:36:06 |
| 3) Steve Kellogg | 2:36:56 |
| 4) Ed Avol | 2:39:05 |
| 5) Jake Gilson | 2:40:28 |
| 6) Tad Kliendienst | 2:42:51 |
| 7) Robert Le Bovic | 2:43:09 |
| 8) Conrad Will (35-39) | 2:43:22 |
| 9) John Murphy | 2:43:38 |
| 10) Dennis Stansauk | 2:45:00 |
| 11) John McMullen | 2:45:02 |
| 12) Gilberto Garza | 2:45:03 |

- | | |
|---------------------------|------------------|
| 13) Steve Rennie | 2:45:45 |
| 14) Dave Furbee | 2:46:11 |
| 15) Mike Reinhart | 2:46:41 |
| 16) Celia Peterson W | 2:47:07 |
| 17) Joseph Ramos | 2:48:05 |
| 18) Chris Heulings | 2:49:36 |
| 19) Tracy Brown (40-49) | 2:49:45 |
| 20) Curtis Helms | 2:50:01 |
| 21) Chris Belcher | 2:50:05 |
| 22) Peter Nichols (35-39) | 2:50:58 |
| 23) Tom Rothhaar (35-39) | 2:51:01 |
| 24) Gary Seeger | 2:51:20 |
| 25) Bill Darby | 2:51:42 |
| 32) Merl Glauser (40-49) | 2:53:41 |
| 36) Sue Peterson W | 2:54:28 |
| 57) Gene Blod (50-59) | 3:05:05 |
| 254 finishers | /Mitch Lansdale/ |

March 12, Sacramento
vs Humboldt Women

Shot put - Bethan, H, 13.48m; Javelin - Randall, S, 28.82m; Discus - Dolsby, S, 38.31m; Long jump - Gipson, S, 4.85m; High jump - Trippett, S, 5-1; Sprint medley - Sacramento, 52.4; 5000m - Caporale, S, 19:24; 440 relay - Sacramento, 52.4; 1500m - Craven, H, 4:35.5; 100m hurdles - Foster, S, 16.4; 400m - Gipson, S, 51.9; 100m - Lyons, S, 13.3; 800m - Gribby, H, 2:23.6; 400m hurdles - Snell, H, 1:12.0; 200m - Hullenback, H, 27.3; 3000m - Mailhi, H, 11:16.4; 2-mile relay - Humboldt, 9:59.5; Mile relay - Sacramento, 4:19.9.

/James Day/

March 18, Los Angeles. 1978 L.A.
Marathon

- Open:
- | | |
|-------------------------|---------|
| 1) Ken Moffit (Azatlan) | 2:30:12 |
| 2) Bill Scobey (un) | 2:34:53 |
| 3) Frank Bozanich (BA) | 2:38:15 |
- Vets 35-39:
- | | |
|------------------------|---------|
| 1) Bart Coventry (STC) | 2:38:57 |
|------------------------|---------|

- | | |
|---------------------------|---------|
| 2) Gil Schaller (Azatlan) | 2:41:48 |
| 3) Gerald Berman (un) | 2:45:23 |
- Vets 40-49:
- | | |
|-----------------------|---------|
| 1) Ray Schmidt (CCAC) | 2:57:06 |
| 2) Alan Dirkin (un) | 2:58:02 |
| 3) Andre Tocco (CCAC) | 2:59:25 |
- Vets 50-59:
- | | |
|--------------------------|---------|
| 1) Dan Sheeran (STC) | 3:00:38 |
| 2) Jackie Tom (un) | 3:00:38 |
| 3) Richard Davies (CCAC) | 3:10:05 |
- Vets 60+:
- | | |
|--------------------------|---------|
| 1) Charles Seekins (STC) | 3:44:08 |
| 2) Burt Simonsen (LVTC) | 3:48:48 |
| 3) John Montoya (STC) | 4:05:01 |
- Women:
- | | |
|--------------------------|---------|
| 1) Sue Petersen (STC) | 2:58:08 |
| 2) Marilyn Nippold (PTC) | 3:25:48 |
| 3) Janet C. Ledder (STC) | 3:32:05 |
- /Fred Honda/

March 19, Marin. 3 Mile "Run for your
Life"

- | | |
|---------------------------|-------|
| 1) Randall Fairchild (16) | 16:25 |
| 2) Bradley Wilson (16) | 16:27 |
| 3) Donald Swanson (23) | 16:28 |
| 4) Frank Smith (39) | 16:42 |
| 5) Henry Smoak | 17:05 |
| 6) Gordon Stewart (33) | 17:20 |
| 7) Inaki O'Kelly (16) | 17:35 |
| 8) Diane Kenny (17) | 18:26 |
| 9) Peter Woodward (48) | 18:30 |
| 10) Liana Wilson (14) | 18:40 |
| 11) Brian Immoos (14) | 18:47 |
| 12) Ronnie Teel (14) | 19:25 |
| 13) Tom Hyland (15) | 19:26 |
| 14) Curtiss Kelly (15) | 19:26 |
| 15) Alan Weimer (26) | 19:34 |

March 18, Northridge. Northridge
Relays

- Women's Mile:
- | | |
|---------------------------|--------|
| 1) Maggie Keyes (CPSLO) | 4:53.7 |
| 2) Jani Rouda (CPSLO) | 5:01.1 |
| 3) Eileen Kreamer (CPSLO) | 5:01.6 |
- Women's 440 Yd Relay:
- | | |
|-------------------|------|
| 1) CSU Northridge | 46.6 |
| 2) CS Los Angeles | 46.7 |
- Women's Sprint Medley Relay:
- | | |
|---------------------|--------|
| 1) CSU Northridge | 4:02.1 |
| 2) CS Los Angeles | 4:04.1 |
| 3) Cal Poly SLO "B" | 4:15.7 |
- Women's Discus:
- | | |
|--------------------------|-------|
| 1) Kathy Marshall (CSUN) | 153-4 |
| 2) Shelly Brown (CPSLO) | 115-9 |
| 3) Heidy Ostertag (UCSB) | 112-0 |
- Women's High Jump:
- | | |
|--------------------------|-----|
| 1) Joan Russell (UCSB) | 5-4 |
| 2) Doreen Cornell (CSUN) | 5-4 |
| 3) Lisa Kinimaka (CSUN) | 5-0 |
- Women's 880 Medley Relay:
- | | |
|---------------------|--------|
| 1) Cal State LA | 1:43.8 |
| 2) Cal Poly SLO | 1:49.3 |
| 3) UC Santa Barbara | 1:54.6 |
- Women's Mile Relay:
- | | |
|---------------------|--------|
| 1) Cal State LA | 3:50.2 |
| 2) CSU Northridge | 3:59.1 |
| 3) UC Santa Barbara | 4:01.7 |
- /eddy cadena/

March 11, Hayward: Cal State
Hayward vs U.C. Davis

CAL STATE 108, U.C. DAVIS 64
(All distances in meters)

- 10,000-Hoglund (UCD), 32:16.9; Kirby (UCD), 34:09.6; Bartholomew (CSUH), 35:35.8.
 Hammer-Sawyer (CSUH), 56.67; Lee (CSUH) 45.37; Marinelli (CSUH), 41.57.
 Javelin-Richards (UCD), 53.00; Iverson (CSUH), 48.35; Cotton (UCD), 47.68.
 Steeplechase-Everest (UCD), 9:48.3; Anex (UCD), 9:50.8; Embody (CSUH), 9:51.1.
 400 Relay-Cal State (Munday, Corter, Gomes, Long), 43.1.
 Shot Put-Williams (CSUH), 16.57; Johnson (CSUH), 16.15; Wilson (UCD), 14.45.
 1500-McGrath (UCD), 3:54.8; Rohloff (UCD), 3:58.7; Carson (CSUH), 4:02.6.
 110 Hurdles-White (CSUH), 14.8; Campbell (UCD), 14.83; Dobbins (CSUH), 15.0.
 400-Gomes (CSUH), 49.7; Jordan (UCD), 50.2; Nunez (CSUH), 51.2.
 100-Corker (CSUH), 11.0; Munday (CSUH), 11.5; Rothman (UCD), 11.5.
 Long Jump-Garner (CSUH), 6.71; Gomes (CSUH), 6.55; Tyler (UCD), 6.46.
 High Jump-Haber (CSUH), 2.105; Wright (CSUH), 2.055; Jenkins (CSUH), 2.005.
 400 Hurdles-Campbell (UCD), 54.7; Bingham (UCD), 54.8; Rinker (CSUH), 56.0.
 Pole Vault-Olsen (CSUH), 4.87; Reitz (CSUH), 4.72; Grace (CSUH), 4.415.
 800-Sallaz (CSUH), 1:54.1; Pratt (UCD), 1:54.9; Americh (CSUH), 1:56.1.
 200-C. er (CSUH), 22.3; Munday (CSUH), 22.2; Jordan (UCD), 22.3.
 Discus-Williams (CSUH), 47.58; Maier (UCD), 44.17; Franks (UCD), 42.69.
 5000-McGrath (UCD), 14:55.0; Palladino (UCD), 14:58.0; Simms (UCD), 15:50.0.
 Triple Jump-Garner (CSUH), 14.99; Haber (CSUH), 13.86; Daijogo (CSUH), 13.30.
 1600 Relay-Cal State (Americh, Molina, Sallaz, Gomes), 3:21.5.

/James Day/

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400 Relay—Cal State (Munday, Corker, Gomes, Long), 43.1.
Shot Put—Williams (CSUH), 16.57; Johnson (CSUH), 16.15; Wilson (UCD),
14.45.
1500—McGrath (UCD), 3:54.8; Rohloff (UCD), 3:58.7; Carson (CSUH), 4:02.6.
110 Hurdles—White (CSUH), 14.8; Campbell (UCD), 14.83; Dobbins (CSUH),
15.0.
400—Gomes (CSUH), 49.7; Jordan (UCD), 50.2; Munnally (CSUH), 51.2.
100—Corker (CSUH), 11.0; Munday (CSUH), 11.5; Rothman (UCD), 11.5.
Long Jump—Garner (CSUH), 6.71; Gomes (CSUH), 6.55; Tyler (UCD), 6.46.
High Jump—Haber (CSUH), 2.105; Wright (CSUH), 2.055; Jenkins (CSUH),
2.005.
400 Hurdles—Campbell (UCD), 54.7; Bingham (UCD), 54.8; Rinker (CSUH),
56.0.
Pole Vault—Olsen (CSUH), 4.87; Reitz (CSUH), 4.72; Grace (CSUH), 4.415.
800—Sallaz (CSUH), 1:54.1; Pratt (UCD), 1:54.9; Arnerich (CSUH), 1:56.1.
200—Corker (CSUH), 22.3; Munday (CSUH), 22.2; Jordan (UCD), 22.3.
Discus—Williams (CSUH), 47.58; Maier (UCD), 44.17; Franks (UCD), 42.69.
5000—McGrath (UCD), 14:55.0; Palladino (UCD), 14:58.0; Simms (UCD),
15:50.0.
Triple Jump—Garner (CSUH), 14.99; Haber (CSUH), 13.86; Daijogo (CSUH),
13.30.
1600 Relay—Cal State (Arnerich, Molina, Sallaz, Gomes), 3:21.5.

/James Day/

March 18: Stanford
Relays.

Hammer throw—1, Mark Sawyer, Hayward St., 192-8 (meet record). 2, Coleman Kells, San Jose St., 171-4. 3, Rick Brunner, Cal Poly-San Luis Obispo, 170-7. 4, Dave Kennon, Chico St., 167-3.

10,000-meter—1, Jim Shackel, Cal Poly, 29:54.2 (meet record). 2, Chris Speers, Humboldt St., 30:46.2. 3, Tom O'Neil, Stan, 30:46.4. 4, Mitch Kingery, Cal Poly-SLO, 30:50.8.

Javelin—1, Wayne Guy, Cal, 238-5 (meet record). 2, Jon Mikaelsson, Nev., 235-10. 3, Dennis Morley, Fresno St., 231-1. 4, Bob Myers, Chico St., 214.5.

110 HH—1, Joe Siai Siai, Cal Poly, 13.9. 2, Don Wright, Idaho St., 14.1. 3, Mike Kirtman, SJS, 14.2. 4, tie, Ken Margerum, Stan, and Walt Pratt, Cal, 14.4.

Long jump—1, James Lofton, Stan, 25-7. 2, Darrin Nelson, Stan, 24-3. 3, Rex White, SJS, 23-10 3/4. 4, Kevin Cole, SJS, 23-6 1/2.

3,000 steeplechase—1, Devon Flynn, Washington, 9:04.6. 2, Rudy Munoz, Nev., 9:06.2. 3, Gary Gonsler, Idaho, 9:09.0. 4, Paul Heide, Humboldt St., 9:11.6.

400 relay—1, Stanford (Darrin Nelson, Alan Sheats, Gordon Banks, James Lofton), 39.7 (meet record). 2, SJS, 39.9. 3, California, 40.7. 4, Cal Poly, 40.8.

Pole vault—1, Kevin Stevenson, Cal, 15-6. 2, Stan Reyes, Cal Poly, 15-6. 3, Larry Hintz, Cal, 15-6. 4, Stan Reitz, Hayward St., 15-0.

Distance medley relay—1, Stanford (Dave Wells, Paul McCarthy, Mark Stillman, Tom Lobsinger), 9:45.0 (meet record). 2, Cal Poly, 9:45.6. 3, California, 9:47.8. 4, Idaho, 9:54.6.

100—1, (tie) Cyril Lewis, Nevada, and Floyd Eddings, Cal, 10.6 (ties meet record). 3, Greg Orrson, Idaho, 10.6. 4, Don Wright, Idaho St., 10.7.

Mile—1, Mark Schilling, Puma

TC, 4:04.3 (meet record). 2, Duncan Macdonald, West Valley TC, 4:04.6. 3, Bob Deis, Fresno St., 4:05.7. 4, Rick Bartlett, Moscow USA TC, 4:11.5.

High jump—1, Keith Nelson, SJS, 6-10. 2, Randy Powell, Idaho St., 6-10. 3, (tie) R. Hora, Fresno St., and Larry Wright, Hayward St., 6-8.

880 relay—1, San Jose State (Mike Kirtman, Dedy Cooper, Marlin Rochee, Mike Kirtman) 1:23.9. 2, Cal Poly, 1:24.6. 3, Stanford, 1:24.0. 4, California, 1:25.5.

Two-mile relay—1, Cal Poly (Metfeer, Aldridge, Eaton, Marlow), 7:33.6 (meet record). 2, San Jose State, 7:35.4. 3, Idaho State, 7:37.6. 4, California, 7:39.6.

Discus—1, Paul Santiago, Cal, 176-9. 2, Bob Gummerson, SJS, 170-7. 3, Rick Buss, Stanford, 168-0. 4, Scott Endler, Fresno St., 167-10.

Triple jump—1, Ed Tate, Cal Poly, 49-6. 2, Mike Dobbins, Cal, 48-4 1/2. 3, Larry Johnson, SJS, 48-0 3/4. 4, Doug Garner, Hayward St., 47-3 1/4.

5000-meter—1, Tom Wysocki, Nevada, 14:07.8 (meet record). 2, Hal Schulz, Cal, 14:12.8. 3, Roy Kissin, Stanford, 14:27.2. 4, Ted Quintana, Hayward St., 14:27.4.

1600-meter relay—1, Stanford (Paul McCarthy, Gordon Banks, Alan Sheats, James Lofton), 3:06.6 (meet record). 2, San Jose State, 3:06.8. 3, Cal Poly, 3:09.4. 4, California.

Shot put—1, Bob Feuerbach, SJS, 56-3 1/4. 2, Bob Gummerson, SJS, 56-0 1/2. 3, Tony Williams, Hayward St., 55-1 1/2. 4, Paul Paikovic, Idaho St., 54-10.

Final standings: San Jose St., 71. Stanford, 60 1/2. Cal Poly, 60. California, 58. Idaho St., 19. Nevada-Reno, 18 1/2. Hayward St., 17 1/2. Fresno St., 11 1/2. Idaho, 10. Chico St. and Humboldt St., 6. Washington, 5. UC-Davis, 1.