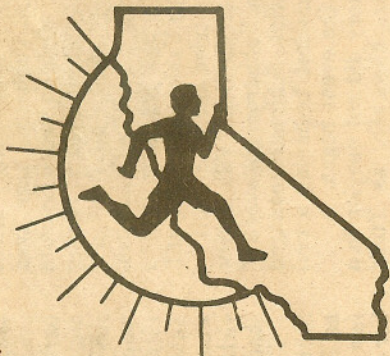


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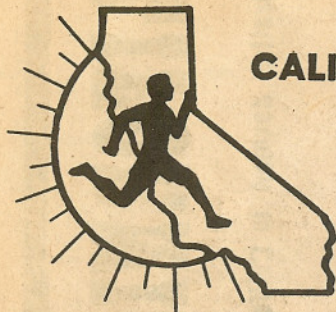
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BOXED IN

Have you ever experienced the frustration of being boxed in on the home stretch of a race? It's the same feeling we had last issue and are beginning to get again as the May/June version is starting to take shape. We have much more material than we are currently able to print. We wish you could have seen the many meet results, great pictures, and news items that were left on the work table. There just wasn't space.

The response to our call for results, pictures, news, etc. has been fantastic. Every day the mail brings many items from California's coaches, meet directors, athletes and fans. It has certainly been encouraging—keep the news coming! Can you, however, see our problem? More news than space. Not only would we like to include much more available material each issue but even increase the depth of the rankings and results that are presently printed.

The way we see it there are two possible solutions. First, we could double the size of each issue, making them 32 pages instead of 16. Secondly, we could increase the frequency of publication, coming out every month instead of every other month. We like the increased issue solution best—especially during the busy track season. Maybe a combination of the two solutions, coming out, say, with 10 issues a year. Either way it would probably involve an increase in the subscription price to make up for the additional cost. **California Track News** is for you the reader; please give us your ideas and feedback concerning our improvement in the future.

Subscriptions currently stand at the 700 mark and continue to grow at about 100+ new ones per month. So far the income from new subscriptions and advertising has been just enough to make ends meet. Each issue is put out on faith that the money will be there to pay for it. After we pass the one year mark and renewals begin to take effect and after we become more established maybe we will then be able to make the changes necessary to expand and improve. This is our hope. Keep spreading the word about **California Track News**. The more subscriptions the better we will be.

Some recent additions to the staff include George Moss of El Cerrito who will be keeping us up to date on the Northern California Masters scene. Keith Conning from Berkeley will be Northern California High School Correspondent. Karin Smith of Cerritos and Diane Johnson of San Diego are adding to the quality of CTN with their photography. Would you like to be a correspondent and join the happy CTN staff? There are still several challenging, satisfying and rewarding areas open. Especially needed is someone to handle masters stats and records for California. Help make your sport number one.

 **spotlight on:**

Tim Vahlstrom & Keith Schimmel

BOB McKIE

The story of the rise to the top of prep pole vaulting by two young men from Villa Park has many interesting sidelights. But

over 14'3 3/4" at the Crestview League meet. An injury at the C.I.F. final meet ended his season prematurely. Vaulting in all-comers meets during the summer, Vahlstrom went over 15'0" unofficially on several occasions.

Since both boys were invited to compete in the Sunkist meet last January,

Both are fundamentally sound and are fast (or appear so) down the runway in spite of their lack of good fundamental speed. Both have good plants, particularly for high school vaulters. Both are working at this time to improve their rock-back positions and the continued upswing of the hips above their heads. Both have fine



Tim Vahlstrom & Keith Schimmel

BOB McKIE

The story of the rise to the top of prep pole vaulting by two young men from Villa Park has many interesting sidelights. But let's go back to the beginning: Keith Schimmel and Tim Vahlstrom have lived next door to each other on Radeo Court in Villa Park for the last nine years. During the summer of 1969, having just completed the sixth grade, Keith and Tim got interested in pole vaulting with a bamboo pole in the Vahlstrom's backyard. So they naturally tried the pole vault as seventh graders on the Cerro Villa Junior High School team. Vahlstrom got over 9'3" that first year, while Schimmel managed 8'0". With this modest beginning a real love affair with the event began.

The success story did not develop in a parallel manner, however, as Tim's improvement in the event came sooner. In the eighth grade in 1971, Tim cleared 11'0", then set an Orange City junior high record of 12'7 $\frac{1}{4}$ " in 1972. Meanwhile, Keith in the eighth grade matched Tim's seventh grade mark of 9'3", then proved himself to be a good high school prospect with a 10'6" clearance in the ninth grade. As they moved over to Villa Park High School as sophomores in 1973, Keith continued in Tim's shadow as Tim improved to 13'7" and won the C.I.F. Masters' Meet, Sophomore division. Keith had a big breakthrough to 13'0" and won his first major victory over Vahlstrom as he placed first in the C.I.F. "AAAA" finals, setting a meet record.

Vahlstrom got his first 14'0" clearance in the Sunkist Invitational indoor meet in January, 1974. Vaulting consistently through the season, Tim cleared 14'10" in the C.I.F. finals for his best mark of his junior year. He advanced to the State Meet at Bakersfield, but failed to qualify for the finals there. Schimmel, meanwhile, didn't get to 14'0" until mid-April, then got

over 14'3 $\frac{3}{4}$ " at the Crestview League meet. An injury at the C.I.F. final meet ended his season prematurely. Vaulting in all-comers meets during the summer, Vahlstrom went over 15'0" unofficially on several occasions.

Since both boys were invited to compete in the Sunkist meet last January, they started early preparations. Vaulting practice took place in the Vahlstrom backyard on the home-made pit that Keith and Tim had put together from scrap foam rubber when in the ninth grade. A long-standing dream came true in January 19th as Keith and Tim went one-two at the Sunkist meet, both clearing 15'0". Keith won on fewer misses, and with that victory he emerged from Vahlstrom's shadow.

Since then, there has been no stopping Schimmel. During the month of February he first cleared 15'7" in practice, then a few days later on February 27 he set the bar at 16'0" and sailed over on his first try. Tim, not to be outdone, also cleared 16'0" the same day, although he needed four tries to do it. Both have since had two separate official clearances over 16'0" with bests of 16'1 $\frac{1}{2}$ " (Schimmel and 16'1" (Vahlstrom).

The success that these two fine athletes enjoy today is not accidental, but is a culmination of six years of dedication, study, and intelligent training plus a strong desire to excell. Both have run two years of cross-country, have been diligent in weight training and have included lots of gymnastic activities during the off-season. Other than this, each has an approach to athletics quite different from the other. Tim likes to vault all-year-around, Keith vaults only in the season (January to June); Tim is mechanical in mastering technique and has drilled countless hours to arrive where he is, while Keith comes more naturally to the techniques involved in vaulting. Keith has slightly more natural speed, but Tim possesses greater endurance.

Both are fundamentally sound and are fast (or appear so) down the runway in spite of their lack of good fundamental speed. Both have good plants, particularly for high school vaulters. Both are working at this time to improve their rock-back positions and the continued upswing of the hips above their heads. Both have fine potential for improvement and I believe they will both attain 18+ in college.



(photo by Ted Brazil)



KEITH SCHIMMEL: Villa Park High School. Senior. Age 17; 6 feet 0 inches; 160 pounds. Born July 25, 1957 in Whittier, California.

Best Marks: 16-3 $\frac{1}{4}$ (75); 14-3(74); 13-0(73); 10-6(72); 9-3(71); 8-0(70). Coached by Bob McKie.

"I like the pole vault because I'm really not good at anything else. Right now my goal for the season is the State Record and 16-9. As for next year I have looked at UCLA and San Jose State. I plan to vault for at least 10 more years and hopefully be a track coach some day. My philosophy in the vault is 'the bigger the pole — the higher you go.'"

TIM VAHLSTROM: Villa Park High School; Senior. Age 17; 6 feet, 2 inches; 170 pounds. Born September 14, 1957 in New London, Connecticut. Also competed for Cerro Villa JHS.

Best Marks: Pole Vault: 16-1(75); 14-10(74); 13-7(73); 12-8(72); 11-0(71); 9-3(70). Coached by Bob McKie.

"I don't place much importance on being in the Olympics. It would be nice if I made it and I'll try, but my career doesn't depend on being in the Olympics. I like to vault and see myself improve; also I like the track atmosphere and the people I meet. At first my goal for the season was 16-0, now it is 16-5. I am thinking about college, but there are so many good ones it's tough to decide. Right now UTEP and San Jose State look good."

ON THE COVER: Keith Schimmel, one half of the Villa Park HS super vaulting duo. The other half, Tim Vahlstrom, watches in background. photo by: Ted Brazil

keeping track

The National AAU Junior Men's Championships have been scheduled for June 13 and 14 at the University of Tennessee. Contact Bill Maxwell, Box 47, Univ. of Tenn., Knoxville, Tenn. 37901... The National AAU Junior Women's Championships will be held June 24 and 25 at White Plains, New York. Contact Pat Rico (914) 271-4252. The AAU Senior Women's will follow on the 26th and 28th... Indoor vault world record holder Dan Ripley (18-1) of San Jose State injured his shoulder early season and missed several months of training. Last year Ripley's PR stood at 16-3½. It has been rumored that he has cleared 16-6 in his street clothes... The US Men's Olympic Committee is sponsoring a learn by doing clinic June 15-18 in conjunction with the AAU Championships in Eugene, Oregon, June 20-21. For application write Sam Bell, Assembly Hall, Indiana University, Bloomington, Ind. 47401.

Note the emergence of a new track club. The American Avenue Track Club of Long Beach. From reading the results section you'll see they are serious... The Kennedy Games originally scheduled for Saturday, June 14, 1975, at Berkeley, have been cancelled. No television contract... Pleasant Hill High School's Kathy Costello logged an impressive 4:53.8 mile on March 18, and that was after running the 880. She demonstrated her speed in another meet with a relay split of 55.1 for a quarter... Swede Peter Fredricksson of United States International University in San Diego recently tied Ron Clarke's world record for most times under 29 minutes for six miles - 35 times.

Track and Field News has just published two new books: *Age Records 1975* lists world and US male track and field bests by age for almost 50 events, up through age 89. It shows that age is no barrier to outstanding athletic performance. A ten year old, for instance, ran a marathon in less than three hours, and a 52 year old Swedish marathoner, Erik

Chamber of Commerce, Box 1947, Bakersfield 93303... Bennie Myles of LA Harbor Junior College had quite a day at the Long Beach Relays. 1:52.6 on the 2 mile relay, 20.8 on the 880 relay, and 46.8 on the mile relay... How's this for a discus throwing family? The McNaughton's of Fresno: Matt 168-5(75), Austin 175-7(62), Steve 178-8(68), and Mark 190-2(74)... UC Irvine coach and 1968 Olympic decathlon champion, Bill Toomey, has been selected to the National Track and Field Hall of Fame. In 1969 Bill completed in 33 decathlons before he set a world record 8417 in December. He has recently been appointed to the President's Commission on Amateur Sports.

Grossmont Community College established a new National Junior College Record in the 4 mile relay on March 1 at the Long Beach Relays. A team composed of George Pullen (4:12.1), Tom Smith (4:16.4), Mike Breen 4:19.8), and Terry Cotton (4:10.9) finished second to Cal State Long Beach with 16:59.2 to break the record of 17:00.2 set by Allegheny Community College in Pennsylvania in 1974. Long Beach ran 16:51 with Grossmont graduate Bob Wilson recording the fastest leg at 4:10.3... San Jose State coach, Ernie Bullard, has authored a book, *The Linear Approach to the Discus*, which features the philosophy and program of John Powell, one of the premier throwers in the world. It can be obtained by sending \$2.50 to LK Publishers, 5654 Park Oak Place, Los Angeles 90068... We asked Ron Blackwood how he manages to keep up with all of California's high school track and field marks. "Most of my info that I use is gathered by myself with plenty of help from Mike Kennedy of the *LA Times*, Keith Conning of Berkeley, Phil Klusman of the *Bakersfield Californian*, Dave Dodson of Sanger, Bob Fraley of Lemoore, Andy Darby of Wasco and several other coaches as well." If anyone has any additions or corrections send them



PETER FREDRIKSSON of USIU in San Diego was the first Californian to finish at the Boston Marathon: 8th with a 2:15:38 clocking.
(photo by Bud Hanson)

4:53.8 mile on March 16, and that was after running the 880. She demonstrated her speed in another meet with a relay split of 55.1 for a quarter... Swede Peter Fredricksson of United States International University in San Diego recently tied Ron Clarke's world record for most times under 29 minutes for six miles - 35 times.

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Anthony Curran of Crespi High in Encino has broken the California freshman record in the pole vault with a 14-6... Otis Hunter of Pasadena High set the National 330 yard low hurdles record of 36.8. California is the only state running 330 lows... Chip Benson of LA Lutheran broke the world record for age 15 triple jump with a bound of 48-5... Will Elijah Jefferson of Crawford HS in San Diego become the first California prep to win the 100 yard dash three years in a row?... Cal State Sacramento will host the NCAA College Division II National Track Meet May 27-31. They will be using a computerized results method. There will also be a coaches clinic featuring Peter Snell of New Zealand and Steve Simmons of Cal Poly SLO.

Chaffey Junior College has three freshman decathlon prospects in John Lawrence 6339, Gary Wise 5879, and Mike Myers 5605... A marathon will be conducted in conjunction with the Bakersfield Track Classic May 17. There will also be a 13 mile mini marathon. Contact Frank Fish, BTC Marathon,

the philosophy and program of John Powell, one of the premier throwers in the world. It can be obtained by sending \$2.50 to LK Publishers, 5654 Park Oak Place, Los Angeles 90068... We asked Ron Blackwood how he manages to keep up with all of California's high school track and field marks. "Most of my info that I use is gathered by myself with plenty of help from Mike Kennedy of the **LA Times**, Keith Conning of Berkeley, Phil Klusman of the **Bakersfield Californian**, Dave Dodson of Sanger, Bob Fraley of Lemoore, Andy Darby of Wasco and several other coaches as well." If anyone has any additions or corrections send them directly to Ron at 1220 Greenwood, Sanger, CA 93657 or telephone after 8:00 p.m. (209) 875-3011.\$

Dr. Judith R. Holland has been named Director of Women's Intercollegiate Sports at UCLA. Dr. Holland is concluding her 6th year as women's athletic director at Sacramento State... The weather man really worked over the First Annual Southern California Decathlon Championships at Mt. SAC. The first day everyone got sunburned, then the second day it rained so hard the hurdles had to be run on the grass... Paul Sprangler of the San Luis Distance Club, age 75, was the big winner at the recent Masters Relays held in San Luis Obispo on March 15. Paul set a world record in the mile with 7:28, two mile with 15:46, and three mile at 23:45... Marcus Gordien has thrown the discus 186-9 and only 5 inches away from the National Junior College record held by Les Mills. His father and coach at San Bernardino Valley College, Fortune Gordien says he will break the US record for 19 year olds which is 190-5... Cal State Northridge's Craig Healy broke the world javelin record for deaf athletes with a 225-5 launch... Grossmont JC has been undefeated in all dual meets over the past five years with a string now going on 50... The Western Regional Masters Track Meet will be held July 5-6 at Laney College in Oakland. Ed Philips, National AAU Masters Committee member and vice president for the Western Region, noted that this is the first year that regional championships have been scheduled and that they will serve as preliminary meets for the National Championships to be held in White Plains, New York, August 8-9-10.

PETER FREDRIKSSON of USIU in San Diego was the first Californian to finish at the Boston Marathon: 8th with a 2:15:38 clocking.
(photo by Bud Hanson)

meet the staff

Each issue of **California Track News** is the product of the efforts of many persons. Without the continuous inflow of results, schedules, pictures, etc. from coaches, athletes, meet directors and fans there would be little to print in **California Track News**. Several people have volunteered their services and expertise on a regular basis to become part of the growing **California Track News** staff. This group of faithful supporters is listed in the credit box on page two of each issue. Several readers have expressed an interest in getting to know those who put CTN together. So, here is the first edition of a new column, "Meet the Staff."

CALVIN BROWN serves as the CTN female editor. He, pretty much, handles all of the California girl's and women's records, rankings, and stats. If you have been a regular reader you will agree that he knows his stuff and is starting to tie together all of California female track and field. In the past there has been little communication between the northern and southern parts of the state—Calvin's working to bridge that gap. Calvin's most comfortable position at a meet is that behind the microphone where his knowledge and expertise greatly add to the atmosphere of the competition.



Calvin Brown was born in Los Angeles on November 12, 1936. He has two sisters and two brothers, one of which, George, was a member of the Olympic team in the long jump. He attended Jordan HS in LA and was a member of the track team all four years. He attended college at Cal State LA, graduating in 1960—again a member of the track team. After college he continued to compete as a member of the Striders. His best track marks include 100-9.7; 220-21.5; LJ-23-11; TJ-44-3.●

Calvin has been involved with track for females since 1959. He coached the Compton TC girls from 1963-1966. He was also the track coach at Compton College in 1974. Presently he coaches the sprinters with the Blue Angels TC. Between meets he keeps busy compiling U.S. age best marks in all events. Calvin has attended every outdoor nationals since 1962 (except '65), took in the 1972 Olympics and is going to Montreal in '76.

Track & Field News

For over 25 years, we've served the track community: the leader in book and periodical publishing, track merchandise and accessories.

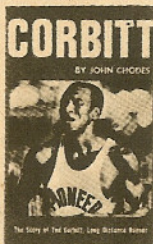
1 Have you looked at TRACK & FIELD NEWS lately? T&FN returns to monthly publication this year, with "fatter" issues and coverage extended to women, seniors, road racing, technique reports, and other aspects of the sport. The focus, of course, is still the major news and features of men's competitive track and field, high school through the Olympics... still the bible of track and field throughout the world. At \$9.00 a year, it's money well spent for anyone interested in track. Write for a sample issue.

2 Our new t-shirts are hum-dingers. Added to the old favorites, the RUN RUN RUN cartoon shirt and our USA shirt, we have three new ones: Keep on Trackin', the Road Runner cartoon shirt, and the popular adidas shirts. These are colored shirts and are available in sizes S, M, L, and XL at \$3.95 each, plus \$.50 per order for postage. And watch our Moscow 80 shirt, now in the works.



3 Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Jipcho, Dwight Stones, Steve Williams, Tony Waldrop, all in full color. Still available are color posters of Shorter, Prefontaine, Wottle, and Ryun/Keino. All color posters are \$2.50 each. Add 50¢ per order for postage and handling.

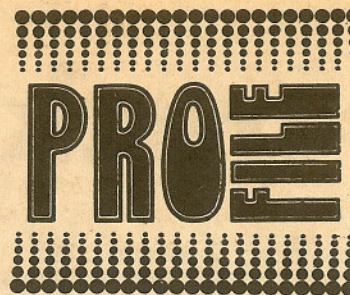
4 T&FN is still the foremost publisher of books on track and field. Recent titles are *The Little Red Book* (with Metric Conversion Tables and a goldmine of information on the sport), \$2.95; *Corbitt* (story of Ted Corbitt, pioneer long distance runner), \$3.95; and *Age Records 1975*, \$2.00. Write for complete booklet.



5 Coaches: keep up with the latest in technique and training. Read *Track Technique*, the Quarterly Review of Track and Field Athletics. Emphasis is given to easy-to-follow, immediately applicable material for your day-to-day coaching needs. \$4 a year. \$10 for three years.

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DEDY COOPER: Harry Ells High School in Richmond and West Valley Track Club. Senior; age 18; 6 feet, 2½ inches; 165 pounds. Born May 22, 1956 in Waco, Texas.

Best Marks: 100 - 10.0; 220 - 21.7r; 440 - 47.9; 880 - 2:02.6; 120 HH - 13.5; 330 LH - 38.8; 120 HH (42") - 14.1. Coached by Victor Carey.

The state's two top prep high hurdlers in the same league? There's no doubt about it! Dedy Cooper (Harry Ells HS) and Robert Gaines (Kennedy HS) both run head to head in the Alameda County Athletic League. They proved their superiority when they battled over the timbers at the Kennedy Relays, April 12th. Cooper came out on top and his 13.5 was the fastest ever by a California prep and ranks him among the top 12 high schoolers in US history. Gaines' mark of 13.6 was also faster than any other Californian has ever run, except Cooper.

Dedy Cooper has come a long way since he started running track just 2½ years ago. Dedy and his coach Vic Carey feel he has a good shot at the National record 13.4 before the year is over. Coach Carey is quite proud of his budding hurdler and understandably so. "Not often does a high school coach get the opportunity to be associated with a young man like Dedy Cooper. Desire, dedication and ability are words that illustrate this great athlete. We have grown close over the past three

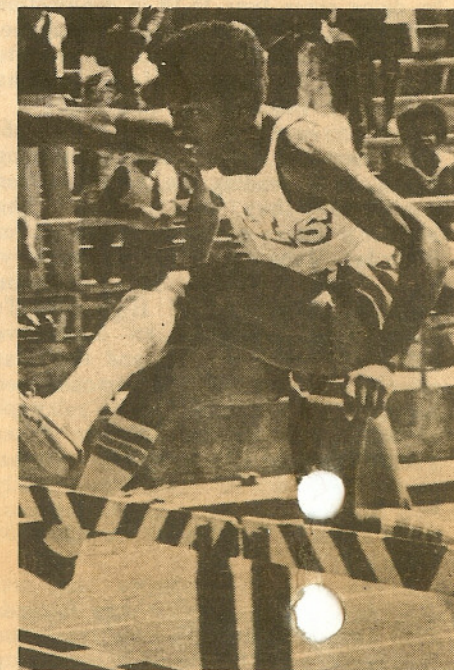
years of our association and I've watched him blossom into a fine man and athlete.

"Dedy is 6-2½ and weighs 165 pounds. He is a superior athlete in every sense of the word. In 1973 Dedy ran 13.8 and 49.7 as a sophomore in high school. He was a

Dedy Cooper

by VICTOR CAREY

finalist in the state meet and a runner-up in the National Junior Olympics. His junior year Dedy ran 13.7 and 47.9 placing second in both events in the state meet. In addition he set a class record of 14.1 over college highs. Winning the Junior AAU allowed Dedy to compete against the Russian team last summer in Texas. Already this year Dedy has run 13.5 in the high hurdles which makes him number one on the all time list in California.



"Dedy is concentrating on the national record which, given the right conditions and competition, is sure to come. There is

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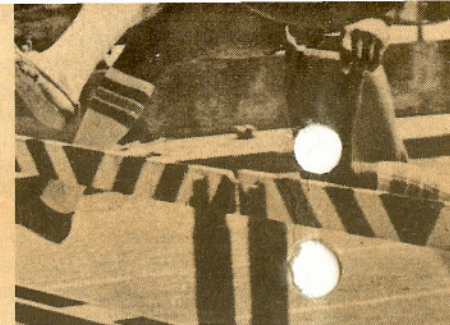


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State High School Cross Country Meet ?

by STEVE WARD

Will California have a state high school cross country meet? Increasing concern over this matter has been expressed by many coaches and athletes.

A chance for the state's top runners to meet in order to determine California's best is definitely needed. Athletes would also benefit from the personal contact with runners from other parts of the state.

Results of a survey conducted by CTN of high school coached indicates a strong desire for this meet. But numerous problems must be solved before a state meet can be planned.

State CIF sanctioning is of greatest concern. Bill Russell, Commissioner of state CIF, indicated that a special committee is studying the feasibility of state-wide competition for all sports. The committee will report its findings in June. Russell also expressed concern that several sections are not interested, as they already have their own championships.

In the CTN survey some coaches indicated that "the season is already too long." If coaches knew before the season starts that a state meet would be conducted, they could arrange schedules accordingly.

A coach from the San Diego area shared his concept of an ideal season. His season would include "three or four dual meets, three invitationals, and three qualifying meets leading up to the state meet." This concept would allow adequate preparation for meets and keep the length of the season within reason.

Expressed by a coach in Los Angeles was this comment: "Coordination of dates between North and South parts of the state is a problem. Their regions are smaller than Southern sections and they finish their finals usually two weeks sooner than we do." Our survey indicates that the Thanksgiving holidays or the first week in December would work the best.

Most coaches prefer that qualifications be based on performances at sectional meets rather than by invitation.

A desire for a state-wide uniform racing distance was expressed by a coach from Torrance. It appears most coaches would like that distance to be three miles.

Locations of state-wide competitions have generally been rotated from year to year. But coaches seem to be split on this issue. Many points favor a permanent location. First, permanent course records could be established. Athletes could compare their times to those run in past years. Second, a centrally located site would cut down on traveling expenses. Third, meet officials would be familiar with the problems involved in conducting such a meet.

The Fresno area would be a good site. A number of championship meets have been held on Woodward Park's permanent course. It is quickly gaining reputation as one of the best sites for spectators in California. There is also an abundance of qualified personnel who would be willing to conduct this meet.

Stimulus could be given to the girl's distance program by including a division for them; however, many coaches were split on this issue.

Will California have a state meet? CTN hopes so. A great deal of cooperation is needed in order to get this meet off the ground. By working together, with the athletes' best interests in mind, California will have a state meet.

"Dedy is concentrating on the national record which, given the right conditions and competition, is sure to come. There is no doubt in my mind that Dedy has the ability to be a world class athlete and possibly even a future Olympic gold medal winner. I have never coached anyone who has worked harder for his success. Despite his great ability Dedy always works for improvement.

"Upon entering college next year Dedy will make a rapid adjustment to college hurdles and competition. I am sure that he will be a standout his first year of competition. He has not yet decided on a school but has been looking at San Jose State and San Diego State."

Typical Week's Workout: Dedy plays football and basketball so does not train specifically for track during the fall and winter. He does run extensively during the summer and 2-3 times a week at lunch time. **Monday**—stretch and jog warm-up, run the ladder (550, 440, 330, 220, 110, 110, 220, 330, 440, 550, his best series is 72, 58, 39, 25, 13, 13, 26, 40, 58, 73); **Tuesday**—10-15 times over 3 hurdles, split 550's (run a 330, walk a 110, run a 220) usually 3-5 sets; **Wednesday**—run the ladder (down) 550 to 110, run 5 times over 4 low hurdles (330 yard lows); **Thursday**—10-15 times over 3 hurdles, split 330's (run a 220, walk a 110, run a 110), 3-5 sets; **Friday**—10-20 starts over 1 hurdle, high knees for 50 yards; **Saturday**—race; **Sunday**—job 2-3 miles if so desire.

SCHEDULED

MAY

- 9 NAIA DISTRICT III CHAMPIONSHIPS
Cal State Los Angeles. Two days.
- 9 WEST COAST RELAYS. Radcliffe
Stadium, Fresno. Two days.
- 10 ANGEL ISLAND RUN. 4.78 miles, 11:
30 am. J.S. Fowler, 2333 1/2 Circle Blvd.,
Walnut Creek 94595.
- 10 PA-AAU GIRLS AGE GROUP PENTATH.
*Mills HS, Millbrae. Ed Parker, 284 Turn-
stone Ct., Foster City 94404.*
- 10 CLAREMONT HS INVITATIONAL.
*Pomona College. Girls. Rich Ede, 627 N.
Indian Hill Blvd., Claremont 91711.*
- 10 SOUTHERN CAL CHEETAH INVIT.
*Mt. San Antonio College. Girls age grp.
Bill Peterson, 1840 Hawkbrook, San
Dimas. Two days.*
- 11 AVE. OF GIANTS MARATHON. 9:00 am.
*Weott. Dick Gilchrist, 281 Hidden Valley
Rd., Bayside 95524.*
- 11 HANSEN DAM 10 MILER. Pasadena.
8:00 am. Marvin Rowley, 9725 Lev Ave.
Arleta 91331.
- 16 PCAA CHAMPIONSHIPS. San Jose State.
11:00 am. Two days.
- 17 BAKERSFIELD MARATHON & MINI.
7:00 am. Frank Fish, Bakersfield Chamber
of Commerce, Box 1947, Bak. 93303.
- 17 PA-AAU JR' CHAMPIONSHIPS. Skyline
College. Girls age group. Ed Parker, 1840
Turnstone Ct., Foster City 94404.
- 17 ORANGE COAST THUNDERBOLT MT.
Newport Harbor HS. Boys & Girls age
group. Don Moraga, Box 2082, Hunting-
ton Beach. Two days.
- 17 BAKERSFIELD TRACK CLASSIC.
Memorial Stadium. Open.
- 17 FONTANA DAYS RUN. 11.5 miles.
10:45 am. Louis Brewster (714) 822-7154.
- 17 GRANDFATHER GAMES. Van Nuys.

- 25 'WILT'S WONDER WOMEN INVITATION'
*Balboa Stadium, San Diego. Two days.
Tracy Sundlun (714) 755-9747.*
- 29 NCAA DIV. II CHAMPIONSHIPS.
Sacramento State. Three days.
- 31 BLUE ANGEL INVITATIONAL. UC
Irvine. Don DeNoon (714) 894-8041.
- 31 MT. WILSON TRAIL RACE. 9.5 mile.
9:30 am. Jerry Carlton, Park & Rec.
Dept., 196 N. Adams, Sierra Madre 91024.
- 31 WEST VALLEY TRACK CLUB ALL
COMERS MEET. College of San Mateo.
1:00 pm. Open & women.
- 31 STATE JUNIOR COLLEGE CHAMPS.
Memorial Stadium, Bakersfield.
- 31 GIRLS AGE GROUP ALL COMERS.
UCLA. Chuck Debus, (213) 454-8675.
- 31 LONG BEACH TRACK CLASSIC.
Cal State Long Beach.

JUNE

- 1 STATUTO RUNS. 4 & 8 miles. San Fran-
cisco. 9:00 am. John Valentini 2232 18th.
Ave., San Francisco 94116.
- 1 PAJARO VALLEY BEACH RUN. 15 mile.
*Near Watsonville. 11:00 am. Don Amini,
688 Clubhouse Dr., Aptos 95003.*
- 1 PA-AAU WOMEN'S CHAMPIONSHIPS.
San Jose City College.
- 1 LONG BEACH COMETS INV. UCLA.
Pete Scanlan (213) 421-2867.
- 5 STATE JUNIOR COLLEGE DECATHLON.
Hancock College, Santa Maria.
- 6 STATE HIGH SCHOOL CHAMPIONSHIPS.
San Diego. Two days.
- 7 BLOOD SWEAT & TEARS RUN. Atasca-
dero State Hospital. Tentative.
- 7 PA-AAU ONE HOUR RUN. Site TBA.
*Frank Donahue, 4903-B Mission St.,
San Francisco 94112.*
- 7 NATIONAL AAU JR' 5 KILO CHAMPS.
*Mike Polizzi, 18400 Prairie St., North-
ridge 91324 (213) 886-9579.*
- 7 NORTHRIDGE 5 KILO CROSS COUN.
Mike Polizzi: address above.
- 7 SPA-AAU MASTERS. Fullerton. Hal
*Wallace, 8566 VanNess Ct., E-19, Hunt-
ington Beach 92646.*

- 20 NATIONAL AAU JUNIOR DECATHLON.
Hayward State. Two days.
- 21 MORRO BAY TO CAYUCOS FUN RUN.
*San Luis Distance Club, Box 1134, San
Luis Obispo 93406.*
- 21 SPA-AAU JUNIOR OLYMPICS. Ventura.
John Corcoran (805) 644-3283.
- 22 HOLY CITY RUN. 9.1 miles. 9:00 am.
*Ken Napier, 1612 Bearden Dr., Los Gatos
95030.*
- 25 PSA-AAU ONE HOUR RUN. Balboa Stdm.
5:45pm and 7:00pm.
- 28 ALL COMERS TRACK MEET. South-
western College. Noon.
- 28 EXCELSIOR BEACH RUN. 6 miles. 10:00
am. Frank Donahue, 4903-B Mission,
San Francisco 94112. 587-0286.
- 28 SOUTH EL MONTE RUN. 7.9 mile.
6:30 pm. Bertha Oliver 443-1321
- 28 PLANKTON FESTIVAL RUN. 3 miles.
*Avila Beach. Contact Larry Steffan of
Avila School, Avila Beach.*
- 28 LA SPORTS INTL' SENIOR OLYMPICS.
See address of Sports Intl' above. Two days.

JULY

- 4 SPA-AAU 15 KILO CHAMPIONSHIPS.
*Santa Barbara. John Brennand (805)
964-2591.*
- 5 AAU WESTERN REGIONALS. Masters
and submasters. Laney College, Oakland.
*Two days. Ed Phillips, Box 1267, Los
Altos, 94022.*
- 6 RACE TO THE REDWOODS. 9.2 miles.
*Felton. 9:00 am. Bruce Jones, 6940 Hwy
9, Felton 95018. (408)335-4488.*
- 6 HISTORIC FOLSOM ROAD RACE.
*10 kilo. Frank Krabs, 8406 Taramore,
Orangevale 95662.*
- 6 COLLEGE OF THE CANYONS 6 MILE.
Valencia. Monty Cartwright (805) 259-7800.
- 12 LAFAYETTE 10 KILO. 8:00 am. Mike
Foley, Box 351, Lafayette 94549.
- 12 NATIONAL AAU DECATHLON. UCSB.
Two days.
- 12 SPA-AAU ONE HOUR RUN. Santa Bar-
bara. John Brennand, 4476 Meadowlark
Ln., Santa Barbara 93105.

PROFE

Clarence
Frazier

CSUN. Since the eleventh-grade Frazier has dreamed of the Olympics. "First I wanted to clear 7-0 then win the NCAA high jump and now I'm pointing towards the Olympics."

There have been a number of different high jump styles and you better add another one to the list. Frazier approaches the bar straight across which is different from a Caruthers, Fosbury, Brown, or Stones type of style. As Frazier puts it, "it's the Frazier Flop."

One ingredient that has enabled this high jumper to put it all together has been SPEED. Frazier wastes no time and feels confidence is very important in competition. "When I first started high jumping I lacked the confidence at low heights, now I feel I can do 6-10 anytime I want to."

Like most sports, high jumping could use some changes. On the college level a lot of time is spent lag past low heights. "The starting height should be at a standard level in college to avoid the

- 7:00 am. Frank Fish, Bakersfield Chamber of Commerce, Box 1947, Bak. 93303.
- 17 **PA-AAU JR' CHAMPIONSHIPS.** Skyline College, Girls age group. Ed Parker, 1840 Turner Ct., Foster City 94404.
- 17 **ORANGE COAST THUNDERBOLT MT.** Newport Harbor HS. Boys & Girls age group. Don Moraga, Box 2082, Huntington Beach. Two days.
- 17 **BAKERSFIELD TRACK CLASSIC.** Memorial Stadium. Open.
- 17 **FONTANA DAYS RUN.** 11.5 miles. 10:45 am. Louis Brewster (714) 822-7154.
- 17 **GRANDFATHER GAMES.** Van Nuys. George Ker, 16750 Index St. Granada Hills 91344 (213) 363-8588. Two days.
- 18 **BAY TO BREAKERS RUN.** San Francisco. 10:00 am. 7.6 miles. Entries closed May 1.
- 18 **PSA-AAU 20 KILO CHAMPIONSHIP.** San Diego. 9:00 am.
- 23 **NORTHERN CAL JC CHAMPIONSHIPS.** Diablo Valley College. 5:00 pm.
- 24 **CALIF. AAU WOMENS PENTATHLON.** UCSB. Sam Adams, Athletic Dept., UCSB, Goleta, 93019. (805) 961-2133. Two days.
- 24 **HUNTINGTON BEACH 30 KILO.** 8:30 am 14 Tom Whaling, 218 Main St., Huntington Beach 92648.
- 24 **DEL AMO 5 KILO.** 10:00 am. R. J. Duran, 5167 134th. St., Hawthorne 90250.
- 24 **ALL COMERS TRACK MEET.** Grossmont College. 12:00 noon.
- 24 **SPA-AAU RELAY CHAMPIONSHIPS.** Mt. San Antonio College. Women. Bill Petersen (714) 599-4569.
- 24 **CALIFORNIA RELAYS.** Modesto JC.
- 24 **SOUTHERN CAL JC CHAMPIONSHIPS.** Bakersfield Memorial Stadium.
- 25 **APTOS 15 KILO ROAD RUN.** 10:00 am. Mike Jones, 228 North Ave., Aptos 95003.
- 25 **PA-AAU AGE GROUP CHAMPIONSHIPS.** Girls. Hartnell College, Salinas.
- 25 **LA JOLLA INVITATIONAL.** Balboa Stadium, San Diego. Boys & Girls age group. Tracy Sundlun, Box 881, La Jolla
- 25 **USTFF DECATHLON.** UCSB. Two days.
- 7 **BLOOD SWEAT & TEARS RUN.** Atascadero State Hospital. Tentative. San Diego. Two days.
- 7 **PA-AAU ONE HOUR RUN.** Site TBA. Frank Donahue, 4903-B Mission St., San Francisco 94112.
- 7 **NATIONAL AAU JR' 5 KILO CHAMPS.** Mike Polizzi, 18400 Prairie St., Northridge 91324 (213) 886-9579.
- 7 **NORTHRIDGE 5 KILO CROSS COUNTRY.** Mike Polizzi: address above.
- 7 **SPA-AAU MASTERS.** Fullerton. Hal Wallace, 8566 VanNess Ct., E-19, Huntington Beach 92646.
- 7 **SPA-AAU GIRLS CHAMPIONSHIPS.** UCLA. Two dys. Bob Seaman (213) 926 5785.
- 8 **SACRAMENTO RIVER RUN.** 7.6 mile. Lake Redding Pk., Redding. 9:00 am. Bob Malain, 1870 Wisconsin, Redding.
- 8 **LA SPORTS INTL. MARATHON.** UC Irvine. LA Sports Int'l, 5225 Wilshire Blvd. No. 302, Los Angeles 90036.
- 8 **NCSTC TRACK MEET.** College of Marin.
- 14 **ALL COMERS TRACK MEET.** Southwestern College. Noon.
- 14 **PALOS VERDES MARATHON.** Les Woodson, Box 153, P.V. Estates 90274.
- 14 **HIDDEN VALLEY 12 MILE RUN.** Gerald Beeson, 3734 Cullen Ct., Newbury Park. 91320. (805) 498-6531.
- 14 **MT' MISERY CROSS COUNTRY.** 10 kilo. Placerville. 9:30 am. Ernest Marinoni, 5101 Newtown Rd., Placerville 95667.
- 14 **USTFF NATIONAL JUNIOR DECATHLON.** Hayward State. Two days.
- 14 **CORONA DEL MAR RELAYS.** UC Irvine. Dave Jackson 19103 S. Andmark Ave., Carson 90746.
- 14 **CALIF. WOMEN & GIRLS AAU CHMPS.** Lemoore High School. Two Days.
- 15 **LEVI'S RIDE AND TIE.** Paso Robles. Combination running and horse riding. Entries close June 1. Bud Johns, Public Relations Dept., Levi Strauss & Co., Two Embarcadero Center, San Francisco 94106.
- 15 **WOODMINSTER 9.3 MILE HANDICAP.** Oakland. 10:00 am. Charles MacMahon, 154 Grover Ln., Walnut Creek 94596.

Clarence Frazier

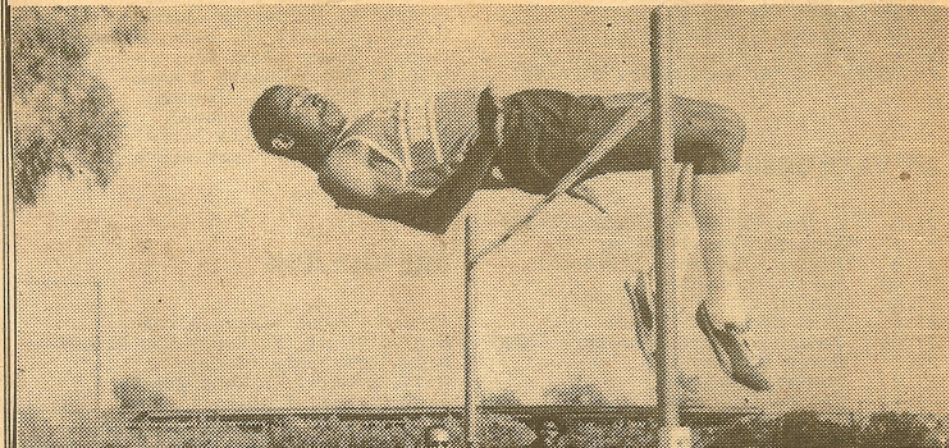


photo by Jeff Yablan

CLARENCE FRAZIER: California State University, Northridge; Junior; 6 feet, one inch; 159 pounds. Born September 21, 1954 in Los Angeles, California. Also competed for Morningside High School. **Best Marks:** high jump - 7-2. 6-8 in high school. Coached by Clif Abel. High school coach George Varvas.

Clarence Frazier attends Cal State Northridge and competes for the CSUN track team. In his freshman year Frazier was an All-American and that's pretty good considering he entered high jumping by accident. Frazier loves to play basketball, second only to high jumping, and it was during a One-on-One game that a friend challenged Frazier to slam-dunk the ball. Well, Frazier has a tremendous ability to leap and slammed the ball with ease. Then on suggestion from his buddy, Frazier decided that he had what it takes to be a high jumper.

Why does Clarence Frazier high jump? According to Frazier, "if you're given the talent and I was, you might as well put it to good use." That's exactly what he has done clearing 7-2 as a junior while at

One ingredient that has enabled this high jumper to put it all together has been SPEED. Frazier wastes no time and feels confidence is very important in competition. "When I first started high jumping I lacked the confidence at low heights, now I feel I can do 6-10 anytime I want to."

Like most sports, high jumping could use some changes. On the college level a lot of time is spent jumping past low heights. "The starting height should be at a standard level in college to avoid the

delay that high jumpers go through." "I usually have to pass them wait and that breaks-up total concentration. Is there a difference in jumping indoors and outdoors? "Yes, indoors you're limited to a small, tight area and I prefer jumping outdoors on Tartan." Frazier strongly believes that when he competes in the NCAA Championships this June he'll have something he didn't have last year. "A lot of experience in having been there before."

Typical Week's Workout: Monday—Sprint work... usually some 110's, 220's, and 330's... weights... consisting of squats, leg curls, clean and jerks, and calf raises; **Tuesday—**Technique work... work with coach on approach... lift... etc. ... some easy 880's and 440's to loosen up from weights; **Wednesday—**Repeat of Monday; **Thursday—**Repeat of Tuesday; **Friday—**Loosen up prior to meet... gymnastic type exercises; **Saturday—**Competition; **Sunday—**Basketball game or some activity.

1975 Top Marks - High School

includes marks received up to April 26

COMPILED BY RON BLACKWOOD

100 YARD DASH

- 9.5w J. Andrews (West-Bakersfield) 9.6
- 9.5w Jenkins (Norte Dame-Shr. Oaks) 9.9
- 9.6 E. Jefferson (Crawford-SD)
- 9.6 Gardner (Ganisha)
- 9.6 Woodard (San Bernardino)
- 9.6wn *Taylor (Piedmont-SJ) 9.7
- 9.6w Jones (Kennedy-Bars) 9.9
- 9.6w *Britt (Oxnard)
- 9.6 Johnson (Centennial-Cmpt)
- 9.6n Davis (Crenshaw)
- 9.7 *Mullins (Hamilton-LA)
- 9.7 *Cannon (Mt. Pleasant-SJ)
- 9.7 M. Glass (Castlemont-Oak)
- 9.7 Johnson (Kennedy-Richmond)
- 9.7 Bryant (Balboa-San Francisco)
- 9.7 Jackson (Pasadena)
- 9.7 Tillman (Huntington Park)

- 49.5 Bayless (Chatsworth-LA)
- 49.5 Yizar (Belmont-LA)
- 49.6 Herron (Muir-Pasadena)
- 49.6 R. Jones (North Bakersfield)
- 49.6 Walker (Crenshaw-LA)
- 49.7 Williams (Fremont-LA)
- 49.7 Emerson (McClatchy-Sac)

880 YARD RUN

- 1:53.7 Bayless (Chatsworth-LA)
- 1:53.9 Jones (North Bakersfield)
- 1:54.2 Hacche (Birmingham-LA)
- 1:54.3n DelaTorre (Banning-LA)
- 1:54.7 Becklund (P. Henry-SD)
- 1:54.8 Rochelieu (N. Dame-ShrOaks)
- 1:55.5 Aldridge (Petaluma)
- 1:55.6 Lloy (Edison-Huntington Bch)

- 9:16.3 Walterhouse (Mission Viejo)
- 9:16.4 Helgeson (Mt. Miguel-SD)
- 9:17.5 McRoskey (Loyola)
- US BEST: Hunsaker

120 YARD HIGH HURDLES

- 13.5 D. Cooper (Ells-Richmond)
- 13.6n R. Gaines (Kennedy-Richmond)
- 13.7n Kennedy (Serramonte)
- 13.8w Peterson (Saddleback) 14.0
- 13.9n Hicks (Serramonte)
- 13.9w Brisco (Locke-LA) 14.2
- 14.0n Turner (Cypress)
- 14.1w Loveless (Carson-LA)
- 14.2 Zabalski (Crespi-Encino)
- 14.2 Nonroy (Overfelt-San Jose)
- 14.2 Brown (Skyline-Oakland)
- 14.3 Jackson (Pomona)
- 14.3 Mullin (Palm Springs)
- 14.3n Finley (Cupertino)
- 14.3w Torres (Huntington Park)
- 14.3w Thompson (Morningside-Ing.)
- US BEST: 13.4 Roberson (Winter Pk, Fl)

LONG JUMP

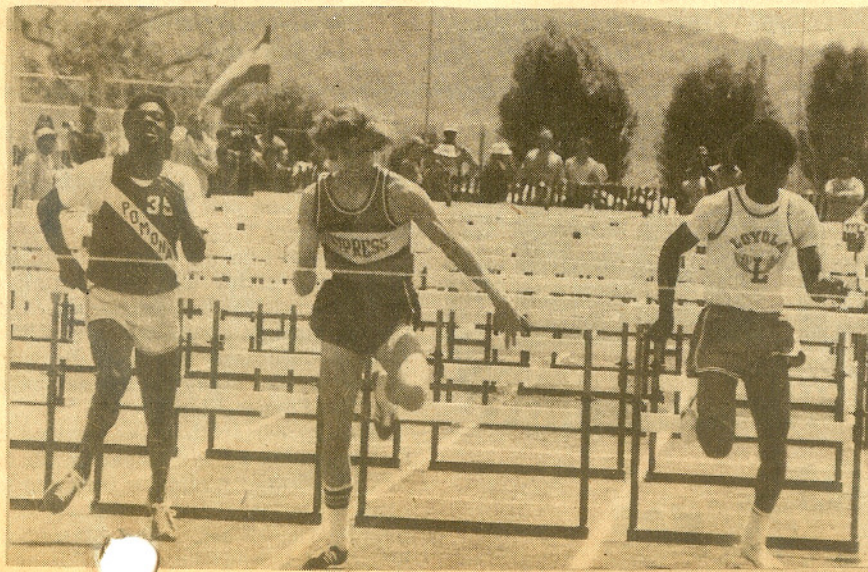
- 24-7 Andrews (West Bakersfield)
- 24-4¹/₂w Wilson (Fontana) 23-4¹/₂
- 24-0¹/₂w Doubly (Lennox) 23-9
- 23-9 Finley (Cupertino)
- 23-6 Master (Fremont-Sunnyvale)
- 23-5 Jennings (Ontario)
- 23-3¹/₂ Sanders (Muir-Pasadena)
- 23-3¹/₂w Tillman (Huntington Park)
- 23-3¹/₂ Gaines (Kennedy-Richmond)
- 23-3¹/₂w Thomas (Wilson-Long Beach)
- 23-2 Joseph (Gardena)
- 23-1 3/4 Armour (Morse-San Diego)
- 23-1¹/₂w Ferguson (Victor Valley)
- 23-1 Simpson (Banning)
- 23-1 Webster (Garey)
- 23-0 Scott (Los Angeles)
- 22-11¹/₂ L. Johnson (Washington-Estn)
- 22-11¹/₂ Lancaster (Gardena)
- 22-11¹/₂ Smith (Muir-Pasadena)
- US BEST: Andrews

TRIPLE JUMP

- 49-5 3/4w Rojas (Overfelt-SJ) 49-0¹/₂
- 48-10¹/₂ Jackson (Oakland)
- 48-5 **Benson (LA Lutheran)
- 47-10 Hayes (Riordan-San Francisco)
- 47-10 Finley (Cupertino)
- 47-7w Moreno (Link-San Jose)
- 47-5 Steward (Seaside-Monterey)
- 47-0¹/₂ Clingan (Warren-Downey)
- 46-2¹/₂ DeFrance (Corcoran)

330 YARD LOW HURDLES

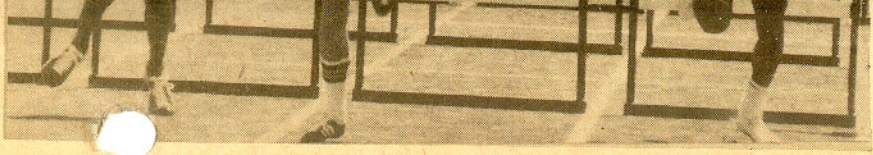
- 36.8 Hunter (Pasadena)
- 37.5n Smith (Muir-Pasadena)
- 37.6n**Chambers (Muir-Pasadena)
- 36.1 Ashman (Bassett)
- 38.2 Lloy (Edison-Huntington Bch)
- 38.3 Richardson (Gardena-LA)
- 38.3 Cooper (Ells-Richmond)
- 38.3n Flowers (Eishenhower-Rialto)
- 38.4 S. Wright (Porterville)
- 38.4 Zabalski (Crespi-Encino)
- 38.5 *M. Lee (Hanford)
- 38.5 Turner (Cypress)
- 38.5 Ware (Cypress)
- 38.6 Hicks (Serramonte)
- 38.6 Hicks (Santa Paula-LA)
- 38.6 Smith (Skyline-Oakland)
- 38.7 Williams (Vallejo)
- 38.9 Koko (Sunset-Hayward)
- 38.9 Johnson (Skyline-Oakland)
- 38.9 Brisco (Locke-LA)
- 38.9 Ward (Lodi)
- 38.9 McNeal (Washington-LA)
- 38.9 Morris (San Luis Obispo)
- US BEST: Hunter



Left to right: Dwayne Jackson, Tom Turner, Al Sanford

- 9.7 K. Williams (San Fernando)
- 9.7 Sam (X)
- 9.7n Davis (Lodke)
- 9.7wn Ware (Sacramento)
- 9.7w Burgan (Washington-LA)
- 9.7w Brown (Monroe-LA)
- 9.7w Gallegos (Bell-LA)
- 9.7wn Struyck (Venice)
- US BEST: 9.3 *McTear (Baker, Florida)
- 1:55.6 Flynn (San Gorgorio-S.Berdo)
- 1:55.9 Davis (Monte Vista-SD)
- 1:56.1**L. Gonzales (Exeter)
- 1:56.4 Hayes (Lakewood)
- 1:56.4 Riggins (Helix-SD)
- 1:56.6 Mi Nordstrom (Lemoore)
- 1:56.7 Russell (N. Dame-ShrOaks)
- 1:56.7 Young (Bell-LA)
- 1:56.9 Dobos (Santa Monica)





Left to right: Dwayne Jackson, Tom Turner, Al Sanford

- 9.7 K. Williams (San Fernando)
- 9.7 Sam (S X)
- 9.7n Davis (Lodke)
- 9.7wn Ware (Sacramento)
- 9.7w Burgan (Washington-LA)
- 9.7w Brown (Monroe-LA)
- 9.7w Gallegos (Bell-LA)
- 9.7wn Struyck (Venice)
- US BEST: 9.3 *McTear(Baker, Florida)

220 YARD DASH

- 21.0 J. Andrews (West-Bakersfield)
- 21.2 *Mullins (Hamilton-LA)
- 21.3 *Taylor (Piedmont Hills-SJ)
- 21.4n Davis (Crenshaw)
- 21.4n *Cannon (Mt. Pleasant-SJ)
- 21.5 Zack (West Torrance)
- 21.6w Jenkins (Norte Dame-Shr. Oaks)
- 21.7 Davis (Dorsey-LA)
- 21.8 Hunter (Pasadena)
- 21.8 Patton (Fremont-LA)
- 21.8 *D. Geary (Edison-Fresno)
- 21.8n Burgan (Washington-LA)
- 21.9 Edmerson (Lincoln-San Diego)
- 21.9 Tillman (Huntington Park)
- 21.9 Brown (Monroe-LA)
- 21.9n Glass (Castlemont-Oakland)
- 21.9n Ware (Sacramento)
- 21.9w Stevens (Berkeley)
- 22.0 Lynn (Muir-Pasadena)
- 22.0 Williams (Carson-LA)
- 22.0n Robertson (Palisades)
- 22.0 Thompson (Gahr)
- 22.0 Bisciglia (Crespi-Encino)
- 22.0 Hunt (North Hollywood)
- 22.0w K. Williams (San Fernando)
- US BEST: 21.0 Andrews & Roberson (Winter Park, Fla)

440 YARD DASH

- 47.5 J. Ware (Sacramento)
- 47.6 B. Theriot (Newport Hbr)
- 48.2 H. Williams (Carson-LA)
- 48.4 Kennedy(Serramonte-Daly City)
- 48.4 Jackson (Pasadena)
- 48.7 Lloy (Edison-Huntington Bch)
- 48.9 Weigel (Rolling Hills)
- 49.0 Bishop (Carlmont-Belmont)
- 49.1 Hunt (North Hollywood)
- 49.2 Andrews (West Bakersfield)
- 49.3 Thompson (Gahr)
- 49.4 Field (Grant-Sacramento)
- 49.5 J. Garcia (Central-Fresno)

- 1:55.6 Flynn (San Gorgorio-S.Berdo)
- 1:55.9 Davis (Monte Vista-SD)
- 1:56.1**L. Gonzales (Exeter)
- 1:56.4 Hayes (Lakewood)
- 1:56.4 Riggins (Helix-SD)
- 1:56.6 Mi Nordstrom (Lemoore)
- 1:56.7 Russell (N. Dame-ShrOaks)
- 1:56.7 Young (Bell-LA)
- 1:56.9 Dobos (Santa Monica)
- 1:57.0 McGee (St. Joseph)
- 1:57.0 LaForge (Oceana)
- 1:57.2 Albrecht (La Habra)
- US BEST: 1:52.0 Curtis(Brandon, Fla)

ONE MILE RUN

- 4:07.0 Serna (Loara-Anaheim)
- 4:07.9 *Hunt (P. Henry-San Diego)
- 4:09.1n*Arriola (Gahr)
- 4:11.3n*Hulst (Laguna Beach)
- 4:12.9n Bell (Foothill)
- 4:13.3n Woods (Vista-San Diego)
- 4:13.4n Blackburn (Royal)
- 4:14.2n Earle (Granite Hills-SD)
- 4:15.0n Johnson (Skyline-Oakland)
- 4:15.0n*D. Moses (Cresent Valley-LA)
- 4:17.8 B. Angel (Huntington Beach)
- 4:18.2 B. Foley (Hoover-Fresno)
- 4:18.9 Hunsaker (Corona Del Mar)
- 4:19.3 Holquin (San Fernando)
- 4:19.4 Hacche (Birmingham-LA)
- 4:19.5 Baksh (Hollywood)
- 4:20.7 Walterhouse (Mission Viejo)
- 4:20.8 Cook (Mission Viejo)
- 4:21.0 Fissenden (Lowell-Whittier)
- 4:21.2 DelaTorre (Banning)
- US BEST: Serna

TWO MILE RUN

- 8:58.2 Hunsaker (Corona Del Mar)
- 8:58.6 *E. Hulst (Laguna Beach)
- 9:02.8 Serna (Loara)
- 9:02.5 *Hunt (P. Henry-SD)
- 9:04.6n Spilsbury (Foothill)
- 9:07.2n Baksh (Hollywood)
- 9:09.4n Horney (Royal)
- 9:09.8 Moore (Rancho Alamitos)
- 9:10.0n R. Aguirre (Santa Barbara)
- 9:13.4 Hendrick (Crawford-SD)
- 9:13.6n Hernandez (Mission Bay-SD)
- 9:14.6 Kissin (San Ramon-Danville)
- 9:15.8 Fritzke (Leigh-San Jose)

- 38.3 Cooper (Ellis-Richmond)
- 38.3n Flowers (Eishenhower-Rialto)
- 38.4 S. Wright (Porterville)
- 38.4 Zabilski (Crespi-Encino)
- 38.5 *M. Lee (Hanford)
- 38.5 Turner (Cypress)
- 38.5 Ware (Cypress)
- 38.6 Hicks (Serramonte)
- 38.6 Hicks (Santa Paula-LA)
- 38.6 Smith (Skyline-Oakland)
- 38.7 Williams (Vallejo)
- 38.9 Kcko (Sunset-Hayward)
- 38.9 Johnson (Skyline-Oakland)
- 38.9 Brisco (Locke-LA)
- 38.9 Ward (Lodi)
- 38.9 McNeal (Washington-LA)
- 38.9 Morris (San Luis Obispo)
- US BEST: Hunter

HIGH JUMP

- 7-0 Joseph (Gardena)
- 6-10 1/4 Flower (Eisenhower-Rialto)
- 6-9 Collins (Monterey)
- 6-8 3/4 Scarborough (Clovis)
- 6-8 1/2 Santeha (Arcadia)
- 6-8 1/4 Muhl (Hart)
- 6-8 Cuervo (Western)
- 6-8 Ward (Balboa-SF)
- 6-8 Lane (American-Fremont)
- 6-8 English (Gahr)
- 6-8 Hawblitzel (Duarte)
- 6-8 Isaac (Hoover-Glendale)
- 6-8 Williams (Fremont-Oakland)
- 6-8 Owens (Castlemont-Oakland)
- 6-8 Johnson (Arroyo)
- 6-8 Washington (Fremont-LA)
- 6-8 Fitzgerald (Redlands)
- 6-8 Garnet (Muir-Pasadena)
- 6-8 Brock (Redlands)
- 6-7 3/4 Bowen (West Covina)
- 6-7 1/2 Keesling (Escondido)
- US BEST: 7-0 1/2 Green (Natchitoches,La)

POLE VAULT

- 16-3 1/2 Schimmel (Villa Park)
- 16-1 Vahlstrom (Villa Park)
- 16-0 Warden (N. Dame-ShrOaks)
- 15-7 T. Curran (Crespi-Encino)
- 15-6 Goodman (Agoura)
- 15-0 **M. Sula (Lemoore)
- 14-7 Talley (Brawley)
- 14-6 ***A. Curran (Crespi-Encino)
- 14-6 Searle (Camden-San Jose)
- 14-6 Hintnaus (Aviation-MhntBch)
- 14-4 Kwasman (Grant-Sacramento)
- 14-3 Black (Carlmont-Belmont)
- 14-3 Foster (Laguna Beach)
- 14-3 Turner (Cypress)
- 14-2 Folsom (Clovis)
- 14-1 1/2 Alioto(Paso Robles)
- 14-0 1/2 Oravetz (Campbell-San Jose)
- 14-0 1/2 Boersma (St. John Bosco)
- 14-0 1/2 Foss (Santa Ynez)
- US BEST: Schimmel



Thom Hunt's 4:07.9
San Diego Union Photo

SHOT PUT

- 66-10 1/2 Kurrasch (Newport Harbor)
- 64-8 Laut (Santa Clara)
- 61-6 Horn (Hoover-Fresno)
- 61-3 1/2 *McKenzie (Hart-Newhall)
- 60-10 3/4 Slinkard (St. Paul-LA)
- 60-9 Madison (Poly-Long Beach)
- 60-6 1/2 Dill (Redlands)
- 59-11 1/2 Naramore (Miraloma-Sac)
- 59-6 1/2 Williams (Roosevelt-Fresno)
- 59-6 1/2 Zibell (Pomona)
- 59-5 Rossini (St. Francis-MtView)
- 59-3 1/2 Malone (El Cajon)
- 59-2 1/2 Tuiasosopo (St. Anthony)
- 58-9 Watkins (Mitty-San Jose)
- 58-8 3/4 Bersano (Los Gatos)
- 58-7 1/2 Odoms (Dos Pueblos)
- 58-5 3/4 Hunter (Santa Barbara)
- 58-0 3/4 Palkovic (Crespi-Encino)
- US BEST: Kurrasch

DISCUS

- 182-11 Howe (Fresno)
- 181-6 Malone (El Cajon)
- 178-3 Fuller (Hart-Newhall)
- 177-5 Perry (Fremont-SnyHills)
- 177-0 Baughman (Katella)
- 176-4 Stewart (La Quinta)
- 175-6 Kurrasch (Newport Harbor)

175-2 Kaiser (Hoover-Fresno)
 174-6 Watkins (Mitty-San Jose)
 172-7 Singleton (Irvington-Frmt)
 171-4 Eilenbert (Costa Mesa)
 170-5 Corbett (El Dorado)
 169-9 Cetlow (Helix-San Diego)
 168-5 M. McNaughton (Hoover-Fresno)
 168-2 Endler (Bullard-Fresno)
 US BEST: Howe

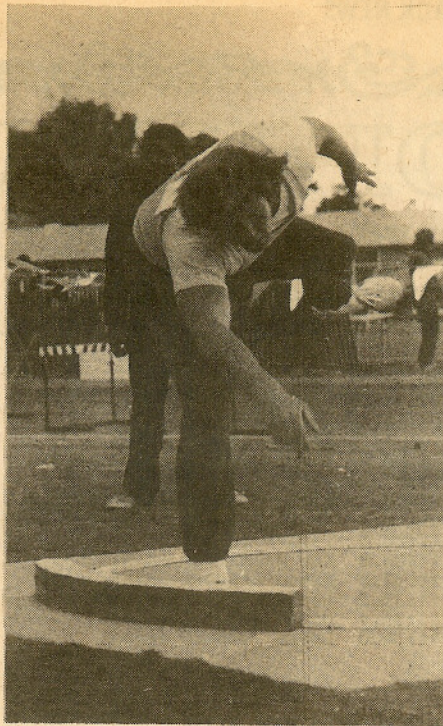
440 RELAY

42.2 John Muir-Pasadena
 42.2 Lincoln-San Diego
 42.3 Pasadena
 42.3 Ells-Richmond
 42.4 Fremont-Los Angeles
 42.4 Monroe-Los Angeles
 42.5 Sacramento
 42.6 Dorsey-Los Angeles
 42.6 Kennedy-Richmond
 42.6 Crenshaw-Los Angeles
 42.7 Wilson-San Francisco
 42.7 Hamilton-Los Angeles
 42.8 Morningside-Inglewood
 42.8 Norte Dame-Sherman Oaks
 42.8 Huntington Park
 42.8 Serramonte-Daly City
 42.9 San Fernando
 43.0 Edison-Fresno
 43.0 Gardena
 43.0 Manual Arts-Los Angeles
 43.0 Kearny-San Diego
 43.0 Skyline-Oakland
 US BEST: 41.6 Roosevelt-Dallas, Tx.

ONE MILE RELAY

3:17.2 Newport Harbor
 3:19.5 Carson-Los Angeles
 3:20.3 Washington-Los Angeles
 3:20.7 Rolling Hills
 3:22.0 Edison-Huntington Park
 3:22.2 Fremont-Los Angeles
 3:22.3 Ells-Richmond
 3:22.4 Pasadena
 3:22.4n Muir-Pasadena
 3:23.0 Crawford-San Diego
 3:23.2 Kennedy-Richmond
 3:23.2 Serramonte-Daly City
 3:23.4 Arca
 3:23.7 Gard
 3:23.8 San Mateo
 3:24.0 Edison-Fresno
 3:24.0 Banning-Los Angeles
 US BEST: 3:17.9 Lincoln-Dallas, Tx.

w=mark wind aided, n=mark non-winning,
 *=junior, **=sophomore, ***=freshman.



Dave Laut

Stopwatch vs. Stethoscope

by DR. Jeff Stone, D.P.M.

Whether you are a coach or a runner, or both, you have no doubt noticed the term **Sports Medicine** cropping up in many recent athletic publications. In a few words I would like to explain why it has come about.

The athlete who is injured is very apprehensive about going to a doctor because so often the answer is "stop running." This answer has been given so often that athletes and coaches have come to avoid medical care until absolutely necessary.

The athlete wants to run and his doctor wants to practice medicine, yet so often this leads to conflict. Out of this

antagonism has emerged **Sports Medicine**. It really is not new. It is based upon good old preventive medicine which is now being applied to a vital new area of need—the injured athlete.

The conflict is unnecessary because good medicine, like good running, depends on good common sense.

To paraphrase **Athlete's Feet**, the **Runner's World Booklet**, an injury which can be predicted can be prevented. This is the name of the game in treating athletic injuries.

Sports Medicine signifies a type of United Nations for the shin splint set. It is saying, We won't be afraid of your sports if you won't be afraid of our medicine.

Distance Runners Pentathlon

by STEVE WARD

This may sound like a typical tough interval workout. But one feature makes it unique. All runs are scored on a point system with a goal of scoring the highest total number of points.

The scoring for each event is based on the following: A 9:30 two mile scores 1,000 points with each second being valued at five points, thus a 10:02 two-mile would score 840 points; A 4:25 mile scores 1,000 points, each second scoring ten points. A 49.2 mile would then score 758 points. An 880 run in 2:00 would score 1,000 points, each second being valued at 20 points. A 2:09.6 880 would score 808 points. 1,000 points is awarded to a 54.0 in the 440, each second being valued at 50 points. A quarter run in 61.4 would earn 630 points. A 220 run in 25.0 seconds is good for 1,000 points; each second is worth 100 points. A 29.5 220 is worth 550 points.

Several strategies have evolved regarding the scoring of points. Strength runners usually try to burn the two mile and mile, and hang on for the remaining runs. Speed runners generally cruise the two mile and mile, and then turn it on for the 880, 440, and 220.

The speed strategy has apparently worked best. The top marks at Pacific are held by milers and half-milers. The individual record is held by Barrel Cox with 4,312.5 points.

The distance runners pentathlon serves as both a speed and strength workout. The entire time can participate together. The workout gives the athlete a good indication of each athlete's speed and strength.

Interval workouts no longer need to be boring. Give the distance runners pentathlon a try.

3:22.3 Ellis-Richmond
 3:22.4 Pasadena
 3:22.4m Muir-Pasadena
 3:23.0 Crawford-San Diego
 3:23.2 Kennedy-Richmond
 3:23.2 Serrano-Daly City
 3:23.4 Arca
 3:23.7 Gard
 3:23.8 San Mateo
 3:24.0 Edison-Fresno
 3:24.0 Banning-Los Angeles
 US BEST: 3:19.9 Lincoln-Dallas, Tx.

w=mark wind aided, n=mark non-winning,
 *=junior, **=sophomore, ***=freshman.

"Not boring intervals again!" How many times have coaches heard this expression.

This cry has inspired a new system of interval training at Pacific College. Runners have developed a challenging workout which they look forward to.

The pentathlon is run on the track. It incorporates five different timed runs in the following order: Two mile, one mile, 880, 440, and 220. Rest intervals are set at 12 minutes after the two; eight minutes after the one; four minutes after the 880; and 1½ minutes after the 440.

the following: A 9:30 two mile scores 1,000 points with each second being valued at five points, thus a 10:02 two-mile would score 840 points; A 4:25 mile scores 1,000 points, each second scoring ten points. A 49.2 mile would then score 758 points. An 880 run in 2:00 would score 1,000 points, each second being valued at 20 points. A 2:09.6 880 would score 808 points. A 2:09.6 880 would score 808 points. 1,000 points is awarded to a 54.0 in the 440, each second being valued at 50 points. A quarter run in 61.4 would earn 630 points. A 220 run in 25.0 seconds is good for 1,000 points; each second is worth 100 points. A 29.5 220 is worth 550 points.

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 The distance runners pentathlon serves as both a speed and strength workout. The entire time can participate together. The workout gives the athlete a good indication of each athlete's speed and strength.
 Interval workouts no longer need to be boring. Give the distance runners pentathlon a try.

State High School ALL TIME Indoor Marks

COMPILED BY RON BLACKWOOD

60 YARD DASH

6.0 Bill Gaines (San Jose) 68
 6.1 Joel Andrews (West Bakersfield) 75
 6.2 Ed Bryant (Wilcox-Santa Clara) 71
 6.2 George Reddick (Hamilton-LA) 71
 6.2 Mike Shavers (Albany) 73
 6.2 Elijah Jefferson (Crawford-SD) 75
 6.2 Bussey (Kearny) 75

1000 YARD RUN

2:14.2 Rory Trup (Mission Bay-SD) 72
 2:15.3 Hacche (Birmingham-LA) 75
 2:15.4 Delatorre (Banning) 75
 2:15.8 Davis (Monte Vista) 75
 2:15.9 Bob Wilson (Grossmont-LM) 72
 2:15.9 Dave Mills (Granite Hills) 72
 2:16.0 John Bradford (Hueneme) 72
 2:15.8 Rick Fields (Bonita Vista) 73

ONE MILE RUN

4:10.6 Terry Cotton (Valley-EC) 72
 4:14.5 Mark Malec (Clairemont-SD) 73
 4:15.7 Ron Johnson (West Torrance) 70
 4:17.3 Brent Tubb (Cleveland-Res.) 71
 4:18.1 Mark Novac (Clairemont-SD) 71

TWO MILE RUN

8:55.0 Terry Williams (Lompoc) 73
 8:56.2 Barrie Williams (N. Torr.) 73
 8:58.4 Eric Hulst (Laguna Bch) 74
 8:58.4 Schankel (Lompoc) 74
 8:58.6 Dale Fleet (Clairemont-SD) 71
 9:01.4 Armando Valencia (Valley-EC) 68
 9:01.4 Ralph Serna (Loara-Anaheim) 74
 9:04.0 Otis Martin (Lincoln-SD) 67
 9:05.2 Mike Ryan (Wilcox-Sta Cla) 65
 9:05.6 Roger Fabing (Lompoc) 74

600 YARD RUN

1:12.8 Ray Johnson (Blair-Pasa) 72
 1:13.7 Ken Jones (Eisenhower) 72
 1:13.8 Claude Brown (Gardena) 72

HIGH JUMP

6-10 Fred Jackson (Castlemont-O.) 66
 6-10 Reynaldo Brown (Compton) 68
 6-10 Dwight Stones (Glendale) 71
 6-8½ Clarke Feedle (La Sierra-Car.) 74
 6-8 Randy Fulkerson (S. Fe. Sp.) 71
 6-8 Rory Kotinek (Millikan-LB) 71
 6-8 Flowers (Eisenhower) 75
 6-7 Robert Joseph (Washington-LA) 69
 6-7 Randy Dawson (Albany) 71
 6-6 Greg Gorsuch (CastlePark-CV) 71
 6-6 Johnson (Arroyo) 75
 6-6 Washington (Freemont) 75

POLEVAULT

16-0½ Paul Wilson (Warren-Downey) 65
 15-0 Al Sandoval (W. Covina) 72
 15-0 Ken Haagen (San Marcos-SB) 72
 15-0 Keith Schimmel (Villa Park) 75
 15-0 Tim Vahlstrom (Villa Park) 75
 14-6 ¾ Mark Behr (Miramonte-Ori) 72
 14-6 Tim Quinn (Monroe-Splvda) 72
 14-6 Tim Curran (Crespi-Encino) 72
 14-6 Ch. Eulo (Ntr. Dame-Shrm Oaks) 72
 14-6 Mike Baker (Katella-Anhm) 73
 14-6 John Clemmons (Azusa) 74
 14-6 Mike Tully (Millikan-LB) 74
 14-6 Jim Knaub (Lakewood) 74
 14-6 Brien Goodman (Agoura) 75
 14-6 Tom Curran (Crespi-Encino) 75

60 YARD HIGH HURDLES

7.1 Al Hall (Morningside-Ingle) 71
 7.1 Derek Ligons (Mt. Eden-Hywd) 72

LONG JUMP

26-2 Jerry Proctor (Muir-Psdna) 67
 24-10½ Gerald Hardeman (Edison-Fr) 73
 24-2 Ken Duncan (McClatchy-Sac) 72
 24-0 ¾ Sutton (Morningside) 75
 23-8 ¾ Lewis King (Lincoln-SD) 67
 23-8 Craig Conway (Cupertino) 71
 23-1½ Mark Bailey (El Rancho-PicoR) 73
 23-1 James Lofton (Washington-LA) 74
 22-11 ¾ Mark Wilczynski (NDame-SO) 71

TRIPLE JUMP

50-0½ Randy Williams (Edison-Fr) 71
 49-2½ Don Bryson (Oakland) 74
 48-0 Dan Jackson (Oakland) 74
 47-3½ Theron Wells (Balboa-SF) 73
 46-9½ Dale Krebs (Gunn-Palo Alto) 71
 46-2 ¾ Mark Thorp (Cupertino) 73
 46-0 Mike Harris (Ayer-Milpitas) 73
 45-11½ Norm Miller (Sacramento) 73

SHOT PUT

64-11 ¾ Dave Kurrasch (NwpHbr) 75
 62-4 Terry Albritton (NwpHbr) 72
 62-3 Jim Neidhart (NwpHbr) 73
 60-10½ Brett Mannon (Los Gatos) 72
 60-8½ Dave Geranmchuk (Nerborne) 72
 60-2½ Randy Cross (Crespi-Encino) 72
 59-3 Bersano (Los Gatos) 75
 58-10½ Slinkard (St. Paul) 75
 58-6 Carlos McCall (Centennial) 71
 58-3½ Laut (Santa Ana) 75

CALIFORNIA TOP WOMEN '75

Send all additions, corrections, and results to Calvin Brown, 228 E. Artesia Blvd., Apt. A, N. Long Beach, CA 90805

COMPILED BY CALVIN BROWN

includes marks received up to April 26

w=wind aided, i=indoor mark,
m=mark for meter distance.



Kathy Schmidt (lft) gives some pointers

100 YARD DASH

- 25.8w Patty Cape (LBC)
- 25.8 Danita Young (SDC)
- 25.8 Yvonne Johnson (SDC)
- 25.9 Fraeice Johnson (SDC)
- 25.9 Diane Kummer (Unatt)
- 25.9w Judy Johnson (LI)
- 26.0 Adrienne Lair (PrTC)
- 26.0 Denise Eddington (LATC) 14-15
- 26.0 Robbie Mitchell (PrTC)

440 YARD RUN

- 53.5 Robin Campbell (SI)
- 55.5 Debbie Byfield (BETC)
- 55.8 Kathy Weston (WS)
- 55.8 Roberson (UCLA)
- 56.1 Jarvis Scott (PrTC)
- 56.5 Yolanda Rich (LBC)
- 56.7 Julie Lake (LI)
- 56.9 Cindy Tyler (MM) 14-15
- 57.0 Kathy Keyes (PAT)
- 57.0 Ruth Kleinsasser (UR)
- 57.6 Pam Green (SCC)
- 57.6 Cindy Poor (SJC)
- 58.0 Kathy Egger (Sunny Hl. HS)
- 58.1 Lynn Smith (WWW)
- 58.2 Michelle Hopper (PrTC)
- 58.2 Patty Cape (LBC)
- 58.6 Jodi Anderson (PrTC)
- 58.6 Pam Curran (LaReina HS)
- 58.7 Clydine Crowder (UCLA)
- 58.7 Biller (USC)
- 58.7 Laurie Mullins (LATC)

880 YARD RUN

- 2:07.6i Kathy Weston (WS)
- 2:08.9 Kathy Costello (Plsnt.Hl HS)
- 2:09.8i Francie Larrieu (PCC)
- 2:09.8 Ruth Kleinsasser (UR)
- 2:10.3 Julie Brown (UCLA)
- 2:15.5 Kim Neall (SJC)
- 2:16.4 Paula Rose (BA)
- 2:15.6m Lee Chiu-Shia (UR)
- 2:17.1 Marilyn Neufville (UCB)
- 2:17.3 Kathy Keyes (PAT)
- 2:17.4 Roma Antoniewicz (LATC)
- 2:17.5 Chris Stoiloff (RRR)
- 2:18.1 Judy Graham (SJC)

- 10:39.6 Lynn Morin (UCLA)
- 10:52.8 Suzanne Keith (RRR) 14-15
- 10:56.2 Sue Kinsey (CSN)
- 10:58.2i Doreen Assumma (RRR)
- 11:04.4 Laurie Jewell (LBC) 14-15
- 11:07.0 Tina Anex (UCD)
- 11:08.4i Diane Stern (SCC)
- 11:13.2 Donna Sanchez (RRR) 12-13
- 11:28.6 Taylor (Humb. St.)
- 11:28.8 Kim MacMillan (RRR) 12-13
- 11:32.0 Linda Brodock (RRR) 14-15
- 11:33.2 Becky Villalvaszo (RRR) 12-13
- 11:33.4 Diane Esslinger (SCC) 12-13
- 11:36.0 Debra Johnson (RRR)

100 METER HURDLES

- 13.76 Pat Van Wolvelaere (WWW)
- 14.6 Clydine Crowder (UCLA)
- 14.7 Janice Lester (LBC)
- 15.0 Sandy G. Tyler (LI)
- 15.1 Shiella Hamilton (Chico)
- 15.1 G. Sherrard (Unatt)
- 15.3 Cheryl Glazier (PAT)
- 15.3 Gayle Butler (UCLA)
- 15.4 Patty Cape (LBC)
- 15.4 Yvonne Boone (Unatt)
- 15.5 Denise Rogers (MLTC)
- 15.7 Heidi Hansen (SJC)
- 15.9 Dalal Ahmad (USC)
- 15.9 Herigstad (UCD)
- 16.2 L. Willson (MLTC)
- 16.3 P. Johnson (SVTC)
- 16.3w Pam Ashe (Unatt)

400 METER HURDLES

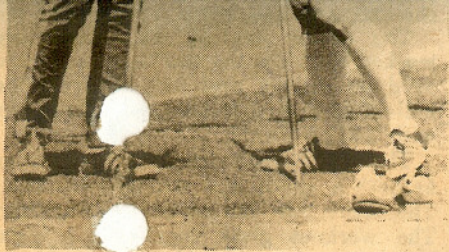
- 61.5 Patty Cape (LBC)
- 62.4 Clydine Crowder (UCLA)
- 64.7 Carolyn Bing (SJC)
- 65.5 Dale Raymond (UCLA)
- 66.5 Amber Souza (WS)
- 66.6 Lynn Hollins (RRR)
- 66.9 Heiki Hansen (SJC)
- 67.6 Janelle St. Claire (SJC)
- 68.8 Lori Anderson (SVTC)
- 72.6 Rosemary Cano (Unatt)
- 73.1 Pam Ashe (Unatt)

ONE MILE WALK

- 7:13.9 Susan Brodock (RRR)
- 7:25.7i Linda Brodock (RRR)
- 7:25.7 Esther Marquez (RRR)
- 7:52.5i Cindi Johnson (BA)
- 7:56.6 Chris Sakelarius (RCF)
- 8:01.0 Terri Teegarden (BA) 14-15
- 8:06.8 Sheila Thomsen (OX)
- 8:07.0 Vickie Cook (RRR) 10-11 Rec.
- 8:10.0 Becky Villalvaszo (RRR)
- 8:11.2 Lisa Metheny (RRR)
- 8:22.0 Joyce Brodock (RRR) 12-13
- 8:24.6 Jessica Waskow (RRR)
- 8:29.3 Sharlene McGinley (SBS) 12-13
- 8:56.5 Shelley Quintana (Unatt) 10-11
- 8:57.8 Lynn Holmbeck (PAT) 10-11
- 8:46.2 Andrea Johnson (RRR) 10-11
- 8:49.8 April Hickey (PAT) 12-13
- 8:50.9 Tracy Trisco (BA) 12-13
- 8:52.3 Chris Ramirez (SBS) 10-11
- 8:52.4 Jane Janousek (SCC)

HIGH JUMP

- 5-10 Jayne Frederick (LATC)
- 5-6 1/2 Chris Remming (WWW)
- 5-6 Sandy G. Tyler (LI)
- 5-6 Pam Blackburn (Unatt)
- 5-4 DeAnne Wilson (LATC)
- 5-4 Cindy Gilbert (UCLA)
- 5-3 Cecilia Rathmell (BreaOl. HS)
- 5-2 1/2 Julie Lendl (Royal HS)
- 5-2 Candise Zbieranek (LI)
- 5-2 Laurie Carman (S) 14-15
- 5-2 Laurie Bruce (S) 14-15
- 5-2 Chris Shawan (S) 14-15
- 5-1 Elaine Roque (LATC) 14-15
- 5-1 Jenny Stary (Claremont HS)
- 5-1 Sherri Morris (Chino HS)
- 5-1 Mary Hopkins (So. HS)
- 5-1 Denise Cornwall (WTC)
- 5-0 1/2 Stefie Brojnik (LATC) 14-15
- 5-0 1/2 Brenda Little (LI)
- 5-0 1/2 Virginia Oliver (LI)
- 5-0 1/2 Kim Favorite (CSUH)
- 5-0 1/2 Basich (Chico)



Kathy Schmidt(lft) gives some pointers

100 YARD DASH

- 10.9 Dollie Fleetwood (SCC)
- 10.9 Rosetta Birt (USC)
- 11.0 Jarvis Scott (CSULA)
- 11.1 Penny Slaughter (LI)
- 11.1 Gayle Butler (UCLA)
- 11.1 Gail Douglas (LBC)
- 11.1 Robin Lynn (Morrow HS)
- 11.1 Danita Young (SDC)
- 11.2 Sharon Foster (SDC)
- 11.2 Frieda Cobbs (BETC)
- 11.2 Regina Jordan (Muir HS)
- 11.3 Yolanda Rich (LBC)
- 11.3 Denise Eddington (LATC)
- 11.3 Chris A'Harran (UCLA)
- 11.3 Roxanne Banks (WWW) 12-13
- 11.3 Danita Young (SDC) 12-13
- 11.3 Alice Brown (Muir HS)
- 11.4 Lela Johnson (LBC)
- 11.4 Kim Moran (LATC)
- 11.4 Pam Green (SCC)
- 11.4 Janet Ballard (SCC) 12-13
- 11.4 Pam Curran (LaReina HS)
- 11.5 Tina Roberson (SCC)
- 11.5 Diane Kummer (Unatt)
- 11.5 Yvonne Johnson (SDC)
- 11.5 Karen Williams (SDC)
- 11.5 Fraeice Jackson (MM)

220 YARD DASH

- 24.1 Debbie Byfield (BETC)
- 24.5 Frieda Cobbs (BETC)
- 24.6 Katie Gaston (SDC)
- 24.6 Cindy Tyler (SDC)
- 24.8 Jarvis Scott (CSULA)
- 24.8 Denise Pemberton (MLTC)
- 25.2 Rosetta Birt (USC)
- 25.2 Sandy Muse (WWW)
- 25.2 Elaine Parker (MLTC)
- 25.2 Chris Smallwood (Integra)
- 25.3 Yolanda Rich (LBC)
- 25.3w Debbie Roberson (UCLA)
- 25.4miJayne Frederick (LATC)
- 25.5 Pam Green (SCC)
- 25.7 Gayle Butler (UCLA)
- 25.7w Chris A'Harran (UCLA)
- 25.8 Jane Harding (Unatt) 14-15
- 25.8w Pam Curran

880 YARD RUN

- 2:07.61 Kathy Weston (WS)
- 2:08.9 Kathy Costello (Plsnt.HI HS)
- 2:09.81 Francie Larrieu (PCC)
- 2:09.8 Ruth Kleinsasser (UR)
- 2:10.3 Julie Brown (UCLA)
- 2:15.5 Kim Neall (SJC)
- 2:16.4 Paula Rose (BA)
- 2:15.6m Lee Chiu-Shia (UR)
- 2:17.1 Marilyn Neufville (UCB)
- 2:17.3 Kathy Keyes (PAT)
- 2:17.4 Roma Antoniewicz (LATC)
- 2:17.5 Chris Stolloff (RRR)
- 2:18.1 Judy.Graham (SJC)
- 2:18.2 Carol Flournoy (SCC)
- 2:18.3 Kathy Jewell (LBC)
- 2:18.8 Michelle Hopper (UCLA)
- 2:19.6 Barney Sue Carral (SCC)
- 2:19.6 Kalua Bell (SCC)
- 2:19.7 Marsha Erickson (SCC)
- 2:20.0 Rochelle Hatfield (BA)

ONE MILE RUN

- 4:28.51 Francie Larrieu (PCC)
- 4:38.8 Julie Brown (UCLA)
- 4:44.8 Cyndy Poor (SJC)
- 4:45.0 Kate Keyes (UCLA)
- 4:48.51 Linda Heinmiller (UCLA)
- 4:52.4 Jacki Hansen (SFVTC)
- 4:52.8 Lynn Morin (UCLA)
- 4:53.01 Judy Graham (SJC)
- 4:53.8 Kathy Costello (Plsnt HI HS)
- 4:54.21 Debbie Heald (LMM)
- 4:57.4 Lee Chiu-Shia (UR)
- 4:57.7 Becky Wolfbarger (SCC)
- 4:58.0 Maria Stearns (UCLA)
- 5:00.2 Carol Flournoy (SCC)
- 5:00.8 Paula Rose (BA) 12-13
- 5:03.8 Kathy Jewell (LBC)
- 5:03.9 Eileen Claugus (UCD)
- 5:07.9 Corinne Nunez (RRR)
- 5:08.4 Jamie Bowen (LI)
- 5:08.5 Suzanne Keith (RRR)
- 5:10.4 Donna Sanchez (RRR)

TWO MILE RUN

- 10:07.0 Judy Graham (SJC)
- 10:15.7 Julie Brown (UCLA)
- 10:16.81 Kate Keyes (UCLA)
- 10:36.4 Linda Heinmiller (UCLA)
- 10:36.81 Jacki-Hansen (SFVTC)
- 10:38.2 Debbie Heald (LMM)

400 METER HURDLES

- 61.5 Patty Cape (LBC)
- 62.4 Clydine Crowder (UCLA)
- 64.7 Carolyn Bing (SJC)
- 65.5 Dale Raymond (UCLA)
- 66.5 Amber Souza (WS)
- 66.6 Lynn Hollins (RRR)
- 66.9 Heiki Hansen (SJC)
- 67.6 Janelle St. Claire (SJC)
- 68.8 Lori Anderson (SVTC)
- 72.6 Rosemary Cano (Unatt)
- 73.1 Pam Ashe (Unatt)



Arcadia HS wins another mile relay

- 5-4 DeAnne Wilson (LATC)
- 5-4 Cindy Gilbert (UCLA)
- 5-3 Cecilia Rathmell (BreaOl. HS)
- 5-2+ Julie Lendl (Royal HS)
- 5-2 Candise Zbieranek (LI)
- 5-2 Laurie Carman (S) 14-15
- 5-2 Laurie Bruce (S) 14-15
- 5-2 Chris Shawan (S) 14-15
- 5-1 Elaine Roque (LATC) 14-15
- 5-1 Jenny Stary (Claremont HS)
- 5-1 Sherri Morris (Chino HS)
- 5-1 Mary Hopkins (Chao. HS)
- 5-1 Denise Cornwal (SVTC)
- 5-0+ Stefie Brojnik (LATC) 14-15
- 5-0+ Brenda Little (LI)
- 5-0+ Virginia Oliver (LI)
- 5-0+ Kim Favorite (CSUH)
- 5-0+ Basich (Chico)



Judy Lane spins one for USC

LONG JUMP

- 21-21 Martha Watson (LI)
 19-2½ Jodi Anderson (PrTC)
 19-1½ Jayne Frederick (LATC)
 18-11½ Kim Moran (LATC)
 18-3 ¾ Sandy G. Tyler (LI)
 18-1½ Chi Cheng (UR)
 17-11 Barbie Sinclair (Arcadia HS)
 17-7½ Alice Gast (LBC)
 17-5½ Gail Douglas (LBC)
 17-3 ¾ Erin Pike (LATC) 12-13
 17-2½ Debbie Nate (CSN)
 17-2 Kim Leggett (SDC)
 17-11 Bobbette Krug (LI)
 17-1 Pam Curran (LaReina HS)
 17-0 Judy Haynes (Ventura HS)
 16-11 ¾ Karen Gilliam (CSULB)
 16-11½ Linda Morrison (WWW)
 16-11 Kerry Zwart (Unatt)
 16-11 Angie Wallace (Muir HS)
 16-11 Regina Jordan (Muir HS)

SHOT PUT

- 49-3 ¾ Jane Frederick (LATC)
 48-4 Emily Dole (LI)
 47-8½ Kathy Devine (Unatt)
 45-6½ Vera Peco (LBC)
 45-1 Cel Rutledge (MLTC)
 42-0 ¾ Judy Lane (CSUH)
 41-11 Wagstaff (UCB)
 41-2 Georgina Peko (LBC)
 40-11 Kathy Trout (MLTC)
 40-10 Beverly Pendleton (PrTC)
 40-0½ Marilyn King (MLTC)
 39-6 Monette Driscoll (UCLA)
 39-6 Heidi Kauti (La Canada HS) 8#?
 38-0 Marie Garcia (SC)
 36-10i Bea Hunt (RRR)
 36-8 Elaine Roque (LATC)
 36-5 ¾ Michelle Peterson (LBC)
 35-10 Shank (Chico)
 35-6 ¾ Vicky Vodon (PrTC)
 33-5½ Lee Rowland (OCT)
 33-0½ Christi Pyle (LATC)

DISCUS

- 170-1½ La Langford (MDYF)
 161-2 Terri Sabol (LATC)
 159-10 Monette Driscoll (UCLA)
 137-3 Judy Lane (WS)
 127-0 Emily Dole (LI)
 122-11 Christi Pyle (LATC) 14-15
 116-0 Elaine Roque (LATC) 14-15
 115-10 Arlene McCall (PrTC)
 115-2 Rebekka Bunder (UCLA)

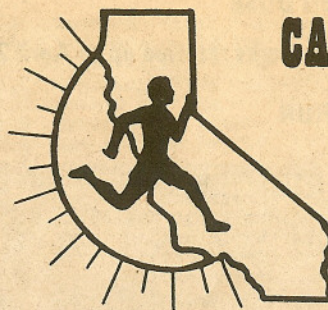
- 49.5 Southern California Ch 14-15
 49.7 Los Angeles Track Club 14-15
 49-7 Berkeley High School
 50.2 Chico State
 50.4 USC
 50.4 Southern California Ch 12-13
 50.7 Orange Coast Thunderbolts 12-13
 50.8 Wilt's Wonder Women
 51.2 Mickey's Missiles 14-15
 51.2 San Jose Cindergals
 51.8 San Diego C 12-13
 51.9 Wilt's Wonder Women 12-13
 52.0 Pleasant Hill High School

880 MEDLEY RELAY

- 1:47.7 Los Angeles Track Club 14-15
 1:48.0 Long Beach Comets
 1:48.0 UCLA
 1:48.3i Wilt's Wonder Women
 1:49.0 Cal State Univ. Los Angeles
 1:49.1 Premier Track Club
 1:49.8 Patriots
 1:50.2 Long Beach Comets 14-15
 1:51.2 Mickey's Missiles 14-15



JARVIS SCOTT



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DISCUS

170-17	Tara Langford (MDYF)
161-2	Terri Sabol (LATC)
159-10	Monette Driscoll (UCLA)
137-3	Judy Lane (WS)
127-0	Emily Dole (LI)
122-11	Christi Pyle (LATC) 14-15
116-0	Elaine Rogue (LATC) 14-15
115-10	Arlene McCall (PrTC)
115-2	Roberta Bruder (UCLA)
114-1	Kathy Chapman (Unatt)
113-6	Beverly Pendleton (PrTC)
112-1	Bea Hunt (RRR)
112-0	Cathy Middleton (WWW)
108-11	Kathy O'Beirn (WWW)
106-11	Robin Sans (RCF)
100-5	Earb Lonegin (SD)
99-0	Charm Bishop (SCC)
98-11	Rosemary Villalvaszo (RRR)
96-5	Jackie Nelson (OCT)

JAVELIN

198-5	Kathy Schmidt (LATC)
192-9	Lynn Cannon (MLTC)
179-1	Sherry Calvert (LI)
172-6	Karin Smith (SCTC)
153-3	Cathy Sulinski (MLTC)
153-0	Cornie Gasson (LATC)
140-9	Lisa Van Benthem (Unatt) 14-15
137-2	Teri Wiley (SD)
135-7	Lynne Van Benthem (WWW) 14-15
135-1	Lorell Van Benthem (WWW) 14-15
130-5	Laura Devine (UCB)
127-11	Cathy Corr (LI)
125-8	Raedean Rona (PAT)
124-10	Jackie Nelson (OCT) 12-13
120-9	Roberta Bruder (UCLA)
117-0	Debbie Dibb (WWW)
115-9	Ritchie (Chico)
115-7	Charm Bishop (SCC) 12-13
115-1	Jenny Stary (SAL)
110-8	Schwein (Chico)

440 RELAY

48.8	Milbrae Lions Track Club
48.6	UCLA
48.6	Long Beach Comets
48.8	Lakewood International
48.9	San Diego C 14-15
49.2	Long Beach Comets 14-15
49.5	Berkeley



JARVIS SCOTT

1:51.31	Lakewood International
1:51.8	Sunny Hills High School
1:52.2	Southern California Ch 12-13
1:52.9	Royal High School
1:53.5	Arcadia High School
1:53.9	Wilt's Wonder Women
1:53.9	Ventura High School
1:54.1	Simi High School
1:54.4	Berkeley
1:54.7	Lakewood International 14-15
1:54.8	Patriots 12-13

MILE RELAY

3:53.61	Premier Track Club
3:53.9	Long Beach Comets
3:58.01	San Jose Cinderghals
3:59.51	Wilt's Wonder Women
4:00.6	Lakewood International 14-15
4:02.3	Southern California Ch 12-13
4:02.5	Milbrae Lions Track Club
4:02.9	Rialto Road Runners 12-13
4:03.51	Lakewood International
4:03.6	Will's Spikettes
4:07.3	UCLA
4:07.5	Blue Angels
4:08.1	Southern California Ch 14-15
4:08.6	Mickey's Missiles 14-15
4:08.6	Cal Berkeley
4:09.2	Los Angeles Track Club 14-15
4:09.2	Long Beach Comets 14-15
4:09.5	UC Davis
4:09.9	Las Lomas HS

PENTATHLON

4573	Jayne Frederick (LATC)
3724	Sandy G. Tyler (LI)
3397	Cyndy Sandberg (SJC)
3177	Michelle Morse (WWW)
2928	Carrie Cavanah (Santa Cruz)
2908	Diane Stuart (Orinda)

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COMPILED BY DON MULLIGAN AND KEN DOSE

includes marks received up to April 26

14:25.0 Wendt (Grossmont)
 14:25.6 Quintana (Chabot)
 14:26.4 Saavedra (Fullerton)
 14:27.0 Reynoso (Citrus)

6-8 Littleboy (Foothill)
 6-8 Mason (Compton)
 6-8 Givens (Harbor)

100 YARD DASH

9.4 Hampton (San Jose)
 9.4 Livers (San Jose)
 9.4w Farmer (San Francisco)
 9.4w Jordan (Alameda)
 9.4w Chatman (Contra Costa)
 9.5w Pipersburg (Santa Barbara)
 9.6 Overstreet (San Jose)
 9.6 Triplett (Bakersfield)
 9.6 Brewer (Contra Costa)
 9.6 Cornell (San Diego Mesa)
 9.7 Gore (Pasadena)

ONE MILE RUN

4:09.6 Nilsson (Palomar)
 4:10.6 Pullen (Grossmont)
 4:10.9 McCandless (West Valley)
 4:11.5 Graves (Santa Ana)
 4:12.4 Cotton (Grossmont)
 4:12.4 Smith (Grossmont)
 4:12.7 Ryan (San Jose)
 4:13.6 LaGorio (Pierce)
 4:13.6 Munoz (Imperial)
 4:14.1 Saavedra (Fullerton)
 4:14.3 Ramirez (Fresno)

120 YARD HIGH HURDLES

14.1w Rapides (Los Medanos) 14.6
 14.2w Hall (Mt. SAC) 14.4
 14.3w White (LA Southwest)
 14.3w Crittendon (Contra Costa) 14.6
 14.4 Allmond (Skyline)
 14.4 McLaurin (Citrus)
 14.4w Owens (Mt. SAC) 14.5
 14.5 Stewart (Mt. SAC)
 14.5w Gaines (San Francisco) 14.8
 14.5w Osterberh (Palomar)
 14.5w Jackson (San Bernardino) 14.6

POLE VAULT

16-6 Knaub (El Camino)
 16-0 $\frac{1}{2}$ Patton (San Mateo)
 15-6 Sanger (El Camino)
 15-6 Owens (West LA)
 15-6 Turner (West Valley)
 15-3 $\frac{1}{2}$ Robinson (LA Trade Tech)
 15-3 Stillians (El Camino)
 15-3 Nugent (Chaffey)
 15-3 Burghall (Grossmont)
 15-2 Lozotte (Foothill)
 15-2 Phillips (Diablo Valley)
 15-0 $\frac{1}{2}$ Lawry (Santa Rosa)
 15-0 Gervasi (San Jose)
 15-0 Dixon (Foothill)
 15-0 French (Mt. SAC)
 15-0 Linn (West Valley)
 15-0 Schnedar (Mira Costa)
 15-0 Bell (American River)
 15-0 Wilson (Long Beach)
 15-0 Garcia (Glendale)
 15-0 Clemonons (El C mino)
 15-0 Iverson (San Jose)
 15-0 Ferguson (Ventura)

JUNIOR COLLEGE 1975

9.7 Winstead (Fullerton)
 9.7 Cranor (Citrus)
 9.7 Givens (Fresno)
 9.7 Douglas (San Jose)
 9.7 Brown (Contra Costa)
 9.7w Shavers (Alameda)
 9.7w County (Santa Barbara)

4:14.4 Malec (San Diego Mesa)
 4:14.5 Olswang (Orange Coast)
 4:14.7 Madrigal (Harbor)
 4:14.8 Fischer (Harbor)
 4:14.8 English (Cerritos)
 4:14.8 Rust (Santa Ana)
 4:14.9 Barry (Pierce)
 4:14.9 Perez (San Joaquin Delta)
 4:15.5 Routh (Menlo)

14.6 Richardson (East LA)
 14.6 Jones (San Joaquin Delta)
 14.6 Branson (Porterville)
 14.6w Cassey (Chaffey)
 14.6w Gaeta (Bakersfield)
 14.6w Carley (Mt. SAC)
 14.7 Hampton (Desert)
 14.7 Niederhaus (Pasadena)
 14.7 Shepherd (Modesto)

220 YARD DASH

21.0 Livers (San Jose)
 21.2w Farmer (San Francisco)
 21.3 Douglas (San Jose)
 21.3w Hampton (San Jose)
 21.4 Cornell (San Diego Mesa)
 21.4 Hill (Foothill)
 21.4w Miller (Los Angeles CC)
 21.5 Williams (San Jose)
 21.5w Desmet (Orange Coast)
 21.5w Lebovitz (Mt. SAC)
 21.5w Pipersberg (Santa Barbara)
 21.5w Jowyk (Antelope Valley)
 21.6 Houston (Mt. SAC)
 21.6w Jenkins (Porterville)
 21.7 Reeves (Mt. SAC)
 21.7w Coker (Citrus)
 21.7w Triplett (Bakersfield)
 21.7w Martinez (Santa Rosa)
 21.8 Myles (Harbor)
 21.8 Mack (Harbor)

TWO MILE RUN

8:43.6 Cotton (Grossmont)
 8:57.4 Thomas (Glendale)
 8:58.4 Pfeiffer (Grossmont)
 8:59.4 Perez (San Joaquin Delta)
 9:00.0 Munoz (Imperial Valley)
 9:07.0 Frederickson (DeAnza)
 9:07.0 Simonian (Los Angeles CC)
 9:07.8 Pullen (Grossmont)
 9:06.2 Routh (Menlo)
 9:08.4 Close (Grossmont)
 9:10.0 McCandless (West Valley)
 9:10.6 Hart (Foothill)
 9:10.6 Cendejas (Fullerton)
 9:13.2 Saavedra (Fullerton)
 9:14.8 Deis (American River)
 9:15.4 Flint (Moorpark)
 9:15.4 Ramirez (Fresno City)
 9:16.2 Walsh (El Camino)
 9:17.1 Heke (Santa Barbara)
 9:17.6 Caputo (Lassen)

440 YARD INTERMEDIATES

51.6 Steele (Glendale)
 51.9 Niederhaus (Pasadena)
 53.7 Owens (Mt. SAC)
 53.8 Nelson (San Jose)
 54.0 Marthis (Grossmont)
 54.1 Nelson (Canyons)
 54.3 Rapides (Los Medanos)
 54.5 Jones (San Joaquin Delta)
 54.6 Sheffield (East LA)
 54.8 Hibner (Fresno)

LONG JUMP

25-2 $\frac{3}{4}$ w Overstreet (San Jose) 24-3
 24-4 $\frac{3}{4}$ w Hollis (West LA)
 24-4 $\frac{1}{2}$ Cleghorn (Alameda)
 24-1 Paysinger (Harbor)
 24-1w Smith (Ventura) 23-11
 24-0 Sanchez (Canyons)
 23-11 $\frac{3}{4}$ Gilmore (Skyline)
 23-11 $\frac{1}{2}$ w LeGrande (West Valley)
 23-9 $\frac{1}{2}$ Brooks (Mira Costa)
 23-9 $\frac{1}{2}$ Givens (Fresno)
 23-9w Tolbert (Grossmont)
 23-8w Glover (Mt. SAC)
 23-7w Johnson (Bakersfield) 23-3 $\frac{1}{2}$

440 YARD DASH

48.0 Miller (Los Angeles CC)

THREE MILE RUN

55.1 Allmond (Skyline)
 55.1 Gaeta (Bakersfield)
 55.1 Gaines (San Francisco)
 55.3 Platner (American River)
 55.3 Brown (Alameda)
 55.3 Esteban (Glendale)
 55.4 Turner (Harbor)

23-6 $\frac{1}{2}$ Spain (Orange Coast)
 23-6 $\frac{1}{2}$ w Hicks (Los Medanos)
 23-5 $\frac{1}{2}$ Sanchez (Santa Barbara)
 23-4 $\frac{1}{2}$ Bland (Mt. SAC)
 23-4w Brown (Victor Valley)
 23-4 Taylor (Harbor)
 23-3 $\frac{1}{2}$ Johnson (Bakersfield)

includes marks received up to April 26

21.5w Lebovitz (Mt. SAC)
 21.5w Pipersberg (Santa Barbara)
 21.5w Jowyk (Antelope Valley)
 21.6 Houston (Mt. SAC)
 21.6w Jenkins (Porterville)
 21.7 Reeves (Mt. SAC)
 21.7w Coker (Compton)
 21.7w Triplett (Bakersfield)
 21.7w Martinez (Santa Rosa)
 21.8 Myles (Harbor)
 21.8 Mack (Harbor)

9:08.2 Routh (Menlo)
 9:08.4 Close (Grossmont)
 9:10.0 McCandless (West Valley)
 9:10.6 Hart (Foothill)
 9:10.6 Cendejas (Fullerton)
 9:13.2 Saavedra (Fullerton)
 9:14.8 Deis (American River)
 9:15.4 Flint (Moorpark)
 9:15.4 Ramirez (Fresno City)
 9:16.2 Walsh (El Camino)
 9:17.1 Hake (Santa Barbara)
 9:17.6 Caputo (Lassen)

440 YARD DASH

48.0 Miller (Los Angeles CC)
 48.1 Myles (Harbor)
 48.1 Bell (Bakersfield)
 48.5 Martinez (Santa Rosa)
 48.5 Williams (San Jose)
 48.7 Madruaga (Diablo Valley)
 48.8 Hampton (San Jose)
 48.8 Deason (Santa Ana)
 48.9 West (Grossmont)
 49.0 Cornell (San Diego Mesa)
 49.0 Peno (Bakersfield)
 49.0 Villarreal (Foothill)
 49.0 Davis (Mt. SAC)
 49.2 Perry (San Diego Mesa)
 49.3 Alexander (Golden West)
 49.4 Monseth (Cosumnes River)
 49.4 Peete (Long Beach)
 49.4 Oravillo (Foothill)
 49.5 Harrell (Alameda)
 49.6 Banks (Fresno)
 49.6 Hyde (Fullerton)
 49.6 Butler (LA Trade Tech)

880 YARD RUN

1:52.8 McMamus (Diablo Valley)
 1:53.1 Perry (San Diego Mesa)
 1:53.3 Haynes (Long Beach)
 1:53.8 Barry (Pierce)
 1:53.9 Nilsson (Palomar)
 1:54.0 LaGorio (Pierce)
 1:54.1 Smith (Pierce)
 1:54.3 Lewis (Laney)
 1:54.3 Woods (Harbor)
 1:54.7 Fox (Rio Hondo)
 1:54.9 Mills (Grossmont)
 1:55.0 Erb (San Diego Mesa)
 1:55.1 Graven (Santa Ana)
 1:55.2 Ponce (Cerritos)
 1:55.3 Winguard (Fullerton)
 1:55.4 Robinson (West LA)
 1:55.4 English (Cerritos)
 1:55.4 Maher (Merced)
 1:55.5 Sweeney (San Diego Mesa)
 1:55.5 Cotton (Grossmont)



w=mark wind aided

THREE MILE RUN

13:36.4 Thomas (Glendale)
 13:51.8 Pfeffer (Grossmont)
 13:59.8 Close (Grossmont)



DAN LOGORIO

14:09.2 Morden (LA Valley)
 14:10.0 Malec (San Diego Mesa)
 14:11.4 Perez (San Joaquin Delta)
 14:16.6 Walsh (El Camino)
 14:17.4 Olswang (Orange Coast)
 14:17.8 Reime (Cabrillo)
 14:19.8 Cendejas (Fullerton)
 14:20.4 McCandless (West Valley)
 14:21.0 Breen (Grossmont)
 14:21.0 Munoz (Imperial Valley)
 14:23.6 Emery (Diablo Valley)
 14:24.8 Simonian (Los Angeles City)
 14:25.4 Rust (Santa Ana)

TOP MARKS

includes marks received up to April 26

55.1 Allmond (Skyline)
 55.1 Gaeta (Bakersfield)
 55.1 Gaines (San Francisco)
 55.3 Platner (American River)
 55.3 Brown (Alameda)
 55.3 Esteban (Glendale)
 55.4 Turner (Harbor)
 55.5 McGee (San Francisco)
 55.5 Blanks (Harbor)
 55.6 Cape (Long Beach)
 55.6 Eitelberg (Hancock)
 55.6 Purcell (Los Angeles CC)

23-6 $\frac{1}{2}$ Spain (Orange Coast)
 23-6 $\frac{1}{2}$ w Hicks (Los Medanos)
 23-5 $\frac{1}{2}$ Sanchez (Santa Barbara)
 23-4 $\frac{1}{2}$ Bland (Mt. SAC)
 23-4w Brown (Victor Valley)
 23-4 Taylor (Harbor)
 23-3 $\frac{1}{2}$ Johnson (Bakersfield)

TRIPLE JUMP

50-10 $\frac{1}{2}$ w Marlow (Cosumnes River) 50-0 $\frac{1}{2}$
 50-9 $\frac{3}{4}$ w LeGrande (West Valley) 47-0
 49-11 $\frac{1}{2}$ w Wells (San Francisco) 48-6 $\frac{1}{2}$
 49-8 $\frac{1}{2}$ Taylor (Harbor)
 49-5 $\frac{1}{2}$ w Quick (Bakersfield) 47-9 $\frac{1}{2}$
 49-1 $\frac{1}{2}$ Johnson (Fresno)
 48-11 $\frac{1}{2}$ Shaffer (Alameda)
 48-11 Johnson (Harbor)
 48-10 $\frac{1}{2}$ McClure (Palomar)
 48-9 $\frac{3}{4}$ w McGee (LA Trade Tech) 48-4 $\frac{1}{2}$
 48-9 Edwards (San Diego)
 48-8 $\frac{1}{2}$ w Harrell (San Joaquin Delta)
 48-2 $\frac{1}{2}$ w Haynes (Contra Costa) 46-8 $\frac{1}{2}$
 48-1w Gates (Laney)
 47-11 $\frac{3}{4}$ w Smith (Ventura)
 47-11 Gray (Santa Rosa)
 47-9 $\frac{3}{4}$ Scott (Mt. SAC)
 47-8 $\frac{1}{2}$ Tolbert (Grossmont)
 47-4 $\frac{3}{4}$ Brown (Victor Valley)

3000 METER STEEPLECHASE

8:58.0 Perez (San Joaquin Delta)
 9:16.8 Hart (Foothill)
 9:16.8 Langford (American River)
 9:20.6 Magallanes (Monterey Pennin.)
 9:23.7 Reime (Cabrillo)
 9:29.2 Burgess (Fullerton)
 9:29.2 Brown (Compton)
 9:32.6 Wilson (Grossmont)
 9:33.2 Lotich (Mt. SAC)
 9:33.6 Anderson (Bakersfield)
 9:33.8 Turek (Marin)
 9:40.8 Caputo (Lassen)
 9:42.2 Green (American River)
 9:44.2 Eddy (Mt. SAC)
 9:45.0 Dyer (Lassen)
 9:45.8 Garrett (Cosumnes River)
 9:47.0 Walter (Fullerton)
 9:48.0 Dinno (West Valley)
 9:48.4 Pacheco (Harbor)
 9:53.8 Dawson (Santa Rosa)

HIGH JUMP

6-11 Viggiano (El Camino)
 6-10 $\frac{1}{2}$ Churchill (Canyons)
 6-10 Wiley (San Francisco)
 6-10 Taylor (Mt. SAC)
 6-10 Nubran (Alameda)
 6-9 $\frac{3}{4}$ Hall (Citrus)
 6-9 Allen (San Jose)
 6-9 Watson (Modesto)
 6-8 $\frac{1}{2}$ Franz (El Camino)
 6-8 $\frac{1}{2}$ Smith (Ventura)
 6-8 $\frac{1}{2}$ Gordien (San Bernardino)
 6-8 $\frac{1}{2}$ Geddes (San Diego Mesa)
 6-8 $\frac{1}{2}$ Palmer (Fullerton)
 6-8 $\frac{1}{2}$ KaRusch (Glendale)
 6-8 Powell (Cerritos)
 6-8 Hatch (Cuesta)
 6-8 Parks (Glendale)

SHOT PUT

58-10 $\frac{1}{2}$ Nomis (Pierce)
 54-10 $\frac{3}{4}$ Baer (Grossmont)
 54-4 Hampton (Grossmont)
 53-11 Moretti (Fullerton)
 53-10 $\frac{1}{2}$ Iacopetti (Glendale)
 53-6 $\frac{1}{2}$ Gordien (San Bernardino)
 53-3 $\frac{1}{2}$ Sitton (Diablo Valley)
 53-1 Doll (Cosumnes River)
 52-5 $\frac{1}{2}$ Chew (San Diego Mesa)
 52-2 $\frac{1}{2}$ Baxter (Harbor)
 52-1 Santiago (American River)
 52-0 $\frac{1}{2}$ Smith (Harbor)
 51-7 $\frac{1}{2}$ Gumerson (Santa Rosa)
 51-5 Alaman (Santa Ana)
 51-3 $\frac{1}{2}$ Engle (Canyons)
 50-8 Cotton (Pierce)
 50-7 $\frac{1}{2}$ Franklin (Orange Coast)
 50-6 Schablaske (DeAnza)
 50-4 Deaton (Foothill)
 50-0 Alexander (Sequoias)

DISCUS

- 186-9 Gordien (San Bernardino)
- 176-0 Conrad (Saddleback)
- 170-5 Pushkin (Foothill)
- 168-1 Allen (DeAnza)
- 167-7 Engle (Canyons)
- 164-11 Hickson (San Jose)
- 163-10 Moore (San Jose)
- 151-4 Grant (West Hills)
- 159-7 Alexander (Sequoias)
- 159-2 Baer (Grossmont)
- 159-0 White (Modesto)
- 156-2 Harris (Bakersfield)
- 155-7 Johnson (Monterey Peninsula)
- 154-10 Bergstresser (DeAnza)
- 154-7 Kells (Fullerton)
- 154-5 Mapp (San Francisco)
- 153-0 Hall (Fresno)
- 151-7 Carter (Modesto)
- 150-9 See (Diablo Valley)
- 150-9 Gullfoyle (Chaffey)

JAVELIN

- 212-3 Staengal (El Camino)
- 210-5 Wilson (Grossmont)
- 205-5 Walker (Chabot)
- 203-9 Garcia (Hartnell)
- 203-4 Robinson (Sequoias)
- 202-8 Parker (San Diego Mesa)
- 202-1 Herron (Diablo Valley)
- 201-5 Damewood (Palomar)
- 197-10 Dunn (Golden West)
- 197-3 Nugent (Chaffey)
- 195-11 Ochoa (Citrus)
- 195-8 Prefacto (Solano)
- 195-5 Slevkoff (Bakersfield)
- 195-0 Hodges (Glendale)
- 195-0 Thornberg (Hartnell)
- 194-9 Newman (San Diego)
- 191-7 McMullen (Los Medanos)
- 193-11 Kibee (Desert)
- 193-1 Glover (Mt. SAC)
- 192-8 Woodland (Santa Barbara)

440 RELAY

- 40.7 San Diego City College
- 41.5 Contra Costa
- 41.6 Los Angeles City College
- 41.6 Santa Barbara City College
- 41.7 Alameda
- 41.7 Bakersfield College
- 41.7 San Bernardino Valley College
- 41.8 Mt. San Antonio College
- 41.9 Citrus College
- 42.0 San Diego Mesa
- 42.0 Harbor College
- 42.1 City College of San Francisco
- 42.1 Fullerton Junior College
- 42.1 Orange Coast College
- 42.1 Los Angeles Pierce

- 3:20.2 San Diego City College
- 3:20.2 Grossmont College
- 3:20.5 Glendale College
- 3:20.7 Los Angeles Pierce
- 3:20.8 San Mateo College

DISTANCE MEDLEY RELAY

- 9:58.4 American River College
- 9:58.6 Los Angeles Valley College
- 10:01.0 West Valley College
- 10:03.8 San Diego Mesa College
- 10:04.0 Chabot College
- 10:04.8 Grossmont College
- 10:04.8 Los Angeles Pierce

- 10:06.4 Cerritos
- 10:09.2 Fullerton Junior College
- 10:10.4 Harbor College
- 10:15.8 Moorpark College
- 10:16.4 San Jose City College
- 10:16.4 Fresno City College
- 10:19.8 Orange Coast College
- 10:20.6 Santa Rosa
- 10:23.0 Skyline College
- 10:23.6 Bakersfield College



Some of Southern California's top junior college distance runners (photo by Bud Hanson)

TWO MILE RELAY

- 7:33.8 Los Angeles Pierce
- 7:38.4 Harbor College
- 7:43.2 Cerritos College
- 7:46.8 San Diego Mesa College
- 7:47.3 DeAnza
- 7:49.0 Fresno City College
- 7:51.6 Rio Hondo College
- 7:53.8 Skyline College
- 7:55.0 San Jose City College

**Community College
CHAMPIONSHIPS**

440 RELAY

40.7	San Jose City College
41.5	Contra Costa
41.6	Los Angeles City College
41.6	Santa Barbara City College
41.7	Alameda
41.7	Bakersfield College
41.7	San Bernardino Valley College
41.8	Mt. San Antonio College
41.9	Citrus College
42.0	San Diego Mesa
42.0	Harbor College
42.1	City College of San Francisco
42.1	Fullerton Junior College
42.1	Orange Coast College
42.1	Los Angeles Pierce
42.1	East Los Angeles College
42.2	Chabot College
42.2	Compton College
42.2	Grossmont College
42.5	Los Angeles Trade Tech

880 RELAY

1:26.5	San Jose City College
1:27.1	San Diego Mesa College
1:27.3	Compton College
1:27.5	Mt. San Antonio College
1:27.7	Santa Barbara City College
1:27.7	Harbor College
1:28.4	Santa Ana College
1:28.5	Glendale College
1:28.5	City College of San Francisco
1:28.5	Chabot College
1:28.6	Los Angeles Pierce
1:28.6	Santa Rosa
1:28.7	Contra Costa
1:28.9	Fullerton Junior College
1:29.0	Alameda
1:29.3	Palomar
1:29.4	Los Angeles City College
1:29.6	East Los Angeles College
1:29.6	Orange Coast College
1:29.6	Citrus College

MILE RELAY

3:13.2	Harbor College
3:13.4	Pasadena City College
3:14.5	Bakersfield College
3:15.4	Mt. San Antonio College
3:16.0	San Diego Mesa College
3:16.5	East Los Angeles College
3:16.6	San Jose City College
3:17.2	Long Beach City College
3:17.2	Santa Rosa
3:17.2	City College of San Francisco
3:18.8	Los Angeles Trade Tech
3:18.9	Contra Costa
3:19.5	Diablo Valley College
3:20.1	Los Angeles City College
3:20.2	West Los Angeles College

Some of Southern California's top junior college distance runners (photo by Bud Hanson)

TWO MILE RELAY

7:33.8	Los Angeles Pierce
7:38.4	Harbor College
7:43.2	Cerritos College
7:46.8	San Diego Mesa College
7:47.3	DeAnza
7:49.0	Fresno City College
7:51.6	Rio Hondo College
7:53.8	Skyline College
7:55.2	San Jose City College
7:56.2	American River
7:56.2	Foothill College
7:56.6	Mt. San Antonio
7:57.6	Monterey Peninsula
7:59.6	Moorpark College
7:59.8	Golden West College

FOUR MILE RELAY

16:59.2	Grossmont College
17:06.2	Fullerton Junior College
17:11.4	American River College
17:19.6	Harbor College
17:24.3	San Jose City College
17:25.4	West Valley College
17:25.8	Los Angeles Pierce
17:29.6	Los Angeles Valley College
17:32.6	City College of San Mateo
17:36.2	DeAnza
17:36.6	Cerritos College
17:37.2	Moorpark College
17:44.0	Marin College
17:49.8	Long Beach City College
17:54.4	Orange Coast College
17:59.2	Palomar

SPRINT MEDLEY RELAY

3:24.8	Long Beach City College
3:26.6	Diablo Valley College
3:27.0	San Diego Mesa College
3:27.7	Foothill College
3:27.8	Laney College
3:28.3	Fullerton Junior College
3:28.4	Palomar
3:29.4	Santa Ana College
3:30.0	Los Angeles City College
3:30.2	Rio Hondo College
3:30.8	Contra Costa
3:31.0	San Jose City College
3:31.1	Hancock College
3:31.2	Bakersfield College
3:31.6	El Camino College
3:31.6	Chabot College
3:32.1	Modesto Junior College
3:32.5	Harbor College
3:32.6	Orange Coast College
3:32.6	Los Angeles Southwestern

Community College CHAMPIONSHIPS



AT
MEMORIAL
STADIUM
BAKERSFIELD



★ SOUTHERN CALIFORNIA

Saturday, May 24, 1975

One of the finest track meets each year and the qualifying for Southern California community colleges to the State Meet.

Field Events - 6:00 pm

Adults: \$1.50

Track Events - 7:00 pm

Students: \$1.00

Children(under 10): \$.50

★ STATE MEET

Saturday, May 31, 1975

Field Events - 6:00 pm

Adults: \$2.00

Track Events - 7:10 pm

Students: \$1.50

Children(under 10): \$.75

TOP MARKS 1975 COLLEGE - OPEN

100 YARD DASH

9.4 Whitaker (San Jose State)
 9.4 Gilkes (USC)
 9.5 Edwards (Cal Poly SLO) 9.4w
 9.5 Abrahams (USC)
 9.5 Jenkins (Boise State)
 9.5 Nash (Unatt)
 9.5 Wilson (UCLA)
 9.5 Lutz (Pacific Coast Club)
 9.6 Strickland (Cal Berkeley)
 9.6 Wilmoth (UCLA)
 9.6 Simmons (USC)
 9.6 Williams (USC)
 9.6 Williams (San Diego State)
 9.6 Clark (Hayward State) 9.4w
 9.6 J. Rohrig (Chapman)
 9.6 Walker (Cal Berkeley)
 9.6 Bush (UCLA) 9.4w
 9.7 Prince (Fresno Pacific)
 9.7 Campbell (Fresno State)
 9.7 Turner (Long Beach State) 9.6w
 9.7 Holmes (Stanford)
 9.7 Royston (UC Irvine)
 9.7 McCollum (San Jose State)
 9.7 Frierson (Cal Poly Pomona) 9.6w
 9.7 Williams (Long Beach State) 9.6w
 9.7 Williams (UC Irvine)
 other wind aided times:
 9.1w Williams (Unatt)
 9.4w Breddell (Bay Area Striders)
 9.5w Deckard (Unatt)
 9.5w Brisco (Unatt)
 9.5w Hicks (U. Washington)
 9.6w Kirtman (U. Washington)
 9.6w Lay (Cal Poly Pomona)

440 YARD DASH

45.8 Brown (Unatt/UCLA)
 46.2 Redd (Mickey's Missiles)
 46.5 Parks (Beverly Hills Str)
 46.5 Bolding (Pacific Coast Club)
 46.5 Hicks (U. Washington)
 46.6 Casselman (Pacific Coast Club)
 46.7 Robinson (Cal Berkeley)
 47.0 Campbell (USC)
 47.2 Singletary (Southern Cal Col)
 47.2 Prestad (Southern Cal Col)
 47.2 Andrews (USC)
 47.2 Shorts (Long Beach State)
 47.3 Lutz (Pacific Coast Club)
 47.3 Grasha (Cal Berkeley)
 47.4 Connors (USC)
 47.4 Ranile (USC)
 47.5 Williams (San Diego State)
 47.6 Burns (Cal Berkeley)
 47.7 Young (Occidental)
 47.8 Campbell (Fresno State)
 47.8 Whitaker (San Jose State)
 47.9 Sheats (Stanford)
 47.9 Pinkney (San Francisco St.)
 48.0 Byrd (Cal Poly SLO)
 48.0 Woodward (San Jose State)
 48.0 Lloyd (Fullerton State)
 48.0 Casenuae (San Jose State)

880 YARD RUN

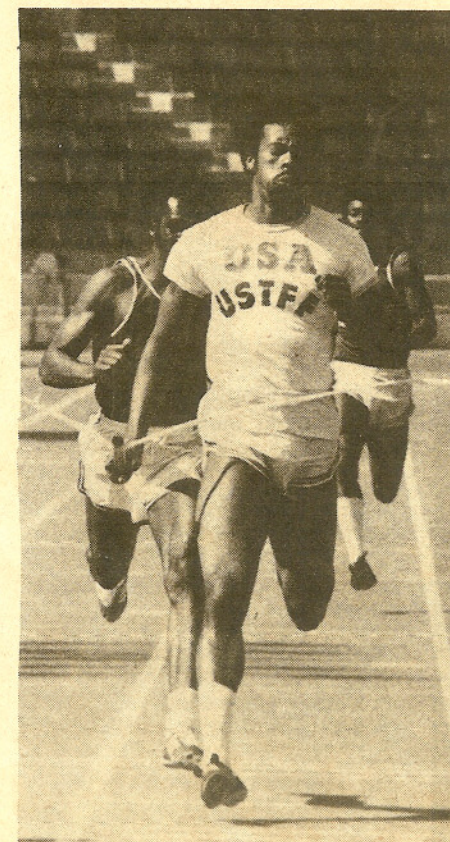
1:49.3 Robinson (Cal Berkeley)
 1:49.5 Veney (UCLA)
 1:49.6 Morgan (Cal Berkeley)

4:02.9 Babiracki (San Fernando VTC)
 4:05.0 Hilton (Pacific Coast Club)
 4:05.8 Gilmore (UCLA)
 4:06.2 Beaton (USC)
 4:06.6 Nahirney (San Jose State)
 4:07.0 Phelps (Long Beach State)
 4:07.6 Innes (UCLA)
 4:07.7 Armstrong (Pomona Pitzer)
 4:07.7 Krause (San Jose State)
 4:08.0 Reilly (USC)
 4:08.1 Mosher (Beverly Hills Str)
 4:08.3 Hazard (San Diego State)
 4:08.4 Robinson (San Diego State)
 4:08.8 Scott (UC Irvine)
 4:08.9 Jamison (Occidental)
 4:09.0 Steiner (Unatt)
 4:09.3 Crawley (Stanford)
 4:10.0 Wilson (Long Beach)
 4:10.1 S, Beck (UCLA)
 4:10.2 Kennedy (Occidental)
 4:10.2 Gonzales (Northridge State)
 4:10.5 Veney (UCLA)
 4:10.6 Davis (Cal Berkeley)
 4:10.8 Lopez (Long Beach State)

TWO MILE RUN

8:42.6 Babiracki (San Fernando VTC)
 8:44.6 Helberstadt (Pacific Coast)
 8:45.6 Stewart (West Valley TC)
 8:47.0 Harper (Jamul Toads)
 8:51.0 Mendoza (Arizona)
 8:51.8 Sweeney (Long Beach State)
 8:51.8 Krause (San Jose State)
 8:52.0 Nitti (UCLA)
 8:53.0 Innes (UCLA)
 8:55.0 Boswell (UCLA)
 8:55.0 Schmuliewicz (Cal Berkeley)
 8:56.0 McConnell (Stanford)
 8:56.4 Gruber (San Jose State)
 8:56.8 Jameson (Occidental)
 8:57.0 Lux (Jamul Toads)
 8:57.2 Chaidez (Northridge State)
 8:57.2 Taylor (U. Oregon)
 8:57.2 Bellah (Stanford)
 8:57.6 Wilson (Long Beach State)
 8:57.8 Genet (San Jose State)
 8:58.4 Rodriguez (Long Beach State)
 8:59.0 Dick (Long Beach State)
 8:59.0 Geiken (Stanford)

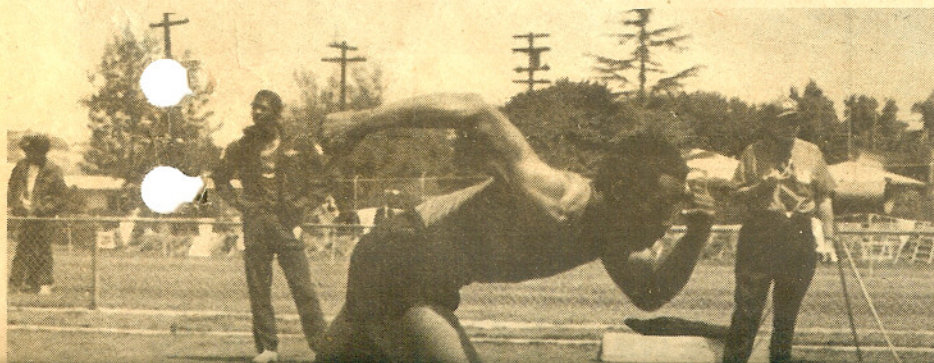
THREE MILE RUN

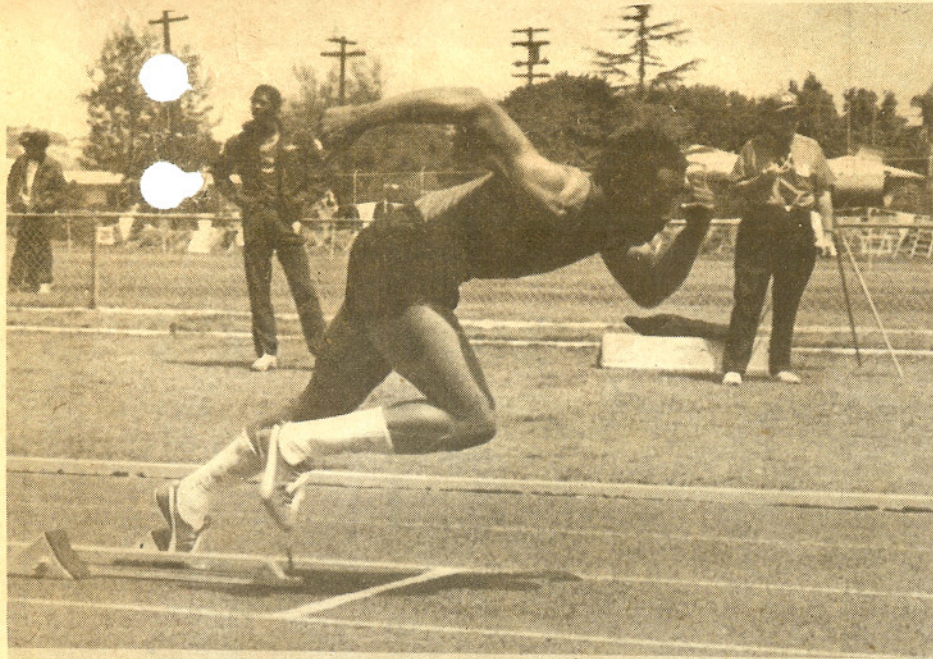


Steve Williams
 (photo by Diane Johnson)

3000 METER STEEPLECHASE

8:40.6 Timm (Athletes Union)
 8:55.0 Smith (San Fernando VTC)
 8:57.6 Luevano (UCLA)
 8:59.4 Sweeney (Long Beach State)
 9:00.8 Fleet (Washington State)
 9:04.0 Schwietzer (UCSB)
 9:05.0 Hurst (San Jose State)
 9:07.2 Innes (UCLA)
 9:10.0 Fhelan (Fresno State)
 9:10.2 Sisler (Occidental)





James Redd (photo by Noel Montrucchio)

220 YARD DASH

20.5	Whitaker (San Jose State)
20.8	Gilkes (USC)
20.9	Edwards (Cal Poly SLO)
21.1	Williams (San Diego State)
21.1	Hicks (U. Washington) 21.0w
21.2	Randle (USC) 20.7w
21.2	Abrahams (USC) (21.1w)
21.3	Walker (Cal Berkeley)
21.3	Smiley (San Jose State) 21.2w
21.3	Jenkins (Boise State)
21.3	Peppers (UCLA) 21.2w
21.4	Brown (UCLA)
21.4	Bush (UCLA) 21.1w
21.4	Lutz (Pacific Coast Club)
21.4	Harris (Cal Poly Pomona)
21.4	Ellis (San Jose State)
21.4	Burns (Cal Berkeley)
21.4	Simmons (USC) 21.1w
21.4	Wilmoth (UCLA) 21.0w
21.4	Strickland (Cal Berkeley)
21.5	Campbell (Fresno State)
21.5	Shorts (Long Beach State)
21.5	Holmes (Stanford)
21.5	Johnson (UCLA)
21.6	Lofton (Stanford) 20.7w
21.7	Prince (Fresno Pacific)
21.7	Smith (Fresno State)
other	wind aided marks:
21.0w	Pettus (Bay Area Striders)
21.5w	Williams (Long Beach State)
21.7w	Scroggins (Long Beach State)

1:49.7	Beaton (USC)
1:50.2	Kern (USC)
1:50.4	Beck (UCLA)
1:50.8	Schilling (San Jose State)
1:50.9	Gilmore (UCLA)
1:51.2	Scott (Washington State)
1:51.5	Cleary (Occidental)
1:51.9	Johnson (USC)
1:52.1	Huffman (San Diego State)
1:52.1	Prestad (Southern Cal Col)
1:52.3	Hockenberry (Boise State)
1:52.6	Cassleman (Pacific Coast Cl)
1:53.0	Baxter (Unatt)
1:53.0	Bay (Cal Berkeley)
1:53.2	Bolding (Pacific Coast Cl)
1:53.2	Donchue (San Diego State)
1:53.5	Robinson (San Diego State)
1:53.5	Gonzales (Northridge State)
1:53.4	Kasser (San Jose State)
1:53.4	Fisher (Occidental)
1:53.5	Gonzales (Northridge State)
1:53.5	Robinson (San Diego State)
1:53.6	Hanniger (San Jose State)
1:53.6	Mecker (Long Beach State)
1:53.6	Phelps (Long Beach State)

ONE MILE RUN

3:59.8	Cummings (BYU)
4:01.7	C. Beck (UCLA)
4:02.0	Zuck (Beverly Hills Str)
4:02.3	Schilling (San Jose State)

8:55.0	Boswell (UCLA)
8:55.0	Schmuliwicz (Cal Berkeley)
8:56.0	McConnell (Stanford)
8:56.4	Gruber (San Jose State)
8:56.8	Jameson (Occidental)
8:57.0	Lux (Jamul Toads)
8:57.2	Chaidez (Northridge State)
8:57.2	Taylor (U. Oregon)
8:57.2	Bellah (Stanford)
8:57.6	Wilson (Long Beach State)
8:57.8	Genet (San Jose State)
8:58.4	Rodriguez (Long Beach State)
8:59.0	Dick (Long Beach State)
8:59.0	Geiken (Stanford)

THREE MILE RUN

13:27.6	Babiracki (San Fernando TC)
13:28.8	Williams (U. Oregon)
13:42.8	Schmuliwicz (Cal Berkeley)
13:44.2	Harper (Jamul Toads)
13:44.8	Garcia (Army)
13:45.4	Nitti (UCLA)
13:45.8	Jameson (Occidental)
13:46.0	Lux (Jamul Toads)
13:46.6	Ruffatto (Colorado)
13:47.2	Blume (Cal Berkeley)
13:47.8	Maxwell (Cal Berkeley)
13:48.8	Genet (San Jose State)
13:53.4	Cords (West Valley TC)
13:53.6	Chaidez (Northridge State)
13:56.4	Bellah (Stanford)
13:57.0	Krause (San Jose State)
13:57.0	Sandoval (Stanford)
13:58.0	Gruber (San Jose State)
14:00.0	Sweeney (Long Beach State)
14:01.0	Garcia (Washington State)
14:02.4	Schweitzer (UCSB)
14:02.6	Wilson (Long Beach State)
14:03.4	Rodriguez (Long Beach State)
14:06.8	Fredricksson (US Intl. U.)
14:07.0	McConnell (Stanford)

SIX MILE RUN

28:28.0	Nuccio (West Valley TC)
28:41.0	Pryor (Unatt)
28:43.0	Fredricksson (USIU) 29:39 10K
28:56.0	Maxwell (Cal Berkeley)
29:00.0	Gruber (San Jose State)
29:16.8	Gerry (Unatt)
29:19.0	Smith (San Fernando V. TC)
29:23.6	Young (LA State)
29:29.0	Schankel (Cal Poly SLO)
29:32.0	Tollefson (U. Washington)
29:33.0	Garcia (Washington State)
29:45.8	Tillman (UC Irvine)
29:58.2	Warrick (Cal Poly SLO)
30:00.6	Curran (Northridge State)
30:03.6	Chase (Long Beach State)
30:10.6	Hartig (Fresno Pacific)
30:13.4	Koss (Westmont)
other 10,000 meter marks:	
29:53.0	Chaidez (Northridge State)
29:57.6	Sandoval (Stanford)
29:59.6	Jameson (Occidental)

Steve Williams
(photo by Diane Johnson)

3000 METER STEEPLECHASE

8:40.6	Timm (Athletes in Action)
8:55.0	Smith (San Fernando TC)
8:57.6	Luevano (UCLA)
8:59.4	Sweeney (Long Beach State)
9:00.8	Fleet (Washington State)
9:04.0	Schwietzer (UCSB)
9:05.0	Hurst (San Jose State)
9:07.2	Innes (UCLA)
9:10.0	Phelan (Fresno State)
9:10.2	Sisler (Occidental)
9:10.2	Bellah (Stanford)
9:11.0	Krause (San Jose State)
9:11.4	Geiken (Stanford)
9:12.0	Haver (Athletes in Action)
9:12.1	Dare (West Valley TC)
9:12.8	Anderson (Hayward State)
9:23.2	Davis (Cal Berkeley)
9:23.4	Young (LA State)
9:23.6	Webster (Cal Lutheran)
9:24.6	Curran (Northridge State)
9:25.0	Large (Northridge State)



Hal Connoly

120 YARD HIGH HURDLES

- 13.6 Carty (Bay Area Striders)
 - 13.7 Rich (Cal International)
 - 13.7 Wilson (Beverly Hills Str)
 - 13.7 Johnson (USC)
 - 13.7 Jackson (Unatt/UCLA) 13.3w
 - 13.8 Turner (Long Beach State) 13.7w
 - 13.8 Adsit (Athletes in Action)
 - 13.9 Andrews (USC)
 - 13.9 Walker (Arizona State)
 - 14.0 Williams (USC)
 - 14.1 Foster (Stanford)
 - 14.1 Shaw (USC) 14.0w
 - 14.1 Florant (Cal Berkeley)
 - 14.1 Ginther (Beverly Hills Str)
 - 14.2 Austin (San Jose State)
 - 14.2 Harris (Cal Poly Pomona)
 - 14.2 Frierson (Cal Poly Pomona)
 - 14.2 Alexander (Cal Berkeley)
 - 14.3 Smith (Pomona Pitzer)
 - 14.3 Bagshaw (Stanford)
 - 14.3 Royal (Long Beach State)
 - 14.3 Hall (Northridge State)
- other wind aided marks:
- 14.0w Owens (UCLA)
 - 14.2w Mills (UCLA)
 - 14.3w Davie (UCLA)

440 YARD INTERMEDIATES

- 49.9 Bolding (Pacific Coast Club)
- 50.0 Walker (Arizona State)
- 51.1 Williams (Mickey's Missiles)
- 51.2 King (Mickey's Missiles)
- 51.2 Andrews (USC)
- 51.3 Cassleman (Pacific Coast Cl)
- 51.5 Guerrero (UCLA)
- 51.6 Wheeler (San Diego State)
- 51.7 Greybehl (USC)
- 51.7 Taylor (Occidental)
- 51.7 Ewing (Beverly Hills Str)
- 52.0 Mills (UCLA)
- 52.0 Niederhaus
- 52.0 Ables (San Diego State)
- 52.0 Odell (Occidental)
- 52.0 Hogsett (Stanford)
- 52.1 Cheadle (UC Irvine)
- 52.2 Ginther (Beverly Hills Str)
- 52.4 Fullerton (Cal Berkeley)
- 52.6 Wyatt (San Jose State)
- 52.7 Joyner (Cal Poly Pomona)
- 52.8 Johnson (USC)
- 52.8 Roublick (San Jose State)
- 52.8 McNamara (Cal Poly Pomona)
- 53.0 Hall (Northridge State)
- 53.1 Hall (UCLA)
- 53.1 Taylor (Long Beach State)

HIGH JUMP

- 7-3 3/4 Stones (Pacific Coast Cl)
- 7-2 1/4 Wilson (Oregon State)
- 7-2 Frazier (Northridge State)
- 7-2 Causey (Unatt)
- 7-2 Brown (All American TC)
- 7-1 Kotinek (UCLA)
- 7-1 Meisler (UCLA)
- 7-0 1/2 Livers (San Jose State)

- 25-8 Davis (San Jose State)
 - 25-4 Whitley (Cal International)
 - 25-2 1/2 Herndon (UCLA) 25-5 1/2w
 - 25-1 Huey (San Jose State)
 - 24-11 1/2 Carter (San Jose State)
 - 24-11 Chen (U. Redlands)
 - 24-8 1/2 Silva (BAS/WVTC) 24-10 1/2w
 - 24-6 3/4 Lofton (Stanford)
 - 24-5 1/2 Banks (UCLA)
 - 24-5 1/2 Hardeman (USC)
 - 24-3 Uraman (Chico State)
 - 24-3 Carter (Boise State)
 - 24-2 Steffers (Bay Area Striders)
 - 24-2 Bryson (USC)
 - 24-1 3/4 Kotinek (UCLA) 24-4 1/2w
 - 23-11 Jones (Cal Poly Pomona)
 - 23-7 1/2 Taplac (Fresno State)
 - 23-6 1/2 Derrick (La State)
 - 23-5 1/2 Thorpe (Cal Berkeley)
 - 23-5 1/2 Brewer (Long Beach State)
- other wind aided marks:
- 25-11w Moore (Mickey's Missiles)
 - 25-1 3/4 Smith (California TC)

TRIPLE JUMP

- 54-2 1/2 Haynes (Army)
 - 53-11 1/2 Livers (San Jose State)
 - 53-7 Dupree (Army)
 - 53-2 Bryson (USC)
 - 53-2 Banks (UCLA)
 - 52-11 3/4 Cochee (USC)
 - 52-8 3/4 Butts (Beverly HS) 53-9w
 - 51-8 1/2 Taylor (UCLA) 52-4 1/2w
 - 51-0 1/2 Reader (Cal Internat) 51-10 1/2w
 - 51-0 McClellan (Unatt)
 - 50-8 3/4 McClure (Army) 51-3 1/2w
 - 50-5 Steffers (Bay Area S) 54-3 1/2w
 - 50-4 3/4 Jackson (BHS) 50-7 1/2w
 - 49-9 1/2 Lewis (LA State) 51-2 1/2w
 - 49-7 3/4 Taplac (Fresno State)
 - 49-5 1/2 Triplett (U. Washington)
 - 49-1 1/2 Williams (Occidental) 50-2w
 - 48-11 Peters (Northridge State)
 - 48-10 Terry (Unatt) 52-2w
 - 48-8 1/2 Byrd (Stanislaus State)
 - 48-5 1/2 Silva (West Valley TC)
 - 48-4 1/2 Jackson (Bakersfield St) 50-4w
 - 48-4 1/2 Blace (Chico State)
- other wind aided marks:
- 53-0 1/2w Tiff (Beverly Hills Str)
 - 51-1 1/2w Fraser (Bay Area Striders)
 - 50-6 1/2w Goodlow (Northridge)



- 56-1 Arcara (Unatt)
- 55-6 1/2 Fruguglietti (USC)
- 55-6 Davis (West Valley TC)
- 55-5 1/2 Giroux (Fresno State)
- 54-7 David (Boise State)
- 54-1 McCollum (Bay Area Striders)
- 54-0 Glenchalk (Stanford)
- 54-0 Klein (UC Irvine)
- 53-6 Coffmann (Fullerton State)
- 53-4 Wigton (Cal Lutheran)
- 52-9 1/2 Rothschild (Northridge State)
- 52-5 1/2 Parisen (San Diego State)
- 52-5 1/2 Stevens (San Diego State)



Hot 440 Relay action

DISCUS

- 216-5 Powell (Pacific Coast Club)
- 212-10 Wilkins (Unatt)
- 198-2 Ordway (Pacific Coast Club)
- 197-8 Stradel (San Jose Stars)
- 194-2 McCollum (Bay Area Striders)
- 190-6 Gordon (Unatt)
- 188-10 Fruguglietti (USC)
- 188-4 Elder (USC)
- 184-11 Gunther (UCLA)
- 183-5 Louisiana (West Valley TC)
- 181-10 Weber (Pacific Coast Club)
- 181-6 Nave (West Valley TC)
- 180-10 Gardner (Long Beach State)
- 179-2 Lister (Beverly Hills Str)
- 179-2 Lister (Beverly Hills Str)
- 177-10 Overton (Cal Berkeley)
- 177-1 Albright (Northridge State)
- 176-0 Weeks (San Jose State)
- 175-8 Owens (USC)
- 175-4 Frankiewicz (Chico State)
- 172-10 Wolf (West Valley TC)
- 170-11 Harvey (UCLA)
- 170-8 Howard (Westmont)

JAVELIN

- 258-7 Schmidt (Pacific Coast Club)

440 RELAY

- 39.3 University of So. Calif.
- 39.9 Beverly Hills Striders
- 39.9 Cal Berkeley
- 40.3 UCLA
- 40.3 San Jose State University
- 40.7 Pacific Coast Club
- 40.8 All American Track Club
- 40.8 Stanford
- 40.8 Mickey's Missiles
- 40.9 Bay Area Striders
- 41.0 Long Beach State University
- 41.0 Northridge State University
- 41.2 San Diego State University
- 41.2 Cal Poly Pomona
- 41.2 Cal Poly San Luis Obispo
- 41.6 Occidental
- 41.6 Los Angeles State University
- 41.7 Hayward State University
- 41.8 Fullerton State University
- 41.9 UC Irvine
- 42.1 Fresno State University
- 42.5 Chapman College

880 RELAY

- 1:23.2 Mickey's Missiles
- 1:23.8 University of So. Calif.
- 1:25.2 All American Track Club
- 1:26.0 Stanford
- 1:26.2 San Diego State
- 1:26.6 Cal Poly San Luis Obispo
- 1:26.9 Cal Poly Pomona
- 1:27.0 Cal Berkeley
- 1:27.0 Northridge State
- 1:28.0 Bay Area Striders
- 1:28.4 San Jose State
- 1:28.8 Sacramento State
- 1:28.9 West Valley Track Club

MILE RELAY

- 3:07.4 University of So. Calif.
- 3:08.0 Mickey's Missiles
- 3:10.6 Pacific Coast Club
- 3:10.6 California Berkeley
- 3:11.5 UCLA
- 3:13.0 Stanford
- 3:13.7 San Diego State
- 3:13.8 San Jose State
- 3:15.0 Cal Poly San Luis Obispo
- 3:15.1 Long Beach State
- 3:15.4 Occidental
- 3:15.4 UC Irvine
- 3:16.0 Sacramento State
- 3:17.0 Northridge State
- 3:17.1 San Francisco State
- 3:17.4 Cal Poly Pomona
- 3:17.7 Fullerton State
- 3:19.1 Pomona-Pitzer College
- 3:19.6 San Francisco State
- 3:19.6 Fresno State

- 52.8 Wyatt (San Jose State)
- 52.7 Joyner (Cal Poly Pomona)
- 52.8 Johnson (USC)
- 52.8 Roublick (San Jose State)
- 52.8 McNamara (Cal Poly Pomona)
- 53.0 Hall (Northridge State)
- 53.1 [redacted] (UCLA)
- 53.1 [redacted] (Long Beach State)

HIGH JUMP

- 7-3 3/4 [redacted] (Pacific Coast Cl)
- 7-2 1/4 Wilson (Oregon State)
- 7-2 Frazier (Northridge State)
- 7-2 Causey (Unatt)
- 7-2 Brown (All American TC)
- 7-1 Kotinek (UCLA)
- 7-1 Meisler (UCLA)
- 7-0 1/4 Livers (San Jose State)
- 7-0 1/4 Heitchew (Long Beach State)
- 7-0 1/4 Phillips (Chapman)
- 7-0 Richardson (Fresno State)
- 7-0 Owens (Jamul Toads)
- 7-0 Winston (LA State)
- 6-11 Friday (Hayward State)
- 6-11 Gordon (Cal Poly SLO)
- 6-10 1/4 Madau (Fullerton State)
- 6-10 1/4 Schieffer (Cal Poly Pomona)
- 6-10 Ridge (Oregon State)
- 6-10 Beedle (USC)
- 6-10 Miles (Long Beach State)
- 6-10 Moore (Long Beach State)
- 6-10 Chambers (Northridge State)
- 6-10 Kraft (West Valley TC)

POLE VAULT

- 17-9 Tully (UCLA)
- 17-8 1/2 Baird (Long Beach State)
- 17-8 1/2 Mooers (UCLA)
- 17-8 Ripley (San Jose State)
- 17-6 1/2 Dias (Beverly Hills Str)
- 17-1 1/2 Rogers (USC)
- 17-1 1/2 Weidig (Unatt)
- 17-1 Richards (Pacific Coast Club)
- 16-7 Curran (UCLA)
- 16-6 1/2 Martin (San Jose State)
- 16-6 DiStanislao (USC)
- 16-6 Slover (Beverly Hills Str)
- 16-6 Johnson (San Jose State)
- 16-4 Miguel (Bay Area Striders)
- 16-0 1/2 Sabatine (UC Irvine)
- 16-0 Aldrich (Fresno State)
- 16-0 Hayes (USC)
- 16-0 Hamer (Unatt)
- 16-0 Haagen (Cal Poly SLO)
- 16-0 Flint (Stanford)
- 16-0 Hintz (Cal Berkeley)
- 16-0 Robinson (Fullerton State)
- 16-0 Richards (Long Beach State)
- 16-0 Pullard (All American TC)
- 16-0 Sauck (Matador TC)

LONG JUMP

- 25-11 1/4 Haynes (Army)
- 25-10 Williams (USC) 26-1 3/4w
- 25-9 1/4 Robinson (Mickey's M) 26-9w



Odie Huffman
(photo by Noel Montrucchio)

SHOT PUT

- 69-8 1/2 Feuerbach (Pacific Coast Cl)
- 68-1 Albritton (U. Hawaii)
- 65-1 1/2 Neidhart (Unatt)
- 59-10 1/2 Pagel (UCLA)
- 59-7 Turri (Southern Cal Col)
- 59-7 Shelton (Oregon State)
- 59-6 1/2 Marks (Pacific Coast Club)
- 59-1 Budinchich (USC)
- 58-7 Doupe (Cornell)
- 58-5 1/4 Albright (Northridge State)
- 56-6 1/2 Weeks (San Jose State)
- 56-5 1/2 Mannon (Cal Berkeley)

- 183-5 Louisiana (West Valley TC)
- 181-10 Weber (Pacific Coast Club)
- 181-6 Nave (West Valley TC)
- 180-10 Gardner (Long Beach State)
- 179-2 Lister (Beverly Hills Str)
- 179-2 Lister (Beverly Hills Str)
- 177-10 Overton (Cal Berkeley)
- 177-1 Albright (Northridge State)
- 176-0 Weeks (San Jose State)
- 175-8 Owens (USC)
- 175-4 Frankiewicz (Chico State)
- 172-10 Wolf (West Valley TC)
- 170-11 Harvey (UCLA)
- 170-8 Howard (Westmont)

JAVELIN

- 258-7 Schmidt (Pacific Coast Club)
- 253-5 Pearce (Beverly Hills Str)
- 252-7 Kennedy (San Jose Stars)
- 250-10 Wallis (Army)
- 244-1 Stuart (Beverly Hills Str)
- 241-4 Carpenter (Occidental)
- 240-1 Goldie (Long Beach State)
- 231-10 Krough (San Jose State)
- 231-2 Parker (San Francisco State)
- 225-9 Feeney (Unatt)
- 225-5 1/2 Healy (Northridge State)
- 223-3 Houston (Unatt)
- 222-10 Orell (Pomona Pitzer)
- 222-0 Zotovich (Long Beach State)
- 219-11 O'Connor (Cal Poly Pomona)
- 216-10 Hellsby (USC)
- 216-1 Ryan (Cal Berkeley)
- 216-1 Neilson (Fresno State)
- 216-0 Ladd (Chico State)
- 215-8 Tosti (UCLA)
- 213-5 Jenner (Unatt)
- 212-10 Kaufeldt (San Francisco State)
- 211-8 Macous (Stanford)
- 211-6 Nix (Fresno State)

HAMMER THROW

- 211-8 Hart (NYAC)
- 208-5 Frenn (Unatt)
- 199-10 Diehl (Army)
- 197-7 Casey (Unatt)
- 193-4 Connolly (Unatt)
- 190-3 Shuff (Army)
- 190-1 Arcaro (Unatt)
- 187-10 McCollum (Eay Area Striders)
- 187-7 Calle (USAF)
- 185-1 Giroux (Fresno State)
- 182-1 Congi (San Jose State)
- 180-9 Dyer (Hayward State)
- 179-4 Sorenson (Fresno State)
- 175-1 Blankenship (Hayward State)
- 171-5 Serafino (Hayward State)
- 167-9 Coffmann (Fullerton State)
- 164-10 Miller (Southern Cal Col)
- 156-6 Venegas (Northridge State)
- 155-4 Brown (Biola)
- 153-7 Szelle (San Francisco State)
- 152-2 Beeler (Northridge State)
- 151-1 Terra (UC Davis)
- 145-5 Mizuki (Sacramento State)
- 140-0 Picchociuski (Cal Lutheran)

- 3:08.0 Mickey's Missiles
- 3:10.6 Pacific Coast Club
- 3:10.6 California Berkeley
- 3:11.5 UCLA
- 3:13.0 Stanford
- 3:13.7 San Diego State
- 3:13.8 San Jose State
- 3:15.0 Cal Poly San Luis Obispo
- 3:15.1 Long Beach State
- 3:15.4 Occidental
- 3:15.4 UC Irvine
- 3:16.0 Sacramento State
- 3:17.0 Northridge State
- 3:17.1 San Francisco State
- 3:17.4 Cal Poly Pomona
- 3:17.7 Fullerton State
- 3:19.1 Pomona-Pitzer College
- 3:19.6 San Francisco State
- 3:19.6 Fresno State

TWO MILE RELAY

- 7:32.0 University of So. Calif.
- 7:33.6 San Diego State
- 7:40.4 Fullerton State
- 7:42.4 Occidental
- 7:43.4 UC Irvine
- 7:49.4 Stanford
- 7:49.6 Fresno Pacific College
- 7:49.9 West Valley Track Club
- 7:51.5 UC Davis
- 7:53.5 US International Univ.
- 7:54.2 Pomona-Pitzer College
- 7:54.5 Hayward State

SPRINT MEDLEY RELAY

- 3:19.5 University of So Calif.
- 3:23.6 Sacramento State
- 3:25.4 UC Irvine
- 3:27.5 Northridge State
- 3:27.9 Fullerton State
- 3:28.8 Long Beach State
- 3:29.3 Los Angeles State
- 3:29.8 Cal Poly Pomona
- 3:31.1 San Francisco State

DISTANCE MEDLEY RELAY

- 9:50.6 University of So. Calif.
- 9:52.8 San Diego State
- 9:54.4 San Fernando Valley Track Cl
- 9:55.6 Long Beach State
- 10:02.0 Occidental
- 10:03.2 Cal Berkeley
- 10:03.4 Stanford
- 10:03.6 Cal State Northridge
- 10:04.4 Chico State
- 10:04.8 Fullerton State
- 10:05.0 American Avenue Track Club
- 10:06.6 Fresno Pacific College
- 10:07.0 Southern California College
- 10:09.8 San Jose State
- 10:13.2 West Valley Track Club
- 10:14.0 UC Davis

Energy Source in a New Form HONEY TABS

By
Dr. James G. Crakes
 Foundation of Optimal Health
 and Longevity
 San Diego, California

Since the early Olympiads, honey has been used by athletes in preparation for high level physical performance. Although the nutritive values of pure honey have long been recognized, very little research has been done to find out about the ergogenic (work-producing) effects of this substance, one of the earth's most natural forms of energy.

According to chemical analysis performed on a number of honey samples, the two prime energy sources found are dextrose and levulose. These simplest of sugars, act in two valuable ways. Dextrose is known to provide the quickest rise in Blood Glucose, while properties in levulose allow the Blood Glucose to maintain a high level for a considerable length of time.

Many athletes have used honey in the past, and many still feel they receive considerable benefits with intake prior to physical performance. At the same time, the mess and inconvenience of maintaining and handling adequate honey supplies has turned off many from its use. Then, there are the hordes of former honey users who, after forcing down large amounts of the thick viscous fluid, cannot stand the thought of another swig—even though they may miss the benefits of the honey.

With this brief history in mind, let me introduce you to a simple, yet potentially

powerful food supplement—"HONEY-TABS." Recently developed in an Arizona laboratory, Honey-tabs are simply one teaspoon of pure honey in a dehydrated form. The process itself, reduces the caloric value of each tablet to about 5 KCal., therefore in order to get the desired benefits, 4-6 tabs would be recommended as the minimal number of be ingested prior to anticipated performance or competition.

As a track coach and exercise physiologist, I am not inclined to take someone else's recommendation about things that effect the performance of my athletes. Therefore, I have begun a research project to study the effects of Honey-tabs on Blood Glucose levels during vigorous physical activity. The pilot study was recently completed on myself over a three week period. It has been well established in the literature that there is a high correlation between endurance performance and blood glucose levels. It appears highly possible, that performance decrements, during the latter stages of endurance activities may well be caused by the adverse effects of lowered blood glucose on the sensitive brain and nervous system, rather than an inefficient cardio-respiratory system.

A brief resume of the research protocol indicates the following:

First Test:

After six hour fast-resting Blood Glucose sample taken. Then six Honey-Tabs ingested. Second B.G. sample taken 20 minutes post-ingesta. Third B.G. sample taken 30 minutes post-ingesta. Fourth B.G. sample taken 60 minutes post-ingesta.

Second Test:

After six hour fast-resting B.G. sample taken. Standard bicycle ergometer workout begun with load of 1050 Kpm (pulse rate between 140 and 150) for thirty minutes. Second B.G. sample taken 20 minutes after exercise begun. Third B.G. sample taken 30 minutes after exercise begun. Fourth B.G. sample taken 60 minutes after exercise begun.

Third Test:

After six hour fast-resting B.G. sample taken. Then six Honey-Tabs ingested. Standard bicycle ergometer workout begun with load of 1050 Kpm (pulse rate between 140 and 150) for thirty minutes. Second B.G. sample taken 20 minutes after ingesta and exercise begun. Third B.G. sample taken 30 minutes after ingesta and exercise begun. Fourth B.G. sample taken 60 minutes after ingesta and exercise begun.

The results of this pilot study showed:

First test (Honey-Tabs without exercise)

B.G. level increase 10% at 20 min.

B.G. level increase 18% at 30 min.

B.G. level increase 10% at 60 min.

Second test (Bicycle ergometer without Honey-Tabs)

B.G. level increase 17% at 20 min.

B.G. level increase 28% at 30 min.

B.G. level increase 10% at 60 min.

Third test (Honey)Tab ingested and Bicycle Workout)

B.G. level increase 100% at 20 min.

B.G. level increase 50% at 30 min.

B.G. level increase 60% at 60 min.

Conclusions:

I have been using the Honey-Tabs personally for several months and a

number of my athletes have asked to try them out with encouraging results.

The Blood Glucose results printed above indicate several interesting possibilities, which I will summarize: 1) Honey-Tabs are a quick, convenient method of raising blood glucose level; 2) Exercise is an effective means of raising blood glucose level; 3) The use of Honey-tabs prior to vigorous exercise, not only helps to maintain an optimal level of energy, in the blood, but perhaps more important, the blood glucose level is maintained at a high level for at least 60 minutes post-ingesta.

Recommendations:

Although Honey-tabs can be used in a wide variety of situations, to enhance well-being and performance, certain vigorous activities of an extended nature would most likely profit most. They are the perfect energy booster for back-packing, cross country skiing and long distance running. They can be chewed for quick release or left in the cheek to dissolve slowly over a longer period of time. In the "tournament type activity," athletes could effectively use Honey-tabs for maintaining high blood glucose levels when normal foodstuffs are not available or more likely the attendant bulk is not desirable in the digestive tract. Wrestlers and other athletes who need high levels of energy over a long duration, and restrict normal food intake, could take advantage of the convenience and quick release of energy found in Honey-tabs.

Athletes and coaches interested in learning more about this product should contact Dr. James G. Crakes 4411 Algeiras St., San Diego, CA 92107 or phone 714 224-3835.

PROFILE

Dennis Teeguarden has been one of the strongest senior track and road racers in the Bay Area for years. His most recent top performance was winning the Examiner Games Masters Mile at the Cow Palace January 24th with a time of 4:39.0.

The 43 year-old professor of forestry economics at the University of California



honey users... amounts of the thick viscous fluid, cannot stand the thought of another swig—even though they may miss the benefits of the honey.

With this brief history in mind, let me introduce you to a simple, yet potentially

...sample taken. Then six Honey-Tabs ingested. Second B.G. sample taken 20 minutes post-ingesta. Third B.G. sample taken 30 minutes post-ingesta. Fourth B.G. sample taken 60 minutes post-ingesta.

...B.G. level increase 50% at 0 min. B.G. level increase 60% at 60 min.

...and... advantage of the convenience and quick release of energy found in Honey-tabs.

Athletes and coaches interested in learning more about this product should contact Dr. James G. ... 4411 Algeciras St., San Diego, CA ... 2107 or phone 714 224-3835.

Conclusions:

...have been using the Honey-Tabs personally for several months and a

PROFILE

by George Moss

Dennis Teeguarden

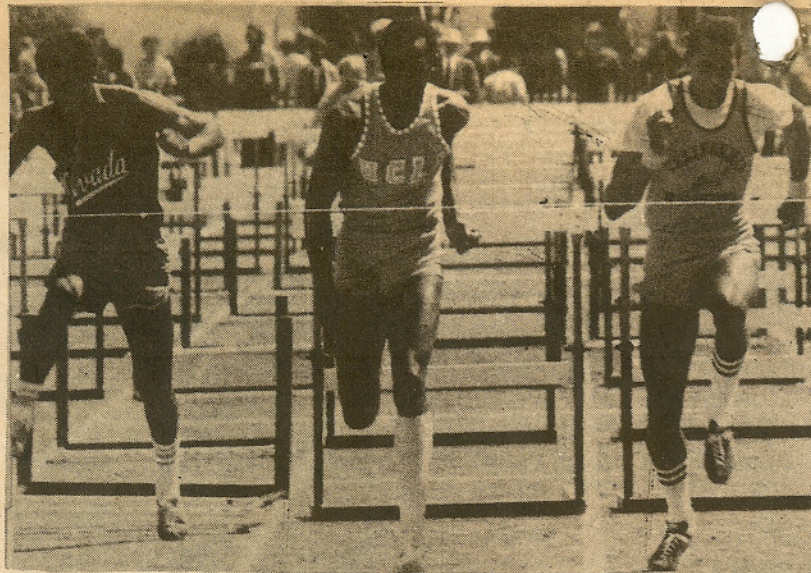
Dennis Teeguarden has been one of the strongest senior track and road racers in the Bay Area for years. His most recent top performance was winning the Examiner Games Masters Mile at the Cow Palace January 24th with a time of 4:39.0.

The 43 year-old professor of forestry economics at the University of California, Berkeley, is also serving as president of Northern California Seniors Track Club for the current year.

Over the years Dennis has demonstrated the ability to race well at various distances running a 2:03.2 for 800 meters in the 1973 National AAU Masters championship meet in San Diego, and winning the Masters Division of the Berkeley-Moraga road race last October. He toured the tough 13.9 mile course which features steep up and downhill grades in a fine 1:19:53 in what he considered one of his best performances. He also ran the "Bay-to-Breakers" course which was 7.8 miles in 1972 in 43:57.

Dennis was a 440 runner in college, but then was away from the sport for years while serving a four year tour as a naval officer and then pursuing his career in forestry economics. He began jogging in 1968 and that evolved into running and racing. His current training program consists of running everyday for a weekly average of 50 miles. Most training runs are on the roads at 6:30 to 6:45 pace. Twice a week he does interval work on the Cal track, mostly 880's and 440's. He tries to race once a month, either a track event or on the roads.

Best times as a Master: 800 meters - 2:03.2; 1500 meters - 4:17.3; 1 mile - 4:37.9; 3 mile - 15:27; 5 mile - 26:41.



Left to Right: Bernie Juarez, Clim Jackson, Charles Rich



Start of Oxnard to Los Angeles Relay --- see "Results Section."
(photo by Bud Hanson)



RESULTS --

Los Angeles, February 23 -- 7th Annual LAPD 5.7 Mile Elysian Park Run

1. Bob Macias (ELAT)	29:04
2. Ronald Kurrie (BHS)	29:05
3. Paul Cook (AIA)	29:20
4. Mark Covert (SFTC)	29:24
5. Carl Swift (AzPC)	29:52
6. Bob Arce (Un)	30:12
7. Simon Langer	30:17
8. James Curry	30:22
9. Ken Kendall (Oxy)	30:38
10. Keith Stripsky (Un)	30:47
11. Mike Harrie (RRR)	30:58
12. Steve Broten (STC)	31:34
13. John Wendler	31:40
14. John Pagliano (GWAA)	31:48
15. Mario Hidalgo	31:58
16. Thomas Cory (GPAC)	32:00
17. Iglesias Dimas (RRR)	32:02
18. Stewart Boden (LACS)	32:09
19. David Waco (Un) 1st 40+	32:10
20. John Breneman	32:10
21. Phil Alvidrez	32:14
22. Bill Thompson (STC)	32:20
23. John Rupp (Un)	32:22
24. Charles Barone (GPAC)	32:30
25. Preston Drake (CCAC)	32:34
52. Rudy Ceja (STC) 1st 50+	35:20
54. Suzanne Keith (RRR) 1st W	35:40

/Wes Alderson/



880 (30-49):

1. Pete Mundle (SMTC)	2:12.1
2. Tom Richards (CDM)	2:12.7
3. Ed Field (SMTC)	2:12.8

880 (50+):

1. Jack Noble (STC)	2:33.1
2. Dave Lewis (CDM)	2:36.4

Mile (30+):

1. Maria Stearns (Un)	5:08.4
2. Reid Pressley (SFTC)	5:10.3
3. Danny Howard (BHS)	5:10.4

Three Mile:

1. Pete Mundle (SMTC)	15:28.1
2. Bob Long (BHS)	18:05.8
3. Jack Noble (STC)	19:55.3

440 Yard Relay:

1. Corona Del Mar	45.6
2. Compton Fire Dept.	45.9
3. Corona Del Mar	46.9

880 Yard Relay:

1. Compton Fire Dept.	1:37.8
2. Foverly Hills Striders	1:38.9
3. San Fernando Track Club	1:39.2

Triple Jump (40-49):

1. Alvis Andrews (CDM)	43-11
2. Dave Jackson (CDM)	42-7
3. Shirley Davisson (CDM)	38-2

Triple Jump (50-59):

1. Erich Jordon (STC)	29-3 1/2
2. Joe Gross (CDM)	28-0

Discus (30-39):

1. Tony Conkle (BHS)	131-3 1/2
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Discus (40-49):

1. Hal Wallace (STC)	108-6
2. George Waterman (CDM)	105-4 1/2
3. Jerry Wojcik (SFTC)	73-5

Discus (50-59):

1. Erich Jordon (STC)	114-1 1/2
2. Ross Winton (CDM)	104-3
3. Joe Gross (CDM)	103-0

Shot Put (20-39):

1. Tony Conkle (BHS)	46-9 1/2
2. Ursula Schreiber (CDM)	31-9 1/2

Shot Put (40-49):

1. D. Telliano (Un)	35-4 1/2
2. Emson Grimm (STC)	22-7 3/4

Shot Put (50-59):

1. Pete Fetter (CDM)	38-4 1/2
2. Erich Jordon (STC)	37-2 3/4

Shot Put (60+):

1. Frank Murphy	39-11
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Long Jump (30-39):

1. Ursula Schreiber (CDM)	13-8
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Long Jump (40-49):

1. Shirley Davisson (CDM)	20-7
2. Hugh Cobb (BHS)	17-10 1/2

Long Jump (50-59):

1. Pete Fetter (CDM)	15-4
2. Erich Jordon (STC)	14-2

Pole Vault (40-49):

1. Don Gresh (CDM)	10
2. Roger French (STC)	10
3. Hal Wallace (STC)	10

Pole Vault (50-59):

1. Jim Vernon (STC)	10-6
2. Dave Brown (CDM)	9-6

Pole Vault (60-69):

1. Bob MacConaghy (CDM)	8
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High Jump (30-39):

1. Tony Conkle (BHS)	4-8
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High Jump (40-49):

1. Ed Austin (CDM)	5-6
2. Shirley Davisson (CDM)	5-2
3. Bill Adler (BHS)	4-10

Irvine, March 15 -- SPAAAU Women's All Comers, at UC Irvine.

30/Over Masters:

440 Yard Dash:

Julie Lake (LIT)	57.6
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880 Yard Run:

Lynn Morin (UCLA)	2:16.2
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Discus:

Monette Driscul (UCLA)	158-5
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Javelin:

Martha Hahn (LATC)	129-0
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Long Jump:

Bobbette Krug (LI)	17-4 1/2
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14-18 Junior Women:

100 Yard Dash:

1. Yolanda Rich (LBC)	11.0w
2. Penny Slaughter (LI)	11.0w
3. Pam Curran (Unatt)	11.5w

220 Yard Dash:

1. Yolanda Rich (LBC)	25.5w
2. Penny Slaughter (LI)	26.0w
3. Pam Curran (Unatt)	26.1w

440 Yard Dash:

1. K. Keys (PAT)	56.7
2. Beth Howell (Unatt)	58.5
3. Pam Curran (Unatt)	58.6

880 Yard Run:

1. Kathy Keys (PAT)	2:15.4
2. Carol Flournoy (SCC)	2:16.7
3. Donna Schellhaus (BA)	2:22.1

One Mile Run:

1. Jeannette Beaman (Unatt)	5:52.0
2. Sherry Simmons (Unatt)	5:56.4
3. Cheryl Marietta (SCVAA)	6:01.0

Two Mile Run:

1. Carol Flournoy (SCC)	11:15.0
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100 Meter Hurdles:

1. Patty Cape (LBC)	15.1
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400 Meter Hurdles:

1. Patty Cape (LBC)	62.8
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680 Medley:

1. Patriots-USA	1:52.5
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Discus:

1. Terry Sabol (LATC)	147-10
2. Emily Dole (LI)	121-6
3. Nora Walker (LJTC)	103-9

Javelin:

1. Connie Gassen (LATC)	140-4
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Shot Put:

1. Emily Dole (LI)	46-5
2. Lee Rowland (OCT)	32-4 1/2
3. Nora Walker (LJTC)	27-4 1/2

High Jump:

1. Virginia Oliver (LI)	5-2
2. Shallenberger (GBTC)	5-0
3. Laurie Carman (SBSP)	5-0

Long Jump:

1. Alice Gast (LI)	17-2 1/2
2. Nancy Shallenberger (GBTC)	16-9 1/2
3. Penny Slaughter (LI)	16-3

14/15 Intermediate Division:

100 Yard Dash:

1. Denise Edding (LATC)	11.0w
2. Jane Harding (LI)	11.1w
3. Lela Hahson (LBC)	11.3w

220 Yard Dash:

1. Pam Green (SCC)	25.5w
2. Denise Eddington (LATC)	26.0w
3. Sharon Dill (LI)	26.0w

440 Yard Dash:

1. Sharon Dill (LI)	57.2
2. Pam Green (SCC)	57.6
3. Nancy Slaughter (SCC)	57.8

Tapia Park, March 2 -- 3rd Annual Malibu Canyon Cross Country Run, 10 Kilo (6.3 miles)

1. Phil Ryan (GWAA)	33:08
2. Joe Carlson (AATC)	33:12
3. Raymond Hughes (SCS)	33:33
4. Tom Pelton (Un)	33:36
5. Rick Drake (SBAA)	33:38
6. Jim Arquilla (AATC)	33:54
7. Paul Swift (BHS)	33:55
8. Tim Donovan (SBAA)	33:59
9. Bill Scobey (CCAC)	34:00
10. Paul Cook (AIA)	34:03
11. Jeff Huber (AATC)	34:05
12. James Ursulo (MSAC)	34:08
13. Larry Bohrer (WTC)	34:32
14. Bob Arce (AATC)	34:37
15. Bob French (CCAC)	34:39
16. Simon Langer (Un)	34:51
17. Gary Dobrenz (CCAC)	35:05
18. Glenn Jewell (AATC)	35:20
19. Ken Kendall (Oxy)	35:26
20. Keith Stripsky (Un)	35:28
21. Jeff Rawlings (CCAC)	35:33
22. Steve Broten (STC)	35:52
23. James Landeros (Un)	36:13
24. John Brennan (SBAA)	36:14
25. Jim Flanigan (FHS)	35:15
26. James Perez (GWAA)	36:19
27. Carlos Alfaro (AZTL)	36:24
28. Reynaldo Calderon (AZTL)	36:27
29. Phil Alvidrez (Un)	36:28
30. Frank Freyne (CCAC)	36:35
48. Sam Nicholson (STC) 1st 40+	37:50
70. Rudy Ceja (STC) 1st 50+	39:50
110. Linda Bottlik (SFR) 1st W	43:55

/Bruce Robinson/

Pomona, March 16 -- Pomona Historic Run, 15 miles

1. Dennis Aldwell (AzPC)	1:21.02
2. Carl Swift (AzPC)	1:22.17
3. Felipe Brizuela	1:22.20
4. John Freeman	1:22.26
5. John Kittelson	1:23.25
6. Jon Wegener (1st Jr.)	1:26.14
7. Paul Cook (AIA)	1:26.36
8. William McDermott	1:26.36
9. Michael Harrie (RRR)	1:27.17
10. Skip Shaffer (CCAC) 1st 35+	1:28.06
11. Steven Slaback (Pomona)	1:30.01
12. Jonathan Brover (CCAC)	1:30.13
13. Erice Hammerstein (RRR)	1:31.06
14. Vernon Matsukawa (GWAA)	1:32.24
15. Irwin Mercain (CCAC)	1:32.46
16. Jim Flanigan (BHS)	1:33.11
17. Larry Clark	1:33.26
18. Sam Nicholson (SrsTC) 40+	1:35.40
19. Brian Stansauk (SFVTC)	1:35.57
20. Howard Connolly (RRR)	1:34.34
21. Walt Windsor	1:34.40
22. Gilbert T. Perez (SrsTC)	1:35.26
23. Donald Curt Hall (LAPD)	1:35.28
24. Archie Vickers	1:41.06
25. Tony Galovich	1:41.08
26. Marie Albert (RRR) 1st Jr W	1:41.18
38. Patricia Garcia (Az) 1st W	1:51.57

/D. Hamilton & John Brennan/





JIM BIRNBAUM

Van Nuys, March 1 -- Masters All
Comers, at Los Angeles Valley College

100 Yard Dash (30-39):	
1. Curtis Roberson (CFD)	10.7
2. Robert Simmons (CFD)	10.9
3. Will Butsey (CFD)	11.0
100 Yard Dash (40-49) 1st Heat:	
1. Percy Knox (CDM)	10.6
2. Nick Newton (BHS)	11.0
3. Dave Jackson (CDM)	11.0
100 Yard Dash (40-49) 2nd Heat:	
1. Ted Vick (CDM)	11.4
2. Bob Radford (CDM)	11.4
3. Al Guidet (CDM)	11.5
100 Yard Dash (50-59):	
1. Pete Fetter (CDM)	12.1
2. Wilbur Buchanan (SFTC)	12.2
3. Ross Winton (CDM)	12.6
220 Yard Dash (30-39):	
1. Al Henry (CDM)	24.6
2. Jim Roundtree (CDM)	24.7
3. Eric Lawson (SFTC)	24.8
220 Yard Dash (40-49) 1st Heat:	
1. Dave Jackson (CDM)	23.6
2. Percy Knox (CDM)	23.8
3. Nick Newton (BHS)	23.9
220 Yard Dash (40-49) 2nd Heat:	
1. Ted Vick (CDM)	25.3
2. Al Guidet (CDM)	25.3
3. Brad Harris (BHS)	25.7
220 Yard Dash (50-59):	
1. Wilbur Buchanan (SFTC)	26.4
2. Pete Fetter (CDM)	26.8
3. Tom Clayton (CDM)	27.0
440 (30-39):	
1. E. Mitchell (CFD)	52.7
2. Jim Roundtree (CDM)	54.9
3. Eric Lawson (SFTC)	55.8
440 (40-49):	
1. John Cull (BHS)	56.6
2. Brad Harris (BHS)	57.5
3. Don Palmer (CDM)	57.8
440 (50-59):	
1. Wilbur Buchanan (SFTC)	60.8
2. Tom Clayton (CDM)	61.7
120 Yard High Hurdles (30-49):	
1. Al Henry (CDM)	16.5
2. Bill Adler (BHS)	22.5

1. Ursula Schreiber (CDM)	13-8
Long Jump (40-49):	
1. Shirley Davisson (CDM)	20-7
2. Hugh Cobb (BHS)	17-10 1/2
Long Jump (50-59):	
1. Pete Fetter (CDM)	15-4
2. Erich Jordon (STC)	14-2
Pole Vault (40-49):	
1. Don Grosh (CDM)	10
2. Roger French (STC)	10
3. Hal Wallace (STC)	10
Pole Vault (50-59):	
1. Jim Vernon (STC)	10-6
2. Dave Brown (CDM)	9-6
Pole Vault (60-69):	
1. Bob MacConaghy (CDM)	8
High Jump (30-39):	
1. Tony Conkle (BHS)	4-8
High Jump (40-49):	
1. Ed Austin (CDM)	5-6
2. Shirley Davisson (CDM)	5-2
3. Bill Adler (BHS)	4-10
High Jump (50-59):	
1. Dave Brown (CDM)	4-8
2. Jim Vernon (STC)	4-6
3. Dave Lewis (CDM)	4-0
Javelin (40-49):	
1. Hal Wallace (STC)	151-3
2. Jerry Wojcik (SFTC)	124-6 1/2
3. Bob Perry (CDM)	75-1
Javelin (50-59):	
1. Pete Fetter (CDM)	145-5 1/2
2. Erich Jordon (STC)	95-10
Javelin (60-69):	
1. Bob MacConaghy (CDM)	106-10 1/2
/Shirley Davisson/	



HARRY HAWKE masters
competitor for the
San Diego Track Club

1. Emily Dole (LI)	46-5
2. Lee Rowland (OCT)	32-4 1/2
3. Nora Walker (LJTC)	27-4 1/2
High Jump:	
1. Virginia Oliver (LI)	5-2
2. Shallenberger (GBTC)	5-0
3. Laurie Carman (SBS)	5-0
Long Jump:	
1. Alice Gast (LI)	17-2 1/2
2. Nancy Shallenberger (GBTC)	16-9 1/2
3. Ferny Slaughter (LI)	16-3
14/15 Intermediate Division:	
100 Yard Dash:	
1. Denise Eddington (LATC)	11.0w
2. Jane Harding (STC)	11.1w
3. Lela Johnson (LBC)	11.3w
200 Yard Dash:	
1. Pam Green (SCC)	25.5w
2. Denise Eddington (LATC)	26.0w
3. Sharon Dill (LI)	26.0w
440 Yard Dash:	
1. Sharon Dill (LI)	57.2
2. Pam Green (SCC)	57.6
3. Marsha Erickson (SCC)	59.8
880 Yard Run:	
1. Roco Antoniewicz (LATC)	2:18.7
2. Jamie Bowen (LI)	2:20.1
3. Marsha Erickson (SCC)	2:21.3
One Mile Run:	
1. Becky Wolfenbarger (SCC)	5:11.8
2. Monique Gregore (SCC)	5:14.9
3. Janet Waterbury (OCT)	5:19.2
Two Mile Run:	
1. Laurie Jewell (Unatt)	11:15.0
2. Diane Stern (PCC)	11:27.6
3. Lisa Davis (PA)	12:40.0
100 Meter Hurdles:	
1. Joanna Erb (LATC)	15.3
One Mile Walk:	
1. Teri Teegarden (BA)	8:18.8
300 Meter Hurdles:	
1. Alison Redd (AA)	47.3
2. Joanne Erb (LATC)	47.8
3. Maren Ueda (LBC)	48.8
850 Medley Relay:	
1. Los Angeles Track Club	1:50.2
Discus:	
1. Eea Hunt (RRR)	112-1
2. Rose Villalvazo (RRR)	96-6
3. Lisa Cravita (LATC)	95-8
Javelin:	
1. Lisa Van Benthem (Unatt)	131-0
2. Lorelei Van Benthem (Unatt)	130-0
3. Radena Roma (P-USA)	126-4
Shot Put:	
1. Eea Hunt (RRR)	38-10
2. Rose Villalvazo (RRR)	31-3
3. Mary Rowell (SBS)	30-7
High Jump:	
1. Jill Shinkle (BA)	4-11
2. Stefie Pirojnikoff (LATC)	4-10
3. Mary Rowell (SBS)	4-4
Long Jump:	
1. Karen Ueda (LBC)	16-5
2. Linda Morrison (WWW)	16-4 1/2
3. Sheri Moreno (LI)	15-11 3/4

Big Creek, March 6 -- Big Creek 15 K
and CCA AAU Championship

1. Don Gregory (Fresno Pac.)	49:21
1. Dave Bronzan (HSTC)	49:21
3. Steve Ward (Fresno Pac.)	49:31
3. Wayne Vandellen (HSTC) 1-30	49:31
5. C. Elia (Unatt.)	50:11
6. Louis Grieco (Unatt)	51:33
7. Matt Woessner (Fresno Pac)	52:09
8. Bill Peck (HSTC)	54:34
9. Richard Mead (Unatt)	54:59
10. Larry Martin (Fr. Jog.)	57:30
11. Sid Toabe (HSTC) 1-50+	57:31
21. Dorothy Thomas (Unatt) 1-W	57:29
/Rich Petersen/	



JULIE BROWN leads group of milers

San Fernando, March 9 -- 20th San
Fernando Race, 6.1 Mile

1. Charles Linam (Un)	51:10
2. Tony Galovich (Un)	51:48
3. Oliver West (Un)	52:05
4. Reid Frenshley (Un)	52:42
5. Larry Clark (Un)	52:47
6. Paul Skelly (Un)	52:51
7. Ted C. P. Meyer (Un)	52:58
8. Geza Bottlik (SPDR)	53:04
9. Jim Clampett (WVTC)	53:06
10. Linda Bottlik (SBDP)	53:18
11. Del Linam (CCAC)	53:22
12. Bruce Robinson (CCAC)	53:26
13. Preston Drake (CCAC)	53:27
14. Nick Agostinelli (BHS)	53:28
15. John Starr (CCAC)	53:32
16. Julius Karel (STC)	53:43
17. Norm Rodowald (VCTC)	53:49
18. Robert Kay (STC)	53:55
19. Marvin Winer (CCAC)	53:56
20. David Saylor (CCAC)	54:12
21. Jim Flanigan (BHS)	54:14
22. Ron Zappen (Un)	54:14
23. Bob Long (BHS)	54:17
24. Walt Windsor (Un)	54:25
25. John Noble (STC)	54:26
/Pat Miller/	

Lunada Bay, March 15 -- 1975 SPA AAU
25 Kilo Championship

1. Phil Ryan (GWAA)	82:15
2. J. Carlson (AATC)	82:30
3. J. Argilla (AATC)	83:10
4. F. Pryor (AATC)	83:36
5. John Loeschhorn (WVTC)	83:45
6. Don Ocaso (BHS)	83:46
7. Brock Thomas (SBAA)	84:32
8. Ron Kurrle (BHS)	85:11
9. M. McDermott (Un)	85:22
10. Paul Cook (AIA)	85:37
11. Carl Swift (Un)	86:29
12. G. Dobrenz (CCAC)	86:51
13. Robert Branch (CCAC)	87:00
14. Lou Patterson (Un)	87:31
15. John Brennan (SBAA)	87:57
16. Mark Stevenson (Un)	88:55
17. Jim Perez (AATC)	89:36
18. J. Huber (AATC)	90:01
19. Larry Perez (ATC)	90:24
20. Carlos Alfara (ATC)	90:27
21. John Rudberg (STC)	90:54
22. Walt Hitt (Un)	91:20
23. A. Haas (GWAA)	93:06
24. C. Barons (GPAC)	93:38
25. Joe Burgassor (STC)	94:37
/Carl Paulson/	

Stan Herrmann (70) CW 39-4½
 Sprint Medley Relay (30-39): 4:11.0
 Corona Del Mar
 Sprint Medley Relay (40-49): 4:05.7
 Northern Calif. Srs., TC
 Sprint Medley Relay (50-59): 4:31.0
 Corona Del Mar
 440 Yard Relay (30-39): 45.3
 Corona Del Mar
 440 Yard Relay (40-49): 45.4
 Corona Del Mar
 440 Yard Relay (50-59): 50.0
 Corona Del Mar
 Triple Jump (30-39): 42-10
 Dave Jackson (70) CDM
 (2nd place Steve Davisson
 from CDM set world record for
 45 year olds--39-9)
 Triple Jump (50-59): 28-1
 Wayne Ambrose, CDM
 Triple Jump (60-69): 21-3
 Mickey Blakesley (62) SDTC
 Discus (30-39): 148-4
 Jens Pohl (34) Unat.
 Discus (40-49): 124-2
 Tony Conkle (40) BHS
 Discus (50-59): 143-3
 George Kor (52) CDM
 Discus (60-69): 130-1
 Neel Buell (60) GSG
 Discus (70+): 135-0
 Stan Herrmann, Club West
 Distance Medley (30-39): 11:07
 Bakersfield Track Club
 Distance Medley Relay (40-49): 13:31.0
 U.S. Masters Team
 High Jump (40-49): 5-2
 Phil Conley (40) WTC
 High Jump (50-59): 5-0
 Burl Gist (55) Unat.
 (World Record)
 Hammer Throw (30-39): 119-3
 Jens Pohl (34) Unat.
 Hammer Throw (60-69): 122-7
 Tom Montgomery (61) CDM
 Discus (70+): 100-0
 Stan Herrmann (70) CW
 (World Record)
 880 Yard Relay (30-39): 1:34.8
 Corona Del Mar
 880 Yard Relay (40-49): 1:35.8
 Corona Del Mar "A"
 880 Yard Relay (50-59): 1:47.5
 Corona Del Mar
 Javelin (40-49): 203-10
 Phil Conley (40) WTC
 Javelin (50-59): 140-10
 Pete Fetter (53) CDM
 Javelin (60-69): 104-9
 Bob MacConaghy (66) CDM
 Javelin (70+): 64-5
 Stan Herrmann (70) CW
 Three Mile Run (30-39): 16:25.6
 Ron Larrieu (37) BHS
 Three Mile Run (40-49): 18:00.0
 K. C. Shaw (40) SLDC
 Three Mile Run (50-59): 18:51.3
 Dave Pain (52) SDTC
 Three Mile Run (70+): 23:45
 Paul Spangler (75) SLDC
 (World Record)
 Mile Relay (30-39): 3:43.1
 Corona Del Mar
 Mile Relay (40-49): Unofficial
 Beverly Hills Striders
 Mile Relay (40-49): 4:03.5
 Northern Calif. Srs. TC
 Mile Relay (50-59): 4:18.3
 Corona Del Mar
 /Shirley Davisson/

3. Tim Jordan (Elk Grove) 32:54
 4. Kent Guthrie (Pleasant Hill) 32:54
 5. Claus Pederson (Mt. View) 33:10
 6. Gonzalo Aguilar (Manteca) 34:02
 7. Jake White (Mt. View) 34:28
 8. Dave Zumwalt (Oakley) 34:39
 9. Ed Mello (Manteca) 34:39
 10. Kurt Schroers (Tracy) 35:06
 11. Robert Myers (Oakley) 35:12
 12. Ralph Bowles (Pleasant Hill) 35:55
 13. Ross Rowley (Stockton) 36:01
 14. Bill Snavelly (Stockton) 36:10
 15. Craig Wells (Stockton) 36:10
 Women's 4.8 Mile:
 1. Karen Bessey (Stockton) 32:05
 2. Pat Dockery (Stockton) 35:03
 3. Friscilla Meyers (Oakley) 35:57
 4. Sherron Dee Price (Stock) 36:32
 5. Sue Anderson (Stockton) 36:39
 Bakersfield, March 20 -- East Baker-
field Invitational.
 480 HH Shuttle:
 1. Lemore 65.1
 2. Foothill 66.6
 3. Bakersfield 68.3
 Two Mile Relay:
 1. North Bakersfield 8:06.8
 2. Foothill 8:17.0
 3. Lemore 8:19.8
 High Jump Relay:
 Foothill 18-2½
 440 Relay:
 Bakersfield 43.8
 Shot Put Relay:
 Lemore 142-9½
 Long Jump Relay:
 Foothill 63-0½
 880 Relay:
 Foothill 1:32.8
 Four Mile Relay:
 Bakersfield 18:52.6
 Discus Relay:
 Highland 474-8
 Mile Relay:
 North Bakersfield 3:26.8
 Pole Vault Relay:
 Lemore 40-3
 Triple Jump Relay:
 Foothill 124-6½
 Girl's Division:
 Long Jump Relay:
 North Bakersfield 32.5
 Shot Put Relay:
 Bakersfield 89-9
 Discus Relay:
 Bakersfield 312-3
 High Jump Relay:
 North and Lemore 10-2
 /Ted Oliver/

Lake Merced, March 23 -- Masters Lake
Merced Race, 5 miles
 1. Jim Shettler (41) 26:19
 2. Ken Napier (42) 26:36
 3. Ross Smith (47) 26:49
 4. Ray Menzie (40) 27:07
 5. Donna Toegarden (43) 27:24
 6. Robert Malain (47) 27:36
 7. Jim O'Neil (49) 27:37
 8. Pat Cumneen Sr. (41) 28:09
 9. Ulrich Kaempf (44) 28:26
 10. Walt Betschart (47) 28:30
 11. Colin Templeman (40) 28:34
 12. Bill Snavelly (43) 28:42
 13. Mike Healy (43) 29:15
 14. Ed Preston (58) 29:16
 15. Hans Roenau (46) 29:26
 16. Bob Van Keuren (40) 29:29
 17. Bob Biancalana (50) 29:42
 18. Jim Nicholson (44) 30:13
 19. Phil Paulson (48) 30:15
 20. John Getas (52) 30:29
 21. Karl Marschall (49) 30:36
 22. Seymour Collins (50) 30:40
 23. Joe Carey (57) 30:42
 24. Mickey Moberg (40) 30:43
 25. Tim Allen (52) 30:43

San Diego, March 22 -- San Diego State
at Balboa Stadium.
 Invitational Division:
 One Mile Run:
 1. Hunt (Henry) 4:07.9
 2. Woods (Vista) 4:13.3
 3. Earle (Granite Hills) 4:14.2
 4. Johnson (Skylark, Oak.) 4:15.1
 5. Arriola (Gahr, Cerritos) 4:18.6
 100 Yard Dash:
 1. Jefferson (Crawford) 9.6
 2. Bergen (Washington-LA) 9.8
 3. Emerson (Lincoln) 10.0
 4. Bussey (Kearny) 10.0
 5. Frankson (Sweetwater) 10.1
 Shuttle I:
 Shuttle Hurdles:
 Oceanside 66.6
 Distance Medley:
 Mt. Miguel 10:27.6
 Sprint Medley:
 Claremont 3:41.8
 880 Relay:
 Oceanside 1:33.2
 Two Mile Relay:
 Madison 8:23.2
 440 Relay:
 Kearny 43.3
 Triple Jump:
 Berg (Grossmont) 44-3½
 Long Jump:
 Henry (Henry) 21-2½
 Shot Put:
 Moffett (Grossmont) 51-5 3/
 High Jump:
 Naylor (Oceanside) 6-0
 Discus:
 Anderson (Santana) 148-11
 Pole Vault:
 Belaire (Santana) 12-0
 Division II
 Shuttle Hurdles:
 Crawford 68.2
 Distance Medley Relay:
 Crawford 10:25.8
 Sprint Medley:
 Vista 3:39.5
 880 Relay:
 Monte Vista 1:34.2
 Two Mile Relay:
 Crawford 8:08.5
 440 Relay:
 Point Loma 44.3
 Mile Relay:
 Crawford 3:28.3
 Triple Jump:
 Clausen (Vista) 43-4½
 Long Jump:
 McGee (El Cajon) 20-10½
 Shot Put:
 Malone (El Cajon) 53-3½
 High Jump:
 Mckessy (Vista) 6-2
 Pole Vault:
 Murray (Vista) 11-0
 Discus:
 Malone (El Cajon) 148-11
 Division III:
 Shuttle Hurdles:
 Carlsbad 69.8
 Distance Medley Relay:
 Sweetwater 10:51.0
 Sprint Medley Relay:
 Mar Vista 3:48.6
 880 Relay:
 Mar Vista 1:36.0
 Two Mile Relay:
 Mar Vista 8:25.9
 440 Relay:
 Sweetwater 43.7
 Mile Relay:
 Sweetwater 3:29.8
 Triple Jump:
 Armour (Morse) 45-8
 Shot Put:
 Tirona (Carlsbad) 47-1 3/
 Pole Vault:
 Locsa (Sweetwater) 10-6
 Discus:
 Tirona (Carlsbad) 143-6
 /Noel Montrucchio/

San Diego State
 Open Three Mile Run:
 1. John Gregorio (Colo TC) 13:30.6
 2. Pat Tyson (Club N.West) 13:46.4
 3. Buffalo (Univ Colo) 13:46.6
 Open Six Mile Run:
 1. Ken Gerry (Unatt) 29:16.8
 2. Sam Young (CSULA) 29:23.6
 3. Jim Schankel (CP/SLO) 29:29.0
 College Long Jump:
 1. Urman (Chico) 24-3
 2. Bobby Jones (CP/Pomona) 23-11
 3. Jon Taplac (Fresno St.) 23-7½
 University Shot Put:
 1. Russ Vincent (Wash) 58-7
 2. George Sutherland (Wash) 55-10
 3. Steve Parisen (SDS) 51-10 3/4
 University Javelin:
 1. Rod Ewalkio (Wash) 256-5
 University Long Jump:
 1. Ken Carter (Boise St.) 23-8½
 2. Jim Walters (UCSB) 23-0½
 3. Mike Radford (Washington) 22-7
 College Javelin:
 1. Bob Orell (Pom-Pit) 219-11
 2. Tim O'Connor (CP/Pom) 214-10
 3. Craig Healy (CSUN) 213-8
 College Shot Put:
 1. Steve Albright (CSUN) 57-1
 2. Steve Rothchild (CSUN) 51-11½
 3. Fritz Coffman (CSUFULL) 51-4½
 University High Jump:
 1. Heitchev (Long Beach St.) 6-8
 2. Rick Hayes (Washington) 6-8
 3. Stan Vagar (Washington) 6-4
 University Discus:
 1. Borys Chambur (Washington) 187-8
 2. Robin Earl (Washington) 174-4
 3. Rich Comber (San Diego St.) 158-0
 College High Jump:
 1. Jeral Richardson (Fresno) 6-10
 2. Joe Phillips (Chapman) 6-8
 3. Tony Madua (Fullerton) 6-8
 College Discus:
 1. Frankiewicz (Chico St.) 175-4
 2. Jim Howard (Westmont) 170-8
 3. Fritz Coffman (Fullerton) 167-6
 University Pole Vault:
 1. Jeff Taylor (Washington) 17-0
 2. Brady Lock (UCSB) 15-6
 3. Randy Kearns (Fresno St.) 15-6
 College Pole Vault:
 1. Ken Haagen (CP/SLO) 15-6
 2. Steve Mason (Pom-Pit) 15-6
 3. Henderson (Oxy) 15-6
 University Triple Jump:
 1. Wayne Hinkley (Wash) 51-11
 2. Tom Bush (San Diego) 46-10½
 3. Ken Carter (Boise St.) 43-7
 College Triple Jump:
 1. Tony Lewis (LA State) 50-8
 2. Dan Williams (Oxy) 50-2
 3. Andre Jackson (Bak) 49-1½
 University Scores: Washington 97;
 Boise State 63; San Diego State 55.
 College Scores: CSU Northridge 65;
 Occidental 46; Fullerton 29½.
 /Sam Adams/

Ventura, March 23 -- Arroyo Verde 15KM
X-C, 9.3 Miles
 1. Gary Tuttle (BHS) 48:30
 2. Carl Swift (AZPC) 52:54
 3. Steve Broton (STC) 52:58
 4. Dennis Caldwell (AZPC) 53:00
 5. John Brennand (SBAA) 54:35
 6. David Glycer (Un) 55:12
 7. Larry Pontinen (SBAA) 55:26
 8. Skip Shaffer (CCAC) 55:45
 9. Preston Drake (CCAC) 56:15
 10. Gilbert Perez (STC) 58:58
 11. Burt Davis (SBAA) 61:06
 12. Glenn Turner (STC) 61:25
 13. Walt Windsor (Un) 62:01
 14. John Corcoran (Un) 64:02
 15. Norm Rodewald (VCTC) 64:30
 28. Melinda Jackson (STC) W 78:47
 /Connie Rodewald/

High Jump:
 1. Dean Owens (Jamul Tds) 6-11
 2. Clarence Frazier (CSUN) 6-9
 3. Bill Heitchev (Unatt) 6-9
 Discus:
 1. Mac Wilkins (PCC) 210-5
 2. John Powell (Unatt) 206-6
 3. Gary Ordway (PCC) 185-2
 Triple Jump:
 1. Haynes (Army) 54-2½w
 2. Robert Reader (Cal Int) 51-10½w
 3. Rayfield Dupree (AATC) 51-9½
 Pole Vault:
 1. Mike Tully (UCLA) 17-7
 2. Bob Richards (PCC) 17-1
 3. Ron Mooers (UCLA) 17-1
 3. Don Baird (CSULB) 17-1
 /Ted Brazil/

Woodland Hills, March 28 -- Easter
All Comers, at Pierce College.
 100 Yard Dash:
 Brown (Monroe) 9.7
 Patton (Fremont) 9.8
 220 Yard Dash:
 Brown (Monroe) 22.1
 Yizar (Bellflower) 23.0
 440 Yard Dash:
 Williams (Fremont) 51.3
 880 Yard Run:
 Bayless (Chatsworth) 2:00.0
 Young (Bell) 2:00.3
 Mile Run:
 Hacche (Birmingham) 4:27.7
 Holquin (SF) 4:29.9
 Two Mile Run:
 Sherrill (University) 9:53.6
 120 High Hurdles:
 Sers (Wilson) 14.5
 Holmes (Banning) 14.7
 330 Low Hurdles:
 Richardson (Washington) 41.1
 Pole Vault:
 Cook (ECR) 12-6
 High Jump:
 Washington (Fremont) 6-4
 Long Jump:
 Hooks (Cleveland) 20-2
 Girl's Division:
 100 Yard Dash:
 Moran (Monroe) 11.7
 220 Yard Dash:
 Johnson (Los Angeles) 27.8
 440 Yard Run:
 Johnson (Los Angeles) 63.3
 880 Yard Run:
 Tolford (Taft) 2:30.0
 Long Jump:
 Moran (Monroe) 16-7.
 /Ric Walker/

Walnut, March 24-25 -- Southern Calif-
ornia Community College Decathlon, at
Mt. San Antonio College
 John Lawrence (Chaffey) 6126
 Gary Wise (Chaffey) 5879
 Mike Myers (Chaffey) 5605
 Walt Scroggy (Mt. SAC) 5584
 Jeff Ferguson (Ventura) 5547
 Russell Nelson (Canyons) 5526
 Don Foss (Cerritos) 5509
 Dani Eitelberg (Hancock) 5418
 Tori Lewis (Hancock) 5318
 Eric Schiff (Harbor) 5305
 15 finishers /Don Ruh/

San Martin, March 23 -- San Martin Marathon of the Lakes

Table with 2 columns: Rank and Name/Time. Lists marathon runners like Steve Dean (2:29:23) and Jan Day (2:35:23).

Santa Barbara, March 25-26 -- USTFF Decathlon, at UCSB.

Table with 2 columns: Rank and Name/Score. Lists decathlon athletes like Fred Samara (7894) and Roger George (7471).

Ventura, March 29-- Buena-Ventura Relays

Table with 2 columns: Rank and Name/Time. Lists relay team members and their times for events like 2x2 Mile and 4x400 Relay.

Lemoore, March 29 -- San Joaquin Valley Relays

Table with 2 columns: Rank and Name/Time. Lists various relay and individual events like 330 Low Hurdles and 440 Yard Relay.

Mile Relay: Lemoore, March 29 -- San Joaquin Valley Relays

Table with 2 columns: Rank and Name/Time. Lists mile relay teams and their times, including Lemoore (3:30.9) and Wasco (3:32.3).

San Diego, March 29 -- San Diego Cougars Invitational at Balboa Stadium

Table with 2 columns: Rank and Name/Time. Lists various track events like 100 Yard Dash and 440 Yard Dash.

440 Yard Dash: Lemoore, March 29 -- San Joaquin Valley Relays

Table with 2 columns: Rank and Name/Time. Lists 440 yard dash runners like Jathy Keys (58.0) and Lynn Smith (58.1).

Los Angeles Marathon, March 30.

Table with 2 columns: Rank and Name/Time. Lists marathon runners like Ken Moffitt (2:26:46) and Wayne Akiyama (2:31:32).

Men Long Jump: Lemoore, March 29 -- San Joaquin Valley Relays

Table with 2 columns: Rank and Name/Time. Lists long jump athletes like Smith (Ver.) (24-1) and Carter (MFC) (22-1).

Men Triple Jump: Lemoore, March 29 -- San Joaquin Valley Relays

Table with 2 columns: Rank and Name/Time. Lists triple jump athletes like Abuan (Hart) (46-1) and Tompkins (Gav) (45-11 1/2).

High School & Frash/Soph Division April 5

Table with 2 columns: Rank and Name/Time. Lists various track events for high school and freshman/sophomore divisions.

2. Dos Pueblos 8:00.0
3. Oxnard 8:23.4
3. Fuena 8:40.8
880 Relay:
1. Santa Maria 1:32.3
2. Cabrillo NT
3. Hueneme NT
Distance Medley
1. Dos Pueblos 11:15.2
2. San Marcos NT
3. Righetti 11:20.2
Sprint Relay:
1. Dos Pueblos 2:03.7
2. Oxnard 2:05.9
3. Hart 2:06.7
Mile:
1. Blackburn (Royal) 4:26.1
2. Coffman (Dos Pueblos) 4:35.9
3. Zorich (Cabrillo) 4:37.2
440 Relay:
1. Santa Maria 44.3
2. Thousand Oaks 44.4
3. Cabrillo 44.6
Mile Relay:
1. San Marcos 3:26.5
2. Dos Pueblos NT
3. Oxnard NT
Shot Put:
1. McKenzie (Hart) 56-3
2. Fuller (Hart) 55-11 1/2
3. Montejano (Dos Pueblos) 55

High Jump:
1. Muhl (Hart.) 6-6 1/2
2. Montgomery (Hart.) 6-2
3. Niccolo (Santa Maria) 6-2 tie
Triple Jump:
1. Muhl (Hart.) 43-6 1/2
2. Haynes (San Marcos) N/A
3. Collins (Cabrillo) N/A
Pole Vault:
1. Harmon (San Marcos) 13-6
2. Peters (San Marcos) 13-2
3. Root (Buena) 12-6
Long Jump:
1. Britt (Oxnard) 22-9 1/4
2. Forrest (Santa Maria) 22-7 1/2
3. Blankenship (Hart.) 21-8 1/2
Discus:
1. Fuller (Hart.)
2. Montejano (Dos Pueblos)
3. Greaver (Carpinteria)
San Marcos 90, Dos Pueblos 73, Cabrillo 57, Hart 53, Hueneme 39, Oxnard 39.
/Richard Ballou/

Morro Bay, March 29 -- Morro Bay State Park Road Race, 5 Miles

1. Ron Genschmer (WVTC) 25:10
2. Shawn Lyons (SLO-CalPoly) 26:25
3. Larry Reyes (Lompoc-Un) 26:30
4. Bob Nanninga (WVTC) 27:10
5. Len Thornton (HSTC) 27:10
6. John Rupp (Un) 27:20
7. Scott Thornton (HSTC) 27:25
8. Ed Marshall (Cal Poly) 27:29
9. Pete Martinez (Un) 27:40
10. Jim Hurler (Cal Poly) 28:11
11. Brian Waterbury (SLDC) 28:25
12. Robert Ridley (CCAC) 28:37
13. Stan Rosenfield (SLDC) 29:04
14. Jim Casper (SLDC) 29:04
15. Gary Farrar (Cal Poly) 29:38
16. Jack Cline (SLDC) 30:15
17. Seymour Collins (SLDC) 30:28
18. John Perkins (GSTC) 30:33
19. Jim Webb (SLDC) 30:36
20. Mark Ball (OJHS) 31:07
23. Barbara Arreola (SLDC) W 32:28
20 Starters /Stan Rosenfield/

1. Pat Howell (Fresno) 175-1
2. Scott Endler (Bullard) 166-4
3. Matt McLaughton (Hoover) 165-4
High Jump (Girls):
1. Gail Williams (North) 5-7 1/2
2. Tammi Fraley (Lemoore) 5-7
3. Sue Brown (Lemoore) 5-7
3. Gerri Kincaid (Foothill) 5-7 tie
High Jump:
1. Bill Scarborough (Clovis) 6-8 3/4
2. Gil Jenkins (Sierra) 6-4
3. Terry Graham (Vacaville) 6-4
Triple Jump:
1. Mike Robbins (Merced) 46-1
2. Chris DeFrance (Corcor) 45-9 1/2
3. R. Nichols (East) 44-1
Shot Put:
1. Rod Horn (Hoover) 57-2
2. Tony Williams (Roosevelt) 56-1 1/2
3. Matt McLaughton (Hoover) 55-10 1/2
Long Jump (Girls):
1. Dortha Gaffney (Lemoore) 16-7
2. Bonnie Vaughan (North) 16-6
3. Melanie Bane (Bkfld.) 16-4
/Chuck Skow/

Sanger, 1975 Sanger Invitational, A Class

440 Relay:
1. Hanford 44.4
2. Washington U. 45.6
3. Sierra 45.6
Two Mile:
1. Pedro Medrano (San) 9:36.4
2. D. Lohse (Hanford) 9:37.1
3. Garcia (Wasco) 9:49.0
120 High Hurdles:
1. Jeff Jones (Riv) 14.9
2. S. Pritchett (Mt. Whit) 14.9
3. R. Silva (Lemoore) 15.0
Discus:
1. Larry Foster (Lemoore) 160-2
2. C. Williams (Wasco) 152-10
3. S. Wilson (Sanger) 152-9
880:
1. Mike Nordstrom (Lemoore) 1:57.3
2. Gonzales (Exeter) 1:58.0
3. J. Garcia (Central) 1:59.5
100:
1. Mark Lee (Hanford) 10.0
2. C. Farmer (Lemoore) 10.1
3. W. Wharry (Hanford) 10.2
Mile:
1. Baldemar Betancourt (King) 4:29.9
2. S. Garcia (Wasco) 4:29.9
3. Lopez (Reedley) 4:31.0
440:
1. Joe Garcia (Central) 50.1
2. M. Nordstrom (Lemoore) 50.5
3. J. Jones (Riverdale) 50.9
Pole Vault:
1. Mike Sula (Lemoore) 15-1 1/2
2. B. Smith (Hanford) 13-1
3. L. Zamora (Lemoore) 13-1
220:
1. Carter Hartwig (Central) 22.2
2. W. Booth (Wash. U) 23.0
3. C. Mellon (Sierra) 23.3
High Jump:
1. Gill Jenkins (Sierra) 6-3
2. Potts (Exeter) 6-1
3. DeFrance (Corcoran) 6-1 tie
Triple Jump:
1. Chris DeFrance (Corcor) 47-7 1/2
2. L. Johnson (Wash U) 46-2 1/2
3. N. Salazar (Reedley) 43-7 1/2
330 LH:
1. Jeff Butts (Reedley) 39.4
2. M. Lee (Hanford) 39.9
3. Esquivel (Orsi) 40.2
Shot Put:
1. Jeff Meeks (Corcoran) 55-10
2. Carter (Mt. Whitney) 53-3
3. Ashford (Sanger) 53-0

1. Janet Ballard (SDC) 26.2
2. Sharon Hulse (P-USA) 26.5
3. Karen Williams (SDC) 26.6
440 Yard Dash:
1. Sharon Hulse (P-USA) 59.4
2. Janet Ballard (SDC) 60.4
3. Lydia Laidlow (WWW) 61.7
Long Jump:
1. D. Potter () 15-8 1/2
2. Carmalita B... (SDC) 14.9
3. Sandra Balderas (MONT) 14-7 1/2
880 Yard Run:
1. Karen Bain (WS) 2:24.7
2. Krista Robe... (WS) 2:25.6
3. Cheryl Flow... (MM) 2:26.7
Mile Run:
1. Karen Bain (WS) 5:19.1
2. Sandra Sandoval (ECS) 5:30.2
3. Tracey Anderson (WWW) 5:37.7
80 Mtr. Hurdles:
1. Christa Sears (P-USA) 13.7
2. Denise Montoya (AA) 14.3
3. Veronica Rogers (ECS) 16.4
440 Relay:
1. Wilt's Wonderwomen 51.9
2. San Diego Cougars 52.1
3. Mickey's Missiles 53.2
880 Medley Relay:
1. Patriots USA 1:57.6
2. San Diego Cougars 1:58.5
3. Wilt's Wonderwomen 1:59.6
Mile Relay:
1. Will's Spikettes 4:24.2
2. Wilt's Wonderwomen 4:31.2
Javelin:
1. Debbie Dibb (WWW) 117-0
High Jump:
1. Laurie Strain (WWW) 4-4
2. Tracey Anderson (WWW) 4-2
3. Christa Sears (P-USA) 4-2

14-15

100 Yard Dash:
1. Danita Young (SDC) 11.1
2. Sharon Foster (SDC) 11.2
3. Faneice Jackson (MM) 11.5
220 Yard Dash:
1. Katie Gaston (SDC) 24.6
2. Cindy Tyler (MM) 24.6
3. Danita Young (SDC) 25.8
440 Yard Dash:
1. Sherrie Goldstein (MONT) 61.3
2. Kathy Egger (AA) 61.8
3. Terri Lindenmeyer (MM) 63.0
880 Yard Run:
1. Debbie Ritter (ECS) 2:32.4
2. Karol Bickford (WWW) 2:34.6
3. Sherrie Goldstein (MONT) 2:41.7
Mile Run:
1. Debbie Ritter (ECS) 5:42.1
2. Cheri Carson (MM) 6:04.0
3. D. Happersett (Un) 6:16.0
440 Relay:
1. San Diego Cougars 48.9
2. San Diego Cougars "B" 51.9
880 Medley Relay:
1. Mickey's Missiles 1:54.0
2. San Diego Cougars 1:58.5
3. San Diego Cougars "B" 2:06.3
Javelin:
1. Debbie Happersett (UN) 91-9
Long Jump:
1. Katie Gaston (SDC) 16-5
2. Sherrie Goldstein (MONT) 14-3
3. Katy Thomas (SDC) 13-10 1/2

OPEN:

100 Yard Dash:
1. Beatrice Emedi (UNLV) 11.0
2. Ema Jean Major (UNLV) 11.2
3. Yvonne Johnson (SDC) 11.4
220 Yard Dash:
1. Yvonne Johnson (SDC) 25.8
2. Julia Torricelli (WWW) 26.3
3. Cheryl Glacier (P-USA) 26.7

Hancock, April 4 -- Hancock Metric Meet

Junior College Division

Women 4 x 100m:
1. Ventura 51.9
2. AHC 52.5
3. Porterville 62.0
Men 4 x 100m:
1. Porterville 42.5
2. Antelope Valley 43.0
3. Skyline 43.3
Women 1500m:
1. Lingjerde (Ventura) 6:00.3
2. Santoya (Port) 6:11.7
Men 1500m:
1. Rich Maher (Mer) 3:58.4
2. John Moreno (Skyline) 4:01.1
3. Collins Gaisie (Port) 4:01.2
Women Shot Put:
1. Black (AHC) 32-6
2. Morter (Ven) 31-8
3. Burrell (AHC) 31-2 1/2
Women 80m LH:
1. Black (AHC) 14.8
2. Stennis (AHC) 15.8
3. Wickersham (Ven) 17.3
Women Long Jump:
1. McElroy (AHC) 15-7
2. Wickersham (Ven) 14-8 3/4
3. Taylor (AHC) 13-8 1/2
Men 110m HH:
1. Ike Allmond (Sky) 14.4
2. Phil Bransom (Port) 14.6
3. Mark Robinson (Ven) 15.2
Women 400m:
1. McElroy (AHC) 64.5
2. Snider (Ven) 64.7
3. Boyd (Por) 78.1
Men 400m:
1. All D'Auvergne (Port) 50.2
2. Ray Watts (Sky) 50.5
3. Ron Hornstra (Sky) 50.8
Men High Jump:
1. Bruce Smith (Ven) 6-5
2. Brown (Cuesta) 6-5
3. Ford (Sky) 6-3
Men 100m:
1. Bill Penny (AHC) 10.8
2. Gary Jenkins (Port) 11.0
3. Phil Bransom (Port) 11.1
3. Glenn Mahoney (MPC) 11.1
Women 800m:
1. Santoya (Port) 3:00.4
2. Lingjerde (Ven) 3:13.9
Women 100m:
1. McElroy (AHC) 12.7
2. Morter (Ven) 13.3
3. Black (AHC) 13.4
Women Discus:
1. Dugre (AHC) 108-1
2. Morter (Ven) 100-8 3/4
3. Sides (Ven) 72-3
Women High Jump:
1. Stringer (Ven) - 4-6
2. Black (AHC) 4-2
3. Wickersham (Ven) 4-2
Men ECC:
1. Richard Maher (Mer) 1:54.7
2. Mike Martin (AHC) 1:55.1
3. Brian Pierce (Sky) 1:57.0
Women Javelin:
1. Morter (Ven) 114-7 1/2
2. Sides (Ven) 67-11
3. Oliver (AHC) 98-1
Men Javelin:
1. Garcia (Hart) 201-1 1/2
2. Jeff Olson (Un) 193-5 1/2
3. Ferguson (Ven) 167-5

1. Sites (MS) 171-2
2. Aguirre (SB) 4:08.7
470m (FS):
1. Bryan (Rig) 53.0
Long Jump (V):
1. Forrest (SM) 22-2 1/2
Pole Vault (FS):
1. Roceranase (SI) 11-6
400m (V):
1. Forrest (SM) 51.8
110m HI (V):
1. Barnstead (Rig) 14.8
Discus (FS):
1. Poyer (Atas) 111-9
110m HI (FS):
1. Sawyer (Lom) 16.3
Shot Put (FS):
1. Lundin (Lom) 50-4 1/2
Shot Put (V):
1. Odons (DP) 55-1 1/2
3000m (FS):
1. Parker (DP) 9:32.3
3000m (V):
1. Aguirre (SB) 8:43.1
Long Jump (FS):
1. Nelson (PX) 21-7 1/2
4x440 (FS):
1. Righetti 3:41.8
High Jump (V):
1. Hensel (SLO) 6-4
4x440 (V):
1. Dos Pueblos 3:31.8
Pole Vault (V):
1. Foss (SY) 14-1/2
Triple Jump (V):
1. Tweet (SB) 41-11
Girl's Division, April 5
80m LH:
1. Young (SY) 12.8
4x100m:
1. King City 52.7
400m:
1. Janiene Young (SY) 1:04.6
100m:
1. Lariba (Cab) 13.0
800m:
1. Dendo (Rig) 2:33.9
1500m:
1. Loberg (SB) 5:18.5
4x440:
1. Santa Ynez 4:37.0
Shot Put:
1. Kudlubek (SB) 36-3
High Jump:
1. Ferreira (KC) 5-0
Long Jump:
1. Cornell (KC) 16-8 1/2
Discus:
1. Johnson (Lom) 98-1
/Ray Krings/

Sacramento, April 6 -- 1975 PA-AAU 50 Kilo Championship Run

1. Darryl Beardall (MAC) 3:06:41
2. Jan Peter Day (Un) 3:12:33
3. Steve Williams (OPTIC) 3:19:16
4. Harold DeMoss (WVTC) 3:21:19
5. Dan Moore (LVRC) 3:21:49
6. Don Chaffee (ExTC) 3:23:20
7. David Warren (ExTC) 3:25:07
8. Larry McGrael (Un) 3:27:08
9. Peter Stein (TaxReducAC) 3:39:54
10. Richard Stiller (TRAC) 3:39:54
11. Kerry Kilgore (BVH) 3:44:14
12. Harvey Ferrill (Un) 3:44:14
13. Ray Smith (TRAC) 3:45:42
14. Jeff Olson (Un) 3:46:48
15. Gough Reinhardt (NCSTC) 3:50:09 1M
20. Penny DeMoss (WVTC) 1-W 3:56:00
21. Yvette Cotto (Un) 2-W 4:00:17
/Abe Underwood/

Sacramento, April 5 -- 16th Annual Sacramento Relays

Table of race results for Sacramento Relays, April 5, including 3000 Meter Steeplechase, Hammer, Long Jump, High Hurdles, Shot Put, Distance Medley, 100 Yard Dash, 880 Yard Relay, 3 Mile Run, Javelin, High Jump, Pole Vault, 440 Yard Relay, Two Mile Relay, Triple Jump, Discus, Mile Relay, and Salinas April 5 - Ed Adams' Invitational Track Meet.

Salinas, April 5 -- Ed Adams' Invitational Track Meet

Table of race results for Ed Adams' Invitational Track Meet, Salinas, April 5, including 440 Relay, 1200 High Hurdles, and other events.

San Jose, April 6 -- San Jose Cinders Invitational

Table of race results for San Jose Cinders Invitational, April 6, including Youth Division, 80 Meter Hurdles, 880 Yard Run, 100 Yard Dash, 200 Meter Hurdles, 220 Yard Dash, 440 Yard Dash, One Mile Run, 440 Relay, Javelin, and Mile Relay.

San Jose, April 6 -- Kawaeh River

Table of race results for Kawaeh River, San Jose, April 6, including 8 Mile Run, Javelin, and Mile Relay.

Arcaata, April 6 -- 14.4 Mile Kneeland Loop Race

Table of race results for Arcaata, April 6 -- 14.4 Mile Kneeland Loop Race, including 14.4 Mile Run and other events.

Senior Women's Division

Table of race results for Senior Women's Division, including 5000 Meter Run and 1500 Meter Run.

High Jump

Table of high jump results for Sacramento, April 6, including Ron Elijah (Un), Ronald Wayne (WVTC), Steven Dean (GWTC), and others.

Sacramento, April 6 -- Buffalo Stampedo, 10 mile run

Table of race results for Buffalo Stampedo, 10 mile run, Sacramento, April 6, including Ron Elijah (Un), Ronald Wayne (WVTC), Steven Dean (GWTC), and others.

Three Rivers, April 6 -- Kawaeh River

Table of race results for Three Rivers, April 6 -- Kawaeh River, including 8 Mile Run, Javelin, and Mile Relay.

Arcaata, April 6 -- 14.4 Mile Kneeland Loop Race

Table of race results for Arcaata, April 6 -- 14.4 Mile Kneeland Loop Race, including 14.4 Mile Run and other events.

San Diego, April 12 -- San Diego Relays at San Diego State

Table of race results for San Diego, April 12 -- San Diego Relays at San Diego State, including 100 Yard Dash, Heat 1, and other events.

J.C. 100 Yard Dash, Heat 1

Table of race results for J.C. 100 Yard Dash, Heat 1, including Riley Johnson (Phoenix), Derique Powell (CenAriz), and others.

Open 100 Yard Dash, Heat 1

Table of race results for Open 100 Yard Dash, Heat 1, including Guy Abrahams (USC), Randy Williams (USC), and others.

J.C. Shot Put

Table of shot put results for J.C. Shot Put, including Bruce Rothschild (CSUN), Don Baxter (Harbor), and others.

Open Pole Vault

Table of pole vault results for Open Pole Vault, including Russ Rogers (USC), Brad Armstrong (N. Ariz), and others.

Masters Mile Run, Div. I

Table of race results for Masters Mile Run, Div. I, including Harry Perry (SDTC), Eddie Halpin (Unat), and others.

J.C. Long Jump

Table of long jump results for J.C. Long Jump, including Earl PAYSinger (Harbor), Ken Brooks (Mira Costa), and others.

Open 2 Mile Relay

Table of race results for Open 2 Mile Relay, including Harbor, Phoenix, Central Arizona, and others.

J.C. Mile Relay

Table of race results for J.C. Mile Relay, including Dan Edwards (Phoenix), Doug Ziegler (Phoenix), and others.

High School 4 Mile Relay

Table of race results for High School 4 Mile Relay, including Crawford, Palisades, Lakewood, and others.

Open 10,000 Meters

Table of race results for Open 10,000 Meters, including Peter Fredriksson (USU), Ken Gerry (Unat), and others.

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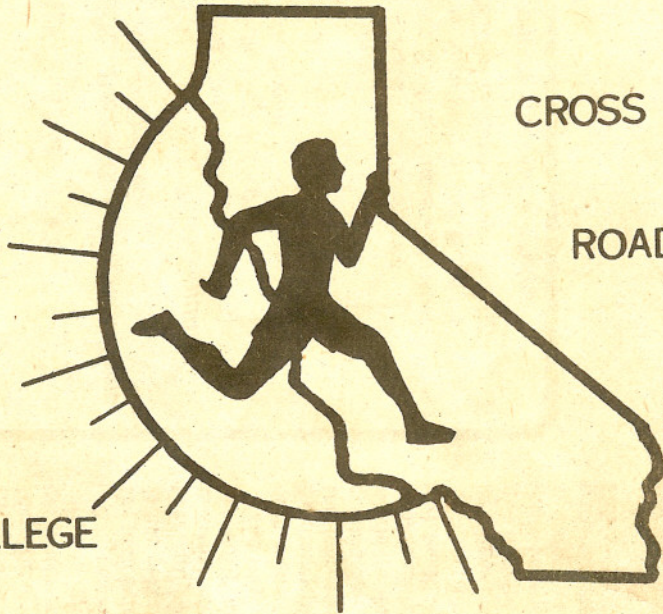
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