

ESTES CALIFORNIA TRACK NEWS

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11/76



CALIFORNIA TRACK NEWS

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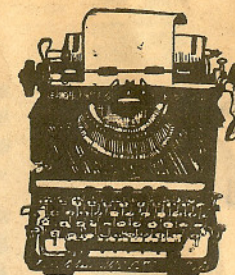
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from the editor...



as they were conducted in Montreal - there may not be too many such Olympiads as we currently know them.

Highlights of the 1976 Games? For me, and many others, it was Alberto and Bruce. The 400-800 double was truly remarkable and Jenner kept getting more exciting from event to event. Even after Bruce had the gold medal wrapped up after the javelin he still gave the 1500 meters an all out super effort (and a personal best) -- what a champ!

Another highlight of our trip was being a part of the Track & Field News tour group. The Track & Field News Hospitality Center was a bee hive of track activity and a great place for the renewing of old friendships and the making of new, and for just spending hour after hour talking track and getting to know some of the athletes. It's too bad this type of a group only gets together every four years.

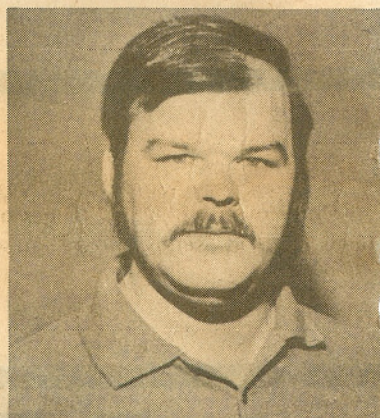
Judy and I had an exciting and yet relaxing time. But there is no place like home - six weeks is a long time to be away from work and CTN. The mail was piled high upon our return the last week in August. If we haven't answered your letter yet you know why - please be patient, we will get there. It's been nothing but a mad dash around here getting this issue out before it got much more than two weeks late. We are glad to be back and hope to have everything back to normal before school and the

The Olympics were fantastic -- everything I thought they would be. After looking forward to my first Olympics for over 20 years I was afraid I might have been expecting too much and would be disappointed if they did not live up to my expectations. Not so -- they were everything I imagined and even more.

The only disappointing experience was the realization that in order to survive they would have to be changed from their present format -- they are just too big. The most logical method of change proposed at Montreal was that of dividing up the Games by sports or groups of a few similar sports and each would have it's own Olympics or World Championships. The Games would lose a lot of their spice and flavor if this approach were taken.

Another suggestion for saving the Olympics and yet retaining the original concept of all the sports coming together at one time was that proposed by Greece to set up a permanent site for the events in Athens. The Greeks suggested that a permanent site and organization would reduce the problems encountered by each nation struggling to put on the Games for the first time. There are advantages and disadvantages to this proposal as well. At any rate, I am glad I was able to

meet the staff



JOHN WENOS has been a big help to California Track News by compiling the yearly College/Open Statewide Rankings.

He first became interested in track as a dashman in junior high school,

meet the staff

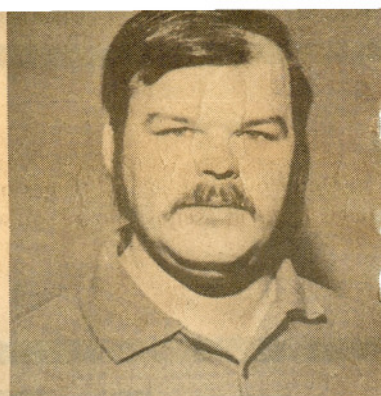
JOHN WENOS has been a big help to California Track News by compiling the yearly College/Open Statewide Rankings.

He first became interested in track as a dashman in junior high school, however, a heart murmur forced him out of running in his sophomore year. That's when he decided to stay close to the sport anyway by becoming a "track nut." He started keeping stats back in high school and since then has collected "tons" of material

John is 31 years old, married, and has two children: Heather, 14(a budding half miler) and Todd, 13(future marathon prospect). He took wife, Kathie, to her first track meet five years ago, a UCLA dual, and now she is a "converted track nut" and the Bruins heartiest fan.

Currently John works as news editor and church editor for the Anaheim Bulletin daily newspaper. He also helps out with sports, especially keeping his pen wet during track when he writes a weekly track column. Before joining the Bulletin he worked for eight years for the County of Orange; first in the Probation Department and then the Welfare Department.

Other than track stats and playing track games with other "nuts" (Cordner Nelson, Gary Hill and many, many others), his biggest hobby is reading and he has now compiled quite a good sized personal library -- especially on religious subjects.



JOHN WENOS

The entire Wenos family is heavily involved in church activities at Costa Mesa's Calvary Chapel. Kathie worked as a teacher for handicapped children at Marananatha Christian Academy last year where both children attended school.

John has compiled dual meet ratings for Track & Field News since 1970. And, has been a correspondent for T&FN since 1968. He saw his first World Record when Tom O'Hara set the indoor mile standard at the Chicago Daily News Meet in 1964. Best major meet viewed was the 1972 Olympic Trials. Best small meets: 1973 UCLA-Oregon-Washington State-Nebraska quad. and the 1975 ucla-use dual. Most "electrifying" athletes: Jim Ryun at his peak and Steve Prefontaine.

ON THE COVER: BRUCE JENNER does it all at the Olympics. Shown here in Olympic Decathlon 400. Fred Dixon, another Californian, is in the background.

photo by Diane Johnson

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to know some of the athletes. It's too bad this type of a group only gets together every four years.

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You can tell when your subscription will run out by checking the date at the right of your address label. That date is the month and year your subscription has expired. This is the date of the first issue you won't receive unless you've renewed. So, renew before the date on the label and you won't miss any of the exciting action.

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Garment Screening

QUALITY SCREENING AT DISCOUNT PRICES: - Jack Leydig, Box 1551, San Mateo, CA 94401. --- If you have T-shirts or warmups, etc., that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience. I order my screening through John-John, Inc., who does the Bay-to-Breakers, Tahoe Relays, Dipsea, Christmas Relays, WVTC, San Diego TC, and many other local shirts. But, as a dealer, I can offer a substantial discount below his normal retail prices (about 20-25% off). Prices below are for "Texdye" paint screening, a colorfast, completely washable paint. We can also screen in "Vinyl" and "Vinylon" paints, designed exclusively for stretchable fabrics such as nylon. There are other incidentals such as art-charges and screen charges for small orders, so if you think you think you might be interested, write for complete details. Turnaround time is usually about 2 weeks if the shirts are in stock. T-shirt costs are currently \$1.65 for medium-weight (with trim) and \$1.95 for heavy-weight (solid colors)...plain white shirts are somewhat less. However, be advised that prices can change at any time. Screening prices (below) are also subject to change. Number of colors is noted in the left column:

	6-11	12-35	36-71	72-143	144-287	288+
1	\$1.45	\$0.95	\$0.70	\$0.55	\$0.45	\$0.35
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3+	-----	-----	\$1.45	\$0.95	\$0.75	\$0.65

Track & Field News

For over 25 years, we've served the track community: the leader in book

3 Our new jumbo track posters have been extremely popular.

PROFILE ON:

Paul Spangler

by: STAN ROSENFELD



photo by Dave Stock

PAUL SPANGLER: Age 77; 5 feet, 9 inches; 150 pounds. Born March 18, 1899. Competes for the San Luis Distance Club in the Masters IV-B Division.

Best Marks: (all 1976) 440-1:48; 880-3:26; Mile-6:53; 2 Mile-14:41; 3 Mile-22:25; 6 Mile-45:53; Hour Run-7 miles, 880 yards; 1500 meters-6:28; 5,000 meters-23:06; 10,000 meters-47:30.

The University of Oregon is known for its graduates who continue to run after finishing their schooling. Names of Olympians such as Kenny Moore, Mike Manley, and Wade Bell are among the many that come to mind. However, the distinction of being the oldest active distance runner among Oregon graduates belongs to San Luis Obispo's 77 year old retired heart surgeon, Paul Spangler. His late blooming athletic success was recognized by the University last year

athletes mentioned above. Approaching retirement age, Dr. Spangler looked for the one thing that he felt would be the most effective in ensuring that he remained healthy and vigorous, and decided that running fit the bill. He now uses much of his leisure time visiting school classrooms, seminars, clinics, and even making radio and television appearances to promote running as a means toward improved cardiovascular fitness.

The competitive aspect of his career began even later, as he approached his mid 70's. Until then, his racing efforts had been limited to participating in such distance events as the Bay-to-Breakers and the Morro Bay to Cayucos Fun Run. His efforts on the track came in March, 1974, when he attended a local masters meet at Cal Poly San Luis Obispo and came away with three age group records. Since that time, he has kept a busy schedule, mixing local road racing events with more serious efforts at regional and national masters track meets. He has set numerous age group records and was named 1975 Masters Athlete of the Year in Division IVB by Track & Field News. His personal record for the mile, a 6:53, is one that would put him well ahead of the average adult male 1/3 his age, and an increasing number of road runners are finding themselves finishing behind this active 77 year old.

Dr. Spangler plans to continue competing indefinitely with the unique good fortune of being able to look

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Track & Field News

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

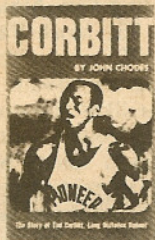
1 COUNTDOWN TO MONTEAL. The Olympic year is underway, and the best way to keep informed, of course, is by reading TRACK & FIELD NEWS, still America's only publication to deliver all the major news and excitement of the sport, from high school track through the Olympics—from all corners of the USA and the world. While our focus is still on men's top-caliber competition, each monthly issue covers all aspects of track (women, masters, road racing, training tips, etc.). At \$11.00 yr., it's money well spent. Write for sample.

2 Have you seen our fast-selling t-shirts? Colored t-shirts include KEEP ON TRACKIN' cartoon shirt, ROAD RUNNER cartoon, and the adidas shirt. White shirts with colored trim are USA, MOSCOW 80, the RUN RUN RUN cartoon shirt and our new TRACK & FIELD NEWS shirt. All t-shirts are available in sizes S,M,L, and XL at \$4.50 each, plus 50¢ per shirt for postage. All top quality 100% cotton shirts, machine washable.



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 booklist.



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. \$5 a year, \$12 for three years.

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TRACK & FIELD NEWS, BOX 296, LOS ALTOS, CALIFORNIA 94022

Best Marks: (all 1976) 440-1:48; 880-3:26; Mile-6:53; 2 Mile-14:41; 3 Mile-22:25; 6 Mile-45:53; Hour Run-7 miles, 890 yards; 1500 meters-6:28; 5,000 meters-23:06; 10,000 meters-47:30.

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Dr. Spangler began running much later in life than the other Oregon

came away with three age group records. Since that time, he has kept a busy schedule, mixing local road racing events with more serious efforts at regional and national masters track meets. He has set numerous age group records and was named 1975 Masters Athlete of the Year in Division IVB by Track & Field News. His personal record for the mile, a 6:53, is one that would put him well ahead of the average adult male 1/3 his age, and an increasing number of road runners are finding themselves finishing behind this active 77 year old.

Dr. Spangler plans to continue competing indefinitely with the unique good fortune of being able to look forward to each birthday as a new opportunity. His only goals are to keep improving, which he's managed to do each year so far, and to run enough to remain fit and healthy.

mailbag

We were saddened to receive the following letter in the middle of July, from Northern California correspondent, George Moss:

I have some bad news, terrible news really, to convey if you have not yet heard. Jim Shettler, the best master runner in the Pacific Association and fine human being, died while running Friday morning. It hit me hard because he was a friend, clubmate, and subject of a recent profile I did for California Track News. (part of the profile was incorporated into the memorial service for Jim.) Jim lived a full life during his 42 years, of which running was an important dimension.

Because he died of a heart attack while running it is, of course, quite important that it be established that running did not cause his death. Dr.

Joan Ulliyot examined the body, talked with his widow and mother, and took tissue specimens for microscopic examinations. A full medical report will be published later. Cause of death was blockage of one of the main arteries carrying blood to the heart which caused a myocardial infarction and fatal disruption of the heart rhythm. The blockage was caused by a cholesterol buildup which occurred in the last six months probably. He probably had an inherited tendency for this type of heart attack for his father died of a similar condition at age 45. Had Jim not been an active runner, Dr. Ulliyot said the cholesterol buildup would have occurred much sooner in all of his coronaries and he would have died years earlier. Running apparently prolonged his life and the attack could have occurred at any time in his life - while he was sitting, asleep, eating dinner, or whatever.

I will greatly miss him and the sport has lost a champion.

SCHEDULE

SEPTEMBER

- 18 PATRIOTS WOMEN'S CROSS COUNTRY INVITATIONAL. Laguna Niguel. Bob Glazier (714) 586-1858.
- 18 OCCIDENTAL CROSS COUNTRY. 4 mile. Steve Broten, 13512 E. Ramona Dr., Whittier 90602.
- 18 7th ANNUAL DOUBLE DIPSEA. 13.6 miles. Stinson Beach, 8:30 am. Walt Stack, 321 Collingwood St., San Francisco 94114.
- 19 BEVERLY HILLS 10 KILO RUN. 9:00 am. Ken Simpson, 450 N. Crescent, Beverly Hills 90210.
- 19 32nd ANNUAL WALNUT FESTIVAL RACES. 5.6 miles, Walnut Creek, 9:00 am Andrew MacCono, 1840 Geary Rd., Walnut Creek 94596. NO POSTENTRIES.
- 19 3rd ANNUAL ATASCADERO COLONY DAYS RUN. 4 miles. San Luis Distance Club, Box 1134, San Luis Obispo, CA 93406.
- 24 72 MILE LAKE TAHOE RUN. 72 miles(not a relay). Paul Reese, Box 100, Sacramento 95810.
- 25 BAKERSFIELD BICENTENNIAL 6 MILE RUN. Larry Arnt, 5000, Belle Terrace No. 72, Bakersfield 93309.
- 25 CAL COMERS MEET. Pasadena City College. Sponsored by Masters Striders.
- 25 SAN JOSE 20 KILO CHAMPIONSHIP. Grif Park, 8:00 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201.
- 25 VALLEY OF THE MOON INVT. CROSS COUNTRY RUN. 4 miles. Spring Lake County Park. Fred Kenyon, 1609 Mariner Dr, Sebastopol

- 2 MEN'S MASTERS TRACK MEET. U.C. Santa Barbara. 10:30 am. Club West, Box K, Goleta 93017.
- 2 CHICO INVT. CROSS COUNTRY. Oroville.
- 2 FRESNO STATE INVT. CROSS COUNTRY. Woodward Park. Red Estes, Fresno State University.
- 2 NORTHRIDGE INVT. CROSS COUNTRY RUNS. Chris Johnson, Cal State Northridge.
- 3 MALIBU-WILL RODGERS TEAM RACE. Tapia Park, 9:00 am. Wes Alderson, 15232 Burton, Van Nuys 91400.
- 3 PAMAKID LAKE MERCED RUN. 7 miles. Daly City, 9:30 am. Gene Gitzgerald, 559 Civic Center, Richmond 94804.
- 9 CAL AGGIE INVT. CROSS COUNTRY. 5 miles. U.C. Davis. Bill Adams, U.C. Davis.
- 9 USTFF LONG BEACH CROSS COUNTRY. 6 miles. Ron Alice, Cal State Long Beach.
- 9 SAN DIEGO EUROPEAN CROSS COUNTRY. Bill Gookin 582-7752.
- 9 BERKELEY WATERFRONT RUN. 5 miles. 9 am. Athletic Department, 2114 Addison St., Berkeley 94704.
- 9 RIALTO DISTANCE CARNIVAL. San Bernardino. Dave Japs (714) 875-8047.
- 10 MILE SQUARE PARK CROSS COUNTRY. Joe Salicido, Box 2086, Huntington Beach 92649.
- 10 GARLAND RANCH 6.5 MILE RUN. Carmel Valley. Gary Goettelmann, Story Rd., Carmel Valley 93924.
- 16 MILLBRAE LIONS BEACH RUN. 2 & 4 miles, Half Moon Bay. Jim Hume, 1391 Broadway No. 4, Millbrae 94030.
- 16 CHEETAH'S WOMEN'S INVT. CROSS COUNTRY. Mt. SAC, Walnut. Bill Peterson (714) 599-4569.
- 16 HANCOCK INVT. CROSS COUNTRY. Ray Kring, Hancock College, Santa Maria 93454.
- 16 AZTEC INVT. CROSS COUNTRY. Balboa Park, San Diego. Dick Hill 286-6569.
- 17 SANTA BARBARA MARATHON. 7:30 am. John Brennan, 4476 Meadowlark Lane, Santa Barbara 93010.
- 17 BERKELEY TO MORAGA RIDGE RUN. 13.9 miles. Charles McMahon,

NOVEMBER

- 6 ALMOND BOWL RUN. 3 & 6 miles. Chico, 10 am. Dr. Donald Richey, 564 Rio Linda, Chico 95926.
- 6 SCTFF LEAGUE MEET. U.C. Riverside. 11:00 am.
- 6 FAR WESTERN CONFERENCE MEET. Chico.
- 7 SPA-AAU WOMEN'S DISTRICT CROSS COUNTRY CHAMPIONSHIPS. Pomona. Jim Allen (714) 626-8054.
- 7 EXCELSIOR WEST END RUN. 5.7 miles. Golden Gate Park. 10 am. Frank Donahue, 1482 9th Ave. No. 4, San Francisco 94122.
- 7 SENIORS TC 4 MAN 10 MILE RELAY. Alondra Park. Ron Watson 536-3346.
- 13 NAIA DISTRICT III CHAMPIONSHIPS. Biola College.
- 13 CALIF. STATE WOMEN'S CROSS COUNTRY CHAMPIONSHIPS. Sacramento. Jerry Coleman (916) 4873175.
- 14 AAU MASTERS NATIONAL CROSS COUNTRY CHAMPIONSHIPS. Belmont Len Wallach, 1060 Continentals Way No. 7, Belmont 94002.
- 14 SPA-AAU 10 KILO CROSS COUNTRY CHAMPIONSHIPS. Laguna Niguel. Steve Broten, 13512 E. Ramona Dr., Whittier, 90602.
- 14 PA-AAU SENIOR CROSS COUNTRY CHAMPIONSHIPS. Len Wallach see above. Belmont. 10 kilo.

PROFILE

Alice Trumbly

by: CREGG WEINMANN

ALICE TRUMBLY: Coalinga High School, senior in 1976. 5 feet, 4 inches; 110 pounds. Born November 2, 1959.

"quotes"

From the U.S. Olympic Trials

JOHN POWELL: "Mac Wilkins has obviously applied some science to his training. I've still been training the same way, kind of by the seat of the pants. I just cover my eyes and hope it goes far. "You have to realize that all people are not created equal. Look at this young man Wilkins . . . the raw potential. Being slow and dumpy myself, I mean, I can't help it if I had polio until I was 24."

MARILYN KING: "I had a bet with Jane Frederick that I would clear my body height in the high jump before she did hers. I won."

DWIGHT STONES: "The pressure is off now that I made the team. Twenty hours ago I was a question mark for myself. Between the hayfever and the terrible conditions here, I'm lucky I made it. The ground is lumpy and when you turn the corner the wind knocks you down.

MAXIE PARKS: I talked to my mom last night and she said 'Believe in the Lord and He'll make a way for me.' I asked the Lord to give me strength, He did and I'm happy I made the team."

RALPH MANN: "It was enjoyable while it lasted. I didn't want it to end like this, but there are no tears. There are other things in life besides running around in circles. I will continue running a few miles in the evening and enjoy life."

MAC WILKINS: "I may throw the hammer some next spring. I picked one up in workout last week and flung it 194 feet. Why did it go so far when I was doing so many things wrong? What will it do when I do everything right?"

photo by Diane Johnson



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- 25 LAS VEGAS WOMEN'S INVT. CROSS COUNTRY. Univ. of Nevada. Al McDaniels (702) 739-6201.
- 25 SOUTH BAY STRIDERS WOMEN'S CROSS COUNTRY. Lomita. Jim Folkens (213) 534-3178.
- 26 8th ANNUAL NAS LEMOORE CROSS COUNTRY. 6½ miles. 12:00 noon. Carl Whitaker, Athletic Director, Naval Air Station, Lemoore 93245.
- 26 MT. VACA HILL CLIMB. 10.6 miles. Vacaville, 9:30 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046.
- 16 CHEETAH'S WOMEN'S INVT. CROSS COUNTRY. Mt. SAC, Walnut. Bill Peterson (714) 599-4569.
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- 17 BERKELEY TO MORAGA RIDGE RUN. 13.9 miles. Charles McMahon, 154 Grover Lane, Walnut Creek 94596.
- 23 CHAPMAN INVT. CROSS COUNTRY. 5 miles, Orange. Bill Selvin, Chapman College.
- 23 SAN DIEGUITO HANDICAP. 10 miles. Dave Baxter 755-4259.
- 23 FOOTHILL COLLEGE - ST. FRANCIS INVT. CROSS COUNTRY. Hank Ketels Foothill College, Los Altos, CA 94022.
- 23 REEDLEY WOMEN'S ROAD RUNS. Lloyd Geist (209) 638-2604.
- 24 ANGWIN TO ANGUISH RUN. 8.2 miles, Pacific Union College, Angwin. Dennis Reeder, 42 Hillcrest Rd., St. Helena 94574.
- 30 BIOLA INVT. CROSS COUNTRY. 5 miles, La Mirada. Collin McDougal, Biola College.
- 30 PACIFIC CROSS COUNTRY CARNIVAL. Fresno Pacific College, 4 miles. Bill Cockerham, Fresno Pacific 1717 S. Chestnut, Fresno 93702.
- 30 VENTURA WOMEN'S INVT. CROSS COUNTRY. John Corcoran (805) 644-3283.
- 30 LOS TRAMPAS HILL RUN. 8 miles. Alamo. Peter Mattei, 1000 North Point St., San Francisco 94109.
- 31 CAL-STATE SONOMA MARATHON. Rohnert Park, 9 am. Bob Lynde, Cal State Sonoma, Rohnert Park 94928.
- 31 NIKE/CATALINA ISLAND ROAD RACE. 8 miles. Nelson Farris, 1317 Westwood Blvd., West L.A. 90024. NO LATE OR POST ENTRIES.

OCTOBER

- 2 CAL-STATE SONOMA CROSS COUNTRY RUN. 5 miles. Bob Lynde, Cal State Sonoma, Rohnert Park 94928.
- 2 BLUE ANGELS WOMEN'S INVT. CROSS COUNTRY. Fountain Valley. Don DeNoon (714) 847-3251.
- 2 ARROYO GRANDE HARVEST FESTIVAL RUN. 10 miles. San Luis Distance Club, Box 1134, San Luis Obispo 93406.

PROFILE

Alice Trumbly

by: CREGG WEINMANN

ALICE TRUMBLY: Coalinga High School, senior in 1976. 5 feet, 4 inches; 110 pounds. Born November 3, 1959, in Coalinga, California. Age 16.

Best Marks: 440- 57.8r(75), 880-2:12.1(75), One Mile- 5:09.0 (76). Coached by Faye Mendenhall.

Have you ever seen an antelope in flight? Surely this is a picture of Alice Trumbly. She lightly touches the track as she speeds to her many victories. She has won among others, the 1974, 75, and 76, C.I.F. Central Section 880 titles, the 1976 State C.I.F. 880 title, and placed second in the 1975 State 880. Alice also ran well on the Coalinga boys cross country team last Fall. Her teammates honored her with the Most Outstanding Girl Athlete Award in both 74 and 75, Most Valuable Girls Track in 74, 75, and 76; and Frosh-Soph cross country Team Captain in 1974.

Alice likes the competition because, "Running comes naturally to me, it is a God given talent which I should use and it's a great way to meet people." She has as her immediate goal, "To break 2:10 in the half, and concentrate more on the mile." Alice would also like to run seriously in college(considering Oregon State, Stanford, and Chico), and compete on the international level. She plans to compete as long as her interest and ability allows.

A typical mid season week's workout includes: MONDAY- 1-1½ mile warm-up, stretching, 10X440 (start at 70 and work down to 68) with 4 minute rest interval. TUESDAY- 1-1½ mile warm-up, stretching, 3X150 @ .9 effort. WEDNESDAY-

MAC WILKINS: "I may throw the hammer some next spring. I picked one up in workout last week and flung it 194 feet. Why did it go so far when I was doing so many things wrong? What will it do when I do everything right?"

photo by Diane Johnson



1-1½ mile warm-up, stretching, 3X880 good pace with 10 minute interval rest. THURSDAY- rest. FRIDAY- competition. SATURDAY- rest. SUNDAY- 3 mile fartlek.

Alice has not done much serious training because she lives in an isolated area, where she feels she doesn't have the chance to get the competition. She plans to get into heavier training when she gets to college.

STATE HIGH SCHOOL RECORDS

compiled by: RON BLACKWOOD

Open

state meet

100 Yard Dash	9.4	Mel Grey(Montgomery-Santa Rosa)	1967 @San Diego
	9.4	Elijah Jefferson(Crawford-San Diego)	1974 @Bakersfield
	9.4	Joel Andrews(West Bakersfield)	1975 @San Diego
	9.4	Kevin Williams(San Fernando)	1975 @San Diego
	9.4	Mel Grey(Montgomery-Santa Rosa)	1967 @San Diego
220 Yard Dash(t)	20.7	Larance Jones(Lemoore)	1969 @Los Angeles
440 Yard Dash	46.6	Richard Joyce(Sierra-Whittier)	1965 @Bakersfield
880 Yard Run	1:48.8	Mark Schilling(Garden Grove)	1972 @Oroville
1 Mile Run	4:05.4	Eric Hulst(Laguna Beach)	1975 @San Diego
2 Mile Run	8:44.9	Dedy Cooper(Harry Ells-Richmond)	1975 @San Diego
120 High Hurdles	13.2	Dedy Cooper(Harry Ells-Richmond)	1975 @San Diego
330 Low Hurdles	36.2	Dwight Stones(Glendale)	1971 @Los Angeles
High Jump	7-1 $\frac{1}{2}$	Tim Curran(Crespi-Encino)	1973 @Woodland
Pole Vault	16-2 $\frac{3}{4}$	Jerry Proctor(Muir-Pasadena)	1967 @San Diego
Long Jump	25-4 $\frac{1}{2}$	Willie Banks(Oceanside)	1974 @Bakersfield
Triple Jump	50-9	Steve Montgomery(Lassen-Susanville)	1976 @Berkeley
Shot Put	68-0	Charles Adams(Los Altos)	1970 @Berkeley
Discus	201-3	Wilson-San Francisco(Farmer,	1973 @Woodland
440 Relay	41.0	Whitaker, Kirtman, Walker,	
		Castlemont-Oakland(Roberts,	1971 @Los Angeles
Mile Relay	3:13.2	Morgan, Curry, Rodgers)	

100 Yard Dash	9.4	James Jackson(Alameda)	1954
	9.4	Forrest Beaty(Hoover-Glendale)	1962
	9.4	James Hines(McClymonds-Oakland)	1964
	9.4	Mel Grey(Montgomery-Santa Rosa)	1967
	9.4	George Reddick(Hamilton-Los Angeles)	1971
	9.4	Elijah Jefferson(Crawford-San Diego)	1974-5
	9.4	Joel Andrews(West-Bakersfield)	1975
	9.4	Kevin Williams(San Fernando)	1975
	9.4	Ricky Johnson(Pasadena)	1975
	9.4	Dupree Branch(Barstow)	1976
220 Yard Dash(t)	20.7	Phil Underwood(Dorsey-Los Angeles)	1966
	20.7	Mel Grey(Montgomery-Santa Rosa)	1967
440 Yard Dash	46.1	Ulis Williams(Compton)	1961
880 Yard Run	1:48.5	Dale Scott(El Cerrito)	1972
1 Mile Run	3:59.4	Tim Danielson(Chula Vista)	1966
2 Mile Run	8:44.6	Eric Hulst(Laguna Beach)	1976
3 Mile Run	13:43.6	Richard Kimball(DeLaSalle-Concord)	1974
120 High Hurdles	13.2	Dedy Cooper(Harry Ells-Richmond)	1975
330 Low Hurdles	36.0	Dedy Cooper(Harry Ells-Richmond)	1975
	36.0	Charles White(San Fernando)	1976
330 Intermediates	36.4	Dedy Cooper(Harry Ells-Richmond)	1975
High Jump	7-3	Reynaldo Brown(Compton)	1968
Pole Vault	16-8 $\frac{3}{4}$	Steve Smith(South-Torrance)	1969
	16-8 $\frac{3}{4}$	Mike Tully(Millikan-Long Beach)	1974
Long Jump	26-2 $\frac{1}{4}$	Ken Duncan(McClatchy-Sacramento)	1972
Triple Jump	52-6 $\frac{1}{4}$	David Tucker(Memorial-Fresno)	1970
Shot Put	69-6 $\frac{3}{4}$	Jim Neidhart(Newport Harbor)	1973
Discus	201-6	Ray Burton(Vacaville)	1974
440 Relay	41.0	Wilson-San Francisco(Farmer,	1973
		Whitaker, Kirtman, Walker)	
Mile Relay	3:13.2	Castlemont-Oakland(Roberts	1971
		Morgan, Curry, Rodgers)	

class

100 Yard Dash:

FROSH	9.5	Leamon King(Delano)	1951
SOPH	9.5	Howard Williams(Muir-Pasadena)	1967
	9.5	Mike Shavers(Albany)	1971
JR	9.4	Elijah Jefferson(Crawford-San Diego)	1973
	9.4	Elijah Jefferson(Crawford-San Diego)	1974
	9.4	Kevin Williams(San Fernando)	1975
SR	9.4	James Jackson(Alameda)	1954
	9.4	Forrest Beaty(Hoover-Glendale)	1962
	9.4	James Hines(McClymonds-Oakland)	1964
	9.4	Mel Grey(Montgomery-Santa Rosa)	1967
	9.4	George Reddick(Hamilton-Los Angeles)	1971
	9.4	Elijah Jefferson(Crawford-San Diego)	1975
	9.4	Ricky Jackson(Pasadena)	1975

120 Yard High Hurdles:

FROSH	14.2	Ron Cox(Fresno)	1969
SOPH	13.7	Dedy Cooper(Harry Ells-Richmond)	1974
JR	13.2	Dedy Cooper(Harry Ells-Richmond)	1975
SR	13.2	Dedy Cooper(Harry Ells-Richmond)	1975

120 Yard Low Hurdles:

FROSH	39.4	Willie Curran(Crespi-Encino)	1975
SOPH	37.2	Tim Chambers(Muir-Pasadena)	1975
JR	37.0	Tim Chambers(Santa Monica)	1976
SR	36.0	Dedy Cooper(Harry Ells-Richmond)	1975
	36.0	Charles White(San Fernando)	1976

High Jump:

Class

100 Yard Dash:

FROSH	9.5	Leamon King(Delano) 1951
SOPH	9.5	Howard Williams(Muir-Pasadena) 1967
	9.5	Mike Shavers(Albany) 1971
	9.5	Elijah Jefferson(Crawford-San Diego) 1973
JR	9.4	Elijah Jefferson(Crawford-San Diego) 1974
	9.4	Kevin Williams(San Fernando) 1975
SR	9.4	James Jackson(Alameda) 1954
	9.4	Forrest Beaty(Hoover-Glendale) 1962
	9.4	James Hines(McClymonds-Oakland) 1964
	9.4	Mel Grey(Montgomery-Santa Rosa) 1967
	9.4	George Reddick(Hamilton-Los Angeles) 1971
	9.4	Elijah Jefferson(Crawford-San Diego) 1975
	9.4	Ricky Jackson(Pasadena) 1975
	9.4	Joel Andrews(West-Bakersfield) 1975
	9.4	Dupree Branch(Barstow) 1976

220 Yard Dash(turn):

FROSH	22.0	Charles Mock(Adams JHS-Los Angeles) 1963
SOPH	21.2	Millard Hampton(Silver Creek-San Jose) 1972
JR	21.0	Mike Shavers(Albany) 1972
SR	20.7	Phil Underwood(Dorsey-Los Angeles) 1966
	20.7	Mel Grey(Montgomery-Santa Rosa) 1967

440 Yard Dash:

FROSH:	49.3	Larry Boanen(West-Bakersfield) 1969
SOPH	48.1	Rod Conners(Cordova-Rancho Cordova) 1972
JR	46.8	Ray Johnson(Blair-Pasadena) 1971
SR	46.1	Ulis Williams(Compton) 1961

880 Yard Run:

FROSH	1:56.6	Harry Nicholas(Reedley) 1968
SOPH	1:52.7	Larry Davis(Los Altos) 1970
JR	1:51.0	James Baxter(Los Angeles) 1969
SR	1:48.5	Dale Scott(El Cerrito) 1972

1 Mile Run:

FROSH	4:17.2	Harry Nicholas(Reedley) 1968
SOPH	4:08.8	Jim Arriola(Gahr-Cerritos) 1964
JR	4:04.2	Curtis Beck(Santa Monica) 1972
SR	3:59.4	Tim Danielson(Chula Vista) 1965

2 Mile Run:

FROSH	9:04.4	Eric Hulst(Laguna Beach) 1973
SOPH	8:50.5	Eric Hulst(Laguna Beach) 1974
JR	8:44.9	Eric Hulst(Laguna Beach) 1975
SR	8:44.6	Eric Hulst(Laguna Beach) 1976

3 Mile Run:

FROSH	14:26.8	Eric Hulst(Laguna Beach) 1973
SOPH	14:05.4	Eric Hulst(Laguna Beach) 1974
JR	13:45.4	Ralph Serna(Loara-Anaheim) 1974
SR	13:43.6	Rich Kimball(DeLaSalle-Concord) 1974

120 Yard High Hurdles:

FROSH	14.2	Ron Cox(Fresno) 1969
SOPH	13.7	Dedy Cooper(Harry Ells-Richmond) 1974
JR	13.2	Dedy Cooper(Harry Ells-Richmond) 1975
SR		

220 Yard Low Hurdles:

FROSH	39.4	Willie Curran(Crespi-Encino) 1975
SOPH	37.2	Tim Chambers(Muir-Pasadena) 1975
JR	37.0	Tim Chambers(Santa Monica) 1976
SR	36.0	Dedy Cooper(Harry Ells-Richmond) 1975
	36.0	Charles White(San Fernando) 1976

High Jump:

FROSH	6-5	Reynaldo Brown(Willowbrook JHS-L.A.) 1966
SOPH	6-9 $\frac{1}{4}$	Reynaldo Brown(Compton) 1967
JR	7-0 $\frac{3}{4}$	Reynaldo Brown(Compton) 1968
SR	7-3	Reynaldo Brown(Compton) 1969

POLE VAULT:

FROSH	14-8 $\frac{3}{4}$	Anthony Curran(Crespi-Encino) 1975
SOPH	15-9 $\frac{1}{4}$	Anthony Curran(Crespi-Encino) 1976
JR	16-0	Paul Wilson(Warren-Downey) 1964
SR	16-8 $\frac{3}{4}$	Steve Smith(South-Torrance) 1969
	16-8 $\frac{3}{4}$	Mike Tully(Millikan-Long Beach) 1974

LONG JUMP:

FROSH	23-10 $\frac{1}{2}$	Johnny Johnson(Pacific Grove) 1963
SOPH	25-2 $\frac{1}{2}$	Johnny Johnson(Pacific Grove) 1964
JR	25-10 $\frac{3}{4}$	Heulon Hewitt(Merced) 1968
SR	26-2 $\frac{1}{4}$	Ken Duncan(McClatchy-Sacramento) 1972

TRIPLE JUMP:

FROSH	48-4	David Tucker(Memorial-Fresno) 1968
SOPH	50-0 $\frac{1}{2}$	David Tucker(Memorial-Fresno) 1969
JR	52-6 $\frac{1}{4}$	David Tucker(Memorial-Fresno) 1970
SR	52-3 $\frac{1}{2}$	Randy Williams(Edison-Fresno) 1971

SHOT PUT:

FROSH	52-5 $\frac{3}{4}$	Curt Hampton(El Cajon-San Diego) 1971
SOPH	61-1	Dave Kurrasch(Santa Ana) 1973
JR	65-5	Terry Albritton(Newport Harbor-NB) 1971
SR	69-6 $\frac{3}{4}$	Jim Neidhart(Newport Harbor-NB) 1973

DISCUS:

FROSH		
SOPH	180-7	Mark McNaughton(McLane-Fresno) 1972
JR	194-10	Ray Burton(Vacaville) 1973
SR	201-6	Ray Burton(Vacaville) 1974

San Fernando Valley Track Club

“The Running Fever”

by: AL SHEAHEN

On any Tuesday or Thursday afternoon at about 5:00 PM, upwards of sixty brightly-clad Valleyites can be seen running together around and around the Los Angeles Valley College track near Burbank and Coldwater Canyon Boulevards in Van Nuys.

They are the San Fernando Valley Track Club and they range in age from 9 to 71. Men outnumber women, but not by much. Some are world record-holders. Some are ordinary gaffers trying to lose a few pounds and perhaps save themselves from a heart attack.

They are directed by a man standing by the finish line with two stop-watches dangling from his neck and a pencil and black notebook in his hand. This is Laxzlo Tabori, now 44, the third man in history to run a mile under 4 minutes.

Tabori set European records in 1955 and competed for Hungary in the 1956 Olympics in Melbourne, Australia. He finished fourth in the 1500 meter run and sixth in the 5000. The Hungarian revolution had been steered by the Russian military and Tabori seized the opportunity to make the United States his home.

Because of the tightly-structured American university system which demands that its coaches possess an appropriate advanced degree, Tabori was

physical exhilaration I feel makes me forget all my other troubles. It's a lot cheaper than a psychiatrist's couch.”

The Valley Track Club now has over 100 members. When most of them show up at a workout, it looks like the march on the Winter Palace as they bunch up around the turn. The two-hour workout consists of a warm-up of about two miles as a slow, easy pace; then 15 minutes of exercises; then fifteen “shake-ups.” These are 100-yard jogs up and down the football pace at a slow to moderate pace to “shake-up” the legs.

Then comes the real workout. It is known as an “interval” workout. It builds both speed and endurance. It is a tough, but thorough conditioner. Interval training is running a short distance, then walking to rest, then running again. The walking is the “interval” between runs. The idea is to make the heart beat faster—usually up to 180-beats-per-minute—then slow down during the walk to about 120, then up to 180 and so on.

Another kind of training, which the runners generally do on their own on “off” days, is known as Long-Slow-Distance (LSD). As the name implies,



photo by Zeff Zimmerman



DAVE BABIRACKI

the 1956 Olympics in Melbourne, Australia. He finished fourth in the 1500 meter run and sixth in the 5000. The Hungarian revolution had been steered by the Russian military and Tabori seized the opportunity to make the United States his home.

Because of the tightly-structured American university system which demands that its coaches possess an appropriate advanced degree, Tabori was

Members ages 9 to 71

unable to obtain a coaching job and began a career as a technical engineer.

His first love was track and field, however, and he came to Valley College on a part-time basis to assist in the development of its long-distance-running program. From 1969 to the present, he has developed national junior college stars such as Manny Greene, Geraldo Canchola, Dave Babiracki, Mark Covert and Mike Wagenbach.

In time, word got around that Tabori was coaching at the school and other runners, young and old, men and women, began to drift in to take advantage of his talents. In 1973, along with a handful of these runners, Tabori formed the San Fernando Valley Track Club.

In the past decade, running—particularly long-distance-running—has grown dramatically. Age-group competition has sprung up. Women are now running and jogging. Medical evidence is abundant that running is beneficial to the heart, lungs and circulatory system. Doctors sometime prescribe running to former heart-attack victims.

"I just feel good after I run," says a typical club member. "The mental and



JACKIE HANSEN

it consists of running slowly for 2 to 20 miles, depending on one's condition and goal. Both methods can be effective. Some runners favor one or the other, but most top runners use a combination of both for best results.

Tabori's intervals consist of three or four "sets" for each of several groups. Three or four runners are grouped according to their ability, given their



DAVE BABIRACKI

instructions, and sent on their way. They might run five 330-yard sprints at about 80% effort with a 110-yard walk inbetween. Then they jog two easy laps (880 yards). Then they run 2 laps at a 90-95% rate, then jog another two easy laps, then run 8 X 160 yards or 6 X 280 yards at 70% effort. Each group usually does 3 or 4 "sets," concluding the workout with another fifteen shake-ups.

Beginning runners, of course, go a lot easier. Tabori adjusts the workout schedule to the pace and condition of each runner, and magically is able to keep track of each runner's progress, or lack of it, at each and every workout. If seventy runners have shown up, Tabori juggles about 18 groups with the deftness of a Las Vegas card shark.

Jacki Hansen 27, began training with Tabori in 1971. Like many others, she was primarily interested in good health and the fun of running. She decided to enter a race or two, and ran creditably, usually in the middle of the pack. But she had caught the fever and began to see what serious training could do. In 1974, the training paid off with a world's women's marathon record of 2 hours, forty-three minutes, for the 26-mile, 385-yard event. After losing the record to West Germany's Christa Vahlensieck in 1975, Jackie regained the mark with a 2:38:19 in Oregon last fall. By contrast, the men's record is 2:08.

"I love to run," says Jacki. "It's something I just enjoy doing. I feel like I'm almost a part of nature ... like my body is flowing and moving gracefully along under its own power. I get into a rhythm and just keep going."

Running has provided Jacki with all-expense-paid trips to Europe, Brazil, Hawaii, New York, Oregon and has given her an identity that she would not otherwise have had.

Miki Gorman is another Tabori pupil. Last December, this diminutive, 89-pound, 40-year old mother of an

**"I just feel good after I run"
— it's cheaper than a
psychiatrist's couch**

11 month baby set a world's record in the marathon for women over 40 with a time of 2:47:45.

Tabori's success with women runners extends to Sue Kinsey, a Cal-State Northridge student who, under Tabori's guidance this year, has run a mile in 4:46, not far off Francie Larrieu's world mark of 4:31.

Twenty-eight year old Leal Reinhart just began working with the club and ran a 3:04 marathon in her first

try. Seventeen-year-old Heather Tolford, with a beautiful smile almost as big as Jimmy Carter's, is nearing the 5-minute-mile barrier.

Perhaps the most remarkable women of all are Vicki Cook 11, and Kiki Lantry 12. Cook has run a mile in 5:02, while Lantry set a national 12-year old mile record of 4:54.

Dave Babiracki is the club's top male runner. A former Granada Hills High and Valley College distance star, Babiracki 23, is Olympic caliber. He has run a 4:00.2 mile, 8:29 2-mile and 13:43 5000-meters (3.1 miles) . . . all world-class times.

Usually pressing him in workouts are upcoming middle-distance threats Reid Harter, Mark Kennedy and Howard Miller.

About two-thirds of the club membership is over 30. Some run competitively. Some simply run or jog for the exercise and physical and mental well-being it brings them. Even the ones who run competitively train primarily for health and the realization that they feel *good* when they work out, and *bad* when they don't. The competition is sort of the icing on the cake, giving a runner an incentive to work out when the temptation is strong to have a piece of cake, a beer and watch TV.

The Masters program—designed for men and women athletes over age 30—is growing steadily. There are several local, as well as regional and national meets. Masters compete in 5-year age groups, or sometimes ten-years: 40-44, 45-49, 50-59, etc. In 1975, 1427 athletes from 27 nations participated in the first World Masters Track and Field Championships in Toronto, Canada.

The Grandfather Games has become an annual Valley attraction. John Damski 61, a Lockheed electrician won three events this year for the second year in a row in the 60-69 division in the high jump, triple jump and long jump. Madden set three world age-68 records with a 71.1 in the 440, 2:47.1 in the 880 and 5:56.5 mile. Not bad for 68.

Book Review

HOW HIGH SCHOOL RUNNERS TRAIN. Greg Brock, editor. 96 pages, paperbound, 18 photographs, \$3.50.

If you've ever wondered what kind of workouts America's top teen-age runners are doing these days, take a gander at this new book. Several years ago, Track & Field News published a book called High School Runners and Their Training Programs (one of the featured profiles was on a promising youngster named Jim Ryun). The book was popular and ran through several printings. But today's prop stars are entering new realms of performance and training levels and a new book on what's happening now was certainly called for.

Accordingly, T&FN assigned former Stanford distanceman Greg Brock (who was himself profiled in the first book) to compile this latest volume, and the result should be of great value to coaches and young runners aspiring to national class caliber. Some of the champions profiled are such current stars as Eric Hulst and Thom Hunt of California and some who have gone on to recent successes in colleges, such as Matt Centrowitz, Phil Kane, quartermiler Ronnie Harris, and Dale Scott. A few oldtimers like Gerry Lindgren, Frank Shorter and Jim Ryun are included, and it's interesting to see how their high school workouts compare to those of today's prep aces. Over 60 training programs are given offering a wide variety of approaches and schedules and a treasury of suggestions and useful material for the coach and runner.

ATFS ANNUAL 1976. D.H. Potts, editor. 128 pages, paperbound, 15 photographs, \$3.00.

Each year the ATFS (Association of Track & Field Statisticians) publishes its authoritative annual documenting statistically the results of the previous year. This year's work, edited as usual by ATFS president Don Potts, will delight all the "nuts" in track and field fandom; Potts has expanded the book to include junior lists and an extensive records section.

But the meat of the annual, of course, is the 50-deep all-time world performers list and the 100 deep 1975 world list, and the international team of ATFS contributors has done its usual exemplary job. Here you'll find some of the amazing advances the sport has made... consider: 80 different vaulters cleared 17 feet in 1975; 121 high jumpers bettered 7-1; 55 hammer throwers exceeded 230 feet (and none of them was American—only 16 years ago Harold Connolly set the then superb record of 230-9).

The new records section includes IAAF, Olympic, Junior, Commonwealth, and professional marks, as well as records for all the continents, for all men's events.



So. Cal. Jr. All-Stars

by: BOB LARSEN

The Southern California All-Stars completed their tour of Europe this summer with some memorable experiences. It was the first time a junior track team from the United States had competed in Italy or Spain. The trip and the competitions went very smoothly. The Italians and the Spanish were very organized and were excellent hosts.

The competition was tough. The European countries have improved a great deal in track the past few years and to judge by the junior talent in Italy and Spain we can expect to see the United States challenged severely by the Europeans in Moscow in 1980. The Europeans have excellent coaching and have done a very good job of teaching the proper techniques to their athletes.

The first meet was held in Rovereto, Italy, on June 26, 1976. The Italian team was well prepared as they set six national junior records and easily won, 122 to 78. The Italians scored very heavily against the comparatively weak field event people on the California team.

The second meet was again against the Italian National Junior Team in Caserta, on July 3. By that time the California athletes had become more accustomed to the travel and competition and with some outstanding performances lost the meet by only two points, Italy 96, Southern California All Stars 94.

The third meet took place in Barcelona, Spain, on July 8. The Spaniards used several twenty year old athletes in addition to their juniors. The California athletes were starting to wear down by this point, especially after the long three day train ride from Southern Italy and the Spaniards prevailed, 113 to 73.

A fourth, non-scoring invitational meet, was held in Manresa, Spain, a small

participated in the first World Masters Track and Field Championships in Toronto, Canada.

The Grandfather Games has become an annual Valley attraction. John Damski 61, a Lockheed electrician won three events this year for the second year in a row in the 60-69 division in the high jump, triple jump and long jump. Madden set three world age-68 records with a 71.1 in the 440, 2:47.1 in the 880 and 5:56.5 mile. Not bad for 68.



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The new records section includes IAAF, Olympic, Junior, Commonwealth, and professional marks, as well as records for all the continents, for all men's ages.

Most older runners were not track and field performers in school. Almost all started running for health and suddenly found that, if they worked out regularly, they couldn't help but get good. To be competitive in the Masters program takes about four days a week, minimum, to get and stay in good shape—about an hour a day. Working out once or twice a week is okay, but doesn't give the competitive edge that four to six days will. Masters runners rarely work out seven days, or do two-a-day workouts as many younger runners do. Many have tried it, and broken down. The body needs rest, more of it as it gets older. Some training is essential. But overwork has ruined countless runners, young and old. "Train, don't strain" is the byword.

The San Fernando Valley Track Club is open to anyone interested in physical fitness. It publishes a monthly newsletter, detailing club activities, summarizing race results and listing upcoming events. President Earl Rippee can be reached at 996-1400.

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A fourth, non-scoring invitational meet, was held in Manresa, Spain, a small town about forty miles West of Barcelona, on July 10.

The top effort by a high school athlete was the 51.5 400 intermediate hurdle race by Charles White, who just graduated from San Fernando High School. His outstanding clocking came at Barcelona when he finished second to Angel Horcajada of Spain. Charles had step problems, but finished very strong to almost nip Angel at the tape as both athletes were given the same time. Charles also ran 47.0 in Caserta, anchoring the winning 1600 meter relay. Charles is headed for USC this fall on a football scholarship.

Dave Daniels, who will be a senior at San Geronio High School this fall, ran 9:10.8 in the steeplechase while finishing second at Barcelona to Rafael Nunez of Spain, who recorded 8:54.6.

Other good marks were turned in by Kevin Williams and Ray Williams, also both having just graduated from San Fernando. Kevin ran a non-winning 10.5 for 100 meters and Ray ran a winning 21.5 for 200 meters and then recorded a 47.8 for a 400 meter leg on the relay. Paul Neveu, graduate of Grossmont High School, ran 3:53.6 for 1500 meters to finish third in his race at Barcelona.

Good performances by college athletes were turned in by Ned Armour of San Diego Mesa, and Kirk Pfeffer of Grossmont. Ned long jumped 25-0¾, ran 14.5 in the 110 meter high hurdles, and triple jumped 48-9. Kirk easily won all four 5000 meter races. His best time on the trip was 14:14.2 in Caserta (he has a lifetime best of 14:03.4). Ned in the long jump, and Kirk in the 5000 meters, were the only undefeated athletes on the trip.

TOP MARKS 1976 COLLEGE - OPEN

compiled by: JOHN WENOS

' = mark converted

100 YARD DASH

9.4 Bob Triplett(SJS)
 9.4 Duke Ferguson(SDS)
 9.5 Don Miller(SDS)
 9.5 Harold Williams(SDS)
 9.5 James Gilkes(USC)
 9.5 Joel Andrews(USC)
 9.6 Mike Johnson(UCLA)
 9.6 Wes Walker(Cal)
 9.7 John Foye(CSLA)
 9.7 Larry Rowles(CSLA)
 9.7 Greg County(LBS)
 9.7 Mike Farmer(SJS)
 9.7 Don Livers(SJS)
 9.7 Walt Woodard(CSUN)
 9.7 Marvin Holms(Stanford)
 9.7 Jeff William(LBS)

100 METERS wind aided

9.9 Clancy Edwards(Macc)
 9.9 Chris Garpenborg(Macc)
 10.1 Wes Walker(Cal)
 10.2 Dotson Wilson(UCLA)
 10.2 James Owens(UCLA)
 10.3 Jeff Williams(LBS)
 10.3 Mike Kirtman(WVTC)

200 METER DASH

20.1 Millard Hampton(SJCC)
 20.4 Mark Lutz(PCC)
 20.6 Willie Turner(AATC)

400 METER DASH

44.8 Maxie Parks(Macc)
 45.0 Ken Randle(USC)
 45.6 Bennie Brown(Macc)
 45.6 Curtis Byrd(Staters)
 45.8 Bennie Myles(UCLA)
 46.0 Albert Shorts(LBS)
 46.1 Adrian Rodgers(BAS)
 46.2 Rod Connors(USC)
 46.2 Steve Campbell(FSU)
 46.3 James Robinson(Cal)
 46.6 Jim Bolding(PCC)
 46.6 Mark Lutz(PCC)
 46.6 Vernon Ferguson(WCJ)
 46.6 Ron Whitaker(SJS)
 46.6 Madrugo(SJS)
 46.7 Beasley(LBS)
 46.7 Claude Brown(USC)
 46.8 Schultz(PCC)
 46.8 Bob Cassleman(PCC)
 46.8 Don Miller(SDS)
 46.9 Rayfield Beaton(USC)
 46.9 Art Bell(CS Bak)
 46.9 Cox(LBS)

ONE MILE RUN

3:57.6 Paul Cummings(Tobias)
 3:58.4 Steve Scott(UCI)
 4:03.7 Dennis Caldwell(Azusa)
 4:03.8 Dan Gruber(SJS)
 4:04.2 Rayfield Beaton(USC)
 4:05.2 Rusty Nahirney(SJS)
 4:05.3 Dan Aldridge(USC)
 4:06.2 Mike Kasser(SJS)
 4:07.0 Dave Babiracki(SFVTC)
 4:07.1 Mark Luevano(UCLA)
 4:07.2 Nicholson(WVTC)
 4:07.3 Tony Sandoval(Stan)
 4:07.5 John Armstrong(P-P)
 4:07.5 Steve Beck(UCLA)
 4:07.9 Mike Avrea(SDS)
 4:08.1 Koenigh(UCI)
 4:08.2 Dan Rock(PtLoma)
 4:08.5 Frank Britton(CSLA)
 4:08.6 Rich McCandless(LBS)
 4:08.8 Alan Hazard(SDS)

photo by Dave Stock

**TWO MILE RUN**

8:41.0 Paul Cummings(Tobias)
 8:42.6 Ralph Serna(UCI)
 8:44.6 Larry Lawson(Tobias)
 8:47.4 Tony Sandoval(Stan)
 8:54.4 Bob Thomas(UCLA)
 8:55.0 Joel Jamison(Oxy)
 8:55.8 Carey Smith(CSLA)
 8:57.0 Mark Luevano(UCLA)
 8:57.6 Gary Nitti(UCLA)
 8:58.0 Brad Duffy(Cal)
 8:58.8 Roy Kissin(Stan)
 9:00.0 Dave Taylor(Oregon)
 9:01.0 Terry Williams(Oregon)
 9:01.0 Jeff Parietti(Stan)
 9:01.0 Gary Blume(Cal)
 9:01.4 Dan Gruber(SJS)
 9:01.8 Rich McCandless(LBS)
 9:02.4 Ed Chaidez(CSUN)
 9:03.2 Bitterly(Oxy)

800 METER RUN

1:45.9 James Robinson(Cal)
 1:46.9 Rick Brown(Tobias)
 1:47.1 Rayfield Beaton(USC)
 1:47.2 James Baxter(SMTC)
 1:47.8 Conrad Suhr(UCLA)
 1:48.9 Jeff Haynes(UCLA)
 1:48.9 Lloyd Johnson(USC)
 1:49.0 Dale Scott(WSU)
 1:49.4 Dan Aldridge(USC)
 1:49.9 Rich Grant(UCI)
 1:50.1 Odie Huffman(SDS)
 1:50.3 Chang Chi Tarn(U of R)
 1:50.3 Malcom Cleary(Oxy)
 1:50.5 Cirillo Morgan(Cal)
 1:50.9 Bay(Cal)
 1:50.9 Glen Fox(CSUN)



MILLARD HAMPTON setting a new Collegiate 200 Meter record of 20.10 while winning the Olympic Trials.

- 1:45.9 James Robinson(Cal)
- 1:46.9 Rick Brown(Tobias)
- 1:47.1 Rayfield Beaton(USC)
- 1:47.2 James Baxter(SMTC)
- 1:47.8 Conrad Suhr(UCLA)
- 1:48.9 Jeff Haynes(UCLA)
- 1:48.9 Lloyd Johnson(USC)
- 1:49.0 Dale Scott(WSU)
- 1:49.4 Dan Aldridge(USC)
- 1:49.9 Rich Grant(UCI)
- 1:50.1 Odie Huffman(SDS)
- 1:50.3 Chang Chi Tarn(U of R)
- 1:50.3 Malcom Cleary(Oxy)
- 1:50.5 Cirillo Morgan(Cal)
- 1:50.9 Bay(Cal)
- 1:50.9 Glen Fox(CSUN)
- 1:51.1 Meteer(CP/SLO)
- 1:51.1 Marlow(CP/SLO)
- 1:51.1 Clifford(Cal)
- 1:51.2 Tony Sandoval(Stan)
- 1:51.3 Albert Seeney(CP/SLO)
- 1:51.4 John Mijares(SacSt)
- 1:51.4 Tom Kovachich(UCI)
- 1:51.4 Steve Scott(UCI)
- 1:51.5 Davenport(Westmont)

- 8:42.8 Ralph Serna(UCI)
- 8:44.6 Larry Lawson(Tobias)
- 8:47.4 Tony Sandoval(Stan)
- 8:54.4 Bob Thomas(UCLA)
- 8:55.0 Joel Jamison(Oxy)
- 8:55.8 Carey Simons(CSLA)
- 8:57.0 Mark Luevano(UCLA)
- 8:57.6 Gary Nitti(UCLA)
- 8:58.0 Brad Duffy(Cal)
- 8:58.8 Roy Kissin(Stan)
- 9:00.0 Dave Taylor(Oregon)
- 9:01.0 Terry Williams(Oregon)
- 9:01.0 Jeff Parietti(Stan)
- 9:01.0 Gary Blume(Cal)
- 9:01.4 Dan Gruber(SJS)
- 9:01.8 Rich McCandless(LBS)
- 9:02.4 Ed Chaidez(CSUN)
- 9:03.2 Bitterly(Oxy)
- 9:05.0 Doug Boswell(UCLA)
- 9:05.0 Sweeney(UCD)
- 9:05.4 Brian Hunsacker(UCI)
- 9:06.0 Jon Sisler(Oxy)
- 9:06.6 Jim Hartig(Fresno Pac)
- 9:08.6 Burgess(LBS)

100 METER DASH

- 10.0 Ron Whitaker(SJS)
- 10.2 James Gilkes(USC)
- 10.3 John McCollum(BAS)
- 10.3 Chris Garpenborg(Macc)
- 10.3 Joel Andrews(USC)
- 10.4 Guy Abrahams(Macc)
- 10.4 Marion McCoy(AATC)
- 10.4 Jeff Williams(LBS)
- 10.4 Ken Randle(USC)
- 10.4 Mike Simmons(USC)
- 10.4 Rich Graybehl(USC)
- 10.4 Leon Brown(Tobias)
- 10.4 Ray Clark(HaySt)
- 10.4 Clayton Smith(HaySt)
- 10.5 Wes Walker(Cal)
- 10.5 Willy Deckard(AATC)
- 10.5 Rickie Jackson(LBS)
- 10.5 Don Miller(SDS)
- 10.5 Mike Farmer(SJS)
- 10.5 Mark Lutz(PCC)
- 10.5 Don Livers(SJS)
- 10.5 Mike Fray(Macc)
- 10.5 Mel Watson(SJS)
- 10.5 Jim Kemp(AATC)
- 10.5 Paul Brown(Westmont)
- 10.5 Clancy Edwards(Macc)
- 10.5 Payton(BAS)

- 20.7 Joel Andrews(USC)
- 20.7 Mike Simmons(USC)
- 20.7 James Gilkes(USC)
- 20.8 Ken Randle(USC)
- 20.8 Harold Williams(SDS)
- 21.0 Bennie Myles(ICLA)
- 21.0 Greg County(LBS)
- 21.0 Don Miller(SDS)
- 21.0 Clancy Edwards(Macc)
- 21.0 Jeff Williams(LBS)
- 21.0 Ron Whitaker(SJS)
- 21.1 Sam Young(Oxy)
- 21.1 Steve Smith(P-P)
- 21.2 Bob Triplett(SJS)
- 21.2 Albert Shorts(LBS)
- 21.2 Rickie Jackson(LBS)
- 21.2 Leon Brown(Tobias)
- 21.2 Wallace(Cal)
- 21.3 Ray Clark(HaySt)
- 21.3 Marvin Holmes(Stan)
- 21.3 John LeGrande(HaySt)
- 21.3 Alan Sheats(Stan)
- 21.3 James Lofton(Stan)
- 21.3 Paul Brown(Westmont)

200 METER DASH wind aided

- 20.3 James Gilkes(USC)
- 20.4 Clancy Edwards(Macc)
- 20.5 Ken Randle(USC)
- 20.7 Ron Whitaker(SJS)
- 20.7 Leon Brown(Tobias)
- 20.7 John Pettus(BAS)

THREE MILE RUN

- 13:25.8 Tony Sandoval(Stan)
- 13:32.4 Dave Taylor(Oregon)
- 13:37.8 Ralph Serna(UCI)
- 13:40.6 Terry Williams(Oregon)
- 13:43.2 Bob Thomas(UCLA)
- 13:45.8 Brad Duffy(Cal)
- 13:46.2 Gordon Innes(Un)
- 13:46.2 Ron Elijah(HumSt)
- 13:49.8 Ed Chaidez(CSUN)
- 13:50.8 Jeff Parietti(Stan)
- 13:55.0 Pat Curran(CSUN)
- 13:57.4 Bob Tillman(UCI)
- 13:57.4 Carey Simons(CSLA)
- 13:58.6 Roy Kissin(Stan)
- 13:59.2 Jack Bellah(Stan)
- 14:00.2 Brian Hunsacker(UCI)
- 14:00.2 Cole (HumSt)
- 14:02.2 Reuben Amaha(OSU)
- 14:04.8 Steve Acuff(SDS)
- 14:07.0 Gary Nitti(UCLA)
- 14:07.0 Anthony Reynoso(CP/SLO)
- 14:09.6 Gil Esparza(BoiseSt)
- 14:11.8 Jim Hartig(Fresno Pac)
- 14:12.8 Phil Horn(CSUN)
- 14:12.8 John Armstrong(P-P)

1500 METER RUN

- 3:38.9 Paul Cummings(Tobias)
- 3:40.4 Steve Scott(UCI)
- 3:41.2 Larry Lawson(Tobias)
- 3:43.0 Mark Schilling(Unat)
- 3:43.0 Len Hilton(PCC)
- 3:45.7 Dennis Caldwell(Azusa)
- 3:45.8 James Robinson(Cal)
- 3:45.8 Steve Beck(UCLA)
- 3:46.2 Rayfield Beaton(USC)
- 3:47.3 Ralph Serna(UCI)
- 3:47.7 Dan Aldridge(USC)
- 3:47.7 Terry Cotton(Ariz)
- 3:47.8 Rudy Kraus(Macc)
- 3:47.8 Andy Clifford(Cal)
- 3:48.2 Fields
- 3:48.6 Tony Sandoval(Stan)
- 3:49.0 Gary Nitti(UCLA)
- 3:49.3 Mark Luevano(UCLA)
- 3:49.6 Koeniga(UCI)
- 3:49.6 Tom Kovacich(UCI)
- 3:49.7 Bay(Cal)
- 3:49.9 Rusty Nahirney(SJS)

5000 METER RUN

13:50.8 Dave Babiracki(SFVTC)
 13:51.4 Terry Williams(Oregon)
 13:52.0 Tom Bryant(SMTC)
 13:53.2 Tony Sandoval(Stan)
 13:59.4 Dave Taylor(Oregon)
 14:00.6 Dan Gruber(SJS)
 14:04.8 Ralph Serna(UCI)
 14:14.0 Gil Esparza(BoiseSt)
 14:14.4 Bob Thomas(UCLA)
 14:16.8 Brian Hunsacker(UCI)
 14:17.8 Brad Duffy(Cal)
 14:17.8 Benton Hart(BYU)
 14:20.0 Jim VanDine(BoiseSt)
 14:20.2 Jeff Parietti(Stan)
 14:23.2 Pat Curran(CSUN)
 14:24.4 Bob Tillman(UCI)
 14:27.0 Gary Blume(Cal)
 14:28.0 Guy Arbogast(WSU)
 14:30.0 Rich McCandless(LBS)
 14:30.6 Chris Cole(HumSt)
 14:33.2 Peter Sweeney(UCD)
 14:33.8 Joel Jamison(Oxy)
 14:35.0 Gary Nitti(UCLA)
 14:35.0 Steve Scott(UCI)

10,000 METER RUN

28:25.2 Ed Mendoza(Ariz)
 28:37.0 Gary Tuttle(Tobias)
 28:55.6 Tony Sandoval(Stan)
 29:05.8 Terry Williams(Oregon)
 29:28.0 Bobby Grubbs(ColoSt)
 29:34.8 Tom Bryant(SMTC)
 29:50.0 Chuck Smead(HumSt)
 29:55.0 Dan Gruber(SJS)
 29:58.8 Ed Chaidez(CSUN)
 30:02.2 Jim Hartig(Fresno Pac)
 30:22.6 Rich McCandless(LBS)
 30:23.0 Jim Warrick(CP/SLO)
 30:28.0 Dave Taylor(Oregon)
 30:31.2 Anthony Reynoso(CP/SLO)
 30:32.4 Peter Sweeney(UCD)
 30:38.0 Doran(SBAA)
 30:41.2 Jack Bellah(Stan)
 30:46.0 Paul Wright(CSUN)
 30:47.4 Guy Arbogast(WSU)
 30:55.8 Roy Kissin(Stan)
 30:56.0 Grover Prowell(SJS)
 30:56.0 Angelo Martinez(UCD)

110 METER HIGH HURDLES

13.5 James Owens(UCLA)
 13.5 Robert Gains(UW)
 13.6 Mike Johnson(USC)
 13.6 Tom Andrews(USC)
 13.6 Derek Ligons(BAS)
 13.6 Dedy Cooper(SJS)
 13.7 Delario Robinson(AATC)
 13.7 Jerry Wilson(Tobias)
 13.7 Fred Shaw(USC)
 13.7 John Foster(Stan)
 13.7 Carl Florant(Cal)
 13.8 George Carty(BAS)
 13.9 John Peterson(LBS)
 13.9 Pete Austin(SJS)
 13.9 McKinley Mosley(Cal)
 14.0 Clim Jackson(Macc)
 14.0 Paul White(LBS)
 14.0 Davie(UCLA)
 14.1 Steve Smith(P-P)
 14.1 Kirtman(WVTC)
 14.1 Tom White(Macc)

52.1 Mike Johnson(USC)
 52.1 Roesky (Cal)
 52.1 Bill Cheadle(UCI)
 52.3 Orr(P-P)
 52.3 Fullerton(Cal)
 52.5 Ron Whitney(Tobias)

LONG JUMP

27-4 3/4 Arnie Robinson(Macc)
 26-7 1/4 Randy Williams(Tobias)
 26-5 Bouncy Moore(Macc)
 25-10 3/4 Danny Seay(PCC)
 25-10 1/2 Tommy Haynes(Army)
 25-8 1/2 James Lofton(Stanford)
 25-8 1/2 Willie Banks(UCLA)
 25-8 1/4 Stanford Brewer(LBS)
 25-7 Dan Carter(SJS)
 25-5 1/2 Al Lanier(Army)
 25-5 1/2 Curtis Davis(WVTC)
 25-4 1/4 Gerald Hardeman(USC)
 25-3 Hollis(LBS)
 25-1 1/2 Mark Givens(LBS)
 24-11 John LeGrande(HaySt)
 24-10 Reggie Huey(SJS)
 24-8 3/4 Chuck Steffes (WVTC)
 24-7 3/4 Elliot Thomas(AATC)
 24-7 3/4 Whitley(Cal)
 24-6 1/2 Greg Magee(LBS)
 24-5 3/4 McClellum(WVTC)
 24-3 1/2 Mitchell (UCI)
 24-1 1/4 Jerry Herndon(UCLA)
 24-1 1/4 Fred Assef(USC)

3000 METER STEEPLECHASE

8:32.8 Don Timm(AIA)
 8:47.4 Reuben Amaya(OSU)
 8:48.6 Gordon Innes(UCLA)
 8:58.4 Jack Bellah(Stan)
 9:02.6 Barry Anderson(HumSt)
 9:03.0 Sisler(Oxy)
 9:03.8 Mark Luevano(UCLA)
 9:04.6 Howard Burgess(LBS)
 9:05.0 Karl Schaechterle(Chico)
 9:07.0 Wayne Hurst(SJS)
 9:08.0 Berquist(UCD)
 9:08.0 Ron Elijah(HumSt)
 9:08.2 Pat Curran(CSUN)
 9:08.4 Stacey Geiken(Stan)
 9:12.4 Mike Cour(SDS)
 9:12.6 Bryan Foley(FSU)
 9:13.6 Davis(UCD)
 9:14.2 Ted VanArsdale(PtLoma)
 9:14.8 Rich Hart(CSUN)
 9:16.0 Bob Slick(UCI)
 9:18.8 Ed Abelmeyer(UCI)

wind aided

13.5 McKinley Mosley(Cal)
 13.5 George Carty(WVTC)
 13.6 Derek Ligons(BAS)

SIX MILE RUN

28:26.0 Tony Sandoval(Stan)
 28:32.6 Ed Mendoza(Ariz)
 29:08.6 Jim Hartig(Fresno Pac)
 29:24.0 Ed Chaidez(CSUN)
 29:32.8 Anthony Reynoso(CP/SLO)
 29:32.8 Jim Warrick(CP/SLO)
 29:50.0 Paul Wright(CSUN)
 29:55.8 Grover Prowell(SJS)
 30:00.6 Carey Simons(CSLA)
 30:07.2 Tim Earle(Westmont)
 30:21.0 Mike Jurkovich(FSU)
 30:26.0 Bill Entz(CSUN)

400 METER INTERMEDIATES

48.5 Tom Andrews(USC)
 48.6 Jim Bolding(PCC)
 48.6 Quentin Wheeler(SDS)
 48.8 Ralph Mann(Tobias)
 49.0 Wes Williams(MM)
 49.3 Jim King(Macc)
 49.5 Dedy Cooper(SJS)
 50.0 Gene Taylor(Oxy)
 50.0 Phillop Mills(UCLA)
 50.2 Grant Niederhaus(UCLA)
 50.2 Craig Caudill(PCC)
 50.5 Rich Graybehl(USC)
 50.5 Bob Casselman(PCC)
 50.5 Bart Williams(CP/SLO)
 50.5 Otis Fisher(LBS)
 51.7 Steele(ColoSt)
 51.7 Jim Wyatt(SJS)
 51.7 Turner(CSLA)
 52.1 Fred Shaw(USC)

TRIPLE JUMP

56-4 1/2 James Butts(Tobias)
 55-5 3/4 Tommy Haynes(Army)
 54-7 1/2 Caleb-Abdul Ra...n(Tobias)
 54-5 3/4 Rayfield Dupre(Army)
 54-1 1/2 Willie Banks(UCLA)
 53-10 Tom Cochee(USC)
 52-8 1/2 Anthony Terry(UCI)
 52-1 Bill McClellon(WVTC)
 52-0 Greg McGee(LBS)
 51-11 Chuck Steffes(UCI)
 51-10 3/4 Fred Assef(USC)
 51-9 3/4 Robert Reader(Unat)
 51-6 1/2 Larry Johnson(SJS)
 51-5 1/2 Harry Freeman(AATC)
 51-0 Scott (LBS)

30:00.6	Carey Simons(CSLA)	9:08.4	Stacey Geiken(Stan)	50.2	Grant Niedernaus(UCLA)	56-4 $\frac{1}{2}$	James Butts(Tobias)
30:07.2	Tim Earle(Westmont)	9:12.4	Mike Cour(SDS)	50.2	Craig Caudill(PCC)	55-5 $\frac{3}{4}$	Tommy Haynes(Army)
30:21.0	Mike Jurkovich(FSU)	9:12.6	Bryan Foley(FSU)	50.5	Rich Graybehl(USC)	54-7 $\frac{1}{2}$	Caleb-Abdul Ra...n(Tobias)
30:26.0	Bill Entz(CSUN)	9:13.6	Davis(UCD)	50.5	Bob Casselman(PCC)	54-5 $\frac{3}{4}$	Rayfield Dupre(Army)
		9:14.2	Ted VanArsdale(PtLoma)	50	Bart Williams(CP/SLO)	54-1 $\frac{1}{2}$	Willie Banks(UCLA)
		9:14.8	Rich Hart(CSUN)	51.5	Otis Fisher(LBS)	53-10	Tom Cohee(USC)
		9:16.0	Bob Slick(UCI)	51.7	Steele(ColoSt)	52-8 $\frac{1}{2}$	Anthony Terry(WTC)
		9:18.8	Ed Abelmeyer(UCI)	51.7	Jim Wyatt(SJS)	52-1	Bill McClellon(WTC)
				51.7	Turner(CSLA)	52-0	Greg McGee(LBS)
				52.1	Fred Shaw(USC)	51-11	Chuck Steffes(LBS)

photo by Dave Stock



MAC WILKINS

photo by Dave Stock



MIKE TULLEY

HIGH JUMP

7-7 $\frac{1}{4}$	Dwight Stones(LBS)
7-3	Clarence Frazier(CSUN)
7-3	Rory Kotinek(PCC)
7-3	Rey Brown(AATC)
7-2 $\frac{1}{4}$	Joe Phillips(Chapman)
7-1 $\frac{3}{4}$	Dave Haber(HaySt)
7-1 $\frac{3}{4}$	Tom Woods(PCC)
7-1	Owens(Tobias)
7-1	Jason Weisler(UCLA)
7-1	Murphy(Cal)
7-0 $\frac{1}{4}$	Bill Heitchew(LBS)
7-0 $\frac{1}{4}$	James Geddes(SDS)
7-0	Tim Walker(USC)
7-0	Schur(Macc)
7-0	Dave Friday(HaySt)
6-11 $\frac{3}{4}$	Connors(USC)
6-10 $\frac{1}{4}$	Weeks(Callu)
6-10	Keith Nelson(SJS)
6-10	Rick Yttervick(Chico)
6-10	Ed Miller(Cal)
6-10	Hill(CSLA)
6-10	Tom Malvino(SJS)
6-9 $\frac{1}{4}$	Jim Pavor(UCLA)
6-9	Greg Arcidiancano(HaySt)
6-9	Jim Brown(SFS)
6-8 $\frac{1}{2}$	Chumley(CP/Pom)

DISCUS

POLE VAULT

18-1½ Russ Rodgers(USC)
 18-1 Don Baird(LBS)
 17-10¼ Mike Tully(UCLA)
 17-8½ Bob Pullard(AATC)
 17-6 Ron Mooers(Tobias)
 17-4 3/4 Larry Jesse(Macc)
 17-4 Dan Ripley(PCC)
 17-2 Isaksson(Tobias)
 17-2 Jim Knaub(LBS)
 17-2 Roger Martin(SJS)
 17-1½ Mike Sabatino(UCI)
 17-1¼ Tom DiStanislao(USC)
 17-1 Steve Hardison(AIA)
 17-0¼ Larry Hintz(Cal)
 17-0 Cassey Carrigan(PCC)
 16-9 Darryl Robinson(HaySt)
 16-8 3/4 Jon Vaughn(Tobias)
 16-8 3/4 Mike Weidey(BAS)
 16-8 3/4 Greg Miguel(Tobias)
 16-8 John Kwan(USC)
 16-7 Jeff Taylor(Tobias)
 16-7 Zock (UCSB)
 16-6 3/4 Kirk Bentz(CSUN)
 16-6 Tim Curran(UCLA)

232-6 Mac Wilkins(PCC)
 221-7 John Powell(PCC)
 211-4 Ken Stadel(SJStars)
 203-3 Miles Lister(Tobias)
 202-0 Ralph Fruguglietti(USC)
 201-8 Dave Voorhees(Oregon)
 200-5 Larry Kennedy(Unat)
 199-3 Mike Weeks(SJS)
 195-0 Darrell Elder(USC)
 194-3 Jim Penrose(Unat)
 192-0 Jim Howard(Westmont)
 191-10 Dan Gardner(Macc)
 190-9 Rich Gunther(UCLA)
 186-0 Ray Burton(Oregon)
 185-5 Dave Weber(Unat)
 184-1 Art McCollum(BAS)
 184-0 Steve Albright(CSUN)
 183-8 Fritz Coffman(LBS)

234-11 Jarvis(Whittier)
 228-8 David Krough(SJS)
 226-7 Carlos Omphroy(Tobias)
 224-7 Eilenberg(UCI)
 223-3 Bill Staengel(SJS)
 221-8 Jim Feeney(Unat)
 221-8 Tony Garelli(SJStars)
 219-2 John Macrorie(Stan)
 218-5 Steve Zotovich(LBS)
 218-4 Biksa(Cal)
 215-9 Mauricio Bardales(UCI)
 215-1 Ken Budlong(Tobias)
 214-3 Bob Myers(Chico)
 213-9 Mike Spoolstra(LBS)
 213-8 Davis(Redlands)
 213-0 Rihn(Callu)
 211-11 McShane(Callu)
 211-1 Mike Nix(FSU)

400 METER RELAY

39.3 USC
 39.6 UCLA
 39.9' San Jose State
 40.1 Maccabi TC
 40.3 Cal Berkeley
 40.4' San Diego State
 40.5 All American TC
 40.5' Stanford
 40.7 Cal State LA
 40.8 Bay Area Striders
 40.9' Hayward State
 41.1 U.S. Army
 41.2 West Valley TC
 41.2 UC Irvine
 41.4' Fresno State
 41.6 Cal Poly SLO
 41.8 Occidental
 42.0' Fresno Pacific
 42.0 Cal Poly Pomona
 42.0' Cal State Bakersfield
 42.1' Westmont
 42.1' Cal State Northridge
 42.2' San Francisco State
 42.2 Sacramento State
 42.2' Univ. Santa Clara
 42.2 Chico State
 42.2' Cal Lutheran



MILE RELAY

' = 1600 meter time plus 1.1

3:05.0' Cal Berkeley
 3:06.1 USC
 3:07.3 UCLA
 3:09.0' Long Beach State
 3:09.1 San Diego State
 3:10.4 Cal Poly SLO
 3:10.8 Stanford
 3:11.0 Occidental
 3:11.6 San Jose State
 3:13.2 Cal State San Fran
 3:13.5 U.S. Army
 3:14.4 UC Irvine
 3:15.4 Cal State Bakersfield
 3:15.9 Sacramento State
 3:16.1 Fresno State
 3:16.3 Beverly Hills Striders



photo by Dave Stock

RANDY WILLIAMS

SHOT PUT

71-8 $\frac{1}{2}$	Terry Albritton(Haw)
69-11	Al Feuerbach(PCC)
69-2 $\frac{3}{4}$	George Woods(PCC)
68-9 $\frac{1}{4}$	Pete Shmack(Tobias)
65-9	Ron Semkiw(SJS)
65-5 $\frac{3}{4}$	Mac Wilkins(PCC)
65-2 $\frac{1}{2}$	Richard Marks(WVTC)
64-0	James Neidhart(UCLA)
63-9	Mike Weeks(SJS)
63-5 $\frac{3}{4}$	Mike Budincich(USC)
60-11 $\frac{1}{4}$	Kent Pagel(Macc)
60-6 $\frac{1}{2}$	Steve Albright(CSUN)
58-9 $\frac{1}{2}$	Jim Howard(Westmont)
57-9 $\frac{1}{4}$	Ralph Fruguglietti(USC)
57-3 $\frac{1}{2}$	Bret Mannon(Cal)
57-1 $\frac{1}{2}$	David Kurrasch(UCLA)
56-6 $\frac{1}{4}$	Fritz Coffman(LBS)
56-5 $\frac{1}{2}$	Jean Beaudry(SDS)
56-4	Jan DeSoto(SacSt)
55-11 $\frac{3}{4}$	Bruce Rothschild(CSUN)
55-0	Brad Slinkard(Stan)
54-11	Kelvin Gebbs(CSUN)
53-11 $\frac{1}{2}$	Bob Feuerbach(Unat)
53-10	Goldhammer(UCSB)
53-9 $\frac{1}{2}$	Brad Vassar(UCLA)



photo by Dave Stock

JOHN WARKENTIN

HAMMER THROW

182-3	Jay Pushkin(ASU)	228-0	Bill Diehl(Army)
178-11	Brad Nave(WVTC)	226-11	Peter Farmer(Macc)
176-6	Ron Semkiw(SJS)	218-5	Bill Shuff(Army)
176-4	Bill Harvey(UCLA)	214-8	George Frenn(Macc)
176-2	Steve Frankiewich(Chico)	212-1	Peter Galle(Macc)
173-3	Goldhammer(UCSB)	201-7	McKenzie(WVTC)
171-10	Scott Overton(Cal)	201-5	Marl Murray(WSU)
		195-2	Ed Arcaro(Tobias)
		191-8	Don Dyer(HaySt)
		190-9	Mark Sawyer(HaySt)
		185-5	Aldo Congi(SJS)
		183-9	Casey Ballway(Macc)
		180-1	Ken Brown(Biola)
		179-7	Ward Sorenson(FSU)
		177-10	Ray Burton(Oregon)
		173-8	Fritz Coffman(LBS)
		171-10	Joe Briski(SDS)
		167-10	Mark Mizuki(SacSt)
		166-2	Schrader(UCI)
		162-4	Tom Allison(CSUN)
		159-0	Les Szelle(SFS)
		158-4	Dale Zimmerman(CSUN)
		157-2	Brian Smith(Chico)
		156-2	Wigton(CalLu)
		154-0	Tim Gaffney(Azusa)

JAVELIN

263-8	Bill Schmidt(PCC)
250-8	Larry Stuart(Tobias)
244-0	Ken Johnson(WVTC)
242-1	Jim Pearce(Tobias)
241-7	Michael Packer(SDS)
239-11	Mike Helsby(USC)
238-8	Bob Orell(P-P)
235-7	Bruce Kennedy(SJStars)

3:05.0'	Cal Berkeley
3:06.1	USC
3:07.3	UCLA
3:09.0'	Long Beach State
3:09.1	San Diego State
3:10.4	Cal Poly SLO
3:10.8	Stanford
3:11.0	Occidental
3:11.6	San Jose State
3:13.2	Cal State Fullerton
3:13.5	U.S. Army
3:14.4	UC Irvine
3:15.4	Cal State Bakersfield
3:15.9	Sacramento State
3:16.1	Fresno State
3:16.3	Beverly Hills Striders
3:17.4'	San Francisco State
3:19.0	Cal State Northridge
3:19.1	Cal Poly Pomona

DECATHLON

8618	Bruce Jenner(SJStars)
8294	Fred Dixon(Tobias)
7960	Roger George(Tobias)
7842	John Warkentin(Tobias)
7749	Ron Evans(Tobias)
7625	Rex Harvey(USAF)
7572	Bob Coffman(Tobias)
7550	Jim Scbiesieczyk(CW)
7443	Ed Miller(Cal)
7386	Steve Alexander(UCLA)
7219	Lineweaver(Unat)
7184	Chris Adsit(AIA)
7179	Bruce Koppersmith
7073	Andren(CSLA)
7057	Joe Hippensteel(FSU)
6999	Bill Waters(Pt.Loma)
6985	Marricio Bardales(UCI)
6852	Albritton(Unat)
6777	Bayles(LBS)
6708	Tim Buckwalter(Westmont)
6674	Bob Myers(Chico)
6668	Ed Barber(Fresno Pac)
6650	Tom Byron(FSU)
6536	Bob LaHaye(Chico)
6461	Steve LeVa(FSU)
6373	Lind(CSUN)
6288	Jeff Scruggs(UCD)
6282	Marty Capron(Chico)

TRAINING & TECHNIQUE

by VERN GAMBETTA



VERN GAMBETTA is track and cross country coach at Santa Barbara High School. He also served as assistant track coach at Stanford University, and has written a book on the hurdles and steeplechase. Vern is still a very active competitor in the decathlon.

way, it is necessary to take into account individual differences such as body structure, speed, strength, coordination, balance, rhythm, etc. After examining these factors, one can develop a personal style.

Tom Ecker, international expert on dynamics, states: "Good coaching requires an ever growing understanding in three completely different scientific areas: physiology (training), psychology (behavior), and dynamics (technique). Through this column, I hope to encourage more application of scientific principles to coaching. It is hard to break down traditional techniques and ideas, especially when you have been successful with those methods. I have found this to be true in my own coaching and training. But, there are many things that we as coaches and athletes have done and continue to do that are mechanically and physiologically unsound. We must be open to change. Change is uncomfortable, tradition dies hard, especially when, as a country, we have had the success in track and field that we have enjoyed. I became convinced that we needed a change when I attended the first AAU sponsored Learn By Doing Clinic in Sacramento in 1972. Fred Wilt, the clinic director, and his staff constantly stressed the fact that there are certain physiological and mechanical principles that cannot be refuted. All technique and training should be based on these principles. This is the viewpoint that I will present.

This column will vary in format. The most common format will be the straight information article. I also plan interviews with coaches and athletes. There will be an occasional question and answer format with readers providing the questions and answers.

interested in track and field, the Olympics are still the ultimate, despite much criticism to the contrary. The absence of the African athletes did taint the Games somewhat, but I doubt that any of the gold medal results would have changed. There is no doubt that with the Africans present, the pace would have been faster from the 1500 meters on up.

Being present in Montreal, I was somewhat oblivious to the criticism leveled in the media concerning the "disappointing" U.S. performances. I did not become aware of this criticism until I got back home and people began to ask me what had happened. After a month of reflection, I can honestly answer that the U.S. men did as well as could be expected. The women really did not fair that badly. It is just that they ran into a superbly prepared juggernaut in the East German women. According to Don Potts, track and field statistical expert, on scoring the top six places in men's track, the U.S. still came out on top. The simple fact is that the U.S. is not slipping but the rest of the world is catching up.

This is not to imply that everything is fine in the U.S. The fact remains that just to maintain the status quo, the U.S. has to change. The European and Eastern Bloc nations take an entirely different approach than we do in the U.S. To them, the Olympics and major championships are the most important. They point their workouts and choose their meets with these in mind. The Olympics, especially, are a source of a great deal of national pride and accomplishment.

In the popular press and among the athletes, the most common reason given for the European and Communist success

their school careers are over. They are provided jobs that enable them to train and earn a living. There is an extensive club system with technically knowledgeable coaching available. The training systems are geared to prepare the athletes for the big meets. In many countries, there are regional and national training centers available. Many nations have full time national and regional coaches. Especially in the Communist Bloc nations, sport scientists, doctors, researchers and coaches work closely in planning and monitoring training.

We, as a nation, probably have the best base of talent in the world. What other nations could have left 26'+ long jumpers and 55'+ triple jumpers at home? The point is that we cannot continue to squander our talent. We must have a national plan of development that encompasses men and women and extends from junior athletes to post collegiate athletes. Hopefully this plan could be implemented with the minimum of government involvement. I would hope that private industry could get involved by sponsoring clubs and providing jobs for athletes so that they could continue competing after graduation from college.

A permanent national coaching staff should be chosen. These national coaches should be assisted by regional coaches and special event coaches. A national coaching scheme should be developed in order to provide for certification of coaches at all levels.

Several national training centers should be established with physiological testing facilities available where sports scientists and doctors would interpret results and help the athletes. Regional centers could be set up near population centers so that weekend training camps and clinics could be held to aid development. Existing collegiate facilities could be used for these training centers.

A classification system for athletes should be set up in order to identify potential national team members and future junior prospects. Juniors should be encouraged to participate in track and field.

VERN GAMBETTA is track and cross country coach at Santa Barbara High School. He also served as assistant track coach at Stanford University, and has written a book on the hurdles and steeplechase. Vern is still a very active competitor in the decathlon.

The purpose of this column is to make available the latest ideas and theories concerning training and technique for all track and field events. Scientific and sports journals offer a tremendous amount of information in these areas. In this column I hope to interpret and simplify this information so that you as coaches and athletes can apply it directly to your training program.

Oftentimes when information reaches the coach and athlete it arrives in bits and pieces. We hear exorbitant claims made for training methods and techniques without fully understanding the basis or background. This leads to much misunderstanding and misinformation. A good example of this is carbohydrate loading. Many claims have been made for this type of diet. Some of them are true but many are not. Research has proven that it can only benefit athletes competing in endurance events - events lasting 30 minutes and longer. Yet I have seen quarter milers, half milers, and milers load up on carbo, hoping to improve their performance. A clear, concise explanation of the why and how of carbohydrate loading could prevent this misuse.

I intend to depart from the traditional "how they train" presentation of outstanding athletes' success and take an in-depth look at why they train and why they are successful. The logic behind a particular method's success is of more practical use to someone attempting to learn how to do something. In evaluating why an athlete trains a certain

needed a change when I attended the first AAU sponsored Learn By Doing Clinic in Sacramento in 1972. Fred Wilt, the clinic director, and his staff constantly stressed the fact that there are certain physiological and mechanical principles that cannot be refuted. All technique and training should be based on these principles. This is the viewpoint that I will present.

This column will vary in format. The most common format will be the straight information article. I also plan interviews with coaches and athletes. There will be an occasional question and answer format with readers providing the questions and various coaches and athletes providing the answers. Another format will be the pro and con type article such as: the Flop versus the Straddle, Spin Shot technique versus the traditional, or LSD versus Intervals. In each article I plan to briefly review a current article or book dealing with technique or training. Future articles will cover the following topics: principles of training and planning training; plyometric training; twice-a-day training for distance runners; training and competing in heat and humidity. Suggestions for further topics, criticisms, and general reader response is encouraged and appreciated.

Two new books to aid in establishing good scientific principles are:

Track & Field Technique through Dynamics, by Tom Ecker, published by Tafnews, Los Altos, Calif, 1976. This is a sequel to his highly informative **Track and Field Dynamics**. The first book explained the laws of dynamics. This sequel applies the laws of dynamics to each event in track and field. It is an excellent guide for the coach and athlete. It is very clearly illustrated with superb pictures.

Physiology and Physical Activity, by Brian J. Sharkey, published by Harper & Row, 1975. This is a good introduction to physiology of exercise. It serves as a guide for the coach and athlete seeking an understanding of the physiological principles underlying training. It has a very good chapter on the physiology of training.

I was fortunate enough to see my first Olympics in Montreal. For anyone

the world is catching up. This is not to imply that everything is fine in the U.S. The fact remains that just to maintain the status quo, the U.S. has to change. The European and Eastern Bloc nations take an entirely different approach than we do in the U.S. To them, the Olympics and major championships are the most important. They point their workouts and choose their meets with these in mind. The Olympics, especially, are a source of a great deal of national pride and accomplishment.

In the popular press and among the athletes, the most common reason given for the European and Communist success is the fact that the athletes are subsidized by the government. I feel that this is taking a very simplistic attitude. The fact is that the government subsidy is just a part of a superb organizational plan where very little is left to chance.

Contrast our system to theirs. Coaches are certified. Physiological testing is made available and used extensively in order to set up training programs. Athletes are encouraged to continue participation in athletics after

Several national training centers should be established with physiological testing facilities available where sports scientists and doctors would interpret results and help the athlete. Regional centers could be set up near population centers so that weekend training camps and clinics could be held to aid development. Existing collegiate facilities could be used for these training centers.

A classification system for athletes should be set up in order to identify potential national team members and future junior prospects. Juniors should be encouraged to participate in track and be given a sound technical foundation. Along with this classification system, a better method of selecting the Olympic team should be determined so that we are assured of selecting our best possible team.

These thoughts are very idealistic. They would require a radical departure from our present system and would demand tremendous financial subsidies. If even one-fourth of these ideas could be implemented we would be that much farther ahead of where we are now.

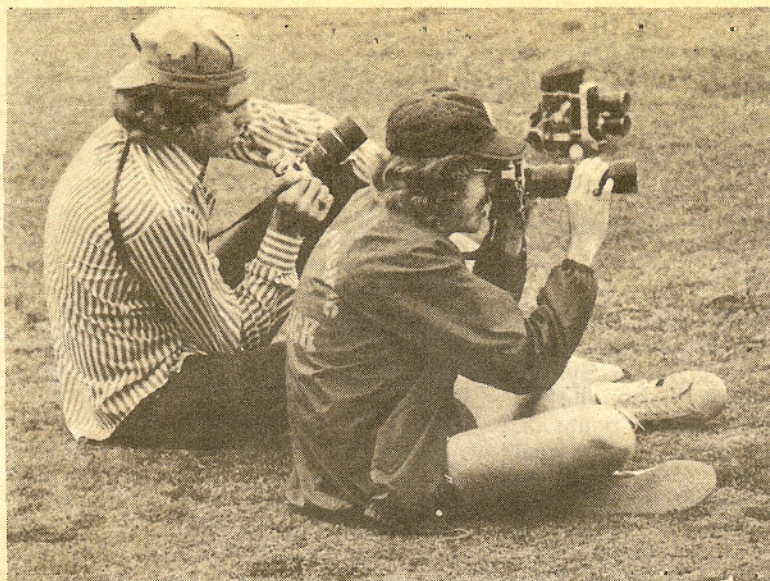


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California Track News photographers have been busy.

photo by Dave Stock

PHOTOS

Now you can have pictures of the Olympic and U.S. track & field greats of today. These are not posters printed on inexpensive paper but quality glossy prints suitable for framing.

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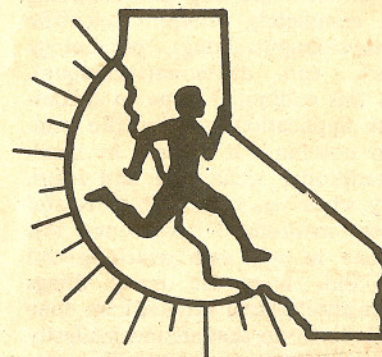


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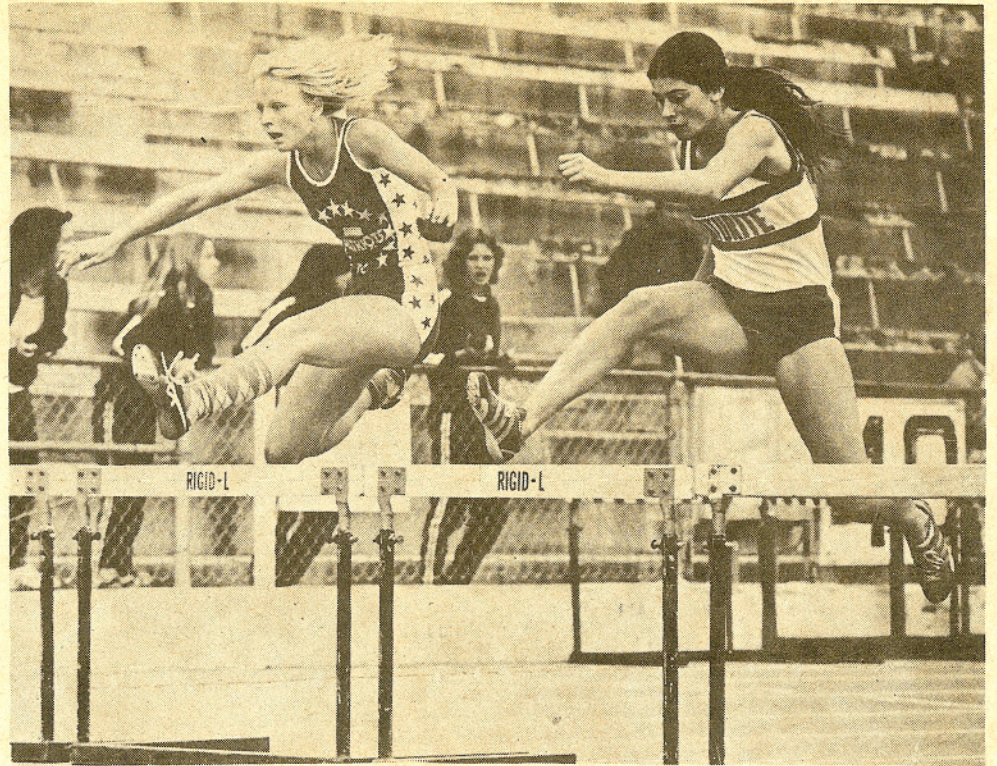


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OLYMPICS

OLYMPIC TRIALS

AAU CHAMPIONSHIPS

HIGH SCHOOL STATE MEET

OTHER MAJOR MEETS

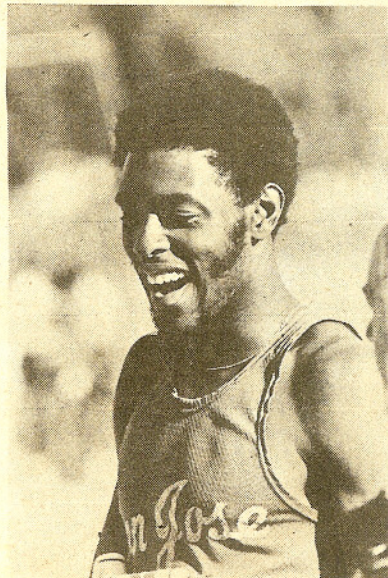


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California MASTERS 1976 Top Marks

by: PERCY KNOX

100

(30-39)

John Carlos (BHS) 31	10.3m
Walt Butler (BHS) 34	9.8y
Ken Dennis (CDM) 39	10.0y
Willie Roberson (LAPD)	10.1y
Dave Segal (CDM) 39	10.1y
Hugh Adams (CDM) 36	10.3y
Dan Greenwell (un)	10.3y
Hillard Sumner (BHS) 31	11.2m
Bob Simmons (BHS)	10.4y
Ted Cain (BHS) 38	11.45m
Terry Cannon (CDM)	10.6y
Lindsay Harmon (LAPD)	10.6y

(40-49)

Percy Knox (CDM) 42	9.9y
Van Parish (NCS) 42	11.1m
Dick Newton (BHS) 42	10.3y
George Waterman (CDM) 41	10.4y
Ted Vick (CDM) 46	10.7y
Jim Parks (STC) 42	10.7y
Tony Nasaralla (STC) 44	10.7y
Dick Marlin (NCS) 46	10.7y
Hans Bruhner (NCS) 42	10.7y
Bob Radford (CDM) 44	10.8y
Dick Glasgow (SDTC) 40	11.75m
Bruce Springbett (NCS)	11.8m

(Rolling Start)

Walt Butler (BHS) 34	9.6
George Waterman (CDM) 41	10.2
Ted Vick (CDM) 46	10.5
Bob Radford (CDM) 44	10.5

(50-59)

Payton Jones (CDM) 59	11.7m
Bob Watana (STC) 50	10.8y
Tom Patoalis (CDM) 54	11.0y
Al Guidet (CDM) 58	11.1y
Pete Fetter (CDM) 55	12.1m
Bob Cooper (NCS)	11.3y
Bob Roemer (NCS)	11.3y
Wayne Ambrose (CDM) 57	12.5m
Tom Clayton (CDM) 51	12.6m
Bob Hunt (BHS)	12.7m
Wilbur Buchanan (SFV) 53	12.7m

(60+)

Joe Caruso (STC)	13.7m
Sing Lum (STC) 72	13.7y

(60+)

Sing Lum (STC) 72	31.1m
Winfield McFadden 71	31.7m

(Relay Legs)

Hillard Sumner (BHS) 31	21.7y
Ken Dennis (CDM) 39	21.9y
Walt Butler (BHS) 34	22.2y
Percy Knox (CDM) 42	22.5y

(40-49)

Jim Parks (STC) 42	2:06.9m
Gay Kalchschmid (BFV)	2:10.5y
Don Palmer (CDM)	2:13.0y
John Weldy (ARR)	2:15.9y

110 METER HIGH HURDLES

(30-39)

Walt Butler (BHS) 34	14.1
Larry Sallinger (CDM) 31	14.1
Hugh Adams (CDM) 36	14.9
Al Henry (CDM) 38	15.0
Chuck Gustafson (un)	15.0

(40-49)

Dave Jackson (CDM) 44	15.6
Van Parish (NCS) 42	16.4
Bill Adler (BHS) 43	16.8

(50-59)

Tom Patsalis (CDM) 54	18.0
Dave Brown (CDM)	20.6
Tom Clayton (CDM) 57	20.9

400 METER INTERMEDIATES

(30-39)

Hugh Adams (CDM) 36	56.2
---------------------	------

(40-49)

Van Parish (NCS) 42	62.1
Al Sheahan (SFV) 45	62.4
M. Andrews (BHS) 42	62.6

(50-59)

Bob Hunt (BHS)	63.7
Al Guidet (CDM)	67.0
Tom Clayton (CDM)	67.4
Wayne Ambrose (CDM)	67.7



50 - 59 year old dashmen take their marks at the Mt. SAC Relays

Bob Radford (CDM) 44 10.5
 (50-59)
 Payton Jones (CDM) 59 11.7m
 Bob Watanabe (STC) 50 10.8y
 Tom Patoalis (CDM) 54 11.0y
 Al Guidet (CDM) 58 11.1y
 Pete Fetter (CDM) 55 12.1m
 Bob Cooper (NCS) 11.3y
 Bob Roemer 11.3y
 Wayne Ambrose (CDM) 57 12.5m
 Tom Clayton (CDM) 51 12.6m
 Bob Hunt (BHS) 12.7m
 Wilbur Buchanan (SPV) 53 12.7m

(60+)
 Joe Caruso (STC) 13.7m
 Sing Lum (STC) 72 13.7y
 P. Thomasson (70+) 13.7y
 C. Nichols 12.7y

200/220

(30-39)
 John Carlos (BHS) 31 21.7m
 Ken Dennis (CDM) 39 21.9m
 Elliott Mason 21.9m
 Walt Butler (BHS) 34 22.5y
 Woody Studenmund (CDM) 22.5y
 Dave Segal (CDM) 39 22.5m
 Hillard Sumner (BHS) 31 22.7m
 Hugh Adams (CDM) 36 22.7m
 Larry Sallinger (CDM) 32 23.1y
 Terry Cannon (CDM) 23.2m
 Cliff Anderson (un) 23.4y
 Gary Metler (CDM) 38 23.6y
 Charles McKinney (BHS) 23.9y

(40-49)
 Nick Newton (BHS) 42 23.0y
 Percy Knox (CDM) 42 23.2y
 Hans Bruhner (NCS) 41 23.3m
 Van Parish (NCS) 42 23.4m
 George Waterman (CDM) 41 23.7y
 Ted Vick (CDM) 46 23.9m
 Bill Frederickson (NCS) 45 23.9m
 Jim Parks (STC) 46 24.2y
 Bob Radford (CDM) 44 24.3y
 Tony Nasaralla (SR) 44 24.4y
 Ozzie Dawkins (STC) 47 24.6m

(50-59)
 Al Guidet (CDM) 58 24.9m
 Bob Roimer (NCS) 25.2y
 Bob Cooper (NCS) 25.3y
 Bob Watanabe (STC) 50 25.4y
 Wayne Ambrose (CDM) 57 25.9m
 Tom Clayton (CDM) 50 26.3y
 Ed Halpin (CDM) 26.9y

400/440

(30-39)
 Elliott Mason (un) 47.5m
 Ted Cain (BHS) 38 49.8m
 Hillard Sumner (BHS) 31 49.8m
 Gary Miller (CDM) 38 50.7m
 Hugh Adams (CDM) 36 50.9m
 Woody Studenmund (CDM) 50.9m

(40-49)
 Hans Bruhner (NCS) 41 53.4m
 Nick Newton (BHS) 42 54.0y
 Jim Parks (STC) 42 53.8m
 Don Cheek (CDM) 46 54.2m
 Tony Nasaralla (STC) 44 55.4y
 Oswald Dawkins (STC) 47 55.7m

(50-59)
 Bob Hunt (BHS) 59.8
 Tom Clayton (CDM) 57 60.2
 Bill Bowers (SDTC) 60.3

800/880

(30-39)
 Tom Richards (CDM) 35 1:59.2m
 Norm Rustad 2:02.6y
 Hillard Sumner (BHS) 31 2:02.0m
 Darryl Taylor (PCC) 2:03.5y
 Randall Evans 2:04.5y
 Gary Miller (CDM) 2:04.6y
 Rey Pena (CDM) 2:04.7y
 Jerry Hackett 2:04.2m
 J. Cowles 2:05.2y
 Jerry Beernan (CDM) 2:11.1m
 Chuck Beeman (CDM) 2:11.6m



50 - 59 year old dashmen take their marks at the Mt. SAC Relays

(50-59)
 Bill Fitzgerald (STC) 57 2:09.2y
 Avery Bryant (STC) 2:21.1y
 Ed Halpin (CDM) 2:25.0y
 Jack Noble 2:26.2y

1500 METERS

(30-39)
 Tom Richards (CDM) 35 4:06.3m
 Norm Rustad 4:30.0y
 Rey Pena (CDM) 4:41.6y
 J. Rupp (STC) 4:41.8y
 Norm Pullsburly (CDM) 4:54.2y
 John Cheever (BHS) 4:45.0y
 Ed Fields (SMTC) 4:56.0y
 Larry Adams (STC) 4:56.3y

(40-49)
 John Weldy (ARR) 4:40.4y
 Jan Pekkes (STC) 4:43.8y
 Wilbur Williams (STC) 4:46.5y
 Bob Emmerling (BHS) 4:48.3y
 Gay Kalchschmid (SPU) 4:29.5m
 F. Delgado 4:57.0y

(50-59)
 Mauro Hernandez (SMTC) 4:40.4m
 Bill Fitzgerald (STC) 51 4:24.8m
 Avery Bryant (STC) 54 4:42.3m
 Jack Noble 5:10.5y
 Ed Halpin (CDM) 5:08.2m

Hugh Adams (CDM) 36 56.2
 (40-49)
 Van Parish (NCS) 42 62.1
 Al Sheahan (SPU) 45 62.4
 M. Andrews (BHS) 42 62.6

(50-59)
 Bob Hunt (BHS) 63.7
 Al Guidet (CDM) 67.0
 Tom Clayton (CDM) 67.4
 Wayne Ambrose (CDM) 67.7



DAVE JACKSON lets one fly

440 RELAY

(30-39)
 Corona del Mar 43.6y
 (K. Dennis, Sallinger, G. Miller, H. Adams)
 Beverly Hills Striders 44.1m

(40-49)

Northern Cal Seniors 44.84m
 (D. Marlin, B. Frederickson,
 H. Bruhner, V. Parish)
 Corona del Mar 44.9m
 Beverly Hills Striders 46.1y
 Seniors Track Club 46.6y

(50-59)

Corona del Mar 48.9m
 (W. Ambrose, T. Clayton,
 P. Fetter, P. Jordan)

880 RELAY

(30-39)

Beverly Hills Striders 1:31.0
 Corona del Mar 1:31.1

(40-49)

Corona del Mar 1:36.5y
 (D. Jackson, T. Vick, G.
 Waterman, P. Knox)
 Northern Cal Seniors 1:36.6y
 Beverly Hills Striders 1:38.6y
 Seniors Track Club 1:39.9y

LONG JUMP

(30-39)

Harvey Johnson 21-9 $\frac{1}{2}$
 Larry Sallinger (CDM) 32 21-9 $\frac{1}{2}$
 Hugh Adams (CDM) 36 20-7 $\frac{3}{4}$
 Al Henry (CDM) 38 20-4
 Dee Dewitt 19-2
 Don Grimes 18-10

(40-49)

Shirley Davisson (CDM) 46 21-8 $\frac{3}{4}$
 Alvis Andrews (CDM) 21-4 $\frac{1}{2}$
 Dave Jackson (CDM) 44 21-1 $\frac{1}{2}$
 Nick Newton (BHS) 42 20-1 $\frac{1}{2}$
 Hugh Cobb (BHS) 43 19-9

(50-59)

Burl Gist (CDM) 55 5-2 $\frac{1}{2}$
 Orv Gillett (CDM) 56 5- $\frac{1}{2}$
 Bob Ogle (CDM) 5-0
 Jim Vernon (STC) 60 4-10
 Dave Brown (CDM) 4-10

(60+)

John Dick 60+ 4-4
 Winfield McFadden 70+ 3-8

TRIPLE JUMP

(30-39)

Al Henry (CDM) 38 44-5
 Larry Loveridge 43-10
 Ray Wolper 39-1

(40-49)

Alvis Andrews (CDM) 45-1 $\frac{1}{2}$
 Dave Jackson (CDM) 44 42-10 $\frac{3}{4}$
 Phil Conley (WVTC) 41 39-7
 Shirley Davisson (CDM) 46 39-6
 Phil Schlegel (CDM) 46 36-6
 Tony Nasaralla (SR) 44 36-1 $\frac{1}{2}$

(50-59)

Tom Patsalis (CDM) 54 39-8
 Dave Brown (CDM) 33-8 $\frac{1}{2}$
 Bob Ogle 33-7
 Ron Spencer 33-5
 Jim Vernon 60 32-5

(60+)

John Damski 60+ 31-4 $\frac{1}{2}$
 Walt Westbrook 70+ 25-2 $\frac{1}{2}$
 Winfield McFadden 70+ 28-3 $\frac{1}{2}$
 John Dick 60+ 28- $\frac{1}{4}$

POLE VAULT

Don Grimes (SPU) 12-6
 Skip Loera 12-0
 Roy Thomas 12-0
 John Dabroth 10-6
 Pete Sinclair 10-0
 Tom Oujancio (SFVTC) 10-6

(40-49)

Duane Tellianno 11-6
 Roger French 11-6
 Carlos Cota 11-6
 Y. C. Koffey (CDM) 43 11-0



KEN DENNIS out sprints HUGH ADAMS in the sub-masters



PERCY KNOX outleaps VAN PARISH to bring Corona Del Mar over the finish line ahead of Northern California Senior TC.

(30-39)

Harvey Johnson 21-9 $\frac{1}{4}$
 Larry Sallinger (CDM) 32 21-3 $\frac{1}{4}$
 Hugh Adams (CDM) 36 20-7 3/4
 Al Henry (CDM) 38 20-4
 Dee Dewitt 19-2
 Don Grimes 18-10

(40-49)

Shirley Davisson (CDM) 46 21-8 3/4
 Alvis Andrews (CDM) 21-4 $\frac{1}{4}$
 Dave Jackson (CDM) 44 21-1 $\frac{1}{2}$
 Nick Newton (BHS) 42 20-1 $\frac{1}{2}$
 Hugh Cobb (BHS) 43 19-9
 Mal Andrews (BHS) 42 19-9
 Phil Conley (WVTC) 41 19-5 $\frac{1}{2}$
 Phil Schlegel (CDM) 46 19-2 $\frac{1}{2}$
 Tony Nasaralla (STC) 44 18-10 $\frac{1}{4}$

(50-59)

Tom Patsalis (CDM) 54 20-3 $\frac{1}{2}$
 Ray Spencer 16-11
 Dave Brown (CDM) 16-10 $\frac{1}{2}$
 Jim Vernon (STC) 16-8 $\frac{1}{4}$
 Pete Fetter (CDM) 55 16-4 $\frac{1}{4}$
 Tom Clayton (CDM) 57 16-3
 Jim Lloyd (CDM) 15-5
 Bill Morales (CDM) 59 15-3 3/4

(60+)

John Damoki 70+ 14-11
 Joe Caruso 60+ 13-11
 Winfield McFadden 70+ 13-6
 Don Mowrer 60+ 12-4 $\frac{1}{2}$

HIGH JUMP

(30-39)

John Dabroth (BHS) 6-4
 Jerry England 5-9
 Larry Sallinger (CDM) 5-9
 Hugh Adams (CDM) 5-8
 Charles Gustafson 5-6

(40-49)

Ed Austin (CDM) 46 5-8
 Nick Newton (BHS) 42 5-8
 Bill Evans (BHS) 5-8
 Bob Billings (BHS) 5-6 $\frac{1}{2}$
 John Tansley 5-4
 Shirley Davisson (CDM) 46 5-2
 Leon Frankamp 5-2
 Ray Fitzhugh 5-2
 Phil Conley 5-2
 K. D. Kiffer (CDM) 5-2
 Hal Smith (BHS) 41 5-0

POLE VAULT

Don Grimes (SFU) 12-6
 Skip Loera 12-0
 Roy Thomas 12-0
 John Dabroth 10-6
 Pete Sinclair 10-0
 Tom Oujancio (SFVTC) 10-6

(40-49)

Duane Tellianno 11-6
 Roger French 11-6
 Carlos Cota 11-6
 K. C. Keffer (CDM) 42 11-0
 Hal Wallace (STC) 11-0
 J. Moore 11-0
 Doug Dittmer 11-0
 G. Davis 10-6
 John Tansley 40 10-0
 Roy Fitzhugh 10-0
 Ted Ensslin 10-0

(50-59)

Jim Vernon (STC) 60 11-6
 Dave Brown (CDM) 11-0
 Orv Gillett (CDM) 56 10-6
 Don Grosh 10-6
 Tom DeVaughn 10-0

(60+)

Bob MacConaghy 67 9-6

SHOT PUT

(30-39) 16#

D. Rich 46-1 $\frac{1}{2}$
 Gordon Bobella 41-5 $\frac{1}{2}$
 George Loughridge 40-1

(40-49) 16#

Hal Smith (BHS) 41 46-0
 John Tansley (40) 12# 45-7
 Bob Humphrey (CDM) 40 45-6
 Stew Thompson (BHS) 44-0
 Fred Simona 40 41-6 $\frac{1}{2}$
 George Waterman (CDM) 41 40-6 $\frac{1}{2}$

(50-59)

8#
 Jack Thatcher (CDM) 59 48-9
 J. Mesiak 56 44-7

PERCY KNOX outleans VAN PARISH to bring Corona Del Mar over the finish line ahead of Northern California Senior TC.

12#

George Ker (CDM) 52 44-6 3/4
 Jack Thatcher (CDM) 59 41-5 3/4
 J. Mesiak 56 39-9
 W. Wiggington 39-8 $\frac{1}{2}$
 Dan Aldrich (CDM) 39- $\frac{1}{2}$
 Terry Siefert 36-9 $\frac{1}{2}$
 Pete Fetter (CDM) 55 35-4

16#

Jack Thatcher (CDM) 59 35-5 $\frac{1}{2}$

(60+)

Red Doms 60+ 43-1
 Gene Hanson 60+ 42-11
 Bob MacConaghy 67 40-7 $\frac{1}{2}$
 Stan Herrmann 70+ 38-6
 Art Vesco 60+ 37-1
 Chuck McMahon 60+ 36-1

George Ker (CDM) 52 138-2 $\frac{1}{2}$
 Erick Jordan 108- $\frac{1}{2}$

(60+)

John Dick 60+ 121-1
 Chuck McMahon 60+ 120-5
 E. Botts 60+ 116-9
 Jim York 60+ 115-1 $\frac{1}{2}$
 Stan Herrmann 70+ 112-11
 Red Doms 60+ 110-8
 Bob MacConaghy 67 110-6
 Art Vesco 60+ 101-8
 Bill Wolfe 60 100-1
 Frank Hicks 60+ 100-1/8

JAVELIN

(30-39)

Dick Selby 212-0
 Larry Tucker 163-6 3/4
 D. Rich 150-0

(40-49)

Phil Conley 41 216-11
 John Tansley 159-5
 K. D. Keffer 42 152-9 $\frac{1}{2}$
 H. Hawke (SDTC) 151-10 3/4
 H. Wallace (STC) 150-5
 B. Norton (CDM) 46 148-9
 George Waterman (CDM) 145-7 $\frac{1}{2}$

(50-59)

Bill Morales 161-5
 Pete Fetter 160-1
 Dan Aldrich 159-4

(60+)

Chuck McMahon 60+ 132-3
 Bob MacConaghy 67 132-10
 John Dick 60+ 112-8
 Bill Wolfe 60 100-11

DISCUS

(30-39)

Hugh Adams (CDM) 36 131-3
 D. Rich 130-7
 Gordon Bobella 121-5
 Pete Sinclair 116-11

(40-49)

Bob Humphrey (CDM) 40 182-8
 Hal Smith (BHS) 41 120-1
 George Waterman (CDM) 41 120-1
 Harry Hawke (SDTC) 118-3/4
 Phil Conley (WVTC) 41 114-7
 Richard Stroub (SDTC) 113-9
 John Tansley 40 109-2
 Hal Wallace (STC) 105-0

(50-59)

Fortune Gordien 157-6
 Jack Thatcher (CDM) 59 146-7 $\frac{1}{2}$
 Dan Aldrich 139-8 $\frac{1}{2}$

California Girls

BEST MARKS

COMPILED BY CALVIN BROWN

1976

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



photo by Bill Leung, Jr.

KIKI LANTRY: holder of many age-group records

9 u

10 - 11

12-13

100:

12.4 (1) Erica Peterson (LBC) 5/22
 12.84 (1) Jada Harris (BETC) 6/13
 12.7 (2) Tonya Granger (SCC) 5/22
 12.8 (3) Concela Tarver (SB) 5/22
 12.8 (4) Shelley Brown (SCC) 5/22
 13.0 (5) Jennifer Schultz (PAT) 5/22
 13.1w (1) Dusty Johnson (SCC) 3/20
 13.3w (1) Valerie McVicar (SCV) 3/20
 13.4 (2) Laura Horwitz (CY) 5/21
 13.5 (3) Roxanne Gross (PAS) 5/15
 13.5 (3) Michelle Barrier (OTC)
 13.5w (1) Kellie Burkhead (LV) 3/28
 13.6(T) 15.0m Karen Knight (SCC) 5/2
 13.7 (6) Chanelle Harris (LBC) 5/22

100:

11.53w (1) Bridget Blackburn (RRR) 6/13
 11.61 (1) LaTasha Dawkins (LBC) 5/22
 11.81w (4) Pat Garcia (RRR) 6/13
 11.8 (1) Stacey Granger (SCC) 5/15
 12.10w (6) Michelle Gilmore (WVJ) 6/13
 12.0 (1) Bonnie Williams (ML) 5/22
 12.2 (2) Jeanne Brandon (H/S) 5/22
 12.3 (3) Linda Arragan (SV) 5/22
 12.4 (4) Natalie Fulcher (BETC) 3/27
 12.4 (5) Alexis Miller (RRR) 3/27
 12.4 (T) 13.6m Dana Dahlke (SB) 4/17
 12.71 (6) Susan Flournoy (PAS) 5/22
 12.5 (4) Donna Savage (SCC) 1/25
 12.5 (4) Joyce Haselrig (RRR) 3/20

100:

11.15 (1) Janice Smith (LBC) 5/31
 11.17w (2) Sharon Ware (C) 6/13
 11.27 (2) Janet Ballara (SCC) 5/31
 11.31 (3) Elaine McKenna (LATC) 5/31
 11.33w (6) Judy Young (BETC) 6/13
 11.45w (8) Angela Sapp (DC) 6/13
 11.46 (2) Debbi Smith (L) 5/30
 11.51 (5) Joyce Bowie (SB) 5/31
 11.3 (2) Gigi Hurley (ML) 5/22
 11.61 (3) Lyndrel Downs (SCC) 5/30
 11.62 (7) Val Larsen (ML) 5/31
 11.73 (9) Tina Scott (SCC) 5/31
 11.5 (1) Jenice Thompson (LBC) 2/15
 11.7 (2) Patty McFall (PAT) 3/20

100:

12.4 (1) Erica Peterson (LBC)5/22
 12.84 (1) Jada Harris (BETC) 6/13
 12.7 (2) Tonya Granger (SCC) 5/22
 12.8 (3) Concela Tarver (SB) 5/22
 12.8 (4) Shelley Brown (SCC) 5/22
 13.0 (5) Jennifer Schultz (PAT)5/22
 13.1w (1) Dusty Johnson (SCC)3/20
 13.3w (1) Valerie McVicar(SCV)3/20
 13.4 (2) Laura Horwitz (CY)5/21
 13.5 (3) Roxanne Gross (PAS)5/15
 13.5 (3) Michelle Barrier (OTC)
 13.5w (1) Kellie Burkhead (LV)3/28
 13.6(T)15.0m Karen Knight (SCC)5/2
 13.7 (6) Chanelle Harris (LBC)5/22
 13.7 (4) Robin Carson (ESCTC)
 13.8 (1) Lillian Johnson (SCC)2/24
 13.9 (1) Christine Standley(BA)2/1
 13.9 (9) Mary Graham (BA) 5/15
 13.9 (5) Stephanie Gray (SV)

220:

28.9 (2) Erica Peterson (LBC)3/21
 29.45 (2) Andrea Rolfe (LBC) 6/13
 29.49 (3) Dusty Johnson (SCC) 6/13
 29.7 (1) Michelle Miller (APP)5/22
 29.7 (2) Jada Harris (BETC) 5/22
 29.8 (3) Laura Horwitz (CY) 5/22
 30.0 (2) Tonya Granger (SCC) 5/15
 30.6 (1) Christine Standley(BA)3/14
 30.8 (2) Paulette Willis (LBC)1/25
 31.0 (1) Lillian Johnson(SCC)2/29
 31.1 (4) Robin Carson (ESCTC)5/22
 31.9w (2) Cheryl Lindberg(SB)2/15
 32.0 (4) Karen Brawley(RRR)3/20
 32.0 (6) Jennifer Schultz(PAT)5/22
 32.1 (1) Karin Balog(SCC)5/22
 32.1 (5) Monica Sanders (H/S)5/22
 32.1 (7) Shelley Brown (SCC)5/22
 32.2 (2) Kellie Burkhead(LV)3/28
 32.3 (3) Roxanne Gross (PAS)5/15
 32.4 (6) Laura Sullivan (ML)5/22

440:

63.5 (3) Andrea Rolfe(LBC)6/13
 67.3 (4) Susanne Muschitz(LV)6/13
 67.4 (2) Dusty Johnson (SCC) 5/22
 67.2m (2) Erica Peterson (LBC) 4/25
 68.9 (1) Paulette Willis(LBC)6/13
 69.1 (4) Sharon Rose O'Brien(IVS)5/22
 69.5 (3) Carina Quezada (SCC) 3/27
 69.5 (1) Theresa Sells (SV) 5/22
 69.6 (2) Patti McChesney(MM)6/13
 70.7 (2) Anna Mchoney (CY) 5/22

100:

11.53w (1) Bridget Blackburn(RRR)6/13
 11.61 (1) LaTanya Dawkins(LBC)5/22
 11.81w (4) Pat Garcia (RRR) 6/13
 11.8 (1) Stacey Granger (SCC)5/15
 12.10w (6) Michelle Gilmore(WVJ)6/13
 12.0 (1) Bonnie Williams(ML)5/22
 12.2 (2) Jeanne Brandon(H/S)5/22
 12.3 (3) Linda Arragan(SV)5/22
 12.4 (4) Natalie Fulcher(BETC)3/27
 12.4 (5) Alexis Miller(RRR)3/27
 12.4 (T)13.6m Dana Dahlke(SB)4/17
 12.71 (6) Susan Flournoy(PAS)5/22
 12.5 (4) Donna Savage(SCC)1/25
 12.5 (4) Joyce Haselrig(RRR)3/20
 12.5 (4) Brenda Wagner(SRS)5/22
 12.77 (8) Stephanie Thornton(PAS)5/22
 12.6 (3) Becky Gargaro(SCC)1/4
 12.6 (T)13.9m Brenda Beatty(VGTC)5/2
 12.84 (9) Gina Betrice(LBC)5/22
 12.7 (4) Lori Ann Drake (LAM)1/4

220:

26.70 (1) LaTanya Dawkins(LBC)6/13
 26.5 (1) Bonnie Williams(ML)5/22
 26.8 (2) Sherrill Miller(CY)5/22
 27.36 (3) Pat Garcia(RRR)6/13
 27.3 (1) Veronica Cunningham(BETC)5/21
 27.3 (1) Stacey Granger (SCC)5/15
 27.68 (5) Natalie Fulcher(BETC)6/13
 27.75 (7) Becky Gargaro(SCC)6/13
 28.0 (4) Michelle Gilmore(WVJ)6/13
 28.1 (1) Donna Savage(SCC)1/25
 28.5 (4) Eartha Bradford(ETC)5/22
 28.6 (4) Gervaise McCraw(un)5/22
 28.8 (2) Monique Sanders(WS)5/21
 28.9 (4) Beth Landy (LV) 1/25
 28.9 (3) Colleen Cahill(MV)5/15
 29.1 (5) Val Skelton (WS) 5/22
 29.2 (3) Athena Ragle (SCC) 3/20
 29.2 (4) Sabrina Williams(LAC)5/15
 29.3 (4) Geri Golden(LBC)3/20
 29.4 (6) Pam Jackson(SDC)3/27
 29.4 (5) Suzanne Flournoy(PAS)5/15
 29.4 (2) Sherri Mayo (LI) 5/22

440:

59.8 (1) LaTanya Dawkins(LBC)6/13
 59.9 (2) Sherrill Miller(CY)6/13
 60.9 (2) Donna Savage (SCC) 6/13
 61.5 (3) Antionette Rolfe(LBC)6/13
 62.5 (2) Stacy Threadgill(APP)5/22
 63.1 (3) Heidi Ellis (OTC)5/22
 63.2 (2) Stacey Granger(SCC)5/15
 64.1 (4) Natalie Fulcher(BETC)5/22
 64.4 (4) Cherylynn Shuman(SCC)5/22

100:

11.15 (1) Janice Smith (LBC)5/31
 11.17w (2) Sharon Ware (C)6/13
 11.27 (2) Janet Ballara (SCC)5/31
 11.31 (3) Elaine McKenna(LATC)5/31
 11.33w (6) Judy Young(BETC)6/13
 11.45w (8) Angela Sapp (SDC) 6/13
 11.46 (2) Debbi Smith (L) 5/30
 11.51 (5) Joyce Bowie (SB) 5/31
 11.3 (2) Gigi Hurlley (ML) 5/22
 11.61 (3) Lyndrel Downs(SCC)5/30
 11.62 (7) Val Larsen (ML) 5/31
 11.73 (9) Tina Scott (SCC)5/31
 11.5 (1) Jenice Thompson(LBC)2/15
 11.7 (2) Patty McFall (PAT)3/20
 11.98 (5) Robi Williams (MM)5/30
 11.7 (4) Gissele Lewis(SCC)6/13
 11.8 (1) Sheila Times (BETC)5/21
 12.13 (7) Pam Miller(WVJ)5/23
 12.13 (7) Janice Leakes(SDC)5/30
 11.9 (4) Tressia McElroy(SDC)3/20
 11.9 (1) Kerry Cerda(BA)3/28
 11.9 (2) Lana Robinson (LAM)3/28

220:

25.10 (1) Elaine McKenna(LATC)5/30
 25.15 (2) Janice Smith(LBC)5/30
 25.19 (3) Janet Ballard(SCC)5/31
 25.63 (4) Lori White (WVJ)5/31
 25.67 (5) Melva Norris (SDC)5/31
 25.79 (3) Angela Sapp (SDC) 5/30
 25.89 (4) Jenice Thompson(LBC)5/30
 25.90 (5) Valerie Larson(ML)5/30
 25.98 (6) Debbie Smith(ML)5/30
 26.11 (4) Lyndrel Downs (SCC)5/30
 26.0 (1) Judy Young (BETC) 5/21
 26.1 (1) Marianne Prosser(SJC)5/21
 26.1m (P) Lisa Peters (SCC) 5/2
 26.3 (3) Gissele Lewis (SCC) 3/20
 26.2m (P) Susie Ray (BA) 4/17
 26.3 (1) Sheila Times(BETC)5/21
 26.4m (P) Marlene Harmon(LATC)5/2
 26.85 (5) Sharon Williams(LAC)5/30
 26.7 (4) Denise Cody (SDC) 3/20
 26.7 (7) Wendy Allums (BETC) 3/27
 26.93 (6) Kathleen Gallagher(RCF)5/30

440:

57.4 (1) Melva Norris(SDC)6/13
 57.86 (1) Lisa Peters(SCC)5/30
 58.0 (1) Janet Ballard(SCC)3/21
 58.1 (1) Sharon Hulse (PAT)3/27
 58.86 (3) Nydett Henderson(WVJ)5/31
 58.8 (1) Elaine McKenna(LATC)4/4
 58.97 (4) Kerry Cerda(BA)5/31
 58.9 (2) Jenice Thompson(LBC)5/23
 59.1 (3) Lori White(WVJ)3/27

70.8 (3) Andrea Wygle (VGTC) 6/13
 70.9m (4) Christine Standley(BA)4/25
 71.5 (4) Mary Graham (BA) 6/13
 72.3 (5) Diana Rossman (Arrow)6/13
 73.1 (4) Kim Becker (SV)5/22
 73.2 (1) Michelle Taylor (SCC)5/22
 73.4 (3) Chanelle Harris (LBC)5/15
 73.4 (4) Monica Gaston (FS)5/15
 73.5 (2) Lynn Kruk (MM)5/22
 73.6 (3) Ann Duffy (PAS) 5/22
 73.6 (5) Blair Wylie (OTC) 5/22

880:

2:27.7 (1) Michelle Miller(APP)6/13
 2:30.3 (2) Christine Standley(BA)6/13
 2:30.9 (3) Sharon O'Brien(IVS)6/13
 2:32.7 (4) Susanne Muschitz(LV)6/13
 2:34.4m(3) Carina Quezada(SCC)4/25
 2:36.0 (2) Meme Conn (RRR) 3/21
 2:38.5 (3) Rosalind Martinez(SCC)5/22
 2:39.0 (4) Jan Hale (RRR) 5/22
 2:38.6m(4) Kim Christiansen(QCC)4/25
 2:43.5 (7) Bobbi Rubio (BA) 2/29
 2:44.1 (2) Diana Rossman(Arrow)5/22
 2:46.6 (3) Mary Graham (BA) 3/28
 2:46.6 (3) Pauline Vasquez(APP)5/22
 2:47.4 (8) Lisa Torres (RRR) 5/22
 2:46.9m (8) Toni Everts (PAT) 4/25
 2:47.9 (9) Alaina Wolff (MM) 5/22
 2:48.4 Sara Standley (BA) 3/14
 2:49.3 (1) Debbie Mapes(SCV)2/29
 2:49.3 (6) Dani Dearen (BA) 3/28
 2:49.5 (4) Rachel Bray (Arrow) 5/22

880 Walk:

4:05.1 (1) Meme Conn (RRR) 6/13
 4:05.1 (2) Sara Standley(BA)6/13
 4:08.8 (3) Kim Stone (PAT) 5/22
 4:10.5 (3) Toni Everts(PAT) 6/13
 4:19.1 (5) Jan Hale (RRR) 6/13
 4:19.2 (6) Jackie Augustin(BA)6/13
 4:24.0 (1) Elizabeth Pike(Arrow)5/22
 4:24.7 (7) Pauline Vasquez(APP)6/13
 4:25.9 (2) Libby Bangert(ML)5/22
 4:32.3 (1) Leslie Wilson (MM) 6/13
 4:35.0 (4) Christy Harrington(SCC)3/21
 4:36.3 Giselle Aguilar(BA)2/22
 4:38.3 (11) Lisa Stoney (SB) 6/13
 4:55.4 (1) Nanette Garcia (CY) 5/22
 4:55.9 (1) Linda Gibbons (SBS) 6/13
 4:58.0 (5) Jessica Alstatt(Arrow)5/22
 4:58.1 (6) Donna Detzel(Arrow)5/22
 5:03.1 (10) Patty Smith (SB) 5/22
 5:08.5 (7) Anne Marie Schweiger(VGTC)2/29
 5:15.1 (5) Rene Villalvazo (RRR) 4/4

64.9 (1) Becky Gargaro(SCC)1/4
 65.2 (1) Donna Gould (SB) 5/22
 66.0 (6) Doreen Stoiloff(RRR)5/22
 66.1 (3) Kim Tanabe(BA)3/20
 66.3 (1) Angela Johnson(RRR)2/15
 66.5 (3) Carolyn Follett(BA)5/15
 66.6 (4) Pam Jackson (SDC) 3/27
 66.6 (2) Meredith Eskin(SB)5/22
 66.7 (2) Alexis Miller(RRR)4/4
 66.9 (3) Lisa Johnston (BA)5/22
 66.9 (4) Lisa Ladiner(CCF)5/22

880:

2:20.0 (1) Sharon Hatfield(PAT)6/13
 2:21.8 (3) Vickie Cook (RRR)6/13
 2:23.9 (5) Andrea Kirkorn (BA)6/13
 2:25.8 (3) Chris Bronaugh(QCC)5/22
 2:26.8 (7) Doreen Stoiloff(RRR)6/13
 2:27.8 (4) Becky Engleman(BA)5/22
 2:28.1 (5) Sonja Cooper(RRR)5/22
 2:28.2 (2) Chris Ramirez(SBS)6/13
 2:28.6 (3) Carolyn Follett(BA)6/13
 2:28.8 (8) Antionette Rolfe(LBC)5/22
 2:28.8 (4) Stacy Threadgill(APP)6/13
 2:29.0 (1) Suzi Slivkoff(SJC)5/22
 2:29.3 (10) Marcy Anderson(RRR)5/22
 2:29.5 (5) Suzy Martinez (WS) 6/13
 2:29.6 (1) Maria King (Arrow)6/13
 2:30.9 (4) Leslie Pratt (PAT)6/13
 2:31.6 (11) Robin Reece (BA) 5/22
 2:31.7 (12) Regina Crawford(RRR)6/13
 2:32.2 (13) Sandra Katzer (BA) 5/22
 2:32.8 (5) Jennie Cervantes(RRR)6/13

Mile:

5:02.1 (1) Vickie Cook (RRR) 5/22
 5:09.9 (1) Andrea Kirkorn (BA)2/29
 5:16.9 (1) Sonja Cooper (RRR) 5/15
 5:17.9 (2) Sandra Katzer(BA) 4/4
 5:19.0 (4) Regina Crawford(RRR)5/22
 5:19.8 (2) Kathy Kiernan(BA) 2/15
 5:20.5 (5) Cindy Nunez (RRR) 5/22
 5:21.5 (6) Marcy Anderson (RRR) 5/22
 5:23.6 (1) Chris Ramirez(SBS)3/28
 5:25.9 (9) Angela Johnson (RRR) 5/22
 5:27.8 (4) Tracy Melvin (BA) 2/29
 5:27.9 (1) Jeani Fuller (NCTC) 5/22
 5:30.4 (10) Becky Engleman (BA) 5/22
 5:32.9 (5) Terianna Topp (SCV) 2/15
 5:33.7 (6) Jennie Cervantes(RRR)2/15
 5:34.5 Vee McCarty (BA) 2/1
 5:38.1 (1) Jodie Gilham(un)5/22
 5:39.0 (2) Kim Salinas (APP) 5/22
 5:39.6 (18) Denise Langarica(QCC)5/22
 5:40.0 (3) Jackie Lewis(Arrow)5/22

59.1 (5) Wendy Allums (BETC)6/13
 59.2 (4) Diane Harrell(LBC)3/27
 59.7 (1) Pam Robison (BA) 5/23
 60.0 (4) Sharon Cummings(SBS)5/30
 60.20 (3) Pam Birkel(Arrow)5/30
 60.37 (4) Denise Cody(SDC)5/30
 60.6 (2) Stefani Farley(FAT)4/4
 60.6 (2) Jenny Townsend (LBC)5/23
 60.7 (2) Melanie Johnson(SCC)4/4
 60.8(R/LL) Susie Ray (BA) 1/25
 60.8 (2) Alison Adams (OTC)5/22
 60.8 (3) Lisa Leivo (LBC)5/23

880:

2:16.8 (3) Detra Washington(BA)6/13
 2:17.3 (1) Sharon Hulse(PAT)3/21
 2:17.71(1) Diane Harrell(LBC)5/31
 2:17.87 (2) Val Davis (RCF) 5/31
 2:18.3 (3) Corinne Nunez(RRR)3/21
 2:18.80 (3) Laurie Teague(IVS)5/31
 2:19.0 (2) Shelley Kaplan(RRR)6/13
 2:19.5 (2) Kathy Bryant (BA) 5/23
 2:19.7 (3) Deanne Smith (un) 5/30
 2:20.3 (4) Kim MacLay (CY) 5/30
 2:20.5 (3) Karen Haller(VGTC)5/23
 2:21.8 (7) Susan Follett (BA) 3/21
 2:22.9 (2) Janet Freriks(SCC)4/4
 2:23.0 (3) Tammy Bingeli(IVS)5/30
 2:23.6 (6) Tracy Hughes(BA)5/23
 2:24.1 (2) Kiki Lantry (RRR) 1/25
 2:24.2 (1) Kerry Cerda(BA)2/22
 2:26.7 (6) Lisa Peters (SCC) 2/29
 2:26.7 (1) Kelly Cerda(BA)5/23
 2:26.9 (4) Sheri Ball(WWW)3/20

Mile:

4:54.4 (1) Kiki Lantry(RRR)5/22
 4:56.5 (1) Sharon Hulse (PAT)6/13
 5:04.4 (4) Mari Gibbs(LI)6/13
 5:04.4 (5) Debbie Lee (OTC)6/13
 5:05.0 (3) Chris Manning(OTC)5/30
 5:06.4 (1) Val Davis(RCF)5/22
 5:08.9 (8) Michele Mason(VGTC)6/13
 5:09.5 (3) Kerry Brogan (ow)5/22
 5:10.3 (4) Detra Washington(BA)5/22
 5:10.4 (3) Alicia Kirkorn(BA)4/4
 5:10.9 (5) Laurie Teague(IVS)5/22
 5:11.4 (5) Kelly Cerda(BA)5/30
 5:16.3 (6) Corinne Nunez(RRR)3/21
 5:16.3 (3) Sandy Beauchamp(WS)5/30
 5:16.7 (7) Sheri Ball(WWW)3/21
 5:17.2 (4) Kelly Ringer(BA)4/4
 5:17.5 (9) Danielle Mojica(SCC)3/21
 5:17.7 Tami Darr(BA)2/1
 5:17.7 (1) Jane Wintermute(SCC)3/27
 5:18.2 (2) Shelley Kaplan(RRR)2/15

4:19.1 (5) Jan Hale (RRR) 6/13
 4:19.2 (6) Jackie Augustin(BA)6/13
 4:24.0 (1) Elizabeth Pike(Arrow)5/22
 4:24.7 (7) Pauline Vasquez(APP)6/13
 4:25.9 (2) Libby Bangert(ML)5/22
 4:32.3 (4) Leslie Wilson (MM) 6/13
 4:35.0 (4) Christy Harrington(SCC)3/21
 4:36.3 Giselleguilar(BA)2/22
 4:38.3 (11) Lisa Stoney (SB) 6/13
 4:55.4 (4) Nanette Garcia (CY) 5/22
 4:55.9 (4) Linda Gibbons (SBS) 6/13
 4:58.0 (5) Jessica Alstatt(Arrow)5/22
 4:58.1 (6) Donna Detzel(Arrow)5/22
 5:03.1 (10) Patty Smith (SB) 5/22
 5:08.5 (7) Anne Marie Schweiger(VGTC)2/29
 5:15.1 (5) Rene Villalvazo (RRR) 4/4

5:19.0 (4) Regina Crawford(RRR)5/22
 5:19.8 (2) Kathy Kiernan(BA)2/15
 5:20.5 (5) Cindy Nunez (RRR) 5/22
 5:21.5 (6) Marcy Anderson (RRR) 5/22
 5:23.6 (1) Chris Ramirez(SBS)3/28
 5:25.9 (9) Angela Johnson (RRR) 5/22
 5:27.8 (4) Tracy Melvin (BA) 2/29
 5:27.9 (1) Jeani Fuller (NCTC) 5/22
 5:30.4 (10) Becky Engleman (BA) 5/22
 5:32.9 (5) Terianne Topp (SCV) 2/15
 5:33.7 (6) Jenni Alvantes(RRR)2/15
 5:34.5 Vee McCarty (BA) 2/1
 5:38.1 (1) Jodie Gilham(un)5/22
 5:39.0 (2) Kim Salinas (APP) 5/22
 5:39.6 (18) Denise Langarica(QCC)5/22
 5:40.0 (3) Jackie Lewis(Arrow)5/22

5:04.4 (5) Debbie Lee (OTC)6/13
 5:05.0 (3) Chris Manning(OTC)5/30
 5:06.4 (1) Val Davis(RCF)5/22
 5:08.9 (8) Michele Mason(VGTC)6/13
 5:09.5 (3) Kerry Brogan (Arrow)5/22
 5:10.3 (4) Detra Washington(BA)5/22
 5:10.4 (3) Alicia Kirkorn(BA)4/4
 5:10.9 (5) Laurie Teague(IVS)5/22
 5:11.4 (5) Kelly Cerda(BA)5/30
 5:16.3 (6) Corinne Nunez(BA)3/21
 5:16.3 (3) Sandy Beauchamp(WS)5/30
 5:16.7 (7) Sheri Ball(WWW)3/21
 5:17.2 (4) Kelly Ringer(BA)4/4
 5:17.5 (9) Danielle Mojica(SCC)3/21
 5:17.7 Tami Darr(BA)2/1
 5:17.7 (1) Jane Wintermute(SCC)3/27
 5:18.2 (2) Shelly Kaplan(RRR)2/15

Mile Walk:

9:28.5 (1) Toni Everts (PAT)3/28
 9:37.0 (2) Sara Standley(BA)3/28
 9:41.9 (1) Giselleguilar(BA)2/1
 9:46.0 (3) Leslie Wilson (MM)3/28

440 Relay:

57.87 (1) SCC 6/13
 59.3 (1) LBC 3/21
 59.95 (3) SB 6/13
 60.87 (2) PAS 6/13
 60.95 (3) SCC-B 6/13
 61.7 (1) SV 5/22
 61.8 (2) OTC 5/22
 62.0 (5) BA 3/21
 62.8 (3) MPTC 5/22
 65.0 (6) SB-B 5/22
 66.1 (4) Arrow TC 5/22
 67.5 (3) VGTC 2/29
 67.9 (5) APP 5/22
 68.2 (6) CY 5/22
 68.7 (2) FS 5/15
 74.1 BA-B 2/22

880 Relay (4x220):

2:02.3 (1) LBC 6/13
 2:03.7 (1) SCC 4/10
 2:09.1 (1) APP 6/13
 2:09.1 (2) SCC-B 6/13
 2:09.3 (3) BA 6/13
 2:10.0 (3) SB 5/22
 2:12.1 (1) OTC 5/22
 2:13.4 (4) PAS 6/13
 2:15.6 (2) ESCTC 5/22
 2:21.4 (4) Roseville 5/22
 2:22.3 (5) SV 5/22
 2:23.4 (6) CY 5/22
 2:28.9 (D) PCP 5/22

2 Mile:

11:24.8 (1) Kathy Kiernan(BA)2/15
 11:44.8 (2) Chris Ramirez(SBS)2/15
 12:36.8 Tracy Melvin(BA)2/1
 12:52.0 (2) Terianne Topp(SCV)1/25
 13:06.8 (3) Carolyn Pollett(BA)1/25
 13:31.6 (3) Trisha Ramirez(SBS)2/15
 13:57.0 (1) Marcy Friendenthal(SCV)1/4
 15:02.2 (1) Giselleguilar(BA)1/25

50 Yd 30" Hurdles:

7.2w (1) Laura Heizman(Arrow)5/22
 7.87 (1) Lisa Stary (LBC) 5/22
 7.7w (2) Nancy Klewickis(Arrow)5/22
 8.00 (2) Dana Dahlke (SB) 5/22
 8.11 (3) Geri Golden (LBC) 5/22
 7.9w (1) Sharon Hatfield(PAT)4/4
 8.5w (3) Lisa Johnston (BA) 4/4
 8.6 (3) Kim Tanabe (BA) 2/29
 8.6 (3) Laurie Cutsforth(CY)5/22
 8.6 (4) Leanne Cooper(SRS)5/22
 8.92 (7) Robin Every (PAS) 5/22
 9.18 (8) Jean Faust (SB) 5/22
 9.0 (5) Kate Brew (Arrow) 5/22
 9.0 (6) Renay Schoenlein(APP)5/22
 9.2 (5) Trisha Freetly (OV)2/29
 9.2 (7) Shirley Masi(SB) 4/25
 9.4 (1) Elvira Estrada (BA) 4/4

Mile Walk:

7:57.9 (1) Vickie Cook (RRR) 6/13
 8:02.7 (2) Chris Ramirez(SBS)6/13
 8:03.8 (3) Kathy Kiernan(BA)6/13
 8:07.3 (2) Samantha Rodella(PAT)5/22
 8:11.0 (3) Diane Gorenburg(RRR)5/22
 8:32.6 (6) Andrea Johnson(RRR)6/13
 8:39.9 (7) Ingrid Nessle (SB) 6/13
 8:50.9 (8) Dana Crawford(RRR)6/13
 8:52.0 (7) Cindy Nunez (RRR) 3/21

2 Mile:

10:39.9 (1) Kiki Lantry(RRR)5/15
 11:36.0 (1) Alicia Kirkorn(BA)1/4
 11:39.6 Tami Darr(BA)2/1
 11:39.6 Kelly Cerda(BA)2/1
 11:43.6 (1) Kathy Kiernan(BA)5/2
 11:58.7 (1) Barbara Arreola(SLO/JHS)
 12:06.0 (2) Sheri Ball (WWW)5/2
 12:31.6 Shelly Hooper(BA)2/1
 12:32.6 (3) Kathy Bryant(BA)5/2
 12:34.2 (2) Shelley Quintana(BA)1/25
 13:06.8 (3) Lori Jones(BA)1/25

3000 Walk:

16:11.4 (1) Jessica Waskow(RRR)4/17
 16:32.6 (2) Joyce Brodock(RRR)4/17
 17:03.8 (3) Shelley Quintana(BA)4/17
 17:52.6 (4) Andrea Johnson(RRR)4/17
 17:57.8 (5) Diane Gorenburg(RRR)4/17
 18:25.2 (6) Christie Jimenez(RRR)4/17
 19:10.2 (7) Meme Conn(RRR)4/17 9-u

Mile Walk:

7:47.5 (1) Cindy Vaughn(RCF)5/31
 7:55.9 (2) Linda Bottlik(RRR)6/13
 7:58.1 (1) Joyce Brodock(RRR)5/22
 8:02.0 (2) Jessica Waskow(RRR)5/22
 8:02.1 (4) Shelley Quintana(BA)5/31
 8:03.8 (3) Lynn Holmbeck(PAT)5/22
 8:05.5 (1) April Hickey(PAT)5/30
 8:05.6 (5) Sharlene McGinley(SBS)5/31
 8:13.6 (3) Christie Jimenez(RRR)5/30
 8:24.3 (5) Laura Sans(RCF)5/30
 8:25.9 (2) Kimi Durham(RCF)5/22
 8:27.7 (10) Jane Doody(RRR)6/13
 8:33.3 (3) Debbie O'Sullivan(SJC)5/22
 8:36.5 (4) Sue Dittman(Arrow)5/22
 8:42.3 (4) Lori Jones(BA)2/29
 8:47.5 (7) Rosemary Lagunas(CY)5/30
 8:51.2 (6) Jody Grob (SB) 5/30

9u

10-11

12-13

Mile Relay:

5:02.0 (1) LBC 4/10
 5:16.5 (2) SCC 4/10
 5:18.7 (3) Mat.Milers 4/10
 5:27.2 (4) BA 4/10
 5:39.1 (5) RRR 4/10

Two Mile Relay:

11:09.6 (1) SCC 4/10
 11:13.2 (2) BA 4/10
 11:39.2 (3) RRR 4/10
 11:47.4 (4) Mat.Milers 4/10

High Jump:

4-0 $\frac{1}{2}$ (1) Carrie Cambron(RCF)5/22
 4-0 $\frac{1}{2}$ (2) Kelly Brogan(Arrow)5/22
 4-0 $\frac{1}{2}$ (3) Laura Sullivan (ML)5/22
 4-0 (T) Barbara Wilson(SCC)5/2
 3-10 $\frac{1}{2}$ (1) Leah Jones (BA) 3/28
 3-8 (2) Chanelle Harris (LBC) 5/15
 3-8 (4) Marlys Handley(CY)5/22
 3-8 (6) Dori Tressler(SB)6/13
 3-6 (R) Ingrid Jindra (SB) 4/10
 3-6 (R) Secily Bason (SB) 4/10
 3-6 (5) Liz Mitchell(CY) 5/22
 3-6 (5) Shelly Classen(SCC)5/22
 3-4 (3) Tonya Granger (SCC)5/15
 3-4 (6) Alexandra Mitchell(SRS)5/22
 3-4 (6) Kim Power (PCP) 5/22
 3-2 $\frac{1}{4}$ (R) Karin Balog (SCC) 4-10
 3-2 $\frac{1}{4}$ (T) Karen Knight (SCC) 5/2
 3-2 (T3) Leanne Moore (PAS) 4/25
 3-0 $\frac{3}{4}$ (R) Celia Tarver (SB)4/10
 3-0 (1) Bobbie Rubio (BA) 2/15

Long Jump:

13-9 $\frac{1}{2}$ (1) Paulette Willis (LBC)6/13
 13-8 3/4(2) Jada Harris(BETC)6/13
 13-5 3/4(R) Erica Peterson(LBC)4/10
 13-2 $\frac{1}{2}$ (R) Cheryl Lindberg(SB)4/10
 13-1 (R) Ingrid Jindra (SB)4-10
 12-10 $\frac{1}{2}$ (4) Christine Standley(BA)6/13
 12-7 (2) Carrie Cambron(RCF)5/22
 12-7 (6) Valerie McVicar(SCV)6/13
 12-6 $\frac{1}{2}$ (3) Dori Tressler (SB) 4-10
 12-5 $\frac{1}{2}$ (3) Rachael Bray(Arrow)5/22
 12-5 (7) Kelly Brogan(Arrow)6/13
 12-3 3/4 (1) Carina Quezada(SCC)3/7
 12-3 $\frac{1}{2}$ (1) Bobbi Rubio (BA) 4/10
 12-2 3/4 (1) Anna Marie Rosch(SJC)5/22
 11-11 (2) Leah Jones (BA) 3/21
 11-11 (5) Liz Mitchell (CY) 5/22
 11-10 (5) Karen Brawley (RRR) 5/22
 11-9 $\frac{1}{2}$ (6) Mimi Helper (OTC) 5/22
 11-7 3/4 (6) Barbara Wilson(SCC)3/21

9:00.5 (11) Andrea Bunting(RCF)6/13
 9:03.4 (8) Sue Bottlik (RRR) 5/22
 9:05.0 (13) Kim Salanis(APP)6/13
 9:05.5 (9) Kiki Santiago(RRR)3/21
 9:07.5 (14) Andrea Lepley (CY) 6/13
 9:10.4 (9) Trisha Ramirez (SBS) 5/22
 9:25.3 (5) Shori Rivera (SBS) 4/4
 9:53.3 (5) Andi Jason (BA) 1/25
 9:56.1 Sandra Katzer(BA)3/14
 9:59.5 (6) Meme Conn (RRR)1/4 9u
 10:05.0(11) Debbie Lacher (QCC)5/22

440 Relay:

52.30 (1) RRR 6/13
 53.15 (3) SCC 6/13
 53.60 (4) PAS 6/13
 53.63 (5) BETC 6/13
 54.21 (2) SB 6/13
 54.34 (3) CY 6/13
 55.0 (3) LBC 4/10
 56.8 (2) LAC 5/15
 57.1 (5) SCC-B 5/22
 57.5 (1) LV 2/29
 58.07 (5) SB-B 6/13
 58.2 (5) BA 3/6
 60.5 (3) FS 5/15
 60.9 (4) LAC 5/15
 62.8 (6) OV 4/10

880 MR:

1:56.7 (1) LBC 3/7
 1:56.7 (2) SCC-A 3/7
 1:57.3 (4) CY 6/13
 1:59.0 (1) BETC 5/22
 2:01.7 (1) SB 6/13
 2:01.1m (3) RRR 4/25
 2:02.3 (D) PAS 5/15
 2:04.2 (3) BA 3/7
 2:04.4 (2) H/S 5/22
 2:04.6 (3) OTC 5/22
 2:06.6 (5) CTC 5/22
 2:08.4 (4) SJC 5/22
 2:08.9 (5) Arrow 5/22
 2:09.6 (6) SV 5/22
 2:10.2 (5) APP 5/13
 2:11.9 (1) LAC 5/15
 2:11.7m (8) CCF 4/25
 2:13.1 BA-B 2/22
 2:14.0 (7) PCP 5/22
 2:14.5 (4) SCC-B 5/7

Mile Relay:

4:22.5 (1) LBC 4/10
 4:24.6 (2) SCC 4/10
 4:37.7 (3) RRR 4/10

8:51.3 (13) Colleen Sanford(CY)6/13
 9:09.4 (16) Jane Wintermute(SCC)6/13
 9:13.0 (7) Lenelle Waskow(RRR)3/21

800H 30":

11.91 (1) Susie Ray (BA) 5/31
 12.01 (1) Marlene Harmon(LATC)6/13
 12.10 (2) Laurie Carroll(SB)5/31
 12.17 (3) Dulce Reade(PAT)6/13
 12.2 (1) Gigi Hurley(ML)5/21
 12.53w (1) Mary Crevelt(RCF)6/13
 12.4 (2) Gretchen Mills(RCF)5/21
 12.76w (4) Cari Venable(CY)6/13
 12.84w (7) Jaime Anderson(SCC)6/13
 13.01 (2) Diane Brodie(Arrow)6/13
 13.22 (3) Judi Smith(OV) 6/13
 13.1 (3) Duffy Carolan(SV)5/21
 13.31 (5) Mercedes Montoya(AA)5/30
 13.2 (4) Debbie LeKander(SV)5/21
 13.5 (2) Pam Miller (WVJ) 3/28
 13.5 (2) Rhonda Whitlow(WWV)5/15
 13.73 (5) Linda Lambert(APP)5/30
 13.6 (3) Kerry Steinhower(GG)3/28
 13.7 (5) Kim Anderson(Arrow)5/21
 13.8 (4) Nicki Granger(SCC)5/15

200MH 30":

28.31 (1) Susie Ray (BA) 5/31
 28.59 (1) Marlene Harmon(LATC)5/30
 29.02 (1) Laurie Carroll(SB)6/13
 29.16 (3) Dulce Reade(PAT)6/13
 29.30 (4) Gretchen Mills (RCF)5/31
 29.35 (5) Mary Crevelt(RCF)6/13
 30.19 (4) Carol Manning(OTC)5/30
 30.55 (1) Jenny Townsend(LBC)6/13
 30.4 (3) Diane Brodie(Arrow)5/22
 30.6 (4) Debbie Gerard(SV)5/22
 30.7 (2) Jamie Anderson(SCC)3/20
 30.8 (5) Duffy Carolan(SV)5/22
 31.2 (3) Renee Learned(RRR)3/20
 31.69 (8) Judi Smith (OV) 6/13
 31.80 (2) Nicki Granger(SCC)5/22
 31.7 Detra Washington(BA)2/1
 31.7 (2) Kerry Cerda 3/28
 33.1 Amy Johnson(BA)2/1
 33.1 (7) Kim Anderson(Arrow)5/30
 33.4 (5) Betsy Van Essen(VGTC)2/29

440 Relay:

48.80 (1) BETC 6/13
 49.58 (1) SCC 5/31
 49.9 (1) ML 5/22
 50.36 (5) SCC-B 6/13
 50.40 (2) WVJ 5/31

13-5 3/4 (R) Erica Peterson(LBC)4/10
 13-2 1/2 (R) Cheryl Lindberg(SB)4/10
 13-1 (R) Ingrid Jindra (SB)4-10
 12-10 1/2 (4) Christine Standley(BA)6/13
 12-7 (2) Carrie Cambron(RCF)5/22
 12-7 (6) Valerie McVicar(SCV)6/13
 12-6 1/2 (R) Dori Tressler (SB) 4-10
 12-5 1/2 (3) Rachael Bray(Arrow)5/22
 12-5 (7) Kelly Brogan(Arrow)6/13
 12-3 3/4 (1) Carina Quezada(SCC)3/7
 12-3 1/2 (R) Bobbi Rubio (BA) 4/10
 12-2 3/4 (R) Anna Marie Rosch(SJC)5/22
 11-11 (2) Leah Jones (BA) 3/21
 11-11 (5) Liz Mitchell (CY) 5/22
 11-10 (5) Karen Brawley (RRR) 5/22
 11-9 1/2 (6) Mimi Helper (OTC) 5/22
 11-7 3/4 (6) Barbara Wilson(SCC)3/21
 11-7 1/2 Joy Crossett(BA)2/22

2:04.7 (2) N/S 3/22
 2:04.6 (3) OTC 5/22
 2:06.6 (5) CTC 5/22
 2:08.4 (4) SJC 5/22
 2:08.9 (5) Arrow 5/22
 2:09.6 (6) SV 5/22
 2:10.2 (5) APP 5/13
 2:11.9 (1) LAC 5/15
 2:11.7m (8) CCF 4/25
 2:13.1 BA-B 2/22
 2:14.0 (7) PCP 5/22
 2:14.5 (4) SCC-B 5/7

30.8 (5) Duffy Carolan(SV)5/22
 31.2 (3) Renee Learned(RRR)3/20
 31.69 (8) Judi Smith (OV) 6/13
 31.80 (2) Nicki Granger(SCC)5/22
 31.7 Detra Washin(BA)2/1
 31.7 (2) Kerry Cerda(RR)3/28
 33.1 Amy Johnson(BA)2/1
 33.1 (7) Kim Anderson(Arrow)5/30
 33.4 (5) Betsy Van Essen(VGTC)2/29

Mile Relay:

4:22.5 (1) LBC 4/10
 4:24.6 (2) SCC 4/10
 4:37.7 (3) RRR 4/10
 4:55.0 (4) RRR-B 4/10
 5:35.5 (5) Crusaders 4/10

2 Mile Relay:

10:14.4 (1) BA 4/10
 10:16.4 (2) RRR 4/10
 10:42.0 (3) QCC 4/10
 10:51.8 (4) RRR-B 4/10
 11:09.6 (5) BA-B 4/10
 11:34.8 (6) SB 4/10

High Jump:

5-1 (1) Lisa Stary(LBC) 5/1
 4-10 (R) Megan McAllister(OV)4/10
 4-9 (1) Laura Heizman(Arrow)5/22
 4-8 (1) Sharon Hatfield(PAT)3/21
 4-8 (T) Brenda Beatty (VGTC) 4/17
 4-8 (2) Laura Carney (CY) 5/22
 4-8 (3) Janice Bowie (SB) 5/22
 4-8 (5) Nancy Klevickis(Arrow)6/13
 4-7 (4) Renay Schoenlein(APP)5/22
 4-6 (P) Kim Tanabe(BA) 4/17
 4-6 (2) Jean Faust (SB) 4/25
 4-4 (4) Lynn Hitesman(LV) 2/15
 4-4 (4) Beth Landy (LV) 2/29
 4-4 (T) Dana Dahlke(SB) 4/17
 4-4 (5) Molly Myall (SV) 5/22
 4-4 (6) Sue McLaughlin(CY) 5/22
 4-3 (1) Cynthia Newton(PAS)5/15
 4-2 (5) Donna Gould (SB) 2/15
 4-2 (T) Meredith Eskin (SB) 4/17
 4-0 1/2 (2) Sara Keenan(MV) 5/15

Long Jump:

16-1 1/2 (1) Laura Heizman(Arrow)5/22
 15-10 1/2 (2) Dana Dahlke(SB)6/13
 15-10 1/2 (3) Lisa Stary(LBC)6/13
 15-1 1/2 (2) Sherrill Miller(CY)5/22
 14-11 1/2 (2) Geri Golden(LBC)5/22
 14-10 (2) Tracey Keverline(RRR)4/4

440 Relay:

48.80 (1) BETC 6/13
 49.58 (1) SCC 5/31
 49.9 (1) ML 5/22
 50.36 (5) SDC-B 6/13
 50.40 (2) WVJ 5/31
 50.4 (2) LBC 4/10
 50.75 (1) PAS 6/13
 50.8 (3) PAT 4/10
 51.3 (3) SB 5/22
 51.53 (2) BETC-B 6/13
 51.89 (5) SBS 5/31
 52.44 (5) APP 6/13
 52.6 (3) SDC-A 5/15
 52.7 (4) H/S 5/22
 52.8 (4) LAC 5/15
 53.0 (1) BA 2/22
 53.3 (6) CY 5/22
 54.3 (9) AA 5/31
 54.7 (3) LAM 3/28
 61.6 BA-B 2/22

880 MR:

1:48.9 (1) SCC 4/10
 1:50.2 (1) WVJ 5/31
 1:50.9 (2) PAT 4/10
 1:51.4 (2) SDC-B 5/31
 1:52.0 (1) BETC 5/22
 1:52.4 (2) LBC 3/7
 1:53.4 (4) BA 6/13
 1:53.6 (2) PAS 6/13
 1:54.6 (4) OTC 5/31
 1:55.0 (4) SB 4-10
 1:55.4 (2) VGTC 5/23
 1:56.0 (5) CY 5/31
 1:56.3 (2) SCC-B 2/15
 1:58.0 (2) LAC 5/15
 1:58.2 (1) LV 3/28
 1:58.0m (6) SDC-A 4/25
 1:59.8 (3) MM 5/15
 2:00.4 (3) SV 5/22
 2:00.4 (6) AA 5/31
 2:01.9 (5) RCF 5/22

Baseball Throw:

153-3 (1) Michelle Miller(APP)6/13
 146-7 (1) Carrie Cambron(RCF)5/22
 135-3 (4) Dianne Leslie (SB) 6/13
 133-8 (5) Karen Knight (SCC)6/13
 127-2 (6) Sherry Oliver(LBC)6/13
 125-7 (2) Laura Horwitz (CY) 5/22
 124-4 (7) Patty Smith (SB) 6/13
 122-8 (8) Kristin Flinn(APP)6/13
 115-5 (4) Christy Harrington(SCC)5/22
 115-3 (5) Kim Jensen(SB)5/22
 114-3 (T) Barbara Wilson(SCC) 4/17
 109-8 (3) Kara Gray (MPTC) 5/22
 109-2 (3) Valerie McVicar(SCV)3/21
 108-8 (4) Anna Mahoney(CY)5/22
 108-8 (9) Jan Hale (RRR) 6/13
 105-5 (12) Treshia Stafford(APP)6/13
 104-8 (5) Lisa Becker(SV)5/22
 104-4 (4) Dori Tressler(SB)2/15
 100-7 (6) Donna Hunter (STS) 5/22
 98-2 (5) Cheryl Lindberg(SB)2/15

Triathlon (100m, BBT, HJ):

1197 (1) Barbara Wilson(SCC) 5/2
 15.4 111-7 4-0
 1103 (2) Karen Knight (SCC) 4/17
 15.5 123-9
 904 (3) Leah Jones (BA) 5/2
 16.1 66-8 3-8
 870 (4) Shelly Classen(SCC)5/2
 15.4 90-0 3-2 1/2
 664 (5) Karin Balog(SCC)5/2
 15.5 97-7 2-7 1/2



10-11

12-13

14-10 (3) Brenda Wagner(SRS)5/22
 14-9 $\frac{1}{2}$ (3) Meredith Eskin(SB)4/4
 14-8 $\frac{3}{4}$ (1) Blaire Bates (SCC) 4/25
 14-7 $\frac{1}{2}$ (1) Robin Every (PAS) 5/15
 14-7 (4) Linda Barragan (SV) 5/22
 14-4 $\frac{1}{2}$ (2) Stacey Granger (SCC)3/27
 14-3 $\frac{3}{4}$ (3) Alexis Miller (RRR) 4/25
 14-3 (4) Fat Garcia (RRR) 4/4
 14-2 $\frac{1}{2}$ (5) Stacey Threadgill(AFP)5/22
 14-1 $\frac{1}{2}$ (6) Hillary Bray (Arrow) 5/22
 13-10 $\frac{1}{2}$ (R) Cynthia Newton(FAS) 4/10
 13-8 $\frac{1}{2}$ (5) Gina Betrice (LBC) 5/22
 13-7 $\frac{1}{2}$ (6) Diane Mullins (FAS) 5/22
 13-6 $\frac{1}{2}$ (R) Regina Crawford (RRR) 4/10

Shot 6#:

33-6 $\frac{1}{2}$ (2) Wendy Bradshaw(SCV)6/13
 32-8 (3) Tami Frazer (SRS)
 30-6 $\frac{3}{4}$ (2) Jeanne Wettach (MPTC)
 29-6 $\frac{1}{2}$ (3) Cheri Burruss(SV) 5/22
 28-9 (1) Regina Crawford(RRR)5/22
 28-4 (9) Stacy Moro (APP) 6/13
 26-2 $\frac{1}{2}$ (2) Megan McAllister (OV) 5/22
 24-5 $\frac{1}{2}$ (3) Beth Goodman (SB) 5/22
 23-2 (4) Valerie Bennett (FAS) 5/22
 22-7 $\frac{3}{4}$ (T) Kim Tanabe (BA) 4/17
 22-2 $\frac{1}{4}$ (5) Rennal Parker (SRS) 5/22
 22-1 $\frac{1}{2}$ (T) Brenda Beatty (VGTC) 5/2
 21-0 (6) Leanne Cooper (SRS) 5/22
 21-9 (T) Dana Dahlke (SB) 4/17
 21-6 $\frac{1}{2}$ (5) Suzanne Fiske(SB) 5/22
 21-6 (6) Janet Duran (OV) 5/22
 20-8 $\frac{3}{4}$ (7) Sue Lackaye (MM) 5/22
 20-3 $\frac{3}{4}$ (R) Shirley Masi (SB) 4/10

Baseball Throw:

197-5 $\frac{1}{2}$ (1) Jeanne Wettach(MPTC)5/22
 183-2 (2) Cheri Burruss(SV)5/22
 174-3 (3) Leanne Cooper(SRS)5/22
 168-6 (1) Annette Lucas (SCC) 5/22
 167-9 $\frac{1}{2}$ (4) Diana Reed (BETC) 5/22
 166-0 (R) Marcy Parks (OV) 4/10
 165-9 $\frac{1}{2}$ (5) Kelly Barrow (SRS)5/22
 163-9 (6) Keri Johnson (STC)5/22
 158-4 (2) Suzanne Fiske(SB)5/22
 150-5 (9) Tami Frazer (SRS) 6/13
 148-3 (2) Cindy Vasquez (QCC)2/15
 140-6 (4) Angela Johnson(RRR)5/22
 135-7 (3) Beth Rusetos(SB)2/15
 133-5 (4) Teriann Topp (SCV) 2/15
 132-3 (R) Beth Goodman (SB)4/10
 124-10 (R) Cynthia Newton (PAS) 4/10
 123-11 (1) Sandy Wilson (PAT)1/4
 122-6 (R) Gina Orlick(SB)4/10
 122-0 $\frac{1}{2}$ (2) Samantha Rodella(PAT)3/28
 119-9 (R) Valerie Bennett(PAS)4/10

Mile Relay:

3:58.1 (1) SCC 6/13
 3:59.0 (2) BA 6/13
 4:03.3 (3) LBC 6/13
 4:07.0 (1) UTC 6/13
 4:08.2 (2) WVJ 5/22
 4:09.9 (1) RCF 5/22
 4:16.9 (2) SDC 5/30
 4:17.4 (6) PAS 5/31
 4:19.0 (3) SCC-B 3/20
 4:21.0 (4) Bkfld.All Stars 5/30
 4:23.5 (3) SV 5/22
 4:24.0 (4) SB 6/13
 4:24.2 (4) Arrow 5/22
 4:26.1 (2) OV 2/29
 4:27.0 (5) RRR 3/20
 4:30.0 (2) MM 5/15
 4:32.9 (4) BA-B 4/10
 4:35.1 (5) CY 5/22
 4:37.2 (5) Wood. 5/30
 4:39.3 (8) MTC 5/22

Distance Medley Relay:

12:58.6 (1) BA-B 4/10
 12:59.2 (2) BA-A 4/10
 13:07.6 (3) SCC-A 4/10
 13:27.0 (4) SCC-B 4/10
 13:35.6 (5) VGTC-A 4/10
 14:19.6 (6) VGTC-B 4/10

High Jump:

5-7 $\frac{3}{4}$ (1) Lisa Peters (SCC) 6/13
 5-6 (1) Ellen Fargo(GG) 5/15
 5-4 (1) Jill Gillingham(BA)3/21
 5-3 (1) Angela Pfiesser(APP)5/22
 5-2 (2) Pam Robison (BA)5/31
 5-1 (3) Rena Wright (un) 3/21
 5-1 (3) Kelley Hoban(SBS)3/21
 5-1 (1) Susie Ray (BA)4/17
 5-0 (2) Laurie Carroll(SB)2/15
 5-0 (4) Joyce Bowie (SB)2/15
 5-0 (2) Diane Brodie(Arrow)5/22
 5-0 (5) Janet Capovilla(SB)5/31
 4-11 (3) Carol Gleeson(CY)5/22
 4-10 (5) Marlene Harmon(LATC)2/15
 4-10 (5) Stacey Human (L) 2/15
 4-10 (5) Kerri (LV) 2/29
 4-10 (2) Anita Washington(PAS)5/15
 4-10 (8) Tina Masi (SB) 5/22
 4-10 (9) Lynne Wingle(VGTC)5/22
 4-10 Jody G (SB)

Long Jump:

18-5 $\frac{1}{2}$ (1) Joyce Bowie(SB)6/13
 17-7 $\frac{1}{4}$ (1) Tina Scott (SCC)3/20
 16-10 $\frac{1}{2}$ (P) Marlene Harmon(LATC)5/2
 16-9 $\frac{1}{2}$ (5) Janice Smith(LBC)6/13
 16-6 $\frac{1}{2}$ (1) Patricia (L) 5/22

Discus:

108-0 (1) Donna Hollingsworth(QCC)5/15
 103-11 (1) Barrie Greer(SCC)5/22
 100-3 (4) Lynne Wingle(VGTC)6/13
 96-0 (1) Gillian Delear(Arrow)5/31
 85-10 (4) Jackie Sheffield(RRR)5/22
 83-8 (2) Sandra Ramirez(MTC)5/15
 82-11 (4) Alissa Weakly(CY)5/31
 82-6 (1) Tammy Billik(Arrow)5/22
 81-4 $\frac{1}{2}$ (4) Gisselle Lewis(SCC)4/25
 79-11 (6) Lori Knauss (SB) 5/31
 77-8 $\frac{1}{2}$ (3) Terry Ginella (Arrow)5/22
 77-2 (8) Janet Capovilla(SB)5/31
 76-10 (4) Zina Estassi(SV)5/22
 76-9 $\frac{1}{2}$ (2) Nancy Rowell(SBS)3/28
 75-5 $\frac{1}{2}$ (5) Colleen Brown (STS)5/22
 71-1 (3) Paula Lopez(MTC) 5/31
 70-9 (3) Alexandria Kriva(un)3/28
 64-3 (3) Lupe Marquez (MTC) 2/29
 53-2 (R) Dena Burtsfield(SB)4/10
 52-2 (R) Jaime Anderson(SCC) 4/10

Javelin:

123-5 (1) Melanie Johnson(SCC)6/13
 110-10 (2) Nancy Rowell(BA)6/13
 107-11 (1) Deena Bernstein(MPTC)5/22
 107-9 (3) Lisa Filkowski(CY)6/13
 106-0 (1) Donna Hollingsworth(QCC)5/31
 105-6 (2) June Wintermute(SCC)3/21
 103-10 (T2) Wendy Ashton (RCF) 5/31
 103-10 (T2) Janet Capovilla(SB)5/31
 102-11 (9) Gillian Delear(Arrow)6/13
 99-2 (1) Barrie Greer (SCC)3/27
 95-5 (4) Terry Ginella(Arrow)5/22
 92-6 (10) Beth Black (Arrow) 5/31
 85-6 $\frac{1}{2}$ (6) Laurie Bangert (ML) 5/22
 84-9 (7) Grace Wieting (VGTC)5/22
 80-6 Pam Robison (BA) 2/22
 78-9 (8) Teri Everts (PAT) 5/22
 73-4 (3) Traci Yancey (PAS) 5/15
 72-10 (4) Alexandria Kriva (un) 3/28
 65-10 (R) Lori Knauss (SB) 4/10
 64-8 Detra Washington (BA)2/22

Pentathlon(800H, SP-6, HJ, LJ, 200):

3628 (1) Susie Ray (BA) 4
 13.1, 47-10 $\frac{3}{4}$, 5-1,
 14-11 $\frac{1}{2}$, 26.2
 3289 (2) Marlene Harmon(LATC)5/2
 12.4, 27-2, 4-8, 10-10,
 26.4
 3046 (3) Lisa Peters (SCC) 5/2
 16.7, 29-2, 5-1 $\frac{3}{4}$,
 15-9 $\frac{1}{2}$, 26.1
 2941 (2) Jaime Anderson (SCC) 4/17
 13.7, 32-11 $\frac{3}{4}$, 4-6,
 14-11 $\frac{1}{2}$, 28.1

165-8 (1) Diana Reed (BETC) 5/22
 167-9½ (4) Marcy Parks (OV) 4/10
 166-0 (R) Kelly Barrow (SRS) 5/22
 165-9½ (5) Keri Johnson (STC) 5/22
 163-9 (6) Suzanne Fiske (SB) 5/22
 158-4 (2) Tami Frazer (SRS) 6/13
 150-5 (9) Cindy Vasquez (QCC) 2/15
 148-3 (2) Angela Johnson (RRR) 5/22
 140-6 (4) Beth Rusetos (SB) 2/15
 135-7 (3) Teriann Topp (SCV) 2/15
 133-5 (4) Beth Goodman (SB) 4/10
 132-3 (R) Cynthia Newton (PAS) 4/10
 124-10 (R) Sandy Wilson (PAT) 1/4
 123-11 (1) Gina Orlick (SB) 4/10
 122-6 (R) Samantha Rodella (PAT) 3/28
 122-0½ (2) Valerie Bennett (PAS) 4/10
 119-9 (R)

Triathlon (100m, 6#/SP, HJ):

1478 (1) Brenda Beatty (VGTC) 5/2
 13.9, 22-1½, 4-7¼
 1420 (1) Dana Dahlke (SB) 4/17
 13.6, 21-9, 4-4
 1344 (3) Megan McAllister (OV) 4/17
 1314 (4) Kim Tanabe (BA) 4/17
 14.9, 4-6, 22-7 3/4
 1238 (5) Meredith Eskin (SB) 4/17



5-0 (4) Joyce Bowie (SB) 2/15
 5-0 (2) Diane Brodie (Arrow) 5/22
 5-0 (5) Janet Capovilla (SB) 5/31
 4-11 (3) Carol Gleeson (CY) 5/22
 4-10 (5) Marlene Harmon (LAPC) 2/15
 4-10 (5) Stacey Luman (L) 2/15
 4-10 (5) Kerri Luman (LV) 2/29
 4-10 (2) Anita Washington (PAS) 5/15
 4-10 (8) Tina Washburn (SB) 5/22
 4-10 (9) Lynne Wingle (VGTC) 5/22
 4-10 Jody G... (SB)

Long Jump:

18-5½ (1) Joyce Bowie (SB) 6/13
 17-7¼ (1) Tina Scott (SCC) 3/20
 16-10½ (P) Marlene Harmon (LAPC) 5/2
 16-9¼ (5) Janice Smith (LBC) 6/13
 16-6¼ (1) Patricia Mahoney (MPTC) 5/22
 16-6 (2) Marge Lewinski (un) 5/22
 16-5 3/4 (8) Rhonda Whitlow (WWW) 6/13
 16-3 3/4 (3) Tracy Hanlon (LBC) 5/31
 16-1 3/4 (4) Tonie Scott (PAS) 5/31
 16-1½ (4) Tracy Giddings (OV) 5/22
 16-1 (1) Jenny Townsend (LBC) 1/25
 15-11½ (3) Tawny Singleton (OV) 2/15
 15-9½ (P) Lisa Peters (SCC) 5/2
 15-9¼ (2) Angela Pfeiffer (APP) 5/22
 15-9 (7) Lorraine Orr (SB) 5/22
 15-8 (3) Dulce Reade (OV) 1/25
 15-7 3/4 (8) Susan Schell (VGTC) 5/22
 15-7½ (1) Lori Burton (SCV) 1/4
 15-7½ (8) Carmelita Baker (SDC) 3/21
 15-6 3/4 (3) Val Larsen (ML) 5/22

Shot Put 6#:

52-1¼ (1) Susie Ray (BA) 6/13
 43-1½ (4) Barrie Greer (SCC) 6/13
 40-8 3/4 (2) Jackie Sheffield (RRR) 5/31
 38-3 (1) Gillian Delear (Arrow) 5/22
 37-9 (2) Sandy McMillan (SRS) 5/22
 36-5 (3) Nancy Rowell (BA) 5/22
 36-2½ (3) Kathy Martin (SRS) 5/22
 36-1½ (4) Rosario Ramos (AA) 5/22
 35-6 (5) Jamie Anderson (SCC) 3/21
 34-4 (3) Kerry Cerda (BA) 2/26
 33-10½ (4) Alissa Weakly (CY) 5/22
 33-10 (5) Patricia Mahoney (MPTC) 5/22
 32-10½ (6) Terry Ginelle (Arrow) 5/22
 32-9½ (7) Yvette Bennett (PAS) 5/22
 32-5½ (5) Moria Adams (SDC) 3/27
 32-2 (6) Kim Johnson (OV) 2/29
 31-8 (8) Lori Knauss (SB) 5/22
 31-2 (7) Nita Bradshaw (SCV) 2/29
 30-5¼ (14) Nattineque McClain (PAS) 5/31
 29-2 (P) Lisa Peters (SCC) 5/2

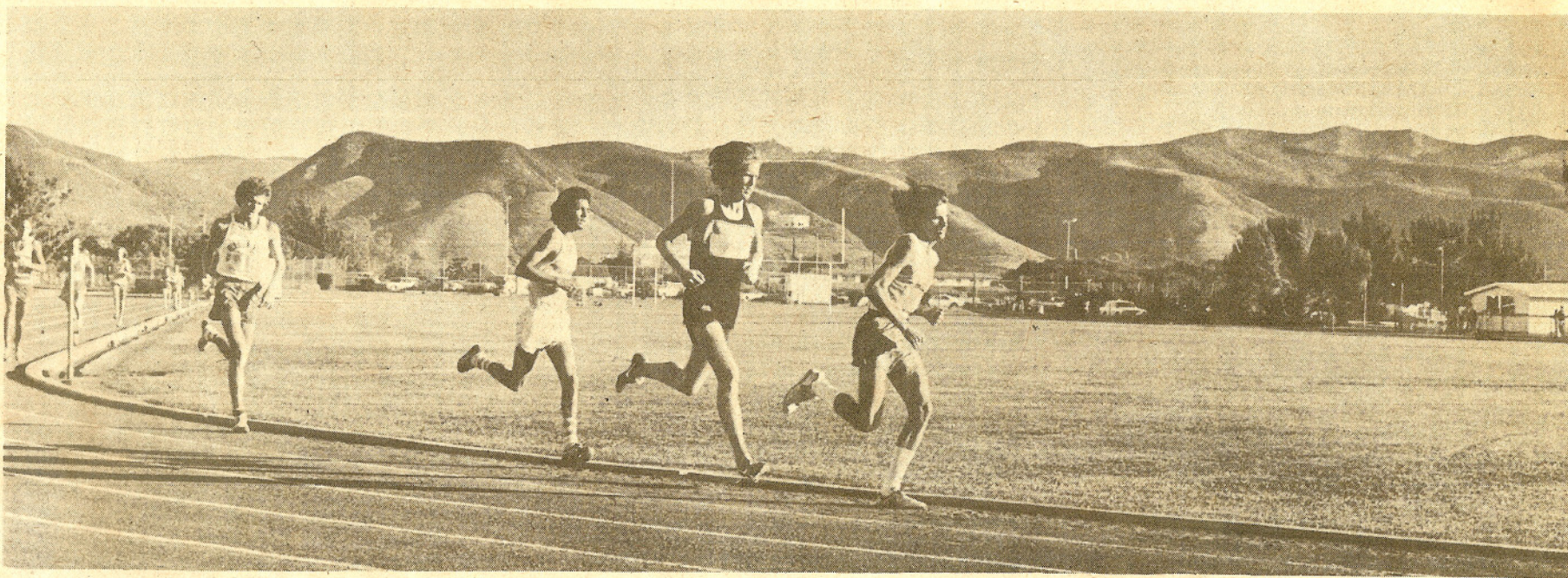
72-10 (4) Alexandria Kriva (un) 5/28
 65-10 (R) Lori Knauss (SB) 4/10
 64-8 Detra Washington (BA) 2/22

Pentathlon (80MH, SP-6, HJ, LJ, 200):

3628 (1) Susie Ray (BA) 4/17
 13.1, 47-10 3/4, 5-1, 14-11¼, 26.2
 3289 (2) Marlene Harmon (LAPC) 5/2
 12.4, 27-2, 4-8, 14-10, 26.4
 3046 (3) Lisa Peters (SCC) 5/2
 16.7, 29-2, 5-1 3/4, 15-9, 26.1
 2941 (2) Jaime Anderson (SCC) 4/17
 13.7, 32-11 3/4, 4-6, 14-11½, 28.1
 2920 (4) Rhonda Whitlow (WWW) 5/2
 13.8, 25-2, 4-8, 16-3, 28.0
 2901 (3) Tina Scott (SCC) 4/17
 14.9, 26-4¼, 4-8, 15-10½, 26.9
 2843 (5) Kerry Cerda (BA) 4/17
 15.3, 33-6½, 4-6, 14-1¼, 26.7
 2424 (5) Pam Robison (BA) 4/17
 16.9, 28-5¼, 4-8, 14-5¼, 30.9



LTS..RESULTS..RESU



USTFF National Invitational Junior 6 Mile Run - Lompoc Flower Festival Distance Carnival. Leading is winner Tim Holmes; being followed by Mark Spillsbury, and Sal Godinez. photo by: Scott Ostler

May 28 & 29: UC Santa Barbara. AAU Pentathlon.

1. Frederick (LATIC), 4,677 points. (American record, old mark 4,576, Jane Frederick, 1975); 2. King (Librae Lions), 4,233; 3. Fitzgerald (Atoms TC), 4,193; 4. Collins (Em. Ore.), 4,030; 5. Lindsenmeyer (Texas TC), 3,970; 6. McMillin (Lakewood International), 3,951. TOP MARKS: LJ—Frederick, 20-5 3/4; 200—Frederick, 23.9.

JUNIORS—1. Zwart (LATIC), 3,871; 2. Kindig (Nebraska TC), 3,845; 3. Seippel (Ketering, Ohio), 3,838. TOP MARKS: LJ—Kinimaka

ton) 14.5, Stafford (Los Gatos) 14.6, Williams (Pacific Grove) 14.8, Bertero (Gilroy) 15.0, Wipfler (Monta Vista) 15.1. 330 LH—Phillips (Silver Creek) 37.3, Bobertz (Serramonte) 37.5, Hawkins (Burlingame) 37.7, Chapman (Yerba Buena) 37.8, McDaniel (Seaside) 38.3, Viars (Monterey) 39.3. Mile Relay—Piedmont Hills 3:20.6, MI. Pleasant 3:21.0, Silver Creek 3:23.1, San Mateo 3:23.3, Lynbrook 3:24.7, Aver 3:25.5.

Field

SP—Smith (San Mateo) 58-2, Tafrales (Capuchino) 56-8, Walters (Half Moon Bay) 56-1, Pear (Los Altos) 55-3, Todd (Leland) 54-6 1/2, Lucas (St. Francis) 54-1 1/2. DT—Hamm (Soquel) 171-0, Franklin (Los Altos) 166-8, Dug-

220—Costello (Lynbrook) 25.4, Belk (Silver Creek) 25.4, Gallon (Aver) 26.0, Davis (Monterey) 26.5, Wilber (Branham) 27.0, Holliday (Aver) 27.0.

440—Belk (Silver Creek) 56.0 (MR, old 57.4 by Lezli Peterson, Harbor, 1975), Peterson (Harbor) 57.2, Brown (Los Altos) 59.3, Ward (Milpitas) 59.9, Osterkamp (Soquel) 60.6, Tarkington (Watsonville) 60.8.

880—Barrett (Branham) 2:18.9 (MR, old 2:19.9 by Amy Huyck, Aptos, 1975), Jackson (Live Oak) 2:19.2, Migliomeni (Saratoga) 2:21.4, Tarkington (Watsonville) 2:26.6, Hoxie (Monta Vista) 2:27.7, Furtado (Buchser) 2:39.5.

Mile—Sue Mundy (Lincoln) 5:04.7 (MR, old 5:09.1 by Sue Mundy, 1975), Bray (Los Altos) 5:04.9, Choy (Salinas) 5:18.4, Jackson (Live Oak) 5:23.9, Furtado (Buchser) 5:36.5, Neary (Aptos) 5:37.1. Mile Relay—Branham 4:05.9 (New event, establishes new record), Harbor 4:06.3, Los

May 29, Additional State Meet qualif meets (season bests in()).

North Coast

(at Edwards Stadium)

100: 1. J. Burrell (Piner) 9.9, 2. Trapp (Pittsburgh) 9.9, 3. B. Burrell (Tennyson, Hayward) 10.1, 4. Longstaff (Concord) 10.2. 220: 1. Trapp (Pittsburgh) 21w, 2. J. Burrell (Piner) 22.1, 3. Smith (Berkeley) 22.4, 4. B. Burrell (Tennyson) 22.5. 440: 1. Harris (Pittsburgh) 48.2, 2. DeWitt (Berkeley) 49.5, 3. Maiocco (Liberty, Brentwood) 49.7, 4. Stewart

800: 1. Wright (Vanden, Travis AFB) 4:14.9, 2. Brown (Ponderosa, Shingle Springs) 4:17.2, 3. Farrell (La Sierra, Sac) 4:17.2.

3-mile: 1. Holmes (Downey, Modesto) 9:13.1, 2. Hitchcock (So. Lake Tahoe) 9:13.9, 3. Speere (Loma, Sac) 9:16.2.

5K: 1. Ward (Lodi), 2. Smith (La Sierra) 14.4, 3. Dixon (Edison, Stock) 14.5.

330 LH: 1. Fields (Grant) 37.8 (36.6), 2. Palon (San Juan, Sac) 38.0, 3. Smith (La Sierra) 38.3.

440 relay: 1. John (Sac) 43.0, 2. Stagg (Stock) 43.0, 3. [unclear] (Fairfield) 43.2.

Mile relay: 1. Grant (Sac) 3:22.9, 2. Johnson (Sac) 3:25.5, 3. Oakmont (Roseville) 3:26.8.

High jump: 1. Bjornsson (Encina, Sac) 6-6, 2. Dugan (Edison, Stock) 6-6, 3. Slaton (Merced) 6-6.

Pole vault: 1. Cochran (Elk Grove) 14-0 1/4, 2. Boone (McClatchy, Sac) 14-0 1/4, 3. Firchau (Roseville) 14-4. Long jump: 1. Woods (Lindhurst) 23-

May 28 & 29: UC Santa Barbara. AAU Pentathlon.

1. Frederick (LATC), 4,677 point. American record, old mark 4,576. Jane Frederick, 1975; 2. King (Milbrae Lions), 4,233; 3. Fitzger (Atoms TC), 4,193; 4. Collins (Em, Ore.), 4,030; 5. Lindsemeyer (Texas TC), 3,970; 6. McMillin (Lakewood International), 3,951. TOP MARKS: LJ—Frederick, 20-5 3/4; 200—Frederick, 23.9.

JUNIORS—1. Zwart (LATC), 3,871; 2. Kindig (Nebraska TC), 3,845; 3. Seippel (Ketering, Ohio), 3,838. TOP MARKS: LJ—Kinimaka (San Jose Cindersgals), 19-2 3/4; 200—Farris (Nebraska TC), 25.2.

/Ric Walker/

May 29, CIF Central Coast Section.

CCS TRACK & FIELD FINALS Boys Division

(First three in each event qualify for State Meet in Berkeley Friday and Saturday).

Track

440 Relay—Piedmont Hills 41.7, Mt. Pleasant 42.0, Yerba Buena 42.0, Silver Creek 42.6, Seaside 43.1, San Mateo 43.6. 100—Cannon (Mt. Pleasant) 9.8, Green (Ayer) 10.0, Bennett (Lynbrook) 10.0, Meriweather (Mt. Pleasant) 10.1, Colling (Los Altos) 10.1, Nash (Cubberley) 10.1. 220—Cannon (Mt. Pleasant) 21.6, Coulter (Harbor) 21.9, Rachel (Yerba Buena) 22.0, Holcomb (Hill) 22.2, Barkley (Silver Creek) 22.2, Johnson (Lynbrook) 22.5. 440—K. Taylor (Piedmont Hills) 47.8, Holcomb (Hill) 48.6, Hillard (South City) 48.9, Bishop (Carlmont) 49.8, Castro (San Jose) 50.1, Breaux (Seaside) 50.6. 880—Light (Pacific Grove) 1:52.9, Bishop (Carlmont) 1:53.4, Maxwell (Westmoor) 1:54.0, C. Taylor (Piedmont Hills) 1:55.7, Jensen (Buchser) 1:56.3, Pramann (Los Altos) 1:57.3. Mile—Stillman (Willow Glen) 4:18.2, Ross (Serra) 4:19.2, Sup (Palma) 4:20.0, Corey (San Mateo) 4:22.2, McQueen (Lynbrook) 4:22.3, Dyer (Saratoga) 4:22.3. 2-Mile—Paulin (Camden) 9:13.3, Corey (San Mateo) 9:14.4, Love (Carlmont) 9:17.8, Carrasco (Mt. Pleasant) 9:23.8, Jones (Carmel) 9:26.6, Johnson (Overfelt) 9:29.4. 1200 HH—Bobertz (Serramonte) 14.3, Clark (Menlo-Ather-

ton) 14.5, Stafford (Los Gatos) 14.6, Williams (Pacific Grove) 14.8, Bertero (Gilroy) 15.0, Wipfler (Monta Vista) 15.1. 330 LH—Phillips (Silver Creek) 37.3, Bobertz (Serramonte) 37.5, Hawkins (Burlingame) 37.7, Chapman (Yerba Buena) 37.8, McDaniel (Seaside) 38.3, Viars (Monterey) 39.3. Mile Relay—Piedmont Hills 3:20.6, Mt. Pleasant 3:21.0, Silver Creek 3:23.1, San Mateo 3:23.3, Lynbrook 3:24.7, Ayer 3:25.5.

Field

SP—Smith (San Mateo) 58-2, Tafrales (Capuchino) 56-8, Walters (Half Moon Bay) 56-1, Pear (Los Altos) 55-3, Todd (Leland) 54-6 1/2, Lucas (St. Francis) 54-1 1/2. DT—Hamm (Soquel) 171-0, Franklin (Los Altos) 166-8, Duggan (Monta Vista) 166-1, Gonzales (Silver Creek) 162-0 1/2, Walters (Half Moon Bay) 161-0 1/2, Perry (Fremont) 161-1 1/2. HJ—Gibbs (Hill) 6-8, Jeff (San Mateo) 6-6, Harding (Camden) 6-4, Wiffe (Mills) 6-4, Woods (Lynbrook) 6-4, Leaman (Harbor) 6-4. PV—Lovejoy (Del Mar) 15-0, Fernside (Del Mar) 14-7 1/2, Bradley (Carlmont) 14-7 1/2, Munoz (Watsonville) 14-0, Nigh (Fremont) 14-0, King (Marelo) 14-0. LJ—Vasquez (Mills) 23-6 1/4, Bates (Menlo-Atherton) 23-5 1/4, Brooks (Milpitas) 23-5 1/2, White (Camden) 23-4, Wise (Aval) 22-11 1/4, Young (Hillsdale) 22-7 1/2. TJ—Vecchiell (Los Altos) 47-9 1/2, Lehbertz (Serramonte) 47-7 1/2, Moreno (Lick) 47-6 1/2, Bates (Menlo-Atherton) 47-1 1/2, White (Camden) 46-16, Johnson (Monterey) 46-5 1/4.

Scoring

Mt. Pleasant 44, San Mateo 35, Piedmont Hills 34, Silver Creek 26, Serramonte 26, Los Altos 25, Carlmont 24, Hill 22, Camden 22, Menlo-Atherton 20, Del Mar 18, Yerba Buena 16, Pacific Grove 14, Mills 14, Lynbrook 13, Willow Glen 10, Soquel 10, Ayer 9, Harbor 9, Capuchino 8, Serra 8, Half Moon Bay 8, Monta Vista 7, Milpitas 6, Los Gatos 6, Westmoor 6, South City 6, Lick 6, Burlingame 6, Palma 6, Seaside 5, Watsonville 4, Fremont 3, Leland 2, Awall 2, Gilroy 2, Buchser 2, San Jose 2, Carmel 2, Monterey 2, St. Francis 1, Hillsdale 1, Cubberley 1, Overfelt 1, Marelo 1, Saratoga 1.

CCS TRACK & FIELD FINALS Girls' Division

First three in each event advance to 3rd annual CIF Championships Friday and Saturday in Berkeley.

440 Relay—Harbor 49.5 (MR, old 50.3 by Harbor, 1975); Silver Creek 49.8, Ayer 50.3, Branham 50.9, Soquel 51.5, North Salinas 51.9.

100—Costello (Lynbrook) 11.2, Holliday (Ayer) 11.6, Mallory (Silver Creek) 11.6, Conney (Milpitas) 11.7, Davis (Monterey) 11.8, Palmer (Piedmont Hills) 11.8.

220—Costello (Lynbrook) 25.4, Belk (Silver Creek) 25.4, Gallon (Ayer) 26.0, Davis (Monterey) 26.5, Wilber (Branham) 27.0, Holliday (Ayer) 27.0.

440—Belk (Silver Creek) 56.0 (MR, old 57.4 by Lezli Peterson, Harbor, 1975), Peterson (Harbor) 57.2, Branham (Los Altos) 59.3, Ward (Milpitas) 59.9, Osterkamp (Soquel) 60.6, Tarkington (Watsonville) 60.8.

880—Barrett (Branham) 2:18.9 (MR, old 2:19.9 by Amy Huyck, Aptos, 1975), Jackson (Live Oak) 2:19.2, Angiomeni (Saratoga) 2:21.4, Tarkington (Watsonville) 2:26.6, Hoxie (Monta Vista) 2:26.9, Furlado (Buchser) 2:39.5.

Mile—Sue Mundy (Lincoln) 5:04.7 (MR, old 5:09.1 by Sue Mundy, 1975), Bray (Los Altos) 5:04.9, Choy (Salinas) 5:18.4, Jackson (Live Oak) 5:23.9, Furlado (Buchser) 5:36.5, Neary (Aptos) 5:37.1.

Mile Relay—Branham 4:05.9 (New event, establishes new record), Harbor 4:06.3, Los Altos 4:10.0, North Salinas 4:13.5, Piedmont Hills 4:15.0, Lynbrook 4:17.4.

80 LH—Costello (Lynbrook) 10.6 (MR, old 11.0 by Kathy Schentrup, Willow Glen, 1975), Cavanah (Harbor) 11.0, Schentrup (Willow Glen) 11.4, Kelly (Leland) 11.5, Stewart (Aptos) 11.6, Wilcox (San Mateo) 11.6.

Shot Put—Garcia (Harbor) 43-9 (MR, old 39-9 1/2 by Kathy Kuchta, King City, 1975), Pannell (Leland) 42-11 1/2, Springer (Salinas) 41-6, Kuchta (King City) 39-0, Beacom (Watsonville) 38-8, Chandler (Mt. Pleasant) 38-0.

Discus Throw—Springer (Salinas) 133-5 (MR, old 118-2 1/2 by Kathy Kuchta, King City, 1975), Kuehl (North Salinas) 124-1, Kuchta (King City) 120-0, Korach (Watsonville) 116-9, Lloyd (Monta Vista) 113-7 1/2, Garcia (Harbor) 109-8 1/2.

HJ—Blackburn (Cubberley) 5-8 (MR, old 5-6 1/4 by Blackburn, Cubberley, 1974), Hinkelman (Los Altos) 5-5, White (Leland) 5-4, Martin (San Lorenzo Valley) 5-4, Vogel (Gilroy) 5-1, Birkel (Gunn) 4-11.

Long Jump—Johnson (Oak Grove) 16-6, Brew (Los Altos) 16-5 1/4, Wilcox (San Mateo) 16-3 1/4, Paul (Leland) 16-1 1/2, White (Monterey) 15-10 1/2, Sanders (Yerba Buena) 15-10 1/2.

Team Scoring—Harbor 45, Los Altos 36, Silver Creek 32, Lynbrook 31, Branham 26, Salinas 22, Leland 22, Ayer 21, North Salinas 13, Live Oak 12, Watsonville 11, King City 10, Cubberley 10, Lincoln 10, Oak Grove 10, Milpitas 8, Monterey 8, San Mateo 7, Willow Glen 6, Saratoga 6, Monta Vista 4, Soquel 4, San Lorenzo Valley 4, Aptos 3, Buchser 3, Piedmont Hills 3, Gilroy 2, Mt. Pleasant 1, Gunn 1, Yerba Buena 1.

/Darrel Cox/

May 30, Coalinga. George E. Olsen Memorial Mini Marathon.

1.3.1 Mile:

1. John Wegerer (FPCTC) 1:19:17.4
2. Bill Peck (BTC) 1:21:34

6.0 Mile:

1. Dave Bronan (HSTC) 35:02.2
2. Len Thornton (HSTC) 35:22.2

/Philip Elliott/

May 29, Additional State Meet qualifies (season bests in).

North Coast

(at Edwards Stadium)

100: 1. J. Burrell (Piner) 9.9, 2. Trapp (Pittsburgh) 9.9, 3. B. Burrell (Tennyson, Hayward) 10.1, 4. Longstaff (Concord) 10.2.

220: 1. Trapp (Pittsburgh) 21.1w, 2. J. Burrell (Piner) 22.1, 3. Smith (Berkeley) 22.4, 4. B. Burrell (Tennyson) 22.5, 440: 1. Harris (Pittsburgh) 48.2, 2. DeWitt (Berkeley) 49.5, 3. Maiocco (Liberty, Brentwood) 49.7, 4. Stewart (Kennedy, Richmond) 50.0.

880: 1. Emery (Arroyo, San Lorenzo) 1:54.4, 2. Brownlow (Ferndale) 1:54.4, 3. Arnerich (Alameda) 1:55.5, 4. Jimenez (DeLaSalle, Concord) 1:55.8.

Mile: 1. McMeans (DeAnza, Richmond) 4:15.9, 2. Schultz (Redwood, Larkspur) 4:16.1, 3. Borland (Del Norte) 4:19.0, 4. Smith (Mission San Jose, Fremont) 4:19.3.

2-mile: 1. Schultz (Redwood) 9:03.9, 2. Collier (Tamalpais) 9:06.8, 3. Jones (Redwood) 9:09.4, 4. Seartes (College Park, Pleasant Hill) 9:26.4.

1200 MH: 1. Gangnuss (Dublin) 14.5, 2. Koko (Sunset, Hay) 14.5, 3. Patterson (DeAnza) 15.0, 4. Amerson (Pacifica, Pitt) 15.0.

330 LH: 1. Koko (Sunset) 37.6, 2. Patterson (DeAnza) 37.9, 3. Gangnuss (Dublin) 38.9, 4. White (Richmond) 39.0.

440 relay: 1. Pittsburgh 42.3, 2. Berkeley 42.7, 3. Ellis (Rich) 43.0, 4. Dublin 43.4.

Mile relay: 1. Pittsburg 3:22.5, 2. Tennyson (Hay) 3:23.2, 3. Kennedy (Rich) 3:23.7, 4. Richmond 3:25.9.

High jump: 1. Lane (American, Fre) 6-10, (7-0), 2. Kinman (Moreau, Hay) 6-6, 3. Low (Tamalpais) 6-6, 4. Peterson (Arroyo) 6-6.

Pole vault: 1. McDonald (St. Helena) 14-9 3/4, 2. Philbert (Acalanes, Walnut Creek) 14-6 1/4, 3. Ballinger (Redwood) 14-3, 4. Stedman (Pleasant Hill) 13-6.

Long jump: 1. Martin (Moreau) 22-10, 2. Fernandez (Castro Valley) 22-2 1/2, 3. Ashe (Novato) 21-9 3/4, 4. Morgan (El Cerrito) 21-8 1/4.

Triple jump: 1. Johnson (Mt. Eden, Hay) 48-5 1/2, 2. Mellon (St. Mary's, Berk) 47-10 3/4, 3. Morgan (El Cerrito) 46-9, 4. Smith (Hayward) 46-1.

Shot: 1. Jensen (Washington, Fre) 41-8, 2. Ricchlutto (DeAnza) 54-5, 3. Garner (Antioch) 55-5 1/2, 4. Lytle (Clear Lake) 54-9.

Discus: 1. Hill (Berkeley) 176-4, 2. Bowles (San Ramon, Danville) 172-2, 3. Albritton (Piner) 170-9, 4. Rhodes (Antioch) 162-5.

LEADING QUALIFIERS—Pittsburgh 5, Redwood (Larkspur) and DeAnza (Richmond) 4.

Sac-Joaquin

(at Oakland High)

100: 1. Jackson (Franklin, Stock) 10.8, Miller (Dixon) 10.0 (9.7), 3. Fong (Sacramento) 10.2.

220: 1. Jackson (Franklin) 22.0, 2. Simpson (Los Banos) 22.2, 3. Bradley (Johnson, Sac) 22.5.

440: 1. Fields (Grant, Sac) 49.0 (48.3), 2. Woods (Lindhurst, Marysville) 49.9, 3. Kemper (Del Campo) 50.8.

880: 1. Vineyard (Armiijo, Fairfield) 1:55.5, 2. Faggella (Jesusit, Sac) 1:56.2, 3. Griffin (Elk Grove) 1:56.9.

Miles 1. Wright (Vanden, Travis APB) 4:14.9, 2. Brown (Ponderosa, Shingle Springs) 4:17.2, 3. Farrell (La Sierra, Sac) 4:17.2.

3-mile: 1. Holmes (Downey, Modesto) 9:13.1, 2. Hitchcock (So. Lake Tahoe) 9:13.9, 3. Speere (Palma, Sac) 9:16.2.

MH: 1. Ward (Lodi), 2. Smith (La Sierra) 14.4, 3. Dixon (Edison, Stock) 14.5.

330 LH: 1. Fields (Grant) 37.8 (36.6), 2. Palon (San Juan, Sac) 38.0, 3. Smith (La Sierra) 38.3.

440 relay: 1. John (Sac) 43.0, 2. Stagg (Stock) 43.0, 3. Jo (Fairfield) 43.7.

Mile relay: 1. Grant (Sac) 3:22.9, 2. Johnson (Sac) 3:25.5, 3. Oakmont (Roseville) 3:26.8.

High jump: 1. Bjornsson (Encina, Sac) 6-6, 2. Duggan (Edison, Stock) 6-6, 3. Slaton (Merced) 6-4.

Pole vault: 1. Cochran (Elk Grove) 14-8 1/4, 2. Boone (McClatchy, Sac) 14-8 1/4, 3. Firchau (Roseville) 14-4.

Long jump: 1. Woods (Lindhurst) 23-0, 2. Hawkins (Tracy) 22-11 1/4, 3. Boringham (Cordova, Sac) 22-9.

Triple jump: 1. Slaton (Merced) 46-10 1/2, 2. Keith (Johnson, Sac) 46-9 1/2, 3. Hendricks (Brubank, Sac) 46-4 1/2.

Shot: 1. Messenger (Highlands, Sac) 60-2 1/4, 2. Alonzo (St. Mary's, Stock) 57-0 1/4, 3. Johnston (Oakdale) 53-3 1/4.

Discus: 1. Porath (Avalon) 177-1, 2. Francis (St. Mary's) 169-1, Sarrette (Ponderosa) 168-4.

LEADING QUALIFIERS—Johnson (Sac) 4, Grant (Sac) and La Sierra (Sac) 3.

Oakland

100—Johnson (Skyline) 9.7w (9.7); 220—Johnson (Skyline) 21.8w (22.3n); 440—Trotter (Castlemont) 50.0; 880—Sterling (Oakland) 1:55.4 (1:54.2); Mile—Aoss (Skyline) 4:21.4; 2-mile—Valdez (Skyline) 9:34.6 (9:31.6); 1200 MH—Harris (Oakland) 14.3w (14.1); 330 LH—Harris (Oakland) 38.2; 440 relay—Skyline 42.8; Mile relay—Castlemont 3:22.2; High jump—Hice (Oakland) 6-8; Pole vault—Bann (Fremont) 12-5; Long jump—Durham (Oakland) 24-2w (24.6); Triple jump—Durham (Oakland) 45-4 (47-3); Shot—Nicholas (Oakland) 51-7 (48-10).

LEADING QUALIFIERS—Oakland Skyline 5.

San Diego

(at Balboa Stadium)

100: 1. Newell (Chula Vista) 9.8 (9.6w), 2. Russell (Patrick Henry) 9.8 (9.5).

220: 1. Newell (Chula Vista) 21.6, 2. Russell (Henry) 21.7 (21.1).

440: 1. Sline (Poway) 48.8, 2. Priest (El Cajon) 49.4.

880: 1. Powell (Pt. Loma) 1:54.2, 2. Krueger (Bonita Vista) 1:54.4.

Mile: 1. Hunt (Henry) 4:14.7 (4:06.6), 2. Neveu (Grossmont) 4:15.9.

2-mile: 1. Hughes (Monte Vista) 9:09.7, 2. Sadler (La Jolla) 9:14.2, (Hunt, third at 9:16.3).

1200 MH: 1. Santos (Lincoln) 14.6 (14.4), 2. Brajevich (Poway) 14.8 (14.6).

330 LH: 1. Calloway (Hoover) 38.1, 2. Bowden (Mar Vista) 38.3.

440 relay: 1. Lincoln 41.6, 2. Morse 41.9.

Mile relay: 1. Morse 3:21.6, 2. Crawford 3:21.6.

High jump: 1. Sivadge (Granite Hills) 6-8, 2. Ridgway (Monte Vista) 6-6.

Pole vault: 1. Bisson (Bonita Vista) 14-0, 2. Harris (Helix) 13-6.

Long jump: 1. Dorrell (Helix) 22-2 1/4 (23-3 1/4), 2. Woodson (Hoover) 22-1 1/4 (23-3 1/4).

Triple jump 1. Williams (Oceanside) 48-4 (49-1); 2. Naylor (Oceanside) 45-7 (46-4).
Shot 1. Wiggins (St. Auguste) 57-0 1/2; 2. Pole (El Cajon) 54-8 1/2.
Discus 1. Malone (El Cajon) 182-8 (192-6); 2. Lettow (Helix) 170-5 (179-5).
LEADING QUALIFIERS—Patrick Henry and Lincoln 3.

North

(at Orville)

100—Ferraivolo (Colusa) 10.2 (9.8); 220—Beltencourt (Pleasant Valley, Chico) 22.9 (22.7); 440—Schrock (Red Bluff) 49.8 (49.4); 880—Eliwell (Shasta, Redding) 1:56.5 (1:56.1); Mile—Pease (Chico) 4:23.4 (4:19.9); 2-mile—Azrit (Chico) 9:42.0; 120 HH—Dorval (Paradise) 14.3; 330 LH—Dorval (Paradise) 38.5 (38.2); 440 relay—Chico 44.2 (43.6); Mile relay—Paradise 3:27.0; High jump—Brownlee (Yreka) 6-6 (6-10 1/2); Pole vault—Mulligan (Chico) 14-1 1/2 (14-3); Long jump—Brownlee (Yreka) 22-0 1/2; Triple jump—Brownlee (Yreka) 45-3 1/2; Shot—Montgomery (Lassen, Susanville) 46-10 1/2 (2. Stover, Corning, 65-9); Discus—Montgomery (Lassen) 179-0 (154-5).
LEADING QUALIFIER—Chico 4.

San Francisco

100—Willis (Mission) 9.6 (9.3); 220—Lewis (Wilson) 21.8; 440—Johnson (Balboa) 51.2; 880—Huetado (Lowell) 1:57.5; Mile—Lanier (Lowell) 4:39.2; 2-mile—Muniz (Lowell) 9:52.1; 120 HH—Tyler (Balboa) 14.2; 330 LH—Tyler (Balboa) 38.8; 440 relay—Balboa 42.6; Mile relay—Balboa 3:27.5; High jump—Mathews (Washington) 6-0; Pole vault—Lucero (Lincoln) 12-0; Long jump—Turner (Wilson) 22-3; Triple jump—Bradley (Balboa) 44-11; Shot—Davis (Balboa) 54-1; Discus—McClinton (Balboa) (161-2).
LEADING QUALIFIERS—Balboa 8, Lowell 3.

/Ted Brazil/

May 29, East LA: LA City Finals.

VARSITY

100—K. Williams (San Fernando), 9.9; 2. Mullins (Hamilton), 9.9; 3. Doubley (Manual Arts), 10.0; 4. R. Williams (San Fernando), 10.0; 5. Davis (Locke), 10.0; 6. Goosby (Hamilton), 10.0.
220—1. Mullins (Hamilton), 21.3; 2. R. Williams (San Fernando), 21.7; 3. Goosby (Hamilton), 22.0; 4. Williams (Carson), 22.2; 5. K. Williams (San Fernando), 22.2; 6. Martin (Hamilton), 22.3.
440—1. Williams (Carson), 47.7; 2. Benson (Belmont), 48.7; 3. McDonald (Banning), 48.8; 4. Smith (Fremont), 48.9; 5. Clark (Jefferson), 48.9; 6. Knahtler (Monroe), 48.9.
880—1. Jones (Washington), 1:55.5; 2. Wahl (El Camino Real), 1:56.1; 3. Harmon (Reseda), 1:56.3; 4. Anderson (San Pedro), 1:56.3; 5. Blacknell (University), 1:56.5; 6. Blavet (Bakersfield), 1:57.0.
MILE—1. Jones (Chatsworth), 4:12.0 (City record, old mark, 4:12.1, Jose Amaya, Wilson, 1972); 2. Cornell (San Pedro), 4:15.2; 3. Pascal (University), 4:17.0; 4. Slight (Eagle Rock), 4:18.6; 5. Heide (Hollywood), 4:19.0; 6. Bauer (South Gate), 4:22.5.
TWO MILE—1. Cornell (San Pedro), 9:13.8; 2. Wendler (Granada Hills), 9:15.2; 3. Higalco (Eagle Rock), 9:17.0; 4. Sherrill (University)

FINAL TEAM SCORES—San Fernando 58; Hamilton 46; Banning 29; Gardena and University 28; El Camino Real and San Pedro 24; Granada Hills 21; Carson 20; Locke 19; Eagle Rock 18; Manual Arts 16; Fremont 15; Chatsworth 14; Washington 10; Belmont, Taft, Birmingham and Crenshaw 6; Westchester and Reseda 6; Jefferson 5; Los Angeles 4; Narbonne, South Gate, Hollywood and Jordan 2; Venice, Monroe and Kennedy 1.

STATE MEET QUALIFIERS—San Fernando 7; Fremont and Hamilton 5; Banning, Gardena and University 4; Carson, Eagle Rock, El Camino Real, San Pedro and Granada Hills 3; Washington, Locke, Manual Arts and Chatsworth; Narbonne, Dorsey, Crenshaw, Reseda, Los Angeles, Belmont, Taft, Birmingham and Westchester 1.

GIRLS

100—1. Waters (Bell), 10.9; 2. Robinson (Westchester), 11.0; 3. Brisco (Locke), 11.4; 4. Drake (Westchester), 11.4; 5. Mitchell (Crenshaw), 11.4; 6. Frazier (Fremont), 11.4.
220—1. Waters (Bell), 24.4 (City record, old mark, 24.6, Waters, 1975); 2. Robinson (Westchester), 24.5; 3. Brisco (Locke), 25.3; 4. Mitchell (Fremont), 25.6; 5. Price (Washington), 25.8; 6. McKinley (Palisades), 25.9.
440—1. Mitchell (Fremont), 56.9 (City record, old mark, 57.9, Adrienne Lair, Fremont, 1975); 2. Lair (Fremont), 57.6; 3. Johnson (Los Angeles), 57.9; 4. Anderson (Washington), 58.0; 5. Scott (Poly), 58.6; 6. Buchanan (Jefferson), 58.6.
880—1. Honeywell (Kennedy), 2:17.0 (City record, old mark, 2:21.0, Sandra Greenberg, Monroe, 1976); 2. Rice (Poly), 2:21.8; 3. Gilliam (Fremont), 2:23.5; 4. Greenberg (Monroe), 2:25.7; 5. Reiseck (Chatsworth), 2:26.8; 6. Johnson (Westchester), 2:27.2.
MILE—1. Honeywell (Kennedy), 5:12.4 (City record, old mark, 5:16.1, Kathy Jewell, Carson, 1975, and Honeywell, 1976); 2. Ralston (Poly), 5:16.0; 3. Marshall (Fairfax), 5:16.1; 4. L. Jewell (Carson), 5:16.8; 5. Schultze (Taft), 5:20.5; 6. Hobson (Canoga Park), 5:28.9.
80LH—1. Costello (Monroe), 11.1; 2. Anderson (Washington), 11.2; 3. McConnell (Kennedy), 11.4; 4. Hall (Westchester), 11.46; 5. Denning (Taft), 11.7; 6. Coffield (Los Angeles), 11.8.
440 RELAY—1. Fremont (Frazier, Mitchell, Donaldson, Lair), 48.2 (City record, old mark, 48.7, Fremont, 1975, and Locke, 1976); 2. Locke, 48.9; 3. Bell, 49.3; 4. Washington, 49.4; 5. Los Angeles, 49.5; 6. Palisades, 49.8.
880 MEDLEY RELAY—1. Los Angeles (Johnson, Franklin, Robinson, Johnson), 1:48.8; 2. Carson, 1:50.7; 3. Fremont, 1:50.8; 4. Banning, 1:51.1; 5. Washington, 1:51.5; 6. Crenshaw, 1:52.0.
MILE RELAY—1. Fremont (Lair, Beshears, Trotter, Mitchell), 3:58.4 (City record, old mark, 4:03.0, Fremont, 1975); 2. Carson, 4:02.8; 3. Washington, 4:05.5; 4. Monroe, 4:07.9; 5. Kennedy, 4:08.0; 6. Poly, 4:11.2.
HIGH JUMP—1. Maddox (Los Angeles), 5-2; 2. Gallegos (Monroe), 5-2; 3. Kennedy (El Camino Real), 5-2; 4. Booth (Washington), 5-0; 5. White (Reseda), 5-0; 6. Hamilton (Palisades), 5-0.
LONG JUMP—1. Anderson (Washington), 19-3 1/2; 2. Scott (Poly), 18-4 1/2; 3. Moran (Monroe),

May 29, Cerritos: S. Sect. State State Qualifying.

BOYS

LONG JUMP—1. Wilson (Fontana), 24-11 1/2; 2. Wilson (Morningside), 23-11 1/2; 3. Forrest (Santa Maria), 23-6 1/2; 4. Yates (Duarte), 23-3; 5. Wilson (Channel Islands), 23-2.

DISCUS—1. Corbett (El Dorado), 184-2; 2. Jackson (San Marcos), 179-2; 3. Johnson (Mayfair), 179-1; 4. Sheppard (Katella), 173-2; 5. Thomson (Santa Ynez), 171-8.

330LH—1. Chambers (Santa Monica), 37.2; 2. Webster (Garey), 37.5; 3. Brown (Pasadena), 37.6; 4. Hunt (El Dorado), 37.6; 5. Hopper (LB Jordan), 37.9.

440 RELAY—1. Kennedy (Barstow) (L. Jones, Hill, Kelly, N. Jones), 41.3 (equals CIF record, Centennial, 1968); 2. Blair, 42.0; 3. Duarte, 42.1; 4. Gahr, 42.5; 5. Monrovia, 42.6.
880—1. Cox (Upland), 1:54.0; 2. Edds (Banning), 1:54.1; 3. Francis (Yucaipa), 1:54.1; 4. Flynn (San Geronimo), 1:54.7; 5. Russell (Notre Dame, Sherman Oaks), 1:54.7.

SHOT PUT—1. McKenzie (Hart), 65-4; 2. Johnson (Brea), 60-0 1/2; 3. Staub (Cantwell), 59-6 1/2; 4. Silverman (La Mirada), 59-4 1/2; 5. Johnson (Mayfair), 59-3 1/4.

100—1. Jones (Kennedy, Barstow), 9.6w (7.61 a.h.); 2. Rhue (Santa Ana Valley), 9.7; 3. Ball (Blair), 9.8; 4. Williams (Thousand Oaks), 9.8; 5. Jackson (Blair), 9.8.

MILE—1. Arriola (Gahr), 4:10.9; 2. Moses (Crescenta Valley), 4:11.3; 3. Daniels (San Geronimo), 4:11.9; 4. Peralta (Santa Fe), 4:12.1; 5. Hope (Alta Loma), 4:13.9.

440—1. Thompson (Gahr), 48.2; 2. Chambers (Santa Monica), 48.2; 3. Vinson (San Geronimo), 48.5; 4. Harris (Rio Mesa), 48.9; 5. Andrews (Pomona), 49.2.

120HH—1. Jones (Ganessa), 14.2; 2. Hunt (El Dorado), 14.4; 3. Sanford (Loyola), 14.6; 4. Jarnigan (Pomona), 14.6; 5. Lewis (Muir), 14.6.

POLE VAULT—1. Hintnaus (Aviation), 15-0; 2. Juell (Upland), 15-0; 3. Bogart (Edison), 15-0; 4. Tie between Young (Millikan) and A. Curran (Crespi), 15-0.

220—1. Branch (Barstow), 21.7; 2. N. Jones (Kennedy, Barstow), 21.8; 3. Long (Centennial), 22.3; 4. Sanford (Pasadena), 22.3; 5. Thomas (Centennial), 22.4.

TRIPLE JUMP—1. Lomax (Workman), 45 11 1/2; 2. DeCaro (Burbank), 48-6; 3. Grubbs (Blair), 48-1 1/2; 4. Margerum (Fountain Valley), 47-8; 5. Benson (LA Lutheran), 47-7.

HIGH JUMP—1. Smith (Santa Monica), 6-9; 2. Ball (Dominquez), 6-9; 3. Hernandez (Notre Dame, Sherman Oaks), 6-9; 4. Sanders (Muir), 6-9; 5. Green (Claremont), 6-8.

TWO MILE—1. Huist (Laguna Beach), 8:44.6 (CIF record, old mark, 8:48.8, Curfey, Santa Monica, 1972); 2. Johnson (Mater Dei), 8:54.8; 3. McLaughlin (Edison), 8:55.0; 4. Spilsbury (Foothill), 8:55.0; 5. Godinez (Salesian), 8:55.6.

MILE RELAY—1. Pasadena (Ford, Cleveland, Brown, Sanford), 3:17.5; 2. San Bernardino, 3:18.7; 3. San Geronimo, 3:19.1; 4. Santa Monica, 3:19.4; 5. Pomona, 3:19.4.

STATE MEET QUALIFIERS—San Geronimo, Santa Monica and

100—1. Loud (LA Lutheran), 10.9 (CIF record, old mark, 11.0, Dolly Fleetwood, West Covina, 1976); 2. Boulden (Centennial), 11.0; 3. Fleetwood (West Covina), 11.1; 4. Brown (Muir), 11.1; 5. Bowie (Chaffey), 11.2; 6. Marimon (Newport Harbor), 11.2.

LONG JUMP—1. Gourdin (El Toro), 19-0 (CIF record, old mark, 18-8, Revel Carter, Fontana, 1973); 2. Aimedia (Troy), 18-2w (17-10 1/2 legal); 3. Williams (Channel Islands), 18-2 1/4 (18-1 1/4 legal); 4. Kruse (Newport Harbor), 18-1; 5. Haynes (Ventura), 18-0 1/2; 6. Wyatt (Monrovia), 18-0.

440—1. Jones (Edison), 56.8 (equals CIF record, Kathy Smock, Barstow, 1975, and Boffmoley, Canyon of Anaheim, 1976); 2. Boffmoley (Canyon, Anaheim), 57.3; 3. Miller (Santa Barbara), 58.5; 4. Law (Santa Ana Valley), 58.9; 5. Warner (Beverly Hills), 58.9; 6. Thornton (Arcadia), 59.3.

220—1. Loud (LA Lutheran), 25.2; 2. Bowie (Chaffey), 25.5; 3. Jackson (North Riverside), 25.9; 4. Brown (Muir), 25.9; 5. Evans (Morningside), 26.0; 6. Sanders (Centennial), 26.0.

MILE—1. Malinski (Mira Costa), 4:56.4 (CIF record, old mark, 5:03.7, Malinski, Mira Costa, 1976); 2. Wells (Quartz Hill), 5:00.5; 3. Troffer (Crescenta Valley), 5:04.6; 4. Sprague (Arcadia), 5:11.3; 5. Hargrove (South Torrance), 5:12.5; 6. Cakebread (Redondo), 5:13.7.

MILE RELAY—1. Arcadia, 3:58.0; 2. Esperanza, 3:59.1; 3. Santa Barbara, 4:01.1; 4. Rolling Hills, 4:02.2; 5. West Torrance, 4:05.3; 6. Santa Ynez, 4:08.5; San Geronimo finished sixth in 4:07.9 but disqualified for losing baton.

FINAL TEAM SCORES—Arcadia 21; LA Lutheran 20; Centennial 19; LA Canada and Muir 16; Santa Barbara 13; North Riverside 12; Gahr, Palos Verdes, Chaffey, El Toro, Edison, Mira Costa and Kennedy (Barstow) 10; Newport Harbor 9; Royal, Esperanza, Costa Mesa, Bishop Diego, Morningside, Corona del Mar, Troy, Canyon (Anaheim), Quartz Hill and West Torrance 8; Channel Islands 7; Upland, West Covina and Crescenta Valley; Dos Pueblos and Santa Ana Valley 5; Western, Rolling Hills and St. Bonaventure 4; Monrovia 3; Central, Ontario Christian, Ventura, Beverly Hills, South Torrance and Burbank; Los Alamitos, Redondo and Santa Ynez.

STATE MEET QUALIFIERS—Newport Harbor, West Torrance, La Canada, Muir and Arcadia 3; Centennial, North (Riverside), Morningside, LA Lutheran, Bishop Diego, Chaffey and Santa Barbara 2; Mayfair, St. Genevieve, Costa Mesa, Central, Kennedy (Barstow), Dos Pueblos, Ontario Christian, Monrovia, Gahr, Royal, Upland, St. Bonaventure, Burbank, Palos Verdes, Corona del Mar, Western, West Covina, El Toro, Troy, Channel Islands, Ventura, Edison, Canyon (Anaheim), Santa Ana Valley, Beverly Hills, Mira Costa, Quartz Hill, Crescenta Valley, South Torrance, Esperanza and Rolling Hills.

/Vern Gambetta/

May 30, San Jose Trac Six Mile.

Place	Name	Division
1	Tia Peterson	MD
2	Dennis Aee	MD
3	Tad Wolicko	MD
4	Jack Levis	MD
5	Joe Salazar	MHS
6	Roy Hoglund	MD
7	Bruce Ricer	MD
8	Hal Thomkins	MD
9	Vincent Szangler	MD
10	Ken Guthrie	MD
11	Armando Laquanes	MD
12	Greg Mancini	MHS
13	Carl Davis	MD
14	Bill Benz	MD
15	David Himmelberger	MD
16	Gilbert Brooks	MD
17	Kurt Lua	MHS
18	John Butterfield	MD
19	Stan Newton	MHS
20	Pat Shaughnessy	MHS
21	Steve Watkins	MHS
22	Bill Meinhardt	MD
23	Paul Fetscher	MD
24	James Snetcler	MHS
25	Bruce Wolfe	MD
26	Keith Crowder	MD
27	Martin Krenn	MD
28	Bob Paredes	MD
29	Vance Eberly	MHS
30	Benjamin Sawyer	MD
31	John Hillman	MD
32	Bob Myers	MD
33	Robert Kahan	MD
34	Ken Napier	MHS
35	Brent Cushenberry	MHS
36	Javier Barragan	MHS
37	Edward Lee	MD
38	George Gilbert	MD
39	Edward Tito	MHS
40	Bill Villa	MD
41	Edwin Jerome	MD
42	Ray Averb	MD
43	Rike Pluzer	MHS
44	Jim Moore	MD
45	Tom Cooper	MHS
46	Robert Woodliff	MD
47	Mike Huffman	MD
48	Tom Paul	MHS
49	Walt van Zant	MD
50	Keith Kadoch	MHS

/John Clary/

June 1. Fresno. Central California Association of the AAU Track & Field Championships at Hatfield Stadium

Men	Women
440 Yd Relay:	
1) Thompson, O'Neill, Prandini & Adams	43.9
120 Yd HH:	
1) Roger George	15-
100 Yd Dash:	
1) Carlo Prandini	9.8
3000m Steeplechase:	
1) Greg Lyons	10:41.8
440 Yd Dash:	
1) Chris Catterall	51.9
1) Dennis Caldwell	4:21.6
440 Yd HH:	
1) Hugh Adams	57.1
220 Yd Dash:	
1) Carlo Prandini	22.1
2 Mile Run:	
1) Brian Foley	9:39.2
2 Mile, Masters:	
1) Len Thornton	680 Yd Dash:
1) Darrel Cox	1:59.5
Mile Relay:	
1) Foley, Brenner, P... & Avery	3:35
3 Mile:	
1) Tony Ramirez	15:40.4
6 Mile:	
1) Craig Elia	32:37.6
High Jump:	
1) Ed Hanks	6-4
Long Jump:	
1) Steve Ernanham	21-8 1/2
Triple Jump:	
1) Bebe Salazar	44-8 1/2
Javelin:	

21.7; 3. Goosby (Washington), 22.0; 4. Williams (San Fernando), 22.2; 5. K. Williams (San Fernando), 22.2; 6. Martin (Hamilton), 22.3.
 440—1. Williams (Carson), 47.7; 2. Benson (Belmont), 48.7; 3. McDonald (Banning), 48.8; 4. Smith (Fremont), 48.9; 5. Clark (Jefferson), 48.9; 6. Knahtler (Monroe), 48.9.

880—1. ... (Washington), 1:55.5; 2. Wahl (El Camino Real), 1:56.1; 3. Harmon (Reseda), 1:56.3; 4. Anderson (San Pedro), 1:56.3; 5. Blacknell (University), 1:56.5; 6. Blavet (Barstow), 1:57.0.
 MILE—1. ... (Chatsworth), 4:12.0 (City record, old mark, 4:12.1); Jose Amaya, Wilson, 1972; 2. Cornell (San Pedro), 4:15.2; 3. Pascal (University), 4:17.0; 4. Slight (Eagle Rock), 4:18.6; 5. Heide (Hollywood), 4:19.0; 6. Bauer (South Gate), 4:22.5.

TWO MILE—1. Cornell (San Pedro), 9:13.8; 2. Wendler (Granada Hills), 9:15.2; 3. Hivalgo (Eagle Rock), 9:17.0; 4. Sherrill (University), 9:22.8; 5. Bailey (San Pedro), 9:23.8; 6. Meza (San Fernando), 9:36.8.

1200H—1. Glenn (Locke), 13.9 (equals City record, Glenn, in semifinals); 2. White (San Fernando), 14.1; 3. Perry (Banning), 14.2; 4. Jackson (Gardena), 14.3; 5. Kelly (Narbonne), 14.4; 6. Williams (South Gate), 14.5.
 3300H—1. White (San Fernando), 36.0 (National interscholastic and City record, old national mark, 36.2); Dedy Cooper, Harry Ellis, 1975; old City mark, 37.0, White, 1976; 2. R. Hohmann (Taft), 37.5; 3. Watanabe (University), 37.8; 4. Glenn (Locke), 38.5; 5. Jeffers (Gardena), 38.8; 6. Jordan (Venice), 38.8.

440 RELAY—1. Hamilton (Menzies, Goosby, Martin, Mullins), 41.1 (City record, old mark, 41.5; Washington, 1969); 2. San Fernando, 41.7; 3. Carson, 41.8; 4. Fremont, 42.0; 5. Locke, 42.0; 6. Jefferson, 42.1.

MILE RELAY—1. Hamilton (Menzies, 50.0; Martin, 50.1; Goosby, 50.0; Mullins, 45.9), 3:16.0 (City record, old mark, 3:17.2; Washington, 1971); 2. Banning, 3:16.0; 3. San Fernando (White, 46.7), 3:17.7; 4. Gardena, 3:18.0; 5. Jefferson, 3:19.4; 6. Fremont, 3:20.6.

SHOT PUT—1. Fordham (University), 58-4 1/2; 2. Henry (Crenshaw), 57-2 3/4; 3. Guzman (Eagle Rock), 55-3; 4. Kennedy (El Camino Real), 54-4 3/4; 5. Tripp (El Camino Real), 53-5 3/4; 6. Vasu (Kennedy), 52-7 1/4.

LONG JUMP—1. Doubly (Manual Arts), 24-11 3/4; 2. Hubbard (Banning), 23-5 1/2; 3. Lancaster (Gardena), 23-2 3/4; 4. Scott (Los Angeles), 22-11 3/4; 5. Carhee (Jordan), 22-2 1/4; 6. Jeff (San Fernando), 22-0.

HIGH JUMP—1. Olson (El Camino Real), 6-9; 2. Flynn (Granada Hills), 6-7; 3. Caldwell (Fremont), 6-6; 4. O'Tousa (Granada Hills), 6-5; 5. Washington (Gardena), 6-5; 6. Christian (Locke), 6-3.

POLE VAULT—1. Johnson (Gardena), 13-6; 2. Brown (Birmingham), 13-0; 3. Doherty (Westchester), 13-0; 4. Guillette (Chatsworth), 13-0; 5. Roberts (Eagle Rock), 13-0; 6. New (Granada Hills), 13-0.

48.2 (City record, old mark, 48.7; Fremont, 1975; and Locke, 1976); 2. Locke, 48.5; 3. Bell, 49.3; 4. Washington, 49.4; 5. Los Angeles, 49.5; 6. Palisades, 49.8.
 880 MEDLEY RELAY—1. Los Angeles (Johnson, Franklin, Robinson, Johnson), 1:48.8; 2. Carson, 1:50.7; 3. Fremont, 1:50.8; 4. Banning, 1:51.1; 5. Washington, 1:51.5; 6. Crenshaw, 1:52.0.

MILE RELAY—1. Fremont (Lair, Beshears, Trotter, Mitchell), 3:58.4 (City record, old mark, 4:03.0; Fremont, 1975); 2. Carson, 4:02.8; 3. Washington, 4:05.5; 4. Monroe, 4:07.9; 5. Kennedy, 4:08.0; 6. Poly, 4:11.2.

HIGH JUMP—1. Maddox (Los Angeles), 5-2; 2. Gallegos (Monroe), 5-2; 3. Kennedy (El Camino Real), 5-2; 4. Booth (Washington), 5-0; 5. White (Reseda), 5-0; 6. Hamilton (Palisades), 5-0.

LONG JUMP—1. Anderson (Washington), 19-3 1/2; 2. Scott (Poly), 18-4 1/2; 3. Moran (Monroe), 17-11 1/4; 4. Robinson (Los Angeles), 17-6; 5. Trotter (Fremont), 17-0 1/4; 6. McConnell (Kennedy), 16-4.

SHOT PUT—1. Chandler (Dorsey), 41-3; 2. Peterson (Carson), 40-6 1/2; 3. Coker (University), 37-7 1/4; 4. Allen (Washington), 37-0 1/4; 5. McConnell (Kennedy), 36-7 3/4; 6. Kemp (Verdugo Hills), 36-7.

FINAL TEAM SCORES—Fremont 57; Washington 44; Los Angeles 33; Monroe 32; Kennedy 31; Carson 28; Poly 27; Bell 26; Westchester 25; Locke 20; Dorsey 10; University, Fairfax and El Camino Real 6; Taft and Banning 4; Palisades and Crenshaw 3; Chatsworth and Reseda 2; Jefferson, Verdugo Hills and Canoga Park 1.

STATE MEET QUALIFIERS—Washington 7; Fremont 6; Monroe 5; Westchester 4; Locke, Bell, Kennedy, Poly, Los Angeles and Carson 3; El Camino Real, Fairfax, Dorsey and University 1.

/Ric Walker/

May 29. Belmont. Run for Open Space at Crystal Springs Cross Country Course

1.2 Mile:	
1) Steve O'Brien	6:04
2) Ken Thompson	6:27
3) Alan Dale (52)	6:29
4) Jon Reyes (13)	6:30
5) George Moss (40)	6:48
6) Jack Wiley	6:57
7) Jon Mohr	7:01
8) Ken Israel	7:05
9) Phil Rocky	7:05
10) Darby Fuerst	7:07
65 starters	
6.5 Mile:	
1) Dennis O'Halloran	35:21
2) Mike Niemiec	35:43
3) Alvaro Mejia	36:36
4) Steve O'Brien	37:31
5) Gerald Werner	38:07
6) Jon Valerga (13-15)	38:32
7) Peter Wood (46)	38:49
8) John Finch (41)	39:02
9) Charles Harris	39:12
10) Ulrich Kaempf (45)	39:28
105 entries	/George Moss/

TRIPLE JUMP—1. Lomax (Workman), 49 11/16; 2. DeCaro (Burbank), 48-6; 3. Grubbs (Blair), 48-1 1/2; 4. Marguerum (Fountain Valley), 47-8; 5. Benson (LA Lutheran), 47-7.

HIGH JUMP—1. Smith (Santa Monica), 6-9; 2. ... (Dominiquez), 6-9; 3. ... (Sherman Oaks), 6-9; 4. Sanders (Muir), 6-9; 5. ... (Claremont), 6-8.

TWO MILE—1. Holst (Laguna Beach), 8:44.6 (CIF record, old mark, 8:48.8; Curran, Santa Monica, 1972); 2. ... (Mater Del), 8:54.8; 3. ... (Edison), 8:55.0; 4. Spillsbury (Foothill), 8:55.8; 5. Godinez (Salesian), 8:56.6.

MILE RELAY—1. Pasadena (Ford, Cleveland, Brown, Sanford), 3:17.5; 2. San Bernardino, 3:18.7; 3. San Geronimo, 3:19.1; 4. Santa Monica, 3:19.4; 5. Pomona, 3:19.4.

STATE MEET QUALIFIERS—San Geronimo, Santa Monica and Blair 4; Kennedy (Barstow), Gahr and Pasadena 3; Duarte, El Dorado, Mayfair, Upland, Notre Dame (Sherman Oaks), Pomona, Edison, Muir and Centennial 2; Fontana, Morningstar, Santa Maria, Channel Islands, San Marcos, Katella, Santa Ynez, Garey, LB Jordan, Monrovia, Banning, Yucaipa, Hart, Brea, Cantwell, La Mirada, Santa Ana Valley, Thousand Oaks, Crescenta Valley, Santa Fe, Alta Loma, Rio Mesa, Ganessa, El Dorado, Loyola, Pomona, San Bernardino, Salesian, Foothill, Laguna Beach, Mater Del, Aviation, Millikan, Crespi, Barstow, Workman, Burbank, Fountain Valley, LA Lutheran, Dominguez and Claremont 1.

GIRLS

DISCUS (non-scoring)—1. Hoerner (Mayfair), 125-5; 2. Daniel (Newport Harbor), 118-3 1/2; 3. Gomez (Bishop Diego), 116-11; 4. DeCuir (St. Genevieve), 115-6 1/2; 5. Kauti (La Canada), 115-4 1/2.

SHOT PUT—1. Flynn (La Canada), 42-3 1/2; 2. Dasee (Costa Mesa), 41-9; 3. Kauti (La Canada), 41-2 1/2; 4. Daniel (Newport Harbor), 40-4; 5. Norris (Central), 39-5 1/2; 6. Xadlublal (Santa Barbara), 38-9 1/2.
 80LH—1. Mann (Kennedy, Barstow), 10.5w (5.14 m.p.h.); 2. Winnewisser (Bishop Diego), 10.8; 3. Sireeter (North Riverside), 11.1; 4. Sireeter (North Riverside), 11.1; 5. Dudash (Dos Pueblos), 11.1; 6. Kaskus (Channel Islands), 11.3.

440 RELAY—1. Centennial (Bolden, Johnson, Simmons, Sanders), 47.9 (equals CIF record, Muir, 1976); 2. Muir, 48.3; 3. Morningstar, 49.3; 4. West Torrance, 49.5; 5. Monrovia, 49.3; 6. Dos Pueblos, 50.0.

HIGH JUMP—1. Long (Gahr), 5-7 (CIF record, old mark 5-5, Julie Lend, Royal, 1975); 2. Lendi (Daniel), 5-7; 3. Gossweiler (Upland), 5-6; 4. Kern (St. Bonaventure), 5-6; 5. Hollingsworth (Burbank), 5-6; 6. Christie (Los Alamitos), 5-4.
 880—1. Meek (Palos Verdes), 2:14.8; 2. Keough (Corona del Mar), 2:17.2; 3. Machado (Arcadia), 2:18.1; 4. Blanco (Western), 2:18.4; 5. Rose (West Torrance), 2:18.9; 6. Bonds (Santa Ana Valley), 2:20.2.

NEWPORT HARBOR, WEST TORRANCE, LA CANADA, MUIR, ARCADIA 3; CENTENNIAL, NORTH (RIVERSIDE), MORNINGSTAR, LA LUTHERAN, BISHOP DIEGO, CHAFFEY AND SANTA BARBARA 2; MAYFAIR, ST. GENEVIEVE, COSTA MESA, CENTRAL, KENNEDY (BARSTOW), DOS PUEBLOS, ONTARIO CHRISTIAN, MONROVIA, GAHR, ROYAL, UPLAND, ST. BONAVENTURE, BURBANK, PALOS VERDES, CORONA DEL MAR, WESTERN, WEST COVINA, EL TORO, TROY, CHANNEL ISLANDS, VENTURA, EDISON, CANYON (ANAHEIM), SANTA ANA VALLEY, BEVERLY HILLS, MIRA COSTA, QUARTZ HILL, CRESCENTA VALLEY, SOUTH TORRANCE, ESPERANZA AND ROLLING HILLS.

/Vern Gambetta/

May 29, UCLA: AAU Women's tuneup.

WOMEN: 100 Meters (Race 1)—Foree (Atoms TC), 11.3w. (Race 2)—Ashford (UCLA), 11.4w. 200—Morris (LA Track Club), 23.8. 400—Toussaint (Atoms TC), 55.1. 800—1. Hollins (unat), 2:10.0; Lee (Republic of China), 2:10.6. 1,500—Merrill (Age Group AA), 4:11.0. 100 Hurdles (Race 1)—1. Donnelly (Lakewood TC), 13.4; 2. Van Wolvleare (unat), 13.9; 3. Fitzgerald (Atoms TC), 13.9. (Race 2)—Van Wolvleare (unat), 13.7. 400 Relay—1. Los Angeles TC, 47.2; 2. Republic of China, 48.0. Two-Mile Relay—Blue Angels TC, 9:13.6. JT—Schmidt (LATIC), 215-5. LJ—1. Betts (Maccabi), 20-11 1/4. DT—Lanford (Millbrae Lions), 176-0; 2. Driscoll (LATIC), 163-4. SP—1. Seidler (Mayor Daley YF), 58-8 3/4; 2. Dole (Lakewood TC), 48-7 1/4.
 MEN: 200 (Race 1)—Peoples (DC Striders), 20.8. (Race 2)—McGill (Maccabi), 21.3. 400—1. Brown (Maccabi), 47.3; 2. Edwards (Maccabi), 48.3.

/Ric Walker/

June 5. Pleasant Hill. BCRA/AAU Age Group Postal Meet of Miles at Diablo Valley College, One Mile:

Boys 7 & under:	
1) Bobby Patton (KS)	8:35.9
Girls 7 & under:	
1) Nicola Love	8:58.3
Boys 8-9:	
1) Marty Munn (Salinas)	5:30.1
Girls 8-9:	
1) Karen Himines (WS)	6:10.9
Boys 10-11:	
1) Jeff Mihm (Diablo Vly)	5:24.2
Girls 10-11:	
1) Jeani Fuller (NCTC)	5:44.7
Boys 12-13:	
1) Alfred Miller (Salinas)	4:57.3
2) David Neidorf (RRR)	4:58.2
3) Ray Cook (RRR)	5:01.0
Girls 12-13:	
1) Sandy Beauchamp (Wills)	5:29.1
2) Tiffany Choy (Salinas)	5:30.0
3) Sandra Warner (Wills)	5:43.7
Boys 14-15:	
1) Bob Roll (Diablo Vly)	4:43.1
2) John Tolley (Diablo Vly)	4:45.7
3) Paul Senatori	4:48.4
Girls 14-15:	
1) Hollie Himines (WS)	5:42.4
Boys 16-19:	
1) Matt Dowling (Diablo)	4:32.6
2) Ray Castro	4:36.3
3) Jim Moore (Diablo Vly)	4:43.5
Girls 16-19:	
1) Vicky Monroe (LTC)	5:33.0

Mile Run:	
1) Dennis Caldwell	4:21.6
440 IH:	
1) Hugh Adams	57.1
220 Yd Dash:	
1) Carlo Prandini	22.1
2 Mile Run:	
1) Brian Foley	9:39.2
2 Mile, Masters:	
1) Len Thornton	
880 Yd Dash:	
1) Darrel Cox	1:59.5
Mile Relay:	
1) Foley, Brenner, Pi...	
2) & Avery	3:35
3 Mile:	
1) Tony Ramirez	15:40.4
6 Mile:	
1) Craig Elia	32:37.6
High Jump:	
1) Ed Hanks	6-4
Long Jump:	
1) Steve Eranham	21-8 1/2
Triple Jump:	
1) Bebe Salazar	44-8 1/2
Javelin:	
1) Dennis Morley	199-10
Shot:	
1) Armen Nersesian	44-2
Discus:	
1) Roger George	151-0
Pole Vault:	
1) Jim Williams	17-1
Women	
100 Yd Dash:	
1) Gloria Kennedy	17.4
880 Yd Run:	
1) Jennifer Heaton	2:32.6
Mile Run:	
1) Jennifer Heaton	5:47.5
High Jump:	
1) Marneta House	4-11
Long Jump:	
1) Liz Wigim	17-4 1/2
Shot:	
1) Lugenia Chambers	34-8
Discus:	
1) Roxann Kasparian	113-2
	/S.B.Tyler/

June 6. Irvine. Senior Olympics

Marathon	
Men 25-29:	
1) Glen Leckman	2:50:41
2) Michael Reinhart	3:07:47
3) Raymond Blessey	3:22:04
Men 30-34:	
1) Kaj Johansen	2:33:19
2) Frank Bozanich	2:34:14
3) Michael Popkins	2:37:05
Men 35-39:	
1) Skip Shaffer	2:41:09
2) David Sills	2:55:05
3) Dennis Parrish	2:55:15
Men 40-44:	
1) Harold Winton	2:57:51
2) Louis Simms	3:08:18
3) James Clampett	3:14:42
Men 45-49:	
1) Daniel Sheeran	2:50:50
2) Tracy Brown	3:01:24
3) Richard Jackson	3:04:02
Men 50-54:	
1) John Cleary	3:53:44
2) Martin Goorevitch	3:56:49
3) Richard Walsh	4:00:29
Men 55-59:	
1) Burt Simonsen	3:21:54
2) Victor Adams	5:00:36
Men 60-64:	
1) Albert Clark	3:38:47
2) Bert Williams	4:26:49
Women:	
1) Tisha Whitney	3:21:09
	/Ron Markillie/

June 5. 3rd Hidden Valley Handicap. 11.5 miles:

Table with 2 columns: Rank and Name/Time. Includes names like Jon Sutherland (CN) 62:09, Tomas Rodriguez (LBS) 63:04, James Bowles (WVTC) 65:46, Steve Blum (un) 66:15, Larry Fontinen (SBAA) 66:27, Richard Willis (GPAC) 66:47, Rene Ruiz (un) 67:54, Steve Smith (un) 1st 15u 68:59, Bill Entz (un) 69:02, Mike Fuoroli (un) 70:00, Ron Routh (un) 70:05, Mike Maron (SBAA) 70:10, Steve Durand (STC) 71:09, John Rupp (STC) 71:38, Kenneth Genezar (STC) 71:41, John Starr (CCAC) 1 40 75:06, Joseph Marino (STC) 1 SM 75:28, Fred Nagelschmidt (un) 81:49, Ed Stotsenberg (STC) 60+ 90:15, Gina Jones (un) 1 G 93:08, Barbara Weed (VTC) 1W 130:01, Judell DuLong (un) 1W 132:43. /Connie Rodewald/

June 6. San Francisco. 56th Annual Statute Races

Table with 2 columns: Rank and Name/Time. Includes names like Jack Sershen (ETC) 45:18, J. Kirk 45:27, Angel Martinez (ATC) 45:49, Darrell Beardall (KH) 46:08, Dennis O'Halloran 46:36, J. McDevitt 47:30, Dan Anderson (WVTC) 47:36, R. Darling (ETC) 47:44, R. Littimer 47:49, Frank Krebs (BCRC) 47:57, Tom O'Neil 48:01, M. Conroy, Jr. (ETC) -8:15, Ralph Bowles (WVJS) -8:32, Bill Spence 48:39, Bruce Wolfe (WVTC) 49:28, B. Slacer 49:45, Jim O'Neil (OC) 49:55, Doug Rennie (BCRC) 49:56, Gregg Jewitt 50:09, Barry Armstrong 50:11, Ray Bommer 50:12, Jim Scannell 50:40, Don Chaffee (ETC) 50:57, Jordan McDevitt 50:57, Lloyd Sampson 50:57, David Warren (ETC) 51:05, Ross Rowley 51:07, Darrell Long (ETC) 51:30, C. Nowak 51:37, Dennis Kroll 52:00, Carolyn Tierman (WVTC) 56:20, Cathy Conlman 59:12.

4 Mile

Table with 2 columns: Rank and Name/Time. Includes names like Jack Leydig (WVTC) 22:18, Bill Seaver (WVTC) 22:31, Frank Donahue (ETC) 22:36, Kent Guthrie (WVTC) 23:26, James Tracy (ETC) 23:38, Terrance Casey (ETC) 24:22, Robert Pennington 24:31, Mike [redacted] (BCRC) 24:37, Keith Samonian 24:40, John Notch (WVTC) 25:02, David [redacted] (ETC) 25:03, Brad Carpenter 25:04, Bob [redacted] (CWTC) 25:07, Jim [redacted] 25:08, Larry [redacted] (WVTC) 25:22, Harry Cross (WVTC) 25:25, Tom Mann (ETC) 25:29, Matt Urturo (U) 25:39, Bill Catanese 25:40, Scott Ruffing (WVTC) 25:40, Scott Anderson 25:58, Thomas Pofor (WVTC) 28:05, Dennis Boyle 26:11, Phil McCarthy 26:12, Frank Lee (SPC) 26:13.

June 14-15. Westwood. National AAU Junior Women's Track & Field Championships, Drake Stadium at UCLA:

Table with 2 columns: Rank and Name/Time. Includes names like Kathy Crawford (CJTC) 11.61, Evelyn Ashford (UCLA) 11.67, Pam Waters (PTC) 11.84, Elaine Parker MLTC 11.86, Loraine Spearman (IndyCh) 11.88.

Table with 2 columns: Rank and Name/Time. Includes names like Stephanie Brown (Metro) 24.13, Gwen Smith (TexasSouth) 24.35, Freida Cobbs (Berkeley) 24.38, Pam Waters (PremierTC) 24.41, Freda Hancock (Colorado) 24.51.

Table with 2 columns: Rank and Name/Time. Includes names like Sharon Dabney (Clip TC) 53.04, Robin Campbell (PTC) 53.93, Chris Mullen (Falmtc) 54.18, Kim Thomas (NYCPAL) 54.31, Sun Haynes (Iowa St) 54.34.

Table with 2 columns: Rank and Name/Time. Includes names like Lynn Hollins 2:07.1, Susan Vigil (NewMexico) 2:07.1, Karel Jones (Atoms TC) 2:08.0, Janis Vetter (Blue Rib) 2:08.0, Kate Keyes (Patriots) 2:08.5.

Table with 2 columns: Rank and Name/Time. Includes names like Debbie Quatier (Palo Alto) 4:22.5, Joan Benoit (Liberty) 4:26.3, Julie Shea (Jr. Strd) 4:26.5, Lynn Jennings (LibAC) 4:26.8, Margaret Groos (NashWh) 4:29.6.

Table with 2 columns: Rank and Name/Time. Includes names like Aileen O'Connor (CYO-Wsh) 9:34.0, Karen Cramond (NewMexico) 9:39.8, Joan Benoit (Liberty AC) 9:44.8, Julie Shea (Jr. Strd) 9:53.2, Kathy Adams (WillsSpike) 9:56.2.

Table with 2 columns: Rank and Name/Time. Includes names like Rhonda Brady (MHYP) 13.53, Sonya Hardy (Boulder) 13.54, Karen Wechsler (IndyChv) 13.76, Lori Dineoli (WSubTC) 13.80, Nancy Kindig (Neb TC) 14.10.

Table with 2 columns: Rank and Name/Time. Includes names like Debbie Euser (Iowa St) 58.34, Teresa Wierson (PortTC) 59.27, Stephanie Verga (Atoms) 60.63, Penny Fales (CJTC) 62.21, Deborah Romek (BowGrSt) 62.27.

Table with 2 columns: Rank and Name/Time. Includes names like Lisa Methery (RRR) 14:50.2, Tracy Trisco (BATEC) 15:30.7, Becky Villavazo (RRR) 15:49.33, Eileen Smith (NYCPAL) 15:53.0, Liz Dufour (Atoms TC) 15:53.0.

Table with 2 columns: Rank and Name/Time. Includes names like Indy Chevettes 46.74, Metroplex Striders 46.77, Klub Keystone 46.89, Gazelle Track Club 47.03, Croton Track Club 48.11.

Table with 2 columns: Rank and Name/Time. Includes names like Klub Keystone "A" 1:43.46, Klub Keystone "B" 1:43.91, Motor City Track Club 1:44.45, Metroplex Striders 1:45.06, Los Angeles Track Club 1:45.91.

Table with 2 columns: Rank and Name/Time. Includes names like Atoms Track Club 3:41.9, Klub Keystone 3:42.2, New York City P.A.L. 3:44.3, Cavelette Track Club 3:44.4, Houston Astro-Belles 3:45.7.

Table with 2 columns: Rank and Name/Time. Includes names like Los Angeles Track Club 8:51.6, Berkeley East Bay TC 8:59.8, Metroplex Striders 9:00.0, San Jose Cindergals 9:00.4, The Colorado Gold 9:00.6.

Non-seeded 6 Mile (on track):

Table with 2 columns: Rank and Name/Time. Includes names like Larry Reyes (VRR) 31:57.0, Gilbert Lemos (SHS) 33:19.8, Jim Casper (SLDC) 35:02.0.

Table with 2 columns: Rank and Name/Time. Includes names like Debbie Heald (Hutch TC) 4:53.9, Lynne Maltinsky (MiraCs) 5:01.3, Kelly Wells (QuartzHill) 5:01.8, Ann Trason (MontereyPTC) 5:14.0, Barbara Arreola (SLDC) 5:57.4.

Table with 2 columns: Rank and Name/Time. Includes names like Jim Schankel (Lompoc) 23:07, Sal Godinez (IA) 23:38, Mark Spillsbury (StAna) 23:58, Richard Welsh (Atascad) 24:12, Ron Adams 24:26, Roger Fabing (Lompoc) 24:35, Mike Walterhouse (MissV) 24:50, Scott Thornton (Fresno) 24:59, Jim Flanagan 25:03, Robert Tapia (Lompoc) 25:09, Chris Heulings (StMon) 25:23, Len Thornton (Fresno) 25:27, Jeff Day (CoronaDelMar) 25:38, Jeff Holoubek (Lompoc) 25:45, Dennis Coyle (Saugus) 25:49, Unidentified 25:57, Jim Casper (SanLuis) 26:01, Walt Lange (Sacto) 26:10, Frank Coyle (Saugus) 26:25, Dick Edmundson (Saugus) 26:30. /Joe Sciame/

Table with 2 columns: Rank and Name/Time. Includes names like Lynn Hollins 2:07.1, Susan Vigil (NewMexico) 2:07.1, Karel Jones (Atoms TC) 2:08.0, Janis Vetter (Blue Rib) 2:08.0, Kate Keyes (Patriots) 2:08.5.

Table with 2 columns: Rank and Name/Time. Includes names like Debbie Quatier (Palo Alto) 4:22.5, Joan Benoit (Liberty) 4:26.3, Julie Shea (Jr. Strd) 4:26.5, Lynn Jennings (LibAC) 4:26.8, Margaret Groos (NashWh) 4:29.6.

Table with 2 columns: Rank and Name/Time. Includes names like Aileen O'Connor (CYO-Wsh) 9:34.0, Karen Cramond (NewMexico) 9:39.8, Joan Benoit (Liberty AC) 9:44.8, Julie Shea (Jr. Strd) 9:53.2, Kathy Adams (WillsSpike) 9:56.2.

Table with 2 columns: Rank and Name/Time. Includes names like Rhonda Brady (MHYP) 13.53, Sonya Hardy (Boulder) 13.54, Karen Wechsler (IndyChv) 13.76, Lori Dineoli (WSubTC) 13.80, Nancy Kindig (Neb TC) 14.10.

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Table with 2 columns: Rank and Name/Time. Includes names like Lisa Methery (RRR) 14:50.2, Tracy Trisco (BATEC) 15:30.7, Becky Villavazo (RRR) 15:49.33, Eileen Smith (NYCPAL) 15:53.0, Liz Dufour (Atoms TC) 15:53.0.

Table with 2 columns: Rank and Name/Time. Includes names like Indy Chevettes 46.74, Metroplex Striders 46.77, Klub Keystone 46.89, Gazelle Track Club 47.03, Croton Track Club 48.11.

Table with 2 columns: Rank and Name/Time. Includes names like Klub Keystone "A" 1:43.46, Klub Keystone "B" 1:43.91, Motor City Track Club 1:44.45, Metroplex Striders 1:45.06, Los Angeles Track Club 1:45.91.

Table with 2 columns: Rank and Name/Time. Includes names like Atoms Track Club 3:41.9, Klub Keystone 3:42.2, New York City P.A.L. 3:44.3, Cavelette Track Club 3:44.4, Houston Astro-Belles 3:45.7.

Table with 2 columns: Rank and Name/Time. Includes names like Los Angeles Track Club 8:51.6, Berkeley East Bay TC 8:59.8, Metroplex Striders 9:00.0, San Jose Cindergals 9:00.4, The Colorado Gold 9:00.6.

July 7. Ventura County All Comers

Table with 2 columns: Rank and Name/Time. Includes names like 2-Mile-Ed Ramirez 9:48, 440-Richard Regano 55.6, 5-Mile Relay-Ventura (Munger, Dunn, King, Sailer) 5:58, HJ-Wade Frazier 5-8, LJ-Owen 19-10, Triple Jump-Crudup 40-11, Shot-Dave Laut 49-0, Discus-Gary Parsons 135-5, 100-Greg County 10.4, 400 Relay-Ventura (Hayes, King, Dunn, Munger) 55.5, 880-Fred Doubell 2:05.5, Mile-Mark Edsall 4:36.2.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Waterman 10.5, Mile-John Duhig 5:05, LJ-Cornelius 20:3.

Table with 2 columns: Rank and Name/Time. Includes names like LJ-Brum 14-11, 50-Brum 6.3, 220-Brum 28.4, Mile-Howard Cook 5:07.5, 220-Fred Nagelschmidt 31.0, Mile-Nagelschmidt 5:43.

Table with 2 columns: Rank and Name/Time. Includes names like Shot-George Waterman 49-8 1/2, LJ-Jim Fagnant 17-5, 50-Waterman 5.6, 220-Les Vielbig 26.5, Mile-Vielbig 4:56.4.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Fred Doubell 10.6, 220-Ron Lewis 10.4, 440-Lehton 53.0, Mile-E. Torres 4:46.6, LJ-Robinson 21-0, HJ-Page Erickson 6-2, Pole Vault-R. Ying 11-0, Shot-Bob Kroger 37-11 1/2.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Lynn Wingle (Los Altos) 12.3, 440-Becky Engelman (Fremont) 1:08.5, 1320-Marcia Hooper 4:15.6, HJ-Wingle 5-2, LJ-Wingle 15-2, 180-Wingle 22.4.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Carlos Lopes (Los Altos) 11:2, 180-Jeff Travis (E. O. Green) 20:9, 440-Guy Vail (Cabrillo) 58.9, 1320-Mike Zaragoza (Haydock) 3:44.9, HJ-Steve Luft (Los Altos) 5-0, LJ-Fogle (De Anza) 17-9, Shot-Dave Wood (Blackstock) 40-9 1/2.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Osano, 11.5, 220-Mills, 28:08, Mile-Aparicio, 5:51.7, High Jump-Kern, 5.4, Long Jump-Kern, 15.8.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Osano, 11.5, 180-Travis, 21:0, 440-Osano, 1:07.0, 10-Villa, 4:05.4, High Jump-Wood, Long Jump-Woody, 16-1, Triple Jump-Woody, 32-0, Shot-Woody, 39-13 1/2.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Lewis, 10.8, 220-Lehton, 24.04, 440-53.0, Mile-Drescher, 4:47.2, Long Jump-Owen, HJ-Crudup, 5-6, PV-Bowls, Lewis, 37-4 1/2.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Weinerth, 11.3, 440-Weinerth, 59.0, Mile-Yzaguirre, 5:01.8, 220-Weinerth, 26.01, HJ-Sinclair, 5-2.

Table with 2 columns: Rank and Name/Time. Includes names like 100-Lynn Wingle (Los Altos) 12.2, Suzanne Scholl (Monte Vista) 12.3, Amy Klope (Balboa) 12.9, 180-Wingle (Los Altos) 22.1, Scholl (Monte Vista) 22.9, Spring Alexander (Fremont) 24.9, 440-Klope (Balboa) 1:08.4, Alexander (Fremont) 1:09.2, Mary Perez (CTC) 1:10.0.

Open 100-Greg County 9.6, Cente Britt 10.0, Jeff Yates 10.4, 880-Larry Collins 2:13.5, Colleen Mills 2:39, Vicky Munger 2:54, Mile-Rick Torres 4:32.9, Pete Palmer 4:35, Ed Ramirez 4:39.7, 2-Mile-Palmer 9:52.9, Dave Kinsler 10:01, Jeff Hughart 10:03.3, 440 Relay-Santa Paula (DeLeon, DeLeon, Salas, Ramirez) 49.1, High Jump-Bruce Davies 5-6, Jay McAidie 5-4, Long Jump-Cente Britt 18-11, Triple Jump-Holloway 43-2, Britt 43-0, Crudup 40-11, Pole Vault-Gary Lyghts 13-0, Joe Colon 12-0, Shot Put-Gave Laut 49-8 1/2, Gary Parson 44-9, Gary Kiger 42-5 1/4, Discus-Less Serpa 136-5, Gary Parson 135-4, Steve Futujima 133-4.

Open Division 2-Mile-Ed Ramirez 9:48, 440-Richard Regano 55.6, 5-Mile Relay-Ventura (Munger, Dunn, King, Sailer) 5:58, HJ-Wade Frazier 5-8, LJ-Owen 19-10, Triple Jump-Crudup 40-11, Shot-Dave Laut 49-0, Discus-Gary Parsons 135-5, 100-Greg County 10.4, 400 Relay-Ventura (Hayes, King, Dunn, Munger) 55.5, 880-Fred Doubell 2:05.5, Mile-Mark Edsall 4:36.2.

Senior Seniors 100-Waterman 10.5, Mile-John Duhig 5:05, LJ-Cornelius 20:3.

Senior Masters LJ-Brum 14-11, 50-Brum 6.3, 220-Brum 28.4, Mile-Howard Cook 5:07.5, 220-Fred Nagelschmidt 31.0, Mile-Nagelschmidt 5:43.

Masters Shot-George Waterman 49-8 1/2, LJ-Jim Fagnant 17-5, 50-Waterman 5.6, 220-Les Vielbig 26.5, Mile-Vielbig 4:56.4.

Junior Seniors 100-Fred Doubell 10.6, 220-Ron Lewis 10.4, 440-Lehton 53.0, Mile-E. Torres 4:46.6, LJ-Robinson 21-0, HJ-Page Erickson 6-2, Pole Vault-R. Ying 11-0, Shot-Bob Kroger 37-11 1/2.

Junior High Girls 100-Lynn Wingle (Los Altos) 12.3, 440-Becky Engelman (Fremont) 1:08.5, 1320-Marcia Hooper 4:15.6, HJ-Wingle 5-2, LJ-Wingle 15-2, 180-Wingle 22.4.

Junior High Boys 100-Carlos Lopes (Los Altos) 11:2, 180-Jeff Travis (E. O. Green) 20:9, 440-Guy Vail (Cabrillo) 58.9, 1320-Mike Zaragoza (Haydock) 3:44.9, HJ-Steve Luft (Los Altos) 5-0, LJ-Fogle (De Anza) 17-9, Shot-Dave Wood (Blackstock) 40-9 1/2.

Open 100-Osano, 11.5, 220-Mills, 28:08, Mile-Aparicio, 5:51.7, High Jump-Kern, 5.4, Long Jump-Kern, 15.8.

Open 100-Osano, 11.5, 180-Travis, 21:0, 440-Osano, 1:07.0, 10-Villa, 4:05.4, High Jump-Wood, Long Jump-Woody, 16-1, Triple Jump-Woody, 32-0, Shot-Woody, 39-13 1/2.

Open 100-Lewis, 10.8, 220-Lehton, 24.04, 440-53.0, Mile-Drescher, 4:47.2, Long Jump-Owen, HJ-Crudup, 5-6, PV-Bowls, Lewis, 37-4 1/2.

Open 100-Weinerth, 11.3, 440-Weinerth, 59.0, Mile-Yzaguirre, 5:01.8, 220-Weinerth, 26.01, HJ-Sinclair, 5-2.

Open 100-Lynn Wingle (Los Altos) 12.2, Suzanne Scholl (Monte Vista) 12.3, Amy Klope (Balboa) 12.9, 180-Wingle (Los Altos) 22.1, Scholl (Monte Vista) 22.9, Spring Alexander (Fremont) 24.9, 440-Klope (Balboa) 1:08.4, Alexander (Fremont) 1:09.2, Mary Perez (CTC) 1:10.0.

July 14. Ventura County All Comers

Table with 2 columns: Rank and Name/Time. Includes names like 100-Lynn Wingle (Los Altos) 12.2, Suzanne Scholl (Monte Vista) 12.3, Amy Klope (Balboa) 12.9, 180-Wingle (Los Altos) 22.1, Scholl (Monte Vista) 22.9, Spring Alexander (Fremont) 24.9, 440-Klope (Balboa) 1:08.4, Alexander (Fremont) 1:09.2, Mary Perez (CTC) 1:10.0.

July 29

Table with 2 columns: Rank and Name/Time. Includes names like 100-Greg County 9.6, Cente Britt 10.0, Jeff Yates 10.4, 880-Larry Collins 2:13.5, Colleen Mills 2:39, Vicky Munger 2:54, Mile-Rick Torres 4:32.9, Pete Palmer 4:35, Ed Ramirez 4:39.7, 2-Mile-Palmer 9:52.9, Dave Kinsler 10:01, Jeff Hughart 10:03.3, 440 Relay-Santa Paula (DeLeon, DeLeon, Salas, Ramirez) 49.1, High Jump-Bruce Davies 5-6, Jay McAidie 5-4, Long Jump-Cente Britt 18-11, Triple Jump-Holloway 43-2, Britt 43-0, Crudup 40-11, Pole Vault-Gary Lyghts 13-0, Joe Colon 12-0, Shot Put-Gave Laut 49-8 1/2, Gary Parson 44-9, Gary Kiger 42-5 1/4, Discus-Less Serpa 136-5, Gary Parson 135-4, Steve Futujima 133-4.

85) Cathy Conman	59:12
4 Mile	
1) Jack Leydig (WVTC)	22:18.
2) Bill Seaver (WVTC)	22:31
3) Frank Donahue (ETC)	22:36
4) Kent Guthrie (WVTC)	23:26
5) James Tracy (ETC)	23:38
6) Terrance Casey (ETC)	24:22
7) Robert Penburg	24:31
8) Mike (ECRC)	24:37
9) Keith Samonian	24:40
10) John Notch (WVTC)	25:02
11) David M. La (ETC)	25:03
12) Brad Carpenter	25:04
13) Bob P. (CWTC)	25:07
14) Jim B.	25:08
15) Larry M.	25:22
16) Harry Cross (WVTC)	25:25
17) Tom Mann (ETC)	25:29
18) Matt Urturu (U)	25:39
19) Eill Catanese	25:40
20) Scott Rugfing (WVTC)	25:40
21) Scott Anderson	25:58
22) Thomas PoFor (WVTC)	26:05
23) Dennis Boyle	26:11
24) Phil McCarthy	26:12
25) Frank Lee (SFC)	26:13
26) Gerald Flynn	26:14
27) Michael Skiff	26:36
28) Michael Leinnicutt	26:38
29) Curtis Miyaji	26:38
30) Victor Briggs (WVTC)	26:44
71) Carol O'Connor (NCS)	30:03
76) Sue Bugler (MLTC)	30:26

/John Valentini/

June 6. El Cajon. Bill Ellis Memorial Pentathlon at Grossmont College

Events--Long Jump, Javelin, 200m. Discus & 1500m

Open:	
1) Tony Griswold (SDTC)	2546
2) James Partridge (SDTC)	2775
3) Geoff Anderson (un)	2116
Submasters:	
1) Hugh Adams (CDM)	2825
Masters 40-49:	
1) Ray Archibald (SDTC)	1348
Masters 50-59:	
1) Pete Petter (CDM)	1676
Masters 60+:	
1) Chuck McMahon	1029

/Shirley Davisson/

June 26. Bakersfield. One Hour Run

	miles	yds.
1) Larry Jordan	9	1735
2) Mark Bogges	9	1709
3) Frank Delgado	9	1064
4) Jeff Morrow	9	1012
5) Gene Lynch	9	999
6) Joe Delgado	9	300
7) Eddie Lujan, Sr.	9	211
8) Larry Arnt	8	971
9) Danny Rodriguez	8	955
10) Frank Fish	8	899
11) Bob Nestor	8	899
12) John Rous Sr.	8	593
13) Dennis Korpela	8	134
14) Silberio Rodriguez Jr.	7	1717
15) Gil Castle	7	1622
23) Sally Ulman	7	923
31) Patty Toole	6	1354

/Larry Arnt/

1) Andy Chevettes	46.74
2) Metroplex Striders	46.77
3) Klub Keystone	46.89
4) Gazelle Track Club	47.03
5) Groton Track Club	48.11
880 Yd Medley Relay:	
1) Klub Keystone "A"	1:43.46
2) Klub Keystone "B"	1:43.91
3) Motor City Track Club	1:44.45
4) Metroplex Striders	1:45.06
5) Los Angeles Track Club	1:45.91
Mile Relay:	
1) Atoms Track Club	3:41.9
2) Klub Keystone	3:42.2
3) New York City P.A.L.	3:44.3
4) Cavelette Track Club	3:44.4
5) Houston Astro-Belles	3:45.7
Two Mile Relay:	
1) Los Angeles Track Club	8:51.6
2) Berkeley East Bay TC	8:59.8
3) Metroplex Striders	9:00.0
4) San Jose Cindergals	9:00.4
5) The Colorado Gold	9:00.6
High Jump:	
1) Anne Gilliland	5-10'
2) Kari Grosswiller (STC)	5-10
3) Denise Cornell (SVTC)	5-8 1/2
4) Terri Goethals (GazTC)	5-8 1/2
5) Lisa Plummer (PeoriaPac)	5-8 1/2
Long Jump:	
1) Jodie Anderson	19-9 1/2
2) Karen Elmore (MLTC)	19-6 3/4
3) Lisa Kinimaka (SJCinder)	19-5 3/4
4) Kim Moran (LATC)	18-11 1/2
5) Sondra Obermeier (NebTC)	18-10 1/2

Shot Put:	
1) Kathy Devine (EmporSt)	50-7
2) Marcia Mecklenburg (FTC)	49-2
3) Emily Dole (LITC)	47-2 1/2
4) Pam Porter (SD)	45-5 3/4
5) Deanna Patrick (KyBlDia)	44-10 1/2

Discus:	
1) Debbie Stephens (KetStr)	142-11
2) Mary Ann Stevenson (OTC)	142-10
3) Gina Piatt (WPTC)	141-4
4) Christi Pyle (LATC)	139-3
5) Julie Hansen (FTC)	137-10
Javelin:	
1) Cathy Sulinski (MLTC)	163-5
2) Marilyn White (VSTC)	154-2
3) Keri Camarigg (Shore AC)	149-4
4) Jackie Nelson (BATIC)	145-0
5) Lisa Van Benthem (un)	145-0
Klub Keystone 32, Metroplex Striders 28, Atoms Track Club 25, Millbrae Lions TC 22, Falcon Track Club 20, Los Angeles TC 20, Indy Chevettes 18, Liberty Athletic Club 18, Rialto Road Runners 16, New Mexico International Track Club 16.	/Pete Cava/

June 25-26. Lompoc. Lompoc Flower Festival Distance Carnival

USTFF National 6 Mile Invitational for Juniors (on track):	
1) Tim Holmes (Modesto)	17 30:11.2
2) Sal Godinez (L.A.)	18 30:20.5
3) Joe Weston (Ft. Lauderdale)	30:42.2
4) Mike Walterhouse (MissVj)	30:56.1
5) Rod Read (Carmichael)	31:18.5
6) Earl Lagomarsino (Carm)	31:27
7) Tom Hethmon (Saugus)	32:49
8) Kirk Spangler (Wash.)	32:54
9) Bobby Nunez (Lompoc)	33:04

100-Osano, 11.5. 220-Mills, 28:08. Mile - Aparicio, 5:51.7. High jump - Kern, 5-4. Long jump - Kern, 15.8.	
Junior High Boys	
100 - Osano, 11.5. 180 - Travis, 21.0. 440 - Osano, 1:03. 800 - Villa, 4:05.4. High jump - Woody, 6-1. Long jump - Woody, 16-1. Triple jump - Woody, 32-0. Shot - Woody, 39-13 1/2.	
Junior Seniors	
100 - Lewis, 10.8. 220 - Lehton, 24.0. 440 - 53.0. 800 - Drescher, 4:47.2. Long jump - Oxnard, 14-1. HJ - Crudup, 5-6. PV - Bowls, 11-1. Shot - Lewis, 37-4 1/2.	
Senior Seniors	
100 - Weinerth, 11.3. 440 - Weinerth, 59.0. Mile - Yzaguirre, 5:01.8. 220 - Weinerth, 26.01. HJ - Sinclair, 5-2.	
Grand Masters	
Mile - Nagelschmidt, 5:45.9. more	
High School	
Triple jump - Snyder, 44-1 1/2. PV - Burgemeyer, 11-0. SP - Futujima, 50-4. 2-Mile - Wilson, 10:01.5. 440 - Mateo, 55.7. Mile Relay - Oxnard (Morales, County, McCanille, Benninghoff), 4:01.5. HJ - Benito, 5-8. LJ - Snyder, 21-3. 180 - Beeson, 10.4. 88 - Dunks, 2:17.1. Mile - Houk, 4:48.4. 220 - McDaniel, 24.0.	
Junior High Girls	
100 - Ormeter, 12.9. 180 - Calvelli, 25.5. 440 - Hooper, 1:12.6. 1320 - Engelman, 4:12.7	

/Rich Romine/

June 22, Fresno: Fathers Day Run. 6 miles.

Top finishers by classes:
 Father's and Seniors - Van Dellen, 31:45; 2. Thornton, 33:30; 3. Fries, 34:06; 4. Frank Delgado, 34:17; Robert S. Robert Novoa, 34:55; 6. Rich Patterson, 35:18; 7. Gene Lynch, 35:37; 8. Joe Delgado, 36:00; 9. David Williams, 36:03; 10. Gary Self, 36:07; 11. Bob Stout, 36:47; 12. Gordon Keller, 36:55; 13. Don Thomas, 37:08; 14. Loren Miller, 37:10; 15. Bert Woodruff, 37:11.
 Non Fathers and Open - 1. Sutherland, 29:34; 2. Hartig, 30:13; 3. Darrell Cox, 31:10; 4. Mike Lenneman, 32:05; 5. Ray Rubio, 32:39; 6. Stu Sutherland, 32:40; 7. Greg Lyo, 32:47; 8. Larry Lung, 33:00; 9. Scott Thornton, 33:05; 10. Jeff Chandler, 33:07; 11. Jeff Morrow, 33:17; 12. Jim Flanigan, 33:19; 13. Tom Avery, 33:49; 14. Steve Ward, 33:56; 15. John Hunter, 34:01.
 Women's - Thomas, 44:27; 2. Jeanette Burke, 45:20; 3. Karen Schaffinger, 46:09; 4. Julie Jan, 50:35; 5. Alice Granof, 52:25; 6. Shari Greenwood, 53:35; 7. Evelyn Krumbein, 62:03; 8. Virginia Martin, 63:14.

July 4. 3rd Annual Firecracker Run, 5+ Miles.

1) Mike Emry	26:42
2) Paul Burke	27:54
3) Rich Vasquez	28:04
4) Bob Myers	28:54
5) Tim Swezey	29:13
6) Clifford Stewart	29:20
7) Dave Zumwalt	29:30
8) Dan Moore	29:36
9) Scott Molina	29:43
10) Bill Long	30:43
17) George Moss (40+)	32:58
27) Jeannie Keyser (40+)	37:43

/George Moss/

July 14. Ventura County All Comers

Junior High Boys	
100-Lynn Wingle (Los Altos) 12.2, Suzanne Scholl (Monte Vista) 12.3, Amy Kloppe (Balboa) 12.9. 180-Wingle (Los Altos) 22.1, Scholl (Monte Vista) 22.9, Spring Alexander (Fremont) 24.9. 440-Koppe (Balboa) 1:08.4, Alexander (Fremont) 1:09.2, Mary Perez (CTC) 1:20.8. 1320-Becky Engelman (Sierra Linda) 4:10.6, Marcia Hooper (Santa Clara) 4:14. High Jump-Wingle (Los Altos) 5-0, Scholl (Monte Vista) 4-10. Long Jump-Wingle (Los Altos) 15-7, Scholl (Monte Vista) 13-5.	
Junior High Girls	
100-Richard Herrera, Kraig Fogle, Carlos Lopez, Martin McGrath all clocked 11.4. 180-David Woody (Blackstock) 20.1, Richard Herrera (Anacapa) 20.4, Jeff Travis (E.O. Green) 20.5. 440-Mike Zaragoza (Haydock) 1:00.8, Carlos Lopez (Los Altos) 1:04.5, Robert Butts (CTC) 1:06.7. 1320-Chris Campbell (Santa Clara) 4:30.6, Robert Ramirez (Santa Clara) 4:35.7. High Jump-Adrian Rodriguez 5-0, Kraig Fogle 4-10, Mike Rodriguez 4-4. Long Jump-Fogle (De Anza) 18-6, Andy Rodriguez (Haydock) 16-4 1/2. Triple Jump-Fogle (DeAnza) 39-4, Woody (Blackstock) 36-10, Scholl (Monte Vista) 29-0. Shot Put-Dave Anderson 43-6 1/2, Woody H2-3, Faron Poore 39-0.	
High School	
100-Harvey Taylor (Oxnard) tied Steve Burns (Hueneme) 10.4. 220-Pat Beeson (Ventura) 24.0, Tim McDaniel (Oxnard) 24.0. 440-John Jessa (CI) 55.2, Alex Baca (Santa Clara) 55.8, Frederico Mateo (Oxnard) 57.3. 880-Jay Dunks (Rio Mesa) 2:06, Alfred Goline (CI) 2:17, Bill Sharp (CI) 2:22. 2-Mile-Kurt Houk (Oxnard) 9:53.5, Brehl Wilson (Ventura) 10:10, Mike Nelson (Buena) 10:14.2. 440-Relay-Oxnard (Cates, McDaniel, Harvey Burns) 45.2, Camarillo (Hood, Glass, McCarthy, Magnelli) 47.0, CI (PeBenito, Adriano, Bernales, Bales), 48.7. Mile Relay-Baca, County, Morales, McDaniel 3:42.2, Terrazas, Espinoza, Jessa, Nobert 3:44.7. High Jump-PeBenito 5-10, Pat Carroll 5-10, Lee Badgers 5-6. Long Jump-Burns (Hueneme) 20-5 1/2, Faicco (Camarillo) 19-3, Morales (Camarillo) 17-3. Triple Jump-Glass (Camarillo) 42-1, Rodgers (Oxnard) 41-3 1/2, McDaniel (Oxnard) 40-9. Pole Vault-Ron Burgemeyer (Rio Mesa) 12-6, Sergio Balderrama (Oxnard) 11-6, Tom Ferguson (Santa Clara) 10-0. Shot Put-Steve Futujima (Hueneme) 51-0 1/2, Al Peake 46-8, Mile Poake 46-3.	

/Rich Romine/

July 29

Ventura County All-Comers Track and Field Championships (At Oxnard High School's Houser Field Open Division

Triple Jump-C. Britt 44-6, A. Britt 41-7, Crudup 41-2 1/2. 2-Mile-Gerry 9:37.5, Palmer 9:38, Edsall 9:48.2. Mile Relay-Santa Paula 3:40.4, Oxnard 4:07. Discus-Parsons 147-4, Kiger 142-0, Dobroth 139-1 1/2. 440 Relay-Colonia (A. Britt, C. Britt, Green, Wilson) 45.9, Junior Seniors (Dobroth, Crudup, Waterman, Lewis) 47.0, Santa Paula (Salas, Deleon, Deleon, Ramirez) 50.2. 880-Gerry 2:05.7, Doubell, 2:08, Lehton 2:15.3. Shot Put-Laut 50-8 1/2, Parsons 45-9 1/2, Wollerman 43-5, Kiger 43-5. Pole Vault-Colon 12-6, McGlumphy 11-6. 100-Greg County 9.6, Cente Britt 9.7. High Jump-Andre Britt 6-0, Fraizier 6-0, McAidle 6-0. Mile-Torres 4:29.4, Palmer 4:33.5, Collins 4:36.2. Long Jump-Wilson 22-3, C. Britt 22-2, A. Britt 22-0. 440-Wingo 50.4, Steve Conaway 51.7. 220-County 23.1.
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High School Division

Mile Relay-U.S. 3:41.4, Camarillo, 3:42, Ventura 4:27.2. High Jump-Jamerson 6-0, Carroll 5-10, PeBebito 5-10. Long Jump-Snyder 21-4, Burns 20-1, McCarthy 20-0. Triple Jump-Snyder 43-11, Quinn 41-4, McDaniel 40-7 1/2. 440-Snyder 51.1, McDaniel 53.2, Beeson 53.5. 200-Snyder 23.0, Harvey Taylor 23.1, Ralph Taylor 24.1. 2-Mile-Fagnant 9:55.5, Houk 9:57.2, Nelson 10:00. Mile-Wise 4:28.8, Morales 4:31, Wilson 4:32.3. Pole Vault-Balderrama 12-0, Burgemeyer 11-6, Corney 10-0. 100-Harvey Taylor 9.9, Snyder 9.9, Burns 10.1. 880-Fagnant 2:07.9, Dunks 2:10.4, Goline 2:15.2. 440-Relay-Oxnard 46.0. Shot Put-Futujima 52-6, Peake 47-0 1/2, Poore 46-1. Masters 200-Waterman 24.6, Parks 24.6, Salas 27.2. Mile-Vielbig 4:51.4, Dorbin 5:05, Fagnant 5:24.2. 50-Waterman 5.5, Parks 5.6, Fagnant 6.2, Salas 6.2. Shot Put-Waterman 49-3 1/2, Barstow 39-2 1/2, Larsen 34-8.

/Rich Romine/

Senior Senior Division
 Shot Put-Sinclair 34-3.
 100-Cornelius 10.6, Math 10.8, Weinerth 11.1.
 Mile-Wise 4:52.6, Duhig 5:03.5, Chapman 5:07.6.
 Long Jump-Math 18-3 1/2, Sinclair 18-1, Cornelius 18-0 1/2.
 440-Weinerth 58.6, Duhig 59.0, Math 1:01.1.
 220-Cornelius 25.4, Math 25.5, Weinerth 25.6.

Junior Senior Division
 Shot Put-Lewis 36-5 1/2, Crudup 34-7.
 100-Crudup 10.4, Lewis 10.5, Owens 10.7.
 Poje Vault-Ying 11-6, Bowls 10.6, Sinclair 10-0.
 Mile-Harney 4:39, Bob Dreschner 4:44, Whittler 4:53.
 High Jump - Dobroth 6-7, Erickson 5-5, Bowls 5-3.
 Long Jump - Owens 21-3 1/2, Crudup 20-8, Garcia 18-8.

Junior High Boys Division
 3120-Zaragoza 3:45.7, Villa 3:54.4, Perez 3:58.4.
 High Jump-Luff 5-2, Fogle 5-0, Hutchkiss 4-10.
 Shot Put-Woodly 42-10 1/2, Poore 42-0, Herrerra 36-9 1/2.
 100-Woody 11.2, Herrera 11.3, Fogle 11.5.
 Long Jump-Fogle 18-6, Woody 15-4, Rodriguez 15-1.
 Triple Jump-Fogle 36-5, Woody 35-6, Wingle 27-7.

Junior High Girls
 1320-Engelman 4:10.1, Hooper 4:11.
 100-Wingle 12.0, Klope 12.5, Calvelli 13.5.
 Long Jump-Wingle 15-7, Jones 13-6, Audeh 12-11.
 440-Klope 1:09.3, Engleman 1:11.3.
 180-Wingle 22.4, Klope 23.0, Calvelli 25.3.

Senior Masters
 Mile-Fekkes 4:49.7, Cook 5:17.4, Lockway 5:40.4.

Grand Masters
 220-Nagelschmidt 31.5.
 Mile-Nagelschmidt 5:36 New Record. Old Record 5:43.

Junior Senior Division
 220-Lehton 24.6, Doubell 24.7, Crudup 25.1.
 440-Lehton 53.7, Doubell 54.3.

Senior Masters Division
 220-Cook 27.0, Brum 27.5.
 Long Jump-Brum 15-9 1/2 New Record. Old Record 14-11. Klope 14-1, Laut 13-1.
 Shot Put-Laut 45-5 1/2 New Record. Old Record 45-4 1/2.
 50-Brum 6.1. New Record. Old Record 6.3. Klope 6.1, Laut 6.6.

Open Women Division
 100-Haynes 11.9, Valdez 12.0, Kaskus 12.3.
 Mile-Schweiger 5:31.2, Mills 5:36, Aparico 5:48.8.
 High Jump-Kennedy 4-4, Dunn 4-0.
 440-Johnson 62.0, Luth 64.6.
 Long Jump-Haynes 16-4, Kern 15-10, Dunn 14-6.
 220-Mills 28.6, Schall 28.8, Mungler 30.3.

Junior High Boys
 180-Woody 20.7, Fogel 21.1, Zaragoza 20.8, Fogel 21.1.
 440-Zaragoza 58.9 New Record. Old Record 58.9, Fogle 1:01.5, Lopez 1:02.3.
 /Rich Romine/

July 17. Morro Bay. 7th Annual Morro

Bay to Cayucos Fun Run, 6 Mile:

- | | |
|---------------------------------|-------|
| 1) Ben Martinez (AIA) | 30:49 |
| 2) Eddy Cadena (SLDC) | 30:56 |
| 3) Glenn Jewell | 31:20 |
| 4) Mike Butler (AIA) | 31:22 |
| 5) Tom Hethmon (CSHS) | 31:24 |
| 6) Jim Warrick (CalPoly) | 31:39 |
| 7) Eric Huff (SLDC) | 31:50 |
| 8) Tom McCann (RHS) | 31:53 |
| 9) Larry Reyes (USAF) | 32:21 |
| 10) Luis Arreola (SLDC) | 32:24 |
| 11) Robert Hollister (SBAA) | 32:33 |
| 12) Tony Reynoso (SLDC) | 32:40 |
| 13) Skip Shaffer (CCAC) | 32:41 |
| 14) Dave Marlow (CalPoly) | 32:55 |
| 15) Steve Durand | 32:59 |
| 16) Bob Nanninga (WVTC) | 33:07 |
| 17) Tom Howell (SBAA) | 33:15 |
| 18) Steve Smith (NPHS) | 33:16 |
| 19) Ron Wise (SBAA) | 33:25 |
| 20) Jim Bowles (WVTC) | 33:31 |
| 21) John Beckman (CCAC) | 33:33 |
| 22) Frank Freyne (CCAC) | 33:44 |
| 23) Terry Taylor | 33:46 |
| 24) Bob O'Brien (UCLA) | 33:51 |
| 25) John Rupp (STC) | 33:55 |
| 26) Pete Magile (LCHS) | 34:04 |
| 27) Brice Hammerstein (RRR) | 34:14 |
| 28) Mark Bradley (NPHS) | 34:27 |
| 29) Dave Haake | 34:30 |
| 30) Mike Fero (Univ HS) | 34:30 |
| 31) Tom Herrington | 34:32 |
| 32) Stu Sutherland (SHCC) | 34:39 |
| 33) Robert Taylor (TUHS) | 34:44 |
| 34) Marvin Rowley (CCAC) | 34:45 |
| 35) Richard Ursin (BHS) | 34:50 |
| 36) Jeff Chadler (Clovis TC) | 34:52 |
| 37) Karl Ehler (Univ HS) | 34:55 |
| 38) Steve McMahan (SBAA) | 35:00 |
| 39) Bob Deines | 35:03 |
| 40) Gary Anderson (CCAC) | 35:04 |
| 41) Dennis Coyle (CSHS) | 35:07 |
| 42) Brian Waterbury (SLDC) | 35:08 |
| 43) Ken Huddleston (CSHS) | 35:18 |
| 44) John Benninghoff (OHS) | 35:18 |
| 45) Roy Swett | 35:20 |
| 46) Jim Casper (SLDC) | 35:22 |
| 47) Cliff Perry | 35:22 |
| 48) Chad Chambers (DHS) | 35:23 |
| 49) Frank Duarte | 35:25 |
| 50) Chris Keister (NPHS) | 35:32 |
| 64) John Starr (CCAC) 1-40+ | 36:07 |
| 66) Ray Gil (STC) 1-50+ | 36:13 |
| 94) Kathy Jewell 1-W | 37:15 |
| 97) Dick Durand (STC) 2-40+ | 37:20 |
| 105) Dick Jackson (STC) 3-40+ | 37:48 |
| 130) Laurie Jewell (CHS) 2-W | 39:28 |
| 349 Finishers /Stan Rosenfield/ | |

July 15-18. Millbrae. Pacific Association Junior Olympic Track & Field Championships, Mills High School

- Intermediate Girls**
Sprint Hurdles:
 1) Kathy Yubas (San Jose) 14.7
330 Intermediate Hurdles:
 1) Diane Kenny (Novato) 49.9
100 Yard Dash:
 1) Gail Claiborne (Reno) 11.1
220 Yd:
 1) Kelia Bolton (San Jose) 25.6
440 Yd Dash:
 1) Margaret Murphy (SanFran) 60.1
880 Yd Run:
 1) Ann Regan (San Jose) 2:22.2
Mile Run:
 1) Stacey Kearns (YubaCity) 5:01.6
2 Mile Run:
 1) Debbie Rudolph (Lassen) 11:29.1
Mile Race Walk:
 1) Laura Spencer (San Jose) 8:08.9

Intermediate Boys

- 120 Hurdles:**
 1) Donald Barrett (Richmond) 16.4
330 Hurdles:
 1) Donald Barrett 41.0
100 Yd Dash:
 1) Robert Jackson (Pittsburg) 10.4
220 Yd Dash:
 1) Bobby Jackson 23.8
440 Yd Dash:
 1) Jess Leon (Watsonville) 53.4
880 Yd Run:
 1) Paul Hadley (Napa) 2:02.8
Mile Run:
 1) Jeff Baker (Stockton) 4:31.8
2 Mile:
 1) Greg Williams (Chico) 10:09.5
Mile Race Walk:
 1) Bruce Ransdell (Lafayette) 8:30.0
2 Mile Race Walk:
 1) Isaac Miller (Sunnyvale) 17:31.0
Long Jump:
 1) John Resunski 20-5 1/2
Triple Jump:
 1) Dale Domino (San Fran) 43-11 1/4
High Jump:
 1) David Allstot (Nev. City) 6-2
Shot Put:
 1) Roy Abendroth (SanFran) 46-6 3/4
Discus:
 1) Matt Emge (Vallejo) 162-10
Pole Vault:
 1) Thomas Stupfel (Millbrae) 12-6
440 Relay:
 1) Bay Area Striders 45.5
880 Medley Relay:
 1) St. Braventures 3:44.3

Senior Boys

- 120 Hurdles:**
 1) Chuck Oangnus (Dublin) 14.6
330 Hurdles:
 1) J. Boulevard (Dublin) 39.9
100 Yd Dash:
 1) Holden Smith (LosGatos) 9.7
220 Yd Dash:
 1) Willie Jackson (Stockton) 22.5
440 Yd Dash:
 1) Bret Rohrer (Red Bluff) 51.5
880 Yd Run:
 1) John Leaca (Sparks) 1:59.9
Mile Run:
 1) Kirt Dicus (Sparks) 4:17.1
2 Mile Run:
 1) Kurt Dicus (Sparks) 9:14.4
Mile Race Walk:
 1) Herb Bottomly (Reno) 9:03.8
Long Jump:
 1) Gregg Turner (San Fran) 22-7 1/4
Triple Jump:
 1) Jeff Zimmerman (Vacaville) 46-5 1/2
High Jump:
 1) Billy Joe Hice (Oakland) 6-8 3/4
Shot Put:
 1) Michael (SanMateo) 55-10
Discus:
 1) Greg Tafralis (Millbrae) 169-4
Javelin:
 1) Anthony Gree (Vallejo) 46.60m
Pole Vault:
 1) K. Bryan (Littlefield) 12-6
 J. Mulligan, D. Beede
440 Relay:
 1) Bay Area Steppers 44.5

July 18. Lake Tahoe Marathon:

- | | |
|--------------------------|---------|
| 1. John Paulson (22) | 2:41:09 |
| 2. Jim Sam (18) | 2:44:43 |
| 3. John Butterfield (39) | 2:48:28 |
| 4. ... | 2:51:59 |

- | | |
|-------------------------------------|-------|
| 34. Robert Weaver (18) Camino W | 50:54 |
| 35. Matt Console (19) Un | 50:56 |
| 36. Chris Shultz (16) CB | 50:59 |
| 37. Clyde Rockwell (23) Excelsior | 51:07 |
| 38. David Maldonado (15) CKM | 51:12 |
| 39. David Weikel (17) Camino W | 51:16 |
| 40. Danyal Kasapliligil (16) Ala TC | 51:18 |
| 43. Jim Nicholson (45) NCSTC | 51:50 |
| 47. Bob Malain (49) NCSTC | 52:15 |
| 90. Joan Ulylot (36) WVTC 1-W | 55:42 |
| 111. Carolyn Tiernan (25) WVTC 2-W | 57:58 |
| 115. Cathy Coulman (18) Un 3-W | 58:26 |
| 210 finishers /Alameda TC/ | |

July 27. Diablo Valley College. Elk-A-Lympics.

6-7 Girls:

50 yds: Margaret Terrell, Patricia Stone, Shannon Archie 8.3 Long Jump: Debbie Lux, Francie Souza, Terrell 9-2 220 yds: Sone, Terrell, Cary Lawson 37.9.

6-7 Boys:

50 yds: Corey Stanberry, Sam Cavallero, Brian Rutherford 7.6 LJ: Cavallero, Stanberry, Clinton Burns 10-2 220 yds: John Reed, Cavallero, Stanberry 34.5.

8-9 Girls:

50 yds: Tricia Herzog, Martha Marcias, Denise Paclevar & Tanya French, Leslie Terrell 7.6 LJ: Herzog, Paclevar, Macias 11-5 1/2 440 yds: Kelly Brens, Lorie Devlin, Heroog 79.3 200 yds: Macias, Brens, French 33.3.

8-9 Boys:

50 yds: Shawn Beals, Billy Stanberry, Michael Brooks 6.6 (Meet Record) 440 yds: Todd Lichti, John Ware, Peter Duncan 69.7 LJ: Lichti, Beals, Pat Henderson 13-8 (Meet Record) 880: Marc Johnson, Dave Kusko, Craig Hagglan 3:00.4 220 yds: Stanberry, Augusta, Beals 29.9 (meet record)

10-11 Girls:

50 yds: Veronica Cunningham, Julie Gentleman, KC McGuire 6.6 (Meet Record) HJ: Heidi Ellis, Molly Hill, Judy Rowlings 4-4 (Meet Record) 880: Barbara Valerga, Cindy Nelson, Kim McGuire, Daniels 14-2 Mile: Kim McGarrrough, Scannell, Amy Perkins 6:23.4 (meet record).

10-11 Boys:

50 yds: Deant Topps, Sam Tucker, Anthony Hodges 6.4 (Meet Record) HJ: Kenny Johns, Ray Devlin, Phillip Parker 4-4 880: Jim Chaney, Mike McManus, Duncan 2:33.8 (Meet Record) 440: Tomps, Avila, Rodney Green 64.2 (Meet Record) LJ: Frank Knafelc, Sam Souza, Green 14-3 Mile: Chaney, Paul Stephens, Mark McMannis 5:30.2 (Meet Record) 70 LH: Ken Jones, Green, Carr 10.3 (Meet Record).

12-13 Girls:

LJ: Val Knafelc, Anna Raphael, Kelly Henderson 15-5 880: Wendy Allums, Yvone Campbell, Sandy Estnr 2:23.2 (Meet Record) Shot Put: Shannon Minnard, Heidi Ellis, Lee Ann Gordon 25-7 100 yds: Shiela Times, Folie Daniels, Karen Taney 11.7 HJ: Stacey Mortensen 4-2 440 Yds: Allums, Campbell, Daniels 61.1 (Meet Record) Mile: Lisa VanBuskirk, Colleen Scannell 5:35.5 (Meet Record) 70 LH: Carolyn Ruff, Sheryl Ball, Mortensen 11 3 (Meet Record).

12-13 Boys:

LJ: Scott Schur, Curtis Wilkins, Steve Lichti 17-6 (Meet Record) Shot Put: John Perry, Mark Ransdell, Charles Fikejs 37-11 880: Joe Ogden, Macimo Flores, Steve Feeley 2:19.6 100 yds: Flory Rodgers, Schur, Bob Combs 10.8 (Meet Record) 440 yds: Robert Edwards, Wilkins, Allen Yates 59.9 HJ: Schur, Phil Gates, Michael Hawthorne 5 (Meet Record) Mile: Joe Ogden, VanBuskirk, Richard Black 5:14.0 70 LH: ... Hastings, Hayley 11.0.

14-15 Girls:

880: Diane Kenny, Jo Anne Stewart, Helen Gordon 2:28.9 100 yds: Judy Young, Ann Gabriel, Cherill Hawthorne 11.1 (Meet Record) LJ: Joy Upshaw, Michelle Hawthorne, Katie Foley 17 3/4 HJ: D. Dutra, Foley, Young 4-8 (Meet Record) 440 yds: Hawthorne, Stewart, Carolyn Ruff 60.8 Mile: Nina Beatia, Diane Kinney, Tracey Dawkins 5:36.5 60 LH: Hawthorne, Stephanie Copeland 9.6 (meet record) 3 Mile: Scannell, Campbell 19:46.4

14-15 Boys:

Pole Vault: John Kunaler 9-0 Shot Put: Matt Emge 47-3 (Meet Record) LJ: Kenny Smith, Phil Allen, Walter Roberts 20-2 1/2 880: Bob Roll, Steve Bass, Ron Peterson 2:02.8 (meet record) 1- yds: Ken Smith, Emge, Robert Darden 10.3 440 yds: Walter, Reding, John Tully 55 0 Discus: Emge, Knowles 161-2 1/2 (meet record) HJ: Allen, Raymond Si-

50-Brum 6.1. New Record. Old Record 6.3.
Klope 6.1. Laut 6.6.

Open Women Division

100-Haynes 11.9, Valdez 12.0, Kaskus 12.3,
Mile-Schweiger 5:31.2, Mills 5:36, Aparico
5:48.8.
High Jump-Kelley 4-4, Dunn 4-0,
440-Johnson 62.1, Her 64.6.
Long Jump-Haynes 16-4, Kern 15-10, Dunn
14.6.
220-Mills 28.6, Schall 28.8, Munger 30.3.

Junior High Boys

180 Woody 20.7, Fogel 20.8, Fogel 21.1.
440 Zaragoza 5:30.0 New Record. Old
Record Vaif 58.9 Fogle 1:01.5, Lopez
1:02.3.

/Rich Romine/

July 15-18. Millbrae. Pacific Association Junior Olympic Track & Field Championships, Mills High School

Intermediate Girls

Sprint Hurdles:

1) Kathy Yubas (San Jose) 14.7

330 Intermediate Hurdles:

1) Diane Kenny (Novato) 49.9

100 Yard Dash:

1) Gail Claiborne (Reno) 11.1

220 Yd:

1) Kelia Bolton (San Jose) 25.6

440 Yd Dash:

1) Margaret Murphy (SanFran) 60.1

880 Yd Run:

1) Ann Regan (San Jose) 2:22.2

Mile Run:

1) Stacey Kearns (YubaCity) 5:01.6

2 Mile Run:

1) Debbie Rudolph (Lassen) 11:29.1

Mile Race Walk:

1) Laura Spencer (San Jose) 8:08.9

2 Mile Race Walk:

1) Georgia Sakelarios (RC) 18:47.2

Long Jump:

1) Valgnn Squier (Napa) 17-1/2

High Jump:

1) Jean Martin (SanLorenzo) 5-6

Shot Put:

1) Karen Stampfil (Lassen) 41-4

Discus:

1) Karen Stampfil (Lassen) 134-11

Javelin:

1) Kimberly Cox (RedwCity) 110-11

440 Relay:

1) Berkeley T C 50.9

880 Medley:

1) Cupertino Yearlings 1:57.2

Mile Relay:

1) Berkeley Track Club 4:30.4

2 Mile Relay:

1) Millbrae Lions Track Club 11:54.4

Senior Girls

100m Hurdles:

1) Cheryl Hawthorne(Richm) 14.6

400m Intermediate Hurdles:

1) Loretta Stewart (Stacruz) 76.6

100 Yd Dash:

1) Valarre Bell (San Fran) 11.5

220 Yd Dash:

1) Arlene Van Warmeldem(Colt). 26.2

440 Yd Dash:

1) Patty Voss(Susanville) 61.0

880 Yd Run:

1) Diana Stohr(Livermore) 2:17.4

Mile Run:

1) Cindy Vaughn (Reno) 5:36.1

2 Mile:

1) Cindy Vaughn (Reno) 12:10.

Long Jump:

1) Janet Scott (Camino) 18-3

High Jump:

1) Candy Ross (Berkeley) 5-5 1/2

Shot Put:

1) Wendy Bard (Sacramento) 32-10

Discus:

1) Cathy Hilton (Berkeley) 132-0

Javelin:

1) Denise Bangert (SoSanFran) 109-4

440 Relay:

1) Granada (Livermore) 51.7

1) Herb Bottomly (San Fran) 22-7 1/2
Long Jump:
1) Gregg Turner (San Fran) 22-7 1/2
Triple Jump:
1) Jeff Zimmerman (Vacavle) 46-5 1/2
High Jump:
1) Billy Joe Hice (Oakland) 6-8 3/4
Shot Put:
1) Michael (SanMateo) 55-10
Discus:
1) Greg Taffrais (Millbrae) 169-4
Javelin:
1) Anthony Green (Vallejo) 46.60m
Pole Vault:
1) K. Bryan (Littlefield) 12-6
J. Mulligan D. Beede
440 Relay:
1) Way Area Steppers 44.5

July 18. Lake Tahoe Marathon:

1. John Paulson(22) 2:41:09
2. Jim Sam (18) 2:44:43
3. John Butterfield (39) 2:48:28
4. Mark Williams (24) 2:51:59
5. Scott Claypoole(26) 2:58:34
6. Brent Cushenbery(16) 3:00:04
7. Robert Coulson(19) 3:00:35
8. Edwin Jerome(32) 3:01:16
9. Michael Williams(23) 3:03:22
10. Alan Larson (21) 3:03:22
11. Robert Ogg(18) 3:10:43
12. Jeff Liedtke(18) 3:12:15
13. Frank Custino(18) 3:13:09
14. Donald Choi(27) 3:13:09
15. Jim Waters(36) 3:16:02
19. Don Lucero(50) 1-50+ 3:27:47
23. Bryan Holmes(42) 1-40+ 3:36:11
25. Yvette Cotte(16) 1-W 3:41:51
/Ken Youngdahl/

July 17. Oakland. 8.4 Mile Water-mellon Run:

1. Bill Clark(32)WVTC 44:28
2. Tad Woliczko(26)Pamakids 45:22
3. Dennis Tracy(30)WVTC 45:55
4. Paul Burke(16)DLS HS 1-HS 45:56
5. Tony Webb(21)Un 46:08
6. Dan Cruz(25)Camino West 46:54
7. Steve Palladino(20)Cam West 47:07
8. Greg Mandanis(17)Woodside S. 47:17
9. Steve Fuller(21)Woodside St. 47:32
10. John Thomas(20)Un 47:35
11. David Wishart(29)Century 47:40
12. Unofficial Runner 47:40
13. Doug Butt(31)WVTC 47:52
14. John Notch(27) WVTC 48:06
15. Bruce Wolfe(21)WVTC 48:15
16. Stephen Roberts(18)Un 48:32
17. Don Paul(25)Un 48:41
18. David Sabo(18)Alameda TC 48:42
19. Ray Kindle(18)Alameda TC 48:42
20. Ross Smith(48)WVJS 1-40+ 48:56
21. Steve Mextoen(16)Un 48:58
22. Greg Jewett(29)Un 49:16
23. Santos Reynaga(26)WVTC 49:23
24. Howard Iseri(16)CKM 49:24
25. Ron busby(17)WVTC 49:41
26. Dennis Kroll(28)Un 49:49
27. Glenn Dean(16)WVTC 49:52
28. Lloyd Sampson(33)Un 50:03
29. Ted Wilson(39)Kaiser J. 50:05
30. Dan Anderson(24)WVTC 50:19
31. Nick Granados(19)WVTC 50:36
32. Bill Benz(33)WVTC 50:39
33. Steven Strangio(16)WVTC 50:51

Kirk, Collen Scannell 5:35.5 (Meet Record) 70 LH: Carolyn Ruff, Sheryl Ball, Mortensen 11 3 (Meet Record).
12-13 Boys:
LJ: Scott Schur, Curtis Wilkins, Steve Licht 17-6 (Meet Record) Shot Put: John Perry, Mark Ransdell, Charles Fikejs 37-11 880: Joe Ogden, Macimo Flores, Steve Feeley 2:19.6 100 yds: Flory Rodgers, Schur, Bob Combs 10.8 (Meet Record) 440 yds: Robert Edwards, Wilkins, Allen Yates 59.9 HJ: Schur, Phil Gates, Michael Hawthorne 5 (Meet Record) Mile: Joe Ogden, VanBuskirk, Richard Black 5:14.0 70 LH: Ogden, Hastings, Hayley 11.0.
14-15 Girls:
880: Diane Kenny, Jo Anne Stewert, Helen Gordon 2:28.1 100 yds: Judy Young, Ann Gabriel, Cherill Hawthorne 11.1 (Meet Record) LJ: Joy Upshaw, Michelle Hawthorne, Katie Foley 17 1/4 HJ: D. Dutra, Foley, Young 4-8 (Meet Record) 440 yds: Hawthorne, Stewert, Carolyn Ruff 60.8 Mile: Nina Beatia, Diane Kinney, Tracey Dawkins 5:36.5 60 LH: Hawthorne, Stephanie Copeland 9.6 (meet record) 3 Mile: Scannell, Campbell 19:46.4
14-15 Boys:
Pole Vault: John Kunaler 9-0 Shot Put: Matt Emge 47-3 (Meet Record) LJ: Kenny Smith, Phil Allen, Walter Roberts 20-2 1/2 880: Bob Roll, Steve Bass, Ron Peterson 2:02.8 (meet record) 1- yds: Ken Smith, Emge, Robert Darden 10.3 440 yds: Walter, Reding, John Tolley 55.0 Discus: Emge, Knowles 161-2 1/2 (meet record) HJ: Allen, Raymond Simmons, Jeff Robinson 5-11 (Meet Record) Mile: Roll, Bill Rothchild, Steve Ross 4:45.6 3 Mile: Ken Romiguere, Scott Flagg, Anthony Robertson.
Open Women:
Shot Put: Deby Pryor, Kathy Hilton, Yvonne Knox 37-8 1/2 LJ: Kathy Honor, Anna Gabriel, Cheryl Hawthorne 17-5 440 yds: Diana Stohr, Gabriel, Joan Schiveley 58.3 Discus Hilton, Pryor, Millard 129-5 (meet record) Mile: Barbara Savage 6:59.4 HJ: Candy Ross 5-5 (meet record) 60 LH: Cheryl Hawthorne, Honor 8.2 (meet record) 3 Mile: Dana Searls, Judy Iten 20:06.2 (Meet Record)
16-17 Boys:
LJ: Chris Glover, Tony Kissinger, Melvin Carter 20-8 Pole Vault: George Cortessis 12-0 880: Tony Diechler, Rick Harbaugh, Jim Moore 2:02.2 (meet record) 1- Yds: Daryl Harris, John Finger, Ken Billie 9.5 (meet record) Discus: Tony Green, Dave Powell, 167-2 (meet record) 440 yds: Diechlee, James Cash, Moore 53.3 Mile: Haubaugh, Jack Potter 4:33.6 (meet record) 70 HH: Tony Amerson, Chris Glover, Allen 8.7 (meet record) HJ: Keith Dimes, Terry Graham, Glover 6-5 (meet record) .6 LJ: Parish, Lawson 18-3/4 (Meet record) Shot Put: Emge 31-2 1/4 Mile: Ralph Bowles, George Grimes, Bob B6atie 5:30.0 3 Mile: Rich Vasques, Bannatayne 14:56.4 (MR)

Open Men:
3000 Meter Steeplechase: John Mullin, Al Robinson, Craig Bannatayne 10:28.0 880: James Robinson, Gary McManus, Mike Krajcir 1:53.4 (Meet Record) Javelin: Ed Miller, Brad Rutledge, Dan Williges 203.0 (Meet Record) 100 yds: Anthony Stephens, Roger Smith, Stanley Lewis 9.7 Discus: Ray Burton, Dave Powell, Miller 191-6 (meet record) LJ: Mike Sumku, Kirk Patrick, Johnson 21-10 1/4 440: Robinson, Jose Madruga, Mike Davis 48.2 (meet record) Pole Vault: Bob Olsen, Paul Zuver 16-0 (Meet Record) Shot Put: Burton, Miller, McManus 48-7 Mile: Martin Dean, John Campbell, Bob Hermans 4:26.1 (Meet Record) HJ: Glen Stone, Haber, Miller 6-8 (Meet Record) 70 HH: Patrick, Bart Williams, Alex Flowers 8.9 3 Mile: Mike Emry, Dean, Kevin Searls 14:14.4 (Meet Record)
25-29 Men:
Steeplechase: Kurt Schroers 10:09.6 Javeline: Jim Herron, Lou Christensen, Mike Sumke 197-0 (meet record) 880: Bob Chance 2:09.5 (meet record) 100 yds: Phil Webb, Mike Wilson, Gary Jew 10.0 (meet record) 440 yds: Wilson, Jew, Steve Slack 53.4 LJ: Webb, Tubbs, Grant Livingston 23-7 (Meet Record) Shot Put: Tubbs, Herron, Lewis 41-7 Mile: Kevin Blasedale, Schroers 4:31.0 (meet record) 70 HH: Webb, Slack 8.8 (Meet Record) 3 Mile: Blasedale, Jew 15:14.0.
30-39 Men:
880: Jack Knebel, Cabasino, Sid Quick 2:04.5 (meet record) 100 yds: Matt Pruitt, Lou Christensen, Walt Randall 10.0 (Meet record) 440 yds: Knebel, Randall, Howard Janssan 53.8 LJ: Christensen, Al Nicholas Schrieder 19-10 1/2 (Meet record) Shot Put: Lobsinger, McGuinn 35-1 1/2 Mile: Kent Guthrie, Knebel, Savage 4:40.1 (Meet Record) 70 HH: Nicholes, 11.7 3 Mile: Guthrie, Marv Winer.
40 & Over:
Steeplechase: Jerry Wendt 13:39.0 880 Monti Upshaw 2:12.4 100 yds: Van Parrish, Hans Bruhner, Don Lawson 10.3 (meet record) 440 yds: Upshaw, 56.6 LJ: Parish, Lawson 18-3/4 (Meet record) Shot Put: Emge 31-2 1/4 Mile: Ralph Bowles, George Grimes, Bob B6atie 4:56.4 (meet record) 3 Mile: Bowles, Jack Jamieson

/Bob McGuire/

22	Bob Wharton	35:24
23	Don Swanson	35:34
24	Eric Benson	35:41
25	Ed Lopez (15-17)	35:42
26	Andy Takaha	35:53
27	John Flather (40+)	35:59
28	John L. Oak	36:24
29	Ken Pa... (40+)	36:33
30	Tim ...	36:35
31	Bill Lovelare	36:36
32	Jeff Vines	36:43
33	Mark Ford (15-17)	36:52
34	Mike ... (15-17)	36:53
35	Craig ... (40+)	36:58
36	Spencer Ferguson(11-14)	36:59
37	Richard Lyon	37:00
38	Jon Mohr	37:05
39	Richard Dixon	37:07
40	Bill Lindsell	37:11
41	Colin Templeman (40+)	37:17
42	Don Dooley	37:32
43	Don Lucero	37:33
44	Gerald Flynn	37:39
45	Bill Bugler	37:40
46	Bob Lualhati	37:41
47	Ruben Luna	37:55
48	Nelson Nugent	38:01
49	Tom Masters	38:05
50	Mike Korbholz	38:06
77	Skip Swannack 1st F	40:30
85	K. Bedgan 11-14 F	41:02
99	Maria King 11-14 F	41:45
210	Finishers /Mike McGuire/	

August 1. Diablo Valley College. Pentathlon.

Open Division Pentathlon Results: Roberta Bruder 3152 (HJ 4-6 576, LH 16.1 636, SP 33-3 597, LJ 16-10 703, 200 m 27.6 640); Kathy Honour 2981 (HJ 4-6 576, LH 15.8 665, Sp 21-2 323, LJ 17-8 762, 200 m 27.4 655); Diana Stohr 2972 (HJ 4-4 514, LH 16.9 563, SP 25-0 417, LJ 16-11 708, 200 m 25.9 770); Pam Courtney 2185 (HJ 3-10 309, LH 20.5 309, SP 26-6 451, LJ 14-7 538, 200 m 28.5 578).

Girls 14-15 Division: Kate Foley 2498 (HJ 4-4 514, LH 18.1 479, SP 23-8 385, LJ 15-9 623, 200 m 29.8 497); KC McGuire 1657 (HJ 4-0 381, LH 21.2 269, SP 16-6 192, LJ 12-9 390, 200 m 31.0 425); Leslie Kramer 1603 (HJ 4-0 381, LH 21.8 237, SP 19-11 289, LJ 12-4 357, 200 m 32.6 339); Gail Goetz 1374 (HJ 3-6 152, LH 21.3 262, SP 22-5 354, LJ 11-9 307, 200 m 33.4 298).

6 Mile Run: Open: Kevin Searls 33:00.4; Seniors, 30-39: Gary Alderman, Marv Winer 35:17.4; 40 & over: Ralph Bowles, Jack Jameison, Ernst Hayman 32:52.4; Senior women: Pearl Hayman 49:16.4.

/Bob McGuire/

August 1. Diablo Valley College. Decathlon.

DECATHLON RESULTS

Marks listed below are in order of events as follows: 100 meters, high jump, long jump, shot put, 400 meters, high hurdles, javelin, discus, pole vault and 1500 meters.

Frosh-Soph Division
Phil Allen (4402) — 11.9, 5-11, 19-10 1/2, 25-2, 61.5, 17.6, 101-8, 62-1, 7-6, 4:58.8; Pat Schurr (4068) — 12.1, 5-1, 16-10, 32-5, 62.0, 21.7, 97-7, 106-2, 11-0, 6:02.0; Phil Johnson (3065), Craig Aollor (2385), Mike Kessler (1572).

Junior-Senior Division
Matt Taylor (4677) — 11.8, 5-10, 21-0, 25-6, 54-6, 19-5, 111-0, 64-7, 7-6, 5:14.2; Don Beede (4200) — 12.2, 4-8, 16-8, 26-8, 58.0, 21.2, 97-5, 71-3, 13-0, 5:10.0; Tony Green (3883) — 12.4, 4-10, 18-2, 1/2, 38-4, 63.5, 22.2, 120-4, 133-2, 5-6, 6:36.0.

August 1. Northern California Seniors 9th Annual Fort Baker Handicap Run.

15.1 miles:

Rank	Name	Time	Her
1	O'Halloran	1:25:06	24
2	Malain (NCSTC)	1:25:11	49
3	Guthrie (WVTC)	1:25:30	39
4	Fitzgerald (am)	1:27:23	32
5	Biancalana (MH)	1:28:18	51
6	Kaempf (T)	1:28:52	45
7	Stewart (M)	1:29:14	26
8	Roeneau (NCSTC)	1:31:03	48
9	Reinhardt (NCSTC)	1:31:54	48
10	Lucero (WVTC)	1:32:37	49
11	Krebs (BC)	1:33:24	33
12	Burke (un)	1:33:34	16
13	Cushenberg (BC)	1:33:39	17
14	Wilson (KJ)	1:33:45	39
15	Bryan (TRAC)	1:34:40	40
16	Carpenter (SRC)	1:35:00	48
17	Jensen (Pama)	1:35:07	42
18	Hoyt (NCSTC)	1:35:15	50
19	Gormley (un)	1:36:26	34
20	Notch (WVTC)	1:36:38	27
21	Cuzzillo (NCSTC)	1:37:01	60
22	Gevi (MH)	1:37:21	24
23	Moore (LVRC)	1:37:32	34
24	Jewett (un)	1:37:43	29
25	Kroll (un)	1:37:52	28
200	finishers		/Jim Nicholson/

August 14. Avila Beach. Plankton Festival Three Mile Run:

1	Anthony Reynoso (SLO)	14:44
2	John Beaton (Grover Cty)	14:50
3	John Jones (Vand AFB)	14:51
4	Larry Reyes (Vand AFB)	15:02
5	Luis Arreola (SLO)	15:04
6	Eric Huff (Paso Robles)	15:25
7	Bob Nanninga (SLO)	15:29
8	Brian Waterbury (SLO)	16:10
9	Rey Pena (SLO)	16:16
10	Barry Bryant (SLO)	16:20
11	Jim Casper (Arroyo Gr)	16:32
12	Allen Hire (Arroyo Gr)	16:43
13	Antonio Arreola (SLO)	16:44
14	Mike Barnes (Harmony)	16:51
15	Primo Ramos (SLO)	16:55
16	Stan Rosenfield (SLO)	17:00
17	Dave LaRash (SLO)	17:05
18	Unidentified	17:26
19	John Barrows (SLO)	17:29
20	Jim Shearer (Atascadero)	17:31
21	Jim Webb (SLO) 1=40+	17:42
22	Marvin Drandell (SLO)	17:53
23	Gary Kuhn (Atascadero)	17:58
24	Jack Cline (Grover Cty)	17:59
25	Mike Veron (Sta Marg)	18:15
31	Joe Kourakis (SLO) 40+	19:12
35	Barbara Arreola (SLO)	19:24
47	Jean Spierling (Arr Gr)	21:03
48	Ken Harvey (SLO) 50+	21:14
50	Carolyn Proctor (SLO)	21:37

/Stan Rosenfield/

August 7 & 8. Walnut. 14th Annual Walnut Valley Sports Fest

Open 6.3 Mile:

1	Dave White (Orange)	31:13
2	Dave Frickle (Laverne)	31:22
3	Ron Kurrle (San Fern)	31:53
4	Carl Swift (AIA)	32:13
5	Alex Flores (un)	32:58

High School 6.3 Mile:

1	Ruben Ruiz (Mark Keppel)	32:08
2	Kevin Baxter (Wilson)	32:45
3	Steve Cain (Pasadena)	33:42

August 21. Penn Valley. Golden Empire Cross Country Run 1976

Men (16-17) 3.3 mile:

1	Armand Moreno (Vly of Moon)	18:05
2	Dennis Rinde (Ophire)	18:09
5	Scott MacDonald (Elk Grove)	18:37
4	Greg Bandanis (Woodside)	19:09
7	Frank Turner (Colfax)	19:19
11	Jerry Chun (Hunky Bunch, Haw)	19:32
7	Lyle Luftelt (Gold Spike)	19:40
14	Kory Rodriguez (un)	20:22
14	Steve Zehnder (un)	20:25
15	Michael Deis (un)	20:31

Women (16+) 3.3 mile:

1	June Chun (Hunky Bunch, Haw)	22:26
2	Kathy Adams (un)	22:48
5	Jody Garrard (un)	25:58
6	Karin Stok (Woodside)	26:06
14	Peggy Stok (Woodside)	26:31

Men (35+) 5.05 mile:

1	Tim Jordan (Buffalo Chips)	28:37
2	Robert Bourbeau (Reno)	29:35
3	Ross Smith (WestVly Jog)	30:19
4	Doug Rennie (Buffalo Chps)	30:32
5	Barry Turner (un)	34:01

Women (35+) 5.05 mile:

1	Gail Warness (Ananda)	50:40
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Men's Open (18+) 5.05 mile:

1	Adam Ferreira (un)	27:37
2	Robert Deis (un)	27:58
3	Robert Cooper (Woodside)	28:11
4	Mike Adams (HeinkenHarr)	29:07
5	Stacy Geiken (Woodside)	29:18
6	Mike Dougherty (Davis)	30:51
7	Peter Hansen (Ophir)	31:12

August 21. Half Moon Bay, 1976 Ocean to Bay Marathon, 26.2 miles:

1	Denis O'Halloran	2:41:02
2	Greg Jewett	2:48:09
3	Chip Bowles (WVTC)	2:49:30
4	Dennis Dillie (WVTC)	2:51:53
5	Tom Schrack (Menlo TC)	2:53:22
6	Edwin Jerome (TRAC)	2:54:28
7	Arthur Clausen (111-TC)	2:55:48
8	Bob Miller (Camino West)	2:57:27
9	Ulrich Kaempf (TRAC)	2:58:43
10	Dwight Hendrix	3:00:57
11	Bill McCray (WVTC)	3:01:07
12	David Fuller (Hastings)	3:01:10



JOE CARLSON - winner of Palos Verdes Marathon, leading the pack near the highest point on the run - near the 5 mile mark. photo by Bud Hanson

July 31. Reno, Nevada. Track & Field Championships, Intermediate & Senior Divisions (14-17) at University of Reno

Boys

100 Yd Dash:

1	Holden Smith (LosGatos)	9.6
2	Bobby Rhoden (LA)	10.0
3	Craig Brown (LA)	10.0

220 Yd Dash:

1	David Johnson (Oakland)	22.1
2	Craig Brown (LA)	22.1
3	Brian Bradley (Fresno)	22.2

440 Yd Dash:

1	Percy Smith (LA)	49.1
2	Jeff Roberts (LA)	49.5
3	Bruce Sterling (Oakland)	50.6

880 Yd Run:

1	Pat Alberti (Reno)	2:01.3
2	Nick Ciaccio (LaMesa)	2:01.7
3	Paul Hadley (Napa)	2:03.02

1 Mile Run:

1	Kurt Dicus (Sparks)	4:22.8
2	Glen Borland (Crescent Cty)	4:31.8
3	Mark Keller (LaMesa)	4:34.7

2 Mile:

1	Kurt Dicus (Sparks)	9:26.3
2	Steve Alvarez (Coachilla)	9:46.0
3	Lynn Mentzer (Reno)	10:05.4

1 Mile Race Walk:

1	Herb Bottomly (Reno)	9:07.1
2	Alex Barron (Northhighlands)	9:54.2

120 Yd Hurdles:

1	Cory Miller (Madera)	14.4
2	David Rodriguez (Palare)	14.7
3	Mike Day (Porterville)	14.7

Discus:

1	Scott Sandler (Fresno)	194-3 3/4
2	Gregory Tafrales (Millbrae)	174-3 3/4
3	Doug Silcox (Napa)	160-3 3/4

Long Jump:

1	Anthony Glover (Rich.)	22-11
2	Thomas Giles (LA)	22-4
3	Tony Johnson (LosNuys)	21-10

High Jump:

1	Kevin Hall (Calabasas)	6-6
2	Thurlis Gibbs (San Jose)	6-6
3	Billy Joe Hice (Oakland)	6-6

