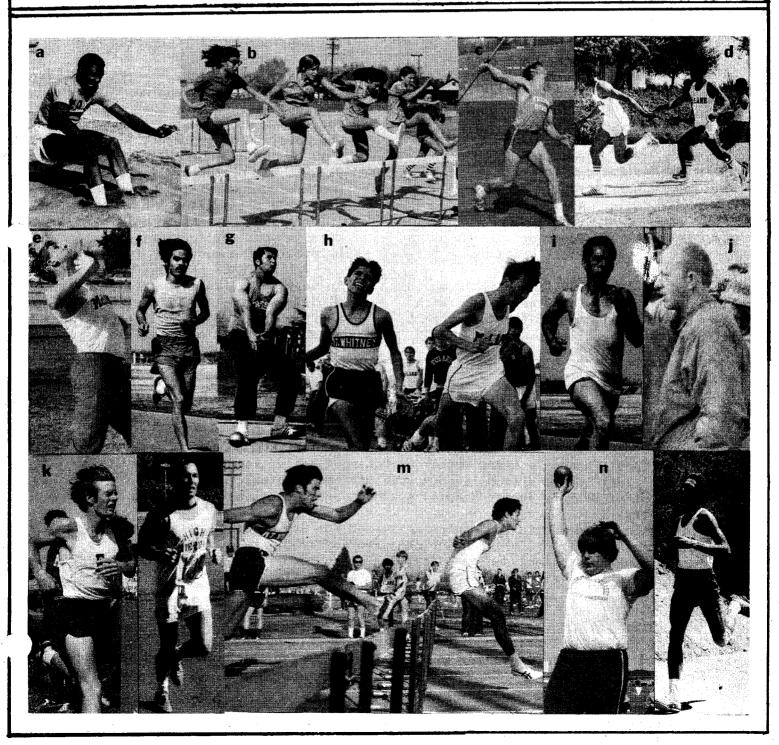
# VALLEY TRACK THE AND FIELD

Valley 1

April , 1972 Vol.1, No. 7 35¢



#### VALLEY TRACK AND FIELD 1717 South Chestnut Avenue Fresno, California 93702

A Publication About and for The Valley

April, 1972

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VALLEY TRACK AND FIELD is published monthly, 12 issues a year. \$3.50 per year. Each issue is generally mailed the latter part of the first week of each month.

#### WHAT IS VALLEY TRACK AND FIELD?

VALLEY TRACK AND FIELD is a monthly publication. It is devoted to the promotion of all areas of track and field in the San Joaquin Valley. It is about and for Valley track people. VALLEY TRACK AND FIELD will do several things: (1) provide in-depth track news coverage, (2) give recognition to outstanding Valley performances, (3) present an opportunity to become better acquainted with other Valley track people, (4) be a source of educational and informative track and field articles.

As a track enthusiast, VALLEY TRACK AND FIELD will be a valuable tool to you, as well as an asset to track and field, in general, in the Valley.

The success of VALLEY TRACK AND FIELD depends, to a great extent, on the support from you, the readers. You can help by always sending in all news and results (pictures too) about your team, yourself, others, or any track news you have. Send to VALLEY TRACK AND FIELD 1717 South Chestnut Avenue, Fresno, Ca. 93702. All pictures will be returned. Don't assume we will have your results or news already, if you have pertinent information, please, send it. In a sense, this is your publication; it is for you Help make it a success.

VALLEY TRACK AND FIELD is dedicated to serving all Valley track people, athlete, coach, and fan, alike. We welcome any comments and suggestions. We would be very happy to hear from you.

#### ON THE COVER

- a. Luther Felton, COS's solid long jump triple jump performer.
- b. The action is hot in this junior high race between General Grant of Reedley and Todd C. Clark of Clovis.
- c. Fresno State's versatile athlete and decathlon star, Roger George.
- d. Darrly Chavis hands to Larry Mucker on McLane's Valley leading 440 relay team.
- e. Valley leader in the discus is sophomore Mark McNaughton.
- f. Fresh out of UTEP is former Reedley standout Jess Gonzales, now running the 440 for High Sierra Track Club.
- g. Keith Tice, unbeaten in the hammer this year for Fresno State, also leads discus list.
- h. Sophomore Randy Wright nips Junior Zenas Moreno 4:35.3 to 4:35.4.
- i. Bob Reynaga, consistant senior placer for High Sierra, from Porterville.
- j. Coach Jerry Dorn featured in this month's "Meet Valley Coach."
- k. Junior Ned Baird has run 9:37.2 for Fresno High so far this year.
- Rich Petersen good long runner who has done much to promote road racing in the Valley.
- m. Jose Rivas (Tulare) leads Scott Wingo (Mt. Whitney) over the 180 lows.
- n. Pacific College's Dennis Anderson, featured in this months "Meet Valley Athlete."
- o. The biggest news in the Valley is the distance runners at Redwood led by sophomore John Garcia.

#### MEET VALLEY COACH

Jerry Dorn of McLane High School in Fresno: In this, just his fourth year at McLane Coach Dorn has accumulated a dual meet record of 18 wins, 3 losses (69-72) not bad for his first job as a head track coach.

Jerry Dorn is a native Californian and attended Fresno High School where he participated in basketball and track. He went on to the University of the Pacific for his BA and Colorado State for an MA. After college he served as an assistant coach in Southern California for 2 years, then an assistant at Fresno High, and now head track and cross country coach at McLane High School. He is single and enjoys traveling and athletics as hobbies.

In his short time at McLane "Dorn" teams have won the North Yosemite League track championships twice (69871) as well as the Fresno City Meet in 1969. Last year the "Scotts" captured the Fresno City Cross Country Meet. Coach Dorn feels that the NYL Championships have given him the greatest thrill while at McLane, "because of the caliber of the opposition and the team dedication of the McLane athletes to the winning of these championships.

Coach Dorn is quick to give credit to others in the development of the McLane success. "Assistant coaches make possible the total team picture. At McLane the caliber of the assistant coaches has helped in the development of our athletes and program." He is also quick to mention that he's had the privelidge of working with some outstanding athletes, including; Alvin Bunn(24'3 3/4 long jump, 18.9 lows, 14.2 highs), Greg Hall (4:18.8 mile, 9:16 two mile), and Clyde Lansing (9.5 at Fresno High), and Jeff Baker (14'9½" pole vault).

Just a few of the members on this year's outstanding team include: John Baker (14' vaulter); Bill Hibner (22'4" & 45'3" in the horizontal jumps and 20.5 lows); Randy and David Wright, non-related sophomore milers 4:29.3 and 4:35.8 respectively); Mark McNaughton sophomore weight man (51'2" & 171'10"); Sprinters Larry Mucker (9.9), Lawrence Jackson (9.8), and Stephen Nunley (10.0); Ken Wright (2:01.7 880); and Ron Vogt (9:31 two mile).

# Central Valley YMCA Olympic Trials Caravan

Nothing could be greater than going to the Olympics. But, if you can't make it to Europe this year, we have an alternative. Go to the Olympic Trials in Eugene, Oregon.

You say you would love to, but don't have the time or money to be gone that long. We have another alternative for you. Seeing half of the Olympic Trials in person is better than not going at all.

The Central Valley YMCA is sponsoring a trip to the Olympic Trials from June 30th thru July 5th. You will see the finals of the pole vault, discus, triple jump, 20 kilo walk, 50 kilo walk, javelin, 400 m hurdles, 3,000 m steeplechase, 10,000 m run, 800 m run, 100 meter dash and the decathelon with Fresno's own John Warkentin competing.

Not only does this caravan offer the joy of witnessing part of the trials in person but it offers the fun of camping in order to keep the expenses down. The cost is \$108.30 for non-Y members and \$93.30 for members, including tickets.

You can be there in person. Call the YMCA at 233-5737 or 233-0751 for further information.

In their striving for excellence the McLane Coaches "try to help the individual develop himself to the limits of his natural ability, in accordance with his level of maturity — in return the individual has success in track and field as well as the team. The end result is brought together with the other members of the team for a TOTAL TEAM RESULT — Champions.

# **CLUB NEWS**

Each month VALLEY TRACK AND FIELD prints news from the various clubs in the Valley. Send news of your club to VALLEY TRACK AND FIELD, 1717 South Chestnut Avenue, Fresno, Ca. 93702.

#### FRESNO ELANS T. C.

Iva Wright popped the shot put 43-11 to lead the Elans to a first place in the shot put relay at the Wills Relays in Sacramento March 18. Combining with Iva for the winning performance were: Yvette Brownlee (39-9), and Debra Haynes (36-3). The Elans placed second in the long jump relay with a  $43-4\frac{1}{2}$ . Rita Carter leaped  $15-1\frac{1}{4}$ , Carolyn Dunbar  $14-3\frac{1}{2}$ , and Cloteal Jones  $13-11\frac{1}{4}$ . Fresno was sixth in the 440 relay and seventh in the 880 medley relay. In the novice shot put Toni Landucci won for the Elans with a  $29-11\frac{1}{2}$  heave and Martha Quinn was third with  $25-9\frac{1}{2}$ .

The following week the Fresno Contingent split, with the 13 and under age group going to Roseville and the women's division competing in the Claremont Relays. At Claremont Iva Wright continued to improve with two second place finishes: 44-6 in the shot, and 153-6 in the discuss. Picking up both thirds in the same events was Yvette Brownlee (41- $3\frac{1}{2}$  and 131-7). In the 100 yd. dash Cloteal Jones placed fifth in 11.5. The 440 relay team took fifth with 52.0.

In Roseville the 10&11 girls won the 440 relay. Aleathia Brewer, Kim Edmunds, Kim Wooten and Jean Yates combined for the 57.5 winning effort. Also in the 10&11 division Kim Dawson placed third in the long jump  $(12-6\frac{1}{2})$  and Kim Wooten finished third in the 100 yd. dash with 12.9.

In the 12&13 age division Joanne Burns, Anita Carter, Hether Haskell and Debbie Leal teamed to 56.4 and second place in the 440 relay. Terea Brewer won the discus with a life time best 89-9. Anita Carter placed fourth in the 880 with 2:46.6.

### WASCO WILDKAT T. C.

Sunday, March 12, was the opening track meet of the year for the Wasco Wildkats. The team traveled to Crenshaw High School in Los Angeles to compete in the LA Jets Relay Carnival. Coaches Brad Tomasini and Dale Knox put their charges through their paces to determine their basic conditioning for the up coming track season and were pleased with the results.

Individual winners include Eddie Lujan in the 10&11 660 yard run with a new national record of 1:40.8. Kevin Knox opened up the season in a new age group and responded with a 4:54.4 win in the 12&13 mile. Other winners for the Wildkats were Patty Dillingham in the 10&11 660, Gwen Dillingham in the 12&13 660, Mike Mosby 10&11 mile, and Patsy Cervantes in the 12&13 mile.

The Wasco Wildkats boy's relay teams were first place winners in all four relays they ran. The 10&11 boys were sparked by good runs from Eddie Lujan, Robert Nunez, Robin Messick, Todd Knox, and Dan Byrum. The 12&13 boys relays were highlighted by a fine early season 440 leg by Bill Hill of 58.8.Also running excellent legs were Randy White, Shawn Shambaugh, and Kevin Knox.

On March 25, the 12&13 boys team came away from the Salinas Valley Track Club Invitational with almost all the blue ribbons in the events they entered. Six boys represented the Wildkats well as they won the 100, 220, 880, mile, and high jump, as well as a second in the 440.

Lewis Richardson easily won the 100 yd. dash with 11.1, and then came back to also win the 220. Bill Hill ran a good 58.6 in picking up his second place in the 440. The best race of the day was staged by Wildkat teammates Eddie Lujan and Randy White in the 12&13 880 yd. run. Running stride for stride the entire distance, White held off a strong bid by Lujan to win in the good early season time of 2:18.6, with Lujan one tenth back. Kevin Knox just missed the American 12 year old record for the mile run, but established himself as the early season national leader with his 4:51.6 run in a stiff wind. Dennis Stowe capped off the day for his team with the high jump win of 5-2.

Dan Byrum, Robin Messick, Todd Knox, Mike Mosby, Kim Crawford, and Jackie Kentran well for the younger teams at Salina Kim Crawford ran his all time best mile with 5:33 in the 10&11 division, and Todd Knox ran a very strong 2:31 880 in the same division. (Club News Cont. next page)

#### HIGH SIERRA T.C.

Yes, the High Sierra Track Club really is a Track Club. There are now several sprinters, jumpers, and weight men to go along with the traditional distance runners. Members have been competing in scattered meets through-out the Valley but a 14-15 man team will be traveling together to the Sacramento Relays. Some good performances have already been turned in by Bill Deeter in the shot put (54-8), Rufus Morris in the long jump (22-11) and decathlon, Jess Gonzales in the 440 (50.0). and Luis Amps in the 100 (9.9). Steve-Hardison has also been looking very good in practise and will vault for the first time this year at Sacramento.

The High Sierra seniors are also into track full swing and the High Sierra senior meets (see schedule last issue) are reportedly coming along very nicely - no results yet, however. For information on these seniors meets contact Sid Toabe, 4566 N. Del Mar, Fresno, Cal. 93704.

If you are interested in more information about High Sierra Track Club contact Dave Bronzan (P.O. Box 728, Three Rivers, Ca. 93271) or Bill Cockerham (519 South 11th St., Fresno, Ca. 93702).

Goals, Aims, and Purposes of the club are listed as:

- 1. To promote all forms of track and field (age-group through senior citizens, male and female) in the Central Valley.
- 2. To provide a basis of organization and support for Central Valley track athletes to enable them to compete and train after the completion of their school years.
- 3. To conduct a summer track program for Central Valley youth; to provide them with a source of summer recreation and fun as well as enhancing excellence of performance in track and field.
- 4. To encourage jogging as a means to physical fitness and to provide a source of organized jogging activities for Central Valley citizens.
- 5. To serve as a service organization to Central Valley communities; helping and serving in what ever way they can.

#### MEET VALLEY ATHLETE

DENNIS ANDERSON: Junior, Fresno Pacific College. 6'1", 275 lbs., born March 30, 1951, at Sacramento, California.
BEST MARKS: Indoor shot- 56'7", Outdoor shot put--56'4", Squat 580, Dead lift 560, Bench press 355, Power clean 265, Military press 260.

TRAINING: Once a day, four days a week, twelve months a year. Average time spent in training about seven hours a week. Weight training upper body two days a week, and lower body two days plus  $1\frac{1}{2}$  hours of throwing the shot three times a week. Now in a transition period switching from strenous weight training over to emphasis on speed and form.

This winter Dennis became the first Fresno Pacific College athlete to win a National Championship with his first place in the NAIA Indoor Championships at Kansas City. Besides his outstanding performances on the athletic field he is also a B plus student majoring in Literature; as well as editor of the school newspaper.

Dennis was introduced to the shot put at Stagg High School in Stockton and has continued to improve every year since. As a sophomore at Fresno Pacific he atained "All-American" status by placing in the NAIA out door championships at Billings, Montana, and has twice been voted San Joaque Valley Sports Writers "Athlete of the Week.' He likes to "peak" for the important meets, and his only strategy is to "Throw farther than the other competitors." Important to training are propper rest and a good diet, the later aided by frequent visits to Bill McDonalds health food store.

As for goals, Dennis is pointing toward the NAIA Outdoor Championships as well as throwing over 60 feet this year. Long range plans are aiming at five National Championships while in school. He likes track because, "it gives me a chance to accomplish something as an individual that reflects on the quality of my coaching and training. I also enjoy the company of other people with similar interests."

Dennis hopes to be a college instructor after school and plans on continuing compitition in track as long as he keeps enjoying it.

# BEST MARKS 1972

# College - Open

		7. Bi:
100 Yard Dash		9. Pa
1. Ed Jefferies, Fresno City	9.8	10. Mil
Reggie Davis, Fresno Pacific		Cai
Clim Jackson, COS	9.8	
Lorenzo Johnson, High Sierra	9.8	Two
Herbert Kline, Castle AFB	9.8	1. Ede
Albert Riley, Reedley	9.8	2. Ri
John Nichols, Bakersfield C.		3. Gr
8. Don Ward, Fresno City John Jenkins, Porterville	9.9 9.9	4. Ke <sup>*</sup> 5. Ri
Anderson, Modesto	9.9	6. Gu
Zach Sconiers, Fresno Pacific		7. St
Jim Cummings, Fresno City	9.9	8. Mi
Luis Amps, High Sierra	9.9	9. Sai
Russ Shelton, Reedley	9.9	10. Da
220 Yard Dash		THR
l. Herbert Kline, Castle AFB	21.3	1. Ed
2. John Nichols, Bakersfield C.		2. Ri
3. Clim Jackson, COS	21.8	3. Ke
Curt Nance, Castle AFB	21.8	4. Mi
5. Ed Jefferies, Fresno City	21.9	5. Gu
6. Barry Moring, COS	22.0	6. Gr
Don Ward, Fresno City Zach Sconiers, Fresno Pacific	22.0	7. Ke 8. Mi
9. Parker, Modesto	22.1	9. Sa
Luis Amps, High Sierra	22.1	10. Ca
440 Yard Dash		120
1. Clarence Taylor, Fresno St.	48.6	l. Ja
2. Barry Moring, CÓS	48.9	2. Mc
3. Maxie Parks, Fresno City	49.1	3. Ma
4. Bob Behtke, Fresno City	49.3	4. Jo
5. Rick Penner, Fresno Pacific	49.5	5. Ch
6. Chris Glover, Bakersfield C.		6. Be
<ul><li>7. Nelson Schwamb, Fresno Pac.</li><li>8. Parker, Modesto</li></ul>	49.8 49.9	Mi Jo
9. Jess Gonzales, High Sierra	50.0	9. Je
Duchala, Modesto	50.0	10. Co
880 Yard Run	•	440
1. Charles Williams, Fresno St.	1:54.6	l. Ro
2. Foster, Bakersfield College	1:54.9	2. Mc
3. Ray Burk, Fresno State	1:55.2	3. Jo
4. Cliff Reese, Fresno City	1:55.3	4. Ri
5. Vernell Jackson, Bakersfeild		5. Ro
6. Keith Strodl, Fresno St.	1:56.1.	6. Bo
7. Bob Wilson, Fresno State	1:56.5	7. Ha

1:56.7

1:56.9

1:57.2

10. Jordan, Modesto JC

57.2

1. 2. 3. 4. 5. 6. 7. 8.	Cliff Reese, Fresno City Eddie Granillo, Bakersfield Keith Strodl, Fresno State Foster, Bakersfield College Dave Salcido, Bakersfield Bill Cockerham, High Sierra Mike Lennemann, Bakersfield Pat Dunning, Fresno City Mike Denny, High Sierra	4:09.8 4:10.3 4:13.5 4:14.2 4:15.0 4:15.8 4:19.4 4:19.9 4:20.7 4:22.2 4:22.2
₩.	wo Mile Run	
1. 2. 3. 4. 5. 6. 7. 8.	Eddie Granillo, Bakersfield Richard Lozano, Bakersfield Greg Hall, Fresno City Kevin Dougherty, Fresno St. Richard Wells, Fresno State Guy Arthurholt, Modesto JC	8:59.9 9:00.2 9:13.2 9:19.7 9:33.4 9:34.1 9:35.8 9:40.0 9:44.7 9:51.5
TH	IREE MILE RUN	
1. 2. 3. 4. 5. 6. 7. 8. 9.	Eddie Granillo, Bakersfield Richard Lozano, Bakersfield Kevin Dougherty, Fresno St. Mike Denny, High Sierra TC Guy Arthurholt, Modesto JC Greg Hall, Fresno City Keith Strodl, Fresno State Mike Brooks, Fresno City Sam Sapian, Fresno City Carlos Bravo, COS	14:05.5 14:14.0 14:27.5 14:35.6 14:42.3 14:49.4 14:52.4 14:52.7 14:57.3 15:08.5
	an Vard Wich Murdles	
1. 2. 3. 4. 5. 6.	Jackson, Coll. of Sequoias McKinley Mosley, Bkersfield Mark Hickman, Reedley Jordan, Modesto JC Charley Brown, Fresno City Bert Marlow, Fresno State Mike Lyons, Fresno City John Warkentin, Unatt. Jerry Tatum, Fresno City Cox, Fresno City College	14.3 14.4 14.6 14.7 14.8 14.9 14.9 15.1
A	IA INTERMENIATES	
1. 2. 3. 4. 5.	Roger George, Fresno State McKinley Mosley, Bakersfield John Warkintin, Unatt. Rick Penner, Fresno Pacific Rodriguez, Porterville Bob Larson, Fresno City Hardison, Modesto JC Daryl Smith, Fresno Pacific	54.2 54.3 54.4 54.7 55.9 56.1 56.7
	Jerry Tatum, Fresno City	57.0 57.2

8. Lomeli, Modesto JC

9. Barry Moring, COS

10. Mike Russler, Fresno St.

High Jump		
1. Kerry Elders, Fresno City	$6-10\frac{1}{2}$	6. Mike Sterling, Fresno State $50-6\frac{1}{4}$
2. Charles Mackey, Bakersfield	6-9	7. Wegis, Modesto JC 49-11
3. Ken Thiesen, Fresno Pacific	$6-8\frac{1}{4}$	8. Keith Tice, Fresno State 49-102
4. Otis Hailey, COS	6-8	9. Segars, Modesto JC 49-3
5. Hougen, Modesto JC	6-6	10. Max Drake, Reedley College 48-0
David Kehler, Fresno City	6-6	, , , , , , , , , , , , , , , , , , , ,
Jeral Richardson, Fresno C.	6-6	Discus
8. Bud Laraway, Fresno Pacific		1. Keith Tice, Fresno State 158-10
9. Tim Belcher, Fresno State	6-5	2. Charles Anderson, Bakersfield157-6
10. Jim Bennett, Fresno State	6-4	3. Dave Farley, Fresno State 153-1
10. Jim Bennett, riesno State	0-4	4. Tom Kaldenberg, Fresno State 151-11
Pole Vault		5. Dan Pinetta, COS 151-9
	146	
1. Cecil Livingston, Fresno C.	14-6	m
Reggie Hulbert, Fresno St.	14-6	0 - 1
Kern, Modesto JC	14-6	8. John Warkentin, Unatt. 149-9
4. Aldrich, COS	14-0	9. Lonnie Powell, Fresno City 148-8
Roger George, Fresno State	14-0	10. Mike LaFave, Bakersfield 145-0
Petrushkin, Fresno State	14-0	JAVELIN
Bowdler, COS	14-0	,
8. Story, Bakersfield College	13-6	1. Lonnie Powell, Fresno City 210-0
Gaven, Bakersfield College	13-6	2. Paul Gonzales, Fresno Pacific204-0
Wilson, Modesto	13-6	3. John Warkentin, Unatt. 201-8
Dave Barton, Fresno City	13-6	4. Roger George, Fresno State 192-9
•		5. Roger Trujillo, Fresno Pac. 187-4
Long Jump		6. Barry Warmerdam, Fresno St. 178-9
<ol> <li>Louie Wright, Bakersfield</li> </ol>	24-2	7. Tofoya, Fresno City 177-3
<ol><li>Rod Perry, Fresno City</li></ol>	23-5 <del>‡</del>	8. Don Petrushkin, Fresno St. 167-11
<ol><li>Don Ward, Fresno City</li></ol>	23-4 <del>½</del>	II A MANAGED
4. Jackson, COS	23-2½	HAMMER
5. Luther Felton, COS	$22-11\frac{1}{2}$	l. Keith Tice, Fresno State 188-3
6. Rufus Morris, High Sierra	22-11	2. Dennis McCave, Fresno Pac. 167-8
7. Roger Trujillo, Fresno Pac.	22-8	3. Frank St.Martin, Fresno Pac. 156-9
8. Willie Perryman, Fresno St.	22-7	4. Mike Giroux, Fresno State 135-0
9. Roger George, Fresno State	22-5 3/4	5. Tim Zumwalt, Fresno State 127-3
10. John Warkentin, Unatt.	$22-3\frac{1}{4}$	6. Rick Radtke, Fresno Pacific 104-7
	•	7. Steve Goossen, Fresno Pac. 97-11
Triple Jump		
1. Ernie Lopez, Fresno City	49-3 <sup>1</sup> / <sub>2</sub>	STEEPLECHASE
2. Roberts, West Hills	48-7	1. Dave Cords, Unatt. 9:34.4
3. Roger Trujillo, Fresno Pac.	47-10	2. Mike Russler, Fresno State 9:49.2
4. Greg Greenman, Fresno City	$46-0\frac{1}{2}$	3. Ken Adams, Fresno State 10:23.7
5. Luther Felton, COS	46-04	4. Rick Jensen, Fresno Pac. 10:51.0
6. Steve Whetstone, Fresno City	_	5. Bruce Pendleton, Fresno St. 11:01.0
	44-11	11 11 11 11 11 11 11 11 11 11 11 11 11
7. Hougen, Modesto JC		SIX MILE RUN
8. Willie Perryman, Fresno St.	44-9	3 0 1 77
9. Rufus Morris, High Sierra	43-9	1. Curt Elia, Unatt. 31:10.8
Daryl Smith, Fresno Pacific	43-9	2. Robert Sosa, Fresno Pacific 31:52.2
Shot Dut		3. Craig Elia, Unatt. 31:59.0
Shot Put	56 Al	4. Wayne VanDellen, High Sierra 32:14.0
1. Dennis Anderson, Fresno Pac.		5. Don Gregory, Fresno Pacific 32:28.1
2. Bill Deeter, High Sierra TC	54-8	6. Peter Acosta, Fresno Pacific 32:43.6
3. Atomic Torosian, Fresno St.	51-10 <del>2</del>	7. Rick Jensen, Fresno Pacific 33:24.5
4. Mike Giroux, Fresno State	51-8½	
<ol><li>Jim Brown, Bakersfield</li></ol>	51-4	

#### VALLEY VIEWS

The YMCA has been sponsoring several
jogging events in the Fresno Area. The
last one was combined with an easter egs
hunt for the kids. Write the Central
Valley YMCA, 1408 "N" Street, Fresno,
93721 for information on the next one
Speaking of the YMCA, be sure to see the
add in this issue about the Caravan to
the Olympic TrialsSpeaking of the
Olympic Trials, High Sierra Track Club
and Pacific College are planning a joint
sponsored <u>run</u> to the Trials, for info.
on this trip contact <u>Valley Track &amp;</u>
<u>Field</u> Be sure to note that the April
28 Visalia 10 Mile Race has been cancelled.

Valley Track & Field will not be printing dual meet results. We feel it takes up too much room at this time and that most of them are covered in the newspapers anyway. We will still try to cover the biger meets such as invitationals and relay meets but will try to stick to giving you material already covered in the news papers in favor of presenting features not found in the papers - or anywhere else, for that matter. Let us know if this is acceptable with you the readers. If enough people want the results we will print a many as we can. Important: Please continue to send in all meet results, as that is an important source of keeping the best marks lists up to date and also gives us insight on potential feature matter.

An interesting note from Ron Blackwood, "Mark McNaughton became the 3rd member of his family to hit over 170' in the platter toss and the 4th McLane thrower over the 170' mark. Steve McNaughton 178'8" in 68, Austin McNaughton 175'72" in 62, and Dave Farley 174'10" in 1967. The Central Section and Calif. Soph class discuss record is 172'2" by Leo Glass of Delano." Has anyone noticed there is another McNaughton throwing the discus at Sierra Junior High School?

This year Coca Cola is sponsoring the first International High School Track and Field Championships at Mount Prospect, Ill. Doug Rudolf, Asst. Track Coach at Mt. Whitne High School is the California representative for the meet. It is his job to keep the meet directors informed of potential participants. Minimum standards set are: 1 9.6, 220-21.7, 440-49.0, 880-1:53.3, mile-4:15, 2 mile-9:15, HH-14.0, 330 IH-39.0, HJ-6-8, LJ-23-6, TJ-46-0, PV-15-0, Jav-210, SP-61-0, Disc-180-0. Coaches with potential athletes should contact Coach Rudolf.

#### **MARATHON**

l.	Skip Houk, High Sierra TC	2:26:11
	Dave Bronzan, High Sierra	2:29:00
	Don Gregory, Fresno Pacific	2:43:05
	Lupe Solis, Bakersfield	2:44:39
	Robert Sosa, Fresno Pacific	2:52:17
	Wayne Van Dellen, High Sierra	a2:52:34
	Rick Jensen, Fresno Pacific	2:53:25
	Len Thornton, High Sierra	3:00:09
9.	Mark Hemphill, KR Klub	3:05:43
10.	Sid Toabe, High Sierra TC	3:19:07

#### Decathlon

l. John Warkentin, Unatt.	<b>7</b> 581
2. Roger George, Fresno State	7274
3. Roger Trujillo, Fresno Pac.	6290
4. Rufus Morris, High Sierra	5564
5. Joe Goetz, Fresno State	5543
6. Mark Hickman, Reedley JC	4156

#### 440 Yard Relay

1.	Bakersfield College	41.2
2.	Fresno City College	41.7
	College of the Sequoias	42.5
	Fresno Pacific College	42.8
	Modesto Junior College	43.1
	Porterville Junior College	43.6
	Reedley College	43.8
	Fresno State College	44.3

#### Mile Relay

Mile meral	
1. Fresno City College	3:12.4
2. Bakersfield College	3:14.4
3. Fresno State College	3:20.0
4. Fresno Pacific College	3:21.3
5. Modesto Junior College	3:22.7
6. College of the Seguoias	3:23.5

The YMCA and Clovis summer track meets will be combining forces this summer to provide a better quality program all the way around. They will be night meets at Kastner Field in Clovis. Meet dates are: June 15, June 29, July 13, July 27, and August 10. Both field events and running events will be on the same night, but the event schedule will varry a little each time. The final night medals will be awarded. More info. on these summer meets as they get closer.

Wayne VanDellen will again be holding his distance runners summer camps in the Sierras. Camp dates are: Junior High-August 20 to August 26; High School-August 27 to September 2. These camps are always very enjoyable of of much benefit to the participants. Write Wayne VanDellen, 37149 Road 192, Woodlake, Ca. 93286

	_	4. Ernje Moreno, kedwood**	4:20.3
High Scho	$\sim$ 1	5. Brian Patterson, Redwood*	4:26.7
Tilgii Solio		6. Jim Hartig, Clovis	4:27.9
		7. Jim Huebner, Bullard	4:31.6
from Ron Blackwood as of	April 1, 197	8. Randy Wright, McLane**	4:32.9
from Ron Blackwood 33 01		7. Iom Elleri, myntands	4:33.5
100 Yard Dash		10. Espinola, Chowchilla	4:34.0
1. Greg Jones, Lemoore	9.7	Two Mile Run	
2. Sam Shine, Foothill	9.8		9:30.9
James Jackson, Edison	9.8	1. John Garcia, Redwood***	
Larry Jackson, McLane	9.8w	2. Brian Patterson, Redwood*	9:31.0
5. Delwin Brown, East**	9.9	3. Art Jaime, Dinuba	9:31.4
Ken Slaton, Hoover	9.9	4. Ned Baird, Fresno	9:37.2
Randy Parnagian, Clovis	9.9	5. Mike Montoya, Reedley	9:41.0
Sylvester Abraham, Washinto		6. Bruce Caputo, Clovis	9:47.0
Gerald Hardeman, Edison	9.9	7. Mike Jurkovich, Bullard	9:47.3
Earl Charles, Hanford*	9.9w	8. Eddie Riso, Foothill	9:47.7
Larry Mucker, McLane	9.9w	9. Jon Virden, Lemoore	9:51.7
Lairy Mucker, McLane	7 • 7 • •	10. Ernie Moreno, Redwood	9:54.7
220 Yard Dash (turn)		120 Yard High Hurdles	
1. Greg Jones, Lemoore	22.0	1. Jose Rivas, Tulare(14.2)	14.0w
2. James Jackson, Edison	22.5	2. Steve Reimer, Wasco(14.5)	14.2w
Larry Jackson, McLane	22.5	3. Chris Hunt, Corcoran	14.8w
Sylvester Abraham, Wshingto		4. Willie Johnson, Edison	14.9
5. Bobby Triplett, Bakersfield		5. Tom Andrews, West*	15.0
Scott Wingo, Mt. Whitney*	22.6	Bill Parmer, Lemoore*	15.0
John Prandini, Memorial	22.6	Agusta Maxwell, Edison	15.0
Larry Mucker, McLane	22.6	8. Ben Parker, Bakersfield	15.1
9. Steve Nunley, McLane	22.7	Ed Silva, Lemoore	15.1
10. Navarro, Sierra	22.8	Wayne Porter, Hoover	15.1
• • • • • • • • • • • • • • • • • • • •			
440 Yard Dash		180 Yard Low Hurdles (s	
1. Jim Turner, Coalinga	50.0	l. Jose Rivas, Tulare	19.4
2. Theo Bell, Bakersfield	50.1	<ol><li>Scott Wingo, Mt. Whitney*</li></ol>	19.6
3. Jeff Johnson, Madera	50.3	Steve Reimer, Wasco	19.6
4. Doug Hall, Lemoore	50.4	4. Willie Johnson, Edison	19.9
5. Hime Bunting, Shafter	50.6	100 Yand Law Hundles /tu	.m.)
6. Jon Gonzales, Exeter	51.0	180 Yard Low Hurdles (tu	• •
Tom May, Porterville	51.0	1. Steve Reimer, Wasco	19.5
8. Vance Potter, Lemoore	51.1	2. Jose Rivas, Tulare	19.6
9. Larry Boaen, West	51.2	3. A.J. Jones, Lemoore*	20.0
10. Steve Reimer, Wasco	51.5	Bill Parmer, Lemoore*	20.0
880 Yard Run		5. Ben Parker, Bakersfield	20.2
1. John Gonzales, Exeter	1:57.7	440 Yard Relay	k-
2. John Garcia, Redwood	1:58.5	440 Yard Relay 1. McLane	42.7
3. Larry Boaen, West	1:58.9	2. Bakersfield	43.0
4. Bob Hopkins, Tulare West.	2:00.0	3. Shafter	43.1
5. Doug Hall, Lemoore	2:00.4	4. Edison	43.2
6. Nigel Keep, Bullard	2:00.7	5. Lemoore	43.4
7. Mark Elieff, Highland	2:00.9	6. East Bakersfield	43.4
Booth, Hoover	2:00.9	Foothill	43.5
Ernie Moreno, Redwood	2:00.9	8. Hoover	43.5
10. John Beck, Delano	2:01.1	9. Washington	44.0
com worky would		Clovis	,
		07012	44.0.9

One Mile Run

2. R. Garcia, Redwood

1. Alex Basurto, Dos Palos

3. John Garcia, Redwood\*\*\*

4. Ernie Moreno, Redwood\*\*

4:20.8

4:22.0

4:22.6

4:26.3

Mile Relay		Shot Put	
l. Bakersfield	3:21.5	l. Terry Bough, Monache	56 <b>-</b> 8½
2. West Bakersfield	3:23.5	2. Steve Carlock, Selma	54-9 3/4
3. Madera	3:27.6	3. Lonnie Shelton, Foothill*	$54-2\frac{1}{2}$
4. Clovis	3:27.9	4. Skip Sargenti, Roosevelt	53-8 3/4
5. Lemoore	3:28.2	5. Ed Vaughn, Wasco	$53-5\frac{1}{2}$
	3:28.8		52-6 3/4
6. East Bakersfield	3:29.1	6. John Beagle, Monache	52-5½
7. Tulare Western		7. Russ Brown, Hoover	52-3g 52-2
8. Bullard	3:29.5	8. Bill Edminister, Tulare	52-2 52-1
9. South Bakersfield	3:30.4	9. Sythell Thompson, Selma	$52-1$ $52-0\frac{1}{2}$
10. Edison	3:31.7	10. Hank Wathins, Delano	32-02
High Jump		Discus	
1. Steve Stafford, Hoover	6-6	<pre>1. Mark McNaughton, McLane**</pre>	171-10
2. Doug Potter, Dinuba	6-5	2. Skip Sargenti, Roosevelt	166-1
Morris Kauffman	6-5	3. Lonnie Shelton, Foothill*	160-7
4. Monty Embrey, Bakersfield	6-4	4. Steve Carlock, Selma	159-0
5. Gary Brown, Wasco*	$6-3\frac{1}{4}$	5. Richard Merlo, Sanger	157-7
6. Matt Thomas, Hoover	6-2	6. Rodney Palla, West	157-4
Jones, Bakersfield	6-2	7. Junior Grant, Riverdale	156-9
Anderson, McFarland	6-2	8. Dennis Pierotte, Lemoore	156-8
	6 <b>-</b> 2		153-4
Jenkins, Delano		9. Jeff Kerner, Clovis	152-1
10. McMurtrey, Highland	6-1 3/4	10. Tim Richert, Reedley	132-1
Pole Vault			
1. Fernando Huerta, Reedley	14-0		
2. John Meadows, Tulare West.	13-9		Ì
3. Bob Flint, Sanger	$13-7\frac{1}{2}$	BETTER LIFE FOOD	S
4. John Baker, McLane	13-6		
Robt. Schoendube, Roosevelt	13-6	-	
6. Keith Herald, Madera	13-5	Complements to sid in	
7. Gary Moser, Highland	13-4	Supplements to aid in	
8. George Sulla, Lemoore	13-0	the performance of	
Greg Spalinger, Foothill	13-0	track and field athlete	5
Ken Smith, Hanford	13-0	· ·	
Ken Smith, namord	130		
Long Jump		10% discount with this	ad
l. Gerald Hardeman, Edison	24-3 3/4		
2. Greg Jones, Lemoore	$23-1\frac{1}{2}$		
3. John Ward, Edison	22-11	DILL Made and 4705 5	Olima
4. Dan Williams, Hoover	22-8	Bill McDonald 4785 E.	Ulive
5. Bobby Joe Davis, Tulare West	•22 <b>-</b> 7	Fresno,	Calif.
6. Sylvest. Abraham, Wshington	22–5 <del>½</del>		
7. Andres Jackson, Foothill	$22-5\frac{1}{4}$		
8. Steve Rim, Clovis	22-4 3/4		
9. John Prandini, Memorial	$22-2\frac{1}{2}$	CUDCODIDITION ODDED	
10. Dana Smith, Corcoran*	22-0	SUBSCRIPTION ORDER	
		Please send me one year subscripti	on to
Triple Jump	.0 -1	VALLEY TRACK AND FIELD @ \$3.50 (12	
1. Steve Rim, Clovis	48-5½		
2. Andre Jackson, Foothill	$46-10\frac{1}{2}$	Name:	
3. Lewis Tucker, Washington	46-7		
4. Tom Andrews, West	46-0	Address:	
5. John Meadows, Tulare West.	45-4		<del></del>
6. Marvin Blacksell, East	45–2½	. 7	ip
7. Art Brittan, Bakersfield	45-1	4	- F
8. Dan Williams, Hoover	45-0	Mail check or money order t	0:
9. Jeff Johnson, Madera	44-11 <del>1</del>	•	
10. Bill Hibner, McLane	$44-10\frac{1}{4}$	VALLEY TRACK AND FIELD	•
TOU DITT HIDHOLD MODELLE	, ; , 204	1717 South Chestnut Avenu	

VALLEY TRACK AND FIELD 1717 South Chestnut Avenue Fresno, California 93702

#### THE RECORD BOARD

Mt. Whitney High School Records

	,,		
VARSITY			
100	Paul Bayes	9.9	62
220(St)	Paul Bayes	22.0	62
220(Tn)	Scott Wingo	22.1	71
440	Lloyd Gilmore	49.3	67
880	Don Chapin	1:54.8	64
Mile	Don Chapin	4:30.4	64
2 Mile	Bruce Greenway	9:53.7	67
120 HH	Bud Stanton	14.9	67
120	Gary McIntosh	14.9	63
180 LH	Scott Wingo	19.3	71
440 R.	Phil Fox, Martin		70
440 N.	Harding, Dave Ke		
		siluati,	
W: 3 - D	Barry Moring	2.10.7	70
Mile R.	Kendall, Harding	3:19.7	70
	Wingo, Moring	( )	
HJ	Bob Reel	6-3	64
PV	Pat Aldrich	13-7	71
IJ	Dean Pearson	22-5	56
TJ	Bob Hodgkins	43-8 <del>1</del>	71
SP	Mike Askea	57-0	69
Disc	John Scruby	165-2	64
G1 4 GG D			
CLASS B	71 14-15- 11	10.0	60
100	Jim McDonnell	10.2	69
220	Paul Bayes	22.3	61
440	Lloyd Gilmore	51.4	66
880	Keith Gray	2:02.5	66
Mile	John Quiroz	4:47.6	71
70 HH	Gary McIntosh	9.0	61
160 LH	Bud Stanton	18.0	66
440 R.	Bayes, McIntosh	44.9	61
	Steve Scialabba		
	Glispey		
HJ	Mark Moore	6-0 3/4	68
PV	Terry Ashford	12-9	69
LJ	Paul Bayes	$22-4\frac{1}{2}$	61
TJ	Bob Hodgkins	43-5	71
SP	David Philip	54-4	ό5
Disc	John Scruby	140-0	62
D130	comin coraby	140 0	02
CLASS C			
100	Jim McDonnell	10.4	68
220	Ernie Jimenez	24.5	
440	Mike Swanson	54.1	71
880	John Garcia	2:09.9	71
Mile	Harvey Gomez	4:52.2	71
160 LH	Andy Hale	20.9	71
440 R.	McDonnell, Syd C		68
440 N	Moring, Joe Juan		00
HJ	Mark Moore	5 <b>-</b> 9	67
PV	Pat Aldrich	13-4	70
IJ	Paul Bayes	$20-10\frac{1}{2}$	60
IJ	Bob Hodgkins	20-10 <sub>2</sub> 41-3	69
SP	Kevin Biswell	53-8	68
		12 <b>8-</b> 8½	
Disc	Kevin Biswell	170-0 <u>5</u>	68

We thought it might be interes to print each month the school records of one school.

## Scheduled

Below is listed the long distance race schedule for the next month for those races within driving distance from the Valley. PA-Pacific Association sponsored, SP-Southern PacificAssociation, CA-Central Calif. Association, PS-Pacific Southwest Association, RR-Bay Area Road Runners. For the Valley Track Schedule see last monthsissue of Valley Track & Field.

- April 8 14 mile road race and barbeque,
  PA Eldorado, 10 AM. Ernie Marinoni,
  5101 Newton Rd., Placerville, Ca.
  95667.
- April 8 Selma Sr. 6 mile run. Gary Self CA 8471 S. Bethel, Selma, Ca.
- April 8 Hawaiian Gardens 11.5 mile handi-SP cap, 8 AM. 605 Fwy. to Carson; E. to Juan; N. to 214th St; W. to Elaine Ave.
- April 16 DeAnza Ridge Run, 9 miles, Cuper-PA tino, 10 AM. Jim Woodruff, 531 Benvenue, Los Altos, Ca. 94022.
- April 28 VISALIA 10 MILER CANCELLED. April 29
- April 22 Mt. Vaca Hill Climb, 9:30 AM. Bill RR Floodberg, 12925 Foothill, San Martin, Calif. 95046.
- April 23 Lakewood Little Pan Am Games 1000m SP 9:30 AM. 605 Fwy to South St.; W. to Mayfair Park at Fiedler Ave.
- April 28 VISALIA 10 MILER CANCELLED
- April 29 Mission Bay 15 km, 10 AM. Spence PS Milne, 6090 Rock St. San Diego, Ca. 92115.
- April 29 Fontana Days 13.5 mile handicap, SP 8:30 AM. San Berdo Fwy to Seirra Ave; N. to Arrow Route; E. to Miller Park.
- April 29 San Martin Marathon, 8:30 AM. Bill RR Flodberg, 12925 Foothill, San Martin, Calif. 95046.
- May 6 22 Mile Sacramento to Woodland Run; PA 10 AM. Woodland Chamber of Comerce, 520 Main St., Woodland, Ca. 95695.
- May 6 2 man, Blind Draw 9 mile relay,
  SP 9 AM. Hollywood fwy to Franklin
  Ave exit. Take Holly Dr. 12 mi N.
  to reservoir.
- May 7 1, 2, & 7 mile runs at Foothill College, 10 AM. Joe Henderson, 256 Monroe, Mt. View, Ca.
- May 14 SPA 25 kilo Cal Poly Pomona, 8 SP AM.
- May 14 1 & 8 miles Manresa Beach Runs, RR 10 AM. Bill Flodberg, 12925 Foothill, San Martin, Ca. 95046.

# LOW BUDGET TRACK

by Donna Cockerham

Track and field at the junior high school level is experiencing tremendous growth and popularity. It is such a diversified sport that almost any student can find an event in which he can experience a certain degree of success and can consequently thoroughly enjoy.

Because of the many events offered by track and field a variety of facilities and equipment are necessary. Many junior high schools are not in a position where they have access to or can afford extensive track and field facilities. But this factor alone need not be a deterrant in the development of a track and field program for the students.

General Grant Junior High School in Reedley is fortunate in having a 440 dirt track already in existence. But it was not in the best possible shape at the start of the season. Lack of a curb meant that in several places the track was quickly becoming overtaken by weeds and grass. In many areas there were deep ruts and chuckholes. And the laying of drainage pipe at the periphery of the school property by construction workers with heavy machinery all but obliterated the far turn.

But at Grant they are fortunate in having as Boys Physical Education Instructor a man who sees potential rather than only problems. Dave Duerksen began working, organizing, and enlisting the aid of others in the school to improve the existing facilities and then contacted several merchants in the area asking for donations of supplies that would add new features to the track and field program.

The school custodians were the first to get in the act - with school vehicles and heavy pallets attached behind they began dragging and smoothing the track. Several of the boy students were put to work clearing the weeds at the inner edge to restore the shape of the track. They also began clearing at the outer edge of one straightaway in order to widen the track for the sprint races. Even the girls pitched in clearing rocks and weeds from the track during p.e. classes. Repeated sprinkling and dragging finally rendered the track fit for running.

Lumber was donated by Reedley Lumber Company and Coach Duerksen and his "crew" began installing starting and finish posts to serve as permanent distance markers. Reedley Lumber also supplied new take-off boards for a new long jump pit which the boys dug. It was made long enough to be used simultaneously from both ends. The sand was supplied by one of the school's teachers.

Sanger Rock and Sand provided concrete for shot put and discuss rings which were also constructed by the students. Grower's Supply furnished the heavy duty twine for marking and lining the track and infield. Wooden hurdles came from a wood shop class at the high school as well as some metal cast off hurdles from the Reedley High track team. An old unused foam high jump pit was also donated by the high school team.

So, with a little bit of organization and imagination, and a lot of desire and work General Grant Junior High School is providing a well rounded track and field program for the students as well as fielding an after school team. Lack of facilities and equipment should not prevent any school from offering it's students the one sport that has something for everyone.

When constructing do-it-yourself track and field facilities and equipment it is most important to do a good job and do it right. A sloppy job isn't better than nothing. It's important to know the rules governing the event the piece of equipment will be used for. It's also a good idea to talk to an expert - one who has done that type of work before as well as other coaches.

#### Corcoran Invitational

YOSEMITE DIVISION

100 Yd. Dash: G. Jones (Lemoore) 9.8 (meet record 9.7 set in heats, old record 9.9 by L. Jones (Lemoore), 1969); Charles (Hanford) 10.3; Say (Selma) 10.6. 440: May (Monache) 52.0; Hernandez (Selma) 52.7; Sewell (Selma) 54.4. 2 Mile: Jameson (Watsonville) 9:242; Montoya (Reedley); Hernandez (Sanger). 120 Yd Highs: Reaves (Tulare Union) 14.3: Cole (Watsonville); Silva (Lemoore). 180 Yd Lows: Reaves (Tulare Union) 19.6: Parmer (Lemore): Jones (Lemoore). High Jump: Miller (Hanford) 6-0; Epps (Tulare Union) 5-10; Morgan (Tulare Union) 5-10. Pole Vault: Flint (Sanger) 13-72 (league record, old 13-64 by Sulla, Lemoore, 1971); Sulla (Lemoore) 13-0; Huerta (Reedley) 12-6. Long Jump: Jones (Lemoore) 23-12 (meet record, old 22-1 by Smith, Lemoore, 1970); Davis (Tulare Western) 21-9; Cole (Watsonville) 21-02. Triple Jump: Morgan (Tulare Union) 44-72; Meadows (Tulare Western) 43-74; Davis (Hanford) 42-4. Shot Put: Bough (Monache)  $56-8\frac{1}{2}$  (meet record, old  $55-7\frac{1}{4}$  by Bough 1971); Carlock (Selma) 54-9 3/4; Beagle (Monache) 54-6 3/4. Discus: Pierotte (Lemoore) 155-3; Merlo (Sanger) 147-1; Carlock (Selma) 144-8. 440 Relay: Lemoore 43.4(Porter, Parmer, Jones, Jones); Tulare Western; Tulare Union. Mile Relay: Tulare Western 3:29.1 (Davis, Upstate, Hopkins, Meadows); Lemoore 3:29.3; Tulare Union 3:33.9. Sprint Medley: Lemoore 3:35.8(Potter, Jones, Kees, Hall); Tulare Western 3:39.8; Watsonville 3:46.7. Distance Medley: Watsonville 10:57.6(Lopez, Collison, Munoz, Delagarza); Lemoore 11:01.2; Sanger 11:22.2. Final Scores: Lemoore 81, Tulare Union 43, Tulare Western 36, Watsonville 33. Sanger 21. Selma 21. Monache 20. Hanford 20. Porterville 10. Reedley 9.

SIERRA-SEQUOIA DIVISION

100 Yd. Dash: Whitfield (Corcoran) 10.2; Reed (Morro Bay) 10.3; Prandini (San Joaquin Memorial) 10.3. 440 Yd. Dash: Eleiff (Garces) 54.4; Ritter (Garces) 55.5; Williams Wasco) 57.4. 2 Mile: Peterson (Morro Bay) 10:10.5; Weaver (Morro Bay); Gallegos (Corcoran). 120 Yd Highs: Reimer (Wasco) 14.2(new record); Hunt (Corcoran); Potter (Dinuba). 180 Yd. Lows: Reimer (Wasco) 19.5; Hunt (Corcoran); Maston (Wasco). High Jump: Broom (Wasco) 6-34; Potter (Dinuba) 6-34; Castro (Corcoran) 6-0. Pole Vault: Miguel (Avenal) 12-6; Long Jump: Wyatt (Corcoran) 21-7 3/4; Knott (Chowchilla) 20-2½; Patterson (Wasco) 19-8 3/4. Triple Jump: Wyatt (Corcoran)  $41-11\frac{1}{4}$ ; Graham (Wasco)  $40-8\frac{1}{4}$ ; Kuehn (Corcoran) 40-0. Shot Put: Baughn (Wasco) 53-5½; Dolak (Garces); Singer (Avenal). Discus: Vaughn (Wasco) 144-0½; Phillips (Chowchilla) 135-22; Strange (Dinuba) 128-9. 440 Relay: Wasco 44.9 (Hernandez. Martinez, Maston, Isaac); Exeter; Corcoran. Mile Relay: Exeter 3:33.0(Smith. Smith. Miller. Gonzales) Wasco 3:33.7; San Joaquin Memorial 3:37.6. Sprint Medley: Exeter 3:38.9(Smith. Lane, Miller, Gonzales); San Joaquin Memorial 3:42.2; Morro Bay 3:44.3. Distance Medley: Dinuba 10:51.0(Foster, Lopez, Jaime, Cavazos); Morrow Bay; Wasco. Final Scores: Wasco 89. Corcoran 54, Morro Bay 48, Exeter 28, Garcis 19, San Joaquin Memorial 17, Chowchilla 14, Dinuba 11. Avenal 9. Taft 1.

Most important of all is safety - shoddy equipment is dangerous. Do it right. do it well and think of safety first.

Two books which are recommended: (1) How to Build a Track by Tom Jones, and (2) How to Build Your Own Track and Field Equipment by Payton Jordan. Both of these books are available from Track & Field News (Box 296, Los Altos, Calif. 94022).

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14/15:
DISCUS:
lst: Kings Canyon (Paleologos-102'72, Serrato, -96'5, White-74'4) 273'44
2nd: Hamilton(R.Guerrero-103°2, Aximan-77°, Greenwood-74°82) 254°106
     Sierra (Kehler-87'72, Storgill-73'6).
     Ahwahnse (Kaser-99'10"), Ft. Miller (Hines-115'0" individual winner).
     Tloga(Nishioka-70'), Cooper(Dempsey-91'82), Tenaya(Melton-97')
Long Jump:
1st: Irwin(Darrough 19:10), Dixon 19:4 3/4, White 18:5) 57:8%
2nd: Ahwahnee(Stevenson 18'1, Storelli 16'32, Payne 15'61) 49'2 3/4
3rd: Hamilton(Singleton 20'24, Ferry 18'9", Davis 4 fouls) 38'112 4th: Tioge(Stovall 16'12, Horner 13'104, Ray 4 fouls) 29'112
     Tenaya (Roberts 19:7", Reilly 16:3), Sierra (Sancho 16:112, Martinez 16:8 3/4)
    Wawona (Olivares 20:3" individual winner). Ft. Miller (Verdugo 18:3)
      Cooper (Munoz 16'92), Kings Canyon (White 15'8").
HIGH JUMP:
1st: Sierra(Johnson 5'94, Long 5'3, Matheson 5') 16'4
2nd: Abwahnee (Banks 5'8", Martin 5', Southwick 4'6") 15'2"
3rd: Hamilton(Richey 5'1, Park 4'10", Rigell 4'10") 14'9"
     Tenaya (Brown 5'9 winner on misses) Sequoia (Malone 5'1) Wawona (Egan 5'3),
      Tioga(Stowall 4:6")
SHOT PUT:
lst: Kings Canyon (Moreno 46'2", Serrato 41'8, Paleologos 42'6) 130'4"
2nd: Sierra (Kehler 42'9, Sturgill 39'10 3/4, Callahan 36'6) 119'1 3/4
3rd: Hamilton(R.Guerrero, 38'1, Aktman, 38'3%, Greenwood 34'6%) 110,10 3/4
4th: Ahwahnee(Pavis 40'10", Payne 31'8", Keser 35'10) 108'42
Ft. Miller(Hines 50'22), Tioga(Nishioka 29'5, Stovall 29'8 3/4)
Irwin(Williams 40'9"), Sierra(Trevio 33'10"), Tomoga(Melton 41'54)
480 shuttle hurdles:
1st: Hamilton A-Ferry, Park, Fogal, Singleton: 60.4
2nd: Sierra A-Endler, Amaujo, Sanchez, Takemoto: 62.4
3rd: Hamilton B-Richey, Arnold, Eubieta, Grieco: 63.1
4th: Sierra B-Johnson, Kiesler, Martinez, Kraft: 63.6
5th: AhwahneeA-Priester, Taylor, Loveless, Higgenbotham: 64.1
6th: Irwin 64.3, 7th: Tenaya 67.4, 8th Ahwahnes B 69.5
ALORELAY:
1st: Hamilton A: Davis, Mustaciola, Zubieta, Singleton: 47.4
2nd: Tenaya A 49.6
3rd: Sierra B: 50.2, 4th: Tenaya B-50.3, 5th Irwin C: 51.3, 6th: Hamilton B 51.5
      7th: Tie Cooper A & Irwin B 52.4, 9th Abwahnee B 55.4. Disg: Sierra A. Irwina
BEGRELAY:
1st: TIE: Hamilton A Davis, Mustaciola, Ferry, Singleton: 1:42.2
           Tenaya A: 1:42.2
3rd: Sierra A: Elwell, Sanchez, Rabago, Martinson: 1:44.7
4th: Ahwahnee A: Loveless, ?, Stevenson, Storelli: 1:45.1
5th: Tenaya B:, 6th Irwin B; 1:48.2, 7th: Ahwahnee B: 1:56.8. Disq. Hamilton B
SPRINT MEDLEY:
1st: Tenaya: 4:12.4
2nd: Ahwahnee: D. Taylor, Yuen, Storelli, Higgenbotham: 4:15.6 3rd: Hamilton: Kleim, Anderson: Kimura, Fogal: 4:29.0
2 MILE RELAY:
lst: Hamilton: Grigsby, Arnold, Axtman, Serrano: 9:27.7
2nd: Ahwahnee: Storelli, White, Foley, Taylor: 9:38.6
3rd: Sierra: Martinez, Larson, Kearn, Fountaine: 9:50.0
4th: Cooper: Hernandez, Munoz, Dempsey, Hudiburgh: 10:18.7
      14
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DISTANCE WEDLEY RELAY: 14/15
1st: Ahwahnee: Stevenson, Loveless, Southwick, Lara: 11:56.5
2nd: Tenaya: 12:24.6
3rd: Siorra: Larson, Kunishege, Cornell, Titus: 13:55.5
1 MILE RELAY:
1st: Hamilton: Davis, Grigsby, Serrano, Zubieta: 3:54.1
2nd: Sierra: Watkins, Araujo, Sturgill or Gonzales, Wadley: 3:54.8
3rd: Ahwahnee: Loveless, Davis, ?, Stevenson: 3:58.6
4th: Tenaya: 4:10.9
5th; Ahwahnee B: Taylor, Foley, Southwick, Lara: 4:12.7
POLEVAULT: 12 and 13
1st: Sierra: (Bradshaw 9°2, Duncan, 8°0, McClean, 7°5 3/4) 24°7 3/4
2nd: Ahwahnee: (Glandon 8', McKeever 8'0, Gilliam NH) 16'
POLE VAULT: 14/15
1st: Ahwahnee: (Thornton 9'9, Gerke 9'2, Fisher 7'2) 26'1"
      Sierra(King 9'2, Silva 9'2)
SENIOR LEN 880
30-39: (1) Fernandez-HSTC 2:32.6
40-49: (1) Fertig HSTC 2:36.5, (2) Gates HSTC 3:04.2
SENIOR MEN 2 MILE RUN:
30-39: (1) Self HSTC 11:25.1, (2) Semrau UNATT. 13:49.1
40-49: (1) Thornton HSTC 10:52.7, (2) Toabe 12:02.8
OPEN 2 MILE RUN:
1st: Mike Fountaine (Sierra JHS) 11:08.3. 2nd: George White (Kings CanyonJHS)
                                                                                  11:08.
OPEN: GIRLS 880 YARD RUN:
lst: Cindy Muniz (Hamilton JHS) 3:04.8. 2nd: Karen Hines (Hamilton JHS) 3:22.5.
Boys: 12/13 DIVISION:
SHOT PUT:
lst: Sierra (McNaughton 51'1), Endler 42'3, Symens 35'6) 128'10; Hamilton (V. Guerrero 34'11, Torres 31'11),
     Ahwahnee (Schmidt 32', Daniels 34'34), Addams (Burger 29'2)
      Irwin(Haynes 30'5"), Ft. Miller (Oxley 29'12).
HIGH JUMP:
lst: Sierra(Hutcheson 5'3", Donabedian 4'8, Endler 4'3") 14'2"
2nd: Tenaya (Abbate, Liskey, Tracy-all 4.6) 13.6"
      Cooper(Rodriguez 4:10, Ahwahnee(Ramey 4:6, Brangham 4:6)
LONG JUMP:
lst: Ahwahnee(Daniels 18'5, Brangham 16'5, Ramey 15'1) 49'11"
2nd: Sierra(Hutcheson 16'10, Donabedian 15'3, Colmenero 14'3) 46'
3rd: Hamilton(Torres 15'8, Grieco 14'9, Mendosa, 14'1) 44'6"
4th: Irwin(H. Haynes 14'11, A. Haynes 13'8, Knight 13'7) 42'2
5th: Tenaya(Liskey 15'3, Abbate 15'6, Fiorino 11'4) 42'1"
Tioga(Rathwick 13'2, Kasdorf 13'7), Ft. Miller, (Smith 14'7, Acuino 13'22)
      Cooper (Richards 15'5"
DISCUS:
lst: McNaughton (Si) 102°4, 2nd: Endler (Si) 91°1, 3rd: V.Guerrero (H) 84°3
4th: Torres (H) 60°0, 5th: Horner (Ti) 56°5
480 SHUTTLE HURDLES:
                                                                  65.7
lst: Sierra A-Colmenero, Donabedian; Hutcheson-Bedrosian:
                                                                  65.9
2nd: Ahwahnee A-Daniels-Tankersly-Ramey-Brangham
                                                                  68.7
3rd: Sierra B-Del Real-Marshal-Dadian-Endler
Ath: Tenaya A-69.1
                                                                  70.1
 5th: Hamilton A Grieco, Torres, Smith, Hentz
6th: Cooper A-Moultrey-siles-Rodriguez-Guerra
                                                                  87.L
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MA O RELAY: 1st: Tenaya A: 52.5 2nd: Ahwahnee A: Glondon-Ramey-Grossman-Stevens: 53.5 3rd: SierraA: Endler-Bedroslan-Colmenero-Hutcheson: 53.9 bth: Ft. Miller: 55.6 5th: Tenaya B: 56.2, 6th-Irvin A 56.4, 7th Cooper-57.0, 8th Hamilton 58.7 9th: Atwahnee B 59.5 SSORWIAT: lot: Ahwahnes A: Daniels, Mertlick, Richards, Brangham: 1:48.5 2nd: Tenaya A: Liskey, Tatum, Tsuda, Lucia 1:49.4 1:59.9 3rd: Tenaya B: Ath: Siorra A: Donabedian, Dadian, Symens, DelReal 2:01.0 2:01.6 5th Cooper: 2:05.7 6th: Hamilton: Gricco, Smith, Mendoza, Mazzoni 2:08.6 7th: Ahwahnse B SPRINT MEDLEY RELAY: lst: Ahwahnee (Smaldino, Daniels, Richards, Mertlick) 4:22.4 4:34.5 2nd: Tenaya 2 MILE RELAY: 1st: Hamilton (Bowen, Roberts, Hentz, White) 9:48.2 10:38.0 2nd: Sierra (McClean, Titus, Cornell, Edmunds 3rd: Ahwahnse (Guynn, Ross, Grieco, Barsam) 11:49.0 DISTANCE SEDLEY RELAY: 13:04.7 lst: Ahwahnse (Smaldino, Mertlick, Fries, Swift) 2nd: Sierra (Saddler, Colmanero, Hutcheson, McClean 13:17.5 1 MILE RELAY: 4:13.1 lst: Hamilton (Bowen, Roberts, Hentz, White) 2nd: Sierra (Endler, Bedrosian, Colmenero, Hutcheson . 4:23.4 Gran Ahwahnae (Daniels, Mertlick, Richards, Bransman 4:23.1 4:59.5 4th: Tenaya

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