

JC TRACK & FIELD

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SEMKIW RALLERS TO FOOT BARRIER; ESSEX TOPS SPRINT MEDLEY RECORD AGAIN

Ron Semkiw joined Americans Randy Matson, Al Feuerbach and George Woods plus Hartmut Briesenick of East Germany as the only men to put the 16-1b shot over 70 feet outdoors after a special competition at his home Mesa (AZ) Community College field, March 5.

Arizona State transfer Semkiw's 70- $\frac{1}{2}$ toss betters the national JC record of 62-1 by Spike Walker of Spokane Falls Community College (Wash.) at Spokane, April 15, 1971 and puts him 3 $\frac{1}{2}$ feet ahead of any other athlete in the entire U.S. at present (outdoors).

Semkiw also bettered the record March 19 with a 62-8 toss in a triangular with Glendale and Pima at Mesa. In between he took times out to win the NJCAA indoor title March 16 with a 61-8 $\frac{3}{4}$ toss--topping teammate Mike Weeks (54-11 $\frac{1}{2}$) as the Hokums won the team title with 68 points over New Mexico JC (51)

The 5-11, 233 pound Semkiw had earlier tossed 68-9 at the San Francisco Examiner Games (Feb. 1) for a JC indoor best (and teenage record). Entering the season his best was 64-6 $\frac{3}{4}$ (last summer). He put 65-6 $\frac{1}{2}$ at the CYO Invitational, then 67-3 at the Los Angeles Sunkist Meet. Since Ron turned 20 on March 28, his all-time teenage record will stand at 70- $\frac{1}{2}$. But where he finally puts the JC record this season remains to be seen.

And Feuerbach's world standard of 71-7 is not that far away.

Essex CC (NJ) ran a 3:18.9 sprint medley relay at the Florida Relays (JC Division) March 29 in Gainesville to take .8 off its own pending record from 1973. Team was composed of Richard Cross (22.9), Fred Brown (20.5), Kevin Joseph (47.3) and Horace Tuitt with a spectacular 1:48.2 anchor. Splits when Essex ran 3:19.7 in the same meet last year (March 30) were: Trinidad's Ainsley Armstrong 20.5, Larry Brown 21.2, Jamaica's Alfred Daley 48.1, and Tuitt 1:50.9.

MOORPARK'S HELLEBRAND RUNS 4:10.4r, 1:53.3r AT SANTA BARBARA RELAYS

Moorpark College soph Bruce Hellebrand posted relay legs of 4:10.4 and 1:53.3 to capture outstanding athlete honors in the first statewide California meet of the season, the Santa Barbara Relays (March 22).

Hellebrand anchored the Raiders to a national leading 10:11.4 distance medley composed of Gilbert Esparza (3:08), Sam Leggitt (51.5) and Bob Fierre (2:01.5). His 880 leg on the sprint medley (3:32.2 team) failed, however, to catch Bakersfield's Larry Boen (1:55.7) as the Renegades won their section in 3:31.0. LA Trade-Tech was the overall winner (3:28.8), anchored by Larry Mason's 1:54.8.

Los Angeles Pierce put it all together in the two mile relay (7:13.4), lowering its own national best by six seconds and beating Laney by 15 seconds. (Laney's James Robinson loafed to a 1:58 anchor after he got the baton 14.5 seconds behind Brahma Dan LaGorio (1:57.5). Other LAP splits: Dan Barry 1:55.3, Randy Smith 1:56.0, Steve Wulf 1:54.6.

Laney duplicated its then California leading 3:16.7 mile relay time of a week earlier but state 880 champ Robinson ran nearly a second slower on the anchor as the Eagles won by more than three seconds: Jim Deckard 48.8, Ed Peters 49.3, John Kirkpatrick 49.7, Robinson 48.1. West LA took temporary national leadership in the 440 relay with a 41.1 quartet of Orlando Johnson, Deveryle Jones, Mike Bush, and Mike Lay and nobody else was in sight going into the last handoff (a late one which almost disqualified the Oilers.) WLA already has the top 880 relay mark of 1:28.4 and ran 1:29.5 here.

Mike Avrea's 9:12.2 two mile win for El Camino gave him the national lead over second place Joel Scott (9:13.2) of LA Valley. Avrea already tops the mile list at 4:10.7.

Allan Hollis long jumped 24-1w for West LA to top Danny Carter (24-3/4w) of El Camino and state leader Carlton Shaw (23-11 $\frac{3}{4}$ w) of Foothill--who's gone a legit 24-1 $\frac{1}{2}$.

Laney's Allen Goodlow triple jumped 48-9 $\frac{1}{2}$ w to win but Clint Herrell of San Joaquin Delta got the national lead the same day with a 49-7 leap in a dual at Sacramento CC.

Hugo Black of LACC defeated Glendale's Larry Johnson on fewer misses with state-pace-setting pole vaults of 15-4

Team Scores (unofficial--no team award given): 1. LA Pierce 28; 2. El Camino 27; 3. LACC 24; 4. LA Valley & West LA & Laney 23; 5. Santa Barbara & Trade-Tech 19; 6. Palomar & Bakersfield & Foothill 18; 7. Moorpark & Compton 16; 8. West Valley 15; 9. Skyline 13; 10. Glendale 10; 11. Monterey 6; 12. Hancock 4 $\frac{1}{2}$; 13. Ventura 4; 14. De-Anza 2 $\frac{1}{2}$; 15. Canyons 2

1974 U.S. J C/COMMUNITY COLLEGE TRACK & FIELD BEST MARKS (Outdoors) - 1974 List No. 2

Following the heading for each event, the all-time JC best prior to the 1974 season is noted in parentheses. If the recognized National JC Record differs from the all-time best, recognized record is the second mark listed in parentheses.

JC TRACK & FIELD's U.S. reporting standards are listed at the far right of each heading. PLEASE report ALL performances meeting these standards (even if an athlete or team has posted a better mark earlier). All reports should include opponent, date, and site of meet.

-ALL 100, 220, HH, LJ, TJ marks MUST have WIND conditions noted ("ok" or "w" if no gauge reading).

-Dash indicates no wind data has been furnished to date/mark unconfirmed; please provide.

100 (9.2; 9.3) report standard: 9.7	440 (45.8, 46.1) rep. standard: 49.0	440 RELAY (40.4) report: 42.5
9.4wn James Anderson, Palomar, 3/2	47.7 Mike McZeal, LASoWest, 3/15	
9.5w George Proctor, Odessa, TX, 12/11	47.7n Waddell Smith, SASoWest, 3/15	40.8 ESSEX, NJ
9.5- John McCollum, Mesa, AZ, 3/29	47.8 Randy Benson, Fullerton, 3/24	40.9n LAKE CITY, FL
9.6- Glen Stanford, Miami-D. So, FL, 3/8	48.5 Robert Evans, LACC, 3/29	41.1 WEST LA
9.6- Gary Jenkins, L. Beach, _____	48.5 Gerald Johnson, Odessa, TX, 3/2	(Johnson, Jones, Bush, Lay)
9.6- Rick Wilmoth, Citrus, 3/15	48.5 Julius Fletcher, Mesa, AZ, 2/25	41.4 MESA, AZ
9.7- Bill Rhue, Santa Ana, _____	48.6 Carl Sagon, Santa Rosa, 3/8	(McCollum, Banks, Fletcher, Walker)
9.7- Bruce Smiley, L. Beach, 3/15	48.6n Benny Myles, LA Harbor, 3/29	41.4n MIAMI-D. NO.
9.7w Mike Horton, Laney, 3/20	48.7 Harry Moffitt, Cisco, TX, 3/8	41.7 LA SOUTHWEST
9.7n Antonio Watkins, Laney, 3/15	48.8n James Kelly, Cisco, TX, 3/8	41.7n MIAMI-D. SO.
9.7- Carl Sagon, S. Rosa, 3/15	48.8 Albert Shorts, L. Beach, 3/1	41.8 ODESSA, TX
9.7- Willie White, LASo. West, 3/12	48.8n Bruce Smiley, L. Beach, 3/1	41.8 PASADENA
9.7- Deveryle Jones, West LA, 3/29	48.9 Curtis Coyd, Ranger, TX, 3/2	41.9 LANEY
9.7- Victor Wedlow, Compton, 3/29	48.9 James Anderson, Palomar, _____	41.9n CALHOUN, AL
9.7- _____ LeJay, Pasadena, 3/29	49.0 Tim Jones, Wharton, TX, 3/8	42.0 LONG BEACH
9.7n Cornel. Bailey, LA Harbor, 3/29		42.0 FRESNO
	<u>880 (1:48.3, 1:48.6) rep. st: 1:55.5</u>	42.2 FULLERTON
220 (20.6) reporting standard: 21.9	1:51.2 James Robinson, Laney, 3/17	42.2 SAN JOSE
21.8 Carl Sagon, Santa Rosa, 3/8	1:54.0 Larry Boanen, Bakersfield, 3/15	42.3n CHABOT
21.3wn James Anderson, Palomar, 3/2	1:54.5 Mike Cason, Mesa, AZ, 3/29	42.3 LA TRADE-TECH
21.3- Michael Bush, West LA, 3/29	1:54.6n Steve Wulf, LA Pierce, 3/12	42.4 MT. S. ANTONIO
21.3 Frank Jackson, Moorpark, 3/29	1:54.7 Dan LaGorio, LA Pierce, 3/29	42.4 LACC
21.3n Allan Ludlway, West LA, 3/29	1:54.8 Tim Stefanko, Ventura, 3/29	42.4 LA VALLEY
21.4- Rick Wilmoth, Citrus, 3/29	1:54.9 Tim Bryan, Amer. River, _____	42.4 LA HARBOR
21.6- Cornelius Bailey, LA Harbor, 3/21	1:54.9 Karl Farmer, LASoWest, 3/15	42.4 CITRUS
21.6- Glen Stanford, Miami-D. So, 3/8	1:55.0 Bruce Hellebrand, Moorpk, 3/2	42.5 LA PIERCE
21.6- Julius Fletcher, Mesa, AZ, 2/25	1:55.2 Steve Koenig, Mt. SAC, 3/29	42.5 GROSSMONT
21.7- Bruce Smiley, Long Beach, 3/15	1:55.2n Mike Avrea, El Camino, 3/29	
21.7- Willie White, LASoWest, 3/15	1:55.5 _____ Hayes, L. Beach, 3/29	
21.7- Jeff Leeds, LA Valley, 3/1	1:55.5n Dan Barry, LA Pierce, 3/29	
21.7 Randy Benson, Fullerton, 3/22	1:55.5 Larry Mason, Trade-Tech, 3/15	<u>880 RELAY (1:24.1) report: 1:29.5</u>
21.7n Ron Stewart, Canyons, 3/29	1:55.5 George Manriquez, S. Jose, 3/16	1:28.4 WEST LA
21.7n Charles Nash, LA Valley, 3/29	1:55.5n Bob Kramer, Mt. SAC, 3/29	(Johnson, Bush, Ludlway, Jones)
21.7n _____ Milton, SDiegoCC, 3/29		1:28.6 LONG BEACH
21.8 Terry Turner, LASoWest, 3/22	<u>3 Mile (13:39.2) rep. standard: 14:45</u>	(Jenkins, McGriff, Shorts, Smiley)
21.8w _____ Johnson, Solano, 3/20	14:09.8 Bruce Smith, N. Mexico, 3/1	1:29.1 COMPTON
21.8w Mike Fray, Odessa, TX, 12/11	14:13.2 Gary Close, Grossmont, 3/22	(McMillian 22.1, Thomas 21.8, Johnson 22.9, Thomas 22.3)
21.9- Karl Farmer, LASoWest, _____	14:13.8 Roy Woolery, Phoenix, AZ, 2/16	1:29.2 MIAMI-D. NO.
21.9- Bruce Girasole, Or. Coast, 3/15	14:15.2n Bernard Rose, Odessa, TX,	1:29.3 LA VALLEY
21.9 Don Livers, San Jose, 2/23	14:18.0 Rob Waugh, Phoenix, AZ, 2/16	1:29.5n LA PIERCE
21.9n Darrell Craven, San Jose, 2/23	14:20.0 Mark Hartig, Fresno, 3/22	
21.9n Greg Grove, LA Valley, 3/1	14:21.6 Darrell Fitzgerald, Cabrillo	
21.9- Don Royston, Monterey, _____	14:26.8 Mike Pinnali, Odessa, TX, 3/1	
21.9n Don Miller, LACC, 3/22	14:31.0 Ted Quintana, Chabot, 3/30	
21.9n Waddell Smith, LASoWest, 3/22	14:31.8 Steve Walsh, El Camino, _____	
_____ blank indicates missing	14:32.6 Jerry Alexander, LA Valley, 3/1	
_____ name or date--PLEASE PROVIDE.	14:33.2 Emil Magallanes, Monterey, 3/20	
n = non-winning mark	14:33.2 Joe Taxiera, Laney, 3/2	
w = wind-aided mark	14:35.0 Humberto Barajas, Palomar, 3/29	
	14:39.4 Steve Brooks, San Jose, 3/30	

Mile (3:56.1) rep. standard: 4:19
 4:10.7 Mike Avrea, El Camino, 3/2
 4:13.6 James Robinson, Laney, 3/30
 4:13.8 Bruce Hellebrand, Moorpk, 3/11
 4:13.9n Cary Sanchez, San Jose, 3/30
 4:14.6 Larry Mason, Trade-Tech, 3/29
 4:14.8 Dan Rock, Fullerton, 3/29
 4:14.9 Lee Dick, Palomar, 2/15
 4:15.2 Bruce Smith, N. Mexico, 3/2
 4:15.4 Bernard Rose, Odessa, TX, 3/2
 4:15.5 Jeff English, Cerritos, 3/29
 4:15.7 Mike Ayon, Citrus,
 4:15.9 Hal Marshall, El Camino, 3/1
 4:15.9n Steve Koenig, Mt. SAC, 3/11
 4:16.2 Jim Soehner, Phoenix, 2/16
 4:16.7 _____ Cates, Amer. River,
 4:17.0 Jim Hartig, Fresno, 3/15
 4:17.0n Ted Quintana, Chabot, 3/17
 4:17.3n Brian Flynn, Chabot, 3/17
 4:17.5 Jerry Alexander, LA Valley,
 4:17.6 Joel Scott, LA Valley,
 4:17.8n Ron Ellis, Laney, 3/17
 4:18.3 Fred Espinoza, Glendale, AZ
 4:18.9 Dan LaGorio, LA Pierce, 3/29

2 Mile (8:47.0, 8:52.4) report: 9:30
 9:12.2 Mike Avrea, El Camino, 3/22
 9:13.2 Joel Scott, LA Valley, 3/22
 9:15.2n Bernard Rose, Odessa, TX, 12/11
 9:17.0n Ted Quintana, Chabot, 3/17
 9:17.8n Jerry Alexander, LA Valley, 3/12
 9:18.0n Steve Walsh, El Camino, 3/22
 9:18.6n Humberto Barajas, Palomar, 3/22
 9:19.0 Cliff Morden, LA Valley,
 9:22.6 Rich Van Slyke, SJ Delta, 3/22
 9:23.0 Bruce Hellebrand, Moorpk, 3/2
 9:23.6 _____ Collier, Marin, 3/22
 9:23.8n Rick Hart, Foothill, 3/22
 9:25.4 _____ Sweeney, Marin, 3/16
 9:26.0 Jim Hartig, Fresno,
 9:27.2n Dan Prows, Foothill, 3/22
 9:27.4 Joe Taxiera, Laney
 9:27.4 Pat Alvarez, Mesa, AZ, 2/25
 9:29.0 Steve Brooks, San Jose, 3/20
 9:29.4 Arturo Tello, W. Valley, 3/15

6 Mile (28:54.4n) report: 31:00
 30:00.6 Jim Hartig, Fresno, 3/9
 30:47.8 Wes Bruner, Miami-D. Co, 3/2

3000m Steeple (8:57.8) report: 10:20
 9:14.0 Fred Espinoza, Glendale, AZ, 3/3
 9:35.6 Greg Sullivan, Amer. River, 3/16
 9:50.6n Dave Boyet, Sacramento, 3/16
 9:53.8n Roger Stordahl, Sacram., 3/16
 10:00.8n Ron Day, American River, 3/16
 10:02.0n Steve Williams, Am. River, 3/16
 10:04.2n Rick Fierie, Fresno, 3/16
 10:10.2 _____ Martinez, So Western, 2/22
 10:13.2 Mike Sautter, Sante Fe, NM, 3/4
 10:13.4 Joe Sabino, Miami-D. No, FL, 3/16
 10:15.6n Tom Ashcraft, Citrus, 2/22

120 IH (13.4, 13.5) report: 14.8
 13.8w Derek Ligous, Chabot, 3/30
 14.2 Chas. Rome, Lake City, FL, 3/29
 14.3 Bart Pierce, Skyline, 3/21
 14.4wn Jeff Barnes, Chabot, 3/30
 14.4n Ike Almond, Skyline, 3/21
 14.5- _____ Davis, Antelope Val,
 14.5- Ricardo Hall, LACC, 3/15
 14.6- _____ Hallman, Grossmont, 3/22
 14.7- John Foster, Foothill, 3/3
 14.7w Rich Roesky, De Anza, 3/29
 14.7- _____ Dries, Grossmont,
 14.7 Dave Cameron, S. Jose, 3/30
 14.8 Vern Taylor, Laney, 3/20
 14.8 Mike Nealy, SJ Delta, 3/22
 14.8- Dwight Owens, Mt. SAC, 3/11
 14.8wn Tom Swartzell, Skyline, 3/8
 14.8wn Clarend Rapides, Diablo, 3/30
 14.8n Willie McClaurin, Citrus, 3/22
 14.8n Mike Harris, San Jose, 3/30
 14.3- Chas Thomas, Monterey, _____

440 IH (50.2, 51.2) report: 55.3
 53.7 Tom Neiderhaus, Pasadena, 3/22
 54.0 Mark VonIderstein, Fuller., 3/22
 54.1 Jim Wyatt, Skyline, 3/21
 54.1 David Nelson, Cisco, TX, 3/2
 54.6 Rich Roesky, De Anza, 3/15
 54.6 John Kirkpatrick, Laney, 3/20
 54.6 Randy Smith, LA Pierce, 3/12
 54.7 Ricardo Hall, LACC, 3/29
 54.7 John Foster, Foothill, 3/29
 54.7 Guy Yarbrough, Ranger, TX, 3/2
 54.8 Allen Goodlow, Laney, 3/17
 54.8 Rick Steele, Glendale, 3/29
 55.0 Chuck Lowe, S. Barbara, 3/29
 55.1 Paul Nelson, Citrus, 3/1
 55.3 Steve Alameda, Ohlone, 3/15

High Jump (7-1 1/2) report: 6-6 1/2
 7-0 Dwight Stones, Glendale, 12/9
 7-0 Eddie Williams, Mesa, AZ, 3/29
 6-11 Tony Madau, Fullerton, 3/22
 6-10 1/2 Kerry Elders, Fresno, 2/24
 6-10 Dennis DeLoach, Mesa, AZ, 3/19
 6-8 1/2 Jim Geddes, SD Mesa, 3/15
 6-8 Jesse Hill, LACC, 3/22
 6-8 Ernest Beakley, S. Jacinto, TX
 6-8 Greg Arcidiacono, Diablo,
 6-8 Rick Moore, Long Beach, 3/1
 6-8 Terry Gardner, L. Beach, 2/23
 6-8 Mike Thompson, Flor. Val., MO, 3/29
 6-7 3/4 Steve Miller, Mt. SAC,
 6-7 1/2 Doug Baldwin, Grossmont, 2/22
 6-7 Pete McMurrin, Menlo, 3/30
 6-6 3/4 Buddy Kring, Hancock, 2/15
 6-6 1/2 Rick Reitveld, Glendale, 2/22
 6-6 1/2 Mike Franz, El Camino, 3/12

MILE RELAY (3:08.2) report: 3:22.0
 3:12.0 ESSEX, NJ
 3:13.4n LAKE CITY, FL
 3:13.8n LA SOUTHWEST (Turner 51.9, McZeal 47.5, Smith 47.2, Farmer 47.2)
 3:16.1 CISCO, TX
 3:16.7 LANEY (Peters 49.4, Kirkpatrick 50.3, Watkins 49.8, Robinson 47.2)
 3:17.4 BAKERSFIELD (Durham, Myers, Bell, Boen)
 3:18.2 LACC
 3:18.3n LA HARBOR
 3:19.4n LAPIERCE
 3:19.5n PASADENA
 3:20.7 GROSSMONT
 3:20.9 MIAMI-DADE NO
 3:21.1 SANTA BARBARA
 3:21.1n LA VALLEY
 3:21.2 CITRUS
 3:21.5n SKYLINE

2 MILE RELAY (7:29.4) report: 3:05
 7:43.4 LA PIERCE (Barry 1:55.3, Smith 1:56.0, Huff 1:54.6, LaGorio 1:57.5)
 7:50.6n BAKERSFIELD
 7:53.0n EL CAMINO (Avrea, Norberg, Marshall, Bankson)
 7:58.4n LANEY (Hayes, Taxiera, Jackson 2:00.9, Robinson 1:58)
 7:59.6 SAN JOSE (Pabst 2:01, Manriquez 1:58.7, Ferrell 2:00, G. Sanchez 1:59.0)
 8:01.0 FRESNO
 8:01.6 PALOMAR
 8:04.2n CITRUS

4 MILE RELAY (17:00.4) report: 18:30
 17:55.2 PALOMAR
 18:11.0n CITRUS (Greene, Ashcraft, Clark, Ayon)
 18:15.4 LA HARBOR
 18:15.4 CHABOT
 18:27.8n LACC
 18:29.4 FULLERTON
 18:30.4n CERRITOS

IMPORTANT REQUESTS/PLEASE SEND ROSTER (w/year in college) & Schedule + MEET RESULTS. We need athlete BIRTHDATES--to determine eligibility for Jr. national teams, ranking lists & records.

MEET OF CHAMPIONS

Since the poor date of the Santa Barbara Relays (a Friday afternoon--isolated from the main Saturday program) caused conflict with conference dual schedules for many colleges, some of the top California colleges were missing from Santa Barbara.

Los Angeles Southwest and Fullerton came up with some impressive performances two days later, Sunday, March 24, however at Bill Toomey's Meet of Champions at UC Irvine--which proved to be the top outdoor affair of the young season to date.

Fullerton soph Marl Murray got off a national JC leading discus toss of 171-11 (in the competition won by the Pacific Coast Club's John Powell at 201-1) and his Hornet teammate Randy Benson won his section of the 440 handily in 47.8. Southwest ran a temporarily national leading 3:13.8 mile relay although JC co-record holder Karl Farmer was caught by Len Van Hofwegen of the Beverly Hills Striders (3:12.6) down the stretch.

LASW splits: Terry Turner 51.9, Mike McZeal 47.5, Waddell Smith 47.2, Farmer 47.2. Willie White (48.5) will replace Turner when LASW seeks Merritt's record of 3:08.2

BROTHERHOOD GAMES

Laney's James Robinson was voted outstanding athlete of the Brotherhood Games (at Laney, Sunday, March 17). The reigning state 880 champ won the open half in 1:51.2 over Cal's Bob See (1:54.2), a Diablo Valley grad, then ran a 47.2 anchor leg on the Eagle mile quartet of Ed Peters (49.4), John Kirpatrick (50.3), and Antonio Watkins (49.3) which beat the Bay Area Striders in 3:16.7. Laney's Allen Goodlow won the 440 IH in 54.8 while Chabot's Ted Quintana had excellent distance marks of 4:17.0 and 9:17.0.

Robinson, who had run a 1:52.8 half two days earlier, was voted trackman of the week by the NorCal Track and Field Writers (over all other college and club athletes).

CALIFORNIA DUAL SEASON ROUNDUP

San Jose CC pulled off an impressive 85-51 victory over Laney in their meeting of NorCal unbeaten powers March 30 at San Jose, clinching at least a co-Golden Gate Conference championship for the Jaguars. Laney's James Robinson won the mile in 4:13.6 but wore himself out catching San Jose's Gary Sanchez (4:13.9) at the wire and later lost his first halfmile as a junior collegian (finishing fourth)...Chabot soph Derek Ligons blazed to a windy 13.8 clocking in the 120 highs in the Gladiators' 74-62 win over visiting Diablo.

Bakersfield extended its dual meet win streak to 24 with a Metro Conference title tie clinching win over Pasadena CC, 79-57...Grossmont has won 36 straight Mission Conference duals and 40 overall entering an April 5 showdown with unbeaten Citrus.

LA Harbor is in the driver's seat in the Southern California Conf. after topping defending champ LACC, 87¹-57¹; and LA Southwest, 81-64, in succession...Fullerton and Mt. San Antonio decide the South Coast winner in a battle of unbeaten April 5 in Walnut.

West L. is unbeaten in the Western State with only Hancock and Santa Barbara remaining --in an April 19 triangular...Delta, American River and Fresno CC have been most impressive in early Valley Conference action.

Foothill has control in the Camino Norte following wins over West Valley, 85-55; De Anza, 93-52; and Contra Costa, 90-55, during a two-week binge; then Marin, 104-41.

In Golden Valley quadrangulars to date, Sierra (twice), Yuba and Butte have been victors. (Butte has finished ahead of Yuba; Sierra over Butte in head-to-head confrontations.)

Skyline completed an unbeaten Coast dual season March 21 & has a 17-dual meet streak.

UPCOMING CALIFORNIA MEETS

Allan Hancock College hosts its tenth annual Metric Invitational Relays April 6 (with a junior high division on Sunday). Hancock also hosts an Easter Decathlon, April 9-10.

Southern California Relays will be held Thursday, April 13--with running events at UC Irvine and field events split over three other fields (by divisions).

Busiest day of the year for invitationals, however, is April 13--with the Diablo Valley Relays, Marin-Santa Rosa Relays (at Marin), Menlo Relays, and San Diego Relays--plus the first San Jose Relays. Latter could be the best, featuring athletes from 250 high schools and 55 community colleges, according to SJCC coach Bert Bonanno.

Most of the state's large schools will convene in Bakersfield April 20 while others are competing in the Hartnell Small College Invitational in Salinas.

TRACKINGS...Skyline soph hurdler Bart Pierce (14.3) figured in five wins during the Coast Conference Relays (March 30 at San Bruno), including the 100 (9.8w)--but his frosh teammate Ike Allmond was the Trojan 120 HH entrant and winner in 14.6w, one of his three wins. Intermediate hurdler Jim Wyatt figured in four wins and decathlon man Tom Swartzell in three--plus two seconds. All ran together on Skyline's 61.4 high hurdle shuttle best.

<u>Long Jump (26-5, 26-2 3/4) rep: 23-0</u>		<u>Discus (191-2, 187-5) report: 150</u>		<u>SPT. MEDLEY (3:19.7, 3:22.8) rep: 3:34</u>	
24-2 1/2	Glen Stanford, Miami-D.No., 3/8	171-11	Mark Murray, Fullerton, 3/21	3:18.9	ESSEX, NJ
24-2-	David Goss, Compton, 3/29	170-2	Jamie Groover, WestVal., 3/20	(Cross 22.9, Brown	
24-1 1/2	Carlton Shaw, Foothill, 3/15	169-11	Steve Frankiewich, Merced, 3/20	20.5, Joseph 47.3,	
24-1w	Allan Hollis, West LA, 3/22	167-11	Jay Puskin, Foothill, 3/22	Tuitt 1:48.2)	
24-3/4w	Dan Carter, El Camino, 3/22	161-11	Mike Weeks, Mesa, AZ, 3/3	3:24.2	MIAMI-D.NO.
24-0-	Willie White, LASoWest, _____	160-2	Robert Hall, Butte, 3/22	3:28.8	TRADE-TECH
24-0-	Waddell Smith, IASoWest, _____	160-1	John Harbottle, WestVal, 3/20	(Turner 49.2,	
23-9-	Eddie Banks, Mesa, AZ, 3/3	159-7	Lon Sisemore, San Jose, 3/16	Small 22.9, Lee	
23-7-	Mark Givens, Fresno, 3/15	159-3	Steve Brown, Cypress, 3/29	21.9, Mason 1:54.8)	
23-6	Mike Harris, San Jose, 3/30	158-10	Ron Dumphy, Cerritos, 3/15	3:30.4	GROSSMONT
23-5 1/2	Cecil Overstreet, S. Jose, 3/30	158-2	Randy Patterson, Foothill, 3/22	(Blair 1:54.6)	
23-4-	Bill Beckford, Palomar, 3/21	156-5	Terry Breck, Cisco, TX, 3/2	3:30.8n	CHAFFEY
23-3 1/2w	Mike Gilmore, Skyline 3/8	150-0	Ron Allen, De Anza, 3/8	3:31.0	BAKERSFIELD
23-3	Otis Fisher, LA Harbor, 3/29	154-10	Ed Perkins, Glendale, AZ, 3/9	(Bell 49.9, Robert-	
23-2-	John Turck, Fullerton, 3/29	153-4	Craig Lambardi, Cisco, TX, 3/2	son 23.0, Durham	
23-0-	Bob Lucas, Grossmont, 2/22	153-0	Rod Palla, Bakersfield, 3/22	22.2, Boen 1:55.9)	
23-0-	McDonald, Grossmont, 3/22	152-10	Thurman Byrd, Wharton, TX, 3/8	3:32.2n	MOORPARK
<u>Triple Jump (50-4 1/2, 52-0) report: 47-0</u>		<u>Javelin (278-0) report stand: 195</u>		<u>DIST. MEDLEY (9:51.0) reports: 10:40</u>	
49-7	Clint Herrell, SJ Delta, 3/22	226-11	Rick Jackson, Palomar, 3/2	10:11.4	MOORPARK
48-9 1/2w	Allen Goodlow, Laney, 3/22	224-8	Paul Shoemaker, N. Mexico, 3/2	(Esparsa 3:03,	
48-5-	Ehrlich Scott, Mt.SAC, 3/22	214-9	Eddie Williams, Mesa, AZ, 2/25	Leggitt 51.5,	
48-4 3/4	Greg McGee, Trade-Tech, 3/29	211-11	Dave Krough, Mt.SAC, 3/22	Fierro 2:01.5,	
48-4 1/2-	Al McClure, Palomar, 3/15	211-9	Steve Jarvis, Citrus, 3/29	Hellebrand 4:10.4)	
48-3w	Dave Quick, Bakersfield, 3/22	211-7	Steve Brooks, Everett, WA, 3/6	10:13.6	SACRAMENTO
48-2 2/4w	Jim Triplett, W.Valley, 3/22	210-2	Tony Ciarelli, OrangeCst, 2/23	10:14.4n	FRESNO
48-1-	Smith, S.Western, 2/22	209-10	Mike Spoolstra, Cerritos, 2/23	(Ross 50.2, Avery	
47-10-	Andre Carpenter, Mesa, AZ, 3/3	208-9	Jeff Russell, Citrus, 3/15	1:58.2, Hull 3:07.3,	
47-0 1/2w	Dan Carter, El Camino, 3/22	204-1	_____ Carian, Desert, _____	Hartig 4:17.5)	
47-9-	_____ Torrance, Sequoias, _____	203-0	_____ Ladd, Modesto, _____	10:15.8	CHAFFT
47-8w	Thurmond Wells, CCSF, 3/29	202-7	Matt Smith, Odessa, TX, 3/23	(Hazelwood 50.6,	
47-8-	Rod Blakeney, Monterey, 2/9	202-5	David Nugent, Chaffey, 3/15	Luschar 1:58.8,	
47-6 1/2-	Herman Blake, LA Harbor, 3/15	200-11	Ron Barbare, Miami-D.No., 3/2	Flynn 3:07.4,	
47-5	Chas. Robinson, Brevard, NC, 3/29	200-7	Leon Anderson, Miami-D.No., 3/2	Quintana 4:20.0)	
47-2 3/4	Henry Finney, JC Calhoun, AL, 3/29	200-0	_____ Schmidt, Antelope V., _____	10:16.8n	SAN JOSE
47-2 1/2w	Ron McNayre, West LA, 3/22	198-5	Dave Sage, N. Mexico, 2/23	(Castro 51.3, Pick	
47-1 1/2-	Mike Lay, West LA, 3/11	197-9	Kirk Shearer, SD Mesa, 3/12	1:56.7, Ferrell	
47-1 1/2-	Stan Bland, Mt.SAC, 3/29	196-11	John Macronie, Fullerton, 3/15	3:10, Sanchez 4:18.7)	
47-1 1/2-	Mike Harris, San Jose, _____	197-2	Olten Burrell, LASoWest, _____	10:20.0n	PALOMAR
<u>Shot Put (62-1) report stands 50-0</u>		<u>480 Hi-Lo Shuttle (53.7) rep: 59.5</u>		<u>10:20.2n</u>	
70-4	Ron Semkiw, Mesa, AZ, 3/5	58.0	GROSSMONT, 2/22 (Dries,	10:22.2n	WEST VAL.
54-11 1/2	Bruce Adams, SD Mesa, 3/12		Davis, Hallmon, Richardson)	10:22.4	LACC
54-7	John Nomis, LA Pierce, 3/29	58.9	SAN JOAQUIN DELTA, 3/16	10:24.0	LA VALLEY
53-11	Steve Parisen, Pierce, _____	59.2n	SEQUOIAS, 3/16	10:25.0n	LA PIERCE
53-5	_____ Flox, Mt.SAC, _____	59.4n	CHAFFEY, 2/22	10:28.4n	HANCOCK
53-4 1/2	Bruce Brooks, LACC, 3/15	59.4	FOOTHILL, 2/23	10:29.8n	CANYONS
52-7	Lon Sisemore, S. Jose, 3/20	59.5	CITRUS, 2/22	10:33.0	WEST LA
52-5	Mike Weeks, Mesa, AZ, 2/25	<u>480 All-Hi Shuttle (59.1) rep: 64.5</u>		10:33.6	CERRITOS
52-2 1/2	Glen Klein, Cerritos, 2/23	61.4	SKYLINE, 3/30 (Wyatt,	add 10:23.4	MONTEREY
51-9 1/2	Marl Murray, Fullerton, 3/29		Allmond, Swartzell, Pierce)		
51-8 3/4	Gary Cotton, Palomar, 2/22	61.5n	MONTEREY, 3/30 (Curley,		
51-8 1/2	Steve Albright, Glendale, 3/29		Johnson, Sparks, Thomas)		
51-7	John Baxter, LA Harbor, 3/29	62.0	CHAFFET, 3/2		
51-5	_____ Gorbet, Lassen, 3/22	62.7	SANTA BARBARA CC, 3/22		
51-2	Bill Muxlow, Bakersfield, 3/29	63.2	LA HARBOR, 2/22		
50-11	Bob Rule, SD Mesa, 3/12	63.6n	EAST LOS ANGELES, 2/22		
50-10	Scott Avrey, Long Beach, 3/15	64.2	LOS ANGELES CC, 3/22		
<u>Decathlon (8230) Report: ALL</u>					
6050	Tom Swartzell, Skyline, 3/18-19				