

JC TRACK & FIELD - APRIL (18) 1974 BULLETIN EDITION - Fred Baer, Publisher
 A Publication of the JC Athletic Bureau, P.O. Box 5401, San Mateo, California 94402
 1974 U.S. J C COMMUNITY COLLEGE TRACK & FIELD BEST MARKS (Outdoors) - 1974 List No. 3

<u>100 (9.2, 9.3)</u>		<u>Mile (3:56.1)</u>		<u>High Jump (7-1$\frac{1}{2}$)</u>	
9.4w James Parker, So.Plains, TX	4:09.2	Tim Williams, Lane, OR	7-0 $\frac{1}{2}$	Tony Madau, Fullerton	
9.4w Rick Wilmoth, Citrus	4:10.7	Mike Avrea, El Camino	7-0	Eddie Williams, Mesa, AZ	
9.4- John McCollum, Mesa, AZ	4:13.5	George Pullen, Grossmont	7-0	Dwight Stones, Glendale	
9.4wn James Anderson, Palomar	4:13.6	James Robinson, Laney	6-11	Joel Braggs, Bellevue, WA	
9.5w Marvin Baker, So.Plains, TX	4:13.8	Bruce Hellebran, Moorpk	6-10 $\frac{1}{2}$	Kerry Elders, Fresno	
9.5w George Proctor, Odessa, TX	4:13.9n	Gary Sanchez, San Jose	6-10	Dennis Deloach, Mesa, AZ	
9.5wn Olda Lewis, So.Plains, TX	4:14.6	Larry Mason, LATradéTech	6-10	Steve Miller, Mt. SAC	
9.5wn James Sanders, So.Plains, TX	4:14.8	Dan Rock, Fullerton	6-9	Mike Franz, El Camino	
9.6- Glen Stanford, Miami-D. So.	4:14.9n	Jim Hennessy, Spokane, WA	6-9	Rich Geske, Solano	
9.6 Don Livers, San Jose	4:14.9i	Lee Dick, Palomar	6-9	Doug McDonald, Everett, WA	
9.6n Randy Benson, Fullerton	<u>2 Mile (8:47.0, 8:52.4)</u>		6-9	Kelly Graham, Lane, OR	
9.6-Gary Jenkins, Long Beach	9:04.2n	Rick Whitaker, Spokane, WA	<u>Pole Vault (16-11, 16-8)</u>		
9.6 Keith Davidson, Ranger, TX	9:05.0n	Kurt Beckman, Spokane, WA	16-7	Larry Haynie, Central, AZ	
9.6wn Browning Allen, Citrus	9:08.4i	Gary Close, Grossmont	16-0	Larry Johnson, Glendale	
9.6w Mel Watson, ContraCosta	9:12.2	Mike Avrea, El Camino	16-0	Mark Herman, Mesa, AZ	
<u>220 (20.6)</u>	9:13.2	Joel Scott, LA Valley	15-8 $\frac{1}{2}$	Kevin Meyers, Mesa, AZ	
21.0w Rick Wilmoth, Citrus	9:13.4	Bruce Hellebrand, Moorpk	15-6	Armstrong, Phoenix, AZ	
21.1w Bruce Smiley, Long Beach	9:15.2n	Bernard Rose, Odessa, TX	15-4	Hugo Black, LACC	
21.2 Randy Benson, Fullerton	9:16.0n	Jim Hennessy, Spokane, WA	15-1	Bill Jorgenson, Palomar	
21.2w Marvin Baker, So.Plains, TX	9:16.8	Tim Williams, Lane, OR	15-0	Mark Aide, Ranger, TX	
21.3 Carl Sagon, Santa Rosa	9:16.8	Jim Hartig, Fresno	15-0	Robert Leach, N. Mexico	
21.3wn James Anderson, Palomar	9:17.0n	Ted Quintana, Chabot	15-0	Ken Wenman, Spokane, WA	
21.3- Michael Bush, West LA	<u>3 Mile (13:39.2)</u>		15-0	Ward, Central, AZ	
21.3 Frank Jackson, Moorpark	13:48.8	Bernard Rose, Odessa, TX	15-0	Roger Martin, West Valley	
21.3n Allan Ludway, West LA	14:05.4	Kurt Beckman, Spokane, WA	15-0	Bob Flint, Fresno	
21.4- Corn. Bailey, LA Harbor	14:08.0	Rick Whitaker, Spokane, WA	15-0	Carlos Garcia, Glendale	
21.4wn Browning Allen, Citrus	14:04.8	Bruce Smith, New Mexico	<u>Long Jump (26-5, 26-2 $\frac{3}{4}$)</u>		
21.4- Michael Lay, West LA	14:13.2	Gary Close, Grossmont	25- $\frac{1}{2}$ w	Dan Carter, El Camino	
<u>440 (45.8, 46.1)</u>	14:13.8	Roy Woolery, Phoenix, AZ	24-7 $\frac{3}{4}$ w	Cec. Overstreet, S. Jose	
47.5 James Robinson, Laney	14:15.6	Mike Avrea, El Camino	24-6 $\frac{1}{2}$ w	Carlton Shaw, Foothill	
47.7 Mike McZeal, LA Southwest	14:15.8n	Mike Pinocci, Odessa, TX	24-3 $\frac{1}{2}$ w	Waddell Smith, LASoW.	
47.7n Waddell Smith, LA So. West	14:18.0	Rob Waugh, Phoenix, AZ	24-2 $\frac{1}{2}$ -	Glen Stanford, Miami-Dn	
47.8 Randy Benson, Fullerton	14:18.2	Steve Wilson, Spokane, WA	24-2-	David Goss, Compton	
48.2 Julius Fletcher, Mesa, AZ	14:20.0	Jim Hartig, Fresno	24-1w	Allan Hollis, West LA	
48.4 Gerald Johnson, Odessa	<u>6 Mile (28:54.4n)</u>		24-0-	Willie White, LASoW.	
48.5 Curtis Boyd, Ranger, TX	28:51.0	Kurt Beckman, Spokane, WA	23-10 $\frac{1}{2}$ w	Wilson Bowie, Cosumnes	
48.5 Bob Evans, LACC	30:00.6	Jim Hartig, Fresno	23-9-	Eddie Banks, Mesa, AZ	
48.6 Denzil Davis, Spokane, WA	30:36.0	Mike Bailey, Brevard, NC	<u>120 HH (13.4, 13.5)</u>		
48.6 Carl Sagon, Santa Rosa	30:45.0	Greg Beyerlein, Everett, WA	13.8w	Derek Ligons, Chabot	
48.6n Benny Myles, LA Harbor	<u>3000m Steeplechase (8:57.8)</u>		14.1-	Floyd Cavitt, Cisco, TX	
<u>880 (1:48.3, 1:48.6)</u>	9:14.0	Fred Espinoza, Glendale, AZ	14.2w	Bill Ardary, Fullerton	
1:51.2 James Robinson, Laney	9:19.6	Bruce Smith, N. Mexico	14.2	Chas. Romes, Lake City, IL	
1:53.6 Gary Sanchez, San Jose	9:35.6	Greg Sullivan, Am. River	14.3	Rod Price, Eastern OK	
1:53.8 Mike Cason, Mesa, AZ	9:47.2	Bruce Caputo, Lassen	14.3n	David Nelson, Cisco, TX	
1:53.9n Eric Kinsky, Mesa, AZ	9:48.8n	Robin Hollard, Odessa, TX	14.3	Bart Pierce, Skyline	
1:54.0 Larry Boanen, Bakersfield	9:50.6n	Dave Boyet, Sacramento	14.4wn	Jeff Barnes, Chabot	
1:54.0 Ben Neil, Pasadena	<u>440 IH (50.2, 51.2)</u>		14.4n	Ike Allmond, Skyline	
1:54.1 Ramsey, Santa Rosa	52.2	David Nelson, Cisco, TX	14.4	Marvin Stevenson, Blinn, TX	
1:54.1n Mike Schaecher, WestVal.	52.7n	Floyd Cavitt, Cisco, TX	<u>Triple Jump (52-$\frac{1}{2}$, 52-0)</u>		
1:54.6 Dan Barry, LA Pierce	53.6	Rick Steele, Glendale (CA)	49-7	Clint Herrell, SJ Delta	
1:54.6n Steve Wulf, LA Pierce	53.7	Tom Neiderhaus, Pasadena	49-7-	Andre Carpenter, Mesa, AZ	
1:54.7 Dan LaGorio, LA Pierce	53.9n	Rich Roesky, De Anza	49-3-	Ehrich Scott, Mt. SAC	
- Dash indicates no wind data as yet provided to us.	53.9n	John Kirkpatrick, Laney	48-9 $\frac{1}{2}$ w	Allen Goodlow, Laney	
n = non-winning mark	54.0	Mark Von Iderstein, Fullerton	48-9w	Steve Porter, Foothill	
w = wind-aided mark	54.1	Jim Wyatt, Skyline	48-9-	Stan Bland, Mt. SAC	
Blank denotes missing info	54.5	Mikey Rice, Odessa, TX	48-8 $\frac{1}{2}$ w	Jim Triplett, West Valley	
	54.6	Fischer, LA Harbor	48-6 $\frac{1}{2}$ -	Rod Blakeney, Monterey	
	54.6	Randy Smith, LA Pierce	48-5 $\frac{1}{2}$ -	Jeff Hutton, Fullerton	
			48-4 $\frac{3}{4}$ -	Thurmond Wells, CCSF	

<u>Shot Put (32-1)</u>		440 RELAY (40.4)	4 MILE RELAY (17:00.4)	
70- $\frac{1}{2}$	Ron Semkiw, Mesa, AZ	40.5 MESA, AZ (Eddie Banks, John McCollum, Jul. Fletcher, Ken Walker)	17:00.2 ALLEGHENY, PA (Chas. Schmiedlin 4:15.2, John Jennings 4:15.4, Paul Stemmer 4:12.6, Pat Rexroat 4:17.0)	
55-7 $\frac{1}{2}$	Bruce Adams, SD Mesa	40.6 RANGER, TX	17:34.4 EL CAMINO	
55-3	John Nomis, LA Pierce	40.8 ESSEX, NJ	17:39.8 SPOKANE FALLS, WA	
54-5	Scott Flox, Mt. SAC	40.9n LAKE CITY, FL	17:40.0 LA VALLEY	
54-1	Marl Murray, Fullerton	41.1 WEST LA	17:40.4 CABRILLO	
53-11	Steve Parisen, LA Pierce	41.3n SOUTH PLAINS, TX	17:41.0 BELLEVUE, WA	
53-7	Lon Sisemore, San Jose	41.4 LA SOUTHWEST	17:43.0 PALOMAR	
53-4 $\frac{1}{2}$	Bruce Brooks, LACC	41.4n MIAMI DADE-NORTH, FL	17:45.0n SPOKANE, WA	
53-3 $\frac{1}{2}$	Vic Gorbet, Lassen	41.5 ODESSA, TX	17:45.6n BREVARD, NC	
52-5	Mike Weeks, Mesa, AZ	41.5 SAN JOSE CC	17:46.4n AMERICAN RIVER	
52-3	Steve Albright, Glendale	41.6 LANEY	17:47.2 COLLEGE OF MARIN	
<u>Discus (191-2, 187-5)</u>		41.7 GROSSMONT	17:48.8n CITRUS	
174-0	Steve Frankiewich, Merced	41.7 MT. SAN ANTONIO	17:49.6n FULLERTON	
173-2	Jay Pushkin, Foothill	41.7n MIAMI-DADE-SOUTH, FL	<u>SPRINT MEDLEY (3:19.7, 3:22.8)</u>	
171-11	Marl Murray, Fullerton	41.8 PASADENA CC	3:18.9 ESSEX CC, NJ (Richard Cross 22.9, Fred Brown 20.5, Kevin Joseph 47.3, Horace Tuitt 1:48.2)	
170-2	Jamie Groover, West Valley	41.8 ODESSA, TX	3:24.2 MIAMI DADE-NORTH, FL	
164-8	Ron Semkiw, Mesa, AZ	41.8 SOUTH PLAINS, TX	3:27.5 LONG BEACH CC	
163-10	Steve Brown, Cypress	41.9 LA HARBOR	3:27.5n LOS ANGELES CC	
161-11	Mike Weeks, Mesa, AZ	41.9 CONTRA COSTA	3:28.6 SPOKANE, WA	
160-2	Robert Hall, Butte	41.9n CALHOUN, AL	3:28.8 LA TRADE TECH	
160-1	Greg Baer, Grossmont	42.0 LA TRADE TECH	3:29.3 LANEY	
160-1	John Harbottle, West Val.	42.0 LONG BEACH CC	3:29.2n FULLERTON	
<u>Javelin (278-0)</u>		42.0 FRESNO CC	3:29.6n SPOKANE FALLS, WA	
234-6	Paul Shoemaker, N. Mexico	<u>880 RELAY (1:24.1)</u>		
226-11	Rick Jackson, Palomar	1:27.6 RANGER, TX (Henry Savage, Cleo Boone, Bob Brown, Keith Davidson)	3:30.0 DIABLO VALLEY	
226-3	Dave Krough, Mt. SAC	1:27.6 LA HARBOR (_____)	3:30.3n SKYLINE	
218-10	Shiveley, Rio Hondo	1:27.7 SOUTH PLAINS, TX	3:30.4 GROSSMONT	
217-2	Steve Tripp, Spokane, WA	1:28.3n SPOKANE, WA	<u>DISTANCE MEDLEY (9:51.0)</u>	
214-9	Ed Williams, Mesa, AZ	1:28.4 WEST LOS ANGELES	9:54.4 ALLEGHENY, PA (Tim Grogran 1:54.1, Gary Henning 49.6, Pat Rexroat 3:00.0, Paul Stemmer 410.9)	
213-5	Tony Ciarelli, Or. Coast	1:28.6 SAN JOSE CC	9:57.8 N. MEXICO 10:16.8n S. COSE	
212-0	Mike Spoolstra, Cerritos	1:28.6 LONG BEACH CC	9:59.0n ODESSA, TX 10:19.0n BLINN, TX	
211-9	Steve Jarvis, Citrus	1:28.8 SAN JOAQUIN DELTA	10:06.4n SPOKANE, WA 10:19.4 HARBOR	
211-7	Steve Brooks, Everett, WA	1:28.9 LA SOUTHWEST	10:11.4 MOORPARK 10:20.0n PALOMAR	
<u>Hammer (187-11)</u>		1:29.0 LOS ANGELES CC	10:13.6 SACRAMENTO 10:20.2n SJ DELTA	
173-5	Marl Murray, Fullerton	1:29.1 COMPTON	10:14.4n FRESNO CC 10:21.6n RANGER, TX	
<u>Decathlon (8230)</u>		1:29.2 MIAMI DADE NORTH, FL	10:15.6n CISCO, TX 10:22.2n WEST VAL	
6030	Tom Swartzell, Skyline	1:29.3n CONTRA COSTA	10:15.8 CHABOT 10:22.4 LACC	
<u>MILE RELAY (3:08.2)</u>		1:29.3n COSUMNES RIVER	<u>480 Hi-Lo SHUTTLE HURDLES (53.7)</u>	
3:12.0	ESSEX CC, NJ (_____)	1:29.3n LA VALLEY	58.0 GROSSMONT (Scott Dries, Randy Davis, Chris Hallmon, Mark Richards)	
3:12.7	RANGER, TX (Curtis Boyd 47.8, Terry Novak 47.7, Guy Yarborough 49.6, Bob Brown 47.7)	<u>TWO MILE RELAY (7:29.4)</u>		
3:13.4n	LAKE CITY, FL	7:43.0 LA PIERCE (Dan Barry, Steve Wulf, Randy Smith, Dan LaGorio)	58.2 ANTELOPE V. 59.4 FOOTHILL	
3:13.7	LA SOUTHWEST	7:48.6 LA HARBOR	58.9 SJ DELTA 59.4n CHAFFEY	
3:15.2	NEW MEXICO JC	7:50.6n BAKERSFIELD	59.2n SEQUOIAS 59.5 CITRUS	
3:16.1	CISCO, TX	7:50.8 BELLEVUE, WA	<u>480 All-Hi SHUTTLE HURDLES (59.1)</u>	
3:16.2n	LANEY	7:52.2n AMERICAN RIVER	61.0 SKYLINE (Tom Swartzell 16.2, Jim Wyatt 15.3, Ike Allmond 14.9, Bart Pierce 14.6)	
3:16.4	FULLERTON	7:53.0 PALOMAR	61.5n SJ DELTA 62.3 MT. SAC	
3:16.7	LA HARBOR	7:53.0n SPOKANE, WA	61.5n MONTEREY 62.7 S. BARBARA	
3:17.1	SPOKANE, WA	7:53.0n EL CAMINO	62.0 CHABOT 63.1 LA HARBOR	
3:17.2	MESA, AZ	7:53.0 NEW MEXICO	<u>1 MILE INTER MEDIATE HURDLE RELAY</u>	
3:17.4	BAKERSFIELD	7:53.8n PHOENIX, AZ	3:46.3n SKYLINE (Tom Swartzell 57.5, Ike Allmond 57.3, Bart Pierce 57.3, Jim Wyatt 54.2)	
3:18.5	LOS ANGELES CC	7:55.8n MT. SAN ANTONIO		
3:19.0n	SAN JOSE CC	7:56.2 CITRUS		
3:19.4n	LA PIERCE	7:56.8n SAN JOSE CC		
3:19.4	ODESSA, TX	7:57.0n LOS ANGELES CC		
3:19.5	MT. SAN ANTONIO	7:58.4n LANEY		
3:19.5n	PASADENA CC	7:58.6 SAN DIEGO MESA		
3:19.8	SKYLINE	7:58.8 MODESTO		

REPORT ALL MEET RESULTS TO: JC TRACK & FIELD, P.O. BOX 5401, SAN MATEO, CA 94402.