

TOP CADET PERFORMANCE INDOORS  
ALL TIME

75

2 Mile

8:53.4	Trujillo	'76
8:55.1	Alm	'73
8:59.1	Flynn	'73
9:03	Fletcher	'74
9:03.3	Reinhardt	'75
9:04.1	Straub	'64
9:04.8	Warner	'67
9:05.8	Shea	'52
9:07.5	Sebastian	'70
9:08.2	Fee	'72

60

6.0	Dedmond	'72
6.1	Evans	'60
6.1	Almaguer	'63
6.1	Owens	'75
6.1	Best	'74
6.2	Craig	'43
6.2	Newell	'45
6.2	Kyasky	'57
6.2	Sprague	'62
6.2	Berry	'41
6.2	Groves	'69
6.2	Flanagan	'71

2 Mile Relay

7:34.4 (Fee, Dernar, Tone, Catti) 1971

600

35 lb. wt.

64'7½"	Bagdonas	'59
62'11½"	Sample	'74
62'6 ¾"	Graham	'67
62'6"	Hart	'68
62'2"	Ostrand	'73
61'8½"	Ballard	'63
60'10½"	Butts	'73
60'7 ¾"	Schoitz	'49
60'2"	Diehl	'72
59'11"	Mengel	'62
59'9½"	Frederick	'70

1:10.6	Forsythe	'70
1:10.8	Foose	'69
1:10.8	Lemaster	'69
1:11.1	Jenkins	'65
1:11.3	Bivens	'73
1:11.4	Farrell	'66
1:11.5	Nolan	'68
1:11.7	Byrne	'58
1:12.1	Hannan	'72
1:12.1	Rabaut	'70

Mile Relay

3:15.4	Cochran	'68
	Morrill	'69
	Forsythe	'70
	Foos	'69

Mile

4:04.5	McDonald	'68
4:07.5	McCafferty	'74
4:07.7	Warner	'67
4:08	Reinhardt	'75
4:08.7	Miner	'73
4:09.7	Straub	'64
4:10	Shea	'52
4:10.2	Camp	'68
4:10.3	Curran	'72
4:10.9	Nolan	'68

1000

2:09.1	Camp	'68
2:09.3	Saddler	'74
2:11.2	McCafferty	'74
2:11.2	Lingle	'64
2:11.6	Hanne	'60
2:11.7	Helmick	'70
2:11.9	Henry	'72
2:12.2	LeMaster	'69
2:12.4	Clement	'65
2:12.8	Catti	'71

Shot Put

56'8"	Seebart	'68
56'6 ¾"	Hart	'68
55'5 ¾"	Nance	'60
54'9½"	Haas	'68
54'11¼"	Sarn	'63
53'7 ¾"	Clements	'61
53'7½"	Finley	'68
53'4½"	Nell	'70
53'4½"	Black, R.	'67
53' ¾"	Coulter	'46

60 HH

7.2	McCullough	'69
7.2	Groves	'69
7.2	Madden	'74
7.4	Jeffrey	'67
7.4	Jones	'73
7.4	Johnson, J.	'60
7.4	Dellarocco	'76
7.5	Spear	'70
7.6	Steele	'70
7.6	Valant	'73

Dear Plato

Steve Aldrich is everything you said he was, He sings your praises - and speaks very highly of you.

His moving around so much has hurt him - He needs a lot of lifting 52' was his best in the stat 162' with the discus - He weighs 207 - & can carry

Pole Vault

16'½"	James	'71
15'9¼"	Plymale	'64
15'3"	Rountree	'69
15'	Marks	'72
15'	Caputo	'75
14'9"	Lawrence	'66
14'9"	Lawson	'76
14'8"	Kugawski	'67
14'6¼"	Goodier	'70
14'6¼"	Smith	'71
14'6"	Richard	'64
14'6"	Callaway	'69
14'6"	Melcher	'76

High Jump

6'11¼"	Olson	'70
6'10"	Peltier	'70
6'9"	Steele	'70
6'8 3/4"	Kremser	'68
6'7"	Armstrong	'68
6'6"	Frolich	'73
6'6"	Laborne	'61
6'5½"	Spaulding	'74
6'5"	Keller	'68
6'5"	Alger	'65
6'5"	Reid	'74

Triple Jump

47'7"	Knight	'71
47'4"	Guyton	'77
46'6½"	Cerny	'73
46'5½"	Dearing	'76
45'2¼"	Witt	'77
44'7½"	Anderson	'74

Long Jump

24'3¼"	Minor
24'2"	Kyasky
23'9½"	Scott
23'8½"	Chappell
23'8½"	Gribble
23'5½"	Yielding
23'5'	Hoass
23'3 3/4"	Schwukert.
23'3½"	Rapp
23'1¼"	Collins

so more pounds with ease. He is a fine young man - He plans to concentrate on track - and I think we can get him up to 50' with the shot & 160' with the college discus -

I am very happy that he is here. Young Rich Bega from Merced Cal - is here and I feel he is going to be a good distance runner within the next 2 years. would like to get (Kimball) and Hulst, & Serna a Sr. going to Oregon state

I think we are going to attract more of the top people in the next few years. With the cost of schooling going up & up each year -

Thanks alot of for your help.

as ever  
Carl

TOP CADET PERFORMANCE OUTDOORS 175  
ALL TIME

100

9.4	Flanagan	'71
9.5	Almaguer	'62
9.5	Best	'74
9.6	Dedmond	'72
9.6	Madera	'73
9.7	Owens	'75
9.7	Stajduhar	'76
9.7	Jenkins	'66
9.7	Ramsay	'66
9.7	Sprague	'62

Mile

4:05.8	Camp	'68
4:06.6	Warner	'67
4:07.7	Alm	'73
4:08	McCafferty	'74
4:08	McDonald	'68
4:08.8	Curran	'72
4:09.1	Straub	'64
4:10.4	Benz	'61
4:10.8	Miner	'73
4:11	Olive	'53

220

21.2	Almaguer	'62
21.3	Best	'74
21.4	Dedmond	'72
21.5	Jenkins, H.	'65
21.5	Ramsay, R.	'66
21.5	Madera, R.	'73
21.5	Craven, J.	'75
21.6	Sprague	'62
21.6	Forsythe	'70
21.6	Flanagan	'71
21.6	Owens	'75

2 Mile

8:53.6	Straub	'64
8:55.1	Warner	'67
9:03.3	Flynn	'73
9:05.3	DeCoursey	'68
9:05.7	McDonald	'68
9:05.8	Shea	'52
9:07.5	Lucas	'69
9:10.5	Fletcher	'74
9:10.9	Trujillo	'76
9:13.3	Jones	'61

440

47.4	Jenkins, H.	'65
47.5	Forsythe	'70
47.7	Farrell	'66
47.8	Rabaut	'70
47.9	Bivens	'73
48.2	Birznieks	'76
48.5	LeMaster	'69
48.6	Madera	'73
48.9	Foos	'69
49.0	Dace	'75
49.2	Hannan	'72
49.2	Outlaw	'66

3 Mile

13:45	Flynn	'73
13:46.6	Trujillo	'76
13:48	Straub	'64
13:51	Alm	'73

880

1:49.5	Camp	'68
1:50.4	Saddler	'74
1:51.1	Nolan	'66
1:51.4	Weeshar	'75
1:51.7	Hanne	'59
1:52	Warner	'67
1:52.2	Billia	'70
1:52.3	Clement	'65
1:52.5	Dinges	'53
1:52.9	Henry	'72
1:53.2	Catti	'71
1:53.2	Straub	'64

120 High Hurdles

14.2	Groves	'69
14.2	Madden	'74
14.4	Dellarocco	'76
14.4	Purdue	'54
14.4	McCullough	'69
14.4	Schultz	'51
14.5	Walling	'42
14.5	Johnson, L.	'51
14.5	Johnson, Jim	'60
14.5	Jones, J.	'73
14.5	Allen, K.	'64

3000 Meter Steeplechase

9:07.6	Neidermeyer	'75
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6 Mile

29:38	Trujillo	'76
29:39	Flynn	'73
30:00	Fletcher	'74

440 Hurdles

54	Jaccard	'70
54.3	Sweetnam	'74
54.5	Lindir	'66
54.6	Carson	'77
55.1	Groves	'69

440 Hurdles - (continued)

52.4	McCullough	'69
52.8	Allen, K.	'64
53.2	Valant	'73
53.8	Davis	'65
53.8	Spears, K.	'70

### 440 Relay

41.2 Nelson, Phillips, Jenkins, Ramsay - set in 1966  
41.2 Nelson, Williams, Morrell, VanEvans - set in 1967  
41.2 Best, Craven, Stajduhar, Owens - set in 1974

### 1 Mile Relay

3:12.3 Forsythe, LeMaster, Foos, King - Set in 1969  
3:12.3 Best, Bivens, Hannan, Madera - set in 1972

### 4 Mile Relay

16:50.6 Nolan, Camp, Warner, McDonald - set in 1967

### 2 Mile Relay

7:29.2 LeMaster, Osman, Billia, Camp - set in 1968

### 880 Relay

1:26.5 Dedmond, Hannan, Forsythe, Flanagan - set in 1970

### Sprint Medley

3:24.4 Rabaut, Forsythe, Foos, Camp - set in 1968

### Distance Medley

9:47.8 Camp, Nolan, Warner, McDonald - set in 1968

### 480 Shuttle Hurdle

59.8 Dellarocco, O'Brien, Carson, Madden - set in 1974

### Shot Put

55'3"	Nance, K.	'60
55'2"	Seay, J.	'62
54'10½"	Seebart, D.	'68
54'10½"	Hart	'68
54'7½"	Coulter	'46
54'6"	Haas	'69
53'4"	Black, R.	'66
52'4¼"	Nell	'61
52'1½"	Clements	'53
51'3"	Patton	

### Javelin

257'7"	Wallis	'71
252'4"	Black, J.	'68
239'4"	Bennett	'65
238'10"	Buckowsky	'71
237'10½"	Ahern	'63
234'7"	Spinney	'70
230'9"	Wade	'72
226'10"	White	'41
217'0½"	Olson	'65
216'4"	Cerny	'73

Pole Vault

15'9 3/4"	Plymale	'64
15'6"	Wagner	'75
15'1 1/4"	Rountree	'69
15'	Richard	'64
15'	Caputo	'75
15'9"	James	'71
14'9"	Lawson	'76
14'8"	Callaway	'68
14'6"	Kiyawski	'66
14'6"	Melcher	'76

Discus

176'6"	Hart	'68
173'4"	Sample	'74
172'3"	Subart	'68
165'10 1/2"	Sarn	'63
155'7"	Ostrand	'73
161'7"	Socea	'71
161'5"	Davis	'74
159'4 1/2"	Scholtz	'49
158'2 1/2"	Jark	'29
157'	Haas	'69

Hammer

203'4"	Bagdonas	'59
198'7"	Graham	'67
198'5"	Diehl	'72
198'	Hart	'68
193'2"	Shuff	'71
189'11"	Ballard	'63
188'8"	Butts	'73
188'2"	Fredrick	'70
182'11"	Ostrand	'73
178'7 1/2"	McCarthy	'61

High Jump

7'0"	Olson	'70
6'10"	Petlier	'70
6'10"	Armstrong	'68
6'8"	Steele	'70
6'7"	Kremser	'68
6'6 1/2"	Keller	'68
6'6"	LaBorne	'61
6'6"	Frolich	'73
6'6"	Spaulding	'74
6'4 1/2"	Dowling	'63
6'4"	Reid	'74

Long Jump

24'2"	Scott	'47
23'11 1/2"	Hoas	'59
23'7"	Knight	'71
23'8"	Fugua	'53
23'6 3/4"	Stuart	'30
23'6"	DeNeno	'64
23'5 3/4"	Green	'29
23'5 3/4"	Moore	'31
23'5"	Griffin	'65
23'2 3/4"	Chappell	'60

Triple Jump

49'	Knight	'71
48'10 1/2"	Jones, W.	'73
48'2 1/2"	Outlaw	'68
48'2"	Lewis	'73
47'5 1/4"	Kuhn	'65
47'2 3/4"	Green	'29
46'11 3/4"	Cope land	'69
46'10 1/2"	Cerny	'73
45'11 1/2"	Phelan	'70
45'11"	Goodier	'70