

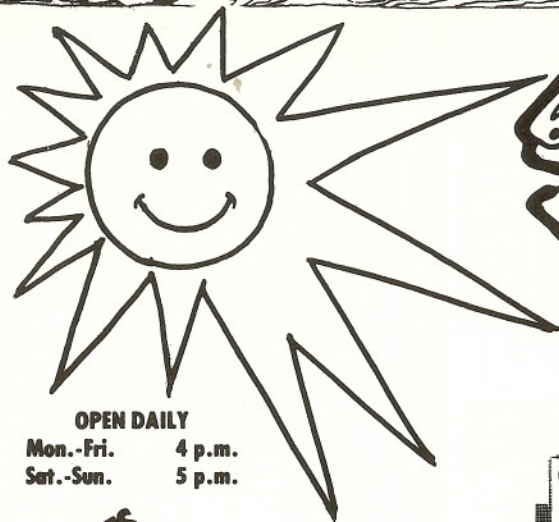
California State University Long Beach



49er
Track and Field
1979



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Keith Taylor.



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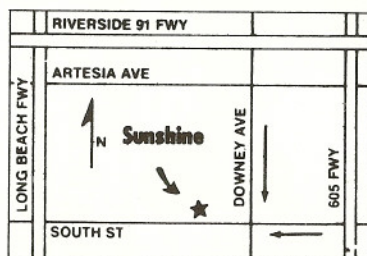
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Credits

The official track guide for California State University, Long Beach is published by the CSULB Sports Information Bureau, Terry Ross, Director. It was written and edited by Ken Grosse. Women's copy by Lynne Farrell

For More Information

Additional information on 49er Track and Field can be obtained by contacting Terry Ross, Sports Information Director at CSULB at [213] 498-4667, or writing him at the University at 1250 Bellflower Blvd., Long Beach, CA 90840.

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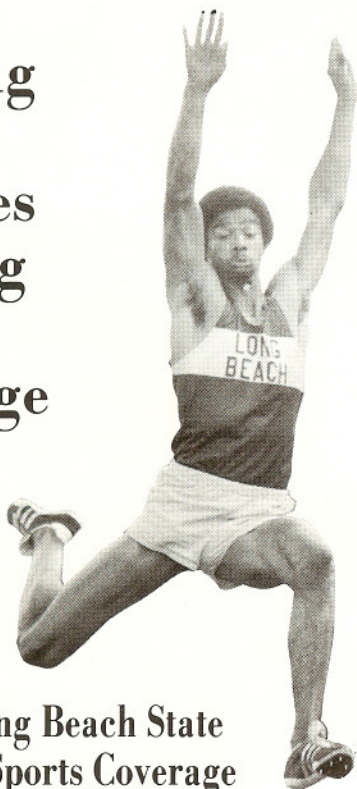
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CLIFF ABEL

Directing the Long Beach track and field squad in 1979 will be Cliff Abel, 48, a proven winner with more than 25 years of coaching experience behind him.

Although only in his first year at the helm of the 49er program, Abel is no stranger to the Southern California track scene. For the past six years, he has been the Head Coach at Cal State Northridge and during that period built that school into an NCAA Division II power, winning the national championship in 1975 and simultaneously earning Coach of the Year honors in Division II.

Abel captured three conference titles at Northridge, produced 48 All-Americans and his teams never finished out of the Top 10 in the NCAA Division II Championships.

Although acknowledged as an authority on distance running, Abel has turned out premier athletes in a variety of events. Among the outstanding spikers to develop under Abel are Sylvester Marshall, an NCAA discus champion, NCAA high jump champion Clarence Frazier, Ed Chaidez, a national titlist at 10,000 meters, and hurdler Doug Jones, who finished second in the NCAAs behind Olympic gold medalist Rod Milburn and now plays football in the NFL.

Abel's 400 meter relay teams have placed in the national meet four times, winning the event in 1974 and coming home second in '75.

Abel was an All-American in cross country at his alma mater, the University of Kansas, in the early 1960's. He ran on three record breaking distance relay teams as an undergraduate and later received his masters degree there.

While in the service, Abel began his coaching career in 1953, piloting the track and cross country teams at Fort Carson, Colorado. In 1957 he landed his first high school position at Northeast High in Kansas City. From there he moved to West High School in Shawnee Mission, Kansas.

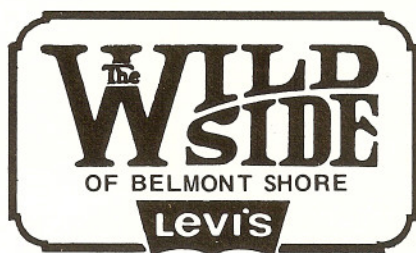
Abel came West in 1970 to take the head cross country and assistant track jobs at Sacramento State. At Sacramento, he worked under Stan Wright, who has coached several U.S. Olympic teams. One year later, Abel gained the head coaching position at Northridge.

He was an instructor on "Intermediate Hurdles," at the U.S. Olympic Committee Track Clinic at West Point, New York in 1973. He made a presentation on the "Training and Conditioning of the Middle and Long Distance Runner," at Stovall's All Sports Clinic in Anaheim, in 1976. Abel was the "Track and Field Representative" for the National Association for Sport and Physical Education's Goodwill Exchange Program in Mexico City in 1976.



Also cross country coach at CSULB, Abel is a past president of the Division II Cross Country Coaches' Association and has served on many national associations and panels.

Abel and his wife, Marilyn, reside in Canyon Country with their two sons.



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MEN'S TRACK AND FIELD SCHEDULE

DATE	DAY	OPPONENT	LOCATION	TIME
Feb. 17	Saturday	Alumni—CSLA—Chapman	CSULB	1:00 p.m.
Feb. 24	Saturday	Long Beach Relays	CSULB	9:00 a.m.
Mar. 2	Friday	Open (H.S. L.B. Relays)	CSULB	9:00 a.m.
3	Saturday			
Mar. 10	Saturday	UCLA Dual	Westwood	1:00 p.m.
Mar. 17	Saturday	Northridge Relays	Northridge	1:00 p.m.
Mar. 23	Friday	Cal State Northridge Dual	CSULB	2:00 p.m.
Mar. 24	Saturday	Stanford Invitational	Stanford	TBA
Mar. 31	Saturday	San Jose State Dual	San Jose	1:00 p.m.
Apr. 7	Saturday	Fresno State Invitational	Fresno	12:00 p.m.
Apr. 14	Saturday	San Diego State Dual	San Diego	1:00 p.m.
Apr. 20	Friday	Mt. SAC Relays	Walnut	TBA
21	Saturday			
Apr. 29	Sunday	Long Beach Invitational	CSULB	1:00 p.m.
May 4	Friday	West Coast Relays	Fresno	TBA
5	Saturday			
May 11	Friday	PCAA Championships	San Jose	TBA
12	Saturday			
May 19	Saturday	California Relays	Modesto	TBA
May 31	Thursday	NCAA Championships	Urbana, Ill.	TBA
June 1	Friday			
2	Saturday			



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RETURNING STARS TO CARRY LOAD UNDER NEW COACH

In 1978, the California State University, Long Beach track and field team put together one of the finest overall campaigns in the school's history. Eleven individuals qualified for the prestigious NCAA Championships, the 49ers were again among the top dual meet teams in the nation and six school records were broken or tied.

But that was 1978, and in 1979 the 49ers will be going through what first-year Head Coach Cliff Abel describes as a "transition year." The talent at the top end of the squad looks as potent as ever, but thinness in several events and down through the ranks may prevent the 49ers from matching last season's successes.

"To use coach's jargon, this will be a rebuilding or transition year for us," says Abel, who was appointed to his current position late last summer, too late to do much effective recruiting. "We've lost a lot of people, we're changing the staff and had no recruiting. There are a lot of question marks and it's really too early to give a definitive answer concerning our potential this season."

In '78, Long Beach finished second in a tight PCAA race, behind UC Irvine and just ahead of San Jose State. Abel feels that most track experts would rate his squad a notch lower this season.

"Although it's hard to say this early, I think most people will rank us third going in," Abel commented. "We have some outstanding individuals and could conceivably upset either San Jose State or UC Irvine in dual meets, but I'm not sure that we have enough depth to win the conference.

On paper though, we have potential in almost every event."

When Abel wants to discuss quality athletes in his group, he usually turns his attention directly to the field events, where the 49ers return four men who qualified for last spring's NCAA Meet in Eugene, Oregon.

That quartet consists of Keith Taylor, the school record holder in the long jump (26-0½) and a 53-foot plus triple jumper, All-American Craig Wilson, who finished fifth in the pole vault at Eugene, and the Fuller brothers, David and Paul. David Fuller is the school record holder in the hammer throw (198-5) and qualified for the nationals in three events, but will have his hands full trying to hold off Paul Fuller, who gives Abel formidable one-two punch in the hammer, shot put and discus.

"Those four all have NCAA point potential," Abel noted, "We will be relying on them to score heavily in most dual meets. Wilson is a very consistent vaulter and Taylor and the Fullers are very versatile.

Taylor may be the outstanding athlete on our team. He will probably run the sprints and a relay leg in addition to the jumps."

The 49ers' field event prowess does not begin and end with "the big four," however, and the non-running events are undoubtedly the strongest overall area Abel has.

JC transfer Glenn Davis (24-6 and 50-11) will team with Taylor to give the 49ers a talented combination in the horizontal jumps and senior Rick Moore (215-6) will provide quality in the javelin. Seven-foot high jumper Steve LaRusch is back after suffering a broken foot last spring and Abel believes

that sophomore Mitch Zarders is ready to reach the same plateau.

Most of the 49ers' shortcomings surface outside the field events. The sprint corps appears to be weaker than last year and the prospects in the hurdle races are marked by the same lack of depth that plagued the team in '78.

"We have several sprinters who could develop but right now no one person has clearly been able to dominate," Abel said. "We have a good young quartermiler in Tony Thompson (47.9) and Michael Allen (47.9) has looked good."

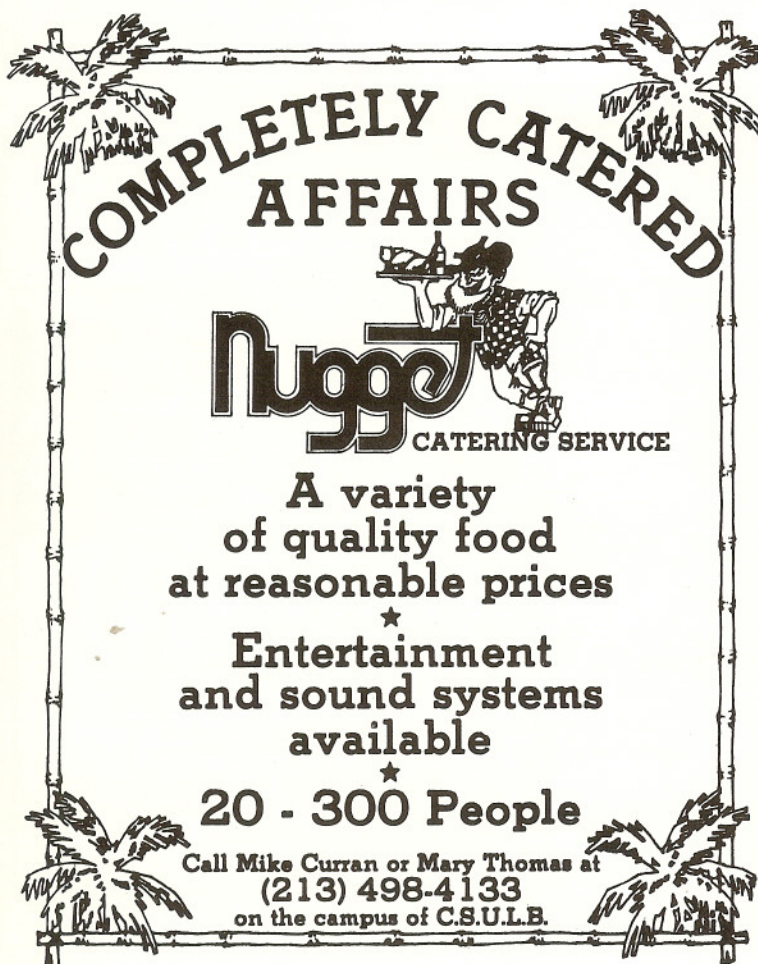
Abel is relying primarily on Winston Lindsey, a JC transfer, and freshman Sam Collins to hold up the 49ers in the hurdle races.

The middle and long distance crews have a somewhat more optimistic outlook. Back are Colin McConnell, who qualified for the NCAAs in the 5,000 meters as freshman, steeplechaser Dennis Wilson and half-miler Philip Wingard. Newcomers include State JC 1500 meter champion Robert Angel, service veteran Dave Huggins and transfers George Gilbert and Hopeton Rochester.

"Angel could be a sub-four minute miler before he leaves here," declared Abel, "and our distance crew has the potential to be very good."

Abel will have ample opportunity to gauge the power of his spikers due to a typically rugged dual meet schedule that includes UCLA, San Diego State and San Jose State.

"Our top dual meets will be good yardsticks by which we can measure our ability and improvement," Abel said. "Our realistic goal this season is to win the PCAA Championship, but we may be a year or so away."



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EVENT BREAKDOWN



Sprints—Traditionally a strong area at Long beach, the dashes are a big question mark in '79. All four members of last year's NCAA relay unit are gone, and although Arthur Green (10.2-20.8), Curtis Adkins (10.4-20.8) and Leo Hebert (10.3) all have top clockings, they have yet to be tested by major college competition. Isaac Cooper, Sidney Menzies and Robert Jackson are other potential scorers here.

400 Meters—The 49ers lose big guns Hubert Beasley and Bryan Saunders and will be young and inexperienced in what is another traditionally strong event. Freshman Tony Thompson (47.9) was fourth in last year's State High School Meet and could be the number one man. He will be pressed by Michael Allen (47.9) and Matt Duncan (49.5), who has already broken his lifetime best in pre-season workouts.

800 Meters—NCAA qualifier Odie Huffman is gone, leaving senior Phil Wingard (1:51), JC transfer Hopeton Rochester (1:51) and promising Bernard Fitchpatrick (1:54) to fill the gap. Miler Robert Angel, who has gone 1:53 is also available.

1500 Meters—Forty-Niners figure to be tough here with State JC champion Angel (3:49.2) on hand. Colin McConnell (3:50.5), who prefers a longer race, may run here occasionally. Fast-improving Scott Roley (3:59.9) and senior Wingard (3:53.6) will add depth.

5000 & 10,000 Meters: Potentially one of the top areas on the squad. McConnell (14:12.2) was an NCAA qualifier in the 5,000 as a freshman and will be joined by Dave Huggins, a service veteran. Huggins has run an impressive six-mile (28:36) and has posted a 13:56 clocking for three miles. Freshman Jim McManus, who impressed Abel during cross country, Steve Loken, Dennis Wilson and George Gilbert may also be used here.

3,000 Meter Steeplechase: Senior Dennis Wilson (9:02.4) figures to carry the load here, especially during the early going. Huggins, Loken and Bill Littmann are also expected to help.

110 Meter Hurdles—Lack of depth could make this event one of the 49ers' weakest. With school record holder John Peterson missing, the burden will fall on JC transfer Winston Lindsey (14.2).

400 Intermediate Hurdles—Lindsey will double in the intermediates (54.0) and has experience, but freshman Sam Collins could be a top threat in this race. Both figure around 51.0.

Relays—The sprint corps may fare better collectively than individually. Those mentioned in sprint outlook are also frontrunners for the one lap baton race. Keith Taylor is also a possibility. The 1600 relay outfit looks quite a bit weaker than last year's model, with several middle distance men vying for spots with the quarter milers.

Shot Put—The brother combo of David (59-7) and Paul Fuller (53-7) will make the weight events a plus area for the 49ers. Junior Eric Grow is also a threat to score.

Discus—The Fullers, Grow and sophomore Greg McSeveney make this a very solid event for the 49ers. David Fuller's 192-4 is the standout mark in the group and the discus is the best event for Grow.

Hammer—Another Fuller brother affair. David owns the school record at 198-5 and made the NCAA finals in the event. Abel feels Paul Fuller is much improved and will give the 49ers a one-two punch that will be tough to break up.

Javelin—Rick Moore (215-6) and Harol Tyson (190-0) are back and newcomer Martin Pastucha (196-0) will join them to give the 49ers a good trio here.

High Jump—Could be a surprisingly strong area for the Long Beach spikers. Steve LaRusch (7-0 3/4) has already broken the seven-foot barrier and sophomore Mitch Zarders (6-10) is capable of doing the same according to Abel.

Pole Vault—All-American Craig Wilson, the fifth place finisher at last year's NCAA Championships (17-1), is back and being counted on to return to that form. Forty-Niners are thin after Wilson though.

Long Jump & Triple Jump—School long jump record holder Keith Taylor (26-0) returns and gives Abel an NCAA class performer in both events. Taylor, who has gone 53-8 in the triple, may be the 49ers' top individual athlete. Glenn Davis from Los Angeles City College (24-6) is also a quality jumper. Davis has gone over 50 feet in the triple jump, while Jeff Suttles and Ramon Seranio are approaching that plateau.

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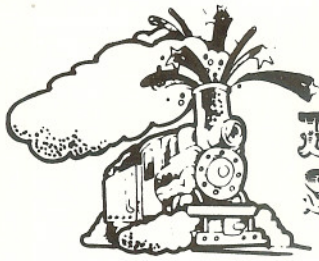
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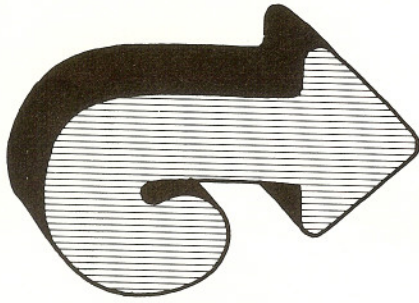
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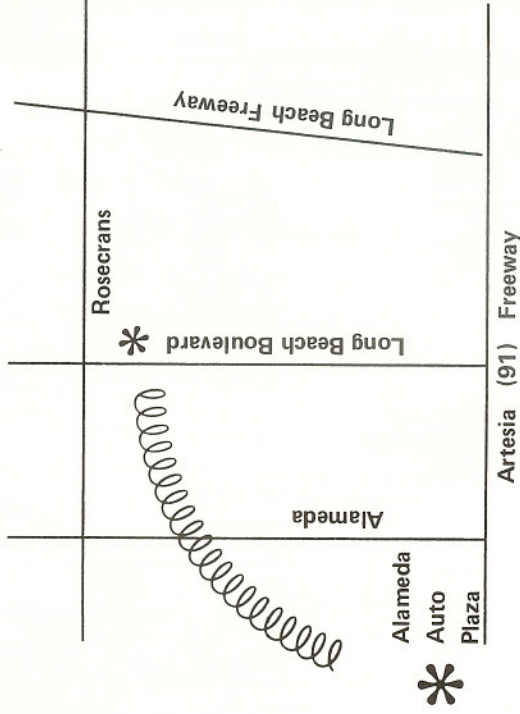
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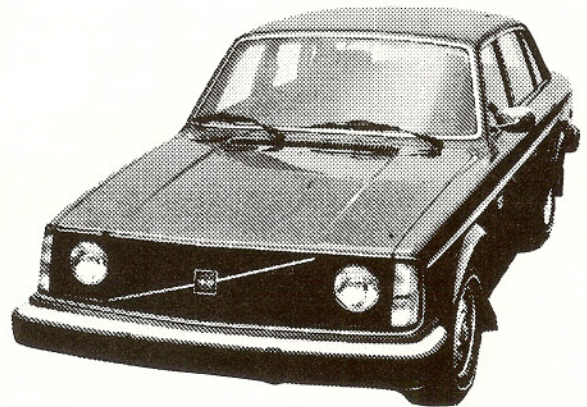


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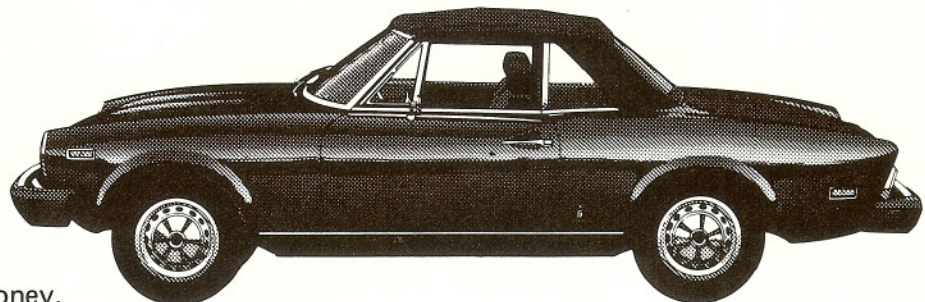


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MICHAEL ALLEN	6-3	185	Sr.	Wilmington (Banning)	400-800	47.9—1:54.0
ROBERT ANGEL	5-10	150	Jr.	Huntington Beach	800-1500	1:53.0—3:49.2
MICHAEL BAKER	5-9	163	So.	Chicago, Ill. (St. Francis)	Decathlon	
ALAN CLIFTON	5-9	149	Exch.	Gateshead, England	800-1500	1:58—4:00
SAM COLLINS	6-0	165	Fr.	Carson (St. Anthony)	Int. Hurdles	54.6
STEVE CONAWAY	6-0	160	Sr.	Oxnard (Hueneme)	400	47.39
ISAAC COOPER	5-7	155	Jr.	Carson	Sprints	10.5
ALAN CUMMINGS	6-2	175	Sr.	Port Hueneme (Hueneme)	400	
GLENN DAVIS	6-0	165	Jr.	New York (Power Memorial)	LJ-TJ	24.5—50-11
MIKE DAVIS	5-11	150	Jr.	Lakewood (Jordan)	1500	4:18 (mile)
MATT DUNCAN	6-1	165	Sr.	Anaheim (Loara)	200-400	22.0—49.5
BERNARD FITCHPATRICK	6-1	150	Jr.	Santa Monica	400-800	49.0—1:54.0
MARK FLYNN	5-11	150	Jr.	Highland (San Gorgonio)	1500	1:53—4:14 (mile)
DAVID FULLER	6-1	225	Sr.	Long Beach (Hart)	SP-Dis.-Ham.	59.7—192.4—198.5
PAUL FULLER	6-1	205	Sr.	Long Beach (Pennington)	SP-Dis.-Ham.	53.7—166-11—191-11
GEORGE GILBERT	5-9	160	Jr.	San Francisco (Mission)	5000-10,000	30:06
ARTHUR GREEN	6-5	203	Jr.	Los Angeles (Morningside)	Sprints	10.2—20.8
ERIC GROW	6-6	220	Jr.	Brea (Sonora)	SP-Dis.	56.9—160.0
LEO HERBERT	5-11	182	Jr.	Santa Ana (Gardena)	Sprints	10.3—21.1
DAVE HUGGINS	5-8	130	So.	Tye Texas (Tularosa, NM)	Steeple.-10,000	28:32 (six-mile)
ROBERT JACKSON	5-11	160	Fr.	Pittsburg	Sprints	9.7—21.9
RON JOHNSON	6-3	180	So.	Monterey	LJ-TJ	52.8
STEVE LARUSCH	6-2	173	Sr.	Glendale	HJ	7-0 ³ / ₄
WINSTON LINDSEY	6-0	160	Jr.	Dayton, Ohio (Fairview)	Hurdles	14.2—54.0
BILL LITTMANN	5-10	153	Jr.	Irvine (University)	Steeplechase	
STEVE LOKEN	5-9	135	So.	Westminster	Steeplechase, 10,000	9:42—2:26.53 (marathon)
COLIN MCCONNELL	5-10	143	Jr.	Huntington Beach (Edison)	1500-5000	3:50.5—14:12.2
JOHN MCINTOSH	5-5	135	Jr.	Brooklyn, N.Y. (Brook. Tech)	Sprints	9.7—21.8
JIM MCMANUS	5-6	112	Fr.	Palos Verdes	5000-10,000	9:20.2 (2 mile)
GREG MCSEVENY	6-3	225	So.	Norwalk (Gahr)	Discus	151-11
SIDNEY MENZIES	5-9	155	Jr.	Los Angeles (Hamilton)	Sprints	9.7—21.8—49.3
RICK MOORE	6-0	180	Sr.	Torrance (West)	Javelin	215-6
JAMES NORWOOD	5-9	140	Fr.	Harbor City (Narbonne)	1500-5000	4:32 (mile)
MARTIN PASTUCHA	5-11	178	So.	Highland (San Gorgonio)	Javelin	196-6
HOPETON ROCHESTER	6-0	162	Jr.	Washington, D.C. (McKinley Tech)	800	1:51.0
SCOTT ROLEY	5-9	140	So.	Villa Park	1500	4:04.4
RAMON SERANIO	5-10	140	Fr.	Union City (James Logan)	TJ	47-2
JEFF SUTTLES	5-9	180	Jr.	Los Angeles (Washington)	TJ	48-0
KEITH TAYLOR	5-11	155	Sr.	Gardena	LJ-TJ	26-0 ¹ / ₂ —53-8
TONY THOMPSON	5-10	160	Fr.	Menlo Park (Woodside)	200-400	21.6—47.9
HAROL TYSON	6-2	190	Sr.	Harbor City (Narbonne)	Javelin	190'
CRAIG WILSON	5-11	165	Sr.	Long Beach (Millikan)	PV	17-1
DENNIS WILSON	5-11	150	Sr.	San Diego (El Capitan)	Steeplechase	9:05.4
PHILIP WINGARD	5-9	140	Sr.	Fullerton (Troy)	800	
MITCHELL ZARDERS	5-11	150	So.	Altadena (Hamilton)	HJ-TJ	6-10—48-0

*Elementary my dear Watson,
this looks like a job for...*

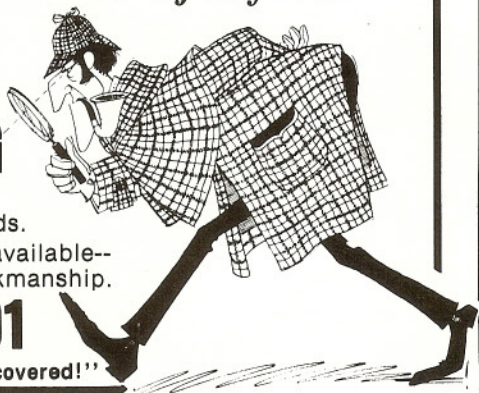
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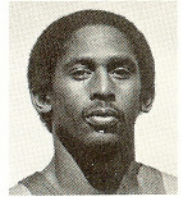


CURTIS ADKINS 5-11 170 Sr. Compton

A star sprinter and football player at Compton High School and Compton College, Curtis Adkins could be one of the top dash men for Coach Cliff Abel this spring...has gone 9.6, 20.8 and 48.0 in the 100, 220 and 400 yard races...was an All-League tailback and Player of the Year as a prep...was a defensive back for the grid team in junior college...

MIKE ALLEN 6-3 185 Sr. Wilmington

Abel expects Mike Allen to be a consistent point-getter for the 49ers in the 400 meters this year...is expected to battle freshman Tony Thompson for dominance in the 400 and team with Thompson on the 1600 meter relay team...has bests of 47.9 in the 400 and 1:54.0 in the 800...was all-league and all-City in track at Banning High School and also earned all-conference honors at L.A. Harbor College...played football at both Banning and L.A. Harbor...



ROBERT ANGEL 5-10 150 Jr. Huntington Beach

A transfer from Golden West JC, Robert Angel is being counted on to help offset the loss of distance standout Armando Cendejas...was the State JC champion at 1500 meters last year and has a best of 3:49.2...holds the Golden West record in that event as well as the 800 meters (1:53.0)...was named the Most Valuable Athlete at Golden West...won the "Devil Takes the Hindmost" Mile at the Times Indoor Games prior to the '79 season...was a prep star for four years at Huntington Beach High School...holds the sophomore national indoor two mile record at 9:14.8...

GLENN DAVIS Jr. New York, N.Y.

A native New Yorker, who came to CSULB by way of Los Angeles City College, Glenn Davis should be a tremendous asset to the 49ers in the horizontal jumps...was the Southern California Conference champion in the triple jump and the long jump in '78 and had the second best triple jump in the state...competed one season at St. Johns University and was the team's leading scorer...was the Most Valuable Athlete at the New York State High School Meet in 1975...has top efforts of 24-6 and 50-11...

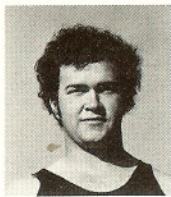
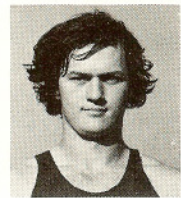


MATT DUNCAN 6-2 160 Sr. Anaheim

A hardworking runner who gets everything out of his ability, Matt Duncan figures to play an important role for the 49ers this season...primarily a quarter-miler, Duncan had a best of 49.5 but has already broken that mark in pre-season trials...was a graduate of Loara High School in Anaheim and ran two years at Cypress College...was the team captain and a member of the school record holding mile relay team at Cypress...

DAVID FULLER 6-1 225 Sr. Long Beach

A versatile performer in the weight events, David Fuller lead the 49ers in total points scored last season...qualified for the NCAA Championships in three events, the hammer (198-5), discus (192-4) and the shot put (59-7)...holds the school record in the hammer and is listed second in the discus and shot...finished seventh in both the hammer and discus at the NCAAs...transferred from Long Beach City College where he was selected as Viking of the Year in 1977 after establishing school records in his three events...



PAUL FULLER 6-1 205 Sr. Long Beach

Paul, brother of David, gives the 49ers a solid one-two punch in the three weight events...qualified for the NCAAs in the hammer last spring...has personal highs of 191-11 in the hammer, 166-11 in the discus and 53-7 in the shot...ranks among the Long Beach top ten in all three...also came to Long Beach from LBCC, where he was named Field Event Athlete of the Year after finishing third in the State JC meet in the discus...

LEO HEBERT 6-0 180 Soph. Gardena

A transfer from Santa Ana College, Leo Hebert is figured as one of the mainstays of the CSULB sprint crew this season...has run 10.3 and 21.1 in the dashes and was the Track Athlete of the Year at Santa Ana last year...prepped at Gardena High School...probable member of the 400 meter relay foursome...



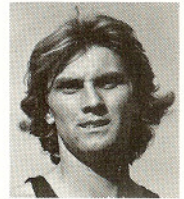


DAVE HUGGINS 5-8 130 Soph. Tye, Texas

After spending five years with the U.S. Army, Dave Huggins will join forces with the CSULB track squad and his wealth of experience should provide a welcome assist to the young group of 49er distance runners...a grad of Tulasosa High School (New Mexico)...as a prep, he was the New Mexico state champ at one and two miles...the possessor of several top times, Huggins most impressive may be his 28:32 clocking in the six-mile...he will be used in a variety of races in '79...Huggins holds the All-Army cross-country mark for 4.2 miles and seems to get stronger in the longer races...

STEVE LARUSCH 6-2 175 Sr. Glendale

A 7-0 high jumper two seasons ago, Steve LaRusch sat out last year with a broken foot and his healthy return will be a big boost for the 49er spikers...was the CIF 4-A champion at Glendale High School, the same school that produced 49er Olympic medalist Dwight Stones, and leaped to the State JC championship in 1975 and '76 at Glendale City College...was Athlete of the Year at Glendale CC in 1976...



WINSTON LINDSEY 6-0 160 Jr. Dayton, Ohio

An experienced performer in both the high and intermediate hurdles, transfer Winston Lindsey is being counted on to shoulder much of the burden in both races for the 49ers in 1979...has 14.2 and 54.0 clockings to his credit...starred at Fairview High School in Dayton and at Los Angeles City College...was troubled by muscle ailments much of last season...

STEVE LOKEN 5-9 135 Soph. Westminster

A versatile performer, Steve Loken will be used in every event from the 1500 to 10,000 by the 49er coaching staff this season...holds the school record in the marathon at 2:26:53...has run 9:42 for two miles...is a two-year letterman for the CSULB cross country team...was the cross country MVP at Westminster High School and was also picked as the Most Inspirational...is a member of the Westminster Cross Country Hall of Fame...captained the Lions track team...



COLIN McCONNELL 5-10 145 Jr. Huntington Beach

After qualifying for the NCAA 5000 meters as a freshman, Colin McConnell had an inconsistent sophomore campaign, but appears to be back in top form for the '79 season...has lifetime bests of 14:12.2 (5000) and 3:50.5 (1500)...was chosen as the 49ers Most Valuable Freshman two years ago...was the Athlete of the Year at Edison High School in 1976 and the MVP of the track squad...was the CIF 4-A champ in the two-mile...

RICK MOORE 6-0 180 Sr. Torrance

A fine all-around athlete, senior Rick Moore is pencilled in as the 49ers' top javelin thrower this season...recorded a personal best of 215-6 last season...came to CSULB from El Camino College, where he competed for two years on the track squad and finished sixth in the Southern Section quarter mile...was a member of the school record mile relay team...at West Torrance High School, Moore was a three-year track letterman and also earned varsity letters in football and baseball...was MVP of the track team and All-Bay League on the gridiron...finished fifth in '78 in the PCAA javelin...



HOPETON ROCHESTER 6-0 162 Jr. Washington, D.C.

A transfer from Compton College, Hopeton Rochester is expected to be the 49ers' number one half-miler in '79...was an All-State performer at Compton and has a best of 1:51.0 for 800 meters...was all-conference and all-metropolitan area choice at McKinley Tech High School in Washington, D.C....may also run on the 1600 meter relay unit...

KEITH TAYLOR 5-11 155 Sr. Gardena

Could be the outstanding individual on the 49er roster...holds the school record in the long jump at 26-0½ and has the second best all-time mark in the triple jump at 53-8...finished second in both events in the PCAA Championships and qualified for the NCAAs in both...an ankle injury hampered his performance at the nationals...came to Long Beach via Gardena High School and Harbor JC...may also be used as a sprinter and on the 400 meter relay team...





TONY THOMPSON 5-10 160 Fr. Menlo Park

One of Abel's top recruits, Tony Thompson may step in as the 49ers' number one quarter miler as a freshman...a graduate of Woodside High in Menlo Park...ran fifth in the 440 at last year's State Meet... has top clockings of 9.9, 21.6 and 47.9...was captain of the Woodside squad and earned All-League and All-Region honors while being chosen as Woodside's Athlete of the Year...

CRAIG WILSON 5-11 165 Sr. Long Beach

Became a 17-0 pole vaulter last season and earned All-American status by placing fifth in the NCAA Championships at Eugene, Ore....a graduate of Millikan High School in Long Beach where he was a teammate of world class vaulter Mike Tully...also attended LBCC and was named Athlete of the Year there in 1976 after setting a school record of 16-7...is a consistent performer and should again be in line for national honors in '79...



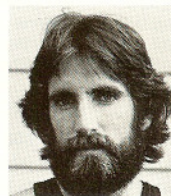
DENNIS WILSON 5-11 150 Sr. San Diego

Figures as Abel's top runner in the steeplechase this season...has run a 9:02.4 in the 3000 meter event...was a four-year letterman in cross country and track at El Capitan High School in San Diego, earning All-CIF honors...spent two years at Grossmont JC and won the steeplechase at the State JC meet in 1976, establishing a state record in the process...



PHILIP WINGARD 5-9 140 Sr. Fullerton

A veteran member of the 49er middle distance crew...has bests of 1:51.0 in the 800 and 3:54.0 in the 1500 meters...prepped at Troy High School and won accolades as the MVP of both the cross country and track teams in 1974...was named the Most Improved Athlete at Fullerton College in 1975 and was a member of that school's national record-breaking distance medley relay team...



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49er Top Ten Performers

100 Meters			10,000 Meters			Pole Vault		
1. 10.27	Rickie Jackson	78	1. 28:52.4	Ron Pryor	72*	1. 18-2	Don Baird	77
	Jeff Williams	77	2. 29:47.5	Bob Wallace	72*	2. 18-0 1/2	Steve Smith	72
3. 10.39	Jim Richardson	62*	3. 29:55.9	Ben Martinez	72*	3. 17-2	Jim Knaub	76
	Curtis Biggers	71*	4. 29:59.3	Mike Wood	71*	4. 17-0	Craig Wilson	78
	David Gloud	74*	5. 30:39.7	Tomas Rodriguez	75*		Steve Lawry	78
6. 10.50	Gary Gaudet	62*	6. 30:53.8	Ray Stephens	72*	6. 16-6	Bob Richards	72
	Grant Harris	66*	7. 30:58.9	Larry Greer	75*	7. 16-4	Paul Richards	75
	Jerry Burton	67*	8. 31:02.7	Joe Carlson	72*	8. 16-0 3/4	Bill Chew	71
	Dan Moore	70*	9. 31:03.3	Ron Kurrle	70*	9. 15-1 1/2	Ken Parson	66
	Oscar Beasley	72*	10. 31:04.6	Rich McCandless	78	10. 15-1 1/4	Rich Schnaible	67
	Royce Ford	74*						
200 Meters			Marathon			High Jump		
1. 20.68	Dan Moore	70*	1. 2:26:53	Steve Loken	78	1. 7-7 1/4	Dwight Stones	76
2. 20.72	Oscar Beasley	72*	2. 2:28:30	Tom Ryan	59	2. 7-1 1/2	John Rambo	64
3. 20.88	Eugene Jones	70*	3. 2:30:11	Roger Seymour	69	3. 7-1	Carl Miles	77
	Jeff Williams	70*	4. 2:32:40	Jim Arquilla	73	4. 7-0 1/2	Bill Heitchew	75
5. 20.98	Rickie Jackson	76	5. 2:34:14	Ron Kurrle	68	5. 7-0	Mike Franz	77
6. 21.01	Phil Pipersburg	76	6. 2:40:19	Paul Fisher	60	6. 6-11 1/2	Rick Moore	75
7. 21.07	Greg County	78	7. 2:44:00	Bill Tilney	60	7. 6-10	Joe Bradley	70
8. 21.18	Royce Ford	76*	8. 2:45:31	Mark Simonsen	71		Steve LaRusch	77
9.	Albert Shorts	72*	9. 2:48:00	Steve Tilney	60		Paul Viggiano	78
10. 21.20	Horace Berry	76*	10. 2:48:13	Ken Swanson	67	10. 6-8	Seven tied	
		78*						
400 Meters			110 Meter High Hurdles			Shot Put		
1. 45.78	Hubert Beasley	78	1. 13.63	Milt Turner	75*	1. 60-4 1/2	Jim Hannefield	67
2. 45.93	Albert Shorts	75*	2. 13.93	John Peterson	76*	2. 59-7	David Fuller	78
3. 46.23	Clarence Palmer	70*	3. 14.03	Walt Clements	67*	3. 56-5 1/4	Fritz Coffman	76
4. 46.56	Bryan Saunders	78		Paul White	77	4. 55-10	Gary Ordway	66
5. 46.83	Jeff Clements	65*	5. 14.23	Gary Peterson	60*	5. 55-6 1/4	Ray Christianson	65
6. 46.93	Eugene Jones	71*		Dee Andrews	63*	6. 55-2	Steve Brown	77
7. 47.12	Kerry Wright	64*		Dave Kurrle	67*	7. 54-9	Herm Clayborn	70
8. 47.22	Dave Shirley	64*		Dave McLucas	70*	8. 54-7	Ernie Gordon	60
9. 47.39	Steve Conaway	78		Dave Smith	72*	9. 54-1 1/2	Hank Lenyon	73
10. 47.40	Derrick Cox	78	10. 14.30	Craig Durck	76	10. 53-7	Paul Fuller	78
800 Meters			400 Meter Intermediate Hurdles			Discus Throw		
1. 1:48.50	Odie Huffman	78	1. 51.0	Dennis Ruby	71*	1. 195-3	Dan Gardner	75
2. 1:48.68	Ralph Lee	65*	2. 51.3	Walt Clements	66*	2. 192-4	David Fuller	78
3. 1:49.06	Ed Ricke	68*	3. 51.5	Otis Fisher	76*	3. 185-8	Steve Brown	77
4. 1:50.05	Darryl Taylor	68*	4. 52.0	David Lizardi	77	4. 183-11	Gary Ordway	66
5. 1:51.05	Dan Morales	67*	5. 53.3	Paul White	77	5. 183-8	Fritz Coffman	76
	Phil Moses	72*	6. 53.5	Dee Andrews	64*	6. 176-8	Tom Kirkwood	69
7. 1:51.45	Doug Hall	67*	7. 53.6	Dennis Murray	71*	7. 173-8	Ron Engle	77
	Leonard Ledet	77	8. 53.8	Mike Edelstein	69*	8. 172-4	Ken Cowl	75
	Howard Keeley	77*		Brian Strough	75*	9. 171-0	Tom Hayden	63
10. 1:51.65	Hubert Beasley	77*	10. 54.1	Al Carlson	69*	10. 166-11	Paul Fuller	78
1500 Meters			Long Jump			Javelin Throw		
1. 3:43.6	Armando Cendejas	78	1. 26-0 1/2	Keith Taylor	78	1. 250-2	Keith Goldie	75
2. 3:48.8	Ron Cornell	78*	2. 25-10 1/2	Stanford Brewer	76	2. 245-4	Dick Nelson	67
3. 3:48.9	Ken Phelps	75*	3. 25-8 3/4	Fred Batiste	74	3. 237-2	Mark Booth	78
4. 3:49.6	Rudi Krause	77		Greg Magee	77	4. 228-1	Kim Proctor	71
5. 3:50.2	Ralph Lee	65*	5. 25-7 3/4	Doyle Steel	71	5. 225-0	Marcel Keeling	77
6. 3:50.5	Colin McConnell	78	6. 25-3	Alan Hollis	76	6. 222-0	Steve Zotovich	75
	Bill Crowley	64*	7. 25-2 3/4	Terry Metcalf	72	7. 216-11	Shaun Ward	77
8. 3:50.8	Mike Wagenback	71*	8. 25-1 1/2	Mark Givens	76	8. 215-6	Rick Moore	78
9. 3:50.9	Ben Martinez	72*	9. 24-11	Dee Andrews	62	9. 215-0	Gary Thompson	61
10. 3:51.3	Mike Ritchie	72*	10. 24-8 3/4	Carl Anderson	71	10. 213-9	Mike Spoolstra	76
5000 Meters			Triple Jump			Hammer Throw		
1. 14:11.2	Armando Cendejas	78	1. 54-1	Dave Tucker	73	1. 198-5	David Fuller	78
2. 14:12.2	Colin McConnell	77	2. 53-8	Keith Taylor	78	2. 196-7	George Frenn	64
3. 14:12.5	Rich McCandless	78	3. 53-2 1/2	Greg Magee	77	3. 191-11	Paul Fuller	78
4. 14:14.0	Ron Cornell	78	4. 53-1 3/4	Rayfield Dupree	74	4. 189-9	Phil Lockwood	73
5. 14:18.5	Ron Pryor	72*	5. 51-4 1/2	Gerald Halcomb	78	5. 173-8	Fritz Coffman	76
6. 14:20.8	Bob Macias	71*	6. 51.2	Ehricke Scott	77	6. 171-10	Tom Kirkwood	69
7. 14:21.2	Mike Wood	72*	7. 50-7 1/2	Maurice Valentine	77	7. 163-10	George Guccione	66
8. 14:23.9	Jim Sweeney	74*	8. 50-4 1/2	Terry Metcalf	73	8. 162-4	Bill Cooper	72
9. 14:24.5	Bob Wallace	72*	9. 50-1 1/4	Doyle Steel	71	9. 161.6	Bob Pinkerton	66
10. 14:24.9	Ray Stephens	73*	10. 49-0	John Johnson	76	10. 160-7	Wayne Weeks	73

(* denotes conversion from yards)

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A graduate of CSULB with a degree in sociology in 1970, Berman received his masters degree from Pepperdine University in 1975.

During and since that time the list of excellent performers who have trained under Berman's watchful eye, is both extensive and impressive. From the 1976 Olympics alone Berman currently has three veterans in Joni Huntley, the American record holder in the high jump, Andrea Lynch, who finished 6th in the 100 meters at Montreal and Sheron Walker, a 21-8 long jumper. Others include: Kim Attesey (1972 Olympian—Long Jump), Sandi Goldsberry (1972 Olympian—High Jump), Pat Donnelly (1975 Pan American Games Team—100 meter hurdles) and Vivian Turner (1973 U.S. International Team—Discus).

WOMEN'S TRACK AND FIELD SCHEDULE '78-79

DATE	DAY	OPPONENT	LOCATION	TIME
Feb. 17	Saturday	CS-LA Dual	CSULB	11:00 a.m.
Mar. 10	Saturday	UCLA Dual	UCLA	11:00 a.m.
Mar. 24	Saturday	All-Comers	CSULB	11:00 a.m.
Mar. 31	Saturday	U. of Redlands Invitational	U. of Redlands	12:30 p.m.
Apr. 8	Sunday	UC-Berkeley Invitational	Berkeley	TBA
Apr. 14	Saturday	San Diego State Dual	San Diego	1:00 p.m.
Apr. 21	Saturday	Mt. Sac Relays	Mt. Sac. College	TBA
22	Sunday			
Apr. 27	Friday	WCAA Conference	UCLA	TBA
May 5	Saturday	Calif. State Championships	UC Irvine	TBA
May 11	Friday	WCAA Conference	San Diego State	TBA
May 23	Wednesday	AIAW Nat. Championships	Michigan State	TBA
24	Thursday			
25	Friday			
26	Saturday			

Track Coach
Athletic Director
Assoc. Athletic Director
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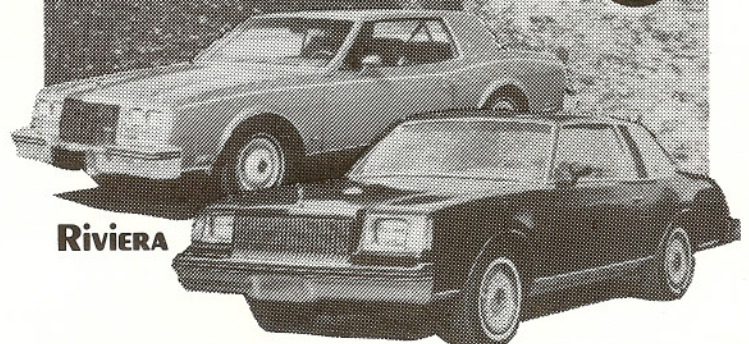
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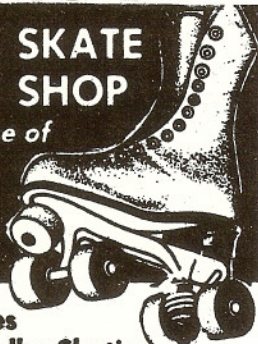
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WOMEN'S TRACK AND FIELD ROSTER—1979

Name	Ht.	Wt.	Yr.	Hometown	Events	Personal Bests
Tracy Billings	5-4	124	So.	Westminster	1500	4:59.4
Michelle Bonds	5-3	113	So.	Michigan City, Ind.	800	2:16.0
Andrea Brown	5-4½	116	Sr.	St. Paul, Minn.	400	57.2
Keri Camarigg	5-6	160	Jr.	Wall Twp, NJ	Javelin	167-10
Patty Cape	5-7	128	Sr.	Long Beach	400 IH	60.8
Ann Dandoy	5-3	105	So.	Lomita	800	2:10.0
Pamela Davis	5-3	105	So.	Monterey	Sprints	12.3-25.5
Dorcus DeWitty	5-4	125	Fr.	Los Angeles	Sprints	11.9-24.9
Emily Dole	5-10		Jr.	Buena Park	Shot Put	51-6
Heidi Fish	5-8	125	So.	Rancho Palos Verdes	400 IH	68.3
Evelyn Grimm	5-3	120	So.	Cerritos	3000	10:32.4
Sharon Hall	5-4	123	Jr.	Los Angeles	400 IH	66.1
Leslie Hoerner	5-9		So.	Lakewood	Discus	143-6
Tammy Hogge	5-6	112	So.	Canyon Country	1500	4:38.1
Joni Huntley	5-8		Sr.		HJ	6-4
Teresa Jenkins	5-10		Fr.	Long Beach	800	2:08.0
Laurie Jewell	5-7	115	So.	Carson	1500-3000	5:00.9-10:39.0
Therese Jordan	5-0		Sr.	Long Beach	400 IH	66.1
Montenette Johnson	5-9				Shot Put	39-0
Susan Long	5-10	143	Jr.	Crestline	HJ	5-8
Diane Lopez	5-3	110	So.	Carson	5000	21:17.5
Brenda Little	5-9	140	Jr.	Stanton	HJ	5-8
Andrea Lynch	5-4	125	Jr.	London, England	Sprints	11.16-22.8
Margaret Morgan	5-7	135	Fr.	Rancho Palos Verdes	800	2:28.4
Maureen McGee	5-8		So.	Huntington Beach	100 H	14.57
Annie McElroy	5-9	250	Fr.	San Bernardino	Shot Put	38-2
Denise Pemberton	5-11	148	Jr.	Philadelphia, PA	100 H	14.77
Brenda Peterson	5-7	135	So.	San Francisco	200-400	25.01-57.1
Fern Simon	5-10	135	Sr.	Long Beach	HJ	5-9
Sherron Walker	5-3		Sr.	Everett, Wash.	LJ	21-8
Catherine Watten	5-7	123	Sr.	Long Beach	Javelin	109-6
Royna Williams	5-9½	148	So.	Marin	Discus	117-11
Yvonne Yanke	5-5	117	So.	San Diego	5000	14:26.3

WOMEN'S TRACK TEAM AIMS FOR NATIONAL SUCCESS

Boasting three Olympians and possibly their best all-around group ever, the California State University, Long Beach women's track and field team hopes to be battling for one of the top spots at this year's national meet.

The three Olympic veterans, sprinter Andrea Lynch (11.16-22.8), who finished 6th in the 100 meters at Montreal, high jumper Joni Huntley (6-4) and long jumper Sherron Walker (21-8) are all viable candidates for individual championships in '79.

"We have some super frontline talent this season," said Head Coach Les Berman, "but this is probably the best-balanced team we've ever had."

Spearheaded by Huntley and Walker, the field event corps figures to be the strongest part of the team. Included in Berman's field event arsenal are shot putter Emily Dole (51-6), javelin thrower Keri Camarigg (167-10) and 5-9, high jumper Fern Simon.

"Our field event group should be able to stand in there with anybody," Berman declared. "We look to be pretty strong in every event."

The 49ers are not without talent on the track. Four hundred meter hurdler Patty Cape (60.8) is a blue chipper and freshman half-miler Teresa Jenkins (2:08) is a prize recruit. Evelyn Grimm and Laurie Jewell are standouts in the distance races, while Brenda Peterson and Dorcus DeWitty will supply depth in the sprints.

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PATTY CAPE 5-7 400 meter hurdles 60.8

A participant in track and field since she was eleven years old, Cape posted a 60.8 in her event last year. According to head coach Les Berman, she could finish in the top six in the AIAW this year. Will also participate on the two-mile relay team. This is Cape's second year competing for the 49ers after participating for Long Beach City College her first two years.



KERI CAMARIGG 5-6 Javelin 163-6

With an impressive and diverse background in the javelin, not to mention a 4th place finish at last year's AIAW National Championships, Keri is looking once again to qualify for this year's nationals. In 1977 Camarigg had one of her busiest and most successful seasons, capturing 6th in the AIAW Nationals and AAU Senior Nationals, not to mention 2nd place in the 1977 Junior Nationals in the javelin. Attending Moorehead State University in Kansas prior to her move to CSULB in January of 1978, Camarigg was the Kentucky State College Champion in 1977 and placed 1st in the Florida Relays, Keri has participated on the 1976 Junior National team that competed in the USSR and Germany. While in high school she was the New Jersey State Champion in the javelin for two years.



SHERRON WALKER 5-3 Long Jump & 220 21-8¼ & 23.5

A fifth place finisher in the long jump at last year's AIAW Nationals, Sherron is a veteran of the Pan American Games and two U.S. National Teams. Among some of her most noted accomplishments Walker finished 2nd in the national championships and 2nd in the 1976 Olympic Trials to establish her as one of Long Beach State's three Olympic veterans. In 1973 Sherron finished 2nd in the long jump at the USA v. Russia track meet.



EMILY DOLE 5-9¼ Shot Put & Discus 50-4 & 140-0

Nationally ranked in the women's shot put Dole has a personal best of 50-4. One more 49er with a strong finish last year, Dole captured 4th place at the AIAW National Championships. As far back as 1972 Dole, now a junior was a major factor in the women's shot finishing 4th in the 1972 Junior Nationals—coming back to emerge the Junior National Champion in 1974. In 1974 Dole participated in the USA v. USSR track meet as a member of the Junior USA team. She also participated in the Junior Central American Games in Mexico City. In 1975 Dole was named alternate on the women's USA Team that competed in Kiev, Russia, Sprague, Czechoslovakia and Durham, North Carolina. In 1976 Dole finished 5th at the Olympic Trials.

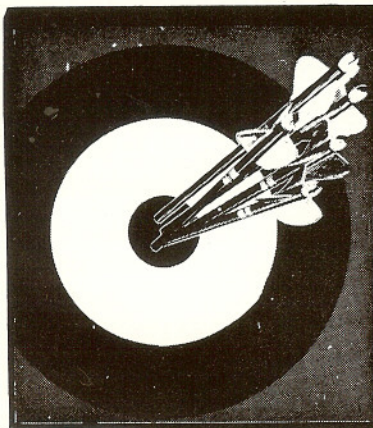
ANDREA LYNCH 5-4 100 & 200 meters 11.1 & 22.8

An outstanding sprinter by anyone's standards, Andrea Lynch is a veteran of two Olympic Games 1972 and 1976. At Montreal Lynch finished 6th in the 100 meters. In 1975 she was the European Indoor Gold medalist in the 60 meters. Her personal best in the 100 meters came when she posted 11.16 seconds and while in the 200 meters her best mark is 22.8.





JONI HUNTLEY 5-8 High Jump 6-4

Probably one of the most noted athletes to represent Long Beach track, Huntley is the American Indoor record holder with a leap of 6-4. Prior to that Huntley held the old record of 6-2¾. A diverse athlete, Huntley won the AIAW National Championship in the long jump to add to her already impressive list of credentials which include participating in the 1976 Olympics at Montreal. Huntley is currently rated number two on the all-time world indoor high jump list.



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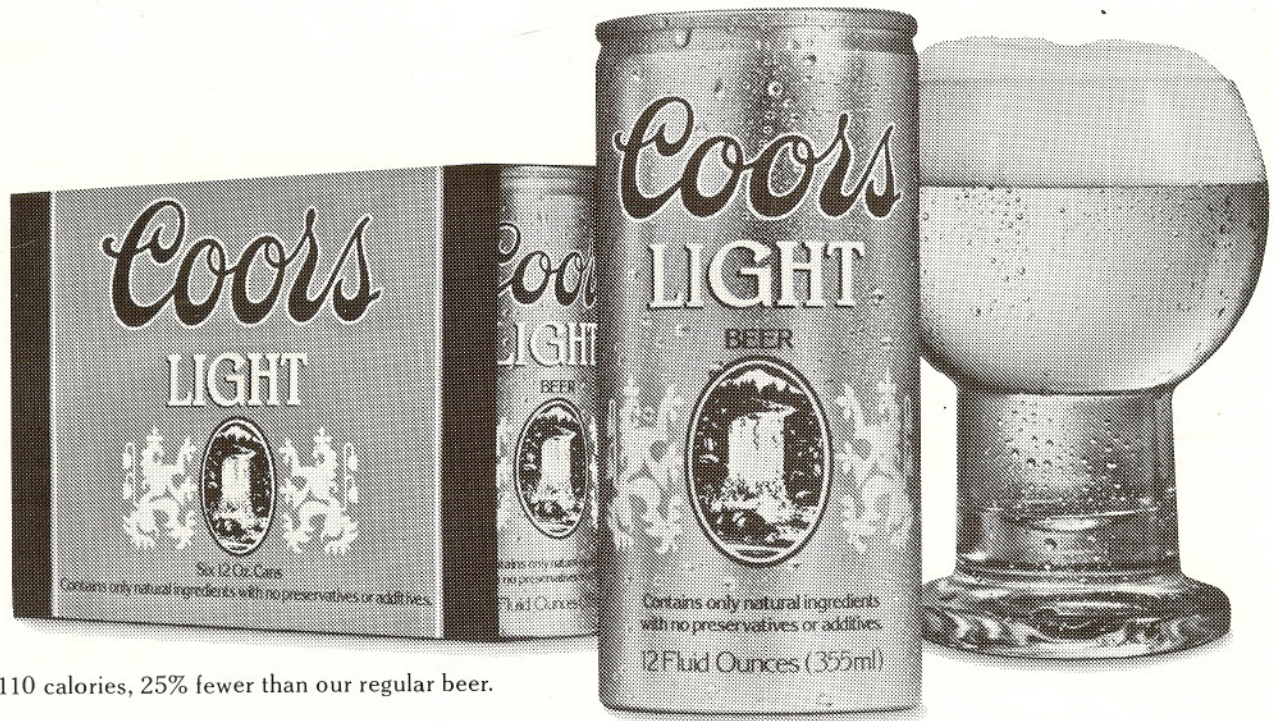
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