

1982 final Central Coast Section bests
Compiled by Howard Willman

03Sep82

The marks listed herewith are the best marks by CCS performers for the "1982" track & field season -- which began Sept. 1, 1981, and ended Aug. 31, 1982. All marks known to the compiler during that time period are included. Marks may have been recorded in indoor or outdoor competition, in meets ranging in size from dual meets and all-comer meets to national and international meets. High school affiliation is not a prerequisite for inclusion in these lists, and junior high schoolers -- who have achieved marks good enough to make the lists -- are included. Spring graduates remained eligible for the lists until Aug. 31. The marks listed here will be reported to the following publications: Track & Field News, California Track & Running News and Starting Line.

Listed for each individual entry are the mark, full name of athlete with year-in-school, school abbreviation, birthdate when known by the compiler, place, meet abbreviation, site abbreviation and date. For relay entries, the full school name is used (locations can be found in the list of school abbreviations) and personnel with splits are given for top teams if known.

If no mark is listed for an entry, then it is the same as the mark next above it. Conversions and other abbreviations concerning marks are given at the head of each event, with the exception of "(A)." When "(A)" appears, it denotes that the mark was achieved at a site where the altitude was above 1000m (3280 feet), and only one such site in these listings falls in that category: Reno, Nevada, is at an altitude of 1369 meters. Marks made in sprints and jumps at these high altitudes are usually better than those made at sea-level; 800s and throws remain relatively unaffected; distance times are hindered by such altitudes.

Timing: Fully-automatic times (listed in 100ths) are considered slightly faster than hand-times (listed in 10ths) on the following basis:
Races of less than 1 lap -- FAT times are placed .24 seconds higher than hand-times.
Races of 1 lap -- FAT times are placed .14 seconds higher than hand-times.
Races of more than 1 lap -- FAT times are placed .09 seconds higher than hand-times.

Year-in-school abbreviations: s = senior; * = junior; ** = sophomore; *** = freshman; **** = 8th-grader; ***** = 7th-grader; fe = foreign-exchange student (who are usually only in U.S. schools for 1 year).

Place abbreviations: h = heat; s = semifinal; q = quarterfinal; r = race (also known as section). Place is always given first, followed by race description (e.g., "2h3" would mean 2nd place in heat 3). If a place is given as "2rl=5", this would mean 2nd place in race 1 for an overall placing of 5th. - = best legal jump in a series whose best mark was wind-aided.

School and site abbreviations: Listed below are the abbreviations used for schools (listed here with site if different from name of school) and those used for sites in these lists:

Ali	Alisal (Salinas)	Cap	Capuchino (San Bruno)
Ant	Antioch	Carl	Carlmont (Belmont)
Aptos	Aptos	Carm	Carmel
Ara	Aragon	Cast	Castilleja (Palo Alto)
Ath	Atherton	Ceres	Ceres
Bal	Balboa (San Francisco)	Cup	Cupertino
Barq,Ven	Barquisimeto, Venezuela	DCity	Daly City
Bell	Bellamine	DM	Del Mar (San Jose)
Berk	Berkeley	EC	El Camino (South San Francisco)
Black	Blackford (San Jose)	Eug,OR	Eugene, Oregon
Bloom,IN	Bloomington, Indiana	Fre	Fremont (Sunnyvale)
Bran	Branham (San Jose)	Fres	Fresno
Burl	Burlingame		
CampJr	Campbell Jr (Campbell)		

Gal	Galileo (San Francisco)	PiH	Piedmont Hills (San Jose)
Gil	Gilroy	Pion	Pioneer (San Jose)
Gonz	Gonzales	PLH	Pleasant Hill
GraJr	Graham Jr (Mountain View)	Pres	Presentation (San Jose)
Gund	Gunderson (San Jose)	Pros	Prospect (Saratoga)
Gunn	Gunn (Palo Alto)	RC	Redwood City
Har	Harbor (Santa Cruz)	Reno,NV	Reno, Nevada
Hay	Hayward	Rior	Riordan (San Francisco)
Hdale	Hillsdale (San Mateo)	Sac	Sacramento
Hill	Hill (San Jose)	Sal	Salinas
HMB	Half Moon Bay	Sara	Saratoga
Holl	Hollister	SBruno	San Bruno
Home	Homestead (Cupertino)	SCar	San Carlos
Hous,TX	Houston, Texas	SCat	Santa Catalina (Monterey)
Ind	Independence	SClara	Santa Clara
Jeff	Jefferson (Daly City)	SCre	Silver Creek (San Jose)
KavJr	Kavanaugh Jr (East Palo Alto)	SCruz	Santa Cruz
KC	King City	Sea	Seaside
LAH	Los Altos Hills	Serra	Serra (San Mateo)
LAltos	Los Altos	Seq	Sequoia (Redwood City)
LAng	Los Angeles	SFfran	St. Francis (Mountain View)
Lei	Leigh	SFrisco	San Francisco
Lel	Leland (San Jose)	SH,MP	Sacred Heart (Menlo Park)
LG	Los Gatos	SH,SF	Sacred Heart (San Francisco)
Lick	Lick (San Jose)	SI	St. Ignatius (San Francisco)
Linc	Lincoln (San Jose)	SJ	San Jose
Linc,NB	Lincoln, Nebraska	SLCE	St. Lawrence Catholic Elementary (Santa Clara)
LO	Live Oak (Morgan Hill)	SLV	San Lorenzo Valley (Felton)
Lyn	Lynbrook (San Jose)	SMat	San Mateo
Mar	Marello (Santa Cruz)	Soq	Soquel
M-A	Menlo-Atherton (Atherton)	Spok,WA	Spokane, Washington
Mem,TN	Memphis, Tennessee	SSF	South San Francisco
Mercy	Mercy (Burlingame)	ST	Santa Teresa (San Jose)
Millb	Millbrae	Stan	Stanford
Mills	Mills (Millbrae)	Sunny	Sunnyvale
Milp	Milpitas	TN	Terra Nova (Pacifica)
Mit	Mitty (San Jose)	Wat	Watsonville
MH	Morgan Hill	Wdln	Woodland
Mont	Monterey	WG	Willow Glen (San Jose)
MP	Mt. Pleasant (San Jose)	Wil	Wilcox (Santa Clara)
MS	Menlo School (Menlo Park)	Wmoor	Westmoor (Daly City)
MView	Mountain View	Wmont	Westmont (Campbell)
MVis	Monta Vista (Cupertino)	Wood	Woodside
Nap,IL	Naperville, Illinois	Wwood	Westwood
NMC	North Monterey County (Castroville)	YB	Yerba Buena (San Jose)
NS	North Salinas (Salinas)	York	York (Monterey)
Oak	Oakland		
Oce	Oceana (Pacifica)		
Omaha,NB	Omaha, Nebraska		
Over	Overfelt (San Jose)		
PA	Palo Alto		
Pac	Pacifica		
Pal	Palma (Salinas)		
PG	Pacific Grove		

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Meet abbreviations: v = versus; AC = all-comers; quad = quadrangular meet. Meets followed by "f/s" mean that the mark was achieved in the frosh/soph division. Meets followed by "14-15" (or another set of numbers) mean that the mark was achieved in the 14-15 (or whatever the numbers are) age-group. What follows here is a chronological listing of invitationals and relays, league championships, region finals and section and state championships. It also includes all major age-eligible meets and open meets if a CCS athlete performed in it. "___" denotes age-group follows.

<u>Abbreviation</u>	<u>Meet, site</u>	<u>Date</u>
Post	2-mile Postals, Los Gatos	10/31/81
Sun	Sunkist Invitational, Los Angeles	1/22/82
SFG	San Francisco Games, Daly City	2/19-20/82
SJC	San Jose Cindergals Winter Games, Saratoga	2/27/82
Coed	Saratoga Coed Relays, Los Gatos	3/ 6/82
MTALR	Mission Trail Athletic League Relays, King City	3/12/82
Buch	Buchser Memorial Relays, Santa Clara	3/13/82
NPALR	North Peninsula Athletic League Relays, Pacifica	3/15/82
MPALR	Mid-Peninsula Athletic League Relays, San Bruno	3/19/82
Carl	Carlmont Relays, San Mateo	3/27/82
Spart	Spartan Girls Relays, Seaside	3/27/82
Wild	Wildcat Relays, Watsonville (Canceled due to rain)	3/27/82
NYLI	North Yosemite League Invitational, Fresno	4/ 2/82
King	Martin Luther King Games, Stanford	4/2-3/82
SM	San Mateo City Meet, San Mateo	4/ 3/82
Han	Hancock Relays, Santa Maria	4/ 3/82
BAP	Bay Area Pentathlon, Millbrae	4/ 6/82
BJC	Bruce Jenner Classic, San Jose	4/10/82
Gil	Gilroy Jaycees Invitational, Gilroy	4/17/82
Arc	Arcadia Invitational, Arcadia	4/17/82
Kiwan	Santa Cruz Kiwanis Relays, Aptos	4/17/82
LWVR	Leigh-West Valley Relays, Saratoga	4/24/82
PG	Pacific Grove Rotary Invitational, Pacific Grove	4/24/82
Ant	Antioch Invitational, Antioch	4/24/82
Orinda	Orinda Invitational, Lafayette	4/24-25/82
Top 8	CCS Top 8 Invitational, Los Gatos	5/ 1/82
KC	King City Invitational, King City	5/ 1/82
Ceres	Ceres Invitational, Ceres	5/ 1/82
Wdlnd	Woodland Invitational, Woodland	5/ 1/82
Seq	Sequoia Invitational, Redwood City	5/ 7/82
Quick	Quicksilver Classic, San Jose	5/ 8/82
Sal	Salinas City Meet, Salinas	5/ 8/82
Cab	Cabrillo Girls Classic, Aptos	5/ 8/82
LG Twi	Los Gatos Twilight Meet, Los Gatos	5/ 8/82
WCR	West Coast Relays, Lemoore	5/ 8/82
DAALp	De Anza Athletic League prelims, Sunnyvale	5/5-6/82
WVALp	West Valley Athletic League prelims, Los Gatos	5/10-11/82
WCALp	West Catholic Athletic League prelims, Los Altos Hills	5/11/82
NPALp	North Peninsula Athletic League prelims, Pacifica	5/11/82
MPALp	Mid-Peninsula Athletic League prelims, San Mateo	5/11/82
GPSALp	Girls' Private School Athletic League prelims, Los Altos Hills	5/11/82
SPALp	South Peninsula Athletic League prelims, Atherton	5/11/82
SCVALp	Santa Clara Valley Athletic League prelims, Los Altos	5/11-12/82

MPAL	Mid-Peninsula Athletic League finals, San Mateo	5/13/82
STAL	Santa Teresa Athletic League finals, San Jose	5/13/82
NPAL	North Peninsula Athletic League finals, Pacifica	5/14/82
DAAL	De Anza Athletic League finals, Sunnyvale	5/14/82
SCVAL	Santa Clara Valley Athletic League finals, Los Altos Hills	5/14/82
SPAL	South Peninsula Athletic League finals, Stanford	5/14/82
MHAL	Mt. Hamilton Athletic League finals, San Jose	5/14/82
WVAL	West Valley Athletic League finals, Los Gatos	5/14/82
MTAL	Mission Trail Athletic League finals, Salinas	5/14/82
WCAL	West Catholic Athletic League finals, Los Altos Hills	5/15/82
GPSAL	Girls' Private School Athletic League finals, Los Altos Hills	5/15/82
MBAL	Monterey Bay Athletic League finals, Salinas	5/15/82
SOCCAL	Santa Cruz County Athletic League finals, Aptos	5/15/82
CSAL	Christian Schools Athletic League finals, San Jose	5/15/82
RI	Region I finals, San Mateo	5/18 & 20/82
RIII	Region III finals, San Jose	5/21 & 24/82
RIV	Region IV finals, Gilroy	5/21/82
RII	Region II finals, Los Gatos	5/22/82
CCS	Central Coast Section Championships, San Jose	5/28/82
PA-TAC	Pacific Association-TAC Championships, Reno, NV	5/30/82
FSC	Frosh-Soph Classic, San Mateo	5/31/82
State	California State Championships, Sacramento	6/4-5/82
Kinney	Kinney Invitational, Berkeley	6/12/82
GWI	Golden West Invitational, Sacramento	6/12/82
JO Reg	Junior Olympic Regional, Oakland	6/12-13/82
TACJrM	TAC Junior Men's Championships, Bloomington, IN	6/14-15/82
IPI	International Prep Invitational, Naperville, IL	6/19/82
RXIIITAC	Region XIII-TAC Championships, Pleasant Hill	6/19-20/82
TACJrW	TAC Junior Women's Championships, Westwood	6/30-7/ 1/82
PAJO	Pacific Association-TAC Junior Olympics, Hayward	7/2-4/82
TAC	TAC Girls' Age-Group Championships, Spokane, WA	7/2-4/82
TCC	Track City Classic, Eugene, OR	7/10-12/82
RXIIIJO	Region XIII-TAC Junior Olympics, Reno, NV	7/17-18/82
TAC	TAC Boys' Age-Group Championships, Omaha, NB	7/23-25/82
US-CanJr	USA v Canada Junior Dual, Houston, TX	7/24/82
TAC JO	TAC Junior Olympics, Lincoln, NB	7/30-8/ 1/82
PanAmJr	Pan-American Junior Championships, Barquisimeto, Ven	7/30-8/ 1/82
AAU JO	AAU Junior Olympics, Memphis, TN	8/6-8/82
PA-TAC	Pacific Association-TAC Championships, Berkeley	8/28/82

AMENDMENTS TO LISTS FOLLOWING

These amendments were discovered too late in production to appear in the actual lists.

Boys
400 -- note that "+" = time converted from 440 yards by multiplying the 440 time by .9941939. Explanation for inclusion of Ornduff's mark despite disqualification from race: Since his DQ was not the result of any fouling during the race, there is no reason his mark should not appear on the list. He was DQ'd because of improper uniform.

PV -- add the following exhibition (not worthy of list, because of exhibition status, but given for reference):

15-2	Andy Sythe)LG Twi	LG	5/ 8
	(Sythe was not officially entered in the competition and did not participate in a proper jumping order. His best vault of the year will go in the books as 15-0.)			

1982 final Central Coast Section bests

BOYS100 YARDS

9.7	sTom Mell (Gunn)	1) LWVR	Sara	4/24
9.9	*Jim Reyes (Ind) 1/3/65	2) LWVR	Sara	4/24
	sPat Hunter (SSF)	3) LWVR	Sara	4/24
	*Paul Patton (Ara) 5/8/65	1) Seq	RC	5/ 7
10.0	sGregg Chow (Pros) 2/29/64	1) AC	LG	1/ 9
	**Joe Tebo (Carl)	1) v Wood	Wood	3/23
	sBuster Jamison (Carl)	2) v Wood	Wood	3/23
	*Jim Lubbe (Wmoor)	2) Ant	Ant	4/24
Wind-aided:				
9.9	*Jeff Bailey (SSF)	1) NPAL	Pac	5/14
	Jim Lubbe	2) NPAL	Pac	5/14

100 METERS

10.5	sKen Williams (MP) 4/6/64	1) v Ind	SJ	5/ 4
10.93	sTom Mell (Gunn)	1h2) CCS	SJ	5/28
10.94	sJoe Price (Sea)	2h2) CCS	SJ	5/28
10.7	sTerry Duncan (Bell)	1) v Mit	SJ	4/29
	sTim Peoples (SCre) 7/26/64	1) v Ind	SJ	4/29
	*Jim Reyes (Ind) 1/3/65	2) v MP	SJ	5/ 4
11.00	sJames Baker (Ste)	3h2) CCS	SJ	5/28
11.04	*Paul Patton (Ara) 5/8/65	2) Gil	Gil	4/17
10.8	*Don Stevenson (Mit)	2) v Bell	SJ	4/29
	sMike Caraway (Gund)	1) Top 8	LG	5/ 1
	sGreg Roy (Gunn)	2) SCVAL	LAH	5/14
	sBuster Jamison (Carl)	2) RII	LG	5/22
	*Hilton Hong (Wil)	3) RII	LG	5/22
	*Kevin Roberts (Wmont)	1) AC	LG	7/ 8
	*James Cooper (PiH) 9/25/65	1) AC	LG	7/29
11.06	sPat Hunter (SSF)	2h1) CCS	SJ	5/28
11.12	*Jeff Lovelace (PA) 6/3/65	4h2) CCS	SJ	5/28
Wind-aided:				
10.6	James Cooper	1) v OG	SJ	4/22
	Tim Peoples	3) Quick	SJ	5/ 8
	Tom Mell	5) Quick	SJ	5/ 8
	*Erick Montgomery (Ind) 4/30/65	1) v Hill	SJ	4/15
10.8	sJoe Cerny (Cup)	1T2) v Bell	SJ	4/22
	*Jeff Thorbs (MP)	1) v SCre	SJ	4/22
	sTony Miller (MP)	2) v SCre	SJ	4/22
	sVernon Norwood (OG) 6/13/63	2) v PiH	SJ	4/22
	sJoe Wesley (SCre)	2) MHAL	SJ	5/14

200 METERS

+ = time converted from 220 yards by multiplying the 220 time by .9941939

21.3 +	*Erick Montgomery (Ind) 4/30/65	1) AC	LG	7/ 8
21.81	sTom Mell (Gunn)	1h2) CCS	SJ	5/28
21.94	*Paul Patton (Ara) 5/8/65	1h2) Gil	Gil	4/17
21.8 +	*Jim Reyes (Ind) 1/3/65	1) v SCre	SJ	4/29
	sJoe Price (Sea)	1) RIV	Gil	5/21
22.09	sMike Caraway (Gund)	1h1) CCS	SJ	5/28
22.12	*Jim Lubbe (Wmoor)	3h1) CCS	SJ	5/28
21.9 +	sTim Peoples (SCre) 7/26/64	2) v Ind	SJ	4/29

22.24	sJames Baker (Ste)	3h2)CCS	SJ	5/28
22.0	sKen Williams (MP) 4/6/64	1)v Ind	SJ	5/ 4
22.31	*Kerry Threets (Wmoor) 2/28/65	3)Gil	Gil	4/17
22.1 +	*Peter Jeter (SI)	1)v Serra	SFrisco	4/21
+	sDarrell Adams (Ind)	3)v SCre	SJ	4/29
+	sBuster Jamison (Carl)	2)RII	LG	5/22
+	*Rod Green (PA) 3/23/65	1)AC	LG	7/15
+	*James Cooper (PiH) 9/25/65	1)AC	LG	7/22
22.37	sTony Crayton (Ara)	6hl)CCS	SJ	5/28
22.43	*Kirk Smith (SI)	5h2)CCS	SJ	5/28

Wind-aided: ---

21.5	Tim Peoples	1)MHAL	SJ	5/14
21.6	Jim Reyes	1)RIII	SJ	5/21
22.01	Mike Caraway	5h3)State	Sac	6/ 4
22.0 +	sReggie Bynum (Ind)	1)v Hill	SJ	4/15
22.1	sVernon Norwood (OG) 6/13/63	4)RIII	SJ	5/21

400 METERS

48.21	*Kerry Threets (Wmoor) 2/28/65	1)Gil	Gil	4/17
48.5	*Paul Patton (Ara) 5/8/65	1)MPAL	SMat	5/13
48.6	sMichael Green (Hdale) 8/28/64	2)MPAL	SMat	5/13
48.80	*James Cooper (PiH) 9/25/65	2r2=2)CCS	SJ	5/28
48.90	*Sheldon Griffith (SCLara)	4r2=4)CCS	SJ	5/28
48.93	sWilliam Jones (Mont) 7/3/64	5r2=5)CCS	SJ	5/28
49.3	*Ray Farris (SCar)	4r2=4)Top 8	LG	5/ 1
+	**Mike Davidson (Bell)	1)WCAL	LAH	5/15
49.5	sGeoff Norton (Sea)	2)RIV	Gil	5/21
	sBill Shirley (Apt)	3)RIV	Gil	5/21
49.74	*Ted Ornduff (LO)	4r =DQ)Gil	Gil	4/17
49.6	*Jim Reyes (Ind) 1/3/65	2r1=6)Top 8	LG	5/ 1
49.80	*Karl Volk (Bran)	3r1=8)CCS	SJ	5/28
49.7	*Ken Pope (M-A) 11/21/65	2)SPAL	Stan	5/14
	sLarry Montenegro (Gil)	3)MBAL	Sal	5/15
	sMike Caraway (Gund)	2)RIII	SJ	5/21
49.8	*Darryl Usher (SMat) 1/3/65	h)MPAL	SMat	5/11
+	*Rod Green (PA) 3/23/65	1)SCVAL	LAH	5/14
50.01	sJohn Dickinson (MP)	4r1=9)CCS	SJ	5/28
49.9	sJason Smith (KC)	1)MTAL	Sal	5/14

800 METERS

+ = time converted from 880 yards by multiplying the 880 time by .9941939

1:53.8	sRandy Pangelina (Lick)	1)CCS	SJ	5/28
1:54.0	*Ron Green (MP)	2)CCS	SJ	5/28
1:54.6	*Rod Sellard (Bell) 4/15/65	3)CCS	SJ	5/28
1:54.7	sRudy Preciado (SCLara)	1)RII	LG	5/22
1:55.0	sWillie Peggs (Sea)	4)CCS	SJ	5/28
1:55.1	*Lawrence Haggins (M-A) 7/1/64	2)Top 8	LG	5/ 1
1:55.8	*Matt Najarian (Home)	6)CCS	SJ	5/28
1:56.0	sGary Lewis (Gund) 8/8/63	3)RIII	SJ	5/21
1:56.1 +	sEd Flores (Pros)	1)WVAL	LG	5/14
1:56.2	*Jay Avenbarg (SLV)	1r1=)Quick	SJ	5/ 8
1:56.4	*Gregg Skarnas (Wmont)	5)RIII	SJ	5/21
1:57.3	sMike Andrews (Mont) 6/17/64	3)RIV	Gil	5/21
1:57.4 +	sTasos Constantin (Bell) 12/27/63	2)WCAL	LAH	5/15
1:57.6	sChristian Hix (HMB)	3)Top 8	LG	5/ 1
1:58.0 +	sKent Iglehart (Gunn)	2)SCVAL	LAH	5/14
+	*Chris Spurlock (Bell)	3)WCAL	LAH	5/15

1500 METERS

' = time taken en route to a longer distance, 1600 meters or mile

3:56.7 '	sGary Lewis (Gund) 8/8/63	7) State	Sac	6/ 5
4:02.3	sTasos Constantin (Bell) 12/27/63	4) BJC	SJ	4/10
4:04.0 '	sEd Flores (Pros)	3) CCS	SJ	5/28
4:04.4	sKent Iglehart (Gunn)	7) BJC	SJ	4/10
4:04.5 '	sSteve Berry (HMB)	4) CCS	SJ	5/28
	sKen Bunton (MVis)	5) CCS	SJ	5/28
4:04.7i	sRobert Andersen (ST) 12/3/63	1) SFG	DCity	2/20
4:04.9 '	*Chris Bowe (PG)	6) CCS	SJ	5/28
4:05.0 '	sRick Masino (Bell)	7) CCS	SJ	5/28
4:05.1	sDan Clemens (Soq)	1) AC	LG	8/ 5
4:05.6 '	*Rod Sellard (Bell) 4/15/65	8) CCS	SJ	5/28

MILE

+ = time converted from 1600 meters by multiplying 1600 time by 1.0058399

4:13.07+	sGary Lewis (Gund) 8/8/63	6) State	Sac	6/ 5
4:21.1	sBrian Bergstrom (LG) 7/1/64	1) Top 8	LG	5/ 1
4:21.4	sEd Flores (Pros)	2) CCS	SJ	5/28
4:21.9	sTasos Constantin (Bell) 12/27/63	3) CCS	SJ	5/28
4:22.3	sKen Bunton (MVis)	4) CCS	SJ	5/28
4:22.8	*Orlando Biggs (WG)	3) Top 8	LG	5/ 1
4:23.0	sSteve Berry (HMB)	5) CCS	SJ	5/28
4:23.8	sMike Norcia (Sara)	5) Top 8	LG	5/ 1
4:24.3	**Sean Crowley (Over)	1) Top 8 f/s	LG	5/ 1
4:24.9	**Tom Legan (Ind)	1) AC	LG	7/15
4:25.2	sRick Masino (Bell)	6) CCS	SJ	5/28
	*Chris Bowe (PG)	7) CCS	SJ	5/28
4:25.5	sDan Clemens (Soq)	6) Top 8	LG	5/ 1
	sKent Iglehart (Gunn)	7) Top 8	LG	5/ 1
4:25.6 +	*Jim LaFuente (MP) 9/21/65	5) RIII	SJ	5/21
4:25.8 +	sRobert Andersen (ST) 12/3/63	1) MHAL	SJ	5/14
	*Rod Sellard (Bell) 4/15/65	8) CCS	SJ	5/28

MILE STEEPLECHASE

5:07.3	sJohn Singhdeo (Pros)	1) LWVR	Sara	4/24
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3000 METERS

' = time taken en route to a longer distance, 3200 meters or 2 miles

8:43.2 '	*Mike Livingston (WG)	13) State	Sac	6/ 5
8:47.4 '	sRobert Andersen (ST) 12/3/63	1) Top 8	LG	5/ 1
8:48.1 '	sScott Marconda (MS)	2) Top 8	LG	5/ 1
8:48.2 '	sGary Lewis (Gund) 8/8/63	1) Post	LG	10/31
8:49.2 '	*Grant Foster (MVis)	3) Post	LG	10/31
8:49.4 '	sKent Iglehart (Gunn)	4) Post	LG	10/31
8:50.1 '	**Tom Legan (Ind)	4) Top 8	LG	5/ 1
8:52.2 '	sBrian Bergstrom (LG) 7/1/64	6) Post	LG	10/31
8:53.1 '	*Mike Anderson (Carl)	7) Post	LG	10/31
	**Chris Craig (Lei) 3/10/66	5) RIII	SJ	5/21
8:53.3 '	sDarryl Grimm (LG)	8) Post	LG	10/31
8:54.7 '	sTodd Fitchen (Lyn)	6) Top 8	LG	5/ 1
8:56.1 '	**Paul Ghidossi (Cap)	4) CCS	SJ	5/28
8:57.5 '	**Shawn Ayers (Bell) 8/8/66	12) Post	LG	10/31
8:59.3 '	*Rod Sellard (Bell) 4/15/65	13) Post	LG	10/31
8:59.6 '	sJohn Singhdeo (Pros)	7) Top 8	LG	5/ 1
	sMike Norcia (Sara)	6) Quick	SJ	5/ 8

3000-METER STEEPLCHASE

Note -- the only race of note, at the King Games at Stanford, used the wrong starting line (that supposed to be for the start of the flat 3000) and consequently the runners in that race ran a distance approximately 10-15 meters short of 3000. When an exact distance is found for the King Games race, this time will be converted to a 3000 race (the conversion will likely be in the neighborhood of 2 seconds). Until that time, this time is the one recorded for the short 3000 race:

10:20.3 *Lawrence Haggins (M-A) 7/1/64 6)King Stan 4/ 2

2 MILES

+ = time converted from 3200 meters by multiplying the 3200 time by 1.0058399

9:19.7 +	*Mike Livingston (WG)	13)State	Sac	6/ 5
9:20.6	sBrian Bergstrom (LG) 7/1/64	1)WVAL	LG	5/15
9:21.8	sRobert Andersen (ST) 12/3/63	1)Top 8	LG	5/ 1
9:22.0	sScott Marconda (MS)	2)Top 8	LG	5/ 1
9:22.6	*Roy Garcia (Lei) 2/2/64	2)WVAL	LG	5/14
9:22.9	sGary Lewis (Gund) 8/8/63	1)Post	LG	10/31
9:23.2	*Grant Foster (MVis)	2)Post	LG	10/31
9:23.6	sKent Iglehart (Gunn)	4)Post	LG	10/31
9:26.1	**Tom Legan (Ind)	4)Top 8	LG	5/ 1
9:26.5	*Jim LaFuente (MP) 9/21/65	6)Post	LG	10/31
9:28.3	sDarryl Grimm (LG)	7)Post	LG	10/31
+ 9:29.6	**Chris Craig (Lei) 3/10/66	5)RIII	SJ	5/21
9:29.6	**Paul Ghidossi (Cap)	3)CCS	SJ	5/28
9:30.0	*Mike Anderson (Carl)	9)Post	LG	10/31
9:32.0	sTodd Fitchen (Lyn)	6)Top 8	LG	5/ 1
9:34.4 +	*Craig Ulibarri (SCre)	6)RIII	SJ	5/21

3 MILES

14:41.2	*Mike Livingston (WG)	1)LWVR	Sara	4/24
14:58.7	sRobert Andersen (ST) 12/3/63	2)LWVR	Sara	4/24
15:00.5	**Chris Craig (Lei) 3/10/66	3)LWVR	Sara	4/24
15:06.7	sScott Marconda (MS)	4)LWVR	Sara	4/24
15:09.7	**Tom Legan (Ind)	6)LWVR	Sara	4/24

5000 METERS

15:12.0	*Mike Livingston (WG)	1)AC	LG	8/ 5
15:31.1	**Chris Craig (Lei) 3/10/66	2)AC	LG	8/ 5
15:39.5	**Paul Ghidossi (Cap)	10)King	Stan	4/ 3
15:44.4	*Dave Bell (Lei) 7/9/65)King	Stan	4/ 3
15:47.2	*Roy Garcia (Lei) 2/2/64	8)BJC	SJ	4/10
15:53.6	**Shawn Ayers (Bell) 8/8/66	10)BJC	SJ	4/10
15:58.8	sTodd Fitchen (Lyn)	11)BJC	SJ	4/10
15:59.8	sSteve Johnson (Lei) 6/5/63)King	Stan	4/ 3

110-METER HIGH HURDLES

y = time recorded at 120 yards, technically shorter than 110 meters (by 10.7 inches) but considered equal in these lists (for hand times)

13.7 y	*Rod Green (PA) 3/23/65	1)LWVR	Sara	4/24
13.96	*Erick Montgomery (Ind) 4/30/65	2h2)State	Sac	6/ 4
14.35	sEd Berry (Carl)	2h2)CCS	SJ	5/28
14.3 y	sDoug Dunbar (MP)	3)LWVR	Sara	4/24
14.63	sShawn Curry (MP)	2h1)CCS	SJ	5/28
14.4 y	sAndre Tabor (Cap)	4)LWVR	Sara	4/24
14.5 y	sOtis Bell (Wood)	1)v SI	Wood	2/25
14.95	*Rob Durkin (SFran)	4h2)CCS	SJ	5/28

14.8	*Pat Williams (Sea)	h) Gil	Gil	4/17
y	*Ken Jones (M-A)	1) Seq	RC	5/7
	sDave Chesarek (Lei) 7/3/64	1) WVAL	LG	5/15

Wind-aided:

13.7	Erick Montgomery	1h2) RIII	SJ	5/21
14.1	Doug Dunbar	1h1) RIII	SJ	5/21
	Shawn Curry	2) RIII	SJ	5/21
14.8	sGreg Chatman (Lei)	4) RIII	SJ	5/21

330-YARD LOW HURDLES

+ = time converted from 300 meters by multiplying 300 time by 1.0058399

36.22	*Erick Montgomery (Ind) 4/30/65	1r2=1) CCS	SJ	5/28
37.36	sShawn Curry (MP)	2r2=2) CCS	SJ	5/28
37.56	sDave Chesarek (Lei) 7/3/64	3r2=3) CCS	SJ	5/28
37.6	sGeoff Norton (Sea)	1) v Ali	Sal	4/14
38.01	sDoug Dunbar (MP)	4r2=4) CCS	SJ	5/28
38.1	sRuss Hauschild (Ali)	2) v Sea	Sal	4/14
	*Les Branson (Serra) 4/5/64	1) WCAL	LAH	5/15
38.44	sJoel Greene (DM) 11/1/64	5r2=5) CCS	SJ	5/28
38.3	sAndre Tabor (Cap)	1) v Mills	Millb	4/29
38.4	*Rod Green (PA) 3/23/65	1) AC	LG	8/5
38.82	sRick Risano (PA) 6/24/64	1r1=7) CCS	SJ	5/28
39.00	*Paul Spagnoli (Mills) 3/26/64	1h5) Gil	Gil	4/17
39.02	sRobbie MacLean (Wmont)	2h5) Gil	Gil	4/17
39.0 +	sBrian McKittrick (TN) 1/9/64	h) RI	SMat	5/18
+	*Rick Rojas (Rior)	h) RI	SMat	5/18

330-YARD INTERMEDIATE HURDLES

37.3	*Erick Montgomery (Ind) 4/30/65	1) v Hill	SJ	4/15
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400-METER INTERMEDIATE HURDLES

+ = time converted from 440 yards by multiplying the 440 time .9941939

54.8 +	*Les Branson (Serra) 4/5/64	1r1=1) LWVR	Sara	4/24
55.1 +	sJoel Greene (DM) 11/1/64	1r2=2) LWVR	Sara	4/24
55.5 +	sDave Chesarek (Lei) 7/3/64	2r2=3) LWVR	Sara	4/24
56.0 +	sBrian McKittrick (TN) 1/9/64	1r3=4) LWVR	Sara	4/24
56.3 +	*Paul Spagnoli (Mills) 3/26/64	3r2=5) LWVR	Sara	4/24
56.84	sMark Broughton (Oce)	3) TAC JO 15-16	Linc,NB	8/1
57.2 +	*John Devine (SI)	2r3=6) T2) LWVR	Sara	4/24
57.3 +	sPat Collins (Serra)	3r3=8) LWVR	Sara	4/24
57.53	sBrett Dawson (Wmont)	4r2=5) BJC	SJ	4/10
	*Erick Montgomery (Ind) 4/30/65	5r2=6) BJC	SJ	4/10
57.7 +	sKevin Noonan (Mills)	3r1=9) LWVR	Sara	4/24
58.44	feJohan Ahlin (LG/Swe)	4r1=9) BJC	SJ	4/10

4 x 100 METERS

+ = time converted from 440 yards by multiplying the 440 time by .9941939

41.76+	Carlmont	1r2=1) CCS	SJ	5/28
	(sBuster Jamison, sBrian Artist, sCedric Wallace, sEd Berry)			
42.06+	Independence	2r2=2) CCS	SJ	5/28
42.0	Mt. Pleasant	1) Top 8	LG	5/1
42.24+	Seaside	3r2=3) CCS	SJ	5/28
+	Silver Creek	4r2=4) CCS	SJ	5/28
42.28+	Westmoor	5r2=5) CCS	SJ	5/28
42.39+	South San Francisco	6r2=6) CCS	SJ	5/28
42.7	Hillsdale	1) MPAL	SMat	5/13

42.8	Gunn	5) Top 8	LG	5/ 1
43.07+	San Carlos	1r1=) CCS	SJ	5/28
43.0 +	Westmont	1) WVAL	LG	5/14
43.23+	Aragon	4) Gil	Gil	4/17

4 x 220 YARDS

1:29.1	Carlmont	1r2=1) LWVR	Sara	4/24
1:30.1	Independence	2r2=2) LWVR	Sara	4/24
1:30.3	Mt. Pleasant	3r2=3) LWVR	Sara	4/24
1:30.4	Westmoor	1) Seq	RC	5/ 7
1:30.9	Palo Alto	4r2=4) LWVR	Sara	4/24
1:31.9	Aragon	5r2=5) LWVR	Sara	4/24
1:33.0	Menlo-Atherton	2) Seq	RC	5/ 7
1:33.1	San Carlos	1r1=6) LWVR	Sara	4/24
1:33.9	Santa Clara	1) Buch	SCLara	3/13
1:34.0	Gilroy	6r2=7) LWVR	Sara	4/24

4 x 440 YARDS

+ = time converted from 4x400 meters by multiplying the 4x400 time by 1.0058399

3:20.15	Independence	1r2=1) CCS	SJ	5/28
(sReggie Bynum 51.1, **Kerry Nobles 51.3, *Jim Reyes 49.9, *Erick Montgomery 47.8)				
3:20.22	Mt. Pleasant	2r2=2) CCS	SJ	5/28
(sShawn Curry 50.0, *Ron Green 50.9, sDoug Dunbar 50.4, sJohn Dickinson 49.0)				
3:21.14+	Westmoor	5hl) State	Sac	6/ 4
(*Jim Lubbe 51.2, sHerb Lebherz 50.2, sDerek Lawson 51.0, *Kerry Threats 47.6 = 3:19.97m)				
3:23.39	Carlmont	4r2=4) CCS	SJ	5/28
3:23.6	Aptos	2) Top 8	LG	5/ 1
	Seaside	1) RIV	Gil	5/21
3:23.99	Santa Clara	1r1=5) CCS	SJ	5/28
3:24.0	Gilroy	2) RIV	Gil	5/21
3:24.14	Westmont	2r1=6) CCS	SJ	5/28
3:24.34	Bellarmino	3r1=7) CCS	SJ	5/28
3:25.20	Hillsdale	5r2=8) CCS	SJ	5/28
3:25.73	Palo Alto	4r1=9) CCS	SJ	5/28
3:26.6	Menlo-Atherton	4) RII	IG	5/22
3:26.9	Prospect	2) WVAL	IG	5/14
	Del Mar	3) WVAL	LG	5/14

4 x 880 YARDS

8:05.7	Mt. Pleasant	1) LWVR	Sara	4/24
8:06.0	Santa Clara	2) LWVR	Sara	4/24
8:17.8	Prospect	4) LWVR	Sara	4/24
8:20.9	Bellarmino	6) King	Stan	4/ 2
8:22.9	Los Gatos	5) LWVR	Sara	4/24

4 x MILE

18:08.2	Bellarmino	1) LWVR	Sara	4/24
(sRick Masino 4:31.5, *Rod Sellard 4:28.6, **Shawn Ayers 4:41.3, sTasos Constantin 4:26.6)				
18:11.1	Willow Glen	2) LWVR	Sara	4/24
18:25.2	Leigh	4) LWVR	Sara	4/24
18:39.5	Saratoga	5) LWVR	Sara	4/24
18:45.4	Lick	6) LWVR	Sara	4/24
18:46.4	Lynbrook	7) LWVR	Sara	4/24

880-YARD SPRINT MEDLEY

1:38.8	King City	1)MTALR	KC	3/12
1:39.2	Palma	2)MTALR	KC	3/12
1:41.1	Jefferson	1)NPALR	Pac	3/15

MILE SPRINT MEDLEY

3:33.6	Gunn	1r2=1)LWVR	Sara	4/24
3:35.4	Mt. Pleasant	2r2=2)LWVR	Sara	4/24
3:37.0	Bellarmino	3r2=3)LWVR	Sara	4/24
3:39.7	Seaside	4r2=4)LWVR	Sara	4/24
3:40.2	Los Gatos	1r1=5)LWVR	Sara	4/24

2½-MILE DISTANCE MEDLEY

10:49.0	Leigh	8)King	Stan	4/ 3
10:55.9	San Carlos)King	Stan	4/ 3
10:58.9	Bellarmino)King	Stan	4/ 3
11:00.3	Overfelt frosh/soph	1)LWVR	Sara	4/24
11:00.8	Los Gatos)King	Stan	4/ 3

HIGH JUMP

6-10¼	*Craig Branstrom (HMB)	1)RI	SMat	5/20
6-10	sDave Sampson (Home)	1)CCS	SJ	5/28
6-8¼	sJerry Ross (Rior)	2)RI	SMat	5/20
6-8	sDave Gates (MVis)	1)RII	LG	5/22
	sSteve DeHart (Carl)	2)RII	LG	5/22
6-6	sDave Underwood (Lei)	1)v Gil & Lel	Gil	3/ 4
	sAllen Christensen (NMC)	4T2)Quick	SJ	5/ 8
	sDan Long (Sal)	1)RIV	Gil	5/21
6-5	***David Mosley (MVis)	1)v Fre	Sunny	3/15
	sJeff Brundage (Pros)	1)v Bran	Sara	4/16
6-4½	*Eddie Javius (Ara)	1)MPAL	SMat	5/13

POLE VAULT

Note -- included also here are all vaults by Kibort at 15-6¼ or better in addition to his nation-leading 17-0; % = 3/4

17-0	*Mike Kibort (Sara) 10/27/64	1)AC	LG	7/15
16-6	Kibort	1)AC	LG	7/ 8
16-%(A)	Kibort	1)RXIIIJO 17-18	Reno,NV	7/17-18
	Kibort	1)TAC JO 17-18	Linc,NB	8/ 1
16-¼	Kibort	1)PAJO 17-18	Hay	7/ 2
16-0	Kibort	1)AC	LG	6/12
15-8½	Kibort	1)v Fre	Sara	4/22
15-0	sDon Weckler (Wmont)	1)v LG & Bran	LG	5/ 7
	sAndy Sythe (LG) 4/30/64	2)CCS	SJ	5/28
14-6	**George Bassett (Sara) 4/27/66	2)LWVR	Sara	4/24
14-2	**Todd Keating (NS)	1)Sal	Sal	5/ 8
14-0	sKen Staal (LO) 11/27/64	1)STAL	SJ	5/13
	sPhil Bray (MView)	1)SCVAL	LAH	5/14
	*Dan Larson (MVis)	3)RII	LG	5/22
	sPat Creel (Mills)	5)CCS	SJ	5/28
13-11	sTom Brezoczky (Lel)	1)v Pion	SJ	4/15

13-6	sTom Fletcher (Home)	1)v Lyn	SJ	4/23
	sRobert Cattarin (Hdale)	5)LWVR	Sara	4/24
	sPhil Robinson (Lyn)	6)LWVR	Sara	4/24
	*Mark Huber (Lyn)	7)LWVR	Sara	4/24
	sJoe Anacleto (Gil)	1)RIV	Gil	5/21
	**Mark Coulter (Gund)	3)RIII	SJ	5/21
	sDave Underwood (Lei)	4)RIII	SJ	5/21
	sRick Galvez (M-A)	4)RII	LG	5/22

LONG JUMP
 $\frac{3}{4}$

23-4	sLarry Weldon (SCre) 5/7/64	1)CCS	SJ	5/28
23-1	sTerry Duncan (Bell)	1)AC	LG	7/29
22-9%	sAndy Sythe (LG) 4/30/64	1)Top 8	LG	5/ 1
22-8½	*Jeff Rossman (SF)	2)Top 8	LG	5/ 1
22-7½	sAlan Seaman (Hdale)	3)Top 8	LG	5/ 1
22-6	sSean Laughlin (SI) 2/16/64	1)v Bal & Gal	SFrisco	3/ 5
	sJoe Price (Sea)	1)v Mont	Sea	5/ 6
	sLeonard Wesley (Lei))WVALp	LG	5/10-11
22-5	sTom Kuwada (Gil)	1)v	Gil	4/15
	*Hilton Hong (Wil)	1)RII	LG	5/22
22-4	**Steve Fisher (Sara)	2)RII	LG	5/22
22-3%	sTony Miller (MP)	1)LWVR	Sara	4/24
	*Cameron Comick (DM)	2)CCS	SJ	5/28
22-2	sAllen Christensen (NMC)	1)KC	KC	5/ 1
	sJoe Cequerra (Wmoor)	1)NPALp	Pac	5/11
22-1½	**Eric Hawkins (Wil)	3)RII	LG	5/22
22-¼	*Richard Jett (SMat)	1)RI	SMat	5/21

Wind-aided:

23-0	*Bruce Furukawa (Serra)	1)v SFran	SMat	4/29
22-4	Cameron Comick	2)RIII	SJ	5/21
22-1	***David Mosley (MVis)	1)v Fre	Sunny	3/15
22-1	*Ken Roberts (Wmont)	3)RIII	SJ	5/21
22-½	*Stephen Barnes (SCre)	4)RIII	SJ	5/21
22-0	*Lavance Northington (Ind) 10/13/65	2)MHAL	SJ	5/14

TRIPLE JUMP
 $\frac{3}{4}$

49-5¼	*Chris Mooring (MP)	3)State	Sac	6/ 5
48-8½	sLarry Weldon (SCre) 5/7/64	1)CCS	SJ	5/28
47-2	sEd Berry (Carl)	1)RII	LG	5/22
46-7%	*Hilton Hong (Wil)	1)SCVAL	LAH	5/14
46-6¼	sAlbert Morales (NMC)	1)SCCAL	Aptos	5/14
46-5	*Jeff Rossman (SFran)	1)v Fre	MView	4/ 8
46-3	sGary LeKander (Pal)	1)Ceres	Ceres	5/ 1
46-2½	sReggie Bynum (Ind)	4)CCS	SJ	5/28
45-11	*Allen Picchi (SFran)	2)Top 8	LG	5/ 1
	sGreg Roy (Gunn)	2)RII	LG	5/22
45-10½	sJeff Plaskett (Lyn)	6)CCS	SJ	5/28
45-9½	*Mike Bostic (M-A)	3)LWVR	Sara	4/24
45-7½	*Bruce Furukawa (Serra)	1)v SI	SFrisco	4/21
45-3½	sFred Chen (MView)	4)RII	LG	5/22
45-0	*Richard Jett (SMat)	8)CCS	SJ	5/28

Wind-aided:

50-0	Larry Weldon	1)MHAL	SJ	5/14
46-1	sPhil Wheeler (Lel)	5)Quick	SJ	5/ 8
45-2	***David Mosley (MVis)	2)DAAL	Sunny	5/14

SHOT PUT
 $\frac{3}{8} = \frac{3}{4}$

57-6%	sEric Tennyson (Cup) 5/31/64	2) State	Sac	6/ 5
56-11%	sJohn Aimonetti (Black) 11/22/63	1) CCS	SJ	5/28
56-3	sCornell Brown (Ind)	1) Top 8	SJ	5/ 7
55-5	sJeff Foster (Sara)	2) DAALp	Sunny	5/ 5
54-5	*Paul Finau (SMat)	1) MPALR	SBruno	3/19
54-3	sDan Usher (Serra)	1) RI	SMat	5/18
54-0	*Nate Barnreiter (DM)	1) v Lei	SJ	4/29
53-11 $\frac{1}{4}$	sBrian Robinson (Pros)	5) CCS	SJ	5/28
53-11	sRoger Campbell (Gunn)	1) SCVAL	LAH	5/14
53-8	*John Gatrousis (Bell)	1) v Mit	SJ	4/29
53-7	sDave Pruitt (Lei) 5/30/63	1) v Pros	SJ	4/19
53-5	sPhil Levy (MVis)	3) RII	LG	5/22
	*Ako Poti (Jeff)	6) CCS	SJ	5/28
52-10	sMike Burns (ST)) Coed	Sara	3/ 6
52-8	sJohn Geringer (Soq)	1) RIV	Gil	5/21

DISCUS

190-6	sDan Katches (Mills) 5/29/64	1) Quick	SJ	5/ 8
185-7	sJohn Aimonetti (Black) 11/22/63	4) State	Sac	6/ 5
172-11	sJeff Ramirez (Gund)	1) v Lel	SJ	4/23
172-2	*Rob Shenk (M-A)	1) Quad	Stan	3/19
171-9	sDave Pruitt (Lei) 5/30/63	2) RIII	SJ	5/21
170-9	sMike Wilmer (Lel)	1) v LO	MH	3/25
169-7	*Nate Barnreiter (DM)	3) RIII	SJ	5/21
169-1	sMike Burns (ST)	1) MHAL	SJ	5/14
167-0	*Andy Nagengast (DM)	4) RIII	SJ	5/21
162-1	sBrian Robinson (Pros)	5) RIII	SJ	5/21
160-10	sRoger Campbell (Gunn)	3) CCS	SJ	5/28
160-5	*Ako Poti (Jeff)	1) KC	KC	5/ 1

GIRLS

100 YARDS

10.8	*Vivian Riley (MP) 12/26/64	1) LWVR	Sara	4/24
	sJulie Middleton (SMat) 8/16/64	2) LWVR	Sara	4/24
10.9	sBrenda Brewer (Hdale) 7/7/63	3) LWVR	Sara	4/24
11.0	sKaren Carr (Over) 4/16/64	4) LWVR	Sara	4/24
11.1	sGurtha Pounds (LO) 3/29/64	5) LWVR	Sara	4/24
11.2	sLiz Cheuning (Sara) 10/15/64	6) LWVR	Sara	4/24
	sJulie Miller (Carl) 1/7/64	7) LWVR	Sara	4/24
11.3	sToni Webster (SSF)	1) v _____		3/23
	*Janet Johnson (Sea) 3/17/65	8) LWVR	Sara	4/24
11.4	*Karen Vines (Carl)	1) v Wood	Wood	3/23
11.5	sCynthia Barkus (SCar)	1h) SPALp	Ath	5/11

100 METERS

12.00	sGurtha Pounds (LO) 3/29/64	1h1) CCS	SJ	5/28
12.06	sKaren Carr (Over) 4/16/64	2h1) CCS	SJ	5/28
12.12	*Vivian Riley (MP) 12/26/64	3h1) CCS	SJ	5/28
12.16	sJulie Middleton (SMat) 8/16/64	1h2) CCS	SJ	5/28
12.0	****LaShun Peters (KavJr) 4/20/68	1) AC	LG	7/ 8
12.2	sLiz Cheuning (Sara) 10/15/64	1) RII	LG	5/22
12.46	***Tia Williams (SCre)	4h1) CCS	SJ	5/28
12.49	***Mina Hutchins (Ind) 12/27/67	2h3) Gil	Gil	4/17
12.3	sJohnetta Clark (PA)	1) v Milp	Milp	4/19
	***Jenfer Clayton (Lyn)	4) Top 8	LG	5/ 1
	*Claudia Jordan (SCar) 1/27/65	2) RII	LG	5/22
12.55	**Debbie Dyson (Hdale)	5h1) CCS	SJ	5/28
12.56	sToni Webster (SSF)	6h1) CCS	SJ	5/28
12.63	*Karen Vines (Carl)	4h2) CCS	SJ	5/28

Wind-aided:

11.6	Gurtha Pounds	1h2) RIII	SJ	5/22
11.91	Karen Carr	5h1) State	Sac	6/ 4
11.96	Julie Middleton	1) Quick	SJ	5/ 8
12.00	Vivian Riley	3) TAC 16-17	Spok,WA	7/ 4
12.16	LaShun Peters	2) TAC 12-13	Spok,WA	7/ 4
12.0	Tia Williams	3) RIII	SJ	5/21
12.1	sJulie Coy (Gil)	1) Cab	Aptos	5/ 8
12.2	Jenfer Clayton	1) v Sara	Sara	4/15
	sLisa Delucchi (SCruz)	2) Cab	Aptos	5/ 8
	Mina Hutchins	3) MHAL	SJ	5/14
12.3	*Vernessa Riley (MP) 12/26/64	2) v PiH	SJ	4/15
	sYvette Webb (Sea)	3) Cab	Aptos	5/ 8
	sDebbie Monk (Pros)	5) RIII	SJ	5/21

200 METERS

+ = time converted from 220 yards by multiplying the 220 time by .9941939

24.22	sGurtha Pounds (LO) 3/29/64	1h1) CCS	SJ	5/28
24.38	sBrenda Brewer (Hdale) 7/7/63	4h3) State	Sac	6/ 4
24.80	sJulie Middleton (SMat) 8/16/64	2h2) CCS	SJ	5/28
24.93	sAnita Bolton (SCre)	2h1) CCS	SJ	5/28
24.9	sLiz Cheuning (Sara) 10/15/64	1) RII	LG	5/22
25.24	*Vivian Riley (MP) 12/26/64	3) TAC 16-17	Spok,WA	7/ 4
25.32	sKaren Carr (Over) 4/16/64	3h2) CCS	SJ	5/28
25.40	***Jenfer Clayton (Lyn)	3h1) CCS	SJ	5/28

25.42	****LaShun Peters (KavJr) 4/20/68	1)TAC 12-13	Spok,WA	7/ 4
25.2 +	sSherrill Miller (Fre) 10/3/64	5)Top 8	LG	5/ 1
	*Claudia Jordan (SCar) 1/27/65	2)RII	LG	5/22
25.45	*Karen Vines (Carl)	4h1)CCS	SJ	5/28
25.4 +	sRenee James (LG)	1)WVAL	LG	5/14

Wind-aided:

24.49	Julie Middleton	4h1)State	Sac	6/ 4
24.4	Vivian Riley	1h)MHAL	SJ	5/14
24.99	LaShun Peters	1s2)TAC 12-13	Spok,WA	7/ 3
24.8	Karen Carr	2)MHAL	SJ	5/14
25.0	***Kristen Dowell (ST) 2/5/67	1)v Ind	SJ	4/22

400 METERS

+ = time converted from 440 yards by multiplying the 440 time by .9941939

53.76	***Leslie Maxie (Mills) 1/4/67	1h2)State	Sac	6/ 4
54.6	sBrenda Brewer (Hdale) 7/7/63	2)MPAL	SMat	5/13
55.37	**Nora Williams (M-A) 3/30/66	2h1)TACJrW	Wwood	6/30
56.0	sSherrill Miller (Fre) 10/3/64	2)Top 8	LG	5/ 1
56.6 +	**Lanette Davis (DM) 6/8/66	1)v LG	SJ	4/22
57.01	***Kristen Dowell (ST) 2/5/67	4r2=4)BJC	SJ	4/10
57.5	sCathy Dee (SCat)	1)MPAL	Sal	5/14
57.7 +(A)	****Mary Coleman (CampJr) 3/10/69	1)PA-TAC 12-13	Reno,NV	5/30
57.85	sEurdell Jackson (SCre)	2r1=6)CCS	SJ	5/28
57.89	*Kate Brew (LAltos)	1r2=4)Quick	SJ	5/ 8
57.91	**Kim Kistler (Mit) 11/20/66	3r1=7)CCS	SJ	5/28
58.0	sJulie Miller (Carl) 1/7/64	1)SPAL	Stan	5/14
58.2	sKaren Turner (Carl)	4)RII	LG	5/22
58.7 +	sLiz Chewning (Sara) 10/15/64	1)v Cup	Cup	4/20
58.8	sJanet Corsiglia (Mit) 10/9/64)Gil	Gil	4/17
59.03	***Jenfer Clayton (Lyn))Gil	Gil	4/17
59.3 +	sGurtha Pounds (LO) 3/29/64	1)v Lel	MH	3/25

800 METERS

+ = time converted from 880 yards by multiplying the 880 time by .9941939

2:10.03	sStacey Threadgill (Mit) 12/27/64	6h1)TACJrW	Wwood	6/30
2:10.39	*Sharon Yaninek (Pres) 9/14/65	4)State	Sac	6/ 5
2:12.0	sMary Jo Barry (Lei) 4/22/64	2)Top 8	LG	5/ 1
+	sKrista Wendt (Lei) 3/30/64	1)WVAL	LG	5/14
	***Nanette Garcia (SCre) 7/23/67	5)Kinney	Berk	6/12
2:14.0	sMaria King (Milp) 6/18/64	4)Top 8	LG	5/ 1
2:14.6	sSherrill Miller (Fre) 10/3/64	4)CCS	SJ	5/28
2:14.7	***Karen Dowell (ST) 2/5/67	5)CCS	SJ	5/28
2:15.8	sEsther Berndt (Gunn) 3/9/65	5r2=2)Quick	SJ	5/ 8
2:16.4	**Lanette Davis (DM) 6/8/66	5)Top 8	LG	5/ 1
2:16.6	*Carla Halford (Lel) 10/31/65	5)RIII	SJ	5/21
2:19.0 +	***Therese Fisher (IG) 1/8/67	2)v Lei	LG	3/19
2:19.5	***Winnie Burns (M-A)	1)SPAL	Stan	5/14

1500 METERS

' = time taken en route to a longer distance, 1600 meters or mile

4:36.9 '	sEsther Berndt (Gunn) 3/9/65	5)State	Sac	6/ 5
'	sMary Jo Barry (Lei) 4/22/64	6)State	Sac	6/ 5
4:38.2	sMaria King (Milp) 6/18/64	1r2=1)Quick	SJ	5/ 8
	***Nanette Garcia (SCre) 7/23/67	1)RXIII 14-15	PlH	6/20
4:41.5	sKrista Wendt (Lei) 3/30/64	2r2=2)Quick	SJ	5/ 8
4:44.5 '	*Carla Halford (Lel) 10/31/65	2)CCS	SJ	5/28
4:46.9 '	sGretchen Nelson (SMat) 7/11/64	4)CCS	SJ	5/28

4:47.9	*Sharon Yaninek (Pres) 9/14/65	1)RXIII 16-17	PLH	6/20
4:49.2	**Connie Buckler (Sara) 7/3/66	5r2=5)Quick	SJ	5/ 8
4:50.0 '	sLinda Van Housen (SH,MP) 2/28/64	2)AC	LG	7/22
4:51.0	***Therese Fisher (LG) 1/8/67	6)BJC	SJ	4/10
4:52.7 '	**Nora Williams (M-A) 3/30/66	4)LWVR	Sara	4/24

MILE

+ = time converted from 1600 meters by multiplying the 1600 time by 1.0058399

4:55.80+	sMary Jo Barry (Lei) 4/22/64	5)State	Sac	6/ 5
4:56.58+	sEsther Berndt (Gunn) 3/9/65	6)State	Sac	6/ 5
5:02.8	***Carla Halford (Lei) 10/31/65	2)CCS	SJ	5/28
5:03.4	sKrista Wendt (Lei) 3/30/64	1)Top 8	LG	5/ 1
5:04.4	sGretchen Nelson (SMat) 7/11/64	3)CCS	SJ	5/28
5:05.9	sMaria King (Milp) 6/18/64	2)Top 8	LG	5/ 1
5:07.82+	***Therese Fisher (LG) 1/8/67	5)Arc	Arc	4/17
5:10.4 +	***Nanette Garcia (SCre) 7/23/67	3)RIII	SJ	5/21
5:10.7	sLinda Van Housen (SH,MP) 2/28/64	2)AC	LG	7/22
5:11.5	sGabriele Zieschang (Mills) 4/14/64	DQ)CCS	SJ	5/28
5:12.9 +	*Cory Schubert (DM)	5)RIII	SJ	5/21
5:13.4	*Sharon Yaninek (Pres) 9/14/65	1)GPSAL	LAH	5/15
5:13.6	**Nora Williams (M-A) 3/30/66	1)Seq	RC	5/ 7

Note -- Zieschang's disqualification in the CCS meet was not the result of any fouling during the race. Rather, after finishing 6th in the race, she was DQ'd because she was incorrectly told to run the race as an alternate. Though she is from Region I, a Region IV athlete should have been instructed to run. There is no reason not to include her time on the final CCS bests list.

3000 METERS

' = time taken en route to a longer distance, 3200 meters or 2 miles

+ = time converted from the King Games, whose "3000" was found to be 11.675 meters short; these times have been converted by multiplying the short time by 1.0039084

9:55.0 '	***Nanette Garcia (SCre) 7/23/67	4)State	Sac	6/ 5
10:11.4 +	sEsther Berndt (Gunn) 3/9/65	3)King	Stan	4/ 2
10:11.55	***Shannon Clark (GraJr) 10/30/68	3)TAC 12-13	Spok,WA	7/ 4
10:15.0 '	sGretchen Nelson (SMat) 7/11/64	2)CCS	SJ	5/28
10:15.1 '	sLinda Van Housen (SH,MP) 2/28/64	3)CCS	SJ	5/28
10:21.5 +	*Susan Brodie (SFran)	5)King	Stan	4/ 2
10:29.5 '	*Helen Muth (Soq)	6)CCS	SJ	5/28
10:33.0 '	***Therese Fisher (LG) 1/8/67	5)Top 8	LG	5/ 1
10:33.3 '	**Connie Buckler (Sara) 7/3/66	7)Top 8	LG	5/ 1
10:37.8 '	***Kim Himenes (SFran) 6/6/67	2r1=2)Post	LG	10/31
10:38.17	***Barbara Keehner (Hill) 7/27/67	3)TAC 14-15	Spok,WA	7/ 4

2 MILES

+ = time converted from 3200 meters by multiplying the 3200 time by 1.0058399

10:34.09+	***Nanette Garcia (SCre) 7/23/67	4)State	Sac	6/ 5
10:56.9	sLinda Van Housen (SH,MP) 2/28/64	2)CCS	SJ	5/28
10:57.4	sEsther Berndt (Gunn) 3/9/65	1)Top 8	LG	5/ 1
10:58.0 +	sGretchen Nelson (SMat) 7/11/64	10)State	Sac	6/ 5
11:07.0	*Susan Brodie (SFran)	5)CCS	SJ	5/28
11:14.2	***Therese Fisher (LG) 1/8/67	5)Top 8	LG	5/ 1
11:15.7	*Helen Muth (Soq)	6)CCS	SJ	5/28
11:16.2	**Connie Buckler (Sara) 7/3/66	6)Top 8	LG	5/ 1
11:17.8	***Kim Himenes (SFran) 6/6/67	2r1=2)Post	LG	10/31
11:22.9 +	*Cory Schubert (DM)	2)RIII	SJ	5/21
11:27.0 +	sRuth Day (WG)	3)RIII	SJ	5/21

11:27.4	*Barbara Gaenslen (Mills)	1) Gil	Gil	4/17
11:31.1	*Karen McGough (Mills)	2) Gil	Gil	4/17
11:34.0	*Nora Baker (DM)	2) WVAL	LG	5/14
11:35.5	*Carla Halford (Lel) 10/31/65	2r2=7) Post	LG	10/31
11:35.6	sSusan Radford (Sea)	3) Gil	Gil	4/17

5000 METERS

17:34.8	sLinda Van Housen (SH,MP) 2/28/64	2) AC	LG	8/ 5
18:12.9	*Susan Brodie (SFran)	3) AC	LG	8/ 5
18:57.9	sSusan Radford (Sea)	4) AC	LG	8/ 5

10,000 METERS

38:31.7	sLinda Van Housen (SH,MP) 2/28/64	1) PA-TAC	Berk	8/28
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100-METER LOW HURDLES (30")

14.24	***Leslie Maxie (Mills) 1/4/67	1h1) TAC JO 15-16	Linc,NB	7/30
14.45	*Roberta Eccles (Gund) 12/29/64	2) CCS	SJ	5/28
14.3	**Wendy Brown (Wood) 1/28/66	1) RII	LG	5/22
14.5	sLinda Luttrell (Seq) 8/24/64	2) Top 8	LG	5/ 1
15.10	**Laura Sullivan (Mills) 2/15/66	4) CCS	SJ	5/28
14.9	**Colette Maeder (Mercy) 4/23/66	1) FSC	SMat	5/31
15.0	sKathleen Bortolussi (Black) 7/8/64	1) WVAL	LG	5/14
15.0	**Rachael Bray (LAltos) 8/15/66	3) RII	LG	5/22

Wind-aided:

13.77	Leslie Maxie	2h1) State	Sac	6/ 4
14.18	Roberta Eccles	3h3) State	Sac	6/ 4
14.7	Kathleen Bortolussi	2) RIII	SJ	5/21
14.8	**Cynthia Solidarios (MP)	1h2) RIII	SJ	5/21
	*Renay Schoenlein (PiH) 1/7/65	3) RIII	SJ	5/21

330-YARD LOW HURDLES

+ = time converted from 300 meters by multiplying the 300 time by 1.0058399

44.11+	*Roberta Eccles (Gund) 12/29/64	2h2) State	Sac	6/ 4
45.19+	sKathleen Bortolussi (Black) 7/8/64	4h3) State	Sac	6/ 4
45.0 +	**Margaret Ruden (Home) 6/30/66	4h1) State	Sac	6/ 4
45.8	sDebbie Beste (WG)	2r2=2) Top 8	LG	5/ 1
46.10+	sBeth Miller (Carl) 1/7/64	1) NYL	Fres	4/ 2
46.12	*Heidi Waterfield (Home) 5/24/65	4r2=4) CCS	SJ	5/28
46.89	**Laura Sullivan (Mills) 2/15/66	1r1=5) CCS	SJ	5/28
46.7 +	sVelana Ferro (ST)	3) RIII	SJ	5/21
47.26	*Sharon Yaninek (Pres) 9/14/65	4) Gil	Gil	4/17
47.3 +	sCamille McGowan (Wmont)	5) RIII	SJ	5/21
47.4	**Kelley Cummins (LG)	1) v DM	SJ	4/22
	*Susan McLaughlin (Lyn)	1r1=4) Top 8	LG	5/ 1
	*Hilary Bray (LAltos) 4/9/65	1) SCVAL	LAH	5/14
47.5	*Tricia Ray (Har)	1) RIV	Gil	5/21
47.7	sDebby Whalen (Sara)	3) RII	LG	5/22

400-METER LOW HURDLES

+ = time converted from 440 yards by multiplying the 440 time by .9941939

63.7 +	sBeth Miller (Carl) 1/7/64	1r3=1) LWVR	Sara	4/24
65.16	*Roberta Eccles (Gund) 12/29/64	2r2=2) BJC	SJ	4/10
65.50	**Laura Sullivan (Mills) 2/15/66	4s1) TAC JO 15-16	Linc,NB	7/31
65.55	**Margaret Ruden (Home) 6/30/66	1) RXIII 14-15	PlH	6/20
65.9 +	*Sharon Yaninek (Pres) 9/14/65	3r3=3) LWVR	Sara	4/24

66.4 +	sDebbie Beste (WG)	4r3=4) LWVR	Sara	4/24
66.72	*Heidi Waterfield (Home) 5/24/65	5h2) TAC JO 17-18	Linc,NB	7/30
67.5 +	**Kelley Cummins (LG)	5r3=6T2) LWVR	Sara	4/24
67.6 +	sKathleen Bortolussi (Black) 7/8/64	6r3=8) LWVR	Sara	4/24
68.5 +	sDebby Whalen (Sara)	1r1=9) LWVR	Sara	4/24

4 x 100 METERS

+ = time converted from 440 yards by multiplying the 440 time by .9941939

47.81+	Saratoga	1r2=1) CCS	SJ	5/28
	(sKathy Lass, sDebby Whalen, *Pam Turriff, sLiz Chewning)			
47.82+	Silver Creek	2r2=2) CCS	SJ	5/28
	(***Yolanda Cunningham, sEurdell Jackson, sAnita Bolton, ***Tia Williams)			
48.13+	Hillsdale	3r2=3) CCS	SJ	5/28
	(***Pam Edmunds, **Debbie Dyson, *Debbie Edmundson, sBrenda Brewer)			
48.31+	Overfelt	4r2=4) CCS	SJ	5/28
	(*Wendy Anderson, sGlenda Turner, *Donna Campbell, sKaren Carr)			
48.54+	Carlmont	5r2=5) CCS	SJ	5/28
49.3	Mt. Pleasant	1) MHAL	SJ	5/14
49.5 +	San Carlos	3) RII	LG	5/22
49.91+	Live Oak	1r1=6) CCS	SJ	5/28
50.1	Lynbrook	4) Top 8	LG	5/ 1
50.2 +	Seaside	1) RIV	Gil	5/21
+	Santa Clara	4) RII	LG	5/22
50.4	Burlingame	2) MPAL	SMat	5/13
	Independence	3) MHAL	SJ	5/14

4 x 220 YARDS

+ = time converted from 4x200 meters by multiplying the 4x200 time by 1.0058399

1:44.9 +	Carlmont	1) Carl	SMat	3/27
	(sBeth Miller, sJulie Miller, sKaren Turner, *Karen Vines)			
1:49.3 +	Saratoga	5) Kinney	Berk	6/12
	(*Sherry Fisher, **Connie Buckler, *Pam Turriff, sKathy Lass)			
1:50.1	Menlo-Atherton	1) Seq	RC	5/ 7
1:50.6	Mitty	1) Buch	SCLara	3/13
1:51.31	Seaside	3r1=5) BJC	SJ	4/10
1:51.3	Jefferson	2) Seq	RC	5/ 7

4 x 440 YARDS

+ = time converted from 4x400 meters by multiplying the 4x400 time 1.0058399

3:56.19	Santa Teresa	1r2=1) CCS	SJ	5/28
	(***Karen Dowell 57.9, sVelana Ferro 60.5, **Laura Henry 61.7, ***Kristen Dowell 56.1)			
3:56.47+	Mitty	3h1) State	Sac	6/ 4
	(sJanet Corsiglia 59.3, ***Tori Weisberg 60.5, sStacey Threadgill 56.8, **Kim Kistler 58.5)			
3:57.78+	Carlmont	1) NYL	Fres	4/ 2
	(sJulie Miller, *Karen Turner, **Renee Osborn, sBeth Miller)			
3:58.0	Saratoga	1) RII	LG	5/22
	(sKathy Lass, sDebby Whalen, *Pam Turriff, sLiz Chewning)			
3:59.0 +	Silver Creek	2) RIII	SJ	5/24
	(*Robin Littlefield, sAnita Bolton, ***Nanette Garcia, sEurdell Jackson)			
4:02.0	Homestead	3) RII	LG	5/22
	(**Kim Miller, **Margaret Ruden, **Elsa Durante, *Heidi Waterfield)			
4:03.86	Los Gatos	1r1=5) CCS	SJ	5/28
4:06.7 +	Seaside	1) MBAL	Sal	5/15
4:07.54	Gunderson	2r1=) CCS	SJ	5/28
4:07.7	Mills	3) WdInd	WdInd	5/ 1
4:07.8	Leigh	5) Top 8	LG	5/ 1
4:08.2	Ieland	2h2) King	Stan	4/ 3
4:08.7	Los Altos	1) SCVAL	LAH	5/14

4 x 880 YARDS

+ = time converted from 4x800 meters by multiplying the 4x800 time by 1.0058399

9:43.0	Del Mar	1r2=1)LWVR	Sara	4/24
(*Cory Schubert 2:24.6, *Christine Lofranco 2:31.9, *Nora Baker 2:31.3, **Lanette Davis 2:15.2)				
9:44.4	Santa Teresa	2r2=2)LWVR	Sara	4/24
(**Karen Dowell 2:23.0, **Laura Henry 2:29.7, sArleda Burch 2:35.6, ***Kristen Dowell 2:16.1)				
9:49.9	Mitty	4r2=4)LWVR	Sara	4/24
(**Julie Johnston 2:26.9, ***Tori Weisberg 2:33.4, **Kim Thronson 2:33.8, sStacey Threadgill 2:16.8)				
10:01.2 +	Carlmont	1)Carl	SMat	3/27
10:07.9	Milpitas	1r1=5)LWVR	Sara	4/24

4 x MILE

23:35.0	Mitty	1)Spart	Sea	3/27
24:41.0	Sacred Heart (Menlo Park)	2)Spart	Sea	3/27

Carlmont Relays: 4x1600 was 1 lap short; following are the original metric times:

21:06.6	St. Francis	1)Carl	SMat	3/27
21:39.0	Carlmont	2)Carl	SMat	3/27
22:57.5	Saratoga	3)Carl	SMat	3/27

Note -- Based on average pace, and after a conversion to 4xMile, the probable times for these teams -- if they had run the full distance -- would have been 22:38 for St. Francis, 23:14 for Carlmont and 24:38 for Saratoga. This has been done only for a comparison.

880-YARD SPRINT MEDLEY

1:59.6	Jefferson	1)NPALR	Pac	3/15
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MILE SPRINT MEDLEY

4:21.1	Menlo-Atherton	1)Seq	RC	5/ 7
4:29.7	Mills	1)MPALR	SBruno	3/19
4:33.2	Mercy	2)Seq	RC	5/ 7

2½-MILE DISTANCE MEDLEY

12:45.2	Leigh	3)King	Stan	4/ 3
(**Brenda Montesi 2:34.3, sSandy Marso 64.9, sKrista Wendt 3:51.0, sMary Jo Barry 5:05.0)				
12:56.7	Milpitas	2)LWVR	Sara	4/24
12:58.4	Gunn	5)King	Stan	4/ 3
12:59.0	Leland	6)King	Stan	4/ 3
13:01.3	Del Mar)King	Stan	4/ 3
13:04.5	Los Gatos)King	Stan	4/ 3
13:05.8	Mills	1)MPALR	SBruno	3/19
13:08.5	Carlmont	4)LWVR	Sara	4/24
13:10.4	St. Francis	5)LWVR	Sara	4/24
13:11.5	Westmont	6)LWVR	Sara	4/24

HIGH JUMP

¾ = 3/4

5-9	***Leslie Maxie (Mills) 1/4/67	4)State	Sac	6/ 5
5-8¾	**Wendy Brown (Wood) 1/28/66	1)CCS	SJ	5/28
5-8¾	**Yvonne Kendall (Mills) 3/24/66	1)WdInd	WdInd	5/ 1
	*Michal Miller (S Clara) 3/10/65	1)Quick	SJ	5/ 8
5-8	**Rachael Bray (LAltos) 8/15/66	3)CCS	SJ	5/28
5-6	*Carolyn Martinez (IO)	1)v Lel	SJ	3/25
	***Beth Vidakovits (S Fran)	3)RII	LG	5/22
	sIngrid Bailey (WG) 5/12/64	5T3)Quick	SJ	5/ 8
5-5	sKathleen Bortolussi (Black) 7/8/64	1)v IG	LG	4/15

5-4	**Kelley Cummins (LG)	1) AC	LG	1/23
	sKim McCready (Carl))	before	3/18
	*Heidi Neher (LG)	1T2) v Lei	LG	3/19
	***Monica Liotta (Home) 8/17/67	1) v SF	Cup	4/ 6
	***Diana Boyd (MP))	before	4/24
	***Lisa Brown (Ind)	8T) Quick	SJ	5/ 8
	**Colette Maeder (Mercy) 4/23/66	5) RII	LG	5/22
	*Dayna Eadie (PA)	6) RII	LG	5/22
	sKathy Repanich (Lyn) 4/1/64) JO Reg	Oak	6/12-13

LONG JUMP

Note -- included also here are all jumps by Brown at 19-8 or better in addition to her all-time CCS best 20-8 (old best was 19-6½); % = 3/4

20-8	**Wendy Brown (Wood) 1/28/66	1) AC	LG	7/22
20-2	Brown	1) AC	LG	7/ 8
19-11%	Brown	1) RII	LG	5/22
19-10½	Brown	1) State	Sac	6/ 5
19-8	Brown	1) AC	LG	7/ 1
19-6¼	*Vivian Riley (MP) 12/26/64	-) State prelims	Sac	6/ 4
18-10%	sGurtha Pounds (IO) 3/29/64	2) Top 8	LG	5/ 1
18-5	*Hilary Bray (LAltos) 4/9/65	2) RII	LG	5/22
17-10½	sSherrill Miller (Fre) 10/3/64	3) RII	LG	5/22
17-9	sBrenda Brewer (Hdale) 7/7/63	1) MPAL	SMat	5/13
	sStacey Threadgill (Mit) 12/27/64	1) WVAL	LG	5/14
17-6½	**Rachael Bray (LAltos) 8/15/66	4) CCS	SJ	5/28
17-6	*Donna Campbell (Over) 5/1/65	1) v Lick	SJ	5/ 4
17-5½	***Diana Rossman (SFran)	2) DAAL	Sunny	5/14
17-3½(A)	*****Karen Lawson (SLCE) 9/7/69	1) PA-TAC 12-13	Reno, NV	5/30
17-3	sKelli Abruzzini (Gil) 12/31/64	1) v Lei & Lel	Gil	3/ 4
	**Beth Orlove (Lei)	2) v Gil & Lel	Gil	3/ 4

Wind-aided:

19-6½	Vivian Riley	2) State prelims	Sac	6/ 4
17-11½	Karen Lawson	2) TAC 12-13	Spok, WA	7/ 4
17-5	*Charlene Adkins (Ind)	2) MHAL	SJ	5/14
17-3	sSuzette Harris (Ind)	3) MHAL	SJ	5/14
17-2	*Katy Caldwell (PiH)	3) RIII	SJ	5/21

TRIPLE JUMP

Note -- included also here are all jumps by Brown at 38-0 or better in addition to her all-time CCS best 40-1; % = 3/4

40-1	**Wendy Brown (Wood) 1/28/66	1) v Seq	RC	4/15
39-11%	Brown	1) AC	LG	7/22
39-5½	Brown	1) RII	LG	5/22
38-9	Brown	1) AC	LG	7/15
38-7	Brown	1) AC	LG	7/ 8
38-3½	Brown	1) SPAL	Stan	5/14
38-2	Brown	1) Top 8	LG	5/ 1
37-4½	***Leslie Maxie (Mills) 1/4/67	2) CCS	SJ	5/28
37-0	***Janis Diggs (Sal)	3) CCS	SJ	5/28
36-11½	**Margaret Ruden (Home) 6/30/66	1) PAJO 17-18	Hay	7/ 2
36-5½	*Donna Campbell (Over) 5/1/65	2) Top 8	LG	5/ 1
36-4	sStacey Threadgill (Mit) 12/27/64	3) Top 8	LG	5/ 1
36-1½	*Jane Wood (Cup) 5/8/65	3) RII	LG	5/22
35-9%	*Lisa Yarbrough (Over) 6/18/65	5) Top 8	LG	5/ 1
35-9½	**Margit Bode (TN))	before	3/18
35-6	**Beth Orlove (Lei)) WVALp	LG	5/10-11
35-2	***Debbie Derfelt (ST)	6) CCS	SJ	5/28

35-1½	**Melinda Wendling (Le1)	7) CCS	SJ	5/28
35-1	**Elsa Durante (Home)	4) RII	LG	5/22
35-½	sSharon Lynch (Bran)	2) WVAL	LG	5/14
35-0	*Michal Miller (SCLara) 3/10/65	1) SCVALp	LAltos	5/12

Wind-aided:

38-3	Margaret Ruden	1) DAAL	Sunny	5/14
36-10½	Elsa Durante	2) DAAL	Sunny	5/14
36-4	Jane Wood	3) DAAL	Sunny	5/14
35-10½	Debbie Derfelt	1) RIII	SJ	5/21
35-8½	Melinda Wendling	2) RIII	SJ	5/21
35-4½	***Sally Kraus (Lyn)	4) DAAL	Sunny	5/14

SHOT PUT (4kg)

44-8	**Carol Manaea (Sea)	1) Cab	Aptos	5/ 8
44-5½	sJill Crisler (Gunn) 4/28/64	4) State	Sac	6/ 5
43-5½	sCindi Durchslag (SCar) 1/21/64	6) State	Sac	6/ 5
43-5	**Latonia Floyd (OG) 12/1/66	1) CCS	SJ	5/28
42-6	*Marlene Coulter (YB)	2) Cab	Aptos	5/ 8
41-5½	sFelicia Hamilton (Jeff)	1) NPALp	Pac	5/11
41-2	sIngrid Bailey (WG) 5/12/64	2) BJC	SJ	4/10
40-10½	*Jena Wince (Pion)	5) CCS	SJ	5/28
40-4	*Anna Shaffer (OG) 3/20/65	4) Gil	Gil	4/17
39-4	*Kari Bowers (MP)	1) v Ind	SJ	5/ 4
38-10	***Melinda Beckenhauer (LAltos)	2) SCVAL	LAH	5/14
38-6	sRobin Kirchoff (Lei)	1) v Ind	SJ	3/11

DISCUS

150-4	sCindi Durchslag (SCar) 1/21/64	1) RII	LG	5/22
144-5	sStephanie Townsel (SCre) 7/20/64	1) MHAL	SJ	5/14
140-8	**Carol Manaea (Sea)	1) RIV	Gil	5/21
134-5	sJill Crisler (Gunn) 4/28/64	2) CCS	SJ	5/28
133-9	sIngrid Bailey (WG) 5/12/64	2) Gil	Gil	4/17
131-5	sAndrea Markel (Home)	3) CCS	SJ	5/28
125-8	sSue Westerhold (Fre)	1) DAAL	Sunny	5/14
124-7	sLynn LaPlante (DM)	1) v Lei	SJ	4/29
123-4	sMargie Beiderman (SCLara)	2) SCVAL	LAH	5/14
122-2	sJulie Small (Cup)	4) Gil	Gil	4/17
121-5	*Anna Petree (SFran)	1) v MVis	MView	4/22

PENTATHLON -- 100mH (30"), SP (4kg), HJ, LJ, 800m
(all hand-timed) % = 3/4

3300	**Wendy Brown (Wood) 1/28/66 (15.4, 9.56m/31-4½, 1.70m/5-7, 5.41m/17-9, 3:09.6)	1) BAP	Millb	4/ 6
3207	***Leslie Maxie (Mills) 1/4/67 (15.2, 8.17m/26-9%, 1.66m/5-5¼, 4.18m/13-8%, 2:31.6)	3) BAP	Millb	4/ 6
3015	**Laura Sullivan (Mills) 2/15/66 (16.3, 8.86m/29-1, 1.58m/5-2¼, 4.51m/14-9%, 2:45.2)	4) BAP	Millb	4/ 6