

NOR CAL

Community College Track & Field Committee

CENTRAL VALLEY CONFERENCE

MEN'S TEAMS

FRESNO CITY COLLEGE

Coach- Bob Fries

- 71. James Williams
- 72. Efrain Castellanos
- 73. Kelley McCaig
- 74. Craig Porter
- 75. Luciano Flores
- 76. greg Steinhauer
- 77. Martin Leal

COLLEGE OF THE SEQUOIS

Coach- Joe Barba

- 78. Hugo Cibrian
- 79. Dave Calderon
- 80. Jack Butler
- 81. Brent Lamar
- 82. Rex Mitchell
- 83. Paul Snider
- 84. Ricky Arenivaz

Individuals:

- 227. Robert Thwala Porterville
- 228. Danny Valdez Merced
- 229. Doug Twilleager Merced
- 230. Pascual Tapia Porterville
- 231. Darin Williams Kings River

WOMEN'S TEAMS

COLLEGE OF THE SEQUOIS

Coach- Joe Barba

- 64. Cindy Jungwith
- 65. Jill Canales
- 66. Clea Kennelley
- 67. Teresa Warren
- 68. Victoria Elias
- 69. Anita Leto
- 70.

MERCED COLLEGE

Coach- Dave Donaldson

- 71. Nancy Galarneau
- 72. Marcy Weskamp
- 73. Richelle Fantazia
- 74. Tracy Maclennan
- 75. Lori McGuire
- 76.
- 77.

Individuals:

- 219. Rosa Medina Fresno
- 220. Carmen Beltran Porterville
- 221. Sallie Arviso Fresno

NOR CAL

Community College Track & Field Committee

BAY VALLEY CONFERENCE

MEN'S TEAMS

SIERRA COLLEGE
Coach-Gary Judd

- 57. Dean Miller
- 58. Reggie Brown
- 59. Dave Vanatta
- 60. Jerry Dodge
- 61. Greg Blodgett
- 62. Paul Blodgett
- 63. Scott Rankin

COLLEGE OF MARIN
Coach-Tony Bailey

- 64. Mark Simi
- 65. Bill Magee
- 66. Scott Tipton
- 67. Gary Farber
- 68. Joe Munton
- 69. Tom Brauch
- 70.

Individuals:

- | | |
|----------------------|----------------|
| 220. Angelo Enriquez | Cosumnes River |
| 221. Craig Laukkanen | Yuba College |
| 222. Steve Axt | Yuba College |
| 223. Sean Malone | Sierra College |
| 224. Todd Sloan | Sierra College |
| 225. Allan Harryman* | Yuba College |
| 226. Cary Rogneby* | Napa College |

WOMEN'S TEAMS

YUBA COLLEGE
Coach- John Orogren

- 57. Laurie Bushling
- 58. Karen Stanley
- 59. Liza Baca
- 60. Donna Stanley
- 61. Jackie Walker
- 62.
- 63.

Individuals:

- | | |
|--------------------|----------------|
| 216. Stacey McAfee | Sierra College |
| 217. Bonnie Way | Sierra College |
| 218. Monica Mendez | Sierra College |

NOR CAL

Community College Track & Field Committee

GOLDEN VALLEY (North) CONFERENCE

MEN'S TEAMS

SHASTA COLLEGE

Coach- Gary Lewis

- 43. Armando Gama
- 44. David Larabee
- 45. Tom Winter
- 46. Ernie Freer
- 47. Steve Whitehead
- 48. Terry Albertson
- 49. Ron Felter
- Alt: Jamie Haub
- Arjay Henek

LASSEN COLLEGE

Coach- Ross Brosius

- 50. Bob Johnston
- 51. Ken Hall
- 52. Gilbert Jasso
- 53. Ricky Barton
- 54. Mike Hevrin
- 55. Mike Marvier
- 56. Mervin Wright
- Alt. Kyle Strickland

Individuals:

- 215. Tom Davies Butte
- 216. Clint Pearson Redwoods
- 217. Tom Greene Redwoods
- 218. Rick Tweedt Butte
- 219. Graham Cumming Redwoods

WOMEN'S TEAMS

SHASTA COLLEGE

Coach- Gary Lewis

- 43. Donna Martin
- 44. Jill Lindley
- 45. Sabrina Schreder
- 46. Deann Carlson
- 47. Mary Rathbun
- 48.
- 49.

LASSEN COLLEGE

Coach- Ross Brosius

- 50. Dena Dixon
- 51. Karen Payne
- 52. Adele Gysin
- 53. Susan Lasiter
- 54. Kathryn DeHaven
- 55.
- 56.

Individuals:

- 215. Robin Young College of the Redwoods

NOR CAL

Community College Track & Field Committee

COAST CONFERENCE

MEN'S TEAMS

MONTEREY PENINSULA COLLEGE

Coach- Dave Stern

- 29. Troy Curran
- 30. Chris Bowe
- 31. Bill Lybeer
- 32. John Nelson
- 33. Dan McGreal
- 34. David Cattanach
- 35. Todd Acheson

SKYLINE COLLEGE

Coach-Bob Lualhati

- 36. Jose Gurrola
 - 37. Omar Urbina
 - 38. Kelly Thompson
 - 39. Brian McKittrick
 - 40. Luke Merryman
 - 41. Orlando Montez
 - 42. Bob Knotek
- Alt:Ken Burton

Individuals:

- | | |
|----------------------|----------|
| 210. Mark Goulet | Cabrillo |
| 211. Arnold Martinez | Hartnell |
| 212. Chris Santos | Cabrillo |
| 213. Daniel Zapata | Hartnell |
| 214. Eric Vandenberg | Hartnell |

WOMEN'S TEAMS

MONTEREY PENINSULA COLLEGE

Coach- Dave Stern

- 29. Lisa Campbell
- 30. Anita Nozares
- 31. N. J. Haas
- 32. Barbara Sexton
- 33. Dianne Draga
- 34. Colleen Thomas
- 35. Leslie Hawkins

HARTNELL COLLEGE

Coach- Arvin Smith

- 36. Mona Lopez
- 37. Trish Wilkinson
- 38. Kristi Lopez
- 39. Sharon Cunha
- 40. Mary Salorio
- 41.
- 42. Audrey Cole

Individuals:

- | | |
|-----------------------|----------|
| 210. Kim Carter | Menlo |
| 211. Michelle Moran | Menlo |
| 212. Lorna Thompson | Cabrillo |
| 213. Bridget Niepoort | Menlo |
| 214. Lorna Schreder | Menlo |

NOR CAL

Community College Track & Field Committee

CAMINO NORTE CONFERENCE

MEN'S TEAMS

SANTA ROSA JUNIOR COLLEGE

Coach-Pat Ryan

- 15. Gary Wood
 - 16. Stacy VanHorn
 - 17. Roy Castro
 - 18. Rob Lynde
 - 19. Todd Lillis
 - 20. Eric Bohn
 - 21. Pete Vincent
- Alt: David Lieberman
Mike Collins

AMERICAN RIVER COLLEGE

Coach-Al Baeta

- 22. Chris Allen
 - 23. Eric Smedberg
 - 24. Ken Kuphaldt
 - 25. Mike Stafford
 - 26. James Price
 - 27. Rob Schmalenberger
 - 28. Jeff Bailey
- Alt: Rich Oliveria
Jay Cotter

Individuals:

- 205. Steve Kovisto
- 206. Jorge Ruiz
- 207. Mike McManus
- 208. Carlo Rico
- 209. John Shaw

S.J. Delta College
S.J. Delta College
S.J. Delta College
Merritt College
Modesto Jr. College

WOMEN'S TEAMS

SANTA ROSA JUNIOR COLLEGE

Coach-Pat Ryan

- 15. DeeDee Dewey
 - 16. Liz Banner
 - 17. Leslie Musante
 - 18. Donna Summers
 - 19. Carol Ferrari
 - 20. Jessie Morend
 - 21. Heidi Rued
- Alt: Cathy McMillan
Carol Dubay

AMERICAN RIVER COLLEGE

Coach-Jean Snuggs

- 22. Peggy Macke
 - 23. Shari Virga
 - 24. Sandi Pickering
 - 25. Pati Conway
 - 26. Pam Beedie
 - 27. Nancy Molitor
 - 28. Robin Sanchez
- Alt: Milia Rickey
Rozlyn Jufiar

Individuals:

- 205. Shelly Dunlap
- 206. Julie VanHorn
- 207. Kim Galvin
- 208. Julie Rasmussen
- 209. Connie Lopez

Sacramento City
Sacramento City
Sacramento City
S.J. Delta College
S.J. Delta College

NOR CAL

Community College Track & Field Committee

GOLDEN GATE CONFERENCE

MEN'S TEAMS

West Valley College
Coach-Bill Campbell

1. Todd Strickland
2. Roy Garcia
3. Greg Rivera
4. Nelson Cottier
5. Frank Velasquez
6. Mike Geeser
7. Scott Merace

CHABOT COLLEGE

Coach-Glenn Malcolm

8. Tim Davila
 9. John Lego
 10. Scott Savage
 11. Mike Lawrence
 12. Keith Howard
 13. Mike Elwell
 14. Keith Piscotta
- Alt: Randy Robin

Individuals:

- | | |
|--------------------|----------------------|
| 200. Jim LaFuente | San Jose City |
| 201. James Green | San Jose City |
| 202. Paul Hoover | Foothill College |
| 203. Mike Anderson | College of San Mateo |
| 204. Mike Mathews | Foothill College |

WOMEN'S TEAMS

FOOTHILL COLLEGE
Coach-Peanut Harms

1. Anne Kendrick
 2. Linda Mantynen
 3. Sheryl Fant
 4. Becki Van Zant
 5. Kelly Bungo
 6. Sue Bryan
 7. Heather Rezowalli
- Alt: Lyn Johnson

WEST VALLEY COLLEGE

Coach-Bill Campbell

8. Susie Hansen
 9. Carla Halford
 10. Livia Peras
 11. Julie Plutchak
 12. Maureen Williamson
 13. Heidi Karanfel
 14. Christine Lofranco
- Alt: Laurie Vanstee
Jeanette DeMoss

Individuals:

- | | |
|------------------------|----------------|
| 200. Jill Schlumberger | DeAnza College |
| 201. Cecilia Saleme | DeAnza College |
| 202. Sheri Opp | San Jose City |
| 203. Sue Quad | Chabot College |
| 204. Kathy Hamilton | DeAnza College |

NOR CAL

Community College Track & Field Committee

TOP TEN FINISHERS IN CONFERENCE CHAMPIONSHIPS

MEN

Bay Valley Conference

1. Dean Miller	Sierra	22:01
2. Dave Vanatta	Sierra	22:21
3. Reggie Brown	Sierra	22:34
4. Scott Rankin	Sierra	22:40
5. Mark Simi	Marin	22:46
6. Paul Blodgett	Sierra	23:11
7. Angelo Enriquez	Cosumnes	23:30
8. Greg Blodgett	Sierra	23:40
9. Gary Dodge	Sierra	23:50
10. Tom Brauch	Marin	23:56

Camino Norte Conference

1. Steve Kovisto	Delta	20:07
2. Chris Allen	ARC	20:12
3. Rob Schmalenberger	ARC	20:15
4. Stacy VanHorn	SRCJ	20:21
5. Ken Kuphaldt	ARC	20:22
6. Pete Vincent	SRJC	20:26
7. Carlo Rico	Merritt	20:43
8. Jorge Ruiz	Delta	20:45
9. Mike Stafford	ARC	20:50
10. James Price	ARC	20:52

Golden Gate Conference

1. Jim Lafuente	SJCC	21:21
2. Todd Strickland	WVC	21:24
3. Roy Garcia	WVC	21:25
4. James Green	SJCC	21:27
5. Greg Rivera	WVC	21:35
6. Tim Davila	Chabot	21:44
7. Paul Hoover	Foot	21:46
8. Mike Anderson	CSM	21:49
9. John Lego	Chabot	22:03
10. Mike Methews	Foot	22:05

WOMEN

Bay Valley Conference

1. Stacey McAfee	Sierra	20:21
2. Bonnie Way	Sierra	20:36
3. Laurie Bushling	Yuba	20:53
4. Karen Stanley	Yuba	21:42
5. Donna Stanley	Yuba	22:35
6. Monica Mendez	Sierra	23:14
7. Liza Baca	Yuba	24:24
8. Jackie Walker	Yuba	25:37

Camino Norte Conference

1. Shelly Dunlap	Sacto	18:10
2. Julie Rasmussen	Delta	18:18
3. Peggy Macke	ARC	18:34
4. Julie VanHorn	Sacto	18:41
5. Kim Galvin	Sacto	18:51
6. DeeDee Dewey	SRJC	19:04
7. Carol Ferrari	SRJC	19:07
8. Shari Virga	ARC	19:19
9. Liz Banner	SRJC	19:30
10. Connie Lopez	Delta	19:35

Golden Gate Conference

1. Anne Kendrick	Foot	16:40.7
2. Linda Mantynen	Foot	17:11
3. Susie Hansen	WVC	17:30
4. Jill Schlumpberger	DAC	17:39
5. Cecilia Saleme	DAC	17:41
6. Carla Halford	WVC	17:43
7. Sheri Opp	SJCC	18:03
8. Kelly Bungo	Foot	18:08
9. Christine LoFranco	WVC	18:12
10. Sue Bryan	Foot	18:17

NOR CAL

Community College Track & Field Committee

TOP TEN FINISHERS IN CONFERENCE CHAMPIONSHIPS

MEN

Golden Valley (North) Conference

1. Tom Davies	Butte	20:58
2. David Larabee	Shasta	21:21
3. Armando Gama	Shasta	21:29
4. Robert Johnston	Lassen	21:40
5. Kris Clinger	Redwood	21:53
6. Tom Winter	Shasta	21:58
7. Steve Whitehead	Shasta	22:11
8. Ricky Barton	Lassen	22:14
9. Clint Pearson	Redwood	22:17
10. Tom Greene	Redwood	22:26

Central Valley Conference

1. Robert Thwala	Porterville	20:40
2. Hugo Cibrian	Sequois	20:43
3. Martin Leal	Fresno	20:50
4. Jack Butler	Sequois	21:02
5. Danny Valdez	Merced	21:14
6. Pascual Tapia	Port	21:23
7. Doug Twilleager	Merced	21:30
8. Kelley McCaig	Fresno	21:35
9. David Caldron	Sequois	21:40
10. Efrain Castellanos	Fresno	21:46

Coast Conference

1. Troy Curran	Monterey	21:45
2. Chris Bowe	Monterey	22:10
3. Bill Lybeer	Monterey	22:23
4. Dan McGreal	Monterey	22:37
5. John Nelson	Monterey	22:31
6. Dave Kattanach	Monterey	22:35
7. Todd Acheson	Monterey	22:40
8. Marc Goulet	Cabrillo	22:53
9. Omar Urbina	Skyline	22:59
10. Kelly Thompson	Skyline	23:00

WOMEN

Golden Valley (North) Conference

1. Donna Martin	Shasta	19:37
2. Jill Lindley	Shasta	19:45
3. Robin Young	Redwood	20:27
4. Sabrina Schreder	Shasta	21:30
5. Mary Rathbun	Shasta	21:48
6. Dena Dixon	Lassen	22:08
7. Karen Payne	Lassen	22:17
8. Deann Carlson	Shasta	22:38
9. Adele Gysin	Lassen	23:20
10. Susan Lasiter	Lassen	23:34

Central Valley Conference

1. Cindy Jungwith	Sequois	19:15
2. Rosa Medina	Fresno	19:30
3. Jill Canales	Sequois	20:06
4. Nancy Galarneau	Merced	20:54
5. Clea Kennelley	Sequois	21:03
6. Theresa Warren	Sequois	21:24
7. Victoria Elias	Sequois	21:40
8. Carneb Beltran	Port	22:33
9. Marcy Westcamp	Merced	23:13
10. Sallie Arviso	Fresno	25:02

Coast Conference

1. Leslie Hawkins	MPC	19:09
2. Mona Lopez	Hart	20:36
3. Colleen Thomas	MPC	22:15
4. Kim Carter	Menlo	22:25
5. Trish Wilkinson	Hart	22:36
6. Michelle Moran	Menlo	22:41
7. Anita Nozares	MPC	22:53
8. Lorna Thompson	CAB	23:00
9. Kristi Lopes	Hart	23:09
10. Liza Campbell	MPC	23:10

NOR CAL

Community College Track & Field Committee

INDIVIDUALS BY CHEST (ID) NUMBER

MEN

ID#	NAME	SCHOOL						
1.	Todd Strickland	WVC	36.	Jose Gurrola	SKY	71.	James Williams	FCC
2.	Roy Garcia	WVC	37.	Omar Urbina	SKY	72.	Efrain Castellanos	FCC
3.	Greg Rivera	WVC	38.	Kelly Thompson	SKY	73.	Kelley McCaig	FCC
4.	Nelson Cottier	WVC	39.	Brian McKittrick	SKY	74.	Craig Porter	FCC
5.	Frank Velasquez	WVC	40.	Luke Merryman	SKY	75.	Luciano Flores	FCC
6.	Mike Geeser	WVC	41.	Orlando Montez	SKY	76.	Greg Steinhauer	FCC
7.	Scott Merrall	WVC	42.	Bob Knotek	SKY	77.	Martin Leal	FCC
8.	Tim Davila	Cha	43.	Armando Gama	SHA	78.	Hugo Cibrian	COS
9.	John Lego	Cha	44.	David Larabee	Sha	79.	Dave Calderon	COS
10.	Scott Savage	Cha	45.	Tom Winter	SHA	80.	Jack Butler	COS
11.	Mike Lawrence	Cha	46.	Ernie Freer	SHA	81.	Brent Lamar	COS
12.	Keith Howard	Cha	47.	Steve Whitehead	SHA	82.	Rex Mitchell	COS
13.	Mike Elwell	Cha	48.	Terry Albertson	SHA	83.	Paul Snider	COS
14.	Keith Piscotta	Cha	49.	Ron Felter	SHA	84.	Ricky Arenivaz	COS
15.	Gary Wood	SRJC	50.	Bob Johnston	LASS	Individuals:		
16.	Stacy VanHorn	SRJC	51.	Ken Hall	LASS	200.	Jim Lafuente*	SJCC
17.	Roy Castry	SRJC	52.	Gilbert Jasso	LASS	201.	James Green	SJCC
18.	Rob Lynde	SRJC	53.	Ricky Barton	LASS	202.	Paul Hoover	Foot
19.	Todd Lillis	SRJC	54.	Mike Hervin	LASS	203.	Mike Anderson	CSM
20.	Eric Bohn	SRJC	55.	Mike Marvier	LASS	204.	Mike Mathews	Foot
21.	Pete Vincent	SRJC	56.	Mervin Strickland	LASS	205.	Steve Kovisto*	Delta
22.	Chris Allen	ARC	57.	Dean Miller*	Sie	206.	Jorge Ruiz	Delta
23.	Eric Smedberg	ARC	58.	Reggie Brown	Sie	207.	Mike McManus	Delta
24.	Ken Kuphaldt	ARC	59.	Dave Nanatta	Sie	208.	Carlo Rico	Merr
25.	Mike Stafford	ARC	60.	Jerry Dodge	Sie	209.	John Shaw	MJC
26.	James Price	ARC	61.	Greg Blodgett	Sie	210.	Mark Goulet	CAB
27.	Rob Schmalenberger	ARC	62.	Paul Blodgett	Sie	211.	Arnold Martinez	Hart
28.	Jeff Bailey	ARC	63.	Scott Rankin	Sie	212.	Chris Santos	CAB
29.	Troy Curran*	MPC	64.	Mark Simi	MAR	213.	Daniel Zapata	Hart
30.	Chris Bowe	MPC	65.	Bill Magee	MAR	214.	Eric Vandenberg	Hart
31.	Bill Lybeer	MPC	66.	Scott Tipton	MAR	215.	Tom Davies*	BC
32.	John Nelson	MPC	67.	Gary Farber	MAR	216.	Clint Pearson	RED
33.	Dan McGreal	MPC	68.	Joe Munton	MAR	217.	Tom Greene	RED
34.	David Cattanach	MPC	69.	Tom Brauch	MAR	218.	Rick Tweedt	BC
35.	Todd Acheson	MPC	70.			219.	Graham Cumming	RED
						220.	Angelo Enriquez	CRC
						221.	Craig Laukkanen	YUBA
						222.	Steve Axt	YUBA
						223.	Sean Malone	Sie
						224.	Todd Sloan	Sie
						225.	Allan Harryman	YUBA
						226.	Cary Rogneby	NAPA
						227.	Robert Thwala*	Port
						228.	Danny Valdez	MC
						229.	Doug Twilleager	MC
						230.	Pascual Tapia	Port
						231.	Darin Williams	KRC

*Conference Champion

NOR CAL

Community College Track & Field Committee

PARTICIPATING COLLEGES

GOLDEN GATE CONFERENCE Abbreviation

Chabot College	Cha
DeAnza College	DAC
College of San Mateo	CSM
Foothill College	Foot
San Jose City College	SJCC
West Valley College	WVC

CAMINO NORTE CONFERENCE

American River College	ARC
Merritt College	Merr
Modesto Junior College	MJC
Sacramento City College	SCC
San Joaquin Delta College	Delta
Santa Rosa Junior College	SRJC

COAST CONFERENCE

Cabrillo College	CAB
Hartnell College	Hart
Menlo College	Men
Monterey Peninsula College	MPC
Skyling College	SKY

GOLDEN VALLEY CONFERENCE (North)

Butte College	BC
College of the Redwoods	RED
Lassen College	LASS
Shasta College	SHA

BAY VALLEY CONFERENCE

College of Marin	MAR
Cosumnes River College	CRC
Napa College	NAPA
Sierra College	Sie
Yuba College	YUBA

CENTRAL VALLEY CONFERENCE

College of the Sequoias	COS
Fresno City College	FCC
Kings River College	KRC
Merced College	MC
Porterville College	PC

CALIFORNIA COMMUNITY COLLEGE CROSS COUNTRY CHAMPIONSHIPS

NORTHERN DIVISION

1984

Host: College of San Mateo
Men's Coach-Bob Rush
Women's Coach-Rich Harris

November 10, 1984

Crystal Springs
International Cross Country Course
Belmont, California

Schedule: 11:00Am WOMEN'S DIVISION
12:00 MEN'S DIVISION

Course Distance: Women's Course 2.9 Miles
Men's Course 4.195 Miles

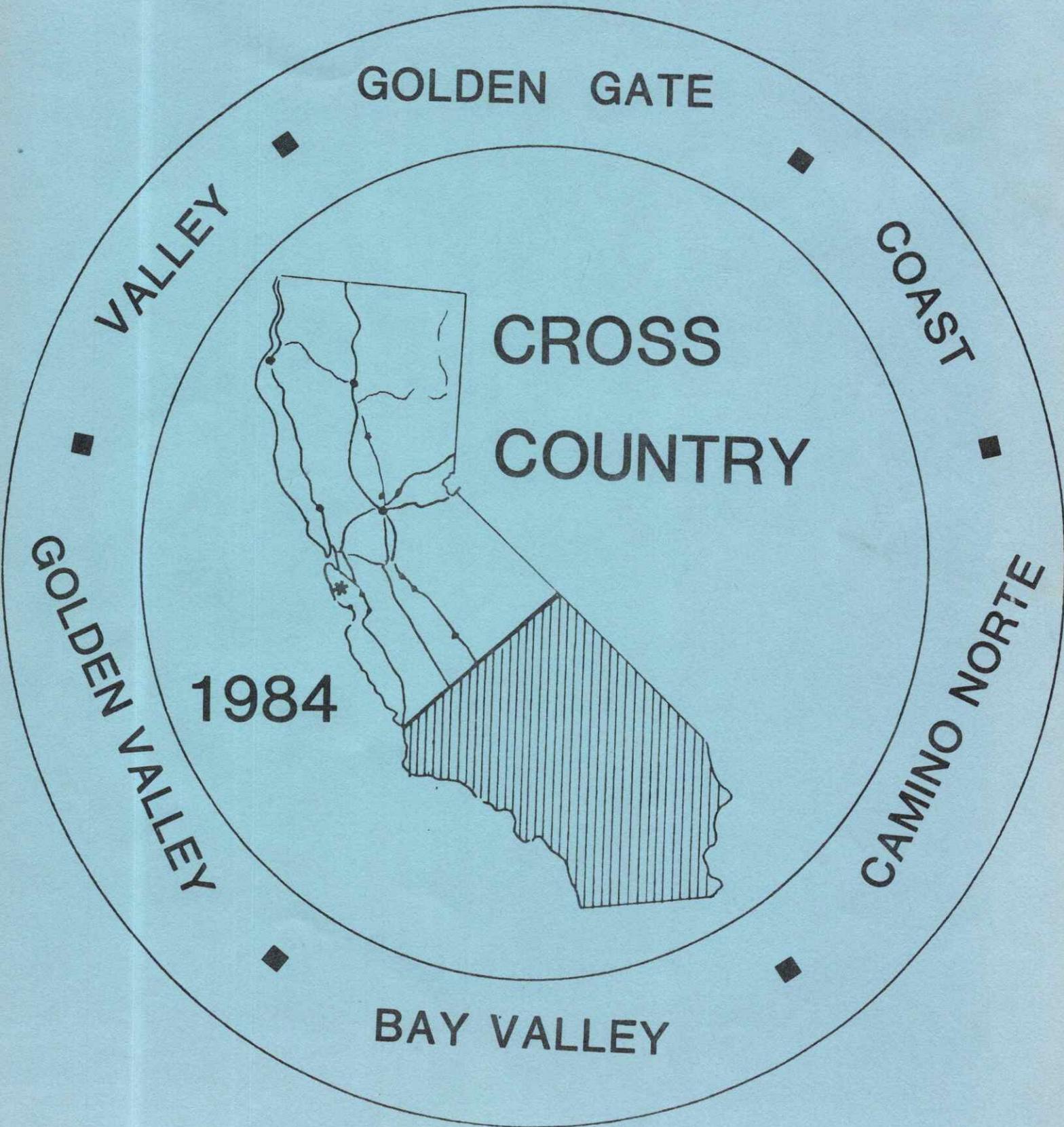
Course Records: Women's Course- Renee Ortiz-Wykoff
College of the Sequoias
1979
16:51.0

Men's Course- Greg Hitchcock
Sierra College
1978
20:07.0

Announcer: Bob Womack, Fresno, California

Refreshments: Supplied by Dr Pepper of San Francisco
Don Getchel-Host

NOR CAL



CHAMPIONSHIPS