

APRIL 1991

CALIFORNIA

Track News

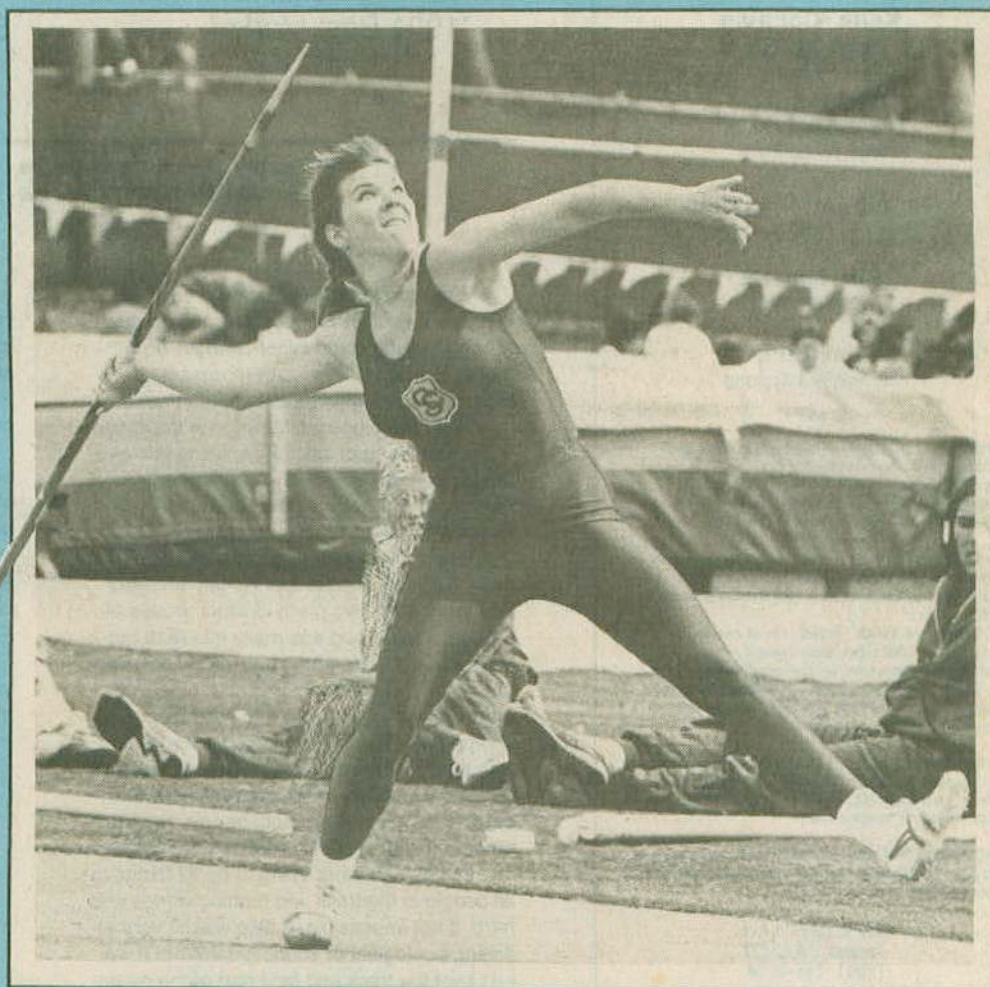
1991
California
Collegiate
Ranking

■
Jim Hunt's
Technique &
Training

■
Prep Notes

■
Track & Field
Schedule

■
Track & Field
Results



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Track & Field ■ Cross Country

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CALIFORNIA *Track News*

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FROM THE EDITOR

Welcome to our new look. In response to last year's Reader Survey, we have gradually been making some minor changes from month to month. This issue represents the biggest of our improvements. More than the new look, the biggest difference in this issue is the narrowing of focus by splitting into two magazines. Instead of one *California Track & Running News*, we are now *California Track News* and *California Running News*.

Why split an already good magazine? To make it better! The Reader Survey showed that there were two pretty distinct groups of readers. One group was really into road racing and cared little about track and field, the other group read the magazine for the track and field, with little interest in road racing. It seemed that about half of each issue was of little interest to most readers. It was also evident from the Survey that about half of the readers were track and field people and the other half were from the road racing ranks.

I must admit that trying to be all things to all people in the track and running worlds was hard, if not impossible. It also wasn't very efficient, ecological or economical. What if we just sent the track and field part of the magazine to the track people and sent just the road racing part of the magazine to the road people?

What does the split mean for you, the reader? We hope better and more focused coverage of track & field and cross country in California. For the road racers, the split should also give them more of what they

want and less of what they probably didn't read anyway. Instead of being a combined magazine of 48 pages, we are this month two separate magazines of 32 pages each. Each area is getting more coverage than would be possible under the combined format.

In this issue we are finally able to publish an expanded track schedule. There is also a state-wide collegiate ranking for the first time, and an even bigger prep section. The training feature by Jim Hunt on Aerobic vs Anaerobic rounds this issue out as the best coverage of track and field in California EVER!

We will continue to give you more of what you want. Over the next year we plan to begin staggering publication dates to give you more timely in-season news. Stay tuned.

ON THE COVER:
USC's winning javelin thrower,
ASHLEY SELMAN.

Photo by Bill Leung, Jr.

SCHEDULE

Please send cross country and track information to CTN, 4957 E. Heaton Ave., Fresno, CA 93727.

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

High School

Apr. 6 (Sat.): Los Altos Hills: Foothill College/St. Francis High School Track & Field Carnival. Call Joe Mangan (415) 949-7358.

Apr. 13 (Sat.) San Mateo: Carlmont CSM Invitational. College of San Mateo High School. 9 a.m. John Nguyen (415) 358-8721 (home).

Apr. 13 (Sat.): Arcadia: Arcadia Invitational. Doug Speck/Mary Lou Guy (818) 446-0131.

Apr. 19 (Fri.): Chico: West Valley/Chico Invitational. Cal State Univ. Chico. 1 p.m. Trials / 6 p.m. Finals. Scott Fairley, West Valley High School, 3805 Happy Valley Rd., Cottonwood, CA 96022 (916) 243-4331.

Apr. 20 (Sat.): San Jose: Bruce Jenner HS, San Jose CC, Bert Bonanno, 2100 Moorpark Ave., San Jose 95128. (408) 288-3732.

May 31-June 1 (Fri.-Sat.): Cerritos: CIF / Reebok California State Track & Field Championships. Cerritos College.

June 8 (Sat.): Sacramento: Golden West. CSU Sacramento. Arnie Krough, 8078 Camstock Ct., Citrus Hts., CA (916) 726-1441.

June 21-22 (Fri.-Sat.): Blaine, Minnesota: U.S. Junior Championships, National Sports Center. Dixon Farmer, P.O. Box 34444, Blaine, MN 55434. (612) 785-5600.

June 21-22 (Fri.-Sat.): Blaine, Minnesota: USA Junior Heptathlon. Same as above.

July 3-6 (Wed.-Sat.): Lafayette, LA: Youth Athletics TAC National Outdoor T&F, Cajun Track, Tommy Badon, 201 Reinhardt Dr., Lafayette, LA. 70506. (318) 231-6368.

July 6-7 (Sat.-Sun.): Spokane, WA: USA-Great Britain Jr. T&F Dual Meet I. (USA Junior Championships).

July 13-14 (Sat.-Sun.): Tallahassee, FL: USA-Great Britain Jr. T&F Dual Meet II. (USA Jr. Championships).

July 18-21 (Thurs.-Sun.): Kingston, Jamaica: Pan American Jr. T&F Championships. (USA Jr. Championships).

July 19-21 (Fri.-Sun.): Salamanca, Spain: Eight Nations Jr. T&F Meet. (USA Jr. Championships).

July 25-28 (Thurs.-Sun.): Chapel Hill, North Carolina: U.S. Junior Olympic Championships, Univ. of North Carolina. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

July 23-24 (Thurs.-Sun.): Chapel Hill, NC: Junior Olympic TAC National Decathlon. Same as above.

College & Open

Apr. 5-6 (Sat.) Fresno: Fresno Relays, 8:00 a.m. Ratcliffe Stadium. Contacts: Dan McNamara (209) 299-7211 (High School); Ken Dose (209) 442-4600 (JC); Bob Fraley (209) 294-4098 (College/Open/Invit. Men); Tom Pagani (209) 294-4097 (College/Open/Invit. Women).

Apr. 6 (Sat.): Tempe, AZ: Sun Angel Track Classic, Sun Angel Stadium. Herman Frazier, Arizona St. U-ICA, Tempe 85287. (602) 965-3856. FAX (602) 965-8219.

Apr. 6 (Sat.): Riverside: Riverside Invitational, Highlander Track, Riverside. Chris Rinne, Coach, U of Cal. Riverside 92521. (714) 787-5207.

Apr. 12-13 (Fri. & Sat.): Bakersfield: Bakersfield College Relays, Memorial Stadium. Bob Covey, Ath. Dept., 1801 Panorama Dr., Bakersfield 93305. (805) 395-4340/871-6107.

Apr. 13 (Sat.): Azusa: Azusa Pacific Meet of Champions, Azusa Pacific Univ. 1 p.m. Terry Franson, Ath. Dept. Citrus & Alosia, Azusa 91702. (818) 969-3434 x3290. FAX (818) 969-7180.

Apr. 13 (Sat.): Las Vegas, NV: UNLV Invitational, Partridge Track. Al McDaniels, 31 Reyburn, Henderson, NV. 87014. (702)

739-3256., FAX (702) 739-3079.

Apr. 13 (Sat.): Salinas: Ed Adams Invitational, Hartnell College, Salinas. Gary Shaw, Coach, 156 Homestead Ave., Salinas 93901. (408) 755-6845. FAX (408) 755-6751.

Apr. 13 (Sat.): Davis: Woody Wilson Invitational, Toomey Field. Jon Vochatzer, Ath. Dept., UC Davis, Davis 95616. (916) 752-8608/752-1942.

Apr. 13 (Sat.): San Jose: Bruce Jenner-JC Division, San Jose CC. Bert Bonanno, 2100 Moorpark Ave., San Jose 95128. (408) 288-3732.

Apr. 13 (Sat.): Eugene, OR: Pepsi Team Invitational, Univ. of Oregon. Bill Dellinger, Track Coach, Univ. of Oregon, McArthur Ct., Eugene, OR. 97403. (503) 346-5465.

Apr. 16-17 (Tues. & Wed.): Los Angeles: Occidental Decathlon & Heptathlon, Bill Henry Track, Los Angeles. Bill Harvey, Occidental College, Los Angeles 90041. (213) 259-2608. FAX (213) 341-4993.

Apr. 18-19 (Thurs. & Fri.): Azusa: California Invitational Decathlon & Heptathlon (Mt. SAC Relays Multi), Azusa Pacific Univ. Terry Franson, Citrus & Alosia, Azusa 91702. (818) 969-3434 x3290. FAX (818) 969-7180.

Apr. 18-21 (Thurs.-Sun.): Walnut: Mt. SAC Relays, Mt. San Antonio College. Dan Shrum, Ath. Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611 x4840.

Apr. 20 (Sat.): Stanford: Stanford Collegiate Open, Stanford Univ. Brooks Johnson, Track Coach, Stanford Univ., Stanford 94305. (415) 723-1051.

Apr. 26 (Fri.): Porterville: CVC Championships (JC), 2:30 p.m.

Apr. 27 (Sat.): San Francisco: Johnny Mathis International Invitational T&F Meet, San Francisco State University, Cox Stadium. Entry Deadline by April 17, No Exceptions. Harry Marra, Head Coach, T&F Office, Athletics, San Francisco State Univ., San Francisco 94132. (415) 338-1561.

Apr. 27 (Sat.): Eugene, OR: Oregon Invitational Hep. & Dec. Apr 25/26. Hayward Field, Eugene, OR. Mark Stream, McArthur Ct., U of OR., Eugene, OR 97403. (503) 686-3395. FAX (503) 346-5449.

Apr. 27 (Sat.): San Luis Obispo: Poly Royal 10 a.m.

Apr. 27-28 (Sat. & Sun.): Irvine: Irvine

SCHEDULE

Invitational, UC Irvine Stadium. Vince O'Boyle/Danny Williams, Crawford Hall, UCI, Irvine 92717. (714) 856-6342/856-6080. FAX (714) 856-5260.

Apr. 30 (Tues.): Fresno: NorCal Hep/Dec Championships (JC). 10:00 a.m.

May 1 (Wed.): Tempe, AZ: ASU All Comers, Sun Angel Stadium. Ken Lehman, Arizona St U-ICA, Tempe, AZ 85287. (602) 965-5660. FAX (602) 965-8219.

May 1-3 (Wed-Fri.): San Francisco: Northern Calif., Athletic Conference Championships, San Francisco State Univ. Harry Marra, 1600 Holloway Ave. San Francisco 94132. (415) 338-1561.

May 3 (Fri.): Modesto: NorCal Trials, 12:00 noon (JC).

May 4 (Sat.): Northridge: Northridge Open at CS Northridge. Don Strametz (818-885-3608).

May 4 (Sat.): Tucson, AZ: Wildcat Last Chance, Drachman Track. Dave Murray, McKale Center, U of AZ, Tucson 85721. (602) 521-4829. FAX (602) 621-2681.

May 4 (Sat.): Modesto: S & W Relays. PLEASE NOTE CHANGE OF DATE TO May 11.

May 4 (Sat.): Santa Barbara: Nick Carter Invitational, Pauley Track. Sam Adams, UCSB, Santa Barbara 93106. (805) 893-2133.

May 10 (Fri.): Sacramento: JC NorCal Finals, 4:00 p.m.

May 10-11 (Fri. & Sat.): Irvine: Big West Conference Championships, UC Irvine Stadium, Vince O'Boyle, UC Irvine, Irvine 92717. (714) 856-6342. FAX (714) 856-5260.

May 10-11 (Fri. & Sat.): Bakersfield: Calif. Collegiate Athletic Ass'n. Championships, CS Bakersfield. Charlie Craig, 9001 Stockdale Hwy., Bakersfield 93311. (805) 644-2347.

May 11 (Sat.): Modesto: S&W Modesto Invitational, Modesto JC Stadium. Tom Moore, P.O. Box 367, Ceres 95307. (209) 537-0411. FAX (209) 572-5641.

May 11 (Sat.): Los Angeles: Occidental Invitational, Bill Henry Track, Occidental College. Bill Harvey, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608. FAX (213) 341-4993.

May 11 (Sat.): Eugene, OR: Oregon Twilight, Hayward Field. Dellinger, McArthur Ct. U of Or, Eugene, OR. 97403. (503) 686-5465. FAX (503) 686-3395.

May 11 (Sat.): Berkeley: Cal Invitational. Tony Sandoval (415) 642-9447.

May 12 (Sun.): Tucson, AZ: Pre Pac-10 Invitational, Drachman Track. Dave Murray,

McKale Center, U of AZ, Tucson 85721. (602) 521-4829. FAX (602) 621-2681.

May 15-18 (Wed-Sat.): San Diego: Western Athletic, San Diego State Univ. Gary Stathers, Ath. Dept., San Diego State Univ., San Diego 92182. (619) 594-5536.

May 17, 18 (Fri/Sat.): Sacramento: JC State Meet, Hughes Stadium. Bob Lanza, Ath. Dept., SCC 3835 Freeport Rd., Sacramento 95822. (916) 449-7305.

May 17 (Fri.): Santa Monica: Santa Monica Distance Classic. Santa Monica College. Skip Stolley (213) 730-9617.

May 18 (Sat.): Los Angeles: Los Angeles Invitational, CSLA. John Turek, Ath. Dept., 5151 State Univ. Dr., Los Angeles 90032. (213) 343-3095.

May 18-19 (Sat.-Sun.): Tempe, AZ: PAC-10, Arizona State Univ. Tom Jones, Ath. Dept., Arizona State Univ., Tempe, AZ 85287-2505. (602) 965-5660.

May 22-23 (Wed/Thurs): SCA/TAC Decathlon/Heptathlon Championships. Long Beach State. Andy Sythe (213) 985-4666.

May 22 (Wed.): Eugene, OR: Oregon Last Chance Open, Univ. of Oregon, Bill Dellinger, Track Coach, U of Oregon, McArthur Ct., Eugene, OR. 97403. (503) 686-5465.

May 23 (Thurs.): Walnut: Last Chance Twilight Meet. Mt. SAC. Dan Shrum (714) 595-1415.

May 23 (Thurs.): Long Beach: Long Beach Twilight Meet. Long Beach State. Andy Sythe (213) 985-4666.

May 23 (Thurs.) Fresno: Taco Bell Last Chance Meet at Warmerdam Field, Time TBA.

May 23-25 (Thurs.-Sat.): Stephenville, Texas: NAIA, Tarleton State Univ. Ron Nesome, Tarleton St. Univ., Stephenville, TX 76402. (817) 968-9178.

May 23-25 (Thurs.-Sat.): San Angelo, Texas: NCAA II, Angelo State Univ. Dave Noble, Ath. Dept., 2601 W. Avenue North, San Angelo, TX 76909. (915) 942-2091.

May 23-25 (Thurs.-Sat.): Berea, Ohio: NCAA III, Baldwin-Wallace. Baldwin-Wallace Univ., Ath. Dept., 130 E. Bagley Ave., Berea, OH 44019. (216) 826-2184.

May 25 (Sat.): San Jose: Bruce Jenner Bud Light Classic, San Jose City College. Bert Bonanno, Ath. Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95120. (408) 288-3732.

May 26 (Sun.): SCA/TAC Championships. UC Irvine.

May 29-June 1 (Wed.-Sat.): Eugene, OR: NCAA I, Hayward Field. Univ. of Oregon, Ath. Dept., McArthur Ct., Eugene, OR. 97403. (503) 346-4481.

June 1-2 (Sat.-Sun.): San Jose: IAAF World Cup Race Walk Championships, San Jose. USA Team Trials.

June 2 (Sun.): Irvine: Irvine Elite Classic, Univ. of Calif. Irvine. Danny Williams, Ath. Dept., Crawford Hall, Irvine 92717. (714) 856-6342.

June 7 (Fri.): Fresno: Central California TAC Championships at Ratcliffe Stadium, 5:30 p.m.

June 8 (Sat.): Tucson, AZ: Tucson Elite Classic. Drachman Stadium. Fred Harvey, 1848 S. Augusta Cir., Tucson, AZ 85710. (602) 722-3929.

June 8 (Sat.): Sacramento: Golden West Invitational, CSU Sacramento. Arnie Krogh, 8078 Camstock Ct., Citrus Heights 95610. (916) 726-1441.

June 12-13 (Wed.-Thurs.): Randalls Island, New York, NY: TAC National Decathlon, Downing Stadium, Randalls Island, New York. Tracy Sundlun, Met TAC, 57 Reade St. 4th Floor, New York, NY 10007. (212) 227-0071.

June 12-13 (Wed.-Thurs.): Randalls Island, New York, NY: TAC National Heptathlon. Same as above.

June 13-15 (Thurs.-Sat.): New York, NY: TAC/USA/Mobil Outdoor Championships, Downing Stadium, Randalls Island, New York, NY. Tracy Sundlun, Met TAC, 57 Reade St. 4th Floor, New York, NY 10007. (212) 227-0071.

June 21 (Fri.): Eugene, OR: Prefontaine Classic, Univ. of Oregon. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR. 97403. (503) 683-5635.

June 29 (Sat.): PA/TAC Track & Field Championships. Foothill College. Jerry Coleman (916) 487-3175.

July 3-11 (Wed.-Thurs.): Havana, Cuba: Pan American Games, Havana, Cuba. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. (317) 261-0500.

July 13 (Sat.): Long Beach: TAC Southwest Regional Championships. Long Beach State. John Mansoor (916) 933-4913.

July 13 (Sat.): Long Beach: West Elite Meet, Long Beach State Univ. John Mansoor, 800 Bonita Dr., Long Beach.

July 18-21 (Thurs.-Sun.): Los Angeles: U.S. Olympic Festival, Drake Stadium. U.S. Olympic Festival '91 Organizing Committee, 700 S. Flower St., 20th Floor, Los Angeles 90017. (213) 489-1991.

July 19-25 (Fri.-Thurs.): Sheffield, England: World University Games, Shef-

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field, England. TAC/USA, P.O. Box 120, Indianapolis, IN. 46206. (317) 261-0500.

Aug. 3-11 (Sat.-Sun.): Havana, Cuba: Pan American Games. Havana, Cuba. USA Championships.

Aug. 24-Sept. 1 (Sat.-Sun.): Tokyo, Japan: IAAF World T&F Championships. Tokyo, Japan. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. (317) 261-0500.

Sept. 20 (Fri.): Barcelona, Spain: IAAF/Mobil Grand Prix.

Nov. 25 (Mon.): Tucson, AZ: NCAA I Cross Country Championships, Sheraton El Conquistador Resort, Tucson. Dave Murray, Ath. Dept., McKale Center, Univ. of Arizona, Tucson, AZ. 85721. (602) 521-4829.

Nov. 30 (Sat.): Boston, Massachusetts: U.S. Cross Country Championships, Franklin Park, Boston. NEAC, P.O. Box 1905, Brookline, MA. 02146. (617) 566-7600.

Masters

April 13 (Sat.): Long Beach. Striders Meet. Cal State Long Beach. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065 (805) 527-5471.

May 25 (Sat.): Irvine. Dan Aldrich Memorial / Anteaters Masters Meet. Univ. of California Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625 (714) 673-2025.

June 2 (Sun.): Portland, OR: The Juniors/Masters Classic (formerly Scholastic / Masters Meet). Mike Monahan, P.O. Box 842, Gresham, OR 97080 (503) 667-1145.

June 8 (Sat.): Los Gatos: Pacific Assoc. / TAC Championships. Willie Harmatz, PO Box 1328, Los Gatos, CA 95030 (408) 354-5660.

June 15 (Sat.): Los Angeles. Southern Pacific Assoc. / TAC Championships. Occidental College. C. Miller, 1740 Grandview Ave., Glendale, CA 91201 (818) 843-2139.

June 22 (Sat.): Eugene, OR: Hayward Classic Masters Championships. Les Castle, 720 East 20th Ave., Eugene, OR 97405 (503) 344-9809 (h) 484-9809 (w).

June 22-23 (Sat.-Sun.): Norwalk. TAC Western Sectional Masters Championships. Cerritos College. Marv Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027 (213) 666-7341.

June 22-23 (Sat.-Sun.): Lincoln, NE:

Masters TAC National Decathlon/Heptathlon. Univ. of Nebraska, Lincoln, NE. Ross Great-house, 2826 South 25, Lincoln, NE 68502. (402) 3864 or 475-7712.

June 28-July 3 (Fri.-Wed.): Syracuse, NY. U.S. National Senior Sports Classic Senior Olympics, USNISO, So. Outer Forty Road, Ste. N360, Chesterfield, MO 63017 (314) 878-4900.

June 30 (Sun.): Los Angeles. Trojan Masters Meet. USC. Bob Strobel, 2017 Vestal Ave., No. 3, Los Angeles, CA 90026 (213) 666-4964 (h) or 977-7492 (w).

July 4-7 (Thurs.-Sun.): Naperville, IL: Masters TAC National Outdoor T&F, North Central College. Dick Green, P.O. Box 6147, Rockford, IL 61125. (815) 332-4743.

July 4-7 (Thurs.-Sun.): Naperville, IL: Masters TAC National Men's Pentathlon, North Central College, Naperville, IL.

September 22 (Sun.): Irvine: Sri Chinmoy Masters Meet. UC Irvine. 50+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034 (213) 855-4143.

October 5 (Sat.): Santa Barbara. Club West Masters Meet. Santa Barbara Community College. Calif. Club West, P.O. Box 1059, Goleta, CA 93117. Lloyd Albright (805) 682-9540.

October 22-25 (Tues.-Fri.): St. George, UT: World Senior Games. 50+. T&F/Road Races (5K 10/23; 5K RW 10/24; 10K 10/25). Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111 (801) 583-6231.

Camps

July 15-26 (Mon/Fri): JFK University Elementary Sport Camp 1991 (children ages 7-11). Times: 9am-4 pm. Wagner Ranch, Orinda, CA. Contact: Susan Edwards, Sport Camp Director (415) 254-0110.

Aug. 5-11 (Mon./Sun.): Lake Tahoe: Fleet Feet Sports Camp, Sugar Pine Point State Park, Lake Tahoe. Info: Camp Fleet Feet (916) 442-3338.

Aug. 7-11 (Wed/Sun): JFK University Teen Challenge Camp 1991 (for teens 13-17). Wagner Ranch Campus, Orinda (Aug 7-8, 9 am-4pm; Grass Valley (Aug 9-11, 2 nights camping). Contact: Susan Edwards, Sport Camp Director (415) 254-0110.

Books...

☐ Basic Track & Field Biomechanics -- \$11.50

Tom Ecker. 1985. 208 pgs. Illustrated.

☐ Ed. Fern's Flight School -- \$8.50

Ed. Fern. 72 pgs. Illustrated. Ready August 1990.

☐ Getting Started in Track & Field -- \$6.50

A Coaching Manual. R. S. Parker. 1976. 128pgs. Illustrated.

☐ High School Cross Country -- \$5.00

Joseph McLaughlin. 1983. 96 pgs. Illustrated.

☐ How High School Runners Train -- \$5.00

ed. by Frank P. Calore. 2nd ed. 1982, 128pgs. Illustrated.

☐ Peak When It Counts: Periodization for American Track & Field -- \$12.00

William H. Freeman. 1969. 111 pgs. Illustrated.

TO ORDER -- Send in this form, or listing of books requested, along with your check to: CT&RN, 4957 E. Heaton, Fresno, CA 93727.

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Aerobic vs. Anaerobic

These two terms are at opposite ends of the energy continuum. Energy sources are needed for the muscular contractions that produce movement. As muscular action increases in intensity the heart rate raises in an effort to send more oxygen to the muscles. During the first two minutes of hard continuous running, not enough oxygen can reach the muscles to combine with glycogen stored there to meet the energy demands of the work being done. During that time energy must be produced without oxygen and this is referred to as anaerobic energy production.

As the runner continues to run past the two minute period, oxygen becomes a more important factor in energy production. This energy production is referred to as aerobic. During the anaerobic energy phase and the transition into the aerobic stage energy production is continuous, using the breakdown of stored phosphates and glycogen along with the production of lactate. This is called the energy continuum. The longer the hard contin-

people can run the 800m in less than 2 min. The nature of the 800m race causes the first 400m to be run at approximately 96% of basic performance speed making it 65% anaerobic and 35% aerobic while the second 400m is only run at about 90% B.P.S. making it 65% aerobic and 35% anaerobic.

The energy production for the 1500m is slightly more aerobic than anaerobic while the 3K and 3200m and more like 60-40. The 5K is approximately 70-30, the 10K about 90-10, while the marathon is run on approximately 98% aerobically produced energy.

Training for all events must stimulate both aerobic and anaerobic energy systems. Sprinters must do a certain amount of aerobic running in order to strengthen the running muscles to be able to hold up under the fast running that is the basis for sprint training.

Repeats of any distance that lasts less than 2 minutes are anaerobic in nature but can become aerobic if the period of rest between reps does not allow the heart rate to re-

sist of reps of from 10 to 45 seconds. Another workout that will stimulate the type IIA fibers is a long run that lasts about an hour and 15 minutes to 2 hours.

In general, the training for races that are at least 60% aerobic in nature should include workouts where the weekly mileage is comprised of approximately 8% VO₂ max pace, 8% rhythm reps pace, 8% anaerobic threshold pace, 2% speed work, and 74% at running efficiency pace. One long run every 7-10 days that comprises 20-25% of the weekly mileage at a comfortable hard pace should also be included in the workout plan.

A careful blending of workouts at these intensities will enhance the runner's chances of staying injury free and performing up to one's potential.

This long run will tire the slow twitch muscles to a point to where the fast twitch fiber will pitch in and do the work for awhile.

The pace that a person can maintain aerobically is determined by that person's ability to tolerate concentrations of lactic acid. (Lactate threshold or anaerobic threshold). Runners whose VO₂ Max levels off at relatively low ratings can improve their performance in the 3K and longer races by training for 20-24 at a pace that is equal to approximately 86% of VO₂ max pace.

Repeat 200's, 400's and 600's @ VO₂ Max pace or goal pace with 1:1 rest are typical anaerobic workouts. Repeat 800's, 1000's and miles are commonly used as aerobic strengthening workouts.

All work should be specific to the individual's ability level and goals. Goals should be based on performances in actual competition. It is best not to establish new goals until present goals are attained.

Aerobic work consists mainly of 2-5 min. repeats with 1:1 rest. Anaerobic work lasts from about 45 sec. to 2 min. with 3 or 4 to 1 rest while strict speedwork consists of all out efforts of distances of from 10 to 150m with complete rest after each effort. ♦

"Training for all events must stimulate both aerobic and anaerobic energy systems."

uous run become the slower the pace due to the buildup of lactic acid. The body can only tolerate certain concentrations of lactic acid and eventually must settle for a pace that makes peace with the lactate levels.

Dr. Dave Martin states in his new book, *Training Distance Runners*, that races 800m and longer are 50% or more aerobic and that races shorter than 800m depend more on anaerobic energy production. He includes the 800m in the aerobic range even though some

turn to about 120 beats per minute and the workout is continued for several minutes.

Running at a person's running efficiency pace (65-70% of VO₂ Max) for several minutes and carried out for several weeks will develop a great endurance factor within the runner. Eventually a person's endurance factor will level off and can only be raised significantly by anaerobic workouts that activate the type IIA fast twitch fibers that have some oxygen caring qualities. These workouts con-

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1991 Best Marks



Includes marks received through **March 23, 1991**. Wind-aided marks have not been included.

Please send additions, corrections and updates directly to **California Track News**, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

Willie	Rasmus	HSU	49.00
David	Sawyer	Chico	49.14
Keith	Jones	FCC	49.16
Andre	Mason	FCC	49.17
Aki	Bradley	Taft	49.19

MEN

100 Meters

Davidson	Ezinwa	APU	10.11
James	Stallworth	FSU	10.30
Curtis	Conway	USC	10.32
Jeff	Laynes	Merritt	10.44
Chris	Huffins	CAL	10.54
Tony	Miller	UCLA	10.54
Mike	Allison	CAL	10.56
Schaun	Reed	CS Northridge	10.6
W.C.	Morrison	FSU	10.60
Mike	Orwat	FSU	10.60
Terry	Bowen	FCC	10.62
Derrick	Baker	UCLA	10.63
DeJuan	Bean	Taft	10.64
Michael	Silander	PLNC	10.64
Larry	King	CSUB	10.67
Joe	Randolph	Taft	10.67
Larry	Douglas	FCC	10.73
Jon	Gary	CAL	10.74
Kevin	Hendrix	CS Northridge	10.74
Rande	Ross	Hay	10.74
Donovan	Stephens	Chico	10.74
Chris	Hunter	APU	10.75
Dustin	James	UCI	10.79
Sam	Morgan	FSU	10.80
Wes	Dunston	CS Northridge	10.82
LeRoy	McCloud	FCC	10.82

200 Meters

Davidson	Ezinwa	APU	20.55
James	Stallworth	FSU	20.96
Wes	Dunston	CS Northridge	21.25
Tony	Miller	UCLA	21.34
Mike	Lewis	CS Northridge	21.40
Travis	Hannah	USC	21.45

Larry	King	CSUB	21.5
Daniel	Dinkins	UCLA	21.52
James	Crampton	STAN	21.56
Darren	Huston	SDSU	21.62
Tim	Green	CAL	21.63
Schaun	Reed	CS Northridge	21.66
Terry	Bowen	FCC	21.69
Floyd	Barco	SDSU	21.71
Rande	Ross	Hay	21.71
Kerry	Tate	CSUB	21.71
Joe	Randolph	Taft	21.77
Ryan	Katri	CPSLO	21.8
Marvin	Samuels	Chabot	21.84
Alonzo	Levingston	CAL	21.94
Donovan	Stephens	Chi	21.94
Larry	Douglas	FCC	21.96
Jerome	Gross	SDSU	21.98

400 Meters

Quincy	Watts	USC	46.44
Mike	Stevenson	UCLA	47.04
Darren	Huston	SDSU	47.13
Floyd	Barco	SDSU	47.15
James	Crampton	STAN	47.30
Marcus	Hickerson	STAN	47.44
Will	Stolpe	UCI	47.68
Marvin	Samuels	Chabot	47.94
Michael	Williams	UCLA	47.99
Oliver	Brown	CAL	48.09
Dustin	James	UCI	48.34
Brian	Flewellen	FSU	48.35
Dant	Kuslieka	FSU	48.44
Demetri	Carter	FSU	48.62
Rodney	Burt	CSUB	48.70
Jerome	Gross	SDSU	48.76
Kerry	Tate	CSUB	48.78
Joey	Ellis	FresnoPacific	48.83
Wallace	Henry	APU	48.92
Khevin	Pratt	Chi	49.00

800 Meters

Dave	Strang	STAN	1:47.41
Robert	Keter	PLNC	1:51.00
Matt	Large	SDSU	1:51.75
Craig	Magness	CAL	1:51.95
Marc	Spina	CPP	1:52.34
Ricky	Lucero	Chico	1:52.6
Bill	Frampton	HSU	1:52.73
Dan	Held	Sonoma St	1:53.0
Todd	Overstreet	USC	1:53.17
Tom	Halaszynski	CPSLO	1:53.49
Brian	Strieff	CPSLO	1:53.88
Chris	Jimenez, Sr.	Biola	1:53.9
Joe	Amendt	SanJoseCC	1:53.94
Piri	Miller	UCSB	1:54.02
Mike	Stone	Sonoma St	1:54.1
Ryan	Angie	UCSB	1:54.13
Shan	Forehand	CPSLO	1:54.33
David	Sanford	CCLA	1:54.45
Dave	Wasserman	HSU	1:54.6
Egan	Titus	FSU	1:54.65
Keith	Guillory	FSU	1:54.71
Mike	Ruggles	CS Northridge	1:54.72
Steve	Meyers	UCR	1:54.88
Darren	Huston	SDSU	1:55.46

1500 Meters

Mark	Mastalir	STAN	3:44.01
Dave	Strang	STAN	3:49.27
Chris	Rae	STAN	3:49.45
Haissam	Sabra	UCLA	3:49.94
Jim	Robbins	UCLA	3:50.11
Mike	Stone	Sonoma St	3:50.2
Reggie	Williams	CAL	3:50.68
Alex	Acceta	STAN	3:51.24
Jim	Geerlings	UCI	3:51.73
Ben	Turman	CAL	3:52.05
Scott	Hempel	CPSLO	3:52.6
Chris	Jimenez, Sr.	Biola	3:52.6
Mike	Nielsen	UCI	3:53.17
Erik	Axtell	CPSLO	3:53.28
Steve	Meyers	UCR	3:54.1
Bill	Frampton	HSU	3:54.8
Dan	Held	Sonoma St	3:55.3
Parker	Kelly	UCD	3:55.3
Bob	Gorman	Westmont	3:55.4
Shannon	Winkelman	UCR	3:55.6

CALIFORNIA COLLEGIATE RANKING

Damian	Capozzola	UCSB	3:56.5
Darry	Jewell	CSUB	3:56.5
Adam	Shanks	UCI	3:57.00
Jamie	Harris	FSU	3:57.09
Clay	Biddle	UCI	3:57.12

Chris	Douville	HSU	32:23.2
Scott	Lardner	PLNC	32:28.18
Gus	Arce	PLNC	32:39.90
Kevin	Brodie	CPSLO	32:51
Sam	Gwynn	UCSD	32:56.09

Jody	Page	CCSF	14.94
Howard	Smith	SFSU	14.94
Cedic	Dodwell	Taft	14.97
Tom	Parry	FSU	15.0
Peter	Kallik	UCSB	15.02
Robert	Premo	Diablo Vly	15.04
Dino	Petrocco	Hay	15.14
Dave	Townsend	UCD	15.14
Reggie	Dunn	UCD	15.34
Ted	Thomson	Chico	15.34
Matt	Farmer	UCI	15.44
Chris	Ruff	SDSU	15.45
Walter	Harris	UCI	15.65
Tim	Shields	UCI	15.74

3000m Steeplechase

Sean	O'Hara	PLNC	9:05.60
Gary	Stolz	STAN	9:06.4
Jason	Martin	STAN	9:07.04
Derik	Vett	CS Northridge	9:08.66
Toby	Freebourn	UCSB	9:08.71
Dale	Vinski	CAL	9:11.09
Bryan	MacMillan	UCSB	9:11.92
Brett	Kimple	UCD	9:16.2
Lance	Rankin	CPSLO	9:16.47
Kevin	Riley	HSU	9:18.0
Chuck	Mullane	HSU	9:18.50
Mitch	Brown	HSU	9:18.6
Neff	McGhie	FSU	9:20.0
Demian	Kloer	CPSLO	9:21.01
Bobby	Ervin	CPSLO	9:22.62
Dave	Hesseltime	UCI	9:24.04
Scott	Peterson	CPSLO	9:26.19
Phil	Cox	Sonoma St	9:29.0
Kelly	Dodge	FSU	9:30.6
Pete	Oviatt	HSU	9:31.5
Pat	Sweifel	CPSLO	9:34.11
Matt	Bogdonowicz	Hay	9:34.6
Matt	Johnson	SFSU	9:34.7
Brian	Hild	UCI	9:36.30
Yared	Berhane	ARC	9:37.0



MARK MASTALIR

Photo by Kirby Lee

5000 Meters

Dave	Scudamore	STAN	14:16.8
Gary	Stolz	STAN	14:19.7
Chris	Jimenez, Sr.	Biola	14:30.6
Mark	Dani	UCLA	14:33.94
Scott	Hempel	CPSLO	14:37.6
Matt	Hempel	CPSLO	14:37.69
Mike	Parrott	CPSLO	14:38.39
John	Fedoroff	CPSLO	14:38.74
Ben	Ayers	UCI	14:39.85
Darrell	Jewell	CSUB	14:43.4
Carter	Yarbrough	CSLA	14:43.4
Dale	Porter	UCD	14:45.0
Scott	Peterson	CPSLO	14:48.21
Adam	Shanks	UCI	14:49.13
Mike	Stone	Sonoma St	14:50.6
Bret	Kimple	UCD	14:50.9
Ted	Brown	UCSB	14:51.21
Rob	Ladner	SDSU	14:52.46
Derik	Vett	CS Northridge	14:53.24
Tefere	Gebre	CPP	14:54.1
Chuck	Mullane	HSU	14:56.0
Rob	Scott	HSU	14:57.3
Brian	Hild	UCI	14:59.30
Scott	Pierce	Sonoma St	14:59.7
Steve	Metzger	UCD	15:00.0

10,000 Meters

Matt	Hempel	CPSLO	31:14.5
Rick	Penman	PLNC	31:31.54
Jordan	Carroll	CPSLO	31:48
Ken	Brown	Sonoma St	32:04.1
Lou	Ortiz	HSU	32:20.7
Andy	Zoldak	CPSLO	32:23

110 High Hurdles

Tyrone	Jeffries	CS Northridge	14.10
Brent	Burns	CAL	14.03
John	Herpin	USC	14.19
Peter	Simmons	CAL	14.40
Kwane	Moore	PLNC	14.68
Chris	Floyd	CPP	14.7
Jason	Munoz	UCSB	14.8
Rocky	Morris	SanJoseCC	14.84
Ivan	Graves	SFSU	14.88
Stephen	King	UCI	14.88
Darius	Smith	APU	14.89

400 Meter Int. Hurdles

Lincoln	Green	CAL	51.15
Marty	Beck	UCLA	51.20
Tyrone	Jeffries	CS Northridge	52.02
Michael	Cheney	Taft	53.40
Darius	Smith	APU	53.90
Brian	Arnold	SFSU	54.32
Tim	Shields	UCI	54.34
Jason	Stein	CS Northridge	54.34
Ivan	Graves	SFSU	54.42
Andy	Shaben	UCI	54.64
Dino	Petrocco	Hay	54.84
Rocky	Morris	SanJoseCC	54.93
John	Sprague	CPSLO	55.0
Freeman	Baysinger	HSU	55.04
Jason	Jacques	UCD	55.04
John	Jump	Chico	55.04
Dan	Bigham	Fresno CC	55.17
Thomas	Smith	CS Northridge	55.20
Sam	Carson	Skyline	55.44
Kostas	Loutalas	PLNC	55.64
Jim	Nau	CS Northridge	55.7
Rex	Speer	Chico	55.74
Sean	Jennings	SFSU	55.84
Jeff	Johnson	Chico	55.84

4x100 Meter Relay

USC	40.04
CS Northridge	40.30
CAL	40.39
UCLA	40.77
Taft	40.94
FSU	41.0
Fresno CC	41.14
SFSU	41.15
UC Irvine	41.25
CSUB	41.62
Humboldt St	41.70
Azusa Pac	41.86
Chico St	41.94
CSHayward	41.95
CPSLO	42.3
COS	42.35
San Diego St.	42.42
Sonoma St.	42.64
WVC	42.64
Yuba	42.64
Hartnell	42.74
Chabot	42.84
San Jose CC	42.94
UC Davis	42.99

CALIFORNIA COLLEGIATE RANKING

4x400 Relay

USC	3:07.80
UCLA	3:10.35
CAL	3:13.62
Chico	3:14.50
CS Northridge	3:15.59
Taft	3:16.53
UC Irvine	3:16.99
HSU	3:17.66
FSU	3:18.1
Pt. Loma	3:18.22
Biola	3:18.35
Skyline	3:18.7
CSLA	3:19.03
UCSB	3:19.9
Diablo Vly	3:20.24
CPP	3:20.51
Chabot	3:20.74
SFSU	3:21.0
CPSLO	3:21.47
San Jose CC	3:21.74
Hayward	3:23.3
UC Davis	3:24.0
Fresno CC	3:25.20
Stanislaus St.	3:25.35
Contra Costa	3:25.8

High Jump

Coleman	Conroy	UCSB	7-3
Jim	O'Sullivan	CAL	7-1
John	Deberry	Taft	7-0 1/4
Mark	Wilson	UCLA	7-0 1/2
Kevin	Asch	Hay	6-9 1/2
Adolpho	Lopez	Hartnell	6-9 1/2
Ben	Beal	APU	6-9
Matt	Farmer	UCI	6-9
Gio	Spratling	FSU	6-8 3/4
Michael	Cheney	Hay	6-8 1/2
Kory	Fleck	Hay	6-8 1/2
Jamal	Elmidge	San Jose CC	6-8
Ron	Herron	SFSU	6-8
Chris	Findlay	UCSB	6-7
David	Walker	APU	6-7
Chris	Henry	SDSU	6-6 3/4
Undrae	Walker	Stanis St.	6-11 1/4
Tim	Loomer	CSUB	6-11
Brian	McCleery	CSLA	6-11
Sherdick	Bonner	CS Northridge	6-10 3/4
Greg	Powell	Taft	6-10 3/4
Dave	Swanson	CS Northridge	6-10 3/4
Gabe	Manville	CPSLO	6-10 1/4
Chris	Conte	UCSB	6-10
Mike	Moran	UCD	6-10
Walt	Stewart	CS Northridge	6-10

Pole Vault

Jim	Drath	FSU	17-7 1/2
Jay	Borick	UCLA	17-4 1/4
Jeff	Coppock	FSU	17-1 1/2
Tony	Castiglioni	CPSLO	16-8 1/4
Vince	Beresford	APU	16-4
Marvis	Haley	Hay	16-4
Steve	Toney	CPSLO	16-0
Eric	Whitcomb	APU	15-8
Matt	Inskeep	SDSU	15-6
Kevin	Rankin	CPSLO	15-6
Tim	Baker	FSU	15-5

Mike	Hewitt	UCI	15-5
Wes	Stephens	APU	15-5
Jesus	Santos	Stanis. St.	15-4
Wellington	Pendell	SDSU	15-0 1/4
Zeb	Cipponeri	Modesto	15-0
Dave	Hazen	CPSLO	15-0
Jim	Lawrence	San Jose CC	15-0
Brian	Monroe	UCD	15-0
Eric	Rameson	CPSLO	15-0
Jason	Yarborough	UCD	15-0
Jim	Reid	APU	14-9 1/4
Chris	Thorson	CPSLO	14-9
Chase	Lovingler	SFSU	14-7 1/4

Long Jump

McArthur	Anderson	UCLA	25-10
James	Stallworth	FSU	25-8 1/4
Derrick	Baker	UCLA	25-1 3/4
Benjamin	Koech	APU	25-0 1/2
Larry	Douglas	FCC	25-0
Curtis	Rogers	CAL	24-11 3/4
Chris	Huffins	CAL	24-10
Damon	Thomas	FCC	24-6
Alonzo	Levingston	CAL	24-4 1/2
Marcus	Hickerson	STAN	24-3 1/2
Matt	Farmer	UCI	24-1
Mark	Michaelian	USC	24-0 3/4
Chris	Perry	CS Northridge	24-0
Jamal	Elmidge	San Jose CC	23-5 3/4
Bill	Primbs	UCD	23-5
Dave	Poppleton	Hay	23-4 3/4
William	Person	Delta	23-3
Keshon	Johnson	FCC	23-2
Marcus	Reed	COS	23-2
Tommy	Jones	COS	23-0 1/2
Steve	Prince	UCD	22-10
Frank	Smith	UCSB	22-9 3/4
Howard	Smith	SFSU	22-9
Ernest	Morrell	UCSB	22-8 1/4
Matt	Olsen	Hay	22-8
Wade	Smart	CS Northridge	22-8

Triple Jump

Benjamin	Koech	APU	52-2 3/4
McArthur	Anderson	UCLA	52-2 1/2
Chris	Huffins	CAL	51-7 1/2
Joe	Frank	CAL	50-11
Ralph	Kozell	UCD	50-6 1/2
Dave	Ramey	UCD	49-9 1/2
Christian	Andreasson	PLNC	49-5 1/2
Jamal	Elmidge	San Jose CC	49-0
Khalidun	Rucker	FSU	48-10
Matt	Farmer	UCI	48-8
Jermaine	Brown	CCC	48-5 1/2
Dave	Calomese	STAN	48-4 3/4
Craig	McClure	UCR	47-8 1/2
Michael	Walker	Diablo Vly	47-4 1/4
Craig	Price	Hartnell	47-4
David	Ramirez	CPSLO	46-11
Chris	Henry	SDSU	46-9 1/2
Zack	Hickman	UCSB	46-8 1/4
Tim	Young	Sonoma St	46-7
Damon	Thomas	FCC	46-6 1/4
Charles	Satcher	CCC	46-6
Robert	House	FCC	46-5
Delton	Walker	UCSB	46-2
Matt	Olsen	Hay	46-1 1/2
Leon	Cooksey	Taft	46-0 1/2

Shot Put

Eric	Bergreen	UCLA	62-10 3/4
Joe	Bailey	UCLA	58-10 1/2
Roshawn	James	FSU	58-9
Jason	Wyatt	APU	56-3
Roland	Anderson	CAL	55-9
Mark	Wolfford	San Jose CC	55-6
Tony	Smiderley	Hay	54-10 1/4
John	Wirtz	CAL	53-4 1/2
Mark	Lambert	CAL	53-3
Jeff	Dunn	CS Northridge	53-1 1/4
Benjamin	Koech	APU	52-2 3/4
Marc	Harlsay	San Jose CC	52-0 1/4
Dave	Youngberg	CS Northridge	51-10
Tom	Rowe	FSU	51-5 1/2
Joe	Hicks	Modesto	51-3 1/5
Ryan	Vierra	CS Northridge	50-7 1/2
Ralph	Kozell	UCD	50-6 1/2
Andy	Harris	FSU	50-6
Cary	Cooper	CS Stan.	50-0
Dave	Ramey	UCD	49-9 1/2
Jamal	Elmidge	San Jose CC	49-0
Jermaine	Brown	CCC	48-5 1/2
Steve	Weinert	SDSU	48-5 1/4
Christian	Andreasson	PLNC	48-2
Matt	Jordan	CS Northridge	48-11 3/4

35 Lb. Weight Throw

Andy	Harris	FSU	64-1
Tom	Rowe	FSU	61-9 1/2
Roshawn	James	FSU	61-2 1/4
Andy	Sheaffer	UCSB	57-7 1/2
Tim	Boerum	FSU	56-9 1/2
Jay	Christofferson	UCSB	48-5 1/2
John	Moore	UCSB	40-8

Discus Throw

Ramon	Jim.-Gaona	CAL	184-8
John	Wirtz	CAL	174-0
Jamie	Presser	UCLA	171-0
Andy	Sheaffer	UCSB	169-8
Chad	Danowski	CS Northridge	167-11
Roshawn	James	FSU	166-6
Ryan	Vierra	CS Northridge	164-9
Don	Winters	CPP	164-8
John	Gallagher	CS Northridge	163-1
Ryan	McCann	APU	159-11
Tim	Boerum	FSU	156-6
Chris	Robles	Sonoma St	155-1
Tony	Moore	Taft	154-3
Steve	Weinert	SDSU	154-1
Scott	Sargent	UCSD	153-2
Rob	Wagner	UCD	153-11
Craig	Peterson	Hay	153-1
Rob	Powell	COS	152-6
Kevin	Absher	CSLA	151-8
Pat	Mair	APU	147-8
Al	Haghighi	UCI	146-6
Cary	Cooper	Stanis. St.	145-8
Tim	Fua	Delta	145-7
Jerry	Rollins	Sonoma St	145-7
Greg	Hirshler	UCSB	145-5

Hammer Throw

Andy	Sheaffer	UCSB	204-3
Eric	Bergreen	UCLA	201-1

CALIFORNIA COLLEGIATE RANKING

Scott	Sargent	UCSD	200-0
Steve	Kellogg	FSU	190-9
Marvin	Williams	CPP	190-7
Ryan	McCann	APU	187-3
Roland	Anderson	CAL	187-2
Demian	Luper	CAL	186-10
Ryan	Vierra	CS Northridge	184-5
Dave	Youngberg	CS Northridge	181-8
Orville	Neal	Stanis. St.	177-7
Earl	Edwards	CSUB	177-3
Brad	Bowden	APU	171-7
John	Labno	Stanis. St.	168-11
Tony	Sieznico	Chico	168-4
Roshawn	James	FSU	168-1
Steve	Weinert	SDSU	166-5
John	Gallagher	CS Northridge	165-8
Jay	Christofferson	UCSB	163-8
Greg	Hirschler	UCSB	161-11
Jeff	Taylor	UCSD	160-8
Pat	Mair	APU	160-7
Karl	Song	PLNC	158-2
Rob	Moulton	Stanis. St.	157-8
Justin	Dudek	APU	157-7

Javelin Throw

David	Bunevacz	UCLA	238-4
Todd	Riech	FSU	223-10
Garret	Noel	CS Northridge	220-8
Greg	Johnson	UCLA	215-1
Gil	Carrillo	CS Northridge	214-6
Jerry	Vitell	CSUB	213-1
Kory	Fleck	Hay	209-4
Jon	Strong	Siskiyous	204-9
Jeff	Elliott	Deanza	202-8
James	Woods	CSLA	199-4
Ron	Guzman	Hartnell	199-3
Darrin	Powell	COS	194-5
Craig	Schaeffer	UCSB	191-5
David	Cudworth	Hay	190-6
Brett	Zanders	CSUB	189-8
Jason	Munoz	UCSB	187-7
Wayne	Bartelme	Siskiyous	185-1
Doug	Hume	APU	184-3
Horace	Samuels	CSLA	183-1
John	Labno	Stanis. St.	182-11
Eric	Johnson	UCD	182-8
Mark	Jacona	Shasta	180-8
Christian	Andreasson	PLNC	178-4
Dave	Moore	UCD	178-3
Harold	Tower	UCSB	176-0

Decathlon

Matt	Farmer	UCI	7011
Chris	Trammell	UCI	5107

WOMEN

100 Meters

Janeene	Vickers	UCLA	11.61
Chryste	Gaines	STAN	11.65
Angela	Burnham	UCLA	11.70
Inger	Miller	USC	11.77
Tina	Davis	FSU	11.80

Lisa	Hunter	FSU	11.80
Melanna	Gray	USC	11.82
Marlene	Gamer	Taft	11.94
Charlotte	Vines	CS Northridge	11.96
Andreen	Alvarenga	CAL	12.0
Denise	Ervin	CAL	12.
Erica	Washington	UCSD	12.04
Desiree	Bracey	UCI	12.10
Alicia	Armstrong	Taft	12.14
Jesica	Casimir	Hay	12.30



CHRYSTE GAINES

Fine Flicks by Don Gosney

Ana	Ralph	CSLA	12.31
Cheryl	Porter	CSLA	12.35
Sjondrala	Vaughn	UCI	12.39
Trishun	Jackson	Taft	12.44
Kim	Shepard	CPSLO	12.44
Denise	Butticci	Chico	12.45
Joy	Polk	CS Northridge	12.50
Shelley	Tochluck	UCI	12.57
Gniesha	Dirwiddie	UCI	12.81
Coree	Robison	USU	12.83

200 Meters

Chryste	Gaines	STAN	23.96
Daria	Vaughn	SDSU	23.99
Melanna	Gray	USC	24.06
Angela	Burnham	UCLA	24.10
Roslyn	Mack	CAL	24.73
La Tima	Jones	USC	24.80
Margo	Grant	CSLA	24.93
Lisa	Hunter	FSU	24.97
Jakki	Henderson	CPP	24.98
Joslyn	Mack	CAL	25.06
Erica	Washington	UCSD	25.08
Tina	Davis	FSU	25.09
Desiree	Bracey	UCI	25.10
Charlotte	Vines	CS Northridge	25.17
Kim	Shepard	CPSLO	25.22
Shelly	Tochluck	UCI	25.23
Yvette	Wickham	Hancock	25.54
Sjondrala	Vaughn	UCI	25.57
Trishun	Jackson	Taft	25.59
Lainia	Brice	Delta	25.64

Awana	Brown	Taft	25.74
Lori	Smith	HSU	25.74
Janisha	Richardson	FSU	25.78
Tonya	Miles	Chico	25.84
April	Winn	Chico	25.84
Marieke	Veltman	UCI	25.85

400 Meters

Tanya	Dooley	FSU	54.33
Jakki	Henderson	CPP	54.46
Shelly	Tochluck	UCI	55.17
Rhonday	Oliver	STAN	55.21
Yvette	Wickham	Hancock	55.39
Crystal	Irving	UNLV	55.49
Cela	McPherson	CS Northridge	55.50
Louan	Guiadio	USC	56.12
Michelle	DeCoux	USC	56.46
Marlene	Wilcox	CSLA	56.70
Margo	Grant	CSLA	56.91
Socorro	Vasquez	CSLA	57.18
Glenda	Smith	UCLA	57.19
LaTima	Jones	USC	57.36
Melissa	Mannion	UCR	57.56
Kristin	Burnett	CPSLO	57.88
Lori	Smith	HSU	57.94
Christine	Royal	SDSU	58.03
Aimee	Cohon	FSU	58.18
Gneisha	Dirwiddie	UCI	58.25
Gina	Albanese	CPSLO	58.29
Ronda	Green	FSU	58.43
Carolyn	Griffin	UCI	58.43
Jennifer	Wissmath	Chico	58.54
Lupe	Casillas	CSLA	58.58

800 Meters

Denise	Walker	HSU	2:09.95
Glenda	Smith	UCLA	2:11.89
Ashley	Black	STAN	2:12.26
Buffy	Rabbitt	UCI	2:12.95
Susan	Helfter	STAN	2:13.51
Kristina	Hand	CPSLO	2:13.84
Anette	Ronnerman	PLNC	2:13.93
Tracy	Wright	SDSU	2:14.12
Rayna	Cervantes	UCI	2:14.23
Nina	Liahjell	CAL	2:14.37
Shannon	Lieder	FSU	2:14.42
Christine	Royal	SDSU	2:14.84
Wendy	Peterson	SDSU	2:15.18
Leslie	Mueller	Hay	2:15.34
Aimee	Cohon	FSU	2:15.40
Jakki	Henderson	CPP	2:15.69
Crystal	Bigham	Hay	2:15.76
Jennifer	Naniste	SDSU	2:16.29
Teresa	Poy	CSOLA	2:16.66
Socorro	Vasquez	CSLA	2:16.89
Perseph.	Lowery	CS Northridge	2:17.20
Carrie	Luis	Stanis. St.	2:17.6
Andrea	Sansom	UCI	2:18.22
Shanin	Miller	CPSLO	2:18.23
Kelly	Flathers	CPSLO	2:18.55

1500 Meters

Buffy	Rabbitt	UCI	4:23.48
Rayna	Cervantes	UCI	4:29.92
Ashley	Black	STAN	4:30.20
Kristina	Hand	CPSLO	4:30.86
Tracey	Williams	CAL	4:33.13

CALIFORNIA COLLEGIATE RANKING

Denise	Walker	HSU	4:33.6
Wendy	Peterson	SDSU	4:33.92
Melissa	Pardini	UCR	4:35.84
Tracy	Wright	SDSU	4:35.90
Andrea	Sansom	UCI	4:36.17
Kara	Olsen	CAL	4:36.23
Melanie	Hiatt	CPSLO	4:36.34
Kira	Jorgensen	UCLA	4:36.42
Brigid	Stirling	UCI	4:39.34
Susan	Helfter	STAN	4:40.65
Amy	Goodwin	USC	4:40.69
Kelli	Lewis	UCI	4:41.42
Denise	McFayden	UCSD	4:41.84
Sandra	Rodriguez	CSLA	4:42.04
Shannon	Lieder	FSU	4:43.13
Carrie	Luis	Stanis. St.	4:43.3
Vicki	Peterson	CPSLO	4:43.68
Valerie	Jensen	Hay	4:44.4
Sorrell	Bird	UCD	4:45.1

3000 Meters

Buffy	Rabbitt	UCI	09:39.06
Melanie	Hiatt	CPSLO	09:43.35
Kristina	Hand	CPSLO	09:44.44
Traci	Goodrich	UCI	09:51.65
Ashley	Black	STAN	09:54.06
Sydney	Thatcher	CPSLO	09:55.12
Brigid	Stirling	UCI	09:57.92
Caroline	Plier	UCI	10:04.30
Melissa	Pardini	UCR	10:04.31
Sita	Jones	UCI	10:06.35
Jill	Hoffman	CPSLO	10:06.94
Tracy	Leichter	CPSLO	10:08.44
Teresa	Clark	UCD	10:09.2
Jade	Preato	UCI	10:11.76
Pam	Boyles	CSB	10:11.84
Michelle	Lubinsky	WC	10:13
Akemi	Royer	UCI	10:15.07
Rayna	Cervantes	UCI	10:15.71
Julie	Verke	FSU	10:17.6
Janet	Roller	UCD	10:19.7
Jenny	Cubillas	Hay	10:20.8
Megan	Sheehy	Hay	10:20.82
Denise	Walker	HSU	10:21.0
Vanessa	Couch	PLNC	10:21.67
Chris	Hamilton	CPSLO	10:22.06

5000 Meters

Buffy	Rabbitt	UCI	16:36.89
Traci	Goodrich	UCI	17:10.77
Sita	Jones	UCI	17:20.78
Jill	Hoffman	CPSLO	17:20.85
Teresa	Clark	UCD	17:23.1
Caroline	Plier	UCI	17:25.42
Tracy	Leichter	CPSLO	17:31.49
Brigid	Stirling	UCI	17:35.64
Jade	Preato	UCI	17:36.94
Jennifer	Ashe	UCLA	17:39.79
Sydney	Thatcher	CPSLO	17:39.79
Kelly	Tremmell	CS Northridge	17:42.4
Akemi	Royer	UCI	17:44.42
Rosa	Cazares	CSLA	17:47.14
Janet	Roller	UCD	17:51.0
Chris	Hamilton	CPSLO	17:54.06
Jenny	Cubillas	Hay	17:56.5
Megan	Sheehy	Hay	18:02.2
Christy	Gimsley	Biola	18:04.7
Pam	Boyles	CPSLO	18:18.01

Julie	Dyson	Sonoma St	18:19.0
Sandra	Rodriguez	CSLA	18:25
Toni	Hartlaub	UCSB	18:28.25
Kim	Robinson	CPSLO	18:36
Laura	Doehring	CS Northridge	18:42

10,000 Meters

Jenny	Cubillas	Hay	37:42.7
Megan	Sheehy	Hay	37:56.9
Debbie	Earl	Hay	40:07.0
Debbie	Williams	HSU	40:33.1



BUFFY RABBITT
Top Marks In 3 Events

Photo by Kirby Lee

100 High Hurdles

Janeene	Vickers	UCLA	13.54
Carla	Vaughn	SDSU	13.57
Tonya	Sedwick	UCLA	13.71
Monica	Missick	FSU	13.80
LaShawn	McBride	CAL	13.94
Felice	Lipscomb	USC	13.96
Jessica	Johnson	SFSU	14.17
Alicia	Armstrong	Taft	14.30
Birgit	Bauer	FSU	14.30

Clara	Trigg	HSU	14.31
Bridgette	Simmons	FSU	14.44
Raven	Viltz	CAL	14.44
Effie	Daetz	USC	14.45
Geri	Golden	CSB	14.50
Peggy	Odita	STAN	14.66
Julie	Tingle	CPSLO	14.74
Kristi	Kaufmann	UCI	14.84
Erica	Prodanovich	SDSU	14.95
Jennifer	Blunden	Hay	15.00
Aldora	George	CPP	15.11
Jescia	Casimir	Hay	15.14
Becky	Thomas	UCSB	15.20
Agneta	Westen	USU	15.26
Marieke	Veltman	UCI	15.29
Edwina	Ammonds	KRC	15.35

400 Meter Int. Hurdles

Michelle	DeCoux	USC	60.28
Erica	Prodanovich	SDSU	60.90
Gina	Albanese	CPSLO	61.56
Jescia	Casimir	Hay	62.30
Amy	Lutz	USU	62.38
Shanin	Miller	CPSLO	63.50
Tonia	Coleman	HSU	64.04
Jessica	Johnson	SFSU	64.40
Kim	Young	CS Northridge	64.47
Amy	Marx	STAN	64.52
Jody	Egan	UCD	64.64
Keisha	Marvin	UCLA	64.79
Stephanie	Williams	SDSU	64.95
Shannon	Proffer	SDSU	65.01
Diane	Washington	CSB	65.09
Bridgette	Simmons	FSU	65.40
Deborah	Lewis	CPSLO	65.63
Nicole	Redmon	CCC	65.34
Tanya	Iwankovitch	Hartnell	65.94
Erin	Morris	CS Northridge	66.19
Stacy	Michaelson	Yuba	66.34
Jennifer	Blunden	Hay	66.53
Jennifer	Jagielski	UCSD	66.70
Vicki	Dunkley	UCSD	67.14
Jennifer	Weston	USU	67.25

4x100 Meter Relay

UCLA	45.38
USC	45.54
CS Northridge	46.1
Stanford	46.24
UC Irvine	47.18
Fresno State	47.20
Taft	47.63
CAL	47.70
Cal Poly SLO	48.14
San Diego St.	48.49
UC San Diego	48.89
Cal Poly Pomona	49.33
Chico	49.44
Humboldt	49.60
Delta	49.94
CS Bakersfield	50.44
Pt. Loma	50.64
Hayward	50.72
Kings River Coll	50.77
UC Davis	50.92
Stanis. St.	51.34
Azusa Pacific	51.44
Chabot	51.44

CALIFORNIA COLLEGIATE RANKING

Diablo Vly	51.64
Yuba	51.74

4x400 Meter Relay

UCLA	3:41.36
UC Irvine	3:46.08
USC	3:50.69
San Diego St.	3:51.40
CAL	3:51.74
Stanford	3:52.24
Cal State LA	3:52.56
Cal Poly SLO	3:53.40
Fresno State	3:54.40
HSU	3:54.9
Azusa Pacific	3:58.26
Cal Poly Pomona	3:59.65
UCD	4:01.20
Pt. Loma	4:02.34
SFSU	4:03.7
Hayward	4:04.3
Chico	4:04.4
UC San Diego	4:06.04
Stanis. St.	4:06.8
UC Riverside	4:07.64
CS Bakersfield	4:12.74
Sonoma St	4:13.9
Biola	4:17.0
Hartnell	4:19.44
Diablo Valley	4:21.34

High Jump

Lisa Coleman	UCLA	6-0
Latrese Johnson	APU	5-10
Terry Wasson	CS Northridge	5-7 3/4
Robin Campana	CPSLO	5-7
Agneta Westen	USU	5-7
Birgit Bauer	FSU	5-6
Amy Gale	UCD	5-6
Christine Kilian	UCR	5-6
Noreen Flynn	CS Northridge	5-5 3/4
Susan Christy	UCSD	5-5 1/4
Kristi Kaufmann	UCI	5-5 1/4
Jennifer McKeighen	FSU	5-5 1/4
Cozette Lowndes	FSU	5-5
Amanda Hopkins	USU	5-5
Sarah Beesley	Yuba	5-4
Susan Callahan	UCSB	5-4
Jennifer Delroy	SDSU	5-4
Chris Diehl	SFSU	5-4
Marji Gilles	CPSLO	5-4
Christie Howard	UCSB	5-4
Clarissa Moulton	CSB	5-4
Janine Pav.-Bonin	Delta	5-4
Tara Raquinio	HSU	5-4
Larissa Rosstee	FSU	5-4
Renee Sandberg	Chabot	5-4
Vanessa Sims	UCD	5-4
Julie Tingle	CPSLO	5-4
Lisa Watley	Hay	5-4

Long Jump

Louan Guialdo	USC	20-4 1/2
Jackie Edwards	STAN	20-0 1/2
Rosalyn Mitchell	CAL	19-7 1/2
Marieke Veltman	UCI	19-5 1/2
Ann Ralph	CSLA	19-3 3/4
Alysia Hubbard	STAN	19-1 1/2

April Nash	CS Northridge	19-0 3/4
Tanya Connor	CS Northridge	19-0
Peggy Odita	STAN	18-8 3/4
Kristi Kaufmann	UCI	18-8 1/2
Birgit Bauer	FSU	18-8
Kristin Kulow	FSU	18-6 1/2
Tara Didyk	FSU	18-5
Tina Davis	FSU	18-3 3/4
Julie Tingle	CPSLO	18-2
Trishun Jackson	Taft	18-1
Nedra Killon	SDSU	17-9 1/4
Edwina Ammonds	KRC	17-9
Bridget Taylor	SFSU	17-8
Terri Ciapponi	Chico	17-6 1/4
Tara Raquinio	HSU	17-6
Jennifer Delroy	SDSU	17-3
Chris Diehl	SFSU	17-3
Carrie Glockel	Hay	17-3
Gerl Golden	CSB	17-3
Shelly Holder	Hancock	17-3
Tanya Iwankovitch	Hartnell	17-3

Triple Jump

Jackie Edwards	STAN	40-10 1/4
Tanya Connor	CS Northridge	40-6 1/4
Yvette McCullough	CS Northridge	40-1 1/2
Felicia Harris	Chabot	39-1
Dana Weeks	STAN	38-8 3/4
Tara Didyk	FSU	38-4 3/4
Jenny Golden	USU	38-2 1/4
Marji Gilles	CPSLO	38-0
Kristin Kulow	FSU	37-10 1/2
Stacey Thompson	CCC	37-9 1/4
Alysia Hubbard	STAN	37-6
Carol Myszkowski	Chico	36-7
Tanya Iwankovitch	Hartnell	36-3
Anna Mark	PLNC	36-3
Peggy Odita	STAN	36-2 3/4
Terri Ciapponi	Chico	36-1 1/2
Bridget Taylor	SFSU	36-0
Edwina Ammonds	KRC	35-11 1/2
Tiffany Edwards	Diablo Vly	35-11
Stacey Lyles	FSU	35-10 1/2
Jackie Forte	Stanis. St.	35-10
Chris Diehl	SFSU	35-9 1/4
Nicole Perkins	UCI	35-6 1/2
Jennifer Delroy	SDSU	35-6
Michelle Burt	UCD	35-3 1/2
Adrianna Lundquist	UC Stan	35-3 1/2

Shot Put

Debbie Malueg	STAN	45-10 1/2
Shannon Quigley	UCSD	44-7
Jennifer Viavia	FSU	43-7 3/4
Melissa White	CPSLO	43-6 1/2
Amy Nelson	CAL	42-11
Angel Mahan	San Mateo	42-7
Debbie Malachowski	APU	42-6 3/4
Julie DeJarlais	SDSU	41-10 1/2
Julie Hibbard	USU	41-10
Micheline Schaeffer	UCSB	40-11
Louise Joubert	SDSU	40-5 1/2
Lori Rodriguez	Hartnell	40-4
Carin Sheehan	UCD	40-3
Linda Benioff	CSLA	39-6
Kimya Phillips	CSLA	39-5 3/4
Chris Diehl	SFSU	39-5
Donna McKinnon	FSU	39-5

Monica DeKoster	PLNC	38-10 1/4
Samira Taylor	Sacto	38-9
Devlyn Dunlap	CSB	38-7
Christi Bruno	Hartnell	38-6 1/4
Birgit Bauer	FSU	38-6 1/2
Loni Larson	CPSLO	38-6
Francis Bynum	Chico	38-4
Keri Peterson	UCSB	37-9 3/4

Discus Throw

Tracie Millett	UCLA	184-1
Dawn Dumble	UCLA	176-10
Melisa Weis	UCLA	168-11
Shannon Quigley	UCSD	163-2
Debbie Malueg	STAN	161-5
Micheline Schaffer	UCSB	161-2
Allison Franke	USC	157-4
Candy Roberts	UCLA	157-4
Donna McKinnon	FSU	155-1
Teri Ortega	USC	153-7
Melissa White	CPSLO	151-0
Kimya Phillips	CSLA	149-3
Debbie Malachowski	APU	148-4
Debbie Hargrove	UCSD	146-5
Julie DeJarlais	SDSU	142-4
Tamara Bermudes	Hay	142-11
Joy Bates	Stanis. St.	136-4
Constanso Spesert	Chico	136-2
Katie McCandless	FSU	135-9
Samira Taylor	Sacto St	135-7
Jennifer Viavia	FSU	135-10
Mary Moran	UCD	133-9
Sarah Andrews	UCI	133-4
Diane VanLeeuwen	APU	133-10
Monica DeKoster	PLNC	132-7

Javelin Throw

Ashley Selman	USC	164-10
Daene Bitter	FSU	157-9
Melisa Weis	UCLA	156-9
Allison Franke	USC	156-8
Melissa White	CPSLO	152-6 1/2
Candy Roberts	UCLA	150-10
Nicole Carroll	FSU	149-0
Louise Joubert	SDSU	145-10
Colleen MacCotter	CSLA	141-9
Chris Diehl	SFSU	138-8
Kristen Dunn	CS Northridge	138-0
Cathy Saunders	Hay	136-7
Birgit Bauer	FSU	136-6
Debbie Malachowski	APU	133-7
Bobbie Octavo	UCSD	133-5
Kristi Kaufmann	UCI	132-6
Marieke Veltman	UCI	125-7
Jennifer McCormick	San Mateo	125-5
Julie Daffern	APU	124-9
Linda Standing	SDSU	123-8
Michele Stranahan	Sonoma St	123-8
Karen Tiner	ARC	122-8
Michelle Latimer	Yuba	120-10
Karalee Hendrickson	APU	118-8
Jamie McDaniel	APU	118-1

Heptathlon

Kristi Kaufmann	UCI	5030
Marieke Veltman	UCI	4217
Pam Beaver		3413

AROUND THE STATE

Californians Attending Universities Around the Nation

Listed on Track & Field Rosters

(***=fresh; **=soph; *=junior)

Men:

Arizona State:

*Chris Belcher (Los Angeles)	Middle Distance
***Jason Jenkins (Rialto)	800
***Lenny McGill (Escondido)	Long & Triple Jump
*Jeff Sorkness (Santa Rosa)	Distances
***Mike Sulcer (Pasadena)	Sprints
*Eric Walbot (Harbor City)	Distances

Arkansas:

**Ian Alsen (Granada Hills)	1500, 3000, 5000
Dan Gabor (Amador Valley)	800, 1500
**David Welsh (Jesuit)	5000, 1000

Army:

***Russell Metzger (Vista)	400 Hurdles
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Boise State:

David Lawyer (Santa Barbara)	Sprints
***Kerry Lawyer (Santa Barbara)	Sprints
Edward McElroy (Norwalk)	Hurdles, LJ

Colorado:

***Sean Buckley (St. Francis(Mt.V))	PV
***Charles Johnson (Cajon)	Sprints
Rob Martin (Arcadia)	HJ
***Chris Michel (Concord)	PV
***Erik Mitchell (Los Alamitos)	Sprints
**Steve Provenzano (Arcadia)	Sprints

Columbia:

**Steve Eitegeorge (Beyer, Mod.)	Distances
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**Neil Hazzard (Paradise)	Distances
**Matt Henry (Santa Cruz)	Sprints
***Jordan Karp (Poly (So.Pas.))	Sprints
**Aame Kela (Reedley)	Sprints
*John Litzenberg (SonomaVly)	Distances
Greg Schulman (Torrey Pines)	SP
*Craig Terry (Nordhoff)	Sprints

Dartmouth:

*George Jones (Inglewood)	LJ
Michael Swanson (San Jose)	Decath
**William Thibault (Newp.Har.)	800, Mile

Drake:

*Chris Pride (Grant (Sac))	Middle Distance
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Kansas:

***Michael Humbred (Coronado)	Throws
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LSU:

Maurice Horton (Duarte)	400, 800
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Nebraska:

Jeff Hooper (Carmichael)	Throws
Jerry Marsee (San Pedro)	Sprints
***Phouphet Singbandith (Magnolia)	Jumps
**Eric Skaden (Carmichael)	Distances

New Mexico:

*Steve Graham (Sylmar)	Distances
**Mike Williamson (Thous.Oaks)	Distances
Matt Young (Los Alamos)	Distances

Purdue:

*Eric Polanski (Redlands)	Distances
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Seattle Pacific:

**Jeremy Anderson (San Jose)	PV
***Ian Phillips (Lafayette)	Middle Distances

S.W. Missouri:

*Cedric Boyd (Stagg (Stockton))	TJ
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Californians Active Around the Nation

Southwest Conference Indoor

Feb. 15-16, Ft. Worth.

Men: TJ--Scott (Texas) 52-8 3/4.
Women: Mile-3. Stephanie Barrett (Arkansas) 4:54.85.
5000m-1. Jamie Park (Arkansas) 16:22.59.

WAC Indoor Championships

Air Force Academy, February 22.

Men: 200m: (H-1) 2. Darren Huston (SD St) 22.11. (H-3) 3. Jerome Gross (SD St) 22.27. (H-4) 4. Floyd Barco (SD St) 22.52.

400m: (H-2) 1. Huston (SD St) 49.41. 5. Gross (SD St) 50.64. (H-3) 1. Barco (SD St) 48.91. (Fin) 1. Huston 47.9. 2. Barco 48.0.

800m: (H-2) 5. Matt Large (SD St) 1:56.59. (Fin) 5. Large 1:56.56.
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Mile: 6. Eli Ricca (AF Academy) 4:23.54.
Mile Relay: 5. San Diego State 3:20.28.
SP: 1. Ken Lowther (UTEP) 57-7 3/4.
35 lb. Wt: 5. Ken Lowther (UTEP) 58-10 3/4.
Women: 55m: (H-2) 2. Darla Vaughn (SD St) 7.07. (Fin) 2. Vaughn 7.06.
200m (H-3) Vaughn 24.30. (Fin) 1. Vaughn 24.52.
400m (H-2) 1. Prodanovich (SD St) 59.05. 2. Shannon Proffer (SD St) 59.38. (H-3) 4. Stephanie Williams (SD St) 60.89. (Fin) 4. Prodanovich 59.04.
800m: (H-2) 4. Christine Royal (SD St) 2:22.64. 6. Robin Richie (SD St) 2:25.38. (H-2) 3. Kathy Grayson (BYU).
Mile: 6. Wendy Peterson (SD St) 5:22.49.
55m HH: (H-1) 2. Vaughn (SD St) 7:9.7. 4. Williams (SD St) 8.37. (H-2) 3. Prodanovich (SD St) 8.29. (Fin) 1. Vaughn 7.79. 6. Prodanovich 8.42.
Mile Relay: 2. San Diego State 3:59.07.
2 Mile Relay: 3. San Diego State 9:31.14.

Arkansas Last Chance Meet

February 27, Fayetteville.

Men: 800m: 4. Dan Gabor (Arkansas) 1:52.58.

Florida Fast Times Invitational

February 28, Gainesville.

Men: 400m: 1. Maurice Horton (LSU) 46.82 (NCAA Provisional mark).
4x400m Relay: 1. LSU (Horton 46.2 anchor) 3:08.87 (NCAA Automatic).
35 lb. Wt.: 1. Ken Lowther (UTEP) 60-7 (NCAA Provisional).
Women: 800m: 3. Desiree Joubert (U of Miami) 2:12.82.

IC4A Championships

March 2, Princeton, New Jersey.

Men: 200m: 3. Willie Clark (Notre Dame) 21.96. HJ: 7. (tie) Paul Maloney (Notre Dame) 6-9.
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Big Sky Conference Championships

March 1-2, Pocatello.

Men: 55m HH: 1. Eddie McElroy (Boise St) 7.34 (Provisional NCAA Qualifier).
Women: Mile 1. Kathy Karpel (Boise) 4:55.99.

continued next page...

AROUND THE STATE

Tennessee:

- *Albert Pride (Sacramento)
- **Jorge Rodriguez (Fallbrook)

Villanova:

- *Terrance Mahon (La Habra)

West, Washington:

- ***Scott Alton (San Diego)
- *Dave Roberts (Berkeley)

Hurdles
Middle Distances

5000, 10,000

Distances
Jumps

Women:

Arizona State:

- ***Shanequa Campbell (R.Cucamga)
- *Sharette Garcia (L.A.)
- *Lisa Hale (Riverside)
- *LaShawn Simons (El Monte)
- ***Kim Toney (Atascadero)

Sprints
Distances
Hurdles, LJ
Sprints
800

Arkansas:

- *Stephanie Barrett (Chico)
- **Jamie Park (Santa Barbara)
- *Sharon Polley (Sebastopol)

800, 5000
3000, 10,000
Sprints, Hurdles

Army:

- ***Erin Cunningham (Tustin)

Distances

Brigham Young:

- Sondra Gibb (Walnut Creek)
- **Kathy Grayson (Mission Viejo)
- Karen Myers (Canyon Country)
- Nicole Richardson (Escondido)

Distances
Distances
Throws
Distances

Colorado:

- **Starla Ahu (Mira Costa)
- **Karol Damon (Redlands)
- **Vicki Hosek (Northridge)
- **Stephanie Salgado (Yucaipa)

Throws
HJ
Distances
Throws, Jumps

Boise State

Women: 400: Heidi Robertson (BSU) 60.68. Mile: Kathy Karpel (BSU) 4:57.41. 55m H--Ada Alger (BSU) 8.31.

Alex Wilson Invitational Indoor

Notre Dame, Indoor-Feb 23rd.

(Men)--55m-(H-2) 1. Willie Clark (Notre Dame) 6.28 (NCAA Provisional Qualifier). (Fin.) 2. Clark 6.27. 200m (S-2) 2. Willie Clark 21.26. Mile--6. Terrance Mahon (Villanova) 4:08.68. 7. Rod Heskett (Fresno St.) 4:09.0. (Women) 3000m--2. Jamie Park (Arkansas) 9:24.30. Mile--3. Stephanie Barrett (Arkansas) 4:50.80.

Big 8 Indoor

Columbia, Missouri, Feb 22-23.

Men: TJ-3. Phouphet Singbandith (Nebraska) 49-8 1/2.

Women: HJ-2. Karol Damon (Colorado) 6-0. TJ-2. Fager (Kansas St.) 39-3.

Southeastern Conference Championships

Baton Rouge, LA--Feb 23-24.

Men 400m--5. Maurice Horton (LSU) 47.19. 4x400 Re--2. LSU (Horton 46.9 anchor) 3:10.66 (school record).

Women: TJ-3. Jackie Anderson (LSU) 38-8 3/4. SP-4. Danyel Mitchell (LSU) 45-10.

Yendork Stars at Senior TAC Indoor Nationals

Feb 22. New York City--Juliana Yendork (Walnut HS) continued her amazing start to her senior year of Track & Field with another National Prep Indoor Triple Jump record!



Juliana stretched out past the 42-11 1/2 she jumped at the January Sunkist Meet to 43-0 1/2 in winning the TAC Senior National Indoor Championships in New York City. Despite competing with an injured ankle, Yendork put together a series of 40-11 1/2, 42-0 3/4, 42-2 3/4, pass, and the record 43-0 1/2 leap. The National Outdoor best is 42-10 1/2 by Wendy Brown from Woodside, CA in 1984, with the Walnut star a threat to that mark each time she steps on the runway this spring and summer. Yendork

will have one more important indoor meet this season, with good prep competition at the National Scholastic Indoor in Syracuse, New York on March 10th (see article in Prep Notes section). The fields there will include Elena Shelezov of Needham, New Hampshire, who has jumped 40-10 1/4 in the TJ this season and Leroy's sister, Dawn Burell, of Penn Wood, Lansdowne, PA, who has Long Jumped 20-2 1/2 this indoor season.

--from Doug Speck
Fine Flicks by Don Gosney photo

Dartmouth:

- **Natalie Hester (Stanford)

Sprints

Georgia:

- Kathryn Kreiger (SLO)

Middle Distances

LSU:

- *Jackie Anderson (San Diego)
- ***Danyel Mitchell (Vallejo)
- *Desiree Joubert (Westlake)

LJ, TJ
Throws
400, 800

Nebraska:

- ***Kee-Sha Adams (Hawthorne)
- *Nikywa Prevost (San Fernando)
- ***Kwani Stewart (Yuba City)

Sprints
Sprints
Hurdles

Penn State:

- *Michelle Thompson (Beverly Hills)

Hammer

Seattle Pacific:

- Wendy Becker (Livermore)
- Sandrine deMarvel (Redwood City)
- **Jeannette Reed (Santa Ana)

Distances
Distances
Middle Distances

UNLV:

- **Simone Caine (Oxnard)
- Julie Harrison (Mt. SAC)
- *Crystal Irving (LB Poly)
- ***Angela Sims (Oceanside)

Sprints
Sprints, Hurdles
Sprints
Jumps

Virginia:

- *Tricia Yates (Delmar)

Hurdles, Hephthlon

Wichita State:

- Shelby Adams (Ganesha)

Sprints

PREP NOTES

By KEITH CONNING

■ Results Wanted:

Northern and Central California track results should be sent to Keith Conning, 2235 Browning Street, Berkeley, CA 94702, or to Keith Conning, Berkeley High School, 2246 Milvia Street, Berkeley, CA 94704.

Southern California results should be sent to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

Minimum Reporting Standards:

Boys: 100 10.8, 11.13; 200 22.2, 22.53; 400 50.3, 50.53; 800 1:59.0; 880 1:59.6; 1500 4:10.0; 1600 4:28.4; Mile 4:30.0; 3000 9:10.0; 3200 9:46.5; 2 Mile 9:50.0; 110HH 15.0, 15.33; 300IH 39.8, 40.13; 400R 43.5, 43.73; 1600R 3:28.0; Mile R 3:29.2; HJ 6-4; PV 13-6; LJ 21-10; TJ 44-3; SP 50-0; DT 150.

Girls: 12.4, 12.73; 200 26.0, 26.33; 400 59.8, 60.03; 800 2:23.5; 880 2:24.3; 1500 5:06.0; 1600 5:24.0; Mile 5:26.0; 3000 11:00.0; 3200 11:45.9; 2 Mile 11:50.0; 100LH 15.5, 15.83; 300LH 47.5, 47.83; 300LH 47.5, 47.83; 400R 50.7, 50.93; 1600R 4:10.0; Mile R 4:11.4; HJ 5-2; LJ 16-9; TJ 35-0; SP 35-3; DT 110.

■ Mystery Runner at 1985 Stanford Invitational

(This item appeared in the Prep Notes of January 1986).

On October 7, 1985 at the Stanford Invitational a young man, who gave his name as Riliik Huntsman of Palo Alto High School, attracted a lot of attention for his outstanding running. He led at the mile point and was still leading at the finish of the large school race. He finished to the left of the chute. He was allowed to run unattached in the race, because he was not eligible to run officially.

He told authorities at Palo Alto High School that he was 16-years-old and that he had come from a commune in Nevada.

It turned out that his story was not true. He actually was James Arthur Hogue, a 26-year-old who ran cross country for the University of Wyoming and attempted to run for the University of Texas.

He enrolled in September, 1985, as Jay Mitchell Huntsman. He was using the name and birthdate of a San Diego child who died as an infant.

■ Fugitive Fakes Way Through Princeton

(Read previous item. It's the same guy!)

Princeton, February 28--A 31-year-old man was expelled from Princeton University after school officials discovered he was a fugitive who apparently fabricated his academic credentials, the university said yesterday.

James A. Hogue, who posed as 20-year-old Alexi Indris-Santana during the 1 1/2 year ruse, was arrested in class Tuesday after police learned he was wanted in Utah for an alleged parole violation.

"He's not who he represented himself as when he applied here," spokesman Justin Harmon said. "On the basis of that information, we've decided he's no longer a student here."

Harmon said the scheme began to unravel when Hogue met a Yale student at a Feb. 16 track meet in New Haven, Conn.

Renee Pacheco, a Yale senior, attended Palo Alto High School in the Bay Area in 1985, when Hogue masqueraded as a student. Pacheco, who was on the high school's cross-country team with Hogue, called her former coach. The coach called the *Peninsula Times Tribune* and a reporter called Princeton.

■ Athletes' Heart Problems Often Hidden, Study Shows

By Tamara Starks
The Associated Press.

Chicago, February 16--Lining up students for locker-room physicals is not always enough to spot cardiac problems, a report released yesterday said.

Such examinations are "perfunctory and potentially dangerous because they may provide a false sense of security," said the study in this month's *American Journal of Diseases of Children*.

"Often the first sign and symptom of cardiac abnormalities in these athletes is sudden death," said Dr. Francis McCaffrey, a cardiologist with The Medical College of Georgia and an author of the report.

Young athletes "really should be seen by a physician in sports medicine," McCaffrey said.

The study said student athletes should undergo an individualized, careful assessment of their history of previous injury and their family's history of cardiac problems, said Dr. Lyle Micheli, director of Boston Children's Hospital's division of sports medicine.

■ San Francisco Prep Sports on the Ropes Again

San Francisco, February 22--San Francisco school superintendent Ramon Cortines has proposed eliminating interschool sports as part of a \$25 million budget cut. About \$1.1 million is now spent to support San Francisco middle and high school sports for some 10,000 students. About \$600,000 of that goes for high school sports.

"I think Cortines is firing a warning shot so Gov. Wilson can see the havoc his massive cuts in the state school budget will cause," said former Galileo track coach George White. "Three times in the last 12 years we almost lost interscholastic sports, but so far we've kept out wits, our sports and our kids."

"If Wilson thinks that eliminating sports programs is necessary, then it's a good thing he's spending more money on prisons. We'll need them."

"If it weren't for sports, I probably would have wound up in prison or worse," said former NFL running back O.J. Simpson, from Galileo High.

■ Juliana Yendork (Walnut) Wins TAC Indoor Triple Jump

Mobil Indoor, New York, February 22--Juliana Yendork (Walnut), the defending State Meet champion, won the national indoor triple jump championship with a mark of 43-0 1/2.

■ Becky Spies (Livermore) Wins Aztec 800

San Diego, March 2--Senior Becky Spies (Livermore), the defending State Meet 1600 meter champion, won the 800 meters in 2:11.05 at the Aztec Track and Field Classic. Chris Morgan (Long Beach State) placed second in 2:11.80, and Glenda Smith (UCLA) was third in 2:12.42.

continued next page...

PREP NOTES

National Scholastic Indoor Championships

The highlight of the indoor season for preps, the National Scholastic Indoor Track & Field Championships, held at the University of Syracuse's massive Carrier Dome, was its usual total success. Five National Prep Indoor records fell during the weekend of March 9-10 action, with a number of Californians competing unattached very prominent in the action.

Juliana Yendork (Walnut) was hot once again. The Walnut senior was turned down as the U.S. representative for the exhibition Triple Jump in the World Indoor Championships in Seville, Spain despite winning the TAC Senior National Indoor championship in a new U.S. Prep undercover best of 43-0 1/2. Twice in Syracuse the powerful Californian extended her national best, recording a 43-4 1/2 on her second leap, then jumping a towering 43-11 1/2 on effort number five in moving to #8 All-Time on the U.S. National list indoors or out at any age. Yendork returned to take the Long Jump over a fine national prep field at 20-0 1/4.

Marion Jones (Rio Mesa, Oxnard) continued her sprint rivalry with Zundra Feagin (Cocoa, FL). Feagin had lowered the prep 55 Meter auto-timed best to 6.84, then destroyed the 60 meter record of 7.42 with a 7.30 at the TAC Senior Meet in placing 6th. Jones had tied the National 50 meter record of 6.43 in her only indoor effort at Sunkist during Basketball season. Marion had gone 11.61 outdoors already for 100 meters the previous weekend in her school's Spartan Relays. The duo got the action going in Saturday's 200 meter heats, with Feagin blowing away Wendy

Vereen's National Best of 23.89 from 1984 with a 23.67 in the very first race of the day! Jones followed with a 23.93 national soph record in heat 2, and the weekend was set up. Marion actually looked much better than Feagin through the first two rounds of the 55 meter, cruising 6.95 and 6.89, while Feagin pressed all-out to 6.95 and 6.91 times in other races. The Final was a classic, with Zundra in lane 5, one lane to the right of the Californian. Both reacted to the gun quickly, with Feagin, much stronger this year than last, where she was the World Junior 200 meter silver medalist, through a serious weight program, pulling away to a meter lead by the 40 mark. Jones was unable to mount a charge to cut down that lead, with Feagin winning 6.85-6.91. Marion is more than a little determined, however, with the 200 Final another watched closely by all. Feagin was in Lane 3, and Jones in 5 in the one lap event. Zundra again blasted from the gun, eating up the stagger on Lane 5 through the first turn, and moving up close to even with Jones as they headed into turn number two. Marion indicated that she could sense Feagin's presence, and did not want to let the Floridan pass by. Despite Marion's move, Zundra led by a meter as they rounded off the staggers and into the homestretch. It was over the final 30 meters where the Rio Mesa soph showed the heart she has revealed many times when the going gets tough, changing into yet another gear (she described it as "lengthening her stride") and edge past the national record holder near the tape to win 23.89-24.03. Wow, were those exciting races!

A number of other Californians performed very impressively. The Girls 800 had strong

California representation. Becky Spies (Livermore), Nicole Teter (West Valley, Cottonwood), and Shalynn Carr (Bonita, La Verne), a 2:11.66 8th grader last year, raced with the front group at the start. Spies controlled the tempo up front after a lap, coming through the 200 meters at 30.9, and having an 8 meter lead after a 63.9 400. No one in the race could edge close to Spies, while Pennsylvania's Stacy Robinson and Teter tried to mount charges around the final turn. Becky finished in a yearly national indoor best of 2:12.88 with Teter 3rd at 2:13.45, and Carr 2:16.34 in 6th.

Angel Martinez (San Gabriel) and Dave Hartman (Canyon, Canyon Country) were late adds in the 2 mile, and they let no one down as they looked very strong in taking 1-2 at 9:11.84 and 9:14.63. Tall Allison Dring (Mt. Carmel, San Diego) handled the turns well over 400 meters, winning her qualifying heat at 56.85, then placing 5th in the finals at 57.20, with the eastern style having the runners cut after one of two laps and a lot of traffic around the final two turns. Roque Belina of Mt. Carmel was 4th in the Long Jump at 23-5 1/4.

Trina Bindel (Eureka) gets the State's "Iron Woman" award. Competing in Saturday's Pentathlon, she scored 3198 for 5th place while recording 9.41 (55m High Hurdles), 5-3 1/4 (HJ), 31-2 3/4 (SP), 15-3 3/4 (LJ), and 2:20.45 (800m) marks. With anything but light legs left on Sunday, she High Jumped 5-5 for 8th and ran 2:21.77 for 8th in her race in the 800 meters.

■ **Moreau/Chabot Invitational**
Chabot College, Hayward, March 9--Senior Jim Freeland (Amador Valley, Pleasanton), ninth in the State Meet discus at 175-8, threw the platter 171-4.

Super freshman Suzy Powell (Downey, Modesto), the second best thrower among Northern California preps, threw the discus 148-9. Last year as an eighth grader she threw 151-11.

■ Stanford Admits Violations

Stanford University, March 11--An official statement released by Stanford says a five-month internal investigation has concluded that Stanford track and field coaches violated NCAA rules on at least seven occasions. The investigation found that track and field coach Brooks Johnson and his staff used the university's faculty club on two oc-

casions to entertain brothers or sisters of team recruits and on two other occasions entertained relatives of current Stanford team members there. Investigators also found that high school coaches had been entertained by the university staff at off-campus restaurants.

continued next page...

PREP NOTES

Prep Results

Southern California

Rio Mesa Invitational

From Doug Speck

March 2. Oxnard--The "Spartan Relays," run on the fine all-weather facility at Rio Mesa H.S. are one of the big season openers in the Southern Section of California. Twenty-two schools and well over a thousand athletes showing up at the Oxnard High School on a blustery, sunny day that followed two days of very rare heavy rains in the greater L.A. area. Some surprisingly hot action took place with some of the State and Nation's finest in attendance.

Marion Jones, the All-American tenth grade sprinter from Rio Mesa HS in Oxnard, started her 1991 outdoor season in fine style. After an abbreviated indoor season that had her run one January Meet, the Sunkist (L.A.) affair, where she blazed a 6.43 for 50 meters to equal the National Prep Indoor Record, her outdoor opening action here came shortly after a full Varsity Basketball season. The day's results on a blustery, but sunny day, were every bit as amazing as Marion has grown to be during her short prep career. Lining up for the mid-morning invitational 100 Meters, run into a slight headwind, Jones blazed away from a respectable field to a personal best 11.61 (she raced 11.62 last year for a National Age-14 Record). Hawthorne's Kanika Conright was 2nd at 12.31. An 800 Meter Medley would have Jones on the anchor one-lap, with Hawthorne's Jaelauna Gilford (a 57.05 one lapper) 30 meters out and Kamara Mayberry (St. Bernard, Playa del Rey), a 56.07 (400m) and 2:10.1 (800m) runner last year as an eighth grader, 15 meters ahead, as the anchor leg began. Jones, exhibiting her very relaxed form that looks deceptively slow until you see her zoom past the opposition, closed the gap on Mayberry by the 250 me-

ter mark, with the twosome moving past Gilford on the homestretch. Jones anchored in 54.4 as her squad recorded a 1:48.74, with St. Bernard 2nd at 1:49.84. Jones indicated real surprise in her first two efforts of the day, citing a lack of track conditioning, which may have shown up in her third race of the day, a 400 meter leg in the 4x400 event, where she ran 29 for the first 200 before finishing in 57.2. Marion also indicated that she is looking forward to her racing at the Syracuse Indoor Nationals against Zundra Feagin and Teresa Foster.

Deena Drossin (Agoura), one of the nation's finest prep distance runners, was also very, very sharp. Having just recently signed with the University of Arkansas, our star began her day with a 2:20.8 800m leg on her team's 9:40.84 4x800 relay, added a 400 in the low 60's on a sprint medley relay, then lined up for a 3200m event. Racing aggressively from the gun, Drossin shocked with a totally solo early-season 10:40.2. Deena finished her day with a 200 leg in a 8x200m event. The State Champ Agoura Cross Country squad showed its strength, with Tiffany York finishing at 11:21.4 and Laura Hayward 11:21.9 behind Drossin in the 3200.

Hawthorne looked good in the sprint relays. The Men's 4x100 won at 43.50 with the Women racing a fine 48.58. Erik Allen anchored an 800m sprint medley group to a 1:36.78 win with a 51.0 leg, and ran 51.4 on the end of a 3:28.26 4x400 victory. The Cougars ran a "B" team in a 4:05.9 Girls 4x400 win. Donnie Phiffer Triple Jumped 43-11 for Hawthorne, with David Scurry 22-4 1/2w in the Long Jump and 43-6 1/2 in the TJ.

Other good early season efforts came from Patrick Van Scoy of Rio Mesa in the Men's SP at 54-11, Josh Gerry (Camarillo) leading a good group in the 3200 at 9:32.77, junior Todd Tressler (San Marcos, Santa Barbara) with 1:56.4 (800m) and 4:27 (1600m) relay carries, Jeff Wilson (Newbury Park) on a 4:21.3 (1600m) relay leg, and Nikki Shaw (Fillmore) a 5:14.6 1600m split. Jack Bellamy (1000 Oaks) raced 11.09 i in the 100 after falling to all fours at the start, then raced 21.6 in a late afternoon 200 meter relay split.

Girls Varsity Results

100m: 1. Jones (Rio Mesa) 11.61 (into headwind), 2. Conright (Hawthorne) 12.31, 3. Rucker (St. Bernard, Playa del Rey) 12.61, 4. Jones (San Marcos, Santa Barbara) 12.66.
3200m: 1. Drossin (Agoura) 10:40.2, 2. York (Ag) 11:21.4, 3. Hayward (Ag) 11:21.9.
4x100: 1. Hawthorne 48.58, 2. Rio Mesa 49.57, 3. Thousand Oaks 50.87.
4x400: 1. Hawthorne 4:05.9.
4x800: 1. Agoura 9:40.4 (Drossin 2:20.8), 2. Fillmore 10:04.9, 3. Buena 10:09.1.
8x200: 1. Hawthorne 3:48.58.
800m Sprint Medley: 1. Rio Mesa 1:48.74 (Jones 54.4), 2. St. Bernard 1:49.84, 3. Hawthorne 1:51.31.
Distance Medley: 1. Fillmore 12:58.50 (Aparicio 3:56.0-Shaw 5:14.6), 2. Thousand Oaks 13:21.25.
Shuttle Low (30") Hurdles: 1. Thousand Oaks 65.7.
HJ: 1. Thousand Oaks 14-6 (3 athletes-Sprowl & Nordstrom 5-2).
LJ: 1. Buena 43-5 (Burnham (Rio Mesa) 16-2w).
TJ: 1. Thousand Oaks 93-10 (Sprowl 34-5 1/2).
SP: 1. Channel Islands 101-10 (Tui 38-3 1/2, Tauau 37-7).
DT: 1. Agoura 219-10 (Marsell (Oak Park) 119-8).

Men's Varsity Results

100m: 1. Bellamy (1000 Oaks) 11.09 (into headwind), 2. Garrett (Hawthorne) 11.16.
3200m: 1. Gerry (Camarillo) 9:32.77, 2. Robinson (Santa Barbara) 9:34.97, 3. Ellington (Channel Islands, Oxnard) 9:35.24, 4. Barajas (Fillmore) 9:36.83, 5. Mendoza (CI) 9:38.22.
4x100: 1. Hawthorne 43.50, 2. Lompoc 43.87, 3. Thousand Oaks 44.23.
4x400: 1. Hawthorne 3:28.26 (Allen 51.4).
4x800m: 1. Fillmore 8:22.8.
8x200m: 1. Hawthorne 3:09.67.
800m Sprint Medley: 1. Hawthorne 1:36.78 (Allen 51.0).
Distance Medley: 1. San Marcos 10:57.99 (Tressler 4:27), 2. Camarillo 11:11.08.
Shuttle Hurdles: 1. Thousand Oaks 65.49.
PV: 1. Camarillo 34-8 (Crimin 13-2).
LJ: 1. Hawthorne 62-3 (Scurry 22-4 1/2w, Kaufman (Lompoc) 21-11w (slight groin injury), Ross (Royal) 21-9w).
TJ: 1. Hawthorne 125-5 1/2 (Phiffer (H) 43-11, Scurry (H) 43-6 1/2).
SP: 1. Rio Mesa 135-11 (Van Scoy (RM) 54-11, McKeown (Newbury Park) 50-2).
DT: 1. Rio Mesa 389-6 (Van Scoy 147-8).

PREP NOTES, continued

■ Suzy Powell

(Downey, Modesto)

Suzy is a freshman at Downey of Modesto. She is 5-10. She was a starting forward for Downey's girls varsity basketball team. She averaged 11 points per game, made first team all-league (CCC). Downey went 26-3, but lost to Mitty of San Jose in a Nor-Cal playoff game on Tuesday, March 5th. On Wednesday she checked out of basketball and into track. She got in two days of throwing practice and went to Moreau/Chabot Invitational on Saturday the 9th, where she threw 148-10.

■ Tanisha Huddleston (Merced)

Tanisha Huddleston (Merced), who placed eighth in the State Meet shot put, is bothered by a sore knee and may have to have surgery. She was only about 50% during basketball season but still did a super job averaging 20+ ppg.

■ Correction to March Issue

There was a printing error in the last issue of Prep Notes. Pages 38 and 39 should be reversed. Therefore, the Northern and Central California Boys' Preview starts on page 37 and continues on page 39. The Girls' Preview starts on page 39, continues on page 38, and concludes on page 40.

Santa Ana Relays

March 1. Rancho Santiago College.

Boys: (Division I)

Shuttle Low Hurdles: 1. Muir 57.0, 2. Huntington Beach 58.8, 3. Saddleback (Santa Ana) 59.3.

8x220: 1. Muir 3:06.0, 2. Compton 3:11.5, 3. Santa Ana Valley 3:12.2.

4x880: 1. Lakewood 8:18.4, 2. Muir 8:22.1, 3. Saddleback 8:23.3.

4x110: 1. Muir 42.9, 2. Saddleback 43.0, 3. Compton 43.1.

Sprint Medley: 1. Muir 3:42.5, 2. Lakewood 3:47.9.

8x110: 1. Muir 1:30.1, 2. Mater Dei 1:30.8.

4x220: 1. Muir 1:29.9, 2. Saddleback 1:30.7, 3. Compton 1:31.8.

Distance Medley: 1. Lakewood 10:54.1, 2. Saddleback 11:02.0.

4x440: 1. Muir 3:27.9.

Team Scores: 1. Muir 38, 2. Saddleback 16, 3. Lakewood 15.

Boys: (Division II)

Shuttle Low Hurdles: 1. Woodbridge (Irvine) 58.6.

8x220: 1. Foothill (Santa Ana) 3:16.9.

4x880: 1. Woodbridge 8:37.0.

4x110: 1. Valencia (Placentia) 43.8, 2. Foothill 44.3.

Sprint Medley: 1. Marina 3:43.2, 2. Foothill 3:45.1.

PREP NOTES

8x110: 1. Valencia 1:32.6.
4x220: 1. Valencia 1:33.6.
Distance Medley: 1. Woodbridge 11:29.5.
4x440: 1. Foothill 3:32.8.
Team Scores: 1. Foothill 24, 2. Valencia 21, 3. Woodbridge 19.
Boys (Division III)
Shuttle Low Hurdles: 1. Rancho Alamitos (Garden Grove) 58.4.
8x220: 1. Yucaipa 3:19.5.
4x880: 1. Yucaipa 8:37.0.
4x110: 1. Rancho Alamitos 44.0.
Sprint Medley: 1. Newport Harbor 3:42.8.
8x110: 1. Magnolia 1:33.8.
4x220: 1. Rancho Alamitos 1:33.5.
Distance Medley: 1. Los Amigos 11:30.1.
4x440: 1. Rancho Alamitos 3:34.0.
Team Scores: 1. Rancho Alamitos 21, 2. Newport Harbor 19, 3. (tie) Los Amigos & Yucaipa 15.

Irvine Invitational

March 9, Irvine High School

Girls:
100m: 1. Inedfusino (Edison, Huntington Beach) 13.2.
200m: 1. Hawley (Woodbridge) 27.0.
400m: 1. Murray (Esperanza, Anaheim) 59.8.
800m: 1. Gillis (Irvine) 2:19.1, 2. Taylor (Edison) 2:20.2, 3. Robles (Woodbridge) 2:22.2.
1600m: 1. Espinosa (Dana Hills) 5:17.2, 2. Pinto (Katella, Anaheim) 5:18.8.
3200m: 1. Pinto (Katella) 11:19.6, 2. Brix (University, Irvine) 11:25.3, 3. Evans (Edison) 11:47.3.
100m LH: 1. Tolson (Fountain Valley) 15.5.
300m LH: 1. Huley (Ontario) 49.4.
400m Relay: 1. Fountain Valley 51.5.
1600m Relay: 1. Irvine 4:10.9.
HJ: 1. Byron (Villa Park) 5-4, 2. Broughton (Irvine) 5-2.
LJ: 1. Thompson (El Toro) 17-2 1/4 (no wind info).
TJ: 1. Thompson (El Toro) 35-2 3/4 (no wind info).
SP: 1. Rossman (Marina, Huntington Beach) 34-7 1/4.
DT: 1. O'Bric (Edison, Huntington Beach) 109-2.
Boys:
100m: 1. Murrell (Saddleback, Santa Ana) 11.2.
200m: 1. Murrell (Saddleback) 22.5.
400m: 1. Taub (Foothill, Santa Ana) 50.1, 2. Davis (Saddleback) 50.7.
800m: 1. Grant (Marina) 1:57.2, 2. Niednagel (Dana Hills) 1:58.4.
1600m: 1. Salinas (Saddleback) 4:26.5, 2. Lynch (Laguna Hills) 4:28.5.
3200m: 1. Niednagel (DH) 9:32.0, 2. Lynch (LH) 9:36.2, 3. Love (Katella Soph) 9:47.7.
110m HH: 1. Davidson (Saddleback) 14.8 (no wind info).
300m IH: 1. Crane (DH) 39.6, 2. Busch (Newport Harbor) 39.7.
400m Relay: 1. (tie) Capistrano Valley (Mission Viejo) & Mission Viejo 44.5.
1600m Relay: 1. Saddleback 3:31.9.
HJ: 1. Carlson (Katella) 6-10 1/2.
LJ: 1. Chapman (CV) 21-9 1/4 (no wind info).
TJ: 1. Chapman (CV) 45-5 1/4 (no wind info).
SP: 1. Parlin (Esperanza) 61-2, 2. Burns (Esp) 55-5, 3. McCombs (Saddleback) 55-0 3/4.
DT: 1. Parlin (Esperanza) 181-4, 2. Pedro (Irvine) 157-4, 3. Allen (CV) 155-9.

Brea Relays

March 9, Brea Olinda High School

Girls:
100m: 1. Brooks (Pius X, Downey) 12.2 (no wind info).
400m: 1. Bumestine (Pius X) 62.6.
1500m: 1. Aparicio (Fillmore) 5:20.9.

100m LH: 1. Braun (Santa Margarita, Mission Viejo) 16.4.
4x100m: 1. Pius X 51.3.
4x200m: 1. Pius X 1:48.7.
4x400m: 1. Pius X 4:28.7.
4x800m: 1. Nordhoff (Ojai) 10:47.8.
Sprint Medley: 1. Santa Margarita 2:01.2.
Distance Medley: 1. Fillmore 13:26.2.
Shuttle Hurdles: 1. Brea 1:14.9.
HJ: 1. Cabrillo (Lompoc) 14-0 (combined).
LJ: 1. Brea 42-1.
TJ: 1. Pacifica (Garden Grove) 83-10.
SP: 1. Pius X 85-5 3/4.
DT: 1. Fillmore 238-9.

Boys:
100m: 1. Bradley (Pius X) 10.4 (no wind info).
400m: 1. Barnett (Pius X) 52.8.
1500m: 1. Lopez (Fillmore) 4:28.1.
110m HH: 1. Breen (Brea) 15.9.
4x100m: 1. Pius X 44.2.
4x200: 1. Pius X 1:32.8.
4x400m: 1. Pius X 3:33.3.
4x800m: 1. 29 Palms 8:49.8.
Sprint Medley: 1. Cabrillo 1:39.2.
Distance Medley: 1. Fillmore 11:22.9.
Shuttle Hurdles: 1. 29 Palms 69.7.
HJ: 1. 29 Palms 17-8 (combined).
PV: 1. Pius X 33-0.
LJ: 1. Pius X 57-1.
TJ: 1. Pacifica 127-6.
SP: 1. Cabrillo 146-5 1/2.
DT: 1. Cabrillo 372-8 1/2.



MELISSA McDONALD

Photo by Bill Cockerham

Ventura Relays

March 9, Ventura High School

Boys:
100m: 1. Thomas (Quartz Hill) 10.9, 3200: 1. Wilson (Newbury Park) 9:56.4, 400 Relay: 1. Quartz Hill 44.4, 3200m Relay: 1. Simi Valley 8:25.8, HJ: 1. Chase (Antelope Valley) 6-10, 2. Ugarov (Buena) 6-4, LJ: Dreher (Antelope Valley) 21-9, 2. Carrillo (Rio Mesa) 21-9, SP: 1. Ventriglia (Claremont) 52-2 1/2, DT: 1. Gonzales (Palmdale) 155-4.

Final Scores: 1. Channel Islands 81 1/2, 2. Ventura 61-1/2, 3. Newbury Park 37, 4. Rio Mesa 34, 5. Palmdale and Hueneme 32.

Girls:

3200: 1. Barajas (Channel Islands) 11:21.4, 2. Lacovara (Morro Bay) 11:37.4, 3. Rodriguez (Oxnard) 11:38.7, 3200 Relay: 1. Simi Valley 10:30.3, Distance Medley: 1. Channel Islands 13:11.7, 2. Buena 13:28.7, HJ: 1. Palke (Buena) 5-2, SP: 1. Tausu (Channel Islands) 39-2, 2. Tui (CI) 38-0 1/2, 3. Kleinham (Santa Paula) 36-6, DT: 1. Tausu (CI) 112-4, 2. Taylor (Lompoc) 110-4.

Final Scores: 1. Channel Islands 83, 2. Quartz Hill 51, 3. Palmdale 39, 4. Simi Valley 25, 5. Lompoc 23, Sweepstakes: Channel Islands.

Brea-Olinda Invitational

March 9, Brea-Olinda High School

Boys:

100: 1. Bradley (Pius X) 10.4, 1600: 1. Lopez (Fillmore) 4:28.1, 2. Le (Los Amigos) 4:29.9, 400 Relay: 1. Pius X 44.2, HJ: 1. Rebein (29 Palms) 6-4 1/4, SP: 1. Willis (Cabrillo) 58-8, Team Scores: 1. Pius X 94, 2. Cabrillo 71, 3. Los Amigos 63, 4. Brea-Olinda 61.

Girls:

100: 1. Brooks (Pius X) 12.2, 1600: 1. Aparicio (Fillmore) 5:20.9, 800 Relay: 1. Pius X 1:48.6, 3200 Relay: 1. Nordhoff 10:47.0, Distance Medley: 1. Fillmore 13:21.0, Team Scores: 1. Pius X 83, 2. Santa Margarita 76, 3. Cabrillo 57, 4. Brea-Olinda 51.

Nogales Relays

March 9, Nogales High School

Boys:

400 Relay: 1. Nogales 43.8, 2. Don Lugo 44.4, 800 Relay: 1. Ganesha 1:32.1, 1600 Relay: 1. Nogales 3:29.8, LJ: 1. Edwards (Nogales) 23-2 1/2, Team Scores: (Div. I) 1. Nogales 99, Ganesha 86, Hart (Not Available), (Div. II) 1. Norte Vista 104, 2. Don Lugo 98, 3. Monrovia 68.

Girls:

Distance Medley Relay: 1. Upland 13:39, Team Scores: (Div. I) 1. Upland "A" 112, 2. Gahr 88, 3. Ganesha 66, (Div. II) 1. Upland "B" 96, 2. Don Lugo 88, 3. Los Altos 82.

Bakersfield Relays:

March 9, Bakersfield College

Boys:

Two Mile: 1. Quintana (Arroyo Grande) 9:08.5, HJ: 1. Tetreault (Arroyo Grande) 6-4, PV: 1. Tetreault (AG) 14-6, 2. Will (AG) 13-0.

Girls:

300 H: 1. Smith (AG) 47.5, SP: 1. Stricklin (AG) 41-2, DT: 1. Stricklin (AG) 126-9.

Diamond Bar Invitational

March 10, Cal Poly Pomona, (All affected events wind-aided)

Women:

100m: 1. Bradfield (Dominguez, Compton) 11.7, 2. Anderson (Poly, Long Beach) 12.0, 3. Jackson (Dominguez) 12.4, 200m: 1. Anderson (Poly, LB) 25.5 (into wind), 2. Stringer (Morningside, Inglewood) 25.6, 3. Powell Poly, LB) 25.9, 400m: 1. Prothro (Poly, LB) 58.7, 1500m: 1. Smith (Diamond Bar) 4:56.2, 2. Auer (ThousOaks soph) 4:57.7, 3000m: 1. Auer (ThousOaks soph) 10:26.8, 2. Smith (Diamond Bar) 10:33.4, 100m LH: 1. Knott (Sonora, LaHabra) 14.6, 2. Sprowl (ThousOaks) 14.8, 3. Nickson (Morningside, Inglewood) 15.0, 4. Shorts (Poly, LB) 15.2.

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300m LH: 1. Knott (Sonora, La Habra) 47.3.
4x100: 1. Morningside 47.9, 2. Sonora (La Habra) 50.8.
Mile R: 1. Morningside (Inglewood) 4:00.7.
HJ: 1. McDonald (Mater Dei, Santa Ana) 5-6.
LJ: 1. McDonald (Mater Dei, Santa Ana) 17-5 1/2.
SP: 1. McVey (Redlands) 36-7 1/2, 2. Meis (Hesperia) 36-4 1/2, 3. Biagi (Brawley) 35-9.
DT: 1. McVey (Redlands) 140-11, 2. Heimann (Etiwanda) 128-1.

Mens:

100m: 1. Carrigan (Compton) 10.2, 2. Martin (San Clemente) 10.5, 3. Bellamy (Thous Oaks) 10.5, 4. Williams (Etiwanda) 10.9, 5. Jackson (Dominguez, Compton) 10.9, 6. Harvey (Compton) 10.9.

200m: 1. Carrigan (Compton) 21.5 (into wind), 2. Martin (San Clemente) 22.0, 3. Bellamy (Thous Oaks) 22.4.

400m: 1. Krill (Thous Oaks) 49.7, 2. Woodward (Poly, LB) 50.3, 3. Brown (Eisenhower, Rialto) 50.6, 4. Shigg (Bishop Montgomery) 50.8.

800m: 1. Smith (Upland) 1:58.8, 2. Graber (Chaffey, Ontario) 1:59.9.

1500m: 1. Spayde (Thous Oaks) 4:04.1, 2. Gonzales (Carson) 4:04.7, 3. Mitchell (South Hills, West Covina) 4:09.6.

3000m: 1. Gonzales (Carson) 8:47.1, 2. Mitchell (South Hills) 8:54.3, 3. Spayde (Thous Oaks) 9:01.1.

110m HH: 1. Evans (Alta Loma) 15.0, 2. Osborne (Poly, LB) 15.0, 3. Jenkins (Eisenhower, Rialto) 15.0, 4. Prescott (Chino) 15.1, 5. Casso (Thous Oaks) 15.1, 6. Williams (Morningside, Inglewood) 15.2.

300m IH: 1. Rodgers (Chaffey, Ontario) 39.6, 2. Casso (Thous Oaks) 39.6, 3. Ford (Diamond Bar) 39.9, 4. Bennett (Alta Loma) 40.1.

400 Relay: 1. Compton (42.0, 2. Poly (Long Beach) 42.9, 3. Dominguez (Compton) 43.1, 4. Thousand Oaks 43.2.

Mile Relay: 1. Compton 3:24.7, 2. Morningside (Inglewood) 3:26.2, 3. Thousand Oaks 3:25.9, 4. Alta Loma 3:27.3, 5. Poly (Long Beach) 3:27.5, 6. Dominguez (Compton) 3:28.6.

High Jump: 1. Curtis (Elsinore, Lake Elsinore) 6-8, 2. Montgomery (Lynwood) 6-7.

Pole Vault: 1. Amesse (Elsinore, Lake Elsinore) 14-6, 2. Mendoza (Hesperia) 14-6, 3. Hecox (South Hills, West Covina) 14-6.

Long Jump: 1. Johnson (Apple Valley) 22-4 1/2.

Triple Jump: 1. Evans (Alta Loma) 44-9 1/4.

Shot Put: 1. Lingenfelter (Upland) 51-7 3/4.

Discus: 1. Hewitt (Eisenhower, Rialto) 142-8.

Katella Relays:

March 16. Rancho Santiago College.

Boys:

400 Relay: 1. Saddleback 43.1, 2. Foothill 44.4. 800 Relay: 1. Saddleback 1:30.1. 1600 Relay: 1. Saddleback 3:29.0, 2. Irvine 3:29.9. 3200 Relay: 1. El Modena 8:12.8, 2. Upland 8:17.6.

Sprint Medley: 1. Upland 3:41.6. Distance Medley: 1. El Modena 10:48.0. HJ: 1. K. Carlson (Katella) 6-8, 2. Cody (Servite) 6-8, 3. B. Carlson (Katella) 6-6. PV: 1. Miller (Corona del Mar) 14-0, 2. Middleditch (University) 13-6, 3. Vansuis (El Modena) 13-0, 4. Anderson (Foothill) 13-0, TJ: 1. Church (Kennedy) 47-2 1/2, 2. Valdez (El Modena) 44-5. SP: 1. Parlin (Esperanza) 52-10, 2. Lindenfelter (Upland) 55-4 1/2, 3. Tavares (Saddleback) 50-7 1/2. DT: 1. Parlin (Esperanza) 165-7, 2. Pedro (Irvine) 145-1.

Girls:

3200 Relay: 1. Mission Viejo 9:58.7. Sprint Medley: 1. Irvine 4:17.5, 2. Upland 4:18.5. Distance Medley: 1. Woodbridge 12:56, 2. Irvine 13:04, 3. Canyon 13:10, 4. Upland 13:10, 5. Mission Viejo 13:10, 6. Foothill 13:11, 7. El Modena 13:13. HJ: 1. Byron (Villa Park) 5-2. LJ: 1. Graham (Mission Viejo) 17-10 3/4, 2. McDonald (Mater Dei) 17-3. TJ: 1. Graham (Mission Viejo) 38-3, 2. Mann (Mission Viejo) 35-0.

Downey Relays:

March 16.

Boys:

HJ: 1. Urbina (LB Wilson) 6-6, 2. Ikepowo (LB Wilson) 6-4, 3. Owens (Santa Fe) 6-4. PV: 1. Alusha (El Rancho) 14-6. LJ: 1. Urbina (LB Wilson) 22-0 3/4, 2. Chase (Downey) 21-6 1/2. TJ: 1. English (Pius X) 44-9. 400 Relay: 1. Paramount 44.1.

Team Scores: 1. LB Wilson 94, 2. Pius X 50, 3. Loyola 44.

Girls:

Distance Medley: 1. LB Wilson 13:28.8.

Team Scores: 1. LB Wilson 84, 2. Paramount 55, 3. (tie) Santa Fe and Gahr 44.

San Luis Obispo County Championships

March 16. Arroyo Grande High School.

Boys:

Mile: 1. Quintana (Arroyo Grande) 4:19.5. HJ: 1. Tetreault (AG) 6-5. PV: 1. Tetreault (AG) 14-6. SP: 1. Childress (Paso Robles) 51-2, 2. Soerksen (AG) 50-7 1/2. DT: 1. Degnen (Atascadero) 160-6, 2. Soerksen (AG) 152-0.

Team Scores: 1. Arroyo Grande 165, 2. San Luis Obispo 119, 3. Morro Bay 106.

Girls:

3200: 1. Orefice (AG) 11:53. HJ: 1. Welsh (AG) 5-2. TJ: 1. Smith (AG) 35-2 1/2. SP: 1. Stricklin (AG) 40-9. DT: 1. Stricklin (AG) 136-8.

Team Scores: 1. Arroyo Grande 179, 2. Paso Robles 74, 3. San Luis Obispo 72.

Dana Hills Invitational

March 16.

Boys:

3200: 1. Lynch (Laguna Hills) 9:45.01.

Team Scores: 1. Laguna Hills 103, 2. Maranatha 77, 3. Orange Lutheran 56.

Girls:

3200: 1. Parkinson (Orange Lutheran) 11:17.15, 2. Eklof (Costa Mesa) 11:19.32. HJ: 1. Bunker (Virgin Valley, NV) 5-3.

Team Scores: 1. Orange Lutheran 160, 2. Costa Mesa 76, 3. Laguna Hills 61.

Burbank Invitational

March 16. Burbank High School.

Boys:

3200: 1. Martinez (San Gabriel) 9:39.3. Distance Medley: 1. San Gabriel 10:53.1 (Martinez, 4:24 mile). HJ: 1. (tie) Rucker (Glendale) and Shumsky (Beverly Hills) 6-4. LJ: 1. Dreiter (Antelope Valley) 22-8.

Girls:

SP: 1. Stricklin (AG) 40-9, 2. Taape (LA Banning g) 35-5 3/4. DT: 1. Sticklin (AG) 136-8. TJ: 1. McLeod (LA Banning) 35-0.

Team Scores: 1. Arroyo Grande 179, 2. Paso Robles 74, 3. San Luis Obispo 72.

Beach City Invitational

March 16. Newport Harbor High School.

Boys:

110 HH: 1. Brown (Huntington Bch) 15.0. 400 Relay: 1. Mission Viejo 44.3. SP: 1. Allen (Capistrano Valley) 53-6 1/2. DT: 1. Allen (Capistrano Valley) 147-10. PV: 1. Vu (Marina) 13-6.

Righetti Invitational

March 16. Hancock College.

Boys:

400 Relay: Cabrillo 44.5. SP: 1. Willis (Cabrillo) 56-8 1/2. DT: 1. Willis (Cabrillo) 156-6.

Aleman Relays

By Doug Speck

March 16. CS Northridge.

One of the big season-opening meets for Prep Track and Field in Southern California, the Alemany Relays at Cal State Northridge, was blessed with some fine weather and great action on March 16. A number of the stronger greater-LA area teams were in attendance with some sterling performances on a picture-perfect sunny day that only became a bit chilly in the late afternoon as the sun went down. Still, anyone in attendance would have not traded the day for any of the atypical rain and cold of recent weeks in these parts. Some fine athletes stood out against the backdrop of thousands of other competitors. Marion Jones (Rio Mesa, Oxnard), Ricky Carrigan (Compton), Deena Drossin (Agoura), and Jeff Buckley (Bakersfield) were at an amazingly high level for so early in the outdoor season.

Marion Jones was back from a tough weekend of sprinting in Syracuse, New York, where she set a National Soph Indoor Record for 200 meters of 23.89 in winning over Florida's Zundra Feagin. Marion was 2nd to Zundra over 55 meters, with five sprint races over two days and cross-country travel having to have some affect on the 15-year old. It did not show here. At 12:30 p.m. Marion lined up against a strong 100 meter field. Racing into a 1.23 meter per second wind Jones blasted to a five meter win in an impressive 11.65. There was no relay duty for Jones today, as a little over an hour later (1:40 p.m.) it was the Invitational 400. The result there—a totally solo 54.94! Finally, at 4:05 p.m. with the weather chilling a bit it was the 200, into a .13 mps wind. The 10 meter victory over the fine 24.94 from Deanna Knowles (Muir) was again tough to believe, with the Accutrack showing 23.71. Not a bad day, with obviously Marion's only competition locally in Meets such as Arcadia, where she will face 1990 Track & Field News Prep Athlete of the Year, Zundra Feagin (Florida), once again, with Teresa Foster (11.3-23.75) from Louisiana dropping in also.

Ricky Carrigan (Compton) showed some brilliance last year with a 21.32 200 meter best. He has come a ways since then, recording a 10.2w for 100 meters at the Diamond Bar Invitational two weekends previous to Alemany, and racing 21.5 into the wind at the DB Meet at Cal Poly, Pomona. Ricky's first chore here would be over 100 meters, with a top group opposing him. Racing into a 1.88 meter per second wind, the powerful Carrigan, who runs with a very tall and almost bounding sprint style, rocketed away to a 10.81 victory, with the wind costing him a couple of tenths on the watch. Next, Ricky showed up in an added second race of the Invitational 400 meters, looking great once again, but just coming in ahead of surprising Eric Holcomb (Westlake, Westlake Village) 48.13-48.42. At 200 meters Ricky was back to his sprint ways, winning by 10 meters over a strong group in 21.70, running into a strong 2.66 meter per second wind. If he stays healthy Ricky will be an exciting one to watch later in the Spring!

Deena Drossin (Agoura) shined among the distance runners, with her #2 Ranked Nationally Cross-Country Charger squad for support on relays. In the 4x1 mile event (9:10 a.m.) the Chargers opened with Tiffany Burt (5:45.8), with Tiffany York (5:19.8), and Kristie Camp (5:17.5) pulling away from the pack before Drossin anchored in a fine 5:05.3. The Charger time of 21:27.58 set a new Meet Record and is faster than any prep team ran in all of 1990. At 11:30 a.m. Deena lined up against a strong 1500 meter field with the Agoura star edging away from the pack over the first two laps and racing in at 4:40.73. Robin Snowbeck (University, L.A.) was 2nd at 4:42.81 with Veronica Barajas (Chan-

PREP NOTES

nel Islands, Oxnard), 5th in the Kinney Cross Country Nationals, making a breakthrough on the track to 4:44.29. The afternoon would finish for Drossin with the anchor of a Distance Medley Relay at 2:55 p.m. With teammates Kristie Camp (3:54.9 1320), Carrie Malnekoff (63.2 440), and Malissa Fox (2:34.4 880) setting her up well, Drossin raced 5:09.9 for her mile segment in taking the Chargers to a 12:42.71 win. On March 24th Deena will be in Belgium racing in the World Cross Country Championships for the U.S. Junior team. Germany was an impressive tune-up!

Jeff Buckley (Bakersfield), the eleventh grader who is the latest in the Central Valley school's line of great weight athletes, exploded to a big personal best in the Discus, a nation leading 193-0 effort that had him win by 46 feet!

The day was not without other impressive performances. Junior Jeff Wilson (Newbury Park) finished in 59.1 for the final 440 in a 4:00.67 1500 meter win over a strong field. Dave Hartman (Canyon, Canyon Country) was 4th there at 4:03.72, then returned to race 4:26.2 for a mile on the end of a winning 10:47.05 Distance Medley Relay. Star footballer Tyrone Edwards (Nogales, La Puente) took the Long Jump at 23-8w over Hawthorne's latest bounding star, Scurry 23-1 1/4w. Muir (Pasadena) took the first showdown over the area's top 4x100 meter relay teams, racing 42.29 over Hawthorne's 42.52, but the Pasadena school had a couple of athletes go down with strains and pulls as the afternoon wore on. Centennial took the Invite 800 meter relay at 1:28.99, with Gerald McCladdie looking good on the anchor. In the Sprint Medley, Centennial raced 1:59.2 (880), 22.1 & 21.8 (220 yard segments), before McCladdie anchored in 48.9 in a fine 3:32.84 win. In the end of afternoon Invitational Mile Relay McCladdie's teammates again set him up well, with a 48.6 on the end from Gerald helping the team to a comfortable 3:19.23 win. Camarillo had Josh Gerry (4:39.7), Shannon Brusca (4:54.5), Scott Byrd (4:34.7), and Bodie Minster (4:26.4) race a fine 18:32.59 4x1 mile.

On the Women's side, Jeannie Rothman (Westlake, Westlake Village), second in the Winter's Kinney National Cross Country Championships, looked good in a 10:15.35 3000 meter win a little over an hour after a mile anchor leg on a distance medley relay. Phetima Woods (Duarte) edged Hawthorne's Meshauna Mays in the 100 Meter Low, with both recording 14.89's into a .26 meter per second wind. All-around star, Nichole Haynes (Bishop Montgomery, Torrance) Long Jumped 18-6 1/4 into a breeze, with Bakersfield's latest star, Henderson, taking the Triple Jump into the wind in a fine 37-8 1/2. Muir took the big showdown of local relay teams in the 4x100 at 47.28, with Santishia Arnold not running on the Morningside 47.70 2nd place unit. Morningside did take the 4x200 race at 1:41.63, with Latashia Prothro of Long Beach Poly showing heart in the 4x440 event in coming back and collaring Lashawn Stringer of Morningside on the anchor leg after Stringer rocketed by during the first 220. Poly recorded a 3:58.09 (Prothro 58.5), with Morningside 3:59.89 (Stringer 58.8). Hawthorne recorded a fine 4:12.73 Sprint Medley Relay (Kendra Ossey 2:21.9 880, Myesha Jones 25.7 and Jalaura Gilford 26.0 220's, and Porshia King 59.1 440).

Boys Results:

100 (Heat 1): 1. Carrigan (Compton) 10.81, 2. Bellamy (1000 Oaks) 11.15. (Heat 2): 1. Woods (Locke) 10.99, 2. Harvey (Compton) 11.12.

200 1. Carrigan (Compton) 21.70, 2. Holcom (WV, Westlake) 22.60.

400 (Heat 1): 1. Hughey (Rubidoux) 48.75, 2. Benitez (Taft) 49.25, 3. Woodward (LB Poly) 49.38.

800: 1. Dawson (WV, Westlake) 1:56.25, 2. Ramirez (Rubidoux) 1:58.03, 3. Sprayde (Thous.Oaks) 1:58.08.

3000: 1. Dixon (Hart) 8:53.80, 2. Miller (WV, Westlake) 8:54.70, 3. Arellano (Belmont) 8:55.42.

400 Relay: (Inv.) 1. Muir 42.29, 2. Hawthorne 42.52, 3. Compton 42.96. (Open) 1. Locke 42.55, 2. Rubidoux 42.81, 3. Birmingham 43.3.

800 Relay (Inv.): 1. Centennial 1:28.99, 2. Dorsey 1:29.30, 3. Compton 1:30.34. (Open) 1. Locke 1:29.84, 2. LB Poly 1:30.35, 3. Lompoc 1:30.37.

1600 Relay: (Inv.) 1. Centennial 3:19.23, 2. Dorsey 3:24.80, 3. LB Poly 3:24.87. (Open) 1. Rubidoux 3:27.26, 2. WV Westlake 3:28.10, 3. Venice 3:30.19.

Two-Mile Relay: 1. Saugus 8:16.34, 2. Buena 8:27.96.

Four-Mile Relay: 1. Camarillo 18:32.59, 2. Agoura 18:42.93, 3. Belmont 18:56.18.

Sprint Medley: (Inv.) 1. Compton Centennial 3:32.84, 2. Hogan 3:38.49, 3. Birmingham 3:41.32.

Distance Medley Relay: 1. Canyon, Canyon Country 10:47.05.

HJ: 1. O'Neill (Rubidoux) 6-6. PV: 1. Selwier (Birmingham) 14-6, 2. Crumrine (Camarillo) 14-0, 3. Yocum (SO Notre Dame) 13-0.

LJ: 1. Edwards (Nogales) 23-8, 2. Scurry (Hawthorne) 23-1 1/4, 3. Wright (Sherman Oaks CES) 21-7.

TJ: 1. George (Bakersfield) 45-3 1/2, 2. Weise (Pasadena) 45-2 1/2, 3. Scurry (Hawthorne) 44-3 1/2.

SP: 1. Buckley (Bakersfield) 54-3 1/2, 2. McKeown (Newbury Park) 52-1, 3. Glock (Nogales) 51-9 1/2. DT: 1. Buckley (Bakersfield) 193-0, 2. Le Cosne (Palm Dale) 147-11.

Girls Results:

100: 1. Jones (Rio Mesa) 11.65, 2. Knowles (Muir) 12.29, 3. Anderson (LB Poly) 12.33.

200: 1. Jones (Rio Mesa) 23.71, 2. Knowles (Muir) 24.91, 3. Bradfield (Dominguez) 25.38.

400: 1. Jones (Rio Mesa) 54.94.

800: 1. Camp (Agoura) 2:19.15, 2. Graham (Westlake) 2:20.10, 3. Avila (Crescenta Valley) 2:21.86.

1500: 1. Drossin (Agoura) 4:40.73, 2. Snowbeck (LA University) 4:42.81, 3. Barajas (Channel Islands) 4:44.29.

3000: 1. Rothman (WV, Westlake) 10:15.35, 2. Hayward (Agoura) 10:49.90, 3. Senga (Palos Verdes) 10:55.18.

100 LH: 1. Woods (Duarte) 14.89, 2. Mays (Hawthorne) 14.89, 3. Burnside (Westchester) 15.00.

300 LH: 1. Mosley (Muir) 46.21, 2. Wood (Duarte) 46.96, 3. Sallis (Thous.Oaks) 47.70.

400 Relay (Inv.) 1. Muir 47.28, 2. St. Bernard 47.70, 3. Hawthorne 47.83. (Open) 1. LB Poly 48.70, 2. Dorsey 49.88, 3. Thousand Oaks 50.46.

800 Relay (Inv.): 1. Morningside 1:41.90, 2. Muir "B" 1:42.16, 3. Hawthorne 1:42.21. (Open) 1. Dorsey 1:47.87, 2. Bishop Montgomery 1:48.05, 3. Camarillo 1:50.24.

1600 Relay (Inv.) 1. LB Poly 3:58.09, 2. Morningside 3:59.86, 3. Hawthorne 4:09.50. (Open) 1. Hawthorne "B" 4:09.58, 2. Camarillo 4:12.60.

Two Mile Relay: 1. Buena 9:59.03.

Four Mile Relay: 1. Agoura 21:27.58, 2. Hart 22:54.19.

Sprint Medley: (Inv.) 1. Hawthorne 4:12.73, 2. Morningside 4:19.36, 3. St. Bernaqr 4:24.26. (Open) 1. Thousand Oaks 4:17.39.

Distance Medley: 1. Agoura 12:42.71, 2. WV, Westlake 13:04.30, 3. Palos Verdes 13:18.30.

HJ: 1. Nordstrom (Thous.Oaks) 5-4, 2. (tie) White (Taft) and Parkie (Buena) 5-2.

LJ: 1. Haynes (Bishop Montgomery) 18-6 1/4, 2. Henderson (Bakersfield) 17-6, 3. Cadell (Bakersfield) 17-3 1/2.

TJ: 1. Henderson (Bakersfield) 37-8 1/2, 2. Cadell (Bakersfield) 35-0.

SP: 1. Brownlee (WV, Westlake) 38-9 1/4, 2. Turmolo (Channel Islands) 36-2 1/2, 3. Harness (Pasadena) 36-0 1/2.

DT: 1. Whitaker (Nogales) 115-7 1/2, 2. Shannon (Thous.Oaks) 110-0.

Pasadena Games

From Doug Speck

March 23. Occidental College, Los Angeles.

Some very fine action graced the Pasadena Games when the unseasonably rainy weather in the greater Los Angeles area broke for a day for the Meet. Some great action took place as some of the area's best gathered. On the Women's side, John Muir of Pasadena unveiled its latest next great sprinter, as Deanna Knowles, a soph raced 12.09 (100) and 24.63 (200) wind legal sprint races, and anchored winning 400m (47.95) and 1600m (4:02.42) featuring Deanna's 58.4) relay teams. Other outstanding Women's efforts came from Celeste McVey (Redlands), who split the Athlete of the Meet Award with Knowles, as she lifted the Discus an impressive 150-11 on a windless evening. Nikki Shaw (Fillmore) soloed an impressive 4:55.24 1600m, setting up a great match with Sarah Schwald (Rogers, Spokane, WA) in two weeks in the area at Arcadia. Soph Stacey Auer (Thous Oaks) surprised with a 10:49.56 3200m win that featured a strong 72 second final 400 over a top group, with Veronica Barajas (Channel Islands, Oxnard) 10:51.47 and soph Maribella Aparicio (Fillmore) 10:53.03 breaking through on the track after good cross country seasons.

On the Men's side Mark Parlin (Esperanza, Anaheim) was the Meet's Men's Athlete of the Meet with a 61-3 1/4 and 182-11 1/2 weight double. The Discus left Bakersfield weight Coach Scott Semar fuming, when his star, Jeff Buckley (2nd in the Discus at 180-0 3/4) had a foul ruled on a 190 foot toss that landed outside of the college ruled sector (40 degrees wide) at Occidental College that would have been a fair toss in the 60 degree prep sector. Khyann Woods (Locke, L.A.) was all over the place, taking the 100 meters (wind +1.02 mps) in 10.89, the 200 (wind legal) 21.70, anchoring a 42.32 winning 4x100 team, and taking the Long Jump at 23-6 1/2 (no wind). Ben Mestlen (Venice) took the 1600 with a 60.1 final 400 at 4:18.60. Keith Williams (Escondido) was very impressive in a 14.42 High Hurdles win, then fell after three hurdles while leading after a very, very quick start in the 300 Meter Intermediate Hurdles.

Women:

100: (Inv.) (wind +1.05 mps) 1. Knowles (Muir, Pasadena) 12.09, 2. Jackson (Bakersfield) 12.26, 3. Somerville (Palm Springs) 12.32, 4. Bradfield (Dominguez, Compton) 12.33, 5. Woods (Duarte) 12.37. (Open) (+1.98) Brookhart (Muir) 12.37.

200: (Inv.) (wind legal) 1. Knowles (Muir, Pasadena) 24.63, 2. Bradfield (Dominguez, Compton) 24.99, 3. Somerville (Palm Springs) 25.19, 4. Jackson (Bakersfield) 25.24, 5. Jayasinghe (Arcadia) 25.98.

400: (Inv.) 1. Smith (Paramount) 59.93, 2. Moses (Ramona, Riverside) 59.98.

800: (Inv.) 1. Moses (Ramona) 2:21.13, 2. Bryant (Buena, Ventura) 2:22.64.

1600: 1. Shaw (Fillmore) 4:55.24 (4:36.7 1500m), 2. Auer (Thous Oaks) 5:09.39 (4:51.5), 3. Heap (Palos Verdes) 5:10.70 (4:50.5), 4. Dahlberg (El Modena, Orange) 5:12.43 (4:53.6), 5. Miller (North Bakersfield) 5:17.46 (4:52.6).

3200m: 1. Auer (Thous Oaks) 10:49.57 (10:15.5 3000m), 2. Barajas (Channel Islands, Oxnard) 10:51.47 (10:16.0), 3. Aparicio (Fillmore) 10:53.03 (10:16.4), 4. Hinkle (Buena, Ventura) 11:20.78 (10:44.2), 5. Heidt (Canyon, Santa Clarita) 11:21.70 (10:42.8), 6. Senga (Palos Verdes) 11:23.32 (10:43.7), 7. Mattson (Newport Harbor) 11:34.15, 8. Ellis (Buena, Ventura) 11:35.12.

100m LH: (Inv.) (wind legal) 1. Warner (W. Bakersfield) 14.80, 2. Mosley (Muir) 15.11, 3. Burnside (Westchester) 15.12, 4. Sprowl (Thous Oaks) 15.36.

300m LH: (Inv.) 1. Woods (Duarte) 45.78, 2. Mosley (Muir)

PREP NOTES

46.66, 3. Solis (Thous Oaks) 47.09, 4. Roberts (Muir) 47.60.
400m Relay: (Inv.) 1. Muir (Pasadena) 47.95, 2. Dominguez (Compton) 49.26, 3. Thousand Oaks 49.59, 4. Dorsey (L.A.) 50.64, 5. Palmdale 50.68. (Open) Washington (L.A.) 50.55.

1600m Relay: (Inv.) 1. Muir (Pasadena) 4:02.42, 2. Dominguez (Compton) 4:04.77, 3. Palmdale 4:07.56, 4. Channel Islands 4:08.64, 5. Thousand Oaks 4:08.76.

Distance Medley Relay: 1. Paramount 12:43.41, 2. North Bakersfield 13:01.18, 3. Channel Islands (Oxnard) 13:05.99.

High Jump: 1. Roberts (Muir) 5-2.

Long Jump: (wind legal) 1. Warner (W. Bakersfield) 17-10, 2. Ross (Newport Harbor) 16-10 1/2, 3. Caddell (Bakersfield) 16-8, 4. Henderson (Bakersfield) 16-8 (lesser 2nd effort).

Triple Jump: (wind legal) 1. Henderson (Bakersfield) 37-1, 2. Warner (W. Bakersfield) 36-3 1/2, 3. Caddell (Bakersfield) 35-7 1/4.

Shot Put: 1. McVey (Redlands) 38-0 3/4, 2. Harress (Pasadena) 38-0 3/4 (lesser 2nd effort), 3. Tuimobou (Channel Islands, Oxnard) 36-6 3/4, 4. Hampton (North Bakersfield) 36-0.

Discus: 1. McVey (Redlands) 150-11, 2. Bidinger (North Bakersfield) 126-6 3/4, 3. Sephus (Mission Bay, San Diego) 121-10.

Female Athlete of the Meet--Deanna Knowles (Muir, Pasadena) and Celeste McVey (Redlands).

Men:

100m: (Inv.) (wind +1.02 mps) 1. Woods (Locke, L.A.) 10.89, 2. Green (Washington, L.A.) 10.92, 3. Jackson (Dominguez, Compton) 11.05.

200: (Inv.) (wind legal) 1. Woods (Locke, L.A.) 21.70, 2. Warren (Dorsey, L.A.) 21.87, 3. Coleman (Locke) 21.90.

400: (Inv.) 1. Krill (Thous Oaks) 49.72, 2. Terry (El Modena, Orange) 49.98, 3. Mogul (Birmingham, Van Vues) 50.13.

800: (Inv.) 1. Terry (El Modena, Orange) 1:55.21, 2. Nidenagel (Dana Hills) 1:55.52, 3. Grant (Marina, Huntington Beach) 1:57.61.

1600m: 1. Meston (Venice) 4:18.60 (4:03.4 1500m), 2. Spayde (Thous Oaks) 4:19.07 (4:03.5), 3. Gonzales (Roosevelt, L.A.) 4:20.99 (4:05.0), 4. Dixon (Hart, Newhall) 4:23.07 (4:06.0), 5. Hartman (Canyon, Santa Clarita) 4:25.53 (4:08.5).

2 Mile: 1. Bean (Norco) 9:31.62, 2. Mendoza (Channel Islands, Oxnard) 9:32.91 (9:01.3), 3. Barajas (Fillmore) 9:33.76 (9:01.2), 4. Ellington (Channel Islands) 9:34.86 (9:01.0), 5. Austin (El Modena, Orange) 9:40.66.

110m HH: (Inv.) 1. Williams (Escondido) 14.42, 2. Fox (Freemont, L.A.) 14.95. (Open) Casso (Thous Oaks) 15.01.

300m IH: (Inv.) 1. Landtiser (Canyon, Santa Clarita) 38.97, 2. Busch (Newport Harbor) 39.89, 3. Mince (W. Bakersfield) 40.05, 4. Casso (Thous Oaks) 40.06.

400m Relay: (Inv.) 1. Locke (L.A.) 42.32, 2. Saddleback (Santa Ana) 43.07. (Open) Escondido 43.38.

1600m Relay: (Open) Dorsey (L.A.) 3:21.58, 2. Dominguez (Compton) 3:25.79, 3. Saddleback (Santa Ana) 3:25.94, 4. Venice 3:26.04.

Distance Medley Relay: 1. Canyon (Santa Clarita) 10:23.42, (Sobel) 9:32.17, 2. Zopelis 53.4, Mansfield 1:58.5, Hartman 4:17.8, 2. Saddleback 10:39.87, 3. Channel Islands 10:40.29, 4. Thousand Oaks 10:45.15.

High Jump: 1. Torres (Norco) 6-4, 2. Martin (West Bakersfield) 6-4.

Pole Vault: 1. Miller (Corona del Mar, Newport Harbor) 13-0. **Long Jump:** (wind legal) 1. Woods (Locke, L.A.) 23-6 1/2, 2. Stanley (Gardena) 22-4 3/4.

Triple Jump: (wind legal) 1. Green (Muir) 44-1 1/2.

Shot Put: 1. Parlin (Esperanza, Anaheim) 61-3 1/4, 2. Cienega (Escondido) 55-2 1/2, 3. Buckley (Bakersfield) 53-5 1/4, 4. Burns (Esperanza) 53-4.

Discus: 1. Parlin (Esperanza) 182-11 1/2, 2. Buckley (Bakersfield) 180-0 3/4, 3. Jacobson (Arroyo) 154-5, 4. Thomas (West Bakersfield) 152-4 1/4.

Athlete of the Meet--Mark Parlin (Esperanza, Anaheim).

Bishop Amat Relays

March 23. Mt. SAC.

Long Beach Wilson dominated both team competitions in this Meet, with Angel Martinez (San Gabriel) and the San Marino team looking sharp in the distance events, and some other good individuals starring.

Angel Martinez (San Gabriel), back eligible scholastically after problems last spring and this fall, started his day by coming from a ways back during 4:18 anchor on a 10:31.0 winning Matador distance medley team. At the close of the long day he dominated the 3000 meter event, winning at 8:41.5 over Peter Nichols (San Marino) 8:51.1. San Marino's Marjorie Hsu looked good in a 2:17.8 800 meter win, then broke open the Distance Medley Relay with a 2:21.7 800 third leg before Stephanie Norberg anchored the Titan 12:54.7 win with a 5:24.3 1600 leg. Peter DeVando (San Marino) kicked a 30.6 final 200 to take the 1500 meter event in 4:06.19. Tyron Edwards (Nogales, La Puente) took the Long Jump at 23-4 and the 200 in an impressive 22.01. Kevin Carlson (Katella, Anaheim) surprised after clearing 6-8 in the High Jump by having the bar placed at 7-2 and actually being very close on one of his attempts there.

Shonna Bernard (Nogales, La Puente) took both hurdles at 14.58 and 46.31, with Melissa McDonald (Mater Dei, Santa Ana) a double winner in the High Jump at 5-6 and Long Jump at 17-3 3/4. Erica Sumi Wilson, Long Beach) fell two times during the 3000 meter run early in the day, and returned later in the afternoon to run a strong 4:47.6 1500m. Juliana Yendork (Walnut) took the 100 meters at 12.41, appearing to shut her effort down after 60 meters, then seeming to limp some after the finish. After the super indoor season, that included three times breaking the National Record in the Triple Jump there, it is hoped that the Walnut lass will be blessed with a healthy spring and summer.

Boys:

100: 1. Thomas (San Bernardino) 10.91, 2. Myers (Las Vegas Eldorado) 11.11, 3. Reese (Concord Mt. Diablo) 11.14.

200: 1. Edwards (Nogales) 22.01, 2. Booker (LB Wilson) 22.41, 3. Ryden (Payson, AZ) 22.48, 4. Davine (Nogales) 22.65.

400: 1. Wuthrich (LB Wilson) 49.84, 2. Mas (Eldorado Las Vegas) 50.20, 3. Nelson (LB Wilson) 50.58, 4. Ryden (Payson, AZ) 50.87.

800: 1. Sanchez (Chula Vista Castle Park) 1:57.88, 2. Escobar (Nogales) 1:58.20, 3. Parrott (Covina) 1:59.34, 4. Becenti (Crescenta Valley) 1:59.38.

1500: 1. DeVando (San Marino) 4:06.19, 2. Sanchez (CV Castle Park) 4:07.18.

3000: 1. Martinez (San Gabriel) 8:41.5, 2. Nichols (San Marino) 8:51.1, 3. Fay (Palos Verdes) 8:52.3, 4. Hammer (Covina) 8:58.5.

110m HH: 1. Bell (CP, Chula Vista) 14.70, 2. Arnold (LB Wilson) 15.24.

300m IH: 1. Arnold (LB Wilson) 38.85.

400m Relay: 1. San Bernardino 43.04, 2. Las Vegas Eldorado 43.19, 3. Nogales 43.64, 4. CV Castle Park 44.05, 5. Concord Mt. Diablo 44.42, 6. Upland 44.58.

800m Relay: 1. LV Eldorado 1:30.84, 2. LB Wilson 1:31.85.

1600m Relay: 1. LB Wilson 3:24.33, 2. Nogales 3:26.22, 3. Nogales 3:26.22, 4. LV Eldorado 3:26.42, 5. Upland 3:27.16, 6. Palos Verdes 3:29.63.

Distance Medley: 1. San Gabriel 10:31.0 (Martinez 4:18.0), 2. San Marino 10:32.0, 3. Upland 10:32.1, 4. Nogales 10:49.6, 5. LB Wilson 10:52.2, 6. Esperanza 10:53.3.

High Jump: 1. K. Carlson (Katella) 6-8, 2. B. Carson (Katella soph) 6-6, 3. Urbina (LB Wilson) 6-6, 4. Held (Payson, AZ) 6-4. **Pole Vault:** 1. Howard (Covina) 13-3, 2. Negon (Redlands) 13-0.

LJ: 1. Edwards (Nogales) 23-4 1/2, 2. Reid (Payson, AZ) 22-2 1/4.

TJ: 1. Reid (Payson, AZ) 46-10.

SP: 1. Glock (Nogales) 51-10, 2. Carrillo (Bakersfield South) 51-0, 3. Balian (Damien) 50-3 1/2.

DT: 1. Righetti (Ventura) 157-10, 2. Werth (Ventura) 145-10, 3. Dills (Crescenta Valley) 145-5.

Team Scores: 1. LB Wilson 89, 2. Nogales 63, 3. Las Vegas Eldorado 56, 4. Payson (AZ) 42, 4. Chula Vista Castle Park 33.

Girls:

100: 1. Yendork (Walnut) 12.41.

200: 1. Nelson (LB Wilson) 24.85, 2. Lynch (Covina) 25.83, 3. Roseburg (Las Vegas Eldorado) 26.23, 4. Thiel (Katella) 26.47, 5. Rouw (Rowland) 26.62.

400: 1. Murray (Esperanza) 59.15, 2. Ward (Ventura) 59.85.

800: 1. Hsu (San Marino) 2:17.8, 2. Avila (Crescenta Valley) 2:19.99, 3. Blackner (Upland) 2:22.98.

1500: 1. Sumi (LB Wilson) 4:47.6, 2. Pinto (Katella) 4:51.8, 3. Backwell (Henderson Basic, NV) 4:56.4, 4. Avila (Crescenta Valley) 4:59.7, 5. Fruttero (San Marino) 5:00.0, 6. MacDougall (Crescenta Valley) 5:03.7.

3000: 1. Monson (Claremont) 10:30.6, 2. Pinto (Katella) 10:33.9, 3. Blackwell (Henderson Basic, NV) 10:47.1.

100 H: 1. Bernard (Nogales) 14.58, 2. Malone (Claremont) 15.11, 3. Goldman (Payson, AZ) 15.66, 4. Sims (Nogales) 15.75.

300H: 1. Bernard (Nogales) 46.31.

400m Relay: 1. LB Wilson 50.70.

800m Relay: 1. LB Wilson 1:48.8, 2. Bishop Montgomery 1:49.8.

1600m Relay: 1. LB Wilson 4:05.3, 2. San Marino 4:07.1, 3. Palos Verdes 4:10.0, 4. Nogales 4:10.88.

Distance Medley: 1. San Marino 12:54.7, 2. Upland 13:01.9, 3. Claremont 13:07.5, 4. LB Wilson 13:23.1.

High Jump: 1. McDonald (Mater Dei) 5-6.

Long Jump: 1. McDonald (Mater Dei) 17-3 3/4.

Triple Jump: 1. Goldman (Payson, AZ) 35-4, 2. McLeod (LA Banning) 34-9.

SP: 1. Engstrom (Payson, AZ) 35-1 1/4, Harris (Crescenta Valley) 34-6.

DT: 1. Engstrom (Payson, AZ) 130-7, 2. Avery (LV Eldorado) 126-2, 3. Kyle (LV Eldorado) 111-11.

Team Scores: 1. LB Wilson 88 1/2, 2. Payson (AZ) 46 1/2, 3. Nogales and Katella 42 1/2, 5. Claremont 39.

Santa Barbara Relays

March 23. Santa Barbara CC.

Boys:

100: 1. Carrigan (Compton) 10.72, 2. Tobie Horne (Moorpark) 10.87, 2. Harzmann (Glendale) 10.89, 3. Holcomb (WV Westlake) 10.99.

1500: 1. Ella (Dos Pueblos) 4:33.96, 2. Menon (SLO) 4:36.73, 3. Wilson (Agoura) 4:37.38, 4. Godsey 4:37.75, 5. Brusha (Camarillo) 4:38.75, 6. Orlenburger 4:39.88.

3200: 1. Miller (Westlake) 9:34.21, 2. Robinson (Santa Barbara) 9:34.47, 3. Gerry (Camarillo) 9:40.75.

110 HH: 1. Maashoff (WV Westlake) 15:52.

300 IH: 1. Vickers (Tustin) 40.31.

400 Relay: 1. WV Westlake 43.09, 2. Lynwood 44.31, 3. Belmont 44.60.

800 Relay: 1. Compton 1:29.

1600 Relay: 1. Belmont 3:27.16, 2. (tie) Compton and Lynwood 3:28.18.

3200 Relay: 1. San Marcos 8:19.60, 2. Simi Valley 8:20.48.

Sprint Medley: 1. WV Westlake 3:49.3, 2. Dos Pueblos 3:51.3.

Distance Medley: 1. San Marcos 10:50.01, 2. Taft 10:52.97, 3. WV Westlake 10:57.35.

High Jump: 1. Ross (Royal) 6-8, 2. Montgomery (Lynwood) 6-8, 3. Alexander (Tustin) 6-4.

Pole Vault: 1. Crumine (Camarillo) 13-6, 2. Kubeka (Taft) 13-0. **Long Jump:** 1. Bartley (Lynwood) 22-3 1/4. **Triple Jump:** 1. Bartley (Lynwood) 47-9.

PREP NOTES

Shot Put: 1. Van Scoy (Rio Mesa) 54.1, 2. McKeown (Newbury Park) 50.9.

Discus: 1. Degnan (Atascadero) 159-10, 2. Luevanos (Camarillo) 158-11, 3. Van Scoy (Rio Mesa) 151-3, 4. McKeown (Newbury Park) 147-1.

Girls:

100: 1. Jones (Rio Mesa) 11.65, 2. Jones (San Marcos) 12.70.

1500: 1. Camp (Agoura) 4:54.71, 2. Ambrozak (SM St. Joseph) 4:58.41, 3. Trujillo (Belmont) 5:00.2, 4. Penga (La Canada) 5:02.6, 5. Crosse (Royal) 5:03.4, 6. Jefferson (San Luis Obispo) 5:09.9.

3200: 1. Rothman (WV Westlake) 10:52.1, 2. Rodriguez (Oxnard) 11:22.1, 3. York (Agoura) 11:31.3, 4. Hayward (Agoura) 11:59.6.

100 H: 1. Sims (Lompoc) 15.11, 2. Burnham (Rio Mesa) 15.1ht.

300 IH: 1. Sims (Lompoc) 47.31.

400 Relays: 1. Rio Mesa 49.38. **800 Relays:** 1. Rio Mesa 1:45.46. **1600 Relays:** 1. San Marcos 4:07.42, 2. Camarillo 4:10.55. **3200 Relay:** 1. Agoura 9:58.05, 2. Belmont 10:13.92, 3. San Marcos 10:18.32.

800 Medley Relay: 1. Rio Mesa 1:51.64, 2. San Marcos 1:53.42.

Distance Medley: 1. Agoura 12:49.70, 2. WV Westlake 12:59.16, 3. La Canada 13:19.35, 4. Belmont 13:24.42, 5. Rio Mesa 13:24.96.

High Jump: 1. White (Taft) 5-4. **Long Jump:** 1. Frank (Oak Park) 17-8 1/2, 2. Burnham (Rio Mesa) 17-8. **Triple Jump:** 1. Moreno (Lincoln) 34-10 3/4.

Shot Put: 1. Riney (La Canada) 39-1 1/4, 2. Brownlee (WV Westlake) 38-11 1/2. **Discus:** 1. Mansell (Oak Park) 118-5.

Beverly Hills Invitational

March 23. Beverly Hills High School.

Boys:

110H: 1. Smith (Hawthorne) 14.3. **300 IH:** 1. Smith (Hawthorne) 39.6. **Two Mile:** 1. Posse (Torrance) 9:48.5. **Pole Vault:** 1. Kerker (Loyola) 13-6, 2. Hutchinson (Beverly Hills) 13-6, 3. Yocum (SO Notre Dame) 13-6, 4. Wilchusen (Paso Robles) 13-6. **Long Jump:** 1. Scurry (Hawthorne) 21-8 1/2. **Triple Jump:** 1. Evans (Alta Loma) 45-0 1/4, 2. Scurry (Hawthorne) 44-11 1/2, 3. Esparza (Paso Robles) 44-2. **Shot Put:** 1. Wright (Sierra Vista) 50-2. **400 Relay:** 1. Hawthorne 43.6, 2. Quartz Hill 44.1, 3. Santa Monica 44.4, 4. Beverly Hills 44.4. **1600 Relay:** 1. Hawthorne 3:30.0, 2. Alta Loma 3:30.0. **3200 Relay:** 1. Alta Loma 8:34.0. **6400 Relay:** 1. Alta Loma 19:38.3. **800 Medley Relay:** 1. Hawthorne 1:37.9, 2. Alta Loma 1:37.9, 3. Dorsey 1:38.7. **Distance Medley:** 1. Beverly Hills 11:07.0.

Girls:

100: 1. Conwright (Hawthorne) 12.4. **100 H:** 1. Woods (St. Bernard) 15.3, 2. Mays (Hawthorne) 15.4, 3. Figueroa (Quartz Hill) 15.6. **300 H:** 1. Money (St. Bernard) 48.0. **Two Miles:** 1. Snowbeck (LA Univ.) 11:24.0. **High Jump:** 1. Blankenship (Torrance) 5-2. **Long Jump:** 1. Dolphin (Santa Monica) 16-8 3/4. **Triple Jump:** 1. Dolphin (Santa Monica) 35-8 1/4, 2. Ruttan (Hawthorne) 34-7 3/4. **400 Relay:** 1. Hawthorne 49.2, 2. St.

Bernard 49.8, 3. Torrance 50.2. **1600 Relay:** 1. St. Bernard 4:00.0, 2. Hawthorne 4:13.3. **3200 Relay:** 1. Hawthorne 10:27.5. **800 Medley Relay:** 1. St. Bernard 1:50.64, 2. Torrance 1:51.0, 3. Hawthorne 1:51.2. **Distance Medley:** 1. Quartz Hill 13:42.0.

Central California

Los Banos Lions Invitational

March 9, Los Banos.

Boys Varsity Results:

100m: 1. Marshall (Dos Palos) 11.42, 2. Walker (Dos Palos) 11.63, 3. Griener (Gustine) 11.87, 4. Geodes (Palma) 11.90, 5. Johnson (Stevenson) 11.91.

200m: 1. Patton (Dos Palos) 22.38, 2. Thomas (Stevenson) 22.99, 3. Marshall (Dos Palos) 23.16, 4. Breckenridge (Immanuel) 23.80, 5. Geodes (Palma) 24.06.

400m: 1. Thomas (Stevenson) 53.5, 2. Breckenridge (Immanuel) 53.6, 3. Arnold (York) 54.2, 4. Sydown (Los Banos) 55.4, 5. Cervantes (Livingston) 56.2.

800m: 1. Arnold (York) 2:07.8, 2. Gould (Los Banos) 2:09.1, 3. Cervantes (Livingston) 2:09.2, 4. Hansen (Palma) 2:19.5, 5. Villa (Livingston) 2:26.8.

1600m: 1. DeWitt (Mariposa) 4:42.0, 2. Gould (Los Banos) 4:54.3, 3. Flores (Los Banos) 5:05.6, 4. Villa (Livingston) 5:06.3, 5. Hansen (Palma) 5:10.9.

3200m: 1. DeWitt (Mariposa) 10:48.0, 2. Nerell (Los Banos) 11:04.1, 3. Villa (Livingston) 11:28.8, 4. Flores (Los Banos) 11:41, 5. Bakazaar (Tranquillity) 11:46.

110m HH: 1. Villapudua (Los Banos) 16.09, 2. Rusconi (Tranquillity) 16.10, 3. Botelho (Palma) 16.69, 4. Lacap (Palma) 16.88, 5. Contreras (Los Banos) 18.18.

300m IH: 1. Lacap (Palma) 42.76, 2. Botelho (Palma) 43.36, 3. Contreras (Los Banos) 43.52, 4. Villapudua (Los Banos) 44.06, 5. Castillo (Tranquillity) 45.00.

400m Relay: 1. Dos Palos 44.19, 2. Stevenson 45.84, 3. Immanuel 47.96, 4. Los Banos 48.07, 5. Gustine 48.52.

1600m Relay: 1. Immanuel 3:49.4, 2. Los Banos 3:56.1, 3. Tranquillity 4:01.5, 4. Mariposa 4:08.5.

Shot Put: 1. Contreras (Tranquillity) 47-8, 2. Ceccar (Dos Palos) 44-1 1/2, 3. Zerk (Palma) 39-0, 4. Preston (Chowchilla) 38-10, 5. Sult (Tranquillity) 38-8 1/2.

Discus: 1. Felice (Palma) 141-9, 2. Sult (Tranquillity) 127-5, 3. Preston (Chowchilla) 113-8 1/2, 4. Contreras 111-6, 5. Kilpatrick (Pacific Grove) 110-4.

High Jump: 1. Bass (Chowchilla) 6-8, 2. Fike (Palma) 5-8, 3. Dayton (Gustine) 5-6, 4. Hickerson (Mariposa) 5-6, 5. Reimer (Palma) 5-6.

Pole Vault: 1. Fawcett, R (Los Banos) 12-6, 2. Fawcett, G. (Los Banos) 12-6, 3. Rusconi (Tranquillity) 12-6, 4. Tape (Palma) 12-6, 5. Zermeno (Tranquillity) 11-6.

Long Jump: 1. Patton (Dos Palos) 20-6, 2. Hanson (Palma) 19-7, 3. Geodes (Palma) 19-4, 4. Dayton (Gustine) 19-3, 5. Bass (Chowchilla) 19-3.

Triple Jump: 1. Bass (Chowchilla) 41-4, 2. Dayton (Gustine) 39-10, 3. Sanchez (Chowchilla) 39-8, 4. Reimer (Palma) 39-0, 5. Nunez (Dos Palos) 38-8.

Varsity Girls Results:

100m: 1. Phillips (Dos Palos) 13.47, 2. Gallagher, N. (Mariposa) 13.66, 3. Burns (Tranquillity) 13.82, 4. Kerry (Immanuel) 14.02, 5. Gallagher, M. (Mariposa) 14.07.

200m: 1. Yaley (Mariposa) 27.47, 2. Loewen (Immanuel) 27.75, 3. Smith (Mariposa) 27.95, 4. Cooney (Mariposa) 28.78, 5. Phillips (Dos Palos) 28.09.

400m: 1. Yaley (Mariposa) 1:02.6, 2. Ray (Immanuel) 1:05.9, 3. Navarro (Los Banos) 1:08.5, 4. Brandy (Dos Palos) 1:10.0, 5. Travitsch (York) 1:12.39.

800m: 1. Caredio (Los Banos) 2:42.8, 2. Navarro (Los Banos) 2:43.7, 3. Conlisk (Mariposa) 2:48.4, 4. Trautsch (York)

2:52.5, 5. Aguilar (Dos Palos) 3:06.5.

1600m: 1. Burdick (Mariposa) 5:53.0, 2. Echegaray (Los Banos) 6:14.3, 3. Carreon (Los Banos) 6:16.6, 4. Cooney (Mariposa) 6:18.4, 5. Aguilar (Dos Palos) 6:28.9.



DAVID BASS

Photo by Bill Cockerham

3200m: 1. Burdick (Mariposa) 13:09.5, 2. Echegaray (Los Banos) 13:35.3, 3. Carreon (Los Banos) 14:05.1, 4. Aguilar (Dos Palos) 14:05.1, 5. Nerell (Los Banos) 14:40.0.

100m LH: 1. Santillan (Dos Palos) 17.59, 2. VanWoukendonk (Mariposa) 18.20, 3. Pence (Chowchilla) 19.13, 4. Bebee (Chowchilla) 19.74, 5. Orton (Pacific Grove) 19.88.

300m LH: 1. VanWoukendonk (Mariposa) 52.78, 2. Vining (Pacific Grove) 53.85, 3. Santillan (Dos Palos) 55.95, 4. Brimhall (Los Banos) 57.92, 5. Luna (Tranquillity) 1:02.02.

400m Relay: 1. Immanuel 54.46, 2. Dos Palos 54.47, 3. Chowchilla 56.77, 4. Tranquillity 57.50, 5. Pacific Grove 58.06.

1600m Relay: 1. Mariposa 4:30.3, 2. Immanuel 4:36.4, 3. Los Banos 5:05.7, 4. Tranquillity 5:44.6.

Shot Put: 1. Rouse (Livingston) 36-3, 2. Powers (Dos Palos) 34-11, 3. Smith (Mariposa) 32-7, 4. Rodriguez (Tranquillity) 28-9, 5. Gallagher (Mariposa) 27-7 1/2.

Discus: 1. Rouse (Livingston) 116-1, 2. Powers (Dos Palos) 101-2 1/2, 3. Smith (Mariposa) 86-9, 4. Chambers (Chowchilla) 78-3, 5. Perez (Los Banos) 73-9.

High Jump: 1. Brimhall (Los Banos) 4-8, 2. Malculans (Los Banos) 4-4, 3. Vasquez (Los Banos) 4-3, 4. Conlisk (Mariposa) 3-8.

Long Jump: 1. Anderson (Tranquillity) 14-6, 2. Burns (Tranquillity) 14-5 1/2, 3. Todd (Dos Palos) 13-10 1/2, 4. Maculans (Los Banos) 13-2, 5. Poose (Livingston) 12-3.

Triple Jump: 1. Smith (Mariposa) 34-5 1/2, 2. Phillips (Dos



**CIF / Reebok
California
High
School
STATE MEET**

**May 31 & June 1, 1991
in Cerritos**

PREP NOTES

Palos) 33-0 1/2, 3. Todd (Dos Palos) 31-11, 4. James (Dos Palos) 30-1, 5. Vining (Pacific Grove) 29-1.

Golden West Invitational

March 15, Visalia.

Boys Results

100m: 1. D. Butler (Tulare) 10.8, 2. Houston (Lemoore) 11.2, 3. C. Baptista (Caruthers) 11.4.
1600m: 1. P. Morales (Washington Union) 4:28.3, 2. C. Alexander (Hanford) 4:30.1, 3. S. Quinn (Lemoore) 4:32.9.
3200m: 1. P. Morales (Washington Union) 9:39.3, 2. C. Alexander (Hanford) 9:44.4, 3. Ochola (Corcoran) 10:00.
110m HH: 1. Smith (Redwood) 15.2, 2. Hawkins (Lemoore) 15.3, 3. Vaughn (Yosemite) 15.6.
300m IH: 1. Smith (Redwood) 39.9, 2. Vaughn (Yosemite) 41.2, 3. Hawkins (Lemoore) 41.5.
400m Relay: 1. Lemoore 43.2, 2. Redwood 43.4, 3. Hanford 44.6.
1600m Relay: 1. Redwood 3:28.3, 2. Lemoore 3:32.4, 3. Hanford 3:33.4.

Sprint Medley: 1. Mt. Whitney 3:39.7, 2. Hanford 3:45.3, 3. Redwood 3:46.0.

High Jump: 1. Vaughn (Yosemite) 6-2, 2. Nyberg (Mt. Whitney) 6-2, 3. Moore (Lemoore) and Gianola (Hanford) 6-0.

Pole Vault: 1. S. Orr (Lemoore) 11-6, 2. C. Toledo (Tulare) 11-0, 3. B. Jones (Lemoore) 10-6.

Long Jump: 1. L. Wilson (Washington Union) 22-6 1/2, 2. G. Pierce (Redwood) 21-3 1/2, 3. C. Baptista (Caruthers) 21-2 1/2.

Triple Jump: 1. L. Wilson (Washington Union) 45-9 3/4, 2. B. Strickland (Highland) 43-10 1/2, 3. B. Bellamy (Lemoore) 42-6 1/4.

Shot Put: 1. Kloster (Lemoore) 51-3, 2. Keys (Corcoran) 49.9, 3. Minney (Highland) 48-6 1/2.

Discus: 1. Kloster (Lemoore) 142-0, 2. Palermo (Mt. Whitney) 137-9, 3. Bradley (Mt. Whitney) 135-1.

Team Scores: 1. Lemoore 107, 2. Redwood 56, 3. Hanford 47, 4. Washington Union 40, 5. Mt. Whitney 39, 6. Yosemite 30, 7. Corcoran and Highland 20, 9. Tulare 18, 10. Western 16, 11. Caruthers 12, 12. Porterville 10, 13. Delano 9, 14. Golden West 7, 15. Reedley 3.

Girls Results

100m: 1. Young (Tulare) 13.0, 2. Duplechan (Tulare) 13.2, 3. Hammond (Redwood) 13.3.

1600m: 1. Petty (GW) 5:28.9, 2. Allen (Highland) 5:34.2, 3. Albert (Corcoran) 5:37.0.

3200m: 1. Petty (GW) 11:56.0, 2. Allen (Highland) 12:18.0, 3. Vigil (GW) 12:40.6.

100m H: 1. Breedlove (Redwood) 15.6, 2. Ferguson (Redwood) 16.4, 3. Obemotte (Yosemite) 16.5.

300m H: 1. Breedlove (Redwood) 48.3, 2. Ja. Olivera (Lemoore) 48.5, 3. Jerguson (Redwood) 49.9.

400m Relay: 1. Redwood 51.6, 2. Tulare 51.9, 3. Lemoore 53.8.

1600m Relay: 1. Redwood 4:11.4, 2. Lemoore 4:22.8, 3. Corcoran 4:31.4.

Sprint Medley: 1. Lemoore 4:30.5, 2. Tulare 4:38.1, 3. Golden West 4:40.5.

High Jump: 1. Ja. Olivera (Lemoore) 5-2, 2. Wilborn (Redwood) 5-0, 3. Mitchell (Redwood) 4-10.

Long Jump: 1. Young (Tulare) 17-3, 2. Mitchell (Redwood) 16-1, 3. Je. Olivera (Lemoore) 15-8 1/4.

Triple Jump: 1. Breedlove (Redwood) 33-2 1/2, 2. Ju. Olivera (Lemoore) 33-0 1/4, 3. Ja. Olivera (Lemoore) 32-8.

Shot Put: 1. Shanley (Tulare) 38-2 1/2, 2. Bonds (Tulare) 35-11 1/2, 3. Talley (Porterville) 35-4 1/2.

Discus: 1. Shanley (Tulare) 106-2, 2. Neal (Lemoore) 105-0, 3. Bonds (Tulare) 101-11.

Team Scores: 1. Redwood 107, 2. Tulare 86, 3. Lemoore 84, 4. Golden West 42, 5. Corcoran and Highland 16, 7. Porterville and Reedley 10, 9. Delano, Hanford and Yosemite 7, 12. Mt. Whitney and Washington 5.

Don Franklin Invitational

From Mac Powell (Downey, Modesto)

March 16, Stanislaus State, Turlock.

Large Schools Boys Teams: 1. Merced and Madera 104, 3. Granada 101 1/2, 4. East Union 83 1/2, 5. Downey 38, 6. Davis 27, 7. Modesto 22, 8. Turlock 12.

Individuals:

100: 1. Stallworth (Granada) 11.85, 200: 1. Godfrey (Granada) 23.22, 400: 1. Daniels (East Union) 51.02, 800: 1. Brian Wilkinson (Merced) 2:00.79, 1 Mile: 1. Brian Wilkinson (Merced) 4:42.81, 2 Mile: 1. Brian Wilkinson (Merced) 10:23.69, 110m HH: 1. Allen (Granada) 16.91, 300m IH: 1. Medrano (Madera) 41.64, 400R: 1. East Union 44.86, 1600R: 1. Madera 3:30.55, HJ: 1. Beavers 5-10, PV: 1. Murray (Modesto) 12-0, TJ: 1. Blackshear (Granada) 41-9 1/4, SP: 1. Aguilar (Merced) 47-0, DT: 1. Casey (Downey) 153-2.

Girls Teams: 1. Davis 100, 2. East Union 91, 3. Madera 72, 4. Downey 66, 5. Merced 56, 6. Granada 28, 7. Franklin 25, 8. Modesto and Turlock 10.

Individuals:

100: 1. Carter (East Union) 13.81, 200: 1. Brown (Merced) 27.73, 400: 1. Brown (Merced) 1:01.7, 800: 1. Joanna Ceri (Downey) 2:19.37, 2. Jennifer Hamel (Merced), 1 Mile: 1. Jennifer Hamel (Merced) 5:35.41, 2 Mile: 1. Durnell (Merced) 11:56.33, 100H: 1. Nelson (East Union) 17.49, 300H: 1. Mings (Turlock) 48.7, 400R: 1. Madera 53.49, 1600R: 1. Downey 4:15.0, HJ: 1. Kalina Freeman (Modesto) 5-4, LJ: 1. Jessica Ranton (Downey) 17-11 1/2, TJ: 1. Jessica Ranton (Downey) 37-3 1/4, SP: 1. Stallworth (Granada) 35-11, DT: 1. Suzy Powell (Downey) 127-10.

Small School Girls:

TJ: 1. Smith (Mariposa) 35-0, SP: 1. Powers (Dos Pueblos) 38-7, DT: 1. Tian Rouse (Livingston) 112-8.

Northern California

Moreau/Chabot Invitational

March 9, Chabot College, Hayward.

Boys Teams: 1. Vallejo 55, 2. St. Mary's (Berkeley) 48, 3. Livermore 46, 4. Amador Valley 40, 5. Watsonville 36, 6. Moreau 35, 7. De La Salle 27, 8. (tie) San Ramon and Bishop O'Dowd 26, 10. College Park 24.

Individuals:

100: Larry Evans (Vallejo) 10.9, 1600m SC: Sjoström (Santa Teresa) 5:12.3, 3000: Mark Douglas (Moreau) 8:57.1, 300m IH: Chris Redmond (Vallejo) 40.4, 280 SHR: Vallejo 38.1, 400R: Bishop O'Dowd 44.3, SMR: Vallejo 1:33.3, 1600 R: Bishop O'Dowd 3:24.7, DMR: College Park 10:49.2, HJ: Brian Davidson (California) 6-5, PV: Nathan McCauley (Watsonville) 12-6, LJ: Armando Gutierrez (Livermore) 21-0, TJ: Leonard Haywood (St. Mary's) 44-11, SP: Matt Loggins (Moreau) 56-4 1/2, DT: Jim Freeland (Amador Valley) 171-4.

Girls Teams: 1. Bishop O'Dowd 64, 2. San Ramon 49, 3. Santa Teresa 34, 4. Berkeley 30 1/2, 5. Watsonville 28, 6. Ygnacio Valley 26, 7. Amador Valley 25-1/2, 8. Vallejo 23-0 1/2, 9. (tie) Carlmont and Montgomery 22.

Individuals:

100: Lesa Parker (Bishop O'Dowd) 12.2, 1500: Melissa Freeberg (California) 4:55.6, 3000: Melissa Ackerman (Castro Valley) 11:23.0, 300LH: Christy Boyd (Foothill) 48.3, 240SHR: Bishop O'Dowd 38.5, 400R: Bishop O'Dowd 49.1, SMR: Bishop O'Dowd 1:50.9, 1600R: Bishop O'Dowd 4:04.3, DMR: Santa Teresa 13:23.2, HJ: Julie Jenkins (San Ramon) 5-4, LJ: Keri Sanchez (Santa Teresa) 18-1 1/4, TJ: Christine Sherwood (Watsonville) 36-5 1/2, SP: Laura Molnar (Carlmont) 38-3 1/2, DT: Suzy Powell (Downey) 148-9.

K-Bell Invitational Track Classic

March 16, Los Gatos High School.

Boys Teams: 1. Fairfield 39, 2. St. Ignatius 38, 3. Mt. Pleasant 31, 4. Bellarmine 28, 5. Jefferson 26, 6. Castlemont 22, 7. Piedmont Hills 21, 8. Del Mar and Tennyson 18, 10. Independence 17, 11. St. Francis 16, 12. Bishop O'Dowd, De La Salle, McAteer, Wilcox, Yerba Buena 14, 17. Gunn 13.

Individuals:

100: Ato Bolden (Piedmont Hills) 10.8, 2. Frank Madu (McAteer) 10.9, 3. Lewis (Wilcox) 11.1, 200: Ato Bolden (Piedmont Hills) 22.1, 400: Jessie Guerrero (Tennyson) 50.9, 2. Robin Kardy (Vintage) 51.0, 3. Mike Henderson (Bishop O'Dowd) 51.1, 800: Dutch Yerton (Eureka) 1:56.9, 2. Mike Katri (Fortuna) 1:57.0, 3. Dustin Rawls (Lincoln) 1:57.9, 1 Mile: David Sandles (Castlemont) 4:28.0, 2. Chris Devine (Half Moon Bay) 4:28.9, 3. Joe Mayers (Soquel) 4:30.1, 2 Mile: Scott Downens (Leigh) 9:44.0, 1100H: Isaac Carson (Jefferson) 14.4, 2. Reed (Castlemont) 15.0, 3. Williams (Independence) 15.3, 300IH: Isaac Carson (Jefferson) 40.0, 400R: Mt. Pleasant 43.4, 2. Fairfield 43.5, 3. Homestead 44.1, 1 Mile R: Independence 3:23.7, HJ: Corey Setles (Lowell) 6-4, PV: Xiong Vom (Mt. Pleasant) 12-0, LJ: Diamond Greed (Fairfield) 21-4, TJ: Amani Toomer (DeLaSalle) 45-7 1/4, SP: Bruce Ventura (Yerba Buena) 53-3 1/2, DT: Jeremy Robinson (Bellarmine) 156-5 1/2, HT: Jeremy Robinson (Bellarmine) 169-9.

Girls Teams: 1. Bishop O'Dowd 77, 2. Mt. Pleasant 42 1/2, 3. Eureka and Ygnacio Valley 38, 5. McAteer 28, 6. Mitty 25, 7. Los Gatos 21, 8. Novato 20, 9. St. Ignatius 16, 10. Leigh and Soquel 14.

Individuals:

100: Lesa Parker (O'Dowd) 12.2, 200: Tanya Sloan (O'Dowd) 26.3, 400: Maya Green (O'Dowd) 59.0, 800: Candace Carpenter (Vintage) 2:26.3, 1 Mile: Ann Baldelli (St. Ignatius) 5:22.8, 2 Mile: Krissy Look (Shasta) 11:26.9, 100H: Tanya Lazar-Lea (McAteer) 14.6, 300H: Tanya Lazar-Lea (McAteer) 45.75, 400 R: Bishop O'Dowd 48.5, 1 Mile R: Eureka 4:17.15, HJ: Trina Bindel (Eureka) 5-6 3/4 (new meet record; old record, 5-6 Sniffer (Westmont) 1985), LJ: Shena Ferguson (Washington) 17-5, TJ: Keeta Zimmerman (Eureka) 35-6, SP: Nicole Logan (Novato) 42-3, DT: Nicole Logan (Novato) 114-5.

Pierce Cougar Relays

March 16, Newark Memorial High School.

Boys Teams: 1. Livermore 81, 2. Amador Valley 80, 3. Moreau 65, 4. Encinal 29, 5. Foothill (Pleasanton) 28, 6. California 22, 7. American 13, 8. Mt. Eden and Washington (Fremont) 13, 10. Hayward 10.

Individuals:

100: Jon-David Stewart (Kennedy, Fremont) 10.8, 2. Magdaraog (Moreau) 10.8, 3. Gerigk (Amador Valley) 10.8, 4. Wong (Livermore), 400: 1. Jon Ferguson (Livermore) 52.8, 2. Johnson (Mission San Jose) 53.7, 3. Juji (Newark Memorial) 54.2, 4. Malik Monroe (Hayward) 55.9, 1500: 1. Mark Douglas (Moreau) 4:16.9, 2. Hyde (Amador Valley) 4:20.3, 3. Hansen (Washington) 4:26.3, 4. Ratti (San Leandro) 4:33.2, 300IH: 1. Jeff Fry (Foothill) 41.8, 2. Yeats (American) 42.1, 3. Ingram (Washington) 42.9, 4. Spesock (California) 44.3, 400R: 1. Moreau (Montenegro, Magdaraog, Corda, O'Reilly) 45.4, 3. Amador Valley 46.2, 4. Livermore 46.5, 1600R: 1. Encinal 3:37.1, 2. Livermore 3:40.9, 3. Hayward 3:42.1, 4. American 3:42.7, 3200R: 1. Amador Valley (Hartlin, Sullins, Keegan, Hyde) 8:27.6, 2. Moreau 8:36.8, 3. Livermore 8:37.3, 4. Foothill 8:48.5, 6400R: 1. Amador Valley (Hartlin, Sullins, Braden, Keegan) 19:27.2, 2. Foothill 19:41.1, 3. Moreau 19:49.1, 4. Livermore 20:00.2, 280SHR: 1. Livermore (Neuss, Kundert, Gieri, Garrison) 42.3, 2. California 43.3, 3. Amador Valley 43.4, 4. Foothill 44.9, HJR: 1. Livermore (Neuss 6-1, Bishop 5-6) 11-7, 2. Foothill 11-6, 3. California 11-6, 4. Amador Valley 11-2, PVR: 1. Moreau and Amador Valley 21-6, 3. Livermore 21-0, 4. California 10-0, LJ: 1. Livermore (Gutierrez 20-10 3/4, Brown 20-2) 41-0, 2. Mt. Eden 39-3, 3. Moreau 39-1, 4. Ken-

PREP NOTES

nedy 38-10. **TJR:** 1. Livermore (Gutierrez 40-0, Brown 39-2) 79-2, 2. Encinal 77-8 1/4, 3. Amador Valley 62-0 1/2, 4. Mt. Eden 51-1. **SPR:** 1. Amador Valley (Freeland 52-7, Nutter 42-7 1/2) 95-2 1/2, 2. Moreau (Matt Loggins 53-10) 92-7, 3. Livermore 85-7, 4. Newark Memorial 85-5 1/2. **DTR:** 1. Amador Valley (Freeland 165-0, Nutter 136-10) 301-10, 2. Moreau 261-10, 3. Washington 257-1, 4. Newark Memorial 253-4. **Girls Teams:** 1. Amador Valley 86, 2. Washington (Fremont) 52, 3. Livermore 32, 4. American 30, 5. Newark Memorial 29, 6. Mt. Eden 24, 7. California 21, 8. Mission San Jose 18 1/2, 9. Moreau 18, 10. Granada 10.

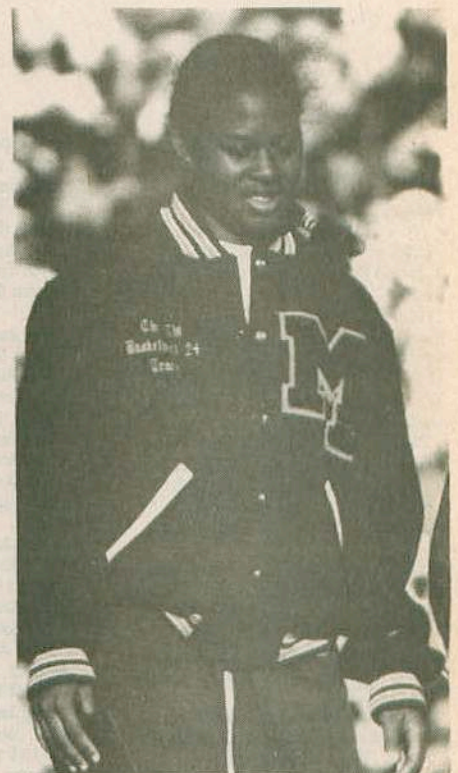
Individuals:

100: 1. Riquisha Davis (Mission San Jose) 12.3, 2. Davis (Granada) 12.5, 3. Ligons (Hayward) 12.6, 4. Hadley (Washington) 12.9. **400:** 1. Melissa Freeberg (California) 1:02.2, 2. Rodriguez (Encinal) 1:05.6, 3. Courson (American) 1:05.9. **1500:** 1. Michelle Muething (Amador Valley) 5:10.9, 2. Melanie Spent (Mission San Jose) 5:14.3, 3. Tara McDonald (Newark Memorial) 5:15.4, 4. Williams (Washington) 5:17.4. **300H:** 1. Katie Hadley (Washington) 49.9, 2. Janet Ekstrom (Newark Memorial) 50.8, 3. Rifkin (California) 53.5, 4. Green (Moreau) 54.0. **400R:** 1. Amador Valley (Johnson, Sanchez, Van Zandt, Glanville) 53.6, 2. American 54.5, 3. Granada 55.3, 4. Mt. Eden 55.9. **1600R:** 1. Amador Valley 4:29.5, 2. Moreau 4:31.9, 3. Washington 4:35.2, 4. American 4:41.2. **3200R:** 1. Amador Valley (Muething, Milne, Peterson, Morrison) 10:49.9, 2. Washington 10:52.1, 3. Newark Memorial 11:05.4, 4. Mission San Jose 11:33.9. **6400R:** 1. Amador Valley 24:24.5, 2. Moreau 24:48.1, 3. Washington 25:22.0, 4. Livermore 26:14.0. **240SHR:** 1. Washington (Hadley, Keyser, Mordica, Mayles) 42.6, 2. Livermore 42.7, 3. California 43.4, 4. American 43.5. **HJR:** 1. Livermore and Amador Valley 9-6, 2. Foothill 8-8, 3. Washington 4-3. **LJR:** 1. Amador Valley (MacIntyre 15-8 3/4, Davis 15-6 3/4) 30-5 1/2, 2. Washington 29-4 1/2, 3. American 28-11 1/4, 4. Mt. Eden 27-3 1/2. **TJR:** 1. Livermore (Stadler, Gerich) 62-4 3/4, 2. Amador Valley 61-5 1/2, 3. Washington 60-2 3/4, 4. American 57-11 1/2. **SPR:** 1. Amador Valley (Garcia 32-2 3/4, Zarcone 31-3) 63-5 3/4, 2. Mt. Eden 54-3, 3. Newark Memorial 48-3, 4. American 42-2 1/2. **DTR:** 1. Amador Valley (Vicki Garcia 113-9, Zarcone 105-10) 219-7, 2. Mt. Eden 155-5, 3. Newark Memorial 146-0, 4. Kennedy 141-6.



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RESULTS

CSU Bakersfield Invitational

February 9, Bakersfield.

Men's Results

10,000m: 1. Matt Hempel (CPSLO) 31:14, 2. Jordan Carroll (CPSLO) 31:48, 3. Andy Zoldak (CPSLO) 32:23.
110m HH: (Heat 1) 1. Terry Johnson (Unat.) 14.1, 2. Cedric Dowdell (Taft College) 14.8, 3. Patrick Blake (LA Valley) 15.5. (Heat 2) 1. Tom Perry (FSU) 15.0, 2. Tim McQueen (Unat.) 15.7, 3. Jabari Reynolds (FSU) 16.2.

3000m Steeplechase: 1. Kelly Dodge (FSU) 9:39.7, 2. Damien Lopez (BCTC) 9:39.9, 3. Eric Bursch (CPSLO) 9:59.8.

100m Masters: 1. Barry Caldwell 12.0, 2. Juan Bustamante 12.3, 3. Dwaine Horton 13.8.

4x100 Relay: (Heat 1) 1. Fresno State 41.0, 2. Taft College 42.0, 3. CSUB 42.0. (Heat 2) 1. Fresno State "B" 42.6, 2. Antelope Valley College 43.0, 3. Citrus 43.0.

Sprint Medley Relay: 1. Taft College 3:30.5, 2. Fresno State 3:30.7, 3. Cal State L.A. 3:34.4.

Sprint Medley Relay (High School Boys): 1. Bakersfield H.S. TC 3:36.4, 2. Dr. King's TC 3:38.6, 3. Foothill HS TC 3:47.6.

Sprint Medley Relay (Corporate): 1. Bakersfield Family Medical Center 4:35.6, 2. Bechtel Petroleum "A" 4:43, 3. Bechtel Petroleum "B" 4:53.

400m: 1. Nial DeSilva (LA Trade Tech TC) 46.8MR, 2. Sheldon Isaac (LA Trade Tech TC) 48.4, 3. Terry Johnson (Unat.) 49.3.

400m Masters: 1. Barry Caldwell 56.9, 2. Ross Irving 59.9.

Distance Medley: 1. Taft College 10:45.5, 2. LA Trade Tech TC 10:52.5, 3. Saddleback College 10:53.8.

4x200 Relay: (Heat 1) 1. Taft College "A" 1:28.9, 2. CSUB 1:29.2, 3. L.A. Valley "A" 1:29.4. (Heat 2) 1. Taft College "B" 1:28.2, 2. Antelope Valley College 1:30.5, 3. L.A. Valley "B" 1:31.5.

200m Masters: 1. Barry Caldwell 24.1, 2. Juan Bustamante 25.8, 3. James Bierman 36.2.

3200m High School: 1. Forest Quinlan (Wildcats TC) 10:38.8, 2. Mike Farmer (Wildcats TC) 10:48.2, 3. Eduardo Verdego (Foothill High TC) 10:53.

400m H: 1. Marcus Carter (BCTC) 54.5, 2. Jabari Reynolds (FSU) 53.5, 3. Jose Vasquez (CSUB) 59.3.

4x800 Relay: 1. Westmont College 7:55.7, 2. Taft College 8:14.9, 3. Antelope Valley College 8:25.9.

5000m: 1. Carter Yarbrough (CSLA) 15:04.8, 2. Darryl Jewell (CSUB) 15:20, 3. Steve Lopez (Unat.) 15:23.3.

4x400: (Heat 1) 1. Taft "A" 3:16.6, 2. Fresno State "A" 3:16.7, 3. CSUB "A"

3:20.1. (Heat 2) 1. Fresno State "B" 3:24, 2. Taft "B" 3:24.6, 3. BHS TC 3:28.2.

Javelin: 1. Todd Riech (FSU) 223-10, 2. Jerry Vitelli (CSUB) 204-10, 3. James Woods (CSLA) 199-4.

High Jump: 1. Jon DeBerry (Taft College) 6-11, 2. Tim Loomer (CSUB) 6-9, 3. Ruben Hendrix (BCTC) and Geo Spartling (FSU) 6-7.

High Jump Masters: 1. Dwaine Horton 4-9, 2. Jerry Stanners 4-8.

Shot Put: 1. Billy McDaniel (Unat.) 58-5 1/2, 2. Curt Thomas (Unat.) 53-11 3/4, 3. Jon Kirksey (BCTC) 53-10.

Pole Vault: 1. Jeff Coppock (FSU) 15-7 3/4, 2. Scott Hardin (BCTC) 12-8 3/4, 3. Jesse Quirino (South High TC) 12-0.

Pole Vault Masters: 1. Jerry Stanners 10-6MR.

Triple Jump: 1. Mario Fisher (BCTC) 46-10 1/2, 2. Khaloun Rucker (FSU) 46-10 1/2, 2. DeAndre Robinson (BCTC) 46-9.

Triple Jump Masters: 1. Roger Trujillo 42-8 1/2, 2. John Lawson 34-10.

Long Jump: 1. Robert Scott (LA Valley) 24-2 1/2, 2. Chris Wilcox (Unat.) 24-0 1/2, 3. Derrill White (LA Valley) 23-3.

Long Jump Masters: 1. Roger Trujillo 20-10, 2. John Kuechle 19-3 1/2, 3. John Lawson 16-5 1/2.

Discus: 1. Curt Thomas (Unat.) 166-11, 2. Roshawn James (FSU) 166-6, 3. Lloyd Higgins 162-0.

Discus Masters: 1. Stewart Thompson 149-0, 2. Jim Hart 145-2, 3. Gary Kelmenson 111-5.

Discus High School: 1. Jeff Buckley (Unat.) 183-6, 2. Kevin Thomas (Unat.) 167-6, 3. Brandon Wainwright 144-10.

Hammer Masters: 1. Stewart Thompson 157-2, 2. Gary Kelmenson 140-0, 3. Jim Hart 130-2.

Hammer: 1. Tom Rowe (Unat.) 189-9, 2. Steve Kellog (FSU) 187-5, 3. Andy Harris (Unat.) 185-0.

35 lb. Weight: 1. Andy Harris (FSU) 64-1, 2. Bo James (FSU) 61-2 1/4, 3. Tom Rowe (FSU) 61-0 3/4.

35 lb. Weight Masters: 1. Gary Kelmenson 44-6, 2. Stewart Thompson 43-11 3/4, 3. Jim Hart 34-2 3/4.

Women's Results

100m Hurdles: (Heat 1) 1. Monica Nissick (FSU) 14.0, 2. Clare Looke-Jagger (Nike Cst) 14.4, 3. Geri Golden (CSUB) 14.4.

(Heat 2) 1. Julie Tingle (CPSLO) 14.5, 2. Bridgette Simmons (FSU) 14.8, 3. Kim Moshier (FSU) 15.9.

4x100 Relay: (Heat 1) 1. Fresno State "A" 47.2, 2. Taft College 48.4, 3. Cal Poly SLO 48.8. (Heat 2) 1. Fresno State "B" 51.5, 2. Fresno State "C" 52.1, 3. Dr. King TC "B" 54.4.

5000m: 1. Pam Boyles (CSUB) 18:18.1, 2. Teresa Poy (CSLA) 18:27.2, 3. Kim Robin-

son (CPSLO) 15:36.

Sprint Medley Relay: 1. Fresno State "A" 4:07.1, 2. Cal State L.A. 4:20.3, 3. Taft College 4:32.8.

Sprint Medley Relay (Corporate): 1. Bakersfield Family Medical Center 5:48.8, 2. Bechtel Petroleum 6:07.8.

400m: 1. Melanie Clarke (LA Valley) 54.3 MR, 2. Lashunda Crummie (Dr. King's TC) 59.3, 3. Awana Brown (Taft College) 59.9.

Distance Medley: 1. Cal Poly SLO "A" 11:56, 2. Cal Poly SLO "B" 12:25, 3. Cal Poly SLO "C" 12:32.8.

4x200 Relay: 1. Fresno State "A" 1:40.4 MR, 2. Taft College 1:41.1, 3. Cal Poly SLO 1:44.2.

400m Hurdles: 1. Bridgette Simmons (FSU) 1:04.5, 2. Shanin Miller (CPSLO) 1:04.9, 3. Jennifer Sperling (FSU) 1:07.3.

4x800 Relay: 1. Cal Poly SLO "A" 9:14.2MR, 2. Fresno State "A" 9:30.9, 3. Cal Poly SLO "B" 9:44.5.

3000m: 1. Jean Harvey (Antelope Valley) 10:10.3, 2. Tracy Leichter (CPSLO) 10:15.6, 3. Pam Boyles (CSUB) 10:27.3.

4x400: 1. Fresno State "A" 3:55.5, 2. Taft College 3:58.6, 3. Cal Poly SLO "A" 3:59.

Javelin: 1. Cathie Harris (Unat.) 175-0, 2. Danene Bitler (FSU) 157-9, 3. Melissa White (CPSLO) 140-1.

High Jump: 1. Sue Rembao (Unat.) 6-0 3/4, 2. Clara Jagger (Nike Cst) 6-0 3/4, 3. Melanie Clarke (LA Valley) 5-5.

Shot Put: 1. Deborah Corley (Unat.) 50-2 1/4, 2. Rica Brown (Unat.) 49-8 1/4, 3. Jennifer ViaVia (FSU) 42-1 1/2.

Triple Jump: 1. Krystal Kirkland (BCTC) 37-6, 2. Kim Mallard (Unat.) 37-4, 3. Margi Gilles (CPSLO) 34-9.

Long Jump: 1. Melanie Clarke (LA Valley) 18-3 1/2, 2. Kam Warner (West High TC) 17-1, 3. Margi Gilles (CPSLO) 17-0.

Discus: 1. Angela Arrington (Unat.) 134-10, 2. Donna McKinnon (FSU) 133-7, 3. Rica Brown (Unat.) 131-0.

Hammer: 1. Linda Benioff (CSLA) 105-4, 2. Alex Wawzynski (Foothill TC) 83-9.

Chico State Meet

February 16, Chico State.

Women's Results

Hammer: 1. Joy Bates (Stanis) 116-8 1/2, 2. Chris Maples (Chico) 97-2 1/2, 3. Paula MacDonald 91-8 1/2. 5000m: 1. Shanna Skillman (Stanis) 20:07.3, 2. Rena Huffer (Chico) 21:27.5.

1500m: 1. Carrie Luis (Stanis) 4:50.7, 2. Jennifer Cubillos (Hay) 4:54.8, 3. Stephanie Kasa (Chico) 4:57.7. 100m: 1. April Winn (Chico) 12.5, 2. ShaRon Jones (Stanis) 13.1, 3. Denise Buttici (Chico) 13.1. 3200m: 1. Megan Sheehy (Hay) 10:35.4, 2. Heather Scobie (Stanis) 11:13.1, 3. Cynthia Carlson (Chico) 11:23.3. 400m H: 1. Jessica Casimi

(Hay) 1:03.4, 2. Vickie Wagenbach (Hay) 1:08.4, 3. Natali Wilhaimson (Chico) 1:10.4. 1600m Relay: 1. Stanislaus 4:07.4, 2. Chico 4:08.9, 3. Hayward "A" 4:17.4.

LJ: 1. Terri Ciapponi (Chico) 17-6 1/4, 2. Adrian Lundquist (Stan.) 17-1 1/2, 3. Jescia Casimir (Hay) 18-5. 400m Relay: 1. Chico 50.6, 2. Hayward 51.3. 100m H: 1. Jessica Casimir (Hay) 14.9, 2. Jennifer Blunden (Hay) 15.3.

HJ: 1. Lisa Watley (Hay) 5-4. 400m: 1. Jennifer Wissmath (Chico) 58.4, 2. Jennifer Story (Stan.) 1:00.9, 3. Melina Nunez (Stan.) 1:02.8. 800m: 1. Carrie Luis (Stan.) 2:18.9, 2. Leslie Mueller (Hay) 2:24.4, 3. Dana Bjornsen (Chico) 2:25.3. 200m: 1. Erin McLaughlin (Chico) 27.2, 2. Melina Nunez (Stan.) 27.5, 3. Jennifer Blunden (Hay) 27.8.

Shot Put: 1. Francis Bynum (Chico) 36-8, 2. Tamara Bermudes (Hay) 36-1, 3. Nancy O'Donnell (Chico) 35-2. Javelin: 1. Julie Hales (Hay) 115-11, 2. Carol Myszkowski (Chico) 111-7, 3. Cathy Saunders (Hay) 105-8 1/2. Discus: 1. Tamara Bermudes (Hay) 142-3, 2. Constance Spessert (Chico) 136-2 1/4, 3. Gigi Giurand (Hay) 117-10. Triple Jump: 1. Terri Ciapponi (Chico) 36-1 1/2, 2. Adreen Lundquist (Stan.) 35-3 1/2, 3. Chrissa White (Chico) 34-3.

Team Scores: 1. Chico 65, 2. Hayward 62, 3. Stanislaus 42.

Track & Field Meet

February 23, UC Irvine.

Men's Results

100m: 1. King (CS Bakersfield) 10.85. 400m H: 1. Goss (Unat.) 51.91. 400 Relay: 1. CS Bakersfield 42.24. HJ: 1. Loomer (CSB) 6-11, 2. Farmer (UC Irvine) 6-8 3/4. HT: 1. Sargent (UC San Diego) 194-3. JT: 1. Vitelli (CSB) 203-4.

Team Scores: 1. UC Irvine 91, 2. CS Bakersfield 50, 3. UC San Diego 27, 4. Cal Poly Pomona 26.

Women's Results

100m: 1. Bracey (UCI) 12.23. 800m: 1. Harvey-Hill (Unat.) 2:04.28. 1500m: 1. Cervantes (UCI) 4:39.28, 2. Stirling (UCI) 4:39.34. 3000m: 1. Rabbit (UCI) 9:45.44. 100m H: 1. Look-Waeger (Unat.) 14.84. LJ: 1. Veltman (UCI) 19-2 1/4. DT: 1. Quigley (UC San Diego) 150-9.

Team Scores: 1. UC Irvine 90, 2. UC San Diego 52, 3. Cal Poly Pomona 23, 4. CS Bakersfield 12.

All-Comers Meet

February 23, UCLA.

Men's Results

Open: 100: 1. Wilson (LB) 10.5, 2. Dnogo (Unat.) 10.5. 110m HH: 1. McCraney (Patriots) 14.3, 2. Lacy (El Camino) 14.4. HJ: 1.

RESULTS

Stanton (S&S) 7-0, 2. Wilson (UCLA) 6-9, 3. Nelson (LB) 6-9, 4. Thomas (LB) 6-8. PV: 1. Slocum (Unat.) 16-0. LJ: 1. Franklin (LB) 23.3. TJ: 1. Bunevacz (UCLA) 234-8. **High School Men:** 100m: 1. Camgan (Compton) 10.7. 200m: 1. Camgan (Compton) 21.6. 400m: 1. Sewearington (Muir) 50.6. 2-Mile: 1. Reynolds (Lakewood) 9:21.1, 2. Mesfen (Venice) 9:29.2. 110m HH: 1. Smith (Hawthorne) 14.7. 400m Relay: 1. Muir 43.5. **High School Women:** 200m: 1. Conwright (Hawthorne) 25.4. 800m: 1. Ossey (Hawthorne) 2:23.1. 400m Relay: 1. Muir 49.4. TJ: 1. Rutten (Hawthorne) 35-5.

Northern Arizona Invitational

February 23. Flagstaff, AZ.

Men's Results

55m: 1. Nwankowa (Mt.SAC) 6.26, 2. Rainey (NAU) 6.32, 3. Pippens (CSN) 6.33. 200m: 1. Nwankowa (Mt.SAC) 21.27, 2. Reinhardt (NAR) 21.28. 400m: 1. Wilson (NAU) 46.26, 2. Cameron (Jamaica) 46.80. 800m: 1. Johnson (USC) 1:49.60, 2. Miller (NAU) 1:51.00. Mile: 1. White (NAU) 4:07.97. 55m H: 1. Parker (Jamaica) 7.25, 2. Johnson (CSLA) 7.33, 3. White (CSLA) 7.64. 1600m Relay: 1. Utah St. 3:13.79, 2. Mt. SAC 3:16.00, 3. CS Los Angeles 3:17.67. High Jump: 1. Gallagher (Boise St.) 7-3 1/4, 2. L. Williams (Unat.) 7-1 1/2, 3. Wright (NAU) 7-1 1/2, 4. Eatmon (SoCal SC) 7-1 1/2. Pole Vault: 1. Borick (UCLA) 17-4 1/4. LJ: 1. Carroll (NAU) 25-2 3/4, 2. Anderson (UCLA) 25-1 3/4, 3. Baker (UCLA) 25-1 3/4, 4. Fernando (Mt. SAC) 24-5 1/2. Triple Jump: 1. Green (BS) 52-10 1/4, 2. Anderson (UCLA) 52-2 1/2, 3. Swindell (US Army) 51-1 1/2, 4. Rogers (Mt. SAC) 50-3 1/4. Shot Put: 1. Bergreen (UCLA) 62-8, 2. Wenneberg (Unat.) 62-4, 3. Wilson (Unat.) 59-4 1/2, 4. Bailey (UCLA) 56-10. 35 lb. Wt: 1. Carter (Utah St) 59.4.

Women's Results

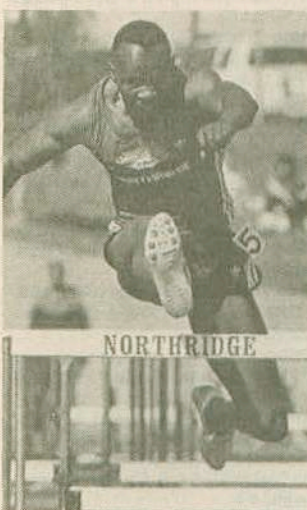
200m: 1. Campbell (Mt. SAC) 23.45, 2. Irving (Mt. SAC) 24.36, 3. Harrison (UNLV) 24.54. 400m: 1. Irving (UNLV) 54.02, 2. Harrison (UNLV) 54.16, 3. Vickers (UCLA) 56.16. 55m H: 1. Vickers (UCLA) 7.73, 2. Young (CS Northridge) 8.04. HJ: 1. Orr (NAU) 5-11 1/4, 2. Coleman (UCLA) 5-10, 3. Mendonca (Unat.) 5-8. LJ: 1. Rose (UNLV) 20-10 1/2, 2. Butler (UNLV) 19-5 1/4. TJ: 1. Rose (UNLV) 41-10 1/2, 2. Neely (Keiser) 40-8 3/4, 3. Pile (NAU) 38-7 1/4. SP: 1. Millett (UCLA) 63-6 1/2, 2. Dumble (UCLA) 51-5 1/2, 3. Weis (UCLA) 50-0, 4. Wheichel (UCLA) 47-2 1/4.

Humboldt Women's Meet

February 23. Redwood Bowl, Humboldt St. Univ.

Women's Results

100m: 1. Clara Trigg (HSU) 12.8, 2. Shelby Mackay (HSU) 13.3, 3. Jennifer Blunden (Hay) 13.3. 200m: 1. Clara Trigg (HSU) 26.6, 2. Kirsty Savill (HSU) 27.4, 3. Vicki Wagenbach (Hay) 27.8. 400m: 1. Lori Smith (HSU) 59.9, 2. Vicki Wagenbach (Hay) 1:01.6, 3. Kirsty Savill (HSU) 1:01.9. 100m H: 1. Clara Trigg (HSU) 14.4, 2. Jessica Casimir (Hay) 15.0, 3. Jennifer Blunden (Hay) 15.3. 400m H: 1. Jessica Casimir (Hay) 1:03.5, 2. Tonia Coleman (HSU) 1:07.0, 3. Shelby Mackay (HSU) 1:07.9. 800m: 1. Denise Walker (HSU) 2:11.5, 2. Leslie Mueller (Hay) 2:22.3, 3. Michelle Fischer (Hay) 2:22.5. 1500m: 1. Denise Walker (HSU) 4:33.7, 2. Valerie Jensen (Hay) 4:44.4, 3. Leslie Mueller (Hay) 4:55.2. 3000m: 1. Valerie Jensen (Hay) 10:28.7, 2. Shawn Adams (HSU) 10:35.9, 3. Gerry Seymour (HSU) 11:17.7. 10,000m: 1. Jenny Cubillas (Hay) 37:42.7, 2. Megan Sheehy (Hay) 37:56.9, 3. Deborah Earl (Hay) 40:07.0. 4x100 Relay: 1. Humboldt State 50.2, 2. Hayward "B" 51.3. 4x400 Relay: 1. Humboldt "A" 4:02.4, 2. Hayward "A" 4:18.2. Discus: 1. Tara Bermudes (Hay) 135-9 1/4, 2. Gigi Guirand (Hay) 120-5 1/2, 3. Marlena Becker (HSU) 113-2. Shot Put: 1. Marlena Becker (HSU) 36-7 1/2, 2. CJ Hemminghaus (HSU) 35-8, 3. Jackie Nasca (HSU) 35-6. Javelin: 1. Cathy Saunders (Hay) 130-1, 2. CJ Hemminghaus (HSU) 116-6, 3. Julie Hales (Hay) 115-6. High Jump: 1. Tara Raquinio (HSU) 5-2, 2. Lisa Watley (Hay) 5-0, 3. Sally Roberts (HSU) 4-6. LJ: 1. Lori Smith (HSU) 16-10 1/2, 2. Tara Raquinio (HSU) 16-7 3/4, 3. Tonia Coleman (HSU) 15-10 3/4. Triple Jump: 1. Tara Raquinio (HSU) 34-4, 2. Tonia Coleman (HSU) 33-4, 3. Melody Finn (HSU) 33-2 1/4.



TYRONE JEFFRIES

Photo by Kirby Lee

Multi-Team Meet

February 23. CS Northridge.

Men's Results

55m (Race 1): 1. O. Ezinwa (AP) 6.1. (Race 2): 1. D. Ezinwa (AP) 6.0. 200m: 1. Randolph (TC) 22.0. 400m: 1. Bradley (TC) 49.19. 500m: 1. Cheney (TC) 1:05.88. 55m HH: 1. Johnson (Reebok) 7.4. 110m HH: 1. Jeffries (CSN) 14.65. 400 Relay: 1. Taft College 41.65, 2. Valley College 42.88. 1600m Relay: 1. Taft 3:21.58. HJ: 1. DeBerry (TC) 7-0 1/4. LJ: 1. Scott (VC) 24-7. DT: 1. Danowski (CSN) 163-5. HT: 1. McCann (AP) 175-11. JT: 1. Vasquez (CS Fullerton) 218-4. **Women's Results** 200m: 1. Clarke (VC) 24.7. 400m: 1. Clarke (VC) 54.65. 100m H: 1. Armstrong (Taft) 14.9. 400 Relay: 1. Taft College 49.29. HJ: 1. Mertes (VC) 5-5 3/4. LJ: 1. Clarke (VC) 18-5 3/4. TJ: 1. Connor (CSN) 39-5 1/4. DT: 1. Malachowski (AP) 139-6. TJ: 1. Stewart (VC) 117-4.

Aztec Classic

March 2. CHOC Sportsman Track, San Diego.

Men's Open Results

Pole Vault: 1. Steve Stewart (LB St.) 15-4 1/4, 2. Wellington Pendall (SDSU) 15-0 1/4. 800m: (Race 1) 1. Mark Yuen (UCSD) 1:57.43, 2. Ken Walker (PLNC) 1:58.60, 3. Tim Kyser (Triton TC) 2:00.31. (Race 2) 1. Eric Smith (Unat.) 1:54.25, 2. Jason Jackowski (SDSU) 1:55.05, 3. Ricky Gilbert (Triton TC) 1:55.15. 110m Hurdles: 1. Chris Ruff (SDSU) 15.69, 2. Lai Chi (SD Mesa) 15.71, 3. Davis Shaw (Grossmont) 16.21. 400m Race 1: 1. R. Nelson (SD Mesa) 50.19, 2. J. Cole (SD Mesa) 51.08, 3. Chris Weiler (Triton TC) 51.39. Race 2: 1. K. Berry (SD Mesa) 47.63, 2. Jerome Gross (SDSU) 49.60, 3. Jonath Beverux (Unat.) 50.10. 1500m: 1. Curtis Hughes (Unat.) 4:06.05, 2. Julio Moreno (El Camino) 4:06.29, 3. Richard Raya (El Camino) 4:07.60. 100m: (Race 1) 1. Keith Green (SDCC) 10.95, 2. Jeff Jordan (SDCC) 11.09, 3. Randy Thompson (Unat.) 11.17. Race 2: 1. J. Kegler (SD Mesa) 10.95, 2. Chris Brisco (SDTC) 10.98, 3. John Toro (PLNC) 11.33.

Men's Invitational Results

Hammer: 1. Scott Sargent (UCSD) 183-3, 2. Kyong Song (Unat.) 175-0, 3. C. Mezich (SD Mesa) 172-8. Javelin: 1. Jason Twedt (Haman TC) 211-3, 2. Fred Morgan (Triton TC) 211-2, 3. J. Cuming (SD Mesa) 185-9. Long Jump: 1. Rodney Van (SDTC) 22-7 1/2, 2. Daniel Sheehan (Unat.) 21-10, 3. Leon Threat (US Navy) 21-9. Shot Put: 1. Bonner Montler (SDSU) 52-7 1/4, 2. Ziad Knozam (LB St.) 51-9 1/4, 3. J. Wright (SD Mesa) 50-8. High Jump: 1. Jim Cody (SDTC) 7-0 1/2, 2. Maurice Crumley (S&S TC) 6-10 3/4, 3. Joe Buchanan (LB St.) 6-6 3/4. Pole Vault: 1. Greg McMillan (Unat.) 15-8 1/2, 2. Mike Hogan (Triton TC) 15-3 1/2, 3. Daniel Sheehan (Unat.) 14-11 1/2. Triple Jump: 1. Leon Threat (US Navy) 47-

10 3/4, 2. Chris Henry (SDSU) 46-9 1/2, 3. Lavel Davenport (Unat.) 45-9 1/4.

Discus: 1. Ziad Knozam (LB St.) 168-4, 2. Steve Weinert (SDSU) 152-5, 3. J. Cuming (SD Mesa) 148-11.

3000m Steeplechase: 1. Sean O'Hara (PLNC) 9:05.60, 2. David Haskell (El Camino) 9:30.01, 3. Jay Meyers (SD Mesa) 9:42.62.

400m IH: 1. Derek Pye (SB St) 53.84, 2. Doug Conner (LB St) 55.03, 3. B. Lewis (SD Mesa) 55.23.

10,000m: 1. Dave Shumaker (LB St) 30:45.65, 2. Rob Ladner (SDSU) 31:29.34, 3. Rick Penman (PLNC) 31:31.54.

800m: 1. Robert Keter (PLNC) 1:51.00, 2. Seth Serrano (Triton) 1:51.04, 3. Rodger Chagnon (Unat.) 1:51.37.

3000m: 1. Jose Luis Barbosa (Brazil) 8:06.10, 2. Thom Hunt (USA) 8:06.98, 3. Harold Kuphaldt (AIA) 8:08.25.

110m H: 1. Derek Pye (LB St) 14.26, 2. Ed Reilly (Unat.) 14.38, 3. Jason Ricker (LB St) 14.44.

400m: 1. Tim Williams (SDTC) 47.29, 2. Floyd Barco (SDSU) 47.30, 3. Darren Huston (SDSU) 47.69.

4x100 Relay: 1. Unat. (Jeff Williams Team) 41.59, 2. San Diego CC 42.20, 3. San Diego State 43.32.

1500m: 1. Francis O'Neil (LBCC) 3:53.14, 2. Paulo Bormualdo (Brazil) 3:53.93, 3. Gilmar Santos (Brazil) 3:54.38.

100m: 1. Jeff Williams (Unat.) 10.49, 2. Tim Williams (SDTC) 10.66, 3. Ed Reilly (Unat.) 10.85.

5000m: 1. Matt Clayton (Nike) 14:26.56, 2. Rich Brownsburger (Jamul) 14:26.71, 3. Deminter (Unat.) 14:40.65.

4x400m Relay: 1. San Diego State 3:13.55, 2. San Diego Mesa 3:17.77, 3. Point Loma Nazarene College 3:18.22.

Women's Open Results

400m IH: 1. Shannon Proffer (SDSU) 1:04.01, 2. Jennifer Jagielski (UCSD) 1:07.24, 3. Maddy Liseblad (PLNC) 1:07.99.

800m (Race 1): 1. Melissa Mabe (PLNC) 2:22.67, 2. Becky Taylor (SDSU) 2:23.26, 3. Viviana Reza (UCSD) 2:23.75. (Race 2): 1. Anette Ronnerman (PLNC) 2:13.93, 2. Wendy Petersen (SDSU) 2:15.18, 3. Jeanine Crain (UCLA) 2:15.86.

100m H: 1. Andrea Lee (UCLA) 14.56, 2. Sheila Burrell (UCLA) 14.96, 3. Tasha Turner (UCLA) 15.41.

400m: 1. Glenda Smith (UCLA) 57.71, 2. Shannon Proffer (SDSU) 59.02, 3. S. Freeman (SD Mesa) 1:00.16.

1500m: 1. Sally Sauer (PLNC) 4:47.06, 2. Marisa Cardella (UCLA) 4:47.83, 3. Michelle Marsh (SDSU) 4:59.08.

100m: 1. S. Epps (SD Mesa) 12.47, 2. Felicia Howard (Unat.) 12.54, 3. Erica Prodano-ovich (SDSU) 12.67.

Women's Invitational Results

Triple Jump: 1. Althea Moses (UCLA) 38-11, 2. Lyn Parker (LB St) 36-4, 3. Anna Marks (PLNC) 36-3.

Hammer: 1. Shelly Squibb (Unat.) 123-3, 2. Heather Hendricks (SD Mesa) 114-5.

Javelin: 1. Louise Joubert (SDSU) 139-4.

RESULTS

2. Amy Ice (LB St) 131-11, 3. Linda Standing (SDSU) 123-8.

Shot Put: 1. Christy Ward (UCLA) 45-4 1/2, 2. Jenni Whelchel (UCLA) 44-8, 3. Anderson (SD Mesa) 43-0 1/2.

Long Jump: 1. Amber Thompson (LB St) 18-5 1/4, 2. Sheila Burrell (UCLA) 17-10, 3. Vicki Foad (LB St) 17-7 1/2.

Discus: 1. Tracie Millett (UCLA) 184-1, 2. Dawn Dumble (UCLA) 176-10, 3. Melissa Weis (UCLA) 158-8.

High Jump: 1. Lisa Coleman (UCLA) 5-7, 2. Maria Runyan (SDSU) 5-7.

3000m: 1. Polly Plummer (Unat.) 9:52.16, 2. Carol Keller (Nike Cst) 9:59.96, 3. Annie Seawright (Nike Cst) 10:13.55.

400m IH: 1. Erica Prodanovich (SDSU) 1:00.90, 2. C. Tyson (SD Mesa) 1:04.11, 3. Janie Ballesteros (LB St) 1:05.20.

800m: 1. Becky Spies (Unat.) 2:11.05, 2. Chris Morgan (LB St) 2:11.80, 3. Glenda Smith (UCLA) 2:12.42.

5000m: 1. Laura Cattivera (Unat.) 16:45.40, 2. Jen Ashe (UCLA) 17:39.79, 3. Laurie Andeen (UCLA) 17:57.80.

100m H: 1. Jeanine Vickers (UCLA) 13.3ht, 2. Daria Vaughn (SDSU) 13.57, 3. Tanya Sedwick (UCLA) 13.71.

400m: 1. Marsha Guillo (Unat.) 56.31, 2. Karen Nilson (SDTC) 57.58, 3. Margo Grant (LA Merc.) 58.53.

4x100: 1. UCLA 45.55, 2. PLNC 51.95.

1500m: 1. Debbie Marshall (USA) 4:31.75, 2. Chris Morgan (LB St) 4:35.10, 3. Wendy Peterson (SDSU) 4:35.67.

100m: 1. Daria Vaughn (SDSU) 11.90, 2. Angela Burnham (UCLA) 12.00, 3. Margo Grant (Unat.) 12.34.

4x400: 1. UCLA 3:41.36, 2. LB St 3:59.30, 3. SD Mesa 4:01.55.

Long Beach Relays

March 2. CS Long Beach.

Men's Results

5000m: 1. Gonzales (LB) 14:46.10, 110m HH: 1. Lacy (El Camino) 14.66, 2. Dowdell (Taft) 15.00, 3. Wade (Grossmont) 15.00.

400m IH: 1. Lacy (El Camino) 39.19, 2. Gibson (Long Beach) 53.20, 3. Black (El Camino) 54.90, 4. Lewis (SD Mesa) 55.01.

3000m SC: 1. Arias (Compton) 9:20.37.

400 Relay: 1. Taft 40.8, 2. El Camino 41.3, 3. Cerritos 41.5, 4. Long Beach 41.6.

800 Relay: 1. Taft 1:26.04, 2. Taft "B" 1:28.86, 3. San Diego 1:30.94, 1600 Relay: 1. Long Beach 3:14.69, 2. Taft 3:16.53, 3. SD Mesa 3:16.57, 4. El Camino 3:16.98.

3200 Relay: 1. Long Beach 7:50.43, 2. Sequoias 8:00.34, 6400 Relay: 1. El Camino 17:53.05, 2. Sequoias 18:09.02.

Sprint Medley: 1. Taft 3:31.02, 2. Long Beach 3:31.52, 3. El Camino College 3:33.19.

Distance Medley: 1. Long Beach 10:14.95, 2. El Camino 10:20.99.

HJ: 1. Powell (Taft) 6-10 3/4, 2. Nelson (LB) 6-10 3/4, 3. Blake (SDCC) 6-8 3/4, 4. Thomas (Long Beach) 6-8 3/4. **PV:** 1. Tapia (East LA) 14-8. **LJ:** 1. Scott (LB) 23-0 3/4, 2. Jones (Sequoias) 23-0 1/2. **TJ:** 1. Bush (LB) 50-3 1/2, 2. Scott (LB) 49-2 1/4, 3. Cummings (Cerritos) 47-6. **SP:** 1. Wiley

(Fullerton) 52-11 1/2. **HT:** 1. Wright (SD Mesa) 167-4, 2. Hezich (SD Mesa) 166-4, 3. Wiley (Fullerton) 158-2, 4. Halston (SD Mesa) 153-2. **DT:** 1. Cummings (SD Mesa) 159-1, 2. Moore (Taft) 154-3, 3. Powell (Sequoias) 151-8. **JT:** 1. Powell (Sequoias) 191-4, 2. Cummings (SD Mesa) 185-5.

Women's Results

3000m: 1. Weller (Sequoias) 10:47.10. **100m H:** 1. Armstrong (Taft) 14.44. **400m H:** 1. Tyson (SD Mesa) 1:06.34. **400 Relay:** 1. Taft 48.93, 2. El Camino 49.36. **800 Relay:** 1. El Camino 3:52.81, 2. Taft 3:53.87.

3200 Relay: 1. El Camino Real 9:44.86.

Sprint Medley: 1. El Camino 1:46.54. **Distance Medley:** 1. El Camino 12:43.06. **LJ:** 1. Holmes (El Camino) 17-8 1/4. **SP:** 1. Anderson (SD Mesa) 42-11, 2. Misa (SD Mesa) 40-3 1/2. **TJ:** 1. Holmes (El Camino) 35-11 1/4. **DT:** 1. Misa (SD Mesa) 138-5.

March 3. CS Long Beach.

Men's Results

5000m: 1. LaPlant (Tk West) 14:46.26. **110m HH:** 1. Reading (Nike Texas) 13.92, 2. Andrade (SoCal Cheetahs) 13.97, 3. Joyner (Flo-Jo) 14.17, 4. Conner (CSLB) 14.49, 5. Pye (CSLB) 14.52, 6. Ricker (CSLB) 14.70.

400m IH: 1. Guss (Nike Cst) 51.84. **3000m SC:** 1. Ashford (LBTC) 9:01.84.

400 Relay: 1. USC 40.07. **1600 Relay:** 1. USC 3:08.79. **800 Relay:** 1. UC Irvine 1:26.47, 2. CS Long Beach 1:27.35, 3. CS Bakersfield 1:27.59. **3200 Relay:** 1. UC Santa Barbara 7:48.41, 2. Claremont-Mudd 7:59.64. **6400 Relay:** 1. UCLA 17:09.23. **Sprint Medley:** 1. CS Bakersfield 3:26.65, 2. CS Long Beach 3:27.56. **Distance Medley:** 1. UC Irvine 10:06.98.

HJ: 1. Conroy (UCSB) 7-3, 2. Thompson (Unat.) 6-10 3/4. **PV:** 1. White (NYAC) 16-7 1/2, 2. Borick (UCLA) 16-7 1/2, 3. Lehman (USC) 16-1 3/4, 4. Slocum (Unat.) 16-1 3/4. **LJ:** 1. Farmer (UC) 23-0. **TJ:** 1. Henderson (CS Fullerton) 46-9. **SP:** 1. Wenj (Unat.) 64-5, 2. Bergreen (UCLA) 59-11 3/4, 3. McDaniel (Unat.) 58-2, 4. Bailey (UCLA) 55-11. **DT:** 1. Blutreich (Unat.) 194-5, 2. Godina (Westwood TC) 179-2, 3. Sheaffer (UCSB) 169-5, 4. Rose (USM) 169-0, 5. E. Johnson (Unat.) 168-11, 6. Danowski (CSN) 167-11, 7. Hodel (Westwood TC) 164-4. **HT:** 1. Youngberg (CSN) 176-0, 2. Hodel (Westwood TC) 174-1. **JT:** 1. E. Smith (Unat.) 226-1, 2. Collatz (Unat.) 218-8, 3. Noel (CSN) 214-7, 4. Vasquez (CS Fullerton) 205-3.

Women's Results

3000m: 1. Stirling (UCI) 9:57.91. **5000m:** 1. Morgan (CSLB) 17:12.06. **100m H:** 1. Lipscomb (USC) 14.35w, 2. Golden (CS Bakersfield) 14.50, 3. Young (CSN) 14.52, 4. Dietz (USC) 14.53. **400m H:** 1. Ballesteros (CSLB) 64.06.

400 Relay: 1. USC 46.02, 2. CS Northridge 47.01. **800 Relay:** 1. CS Northridge 1:41.22, 2. UC Irvine 1:41.97. **1600 Relay:** 1. USC 3:54.10. **3200 Relay:** 1. Track West 9:10.86. **6400 Relay:** 1. UC Irvine 20:09.18, 2. UC Irvine "B" 20:45.70. **800 Medley:** 1. CS Northridge 1:45.71, 2. CS Fullerton 1:47.37. **Distance Medley:** 1. Track West 11:36.86.

HJ: 1. Look-Jaeger (Nike Cst) 5-11 1/2, 2. Coleman (UCLA) 5-9 3/4, 3. Carrasco (USC) 5-7 3/4. **LJ:** 1. Williams (Nike Cst) 19-6 1/4, 2. Sedwick (UCLA) 18-11 1/2, 3. Veltman (UC Irvine) 18-11 1/2. **TJ:** 1. Pile (Unat.) 39-9 1/4, 2. Connor (CSN) 39-9 1/4, 3. Lynch (CSN) 38-9. **SP:** 1. Pagel (Mazda) 56-7 1/2, 2. Millett (UCLA) 53-4 1/4, 3. Dumble (UCLA) 50-11, 4. Weis (UCLA) 50-0 3/4, 5. Corley (Unat.) 49-4 1/4, 6. Brown (Unat.) 48-7 1/2, 7. Ward (UCLA) 45-7 1/4. **DT:** 1. Millett (UCLA) 178-5, 2. Parker (Unat.) 166-6, 3. Dumble (UCLA) 166-0, 4. Weis (UCLA) 162-1, 5. Franke (USC) 157-4, 6. Ortega (USC) 141-3. **JT:** 1. Selman (USC) 156-11.

Golden State Athletic Conference Championships

March 16. Azusa Pacific University.

Men's Results

Hammer: 1. Ryan McCann (APU) 186-3, 2. Pat Mair (APU) 160-7, 3. Karl Song (PLNC) 158-2.

10,000m: 1. Rick Penman (PLNC) 31:58, 2. Scott Lardner (PLC) 32:39, 3. Gus Arce (PLNC) 33:05.

4x100: 1. Point Loma Nazarene 43.15, 2. Fresno Pacific 43.42, 3. Azusa Pacific 44.23.

Steepchase: 1. Monte Mickley (WC) 9:39.75, 2. Rick Penman (PLNC) 9:57.29, 3. Justin Snook (APU) 10:29.9.

Discus: 1. Ryan McCann (APU) 158-5, 2. Pat Mair (APU) 143-8, 3. Justin Dudek (APU) 136-2.

Long Jump: 1. Benjamin Koech (APU) 23-10 1/4, 2. C. Andreasson (PLNC) 21-11, 3. Joey Ellis (FPC) 21-6.

4x800: 1. Point Loma Nazarene 7:51.40, 2. Fresno Pacific 7:55.03, 3. Azusa Pacific 8:05.04.

110m HH: 1. Darius Smith (APU) 15.18, 2. Tom Raper (CCI) 15.88, 3. David Reidhav (PLNC) 16.02.

100m: 1. Michael Silander (PLC) 10.84, 2. John Toro (PLNC) 11.22, 3. Michael Griffin (FPC) 11.35.

400m IH: 1. Darius Smith (APU) 54.71, 2. Kevin Schaffer (APU) 58.23, 3. Jeff Rockholt (FPC) 1:01.15.

Shot Put: 1. Jason Wyatt (APU) 50-2, 2. Ryan McCann (APU) 44-0, 3. Pat Mair (APU) 43-10 1/2.

Sprint Medley: 1. Point Loma Nazarene 3:29.4, 2. Azusa Pacific 3:30.73, 3. Fresno Pacific 3:41.50.

Pole Vault: 1. Eric Whitcomb (APU) 15-6, 2. Dave LeMay (APU) 13-0, 3. Chris Aubuchon (WC) 12-0.

Distance Medley: 1. Point Loma Nazarene 10:27.53, 2. Fresno Pacific 10:31.38, 3. Azusa Pacific 10:31.53.

4x400: 1. Azusa Pacific 3:18.35, 2. Fresno Pacific 3:22.69, 3. Westmont 3:43.78.

High Jump: 1. David Walker (APU) 6-8, 2. Ben Beal (APU) 6-8, 3. Christian Andreasson (PL) 6-4.

Javelin: 1. Christian Andreasson (PL) 178-

4, 2. Doug Hume (APU) 169-6 1/2, 3. David Reidhav (PLNC) 165-4.

Triple Jump: 1. Benjamin Koech (APU) 51-3 1/2, 2. C. Andreasson (PL) 49-5 1/2, 3. Joey Ellis (FPC) 46-2.

Team Scores: 1. Azusa Pacific 148, 2. Point Loma Nazarene 104, 3. Fresno Pacific 89, 4. Westmont 28, 5. Christ College 9.

Women's Results

Long Jump: 1. Anna Mark (PLNC) 17-3, 2. Jennifer Ponder (APU) 16-10, 3. Alicia Harasty (PLNC) 16-4.

10,000: 1. Sonja Weir (APU) 38:40.36, 2. Kim Njoroge (APU) 42:01.77, 3. Kim McIlwain (APU) 45:24.90.

4x100: 1. Point Loma Nazarene 51.55, 2. Christ-Irvine 54.36.

Javelin: 1. Debbie Malachowski (APU) 128-3, 2. Alicia Harasty (PLC) 125-0, 3. Julie Daffern (APU) 120-1.

3000m: 1. Genevieve Graft (CCI) 10:19.42, 2. Jenee Ellis (APU) 10:20.98, 3. Vanessa Couch (PLNC) 10:21.34.

100m H: 1. Alicia Harasty (PLNC) 15.98, 2. Anna Mark (PLNC) 16.29, 3. Julie Hopkins (WC) 16.87.

High Jump: 1. Latrese Johnson (APU) 6-0, 2. Anette Ronnerman (PLN) 5-0, 3. Moyha Lytle (APU) 4-10.

4x800: 1. Point Loma Nazarene 9:52.48, 2. Azusa Pacific 10:30.24.

100m: 1. Kim Petway (APU) 12.74, 2. Amina Sloan (PLNC) 13.08, 3. Teresa Horteland (APU) 13.12.

400m H: 1. Kim Petway (APU) 1:07.50, 2. Anna Mark (PLNC) 1:08.35, 3. M. Liseblad (PLNC) 1:09.29.

Sprint Medley: 1. Azusa Pacific 1:50.11, 2. Point Loma Nazarene 1:51.76, 3. Christ-Irvine 1:58.58.

Discus: 1. D. Malachowski (APU) 148-1, 2. Tracy Meadore (FPC) 131-4, 3. Diane Van Leeuwen (APU) 131-3.

Triple Jump: 1. Anna Mark (PLNC) 36-4 1/4, 2. Alicia Harasty (PLNC) 34-3 1/4, 3. Jennifer Ponder (APU) 33-1 1/4.

Distance Medley: 1. Azusa Pacific 12:35.22, 2. Westmont 12:35.81, 3. Point Loma Naz 12:40.81.

4x400: 1. Point Loma 4:01.4, 2. Azusa Pacific 4:03.03, 3. Christ-Irvine 4:32.15.

Shot Put: 1. Deb Malachowski (APU) 39-7 3/4, 2. Monica DeKoster (PL) 39-6 3/4, 3. Mary Guinan (PLNC) 38-10 1/2.

Team Scores: 1. Point Loma Nazarene 134, 2. Azusa Pacific 128, 3. Christ College 27, 4. Westmont 26, 5. Fresno Pacific 14, 6. Southern Calif. College 1.

College Track Meet

March 16. UC Irvine Track Stadium.

Men's Results

100m: 1. Dustin James (UCI) 10.79, 2. Rande Ross (CSH) 10.81, 3. Mike Ealy (C) 10.84.

200m: 1. Rande Ross (C) 22.60, 2. Walter Harris (C) 22.06, 3. Jake Brown (USU) 22.10.

400m: 1. Will Scope (UCI) 47.68, 2. Matt Stowell (USU) 48.20, 3. Ryan Chaplinski (C) 49.22.

RESULTS

600m: 1. Scott Butterfield (USU) 1:53.89, 2. Matt Daniels (C) 1:54.32, 3. Rob Cunningham (C) 1:54.98.

1500m: 1. Mike Dear (USU) 3:53.27, 2. Jim Geerlings (UCI) 3:55.15, 3. Mike Nielsen (UCI) 3:56.03.

3000m Steeplechase: 1. Brad Barton (WS) 8:48.45, 2. Bob Durtschl (WS) 8:49.39, 3. Brett Hill (USU) 8:52.39.

5000m: 1. Mike Dear (USU) 14:36.59, 2. Bryan DeVries (WS) 14:38.69, 3. Deron Scott (USU) 14:39.42.

110m HH: 1. Terry Kealamakia (WS) 14.95, 2. Stephen King (UCI) 15.02, 3. Jim Stone (WS) 15.36.

400m IH: 1. Terry Kealamakia (WS) 53.9, 2. Jim Stone (WS) 54.1, 3. Tim Shields (UCI) 54.2.

400m Relay: 1. RTI Speed Club 41.24, 2. UCI 41.25, 3. Utah State 41.77.

1600m Relay: 1. Utah State 3:15.76, 2. Cal State Hayward 3:20.51, 3. UCI "B" 3:20.84.

High Jump: 1. Kevin Asch (CSH) 6-9 1/2, 2. Matt Farmer (UCI) 6-7 1/2, 3. Sam Garfield (WS) 6-7 1/2.

Long Jump: 1. Matt Farmer (UCI) 23-10, 2. Jim Stone (WS) 23-0 3/4, 3. Cory Conruff (UCI) 22-2 1/4.

Triple Jump: 1. Matt Farmer (UCI) 47-4 1/2, 2. Dan Bugay (C) 47-1 3/4, 3. Joe Salowey (C) 45-1 3/4.

Javelin: 1. John Sayer (Unat.) 196-0, 2. Corey Fleck (CSH) 193-0, 3. David Cudworth (CSH) 176-4.

Hammer: 1. Mike Morales (Unat.) 206-8, 2. Craig Carter (USU) 200-5, 3. Aaron Crosby (C) 176-0.

Shot Put: 1. Jan Langeveld (Unat.) 55-3, 2. Tony Smiderle (CSH) 54-10 1/4, 3. Shaun Pickering (Unat.) 54-8.

Pole Vault: 1. Scott Hanes (USU) 15-5, 2. Marvis Haley (CSH) 15-5, 3. Mike Hewitt (UCI) 15-5.

Discus: 1. Shaun Pickering (Unat.) 161-3, 2. Craig Carter (USU) 157-10, 3. Daley Thompson (Unat.) 144-3.

Team Scores: 1. UC Irvine 164, 2. Utah State 142, 3. Cal State Hayward 107, 4. Cornell 91, 5. Weber State 89.

Women's Results

100m: 1. Stacy Clack (UT) 11.82, 2. Crystal Braddock (UT) 12.02, 3. (tie) Desiree Bracey (UCI) and Tamela Saldona (UT) 12.10.

200m: 1. Stacy Clack (UT) 24.23, 2. Crystal Braddock (UT) 24.62, 3. Desiree Bracey (UCI) 25.06.

400m: 1. Shelly Tochlik (UCI) 56.12, 2. Michelle Williams (UT) 57.04, 3. Carolyn Griffin (UCI) 58.45.

800m: 1. Barbara Selkridge (UT) 2:12.16, 2. Buffy Rabbitt (UCI) 2:12.95, 3. Rayna Cervantes (UCI) 2:14.23.

1500m: 1. Stephanie Best (C) 4:24.46, 2. Buffy Rabbitt (UCI) 4:27.19, 3. Loren Mooney (C) 4:29.46.

3000m: 1. Debbie Howard (WS) 10:04.97, 2. Sita Jones (UCI) 10:06.35, 3. Brigid Stirling (UCI) 10:08.28.

5000m: 1. Traci Goodrich (UCI) 17:10.77, 2. Cindy Reeder (WS) 17:19.76, 3. Caroline

Plier (UCI) 17:25.42.

100m H: 1. Tamika Francis (UT) 14.06, 2. Julie Wojcik (C) 14.87, 3. Agneca Weston (USU) 15.26.

400m IH: 1. Kelle Bryant (UT) 1:02.23, 2. Elizabeth Kealamakia (WS) 1:02.32, 3. Amy Lutz (USU) 1:02.38.

400m Relay: 1. Texas 46.04, 2. UCI "A" 47.45, 3. Utah State 48.45.

1600m Relay: 1. Texas "A" 3:48.20, 2. UCI "A" 3:54.31, 3. Texas "B" 3:54.69.

High Jump: 1. Agneta Weston (USU) 5-7, 2. Amanda Hopkins (USU) 5-5, 3. Kathy Robinson (USU) 5-3.

Long Jump: 1. Cynthia Rhodes (UT) 19-8 1/2, 2. Laura Kersting (C) 19-7, 3. Lateresa Wilson (UT) 19-0.

Triple Jump: 1. Elizabeth Kealamakia (WS) 39-1 3/4, 2. Jenny Golden (USU) 38-2 1/4, 3. Renata Brandy (C) 35-5 3/4.

Javelin: 1. Colleen Durham (C) 126-10, 2. Telisa Young (UT) 121-8, 3. Kristi Kaufmann (UCI) 119-2.

Hammer (non-scoring): 1. Sarah Andrews (UCI) 120-6, 2. Amy Brod (C) 114-4.

Discus: 1. Eileen Vanisi (UT) 148-2, 2. Siva Barnwell (UT) 142-3, 3. Erika Green (C) 132-10.

Shot Put: 1. Eileen Vanisi (UT) 50-0 3/4, 2. Gia Williams (UT) 43-2 1/4, 3. Julie Hibbard (USU) 41-10.

Team Scores: 1. Texas 178, 2. UC Irvine 140, 3. Cornell 73, 4. Utah State 71, 5. Weber State 41, 6. Texas Tech 22.

Three-Way Field Meet (UCLA, Fresno State, Texas)

March 16. Drake Stadium.

Men's Results

Hammer: 1. Bergreen (UCLA) 201-1, 2. Kellogg (FSU) 175-5, 3. Bailey (UCLA) 161-6.

Javelin: 1. Bunevacz (UCLA) 238-4, 2. Poole (Texas) 226-3, 3. Stucky (Texas) 221-10.

Shot Put: 1. Berggreen (UCLA) 60-8 3/4, 2. Wilson (Texas) 59-8 1/2, 3. UCLA 56-6.

Long Jump: 1. Anderson (UCLA) 25-10, 2. Phillips (Texas) 24-6 1/4, 3. Scott (Texas) 24-5 3/4.

Pole Vault: 1. Miller (Texas) 16-6 3/4, 2. Boirick (UCLA) 16-6 3/4, 3. Smith (Texas) 16-0 3/4.

High Jump: 1. Jones (Texas) 6-10 3/4, 2. Wilson (UCLA) 6-10 3/4, 3. Spratling (FSU) 6-10 3/4.

Discus: 1. Condon (Texas) 175-1, 2. Presser (UCLA) 169-7, 3. Pollack (Texas) 166-5.

Triple Jump: 1. Scott (Texas) 54-2 3/4, 2. Anderson (UCLA) 50-4, 3. Mitchell (Texas) 48-8 3/4.

400 Relay: 1. Texas (Hall, Davis, Ramirez, Ladejo) 40.3, 2. UCLA (Beck, Dinkins, Baker, Miller) 40.7, 3. FSU (Morrison, Flewellan, Morgan, Carter) 41.6.

5000m SC: 1. McGhie (FSU) 8:55.46, 2. Sisson (Texas) 9:05.22, 3. Vela (Texas) 9:10.90.

1500m: 1. Abbott (FSU) 3:49.69, 2. Sabra (UCLA) 3:49.8, 3. Robbins (UCLA) 3:50.11.

110m HH: 1. Kellman (Texas) 14.2, 2. Baker (FSU) 14.9, 3. Henderson (UCLA) 15.0.

400m: 1. Ladejo (Texas) 46.97, 2. Stevenson (UCLA) 47.04, 3. Williams (UCLA) 47.99.

100m: 1. Miller (UCLA) 10.3, 2. Hall (Texas) 10.3, 3. Davis (Texas) 10.4.

Women's Results

Javelin: 1. Weis (UCLA) 156-9, 2. Bitter (FSU) 154-2, 3. Carroll (FSU) 150-11.

High Jump: 1. Coleman (UCLA) 5-6, 2. Rooster (FSU) 5-4 1/2, 3. McKeighen (FSU) 5-4 1/2.

Shot Put: 1. Dumble (UCLA) 52-11 1/2, 2. Weis (UCLA) 50-4, 3. Whelchel (UCLA) 47-2 1/2.

Triple Jump: 1. Moses (UCLA) 38-5, 2. Diddy (FSU) 37-10 1/2w, 3. Lyles (FSU) 36-7.

Long Jump: 1. Sedwick (UCLA) 20-3 1/2w, 2. Diddy (FSU) 18-1 1/4, 3. Cesh (FSU) 17-10 1/2.

Discus: 1. Millett (UCLA) 173-1, 2. Weis (UCLA) 168-11, 3. Dumble (UCLA) 162-5.

3000m: 1. Amster (FSU) 9:57, 2. Verke (FSU) 10:03.1, 3. Ashe (UCLA) 10:06.6.

400m Relay: 1. UCLA (Sedwick, Vickers, Lee, Burnham) 45.1, 2. FSU (Missick, Hunter, Dooley, Davis) 46.8.

1500: 1. Hecox (UCLA) 4:40.47, 2. Gardella (UCLA) 4:44.75, 3. Quevedo (FSU) 4:49.97.

100m IH: 1. Missick (FSU) 14.25, 2. Lee (UCLA) 14.88, 3. Simmons (FSU) 15.3.

400m: 1. Dooley (FSU) 55.08, 2. Marvin (UCLA) 57.19, 3. Cesh (FSU) 59.52.

100m: 1. Vickers (UCLA) 11.61, 2. Burnham (UCLA) 11.89, 3. Hunter (FSU) 12.13.

800m: 1. Lieder (FSU) 2:10.28, 2. Smith (UCLA) 2:11.89, 3. Cohon (FSU) 2:14.29.

400m H: 1. Simmons (FSU) 1:02.69, 2. Missick (FSU) 1:04.51, 3. Marvin (UCLA) 1:04.79.

3-Way Meet (UCI, CPSLO, UCB)

Irvine.

Men's Results

100m: 1. James (UCI) 10.83, 200m: 1. Reynolds (UCI) 22.44, 400m: 1. Watts (USC) 47.74, 800m: 1. Halazynski (CPSLO) 1:53.49, 1500m: 1. S. Hempel (CPSLO) 3:53.11, 5000m: 1. Sloan (USC) 14:36.34, 2. M. Hempel (CPSLO) 14:37.69, 3. Parrott (CPSLO) 14:38.39, 4. Fedoroff (CPSLO) 14:38.74, 5. Ayers (UCI) 14:39.85, 6. Beudet (USC) 14:40.67.

110m HH: 1. Herpin (USC) 14.54, 400m IH: 1. Shields (UCI) 54.83, 3000m SC: 1. Freeborn (UCSB) 9:08.71, 2. MacMillan (UCSB) 9:11.92, 400m Relay: 1. UC Irvine 41.69, HJ: 1. Conroy (UCSB) 7-2 1/2, PV: 1. Horvath (Unat.) 17-1, 2. Hewitt (UCI) 15-1 1/4, LJ: 1. Farmer (UCI) 23-9 1/2, TJ: 1. Farmer (UCI) 48-8, SP: 1. Christofferson (UCSB) 46-4, DT: 1. Sheaffer (UCSB) 156-10, HT: 1. Sheaffer (UCSB) 204-3, JT: 1. Munoz (UCSB) 187-7.

Final Scores:

UC Irvine 88, UC Santa Barbara 75, UC Irvine 104, Cal Poly SLO 55, UC Santa Barbara 110, Cal Poly SLO 42.

Women's Results

100m: 1. Miller (USC) 11.90, 200m: 1. Sheppard (CPSLO) 25.22, 400m: 1. Gualdo (USC) 56.12, 800m: 1. Hand (CPSLO)



MATT HEMPEL

Photo by Bill Leung, Jr.

2:13.84, 1500m: 1. Hand (CPSLO) 4:30.66, 2. Cervantes (UCI) 4:33.45, 3000m: 1. Hyatt (CPSLO) 9:43.35, 2. Goodrich (UCI) 9:51.65, 3. Thatcher (CPSLO) 9:55.12.

5000m: 1. Cattivera (Nike Cst) 16:32.63, 2. Rabbitt (UCI) 16:36.89, 3. Jones (UCI) 17:20.78, 4. Hoffman (CPSLO) 17:20.85, 5. Leichter (CPSLO) 17:31.49, 6. Preato (UCSB) 17:44.89, 100m H: 1. Lipscomb (USC) 14.16, 2. Daetz (USC) 14.45, 400m Relay: 1. USC 46.45, 2. UC Irvine 47.18, 1600m Relay: 1. UC Irvine 3:46.08, 2. USC 3:46.88, 3. Cal Poly SLO 3:53.40.

HJ: 1. Campana (CPSLO) 5-7, **LJ:** 1. Gualido (USC) 20-1 1/2, 2. Veitman (UCI) 19-5 1/2, **TJ:** 1. Gilles (CPSLO) 38-0, **SP:** 1. White (CPSLO) 40-8 3/4, **DT:** 1. Sheaffer (UCSB) 157-2, 2. White (CPSLO) 144-7, **JT:** 1. Sellman (USC) 163-5, 2. Franke

RESULTS

(USC) 156-8, 3. White (CPSLO) 152-6.
Final Scores:
 UC Irvine 109, UC Santa Barbara 35.
 Cal Poly SLO 73, UC Irvine 71.
 Cal Poly SLO 85, UC Santa Barbara 55.

Quadrangular Meet (Stanford / CS Northridge / USC / UC Irvine)

Men's Results

100m: 1. Dunston (CSN) 10.82, 2. Hendrix (CSN) 11.01, 3. Cesar (UCI) 11.17, 4. Reed (CSN) 11.18.
200m: 1. Crampton (S) 21.56, 2. Dunston (CSN) 21.80, 3. Reynolds (UCI) 22.26.
400m: 1. Crampton (S) 47.3, 2. Hickerson (S) 47.3, 3. James (UCI) 48.2, 4. Borquez (USC) 48.9.
800m: 1. Strang (S) 1:52.47, 2. Overstreet (USC) 1:53.17, 3. M. Mastalir (S) 1:53.18, 4. Acetta (S) 1:53.22.
1500m: 1. M. Mastalir (S) 3:46.85, 2. Strang (S) 3:49.27, 3. Acetta (S) 3:51.24, 4. Geerlings (UCI) 3:51.73.
3000m: 1. Scudamore (S) 8:20.79, 2. Stolz (S) 8:20.98, 3. Martin (S) 8:27.12, 4. Sloan (USC) 8:29.78.
110m HH: 1. Jeffries (CSN) 14.1, 2. Herpin (USC) 14.1, 3. (Tie) King (UCI) and Smith (CSN) 15.4.
400m IH: 1. Jeffries (CSN) 54.11, 2. Sha-ben (UCI) 54.77, 3. Shields (UCI) 55.3, 4. Munoz (UCI) 55.78.
400m Relay: 1. USC 39.8, 2. Northridge 40.3, 3. Stanford 42.8.
Mile Relay: 1. USC 3:11.82, 2. Stanford 3:16.29, 3. CS Northridge 3:20.04, 4. UC Irvine 3:21.9.
HJ: 1. (tie) Swanson (CSN) and Bonner (CSN) 6-10 3/4, 3. Sepher (USC) 6-10 3/4, 4. Farmer (UCI) 6-8 3/4.
PV: 1. Marek (S) 16-7 3/4, 2. Klassen (USC) 16-1 3/4, 3. Lehman (USC) 16-1 3/4, 4. Hewitt (UCI) 15-1 3/4.
LJ: 1. Hickerson (S) 24-1 3/4, 2. Farmer (UCI) 24-1, 3. Calomesev (S) 23-2 1/2, 4. Michaelian (USC) 23-0 1/2.
TJ: 1. Calomesev (S) 45-6 1/2, 2. Hickerson (S) 45-2 1/2, 3. Liang (CSN) 43-1 1/2, 3. Pence (UCI) 42-8 3/4.
SP: 1. Dunn (CSN) 50-9 1/4, 2. Viera (CSN) 50-7 1/2, 3. Stowell (S) 48-4 1/2, 4. Youngberg (CSN) 48-2 1/2.
DT: 1. Fowler (S) 163-10, 2. Stowell (S) 160-1, 3. Danowsky (CSN) 156-10, 4. Kar-sevar (S) 149-2.
Hammer: 1. Viera (CSN) 189-10, 2. Youngberg (CSN) 176-8, 3. Popejoy (S) 168-1, 4. Gallagher (CSN) 163-9.
JT: 1. Noel (CSN) 216-3, 2. Camillo (CSN) 211-9, 3. Farmer (UCI) 172-4, 4. Thomas (USC) 163-8.

Women's Results

100m: 1. Gaines (S) 11.65, 2. Vines (CSN) 12.04, 3. Bracey (UCI) 12.46, 4. Polk (CSN) 12.50.
200m: 1. Gaines (S) 23.96, 2. Grey (USC) 24.50, 3. Jones (USC) 24.80, 4. Vines (CSN) 25.50.
400m: 1. Tochluk (UCI) 55.17, 2. Oliver (S) 55.21, 3. McPherson-Taylor (CSN) 55.50,

4. Gualdo (USC) 56.21.
800m: 1. Black (S) 2:12.26, 2. Heifter (S) 2:13.51, 3. Cervantes (UCI) 2:16.45, 4. Boudreau (USC) 2:17.87.
1500m: 1. Rabbitt (UCI) 4:23.48, 2. Black (S) 4:30.20, 3. Cervantes (UCI) 4:31.96, 4. Samson (UCI) 4:42.62.
3000m: 1. Rabbitt (UCI) 9:39.06, 2. Black (S) 10:05.24, 3. Goodrich (UCI) 10:08.30, 4. Jones (UCI) 10:11.06.
5000m: 1. Goodrich (UCI) 17:35.3, 2. Stir-

TJ: 1. Edwards (S) 40-10 1/2, 2. Conner (CSN) 40-6 1/4, 3. McCullough (CSN) 40-1 1/2, 4. Lynch (CSN) 39-4.
SP: 1. Malueg (S) 45-10 1/2, 2. Templeton (S) 36-9 3/4, 3. Selman (USC) 36-2 1/4, 3. Odita (S) 35-6 1/2.
DT: 1. Malueg (S) 150-9, 2. Ortega (USC) 149-8, 3. Franke (USC) 148-8, 4. Andrews (UCI) 133-4.
JT: 1. Selman (USC) 153-10, 2. Franke (USC) 145-11, 3. Dunn (USC) 125-9, 4.

(Unat.) 8:57.3.

400m Relay: 1. Stars & Stripes 40.88, 2. No Name Available 41.31, 3. UCLA "B" 41.82. **Sprint Medley:** 1. UCLA 3:26.34, 2. UCLA "B" 3:26.96.

HJ: 1. Wilson (UCLA) 7-0 1/2, 2. McCleery (CSLA) 6-10 3/4, 3. Crumby (Unat.) 6-10 3/4. **PV:** 1. Parker (Unat.) 16-4 3/4. **LJ:** 1. Baker (UCLA) 24-6 1/4. **SP:** 1. Bailey (UCLA) 55-0 1/4. **DT:** Blutreich (New York AC) 193-4, 2. Godena (Westwood



ASHLEY BLACK (left) and BUFFY RABBITT

Photo by Bill Leung, Jr.



DAVE SCUDAMORE (left) and GARY STOLZ

Photo by Bill Leung, Jr.

ling (UCI) 17:36.5, 3. Preado (UCI) 17:36.8, 4. Plier (UCI) 17:38.1.
100m LH: 1. Lipscomb (USC) 14.07, 2. Young (CSN) 14.20, 3. Daetz (USC) 14.65, 4. Odia (S) 14.83.
400m LH: 1. Decoux (USC) 1:00.28, 2. Young (CSN) 1:04.47, 3. Marx (S) 1:04.52, 4. Pooso (S) 1:06.92.
400m Relay: 1. USC 45.3, 2. Stanford 46.0, 3. Northridge 46.1, 4. UC Irvine 49.7.
Mile Relay: 1. Stanford 3:52.24, 2. USC 3:52.39, 3. UC Irvine 3:54.17, 4. CS Northridge 3:57.77.
HJ: 1. Wasson (CSN) 5-7 3/4, 2. Odita (S) 5-7 3/4, 3. Carrasco (USC) 5-5 3/4, 4. Flynn (CSN) 5-5 3/4.
LJ: 1. Gualdo (USC) 20-4 1/2, 2. Edwards (S) 19-9, 3. Hubbard (S) 19-1 1/2, 4. Veltman (UCI) 19-1 1/4.

Templeton (S) 114-7.

Four-Way Scores: 1. Stanford 79, 2. Northridge 67 1/2, 3. USC 27, 4. UC Irvine 21 1/2.
Dual Meet Scores: Northridge 92, USC 60. Stanford 77, Northridge 76. Northridge 95, UC Irvine 58. Stanford 109, USC 43. UC Irvine 88, USC 50. Stanford 105, UC Irvine 49.

Los Angeles Relays

CS Los Angeles.

Men's Results

100m: 1. Johnson (Unat) 10.71, 200m: 1. Johnson (Unat.) 21.37, 2. Wilcox (Unat.) 21.46, 110m HH: 1. Johnson (Unat.) 14.25, 2. McCraney (Unat.) 14.41, 3. Riley (Unat.) 14.56. **3000m Steeplechase:** 1. Ashford

TC) 180-3, 3. E. Johnson (Unat.) 173-2, 4. Presser (UCLA) 170-3. **JT:** 1. Bender (S&S) 231-8, 2. Bonevac (UCLA) 231-7, 3. Doening (Unat.) 219-4, 4. Johnson (UCLA) 207-6, 5. Barnett (UCLA) 205-1.

Women's Results

100m: 1. Inniss (SoCal Cheetahs) 12.07, 100m H: 1. McGee-Hamilton (LBTC) 14.46. **HJ:** 1. Mills (Unat.) 5-8. **LJ:** 1. Ralph (CSLA) 18-1. **DT:** 1. Ortega (USC) 153-7, 2. Phillips (CSLA) 149-3. **JT:** 1. Tyree (Nike Cst) 147-0, 2. MacCotter (CSLA) 141-9, 3. McVey (Unat. Redlands HS) 134-4.

SoCAL DIARY

By Bill Minarik

February 18

The SoCal outdoor track season opened over the week-end with many of the local colleges involved in a multitude of different type meets. In a 4-way scoring affair down at UC Irvine, the Anteater men defeated C/S Bakersfield, U.C.S.D., and Cal Poly Pomona by a 91-50-27-26 count while the UCI women won just as easily 90-52-23-12 over UCSD, CPP and CSB.

The UCLA men and women split their squads with most heading over to the Northern Arizona Invitational while a few stayed home for the UCLA All-Comers Meet. Top marks were posted by Jay Borick 17-4, MacArthur Anderson 25-1-52-2, Eric Bergreen 62-8, David Bunevacz 234-8, Tracy Millett 53-6 1/2, and Dawn Dumble 51-1.

February 25

Multi-team meets were the order of the week for many of the SoCal Institutions, beginning with the Community Colleges where Moorpark sporting one of it's best teams ever, easily outpointed Glendale, West L.A., and Oxnard by a 104-42-25-0 count in the men's meet, and likewise breezed past Glendale, Oxnard and West L.A. 89-24-21-7 in the women's meet.

At Occidental, the Tigers demonstrated why they are odds-on favorites for both SCIAC titles as they breezed through quadruple dual meets with Whittier, CalTech, and Redlands by scores of 129-30, 123-35, and 92-49 in the men's competition and 84-33, 90-31 and 96-1 in the womens. Elsewhere, Cal Poly Pomona's men outran teams from UC San Diego, CS Los Angeles and UC Riverside 182-149-121-65. Up at UC Santa Barbara the Biola men were victorious 73-63-57 over Westmont and Fresno Pacific while the UCSB Ladies were easy 114-57-34-28-7 winners over Westmont, Biola, Fresno Pacific, and Cal Lutheran. At Azusa-Pacific, the A-P men turned back arch-rival Pt. Loma 99-53, however the Pt. Loma women pulled out a 67-63 win over A-P.

The teams which weren't involved in scoring meets were all down at the Long Beach Relays. At that one, teams from UCLA, C/S Northridge, Long Beach CC and Taft CC showed themselves to be potential powerhouses by seasons end.

March 4

As usual around this time of the year, the running scene here shifts from the running track to the streets of Los Angeles as the L.A. Marathon plays host to 20,000 competitors. In past years, this race has been a real nail biter, however this year, pre-meet favorites Mark Plaatjes and Cathy O'Brien both made early moves, reminiscent of Joan Benoit's surge in the 1984 Olympics, and pulled away from the field for good. O'Brien's time of 2:29:38 shattered the course record by close to 3 minutes and also allowed her and partner Ivan Huff, who was 10th in the men's race, to win the "friendship cup" on combined time, and split an additional \$22,500. This event has developed into a very well organized and well covered marathon. The only shortcoming I can see is in the lack of big name male runners. It appears that the race sponsors are going to have to sweeten the pot if they want to lure the prime beef away from Boston and Japan.

Back to the track scene--in a meet that could have been mistaken for the Pan-African Championships, Lubbock Christian won 4 of the 5 distance events on the final day of the men's competition to overtake Azusa-Pacific and win the NAIA Indoor Championships 66-60.

In a local 4-way meet, Stanford defeated Cal State Northridge, USC, and UC Irvine 79-67-27-21 in the men's meet and also took the measure of the women from USC, UCI and Northridge by a 67-49-40-29 score. The USC men while combining for a sizzling 39.8 400 relay time apparently passed on the open sprints which contributed to their low point total. Even so, it looks like Coach Jim Bush's first year as head coach at Troy will be a long one.

On the Prep front, SoCal's two premier performers Marion Jones of Rio Mesa and Deena Drossin of Agoura started their seasons in spectacular fashion with Jones zipping to an 11.61 100 meter time and coming from behind to post 54.4 anchor leg in the sprint medley which brought her team to first. Drossin ran an excellent 10:40.2 in the 3200 which should make her an odds-on favorite for the State title.

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California Track and Cross Country COACHES ALLIANCE

1990-91 Membership Update:

In its second year, the California Track and Cross Country Coaches Alliance continues to expand its scope and involvement in the improvement of our two sports within the state.

Why Should I Join The Coaches Alliance?

The California Track and Cross Country Coaches Alliance is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

Provides a unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns.

Last year the Coaches Alliance was directly involved in helping to create a change in the State Cross Country meet format from three divisions to four.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the Coaches Alliance sponsored clinics in San Francisco and San Diego for California coaches in the month of January.

What Do I Receive For My Membership?

- ✓ Coaches Alliance members will receive monthly editions of *California Track and Running News*, the official publication of the Alliance. Each month members will be kept current with happenings around the state in the Coaches Alliance section of the magazine. Both cross country and track will be covered.
- ✓ Coaches Alliance meetings organized around the state meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.
- ✓ Discounts at the Coaches Alliance sanctioned clinics held in different locations throughout the state. These clinics are:
 1. San Joaquin Coach of the Year Clinic in Fresno.
 2. California Track and Cross Country Coaches Alliance Clinic in San Francisco.
- ✓ Participation in the Reebok Coaches Clinic (co-sponsored by the Coaches Alliance) to be held on the Saturday morning of the California State Track Meet weekend.
- ✓ \$50.00 off on a coach's registration fee at Skyjumpers Vaulting Camps, 1990-1991. Camp good for coaching certification.

If you would like to join, please fill out the following: (Please Print)

Name: _____

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Dues for 1990/91 year (Tax Deductible) \$25.00 Make out to Coaches Alliance

Send To: Dennis McClanahan-Treasurer, Mt. Carmel High School
9550 Carmel Mt. Road, San Diego, Ca. 92128

