

DECEMBER 1993

CALIFORNIA

Track News

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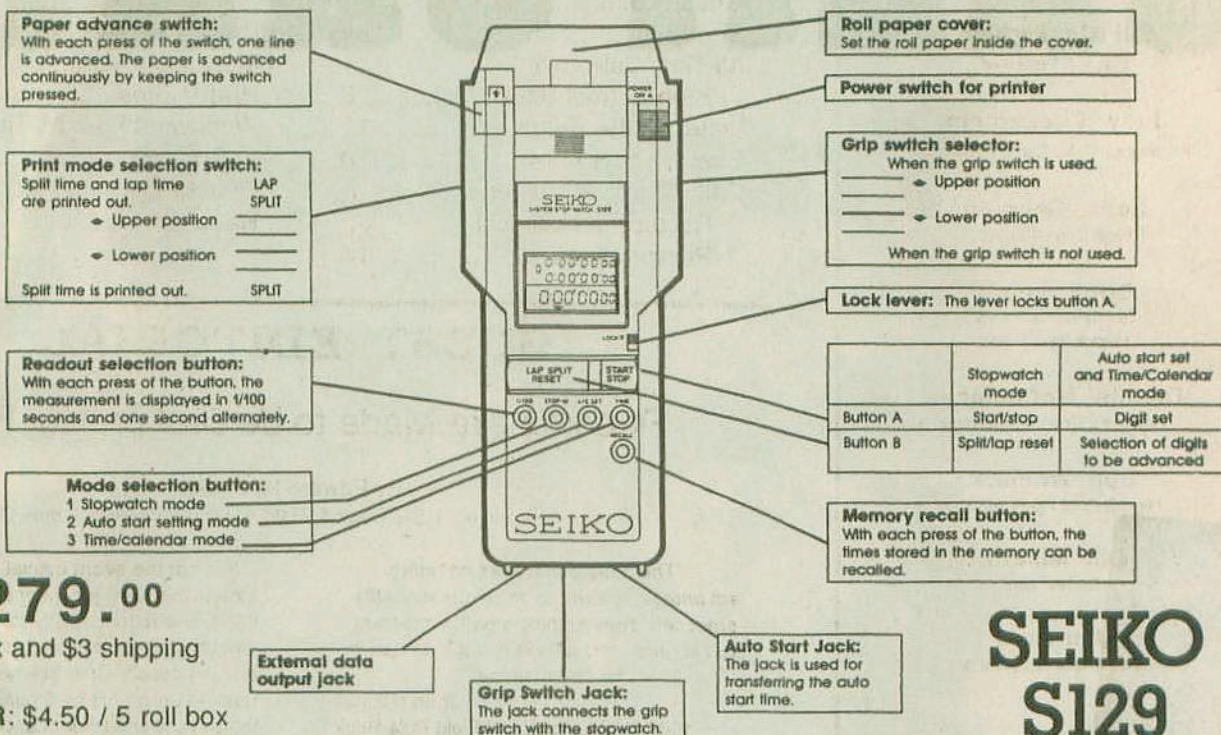
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CALIFORNIA

Track News

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GUEST EDITORIAL

Records Are Made to be Broken Not Rules

By Edward M. Seese

Pacific Association, USA Track & Field, Certified Vertical Jumps Official

"The athlete that asks no unfair advantage, resorts to no unquestionable practices, does nothing small or mean to gain an end. This athlete is a sportsman in the finest sense."

John Mitchell

1986 NCAA Track and Field Rule Book

As I continue my career as a USAT&F certified official, I periodically find myself in conflict with athletes and coaches regarding the athlete's compliance with the rules. I find that these misunderstandings are primarily caused by the athletes' and coaches' lack of knowledge and understanding of the rules and not by an intentional violation of the rules.

The governing bodies of track and field require that officials know and firmly enforce the rules while being objective and courteous. The rule books published by these governing bodies are neither perfect nor complete. The rule books do not cover all unusual situations and, in these cases, the meet referee, not the event official, must make a decision as how to fairly proceed with the competition.

What makes this situation worse is a lack of consistency in the rules published by the various governing bodies. As an athlete advances from high school, to collegiate, to national and finally international level competitions, they find that many of the rules are not the same. It's always distressing when an athlete is eliminated from a competition because they were following the wrong rules.

It is not the event official's job to teach an athlete the rules just prior or during a competition. The responsibility for knowing and understanding the rules rests with the athlete and his coach. Coaches need to establish training programs to ensure that their athletes know and understand the rules.

Coaches and athletes can also be a part of the rule making process. Event officials will welcome questions and suggestions on how to better manage competitions. My officiating specialty is the vertical jumps. I am presently soliciting suggested changes to the vertical jumps rules from athletes and coaches. I believe that we can implement changes that will simplify the vertical jumps rules by virtue of making them more consistent.

Finally, please remember that your event officials are unpaid volunteers who graciously donate their time to officiate your event. Being courteous to them when you question a ruling is very important. Officials are always proud of a competition that provides athletes with the opportunity to excel. Taking the time to thank the event officials for their work is something that keeps them coming back.

For questions or suggestions regarding the vertical jump rules, contact Edward M. Seese, 1144 Holly Street, Alameda, CA 94502-7061 (510) 523-8618, FAX (510) 769-7981.

ON THE COVER: Top three in the Boys Team Sweepstakes race at Mt. SAC -- (left to right) **MATT CREASON** (Eureka, 3rd place), **MATT FARLEY** (Jesuit, 1st) and **BRETT STRAHAN** (Hart, 2nd). Results in this issue.

Photo by Phillip L. Enbody

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

Cross Country

December 4 (Sat)

Fresno. Foot Locker Cross Country Championships Western Regional Qualifier (Formerly Kinney X-C). Woodward Park. 5000 Meters. Contact Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 11 (Sat)

San Diego. Foot Locker Cross Country Championships. Balboa Park.

Track & Field

December 18 (Sat)

Stanford: Throws Series #23. Angel Field, Stanford. All Divisions. 35# Wt., Hammer, Shot, Discus, Javelin. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

1994

January 29 (Sat)

Reno, NV: Silver State Invitational. (Indoor Meet). 6 p.m. Contact Roger Bowen (702) 784-6081.

February 4 (Friday)

New York, NY: Millrose Games. Madison Square Garden. Howard Schmertz, 2428

Kayron Lane, North Bellmore, NY 11710 (212) 455-5555.

February 5 (Sat)

Reno, NV: University of Nevada Bill Cosby Invitational. (Indoors). Contact Roger Bowen (702) 784-6081.

February 12 (Sat)

Reno, NV: University of Nevada Holiday Inn Classic. (Indoors). Contact Roger Bowen (702) 784-6081.

February 13 (Sunday)

Portland, OR: Oregon Indoor Meet. Memorial Coliseum. Paul Banta, 7335 SE 21st St., Portland, OR 97202 (503) 232-0678.

February 18-19 (Fri-Sat)

Pocatello, ID: Simplot Games. Idaho State University. (High School only). 200m banked, board track. Info: Carol Lish 1-800-635-9444.

February 19 (Sat)

Los Angeles: 35th Sunkist Invitational. Los Angeles Sports Arena. 12 noon. Ticket information (213) 741-2164. Special team group sales discounts (310) 278-2030.

March 5 (Sat)

Long Beach: Long Beach Poly Track & Field Invitational. Veteran's Stadium. CIF sanctioned. Info: (310) 591-0581. Meet Director: Charles Clinton.

March 12-13

Syracuse, NY: National Scholastic Championships. Carrier Dome, Syracuse University. Tracy Sundlun, Metropolitan Athletics Congress, 57 Reade St., New York, NY 10007-1821, (212) 227-0071, FAX (212) 227-0756.

April 8 (Fri)

Davis: UC Davis High School Invitational. Contact Jon or Deanne Vochatzer at (916) 752-1111.

April 23 (Sat)

San Mateo: 3rd Annual Half Moon Bay Track Distance Carnival. College of San Mateo campus. 3200, 800, mile, and 1600 relay. Freshmen race freshmen, sophomores race sophomores, etc. Relay open. Info: HMBay

Track, 30 Marie Ct., Half Moon Bay, CA 94019 (415) 726-9043.

College & Open

Track & Field

December 18 (Sat)

Stanford: Stanford Throws Series #23. Angel Field, Stanford. All divisions -- 35# Wt., HT, SP, DT, JT. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

1994

January 22 (Sat)

Fresno. FSU Weight Pentathlon. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

Walnut, Mt. SAC All-Comers.

Reno, NV: Silver State Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

January 29 (Sat)

Reno, NV. Wolf Pack Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

Walnut, Mt. SAC All-Comers.

February 4 (Friday)

New York, NY: Chemical Bank Millrose Games. Madison Square Garden. Howard Schmertz, 2428 Kayron Lane, North Bellmore, NY 11710 (212) 455-5555.

February 5 (Sat)

Bakersfield. Cal State Bakersfield Invitational.

Fresno. Fresno City College All-Comers. Ratcliffe Stadium.

Azusa. McDonald's Cougar Classic.

Reno, NV: Univ. of Nevada/Bill Cosby Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

SCHEDULE

February 12 (Sat)

Reno, NV: Univ. of Nevada/Holiday Inn Classic. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

February 13 (Sunday)

Portland, OR: Oregon Indoor Meet. Memorial Coliseum. Paul Banta, 7335 SE 21st Street, Portland, OR 97202 (503) 232-0678.

February 19 (Sat)

Long Beach. Long Beach Relays.

Los Angeles: 35th Sunkist Invitational. Los Angeles Sports Arena. 12 noon. Ticket Information (213) 741-2164.

Reno, NV: Nevada Classic. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

Colorado Springs, CO. WAC Indoor Championships.

Flagstaff, AZ: Skydome Invitational (indoors). Northern Arizona University. Ron Mann, Track Coach, NAU, Box 15400, Flagstaff, AZ 86011 (602) 523-5646.

February 26 (Sat)

Davis: John Pappa Relays. Contact Jon/Deanne Vochatzer at UC Davis (916) 752-1111.

Reno, NV: Mountain Pacific Sports Federation Championships. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

Flagstaff, AZ: NAU Invitational (indoors). Northern Arizona University. Ron Mann, Track Coach, NAU, Box 15400, Flagstaff, AZ 86011 (602) 523-5646.

March 4-5 (Fri-Sat)

Kansas City, MO. NAIA Indoor Championships. Municipal Auditorium. Doug Sliska, 1221 Baltimore, Kansas City, MO 64105 (918) 494-8828.

Atlanta, GA: USA/Mobil Indoors. Georgia Dome. Heliodoro Rico, PO Box 427, Cruisers, NY 10521 (914) 271-4252.

March 5 (Sat)

Fresno. FSU All-Comers. Warmerdam Field at FSU. 10 a.m. Contact Red Estes (209) 278-4097.

March 11-12 (Fri-Sat)

Indianapolis, IN. NCAA I Indoor Championships. Thomas McLean, USAT&F, PO Box 6060, Indianapolis, IN 46206 (317) 261-0500.

Fargo, ND: NCAA II Indoor Championships.

North Dakota State. Don Larson, Track Coach, North Dakota State University, 16th Ave. & University Drive N., Fargo, ND 58105 (701) 237-7793.

Oshkosh, WI: NCAA III Indoor Championships. University of Wisconsin/Oshkosh. Bruce Coleman, Track Coach, U of Wisconsin/Oshkosh, 800 Algoma Blvd., Oshkosh, WI 54901 (414) 424-7143.

March 19 (Sat)

San Luis Obispo. Cal Poly Invitational.

Santa Barbara. Easter Relays.

March 26 (Sat)

Stanford. Stanford Relays.

Northridge. Cal State Northridge Invitational.

March 28-29 (Mon-Tues)

Fresno. FSU Decathlon/Heptathlon. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

April 8-9 (Fri-Sat)

Fresno. Bob Mathias Fresno Relays. Ratcliffe Stadium. Contact Red Estes (209) 278-4097.

April 9 (Sat)

Azusa. GSAC Championships.

Davis: 39th Woody Wilson Track Invitational. Contact Jon Vochatzer at UC Davis (916) 752-1111.

April 14-15 (Thu-Fri)

Walnut. Mt. SAC & California Invitational Decathlon/Heptathlon.

April 14-16

Walnut. Mt. SAC Relays.

April 15 (Fri)

Pomona. Pomona-Pitzer Invitational.

April 23 (Sat)

Azusa. BFI Meet of Champions.

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John McBride, Tami Wooden,
Bob McKay, Jim Hunt, Bob Baker,
Rod Hunt, John Pretto and Dan King.

For further information contact:
Dan King, Clinic Director (209) 823-0414

SCHEDULE

San Mateo: 3rd Annual Half Moon Bay Track Distance Carnival. College of San Mateo campus. Men--2 mile. Women--mile. Run in middle of High School Invitational. Info: HMBay Track, 30 Marie Ct., Half Moon Bay, CA 94019 (415) 726-9043.

April 30 (Sat)

San Diego. UC San Diego Invitational.

April 30-May 1 (Sat-Sun)

Westwood. Cal/Nevada State Meet. at UCLA.

May 7 (Sat)

Modesto. S&W Modesto Relays.

Santa Barbara. Nick Carter Invitational. UCSB.

May 14 (Sat)

Long Beach. Long Beach Twilight.

May 18-21 (Wed-Sat)

Fresno. WAC Championships. Warmerdam Field at FSU.

May 21 (Sat)

Davis: Davis Invitational (NCAA/USA T&F) Qualifying Meet. Contact Jon Vochatzer at UC Davis (916) 752-1111.

May 25 (Wed)

Fresno. FSU Last Chance. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

May 28 (Sat)

San Jose. Bruce Jenner Classic.

June 1-4 (Wed-Sat)

Boise, ID. NCAA Championships.

Masters

Track & Field 1994

March 24-26

Columbia, MO. USATF National Masters Indoor Championships. University of Missouri. Donald Dobson, Univ. of Missouri, 344 Heames Center, Columbia, MO 65211 (314) 882-4087.

August 4-7

Edmonton, Alberta: North American Regional Association of WAVA Championships. Contact Liz McBlain (403) 438-2911 or Bruce Thomas (Games Chairperson), PO Box

51030, Edmonton Alberta T5W5G5 (403) 474-8928.

August 11-14

Eugene, OR. 27th USATF National Masters Championships.

September 26-October 8

Brisbane, Australia: World Masters Games. Info: Crowd Pleasers, Inc. Suite 333, 11777 S.E. Zion Hill Drive, Gresham, OR 97080 (503) 658-6011. FAX (503) 658-6011. Toll Free: (800) 424-8735.

Camps & Clinics

December 19 (Sun)

Alameda: Pacific Assoc. Indoor Pole Vault Development Grand Prix/Clinic. At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

December 27-31

San Luis Obispo: Sky Jumpers Christmas Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

1994

January 2 (Sun)

Alameda: Pacific Assoc. Indoor Pole Vault Development Grand Prix/Clinic. At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

January 8-9, 15-16

Long Beach: AAF Track & Field Clinic. Veteran Stadium. (Four-day clinic. Free.) All coaching levels. Info: Skip Stolley, AAF (213) 730-9617.

Santa Barbara: AAF Track & Field Clinic. Santa Barbara City College. (Four-day clinic. Free.) All coaching levels. Info: Skip Stolley, AAF (213) 730-9617.

January 15 (Saturday)

Manteca: Northern California Strength & Conditioning Clinic Hands-On Track & Field

Clinic. 8 a.m. Contact Dan King (209) 823-0414.

January 22-23, 29-30

Arcadia: AAF Track & Field Clinic. Arcadia High School. (Four-day clinic. Free.) All coaching levels. Info: Skip Stolley, AAF (213) 730-9617.

Riverside: AAF Track & Field Clinic. UC Riverside. (Four-day clinic. Free.) All coaching levels. Info: Skip Stolley, AAF (213) 730-9617.

February 5

Union City: Northern California Olympic Developmental Track & Field Clinic. James Logan High School. 9 a.m.-4 p.m. Athletes & coaches of all levels. Info: Lee Webb (510) 505-9557 home, (510) 471-2520 ext 5113 or Marcel Hetu (510) 736-8269 home.

February 5-6, 12-13

San Diego: AAF Track & Field Clinic. San Diego High School. (Four-day clinic. Free.) All coaching levels. Info: Skip Stolley, AAF (213) 730-9617.

February 13 (Sun)

Alameda: Pacific Assoc. Indoor Pole Vault Development Grand Prix/Clinic. At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

March 5 & 6

Alameda: Pacific Assoc. Indoor Pole Vault Development Grand Prix Final and Awards (3/6) & Clinic (3/5). At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

March 27-31

San Luis Obispo: Sky Jumpers Spring Break Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

June 19-23

San Luis Obispo: Sky Jumpers Summer Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

SCHEDULE

July 31-August 5

Prescott, AZ: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

**July 31-August 5
& August 7-12**

Lake Tahoe: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

August 23-28

Catalina Island: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

December 27-31

San Luis Obispo: Sky Jumpers Christmas Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

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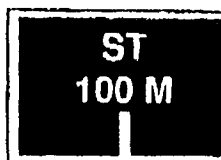
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- 4 Surveying, measuring and marking on curb marks for all National High School Federation events. Marks include: starting lines, staggers, hurdle marks, relay zones (including acceleration zones) and finish.
- 5 Color coded ultraviolet resistant plastic markers are permanently adhered for all marks (5 year guarantee on plates).

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All-Time CALIFORNIA High School Boys List

By Robert Womack



CALVIN and ALVIN HARRISON

Thank God sanity finally prevailed (it doesn't always in track and field) and we finally got a state meet. Even if it was two weeks late, late was certainly better than never for the athletes, for the coaches and the fans.

And for track nuts and figure freaks, just think . . . we would have had to go through the next who-knows-how-many years explaining how Calvin Harrison could hold the state meet record for the 400 without ever having been a state champion.

Anyway, that's behind us and we can now give you the All-Time California High School Boys lists complete with a 1993 state meet, including marks received through August 1, 1993. As usual, we have drawn heavily on the contributions of others, notably Ron Blackwood, Keith Conning, and Doug Speck, but also including a number of coaches, parents, and fans who took the trouble to set the record (and the author) straight--and we appreciate it. Any additions and corrections to this list should be sent to Bob Womack, 1540 East Shaw, Suite 118, Fresno, California 93710.

One addition we'd like to have is a freshman class record for the 110 meter hurdles. As far as we know, no 9th grader has ever broken 15 flat; if you've got a candidate, let us know and we'll put him in next year's list. Also, we need compositions for the many relay teams whose members are not listed.

Sharp-eyed readers will notice we've added, in the long jump, the 26-3 3/4 mark by 1971 state meet winner (and future Olympic champ) Randy Williams, carried in most lists these many years as wind-aided. Research by Ron Blackwood has unearthed the fact that there was, in fact, no wind reading and that the wind reading for a race held simultaneously was within the allowable limit. His conclusion, which we share, is that Williams' mark was fully legitimate.

A final note: The numbers after the school indicate the number of state championships won.

Sincerely,
Bob Womack.

100 Meters:

State Meet Record: 10.30 Riley Washington (Southwest, San Diego) 1992 at Norwalk. Frosh: 10.62 Marquez Hofwell (West, Bld'd) 1992. Soph: 10.43 Bryan Howard (Canyon Springs, Moreno Vly) 1993. Junior: 10.27 Henry Thomas (Hawthorne) 1984. Senior: 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawthorne)-1	1985
10.29	Ricky Carrigan (Compton)-1	1991
10.30	Quincy Watts (Taft, Woodland Hills)-1	1987
10.30	Riley Washington (Southwest, SD)-1	1992
10.36	Corey Ealy (Muir, Pasadena)	1987
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.41	Tony Miller (Riordan, San Francisco)	1987
10.41	Stoney Jordan (Indio)	1993
10.41	Barry Smith (Mission, San Francisco)	1989
10.42	Benari Burroughs (Independ, San Jose)	1988
10.42	Curtis Conway (Hawthorne)-1	1989
10.43	Jeff Laynes (Oakland)	1989
10.43	Bryan Howard (Cyn Sprgs, Moreno Vly)-1	1993
10.44	Stanley Davis (Inglewood)	1984
10.45	Darron Norris (El Camino (Oceanside)	1984
10.46	Kevin Willhite (Cordova, Rancho Cordova)	1981
10.46	Gentry Bradley (Plus X, Downey)	1992
10.49	Ronald McCree (Madera)-2	1986
10.49	Paul Turner (University, SD)	1993
10.50	Phillip Johnson (Gardena)	1978
10.50	Fabian Cooper (Washington, L.A.)	1982
10.50	Calvin Holmes (Carson)	1987
10.50	Anthony Volson (Merced)	1992
10.51	Michael Sanford (Pasadena)	1978
10.51	Robert Carroll (Hawthorne)	1987
10.51	James Stallworth (Tulare)	1989

Hand Timing:

10.2	Michael Sanford (Pasadena)	1979
------	----------------------------	------

200 Meters:

(*220 Yards Minus 0.12)

State Meet Record: 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. Frosh: Bryan Howard (West, Bld'd) 1992. Soph: 20.97 Quincy Watts (Taft, Woodland Hills) 1986. Junior: 20.50 Quincy Watts (Taft, Woodland Hills) 1987. Senior: 20.53 Brian Bridgewater (Washington, L.A.) 1988.

20.50	Quincy Watts (Taft, Woodland Hills) @ Provo-2	1987
20.53	Brian Bridgewater (Washington, L.A.)-1	1988
20.57	Calvin Harrison (North, Salinas)-1	1993

20.64	Henry Thomas (Washington, L.A.)-2	1985
20.68*	James Sanford (Pasadena)	1977
20.80	Corey Ealy (Muir, Pasadena)	1987
20.81	Kevin Willhite (Cordova, RanCordova)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985
20.82	Barry Smith (Mission, S.F.)-1	1989
20.85	Ricky Carrigan (Compton)-1	1991
20.88*	Michael Sanford (Pasadena)	1979
20.89	Curtis Conway (Hawthorne)	1989
20.91	Bill Green (Cubberley, Palo Alto)	1979
20.97	Danny Everett (Fairfax, L.A.)	1985
21.00	Raymond Ethridge (Crawford, San Diego)	1987
21.01	Chip Rish (Marina, Huntington Beach)	1985
21.03	Ken Robinson (Berkeley)-1	1981
21.07	Ato Bolden (Piedmont Hills, SJ)	1991
21.07	Eric Turner (Morningstar, Inglewd)	1993
21.08	Riley Washington (Southwest, SD)	1992
21.09	Darron Norris (El Camino, Oceanside)	1984
21.09	Larry Burkeley (Oxnard)	1985
21.09	Damien Butler (Tulare)	1990
21.10	Tony Miller (Riordan, S.F.)	1987
21.12*	Dave Russell (Henry, San Diego)-1	1977
21.12*	Ray Threatt (Pittsburg)	1979
Hand Timing: (*220 yds. minus 0.1)		
20.6*	Phil Underwood (Dorsey, L.A.)-1	1966
20.6*	Mel Gray (Montgomery, Santa Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson, S.F.)	1974
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982
20.8*	James Hines (McClymonds, Oakland)-1	1964
20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silver Creek, S.Jose)-1	1974

400 Meters:

(*440 Yds. Minus 0.26)

State Meet Record: 45.25 Calvin Harrison (North, Salinas) 1993 at Cerritos. Frosh: 47.24 Michael Granville (Bell Gardens) 1993. Soph: 47.79 Fabian Cooper (Washington, L.A.) 1980. Junior: 45.82 Henry Thomas (Hawthorne) 1984. Senior: 45.07 Calvin Harrison (North, Salinas) 1993.

45.07	Calvin Harrison (North, Salinas)-1	1993
45.09	Henry Thomas (Hawthorne) at Berlin	1985
45.51	Bill Green (Cubberley, Palo Alto)-1	1979
45.76	Danny Everett (Fairfax, L.A.)	1985
45.76	Steve Lewis (American, Fremont)-2	1987
46.04	Chip Rish (Marina, Huntington Beach)-2	1985

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All-Time CALIFORNIA High School Boys List

46.25	Alvin Harrison (North, Salinas)	1993
46.34	James Sanford (Pasadena)-1	1977
46.38	Fabian Cooper (Washington, L.A.)-1	1982
46.57	Dave Timmons (Oakland)-1	1981
46.63	Beno Bryant (Dorsey, L.A.)-1	1989
46.67	Rod Bethany (Fontana)	1978
46.67	Quincy Watts (Taft, Woodland Hills)	1988
46.68	Derrick Shepard (Lincoln, SF)-1	1992
46.72	Richard Dupree (Mt. Pleasant, S.J.)-1	1992
46.75	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
46.82	Daymon Lee (South Gate)	1984
46.81	Travis Hannah (Hawthorne)-1	1988
46.86	Nate Williams (Edison, Stockton)	1979
46.89	Tony Banks (Morse, San Diego)-1	1979
46.92	Michael Turner (Centennial, Compton)-1	1980
46.98	Ron Brown (Muir, Pasadena)	1981
47.00	Marvin Douglas (Fremont, L.A.)	1986
47.03	Larry Walker (Edison, Fresno)-1	1983
Hand Timed: (*440 yds. minus 0.3)		
45.7	Chip Rish (Marina, Hunt Bch)-2	1985
45.8	Ullis Williams (Compton)-2	1961
46.3	Larance Jones (Lemoore)-1	1969
46.4	Jerry White (Corcoran)-2	1956
46.4	Edsel Garrison (Centennial, Compton)-1	1968
46.4	Tony Krzyzosiak (Garden Grove)-1	1971
46.4	Dave Timmons (Oakland)-1	1981
46.5	Ray Johnson (Blair, Pasadena)	1971
46.5	Rod Bethany (Fontana)	1978
46.6	Lee Evans (Overfelt, San Jose)	1965
46.6	Mike Newton (Whittier)-1	1967
46.6	Wayne Collett (Gardena)-1	1967
46.6	Derald Harris (Pittsburg)-1	1976
46.7	Dave Archibald (Leuzinger, Lawndale)	1961
46.7	Freddie Banks (Jefferson, L.A.)-1	1964
46.7	Andy Young (Jordan, Long Beach)	1968
46.7	Ron Whitaker (Wilson, S.F.)-1	1973
46.7	Donn Thompson (Gahr, Cerritos)	1976
46.8	Ollie Matson (Washington, S.F.)	1948
46.8	Henry Dorsey (Berkeley)	1956
46.8	Bill Sims (Whittier)	1969
46.8	Rick Brown (Los Altos)-1	1970
46.8	Frank Berry (Washington, L.A.)	1971
46.8	Ron Williams (Chatsworth)	1977
46.8	Kenny Robinson (Berkeley)	1981

800 Meters:

(*880 Yds. Minus 0.7)

State Meet Record: 1:47.31 Pete Richardson (Berkeley) at Norwalk, 1981. **Fresh:** 1:51.03 Michael Granville (Bell Gardens) 1993. **Soph:** 1:51.9 Pete Quinonez (Tulare) 1978. **Junior:** 1:50.16 Vondre Armour (Bakersfield) 1993. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley) at Norwalk-1	1981
1:47.8	Dale Scott (El Cerrito)-1	1972
1:48.1	Richard Joyce (Sierra, Whittier)-1	1965
1:48.2	Jeff West (Crenshaw, L.A.)	1979
1:48.3	Clark Mitchell (Bakersfield)	1965
1:48.5	Dennis Carr (Lowell, Whittier)-1	1963
1:48.5	Robert Hose (Madison, San Diego)-1	1964
1:48.7	Jim Walters (Estancia, Costa Mesa)-1	1977
1:49.0	Dan Aldridge (Petaluma)	1975
1:49.21	Eric Schermerhorn (Woodbridge, Irvine)-1	1984
1:49.30	Scott Cox (Wilson, Long Beach)	1981
1:49.3	Dave Kingsland (El Modena)	1977
1:49.4	Brent Tubb (Cleveland, Reseda)	1971
1:49.43	Eddie Davis (Compton)	1981
1:49.50	Brian Wilkinson (Merced)	1993
1:49.5	David Mack (Locke, L.A.)-2	1979
1:49.56	Mike Katri (Fortuna)-1	1992
1:49.64	Milton Hughes (Stagg, Stockton)	1992

1:49.7	Terry Rogers (Hilltop, Chula Vista)-1	1966
1:49.84	Daymon Lee (South Gate)	1984
1:49.9	Greg Jones (Poly, Long Beach)	1968
1:49.9	Rick Brown (Los Altos)-1	1970
1:49.95	Kimmie James (Richmond)-1	1983
1:49.99	John Phillips (Los Altos, Hacienda Hts)-1	1982
1:50.05	James Garrett (Narbonne, Lomita)	1982

1500 Meters:

(+ Enroute to Longer Distance)

State Meet Records: **Fresh:** 4:00.5 Robert Pianta (Mater Dei, Santa Ana) 1979. **Soph:** 3:51.5 Jim Arriola (Gahr, Cerritos) 1974. **Junior:** 3:49.4 Mark Fricker (Hemet) 1977. **Senior:** 3:46.4 Paul Medvin (University, Los Angeles) 1979.

3:46.4	Paul Medvin (University, L.A.) at Bloom.	1979
3:47.65	Reggie Williams (River City, West Sacto)	1988
3:48.73	Daniel Das Neves (Helix, La Mesa)	1992
3:48.8	Jim Arriola (Gahr, Cerritos)	1976
3:48.9	Rich Kimball (DeLaSalle, Concord)	1974
3:49.0+	Harold Kuphaldt (Bella Vista, Fair Oaks)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.1	Ian Aisen (Kennedy, Granada Hills)	1988
3:50.1+	Coley Candaele (Carpinteria)	1990
3:50.2	Charlie Christensen (Edison, HuntBch)	1977
3:50.2	Steve Whitcomb (Helix, La Mesa)	1979
3:50.3+	Louie Quintana (Arroyo Grande)	1990
3:50.4	Ralph Serna (Loara, Anaheim)	1975
3:50.47	Angel Martinez (San Gabriel)	1992
3:50.5	Mark Mastalir (Jesuit, Carmichael)	1986
3:50.8	Andy DiConti (La Canada)	1980
3:51.0	Eric Mastalir (Jesuit, Carmichael)	1986
3:51.1	Dave Cangelosi (Villa Park)	1979
3:51.2	Dennis Arriola (Gahr, Cerritos)	1979
3:51.2+	Jeff Williams (Foothill, Tustin)	1982
3:51.36	Gary Gonzales (Clovis)	1981
3:51.5	Mike O'Reilly (San Rafael)	1976
3:51.57	Roman Gomez (Belmont, L.A.)	1984
3:51.9+	Tom Grewe (Carpinteria)	1982
3:52.0	Jon Butler (Edison, Huntington Beach)	1981
3:52.4	Farron Fields (Granada Hills)	1979

1600 Meters:

(* One Mile Minus 1.8)

State Meet Record: 4:05.4y Mark Schilling (Garden Grove) 1972 at Oroville. **Fresh:** 4:15.4 Harry Nicholas (Reedley) 1968. **Soph:** 4:07.5 Jim Arriola (Gahr, Cerritos) 1974. **Junior:** 4:02.4 Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6 Tim Danielson (Chula Vista) 1966.

3:57.6	Tim Danielson (Chula Vista) at SDiego-2	1966
4:00.6	Rich Kimball (DeLaSalle, Concord)-1	1974
4:02.4	Curtis Beck (Santa Monica)	1972
4:03.5	Paul Medvin (University, L.A.)-2	1979
4:03.6	Mark Schilling (Garden Grove)-1	1972
4:03.7	Terry Cotton (Valley, El Cajon)	1972
4:04.15	Mark Mastalir (Jesuit, Carmichael)-1	1986
4:04.21	Pedro Reyes (Jesuit, Carmichael)	1980
4:04.23	Eric Mastalir (Jesuit, Carmichael)	1986
4:04.66	Steve Whitcomb (Helix, La Mesa)	1979
4:04.8	Thom Hunt (Henry, San Diego)	1976
4:04.86	Harold Kuphaldt (Bella Vista, Fair Oaks)	1982
4:04.9	Barrie Williams (North, Torrance)	1972
4:04.9	Andy Clifford (Sunny Hills, Fullerton)	1974
4:05.1	Mark Stillman (Willow Glen, San Jose)-1	1977
4:05.2	Ralph Serna (Loara, Anaheim)	1975
4:05.29	Roman Gomez (Belmont, Los Angeles)-2	1985
4:05.4	Armando Valencia (Valley, El Cajon)	1967
4:06.1	Mark Fricker (Hemet)	1977
4:06.18	Larry Guinee (Castro Valley)-1	1980
4:06.2	Pete Romero (Reedley)	1967

4:06.26	Coley Candaele (Carpinteria)-1	1990
4:06.4	Alvin Gilmore (Lompoc)-1	1973
4:06.4	Ray Wicksell (West Covina)	1974
4:06.4	Stan Ross (Serra, San Mateo)	1977

3000 Meters:

(+ Enroute to Longer Distance)

Fresh: 8:44.5 David Naranjo (Sanger) 1983. **Soph:** 8:26.7+ Calvin Gaziano (Castro Valley) 1983. **Junior:** 8:19.9+ Harold Kuphaldt (Bella Vista, Fair Oaks) 1981. **Senior:** 8:07.60 Eric Mastalir (Jesuit, Carmichael) 1986.

8:07.60	Eric Mastalir (Jesuit, Carmichael) @ Sac	1986
8:09.0+	Eric Reynolds (Camarillo)	1983
8:10.54	Mark Mastalir (Jesuit, Carmichael)	1986
8:12.7+	Thom Hunt (Henry, San Diego)	1976
8:16.2+	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower, Rialto)	1979
8:16.3	Richard Perez (San Gorg, San Bernar)	1980
8:16.79	Reggie Williams (River City, West Sacto)	1988
8:17.5+	Jon Butler (Edison, Huntington Beach)	1981
8:17.7+	Jay Marden (Mission San Jose, Fremont)	1981
8:18.2+	Mark Dani (Valhalla, El Cajon)	1986
8:19.9+	Harold Kuphaldt (Bella Vista, Fair Oaks)	1981
8:20.25	Paul Thomas (Jesuit, Carmichael)	1987
8:20.59	Daniel Das Neves (Helix, La Mesa)	1992
8:20.6	Roman Gomez (Belmont, Los Angeles)	1984
8:20.6+	Bryan Dameworth (Agoura)	1990
8:21.0+	Mike Carlton (Northview, Covina)	1981
8:21.3+	Jesse Torres (Independence, San Jose)	1981
8:21.6	Matt Blaty (Marina, Huntington Beach)	1979
8:21.6	Jeff Vandereems (Mission Viejo)	1979
8:22.0	Terry Williams (Lompoc)	1973
8:22.26	Jimmie Rodriguez (Santa Ana Valley)	1989
8:22.4	Mark Junkermann (Los Alamitos)	1983
8:23.11	David Welsh (Jesuit, Carmichael)	1989
8:23.2+	Mark McAboy (Miramonte, Orinda)	1986

3200 Meters:

(* 2 Miles Minus 3.6)

State Meet Record: 8:44.9 Eric Hulst (Laguna Beach) at San Diego 1975. **Fresh:** 9:00.8 Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9 Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3 Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7 Jeff Nelson (Burbank) 1979.

8:32.7	Jeff Nelson (Burbank) at Westwood-2	1979
8:40.4	Eric Reynolds (Camarillo)-1	1983
8:41.0	Eric Hulst (Laguna Beach)-2	1976
8:41.6	Thom Hunt (Henry, San Diego)	1976
8:42.3	Ralph Serna (Loara, Anaheim)	1975
8:42.9	Rich Kimball (DeLaSalle, Concord)-1	1974
8:44.95	Eric Mastalir (Jesuit, Carmichael)-1	1986
8:45.2	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison, Huntington Beach)-1	1981
8:48.8	Chuck Assumma (Eisenhower, Rialto)	1979
8:49.0	Don Moses (Crescenta Valley)	1976
8:49.3	Frank Assumma (Eisenhower, Rialto)-1	1977
8:49.4	Pete Romero (Reedley)-1	1967
8:49.7	Marc Genet (Santa Ana)	1972
8:49.8	Rod Berry (Redwood, Larkspur)	1977
8:49.9	Dave Taylor (Merced)	1972
8:50.15	Todd Lewis (Burbank)	1989
8:50.2	Dale Fleet (Clairemont, San Diego)-1	1971
8:50.2	Mark Spilsbury (Foothill, Tustin)	1976
8:50.6	Jim Sakido (Sunny Hills, Fullerton)	1972
8:50.8	Jose Amaya (Wilson, Los Angeles)	1971
8:50.8	Gordon Innes (Upland)	1971
8:50.8	Sal Godinez (Salesian, Los Angeles)	1976
8:51.0	Bob Grubbs (Washington, Fremont)	1972

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All-Time CALIFORNIA High School Boys List

8:51.15*	Marc Dani (Valhalla, El Camino)	1986
8:51.15*	Jay Marden (Mission San Jose, Fremont)	1981

100 Meter Hurdles:

(* 120 Yards Plus 0.03)

State Meet Record: 13.41-Steve Kerho, Mission Viejo, © Sacramento, 1982. **Soph:** 14.37 Kyle O'Neill (Bella Vista, Fair Oaks) 1992. **Junior:** 13.69* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho (Mission Viejo) 1982.

13.41	Steve Kerho (Mission Viejo) at Sacto-1	1982
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.67	Isaac Carson (Jefferson, DalyCity)-1	1991
13.73	Don Ward (St. Mary's, Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson, Sacto)	1980
13.79	Troy Weaver (Edgewood, Covina)	1982
13.80	Ron Brown (Bishop Amat, La Puente)	1982
13.81*	Ken Margerum (Fountain Valley)	1977
13.84	Shelton Boykin (San Fernando)	1987
13.84	Dana Hall (Ganesha, Pomona)-1	1987
13.85	Ronnie McCoy (Edison, Fresno)	1981
13.87*	Milan Stewart (West Covina)-1	1978
13.87	Drue Powell (Reseda)-1	1993
13.88	Robert Reading (St. Mary's, Berkeley)-1	1985
13.88	Terry Johnson (Katella, Anaheim)-1	1986
13.88	Ron Copeland (Dorsey, Los Angeles)	1987
13.90*	Jim Scanelia (San Ramon, Danville)-1	1979
13.90	Erick Montgomery (Indep, San Jose)	1983
13.91*	Tonia Campbell (Banning, Wilmington)	1978
13.91*	Gary Lee (Poly, Long Beach)	1979
13.91	Raymond Young (Hawthorne)-1	1984
13.92	Mark Boyd (St. Mary's, Berkeley)-1	1983
13.93	Rod Green (Palo Alto)	1983
13.93	Mo Hill (Stagg, Stockton)	1983

Hand Timing:

13.2y	Dedy Cooper (Harry Ellis, Richmond)	1975
13.3y	Robert Gaines (Kennedy, Richmond)-1	1975
13.3y	Jon Peterson (Saddleback, Santa Ana)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977
13.6y	Charles Jackson (Lompoc)-1	1971
13.6y	Dan Jones (Palo Verde, Blythe)-1	1972
13.6y	Tom Andrews (West, Bakersfield)	1973
13.6y	Carl Fiorant (Palo Alto)	1973
13.6y	Mike Harris (Indio)	1974
13.6y	Wilbur Gregory (Mission Viejo)	1975
13.6y	Tonia Campbell (Banning, Wilmington)	1978

300 Meter Intermediate Hurdles:

(* 330 Yards Minus 0.19)

State Meet Record: 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. **Frosh:** 39.44 Kyle O'Neill (Bella Vista, Fair Oaks) 1991. **Soph:** 37.69 Ken Haslip (Muir, Pasadena) 1992. **Junior:** 36.10 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 35.32 George Porter (Cabrillo, Lompoc) 1985.

35.32	George Porter (Cabr, Lomp) © Walnut-2	1985
35.43	John Montgomery (Indep, San Jose)-1	1988
36.44	Kevin Jones (Mt. Miguel, Spring Valley)	1988
36.56	Michael Graham (Hawthorne)	1985
36.71	Kenny Hall (Ganesha, Pomona)	1985
36.74	Keith Pontiffet (Esperanza, Anaheim)	1985
36.76	Mike King (Menlo-Atherton)	1985
36.80	Raymond Young (Hawthorne)	1984
36.83	Anthony Reynolds (Fremont, L.A.)	1984
36.84	Gordon Bugg (West Covina)	1987
36.88	Yki Vallery (Hawthorne)-1	1987
36.88	Keith Williams (Escondido)-1	1991

36.90	Bill Gaines (Independence, San Jose)	1986
37.07	Chris Redmond (Vallejo)	1992
37.08	Nate Wright (Oakland)	1988
37.09	Ken Haslip (Muir, Pasadena)-1	1993
37.10	Al Blades (Muir, Pasadena)	1984
37.13	Dana Hall (Ganesha, Pomona)	1987
37.17	Diatori Gildersleeve (Grant, Sacto)	1988
37.20	Craig Cooper (Fairfield)	1984
37.20	Jay Taylor (St. Augustine, San Diego)	1985
37.21	Rodney Jett (Hiram Johnson, Sacto)	1984
37.22	John Barry (Ygnacio Valley, Concord)	1988
37.26	Terry Johnson (Katella, Anaheim)	1986
37.28	John Prudenti (Justin Siena, Napa)-1	1989
Hand Timed: (*330 yards minus 0.2):		
36.2*	Dedy Cooper (Harry Ellis, Richmond)	1975
36.2*	Charles White (San Fernando)	1976
36.6	Ron Seanez (Gilroy)	1981
36.9	Andre Phillips (Silver Creek, San Jose)	1977
36.9	Jim Scannella (San Ramon, Danville)	1979
37.0	Gary Lee (Poly, Long Beach)	1979
37.0	James Knowles (Blair, Pasadena)	1981

High Jump:

State Meet Record: 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-8 3/4 Ruben Hendrix (South, Bakersfield) 1987. **Soph:** 7-1 Kenny Burke (Westlake, Simi Valley) 1983. **Junior:** 7-3 Maurice Crumby (Balboa, S.F.) 1982. **Senior:** 7-4 1/2 Maurice Crumby (Balboa, S.F.) 1983.

7-4 1/2	Maurice Crumby (Balboa, S.F.) © Standt-2	1983
7-3 1/4	Lee Balkin (Glendale)-1	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Pottl (Alemar, Mission Hills)	1979
7-3	Jeff Rogers (Overfelt, San Jose)	1985
7-3	Avery Anderson (North, Riverside)-1	1991
7-3	Jeff Nadeau (Monroe, Sepulveda)-1	1993
7-2 1/4	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison, San Diego)	1979
7-2	Kenny Burke (Westlake, Simi Valley)-1	1984
7-2	Reggie Belton (Antel Vly, Lancaster)-1	1988
7-2	Jeremy Fischer (Camarillo)	1993
7-1 3/4	Mark Wilson (Monte Vista, Danville)	1974
7-1 1/2	Dwight Stones (Glendale)-1	1971
7-1 1/4	Otis Hailey (Wasco)	1968
7-1 1/4	Luis Juico (Piedmont Hills, San Jose)-1	1987
7-1	Rob Olson (El Camino Real, Woodland H)	1977
7-1	Greg Denby (Crenshaw, L.A.)-1	1980
7-1	Anthony Caire (Pius X, Downey)-1	1981
7-1	Maury Burnett (Washington, L.A.)	1982
7-1	Andre La Coste (Lakewood)	1988
7-1	Mark Wilson (charter Oak, Covina)-1	1989
7-1	Kevin Carlson (Katella, Anaheim)-1	1991

Pole Vault:

State Meet Record: 17-0 1/2 Anthony Curran (Crespi, Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi, Encino) 1975. **Soph:** 16-2 Brent Burns (Acalanes, Lafayette) 1985. **Junior:** 17-6 Brent Burns (Acalanes, Lafayette) 1986. **Senior:** 18-2 Brandon Richards (San Marcos, Santa Barbara) 1985.

18-2	Brandon Richards (San Marcos, S.B.) © Eug.	1985
17-8 1/2	Brent Burns (Acalanes, Lafayette)-1	1987
17-4 1/4	Anthony Curran (Crespi, Encino)-2	1978
17-4	David Cox (Hoover, Fresno)-1	1991
17-1	Tye Harvey (Sonora)	1993
17-0 3/4	Matt Warwick (Hesperia)	1988
17-0 1/2	Doug Fraley (Clovis West)	1983
17-0	Mike Kibort (Saratoga)-1	1982

17-0	Tom Parker (Notre Dame, SherOaks)	1988
16-10	Scott Slover (Leland, San Jose)	1993
16-8 3/4	Steve Smith (South, Torrance)-2	1969
16-8 3/4	Mike Tully (Millikan, Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-6 3/4	Paul Wilson (Warren, Downey)-2	1965
16-6	Brian Worden (Notre Dame, SherOaks)	1975
16-6	Greg Ernst (El Dorado, Palacencia)	1978
16-6	Tom Richards (San Marcos, S.B.)-1	1988
16-5	Jon Vaughn (Corona)	1966
16-4 3/4	Paul Heglar (Muir, Pasadena)	1988
16-4	Dave Noel (Edison, Huntington Beach)	1993
16-4	Jesse Stern (Harv/Westlake, LA)	1975
16-3 1/4	Keith Schimmel (Villa Park)	1977
16-3 1/4	Jim Sidler (Villa Park)	1979
16-3	Clark Elliott (Bellflower)-1	1983
16-3	Melvin Hempstead (Valley, Sacto)	1992
16-3	Clarence Phelps (Christ, Bros., Sacto)-1	1993
16-3	Brandon Vance (Los Gatos)	1993

Long Jump:

State Meet Record: 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 Heulon Hewitt (Merced) 1968. **Senior:** 26-4 3/4 James Stallworth (Tulare) 1989.

26-4 3/4	James Stallworth (Tulare) at Cerritos-1	1989
26-3 3/4	Randy Williams (Edison, Fresno)-1	1971
26-2 1/4	Ken Duncan (McClatchy, Sacto)	1972
26-0 3/4	Jerry Proctor (Muir, Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Johnny Cleveland (Soquel)-1	1984
25-11 1/2	Larry Doubly (Manual Arts, L.A.)-1	1976
25-10 3/4	Heulon Hewitt (Merced)-1	1968
25-9 1/2	Gerald Hardeman (Edison, Fresno)	1972
25-7	James McAlister (Blair, Pasadena)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-6 1/4	Percy Knox (Antelope Vly, Lancaster)-1	1987
25-5 1/2	Doyle Steel (San Diego)-1	1966
25-5 1/4	Carl McCullough (Sacramento)-1	1972
25-5	Gerald Price (University City, San Diego)-1	1990
25-4 3/4	Johnny Johnson (Pacific Grove)	1965
25-4 1/2	Oscar Bean (Jefferson, L.A.)-1	1956
25-4 1/4	Monte Upshaw (Piedmont)-2	1954
25-4	Donnie Butler (Fremont, L.A.)	1978
25-3 3/4	Diatori Gildersleeve (Grant, Sacto)-1	1988
25-3	Willie Davis (Roosevelt, L.A.)	1958
25-3	Bobby Bonds (Poly, Riverside)-1	1964
25-3	Ken Frazier (Mission, S.F.)	1981
25-2 1/2	George Brown (Jordan, L.A.)-2	1949
25-2	Phil Quinet (Homestead, Cupertino)	1968

Triple Jump:

State Meet Record: 52-5 3/4 Marcus Hooks (Lakewood) at Norwalk 1986. **Frosh:** 48-4 Dave Tucker (S.J. Memorial, Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission, S.F.) 1960. **Junior:** 52-6 1/4 Dave Tucker (S.J. Memorial, Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

53-6 1/2	Joe Richardson (Pasadena) at Sacto-1	1984
52-10 1/2	Charles Mayfield (Muir, Pasadena)	1980
52-6 1/4	Dave Tucker (S.J. Memorial, Fresno)	1970
52-6	Henry Ellard (Hoover, Fresno)-1	1979
52-5 3/4	Marcus Hooks (Lakewood)-1	1986
52-4 3/4	Ken Frazier (Mission, S.F.)-1	1981
52-3 1/2	Randy Williams (Edison, Fresno)	1971
51-11	Joel Smith (Cordova, Rancho Cordova)-1	1987
51-8 3/4	MacArthur Anderson (Bakersfield)	1987
51-8	Mike Woods (Manual Arts, L.A.)	1963
51-7 3/4	Phouphet Singbradith (Magnolia, Anah)-1	1990

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All-Time CALIFORNIA High School Boys List

51-7 1/2	Vestee Jackson (McLane, Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont, L.A.)-1	1976
51-5 3/4	Freeman Miller (Fremont, L.A.)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir, Pasadena)	1980
51-2 1/4	Dokie Williams (El Camino (Oceanside)-1	1977
51-2 1/4	Tim Prince (Logan)	1988
51-2	Lenny McGill (Orange Glen, Escondido)-1	1989
50-11 1/2	Harold Rucker (Silver Creek, San Jose)	1986
50-11 1/2	Terrance Strong (Bakersfield)-1	1984
50-11 1/4	DeAndre Robinson (West, Bakersfield)	1989
50-11	Dan Jackson (Oakland)	1975
50-10	Steve Rlm (Clovis)	1972

Shot Put:

State Meet Record: 74-4 3/4 Brent Noon (Fallbrook) at Cerritos 1990. **Frosh:** 59-8 Brent Noon (Fallbrook) 1987. **Soph:** 62-3 1/2 Brent Noon (Fallbrook) 1988. **Junior:** 69-8 1/4 Brent Noon (Fallbrook) 1989. **Senior:** 76-2 Brent Noon (Fallbrook) 1990.

76-2	Brent Noon (Fallbrook)-2	1990
69-6 1/2	Brian Blutreich (Capistrano Valley)-2	1985
69-3 3/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lassen, Susanville)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
67-9 3/4	John Hubbell (Poly, Long Beach)-1	1986
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart, Newhall)	1976
67-8 1/4	Dave Doupe (Inglewood)	1973
67-6 1/2	Randy Cross (Crespi, Encino)-1	1972
67-2 1/4	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills, Fullerton)	1966
67-0	David Bultman (Royal, Simi)-1	1987
66-8	Mark Parlin (Esperanza, Anaheim)-1	1991
65-11 1/2	Curt Hampton (El Cajon)-1	1974
65-10 3/4	Dave Porath (Atwater)-1	1978
65-10	Steve Wilhelm (Fremont, Sunnyvale)	1967
65-9 3/4	John Buehler (Whittier)-1	1967
65-9	Dave Laut (Santa Clara, Oxnard)	1975
65-9	Jeff Stover (Chico)	1976
65-9	John Bender (Shafter)	1984
65-8 3/4	Randy Withrow (Pasadena)-1	1970
65-7 3/4	Don Castle (Cubberley, Palo Alto)	1961
65-7 1/4	Dave Gerasimchuk (Narbonne, Lomita)	1972
65-6	Bruce Wilhelm (Fremont, Sunnyvale)-1	1963

Discus:

State Meet Record: 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985, and 203-4 Rob Powell (Redwood, Visalia) at Cerritos 1990. **Frosh:** 173-6 Antonio Dobbins (Burrhead, Ridgecrest) 1979. **Soph:** 182-5 Jeff Buckley (Bakersfield) 1990. **Junior:** 210-1 Jeff Buckley (Bakersfield). **Senior:** 210-8 Brian Blutreich (Capistrano Valley) 1985.

210-8	Brian Blutreich (Capistrano Valley)-1	1985
210-1	Jeff Buckley (Bakersfield)-1	1991
209-6	Dave Porath (Atwater)-1	1978
203-4	Rob Powell (Redwood, Visalia)-1	1990
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-8	Brent Noon (Fallbrook)	1990
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover, Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
199-0	John Wirtz (Leland, San Jose)-1	1988
198-6	Dave Voorhees (Tulelake)	1973
198-1	Gabe Torre (Notre Dame, Riverside)	1992
197-7	Pete Swanson (San Benito, Hollis)	1992
197-6	Kevin Richardson (Shafter)	1984
196-10	David Bultman (Royal, Simi)-1	1987

195-8	Billy Joe Winchester (Mt. Miguel, Sp. Vly)	1970
195-5	Lennie Shelton (Foothill, Bakersfield)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn, Palo Alto)	1969
194-10	David Thomson (Santa Ynez)-1	1977
194-7	Antonio Dobbins (Burr, Ridgecrest)-2	1981
194-2	Dave Hickson (Leland, San Jose)	1973
194-2	Darrell Elder (Redwood, Larkspur)	1974
194-2	Mark Parlin (Esperanza, Anaheim)	1991



BRENT NOON

Fine Flicks by Don Gosney

400 Meter Relay

(* 440 Yards Minus 0.23)

State Meet Record: 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

40.24	Hawthorne at Cerritos (Alexander, Smith, Allen, Conway)	1989
40.64	Hawthorne (Marsh, Graham, Parnam, Thomas)	1985
40.78	Muir, Pasadena-1 (Douglas, Ervin, Robertson, Ealy)	1987
40.82	Hawthorne (Marsh, Young, Parnam, Thomas)]	1984
40.83	Edison, Fresno-1 (Cowings, Woods, Walker, Wheeler)	1983
40.86	Berkeley-1 (McCree, Robinson, Clewis, Murray)	1981
40.87	Hawthorne (Young, McGee, Young, Thomas)	1983
40.88	Taft, Woodland Hills (Feinstein, Roberts, Flores, Watts)	1987
40.91	Hawthorne (Hannah, Vallery, Carroll, Conway)	1987
40.92	Dorsey, Los Angeles (Boles, Williams, Williams, Jackson)	1981
40.93	Berkeley-1 (Davis, Henderson, Hunter, Usher)	1984
40.93	Muir, Pasadena (Limbrick, Ealy, Ervins, Jeffries)	1986
40.95	Washington (Los Angeles)	1990
40.98	Berkeley (Davis, Henderson, Hunter, Paulding)	1983
41.01	Oakland-1 (Porter, Watson, Williams, Watson)	1982

41.05	Washington, Los Angeles	1988
41.05	San Bernardino-1	1990
41.06	Morningside, Inglewood	1987
41.11	Washington (Los Angeles)	1991
41.11	Muir, Pasadena	1983
41.12	Compton-1 (Person, Henrudi, Ephriham, Carrigan)	1991
41.13	Taft, Woodland Hills	1986
41.14	Oakland (Grant, Wright, Tipton, Laynes)	1988
41.14	Crenshaw, Los Angeles	1990
41.15	Mt. Pleasant (San Jose)	1992

Hand Timing:

(* 440 yards minus 0.2)

40.8*	Wilson, San Francisco-1 (Farmer, Whitaker, Kirtman, Walker)	1973
40.9*	El Cerrito-1 (Gaines, Watson, Smith, Burns)	1971
40.9*	Harry Ellis, Richmond-1 (Miller, Gentry, Davis, Cooper)	1975
40.9*	Hamilton, Los Angeles (Menzies, Goosby, Martin, Mullins)	1976
41.0*	Castlemont (Oakland) (Pruitt, Turner, Irvin, Gibson)	1970
41.9*	El Cerrito (Smith, Battle, Lewis, Burns)	1970
41.0*	Hamilton (Los Angeles) (Avant, Wallace, Thomas, Reddick)	1971
41.0*	Crenshaw (Los Angeles) (Coulter, Franklin, Tyler, Johnson)	1972
41.0*	Wilson (San Francisco) (Lewis, Kirtman, Ward, Farmer)	1974
41.0*	Kennedy (Barstow)-1 (Jones, Hill, Kelly, Jones)	1976
41.0*	Pasadena-1 (Cleveland, Hill, Mulloy, Sanford)	1977

1600 Meter Relay

(* Mile Minus 1.1)

State Meet Record: 3:08.94 Berkeley (Walker, Richardson, Murray, Robinson) at Norwalk 1981.

3:07.40	Hawthorne @ Austin, Texas (Graham, Marsh, Kelly, Thomas)	1985
3:08.94	Berkeley -1 (Walker, Richardson, Murray, Robinson)	1981
3:09.45	Hawthorne -1 (Graham, Young, Kelly, Thomas)	1984
3:10.11	Hawthorne -1 (McGee, Torrance, Kelly, Thomas)	1983
3:10.33	Perris (Fiennaugh, Stamps, Jackson, Harris)	1983
3:10.37	Centennial, Compton -1 (Graham, Ware, Jackson, Turner)	1980
3:10.42	Berkeley (Dotson, Richardson, Walker, Robinson)	1980
3:10.46	Hawthorne -1 (Alexander, Conway, DelPino, Hannah)	1988
3:10.47*	Banning, Wilmington-1 (Davis, Caesar, Plalock, Lewis)	1978
3:11.10	Poly, Long Beach	1981
3:11.32	Compton (Davis, Taylor, Smith, Barksdale)	1980
3:11.77	Hawthorne -1 (Thomas, Carroll, Thomas, Hannah)	1987
3:11.81	Centennial, Compton (Pinchback, Ware, Jones, Graham)	1981
3:12.1*	Castlemont, Oakland -1 (Roberts, Morgan, Curry, Rodgers)	1971
3:12.21	Dorsey, Los Angeles -1	
3:12.3*	Westchester, Los Angeles (Brown, Lee, Jones, Pittman)	1978

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All-Time CALIFORNIA High School Boys List

3:12.45	Muir, Pasadena	1981
	(Carroll, Anderson, Mathis, Brown)	
3:12.50	Morningside, Inglewood	1987
3:12.5*	Fremont, Los Angeles	1978
	(Butler, Derry, Shelton, Daniels)	
3:12.54	Oakland	1981
3:12.6*	Pasadena -1	1977
	(Cleveland, Dancer, Sanford, Sanford)	
3:12.6*	Fontana	1978
	(Cooper, Gary, Fowler, Bethany)	
3:12.64	Pasadena	1981
3:12.68	Hawthorne	1989
3:12.7*	Muir, Pasadena -1	1974
	(Herron, Shaw, Austin, Sheats)	

Miscellaneous Records

220 Y (str.)		
20.2	Forest Beaty (Hoover, Glendale)	1961
3 M		
13:43.6	Rich Kimball (DeLaSalle, Concord)	1974
5000		
14:01.40	Eric Mastalir (Jesuit, Carmichael)	1986
6 M		
27:58.0	Eric Hulst (Laguna Beach)	1976
10,000		
28:55.0	Eric Hulst (Laguna Beach)	1976
10 M		
49:15.0	George Aguirre (Santa Barbara)	1975
1 Hr.		
12M,254Y	Ajim Baksh (Hollywood)	1975
Marathon		
2:23:47	Mitch Kingery (San Carlos)	1973
110 H (42")		
14.1	Dedy Cooper (Harry Ellis, Richmond)	1974
180y LH (Straight)		
18.1	Steve Caminiti (Crespi, Encino)	1964
18.1	Earl McCullough (Poly, Long Beach)	1964
180y LJ (tun)		
18.6	Wayne Collett (Gardena)	1967
18.6	Rich Graybehl (Las Lomas, Walnut Ck)	1974
300 LH		
35.52	Danny Harris (Perris)	1983
330y LH		
35.66	Erick Montgomery (Indep, San Jose)	1983
400 H		
51.5	Charles White (San Fernando)	1976
440y H		
52.7	Mark Low (Pomona)	1969
2000 SC		
5:43.9	Steve Guarnini (Santa Rosa)	1991
3000 SC		
9:10.8	Dave Daniels (San Geronio, S.Bern.)	1976
4x120 LH		
53.5	Franklin, Stockton	1974
4x120 HH		
58.4	Fresno	1971
	(Larson, Cox, Lyons, Elders)	
4x200		
1:25.6	Berkeley	1976
Sprint Medley Relay		
3:21.1	Berkeley	1981
	(Lewis, Murray, Robinson, Richardson)	
4x800		
7:44.0y	El Cerrito	1969
	(Stodden, Wolfe, Rice, Wood)	
Distance Medley Relay		
9:56.3	Jesuit, Carmichael	1986
	(Thomas, Cahill, Mastalir, Mastalir)	
4x1500		
16:13.4	Compton	1987
4xMile		
17:13.2	Lompoc	1973
	(Schankel, Fabing, Gilmore, Williams)	

SP (16 lb.)		
57-10 1/4	Dave Murphy (Sunny Hills, Fullerton)	1966
DT (4 lb. 6 oz.)		
177-4	Ray Burton (Vacaville)	1974
HT (12 lb.)		
219-2	Kevin McMahon (Bellarmine, San Jose)	1990
HT (16 lb.)		
173-11	Chuck Vandagriff (Castro Valley)	1967

JT (Old)		
218-11	Mike Ostrom (Las Lomas, Wai Creek)	1983
JT (New)		
214-7	Greg Johnson (Woodside)	1990
Pentathlon		
3418	Dixon Farmer (Miramonte, Orinda)	1959
Decathlon		
7172	Tom Richards (San Marcos, S.B.)	1988

LETTER TO THE EDITOR

Canadian Football League Cancels "Independence Invitational!"

Dear Editor:

Canada finally got its revenge for the upside-down Maple Leaf flag at the 1992 World Series last fall! The Canadian football league's new expansion team, the Sacramento Gold Miners, refused to allow the annual Independence Track & Field Invitational to occur at Sacramento State University the day before our nation's 217th birthday.

This un-American act took place even though the Gold Miners were not scheduled to play the 1992 Grey Cup Champion Calgary Stampeders until July 17 at Horner Field at Sac State. On July 3, the only action on the infield was the grass being watered by automatic sprinklers and the eight-lane oval had a few joggers.

American universities must be more careful when allowing professional football teams the use of college campuses as venues for their competitions, so existing sport programs do not suffer. The Gold Miners had the throwing and jumping areas put outside the stadium at Sac State. This occurred to a California State University campus that, in recent years, has seen the track and field programs at San Jose, San Diego and Hayward cancelled! In addition, our nation's premier high school meet, the Golden West Invitational which occurred before at Horner Field, ruled out this year's meet location here because of the stadium's new design (the field events are not visible to seated spectators).

As a former discus thrower at the University of Maryland, I experienced the Baltimore Stars of the now defunct United

States Football League take over Byrd Stadium and cancel the 1985 Maryland Track and Field Classic. This action led to the collapse of the Maryland track program which now does not even have a track due to a reconfiguration of Byrd Stadium for football. Terrapin track and field athletes are now forced to train at a local high school. This occurred to a program that won 53 Atlantic Coast Conference Track and Field Championships and saw Maryland student athlete Renaldo Nehemiah set a world record in 1979 of 13.16 seconds in the 110 High Hurdles at the Bruce Jenner Classic. Maryland had also hosted the CYO Indoor Meet at Cole Field House and the 1976 USA-USSR dual meet at Byrd Stadium.

Few human institutions can even remotely approach the antiquity of the Olympic Games and track and field. Olympic history spans some thirty-three centuries. Americans will have fewer victors to cheer for at the 1996 Atlanta Olympic Games if it continues to let revenue-producing sports take priority over its Olympic development program. The Canadian Football League may have a 101-year-old tradition, but its insistence of being so unreasonable must not be tolerated. The Canadian Government, the Canadian Football League and the Sacramento Gold Miners should issue formal apologies to all athletes registered for the Independence Invitational, all athletes that are subscribers to *California Track News* or on the River City Track Club mailing list who were inconvenienced, as unregistered athletes, by this insensitive action by this Canadian organization!

Sincerely,
John Garvey
San Francisco

California

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The Chinese Women's Records in Historical Perspective

By Alphonse Juillard

BACK TO BEIJING after sweeping the distance events at the Stuttgart World Championships, Chinese women launched an unprecedented assault on world records. When the dust had settled, four records had been obliterated, but at least nine performances (14, according to certain unverified reports) were under world record times, as even also-rans bettered existing marks. For the first time in history, five women broke the world record in the same race.

This plethora of records has unleashed an international avalanche of opinion, scientific analysis, statistical interpretation, physiological speculation, etc. An impressive bill of particulars against the validity of the records has been drafted by Joe Henderson in "Can You Believe It?" (*Running Commentary*, October 1993, Issue 217). Arguments in defense have been provided in John Crumacker's "The China Track Syndrome" (*San Francisco Examiner*, September 19, C-2). "You can't take these records seriously. These girls are taking drugs," said Joan Allison, Britain's track coach for women. "There is 'absolutely no evidence' that China's runners are using banned substances," rejoined Åke Lundquist, head of the doping commission of the IAAF (David Gordon, "The Rumored Dope on Beijing Women," *Newsweek*, September 27, 1993, p. 63). We shall leave this debate to others and concentrate instead on placing the Chinese records in historical perspective, in order to determine what is unprecedented about them and what is not.

The questions we are going to answer are: How good are these records? How do they stack up against other outstanding

running records in history? How do Wang Junxia's records compare with those established by such all-time greats as Marita Koch, Lyudmila Bragina, Tatyana Kazankina, Mary Decker, Florence Griffith-Joyner or Ingrid Kristiansen?

A good method for evaluating and ranking records is to **compare the margins by which they improve the records they break**. These can be measured in terms of time, percentage or, for running records, speed or velocity. Speed is a universal measure obtained by dividing distance by time. Evaluated in terms of speed improvement, the Chinese performances are impressive, but not unprecedented.

1. On September 8th, Wang Junxia broke Ingrid Kristiansen's 8 years old 10,000m record by nearly 42 seconds and improved its velocity by 470 meters per hour (m/h). But the record she broke was even better: Kristiansen's 30:13.74 had cut 46 seconds of her own previous mark and improved its velocity by 488 m/h. Wang's record ranks 2nd to Kristiansen's 1st on the women's velocity improvement list for 10,000m, and 20th for all running events, three notches under Kristiansen's 17th. True, Wang's 29:31.78 clocking is the first under 30 minutes at a time when only two women other than Kristiansen have broken 31 minutes, both by less than 3 seconds! However, it is not unusual for women's records to be improved by considerable margins. (In 1982, Mary Decker broke Yelena Sipatova's 10,000m record by almost 43 seconds and improved its velocity by 418 m/h, a performance which ranks 3rd on the women's 10,000m velocity improvement list). Perhaps more amazing than Wang's record is the way

in which she accomplished it—by running the second 5000m (14:26.0) nearly half a minute faster than the first (15:05.8)!

2. On September 11th, Qu Junxia's 1500m in 3:50.46 broke the longest-standing women's running record, Tatyana Kazankina's 3:52.47 established in 1980. Qu's record translates into a velocity improvement of 203 m/h, which ranks 6th out of 12 women's metric mile records. On the women's velocity improvement list for all running events, Qu's record ranks only 87th out of 185 records.

3. On September 12th, Wang Junxia's 3000m in 8:12.19 led a parade of five Chinese women under Zhang Linli's 8:22.06 from the previous heat, which bested Kazankina's 8:22.62 record for an improvement of 9.9 seconds or 431 m/h, second only to Lyudmila Bragina's staggering 18 second or 741 m/h 1978 improvement. Wang's record ranks 24th on the women's velocity improvement list for all running events. A day later, she cut another 6 seconds off the record, faster by 274 m/h than her fresh mark, the 3rd best velocity improvement in the history of the event and 53rd for all running events.

Another significant measure of women's records is obtained by **comparing them with the men's corresponding records**. For largely sociological reasons discussed in my essay *The Future of Track and Field*, women started training and competing seriously later than men, a delay reflected in the weakness of their early records. But to the extent that changed attitudes encouraged women to participate more actively in sports, their performances improved and the gaps which separated their records from men's narrowed from the lower

continued next page...

to the upper 80%, even to the lower 90%. (Only 29 out of 135 women's records exceed 90% of the men's corresponding records.) If women's running records (excluding the hurdles) are measured relative to men's records the day they are set, Wang's 29:31.78, which amounts to 91.3% of Yobes Ondieki's recent 26:58.38, ranks 1st on the 10,000m w/m ratio list and 12th on the w/m ratio list for all running events. Her 8:12.19 mark ranks 2nd on the w/m ratio list for 3000m and 15th for all running events, but her 8:06.11, which amounts to 92.4% of Moses Kiptanui's 7:28.96, ranks 1st on the m/w ratio for 3000 meters and 3rd for all running events, immediately after Griffith-Joyner's 94.7% (100m) and 92.4% (200m). Qu's 3:50.46, which amounts to 90.6% of Morceli's recent 3:28.86, ranks 2nd on the m/w ratio list for 1500m, and 20th for all running events.

Still another way to evaluate women's records is to **determine how far they are chronologically behind the men's corresponding records**, i.e. how many years/months/days have elapsed since men ran the same event as fast as the women's current record. According to this criterion, the women's best record is Ingrid Kristiansen's 2h21:06.00 marathon, which is 35 years, 10 months and 2 days behind James Peters' 2h20:42.20 established on June 14, 1952. The women's worst record is Paula Ivan's 4:15.61 mile, which is 98 years and 8 days behind Thomas Coneff's 4:15.6 established on August 28, 1895. The best Chinese record is Wang Junxia's 10,000m in 29:31.78, which is 44 years and 29 days behind Emil Zatopek's 29:28.2 established on November 11, 1949, followed by her 3000m record in 8:06.11, which is 49 years, 11 months and 18 days behind Gunder Hagg's 8:01.20 established on August 18, 1942, and by Qu Junxia's 1500m record in 3:50.46, which is 61 years, 11 months and one day behind Jules Ladoumègue 3:49.2 established on May 5, 1930. (Note that the chronological difference has been calculated from today's men's records, not from what the men's record was the day the women's records were set).

The **frequency** of world record performances is another measure of athletic greatness. As many as 45 women have broken or

tied running world records on more than one occasion. In the 1970's, Marita Koch broke or tied the 200m and 400m records no less than 12 times for a total speed improvement of 1678 m/h, which ranks 1st for all running events. After Wang's glorious week, the total improvement of her records is 1176 m/h, which ranks 8th. Only one other woman has broken 3 records in one week—Lyudmilla Bragina in the 1500m. (Wang did it in 2 different events, the other record-breaker in one.) However, with a little stretching, Wang could be credited with as many as eight performances faster than the existing world records. In the second half of her 10,000m record, she also ran faster than the existing marks for the 3000m and 5000m (albeit with a running start). In each of her two 3000m record performances, Wang's average speed exceeded the speed of the existing 2000m record. If we add that she was under Kazankina's 1500m record in Qu's world record race, we end up with no less than 8 distances under the world record—one 1500m, two 2000m, three 3000m, one 5000m, and one 10,000m.

With records at distances from 1500m to 10,000m, Wang's versatility brings to mind such great athletes as Paavo Nurmi, Gunder Hagg, Said Aouita, Mary Decker, Tatyana Kazankina and Ingrid Kristiansen. Only Kazankina (800m, 1500m, 3000m), Decker (mile, 5000m, 10,000m) and Kristiansen (5000m, 10,000m, marathon) have held world records at 3 different distances. Although Wang does not yet belong, she is likely to join this select company as soon as she breaks the 5000m record, which seems well within her reach, given the speed of her 10,000m record is over 99% of the 5000m record!

Only four women who have broken world records more than once have had all their records exceed 90% of the corresponding men's records, but only Wang (92.4%, 91.4%, 91.2%) and Griffith-Joyner (94.6%, 92.4%) have three. The sprinters Evelyn Ashford (92.4%, 92.0%) and Marlies Gohr (91.5%, 92.0%) have accomplished the same feat twice. (Six of Marita Koch's records exceeded 90% of the men's corresponding records).

The only woman in the top 25 of speed improvement as well as w/m ratio more than once with 29:31.78 (speed improvement 20th, w/m ratio 12th) and 8:12.19 (speed improve-

ment 24th, w/m ratio 15th), Wang Junxia's record-breaking week is unequalled in women's track history for overall frequency, quality, and range of improvement. In terms of improvement (m/h) and quality (w/m ratio), her 10,000m record is just a step behind Griffith-Joyner's Beamon-esque 10.49. Only Jesse Owens's miraculous breaking four world records in less than an hour can be considered superior to Wang's half hour when, on her way to the 10,000m record, she also ran faster than the 3000m and 5000m records. Should Wang Junxia break the 5000m record, she would become the career leader in total speed improvement for women's running events.

What can we expect from Wang in the future? Considering that her 3:51.92 has broken Kazankina's old 3:52.47 mark when narrowly beaten by Qu's 3:50.46, she can certainly aspire to appropriate one day the 1500m record. This appears as a certainty for the 2000m, the 22.22 m/h velocity of Wang's 3000m record being faster than the 21.91 m/h velocity of Maricia Puica's 2000m record of 5:28.69. Wang's 14:26 second half of her 10,000m race was considerably faster than Kristiansen's 5000m record of 14:37.33. (These performances suggest that breaking 14:00 in the 1500m and 29:00 in the 10,000m are not beyond Wang's resources.) Finally, the fact that she has run a 2h24 marathon when her 10,000m record was still over 31 minutes suggests that Wang is capable of breaking the current record by at least 3 minutes for a 2h18 marathon, with 2h15 as a more distance objective.

If Wang Junxia's weekly 180 miles of training do not bum her out, which would not surprise me, we may expect her to own every world record from the 1500m to the marathon.

Alphonse Juillard, William H. Bonsall Professor of French, Emeritus, Stanford University, is author of The Future of Track and Field and The Men's Mile in the series "The Evolution of Track and Field Records" (Montpamasse Publications, 1993).

SoCAL DIARY

By Bill Minarik

September 27

A lot of high school invitationals dominated last Saturday's cross country scene. The most notable was at Griffith Park where the Bell-Jeff Invitational played host to a huge field. The boys from Morro Bay, Crescenta Valley, Cabrillo and McFarland were crowned champions, as were the girls from Saugus, Righetti, St. Paul and McFarland. The McFarland boys deserve special recognition in this meet for an unprecedented accomplishment. Not only did they score a perfect 15 points, but as a Division IV team, they posted the fastest combined time of the day at 78:23, which was 54 seconds better than Morro Bay's Division I winning time of 79:17.

At the Royal Invitational at Moorpark College, the Thousand Oaks boys destroyed the field and runner-up Arroyo Grande 28-94, while the Peninsula girls used their usual depth to outrun runner-up Buena 35-66. The Diamond Bar Invitational saw much closer competition as the Diamond Bar boys were 62-68 winners over Mater Dei, while Bishop Amat just edged St. Lucy's and Mater Dei 63-65-66 in the girl's division. At the Nogales Invitational, class winners included boys from Hesperia, Nogales, Arroyo and Claremont and girls from Hesperia, San Gabriel, Claremont and Claremont again.

In community college conference meets, Antelope Valley swept the Foothill Conference 32-58 over the College of the Desert men and 36-37 over the Rio Hondo women. At the Golden West Invitational, the Mt. SAC men were runaway 22-58 winners over runner-up El Camino while Irvine Valley's women continue to look like a State Meet contender with a 65-89 win over runner-up Mt. SAC.

At the Western States Conference meet, the Glendale men destroyed the field and runner-up Canyons 30-105, while the Cuesta women were solid 52-63 winners over runner-up Ventura.

In open competition at the UC Riverside Invitational, the Nike West team outran the Riverside CC men 90-120, while the UC Irvine women eased by Nike West 62-87.

October 4

The big high school meet over the weekend was the Stanford Invitational which brought together the best in the west. The Thousand Oaks boys again made a statement about their being number one, as they easily outdistanced runner-up Hart High 51-118, while Bend, Oregon, destroyed the girl's field and runner-up Peninsula 36-94.

Down south at the Yucaipa Invitational, the boys from Katella, Yucaipa and Yucca Valley took home the gold, as did the girls from Hemet, Tustin and Temescal Canyon. The Brentwood Invitational saw the Brentwood boys taking second behind Harvard-Westlake 36-66, while the Brentwood girls just edged Flintridge-Sacred Heart 65-66.

At the Bakersfield Community College Invitational, the Mt. SAC men were easy 44-72 winners over runner-up Glendale, while the Glendale women surprised the female Mounties 61-69.

At the Stanford Collegiate Invitational, it was BYU over Stanford in both the men and women's divisions by scores of 35-101 and 72-84. UCLA's Karen Hecox was the individual winner in the women's race. At the Biola Invitational, the CS Fullerton men got by Nike West 51-61, while the Nike West women won going away 28-75 over CS Fullerton.

October 11

There was a full complement of high school invitationals the past weekend. However, many of the top seniors were sitting for the SAT test, so some team performances were less than optimal. The biggest meet was at Crescenta Valley Park in the form of the Kenny Staub Invitational. At that one, girl's teams from Canyon, Saugus, and Burroughs Burbank were divisional champions as were boys from Palmdale, Claremont and Saugus.

The San Gabriel Valley Invitational had the girls from Bishop Amat and St. Lucy's, as well as the boys from San Gabriel and Covina crowned as divisional champs. Further south at the Huntington Beach Invitational, the girls of Mater Dei, Pt. Loma and Aliso Niguel were team champions along with the boys of Santa

Ana, Thousand Oaks and Santiago. Further north at the Dos Pueblo Invitational, San Marino eased by the boys of Buena 80-88 while the Nordhoff girls outran Santa Barbara 86-96.

In community college action, a number of SoCal schools traveled up to NorCal to compete in the San Francisco Invitational at Golden Gate Park and enjoyed considerable success. The men from Mt. SAC were 51-108 winners over runner-up Long Beach, while the San Diego Mesa women outran the female Mounties 79-86. Down at the Irvine Invitational, the men from Riverside just edged out a surprising Cuyamaca team 68-70, while the ladies from Irvine Valley continue to get stronger as was evidenced by their 88-115 win over runner-up Orange Coast.

The only four-year college action which was reported as scoring was the tri-meet at Malibu, where USC swept the men and women's races from San Diego and Pepperdine by scores of 33-39-59 and 40-43-45.

October 18

The high schools continued to have a full slate of invitationals with the SLO Invitational being the feature attraction. At that one, girl's teams from Madera, San Jose Silver Creek and Ursuline scored close divisional wins, along with boy's teams from Arroyo Grande, Camarillo, Loyola and McFarland. Elsewhere in SoCal, close finishes continued to be the order of the day as the girls from Edison and Esperanza needed a sixth runner tie-breaker to determine who was Orange County champion. Edison ultimately was declared the winner 108-32 to 108-57. In the boy's race, Santa Ana had a slightly easier time of it at 59-76 ahead of runner-up Katella. At the Bell Gardens Invitational, in the close-set combined time competition I have ever seen, San Gabriel edged out the boys of Bell Gardens 79:59 to 80:00. The girl's division had the same result with SG 101:15 to BG's 102:37.

In community college competition, everybody was at Mt. SAC for the annual hill climb at SoCal's most challenging course. The Mounties turned out to be rude hosts as they

continued next page...

SoCAL DIARY

swept both the men and women's invitational divisions. The men's 71-72-76 win over Riverside and Cuyamaca was a real shocker, while the women's 66-98 margin over runner-up American River was surprisingly large.

At the four-year college level, the Azusa Pacific men won the Golden State Athletic Conference championship for the first time in eight years with a microscopic 19 point total ahead of runner-up Pt. Loma with 58. In the women's competition, it was business-as-usual for Westmont which captured its 5th straight title 41-53 over runner-up Pt. Loma.

At the SCIAC Multi-Dual Meet competition, where every team runs a dual meet against every other team, the Claremont men went 7-0 in front of a rebuilding Oxy squad, which finished 6-1. The Oxy women, however, pulled a mild upset by going 7-0 ahead of Claremont at 6-1.



CAL POLY SLO (Hempel, Berkeland and Candaele--left to right)--determination pays off at SLO Invitational. Photo by Elaine Rosenfield

Up at the Cal Poly SLO Invitational, the host team men destroyed the field and runner-up UCLA 20-51. However, the Lady Bruins were able to squeeze out a 64-28 to 64-31 tie-breaker over the female Mustangs. Down at the UCSD Invitational, the Cal Poly Pomona men easily outdistanced the host team 61-105, while the Pepperdine women surprised the field with a 76-79 win over runner-up UCSD.

BOOK REVIEW

By Barbara T. Erskine, Books for Runners

Cross-Training

By Gordon Bakoulis Bloch
(Simon & Schuster, 1992, \$12.00)

The dogma that the only way to excel in a sport is to train exclusively in that activity has been soundly refuted in recent years. Capitalizing on this change in philosophy, Gordon Bakoulis Bloch has written a book on techniques for exercising the whole body, which she has used as an elite runner for many years.

Cross-Training is a basic guide for active people who are starting a new activity, who are bored with their current sport, who are injured, who want to become more flexible or increase their total body fitness. Bloch leads the uninformed through beginning exercise physiology, nutrition, weight control, injury prevention, equipment and training. She presents no new information and a broad overview. The discussions target would-be athletes who haven't read a fitness magazine or book in the last year where cross-training has been featured prominently. For those who want an in-depth review, there are specific books on each topic available.

Because the book highlights multi-sport participation, the explanations of the basics always center around the benefits of cross-training. She defines this as "any fitness program that incorporates a variety of activities in a systematic way to promote balanced fitness." To achieve this, she sets up four rules to play by: 1) combine upper and lower body activities, 2) combine aerobic and strengthening workouts into the program, 3) choose activities which stress skill and movement, and 4) combine sports more stressful to the joints with some less stressful. Examples of the myriad of combinations based on these rules are rowing and weight lifting, tennis-aerobic dance-swimming, walking-softball-water aero-

bics-racquetball. The only limits are time and imagination.

How do you find time for all these, especially if you still want to specialize in one sport? Bloch suggests flexibility, goal assessment, commitment. You may have to run stairs on your lunch hour or ride a bike to work. The goal here is complete fitness, using what time you have for exercise in the most productive way for the whole body. She advocates opening your cross-training "to a healthy measure of whimsy, which can take a lot of the stress out of exercise for most people. More important, by opening up more possibilities to you, it increases the chances you will exercise regularly ... Your approach should be to experiment, remaining open to possibilities and not considering any activity out of the question until you have tried it."

Cross-training has helped the author achieve elite levels in running and other competitors from many sports perform more consistently and remain injury free. It is uniquely helpful for those training in a sport which causes excessive pounding to the joints, such as long distance running. Cross-training utilizes different parts of the body, balances opposing muscle groups, alleviates boredom, combines pounding exercise with less stressful events, allows reduction of an activity before it causes an injury while still maintaining fitness.

For these reasons, the book is valuable for any single-sport enthusiast who wants more variety and hints on how to diversify. It is a good basic discussion of the basics of exercise, but anyone wanting more thorough information should choose a title addressing that special interest.

For information or a free catalog, contact Barbara T. Erskine, BOOKS FOR RUNNERS, 386 Portlock Road, Dept. CA, Honolulu, HI 96825-2027.

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MARK CONOVER

Winner of 1988 Marathon Trials is Battling Hodgkin's Disease

By Gregor Robin, Santa Barbara News-Press Sports Writer

Mark Conover was on top of the world in 1988.

The little-known distance runner from Humboldt State came out of nowhere to win the Olympic Trials Marathon that year, pulling away from Ed Eyestone in the final miles.

Conover won \$50,000 and signed a multi-year contract with Reebok. All this came to him after he'd run his credit cards to their limit and was living hand-to-mouth just to get to the trials.

If there were odds on that marathon, Conover would have been listed as 50-1. But he came through with the race of his life.

Five years later, the 33-year-old San Luis Obispo resident is staging the fight of his life. Although his odds are a lot better this time around, Conover knows he's in for a big battle.

On October 29, Conover was diagnosed with Hodgkin's disease. The disease is a form of cancer that attacks the lymph nodes. He has had his first chemotherapy treatment and will undergo the grueling treatments twice a month for the next six months.

It's been said that if you're going to get cancer, Hodgkin's disease is the cancer to get. With a 60 to 90 percent recovery rate, the prognosis is good. Still, Conover is obviously having trouble coming to grips with the news.

"I got real sick last Thanksgiving and got pleurisy, which is a lung virus," said Conover, an athlete who worships the running lifestyle and the camaraderie that surrounds it. "The pleurisy lingered until February. Throughout the year I was still plugging away with my training as best I could. I got a lot of colds and quick flus that were really ripping through my body in three-day periods. I'd still go out to train. I'd still be going at it, but I just didn't feel right. Something was off. Now, the doctors think everything has been related to this."

A distance running friend of Conover's, Dr. Armando Siqueiros, knew something was amiss.

Several weeks ago, Conover went to Humboldt to be inducted into the Humboldt State Hall of Fame.

"While I was up there, I got real sick again, another type of cold or flu thing, with a sore throat and intestinal flu," said Conover. "I thought I was better and did a workout two days later. I was real tired and the last couple

of weeks the fatigue progressively got worse. I couldn't breathe well and I started getting treated for asthma, which I never had a problem with.

"Then, one week ago Friday, my doctor ordered lung X-rays and they showed a lot of things going on in there with the lymph nodes and I had a big inflammation on my neck."

The neck biopsy showed Conover had Hodgkin's disease.

Unlike Pittsburgh Penguins hockey star Mario Lemieux—who was treated for a lower grade of Hodgkin's disease earlier this year and is back playing in the NHL—Conover is dealing with a "Stage 3" case.

"I'm far enough along in my stage that some has spread down into my abdomen and that warrants chemotherapy," said Conover.



"Being a distance runner, I've learned how to deal with unpleasant things at certain times. You have to do it on your own terms. I'm not going to be a martyr. If I need help, I'll ask for it."

"The chemotherapy makes me nauseous. It's not a pleasant experience, by any means, and I've only had one treatment. But hopefully my body will become more used to it. I don't know. It's going to be very difficult, especially when the hair starts falling out."

Winning the 1988 Olympic Trials Marathon took years of training, guts, determination, timing, strategy and everything else the human body could muster. Mark Conover did it. Again, the work is cut out for him.

"If I feel I need to join a support group, I'll do it," he said. "But friends and family go a long way with support. Being a distance runner, I've learned how to deal with unpleasant things at certain times. You have to do it on your own terms. I'm not going to be a martyr. If I need help, I'll ask for it."

"It's just one of those things in life. You have to go through it. I've had to go through a lot of painful things. This will just be another. I don't know what to expect, but I am expecting it to be one of the toughest battles I've had. I can tell already that it's quite a head trip. The prognosis is good, positive in everything. I'm aware of that. The toughest

thing is going to be keeping my spirits up through all the chemotherapy.

"I've gone through some crying and will again. It's not that I feel sorry for myself, but naturally I don't want this. I don't want to deal with it. I want life to be usual."

Conover has lived the routine of a distance runner since high school. After a highly successful college career, Conover moved to San Luis Obispo in 1984 and joined the Reebok Aggie running club in 1985.

His Olympic Trials Marathon time of 2:12:26 is his personal best. He has other bests of 14:04/5K, 28:30/10K, 44:15/15K and 47:35 10 mile.

Conover is familiar with Santa Barbara road racing. He won the Chardonnay 10-miler in 1987. He also won a 10K here and an 8K in

Goleta in the mid-1980's.

In the 1988 Olympic Marathon in Seoul, Conover suffered severe blisters on his feet and had to drop out at 20 miles. He came back to finish 10th in the 1992 Olympic Trials Marathon, running on an injured Achilles tendon.

Another great American runner, Marty Liquori, recently revealed he had a mild form of leukemia. Liquori said the prognosis was good and he expects to live a long productive life. ♦

Knowing that the costs for medical care and chemotherapy treatments are extremely high, a fund has been established to assist Mark in fighting the disease. If you can help, please send your contribution to:

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San Luis Obispo, CA 93405

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Fin.	Scor.	Name	School	Time
1.	1	A - 1	ASH	17:04.1
2.	2	B - 1	BHS	17:05.4
3.	3	C - 1	CS	17:06.9
4.	0	D - 1	DH	17:08.4
5.	0	D - 2	DH	17:10.2
6.	4	C - 2	CS	17:12.2
7.	5	B - 2	BHS	17:14.1
8.	6	B - 3	BHS	17:15.8
9.	7	A - 2	ASH	17:17.5
10.	8	A - 3	ASH	17:19.0
11.	9	C - 3	CS	17:21.0
12.	0	D - 3	DH	17:22.9
13.	0	D - 4	DH	17:24.8
14.	10	C - 4	CS	17:26.2
15.	11	B - 4	BHS	17:28.0
16.	12	A - 4	ASH	17:29.6
17.	13	B - 5	BHS	17:31.1
18.	14	C - 5	CS	17:32.9
19.	15	C - 6	CS	17:34.4
20.	16	B - 6	BHS	17:35.7
21.	17	B - 7	BHS	17:37.0
22.	18	C - 7	CS	17:38.4
23.	0	B - 8	BHS	17:40.0
24.	0	C - 8	CS	17:41.5
25.	19	A - 5	ASH	17:43.0
26.	20	A - 6	ASH	17:44.8
27.	0	B - 9	BHS	17:46.7
28.	21	A - 7	ASH	17:48.4
29.	0	A - 8	ASH	17:49.0
30.	0	C - 9	CS	17:50.7
31.	0	A - 9	ASH	17:53.6
32.	0	C - 10	CS	17:56.5

School A	1	7	8	12	19	--	47	(20	21)
School B	2	5	6	11	13	--	37	(16	17)
School C	3	4	9	10	14	--	40	(15	18)

Scores

Finish		
1	School B	-- 37
2	School C	-- 40
3	School A	-- 47

Non-scoring Schools
School D

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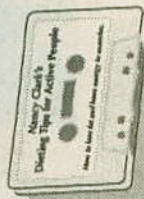
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PREP NOTES

By KEITH CONNING

■ Northern California Results Wanted

Please FAX high school cross country and track results to (510) 849-3342. You may also send them to: Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823.

■ Viking Opener Invitational

Spring Lake, Santa Rosa, September 18-- Freshman Julia Stamps (Rincon Valley Junior High, Santa Rosa) set a new course record of 11:07 on the two-mile course. Only 26 boys ran faster than her today. She won the frosh/soph girls' race by 2:40! Sophomore Shelly Lowery (Analay, Sebastopol) placed second in 12:47, and freshman Carrie Kronberg (Ursuline, Santa Rosa) was third in 13:13.

Ursuline won the frosh/soph girls' team title with 24 points. Napa placed second with 28, and Santa Rosa was third with 46.

Senior Sara Jakel (Sonoma Valley, Sonoma) won the junior/senior girls' race in 12:06. Junior Pamela Richardson (Montgomery) placed second in 12:30, and senior Amy Bergenske (Fortuna) was third in 12:51.

Napa won the girls' junior/senior team title with 30 points. Ursuline placed second with 35, and Santa Rosa was third with 38.

Senior Matt Creason (Eureka) set a new course record of 9:54 in the boys' senior two-mile race. David Toomey (Montgomery, Santa Rosa) placed second in 10:25, and Josh Quintal (Fortuna) was third in 10:26.

Montgomery won the boys' senior team title with 13 points. Piner placed second with 33, and Healdsburg was third with 33.

Peter Egerton (Santa Rosa) won the boys' junior race in 10:24. Zach Barrett (Santa Rosa) placed second in 10:31, and David Serafini (Sonoma Valley, Sonoma) was third in 10:48.

Santa Rosa won the boys' junior team title with 9 points. Cardinal Newman (Santa Rosa) placed second with 27, and Healdsburg was third with 42.

Freshman Tom Gaim (Cook Junior High) won the boys' frosh/soph race in 10:53. Sophomore Toli Au (Montgomery) placed sec-

ond in 10:54, and Adrian Dewald (Eureka) was third in 10:55.

Casa Grande (Petaluma) won the frosh/soph boys' team title with 27 points. Eureka placed second with 28, and Cook Junior High was third with 45.

■ Julia Stamps Athlete of the Week

October 5

LARGE SCHOOL: Julia Stamps, Rincon Valley JH

WHAT SHE DID: Stamps, a 5-foot-6 1/2 inch ninth-grader at Rincon Valley Junior High (Santa Rosa), finished first at the Stanford Invitational cross-country meet Saturday. Stamps, who doesn't compete at the junior high level, represents her school at invitational meets. Her winning time over the 3.1-mile course was 17:40. Stamps led by about 20 yards before opening up about a mile from the finish. Her winning margin was 43 seconds. Stamps will attend Santa Rosa High next fall.

GOALS: Stamps wants to qualify for the Foot Locker Nationals in San Diego.

FAVORITE SUBJECT AND GPA: Leadership (3.8).

FUTURE: After high school she plans on attending college and continuing her running career.

OTHER SPORTS: Track (1,500 and 3,200 meters).

HOBBIES/ACTIVITIES: Stamps enjoys water and snow skiing, roller blading and horseback riding.

NICKNAME: Jules. **MOVIE:** Wild Hearts Can't Be Broken. **COLOR:** Blue. **ATHLETE:** Patti Sue Plumer (former Stanford runner).

(Prep Editor: The preceding article appeared in THE PRESS DEMOCRAT on October 5, 1993.)

■ Artichoke draws hundreds

By STACY TREVENON

Half Moon Bay Review

October 6--A total of 1,611 runners from 87 schools as far away as Reno or Tahoe

flocked on Saturday to measure themselves on Half Moon Bay High School's 2.33-mile cross-country course at the 23rd annual Artichoke Invitational, the largest high school cross-country meet in northern California.

This year's meet was the largest ever, boasted coach Dick Calvin who started the Artichoke Invitational with 109 runners from 11 schools in 1971. In the mid-1970s, Half Moon Bay brought girls into the league after Becky Schmidt ran with the boys and came in tenth out of a field of 91 in 1975.

The course features 'the' hill which Cougar runners tell visitors is worse than it is. Runners like Lassen High freshman Aaron Harris, whose first-place time of 12:01 smashed the 12:19 record established in 1981, practice on hills all the time. On the other hand, girls' varsity first place holder Sara Jakel from Sonoma Valley High pronounced the hill 'pretty horrible' and got tired walking it before the meet began.

Cougar varsity runners Justin Stern placed second among the 185 runners with a time of 12:13 and James Harrison placed 16th with 12:36.

'You get a real rush (out of Artichoke),' said Stern after his race. 'It's something to look forward to all year. Everyone tries to turn it on for Artichoke.'

Out of the 127 girl varsity runners, Half Moon Bay sophomore Kim O'Brien took fourth with a time of 15:59. She was followed by Heather Patterson in ninth with 16:23 and Pam Andreasen in 15th with 16:43. The course felt good to run, O'Brien said.

'The day went great' said coach Calvin, who credited a small army of faculty, parents and graduates who came to help out with the busloads of teams.

'They came from everywhere and every team has something good happening for them,' he said.

(Prep Editor: The preceding article appeared in the Half Moon Bay Review on October 6.)

The Artichoke Invitational was the largest high school cross country meet in Northern California. This year it passed the Stanford Invitational which had 1,504 runners.

continued next page

PREP NOTES

Both meets are held on the first Saturday in October and are not too far apart. Half Moon Bay is located on the Pacific Ocean south of San Francisco.)

■ A love of mountain running takes two Americans to Tibet

ASSOCIATED PRESS

New York, October 7--Matt Carpenter has run up Pikes Peak nine times and Tom Johnson has won the Western States 100-mile race three times. So running the FILA Everest SkyMarathon in Tibet, a test of strength and endurance above 14,000 feet, should not be difficult for either distance zealot.

"I know it's an insane race," Carpenter, 29, of Colorado Springs, Colo., said before leaving for the Oct. 8 event in southwestern Tibet over rough terrain, framed by the Himalayan peaks of Everest and Cho Oyu. It will be the world's highest marathon, with the starting point at an altitude of 14,319 feet and reaching a peak of 14,895 feet.

"I'm doing it just for the novelty," said Carpenter, a part-time computer analyst. "I like running uphill."

Carpenter is accustomed to steeper gradients: the trek up Pikes Peak begins about 7,000 feet before topping at 14,110 feet. "You spend only about two minutes at that altitude," Carpenter said of Pikes Peak's summit.

He is, however, an expert at scaling heights. Since his last effort up Pikes Peak in August, he has run up such steep Colorado mountains as Sherman (14,036 feet), Democrat (14,148), Lincoln (14,286) and Bross (14,172). There are 54 mountains higher than 14,000 feet in Colorado, the highest being Mount Elbert at 14,433 feet, and Carpenter is trying to "bag" as many as possible. He also has conquered such other Colorado paths as Imogene Pass, with an elevation of 13,100 feet, and the Vail Hill Climb, 10,200 feet.

Carpenter's zeal for mountain running did not come naturally. He was born in the small Mississippi town of Gautier, and went to school at Southern Mississippi in Hattiesburg. He did not move to Colorado until six years ago. That's when he got hooked on mountain running--"away from cars and the asphalt."

Johnson, 34, a civil engineer from Loomis, Calif., has taken a different approach. Instead of running up hills and mountains, he has established himself as one of the top ultramarathoners in the United States.

"This should be fun, more of an adventure than anything else," he said of his upcoming challenge. "I've never run anything that high. I've been on top of mountains at 14,000 feet, but dancing around, not running. I've occasionally run as high as 10,000 to 12,000 feet."

Despite his unfamiliarity with running regularly at tremendous heights, the course should suit Johnson.

"I'm not real fast, so I do better on rough terrains," he said. "If I were fast, I would do marathons, because they pay better."

Those terrains include the Western States 100-miler, which is run from Squaw Valley to Auburn, Calif., on a narrow, single-file trail.

"It's very rugged, very remote," Johnson said. "There's a lot of uneven footing, poison oaks, rattlesnakes, bears. ...It depends on how long you run what you'll run into. I've been buzzed at and struck at by rattlesnakes--but never hit by one--and I've seen bobcats and coyotes."

Johnson, who runs more than 100 miles per week in training, runs in such out-of-the-way places "that you can get there only by horse or by foot."

"Even motorcycles can't get there," he said.

Like Carpenter, Johnson was a high-school runner, but gave it up for several years before returning to it seven years ago. In college, at UC Davis, he was a polo player, a member of the school's 1982 NCAA champions.

At 27, he decided to resume his running career. Although he never had run farther than 15 miles, he entered a lottery for a 100-mile race. After being drawn to compete, he finished 26th in a field of 400.

"Afterward, I decided I could do better," Johnson said.

He did. In his three 100-milers since then, he has won them all, with a best time of 15 hours, 54 minutes.

Johnson also is the two-time Ride and Tie national champion, an event that combines running and horseback riding.

In Tibet, Johnson and Carpenter will compete against a field of 18 other men and five women, all traditional marathoners, from Italy, Switzerland, France and Britain.

The men's winner will receive \$3,000, the runner-up \$2,000, and the third-place finisher \$1,000, while the women's winner will get \$2,000--a pittance compared to the amounts paid to the top three finishers in the Boston or New York City marathons.

"If I was in this for the money, I'd be a computer analyst full time," Carpenter said. "There are easier ways to make money than being a mountain runner."

(Prep Editor: The preceding article appeared in THE OAKLAND TRIBUNE on October 7, 1993.)

■ It's A Fact

At the age of 15 years and 5 months, Kenyan Selina Barsosio became the youngest world junior record holder in history when she finished third at the World Championships 10,000 meters in a time of 31:19.38. The best American age-15 time for boys is 31:43.2.

(Prep Editor: The preceding item appeared in the November issue of RUNNER'S WORLD magazine.)

Eric Hulst (Laguna Beach, CA) set the age-15 record for boys in 1973. Cathy Shiro (Dover, NH) set the age-15 record for girls of 34:01.1 in 1983. The old world junior record of 31:40.56 was set by Delilah Asiago (Kenya) at Tokyo on June 16, 1991.

The American junior and high school record of 32:52.5 was set by Mary Shea (Cardinal Gibbons High School, Raleigh, North Carolina) on June 15, 1979 at Walnut, California, when she won the AAU championship.

The California junior record of 33:31.80 was set by Jamie Park (Cal Poly San Luis Obispo) on April 21, 1990 at Walnut, when she placed sixth in the Mt. San Antonio Relays.

The California high school record of 34:54.8 was set by sophomore Roxanne Bier (Independence, San Jose) in 1978.)

■ Castro Valley Invitational

Canyon Middle School, Castro Valley, October 9--Montgomery (Santa Rosa) won the boys' team title with 53 points. Castro Valley placed second with 56, and De La Salle (Concord) was third with 63.

Keith Kennedy (San Leandro) won the boys' 3 mile race in 16:29. John Kelly (De La Salle) placed second in 16:47, and John Atwood (Castro Valley) was third in 16:59.

Host Castro Valley won the girls' team title with 24 points. Rancho Cotate (Rohnert Park) placed second with 33, and Montgomery (Santa Rosa) was third with 67.

Sara Jackel (Sonoma Valley, Sonoma) won the girls' 3 mile race in 20:03. Jennifer Ewing (Castro Valley) placed second in 21:33, and Sarah Gibson (Rancho Cotate) was third in 21:52.

continued...

PREP NOTES

The NATIONAL SCHOLASTIC SPORTS FOUNDATION proudly presents the 1993 AMERICAN ATHLETICS ALL AMERICAN TEAM FOR TRACK AND FIELD

Men

200m

2. Calvin Harrison (North Salinas, Salinas) 20.57 (#2)
- 2-GWI, 1-State, 3-US Jr.

400m

1. Calvin Harrison 45.07 (#1) (Fed Rec 2 HS) 1-GWI, US Jr., PA Jr., 3-OF
3. Alvin Harrison 46.25 (#3) 2-GWI, 3-US Jr., Olym Fest (45.5r)

800m

3. *Vondre Armour (Bakersfield) 1:50.13 (#3) 2-Arcadia, 2-NSO, 1-State

1500/1600m

1. Brian Wilkinson (Merced) 4:08.13m (#2) 3:53.46 (#1) 1-NSO, 1-State, 3-US Jr.

High Jump

3. Jeff Nedeau (Monroe, Sepulveda) 7-2 1/4 1-State 7-0 1/4; 1-GWI 6-10

Pole Vault

2. *Scott Slover (Leland, San Jose) 16-10 NSO Champ-16-3; 1-CA 16-2; US Jr-NH

Shot Put

3. Ty Lingenfelter (Upland) 63-11 1-GWI 63-7

SECOND TEAM

100m

1. *Bryan Howard (Canyon Springs, Moreno Valley) 10.43 (#4) 1-State, 3-NSO

800m

1. Brian Wilkinson (Merced) 1:49.50 (#2)

High Jump

1. Jeremy Fischer (Camarillo) 7-2, 3-NSO 6-9, 3-US Jr 7-1 1/2, 4-JO 6-8 3/4

Pole Vault

1. Tye Harvey (Sonora) 17-1, 3-GWI 16-6; 3-State 15-6; 5-US Jr 15-5

Long Jump

3. Edward Turner (Woodland Hills) 24-7 3/4, 5-IPI 23-6 1/4; 1-JO 24-7 3/4

Triple Jump

2. Tony Parish (Marina, Huntington Beach) 50-11 3/4, 2-GWI 50-4; 9-US Jr 48-7 1/4

Hammer

2. Bill Stengle (Los Gatos) 197-1, 5-IPI 181-8, 7-US Jr (16 lb.) 160, 6-US Jr-HS Exhibition 183-3
3. David Charlesworth (Los Gatos) 189-10, 6-IPI 179-7; 4-US Jr-HS Exhibition 189-10

Decathlon

3. *Bob Wieghall (Highlands, Bakersfield) 6176, 5-GWI 6176

Others considered:

- 100m—Paul Turner (University City, San Diego) 10.49 (#7)
- 200m—*Bryan Howard (Canyon Springs, Moreno Valley) 21.14 (#10), 2-State, 2-NSO
- Edward Turner (Morningside, Inglewood) 21.07 (#8)

- 800m—*Michael Granville (Bell Gardens) 1:51.03 (#7), Fr Rec, 1-Arcadia, 3-NSO
- 3000/3200/Two-Mile—*Matt Farley (Jesuit, Sacramento) 9:04.39m (#10), 3-Arcadia, 2-NSO, 1-State
- Discus—Chad Pearce (Mission Viejo) 191-11, 5-GWI 169-9
- Decathlon—Tyrin Prince (Highlands, Bakersfield) 6122, 6-GWI 6108, 6-US Jr 6122

Women

100m

1. Marion Jones (Thousand Oaks) 11.28 (#1), 1-Arcadia, 1-GWI, 1-State

200m

1. Marion Jones (Thousand Oaks) 23.00 (#1), 1-Arcadia, 1-State, 1-GWI

3. *Andrea Anderson (Poly, Long Beach) 23.60 (#3), 2-State

800m

3. Miesha Marzell (Bishop O'Dowd, Oakland) 2:09.13 (#3) 5-NSO, 1-State, 3-US Jr 2:09.71

1500/1600m

2. Milena Glusac (Fallbrook) 4:32.9' (#2), 4:50.83m (#2) 1-State 4:50.83, 1-GWI 4:54.58 mile

3000m/3200m

1. Milena Glusac (Fallbrook) 10:26.72 (#1), 9:49.2' (#5), 1-Arcadia, 1-State

300/400 Hurdles

1. *Angela Harris (Skyline, Oakland) 42.4 (#6), 58.82 (#1) 1-State, 3-US Jr (first HS)

Long Jump

1. Marion Jones (Thousand Oaks) 22-0 1/2 (#1) (#2 HS all-time), 1-GWI, 1-State

3. Amy Littlepage (Mt. Miguel, Spring Valley) 20-5 (#2), 2-State

Shot Put

1. Kristin Heaston (Ygnacio Valley, Concord) 52-11 1/2 (#1) 1-GWI, 1-State, 2-US Jr (1st HS), 4-PA Jr

Discus

1. *Suzy Powell (Downey, Modesto) 180-8, 1-NSO, 1-State, 1-US Jr

2. Kristin Heaston (Ygnacio Valley, Concord) 165-10 (#2) 1-GWI, 2-State, 4-US Jr (2nd HS)

SECOND TEAM

100m

1. *Andrea Anderson (Poly, Long Beach) 11.54 (#3), 2-Arcadia, 2-State

200m

2. *Aminah Haddad (Poly, Long Beach) 23.67 (#6), 6 races under 24.0, 8-JO 25.01

3200/Two Mile

2. Maribella Aparicio (Fillmore) 9:48.86, 10:42.39m (#5)

- 2-Arcadia, 3-Mt. SAC, stress fracture in May

High Jump

2. *Danielle Boswell (Bullard, Fresno) 5-10 (#6), 2-NSO 5-

10, 4t-State

3. **Tracye Lawyer (Cate, Carpinteria) 5-10 (#6), 1-State, 1-USATF Youth (15-16) 5-7

Triple Jump

2. Cheeza Figueroa (Quartz Hill) 40-1 1/4 (#15), 1-State 40-1 1/4, 1-GWI

Javelin

1. *Suzy Powell (Downey, Modesto) 150-8 (#6), 1-NSO 150-8, 7-US Jr (3rd HS)

Others considered:

- 100m—*LaKisha Backus (Wilson, Long Beach) 11.65 (#6), 4-State 12.13

- **Aminah Haddad (Poly, Long Beach) 11.66 (#9), 3-State 12.07, 11.59w

- 1500/1600m/Mile—*Ami Skieresz (Agoura) 4:53.97 (#7), 4:36.23 (#7). Season ended by mono mid-May.

- 100m High Hurdles—*Bisa Grant (Bishop O'Dowd, Oakland) 14.11 (#7), 1-State 14.11, 8-Natl Jr 14.47 (-6.00)

- High Jump—*Misty May (Newport Harbor, Newport Beach) 5-10 (#6), 3-NSO, 2-State

- Triple Jump—*Ebonie Henderson (Bakersfield) 40-6 (#8) 5-Arcadia, 2-Mt. SAC, non-placer State

- *Tamika Porter (Orange Glen, Escondido) 40-6 1/4 (#7) 6-NSO 38-1 1/2w, 4-State 38-6 1/2

HOW THE TEAM WAS CHOSEN:

When the decision was made to select an All American team, it was also decided to select a panel of track & field experts from throughout the country. It was felt this would insure fair and accurate representation for all the athletes. The NSSF would like to thank all those who assisted in the process. The panel was chaired by John Blackburn of Charleston, SC. The candidates presented to the Selectors for consideration, eight/event, were chosen by Mr. Blackburn, Doug Speck and Mike Bymes.

The Selection Panel: Ken Brauman, Florida; Larry Byrne, Rhode Island; Judy Cockerham, California; Keith Conning, California; Mike Kennedy, California; Walt Murphy, New York; Lance Phegley, Texas; Jack Shepard, California; Chris Somerlot, Ohio; Rita Somerlot, Ohio; Scott Sprull, Washington; Larry Story, Texas.

The Board of Directors for the NSSF also voted. The financial support that made the awards the team will receive possible was provided by AMERICAN ATHLETICS magazine, Larry Eder, Publisher and Christine Johnson, Editor. Without their support this project would not have happened.

SUBSCRIBE TO CALIFORNIA TRACK NEWS TODAY!!

PREP NOTES

■ 19th Annual Crystal Springs Invitational

Crystal Springs, Belmont, October 9--The runners had to worry about a bee colony that arrived during the first race of the day. Between 20 and 30 runners were stung during the boy's junior varsity race and had to withdraw. The bees were not a problem for the varsity race.

Bellamine (San Jose), which placed four runners in the top eight, won the boys' championship team title with 29 points. North Monterey County (Castroville) placed second with 52, and Overfelt (San Jose) was third with 87.

Jason Balkman (Lynbrook) won the boys' 2.95 mile race in 15:09. Gonzalez (North Monterey County) placed second in 15:28, and Becker (Bellamine) was third in 15:35.

Aptos won the girls' team title with 48 points. Silver Creek (San Jose) placed second with 79, and Santa Teresa (San Jose) was third with 93.

■ Calvin Harrison and Marion Jones

The October issue of *The National Scholastic Track Digest* has named Calvin Harrison (North Salinas, Salinas) and Marion Jones (Thousand Oaks) as the Athletes of the Year in high school track.

■ Kennedy impressive in Mariner Invite win

By Steve Owyong

Staff Writer Alameda Newspaper Group
Hayward, October 16--As it turned out, just about everybody who attended the 10th Mariner Cross Country Invitational Saturday at Garin Park was a winner of some sort.

Those who were spectators not only got to see gutsy competition between runners from 48 schools, but the enjoyable scenery of the venue. Then there were the many people who helped Moreau Catholic coach Phil Wilder produce the event and make it possible for the participants.

As for the competition itself, the Mariner Invitational award format allowed more runners to be recognized.

Top individuals for each division are based on runners who have the fastest times and whose schools did not place in the top five of team scoring. Every member of the top teams are awarded a medal, and the first-

place team receives a plaque (*sic*).

In the large schools boy's varsity race, the last event of the day, Keith Kennedy of San Leandro High finished first well ahead of the field with a time of 15 minutes and 15 seconds for 2.9 miles. And because the Pirates were an incomplete team, Kennedy also earned his recognition as the top individual runner. Amador Valley's Brock Tessman, who actually came in third at 15:31 earned the second spot.

Irvington placed second in team scoring of the varsity small schools race, and Jeremy Mattem was the actual first place finisher at 15:29, but Healdsburg's Hector Delgado earned the top individual spot as he finished behind Mattem at 15:41.

Washington nabbed the first-place team title in the varsity girls small schools level. Moreau Catholic finished third and Redwood Christian was fourth.

(Prep Editor: The preceding article appeared in THE OAKLAND TRIBUNE on October 17.)

■ Julia Stamps Keeps On Winning

San Luis Obispo Invitational

San Luis Obispo, October 16--Julia Stamps (Rincon Valley Junior High School, Santa Rosa) won the Division I girls' race in 18:20. She won by an incredible margin of 1:18. Pickett (Mt. Carmel, San Diego) placed second in 19:38.

This was Stamps first high school cross country meet in Southern California.

■ World Sports Scene/Randy Harvey

Best of the World's Best Came 25 Years Ago LOS ANGELES TIMES

October 18--As enthusiasts of a sport that has a record book thicker than Webster's unabridged, track and field fans love to speak in the language of superlatives.

In many cases, they have the authority of precise measurements, either of time or distance, on their side. On other occasions, however, they become swept away in their own hyperbole. That was the best curve ever run, the best relay handoff, the best hammer-throw competition on a Thursday, etc., etc.

But, when virtually everyone who watched the 1968 Summer Olympics at Mexico City tells you that it was the best meet

they have ever seen, it is not easy to argue with them. Possible, but not easy.

This discussion has an element of timeliness because it was 25 years ago today that two of the greatest records in the sport's history were set. On Oct. 18, 1968, Bob Beamon long jumped 29 feet 2 1/2 inches, and Lee Evans ran the 400 meters in 43.86 seconds.

Beamon's jump remained in the record books until Mike Powell jumped 29-4 1/2 in 1991. Evans' record lasted until Butch Reynolds ran 43.29 in 1988.

Less memorable, but even more impressive for longevity, was the time of 2:56.16 run by the U.S. 1,600-meter relay team of Vince Matthews, Ronald Freeman, Larry James, and Evans. That record was equaled in 1988 but not broken until last year, when the U.S. team of Andrew Valmon, Quincy Watts, Michael Johnson and Steve Lewis ran 2:55.74 in the 1992 Barcelona Olympics.

Both 100-meter records also fell in Mexico City. Jim Hines ran 9.95, which remained as the world's fastest for a mere 15 years before Calvin Smith ran 9.93 in 1983, and Wyomia Tyus ran 11.08.

All of those records have track and field's equivalent of an asterisk beside them, an "a" for altitude. Mexico City is 7,500 feet above sea level, and, based on what we have learned since 1968, there is little question that the performances were enhanced by the thin air.

It was not only the world records, however, that made the meet special:

--One week after collapsing on the track with stomach pains in the 10,000 and three days after finishing fourth in the 5,000, Kenyan Kip Keino upset Jim Ryun to win the 1,500.

--Al Oerter became the only track and field athlete to win a gold medal in the same event in four consecutive Games with an Olympic discus-throw record of 212-6, five feet farther than he ever had thrown before.

--The "Fosbury Flop" was born when Dick Fosbury approached the bar head first, but with his back to the pit, revolutionizing the high jump.

--Bob Seagren won the pole vault, something a U.S. athlete had done in each Olympics since 1896 but has not done once since.

--Randy Matson won the shot put, something a U.S. athlete had done in 13 of the previous 15 Olympics but would not do again until 1992.

And, of course, there were the black-

continued next page...

PREP NOTES

power, victory-stand salutes by Tommie Smith and John Carlos after they finished first and third, respectively, in the 200 meters.

The picture of that protest lingers with us perhaps more than any other from Mexico City, punctuating a summer in which black athletes were torn between fulfilling personal goals by competing in the Olympics or calling attention to racial inequality in their country by boycotting. Among the athletes who chose the latter course was Kareem Abdul-Jabbar in basketball.

Smith and Carlos achieved both goals. They were banned from the athletes' village afterward, without even receiving a hearing from U.S. Olympic Committee or the International Olympic Committee, but they won the respect of most of their teammates, blacks and whites.

"There's no question it was the best track and field meet I've ever been involved with," Stan Wright, an assistant coach for the 1968 U.S. team, said the other day from Sacramento.

"The records were fantastic, altitude or no altitude, but there was more to it than that. The athletes came together as a team like I've never seen before, to prove, I think, they could overcome the adversity of that summer."

(Prep Editor: The preceding article appeared in the Los Angeles Times on October 18, 1993.)

Lee Evans (Overfelt High School, San Jose 1965) placed fourth in the 1964 State Meet 440 yards in 48.2. He had a best of 46.9 for 440 yards in 1965.

Mike Powell (Edgewood High School, West Covina 1981) placed second in the 1981 State Meet high jump at 7-0.

Quincy Watts (Taft High School, Woodland Hills 1988) placed second in the 1986 State Meet 100 meters in 10.59, and won the 200 meters in 21.03. He won the 1987 State Meet 100 meters in 10.49 and the 200 meters in 20.99. He placed second in the 1988 State Meet 200 meters in 21.02. He set the age-15 national record of 20.97 in 1986. His high school bests of 10.30A, 10.17w, and 20.50A were all run in 1987.

Steve Lewis (American High School, Fremont 1987) won the 1986 State Meet 400 meters in 46.59 and the 1987 State Meet in 46.7. He had a best of 45.76 in 1987.

Jim Hines (McClymonds High School, Oakland 1964) won the 1964 State Meet 100 yard dash in 9.7 and the 220 yard dash in

1993 All-Americas TRACK & FIELD NEWS

The following California high school athletes were chosen on the All-American team. The college they plan to attend is listed. Out-of-state athletes who plan to attend California colleges are also listed.

Men

200 Meters

3. Calvin Harrison (North Salinas, Salinas-Hartnell JC)

400 Meters

1. Calvin Harrison (North Salinas, Salinas-Hartnell JC)
3. Alvin Harrison (North Salinas, Salinas-Hartnell JC)

800 Meters

3. Vondre Armour (Bakersfield--junior)

1500 Meters/Mile

1. Brian Wilkinson (Merced--Villanova)

3000 Meters

1. Jeremy White (Dublin, Oh--Stanford)
3. Greg Jimmerson (Stevenson, Rapid City, SD--Stanford)

4x400 Relay

3. North Salinas, Salinas

High Jump

2. Jeff Nadeau (Monroe, Sepulveda--Arizona)
3. Jeremy Fisher (Camarillo Ca--junior)

Shot

1. Tyson Lingenfelter (Upland--Arizona)

Discus

3. Junior Royster (Piper, Sunrise, FL--Long Beach CC)

Decathlon

2. Tage Peterson (Marana, Tucson--Azusa Pacific)

Athlete of the Year

1. Calvin Harrison (North Salinas, Salinas) 190
16. Brian Wilkinson (Merced) 8

Women

100 Meters

1. Marion Jones (Thousand Oaks--North Carolina)

3. Andrea Anderson (Poly, Long Beach--soph)

200 Meters

1. Marion Jones (Thousand Oaks--North Carolina)

800 Meters

2. Miesha Marzell (Bishop O'Dowd, Oakland--Georgetown)

1500 Meters/Mile

2. Milena Glusac (Fallbrook--Oregon)

3000 Meters

1. Milena Glusac (Fallbrook--Oregon)
2. Amanda White (Dulaney, Timonium, MD--Stanford)

300/400-Meter Hurdles

1. Angela Harris (Skyline, Oakland--junior)

4 x 100 Relay

1. Poly, Long Beach
2. Skyline, Oakland

4 x 400 Relay

1. Poly, Long Beach
2. Skyline, Oakland
3. Morningside, Inglewood

High Jump

1. Amy Acuff (Calallen, Corpus Christi--UCLA)

Long Jump

1. Marion Jones (Thousand Oaks--North Carolina)

Shot

1. Kirsten Heaston (Ygnacio Valley, Concord--Diablo Valley JC)

Discus

1. Suzy Powell (Downey, Modesto--junior)
2. Kirsten Heaston (Ygnacio Valley, Concord--Diablo Valley JC)

Athlete of the Year

1. Amy Acuff (Calallen, Corpus Christi, TX) 172
2. Marion Jones (Thousand Oaks) 170
3. Suzy Powell (Downey, Modesto) 121
4. Kirsten Heaston (Ygnacio Valley, Concord) 115
9. Angela Harris (Skyline, Oakland) 35

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PREP NOTES

21.5. He had a best of 9.4 in 1964.

Bob Seagren (Pomona High School) placed fourth in the 1963 State Meet pole vault at 14-4.

Tommie Smith (Lemoore High School 1963) placed fourth in the 1963 State Meet 100 yards in 9.7. At the 1962 State Meet he ran a wind-aided 9.5 in his heat.)

Lasting Impressions

Long-lasting track and field records set during the 1968 Summer Olympics at Mexico City:

100 METERS

Set: Oct. 14. Jim Hines (McClymonds High School, Oakland 1964), 9.95.

Broken: July 3, 1983. Calvin Smith, 9.93.

400 METERS

Set: Oct. 18. Lee Evans (Overfelt High School, San Jose 1965), 43.86.

Broken: Aug. 17, 1988. Butch Reynolds, 43.29.

LONG JUMP

Set: Oct. 18. Bob Beamon, 29-2 1/2.

Broken: Aug. 30, 1991. Mike Powell (Edge-water High School, West Covina 1981), 29-4 1/2.

1,600-METER RELAY

Set: Oct. 20. United States (Vince Matthews, Ronald Freeman, Larry James, Lee Evans (Overfelt High School, San Jose 1965), 2:56.16.

Broken: Aug. 8, 1992. United States (Andrew Valmin, Quincy Watts (Taft High School, Woodland Hills 1988), Michael Johnson, Steve Lewis (American High School, Fremont 1987), 2:55.74.

(Prep Editor: The preceding table appeared in the Los Angeles Times on October 18, 1993. There were former California prep athletes involved in three of the four long-lasting records.)

■ 1993 Jesse Owens Award

By Ollan C. Cassell
Executive Director USATF

October 20--The Jesse Owens Award is presented annually by USA Track & Field to the nation's outstanding Athletics performer of the year. This award was originated in 1981, and hurdler Edwin Moses was its first recipient; subsequent honorees have been Carl Lewis (1982), Mary Decker (Orange High School 1976) (1983), Joan Benoit (1984), Willie Banks (Oceanside High School 1974) (1985), Jackie Joyner-Kersey (1986 and 1987), Florence Griffith Joyner (Jordan High

School, Los Angeles 1978) (1988), Roger Kingdom (1989), Lynn Jennings (1990), Carl Lewis (1991) and Kevin Young (Jordan High School, Los Angeles, 1984) (1992).

The award is, of course, named for the 1936 Olympic star whose achievements in Athletics are among the greatest in our sport's history. The Jesse Owens Award is sponsored by the Atlantic-Richfield Company.

The six finalists for the Jesse Owens Award to be voted on by members of this year's Selection Committee are (in alphabetical order): Gail Devers, Sandra Farmer-Patrick, Michael Johnson, Jearl Miles, Dan O'Brien and Mark Plaatjes. Their accomplishments in our sport this year have been superb--and they rank among the finest sports figures in the nation. The final outcome of the balloting will be announced at the Jesse Owens Award Banquet during USATF's National Convention in Las Vegas.

1993 JESSE OWENS AWARD NOMINEES

Gail Devers

BIRTHDATE & PLACE: November 29, 1966, Seattle, Wash. **HIGH SCHOOL:** Sweetwater (National City, Calif.) '84. **COLLEGE:** UCLA '88. **CLUB:** Nike International. **EVENT(S):** Sprints, Hurdles.

1993 ACCOMPLISHMENTS: IAAF World Indoor 60 Meters Champion. Set American indoor 60 meters record. USA/Mobil Indoor 60-meters champion. USA/Mobil outdoor 100-meters champion. Second, USA/Mobil outdoor 100-meter hurdles. IAAF World Outdoor 100-Meters champion. IAAF World Outdoor 100-meters hurdles champion, setting American record of 12.46. She became the first woman to win the sprint-hurdles doubles at a major championship since the 1948 Olympic Games. Anchored USA to silver medal in 4 x 100 relay.

What Gail Devers barely missed at the 1992 Olympic Games became a reality at the 1993 World Outdoor Championships.

At Barcelona, she won the 100 meters and was favored in the hurdles but hit a hurdle and sprawled to the track, finishing fifth. That was not to be in Stuttgart, however. On August 16, she won the 100 meters in an eye-lash finish over Merlene Ottey of Jamaica. Four days later, she made history when she easily won the 100-meters hurdles in an

American record time of 12.46. That made her the first woman since Holland's Fanny Blankers-Koen at the 1948 Olympics to win a sprint-hurdles doubles at a world competition.

Devers also excelled indoors, winning the USA/Mobil 60-meters dash title, then going to Toronto and winning the World Indoor title, setting an American record of 6.95. The year 1993 was truly a "golden" one for Gail Devers.

Sandra Farmer-Patrick

BIRTHDATE & PLACE: August 18, 1962, Kingston, Jamaica. **HIGH SCHOOL:** St. Angela Hall Academy (Brooklyn, N.Y.) '80. **COLLEGE:** California State-Los Angeles '85.

Michael Johnson

BIRTHDATE & PLACE: September 13, 1967, Dallas, Texas. **HIGH SCHOOL:** Skyline (Dallas, Texas) '86. **COLLEGE:** Baylor University '90.

Jearl Miles

BIRTHDATE & PLACE: September 4, 1966, Gainesville, Florida. **HIGH SCHOOL:** Bucholz (Gainesville) '84. **COLLEGE:** Alabama A&M University '88.

Dan O'Brien

BIRTHDATE & PLACE: July 18, 1966, Portland, Oregon. **HIGH SCHOOL:** Henley (Klamath Falls, Oregon) '84. **COLLEGE:** University of Idaho '89.

Mark Plaatjes

BIRTHDATE & PLACE: June 2, 1962, Johannesburg, South Africa. **COLLEGE:** University of Georgia '83.

■ North Coast Section Cross Country Rankings October 29, 1993

by Peter Brewer (Castro Valley)

And now we come close to the championship phase of our season. Teams are improving, squads are solidifying, runners are literally scorching the courses with new-found vigor and confidence. This is what it is all for, this is the chase for area, town, league, regional team and individual glory. This is where all the pain, sweat, suffering, hills, repeats, tempos and everything else pay off. And for these kids suddenly the load is light and the racing effortless.

Good luck with your teams, and may all

continued next page...

PREP NOTES

your runners run hard on the same day.

DIVISION I (1516+)

Girls: 1. Rancho Cotate, 2. Santa Rosa, 3. Piner, 4. Antioch, 5. Montgomery.

After the rousing win over Santa Rosa last week, the Rancho troops seemed to let down a bit against Piner, surrendering a 1-2 finish but held on for a narrow league victory. Santa Rosa took 1-2 against Ursuline, but succumbed narrowly to superior depth. Piner put itself in position to be considered a contender with its close loss to Rancho. Antioch was pummeled by state-ranked (#4 Division III) Carondelet in BVAL (Bay Valley Athletic League) action. Angela Iriarte could only manage a 4th against the horde. Montgomery squeezed into the rankings with a squeaker against Ukiah.

Boys: 1. Montgomery, 2. Santa Rosa, 3. Antioch, 4. Logan, 5. Piner.

Montgomery has little trouble dealing with the NBL (North Bay League), and is romping through dual action setting up a rematch against Santa Rosa at the league meet. They zipped by Ukiah easily. Santa Rosa was able to hold off an upstart Cardinal Newman team. Antioch was able to come close to De La Salle in BVAL dual action, but that was about it. Logan, along with the rest of the MVAL (Mission Valley Athletic League), is chasing Mission San Jose. Piner definitely ran past Rancho last week.

DIVISION II (1140-1515)

Girls: 1. Mission San Jose, 2. Castro Valley, 3. Amador Valley, 4. San Ramon, 5. Monte Vista.

MSJ continues to romp unopposed through the MVAL. Their top duo and tight cluster are a tough match here. Castro Valley went down to Mt. SAC to play with the Southern California squads and came back with a surprising team victory in one of three regular varsity races. Jennifer Ewing and Andrea Comer medaled in the tough competition. Amador Valley also took a squad down, and in another race than Castro Valley, ran competitively but not up to their usual intensity. Monica VanWegen placed competitively high for Amador. San Ramon's Stacy Bowen continues to be one of the area's top individuals. Monte Vista made it a cozy little Division II reunion at Mt. SAC, and were not impressive in their race.

Boys: 1. Amador Valley, 2. De La Salle, 3. Monte Vista, 4. Mission San Jose, 5. Eureka.

The Mt. SAC trip allowed the NCS Division II teams to do a little maneuvering. Amador Valley and Monte Vista were thrown in the

same race, and finished 1-2, separated by only ten points. Chris Maier of Amador beat Brock Tessman of Monte Vista by one place in the top runner showdown. In the individual sweepstakes race, De La Salle was not running anywhere near top form. John Kelley was slowed by an aggravated foot, and the rest of the team seemed flat. Mission continues to be the force in the MVAL. Eureka sent Matt Creason down to the Mt. SAC invitational also, and he did his part, finishing 3rd in the team sweepstakes race behind state studs Matt Farley of Jesuit, and Bret Strahan of Hart. Pretty heady company. As a team, Eureka has to go head-to-head every week with Division IV powers Fortuna and Arcata, and is getting closer to them every week.

DIVISION III (705-1139)

Girls: 1. Clayton Valley, 2. Carondelet, 3. Bishop O'Dowd, 4. Northgate, 5. Washington, others: Petaluma.

Clayton and its feisty batch of underclasswomen has earned a state ranking (#8) with its recent invitational victories. Heather Wallace does not appear to be quite the same dominant runner she was last year, but is still in the upper echelon of North Coast performers. Carondelet's Kristen Gordon, outside of Rincon Valley Junior High's Julia Stamps, is emerging as a contender for top NCS individual this year. The rest of the Carondelet team is rock solid, with an intense grouping of :25 average for three miles for their 2-5 runners. Bishop O'Dowd is gradually working veteran Nicky Saleta into their picture as she recovers from tendonitis. The Division III showdown between these three teams for the two State Meet qualifying spots should be the showcase girls race at the Meet of Champs. Northgate runs a very good pack behind improving Alison Lambert. They are a lock for the FAL title after dispatching a good Acalanes team last week. Washington must contend with Mission San Jose in the MVAL. Petaluma is storming through the Sonoma League and looks poised to make a postseason statement.

Boys: 1. Livermore, 2. Bishop O'Dowd, 3. Casa Grande, 4. Irvington, 5. Healdsburg, also: Clayton Valley, Acalanes.

Micheil Jones has supplanted Steve Immel as the #1 for Livermore, but they lose little in the transition. Their trip to Mt. SAC saw them narrowly behind Gunn and St. Augustine, other State Ranked powers. This may take a little luster off the team now, but they are still clearly the dominant boys team in our section. Bishop O'Dowd continues to roll un-

defeated through the Eastshore League behind #1 Alex Tekell until the showdown with Piedmont and St. Mary's at the last tri-meet for league supremacy. Casa Grande seems to be in the driver's seat for Sonoma League title hopes, pending the league championship rematch with Healdsburg. Hector Delgado is leading an improved Healdsburg team to a quality year. Clayton Valley is currently setting the pace in the new Mountain Bay League. Geoff Brigham leads their pack. Acalanes is blessed with large numbers, and it has paid off in getting past the rest of the Foothill League so far. It remains to be seen what sort of postseason presence they will be.

DIVISION IV (1-704)

Girls: 1. Arcata, 2. Ursuline, 3. Miramonte, 4. Fortuna, 5. Piedmont.

The Arcata girls continue to be very impressive in Humboldt-Del Norte action. Ursuline seems to have slipped a notch as Brenna Numi's name has disappeared from the latest results. Miramonte boasts the individual talents of Kristen Schreiber setting the pace way up front and an experienced crew behind her. Fortuna is getting constant competition from Fortuna, and will be a postseason threat with Amy Bergenske leading the way. Piedmont is no real match for O'Dowd in the Eastshore League, but they can hold their own in Division IV play.

Boys: 1. Piedmont, 2. Arcata, 3. St. Mary's, 4. Miramonte, 5. Fortuna.

Piedmont and healthy Steve Brown seem the clear choice here. They are favored to take the Eastshore League title. Arcata continues its Far North dominance. St. Mary's made the most of its trip to Mt. SAC, winning their race quite handily. Their Eastshore showdown with Piedmont and O'Dowd should prove quick. Miramonte is narrowly behind Acalanes in the Foothill League standings. Fortuna, with Josh Quintal, is working on getting closer to Arcata, and further ahead of Eureka in Humboldt-Del Norte races.

OVERALL:

Girls: 1. Clayton Valley, 2. Carondelet, 3. Bishop O'Dowd, 4. Mission San Jose, 5. Castro Valley, 6. Santa Rosa, 7. Amador Valley, 8. Northgate, 9. Rancho Cotate, 10. Miramonte.

Boys: 1. Livermore, 2. Amador Valley, 3. De La Salle, 4. Monte Vista, 5. Montgomery, 6. Mission San Jose, 7. Santa Rosa, 8. Piedmont, 9. Bishop O'Dowd, 10. Arcata.

PREP NOTES

■ Cal Athletic Hall of Fame

Berkeley, October 30--Three former Cal track athletes were inducted into the California Athletic Hall of Fame at the USC football game in Memorial Stadium on Saturday.

This year's list of inductees brings the total number of athletes enshrined in the Hall, established in 1986, to 101 athletes and coaches and three teams who represent the best in California's honored athletic tradition.

Pesky Sprott was a football and track star from 1918-20. Robert Clark (1934-35) and Louise Romo (1982-86) are this year's track and field inductees.

A standout middle distance runner at Cal in the early 1920s, Pesky Sprott was the Pacific Coast Conference champion in the 880 yard run in 1920. Sprott was also a member of the 1920 Olympic team, finishing sixth in the 800 (1:56.4) that year. He also played on Cal's first Wonder Team in football in 1920, lettering in 1918, '19, '20, as a running back and punter. Sprott scored seven touchdowns in the 1918 Big Game and still ranks as one of Cal's all-time leading point scorers in football with 168 points. He was selected as first team halfback on Brick Morse's all-time Cal football team and was also selected on Walter Christie's all-time Cal track and field team in the 880-yard run--one of only two Cal athletes (along with Ovie Overall) to be selected on a pair of California all-time teams.

A track and field All-American in 1934, Robert Clark won a silver medal in the 1936 Olympics in the decathlon (7,601 points) and placed sixth in the long jump (25-2). Clark placed second in the long jump and first in the decathlon in the 1934 NCAA Championships. He also finished first in the long jump in both the AAU and IC4A meet that year. In the 1935 AAU meet, Clark was first in the decathlon while representing the San Francisco Olympic Club. He was selected to Walter Christie's all-time Cal track and field team in the broad jump.

Cal's first national champion in women's track and field, Louise Romo won the 800-meters in 2:04.29 at the 1982 AAWU championships. Romo also ran the second leg on the 1,600-meter relay, helping Cal to second place in the race and a second-place finish in the meet. She also took seventh in the 1,500-meters at the 1983 NCAA championships, fifth in the 800 at the 1984 NCAA meet and fifth in the 800 at the 1986 NAAs. On the

conference level, Romo won Northern Pacific Conference titles in the 1,500 and the 800. She still holds the school's records in both races (2:01.59 in the 800 and 4:09.23 in the 1,500).

(Prep Editor: Louise Romo (North Torrance) placed fifth in the 1978 State Meet 800 meters in 2:11.7, and second in the 1979 State Meet in 2:11.5.)

Robert "Bob" Clark, who was born on January 28, 1913, had a personal best of 14.9 in the 120 yard high hurdles in 1935. He long jumped 25-11 1/4 in 1936.

Albert "Pesky" Sprott, who was born in October 1897 and died on December 19, 1951, competed for the Los Angeles Athletic Club.)

■ Danville runner takes second in marathon

Linda Somers of Danville battled snow flurries, stiff winds and bitter temperatures Sunday to finish as the top American woman in the Chicago Marathon. Somers finished the 26.2-mile course in 2 hours, 34 minutes and 25 seconds to place second behind Ritva Lemtinen of Finland, who ran a personal best of 2:33.

(Prep Editor: The preceding item appeared in the OAKLAND TRIBUNE on November 1, 1993.)

Linda Somers graduated from Indio High School in 1979 and U.C. Davis in 1983. Last year she won the Chicago Marathon and placed 16th in the Olympic Trials. Her best marathon time last year was 2:37:41. Her personal best is 2:33:37 in 1989. She was ranked #10 in the U.S. in 1989.)

■ Run guru Sheehan dies at 74

ASSOCIATED PRESS

OCEAN GROVE, N.J., November 1 -- Dr. George Sheehan, the running guru and erudite writer who was called "Mark Twain in sneakers," died Monday after a six-year bout with prostate cancer. He was 74.

Sheehan, the oldest of 14 children of a Brooklyn physician, was a middle-distance runner at Manhattan College, completing a mile in 4:19 in 1939, when the American record was only 13 seconds faster. But he gave up running when he became a cardiologist.

In 1963, Sheehan, the father of 12, resumed his running career at age 45, with the goal of breaking 5 minutes for the mile.

"I wasn't living the life I was meant to live," he said about the reason for his comeback.

He entered his first Boston Marathon in 1964. Fifteen years later, he ran his fastest Boston Marathon at age 61 with a time of 3:01. In 1969, he became the first man older than 50 to break the 5-hour barrier, running 4:47. He was so thrilled by the experience that he wrote seven books covering all facets of running.

"Only in another season in heaven will I relive that finish," Sheehan wrote in his 1978 book, *Running and Being*. "An impossible quarter-mile sprint and then holding on to the man I had just beaten so I wouldn't fall down."

"Having his heart pounding against my ear and my own beating in unison. Knowing only that and a world suddenly filled with friends saying nice things to an aging man who felt ageless in autumn."

President Clinton, also a noted jogger, called Sheehan "the guru and philosopher-king of running."

Sheehan began his journalistic career in 1968 at the Mexico City Olympics, covering the games for his hometown newspaper, the Asbury Park (N.J.) Press. He joined *Runner's World* magazine in May 1970, writing a column called "Off the Beaten Track." He was the medical editor for the magazine for the past 20 years.

"Everyone at *Runner's World* were truly saddened to learn today of Dr. George Sheehan's death," Amby Burfoot, executive editor of the magazine said. "We and our readers will always remember him as one of the truly inspirational voices in running."

As his writing, much of it on his personal experiences, drew a national audience, he grew in demand as a speaker, achieving cult status among runners. His speeches and his writing often contained references to great philosophers, notably William James.

Sheehan was a pioneer in sports medicine, prodding the medical establishment to treat causes of injuries, not just symptoms, and to adopt a more holistic approach.

Sheehan, who would have been 75 Friday, is survived by his wife Mary, their 12 children and 13 grandchildren.

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PREP NOTES

RESULTS Northern California

From KEITH CONNING

Viking Opener Invitational

Spring Lake, Santa Rosa. September 18.

Boys Senior Teams

1. Montgomery 13, 2. Piner 33, 3. Healdsburg 33, 4. Rancho Cotate 45, 5. Fortuna 49, 6. Napa 52, 7. Casa Grande 60, 8. Eureka 69, 9. Ukiah 71

Boys Senior Individuals

1. Matt Creason, Eureka 9:54
2. David Toomey, Montgomery 10:25
3. Josh Quintal, Fortuna 10:26
4. Hector Delgado, Healdsburg 10:28
5. Scott Story, Montgomery 10:48
6. Ryan Law, Montgomery 10:50
7. Robert Rozelski, Ukiah 10:50
8. David Bonugli, Piner 10:52
9. Ryan Mlynarczyk, Cardinal Newman 10:55
10. Jeff Flanders, Rancho Cotate 11:01

Boys Junior Teams

1. Santa Rosa 9, 2. Cardinal Newman 27, 3. Healdsburg 42, 4. Montgomery 51, 5. Terra Linda 60, 6. Casa Grande 64, 7. Willits 71, 8. Sonoma 77, 9. Fortuna 82, 10. San Marin 86, 11. St. Patrick-St. Vincent 106, 12. Ukiah 135.

Boys Junior Individuals (80 finishers)

1. Peter Egerton, Santa Rosa 10:24
2. Zach Barrett, Santa Rosa 10:31
3. David Serafini, Sonoma Valley 10:48
4. Philippe Melin, Cardinal Newman 10:53
5. Riley Gibbons, Willits 10:56
6. Ben VandenHuevel, Santa Rosa 10:59
7. John Suazo, Healdsburg 11:00
8. Josh Tuhtan, Cardinal Newman 11:01

Boys Fresh/Soph Teams

1. Casa Grande 27, 2. Eureka 28, 3. Cook Junior High 45, 4. Montgomery 55, 5. Slater Junior High 56, 6. Terra Linda 63, 7. Napa 63, 8. Analy 68, 9. Santa Rosa 72, 10. Fortuna 95, 11. Ukiah 101, 12. Willits 106, 13. Fort Bragg 125, 14. Rancho Cotate 128, 15. Cardinal Newman 163, 16. Kelseyville 189.

Boys Fresh/Soph Individuals (85 finishers)

1. Tom Gaim, Cook Junior High 10:53
2. Toli Au, Montgomery 10:54
3. Adrian Dewald, Eureka 10:55
4. Mike Schwartz, Santa Rosa 10:57
5. Robin Pendoley, Terra Linda 11:02

Girls Junior/Senior Teams

1. Napa 30, 2. Ursuline 35, 3. Santa Rosa 38, 4. Piner 40, 5. Fortuna 41, 6. Rancho Cotate 41, 7. Casa Grande 43, 8. Eureka 71, 9. Montgomery 85, 10. Fort Bragg 115, 11. Terra Linda 117, 12. Willits 136.

Girls Junior/Senior Individuals (86 finishers)

1. Sara Jakel, Sonoma Valley 12:06
2. Pamela Richardson, Montg 12:30
3. Amy Bergenske, Fortuna 12:51
4. Michelle McConico, S Rosa 12:53
5. Leslie Huber, Piner 12:56

6. Sarah Gibson, Rancho Cotate 12:57
7. Melody Haas, Clear Lake 13:10
8. Brenna Nurmi, Santa Rosa 13:15
9. Kelly Hughes, Napa 13:15
10. Gina Regalia, Casa Grande 13:16
11. Darci Lewis, Napa 13:21
12. Jessica Jackson, Casa Grande 13:23
13. Megan Canova, Ursuline 13:44
14. Cheri Yokoi, Santa Rosa 13:49
15. Jenny Brito, Fortuna 13:52

Girls Fresh/Soph Teams

1. Ursuline 24, 2. Napa 28, 3. Santa Rosa 46, 4. Rancho Cotate 50, 5. Healdsburg 54, 6. Eureka 61, 7. Terra Linda 65, 8. Ukiah 71, 9. Analy 72, 10. Montgomery 75, 11. Fort Bragg 113, 12. Kelseyville 115, 13. St. Patrick-St. Vincent 131.

Girls Fresh/Soph Individuals (79 finishers)

1. Julia Stamps, Rincon Vly Jr High 11:07
2. Shelly Lowery, Analy 12:47
3. Carrie Kronberg, Ursuline 13:13
4. Jennifer Ponig, Terra Linda 13:26
5. Char Ariansen, Napa 13:37
6. Marisa Reichmuth, Montgomery 13:44
7. Lisa Hernandez, Healdsburg 13:49
8. Isela Rosales, Comstock Jr HI 13:59

Mt. Whitney Invitational

Mooney Grove. September 24, 1993.

Boys Teams

1. Madera 39, 2. Sanger 60, 3. Lemoore 94, 4. Taft 125, 5. Reedley 131, 6. Golden West



ERIC KROPP

Photo by Bill Cockerham

- 159, 7. Corcoran 169, 8. Mt. Whitney 199, 9. Delano 211, 10. Clovis 265, 11. Monache 301.

Boys Individuals (73 finishers)

1. Pamenos Ballantyne, Sanger 15:04
2. Rey Sanchez, Delano 15:14
3. Eric Kropf, Madera 15:27
4. Tim Henry, Sanger 15:46
5. Eddie Evangelista, Madera 15:58
6. Luis Granado, Madera 16:02
7. Jose Palacio, Corcoran 16:04
8. Paul Temmerman, Mt. Whitney 16:10
9. Matt Woodley, Lemoore 16:13
10. Ricky Chavez, Madera 16:14

11. Joe Shannon, Lemoore 16:14
12. Sergio Ruiz, Sanger 16:21
13. OJ Kinsey, Lemoore 16:22
14. Micah Fuson, Taft 16:22
15. Victor Ramirez, Madera 16:37

Boys Sophomore Individuals

1. Elpidio Leyva, Madera 16:53
2. Jesus Navarro, Madera 17:12
3. Armando Negrete, Clovis 17:17

Boys JV Individuals

1. Mauricio Rodriguez, Madera 17:13
2. Adam Perea, Madera 17:15
3. Pancho Avila, Madera 17:18

Boys Freshman Individuals

1. Steve Barrus, Clovis 17:10
2. Anders Bazante, Madera 17:18
3. Edgar Reyes, Madera 17:43

Girls Teams

1. Reedley 28, 2. Madera 55, 3. Taft 81, 4. Clovis 98, 5. Lemoore 133, 6. Mt. Whitney 153, 7. Golden West 159, 8. Sanger 167, 9. Monache 285.

Girls Individuals (66 finishers)

1. Angela Ruiz, Reedley 18:17
2. Lori Fancon, Taft 18:25
3. Annabel Ortiz, Reedley 19:11
4. Diana Estrada, Madera 19:26
5. Irene Wright, Reedley 19:30
6. Gelina Hall, Reedley 19:39
7. Stefanie McCarty, Madera 19:43
8. Andrea Coronado, Madera 19:47
9. Rosalinda Castaneda, Madera 19:49
10. Lynn Pilger, Clovis 20:05



ANGELA RUIZ

Photo by Phillip L. Enbody

Girls Fresh/Soph

1. Maribel Mendoza, Delano 13:44
2. Stacy Esquivel, Mt. Whitney 14:03
3. Julie McNulty, Mt. Whitney 14:08

Artichoke Invitational

Half Moon Bay High School. October 2.
From Dick Calvin. Distance: 2.33 miles

Division I

Boys Teams

1. Los Gatos 80, 2. Reed (Sparks, NV) 135, 3. Mission San Jose 152, 4. Del Campo 154, 5. Castro Valley 193, 6. Montgomery 239, 7. Silver Creek 258, 8. Fremont (Sunnyvale)

- 259, 9. Homestead 269, 10. Douglas (Min-den, NV) 273, 11. Mountain View 283, 12. Leland 341, 13. Overfelt 380, 14. Andrew Hill 444, 15. East Union 514, 16. Lowell 531, 17. Wilcox 534, 18. Ukiah 546, 19. Tracy 560, 20. Skyline 594, 20. College Park 594, 22. Westmont 710, 23. Woodside 711, 24. Washington 741.

Boys Individuals (186 finishers)

1. Konrad Knutsen, Del Campo 11:30.6
2. John Atwood, Castro Valley 11:39.0
3. Pat Bendzick, Mission San Jose 11:44.1
4. Beebe Rutledge, Los Gatos 11:47.7
5. Hector Leija, Manteca 11:57.0
6. Ryan Bentley, Douglas 11:57.8
7. Juan Del Rio, Overfelt 11:59.6
8. Matt Pitts, Mountain View 12:06.4
9. David Toomey, Montgomery 12:07.2
10. Ben Abein, Los Gatos 12:08.0
11. Sean Bowman, Fremont 12:13.6
12. Glen Pinnegar, Del Campo 12:14.5
13. Aaron Richberg, Logan 12:15.3
14. Peter Carter, Los Gatos 12:16.2
15. Tom Washington, Serra 12:17.6
16. Chris Crawford, Reed 12:18.5
17. Jose Gutierrez, Fremont 12:22.4
18. Brett Paull, Mission San Jose 12:23.3
19. Enrique Torres, Silver Creek 12:24.4
20. Brian Stannard, Los Gatos 12:25.3
21. Dan Sorenson, Woodside 12:26.5
22. Amandeet Singh, Miss S Jose 12:28.5
23. Phil Buckheart, Reed 12:30.5
24. Robert Rozelski, Ukiah 12:31.2
25. Greg Ohair, Reed 12:32.0
26. Daniel Golhke, East Union 12:32.9
27. Jason Hakes, Homestead 12:33.6
28. Jose Guerrero, Overfelt 12:34.4
29. Jason Lee, Leland 12:35.9
30. Scott Story, Montgomery 12:37.7
31. Greg Tademy, Silver Creek 12:39.0
32. Jason Hervey, Los Gatos 12:39.9
33. Jimmy Sanchez, Reed 12:41.9
34. Mark Stauffer, Fremont 12:43.0
35. Sean Buscay, Douglas 12:44.0

Boys Freshman Individual (110 finishers)

1. Matt Andrews, Del Campo 12:43.2
- #### Boys Fresh/Soph Individuals (130 finishers)
1. Tom Gaim, Cook Jr. High 12:29.1
 2. Toli Au, Montgomery 12:31.4
 3. Luis Perez, Overfelt 12:37.8
 4. Ricardo Dominguez, Overfelt 12:40.9
 5. J.P. Tchamoudian, Serra 12:48.7
 6. Mike Hurtado, Los Gatos 12:55.6
 7. Nate Woodside, Serra 12:58.2

Division II

Boys Teams

1. Lassen 77, 2. Cardinal Newman 142, 3. North Tahoe (Tahoe City) 161, 4. Alhambra 205, 5. James Lick 207, 6. University 235, 7. Lick-Wilmerding 262, 8. Acalanes 273, 9. Carlmont 275, 10. Mitty 325, 11. Half Moon Bay 329, 12. Northgate 338, 13. Head-Royce 439, 14. Albany 442, 15. Marin Catholic 455, 16. Redwood Christian 502, 17. Redwood 521, 18. Saratoga 523, 19. Bishop Gorman (Las Vegas, NV) 566, 20. Terra Linda 569, 21. Riordan 571, 22. Lynbrook 689, 23. San Marin 696.

Boys Individuals (185 finishers)

1. Jacob Mills, North Tahoe 12:05.2
2. Justin Stern, Half Moon Bay 12:13.1
3. Sherman Moore, Lassen 12:14.5

PREP NOTES

4. David McDonough, Cupertino	12:18.3
5. Ryan Mlynarczyk, CardNew	12:20.2
6. Josh Tuhtan, Cardinal Newman	12:24.7
7. Brian Parodi, Alameda	12:26.6
8. David Serafini, Sonoma Valley	12:27.5
9. Tony Kauke, Alhambra	12:28.2
10. Philippe Meiri, Cardinal Newman	12:29.1
11. Tom Sweeney, Marin Catholic	12:30.0
12. Eric Tokubo, North Tahoe	12:31.3
13. Toby Linnett, University	12:32.1
14. Isaac Harris, Lassen	12:33.0
15. Isaac Raya, Anahy	12:34.2
16. James Harrison, HMBay	12:36.0
17. Keith Mankins, Lassen	12:40.6
18. Brooke Patterson, Lick-Wil	12:41.2
19. Navarro, James Lick	12:42.3
20. Lonnie Autry, Mitty	12:43.1
21. Nathan Brosius, Lassen	12:45.7
22. Paul Smith, Lassen	12:48.5
23. Niall Lewis, Lassen	12:49.3
24. Roberto Tercero, Carmont	12:50.2
25. Brett Moore, Bis Gorman	12:51.4

Boys Freshman Individual (66 finishers)

1. Aaron Harris, Lassen	12:01.4
Boys Fresh/Soph Individual (120 finishers)	
1. Andy Bradley, Incline	12:18.1
2. Robin Pendoley, Terra Linda	12:50.0
3. Jerome Morton, Rioridan	12:59.8

Division I

Girls Teams

1. Mission San Jose 63, 2. Reed (Sparks, NV) 75, 3. Silver Creek 107, 4. Los Gatos 141, 5. Douglas (Minden, NV) 146, 6. Castro Valley 171, 7. Del Campo 225, 8. East Union 382, 9. Lowell 388, 10. College Park 393, 11. Manteca 420, 12. Moreau 423, 13. Wilcox 442, 14. Washington 474, 15. Leigh 536, 16. Mountain View 546, 17. Ukiah 553, 18. Montgomery 587, 19. Berkeley 732.
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Girls Individuals (170 finishers)

1. Elissa Reidy, Mission San Jose	13:44.6
2. Sarah Dickman, Del Campo	13:53.6
3. Lori Reidy, Mission San Jose	14:00.6
4. Deborah Bleisch, Silver Creek	14:09.5
5. Pamela Richardson, Mont	14:11.7
6. Sheryl Medina, Silver Creek	14:18.4
7. Lisa Renteria, Westmont	14:28.1
8. Audry Townsall, Reed	14:34.5
9. Jennifer Ewing, Castro Vly	14:39.5
10. Holly Malander, Los Gatos	14:57.3
11. Brooks Hill, Douglas	15:04.7
12. Amanda Brindley, MissSJose	15:10.3
13. Angela Serrano, Reed	15:12.9
14. Rasheeda Hardaway, Reed	15:13.8
15. Sarah Felix, Reed	15:15.7
16. Noelle Lamprecht, Douglas	15:18.9
17. Cathy Landers, Los Gatos	15:22.2
18. Erin De La Cruz, Silver Creek	15:23.4
19. Julie Conger, Homestead	15:24.7
20. Jenn Knowlden, MissSJose	15:25.7
Girls Fresh/Soph Individuals (128 finishers)	
1. Emily Allison, Leland	14:02.2
2. Anna Rutka, Lowell	14:52.6
3. Michelle Myrono, Logan	15:25.5
4. Caroline Knapp, Logan	15:32.5
5. Senhit Dirar, Leland	15:33.5
6. Kim Little, Washington	15:35.8
7. Sonia Mann, Homestead	15:38.5
8. Oasli Lucero, Lowell	15:40.3
9. Marissa Reichmuth, Mont	15:41.1
10. Lekeisha Poole, Gunderson	15:41.8

11. Melinda Huang, Lowell	15:43.7
12. Jen Chaney, Tracy	15:48.7
13. Melissa Duscha, Washington	15:51.7

Division II

Girls Teams

1. Lassen 54, 2. Northgate 89, 3. Ursuline 98, 4. Incline (Incline Village, NV) 123, 5. Acalanes 144, 6. North Tahoe (Tahoe City) 183, 7. Mitty 238, 8. James Lick 303, 9. Redwood Christian 311, 10. Terra Linda 350, 11. Marin Catholic 435, 12. Lick-Wilmerding 466, 13. Carmont 480, 14. Sacred Heart Prep 486, 15. Saint Francis 490, 16. Gunn 493, 17. Albany 505, 18. Mercy (Burlingame) 733.
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Girls Individuals (156 finishers)

1. Sara Jakel, Sonoma Valley	13:55.7
2. Alison Lambert, Northgate	14:08.2
3. Cristy Bill, Lassen	14:43.6
4. Claire Ryan, Mitty	14:44.2
5. Sally Pyle, Lassen	14:55.7
6. Camie Kronberg, Ursuline	15:07.3
7. Lisa Kow, Northgate	15:09.1
8. Ally Wolfe, Northgate	15:10.4
9. Andrea Wilcock, Alameda	15:22.6
10. Nurni Brenna, Ursuline	15:24.7
11. Chris Goehring, Incline	15:25.4
12. Lynsey Johnson, Incline	15:27.8
13. Elisabeth Porto, Acalanes	15:29.5
14. Samantha Richards, Lassen	15:30.3
15. Dee Dee Gorbet, Lassen	15:32.0
16. Elizabeth Gould, SacHeart Prep	15:32.7
17. Kelly Rose, Lassen	15:34.5
18. Bonnie Monk, Redwood Christ	15:38.4
19. Kelly Castle, North Tahoe	15:39.1
20. Jennifer Murphy, Carmont	15:40.2
Girls Fresh/Soph Individuals (127 finishers)	
1. Shelly Lowery, Anahy	15:08.7
2. Jenny Sharget, Alameda	15:32.2
3. Jennifer Pong, Terra Linda	15:37.6
4. Kim O'Brien, Half Moon Bay	15:59.0

Castro Valley Invitational

Canyon Middle School, Castro Valley.

October 9, 1993. Distance: 3 miles.

Boys Teams

1. Montgomery 53, 2. Castro Valley 56, 3. De La Salle 63, 4. Alhambra 88, 5. Rancho Cotate 121, 6. Skyline 125, 7. Marin Academy 144.

Boys Individuals

1. Keith Kennedy, San Leandro	16:29
2. John Kelly, De La Salle	16:47
3. John Atwood, Castro Valley	16:59
4. Joe Menchaca, Pittsburg	17:04
5. David Toomey, Montgomery	17:10
6. John Genant, Branson	17:37
7. Toi Au, Montgomery	17:43
8. Tommy Prindville, De La Salle	17:44
9. Senai Kidane, Skyline	17:48
10. Tony Kauke, Alhambra	18:02
11. Dan Furuyama, Castro Valley	18:09
12. Gusti Maat, Alhambra	18:12
13. Kevin Strharsky, Castro Valley	18:12
14. David Serafini, Sonoma	18:14
15. Denny Sharma, Rancho Cotate	18:49

Girls Teams

1. Castro Valley 24, 2. Rancho Cotate 33, 3. Montgomery 67.

Girls Individuals

1. Sara Jakel, Sonoma Valley	20:03
2. Jennifer Ewing, Castro Valley	21:33
3. Sarah Gibson, Rancho Cotate	21:52

4. Rachel Mosher, San Leandro	22:00
5. Simone Shin, Castro Valley	22:51
6. Maureen Kennedy, Arroyo	23:08
7. Robyn Broome, Rancho Cotate	23:16
8. Jamie Nicolopoulos, Castro Vly	23:16
9. Brienne Costielney, RanCotate	23:34
10. Meg Parker, Castro Valley	23:56
11. Moriah Underhill, Marin Acad	24:12
12. Tania Braun, Antioch	24:13
13. Michelle Wong, Castro Valley	24:15
14. Carla Webster, Alhambra	24:46
15. Katie Cadwaller, Antioch	25:07
16. Molly McNamey, Alhambra	25:38

Crystal Springs Invitational

Crystal Springs, Belmont. October 9, 1993.

Distance: 2.95 miles.

Boys Championship Varsity Teams

1. Bellamine 29, 2. North Monterey County 52, 3. Overfelt 87, 4. Amador Valley 97, 5. Serra 107, 6. Silver Creek 115.

Boys Championship Varsity Individuals

1. Balkman, Lynbrook	15:09
2. Gonzalez, North Monterey Co	15:28
3. Becker, Bellamine	15:35
4. Dando, Bellamine	15:41
5. Song, Bellamine	15:45
6. Del Rio, Overfelt	15:48
7. Moier, Amador Valley	15:56
8. Webb, Bellamine	16:05
9. Vazquez, North Monterey Co	16:06
10. Leon, North Monterey County	16:07

Boys Varsity Team

1. Gunn 72.

Boys Varsity Individual

1. Storc, Gunderson	15:22
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Girls Teams

1. Aptos 48, 2. Silver Creek 79, 3. Santa Teresa 93, 4. Leland 131, 5. Palo Alto 154, 6. Fresno 196, 7. St. Francis 211, 8. Mitty 214, 9. Menlo-Atherton 232, 10. Amador Valley 247, 11. Independence 258, 12. Gunn 283, 13. Wilcox 304, 14. Santa Clara 310, 15. Lynbrook 346, 16. Saratoga 351, 17. Castilleja 396.

Girls Individuals

1. Allison, Leland	17:54
2. Silva, Aptos	18:44
3. Randall, Aptos	19:00
4. Blesch, Silver Creek	19:09
5. Medina, Silver Creek	19:10
6. Tran, Santa Teresa	19:16
7. Ryan, Mitty	19:20
8. Houancik, Lynbrook	19:20
9. Berman, Santa Teresa	19:37
10. Kim, Palo Alto	19:40

Clovis Cross Country

October 9. Woodward Park, Fresno. 5K.

LG SCH VAR BOYS--5K

1. FARLEY, JESUIT	15:30
2. KROPP, MADERA	15:47
3. BROWN, PIEDMONT	15:53
4. IMMEL, Livermore	16:01
5. JONES, Livermore	16:03
6. CHAVEZ, MADERA	16:07
7. Evangelista, MADERA	16:15
8. DOMIS, LA Harbor	16:18
9. GATCHELL, LA Harbor	16:18
10. HERRERA, ARVIN	16:18
11. PRESNALL, JESUIT	16:19
12. LEE, DEL ORO	16:34
13. BARRAGAN, WILSON	16:36

14. GRANADO, MADERA	16:37
15. ABBOTT, JESUIT	16:39
16. CASTRO, ARVIN	16:42
17. CARSLON, ARVIN	16:43
18. TODD, WILSON	16:44
19. BARROZO, TUSTIN	16:45
20. WELSH, JESUIT	16:46
21. MAHON, LA Harbor	16:47
22. MYERS, JESUIT	16:47
23. NAVARRETE, ARVIN	16:51
24. DAUCHER, BreaOrinda	16:53
25. HERRERA, WILSON	16:54
26. MEDINA, ARVIN	16:55
27. SAARI, BreaOrinda	16:58
28. RODRIGUEZ, MADERA	16:59
29. JONES, SOQUEL	16:59
30. NORIEGA, Livermore	16:59

TEAM SCORES:

1. Madera--26, 2. Jesuit--63,
3. Livermore--106, 4. Arvin--119,
5. La Habra--144, 6. Wilson--147,
7. Brea Orinda--188, 8. Del Oro--189,
9. Beyer--218, 10. Enterprise--252,
11. North High--296, 12. Bullard--296,
13. Highland--339, 14. Clovis West--369,
15. West High--398, 16. Bakersfield--447.

NON-SCORING: TUSTIN, EDISON, HOOVER, FLORIN

LG SCH VAR GIRL--5K

1. CASTANEDA, MADERA	19:42
2. WHITMORE, VALLEY	19:50
3. RENS, SKYLINE	20:05
4. COLYAR, Carondelet	20:06
5. BARFIELD, SKYLINE	20:22
6. POPE, DEL ORO	20:27
7. ESTRADA, MADERA	20:28
8. MCCARTY, MADERA	20:36
9. OWEN, Carondelet	20:37
10. MARIANI, Carondelet	20:42
11. PILGER, CLOVIS	20:49
12. CORONADO, MADERA	20:52
13. STARKEY, DEL ORO	20:54
14. REIGLE, TUSTIN	20:55
15. WHITMAN, TUSTIN	20:57
16. SUMLIN, NORTH BAK	21:07
17. DUQUE, TUSTIN	21:08
18. JOHNSON, ClovisWest	21:12
19. TESTON, NORTH BAK	21:14
20. GOWEN, VALLEY	21:18
21. GODDARD, Carondelet	21:20
22. Fitzpatrick, Carlet	21:22
23. STARK, TUSTIN	21:23
24. Kollar-Lane, TUSTIN	21:29
25. CORDOVA, ClovisWest	21:37

TEAM SCORES:

1. Madera--48, 2. Carondelet--50,
3. Tustin--76, 4. DEL ORO--90,
5. Clovis West--139, 6. Clovis--155,
7. North High--193, 8. Bullard--271,
9. Highland--273, 10. Livermore--278,
11. West High--290, 12. Bakersfield--302,
13. Florin--305, 14. Hoover--329,

NON-SCORING SCHOOLS: ARVIN, EDISON

SM SCH VAR GIRL--5K

1. DANIEL, GRANADA	19:36
2. O'CONNOR, OLP	19:55
3. RYAN, BUCHANAN	20:25
4. ROUNDY, MORRO BAY	20:34
5. O'Connor, M OLP	20:42
6. ELSTER, MORRO BAY	20:45

PREP NOTES

7	GEDNEY	MORRO BAY	20:52
8	Vandenberg	MORRO BAY	21:09
9	WILCOCK	ALAMEDA	21:10
10	JANES	OLP	21:14
11	CHAMBERLIN	MORRO BAY	21:19
12	SYHALATH	EDISON	21:24
13	SHARGEL	ALAMEDA	21:30
14	WISNIEU	OLP	21:32
15	THAXTON	RIO MESA	21:33

TEAM SCORES:

1	Morro Bay--31, 2 Lady of Peace--42,
3	Rio Mesa--123, 4 Rio Americano--123
5	Buchanan--142, 6 Moreau--159,
7	Edison--167, 8 Alameda--167,
9	Campolindo--195.

SM SCH VAR BOYS--5K

1	MITCHELL	MORRO BAY	16:05
2	TAUERNER	MORRO BAY	16:18
3	STROHMAN	MORRO BAY	16:38
4	HORNSBY	ST. MARY'S	17:00
5	JARUSZ	ST. MARY'S	17:03
6	PARODI	ALAMEDA	17:14
7	PITTS	MT. VIEW	17:14
8	GOMEZ	MORRO BAY	17:21
9	SCHAFF	ST. MARY'S	17:30
10	GONZALEZ	BUCHANAN	17:32
11	HILLIS	MORRO BAY	17:33
12	CAIN	MT. VIEW	17:34
13	GALLAGHER	Campolindo	17:34
14	LUKE	BUCHANAN	17:36
15	LOVEJOY	BUCHANAN	17:41

TEAM SCORE:

1	Morro Bay--23, 2 St Mary's--88,
3	Buchanan--91, 4 Mt View--111
5	Rio Americano--124,
6	Campolindo--134, 7 Moreau--182,
8	Edison--210, 9 Fowler--236.

NON-SCORING SCHOOLS:

PIEDMONT, BAKERSFIELD.

Tenth Annual Mariner Invitational

Garin Regional Park, Hayward, October 16, 1993. From Phil Wilder (Moreau Catholic). Distance: 2.9 miles varsity, 2.1 miles others

Small Schools

Boys Teams

1.	Gunn 45, 2. Irvington 89, 3. St. Mary's (Berkeley) 90, 4. Bishop O'Dowd 104, 5. Clayton Valley 105, 6. Healdsburg 146, 7. Casa Grande 177, 8. Bear River 181, 9. Redwood 230, 10. American 254, 11. Albany 259, 12. Christian Brothers 318.
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Boys Individuals (89 finishers)

1.	Jeremy Mattern, Irvington	15:29.8
2.	Hector Delgado, Healdsburg	15:41.6
3.	Mike Caine, Irvington	15:43.1
4.	Jeremy Riddle, Gunn	15:43.1
5.	Neal Harder, Gunn	15:54.2
6.	JonEvan Hornsby, St. Mary's	16:04.4
7.	Jordan Jarosz, St. Mary's	16:05.4
8.	Geoff Bringham, Clayton Valley	16:10.1
9.	Brian Parodi, Alameda	16:15.7
10.	Mark Tompkins, Gunn	16:18.7

11.	Jesse Moller, Albany	16:20.9
12.	Matt Tompkins, Gunn	16:24.8
13.	Eric Davis, Clayton Valley	16:27.4
14.	Brian Collins, Bishop O'Dowd	16:29.3
15.	Cisco Scaff, St. Mary's	16:33.3

Boys Frosh/Soph (55 finishers)

1.	Justin Morrow, Granada	11:55.2
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Girls Teams

1.	Washington (Fremont) 36, 2. Bear River 57, 3. Moreau Catholic 59, 4. Redwood Christian 81, 5. Albany 9.
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Girls Individuals (40 finishers)

1.	Gina Regalia, Casa Grande	19:54.8
2.	Nikki Schlitt, American	19:56.3
3.	Jennifer Basch, Foothill	20:12.0
4.	Bonnie Monk, Redwood Christ	20:41.5
5.	Stephanie Rumsel, Wash	20:47.4
6.	Becky Loggins, Moreau Catholic	20:58.3
7.	Kim Little, Washington	21:07.3
8.	Angela Sugimura, Redwood Christ	21:07.5
9.	Jill Westfall, Irvington	21:15.5
10.	Amy O'Connor, Washington	21:21.2

Large Schools

Boys Teams

1.	Bellarmine 71, 2. Hesperia 78, 3. Davis 140, 4. Amador Valley 154, 5. Montgomery 157, 6. Mission San Jose 183, 7. De La Salle 189, 8. San Ramon 197, 9. Logan 218, 10. Monte Vista 222, 11. Castro Valley 236, 12. Liberty 291, 13. Tokay 301, 14. Bear Valley 301, 15. St. Teresa 408, 16. Newark Memorial 412.
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Boys Individuals (119 finishers)

1.	Keith Kennedy, San Leandro	15:15.4
2.	Greg Phister, Davis	15:30.5
3.	Brock Tessman, Monte Vista	15:31.8
4.	David Toomey, Montgomery	15:32.3
5.	Travis Moore, Hesperia	15:32.7
6.	Jeremy Lyon, Hesperia	15:36.8
7.	Arnold Song, Bellarmine	15:42.3
8.	Chris Maier, Amador Valley	15:44.4
9.	Tom Washington, Serra	15:47.7
10.	Tom Becker, Bellarmine	15:53.8
11.	Michael Roach, Tokay	16:00.0
12.	Peter Egerton, Santa Rosa	16:05.5
13.	Jim Lyon, Hesperia	16:08.1
14.	Aaron Richberg, Logan	16:09.7
15.	Promsras Fitzpatrick, DeLaSalle	16:11.3
16.	Mal Hunnicutt, Amador Valley	16:13.0
17.	John Sargent, Monte Vista	16:13.8
18.	Pat Bendzick, Miss San Jose	16:15.9
19.	Zach Barrett, Santa Rosa	16:17.0
20.	Mikie Barulescu, Bellarmine	16:18.9
21.	Steve Taylor, Bellarmine	16:19.4
22.	Brian Lucido, Bellarmine	16:19.7
23.	Brian Murphy, Davis	16:22.1
24.	Ryan Law, Montgomery	16:24.7
25.	Rusty Moore, Bellarmine	16:27.5
26.	Ben Valles, Santa Teresa	16:30.6
27.	Brett Paul, Mission San Jose	16:32.0
28.	Seith Williamson, Hesperia	16:32.5
29.	Randy Maestretti, De La Salle	16:33.9
30.	Nat Chadwick, Davis	16:35.0

Boys JV (91 finishers)

1.	Jodel Caery, Bellarmine	11:42.3
2.	Josh Hayes, Bellarmine	11:46.6
3.	Pat Tam, Bellarmine	11:50.5
4.	Donny Brown, Amador Valley	11:50.9
5.	Frank Lanes, Bellarmine	11:55.8
6.	Brian Kelly, Bellarmine	11:57.5
7.	Kevin Prindville, De La Salle	11:59.3

Boys Frosh/Soph (115 finishers)

1.	Tom Galm, Cook Jr. High	11:23.5
2.	Toll Au, Montgomery	11:30.0
3.	Nate Woodside, Serra	11:40.7
4.	Shane Dulaney, Castro Valley	11:46.3
5.	Casey Immel, Bellarmine	11:48.6
6.	Andrew Wulf, Bellarmine	11:50.8

Girls Teams

1.	Clayton Valley 40, 2. Carondelet 43, 3. Bishop O'Dowd 62, 4. Hesperia 132, 5. Beverly Hills 138, 6. Overfelt 178, 7. Santa Rosa 185, 8. Castro Valley 198, 9. Amador Valley 219, 10. Tokay 233.
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Girls Individuals (80 finishers)

1.	Lyad Gozal, Beverly Hills	18:12.7
2.	Kristen Gordon, Carondelet	18:18.0
3.	Angelique Randall, O'Dowd	18:31.2
4.	Heather Wallace, Clayton Vly	18:42.1
5.	Liz Verutti, Davis	18:54.1
6.	Gretchen Vanderlip, Clayton Vly	18:59.3
7.	Pamela Richardson, Montg	19:06.6
8.	Carolyn Colyar, Carondelet	19:11.5
9.	Candace Miles-Threatt, O'Dowd	19:22.6
10.	Kelly Howlesy, Clayton Valley	19:26.7
11.	Katie Owen, Carondelet	19:37.5
12.	Natalie Mariani, Carondelet	19:42.6
13.	Deborah Osteen, Clayton Vly	19:51.3
14.	Carrie Hartz, Hesperia	19:54.0
15.	Michelle McCormico, SRosa	19:56.2
16.	Rose Terrazas, O'Dowd	19:58.2
17.	Laura Kuhl, Pittsburg	20:00.1
18.	Michelle Kyono, Logan	20:02.4
19.	Elissa Chatigny, Carondelet	20:11.6
20.	Monica Van Wegen, AmadVly	20:17.8

Large/Small Schools FS (77 finishers)

1.	Jennifer Ewing, Castro Valley	13:21.1
2.	Jennifer Knowlden, Miss SJose	13:42.8
3.	Ariel Adams, Davis	13:45.1
4.	Jamie McHugh, Castro Valley	14:00.6
5.	Monica Torrez, Mission SJose	14:06.9
6.	Lexa Dillon, Mission San Jose	14:10.8
7.	Stephanie Taylor, Tokay	14:12.1
8.	Betsy Stevens, Miss San Jose	14:13.3
9.	Tami Hagist, Pittsburg	14:24.7
10.	Ginaea Carrillo, Carondelet	14:33.3

Coaches (36 finishers)

1.	Jack Marden, Mission San Jose	10:21.4
2.	Scott Kennedy, San Leandro	10:31.3
3.	Larry Guinee, Arroyo	10:45.9
4.	Greg Rhines, Tokay	11:03.0
5.	Tod Nunan, Bear River	11:03.3
6.	Jim Noonan, Healdsburg	11:07.5
7.	Ed Espona, Casa Grande	11:11.8
8.	Erich Ackermann, Moreau Cath	11:12.4
9.	Alejandro Pena, Logan	11:23.4
10.	Danny Delgado, Christian Bros	11:24.8
11.	Larry Meredith, Montgomery	11:29.3
12.	Joe Sertic, Davis	11:45.9
13.	Will McCarthy, Serra	11:55.5
14.	Nick Vogt, Bear River	12:00.7
15.	Kevin Cubillas, Pittsburg	12:18.4
16.	Yancy Young, Washington	12:21.8
17.	Jennifer Cubillas, Pittsburg	12:30.1
18.	Bruce Bigelow, Mt Madonna	12:41.1
19.	Scott SantaRosa, Bellarmine	12:49.2
20.	Tori Meredith, Montgomery	12:59.9
21.	Linda Schirmer, Newark Mem	13:04.5
22.	Brian Henderson, Moreau Cath	13:12.0
23.	Mitch Cohen, Beverly Hills	13:12.2
24.	Thomas Hickett, Logan	13:58.1
25.	Phil Wilder, Moreau Catholic	14:08.6
26.	Lea Harris, Beverly Hills	14:10.7
27.	Howard Edelman, Beverly Hills	14:26.5

28.	Don Winters, Davis	14:40.4
29.	Tom Peacock, Moreau Catholic	14:42.1
30.	Vicky Bigelow, Mt Madonna	14:50.6
31.	Gus Pacheco, Ygnacio Valley	15:08.4

32.	Pam Reynolds, Logan	15:19.8
33.	Tim Kuta, Castro Valley	15:38.6
34.	Peter Brewer, Castro Valley	15:48.9
35.	Keith Conning, Berkeley	17:01.6

36.	Rich Wade, Santa Teresa	17:30.1
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RESULTS Southern California

From Doug Speck

Brea-Olinda Invitational

Craig Park (Fullerton), Saturday, October 2

Two of the state's top 1993 stars, African immigrants, Nigerian eleventh grader Mary Nwaoguakor (Muir, Pasadena) and Mehbratom Kellezighi (San Diego), a native of Eritrea, took big individual honors here. Easily undefeated thus far this season, Nwaoguakor took the Girls Runners #1 and #2 race at 19:23 by over 45 seconds, with Kellezighi winning his race by over 30 seconds at 15:13. Pt. Loma (San Diego) on the Girls side, and an improved Santiago (Garden Grove) Boys team were the team time winners.

Results: (Girls) (Runners I-II) 1. Nwaoguakor (Muir, Pasadena) 19:23, 2. Serrano (Pt. Loma, San Diego) 20:09, 3. Cortes (Alta Loma) 20:41, 4. Daucher (Brea) 20:46, 5. Martin (Quartz Hill) 20:49, 6. Moran (Moorpark) 21:05, 7. Vega (Lake-wood) 21:07, 8. Gandanilla (Lakewood) 21:08, 9. Nehrer (Upland) 21:12, 10. Tamo (Los Alamitos) 21:16, 11. Rodriguez (Pt. Loma, SD) 21:21, 12. Brandon (Foothill, Santa Ana) 21:32, 13. Mitamura (Los Alamitos) 21:49, 14. Guevara (Alta Loma) 21:51, 15. Romanoff (Fountain Valley) 22:03. (Runners III-IV-V) 1. Joutet (Fountain Valley) 21:45, 2. Gray (Los Alamitos) 21:54, 3. Martinez (Foothill, Santa Ana) 22:01, 4. Gunn (Upland) 22:03, 5. O'Brien (Pt. Loma, SD) 22:05, 6. Lang (Fountain Valley) 22:12. (Runners VI-VII) 1. Kim (Aliso Niguel, Aliso Viejo) 20:31, 2. MacManus (Los Alamitos) 22:14, 3. Lee (Canyon, Anaheim) 22:16. (Fr/Sr) 1. Hernandez (West Covina) 20:36, 2. Spiers (Aliso Niguel, Aliso Viejo) 21:36.

Team Times: 1. Pt. Loma (San Diego) 109:17, 2. Los Alamitos 109:34, 3. Upland 110:56, 4. Foothill (Santa Ana) 111:23, 5. Alta Loma 111:37, 6. Fountain Valley 112:19, 7. Quartz Hill 113:36, 8. Canyon (Anaheim) 113:38.

(Boys)

PREP NOTES

(Runners I-II) 1. Keflezighi (San Diego) 15:13, 2. Melgar (San Diego) 15:45, 3. Medina (Lakewood) 16:18, 4. Garcia (Bassett) 16:33, 5. Daucher (Brea) 16:38, 6. Trejo (Santa Fe, SF Springs) 16:43, 7. Kilbarger (Canyon, Anaheim) 16:47, 8. Bowen (Los Alamitos) 16:47, 9. Slater (Alta Loma) 16:49, 10. O'Hara (Wilson, Hacienda Heights) 16:51, 11. Nehls (Upland) 16:52, 12. Mejia (Santiago, Garden Grove) 16:53, 13. Franch (Servite, Anaheim) 16:53, 14. Ramos (Lakewood) 17:04, 15. Nichols (Huntington Beach) 17:05. (Runners III-IV-V) 1. Hernandez (Santiago, Gard Gr) 16:50, 2. Rangel (Santiago, GG) 16:57, 3. Diaz (Lakew) 17:09, 4. Stewart (Huntington Beach) 17:12, 5. Wirz (Brea) 17:18, 6. H. Hernandez (Santiago, Anah) 17:26. (Runners VI-VII) 1. Wegman (Huntington Beach) 17:44, 2. Cull (Huntington Beach) 18:11, (Fr/So) 1. Trueba (Huntington Beach) 17:25, 2. Hernandez (Garden Grove) 17:36.

Team Times: 1. Santiago (Garden Grove) 85:17, 2. Lakewood 85:29, 3. Huntington Beach 86:47, 4. Alta Loma 86:50, 5. Brea Olinda 87:00, 6. Upland 88:45, 7. Los Alamitos 89:51, 8. Bassett 90:18.

Dos Pueblos Invitational

October 8, Dos Pueblos HS (Goleta).

Warren Wolf, the hot senior for Coach Phil Ryan's Division III powerhouse raced to one of the fastest times ever on this quite regularly run course, a 15:11 for the day's finest performance. 1982 Kinney National Champ Eric Reynolds (Camarillo) has the CR at 14:55.

(Girls) 1. (Sr) Michele Dupont (Santa Barbara) 19:26, 2. Stephanie Norberg (San Marino) 19:46, 3. Marikka Elia (Dos Pueblos, Goleta) 20:01, 4. Theresa Decaen (Buena, Ventura) 20:23. (Jr) 1. Amy Van Atta (Buena, Ventura) 19:11, 2. Monica Berlin (Nordhoff, Ojai) 19:51, 3. Maggie Dwire (Ventura) 19:57. (Soph) 1. Melinda Goad (Oak Park) 20:19, 2. Tami Thoreson (San Marcos, Santa Barbara) 20:57. (Fr) 1. Zahara Wignot (Dos Pueblos, Goleta) 20:06, 2. Yadira Ramirez (Nordhoff, Ojai) 20:39.

Sweepstakes (team scores all grades combined) 1. Nordhoff 86, 2. Santa Barbara 96, 3. Buena (Ventura) 114, 4. Channel Islands (Oxnard) 142 (some schools not complete teams all grades).

(Boys) (Sr) 1. Warren Wolf (San Marino) 15:11 (#4 time ever on course), 2. Lee Zuckerman (San Marino) 15:35, 3. Jeff Loomis (Dos Pueblos, Goleta) 15:40, 4. Sweningson (Buena, Ventura) 15:51, 5. Cobb (Santa Barbara) 15:59, 6. Servin (Fillmore) 16:01. (Jr) 1. Javier Ramirez (Nordhoff, Ojai) 15:33, 2. Sandoval (Channel Islands, Oxnard) 15:43, 3. Chisolm (San Marino) 16:08. (Soph) 1. Vega (Nordhoff, Ojai) 16:16. (Fr) 1. Felix (St. Joseph, Santa Maria) 17:30. (Team Sweepstakes) 1. San Marino 80, 2. Buena (Ventura) 88, 3. Dos Pueblos (Goleta) 111, 4. Oak Park 117.

Kenny Staub Invitational

La Crescenta County Park, October 9

An "SAT Test date" depleted some of the teams at this competition, with some others resting athletes with those "mid-season aches and pains."

Palmdale's Boys team stood out the best in the competition, with that group's Antonio Arce nipping Agoura's John Greene for the individual win at 15:42-15:43. The Palmdale team has been the Section's best 9th and 10th grade group the last two years, and here they solidly thrashed a good Div I field with 41 points and an 81:35 team time that carries over very closely to Mt. SAC or Woodward Park. A solid Saugus team took the Girls Div I race at 25 (102:35). Mary Nwaoguakor (Muir, Pasadena) continued her fine season with a 19:08 Div III run here.

(Girls) (Div I) 1. Burkert (Saugus) 19:59, 2. Zayas (Crescenta Valley, La Cresc) 20:03, 3. Hawkins (Simi Valley, Simi) 20:23, 4. Hambel (Simi Valley, Simi) 20:32, 5. Julie Thomas (Saugus) 20:34. Teams: 1. Saugus 25 (102:35), 2. Simi Valley 44 (104:47), 3. Peninsula "B" (Rolling Hills) 75 (109:30). (Div II) 1. Koscki (Canyon, Canyon Country) 19:47, 2. Stigle (Canyon, CC) 19:57, 3. Mars (La Canada) 20:32, 4. Holmes (Claremont) 20:33. Teams: 1. Canyon (Canyon Country) 33 (103:00), 2. Claremont 76 (107:02). (Div III) 1. Nwaoguakor (Muir, Pasadena) 19:08, 2. Smith (Muir, Pas) 21:04. Teams: 1. Burroughs (Burbank) 55 (114:38).

(Boys) (Div I) 1. Arce (Palmdale) 15:42, 2. Greene (Agoura) 15:43, 3. Castro (Palmdale) 16:02, 4. Bischoff (Canyon, CC) 16:03, 5. Koepfer (St. Francis, La Canada) 16:05, 7. Richard Valenzuela (Belmont, L.A.) 16:08, 7. Loo (Crescenta Valley, La Cresc) 16:21, 8. Francisco Camacho (Bell) 16:24, 9. Bennington (Palmdale) 16:26, 10. Styers (St. Francis, LC) 16:33. Teams: 1. Palmdale 41 (81:35), 2. Agoura 88 (83:26), 3. Canyon (CC) 88 (83:58), 4. Bell 96 (84:15), 5. Belmont (L.A.) 98 (84:24), 6. St. Francis 125 (85:44), 7. Crescenta Valley (La Crescenta) 127 (85:44). (Div II) 1. Gilmore (Palisades, Pacific Palisades) 16:03, 2. Wilson (Newbury Park) 16:24, 3. Ramos (Glendale) 16:35, 5. Gomez (Burbank) 16:41. Teams: 1. Peninsula "B" 101 (88:38). (Div III) 1. Liu (Temple City) 16:21, 2. Herrera (Hoover, Glendale) 16:33, 3. Doug Navoa (Bravo Magnet, L.A.) 16:48. Teams: 1. Saugus 94 (89:11).

San Gabriel Valley Invitational

October 9, Mt. San Antonio College

Girls: 1. Ebner (St. Lucy's, Glendora) 19:11, 2. Ferree (Bishop Amat, La Puente) 20:18, 3. Verela (St. Lucy's, Glendora) 20:23, 4. Martinez (Bishop Amat, LP) 20:23, 5. Krause (South Hills, West Covina) 20:44. Teams: 1. St. Lucy's (Glendora) 103:58, 2. Bishop Amat (La Puente) 105:45, 3. San Gabriel 107:14, 4. South Hills (W. Covina) 111:23, 5. La Salle (Pasadena) 113:04.

Boys: 1. Estrada (San Gabriel) 16:00, 2.

Garcia (Bassett) 16:08, 3. Coll (Diamond Bar) 16:09, 4. Perez (El Monte) 16:24, 5. Garcia (Maranatha, Sierra Madre) 16:26. Teams: 1. San Gabriel 83:48, 2. Diamond Bar 85:19, 3. Nogales (La Puente) 85:50, 4. Rowland (Rowland Heights) 85:52, 5. Covina 86:50.

Atascadero Invitational

October 9

Some visitors from the Central Section did some big-time damage here, with Sanger, led by South American import, Pamenos Ballantyne, individual winner at 16:27, scoring 15 points to win the Large School, and McFarland, possibly the State's best ever Small Schools team, totalling 16 in the Small Schools race. Ballantyne, the Sanger star is said to have raced 31:02 for a 10K on the roads in the Fresno area recently, making him a real threat for Statewide and Foot Locker Championship honors later in the Fall. Reedley took the Large School Girls title with a miniscule 18 points, marking them as one of the State's Division II powers.

(Girls)

(Small) 1. Cristina Sanchez (McFarland) 20:25, 2. Lucia Sanchez (McF) 21:22, 3. Kathleen Penson (Cabrillo, Lompoc) 22:20, 4. Kendra Michaelissen (Atascadero) 22:23, 5. Cheri Carter (McF) 22:34, 6. Jamie Colley (Paso Robles) 22:55, 7. Amanda Burkman (King City) 23:12, 8. Kelly Vial (Atascadero) 23:24. Teams: 1. McFarland 28, 2. Atascadero 58, 3. Paso Robles 70. (Large) 1. Angela Ruiz (Reedley) 20:32, 2. Annabel Ortiz (Reedley) 20:42, 3. Gelina Hall (Reedley) 21:08, 4. Jenny Hansen (Royal, Simi Valley) 21:39, 5. Irene Wright (Reedley) 22:11, 6. Juli Asmus (Royal, SV) 22:20, 7. Bea Trevino (Reedley) 22:49, 8. Tracy Smilianski (Reedley) 22:57. Team: 1. Reedley 18, 2. Royal (Simi Valley) 50, 3. Lemoore 85.

(Boys)

(Small) 1. Galvin Gonzales (McFarland) 16:37, 2. Ben Galvan (McFarland) 16:51, 3. Gabriel Diaz (McF) 17:01, 4. Jose Luis Sanchez (McF) 17:01, 5. Erick Packer (Paso Robles) 17:11, 6. Gerardo Soto (McF) 17:29, 7. Brian Wallace (Cabrillo, Lompoc) 17:34, 8. Sergio Sanchez (King City) 17:41. Teams: 1. McFarland 16, 2. Paso Robles 70, 3. Cabrillo (Lompoc) 86. (Large) 1. Pamenos Ballantyne (Sanger) 16:27, 2. Tim Henry (Sanger) 17:27, 3. Juan Zamora (Sanger) 17:52, 4. Ruben Gonzales (Sanger) 18:01, 5. Carlos Harrison (Sanger) 18:07, 6. Chris Coleman (Lemoore) 18:11, 7. Joe Shanon (Lemoore) 17:22, 8. Matt Woodley (Lemoore) 18:35. Teams: 1. Sanger 15, 2. Lemoore 40, 3. Royal (Simi Valley) 79.

Riverside County Championships

October 9th

Rondie Gibbs (Rubidoux, Riverside) continued to roll through his season undefeated, here with a 15:30 Large Schools win, with new star, frosh Melissa Aronson (Hemet), a 19:01 Girls winner. Rubidoux's Girls squad was the winner over a depleted Corona team

93-99, with a fine Temecula Boys team taking Corona there 75-88. State Div IV power Temescal Canyon (Elsinore) took the Div II Girls race with only 27 points.

(Girls) (Div I) 1. Melissa Aronson (Hemet) 19:01, 2. Jamie Bascom (Elsinore) 19:03, 3. Michelle Dale (Moreno Valley) 19:21, 4. Lisa Grenberg (Poly, Riverside) 19:34, 5. Kasey Mathis (Centennial, Corona) 19:41, 6. Jennifer Flores (Corona) 19:49, 7. A. Klassen van Oorschot (Arlington, Riverside) 19:51, 8. Trisia Tressler (Rubidoux, Riverside) 19:51, 9. Amber Bunch (Temecula Valley, Temecula) 19:52, 10. Maile Keller (Poly, Riverside) 19:53. Teams: 1. Rubidoux (Riverside) 93 (103:18), 2. Corona 99 (103:32), 3. Elsinore 106 (103:55), 4. Hemet 116 (104:36), 5. Temecula Valley (Temecula) 132 (105:32), 6. Centennial (Corona) 167 (108:46). (Div II) 1. Ellen Muench (Temescal Canyon, Elsinore) 20:06, 2. Sunny Shaffer (Tem Can, Els) 20:32, 3. Theresa Beck (Murrieta Valley, Mur) 20:59. Teams: 1. Temescal Canyon 27 (106:10), 2. Murrieta Valley 36 (108:15). (Div III) 1. S. Holiday (Sherman Indian, Riverside) 21:13. Teams: 1. Sherman Indian (Rivers) 25 (114:04). (Fr/So) 1. Laurel Hefflin (Norco) 20:25, 2. Sarah Van (Ramona, Riverside) 20:49. Team: 1. Norco 30.

(Boys) (Div I) 1. Rondie Gibbs (Rubidoux, Riverside) 15:30, 2. Ian Enriquez (Corona) 15:49, 3. Simon Mudd (Poly, Riverside) 15:59, 4. Mario Argueta (Junupa Valley, Mira Loma) 16:05, 5. Jesse Kimball (Temecula Valley, Tem) 16:07, 6. Ryan Cook (Tem Vall, Tem) 16:10, 7. Mike Pendergraph (Norte Vista, Riverside) 16:15, 8. Ricardo Villalobos (Ramona, Riverside) 16:16, 9. Raul Megana (Norte Vista, Rivers) 16:17, 10. Greg Potts (Corona) 16:18. Teams: 1. Temecula Valley 75 (82:26), 2. Corona 88 (82:54), 3. Hemet 124 (84:26), 4. Norte Vista (Riverside) 133 (85:01), 5. Rubidoux (Riverside) 136 (84:24). (Div II) 1. Jerod Hatch (Murrieta Valley, Mur) 17:00, 2. Vidal Ramos (San Jacinto) 17:08, 3. Craig Bigby (Temescal Canyon, Elsinore) 17:16. Teams: 1. San Jacinto 58 (90:01), 2. Temescal Canyon 72 (91:16), (Div III) 1. Doug Henning (Woodcrest Christian, Riverside) 16:37, 2. Adam Mendonca (Woodcrest Chr, Riv) 17:23, 3. Aaron Mendonca (Woodcrest Christian, Riverside) 22 (87:53), 2. Sherman Indian (Riverside) 34 (89:57). (So/Fr) 1. Alfonso Ibarra (Arlington, Riverside) 16:23, 2. Chris Baugher (Centennial, Corona) 16:47, 3. Eric Shirley (Centennial, Cor) 16:57. Team: 1. Centennial (Corona) 33.

Fountain Valley/Huntington Beach Invitational

Central Park, Huntington Beach, October 9.

The Thousand Oaks Boys team put on another amazing racing exhibition here, with the nation's #4 ranked team by Harrier magazine totalling 19 points against a good

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KONRAD KNUTSEN

Photo by Keith Conning

group. Brandon del Campo (14:53) led the Lancer charge, with the first four TO runners averaging 15:06 on a course that includes one good hill. It would have been nice to have placed TO against Santa Ana, the Div I winners with a 26 point total. Sac Joaquin Section star Sarah Dickerman (Del Campo, Fair Oaks) had easily the top Girls time, winning her race by over a minute in 18:23.

Div I

(Girls) 1. Sarah Dickerman (Del Campo, Fair Oaks) 18:23, 2. Becca Armour (Fountain Valley) 19:33, 3. Trina Perez (Mater Dei, Santa Ana) 19:43, 4. Gabby Martinez (Saddleback, Santa Ana) 19:54, 5. Andrea Eldridge (Mater Dei, SA) 19:57, 6. Sharon Moreno (Sonora, La Habra) 20:01, 7. Shaella Offord (Bonanza, Las Vegas) 20:04, 8. Jackie Rodriguez (Santa Ana) 20:04, 9. Natalie Ruizano (Fountain Valley) 20:04. Teams: 1. Mater Dei 72, 2. Fountain Valley 87, 3. Saddleback 143, 4. Marina (Huntington Beach) 152.

(Boys) 1. Conrad Knutsen (Del Campo, Fair Oaks) 15:15, 2. Federico Duran (Santa Ana) 15:21, 3. John Nehls (Upland) 15:23, 4. Juan Medrano (SA) 15:27, 5. Federico Morales (SA) 15:31, 6. Juan Zaragoza (SA) 15:39, 7. no tag 15:39, 8. Glen Pinney (Del Campo, FO) 15:51, 9. Juan Chavez (SA) 15:53. Teams: 1. Santa Ana 26, 2. Del Campo (Fair Oaks) 106, 3. Mater Dei (Santa Ana) 107, 4. Saddleback (Santa Ana) 116.

Div II

(Girls) 1. Shalene Downing (Cheyenne, North Las Vegas) 18:44, 2. Tara Marsden (Thousand Oaks) 19:01, 3. Melinda Serrano (Point Loma, San Diego) 19:10, 4. Vanessa Ringold (Chula Vista) 19:32, 5. Yolanda Montalvo (Chula Vista) 19:44, 6. Misha Wilson (University, Irvine) 19:47, 7. Stacy Edwards (Gahr, Centitas) 19:53, 8. Sharunn Downing (Cheyenne, NLV) 19:58, 9. Simone Ferrara (South Torrance) 20:00, 10. Melina Rodriguez (Pt. Loma, SD) 20:01.



SARAH DICKERMAN

Photo by Keith Conning

Teams: 1. Point Loma (San Diego) 72, 2. Chula Vista 76, 3. Cheyenne (North Las Vegas) 98, 4. Thousand Oaks 129. (Boys) 1. Brandon Del Campo (Thousand Oaks) 14:53, 2. Kevin Marsden (TO) 15:02, 3. Jeff Fischer (TO) 15:10, 4. Ayub Abdusayam (Hoover, San Diego) 15:16, 5. Chadd Aldrich (TO) 15:18, 6. Ruben Carrillo (Chula Vista) 15:33, 7. Ahmed Husseln (Hoover, SD) 15:38, 8. Keith O'Doherty (TO) 15:42, 9. Todd Disney (TO) 15:44, 10. Billy Pauls (TO) 15:53. Teams: 1. Thousand Oaks 19, 2. Chula Vista 104, 3. Huntington Beach 112 (6th runner 35), 4. Point Loma (San Diego) 112 (48), 5. Hoover (San Diego) 112 (54).

Div III

(Girls) 1. Kelly Daucher (Brea-Olinda, Brea) 19:34, 2. Jen Spiers (Aliso Niguel, Aliso Viejo) 20:08, 3. Emily Maldonado (La Mirada) 20:16, 4. Kelly Rhoades (Laguna Beach) 20:27, 5. Lindsay Bowald (Laguna Beach) 20:29, 6. Claudia Sine (Aliso Niguel, AV) 20:31, 7. A. Roseen (Aliso Niguel, AV) 20:35, 8. Alexis Boyd (La Mirada) 20:38. Teams: 1. Aliso Niguel (Aliso Viejo) 45, 2. Laguna Beach 46, 3. Brea Olinda (Brea) 87, 4. Santiago (Ana) 123.

(Boys) 1. Jose Melgar (San Diego) 15:12, 2. O.C. Frank (Servite, Anaheim) 16:05, 3. Ben Mejia (Santiago, Garden Grove) 16:09, 4. Frank Hernandez (Santiago, GG) 16:11, 5. Tuan Le (Santiago, GG) 16:20, 6. Jose Rangel (Santiago, Ana) 16:24, 7. Jose Banger (Santiago, GG) 16:39, 8. Terry Nelson (Servite, Anaheim) 16:43, 9. R. Riviera (Rancho Alamitos, Garden Grove) 16:58. Teams: 1. Santiago (Garden Grove) 25, 2. San Diego 58, 3. Servite (Anaheim) 75, 4. Rancho Alamitos (Garden Grove) 112.

San Luis Obispo Invitational

San Luis Obispo, October 16.

Some hot action was featured in this meet held in the north coastal area of the Southern Section. Julia Stamps, the impressive ninth grader from Santa Rosa (Rin-

con Valley JHS), came looking for competition, but once again romped away from the field, blazing an 18:20 that was the fastest of the day by nearly a minute. A classic team battle took place in the Boys Div IV between McFarland and Morro Bay, possibly the State's best two Small School teams. McFarland features a brutal pack that should all be well under 18:30 at a course like Woodward Park.

Morro Bay has as strong a front duo in State Small Schools history in Dave Mitchell and Joey Tavemer. The Div IV contest was basically a dual meet, with MB getting great runs out of Mitchell (1st-16:08), Tavemer (4th-16:22), and Trevor Strohan (5th-16:46), but McFarland was 2-3-6-8-10 to score 29 points, nearly taking the entire field all by itself. Morro Bay was certainly tough with its 36 point total, setting up a great confrontation in Fresno in late November. Morro Bay, top-ranked statewide Div IV Girls fell to a very potent pack from Ursuline (Santa Rosa), with the North Coast Section power having a top returning group, with the top four hear gapping eight seconds during a 60-72 win!

Arroyo Grande, Boys Div I, had fine races from Eric Dunn (1st-15:56) and Pat Garrity (2nd-16:03) to nip Madera 30-32. (Girls) (Div I) 1. Julia Stamps (Rincon JHS, Santa Rosa) 18:20, 2. Melanie Pickett (Mt. Carmel, San Diego) 19:38, 3. Rosalinda Casteneda (Madera) 19:42, 4. Katy Clark (Millikan, Long Beach) 20:10, 5. Tania Nunez (Chino) 20:16, 6. Amanda Hagstrom (Arroyo Grande) 20:22, 7. Luara Dockery (Mt. Carmel, SD) 20:24, 8. Andrea Coronado (Madera) 20:25, 9. Stefanie McCarty (Madera) 20:27, 10. Diane Estrada (Madera) 20:27. Teams: 1. Madera 43, 2. Mt. Carmel (San Diego) 44, 3. Chino 86, 4. Millikan (Long Beach) 95, 5. Arroyo Grande 114. (Div II) 1. Emily Allison (Leland, San Jose) 19:13, 2. Debora Bleisch (Silver Creek, San Jose) 19:52, 3. Sheryl Medina (Silver Creek, SJ) 20:21, 4. Kami Scholfield (Mt. Whitney, Visalia) 20:32. Teams: 1. Silver Creek (San Jose) 55, 2. Torrey Pines (Encinitas) 56, 3. Napa 91, 4. Righetti (Santa Maria) 106. (Div III) 1. Signe Hurley (Exeter) 20:20, 2. Vanessa Lund (San Luis Obispo) 20:29, 3. Anniken Iversen (St. Francis, Mountain View) 20:34, 4. Carle Irwin (Central Valley) 20:43. Teams: 1. St. Ignatius (San Francisco) 55, 2. San Luis Obispo 82, 3. Central Valley 92, 4. South Pasadena 93. (Div IV) 1. Lori Fancon (Taft) 19:41, 2. Christina Sanchez (McFarland) 20:02, 3. Christine Stavalone (Presentation, San Jose) 20:44, 4. Siobhan Elster (Morro Bay) 20:58. Teams: 1. Ursuline (Santa Rosa) 60, 2. Morro Bay 72, 3. McFarland 79, 4. St. Paul (Whittier) 81.

(Boys)

(Div I) 1. Eric Dunn (Arroyo Grande) 15:56, 2. Pat Garrity (Ar Gr) 16:03, 3. Eric Kropf (Madera) 16:05, 4. Greg Nett (Mt. Carmel, San Diego) 16:37, 5. Ricky Chavez (Madera) 16:42, 6. Eddie Evangelista (Madera) 16:46, 7. Luis Granado (Madera) 17:01, 8. Alejandro Salgado (Arroyo Grande) 17:01, 9. Ricky Felix (Arroyo Grande) 17:06, 10. Marc

Hutcherson (Arroyo Grande) 17:15. Teams: 1. Arroyo Grande 30, 2. Madera 32, 3. Mt. Carmel (San Diego) 86. (Div II) 1. Eleazar Hernandez (Camarillo) 16:08, 2. Greg Tadey (Silver Creek, San Jose) 16:29, 3. Ben Hill (Camarillo) 16:49, 4. Paul Teamerian (Mt. Whitney, Visalia) 17:03, 5. Jared Caldwell (Highland, North Highlands) 17:06, 6. Lee Fernandez (Salinas) 17:10, 7. Raul Solis (Righetti, Santa Maria) 17:14, 8. Enrique Torres (Silver Creek, San Jose) 17:20. Teams: 1. Camarillo 39, 2. Torrey Pines (Encinitas) 75, 3. Leland (San Jose) 87. (Div III) 1. Jason Barrera (Loyola, L.A.) 16:32, 2. Anthony Tyler (Lompoc) 16:59, 3. Eric Packer (Paso Robles) 17:03, 4. Joe Kneafsey (Loyola, L.A.) 17:15, 5. Brad Hansen (St. Ignatius, San Franc) 17:22. Teams: 1. Loyola (L.A.) 85, 2. St. Francis (San Franc) 68, 3. Paso Robles 70, 4. Yosemite (Oakhurst) 115. (Div IV) 1. Dave Mitchell (Morro Bay) 16:08, 2. Gavin Gonzalez (McFarland) 16:15, 3. Benjamin Galvan (McFarland) 16:20, 4. Joe Tavemer (Morro Bay) 16:22, 5. Trevor Strohan (Morro Bay) 16:46, 6. Luis Sanchez (McFarland) 16:59, 7. Kenny Rhoad (Sierra, Tollhouse) 17:04, 8. Gerardo Solis (McFarland) 17:05, 9. Micah Fuson (Taft) 17:09, 10. Garbiel Diaz (McFarland) 17:14. Teams: 1. McFarland 29, 2. Morro Bay 36, 3. Cardinal Newman (Santa Rosa) 112, 4. Taft 139. Boys JV 1. Victor Ramirez (Madera) 17:21. Team: 1. Madera 15.

Bell Gardens Invitational

Logg Lake, October 16.

San Gabriel swept the team time awards for both Boys and Girls in this meet. Pedro Ramirez (Millikan, Long Beach) raced 15:15 for the top Boys time, with the strong Bell Gardens Boys team running in the fall without 1:51 800m runner, soph Michael Granville, who would probably help any hamper squad in a big way.

(Girls) 1. Claudia Murillo (Bell Gardens) 19:22, 2. Judy Rivas (BG) 19:26, 3. Joy Vandenberg (San Gabriel) 19:30, 4. Hollie Harough (Huntington Beach) 19:38, 5. Jennifer Rivera (San Gabriel) 19:47, 5. Celina Cacao (Lynwood) 19:52, 7. Paulina Martinez (Mountain View, El Monte) 19:53, 8. Erica Nehrer (Upland) 19:58, 9. Beth Hake (Arroyo, El Monte) 20:10, 10. Lianne Stone (Warren, Downey) 20:13. Teams: 1. San Gabriel 101:15, 2. Bell Gardens 102:37, 3. Upland 102:47, 4. Ayala (Chino) 105:15, 5. Arroyo (El Monte) 105:22, 6. West Torrance 105:51, 7. Mountain View (El Monte) 105:56.

(Boys) 1. Pedro Ramirez (Millikan, Long Beach) 15:15, 2. Oscar Estrada (San Gabriel) 15:21, 3. John Nehls (Upland) 15:22, 4. Jeff McLarty (Ayala, Chino) 15:33, 5. Edgardo Diaz (Bell Gardens) 15:41, 6. Eduardo Garcia (San Gabriel) 15:47, 7. Tom Beckum (Warren, Downey) 15:55, 8. Jose Delgado (Mountain View, El Monte) 15:57, 9. Richard Roybal (Bell Gardens) 15:59, 10. Andy McLarty (Ayala, Chino) 16:00. Teams: 1. San Gabriel 79:59, 2. Bell Gar

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dens 80:00. 3. Lynwood & Ayala (Chino) 82:51. 5. Upland 82:59. 6. Millikan (Long Beach) 83:11. 7. Warren (Downey) 83:59.

Orange County Championships

October 16, Irvine Park

One of the nation's better areas in the sport had its County Meet, with some rainy weather before the competition causing some slippery spots and spills for top runners, but most survived with some fine competition.

Top senior individuals, Foot Locker National Championship returnees Carrie Garritson (Buena Park) (17:33) and Jaime Martinez (15:02) were the individual titlists. The Sweepstakes team competition was very interesting, with the Santa Ana Boys squad taking highly ranked nationally Katella (Anaheim) 59:76. Santa Ana features a wicked pack that gaps 31 seconds 1-5, with a 78-23 team time a snappy 15:41 average on this course with a couple of good hills. In the Girls Sweeps, Edison (Huntington Beach), ranked among the top twenty-five nationally, was tied through five runners with Esperanza (Anaheim) at 108, but sixth runner Carrie Quinn broke the tie-breaker for Edison.

(Girls)
(Sweepstakes) 1. Carrie Garritson (Buena Park) 17:33. 2. Kim Nelson (Canyon, Anaheim) 17:59. 3. Eliaser Estrada (Valley, Santa Ana) 18:12. 4. Carrie Caulkins (Esperanza, Anaheim) 18:13. 5. Dresden Howell (Corona del Mar, Newport Beach) 18:18. 6. Tracy Clark (Corona del Mar, NB) 18:20. 7. Amy Gomez (Santa Margarita, Rancho SM) 18:21. 7. Taryn Lawson (Ocean View, Huntington Beach) 18:22. 9. Courtney Pugmire (Esperanza, Anaheim) 18:33. 10. Jessica Corbin (Irvine) 18:34. 11. Jenny Titus (Esperanza, Anaheim) 18:40. 12. Katie Nuanes (Santa Margarita, RSM) 18:42. 13. Erica Livermore (Irvine) 18:43. 14. Tara Whitfield (El Modena, Orange) 18:44. 15. Meghan Mayes (Capistrano Valley, Miss Viejo) 18:45. 16. Jennifer Formosa (Edison, Hunt Bch) 18:46. 17. Kenna Masuda (Ocean View, Hunt Bch) 18:47. 18. Kerry O'Brice (Edison, HB) 18:48. 19. Sydney Leonard (Dana Hills) 18:55. 20. Katherine Duque (Tustin) 18:57. 21. Heather Taketa (Corona del Mar, NB) 18:58. 22. Danielle Eldridge (Edison, HB) 19:02. 23. Megan Gillespie (Canyon, Anaheim) 19:05. 24. Stacy McMullen (Irvine) 19:06. 25. Jeannie Formosa (Edison, HB) 19:06. Teams: 1. Edison 108 (6th runner 32). 2. Esperanza (Anaheim) 108 (57). 3. Corona del Mar (Newport Beach) 132. 4. Santa Margarita (Rancho SM) 137. 5. Dana Hills 155. 6. Canyon (Anaheim) 164. 7. Ocean View (Hunt Bch) 165. 8. Irvine 172. 9. Los Alamitos 242.

(Div I) 1. Gwen Twist (Newport Harbor, Newport Bch) 19:10. 2. Jenny Speirs (Alis Niguel, Aliso Viejo) 19:22. 3. Stacey Brandon (Foothill, Santa Ana) 19:29. 4. Kelly Daucher (Brea) 19:37. 5. Loren Cleavinger (Newport Harbor, NB) 19:41. Teams: 1. Newport Harbor (Newport Beach) 32. 2. Alis Niguel (Aliso Viejo) 83. 3. Sonora 95. 4. Foothill (Santa

Ana) 102.
(Div II) 1. Angela Nelson (El Toro) 19:24. 2. Stefani Lefevre (El Toro) 19:43. 3. Gabby Martinez (Saddleback, Santa Ana) 19:53. 4. Suzette Nelson (El Toro) 20:01. Teams: 1. El Toro 20. 2. Saddleback 80. 3. Woodbridge (Irvine) 115. 4. Santa Ana 118.
(Div III) 1. Shannon Kinney (Capistrano Valley, Miss Viejo) 19:32. 2. Candice Hodge (Trabuco Hills, Miss Viejo) 19:39. 3. Peggy Hall (Trabuco Hills, MV) 19:44. 4. Nicole Rooster (Capistrano Valley, MV) 19:47. Teams: 1. Trabuco Hills (Mission Viejo) 40. 2. Capistrano Valley (Miss Viejo) 66. 3. Mission Viejo 67. 4. Fountain Valley 93.

(Boys)
(Boys Sweepstakes) 1. Jaime Martinez (Orange) 15:02. 2. Mike Moreno (Katella, Anaheim) 15:09. 3. Adalberto Sanchez (Capistrano Valley, Mission Viejo) 15:24. 4. Joel Orozco (Valley, Santa Ana) 15:26. 5. Juan Medrano (Santa Ana) 15:27. 6. Juan Zarazola (Santa Ana) 15:29. 7. Delfino Resendiz (Katella, Anaheim) 15:30. 8. Federico Duran (Santa Ana) 15:32. 9. Charlie Gatchell (La Habra) 15:33. 10. Jeremy Murdock (Villa Park) 15:34. 11. Brian Slingsby (Corona del Mar) 15:36. 12. Phil Sitner (Villa Park) 15:41. 13. Travis Fisher (Huntington Beach) 15:44. 14. Aldo Ayala (San Clemente) 15:47. 15. Jeff Domis (La Habra) 15:53. 16. Balke Schumacher (Villa Park) 15:54. 17. Chris Barrozo (Tustin) 15:55. 18. Edgar Benitez (Katella, Anaheim) 15:56. 19. Luis Ortiz (Santa Ana) 15:57. 20. Martin Pennell (El Toro) 15:57. 21. Federico Morales (Santa Ana) 15:58. 22. Mike Gavar (Tustin) 15:58. 23. Juan Almeida (Dana Hills) 15:59. 24. Alberto Cruz (Katella) 16:00. 25. Erick Miramontes (Katella, Anaheim) 16:01. Teams: 1. Santa Ana 59. 2. Katella (Anaheim) 76. 3. Villa Park 138. 4. Orange 183. 5. San Clemente 185. 6. Corona del Mar (Newport Beach) 219. 8. Mater Dei (Santa Ana) 220 (6th runner). 9. Santiago 220.

(Div I) 1. Peter Ho (Estancia, Costa Mesa) 18:06. 2. Todd Woodhull (Trabuco Hills, Mission Viejo) 16:09. 3. Steve Scherman (Woodbridge, Irvine) 16:13. 4. Ross Venook (Woodbridge, Irvine) 16:15. 5. Curtis Canett (Trabuco Hills, MV) 16:17. Teams: 1. Woodbridge (Irvine) 57. 2. Century (Santa Ana) 79. 3. Trabuco Hills (Mission Viejo) 83. 4. Capistrano Valley (Mission Viejo) 109.

(Div II) 1. Matt Huss (Santa Margarita, Rancho SM) 33. 2. Ryan Wilkinson (Santa Margarita, Rancho SM) 15:50. 3. Ryan Bowen (Los Alamitos) 15:55. 4. Andy Morgan (Mission Viejo) 15:58. 5. Clay Wilbarger (Canyon, Anaheim) 15:59. 6. Eric Wershing (Ocean View, Huntington Beach) 16:06. 7. Aaron Lynn (Mission Viejo) 16:08. Teams: 1. Santa Margarita (Rancho SM) 33. 2. Mission Viejo 61. 3. Canyon (Anaheim) 111. 4. Esperanza (Anaheim) 115.

(Div III) 1. Trent Bryson (Newport Harbor, Newport Beach) 15:50. 2. Shahrar Dezhad (Newport Harbor, NB) 15:53. 3. Jose Gonzalez (Sonora, La Habra) 15:55. 4. Carl Daucher (Brea Olinda, Brea) 15:57. 5. Wayne Chen (Laguna Hills) 15:57. 6. Alex

Lopez (Sonora, LH) 16:15. Teams: 1. Laguna Hills 62. 2. Newport Harbor (Newport Beach) 68. 3. Brea Olinda (Brea) 83. 4. El Modena (Orange) 96.

Mt. SAC Invitational

October 22 & 23. Mt. San Antonio College - three mile course. Weather - Friday moderate (70's). Saturday - warmed up later in the morning to the mid-80's, very low humidity. Girls Team Sweepstakes Race and all Division I races on Saturday affected by the heat quite significantly.

The huge Walnut HS/Mt. San Antonio College Invitational featured its biggest turnout ever for its first breakdown by divisions into the four groupings at the State Championships with night at four hundred schools in attendance. Sweepstakes action once again allowed just about all the State's top programs to come together, with some fast racing and great match-ups set up for November's Championship competitions.

Some big-time individual racing took place. On the Girls side some of the nation's top runners were in attendance. Kate Landau (Tri Valley HS, Grahamsville, NY) was third two years ago in the Foot Locker National Championships and set a national prep soph two mile record in track at 10:20.3 before suffering from a variety of injuries her junior (1992-93) year. Her 219 student body school would run in Friday's Div IV Sweepstakes here, with the squad suffering through a twenty-one hour trip west on Thursday, bogged down with fog delays. Kate had one question for Coach Missy Iatauro before the start of the race in Friday's Div IV Girls Sweeps, "What is the Course Record?" Blowing away from the pack after 30 yards Kate was off to the races, passing through the mile in the mid-5:20's under perfect late afternoon conditions, racing away to nearly a two minute win over 5:01.98 1600m star Lori Fancon (Taft) at 17:27. The 17:27 is the equal #9 time run ever on the Mt. SAC course, kind of mind-blowing when one thinks that there was no one to keep the furiously arm pumping Landau honest except her own desire to be the best she can.

Equally impressive was the team performance of Tri-Valley, with the 219 student student body Tri-Valley Girls team winning the Div IV Sweeps race easily with 36 points and a 98:10 team time, certainly the smallest school ever to race under 100:00 here. The 98:10 time is very impressive, meaning that on the average one out of twenty female students at the school can average better than 20:00 here at Mt. SAC. Julia Stamps (Rincon Valley JHS, Santa Rosa), a frosh athlete, had broken the Stanford University prep course record with a 17:40 run, winning by forty-three seconds over Foot Locker

National Finalist Kortney Dunscombe (Bend, Ore), a time that should correlate pretty closely with times here. Stamps had run 4:38.35 (1500m) and 10:01.7 (3000m) as an eighth grader, with former 1:49.7 prep 880 yard star Dan Aldridge (Petaluma), later a two-time NCAA Div II 1500m Champ at Cal Poly/SLO, helping her for the last couple of years. Stamps was hoping to meet Amy Skiersz (Agoura), third from last year's Foot Locker Championship affair, but Skiersz opted out, suffering lately from the nasty flu that had been going around. With the late Saturday morning starting to heat up into the mid-80's, Stamps raced away very early from the Girls Team Sweepstakes field, coming through the mile just under 5:30 on the way to a very comfortable thirty second win at 17:07 over Molly Mehlberg (Peninsula, Rolling Hills). Julia is a very impressive looking runner, sure to be a big star over the next four years in the North Coast Prep ranks. The frosh star has yet to have anyone close in a race, with Div IV competition for the rest of the Fall probably assuring easy wins through the Foot Locker Western Regional.



JULIA STAMPS

Photo by Phillip L. Enbody

The Boys Team Sweepstakes event featured an exciting individual dual that was a repeat of the Stanford Invitational from three weekends back. Defending State 3200m Champ Matt Farley (Jesuit, Sacramento) (9:04.39) had taken Brett Strahan (Hart, Newhall), the nation's top soph

PREP NOTES

1600m runner last spring at 4:13.90, at Stanford 15:04-15:06, with their struggle here another classic (and showing the interesting similarity in course times between some of the State's most-used facilities). While the nation's #4 ranked team, Thousand Oaks, was romping away from the pack to win with 84 points and an 80:10 team time, Farley and Strahan battled front. As the duo came on to the airstrip with a quarter mile to go Strahan edged in front of the latest Jesuit star, but Farley dug down and won by six seconds over that final 440 15:07-15:13. The duo should be very competitive for Foot Locker Western Regional spots to the National Finals competition. Other Friday Sweepstakes action for Div III and Div IV teams was very interesting.

The State's most competitive Division, III Boys, had a race here that showed anyone of about a dozen teams can win a championship race. Coach Hal Daner of Gunn (Palo Alto) has the horses, with injuries and all holding the crew back thus far this Fall. They all came to run here, with their higher placing sixth runner rule breaking their 155 tie with St. Augustine (San Diego) for the Div III win, with four other teams within 33 points.

McFarland continues roll in Boys Div IV, racing 83:26 with a 37 point total in the Sweeps race at that level. Building Orange County power, Santa Margarita (Rancho SM), took the Girls Div III contest with 60 points (99:49) over Corona del Mar (Newport Beach) 78 (100:46).

(Div III)

(#1-Boys JV) 1. Darrus Seymour (Barstow) 18:14. Team: Mira Costa 43 (94:33). (#2-Boys Soph) 1. Remigio Garcia (Sonora) 17:50. Team: Nordhoff 111 (97:45). (#4-Boys Fresh) 1. Michael Maratoc (Ganessa, Pomona) 18:35. Team: Barstow 114 (103:53). (#5 Boys Fresh) 1. Gabriel Carbas (Rancho Alamitos, Garden Grove) 18:21. Team: Newbury Park 66 (102:19). (#6 Boys Var) 1. Carl Daucher (Brea-Olinda, Brea) 16:45. 2. Alex Lopex (Sonora, La Habra) 17:09. 3. Michael Wallace (Notre Dame, Sherman Oaks) 17:10. 4. Jose Gonzales (Sonora, La Habra) 17:13. 5. Ross Damen (University, Irvine) 17:19. Team: Brea Olinda 62 (88:01). (#7 Boys Var) 1. Anthony Tyler (Lompoc) 16:44. 2. Danny Trejo (Santa Fe, SF Springs) 16:57. 3. Nathan Smith (Northview, Covina) 17:16. 4. Even Chaffler (Santa Paula) 17:25. 5. Brian Lotman (La Canada) 17:33. Team: Santa Fe (SF Springs) 121 (92:16). (#8 Boys Varsity) 1. Stacey Randon (Foothill, Santa Ana) 20:37. 2. Heather Ryan (Buchanan, Clovis) 20:47. 3. Rachel Krause (South Hills, West Covina) 20:56. 4. Mariana Hawley (Serrano, Phelan) 21:02. 5. Marina Linsley (Mira Costa, Manhattan Beach) 21:09. Team: Foothill (Santa Ana)

85 (112:27). (#9 - Girls Var) 1. Jenny Speirs (Aliso Niguel, Aliso Viejo) 20:20. 2. Sedina Banks (Rim of World, Arrowhead) 20:31. 2. Vanessa Hanley (University, San Diego) 20:36. 4. Jenny Stewart (West Hills, Santee) 20:55. 5. Terin Mathews (Newbury Park) 21:06. Team: West Hills (Santee) 75 (110:07). 2. Aliso Niguel (Aliso Viejo) 84 (110:25). 3. Sonora (La Habra) 87 (111:49). (#10 - Girls JV) 1. Kim Wong (St. Lucy's, Glendora) 23:26. Team: Brea Olinda (Brea) 48. (#11 - Girls Soph) 1. Leah Walker (La Jolla) 21:43. Team: La Jolla 72 (119:09). (#12 - Girls Fresh) 1. Autumn Patton (University, San Diego) 20:51. 2. Carrie Moran (Moorpark) 21:02. Team: University (San Diego) 56 (113:28).

Boys Div III Sweepstakes: 1. Javier Ramirez (Nordhoff, Ojai) 15:45. 2. Mark Hauser (St. Augustine, San Diego) 15:47. 3. Rondie Gibbs (Rubidoux, Riverside) 15:56. 4. Michell Jones (Livermore) 15:59. 5. Ryan Bartell (West Hills, Santee) 16:01. 6. Matt Huss (Santa Margarita, Rancho SM) 16:05. 7. Matt Harris (Mira Costa, Manhattan Beach) 16:08. 9. Steve Immel (Livermore) 16:09. 9. Kevin Kooper (St. Francis, La Canada) 16:11. 10. John Stires (St. Francis, LC) 16:13. 11. Gary Wilson (Newbury Park) 16:16. 12. Trent Bryson (Newport Harbor, Newport Beach) 16:17. 13. Lee Zuckerman (San Marino) 16:23. 14. Richard Chisolm (San Marino) 16:25. 15. Jeff Loomis (Dos Pueblos, Goleta) 16:30. Team: 1. Gunn (Palo Alto) 155 (84:36). 2. St. Augustine (San Diego) 155 (84:07). 3. Livermore 166 (84:08). 5. Santa Margarita (Rancho SM) 178 (84:41). 6. Corona del Mar (Newport Beach) 187 (6th runner). 7. West Hills (Santee) 187. 8. Nordhoff (Ojai) 208. 9. Rubidoux (Riverside) 209. 10. San Marino 225. 11. Mira Costa (Manhattan Beach) 242. 12. Newport Harbor (Newport Beach) 248. 13. Del Oro (Loomis) 295. 14. Dos Pueblos (Goleta) 305. 15. Newbury Park 325. 16. Buchanan (Clovis) 393.

Girls Div III Sweepstakes (#27) 1. Annie Ebner (St. Lucy's, Glendora) 18:38. 2. Amy Gomez (Santa Margarita, Rancho SM) 18:59. 3. Dresden Howell (Corona del Mar, Newport Beach) 19:11. 4. Allison Twist (San Marino) 19:14. 5. Tracy Clark (Cor del Mar, NB) 19:25. 6. Katie Nuanes (Santa Marg, Ranch SM) 19:36. 7. Sara Pope (Del Oro, Loomis) 19:51. 8. Gwen Twist (Newport Harbor, Newport Beach) 19:54. 9. Jessica Matthews (Rubidoux, Riverside) 20:02. 10. Simone Ferrara (South Torrance) 20:03. 11. Heather Taketa (Cor del Mar, NB) 20:04. Teams: 1. Santa Margarita (Rancho SM) 60 (99:49). 2. Corona del Mar (Newport Beach) 78 (100:46). 3. Newport Harbor 133 (104:13). 4. San Luis Obispo 151 (104:56). 5. Del Oro (Loomis) 156 (105:02). 6. San Marino 160. 7. Rubidoux (Riverside) 176. 8. Yucca Valley 191 (6th runner). 9. St. Lucy's (Glendora) 191. 10. La Canada 205. 11. Nordhoff (Ojai) 248. 12. South Torrance 250.

(Div IV)

(#13 - Boys JV) 1. Brandon Pacheco (Brethren Christian, Cypress) 18:12. Team:

Rubidoux (Riverside) 41 (98:25). (#14 Boys Soph) 1. Carlos Herra (Bell-Jeff, Burbank) 17:35. Team: Salesian (L.A.) 74 (97:58). (#16 Boys Fresh) 1. Joel Lopez (McFarland) 18:11. Team: McFarland 44 (94:00). (#18 Boys Var) 1. Chris Rodkese (Tri-Valley, Grahamsville, NY) 17:11. 2. Trevor Clark (Coronado) 17:23. 3. Jon Evan Hornsby (St. Mary's, Berkeley) 17:29. 4. Jordan Jarosz (St. Mary's, Berkeley) 17:39. 5. Dustin Ryon (St. Bonaventure, Ventura) 17:42. Team: St. Mary's (Berkeley) 76 (92:04). (#19 Boys Var) 1. David Brackett (Calaveras) 16:47. 2. Joseph Garcia (Maranatha, Sierra Madre) 17:08. 3. Jason Hooper (Mammoth) 17:21. 4. Tony Kauke (Alhambra) 17:24. 5. Mac Simmeth (Silver Valley) 17:26. Team: Yosemite (Oakhurst) 107 (92:14). 2. Alhambra (Martinez) 147 (94:01). (#20 - Girls Var) 1. Sierra Domaille (Mammoth) 20:23. Team: Flintridge Sacred Heart (La Canada) 107 (no team time). (#21 - Girls Var) 1. Jennifer Overlock (L.A. Baptist, Sepulveda) 21:11. 2. Jessica Lunt (Coronado) 21:51. 3. Kelly Castle (North Tahoe, Lake Tahoe) 22:03. Team: North Tahoe (Lake Tahoe) 77 (114:16). (#22 Girls JV) 1. Debbie Rentena (McFarland) 23:07. Team: Brentwood 86 (131:50). (#23 Girls Soph) 1. Katie Killackey (Laguna Beach) 22:41. Team: Laguna Beach 25 (118:39). (#24 Girls Fresh) 1. Jill Zagazzejeski (Sinaloa JHS, Simi) 22:11. Team: La Salle (Pasadena) 87 (127:25).

Div IV Boys Sweepstakes (#26) 1. Benjamin Galvan (McFarland) 16:13. 2. Doug Henning (Woodcrest Christian, Riverside) 16:22. 3. Kevin Purcell (Crossroads, Santa Monica) 16:23. 4. Oswaldo Servin (Fillmore) 16:26. 5. Galvin Gonzales (McFarland) 16:30. 6. Jose Luis Sanchez (McFarland) 16:31. 7. Nathan Bowen (Crossroads, Santa Monica) 16:32. 8. Nick Rattray (Oak Park) 16:39. 9. Brandon Creason (Oak Park) 16:48. 10. Miguel Ibarra (Fillmore) 17:00. 11. Gabriel Diaz (McFarland) 17:01. 12. Matt Novotny (Desert Christian, Lancaster) 17:02. 13. Michah Fuson (Taft) 17:03. 14. Geraldo Soto (McFarland) 17:11. 15. Jacob Mills (North Tahoe, Tahoe) 17:14. Teams: 1. McFarland 37 (83:26). 2. Fillmore 99 (86:43). 3. North Tahoe (Tahoe) 99 (87:03). 4. Oak Park 104 (86:45). 5. Salesian (L.A.) 160 (89:07). 6. Taft 168. 7. Woodcrest Christian (Riverside) 205. 8. Crossroads (Santa Monica) 209. 9. Desert Christian (Lancaster) 211. 10. La Salle (Pasadena) 302. 11. Cathedral (L.A.) 307. 12. Whittier Christian (La Habra) 307. 13. Brentwood (L.A.) 325. 14. Webb (Claremont) 325. 15. Hesperia Christian (Hesperia) 347.

Div IV Girls Sweepstakes (#28) 1. Kate Landau (Tri-Valley, Grahamsville, NY) 17:27. 2. Lori Fancan (Taft) 19:20. 3. Nancy Landau (Tri-Vall, Gr. NY) 19:39. 4. Sarah Nadeau (Tri-Vall, Gr. NY) 19:43. 5. Christina Sanchez (McFarland) 19:43. 6. Jackie Guesno (St. Anthony, Long Beach) 19:57. 7. Ashley Caro (Chaminade, Canoga Park) 20:04. 8. Ellen Muench (Temescal Canyon, Elsinore) 20:10. 9. Lucia Sanchez (McFarland) 20:17. 10. Shalun Fullove (Louisville, Woodland Hills) 20:25. 11. Tara Pribe (Tri-

Vall, Gr. NYH) 20:29. 12. Mary Higgins (Chaminade, CP) 20:32. 13. Colleen Lavery (Louisville, WH) 20:35. 14. Tracey Bowling (Taft) 20:41. 15. Linda Quintana (Maranatha, Sierra Madre) 20:42. Team: 1. Tri-Valley (Grahamsville, NY) 36 (98:10). 2. Temescal Canyon (Elsinore) 128 (106:41). 3. McFarland 134 (106:17). 4. Taft 143 (106:37). 5. Chaminade (Canoga Park) 149 (107:58). 6. Laguna Beach 168. 7. Maranatha 190. 8. Louisville (Woodland Hills) 198. 9. Fillmore 209. 10. La Salle (Pasadena) 240. 11. Orange Lutheran (Orange) 247. 12. St. Anthony (Long Beach) 286. 13. Oak Park 296. 14. Brentwood 332.

Div II

(#1-Boys JV) 1. Phillip Garcia (Bishop Amat, La Puente) 17:10. Team: Camarillo 65 (93:26). (#2-Boys JV) 1. Arturo Resendiz (Katella, Anaheim) 17:37. Team: Katella 49 (92:35). (#3 Boys JV) 1. Dan Welsh (Jesuit, Sacramento) 17:08. Team: Jesuit 19 (86:50). (#4-Girls JV) 1. Yolanda Miranda (Westminster) 21:52. Team: Norco 84 (124:57). (#5-Girls JV) 1. Erin Zimmon (Edison, Huntington Beach) 22:25. Team: Edison (Hunt Bch) 48 (115:22). (#6-Boys Soph) 1. Sean Clendaniel (Yucaipa) 17:16. Team: Yucaipa 53 (91:26). (#7 Boys Soph) 1. Mario Argueta (Jurupa Valley, Mira Loma) 16:16. 2. Mike Gavar (Tustin) 16:21. Team: Tustin 99 (91:19). (#8-Boys Soph) 1. Alfonso Ibarra (Arlington, Riverside) 16:36. 2. Juan Vanega (Katella, Anaheim) 16:53. Team: Jesuit 43 (87:37). (#9-Boys Var) 1. Jason Langley (Hemet) 16:18. 3. Tom Kloos (El Camino, Oceans) 16:30. 3. Ramon Currie (Ventura) 16:31. 4. Elvis Huerra (Arvin) 16:31. 5. Saul Gallegos (St. John Bosco, Bellflower) 16:34. 6. Andy Pearson (University, Irvine) 16:36. Team: Arvin 60 (84:54). 2. Hemet 79 (86:05). 3. Woodbridge (Irvine) 82 (85:56). (#10-Boys Var) 1. James Liu (Temple City) 16:08. 2. Chris Maier (Amador Valley, Pleasanton) 16:13. 3. Brock Tessman (Monte Vista, Danville) 16:22. 4. Mike Pendergraph (Norte Vista, Riverside) 16:33. 5. Raul Magana (Norte Vista, Riv) 16:39. 6. Arnesto Saucedo (Los Altos, Hac Hts) 16:42. Team: 1. Amador Valley (Pleasanton) 102 (86:01). 2. Monte Vista (Danville) 112 (86:36). 3. Norte Vista (Riverside) 122 (86:58). (#11-Boys Var) 1. Paul Temmerman (Mt. Whitney, Visalia) 16:32. 2. Ricardo Villalobos (Ramona) 16:36. 3. Todd Woodhull (Trabuco Hills, Mission Viejo) 16:45. Teams: 1. Trabuco Hills 71 (87:04). 2. Wood (Vacaville) 115 (89:12). (#12-Boys Var) 1. Ian Enriquez (Corona) 15:54. 2. Wayne Chen (Laguna Hills) 16:21. 3. Jeremy Mordock (Villa Park) 16:22. 4. Andy Morgan (Mission Viejo) 16:27. 5. Paul Cryer (La Sierra, Riverside) 16:27. 6. Miguel Antonio (Corona) 16:29. 7. Blake Schumacher (Villa Park) 16:32. 8. Ken Shi-muachi (Claremont) 16:33. 10. Eric Wersh-ing (Ocean View, Huntington Beach) 16:34. Teams: 1. Corona 92 (83:25). 2. Claremont 123 (84:35). 3. Villa Park 139 (84:49). 4. Laguna Hills 153 (85:12). 5.



CARRIE GARRITSON (left) and CLAIRE BECKER

Photo by Phillip L. Enbody

San Clemente 162 (85:34), 6. Mission Viejo 192, 7. Huntington Beach 193. (#13-Girls Var) 1. Danica Buckley (Valhalla, El Cajon) 19:31, 2. Katherine Duque (Tustin) 19:43, 3. Stephanie Nello (Valhalla, EC) 19:48, 4. Misha Wilson (University, Irvine) 19:50, 5. Molly Lawrence (Righetti, Santa Maria) 19:59, Teams: 1. Corona 87 (104:46), 2. Tustin 103 (105:07), 3. Valhalla (El Cajon) 115 (105:12), 4. Trabuco Hills (Mission Viejo) 115 (106:46), 5. Dixon (Div IV) 178 (109:17), (#14-Girls Var) 1. Kari Scofield (Mt. Whitney, Visalia) 20:02, 2. Elizabeth Sinclair (Troy, Fullerton) 20:05, 3. Blanca Carreon (Los Banos) 20:13, Teams: 1. Castro Valley 94 (108:58), 2. Casa Roble (Orangevale) 123 (110:28), (#15-Girls Var) 1. Maggie Hurst (Sonora, Sac Joaquin Section) 19:33, 2. Anny Serrano (Pt. Loma, San Diego) 19:47, 3. Magi Martinez (Wood, Vacaville) 19:59, 4. Melissa Aronson (Hemet) 20:24, Teams: 1. Point Loma (San Diego) 80 (106:17), 2. Wood (Vacaville) 118 (107:39), 3. Sonora (Sac Joaquin Section) 118 (107:23), 4. Hemet 128 (107:32), 5. Claremont 132 (108:42), (#20-Girls Soph) 1. Marissa Sanders (Villa Park) 21:14, Team: Villa Park 42 (113:07), (#21-Girls Soph) 1. Jessica Anderson (Carlsbad) 21:00, Team: Pt. Loma (San Diego) 31 (114:41), (#22-Boys Frosh) 1. Matt Kimball (Jesuit, Sacramento) 17:47, Team: Jesuit 76 (95:24), (#23-Boys Frosh) 1. Nick Jacques (Hemet) 17:41, Team: Laguna Hills 79 (95:27), (#24-Boys Frosh) 1. Tom Coffey (Tustin) 17:27, Team: Tustin 77 (98:49), (#25-Girls Frosh) 1. Jessica Waters (La Habra) 21:27, Team: La Habra 73 (118:34), (#26-Girls Frosh) 1. Angel Reed (El Camino, Ocean-side) 21:33, Team: Yucaipa 91 (130:28), (#16 - BOYS TEAM SWEEPSTAKES) 1. Matt Farley (Jesuit, Sacramento) 15:07, 2. Brett Strahan (Hart, Newhall) 15:13, 3. Matt Creason (Eureka) 15:21, 4. Mike Moreno (Katella, Anaheim) 15:24, 5. Antonio Arce (Palmdale) 15:26, 6. Brandon del

Campo (Thousand Oaks) 15:31, 7. John Green (Agoura) 15:32, 8. Eleazar Hernandez (Camarillo) 15:35, 9. Eric Dunn (Arroyo Grande) 15:42, 10. Jeff Fischer (Thousand Oaks) 15:50, 11. Delphino Resendiz (Katella, Ana) 15:51, 12. Kevin Marsden (Thousand Oaks) 15:56, 13. Juan Zaragosa (Santa Ana) 15:57, 14. Patrick Garrity (Arroyo Grande) 16:01, 15. Tom Becker (Bellarmine, San Jose) 16:02, Teams: 1. Thousand Oaks 84 (80:10), 2. Santa Ana 101 (81:02), 3. Jesuit (Sacramento) 126 (81:14), 4. Hart (Newhall) 147 (81:48), 5. Bellarmine (San Jose) 148 (82:32), 6. Katella (Anaheim) 158, 7. Peninsula (Rolling Hills) 181, 8. Palmdale 206, 9. Arroyo Grande 222, 10. Wilson (Long Beach) 243, 11. Agoura 261, 12. Redlands 271, 13. Camarillo 276, (#17 - BOYS INDIVIDUAL SWEEPSTAKES) 1. Darren Holman (Sonora) 15:50, 2. Jason Barrera (Loyola, L.A.) 15:56, 3. Joel Orozco (Valley, Santa Ana) 15:56, 4. Pedro Ramirez (Millikan, Long Beach) 15:57, 5. John Atwood (Castro Valley) 16:01, 6. Greg Phister (Davis) 16:10, 7. Jon Bishop (Canyon, Canyon Country) 16:15, 8. Oscar Estrada (San Gabriel) 16:21, 9. Peter Gilmore (Palisades, Pacific Pal) 16:25, 10. John Kelly (De la Salle, Concord) 16:26, 11. Brendan Mahon (La Habra) 16:28, 12. Proinsi Fitzpatrick (De la Salle, Concord) 16:38, Teams: 1. San Gabriel 95 (84:38), 2. Canyon (Canyon Country) 112 (85:00), 3. Loyola (L.A.) 133 (85:23), 4. Sonora (Sac Joaquin Section) 141 (85:33), 5. Diamond Bar 152 (86:47), 6. Palisades (Pac Pal) 165 (86:48), (#18 - GIRLS INDIVIDUAL SWEEPSTAKES) 1. Carrie Garritson (Buena Park) 18:25, 2. Nicole Silva (Aptos) 18:46, 3. Claire Becker (Bonita Vista, Chula Vista) 18:49, 4. Gabriela Rodriguez (Oxnard) 19:01, 5. Elisar Estrada (Valley, Santa Ana) 19:02, 6. Jenny Mortensen (Thousand Oaks) 19:23, 7. Mary Nwaoguakor (Muir,

Pasadena) 19:29, 8. Jaime Whitmore (Valley, Sacramento) 19:30, 9. Taryn Lawson (Ocean View, Hunt Bch) 19:30, 10. Kenna Masuda (Ocean View, Hunt Bch) 19:42, 11. Nancy Dollar (San Clemente) 19:46, 12. Katy Clark (Millikan, Long Beach) 19:51, 13. Megan Randall (Aptos) 19:52, 14. Liz Verutti (Davis) 20:23, 15. Rhaina Echols (Glendale) 20:32, Teams: 1. Aptos 105 (103:28), 2. Bonita Vista (Chula Vista) 133 (105:51), 3. Ocean View (Huntington Beach) 134 (105:59), 4. Millikan (Long Beach) 149 (107:29), 5. Laguna Hills 187 (110:00), (#19-GIRLS TEAM SWEEPSTAKES) 1. Julia Stamps (Rincon Valley JHS, Santa Rosa) 17:57, 2. Molly Mehler (Peninsula, Rolling Hills) 18:27, 3. Kay Nekota (Agoura) 18:42, 4. Angela Ruiz (Reedley) 19:16, 5. Debra Bleisch (Silver Creek, San Jose) 18:18, 6. Jessica De la Cerda (Hart, Newhall) 19:35, 7. Malinalli Martinez (Bishop Amat, La Puente) 19:35, 8. Annabel Ortiz (Reedley) 19:41, 9. Jaymie Artzner (Peninsula, RH) 19:47, 10. Jennifer Formosa (Edison, Huntington Beach) 19:55, 11. Tania Nunez (Chino) 19:55, 12. Jandee Evans (Edison, Hunt Bch) 20:05, 13. Mary Blake (Peninsula, RH) 20:13, 14. Megan Mayes (Capistrano Valley, Mission Viejo) 20:13, 15. Jeannie Formosa (Edison, HB) 20:17, Teams: 1. Peninsula (Rolling Hills) 83 (99:57), 2. Edison (Huntington Beach) 91 (101:37), 3. Reedley 120 (102:07), 4. Agoura 154 (103:06), 5. Hart (Newhall) 173 (104:20), 6. El Toro 195 (105:24), 7. Chino 198, 8. Silver Creek (San Jose) 199, 9. Saugus 205, 11. Simi Valley 247, 12. Capistrano Valley (Mission Viejo) 248, 13. Bishop Amat (La Puente) 251, Div I (#27-Boys Var) 1. John Hake (Arroyo, El Monte) 16:13, 2. Ricardo Valenzuela (Belmont, L.A.) 16:18, 3. Ruben Carrillo (Chula Vista) 16:19, 4. Martin Penell (El Toro) 16:20, 5. Dave Nelson (Victor Valley) 16:20, 6. Jesse Kimball (Temecula, Temecula Valley) 16:27, 7. Dennis Sweningson (Buena, Ventura) 16:29, 8. Humberto Sanchez (South Gate) 16:30, 9. Ryan Cook (Temecula, Tem Vall) 16:30, 10. Edgar Diaz (Bell Gardens) 16:31, 11. Brian Peterson (Rowland, Row Hts) 16:34, Team: 1. Arroyo (El Monte) 111 (84:51), 2. Bell Gardens 115 (84:53), 3. Belmont (L.A.) 118 (84:53), 4. Temecula (Temecula Valley) 150 (85:35), 5. Buena (Ventura) 153 (85:28), (#28-Boys Var) 1. Adalberto Sanchez (Capistrano Valley, Mission Viejo) 16:13, 2. Travis Moore (Hesperia) 16:38, 3. Gabriel Gaspar (Simi Valley) 16:39, 4. James Lyon (Hesperia) 16:43, Teams: 1. Capistrano Valley (Mission Viejo) 72 (86:14), (#29-Boys Var) 1. Francisco Sandoval (Channel Islands, Oxnard) 16:03, 2. Jeff McLarty (Ayala, Chino) 16:31, 3. Josh Slater (Alta Loma) 16:33, 4. Ricardo Perez (El Monte) 16:37, Team: 1. Alta Loma 76 (86:44), 2. Ayala (Chino) 90 (87:21), (#30-Girls Var) 1. Anne Maschmeier (Elk Grove, Sac Joaquin Section) 19:48, 2. Amy Van Atta (Buena, Ventura) 20:20, 3. Delee Bersback (Elk Grove) 20:31, Teams: 1. Dana Hills 56 (105:50), 2. Elk Grove 86 (105:41), 3. Buena (Ventura) 110 (107:09), (#31-Girls

Var) 1. Kirstin Kabo (Kennedy, Granada Hills) 20:05, 2. Shanon Earle (Highland, Palmdale) 20:26, Team: 1. Santa Barbara 115 (110:19), (#32-Girls Var) 1. Jessica Corbin (Irvine) 19:37, 2. Michelle Kaje (Moreno Valley) 20:17, Teams: 1. Irvine 37 (105:42), 2. Peninsula "B" 41 (107:36), (#33-Girls Frosh) 1. Kim Fischer (Poway) 20:42, Teams: 1. Poway 44 (111:57), (#34-Girls Frosh) 1. Nancy Chng (Rowland, Row Hts) 21:44, Teams: Peninsula (RH) 41 (120:06), (#35-Boys Frosh) 1. Thomas Mielja (El Toro) 17:18, Team: 1. Dana Hills 38 (93:23), (#36-Boys Frosh) 1. Ryan Gallagher (Temecula, Tem Vall) 18:00, Team: Capistrano Valley 163 (102:14), (#37-Girls Soph) 1. Stacey Roberson (El Toro) 21:51, Team: Peninsula 65 (114:24), (#38-Girls Soph) 1. Judith Wambui (Rowland Heights, Row Hts) 21:58, Team: Santa Ana 38 (123:26), (#39-Boys Soph) 1. Jeremy Lyons (Hesperia) 16:56, Team: Belmont (L.A.) 124 (93:27), (#40-Boys Soph) 1. David Lopez (Hoover, Glendale) 17:09, Team: Hoover (Gl) 62 (92:00), (#41-Girls JV) 1. Gabriella Livas (Peninsula, RH) 22:01, Team: Peninsula 19 (113:09), (#42-Girls JV) 1. Erica Valdivia (Moreno Valley) 22:26, Team: Canyon (Canyon Country) 40 (122:00), (#43-Boys JV) 1. Martin Iraheta (Keppel, Alhambra) 17:33, Team: Arroyo (El Monte) 51 (93:14), (#44-Boys JV) 1. Mike Mosier (Peninsula, RH) 17:19, Team: Hart (Newhall) 64 (92:13), (#45-Boys Var) 1. David Gomez (Burbank) 16:50, Team: Santiago (Anaheim) 41 (87:25), (#46-Girls Var) 1. Karen Villegas (Rialto) 20:29, Team: Los Alamitos 37 (109:21), (#47-Boys Frosh) 1. Steve Patterson (El Dorado, Placentia) 18:22, Team: Santiago (Anaheim) 71 (98:24), (#48-Girls Frosh) 1. Jenny Spahr (Huntington Beach) 22:21, Team: Huntington Beach 81 (125:59).

Ventura County Championships

November 1. Lake Casitas

(Boys) 1. Del Campo (Thousand Oaks) 15:11, 2. Hernandez (Camarillo) 15:14, 3. Fischer (Thous Oaks) 15:29, 4. Marsden (Thous Oaks) 15:38, 5. Ramirez (Nordhoff, Ojai) 15:42, 6. Sandoval (Channel Islands, Oxnard) 15:43, 7. Servin (Fillmore) 15:52, 8. O'Doherty (Thous Oaks) 15:54, 9. Disney (Thous Oaks) 16:04, 10. Aldrich (Thous Oaks) 16:10, Teams: 1. Thousand Oaks 25, 2. Nordhoff (Ojai) 69, 3. Camarillo 114, 4. Buena (Ventura) 118, 5. Agoura 124, (Girls) 1. Skieresz (Agoura) 17:53, 2. Rodriguez (Oxnard) 18:17, 3. Nekota (Agoura) 18:25, 4. Prater (Agoura) 19:06, 5. Mortensen (Thous Oaks) 19:21, 6. Hawking (Simi Valley) 19:27, 7. Greene (Agoura) 19:36, 8. Marsden (Thous Oaks) 19:43, 9. Van Atta (Buena, Ventura) 19:55, 10. Hansen (Royal, Simi Valley) 20:03, Team: 1. Agoura 36, 2. Thousand Oaks 71, 3. Buena (Ventura) 105, 4. Simi Valley 107, 5. Nordhoff (Ojai) 132.

WOODWARD PARK - 5000 METER COURSE HIGH SCHOOL CROSS COUNTRY ALL-TIME BEST MARKS LISTS

(Revised 11-10-93)

By DOUG SPECK

These Lists were made possible through the efforts of Steve Ward, Bill Cockerham, Richard Roybal, and Doug Speck. Please Send Any Corrections to: Doug Speck, 563 North Willowgrove, Glendora, CA 91740, (818) 963-2955 FAX

All-Time Men

1. Marc Davis (San Diego, CA) 1986	14:38
2. Eric Reynolds (Camarillo, CA) 1982	14:39
Bryan Dameworth (Agoura, CA) 1989	14:39
4. Jay Marden (Miss Jose, Fremont, CA) 1980	14:42
5. Louie Quintana (Arroyo Grande, CA) 1990	14:47
6. Tom Ansberry (Tucson, AZ) 1980	14:49
Calvin Gaziano (Castro Valley, CA) 1984	14:49
8. Jon Butler (Edison, HuntBch, CA) 1980	14:52
9. Dan Mazo (South, Eugene, OR) 1980	14:53
10. Mark Mastalir (Jesuit, Sacto, CA) 1985	14:54
Tracy Garrison (Klamath Falls, OR) 1983	14:54
12. Chris Caldwell (Tucson, AZ) 1982	14:55
Mark Dani (Valhalla, El Cajon, CA) 1985	14:55
14. Francis O'Neill (San Pasq, Escond, CA) 1988	14:56
15. James Ortiz (Barstow, CA) 1982	14:57
Brad Hudson (South, Eugene, OR) 1984	14:57
Theo Martin (Page, AZ) 1992	**14:57
18. Jesus Gutierrez (Pasadena, CA) 1982	14:58
19. Eric Mastalir (Jesuit, Sacramento, CA) 1985	14:59
Robin Card (Capitol, Boise, ID) 1985	14:59
21. Shannon Butler (Lincin Co, Eureka, MT) 1985	15:00
Mason Myers (Vacaville, CA) 1986	15:00
Jim Rodriguez (Valley, Santa Ana, CA) 1988	15:00
Greg Koontz (Mead, Spokane, Wa) 1989	15:00
Tim Martin (Page, AZ) 1992	**15:00

* - converted time from shorter course

**New to list -- 1992 Time.

All-Time Women

1. Marnie Mason (Klamath Falls, OR) 1984	17:07
Deena Drossin (Agoura, CA) 1990	17:07
3. Rebecca Chamberlain (Laigh, S Jose, CA) 1984	17:09
4. Laurie Chapman (Gunder, S Jose, CA) 1985	17:10
5. Milena Glusac (Fallbrook, CA) 1991-1992	**17:11
6. Vickie Cook (Alemay, Mission Hills, CA) 1980	17:13
7. Sarah Schwald (Mead, Spokane, Wa) 1989	17:14
8. Cory Schubert (Del Mar, San Jose, CA) 1982	17:15
9. Marilyn Davis (Miramonte, Orinda, CA) 1981	*17:16
Jeannie Rothman (Westlake, WestkVlg) 1990	17:16
11. Katy McCandless (Castilleja, Palto, CA) 1986	17:21
Kira Jorgensen (RanBueVis, Vista, CA) 1987	17:21
13. Millicent Anderson (Cyn del Oro, Tucson, AZ) 80	17:22
14. Inga Thompson (Reno, NV) 1981	*17:23

Melissa Sutton (Newbury Park, CA) 1986	17:23
Heidi Van Borkulo (Blanchet, Seattle, Wa) 1991	17:23
17. Brigid Freyne (Riverside Poly, CA) 1986	17:24
18. Kirsten O'Hara (Palos Verdes, CA) 1983	17:25
19. Tania Fischer (Cham, Canoga Park, CA) 1981	*17:26
20. Laura Cattivera (Mira Costa, ManBch) 1982	17:27
Amy Skieresz (Agoura, CA) 1992	**17:27

* - converted time from shorter course

**New to list -- 1992 Time.

All-Time Men's Team Time List

(Top Ten Performances List included)

1. ARROYO, El Monte, CA 1987	78:23
2. CAMARILLO, CA 1989	78:50
Arroyo 1987	78:51
3. JESUIT, Sacramento, CA 1985	79:07
4. WALNUT, CA 1987	79:16
5. CAMPBELL COUNTY, GILLETTE, WY 1990	79:17
6. DANA HILLS, CA 1988	79:21
HART, Newhall, CA 1991	79:22
8. EL DORADO, Placentia, CA 1982	79:26
9. HART, Newhall, CA 1992	**79:29
10. ARROYO, El Monte, CA 1986	79:30
10 performances	
11. BELLARMINE, San Jose, CA 1986	79:31
12. CAMARILLO, CA 1980	79:33
MEAD, Spokane, WA 1992	**79:33
14. BINGHAM, South Jordan, UT 1991	79:35
15. CASA ROBLE, Orangevale, CA 1986	79:38
16. AGOURA, CA 1989	79:44
17. VIEWMONT, Bountiful, UT 1991	79:49
18. DE LA SALLE, CONCORD, CA 1989	80:05
19. THOUSAND OAKS, CA 1992	**80:13
20. CLOVIS, CA 1984	*80:18
ROWLAND, ROWLAND HEIGHTS, CA 1988	80:18
22. DANA HILLS, CA 1987	80:19
WALNUT, CA 1988	80:19

All-Time Women's Team Time List

(Top Ten Performances List included)

1. AGOURA, CA 1991	93:06
2. AGOURA, CA 1990	93:25
Agoura, Ca 1990	93:28
3. PALOS VERDES, CA 1986	94:02
4. COSTA MESA, CA 1980	94:04
5. BEND, OR 1992	**94:32
6. AGOURA, CA 1989	94:35
7. PALOS VERDES, CA 1987	94:37
8. EDISON, Huntington Beach, CA 1991	94:38

9. HESPERIA, CA 1987	94:44
10. AGOURA, CA 1992	**95:03
10 performances	
11. PENINSULA, Rolling Hills Estates, 1991	95:10
12. SAN PASQUAL, Escondido, CA 1990	95:17
13. TUSTIN, CA 1983	95:22
14. AGOURA, CA 1987	95:23
15. PALOS VERDES, CA 1989	95:36
16. SAN PASQUAL, Escondido, 1991	95:42
17. PALOS VERDES, CA 1988	95:46
18. BEND, OR 1991	95:53
19. TUSTIN, CA 1981	*95:57
20. TUSTIN, CA 1982	96:00
21. MT. CARMEL, San Diego, CA 1990	96:07
22. NEWPORT HARBOR, Newport Beach, CA 1985	96:14

* - converted time from shorter course

All-Time List By Grade

MEN'S FROSH

1. Bryan Dameworth (Agoura, CA) 1986	15:18
2. Enrique Ryan (St. Louis, Honolulu, HA) 1984	15:25
3. Louie Quintana (Arroyo Grande, CA) 1987	15:30
4. Jason Balkman (Lynbrook, S Jose, CA) 1991	15:37
5. Ted Martin (Page, AZ) 1989	15:42
6. Brett Strahan (Hart, Newhall, CA) 1991	15:49
7. Virgil Thomas (Gallup, NM) 1984	15:50
8. Tim Martin (Page, AZ) 1989	15:52
9. Brandon Leslie (Gallup, NM) 1991	15:54
10. Aaron Gillen (Yreka, CA) 1992	**15:55
11. Darren Holman (Sonora, CA) 1991	15:56
12. Eric Dunn (Arroyo Grande, Ca) 1990	15:59
13. Scott Hempel (Walnut, CA) 1985	16:03
14. Javier Ramirez (Nordhoff, Ojai, CA) 1991	16:05
15. Ryan Wilkinson (SaMarg, RanchoSM, CA) 1991	16:06
16. Mehbratom Keflezighi (San Diego, Ca) 1990	16:11
17. Mike Wall (Lassen, Susanville, CA) 1982	16:15
18. Dave Hartman (Canyon, Cyn Cntry, CA) 1987	16:16
Terrel Reyes (Lakewood, CA) 1988	16:16
20. Peterson Long (Gallup, NM) 1984	16:17
Paul Mankin (San Rafael, CA) 1987	16:17

MEN'S SOPHOMORE

1. Louie Quintana (Arroyo Grande, CA) 1988	15:02
2. Jacob Maschmeyer (Churchill, Eug, Or) 1990	15:08
3. Glenn Morgan (Del Norte, Albuq, NM) 1983	15:10
4. Bryan Dameworth (Agoura, CA) 1987	15:12
5. Chris Schurz (Westwood, Mesa, AZ) 1986	15:14
6. Brandon Leslie (Gallup, NM) 1992	**15:18
7. Calvin Gaziano (Castro Valley, CA) 1982	15:19
8. Dave Hartman (Canyon, Cyn Cntry, CA) 1988	15:25
9. Jason Lienau (Clovis, CA) 1984	15:35

continued next page...



LOUIE QUINTANA (left) and BRYAN DAMEWORTH—Listed in every "By Grade" listing
Fine Flicks by Don Gosney

10. Angel Martinez (San Gabriel, CA) 1989	15:36
11. Aaron Mascorro (Rosemead, CA) 1984	15:37
Brett Strahan (Hart, Newhall, CA) 1992	**15:37
Jeremy Skinner (Camp Co., Gillette, WY) 1992	**15:37
13. Jason Balkman (Lynbrook, S.Jose, CA) 1992	**15:38
14. Virgil Thomas (Gallup, NM) 1985	15:39
15. Mike Esparza (Newbury Park, CA) 1986	15:39
16. Eric Reynolds (Camarillo, CA) 1980	15:41
Theodore Martin (Page, AZ) 1990	15:41
Jeff Fischer (Thousand Oaks, CA) 1992	**15:41
18. Raul Serratos (Mtn View, El Monte, CA) 1984	15:42
Jim Ortiz (Barstow, CA) 1981	**15:42
Mike Love (Katella, Anaheim, CA) 1990	15:42
21. Jim McCreery (Campb Co., Gillette, WY) 1988	15:43
Mehrabatom Keflezighi (San Diego, CA) 1991	15:43
23. Peter Burks (Upland, CA) 1986	15:45

* - converted time from shorter course

**New to list-1992 mark.

MEN'S JUNIOR

1. Calvin Gaziano (Castro Valley, CA) 1983	14:54
Louie Quintana (Arroyo Grande, CA) 1989	14:54
3. Tracy Garrison (Klamath Falls, OR) 1982	14:56
4. Jim Ortiz (Barstow, CA) 1982	14:57
5. Jesus Gutierrez (Pasadena, CA) 1982	14:58
Bryan Dameworth (Agoura, CA) 1988	14:58
7. Margarito Casillas (Hoover, Glend, CA) 1991	15:02
8. Curt Corvin (Lakes, Tacoma, WA) 1981	*15:04
Eric Mastalir (Jesuit, Sacramento, CA) 1984	15:04
10. Matthew Davis (Mead, Spokane, WA) 1992	**15:05
11. Chris Schurz (Westwood, Mesa, AZ) 1987	15:06
12. David Naranjo (Sanger, CA) 1984	15:07
Ryan Wilson (Agoura, CA) 1991	15:07
14. Marc Davis (San Diego, CA) 1985	15:08
15. Harold Kuphaldt (Bel Vista, Fair Oaks, CA) 1980	15:09
16. Angel Martinez (San Gabriel, CA) 1990	15:09
17. Theodore Molla (University, Tucson, AZ) 1990	15:10
18. Theo Martin (Page, AZ) 1991	15:11
19. Ken McChesney (South, Eugene, OR) 1982	15:13
Nazario Romero (San Pasq, Escond, CA) 1991	15:13
Michael Gomez (West, Anchorage, AK)	**15:13
22. Paul Thomas (Jesuit, Sacramento, CA) 1985	15:14
Eric Reynolds (Camarillo, CA) 1981	*15:14
Jaime Martinez (Orange, Orange, CA) 1992	**15:14

MEN'S SENIOR

1. Marc Davis (San Diego, CA) 1986	14:38
2. Eric Reynolds (Camarillo, CA) 1982	14:39

Bryan Dameworth (Agoura, CA) 1989	14:39
4. Jay Marden (Miss S.Jose, Fremont, CA) 1980	14:42
5. Tom Ansberry (Santa Rita, Tucson, AZ) 1980	14:49
Calvin Gaziano (Castro Valley, CA) 1984	14:49
Louie Quintana (Arroyo Grande, CA) 1990	14:49
8. Jon Butler (Edison, Hunt Beach, CA) 1980	14:52
9. Dan Mazo (South, Eugene, OR) 1980	14:53
Mark Mastalir (Jesuit, Sacramento, CA) 1985	14:53
11. Tracy Garrison (Klamath Falls, OR) 1983	14:54
12. Chris Caldwell (Tucson, AZ) 1982	14:55
Mark Dani (Valhalla, El Cajon, CA) 1985	14:55
14. Francis O'Neill (San Pasq, Escond, CA) 1988	14:56
15. Brad Hudson (South, Eugene, OR) 1984	14:57
Theo Martin (Page, AZ) 1992	**14:57
17. Eric Mastalir (Jesuit, Sacramento, CA) 1985	14:59
18. Robin Card (Capitol, Boise, ID) 1985	14:59
19. Shannon Butler (Lincoln Co, Eureka, MT) 1985	15:00
Mason Myers (Vacaville, CA) 1985	15:00
Jim Rodriguez (Valley, Santa Ana) 1988	15:00
Tim Martin (Page, AZ) 1992	**15:00

* - converted time from shorter course

**New to list-1992 mark

WOMEN FROSH

1. Deena Drossin (Agoura, CA) 1987	17:26
2. Carrie Garrison (RimWld, Lk Arrowhd, CA) 90	17:36
3. Tracey Williams (Mtn View, El Monte, CA) 1984	17:43
4. Amber Clark (Dobson, Mesa, AZ) 1988	17:53
5. Kira Jorgensen (Vista, CA) 1985	17:56
6. Jessica Fry (Rogers, Spokane, WA) 1990	18:01
7. Kay Nekota (Woodbridge, Irvine, CA) 1990	18:07
8. Karen Hecox (South Hills, WCovina, CA) 1986	18:10
Becky Spies (Livermore, CA) 1987	18:10
10. Rebecca Chamberlain (Leigh, S.Jose, CA) 1982	18:12
11. Heather Scobie (Saugus, CA) 1985	18:14
Nicole Robbins (Hesperia, CA) 1986	18:14
13. Tina Gorbet (Lassen, Susanville, CA) 1986	18:15
14. Nanette Garcia (Silver Crk, S.Jose, CA) 1981	*18:17
Amy Skieresz (Agoura, CA) 1991	18:17
16. Laura Cattivera (MiraCosta, ManEch, CA) 81	*18:22
17. Janice Posey (Tuba City, AZ) 1982	18:26
Reina Felix (Oak Grove, San Jose, CA) 1986	18:26
19. Shelley Taylor (Edison, Hunt Beach, CA) 1988	18:28
20. Milena Glusac (Fallbrook, CA) 1989	18:31

WOMEN SOPHOMORE

1. Milena Glusac (Fallbrook, CA) 1990	17:25
2. Laura Cattivera (MiraCosta, MBCh, CA) 1982	17:27

Amy Skieresz (Agoura, CA) 1992	**17:27
4. Nicole Robbins (Hesperia, CA) 1987	17:29
5. Carrie Garrison (Sunny Hills, Fullerton, CA) 91	17:32
6. Kira Jorgensen (Vista, CA) 1986	17:36
7. Nanette Garcia (Silver Crk, S.Jose, CA) 1982	17:41
Carissa Seward (Goldendale, WA) 1987	17:41
9. Deena Drossin (Agoura, CA) 1988	17:42
Shelley Taylor (Edison, Hunt Beach, CA) 1990	17:42
11. Erica Sumi (Wilson, Long Beach, CA) 1990	17:44
13. Karen Hecox (South Hills, WCovina, CA) 1987	17:48
14. Melissa Sutton (Newbury Park, CA) 1984	17:50
15. Christy Farrell (Thousand Oaks, CA) 1984	17:51
16. Reyna Cervantes (Montebello, CA) 1986	17:53
17. Marie Davis (Lincoln, Portland, OR) 1992	**17:57
18. Shannon Clark (Mountain View, CA) 1983	18:01
Tina Gorbet (Lassen, Susanville, CA) 1987	18:01
Kay Nekota (Agoura, CA) 1991	18:01
21. Shelley Bessey (Reed, Sparks, NV) 1985	18:04
22. Tanja Brx (University, Irvine) 1989	18:06
* - converted time from shorter course	
**New to list-1992 mark	

WOMEN JUNIOR

1. Rebecca Chamberlain (Leigh, S.Jose, CA) 1984	17:09
2. Milena Glusac (Fallbrook, CA) 1991	17:11
3. Vickie Cook (Alemany, Mission Hills, CA) 1980	17:13
4. Sarah Schwald (Mead, Spokane, WA) 1989	17:14
5. Katy McCandless (Castilleja, Palto, CA) 1986	17:21
Kira Jorgensen (RanBueVist, Vista, CA) 1987	17:21
7. Brigid Freyne (Riverside Poly, CA) 1986	17:24
8. Tania Fischer (Cham, Canoga Park, CA) 1981	*17:26
9. Deena Drossin (Agoura, CA) 1989	17:27
10. Melissa Sutton (Newbury Park, CA) 1985	17:28
11. Kathleen Ebner (Bish Amat, La Puen, CA) 1981	*17:32
12. Becky Spies (Livermore, CA) 1989	17:33
13. Reyna Cervantes (Montebello, CA) 1987	17:34
Maribella Aparicio (Fillmore, CA) 1991	17:34
15. Kris Katterhagen (Tacoma, WA) 1980	17:35
16. Tina Gorbet (Lassen, Susanville, CA) 1988	17:38
17. Tracey Williams (Mtn View, El Monte, CA) 86	17:42
18. Veronica Barajas (ChisInds, Oxnrd, CA) 1990	17:44
19. Ashley Black (Palos Verdes, CA) 1987	17:45
20. Nicole Houle (Hesperia, CA) 1986	17:46
Karen Hecox (South Hills, WCovina, CA) 1988	17:46
Carrie Garrison (Buena Park, CA) 1992	**17:46

WOMEN SENIOR

1. Marnie Mason (Klamath Falls, OR) 1984	17:07
Deena Drossin (Agoura, CA) 1990	17:07
3. Laurie Chapman (Gund, S.Jose, CA) 1985	17:10
4. Milena Glusac (Fallbrook, CA) 1992	**17:11
5. Cory Schubert (Del Mar, San Jose, CA) 1982	17:15
6. Marilyn Davis (Miramonte, Orinda, CA) 1981	*17:16
Jeannie Rothman (Westlake, Wstlk Vlg, CA) 90	17:16
8. Millicent Anderson (Cyn Del Oro, Tucs, AZ) 80	17:22
9. Inga Thompson (Reno, NV) 1981	*17:23
Melissa Sutton (Newbury Park, CA) 1986	17:23
11. Kirsten O'Hara (Palos Verdes, CA) 1983	17:25
12. Vickie Cook (Alemany, Mission Hills, CA) 1981	*17:26
13. Kim Roth (Sprague, Salem, OR) 1981	*17:28
Kira Jorgensen (RanBuenVist, Vista, CA) 1988	17:28
Shelley Taylor (Edison, Hunt Beach, CA) 1991	17:28
16. Denise Ball (Newbury Park, CA) 1981	*17:29
Kathy Knowlton (Federal Way, WA) 1980	17:29
Rebecca Chamberlain (Leigh, S.Jose, CA) 1985	17:29
19. Kathleen Ebner (Bish Amat, LaPuen, CA) 82	17:30
Robbyn Bryant (Hesperia, CA) 1987	17:30
* - converted time from shorter course	
**New to list-1992 mark	

California Track and Cross Country COACHES ALLIANCE

The State CIF Track & Field/Cross Country Advisory Committee has undergone a slight change in its member makeup. New members include Principal Don Bell of Leland High School, San Jose (a former state meet champion in the discus), Bob King of Del Campo High School (the school's track and cross country coach) in the Sac-Joaquin Section, and Coach Michelle Buchicchio of San Gabriel High School (the school's track and cross country coach) in the Southern Section. All of these new members were in attendance for the September 29 meeting and I feel can only help to provide a better communication for the coaches in the state.

Items Discussed at the Meeting

A. Track & Field

1. State Meet Contingency Plans will be developed to deal with conditions that could force a delay or postponement of a portion of the State CIF Track or Cross Country meets. The following process is recommended:

A meeting of the Games Committee will be immediately called by the State CIF Office. The purpose of the meeting will be to discuss current and anticipated conditions at the site and make a recommendation to the State CIF Commissioner, or his/her designee, as to whether the competition could safely proceed as scheduled, be delayed until a later time that day, or be postponed until the next day. A decision to reschedule to the next day would not be made until all other options have been exhausted.

2. A review of '93 qualifying procedures for finals in running events and relays through the 800 meters. The motion was passed to return to the first place finishers plus the next six fastest times in running events and relays through the 800 meters, for the 1994 meet.

3. Special mention will be made in the 1994 State Meet Advance Bulletin with regard to the new National Federation rule on taunting.

4. Current starting times for the meet on Fri-

day and Saturday will be maintained and meet management will allow more time between final races to allow for awards ceremonies.

B. Cross Country

1. The committee voted to recommend to the State Federated Council that the proposal to limit the individuals in the State Cross Country Meet be tabled until the February 1994 meeting to allow the Coaches Alliance time to prepare an alternate proposal. (See proposal in this issue.)

2. Water/liquids at cross country meets-- As a result of various sections and individual coaches coming up with their own interpretation of this rule, the committee requested an official opinion from the National Federation Office. This interpretation follows:

Meet management or individual coaches may provide water/liquids during a cross country race as long as **it has been announced before the start of the race, and regardless of who is providing them, and that water/liquids are equally available to all runners, regardless of team affiliation.** A coach/school may not provide water/liquids for their runners only.

3. Steve Kelley, State XC Meet Director, reported that the order of races at the meet will be rotated, with the order being Division 1, 2, 3 and 4. Additionally, a fifth individual "Starting Box" will be created to better distribute the individuals on the starting line.

C. Additional Items:

1. Girls Pole Vault: In response to a survey attached to the State Track Meet Advance Bulletin, it appears that the girls pole vault got off to a good start with no major problems.

The State Office will send a letter out to coaches prior to the 1994 season that will review some of the conditions set for the event.

a.. Girls be allowed to participate in the pole vault at whatever level their vaulting skills would place them. A senior girl could participate in the 9/10 pole vault based on skill level.

b. Starting heights should not be lower than the bottom peg on the vaulting standards and high jump standards may not be used for the event.

c. Leagues are encouraged to include a pole vault event for girls in dual meets if agreed to by a majority of schools in the league. Invitational meets are also urged to conduct a Girls Pole Vault event.

2. Cross country will continue to use the previous school year's CBED figures regardless of the increase in current enrollment caused by the addition of a new class.

3. 1994 National Federation Rules prohibit a race from being recalled solely because the automatic timing device malfunctions. In cases where the timing device is inoperative, back-up hand timing must be used.

Amateur Athletic Foundation Again to Sponsor FREE Track & Field Clinics This Winter

If you are a Track & Field coach and have been looking for a good winter clinic for you and your staff -- one that will not set your budget back a fortune -- your wish has been granted again this year. The Amateur Athletic Foundation of Los Angeles (the AAF was the organizing body for the 1984 Olympic Games) will be hosting **TRACK AND FIELD CLINICS FOR FREE** this winter in five different Southern California locations.

Open to all levels of coaching background (club, junior high, high school), the AAF clinics will offer a **two weekend** format that should have information for coaches at every level. During the four days of the clinic, the coach will be exposed to a variety of informational topics in the lecture hall, as well as covering different types of training information during the outdoor field sessions. The formats for these clinics were developed by a team of high school coaches and are targeted to help meet the needs of the current generation of coaches working in our school and club programs. Those coaches who attend at least

continued next page...

California Track and Cross Country COACHES ALLIANCE

Amateur Athletic Foundation of Los Angeles TRACK & FIELD CLINICS

Sat/Sun, January 8-9/15-16	Veterans Stadium in Long Beach
Sat/Sun, January 8-9/15-16	Santa Barbara City College
Sat/Sun, January 22-23/29-30	Arcadia High School in Arcadia
Sat/Sun, January 22-23/29-30	University of California, Riverside
Sat/Sun, February 5-6/12-13	San Diego High School, San Diego

Coaches seeking more information should call
Skip Stolley at the Amateur Athletic Foundation
(213) 730-9617.

Attention: Cross Country Coaches

Information Regarding Individuals in the State XC Meet

At the September State XC and Track Advisory Committee meeting I requested that the coaches within the state be given time to develop an alternative plan to the one that would have been voted on at the October 29 State Federated Council Meeting. This request meant that Committee Chair Don Bell, the principal at Leland High in San Jose, would request that the motion be tabled to allow the Coaches Alliance to come up with its own plan for individuals. At the time, I wondered if it was a good idea because I hoped that we could, as a group within the state, really pull it off and defeat the measure that would reduce the individuals within the state. With little publicity on this move, the votes in the various sections played themselves out, and the reality of the final information from the various sections showed that if the proposal would have been brought to a vote, it would have passed and the individuals would have been decreased. Since it was tabled, as a group we now have until January 20 to come up with a proposal regarding individuals qualifying for the State Cross Country Meet.

What I am giving you now are some thoughts

that have been proposed by various individuals throughout the state. It is perhaps a starting point, with a basic concept and some numbers. However, I would like to stress, **this is not a final proposal and the numbers mentioned here are not set in stone.** We need cross country coaches in every section to look at these stats, compare them with your section results of this year, last year, and maybe even the year before. Understand that we are trying to make a proposal that will be the same for girls and boys and, in the end, we may find out that it will affect different divisions (even within the same section) differently. Here are some of the ideas:

1. The proposal must be simple to understand. The more complex it is to figure out, the harder it will be to get it understood and passed.

2. Tie into the proposal an emphasis that we are sending the better quality individuals to the meet by using maximum placing standards within a section.

3. Each section will still have the opportunity to qualify a maximum of 5 individuals per division for the State Meet, however if the qualify of individuals per division within a section is down because the team quality is up, less individuals from a section could be going.

4. Have the proposal re-evaluated by the State Advisory Committee after two years. With these thoughts in mind, here are some ideas. **Remember, nothing is set in**

one full weekend of the clinics will be eligible to receive the AAF Track & Field Coaching Manual (a \$25 value) for free. The clinics are a great way to work your staff together at a clinic that offers sessions in every area of our sport. Clinic dates and sites are listed below.

For those of you that have been to the clinic before, you will find new sessions to attend, as well as new instructors to listen to. While it is a fact that these Track & Field Clinics are held in the Southern part of the State (the AAF charter restricts to certain counties where Foundation activities can be held), Northern and Central California coaches can find some silver lining in the fact that **these clinics are free.** So start checking out for those airline bargain tickets, and be aware that there will be a hotel near the clinic site for lodging. Then make plans to enjoy and expand your knowledge as you attend one of the AAF Winter Track & Field Clinics.

— From Dennis McClanahan

stone and these are just general numbers. We are expecting feedback from concerned coaches regarding these numbers.

1. The numbers used as maximum qualifying places vary from section to section depending on the numbers of teams being sent to the State Meet from a section. Sections that send one qualifying team will have one number to deal with; sections that send two teams will have another number to deal with, and sections that send four teams will have another number to deal with.

2. A section cannot send more than 5 individuals per division to the State Meet.

3. If a section sends one school from their division to the meet, it is suggested that the individuals be placed in the top 8 of your qualifying race for those spots. In a case such as the North Section where a combined race is held, the individuals must be among the top 8 of the division candidates within that race. Example: He/she may place 16th in the race overall, but if they are the number 3 placing Division 4 runner in that race, they would qualify. On the other hand, if they were the number 9 placing Division 4 runner in that race, they wouldn't qualify because they were not in the top 8.

4. If a section sends two schools from their division to the meet, it is thought that the number of individuals be placed in the top 12 of your qualifying race for those spots. An example here is: The first 5 finishers in the

continued next page...

California Track and Cross Country COACHES ALLIANCE

race are all individuals, and since you cannot send more than 5, the runner placing 6th would not go to the State Meet. Another example would be: Team A going to the State Meet places 5 in the top 12, Team B going to the State Meet places 3 in the top 12, therefore only 4 individuals would qualify to go.

5. If a section sends four schools from their division to the meet, it was suggested that the number of individuals be placed in the top 20 of your qualifying race for those spots. Examples here are: 5 of the first 9 finishers in the race are all individuals, and since you cannot send more than 5, the runner placing 10th would not go to the State Meet. Another example would be: Team A going to the State Meet places 5 in the top 20, Team B going to the State Meet places 4 in the top 20, Team C going to the State Meet places 4 in the top 20, Team D going to the State Meet places 3 in the top 20, therefore only 4 individuals would qualify to go.

6. Again, please remember, this is not a formal proposal, the numbers are not final, and we are open to suggestions. The numbers mentioned above could be 10, 14, or 22; or 9, 14, and 21. This is where we need the help of coaches within each section. Please look at this with relation to your recent section finals and hopefully your section will have a representative at the **Coaches Alliance meeting after the social on Friday night of State Meet weekend at the Fresno Piccadilly**. Or feel free to write me at school:

Dennis McClanahan
Mt. Carmel High School
9550 Camel Mt. Road
San Diego, CA 92129

We need your positive input and suggestions so that we can come up with an answer in a relatively short time--one that we can agree to and live with. We are open to suggestions and willing to listen.

--Dennis McClanahan

Join the
Coaches
Alliance

CALIFORNIANS AROUND THE NATION IN COLLEGE

From Doug Speck

Information gathered from "X-Country X-Press" available from Walt Murphy,
X-Country X-Press, P.O. Box 994, Forest Hills, NY 11375 (718) 291-0489
\$25.00 per year (well worth it)

Southeast Conference

Baton Rouge, LA. 10/30 - cold
and windy, course soggy. Men 8k
Women 5K

(Men) 6. Stewart Ellington (Tennessee/
Channel Islands HS/Milpitas HS) 23:42.

Team: 2. Tennessee 75 (Ellington #2 runner)

(Women) 1. Becky Wells (Alabama
frosh) 16:54, 2. Deena Drossin (Arkansas/
Agoura HS) 17:08...9. Shelley Taylor
(Arkansas/Edison HS, Huntington Beach)
17:38.

Big East

Van Cortlandt Park, NY - 10/30 --
course excellent
Men 5.0 miles

(Men) 1. Louie Quintana (Villanova/
Arroyo Grande HS) 24:29...4. Dave Hartman
(Villanova/Canyon HS, Canyon
Country)...25. Quinonez (Georgetown/
Santa Ana HS) 25:55. Team: 1. Villanova
45 (Quintana #1, Hartman #2 for Villanova)

(Women) 4. Becky Spies (Villanova/
Livermore HS) 17:13...7. Miesha Marzell
(Georgetown/Bishop O'Dowd HS, Oakland)
17:51...24. Nikki Shaw (Villanova/
Fillmore HS) 18:46. Team: 1. Villanova 40
(Spies #2, Shaw #5), 2. Georgetown 44
(Marzell #2).

Big 8

Columbia, Mo - 10/30 - course
light snow, good footing.

(Men) 13. O'Neill (Kansas State/Long
Beach CC/San Pasqual HS, Escondido)
25:04. Team: 7. Kansas State 174
(O'Neill #1 K St).

Wildcat Inv

Riverdale, Utah - 10/29 - 5.0
miles Men, 5K Women -- sunny 43
degrees.

(Men) 18. Blake Boggess (BYU/Palos
Verdes HS) 25:39.

(Women) 3. Maribella Aparicio (BYU/
Fillmore HS) 17:55...Oliviera (Idaho
State/West Valley HS, Cottonwood)
18:00. Team: 1. BYU 37 (Aparicio #3)...4.
Idaho State 91 (Oliveira #1).

Big 10

East Lansing, Mich - 10/30 - 8K

(Men) 6. James Menon (Wisconsin/San
Luis Obispo) 24:46...10. Dameworth
(Wisc/Agoura HS) 25:07...15. Price (Indiana/
Saddleback HS, Santa Ana) 25:17.
Team: 2. Wisconsin 66 (Menon #2, Dameworth
#3)...5. Indiana 125 (Price #1).

Patriot League

Forks Township, Pa - 10/30 - 5.0
miles -- heavy rain.

(Men) 3. Mike Bernstein (Army/Garden
Grove HS) 25:18. Team: 1. Army 23
(Bernstein #2).

Southwest Conference

Dallas, Tx - 10/31 - 8K - 58 degrees,
sunny.

(Men) 1. Brian Keim (Baylor/San Pasqual
HS, Escondido) 24:22...3. Ben Mesfem
(SMU/Venice HS) 24:54. Team: 2.
Baylor 69 (Keim #1), 3. SMU 64 (Mesfem
#1).

(Women) 12. Melissa Keim (Baylor)
17:54. Team: 1. Baylor 31 (Keim #5).

California Track and Cross Country Coaches Alliance

Why Should I Join The Coaches Alliance?

Now in its fifth year, 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.

The Alliance provides your only 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. The COACHES ALLIANCE directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco. Additionally, the COACHES ALLIANCE works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports.

What Do I Receive For My Membership?

COACHES ALLIANCE members will receive monthly editions of **California Track 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 are 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.

Starting in the fall of 1993, the COACHES ALLIANCE will be starting a program called the "Resource Coach." This program will, hopefully, allow the coaches around the state to be able to communicate with each other, as well as being a resource for the younger coaches in our state.

To join, please fill out and return the following: (Please Print)

Name: _____ School: _____

Section: _____ Mailing Address: _____

City: _____

Phone: Home (____) _____ School (____) _____

Dues for 1993/94 year (Tax Deductible) -- \$25.00.

Make check out to "Coaches Alliance" and send to:

Dennis McClanahan, Treasurer
4957 East Heaton Ave., Fresno, CA 93727

Associate Member \$12 -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

School Membership \$50 -- Schools will receive discounts for all members of their staff at clinics, as well as a second copy of California Track News (you can have it sent to the library, assistant coach, etc.). Please indicate name and/or address for the second copy:

RESULTS

Please send track & field / cross country results directly to: CTN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

Track & Field

KELfield Grand Opening

September 18, KELfield, Santa Cruz.
...35#/25# Weight Throw— M80-84: 1. Jim York 6.44. M70-74: 1. Bob Stone 7.37. M65-69: 1. Ken Weinbel 10.44. M55-59: 1. 8.73. M50-54: 1. George Mathews 14.15. M40-44: 1. Gary Kelmenson 11.76. M35-39: 1. Eric Hodgdon 12.14. M30-34: 1. Dave Swan 17.66. W40-44: 1. Joan Stratton 11.90. M-Open: 1. John Thomas 16.79. W-Open: 1. Chris Swan 12.29. W-Jr/18y: 1. Claudia Stern 12.33. Hammer— M80-84: 1. Jim York 22.61 WR. M70-74: 1. Bob Stone 23.19. M65-69: 1. Ken Weinbel 32.67. M60-84: 1. Stu Thomson 52.27 AR. M55-59: 1. Gary Dawson 35.15. M50-54: 1. George Mathews 52.08. M40-44: 1. Gary Kelmenson 41.75. M35-39: 1. Mike Venning 38.50. M30-34: 1. Dave Debus 60.30. W40-44: 1. Joan Stratton 39.60. M-Open: 1. John Thomas 67.35.
Shot— M80-84/16#; Jim York 6.94 WR.. M70-74: 1. Bob Stone 7.37. M65-69: 1. Ken Weinbel 8.97. M55-59: 1. Joe Keshmiri 15.38 AR. M50-54: 1. George Mathews 13.08. M40-44: 1. Gary Kelmenson 10.69. M35-39: 1. Eric Hodgdon 12.94. M30-34: 1. John Morris 14.76. W40-44: 1. Joan Stratton 10.73. M-Open: 1. Jon Thomas 13.27. W-Open: 1. Chris Swan 11.30. WHS: 1. Kristen Heaton 15.19. Discus— M65-69: 1. Jack Morrill 20.50. M60-64: 1. Stu Thomson 52.48. M55-59: 1. Joe Keshmiri 52.22. M50-54: 1. Mike Parker 32.78. M40-44: 1. Gary Kelmenson 32.34. M30-34: 1. Dave Debus 44.50. W40-44: 1. Joan Stratton 35.92. M-Open: 1. John Thomas 47.06. WHS: 1. Kristen Heaton 47.90. Jrl/12y: 1. Chad Caward 14.52. Javelin— M55-59: 1. Phil Conley 46.54. M55-59: 1. Gary Dawson 26.10. M50-54: 1. Mike Parker 27.30. M40-44: 1. Gary Kelmenson 34.50. W50-54: 1. Fran Conley 28.42.

Cross Country

Foothill Conference

September 25.
Team Scores—Men
1. Antelope Valley 32. 2. Desert 58. 3. Citrus 68. 4. Rio Hondo 67. 5. San Bernardino Valley 104.
Individuals—Men
1. Hensley (Ant Vly) 20:52. 2. Garcia (Cit) 21:02. 3. Bedonha (Ant Vly) 21:13. 4. Sin-

derson (Ant Vly) 21:13. 5. Sandoval (Des) 21:25.

Team Scores—Women
1. Antelope Valley 36. 2. Rio Hondo 37. 3. Citrus, Desert, San Bernardino, no score.
Individuals—Women
1. Bermudez (Cit) 20:21. 2. Santana (Ant Vly) 20:44. 3. Azevedo (Ant Vly) 21:18. 4. Torres (Cit) 22:05. 5. Gonzalez (Rio) 22:16.

Golden West Invitational

September 25, Huntington Beach.
Team Scores—Men
1. Mt. SAC 22. 2. El Camino 58. 3. Long Beach 60. 4. Fullerton 132. 5. Irvine Valley 143. 6. Pasadena 176. 7. Cerritos 184.
Individuals—Men
1. Martinez (Mt. SAC) 20:36. 2. Contreras (Mt. SAC) 20:36. 3. Delahanty (El Cam) 20:36. 4. Mitchell (Mt. SAC) 20:42. 5. Portillo (un) 20:46.
Team Scores—Women
1. Irvine Valley 65. 2. Mt. SAC 89. 3. El Camino 99. 4. CS Long Beach 99. 5. Golden West 115.
Individuals—Women
1. Lewy (Long Beach CC) 19:05. 2. Medina (Irv Vly) 19:06. 3. Foster (Gold W) 19:31. 4. Mote (Gold W) 19:31. 5. Proia (Irv Vly) 20:00.

Western State Conference

September 25.
Team Scores—Men
1. Glendale 30. 2. Canyons 105. 3. Bakersfield 111. 4. Moorpark 116. 5. Ventura 123. 6. West LA 139. 7. Santa Monica 173. 8. Santa Barbara CC 195. 9. Cuesta 228. 10. Valley 272.
Individuals—Men
1. Ortenburger (Cue) 20:20. 2. Delgado (Glen) 20:36. 3. Jacobo (Glen) 20:53. 4. Rivera (Bkld) 20:59. 5. Awelahegn (WLA) 21:02. 6. Uribe (Glen) 21:06. 7. Luca (Moor) 21:08. 8. Wiswall (Bkld) 21:09. 9. Roca (Glen) 21:16. 10. Almendaraz (Glen) 21:20.
Team Scores—Women
1. Cuesta 52. 2. Ventura 63. 3. Glendale 65. 4. Moorpark 73. 5. Santa Monica 124. 6. SBCC 152. 7. COC 158. 8. Bakersfield 201. 9. Valley 271. 10. West LA no score.
Individuals—Women
1. Roberto (Glen) 20:07. 2. Jefferson (Cue) 20:18. 3. Hamilton (Cue) 20:21. 4. Tisovic (Cyn) 20:55. 5. Hernandez (Glen) 20:57.

Bakersfield Invitational

October 2.
Team Scores—Men
1. Mt. SAC 44. 2. Glendale 72. 3. Citrus 195. 4. Fullerton 205. 5. Bakersfield 212. 6. Taft 229.

Individuals—Men

1. Johnson (Taft) 19:38. 2. Rodd (Trade Tech) 19:41. 3. Malseed (Seq) 19:47. 4. Martinez (Mt. SAC) 19:54. 5. Garcia (Citrus) 19:59.

Team Scores—Women

1. Glendale 61. 2. Mt. SAC 69. 3. Cuesta 84. 4. Santa Monica 104. 5. Moorpark 139.

Individuals—Women

1. Hampson (SM) 18:30. 2. Roberto (Glen) 18:32. 3. Bermudez (Cit) 18:50. 4. Hamilton (Cue) 18:56. 5. Vega (Full) 18:59.

Mt. SAC Invitational

October 15, Mt. San Antonio College, Walnut.

Team Scores—Invitational Men

1. Mt. SAC 71. 2. Riverside CC 72. 3. Cuyamaca 75. 4. El Camino 130. 5. Glendale 138. 6. Taft 161. 7. West Valley 162. 8. Pima (AZ) 170. 9. Diablo Valley 199. 10. San Diego Mesa 215.

Individuals—Invitational Men

1. Wilhelm Gidabuday (RivCC) 19:41. 2. Daniel Das Neves (Cuy) 19:51. 3. Nazario Romero (SD Mesa) 19:54. 4. Colin Johnson (Taft) 19:59. 5. Edgan De Oliveira (Cuy) 20:17. 6. Geoff Delahanty (El Camino) 20:22. 7. Angel Martinez (Mt. SAC) 20:25. 8. Abazak Macuoud (Riverside) 20:29. 9. James O'Connor (Mt. SAC) 20:31. 10. Bryan Contreras (Mt. SAC) 20:37.

11. Tyson Thomas (West Vly) 20:40. 12. Lucas Lucio (Pima) 20:41. 13. Shawn Page (El Camino) 20:42. 14. Eric Ricketts (Cuy) 20:42. 15. Bart Stephens (Diablo Vly) 20:43. 16. Alamyem Jimma (Riverside) 20:46. 17. Dio Alamedarez (Glendale) 20:46. 18. Morris Giddens (El Camino) 20:49. 19. Sergio Trujillo (Riverside) 20:49. 20. Dylan Kennedy (Taft) 20:52.

Team Scores—Varsity Men

1. American River 56. 2. Pasadena 60. 3. College of Sequoias 63. 4. Glendale (AZ) 99. 5. Phoenix (AZ) 110. 6. Scottsdale (AZ) 144. 7. San Diego CC 170.

Individuals—Varsity Men

1. Robert Malseed (Seq) 19:52. 2. Bob Escay (Amer) 20:47. 3. Ralph Courtemanche (Phoenix) 21:30. 4. Jose Sanchez (Seq) 21:31. 5. Ray Gomez (Pasadena) 21:38. 6. Wilbur Neztosie (Phoenix) 21:41. 7. Mike Millman (Pasadena) 21:42. 8. Jeff Bruins (Amer) 21:55. 9. Nko Lambert (Scottsdale) 22:04. 10. Craig Stanley (Seq) 22:14.

11. Edwin Pedilla (Pasadena) 22:18. 12. Bob Rozuniowicz (Amer) 22:21. 13. Mark Stephen (Pasadena) 22:27. 14. Chris Parod (Amer) 22:34. 15. Chuck Houtz (Phoenix) 22:35. 16. Jason Hand (Glendale) 22:36. 17. Leonard Diaz (Glendale) 22:44. 18. Josh Black (Glendale) 22:49. 19. Victor Meredia (Seq) 22:53. 20. David Eastman (Amer) 22:55.

Team Scores—Novice Men

1. Mt. SAC 15. 2. Cuyamaca 76. 3. Glendale 126. 4. San Diego Mesa 149.

Individuals—Novice Men

1. Luis Baca (Mt. SAC) 20:48. 2. Geoff Skarr (Mt. SAC) 21:03. 3. Victor Carter (Mt. SAC) 21:16. 4. Angel Casillas (Mt. SAC) 21:24. 5. Paul Wilson (Mt. SAC) 21:31. 6. Javier Tolofa (Mt. SAC) 21:33. 7. Juan Alva (Cuy) 21:37. 8. Larry Bronaugh (Mt. SAC) 21:37. 9. Scott Lockhart (Mt. SAC) 21:37. 10. Steve Morales (Mt. SAC) 21:56.

Team Scores—Invitational Women

1. Mt. SAC 66. 2. American River 98. 3. Glendale 101. 4. El Camino 106. 5. Cuyamaca 115. 6. Long Beach City 135. 7. Riverside 137. 8. Pima (AZ) 143.

Individuals—Invitational Women

1. Emebel Shiferaw (Riverside) 17:58. 2. Dorta Gaeja (Pima) 18:23. 3. Magdalena Lewy (Long Beach) 18:27. 4. Lorena Sanchez (Mt. SAC) 19:04. 5. Kelly Olson (Cuy) 19:17. 6. Dorothy Kingsolver (Pima) 19:17. 7. Sawako Nakamura (El Camino) 19:20. 8. Holly Rohne (Amer) 19:20. 9. Avria Roberto (Glendale) 19:28. 10. Rosa Sanchez (Mt. SAC) 19:34.

11. Dawn Ratay (Mt. SAC) 19:37. 12. Karen Karcher (Cuy) 19:44. 13. Jennifer Bovee (Amer) 19:47. 14. Heidi Romero (El Cam) 19:59. 15. JoAnn Portillo (Glendale) 20:01. 16. Anna Hernandez (Glendale) 20:03. 17. Katie Larson (El Camino) 20:04. 18. Sarah Ilay (Amer) 20:06. 19. Sandra Vaccaro (Long Beach) 20:07. 20. Ibea Zamora (Mt. SAC) 20:20.

Team Scores—Varsity Women

1. Mira Costa 53. 2. College of Sequoias 87. 3. Scottsdale (AZ) 98. 4. Glendale (AZ) 99. 5. Pasadena 119. 6. San Diego CC 148.

Individuals—Varsity Women

1. Sandy Meister (Mira) 19:01. 2. Stacey Moseley (DeAnza) 19:30. 3. Maria Cintora (Glendale) 19:44. 4. Jennifer Davis (Mira) 19:51. 5. Tamara De Groot (Seq) 20:26. 6. Janae Hall (Scotts) 20:57. 7. Arceli Aguilar (LACC) 21:04. 8. Rachael Dyer (Taft) 21:19. 9. Mayra Truax (Scotts) 21:32. 10. Kate Hansen (Mira) 21:54.

11. Shaina Smith (Seq) 21:58. 12. Kristina Vega (Taft) 22:07. 13. Denise Salseth (Mira) 22:07. 14. Lori Giedraitis (Glendale) 22:09. 15. Christine Burch (SDCC) 22:14. 16. Ana Valenzuela (Pasadena) 22:26. 17. Kim Whiteside (Seq) 22:38. 18. Alba Zamora (Pasadena) 22:40. 19. Chantel Molina (Glendale) 23:13. 20. Leanne Defraga (Mt. St. Marys) 23:22.

Sweetstakes

(Combined Men & Women Team Time)

1. Mt. SAC 3:22:25. 2. Riverside 3:26:55. 3. Cuyamaca College 3:27:11. 4. El Camino 3:28:03. 5. Glendale (CA) 3:29:36. 6. Pima (AZ) 3:31:47. 7. American River 3:31:51. 8.

RESULTS

College of Sequoias 3:43.42, 9. Pasadena 3:49.01, 10. Glendale (AZ) 3:49.09, 11. San Diego CC 4:07.28, 12. Scottsdale 4:57.00.

Arizona State Invitational

October 16.

Team Scores—Men

1. BYU 19, 2. Wyoming 87, 3. Arizona 97, 4. Northern Arizona 149, 5. New Mexico 152, 6. Utah 172, 7. CS Fullerton 176, 8. Central Arizona 180, 9. Arizona State 218, 10. UC Irvine 236, ... 15. Long Beach State 452.

Individuals—Men

1. Pyrah (BYU) 23:47, 2. Mike Tansley (CS Full) 24:00, 3. Spence (BYU) 24:01, 4. Johanson (BYU) 24:03, 5. Lawson (BYU) 24:12, 6. Rhodes (BYU) 24:14, 7. Tim Martin (NAU) 24:17.

Team Scores—Women

1. BYU 61, 2. Arizona 73, 3. Adams State 107, 4. CS Los Angeles 148, 5. Utah 183, 6. Northern Arizona 213, 7. Abilene Christian 227, 8. UC Irvine 238, ... 10. Long Beach State 264, 14. CS Fullerton 330.

Individuals—Women

1. Caizalitin (BYU) 17:10, 2. Michaels (NAU) 17:15, 3. Steuwenhoek (Ariz) 17:15, 4. Cossio (CSLA) 17:24, 5. Todd (BYU) 17:32, 6. Buric (Yavapai) 17:33, 7. Leyba (Adams St.) 8. Killen (CS Full) 17:36.

Balboa Classic Invitational

October 16.

Team Scores—Men

1. Cal Poly Pomona 61, 2. UC San Diego 105, 3. Pima College (AZ) 107, 4. UC Riverside 111, 5. San Diego 150, 6. Lynchburg 157, 7. UC Masters racing 171, 8. USC 189, 9. Team Connolly 205, 10. Pepperdine 226.

Individuals—Men

1. Conover (UCM) 26:07, 2. Curtis (CPP) 26:23, 3. Cavaliere (un) 26:24, 4. Foote (CPP) 26:27, 5. Richards (un) 26:55.

Team Scores—Women

1. Pepperdine 76, 2. UC San Diego 79, 3. San Diego 80, 4. USC 90, 5. Cal Poly Pomona 93, 6. Pima College (AZ) 129, 7. Southwestern 205, 8. Loyola Marymount 287.

Individuals—Women

1. Cox (USD) 18:55, 2. Gajda (Pasadena) 19:11, 3. Ferreira (UCSD) 19:31, 4. Hunter (CPP) 19:47, 5. Youngkin (Pep) 19:52.

Santa Barbara CC Invitational

October 16.

Team Scores—Men

1. Rancho Santiago 73, 2. Long Beach 83, 3. Antelope Valley 198, 4. West LA 216, 5. Orange Coast 217, 6. Irvine Valley 222, 7. Ventura 246, 8. LA Trade Tech 261, 9. Fullerton 264, 10. Citrus 282, 11. San Bernardino Valley 296, 12. Desert 298, 13. Rio

- Hondo 305, 14. Fresno CC 328, 15. Canyons 329, 16. Cerritos 360, 17. Moorpark 393, 18. Bakersfield 410, 19. Santa Monica 432, 20. Cuesta 478, 21. Golden West 505, 22. Santa Barbara 545, 23. LACC 581, 24. San Mateo 653, LA Valley Inc.

Individuals—Men

1. Iri Rodriguez (LATT) 21:08, 2. Darin Rabb (OCC) 21:23, 3. Kipp Ortenburger (Cue) 21:30, 4. Charles Mansfield (LBCC) 21:42, 5. Fidel Zavala (RSC) 21:46, 6. Dax Baca (IVC) 21:49, 7. Mark Sinderson (AVC) 21:52, 8. Joe Garcia (Cit) 22:00, 9. Heron Echeveste (Rio H) 22:01, 10. Jorge Francisco (RSC) 22:09.

11. Jaime Moreno (LBCC) 22:12, 12. Dave Hensley (AVC) 22:19, 13. Jose Arriaga (LATT) 22:21, 14. Francisco Vasquez (RSC) 22:22, 15. Robert Ho (OCC) 22:12, 16. Ti Wynn (RSC) 22:24, 17. Devin O'Neil (LBCC) 22:33, 18. Amare Awelahegen (WLA) 22:34, 19. Mike Howard (SBV) 22:35, 20. Brian Cullum (IVC) 22:36.

Team Scores—Women

1. Irvine Valley 55, 2. Orange Coast 87, 3. Golden West 115, 4. Ventura 142, 5. Rancho Santiago 160, 6. Santa Monica 178, 7. Cuesta 179, 8. Antelope Valley 215, 9. Moorpark 234, 10. Rio Hondo 253, 11. Santa Barbara 276, 12. Fullerton 312, 13. Fresno CC 316, 14. Canyons 393, 15. Cerritos 414, 16. LA Valley 547. Incomplete: Bakersfield, Citrus, Foothill, LA Trade Tech.

Individuals—Women

1. Genet Gbregioris (LATT) 19:06, 2. Mayra Medina (IVC) 19:08, 3. Kim Foster (GW) 19:54, 4. Lisa Mote (GW) 19:58, 5. Githa Hampson (SMCC) 20:04, 6. Adrienne Sweetzer (OCC) 20:08, 7. Teresa Vega (Full) 20:18, 8. Teresa Santana (AVC) 20:22, 9. Darlene Pruitt (IVC) 20:24, 10. Erin Remy (OCC) 20:25.

11. Laura Bermudez (Cit) 20:28, 12. Summer Gingrich (IVC) 20:29, 13. Debbie Roche (Foot) 20:30, 14. Lix Pelayo (OCC) 20:33, 15. Heidi Tisovic (COC) 20:34, 16. Amy Hamilton (Cue) 20:37, 17. Valerie Aceves (Vent) 20:41, 18. Inka Mims (Foot) 20:47, 19. Sonia Perez (RSC) 20:50, 20. Carrie Redfern (IVC) 20:51.

Coaches & Others

1. Joe Rubio 16:14, 2. Gregg Homer 17:04, 3. Francisco Rubalcava 17:08, 4. Greg Mislack 17:09, 5. Juan Cervantes 17:17, 6. Marco Ochoa 17:24, 7. Juan Cuevas 17:28, 8. Brett Potwin 17:30, 9. Mike Wagenbach 17:37, 10. Tony Black 17:35.

Golden State Athletic Conference Championships

October 16. Back Bay, Newport Beach.

Team Scores—Men

1. Azusa Pacific 19, 2. Pt. Loma 58, 3. Westmont 61, 4. Southern Cal 107, 5. Fresno Pacific 142, Concordia NS.

Men—8K

1. Tony Bergman (APU) 25:39, 2. Anthony Fisher (APU) 25:46, 3. John Gachau (APU) 25:57, 4. Jeff Burns (APU) 25:57, 5.

- Phil Livingood (West) 26:00, 6. Matt Nealon (West) 26:02, 7. Dennis Bourland (PL) 26:10, 8. Tomas Andersson (PL) 26:17, 9. Justin Snook (APU) 26:20, 10. Jason Carney (APU) 26:22.

11. Todd Farrington (West) 26:23, 12. Steve Pye (APU) 26:23, 13. George Velarde (PL) 26:34, 14. Eric Engle (PL) 26:37, 15. Jason Schaefer (SCC) 26:38.

Team Scores—Women

1. Westmont 41, 2. Pt. Loma 53, 3. Azusa Pacific 73, 4. Southern Cal 94, 5. Concordia 116, 6. Fresno Pacific.



GENEVIEWE GRAFF-EMERLING

Photo by Ken Isaak

Women—5K

1. Genevieve-Graff-Emerling (Conc) 17:50, 2. Guadalupe Ambriz (PL) 17:54, 3. Misty Allen (West) 18:30, 4. Jeannine Davis (PL) 18:44, 5. Miriam Niednager (West) 18:57, 6. Nikee Pool (SCC) 19:12, 7. Malena Rosen (PL) 19:13, 8. Kerry Sue Houchin (Fresno) 19:42, 9. Anna Helsabeck (West) 19:43, 10. Brandy Pierce (West) 19:46, 11. Nicole DeVries (APU) 19:48, 12. Rhon-

- da Hiese (APU) 19:53, 13. Elizabeth Sutton (APU) 19:53, 14. Jane Wigmore (West) 20:11, 15. Thea Van Gordon (PL) 20:15.

Bronco Invitational

October 23. Bonelli Park, San Dimas

Men

1. Wes Ashford (Glory Days TC) 24:06, 2. Dave Schumacher (Glory) 24:23, 3. Matt Blaty (Glory) 24:30, 4. Ian Aisen (un) 24:46, 5. Mark LaPlant (Nike West) 24:50, 6. Cliff Curtis (Cal Poly Pomona) 24:58, 7. J. J. Castner (UCSD) 25:02, 8. Sean Nyhan (un) 25:08, 9. Mark Junkermann (Glory) 25:13, 10. Tom Castro (un) 25:25, 11. David Loud (Glory) 25:17, 12. Armando Lerma (CS Northridge) 25:17, 13. Linh Le (UC Riverside) 25:18, 14. Chuck Foote (Cal Poly Pomona) 25:21, 15. Brock Vaughn (Glory) 25:36.

Team Scores—Men

- Division I: 1. Cal State Northridge 54, 2. Pepperdine 56, 3. San Diego State 78. Club/Un.: 1. Glory Days TC 26, 2. Cal Poly Pomona 95, 3. Nike West 104, 4. UC Riverside 158. Division II, III, NAIA: 1. Cal Poly Pomona 26, 2. UC Riverside 54, 3. UC San Diego 68.

Women

1. Elizabeth Onyambu (Biola) 17:25, 2. Chris Morgan (Nike West) 17:52, 3. Genevieve Graff-Emerling (Concordia) 18:01, 4. Annie Seawright (Nike West) 18:11, 5. Melissa Sutton (Nike West) 18:16, 6. Lori Miller (CS Northridge) 18:25, 7. Gretchen Lohr (Nike West) 18:34, 8. Brooke Habe (un) 18:35, 9. Jennifer Andrews (CS Northridge) 18:37, 10. Jennifer Kornacker (US Air Force Academy) 18:42, 11. Karen Hinkle (UCSD) 18:44, 12. Sandra Rodriguez (un) 18:44, 13. Rosetta Hunter (CP Pomona) 18:55, 14. Michelle Marsh (SD State) 18:59, 15. Sierra Gould (US Air Force Academy) 19:00.

Team Scores—Women

- Division II, III, NAIA: 1. US Air Force Academy 36, 2. Cal Poly Pomona 75, 3. Azusa Pacific Univ. 132.

Western Washington University Invitational

October 23.

Men

1. Joseph Kibur (Simon Fraser) 26:39, 2. John Hickey (Thinclads) 26:49, 3. Adam Leahy (Club NW) 26:55, ... 8. Matt Nealon (Westmont) 27:25, 29. Eric Engel (Pt. Loma) 28:04, 36. Phil Livingood (Westmont) 28:14, 37. Dennis Bourland (Pt. Loma) 28:20, 46. Todd Farrington (Westmont) 28:39, 49. Bruce Foley (Pt. Loma) 28:46, 53. George Velarde (Pt. Loma) 28:51, 57. Paul Ashby (Westmont) 28:57.

Women

1. Sarah Howell (Valley Royals) 18:09, 2. Nancy Tinari (Phoenix West) 18:30, 3. Tara Carlson (U Wash) 18:39, ... 12. Guadalupe Ambriz (Pt. Loma) 19:30, 15. Jeannine Davis (Pt. Loma) 19:35, 18. Rebecca Kopchik (Oxy) 19:42, 20. Misty Allen (Westmont)

RESULTS

19:51, 24. Miriam Niednagel (Westmont)
20:07, 37. Brandy Pierce (Westmont)
20:33, 40. Anna Halsabeck (Westmont)
20:39, 48. Jane Wigmore (Westmont)
21:08.

Cal-Nevada T&F Association X-C Championships

October 23, Woodward Park, Fresno.

Team Scores—Men

1. Stanford 32, 2. Fresno State 34, 3. CSU Sacramento 74, 4. Fresno Pacific 115.

Individuals—Men

1. Jamie Harris (Fresno State TC) 19:42, 2. Dan Zoldak (Fresno St) 20:06, 3. Ricardo Brewer (Fresno St) 20:13, 4. Jason Tackett (CSUS) 20:19, 5. Jason Perscheid (Stanford) 20:23, 6. Bryan Zmijewski (Stanford)



SHANNON LIEDER

Photo by Elaine Rosenfield

20:39, 7. David Dyer (Stanford) 20:46, 8. Fernando Mendoza (Fresno St) 20:54, 9. Michael Prindville (Stanford) 20:57, 10. Gilbert Serrano (Stanford) 21:03.

11. Brian McCaffery (Stanford) 21:03, 12. Apolinar Duarte (Fresno St) 21:05, 13. Yuji Hgaki (Stanford) 21:15, 14. Blair Venables (Fresno St) 21:48, 15. John Bekmanis (Fresno St) 21:49.

Team Scores—Women

1. Stanford 21, 2. Fresno State 41, 3. Sacramento State 78.

Individuals—Women

1. Shannon Lieder (Fresno St TC) 10:53, 2. Kay Luo (Stanford) 11:20, 3. Melissa

Freeberg (Stanford) 11:24, 4. Amanda White (Stanford) 11:30, 5. Alyn Burris (Fresno St) 11:31, 6. Danielle Nelson (Fresno St) 11:36, 7. Devon Moatew (un) 11:37, 8. Kim Nemenic (Sac St) 11:41, 9. Christine Dehendorf (Stanford) 11:45, 10. Andrea Garner (Stanford) 11:47.

11. Kelly Jacobson (Fresno St) 11:49, 12. Noelle Righter (Fresno St) 11:49, 13. Debby Wells (Stanford) 11:54, 14. Julie Mankley (Stanford) 11:56, 15. Danielle Moore (Fresno St) 12:11.

SCIAC Championships

October 30.

Team Scores—Men

1. Claremont 49, 2. Pomona-Pitzer 69, 3. Occidental 81, 4. Redlands 91, 5. Cal Tech 106, 6. Whittier 107, LaVerne 194, Cal Lutheran NS.

Individuals—Men

1. Avo Altinyan (PP) 26:00, 2. Andy Zug (CIT) 26:07, 3. Brad Aagaard (CMS) 26:15, 4. Kele Perkins (W) 26:17, 5. Edward Yuh (W) 26:26, 6. Joe Vella (PP) 26:26, 7. Will Allen (O) 26:33, 8. Fred Ballon (O) 26:41, 9. James Higgins (R) 26:52, 10. Jason Rhodes (CMS) 27:04, 11. Jon Eveleth (CMS) 27:06, 12. Walter Voegli (CMS) 27:08, 13. Matt Newman (CMS) 27:13, 14. Greg Copeland (PP) 27:20, 15. Darren Malloy (CMS) 27:24.

Team Scores—Women

1. Occidental 48, 2. Claremont 49, 3. Pomona-Pitzer 77, 4. Whittier 89, 5. Cal Lutheran 117, 6. CIT 170, 7. Redlands 174, LaVerne NS.

Individuals—Women

1. Rebecca Kopchik (O) 19:20, 2. Jessica Beeler (O) 19:20, 3. Katie Burco (PP) 19:21, 4. Sonya Patton (PP) 19:28, 5. Jennifer Nuggle (CLU) 19:37, 6. Gretchen Sauer (CMS) 19:46, 7. Julia Burco (PP) 19:47, 8. Gretchen Brugman (CMS) 19:48, 9. Alexis Keys (O) 19:50, 10. Soshuna Zblatt (CMS) 19:50.

11. Heather Backer (W) 19:51, 12. Heidi Rivken (CMS) 20:00, 13. Charlie Stoddard (CMS) 20:01, 14. Tara Bamhart (W) 20:07, 15. Natalie Austin (O) 20:08.

PAC-10 Cross Country

October 30, Stanford Golf Course.

The Stanford women's cross country team, behind the strength of its depth, broke Oregon's three-year hold on the PAC-10 title, and won the 1993 conference title at the Stanford Golf Course. The race was run over 5000 meters.

Stanford runners placed 8th, 9th, 11th, 13th and 14th to win the race with 55 points. Arizona placed second with 65 points, UCLA finished third with 71 and three-time PAC-10 champion Oregon placed fourth with 78.



One mile mark at the PAC-10 Championships: NIAMH ZWAGERMAN (Ore), KAREN HECOX (UCLA), BETH BARTHOLOMEW (UCLA), MILENA GLUSAC (Ore), SUZANNE CASTRUITA (Ariz) and BRENDA SLEEUWENHOEK (Ariz).

Photo by Burt Davis

The Ducks had won six of the previous seven conference meets.

"The women ran a great race," said Stanford head coach Vin Lananna. "I really feel we can run better, but today I'm proud of their effort."

Karen Hecox of UCLA won the individual title in a time of 16:43.

Joe Kapkory of Washington State won the men's individual title for a second straight year on the 8,000 meter course, but the University of Washington won the team title with 67 points. Washington State placed second with 70.

Men

1. Josephat Kapkory (Wash St) Sr 23:38, 2. Patrick Muturi (Wash St) Sr 23:52, 3. Gary Stolz (Stan) Sr 23:55, 4. Simon Baines (Wash) Jr 24:07, 5. Richie Boulet (Cal) So 24:32, 6. Creighton Harris (UCLA) Jr 24:38, 7. Gregory Jimmerson (Stan) Fr 24:38, 8. David Hughes (Wash) Sr 24:55, 9. Erin Scroggins (Ariz St) Jr 24:57, 10. George Loucaides (Wash St) Fr 24:58.

11. John Dinoff (Ore) Sr 25:02, 12. Andy Bupp (Cal) Jr 25:03, 13. Karl Keska (Ore) So 25:03, 14. Sam Alexander (Wash) So 25:07, 15. George Barajaz (Wash) Sr 25:08, 16. Brad Meyer (Ariz) Jr 25:10, 17. Tracy Hollister (Ore) So 25:11, 18. Eliazar Herrera (UCLA) Sr 25:17, 19. Brian Gastelum (UCLA) Jr 25:17, 20. Nathan Davis (Wash St) Jr 25:20,

21. Jason Humble (Ore) Sr 25:22, 22. Rick

Cantwell (Ore) Fr 25:25, 23. Troy Rowthan (UCLA) Sr 25:27, 24. Keith Grossman (UCLA) Fr 25:27, 25. Jeremy White (Stan) Fr 25:32, 26. Darren Hunter (Wash) Jr 25:32, 27. Andy Wyan (Wash) So 25:33, 28. Ryan Grote (Wash) So 25:34, 29. Robert Reeder (Stan) So 25:34, 30. Andy Boudreau (Cal) So 25:34.

Team Scores—Men

1. Washington 87, 2. Washington State 70, 3. Oregon 84, 4. UCLA 90, 5. Stanford 96, 6. California 124, 7. Arizona 156, 8. Arizona State 193, 9. USC 284.

Women

1. Karen Hecox (UCLA) Jr 16:43, 2. Brenda Sleuwenhoek (Ariz) Sr 18:56, 3. Milena Glusac (Ore) Fr 17:03, 4. Beth Bartholomew (UCLA) Sr 17:16, 5. Melody Fairchild (Ore) So 17:17, 6. Tenaya Soderman (Cal) Jr 17:21, 7. Suzanne Castruita (Ariz) Jr 17:28, 8. Stefanie Jensen (Stan) Jr 17:31, 9. Louise Watson (Stan) Sr 17:34, 10. Virginia Pedersoll (Ariz) Fr 17:36.

11. Sarah Trutt (Stan) Sr 17:37, 12. Tara Carlson (Wash) So 17:39, 13. Lelia Burr (Stan) Fr 17:39, 14. Ann Sheehy (Stan) Fr 17:43, 15. Jeanene Harlick (UCLA) So 17:44, 16. Niamh Zwagerman (Ore) So 17:46, 17. Emily Johnson (Wash) So 17:52, 18. Laura Hayward (Stan) So 17:53, 19. Lisa Lopez (Cal) Jr 17:56, 20. Almee Kruz (Wash) Jr 17:57.

21. Viola Schaffer (Ariz) Fr 18:00, 22. Jenna Carlson (Ore) Jr 18:01, 23. Maya Muneno (UCLA) Fr 18:06, 24. Amanda

RESULTS



GARY STOLZ

Photo by Burt Davis

White (Stan) Fr 18:09, 25. Lisa Quaintance (Ariz) Jr 18:20, 26. Kristin Wellman (Ariz) Sr 18:25, 27. Rachel Austin (Wash) Sr 18:27, 28. Anna Delgado (UCLA) So 18:28, 29. Kim Toney (Ariz) Jr 18:29, 30. Joelee Brayton (Wash) So 18:32.

Team Scores—Women

1. Stanford 55, 2. Arizona 65, 3. UCLA 71, 4. Oregon 78, 5. Washington 106, 6. California 146, 7. Arizona State 204, 8. Washington State 209, 9. USC 267.

Golden Gate Park Cross Country Series

From Tim Wason, Race Director
October 30, Golden Gate Park, San Francisco

Chris Schille of San Luis Obispo beat US World Cross Country team member Shannon Butler of Portland, OR, by four seconds in 29:11 over six miles of hills and sandy trails to win the most competitive event in the eight-year old Golden Gate Park Cross Country Series history. Just two seconds back of Butler was John Hume of Lakewood, CO.

Despite finishing third, Hume was the dominant force of the race, leading from the two mile until a half mile to go, just before a sharp uphill east of the Polo Fields. Both Schille and Butler passed Hume on the hill, with Schille clearly opening a decisive gap between himself and his pursuers. Hume re-passed Butler for second three hundred yards later, but lost to Butler's superior leg speed over the last grassy hundred meters in Lindley Meadow.

Runners from four states trailed Schille, including two Olympians and five members of the US World Cross Country Team. Every runner from second through seventh was either a former member of the US world Cross Country team or an Olympian, or both. Runner-up Butler was a former NCAA 5,000 and 10,000 meter Champion and World Cross Country Team member; John Hume, third, was a member of last year's US World Cross country Team; Daniel Lopez, fourth, of Eugene, OR, was a 1992 Olympic Steeplechaser; Craig Dickson, fifth, from Lakewood, CO, was a 1990 World Cross Country Team member; Bob Kempainen, sixth, of Minneapolis, MN, represented the U.S. in the 1992 Olympic Marathon, won the 1990 U.S. National Cross country Championships, and ran in the World Cross Country Championships; and seventh place runner Brad Berquist of Bainbridge Island, WA, was also a World Cross Country Team runner.

In the women's race, Carmen Troncoso of Austin, TX, bested Menlo Park's 1982 Stanford NCAA 3,000 meter champion Ceci St. Geme (nee Hopp) over four miles, breaking St. Geme's two week old course record by three seconds in 22:09. Troncoso narrowly led St. Geme at the two mile in Lindley Meadow, but pulled away to a comfortable ten second victory by the end of the four mile race. The Texas runner finished seventh in last year's U.S. National Cross Country Championships and World Cross Country Trials.

Behind St. Geme, California runners also finished third and fourth, as San Anselmo's Robyn Berry, and San Francisco's Jeanne Sapienza, finished ahead of fifth place finisher Jennifer Bravard of Longview, WA. California runners earned six of the top ten places, over runners from Texas, Washington and Oregon.

In a low-keyed return to racing, Vicki Huber-Butler, the former Villanova NCAA Cross Country Champion, Olympian, and fourth place finisher in the 1992 World Cross Country Championships, ran to tenth place in 23:40.

Lured by \$2,550 in race-day prize money and a total National Cross Country Grand Prix pot of \$10,000, the race drew three Olympians, six former members of the U.S. World Cross Country Team, and several other former collegiate track or cross country champions. Winners won \$500, plus Troncoso picked up a \$100 bonus for breaking the one record. Schille also earned \$100 for establishing the new six mile course standard. The National Grand Prix has only two remaining stops—Cleveland on November 13 and the national race Thanksgiving weekend in Mula, MT, on November 27.

1993 Track & Field Dual Meet Ratings

By John Wenos

Women

1. Oregon	100.0
2. Louisiana State	97.9
3. Nebraska	97.1
4. Illinois	89.5
5. Brigham Young	88.9
6. UCLA	88.2
7. Arizona State	85.0
8. Texas	82.7
9. North Carolina	78.1
10. Clemson	76.0
11. Fresno State	75.7
12. Tennessee	72.9
13. Michigan	72.0
14. Washington	67.0
15. Rice	59.5
16. Virginia	57.4
17. Arizona	56.2
18. Stanford	54.2
19. Washington St.	53.5
20. Florida State	50.3
21. Georgetown	49.1
22. Kansas State	49.0
23. Houston	48.2
24. Wisconsin	47.8
25. Kansas	46.5
26. So. California	45.2
27. Northridge St.	41.4
28. California	41.3
29. Texas A&M	38.6
30. Georgia	37.5
31. Indiana	36.8
32. Colorado	33.73
33. Ohio State	33.64
34. Northern Arizona	33.2
35. Penn State	30.3
36. Texas/El Paso	29.7

Honorable Mention:
Appalachian State, Auburn, Colorado State, Iowa, Iowa State, Kent State, Minnesota, Missouri, Princeton, Purdue.

Men

1. Blinn JrColl. (TX)	100.0
2. UCLA	89.8
3. Arkansas	89.7
4. Tennessee	83.6
5. California	80.5
6. Texas A&M	80.3
7. Nebraska	79.9
8. Clemson	73.0
9. Illinois	72.9
10. Oregon	72.1
11. Iowa State	71.6
12. Washington St.	62.1
13. Fresno State	62.0
14. Brigham Young	60.3
15. Georgia	54.3
16. Houston	54.0
17. Penn State	51.1
18. Ohio State	50.7
19. Indiana	50.5
20. Washington	50.4
21. Arizona	49.1
22. Texas	48.8
23. Arizona State	47.2
24. Colorado	45.0
25. SW Texas State	44.9
26. So. California	41.1
27. Texas Tech	38.9
28. Kansas State	37.6
29. Oklahoma	37.14
30. Wisconsin	37.05
31. NE Louisiana St.	36.5
32. Navy	36.3
33. Northridge State	34.3
34. Rice	28.3

Honorable Mention: Air Force, Auburn, Georgetown, Georgia Tech, Kansas, Mississippi State, Missouri, Northern Arizona, Princeton, Purdue, Stanford.

Combined--Top Ten

1. UCLA	6. Clemson
2. Nebraska	7. Brigham Young
3. Oregon	8. Fresno State
4. Illinois	9. Arizona State
5. Tennessee	10. Texas

RESULTS

The Northern California fall harrier season concludes November 13 with the Pacific Association of the USA Track and Field Championships at the same 30th Avenue and JFK Drive location in Golden Gate Park. This "Gathering of the Running Tribes" will bring Northern California and Nevada's best individuals and teams together over much of the same course as the October 30 event. (For entry information contact Hoy's Sports at (415) 252-5369.)

MEN-6 Miles

1. Chris Schille (SLO) \$500 29:11, 2. Shannon Butler (Portland, OR) \$300 29:15, 3. Jon Hume (Lakewood, CO) \$200 29:17, 4. Daniel Lopez (Eugene, OR) \$150 29:42, 5. Craig Dickson (Lakewood, CO) \$125 29:49, 6. Bob Kempainen (Minneapolis, MN) 29:56, 7. Brad Barquist (Bainbridge Isl, WA) 30:10, 8. Dave Scudamore (Palo Alto) 30:19, 9. Ernie Freer (Sacramento) 30:20, 10. Mike Stone (Petaluma) 30:30, 11. Larry Smithee (Midvale, UT) 30:31, 12. Dennis Pfeiffer (Erie, CA) 30:48, 13. Kenneth Sealy (San Jose) 30:49, 14. Jason Mohr (Eugene, OR) 30:52, 15. Mike Spencer (Castro Valley) 30:55, 16. Jason Lienau (Clovis) 30:57, 17. David Naranjo (Fresno) 30:58, 18. Dan Aldridge (Santa Rosa) 31:08, 19. Steve Richards (Boulder, CO) 31:20, 20. Matt Yeo (Roseville) 31:29.

WOMEN-4 Miles

1. Carmen Troncoso (Austin, TX) \$500/ \$100cr 22:09, 2. Cece St. Geme (Menlo Park) \$300 22:19, 3. Robyn Berry (San Anselmo) \$200 22:40, 4. Jeanne Sapientza (San Francisco) \$150 22:46, 5. Jennifer Brevard (Longview, WA) \$125 22:57, 6. Janet Bowie (Redwood City) 23:09, 7. Melissa Martel-Acetta (Tucson, AZ) 23:16, 8. Lisa Geoffrion (Petaluma) 23:21, 9. Rae Henderson (Lafayette) 23:35, 10. Vicki Huber-Butler (Portland, OR) 23:40.

CCAA Championships

November 3.

Team Scores-Men

1. Cal Poly SLO 20, 2. UC San Diego 67, 3. Cal Poly Pomona 84, 4. Cal State LA 93, 5. UC Riverside 105.

Individuals-Men

1. Dan Berkeland (CPSLO) 24:35, 2. Ryan Winn (CPSLO) 24:47, 3. Matt Hempel (CPSLO) 24:52, 4. Jose Padilla (CSLA) 24:57, 5. Dan Held (CPSLO) 25:05, 6. Cliff Curtis (CPP) 25:05, 7. Armando Gonzalez (CSLA) 25:20, 8. John Castner (UCSD) 25:26, 9. Ahmik Jones (CPSLO) 25:31, 10. Linh Le (UCR) 25:44, 11. Chuck Foote (CPP) 25:54, 12. Sean Fitzpatrick (CPSLO) 26:13, 13. John Walsh (UCSD) 26:13, 14. Bryan Leek (UCSD) 26:24, 15. Rhodes Walton (UCSD) 26:24.

Team Scores-Women

1. Cal Poly SLO 28, 2. Cal State LA 31, 3. UC San Diego 85, 4. Cal Poly Pomona 110, 5. UC Riverside 123.

Individuals-Women

1. Angela Crenke (CPSLO) 17:36, 2.

- Marisol Cossio (CSLA) 17:48, 3. Marisa Avendano (CSLA) 17:53, 4. Kelly Flathers (CPSLO) 18:05, 5. Melanie Hand (CPSLO) 18:15, 6. Nika Horn (CPSLO) 18:18, 7. Gracie Padilla (CSLA) 18:33, 8. Maria Lopez (CSLA) 18:35, 9. Sheria Moses (UCR) 18:38, 10. Karen Hinkle (UCSD) 18:39, 11. Marisol Pedraza (CSLA) 18:46, 12. Katy McGarry (CPSLO) 18:51, 13. Mary Ann Martinez (CSLA) 18:56, 14. Rosetta Hunter (CPP) 19:07, 15. Hilary Ferreira (UCSD) 19:10.

NAIA District III Championship

November 6. La Mirada Regional Park, La Mirada.

Team Scores-Men/5 Miles

1. Azusa Pacific University 17, 2. Westmont 64, 3. Pt. Loma Nazarene 72, 4. So. Calif. College 110, 5. Biola University 152, 6. The Master's College 155, 7. Dominican 179, 8. Fresno Pacific 183.

Individuals-Men

1. Tony Bergman (APU) 25:59, 2. John Gachau (APU) 26:07, 3. Anthony Fisher (APU) 26:09, 4. Jason Schaefer (SCC) 26:32, 5. Jeff Burns (APU) 26:35, 6. Steve Pye (APU) 26:35, 7. Matt Nealon (Westmont) 26:39, 8. Todd Farrington (Westmont) 26:49, 9. Scott Rehnstrom (APU) 26:59, 10. Bruce Foley (Pt. Loma) 27:10, 11. Jason Carney (APU) 27:16, 12. Paul Ashby (Westmont) 27:27, 13. Jaime Guerro (APU) 27:32, 14. Brian Postlewait (Pt. Loma) 27:42, 15. George Velarde (Pt. Loma) 27:45.

Team Scores-Women/5000 Meters

1. Westmont 35, 2. Pt. Loma Nazarene 59, 3. Azusa Pacific Univ. 79, 4. Biola Univ. 93, 5. So. Calif. College 111, 6. Concordia University 136.

Individuals-Women

1. Elizabeth Onyambu (Biola) 17:44, 2. Genevieve Emerling (Concordia) 18:00, 3. Guadalupe Ambriz (Pt. Loma) 18:19, 4. Jeannine Davis (Pt. Loma) 18:29, 5. Misty Allen (Westmont) 18:48, 6. Miriam Niednagel (Westmont) 19:00, 7. Brandy Pierce (Westmont) 19:29, 8. Anna Helsabeck (Westmont) 19:47, 9. Jane Wigmore (Westmont) 19:50, 10. Nikee Pool (SCC) 19:58, 11. Malena Rosen (Pt. Loma) 20:01, 12. Nicole De Vries (APU) 20:02, 13. Rhonda Heise (APU) 20:23, 14. Elizabeth Sutton (APU) 20:28, 15. Karen Wester (Biola) 20:48.

Coast Valley Conference

November 12. Visalia.

Team Scores-Men/4 Mile

1. Taft 24, 2. College of Sequoias 43, 3. Fresno CC 53.

Individuals-Men

1. Jonston (Taft) 19:24, 2. Maiseed (COS) 19:46, 3. Kennedy (Taft) 20:23, 4. Orosco (Taft) 20:27, 5. McGlockton (Hancock) 20:50, 6. Gonzalez (Hancock) 20:54, 7. Sanchez (COS) 20:59, 8. Rios (FCC) 21:01, 9. Leon (Taft) 21:28, 10. Stanlet (COS) 21:35.

Team Scores-Women/3 Mile

1. College of Sequoias 27.5, 2. Fresno CC 27.5.

Individuals-Women

1. Degroot (COS) 19:18, 2. Dyer (Taft) 19:37, 3. Smith (COS) 19:49, 4. Fernandez (FCC) 19:54, 5. Sisk (FCC) 20:25, 6. Murray (FCC) 20:35, 7. Vega (Taft) 20:57, 8. Terris (FCC) 21:06, 9. Whiteside (COS) 21:25, 10. Vaughn (Hancock).

Region 8 Championships

November 13.

Team Scores-Men/10K

1. Portland 56, 2. Washington 71, 3. Oregon 76, 4. Washington State 97, 5. Stanford 119, 6. California 179, 7. Arizona 190, 8. UCLA 196, 9. Cal State Fullerton 210, 10. Santa Barbara 226, 11. Cal Irvine 314, 12. Gonzaga 325, 13. Sacramento State 383, 14. Saint Mary's 441.

Individuals-Men

1. Josphat Kapkory (Wash St) 29:20, 2. Simon Baines (Wash) 29:47, 3. Pat Muturi (Wash St) 30:03, 4. Richie Boulet (Cal) 30:04, 5. Carsten Arndt (Portland) 30:10, 6. Pete Jullian (Portland) 30:12, 7. Karl Keska (Ore) 30:15, 8. Mike Tansley (Full) 30:19, 9. Uli Steidl (Portland) 30:20, 10. Gary Stolz (Stan) 30:32, 11. Gregory Jimmerson (Stan) 30:33, 12. Rick Cantwell (Ore) 30:36, 13. Chris Gilbert (Portland) 30:36, 14. Ryan Grote (Wash) 30:37, 15. George Loukaides (Wash) 30:40, 16. Sam Alexander (Wash) 30:41, 17. George Barajaz (Wash) 30:45, 18. John Humble (Ore) 30:45, 19. Tracy Hollist (Ore) 30:46, 20. John Dimoff (Ore) 30:46.

Team Scores-Women/5K

1. Arizona 59, 2. Stanford 65, 3. Oregon 74, 4. UCLA 88, 5. Washington 112, Portland 168, 7. California 179, 8. Santa Barbara 211, 9. Long Beach State 270, 10. Washington St. 281, 11. Hawaii 289, 12. Cal Irvine 302, 13. UNLV 354, 14. Sacramento St. 389, 15. Cal State Fullerton 416, 16. Saint Mary's 453, 17. San Francisco 478.

Individuals-Women

1. Karen Hecox (UCLA) 16:41, 2. Beth Bartholomew (UCLA) 16:45, 3. Tenaya Siderman (Cal) 16:49, 4. Brenda Sleuwaert (Ariz) 16:52, 5. Tara Carlson (Wash) 16:57, 6. Milena Glusac (Ore) 17:00, 7. Suzanne Castruita (Ariz) 17:04, 8. Louis Watson (Stan) 17:05, 9. Melody Fairchild



GUADALUPE AMBRIZ

Photo by Ken Isaak



KAREN HECOX

by Burt Davis

RESULTS

(Ore) 17:06, 10. Jenna Carlson (Ore) 17:12, 11. Sarah Trull (Stan) 17:13, 12. Virginia Pedersoli (Ariz) 17:17, 13. Monal Chokshi (Stan) 17:18, 14. Lisa Quaintance (Ariz) 17:18, 15. Stefanie Jensen (Stan) 17:19, 16. Niamh Zwagerman (Ore) 17:20, 17. Jeanene Harlick (UCLA) 17:21, 18. Ann Sheehy (Stan) 17:23, 19. Lisa Lopez (Cal) 17:24, 20. Lella Burr (Stan) 17:24.

USATF West Regional Cross Country Championships

November 13. Mt. San Antonio College, Walnut. 3 Mile.

Team Scores—Men

1. Team BOA 15, 2. Nike Track West 60, 3. Cacique 73, 4. Mountainers TC 96, 5. Cal Coast TC 180, 6. San Luis DC 202, 7. Masters TC 236.

Individuals—Men

1. Wes Ashford (BOA) 14:31, 2. Sasha Vajic (BOA) 14:59, 3. Dave Schumacher

(BOA) 14:43, 4. Ian Alsen (BOA) 14:48, 5. Matt Blaty (BOA) 14:54, 6. Matt Ebner (Moun TC) 15:01, 7. Danny Martinez (Cacique) 15:04, 8. Israel Pose (El Camino alumni) 15:08, 9. Mark Junkerman (BOA) 15:09, 10. Jorge Castro (Nike TW) 15:10,

11. Mark LaPlant (Nike TW) 15:11, 12. Joey Gomez (BOA) 15:15, 13. Dave Olds (Nike TW) 15:16, 14. Brock Vaughn (BOA) 15:17, 15. Gustavo Mojaro (Cacique) 15:23, 16. Roberto Porfino (Moun TC) 15:26, 17. Jesse Taylor (Masters TC) 15:27, 18. Hector Lopez (Cacique) 15:29, 19. Brian Godsey (un) 15:29, 20. Heron Echeveste (un) 15:36.

Team Scores—Women

1. Nike Track West 15, 2. Glendale TC 50.

Individuals—Women

1. Tania Fischer (SMTC) 17:16, 2. Polly Plumer (Nike Coast) 17:32, 3. Chris Morgan (Nike TW) 17:42, 4. Jennifer Briggs (SMTC) 17:49, 5. Gretchen Lohr (Nike TW) 18:20, 6. Annie Seawright (Nike TW) 18:24, 7. Kim Ojeda (Nike TW) 18:28, 8. Michele Buchicchio (Nike TW) 18:32, 9. Mary Zerby



TANIA FISCHER

Photo by Elaine Rosenfield

(Cacique) 18:38, 10. Teena Colebrook (Nike TW) 18:51.

11. Melissa Sutton (Nike TW) 18:54, 12. Brooke Mabe (un) 18:55, 13. Sandra Rodriguez (Cacique) 19:09, 14. Brooke Bartholomew (Nike TW) 19:17, 15. Auria Roberto (Glendale) 19:26, 16. Janet Norem (SLDC) 19:34, 17. Denna Nettleship (Nike TW) 19:58, 18. Anna Hernandez (Glendale) 20:08, 19. Shelly Wall (Nike TW) 20:12, 20. Karen Samsonoff (Nike TW) 20:20.

NEXT ISSUE...

Results from more championship events plus coverage of the Foot Locker West Regionals and National Meets.

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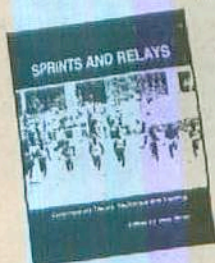
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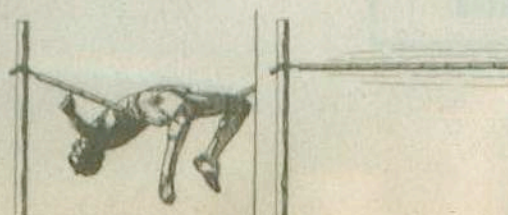


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