

FEBRUARY 1992

# CALIFORNIA

## Track News

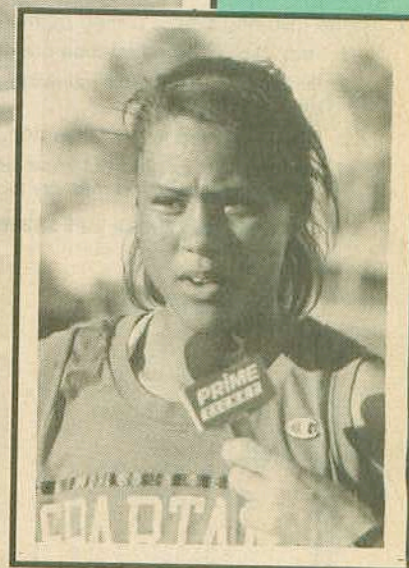
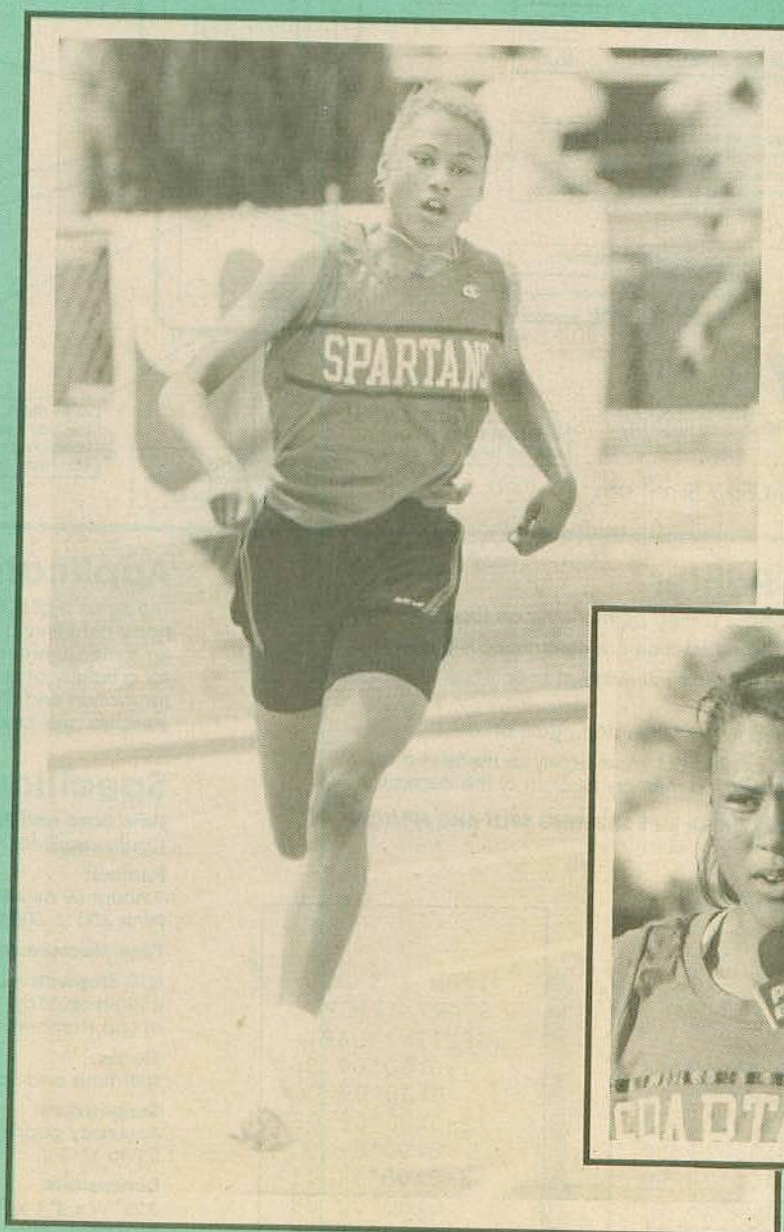
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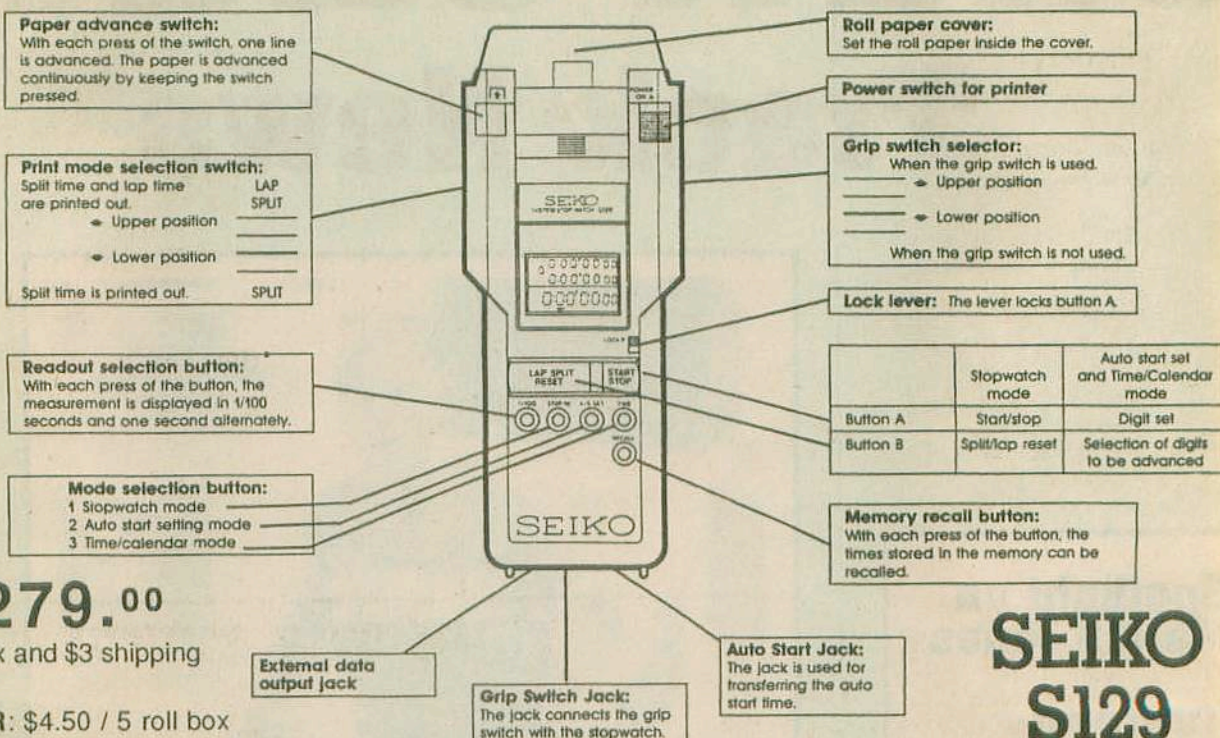
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```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
```

## Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

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# CALIFORNIA Track News

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## FROM THE EDITOR

### Where Have All The Boards Gone

Several of us were making plans for our annual get-together at the February 15, Sunkist Indoor meet (see results in March issue) when this question was raised: "What happened to all of the other California Indoor meets?" Good question! I know I have been to indoor events in San Francisco, Oakland, Inglewood, Anaheim, Long Beach and San Diego. Does anyone know of any others?

Is the demise of these meets just another symptom that our sport may be heading into a state of ill-health? Where are the sponsors? Where are the meet promoters? Where are the athletes? Where are the fans? What happened to all of those wooden ovals? I would like to see more local indoor action. Wouldn't you?

The father and son team of Al and Don Franken must be doing something right with the annual Sunkist Indoor. It was one of the first and is now the last California indoor track and field meet. I remember the excitement of going to the Sunkist meet with my father back when I was a fledgling high school runner in the early 60's. Too bad

there aren't more opportunities for others to experience the kind of excitement that an indoor meet generates.

I would also like to commend the Frankens for hosting an extensive afternoon section of the meet for high school competition. There is one thing more exciting than watching an indoor meet, and that is competing in one. "Thank you," Al and Don, for sticking with it through thick and thin, so that Californians have an opportunity to watch and compete indoors.

Anybody want to dig up those old boards resting in storage and give us another one?

*Bill*

**ON THE COVER:** California's **MARION JONES** will be wearing a different uniform this season. See John Ortega's story beginning on page 8. Cover photos by *Fine Flicks* by Don Gosney.

# 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

### Track & Field

**February 22 (Sat.): Los Gatos:** All-Corner Track Meet. 12:00 p.m. Willie Harmatz (408) 354-7365.

**March 7 (Sat.): Los Banos:** 2nd Annual Los Banos Lions T&F Meet. Mike Miller, Coach, (209) 826-2214 or Laura Lopez (Coach) (209) 826-6033.

**March 7 (Sat.): Long Beach:** Long Beach Poly High School Track Invitational, Veterans Stadium New Olympic Facility. Charles Clinton (310) 424-7335 or (714) 250-2587.

**March 14-15 (Sat.-Sun.): Syracuse, New York:** National Scholastic Indoor Championships. Carrier Dome, Syracuse Univ., Syracuse, NY. Tracy Sundlun, Metropolitan Athletics Congress, 57 Reade St., New York, NY 10007-1821. (212) 227-0071.

**March 28 (Sat.): Azusa:** Azusa Pacific / Arroyo Meet of Champions. Irv Ray, Azusa Pacific University Track, 921 E. Alosta Ave., Azusa 91702-7000. For info call: Irv Ray (818) 969-3434 at APU or (714) 593-2362 home. Tim O'Rourke (818) 444-9201 at Arroyo or (818) 914-2794 home.

**April 4 (Sat.): Trabuco Hills:** Trabuco Hills Track & Field Invitational. Trabuco Hills HS, Mission Viejo. Coach Jack Recia (714) 768-1934.

**April 11 (Sat.): Arcadia:** Arcadia Invita-

tional. Arcadia High School. Nils Miller, Arcadia High School, 180 Campus Drive, Arcadia 91006 (818) 446-0131.

**April 17-19 (Fri.-Sun.): Walnut:** Mt. San Antonio Relays.

**June 13-14 (Sat.-Sun.): Van Nuys:** National Scholastic Outdoor T&F Championships. Birmingham HS. Lou Ramirez, Meet Director, NSOTFC, Birmingham HS, 17000 Haynes St., Van Nuys 91406.

**June 13 (Sat.): Sacramento:** Golden West Invitational.

**June 20 (Sat.): Elmhurst, IL:** Keebler Invitational.

**June 21-22 (Sun.-Mon.): Columbus, OH:** National Junior T&F. Ohio State University. Wayne Roberts, Columbus City Hall, Rm. 127, Columbus, OH 43215 (614) 745-7410.

**June 30-July 4 (Tues.-Sat.): Auburn, AL:** U.S. Youth Athletics T&F.

**July 28-August 1 (Tues.-Sat.): Walnut:** U.S. Junior Olympic T&F Championships.

### Cross Country

**December 5 (Sat.): Fresno, CA:** Kinney West Regional. Woodward Park. Qualifier for Kinney Cross Country Championships to be held December 12. 5000 meters. Contact Bill Cockerham, 4957 E. Heaton Ave., Fresno, CA 93727 (209) 456-0535.

**December 11-12 (Fri.-Sat.): Mobile, AL:** U.S. Junior Olympic Cross Country Championships.

**December 12 (Sat.): San Diego, CA:** Kinney Cross Country Championships. Balboa Park.

## College & Open

### Track & Field

**February 22 (Sat.): Long Beach:** Long Beach Relays. Community College and University/open. 9 a.m. Andy Sythe (213) 985-4666.

**February 22 (Sat.): Flagstaff, AZ:** Miller Lite Skydome Indoor Invitational, Northern Arizona Univ., Flagstaff. Ron Mann, Track Coach, Northern Arizona Univ., Box 15400, Flagstaff, AZ 86011. (602) 523-5646.

**February 22 (Sat.): Los Gatos:** All-Corner Track Meets, Los Gatos High School 12:00 p.m. Willie Harmatz (408) 354-7365 or 354-5660.

**February 28 (Fri.): New York:** USA/Mobil Indoor Meet. Madison Square Garden, New York. Heliodoro Rico, TAC/USA, P.O. Box 427, Crugers, NY 10521. (914) 271-4252.

**February 28-29 (Fri.-Sat.): Colorado Springs, CO:** Western Athletic Indoor Meet, U.S. Air Force Academy, Colorado Springs, CO. Ralph Lindeman, Track Coach, Athletic Dept., U.S. Air Force Academy, Colorado Springs, CO. 80840. (719) 472-2173.

**February 29 (Sat.): Bakersfield:** CCAA Relays (Bakersfield).

**February 29 (Sat.): Flagstaff, AZ:** Days Inn Indoor Invitational, Northern Arizona Univ., Flagstaff. Ron Mann, Track Coach, Northern Arizona Univ., Box 15400, Flagstaff, AZ 86011. (602) 523-5646.

**February 29-March 1 (Sat.-Sun.): Genoa, Italy:** European Indoor Championships, Genoa, Italy. Federazione Italiana di Atletica Leggera, Via della Camilluccia, 703, Roma 00135 Italy. Phone: (39 6) 329 4300 or 4246.

**March 6-7 (Fri.-Sat.): Kansas City, MO:** NAIA Indoor National Championships. 9 a.m.

**March 7 (Sat.): Los Angeles:** Frank Candida Memorial Relays (Jesse Owens Track, CSLA) 9 a.m.

**March 7 (Sat.): San Diego:** Aztec Invitational.

**March 13-14 (Fri.-Sat.): Indianapolis, IN:** NCAA Div. II Indoor Championships, Hoosier Dome, Indianapolis, IN. James Perkins, Special Projects Office, TAC/USA, P.O. Box 6060, Indianapolis, IN 46206. (317) 636-1989.

**March 13-14 (Fri.-Sat.): Saginaw, Michigan:** NCAA Div. II Indoor Championships, Saginaw Valley State University, Sagi-

# SCHEDULE

naw, Michigan. Jim Nesbitt, Track Coach, Saginaw Valley State Univ., 2250 Pierce Rd., University Center, MI 48710. (517) 791-7300.

**March 13-14 (Fri.-Sat.): Stevens Point, Wisconsin:** NCAA Div. III Indoor Championships, Univ. of Wisconsin at Stevens Point, Stevens Point, WI. Rick Witt, Track Coach, Univ. of Wisconsin at Stevens Point, 111 Berg Gym, Stevens Point, WI. 54481. (715) 346-3677.

**March 14 (Sat.): Pomona:** Wendy's Invitational (Pomona).

**March 14 (Sat.): Birmingham, England:** USA vs. Great Britain (M&W), Birmingham, England. TAC/USA, P.O. Box 120, Indianapolis, IN. 46206. (317) 261-0500.

**March 18-19 (Wed.-Thur): Tucson, AZ:** Arizona Decathlon.

**March 20 (Fri.): Seattle, WA:** Huskie Invitational.

**March 20-21 (Fri.-Sat.): Tucson, AZ:** Willie Williams Invitational.

**March 21-22 (Sat.-Sun.): Los Angeles:** Oxy Decathlon.

**March 21 (Sat.): Berkeley:** Golden Bear Meet of Champions.

**March 21 (Sat.): Long Beach:** Long Beach Relays (Long Beach).

**March 27-28 (Fri.-Sat.): Stanford:** Stanford Track & Field Festival (College only), Stanford University. Brooks Johnson, (415) 725-0759.

**March 27-28 (Fri.-Sat.): San Francisco:** San Francisco State Invitational Decathlon.

**March 28-29 (Sat-Sun): Goleta:** Santa Barbara Decathlon.

**March 28 (Sat.): Northridge:** Northridge Invitational (Cal State Northridge).

**March 28 (Sat.): Stanford:** Stanford Relays.

**April 4 (Sat.): Fresno:** Fresno Relays, Ratcliffe Stadium, FCC. All day.

**April 4 (Sat.): Azusa:** GSAC Championships (Azusa Pacific).

**April 4 (Sat.): Tempe, AZ:** Sun Angel Invitational (Tempe, Az) 6 p.m.

**April 4 (Sat.): Sacramento:** Stan Wright Invitational (open), Sacramento State. Joe Neff (916) 278-6208.

**April 11 (Sat.): Salinas:** Hartnell Throwers' Meet.

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# Jones Made Tracks After Dispute Over Her Personal Coach

National caliber sprinter left Rio Mesa High for Thousand Oaks after quarrel over control of her training.

ALTHOUGH MARION JONES refuses to discuss the topic, the standout athlete transferred from Rio Mesa High to Thousand Oaks eight weeks ago primarily because she has aligned with a personal coach—an arrangement that was unacceptable to Rio Mesa co-coach Brian Fitzgerald.

Marion Toler, Jones' mother, and Fitzgerald also refuse to discuss the transfer. But facts indicate that Jones' primary reason for switching schools was Fitzgerald's reluctance to let the four-time state sprint champion run for the Spartans this season if he had no say in her training.

Elliott Mason Jr., a training partner of Olympic gold medalist Evelyn Ashford from 1979-84 and former national-class quarter-miler, has been coaching Jones since August.

In addition to the secrecy shrouding Jones' reasons for changing schools, furor on several fronts relating to the transfer has yet to subside.

High school students move from school to school all the time without notice, but when an athlete the stature of Jones changes schools, everyone seems to be watching. Jones is a national-class sprinter with a legitimate shot at making the U.S. Olympic team in 1992 and also is a standout basketball player.

When Jones showed how easy it is for an athlete to jump from one school to another without being penalized as long

as the family changes residence, it opened a long-running debate on the high school transfer rules.

In addition, Jones' decision to play basketball at Thousand Oaks raised eyebrows among those in the track and field community who felt that she should concentrate solely on track in an Olympic year.

Some argue that it is foolish to risk injury playing basketball with the trials -- scheduled for June in New Orleans -- only five months away. Jones fueled those concerns when she sustained a fracture in her left wrist and a dislocated jaw after hitting the floor during a Marmonte League game at Simi Valley last week.

The injuries probably will end Jones' junior season of basketball, but she is expected to be fit for the outdoor track season this spring.

In the meantime, debate over both her decision to transfer and to play basketball continues, although Jones herself has refrained from joining the discussion, particularly the move to Thousand Oaks.

Track considerations seemed to outweigh those of basketball for Jones when she switched schools. Jones (5-foot-11), an All-Southern Section Division II basketball selection as a sophomore, joined a Thousand Oaks team that won the Division I-A championship last year. She was averaging 17.2 points and 10.1 rebounds a game before

John Ortega, Times Staff Writer,  
San Fernando Valley Edition of LA Times

she was injured.

Mason will design workouts for Jones, 16, this spring when she joins the Lancer track and field team.

Thousand Oaks track Coach Art Green, who has guided the Lancers to four second-place finishes in the Southern Section championships since 1978, said he has no problem with the arrangement.

"From the beginning, (Elliott and I) had a lot of the same ideas about what to do with her," Green said. "I emphasized the team aspect with him and he agreed. . . .The way it's been handled has gone very smoothly and to my liking."

Mason, 46, a counselor at L.A. Harbor College, ran a personal best of 45.9 seconds in the 440-yard dash for the Southern California Striders in 1968 after competing for the University of Redlands from 1964-67. After graduating from Redlands in 1967, he earned master's degrees from Yale (divinity) in 1971 and from Stanford (counseling psychology) in 1972. He received a doctorate in psychology from the California School of Professional Psychology in 1974.

Mason said that he became acquainted with Jones' mother last track season while attending several meets in which his nephew, Jeremiah Aguolu of Harvard-Westlake High, competed. Toler, who moved from Sherman Oaks to Oxnard in 1989 so that her daughter could attend Rio Mesa, approached Mason last summer about coaching Jones, and he accepted. He said he is not being paid to coach her.

"My number one concern with Marion is holding her back and not pushing her too hard," Mason said. "I'm thinking about Marion and her health more than anything else."

Mason said Toler did not spell out all the reasons why she sought a personal coach for her daughter, but he implied that Jones had been over-raced at Rio Mesa, pointing out that she had a stress

fracture in her left foot when she won state titles in the 100 and 200 as a freshman.

"She shouldn't have run with a stress fracture," Mason said. "She shouldn't have had a stress fracture."

FitzGerald, however, did not know Jones had a stress fracture until several days after the state meet when X-rays revealed the injury. Jones was injury-free during the outdoor season as a sophomore.

FitzGerald's refusal to let Jones run for Rio Mesa with Mason -- or anyone else -- calling the shots is not surprising, considering that he coached her to consecutive state titles in the 100 and 200 in 1990 and '91.

FitzGerald guided Rio Mesa's Angela Burnham to five state sprint titles from 1986-89. He is proud of what his athletes have accomplished during his 12 years at the Oxnard school.

"I don't claim to have made these



Photo by Bill Leung, Jr.

## Marion Jones' Track Career

<u>Year</u>	<u>Age</u>	<u>School</u>	<u>Best Time</u>	<u>HSL</u>	<u>USL</u>
1989	13	Pinecrest	12.01 (100m)	33	---
			24.46 (200m)	26	---
			56.98 (400m)	---	---
1990	14	Rio Mesa	11.62	3	29
			23.70	3	30
			54.21	4	46
1991	15	Rio Mesa	11.17	1	6
			22.76*	1	5
			52.91	1	22

### Finishes in major meets:

1990: California state high school 100 meters--1st, 200--1st.

1991: The Athletics Congress 100--8th, 200--4th; TAC Junior (19&U) 100--1st, 200--1st; California state high school 100--1st, 200--1st.

HSL (Place on U.S. high school performer list);

USL (Place on U.S. performer list)

\*National high school record.



Photo by Kirby Lee

sprinters," he said. "But I think I've done some things with them that have worked and I take pride in that. . . I'm not a person whose ego is so big that I can't learn something from someone else, but I also think that (Marion and I) achieved a lot last year."

Jones was named *Track & Field News'* 1991 high school girl athlete of the year,

the first sophomore to win the award.

Her finest moment came at The Athletics Congress championships in Randall's Island, New York City, in June, when she finished fourth in the 200.

She missed a berth on the U.S. team that competed in the World Championships in Tokyo by only five-hundredths of a second in that race and set a national junior (age 19 & Under) and high school record of 22.76 seconds at age 15.

In addition to her records in the 200 last season, Jones moved into a tie for second on the all-time high school list in the 100 with a time of 11.17, and her personal best of 52.91 in the 400 led the yearly national high school list in that event.

"She had a fantastic season," FitzGerald said in late June. "She might have had the greatest sprint season ever by a high school girl."

That was not enough to keep her at Rio Mesa, however.

On Nov. 20, she visited the Thousand Oaks campus with her mother, apparently working out the details of a transfer. The next day she withdrew from Rio Mesa and shortly thereafter enrolled at Thousand Oaks.

There had been speculation that Jones wanted to reduce the number of high school meets she ran in order to concentrate on the Olympic Trials. However, she said that she foresees no drastic reduction in the number of high school meets she will run.

"I'm going to try and have as normal a season as possible," she said. "Basically, I plan on running in the same meets as I did last year."

Some speculated that Jones transferred because she wanted to play for a top-notch basketball program. Although she led Rio Mesa to a 16-8 record last season, the Spartans, who finished third in the Channel League, are not in the same class as Thousand Oaks.

On top of that, four starters returned for Thousand Oaks this season, including Ventura County Player of the Year Michelle Palmisano. Jones would have been the only returning starter for Rio Mesa.

Al Walker, the girls' basketball coach at Rio Mesa, disputed that basketball was a consideration.

"Her transfer had nothing to do with any dissatisfaction with our basketball program," he said. "When she first transferred, certain people implied that that was the case, and it's simply not true."

Bill Duley, the Agoura High boys' and girls' cross-country and track coach, said in November that FitzGerald might be relieved that Jones had transferred.

According to Duley, FitzGerald was weary of criticism directed his way as Jones made her meteoric rise toward the upper echelons of the U.S. sprint scene last season.

Duley said that FitzGerald appeared mentally drained after the TAC meet, at which he was criticized via the grapevine by several track coaches who had never met him and knew little, if anything, about his coaching techniques.

Duley added that FitzGerald told him on a flight from New York to the TAC junior meet in Blaine, Minnesota, that Jones, who is black, was being maligned for having a coach who was not black. Mason is black.

"A lot of things went on," FitzGerald said about Duley's comments. "But I'd rather not make them public. The public doesn't need to know."

Although Jones might keep silent about her reasons for transferring, she said the move has gone smoothly.

"Everybody welcomed me with open arms," she said. "It wasn't hard adjusting. Everyone made me feel right at home from the start."

# California

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## Running Mechanics

THE RESEARCH that has been done on running mechanics is inconclusive as to whether changing a runner's natural cadence and style will enhance running efficiency. Researchers at the Olympic Training Center in Colorado Springs do, however, point out that increasing a turnover that is in the low 80's per minute to somewhere in the 90's will enhance efficiency in the use of the oxygen that reaches the working muscles. They also point out that the more elite the runner the farther the foot strikes the surface back under the runner's center of gravity.

If we apply these two proven factors to our running style we should be able to improve our running efficiency, that is, run faster for a given distance on the amount of oxygen that reaches the working muscles. To illustrate the above-mentioned facts, we cite the example of this year's hottest triathlete, Mike Pigg. By diligently working on turnover and foot strike Mike has improved his 10K time by approximately 2 minutes. Mike has always relied on his superior prowess on the bike to win and would often get run down in the final leg during

The fault that was common in all of these outstanding young runners was overstriding by extending the foreleg too far ahead of the knee and striking the ground too far ahead of the center of gravity. The films also showed that the foot first made contact with the track on the back of the heel while the foot was still traveling forward.

When the above happens the runner uses time and energy to pull the body ahead of the foot before the push phase can start. This is also the basic reason for excessive vertical oscillation.

### Proper running mechanics has four phases:

1. The foot strike
2. The support phase
3. The push off, and
4. The recovery

Those runners who can eliminate the pull phase (the 5th phase of running have a distinct advantage.)

The key to eliminating the pull phase is found during the recovery. As the leg is ex-

As the toes leave the ground the knee must be vigorously thrust forward and the foot brought directly under the buttocks and not allowed to drift upward and behind the buttocks forming a long slow lever with too much separation between the upper and lower leg. As the foot is brought up under the buttocks the toes are lifted and the foot is thrust slightly ahead of the knee putting the achilles on stretch then brought quickly back under the center of gravity, striking the ground at the front part of the heel where the flexible part of the foot begins.

The instant that the foot is flat against the ground the center of gravity is directly over it, bearing all of the body's weight during the support phase. As this is happening the arch is stretched and as soon as the center of gravity gets ahead of the arch it springs back to its normal shape while at the same instant the achilles shortens to its original length, applying a quick impulse to the ground, pushing the earth backward and thrusting the body forward.

Running is a series of accelerations and decelerations since the body loses contact with the ground during the recovery stage of every stride. This makes it imperative to get the foot back into contact with the ground as quickly as possible.

Runners can be told a thousand times that they are overstriding and bouncing up and down too much but until the muscle fibers are retrained through hours of drills, nothing will improve.

### Quick Step Drill:

1. Walk for 45 seconds by lifting the heel and stepping over the opposite ankle getting the foot on the ground as quickly as possible. (When done correctly, each stride will only be about 6 inches in length). When the foot strikes the ground, get off of it as quickly as possible. The right or left foot should turn over at least 50 times in the 45 seconds.

2. Do the same thing while running at a slow pace for 60 seconds. (A minimum of 90 turnovers). The stride will automatically lengthen due to increased velocity but you must make

Running is a series of accelerations and decelerations since the body loses contact with the ground during the recovery stage of every stride. This makes it imperative to get the foot back into contact with the ground as quickly as possible.

the run. In 1991 Mike has won 8 out of 10 of the races that he has entered and has been able to match his opponents during the run.

Over a 5 year period at Colorado Springs over 200 Jr. elite distance runners were tested by running 1200 meters while being filmed with high speed video film, then analyzed through frame-by-frame in super slow motion.

tended during the push phase the heel is up and the toes are extended against the ground. As the foot leaves the ground it is well behind the center of gravity so the quicker the foot can be brought in under the center of gravity the quicker it can strike the ground again. No power can be applied while the feet are off the ground.

*continued next page...*

sure the foot strikes the ground under the center of gravity on the flat part of the foot while it is being brought back under the center of gravity.

### Recovery Drill:

1. Balance on one foot with the opposite leg extended so that the heel is up and big toe and middle toe are barely touching the ground. At this point the center of gravity is ahead of the recovering foot. Thrust the knee forward letting the leg bend, while bringing the heel directly under the buttocks. When the foot is directly under the center of gravity, lift the toe while extending the lower leg slightly ahead of the knee and then bring it back un-

der the center of gravity in a pawing action. Repeat several times with each leg.

2. Repeat this action while walking.
3. Repeat this action while running slowly.
4. Repeat while running fast, totally relaxed.

The arms, of course, must be used in coordination with the leg movements. The arms must be moved without the help of any shoulder action and the hands travel in a direct line to the breast and then to the back of the hip.

### Push-off (power phase) drills:

1. While walking with short quick steps push quickly against the ground with the flexible part of the foot. Do not lift the foot. Push

until the toes leave the ground.

2. Repeat while running at a slow pace.
3. Skipping -- quick skipping emphasizing the knee thrust and quick return to the ground.

Don't be afraid to look like an elite runner when you race. To further develop your running efficiency run short repeats at 98% of VO2 Max pace (3K-5K pace). These are called rhythm reps and are from 200-400M in duration. Videotaping of this workout with slow motion and stop action frame-by-frame analysis will show the runner and the coach exactly what is happening with the runner's biomechanics.



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## 20th IAAF World Cross Country Championships

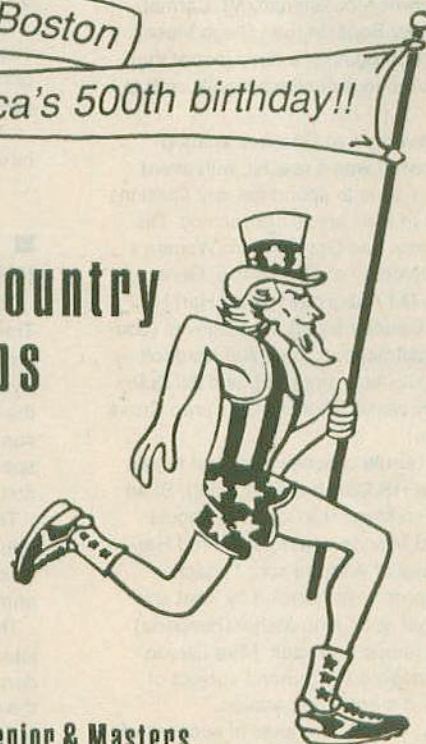
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Saturday, March 21, 1992

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**International Veteran's  
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**TAC/USA National Junior, Senior & Masters  
Cross Country Championships**  
Saturday, November 30, 1991



# PREP NOTES

By KEITH CONNING

## SOUTHERN CALIFORNIA PREP NOTES

from Doug Speck

### ■ THIRD CALIFORNIA COACHES ALLIANCE TRACK & FIELD AND CROSS COUNTRY CLINIC

The Third California Track and Cross Country Coaches Alliance Clinic was held Saturday, January 11th at Mt. Carmel HS in San Diego. With assistance from The Athletics Congress Women's Development Committee and Western Development Committee, Meet Directors Dennis McClanahan (Mt. Carmel HS) and Manny Bautista (San Diego Mesa CC) tried to put together a clinic format that would be suited to an entire school's staff to attend.

For the seventy-five Coaches in attendance the format was a real hit, with event area coaches able to spend full-day sessions with experts in their areas of coaching. Distance programs had Gary Wilson (Women's Coach at University of Minnesota), Gene Blankenship (#1 nationally ranked Hart HS Boys Cross Country team), Ken Reeves (double State Small School Champion Nordhoff (Ojai) Cross Country program), and Bill Duley (#1 nationally ranked Agoura Girls prep Cross Country team).

Sprint and hurdle coaches had Paul Kinder (San Pasqual HS Coach of Erin Blunt), Brian Fitzgerald (Rio Mesa HS Coach of Angela Burnham and Marion Jones), and Fred Harvey (University of Arizona sprint coach).

Weight events were handled by Kent and Ramona Pagel, with John Maher (Hesperia) handling the jumps and vault. Mike Larson (Vacaville) covered the general subject of motivation and mental preparation.

Amazingly, despite the level of success of their programs over a period of time, many of the above prep coaches had never spoken at a clinic. It was very apparent to those in at-

tendance that the success of the discussed coaching programs were no accident, with the quality of information the equal of any clinic ever held in the State.

A sidelight to the clinic was the presentation during the included luncheon of American Athletics/Coaches Alliance Section Coach of the Year awards to those Coaches present. San Diego Section Boys Track—Mike Klepper (San Diego Morse), Girls Track—Dennis McClanahan (Mt. Carmel), Los Angeles Section Boys Track—Scott King (Birmingham, Van Nuys), Girls Track—Ed Paculba, and Southern Section Girls Track—Jim Brownfield (Muir, Pasadena), Girls Cross Country—Tom Coffey (Tustin).

Comments from attendees included the following:

"I like the four area format! Excellent for entire staffs. All speakers I heard were very good!"

"Great hearing the mix of both seasoned successful Collegiate Coaches and High School Coaches from large and small schools."

"This was the best Track and Field Clinic I have ever been to! Super!"

### ■ NATIONAL SCHOLASTIC INDOOR CHAMPIONSHIPS

The Ninth Annual National Scholastic Indoor Track & Field Championships will be held Saturday and Sunday, March 14th and 15th at Syracuse University in New York. Annually the big highlight of the prep undercover season, the 1992 event promises to have all the spectacular participation and results of the first eight affairs.

The 1991 competition featured six national prep indoor records headlined by Melody Fairchild's amazing 9:55.92 for two miles and Juliana Yendork's 43-11 1/2 triple jump record.

The Meet is open to high-school age athletes born 1973 or later, with qualifying standards listed on the entry blank available from the organization running the Meet, The Metropolitan Athletics Congress, Inc. (212) 227-0071 (fax) (212) 227-0756.

A number of Californians have traveled to the Meet in recent years, with the big 200 me-

ter track in the 52,000 seat Carrier Dome at the University of Syracuse a great setting for a track and field meet. Special fares to the Meet are available from USAir, Gold File Number 23860055 (Meet travel agent—Roberts Travel—Selma Coyne (800) 827-6404).

### ■ JEFF BUCKEY WINS AWARD



Jeff Buckey (Bakersfield) and Katherine Smith (Logan, Ohio) were winners of the "Dial Award" National Prep Athlete of the Year at Washington DC's "Touchdown Club" banquet on January 18.

### ■ PREP RESULTS

Last month's issue did not include results from the part of the San Diego Section...

#### Division I Girls:

1. Milena Glusac (Fallbrook) 14:31, 2. Susan Scott (Mt. Carmel) 15:15, 3. Rita Hermiz (Mt. Carmel) 15:20, 4. Wendy Murphy (West Hills) 15:23, 5. Kathleen Carl (Mt. Carmel) 15:55, 6. Sara Smith (Mt. Carmel) 16:12, 7. Kim Wright (Mt. Carmel) 16:13, 8. Jennifer Vergith (Mt. Carmel) 16:15, 9. Licia Pedroza (Mira Mesa) 16:24, 10. Zeda Reda (Hoover) 16:28.  
Team Scores: 1. Mt. Carmel 23, 2. Poway 112, 3. Rancho Buena Verdes 119.

## PREP NOTES

## Mt. SAC Invitational

By DOUG SPECK

October 18, 19. Walnut.

The nation's biggest (375 schools and 7500 athletes) and highest quality Invitational, the Forty-Third Annual Mt. SAC/Walnut High School Invitational took place the weekend of October 18 and 19th. Unfortunately, the extreme heat that had plagued California since the start of the school year stuck around through this, severely slowing those schools who had to run in the afternoon. The weather was fine for the Saturday morning's races, with the Boys' Individual and Team Sweepstakes Races escaping torrid temperatures. The Girls Sweepstakes events took place as the weather started to creep up through the 80s into the mid-90's, with efforts there and on Saturday afternoon definitely affected by the heat. As a matter of fact, in a Mt. SAC first, the top County medical official in attendance, part of a paramedic crew that worked through most of the afternoon on downed runners from the heat, came to Meet management at 2:50 and expressed real concern for continued safety of runners under the conditions. No one argued with his opinion, with the last half an hour of races, including a Boys and Girls Varsity race for late entrants, was cancelled. Once again, smaller schools raced on Friday, with the Group II (Medium-sized) on Saturday morning, with the larger school on Saturday afternoon.

The enrollment grouping at Mt. SAC have Friday's Division III including State Division IV (1-938) plus the lower end of State Division III (up through about 1100). Some better races were set up for those schools. San Marino, under Coach Phil Ryan, was the winner of both the top Girls and Boys races at that level, with the Titan Boys especially impressive after graduating the majority of their 1990 State Championship Division III squad. Jason Brown (Bret Harle, Altaville) took that top Friday Boy's race at 16:06 in edging Anthony Fisher (Maranatha, Sierra Madre) 16:09, with San Marino scoring 93 points (86:22) to take Corona del Mar, which gapped 29 seconds 1-5 with 100 points (87:12). Top Division IV school statewide in the race was Bell-Jeff (Burbank) in third at 118 (86:50), with the local Small schools very, very competitive each

week, and exciting Section action at that level assured. It was said that State top-ranked Division IV power Nordhoff (Ojai) ran without one of its top runners in its 5th place finish (145-88:26). David Rojas (Moorpark) looked very good in a solo 16:22 race win on Friday.

San Marino took the Girls race with 56 points (104:55), led by the 4th place finish of Marjorie Hsu (19:40). Fillmore, led by the 1-2 finish of Mari-bella Aparicio (18:34 fastest of day) and Nikki Shaw (19:16) was 2nd at 72 (104:02) to lead the State's Division IV schools in attendance.

Other strong efforts on Friday were from a heat-winning Central Section Division IV school, Coalinga, which totalled 90:22 (giving the Central Section with Corcoran and McFarland already) more strong teams at that level than Section spots in the State Meet. The LaReina Girls team was a strong race winner at 112:29, with the Division IV school led by Jamie Kendig, a big individual winner at 19:44.

Saturday's action is highlighted by mid-morning Sweepstakes Races, with Team events for loaded squads and Individual runs for schools with one or two stars. The Boys Team Sweepstakes, featuring #1 ranked nationally Hart (Newhall) and #3 Madera, was the first of the special events, with Hart comfortably handling the Central Section power two weeks previous at Stanford. Here it would be much closer. Margarito Casillas (Hoover, Glendale), 9:18 last year as a soph for 3200m in track, and Ryan Wilson (Agoura), another fine eleventh grader, set the early pace in the race, with Hart having two in the top group as the field came through the first half mile. Hart was running without their #3 runner this day. Casillas continued to lead through the mile at 4:53, with the team event very, very close between Madera and Hart up through that point. Peninsula (Rolling Hills Estates), with one of the first races back for very talented Goss Lindsey, was looking good also. Off the tough Switchback loop after the mile, Casillas stretched his lead to 20 yards over Ryan Wilson. As the race headed up to the steep "Poop-Out" hill Madera had three in front of Hart's #3 runner. Back behind "Poop-out" and up and

over "Reservoir" Hill the race rolled, with Casillas having a very narrow lead over surprising Fernando Mendoza (Channel Islands, Oxnard) as the event came down on to the airstrip with a quarter of a mile to go. Keith Grossman (Hart) led the team charge behind Wilson in 4th, with Eric Kropf and Polo Duarte, both of Madera running 5-6. Dan Minami (Peninsula) led an impressive charge by his team in 7th. Casillas held off Mendoza 15:15-15:20, with the

with the foursome of T.J. Reyes (Lakewood), Jeff Wilson (Newbury Park), Todd Tressler (San Marcos, Santa Barbara), and Lucio Brito (Santa Ana Valley) at 4:45 at the mile. After the run over the steep switchback hill loop it was Reyes and Wilson battling for the lead with about 50 yards over surprising Froylen Sanchez (St. Francis, La Canada), with Tressler running in fourth. Soph Eric Dunn (Arroyo Grande) was fifth. Up



Left to right: KAY NEKOTA, LAURA HAYWARD and CHRISTY CAMP

Photo by Philip Enbody

team struggle an interesting one to figure out. Hart ended up going 4-10-16-19-28 (77-81:13), with Madera 5-6-14-29-34 (88-81:32), and surprising Peninsula 7-9-13-20-60 (109-81:57). It was one that you could not put together in your head as the runners streamed by, but was a good show by three of the nation's best. Peninsula will have to be considered among the top ten in the nation after this performance.

The Boys Individual Sweeps was next. A large group was out quickly,

the steep 100 yard "poop-out" hill Wilson started to pull away from Reyes, with that margin out to thirty yards over the top of Reservoir Hill. Dave Hamer (Covina) led a second group at the top of the last hill. During the run-in Wilson continued to power away, racing the weekend's fastest time, a 15:08, with Reyes next at 15:26 and Tressler 15:34.

Jeff Wilson continued his magical undefeated season which has him currently considered as the top prep in the State, and in a wide open year nationally, very capable of high Kinney National Finals honors.

The Girls Individual Sweepstakes race had some super runners, led by Milena Glusac (Fallbrook-5 course

continued next page...

# California Track and Cross Country Coaches Alliance

## PREP NOTES

records in 5 Invitationals this Fall), Kinney National Finalist Carrie Garritson (Sunny Hills, Fullerton), and Stacey Auer (1000 Oaks), Glusac powered the first 440 under 70 seconds, with Garritson fighting for contact through the entire first mile. Others running strong, but in a distant second pack, were Auer, Christina Blackmer (Upland), Robin Heidt (Canyon, CC), Laura Monson (Claremont), Magi Marginez (Wood, Vacaville), Veronica Barajas (Channel Islands, Oxnard), Tanja Brix (University, Irvine), and Robin Snowbeck (University, L.A.). Glusac continued to fly up front, rolling through the mile alone at 5:16. Auer, Heidt, Martinez, Blackmer, and Brix trailed. Milena continued to power, racing off the Switchbacks with a 60 yard lead, leaving some of the best

17:16 Course Record. Sailing on into and down the airstrip to the finish, the Fallbrook star appeared to finish very, very close to the record if she had not bettered it. Garritson continued to roll, racing 18:05 in second, with Robin Heidt 3rd, Blackmer 4th, and Brix 5th. It became a bit ugly for Stacey Auer, as she staggered up the final small hill to the finish in 6th, with Ackerman running a great second half of the course to place 7th. Glusac's official time of 17:18 was truly amazing, easily the hottest under conditions which by the time of this race were in the low 80's. The course seemed a bit slower this year than in others, with the long period of dry weather leaving the course trail dusty and anything but hardpacked.

Saturday's Girls Team Sweep-

Californians in the Sweeps event.

Edison's Shelley Taylor, one of the nation's finest, led the Team Sweeps event individually through the first quarter mile, with Agoura making its presence known solidly, with three in the top five early, and six in the top twenty through the first mile. The first mile was relaxed, just over 5:30, with Agoura still strong, running 2-3-4 with Kay Nekota, Laura Hayward, and Kristie Camp. Edison, Peninsula, and Mt. Carmel looked to be factors in the team contest through the mile. As the event approached two miles Agoura was firmly in control of the team race, with Peninsula and Edison looking strong. Taylor continued to roll on the warm morning, maintaining a 50 yard margin over Nekota through to the finish in winning 18:13-18:22. Agoura, without frosh star Amy Skieresz finishing, still went 2-5-9-23-31 for (70-96:51), with Peninsula 4-8-13-35-40 (100-98:36), Edison 1-17-18-34-39 (109-99:06), and Mt. Carmel 22-24-28-36-49 (159-101:46 without #1 runner Susan Scott who is nursing a slight knee injury). Continuing on back, in 5th was Irvine (162-102:02), 6th Arroyo Grande (164-101:30), 7th Hart (181-102:30), and 8th Monument Valley (159-103:28). Remember, Monument Valley was ranked #17 in the entire nation prior to the start of the race!!

Last year San Pasqual (Escondido) worked their way up through the rankings on the way to State Titles on the Boys and Girls side. This year they had just too much talent coming back, were rated big pre-season favorites on both the Boys and Girls side statewide, and were given #5 (Boys) and #4 (Girls) rankings nationally by *Harrier Magazine* recently. Coach Will Wester decided to opt out of the Sweepstakes events, with the Boys racing the quickest team time of the day in going 1-4-6-8-38 (57-81:05) in a morning race. The Golden Eagle Girls were just as dominating, going 1-2-7-15-21 (46-98:34) for the day's #2 team time.

A number of other teams and individuals were impressive during the day. El Modena (Orange), a Girls group that had laid pretty low thus far this season, showed its Division II statewide power with a second behind San Pasqual in their race at 1:03:00. La Jolla Girls continued to steadily improve, here 104:16, to move into the State Division III rankings (a division they dominated statewide last Fall). The Newbury Park Girls team is very young and showed themselves as a State Division III threat off a nearly 10 minute team time victory in their race at 106:58. The Madera Girls edged El Capitan 56 (102:24)-73 (103:59) in a strong effort by both teams. Frosh Liz Robles (Baldwin Park) was an impressive af-

ternoon winner in the heat over Erica Sumi (Wilson, Long Beach) 19:56-20:13.

On the Boys side Jesuit of Sacramento showed strength in an 83:45 race winning effort. Scott Carvelli (Santa Teresa, 1:55.40 last spring over 800m as just a ninth grader,



MILENA GLUSAC

Photo by Philip Enbody

looked very strong in a very hot Saturday afternoon 16:27 winning race effort. David Inias (Belmont, L.A.) was 16:18 in winning a race in 95 degrees, 71% humidity, and extreme smog late Saturday afternoon.

\* In following results (Frosh or soph athlete from other races were added in to team times to timewise get absolute comparisons).

**Results: (Girls) (Friday) - Division III (Small Schools) (#15-Var)** 1. Heather Slate (Capistrano Valley Christian, San Juan Cap) 22:01. **Team:** 1. Bishop Union 106 (126:24). **(#16-Var)** 1. Karen Molinder (Western Christian, Covina) 20:56. **Team:** 1. Hopi (Az) 40 (116:27). **(#17-Var)** 1. Aparicio (Fillmore) 18:34, 2. Shaw (Fillmore) 19:16, 3. Dien (La Canada) 19:22, 4. Hsu (San Marino) 19:40, 5. Pengra (La Canada) 19:47, 6. Parkinson (Orange Lutheran) 19:48, 7. Bendz (Costa Mesa) 20:02, 8. Castellanos (L.A. Baptist, Sepulveda) 20:05, 9. Davidson (Bret Harte, Altaville) 20:18. **Teams:** 1. San Marino 56 (104:55), 2. Fillmore 72 (104:02), 3. Lutheran (Orange) 106 (108:54), 4. La Canada 115 (108:35), 5. Nordhoff (Ojai) 126 (111:00), 6. Laguna Beach 160 (114:58). **(#18-Var)** 1. Jamie Kendig (La Reina, 1000 Oaks) 19:44. **Team:** 1. La Reina 52 (112:29). **(#19-Var):** 1. Amy Snider (Taft) 20:33. **Team:** 1. McFarland 64 (112:42).

Saturday Division II (Medium Size



FERNANDO MENDOZA (left) and MARGARITO CASILLAS

Photo by Kirby Lee

runners in the country staggering in her wake. Melissa Ackerman (Castro Valley) crept towards the top half dozen towards the two mile point. At the top of the last Reservoir Hill, with a half a mile to go, Glusac was right around 14:30, giving her a shot at the

stakes event featured the top group of Varsity teams ever gathered for a U.S. High School race. Featured in the event (from *Harrier Magazine* rankings) were #1 nationally, Agoura, #7 Mt. Carmel (San Diego), #8 Edison (Huntington Beach), #11 Arroyo Grande, #15 Peninsula (Rolling Hills Estates), and #17 Monument Valley (Kayenta, Az). A feature article in the *Harrier Magazine* discussed the Arizona school coming in and handling the

# California Track and Cross Country Coaches Alliance

## PREP NOTES

**Schools (#28-Var)** 1. Melissa Keim (San Pasqual, Escondido) 18:36, 2. Deanna Hadley (San Pasq) 18:55, 3. C. McFadden (St. Francis, Sacto) 19:30, 4. Kristina Dahlberg (El Modena, Orange) 19:33, 4. Natalie Austin (El Modena, Or) 19:33, 6. Dawn Cabitac (Florin, Sacto) 19:36, 7. Erin Blunt (San Pasq) 19:45, 8. M. Muething (Amador Valley) 19:56. **Teams:** 1. San Pasqual 46 (98:34), 2. El Modena 98 (103:00), 3. La Jolla 119 (104:16), 4. Santa Margarita (Rancho, SM) 131 (104:44), 5. Laguna Hills 142 (105:20), 6. South Hills (W. Covina) 150 (106:05). **(#29-Var)** 1. Kristi Tribble (Los Altos, Hacienda Heights) 20:04. **Team:** 1. South Pasadena 52 (105:29). **(#30-Var)** 1. Sarah McDougall (Crescenta Valley, La Crescenta) 19:12. **Teams:** 1. Newbury Park 40 (106:58), 2. El Degaron (Bishop Montgomery, Torrance) 20:31. **Team:** 1. University City (San Diego) 110:20. **(#32-Var)** 1. Sherrie Donovan (Madera) 19:41, 2. Tina Schroyer (Rio Mesa, Oxnard) 19:59. **Teams:** 1. Madera 56 (102:24), 2. El Capitan (Lakeside) 73 (103:59).

**Division III (Large Schools-Saturday afternoon) (#52-Var)** 1. Gabriela Rodriguez (Oxnard) 19:57, 2. T. Reader (Camarillo) 20:18. **Teams:** 1. Buena 69 (108:59). **(#53-Var)** 1. J. Sanchez (Hueneme, Oxnard) 20:06. **Teams:** 1. Temecula 51 (113:13). **(#54-Var)** 1. L. Robies (Baldwin Park frosh) 19:56, 2. Erica Sumi (Wilson, Long Beach) 20:13. **Teams:** 1. Wilson (Long Beach) 36 (108:43). **(#55-Var)** 1. Kelly Dearborn (Alta Loma) 19:58. **Teams:** 1. Redlands 68 (117:20). **(#56-Var)** 1. Christie Ayuso (Burbank) 20:18. **Teams:** 1. Burbank 89 (121:50).

**Sweepstakes Races (Divisions Saturday combined) (Individual Sweeps)** 1. Milena Glusac (Fairbrook) 17:18, 2. Carrie Garrison (Sunny Hills, Fullerton) 18:05, 3. Robin Heidt (Canyon, Canyon Country) 18:45, 4. Christina Blackmer (Upland) 18:55, 5. Tanja Brix (University, Irvine) 19:13, 6. Stacy Auer (1000 Oaks) 19:18, 7. Melissa Ackerman (Castro Valley) 19:20, 8. Magi Martinez (Wood, Vacaville) 19:30, 9. Erin Aten (Bonanza, Las Vegas) 19:37, 10. Jessica Graham (Westlake, West VI) 19:49, 11. Melanie Hand (Fairbrook) 19:49, 12. Kellie Perkins (Upland) 19:52, 13. Taryn Lawson (Ocean View, Huntington Beach) 19:58, 14. Nicole Silva (Aptos) 20:02. **Teams:** 1. Upland 127 (102:57), 2. Ocean View (Huntington Beach) 146 (104:31), 3. Aptos 159 (104:56), 4. Claremont 168 (105:50), 5. Fairbrook 193 (104:31), 6. Canyon (CC) 194 (105:35). **(Team Sweepstakes)** 1. Shelley Taylor (Edison, Huntington Beach) 18:13, 2. Kay Nekota (Agoura) 18:22, 3. Kim Nelson (Canyon, Anaheim) 18:45, 4. Yoko Senga (Peninsula, RHE) 18:49, 5. Laura Hayward (Agoura) 18:54, 6. Angela Orefice (Arroyo Grande) 18:57, 7. Danielle Bornfield (Monument Valley, Az) 18:59, 8. Maya Muneno (Peninsula, RHE) 19:06, 9. Kristie Camp (Agoura) 19:12, 10. Kelly Roda (Irvine) 19:30. **Teams:** 1. Agoura 70 (96:51), 2. Peninsula (RHE) 100 (98:36), 3. Edison (Huntington Beach) 109 (99:06), 4. Mt. Carmel

(San Diego) 159 (101:46), 5. Irvine 162 (102:02), 6. Arroyo Grande 164 (101:30), 7. Hart (Newhall) 181 (102:30), 8. Monument Valley (Az) 214 (103:28), 9. El Toro 237 (104:50), 10. Canyon (Anaheim) 255 (105:53), 11. Belmont (LA) 261 (105:51), 12. Mills (Millbrae) 271 (106:25), 13. Dana Hills 290 (106:59).

**(Boys) (Friday) - Division III (Small Schools) (#7-Soph)** 1. Mark Hauser (St. Augustine, San Diego) 17:16. **(#9-Var)** 1. Mel Konian (Mammoth) 17:47. **Team:** 1. Woodcrest Christian (Riverside) 57 (95:05). **(#10-Var)** 1. Jeremie Perry (Bonanza, Las Vegas) 17:15. **Team:** 1. North Tahoe, Tahoe 74 (99:13). **(#11-Var)** 1. Auguy (Coalinga) 17:06, 2. Ericson (Whittier Christian, La Habra) 17:14. **Team:** 1. Coalinga 37 (90:22). **(#12-Var)** 1. L. Malcantos (Sherman Indian, Riverside) 16:55, 2. J. Malcantos (Sherman Ind, Riv) 17:10. **Team:** 1. La Salle (Pasadena) 44 (90:22), 2. 29 Palms 55 (91:22). **(#13-Var)** 1. Davis Rojas (Moorpark) 16:22, 2. Ramon Serratos (Duarte) 17:10, 3. Jed Saueressig (Yosemite, Oakhurst) 17:10. **Team:** 1. Yosemite (Oakhurst) 68 (92:02), 2. Moorpark 77 (91:46). **(#14-Var)** 1. Brown (Bret Harro, Altaville) 16:06, 2. Fisher (Maranatha, Sierra Madre) 16:09, 3. Castner (Oak Park) 16:26, 4. Hillman (San Marino) 16:27, 5. Fartin (Crossroads, Santa Monica) 16:30, 6. L. Diaz (Bell-Jeff, Burbank) 16:40, 7. Orosco (Talt) 16:44, 8. Ripley (Laguna Beach) 16:47, 9. J. Diaz (Bell-Jeff, Burbank) 16:49. **Teams:** 1. San Marino 93 (86:22), 2. Corona del Mar 100 (87:12), 3. Bell-Jeff (Burbank) 118 (86:50), 4. Oak Park 129 (87:32), 5. Nordhoff (Ojai) 145 (88:26), 6. Talt 165 (88:39), 7. McFarland 200 (90:09), 8. Salesian (LA) 207 (90:23), 9. Maranatha (Sierra Madre) 230 (90:16).

**Saturday Division II (Medium Size Schools) (#33-Var)** 1. Brian Keim (San Pasqual, Esc) 15:25, 2. Eric Ricketts (Highlopp, Chula Vista) 15:27, 3. Chris Lynch (Laguna Hills) 15:47, 4. Nazario Romero (San Pasq) 15:57, 5. Gary Mitchell (South Hills, W. Covina) 15:57, 6. D. O'Neill (San Pasq) 16:11. **Teams:** 1. San Pasqual 57 (81:05), 2. La Habra 110 (84:05), 3. Laguna Hills 127 (83:52), 4. Santa Margarita (Rancho, SM) 147 (85:11). **(#34-Var)** 1. Terry Ghiselli (Crescenta Valley, La Crescenta) 16:34. **Team:** 1. El Capitan (Lakeside) 85:48. **(#35-Var)** 1. Vic Carter (Rim of World, Lake Arrowhead) 16:19. **Team:** 1. La Jolla 84 (86:47). **(#36-Var)** 1. J. Delhany (West Torrance) 16:27. **Team:** 1. Jesuit (Sacramento) 28 (83:45). **(#37-Var)** 1. Jason Kayne (Grossmont, La Mesa) 16:05. **Team:** 1. Yucipa 88 (87:08).

**Division III (Large Schools-Saturday afternoon) (#57-Var)** 1. Guenther (Buena, Ventura) 16:45. **Teams:** 1. Buena 35 (86:36). **(#58-Var)** 1. Scott Carvelli (Santa Teresa, San Jose soph) 16:27. **Teams:** 1. Santa Teresa (San Jose) 50 (87:39). **(#59-Var)** 1. Jaime Bastidas (Eisenhower, Rialto) 16:26, 2. Jose Villegas (Hoover, San Diego) 16:31. **Teams:** 1. Wilson (Long Beach) 80 (87:03), 2. Coachella Valley (Thermal) 100

(87:41), 3. Hoover (San Diego) 112 (87:29). **(#60-Var)** 1. J. Burbowski (Helix, La Mesa) 16:32. **Teams:** 1. Saugus 56 (87:31), 2. Helix (La Mesa) 69 (87:16). **(#61-Var)** 1. David Irías (Belmont, LA) 16:18, 2. Chadd Aldrich (1000 Oaks) 16:25. **Teams:** 1. Thousand Oaks 61 (85:19), 2. Belmont (LA) 84 (86:52).

**Sweepstakes Races (Divisions Saturday combined) (#38-Varsity Team Sweeps)** 1. Margarito Casillas (Hoover, Glendale) 15:15, 2. Fernando Mendoza (Channel Islands, Oxnard) 15:20, 3. Ryan Wilson (Agoura) 15:43, 4. Keith Grossman (Hart, Newhall) 15:53, 5. Eric Kropf (Madera) 15:59, 6. Polo Duarte (Madera) 16:01, 7. Dan Minami (Peninsula, RHE) 15:03, 8. Shawn Frack (Esperanza, Anaheim) 16:04, 9. Goss Lindsey (Peninsula, RHE) 16:05, 10. Paul DeLaCorda (Hart, N) 16:06, 11. James Roldan (Bishop Amat, La Puente) 16:07, 12. Mike Prindville (DeLaSalle, Concord) 16:09, 13. Brian Steip (Peninsula, RHE) 16:12, 14. Sean Rios (Madera) 16:12, 15. Chad Wenger (Mira Mesa, San Diego) 16:15. **Teams:** 1. Hart (Newhall) 77 (81:13), 2. Madera 88 (81:32), 3. Peninsula (RHE) 109 (81:57), 4. De La Salle (Concord)

186 (83:17), 5. Esperanza (Anaheim) 208 (84:02), 6. Camarillo 226 (84:36), 7. Agoura 227 (84:30), 8. Amador Valley (Pleasanton) 235 (84:44), 9. Bishop Amat (La Puente) 236 (84:23), 10. Claremont 257 (84:59), 11. Channel Islands (Oxnard) 267 (84:20), 12. Saddleback (Santa Ana) 272 (85:17), 13. Hoover (Glendale) 319 (84:36).

**Individual Sweepstakes:** 1. Jeff Wilson (Newbury Park) 15:08, 2. T.J. Reyes (Lake-wood) 15:26, 3. Todd Tressler (San Marcos, Santa Barbara) 15:34, 4. Eric Dunn (Arroyo Grande soph) 15:37, 5. Mark Hamer (Covina) 15:38, 6. Froylen Sanchez (St. Francis, La Canada) 15:44, 7. Jim Cera (Upland) 15:50, 8. Mike Moreno (Katella, Anaheim) 15:59, 9. David Mork (Fairfield) 16:03, 10. Mike Love (Katella, Anaheim) 16:05, 11. Jeff Arnold (York, Monterey) 15:07, 12. Chris Ray (Bonita, La Verne) 16:12, 13. Darren Holman (Sonora frosh) 16:17, 14. James O'Connor (Chino) 16:19. **Teams:** 1. Arroyo Grande 140 (83:33), 2. Katella (Anaheim) 173 (84:13), 3. Newbury Park 189 (84:26), 4. San Gabriel 191 (85:21), 5. Upland 203 (85:19), 6. Covina 220 (85:30).



KEITH GROSSMAN

Photo by Kirby Lee



RYAN WILSON

Photo by Phillip Erbody

# PREP NOTES

## California Coaches Alliance American Athletics 1991 Coach of the Year

In January, *American Athletics*, the quarterly track and cross country magazine based here in California, awarded its first section Coach of the Year Award for the 1991 track and cross country seasons. Working in conjunction with the California Coaches Alliance, coaches in 9 state sections, (Oakland and San Francisco were combined) were honored. These awards were given to both the outstanding track and cross country coaches of male and female programs. A total of thirty-four awards were given out statewide.

Criteria for the awards was based upon the following areas: coaching record, longevity, and contributions to the sport. Selected Alliance representatives in each section were responsible for determining the recipients in each section.

A special note of thanks goes out to Coach Brooks Johnson at Stanford for providing time during his clinic on January 17th for the honorees from the Sac-Joaquin, North, North Coast, Bay, and Central Coast to be recognized. The San Diego, Southern, and Los Angeles sections were honored during the luncheon of the TAC-Coaches Alliances Clinic in San Diego on January 11th.

Listed below are the honorees from each section. The California Coaches Alliance would like to congratulate the following coaches for the recognition you so richly deserve as well as thank American Athletics for their tremendous support of our sport and coaches.

—from Dennis McClanahan

<u>Section</u>	<u>Boys Track</u>	<u>Girls Track</u>	<u>Boys X-Country</u>	<u>Girls X-Country</u>
Los Angeles	Scott King Birmingham	Ed Pacuiba Banning	Gordon Weisenberger Belmont	Gordon Weisenberger Belmont
San Diego	Mike Klepper Morse	Dennis McClanahan Mt. Carmel	Will Wester San Pasqual	Bill Stock La Jolla
Southern	Kye Courtney Hawthorne	Jim Brownfield Muir	Jim Polite Walnut	Tom Coffey Tustin
North	Rick Pitsker Chico	Scott Fairly West Valley	Jim Eckman Yreka	Bob Wall Lassen
Bay Section	Marc Christensen McAteer		Andy Leong Lowell	
Central	Art Dalzell Bakersfield	Scott Semar Bakersfield	Doug Rudolf Mt. Whitney	Marty Simpson Buchanan
Central Cst	Terry Ward Bellarmine	Steve Filios St. Mary's	Don Dooley San Mateo	Ed Parker Mills
Sac-Joaquin	Ross Laxson Woodlands	Mike Wilson Vallejo	Ernie Gomes Casa Robles	Jim Meyers El Dorado
North Coast	Jay Lawson St. Mary's	Helen Lehman Carondelet	Rico Ballatti DeLaSalle	Ken Goetzel Santa Rosa

# KINNEY

## CROSS COUNTRY CHAMPIONSHIPS

### FINAL . . . KINNEY

### California State High School Cross Country Rankings

By Doug Speck, Steve Fagundes, and Correspondents around the state.

#### Division I

(2021 Students and above)

##### Men:

- Hart (Newhall #1)
- Peninsula (RHE #17)
- Madera (#3)
- San Gabriel
- Buena (Ventura)
- Mira Mesa (SD)
- Esperanza (Ana)
- Bell
- Overfelt (SJ)
- Thousand Oaks
- Hoover (Glendale)
- Arroyo Grande
- Fallbrook
- Saddleback (SA)
- Camarillo
- Poway
- San Diego
- Dana Hills
- Birmingham (W)
- Santa Ana Valley
- Channel Islands (Ox)
- Clovis West (Clovis)
- Wilson (Long Beach)
- Lakewood
- Upland

##### Women:

- Agoura (#1)
- Peninsula (RHE #8)
- Mt. Carmel (SD) (#11)
- Irvine
- Arroyo Grande (#14)
- Santa Rosa
- Wilson (Long Beach)
- Madera
- Hart (Newhall) (#13)
- Buena (Ventura)
- Belmont (L.A.)
- El Toro
- Channel Islands (Ox)
- Upland
- Ocean View (HB)
- Fallbrook
- Diamond Bar
- Canyon (CC)
- Poway
- Simi Valley
- Rancho Buena Vista
- Clovis West (Clovis)
- Leigh (San Jose)
- Palo Alto
- Gunn (Palo Alto)

#### Division II

(1519-2020 Students)

##### Men:

- De La Salle (Con)
- San Pasqual (Es)
- Del Campo (FO)
- Helix (La Mesa)
- Mission Bay
- El Camino (Sacto)
- Jesuit (Sacto)
- La Habra
- Agoura
- Escondido
- Mission Viejo
- Delano
- Leigh (San Jose)
- Righetti (Santa Maria)
- Glendora
- Claremont
- Castro Valley
- Bishop Amat (La P)
- Montgomery (SR)
- No. Bakersfield
- St. John Bosco (Bt)
- Villa Park
- Norte Vista (Riv)
- Yucaipa
- Coachella Valley (T)

##### Women:

- San Pasqual (Escondido)
- Edison (H.Bch) (#10)
- El Capitan (Lakeside)
- Woodbridge (Irvine)
- Claremont
- Los Gatos
- El Modena (Orange)
- Bishop Amat (La P)
- Canyon (anaheim)
- Arvin
- Westlake (WV)
- University City (SD)
- Golden West (Visalia)
- Ventura
- Riverside Poly
- Elsinore (Lake Elsinore)
- Rio Mesa (Oxnard)
- Wood (Vacaville)
- Castro Valley
- Monte Vista (Danville)
- San Ramon (Danville)
- Shasta (Redding)
- Reedley
- Casa Roble (Orangevale)
- Napa

#### Division III

(939-1518 Students)

##### Men:

- Laguna Hills
- San Marino
- Corona del Mar (N Bch)
- St. Ignatius (SF)
- Newbury Park
- Sonoma
- La Jolla
- Livermore
- Santa Margarita (RSM)
- St. Francis (MV)
- Paso Robles
- Newport Harbor
- Covina
- St. Francis (La Can)
- Rio Americano (Sac)
- Lemoore
- Westmont (Campbell)
- Estancia (Costa M)
- Coalinga
- St. Augustine (SD)
- Bishop O'Dowd (Oakl)
- Azusa
- South Hills (W. Cov)
- Gunn (Palo Alto)
- Casa Grande (Petal)

##### Women:

- Newport Harbor
- Laguna Hills
- San Marino
- Aptos
- Bishop O'Dowd (Oakl)
- Mills (Millbrae)
- St. Francis (Sacto)
- St. Francis (Mt. View)
- South Pasadena
- Costa Mesa
- La Canada
- Del Oro (Loomis)

##### 7. La Jolla

- University (San Diego)
- Corona del Mar (NB)
- Lassen (Susanville)
- Moreau (Hayward)
- San Luis Obispo
- Livermore
- Foothill (Santa Ana)
- South Hills (W. Covina)
- Carondelet (Conc)
- Washington (Fremont)
- West Hills (Grossmont)
- Rancho Cotate (R Pk)

#### Division IV

(1-938 Students)

##### Men:

- Nordhoff (Ojai)
- Bell-Jeff (Burbank)
- Yreka
- Morro Bay
- Oak Park
- McFarland
- Bret Harte (Altav)
- Fortuna
- Taft
- Corcoran
- West Valley (Colnwd)
- La Salle (Pasadena)
- Maranatha (Sierra M)
- St. Anthony (Lg Bch)
- Fillmore
- Arcata
- Piedmont
- Crossroads (Sant. M)
- Cathedral (L.A.)
- Salesian (L.A.)
- San Jose Academy
- Laguna Beach
- 29 Palms
- Coronado
- Stevenson (Pb Bch)

##### Women:

- Nordhoff (Ojai)
- Fillmore
- Orange Lutheran
- Yreka
- Arcata
- Ursuline (S.Rosa)
- Morro Bay
- Presentation (San Jose)
- McFarland
- Piedmont
- Miramonte (Orinda)
- Bear River (Gr Val)
- Laguna Beach
- Maranatha (Sierra M)
- La Reina (Thous.Oaks)
- Anderson
- Coronado
- Bret Harte (Altav)
- Terra Linda (S Raf)
- University (SF)
- Taft
- Half Moon Bay
- Castilleja (Palo Alto)
- Dixon
- Calaveras (San Andr)

**To:** Jim Eckman, Pete Brewer, Hal Daner, Steve Ward, Dennis McClanahan, and especially Ray Scofield . . . Thank you for your assistance this season.

**PREP NOTES****1991 California Track & Cross Country Coaches Alliance  
All-Underclass Track & Field Teams****Girls 1991 All-State  
Junior Track & Field Team:**

100 Meters	Angela Sullivan (Serra, San Diego)
200 Meters	Angela Sullivan (Serra, San Diego)
400 Meters	Janice Nichols (Bakerfield)
800 Meters	Nikki Shaw (Fillmore)
1600 Meters	Nikki Shaw (Fillmore)
3200 Meters	Tanja Brix (University, Irvine)
100m LH	Michelle Johnson (Vacaville)
300m LH	Erin Blunt (San Pasqual, Escond)
High Jump	Julie Jenkins (San Ramon, Danville)
Long Jump	Nicole Haynes (Bishop Montg., Torr)
Triple Jump	Kayla Montgomery (Clovis West)
Shot Put	Miranda Shafer (Logan, Union City)
Discus	Kristina Mataafa (Orange Glen, Esc)

**Girls 1991 All-State Sophomore  
Track & Field Team:**

100 Meters	Marion Jones (Rio Mesa, Oxnard)
200 Meters	Marion Jones (Rio Mesa, Oxnard)
400 Meters	LaShawn Stringer (Morningside, Ingl)
800 Meters	Kristie Camp (Agoura)
1600 Meters	Milena Glusac (Fallbrook)
3200 Meters	Milena Glusac (Fallbrook)
100m LH	Elinor Tolson (Fountain Valley)
300m LH	Elinor Tolson (Fountain Valley)
High Jump	Reshia Candidate (Clovis West, Fresno)
Long Jump	Jessica Renton (Downey, Modesto)
Triple Jump	Jessica Renton (Downey, Modesto)
Shot Put	Crystal Brownlee (Westlake, Westlake V)
Discus	Lisa Stephaney (Hoover, Fresno)

**Girls 1991 All-State Frosh  
Track & Field Team:**

100 Meters	Tai-Ne Gibson (Morningside, Inglewood)
200 Meters	Tai-Ne Gibson (Morningside, Inglewood)
400 Meters	Latasha Gilliam (Pittsburg)
800 Meters	Kamara Mayberry (St. Bernard, Playa del Rey)
1600 Meters	Magi Martinez (Wood, Vacaville)
3200 Meters	Carrie Garritson (Sunny Hills, Fullert)
100m LH	Bisa Grant (Bishop O'Dowd, Oakland)
300m LH	Jessica Veale (Poway)
High Jump	Danielle Boswell (Bullard, Fresno)
Long Jump	Ebony Henderson (Bakersfield)
Triple Jump	Michela Reid (Folsom)
Shot Put	Susan Shanley (Tulare)
Discus	Suzy Powell (Downey, Modesto)

**Boys 1991 All-State  
Junior Track & Field Team:**

100 Meters	Riley Washington (Southwest, San Diego)
200 Meters	Gentry Bradley (Pius X, Downey)
400 Meters	Richard Dupree (Roosevelt, Fresno)
800 Meters	Bryan Woodward (Poly, Long Beach)
1600 Meters	Todd Tressler (San Marcos, S.B.)
3200 Meters	Angel Martinez (San Gabriel)
110m HH	Demond Smith (Hawthorne)
300m IH	Demond Smith (Hawthorne)
High Jump	Calvin Haynes (Western, Tulare)
Pole Vault	Clarence Phelps (Christian Bros. Sacto)
Long Jump	Mike Wright (Glendale)
Triple Jump	Mike Wright (Glendale)
Shot Put	Jeff Buckey (Bakersfield)
Discus	Jeff Buckey (Bakersfield)

**Boys 1991 All-State Sophomore  
Track & Field Team:**

100 Meters	Shon Lewis (Wilcox, Santa Clara)
200 Meters	Shon Lewis (Wilcox, Santa Clara)
400 Meters	John Lockhard (Logan, Union City)
800 Meters	Brian Wilkinson (Merced)
1600 Meters	Brian Wilkinson (Merced)
3200 Meters	Margarito Casillas (Hoover, Glendale)
100m HH	Shawn Shamsia-Dea (Morningside, Ingl)
300m IH	Andrew Werhane (Upland)
High Jump	Brian Carlson (Katella, Anaheim)
Long Jump	Ryan Martin (Castlemont, Oakland)
Triple Jump	Louie Morales (Reedley)
Shot Put	Tyson Lingenfelter (Upland)
Discus	Tyson Lingenfelter (Upland)

**Boys 1991 All-State  
Frosh Track & Field Team:**

100 Meters	Ali Evans (Vallejo)
200 Meters	Ali Evans (Vallejo)
400 Meters	Vondre Armour (Bakersfield)
800 Meters	Vondre Armour (Bakersfield)
1600 Meters	Danny Trejo (Santa Fe, SF Springs)
3200 Meters	Mebrahton Keflezighi (San Diego)
110m HH	Chris Prescott (Chino)
300m IH	Andy Blunt (San Pasqual, Escond)
High Jump	Eric Nyberg (Mt. Whitney, Visalia)
Pole Vault	Robby Weighall (Highland, Bakersfield)
Long Jump	Daniel Ruiz (Madera)
Triple Jump	Lorenzo Brooks (El Camino, Oceanside)
Shot Put	Josh Kobdich (North, Bakersfield)
Discus	Josh Kobdich (North, Bakersfield)

## PREP NOTES

# 1992 California State High School Meet Predictions

by Doug Speck

## GIRLS

### 100 Meters

1. Marion Jones (Thousand Oaks)
2. Angela Sullivan (Serra, San Diego)
3. Tai-Ne Gibson (Morningside, Inglewood)
4. Santishia Arnold (Morningside, Inglewood)
5. Andrea Anderson (Poly, Long Beach)
6. Tanisha Johns (Burbank, Sacramento)

Marion Jones was all-world in 1991, with her quest after Chandra Cheeseborough's 11.13



NIKKI SHAW

Photo by Bill Leung, Jr.

altitude-assisted prep national 100 meter best and possible 1992 Olympic team berth for the U.S. or her native Belize, capable of keeping her going in 1992. Marion's basketball season for her #2 ranked Southern Section Large School Thousand Oaks team came up short when she suffered a broken wrist and dislo-

cated jaw in an early January spill. After recovery, anywhere Marion shows up to run she will be a real hit. Angela Sullivan is as talented as any sprinter in the nation outside of Jones, with a third in the 91 State Meet in this event (All-American Tamika Bradfield of Dominguez was second). Tai-Ne Gibson and Santishia Arnold of Morningside were 4th and 5th 91 State. Andrea Anderson was the nation's top junior high sprinter last year, with big-time potential. Tanisha Johns came back well from injury last year to place 6th at State.



JANICE NICHOLS

Fine Flicks by Don Gosney

### 200 Meters

1. Marion Jones (Thousand Oaks)
2. Angela Sullivan (Serra, San Diego)
3. Santishia Arnold (Morningside, Inglewood)
4. Andrea Anderson (Poly, Long Beach)
5. Tai-Ne Gibson (Morningside, Inglewood)

### 6. Tike Jackson (Bakersfield)

Marion Jones is better here than in the 100, with her long, powerful stride able to really reach out over half a lap. She should win her prep races by at least 10 meters, with a gently aiding, legal gust at Cerritos College along the way in Section qualifying or State action pushing her below her 22.76 All-Time U.S. Prep best. Sullivan was 3rd over 200m at State last year, with Santishia Arnold picking up the 4th place award last June. Anderson is a bit better over 200 meters, recording a 24.44 best in the junior high last year. Tai-Ne Gibson was 5th St 91, with Tike Jackson the next underclass finisher at 7th, as the Bakersfield star will finish out a stellar prep career this spring.

### 400 Meters

1. Janice Nichols (Bakersfield)
2. Allison Dring (Mt. Carmel, San Diego)
3. Lashawn Stringer (Morn, Inglewood)
4. Latasha Gilliam (Pittsburg)
5. Tamara McLin (Eisenhower, Rialto)
6. Barbie Jones (San Marcos, San Barbara)

This event should be another classic duel between the nation's two top returnees in Nichols and Dring, who achieved their 1991 bests in a great State Finals run. Both will close out stellar prep careers late this spring. Stringer was 3rd last year, with Latasha Gilliam showing super potential last year as a frosh. McLin showed continual improvement last spring that had her finish 4th last June in the State affair, with Jones a tough runner, who took home the 5th place award last June at Cerritos.

### 800 Meters

1. Kamara Mayberry (St. Bern, Pl del Rey)
2. Kerri Woolheater (Casa Grande, Petaluma)
3. Susan Scott (Mt. Carmel, San Diego)
4. Kristie Camp (Agoura)
5. Christie Engesser (Ocean View, Hunt Bch)
6. Shalynn Carr (Bonita, La Verne)

continued next page...

## PREP NOTES

Toughened by a good cross-country campaign, Mayberry should be very, very tough to handle in her second prep season, with her 2:08.91 state meet runner-up effort making her the #2 returnee in the nation among preps. Woolheater was a big improver late last year, with a 5th at State. Scott was 7th last year at State, with second team All-West credentials in Cross-Country this past Fall in the Kinney Western Regional. Camp was a state meet competitor over 800m, and a team leader of the Agoura Cross Country squad ranked #1 in the nation this past Fall (and may be better at a 1600/mile). Engesser was sixth in the Southern Section, with Carr an early 2:12.4 before injury.

### 1600 Meters

1. Nikki Shaw (Fillmore)
2. Shelley Taylor (Edison, Huntington Beach)
3. Milena Glusac (Fallbrook)
4. Erica Sumi (Wilson, Long Beach)
5. Robin Snowbeck (University, L.A.)
6. Magi Martinez (Wood, Vacaville)

Nikki Shaw is the nation's top middle distance runner (with a 2:09.19 800m in addition to 4:49.01 1600m), with a healthy spring making her tough for anyone in the country to handle. Shelley Taylor had another fine fall Cross Country season, with extra motivation come State Track meet time after illness held her to seventh last June. Glusac will probably attempt another 1600-3200 double, with the tireless San Diegan showing mind-boggling brilliance for most of the Fall Cross Country season. Erica Sumi started a return to form near the end of Cross-Country season, with a 5th in last June's State Meet at 1600m. Snowbeck (6th last year) and Martinez (8th) will keep those above them very honest.

### 3200 Meters

1. Milena Glusac (Fallbrook)
2. Maribella Aparicio (Fillmore)
3. Carrie Garritson (Sunny Hills, Fullerton)
4. Christina Blackmer (Upland)
5. Amber Parkinson (Orange Lutheran)
6. Kay Nekota (Agoura)

Glusac was second behind Deena Drossin here last year, with a 10:24.61 in mid-season. The Fallbrook star came close to some fine course records this past Fall in Cross-Country, with potential appearing well below the 10:20 barrier. Aparicio was a big improver this Fall, with the 6th placer from last June's California State Meet moving to 7th in the Kinney National Cross Country Championships.

Carrie Garritson was 6th in that Kinney National Finals and was the nation's fastest frosh 3200m runner last spring. Christina Blackmer was the most improved runner in the nation from last spring through the end of the Fall, with a twelfth in the Kinney Nationals that should drop her 11:44 best about a minute on the track. Amber Parkinson was 4th last June at State, with recovery from injuries this fall making her very tough once again, with Nekota racing very strongly this Fall for the Agoura #1 nationally ranked harrier squad.

### 100 Meter Low Hurdles

1. Erin Blunt (San Pasqual, Escondido)
2. Elinor Tolson (Fountain Valley)
3. Kam Warner (West, Bakersfield)
4. Bisa Grant (Bishop O'Dowd, Oakland)
5. Tanya Lazar-Lea (Vallejo)
6. Shonna Bernard (Nogales, La Puente)

The only blemish on a near-perfect 1991 season for Blunt was her spill at the end of the State Meet, so you can bet this special young lady with impressive powers of concentration will be focusing on this race her senior year. Tolson was 4th last year, with Warner a big meet veteran. Grant put together an impressive frosh season in '91, with Lazar-Lea 6th last year and Bernard 7th in the State Championship race. Michelle Johnson (Vacaville) has moved to Arizona.

### 300 Meter Low Hurdles

1. Erin Blunt (San Pasqual, Escondido)
2. Elinor Tolson (Fountain Valley)
3. Tanya Lazar-Lea (Vallejo)
4. Julie Jenkins (San Ramon, Danville)
5. Shonna Bernard (Nogales, La Puente)
6. Nicole Haynes (Bish Montgom, Torrance)

Blunt is the defending champion, put in a fine Fall Cross Country season as a scorer for the nationally ranked Golden Eagle squad, and could very well be the best long hurdler in the nation this spring. Tolson was third in State last year as a soph, with fine all-around jumper and hurdler Jenkins 6th last year out of Lane 1. Bernard was 8th last June, with Haynes one of the nation's top all-around athletes (and the 92 State Meet favorite in the Long Jump).

### 400 Meter Relay

1. Morningside
2. Poly, Long Beach
3. Muir, Pasadena
4. Bishop O'Dowd (Oakland)

5. Thousand Oaks
6. Dorsey, L.A.

This event will be a real barn-burner! The veteran Morningside team that had the nation's fastest time at 45.90 last year will and is the defending State Champions will be hard-pressed to stay ahead of Long Beach Poly, bolstered by the nation's top age-group sprinter, Andrea Anderson, whose 12.04-24.44 junior high bests should help close the gap for the Jackrabbits. Muir and Bishop O'Dowd return solid groups, with Marion Jones screaming on the anchor of an already strong Thousand Oaks squad. Dorsey picked up Hawthorne star Kanika Conwright to go along with Rene Walker.

### 1600 Meter Relay

1. Morningside
2. Poly, Long Beach
3. St. Bernard, Playa del Rey
4. Bishop O'Dowd, Oakland
5. Mt. Carmel, San Diego
6. Hawthorne

A great match-up will be set up if Morningside can get through the mystery of the southwest turn at Cerritos College (they were one of almost half a dozen Southern Section teams who met disaster at the "Cerritos Triangle"—we legitimately wonder whether the blue javelin runway that takes off from the track at that point doesn't throw runners off enough to cause baton control problems). Long Beach Poly went on to take the State Finals with St. Bernard and Mt. Carmel joining them under the 3:50 barrier. O'Dowd returns a dynamite crew, with Hawthorne great potential if the Cougars can hold the ship together through the season.

### High Jump

1. Tanya Lazar-Lea (Vallejo)
2. Reshia Canidate (Clovis West, Fresno)
3. Julie Jenkins (San Ramon, Danville)
4. Danielle Boswell (Hoover, Fresno)
5. Melanie Williams (Mt. Carmel, San Diego)
6. Sabrina Johnson (Cabrillo, Lompoc)

When right, the British native Lazar-Lea is capable of 5-10 or better. Canidate finished in a tie for fourth last June at State, with Jenkins 6th in that competition. Boswell had a fine frosh campaign in the sport, with Melanie Williams 8th in the State Finals. Sabrina Johnson was a surprise State Finalist back for her junior year.

continued next page...

# PREP NOTES

## Long Jump

1. Nicole Haynes (Bish Montgom, Torrance)
2. Jessica Renton (Downey, Modesto)
3. Kam Warner (West, Bakersfield)
4. Sheena Ferguson (Wash, San Francisco)
5. Heather Sterling (Mission Viejo)
6. Cherice Ellison (Mt. Pleasant, San Jose)

Great all-around talent Haynes has a 19-1 3/4 best, and will be out from the shadow of Juliana Yendork this year. Nicole was third at State last year, with veteran Renton 5th in that competition. Kam Warner has a lifetime best of over 19 feet, with a 7th last June in State. Ferguson was out to 19-1 3/4 in winning a summer national age-group title, with Sterling a State Finalist, and Ellison the #3 returnee statewide at 18-9 3/4.

## Triple Jump

1. Kayla Montgomery (Clovis West, Fresno)
2. Jessica Renton (Downey, Modesto)
3. Kam Warner (West, Bakersfield)
4. Tammura Hawthorne (Cordova, RCordova)
5. Amy Littlepage (Mt. Miguel, Spring Valley)
6. Keeta Zimmerman (Eureka)

Montgomery was a fine 3rd in State last June, with a 39-6 personal best. Renton was 6th last year, with senior Warner ready to close out a fine prep career. Hawthorne was 2nd at the Sac Joaquin Section Finals with a 38-7 best, with Littlepage the latest jumper out of the fine Mt. Miguel (San Diego Section) program. Zimmerman was the next under-class athlete in the 1991 State Prelims as a frosh athlete.

## Shot Put

1. Crystal Brownlee (Westlake, WikVlg)
2. Lisa Stephaney (Hoover, Fresno)
3. Kristen Heaston (Ygnacio Valley, Concord)
4. Miranda Shafer (Logan, Union City)
5. Kristina Barden (Nev Union, Grass Valley)
6. Nicole Beauregard (Valencia, Placentia)

Brownlee was a close second in a great 1991 State Shot Put competition. Stephaney was 6th in that competition, with Heaston (43-1 1/2 best) 7th, and Barden 9th. Shafer has a 41-6 3/4 best, and nipped Heaston in the North Coast Section Finals. Beauregard was a narrow non-qualifier for the State Finals out of the tough Southern Section.

## Discus

1. Suzy Powell (Downey, Modesto)
2. Lisa Stephaney (Hoover, Fresno)
3. Kristina Mataafa (Orange Glen, Escondido)
4. Tyrenda Stamps (Mt. Pleasant, San Jose)

5. Michelle Wagner (Lynbrook, San Jose)
6. Misako Hampton (North, Bakersfield)

Powell marked a fine first year of prep competition, following her second at State behind Celeste McVey with a summer of travel and international competitive experience as a member of the U.S. Junior National team after qualifying at the U.S. Junior TAC Championships. Stephaney has a 149-4 best and was 8th at State, with Mataafa 150-10 for a pr and 9th in last June's State Finals. Stamps was 12th in the State Prelims, with Wagner next. Hampton has a 145-2 best.

## Team Scoring

- Morningside (Inglewood) 44  
Downey (Modesto) 26  
Poly (Long Beach) and Thousand Oaks 22.

It would appear that Morningside is firmly in the Driver's seat to repeat as State Champs. Look for the Monarchs to come around slowly once again this season with their veteran crew. Suzy Powell and Jessica Renton are a special duo for Downey (Modesto) who have some solid points should the sprint juggernaut of Morningside come down with injury or dropped batons. Poly and Thousand Oaks will keep those above them honest.

# BOYS

## 100 Meters

1. Riley Washington (Southwest, Chula Vista)
2. Shon Lewis (Wilcox, Santa Clara)
3. Scott Hammond (Lincoln, San Diego)
4. Gentry Bradley (Pius X, Downey)
5. Jarron Turner (Mt. Pleasant, San Jose)
6. Ali Evans (Vallejo)

Quick-starting Riley Washington has bided his time until his senior year, with the San Diego ready for a championship after a fourth place against a Ricky Carrigan-led super group last June. Shon Lewis was one of the nation's top sprinters last spring, with a 7th in the Cerritos Finals. Hammond was 10.66 early last spring, and will press Washington locally if he can stay healthy. Bradley was 6th over 200 meters at State, with a 10.82 (10.67w) best for a 100. Jarron Turner was 10.71w last year and 3rd in the CCS as a soph. Ali Evans was the State's top frosh sprinter in 1991, and .01 behind Turner in their State Prelim Heat.

## 200 Meters

1. Gentry Bradley (Pius X, Downey)

2. Riley Washington (Southwest, Chula Vista)
3. Montrell Williams (Lindhurst)
4. Shon Lewis (Wilcox, Santa Clara)
5. Jarron Turner (Mt. Pleasant, San Jose)
6. Tariq Ali (Center, Sacramento)

Bradley gave more than one good short sprint field a lesson in how to run the turn over 200 meters during his junior 1991 season on the way to a 6th at State. Washington was 8th in that race, with surprising Williams 9th out of Lane 1 there. Lewis missed the State Finals by .03 last June, with Turner (21.71 last year as a soph) hoping to add a few points as Mt. Pleasant attempts to become the first Central Coast Section team to take a State team title since Los Altos pulled the trick in 1970. Ali was 3rd in the Sac Joaquin Section Finals at 21.4.

## 400 Meters

1. Richard Dupree (Mt. Pleasant, San Jose)
2. Derrick Shepard (Lincoln, San Francisco)
3. Shante Williams (Independence, San Jose)
4. James Redd (Fontana)
5. Amado Coleman (Locke, L.A.)
6. Mike Mogul (Birmingham, Van Nuys)

Dupree was a very, very impressive State Champion in his first year of running last spring at 47.21, with a move to Coach Steve Nelson's Mt. Pleasant program a boost to that school's championship strength. Shepard was a State Finalist with a 47.60 1991 best. All-around hurdler, long sprinter Williams marked a move from Maryland with success in California at 4th in the State Finals. Redd is a State Meet veteran, with Coleman 2nd and Mogul 3rd in the L.A. City Finals.

## 800 Meters

1. Bryan Woodward (Poly, Long Beach)
2. Mike Katri (Fortuna)
3. Vondre Armour (Bakersfield)
4. Milton Hughes (Stagg, Stockton)
5. Isaac Sanchez (Castle Park, Chula Vista)
6. Greg Robeson (Mt. Carmel, San Diego)

This could be a very solid event, with Woodward and Katri both putting in good fall Cross Country seasons. Katri looked like a 4:10 miler in winning the State Division IV Harrier title. Armour set a state frosh record with his 1:54.41 in placing third in State (Woodward was 6th and Katri 7th in the very tactical race last June). Those who watched Hughes double in 47.71 and 1:53.52 in the Sac Joaquin Finals last May were very impressed with his potential, but his June State experience showed a need for some out of section com-

continued next page...

# PREP NOTES

petition this spring. With confidence, Hughes could win it all. Sanchez was 5th in State last year with a 1:54.34 best. Robeson was sub-1:54.0 two years ago as a soph before becoming injured last spring, with the San Diegoan putting in a good Fall Cross Country campaign.

## 1600 Meters

1. Daniel Das Neves (Helix, La Mesa)
2. Todd Tressler (San Marcos, San Barbara)
3. Jeff Wilson (Newbury Park)
4. T.J. Reyes (Lakewood)
5. Brian Wilkinson (Merced)
6. Brian Keim (San Pasqual, Escondido)

Brazilian das Neves raced rarely in the Fall Cross Country season, carefully timing a fine peak that had him place 7th in the Kinney National Cross Country Finals. Daniel took the very tactical State 1600m event last year that featured close to a sub-2:00 last 800 meters. Tressler was State runner-up last year, with a fine Fall Cross Country season before illness slowed him during the State qualifying process. Wilson was the most pleasant surprise this Fall, coming back from injury last spring with a vengeance--showing explosiveness during a second place in the Kinney National Cross Country finals that could translate into big success over 1600 or 3200 meters in track. Reyes was 4:12.25 last year, with a 6th in the State Meet. Wilkinson was an impressive 1:53.54 (800m) and 4:19.30 (1600m) last year as a soph, with a big future over four laps. Keim was 4:19.4 last year, and should continue the Frances O'Neill-Robert Walker tradition of a Golden Eagle placer in the State Meet four-lapper.

## 3200 Meters

1. Angel Martinez (San Gabriel)
2. Margarito Casillas (Hoover, Glendale)
3. Ryan Wilson (Agoura)
4. Nazario Romero (San Pasqual, Escondido)
5. Dan Minami (Peninsula, Rolling Hills Est)
6. Fernando Mendoza (Chan Islands, Oxnard)

There is no distance runner in the nation more talented than a healthy Angel Martinez, with the San Gabriel star's 9:01.36 the top returning mark among preps in the country. Angel was a strong fourth in the Kinney National Cross Country Finals. Margarito Casillas is the latest great out of the Glendale Hoover program, with a surprising Kinney Western Regional win on the way to a 5th place in the National Finals race. Ryan Wilson had a fine Fall and was the twelfth underclass finisher in

the Kinney National Cross Country Finals. Nazario Romero was 9:25.11 in his first season of running last spring as a sophomore. Dan Minami was 9:19.74 for 3200m as a soph



ANGEL MARTINEZ

*Fine Flicks by Don Gosney*

in 1991, with Fernando Mendoza very strong this Fall in Cross Country.

## 110 Meter High Hurdles

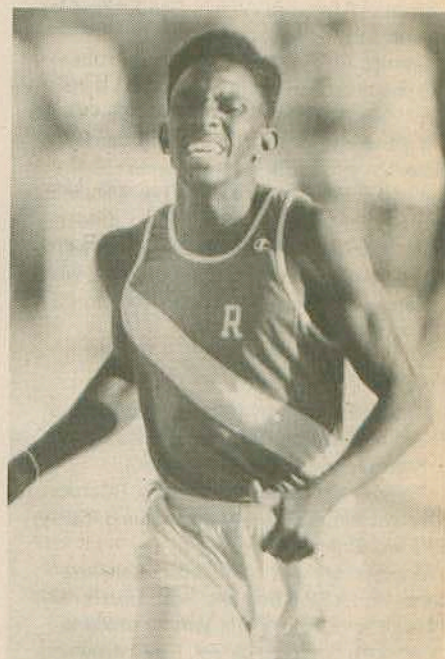
1. Demond Smith (Hawthorne)
2. Chris Redmond (Vallejo)
3. Charlie Davidson (Saddleback, Santa Ana)
4. Terry Fulton (Mt. Pleasant, San Jose)
5. Raymond Bonner (Birmingham, Van Nuys)
6. Wally Marks (McLane, Fresno)

Smith is the best returnee from last year's meet with a fourth place in this event, and ready for a big senior year. Redmond was 5th last year, with Davidson 6th. Fulton was 3rd in the CCS last May, with Bonner the defending L.A. City champion. Marks was 14.86 last season.

## 300 Meter Intermediate Hurdles

1. Demond Smith (Hawthorne)
2. Chris Redmond (Vallejo)
3. Wally Marks (McLane, Fresno)
4. Richard Ford (Diamond Bar)

5. Greg Muniz (Woodbridge, Irvine)
  6. Terry Fulton (Independence, San Jose)
- Smith was 2nd in this event last June, with Redmond 6th in June's Cerritos Finals. Marks



RICHARD DUPREE

*Fine Flicks by Don Gosney*

was 8th in the State Meet. Ford was 6th in the Southern Section Finals, just missing the State Meet at 38.47, with Muniz 7th there at 38.52. Fulton had the 11th fastest time in last year's State Prelims, narrowly missing the finals, and should continue to add up those Mt. Pleasant points in the team competition.

## 400 Meter Relay

1. Mt. Pleasant
2. Washington (L.A.)
3. Hawthorne
4. Birmingham (Van Nuys)
5. Morningside (Inglewood)
6. Quartz Hill

A very, very wide open event. Coach Steve Nelson's very fine Mt. Pleasant group certainly was bolstered by the transfer of State 400 Champion Richard Dupree (47.21) to go along with Jason Pennywell (10.77) and Jarron Turner (10.71w). Easily the fastest on paper don't count for much come State Meet time, as we can all pull out many examples in recent years of powerhouses who've had their act sour for a variety of reasons at Cerritos.

*continued next page...*

# PREP NOTES

How Coach Nelson approaches preparation for the State affair and where he uses (or pulls) people will be interesting. Rashawn Horn (10.81) will lead this year's Washington group, which has been the most prolific producer of sprinters in recent years statewide. The Generals will be there somewhere if they run the event. Hawthorne has Robert Blackburn (10.8), Damon Sewell (22.1), and hurdler Demond Smith and is a traditional relay power. Coach Scott King has a very special group back at Birmingham for 92, with Morningside the nucleus of the State 1600 Relay team back, and Quartz Hill Erik Thomas and Ramon Banks as seniors.

## 1600 Meter Relay

1. Morningside
2. Vallejo
3. Birmingham
4. Foothill (Santa Ana)
5. St. Mary's (Berkeley)
6. Dorsey (L.A.)

Morningside was a 3:15.01 State Champion team with all underclass athletes. Vallejo was 3:14.7 for 2nd in the Sac Joaquin Section (3rd State), with solid returnees. Birmingham was 8th in the State Meet with Mike Moguel (48.56) leading the 92 group. Foothill was young with a 5th from the 91 State affair-- Aaron Taub (48.75) will lead the Knights. St. Mary's has Jessie Wilson (48.7) and Damien Sullivan (48.95) back from the State's 7th place team, with Dorsey Abraham Toomes (49.57) and Ronnie Williams (49.95) leading.

## High Jump

1. Calvin Haynes (Corcoran)
2. Griff Childers (Woodland)
3. John Hamilton (San Marcos)
4. Terry Mann (Sunny Hills, Fullerton)
5. Cliff Curtis (Elsinore, Lake Elsinore)
6. Romero Guyton (Washington, L.A.)

State Meet fifth placer Haynes has switched schools within the Central Section. Sac Joaquin Section titlest Childers has a 6-8 1/2 best. Hamilton was a State Finalist with a 6-7 pr. Mann was 6-11 before being injured last spring, with Curtis a 6-9 best. Guyton was 6-8 along the way with a third in the L.A. City Meet.

## Pole Vault

1. Maurice Mendoza (Hesperia)
2. Calrence Phelps (Christian Bro, Sacto)
3. Evan Black (Hesperia)
4. Brad Hecox (South Hills, West Covina)

5. Pete Kennedy (Clovis)
6. Justin Garcia (Coalinga)

Mendoza is a great athlete with a 15-2 best. He will try to survive the minefield at Cerritos along the way in Southern Section qualifying action. Phelps was 5th at the State Meet last June, with Black 14-6 last year as a soph (and another out of Coach John Maher's fine Hesperia field event program). Hecox was 8th in the Southern Section (14-4), with Kennedy thought highly of in the Fresno area. Garcia was 14-6 1/2 as a soph last year.

## Long Jump

1. Mike Wright (Glendale)
2. Scott Hammond (Lincoln, San Diego)
3. Cary Taylor (Morse, San Diego)
4. Tom D'Agostini (Amador)
5. Jason Errico (St. Ignatius, San Francisco)
6. Gary Taylor (Morse, San Diego)

Dwight Stones, Lee Balkin, and a variety of other jumpers have come from the Glendale program. A relative novice in 91, watch for some big things from the super-talented Wright in 92. Hammond was well over 24 feet two years ago prior to injuries last spring. Cary Taylor was 12th in the State Prelims (with a 23-3 1/2 best). D'Agostini was 23-0 1/2 last spring, with a good State Meet effort. Errico was 23-5 1/2 with some good competitive efforts along the way last spring, with Gary Taylor another of the fine Morse jumping crew with a 23-0 1/2 1991 best.

## Triple Jump

1. Offord Rollins (Wasco)
2. Cary Taylor (Morse, San Diego)
3. Mike Wright (Glendale)
4. Gary Taylor (Morse, San Diego)
5. Lamar Haywood (St. Mary's, Berkeley)
6. Brendon Feddema (Fremont, Sunnyvale)

Rollins is the defending State Champion with a tremendous 51-4 3/4 effort there assisted by a 4.0 meter per second wind. Cary Taylor was San Diego Section Champion and a State Finalist with a 48-8 1/4 best. Wright's potential is also unlimited here- he was 48-3 last spring. Gary Taylor was 47-5 1/4 and third in the tough San Diego Section. Lamar Haywood (St. Mary's, Berkeley) is a vet with 47-2 1/4 credentials. Feddema was CCS Champion with his 47-3 best.

## Shot Put

1. Tyson Lingenfelter (Upland)
2. Jeff Buckey (Bakersfield)
3. Junior Cienega (Escondido)

4. Pete Swenson (Hollister, San Bruno)
5. Alfred Keyes (Corcoran)
6. Mark Glock (Nogales, La Puente)

Lingenfelter was 2nd last year at State and was the top soph nationally at 59-0 3/4. Buckey has lofty goals for his senior year, with a 59-7 from 1991. Cienega was San Diego Champion with a 56-11 1/2 best. Swenson was CCS runner-up at 57-7 1/2, with Keyes third from the Central Section at 56-9. Glock was 6th in the Southern Section Finals out of the fine Nogales weight program.

## Discus

1. Jeff Buckey (Bakersfield)
2. Kurstan Sheridan (Livermore)
3. Gabe Torre (Notre Dame, Sherman Oaks)
4. Pete Swenson (Hollister, San Bruno)
5. Alfred Keyes (Corcoran)
6. Scott Gommel (Vista)

Buckey (210-1) will go out in search of Kamy Keshmiri's all-time prep bests his senior year. North Coast Section runner-up Sheridan closed nicely in 91 for a 4th at State. Torre was 9th in the State Finals competition. Swenson was CCS Champion with a 183-7 best. Keyes was 4th in the Central Section, with Gommel the San Diego runner-up.

## Team Scoring

Can Coach Steve Nelson's Mt. Pleasant crew be the first Central Coast Section team to take a State Team title since the fine Los Altos crew of the early 1970's? It will be interesting to see if they can pull it off, with point possibilities in the 400 on down where such titles are won often a quite volatile commodity. Hurdler Demond Smith and potentially good relay groups will lead Hawthorne, with Vallejo solid in recent years. Bakersfield will have Jeff Buckey in the weights and Vondre Armour in the 800, with Morse and Southwest strong out of the San Diego section.

I ONCE READ A STATEMENT THAT IS TRUE ABOUT ALL PREDICTIONS--They will not all be right, but as most of our projects to protest between season terminal boredom, it was done out of fun and it is hoped it will add a small amount to your enjoyment of action this coming season.

—Doug Speck

# RESULTS

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

## Fresno State Weight Pentathlon

January 25, Warmerdam Field, Fresno.

### Overall Results - Men

1. Rod Chronister (CS Bakersfield) 3812, 2. Roshawn James (Fresno St) 3781, 3. Billy McDanell (Unat.) 3738, 4. Tom Rowe (Fresno St) 3563, 5. Scott Biberthaler (Unat.) 3461, 6. Andy Harris (Unat.) 3387, 7. Jared Wright (Fresno St) 3343, 8. Cary Cooper (CS Stanislaus) 3218, 9. John Labno (Unat.) 3100, 10. Monte Wilson (CS Bakersfield) 3037.

11. Randy Herron (Fresno St) 2959, 12. Kevin Eubanks (CS Bakersfield) 2901, 13. Wade Whitney (Fresno St) 2753, 14. Chris Gergen (CS Stanislaus) 2647, 15. Grant Sniffin (CS Bakersfield) 2598, 16. Israel Ramirez (Fresno CC) 2477, 17. Keith Jones (Fresno St) 2460, 18. Chris Crosby (CS Stanislaus) 1948, 19. Fred Alejo (Unat.) 1884, 20. Andy Johnson (Kingsburg) 1861.

### Overall Results - Women

1. Dot Jones (Unat.) 3185, 2. Jennifer Via via (Fresno St) 2926, 3. Shelly Biddinger (CS Bakersfield) 2495, 4. Katie McCandless (Fresno St) 2410, 5. Lacy Barnes (Unat.) 2247, 6. Tamara Haack (CS Stanislaus) 2156, 7. Julie Riise (CS Stanislaus) 2011, 8. Lorraine Seiler (Fresno St) 1210, 9. Tracy Meaders (Fresno Pacific) 1107, 10. Jen Rowley (CS Stanislaus) 992.

## Nevada Indoor Track & Field Invitational

February 8, Reno, NV.

### Men's Results

55m: 1. Chris Huffins (Cal) 6.25, 2. (tie) Aaron Thigpen (Unat) and Anthony Barnes (Keiser TC) 6.26, 4. Kevin Smith (Unat) 6.45, 5. Dionicio Napier (US Army) 6.49, 6. Sam Watson (FSU) 6.63.

200m: 1. Aaron Thigpen (Unat) 21.75, 2. Dant Kusleika (FSU) 21.79, 3. Kevin Dallas (Unat) 22.00, 4. Paul Castle (FSU) 22.49, 5. John Burrell (Nevada) 22.85, 6. Jason Frudakis (Long Beach) 22.75, 7. Ben Green (Unat) 22.89, 8. Steve Stewart (Long Beach) 24.03, 9. Tomas Berlund (Unat) 24.36.

400m: 1. John Register (US Army) 47.69, 2. Dant Kusleika (FSU) 48.87, 3. Dionicio Napier (US Army) 49.08, 4. Patrick Robinson (Nevada) 49.37, 5. Kevin Dallas (Unat) 49.47, 6. Paul Castle (FSU) 50.04, 7. Benji Green (Unat) 50.19, 8. John Price (US Army) 50.23, 9. Larry Billups (Long Beach) 60.62, 10. Sean Godfrey (Sac St) 51.10, 11. Shawn Shiggs (Long Beach) 51.56, 12. Andy Hessel (Nevada) 51.91.

800m: 1. Joe Amendt (FSU) 1:54.77, 2. Kien Wu-Tseng (Nevada) 1:55.22, 3. Keith

Guillery (FSU) 1:55.91, 4. Erik Moore (Nevada) 1:58.34, 5. Robert Thwala (Unat) 1:58.84, 6. Jose Escobar (Long Beach) 1:59.28, 7. Jeff Bartsch (Long Beach) 2:00.63, 8. Thad Seethaler (Nevada) 2:01.76, 9. Edgar Montes (Nevada) 2:02.52, 10. Phil McDonald (Hancock) 2:07.11, 11. Al Hart (Long Beach) 2:07.24, 12. John Flores (Long Beach) 2:08.95.

3000m: 1. Carl Buena (Nevada) 8:43.57, 2. Miguel Tibaduiza (Unat) 8:46.37, 3. Steve Barlow (Hancock) 8:48.80, 4. Kevin Baxter (FSU) 8:53.45, 5. Chris King (Nevada) 8:57.18, 6. Neff McGhie (FSU) 8:59.49, 7. Ed Wolf (Nevada) 9:12.24, 8. Luis Cazorala (Hancock) 9:27.99.

1 Mile: 1. Jamey Harris (FSU) 4:06.23, 2. Peter Woods (Nevada) 4:17.35, 3. Jeff McGhie (FSU) 4:19.55, 4. Don Nelson (Nevada) 4:20.44, 5. Jeff Pierce (Nevada) 4:23.70, 6. John Heemskerk (Nevada) 4:25 ht, 7. Miguel Tibaduiza (Unat) 4:26 ht, 8. Joe Hamilton (Nevada) 4:28 ht, 9. Jeremy Matson (Long Beach) 4:29 ht.

55m Hurdles: 1. Rich Benoy (Unat) 7.39, 2. John Register (US Army) 7.40, 3. Doug Conner (Long Beach) 7.69, 4. Jabari Reynolds 7.98.

1 Mile Relay: 1. Fresno State 3:18.23, 2. Long Beach 3:20.47, 3. Nevada 3:21.80.

Two Mile Relay: 1. Cal 7:41.44, 2. Nevada A 8:05.08, 3. Nevada B 8:13.72.

Triple Jump: 1. Dimitry Pitreman (Unat) 52-3 3/4, 2. Joe Frank (Cal) 48-1 1/2, 3. Kevin Keane (Cal) 44-9 1/4, 4. Chris Czerwinski (Long Beach) 44-7 1/2, 5. Richard Washington (Nevada) 42-0 3/4.

Long Jump: 1. John Burrell (Nevada) 25-6 1/2, 2. Marcus Hickerson (Stanford TC) 24-10 1/2, 3. Kevin Smith (Unat) 24-8 3/4, 4. Sam Watson (FSU) 23-11 1/2, 5. Darryl Davis (US Army) 23-7 1/2, 6. Steve Stewart (Long Beach) 22-1.

Shot Put: 1. Ro James (FSU) 57-4 3/4, 2. Martin Perkins (US Army) 50-8 1/2, 3. Kim Johansson (Nevada) 48-2 1/2, 4. Albert Miller (Unat) 45-2 3/4, 5. Kelly Harris (Nevada) 45-10 1/4, 6. Matt Biddinger (Nevada) 45-6 1/2, 7. Mattias Borrmann (Nevada) 43-7 3/4, 8. Lloyd Gubler (Unat) 42-7 1/4, 9. Enoch Borozinski (Nevada) 38-4 3/4.

High Jump: 1. Leo Williams (Keiser TC) 7-4 1/4, 2. Gio Sprattling (FSU) 6-10 1/4.

35 lb. Wt.: 1. Ro James (FSU) 61-3, 2. Dave Lund (Sac St) 55-6 1/4, 3. Mattias Borrmann (Nevada) 55-3 1/2, 4. Matt Biddinger (Nevada) 50-0 1/2, 5. Martin Perkins (US Army) 44-8 1/4, 6. Kelly Harris (Nevada) 42-6 1/4, 7. Mike Rodriguez (Nevada) 40-10, 8. Blair Parrott (Long Beach) 37-3 1/2, 9. Chad Aches (Unat) 36-6 1/4.

### Women's Results

55m: 1. Chryste Gaines (Stanford) 6.78, 2. Hermin Joseph (Hancock) 6.83, 3. Julia Turing (FSU) 6.98, 4. Lisa Parker (Unat) 7.00,

5. Ruth Morris (US Army) 7.04, 6. Trishun Jackson (FSU) 7.10.

200m: 1. Ruth Morris (US Army) 24.63, 2. Hermin Joseph (Hancock) 24.64, 3. Lisa Parker (Unat) 25.03, 4. Lisa Hunter (FSU) 25.18, 5. Cindy Hill (FSU) 25.23, 6. Stephanie Thomas (US Army) 25.65, 7. Angela Scott (Long Beach) 26.55.

400m: 1. Tanya Dooley (FSU) 54.24, 2. Genisha Richardson (FSU) 56.93, 3. Julia Turing (US Army) 57.70, 4. Tonesia Hodges (Long Beach) 1:00.65, 5. Lisa Myles (Nevada) 1:04.65.

800m: 1. Aimee Cohon (FSU) 2:13.34, 2. Lisa Weiderin (FSU) 2:17.27, 3. Elizabeth George (Hancock) 2:18.13, 4. Regretta Hinc (Long Beach) 2:25.04, 5. Steffanie Ambrozak (Long Beach) 2:28.83, 6. Karen Conner (Nevada) 3:06.24.

3000m: 1. Dina Farage (FSU) 10:13.09, 2. Julie Verkie (FSU) 10:26.46, 3. Kim Neighbour (Nevada) 10:33.16, 4. Mebe Brooke (Long Beach) 10:44.28, 5. Kelly Coster (Long Beach) 10:55.87, 6. Kelly Swinney (Nevada) 11:12.85, 7. Lisa Bower (Long Beach) 11:30.65, 8. Sharon Brown (Hancock) 12.2 ht.

1 Mile: 1. Shannon Lieder (FSU) 5:04.63, 2. Mabe Brooks (Long Beach) 5:21.14, 3. Noel Ridter (FSU) 5:30.37, 4. Shelly Bessey (Nevada) 5:35 ht, 5. Steffie Ambrozak (Long

Beach) 5:42 ht, 6. Linda Mantynew (Unat) 5:45 ht, 7. Susan Hsu (Nevada) 6:26 ht, 8. Dusty Finley (Nevada) 6:36 ht.

55m Hurdles: 1. Stephanie Thomas (US Army) 7.89, 2. Monica Missick (FSU) 8.46, 3. Yvonne Scott (Faith TC) 8.80, 4. Heidi Udoffia (Nevada) 8.83, 5. Lisa Moxley (Long Beach) 8.96.

Two Mile Relay: 1. Fresno State 9:29.86, 2. Nevada 10:40.33.

Triple Jump: 1. Tara Didyk (FSU) 38-10 1/2, 2. Tammura Hawthorne (Long Beach) 37-7 1/2, 3. Lynette Parker (Long Beach) 37-3 1/2, 4. Tangel Colson (Faith TC) 35-7 1/4. Long Jump: 1. Trishun Jackson (FSU) 18-3 1/2, 2. Tara Didyk (FSU) 18-2, 3. Angela Scott (Long Beach) 18-1 3/4, 4. Heidi Udoffia (Nevada) 17-4, 5. Ali McKnight (Nevada) 15-1.

Shot Put: 1. Suzie Greganic (Long Beach) 43-6, 2. Ali McKnight (Nevada) 36-3 1/2, 3. Lisa Moxley (Long Beach) 34-3 1/4, 4. Heidi Udoffia (Nevada) 31-7 1/4.

High Jump: 1. Lori Svoboda (Long Beach) 5-8, 2. Dena Avansino (Unat) 5-6, 3. Renee Sandberg (Sac St) 5-4, 4. Caroline Izoco (Nevada) 5-4, 5. Holley Cole (Sac St) 5-4, 6. Krisi Jansen (Nevada) 5-2, 7. Loni Buettner (Long Beach) 5-2.

## Men's NCAA District 8 Pre-Season Track & Field Rating

### By District 8 Rating Committee

1	Washington State	11	Stanford
2	Oregon	12	USC
3	Cal	13	Cal State Bakersfield
4	UCLA	14	Cal Poly SLO
5	Fresno State	15	U.C. Davis
6	Arizona	16	Cal State L.A.
7	Arizona State	17	Cal State Chico
8	Washington	18	Cal Poly Pomona
9	UC Irvine	19	Cal State Long Beach
10	Cal State Northridge	20	U.C. Santa Barbara

# 1992 Track & Field Preview

## PAC-10 Men:

Oregon continues to be the best balanced team here with Washington State's big points good enough for 2nd. UCLA will be tough in duals, but lacks enough big meet points.

- |                   |                  |
|-------------------|------------------|
| 1. Oregon         | 6. Arizona State |
| 2. Washington St. | 7. Washington    |
| 3. Arizona        | 8. Stanford      |
| 4. Cal            | 9. USC           |
| 5. UCLA           |                  |

## PAC-10 Women:

Oregon will take it all this year with more room to spare than normal. Any of 5 teams could grab the second place position.

- |               |                |
|---------------|----------------|
| 1. Oregon     | 6. Cal         |
| 2. Washington | 7. Arizona     |
| 3. Stanford   | 8. Arizona St. |
| 4. UCLA       | 9. USC         |
| 5. Washington |                |

## Big West Men:

Fresno State will pay farewell to the Big West with a championship, while heir apparent UC Irvine should be a solid 2nd.

- |                   |                     |
|-------------------|---------------------|
| 1. Fresno State   | 5. UC Santa Barbara |
| 2. UC Irvine      | 6. New Mexico St.   |
| 3. Utah State     | 7. C/S Fullerton    |
| 4. C/S Long Beach |                     |

## Big West Women:

UC Irvine would like nothing better than to say good-bye to Fresno State with a Conference Championship, but the Anteaters don't quite have the horses to do it.

- |                 |                     |
|-----------------|---------------------|
| 1. Fresno State | 5. Long Beach State |
| 2. UC Irvine    | 6. UC Santa Barbara |
| 3. UNLV         | 7. New Mexico St.   |
| 4. Utah State   | 8. C/S Fullerton    |

## CCAA Men:

The Cal Poly men will be too strong for it's Conference rivals, however the C/S Los Angeles Golden Eagles will be a strong 2nd if it keeps it's big points eligible.

- |                    |                        |
|--------------------|------------------------|
| 1. CPSLO           | 4. C/S Bakersfield     |
| 2. C/S Los Angeles | 5. UC Riverside        |
| 3. Cal Poly Pomona | 6. C/S Dominguez Hills |

## CCAA Women:

The CPSLO women have a virtual lock here; however the C/S Los Angeles women will be heard from with some big point performers.

- |                    |                        |
|--------------------|------------------------|
| 1. CPSLO           | 4. Cal Poly Pomona     |
| 2. C/S Los Angeles | 5. UC Riverside        |
| 3. C/S Bakersfield | 6. C/S Dominguez Hills |

## SCIAC Men:

As long as Nate Kirtman is healthy and eligible, Pomona-Pitzer should repeat here with Oxy and Claremont in close pursuit.

- |                  |                 |
|------------------|-----------------|
| 1. Pomona-Pitzer | 5. Cal Lutheran |
| 2. Oxy           | 6. Whittier     |
| 3. Claremont     | 7. Cal Tech     |
| 4. Redlands      | 8. La Verne     |

## SCIAC Women:

Oxy is still the class of the field with it's all around point potential, however Pomona could crowd the Bengals this year.

- |                  |                 |
|------------------|-----------------|
| 1. Oxy           | 5. Cal Lutheran |
| 2. Pomona-Pitzer | 6. CalTech      |
| 3. Redlands      | 7. Whittier     |
| 4. Claremont     | 8. La Verne     |

## Community College Men:

While many teams have specific areas of strength, none can match the all around

strength of Long Beach CC. Riverside should have enough big points for 2nd.

- |                  |              |
|------------------|--------------|
| 1. Long Beach CC | 4. El Camino |
| 2. Riverside     | 5. S.D. Mesa |
| 3. Mt. SAC       |              |

## Community College Women:

Mt. SAC makes it a habit to have big-point people on campus and this year is no exception. El Camino's depth gives it the best shot to overtake the Mounties.

- |               |                  |
|---------------|------------------|
| 1. Mt. SAC    | 4. Irvine Valley |
| 2. El Camino  | 5. S.D. Mesa     |
| 3. Long Beach |                  |

## NAIA District 3 Men:

Defending district and national champion, Azusa, has tradition and momentum behind them, however, runner-up at district and 5th at Nationals--Pt. Loma--is closing the gap, and with several national caliber athletes, should not be taken lightly.

- |                      |                    |
|----------------------|--------------------|
| 1. Azusa Pacific     | 5. Biola           |
| 2. Pt. Loma Nazarene | 6. So. California  |
| 3. Westmont          | 7. Christ College/ |
| 4. Fresno Pacific    | Irvine             |

## NAIA District 3 Women:

As with the men, AP and PLN are the teams to beat, with PLN getting the nod as AP is working under a new coaching staff. Westmont, FPC and Biola will battle it out for 3rd.

- |                      |                    |
|----------------------|--------------------|
| 1. Pt. Loma Nazarene | 5. Fresno Pacific  |
| 2. Azusa Pacific     | 6. So. California  |
| 3. Westmont          | 7. Christ College/ |
| 4. Biola             | Irvine             |

(Thanks to Irv Ray for his input on the NAIA.)

# California Track and Cross Country Coaches Alliance

## 1991-92 Membership Update:

In its third year the California Track and Cross Country Coaches Alliance continues to expand its scope, involvement, and improvement regarding our two sports within the state.

## Why Should I Join The Coaches Alliance?

The California Track and Cross Country Coaches Alliance is the only organization in the State whose purpose is to improve the sports of Cross Country and Track and Field.

Provides a unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The Coaches Alliance was directly involved in helping to create a change in the State Cross Country meet format from three divisions to four.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the Coaches Alliance will be involved with clinics at Stanford, Fresno State, and San Diego during the month of January.

The State CIF has thought enough of the Alliance to include two of its members on a select CIF Track and Cross Country Advisory Committee.

## 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 organized around the **CIF/REEBOK** State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

Discounts at the Coaches Alliance sanctioned clinics held in different locations throughout the state. These clinics are:

1. **San Joaquin Coach of the Year Clinic** in Fresno.
2. **Stanford Track Clinic** at Stanford University.
3. **TAC/ Coaches Alliance Clinic** in San Diego

Coaches Alliance members will receive a **\$50 discount** toward camp costs when they choose to work on their coaching certification in the pole vault at the **Sky Vaulters Jumping Clinics**

Participation in the **Reebok Coaches Clinic** (co-sponsored by the Coaches Alliance) to be held on the Saturday morning of the California State Track Meet weekend.

If you would like to join, please fill out the following: (Please Print)

Name: \_\_\_\_\_

School: \_\_\_\_\_ Section: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ School (\_\_\_\_) \_\_\_\_\_

Dues for 1991/92 year (Tax Deductible) **\$25.00** Make out to Coaches Alliance



**Send To:** Dennis McClanahan-Treasurer, Mt. Carmel High School, 9550 Carmel Mt. Road, San Diego, Ca. 92128